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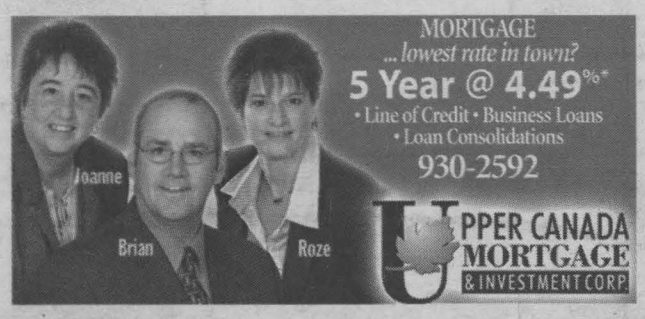

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A Valentine Pajama Party

How often have we, as adults, wished that some days we could stay in our pajamas all day? Well, the toddlers at Centre de Ressources Familiales de L'Estrie on Chevrier Avenue got the chance at a Valentine pajama party on Friday, February 13th, 2004. There was food, music, games and lots of PJs. Although there are no smiles, the kids were having lots of fun. The children, front to back: 18-month-old Emily Lascelle, 19-month-old Thomas Slykhuis, and two-year-old Jeremy McCabe. Keeping a close eye are, left to right: Teacher assistant Denise Cyr and the supervisor of the "Toddler program," Angèle Desjardins.

Photos by John Divinski

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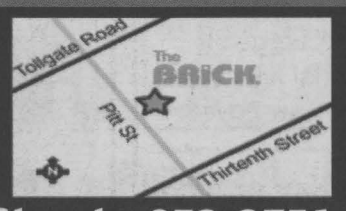

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Five Day Weather Forecast

Friday

- Snow
- High: 0°C
- Low: -3°C

Saturday

- Snow
- High: -2°C
- Low: -3°C

Sunday

- Flurries
- High: -5°C
- Low: -6°C

Monday

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LOCAL

American Author Pens History Of Cornwall And Massena

Story by Chris McPhee

Dr. Claire Puccia Parham, a native of Watertown, New York and a 1990 graduate of St. Lawrence University in Canton, has her first book, "From Great Wilderness to Seaway Towns: A Comparative History of Cornwall, Ontario and Massena, New York, 1784 - 2001," published and released by the Albany, New York-based State University of New York Press.



Dr. Claire Puccia Parham's new book "From Great Wilderness to Seaway Towns: A Comparative History of Cornwall, Ontario, and Massena, New York, 1784 - 2001," has officially been published and is for sale through SUNY Press.

Submitted photo

Dr. Parham describes in the 181-page book the struggles of early settlers and analyzes the development of industry and the construction of the St. Lawrence Seaway. The comprehensive study also highlights the unique lives of Cornwall and Massena residents, discusses the distinctive society and culture they established. The book also concludes with a comparison of the long-term economic impact of the Seaway on the region.

"I am excited to have this book published," said Dr. Parham. "I am already making plans for my next project which is to conduct oral interviews and expand on this book's fourth chapter and create a television documentary which describes the lives of the workers and the impact the St. Lawrence Seaway project had on the region. I have found that there are a lot of people that want to talk about their, or other family members' time and experiences. This was one of the most important waterway projects in American history and the experiences of the workers has never been documented."

For a copy of her new book contact SUNY Press c/o CUP Services at 1-800-666-2211 or go to www.sunypress.edu. The book is also available on www.amazon.com.

Dr. Claire Puccia Parham is hoping to have the next book out in two years and would like to hear from anyone that would like to share their stories. Dr. Parham is currently an adjunct professor at The College of St. Rose and at Siena College in Albany, New York. Anyone wishing to contact her to share their experiences can contact her through e-mail at parham1@nycap.rr.com or at (518) 337-2348 ext# 1004.

Which Of These Costly Homeseller Mistakes Will You Make When You Sell Your Home?

Cornwall - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their home on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled: "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your **FREE copy of this report, call 1-800-865-0177 and enter ID 2201.**

You can call anytime, 24 hours a day, 7 days a week. Call NOW to find out how you can get the most money for your home.

This report is courtesy of (Henrietta Duvall, Exit Realty Seaway). Not intended to solicit properties currently listed for sale. Copyright®

New Loans And Community Development Officer

The Stormont, Glengarry and Dundas Community Futures Development Corporation (CFDC) is pleased to welcome Lila Romanko as their new Community Development and Loans Officer.

Lila comes to the SD&G CFDC from Job Zone d'emploi, where she has worked as a Job Developer and previously with Bank of Montreal as a Commercial Account Manager serving the SD&G Community for over 17 years.

Lila believes that the key to starting a successful business or expanding an existing one is a good business plan. Preparing a business plan takes time and effort and the more the promoter is involved in its preparation the better she will understand what she is getting into. Researching the market to verify that there is a need and room, accurately assessing all start up costs and making reasonable sales and expense forecasts, give the promoter the information required to make the decision whether or not to proceed with the project.

Financing a new venture often requires a variety of financiers, and not all of them will be from the traditional banking world. Organizations such as the CFDC provide access to funds that can enable a promoter to complete the financing package.

With her business background, having lived in Glengarry for the past 20 years, she is familiar with the area growth and development. She looks forward to working with entrepreneurs in the Cornwall and Tri-County area to assist them in the start-up or expansion of their businesses.

The SD&G Community Futures and Development Corporation is a community based non-profit development and investment agency providing secured debt financing up to $125,000, access to growth and venture capital, business development counselling, site selection and economic development services for the United Counties of Stormont, Dundas and Glengarry.

Local Company Gets Ethanol Funding

Cornwall's Seaway Grain Processors, Inc. is among the first six companies to receive funding under the first round of the Government of Canada's $100 million Ethanol Expansion Program. Seaway Grain Processors, Inc. has been allocated $10,500,000 to build an ethanol production plant. That's good news for the company, for the community, for the environment and for the future.

Altogether, these companies will receive $78 million to start building new ethanol plants across Canada. Once they are up and running, they are expected to produce about 750 million litres of ethanol annually – four times Canada's current capacity.

A burning issue - why ethanol? Ethanol is a cleaner-burning fuel and, when blended with gasoline, it significantly reduces greenhouse gas (GHG) emissions from our cars. Emissions that contribute to climate change.

The Government of Canada is promoting ethanol production and encouraging Canadians to choose ethanol-blended gasoline when they go to the pumps. All gasoline vehicles manufactured since 1979 can use up to 10 percent ethanol blends.

"We look forward to moving forward with the development of the project and the Canadian ethanol industry and realizing the benefits to the environment, the agricultural community and the Cornwall economy that will result," said Bud Atkins, President of Seaway Grain Processors, Inc. "Thanks to the Ethanol Expansion Program for this huge assist in making it all happen."

Canada's target is to have over a third of our gasoline contain 10 percent ethanol by 2010. The resulting reduction in GHGs is like taking 400,000 vehicles off the road.

Currently, only seven percent of gasoline sold here in Canada is blended with ethanol. So new production facilities are needed, and Seaway Grain Processors, Inc. will be one of the companies leading the way.

For farmers, ethanol opens doors to new markets. Ethanol is typically made from starch contained in agricultural crops such as corn, wheat and barley. It's a renewable source of energy, as the crops from which it is made can be grown year after year. As such, it is part of the changing energy mix in our country.

Ethanol means new opportunities for Canada. The growth potential is wide open.

John Efford, Minister of Natural Resources Canada, is working to make sure Canadians are able to take full advantage of these opportunities.

"We want the world to come to us when it's looking for innovative ways to address climate change," said Minister Efford. "We are committed to helping industry do the research, develop the technology, build the facilities and, finally, bring ethanol to the market."

"For Canadian farmers, expanding ethanol production opens doors to diversification, leads to new markets and injects new vitality into rural economies," added Agriculture and Agri-Food Minister Bob Speller.

Here in Ontario, Seaway Grain Processors, Inc. is contributing to our country's climate change goals, encouraging economic development and helping put Canada on the map when it comes to ethanol production and use.

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LOCAL

The Kindness Phenomenon



By Kata Kennedy

I was in quite a panic just before Christmas. The last repeat of my prescriptions had run out. Having moved to Cornwall only a few months before, I still didn't have a family doctor. I called the walk-in clinic to find out how I might go about getting refills. The woman at the other end was not only helpful but personable and considerate. She talked to me as though I was someone she actually cared about. I also found a similar attitude at the large grocery stores. The cashiers at the check-out seem to be genuinely interested when they ask how I am. They sometimes chat a little about the weather, or about how people are getting tired of the cold or about how nice it is to have a sunny day. And the next time you see them, they may just say how nice it is to see you again. None of this is something required of them, just a friendly exchange between two people.

We've had a number of tradesmen come to our home for various things, including deliveries and minor renovations. I am always taken aback by their pleasant banter. They enquire about why we moved here, where we lived before, whether we have a family nearby and they make a point to tell us a little about themselves. They go to great lengths to explain and apologize about the cost of the work they've completed and then they actually do a follow-up.

I guess my surprise at the kindness of Cornwall folk is more telling about my own conduct than theirs. I spent most of my adult life in Ottawa and had come to accept and uphold the culture of reserve. Even living in the Glebe, I didn't particularly want to chat up the local grocer or bank teller. I wasn't impressed with the professional friendliness of the shop assistants. And in larger stores, I came to be appalled by the abrimes. I was working on a project in St. John's, Newfoundland and had decided to take a walk along the waterfront street on Saturday morning. A couple of young girls walking towards me, both greeted me with a big smile and Hello, how are you! I will never forget my utter surprise. This was just not something I ever came across in Ottawa. (I hope I replied appropriately.) Another time, I was in a cab doing the long drive from the airport to Halifax. The driver chatted with me the entire trip. He told me all about the city and the latest news in the area. I normally would just sit there quietly, hoping not to be subjected to another politically opinionated monologue. On both these occasions, I marveled at the ease of cordiality demonstrated by the girls from St. John's and the man from Halifax.

In the beginning, I didn't quite know how I felt about this friendly aspect of the Cornwall culture. It had taken me years to develop my own courteous but distant demeanor. I could hardly be expected to just cast it off, and anyway, there was no way of knowing what lay underneath, no guarantee that I could meet sincerity on equal footing. So I've been thinking about this kindness phenomenon quite seriously and have come to conclude that there is something quite gentle about the spirit of the folk in the small community. They seem to accept the rhythm of the seasons and their own place within it. Life moves at a slower pace. Rather than fighting it, they allow themselves to become part of it. They talk to strangers, they care about their neighbours and they draw you into this infectious way of life. You become a participant rather than an observer. You return nice with nice. Eventually, it becomes a natural and a normal response. Lately, I've caught myself walking down the street saying to a passer by "Hello, how are you!" How very odd, yet, it really is that simple.

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Outstanding Youth Named Junior Citizens

The final recipients of the 2003 Ontario Junior Citizen of the Year Awards represent a diverse cross-section of ages, interests and backgrounds. Their stories are inspirational, proving the power of dedication and leadership, demonstrating the courage to overcome challenges, and the compassion to reach out and give to their communities.

The young people, aged seven to 17, will be honoured during a special awards ceremony Friday, March 5th, 2004 during the OCNA Annual Spring Convention. Ontario's Lieutenant Governor, the Honourable James Bartleman, will officiate at the presentations for the Junior Citizens and their families, scheduled that evening at the Inn on the Park in Toronto.

The Ontario Junior Citizens program is run through the 270 members of the Ontario Community Newspapers Association (OCNA) and with the support of major sponsor Tembec Paper Group. Nominations of eligible young people are received each fall through member community papers committed to recognizing outstanding young people who help define and strengthen their communities. A panel of five volunteer judges, including two OCNA member editors, two OCNA member publishers and a representative of the sponsor company, must decide unanimously on the final recipients.

This year, 158 nominees were recognized with certificates of nomination by their local community newspapers across the province for contributions to their communities. The final 13 individuals come from small towns and urban centres, offering a myriad of exemplary qualities and proving themselves as great inspirations to people of all ages.

Below is a synopsis for each recipient. All are equal recipients presented in alphabetical order:

Christopher Beausoleil, 16, Tilbury: Christopher loves sports and actively participates in travel rep hockey, soccer, golf, basketball and badminton. Despite the challenges of living with Cystic Fibrosis, he participates in coaching and refereeing sports as well as school council and Junior Achievement.

Alistair Butt, 11, Orleans: While he has many interests, Alistair takes to heart the needs of blind people, raising funds and awareness for Guide Dog and associations for the blind. A well-rounded student in academics, arts and athletics, he is also interested in promoting world peace, and has traveled extensively promoting this cause, together with increasing recognition for Canada's veterans.

Kaitlynn Dodge, 17, and Mackenzie Eaton, 17, Prescott: Kaitlynn and Mackenzie saw a void in their hometown and decided to fill it by organizing a holiday season community dinner for low-income families. Besides operating Soup for the Soul for the past several years, these busy young ladies also maintain good grades, participate in school governance and play on varsity teams.

Madison Dyck, 7, Thunder Bay: At the tender age of seven, this young lady displays exemplary leadership skills and a well developed sense of responsibility. She is active in fund raising for the Parkinson's Society as well as work with the Cancer Society and Operation Hope Christmas Boxes. With her caring and compassionate nature, she is a wonderful role model for young people.

Eric LaPointe, 13, Petrolia: Eric has earned respect and admiration for his leadership skills and cooperative nature. Born with Down Syndrome, he organizes fundraisers for the food bank, Christmas for Everyone, Canadian Tire Money Drive, and many mission projects. He is a great promoter and shows heartfelt appreciation to everyone involved.

Kale Lauzon, 9, LaSalle: Seeing a need greater than his own, this nine-year-old organized his birthday party with the aim of donating all birthday presents to the local firefighters toy drive. But instead of inviting just family and friends, he invited his whole Grade 4 class and the community to a fun-filled skating party to increase the giving. Canned goods were also collected to help those less fortunate during a memorable community event.

Myles McLellan, 11, Chatham: Dealing with the debilitating effects of a brain tumor doesn't deter Myles from being an inspiration to others. During the 2003 Relay for Life, his relentless enthusiasm to helping others resulted in more than $30,000 being raised by the Myles' Miracle Mission. This young man also uses speaking opportunities to discourage his peers from making fun of others who look or act differently.

Kim Plewes, 17, Oakville: Whether locally or internationally, Kim reaches out to children in need, focusing on children around the world who are exploited by child labour and poverty. Besides organizing and participating in many similar projects over the past several years, she has raised funds for travel to developing countries, she has collected food for food banks and lead discussion groups with homeless youth.

Holly Ringrose, 10, Chatham: Although only 10, Holly has made a long-time positive contribution to her community in two main areas, recognition of veterans and the collection of food/awareness to the well-being of animals. Her actions and commitment have encouraged others of all ages to participate in events and fundraisers.

Katie Turnbull, 17, Markham: Katie believes in the magic of volunteering. She has kept involved in many groups at school and in her community, including student council, peer mentoring, music council, and tutoring. Katie plays with a young boy with special needs, and is a hospital volunteer, all while holding down two jobs and maintaining a high academic standing.

Kimberley Vanleyden, 17, Blackstock: Having lost her father to skin cancer, this motivated young lady hits the parks and beaches with pamphlets and sun screen to warn others of the dangers of this disease. She has worked with the Ministry of Health and the Cancer Society to prepare a professional presentation that she enthusiastically gives to community groups.

Ryan Williams, 15, North Dundas: Suffering from a rare and painful blood disorder might slow Ryan down a bit, but it certainly does nothing to quash his spirit and desire to help others. He has committed his time and efforts to raise thousands of dollars for the Children's Hospital of Eastern Ontario, co-hosting a fundraising telethon, selling goods at schools, and brokering creative deals with sponsors.

To qualify to be an Ontario Junior Citizen, candidates must be Ontario residents between the ages of six and 17 (in the year of nomination). The nominees may be involved in worthwhile community service; special young people who are contributing while living with a physical or psychological limitation; or individuals who have performed acts of heroism or bravery. Award recipients may also be good kids who show a commitment to make life better for others and do more than is normally expected of someone their age.

Grade 8 students and their parents are invited to attend

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feb20044

Jack McCue - Principal
St. Joseph's Secondary School

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News From Ingleside Women's Institute

By Verla Gallinger

Nine members gathered for their January meeting at the Ingleside Support Centre. The roll call was name something Australian and the motto was: "In this world of give and take, not enough people are willing to give what it takes."

Amy Pollock spoke to the group on Australia and brought forth many facts about the country. For example, it is about the size of the United States, excluding Hawaii and Alaska. It is a land of searing summer heat, spontaneous combustion causing many fires with tremendous loss of animals and forest. The eucalyptus tree can tolerate three good burnings before being destroyed. Much of the land is under-developed and uninhabited - one can travel a whole day and not see a dwelling. Water is moved through large pipes long distances making it scarce and vegetation sparse that several square miles of land are needed for one sheep. The saying is, in New Zealand, it is sheep per acre but in Australia it is acres per sheep. There are 230 species of native animals, one, the kangaroo, who breed fast and because they live mainly on grass, sheep and cattle breeders consider them a nuisance. The Koala Bear is a protected animal and there are 500 species of birds. Australia is rich in minerals and metals. They are the largest producer of bauxite and world-famous for opals. Education-wise, their public school system leaves much to be desired - most children go to school - wear uniforms - and some children listen to the "school of the air.' Assignments are given out over the radio and they mail in their homework. They also have flying doctors who travel vast distances for health care. Amy wrapped up her presentation with the Australian National Anthem which we all sang, "Waltzing Matilda."

Kathy Rutledge then conducted the business - the minutes were read and Mary Hiscocks gave the Treasurer's report. Correspondence was read and we were informed that District Annual will be Friday, May 28th, 2004 in Newington. Pat O'Duffy informed us that the Scholarship plaque was delivered to Rothwell-Osnabruck for a graduating student this year along with the criteria to qualify for the award.

A new banner for Stormont District is required and Pat O'Duffy is looking into what it will require in materials and the cost and will report next meeting.

Vickie Pollock, our card lady, reported on cards she had already sent and passed one around for signing for Pat Hanscom, a former member who has moved to Victoria, British Columbia. Pat served on the executive in several capacities. She also served as President of the Eastern District. She will be missed for her leadership qualities and her happy disposition. Vickie will also send a card to Rita Coney whom we are missing at our meetings.

Marg Markell brought us up to date on an Advertising Committee meeting she attended for the District. This Committee is striving to make the Women's Institute more visible in the community by promoting our programs.

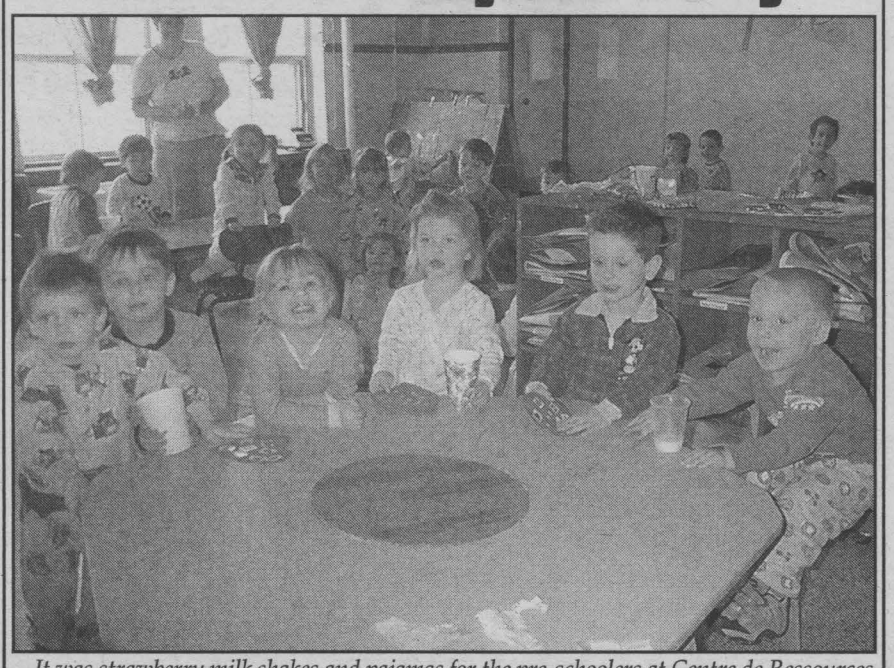
We closed our meeting by singing a song written by Muriel Dixon, a former member of the Ingleside Women's Institute, "We All Belong To The Institute," to the tune of " MacNamara's Band."

Our next meeting will be Wednesday, February 18th, 2004 at the Support Centre at 10 a.m. All ladies are welcome. Bring your favourite book and review it.

The meeting closed with the Dieter's Prayer:

The Lord is my shepherd, I shall not want,
He maketh me lie down and do push-ups,
He giveth me sodium-free bread,
He restoreth my waistline,
He leadeth me past the refrigerator for mine own sake.
He maketh me partake of broccoli instead of potatoes,
He leadeth me past the pizzeria.
Yea, though I walk through the bakery
I shall not falter, for Thou art with me,
With diet colas I am comforted.
Thou preparest a diet for me in the presence of my enemies,
Thou anointest my lettuce with low-cal olive oil,
My cup will not overflow.
Surely Special K and Splenda shall follow me all the days of my life,
And I shall live with the pangs of hunger forever.
Amen.

A Valentine's Pajama Party



It was strawberry milk shakes and pajamas for the pre-schoolers at Centre de Ressources Familiales de L'Estrie on Chevrier Avenue, on Friday, February 13th, 2004. Relaxing with a drink are left to right: Jacob Laforest; Joël Carriere; Mathieu Arseneault; Sadie Brunet; Alexandre Seguin; and Toby Staver.

Bonnie Niederkorn Honoured

The annual meeting of the Roxborough Agricultural Society was held on Saturday, January 24th, 2004 at the Avonmore Community Centre. The guest speaker after the noon meal was Mr. Tom VanDusen, of Russell. Tom is the Editor of the Agri-News and columnist with the Ottawa Sun.

At the end of the Annual Business Meeting, an "Ontario Service Diploma" was presented to Bonnie Niederkorn by Jim MacIntyre, last year's Diploma winner. Jim gave a short history on Bonnie's life and involvement with the Society. The Ontario Association of Agricultural Societies Diploma is presented to a long-time volunteer; who has contributed to the local Fair and the community in which they live. Bonnie has been the Homecraft Director of the Avonmore Fair since 1996. MP Bob Kilger was on hand for the presentation.

The Roxborough Agricultural Society, organized in 1860, is the host of the Avonmore Fair and the Avonmore Oktoberfest. This year's Fair will be held Friday to Sunday, July 16th, 17th and 18th, 2004.

What's New About Taekwondo

When you think Martial Arts, you tend to think of Bruce Lee doing the splits six feet in the air and breaking two boards with his feet. Although this can be part of Taekwondo as well, this sport has a place for everyone: all ages, all levels of ability. All the person needs is a passion for the art and a willingness to do their best.

Strategic Taekwondo in Cornwall follows the teaching of Grand Master Tae E. Lee and the Moo Kwang System. Master Lee's Taekwondo offers a unique opportunity to study Taekwondo in its traditional form. This philosophy emphasizes striving to be your personal best in three areas of your life: home, school or work, and Taekwondo.

The Taekwondo philosophy is incorporated into the Moo Kwang program, creating a strong system that enables students to improve their physical, mental, and spiritual well-being.

Strategic Taekwondo offers classes three days a week with different times for different levels. Students are taught choreographed patterns, high quality kicking, punching and blocking techniques, sparring and Korean terminology. Individuals may also opt for competitive sparring. The students vary in age from young children to over 50, all working and learning together.

It is in this atmosphere of deep respect and love of learning that the students learn discipline and skills that enhance their memory, flexibility and overall mental health and physical health. It teaches confidence and assertiveness and offers techniques to heighten awareness as well as develop tools in the case of an attack. Our system of Moo Kwang Taekwondo is not just another martial art it is also a family.

Cornwall's Strategic Taekwondo is home to our very own 2003 National Champion Meaghan Henderson whose dedication to the traditional style and sport has paid off with excellent results.

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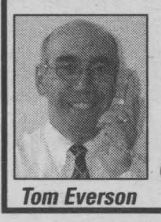
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NATUROPATHIC MEDICINE & "NATUROPATHS"
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1. Who IS a Doctor of Naturopathic Medicine or "Naturopath"?
- A licensed primary health care provider regulated by the provincial government.
- A practitioner with a minimum of 7 years of full-time university education and a graduate of an accredited Naturopathic Medical School - only one in Canada (in Toronto).
- A Doctor trained in regular medicine including examination, diagnosis and drugs.

2. Who is not a Doctor of Naturopathic Medicine or "Naturopath"?
- A "Naturotherapist" - this is not a recognized title allowing anyone to use it.
- A "Homeopath" - Homeopathy is a different type of medicine and is not regulated.
- A Natural health products **sales person or health food store representative.**
- Anyone not registered by the provincial government's appointed Board of Directors of Drugless Therapy-Naturopathy. Registration by this board must be displayed and use of the term "Naturopath" or "Doctor of Naturopathic Medicine" is illegal by anyone not registered by this board (call 416-866-8383).
- A member of the **"Association of Naturopaths & Naturotherapists" (ANN)**

What Services Does a Doctor of Naturopathic Medicine Offer?
- **All the same examinations (annual physicals, PAP exams, etc.) and blood work** offered through conventional medical doctors' offices.
- Use of all possible diagnostic tests and treatments to find the cause of a condition rather than treating its symptoms with a pharmaceutical medication.
- Use a variety of individually tailored treatments to treat the whole patient including **intravenous therapies** (for heart disease, fibromyalgia, cancer and more), **injections, clinical nutrition, botanical** (herbal) **medicine, Chinese Medicine** (including acupuncture), **spinal manipulation and individual counseling.**

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Heart and Stroke Foundation Warns Fat Is The New Tobacco

According to the "Heart and Stroke Foundation's Annual Report Card on Canadian Health", the increasing number of overweight and obese Canadians now poses one of the greatest threats ever to public health in this country.

"The prevalence of this serious health risk is almost exactly what we faced with tobacco use 30 years ago - when half of Canadians smoked," says Dr. Anthony Graham, Heart and Stroke Foundation spokesperson and cardiologist. Since that time, smoking rates have dropped in half - but during those same three decades, we've been losing ground in the area of overweight and obesity.

Heart and Stroke Foundation Report Card on Canadians' Health Overweight and Smoking

Rates among Canadian adults:	Early 1970s	2000/01	% change
Smoking (aged 15+)	47%	22%	53% decrease
Overweight (BMI>25/aged 20-64)	40%	47%	18% increase
Obese (BMI >30; aged 20-64)	10%	15%	50% increase

Obesity (defined as a Body Mass Index or BMI >30) can increase a person's risk of developing heart disease or stroke by 50%.

"We continue to face the impact that tobacco use has on our society," says Dr. Graham. "At the same time, we are confronted by the reality that almost half (47%) of Canadians are overweight or obese."

In fact, according to the Heart and Stroke Foundation, almost two thirds (12.1 million) of Canadian adults (age 20-64) are overweight and/or smoke.

Recent US-based studies indicate that those who are obese can lose more than 10 years of life compared to their normal-weight peers. Obesity and smoking is a double-barreled threat that can cost even more years of life.

Heart and Stroke Foundation research has shown that the number of deaths in Canada attributable to overweight and obesity has almost doubled over the past fifteen years, increasing from 2,514 in 1985 to 4,321 in 2000.

Canadians Weigh In

The big question on everyone's minds is: Could public policies be implemented, similar to those being used to curb tobacco consumption, to address excess weight?

Who do Canadians believe is responsible?	Percentage of Canadians
Individual Responsibility	54%
Government leadership needed	18%
Food industry leadership needed	2%

When the Heart and Stroke Foundation asked Canadians who is responsible for finding answers to this issue, one in six (18%) suggested that some level of government should take the lead. Interestingly, 2% of Canadians felt the food industry should show leadership.

Overweight and obese Canadians are at greater risk of developing chronic diseases (heart disease, stroke, cancer, and diabetes) that can lead to premature death.

The Heart and Stroke Foundation points out that only 43% of Canadians are physically active. Plus, the convenience of calorie-dense foods - as opposed to healthier choices such as vegetables and fruit - in quick service restaurants, convenience stores and even gas stations, makes it even harder for Canadians to make healthy choices.

"Our obsession with speed and quick solutions is one of the reasons weight is such a problem throughout North America," says Heart and Stroke Foundation spokesperson and dietitian, Rosie Schwartz. "We want fast foods and fast solutions. But the truth is that we have to get back to basics. And for the sake of the next generation, we have to instill these habits in our children."

Tipping the scales the other way

To help Canadians win the battle of the bulge, the Heart and Stroke Foundation is working with national health organizations to encourage all levels of government to commit greater resources to public health and to preventing chronic disease.

Through the HealthCheck™ program (www.healthcheck.org), the Foundation is working with the food industry to help consumers identify healthy food choices. Over 70 manufacturers offer almost 400 products displaying the HealthCheck™ symbol. These products have been reviewed by the Heart and Stroke Foundation and they meet established nutrient criteria based on "Canada's Food Guide to Healthy Eating".

The Foundation also supports obesity-related research, and we are targeting strategic funds to this critical health issue. The Foundation is providing $1 million in initial funding to two multidisciplinary teams - 21 expert researchers - to examine the biological, social, behavioural and environmental aspects of obesity. Additional awards to individual researchers will be finalized by March 2004, furthering Canadian research capacity and expertise in obesity.

The Heart and Stroke Foundation also offers a number of health information resources including: an easy BMI test to see if you fall into the overweight danger zone, www.heartandstroke.ca/yourhealthtools. Canadians can also easily order the "Healthy Habits, Healthy Weight" booklet and take the Heart and Stroke Risk Assessment Test, available via www.heartandstroke.ca or the toll-free number 1-888-HSF-INFO (1-888-473-4636).

This heart health insert is brought to you in part by the Healthy Rhythm Coalition. We are at work to help you reduce your risk factors for heart disease and stroke.

Eat Healthy, Don't Smoke, Get Moving!

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Naturopathic Medicine



with Dr. Stephen Jones

Fibromyalgia: Uncovering Research And Treatment Options

Since my relocation to Cornwall, I have been amazed at how many of the patients attending our clinic suffer from Fibromyalgia. As such, I thought I might shed some light on research and/or treatment options about which Fibromyalgia patients may be unaware.

Fibromyalgia (FM) is a condition that is estimated to affect some three to six million people in North America. These patients are predominantly women between the ages of 25 and 45. The condition causes widespread pain predominantly in the muscles and tendons of the body. Joints are usually not affected. The condition is frequently accompanied by extreme fatigue, anxiety, depression, bowel disturbances, insomnia and headaches. What is more troubling for many FM patients, however, is that due to the vague nature of their symptoms, the patient's family, friends and employers often perceive their illness as exaggerated and label the patient as 'lazy.'

The good news is that recent research has vastly improved our knowledge of what may cause FM, what treatments may better control the disorder and what considerations beyond conventional anti-inflammatories and/or anti-depressants need to be addressed.

The first consideration has to do with the possible role of viruses and/or heavy metals in causing FM. For some time, viruses such as Epstein-Barr virus and even Hepatitis C virus have been suspected in causing FM (discussed in such medical journals as Exp Mol Pathology, 2000). Likewise, toxic levels of heavy metals such as aluminum and lead have been linked to causing FM (discussed in the medical journal Ann NY Acad Sci, 2001). These metals can accumulate in the body through air, water and food sources, let alone proximity to manufacturing facilities that use these agents. It is believed that such viruses or toxic metals may stimulate what are known as 'auto-immune' responses in the body, may interfere with energy production in the cells (in what is called the Krebs cycle) and may disrupt the liver's detoxification role, all contributing to FM.

The presence of viruses can be easily checked for by simple blood work. Heavy metals can be assessed via 24-hour urine assessment. With such test information, a treatment plan can then be provided to reduce the level of a virus in the body, or to draw the toxic metals out of the body via a treatment called 'chelation.'

The next consideration is the role your diet may play in FM. While many FM patients may not wish to hear this, such medical journals as Current Rheumatology Rep (2002) and Toxicology (2000) have reported that diets that reduce animal proteins and fats (let alone junk food) and increase fruits and vegetables have been shown to improve blood flow to tissues and improve FM symptoms. Moreover, ample evidence suggests that patients with FM improve if they follow what is called an 'elimination' diet under supervision of a physician familiar with such treatments.

In line with diet consideration, FM patients have been found to have deficiencies of critical vitamins and minerals. For instance, the Journal of Rheumatology (1995) has demonstrated that FM patients have lower levels of magnesium in their bodies. Magnesium is a muscle relaxant and may explain some of the muscle pain. Specific dosages have been shown to improve FM pain. Similarly, a prominent researcher named Dr. J.B. Eisinger has concluded that a Vitamin B12 deficiency may be present in FM patients. Injections of the right form of vitamin B12 (the form is very important) have been shown to yield improved sleep and greater energy (Neuropsychopharmacology, 1996).

With some of these considerations in mind, treatment options become clearer. Thorough blood tests can assess if viruses or heavy metals need to be addressed, if vitamins or minerals are deficient, or if disturbances in the cell's energy producing mechanisms are playing a role. Next, treatments such as massage therapy, physiotherapy and supervised stretching/exercise programs can be utilized. Acupuncture should be considered to reduce pain, as it has been clinically shown to have this capability (reported in the journals Rheum Dis Clin North America, 2000 and Rheumatol Int, 1998). Lastly, intravenous (injections into blood) therapies have been shown to yield profound improvements in FM patients by reducing pain and greatly improving energy. Known as 'Myer's Cocktails,' these treatments inject such ingredients as the magnesium and B vitamins known to play a role in FM, along with such things as glutathione and selenium (which have recently been shown to have significant impacts upon FM) directly into the blood so it can go right to the muscles.

In all, FM patients have testing options to get to the bottom of their condition and well-studied treatment options they probably have not been informed about. Go online, talk with your doctor about these options and ask for a full assessment of your individual circumstances. You're worth it.

If you have any specific health concerns or topics on general health, current medical research or natural medical treatments you would like to see future columns address, please e-mail these to dr.jones@millenniumhealthcentre.com.

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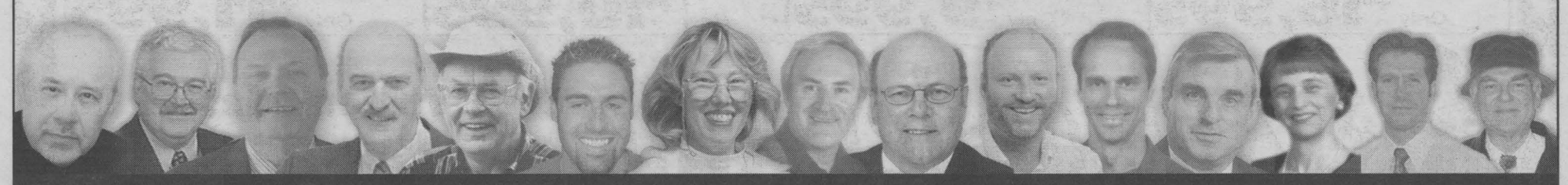

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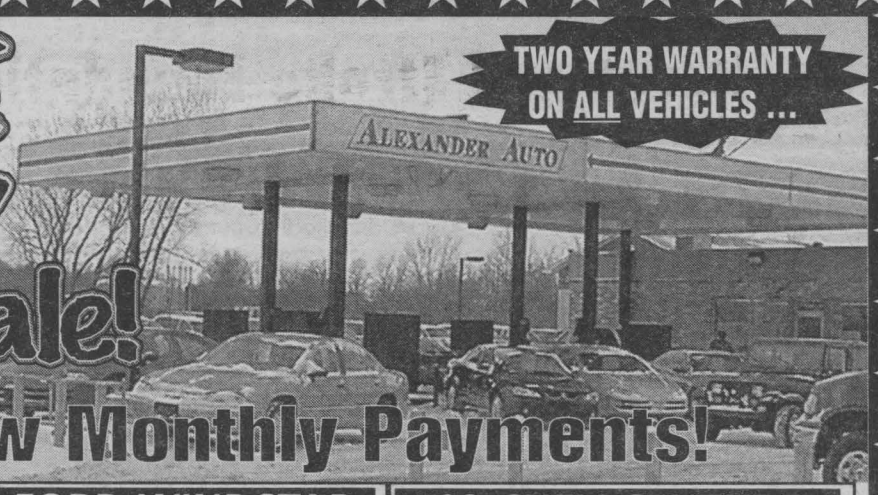

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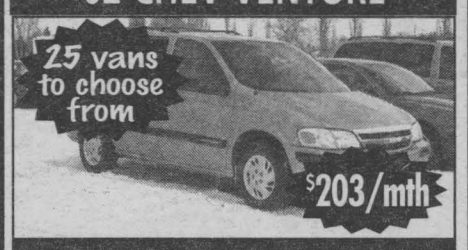

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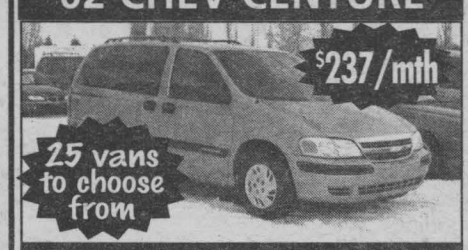

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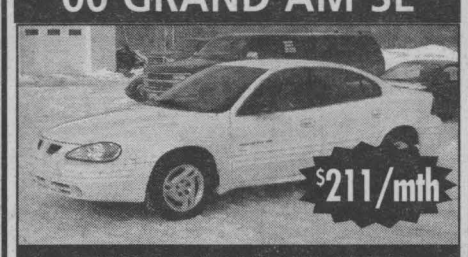

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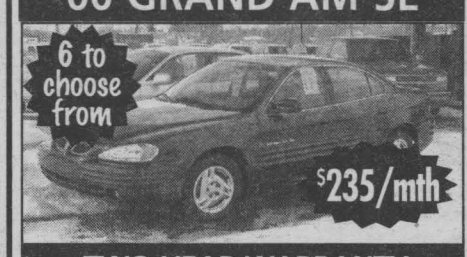

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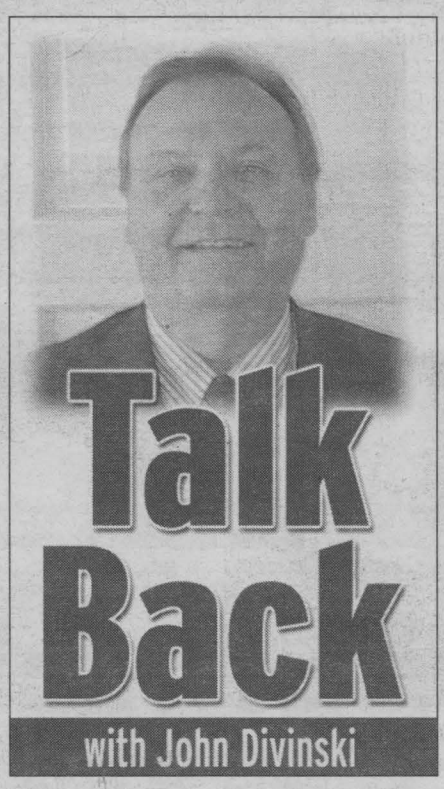
Petty (Not Tom Or Richard, But Phil)



Talk Back

with John Divinski

"Petty issues and posturing will not be entertained by this Mayor or the citizens that elected us."

This statement was issued by Mayor Phil Poirier at an arbitrary address, following the adjournment of the regular City Council meeting on Monday, February 9th, 2004. It was like councillors were given detentions after school and were being chastised by the teacher.

As far as I can tell, no councillor or anyone else was aware of the Mayor's plan to read a prepared statement after the meeting, except Cogeco 11 Television. Mayor Phil made sure he gave them a heads up so they wouldn't sign off after the adjournment. He wanted the TV time.

The Mayor said he would no longer respond to issues he has publicly described as "petty," wishing to focus on moving the City ahead. In other words, don't bug me about my City credit card spending habits, my new desk purchase, my Iroquois Water fiasco, and so on. They're "petty."

According to my trusty computer, the definition of "petty" is trivial; mean; small-minded; minor; law (of a crime) of lesser importance.

Some media want the rest of us to leave the Mayor alone. Hey, I want to move ahead too, but the "petty" issues need to be addressed because trivial things have a habit of becoming huge mountains if the practice is not challenged right from the beginning.

With apologies to the "crushed" Trombino group who wrote their letter of woe to the editor in the Seaway News on Friday, February 6th, 2004, the fact is, our Mayor used a City charge card for expenses that should have been recognized as personal, not business. Yes, some media shout, but he paid the money back. Mayor Poirier paid the money (about $300) back, after, I repeat, after he was called on the issue by myself as I was preparing my column of Friday, January 23rd, 2004. The expenses in question occurred in November 2003; the bill had to be received sometime in December 2003; and yet in late January 2004, no reimbursement effort had been made. I don't see that as "petty." It's something that can be put behind us if handled correctly, but it is not "petty."

The desk issue and the subsequent handling of legal tenders that were submitted based on the specifications offered is well beyond "petty." There is some "history" here that may or may not have played a part in the turn of events on this subject. I don't want to buy into this theory, but some sources are suggesting "paybacks are a bitch." I hope this isn't the case, but this subject has been handled, shall we say, rather differently.

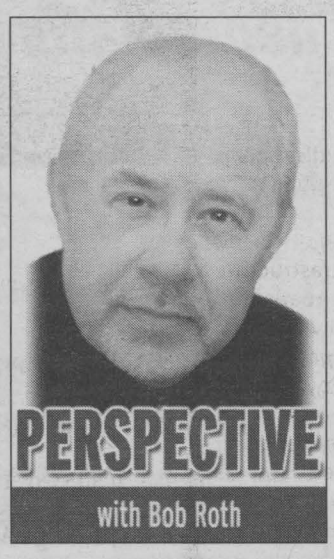
And then there's the arbitrary speech of the Mayor, after the City Council meeting of Monday, February 9th, 2004. I suggest the Mayor could have brought that issue up under new business or he could have temporarily vacated his chair during the meeting to address Council. But that would have invited debate on the issue and the Mayor was already on record as not wanting to discuss "petty" issues that don't result in the City moving forward.

This arbitrary use of the Mayor's position and the media, along with treating Council like misbehaving school children, certainly did not move our City forward. No wonder he retreated to his office after the speech with comments for no one.

I'm John Divinski.



Liberal Arrogance And Corruption, And Divinski's Selective Memory



PERSPECTIVE

with Bob Roth

I must join the chorus of condemnation that is reverberating around the nation in the wake of one of the most outrageous, unethical, inexcusable misuses of public funds we have seen for some time.

It's not that Auditor-General Sheila Fraser has merely uncovered yet another example of government waste and incompetence. Nothing new about that. What she has encountered, however, is a deliberate pattern of deceit, lies, coverups - and likely criminal behaviour (the RCMP is investigating) - involving the funneling by Liberal Party officials of millions of taxpayers' dollars to their friends and campaign supporters.

The Auditor General says as much as $100 million of a $250-million fund to promote Canada was spent in "commissions" and "fees" to ad agencies and others who are known to be loyal to the Liberal Party. In some cases, no work was even done for the money. There is much speculation - based on past practice - that many of these Liberal agencies and friends then kicked back some of the their "commissions" into the Liberal Party itself as "campaign donations." In other words, there is a very real possibility taxpayers money has been taken out of public coffers and put into the Liberal Party's private coffers.

This is beyond patronage. It is a money laundering scheme that puts the Columbian drug cartel to shame - and it represents the Liberal Party's final slide from mere financial incompetence into pure, unadulterated corruption.

Paul Martin's contention that he knew nothing about what was going on is such an obvious red-herring that even a hound with a head cold could sniff it out.

No one with Martin's power, his network of contacts, his army of supporters (that ensured he received the leadership) could have been totally ignorant of what was going on - unless he wanted to be kept ignorant. He is as convincing as a bartender in a brothel saying he had no idea of what was going on upstairs.

You would think that after the litany of financial extravagances the federal Liberals have showered on us over the years - the billion-dollar boondoggle in the Human Resources Department, the gun registry, Martin's shipping company firing a Canadian crew and hiring Filipinos to take their jobs at a pittance of the pay - some element of shame might start to darken the faces of Liberals. But no. Instead, Martin and his cronies continue to dodge ownership of this latest outrage.

But then shame is an emotional tool you seldom find on the Liberal work bench. The hammer of arrogance is always there. The vice-grips of greed are there. And of course the screwdriver - the essential weapon of choice for government - is present in every size and variation.

Folks, I'm tired of the excuses these guys come up with every time they're caught with the smoking gun in their hands. There is only one way they are going to get the message - toss them out of office. They've ruled for too long. They've grown too arrogant. Giving these guys another mandate would be like giving the James gang a fresh set of horses.

****

If they put a new tourist sternwheeler on the Mississippi, they're going to have to name it the "John Divinski." His column of last week was a masterpiece in back-paddling.

However, in attempting to steer clear of the shoals of anti-gay bigotry on which he ran aground in his Friday, January 2nd, 2004 column, our channel-challenged pilot completely ignored the buoys delineating fact from fiction in last week's piece. It would be unethical of me to let his recent rewriting of history float away unchecked in the public record.

Last week, John acknowledged that his Friday, January 2nd, 2004 column - which criticized Time magazine Canada for putting a gay couple on the cover as Persons of the Year - had generated some angry letters to the editor. John says he went back to check his column to see what he actually said.

I quote from his column of last week: "It appears I said '...pick a couple of homosexuals for their coveted cover,' which infers that I have no use for the alternative lifestyle of some people. Unfortunately, that's not what I intended. My argument was with the event of legal gay marriage being the event of the year. I felt there were more deserving events, which I mentioned then. I never intended that it be personal. I have no problem with the gay lifestyle and all that it entails. Indeed, I have friends who live in the alternative lifestyle. They are great people."

Nice try, John. But this is the second time I've caught you using selective quotation and "error of omission" to launder your earlier columns. What you actually said in your Friday, January 2nd, 2004 column is that you thought there were better choices for Time's cover page "than the slop they chose." (It's terrible when stuff is in print and can actually be checked, eh, John?)

"Slop," John? Slop? And what was it that you "intended" to convey about the gay lifestyle by using the word "slop?" I'd say that choice of terminology "infers" quite a lot. And "great people" is not the first inference that snaps to attention.

If you've stumbled on the path of enlightenment since Friday, January 2nd, 2004, have the courage to say so. But don't try to weasel out of what you really said; it further offends those you've already hurt and it gives journalism, itself, a bad name.

Laugh? I Thought I'd Diet



Basic Black

with Arthur Black

I'm on the Atkins Diet.

Again.

I first went on it last spring and it was a glorious victory for me. I lost 19 pounds in just a few weeks. I crowed, I strutted, I bought new pants. Then I started to 'experiment' with the Atkins Diet. They encourage you to do that, after you've gone through the Induction Phase, to find out what verboten foods you can safely add to your dinner table.

Turned out I have a real talent for food experimentation. Over Christmas I experimented with foodstuffs like cranberry sauce, mashed potatoes, sage dressing, gravy and Black Forest cake with a scoop of Hagen Daz on the side.

I gained 19 pounds.

I've sat through this movie before. At various times in my calorie-besotted life, I have flirted with every diet fad from Pritikin to Weight Watchers to South Beach.

The result is always the same: significant weight loss followed by period of convenient amnesia followed by significant weight gain.

All of which has led me to a distinctly unpalatable conclusion. Unless I am prepared to wave goodbye to some of my favourite food groups (beer, doughnuts, beer, french fries and beer to name but five) my silhouette is never going to be mistaken for Brad Pitt's.

Which leaves me with two choices. Number one: I could move to Houston, Texas. A lot of cities call themselves Fat City, but Houston has a serious claim to the title. Experts reckon that one out of every three citizens of that city is clinically obese, making Houston officially the Fattest City in North America. A move to Houston wouldn't make me any thinner but at least I wouldn't stand out in a crowd.

My second choice is much more attractive. All I have to do is embrace the Ligon Diet. What's one more diet regime going to accomplish that all the others didn't? Hah. Trust me - the Ligon Diet is different. It owes its name to Robert Ligon, a Chicago food entrepreneur who sold his popular, low-fat, low-calorie doughnuts to health-food stores and weight-loss centres across the U.S. for years.

How low-fat and low-calorie? Very. A mere three grams of fat and 135 calories per doughnut. Says so right on the label.

The other thing you need to know about Ligon doughnuts is that they are flat-out delicious. The chocolate glazed Ligon doughnut tastes as good, if not better than Tim Hortons top-of-the-line chocolate glazed. Not surprisingly, diet-conscious customers have been vacuuming up Ligon's sinkers faster than he could make them.

Bob Ligon made sure that every consumer understood that his signature chocolate-glazed doughnuts were really a carob-coated confection with a yogurt dip. It said so right on the label. And his customers believed him.

They shouldn't have.

Robert Ligon…lied. The doughnuts he sold across North America-- $500,000 worth in 1997 alone - were oozing with fat and crammed with calories. As fattening as anything you could buy from your local greasy spoon.

They were baaaa-aaad. That's why they tasted so good. And they were very profitable for Mister Ligon. He was buying cholesterol-clogging, midriff-bulging doughnuts from a Chicago bakery for 25 cents apiece, relabeling them as 'Health Style Alternatives' and selling them to gullible chumps for a buck a pop.

Mister Ligon is no longer merchandising his duplicitous doughnuts. He's doing a year and a half in a federal pen for fraud. What's interesting is that Mister Ligon doesn't feel repentant. "Everybody wanted the product and were upset they couldn't get the product," he says, somewhat wistfully.

What's more, his customers don't feel avenged or angry or outraged. They just feel…sad. It was such a wonderful dream, eating all the delicious, low-calorie, minimal-fat doughnuts they could stuff in their mouths. And now it's over.

But Robert Ligon has left all diet backsliders a wonderful and lasting legacy: the ultimate, 100 percent-effective, no-pain food regime - The Ligon Diet.

How it works is, you eat everything you want.

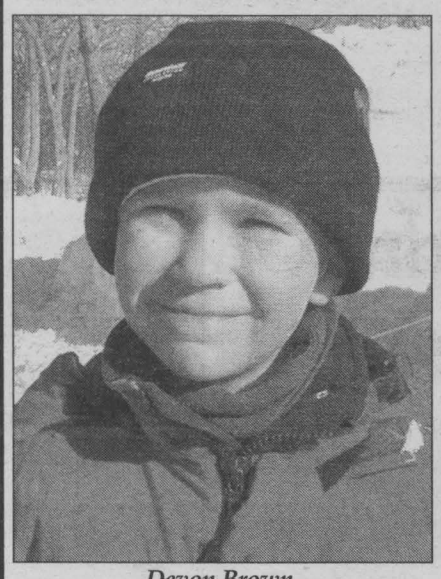
Then you lie about it.

CORNWALL SAYS

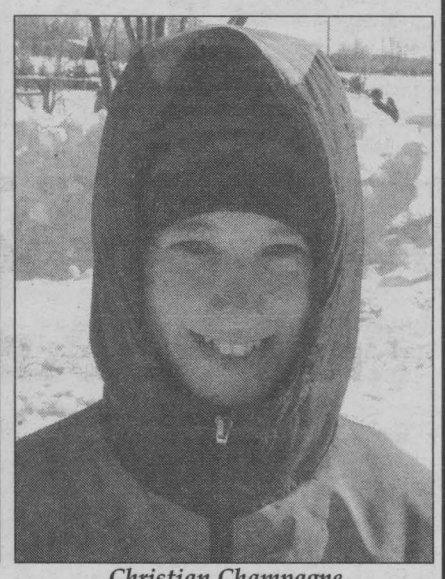
We asked: What Do You Enjoy About The Snow?

(asked at the Raisin Region Conservation Authority's Family Fun Day)

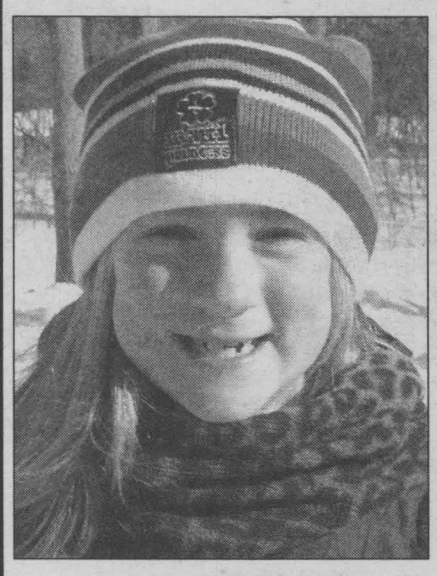
Photos by Chris McPhee



Devon Brown
(age 5)
"I love that you get to play in it. I had a great time today."



Christian Champagne
(age 11)
"I love building cabins in the snow. I have built quite a few this year."



Renee Champagne
(age 8)
"I love throwing snowballs and building cabins in the snow."



Lissa Deslandes
"What I love about the snow is that there are so many different activities you can participate in. This year, I really enjoyed the slide, it was a lot of fun."

letters TO THE editor

Only in Canada

Dear Editor,

Canada, the greatest country in the world, the terrible shame to the Canadian taxpayers of this corrupt use of millions of dollars. First, that Prime Minister Paul Martin, former Finance Minister, who is the main shareholder of Canada Steamship Lines (CSL), receives $160 million in grants and contracts, and then Minister Boudria tells CSL got approximately $140,000 - not very good arithmetic! Then 300 gold watches at $95,000 and nobody knows where they have disappeared to, supposedly!

The famous $5.3 million world trip by the Governor General, which we were told was to cost $1.3 million. Here we go again. Unbelievable! How much more can we take?

Now you throw in Bombardier with two $100 million VIP jets which were not tendered, and if they were needed at all. Then you have VIA Rail, Canada Post and even our famous world renowned RCMP, who are all being blamed in the handling of our tax dollars.

Our health care system is slipping away, with a shortage of doctors, long lines at Emergency, and waiting lists, etc. Canadian agriculture is at the lowest end of income scale, and farmers are disappearing daily at a very alarming rate, faster than they ever did.

Municipalities are all suffering from high taxes, assessments are rising, money for our infrastructure is disappearing for our drinking water, roads and bridges and sewage problems we are living with, and money that could benefit out taxpayers and towns and cities has been thrown away by our MPs and Ministers and their staff.

People know this has happened before, but never to this extent. The corruption and greed is at its worst level ever. How much more can we take? We are running out of money and taxpayers keep on paying 24 hours a day.

Yes, the former PM Chrétien is in China and cannot be reached, he returns home to Ottawa but cannot be interviewed by reporters at his front door, or by telephone. What an insult to Canadians. What has happened to our Canadian dream and this great country of ours? So much BS, when will it stop?

Ron MacDonell, Glengarry County

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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 ocna



Canadian Trivia

with Yvan Brunet

FAMOUS PLACES

In which province or territory would one find the following famous places? Write your choice of letters A-G inside [ ].

1. [ ] CONFEDERATION TRAIL (scenic trail for hikers & cyclists)
2. [ ] FORTRESS OF LOUISBOURG (destroyed by the British army in 1758)
3. [ ] The SKYDOME (home of the Blue Jays baseball team)
4. [ ] CAPE BONAVISTA (explorer John Cabot first landed there in 1497)
5. [ ] LAKE LOUISE (first named Emerald Lake). The name was changed in 1884 to honour the fourth daughter of Queen Victoria
6. [ ] OKANAGAN VALLEY (20 km wide by 200 km long)
7. [ ] GREAT BEAR LAKE (the eighth-largest lake in the world at 31,328 square km)

PROVINCES/TERRITORIES

A. Nova Scotia
B. Newfoundland
C. British Columbia
D. Prince Edward Island
E. Northwest Territories
F. Alberta
G. Ontario

CDN-57

ANSWERS: 1(D) • 2(A) • 3 (G) • 4(B) • 5(E) • 6(C) • 7(E)

Score on 7: [ ]

letters TO THE editor

Does Roth Have The Answer To Stop Violence?

Dear Editor,

Reading Bob Roth's column (Seaway News, Friday, January 9th, 2004), it seems to me he blames God for all the violence in the Bible. As Bob reads the daily paper, does he blame the editor for the violence therein? Has he the answer to stop the violence or change the nature of the actors?

The paper is about the people of today, the Bible is about men and women, like you and like me, since the beginning of civilization. God created the heavens, the earth, the sea and all therein, including the angels. He made mankind male and female from the dust of the earth (humans) and breathed life into them. He gave the angels and mankind a free will, the choice to love and obey or not. Both, deceived, chose to disobey, and ever since mankind's heart is deceitful (Jer. 17:9) and full of evil (Romans 1:29) but each has a conscience (John 8:9, Ecc. 3:11, Romans 2:15).

Bob writes articles to "straighten people out" and change their way of thinking. God is doing the same with his articles, but most don't want to read (1 Cor. 2:14) and change his/her lifestyle. So it is with Bob's. Bob may say, "So what?," but God so loves the world, you and me, that he is not willing that anyone should perish (not attain his potential, i.e. heaven). So he left us a manual, it is like a mirror, if anyone held it up to his face, he could see himself in it, and might want to change his lifestyle. God never forces anyone.

Just as Hitler did much violence in our age, so did King Herod, murdering boys, two years old and under, around Bethlehem, 2,000 years ago. These were man's senseless acts of violence, but God had the most important reasons for the flood (Genesis 6:4,5) for Soddom and Gomorrah's destruction (Genesis 18:20) and for ridding the Promised Land of the most depraved pagan people (Exodus 23:33, etc.). It was so that the whole world could have the first Christmas, the birth of Jesus, the promised Redeemer (Genesis 3:15) born of a Jewish virgin, in Bethlehem. He is the answer to all violence, joy and peace (Luke 1:32,33, Luke 2:10-14). He was crucified, died and was buried but he rose again, and ascended back to His Father. As he promised (John 14:1-4), he is coming back soon, by all the signs (Matthew 24, Luke 21, etc.)

He's knocking at the door (Revelation 3:20). Don't rush to clean things up, just let him in, and he will clean you up and make you a new person in Christ, as he did the Good Thief, Saul (St. Paul), etc. We know the Bible is true because of the changed lives of many who believed and trusted its message.

Imelda Wheeler, St. Andrews

School Boards, Listen Up!

Dear Editor,

We, the taxpayers, should be very disturbed with our local school boards, and I should point out, the public board especially.

We are told by the boards time after time, money is needed for this or that, most times being true. I must tell you, I have a hard time digesting the money the Upper Canada District School Board is spending in our local papers.

One morning I picked up the daily and I saw an advertisement on behalf of the Upper Canada District School board the length of the page and about nine inches wide. That was not bad enough, but opposite, on the other page, the same ad again, the same size. This is abuse of taxpayers' money. I am sure this money would be better spent on transportation, or in the classroom, like the boards tell us time after time they lack funds for.

As concerned taxpayers and especially as parents, we should be concerned about the amount of dollars spent in the media. As a concerned parent, I would like to see this needless spending eliminated, put the money where it is supposed to be - in the classroom. And if you must advertise, act like the rest of us and be more accountable with our dollars, use small ads, and redirect the savings into the classroom.

I hope the different boards remember, it is the choice of parents where to send their children for an education, so please stop making education a business, but rather an experience our children will enjoy. *Todd J. Lalonde, Cornwall*

Missed The Point

Dear Editor,

It appears that Mr Divinski, as well as the one reader who wrote to Seaway News in his defense, entirely missed the point of the letters whose writers objected to Mr. Divinski's column on Time Canada magazine's choice for Person(s) of the Year. If you read my original letter carefully, you will see that I, for one, took strong exception to Mr. Divinski's use of the denigrating word "slop," not to his right to have an opinion about Time Canada magazine's choice. That use of that word reflects a negative judgement, which is a form of bigotry that has no place in a public forum. *Dr. Patricia Kaufman, Cornwall*

Roth's Comments Distasteful

Dear Editor,

Bob Roth obviously has way too much time on his hands to write a full article on Mr. Divinski's 'spanking' column. Not only did he take all that time to dissect John's words, he also showed lack of respect and complete ignorance for his father's form of discipline.

I have known John personally for many years, and he holds the utmost regard for his late father. To refer to Bruce Lee's 'Five Fingers of Death' and 'the ability of those with brute power to dominate who they wish,' is ludicrous and distasteful. I don't believe Mr. Roth ever knew John's father.

Oh, and by the way, a good spanking never did me any harm either, so Mr. Roth can now add a dime to his collection. *Traci Trottier-Genier, Summerstown*

Community Pride And Charity Among Strangers

Dear Editor,

Having relocated to Cornwall from Toronto two and a half years ago, I have come to be repeatedly amazed and impressed at the remarkable sense of community to be found in Cornwall. I have witnessed this sense of loyalty, civic pride and willingness to become involved in the community in watching the support that various charities and community groups receive from the general public and have been humbled to become part of such a respectful community.

This pride in my new home was further developed in witnessing the community's support of the Kiwanis Club's recent Elvis concert for charity. Aside from raising much needed monies for the Kiwanis Club's many community projects (and being one heck of a good time for those in attendance), this event served to illustrate to me just how tremendous this city can be when called upon to support its charities and its citizens.

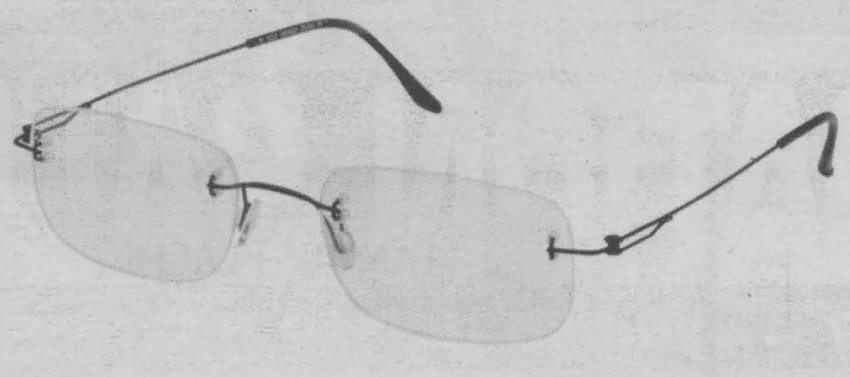
Illustrations of my point abound. The local media literally went 'above and beyond' in assisting the Kiwanis Club in advertising the event and ensuring it was a complete sell-out. Corus Entertainment, through all three local radio stations, led the way with news coverage, on-air mention of the event, live interviews and advertisements. They did all this with nominal reimbursement. The papers stood up to the challenge and had reporters covering the event into the wee hours of the morning. Local media types served as judges in the local talent contest and made the difficult decision naming local resident Harvey Laferriere as "King of Cornwall, 2004."

Beyond these illustrations were instances of pure community altruism. Examples include a Mrs. Marjorie MacDonald-Steeves who, unable to attend the event herself, purchased two tickets for citizens unable to pay for the show (which were well used by the Agapè Centre).

In all, this event taught a Torontonian a valuable lesson. Community pride and charity amongst strangers does still exist. It exists in Cornwall, Ontario, Canada. For that we should all be proud. I know I and the Kiwanis Club of Cornwall are proud.

Dr. Stephen F. Jones, Cornwall

Rimless Eyewear



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If This Is Civil Disobedience, So Be It

Dear Editor,

I've acquired a considerable amount of resentment towards the payment of income tax, probably stemming from the year it came out that I had paid more income tax than Shell Oil, whose tax bill for that year was zero.

I've never completed a tax form since, because the feeling of being a rat in a maze, under the thumb of some diabolical control freak is more than I can stomach. I now simply list the required data, sign the form, and send the thing off to the tax department.

The workers in the tax department do their best to be fair and impartial, considering what they have to work with, but having deduced that the obscurities of the Income Tax Act are part and parcel of a massive swindle within the monetary system, my gratitude is less than wholehearted.

Everyone should have a copy of "The Constitution Acts, 1867 to 1982. Mine came from Canadian Intelligence Publications (Ron Gostick Editor). With it, I will seek to prove that current practices within the monetary system are in direct violation of Section 91 of the Constitution as well as in direct violation of Article 15 of the Canadian Charter of Rights and Freedoms.

Federal administrative jurisdictions are identified in Section 91 of the Constitution Act, which states: It is hereby declared that (notwithstanding anything in this Act) the exclusive legislative authority of the Parliament of Canada extends to all Matters coming within the Classes of Subjects next hereinafter enumerated: A list of 29 Federal jurisdictions follows this pronouncement. I will list those jurisdictions pertaining to monetary policy only.

Item 14: Currency and Coinage.

Item 15: The Issue of Paper Money.

Item 20: Legal Tender.

Under our Constitution, The Parliament of Canada is clearly obligated to provide a medium of exchange through the issue of coins and currency, as well as Paper Money. Unfortunately, the legal process has become subverted through an artifice which is blatantly fraudulent within our current monetary system. Through collusion between the Federal government and the commercial banks, the current practice calls on the government to exchange an interest-bearing bond, in effect putting a mortgage on the country, for a handful of worthless paper as provided by the commercial banks. The government then blesses the paper with a "Hocus Pocus Alakazam, I dub thee legal tender." Our legal tender thus becomes a commodity and the banks collect interest on it through the bond they've acquired for little or nothing. A good portion of our income tax is handed over to the commercial banks to pay this interest. A clear and ongoing fraud is being carried out against all Canadians.

Under our Constitution, Canadians are entitled to a free medium of exchange. Check Article 15 of the 1982 Canadian Charter of Rights and Freedoms.

Article 15: Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination.

Collecting income tax from the people through a swindle and giving it to a special interest group is in direct violation of Article 15. At least in my opinion.

I'm already in dispute with the Federal government over income tax, and hold the disputed money in a special account while waiting for the government to come up with an explanation for their conduct. If this is civil disobedience, so be it.

Alan A. Macdonell, Williamstown

Editor's Note: Letters To The Editor are always welcomed. Unfortunately, space is limited to print letters, therefore, please keep your letters to the point. Also, some issues and viewpoints change with time, therefore we will attempt to print all letters within 2 weeks. Letters dated after 14 days will not be printed.

Seaway News welcomes Letters To The Editor. Letters should be no longer than 200 words.

All letters are subject to editing and must bear the writer's name, address and phone number for verification.

The views expressed by columnists, guest editorialists and/or Letters To The Editor are not necessarily the views of this newspaper or its publisher.

Send letters to:
editorial@cornwallseawaynews.com

$10,685 Goes To Hospitals

The Ontario government is improving patient access to medical tests and treatment, and workplace safety with a $130 million investment in diagnostic and medical equipment, says Health and Long-Term Care Minister George Smitherman.

"We have taken action to strengthen our public health care system by funding equipment that will improve patient care," said the Honourable Madeleine Meilleur, MPP for Ottawa-Vanier and Minister of Culture and Minister Responsible for Francophone Affairs. "With the new medical and diagnostic equipment we will be able to identify and treat diseases faster, and shorten wait times for patients across Ontario." Meilleur and six other Eastern Ontario Liberal MPPs say they are very happy the money is being released to hospitals located in or near their ridings.

The $130 million is part of the federal Diagnostic/Medical Equipment Fund from the 2003 First Minister's Accord on Health Care Renewal. Fourteen million dollars of this funding is being earmarked for employee safety equipment such as ceiling-mounted bedlifts to reduce workplace injury in nurses.

Ontario's total allocation is $193 million for each of three years, starting in 2003/2004 for diagnostic, therapeutic surgical and safety equipment.

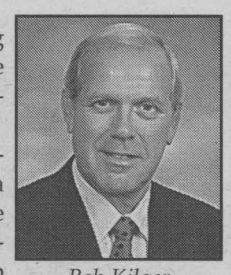
Twelve hospitals in Eastern Ontario have been allocated funding in total for diagnostic and medical equipment such as computed tomography (CT) scanners, mammography, ultrasound and x-ray machines, and employee and patient safety equipment. Four of these hospitals are located in SD&G. They are: Glengarry Memorial Hospital, Alexandria - $200,000; Cornwall Community Hospital, Second Street Site - $284,000; Cornwall Community Hospital, McConnell Site - $314,000; and Winchester District Memorial Hospital, Winchester - $200,000.

Kilger Fully Supports Prime Minister's Actions

Stormont-Dundas-Charlottenburgh MP Bob Kilger recently re-affirmed his support of Prime Minister Paul Martin's quick actions in addressing Auditor General Sheila Fraser's report on the sponsorship program.

"The findings contained in the Auditor General's report on sponsorship and advertising practices paint a disturbing picture that this government finds unacceptable," said MP Bob Kilger.

The government has taken decisive action with a comprehensive set of measures that will hold those responsible to account, recover lost funds, reform oversight and management practices, and answer all remaining questions concerning the management of the sponsorship program.



Bob Kilger

This government recognizes that there has been a significant breach of the public's trust in the conduct of the sponsorship program. Consequently, we are determined to take every step necessary to uncover what happened and to ensure that no such abuse can be allowed to recur," said Mr. Kilger.

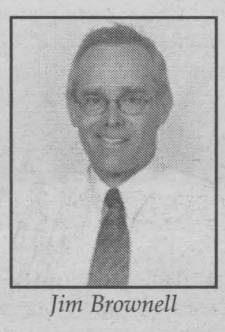
MPP Brownell Invites Comment On Bill 8

MPP Jim Brownell would like to invite comment on Bill 8 - The Commitment to the Future of Medicare Act - following calls from local labour groups that the Bill would adversely affect their collective bargaining agreements.

"Our government is deeply committed to the top-quality, public Medicare," stated Brownell. "This Bill enshrined the five basic principles of the Canadian Health Act into Ontario Law."

Brownell urged that the new Ontario government respects collective bargaining agreements, and it is not the intention of the government or Bill 8 to interfere with these agreements.

The Standing Committee on Justice and Social Policy began deliberations on Bill 8 Monday, February 16th, 2004.



Jim Brownell

"As a member of the Standing Committee on Justice and Social Policy, I invite groups or individuals to share their concerns with me." MPP Brownell was appointed to the committee at the beginning of the last session, and this will be his first time deliberating a Bill.

"I encourage the constituents of Stormont-Dundas-Charlottenburgh to comment and take part in this important parliamentary process."

New Committee Formed

A group of Conservatives from Cornwall and the Counties has formed a Tony Clement Committee to support the bid by the former Ontario Health Minister to become leader of the new Conservative Party of Canada.

Todd Lalonde, who was the Ontario PC Party candidate in the recent election, and Gerry Flaherty, also of Cornwall, believe only a Tory leader of Clement's stature can ensure a strong showing in Ontario by the new party.

They are urging area residents who want to vote in the leadership event on Saturday, March 20th, 2004 to join the party now by phoning them. The sale of one-year memberships ends Sunday, February 29th, 2004. Voting will take place in each riding.

The former MPP for Brampton administered a $28.5 billion budget as Ontario Health Minister and led the fight against the SARS epidemic in Toronto last summer. Also, he regularly visited Winchester, Cornwall and the Counties in recent years to deal with hospital restructuring and other matters. Clement was the founding President of the Canadian Alliance Party which merged in January 2004 with the former Progressive Conservative Party of Canada.

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Nicotine Patch: The Number One Aid To Quit Smoking

(OPS)—Most smokers who decide to use an aid to help them quit will likely use a nicotine patch instead of other methods such as nicotine gum, hypnosis and the bupropion tablet. The most popular patch, Nicoderm, is also the patch most recommended by doctors and pharmacists.

In choosing Nicoderm as your smoking cessation aid, combined with will power, you are doubling your chances of quitting compared to placebo. Nicoderm has already helped millions of people around the world just like you in their quit attempts.

How Does It Work?

Nicoderm works by partially replacing the nicotine derived from smoking to reduce the cravings for cigarettes and symptoms of withdrawal such as irritability, frustration, anxiety, difficulty concentrating and restlessness. Without these powerful urges, you will be more in control as you become less dependent on nicotine - kicking the habit becomes much easier!

Nicoderm is a patch containing nicotine as the active ingredient. The nicotine it delivers does not contain the dangerous toxins associated with cigarettes. The patch is applied once-a-day and it provides 24-hour delivery of nicotine. The nicotine dosing quantity and the rate of delivery are controlled by an exclusive controlled release technology, which gives you an all-day protection, even against the early morning cravings many people find difficult.

It Can Be As Easy As 1-2-3!

Nicoderm therapy consists of a straightforward three-step program that gradually reduces the level of nicotine in the body. It's a 10-week program with a once-a-day application:

Step 1 - Initial Treatment Period: for the first six weeks, the smoker will use the highest strength Nicoderm Step 1 patch (21 mg), because at first the body's cravings will be the strongest.

Step 2 - First Step Down Treatment Period: for weeks seven and eight, the smoker will use the Nicoderm Step 2 patch (14 mg). Switching to Step 2 after six weeks begins to gradually reduce the nicotine usage.

Step 3 - Final Step Down Treatment Period: for weeks nine and 10, the smoker will use the Nicoderm Step 3 patch (7 mg). This last step further reduces the nicotine intake, and prepares the smoker to stop using Nicoderm altogether.

Tried and Tested - Keep On Living!

More than 100 clinical trials and extensive use over many years by millions of people worldwide have proven the safety, tolerability and efficacy of Nicoderm when used as directed. People using Nicoderm can continue on with their lives as the use of Nicoderm does not compromise their lifestyle. Nicoderm does not impair judgment, thinking or motor skills and there are no special precautions to take while driving and operating machinery. Nicoderm is not contraindicated with alcohol and can be used by people with cardiac problems under medical surveillance.

Nicoderm is easily accessible. It is sold in all pharmacies across Canada without a prescription and is offered in clear or skin tone patches.

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WHY SUFFER IN SILENCE?
JAN09041

Health Info Is Just A Click Away

Got a question about parenting, nutrition, exercise, smoke cessation, disease prevention, health concerns in the news? The answers are as close as your computer, now that the Eastern Ontario Health Unit is launching its new and improved website.

"Getting useful, local information about healthy lifestyles can seem overwhelming. This site is user-friendly, practical and jam-packed with information parents, teachers, seniors, teenagers, travellers, local leaders, employers, and health care professionals can use," explains Louise Jeaurond of the Eastern Ontario Health Unit. It's also free and accessible—a bonus for anyone seeking information who doesn't know where to look. The interactive site also offers up-to-date information about health unit events and services, and the option to register for these online.

"The first step to a healthier and more pleasant life is to learn more about health issues," says Jeaurond. Creating a healthy environment for our children, by virtue of habit and example, builds a healthy community for the future.

UPPER CANADA
District School Board

TAGWI S.S.
SIMUL DISCEMUS

An Invitation is Extended to All
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ORIENTATION
NIGHT
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7:00 to 9:00 p.m.
At Tagwi Secondary School
in the Cafeteria
EVERYONE WELCOME
"THE MEETING PLACE"
346-2122
Mrs. Susan M. Lopez, Principal
Mr. Patrick Pender, Vice Principal
David McDonald
Chair
Learning Together
Gino Giannandrea
Director
FEB20042

Common Skin Condition

Over the last three decades, dermatologists have seen the percentage of their patients suffering from eczema triple, and this is particularly noticeable in their Asian patients. They believe that the prevalence of eczema among the Asian population is exacerbated by the Canadian climate, Asian cultural practices and a lack of awareness of new treatments.

According to Dr. Harvey Lui, Chairman of Dermatology and Professor of Medicine at the University of British Columbia and Vancouver General Hospital, "The dry Canadian winter can be harsh on anyone's skin, but it is particularly damaging if one is accustomed to an entirely different climate. Asians are often used to taking several hot showers a day in their home country. However, frequent hot bathing can cause itchy, painful flare-ups among eczema sufferers." Dr. Lui recommends that his patients bathe no more than once a day, using lukewarm water and always moisturizing afterward. "People also have to understand that no treatment will cure eczema, but that very effective therapies, such as the new class of non-steroid topical immunodulators, are available to control the condition."

Throughout the month of February, physicians, patients and parents are participating in a public education effort in order to share their unique perspective and experiences with eczema. There is no cure for eczema, but patient education has proven to be an effective means of coping with the condition. The Eczema Awareness, Support and Education (EASE) program was recently cited by the Canadian Dermatology Association as the recipient of its 2003 Public Education Award.

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Winchester Office: 774-3131
(Bilingual Services)
JAN9044

Great Lakes Cleanup

The Honourable David Anderson, Minister of the Environment, recently announced funding of $1.5 million from the Great Lakes Sustainability Fund, to support 47 restoration projects in the Great Lakes Basin. The fund provides financial support to projects that improve the ecosystem health of Areas of Concern around the Great Lakes, which have been identified as being environmentally degraded pursuant to the Canada-U.S. Great Lakes Water Quality Agreement.

"Restoring the health and sustaining the integrity of the Great Lakes Basin Ecosystem is a priority for the Government of Canada, and we're advancing through concrete action," said Minister Anderson. "We must continue to protect and restore this precious resource, which serves as the primary source of drinking water for the millions of Canadians who live, work and play in the Great Lakes Basin. Building on our success in the full restoration of Collingwood Harbour and Severn Sound, we're working with our partners toward ensuring a healthy and sustainable future for the Great Lakes."

St. Lawrence River

Wildlife Monitoring and Sustainability Fund Coordinator - Cornwall ($8,000) to continue to coordinate restoration efforts in the St. Lawrence AOC and to develop new restoration initiatives to meet Remedial Action Plan goals. The conservation authority's coordinator will serve as the primary contact for restoration projects along the St. Lawrence and will provide technical assistance to other local agencies undertaking restoration projects.

Lake St. Francis and St. Lawrence River Tributary Restoration Project ($100,000) to implement additional water quality improvement projects such as manure storage and milkhouse washwater facilities, livestock restriction fences and alternate watering source projects; promote and secure agreements for a conservation fillage program and complete additional conservation tillage projects; and, plant native trees and shrubs and gather data about stream habitats for the establishment of priorities for restoration in the local watersheds.

Cornwall Littoral Zone Habitat Assessment ($3,000) to support a statistical analysis and assessment of the effectiveness of existing habitat structures; and disseminate the results to other agencies that are considering undertaking similar restoration initiatives.

Strategic Habitat Restoration Workshop ($7,000) to organize and conduct a Strategic Habitat Restoration Workshop, with a follow-up report, and to establish and recommend restoration priorities and activities required to delist impaired beneficial uses related to habitat in the St. Lawrence Area of Concern.

Corner Post

Farm and Countryside Commentary

by Elbert van Donkersgoed

There's talk in Ontario about changing our approach to the research that drives change in our food system. Stakeholder input on strategic research options is being sought by the Agricultural Research Institute of Ontario.

The options under consideration hint at major long-term changes:

1. Focusing research on two outcomes: improved health and enhanced competitiveness;

2. Structuring research in value chains. Two chains -- primary production systems and the bio-economy - to enhance competitiveness and three value chains -- food, public health and environment - to improve health;

3. An emphasis on collaboration among researchers and building large interdisciplinary teams for coordination and integration of research; and

4. Ensuring that research leads to innovation.

I'm encouraged but also cautious.

It is urgent that scientists come out of their silos - out of their narrow scientific specialties. One cow with mad cow disease is not just a matter of understanding prions - those folded over proteins that result in sponge-like brains - it's also about markets and trade policy and what it takes to maintain consumer confidence in the food system. A move towards collaboration, interdisciplinary teams, coordination and integration is a big plus.

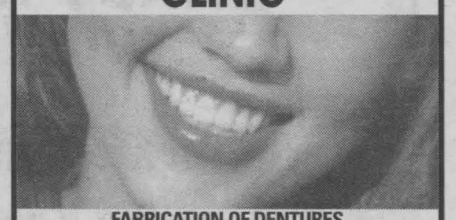
Linking research to innovation is the greater challenge. Consider organic agriculture -- one of the significant innovations in the food system of the past quarter century - this innovation developed on farms, in the marketplace and as a consumer preferences long before science sat up and took notice. It emerged almost in spite of the research establishment. While science can lead to innovation, it is just as important that science gets on side with innovations driven by farmers, markets and consumer preferences. A research strategy that assumes that science and innovation have a cause-and-effect relationship - with science needing to come first -- will continue to fail us. Even today, our science is ignoring the next major innovation already emerging in food markets and consumer preferences - the re-localization of food.

The focus on competitiveness as primary outcome is troubling. At a simple level, the new strategy's emphasis on competitiveness -- generally understood as global competitiveness -- risks squandering our research dollars on a continuation of the misguided effort to industrialize Ontario agriculture and make it the lowest cost producer of bulk commodities. There is no long-term economic sustainability nor entrepreneurial satisfaction in this treadmill to ever lower prices. At a deeper level, science has a more noble purpose than winning marketers. Science can get at complexity and help us understand the creation of which we are a part.

It is more important to understand how the world works than to win.

Classified plus

DENTUROLOGIST CLINIC



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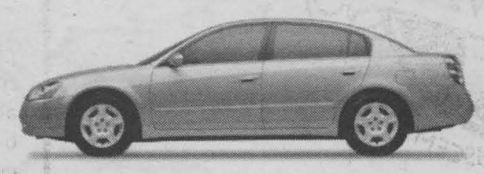

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All offers are only on accepted credit, available for a limited time, and may change without notice on new 2004 Sentra 1.8 VOP (C4LG54 BK00), Altima S Extra (T4VG74 AE00), Maxima SE (U4SG74 AE00), Pathfinder "Chinook" (5CRG74 AE00) and Quest 3.5 S (V6RG74 AA00). Offers cannot be combined with any other offers and include destination and delivery. *48-month lease on all 2004 Altima S Extra/Maxima SE/Pathfinder "Chinook"/Quest 3.5 S with ALR's of 5.0%/5.6%/3.9%/5.6%. Leases based on a maximum of 96,000 km with excess charged at $0.10/km. 60-month lease on all 2004 Sentra 1.8 with ALR of 2.4%. Lease based on a maximum of 120,000 km with excess charged at $0.10/km. Zero security deposit, OAC, on 2004 Sentra/Altima leases. †Nissan Graduate Program available on 2004 Sentra models only. See dealer for details. Dealer may sell/lease for less. Not all vehicles/offers are available at all Dealerships. Licence, insurance, registration fees, PPSA, and taxes are extra and must be paid at the time of transaction. ***$1,000 in extra value reflects price difference between 2.5 S Convenience model versus 2.5 S Extra model. 12.8/3.8% purchase financing available for 36 months on 2004 Sentra and Altima/Maxima, Pathfinder and Quest models. Financing examples: $30,000 at 2.8%/3.8% per annum for 36 months equals $869.79/$883.05 per month. COB is $1,312.60/$1,789.91 for an obligation total of $31,312.60/$31,789.91. **No finance payments for 90 days on Sentra. ††Based on comparison of 2004 Nissan Quest with 2003 FWD minivans. If the cash purchase prices are not taken, and the vehicle is financed, the effective interest rate is 6.0% for Sentra. Vehicles not exactly as shown and used for illustration purposes only. Nissan, the Nissan Brand Symbol, "SHIFT_" tagline and the Nissan model names are Nissan trademarks.

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C'est la vie

brought to you by The Cornwall Youth Centre and Seaway News

This Month's Theme: Dating Violence

If you or someone you know needs support or assistance concerning this month's subject, please contact:
French: L'équipe psycho-sociale 938-7112
English: Child and Youth Counselling Services 932-1558

Cornwall Youth Centre Inc. / Maison des jeunes
499 Henry Street, Cornwall Ontario, K6J 5A2 Tel: 1-613-938-4999 Fax: 1-613-938-0549

Cornwall Youth Centre Inc.
Studio 13-18
Maison des Jeunes

Violence In Relationships

by: Marge Laprade – Coordinator of services and volunteers in English Sexual Assault Support Services for Women of SDG&A

How many times have we heard that he was such a nice quiet man? Then he put his girlfriend into the hospital with undisclosed injuries. He must have exploded. What did she say or do to make him react so violently?

Men and women who are victims of abuse are often reluctant to talk about their relationship or to seek help. Those who experience abuse and violence – one in five- do not go to anybody for help or support. Not even friends or family. Only 14% of violent incidents are reported to police. Assaults not involving intimate relationships were more likely to result in a charge. Victims in 22% of violent incidents told no one about the experience. Although physical assaults may occur only occasionally, they instill fear of future violent attacks and allow the abuse to control the young woman's life and circumstances. Eventually, these episodes can escalate to life-threatening behaviours such as choking, breaking bones, or the use of weapons. Approximately half of all injuries presented by women in emergency services occurred in the context of abuse, and battering accounts for one in every four suicide attempts by all women. Psychological and emotional abuse is as damaging as physical abuse to a woman's self-esteem. These forms of abuse include: excessive possessiveness, threats of suicide, threats of violence, restricting activities, isolation from family and friends, forcing degrading activities, verbal insults, put-downs, name calling, controlling money, threatening and/or harming pets, and destroying personal property. Violence is a learned behaviour.

If you are a victim of violence:
- It is not your fault.
- You are not alone – help is available.
- No one has the right to threaten or intimidate you.
- No one has the right to hit you.
- No one has the right to badger you into any sexual activity you are not comfortable with.
- Talk to someone.

If you are abusive:
- You are not the only one.
- You are accountable for your actions.
- Your girlfriend did not make you hit/hurt her.
- Feeling sorry and apologizing is not enough. Your girlfriend will remember her fear for a long time.
- The responsibility for the violence belongs to you. Get the support you need to change your behaviour.
- Leave the relationship and talk to someone you trust.

Youth Centre Bulletin Board

A bit about the Centre: The Centre offers FREE bilingual services to all youth between the ages of 9 and 18 years on a weekly basis. Call us for more information.

Did you know: The Youth Centre receives reoccurring financial support from the United Way of Cornwall and District. Thank you for your generosity! The Youth Centre raised $994.11 from their Valentine's raffle. Congratulations to the winners! A big thank you to Sears and Zellers for the support during our ticket sales.

Volunteering Opportunities: Attention Youth: Looking for somewhere to start or to complete your mandatory 40 hours of volunteer work for school? Give Norma a call!

Upcoming Events: The Youth Centre is holding a Winter Day Camp for children between the ages of 6 and 12 years old during the March break. Registrations are at the Youth Centre on February 28th from 10am to 2pm and February 29th from noon to 3pm. Limited spaces available. The funds raised will help cover the costs of summer activities. Our Annual General Meeting is coming up this May. Interested in being part of the board of directors? Contact Josée Delisle for more information.

Special Notes: The Youth Centre is thrilled to announce a new contributor, Leblanc & Son Roofing has donated after school and craft materials, $100 for snacks, Valentine's Day party supplies, and will donate 1% of his business profits each month! Thank you David Leblanc!

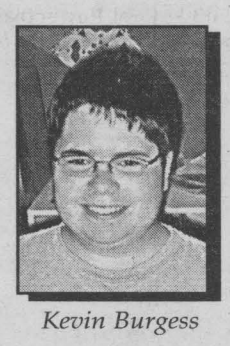


Tara Coon

Hidden Word Search

by: Kevin Burgess

A	F	F	E	C	T	I	O	N
P	E	R	V	T	P	A	M	H
H	M	A	L	E	A	U	E	U
Y	A	P	A	M	R	A	N	R
S	L	E	U	A	T	B	T	T
I	E	D	X	L	N	U	A	E
C	N	B	E	E	E	S	L	L
A	B	U	S	E	R	E	O	S
L	A	F	R	A	I	D	N	O



Kevin Burgess

Abuse	Verbal	Rape
Mental	Physical	Sexual
Male	Partner	Abuser
Hurt	Affection	Afraid
No	Female	

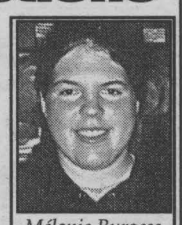
The message is... _____ _____

Send your answer, name, age, and telephone number to: teen_cestlavie@hotmail.com to be entered in a prize draw!

Last Month's winner: Aimée Van Vlierbergh– CONGRATULATIONS!
The secret message was: Second Hand Smoke

Just A Few Questions

by Mélanie Burgess



Mélanie Burgess

1. True or false. Loving too much, is a form of abuse?
2. What are the 5 types of abuse?
3. When should you report that you have been abused?
   A) right away
   B) 2 or 3 months after
   C) 1 year later
   D) never
4. Did you know...You should never show your abuser that you are afraid!
5. _____ is the key to having a good relationship.

Abusive Relationships:
It Happens More Than You Think

by: The Eastern Ontario Health Unit

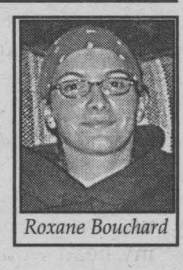
You've been dating a guy for 6 months now. You really like him; he's cute, funny and really sweet. You're at his place, cuddled-up on the couch watching a movie, when he starts making a move on you. You tell him no but he forces you to have sex. There's a word for that, rape. These things happen more than you think. Abuse in a relationship takes many forms. It can be verbal, physical, emotional and sexual. They are based on power and control. Would you be able to recognize the signs of abuse? If your partner continuously criticizes what you wear, wants to know where you are at all times, won't let you talk to your friends of the opposite sex, always calls you names, gets carried away during horseplay and hurts you, that is abuse. Abuse is often gradual; it might start off occasionally but could eventually get worse. If you suspect your partner is abusive, break away as soon as possible. Ask for help for yourself and your partner. Talk to a friend, parent, teacher or call Health Line at 933-1375 or the Kids Help Line at 1 800 668-6868.



Youth Centre team: (left to right) Katie Dennison – Project Leader, Josée Delisle – Co-ordinator, Natalie Francis – Facilitator, Norma Rivet – Youth Worker, Philip Doyon – Animator.

Love Taps

Submitted by: Roxane Bouchard



Roxane Bouchard

Many people believe that if you are in an abusive relationship that it is purely a physical attack. Any one who has been in this situation knows that this is simply not true. Bruises heal but the emotional pain never goes away. They attack everything that you are. They verbally pick away at your flaws and eat away at your self-esteem till you have no will power to fight back. When you stop fighting back they know that they won. Imagine losing everything you were and could have been, losing your individuality, identity, and questioning your purpose in life. It does not just happen to women. Every case is different. No matter what race, sex, religion or age. Anyone can do it and have it done to them. In the end the results are the same. Someone was stripped of their dignity and pride. No one has the right to do this.

If you or someone you know needs support or assistance concerning this month's subject, please contact:
French: L'équipe psycho-sociale 938-7112
English: Child and Youth Counselling Services 932-1558

Did you know?

- Only 1 in 10 sexual assaults is reported to the police. Of those that are acquaintance rapes, only 1 in 100 is reported to the police.
- Abuse can also be emotional and psychological. This kind of abuse is hard to see because it leaves no marks but it hurts just the same.
- EMOTIONAL ABUSE includes insulting or swearing at a partner, threatening or terrorizing them, destroying their property or possessions, isolating them from friends and relatives, or being obsessive.
- PHYSICAL ABUSE includes shoving, slapping, choking, punching, pinching, kicking, biting, burning, hair pulling, using a weapon, threatening someone with a weapon, or forcibly confining someone.
- SEXUAL ABUSE is unwanted sexual touching, using force or pressure to get a partner to consent to sexual activity, rape and attempted rape, and having or attempting to have sex with a person who is under the influence of alcohol or drugs.

The Cycle Of Violence

by: Senior Constable Gary Léger



Gary Léger

The cycle of violence can be broken down into three stages. The first is a build-up of anger and frustration. Frustration can be defined as anger mixed in with a feeling of powerlessness. It is important to remember that it's the angry person's perception that is causing his or her feelings and not necessarily an actual event. The second stage occurs when the build-up of tension is too much and the person explodes. The emotional explosion, in the case of partner abuse, is often an assault. The third stage is the remorse or honeymoon phase. This is where the person feels a sense of relief after having purged the negative feelings. This is quickly followed by feelings of remorse and many times fear. This is where statements like: "It will never happen again" or "I don't know what got into me" are made.

Here are a couple of numbers you might want to consider if you find yourself in this cycle and want help:

Addictions Services of Eastern Ontario 936-9297
Cornwall Community Hospital 932-3300

Word Weavers

Your Local Writers' Group

The Auction

By Daphne Hall

"Are we all finished now?" the auctioneer asked. There was a general nodding of heads and I sighed inwardly. The four-acre bush lot was going to go for about $6,500. Gord and I were there just to observe and learn something about the price of land. We had toured around with the auctioneer and a virtual caravan of other people, all with the same likely intent. If there was to be a piece of property going at a cheaper than usual price, we would bid on it.

The properties were all on the block on the same day and the auctioneer had arranged to be at each site at a specified time with the bidding starting shortly after. Now we were at one of the last sales of the day. We had parked at the turn from the highway and walked down the unimproved road for a couple of hundred metres. There were more than 20 people there, all no doubt hoping the sale would fall far short of the auctioneer's objective. We stood around murmuring, avoiding eye contact, waiting for the sale to begin. Friendly as everyone was while waiting for the auctioneer to begin his sales pitch and again afterwards when the last bid was in, during the process nobody wanted to be looking at the person they might have to bid against. It was a curious feeling and one which I certainly fell prey to. The beautiful early fall sunshine, the smell of the mixed tree lot and the soft easy air had captivated Gord and I, but it was still meant to be merely an exercise in learning about real estate values.

The auctioneer held his hand up again, ready to drop it on the last bid. Gord spoke up. He nudged me and said "$7,000." My mind did a loop and I couldn't look at the bidders around us. The internal dialogue going on in my head would have been best understood by a toddler. I was babbling. The shock of his bid, when we really hadn't discussed it at all, was enormous. He whispered "What do you think?," and I practically screamed back "Yes, Yes, Yes," in my best Meg Ryan imitation from 'When Harry met Sally.' He swore later that I didn't say anything nearly as sensible as that.

The auctioneer looked back at the couple of men who had begun the bidding and checked with them. One gave a vague head shake but the other nodded him up to $7,200. The auctioneer looked at Gord who was trying to get a sensible response out of me, but I was no longer coherent. The shock of what he was doing had immobilized me. He took my non-answer as a yes, and bid another $300. The other bidder, risked a further $500, expecting Gord to stop at that point. Nobody other than a logger would want four acres of bush which would have to be surveyed, cleared and serviced before being useful.

The logger thought it would be his, but he underestimated Gord's boldness and ability to read minds, even one as baffling as mine. Gord gave me a searching look and turned to the auctioneer and said clearly, "The boss says yes," and the auctioneer took him up to $8,500.

The logger backed off, and we had possession of a beautiful piece of land. A logger would have allowed the stand of mixed woods to mature and then gone in and cut out all the saleable wood and sold the property on. This piece of land would remain as untouched as we could manage.

So ended the moment that I will always remember. It was not something that we had consciously considered, but the convergence of time and place and heart had directed Gord's bid. He could tell that I was very much in tune with the idea even though I was completely unable to verbalize it.

Students Showing Their Scientific Flair



Grade six, seven, and eight students at Sacred Heart School displayed their scientific minds at this year's school Science Fair. On Wednesday, February 11th, 2004, 85 exhibits and 200 posters were judged to pick the best three in exhibits and best 21 in posters to be entered in the United Counties Annual Science Fair that is held in the Spring. In the photo, acting Vice Principal Frances Spagnolo gets a demonstration on how things float by grade seven students Cylie McDonald and Tyler Sorensen.

Photo by Chris McPhee

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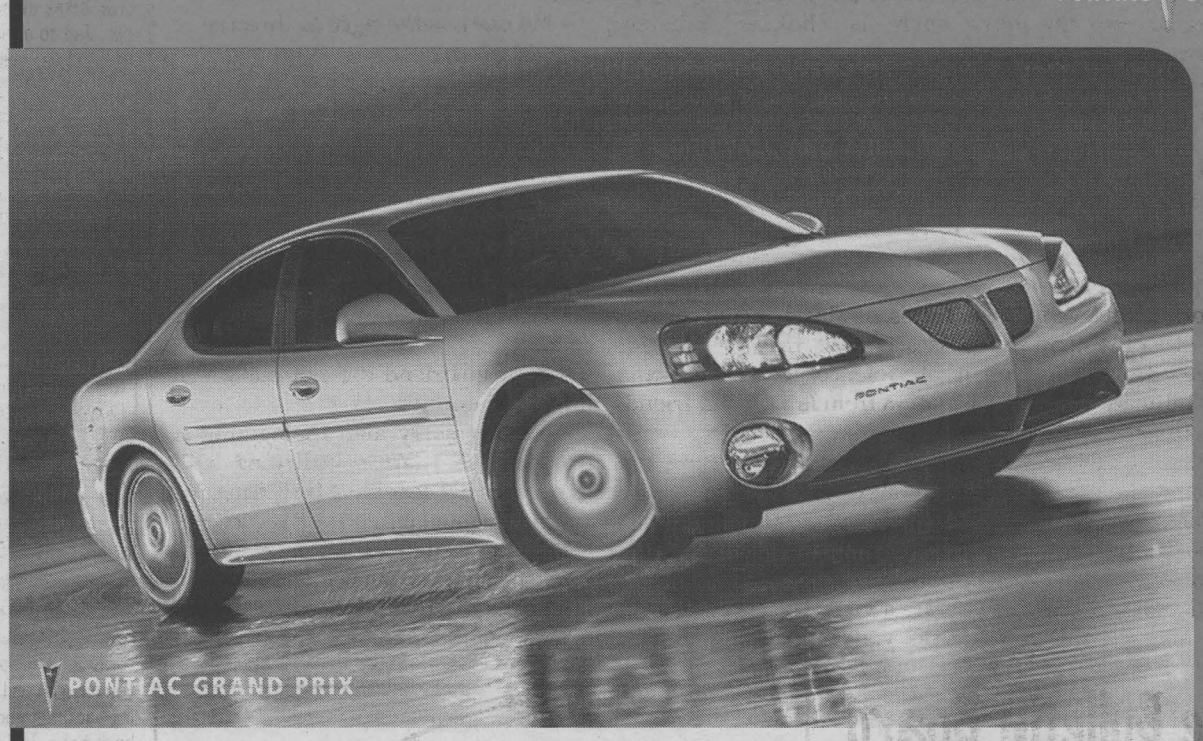

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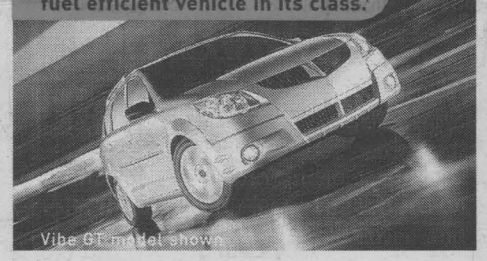

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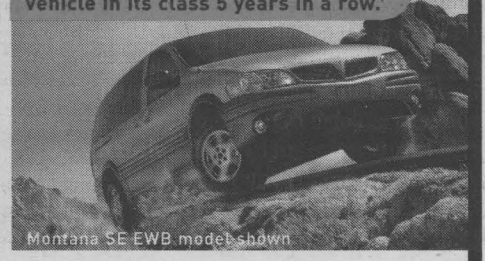

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It's Time To Think Trees For Spring Planting

Thinking spring? With the days getting a little longer and the sun a little warmer, thoughts do tend to shift that way.

And springtime means trees, their reawakening and planting new ones...with the help of South Nation Conservation.

A good supply of seedlings for planting this spring is still available through SNC, said Forest Technician Ed Kupczyk, including such species as green ash, black walnut, red oak, bur oak, cedar, tamarack, red pine, white pine and white spruce.

At prices ranging from 35 cents to 65 cents per seedling, trees are available on a first-come, first-served basis.

More than 110,000 seedlings were distributed last year, with the agency - in cooperation with landowners - planting more than 1.5 million trees in the past decade. They're excellent for windbreaks, wildlife habitat, putting marginal lands to use, and helping to prevent erosion.

"People are often surprised to see how fast trees can grow," Kupczyk said, pointing out that timely rains through the growing season brought exceptional results last year.

As part of the service, SNC will also arrange a tree planting contract for more than 1,000 seedlings, along with consultation with the landowner to determine site characteristics, species selection and numbers required.

"If spot spraying of herbicide is required, SNC will coordinate with a contractor to follow up," said Kupczyk, emphasizing that the time to order is now.

When Dating Turns Ugly

Your daughter spends a lot of time over at her boyfriend's place. After a couple of weeks, she starts complaining of headaches and sores around her thighs and you notice she has a fever. You take her to the doctor who runs blood tests. The test results come in and your daughter is diagnosed with Herpes, a sexually transmitted infection (STI). Both of you wonder how that is possible; she's still a virgin. The truth is, you don't need to have sexual intercourse to contract an STI.

There are a lot of myths surrounding AIDS and STIs and teenagers and young adults often don't have the right information. Would your teenager know the answers to the following questions?

1. Is AIDS curable? No, AIDS is not curable, but a recent study across Canada showed that over 50 percent of grade nine students thought it was.

2. Are all STIs curable? No, they are not. Certain STIs, like Herpes, stick with you for life.

3. Do all STIs have symptoms? No. You or your partner can be infected with an STI and not have any symptoms.

4. Can I catch an STI by touching or kissing? Yes, you can. If you kiss or touch an infected area you can catch an STI as easily as if you had intercourse.

Parents should make sure that their children have the right information so that they can protect themselves adequately. Your children may not be having sex, but that doesn't mean they are not sexually active. Some teenagers think that oral sex is not sex. Therefore they believe they do not need to protect themselves while engaging in this type of activity. You might have taught your children to wear a condom when they have intercourse, but did you teach them to wear one during oral sex?

With the increase of cases of STIs among teenagers in the region, the Eastern Ontario Health Unit is urging parents to talk to their children.

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FEB20041

Ottawa Builds 1,000 Snowchildren

The Children's Aid Society and residents from Ottawa, Cornwall and the region have constructed 1,000 snowchildren in front of Ottawa City Hall to raise awareness of the need for foster parents. These snowchildren represent the number of children the CAS serves on any given day.

The event, known as Foster the Snowman, was originally held in Renfrew last year to help educate their residents about the important role fostering plays in the community.

"We always stress the importance the community plays in keeping our children safe and secure," said Barbara MacKinnon, Executive Director of the Children's Aid Society of Ottawa. "This is an extraordinary example of the Society partnering with the community. We hope people will see these snowchildren out in the cold and remember that we have children and youth in our care who need homes. Perhaps it will convince Ottawa residents to open their warm, loving homes to the children and youth of our community."

Members of the public can visit www.fosteradoptwinningkids.com - a website launched two years ago as a joint effort among the 12 children's aid societies in eastern Ontario to help attract more families to foster children in care or they can phone their local CAS.

SEAWAY Scoreboard

editorial@cornwallseawaynews.com

Cornwall & District Bridge Club, Feb. 5th, 2004
1. Denise Fournier - Barbara Taylor
2. Kirkwood Malette - Voytek Pomykalski
3. Jocelyn Campbell - David Kalil

Feb. 12th, 2004
1. Kirkwood Malette - Voytek Pomykalski
2. Margaret Evans - Nelsa Kalil
3/4. Jocelyn Campbell - Kay Colbran
3/4. Barbara Taylor - Rick Fawthrop

Charmaine's Duplicate Bridge, Feb. 11th, 2004

N/S
1. Carol Reus - Maureen Walker
2. Adelaide Hunter - George Bissonette
3. Norma Daigle - Ben Bouvier
4. Brunelle MacDonald - Mona MacPhee

E/W
1. Janice Keen - Lydia Legault
2. Fern Blain - Lyette Ladouceur
3. Ruth Orkin - Joyce Egan
4. Ralph Randlett - Sherri Budgell

Suzanne's Bridge Club, Feb. 11th, 2004

N/S
1. Audrey Blair - Pat Cunningham
2. Georgette Lauzon - Yolande Robinson
3. Grace & Ken McDonell
4. Elsa Dykerman - Margaret MacLeod

E/W
1. Lucy Bray - Edna Sullivan
2. Dorothy Bourdon - Ray Lefave
3. Rita Crans - Nancy Lamoureux
4. Ed Pelletier - Alan McLeod

Williamstown Bridge Club, Feb. 11th, 2004
1. Jim Campbell - Elizabeth Marjerrison
2. Kay & Mel Colbran
3. Huguette Arsenault - Lyette Ladouceur

Cornwall Golf & Country Club, Feb. 12th, 2004

Section A
1. Norma Daigle - Anita Savage
2. Nicole Lemieux - Sue Marleau
3. George Bissonnette - Bob Britton
4. Ray Michaud - Cecile Michaud

Audrey's Bridge Club, Feb. 13th, 2004
1. Jacquie Thibert - Elizabeth Marjerrison
2. Homer & Lorna Grant
3. Isabel Quail - Audrey Blair

Seniors' Bridge Club, Feb. 13th, 2004

Section A

N/S
1. Barb Taylor - Richard Fawthrop
2. Gabrielle Bouchard - Else Dykerman
3. Kay Colbran - Claudette Rousseau
4. Joyce Harrison - Pat Cunningham
5. Mabel Chan - Joddy Campbell

E/W
1. Joyce Egan - Ruth Orkin
2. Jeannine Leroux - Fern Blain
3. Ben Bouvier - Mona MacPhee
4. Mel Colbran - Garry O'Connell
5. Jean Delgreco - Catherine Runnalls

Section B

N/S
1. Helen Alguire - Rita Watzenboeck
2. George Bissonnette - Adelaide Hunter
3. Margaret & Sam Walynec
4. Marjorie Raymond - Yollande Boutin

E/W
1. Lyette Ladouceur - Hermine Ladouceur
2. Inez Hatfield - Lena Baker
3. Anne Paulin - Fern Emerton
4. Pauline McKinnon - Suzanne Peel

Alexandria Bridge Club, Feb. 17th, 2004

N/S
1. Elizabeth Marjerrison - Jim Campbell
2. Pat Graham - Danielle Martineau
3. Viviane Campbell - Les Atkinson

E/W
1. Sheila Pickett - Jean Campbell
2. Lorna & Homer Grant
3. Ron Allison - Gerri Tibbals

Martintown Goodtimers Bridge Club, Feb. 17th, 2004
1. Bill Tadgell - Vince Semenovicus
2. Jane Troop - Kathie Eveleigh
3. Jean & Jim Campbell

Alexandria 8 Ball Pool League

Team Standings - February 17th, 2004

TEAM	GP	P	W	L
Strikers (Alexandria Lanes)	72	2443	15	3
Crazy 8's (Atlantic Hotel)	72	2426	16	2
Lupino Inc. (K. of C. Club)	72	2386	14	4
Sprinters (Frenchie's Place)	72	2288	13	5
Squires (K. of C. Club)	72	2257	11	7
The Wolves (Legion)	72	2201	10	8
Larocque Boys (Alexandria Lanes)	72	2199	10	8
Tigers (Atlantic Hotel)	72	2197	8	10
Tequila Crow (Champions Pub)	72	2057	4	14
Legionaires (Legion)	72	2032	3	15
Shooters (Frenchie's Place)	68	1780	1	16
Wild Gamers (Champions Pub)	68	1709	2	15

United Counties Ladies Basketball

February 12th, 2004 - St. Lawrence Intermediate School

St. Lawrence College	**49**	**Golf Zone**	**47**
Natalie Landry	16	Shana Muree	9
Chantal Mainville	11	Tonya Jodoin	8
Heather Purdy	10	Chantal Pinard	8
Cornwall Gravel	**48**	**Rayco Sports**	**38**
Beth Armstrong	19	Norma Lefebvre	11
Angela Wilson	13	Angella Martel	10
Donna MacGregor	8	Merle Wheeler	5
Laframboise	**43**	**Flowers Cornwall**	**17**
Vicki Lalonde	10	Sue Derby	6
Deborah Lauzon	8	Josee Seguin	4
Helen MacIsaac	7	Barbara Montour	4

Sharing Prescriptions

Sharing drugs can be a dangerous practice! A prescription medicine is only for the person for whom it is prescribed. The type, strength and directions for its use were ordered specially for that person and for no one else.

Even though two people seem to have the same condition, their conditions may not be the same. Very often one person may need one type of medicine while the other person needs a different type for the same condition. Only your physician can decide what type of drug should be used for your condition.

Your medicine can be very harmful to other people. They could be allergic to your medicine. It could be too strong for them. Your medicine might not give them the help they need. They could be taking some other drug that would mix dangerously with your drug. The result could be very serious if the medicine was not the right one for their condition.

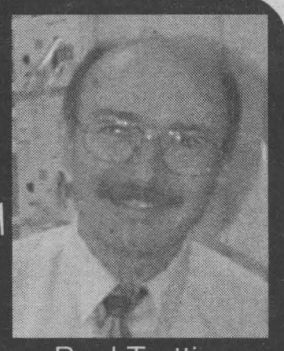
Although two drugs might look to be the same, this does not easily mean that they are the same.

Even if a friend takes the same drug as you do, the drug could be a different strength. Your friend could become very ill if he or she takes your drug.

If friends ask for your medicine or offer theirs, under no circumstances give or take it.

Tell your friends to see their physician. Explain to them why it is a dangerous practice to share drugs.

ASK YOUR PHARMACIST



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Pharmacist

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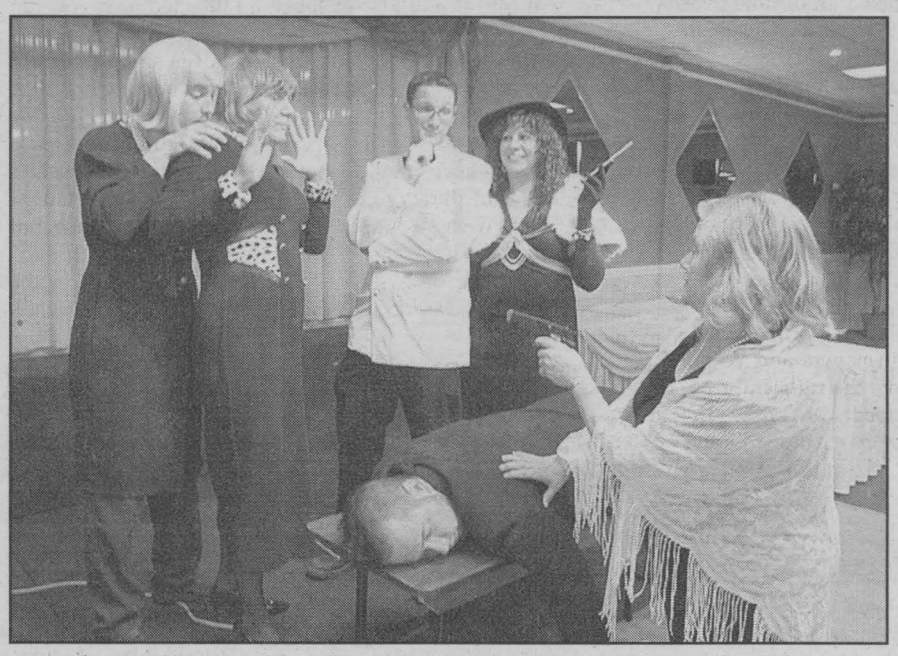
Raising Funds Through Murder



For the past 40 years, girls and young women in Eastern Division of the Girl Guides of Canada, have been able to experience the outdoors by camping at the Milles Roche Campsite at Ault Park. The local Guides are presenting "A Murder In Black and White" as a murder mystery dinner with a silent auction to help raise necessary funds for the local Camp. In the photo, "Ingrid Burger" (played by Mary Holt) stands over dead "Peter Loren" (played by Mat Fontaine) with her gun trained on possible suspects. Standing along the back are (left to right): "Sherry" (played by Casey MacGregor, co-director), "Brandy" (Mike Rose), "Leslie Syndey" (Yves Denis), and "Martha Harvey" (Laurie McRae-Bingley, co-director). Missing at the time of the photo were: Darryl Adams (playing Smithers), Richard Dancause (playing Henry Gocarte) and Ian Callan (playing the RCMP Officer).

Photo by Chris McPhee

The Girl Guides of Canada - Eastern Division will be hosting a Murder Mystery at Jazz Magnolia's on Saturday, February 28th at 6 p.m. "Murder In Black and White - The Last Train in Cornwall" will be performing one of its six different scenarios to help raise money for the local Guide Camp. The proceeds from the dinner and silent auction will help cover upgrading and some of the rising costs of maintenance for the campsite located at Ault Park.

"The murder mystery, written and produced by Mary Ann Hug, is set on a train heading to New York City from Cornwall in 1943 when the train gets delayed near the border and the search is on," commented Mariette Frigon, representative for the Girl Guide Camp Fundraising Committee. "This particular play has been written to have six totally different outcomes and will be something new for everyone that evening. The doors open at 6 p.m. and there will be prizes awarded for solving the murder. I would like to thank all the wonderful sponsors who came forward to help make this evening one to remember."

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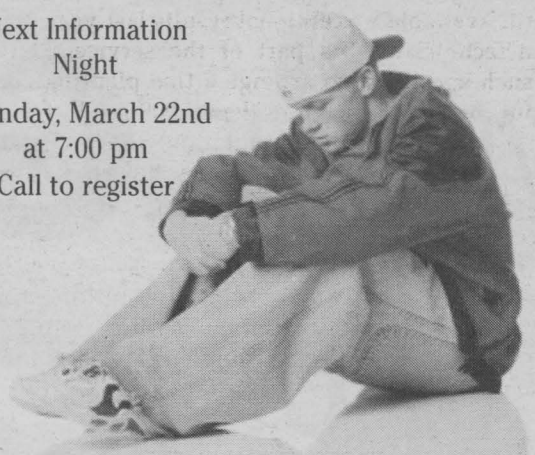

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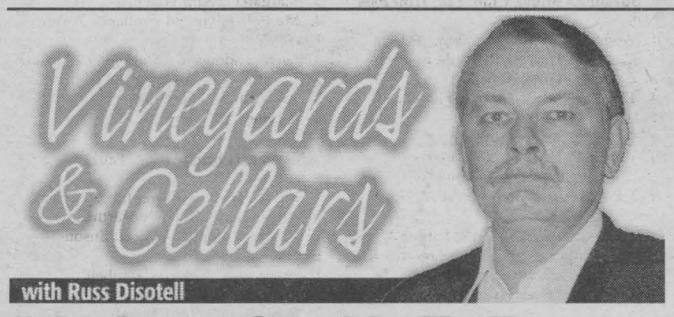

Add Some Sparkle To Your Winter Meals

While the weather has improved slightly there's no doubting that we are still in the heart of winter. Fresh garden salads and meals on the patio are still some time away. So as promised we'll look at some unexpectedly good wine matches for our flavourful winter meals.

Here's a question you probably haven't given a lot of thought to. Why do we cook our food? There are probably any number of complicated answers involving sociology, biology and physiology that answer the question. The simple one is that it makes food taste better. Cooking adds flavour chiefly by caramelization of fat and concentration.

Our favourite winter methods of cooking are primarily baking, roasting and braising. These methods involve relatively low heat and long cooking times and yield some caramelization, soften tougher-textured foods and concentrate flavour by releasing their moisture. Simmering in liquid (i.e. stews) helps to tenderize the toughest meat and adds an extra level of flavour.

The result is a textural succulence and depth of flavour that has universal appeal. This appeal carries over into wine matches also. The old adage that this type of food needs fuller-bodied wine is misleading. The real standard for wine matching is depth of flavour as opposed to body style. Wines with lighter body style, but sufficient depth of flavour, make superb matches for meaty-rich dishes.

German wines provide an excellent example. Primarily Riesling-based they are white, light to medium bodied and richly flavoured. For years consumers this side of the Atlantic thought of them as aperitif and sipping wines. Meanwhile in Germany they take their place at the table as food wines, matching the heartiest of meals.

Breaking with tradition (remember red wine and fish!) here are some partners for winter dishes, such as roasted meats, stews and casseroles that you may never have considered. Despite conventional wisdom they all provide wonderful matches.

Segura Viudas Brut Reserva 2000 (CSPC# 158493) is a Spanish Cava, or sparkling wine, from a producer that is well known for rich and elegant wines. The nose has generous floral and mineral aromas. The wine itself has fresh, subtle fruit and ample smoky, tart apple flavours with a crisp backbone and lingering finish. Because of its excellent balance and acidity this is an excellent wine to serve with a variety of dishes including our winter meals, grilled chicken, pork tenderloin with rosemary or slightly spicy dishes.

We have another outstanding Cava to meet the needs of seafood lovers. Freixenet Cordon Negro (CSPC# 88591), in the distinctive black bottle, is the world's best selling sparkling wine. It offers an appealing, lingering nose, intense freshness and superb balance. The nose features vanilla and green apple aromas with just a hint of honey. The fresh, fruity style is highlighted by lemon, Granny Smith apple and citrus flavours wrapped around a zesty acidic core, with that hint of honey recurring on the long, flavourful finish. Try it as accompaniment for seafood, chowders or chicken stew.

For more suggestions, follow the German lead. Match your winter meals with one of the world class Ontario Rieslings we've discussed, such as Henry of Pelham 2002(CSPC# 268375) or Jackson Triggs Proprietor's Reserve Riesling 2002 (CSPC# 526277). Enjoy!

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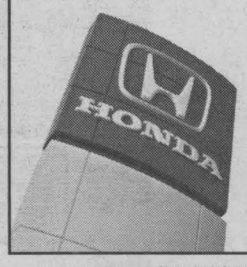

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"They Also Serve, Who Only Serve"

Waiters, waitresses or table servers (whatever term you prefer) are supposed to compliment your enjoyment of a fine meal. I've encountered some who have done just, plus others who have done their best to make eating out a pleasant experience despite lack of support from the kitchen or the ambiance, and a few that provided me with vivid memories, some good, and some that I'm still trying to forget.

Before I go any further, a word to some of the waitresses (sales clerks and cashiers, too) I encounter, usually to be found in donut shops bearing the name of a late hockey player (1930-1973). Please, do not address me as "Honey," "Dear," or "Sweetheart!" Save that for your sweetheart, fiancé, lover or husband - or all four. There are very few waitresses that can use those terms of endearment without demeaning it.

On with the topic, incident number one. I was on a car trip with my parents and a very fussy uncle. When the waitress arrived with his order, he gazed at it as if it were road-kill and uttered, "I ordered my eggs once over lightly, but these are sunny side up."

"May I borrow your fork?" With a deft flick of the fork, she flipped the offending eggs over. "There! How's that?" With that she went away to serve the many other customers in the busy diner. With that, my uncle walked out, choosing to do without breakfast that day.

Then there's the tale of a waiter from the opposite end of the service spectrum: too attentive. The occasion was a first date with a certain young lady. We decided to head out to the newly opened Terminal One at Malton Airport. Okay, it wasn't we who decided to go to the airport, it was me. (At that time, it was called 'Malton,' not 'Lester B. Pearson').

An obsequious waiter insisted on hovering over us throughout our stay. To my dismay, I discovered that my date turned out to be a chain smoker. With every butt extinguished, the waiter pirouetted toward us, obsessively replacing the soiled ashtray with a fresh one, camouflaging his actions with white linen draped over his hand, lower arm and offending receptacle.

She must have smoked a whole pack that evening; he must have gone through a whole pack of ashtrays.

Because she was a smoker, that was my last date with her, for despite her charms, I could never go out with a smoker. However, it wasn't a complete loss, I still got to watch the airliners coming and going.

This next restaurant experience with a young lady took place on a hot summer day in the early 1960s. For several weeks in a row I had been exchanging friendly glances with an attractive young lady who was attending the same mass at downtown Toronto's St. Michael's Cathedral.

After the service was over, I finally got up the courage to say hello. The ensuing conversation went well, so I asked her if she'd like to go out for a coffee.

"I'd love to, but I've already arranged to meet my mother for lunch. Why don't you join us?"

We rendez-voused with her mother at a posh hotel restaurant near the intersection of College and Yonge streets. When the ladies retreated to the powder room, I was confronted by the very officious maitre d'.

"Sorry sir, but you can't come in here dressed like that. As if I were naked, he draped an ill-fitting suit jacket over my shoulders, placing a garish tie in my hand, saying, "Do you know how to do a tie?"

Yes, at one time, dress codes were as oppressive as the regimes of Germany's Hitler, Russia's Stalin, and Cambodia's Pol Pot Khmer Rouge (1975-1979) combined - and at that time I was at a complete loss for words. It's amazing that we somehow bow to such oppression.

In next week's DWW, I'll share some of my more positive memorable experiences with the serving staff I've found in restaurants. In the meantime, how about sharing some of your memorable experiences with the service industry? By e-mail is the cheapest, fastest and most efficient, but if you have .49¢ (plus GST and PST) to spare, my mailing address is R.R. 2, Williamstown, Ontario, K0C 2J0.

Scouts Celebrate Scout Guide Week

Stormont and Glengarry Scouts began celebrating Scout/Guide Week, which runs from Sunday to Saturday, February 15th to 21st, 2004, with their annual Hobby Show at the Cornwall Square on Saturday, February 14th, 2004. The all day event had over 200 entries this year. In the photo, 3rd Cornwall Cub Benjamin Smith (age eight) received a First and Second place for his two submissions.

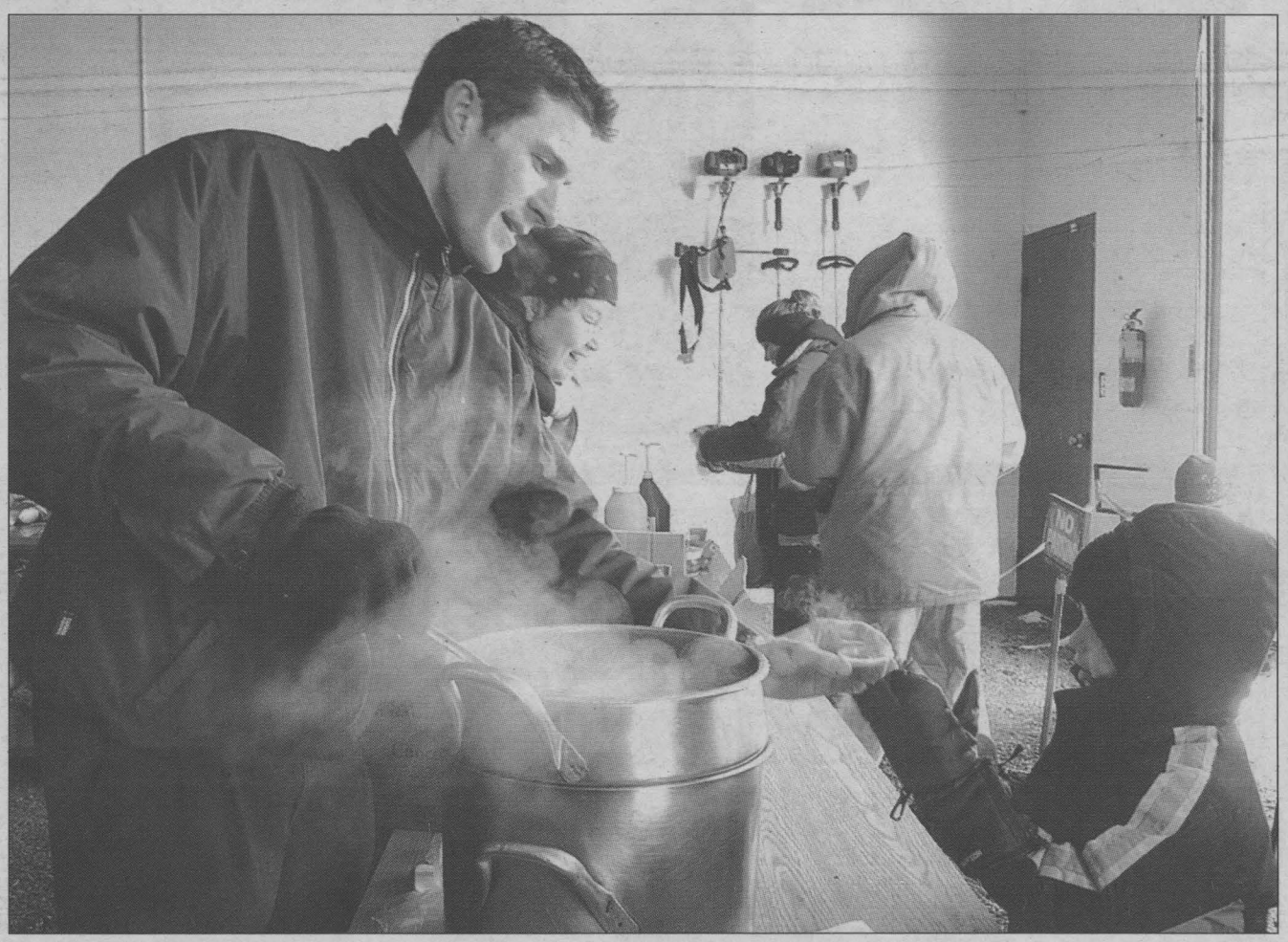
Photo by Chris McPhee







Winter Fun At The Family Fun Day



Many local businesses donated prizes and food for the Raisin Region Conservation Authority's Annual Family Fun Day. In the photo, Wendy's Manager Rob Lefebvre serves up some piping hot Wendy's chili to five-year-old Izaiah Seguin.



During the sixth annual Raisin Region Conservation Authority Family Fun Day at Gray's Creek, Visitors were welcome to try their many events. In the photo, Volunteers Chelsea Agh (left) and Rebecca Bosse offered snowshoes for people to try.

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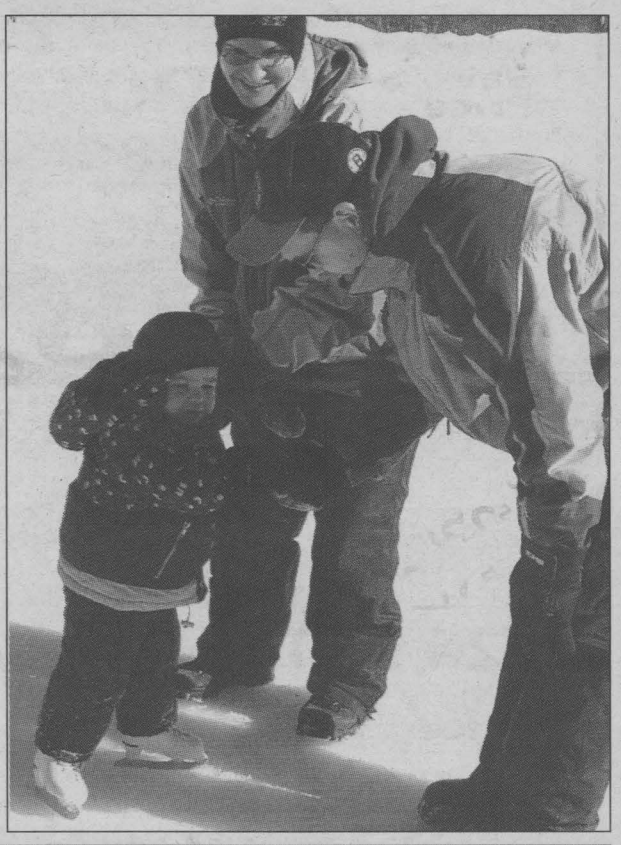
At right ... Sunday, February 8th, 2004 was truly a Family Fun Day at Gray's Creek for the Paquette family. In the photo, parents Richard and Raymonde try to instruct 2-1/2-year-old Valerie on the fine art of skating.

Below ... The sixth annual Family Fun Day at Gray's Creek was a day filled with food, snow fun and lots of prizes. In the photo, Austin Gibbons (age 4-1/2) is out with his Aunt and Uncle for the day when "Hootie" offers some donated goodies.

Photos by Chris McPhee





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~~$19,035~~
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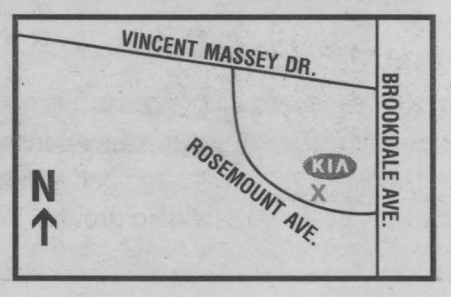

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Sports Chips



with Bill Gallant

It's my guess that you will be able to recognize several faces from this 1947-48 photo. This is another of those popular O.C.O.T. (Our Citizens Of Tomorrow) hockey teams that played at the Water Street Arena and the Bob Turner Centre rinks and coordinated by Joe "Skip" St. Denis.

This was the ODHA Championship team that year and it features many well-known Cornwall and area players. Starting in the front row, from left to right: goalie Donald Lefebvre, Ernie Dumoulin, Jack Carter, Don Larin, Vernon Masson, Neil Burke, Ron Fortier, and Bill Sloan, goalie. Second row, left to right: Orval Tessier, Doug Lascelle, Alex Lalonde, Jack Dewar, Lutt Bergeron, Vince Dicola, Ken Bergeron, Fern Bourdon and Lloyd Robert. In the back row, from left to right are: Mr. Bergeron, James Whittaker, Gerald Davis, Henry Cousineau, and James McDonald. Missing from the photo are: Maurice Leduc and Henry Pomminville. Watch for another OCOT squad in next week's Sports Chips.



Congratulations once again to the organizers of the Cornwall Royals Showcase that is now situated on the main floor at the Cornwall Civic Complex. It was a treat to renew some friendships with team members from those early days of the Royals teams from the 1950s and 60s that attended. Former players Bill Markell and Larry Gabri were excellent organizers and the event attracted former coach, Doug Carpenter and longtime Royals owner, Paul Emard.

Just a few games left for the Cornwall Colts before the start of CJHL playoffs. I suggest you take in a game or two and make arrangements for the exciting playoff games coming soon to the Si Miller Arena.

Club 55+ Action

By Lee Kirkey

The Triples Tournament location has been changed to Cornwall. The bowlers are hoping to have many spectators cheering them on. Go Club 55+, go!

Roma Amelotte did his best to upset the Foxes (my team) by rolling 361 = 738. Thanks a lot Roma. Simone Kearns was close by with 271, 213, 248 = 732, Rene Laurin right behind with 704. Veronica Boileau 253, Bob Eamer 249, Betty Dunn 246, Maurice Champagne and Frank Sanderson 245, Vern Eastman 243, Ray Byers 235, Gladys Roy 237, Conrad Godard 252, Duane Steele and Les Dagostine 212. Our sweetheart, Winnie Wragg had a double.

Attendance Winners: Lisa Ratelle, Harvey Barkley, Lillian Quig, Rene Laurin and Betty Dunn.

"A man's got to do what a man's got to do. A woman must do what he can't."

Keep on 'striking.'

Cornwall

Atom "AA" Typhoons

The Cornwall Atom "AA" Typhoons continue winning, maintaining solid second place in the Ottawa District Women's Hockey League. They have won three of their last six league games and tied two with only one loss, as well as winning an exhibition game against the Kingston Ice Wolves. The Typhoons won 1-0 against the Ice Wolves. Tyne Gove scored the only goal of the game assisted by Bailey McBride, with Desiree Koggel earning the shutout.

The Typhoons faced the Kanata Rangers three times, winning the first game 3-1. Scoring for Cornwall were Sadie Harrison, Michelle Lefebvre and Marie-Claude Drouin. Gove assisted by Tania Demers scored in the second game ending in a 1-1 tie.

The third game came to a 2-2 draw. Gove and Julie Curtis each had a goal and an assist, Katereena Emmell earned an assist as well.

Facing Outaouais, Cornwall once again was victorious, winning 7-1. Gove had a hat trick and Sara Charbonneau answered with two. Singles went to Lefebvre and Drouin. Assists were awarded to Charbonneau, Emmell, McBride, Kelsey Willis, Demers, Meaghan Clouthier and Mackenzie Sullivan.

The Typhoons split a pair of games with the first place Gloucester Stars. They suffered a loss against Gloucester, losing 4-1. Gove had the lone goal assisted by Sullivan for Cornwall.

In a rematch, the Typhoons won 2-0. Scoring was Willis assisted by Demers and Curtis assisted by Gove. Koggel was once again outstanding between the pipes earning another shutout.

Men's Major Bowling

Dave Lauzon was in the groove recently in Men's Major Bowling league play. Dave fired a nice 380 single for 932 triple in helping Paul's Pals defeat Paquette Glass 14-7. Gord Cluff helped with 725. In a losing effort, Luc Lebrun had 813 and Dale Abrams 327 single.

The second match was also a 14-7 win for Filion Trophies over Yum Yum Chips. High score for Filion's were Stephen Lalonde 829, James Bray 333 - 754, Ron Snyder 732, and Claude Desrosiers 305- 714. Yum Yum were led by Brendan Bronzan 345 - 888, and Luc Allaire 766.

Doug's 2/4 slipped into first place with a 16-5 win against Tirecraft Auto. Scott and Roger Dumoulin chipped in 791 and 717 for the winners. Leading the automen were Mike Brunet 310 - 774, and Mort Belmore 727.

Best Western Seaway Valley Minor Peewee

"AA" Rapids

The Seaway Valley Minor Peewee "AA" Rapids skated to a 4-0 win over the Gloucester Rangers. Goalie Ryan Bissonnette picked the shutout. Byron de Wit opened the scoring after defencemen Dominick Coyle and Clay Thomas cleared the puck to send him in alone. Chad Galliott scored an unassisted goal deking the goalie out of his pants. Tylor Spink was next to put the puck in the net assisted by Eric Ming and Byron deWit. Michel Lefebvre sealed the win with his goal, Dominick Coyle and Chad Galliott setting up the goal.

The day before the Rapids fell to league rivals, the Predators, after a long drive to Kingston. Chad Galliott scored the lone Seaway goal late in the game assisted by Dominick Coyle and Tylor Spink.

The Rapids also picked up a 4-1 win over the Ottawa Sting. Goalie Ryan Bissonnette once again played well to earn the win. Byron deWit, Hiio Herne, Jacob Ruest and Tyson Spink all scored one goal. Mathieu Rochon picked up two helpers with singles going to Dominick Coyle, Chad Galliott, Hiio Herne, Eric Ming, Tylor and Tyson Spink.

In earlier action, the Rapids skated to a scoreless draw against the league leading Ottawa Valley Titans. Goalie Sheldon Primeau turned away all 27 shots to earn the Rapids one point. The Seaway squad also suffered two losses against Kanata and Rideau St. Lawrence. Byron deWit and Jacob Ruest scored with assists being awarded to Chad Galliott with two and Byron deWit with one.

Char-Lan

Bantam "B" Rebels

The last games of the regular season have been good for the Char-Lan Bantam "B" Rebels. The team met Cornwall, coming out on top with a 4-1 win, against Morrisburg, they romped the Lions 9-0, and against Long Sault it was 6-0. Scoring in the Long Sault game were Leslie MacLeod, Andrew MacKay, Grant MacDougall, Kevin McLeod, Shawn Fontaine and Mike Robertson. Picking up assists on these goals were Mike Robertson, Shane Laframboise (2), Grant MacDougall, Joey MacDougall and Leslie MacLeod. Emily McIntosh and Andre Gaucher shared the wins in nets.

The Bantam Rebels also competed in the Cornwall tournament losing only one game to the tournament winning Kanata team. The team defeated Orleans 6-3 and Renfrew 4-1. Both Emily McIntosh and Andre Gaucher got a win in nets.

In the final two games of regular season play, the Bantam "B" Rebels picked up another four points. Against the Massena team, the Rebels won 9-0. Scoring for the Rebels were Shawn Fontaine, Ryan Delorme (3), Leslie MacLeod, Joey MacDougall, Grant MacDougall and Michael Robertson (2). Assisting with the goals were Grant MacDougall, Jymie Jasper (3), Kevin MacLeod (2), Steve Russell (2), John Lang, Will Lang, Shane Laframboise, Dylan Munro and Leslie MacLeod.

In a make up game against NDS, the game had a positive outcome of 5-2. Scoring for the Rebels were Ryan Delorme, Will Lang, Joey MacDougall, Kevin McLeod and Leslie MacLeod. Picking up assists were Shane Laframboise (2), Kevin McLeod (2) and Shawn Fontaine. Emily McIntosh got both wins in nets.

Major Midget "B"

UCMHL

In Major Midget "B" UCMHL league play in Maxville, Blair Martel scored four times - including a natural hat trick in the first period and added two assists to lead the NGS Midget "B" Braves to a 9-2 win over Char-Lan. Also scoring for NGS were Cody Brabant with a pair, Eirik Holgersen, Jake Benton and David Hoare. Rhys Paquette and Kyle McIntosh replied for Char-Lan.

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Second Annual North Lancaster

Volunteer Fire Department Emergency Service Hockey

Following are the results of the Second Annual North Lancaster Volunteer Fire Department Emergency Service Hockey Tournament held on Friday and Saturday, January 9th and 10th, 2004 at the Glengarry Sports Palace, Alexandria.

"A" winners: SD&G OPP "Badgers" (2) vs Fournier Volunteer Fire Department (1); "B" winners: Ottawa-Carleton Detention Centre "Canadiens" (4) vs Alexandria Volunteer Fire Department (3).

Most Valuable Player, "A" Division: Matt McKenzie, SD&G OPP; "B" Division: Dominic Bissonnette, Ottawa-Carlton Detention Centre.

Skills Contest Winner: Serge Bellefeuille, Alexandria Volunteer Fire Department; Runner up: Ronnie Lefebvre, North Lancaster Volunteer Fire Department.

Team Award: Desoronto Volunteer Fire Department.



NLVFD Hockey Tournament "A" Winners—Front row: Derek Hardy. Second row (left to right): Rich Gagne,Matthew MacKenzie, Marc Gadbois, Claude Castonguay, and Roch Benoit. Third row (left to right): Marvin MacDonald, Ricky Latreille, Dirk Diggler, Joel Doiron, Mike Mulhearn, Chris Villeneuve, Hamish MacDonell, Brian Sinnott, and coach Chris McDonell.



NLVFD Hockey Tournament "B" Winners—Front row (left to right): Dominic Bissonnette, Chris Bellefeuille, Denis Gagnon, and John Guilbeault. Back row (left to right): Jason Poirier, Mike Coveny, John Eastwood, Acain Guerin, Scott Neilson, Ryan MacDonald, and Dan Frances.

Submitted photos

Cornwall Lions

Major Bantam Basketball

With wins recently over the Kanata Cavaliers and the Kingston Irish, the Cornwall Lions Major Bantam Boys Basketball Team picked up wins 20 and 21 of their season and defeated the top "A" and "AA" Major Bantam Teams in Eastern Ontario.

The Lions (21-6) revenged a three- point loss earlier this season to the Irish with a convincing 63-46 win. The Lions then defeated the top ranked Cavaliers for the second time this season 57-48.

Fraser McLeod's three three-point shots were part of 15 three-pointers made by the Lions over the two games. Both games featured excellent team play by the Lions who controlled the games with their offensive tempo. Jordan McAllister scored a combined 35 points in the two games.

In the game against Kanata, Jordan Wurah had 10 points while John Wurah had seven. Against the Irish Dave McDonell, Fraser McLeod and Andrew McAllister each had 10 points.

South Stormont 1

Atom "B" Selects

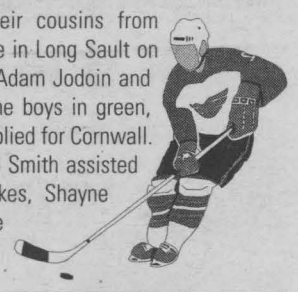
The end of January was very favourable for the South Stormont 1 Atom "B" Selects.

The Friday, January 23rd, 2004 game against the South Stormont 2 (Wolf Pack) ended in a 3-0 win. John Cleary had the hat trick with assists by Austyn Ryan (2) and Devin Jodoin. The stellar play of Cameron Kennedy in goal was instrumental for the win and shutout.

The first of the two-game away series with Winchester was completed on Monday, January 26th, 2004 with the Selects winning with a 3-2 score. Goals were provided by Wes Pelkie, Joey Kroeze and Jordon DeRooy. Assists were provided by Scott Maloney, Blake Girard, Brodie Bedard, Jeremy Stang, Adam Crites and Jordon Chisholm. Again Cameron Kennedy was awesome in goal.

The second game with Winchester was completed on Friday, January 30th, 2004. This game was a hard fought 5-3 loss. Goals were completed by Wes Pelkie, Jeremy Stang and John Cleary. Assists were provided by Jordan DeRooy and Jeremy Stang. The return of Quinn Ouderkirk after being ill was welcomed.

Minor Midget "B"



South Stormont Selects defeated their cousins from Cornwall in a very close and heated game in Long Sault on Monday, February 2nd, 2004. Jon Cutler, Adam Jodoin and Brandon McPhail all netted singles for the boys in green, while Cary Soares and Alain Parthenais replied for Cornwall.

Josh Hickman, Taylor Letford and Jesse Smith assisted on the Selects' goals, while Kevin Wilkes, Shayne Lucyshin, Brian Lepage and Patrick Payette received helpers for the Royals.

Solid netminding for both squads added to the exciting game, Adam McRae for South Stormont and Pat Quenneville for the Royals.

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HOME OF THE WEEK

Finding The Right Nail For The Job



(NC)–Every do-it-yourselfer knows that to do the job right you need the right tools. And that rule applies to everything from elaborate power tools right down to the nails you use to hold it all together. In fact, nails come in all shapes and sizes and each kind has its own purpose.

The part of the nail that's driven into the wood is called the shank and it determines the nail's holding power. A plain nail is fine for a project where the nail doesn't need to hold much in place, but for additional hold, use a barbed nail that has indents on the shank. On tougher jobs, use a threaded nail for maximum holding power.

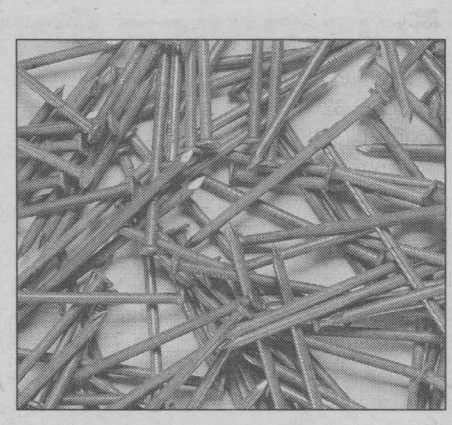
There are three kinds of threaded nails and the one you chose depends on the material at hand:

• For softwoods such as plywood, or drywall, use annular threaded nails. These nails separate the wood fibres that lock into the rings to resist removal.

• For hardwoods, such as flooring, siding and rafters, use spiral threaded (or screw) nails that turn as they are driven into the wood.

• For masonry and mortar use a nail with vertical threads to cut through the masonry and minimize cracking.

Now you can sound like a pro when asking for a box of nails!



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938-3300

Heating Your Home With Wood In An Emergency

In a power outage or other winter emergency, you may be tempted to heat your house with a fireplace or a rarely used wood appliance. But this issue of wet wood, makeshift installations or the continuous use of decorative fireplaces can also increase the risk of starting a house fire.

Canada Mortgage and Housing Corporation has a wide range of tips for using these wood appliances safety and securely during an emergency, including:

•Make sure you have a battery-operated smoke detector, and test it to be sure it works.

•Check materials around the stove or fireplace and all exposed parts of the chimney, including in the attic, for darkening or other signs of overheating.

•Burn small, bright fires to make the most effective use of fuel, while avoiding the overheating that results from burning large, intense fires.

•Don't try to heat the whole house. Instead, concentrate your efforts in the room where the heater is and let the rest go cold.

•If you have to use wet wood, use no more than five small sticks of 75mm in diameter, brush snow and ice off before bringing it inside, mix it with dry wood if you have some, and never load up your stove or fireplace and let it smoulder.

•Shovel ashes into a metal container, take it outside immediately and empty it in the yard away from trees and shrubs. Never store ashes indoors, on the porch or in a wood or cardboard box.

•If you can't stop a stove from smoking, stop using it, and open a nearby window immediately to prevent carbon monoxide poisoning.

•Be careful using decorative fireplaces for long periods of time. Leave the glass doors open for more direct heat, avoid smoke spillage by burning a sheet of newspaper first to preheat the chimney, and build small, bright fires to prevent overheating. Plus, never leave the unit unattended.

•Finally, when in doubt, get professional help from a qualified chimney installer, a chimney sweep, or ask your local fire department for advice.

Health Smart Homes: Prevent Mould And Window Condensation

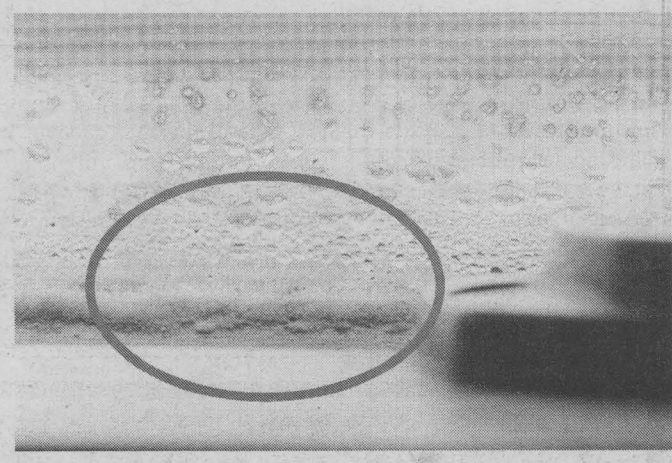
(NC) Excessive condensation on windows and on other household surfaces can be annoying. It can also be damaging to the structure of your home - and to your health.

When indoor air is saturated with too much humidity, any cool surface will cause water droplets to appear. If it happens on your windows, you can be sure there is also condensation on your walls. Excess water penetrates window frames and walls causing internal, structural problems. It can also lead to unsightly and unhealthy mould growth.

"Mould growth around or inside window frames slowly contaminates the air with toxins," says Jim Plavecsky, spokesperson for Edgetech, an industry leader in 'health smart' windows. "Mould toxins pose little or no problem for some people, but for others airborne mould spores may lead to allergic reactions, as well as rhinitis, skin rashes and respiratory distress. It is important, therefore, to control excess sources of humidity in the household - which can happen as quickly as too many showers - but it is also just as important," he said, "to install windows that implement the latest technology in thermal balance."

No Metal: The solution to mould growth is to keep moisture off the glass and this is achieved by sustaining the warmest overall windowpane temperature. Uneven temperatures occur when glass pane components are made of metal materials.

"Glass spacers that contain steel or aluminum for example should be refused when making window purchasing decisions," Plavecsky said, "even if such windows claim to provide a warm edge. For the best thermal balance, the edging should be made of foam. If windows are constructed with the polymer structural foam used in the "super spacer" for example, these windows will provide the highest rated thermal performance in the industry."



You may be surprised to see how easily excess humidity and condensation can occur in the household:

•Normal breathing and perspiration by a family of four adds a half pint of water to the air each hour.

•Cooking can add up to a litre of water or more per day.

•A shower can add at least a cup of water to the air.

•Dishwashers, washing machines, and dryers can add half a litre each.

•Humidifiers should be monitored and adjusted to supply the right amount of moisture without window condensation.

To be sure about the efficiency of your windows when shopping, look for the certified seal of the Window & Door Manufacturers Association, a designation that assures air and water infiltration testing and rigorous structural trials.

HOME OF THE WEEK

Charming Craftsman Carriage House

RELEASE DATE: February 29 - March 6, 2004
Design For Living
PLAN NO: 2198-1469
WIDTH: 32'
DEPTH: 30'7"
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· This two-car, side-entry garage offers 701 square feet of cozy living space upstairs.
· Perfect as an in-law suite, guest cottage or college dorm, this Craftsman design boasts a sheltering front porch that adds charm while camouflaging the garage facade.
· A generously sized great room enjoys ribbon windows and an open plan with the efficient kitchen.
· The full bath adjoins the private bedroom.
· The garage features more than enough room for two cars and ample garden equipment storage.

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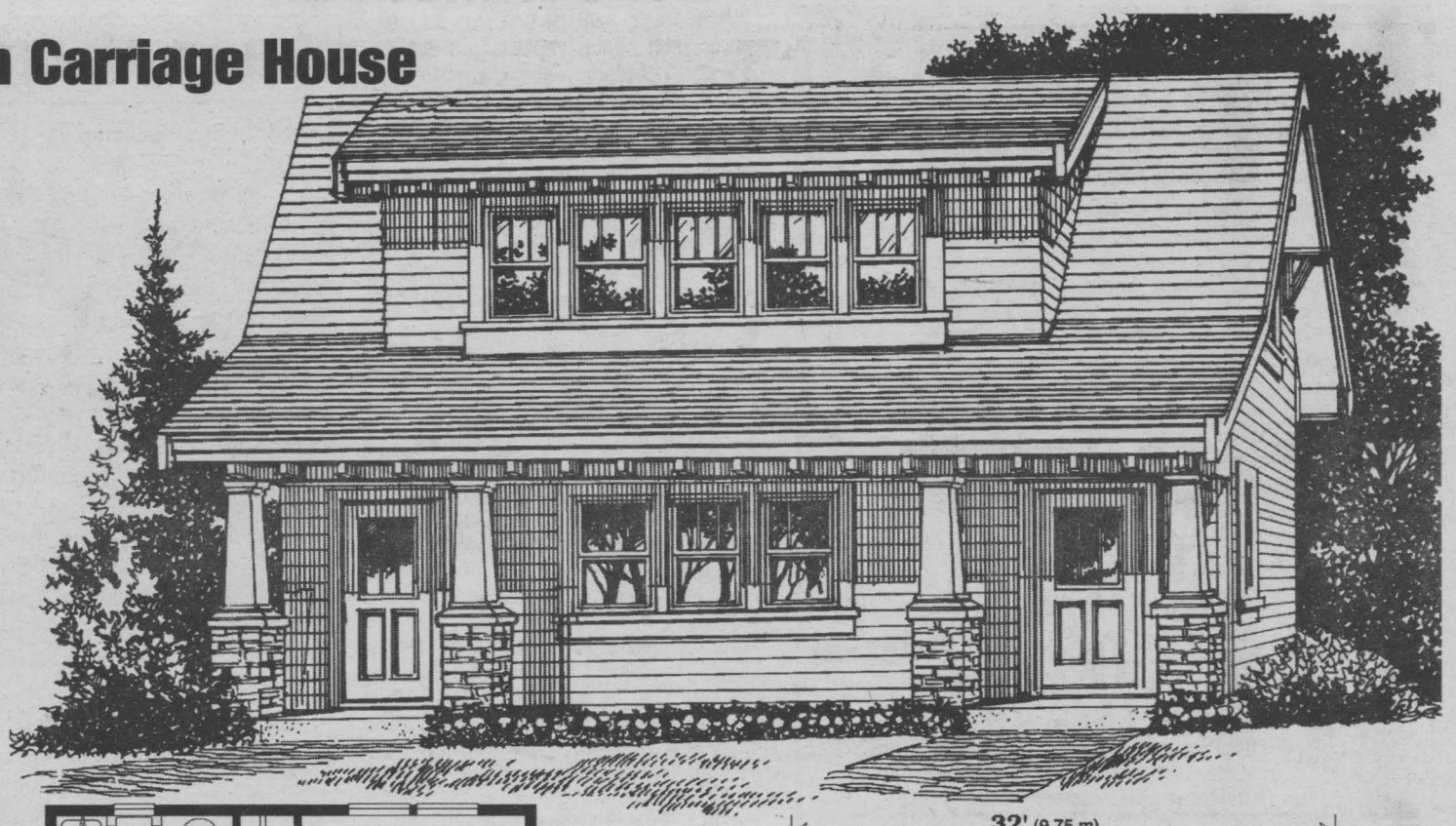

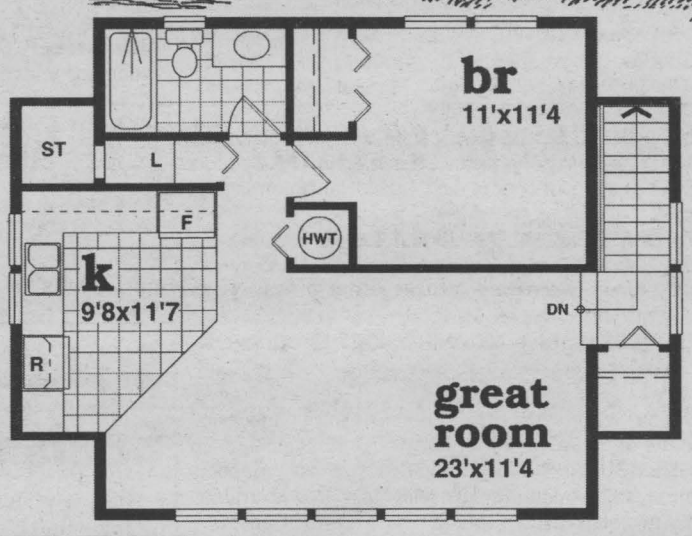

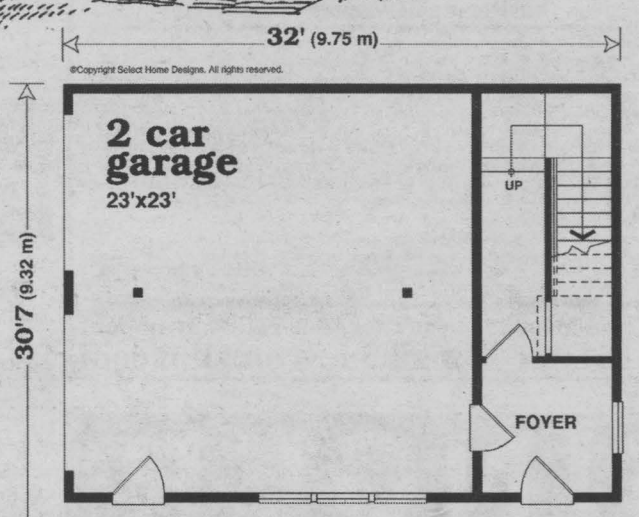

Condensation Damage

(NC)—The flip side of attaining a more energy efficient home is that overly humid air can get trapped inside, triggering excessive windowpane condensation. New and better fitting windows may be reducing our heating bills, but in some cases it is at the expense of water damage and unhealthy mould growth.

There is good news on this front however. Leading-edge 'window' science is now able to master condensation, energy conservation, and climate control. According to Edgetech, an industry leader in the development of 'health smart' windows, the technology goal is to produce windows that are able to maintain a constant thermal balance between the temperatures indoors and out. Eliminating highly conductive metal materials will do this.

When shopping to replace windows for example, be sure to examine the spacer edging between the glass panes and at the perimeter edge. If the spacer is made of steel or aluminum it cannot provide the best overall thermal balance. Thermo-set rubber spacers - made entirely from polymer structural foam - are a superior choice. Canadian and Swiss government scientists have documented that the all-foam 'super spacer' by Edgetech, scored highest in "edge-of-glass temperature trials", delivering the best resistance to condensation in the industry.

Get Your Home Ready To Sell!

Today's homebuyers are busy people, who are rarely interested in taking on major repairs or improvements upon moving in. So if you're getting your house ready to sell, the first thing you need to do is start looking at it not as the home you've come to love, but as a product that's about to enter a highly competitive market.

To help make sure your house is a perfect "10" when the "For Sale" sign goes up, Canada Mortgage and Housing Corporation (CMHC) offers a number of simple things you can do to ensure your house looks fresh, clean and well maintained.

•If you need to make improvements, do the work before your home goes on the market. Potential buyers aren't interested in hearing about your good intentions to repair any defects before the transfer of ownership takes place.

•Check your house's curb appeal. This is where buyers make their first impressions, so make sure the impression they get is a good one. Remove any clutter in your yard, repair cracked or uneven driveways and walkways, tend your lawn and flower beds, and ensure your windows, walls and doors are clean and freshly painted.

•Check the general condition of your roof, chimney and exterior walls, to see if any repairs or replacements are required.

•Inside, greet buyers with a clean, clutter-free and well-lit interior, preferably with a fresh coat of paint on the walls and trim. Eliminate any unpleasant odours, make sure all lights work and ensure that doors and windows open and shut properly.

•In the living and family rooms, bedrooms and den, keep furniture and family memorabilia to a minimum, and ensure that there is an easy flow of traffic through each room.

•In the kitchen and bathrooms, clean all appliances, sinks, tubs and toilets, repair any leaks or drips, and clean cabinets, mirrors, light switch plates and cupboard handles.

•Make sure the foundation and basement are structurally sound, and free of cracks or water seepage.

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COMMUNITY DIGEST

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AGAPE CLINIC - AGAPE CENTRE. The VON will hold a free Nursing Clinic from 11:00a.m. until 3:00p.m., on Friday, February 20th, at the Agapé Centre on McConnell Avenue. A registered nurse will be available to give general health counselling. Call the Centre to make an appointment at 938-9297. Walk-ins also accepted.

BEREAVED FAMILIES OF ONTARIO will hold their Adult Afternoon Support Group on Monday, February 23rd, 1:00p.m. to 3:00p.m., 144 Pitt St. Information: 936-1455.

CORNWALL HANDI-SOCIAL CLUB is having their monthly social meeting on Tuesday, February 24th, 7:00pm., at the RCAF Wing, 240 Water St. West. Information: Kim 938-2127 or Carol 938-6974. Everyone welcome.

CORNWALL SENIORS CLUB - SENIORS WELLNESS CLINIC will be held on Monday, February 23rd, 11:00a.m. until 3:00p.m. at 119 Pitt St. A registered nurse from the VON will be available to give general health counselling. Information: Pierrette or Lauraine at the VON Office 932-3451.

"JOURNEY TO THE FATHER" Italian Night (six course meal) will be held on Saturday, March 27th. Cocktails: 6:00p.m.; Supper: 6:30p.m.; at St. Columban's Hall, 40 Fifth St. West. Tickets are $30.00 if bought before Sunday, February 29th. After February 29th cost is $35.00. Includes Music and Silent Auction. All proceeds to the Journey to the Father 2004. Tickets available at Mitchell's Store, 3034 Pitt St., Bergeron Electric, 7 Albert St., or call Roger at 346-5573.

NEW FRIENDS AND ACQUAINTANCES upcoming activities: ***"Skating"***, Saturday, February 21st at the Bob Turner Arena, 8:00p.m., ***"Bowling"*** Sunday, February 22nd, Nativity Hall, 6:45p.m., ***"Walking"***, Monday and Tuesday, February 23rd and 24th, 6:30p.m., Civic Complex. Everyone welcome. Information: Barb 933-5902..

PRO-LIFE CORNWALL PRO-VIE will be holding a ***"Spaghetti Supper"*** on Sunday, February 22nd, 4:00p.m to 7:30p.m. Adults.....$5.00; Children under 12 are Free. Musical entertainment. Bring the family and enjoy an evening out!

S.D.G. GENEALOGICAL SOCIETY meeting will take place on Tuesday, February, 24th, Trinity Anglican Church Hall, 105 Second St. West. Please use parking lot door of the Church Hall. Information: Robert 933-6025.

SEAWAY TOASTMASTERS CLUB hold their next meeting on Tuesday, February 24th, 7:00p.m., at the Cornwall Armoury on Fourth St. East. Everyone welcome. Information: Gerry Flaherty at 360-5578.

SENIORS' WELLNESS CLINIC - MORNINGSIDE PLACE, AVONMORE will be held on Tuesday, February 24th, 9:00a.m. until 1:00p.m. Clinic is open to all Seniors in the area. A registered nurse from the VON will be available to give general health counselling. Information: Pierrette or Lauraine at the VON Office 932-3451.

TOASTMASTERS "SUPPER CLUB" hold their next meeting Wednesday, February 25th, at the Priest's Mill, Main St., Alexandria. 5:45p.m. to 7:15p.m. Information: Sandra 347-1799 or Bob 938-0775.

TRINITY ANGLICAN CHURCH PARISH COUNCIL will be holding a ***"Pancake Supper"*** on Shrove Tuesday, February 24th, 4:00p.m. to 7:00p.m., at Trinity Anglican Church Hall, 105 Second St. W. Adults....$5.00; Children.....$3.00 (11 years old and under). Tickets available from the Church office from 9:00a.m. to 1:00p.m. daily. Everyone welcome.

VOLUNTEER DRIVERS NEEDED. The Canadian Red Cross is looking for volunteer drivers to take people to and from medical appointments in Ottawa. If interested call Jenny at 932-0231.

WOMEN ENTREPRENEURS OF CORNWALL AND AREA will hold their next meeting on Thursday, February 26th, at the Ramada Inn 6:00p.m. to 9:00p.m. Everyone welcome. Information: Shari Rowland-Gaucher 932-1175.

WORLD DAY OF PRAYER 2004 will be celebrated at St. Andrews Parish, St. Andrews West on Friday, March 5th, at 1:00p.m. The service is written by the Women of Panama. "In Faith, Women Shape The Future".

Graduation At Lincien College



Graduating students at Lincien College proudly pose for a photo taken at the graduation ceremonies which were held on Friday, February 6th, 2004.

Photo submitted by Jennifer DeBruin

Snowarama For Easter Seals Kids

The Glendalers Winter Sports Club members are revving up their engines and collecting pledges in anticipation of the ride of the winter - Snowarama for Easter Seals Kids, on Saturday, March 6th, 2004 in Glen Walter.

Celebrating its 21st anniversary in the Cornwall area, Snowarama for Easter Seals Kids participants enjoy an exhilarating day riding the trails, knowing the funds they have raised will make a difference in the life of a child with a physical disability. This year's Snowarama event will also feature a spaghetti supper after the ride, plus prizes for the top fundraisers.

"With all the snow we're having this year, we are looking forward to a great ride," says event coordinator Bruno Pare, now in his 21st year of supporting Snowarama.

In 2003, over 40 Snowarama for Easter Seals Kids events took place across Ontario from January through March, and raised over $275,000 for children, youth and young adults with physical disabilities. In Stormont and Glengarry, there are more than 80 Easter Seals families who will benefit from these events.

Runaway Girl Lives A Fantasy Life

Fast on the road to completion, Glen Productions is in full rehearsal and preparation for the opening of "The Wizard Of Oz" by Frank Baum, music and lyrics by Harold Arlen and E.Y. Harburg.

This family favourite will be staged at Aultsville Theatre in Cornwall opening February 27th, 2004. Producer, Cathy Durham, Director/Choreographer, Michael DeWolfe and Musical Director Christine Hickey have massed together approximately 113 energetic, exciting and talented volunteers who make up this colourful production.

The Glen offers something new this year with the set design. Picture digital projections the size of Aultsville's stage. Bring the tornado right into your imagination, see the actual images flying and moving about - amazing. Never before attempted by the Glen, they are excited about this new venture. This production promises many delightful moments that will have the children squirming in their seats, wishing they could play with the monkeys. Just remember, with any good fairy tale there is always the bad guy (or gal as this case may be). The Wicked Witch is strong and waiting for your arrival. She has prepared for this event for some time and has some dastardly plans in store for all. Will Dorothy escape her treacherous prison? Will Scarecrow keep it together long enough to make it to Oz? Will the Tin Man rust and remain trapped in the Haunted Forest forever? Will the Cowardly Lion ever stop shaking and crying? Find out the outcome by following the yellow brick road with our friends on February 27th, 28th, 29th and March 5th and 6th, 2004.

Tickets are now on sale at Cornwall and Seaway Valley Tourism located at 100 Pitt Street, Cornwall. Sunday, February 29th, 2004 is a 2 p.m. matinee. All seats are reserved with no refunds or exchanges. Bus tours accepted. Book now as seats are selling quickly.

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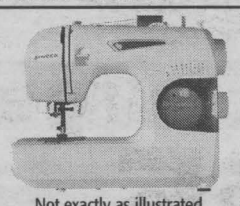
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ENTERTAINMENT



Charley Patton "Complete Recordings" JSP. Charley Patton is universally regarded among blues aficionados as one of the greatest bluesmen who recorded in the fertile pre-war years. Witness this five-CD box set which sports no less than 92 of the king of the Delta blues' greatest hits. To these ears, the songs (recorded between 1929 and 1934) have a full, glowing sound (with naturally some hiss and crackle because of the atrocious quality of the original 78s: "I Shall Not Be Moved," "Hammer Blues," etc. Great stuff!

Norah Jones "Feels Like Home" EMI. On her new, intriguing sophomore disc "Feels Like Home," jazz-pop phenomenon Norah Jones has broadened her horizons beyond that of a breathy jazz chanteuse. This is a much looser, laidback and more guitar-oriented affair than her debut "Come Away With Me" (20 million copies sold). Jones wrote, or at least helped pen, nearly half of the 13 cuts, including the Ricki Lee Jones-like ballad "Carnival Town," the countrified "Creepin' In" (with Dolly Parton) and "Don't Miss You At All," which finds her putting lyrics to Duke Ellington's "Melancholia." Awesome!

Phantom Planet "Phantom Planet" Epic. Eleven distortion-laced, ants-in-your-pants garage rock songs influenced by bands like Elvis Costello and the Attractions, U2, Air and the Flaming Lips, for those so inclined. All in all, a collision of youth and melody set to a soundtrack of fiery, electric guitars and a pounding bass. Check out the contagious opening track "California" with its road weary verse and fist pounding chorus and the refreshingly acoustic "One Ray Of Sunlight." There are moments.

Shelly Manne "Yesterdays" Pablo. The five tracks featured on this new Pablo offering were recorded live on a European tour undertaken by jazz drummer Shelly Manne and His Men in the winter of 1960. Nothing really fancy or adventurous here, just solid mainstream, swinging, toe-tappin', finger-snappin' music with relatively brief solos from trumpeter Joe Gordon and tenor saxophonist Richie Kamuca. All five songs are played in a straightforward manner without gimmicks or showmanship.

Indigo Girls "All That We Let In" Sony. Ninth offering for the Indigo Girls (Amy Ray and Emily Saliers). Worthy of praise is the first single "Perfect World" (about having a good time in your personal life). Check out as well "Heartache For Everyone" (with its two-tone ska feel), "Come On Home" (in spite of its darkness) and the upbeat, empowering song "Fill It Up Again." Well done ladies!

Ian Tyson "Ol' Eon" Stony Plain. This is actually Ian Tyson's very first solo album (originally recorded in 1973 and now available on CD format). A sterling collection of great songs and at times inspiring singing: "Sam Bonnifields Saloon," "Great Canadian Tour," "Some Kind Of Fool," etc.

Toby Keith "Shock'n Y'All" Dreamworks. Former rodeo hand, oil field worker and semi-pro football player Toby Keith is back with a new album which is as easygoing as a vagabond asking for no more than a match to light his hand-rolled cigarette. The major track to single out is the rowdy "I Love This Bar." All in all, the album speaks for itself with a braver production and a bolder craftsmanship of songwriting. Grrrreat!

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Rollie's Dancers Entertain Seniors



Residents at McConnell Manor were entertained by Rollie's Dancers in December 2003. Front row: Linda Swift (left) and Rollie Smy (teacher). Back row, left to right: Elaine Mullin, Barb Gamelin, Karen McElligott and Della Lecompte.

Submitted photo

Massena Juried Art Show

Cornwall artists swept the watercolour awards at the Massena Juried Art Show recently. Margot Boucher took first prize for her very sensitive painting of a young child. Kathi Legault won second place with her rendition of barnyard friends. Third prize was awarded to Deborah Leger for a Venetian scene. Teen Dancause received honourable mention for her Christmas Holiday still life. In the oil painting category, Helene Summers received honourary mention. Rose Desnoyers also has two oil paintings in the show.

The exhibit includes a large collection of works in various media, oil, acrylic, watercolour, photography and sculpture, and prizes are awarded in each category. The artwork will be on display at the Library on Glenn Street until February 27th, 2004.

Crazy Days





Things are getting crazy at St. Columban's East School. Carnival week brought lots of fun for students including Crazy Hair Day (Emily Barr, above) and Crazy Hat Day (Erin Robinson).

Submitted photos

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Scottish Or Canadian Fishing?



One Sunday last fall, we went out fishing in the boat for the last time this year, and then started clearing out the boat ready for towing it home. Why are we towing it home instead of leaving it in the river? Because, get this, the river will freeze over. Oh! Did I tell you I was born yesterday? This is the mighty St. Lawrence River we are talking about here, not the Linhouse Burn in West Lothian, Scotland. But you know me, I'll go with the flow. I am a constant source of amusement to all of Canada.

As I hefted the anchor into the back of the SUV I burst out laughing. Last year I would have never believed that I would be putting an anchor into an SUV. For a starter, I didn't have a boat and I didn't have an SUV. I didn't even know what an SUV meant. If pressed to come up with a meaning I would have plumped for Scottish University of Violence…hey! The yobs have to learn somewhere! As I stood there laughing my head off, another fisherman asked me if I preferred fishing in Scotland or Canada.

Mmmm…let me think. The last time I was fishing in Scotland was on the river Tay, the Silver Tay. It was a Saturday and I had been volunteered to drive my two mates David and David, (I suspect their Mothers had the same "name your baby" book), 50 miles to the river at 6 a.m. It was a typical dreich Scottish Saturday in April. It was wet, windy, muddy, sleety, freezing. The lazy wind threatened to freeze any unprotected protuberances off at the roots, which thought ensured that I kept my thighs clenched…tight.

For three hours we flicked fake flies across a sullen surface trying to entice a trout to pop up for breakfast. Think about it! April in Scotland? The trout, having more sense than us, were probably still on vacation, sunning themselves in the Caribbean. The thing that stuck in my throat was that we knew there would be no trout because it was too early in the season. We were trying to persuade them that it was a few months later. And people think fish are stupid? That was Scotland.

Mmmmm…how about Canada? Today we drove 10 minutes to the marina. We parked the SUV beside our boat, and transferred all the necessary things, like Tim Hortons coffee (medium, double, double), a few donuts and some chocolate chip cookies…don't mock, fish like chocolate chip cookies, ok? We took a cell phone just in case, as we have discovered over the years that 'just in case' things happen to us. We trolled out into Lake St. Francis, switched on the fish finder and anchored beside an uninhabited island. We baited the hooks, cast out and poured our coffees.

Within 10 minutes we were stripping off clothes because of the heat…in mid October? We listened to the stroppy geese on the river and watched their squawking mates fly overhead in enormous V formations. We watched the Monarchs flying South, and the jets silently coasting to Montréal. We drank in the fall leaf colours on the shoreline, and by looking down into the sun draped waters we could see the bass lazing on the bottom.

The fisherman was still waiting for a reply. Now what on earth was I going to tell him?

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Christianity Is Foolish



"For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For since, in the wisdom of God, the world through wisdom did not know God, it pleased God through the foolishness of the message preached to save those who believe." 1 Corinthians 18 & 21.

People sometimes come up to me and tell me that Christianity is foolish and it's only for weak people. To their surprise, I tell them "You're right, and the Bible agrees with you!"

You see, Christianity was never birthed by God to be an intellectual exercise but a conversion of trust and faith from the heart. It is meant to be accessible to everyone who "believes" and not just to a few select theologians. In fact, the Bible tells us clearly that the "cross" is foolishness for those who don't understand. However, for those who believe God, it's an awesome truth and power in one's life.

Suppose you went to a doctor and found out that you were dying from a terrible disease. The doctor would say, "However, don't worry, I have these miracle pills that are made of sugar and salt that will cure you." Would your answer be, "Thanks and I'll take them," or would you say, "That doesn't make sense, pills made out of salt and sugar." The choice would be yours to believe the doctor and take the pills, or let your intellect stand in the way and die.

Similarly, God sent His only begotten Son to die on a cross to cure you and set you free, but you and I need to simply believe God's messenger and let the cross do what God intended it to do. We simply need to take the pill (cross) and allow it to bring healing to our lives.

The verse above simply tells us to reach out by faith and believe what Jesus did on Calvary for you and I. I know it doesn't make sense but put your intellect to one side for a minute and ask God to come into your life and heal you by His grace and mercy. Don't try to understand God, try simply believing and trusting in Him.

Pray with me today: "Dear God, Christianity seems to be foolishness to me but I'm willing to be convinced. Come into my life and show me how real the cross of Jesus really is. Yes, I'm weak and I do need You in my life. Help my unbelief. Amen."

Remember as always, God loves you! He really, really does!

Second Thoughts

1. Adversity introduces a man to himself!
2. Wrong is wrong, even if everyone is doing it! Right is right even though no one else does it!
3. The highest knowledge is the knowledge of God!
4. If you have plans for tomorrow, drive safely today!

Things to be thankful for:

1. Fresh hot donuts with a fresh cup of coffee!
2. Trees beginning to bud with the promise of spring to come!
3. The sounds of birds chirping in the early morning, signalling a new day!

Amazing Grace is a non-profit faith ministry whose desire is to bring God and Jesus into every area of life. You can reach us at Amazing Grace, P.O. Box 22036, Cornwall, Ontario. K6J 4P0 or e-mail us at amazinggrace@cnwl.igs.net.

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OBITUARIES

BROWN - Clara Mae

Passed away at the Ottawa Hospital - Civic Campus, Ottawa, Ontario on Monday, February 9th, 2004, age 67 years. Dear daughter of the late Grafton Gosbee and the late Annie Robertson. Beloved wife of the late Ernest Larry Brown and dear friend of Jim Service of Cornwall, Ontario. Loving mother of Debbie Rupert (Ron Latour), Brenda Barnett (Richard) and Patty Lynne O'Shaughnessy (Marty) all of Cornwall, Ontario. Dear sister of Fred Gosbee, Wheaton Gosbee (Alice), Lizzie Heron, Margaret Larter (Leighton), Joan Mahar (Emile) and Jackie Creed all of Prince Edward Island. Sadly missed by grandchildren, Angela (Marc), Stacey (Geoff), Apryl (Kevin), Kimberly, Jody and Tricia and great-grandchildren, Laine and Maylee. Predeceased by brothers, Rubin and Jimmy and son-in-law, Earl Rupert. Rested at Wilson Funeral Home. A Royal Canadian Legion Tribute was held during the visitation. Funeral services were held in the chapel of Wilson Funeral Home on Thursday, February 12th, 2004. Reverend Michael Hermann of Knox-St. Paul's United Church officiated. Musical tributes were by organist Rosemary Brown. Interment to take place at a later date in Woodlawn Cemetery. The pallbearers were granddaughters Angela, Stacey, Apryl, Kimberly and Tricia. Funeral arrangements were under the care of Wilson Funeral Home. Clara Mae was an associate member of the Royal Canadian Legion Branch 297, and former employee of Zellers.

MacDONALD - Irwin Francis

Passed away at the Ottawa General Hospital, Ottawa, Ontario on Sunday, February 8th, 2004. Mr. Irwin Francis MacDonald, in his 63rd year, born in St. Andrews West, Ontario and formerly of Cornwall, Ontario. Dear son of the late Ranald George MacDonald and the late Marion McDonell. Loving father of Marion (Mrs. Chris Barrett) of Burlington, Ontario and Tammy (Mrs. Charles McRae) of St. Andrews West, Ontario. Dear brother of Edna McBain (Ray) of Bainsville, Ontario, Gladys (Mrs. Ron Booth) of Ottawa, Ontario, Gerald MacDonald (Hazel) of Cornwall Township, Ontario, Donald (G.L.) MacDonald (Alice) and Harold MacDonald (Helen) both of Cornwall, Ontario. Sadly missed by grandchildren Christa, Colton, and Chloe, and great-grandson, Morgan. Also survived by former wife, Catherine Maloney. Predeceased by brothers, Adrian and Allan MacDonald. The funeral took place on Wednesday, February 11th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. Andrews Parish Church with burial at St. Andrews Parish Cemetery. Rev. Bernard Cameron of St. Andrews Parish Church officiated, assisted by Rev. George Maloney and Deacon Chris Chisholm. The piper was Rory Blackadder. The pallbearers were Ron Booth, Jonathan Booth, John McBain, Shawn MacDonald, Doug MacDonald and Gordon McCosham.

BARKER - Monica

Passed away peacefully at the Cornwall Community Hospital, McConnell Avenue Site, Cornwall, Ontario on Thursday, February 5th, 2004, age 78 years. Dear daughter of the late Thomas Maloney and the late Mary McDonald. Beloved wife of Charles Barker. Loving mother of Mary O'Shea (Donal) of South Hadley, Massachusetts, Elizabeth Dick (David) of Cornwall, Ontario and Michael Barker (Jennifer) of Toronto, Ontario. Sadly missed by grandchildren, Seamus, Brendan, Sarah, and Kathleen O'Shea, Katie, Emily and Leah Dick, Conor and Christian Barker. Dear sister-in-law of Rose Maloney of Lehighton, Pennsylvania. Predeceased by brother, Jack Maloney and infant grandson, David. Rested at Wilson Funeral Home. The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend George Maloney of St. Peter's Roman Catholic Church, assisted by Reverend Kevin Maloney P.P., Reverend Kelvin Maloney and Seminarian, Matthew Brunet in St. Columban's Roman Catholic Church on Monday, February 9th, 2004. Readings for the funeral were by Marion Tobin. Rite of Committal to take place at a later date in St. Columban's Parish Cemetery. Music for the funeral was by Jane Anderson and Felicity Brown, accompanied by organist Rosemary Brown with a special musical tribute as a duet by granddaughters Katie and Emily Dick. The pallbearers were Tom Maloney, Ron Rousseau, Robert Rousseau, Brian Merkley and grandsons Brendan O'Shea and Seamus O'Shea. Funeral arrangements were under the care of Wilson Funeral Home. Monica was a retired teacher with the SD&G Separate School Board and Member of the St. Columban's Parish CWL and former volunteer with Meals on Wheels, Cornwall.

RODERICK
- Clarence Fredrick

Passed away at the Versa Care Centre, Cornwall, Ontario on Thursday, February 5th, 2004. Mr. Clarence Fredrick Roderick, in his 90th year, born in Cornwall, Ontario and formerly of Cornwall. Dear son of the late William Roderick and the late Josephine Jacques. Beloved husband of the late Mary Roderick (McLaughlin). Loving father of Howard Roderick (husband of the late Shirley), Roy Roderick (Elaine) and Marie (Mrs. Edward Blue) all of Cornwall, Ontario. Also survived by eight grandchildren, 13 great-grandchildren and one great-great-grandchild. Predeceased by son, Gerald Roderick (husband of Shannon (Tiny) of Cornwall, Ontario). The funeral took place on Monday, February 9th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with burial at St. Columban's Parish Cemetery.

TOUCHETTE - Mary Leona

Passed away at the Elisabeth-Bruyere Health Centre, Ottawa, Ontario on Tuesday, February 3rd, 2004. Mrs. Mary Leona Touchette, in her 72nd year, born in Bonville, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Donat Aubin and the late Agnes St. Denis. Beloved wife of the late Jean-Paul Touchette. Loving mother of Cecile Martin (Larry) of Stittsville, Ontario, Jeanne Touchette of Edmonton, Alberta, Jacques Touchette of Cornwall, Ontario and Colette Kutziubas (George) of Ottawa, Ontario. Dear sister of Simone Marleau (Roger) of Ottawa, Ontario, Irene Poirier (Remi) and Jeanne Leroux (Raymond) both of Cornwall, Ontario, Doreen Barker (Basil) of Port Perry, Ontario, Lucille Primeau (Lee) of Cornwall, Ontario, Rollande Lefave of Halifax, Nova Scotia, Linda Aubin of Prescott, Ontario and Judy Aubin of Cornwall, Ontario. Cherished grandmother of David Martin (Jennifer) of Edmonton, Alberta, Tom Martin (Nicole) of Calgary, Alberta and Dina and Yanni (John) Kutziubas both of Ottawa, Ontario. Sadly missed by friend and companion, Huguette Tourigny of Cornwall, Ontario. Also survived by many nieces, nephews and friends. Predeceased by brothers, Hilaire (Kathleen) and Rene Aubin and sisters, Muriel Charlebois (Aurele), Rosemarie Martel (Florian), Anna Gregoire (Urbain) and Terry Besner (Auger). The funeral took place on Wednesday, February 4th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes West Branch with cremation at South Branch Crematorium. A Memorial Service was held on Friday, February 6th, 2004 in the Memorial Chapel of the funeral home.

McDONALD - Bruce Michael

Passed away at the Cornwall Community Hospital, Second Street Site, Cornwall, Ontario on Monday, February 2nd, 2004. Mr. Bruce Michael McDonald, in his 76th year, born in Monkland, Ontario and formerly of Cornwall, Ontario. Dear son of the late Daniel John McDonald and the late Janet Ann MacDonell. Beloved husband of Margaret McDonald (Daniels). Loving father of Bruce Daniel McDonald (Christine) of Monkland, Ontario and Ellen Margaret McDonald (Yves) of Orleans, Ontario. Sadly missed by grandchildren, Molly Kate, Lachlan, Alec and Hamish McDonald. Also survived by several nieces, nephews and many friends. Predeceased by brothers, John, Allen, Ambrose and Vincent McDonald (husband of Lily) and sisters, Mrs. Mary Carmel Grant, Mrs. Mary Hilda and infant, Annie Mae McDonald. The funeral took place on Thursday, February 5th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. Andrews Parish Church with burial at St. Andrews Parish Cemetery. Rev. Bernard Cameron of St. Andrews Parish Church officiated, assisted by Deacon Marcel Brunet. The piper was Steve MacIntosh. The pallbearers were Wesley Moore, Howard Quail Jr., Jacques Levac, Martin Gaudette, Gerald MacDonald and Cecil Walt. Mr. McDonald was born at the house on the Second Concession, Monkland, August 2nd, 1927, and was a former farmer.

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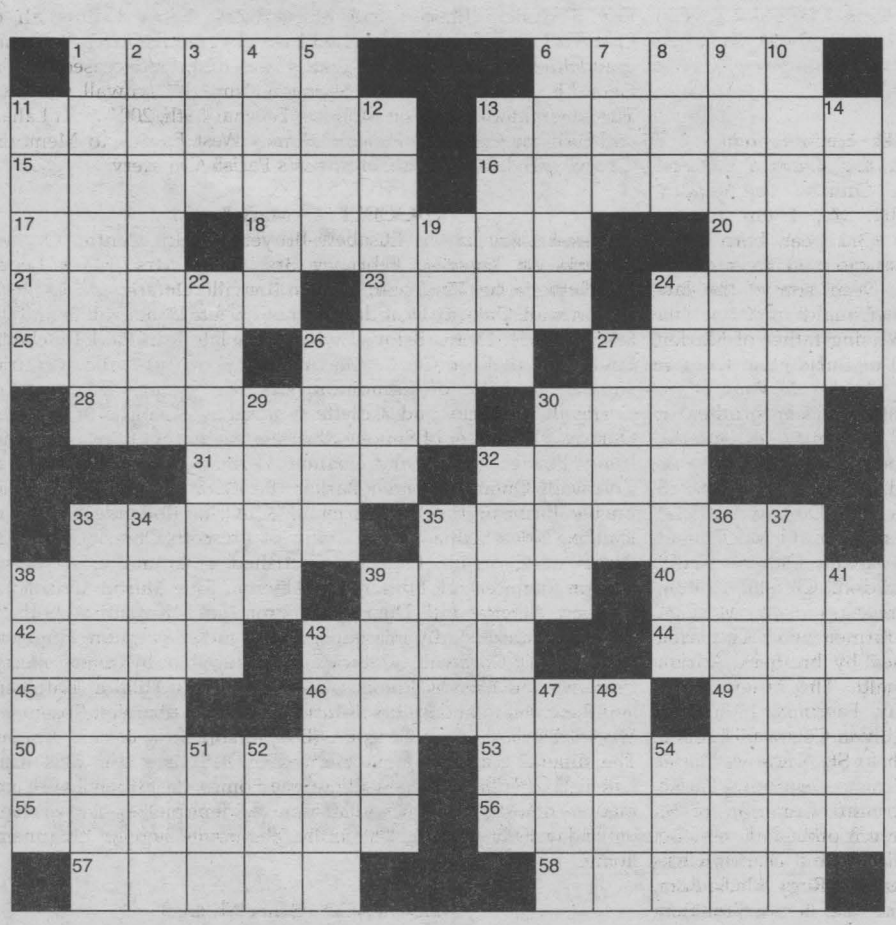
33. Rods
35. A way to beat up
38. Rushes
39. North or South
40. Charles __, atonal composer
42. Macaws
43. A well-defined track or path
44. An account of events
45. Pave
46. A peninsula between the Red Sea and the Persian Gulf
49. Bolshevik
50. Standard or typical example
53. Copyreading
55. In a way, spells
56. To notch or form sawlike teeth
57. Tuberous roots
58. Hebrew letters

CLUES DOWN
1. Replenishes
2. Strikingly unconventional
3. A very large body of water
4. In a way, bent
5. Anything that provides an inspiration for later work
6. Aces
7. Belonging to a thing
8. Twitch
9. Expunction
10. Mocks
11. Jewish spiritual leader
12. Instructed in spiritual improvement
13. Dialects of the Taiwanese and Hokkianeses
14. Single-reed instruments
19. Mariners
22. In a way, aids
24. Cheese dish
26. Tans
27. Cold wind
29. In a way, touches
30. Particular instance of selling
32. A group of islands between Asia and Australia
33. A low wall
34. Egg-shaped terra-cotta instrument
35. __ fide (Latin)
36. Type of cancer
37. Yields
38. Judged
39. Peels
41. Bog plant
43. Cripples
47. The content of cognition
48. Like clouds
51. Hill (Celtic)
52. Word element meaning ear
54. Denotes three



answers on page 34

HOROSCOPES

Feb. 21st - Feb. 27th

ARIES – March 21/April 20
Be careful who you antagonize this week, Aries. No matter how many foes you've conquered in the past, the only way you will win this week's battle is if you get along with everyone.

TAURUS – April 21/May 21
Try to cut back on your workload this week, Taurus. As strong as you are, it's important to take time now to pay attention to your physical, mental, and emotional health.

GEMINI – May 22/June 21
It's important to focus only on things that mean something to you. Ignore the fights and feuds that are going on in the background, Gemini. It's all about you this week.

CANCER – June 22/July 22
The weather's great — come out of your shell, Cancer. Your first task this week should be to remind close friends and loved ones that you care. And don't just say it, show it.

LEO – July 23/August 23
Believe it or not, Leo, there is a way out of your dilemma. The catch? To find it, you'll have to put your ego aside and ask someone for help.

VIRGO – Aug 24/Sept 22
This week you should be able to keep the momentum going, Virgo. However, you're not made of money; you should curtail your spending habits. Find less expensive ways to enjoy yourself.

LIBRA – Sept 23/Oct 23
Seize the day, Libra! What you do this week at home and at work will determine how successful the next year will be for you. Don't hold back — take action.

SCORPIO – Oct 24/Nov 22
Don't be possessive when it comes to business and personal relationships this week, Scorpio. Everybody needs a little space now and again, even from you.

SAGITTARIUS – Nov 23/Dec 21
Take a break from your search for the next best thing, Sagittarius. Now is the time to focus your energy on enjoying what you've already accomplished before starting something new.

CAPRICORN – Dec 22/Jan 20
Imporant people will be watching you this week, Capricorn. Give 'em a good show and you'll come out on top.

AQUARIUS – Jan 21/Feb 18
A new, more adventurous phase is set to begin this week. Feel free to take the plunge. Just make sure you're doing it for the right reasons. Pamper yourself this weekend.

PISCES – Feb 19/March 20
At some point this week, you'll have to decide whether or not to forgive someone close for letting you down. The choice is yours.

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES
- $9.00/week 24 words or less, (25¢ each additional word per week).
- $16.50/2 weeks. 24 words or less, (23¢ each additional word per week.).

DEADLINE: Wednesday 12 noon 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 $28.50 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 12 noon Wednesday.

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

CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

8 REAL ESTATE | 8 REAL ESTATE | 18 ROOMS | 22 ARTICLES FOR SALE | 22 ARTICLES FOR SALE | 22 ARTICLES FOR SALE | 22 ARTICLES FOR SALE | 22 ARTICLES FOR SALE | 22 ARTICLES FOR SALE

SAVE MONEY NOW!
Refinances, purchases and debt consolidations. Pay off high interest loans & credit cards.
5 Year Mortgage 4.49%
UPPER CANADA MORTGAGE
930-2592
SN1



BAINSVILLE AREA. 3 bdrm year round cottage, boat house on channel to Lake St. Francis. Priced to sell! Try your offer! Call Latreille Real Estate Inc. 938-3800.

13 OFFICES/ STORES/BLDGS

STORE FOR RENT - Approx. 1,000 sq.ft. Available immediately. Le Village area. For more info, call 528-4030.

ROOM TO RENT. Shared kitchen, TV in room w/cable included. Parking. Call 933-9122.

22 ARTICLES FOR SALE

STEP & REST folding seat / walker, $130. Small entertainment unit, $30. Call 936-0184.

CANDY VENDING MACHINES for sale, in locations. Great part-time, easy money. Call 936-1639.

KITCHEN CURTAINS, peach coloured, lace, matching placemats & mugs, $20. Single handle bathroom faucet, like new, $20. Call & leave message, 938-7071.

MOVING SALE, Saturday, Feb. 21st, 10am-2pm, #18793, Glen Walter East, Hwy#2. Household & antiques. Snow date: Sunday, Feb. 22nd. Call 315-265-5370

BOSS - BR8 DIGITAL 8-track recorder. Record up to 64 virtual tracks. Record your own CD. $500. Call 938-1029, after 5pm.

FOR THE BEST DEALS IN TOWN!

ORTHO SELECT 5 Year Warranty		CHIRO 15 Year Warranty		ORTHOPEDIC 20 Year Warranty	
39" Set	Reg. $299 $199	39" Set	Reg. $499 $299	39" Set	Reg. $599 $399
48" Set	Reg. $399 $249	48" Set	Reg. $699 $399	48" Set	Reg. $799 $499
54" Set	Reg. $399 $249	54" Set	Reg. $699 $399	54" Set	Reg. $799 $499
Queen Set	Reg. $489 $299	Queen Set	Reg. $899 $499	Queen Set	Reg. $899 $599

39" MATTRESS $99
BERGERON SLEEP SHOP & HOT TUB
1005 FIRST ST. E. JAN2043 932-2214

3-PCE. WALL UNIT for TV. Nordic track exerciser. 3 touch lamps. Call 933-7667.

CULLIGAN WATER COOLER, Celsius, white, w/top cover, $125. Call 932-6661.

MOVING SALE, Saturday, Feb. 21st, 9am, 542 Lynwood Dr. Large solid wood 3-pc. bedroom set, 4-pc. wall unit, 1 refrigerator, 2 stoves, other various items.

Poppy's Pawns Plus
SN3
Top Prices Paid For Fine China, TV's, VCR's, CD's, Movies, Tools, Antiques, Small Furniture
We Pawn, Buy, Sell & Trade
224 Pitt Street 933-2333

23 ARTICLES WANTED

WANTED: FRIDGE & STOVE in very good condition. Call 938-1029, after 5pm.

WANTED
Old Fishing Lures & Wooden Duck Decoys
Old Blue Flower/Bird Crocks & Jugs, Traps
938-8839
nov21034

30 HOME SERVICES

BASEMENT LEAKING? Call the experts. Waterproofing from inside, no costly digging. Cracks sealed by injection. Interior weeping tile for block walls. All work guaranteed. Free estimates. J. Craig. 1-866-613-3078. Serving all Eastern Ontario.

MEAL PREPARATION. Let "What's Cooking" do the work for you. We buy the groceries, prepare your meals & deliver to you. Call Jennifer, 938-8008 or Leslie, 931-1684.

MIKE'S TREE PRUNING, cutting & removal. Chimney, eavestrough, cleaning & repair. Free estimates. Call Mike 931-1251.

HANDYMAN - Snow removal, driveways, roofs. Lawn cutting & eavestrough cleaning. Interior painting. Tree, hedges, trimming. Odd jobs. Call Kirby, 938-5444.

LIGHT HOUSEKEEPING available for seniors in the South Glengarry & Cornwall areas. Reasonable rates, lots of experience & references are available. Call 931-1676.

HOME RENOVATIONS. Big or small. 25-yrs. experience. Reasonable rates. Free estimate. Call Patrick, 938-9231.

RILEY'S PAINTING. Now specializing in new homes. Drywall & ceiling repairs, water damage, wallpapering & odd jobs. Light truck available. 20-yrs. exp. Reasonable rates. 938-8839. Pager#930-8851.

CLOTHING REPAIRS, Alterations & Lettering. For all your sewing needs, call Leo at 933-7995.

TIM MACDONELL'S FLOORING. Ceramic, carpet, hardwood, vinyl, laminates, VCT tile. Small renovations. Reasonable rates. Free estimates. Home: 931-3213 or Cell: 330-1173.

26 FARMERS MARKET

BEEF FOR SALE BY QUARTER. Per pound: Front $1.40/lb. Hind $1.60/lb. Gov't inspected, cut, wrapped, delivered. Farmer direct, no growth hormones, flavourful. Guaranteed. Call 931-9300.

CEDAR & PINE LUMBER. Hardwood lumber. V-joint Pine & Cedar siding. Hardwood flooring. Specialty orders. Shavings, bags or in bulk. Firewood, split & delivered. Robertson's Sawmill, Martintown. Call 528-4262.

I ♥ THE CLASSIFIEDS

30 HOME SERVICES

GIVE YOUR PIANO a tune up. Residential, schools, concerts. 25-yrs experience. E-mail: theonlypianoman@hotmail.com or call Volker, 930-2195.

THE PERFECT HANDYMAN. Inside/outside renovations. Building of garage, deck & additions. Free estimate. Call Robert, 525-2197.

MICHAEL'S WINDOW MAINTENANCE, thermal replacement, cranks, latches, adjustments. Call 931-2293.

REAL ESTATE REAL ESTATE REAL ESTATE REAL ESTATE

EXIT REALTY SEAWAY
506 Pitt Street, Cornwall Call 937-4445
www.exitrealtyseaway.com 24 hour browsing



Lana Barnes, Broker 551-3545 | Ginette Campbell, Sales Rep. 551-3321 | Henrietta Duvall, Sales Rep. 930-5372 | Judi Auger, Assoc. Broker 930-3536



Dawna Bamford, Sales Rep. 937-0739 | Theresa Mahaffy, Sales Rep. 360-8560 | Cynthia Joubert, Sales Rep. 551-2496, www.cynthiajoubert.ca | Mike Auger, Sales Rep. 551-2469

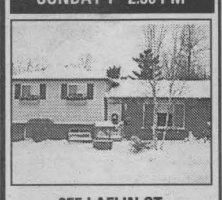


Hana Novotny, Sales Rep. 937-4445 | JoAnne Riel, Sales Rep. 360-1259 | Tamara Lee Johnson, Sales Rep. 360-6380 | Brian Carter, Sales Rep. 360-3494



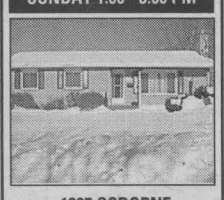
Maggie Nuttall, Sales Rep. 363-6449 | Shelley Brown, Sales Rep. 330-3954 | Jake Lefebvre, Sales Rep. 937-4445 | Donna Bates, Sales Rep. 930-0888

OPEN HOUSE SUNDAY 1 - 2:30 PM



855 LAFLIN ST.
3 bdrm. home in desirable neighbourhood. Featuring updated flooring, refurbished bathroom, finished rec room with woodstove and don't miss the pond! $133,900/ #1481
YOUR HOSTESS TAMARA LEE 360-6380

OPEN HOUSE SUNDAY 1:00 - 3:00 PM



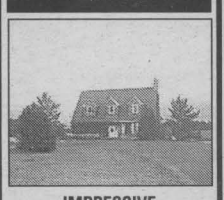
1307 OSBORNE
3+1 bdrm. brick bungalow in Riverdale area. Updates are many and incl. kitchen, hdwd flrs, gas frpl., shingles & more.
$126,900/ #1514
CALL DAWNA 937-0739

PARCEL OF LAND

EXIT Realty Seaway
LOT FOR SALE

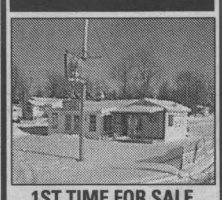
EAMER'S CORNERS
Lot measures 187'x104' and can be severed to create 3 lots. 62'x104'. Zoned for semi-detached or single homes. Build, build & build again.
$96,000/ #0809
CALL DAWNA 937-0739

NEW LISTING



IMPRESSIVE
3+2 bdrm. home, master with ensuite and dressing room. Kitchen features granite counters and built-in appliances. This home is set on 4.4 acres with pond and heated inground pool.
$232,000/ #1513
CALL HENRIETTA 930-5372

"LORETTA'S CHIP STAND"



1ST TIME FOR SALE
Ever dream of operating your own business? Don't miss this opportunity - just turn the key and start selling. Only $69,900. #1508
CALL MAGGIE 363-6449

VACANT - 3 BDRM. CENTRAL LOCATION



1141 PITT ST.
Hardwood floors throughout, updated bathroom, 3 good sized rooms, low mortgage payments, large garage, etc. Don't miss this.
$62,900/ #1457
CALL MAGGIE 363-6449

4650 CORNETT LANE



THIS IS A ONE OF A KIND
3+1 bdrm. home, that features a gorgeous oak kitchen, above ground pool, and a double detached garage. Only minutes from town. Call "That Real Estate Guy" for more details.
$150,000/ #1516
CALL MIKE 551-2469

281 IVAN CRES.



GREAT NEIGHBOURHOOD
Absolutely spotless, only 4 years old, features forced air, fully bricked home, main floor laundry, full 8 foot basement. A must to see.
$157,900/ #1426
CALL GINETTE 551-3321

PROUD SUPPORTERS OF HABITAT FOR HUMANITY

Thinking of Selling A House?
EXIT REALTY GOES THE EXTRA MILE!



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email: linda@bowershomes.ca

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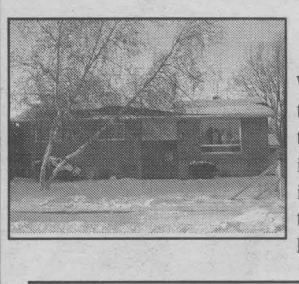
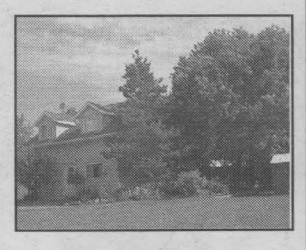
MLS and Exclusive listings from three area real estate boards Ottawa, Rideau St. Lawrence and Cornwall & District



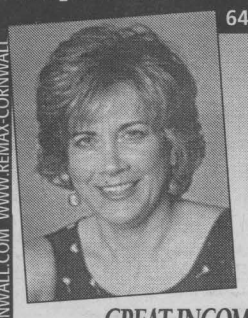
Welcome home!
15 St. Laurent Ave., Long Sault
Wintertime cozy and ready for summer fun by the pool, bring the family. Parquet floors throughout (no carpets) with cushion flooring in the kitchen and baths. Lower level family room with wood stove- tiered decks from the dining room to the pool. Bring the family.
Listed at $118,0000

Opportunity is knocking!
Six acres of commercially zoned property with gated drive and a three bedroom home with office showroom potential. Township of South Glengarry, Boundary Road.
Listed at $179,900



Each Office is Independently Owned and Operated
feb12042

RE/MAX CORNWALL REALTY INC.
www.remax-cornwall.com
649 Second Street East 938-8100



Marjet Rogers
ASSOCIATE BROKER
Don't Make A Move Without Me!!
Please call Marjet 360-1323
email: rogers@remax-cornwall.com

GREAT INCOME
3 units all renovated inside, great tenants, main unit is very large great for owners unit. Comes with a detached garage. West End of Cornwall.
Asking $87,500





BAINSVILLE
Commute to Montreal. Roomy 3 bedroom brick bungalow plus a finished basement with walkout to backyard. Attached garage plus a detached workshop/garage. Must be seen
Asking $169,000

NEW LISTING ~ GREEN VALLEY
1,985 sq. ft. brick bungalow, eat-in kitchen plus formal dining room, breakfast nook, master bedroom with ensuite bath, garage. Owner relocating.
Asking $134,400



NEW LISTING ~ BAINSVILLE, MARLEAU ST.
Raised bungalow, bright & airy, 1+2 bedrooms, finished basement with FAO heat or electric, fenced yard for pets, river access. *Asking $69,500*

BUILDING LOT
Over 3 acres on Concession 4, Lancaster. Minutes from the Quebec border. Great location. *Asking $28,000*

I JUST SOLD...
• 18948 Paragon Road
• 6262 McDonald Court Creg Quay
FEB20044

WWW.REMAX-CORNWALL.COM WWW.REMAX-CORNWALL.COM WWW.REMAX-CORNWALL.COM

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Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

30 HOME SERVICES | HELP WANTED | HELP WANTED | HELP WANTED | HELP WANTED | HELP WANTED | HELP WANTED | HELP WANTED | HELP WANTED

SEAMSTRESS / COUTURIERE: Alterations. All zippers. Modifications. Call Denise at 938-6532, leave message.

NO/SLAG WELDING. Steel & stainless fabrication & repairs. Steel sales. Shop services. Service in SD&G. Low rates. Call 534-8845, leave message.

STRIPALL - Century Home Restoration. Furniture stripping, refinishing & repairs. Staircases, floors, doors, archways. No job too big or small, antique or not. Kitchen cupboards completely restored & refinished starting @ $1,500. Free estimates. Long Sault, 534-8494.

WILL DO LIGHT HOUSEWORK. Call for more info, 938-2962.



Not pleased with your current career path?

If you are not...
1) Making over $40,000 per year
2) Driving a new vehicle
3) Getting ongoing career training
4) Happy in your current job, please read on!

If you have...
1) Retail experience
2) Strong interpersonal skills
3) The determination to succeed
4) A willingness to learn

We want you working on our sales team!

Please forward your résumé if you strive to have those things that you currently don't. We will be accepting résumés until February 25, 2004.

Cornwall Honda

Marc-Andre Guibord
General Manager,
Cornwall Honda
1200 Brookdale Ave.
Cornwall, ON K6J 4P4

FEB20042



THE VIRTUAL EMPLOYMENT CENTRE OF EASTERN ONTARIO

CORNWALL PRACTICE FIRM

The perfect approach = the perfect JOB!!!



JOB SEARCH
+
EMPLOYABILITY TECHNIQUES
+
PRACTICAL WORK EXPERIENCE
=
SUCCESS FOR FINDING EMPLOYMENT

NO COST

Limited working stations available

Call Carole (613) 938-6611 ext. 30
Email... info@autoglobale.ca

This project is funded by the Government of Canada

feb6041

FULL-TIME POSITION AVAILABLE IMMEDIATELY

Customer Service Representative
Must be bilingual.
Wage starts at $10/hr

Apply at:
Campbell Pools
450 Seventh St. W.
Cornwall

FEB 1042

35 BUSINESS OPPORTUNITY

BE YOUR OWN BOSS! 3 chair hair-styling salon for rent, many extras included, located in Long Sault. Causeway Fries, permanent site located in Long Sault @ Becker's Store for rent. Call 938-1790, leave message if no answer.

35 BUSINESS OPPORTUNITY

SMALL EXPANDING BUSINESS for sale. Suitable for motivated, creative individual. Everything you need for start up. Training included. For further information, call 938-9627.

40 AUTOS FOR SALE

1994 CHRYSLER NEW YORKER. Emission tested, new tires, loaded. $1,500. as is. Highway miles only. Call 938-7064.

40 AUTOS FOR SALE

1995 FORD TAURUS Station Wagon, V-6, remote starter, safety certified, e-tested. Good condition. $3,200. Call 938-7953.

HOMES OF THE WEEK

Century 21 SHIELD REALTY LTD.

465 PITT ST 938-2121

YOUR EXCLUSIVE PROVIDER OF AIR MILES WHETHER BUYING OR SELLING!

Century 21 SHIELD REALTY LTD.


MONIQUE WILLIAMS Sales Rep. 551-1152

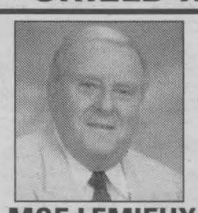

TODD THOMPSON Sales Rep. 938-2121

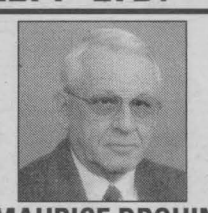

JACK ROY Sales Rep. 931-1290

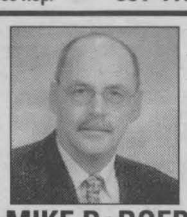

ERIC PEDERSEN Broker 938-9690


SHERRY McCULLOUGH Sales Rep. 938-2121


BROOKE MacCRIMMON Sales Rep. 938-2121


MOE LEMIEUX Sales Rep. 932-9386


MAURICE DROUIN Sales Rep. 933-6146


MIKE DeBOER Broker 936-3124


MICHAEL VANDER MEER Assoc. Broker 938-2121


18791 BEAVERBROOK $69,900
(J-MLS A0196) Country living minutes from the city. 3 bdrm mobile home on great lot with large garage/workshop & much more.
MONIQUE WILLIAMS 551-1152


1909 CONCORDE AVE. $169,900
(A-MLS Z4710) SUNRISE ACRES. Located in a great family neighbourhood, this home boasts of pride of ownership. It will live up to all of your expectations.
MONIQUE WILLIAMS 551-1152

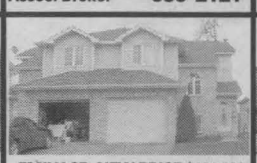

19412 CTY. RD. 2, SUMMERSTOWN $84,900
(J-MLS Z4332) Warm yourself by the wonderful frpl, enjoy the hdwd flrs, cozy up in your new home & the harsh cold winter will be nothing but a memory.
MONIQUE WILLIAMS 551-1152

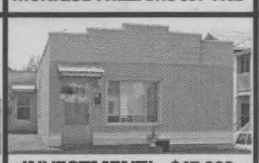

NEW LISTING
407-A McCONNELL $74,900
(A-MLS A0360) Great Investment! Duplex with 3 bdrms per unit with garage in wonderful downtown location. Call Monique to view.
MONIQUE WILLIAMS 551-1152


20067 CTY RD. 18, ST. RAPHAELS $114,900
(J-MLS A0166) Beautiful 5 bdrm home, 2 full baths, tastefully decorated, loads of hdwd floors & trim.
TODD THOMPSON 938-2121


SOLD
436 LEITCH $129,900
(A-MLS A0319) 3+1 bdrm brick bung, gas heat with central air, inground pool, fully fin bsmt, 2 baths.
TODD THOMPSON 938-2121


9-UNIT APT. BUILDING $329,900
(A-MLS A0015) Nets $40,000. Downtown location.
JACK ROY 931-1290


EMILY CR. NEW PRICE $124,900
(A-MLS Z4517) Beautifully finished 3 bdrm semi, 2 skylights in living rm, 2 frpls, att garage, large lot.
ERIC PEDERSEN 938-9690


INVESTMENT! - $47,000
(A-MLS Z1620) Maint-free dbl tenement. Central location. Gas heat. Excellent long-term tenants.
ERIC PEDERSEN 938-9690


COUNTRY PROPERTY $259,000
(L-MLS A0013) Solid brick 4 bdrm home, over 2,800 sq ft, main flr family rm, 5 baths, 2 car garage. Would consider exchange.
ERIC PEDERSEN 938-9690


GREAT LOCATION
(A-MLS A0204) 4 steel buildings on 14.6 acres. Located at 3265 McConnell Ave & South Branch Rd.
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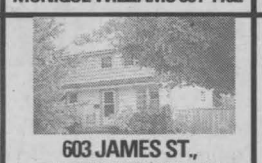
603 JAMES ST., RIVERDALE $119,000
(A-MLS Z4525) Excellent family home! 1+2 bdrms, 2 baths, det garage, 16x32 ingr pool, fully fenced backyard.
SHERRY McCULLOUGH 938-2121


238 MEADOWVALE CR. $89,900
(A-MLS A0239) SEMI-SWEET! Ready for viewing. 3+1 bdrms, 2 baths. Kick the rent payment habit & savour the taste of home ownership.
SHERRY McCULLOUGH 938-2121


3502 MARYDALE AVE $145,900
(M-MLS Z3963) Come home to comfort! Where every season is beautiful. Once you come in, you won't want to leave. Call Sherry for your private viewing.
SHERRY McCULLOUGH 938-2121


1329 PATRICIA PL. $199,900
(A-MLS A0283) Here's a split-level with personality plus! Spacious & ready for viewing. Excellent quiet east end crescent, close to all amenities.
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SOLD
702 RIVERDALE AVE. $162,900
(A-MLS A0364) Once upon a time, we listed this storey and a half for your viewing. Move in here and live happily ever after.
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NEW LISTING
319 PRINCE ARTHUR $36,900
(A-MLS A0384) S-M-L-XL. We'll sell homes in all sizes.
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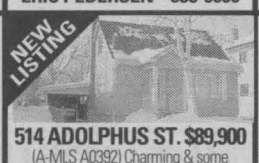
NEW LISTING
514 ADOLPHUS ST. $89,900
(A-MLS A0392) Charming & some updates to this 45 years young 1-1/2 storey. Close to schools, park, shopping & bus service. Features garage, utility shed/workshop, fully fenced backyard.
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GREAT DUPLEX $79,900
(A-MLS A0303) Some recent updates, dbl drive, dbl patio deck, det dbl garage.
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107 THIRD ST. WEST NEW PRICE - $82,500
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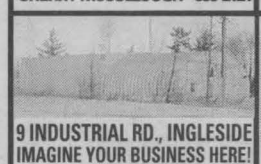
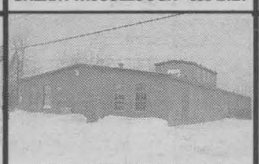
MOE LEMIEUX 932-9386


14801 HUNTER'S RD. $46,000
(O-MLS Y2835) Clean cut 3 bdrm mobile home with small garage*& shed on 1 ac lot. New metal door & windows, w/d hookups. Survey, well & septic papers available.
MAURICE DROUIN 933-6146


9 INDUSTRIAL RD., INGLESIDE IMAGINE YOUR BUSINESS HERE! $149,900
(O-MLS A0101) 5,600 sq ft, in-floor heating, 2-14' doors, 18' ceilings, 400 Amp 3-phase electrical. OWNER SAYS SELL.
MIKE DeBOER 936-3124


WATERFRONT $129,900
(J-MLS A0011) Your Chance! 2 bdrm bung in move-in-condition. Too many updates to mention. Boathouse with lift. Call for private viewing.
MIKE DeBOER 936-3124


NEED SPACE? $99,900
(A-MLS A0294) West end of City. One building 7,000 sq ft & one 3,000 sq ft on serviced lot. Approx 0.5 acre.
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DUPLEX $46,900
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MIKE VANDER MEER 938-2121

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Deadline: Classified Word Ads: Wednesday at noon

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74 LOST & FOUND

REWARD: LOST Pitbull/Shepherd mix, male, black & tan, in vicinity of First St. & McConnell Ave. on Sunday, Feb. 15th. Answers to name: Tequila. If found, please call 936-6839.

HELP WANTED

Eastern Ontario Health Unit
Bureau de santé de l'est de l'Ontario

The Eastern Ontario Health Unit was the first county Health Unit in the province. Established in 1935, it continues to operate in accordance with the Health Protection and Promotion Act. It provides services to five counties and to a population of 185 000. Its head office is in Cornwall and five satellite offices are dispersed throughout its territory.

The Eastern Ontario Health Unit is currently accepting applications for the following full-time position:

EDUCATION RESOURCE CLERK

The individual will operate the Health Unit Resource Centre by providing research services to the Health Unit staff, assisting the community to access health-related information and maintaining electronic information.

Qualifications required :

- Grade XII graduate with a community college education in Library Science or equivalent;
- Experience or knowledge of various software packages;
- Experience and knowledge of the following: Inmagic, Front Page, Html, Php and Dreamweaver would be an asset;
- Minimum of two years related experience is preferred;
- Good communication skills in both official languages;
- Keyboarding skills (40 wpm);
- Good organizational and interpersonal skills.

Annual Salary: $28,001 to $29,557.

Interested applicants are requested to forward their résumé before March 3rd to:

HUMAN RESOURCES
EASTERN ONTARIO HEALTH UNIT
1000 PITT STREET
CORNWALL ON K6J 5T1

Tel.: (613) 933-1375
Fax: (613) 938-9707
E-mail: cshannon@eohu-bseo.on.ca
Web site: www.eohu-bseo.on.ca

We are an equal opportunity employer.
We thank all applicants for their interest in our programs, but only those selected for an interview will be contacted.

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Highway Driving Tips: How To Deal With Splash And Spray

(NC)—In 2001, crashes involving commercial vehicles resulted in 548 fatalities and 14,431 serious injuries. The latest Transport Canada statistics show that road fatalities in Canada decreased 5.1 percent in 2001 from the previous year and were lower than in any year since 1954. Despite this improvement, these figures are a reminder that highway driving is serious business. To make Canadian highways safer, drivers of all kinds of vehicles need to exercise skill, caution and patience, especially during the winter.

Highway driving in the winter usually brings with it a lot of "splash and spray". Visibility is poor as a result, and the risk of collision increases. Here are some tips from Transport Canada on how to maximize safety under these conditions:

•Make sure you have plenty of windshield washer fluid and that your wipers are in good repair.

•Keep a steady grip on the steering wheel.

•Try to anticipate splash and spray and turn on your lights and windshield wipers when approaching trucks and buses. Slush may contain a fair amount of solid matter that may require multiple sweeps of the windshield to be cleared and may need to be washed away after. These actions take time, so anticipation and reaction are essential before your vision is obscured.

•Turn on the defroster if temperatures are cold and there is snow or slush on the road. This will help to melt snow and slush, and will clear your field of vision more quickly than operating the defroster only after slush freezes on the windshield.

•Consider not passing or changing lanes where splash and spray can be expected, stay well back and maintain a safe following distance that keeps your vehicle outside of the "fog cloud".

•Don't allow yourself to become distracted.

In addition to providing advice to Canadians on how they can make our highways safer, Transport Canada, along with the provinces and territories, is funding improvements to those parts of our national highway system that need immediate attention because of growing traffic and increased trade. These improvements, delivered through the $600 million Strategic Highway Infrastructure Program (SHIP), will result in a safer and more efficient highway system for all Canadians.

It Takes A Lot To Stop A Truck

(NC)—Some 80 percent of fatal accidents involving heavy trucks are caused by the drivers of the other vehicle—a car, van or light truck (e.g., an SUV), according to Transport Canada.

A major reason for these collisions involves a miscalculation by car drivers regarding the momentum transport trucks build and the resulting time and space they require for stopping. For example, did you know it takes a transport travelling at 100 kilometres per hour the length of a football field to stop? That's nearly double the distance a car requires. Other reasons for collisions with heavy vehicles include motorists being unaware of truck blind spots, required passing distances, and general traffic courtesy and protocol.

In addition to providing Canadians with motor vehicle safety advice, Transport Canada, along with the provinces and territories, is funding improvements to those parts of our national highway system that need immediate attention because of growing traffic and increased trade. These improvements, delivered through the $600 million Strategic Highway Infrastructure Program (SHIP) funding announced in 2001, will result in a safer and more efficient highway system for all Canadians.

Since 1993, the Government of Canada has committed over $12 billion in infrastructure programs— including $1.8 billion for highway improvement alone.

Sharing The Road Safely With Commercial Vehicles

(NC)—There are more large commercial vehicles on our roads these days than ever before. The best thing you can do to stay safe on the highway is to learn as much as you can about how commercial vehicles operate and why their drivers take the actions they do.

Here are some pointers from Transport Canada on how to share the road safely with commercial vehicles:

•Don't linger in the passing lane when overtaking a large commercial vehicle. When you can see the entire truck cab in your rear-view mirror, return to the right lane. Also, avoid passing on a commercial vehicle's right side—this is the side with the largest blind spot.

•Tailgating any vehicle is dangerous, but it is particularly hazardous with large trucks and buses. Keep a safe distance when following a truck—three seconds in good conditions, more when road or weather conditions are bad—and stay to the left of your lane. This increases your field of vision, makes you more visible to the commercial vehicle driver, and gives you more stopping room in the event of an emergency.

•Stay clear of a commercial vehicle that is preparing to back up, or is in the process of backing up. Drivers of large trucks are frequently unable to see all objects behind them.

•Commercial vehicles create a lot of air turbulence on the highway. This can affect your car when you're passing them and when they're passing you. Be prepared and keep a firm grip on your steering wheel.

•Remember that commercial vehicles' speeds fluctuate—weight can make climbing hills hard work, and cause acceleration when travelling down hills.

Spring Tire Care Tips And Advice

(NC)—Keeping your tires well maintained is key to safe spring driving. Here are the Uniroyal Tire Doctor's prescriptions to help answer your tire questions, and keep you moving at high gear all season long.

Dear Uniroyal Tire Doctor,

I've done a lot of extreme-weather driving with my current set of tires and I'm starting to feel a difference in the handling performance. I'm thinking about replacing the tires this spring, but I'm not sure if my decision is premature. How can I tell when it's the right time to replace my tires?

Sincerely,
In Need of a Change?

Dear In Need of a Change?,

Knowing when to replace your tires can be tricky. It's difficult to determine the right time based on kilometres alone, since the longevity of your tires depends on your driving and maintenance habits, as well as the type of tires and climate in which you live. That said, there are two common ways to tell if it's time for a replacement. First, check the treadwear indicator, which is a series of raised rubber bars running across the tire's tread design at the bottom of the grooves. If you can see them, it's time to start looking for new tires. Another way to check is to place a penny into the most shallow tread groove with the Queen's Crown side down. If the top of the Queen's head remains visible, it's time to replace the tire. If you're still unsure, or decide it is time to replace your tires, head to your local tire dealer and let an expert help find the right tire for you.

Dear Uniroyal Tire Doctor,

I bought my all-season tires four years ago and have been happy with the performance. Recently, however, I have been experiencing trouble steering and feel as though my car is veering to the left, even when I hold the wheel straight. Should I consider replacing my tires, or is there a less expensive solution?

Sincerely,
Driving Out of Line,

Dear Driving Out of Line,

Sounds like your tires are in need of a wheel alignment check-up. Wheel alignment is one of the most overlooked components of tire care and safety. Proper alignment ensures all four tires and wheel assemblies are pointed in the right direction and following the right track. When tires are misaligned, it becomes increasing difficult to steer and drive straight. Be sure to check your wheel alignment every 25 –30,000 kilometres or every spring, when potentially damaging potholes are common. Alignment, however, is only one piece of the tire maintenance puzzle. Remember to also have your tires rotated every 10,000 kilometres and let a professional check your tire pressure every month — together this will ensure a smooth and safe ride.

Does "On the Road Again" Mean "On the Phone Again"?

These days you see more cell phones than ever, and many of them will be on the ears of people behind the wheel of an automobile. Some of these phones and their owners will wind up in car crashes, but don't be too quick to blame the cell phone. Blame the drivers who use them in the wrong place at the wrong time, allowing conversations to divert their attention from the road.

"Hands-free devices make it easy to eliminate reaching and dialing, but it's not about having your hands free," said Rich White, a spokesman for the Car Care Council. "It's about having your mind free to concentrate on driving. It's best to pull off the road, or even better, call back later."

There are a variety of other situations that can distract motorists, whether they're en route to their vacation destination, or simply driving across town. Many of these can be addressed with little or no money. Examples include:

• Things hanging from the rear view mirror - Take them down. They can obstruct vision out of both the front and rear windows.

• A damaged rear view mirror - Get it repaired. Many of your driving decisions are only as good as the view from your mirrors.

• Worn windshield wiper blades - Replace them. Smeared glass and chattering blades can be unnerving. Blades are inexpensive and you can probably do the installation yourself.

• Torn or frayed car mats - Get new ones. The old mats can catch a heel, diverting your attention and/or interfering with the motion of your foot on the accelerator or brake.

• Droopy headliner - Purchase a kit to reattach it or buy a new one. Material draping down in the back obstructs the view out of the rear window.

• Keeping a pet in its place away from the driver.

Determine what annoyances you can fix yourself and which ones need professional attention, says the Car Care Council. Take care of them as soon as possible; to delay could mean an accident waiting to happen.

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00 Chrysler Intrepid, 4 dr., V6, loaded, p. seat, CD, 86,000 kms
00 Chrysler Cirrus LX, 4 cyl., auto, full load, 58,000 kms
00 Ford Taurus SE, V6, auto, loaded, p. seat and pedals, 52,000 kms
00 Chrysler Cirrus LX, 4 dr., 4 cyl., auto, loaded, 1 owner, 74,000 kms
00 Pontiac Sunfire, 2 dr., 4 cyl., auto, air, CD, 63,000 kms
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NOTICES

REMEMBRANCE TO THE (CHIEF), so called by many in the City of Cornwall and area. His name was Harold Tyo, these 10-yrs. deceased. Those people or friends of my brother Harold, who were touched by his special anointing by God, I would like you to call me about information or pictures so that I could make a tribute to him. My phone number is: 936-1364, call after 5pm or by mail to: Shirley Lalonde, #16868 Atchison Road, R.R.1, Long Sault, Ont. K0C 1P0.

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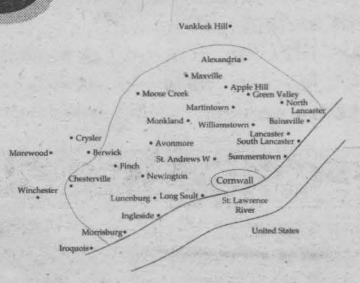

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▶ **If you have a question or a comment, write:** NASCAR This Week, c/o The Gaston Gazette, P.O. Box 1893, Gastonia, NC 28053

WHAT'S UP NEXT

NEXTEL CUP SERIES

What: Subway 400
Where: North Carolina Speedway, Rockingham (1.017 miles), 393 laps/399.681 miles
When: Green flag drops at 1 p.m. Sunday
Last year's winner: Dale Jarrett
Qualifying record: Rusty Wallace, Ford, 158.035 mph, Feb. 25, 2000
Race record: Jeff Burton, Ford, 131.103 mph, Oct. 24, 1999
Most recent race: Dale Earnhardt Jr. joined his late father on the prestigious list of Daytona 500 winners, passing Tony Stewart on the 181st of 200 laps Sunday. The Chevrolet driver won for the sixth time in his five-year career on a track where carburetor restrictor plates are used to hold speeds down. Plate victories have eluded Stewart, who's won almost every other kind of race imaginable. He won a couple of unofficial races at Daytona in the Budweiser Shootout (2001-2002). Stewart led the most laps (97) on Sunday but had to settle for second in a plate race for the fourth time. Dodge driver Scott Wimmer broke up a Chevrolet logjam on the first six places by finishing third in the first race of his rookie season.

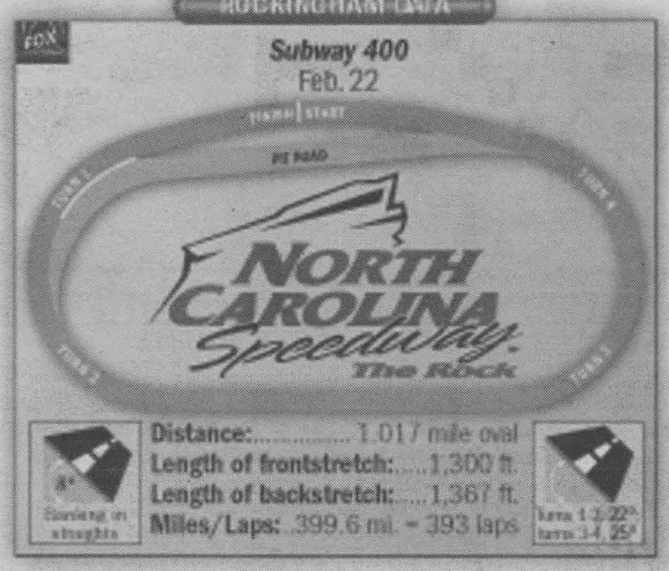
BUSCH SERIES

What: Goody's Headache Powder 200
Where: North Carolina Speedway, Rockingham (1.017 miles), 197 laps/200.349 miles
When: Green flag drops at 1 p.m. Saturday
Last year's winner: Jamie McMurray
Track qualifying record: Greg Biffle, Ford, 156.368 mph, Feb. 23, 2001
Race record: Mark Martin, Ford, 124.397 mph, Oct. 19, 1996
Most recent race: A day after winning the Daytona 500, Dale Earnhardt Jr. held off Johnny Sauter, Kevin Harvick and Robby Gordon to win.

CRAFTSMAN TRUCK

What: Easycare Vehicle Service 200
Where: Atlanta Motor Speedway, Hampton, Ga. (1.54 miles), 130 laps/200.2 miles
When: 1 p.m. March 13
Last year's winner: First series race at this track
Most recent race: Carl Edwards, in a Ford, won Friday's race at Daytona after starting last and bouncing back from an early spin. He performed a back flip in celebration. Travis Kvapil finished second in a Toyota, followed by Mike Wallace, Rick Crawford and Terry Cook. After Daytona, the series has a month off.

ROCKINGHAM (NWA)

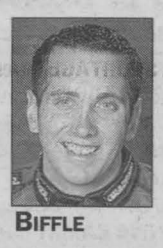


Biffle qualifies first, starts last

By Monte Dutton
NASCAR This Week

As it turns out, Greg Biffle didn't start on the pole after all.

The rules at Daytona International Speedway aren't the same as every other race. Teams are allowed to change engines after the 125-mile qualifying races, which Biffle's team did, but it also decided to replace the engine again Saturday, meaning that the pole winner would have to drop to the rear of the field during the pace lap and actually start 43rd.


BIFFLE

The reason he started 43rd is that four other drivers — Ryan Newman, Ricky Craven, Scott Riggs and Derrike Cope — also were dropping to the rear of the pack but from even-numbered positions.

When drivers drop to the rear in NASCAR races, they do not actually reshuffle the order. Each driver merely drops to the end of the row he is in. As a result, when the green flag fell, Newman was in 36th place (instead of 20th), Craven in 38th (instead of 28th), Riggs in 40th (instead of 36th), Cope still in 42nd (his original slot) and Biffle in 43rd (instead of first). Under NASCAR's rules, however, Biffle's name will be officially recorded as the pole winner. Biffle finished 12th Sunday.

■

Upping production: Toyota, whose official NASCAR debut occurred in Friday's 250-mile truck race, will soon double its annual production of the Tundra in anticipation of new sales being spurred by its racing model.

"We want to be ready to take Tundra sales to the next level," Toyota's James Lentz said. "Walk through the parking lot at Daytona or Martinsville or Darlington and what do you see? Pickups. Those are the people we want to reach."

Travis Kvapil had the highest finish (second) of the seven Tundras competing Friday.

■

Yes and no: After winning Friday's International Race of Champions event, Ryan Newman withstood a post-race inquiry into the last-lap joust that saw his car go below Daytona's "yellow line."

Should there be a yellow line? "From a safety perspective, I say yes, but from a racer's perspective, I say no," Newman said.

■

Like he needs help: Daytona 500 winner Dale Earnhardt Jr. has complained that other drivers seem unwilling to work with him in the draft.

"You're joking, right?" was Jeff Gordon's response. "Number one, he doesn't need anybody to work with him. He can do it on his own. And number two, why would anybody work with somebody who is so much faster than everybody else?

"I mean, he's the guy we're all trying to beat, so, you don't necessarily work with a guy you want to beat to win. You work with somebody that, when it comes down to the end, you think you can beat them."

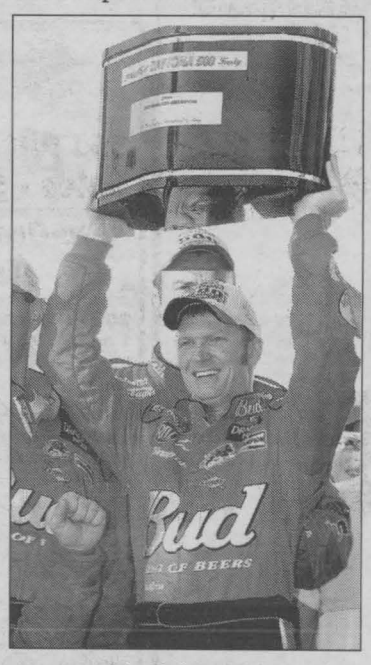
■

NUTS AND BOLTS

Slow, then smoke: Mark Martin had a tough weekend.

The Batesville, Ark., driver, who has won more Busch races (45) than any other driver, retired from that series at the end of 2000. Last year, he announced he would return to compete in a few races this year. The first was supposed to be the Hershey's Kisses 300.

But Martin's Ford was faster than only two of 54 drivers in qualifying. Because Nextel Cup regulars are ineligible for Busch Series provisional spots, Martin failed to make the field. In the 500, Martin's car blew and engine after running only seven laps. He finished 43rd.


John Clark/NASCAR This Week

Dale Earnhardt Jr. shows off his trophy after winning Sunday's Daytona 500. It was Earnhardt's first 500 title in only his fifth try. His late father won his first and only 500 six years earlier.

ON THE TUBE

All times Eastern

Nextel Cup
Subway 400,
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FOX

Busch Series
Goody's Headache Powder 200,
12:30 p.m. Saturday
FOX

BURNING ISSUES

▶ Dale Earnhardt Jr. won the Daytona 500 exactly six years after his father won his only 500. Junior won it three days shy of three years after his father's death in the same race.

▶ It took 20 years for Dale Earnhardt to win the 500. His son won it in his fifth try.

▶ The controversy over less- durable tires will likely heat up at Rockingham, a track notorious for tire wear due to an abrasive surface.

▶ Some will say that this year's Daytona 500 was less exciting than earlier editions because new rules allowed the cars to escape massive, and often dangerous, drafts at the front. Most of the racing, especially near the end, was single-file, but there were 26 lead changes.

▶ It's hard to determine just how strong Earnhardt Jr.'s Chevy is at these restrictor-plate tracks. The suspicion lingers that he doesn't really show all his cards until he has to, as when he passed Tony Stewart without drafting help to take the lead on lap 181.

▶ Stewart, a fiery competitor who hates to lose, took the runner-up finish with grace and good humor. "If I could have won, I would have," Stewart said.

▶ Earnhardt Jr. said it was the greatest thrill of his life and suggested that winning the Daytona 500 is more important to him than winning a championship.

▶ A year ago, the two races at Rockingham — there will be only one this year — were among the season's most exciting. North Carolina Speedway is a great track, but its race is often overlooked in the glittery aftermath of Daytona.

▶ With only 26 races leading up to the final 10-race "Chase for the Championship," each misstep becomes more significant. Already the championship hopes of drivers such as Mark Martin, Michael Waltrip, and Rusty Wallace are endangered ... and the season is only a race old.

WHO'S HOT AND WHO'S NOT

▶ **HOT:** Scott Wimmer finished third Sunday in the first race of his rookie season. ... Casey Mears finished a career-best 14th. ... Matt Kenseth won the series title last season and finished ninth in the 500.

▶ **NOT:** Roush Racing motors had a miserable Daytona 500. Mark Martin's engine expired on the seventh lap. He finished last. Teammate Jeff Burton was next-to-last in 42nd. ... It took track safety workers 10 minutes to remove Michael Waltrip from his badly damaged car. Waltrip let them have it, saying, "I didn't appreciate the way the safety crews were going about it, and I was trying to tell them just to turn the car over. And what did they eventually do? They flipped it over and I got out."

TOP 10 IN POINTS

NEXTEL CUP

1.	Dale Earnhardt Jr.	185
2.	Tony Stewart	- 5
3.	Scott Wimmer	- 15
4.	Kevin Harvick	- 20
5.	Jimmie Johnson	- 25
6.	Joe Nemechek	- 35
7.	Jeff Gordon	- 38
8.	Elliott Sadler	- 39
9.	Matt Kenseth	- 42
10.	Dale Jarrett	- 51

BUSCH SERIES

1.	Dale Earnhardt Jr.	190
2.	Johnny Sauter	- 15
3.	Robby Gordon	- 20
4.	Kevin Harvick	- 25
5.	Matt Kenseth	- 35
6.	Ron Hornaday	- 39
7.	David Stremme	- 40
8.	Jason Leffler	- 48
9.	Jason Keller	- 52
10.	Greg Biffle	- 55

CRAFTSMAN TRUCK

1.	Carl Edwards	190
2.	Travis Kvapil	- 15
3.	Mike Wallace	- 20
4.	Rick Crawford	- 30
4.	Terry Cook	- 30
6.	Dennis Setzer	- 35
7.	Frank Kimmel	- 43
8.	Jon Wood	- 44

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Perfect And Unbelievable!



Munro Agromart Char-Lan Peewee travelling team—In front (left to right): Taylor Servais and Richard Guillet. Second row (left to right): Jordan Brunet, Cody Taylor, Josh MacDonald, Parker Payette, Kevin Veilleux and Ramsey Wheeler. Third row (left to right): Max Ming, Chris Sendao, Jonathan Jasper, Dale Van der Burg, Simon Di Tomasso, Colin Poirier and Troy Lapierre. Back row (left to right): Nick Body (assistant coach), Benoit Veilleux (coach), Daniel Guillet (goalie coach and manager), and Tim Ming (assistant coach). Absent from the picture is Gerry Lemire (assistant coach and trainer).

Submitted photo

Perfect and unbelievable is the best way to describe the Munro Agromart Char-Lan Peewee travelling team who won the 16 team Loyalist Township Tournament recently. In the final, the South Glengarry-based team defeated a strong Canton, New York squad by the score of 4-1. It was a great collective effort throughout the competition and the last win was another example of it when four different players touched the net for Char-Lan. Jonathan Jasper with a goal and an assist and Chris Sendao, Parker Payette and Dale Van der Burg were the goal scorers. Max Ming, Simon Di Tomasso, Colin Poirier and Cody Taylor each collected assists. Taylor Servais was named goalie of the game while Jasper was crowned with the MVP award.

But it was in the preliminary round that the Rebels were the most impressive neutralizing their opponent during three consecutive games without allowing a goal while scoring 22. The South Stormont Selects were the first ones to fall by the score of 5-0. Ramsey Wheeler, Di Tomasso, Ming, Poirier and Jasper each connected once while Sendao with two and Josh MacDonald, Kevin Veilleux, Troy Lapierre and Payette registered assists. Richard Guillet claimed the shutout.

In the second match up, amputated of three players, the Rebels continued their destruction defeating the Perinton, New York Blades by the score of 8-0. Max Ming had an amazing performance recording six goals in a row for a double natural hat trick. Jasper with a goal and an assist and Cody Taylor with a goal completed the scoring. Jordan Brunet and Sendao were a big part of Ming's memorable night, each collecting three assists. Poirier, Wheeler and Van der Burg also added helpers in the game. Taylor Servais was credited with the shutout.

In the third match up, the Rebels crew scored four times in the opening frame blanking the Athens Aeros by the score of 9-0. Sendao with a hat trick, Ming with two goals and three assists and Jasper with a goal and four assists led the way for the Rebels. Poirier, Taylor and Wheeler had the other markers. Veilleux with two, Van der Burg, Lapierre, Brunet and Di Tomasso registered helpers. Netminder Guillet recorded his second shutout of the weekend.

It is the third time in four attempts this season that Bruce Munro's troop come back home with the hardware.

South Stormont Peewee House League

"B" Selects



South Stormont Peewee House League "B" "A" Champions—On the ice is Micheal Adema. First row (left to right): Nathan Eamer, Graeme Mcdonald, Patrick Beaupre, Troy Veenstra, Steven Kuipers, Graeme Markell, and Colin Simpson. Second row (left to right): Drew Veenstra, Mathieu Viau, Dylan Prendergast, Spencer Vivarais, Eric Bouwman, and Cole Tate. Back row (left to right): David Veenstra (assistant coach), Mark Beaupre (assistant coach), Andrew Bouwman (trainer), Brendan Groves, and George Kuipers (coach).

Submitted photo

The South Stormont Peewee House League "B" Selects held their home tournament on December 30th, 2003 and took home the "A" championship. The Selects started the day facing the Alexandria Glens team No. 1 and came away with a 2-0 win. Scoring for the Selects were Eric Bouwman and Dylan Prendergast. Assisting on the goals were Mathieu Viau, Graeme McDonald, Spencer Vivarais and Cole Tate. Michael Adema played a great game between the pipes to earn the shutout. Brendan Groves, hustler of the game, was a defensive force.

The Selects' second match of the tournament was against the team from Ogdensburg. The Selects put in a great effort to come away with a 3-1 victory. Scoring for the Selects were Spencer Vivarais, Dylan Prendergast and Patrick Beaupre. Assists went to Eric Bouwman, Graeme Mcdonald, Cole Tate and Dylan Prendergast. Michael Adema played another strong game for the win. Dylan Prendergast put in a great effort and was named hustler of the game.

In the "A" final, the Selects went up against the team from Louisville. In a nail biter, the Selects played a strong game to pull out a 3-2 win to capture the "A" championship. Touching the net were Patrick Beaupre and Eric Bouwman with two. Assists went to Graeme Markell and Graeme Mcdonald. Micheal Adema put in another strong effort to gain the victory. Eric Bouwman with a solid effort was named hustler of the game.

The Selects also put in a great showing in the skills competition winning two of the three events. In the relay race the team of Drew Veenstra and Cole Tate put in a strong effort to take home the victory while Micheal Adema continued his strong play to take home the best goalie award.

Cornwall Kinsmen

Peewee "AA" Typhoons

After finishing year 2003 as the only undefeated team in the Ottawa District Women's Hockey Association Tier 1 division with a record of 9-0-4, the Cornwall Kinsmen Peewee "AA" Typhoons continued their winning ways by defeating the Ottawa Lightning by a score of 2-0. Scoring for the Typhoons were Natasha Ingram and Vanessa Welten, with assists going to Stephanie Boileau, Pascale Lacroix and Sarah Moss. Cassie Seguin and Alysha McLeod stopped all shots to earn the shutout. However the Typhoons suffered their first league loss soon after against the host Kanata Rangers by a score of 2-0.

Since that game, Cornwall has won three consecutive league matches, the first by a score of 3-1 versus the Ottawa Lightning. Goalscorers for the Typhoons were Renee Lortie, Vanessa Welten and Stephanie Boileau, with assists from Olivia Cook, Natalie Quenneville, and Krista Oakes (2). The Typhoons then defeated the Gloucester Stars by a score of 2-0, with both goals by Natasha Ingram. Assists were provided by Stephanie Boileau and Isabel Lefebvre (2). Alysha McLeod was tremendous between the pipes, earning another shutout. Finally against the Ottawa Lightning for a third meeting this year, Cornwall was again triumphant by a score of 4-0, with goals from Sarah Moss, Natasha Ingram, Isabel Lefebvre and Teal Gove, with assists going to Chelsea Seguin, Olivia Cook, Natasha Ingram and Maggie Moss. This time it was Cassie Seguin's turn to shine in nets, earning the team's tenth shutout in 17 league games this year. The team's record now stands at 12-1-4, placing them first in their Tier 1 division.

The Typhoons also competed in the 24th Annual Nepean Girls Hockey Tournament. Cornwall got off to a tough start playing the eventual tournament champions, losing to the Brampton Canadettes by a score of 1-0.Other games included two ties, the first to the National Capitals in a scoreless draw, with Alysha McLeod earning the shutout, and the second in a 1-1 tie versus the Nepean Wildcats, with Stephanie Boileau scoring Cornwall's lone goal, from Maggie Moss and Isabel Lefebvre.

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PROFESSIONAL HELP WANTED

The Lung Association seeks an Outreach Coordinator to develop its volunteer base and business and media contacts in Lanark County, and expand fund-raising and marketing activities. Open to residents of Ottawa or Lanark County, part-time preferred, but hours are flexible. You have volunteer management and fund-raising experience. You are a dynamic and enthusiastic self-starter with the ability to organize and meet deadlines and specific goals. Valid Ontario driver's license, use of a car and familiarity with Lanark County are essential. Reply to Development Coordinator, Ottawa and Rideau Lakes Area at ottawa@on.lung.ca by February 27.

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Big Brothers And Big Sisters Bowl For Millions Raises $71,041

Hermann Rogalsky, chairperson of the Big Brothers/Big Sisters Bowl for Millions has announced that this year's Bowl for Millions has raised a total of $71,041 in pledges.

The amount raised in Cornwall at the Olympia Bowl and Nativity Lanes on Saturday, February 7th, 2004 was $57,417.

The Counties Challenge Cup at the Chesterville Bowling Lanes on Sunday, February 15th, 2004 raised $9,577 in pledges, and the Glengarry Challenge Cup at the Alexandria Lanes on Sunday, February 15th, 2004 raised another $4,047 in pledges.

Rogalsky stated: "Once again, the residents of Cornwall and SD&G have shown their generous support of the work of the Big Brother snd Big Sisters of Cornwall and District."

Rogalsky thanked Cornwall and SD&G residents for their continued support of the local Big Brothers/Big Sisters agency and, in particular, the bowlers and their sponsors, Honourary Chairperson Sultan Jessa, the committee members, the 45 volunteer workers, the bowling lanes, the local businesses and organizations who provided prizes and advertising, and the local media.

This year's Bowl for Millions attracted 250 teams made up of 1,310 bowlers.

The top team overall in the Challenge Cup at the Olympia Bowl was the Optimist Club of Cornwall. The top team overall in the Challenge Cup at the Nativity Lanes was the Cornwall Community Police Service - "8715'ers." The winning team in the Glengarry Challenge Cup at the Alexandria Lanes was Archie Cousineau and Family. The winning team in the Counties Challenge Cup at the Chesterville Bowling Lanes was Township of North Stormont.

The winners in the various divisions were as follows: service clubs, Optimist Club of Cornwall; celebrity, SD&G Cornwall Shrine Club; school staff, Tagwi Secondary School; professionals, Wilf and Friends; restaurants, Harv's Diner; financial, Howard Smith Credit Union; media, Standard-Freeholder; social services, Big Brothers and Big Sisters #4; industrial, Laframboise Group; small businesses, Molly Maid - The Sunshine Crew; students, Rothwell Osnabruck Interact Club; health care, Bayshore Health Care - Bayshore Babes #1; stores, Canadian Tire - CTC Low Beams.

The Bowl for Millions Committee also wishes to acknowledge the participation of StarTek, which entered 26 teams in this year's Bowl for Millions and Supply Chain Management, which entered eight teams.

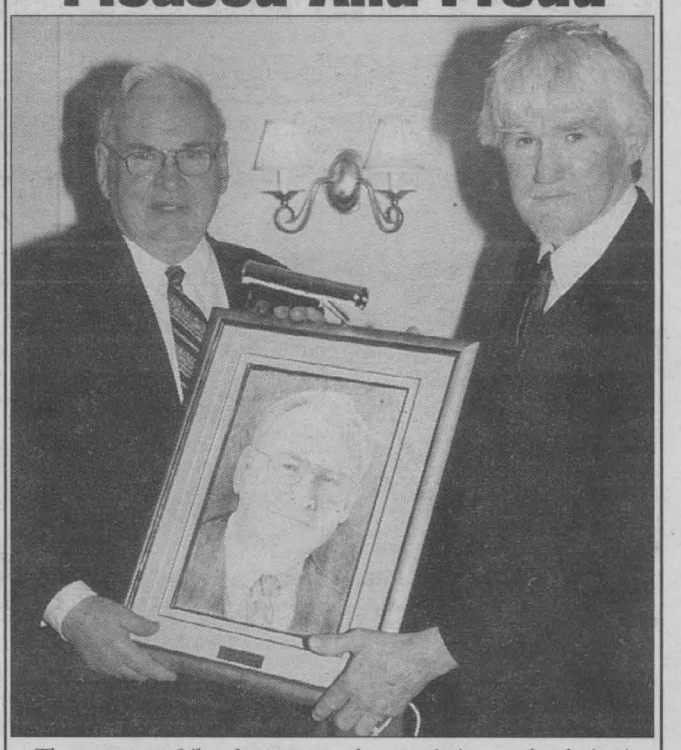
The bowler who raised the most money was Hermann Rogalsky who brought in $3,049.

Executive Director, Brian Lynch, indicated that Bowl for Millions has been the major fundraising activity for the local Big Brothers/Big Sisters agency since 1979.

Lynch explained: "Funds raised in this year's Bowl for Millions will be used to recruit, screen, train, and match caring, responsible adult volunteers with children from single parent families in Cornwall and SD&G and to follow up on the existing matches."

Rogalsky reminded bowlers who did not hand in their money at the bowling lanes to do so at the Big Brothers/Big Sisters office at 101 Third Street West, Cornwall by March 2nd, 2004 in order to qualify for the various prizes.

Pleased And Proud



There was a Liberal amount of appreciation and admiration expressed by John Cleary, former MPP for Stormont, Dundas and Charlottenburgh (1987-2003) when the portrait executed by Bob MacDonald was presented at Cleary's evening of tribute at Cornwall's Best Western Parkway Inn. That portrait, along with several others of MacDonald's works, including his rendition of the South Branch Raisin River covered bridge, were then put on display at the Cornwall Public Library for several days afterwards. Photo by Nick Wolochatiuk

LET'S Celebrate

Each week, every Let's Celebrate ad will be entered into a draw for a Gedoro's Dining Card (Value $135.), courtesy of Seaway News.

WINNER SUZANNE & BILL TYO
Bring in your winning photo & Pick up your prize at Gedoro's

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DEADLINE: TUESDAY - 5 P.M.

Happy 50th Wedding Anniversary

Dawn & Herbert Levac

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celebrating on February 27th, 2004
Love your children and grandchildren



Chris & Kim Harrop of Cornwall are thrilled to announce the arrival of

AMBER ROSE HARROP

born December 15th, 2003

Proud grandparents are Shawn & Janice Harrop and Neil & Pauline Begg



Happy 1st Birthday

KATELYN LAFRANCE

celebrating on February 20th
Love Mom, Dad, Grandma & Grandpa Lafrance and Grandma & Grandpa Clark X♥X

Gramma's Girl

Katie Charlene

Celebrating her 1st Birthday on February 23rd

Love from Darren & Maggie M Taggart, Morgan, Harreson, Cassidy, David & Carolyn



~TYO~

Happy 30th Wedding Anniversary to my wife Suzanne

as we celebrate our anniversary on February 23rd, 2004

Love Bill



Happy 12th Birthday

MADISON BLUE

celebrating on February 21st
Love Mémère and Pépère



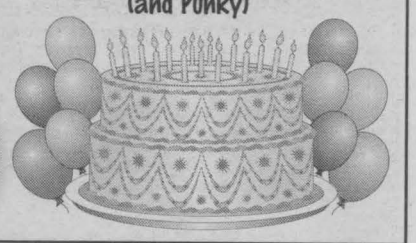
Nifty, Nifty, My Beautiful Wife Is Turning 50!

celebrating on February 24th

Happy Birthday Linda

Love from your husband Mike and sons Jeffrey & Steven X♥X♥X♥ (and Punky)



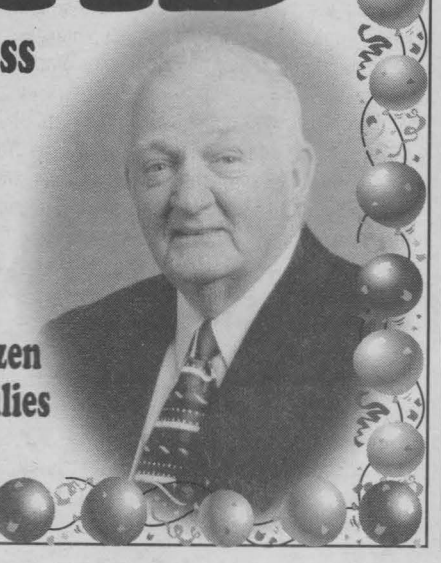


HAPPY 75TH BIRTHDAY DAD

Floyd Ross

celebrating on February 24th

Love from Anne, The Dirty Dozen and their families

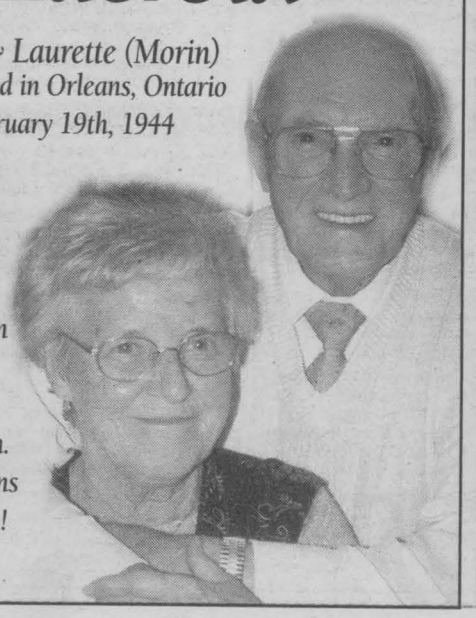


60th Wedding Anniversary

~ Lacroix ~

Laurier & Laurette (Morin) were married in Orleans, Ontario on February 19th, 1944

They have six children; eleven grandchildren and seven great grandchildren. Congratulations Mom & Dad!!



NIFTY NIFTY

Betty Elderbroom

Turns 50 on February 26th

Love Mom, Tracy, Dale, Evan, Blaine & Joan





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Scuttlebutt

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FEB13044

What does the **Mayor's proposed new desk** and **former PM Chrétien's** order for two **Bombardier jets** have in common?

Answer: Both ignored policy rules for purchasing.

Leslie O'Shaughnessy sure had it right on this issue.

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The stupidest thing about that moron **Conan O'Brien's** performance is that **McGuinty** and **Chrétien tax dollars** (your money and mine) were spent to bring him here. Outrageous. If you want tourists, why a show with a small, small audience of 24-year-olds? Duh!

Rumour has that **"The Jersey Farmer"** has been drafted and called up to the big leagues … missed his regular Tuesday night hockey game with the boys to travel to the States to play in the **"Bigs"!!**

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JAN16044

The never-ending patience award has to go to **Bud Atkins,** head of the **Seaway Valley Farmers Energy Cooperative.** He's been saying the proposed ethanol plant has been coming to Cornwall only to meet delay after delay. Last Friday, February 13th, 2004, funding from Ottawa was officially announced. Bud has taken a lot of ribbing because of the delays of this project and it's time to salute the man who had the vision, the determination and most of all, patience.

So … is Katherine O'Farrell a thief or just a lover of other people's boot?? Apparently a case of mistaken identity … poor Jill Munro had to squeeze her tootsies into a pair of smaller boots.

Volunteer drivers needed: The **Canadian Red Cross** is looking for volunteer drivers to take people to and from medical appointments in Ottawa. If interested, call Jenny at (613) 932-0231.

In last week's Scuttlebutt of Friday, February 13th, 2004, it was stated that **Al Roker, Katie Couric,** and **Matt Lauer** are with CBS. It should be stated that they are on the "NBC Today Show." Thanks to a Scuttlebutt reader for pointing this out to us…we stand corrected!

The Things Children Say: A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write and they won't let me talk!"

Quote of the Week: "Don't take life too seriously; no one gets out alive."

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Let's be clear on this. The new law that says we must yield to transit buses only applies when those vehicles are pulling back into traffic after taking on or discharging passengers. It does not mean that motorists sit behind these buses forever, as you would do with a school bus. School buses have that law for obvious reasons. That was not the intent when referring to regular transit buses. Motorists using that bad habit are becoming a traffic hazard. Understand the law.



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Ron Seguin (Dave Thomas) would like to thank our friends who came to his wife Colette's surprise party at Wendy's Restaurant on Tuesday, February 17th, 2004. The "Northwoods" table was complete. Special thanks to the caring staff, Brenda, Grace and Rob Lefebvre, Manager. Un grand merci a tous nos amis. Wasn't that a party?!

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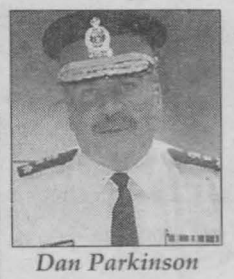

Dan Parkinson

Police Chief **Dan Parkinson** has been named honourary chair of "Liverdance," a fundraiser for the **Canadian Liver Foundation** in Cornwall.

Congratulations to the organizers of the **Big Brothers/Big Sisters Bowl for Millions** fundraiser. Over $57,000 was raised, that's $4,300 more than they raised last year in Cornwall.

Peeks From The Past



This week's photo dates back to December 22nd, 1959. It shows Cornwall's No. 6 Paper Machine at Howard Smith Paper Mills Ltd. and the men who built it.

Photo submitted by D. Dufresne

Smart Solution of the Week: No slip hair clips - To help prevent barrettes from slipping out of fine hair, simply attach a thin strip of velcro to the inside of the hair clip.

Sherriff Ron Horse: **McIntosh** got it wrong. **Mayor Martelle** had put a Jimmy in the budget. Council took it out. Mayor Ron threatened to ride a horse to City Hall. Eventually a "supporter" underwrote the cost of the white Jimmy…licence plate: "W.R. Earp."

Pet Tip of the Week: "Most dogs enjoy playing in the snow. Sick, old or short-haired dogs should wear a coat or sweater to help keep them warm. Chemical salts on pavement and roads can irritate the sensitive paws of both cats and dogs. After a winter walk, wipe your dog's feet with a damp cloth.

The **federal government** is too big and it should downsize. There are so many hands in the till, they can't keep track of who's in there. Look at the savings that could be had for all the taxpayers.

Fleurette Major sends many thanks to the **MacLeod tow truck triver** who started her car in the Zellers parking lot on Thursday, February 12th, 2004, and had her follow him with his lights flashing to the Toyota garage. He would not accept payment since he did not tow her car. It certainly was appreciated. Caller felt very reassured to have this "angel" come to her rescue.

Caller would like the individual(s) who took her purse while she was shopping at Super C on Wednesday, February 18th, 2004, to please return the contents back to the store. Very important documents - no questions asked.

Visa Canada recently reported that on Valentine's Day, a record $7 million was spent in Ontario.

Did you know that **Tim Hortons** sponsors 50,000 **Timbit hockey players** across Canada? Now that's Community Spirit!



Scuttlebutt

It appears **Long Sault Arena** people are beating off mens hockey groups with a stick. With the announcement that we may keep the Si Miller and Bob Turner arenas closed weekdays until 4 p.m., to save money, has left some men's groups forced to go to the more expensive Civic Complex for daytime ice or outside the City. In one week, four groups were shopping at Long Sault to discover rates are cheaper and the place is open in the daytime. One group said even if the City doesn't go ahead with their plan, they're not coming back. They get a better deal in Long Sault and they've signed up.

OK Council, if inflation is at two percent, why are **City Hall's wages and benefits** going up by four percent?

Marjorie Morrison, Branch Manager with the Ontario SPCA has a big thank you for members of the **"City Slickers,"** staff of the **Knights of Columbus #755, Dan "Elvis" Champagne** and all of their corporate sponsors for helping make their first annual **Valentine's Day Dance** such a huge success! "With the help of volunteers, and the support of the community, we raised $1,964 for the local Animal Adoption Centre! From our hearts to yours, thank you to everyone who contributed and attended."

Couple of movers and shakers in town, looking to brush up on their French language skills. So where do they go? Seems classes don't exist, or they're kept secret.

Thought of the Week: "The darkest hour in any person's life is when he sits down to plan how to get money without earning it."

The new construction of **Tim Hortons Eastcourt Mall** location has begun. This should give a much more visible view.

Three big cheers for **Bud Atkins** and all the shareholders for surviving the 12-year wait for the **ethanol plant approval.** They must be a very patient group!

Quote of the Week provided to us by **Lee Kirkey** of **Club 55+ Bowling:** "A man's got to do what a man's got to do. A woman must do what he can't."

Seaway Pet Corner



"Toucha my doll, I bitea you hand!" Owned by Jim and Pauline Anderson of Cornwall.

Bring in your favourite pet photo along with a small caption and we'll publish it so all our readers can enjoy it too!

Drop in to our office at 329 Second Street West.

DEADLINE IS TUESDAY 5PM

ONTARIO SENIOR GAMES

If you are an Ontario resident - male or female - age 55 years or older, and a cross-country skier, you are invited to participate in a time-predicted trial at Guindon Park on February 24th and 25th, 2004 at 10 a.m. each day. If interested, please call (613) 938-6614 or (613) 933-2902. All residents of SD&G, Prescott-Russell are welcome.

SD&G Awarded "Green Streets Canada Communities"

The President of the Tree Canada Foundation, Jeff Monty recently announced the awarding of 36 Canadian municipalities as "Green Streets Canada Communities" for 2004 at the Federation of Canadian Municipalities' Sustainable Communities National Conference and Trade Show in Ottawa.

Green Streets Canada is the country's largest municipal urban forestry program. Its objective is to improve urban forests and provide citizens with a greater appreciation of how trees can contribute to the environment and the overall quality of life in communities. The grants will help communities undertake tree inventories, planting, maintenance and public education. The total value of Green Streets Canada 2004 projects, including contributions from the Tree Canada Foundation, municipalities, volunteers and other sponsors in 2004, is $1,335,902. Over 280 Canadian communities have been greened under the program since 1994 with over $10 million in total funding committed to municipal trees and forests.

"The quality of the applications for this program was superb," said Monty. "Municipalities have to be congratulated - they continue to realize the importance urban forests play in the economic, social and environmental well-being of their communities.

The United Counties of SD&G received a $10,000 Green Streets Canada Award for the planting of trees along county roads, in partnership with Resources Stewardship SD&G, Raisin Region Conservation Authority and South Nation Conservation.

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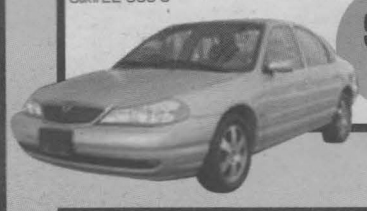
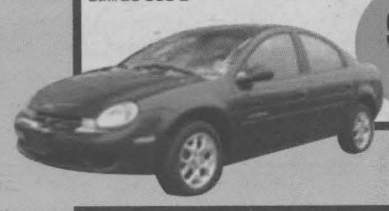


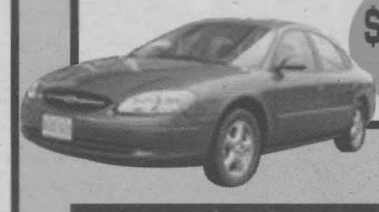
01 CHRYSLER NEON LE
5 spd, 4 dr, cass, burgundy
Stk#23-353-2
$91 bi-weekly



02 HYUNDAI EXCEL
5 spd, CD, silver
Stk#23-030-2
$91 bi-weekly



02 FORD TAURUS SE
auto, 6 cyl, air, CD, pwr grp
Stk#4566
$137 bi-weekly



03 FORD TAURUS SE
auto, 6 cyl, cruise, pwr grp,
Stk#4713
$161 bi-weekly



01 FORD EXPEDITION EDDIE BAUER
auto, 8 cyl, air, 4x4, leather, loaded Stk#24-208-1
$248 bi-weekly



03 FORD ESCAPE XLT
auto, 6 cyl, 4x4, air, pwr grp
Stk#4706
$242 bi-weekly



03 FORD EXPLORER EDDIE BAUER
red, 22,000 kms Stk#4709
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03 CHRYSLER GRAND CARAVAN SPORT
auto, 6 cyl, air, cruise, pwr grp Stk#4678
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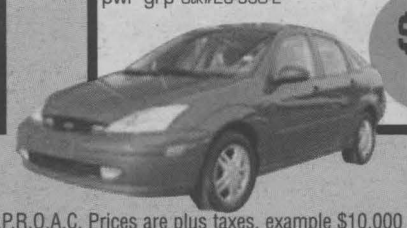
03 FORD WINDSTAR SPORT
auto, 6 cyl, air, cass/CD, pwr grp
Stk#4702
$198 bi-weekly



00 CHRYSLER CARAVAN
auto, 6 cyl, air, cruise, pwr grp
Stk#4561
$119 bi-weekly



01 FORD FOCUS SE SPORT
auto, 4 cyl, air, cruise, CD, pwr grp Stk#23-550-2
$99 bi-weekly



*Payments are based on a bi-weekly (130 payments) 60 month purchase with $2000 down, plus tax, admin., 7.99% A.P.R.O.A.C. Prices are plus taxes, example $10,000 at 7.99% over 60 months + $299 admin fee + 15% taxes + $2000 trade or downpayments = total cost $12,092.60 with $2,171.75 C.O.B. 130 payments of $93.02. Rates may vary.

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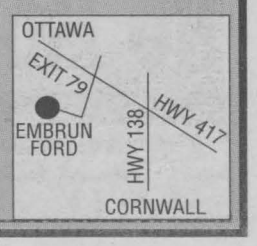

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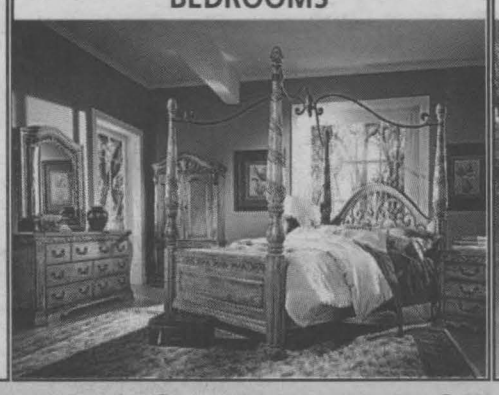

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