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SEAWAY NEWS

JANUARY 11, 1998 VOLUME 12, ISSUE 2 SERVING CORNWALL AND AREA

LOCAL UNION MAKES DONATION TO AGAPE CENTRE



For the second consecutive year, the "Humanity Fund" of the United Steelworkers of America, has made a $2,500 donation to the Agape Centre. This generous donation was made by Jim Stewart, Area Coordinator of the Steelworkers Union for Eastern Ontario which represents the members of Local 9343 at Morbern Inc., to Therese Lepage, Agape Centre Administrator.

(Photo by Aubrey Johnson)

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In & About CORNWALL

Legion Members Keep Busy

The Royal Canadian Legion Branch 297 in Cornwall is keeping its members busy this month with events every week. A Mid Winter Dance will be held on January 17th from 8:30 pm - 12:30 pm with an admission of $2.00. Everyone is welcome to attend. For information on Legion events, contact the Legion Hall or Legion members.

St. Lawrence Centre To Host Red Cross Blood Drive

St. Lawrence Centre is proud to be the site of an American Red Cross Blood Drive on Wednesday, January 14th from 12 noon - 5:00 pm in the space located next to Barbara Moss and across from Candyland. Appointments are appreciated. For an appointment call Shirley Kenney at 769-2016. Please donate blood and help save a life.

Public Speaking Contest

The John McMartin Memorial Branch 297 will be sponsoring a Public Speaking Contest on Sunday, January 25th with registration in the Main Legion Hall at 1:00 pm. This contest is open to all Cornwall students and the Branch is inviting all French and English speaking students to participate. For further information call Marie Caldwell 932-1351.

Career Information Day at Cornwall Library

Ontario Business College (OBC) and Academy of Learning are pleased to present a Career Information Day at the Cornwall Public Libary on Monday, January 12th from 2 pm to 8 pm. The Career Information Day has been designed as a forum to provide information on career opportunities as well as background on the respective programs that each institution is currently providing in Cornwall. AOL Director Bryan Merkley and OBC Dean Samantha Wattie invite high school students, career counselors and all those interested in a new career to come out to meet the staff and gather program information. Private Vocational Schools have been training people in Ontario for almost 130 years and are major players in the education system. In 1995 more than 43,000 students graduated from Ontario's Career Colleges. In three successive surveys of employers, The Canadian Federation of Independent Businesses said that Career Colleges scored the highest in "degree of satisfaction in preparing workers for employment" Career Colleges provide intensive instruction in a shorter time period than public institutions. This job-oriented training can be accomplished in a shorter time due to smaller class sizes, continuous intake and flexible scheduling.



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Monday Night is Family Night

St. Lawrence College's winter 1998 listing of part-time courses is the biggest yet. Classes are available for general interest, for upgrading of skills in the field of health sciences, to increase your computer skills, to learn a new creative art, to learn a new language and much more.

A number of programs are available through correspondence and we encourage those interested to contact the college.

A new concept for the Cornwall community is the "Monday Night is Family and Friends Night" concept. An entire series of courses has been made available to encourage individuals to share the driving and attend a St. Lawrence College course. The series includes Spanish, Woodworking, French, Proposal Writing, Investment Techniques, Entrepreneurship, Stencilling, Proposal Writing, Working with Colour and much more.

Or, maybe one of the college's weekend workshops appeals to you. Try the Writing Humour - What's So Funny? Or, sign up for Teaching Adults.

Two new gardening courses join the ever popular, Perennial Gardening, The Value of Foliage and Variegation and the Painterly Garden and the New Colourist will be offered for the first time in March of 1998.

Among the many Business courses are Accounting, Small Business Management, Labour Relations, Finance, introductory and advanced computer courses, surfing the Internet, Spreadsheets and Databases.

Other interest courses include Photography, Interior Decorating, CPR Training, Wine Tasting and Air Brake Training.

Both French and Spanish classes will help you on your way to learning a new language.

In the area of Health Sciences, St. Lawrence offers a selection of courses for both Registered Nurses and Practical Nurses. Addictions Treatment, Gerontology and Sign Language training are also available.

Watch for the guide to part-time courses which will be in your mail box in the next few weeks.

OBC Is Teaming Up With Academy of Learning and Business Action Centre

Ontario Business College (OBC) is pleased to coordinate with The Academy of Learning and The Business Action Centre to present a Career Information Day at The Cornwall Public Library on Monday, January 12th from 2 pm to 8 pm.

On Monday, January 12th, three of Cornwall's Private Sector Career Colleges are providing an opportunity for the public to come out and meet them together at The Cornwall Public Library. The Career Information Day at the Library has been designed as a forum to provide information on career opportunities as well as background on the respective programs that each institution is currently providing in Cornwall. OBC Dean Samantha Wattie says "We are really pleased to help coordinate with Academy of Learning and The Business Action Centre for this Career Information Day. We invite all those interested in a new career to come out and meet with all of the schools on hand."

Private Vocational Schools have been training people in Ontario for almost 130 years and are major players in the education system. In 1995, more than 43,000 students graduated from Ontario's Career Colleges. In three successive surveys of employers, The Canadian Federation of Independent Businesses said that Career Colleges scored highest in "degree of satisfaction in preparing workers for employment." Career Colleges provide intensive instruction in a shorter time period than traditional public post secondary schools. This job-oriented training can be accomplished in a shorter time due to smaller class sizes, continuous intake and flexible scheduling.

Ontario Business College is registered as a Private Vocational School under the Private Vocational Schools Act. Since its introduction in 1868, OBC has been providing quality career training to over 2000 students per year. The focus of the college is centered on the provision of employability skills offered within a concentrated time frame so the students can enter the workforce quickly. College Diploma programs are available in business, health care, legal and other specialized fields of study.

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Investment Facts Bond Market Products

As part of a series designed to help people become better informed about investing, this article explains the various products available in the bond market.

The term "bond market" is a bit of a misnomer because it includes many products which, strictly speaking, are not bonds. What all of them have in common is that they are debt instruments. That is, all of them are like IOUs – a contract which obligates the borrower to repay the lender at some future date.

For those seeking fixed income, this market offers many interesting options. Before you leap, however, let's take a walk through this market first so that you get to know the various offerings and their different features and characteristics.

Bonds are used by companies and governments to raise money. The borrower agrees to repay your principal, as well as pay interest for the use of your money. Corporate bonds are secured. That means certain company assets are pledged against the loan. If the company is unable to repay what is owes you, then you may still realize some return because you have a claim on these assets.

Debentures are also debt instruments, but unlike bonds, they are not secured. They are just a promise to pay and are not backed by an asset which could be sold to cover the principal.

T-bills or Treasury Bills are short-term money market instruments issued by the federal government and sometimes by a provincial government. They are issued in large denominations at terms of 91, 182 and 364 days. Investment dealers and banks repackage the T-bills into smaller amounts such as $1000, $5000, $10,000 or $25,0000 for individual investors.

T-bills don't actually pay interest. The return is the difference between the price the bill is sold at (which is always less than the face value) and what it is worth at maturity. Banks and investment dealers often translate this into a percentage return so that you can comparison shop with other investments.

Guaranteed Investment Certificates (GICs) are term deposit instruments, not bonds. They are usually issued by a financial corporation like a trust company or a bank. They are for specific periods, pay interest, and are usually held to their maturity dates by investors.

Canada Savings Bonds (CSBs) are another debt instrument issued by the Canadian government. They are not like most bonds because they can be cashed in at any time and only by the original purchaser. When you cash in a CSB, you get back the face value of the bond and the interest that has accrued, or accumulated, up to that date.

Just to confuse things a little, Canada Savings Bonds are really debentures because they are not secured by any specific asset. Although CSBs have been a popular investment for Canadians in the past, many investors are now shopping around for better returns.

Other money market products available to investors include: commercial paper which is short-term IOUs issued by corporations and secured by lines-of-credit; and bankers' acceptances which are debt instruments issued by companies and guaranteed by banks.

Strip bonds are bonds with the coupons removed. Since these instruments do not pay interest, they are sold for less than their face value, and it is this discount which represents the potential yield to the investor. However, strip bonds can be risky if they are not held to maturity because, without regular interest payments, their prices can vary considerably.

A mortgage backed security is like a bond that is secured by a pool of home mortgages. Issued by banks and trust companies, they are sold by investment dealers. You can buy units of $5,000 for a five-year term and receive a monthly payment made up of interest and principal. The cash flow from these instruments can be less predictable than from bonds because the principal is repaid over time rather than at maturity. These are high quality instruments because they are backed by the federal government's housing corporation which insures the mortgages.

Before you choose, make sure you have adequate advice from your investment dealer. This professional will help you decide, first of all, whether bonds are suitable for you. Only then should you begin the process of evaluating individual bonds by looking at their yields, credit ratings, terms, coupon rates and other characteristics.



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Moose Lodge was Generous to Many Families Over Christmas Season



Many local families over the Christmas season benefited from the generosity of dedicated service groups, such as the Moose Lodge. Pictured with Santa (Don Denneny) is Moose Lodge Governor Mike Crowder, with Charles Denneny and Lloyd Foubert, who pledge to continue their support into the New Year and wish all citizens a prosperous and peaceful 1998.

(photo by Aubrey Johnson)

1998 Big Brothers and Big Sisters Bowl For Millions

Big Brothers and Big Sisters Bowl for Millions in the City of Cornwall will take place on Saturday, February 7th at the Olympia Bowl and Nativity Lanes. The Glengarry Challenge Cup will take place at the Alexandria Lanes on Saturday, February 14th. The Counties Challenge Cup will be held at Chesterville Bowling Lanes on Sunday, February 15th.

Bowl for Millions is the major fundraising activity of the Big Brothers and Big Sisters of Cornwall and District.

Accept the challenge and bowl on a team of 5 or 6 co-workers, friends, fellow students, club or family members. Team entry forms and sponsor sheets can be obtained by contacting the agency office at 933-8035 or by dropping by the office at 101 Third Street West, Cornwall. Many prizes have been lined up for participants in the 1998 Bowl for Millions including the grand prize of $500 donated by the Rotary Club of Cornwall. There will also be a special draw for a CD stereo system for bowlers having pledges totalling $100 or more.

Sign up today. Bowl for Million is lots of fun. And it is enabling the Big Brothers and Big Sisters of Cornwall and District to continue their work of providing adult friendship and guidance to children from single parent families in Cornwall and SD&G.

The Big Brothers and Big Sisters of Cornwall and District is celebrating 25 years of service in the community in 1998.

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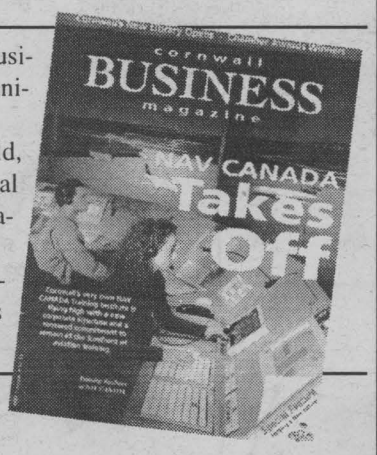
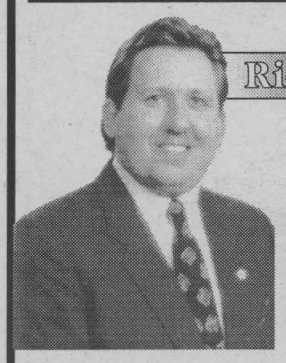
magazine

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

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

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

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CARNIVAL FEBRUARY 6 - 16, 1998 '98



Cornwall has a new winter event to look forward to this February. Winter Carnival '98 will be held February 6 - 16th, 1998 throughout the City of Cornwall.

Rick Shaver, co-chair of the Organizing Committee said "the community has been without a favourite traditional winter event for a number of years and many community groups, service clubs, and businesses have suggested that the community should re-establish a winter carnival."



SHAVER

An Organizing Committee has been formed and have met several times since July to structure and secure local support. Andre Parisien, co-chair of the Organizing Committee said, "the response to the Carnival initiative has been overwhelming and the willingness of community groups to participate and assist has been wonderful." To date over 40 different events are in the planning stages including, Opening Ceremonies in Lamoureux Park, entertainment, dart tournaments, skating, fashion show, outdoor barbecue, family ski days, hockey, ice sculptures, and much, much more. A pancake breakfast, dog sled races and an outdoor three pitch tournament will also be here February 16th.



Royal Bank Financial Group Children's Playground

A highlight of the Carnival will be the Queen's Gala. This event will showcase eight locally sponsored Queen contestants. The gala will be a family affair featuring entertainment and the crowning of Ms. Carnival '98. The contestants will be involved in all activities throughout the week. They are Miss BIA, Miss Cornwall Square, Miss Creg Quay, Miss Eastcourt Mall, Miss Nativity, Miss CFLG, Miss Freddies, Miss Claudes Small Engines.

Any business, association or service club that is interested in volunteering in the Carnival should contact the Carnival committee now by calling Rick at 933-0014.



World renown artist Laurent Godon

Crime Stoppers

This week Crime Stoppers is asking for your help in solving a break enter and theft at a Boundary Road business.

Sometime during the late evening hours of Sunday, January 4th, unknown persons forced entry in the offices of Cornwall Roof Truss located on Boundary Road at the east end of Cornwall.

Entry was gained by forcing the front door. Stolen property consisted of 3 computers and printers, a fax machine and tools. Approximate value of the theft is $12,000.

Crime Stoppers is looking for the public's assistance in a Ministry of Natural Resources investigation of a deer poached in the Upper Canada Migratory Bird Sanctuary near Ingleside. The deer was shot in the vicinity of the interpretive centre in the early hours of Thursday, December 18, 1997. The whole carcass was removed from the site.

The MNR is also seeking information on two deer that were shot on November 3, 1997. This occured in Osnabruck Township, southwest of Newington (County Road 11, Lot 36, Concession 6). The deer were shot during the night and left in the farmer's field.

Hunting is a carefully monitored and legitimate outdoor activity enjoyed by thousands of Ontario residents. Poaching, on the other hand, is unlawful, unethical, unsafe, and steals from us all.

If you have any information on this or any other crime you may be eligible for a cash reward of up to $1,000. Remember we dont' want your name but please give us your information.

Remember: we do not have call display, we do not record conversations and you are always anonymous.

If you have any information on this or any other crime. Call Crime Stoppers and if your information leads to an arrest, you are entitled to a cash reward. Reward payments are set up to protect anonymity.

Call Crime Stoppers at 937-8477 and for long distance calls 1-800-265-8477.

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WOMEN IN BUSINESS

A Monthly Review of Entrepreneurial Women in Cornwall and Area

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How Small Businesses Can Benefit Through Leasing Partnerships

by Heather Ross

(NC)—In recent years, leasing has become an increasingly popular way for small businesses to obtain computer hardware and software. In fact, the Canadian technology leasing market is growing at a rate of 15 to 20 per cent per year, a trend that is expected to continue as more small businesses discover the many benefits that leasing can offer. As information technology becomes more complex and changes at an unprecedented rate, leasing partnerships are becoming more attractive to small business owners concerned about cash flow. For example, leasing offers several benefits:

• **Reduce large information technology expenditures.** Leasing allows a small business to benefit immediately from computing equip ment and services such as personal computers, workstations, servers, software and consulting, without draining limited cash reserves. With leasing, small businesses can spread their costs out over a number of months or years to maintain budgetary consistency. A leasing partnership also provides users with up-to-date technology supported by professional training, service, warranties and insurance.

• **Off-balance-sheet financing.** This is a legal means of obtaining financing without recording it on a balance sheet, and is typical of many leasing options. In other words, when you finance an item, your debt is not recorded, and your debt/equity ratio is not altered. Some leasing partners also offer up to 100 per cent financing, which could mean no down payment, allowing you to conserve working capital and preserve existing credit.

• **Protect against obsolescence.** Leasing can make it cost-effective to upgrade equipment as the business grows, avoiding the risk of being locked into equipment that is outdated. This reduces the risk of obsolescence, as well as the responsibility for equipment disposal.

• **Tax benefits.** Leasing can provide a small business with several tax benefits, including faster tax write-offs, 100 per cent of the leasing cost is immediately tax deductible, and the after-tax costs are often lower than purchasing a computer. Whether you' re looking for a standard lease, or one that's customized to meet your business requirements, choose a leasing partner who understands your financial and business needs. When considering a partner, you should be aware of issues such as whether they offer flexible financing terms, special promotions, individually tailored contracts, mid-lease options, and sale/leasebacks. Furthermore, consider whether the partner offers hardware, software, services and maintenance financing, line of financing, direct debit discounts, refurbished equipment, remarketing services, 24-hour-a-day service.

It is valuable to find a leasing partner that offers a wide range of product leasing plans to suit the diverse information technology needs of its small business customers, as well as being a stable source of financing. For many small businesses, it is important to find a partner who can review your application quickly. Some partners offer same-day approval, and guaranteed funding upon approval. If you are considering leasing information technology take the time to research the various leasing options and financing plans. Working with a leasing company can give you a competitive edge, and help start your business on the road to success.

Heather Ross is National Small Business Executive, IBM Canada Ltd.

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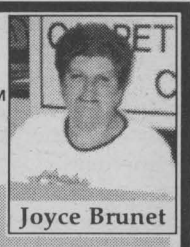

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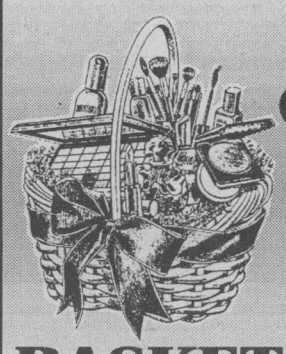

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ASK THE DENTIST



Louis Cardinal, BSc, DDS, FAGD
SEAWAY NEWS

Different Specialists That Exist

The purpose of this article is simply to explain the different specialists that exist in the profession of dentistry. The dentist is a general practitioner who often acts as a liaison between specialist, patient and himself in order to provide the patient with the best treatment possible. Although the general dentist has the training to provide nearly all aspects of dentistry, situations arise where the supplemental training of the specialist is required to provide the intended treatment. Most of these specialist have at one time or another practised general dentistry. Several years of further training at a university and/or hospital is required before receiving their respective licenses.

Probably most familiar with the public is the oral surgeon also called oral and maxillofacial surgeon. Although wisdom teeth comprise a large portion of his or her workload, many different surgical procedures are part of this specialty.

The periodontist specializes in the treatment of gum problems and the bone around teeth.

A prosthodontist fabricates protheses such as dentures, partials, bridges, and implants.

The endodontist does root canal treatments and surgical procedures involving the roots.

When infants and children require extra attention due to management or\and behavioral problems, a paedodontist [paediatric dentist] can be requested to provide treatment. Furthermore paedodontists are often required to handle complex developmental cases where teeth eruption and development of the dentition does not follow the norm.

Very familiar to all is the orthodontist who uses braces and other appliances to align teeth and help coordinate the growth of the upper and lower jaws.

Less familiar to the public is the oral pathologist who diagnoses the more complex and rare oral lesions and diseases. The pathologist is usually associated with a hospital where diseases are identified using patient histories, x-rays and biopsies.

A dental radiologist is one who uses x-rays to help identify diseases, and usually works within the hospital or university environment.

Lastly is the public health dentist who treats dental diseases from a community level and must study disease trends and patterns in order to implement government policies.

With the combined knowledge of these specialists, patients can receive quality treatment that is second to none. Your dentist will be happy to refer you, should the need arise.

How You Get HIV/AIDS

(NC)—The routes of HIV transmission are well established:

- unprotected intercourse with a person who is infected (penile-vaginal; penile-anal; sharing sex toys)
- sharing needles or syringes with an infected person; and
- mother-to-child transmission, in the uterus, during childbirth, or through breastfeeding.

HIV may also be spread through blood or blood products. This is very unlikely now because all donors are carefully screened and all donors' blood and blood products are tested before being used.

In each of these routes, certain conditions must exist in order for HIV transmission to occur. With specific reference to sexual transmission, these include:

- there must be a source of infection. In other words, HIV must be present in certain bodily fluids, such as blood, semen or vaginal fluids;



- there must be an entry site into the bloodstream, usually through a break in the skin or absorption through mucosal linings. (This is why unprotected anal and vaginal sex are particularly problematic, because of frequent mucosal tears.); and
- there must be a sufficient level of the virus delivered to establish infection. Blood, semen and vaginal fluids are of concern here because of their high quantity or concentration of the virus.

Despite an annual reduction in the number of deaths attributable to AIDS (due in part to new treatments, such as d4T, which is easier to take, and more effective than its better known predecessor

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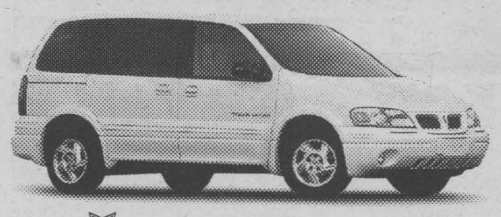

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Opinion

SEAWAY NEWS
PUBLISHED BY 1109287 ONTARIO INC.
329 - 2nd St. West, Cornwall, Ontario K6J 1G8 Office: 933-0014 Classified: 933-0015 FAX: 933-0024
Pres. & Gen. Mgr.: R.N. Aubry Vice Pres. & Sales Director: R.E. Shaver
Production: T.N. Aubry Marketing Representatives: Bill Snelgrove... Arlene Hulls
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In Defence Of Unions: WHY FRED SAGEL IS WRONG

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Once again my fellow columnist, Fred Sagel, has gone too far. In his January 4th piece, "Unions Have Lost Their Place in Society," Fred topples right off the precipice of right-wing dogma into a pit of political preposterousness.

He describes unions as "antiquated and backward-looking fossils that retard progress rather than stimulate it."

Among other things, he insists that unions "tend to destroy and undermine free and independent thought," and that "unions are ruining the school systerm."

He completely hurls himself off the ledge of logic when he asks rhetorically, "Why do we even need them (unions) anymore?" He goes on to answer his own question by specifically attacking the teachers unions and suggesting: "How about this: abolish the unions, abolish the right to strike..."

Now wouldn't that be biggest boon to civilization since the birth of Genghis Khan? Just let those with extreme wealth tell the rest of us how to live. If that means turning back the clock to fifty cents an hour and putting children back into the mines, why not?

Fred, I believe, is being deliberately argumentative to make his point. That would be fair enough were it not for the fact that there is a very real danger that readers will take seriously his call for a ban on unions.

In my view, the current assault on the Canadian left, and all that it stands for, represents a very great threat to our society. The tenuous balance between the power of capital and the power of labor is what makes this country great. And right-wingers who would shortchange this nation by putting the thumb of capital on the weigh-scale of social equity must be exposed for the frauds and thieves they are.

Canada is one of the best nations in the world, not because we have allowed private capital to run unbridled over the welfare of working people, but because we have done precisely the opposite. We have harnessed the excesses and inequities of capital, and given ordinary people the opportunity to bargain and share in the wealth they produce. That's the central function of unions, and their role is as vital today as it ever was.

We must rid ourselves of the silly, but oft-cited, notion that unions are anachronistic anchors weighing down the ship of progess. There have been numerous studies demonstrating that the biggest problem in our economy is poor management techniques, not unions. Whatever power unions have, it is no match for the economic power wielded by those at the helm of capital. Owners and their managers still control the main rudders of economic decision-making. They decide whether to invest, where to invest, what to produce and for whom. Unions simply give working people the right to negotiate their working conditions and get back a fair share of what they create. Without unions, working people would become nothing more than wage slaves on an economic plantation.

As readers know, I am not one to slavishly tout union dogma any more than right-wing dogma. I have, in the past been very critical of some union tactics - tactics that I feel are ineffective and counter-productive. But I have never failed to defend the institution, itself. To suggest unions do not play a critical role in our welfare is to deny history and the reality of ruthlessness that would exist if unfettered capital were allowed to treat people as nothing more than instruments of production. The existence of unions is an affirmation that human beings are more than cogs in an economic wheel - that they have economic, social and spiritual needs. And unions, more than any other institution in society, have allowed working people to band together to meet those legitimate human needs. In short, people matter because unions have made them matter.

I agree with Fred that sometimes union leaders can be excessive. But can the same not be said of the captains of commerce or the high priests of politics? Does their own self-interest not often choke the windpipe of public interest?

I invite readers to look at any country in the world where unions are persecuted - or banned, as Fred suggests. What do you see? Extreme poverty amid opulence, massive human rights violations and soul-numbing social decay. In short, tyranny.

Why do we even need unions anymore, Fred asks?

Take a look at Guatemala or Indonesia. That will answer the question.

AIDS FORUM



By Pat O'Connor
SEAWAY NEWS

Hello everybody. I must apologize for missing the past few weeks. Last week's weather got the best of me as I am back in a cast for another month. A few weeks ago I visited Kingston to have my very painful ankle looked at and was slapped back into a cast, as the surgeon thought it was still too weak to walk on. So, I have been hopping for the past few weeks.

Christmas and New Years have passed which is a load off my mind. I get very anxious around the holidays as anyone with a severe illness usually gets. For years myself and my family and friends always thought it may be my last and this thought always seems to linger through the holiday season. As healthy as I may seem, sickness is something that can happen very quickly and can get serious very fast.

To tell you all the truth of how I have been feeling lately would not be good reading. Being stuck in the house and not being able to do simple things, like take the garbage out or shovel the driveway drives me crazy.

I have been quite depressed at times the past few weeks and have had a terrible time sleeping at night. The night sweats I have been having are severe and I still cannot figure out why some nights are so bad and others are not. I will be speaking to my doctor about them soon.

My bloodwork came back with a low CD-4 count. It is down to 204, which is the lowest it has been in a few months. It may have been low due to my fatigue and surgery. Taking a good look at my drug combination this new year will have to be a priority. Some changes will have to be made to try and control my sweats as I need lots of rest.

That's it for this week, so I wish you all a happy and healthy new year. Remember to play safe this coming year and to protect yourselves from HIV/AIDS. If anyone out there needs some assistance, please don't hesitate to call me. My number is 931-2095. Take care all and be well.

Pat is a local resident living with HIV. You may send in questions to Aids Forum here at the Seaway News address. Pat also does public speaking at no charge to any interested groups and can be reached through this newspaper or at his home.

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

SEAWAY NEWS
LETTERS TO THE EDITOR

Leave The Fat Be

Dear Editor:

I would like to contribute a few comments on an article in the Dec. 28th edition of Seaway News entitled "Uh, Oh Canada", concerning Canadians and their alleged overweightness.

The apparently unauthored work states that a study on 1300 Canadians reveals 51% are overweight and 52% think weight has little impact on overall health. Then it begins to ramble on about the dangers of obesity, Canadians apparent lack of concern over healthy diet, their lack of interest in excercising, etc., etc.

Overlooked completely were the results of an Asian study done several years ago which concluded that a person's weight was a private matter controlled in each individual's brain. Weight reduction would result in inhibited mental function, the body telling the brain relentlessly "reserves diminishing ... must eat".

Which is a greater asset to our country, an "overweight" person embellished with full brain capacity or a diet and exercise fanatic who can't concentrate?

Also overlooked was our harsh cold winter. If two motorists were stranded, one fat and one thin, miles from anyone during a great cold snap, who would most likely survive? I'll put my money on the one that can best imitate a hibernating bear.

Further, some people are blessed with counteractive mechanisms or so called "brown fat" which burns up calories even without exercise and are getting undeserved glory being presented as models for the unfortunate rest of us.

G. Kingma
Moose Creek

Tree Cut Down With Regret

Dear Sir:

In the Scuttlebutt Section of the Seaway News, Jan. 4/98, reference was made to the removal of a large tree on Sydney Street, on unused cemetery land belonging to and maintained by St. John's Presbyterian Church.

I should like to advise you, and the residents of Sydney Street, that we also "mourn the loss of an old friend". It was with regret that our Board of Managers learned in November of the deteriorating health of this magnificent maple, whose stature and seasonal beauty so complemented this residential area. There was no means available to save it. For it to continue in such condition in its location could possibly endanger human life on a busy traffic artery of our city. Regretfully, the decision was made to take it down. The remaining stump will be removed in the spring.

If it is true that local residents are "ripping mad", please be assured that this decision was not taken lightly. We will support any plans to beautify and enhance our community. We are proud to maintain our "green space" each year on Second Street and always receive favourable comments for our efforts. We will be examining this year a tree planting program on the cemetery grounds, that future generations may benefit, as we have through "and old friend" whose demise we too lament.

Sincerely,
Rev. Fred Rennie
Minister
St. John's Presbyterian Church



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Anyone For A Debate?

There has been so much misleading bunk put out by the teachers' unions about Bill 160 that I have a modest proposal to make.

I am prepared to enter into a one-on-one debate in Cornwall on the merits of the legislation. The teachers' unions can put up any representative they want, freely chosen by them, to debate me. They can choose a hall, we can pick a moderator, and we can then take off our gloves to engage in a lively discussion.

We can call the resolution: "Be it resolved that Bill 160 is in the best interests of Ontario and that it will help to fix our ailing public school system." I will take the affirmative position. One of the teachers' union representatives can take the negative side.

The reason I am quite happy to do this is that there has been so much misinformation circulated by the unions about the bill during the past several months that simply does not state the truth. In fact, after having read it thoroughly-which I doubt very few teachers have-I have come to the conclusion that it is not a very radical measure at all.

Take the argument about giving the minister of education too much power to take over the direction and administration of school boards and to dismiss school board officials and trustees who vote contrary to the minister's instructions.

Well, that line of reasoning doesn't exactly wash. While the minister will indeed have sweeping powers over Ontario's school system, most of the clauses cited by critics as evidence of new ministerial powers are merely minor modifications or adjustments to powers that have existed for years.

The new provision empowering the minister to take over the administration of a school board's affairs applies only to a board found in financial default. And, what's more, the minister of municipal affairs has had the same power since 1935. Have cities fallen under the government's dictatorship since then? Hardly.



Bill 160's main effect in this respect is to transfer a power that has existed in Ontario for more than 60 years and it is hardly revolutionary.

And, what about the argument that the bill gives the minister new powers to regulate the curriculum and close schools and transfers control of all significant decision making to the provincial government?

Here again, the unions have no point at all. The Education Act has for years given the minister extensive powers over schools including the power to prescribe course of study, issue curriculum guidelines and select textbooks and library books. Since 1974, the minister has been able to order a school closed for a specified period. So what's so radically different?

The bill is good in other respects as well. It establishes maximum class size and minimum weekly teaching time. And what's wrong with that? It also revamps the financing of the education system, transferring funding from property taxes to provincial grants.

Read in the context of the Education Act before Bill 160, it largely supplements or reinforces powers that have been granted to the minister or the government for many years.

Then take the part about getting rid of principals and vice-principals from the teachers' bargaining unit. What is so wrong with that? Name me another job where the bosses are part of the union. Only teachers could dream up such a nonsensical scheme. And that is about to change.

There are other provisions which, when applied, will improve education, make teachers work a little harder and provide students with better learning.

All of this is just the tip of the iceberg. Virtually every provision-contrary to the lies you've heard from the teachers' unions-will help to solid our badly failing public education system.

And if the unions don't like what I have to say, or think I'm wrong. I'll reiterate my challenge: e-mail me or telephone this newspaper's editor so that we can arrange for a public debate on the matter. But don't lie and hide.

Any takers?

Fred Sagel can be reached by e-mail at sagel@passport.ca

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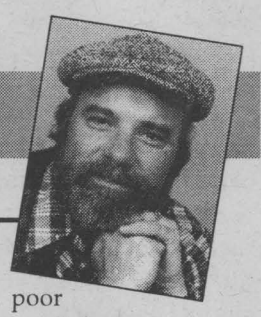

By Arthur Black
SEAWAY NEWS

Roy Blount Jr. is a droll, laconic gentleman of the south Georgia persuasion. He is also one of my favourite funnymen. Or he used to be." Right up until he wrote the following poem:

ODE TO BROCCOLI
The corner store
is all out of broccoli.
Loccoli

It's not that I think the poem is unfunny. It's just that I feel compelled to defend the commodity in question. In fact, I might as well own up: I consider myself the white knight of the maligned vegetable. A Crusader for the Crucified Cruciferae.

That's right -- call me a pervert, but I actually like broccoli.

Popeye pimps for spinach. Bugs Bunny stands up for carrots. The Jolly Green Giant is a pea and niblets front man. But of all the vegetables in a can of alphabet soup, from asparagus to zucchini, it's broccoli that lights my fire.

I know it's not a popular choice. Near as I can figure, people have always had a knee-jerk hatred for broccoli. A classic cartoon in the New Yorker magazine shows a sulky kid at the dinner table, arms crossed, scowling at his dinner plate and saying "I say it's broccoli and I say the hell with it!" My own kids wrinkle their noses in distaste at the mere mention of the B-word. Even George Bush, back when he was President of the Excited States, felt compelled to go on record as a dedicated broccoli-loather.

What is this? Broccoli is better looking than your average Idaho spud or gnarly old yam. It certainly smells better than steamed turnip or boiled cabbage. And as for taste, I'd put it up against sauerkraut or parsnips any dinner time.

Broccoli belongs to the mustard family, as do a lot of greenery that we don't mind chowing down on. Kohlrabi, kale, collards, Brussels sprouts, cabbage and cauliflower -- they're all kissing cousins of broccoli -- but they don't get the bad press the way poor old broccoli does.

Hard to figure why. Maybe it's the unnaturally dark green colour that broccoli boasts. Or maybe its the fact that one of Hollywood's more reptilian producers answered to the name of Albert "Cubby" Broccoli. Whatever the reason, it's an unfair rap.

That 'unnaturally green colour' is mute testament to the fact that broccoli is chalk full of chlorophyll -- and that's not all that's good about it. It's loaded with beta carotene, a known cancer combatter. Broccoli is also rich in something called isothiocyanates, which experts say stimulate detoxifiers in the human immune system.

As a matter of fact, researchers at Johns Hopkins university in the US are touting a kind of super broccoli that they claim can reduce the size of cancerous tumours. There's nothing magical about the Johns Hopkins discovery -- they've simply turned their attention on broccoli sprouts rather than the finished plant that most of us buy in the supermarket. The scientists discovered that broccoli sprouts are 30 to 50 times richer in anti-cancer compounds than mature broccoli heads.

Let me put it another way: if you wanted to reduce your risk of contracting colon cancer by eating broccoli heads you'd have to chew your way through two pounds of the stuff each week.

Even I don't like it that much.

On the other hand, you could obtain the same benefits by eating just one ounce of broccoli sprouts.

How do broccoli sprouts taste? Not bad, apparently. Folks who've tried them say they taste pretty much like your regular bean or alfalfa sprouts with perhaps a bit of a broccoli tang.

That's the good news. The bad news is that it takes a long time for any new food to get through the battery of government tests and trials designed to ensure that it is suitable and safe for human consumption. That means you can't buy government-approved broccoli sprouts for love or money anywhere in North America right now -- and the Johns Hopkins scientists doubt that we'll see them in supermarkets and corner stores until late 1998 at the earliest.

So until that happens, I guess that all of us -- you, me and Roy Blount Junior -- will just have to content ourselves by eating bales and bales of regular, dark green broccoli.

Unloccoli.

Greatest Fear: Open Heart Surgery or Blood Transfusion?

Dear Editor:

Mary Sproul's letter on "Making The Blood System Safe Again" has hopefully stoked the fires under health officials and the public at large. We must continue to push for a safe system to ensure that our loved ones do not receive tainted blood. My father is nearing the end of his five day recovery from open heart surgery at the Ottawa Heart Institute. He was slightly apprehensive once the surgeon explained the operating risks and procedure (saw, drill, mechanical valve, stainless steel wire) that he would have to go through to fix his "broken heart" as his grandson called it. He weathered the ordeal without protest or complaint, but two days later he absolutely flipped out with panic when he was told that he needed a blood transfusion. It's tragic to think that something as simple as receiving blood has become such a nightmare for so many who need it. The doctor assured Dad that it was safe and that he would give the transfusion to his own son. This seemed to appease is doubts, somewhat. I guess that's what he and the public need: evidence that doctors, nurses, all health care workers and especially health officials that control the purse strings are as conscientious and concerned as that one doctor who put Dad at ease.

Thanks to the medical professionals who dedicate their lives to extend the lives of others.

Sharon Munroe-Brown
Cornwall

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

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



Thirty Three Years of Theatre

"The year 1997 has been a busy year for the Glen, and a good year," said Ron Sullivan, Publicity Chairman, "The play *Wrong For Each Other*", was chosen and entered in the Eastern Ontario Drama Festival, and won several awards. The big musical *Joseph and the Amazing Technicolour Dreamcoat* was presented in February to a crowd of over 5000. "It was a tremendous hit, and one of the best shows yet," said Sullivan, "and we could have run it another week to full houses, but the theatre was booked for other shows."

In May, the Glen hosted a very successful Ontario Drama Festival for a week. Theatre groups from across the province participated and the winner went on to a theatre festival in St. John's, Newfoundland in July. "I was very proud of the job done by the Glen for this prestigious event," said Claude Jesmer, president of the Glen, and Chairman of the Festival. "Usually these festivals go in the red," said Jesmer, "but we showed a good profit." Very nice. "The whole community got behind it and it was good P.R. for the city of Cornwall and area."

"The Glen presented summer theatre, a cabaret in October and a Christmas play in December," said business manager Andy Trasuk. "Besides this," said Trasuk, "we've helped theatre groups in Morrisburg, North Dundas High School and the arts programs in the public schools."

At the present time, rehearsals are in full swing for "Crazy For You", said Luc Groulx, the Musical Director. "It's a great musical with great songs, and if you like Gershwin, his songs, "Embraceable You", "I Got Rhythm" and "Someone To Watch Over Me", you won't want to miss this production," said Groulx. We have a good cast for this show, being directed by Rod Carley, who was the adjudicator of the Theatre Ontario Festival held in Cornwall in May. His professional credits include Assistant Director with the Stratford Festival. Choreography is being handled by Amy Wright of Toronto, and she is drilling the cast in tap-dance routines that will be showstoppers. "Crazy For You" is being performed at Aultsville Theatre February 13th, 14th, 15th, 19th, 20th and 21st. Box office opens January 12th, all seating is reserved including the matinee on the 15th.

The Glen is proud of its thirty-three years of bringing professional shows to Cornwall, professionally staged and performed, said Rick Forrester, Artistic Director of the Glen. "We have assisted many people in the art of theatre," said Forrester, "whether it is by giving them experience in the theatre world, or by bursaries to help them enter theatre arts courses in University of Community Colleges."

The Glen has always been a family oriented affair and many families have benefited by their association with The Glen. That is our tradition, to be an extension of members' own families and to the public, to do our best to please them.

Soup & Sandwiches Anyone??



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(photo by Aubrey Johnson)

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Number of newspapers: 46
Minimum circulation: 402,958
Cost for 25 word insertion: . . .$134.
Each additional word over 25: $3.50

NORTHERN ONTARIO
Number of newspapers: 28
Minimum circulation: 237,025
Cost for 25 word insertion: . . .$76.
Each additional word over 25: $3.50

Space is limited. Order early
Ontario Ad Deadline: no later than 9:30 a.m. Monday for publication the following week.

CROSS CANADA INSERTION
Number of newspapers: 590
Minimum circulation: 4,623,738
Cost for 25 word insertion: . . .$1,319.
Each additional word over 25: $26.50

BRITISH COLUMBIA
Number of newspapers: 104
Minimum circulation: 1,748,962
Cost for 25 word insertion: . . .$290.
Each additional word over 25: $6.00

MANITOBA
Number of newspapers: 50
Minimum circulation: 326,518
Cost for 25 word insertion: . . .$150.
Each additional word over 25: $3.00

ALBERTA
Number of newspapers: 101
Minimum circulation: 433,993
Cost for 25 word insertion: . . .$159.
Each additional word over 25: $4.00

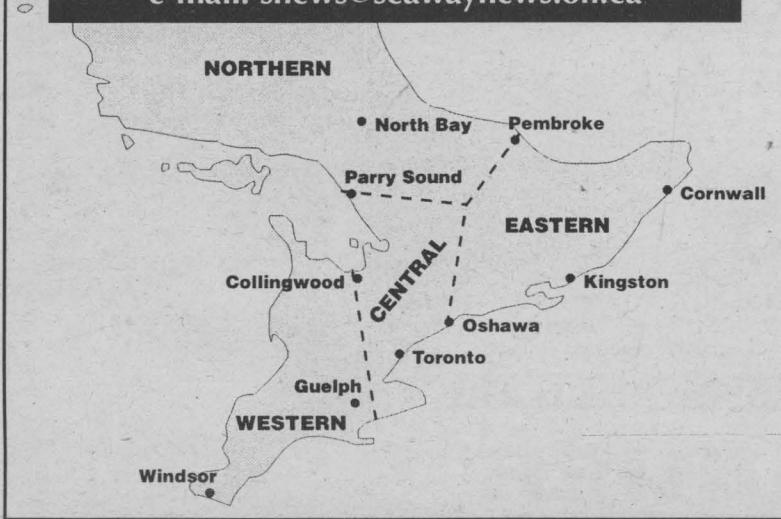
ATLANTIC PROVINCES
Number of newspapers: 47
Minimum circulation: 249,777
Cost for 25 word insertion: . . .$120.
Each additional word over 25: $3.00

SASKATCHEWAN
Number of newspapers: 72
Minimum circulation: 148,215
Cost for 25 word insertion: . . .$140.
Each additional word over 25: $4.00

QUEBEC (ENGLISH)
Number of newspapers: 25
Minimum circulation: 212,838
Cost for 25 word insertion: . . .$70.
Each additional word over 25: $3.00

Deadline for Cross Canada: Wednesday by 10 a.m. to ensure uniform publication 12 days later.

CONTACT
SEAWAY NEWS
329 Second Street West, Cornwall, Ont. K6J 168
Tel.: (613) 933-0014 ~ Fax: (613) 933-0024
e-mail: snews@seawaynews.on.ca



SEAWAY NEWS
329 2nd Street West, Cornwall
Tel.: 933-0014 Fax: 933-0024

Community Update

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

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

* ALEXANDRIA CANCER SUPPORT NETWORK meets every third Tuesday, 7:30p.m., Glengarry District High School (front entrance). Peer support for cancer survivors and their supporters. Info: call the V.O.N. Office at 525-1214.

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

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

*CENTRE CHARLES-EMILE CLAUDE January activities: Card Party Sunday Jan. 18th 7:30p.m. Advance tickets available, Free Health Presentation in French Thursday Jan. 15th, 1:30p.m. (Wine Making Workshop Thursday Jan. 15th, 1:30p.m. Call 937-1718 to register) 932-1035 for all other activities.

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

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

*CORNWALL AERO MODELLERS will be having their monthly meeting on Monday Jan. 12th, 7:30p.m. RCAFA Bldg., Water St. W. Anyone interested in building and flying radio controlled aircraft is welcome to attend. For info call 932-8902.

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

*CORNWALL & DISTRICT MULTIPLE SCLEROSIS SOCIETY SUPPORT GROUP will hold their next meeting on Wednesday Jan. 14th, 7:30p.m. at the M.S. Office 1315 Second St.E. For more info call 938-6777.

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

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

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

*EX-FATHERS, a support & action group promoting fairness for fathers after separation and divorce, meets Tuesday Jan. 13th, 7:30 p.m., Room 133, CCVS, 437 Sydney St. All fathers welcome. Info: 931-2104.

*FAMILY INITIATIVES PROGRAM presents a "Coping Skills Workshop" for families & friends of people with serious mental illness. 7:00-9:00p.m., Canadian Mental Health Office, 29 Second St.E. Deadline for registration is Jan. 15th. Call 933-5845 as space is limited.


CARNIVAL '98
FEBRUARY 6-16 FÉVRIER

VOLUNTEERS NEEDED

The 1998 Carnival Committee now requires volunteer assistance with many of their planned events.
If you have a few hours a week
- to work on a committee
- can sell carnival tickets
- can sell carnival buttons
- to help with administration work

please contact Chris at the Cornwall Chamber of Commerce 933-4004.

Ticket and button outlets are also required. Call Rick at 933-0014.

seaway news
committed to our community

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

*JOIE DE VIVRE French Sector, is a non-profit Catholic movement aimed at helping single, separated or divorced people. Meetings are held each Friday at 8:00p.m. at 305 Baldwin Ave. For more info call Jacques at 932-2285 or Lucille at 933-0255.

*LES CHEVALIERS de COLOMB Conseil 9695 de la Nativité, aimerais annonce leur activite: Dimanche 11 Janvier, dejeuner mensuel des chevalier de colomb et des colombiettes a la salle Nativite après les messes de 9:00 et 11:00 AM avec l'aide des colombiettes. Tous sont bienvenus(es).

*MCKINNON FORESTRY CENTRE activities for January: Sunday Jan. 11th, 10:00a.m. to 2:00p.m., "Focus on Forest Workshop" bring a lunch, Sunday Jan. 25th, "Winter Wonderland", 10:00a.m. to 2:00p.m. For more info call the centre at 528-4430.

*NICKY'S LINE DANCING CLUB is having a dance on Saturday Jan. 10th, 8:00p.m. MacDonell's Inn. Admission. All proceeds towards Breast Cancer Research. For more info call 932-7132.

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

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

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

*ROYAL CANADIAN LEGION BRANCH 297 January activities: Sunday Jan. 11th, L.A. Sports Day Supper, Saturday Jan. 17th Mid-Winter Dance 8:30p.m., Wednesday Jan. 21st, Branch General Meeting, 7:30p.m., Sunday Jan. 25th Branch Public Speaking Contest -Registration 1:30p.m.

*SCHIZOPHRENICS SOCIETY OF ONTARIO SDG Chapter are holding their next meeting on Tuesday Jan. 13th, 7:00p.m. in General Vanier's Library. For more info call 933-3546.

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

*SEAWAY TOASTMASTERS next meeting is Tuesday Jan. 13th, 7:00p.m. Anyone looking to improve their public speaking & leadership skills is welcome to attend. For more info call Earl at 930-2145.

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

*ST. LAWRENCE SENIORS CLUB are pleased to announce beginning Jan. 1st, there will be a No Smoking Bingo and Euchre at St. Joseph Villa Auditorium. Bingo every Monday & Friday 12:15p.m., Euchre every Tuesday 1:15p.m.

*UNDERCOVER WEAR presents a Fashion Show featuring Day & Evening Wear on Friday Jan. 16th, Jazz Magnolias, 8:00p.m. Tickets available. For more info call Yogi 938-8894 or Karen 937-3535. Proceeds donated to CHEO (Children's Hospital of Eastern Ontario).

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

HOROSCOPES

January 11-17

Aries – March 21/April 20
The middle of the week finds you in a good position when it comes to finances. A windfall gives you a chance to pamper yourself. However, your romantic life hits a snag. The person you've been seeing ends the relationship. While it is hard, don't get discouraged. You'll have plenty of opportunities in the near future.

Taurus – April 21/May 21
It's a relaxing week for you, Taurus — enjoy yourself while you can. Spend time with friends whom you haven't seen in a while. Now is the perfect opportunity to catch up with them. A family member needs your help late in the week. Try to do as much as you can. Cancer plays a role.

Gemini – May 22/June 21
You're on the go early in the week, Gemini. It's going to be difficult, but you have to stay focused on the tasks at hand. It's the only way that you'll accomplish everything. Don't let a fight between friends distract you. Besides, they need to work things out between themselves. That special someone has a surprise for you.

Cancer – June 22/July 22
Try not to let your emotions get the best of you, Cancer. Stay calm, and keep your excitement in check. Wearing your heart on your sleeve will cause you problems. A loved one butts into a personal situation. Even though it's hard, don't be upset with him or her. He or she only has your best interest at heart.

Leo – July 23/August 23
You make great strides in the workplace early in the week, Leo. Be proud of your accomplishments. A financial reward from superiors is on the way. You meet an interesting person while out with friends late in the week. Enjoy yourself, but think before you act. Capricorn plays a key role on Friday.

Virgo – Aug 24/Sept 22
People will be counting on you a lot this week, Virgo. Don't let them down. Remember that they've always been there for you. A close friend asks you for your advice about a relationship. Be honest. He or she might not like what you have to say, but it truly needs to be said.

Libra – Sept 23/Oct 23
A mishap at home dampens your spirits this week. Don't focus on the negative. Do what you can to remedy the situation, and move on. Sulking is only going to make things worse. A loved one gets into some financial trouble. Don't be too generous with your money; you're going to need a lot soon.

Scorpio – Oct 24/Nov 22
No matter what happens this week, Scorpio, maintain your composure. Losing your temper with business associates only will damage your reputation. A close friend surprises you by taking you out to lunch. Enjoy yourself. Sagittarius and Taurus play important roles late in the week.

Sagittarius – Nov 23/Dec 21
Important plans still are not finalized, and there's nothing you can do about it. Don't pressure those who have to make the decisions, because this will upset them. You're just going to have to wait it out. Don't worry — things will work out in your favor. An intriguing stranger asks you out. Say yes.

Capricorn – Dec 22/Jan 20
Stand your ground early in the week, Capricorn. Others who think they know what's best for you try to coerce you. Don't do anything that you aren't comfortable with. A loved one wants to spend some time with you. Even though you're busy, make time for him or her. It's sure to be fun.

Aquarius – Jan 21/Feb 18
Don't overanalyze a problem early in the week. This only will make the situation worse. Take things at face value, and move on: An old friend calls you up out of the blue. Talk to him or her; you're sure to learn some interesting things. Leo plays an important role late in the week.

Pisces – Feb 19/March 20
Boredom seems to be the key word this week, Pisces. Take the time to straighten up your home and organize your finances. If you don't do it now, you won't get the chance for a long time. Things are going to get hectic soon. The person you've been seeing wants to take the next step. Say yes.

Parliament Hill Notebook



By Art Babych
SEAWAY NEWS

Snowball survives hell...

Like most people in Ottawa, members of the press gallery braced themselves for the worst storm in 75 years this week. Weather "experts" predicted up to 40 cm of snow and winds of close to 70 km an hour on Tuesday. "There isn't a snowball's chance in hell that this thing isn't going to hit us," the manager of the regional weather centre told reporters. He also "guaranteed" at least 20 cm of snow. Guess what didn't hit Ottawa. And as the alleged "storm" passed through the area leaving the nation's capital unscathed, somewhere in the depths of hell a snowball laughed defiantly.

Hey buddy, spare a raise? ...

Parliament Hill may be locked in winter's deep-freeze but MPs' and senators' salaries are being thawed out. Tired of having to beg for spare change in the shadow of the Peace Tower since 1991, some poverty-stricken members are hoping to get a pay raise this year -- inspired perhaps by that snowball in hell. And they have an even better chance. The government is required by law -- introduced by government, of course -- to set up a commission to study wages and benefits of MPs after each election. After the Liberal grinches stole Christmas from the Tories in 1994, the commission recommended the paltry salary of $64,400 for MPs (plus tax-free expense allowance and living allowance) be topped up to $86,000, a reasonable one-time hike from any bank president's perspective. But the newly elected Chretien government, basking in the glow of victory, rewarded voters by refusing to thaw out the pay freeze. Arguments are expected to be tough in favor of a pay hike this time around, however. Former Mulroney Cabinet minister John Crosby is among those favoring more money for the politicians. Perhaps truant Senator Andrew Thompson, now languishing on the beaches of the Sea of Cortez, may be persuaded to come before the commission to make a convincing argument for more money.

A Christmas stalking?...

Saskatchewan New Democrat Chris Axworthy wants security beefed up for MPs.

The Saskatoon area MP has had a rough time of it since his re-election to the House of Commons last June. In what many -- not us of course -- see as a reversal of roles, the politician was mugged by a taxpayer while walking to his Ottawa home following the election. In an added twist of irony the MP was temporarily left speechless in the attack when he bit into his own tongue. More recently, though, Axworthy's riding office has been broken into three times. The first time only a window was shattered. The second time a computer hard drive was stolen. Perhaps realizing that the hard drive works best inside a computer, the vandals returned a third time to take the computer. "I'm starting to wonder if this means something," a quick-thinking Axworthy told the Hill Times. For one thing it means lots of press.

A grave undertaking ...

Authoress Jamie Cameron -- former Prime Minister Brian Mulroney's favorite persona non grata -- is busy writing another book about the adventures of The Great One. And like her previous barn-burner, On the Take, Cameron's new offering is guaranteed to wipe the smile off Mulroney's Irish eyes. It's all about the infamous Airbus scandal. You may recall that the former PM collected $2 million from the Liberal government last summer after it falsely accused him of being a crook. The Ottawa Sun, which sometimes gets its jollies by pointing out petty typographical errors in the smaller but much-more informative Hill Times, told readers that Cameron is "busily crafting a tomb" about the Airbus affair. That's "tome," folks. Unless, of course, she's writing it in marble.

God a separatist?...

Not surprisingly, separatist forces in Quebec are welcoming comments from one of Canada's leading clerics claiming that Quebecers -- not the courts -- should decide whether they want an independent Quebec. Before becoming "unavailable for comment" Montreal Cardinal Jean-Claude Turcotte said that even if the Supreme Court of Canada says Quebecers don't have a right to declare independence "if the people want it, it is the people who are sovereign." Given that the Roman Catholic church doesn't pretend to be a democratic institution, Turcotte's remark may send some reporters scrambling to confirm that the cardinal -- the newly elected president of the Canadian Conference of Catholic Bishops -is indeed a Catholic.

Boomers Beware

Presbyopia Is Lurking Around the Corner

(MS) — You can't tone them, "lift" them or cover them up. You've only got one set of eyes, and, like other parts of your body, your eyes change as you get older.

For those approaching 40, one of those changes is known as presbyopia. If you're one of the 77 million baby boomers in the United States, you either have it or will develop it soon.. "If you've noticed recently that the numbers on your watch are hard to read or that restaurant menus aren't as clear as they used to be, chances are that you are presbyopic," says Dr. Donald Teig, optometrist and director of the Institute for Sports Vision.

WHAT IS PRESBYOPIA?

Taken from Greek, meaning "old eyes," presbyopia is the age-related loss of the eye's ability to focus up close. As you age, cells in the lens of the eye keep growing and multiplying, but the capsule — the membrane that encloses them — loses its elasticity. Eventually, the cells become so densely packed that the lens loses its ability to change shape when you shift your gaze from far objects to near ones. This results in difficulty focusing on details of close objects and the need to hold objects further away to see them or the feeling that your arms are suddenly too short.

WHAT CAN YOU DO ABOUT PRESBYOPIA?

Although presbyopia is not life-threatening or even sight-threatening, it is irreversible and can have a great impact on quality of life. If you suspect your eyes are changing, it is important to get an eye examination. If you are presbyopic, your eye doctor can prescribe glasses to correct the condition. "Presbyopic patients can choose from bifocals, progressive lenses or even contacts," explains Dr. Teig. "And, thanks to progressive lenses, correcting presbyopia does not mean the end of style."

The latest vision technology in lenses, called progressive addition lenses or PALs, enables presbyopes to correct their vision with a no-line lens. These lenses incorporate different areas of focus that correspond to various visual ranges — near, intermediate, distance and peripheral — that you need to see. For example, when driving a car, you need near vision to read a map, intermediate vision to see the speedometer, distance vision to view the road and peripheral vision to see the side mirrors.

Certain PALs, like Varilux® Comfort Lenses and Essilor NaturalsTM, imitate the action of the human eye and are designed to provide smooth transitions through which the eyes can move easily from one range of focus to another. As opposed to bifocals or trifocals, PALs allow for different prescriptions in one lens without lines in a way that eliminates "vision jumps" when the eyes switch from distance to near to midrange vision. A "vision jump" is caused by sharp breaks in prescriptions within a lens and creates the sensation that the ground is jumping at you when you look down to do close-range work.

Another benefit of PALs is that they can be used with almost any style of frame. If you only need glasses for presbyopia, you can buy progressives with no prescription on top and the presbyopia prescription on the bottom. This means your options in frame selection are extended beyond the traditional half-moon or "granny glasses."

For more information about presbyopia, contact your eye-care professional. Essilor of America (EOA) also offers a brochure about eye care and lens options, called "See More Of Life."



Successful Investing

with Patrick McKeough

TIP OF THE WEEK:
"The p/e ratio is a valuable tool, but don't look at it in isolation."

Understanding p/e ratios

A company's price/earnings ratio is what you pay for $1 of earnings. It's calculated by dividing the stock price by earnings. A low ratio means a company has high earnings for the stock price and suggests it may be undervalued. Many investors see a low p/e as a bargain and a high p/e as a warning flag. But it's not as simple as that.

What it can mean

LOW P/E (under 18)
- Cheap stock
- Doubtful or inflated earnings

HIGH P/E (over 30)
- Expensive stock
- Depressed or growing earnings

STOCK PRICE / EARNINGS

Business newspapers carry the p/e ratio in the stock price lists.

BE WARY OF EXTREMES: Today's average p/e is 22. A p/e below 9 or above 35 may carry hidden risk. Look at factors such as growth potential and sustainability of earnings before making an investment decision.

INFLUENCES

Cyclical patterns: Many companies go through periodic booms and busts. If earnings are high and the p/e low, it may mean investors foresee a plunge in profit and stock price.
Informed selling: Sellers who are pushing the stock's price down (depressing the p/e) may have advance warning of bad news.
Research: Companies write off research costs when they spend the money; benefits come later. Companies investing heavily in research may be more profitable and less risky than you'd guess from their high p/e.
Capital spending: Depresses earnings and pushes up the p/e, but wise capital spending should also push up future profit.

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http://www.infovision.net/moneyland GRAPHICS SYNDICATE 11/1

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

POET'S CORNER

No Easy Way

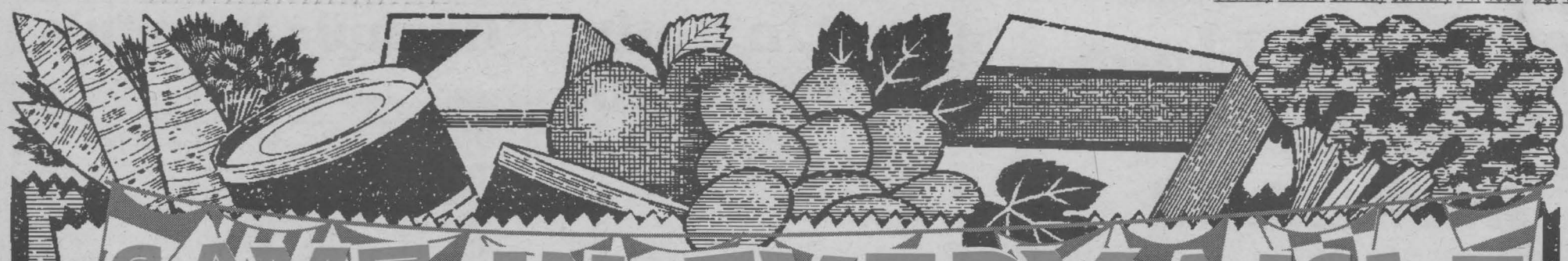
André A. Pettigrew

Never a wish, never a hope,
Never a dream brought into scope,
Never a tree brought into fruit
Without a tear to moist the root.

Tollgate Road

Wally Howard

My new home, poised on the edge of town, seemed
idyllic, with fields of flowers kissed
by the summer sun, and in the distance,
between trees and bushes, rail lines gleamed.
Frozen like the painting of an artist
whose colors glow with the soft radiance
of morning light as its beams are scattered
by the rising mists. On one side a small
grass covered park, a lonely childrens swing,
a wooden bench and some loose sand spattered
about randomly. On the other, tall
homes with pretty gardens and blooms of spring.
I heard the strident whistle of a train
racing towards the level-crossing gate,
with its forceful beware, let out a bawl
that pealed forth louder, again and again,
over the fields. The sounds reverberate
breaking the peace with their trumpet-like call.
The thought of past train rides came to my mind,
of tunnels, bridges, and poles flashing by;
neat little stations in quaint little towns,
conductors and porters helpful and kind.
The burning of coal sent dust to the sky
that fell onto suits and ladies clean gowns.
Recalling those times I wave at a train
that comes from the west; it returns a blast
to me; flowers bend from the noise or breeze,
I do not know, perhaps in their distain
at the speed, for the train, traveling fast,
quickly reaches and passes me with ease.
No smoke now as engines thunder along
hauling their loaded wagons behind them
and, once in a while, a passenger train
bellowing out its level-crossing song
as vexing as a mournful requiem
for those who dare to trespass its terrain.
The weeks flow by and the train whistles clamor
throughout the day and then blast the night air.
Each time getting louder and more intense
in their tone, in their pitch; and the glamour,
the magic, has gone and harder to bear
as they pound the tracks with malevolence.
Quiet now, for a few minutes, I am glad;
a moment of peace. Can I be adverse
to those swift giants that loom from the east?
One more of those shrieks and I shall go mad.
I hear a train whistle and now I curse;
I'll stand at the crossing and halt the beast.



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EASTCOURT MARKET

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3 x 200 ml. **.79¢**

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796 ml. **.89¢**

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775 g. **$1.99**

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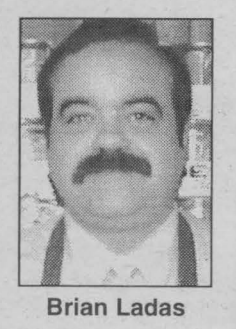
WE'VE LOWERED OUR PRICES CHECK US OUT!!



Brian Ladas



Louis Jasmin

We are a true independent store locally owned and operated by Brian Ladas, Louis Jasmin and families

Go Eats Go!

SPECIALS OF THE WEEK

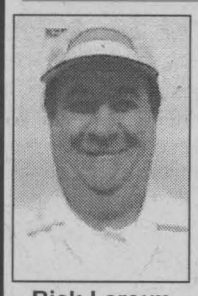
prices in effect Sat., Jan. 10th to Sat., Jan. 17th

From The BUTCHER SHOP!

MAPLE LODGE CHICKEN WEINERS
450 g. pkg. **99¢**

Lean STEWING BEEF
cut from Canada A-AA-AAA
6.37 kg., boneless **$2.89** lb.

STOCK UP YOUR FREEZER



Rick Leroux



Claude Giroux



Bob Giroux

Let Rick Leroux or Bob and Claude Giroux cut and wrap your steaks the way *you* want them.

Pork Chop Combination
4.39 kg **$1.99** lb.

Lean GROUND BEEF
cut from Canada A-AA-AAA
4.39 kg. **$1.99** lb.

Our meat is aged for tenderness and flavour!
Ask our butchers to prepare that special cut just for you.
We also feature small size portions.
Freezer orders can be cut, wrapped and delivered at no extra charge.

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10 lb. bag **99¢**

GRAPEFRUIT Pink only
size 56 **6 for 99¢**

BANANAS **29¢** lb.

DELI DEPT.

- Full Service
- Total Satisfaction Guaranteed

ROAST BEEF
9.88 kg. **$4.49** lb.

Garlic Sausage COIL
6.27 kg. **$2.85** lb.

Assorted Schneider's, 4 Varities LUNCHABLES
106 g. **$1.69** ea.

St. Alberts MILD CHEESE
store cut, 9.88 kg. **$4.49** lb.

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- Full Traditional Deli
- Deliveries
- Packers

- Carry Out Service
- Gourmet Butcher Shops
- First Quality Vegetables & Fruits

EASTCOURT MARKET

1380 Second Street East

Cornwall Lions Bantam Girls Basketball

The Cornwall Lions Bantam Girls Basketball team is off to a great start. After the first 12 games of the season, they have a very impressive 10 wins and 2 loss record. There are 6 girls returning from last year's team, Nancy Bradley, Bevyn Burnie, Suzanne Gagne, Katrinna Gordon, Shannon Grant and Jayna Hart. The new players on the team include: Kaylee Ahmed, Sarah Bergeron, Danielle Daigneault, Emilie Lefebvre, Jamie Lee Rasenberg, Marissa Roy and Celine Seguin. The coaches are Alain Roy and Trish Brown with Greg Gordon as manager.

The team will be returning to action soon, and are preparing for a big tournament being held here in Cornwall on the weekend of February 13 - 15, 1998. Teams from all over Ontario will be competing in 4 different age categories in the "McDonald's Invitational Girls Basketball Tournament" hosted by the Cornwall - United Counties Basketball Association.

KNIGHT HAWKS

FASTBALL

CORNWALL KNIGHTHAWKS FASTPITCH TRAVELLING TEAM

Mites and Squirts Second Tryouts

WHO: Mites Division
WHEN: Saturday, Jan. 10, 1998
WHERE: Notre Dame School
TIME: 9:00 to 10:30 AM
Boys age 7 to 9 and must turn the age by Dec. 31, 97
Contact: Roger Lafontaine at 936-2942, Murray MacLeod at 938-2336 and Mike Dufour (Manager) at 932-3208

WHO: Squirt Division
WHEN: Wednesday, Jan. 14, 1998
WHERE: St. Croix School
TIME: 6:30 to 8:00 PM
Boys age 10 to 12 and must turn the age by Dec. 31, 97
Contact: Bruce Seguin at 938-5718 and Ben Young at 932-7363

Stars Win Both Games In Double Header

The Glengarry Stars started to look more like defending champions of the Char-Lan indoor soccer league as they won both of their games on this dirty night after the Christmas break.

In the first game, the Stars faced the Hellfish. Both teams looked sluggish after the 2 week break over Christmas and New Year, but the Stars shook off the hangover late in the first half as they took a 2-0 lead. On half time, the Hellfish missed a penalty shot that had it been converted would have brought them right back into the game. The second half was much like the first as both teams failed to find a rhythm to their game. In the last 10 minutes there was a flurry of goals as first the Hellfish finally spoiled the shutout bid by Eric Neilson. The Stars stifled any thoughts that the Hellfish may have had of a tie by adding 3 more goals immediately after the Hellfish strike. Goalscorers for the Stars were Brian Cameron (2), Kyle MacMillan (2) and Jon Hamelin (1). The lone goal for the Hellfish was scored by Norman Lacroix.

In the second game, Eric Neilson recorded the shutout he so nearly had in the first game as the Stars blanked Rudi's 4-0. It could easily have been a lot more as Mark Novosad in the Rudi's net pulled off several good saves. Rudi's had opportunities to score but either Eric was up to the task in the net or the Rudi's forwards shot wide. Brian Cameron (2), Matt Madir (1) and Kyle MacMillan (1) scored the Stars goals.

In the nightcap; the Steelworks face the Nomads. Both teams fielded less players than they usually do as the weather had worsened significantly. Even with a depleted squad, the Nomads played the Steelworks as well as they have played all year - holding the scoreline to only a 4-0 defeat. John McNaughton in the Nomads net had another big game for the Nomad team. Scott DeBellfeuile (1), Gab Gratton (1) and Ben Pregent (2) scored the Steelworks goals. Tommy McKay in the Steelworks net recorded the shutout.

Char-Lan Peewee Rebels

The Char-Lan Peewee Rebels won their second "A" Championship winning the Char-Lan Peewee tournament by defeating Kemptville Panthers 7-1 in the final game. Char-Lan defeated Akwesasne 6-0 and Potsdam 3-1 to advance to the final. Tournament goal scorers were Robb Schaefer (5), Leo Dignard (3), Ryan Lalonde (3), Patrice Brunet (2), Robert Grant, Mike Fontaine and Justin Lalonde with singles. Char-Lan received strong goaltending from Trevor Smith throughout the tournament. In UCMHL League action last week Char-Lan defeated Morrisburg 6-1.

Olympic Hopefuls



Junior figure skating dance couple Dana Grant (Cornwall) and Marjolaine Mimeau (Chambly) placed first in Junior Compulsory, OD Jive and Free Dance program at the Atlantic Bank of Montreal divisionals. These two gifted skaters move on to the Canadian Championships in Hamilton.

(photo by Aubrey Johnson).

South Stormont Novice Selects

The end of December has been filled with hockey for the South Stormont Novice Selects. On December 19th the Selects hosted Morrisburg in Long Sault. Jesse Smith's three goal hat trick and Corey Fleury's single gave the Selects a 4-1 victory.

On Sunday the 21st, the Selects appeared to have started Christmas vacation a little early as they suffered an 8-2 defeat at the hands of Cornwall at the Si Miller Arena. Lone goals by Jesse Smith and Anthony McDonald sparked the team in the third period.

December 27th saw the Selects travel to Alexandria for their second tournament of the year and they let it be known that vacation time was over. Jesse Smith led the team against Prescott in the first game with four goals in a 4-1 win. Taylor Letford, Adam Jodoin, Justin Coughlin and Corey Fleury all picked up assists while Jonathon Cutler had a very strong game in net with thirty stops to his credit. Jesse Smith was awarded the "Hustler" medal of the game and the team advanced to the "A round. The Selects once again met up with Cornwall in the "A" round but at the end of regulation time the score was tied 1-1. Three man overtime followed and after endless end to end breaks by both teams, Cornwall managed to get the game winner. Although they were disappointed with the loss, coach Pete Clement was pleased with the team's improved play. Philip Perkins, the goalie, was awarded the "Hustler" medal of the game after facing nineteen tough shots.

On Tuesday, December 30th, the Selects hosted their own tournament at the Long Sault Arena. Eight teams including Alexandria, Char-Lan, St. Isidore, North Glengarry, Kemptville, North Dundas, South Grenville and South Stormont managed to brave the poor weather conditions. St. Isidore won the "B" round championship against North Glengarry in the most exciting game of the tournament. After regulation time and the third overtime period, the score was tied at 1-1. It was not until the eighth man in a final shoot out that victory was awarded to the St. Isidore team.

A skills competition was held half way through the tournament which filled the stands with spectators and the ice with players from all teams. This break was enjoyed by all and served as a reminder that hockey is not just about winning but having fun and continually improving.

Three special prizes were drawn with Nancy Kirkwood winning VIP Senators tickets, Wendel Froom won a March Break Hockey Clinic from Cornwall Royal Academy of Hockey and Susan Hoar won an official Senator's Home Jersey.

The Selects qualified for the "A" round by defeating North Glengarry in their first game 3-1. Jesse Smith once again came through with a hat trick while Gorey Fleury and Andre Clement assisted. The Selects advanced to the championship game by beating Kemptville in their second game 5-0. Anthony McDonald and Adam Jodoin each scored twice and picked up an assist. Sheldon Wells also scored with Corey Fleury and Jesse Smith getting assists. Goalie, Philip Perkins got his first shut out of the year. In the third game the Selects met a very strong North Dundas team. North Dundas won the tournament with a 7-1 final game with Jesse Smith pocketing the Selects lone goal.

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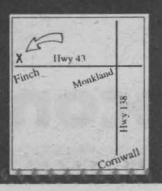

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South Stormont Atom Selects

The Selects have been playing great hockey in the first half of the season with league wins against Akwesasne (10-0), Cornwall (4-2), Char-Lan (3-2) and an exhibition win against South Grenville 6-1. Goals in Akwesasne are credited to Richard Boileau (2), Chris Sommers (2), Ian McKay (2), Michael Carbino, Tim Hebert and Addison Pelkey (2). Assisting the goals were Michael Crawford, Colin Mackler (4), Liam Tyrell (2), Pelkey, Sommers, Ryan Laming, Carbino, Hebert, Jonathan Presley and Marc Geneau. Goals for the win against Cornwall were scored by Carbino, Cameron MacPherson, Presley and Hebert with assists going to MacKay (2), Mackler, Boileau and Geneau. Scoring for the Selects in the Char-Lan game were Tyrell, Geneau and MacPherson. Adding helpers were MacPherson, Sommers and Boileau. Scoring in the South Grenville game were Pelkey, Tyrell (2), Hebert, Geneau and Presley. Assists going to Geneau (2), Sommers, Hebert, Presley, Pelkey and Boileau. Andrew Cameron's superb goaltending continues to keep the Selects as one of the top contenders in the league.

Busy Holiday for Lally Blanchard Major Peewees

The holiday hockey season started with a game on Saturday, December 20th against the Kanata Blazers. The score was 5-2 in our favour. Nathan Beausoleil scored twice while Steven Jarvo, Nicolas Dasneves and Peter Barnett chipped in singles. Assists went to Steven Stewart, Caley Campbell, Patrick Turcotte and Dylan Graveley. Then off they went to Gloucester for a three day tournament. They began on December 27th with a 6-3 loss to the Nepean Raiders. Patrick Turcotte got doubles and Mike Lauzon got a single. Helpers were Dylan Graveley, Peter Barnett and Steven Owens. On the same day, the Rapids won against the Rideau St. Lawrence Kings with a score of 2-0. Scorers were Nicolas Dasneves and Patrick Turcotte. Assists went to Mike Lauzon and Steven Owens. Bryan O'Shaughnessy got the shut-out. The following day, the Rapids started off with a 3-3 tie with the Kanata Blazers. Thanks went to Patrick Turcotte with two goals and one assist while Nicolas Dasneves got a single. Maxime Marion played a strong game in net. In the afternoon, they went on to a victory of 3-0 against the Gloucester Rangers. Goals went to Mike Lauzon, Nathan Beausoleil and Patrick Turcotte. A lone assist went to Marc Filliol. Again Bryan O'Shaughnessy recorded a shut-out. On the 3rd day of the tournament, 19 seconds of overtime were required to determine who would continue onto the finals. Needless to say, we managed to win with the final score being 4-3. Once again Patrick Turcotte led the way with two goals while Peter Barnett got a single assisted by Alex Gray. The winning goal was scored by Nicolas Dasneves with the help of Steven Owens. In the finals, we fell short 5-2 to the District III Cobras. Mike Lauzon and Patrick Turcotte each got singles and an assist went to Dylan Graveley. Good work guys. You made us very proud.

Now back to the regular season games, the first of the new year, the Rapids ended up with a 2-2 tie with the Nepean Raiders. Scorers were Marc Filliol and Steven Stewart. Assists went to Patrick Turcotte and Mike Lauzon. Finally, on Sunday, January 4th, another 2-2 tie was recorded with the Gloucester Rangers. Steven Jarvo scored the first goal, assisted by Timothy Owens. The next goal was made by Peter Barnett who was helped out by Mike Lauzon. Let's keep playing hard boys. The first victory of the new year is bound to come soon. Happy New Year to everyone from the Lally Blanchard Rapids.

Cornwall Indoor Soccer League

Men's Division I

Rudi Payer Sports lost the first point of the season in the Cornwall Indoor Soccer League, as the Strikers battled to a 3-3 tie. Jason Struthers two, and Kleran Kennedy connected for Rudi. Dan Menard had a hat trick for Strikers.

Mark Juneau with two, and Luc Derepentigny with a single led La Maison to a 3-1 victory against Mr. Sub Hellenic. Dan Trottier had the lone goal for Mr. Sub.

Filion Trophy won by default against Wolfclan Truckstop, 2-0.

Backstage Restaurant won by default against Char-Lan II.

Men's Division II

In the men's second division play, Winners recaptured the first place by blanking Cosmos 3-0. Dan Armstrong, Eddie Osmar, and Jamie Jarvo scored in the win. Kelly Boisvenue had the shutout.

Motard's Advertising defeated the division leader Hardy Seed Sonics 5-3. Mike Marsolais recorded a hat trick, while Arik Payette fired in twice for Motard. Sean Butcher, Doug Winters and Don Vreman replied for Sonics.

St. Lawrence Sharks and Harvey's Restaurant played a 4-4 tie. Gervais Larouche scored twice, Thomas Melegh and Jaques Lavoie singled for Sharks. Thanh Vu two, Mike Bedard and Don Boismenu had the Harvey's goal.

Women's Division I

Minimax Hearts is on the top again in women first division, doubling the Raisio Chemicals 4-2. Tamy MacSweyn and Katie MacLeod each notched in twice for Minimax. Camille Lalonde and Julie Truelove replied for Raisio.

Atlantic Alexandria got goals from Diane McDougall and Sherrill Norman in a 2-0 decision against Ray-Co Strikers. Lisa MacDonald registered the shutout.

The younger Blazers Red Hots for the second time of the season claimed victory over Blazers U-19, 5-4. Vanessa Van Sleaven and Laura Scruggs each fired in two goals, Stephanie Smyth adding a single for Red Hots. Laura Anderson two, Melanie Bertrand and Helen Karitsiosis scored in a lost cause.

Women Division II

Freeman Spitfire trounced Bold Bright Signs 6-2 in the womens second division action. Anitta Bessette had a hat trick, Pam Delaney adding two goals, and Julia Rose singled for Freeman. Angela Marsolais and Tatiana Melrose scored for Bold Signs.

Bergeron Electric blanked L'Heritage Dragons 3-0. Marie-France Rioux had two goals and Kim Leblanc added one for the winners. Lisa St. Denis had the shutout.

Also in the women's second division, Megan Leroux, Jackie Charbonneau and Heidi Poulin scored for Healy Motors, while Nicole Reginer, Charissa Hurrell and Katie McDougald connected for St. Lawrence Sharks as the teams ran in a 3-3 tie.

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TOP 100 LIST

RK	Name	G	ASS	TP	DF
1.	Allan Lalonde	241	314	555	49
2.	Harvey Litalien	222	328	550	52
3.	Lyn Anderson	228	315	543	51
4.	Brian McMillan	221	312	533	42
5.	Mario Litalien	233	299	532	37
6.	Eric Landon	236	295	531	53
7.	Ryan Germain	236	291	527	39
8.	Berny Dirven	207	319	526	51
9.	April Taylor	241	284	525	40
10.	Douglas Anderson	202	323	525	45
11.	Paul Beaulieu	191	334	525	50
12.	Yvon Brunette	234	290	524	48
13.	Daniel Bourgeouis	210	313	523	39
14.	Ronald A. Lalonde	219	303	522	39
15.	Marty Landon	228	292	520	43
16.	Andre Amyotte	203	317	520	43
17.	Kelly Ratayczak	220	300	520	49
18.	Sandra Pettem	220	299	519	46
19.	Claude Gauthier	257	262	519	46
20.	Sandra Taillon	192	327	519	45
21.	Gates Lalonde	223	296	519	39
22.	Bernie Larue	232	287	519	45
23.	Lois Emburg	202	315	517	48
24.	Joel Lalonde	222	295	517	41
25.	Jacqueline Emburg	191	326	517	35
26.	Pete Bowen	209	308	517	47
27.	Tom Baker	238	279	517	35
28.	Anne Lalonde	229	288	517	48
29.	Morris Lamer	203	313	516	36
30.	Randy Lafave	231	285	516	48
31.	Gerry Gillissie	214	302	516	37
32.	Brian Deschamps	239	276	515	35
33.	Brad Lalonde	228	286	514	45
34.	Viola Lalonde	200	313	513	48
35.	Gary Belmore	229	284	513	52
36.	Peter Dirven	229	284	513	38
37.	Jonathon Hill	213	300	513	45
38.	Jim McDonald	210	303	513	51
39.	A.J. Kennedy	221	291	512	48
40.	Jeannine Duval	212	300	512	49
41.	Armand Bissonnett	223	288	511	44
42.	Wm. Lee Hart	222	289	511	44
43.	Michel Bissonnett	215	296	511	58
44.	Jerry Sauve	217	294	511	39
45.	James Payette	216	294	510	38
46.	Shelley Merpaw	210	300	510	36
47.	Lee Leblanc	223	286	509	43
48.	Chelsey Bourgeoi	198	310	508	48
49.	Bernie Lemire	208	300	508	36
50.	Ray Bourdon	209	298	507	41
51.	Shelly Lamer	202	305	507	49
52.	Ron Duchesne	201	306	507	56
53.	Malcolm MacDonald	205	302	507	48
54.	Barry Gordon	231	276	507	42
55.	Christi Lalonde	185	322	507	43
56.	Alex MacDougall	202	305	507	55
57.	Danny Coillard	215	292	507	50
58.	Eric McCartney	212	294	506	42
59.	Larry Tyo	229	277	506	51
60.	Brian McKinley	231	275	506	43
61.	Jessica Adams	216	290	506	48
62.	Janet MacDonald	194	311	505	49
63.	Vic Bourgeouis	219	286	505	39
64.	Cody Beauvais	215	290	505	39
65.	Pud Wereley	232	273	505	35
66.	Jason Racine	198	307	505	44
67.	Victor Burns	233	271	504	30
68.	David Steele	227	277	504	35
69.	Danny Gillard	218	286	504	46
70.	Roger Lamoureux	212	292	504	36
71.	Floyd Emburg	200	304	504	38
72.	Loretta Bourgeois	226	277	503	48
73.	Roderick Burson	213	290	503	48
74.	Brian Laframboise	215	288	503	47
75.	Chris Renaud	219	283	502	41
76.	Ron Gendron	194	308	502	45
77.	Dorothy Campbell	190	312	502	51
78.	C. Villeneuve	219	283	502	48
79.	Wayne D. Horne	231	270	501	44
80.	Sam Gordon	212	289	501	43
81.	Shana McGlyon	209	292	501	36
82.	Debbie Reynolds	207	293	500	45
83.	Eric Gordon *	214	286	500	50
84.	Calvin Tyo	206	294	500	41
85.	Bill Makinson	198	302	500	32
86.	Sylvia McGlynn	203	297	500	41
87.	Timmy Brunet	210	290	500	41
88.	Jessica Lamarche	200	300	500	39
89.	Steve Allen	229	270	499	44
90.	Jenna Lamarche	213	286	499	39
91.	Fern Bourdon	216	283	499	47
92.	Sean Amelotte	207	292	499	45
93.	Genevieve Trembla	197	301	498	41
94.	Pam Bowen	201	297	498	39
95.	Eva Collins	203	294	497	34
96.	Aime Godard	194	303	497	36
97.	Diane Labrecque	214	282	496	53
98.	Cassandra Trembly	208	288	496	42
99.	Stephen McFarlane	208	288	496	37
100.	Paul Bourgeouis	215	281	496	43

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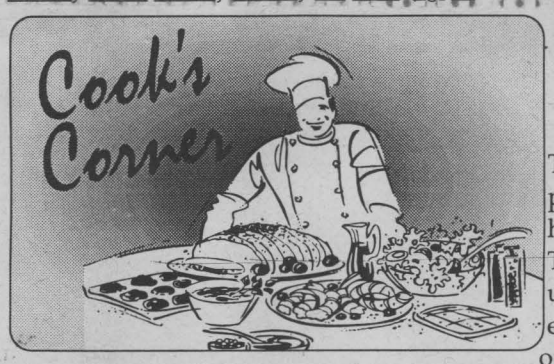

Picnic Pockets

Makes 6 pockets

To make Three-Pepper Filling: In large skillet, combine peppers, onion, pepperoni and garlic. Cook and stir over medium heat until vegetables are tender. Remove from heat; set aside.

To make dough: In large bowl, combine 1 cup (250 mL) flour, undissolved yeast and salt. Stir water and oil into dry ingredients. Stir in enough remaining flour to make soft dough. Kneed on lightly floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rest 10 minutes.

To fill: Divide dough into 6 equal pieces. Roll each to 6-inch (15 cm) circle. Add cheeses to pepper mixture. Place filling on one half of each circle, dividing evenly; moisten edges. Fold dough over filling and press with tines of fork to seal. Place on greased large baking sheet. Lightly brush tops with oil and sprinkle with crushed red pepper, if desired. With sharp knife, make 3 (1-inch/2.5-cm) slits across top of each pocket.

Bake at 425°F (220°C) for 20 to 25 minutes or until done. To transport and serve warm, wrap in aluminum foil; serve within 2 hours of baking. Pockets may also be served cold. To serve cold, cool completely on wire racks. Refrigerate up to 24 hours; serve chilled.

Tip:

For Spinach Cheese Filling, omit above filling. In medium bowl, combine 1 package (10 ounces/284 g) frozen chopped spinach (thawed, drained and squeezed dry); 1-1/2 cups/375 mL (6 oz/170 g) shredded mozarella cheese; 1/4 cup/50 mL (1 ounce/30 g) grated Parmesan cheese; 1 clove finely chopped garlic and 3/4 teaspoon (3 mL) dried basil leaves. Shape, fill and bake as directed above.

Three-Pepper Filling
1-1/2 cups (375 mL) sliced red, green and/or yellow bell peppers
1 medium onion, sliced
2 oz (60 g) pepperoni, cut into thin strips
2 cloves garlic, finely chopped
1-1/2 cups (375 mL) - (6 oz/170 g) shredded mozzarella cheese
1 cup (250 mL) - (4 oz/120 g) shredded provolone or fontina cheese

Dough
2-1/4 to 2-3/4 cups (625 to 675 mL) all-purpose flour
1 package (8 g or 2-1/4 teaspoons/11 mL) Fleishmann's Quick-Rinse Instant Yeast
3/4 teaspoon (3 mL) salt
1 cup (250 mL) very warm water (120 to 130°F/50 to 55°C)
2 tablespoons (25 mL) olive or vegetable oil

Topping (optional)
Olive oil
Crushed red pepper

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Heart-healthy Eating Begins in Your Grocery Store Cart

Are you thinking about eating in a heart healthier manner? Start by looking in your grocery store cart. After all, what you put in your food basket is what you eat.

Use the quiz below to assess your current grocery shopping habits. It will tell you which of your practices are healthy ones and which ones might need improvement.

"Shopping behaviour is often ingrained. Many people are used to eating certain types of foods and find it hard to give them up, even if urged to by their doctor of dietitian," says Dr. Stephen Hotz, a psychologist and professor in the Faculty of Medicine at the University of Ottawa.

Make a list.

Before shopping, make a grocery store list. A list provides you with a focus, prevents you from running back to the store for forgotten items and will help you to avoid temptations.

At the top of the list, set a goal for improvement. Your answers to the quiz are the place to start. For example, a reasonable goal might be: "buy more pastas" or "try new kinds of bread".

"Small steps taken each week can add up to big improvements in the way you shop and ultimately, what's in your fridge and on the menu," counsels Janice Holley, a clinical dietitian at Toronto's Sunnybrook Health Science Centre.

Watch Out For Saturated Fat

Heart-healthy shopping is about cutting back on fat, especially the saturated fat found in meats, dairy products, butter and baked goods.

In a new reader-friendly booklet called *Shopping for Heart Health*, the Becel Heart Health Information Bureau offers these suggestions:

Use a heart-healthy cookbook and add a new low-fat recipe to your menu selection each week.

Experiment with one or two low-fat products each week.

Modify family recipes by substituting lower-fat ingredients (e.g., lower-fat cheeses in favourite standbys like macaroni and cheese) whenever possible.

Start reading food labels and information flashes on packages to find foods that are low in fat, particularly saturated fat. For example, choose a margarine labeled "low in saturated fat" and "non-hydrogenated."

Reap the rewards

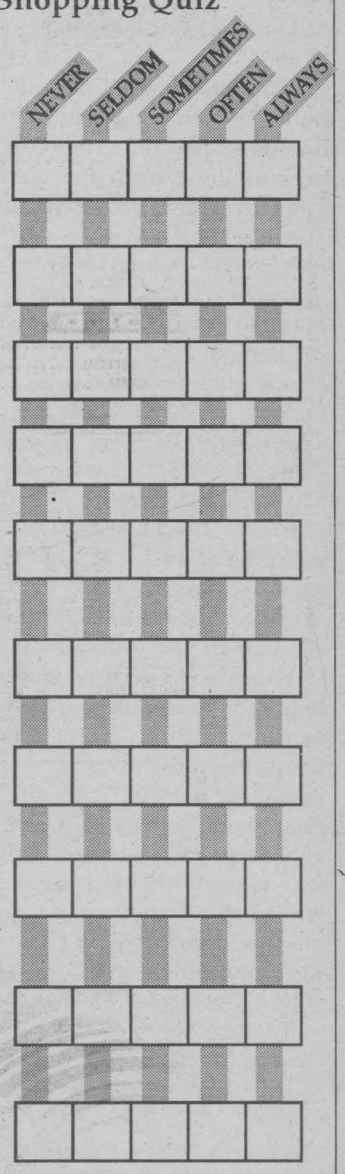
As you take small steps to improve your shopping behaviours, you'll find that heart healthy shopping can be:

- **Budget-wise.** Tofu, lentils and beans are good for your heart and your pocket book.
- **Quick and efficient.** The time spent preparing your list will pay off as you breeze through the store.
- **Deliciously tempting.**

To order a free copy of *Shopping for Heart Health*, full of practical tips to get you started on filling your supermarket cart with heart healthy choices, write to:

Becel Heart Health
Information Bureau
P.O. Box 9983, 661 Millidge St., Saint John, New Brunswick E2L 4N4

Heart-healthy Shopping Quiz



1. Do grain products (breads, pasta, rice cereals) make up at least 25% of the food items on your list?
2. Do fruit and vegetables account for at least 25% of the food items on your list?
3. When you buy dairy products, do you choose lower-fat varieties?
4. When you buy meat, do you select leaner cuts?
5. Do you purchase legumes, beans or tofu as a meat replacement?
6. When you buy margarine, do you choose one that is soft, non-hydrogenated, and low in saturated fat?
7. Do you look for nutrition information on food labels?
8. Do you choose lower-fat desserts such as sorbets, 1% ice cream, yogurt and lower-fat cookies?
9. Do you choose lower-fat snacks like bagel crisps or pretzels over chips and cheesies?
10. Do you prepare a grocery list before shopping

Congratulations if you answered often or always to some questions – you already have some heart-healthy shopping habits. To find out where you can make improvements, focus on where you answered never, seldom or sometimes. By making lifestyle choices such as choosing the right foods, you can embark on the road to heart healthier living.

SEAWAY NEWS
is now on
the internet
seawaynews.on.ca


SCUTTLEBUTT

Fred Sagel

SEAWAY NEWS
LETTERS TO THE EDITOR

BASIC BLACK


PERSPECTIVE
By Bob Roth
SEAWAY NEWS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'90 FORD AEROST SOLD	$5,995
'89 GMC SAFARI, 8 passenger van, V6	$6,995
'89 OLDS CUTLASS SUPREME INT, loaded	$6,995
'89 LINCOLN CONTINENTAL, Signature Series	$6,695
'89 PONTIAC SUNBIRD, turbo, convertible,	$5,595
'89 PONTIAC SUNBIRD SE, 2 dr., white, auto	$4,995
'89 MERCURY SABLE, 4 dr., V6, loaded	$4,295
'89 FORD MUSTANG, 2 dr., white, bra,	$3,995
'89 PONTIAC SUNBIRD, 2 dr., red, std	$3,995
'89 CHEV BERETA, black, std	$3,595
'88 BUICK REGAL CUSTOM, Low kms.	$5,495
'88 BUICK REGAL, V6, burgundy	$4,995
'88 PONTIAC FIREBIRD FORMULA, T-top, V6	$4,995
'88 PLYMOUTH VOYAGEUR, 7 passenger, V6	$4,995
'88 HONDA ACCOR SOLD	$3,995
'88 OLDS CALAIS INT'L, black, loaded	$3,995
'88 CHEV SPRINT, grey, AS IS SPECIAL	$1,995
'87 OLDS DELTA 88 BROUGHAM, low kil.	$4,395
'87 PONTIAC BONNEVILLE, maroon, low kil.	$3,995
'87 GMC SAFARI, SOLD	$3,995
'87 PONTIAC SAFARI WAGON, blue	$3,495
'87 DODGE CARAVAN, 5 pass., maroon,	$3,995
'87 FORD BRONCO, auto., red REDUCED	$2,495
'87 CADILLAC SEDAN DE VILLE, safetied	$1,995
'85 CHRYSLER TOWN & COUNTRY, wagon	$2,995

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CAR CARE

Suspension Noise May Be Due to Strut Mounts

While driving around town, you notice your front-wheel-drive passenger car is steering rougher and a sharp popping, squeaking or rubbing sound can be heard after making a turn. The vehicle also may want to pull in the direction it was last steered.

If any of these symptoms sound familiar, the cause may be tied to one or both of the vehicle's strut mount assemblies, according to Al Lynch, manager of technical services for Moog Automotive.

"Ninety percent of passenger-car production in the last five years features strut mount assemblies," reports Lynch. "The upper strut mount replaces the upper control arm and upper ball joint used on traditional steering and suspension systems as the upper connection to the vehicle body."

Strut mounts are hard-working components, capable of supporting vehicle weight. Each assembly usually consists of a rubber core that dampens noise and vibrations and a bearing that allows the front wheels and strut assembly to turn while supporting weight.

"Strut mounts, like any rubber suspension component, may become worn over time and can affect the suspension system's geometry," explains Lynch. "Whenever a suspension component is not doing its job, the result can be a chain reaction that causes other parts in the suspension system to work harder and wear out faster."

Whenever load-carrying bearings become worn, they can cause the steering to bind. The binding condition is commonly referred to as "memory steer," because the vehicle pulls in the last direction it was turned.

Heavier vehicles are especially prone to strut mount wear. "As a general rule," says Lynch, "a car with a V-6 engine in it is more likely to show up with the symptoms described above than a lighter vehicle, due to its added weight. Any passenger car with more than 40,000 miles — regardless of its size — is a possible candidate for strut mount replacement."

What to look for

Strut mount inspection requires using your head, as well as eyes, ears and hands. First, secure the hood in the open position and locate the strut mount assembly, which is usually bolted to the fender.

Next, bounce the vehicle and observe the mount. Listen for unusual noises and look for looseness. (It is normal for the strut rod to move a small amount as the mount deflects.) On some strut mount assemblies, it is possible to feel vibration as the loose components move inside their housings.

Finally, drive the vehicle to check for memory steer. If any of these conditions exist, take the vehicle in for inspection by a professional service technician.

Moog Automotive recommends parts replacement based on original equipment-manufacturer specifications or when a loose part is identified as a cause of a problem. In some cases, loose parts that are still within the vehicle manufacturer's specifications can cause performance problems. These loose parts may not pose a safety problem, but may cause handling and tire-wear problems.

"Whenever struts or springs are replaced," adds Lynch, "make sure your technician inspects the strut mount assembly for axial or radial movement that exceeds the vehicle manufacturer's specifications, or for cracks or separation of the rubber from the steel part of the mount. If these conditions exist, replace the old mount assembly."

THE CAR DOCTOR

Peter Millard



Power Puzzle

(NC)—I have a 1987 Ford Tempo with an automatic transmission and approximately 137,000 kilometres on it. Occasionally, at highway speeds, it loses power for three to five seconds and the engine RPM drops to 500 (from around 3,000) but the car continues on with no loss of speed. It feels as though the car slips into low gear during these incidents.

I have taken the car into Ford dealerships and had no success in identifying the problem, even when the car is hooked up to their diagnostic equipment and test-driven. Any ideas?

M. H.—Moose Jaw, SK

The toughest problems to fix are the intermittent ones and you have a beauty! I would suspect a fuel-related cause: if the fuel injectors haven't been serviced in 137,000 kilometres they should be cleaned. Fuel pump failure is another possibility, as is the vent in the gas cap. Whatever you do, don't switch technicians if one doesn't get it right the first time. Problems like this take time and patience to fix.

96 FORD TAURUS GL
V6, loaded, 45,000 km
$13,995

94 GRAND AM GT, 2 dr., auto, loaded, 80,000 km	$11,900
94 PONTIAC BONNEVILLE SSE,	$9,200
93 CHRYSLER INTREPID, fully loaded, 110,000 km	$8,995
93 MERCURY COUGAR LX,	$6,450
93 OLDS ACHEIVA, 4 dr., 4 cyl., loaded, 110,000 km	$5,995
93 HYUNDAI EXCEL, 2 dr., 5 spd., extra clean	$3,450
92 CHRYSLER LEBARON LX, 4 dr., 6 cyl., 75,000 km	$5,850
92 CROWN VIC LX,	$8,450
91 HONDA ACCORD EX, 4 dr., auto, 129,000 km	$9,650
91 ISUZU STYLIST, SOLD	$3,995
91 BUICK PARK AVE., Ultra, mint, loaded	$8,800
91 MERC. SABLE GS, full load, mint	$4,595
91 PONTIAC SUNBIRD, 4 dr., auto, 90,000 km	$4,250
90 OLDS CIERRA SL, unreal! 57,000 km	?,???
90 FORD PROBE GT, 5 spd., clean	$4,800
90 SUBURA ROYALE WGN 4X4,	$6,200
89 CADILLAC COUP SOLD nint, mint,	$7,450
89 GRAND MARQUIS LS, nice shape, 150,000 km	$4,995
89 HONDA CIVIC, 4 dr., very dependable	$3,950
89 CAVALIER RS COUPE, 125,000 km, auto., nice	$3,995
89 CHEV. SPRINT, SOLD	$2,800
88 CROWN VIC WGN, 55,000 km., mint	$3,800
86 NISSAN 300ZX, all original, t-tops, mint	$3,500
85 HONDA CIVIC WGN., must be seen to be believed	$1,550
85 DODGE 600 SE, runs perfect	$1,150
84 HONDA ACCORD, must be seen, 99,000 km	$?,???
70 CHEVELLE SS, 454, new engine, original mint	OFFERS

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96 BOMBARDIER TOURING E, 380L, mint,	$3,900
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95 F150 XL, enforcer pkg. V6, 5 spd., 80,000 km	$9,500
93 FORD AEROSTA SOLD 40,000 km	$5,995
88 CHEV 1500, mint cond., truck	$6,450
87 POLARIS 4 WHEELER,	$1,250
87 S10 4X4, certified SOLD	$3,850
86 DODGE CARAVAN, mint cond., 104,000 km	$2,275
86 S-15 EXT. 4X4, dressed	$?,???
84 BRONCO, full size, nice shape	$3,300

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3 LOAD TEST
4 ANALYZE RESULTS
January SPECIAL $9.99



HELLO ... IS THERE ANYONE OUT THERE?

We want to remind everyone out there that this is your public forum ... we need to hear from you, so mail, fax or drop off your little anecdote or gossip to:

329 2nd St. W., Cornwall, Ont, K6J 1G8 Fax 933-0024

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

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

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621 Pitt Street
937-0222

Thought for the Week: A real friend is one who walks in when the rest of the world walks out. Walter Winchell.

Have you ever wondered just what your job performance review really means? Here are a few translated so that we all can understand and appreciate them:

* Competent: Is still able to get work done if supervisor helps.

* Consults with Supervisor often: Pain in the rear.

* Uses time effectively: Clock Watcher.

* Very Creative: Finds 22 reasons to do anything eaxcept original work.

Hats Off to everyone involved in helping to keep our City under control as best as possible during the recent ice storm. They deserve a lot of credit for the way they've handled everything. Good Work!!

Isn't it amazing how the recent ice storm keeps our teenagers out of school but not out of the shopping malls!!

Mark this date on your calendar: The Dave Ezard Walk will be launched with a kick-off breakfast at Jazz Magnolias on Wednesday, January 28th. Breakfast will take place from 7:30 a.m. to 9:30 a.m. with a silent auction. For more information, call the local chapter office at 937-1781.

Business sign found on a bakery truck's rear doors: "Please don't bump me - you'll bruise my buns".
And by a roadside fruit stand: "Our berries slept in their own beds last night".

Take-out food orders have more than doubled in the last ten years. Only 55 percent of dinners eaten at home include one homemade dish.

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My young son asked what was the highest number I had ever counted to. I didn't know but asked about his highest number. It was "5372." "Oh," I said. "Why did you stop there?" "Church was over."

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Researchers have found that the risk of a car crash quadruples during the five minutes after a driver places a call on a cellular phone - about the same hazard as driving at the legal limit of alcohol consumption. Having a phone in the car, they found, did come in handy after the crash.

Remember the days when you didn't want to be caught wearing eye glasses - It wasn't cool! Think again. Eyeglasses have become so trendy that everyone (even those with 20/20 vision) are stocking up on several pairs, often designed by people such as Calvin Klein.

When you wash a knit sweater or any garment that you don't want to wring out, drain it in a colander until the excess water has dripped away. Then roll in a towel to remove moisture without stretching the garment. Shape and lay flat on padded surface to dry.

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

Great big hugs and kisses to my husband Pierre, my sweet daughter Kayla and my caring mother-in-law Therese for all their love, patience and understanding during the seven weeks I was ill.

Love you all!
Angele

Did you know that to get rid of any strong odours on your wooden cutting board, pour a generous amount of salt directly onto the board. Then, rub lightly with a damp cloth and wash in warm sudsy water.

Don't forget: If you love animals and have some spare time, the).S.P.C.A. - S.D.&G. Branch, 550 Boundary Rd., Cornwall are always in need of volunteers for a variety of functions. Drop in to see them or call them at 936-1851.

A big bouquet of flowers to Management & Staff of Seaway News for the surprise lunch on Wednesday, January 7th. What a nice gesture!! Thank you. It was very much appreciated by Bernie, Diane & Deena.

A "heartf
out to the
members, fami
so generously gave
and talent Christmas Eve to make the rounds Christmas caroling at different homes throughout the city. Your visit was a most enjoyable one. Thank you once again for spreading the spirit of the season.

A man was standing at the intersection of 2nd and Pitt streets with a gun in one hand and a knife in the other. His problem? He couldn't decide whether he wanted to cut across 2nd street or shoot down Pitt.....

Just when you think the federal Liberals have run out of flip-flops to do (i.e. G.S.T.; Free Trade), they find one more... the EH101 helicopter they cancelled at a penalty cost of 480 MILLION is now selected by the same Liberals.

The volunteers of Canadian Cancer Society give thanks to the Bank of Montreal, Pitt & 14th Street staff & customers for their casual day donation. We are most grateful for their support! We would also give thanks for all those in S.D.&G & Cornwall who have given support to the Canccer Society through their "Casual Days" in 1997. We and our cancer patients thank you all. God Bless!

BELLY UP TO THE OXYGEN BAR!!
Tired after a long day of fighting the cars and congestion? Fatigued after struggling through the maze of the big city? Looking for a pick-me-up? Rather than imbibing the traditional drinks and libations, why not try something many of us take for granted--a sniff of fresh air? Entrepreneurial businessmen in Beijing, China, have been opening "oxygenbars" in several of the most congested and polluted areas of the city. For the equivalent of six dollars per hour, young professionals can sit in a closed booth and breathe in air that is up to 50 percent pure oxygen. For a few more dollars, you can order it flavored and scented with special herbs and spices. It is reported that the bars do a brisk business, especially on days when pollution is high.

Recently in the Globe & Mail:
Some of the 100 Great Reasons to Be a Guy, from Maxim magazine:
1. Phone conversations are over in 30 seconds flat.
10. Dry cleaners and haircutters fon't rob you blind.
31. If someone forgets to invite you to something, he or she can still be your friend.
64. One mood, all the time!



BONUS

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

Gedoro's *Fine Dining in Casual Comfort* — **Dinner Club Card**

plus ... a Gedoro's mug!

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

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Did You Know Ran-Gal Offers
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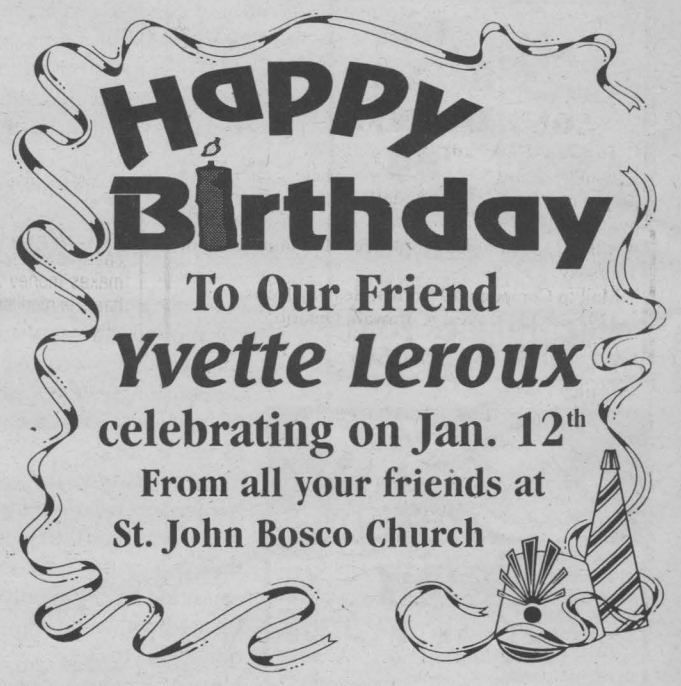

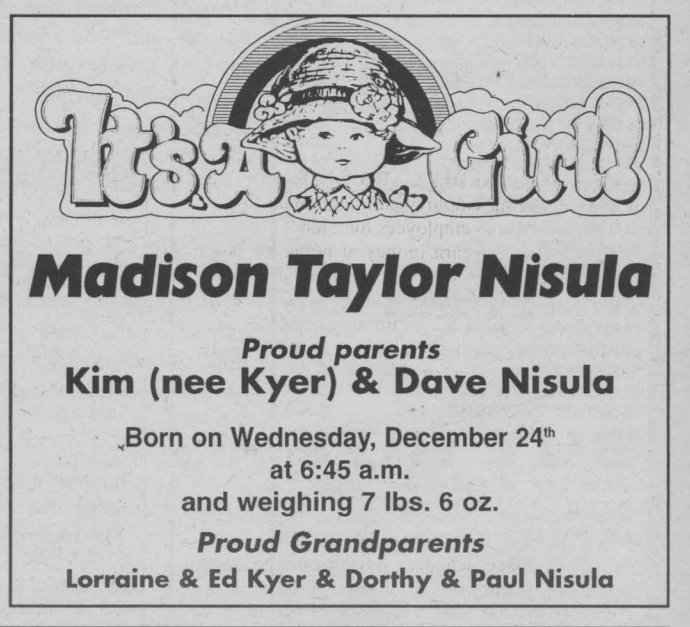



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DEADLINE: THURSDAY 4 P.M.

933-0015

Circulation: 31,499 copies

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PHONE: 933-0015

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CASH RATES

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

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

COMPANIONS' CORNER

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

Mail to Companions' Corner, Seaway News,
329 Second St. West, Cornwall, Ontario
K6J 1G8.
Mail pick up, no charge.
Mailed replies: $6.00

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

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

SEAWAY NEWS
Serving Cornwall and Area

COMPANIONS CORNER

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

2 APTS/CONDOS FOR RENT

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

REDUCED. NEW OWNERS. 1 bdrm apts. $350/mth, plus utilities & $400/mth, heat included. Parking. Close to amenities. Aubin Ave. Available now. 346-2455.

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✓ Adult Books
✓ Novelties
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EXOTIC EXPOSE
St. Lawrence County's Adult Centre
OPEN 12 NOON - 10 pm daily
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South 2 miles to Don's Orange Mini Mart
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bachelor, 1&2 bdrm.
security bldg., video surveillance
bachelors from $399 incl. util.
call 932-7891
Mon. - Fri. 9:30 - 4:30

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

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

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

3 BDRM APT, newly renovated. Quiet, yard, private entrances, laundry hook-ups, fridge, stove, $595/mth, utilities included. Children & pets welcome. Security deposit. Responsible landlord. 933-9881 or 937-3753 evenings.

LARGE 3 BDRM APT. including garage. Gas heated. No pets. Adults preferred. Utility hookups. $575./mth. Available immediately. Apply 425 Guy or call 932-3432.

CENTRAL LOCATION. Fully furnished. Utilities, cable, parking. Call after 5p.m. 933-5720.

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

4 BDRM TOWNHOUSE to share with mother of one. Must be non-smoker and must like children. $400/mth. Lynn St. 938-0460.

3 BDRM APT. Immediate or Feb. 1st. 210-14th West, 6-plex, carpeted, laundry hook-ups, parking, close to schools, bank, bus. Large upstairs. $595/mth, plus utilities. 932-2751 Pat or Brian. Evenings, 936-2798 or 932-0533.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1 BDRM APT. Central. Heated, fridge, stove, parking, utilities paid. Quiet building. Private entrance. Close to all amenities. $385/mth. Phone 933-4319.

CLOSE TO CORNWALL SQUARE, freshly painted 2 bdrm apt. Water/Heat paid. Fridge, stove, air cond., parking, large deck. $425/mth. Call 933-0887.

We buy currently made Snowmobiles for parts or resale
Mac's Marina
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REASONABLE RENT. Main floor 2 bdrm apt. Close to college. Parking, pay own utilities. Quiet tenants preferred with references. Phone 932-2135.

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5 ARTICLES FOR SALE

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

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

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1995 COLUMBIA lawn tractor, 13 h.p., 42" cut. Low hours, $1,000. Phone 937-4890.

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DRY FIREWOOD - hardwood, 4'X8'X16' available; also, cedar kindling, cedar fence posts, pine lumber. Phone 538-2307, Moose Creek, evenings.

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

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

DOWN-TO-EARTH?
SWF, 31, 5'6", brown hair, hazel eyes, cheerful, sarcastic witt, employed student, enjoys music, long walks, art, fishing, camping, seeking honest, humorous, responsible SM, N/S, non-drinker. Ad#.6527

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

NO GAME PLAYERS
SWF, 36, 5'3", blonde, kind, caring, honest, affectionate, enjoys cooking, dancing, crocheting, camping, seeks understanding, patient SM, who is independent. Ad#.8296

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

PEACE & HARMONY
Thoughtful, optimistic SWF, 58, 5'3", blonde hair, blue eyes, enjoys hiking, swimming, fishing, tennis, chess, would like to meet an intelligent, active, N/S SM, who is health-conscious. Ad#.8646

LET'S TALK OVER DINNER
WWWF, 58, blue-eyed blonde, humorous, retired, enjoys good conversation, walking, seeks nice, truthful, fun-loving SWM, with similar interests, for friendship and dating. Ad#.6318

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

RARE FIND
Attractive, fun-loving, romantic SWF, 29, 5'5", brown hair/eyes, enjoys skating, skiing, fishing, camping, seeking loving, caring SM. Ad#.9705

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

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

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

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

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

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

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

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

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

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

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

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

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

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

HAS A SERIOUS SIDE
Employed SF, 27, 5'3", light brown hair, hazel eyes, humorous, enjoys reading, playing guitar, photography, seeks honest, fun-loving, athletic SM, N/S, who loves sports. Ad#.9425

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

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

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

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

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

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

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

READY TO SETTLE
SW mom, 33, 5'7", 150lbs., brown hair, blue eyes, spontaneous, serious, likes to laugh, funny, enjoys reading, walking, knitting, cooking, looking for trustworthy, honest, caring, fun, adventurous SM. Ad#.8337

QUIET TIMES WITH YOU
SWF, 28, 5'4", 100lbs., red hair, blue eyes, fun-loving, affectionate, easy to get along with, employed, enjoys long walks, dancing, movies, seeks a tall, clean-cut SM, who likes to laugh. Ad#.5709

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

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

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

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

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

TELL ME ABOUT YOU
Attractive SWF, 42, good personality, employed, hobbies are sports and camping, seeks compatible SM. Ad#.6535

LET'S TALK OVER DINNER
Attractive, active SW grandmother, 65, 5'2", blonde hair, blue eyes, retired, enjoys writing poetry and short stories, crafts, seeks honest, warm, sincere, dependable S gentleman. Ad#.5930

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

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

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

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

ARE YOU THERE?
SWF, 26, 5'2", brown short curly hair, green eyes, zesty, likes computers, Internet, traveling, country music, seeking trustworthy, honest SM. Ad#.6286

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

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

VOLUPTUOUS
SWF, 47, red hair, outgoing, professional, enjoys cooking, gardening, taking walks, reading, dancing, seeking communicative, caring, warm SM, to spend life with. Ad#.7594

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

THE PERFECT GIRL?
Good-looking, down-to-earth SWM, 30, 5'10", brown hair/eyes, employed, likes relaxing at home, movies, walking, jogging, seeking trusting, kind-hearted, childless SF, who's not a phony. Ad#.5711

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

NO GAMES, PLEASE
Humorous SWM, 48, 5'8", heavyset, brown hair, blue eyes, moustache, enjoys good conversation, gardening, long walks, seeks honest, faithful, straightforward, humorous SF. Ad#.1314

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Females Seeking Females

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

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

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

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

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

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

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

Males Seeking Males

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

- Enter 1 to respond to an ad.
- Enter 2 to browse voice greetings within the age range you specify.
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1973 PONTIAC FIREBIRD Formula, 350, 4 speed, good condition. Hasn't been driven in 7 years. $4,500. or best offer. Ph: 931-3299

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

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

WANT THAT PRIVATE or dealer vehicle, but can't get finance. Call Car-o-line Auto's. We will buy it for you. Call for details, 613-448-2488.

18 BUSINESS OPPOR.

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

22 EMPLOYMENT SERVICES

NO PREVIOUS Computer experience required. Exciting positions now available in computer programming. We will prepare suitable applicants. CMS, 1-800-477-9578.

RESTAURANT BUSINESS AUCTION

THURSDAY, JAN. 15th 7:00 pm sharp!

Business Known as: "Carter's Cafe II"

TO BE SOLD ON SITE: 10 Second Street, West, Cornwall

Popular 32 seat, air conditioned restaurant in central downtown area. This well equipped 'going concern' turnkey operation **will be sold** subject **only** to a minimum bid of $5,000. Business equipment and leasehold only.

TERMS: $1,000 deposit - balance due on closing on or before 6:00pm Saturday, January 17/98.

Realty Broker/Auctioneer
Carson Chisholm Auction Services
St. Andrews West 937-0201

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23 HOME SERVICES

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

ERNIE'S CLEAN-UP SERVICE. Snow removal, painting, yard, basement clean-up and more. Call 938-1684.

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

24 BABYSITTING

EMPTY NEST SYNDROME. Days, nights, and weekends. Reasonable rates. Ontario Street. Hot meals provided. Ask for Charlotte 938-2164.

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

26 BOATS/ MOTORS

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

CALL 933-0015 TO PLACE YOUR AD

29 REAL ESTATE

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

311 Water Street West CONDOMINIUM SUITES



NOW SELLING
Pre-construction Discount

Cathedral Ceilings • Gas Fireplaces
Some Units 1400 sq. ft. • Energy Efficient
F.A.G. System with Air Conditioning • Elevator
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For more information contact the builder

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J.F. Markell Homes Ltd.
CUSTOM HOMES & SALES

34 HOUSES FOR RENT

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

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

35 HOUSES FOR SALE

NEW CONSTRUCTION, 109 Brookside, off Tollgate Rd. East, 2 bdrm semi, FAG, paved drive, patio deck, hardwood floors. $96,900. Markell Homes, 938-3886.

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SETTLE ESTATE. 818 BEDFORD. Lot 40x176, 1 1/2 storey, 4 bdrms, 1 1/2 bath, large kitchen, family room. Reduced $53,000. 931-2870.

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For Sale By Owner



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

OFFICE: 400 square feet

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

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

MOVING-MUST SACRIFICE. **LOW ASKING PRICE $87,500**
BROKERS PROTECTED. CALL NOW FOR AN APPOINTMENT
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Start the year off by resolving to save thousands of dollars on one of these specially-featured properties!



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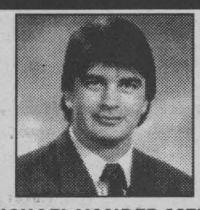

MICHAEL VANDER MEER
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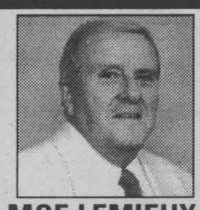

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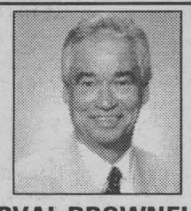

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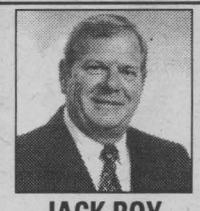
Assoc. Broker 932-7061



JACK ROY
Sales Rep. 931-1290



DIANE BENOIT
Sales Rep. 930-4880



MIKE DeBOER
Broker 938-7802



EAMERS CORNERS
$119,900
(A-MLS 5273) 1218 sq.ft. brick bung. on 73'x110' lot. A must see.
MIKE VANDERMEER 534-2950

DUPLEX $61,900
(A-MLS 0042) 2+1 bdrm., has garage, good for owner-occupied.
MIKE VANDERMEER 534-2950

LONG SAULT
$167,900
(M-MLS 0079) exec. home 1872 sq.ft. brick bung., Blue Maxx const.
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CORNWALL
$69,900
(M-MLS 0082) Side by side. Live in one & let the other pay your mtg.
MIKE VANDERMEER 534-2950



TODD THOMPSON
Sales Rep. 938-0640



JUDI AUGER
Sales Rep. 931-3293



PANORAMIC TOWERS
Unit 308 $70, 900
(A-MLS 0005) 1 br., recently renovated condo, fridge & stove incl.,
MOE LEMIEUX 932-9386



32 BERGIN $174,900
(A-MLS 5228) Commercial bldg for sale or lease, ideal for Medical clinic, private club, community ctr., land assembly or training facility, 2400 sq. ft., parking for 14 cars.
MOE LEMIEUX 932-9386



INGLESIDE $82,000
(O-MLS 5293) 3 bdrm. on spacious lot, porch & deck; fenced area for pets & kids..
MIKE VANDERMEER 534-2950



NEWINGTON $41,500
(O-MLS 5288) repossessed 3 bdrm., many improvements, rec rm w/woodstove
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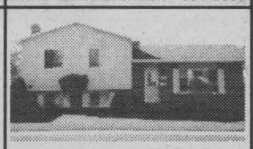

$116,900
(A-MLS 5119)well laid out split, rec rm. w/frpl, interlock drive
MIKE VANDERMEER 534-2950



CHRYSLER $109,500
(N-MLS 5150) just north of village, 1400 sq.ft. bung, 4 yrs. old.
MIKE VANDERMEER 534-2950



MOOSE CREEK $38,900
(L-MLS 0025) Repossessed 6 bdrm. home w/recent addition.
Priced to sell
MIKE VANDERMEER 534-2950



MONKLAND AREA
$73,900
(L-MLS 5096) 3 bdrm. raised bung. with pool, rec rm with woodstove sat. dish
MIKE VANDERMEER 534-2950

58 LEONIA
$82,900
(A-MLS 0051) 1000 sq.ft. bung., recent 100 amps & FAG furnace, main flr. laundry rm, fenced yard, det. garage, good location.
MOE LEMIEUX 932-9386



314 CLARKE $79,900
(A-MLS 0002) 2+2 bdrm. brick semi., possibility of fin. 2 bdrm. in-law suite.
MOE LEMIEUX 932-9386



321 11TH ST. EAST
$69,000
(A-MLS 5308) move right in. New kit., new windows, main fl. family & laundry rooms.
ERIC PEDERSEN 938-9690



$64,900
(A-MLS 5281) commercial zoning. Store + 2 bdrm. apt.
ERIC PEDERSEN 938-9690

NEW LISTING
$79,900
(A-EXC 0086) excellent bung. style semi, 5 bdrms., fin rec rm., hdwd flrs, pool, oak cpbds, large lot & appliances included.
GINETTE CAMPBELL 932-1609



$76,900
(A-MLS 0014) Excellent home w/extra income, 5 bdrms. now being used as a duplex, garage.
GINETTE CAMPBELL 932-1609



CITY $66,000
(A-MLS 0072) clean 3 bdrm. bung., partially fin. bsmt. Too good to be true at this price.
JUDI AUGER 931-3293



HEADLINE RD. E.
(M-MLS 0060) quality fin. 1865 sq.ft., cannot be described in this space. Call to view.
JUDI AUGER 931-3293



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



COUNTRY PROPERTY
(M-MLS 0064) 10 Min. from Cornwall, bung. w/garage, satellite dish as bonus
ROGER VIAU 932-1325



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



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

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

NORTH OF INGLESIDE
$99,900
(O-MLS 0036) 2 yr. old raised bung., 1232 sq.ft., paved rd., 2.3 ac. coral for horses, oak kit. & more
MIKE DeBOER 938-7802



SUMMERSTOWN $62,900
(J-MLS 5306) 2 bdrms. frpl., melamine cupboards,
ON THE WATERFRONT
JUDI AUGER 931-3293



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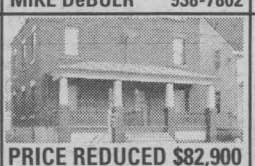

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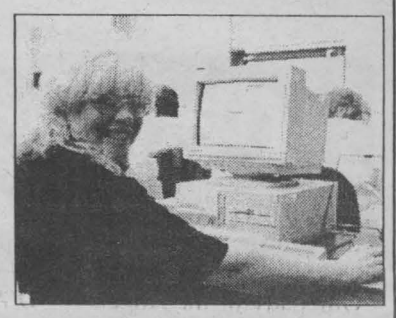

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Obituaries

WELLS - Flora Marie

Passed away at the Hotel Dieu Hospital, Cornwall, on Sunday, November 30th, 1997.

Mrs. Flora Marie Wells, in her 93rd year, born in Avonmore, Ontario, of 33 Adolphus Street South, Cornwall, Ontario.

Dear daughter of the late James Hurtubise and the late Emerance Lalonde.

Beloved wife of William A. Wells.

Loving mother of Conrad Theoret (Claire) of Moose Creek and Rita (Mrs. Laurier Papineau) of Moose Creek.

Also survived by five grandchildren: Therese, Rejean, Claire, Raymond and Patrick and eight great grandchildren: Julie, Brigitte, Philippe, Jason, Philippe, Emily, Justin and Nicolas.

Predeceased by her previous husband, Raoul Theoret and by three sisters, Mrs. Aurea Aube, Mrs. Adeline Gibeault and Mrs. Yvonne Poupart.

The funeral took place on Wednesday, December 3rd, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to Our Lady of the Angels Parish Church. Interment at Our Lady of the Angels Parish Cemetery. Reverend Robert Lavoie of Our Lady of the Angels Parish Church officiated.

The pallbearers were the Nativity Guards.

-LAFAVE - Larry

Mr. Larry Lafave, of Martintown, Ontario, passed away on Thursday, December 11th, 1997, age 54 years.

Larry Lafave is survived by his wife Frances (MacDonald), his mother Mabel Lafave of Cornwall, his sisters Bernadette Lafave of Martintown and Mary Jarvo of Calgary, Alberta. Predeceased by his father Joseph B. Lafave.

Mr. Lafave was well known throughout Stormont, Dundas and Glengarry. During his lifetime he was involved in several business ventures including Lafave Construction Co. Ltd., Lafave Gift Shop, Lafave Leasing Co. and was former owner of Johnny Mac's (The Grand) in Martintown. Larry was an avid sports enthusiast and long time musician. He will be remembered for his spirit, his love of music and his terrific sense of humour.

Mass of the Resurrection was co-celebrated in St. William's Parish Church on December 15th, 1997 by Father Tom Villeneuve and Father Gerald Poirier and assisted by Reverend Mr. Kerry McDonald and Reverend Mr. Larry Gault. Liturgical music was provided by Ms: Nancy Beaudette and Ms. Noella Cotnam with a special tribute by Mr. Gerry O'Neill. Interment was in St. William's Parish Cemetery.

The pallbearers were Melvin (Tucker) Thompson, Gerry O'Neill, Barrie McIntyre, Jim McLeod, Johnny Flaro and Maurice (Beaver) Joncas.

The funeral arrangements were under the capable direction of Wilson's Funeral Home, 822 Pitt Street, Cornwall.

-D'ALESSIO - Rose

Passed away at the Hotel Dieu Hospital, Cornwall, on Saturday, December 13th, 1997.

Mrs. Rose D'Alessio, in her 89th year, born in Cornwall, of 840 McConnell Avenue, Cornwall.

Dear daughter of the late Frank Giannetti Sr. and the late Antoinette Carabucci.

Beloved wife of the late Augustine D'Alessio.

Loving mother of Angela (Mrs. Peter Kehoe) of Kanata; Ms. Marlene Ann Perreault of Cornwall and Don Augustine D'Alessio (Monique) of Cornwall.

Also survived by six grandchildren: Karen-Anne, Erin Rose, Lianne Marie, Sharyn Ann, Lisa Ann and Steven Augustine; six great grandchildren: Ryan, Jason, Kevin, Erik, Melissa and Meaghan.

Dear sister of Frank Giannetti Jr. of Uplands, California.

Predeceased by one son, Norman D'Alessio; two brothers, Dominic and Joseph Giannetti and by two sisters, Mrs. Carmella Spinella and Mrs. Sarah Cerullo.

The funeral took place on Tuesday, December 16th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Columban's Parish Church. Interment at St. Columban's Parish Cemetery. Reverend Jacques Labelle of St. Columban's Parish Church officiated.

The pallbearers were Jason Rivette, Peter Kehoe, Derek Shepherd, Kevin Rivette, Bob Perrault and Johnny DiDiosia.

-SOUMILLON - Denise

Passed away at the Hotel Dieu Hospital, Cornwall, on Sunday, December 14th, 1997.

Mrs. Denise Soumillon, in her 74th year, born in France, of 1137 Guy Street, Cornwall.

Dear daughter of the late Raymond and Leopoldine Desobry.

Beloved wife of Emile Soumillon.

Loving mother of Alain Soumillon of Cornwall.

Dear grandmother of Yves Soumillon of Cornwall.

Dear sister of Raymonde Vandereun.

The funeral took place on Thursday, December 18th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to the Memorial Chapel, followed by cremation at the South Branch Crematorium.

-JACOBS - Arthur William

Passed away in Winchester, on Monday, December 15th, 1997.

Mr. Arthur William Jacobs, in his 86th year, born on July 12th, 1911 in Brockville, Ontario; of Dundas Manor, Winchester; formerly of Pitt Street, Cornwall.

Beloved husband of Hazel Jacobs (nee Dupuis).

Dear son of the late Warren Jacobs and the late Mary McDonald.

Loving father of Dorothy (Mrs. Murray McBain) of Pierrefonds, Quebec and Marian (Mrs. John Yuill) of Mississauga.

Dear brother of Frank Jacobs of Cornwall.

Also survived by four grandchildren and three great grandchildren.

Family and friends were received at the Derry Funeral Home, 326 Augustus Street, Cornwall, on Tuesday, December 16th, 1997.

Father Louis Groetelaars officiated the Mass of Christian Burial at St. Columban's Catholic Church, Cornwall, on Wednesday, December 17th, 1997 at 11:00 a.m. Interment of cremated remains will be held at a later date in St. Columban's Cemetery.

The pallbearers were Brian O'Duffy, Kevin O'Duffy, Murray McBain, John Yuill, Nick Zannella and Guy Reed.

BARTRAM - Alan Edgar

Passed away at the Brockville General Hospital, Brockville, Ontario, on Wednesday, December 17th, 1997.

Mr. Alan Edgar Bartram, in his 82nd year, born in Stockport, U.K., of 41 Amelia Street, Cornwall.

Dear son of the late William Henry Bartram and the late Laura Scott.

Beloved husband of Helen Johnson-Bartram (Ashworth).

Loving father of Stephen Bartram (Susan) of Columbus, Ontario. Loving step-father of Donald C. Johnson of Ocean, New Jersey; Sharon Schmitz of Ingleside and Carol (Mrs. Mark Rubin) of Rumson, New Jersey.

Dear step-grandfather of Ryan and Tim.

Dear brother of Harry Bartram and Freda Bartram both of Burnley, England.

Also survived by several nieces, nephews and cousins.

Predeceased by his previous wife, Joan Pruce and by one brother, Ernest Bartram.

The funeral took place on Friday, December 19th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch, followed by cremation at the South Branch Crematorium.

BOURDON - Mary Edna

Passed away in Orlando, Florida, on Thursday, December 18th, 1997.

Mrs. Mary Edna Bourdon, in her 49th year, born in Cornwall, of 4801 Elderwood Lane, Orlando, Florida; formerly of St. Andrew's West.

Dear daughter of the late Gerald Gault and the late Edna MacDonald.

Beloved wife of Ernest Bourdon.

Loving mother of Julie Bourdon, at home.

Dear sister of Peter Gault (Lise) of Cornwall; Ranald Gault (Maureen) of Calgary, Alberta; Donald Gault (Joan) of Toronto; Joan (Mrs. Patrick Lawson) of Moose Creek and Cathy Gault of Cornwall.

Dear daughter-in-law of Delia Bourdon (Rolland) of Orlando, Florida and in-laws: Jules Bourdon (Michelle) of Kingston; Hubert Bourdon of Orlando, Florida; Beth Tiozzo (Angelo) of Cornwall; Jacques Bourdon (Leena) of Greensboro, N.C. and Murielle Goodfellow of Ottawa.

She will be sadly missed by many nieces and nephews.

The funeral took place on Tuesday, December 23rd, 1997, from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to Blessed Sacrament Church, Cornwall. Interment in St. Lawrence Valley Union Cemetery. Reverend Kelvin Maloney of Blessed Sacrament Church officiated.

The pallbearers were Kelly Gault, Joey Gault, Mario Tiozzo, Mekel Tiozzo, John-Patrick Lawson and Leo Bourdon.

Mrs. Bourdon was a former Nursing Administrative Manager at the Hotel Dieu Hospital and a graduate of St. Joseph's School of Nursing (Class of '69).

FLANIGAN - Shirley Lois

Passed away at the Hotel Dieu Hospital, on Sunday, December 14th, 1997.

Mrs. Shirley Lois Flanigan, in her 71st year, born on September 12th, 1926 in Cornwall; of 316 Gleason Avenue, Cornwall.

Beloved wife of the late Ross Flanigan.

Dear daughter of Harold Hessell of Parisien Manor, Cornwall and the late Ida Maxwell.

Dear friend of J.H. MacMillan of Cornwall.

By previous request of the deceased there was no visitation or funeral. Interment of cremated remains will be at a later date in Woodlawn Cemetery.

The funeral arrangements were under the care and direction of the McArthur Bros. & MacNeil Funeral Home, 428 Second Street East, Cornwall, Gordon T. Fairbairn, Manager.

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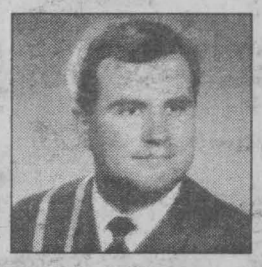

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