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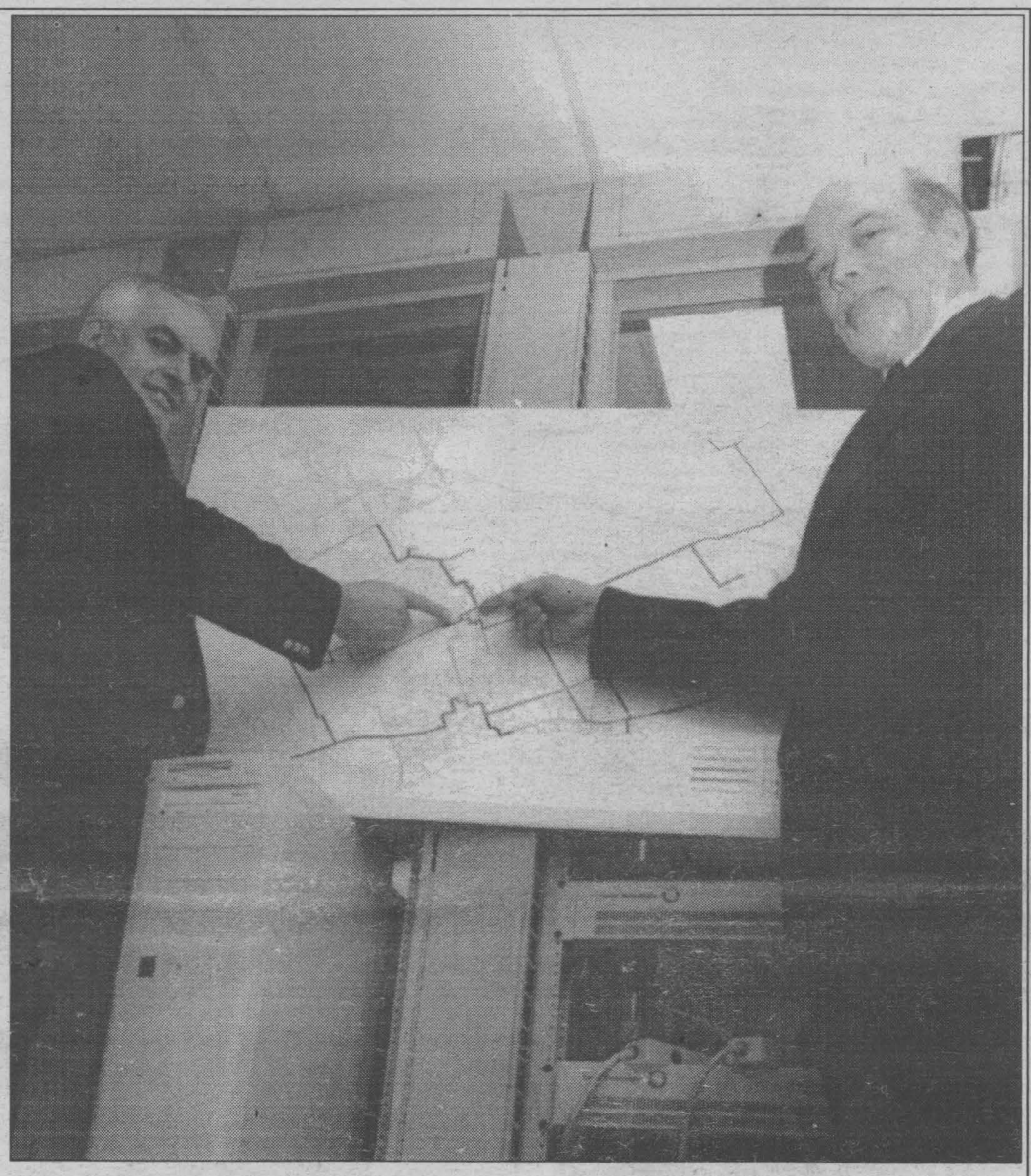
SEAWAY NEWS

November 26, 1999 VOLUME 13, ISSUE 48 SERVING CORNWALL AND AREA

Cornwall District Communications

"Business At The Speed of Light"



Fiber Optics is a branch of optics dealing with the transmission of light through fibers or thin rods of glass or some other transparent material of high refractive index. If light is admitted at one end of a fiber, it can travel through the fiber with very low loss, even if the fiber is curved. The principle on which this transmission of light depends is that of total internal reflection: Light traveling inside the fiber center, or core, strikes the outside surface at an angle of incidence greater than the critical angle, so that all the light is reflected toward the inside of the fiber without loss. One growing application of optical fibers is in local area communication networks.

Unlike long-haul communications, these systems connect many local subscribers to expensive centralized equipment such as computers and printers. This system expands the utilization of equipment and can easily accommodate new users on a network. E-Commerce in Cornwall has become the City's newest technological advance into total high performance communication options. Data sharing, high speed internet connection, video/voice conferencing and disaster recovery is another part of the parcel offered by Cornwall District Communications. To put things into perspective, imagine the power of 11,000 modems all working at once from one location, to bring your business instant access to information!! Using a state-of-the-art data switch from a master location situated at Cornwall Electric, Cornwall District Communications will be able to access information to thousands of clients over a broad spectrum of usage. Strategic placement of junction control boxes throughout the city's core will ensure uninterrupted access for on-line clients at all times. Information on this secure technology can be obtained at www.cornwallcommunications.com or by calling 932-0123.

Local businesses will soon be communicating and doing e-business faster than they've ever been able to before.

Cornwall District Communications is aggressively installing fibre-optic cable throughout the business community and have recently begun providing this state-of-the-art service to several key clients.

With the official opening of CDC and the Cornwall office of Glen-Net, their internet partner, slated for Wednesday, December 1st, followed by a short information seminar, it is anticipated many more businesses will request service to improve their efficiency and business opportunities.

Pictured with their new installation are Ron Eamer of Cornwall Electric and Eric Covington of Glen Net Services.

Story & photo by Aubrey Johnson

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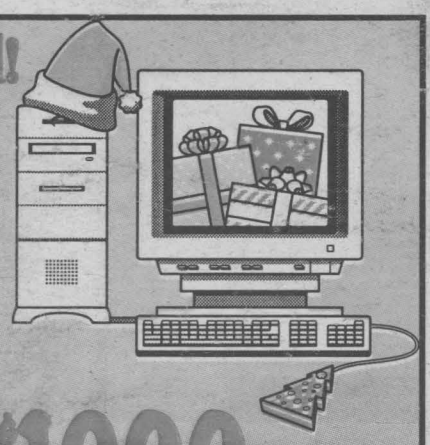

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Blood Donor Clinic

A Scout-Guide Blood Donor Clinic will be held on Thursday, December 9th, 1999 at the Cornwall Armouries on Fourth Street West from 1:00 pm 'til 8:00 pm. Everyone is welcome. You can make an appointment by calling 1-800-264-0680. Our goal this year is 290 units. Give the best gift this Christmas, the gift of life.



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CHERYL LYNCH
INTERIOR DECORATOR

Country Christmas Tradition in S. Dundas

Local business people, crafters and artisans in South Dundas invite you to visit their unique stores for an old fashioned Yuletide celebration. They offer a wide variety of products, gifts, Christmas items, and fingerlicking good food, in an atmosphere of friendly country hospitality. The second annual Country Christmas Tour in South Dundas is set to go on Friday, December 3rd; Saturday, December 4th; and Sunday, December 5th from 10:00 am to 5:00 pm daily. The tour runs in the Williamsburg, Morrisburg, Iroquois area, and you will find it easy to follow the map on the free passports or spot the "Country Tour" signs. Passports can be picked up at many supporting businesses, and at participating locations. Visitors can collect stamps to be eligible for the fabulous gift baskets to be won, donated by participating businesses. A few places on the Tour are: Trillium Goat Farm, Elma; Farmer Di's Country Crafts and Tole Painting, Williamsburg; The Village Antiques and Tea Room and Bed & Breakfast, Williamsburg; Bonnie Richmire's Christmas Display, Williamsburg; Flagg Creek Country Store, Iroquois; Season's Shop and Garden Centre, Mariatown; Smyth's Apple Orchard, Dixon's Corners. Guest vendors include: Eewe-nique Knitting; Brinston Country Flowers; Aberwyvern Farm; Caroline Hedge; Louise Arsenault; and many others.

Hiring Gains on Tap for Cornwall

A seasonal surge in workforce demand is on the horizon for the Cornwall area. That projection is based on results of the First Quarter 2000 Employment Outlook Survey announced recently by Manpower, the worldwide staffing services firm. "For January, February and March, the prospects are more encouraging than usual, as 30% of the Cornwall employers interviewed express plans to step up hiring, while only 7% say they will trim employment rolls. The remaining 63% expect no changes," said Debbie Rioux, local Manpower spokesperson. One year ago, the findings were soft, as 16% said they would increase personnel levels, while another 16% expected decreases. Last quarter, 20% posted plans to recruit more workers and 13% said they would eliminate positions. This winter, job opportunities are most apparent in durable and non-durable goods manufacturing and wholesale/ retail trade. A few reductions are expected in construction. Mixed readings come from services. The new century will mean continued opportunity for job seekers. In the first quarter of 2000, a seasonally strong 21% will add workers, 11% will decrease staff, 64% plan no change and 4% are undecided. The outlook is substantially improved from one year ago when 15% planned additions and 12% expected cutbacks.

Emergency Communication Plan

The City of Cornwall Laidlaw Transit Ltd. and the Seaway Valley Amateur Radio Club are happy to announce their joint efforts in developing an Emergency Communication Plan in th event that our municipality would be without telephone lines or 9-1-1 for an extended perio of time and resulting in a Declared State of Emergency.

This project consists of deploying Laidlaw's school buses to various locations throughout th city to act as relays between the citizens and the first responders. Approximately 27 buse would be parked with signs so that anyone requesting fire, police or ambulance can obtain help.

On Friday, November 26th, 1999, five buses will be deployed and we will test this emergency communication procedure. this exercise should begin at 9:00 a.m. and finish approximately a 11:30 a.m. this exercise will be followed by a debriefing at Laidlaw Transit headquarters situ ated at 120 Tollgate Road.

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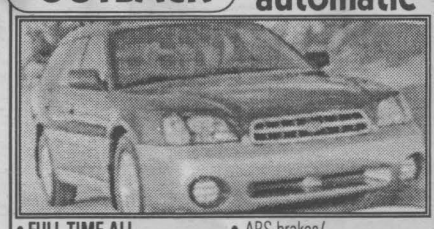

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Annual Fund Raising Campaign for H.O.P.E.

The Group H.O.P.E. (Helping Other People Everyday) have started their annual fund raising campaign with businesses in the Glengarry region. In addition to the financing of a great Christmas Supper, for anyone lonely and/or less fortunate during the holidays, this fund raising will also provide a rescue fund for the remaining of the year. Also, it allows special community activity funds for children. Every year, and now for the 6th consecutive year, businesses are showing a growing interest in supporting H.O.P.E. The group is expecting another great year of contributions for its involvement in the community. For example, during the ice storm 1998, all of us were made aware of the needs in the community. For the occasion H.O.P.E. volunteers got involved and utilized all its food and financial resources to answer to many particular needs during the crisis.

Fund raising letters will be posted to different businesses, and a personalized follow up will be made to particular listed location.

For all your contribution needs or questions, please contact Fund raiser co-ordinator Andre Lefebvre at 525-3260.

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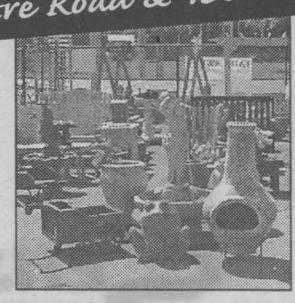

Hwy 138 & Cornwall Centre Road 937-0235

Following the Path



Pictured with Principal Charlotte Rouleau and teacher Moira van Nooten are Iona Academy students Natasha Etherington; Jessica Sommers; Erica Cleary; Julie MacDonald; Sarah Abraham; Geoff Hollis and Patrick Jearond.

Iona, a small island off the west coast of Scotland, was home to an influential Celtic monastery, founded by Columba in 563. In the middle ages it was the site of a Benedictine abbey and over the centuries has attracted many thousands of people on their own pilgrim journeys.

Following in the tradition of the faith and mission set out by Columba, Reverend Duncan Angus Campbell established Iona Academy in 1913.

Situated in the small hamlet of St. Raphael's, Iona Academy is an educational institution committed to seeking new ways of living the Gospel in today's world by exploring more inclusive approaches to education and worship, based on an integrated understanding of spirituality. On November 19th, the staff and students of Iona Academy, led in prayer by Monsignor D.B. McDougald, officially opened their "Iona Academy Rosary Walk" on the grounds surrounding the school. An outdoor trail, marked with fifteen mounted paintings representing the Mysteries of the Rosary and created by the students of the Faith & Mission Club, pays homage to the faith of those who nestle in the cradle of English Catholicism in Glengarry County.

Story & photo by Aubrey Johnson

Police Chief Tony Repa Returns To Bowl For Millions

Police Chief Tony Repa Returns as Chairperson of the 2000 Big Brothers and Big Sisters Bowl for Millions

Plans are underway for the 2000 Big Brothers and Big Sisters Bowl for Millions.

Susan MacDonald, President of the Big Brothers and Big Sisters of Cornwall and District is pleased to announce that Cornwall Police Chief Tony Repa is returning for a second year as the chairperson of the 2000 Bowl for Millions. Chief Repa has been an active member of the Bowl for Millions Committee for the past three years.

MacDonald explains, "Bowl for Millions has been the major fundraising activity of the Big Brothers and Big Sisters of Cornwall and District since 1979."

The 2000 Big Brothers and Big Sisters Bowl for Millions in the City of Cornwall will take place on Saturday, February 12th at Olympia Bowl, Nativity Lanes, and the Bowling Palace of Cornwall.

The 2000 Glengarry Challenge Cup will be held at the Alexandria Lanes on Sunday February 13/00 with Joanne Nadeau serving as co-ordinator.

The 2000 Counties Challenge Cup will take place at the Chesterville Bowling Lanes on Sunday February 20/00 with Dave Bird serving as co-ordinator.

Chief Repa is challenging residents of Cornwall and the Three United Counties of Stormont, Dundas and Glengarry to take part in Bowl for Millions on a team of five or six co-workers, friends, fellow students, committee, club, or family members.

Chief Repa says that a variety of prizes has been lined up for the 2000 Bowl for Millions with the grand prize being $500 donated by the Rotary Club of Cornwall.

Executive director, Brian Lynch, states that the public's continued participation in Bowl for Millions will be greatly appreciated by the local agency and the children it serves.

Lynch says, "Funds raised through Bowl for Millions will enable our agency to continue the work of providing adult friendship and guidance to children in need from lone parent families in Cornwall and S.D.&G."

More information on the 2000 Bowl for Millions can be obtained by contacting the agency office at 933-8035 or by dropping by the office at 101 Third St. W. Cornwall.

Council for A Tobacco-Free SD&G Gears Up For Millennium

(CORNWALL) To launch its millennium activities, the Council for a Tobacco-Free SD&G (CTFSDG) approached Cornwall City Council with a pair of healthy requests: to officially proclaim National Non-Smoking Week (Jan. 16 to 22, 2000) and World No Tobacco Day (May 31, 2000).



CTFSDG has also partnered with Nativity Hall in Cornwall to mark National Non-Smoking Week with a smoke-free bingo night, Jan. 19.

"The local non-smoking bylaw debate triggered more demand for smoke-free environments," says Julie Dyke of the Eastern Ontario Health Unit, and chair of CTFSDG. "Many places in Cornwall are recognising this demand, and this smoke-free millennium bingo night is just a concrete example of what can be done."

Jan. 19 also features the CTFSDG's launch of the provincial Quit Smoking 2000 Contest, with prizes offered to smokers who quit for at least one month. Dyke says quitting requires planning, since nicotine is addictive.

"Quitting smoking comes in steps. It's a process, not an event. This contest gives smokers that extra bit of encouragement they need, plus a chance at a great reward," says George Rouleau of the Addiction Services of Eastern Ontario, and a member of them CTFSDG.

For more information about the CTFSDG, call Julie Dyke at 933-1375.

Winter Fun Fair at Viscount Alexander Public School

Viscount Alexander Public School will be holding a Winter Fun Fair on December 4th from 8:00 am to 11:30 am. There will be a pancake breakfast from 8:00 am until 10:00 am. Santa Claus will be present to visit with the children and there will be a Secret Shop where children can purchase Christmas presents for their parents. A craft corner will be set up where the children can make their own crafts. Other booths will include a book fair and a candy and bake table. A photographer will be available to take photos of children with Santa. For more information please call the school at 932-4131.

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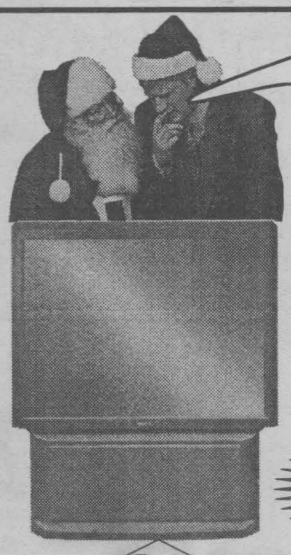

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POLICE FILE

Cornwall Police Service

Richard Primeau, 41 of Lennox St. in Cornwall was arrested and charged with theft under $5000.00 and breach of probation on Nov. 18/99. It is alleged that he removed tools from a vehicle parked at a McConnell Ave. business. The owner of the vehicle returned to find tools being removed by the male, he was held till police arrived. Further investigation lead to the recovery of over $3000.00 in tools that had been removed from the vehicle. The male was released to appear in court on Jan. 10th, 2000.

A vehicle was damaged sometime between the 18th & 19th of November, 1999. The culprit(s) entered a fenced compound on Tenth St. East and broke all the windows of the vehicle as sell as denting the hood, trunk lid and fenders of the vehicle. The vehicle sustained approximately $3000.00 in damages, the investigation continues.

A 20 year old Augustus St. male was arrested and charged on November. 20th, 1999 after police responded to a domestic dispute. It is alleged that he attended his exgirlfriend's residence, broke in and pulled her out of bed by the hair. She was then thrown to the living room floor and threatened with a stick of wood. Prior to leaving the residence the male pulled the phone from the wall. The male faces the following charges, Break & Enter, Assault with a weapon, breach of probation, utter threats to cause bodily harm and mischief under $5000.00. The 21 year old female suffered a cut lip as a result of the assault. The male was held in custody for a bail hearing on Nov. 22nd, 1999.

Adrian Quesnel 32 of Moose Creek was arrested and charged on November 21st, 1999. Police were called to the 600 block of Sydney St. for an unwanted person at approximately 4 a.m. The area was checked with negative results. Police then received a second call 20 minutes later. A check of the area turned up the male hiding in a camper. He was arrested and charged for trespassing at night. The male was also found to be in possession of a substance believed to be marijuana. He was also charged with possession of a narcotic. he was released to appear in court on Dec. 20th 1999.

Four people were charged with allegations of drinking and driving offences between the 20th and th 21st of November, 1999.

William Helmer 29, of Seventh St. East, Cornwall is charged with impaired operation and over .08, he was released to appear in court on Dec. 20th,1999.

Justin General 19, of Hogansburg NY, is charged with impaired operation and over .08, he was released to appear in court on December 20th,1999.

Marc Boudreau 30, of Dewhurst Ave. is charged with impaired operation and over .08 and breach of undertaking he was released to appear in court on December 20th, 1999.Kevin Smith 32, of Moose Mountain NB is charged with impaired operation and over .08, he was held in custody for a bail hearing on November 22nd, 1999.

A 25 year old Snye Quebec male was arrested and charged with assault causing bodily harm on Nov. 23th, 1999. It is alleged that he attended the Race St. residence of his 23 year old girlfriend on November 22, 1999 and a verbal argument ensued. At one point the female was pushed to the floor and kicked to the head. The female required 4 stitches to close a cut to the forehead. The incident was reported to police and the male turned himself in to police on November 23rd, 1999. He was later released to appear in court on January 10th/00.

Culprit(s) caused over $2000.00 in damages when they broke into a Montreal Rd. business on November 22nd, 1999. Nothing appears to have been taken, however extensive damage was done to allow entry and movement within the building. It appears an axe was used to damage walls and doors. The investigation continues.

A 1991 Dodge van reported stolen to the Ottawa Carleton Regional Police on November 21st, 1999 was found adandoned in Cornwall on November 22nd, 1999 on Eight St. West.

A 1993 Plymouth stolen from Cornwall on November 20th, 1999 was recovered by the O.P.P. on November 22nd, 1999. The vehicle was left abandoned in the area of Williamstown.

Two counterfeit Canadian bills were located by area businesses on November 22nd, 1999. The bill's were of a $10 & $20 denomination.

A 1983 Honda CBX5 motorcycle, blue and white in colour was stolen from a Cumberland St. parking lot sometime on the 20th to the 21st of November, 1999.

A Montreal Rd. business was broken into sometime between the 22nd and 23rd of November, 1999. The culprit(s) pried open a door and once inside removed an IBM computer serial #78VTGHR and a Canon projector for a computer serial #19660. The investigation is ongoing.

Crime Stoppers

Each week Crime Stoppers spotlights a crime that has been committed in the area. Crime Stoppers would like to remind you that we need information on all crimes not just the crime of the week.

STORMONT

This week Crime Stoppers is asking for your help in identifying the persons(s) responsible for breaking into a private residence on concession 7 in South Stormont. Culprit(s) gained entry by forcing the front door open .Once inside the residence a lap top computer and jewellery was stolen,

GLENGARRY

This week Crime Stoppers is asking for your help in identifying the person(s) responsible for the theft from motor vehicles at Car Canada dealership in Alexandria. The incident occurred on Sunday October 21st at approximately 8:28p.m. A total of 22 vehicles were damaged and 34 airbags have been stolen. An older model red Oldsmobile or Buick was seen in the area and may have been involved. The vehicle was occupied by two males, one described as tall and skinny, wore glasses and had a moustache.

We need your information, not your name. You will remain anonymous. You will not have to appear in court and you may be eligible for a cash reward. Crime Stoppers, it's your program.

If you have any information on this or any other crime, please call Crime Stoppers at 937-8477 or for long distance callers 1-800-265-8477.

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LIMITED TIME OFFER. No charge running boards and special decal package.

2000 CHEVY BLAZER 4-DOOR NO SURPRISE LEASE GUIDE	
MONTHLY PAYMENT (36 mo/60,000 km)	$358 (plus tax)
CASH DOWN (Includes Freight of $755 and Air Tax of $100)	$4,890
GAS TAX	$400
PRE-DELIVERY INSPECTION	NO EXTRA CHARGE
PST/GST (Incl. Tax On Payment)	$847
SECURITY DEPOSIT	$425
TOTAL AMOUNT DUE ON DELIVERY	$6,920

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $503 (plus tax) – $1,638 due on delivery.

SMARTLEASE $358 OR PURCHASE FINANCE 1.9% OR CASH PURCHASE PRICE $33,658▼
36 MONTHS — UP TO 48 MONTHS. — (INCLUDES FREIGHT OF $755 AND AIR TAX OF $100. LICENCE, INSURANCE AND TAXES EXTRA.)

OUR PRICE INCLUDES FREIGHT, AIR TAX & PDI.

Chevy Blazer 2000

CHEVY BLAZER 2-DOOR
FEATURES:
• Vortec 4300 SFI V6 190 HP Engine • 4-Speed Automatic Transmission • 4-Wheel Anti-Lock Braking System • Air Conditioning • Power Door Locks/Windows/Mirrors • Tilt-Wheel™ and Cruise Control • Next Generation Driver and Front Passenger Air Bags • Locking Differential • Off-Road Suspension • PASSLock™ Theft-Deterrent System • AM/FM Stereo with CD Player • Roof Luggage Carrier • Tinted Glass



2000 CHEVY BLAZER 2-DOOR NO SURPRISE LEASE GUIDE	
MONTHLY PAYMENT (36 mo/60,000 km)	$298 (plus tax)
CASH DOWN (Includes Freight of $755 and Air Tax of $100)	$4,470
GAS TAX	$400
PRE-DELIVERY INSPECTION	NO EXTRA CHARGE
PST/GST (Incl. Tax On Payment)	$775
SECURITY DEPOSIT	$350
TOTAL AMOUNT DUE ON DELIVERY	$6,293

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $431 (plus tax) – $1,456 due on delivery.

SMARTLEASE $298 OR PURCHASE FINANCE 1.9%
36 MONTHS — UP TO 48 MONTHS
CASH PURCHASE PRICE OR $29,578▼
(INCLUDES FREIGHT OF $755 AND AIR TAX OF $100. LICENCE, INSURANCE AND TAXES EXTRA.)
OUR PRICE INCLUDES FREIGHT, AIR TAX & PDI.

Chevy Venture 2000

FEATURES:
• 3.4 Litre 3400 V6 Engine • 4-Speed Automatic Transmission • 4-Wheel Anti-Lock Braking System • Next Generation Driver and Front Passenger Air Bags • Deep Tinted Glass • Air Conditioning • Power Door Locks • Dual Sliding Doors • 7-Passenger Seat Configuration • Tilt-Wheel™ • AM/FM Stereo • PASS-Key™ III Theft-Deterrent System



★★★★★ Five Star Safety Rating
Chevy Venture is the first vehicle* ever to earn 5 stars (the top safety rating) for both driver and rear-seat passenger in side-impact testing. **Side-impact air bags are standard on Chevy Venture.

2000 CHEVROLET VENTURE NO SURPRISE LEASE GUIDE	
MONTHLY PAYMENT (36 mo/60,000 km)	$248 (plus tax)
CASH DOWN (Includes Freight of $895 and Air Tax of $100)	$4,290
GAS TAX	NOT APPLICABLE
PRE-DELIVERY INSPECTION	NO EXTRA CHARGE
PST/GST (Incl. Tax On Payment)	$681
SECURITY DEPOSIT	$300
TOTAL AMOUNT DUE ON DELIVERY	$5,519

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $373 (plus tax) – $879 due on delivery.

SMARTLEASE $248 OR PURCHASE FINANCE 1.9%
36 MONTHS WITH 2.9% LEASE RATE — UP TO 48 MONTHS
CASH PURCHASE PRICE OR $24,498▼
(INCLUDES FREIGHT OF $895 AND AIR TAX OF $100. LICENCE, INSURANCE AND TAXES EXTRA.)
OUR PRICE INCLUDES FREIGHT, AIR TAX & PDI.

Chevy Silverado V6 Regular Cab 2000

FEATURES:
• Vortec 4300 SFI 200 HP V6 Engine • 4-Speed Automatic Transmission with Overdrive and Tow/Haul Mode • Air Conditioning with Interior Filtration System • 4-Wheel Disc and 4-Wheel Anti-Lock Braking System • 40/20/40 Split Front Seat with Custom Cloth Trim • Full Instrumentation including Tachometer, Engine Hour Meter and Driver Message Centre • AM/FM Stereo • Automatic Headlights • Chrome Wheels/Grille and Bumpers • Tilt-Wheel™ Steering • PASSLock™ II Theft-Deterrent System



2000 CHEVY SILVERADO V6 REGULAR CAB NO SURPRISE LEASE GUIDE	
MONTHLY PAYMENT (36 mo/60,000 km)	$288 (plus tax)
CASH DOWN (Includes Freight of $940 and Air Tax of $100)	$3,160
GAS TAX	NOT APPLICABLE
PRE-DELIVERY INSPECTION	NO EXTRA CHARGE
PST/GST (Incl. Tax On Payment)	$517
SECURITY DEPOSIT	$350
TOTAL AMOUNT DUE ON DELIVERY	$4,315

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $384 (plus tax) – $892 due on delivery.

SMARTLEASE $288 OR PURCHASE FINANCE 4.9%
36 MONTHS — UP TO 48 MONTHS
CASH PURCHASE PRICE OR $23,888▼
(INCLUDES FREIGHT OF $940 AND AIR TAX OF $100. LICENCE, INSURANCE AND TAXES EXTRA.)
OUR PRICE INCLUDES FREIGHT, AIR TAX & PDI.

Chevy Silverado V8 Extended Cab 2000

FEATURES:
• Vortec 4800 SFI 270 HP V8 Engine • Automatic Transmission with Overdrive and Tow/Haul Mode • Air Conditioning with Interior Air Filtration System • 4-Wheel Disc and 4-Wheel Anti-Lock Braking System • 40/20/40 Split Front Seat with Custom Cloth Trim • Full Instrumentation including Tachometer, Engine Hour Meter and Driver Message Centre • Chrome Wheels/Grille and Bumpers • AM/FM Stereo with Cassette • Tilt-Wheel™ Steering • Automatic Headlights • PASSLock™ II Theft-Deterrent System



2000 CHEVY SILVERADO V8 EXTENDED CAB NO SURPRISE LEASE GUIDE	
MONTHLY PAYMENT (36 mo/60,000 km)	$368 (plus tax)
CASH DOWN (Includes Freight of $940 and Air Tax of $100)	$3,540
GAS TAX	NOT APPLICABLE
PRE-DELIVERY INSPECTION	NO EXTRA CHARGE
PST/GST (Incl. Tax On Payment)	$586
SECURITY DEPOSIT	$425
TOTAL AMOUNT DUE ON DELIVERY	$4,919

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $479 (plus tax) – $1,101 due on delivery.

SMARTLEASE $368 OR PURCHASE FINANCE 4.9%
36 MONTHS — UP TO 48 MONTHS
CASH PURCHASE PRICE OR $27,888▼
(INCLUDES FREIGHT OF $940 AND AIR TAX OF $100. LICENCE, INSURANCE AND TAXES EXTRA.)
OUR PRICE INCLUDES FREIGHT, AIR TAX & PDI.

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CHEVROLET Oldsmobile GM

in & around CORNWALL

Working Group Established

Mayor Brian Sylvester announced today that the City of Cornwall's Department of Economic Development in partnership with a number of public and private sector interests has established a 'working group' to enhance and further develop the community's high technology/new economy sector. This action is the result of numerous discussions over the past several months involving various stakeholders interested in developing the City's potential in this growing segment of the world economy.


SYLVESTER

Members of the working group include: Mark Smelko - Thompson Rosemount Group; Denis Thibault - Eastern Ontario Training Board; Tom Kaneb - Sigma Point Technologies; Jim McLennan - Human Resources Development Canada; Peter Gault - Busitech; Pat Finucan - St. Lawrence College; Sandy Cameron - M. Jean Cameron Real Estate Limited; Paul Fitzpatrick and Mark Boileau - Cornwall Economic Development.

To assist the working group in its efforts, the services of the Doyletech Corporation of Ottawa have been obtained. Doyletech Corporation has been a leading provider of business planning services since 1981. The firm's principals have backgrounds and experience in new venture formation, small business management, business strategy, and market research. They also have experience in communicating with angel investors and venture capitalists. The firm's Founder, Denzil Doyle, is a well-known figure in Ottawa's high tech community (biographical information attached).

Doyletech will assist the working group in examining a *grow-your-own strategy* where the emphasis is on the creation and growth of locally-owned companies, and a *linkages strategy* where the emphasis is on establishing linkages with technology-based companies in other communities. Also, Mr. Doyle and his firm will present a seminar in Cornwall on December 8th entitled *Starting & Growing New Economy Companies*..

Mayor Sylvester said: "It is well known that technology development will continue to have a major impact on the economy in the years ahead and therefore it is imperative that we direct our efforts to examining the opportunities that exist for our area. I am delighted with the enthusiastic response received from the various individuals who are actively working with city staff on this initiative."

Patrons For The Cause



The Canadian Liver Foundation's mandate is to reduce the incidence and impact of all liver diseases. The Foundation provides support for research and education into the causes, diagnosis, prevention and treatment of liver disease. Gerard Bingley and Pauline Bray, co-chairs of the Fourth Annual Dave Ezard Memorial Walk, which will take place on March 19th, 2000, recently announced that Cornwall Police Chief Tony Repa and his wife Anne-Louise have accepted to be patrons for the annual event.

Pictured are Denise Proulx, Past President; Karen Morrison, Regional Director Eastern Ontario; Cornwall Chief of Police Tony Repa; Anne-Louise Repa.

Story & photo by Aubrey Johnson

Downtown Gets Spruced Up

Cornwall--If you haven't checked out the Pitt Street Promenade lately, now's the time. The City's principal downtown artery is spruced up, shined up, and eager to show itself off.

The ambitious "Downtown facades" project, sponsored by the Business Property Owners Association with assistance from Human Resource Development Canada has come to a highly successful conclusion with close to 20 businesses getting everything from a quick makeover to a major facade retrofit. The result is a $250,000 investment in the area and an upscale and consumer friendly look to the Downtown which is winning rave reviews from all sectors of the community.

The partnership saw the cost of the improvements shared between participating businesses and Human Resources Development Canada. A number of buildings underwent various levels of upgrade and, local tradespeople gained welcomed employment. In addition to that employment, project participants enhanced existing skills and acquired new ones which have assisted some of them in securing full time employment. With the demand for construction workers on the rise, these new found skills will serve the remaining participants well as they seek to re-enter the workforce.

Some of the highlights include the delightfully refurbished storefront of Life's Little Pleasures and the beautiful arched window re-discovered atop the Freeman building. Other attractive upgrades can be observed at Gordon's Jewellers as well as the new face of the Downtown Diner.

In addition to the partnership arrangement, private business people have been quick to get involved and have undertaken upgrades of their own. Of note are the Brookgate Investments block just north of Second Street along with its next door neighbour, the Mc Donald & Duncan Law offices.

While the project has come to an end, its legacy will live on as Cornwall's downtown takes on a vibrant new look and readies itself for the growth and prosperity in the new Millennium.

Carnival 2000

Carnival2000 is on track to be a fabulous winter event and organizers are anticipating huge crowds. The magical affair begins on Tuesday, February 1 and continues until the following Sunday.

Volunteers are the key to success for the Carnival itself and all kinds of Cornwallites are already involved. Those folks would like to throw out an invitation to you, Join in the fund and be a part if the festivities.

We are looking for volunteers both for overnight security and to help with children's activities in Lamoureux Park on February 5th and 6th , 2000.

Be part of the magic and join with us in making Carnival 2000 the most memorable one yet. How can you get involved?? It's as simple as picking up the phone.

Contact "Anne" at 932-5180

Tell her you want to be part of the magic and leave the rest to her.

Cleary Addresses Doctor Shortage

Queen's Park-John Cleary, M.P.P. for Stormont-Dundas-Charlottenburgh, spoke in the Legislature arguing the provincial government to take immediate action to address the problem of doctor shortages in our community.


CLEARY

Mr. Cleary cited statistics showing that the number of family physicians practicing in the city of Cornwall was 25% below the Ministry of health's norm for a city the size of Cornwall.

Instead of having a norm of 41 doctors, Cornwall currently has 30 family physicians actively practicing medicine and the figure represents a 10% decline from a few years ago according to the MPP.

Cleary pointed out that various groups in the City have publicly expressed their concern on the matter and he cited a current shortage in the number of general practitioners, orthopedic surgeons and obstetricians.

"Forget the tax cut and put the resources into providing more resources into providing greater incentives for doctors to locate outside of Metro, especially family physicians. Give Easter Ontario the same break as the North to try to attract specialists," Cleary urged the government.

"The time for studies is over, it's time for action-now," he concluded.

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92 Pontiac Sunbird 4 cyl., 5 spd., only 154,000 kms, red, safetied Christmas Special $3230	**93 Ford Tempo** 4 dr., GL 4 cyl., auto., air. cond., green, safetied Christmas Special $3720	**89 Ford Aerostar Cargo Van** 6 cyl., auto., white, safetied "hard to find one" Christmas Special $2730	**90 Hyundai Excel** 4 dr. Sedan, 4 cyl., auto., p.s., low mileage, safetied "runs great" Christmas Special $2470	**90 Mazda Protege** 4 dr. Sedan, 4 cyl., 5 spd., p.w., only 160,000 kms, safetied, "gas miser" Christmas Special $2760	**92 Mercury Topaz** 2 dr., 3.0 litre engine, 5 spd. black, safetied, "sport pkg." Christmas Special $3990	**88 Chev. Cavalier Z24** 2.8 fuel injected, 5 spd. trans., black, as is, "runs super" Christmas Special $2440
89 Ford Tempo GLS 4 dr. Sedan, 4 cyl., auto, loaded, custom sport pkg. only 109,000 kms, safetied Christmas Special $2570	**93 Ford Aerostar** 6 cyl., auto., air cond., 7 pass., only 149,000 kms, grey, safetied Christmas Special $5360	**93 Ford Tempo GL** 2 dr. Coupe, 4 cyl., 5 spd. trans., only 103,000 kms, blue, safetied Christmas Special $3160	**91 Ford Explorer XLT 4X4** fully loaded, 4 litre engine, 4 spd. auto., white, safetied Christmas Special $6190	**90 Ford Taurus** 4 dr., 6 cyl. auto., loaded, "excellent car", grey, only 119,000 kms, safetied Christmas Special $2880	**88 Chrysler Dynasty** 4 dr. Sedan, 3.3 litre auto. trans., "great family car" low mileage, safetied Christmas Special $2720	**94 Ford Tempo GL** 4 dr. Sedan, 4 cyl. auto "sport pkg." "a real steal" maroon, safetied Christmas Special $3450
90 Ford F150 S/CAB 6 cyl., auto., loaded "low mileage" safetied Christmas Special $6440	**77 GMC Blazer 4X2** V8 auto. trans., "a real beauty" grey, safetied Christmas Special $2490	**90 Pontiac Sunbird** 4 cyl., 5spd. trans., "great winter car" "must be seen" as is Christmas Special $1950	**89 Hyundai Excel** 4 dr., 4 cyl., auto., p.s., only 76,000 kms, safetied "local trade in" Christmas Special $2430	**91 Plymouth Voyager** 6 cyl., auto., 5 passenger "room & economy" combined safetied Christmas Special $3310	**91 Ford T-Bird** "What An Engine!"5.0Litre high output, auto. trans., loaded "runs great" as is Christmas Special $2500	**90 Dodge Caravan** 3.0 engine, auto., fully loaded, 7 passenger, safetied "a real beauty" Christmas Special $3660

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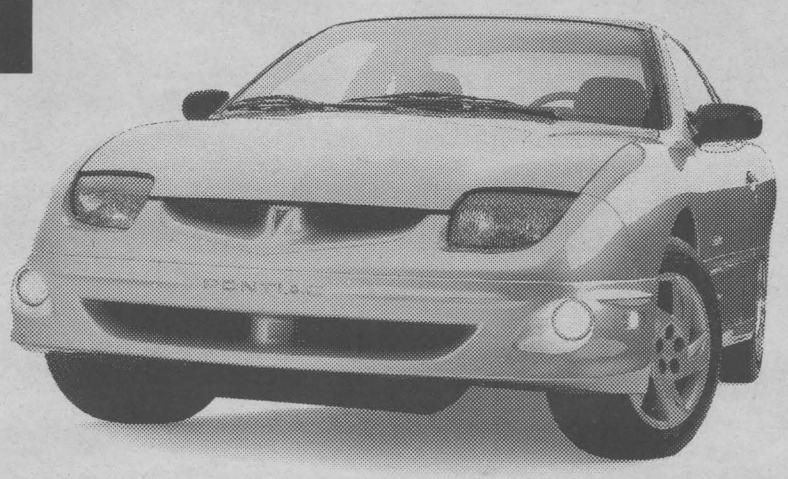
SUNFIRE 2000 VALUE PACKAGE

5-SPEED GETRAG TRANSMISSION • 6-SPEAKER CD PLAYER
• Upgraded 15" Wheels • Anti-Lock Brake System • PASSLock® II Security System • 2.2 L 115 HP Engine • Tinted Glass • Rear Spoiler



Add Air Conditioning OR Automatic Transmission for an additional $15¥ a month on your SMARTLEASE Payment. OR get both for an additional $30¥ a month.

GRADUATE PROGRAM $1000 OFF THE PURCHASE OR LEASE OF A NEW GM VEHICLE

LEASE OPTIONS

Down Payment	Lease Payment	Total Due On Signing
$0	$231	$1,433.90
$1,520	$188	$3,132.45
$3,000	$146	$4,786.15

Total due on signing includes down payment, freight, security deposit, 1st month's payment plus taxes. Licence, insurance, P.P.S.A. and admin. fees extra.

PONTIAC SUNFIRE BUILT FOR DRIVERS

36 MONTH SMARTLEASE $188* per month/$1,520 down payment, $680 freight and $300 security deposit required

1.9% Lease Rate up to 36 months or Purchase Financing up to 48 months‡

CASH PURCHASE PRICE $16,158† excludes freight $680

2000 PONTIAC SUNFIRE SEDAN

PONTIAC SUNFIRE BUILT FOR DRIVERS

SUNFIRE 2000 VALUE PACKAGE

REMOTE KEYLESS ENTRY WITH AUDIBLE ALARM THEFT SYSTEM • Power Locks • Air Conditioning • 4-Speed Automatic with Enhanced Traction System • Anti-Lock Brake System • Cruise Control • AM/FM Cassette • 2.2 L 115 HP Engine • Upgraded 15" Wheels • PASSLock® Theft-Deterrent System • Rear Spoiler



GRADUATE PROGRAM $1000 OFF THE PURCHASE OR LEASE OF A NEW GM VEHICLE

LEASE OPTIONS

Down Payment	Lease Payment	Total Due On Signing
$0	$261	$1,468.40
$1,520	$218	$3,166.95
$3,000	$176	$4,820.65

Total due on signing includes down payment, freight, security deposit, 1st month's payment plus taxes. Licence, insurance, P.P.S.A. and admin. fees extra.

36 MONTH SMARTLEASE $218* per month/$1,520 down payment, $680 freight and $300 security deposit required

1.9% Lease Rate up to 36 months or Purchase Financing up to 48 months‡

CASH PURCHASE PRICE $18,698† excludes freight $680

2000 PONTIAC GRAND AM

2.4 Litre Twin Cam 150 HP Engine
• 4-Speed Automatic Transmission with Enhanced Traction System • 4-Wheel Anti-Lock Braking System • 4-Wheel Independent Suspension • Next Generation Driver and Front Passenger Air Bags • PASSLock® Theft-Deterrent System • AM/FM Stereo Cassette • Power Door Locks • Air Conditioning • Tilt-Wheel™ • Rear Spoiler



PONTIAC GRAND AM BUILT FOR DRIVERS

LEASE OPTIONS

Down Payment	Lease Payment	Total Due On Signing
$0	$332	$1,696.05
$2,430	$258	$4,305.45
$4,000	$211	$6,056.90

Total due on signing includes down payment, freight, security deposit, 1st month's payment plus taxes. Licence, insurance, P.P.S.A. and admin. fees extra.

CHOOSE 2 DOORS OR 4 DOORS

36 MONTH SMARTLEASE $258* per month/$2,430 down payment, $720 freight and $300 security deposit required

PURCHASE FINANCE 1.9% Up to 48 months‡

CASH PURCHASE PRICE $20,668† excludes freight $720

2000 PONTIAC GRAND PRIX GT

CONSUMERS DIGEST BEST BUY www.consumersdigest.com

3.8 Litre Series II V6 200 HP Engine
• 4-Speed Automatic Transmission with Enhanced Traction System • 4-Wheel Anti-Lock Braking System • Next Generation Driver and Front Passenger Air Bags • PASS-Key® III Theft-Deterrent System • Wide Track Stance • Remote Keyless Entry • AM/FM Stereo with CD • 16" Aluminum Wheels • Air Conditioning • Rear Spoiler • Rear Seat Pass-Thru • Power Windows/Locks • Tilt-Wheel™ • Cruise Control



PONTIAC GRAND PRIX BUILT FOR DRIVERS

LEASE OPTIONS

Down Payment	Lease Payment	Total Due On Signing
$0	$400	$1,981.50
$2,700	$318	$4,892.20
$5,000	$249	$7,382.85

Total due on signing includes down payment, freight, security deposit, 1st month's payment plus taxes. Licence, insurance, P.P.S.A. and admin. fees extra.

CHOOSE 2 DOORS OR 4 DOORS

36 MONTH SMARTLEASE $318* per month/$2,700 down payment, $835 freight and $375 security deposit required

CASH PURCHASE PRICE $26,858† excludes freight $835

PONTIAC MONTANA M2K

3.4 Litre V6 185 HP Engine • 4-Speed Automatic Transmission • 4-Wheel Anti-Lock Braking System • Next Generation Dual Front and Seat-Mounted Side Air Bags • PASS-Key® III Theft-Deterrent System • Power Windows/Door Locks • Dual Power/Heated Mirrors • Dual Sliding Doors • Air Conditioning • AM/FM Stereo • Deep Tint Glass • Tilt-Wheel™

PONTIAC MONTANA BUILT FOR DRIVERS

LEASE OPTIONS

Down Payment	Lease Payment	Total Due On Signing
$0	$358	$1,865.95
$3,460	$258	$5,605.07
$6,000	$184	$8,440.85

Total due on signing includes down payment, freight, security deposit, 1st month's payment plus taxes. Licence, insurance, P.P.S.A. and admin. fees extra.

★★★★★
FIVE STAR SAFETY RATING
Pontiac Montana has been awarded 5 stars (the top safety rating) for both driver and rear-seat passenger in side-impact testing.**



36 MONTH SMARTLEASE $258* per month/$3,460 down payment, $895 freight and $300 security deposit required WITH 2.9% LEASE RATE OR

PURCHASE FINANCE 1.9% up to 48 months‡ OR

CASH PURCHASE PRICE $24,458† excludes freight $895

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Festival of Trees: A Beautiful Thing

The weather wasn't wintery, but through the magic of creativity and music, the Cornwall Armoury was once again transformed into a winter wonderland for children of all ages. From Thursday November 18 to Sunday the 21st, the Lung Association once again brought the Festival of Trees to Cornwall.

Project Coordinator Gaye Adams and Design Chair Cathy Winter expressed their appreciation for the overwhelming assistance provided by the area's corporate sponsors and the many dedicated volunteers and local businesses that got involved in the fun-filled fun raiser.

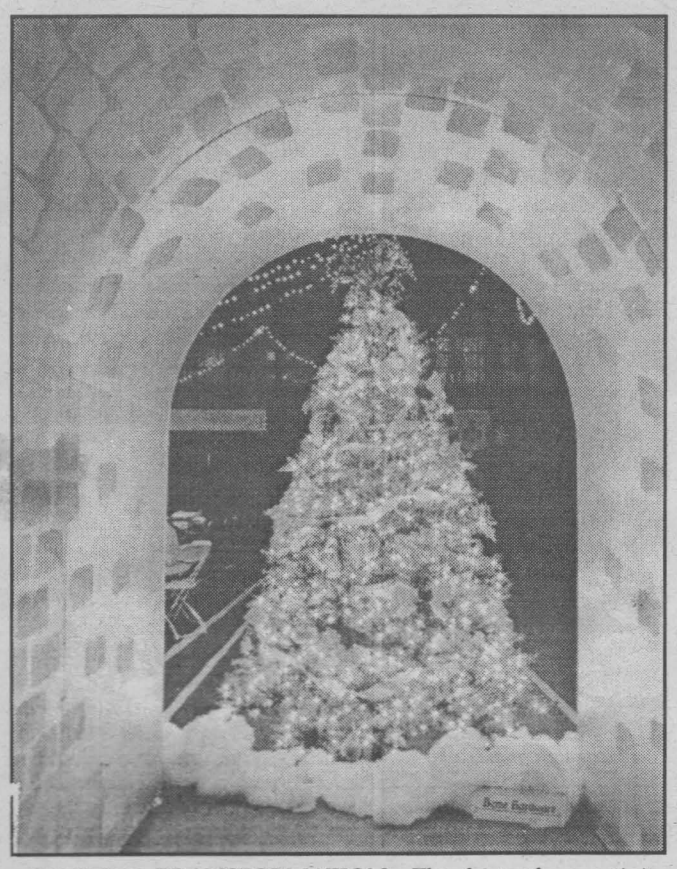


Nick
WOLOCHATIUK

This year's theme was "A Christmas Carol". Events included a children's breakfast with Santa, the Seniors' Showcase, a performance of "What in the Dickens is This?" (Directed by Alun Seguin), The Royal Gala, with the final event being Sunday's Christmas Brunch.

Specially decorated Christmas trees were created by four area schools: Eamers Corners P.S., Sacred Heart, St. Anne's, and Long Sault P.S.

This event is the largest local fund-raiser for the Lung Association, with proceeds going toward the work of The Lung Association, Cornwall area.



MAGICAL TRANSFORMATION - Thanks to the creativity of many volunteers, masterpieces such as this arch and gaily decorated Christmas trees, visitors all but forgot they were in an armory, the home of the SD&G Highlanders and three cadet units.

(Photo by Nick Wolochatiuk)



SURE NOT A MESS HALL! - This is one of the fine Dickens-era settings created for this year's Festival of Trees. The Dickinsville Christmas Shoppe was a new feature for adults, Santa's Secret Shop was a popular repeat for children.

(Photo by Nick Wolochatiuk)



ALL THREE DELIGHTED - Design Chair Cathy Winter (left), Saint Nick, and Project Coordinator Gaye Adams celebrated the fact that this year's Festival of Trees was a resounding success, an event enjoyed by all.

(Photo by Nick Wolochatiuk)

Pennies from Heaven

The United Way of Cornwall and District in conjunction with Cornwall Square, Variety 104.5 FM and Blaze 101.9 FM are holding a special event on Saturday, November 27th, 1999 to promote the United Way to the Maximum on this day.

Cornwall Square, Variety 104.5 FM and blaze 101.9 FM will be encouraging all their friends and customers to bring their collection of pennies and other Canadian coins to the Square for a weigh-in on their special scales. The individual who brings in the heaviest weigh-in will receive first prize of two round trip VIA first class tickets donated by VIA Rail. Coins can be rolled or loose. Each individual who brings in their pennies or other coins will receive a ballot. Second prize will be $100.00 mall coins. The weigh-in Judge shall have the final word on all coins to be weighed if a controversial question arises. The Judge's ruling is final.

Please plan to bring in your pennies and other Canadian coins for the weigh-in and win a major prize.

We look forward to seeing you on Saturday, November 27th, 1999 from 12:00 P.M.-6:00 P.M.

Children's Christmas Fund

The Cornwall Service Club Council received a boost today from The St. Lawrence College Students Union and Avonmore Teen Singer - Justena, for it's Children's Christmas Fund program. "It's Christmas time and as a Cornwall resident I know the need for help at this time of year", explains Student Union President, Claude Gratton. The Service Club Council's program is ran each year to help with ensuring all area children enjoy what is probably the most important day of the year to many.

On December 18th, Justena will perform a four hour show at Union Station, in St. Lawrence College beginning at 9:00 p.m. . Admission is by cash donation, with proceeds being donated to this years fund. "I will be doing a lot of Rock & Roll, some upbeat country, and some of the newer pop/light rock music as well", explains Justena. The performance is an energetic show, well suited for those who love to dance.

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(613) 933-0014 Fax (613) 933-0024 email: snews@seawaynews.on.ca

Seaway News is a member of the Canadian Community Newspapers Association and the Ontario Community Newspaper Association

Publisher: R.N. Aubry
General Manager & Editor: Rick Shaver
Sales Representatives: Bill Snelgrove, Arlene Hulls, Robin Cameron
Design Services: Jennifer Mayer, Colleen Benton, Angela Preston
Office: Diane Lafrance, Deena Dufresne
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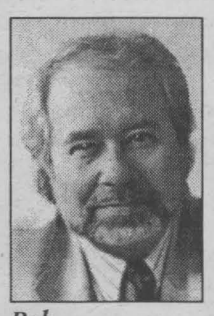
EDITORIAL OPINION

PERSPECTIVE

Has A Child Abuse Sex Ring Been Operating In Cornwall?



Bob **ROTH**

Last week I got my statistics wrong regarding child sexual abuse charges laid by Project Truth. Detective Inspector Pat Hall who heads up Project Truth was kind enough to phone me and let me know that to date Project Truth has only charged 12 people, not 20 as I said in my column last week.

So, let's clear up the facts.

Since 1993, 19 people (not 20) have been charged, convicted or have committed suicide in connection with child sexual abuse allegations in the community.

However, only 12 were charged under Project Truth. The other incidents were not officially linked to Project Truth; some occurred prior to its formation and some involved Cornwall Police Service investigations.

Seven of those 12 charged by Project Truth have close connections to the Catholic Church or school system. They include three priests, one Catholic "brother", a former bus driver with the Catholic School Board, the former lawyer for the Diocese of Alexandria-Cornwall (who was also head of the Catholic School Board at one time), and a former Crown Attorney who represented the priest in question in the $32,000 hush money payoff regarding allegations of altar boy abuse. (Incidentally, this latter man was given the highest order the Catholic Church can bestow on a layman for good Christian behavior.

Although he was subsequently charged with and pleaded guilty to obstruction of justice for his role in the payoff, the church has yet to rescind his award. He now faces charges of sexual assault on young boys.)

The remaining five charged under Project Truth include four former businessmen and a former Coroner for the City of Cornwall who was also the former team doctor for the Cornwall Royals hockey club.

The other seven people to whom I referred — who have either been charged, convicted or committed suicide during child abuse investigations since 1993 — include a Catholic School teacher, a speech therapist, two former probation officers, a former senior official with Canada Manpower, a former City of Cornwall park leader who also happens to be the son of a former Cornwall police chief, and a former Lancaster Township reeve who also happens to be the father of an SD&G Crown Attorney.

Three of those listed above have committed suicide.

This list is not your typical parade of low-life, is it?

The fact that many of these people had close connections — linked through the church, the legal system and socially — has caused more than one observer to suggest that an organized pedophile ring was (and maybe still is) at work in the Cornwall and SD&G area.

Evidence has been submitted alleging that sex orgies and parties took place in the Cornwall area as well as a Florida vacation spot

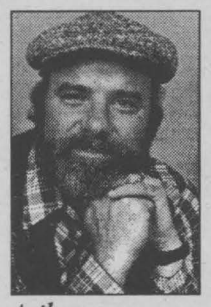
The theory of an organized ring (protected by the socially powerful) is plausible — certainly plausible enough to warrant a full probe.

The direct involvement of influential church, police and court officials in this whole matter makes it particularly important to assure the public that yet another cover-up is not taking place.



BASIC BLACK

Advertising: The Not-Quite Exact Science



Arthur **BLACK**

Let us consider the phenomenon of advertising. Some folks call it the bane of communication in the twentieth century, but it's been around a lot longer than that. Elizabethan town criers hollering 'Oyez! Oyez! in Hyde Park? Advertising. Lady Godiva riding bareback (and bare everything else) through the streets of Coventry? More advertising. When you think about it, advertising has been ever with us. Marshall MacLuhan called it "the cave art of the twentieth century".

Like all art, some of it is good and some of it is awful. I for instance, have decided I will never purchase so much as a footstool from U-NIT-ED FURNITURE WARE-HOUSE! because their television ads are so annoying.

At the other extreme, there is the classic TV ad for Volkswagen. You remember the one? It opened on a blizzard scene while a voice asked if we ever wondered how a snowplow driver gets to work. Then they show a humble VW Beetle in the middle of a field of snow. We hear it start, we see its headlights come on, we watch it crawl steadily, dependably across our television screen. End of ad.

That ad showed no actors, no celestial choirs, no endless highways, no special-effects bells and whistles -- it was so simple it was even shot in black and white!

Ad people still speak reverentially of "the Snowplow ad" nearly forty years after it first aired.

At the other end of the spectrum there is the "Just For Feet" television commercial which didn't even survive one year. Advertising people call that one the "Ad from Hell".

It all started with a prosperous, but not terribly well known shoe company called Just For Feet is a company that sells running shoes. In an effort to make themselves famous they blew their advertising budget, hired the best agency they could find and signed up for the most expensive advertising slot available. The ad agency was Saatchi and Saatchi. They assigned their most creative people to the Just For Feet account. They came up with an ad and showed it to the Just For Feet president. He hated it, but the ad guys told him to relax. It would work like a dream. It was the best thing the agency had ever done. You stick with shoes, they told him. We'll take care of the advertising.

Chances are you didn't see the Just For Feet ad -- it didn't run long -- but then it didn't have to. It was scheduled to run during one of the most coveted -- and expensive -- time slots there is -- the third quarterof Super Bowl 99, when something like 127 million people around the worldwould be glued to their TV sets. In a spot like that, the advertising agency has as much riding on a successful ad as the client does. Everybody wants it to be Just Perfect. Like -- you know -- that Snowplow VW thing.

What went on the air was an ad that showed a squad of grim-looking white commandos riding through the desert in a military Humvee. They are tracking the footprints of a barefoot black runner. One of the bad guys drives ahead and offers the runner a cup of water laced with a knockout drug. The runner gulps it down, swoons and falls to the sand. While he's lying there, the bad guys gather round, force a pair of running shoes on his feet, and disappear. We see the runner come to, look at his Nike-shod feet, start screaming and shouting "No! No!". In the last shot, we see him running hysterically across the sand trying to shake the shoes off his feet.

And this ad runs during the Super Bowl where more than a hundred million people can see it. As a writer for the magazine Advertising Age put it:

"Have these people lost their minds?"

Instead of making the world feel warm and fuzzy about running shoes, the ad made people go ballistic. The New York Times called it "appallingly insensitive". The Des Moines Register suggested Just For Feet should change its name to Just For Racists. Other critics called the company neo-colonialist, condescending -- even drug pushers.

What was supposed to be the greatest moment for Just For Feet became instead its greatest nightmare.

Their reputation was shot and so was their budget -- the company had shelled out $3 million U.S. to hire the agency; $1.7 million to purchase the time slot and another $ 2 million on newspaper ads urging readers not to miss the great Just For Feet commercial in the third quarter of the Super Bowl.

The Ad from Hell has cost Just For Feet nearly $7 million -- not counting the lost customers.

And that Volkswagen ad I mentioned earlier? It cost Volkswagen exactly $3,000 -- cheap even back in 1963 when it was made.

George Bernard Shaw once said "It's just as unpleasant to get more than you bargained for as it is to get less."

I'm sure the folks at Just For Us know exactly what he meant.

Seaway News welcomes letter to the editor. Letters should be no longer than 400 words, are subject to editing and must bear the writer's name, address and phone number for verification.

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

MEANWHILE

Nurses Vote For Association Presidency



Fred **SAGEL**

Poor old registered nurses around the province are so apathetic that the vast majority of them couldn't bother picking up the telephone to vote for the Ontario Nurses' Association presidency just a short while back.

No wonder the employer group, the Ontario Hospital Association, views them as being weak: in the first direct election for their president, only 7% of the 45,000 membership bothered to vote.

In a very tight race between incumbent Barbara Wahl and challenger Barbara Shantz, Wahl won by only 50 votes. She ran on no platform, never once setting out a single idea, and launched into a bitter one-sided personal attack on her opponent and kept insisting that the union everybody knows is weak-kneed is really strong.

Funny. Nobody bothered to show up for the vote.

Despite the fact that nurses are underpaid and overworked, they're not the types who will rise up over issue. They had a perfect vehicle in Wahl's opponent, Barbara Shantz, who advocated massive change for the weak union but they didn't bite.

The powers-that-be in the union tried to block Ms. Shantz at every opportunity, threatening her with grievances (which Wahl supporters pumped up--hardly the kind of action union people, who usually act in solidarity, would ever do), refusing her attendance at meetings so she could convey her message and even refusing to put up her posters because some of them disagreed with the message for change. One supporter even admitted tearing down Ms. Shantz' posters.

Pure apathy reins in this group except when it comes to tearing down anything that is new. Last year, in a televote for the vice-presidency, only about 3% of the members voted and the union's magazine, Vision, said it had been a "successful" election.

Hardly.

But then, that's the spin ONA loves to give to everything: despite the fact it's done virtually nothing for its members over the past few years (a little tinkering here and there in the collective agreement and a 2% wage increase over eight years while inflation ran at about 10%), there has been little accomplished.

The union blew about $5 million of members' money on a reorganization that even the most talented of accountants can't figure out as why so much money was spent on so little a task: General Motors could reorganize its whole outfit around the world for less.

But not ONA. While it does little for its members, is universally recognized by all the players in the game as being weak and tolerating little dissent, it spends its money with glee, usually resulting in little or nothing for the average nurse.

But they get away with it. With such huge apathy in the ranks, their spending virtually goes unchecked. Many nurses have no use for their union and often fling any material that comes in the mail right into the wastebasket because they consider it useless. Some, during the election campaign, have even threatened to de-certify.

But that may all be idle talk. While they may hate their union to the point where it is irrelevant, they are hardly the types to vigorously throw them out of office. The energy and nerve just isn't there. It never will be unless there is some kind of revolt that shocks them into reality.

Nurses, who are underpaid and work far too much for their talent and ability, are not getting their money's worth from ONA: and they don't much care. As for ONA, it's next magazine article on the election will probably once again describe the election as "successful." Watch them put the spin on this one, blindly devoid of reality.

But at least they recognize that their miserable public relations efforts have failed: they've advertised in The Star for a public relations adviser. No wonder. With no muscle and spinning madly, they need every bit of help they can get.

NOTES FROM PARLIAMENT HILL



Art **BABYCH**

This little light of mine

Former NDP leader Ed Broadbent had a tough time keeping his wick lit as he walked from Parliament Hill to the human rights monument a couple of blocks away. In an ironic twist, Broadbent, who introduced the 1989 resolution in the House of Commons to work toward eliminating child poverty by the year 2000, had to re-light his candle a few times while taking part in a vigil marking the tenth anniversary of the unfulfilled resolution. He led the 200 or so vigilantes, er, vigil participants to the monument for a photo-op.

Then the crowd retired to municipal headquarters to further lament child poverty. He and current leader Alexa McDonough managed to find a couple of empty chairs near the middle of the room. Surprise! They were seated to the left (more irony) of the former wife of an ostensibly charismatic former Liberal prime minister. "Margaret Trudeau Kemper" said the dark-haired woman, reaching out to shake hands with the pair. You meet the nicest people fighting poverty.

Playing the race, gender cards

Governor General Adrienne Clarkson, beset upon by the nasty media in Victoria, admits she attracts controversy. But according to the Vancouver Sun she says it's "only because I'm a woman, because I'm Chinese (and) because I've always been a little bit ahead of things." The obviously humility-challenged GG certainly doesn't attract controversy simply because she stayed at the posh Empress Hotel in Victoria at a cost of more than $1,000 a night when Government House in B.C. was available. Nor is it because of her lavish spending on meals, limos and cabs while she was chair of the Museum of Civilization. And it wasn't because of her sycophantic praise of hanged Metis leader Louis Riel who is still on public record as a traitor. It's because of race, gender and simply because she's ahead of the rest of us. And don't you laggards forget it.

Windows cleaned from chapel

The people who paid for the stained glass windows in St. George's Chapel want them back in time for a big reunion next year, says Nova Scotia Senator Gerald Comeau. The chapel at CFB Cornwallis was closed in 1994 and the windows were to be placed in safe storage until its reconsecration over a year ago. Alas, they somehow found their way to a chapel in Halifax where they're being used on a daily basis, according to Sen. Bernard Boudreau, the government senate leader. The windows will stay in Halifax for now because "more people can enjoy and be edified by them," he says. But Maritimes Senator Michael Forrestall figures the Cornwallis chapel might busier if only for one small problem: it doesn't have its pews. New Brunswick Senator wanted to know what happened to them, prompting Boudreau to offer to talk with him later "and locate those pews."

Trees of color

The trees and decorations are up for the "holiday season" on Parliament Hill. We dare not call them Christmas trees for fear of arrest by the PPCC (Parliamentary Political Correctness Constabulary). Row upon row of small green trees with red bows attached to them line the corridors of the Centre Block. The largest trees also have decorations on top but it's unclear what they symbolize --certainly not the Star of Bethelehem or angels. But if you look at the one on the tree in the foyer of the House of Commons from just the right angle, you can see the wicked witch of the West.

Spreading the good news

Anti-gay zealot Rev. Fred Phelps was a no show for his most recently scheduled "God hates fags" protest, this one in Toronto. In June, you may recall, the Baptist pastor from Topeka Kansas failed to show up in Ottawa to burn the Canadian flag in a protest against the Supreme Court ruling on same-sex couples. Watch out Montreal, we hear Rev. Phelps is not planning a protest there, too.

Letters To The Editor can be found on page 12

LETTERS TO THE EDITOR

South Stormont News

Dear Editor:

Council is closing in on the one million dollar mark on unexplained spending and giving the answer, it is none of the public's business.

Council is accepting applications for the short term loans and all applications will be given equal consideration, Council has still not disclosed the figures on their salary, expenses and committee fee. Why??

At the August meeting a councillor complained that some people are using township property to dump things on, but council said no that is not so, they were composting. Does anyone know how long it takes to compost boat trailers, box trailers, ladders, piles of gravel, piles of earth, picnic table and construction equipment.

Robert
Wereley
Lunenburg

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A Holiday Warm-Up For The Busy Season

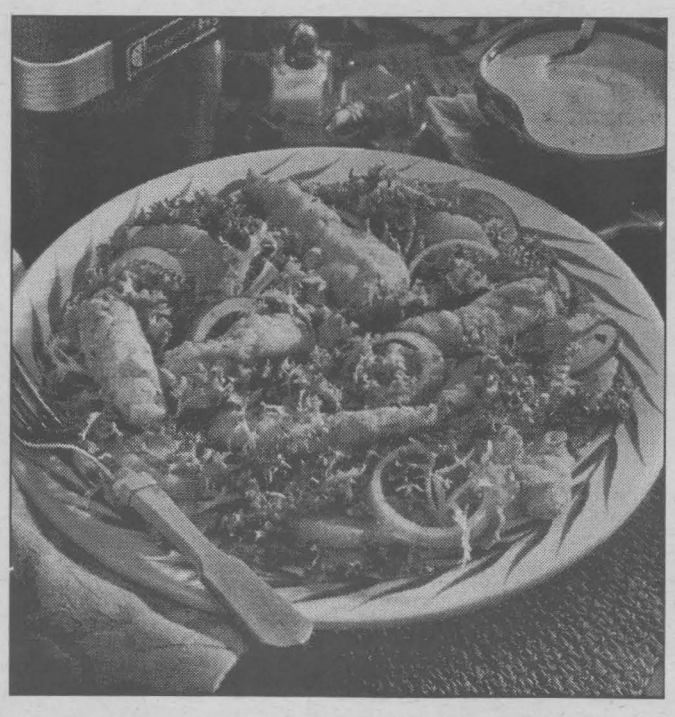
After a busy day of holiday shopping, you painstakingly gaze into the freezer as if peering into a crystal ball. With a blank stare, you scan past the turtle-fudge ice cream and several frozen bundles of who-knows-what. Then, in an ambivalent moment, you verbalize your thoughts: What did I make for dinner last night? Ahhh! Let's just have ice cream — it has been a hard day.

Thankfully your brain doesn't go on vacation every night, however, there is something to be learned here — menu planning. Granted, it sounds methodical, but the bottom line is simple. You are busy and overbooked, especially during this frenzied holiday season. A few moments of preplanning will spare you countless headaches in the long run.

Simply jot down your menu for the week and be sure you have those ingredients on hand. For variety, enlighten your family with diverse cultural tastes like Italian, Asian, and Mexican. Cajun cooking is also gaining in popularity across the country, and deservedly so. It offers a medley of outstanding flavors with a subtle kick.

Spicy Chicken Salad is a Cajun-styled recipe that can be started the night before or even in the morning, easing the dinnertime stumbling blocks. Prepackaged chicken breasts and salad greens cut prep time, and cooking time is super-fast in a deep fryer.

There is a secret to good deep-frying, though. The oil needs to be hot enough to instantly seal the chicken,



allowing the inside to cook to perfection without oil seeping in. Presto manufactures a line of convenient home electric deep fryers, including the popular family-size Presto® FryDaddy® deep fryer, that make deep-frying virtually foolproof. The proper frying temperature is controlled automatically — so there's no guesswork, and oil absorption is virtually eliminated. The company also manufactures a smaller Presto® FryBaby® deep fryer and the super-size Presto® GranPappy® deep fryer for big batches and entertaining.

Take the time now to build your menu plan for next week. No matter how much you want it to be so, the freezer is not a crystal ball and ice cream is not a wise menu choice. Spicy Chicken Salad is a perfect start to the week. It's a quick, easy and light alternative to the heavy meals of the season. Best of all, it will get rave reviews from the critics at home.

Spicy Chicken Salad

For the Chicken
1 cup buttermilk
1½ tablespoons hot pepper sauce
1 teaspoon salt
½ teaspoon pepper
4 boneless, skinless chicken breasts, sliced into ¾-inch strips

For the Seasoning
½ cup cornmeal
½ cup all-purpose flour
1 teaspoon salt
1 teaspoon pepper
½ teaspoon dried thyme
½ teaspoon cayenne pepper, or to taste
Vegetable oil for deep-frying

For the Salad
4 cups salad greens of choice, washed, dried and chilled
2 oranges, peeled, sliced ¼-inch thick
½ small red onion, thinly sliced
¼ cup chopped chives, or 1 scallion, green and white parts, thinly sliced
Salt and freshly ground pepper to taste
Buttermilk and Goat Cheese Dressing (recipe follows)

In a plastic food bag or nonreactive container, combine buttermilk, hot pepper sauce, salt and pepper. Add chicken strips, turning to coat thoroughly. Seal container and refrigerate two hours (may be marinated for up to 24 hours).

In another plastic food bag, combine cornmeal, flour and seasonings. Drop chicken strips, a few at a time, into the flour mixture. With top sealed, shake bag so strips are evenly coated. Remove from bag and place on waxed paper. Repeat with remaining chicken strips.

Preheat oil in Presto® FryDaddy® electric deep fryer.

Place four to six breaded chicken strips in hot oil. Do not crowd. Fry for 1½ to 2½ minutes, or until golden brown. Remove from oil and place on paper towels to drain. Repeat with remaining chicken. (Chicken can be served warm or chilled.)

Place chilled salad greens in a large bowl. Add orange slices, onion slices, chives, salt and pepper, 2 to 3 tablespoons Buttermilk and Goat Cheese Dressing, and gently toss. Divide among four salad bowls or plates. Arrange chicken strips on top. Serve with Buttermilk and Goat Cheese Dressing.

Buttermilk and Goat Cheese Dressing

¾ cup buttermilk
2 ounces goat cheese
2 teaspoons grainy Dijon mustard
1 tablespoon fresh minced parsley
1 tablespoon fresh minced oregano
1 teaspoon fresh minced tarragon
Salt and freshly ground pepper to taste

Place all ingredients in bowl or food processor and mix until smooth.

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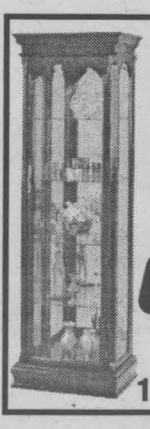
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COMPUTER CORNER

Intel Introduces New Processors



John **LESTER**

Well, it's happening again. That's right, your computer is out of date again. Intel has introduced a new batch of Pentium III processors that reach speeds of 733 MHz.

Actually it's really not that bad. The good news is that as the faster processor chips arrive on the market place the price of the chips that we regular people use drops. In the last couple of weeks the price of the Pentium III 600 processor dropped by about $200.

Intel also released the new Mobile Pentium III processors for the notebook models with speeds of up to 500 MHz. Intel's new .18 Micron process technology allows for faster processing with a cooler running chip, perfect for mobile computing.

Local News

The Cornwall Public Library just opened its new web site at www.library.on.ca

This site offers the user a great selection of information with full catalogue search, links to other related sites and much more, go check it out.

Hardware News

Watch out for organic light-emitting diode displays (OLEDs) in flatbed monitors, which are still very much in their early development stage.

So said Paul Semenza, director of market analysis for San Jose, Calif.-based computer research firm Stanford Resources. "OLEDs produce light from organic materials that offer lower materials and manufacturing costs."

Liquid crystal displays (LCD), traditionally used in flatbed monitors for notebook computers and are made of glass, will eventually be replaced by OLED plastic material, he said.

During the next decade, LCD monitors will make serious inroads into where cathode-ray tube (CRT) monitors have been dominant, according Semenza. With the demand for larger monitors with better resolution and more data carrying capability, the smaller LCD becomes a more attractive candidate.

"Put an 18-inch LCD panel next to the 20-inch CRT monitor – the latter is quite a hefty box," Semenza said.

Software By Internet

Corel Corp. recently outlined plans to host its WordPerfect Office 2000 suite over the Internet.

The Ottawa-based software vendor is teaming up with Irvine, Calif.-based application service provider (ASP) FutureLink Corp. to offer applications such as WordPerect 9, Quattro Pro 9 and Corel Presentations 9 via the Web.

The service is currently in pilot phase, a Corel spokeswoman said, and is available on a subscription basis: $9.99 per month, per desktop.

She said WordPerfect Office 2000 will be widely available by the beginning of next year and a pricing scheme is still being determined.

"The business-to-business market is demanding easy, cost-effective ways to access best-of-class applications," said Glen C. Holmes, president and chief operating officer of FutureLink, in a statement.

Corel competitor Microsoft Corp., which currently dominates the desktop applications market, also has plans to host its productivity applications through a variety of methods on the Web.

T.R. Leger Students in Home Stretch

Students at the T.R. Leger School are heading into the home stretch of the first trimester which ends on December 8. The Windmill Point campus is busy registering students for Trimester 2 which begins December 9.

A new course entitled: Introduction to Business and Technical Writing will be introduced for the first time. This course will give students important skills needed for a Technology-driven workplace. One of the requirements for information age workers will be to understand and use technical English to complete job tasks. Understanding the context of what is said, being able to communicate using pictures, graphs, statistics and text are important skills which are included in the course.

Students will use Word Perfect 8, MS Publisher 2 and Corel Presentations to complete class work. One assignment will be to analyze advertising copy, examine messages used in the media and produce sample copy. Other skills are being able to explain instructions in using products, and learning how to make presentations.

This course is a "must" for students re-entering the workforce or who plan to go on to post secondary technology studies at St. Lawrence College.

For further information or to register call the school at 937-0120 before December 9.

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LETTERS TO THE EDITOR

Improving the Lives of Women

Dear Premier:

As the minister in your government responsible for Women's Issues, helen Johns should be an advocate for the millions of women facing systemic barriers and inequities in the province. But during a recent meeting with the minister, I found the opposite to be true.

Although she is the cabinet minister charged with the responsibility for improving the lives of women in Ontario by advocating on their behalf, Minister Johns told us, belligerently and defensively, she would not address the issues we were raising "economic independence" for women. Yet she was not prepared to talk about affordable childcare, enforcement of pay equity legislation pensions and part-time work, all issues that affect women's financial security and economic independence.

the minister further explained her ministry is simply a "monitoring body" not responsible for the government policies and legislation impacting on the women of Ontario and she rudely referred us to other ministers "better able to address our concerns."

There are thousands of women in the province who have been deprived of pay equity, thousands more who must use unlicensed day care for their children because your government does not see affordable, universal childcare as a priority. For the minister responsible for women's issues to simply monitor the real issues adversely impacting on women's lives in a detached manner is not acceptable.

Needless to say, the minister's comments, belligerent attitude and fits of anger were offputting for the CUPE delegation attending the meeting, made up of community activists fighting for the betterment of women in the province.

What was glaringly obvious in the unprofessional, dismissive way the minister dealt with our concerns was the she does not see herself as an advocate for women and she has no empathy for issues that impact on them. Her attitude is an insult to millions of women in this province and the thousands of CUPE members who work in shelters for abused women, day care centres and community agencies.

I am calling on you, Premier Harris, to ask for Minister Johns' resignation. the women of Ontario would be better served by a minister who not only understands the issues adversely affecting women but who also cares enough to do something about them.

Yours truly,
Patrick (Sid) Ryan
President
CUPE, Ontario Division



"Here We Grow Again"

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Marc

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FARM BOY

Phil Poirier Wall

Dear Editor:

Upon reading the issue of the Weekly News of November 19th, it reminded me of a letter I started a few days ago and did not complete.

My friend and former colleague on City Council, Tom Green, put the issue in far better context than I am able, but I am going to comment in a more humble terminology.

One remembers the Berlin Wall, but my heading is the "Phil Poirier Wall". To me the passing behind closed doors of council, recently was an insult to many citizens who do not hold a "piece of paper", as Tom describes it, in the form of a university degree graduation certificate. I could enumerate many of our local citizens who have made tremendous success of their lives and business ventures and have even become millionaires in the process.

This certainly is not saying that degrees are not a tremendous asset to the holders of any degree whatsoever, having members of my immediate family as holders of degrees. So I know first hand of the study efforts, the time, the cost factor and the intellectual capacity necessary to bring about such an educational success for their endeavors. In other words, one does not necessarily have to be a degree holder to make a success of his job or his life.

We all recall how close Phil Poirier was in his interview with thousands of applicants in the City of Montreal's position of C.A.O., a large city with hundreds of millions of dollars budget. Many ratepayers like myself and Tom Green feel that this is nothing but a political barrier to eliminate Phil from even being interviewed for the job.

Is this true democracy at work at our local political level?

Regardless of who might be chosen for the job, remember Tom Green's letter before making the final decision.

Angelo Lebano
Cornwall

Bell ExpressVu Warning

Dear Editor,

Be forewarned - if thinking of getting a Bell ExpressVu satellite dish, think again. The picture comes in clear but the programs/channels service are chaotic - try *calling for clarification* - forget it! The lines are always busy! You are promised a movie guide - you never see one, yet their billing invoices are in my mailbox each month. What a way to run a business...??? Well I am one Canadian not so complacent - one is totally misled and I am seriously thinking of telling them to stuff it and go back to the old tower (at least you knew their programs for certain and it didn't cost you an arm and a leg.

Helen Lewis

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KALEIDOSCOPE

When The Moon Hits Your Eye

H.B. **KANTERS**

This is not a trip down memory lane in honour of Dean Martin's hit song of the '50s, even though Regis had it as one of the questions in his new TV show WHO WANTS TO BE A MILLIONAIRE. This is a serious look at the importance of that fascinating rock following us earth-creatures as we spin around in space according to some great but little understood master scheme.

The moon really counted back in the good old horse & buggy days. First, a young man would have to work hard to get his parents' permission to go over to a girl's farm and take her for a ride in the surrey with the fringe on top on a Saturday or Sunday evening. Then her parents would only allow this if the moon was bright and they had already checked the young man out when he came to church with his parents as was the proper thing to do. So if it weren't for the moon, many of us might not even be around today, for most of our great-grandfathers started out romancing our great-grandmothers that way. Young people today don't know what they are missing, because romance like that died out when cars came along and that is too bad.

Thirty years ago most of our illusions about the moon were changed forever, because sending men up there in a spaceship and bringing them back again became the important thing. A friend of mine tells an interesting story about this. He says when the spaceship with Neil Armstrong had landed and our astronauts first looked out, they had a big surprise. There on the moon's horizon, but clearly visible to them, were three small UFOs. Our guys then contacted NASA and said the bogies are watching us, what should we do, and they were told to go ahead as planned and ignore those who had landed before mankind. My friend really believes this and says the observers soon got bored and took off during the planting of the United States flag.

There are many people who wonder why we made all this fuss over the moon back in the sixties and then let everything fizzle out. After all, we had intended to build moon colonies up there, bring back vast riches hidden deep inside that big rock, and make it easy for our descendents to take a quick vacation, so what happened?

We have become smarter, that's what happened. This became possible because of computer technology, Remember that computers enable us to store extraordinarily huge amounts of information and move this information around at lightning speed. Because of this we can run simulations, we can set up scenarios that show and tell us in great detail what happens to this thing if we do that thing to it. Think of the developing weather systems JJ shows us during the evening news on channel eight from Ottawa. That map is a simulation of what is to come, weatherwise. We can just as easily run a simulation that shows what will happen to the moon's orbit if we add X-million tons of junk to the established weight of the moon.

Today young school children learn the truth about the earth's constant companion, the moon. They learn about all the innovations brought about by space exploration, and all of that is fact and therefore important. But they also learn that we now know the moon doesn't just hang out there in space by accident. Our children learn that mankind has known about the importance of the ocean tides caused by the moon's gravitational pull on our planet for a very long time. What is fairly new, however, is the concern about the way the earth spins around its own axis as it follows an orbit around the sun in space. We know this axis is just over 23 degrees, and we know that if it would be off by just a few degrees either way, all life on earth would perish almost instantly. The brand new information becoming available to all who care to know today is this: the moon's exact movement are what keeps the earth's axis steady. If we had kept on going up there and had either loaded the moon up with our man-made garbage, or mined its innards, we would have upset that very precise balance which keeps the earth and moon going just as it was designed to do. So how do you get peoples' minds off doing more about the moon? You tell the world there's nothing to get up there, but there's real gold in them there hills on Jupiter and Mars.

This new TV-show Regis Philbin has going seems to really appeal to people. Personally I don't care much for that kind of glitz and glamour attached to easy money, but I wonder if there will ever be a question that asks how the moon really, really got up there. That would be a real million dollar question.

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COMMUNITY DIGEST

*A.N.A.F. Wednesdays at 14 Marlborough St. N., 4:30-9:00p.m., Chicken Wings, Live Music & Dancing. Everyone welcome. Info: 938-5020.

*AIR FORCE REUNION - for St. Hubert ex service personnel to be held in Trenton on June 15th-16th-17th, 2000, all trades invited. For more info, please call 932-9433 or 938-0713.

*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.

*ASSOCIATION OF BRIGHT CHILDREN next meeting will take place on Monday Nov. 29th, 7:00p.m. in the Community Room, Maynards Your Independent Grocery Store. All are welcome. Info: Michele Alexis at 936-2511.

Knox-St.Paul's U.C.W.
is holding a
Craft Sale
at the
Brookdale Mall
Fri., Dec. 10
9am
to 9pm

*BE A BLOOD DONOR! Cornwall S.D.& G. Armoury, 505 Fourth St. East on Thursday, Dec. 9th, from 12:30pm-8:00pm. By appointment, 1-800-264-0680.

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

*CHEVALIERS DE COLOMB Conseil 9695 announce leur déjeuner mensuel, dimanche le 28 novembre après les messes de 9h et 11h, at la Salle Nativité, avec l'aide des Colombiettes. Tous sont bienvenues.

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

Children's Christmas Fund
"Help Us To Help Others"
"Aidez-nous a Aider Les Autres"
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N.B. To avoid duplication of families, we work in conjunction with Agape Centre, Salvation Army and both St. Vincent de Paul

*CORNWALL GLBTQ is a support and discussion group for youth, aged 14 to 25yrs., who are, or think they might be gay, lesbian, bisexual, transgendered and their supporters. Meetings held every two weeks, on Thursday, 6:30p.m. at 533 Pitt St. Info: 1-877-874-4424.

*CRAFT SALE is being held at St. Matthew's Presbyterian Church, Ingleside, on Saturday Dec. 4th, 10:00a.m. to 4:00p.m. Info: 537-8859.

*GAMBLERS ANONYMOUS hold meetings Friday evenings, 7:30p.m., Knox St. Pauls United Church. Info: Don 938-0319.

*GIRL GUIDES OF CANADA are having a Yard Sale at Trinity Anglican Church, 2nd St. West on Saturday, Nov. 27th at 9am.

*JOIE DE VIVRE, Secteur Francophone, d'Alexandria-Cornwall est un mouvement catholique d'entraide sans but lucratif qui s'adresse aux personnes vivant seules, qui ont connu une peine à cause d'une séparation quelconque. Recontres les vendredis à 7h30, 305 Baldwin. Renseignements: Lucille 933-0255 ou Jacques 932-2285.

2nd Annual South Dundas Country Christmas Tour
December 3rd - 5th
10am-5pm
Free Tour Passports
Win Fabulous Giftbaskets
Follow the signs
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*MOCCASIN RAILROAD CLUB will hold it's next regular meeting on Wednesday Dec. 1st, 7:30p.m., Nativity Centre (downstairs). New members welcome. Info: 932-0552.

*NEARLY NEW SHOPPE is now open. Hours: Tuesday & Thursday 2:00-4:00p.m. & 7:00-9:00p.m. Call 932-8902.

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

*P-FLAG is a mutual aid group for those who wish to show support for their gay/lesbian, bisexual or transgendered family members and friends. Meetings are held every two weeks, on Wednesday at 7:30p.m. Info: 1-877-874-4424.

Annual Turkey BINGO
Monday, December 7th
Apple Hill Community Center
7:30 p.m.
Sponsored by Apple Hill Recreation Association

*PARKINSON'S SELF HELP GROUP of Cornwall meet at the RCAF Assoc. Bldg. (Wing 424) on Water St. W. on Tuesday Dec. 7th, 1:15 pm. Info call 936-1790 or 933-2193.

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

*RESIDENTS' COUNCIL OF SANDFIELD PLACE are having their Christmas Craft & Bake Sale on Wednesday, Dec. 1st, 10am to 4pm. (Cumberland entrance). Everyone welcome.

*SEAWAY SENIORS 205 Amelia Street, activities: Monday's: "Beginner Line Dancing", 10:15a.m., "Tai-Chi":, 9:00a.m., "Cribbage", 1:30p.m.; Tuesday's: "Intermediate Line Dancing" 9:45a.m., "Euchre" 1:30p.m., Wednesday's: "Whist" 1:30p.m., "Scrabble" 1:00p.m., "Knit Wits" 1:00p.m., Thursday's: "Chess" 10:00a.m., "Keenagers" 9:30a.m. Information: 932-4969.

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

*ST. NICHOLAS CRAFT SHOW & TEA is being held at St. Matthew's Lutheran Church, on Friday Dec. 3rd & Saturday Dec. 4th.

*"TAKE BACK YOUR HEALTH " a free health series highlighting information invaluable to improve your health. Featured topics: "Reflexology" on Thursday Dec. 2nd, 7:00p.m.; "Holiday & Everyday Stress" on Thursday Dec. 9th, 7:00p.m. Both scheduled at Murphy's Inn. Everyone welcome. Info: 932-1611.

*TCF CORNWALL-THE COMPASSIONATE FRIENDS a support group for Bereaved Parents (children of any age) , meets every third Wednesday, 7:00p.m. St. John Bosco School Library. Info call 938-5925

JOY OF LIVING
Support Group for separated, divorced or widowed people.
Meetings held every Friday at 8:00 pm
At Holy Cross School, 124 Anthony St.,
Info: Call 931-2887 (Dola) or 936-2487 (John)

*THE CENTENNIAL CHOIR OF CORNWALL is presenting their Christmas Concert on Friday, Dec. 10th, at 8:00 pm in St. Columbans R.C. Church, Fourth & Augustus St., Cornwall. Any questions, call 534-8300.

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Christmas **CRAFT SALE**
NOVEMBER
26 - 27 - 28
CORNWALL CIVIC COMPLEX
FRIDAY: 10:00 a.m. - 9:00 p.m.
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SUNDAY: 10:00 a.m. - 5:00 p.m.
CORNWALL'S LARGEST JURIED CRAFT SHOW
FREE ADMISSION!

*THE LADIES FOR THE GREEK COMMUNITY will be holding a Bake Sale on Thursday & Friday, Dec. 2nd & 3rd at the Brookdale Mall. Proceeds to the Cancer Society. For info, call Anna at 932-2902. Everyone welcome.

*TOPS, ON4643 Long Sault, meets at Pentecostal Church, Bethune St. every Monday Night. Weigh: 6:00-7:00p.m. New members welcome. For info call Deanna 537-8636.

*TRINITY BRIDGE CLUB holds Bridge every Thursday at 1:00p.m., Trinity Church Hall. Everyone welcome.

Brick by Brick Down "Memory Lane"
The Perfect Gift - Just In Time for the Holidays
Personalized 4"x8" bricks at $25 to form a 25 metre inter-locking brick pathway in Lamoureux Park. Fundraising project for the Alzheimer Society of Cornwall & District. Ideal momento for Christmas gifts, special people, milestone anniversaries, birthdays and millennium events such as reunions, retirements and memorial remembrances.
Order forms available at Alzheimer Society of Cornwall & District Office, 55 Water St. West, 2nd Floor
Call 932-4914 for more information and assistance
Your memories are precious

*VON BREAST CANCER SUPPORT GROUP can help ease the burden of dealing with Breast Cancer through a new Support Group. Meetings held every third Thursday of the month at the VON Office, 205 Amelia St., 7:00p.m. For more info call Sheila Airey, VON Office at 932-3451.

*WANT A DRIVER'S PERMIT? Problems with Reading? Tri-County Literacy Council will be offering workshops to prepare you to write your Learner's Permit. For more info, call Charla at 932-7161.

Avonmore Arts & Crafts SHOW & SALE
Sat. Dec. 4th & Sun. Dec. 5th
Avonmore Community Centre
Open 10am-4pm Both Days
Admission: Free ~ Lunch Available



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SEAWAY SMILE

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

GREAT TRUTHS ABOUT LIFE THAT ADULTS HAVE LEARNED

1. Raising teenagers is like nailing JELLO to a tree.
2. There is always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.
3. One reason to smile is that every seven minutes of every day, someone in an aerobics class pulls a hamstring.
4. The best way to keep kids at home is to make the home a pleasant atmosphere and let the air out of their tires.
5. Car sickness is the feeling you get when the monthly car payment is due.
6. Families are like fudge .. mostly sweet with a few nuts.
7. Laughing helps. It's like jogging on the inside.
8. My mind not only wanders, sometimes it leaves completely.
9. If you can remain calm, you just don't have all the facts.
10. You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there.

DANCES WITH WORDS

Let Them Be Your Guide



Nick
WOLOCHATIUK

No type of room or facility provides a traveler with more surprises, conundrums, hints and relief than a public washroom. Let me share some of my washroom experiences and observations.

At a long-abandoned railway station at the Cataract (on the Credit River, in Central Ontario) a female hiking companion and I noticed that its free-standing toilet facilities were still standing. At one end of the building was a door marked 'men', and at the other one marked 'women'. We entered simultaneously through our appropriate doors. To our great surprise we met face-to-face. The divider wall was missing!

If you want to feel like a young child again, let me recommend the toilet facilities of a restaurant in the east end of Malone, N.Y. Its 'sit-me-down place' is so high off the floor that a normal adult's feet do but dangle, just as they did when we were three-year olds!

The wash basin taps of some environmentally-correct washrooms have spring-loaded separate hot and cold faucets, but no stopper for the sink. One wishing to wash is faced with the Hobson's Choice of scalding steam or frigid water with which to do a one-handed face wash or hand wash.

There's no such dilemma in the Cornwall Square's washroom facilities. The management has decreed that only one temperature of water, tepid, is to be provided by their one spigot system. However, in mid-summer I sometimes would like to splash my sweating brow with mountain stream cold water, and in mid-winter I would sometimes enjoy the luxury of reviving cold-numbed fingers in water warmer than the decreed tepid.

Recently I've encountered restaurant facilities with fully automatic flush, faucet and dryer systems: stand up, it flushes; approach the wash basin faucet, the water runs; proffer hands to the dryer, it blows. Ah! The marvels of today's technology! I wonder how well that system worked during Ice Storm '98.

I've not yet encountered an electronic-eye triggered automatic hand soap dispensing system. I assume they're waiting until our hi-tech geniuses solve the problem of the 'post-nasal-drip' of liquid soap dispensers. Here's an interim suggestion fellows: position the outlet so that it drips into the sink, not onto the counter top.

The washrooms of bus stations in big American cities tend to be the lowest on the pecking order of facilities. However, the walls of their cubicles contain all sorts of bizarre messages, dirty doggerel, boastful diagrams, and phone numbers of locals who supposedly offer some rather special 'services': However, they don't seem to have gone hi-tech yet, for I've yet to see a Web-site or E-mail address in one of those little 'rooms'.

At the other end of the public washroom scale are those in international airports. They tend to have the most spacious and well provisioned washroom facilities. When flights get canceled, such facilities are greatly appreciated.

In Europe, the biggest toilet problem is how to figure out the flush mechanism operating procedure. Is it push in, push down, pull up, pull down, twist left, twist right - or foot operated?

Have you ever rushed into the darkness of an unfamiliar washroom, stumbling about, mumbling "Where's the *!#!*!! light switch?" Hint: it's probably outside the washroom, somewhere out in the hallway.

The facilities in one Perth restaurant were so homey, spotlessly clean and tidy that it took me longer to clean up after myself than it did to do what I came in to do. The propriety of the room commanded me to make sure there was no water droplets on the sink counter top, that the hand towel was properly folded and the mirror didn't have any splatter of water on it.

In contrast, some facilities are so poorly maintained that there is little incentive, other than proper up-bringing, to not add to the mess. I found one supposedly first-class restaurant franchise's facilities in Moose Jaw, Saskatchewan absolutely appalling.

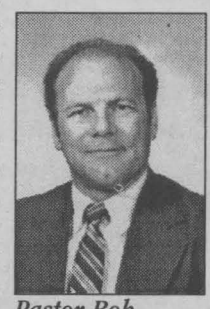
When I saw the notice on its grimy wall that reminded all kitchen staff to wash before resuming duty, I opted to drive an additional 150 kilometers to Swift Current before I stopped for breakfast.

When we travel long distances by car, we must choose where we'll eat. Unless you are willing to endure the monotony of eating in the relentless predictability of the national chains, you have to establish a reliable system of picking out the good ma and pa restaurants.

Don't select on the basis of the quality of their signs, nor by the number of trucks parked outside. Truckers frequent some eateries just because of the availability of parking for their 18-wheelers - or the blonde behind the counter. Check out the washroom facilities, as they are your best guide to a quality dining experience.

What has your experience as a traveler been?

AMAZING GRACE



Pastor Bob
BURGESS
Pastor New Life Covenant Church

The word "holy" conjures up all kinds of thoughts in our minds depending on our cultural background, and the way we were raised religiously or not. For some the word holy means people with halos who are perfect; for others it 's not wearing makeup or certain clothes; for others it's joining a religious monastery or living a cloistered holy life. These are all valid to some degree but I'm afraid that we've missed the true meaning of the word holy. The church world has satisfied itself with putting some do's and don'ts in their creeds and in doing so, have tried to be holy by only the outward forms.

However, true holiness has nothing to do with these outward things! True holiness is of the heart, is of the character of man. True holiness is not so much of what I project on the outside for everyone to see but more how I live my life on the inside in regards to God and to those around me.

Psalm 15 gives us several clues at to what God calls holy and space does not allow me to expand all the details, but Psalm 15 tells us that one is holy who lives honestly, speaks the truth, and does no evil to his neighbour. True holiness is of the heart and little to do with outward appearances.

The Bibles tells us that these are basically only two great commandments, one is to love God and the other is to love your neighbour as yourself. To truly be holy from God's perspective is very simple. Live right, be honest, help people, speak the truth and do no evil to your neighbour.

Don't simply live an outward form of holiness, but truly be holy from your heart and God will be pleased and you will truly be living a holy Christian life.

We've recently done an entire message on the subject and if you would like a copy of the tape, simply call us at New Life Covenant Church-938-3262 or visit us at 150 Boundary Rd., Cornwall and we'll be happy to give you one.

Maybe you have some prayer needs that you would like us to pray for on your behalf. Maybe someone is sick or discouraged, in need of God's intervention. We would count it an honour and a privilege to pray for your requests. You can do one of two things.

a) Call us at the church (938-3262) and give the secretary your prayer needs. We don't need names, if you want to remain anonymous.

b) You can write us at New Life Covenant Church, 150 Boundary Rd., Cornwall, Ontario, K6H 6J5 and let us know your need, and we will be happy to place your request in our prayer box.

We as Christians believe in prayer, but mostly believe in God who answers prayer. Write us today.

Remember as always, God loves you! He really, really does, and that's the truth!

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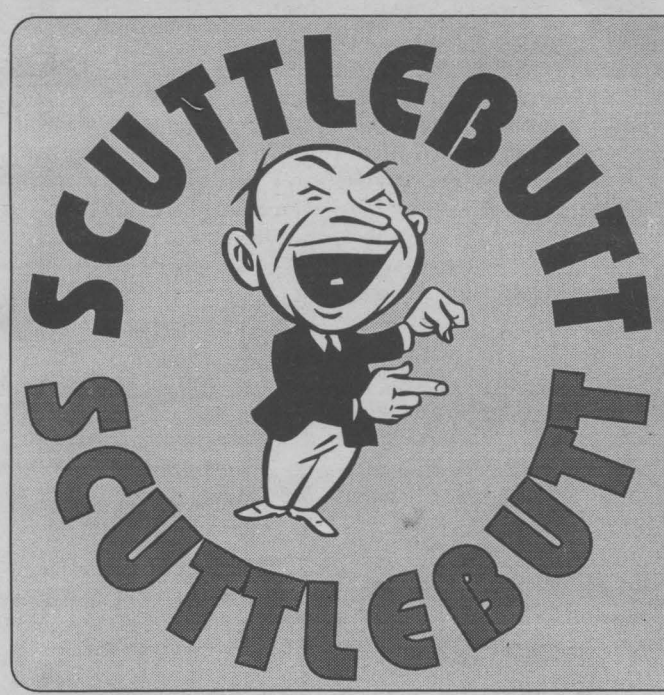

HELLO ... IS THERE ANYONE OUT THERE?
We want to remind everyone out there that **THIS IS YOUR PUBLIC FORUM** ... we need to hear from you, so mail, fax or drop off your little anecdote or gossip to:
329 2nd St. W., Cornwall, Ont, K6J 1G8
or by Fax 933-0024
or E-mail your little ditty to us at snews@seawaynews.on.ca

Too bad some homeless people on Parliament Hill were pepper sprayed. ***Clearly when a crowd becomes violent, pushing down a barricade, throwing projectiles, something must be done ...*** better pepper sprayed than a truncheon on the head! Oh yes, the verbal abuse and four letter words really helps you to be sympathetic toward them too!

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To the person who wrote "fat makes your stool float", indicating too much fat in your diet, re: Scuttlebutt, November 12 edition ... a lot of fibre in your diet will also make the stool float and a stool that floats, indicates a healthy bowel. If you would like more information call 936-6824.

A lawyer is a person who names his daughter Sue.

Congratulations to **Brian Tardiff** and his **Cornwall Kinsmen Girls Hockey Association's 16th annual hockey tournament committee** on a job well done. The tournament ran without a hitch. Also, a big thank you to **Scott Lecky and staff at Ramada Inn** and **Giles Lascelle and staff at Jazz Magnolias** for their support and understanding. Both held team meals and all participants were quite happy and full.

For the last couple of City Council budget setting exercises, the daily paper has been an outspoken advocate of cutting taxes. Now with the spectre of the sewer lateral problem looming larger ... the Freeholder, i.e. Claude McIntosh, is calling for a tax increase on everybody to pay for this problem. **You can't have your cake and eat it too!!**

Ron and Lorraine Eaman send bouquets of flowers to **Gail, Marjorie and Franco** for getting the ball rolling last summer, re: sewer laterals. A big thank you for their assistance in having Council reverse the policy for the homeowners in the City of Cornwall.

Thank you Mark, you proved again that the customer service at **Pinkus Tire** deserves a gold medal ... you know who!!

People - if the stores are nice enough to let us take their shopping carts outside across the parking lot to our cars - *don't you think we should return them to the store or the "cart shelter".* I think it's called common courtesy! Some of us can also use the exercise.

Anton's Advice for Office Managers ... when you want to stop the bickering, create a crisis.

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If you haven't seen COGECO's new lineup of shows, including Employee Only ... you should check it out! *Also, watch for a brand new Christmas Holiday Tymes cooking show starting this week ... great recipes.*

The Third Street East gang welcomes **Gaye Adams and her husband Steve Richer** back to the neighbourhood after working so hard on the Festival of Trees.

A big thank you to **Roy Perkins and staff at Rona** for allowing us to construct our award winning Kinsmen float on your lot. Also, to **Pete Lafave** for loaning us the snow cutter ... (we'll bring it back soon!!)

A big "thanks" goes out to the **Akwesasne's Wolves Hockey Team** for their generous donations of hockey tickets for our student incentives program.



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Millennium Committee member **Chris Savard** says all plans for his committee are on schedule and that the next few events will be announced soon. The committee meets this week to finalize their plans. ***Have you driven by the Bandshell at night yet? See the lights!!***



Do-It-Yourself Ornaments ... make beautiful, original ornaments for your tree by pouring colourful paint into a clear glass ball ornament with removable top. Swirl the paint around let it drain upside down over a paper cup. Add more layers of paint in different colours to achieve a marbleized effect.

A reminder to teachers and councillors who are in charge of "chocolate bars" promotions for fundraisers. When contacting the manufacturer, **why not get chocolate bars that do not contain nuts or nut products** so that people with allergies to nuts can still buy the product to support the fundraiser.

The federal government's airline policy is in taters after the Onex bid.

Here is a successful tradition that your family might like to try: My family copies a custom I discovered in Austria. We hang homemade cookies, foil-wrapped chocolates and candies on the tree. Every evening the kids are allowed to take an edible treat from the tree.

New stores relocating to Cornwall Square. So far Laurier Optical is in, others are following ... watch for details.

Congratulations & Happy 25th Anniversary to Helmut Kolbinger and his family.



Last Tuesday, Helmut and his family celebrated their 25th Anniversary since arriving in Canada. *Even the Lion Club got into the act and paraded into the Kolbinger celebrations at the Parkway and sang O Canada to them. Way to go guys!!*

Don Boudria is leading the government's charge with Bill-C2, a slight tinkering of its forbear in 1993, which was declared unconstitutional. What Boudria and the Liberals are trying to do is muzzle any third party interest group so it is unable to have its voice heard. **If it goes through, hopefully the courts will strike it down again.**

This caller wonders why? If the billiard hall on Second Street West has most of the best players in town, why then did none of them place in the top 8 in the tournament held at Rack-Em Up Billiards on the weekend.

A big thank you to **Sherry and staff at the Bowling Palace** from all the girls and their parents from the girl's hockey tournament. Your hospitality was great!

Kinsmen Club and Santa Sack ... it must be close to Christmas. **Over $500. raised last Friday for CF by Kinsmen and their wives.**

Here are a few of "Life's Little Annoyances" I'm sure we've all experienced at one time or another ...

- You have to inform five different sales people in the same store that you're just browsing.
- You had that pen in your hand only a second ago and now you can't find it.
- You reach under the table to pick up something off the floor and smash your head on the way up.

Perry Lalonde ... did you pick the right motion or what?? You moved up the people's favourite councillor scale with that one!!



Here is a successful tradition that your family might like to try for the Holidays and keep for years to come: Design a cake or pudding or special dessert and have everyone stir a special wish into the batter.

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Denis Moquin ... newest member of Carnival 2000 committee board. Carnival plans are well under way with a scheduled press conference for December 3rd, 1999. Mark your calendars now as the largest night time fireworks will take on Friday, February 4th.



Congratulations to Brian Merkley ... for all his work downtown with the Building Committee.

Kinsmen Club of Cornwall, Service Club ... **1st place winner in the Santa Clause Parade.** Hooray!!

Please help prevent the over-population of cats and dogs ... spay or neuter your pets. If you have any questions, you can call the Shelter at 936-0072.

Less-costly chocolate ... instead of using expensive baking chocolate for your holiday desserts, you can try substituting 3 tbsp. of cocoa and 1 tbsp. of canola oil for every 1 oz. square of chocolate called for in the recipe.

The Rule of Winter ... at least once each winter, someone will say that last year's winter never felt this cold.



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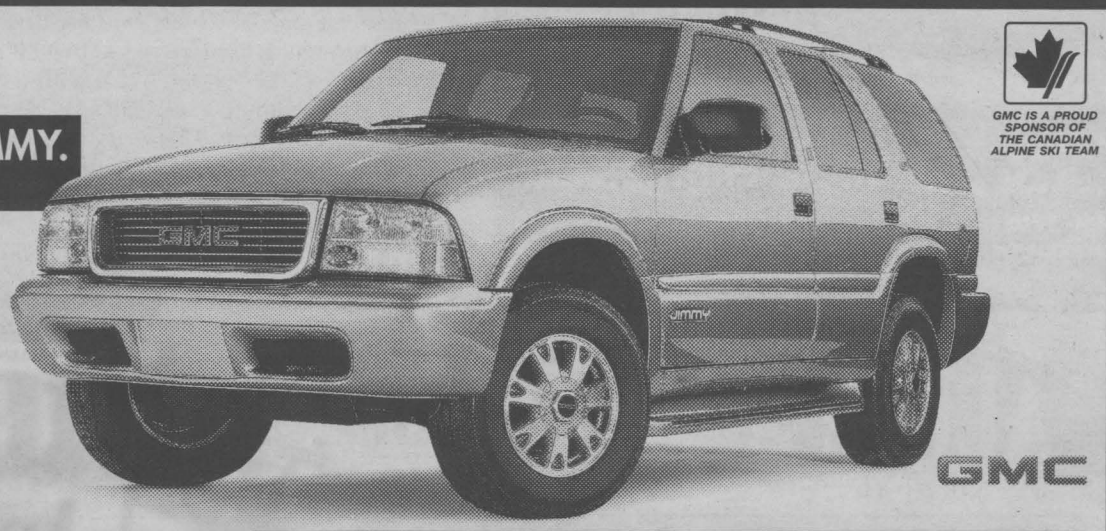

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$6,000	$326	$8,978.15

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$0	$404	$2,267.85
$3,600	$298	$6,160.95
$5,000	$256	$7,672.65

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$3,460	$258	$5,605.07
$6,000	$184	$8,440.85

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Down Payment	Lease Payment	Total Due On Signing
$0	$368	$1,929.20
$2,300	$298	$4,418.70
$5,000	$216	$7,379.40

Total due on signing includes down payment, freight, security deposit, 1st month's payment plus taxes. Licence, insurance, P.P.S.A. and admin. fees extra.

36 MONTH SMARTLEASE **$298*** OR PURCHASE FINANCE **4.9%** up to 48 months‡ OR CASH PURCHASE PRICE **$23,898▼** excludes freight $940

per month/$2,300 down payment, $940 freight and $350 security deposit required

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LEASE OPTIONS

Down Payment	Lease Payment	Total Due On Signing
$0	$450	$2,123.50
$2,300	$378	$4,610.70
$5,000	$293	$7,517.95

Total due on signing includes down payment, freight, security deposit, 1st month's payment plus taxes. Licence, insurance, P.P.S.A. and admin. fees extra.

36 MONTH SMARTLEASE **$378*** OR PURCHASE FINANCE **4.9%** up to 48 months‡ OR CASH PURCHASE PRICE **$27,098▼** excludes freight $940

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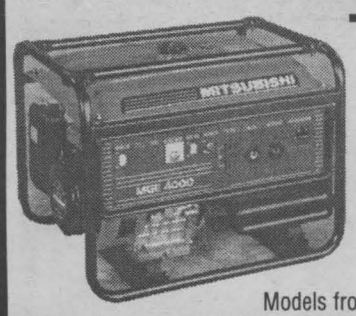

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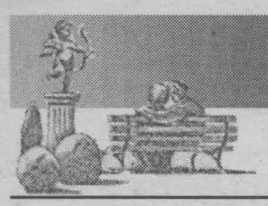

Bruno and Alice

A Few Dollars and Change

EPISODE NINE

A love story in twelve parts about seniors and safety

I figure Oscar Wilde was bang on when he said that youth is wasted on the young. At the tender age of 75, I was having the time of my life. Alice and I were getting closer all the time, and the loneliness I had felt since my wife died was beginning to disappear.

Alice was spending a lot more time at my house. That was great, except that she was also beginning to notice a number of things around the house that she wanted to change. Alice isn't pushy, but she's straight up and, when something is on her mind, it's on her lips soon enough. She had attended a workshop on how to make a home safer for older people, and I guess I was her first experiment.

At first I wasn't too comfortable with the idea of making changes. Maybe I was more set in my ways than I thought. Or perhaps I figured that altering the place would somehow be disloyal to the memory of my wife.

I resisted. Alice persisted. One day she presented me with a list of the changes she wanted to make—a phone in the bedroom, better lighting on the stairs, handrails down to the basement, and grab bars in the bathroom.

I guess I kind of sloughed it off. But that didn't deter Alice. Fact is, the changes she wanted to make were all changes to make the house safer—the phone in the bedroom in case we needed to call for help in the night, better lighting on the stairs so we wouldn't slip, that sort of thing. Alice was doing what I hadn't found the courage to—admitting that we were getting older and that we should accommodate the change.

The modifications were easy. And not too expensive. A few dollars here, a few there. And I felt better when things were safer and more comfortable around the house. I even made a few changes of my own, including better lighting in the studio where I do my artwork. Now I can see the mistakes I'm making! Another change for the better...

(to be continued)



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Harsh Winter Weather Wreaks Havoc on Skin

Cold winters and parched offices are often the perfect environment for miserable itchy, flaky winter skin. However, red, irritated skin is much more than a winter time nuisance for nearly one million Canadians. They suffer from psoriasis, a non-contagious skin disorder. "Winter air is much worse for psoriasis sufferers than summer," says Judy Misner, founder of the Psoriasis Society of Canada. To find out if your irritated, red skin is psoriasis, take this short quiz:

Psoriasis Quiz

- Do you have silvery, scaly patches of irritated skin?
- Do rashes or inflammations often occur near a preexisting wound?
- Do you develop hard, scaly skin at your elbows or knees?
- Does the severity or onset of the irritations coincide with stress, alcohol intake, smoking, the consumption of spicy, acidic, high-fat or high-sugar foods?

Do the outbreaks or "flare-ups" occur periodically and sometimes subside?

- Do you suffer from any recurrent infections (i.e., sore throat, bladder infections)?

If you answered "yes" to more than one of these questions, you too may suffer from psoriasis. Only a doctor can determine if you have psoriasis and provide you with important information about the various treatments and their side effects.

Effective over-the-counter treatment available.

One product that is available in pharmacies without a prescription is Exorex. Exorex combines coal tar, a proven treatment for psoriasis, with a fatty acid derived from the skin of bananas. As a result of this unique combination, Exorex penetrates into the deepest layer of the epidermis, has no unpleasant odour, and does not stain skin or fabrics like many other treatments. Exorex contains no cortisone, and therefore has no associated side effects. It is available in easy to use formulations for body and scalp. "We have received many phone calls asking about Exorex and also calls from people who have had a positive experience with the product," says Misner.

★★LET'S★★
CELEBRATE

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

Gedoro's
Fine Dining in Casual Comfort
Cornwall's Place for

DINNER CLUB CARD
PLUS ... A GEDORO'S MUG!

This Week's Winner: KAREN SCOTT

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 photo.
Over 24 words, 25¢ per additional word, per week
DEADLINE: 5 PM TUESDAY

Lordy Lordy
OH MY GOD YOU'RE 40!
Hope you have a great 40th celebrating on November 26th
Love from all your family & friends!



Wedding Reception
in honour of



Lindsey J. Slater (Blodgett)
mother of Jamie, Jessica & Jordan
AND
Lawrence P. Fardy
son of Patrick & Marie Fardy
Friday, December 3rd, 1999
Porto Bello ~ 9:00 pm - 1:00 a.m.
Everyone Welcome
Best Wishes Only ~ Music by D.J.

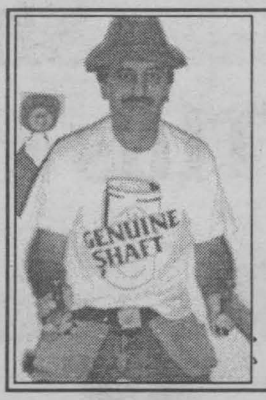
Mixed Party
in honour of
Sue Larin Ellis
&
Craig O'Byrne
McDonnell's Inn
Sat., Nov. 27th, 1999
9 pm - 1 a.m.
Music D.J.
Light Lunch



Lordy, Lordy
NAT
another sister turned the big "40"!
NOW I FEEL OLD.
Celebrated on November 23rd
Love your Baby Brother

HALEY
Ryan Milton
born Thursday, November 11th, 1999
8 lbs - 21-3/4" in length
Proud parents are Joanne & Bob Haley
Second grandchild for Milton & Marlene Haley
Tenth grandchild for Ken & Alma McDonald
Insured

Happy Belated 22nd Birthday
Jason Montroy
who celebrated on November 19th
Love Lori, Justin & Jordan, Keri & Ricky and Joan & Eric



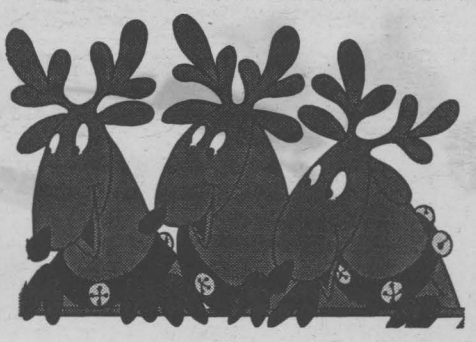
ROLLAND SEGUIN
who celebrated on November 24th
50 years gone by ... time to look back
Mel, Dan & Cassandra

Happy 60th Birthday
Gerry Stewart
#1 Husband
#1 Dad & #1 Papa
celebrating on November 28th
Love & best wishes from your wife Jean, Tina & Dave, Tim & Karen and your grandchildren





Santa's MAILBOX



Dear Santa,

I'm 7 years old & have been a good girl all year. I'm in grade two & like school a lot. I enjoy reading & I especially like math.

Are you feeling well?How are the reindeer & also Mrs Claus? You are cool!

My gramma Bray is helping me to send this letter.

This is what I would like to have for Christmas.

* winter jacket
* clothes
* night gowns
* barbies
* teddy bears
* hair clips

Your friend Teisha Kehoe

P.S. Thank you for last years gifts & please, could you bring something real nice for my mom.

Dear Santa:

How are you? My name is Jessica. I'm 5 years old. I've been a very good girl this year. For Christmas this year I would like to have Bowling Party Stacie Barbie, Yo-Yo Skipper Barbie, McDonald Land Birthday Girl, Super Star Susie doll, Baby Butterfly doll, Scooby Doo game, Betty Spaghetti goes to Hollywood, Pikachu doll, clothes, jewellery box charm set, Easy Bake Oven, Snowcone machine, jewellery.

P. S. I will leave you some milk and cookies and sugar for your reindeer.

Love
Your Friend
Jessica Legault
xo

Dear Santa:

My name is Aaron. I am 2-1/2 years old. For Christmas I would like "Wendy Watters The Rescue Hero". Please remember all those in need and all the children who are in hospital.

Love
Aaron Larose
xoxo

Dear Santa:

I would like Pokémon Cards and Pokémon movies.

Keegan Larose

Dear Santa Claus:

This year is my first Christmas. I would like it if you brought me a Teletubby and some toys for the bathtub. Mommy and Daddy put up the tree so you can leave my gifts there. I will make sure Mommy feeds you when you come.

Love Always
Makenna Scott
(7 months)

Dear Santa:

My name is Bradly and I am 4 1/2 years old. I have been a very good boy this year. I help my Mommy and Daddy with chores around the house and I help look after my dog Caley.

For Christmas this year I would like the silver, black and green Power Rangers. This will complete my set and make me very happy.

I'll have the cookies and milk in the same spot as last year and I'll leave out apples for all the reindeer.

I love you Santa!

From Bradly
XOXOXO

Dear Santa:

My name is Kyle Norkett. I am three. As three year olds go, I have been a good boy this year. I have sat through many of my brother's hockey games and my sister's basketball game playing with my pokemon toys and letting my mom watch their games. I'm still having trouble keeping my socks and boots on.

Thank you for the castle last year. This year I would like a gameboy. I didn't get it for my birthday, but I know you always come through. I would also like the talking thing that will make my star wars guys talk.

I will leave a treat for you and your reindeers including Twinkles on Christmas Eve.

Love Kyle

Dear Kris Kringle:

How are you doing? I'm fine. I hope you liked the cookies I left you last year. They will be even better this year. Do you want milk or juice? This year for present's may you get me a Pokémon Master Trainer game, glitter and glow sand art, Pokémon Yellow for Gameboy, Millennium Barbie, Nano Salon, Barbie Super Sports CD ROM, and the last thing is the snow star sled. Give my brother and sister lots of gifts also. My brother helped me with this so give him a special present from me.

Thank you
Candice McKay

Dear Santa:

I've been a pretty good girl this year. For Christmas, please bring me 2 walkie talkies, an Amazing Ally, a McDonald's Girl Doll, a pack of Pokémon cards, a Rudolph Christmas movie, a grocery shopping Barbie, a radio/cassette player, a Britney Spears cassette and something to make crafts with.

I love you Santa. I will leave you some cookies and milk and some baby carrots for your reindeer.

Love
Amanda Price
I am 6 years old.

Dear Santa:

My name is Jennifer and I am 2-1/2 years old. My sister's name is Samantha and she is 1-1/2 years old. We have been very good girls this year.

We would love it if you could bring us anything to do with Blue's Clues, Teletubbies, Arthur or Little Bear because these are our favourite shows.

Our big sister Amanda will leave you some milk and cookies and baby carrots for your reindeer.

Love
Jennifer & Samantha Price

Dear Santa:

My name is Josée and I am 5 years old. My mommy is writing this letter for me. I've been a very good girl this year. For Christmas I would like fruit Fantasy Barbie, Talking Pickachu; a toy dolphin; Blue's Clues Thinking Chair; Noo-Noo from the TV show Teletubbies; roller blades; Teddy Winnie the Pooh; cash register and a mop vacuum so I can help mommy with the house cleaning. I will leave carrots and water for your reindeer and for you Santa, I will leave you chocolate chip cookies and a large glass of milk.

P.S. My daddy would like some tools for the campsite so I can help him.

Love You Very Much Santa.
Josée

Santa's Gift Guide at Eastcourt Mall

Here are some of Santa's Best Shops and Services for everyone on your Christmas List...

- Zellers
- Dollarama
- Sunolay Tanning
- Jean-Marc Brunet Le Naturiste
- Marie's Knitting Basket
- Maxi
- Lindale Shoes
- Godard's East Valley Bookstore
- Bentleys
- Blockbuster
- Pictures,T-Shirts Outlet
- Daigneault Cleaners
- East End Restaurant
- Edelweiss Bakery
- Gatescrafts
- IES
- Kentucky Fried Chicken
- Liberty Tax
- Roger Lalonde Petro Canada
- Mac's Milk
- Tim Hortons
- Pizza Pizza
- Subway
- The Beer Store
- Wine Rack
- Eastcourt Guardian Pharmacy
- Eastcourt Lottery Centre
- Unisex Hair Salon
- Royal Bank
- Reitman's
- Respricare
- Bargain Giant
- Phantasmagoria
- The Co-Operators
- Lingerie Depot
- Kingderdreams
- Berry's Pet



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Why replace?
Reglaze for a fraction of the price
• BATHTUBS
• SINKS
• TILES
• RUST & CHIP REPAIR
• ANTIQUE TUBS
3 YEAR GUARANTEE
$149.99 WITH AD FOR A LIMITED TIME ONLY
JAY KAY ENT. BATHROOM RESURFACING
(613) 537-9552
1-877-509-5657



Frosty deals

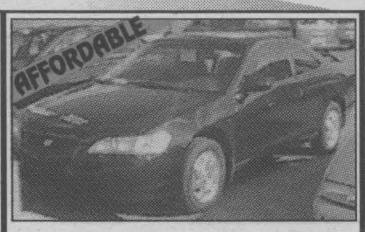
Come In For A Test Drive



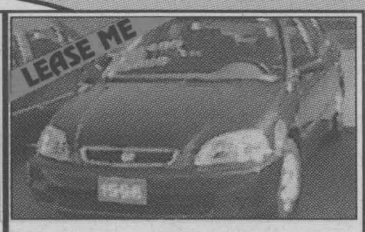
95 Chrysler Cirrus LX, 4 dr.
stk #3457A
was $12,995 now $11,988



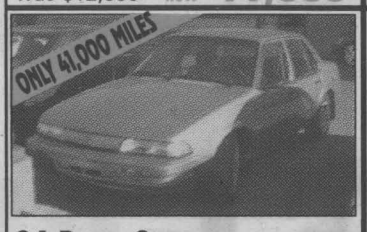
96 Honda Accord, 2 dr, cpe.
stk #H4531A
was $15,595 now $14,988



98 Accord, 2 dr.
stk #H4346A
was $24,595 now $23,988



98 Honda Civic LX, 4 dr.
0 down lease for $269/mth



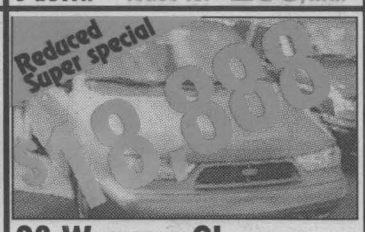
94 Pont. Sunbird
stk #3468B
was $7,995 now $7,988



94 Buick Regal, 4 dr.
stk #3430A
was $13,995 now $13,188



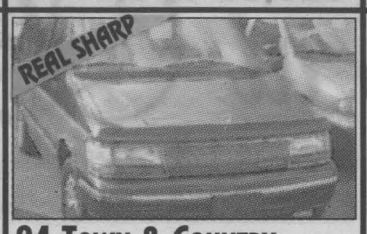
95 CORSICA, 4 dr.
stk #H4346A
was $10,995 now $9,988



98 Windstar GL,
stk #H4358A
was $21,995 now $20,988



98 Jimmy 4x4, 2 dr.
stk #3477A
was $23,995 now $22,588



94 Town & Country,
stk #h4524A
was $12,995 now $11,988



98 Subaru Forester, AWD
stk #3475A
was $22,995 now $22,588



97 Honda Civic EX, 4 dr.
stk #PUH407A
was $16,495 only $15,988

We're Smashing Prices On These Dynamite Vehicles

ALL USED VEHICLES SOLD WITH MINIMUM 6 MONTH 10,000 KM WARRANTY

	was	now
93 Altima, stk #3367A	$10,999	$9,988
94 Pontiac Grand Prix, stk #3486A	$9,995	$8,988
99 Accord, v6 stk #4319		$29,988
92 Pont. Lemans, stk #4294A	$5,995	$4,988

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Cornwall

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30 DAY EXCHANGE POLICY
some restrictions may apply
see dealer for details

Snowdrift of SAVINGS



The All New
Maxima GXE

Its 222 hp V6 hurtles you to 100km/hr in 6.7 seconds

COMPROMISES: 0 ENGINEERS: 380
HORSEPOWER: 222 CARS LIKE IT: 0
SECONDS FROM 0-60 MPH: 6.7
HOURS SPENT FINE TUNING: 275,365

Simply the Best V-6 Engine
- Ward's Auto World

starting at $28,590

The All New
2000 Xterra



3.3 Litre V6 engine, side step rails & utility rack, air conditioning, power windows, locks & mirrors, remote keyless entry/anti-theft system, cruise & tilt, AM/FM CD 6-speaker audio system, full frame capable of towing 5,000 lbs.

starting at $28,988



99 NISSAN ALTIMA GXE

2.4L, DOHC, 16 valve, 150 HP engine; 4 spd auto. trans. with overdrive; air conditioning; cruise control; power windows, antenna, mirrors and Smart Doors™ locks; AM/FM/ cassette with four speakers

stk. No. 3437
was $22,998

NOW ONLY $19,999



99 NISSAN SENTRA XE

1.6 L, 16 valve DOHC engine, 4 spd. auto. with overdrive, air conditioning, AM/FM cass. with four speakers, tilt steering,

stk. No. 3493
was $17,898

NOW ONLY $15,999

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NISSAN DRIVEN

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Nissan's Come in for a "spin" sales event

Spotlight on savings

NO GIMMICKS ... JUST GREAT VALUE

2000 NEON



$219 per mth.

DURANGO 4x4



like new was $40,900

NOW $32,900

INCLUDES: 5 YEAR/ 100,000 KM POWERTRAIN WARRANTY!

Chrysler customers read the fine print. "This is a limited time offer which may not be combined with any other offers except Grad Rebate and apply to retail deliveries forpersonal use only on all new in-stock 2000 Chrysler Neon 22D models. Retailer may sell/ lease for less. Retailer trade may be necessary. Leases/ financing subject to approval by Chrysler Credit Canada Ltd. Pearl coat paint extra. See retailer for complete details and conditions. *Prices/ leases excludes $675 freight and exclude licence, registration insurance and taxes. *Based on a 48 month lease for 2000 Chrysler Neon 22D. Lease finance interest rate is 2.0% with $1,790 down. Kilometres are limited to 100,800. Charge of $0.80/km for excess kilometres. There are closed end leases with no buy back requirements. A full tank of fuel with every purchase or lease of a new 2000 Chrysler Neon.

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Toyota Means Quality At A Great Price. Treat Yourself Today!

1999 TOYOTA TERCEL CE



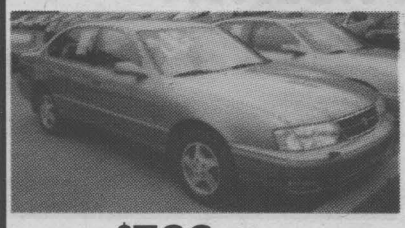
4 dr., auto., power steering, brakes, dual mirrors, split rear seat, AM/FM cass.,

Lease For $215/mth with $1000 down

M.S.R.P. $14,825
3.8% APR Financing
over 48 mths
or 5.8% lease rate

0	DOWN	$238.29
$1000	DOWN	$215.00
$2300	DOWN	$180.08
$5000	DOWN	$121.88

1999 TOYOTA AVALON XLS



4 dr., leather, fully loaded, traction control, heated leather seat

Lease For $599/mth with $1000 down

M.S.R.P. $42,805
3.8% APR Financing
over 48 mths
or 5.8% lease rate

0	DOWN	$622.28
$1000	DOWN	$599.00
$2300	DOWN	$564.08
$5000	DOWN	$505.88

2000 TOYOTA 4 RUNNER SR5

4 dr., auto., air, p. windows, locks, cruise, tilt, AM/FM/ CD, cast wheels, running boards



Lease For $499/mth with $1000 down

M.S.R.P. $37,510
6.8% APR Financing
over 48 mths
or 6.8% lease rate

0	DOWN	$522.72
$1000	DOWN	$499.00
$2300	DOWN	$463.42
$5000	DOWN	$404.12

1999 TOYOTA CAMRY CE

4 dr., auto., air, power windows, locks, cruise, tilt, AM/FM/ CD



Lease For $349/mth with $1000 down

M.S.R.P. $24,780
3.8% APR Financing
over 48 mths
or 5.8% lease rate

0	DOWN	$372.28
$1000	DOWN	$349.00
$2300	DOWN	$314.08
$5000	DOWN	$255.88

1999 TOYOTA TACOMA EXTRA CAB 2WD

auto., cruise, chrome front & rear bumpers, tilt steering, privacy glass, carpeted floor mats, intermittent wiper



Lease For $299/mth with $1000 down

M.S.R.P. $21,394
3.8% APR Financing
over 48 mths
or 5.8% lease rate

0	DOWN	$322.28
$1000	DOWN	$299.00
$2300	DOWN	$264.08
$5000	DOWN	$205.88

2000 TOYOTA TUNDRA ACCES CAB 4X4

4 dr., V8, auto., air, power windows, locks, cruise, tilt, tinted windows



Lease For $499/mth with $1000 down

M.S.R.P. $40,270
5.8% APR Financing
over 48 mths
or 4.8% lease rate

0	DOWN	$521.85
$1000	DOWN	$499.00
$2300	DOWN	$464.73
$5000	DOWN	$407.61

* with $1000 down plus taxes, 48 mth lease, 24,000 kkm/yr, frt & PDE incl. in lease. OAC

Rodger Grant TOYOTA

353 Pitt St.,Cornwall 613-932-1106

HURRY IN LIMITED TIME ON SALE ENDS NOV. 30th

Seaway Sports

Club 55 Plus

Club 55 Plus action at Olympia Bowl saw the Lynx go down for a 2-1 count to the Camels.

Harold Millward paced his club for the win with a 307 single and a cross of 663.

Top keglers for the losers were Sid Pidgeon - 260; Anita Riley - 225; and Simone Kearns - 206.

Other highs rolled: Harold Lauzon - 227; Joe Arsenault - 224; Maurice Champagne - 217; Val Currie - 216; Len Marleau - 215; Thomas McHarg, Bob Carter and Shirley Eastman all with a 214; Bill Owen - 213; Thelma Goulet - 209; Veronica Bouleau - 208; Rene Amelotte - 203; John Peters - 202; Dawn Pidgeon, Marie Martin and Albert Amelotte all 200 each.

Attendance winners: Wilfred Tyo, Mary Maloney and Maurice Champagne.

Cornwall Mini Storage Atom Selects

Selects played two games this week, the first Wednesday night in Ogdensburg. Where the Selects were defeated 3-0. Even though the Selects did not win the game was exciting and with a few lucky bounces of the puck the game could have gone the other way.

The second game was Friday night at the South Stormont Atom Selects home ice in Long Sault. The game started out on the wrong foot for the Selects when their captain Adam Jodoin was unable to play do to an injury. Now we all know one man doesn't make a team but sometimes it takes the team a little while to adjust when their a man short, and that's what the Selects had to do after they were loosing 3-0. To the Cornwall Royals Atom Team shortly after the start of the first period.

The Selects regrouped and started to play hockey. They showed the Cornwall team they had to be taken seriously and only allowed one more goal to be scored on them, and came back to score two of their own goals with a final score of 4-2.

Scoring for the Selects were Billy Lalonde and Corey Flury assist by Taylor Letford, Scott Hickman and Sheldon Wells.

Cornwall Tire Midget "A" Royals

The Cornwall Tire Midget "A" Royals started their very busy weekend with a 5-1 victory over the Kingston Township Titans. The Titans fell behind 4-0 before the first period was completed on goals by Dale Ferguson, Jesse Winchester and Matty McNally with 2. Mario Bissonnette rounded out the Royal's scoring in the third. Shawn Chartrand led the way with three assists, while Tim St. Jean, Pat Lafleche and Eric Lavictoire had one helper each. Lavictoire and Lafleche had their strongest games on defence, and contributed significantly to Marc Lapointe's fine performance. The Royals experienced penalty trouble in the third period, but strong penalty killing by Dave Carry, Ryan Redmond, Al Leger, Jamie Leger and Nelson Tessier thwarted the Titans attack.

On Saturday night, the Cornwall Tire boys hosted the Kingston City Cougars at the Turtledome and came out on the losing end of the 2-1 contest. The Royals played one of their more disciplined games of the season, and for the most part, stayed out of the box.

The Cougars scored two quick goals early in the first period before Jesse Winchester got the Royals on the board in the second period. Tim St. Jean sent a pass to Eric Lavictoire at the point and Lavictoire sent a blast at the net. Winchester deflected the shot, then roofed the rebound. Dan Desnoyers had a strong game in goal for the Royals as did Troy Darnell and Dave Carry.

On Sunday night, a tired Tire team played host to the first place Nepean Raiders and defeated them 4-3. The game appeared to be over with the Royals leading 4-2 with under a minute remaining, however the Raiders scored a fluke goal while playing with an extra attacker. Then, with just seconds left, Marc Lapointe had to make some exceptional saves to preserve the win.

Scoring for the Royals were Mario Bissonnette with two, Jamie Leger and Jesse Winchester. Assists went to Nelson Tessier, Troy Darnell, Eric Lavictoire and Dave Carry (2).

A deflated Cornwall Tire Midget "A" Royals hockey team suffered through a tough weekend in their schedule, losing both of their contests. Saturday night in Stittsville saw the Royals jump out to a quick 2-0 lead on goals by Jesse Winchester and call-up Ranald Pecore. Assists went to Ryan Redmond, Tim St. Jean, Matty McNally and Mario Bissonnette. However the Rams fought back and eventually won the game 5-2. Goaltender Dan Desnoyers was exceptional and kept the score close, stopping 40of the 45 shots he faced. Game two at the Si Miller on Sunday had the fast skating, hard hitting Canterbury Crusaders playing the Royals and winning the game 7-4. Once again, the TIRE boys jumped out to an early lead on goals by Winchester and Redmond, with helpers going to St. Jean (2), Winchester, and Redmond. the Crusaders fought back and eventually went ahead 5-2 before Shawn Chartrand scored a beauty on a nifty passing play form Bissonnettte. Troy Darnell closed out the scoring on a blistering shot. Setting him up were Dave Carry and Nelson Tessier. Marc Lapointe made some spectacular saves in goal to keep the score close.

Lancaster Freshmart Pee-Wee "A"

The Royals traveled to Pembroke, Ontario over the weekend to play in the Terry O'Neil Silver Stick hockey Tournament. Even though the Royals did not win any medals or trophies, they learned something about hard work, team effort and positive attitudes.

After a hard work out on home ice Monday night, the players could taste the feeling of a winning combination. It goes to show you that Cornwall builds winners not losers.

Even if we did not put the puck in the net, there is always the next time. Good work boys!

Play of the week Eric MacPherson.

Grant Dodge Bantam "B" Royals

The visitor sweaters continue to bring more luck to the Grant Dodge Bantam "B" Royals than home ice. Dan Sauve's troops added a trip to Potsdam to their list of successful outings, beating the home team 3-1 on November 8th.

Brendon Mason and Steph Quenneville changed a scoreless 1st period into a 2-0 lead, both scoring in the last 30 seconds of play. Assists went to Marc Andre Cuillerier and Jason Leger. Potsdam retaliated once in a fast and furious 2nd period, but Royals work horse Luc Langlois closed it out at 3-1, scoring just seconds before the buzzer. Assists went to Marc Andre Cuillerier and Kyle Pierce. Ryan Prevost made several key saves in the 3rd period and stopped 15 shots for the game. The Royals took 23 shots on net.

Brendon Mason scored the goal, assisted by Patrick Sauve and Jason Leger as the Grant Dodge Bantam "B" Royals skated to a 1-1 tie against NGS on Saturday night.

The Cornwall Grant Dodge Bantam "B" Royals jumped into the annual Prescott Tournament on Sunday, November 14th and made a definite impression on the ice. Their first game ended with a 3-0 win against the Nepean Raiders, with Ryan Prevost hot in nets. His defence was strong and the offence hungry. Pat sauve scored the first goal, while Brendon Mason connected twice with help from Kevin Castor and Luc Langlois.

The second game pitted them against the Brockville Braves. The game began and so did the penalty clock. The Royals were only able to score one goal while their opponents managed to net two. Lone Royal scorer was Jason Leger, with Marc Andre Cuillerier and Andre Lalande assisting. Chris Kaddie was at his usual best, stopping 22 shots.

Seaway Scoreboard

United Counties Ladies Basketball

NOVEMBER 18, 1999

Game #1			
Team USA	45	Cornwall Gravel Pits	39
Top Scorers:		*Top Scorers:*	
Terry Perry, Chrissy Poupore		Sandy MacDonell, Donna MacGregor	
Game #2			
Star Gazers	69	Rat's Nest	27
Top Scorers:		*Top Scorers:*	
Heather Durant, Geraldine Jacobs		Laurie Bingley, Lisa Chafee	
Game #3			
Laframboise	45	Grower Direct	36
Top Scorers:		*Top Scorers:*	
Debbie Pucci, Helen MacIsaac		Suzanne Sinclair, Nancee Cruickshank	
Game #4			
Ray-Co Sports	39	St. Lawrence College	45
Top Scorers:		*Top Scorers:*	
Angela Martell, Norma Lefebvre		Melanie Bertand, Maureen Benton	

Eastern Ontario Junior C Hockey League

Team	GP	Won	Lost	OTL	G.F.	G.A.	Pts
Casselman	12	12	0	0	80	21	24
Vankleek Hill	12	10	2	0	94	46	20
Embrun-Russell	11	7	4	0	57	49	14
Maxville	13	6	6	1	59	75	13
Rockland	14	6	8	0	53	65	12
St. Isidore	13	3	9	1	53	76	7
Long Sault	13	0	13	0	42	106	0

Bridge Results

Martintown Goodtimers Bridge Club Nov. 16/99

N/S
1. Mary Walton - Don Crawford
2. Ken Graham - Phil McGrath
3. Lorraine Gauthier - Gerry Johnston

E/W
1. Gilberte Girard - Gracia Seguin
2. Penny McLeod - Joan Turner
3. Laurette Keir - Margaret MacLeod

Alexandria Bridge Club - Nov. 16/99

N/S
1. Jim Campbell - Elizabeth Marjerrison
2. Rene Belanger - Michel Duplantie
3. Homer Grant - Lorna Grant

E/W
1. Ron Allison - Gerri Tibbals
2. Bill Smith - Marcel Laviolette
3. Muriel Smith - Audrey Blair

Seaway Bridge Club - Nov. 15/99

N/S
1. Bert Chausse - Mel Colbran
2. Marjorie Raymond - Brunelle MacDonald
3 Lorraine Gauthier - Gerry Johnston
3. Jean Boileau - Yvonne Bergeron

E/W
1. Rita Struthers - Hermine Ladouceur
2. Lyette Ladouceur - Roy Parmalee
3. Norma Daigle - Rona Maynard

Independent Bridge Club - Nov. 10/99

Section 1
N/S
1. Bert Chausse - Joe Loney
2. Grace Leroux - Joyce Harrison
3. Yolande Boutin - Dora Barrington

E/W
1. Marjorie Raymond - Madan Seth
2. Edmund Cholette - Verna Beaulieu
3. Estelle Loney - Ethel Bingley

Section 2
N/S
1. Jean Forbes - Terry Forsyth
2. Mona MacPhee - Brunelle MacDonald
3. Claudette Drouin - Guy Drouin

E/W
1. Muriel Smith - Pat Cunningham
2. Eva Kittle - Marion Lawn
3. Terry Lalonde - Muriel Contant

Seniors Bridge Club - Nov. 12/99

Section A
N/S
1. Kay Colbran - Claudette Rousseau
2. Eva Kittle - Mona MacPhee
3. Mabel Chan - Lydia Legault
3. Maureen Walker - Maurice Roussy

Section B
N/S
1. Lorraine Gauthier - Gerry Johnston
2. Marion Lawn - Alma Lauzon
3. Bert Chausse - Mel Colbran

E/W
1. Lyette Ladouceur - Hermine Ladouceur
2. Pauline Pinard - Brunelle MacDonald
3. Jean Stokes - Eileen Beaudette

St. Andrews Bridge Club - Nov. 17/99
1. Shirley Taillon
2. Marie Beaudette
3. Gretta Maloney
3. Hazel MacDonald
4. Gerald Maloney

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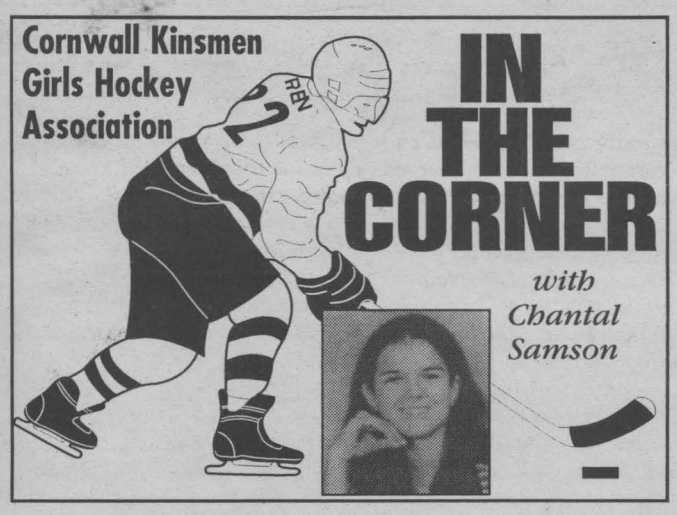

Last Sunday, November 21st, the 16th annual Cornwall Kinsmen Girls' Hockey Tournament came to an end. Our Cornwall teams had a very victorious weekend. In the Novice division Cornwall White won their championship game 3-2 against the Nepean Ice Demons. Nicole Bougie had a pair of goals and Kendra Villeneuve scored as well. The Cornwall Atom A team defeated the Smith Falls Peewee C Cubs in the Peewee B division with a score of 3-1. Stephanie Higgins, Christina Julien and Dana Bingley each scored. For the Peewee A finals the Cornwall Typhoons succeeded in winning their championship game against Rideau St. Laurence Peewee BB Thunders. Tara Sinfeild and Chantal Lortie both scored, making the final score 2-1. Our Bantam A Typhoons were also triumphant, winning their final game 3-2 against N.A.H.A Winter Hawks (from Stowe, Vermont). Nikki Casselman, Michelle Guay each score as did Patricia St-Denis who's goal broke the 2-2 tie. The Midget C Typhoons were also champions in their division. Team captain, Julia Espostio, scored twice against the Presqu'Ile, Quebec Athletics' goalie. Cornwall's goalie, Alyson Dionne, left the Presqu'Ile team scoreless. Finally, in the Intermediate Open division, the Cornwall Midget AA Typhoons won the gold in a shoot out against the NCCP Midget AA2 Capitals. After three 10 minute stop time periods and one 5 minute running time period, the score remained tied 0-0. The shoot out started with Michelle Higgins and Caroline Papineau who were both unsuccessful in breaking NCCP's goalie's shut out. Cornwall's goalie, Jessica Moffat kept her shutout but not only against the first two shooters, but also against the third shooter. Team Captain, Crystal Vachon, was Cornwall's third shooter. Vachon scored and the Typhoons were declared the champions. Although Cornwall's competitive teams won all the competitive divisions, the house league teams unfortunately didn't find as much success. The Atom, Peewee, Bantam and Midget house league teams didn't make it to the finals. As a member of the Midget team, I can honestly say we did have a lot of success in finding fun in every one of our games. All the girls worked extremely hard and in result some girls scored, some got assists, some were awarded hustler awards. In the championship games, the winning team was awarded a trophy while each player received a medal and a flower. The Finalists got carnations while the Champions received red roses.

would also like to take the opportunity to thank the President of the association, Mr. Brian Tardiff, for everything he did. Mr. Tardiff contributed many hours to ensure the success of our tournament and without him and the help of many other volunteers we would never have had such a wonderful weekend. Thankyou! We're looking forward to next year...

Rayco on Top

On November 22nd, at Bob Turner Arena, Rayco's Senior Women's Hockey team defeated Kanata 3-0. Rayco opened the scoring in the 1st minute with a goal by Tricia St. Thomas assisted by Deana Cugietta. Rayco finished the 1st with a goal by Michelle D'Amours aided by Tricia St. Thomas and Jen Legue. At 6:26 of the 2nd Kyleen Mulligan scored with a shot from the blue line assisted by Deana Cugietta and Marie-Andree Carriere.

Lee Ann Wheeler earned a shut out in nets for Rayco.

Peewee Typhoons Kicking up a Storm!

Cornwall Peewee "A" Typhoons have made their presence known in the Ottawa district Women's Hockey League.

By securing a major sponsor , Alice Ferguson via Alishan Nahsila Freight Services, the Typhoons were able to increase their practice schedule which has paid off in big dividends.

This past weekend they participated in the NCCP hockey tournament held in Ottawa. The Typhoons advanced to the finals with a record of two wins and one tie.

In the final game, they were matched up with an undefeated Scarborough team. With the game tied 2-2 going into the last period, the Typhoons gave up three unanswered goals to lose the match 5-2.

Coaches Art Sinfield and Richard Carter were pleased with the team play and the results.

"This tournament shows us that we are competitive with the teams from the Toronto area. This is no surprise to me because with the dedication and commitment we have from the players, they are gaining more confidence every time they step on the ice." said coach Art Sinfield.

The girls have the results to prove this with a 4-1-1 record in the Ottawa league which entitles them to a second place.

Sinfield hopes that the team can continue their hard work this weekend as the Cornwall Girls Hockey Association holds their annual tournament.

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CUCBA Minor Bantam Boys Basketball Team

The CUCBA Minor Bantam Boys Basketball team is off to a good start. They won their first two league games Sunday at CCVS. In the first game they defeated the Gloucester "2" team 65-22. All 12 players scored, showing a great team effort. With 7 returning players, coaches Bill Swinden & John Kroon like what they've seen so far.

There was no single start on this team.

Adam Kroon scored 11 points in the first game with Adam Chase, Scott Degray and Jimmy Seymour each adding 8 points. The second game was closer, but saw our boys win 42-25 over Kanata.

Again 10 players scored, led by Gordan Amelotte (7points) and Bruce Swinden and Eric Viau each with 6 points.

BDO Dunwoody Seaway Valley Minor Atom AA Rapids

The Rapids earned a tie as they hosted the Rideau-St. Lawrence Kings.

In the game against the Kings, Nathan Mondoux scored with eight seconds left in the third period to give the Rapids a tie. Also scoring were Nicolas Gaudet and Devin Brunet. Mondoux had two assists and Brunet and Gaudet had one each.

In their away game against Rideau-St. Lawrence in Spencerville the Rapids outworked their opponents but lost the game 4-1. Scottie Gallant scored on a perfect pass from Mathieu Parisien.

Guindon Esso Atom B Royals

Guindon Esso Royals on Sunday 13th vs N.G.S. at the Si Miller Arena lost the game 5-4 in a tight third period which saw Christian McCartney facing 23 shots to Cornwall's 17. Chad Lapensee scored 2 goals with 2 assists, Nathan with 1 goal and 1 assist and Spencer Barry with a goal.

On the road, the Atom B Royals faced off with the Grenville Rangers in Spencerville on Wed. Nov. 17th. Joel Mainville faced 19 shots, while Cornwall got 15 of their own to win the game 2-1. Chad Lapensee got both goals in the third period.

On Friday Nov. 19th, in Long Sault, Guindon Esso Royals came out ahead against the Selects with Christian McCartney between the pipes winning 4-2 with Chad Lapensee's hat trick in the 1st period and Gary Soares scoring in the 2nd assist was Serge Lafontaine with 3, Sean Lepage, Matthieu Ladouceur & Andrew Levac.

Bringing Cornwall to 4-3-0 in season play.

Nesbitt Burns Cornwall Novice B Royals

The Nesbitt Burns Cornwall Novice "B" Royals had a busy week playing 5 games. Their first game was their only league game of the week. The battle of undefeated teams in the Lower St. Lawrence Eastern Novice Division resulted in a 2-2 tie as Morrisburg scored a late power play goal to tie the game. The Royals were off to Pembroke to participate in the regional Silver Stick. With most of it's league rivals playing in the lower divisions Cornwall was placed in the top division against teams from the Ottawa area. Cornwall did very well despite playing some very good teams. The Royals won one and lost two, while outscoring their opposition by a cumulative 12-10 margin.They cam back with their heads held high and faced the Massena Novice "A" team on Monday. The road weary Royals returned to their winning ways with a convincing 7-1 win. If not for the spectacular goaltending of Evan Belair of Massena the score would have been much higher. Recording goals and assists for the Royals this week were Jeffrey Hebert 0-3, Mack Mitchell 3-4, Ryan Wong 2-2, Brett Michaud 5-3, Zach Mac Innis3-2, Trenholm MacDonell 1-0, Jeremie Spagnolo 0-1, Matthew Jacobs 0-1, Justin Ingram 2-0,Brock Bissoneette 1-4, Brendan Trasuk 1-2, and Trent Thomas 3-0. On defence Brett Conway broke up many rushes playing his usual hard nose style of hockey. Between the pipes Josh Loney and Joshua Lefebvre played strong games.

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Tax Relief for Y2K Compliance

The federal government has extended the deadline of a tax break for small businesses trying to get Year 2000 ready. Although it has been reasonably well publicized, too many small business owners either don't know about the tax incentive or don't quite know how to best take advantage of it.

According to Dave Walsh, CA, a tax manager in the Ottawa office of Ernst & Young LLP, "many small businesses have neither the financial resources nor the technical capabilities to become Year 2000 compliant. But, unless they do, they could face major disruption or be shut down altogether once the midnight bell rings in the Year 2000." Chartered accountants, he added, can provide expertise in both areas. "They can certainly advise you on what is eligible for the tax break and calculate the best result for you."

The special tax incentive is aimed at small businesses having to purchase computer hardware or software to replace systems that are not Year 2000 compliant, Walsh explains. "Under this program, businesses can effectively write off 100 per cent of their eligible computer purchases this year."

But, adds Sam Zuk, CA, a tax partner with Toronto-based Soberman Isenbaum & Colomby LLP, "you have to make these purchases before October 31."

Previously, he said, the government was willing to give tax relief only for purchases made before June 30, 1999, but then it realized that this wasn't enough time for enough companies to take advantage of the program.

Walsh advises that businesses generally get tax write-offs through tax depreciation claims, known as capital cost allowance (CCA) for eligible business expenses. "Normally, computer equipment and software are eligible for CCA write-offs at a rate of 15 per cent for hardware and systems software and 50 per cent for application software in the year of purchase, with the rest written off in following years. Under the relief program, the government permits an additional CCA claim of 85 per cent for the former and another 50 per cent for the latter, allowing businesses to write off 100 per cent of their purchases."

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O.P.P. REPORT

Charges Laid in Gambling Investigation

Members of the Ontario Illegal Gaming Enforcement Unit and members of the SD&G OPP today executed search warrants and laid illegal gambling-related charges at 11 business locations in the United Counties of Stormont, Dundas and Glengarry.

Following an illegal gambling investigation called "BRUIN II" it was determined that the business premises were equipped with lucky eight and video poker gambling machines. Players would deposit money into the machines, hoping to accumulate sufficient credits to obtain payouts from the keepers of the establishments. These payouts included cash and credits for liquor bar and food.

As a result, police seized 39 gambling machines and an undisclosed amount of cash, resulting in 14 individuals charged with keeping a common gaming house, sec. 201 of the Criminal Code of Canada.

Charged from Glengarry area are:

1) Burke's Pub, Williamstown, Ont., Deborah Poirier, age 37; Merle Randall Burke, age 28; Elvira Burke, age 62.

2) Main's Home Centre, Lancaster, Ont., Gwenlyne Wade, age 49; Brian Main, age 42.

3) Your Choice Video, Lancaster, Ont., Lorraine Rochon, age 40.

Charged from Dundas area are:

1) Nick's Bar, Morrisburg, Ont., Nick Theodosiou, age 55.

2) Jigger's Bar, Iroquois, Ont., Robin Adams, Donna Adams.

Charged from Stormont area are:

1) Grumpy's Sports Bar, Long Sault, Ont., Lisa Fishwick, David Smith, Debra Smith.

Charged from Cardinal are:

1) Scorpion's Sports Bar, Cardinal, Ont., Debbie Imrie, Tony Theodosiou.

The accused persons of SD&G Counties have been released and will appear in the provincial court in Cornwall on December 20th, 1999. Accused person of Cardinal will appear in provincial court in Brockville on December 10th, 1999.

Investigation is ongoing, further charges are pending.

Project "BRUIN" (Phase I)

On July 7th, 1999, Project "BRUIN" (Phase I) came to a conclusion with the execution of 45 criminal code search warrants at various establishments throughout the Ottawa-Carleton area.

211 illegal video gambling machines were seized along with all monies and records. This resulted in 75 persons and 23 corporations being charged with various gaming offences.

Motor Vehicle Accident

On the 18th of November 1999, SD&G OPP began to investigate an accident on County Road 42 in South Stormont. Sylvie Trepanier, age 43, was southbound in the northbound lane on County Road 42 and Kerri-Ann Fournier, age 20, was northbound when she observed Trepanier in her lane, Fournier swerved to the right to avoid collision with Trepanier, but the front end of Trepanier's car collided with the back end of Fournier's car. Trepanier was arrested for impaired driving and over 80 mgs. She was released and is to attend provincial court in Cornwall on the 20th of December 1999. Nobody suffered serious injuries. Police constable Campeau is investigating.

On the 18th of November 1999 SD&G OPP began to investigate a moose and car accident on County Road 43 North Stormont. Orville McRae struck the moose, and his car received minor damage. Nobody was injured.

Break and Enter

On the 18th of November 1999, SD&G OPP began to investigate a break and enter which occurred in Ingleside, South Stormont. A private residence was broken into and a TV and VCR were stolen. The property was later recovered at a private residence. Charges are pending against two males. Police Constable McGillis is investigating.

Telephone Scam

SD&G OPP urged the public to be aware of individuals identifying themselves as employees of telephone companies and asking you to complete a test for them. They ask you to push a number and once you do, you give the requesting individuals full access to your telephone line, which enables them to place long distance calls and bill them to your home phone number. Please be aware!

Family Dispute

Martintown, South Glengarry: Nov. 21/99 noon officers of the Lancaster detachment of the S.D.&G O.P.P. attended a residence in Martintown to investigate a domestic disturbance.

Officers arrested a 25 year old male who had assaulted his 24 year old brother and his 28 year old sister over a family issue. Victims needed no treatment for injuries.

Accused was released on a promise to appear with conditions for the offence of assault contrary to the Criminal Code of Canada and will appear in Alexandria Provincial Court on Jan. 14/00.

Investigating Officer: Prov. Const. Marc Clement of the S.D.&G. O.P.P.

Male Arrested

Summerstown, South Glengarry: 3:00a.m. on Nov. 21/99 officers of the Lancaster Detachment of the Ontario Provincial Police attended a residence in Summerstown to investigate a non violent domestic dispute between a 33 year old female and a 33 year male.

Officers found that the 33 year old male resident was on probation by the Cornwall Provincial Court for an occurrence that took place in June of 1998. Officers arrested the 33 year old male who had been consuming alcohol for the offence of breach of probation, as one of the conditions of his probation was not to consume any alcohol. The male is presently in custody at the Cornwall County Jail and is to appear before a Justice of the Peace in Cornwall on Nov. 22/99

Investigating Officer: Prov. Const. C. Davidson of the S.D.&G. O.P.P.

On Nov. 22/99 SD&G OPP began to investigate a break and enter at private residence on Cty Rd. 9 in North Stormont. Unknown culprits forced their way into the garage by kicking the front garage door in. Approximately $2,000.00 of tools were taken.

Prov. Const. Cousins is investigating.

Attempt Theft Of Truck

On Nov. 22/99, SD&G OPP began to investigate an attempt theft of pickup truck on City Rd. 43 North Stormont. Owner observed extensive damage to the door handle of his truck. Culprits were unsuccessful.

Prov. Const. Castonguay is investigating.

Break and Enter

On Nov. 22/99 SD&G OPP investigated a break and enter which occurred in private residence on Allaire Rd. North Stormont. Culprit(s) took jewellery and personal identification. Prov. Const. Castonguay is investigating.

Possible Telephone Scam

On Nov. 22/99, SD&G OPP began to investigate a possible telephone scam South Stormont. Unidentified person was asking questions to complainant about vehicles they owned, description etc.

Be cautious when giving information over telephone, if you are not sure hang up.

Motor Vehicle Accident

On Nov. 22/99 SD&G OPP began to investigate an accident which occurred on Cty Rd. 2 South Stormont, near Bird Sanctuary. Judy Jacques, age 49, was west bound on City Rd. 2 when a deer jumped in front of driver. Driver was not injured. Prov. Const. Canham is investigating.

On Nov. 22/99, Marielle Pond, age 52, was on Cty Rd. 36 South Stormont, when she struck a deer. She was not injured. Prov. Const. Ladouceur is investigating.

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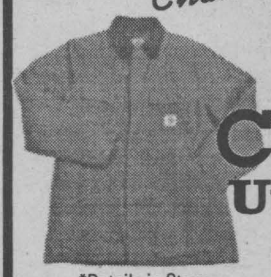

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Party Planning Tips

How To Plan A Party With Style

Between Christmas, Kwanzaa, New Year's Eve and get-togethers with family and friends, this certainly is the season for parties. And, a well-planned party makes the celebration all the more festive.

Making a guest list, determining a budget, planning the menu ... all these details can make your head spin. According to the NACE Catering Research Institute, the best way to plan any party, whether large or small, is to begin with the basics — list-making and organizing.

The following party-planning tips, courtesy of the NACE Hanukkah, Catering Research Institute, will help you make your next "no occasion" soiree a success.



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Determine the following

1. **Date**
2. **Time**
3. **Location:**

• Evaluate space needs — home; rented location; restaurant; hotel

• Inventive venues — art gallery; museum; theater; outdoor theme park; ice-skating rink; barn; yacht; pier; double-decker bus; train; ferry; hot-air balloon

4. **Type of party** — brunch; lunch; cocktails; dinner; dessert
5. **Guest list**
6. **Equipment needs** — glasses; dishes; linens; serving pieces; trays; bar equipment; bar table; chairs
7. **Form of invitation** — phone call or mail
8. **Budget** — include costs for invitations; liquor; food; rentals; staff; music or entertainment; flowers/decorations
9. **Music or entertainment** — consider: taped background music; hired musicians/band; string quartet; strolling guitarist; pianist; harpist; jukebox; disc jockey; caricaturists; palm readers; mime; magician

Once the background work has been laid out, your plans will progress easily. On the day (or evening) of the party, prepare to grace your guests with style.

• Allow yourself enough time for party preparation so that you are ready when the guests arrive.

• Always strive to make guests comfortable:

1. Offer guests a drink upon arrival.
2. Stimulate conversation between guests by making introductions.
3. Keep guests mingling.
4. Don't spend all of your time in the kitchen.
5. Clean up after your guests have left.

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Christmas 1999 Gift Guide

"Essentiel" Gifts For The Holiday Season

(MS) — The holidays are the perfect time to give a gift that shows your appreciation of the special people who touch your life. According to Laura Peck Fennema, creator and founder of Essentiel Elements, "Finding an appropriate gift doesn't have to be a stressful, time-consuming task. In fact, it's just the opposite."

Whether you're buying a gift for your friend, relative, baby sitter or hairstylist, Essentiel Elements has something special for everyone on your list this holiday season. The company's versatile lifestyle products are made from the purest therapeutic ingredients for daily balance and well-being and continue to give even after the holidays are over.

To help you enhance the holiday season for the special people in your life, Essentiel Elements offers the following suggestions.

• Avoid being caught off guard. Keep small gift items on hand during the holiday season when surprise visits from friends and relatives are more frequent. An AromaSensory Candle from Essentiel Elements makes an ideal gift for almost anyone. Pure essential oils enlighten the senses through four different therapeutic blends. If surprise visits turn out to be less frequent this holiday season, either treat yourself to a present or save them for upcoming occasions.

• Take luxury to another level. If someone on your list likes to indulge in the finer things in life, try pairing the unexpected. For example, a jar of caviar can be combined with Essentiel Elements' Bath Beads, which come packaged inside of a caviar tin for the ultimate gift of decadence. The receiver can slip into a purely luxurious bath of guiltless pleasure while each bath bead infuses therapeutic-grade essential oils to soften the skin and enhance the mood. A teaspoon of caviar certainly will top off the experience.

• Never arrive empty-handed. The holiday season brings with it endless parties. Whether it's an intimate dinner party at a friend's or a cocktail party at a neighbor's, always bring a small gift for the hostess. Opt for something other than the traditional wine, flowers or desserts by giving an indulgent gift of bath salts.

• Don't neglect yourself. Once the holiday shopping frenzy winds down, take a few minutes to treat yourself to an at-home spa experience with Essentiel Elements' Essentiel Gift Collection. This perfect pick-me-up includes a travel-size Body Lotion, Essential Oil and Shower Gel, and plush washcloth.



Millennium Jewellery Collection

Pommier Jewellers
2nd St., Cornwall
is featuring this stunning blue sapphire & diamond ring set in 18k white gold

This ring is #1 of only 40 made

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This fabulous collection features exclusive pieces designed by Andre himself

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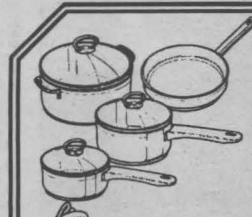

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Holiday Ornament Sends Wishes From The Heart

A relationship that began with a child's wish from the heart has grown into a heart full of wishes for many children as Things Remembered and the Make-A-Wish Foundation® offer the second in a series of exclusive, limited edition, collectible holiday ornaments.

This year's pewter ornament, which can be personally engraved, features three signature teddy bears at a wishing well, with a star overhead, engraved with the year. A limited number of ornaments will be produced, and a donation from the sale of each ornament will be made to the Make-A-Wish Foundation. Last year, Things Remembered donated $111,000 to the foundation.

The ornament, called "Wishes From the Heart," is dedicated to Rachel, a 12-year-old Make-A-Wish child diagnosed with hypoplastic left heart syndrome (HLHS) at birth. Simply put, she has half a heart. At that time, there was no prognosis for her condition.

Rachel underwent lifesaving surgery when she was four days old. By age 11, she had gone through seven surgeries, survived pneumonia, malnutrition, liver failure, insertion of a pacemaker and a stroke. She has defied the odds, and today, there is not a bigger, more sharing heart around, though her future still is uncertain.

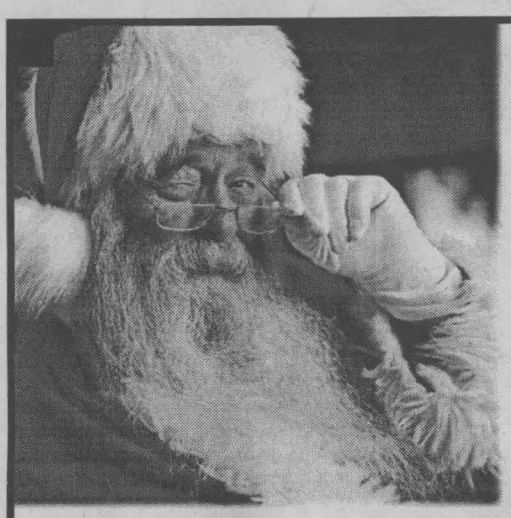
Last year, Rachel shared her heart with Things Remembered as she presented the first campaign ornament to the mother of Elysia, in whose memory the first Things Remembered/Make-A-Wish ornament was introduced in 1998.

Elysia's unselfish wish to give her loved ones personalized gifts to say "Thank you, I love you and always remember me," was fulfilled by the Make-A-Wish Foundation through Things Remembered. Rachel was in awe of the selflessness of the wish.

"I didn't know Elysia, but I was moved when I heard her story," says Rachel. "Even though she died, she contributed so much to other children just by inspiring the ornament campaign. I was so honored to be asked to be part of this year's campaign."

"Rachel represented the Make-A-Wish Foundation when we gave the ornament to Elysia's mother," says Suzanne Sutter, president, Things Remembered, the place for personalization gifts. "This young lady addressed a roomful of our management personnel, bringing us to laughter and to tears, endearing her forever into our hearts, just as Elysia had become part of us the year before. We immediately approached Rachel's family to allow us to honor this very brave young lady with the 1999 edition.

"The success of our first campaign has fulfilled our wish to continue this program, making each year's ornament a collector piece as well as a festive addition to the family tree," says Sutter. "And further, we have added another valued friend to our own family tree."



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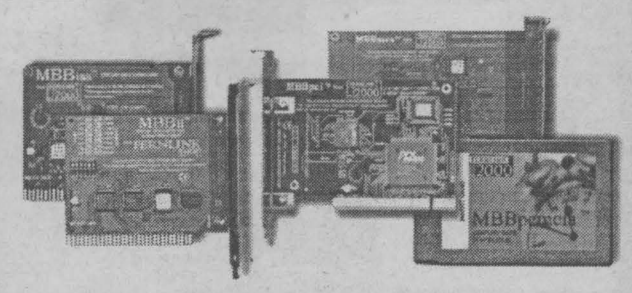

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Christmas 1999 Gift Guide

Have A Fun Filled, Happy High-Tech Holiday Season

(MS) — Technology gadgets and gizmos are taking the place of toy trains and stuffed animals this holiday season. Today, children want the latest video games, with all possible surreal 3-D graphics; big "kids" today want the most storage possible for their new graphics and the tools to enhance those games to the most extreme playing experience. It seems St. Nick has his work cut out for him, if this year's visions are to be filled with sugarplums!

Fortunately, for the holiday shopper, this year will be full of choices, from family-friendly games to revivals of favorite arcade classics. If you aren't in the market for games, there are plenty of new high-tech gadgets with which to fill the stockings.

GAMES GALORE

Playing video games never has been so real and exciting. New games are filling the packed store shelves, and decision-making is complicated by the classic arcade-style games that are being revived, restored, enhanced and made available for the hottest new platforms. No more saving quarters to stand in line to experience 15 minutes of thrills from games like Pac-Man and Space Invaders. Now you can play to the max in the comfort of your own home, minus the quarters.

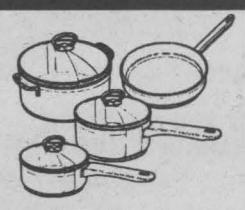
If excitement is key, look no further than Quake III Arena, the latest offering from id Software. This much-anticipated game finally has hit the market with a force unrivaled this holiday season. It offers the quintessential multi-player experience delivering heart-stopping, first-person action-adventure game play in a beautifully rendered 3-D environment. This game serves as the third installment of the popular Quake Series, and is available for Mac, Linux and PC formats. Quake III Arena will have bells jingling and hearts racing from the minute the wrapping comes off the box.

A new portable video-game system has created quite a stir among Santa's little helpers and may be just the right gift under the tree. SNK's 16-bit Neo Geo Pocket Color, an attractive hand-held game system, is easy to play, and features control buttons on either side of the 146-color display screen and a connector that lets multiple players plug into the Sega Dreamcast Console system.

All SNK titles are rated "E" by the Entertainment Software Review Board, so players of all ages can enjoy games like Bust a Move, a popular puzzle game; Neo Turf Master, for the golf fanatic; and Baseball Allstars, which hits it out of the park each time. The company has a special surprise this year for all players young and old as it unleashes its updated version of that arcade classic Pac-Man.

Another company to rejuvenate an old arcade favorite this year, Activision has updated the 1970s arcade and pizza-parlor classic Space Invaders. The game arrives in shopping centers this season formatted for PC, PlayStationTM, Nintendo® 64 and Game Boy® Color. The company is reviving this "evergreen" game with the same dodge-and-shoot style of game play, now updated for the '90s with 100 new and exciting levels and 3-D graphics. However, for those who prefer the eternally classic Space Invaders experience, never fear — it also is inside.

OPEN TO THE PUBLIC



Landry's Equipment, located at 22 Marlborough St. S. in Cornwall is now open to the public. Landry's features a wide selection of cooking utensils for the amateur chef to the professional. You'll find pots & pans, spoons, pastry bags & tips, pressure cookers, pizza pans, thermometers, pastry brushes, pie plates, sugar dispensary, strainers and much, much, more! Perfect gifts for the chef in your family.

'Tis The Season For Gift Giving

Delight Children With Fun, Safe Toys

The season for gift-giving is here, and what better way to delight good little boys and girls on your holiday gift list than with the gift of toys! But with so many toys on the market, how do you choose the right toy — one that is age-appropriate, safe, and will continue to hold his or her interest long after the wrapping paper has come off?

To help you find the right toy for the children on your list, following are a few safe-toy suggestions, courtesy of The American Academy of Pediatrics.

Newborn to 1-year-old baby — Choose eye-catching toys that appeal to your baby's sight, hearing and touch.

- Large blocks of wood or plastic
- Rattles
- Soft, washable animals, dolls or balls
- Bright, movable objects that are out of baby's reach
- Floating bath toys
- Squeeze toys

1- to 2-year-old toddler — Toys for this age group should be safe and be able to withstand a toddler's curious nature.

- Cloth or plastic books with large pictures
- Musical tops
- Push-and-pull toys (remember — no long strings)
- Stacking toys
- Toy telephones

2- to 5-year-old preschooler — Toys for this age group usually are experimental and should imitate the activity of parents and older children.

- Books (short stories or action stories)
- Blackboard and chalk
- Building blocks
- Crayons, nontoxic finger paints, clay
- Transportation toys (tricycles, cars, wagons)
- Simple puzzles with large pieces
- Tea-party utensils

5- to 9-year-old child — Toys for this age group should help your child promote skill development and creativity.

- Blunt scissors, sewing sets
- Card games
- Hand puppets
- Balls
- Bicycles

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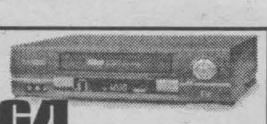

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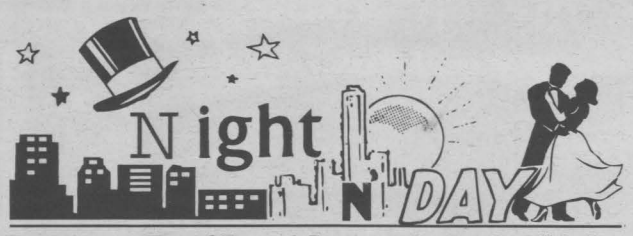
ENTERTAINMENT



Entertainment - Special Events & Restaurant Review - By Bill Gallant

Hard to believe but there is less than a month to go before Christmas '99 arrives. Following that will be the many New Year's Eve events planned to close-out the Millennium. By the sound of it, this year and the arrival of the new Century, will be celebrated in an exciting and dramatic fashion all over Canada. In Cornwall and area we are hearing about some elaborate plans at various locations. There also seems to be an attitude of "so what"about the much publicized Y2K fears. Best approach seems to be to concentrate on all the positive signs around and just have fun. The recent TV movie about the subject and all the rhetoric from those doom & gloom prognosticators no doubt has put some folks on edge,but this is a time to lift our spirits and rejoice.

The folks at the *KNIGHTS OF COLUMBUS #5068*,on Purcell Road, Glen Walter have an exciting time planned. There will be Cocktails and Hors d'Oeuvres to start off at 6pm,followed by a meal at 7:3ppm and then the dancing and celebrating to follow. If there are still tickets available you can call 936-1157 for information.

Still a few tickets remaining for the *YEAR-END BASH* to be held at the RCAF, Wing 424. The hall will be decorated with photo's and memorabillia of all the major events of the past century,including wartime photos,natural disasters, the Kennedy assassination,the Berlin Wall,landing on the moon, and even a 3-hour afternoon audio presentation with actual voices of the people who participated in the many events that happened. Members and and guests'are invited to drop by during the day of Dec.31st to re-live the century by means of the recorded voices of Babe Ruth, Glen Miller, and even that weird old guy they called "Adolf",and Kruschev, USA President Roosevelt, and hundreds more interspersed with some of the great melodies through the years.The New Year's Eve event also features a catered evening meal followed by dancing and celebrating.

The *C-WAY SOUND BARBERSHOP* is presenting a musical called "Sammy Pulls It Off"at the Glen Building behind the Si Miller Arena on December 3 & 4. It's a musical about autumn memories and Christmas sounds and was written and will be directed by Rick Forrrester. Reserved tickets by calling 937-GLEN.

The *CORNWALL COLTS* are in action this Sunday, December 28th. They will meet Kanata on Si Miller Arena ice at 2pm to close out the November schedule. Thursday, Dec.2nd is also a home game at the "Miller" when Gloucester visits for a 7:30pm tilt.

There's an afternoon of music planned for this Sunday, Nov.28 when the Divertimento Orchestra performs in a 2pm matinee at the Weave Shed Arts Centre. The orchestra features over sixty members and is from the Ottawa area.



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This Saturday & Sunday at the *UPPER CANADA PLAYHOUSE* there will be a celebration of traditional Scottish & Maritime music featuring Lagavulin. This is a presentation of the winter series and tickets and information is available by calling 613-543-3713.

The warm trend we have been experiencing in this area for the last few days is due to end soon,but it provided ideal conditions for the fishing group that regularly visit the shoreline area west of the marina at Lamoureux Park.

I'm not sure if any large species have been caught in that area but the scene of folks sitting in lawn chairs and casting lines during the last couple days is a welcome view.

A Night 'N Day tip of the hat and a very Happy Thanksgiving Day to all our neighbors south of the border in their celebration (Thurs. Nov. 25) of the day and weekend of Thanksgiving.

That perennial favourite, *BALLET JORGEN'S THE NUTCRACKER* is scheduled to play the Aultsville Theatre once again this season. The date for the Cornwall appearance is December 14th at 7:00pm.This is the full two-hour classical version and tickets on sale at the Civic Complex Box Office.

Until next week,G'day & G'night.

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Cook's Corner

Fruit & Nut White Fudge Royale

This makes a great holiday gift for a favorite teacher -- especially if it's been prepared by the child whose name is on the card. This fudge is also an elegant addition to any seasonal dessert buffet.

1-1/2 cups (375 mL) granulated sugar
3/4 cups (175 mL) Nestlé Carnation® Evaporated Milk
1/4 cup (50 mL) butter
9 Laura Secord® White Candy Fingers, chopped, or (6oz/180g) white chocolate (6 squares)
2 cups (500 mL) miniature marshmallows
1 cup (250 mL) red glacé cherries (not maraschino), washed and halved
1/2 cup (125 mL) assorted nuts, coarsely chopped
1 tsp. (5 mL0 grated orange rind

• In heavy saucepan, bring sugar, evaporated milk and butter to full boil over medium heat, stirring constantly; boil for 4 minutes, stirring constantly. Reduce heat to low. Add white candy fingers; stir until completely melted. Remove from heat.

• Add marshmallows; stir until melted. Stir in cherries, nuts and orange rind. Pour into 8-inch (2 L) square foil-lined cake pan. Chill until set. Cut into 1-inch (2.5 cm) squares. Store in refrigerator.

Makes 64 pieces.

Tip: fudge will be pink if maraschino cherries are used instead of red glacé cherries.

Proposed Community Carnival EVENT

CARN❄VAL
CORNWALL 2000
February 1-6 Février



Planning sessions for the Annual Winter Carnival are well underway and Carn❄val 2000 which will run from February 1-6, 2000 plans to be bigger and more spectacular then last year.

Now is your chance to become involved in this great community event. The Carn❄val Committee is looking for various businesses, service clubs and organizations that are interested in hosting an event under the Carn❄val umbrella. The Carn❄val committee will advertise the event free of charge under the Official Carn❄val Schedule. This is your opportunity to become involved, promote your business, club or organization and raise money at the same time. Last year the Carn❄val helped create and promote various business as well as raise money for a number of community clubs and charities. If you are interested in hosting an event please fill out the attached proposal form.

DEADLINE for entries is December 10/99. Confirmation of events coming under the Carn❄val umbrella will be made by December 15th.

SUBMIT your proposal early as events will be on a 1st come basis. We do not want to have more than 1 or 2 of the same type of event happening at the same time being advertised under the Carn❄val umbrella.

PROPOSED COMMUNITY CARN❄VAL EVENT

Event: _____
Proposed Date: 1st choice _____ 2nd choice _____
Time: _____ Location: _____
Details: _____
Proposed by: _____
Representative: _____ Tel: _____

Please fax Carn❄val2000 Community Events Coordinator
933-0024, Rick Shaver

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AUTO MART

Surviving The Winter Whites

Yes, winter has returned. The cold, the snow, and seemingly endless traffic hazards. And so it's time to remind your customers again that winter can be as hard on them as it is on their cars.

Do your customers carry emergency items in their cars? Why not inquire? Here are some helpful hints that could make their winter survival easier. They should always carry: an emergency kit, warm mittens or gloves, an old coat, warm boots, a change of socks, an old blanket, a small shovel, a bag of sand or gravel.

A winter emergency kit contains more than just band-aids and gauze. It should contain life saving items such as a hypothermia blanket. This light, compact, silver-lined piece of material resembles aluminum foil. It reflects body heat and can warm a person quickly to keep them from freezing.

A supply of candles and matches should also be carried. Nothing fancy, but when lit and placed in your car candles give enough heat for survival. The candles should only be used when awake, and never placed near flammable objects.

A few chocolate bars and candies can give an extra boost of energy and warmth on cold nights. All of these items should be placed in a small plastic box and placed under the front seat for easy access. In case the occupant is trapped in the car without help, the plastic box can be used to collect snow to be melted for drinking water. Snow should never be melted in the mouth.

Winter is a time for hazardous road conditions and accidents. Though some preventive measures seem extreme, emergencies are usually extreme and in many Provinces getting stuck is not uncommon.

Suits and shoes, though fashionable, are not ideal for tracking through winter snow. By carrying a pair of warm boots and a warm coat in the car, outside travel can be more comfortable. A change of socks is also ideal for keeping your feet warm.

Getting stranded in a ditch in the city or on a rural road can be a trying experience for the unprepared. Remind your customers that a bag of salt or gravel and a shovel can give you all the necessary traction to get back on the road. also available are snow blankets which are great for driving traction out of an icy or snowy ditch.

Added weight in a car can give better traction in rear wheel drive vehicles. The weight should be placed at the front of the trunk. Weight placed too far back could lift the front wheels and could impair handling. Another handy winter tip for your customers is to keep an extra set of house keys in their car glove compartment and a spare set of car keys in a "Hide-a-Box".

Losing your keys in the ugly weather can leave you trapped outside the car and out of the house.

Brakes-Stop to Find Out How They Work

Often your customers are so worried about how to keep their cars going that they fail to maintain the system that enables their vehicles to stop. You are familiar with the dreaded screech and and bang as two cars collide. If more people maintained their braking systems, the screeches would end in silence. No collisions.

You are familiar with the brakes, as are your customers, but do you know what happens when you step on the brake pedal?

The brake pedal is attached to a shaft that leads to the master cylinder. When the brake pedal is engaged, a small piston in the master cylinder forces brake fluid out of the master cylinder and into the brake lines. When you release the pedal, fluid flows back into the master cylinder.

The pedal should push down easily and stop firmly at the lowest point without feeling spongy. It should stay put. Beware of brakes that sink slowly when you put normal pressure on them. Power brakes stop closer to the floor.

the fluid from the master cylinder is pushed into tubes called brake lines which run to all four wheels of a vehicle.

There are two different types of brakes, drum brakes and disc brakes. Many cars today are designed with drums on the rear wheels and disc brakes on the front

In drum brakes, the brake fluid forces apart two small pistons inside the wheel cylinder. these pistons push against the brake shoes, which forces the linings against the brake drum.

The brake shoes are curved metal pieces with special linings which create friction when they are forced against the brake drum. The larger of the two brake shoes is always installed so that it absorbs most of the weight when stopping. Brake drums are hollow steel cylinders located behind each wheel. these cylinders turn as the wheel turns. Remind you customers that if they keep their brake linings in good condition, th drums should last the life of their vehicle. If thedrums become too worn, they can be reground to a smooth surface. Recommend that your customers have their brakes checked regularly to ensure their safety.

Disc brakes are composed of a flat steel disc sandwiched between a pair of calipers. these calipers act in the same way that bicycle brakes grab the wheel directly, to stop it from turning.

These brakes have the advantage of being open, instead of inside a brake drum, which makes them less prone to overheating. they are also affected less by water because the leading edge of the pad scrapes water away before it can get between the disc and pad. wet brake linings don't grab the drum satisfactorily and sometimes the car won't stop.

Disk brakes need very little service and require little or no adjusting. A set of them will usually perform better than either conventional drum brakes or power drum brakes, especially under high-speed, wet or overheated conditions. With these advantages, you may wonder why manufacturers don't put discs on all four wheels. on some vichicles they do, but there are some disadvantages like the difficulty of attaching an emergency brake to the rear disc brakes. Another disadvantge is that disc brakes usually need to be power-assisted.

Drums have the advantage of requiring less hydraulic pressure to stop a vehicle. this occurs because the brake shoes tend to screw themselves into the brake drums once they have been pushed there by the pistons in the wheel cylinders.

Power brakes, or power assisted brakes, are just conventional brakes, that are hooked up to a power booster. these use the engine vacuum to help push down the brake pedal. this power booster makes stopping a car easier, and less nerve-wracking for the driver.

The emergency brake may be one of the least understood devices on a vehicle. Cars with drum brakes,have the parking brake attached with cables to the rear brakes. this "integral" parking brake can be easily adjusted. remind your customer to have it examined whenever the brakes are checked.

Customers wait for an emergency before they engage the system and then find that it doesn't work, or is improperly adjusted. If your customers use their emergency or parking brake whenever they park, especially on a grade, they will reduce the strain on their transmission. these customers will also be alerted that the brakes need adjustment.

When the transmission is in park, there is a constant pull of gravity that puts a strain on the system. the parking brake can reduce or eliminate this strain.

Many people do not understand why specific devices are found on their vehicles. This brief overview should help you and your customers understand this vital safely system.. Hopefully this will eliminate a few of the screeches, bangs and collisions that occur so frequently.

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91 OLDS DELTA ROY SOLD $5,200
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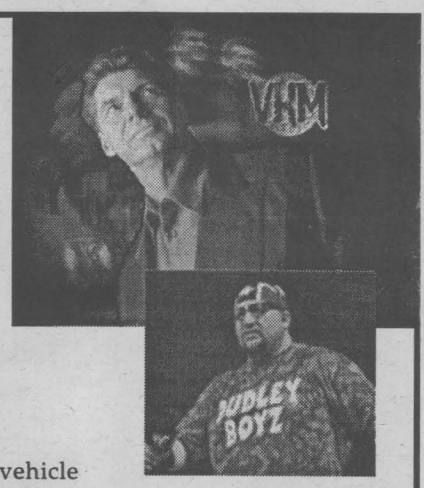



Stone Cold Steve Austin is under going extensive tests to determine the status of an existing neck condition. Once these tests are completed more information will be made available. Regardless, Steve will continue to be a major and visible part of the WWF and will continue to entertain fans in one form or another.

The WWF has no plans at this time of negotiating with Randy Savage and has had no discussions with the former WWF Champion in quite some time. However, in this often times insane business, you learn quickly to never say never.

The driver of the vehicle that struck Stone Cold is still unknown; however, some folks on the Internet have definite thoughts as to who they feel was the culprit. Honestly, no one knows for sure.

Barry Buchanan is doing such a good job down in Ohio Valley Wrestling that I wouldn't be surprised to see him back in the WWF in 2000. Barry is a good human being who is working very hard to improve his skills and I, for one, certainly am pulling for him to succeed. Of course, the big strike he has against him is that he's very southern and all educated people know that folks from down south never make it in this business! Right?

WWF conducted some very promising tryouts this week in Stamford, Conn., and I expect some developmental contracts to be offered to some of the athletes attending.

ICP is looking to return to the WWF but from what I'm told there is no strong interest in them returning here. With that said, they'll probably show up on TV next week!

Droz's rehab is going well but his journey back, as has been discussed, is going to be a long one. Whatever you do, do not count this young man out!

Look for newspaper ads in selected cities and the USA Today promoting the Nov. 29 wedding of Stephanie McMahon and Test to be titled "Rawis Love." This should really be a hot show. As a matter of fact, both Los Angeles and Anaheim, Calif., are already both sold out for Nov. 29 and Nov. 30.

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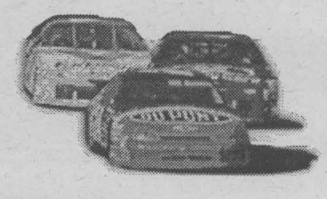
NASCAR Winston Cup Series



Labonte Comes Clean

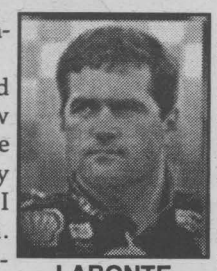
In the read-between-the-lines of Sunday's NAPA 500, outside polesitter Steve Park's post-race comments hinted that race winner Bobby Labonte was playing possum in NASCAR's last event of the season.

The evidence: Labonte started 37th using a provisional spot after a dreadful qualifying lap then knifed through the field to lead the most laps and win for the fifth time this season in his Interstate Batteries Pontiac.

When Labonte heard what Park had to say, the Joe Gibbs Racing jockey was not amused.

"I'm not sandbagging," said Labonte, in a them-is-fighting-words tone of voice. "I've never sandbagged in my life.

They (his team) slapped my hand at Pocono for winning by nine seconds. I'll slap their hands if they say that. I do not, I cannot (ease up).


LABONTE

"They've screamed at me before to slow down because we were running away with it. I can't do it. I can't explain. I'venever sandbagged in my life. I'm sorry."

Instead of wasting time to re-qualify his ill-handling Pontiac in Bud Second-Round Qualifying on Saturday morning,

Labonte said his crew chief Jimmy Makar spent most of Saturday chasing demons and working on a race setup.

The strategy obviously worked.

"We had a great race car from the beginning, we just started 37th," said Labonte, who beat NASCAR Winston Cup champion Dale Jarrett to the checkered flag by nearly 2.5 seconds. "From the time the race started, Mike Skinner and I took off from the bottom of the race track.

"The car was stuck on the bottom of the race track and guys were sliding up. We just had to take care of it from there on."

The victory capped a remarkable year for Gibbs Racing.

Labonte won five times and finished second to Jarrett in the standings. Tony Stewart, Gibbs' other driver, became the first rookie to win three races. Stewart finished fourth in points.

"We had a great year," Labonte said. "Winning five races is more than I've ever dreamed about thinking we could do at this time."

Robby Gordon, Irvan/Simo announce deal

On the heels of last week's revelation that Team Gordon is moving to the NASCAR Winston Cup Series in 2000, Robby Gordon announced Tuesday he has entered into a relationship with Irvan/Simo Racing that allows use of all Irvan/Simo assets next season, with an option for 2001, while Team Gordon constructs its own, new North Carolina facility.

Those Irvan/Simo Racing assets include the Mooresville, N.C., facility, equipment, cars, employees and a merchandising program through No Fear. Gordon also announced plans to campaign Fords in 2000. The car will use "lucky" number 13. Full Story

'No Bull 5' back in 2000

R.J. Reynolds Tobacco Co. and its Winston brand announced Monday the "Winston No Bull 5" program will return in the 2000 season.

Earnhardt Jr. has plan in place to be humble

On the endorsement train that can either run over an athlete or carry him to the promised land, Dale Earnhardt Jr. says he has everything packed for a smooth trip into the American subconscience.

2000 Winston Cup Schedule Released

The 2000 schedule will feature 34 NASCAR Winston Cup Series Championship point events at 21 race tracks across the country and will show little change from the 1999 schedule.

DATE	TRACK
Feb. 13	Daytona International Speedway (Bud Shootout)
Feb. 20	Daytona International Speedway
Feb. 27	North Carolina Speedway
March 5	Las Vegas Motor Speedway
March 12	Atlanta Motor Speedway
March 19	Darlington Raceway
March 26	Bristol Motor Speedway
April 2	Texas Motor Speedway
April 9	Martinsville Speedway
April 16	Talladega Superspeedway
April 30	California Speedway
May 6	Richmond International Speedway
May 20	Lowe's Motor Speedway (The Winston)
May 28	Lowe's Motor Speedway
June 4	Dover Downs International Speedway
June 11	Michigan Speedway
June 18	Pocono Raceway
June 25	Sears Point Raceway
July 1	Daytona International Speedway
July 9	New Hampshire International Speedway
July 23	Pocono Raceway
August 5	Indianapolis Motor Speedway
August 13	Watkins Glen International
August 20	Michigan Speedway
August 26	Bristol Motor Speedway
Sept. 3	Darlington Raceway
Sept. 9	Richmond International Raceway
Sept. 17	New Hampshire International Raceway
Sept. 24	Dover Downs International Speedway
Oct. 1	Martinsville Speedway
Oct. 8	Lowe's Motor Speedway
Oct. 15	Talladega Superspeedway
Oct. 22	North Carolina Speedway
Nov. 5	Phoenix International Raceway
Nov. 12	Homestead-Miami Speedway
Nov. 19	Atlanta Motor Speedway

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Good Neighbours Breakfast



The 6th Annual Good Neighbours Breakfast took place on Friday, November 12th, 1999 at Nativity Hall. Over 165 people came to recognize and thank 87 of the 130 nominated Good Neighbours that were able to attend the breakfast. They received a well deserved certificate for the kindness they showed to their neighbours. The participants chatted with friends and listened to the entertainment, while enjoying their breakfast. What is a good neighbour you might ask? A good neighbour is: someone who is willing to make the community a friendlier, safer place to live; someone who reaches out to help those who are in need; someone to watch your house while you're away or someone to cut your grass; and the list of examples is endless! Our community is grateful for having such "Good Neighbours."



Story & photo by Aubrey Johnson

The "Nitty Gritty" of Y2K

The Y2K (year 2000) bug represents potential disruption in the delivery of some services. However, let's not lose sight of the fact that these disruptions are a temporary bump (or pothole) in the road - not the end of the world. The City of Cornwall Municipal Y2K Committee is working closely with agencies, businesses and various levels of government to ensure the safety of our citizens. The articles (which will appear until the new year) are to help you and your loved ones better prepare should something occur. For further information, contact the Emergency Planning Officer at 930-2787, ext. 372.

Elderly Persons And Disasters

Most elderly persons demonstrate resilience and fortitude in the face of disasters because they have experienced illness, death of loved ones, or perhaps separation and divorce. Disaster literature indicates that the elderly tend to recover more successfully and more readily within a one-year period than other age groups. However, because some elderly do experience emotional reactions and stress, interveners in disaster areas should be prepared to identify and assist individuals who experience brief reactions of depression, confusion and disorganization in the weeks following the event, or a sense of helplessness, despair and depression when confronted with the tasks of rebuilding their lives.

Anxiety, depression, fear, anger, guilt, grief are normal and appropriate emotional reactions that can be anticipated. This is their way of expressing concern about the future, loss of physical health, familiar roles, social contacts, financial security. They want to maintain a sense of independence, a certain degree of control over their lives and environment.

Anger, in particular, can be expected as it is a way of striking back at the cause of the injury. Unfortunately the pent-up rage may be directed at children, relatives or relief workers. This misdirected anger should not be viewed with alarm as it is a natural response to pain and frustration and helps the elderly to work through their losses.

Grief is also to be expected and the elderly should be allowed and encouraged to mourn their losses. Interveners should be sensitive to this need for grieving and should keep a watchful eye on concerned children or over-solicitous relatives or workers who often attempt to circumvent the grieving process.

The grieving process may express itself in the following forms:

_ Forgetting to take their medication;

_ Not eating;

_ Being unable to decide what to do;

_ Having a fixation on the disaster.

Sometimes the initial reaction of the elderly is that "everything is fine", but this may turn out to be a false sensation and they may need assistance to work through their losses.

ELDERLY AS A SOURCE OF ASSISTANCE IN DISASTER

The elderly are often perceived in a non-helping role, yet in Canada one out of 10 Canadians age 65 and over does volunteer work. The elderly possess emotional, social, educational and spiritual strengths gathered over a lifetime. Emergency social services planners could expand their pool of disaster volunteers by tapping into these resources.

Most Canadian communities have senior citizen groups or organizations who could assist or even take on the responsibility of developing emergency plans for their age group.

If the elderly in a community cannot take on the emergency planning task or need help in planning, agencies specialized in providing services to the elderly such as the Victorian Order of Nurses, Public Health Nurse, Red Cross, Community Care Access Centre (CCAC), Home-Help Services, and Visiting Homemakers could assist.

Excerpted from Personal Services, Psychosocial Planning for Disasters, Minister of Supply and Services Canada, 1990

How to ease millennium bug stress

THE MILLENNIUM BUG

(NC) - Perplexed by all the hype around the Millennium Bug? Well, you're not alone. What follows is a list of things you can do to help ease the stress brought on by Year 2000 uncertainty:

• Relax. The Millennium Bug won't affect most household items. Rule of thumb: if your appliance or equipment doesn't have a date indicator or date record, then it should continue to function normally.

• Take action. Yes - the Bug may affect household items that have a date chip. Taking action early will help you avoid a potential New Year's Day problem.

• Testing. Like most large companies, you too can conduct your own Year 2000 tests - in the comfort of your own home. Tests to see how your VCR will react are easy. Simply change the date on your VCR to Dec 31, 1999. Change the time so it reads 23:58:00 or 11:58 PM. Wait two minutes and watch what happens: probably nothing, which is good. You've passed part one. Part two: since 2000 is a leap year, use the same test to check that the VCR passes from February 28 to February 29, 2000. If the test is successful, your VCR should be fine. If it fails, contact your manufacturer or retailer to check the model and ask for guidance.

- News Canada

NISSAN'S "come in for a spin" sales event

Nissan sales are rockin and the 2000 models are rarin' to roll.

2000 Altima GXE Thinking Camry, Accord or Malibu? Think about these Altima advantages.

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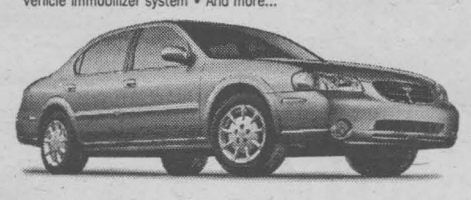

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2000 Xterra "This ain't no sports-cute" – Toronto Sun

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NISSAN'S "come in for a spin"

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New Problem Gambling Program

The Addiction Services of Eastern Ontario (ASEO) is pleased to announce the official launching of it's new provincially funded 'Problem Gambling Program'. A launching ceremony and presentation will take place on December 2nd, 1999, at the Weave Shed Arts Centre, 709 cotton Mill Rd., Cornwall, Ontario from 1130 to 1330hrs. This program is funded by the Ontario Ministry of Health through the Ontario Substance Abuse Bureau (OSAB), to assist compulsive gamblers, their families and others who may have been or are being affected. This past year, OSAB has poured $10million to 44 access points across the province in response to this growing need. The Addiction Services of Eastern Ontario is Ontario's first rationalized and integrated addiction services. In existence since 1997, it has served the treatment and educational needs of the 5 United Counties and Akwesasne, in english and in french. Over the past 2 years ASEO has provided help to over 60 problem gamblers plus their families and some employers who were experiencing some very difficult times. With this new funding ASEO will now be able to provide this service in a more proactive fashion. George Rouleau, a Certified Gambling Counsellor at ASEO will be the Coordinator of the Problem Gambling Program. he is now available to any individual, group, organization or agency wishing to access this service or learn more about this program and it's application at 936-9236 or 1-800-272-1937.

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• healthy home-cooked meals served to your table
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Not only have we modernized, decorated and refurbished the residence over the last year, but after consulting with our residents we have followed their suggestions and have added a private washroom to most suites that previously had shared facilities.

Rates
• Standard private units start at $35/day
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Owner: Henri Lecours, B. Comm
Telephone: (613) 534-2307
Toll Free: 1-888-518-2388
Villa Long Sault Villa
53 Plaza Drive
Long Sault, Ontario KOC 1PO
Just east of Moulinette Road and Highway 2

AIDS FORUM



Pat O'CONNOR

Let's see. Three yellow, two purple, two tiny grape coloured ones, some vitamins, a pink & orange & morphine for aches & pains. I'm back on my meds, the same ones I was having so many problems with 2 months ago. This is not going to be much fun.

After 8 weeks of no meds, except for my headaches, I must start the anti-viral cocktail again to save my immune system. My CD4 counts are down to 190 and I have been swimming in very dangerous waters these past few weeks. With counts below 200, people with HIV or AIDS are very susceptible to many infections. I am operated with 1/4 of my immune system and could very easily get sick. Worrying about becoming ill is also very draining and does not usually make for a good nights sleep. You get very scared and very tired, very quickly.

For the past 3 weeks I have not written, mainly due to my severe headaches. They had disappeared for a few days and then returned with a vengeance after some very sharp pains in my head. I could not open my eyes in a bright room and the pain in my head was unbearable at times. Along with some strange weather which makes my whole body ache, it was not an enjoyable month.

My head seems a bit better today, but I try not to get too excited about feeling well for a day. Tomorrow could be a whole different story and I could be back being wracked with pain and not being able to get out of bed.

It has been very frustrating these past few weeks, and with the starting of my pills again, will not be an easy month or two to try to handle the side effects again and get used to all the pills. I really hope my dreaming is not so severe and I will be trying to take my Sustiva a little earlier in the evening.

Well, that's about it. I'm still kicking, barely, and hope to get my counts up fast as possible. I also hope to feel well enough to get out and get speaking early in the new year. It's so hard for us to keep on fighting, but there really is no other way. Laying back and giving up is no alternative. It is for us with HIV/AIDS so very, very hard. Be well everyone.

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."

Cause of Hives Can be a Mystery Itching for Relief

Among health care workers, the incidence of hives has reached epidemic proportions with physicians, lab workers and nurses reporting itchy, red welts on their hands and arms after wearing latex gloves. In Ontario hospitals, 10 to 17 per cent of hospital workers complained of the problem before non-latex alternatives were made available.

But the problem of latex allergy isn't limited to health care workers. Maybe you've noticed a rash after a visit to the dentist? It could be a reaction to the hygienist's latex gloves or to the dental dams. Even household cleaning gloves and condoms can cause localized rashes in some people.

Nor is latex allergy the only cause of hives. Toronto allergist, Dr. Milton Gold, says the other causes of hives are infections (such as a cold), medications and temperature changes. "Hives, as a result of taking a medication, can appear even after you've stopped taking the medication," says Gold.

Foods Reactions Overestimated

Most often people blame food allergies for hives, but anything you eat or drink regularly is not likely the problem. "Foods you eat infrequently or have tried for the first time may cause an allergic reaction," continues Gold. "But if patients think they are allergic to many common foods, I help them look elsewhere for the source of their problems."

Gold describes a patient who noticed an association between her outbreak of hives and many foods. "All the foods were hot foods – soups and coffee. I suggested she let foods cool before eating. That, along with cold compresses and an antihistamine medication, provided the relief she needed."

Stress is also commonly considered the cause of the hives, but Gold thinks it isn't a direct cause. "We now think that being overheated can cause hives, so someone who becomes hot and bothered may develop hives." Other people develop hives when they are exposed to cold air.

One out of every four people at some time experiences an episode of the annoying swellings which can vary in size from as small as a pencil eraser to as large as a dinner plate. The majority of incidents are irritating but not usually serious. Some people will continue to have hives for many years without ever learning the cause.

Relief for hives

The swelling, redness and itch are triggered by a chemical in your body, called histamine. An antihistamine medication works to block the release of histamine and relieve your symptoms. Reactine is considered one of the most effective antihistamines for the treatment of hives. It is rapidly absorbed and begins to act immediately. Moreover, reactine blocks the second wave of offending cells which are activated two to ten hours after contact with the allergen. This provides added protection against symptoms recurring.

For those itch 'n to find out more on hives, listen up:

Don't Scratch: As much as you want to rip the hives right off your skin, try and leave them alone. The more you scratch, the more they spread and become irritated, leaving you with a big, bumpy, red mess. Seek relief with an antihistamine that has been proven to reduce itch and swelling, such as Extra Strength Reactine (10 mg).

Homeopathy and Weight Loss



Paulette Poirier
Homeopath

So many people out there are looking for a miraculous way to lose weight. For many the increase is gradual, i.e. 1-2 lb.s per year over a 20 year period, and they are looking for a quick way to lose those pounds. It doesn't work like that.

Set yourself a goal - a realistic goal. Now start by changing or adapting your lifestyle, don't just think about it, do it. Making some dietary changes along with some exercise is a good idea. You're less active now than you were 20 years ago, so cutting down on the quantity of food is a must.

Once you're fully committed, Homeopathy can help you attain your goal in a reasonable time frame, and yes, keep it off. Expect 6-12 months to lose 20 - 30 lbs. The correct homeopathic remedy can vary enormously depending on your cravings, your dislikes, your mood/ temperament, your energy. Here are some common Homeopathic remedies for weight loss: Graphite, Calcarea Carbonica, Antimonium Crudum.

Keep in mind that Homeopathy treats the person and not the disease, so two people with the same problem may require different remedies.

QUESTIONS?
Paulette is available every Tuesday for more information between 2 pm - 5 pm
at Jean Coutu, Cornwall
5 Ninth Street East (at Pitt)
938-7339

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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.

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

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

SEAWAY NEWS
Serving Cornwall and Area

COMPANIONS CORNER

BI-M - SEEKING COMPANION, M or F, clean & discreet. Age no barrier. Leave phone number. CC1972.

SWF/NS, 49, professional, attractive, healthy, enjoys nature, walks, skiing, entertaining, live theatre, etc. Seeking a very special gentleman, SW/NS, 48+, intellectual, professional career, elegant, physically fit, warm & caring, with values & integrity, uncomplicated & enjoyable to be with. Will answer all replies describing yourself, life-style & ambitions. Photo appreciated. Never give up a dream. CC1970.

TIRED OF BEING ALONE? This honest, reliable, SWM, early thirties, 6'1", hazel eyes, athletic build who enjoys sports, cycling, dining out & quiet times. Would like to meet a SWF, slim, 25-35 with similar interests. Why not take a chance? CC1971.



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OPEN 12 NOON - 10 pm daily
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2 APTS/CONDOS FOR RENT

EAST END - 2 bdrm upstairs apt. Very clean, new windows & doors, washer/dryer hook-ups, parking, fridge & stove. Available now. $425/mth, plus utilities. Call 932-5275.

QUIET & SPACIOUS, security building, 2 levels, 1 & 2 bdrm apts. Heat & lights included. Fridge & stove, laundry facilities. Balconies & lots of parking. References req'd. Call 932-2331.

WEST END, downstairs small bachelor apt. Furnished & heated. For quiet person. Reference req'd. Call 932-7798.

2 BDRM UPSTAIRS apt. 338A Guy St. Avail. Dec. 1st. $490/mth, includes heat, hot water, fridge, stove, laundry hook-ups, storage shed. Call 938-8735.

NEAR NATIVITY, 2 bdrm upstairs apt, $425/mth, plus utilities. Near St. Columbans, 1 bdrm upstairs apt, $350/mth, plus utilities. Clean, hardwood floor, fridge & stove, parking. 933-4780.

1 BDRM APT, 217-A Belmont, fridge & stove, $399/mth, all utilities paid. 3 bdrm 2-storey, 219 Belmont, washer/dryer hook-ups, parking, $450/mth, pay own utilities. Call 930-9242.

ALEXANDRIA, CORNER OF Bishop & Lochiel St. 1 or 2 bdrm. Available immediately. Fridge & stove incl. Covered parking. Price negotiable with or without utilities. Call 525-4321.

PITT ST. NORTH. Available immediately. Newly renovated 2 bdrm upstairs apt. Parking available. $325/mth, no utilities. Call 937-3690.

APARTMENTS FOR RENT

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

GREAT DEAL - Last month free after first one full year rental. Spacious 2 bdrm, 2nd floor. Quiet location. 17A Louisa. Laundry hook-ups. No pets. $485/mth, util. incl. 931-1041.

2 BDRM APT. Quiet security bldg, laundry facilities, balcony, large kitchen, fridge, stove, parking, new carpets & paint. Rent negotiable. Call 937-3253.

LONG SAULT VILLAGE. Available Dec. 1st or Jan. 1st. 1 bdrm apt facing park. Fridge, stove, utilities included. $360/mth. Call for appointment, 534-8332.

LANCASTER, LARGE clean 2 bdrm. Available immediately. Quiet. 39 Queen St. Washer/dryer in bldg. $439/mth, plus utilities, with utilities negotiable. Scott, 525-4321 office; residence 525-0226. 12th month free.

APARTMENT FOR SHARE - Parking, heat & lights, fridge & stove, cable, close to college, bus & shopping. $200/mth. Call 936-0054 after 4:30pm.

1-1/2 BDRM APT. Gas heat, dryer hook-up, parking. Fridge & stove included. $250/mth, plus utilities. 454A - 4th St. West. Call 936-0967.

2-BDRM APT, $575/mth. 3-bdrm apt, $645/mth. All include heat, fridge & stove, carpeted. For quiet couple. Call 932-4485.

1 BDRM UPSTAIRS APT. Downtown location. Available Dec. 1st. Call 933-6411.

WATERFRONT, SIDE-BY-SIDE, newly renovated 2 bdrm apt w/storage, parking, laundry hook-ups. Quiet street near bike path. $500/mth, everything paid. Call to view, 936-0652.

2 LARGE 2-BDRM APTS at 415-417 Adolphus St. 1 large bdrm basement apt. Available immediately. Call 930-1332 days or 347-2863 evenings.

2 BDRM BASEMENT apt, $590/mth, utilities included. Also, 2 bdrm apt, second floor, $475/mth. 1 year lease. No pets. 104 Jobin. Call Jean-Guy, 675-2307.

AVAILABLE DEC. 1ST - 1 bdrm apt. Fridge, stove & utilities included. No pets. Adult preferred. $450/mth. Call 931-2806.

3 BDRM APT, immediate or Dec. 1st. 210-14th St. West, large, 6-plex, carpeted, laundry hook-ups, yard, parking. Nearby schools, bank, bus, medical clinic. $450/mth, plus utilities. Call Ace Property Management, 936-1533 or leave message.

DOWNSTAIRS, small 2 bdrm apt. Upstairs large 2 bdrm apt. Good locations. From $400/mth, everything paid. Call 933-7516.

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94 FORD RANGER PICK-UP
sporty, 4 cyl., 5 spd., very clean
$169 mth. O.A.C.
OVER 60 MONTHS 8.9% FINANCING



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Green, loaded, 34,000 kms, gas **$33,995**
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96 MAZDA B3000 EXT. CAB PICK-UP
4x4, auto, 6 cyl., 71,000km **$17,995**
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2 dr., auto, loaded **$10,995**
95 CHRYSLER INTREPID
4 dr., auto. loaded, 2 to choose from ... **$9,995**
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2 dr., sporty, red ... **SOLD** **$8,995**
95 FORD F350 DIESEL CUBE VAN
16 ft. box **$15,995**
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6 cyl., 5 spd ..... **SOLD** **$14,995**
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4 dr., loaded, 4 cyl., a... **SOLD** ...km ... **$10,995**
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4 dr., auto, only 72,000km **$7,995**
94 CHEV S10 PICK-UP
6 cyl., auto, air, tilt, c... **SOLD** **$9,995**
94 FORD EXPLORER XLT
4x4, 4 dr., loaded, 6 cyl., 117,000km **$14,995**
93 FORD EXPLORER
2 dr., sport, air, tilt, cruise, 110,000km ... **$8,995**
93 NISSAN EXT CAB 4X4 PICK-UP
6 cyl., standard, safet... **SOLD** **$8,995**
92 VOLKSWAGEN GOLF DIESEL
2 dr., 5 spd., red, very clean car **$5,995**
90 SAFARI VAN
7 pass., fully loaded, 109,000 kms **$7,995**
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96 POLARIS XLT
96 BOMBARDIER, Mach 1, either model **$4,995**

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PAUL

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Cornwall
932-4514
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02 - APARTMENTS FOR RENT

ACE PROPERTY MANAGEMENT 936-1533 *"Let us find you a place at no charge!"*

APARTMENTS

*Marlb. St., Bach newly renovated bsmt, apli & utilities, $300. Incl.
*14-B Lawrence, 1 bdrm, upst, parking, BBE, $385 incl.
*408 Gloucester, 1 bdrm, upst., apli, parking, $350
* 454-A 4th St. W, 1 1/2 bdrm., upst. duplex, apli, parking, $350+
* Carleton, 1 bdrm., apli, front porch, parking, $300+
29-C 4th St. E., 1 bdrm., main floor, apli., parking $450 incl.
*107 7th St. W., studio, main floor, appli. $360 incl. Yr. Lease/1 FREE Mth.
*North End, lrg. 1 bdrm. bsmt 4 appli. centra air, new kit $525 incl.
* 116 Sydney, 1 bdrm., upst., apli., parking $380 incl.
*226 Sixth St. W., 1 bdrm, main fl. & upst., apli., parking $425 incl.
*205-A Easton, 2 bdrm., upst., apli., parking $500. incl.
*717 Bedford, 2 bdrm., upst., apli., parking, yard $550 incl.
*2nd St. W., 3-2 bdrms, main fl., upst, apli, $507-535 incl. Yr. Lease/1 FREE Mth.
*316 Belmont, 2 bdrm, basmt, $425 Incl.
*210 14th St., W., 1-3 bdrm. bsmt., parking, $450+

APARTMENT SECURITY BUILDINGS

425 11th St. W (SECURITY)
Large 2 bdrm, upst. balcony, apli, $575

RIVERVIEW COURTS
Large 2 bdrm., dining, storage, balcony, appli., parking, COIN OPERATED LAUNDRY - $525 - $600.

325 Gleeson Ave. (SECURITY)
Large 2 bdrm, dining rm, laundry, apli, balc., parking BBE, $625.+

805 MARLBOROUGH ST. N. (SECURITY)
Large 1, 2 & studio units $360.00 to $575.00
Utilities, appliances, parking included

HOUSES, TOWNHOUSES, SEMI'S
210 Louisa, 2 bdrm. house, apli., parking, basmt., $400.
23-7th St. E. 3 bdrm., semi, 1200 sq ft., parking, $800 incl.
Maxville, 2 bdrm. house, apli., yard, parking $500.+
329 Brookdale, 2 bdrm semi, pkg, yard, $495.+

2 SPACIOUS 2 BDRM apts. Heat, hydro, fridge, stove & laundry facilities included. Quiet area, near park & school. $550/mth & $575/mth. Call 525-0829.

2 BDRM APT - East end. $480/mth, includes utilities. Parking, washer/dryer hook-ups. Available Dec. 1st. Call 346-0877 after 5pm.

FOR RENT/SALE - 213 Brookdale. 3 bdrm semi. Large kitchen, 4-pce bath. Heated by F.A.O. Parking in rear, washer/dryer hook-ups. $530/mth, pay own utilities. Price: $43,000. 938-1931.

1 Bedroom
in completely renovated central building.
448 Augustus, $500 incl. utilities Available Nov. 1
Call Gerry
931-3555 938-2121

2 BDRM UPSTAIRS apt, west end. Ideal for single or couple. Fridge & stove. Close to all amenities. Parking. $375/mth, pay own utilities. Call 933-4549.

AVAILABLE JANUARY or February, clean two bdrm upstairs apt. On St. Felix St. Close to college & malls. Fridge & stove included. $325/mth, plus utilities. No pets. Call 932-4642.

CLEAN, WARM apartments available. Large 2 bdrm, freshly painted, new carpet, washer/dryer hook-ups, $550/mth, utilities included. Also, very large 3 bdrm, freshly painted, new carpet, new bathroom, back porch, washer/dryer hook-ups & storage room, $700/mth, utilities included. Also, 1 bdrm ground floor, $400/mth, utilities included. Sorry, no dogs. 938-3936.

TWO BDRM APT on Walton. $375/mth, plus utilities. Fridge & stove. Also, one bdrm apt, $350/mth. No dogs. Use of backyard. Call 936-6961.

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

1 & 2 BDRM APTS in Ingleside. $420/mth & $520/mth, includes utilities & basic cable. 1 & 2 bdrm apts in Riverside Heights near Morrisburg, $450/mth & $465/mth, includes utilities. Call 932-0717 work or 543-3604 home.

INGLESIDE - 2 BDRM basement apt, 1-1/2 bath, fridge, stove, laundry hook-ups. $450/mth, utilities included. 2 bdrm apt, $400/mth, utilities included. Both avail. immed. References. Call 534-2875.

LARGE MAIN FLOOR 2 bdrm apt. Pitt St. north. Available Jan. 1st. $550/mth, utilities included. Call 932-2332.

2 BDRM APT. 450 - 8th St. East. Utilities, fridge, stove included. 1-car parking, fenced-in yard. $550/mth. Call 938-8523 after 5pm.

SECURITY BLDG. Apts for rent. Bachelor, $375/mth. 1 bdrm, $425/mth. 2 bdrm, $550/mth. Includes fridge, stove, heat, electricity, parking, laundry room in building. 933-9471.

RECENTLY RENOVATED, 2 bdrm apts @ 226-A St. Felix; 533 & 533-1/2 Cumberland All have: washer/dryer hook-ups, parking, available immediately, $325/mth, plus utilities. Call 347-7741.

2 BDRM UPSTAIRS apt. Heated. 4-appliances. Half of garage. Use of pool in summer. Near both hospitals. $575/mth. Available Jan. 1st. Call 938-8478, after 6pm.

2 BDRM APT. Gas heat, parking, washer & dryer in building. Freshly painted. Available now. To view, call 936-0903 or 932-9590.

DOWNSTAIRS 2 BDRM apt. 11th St. near McConnell. Basement, garage, yard, closed-in rear porch, washer/dryer hook-ups, no appliances supplied. $565/mth, everything paid. Call 933-7516.

5 ARTICLES FOR SALE

SCANNER - 50 CHANNEL, direct entry, programmable entry, 800 megahertz, AC/DC adapters, battery operated. Call 938-8289.

HIDE-A-BED, QUEEN SIZE sofa, off white, like new. Originally cost $1,100. Asking $400. or B.O. Call 933-7516.

2 GOOD YEAR WRANGLER truck tires, all season, 235/85/16, $50. Armstrong circulating pump for hot water system, $75. Fireplace tools, $25. Swivel rocker, $30. 931-2072.

TOOLS FOR MTO Inspection station. Kana Auto, 375 Tollgate Rd, 936-6669.

4 GOOD YEAR WRANGLER M+S radial tires, P235/75R16. 17,000 km on tires, $260. Snowboarding boots, men's size 10, like new. Weight bench + bar & weights. 931-3309.

NEW LOOK BOUTIQUE - Specialty recycled clothes, adult & children. Very reasonable prices. Also, make small repairs on clothes. Open 9am-5pm. Mon-Sat. Owner: Colette Delage, 932-5689.

WANTED
Good Quality Used Furniture
Sofas, Chairs, Tables, etc
Gerard's USED FURNITURE
427 4th St. W. 936-9300

COMPUTER 486DX66, 1.3 GHD, Windows 95 & WordPerfect 7 included. Excellent working condition. Asking $375. Also, 4 rims-13", 4-bolt pattern, fits Toyota Corolla. Call Murray, 938-1083.

FIREPLACE SCREEN 25"H x 36"W, small white sink for bathroom, Nintendo with Duck Hunt cassette, Super Mario Bros. like new. New black Paklite featherweight suitcase, 28x17x7 on wheels with accessible handles. 2 bowling shoe bags, 1-green, 1-brown, like new. Call 525-3349.

FIREPLACE DOORS, 34"x25", 1/4" thick, solid polished brass with smoked glass, immaculate. Cost $700. Best price over $300. Call 931-2596.

The Snow Is Coming
CAR SHELTERS
- 16-gauge Galvalume heavy duty frame
- Fabrenne cover high standard
- Extra strong anchors
- Reinforced roof structure
- 6 and 61/2 ft. door clearance

EASY INSTALLATION

ABRIS penguin inc. SHELTERS

CAR SHELTERS
11' wide x 16' long only 399.95
11' wide x 20' long only 449.95

ROY'S POOLS
SALES & SERVICE Since 1956
410 7th St. W. 933-0411

COMMERCIAL CERAMIC oven-kiln for sale with 20 molds, 6.5 cu.ft. capacity, 2,300 Dg. Total value: $4,000. All equipment in excellent condition & ready to use. Asking $1,850. for package. Call 932-4005 p.m.

New Look Boutique
Specialty recycled clothes, adult & children. Reasonable prices. We also make small repairs to clothes.
Owner Colette Delage
OPEN 9 A.M. - 5 P.M. MON. - SAT.
812 PITT ST., CAPITAL CITY CENTRE
UNIT #33 • 932-5689

CANDY MACHINES for sale. 20 - 25¢ machines. 2 - Loonie machines. 2 - Toonie machines. New $4,000. Asking $2,000. 1 yr.old. Call 543-3353.

100% COMPLETE KITCHEN out of newly renovated home. Quality dark oak cupboards come with countertops, double sink, etc.

SOLD

...ditional 6 ft. Must be seen. Riding lawnmower, 9 h.p. 30" John Deere, mint condition, must be seen, $1,400. Call 346-2077.

DELAGE USED FURNITURE - Boxspring mattresses, starting at $75. Fridges & stoves, etc. Open Monday to Saturday, 9am-5pm, 812 Pitt St. Unit 33 or call 932-5689.

FIRM LINE EXERCISE bicycle with timer, tension control, odometer. Ajay Action Row 100 rowing machine. May be seen at 133 Bedford St.

9 FARMERS MARKETS

DRY FIREWOOD. Pine & cedar lumber. Cedar rails & posts. Hardwood Flooring. Robertson's Sawmill, Martintown. Call 528-4262.

HAY FOR SALE @ $1.25/bale, no rain, good for horses. Also, selling honey, $1.75/lb. Pure beeswax, $3.00/lb. Call 932-1161 or 534-9267 evenings.

MOOSE CREEK CEDAR - Fine split cedar kindling. Large bag-2 cu.ft. + $10/bag + PST. Please call between 5-10pm, 874-2347 for delivery.

DRY HARDWOOD for sale. 90% Ash, 10% Oak. Call 933-0515. If no answer, leave message.

13 AUTOS FOR SALE

1994 BUICK CENTURY, loaded, 140,000 km, $6,800, sold certified. Gravel Motors, 407 Guy. Call 932-4850 or 932-4211.

1995 NISSAN AXXESS SE, 5-dr van. Fully powered, air, new tires. Excellent condition. $9,800. Call 613-931-2596.

1989 TOYOTA COROLLA, 4-wheel drive. 280,000 km. Superb winter car. All maintenance kept-up. Excellent running order. As is, $2,800. Call 932-1161.

AUTOS FOR SALE

the Nearly New barely, gently, rarely slightly driven used **Quality** Pre-Owned **Car Store**

THIS WEEK'S FEATURES

97 F150 4X4

$20,852

98 WINDSTAR

$18,743

91 Chev. Corsica, 4 dr.
92 Aerostar XLT, 7 pass.
93 Pont. Sunbird, 4 dr.
94 Chev. Lumina, 4 dr.
94 Chev. Astro Van, 8 pass.
95 Ford Windstar, 7 pass.
95 Pontiac Grand Am, 4 dr., V6
95 Grand Marquis, low kms
95 Ford Taurus
96 Pontiac Sunfire GT, 2 dr.
96 Ford Taurus LX, 24 valve
97 Dodge Caravan, 4 dr., 7 pass
97 GMC Jimmy 4X4, 4 dr.
97 Ford Escort LX, sedan
98 Ford Explorer (2)
98 ZX2 Coupe (2)
98 Ford Taurus SE
99 Ford Explorer (3)
99 Ford Taurus SE

MILLER-HUGHES
711 Pitt Street, Cornwall
932-2584

CREDIT PROBLEM & tired of being offered second rate vehicles. Call Car-o-line Auto's, 613-448-2488.

WELL MAINTAINED black 4-dr, auto, 1990 Ford Topaz. 1-owner driven. Mostly highway km. Asking $2,000. or B.O. Call 933-8606.

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

It's Still Apple Time!
McIntosh, Empire, Spartan, Red Delicious, Ida Red, Russett, Royal Gala, Northern Spy, Tolman Sweets, Cortland & Lobo
Unique Fruit Spreads, Chutneys, Pickles, Pies, Cider, Gift Baskets & Apple Giftware
Smyth's Apple Orchards
8 km north of Morrisburg on Hwy. 31 to Williamsburg
"watch for signs" 652-2477
Open 'til April 1st ~ 7 days a week
Wholesale & Retails

NEW LOCATION — NEW LOCATION

NEED HELP FINDING YOUR NEW HOME?

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Become part of our **"HOME SEEKER REGISTRY"** Free of Charge to You
"WORKING FROM SIGN UP 'TIL SIGN DOWN"
506 PITT STREET, CORNWALL 613-937-4445


Marguerite Tessier
Broker/Owner


50 BARNHART
0015-Unique custom-built home, allergy free, open concept, deck. Great neighbourhood. Only $149,900. Call Judi for details


5560 AVONMORE ROAD
0007-This is a MUST SEE property at $79,900 Perfect starter or RETIRER! Call Judi for details


Henrietta Duvall
Sales Rep.


DESIGNER'S CHOICE
0024-Has everything you want in a new home, quality, convenience and comfort. Buy brand new & avoid "unknown surprises" Call Henrietta today $144,900


Judi Auger
Assoc. Broker


4925 DESJARDINS ST.
0019- Move right in. Lovely family neighbourhood. $109,900 Call Judi for details.


3 VIVIAN CIRCLE
0005-Recent upgrades such as hardwood floors & carpeting make this home "Good Value". Fireplace, family room and spacious yard. Only $110,000. Call Judi for details


Lana Barnes
Sales Rep.


44 BARNHART
0006-Compare NEW to USED and you'll see the advantages! Spacious kitchen leads to deck, bdrms are away from living areas, and fully partitioned basement. Only $135,900 Call Judi for details

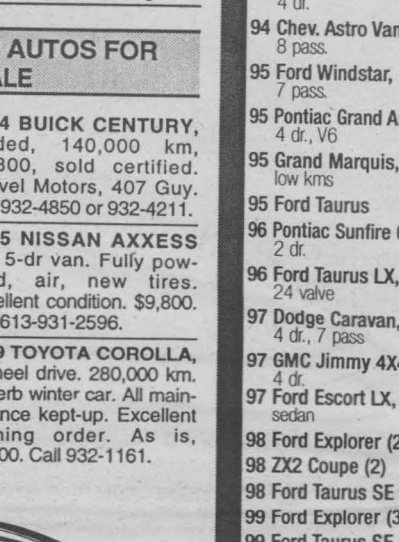

Ray Duhaime
Sales Rep.


LOOKING FOR LOVE?
0021-This home needs some attention, 3 bdrm brick home with over 1300 sq. ft., situated on attractive 1 acre lot. Can you nurture this home? Call Henrietta - Asking $75,900


YOU'VE BEEN ASKING FOR IT!
0031-On the edge of town, spacious lot, over 1400 sq. ft., screened in porch, formal dining room, garage & under $100,000. Don't delay - choice property. See this home through Judi

ARE YOU CRAZY ABOUT ANIMALS?
0022-Here's an opportunity to buy a ready-made business, lock, stock & barrel. Owner willing to provide training. Ideal for lady or gentleman looking for a job change. $40,000 Call Judi to discuss further.





Carnival 2000 Needs You!

We are looking for volunteers both for overnight security and to help with children's activities in Lamoureux Park on February 5th and 6th , 2000.

Be part of the magic and join with us in making Carnival 2000 the most memorable one yet. How can you get involved?? It's as simple as picking up the phone.

Contact "Anne" at 932-5180

Tell her you want to be part of the magic and leave the rest to her.

21 - HELP WANTED

CORNWALL PROJECT 2000 AQUATIC CENTER FUND-RAISING CO-ORDINATOR

Reporting to the Project 2000 Steering Committee, conduct all necessary activities to demonstrate community support for the construction of a new aquatic center for Cornwall and area.

The Fund-Raising Co-ordinator will:
- **Co-ordinate fund-raising activities**
- **Strengthen volunteer support**

The position is for a six month term, extendable for a further six months with mutual consent. The incumbent will be expected to work up to 37.5 hours per week. This may include evenings and weekends, as well as during normal office hours.

Submit detailed resume to:
H. Saaltink, Chairman, P2000 Steering Committee
P.O. Box 1472
Cornwall, Ontario K6H 5V5

Closing Date: November 30th, 1999

PART TIME FRENCH TEACHER

Cornwall Christian Academy, A K-8 Seventh-day Adventist Elementary School operated jointly by the Ontario Conference of Seventh-Day Adventists and the local Seventh-Day Adventist Church in Cornwall has an opening for a qualified part-time French teacher. The successful applicant will teach French to grades K-8 at an hourly rate of $15.00/ hour.

Interested applicants are invited to forward their Curriculum Vitae no later than December 3, 1999 to Sheny Maier, Chairperson, 2134 Pitt St. N., Cornwall, Ontario K6A 1A2.

MEAT CUTTER NEEDED IMMEDIATELY

full time, 1 yr. experience, able to work with the public, good work habits, bilingual preferred but not necessary.
Contact Mike at Larocque Meats, Alexandria 525-1818



15 AUTO REPAIR

KANA AUTO REPAIR - For brakes, general repair. 375 Tollgate Road. 936-6669.

17 CAR WASH

WATERLESS CAR WASH - That's right. Mobile Professional car cleaning without water. For more info. or a free demo, please call Lloyd, 932-6846.

18 BUSINESS OPPOR.

ESTABLISHED TANNING SALON for sale in Cornwall. Annual sales over $60,000. Priced to sell. Call 933-7645.

19 CAREER OPPORTUNITIES

REAL ESTATE Sales Representative. Licensed or not. No desk fees. Free advances. Retirement benefits. Teaching, training, coaching & more. Call 937-4445.

21 HELP WANTED

WE ARE LOOKING FOR key people to expand our Financial Services business in this area. Experience not necessary. We will train. Send resume to: 7-841 Sydney St. Suite 409, Cornwall, Ont. K6H 3J7.

SUB-CONTRACTORS WANTED for snow removal. Must be reliable. Call 938-9804, after 6pm.

23 HOME SERVICES

J.R. RESTORATION, Roofing, chimneys/repairs, brickwork, foundation repairs, framing, door & windows, ceramic tiling, carpentry, siding, painting. For all your renovation needs. Call J.R. 613-938-7742.

SNOW PLOWS

Arctic - Fisher Western
Sales • Service • Installation
For Over 25 Years
Mike's Automotive/ Carmikel Systems
Long Sault
936-6868

EXPERIENCED HOUSECLEANING by the hour. References available upon request. Call 938-9748.

MIKE'S TREE PRUNING, cutting & removal, general yard work & cleaning. Will do demolition. Eavestrough, chimney cleaning & repair. Free estimates. Firewood for sale. Call Mike 931-1251.

RENOVATIONS, BUILDING & addition needs, roofing, siding, drywall, decks, sheds, garages, patios. Call Robert The Perfect Handyman, 525-2197. Free estimates & customer satisfaction.

SNOWBLOWING SERVICES - Driveways, walkways, verandas, roof-snow removed. Salting also available. 24-hour service. Free estimate. Call Bob, 938-1614. Pager#930-8892.

HANDI LADIES WORK FOR YOU. Handy Ladies are here for you to do the things you don't have time to do. Heavy-duty cleaning, walls, floors, ceilings, windows in/out and more. S.D.& G. area. Call 936-9362 or 936-9150. Save it.

RILEY'S PAINTING. Drywall & ceiling repairs, water damage, wallpapering & odd jobs. Light truck available. 20 yrs experience. Reasonable rates. Call after 6 p.m., Residence, 938-8839. Pager#930-8851.

ERNIE'S CLEAN-UP SERVICE. Cedar hedge trimming, fencing, roofing, painting, snow blowing, yards, basements, lawn cutting, tree cutting. 938-1684.

24 BABYSITTING

WILL BABYSIT in my home, South Lancaster area. Non-smoker/bilingual. I am caring & attentive. Call Diane @ 347-1165.

RELIABLE BABYSITTER. St. Paul's School area. Good references. Receipts. Call 938-8864.

YOUNG GRANDMA, would like to babysit infants to pre-school in your home. Shift work not a problem. Experience. References. Call 933-1296.

SAVE MONEY NOW!
Refinances, purchases and debt consolidations.
Pay off high interest loans & credit cards.
5 Year Mortgage • 7.25%
UPPER CANADA MORTGAGE
930-2592

MATURE MOTHER will babysit in my home, east end, near park. Lots of fresh air, fun, attention & love. Non-smoking. References. Call Debi, 938-1025.

34 HOUSES FOR RENT

4 BDRM HOUSE on waterfront. Hwy. 2 east between Glen Walter & Summerstown. Available now. Call 931-2953 or 936-6155.



162 EMMA AVE.
clean, bright, well located, 4 bdrm., 1.5 baths, large lot, FAO, central air, new kitchen, carpets, hardwood floors & windows
$89,500
937-3965

2 BDRM MOBILE HOME near Avonmore. Available January 1st. Call 346-5444.

WEST END. 2 bdrm semi detached. Available Dec. Jan. or Feb. 1st. $525/mth, plus utilities. First & last required. Utilities approx. $130/mth. Parking available. References. 932-4458.

AUTOS FOR SALE

SPECIAL OF THE WEEK

1998 CHEV MALIBU
4 dr., V6, auto, loaded
44,000 km
$14,444
not exactly as illustrated



1999 CHRYSLER INTREPID
6 cyl, air, cruise, tilt, p-wind, p-locks, p-seat, 10,000 km, remote start

1998 FORD CONTOUR GL
4 cyl, 4 dr, loaded, 39,000 km

1997 CHEVROLET LUMINA LS
4-dr., V6, loaded, 54,000 km.

1997 CHRYSLER INTREPID SPORT
V6, loaded, 52,000 km

1997 FORD TAURUS
4-dr., loaded, remote entry, p-seat, 58,000 km.

1997 PLYMOUTH BREEZE
4 cyl, auto, loaded, CD player, 61,000 km

1996 PLYMOUTH NEON
4-dr., 4-cyl. auto, air, p-locks, 57,000 km.

1996 CHRYSLER CIRRUS LX
loaded V6, CD, 82,000 km.

1996 CHEV BLAZER LT
V6, auto, fully loaded, p. seat, leather, 83,000 km

1996 PONTIAC BONNEVILLE SE
V6, fully loaded, auto temp air, remote start, 96,000 km

1995 MERCURY SABLE GS
4-dr., V6, loaded, 71,000 km.

1994 TOYOTA TERCEL SOLD
4 dr, 4 cyl, local owner, 128,000 km

1994 BUICK CENTURY
4-dr., V6, loaded, 136,000 km

1994 OLDSMOBILE DELTA 88
4-dr., loaded, remote entry, 90,000 km.

1994 PONTIAC SUNBIRD
4-dr., 4-cyl., auto, air, p-locks

1993 PONTIAC SUNBIRD SOLD
4 dr, 4 cyl, auto, air, 1 local owner

1992 GEO METRO LSI SOLD
4 dr., 4 cyl, auto, local owner,

VANS

1997 PLYMOUTH VOYAGEUR RALLYE
dual sliders, 3.3 litre, 6 cyl, loaded, 62,000 km

1995 PLYMOUTH VOYAGEUR SPORT
V6, air, cruise, tilt, p. locks

1994 PLYMOUTH VOYAGEUR
V6 auto, air, tilt, cruise, 113,000 km.

TRUCKS

1993 NISSAN PICKUP
4 cyl, 5 spd, local owner, 89,000 km

TRADES WELCOME

6 mths/ 8,000 km bumper to bumper or 1 yr/12,000 km powertrain, seals & gaskets included

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Quality New & Used Cars
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 **MAURICE DROUIN** Sales Rep. 933-6146	 **MOE LEMIEUX** Sales Rep. 932-9386	 **ROGER VIAU** Sales Rep. 932-1325	 **ORVAL BROWNELL** Assoc. Broker 932-7061	 **MICHAEL VANDER MEER** Assoc. Broker 938-2121	 **JACK ROY** Sales Rep. 931-1290	 **TODD THOMPSON** Sales Rep. 937-0292	 **ERIC PEDERSEN** Broker 938-9690
 **GERRY PILON** Sales Rep. 938-2121	 **MIKE DeBOER** Broker 938-7802	 **203-A CARLETON $49,900** (A-MLS 0316) 2 bdrms. ea. unit, cement block ext., good income **MAURICE DROUIN 933-6146**	 **220-220A CARLETON $29,900** (A-MLS 0320) 1 bdrm each unit, minimum exterior maintenance Good Income **MAURICE DROUIN 933-6146**	 **311-A CARLETON $41,900** (A-MLS 0328) Alum. & vinyl exterior, 2 bdrms. each unit Solid Income **MAURICE DROUIN 933-6146**	 **302-304 GUY ST. $60,900** (A-MLS 0375) Dbl. tenement with 3 bdrms ea., min. ext. maintenance, very good income **MAURICE DROUIN 933-6146**	 **WELL-MAINTAINED** (J-MLS 0905) Bung. with 1200 sq. ft. spacious kit., dining rm, living rm, huge family rm overlooking patio deck & above ground pool in nicely landscaped backyard. **MOE LEMIEUX 932-9386**	**MORRIS ST. DEVELOPMENT $89,900** (A-MLS 0981) Property for sgl. family, semis, row houses. Possiblity of 5 lots. Water & sewer. Lot 282.61'x151.10' **MOE LEMIEUX 932-9386**
(O-MLS 0903), **38 ST. LAWRENCE, INGLESIDE,** great view of the river, 4 bdrms., **$79,900** (J-MLS 0911), **18357 HWY. 2 EAST $159,900** SOLD (A-MLS 0799), **876-878 FIRST. ST. E. $59,900** SOLD **414 BALDWIN $99,900** SOLD **ROGER VIAU 932-1325**		 **2136 TOLLGATE** (A-MLS 0816) 2+1 bdrms., 2 baths. Own for $517/mth P.I.T. **ORVAL BROWNELL 932-7061**	OPEN HOUSE SUNDAY 1:00 - 2:30 pm  **311 WATER ST. W. UNIT 3 LEVEL 1 $141,900** (A-MLS 0828) New condo, 2BR, 2 baths, fireplace **ORVAL BROWNELL 932-7061**	 **MOOSE CREEK $74,900** (L-MLS 0939) Renovated 3 bdrm home on large village lot with 3 car garage/shop, local improv for water paid in full **MIKE VANDERMEER 938-2121**	 **SIDE BY SIDE $84,900** (A-MLS 0469) 2 bdrms each unit; one has garage, large lot. Central location, great rental investment property **MIKE VANDERMEER 938-2121**	 **LUNENBURG $66,900** (M-MLS 0941) 3 bdrm home with att. garage, large living rm with wdstve, large renov kit, pool, deck & more **MIKE VANDERMEER 938-2121**	 **COUNTRY $94,900** (M-MLS 0940) 3 bdrm. split on well landscaped lot, att. garage, C/A, pool & more **MIKE VANDERMEER 938-2121**
NEW LISTING **COMMERCIAL $124,900** (A-MLS 1033) Commercial duplex on 75x150 lot on busy intersection zoned CBD. Lots of paved parking **MIKE VANDERMEER 938-2121**	 **REDUCED...$169,500 19248 CTY RD. 18 MARTINTOWN** (J-MLS 1003) 11 year old ranch style bung., with 3 acres **JACK ROY 931-1290**	 **WHY RENT? REDUCED $61,500** (A-MLS 0696) Large 3 bdrm, 2 storey home, mtg payments only $410/mth, principal & interest **JACK ROY 931-1290**	 **FOR LEASE 621 PITT ST.** (A-MLS 0710) 2800 sq. ft., Commercial Property, Available now **TODD THOMPSON 937-0292 Res.**	 **WELL ESTABLISHED TOWING COMPANY REDUCED...$175,000** (A-MLS 0978) Includes land, building, trucks & more **TODD THOMPSON 937-0292**	 **MUST BE SOLD! LUNENBURG $54,900** (M-MLS 1026) 983 sq. ft. bung. with 2+2 bdrms. Good starter **TODD THOMPSON 937-0292**	 **CENTURY HOME $169,900** (M-MLS 1022) 3700 sq. ft., 4 bdrm home on a 1 ac. lot features 3 baths, 3 frpl., 3 staircases, C/A, gas heat & more **TODD THOMPSON 937-0292**	 **COMMERCIAL PROPERTY $110,000** (J-MLS 0637) Great loation on Hwy 2 E. of Glen Walter. Lot 300x626, 2 separate entrance, 2 buildings **ERIC PEDERSEN 938-9690**
 **19412 HWY. 2 $79,900 SUMMERSTOWN AREA** (J-MLS 0649) Mthly. mtg. payments of $532 for this 1455 sq.ft. home. Large modern kit, living rm with frpl, formal dining rm, main flr laundry rm. **ERIC PEDERSEN 938-9690**	OPEN HOUSE SUNDAY 1:00 - 2:30 pm  **155 ELSIE $78,500** (A-MLS 1009)) 2+1 bdrms., 2 baths, woodstove. Mthly payment $525 principal & interest **ERIC PEDERSEN 938-9690**	 **33-33A GULF $69,000** (A-MLS 0875) 2 bdrm. updated dbl tenement on full lot w/large yard **GERRY PILON 931-3555**	 **511 BLOSSOM PARK $99,900** (A-MLS 0946) 3 bdrm brick bung. in prime location; has in-law suite & good mtg. oac. **GERRY PILON 938-2121**	 **COUNTRY COMFORT $101,900** (M-MLS 0838) Just out of the city, 20 minutes. The return justifies the investment, gleaming hdwds, 3 bdrms, bright rec rm & dble car garage. **MIKE DeBOER 938-7802**	 **26 SAUNDERS DRIVE, LONG SAULT** (M-MLS 0952) Great starter in a quiet village setting, features 3 bdrms, family rm, large lot & more **MIKE DeBOER 938-7802**	 **REDUCED $75,000 7 UNIT CENTRAL BEDFORD & 1st ST.** (A-MLS 1006) Handyman special. Some work done. Needs some updates, 2-2 bdrms, 5-1 bdrms. **MICHAEL DeBOER 938-7802**	 **NEW CONSTRUCTION GREAT BEGINNINGS $119,900** (O-MLS 1011) Napier St., Ingleside. 1280 sq.ft., some gleaming hdwds, patio doors to large deck, gas heat. Move in before Christmas **MICHAEL DeBOER 938-7802**

35 - HOUSES FOR SALE

ISLAND 17 - Moulinette Island, Long Sault. Imagine waterfront & beautiful view. 3 bdrms. Avail. Jan. 1st. $686/mth, pay own heat & hydro. Call 534-2723.

NEWLY RENOVATED 2 bdrm house. 1-1/2 bath, large kitchen & livingroom. $700/mth, plus utilities. Available Dec. 1st. Glen Walter area. Call 931-1251.

FOR RENT/SALE. Bungalow, three bdrm, fenced yard on 1/3 acre, 28ft. above ground pool, optional, 141 Glen Oaks Court, East End, quiet cul-du-sac. $700/mth, plus utilities. First & last req'd plus references. Newly painted, carpets cleaned. Serious enquiries only. Call 936-6878.

35 HOUSES FOR SALE

MORRISBURG AREA - Older 3 bdrm brick house with 1 bdrm apt attached to back of house for additional income of $425/mth. 2 baths. Call 543-3353.

FOR SALE OR assume mortgage. Move in for Christmas. 4 bdrms, 1-1/2 bath, pool, gas heat. Quiet area. Vendor relocated. Available Dec. 15th. Call Roger Viau, 932-1325 /1-705-842-0631.

OPEN HOUSE - Private Sale by owner. 415 Baldwin Ave. Saturday, Nov. 27th, 1pm-4pm. 3 bdrm 1,305 sq.ft. brick bungalow, hardwood floors, Stealth Security System. 932-5497.

NO DOWN PAYMENT. Duplex for sale. Both units are one bdrm, gas heat, upgraded 100 amp service with yard & garage w/power. Monthly payment of $489. with $700/mth income. Assume mortgage of $43,800. at 6-1/2%. Appraised at $56,000 at 454-4th St. West. 936-0967.

41INCOME PROPERTIES

NORTH END. Excellent income property. Reduced to sell! 4 large 2 bdrm units. Possible gross income $27,720. Call for details, Latreille Real Estate Inc. 938-3800.

42 LOTS/ LAND

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92 NOVENAS

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THANK YOU SACRED HEART for prayers answered. E.R.B.

MAY THE SACRED HEART of Jesus be praised, adored & glorified now & forever. Sacred Heart of Jesus, pray for us. St. Jude, Helper of the Hopeless, pray for us. Say 9 times a day for 8 days. Promise publication. M.M.

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THANK YOU ST. JUDE for favour received. R.D.



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OBITUARIES

LABELLE - Medard (Chick) Wilfrid

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Tuesday, October 19th, 1999.

Mr. Medard (Chick) Wilfrid Labelle, age 73 years, born in Curry Hill, Ontario, of R.R. #2 Martintown, formerly of 737 Laflin Avenue, Cornwall, Ontario.

Dear son of the late Elzear Labelle and the late Celima Major.

Beloved husband of Cecile Labelle (Lafleche).

Loving father of Joanne (Mrs. Pat Martin) of Brampton, Carol-Lynn (Mrs. Rob Power) of Calgary, Alberta and Ivan Labelle (Chantal) of Cornwall.

Loving grandfather of seven grandchildren, Brigette, Corey, Brittany, Katrina, Victoria, Justin and Adam.

Dear brother of Andre Labelle (Jacqueline) of Cornwall; Sylvio Labelle (Phyllis) of Kingston; Mrs. Gabrielle Corriveau, Mrs. Rita Dignard and Evelyn (Mrs. Philippe Cote), all of London, Ontario; Mrs. Juliette Grignon, Mrs. Rejeanne Martel and Alice (Mrs. Jerome Lavallee), all of Cornwall.

Predeceased by four brothers, Ovila, Harvey, Emile and Reynald.

The funeral took place on Wednesday, October 20th, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch, followed by cremation.

Mr. Labelle was the former owner of Labelle's General Store in St. Andrew's West; he was a Past Charter President of Cornwall Township Lions Club.

A Memorial Service was held on Saturday, October 23rd, 1999 in Ste. Therese de Lisieux Church at 11 a.m.

KING - John Mose "Anaharishon"

Passed away at the Ottawa Civic Hospital, Ottawa, Ontario on Tuesday, October 19th, 1999.

Mr. John Mose King "Anaharishon", age 71 years, born in Yellow Island, Quebec, of St. Regis, Quebec.

Dear son of the late Mitchell King and the late Cecelia Thomas.

Beloved husband of Anne King (David).

Loving father of Julia (Mrs. Donald Mekeel) of Brasher Falls, New York; Charlotte (Mrs. Rene Tenasco) of R.R. #3 Cornwall Island; Margaret (Mrs. Albert Angus) of Thunderchild, Saskatchewan; Susan (Mrs. David Rourke) of Hogansburg, New York; Cheryl (Mrs. Dan Bruyere) of Cornwall; Ellison (Mrs. Joseph Snyder) of Snye; Cecelia (Ceely) King, at home; Francis King (Alexandria) of Kahnawake; David King (Stephanie) of Cornwall; Robert King (Emma) of Avonmore and Kevin King (Sheila) of Six Nations.

Loving grandfather of twenty-six grandchildren and two great grandchildren.

Dear brother of Annie King of St. Regis and Mary (Mrs. Tom Mattice) of Massena, New York.

Also survived by many nieces and nephews.

Predeceased by one infant daughter, Patricia King; one granddaughter, Marie; one grandson, Rahianes; four brothers, Louis, James, Francis and Michael King and by three sisters, Mrs. Nancy Buckshot, Josephine and Julia King.

The funeral took place on Saturday, October 23rd, 1999 from his residence, First and Ferry Street, St. Regis to St. Regis Parish Church. Interment at Kateri Cemetery. Reverend George Belgarde, S.J. of St. Regis Parish Church officiated, assisted by Reverend Mr. Ron Boyer.

The pallbearers were Gordon King, Larry King, Nicholas King, Ronald King, Stanley Buckshot and Thomas Mattice Jr.

The honourary bearers were Pat King, Mike Thompson, Ernest King and Bennett King.

Mr. King was a Member of the 4th Degree Knights of Columbus, Father Michael Jacobs Council #10423, Hogansburg and an Associate Member of the American Legion Post 1479. Prior to his employment as a maintenance superintendent with Akwesasne Board of Education, he was a carpenter of the Mohawk Council of Akwesasne. He enjoyed upholstering and quilting.

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

CASHION - Florence Amelia

Passed away at St. Joseph's Villa, Cornwall, Ontario.

Mrs. Florence Amelia Cashion, age 92 years, born in Cornwall Township, formerly of South Branch Road.

Dear daughter of the late Allan McDonald and the late Mamie MacDonald.

Beloved wife of the late Vincent Cashion.

Loving mother of William J. Cashion (Florence), Mrs. Sheila MacDougall and Kay (Mrs. Maurice Menard), all of Cornwall.

Loving grandmother of eleven grandchildren and four great grandchildren.

Predeceased by one daughter, Mrs. Anne MacMillan; one brother, Allan J. McDonald and by two sisters, Mrs. Gertrude Markell and Mrs. Kate Grant.

The funeral took place on Friday, October 22nd, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Mary's Parish Church. Interment at St. Mary's Parish Cemetery. Reverend Tom Villeneuve of St. Mary's Parish Church officiated, assisted by Reverend Bernard Cameron.

The pallbearers were Stephen Cashion, Scott Cashion, Michel Menard, Richard MacMillan, Brian McDougall and Don McDougall.

GOWAN - Deborah (Debby) Jean Branchaud

Passed away at the Ottawa General Hospital, Ottawa, Ontario on Wednesday, October 20th, 1999.

Deborah (Debby) Jean Branchaud Gowan, age 40 years, born in Cornwall, of 35-A Fourth Street East, Cornwall, Ontario.

Dear daughter of the late Nelson Branchaud and the late Jean Kitts.

Special friend of William (Bill) Brown.

Loving mother of Candy and Penny Oikle of Cornwall and Michael Gowan, at home.

Loving grandmother of Jenna, Ryan, Sarena, Alicia and Bo.

Dear sister of Michael Branchaud (Lillian) and Timothy (Tim) Branchaud (Diane), both of Cornwall; Brian Branchaud (Nancy) of Deseronto; Marlene Branchaud and Penny Leah (Mrs. Jean Pion), both of Cornwall and Catherine (Mrs. Michael Bergeron) of St. Andrew's West.

Also survived by her previous husbands, Brian Gowan and Daniel Oikle.

Predeceased by one brother, Stephan Branchaud (husband of Berle Robinson) of London, Ontario.

The funeral took place on Saturday, October 23rd, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Columban's Parish Church. Interment at Notre Dame Cemetery. Reverend Kevin Maloney of St. Columban's Parish Church officiated, assisted by Reverend Godwin Iheke.

The pallbearers were Tony Bergeron, Shane Bergeron, Chris Branchaud, Jason Branchaud, Adam Branchaud and Jeff St. Jean.

MORPAW - Joy Dawn

Passed away at her residence on Friday, October 22nd, 1999.

Mr. Joy Dawn Morpaw, age 63 years, born in Welland, Ontario, of 242 Yates Avenue, Cornwall.

Dear daughter of the late Bentley Horton and the late Nellie Gallinger.

Beloved wife of Henry Gerard Morpaw and by a previous marriage, the late Frederick Labelle.

Loving mother of Randolph (Randy) Labelle and Steven Labelle, both of Cornwall; Michael Labelle (Shawn) of Brantford; Ann Marie Labelle and Patricia (Mrs. Louis Delorme), both of Cornwall. Loving step-mother of Randolph (Randy) Morpaw of Cornwall; Cathy (Mrs. Bart Simpson) of Ingleside and Karen Morpaw (William Legros) of Cornwall.

Dear grandmother of Krista, Hunter, Colin, Tamara, Chantal, Ashley and Katie.

Dear sister of Bentley (Bill) Horton Jr. (Shirley), Douglas Horton and Garry Horton (Sandra), all of Cornwall.

Predeceased by one brother, George Horton.

The funeral took place on Monday, October 25th, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, to the Memorial Chapel. Interment at Woodlawn Cemetery. Reverend Michael Shaw of Faith Apostolic Church officiated.

The pallbearers were Michael Labelle, Randy Labelle, Michael Horton, Roy Champagne, Louis Delorme and Gerry Rivet.

Mrs. Morpaw was formerly employed as a Red Cross Homemaker.

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Today's Listings Seaway SINGLES

FEMALES SEEKING MALES

END THE SINGLE LIFE
I'm an emotional, average-looking, SWF, 31, 5'2", who's seeking a SWM, 29-40, for a possible committed relationship. My hobbies include a variety of crafts, reading, the outdoors, computers and gaining new knowledge. Ad#: 7527

PERFECT MATCH
SWF, 33, blonde, blue eyed, has a great smile, who's fun, caring and enjoys life. Hobbies are movies, music and dancing. Hoping to meet a loving, affectionate, SM, 30-43, enjoys animals and children. Ad#: 2142

ONE SWEET DAY
Meet this personable, SWF, 31, 6', with brown hair, blue eyes, who enjoys crafts, walks and dining out. She seeking an accepting, non-judgmental, SWM, 19-40, for a possible relationship. Ad#: 4268

HONEST TO A FAULT
Full-figured, attractive, SWF, 34, with a honest, spontaneous, outgoing personality. Enjoys spending time with family, golfing and playing pool. In search of you...a honest, employed, SWM, 32-40, for friendship and chemistry. Ad#: 1554

ALLURING PERSONALITY
Call this 5'2", blonde haired, blue eyed, attractive, SWF, 56, whose personality is easygoing. Her interests a knting, watching hockey and staying in shape. Seeks a trustworthy, fun-loving, affectionate, SWM, 50-60. Ad#: 8340

FRIENDSHIP AND...MORE
Blonde, blue eyed, SWF, 5'4", 150lbs., 56, considered to be attractive, outgoing, bubbly, enjoys swimming, traveling, flowers/romance, and more. Would like a N/S, SWM, over 40, with similar qualities and interests. Ad#: 8408

MAKE THE CONNECTION
I'm a 150lb., SWF, 18, 5'8", who enjoys laughing, cycling, reading, sports and the outdoors. I'm seeking a life-loving, SWM, 18-22, for a possible long-term, committed relationship. Ad#: 5992

WARM HEARTED
Funny, cute, SWF, 31, 5'2", with strawberry-blonde hair, green eyes, enjoys reading and exercising, is seeking an intelligent, attractive, SWM, 28-38, who is romantic and humorous. Ad#: 3370

TRANQUILITY
Here is a SWF, 29, 5'6", blonde hair and blue eyes, is easygoing, honest, and enjoys many things. Searching for a SWM, 29-38, who would be honest, loyal, enjoys children and the outdoors. Ad#: 3792

REACH FOR THE STARS
Would you believe that this blue-eyed blonde SWF, 18, 150lbs., is single? She's interested in meeting a SWM, 18-23, for a possible long-term relationship. Her hobbies include shooting pool, socializing and meeting new and exciting people. Ad#: 7025

CHASING A DREAM
Set the mood for this caring and loving, SWF, 21, 5'3", 140lbs., who enjoys sports, spending quality time with family and friends, by giving her a call. She's looking to meet a caring and loving, SWM, 20-30, for a possible relationship. Ad#: 1722

SERIOUS REPLIES ONLY
Blonde, brown eyed, SWF, 42, who's outgoing, fun, easy to get along with, likes going to bingo, movies and spending quiet times at home. Seeking an honest, good looking, employed SWM, under 52, likes children and wants a long-term relationship. Ad#: 2428

DELIGHTFUL
N/S, SWF, 28, 5'8", slender, friendly, nice, easygoing and she likes being with friends, movies and relaxing. She is hoping to meet a SWM, 28-36, who is outgoing and likes socializing. Ad#: 4743

STRAIGHTFORWARD
Honest, caring, SWF, 20, 5'2", 115lbs., with green eyes, enjoys camping, swimming and going for walks, is seeking a trustworthy, SM, 22-26, to get to know. Ad#: 2109

LET'S CUDDLE
Bubbly, SNCF, 44, 5', 135lbs., with brown hair/eyes, hobbies are walking, movies and crossword puzzles, is looking for an honest, SWM, 44-50, who can make her augh. Ad#: 1786

COMMUNICATOR
She's a very easygoing, quiet, employed SWF, 55, 4'9", 100lbs., with short auburn hair and green eyes, N/S, non-drinker, who enjoys golf, biking, skiing, is searching for just the right honest, open-minded, affectionate, gentle SM, 52-65. Ad#: 2304

LET'S MINGLE
Fun-loving, caring, outgoing, SWF, 23, likes going out and having fun. Would like to meet a SWM, 26-30, who enjoys having a good time and loves children. Ad#: 4873

THE SWEET MELODY OF LOVE
Fun-loving, affectionate and loyal, SWF, 49, 5'5", 120lbs., with blue eyes, brown hair, hobbies are working out, walking, traveling. Seeking a kind, caring and sincere, SWM, 45-55, who will not play head games. Ad#: 4934

THE SEARCH IS OVER
Slim, SWF, 42, 5'5", 138lbs., with brown hair/eyes, outgoing, fun, honest, hobbies are sports and the outdoors, is seeking an honest, sincere, secure, SWM, 38-45, who loves children. Ad#: 9860

TO THE POINT
Honest, good humored, SWF, 50, 5', with hazel eyes and red hair, she enjoys all types of sports, seeks a honest, trustworthy, SWM, 50-65, who's family-oriented. Ad#: 1295

VIVACIOUS
Active, outgoing, SWF, 39, 5'4", 130lbs., with brown hair, dark blue eyes, enjoys dog-sledding, dancing and the outdoors. Hoping to find a caring, sincere, SWM, 36-49, with a good sense of humor. Ad#: 8605

ROMANTIC MOMENTS IN TIME
Medium built, SWF, 33, 5'5", with blond hair, brown eyes, warm, compassionate and fun-loving, enjoys crafts, horseback riding, the outdoors, is seeking a SM, 28-45, with similar qualities. Ad#: 3341

HOLD ON TO YOUR HEART
I'm a hazel-eyed, sweet and romantic, SWF, 18, 5'7", who's seeking a life-loving, SWM, over 30, to possibly share the joys of life with. My hobbies include going to the beach, socializing and occassionally dining out. Ad#: 2301

FIND OUT TODAY
Funny, outgoing and very honest, SWF, 22, likes sports, good conversation and candlelight dinners. Is looking for a SM, 22-28, who likes children and can make her laugh. Ad#: 6084

CLASSY LADY
SWF, 40, 5'4", with blonde hair, freckles kind, caring and generous, interests are gardening, long walks, movies, music. Searching for a SM, 35-45, who is honest and compassionate. Ad#: 9155

CUDDLY & LOVEABLE
Blonde, blue eyed, SWF, 44, 5'3", with a medium build, has a great sense of humor, enjoys the outdoors, cooking and baking, is seeking an easygoing, hardworking, SWM, 30-45. Ad#: 5865

MATTERS OF THE HEART
Medium built, SWF, 38, 5'9", with brown hair, hazel eyes, outgoing, understanding, compassionate, enjoys meeting new people and making new friends. Seeking an honest, SM, 28-45, who is full of life. Ad#: 6721

LET'S GET TOGETHER!
This very outgoing, hardworking, SW mother, 23, 5'5", with blond hair and brown eyes, slim, who enjoys movies, bingo and more, is searching for an honest, outgoing, faithful, SWM, 23-32, who will not play head games and likes children. Ad#: 7066

TYPE "A" PERSONALITY
I'm a somewhat-shy, outgoing and reliable, SWF, 24, 5'9", who's seeking a kind and considerate, SM, 24-32, for a possible relationship. I enjoy long-walks, the outdoors and sharing special times with family and friends. Ad#: 1560

A RAY OF SUNSHINE
This kind and caring, retired, SWF, 54, 5'5", 135lbs., is interested in meeting a SM, 47-65, for a possible long-term relationship. She enjoys reading, writing, the outdoors and sharing quality time with that someone special. Ad#: 2841

NO GAMES!
Outgoing, SW mom, 26, 5'6", 140lbs., with long brown hair and blue eyes, likes to enjoy things as they come, hobbies includes anything outdoors, is seeking a "real", SWM, 27-38. Ad#: 6623

MAKE THE CONNECTION
I'm a blue-eyed, vivacious, SWF, 48, 5'3", who's interested in meeting a kind and caring, SWM, 48-60, for a possible relationship. I enjoy life, the outdoors, in-depth conversation and playing cards. Ad#: 6849

VIBRANT
Find the time to call this SWF, 22, who has blue eyes and is outspoken, fun-loving and she enjoys camping, swimming, and reading. Seeking an exciting, humorous, SM, 20-35. Ad#: 5980

FRIENDSHIP FIRST
SW mom, 23, 5'3", 175lbs., with a medium build, fun to be with, outgoing and funny, enjoys camping, walking, movies, is seeking a SWM, 26-30, who loves kids and has similar interests. Ad#: 6453

A RAY OF SUNSHINE
Call this fun, humorous, single white female, 44, describes herself as 5'4", brown hair, green eyes, enjoys reading, gardening, and the outdoors. Seeking a single white male, 39-49, who has similar characteristics. Ad#: 4488

HILARIOUS
Medium built, SW mom, 23, 5'3", 170lbs., with brown-red hair, easy/outgoing, fun to be with, likes walk, movies and dining out, is seeking an outgoing, fun, SWM, 26-30, who can take a joke. Ad#: 3963

SOLID VALUES
I'm a brown-eyed, SWF, 25, 5'1", who's fun-loving, kind and caring. I'm interested in meeting a life-loving, SWM, 24-29, to share the joys of life with. I enjoy romantic dinners. Ad#: 2126

SERIOUS INQUIRIES ONLY
Find out more about this fun-loving, single white female, 19, 5'7", 150lbs, seeking an easy going single white male, 18-24, to share a lifelong relationship with. Ad#: 8757

DETERMINED
Ambitious, outgoing and hardworking, SWF, 34, 5'7", with brown hair, green eyes, enjoys long walks, movies and skiing, is seeking a hardworking, SWM, 32-42, who loves family and country life. Ad#: 8201

HAPPY-GO-LUCKY
Honest, outspoken and caring, SW mom, 36, 5'2", 155lbs., with blonde hair, green eyes, likes camping, walks and baseball, is hoping to meet an honest, giving, SWM, 36-45. Ad#: 9142

SO HOW ARE YOU?
Slim, SWF, 33, 5', with green eyes, described as being shy, can be very outgoing, caring, loving, hobbies are horseback riding, drawing and country music, is seeking a shy, trusting, caring, SWM, 29-42, who is fun to be with. Ad#: 5321

GENTLEMEN...
Be part of my tomorrow. I'm a 5'1", 110lb., WWF, 59, who's seeking a kind and caring, SWM, 55-63, for a possible relationship. My hobbies include living life, the outdoors, woodwork, sewing and going to the movies. Ad#: 8895

NO HEAD GAMES!
SWF, 21, 5'5", 190lbs., with brown hair, green eyes, fun, easygoing, honest and caring, is in seaarch of a caring, sincere, SWM, 21-38. She enjoys long walks, romantic dinners and music. Ad#: 3808

LET'S MINGLE
Do you enjoy life and good conversation? If so, then you could be the perfect match for this somewhat-shy, SWF, 33, 5'7", who's looking to meet an honest and sincere, SWM, 28-40, for a possible relationship. Ad#: 5844

VERY INDEPENDENT
Medium built, SWF, 23, 5'7", with brown hair/eyes, reliable, honest, doesn't play head games, enjoys long walks, conversations and movies, is seeking a mature, honest, SWM, 23-30, who is employed, for friendship first. Ad#: 3751

ELEGANCE BEYOND A DOUBT
Share the joys of life with me. I'm a SWF, 19, 5'6", who's seeking an outgoing, SWM, 18-23. I enjoy socializing, dancing, reading and occassionally going to a party. Ad#: 5320

HEART OF GOLD
I'm considered to be a patient, fun-loving and caring, SW mom, 26, who enjoys meeting new people and living life to the fullest. I would like to meet a SBM, 26-35, who enjoys children and knows how to treat a lady right. Ad#: 6793

TOP OF THE LINE
SWF, 37, 5'7", 140lbs., with brown hair, hazel eyes, has a great smile and personality, hobbies are walking, music, romance, is seeking a personable, SWM, 35-47, who enjoys life. Ad#: 3472

HERE SHE IS...
Good looking, SW mom, 32, 5'4", with hazel eyes, has an outgoing personality, likes joking around, enjoys working out, walks, movies and playing cards. Hoping to meet a SWM, 28-37, for friendship first. Ad#: 7905

GENTLEMEN...
If your a SWM, 21-32, then set up a time and day, and we'll discuss a possible long-term relationship. I'm a SWF, 26, 5'7", 135lbs., who enjoys long-walks, going to the movies and meeting new and exciting people. Ad#: 8211

LOVELY
Average built, 5', SWF, 22, with blonde hair, blue eyes, shy, honest, can be outgoing, enjoys sports, biking and walking, is seeking an honest, SWM, 20-30, N/S, who can communicate. Ad#: 7126

A LITTLE SHY
Friendly, SWF, 38, 5'2", with hazel eyes, hobbies are gardening, cooking and grooming animals, feels she will bring honesty to the relationship. Looking for an honest, true, SWM, 32-42, to get to know. Ad#: 1834

ALL YOU SINGLE GUYS...
Are you classified as a liar and a cheater? If so, then this may not be the ad for you, because this SWF, 38, 5'7", 118lbs., would like to meet an honest, kind and considerate, SWM, 35-40, for a possible relationship. Ad#: 6557

MEANINGFUL
Finally..a SWF, 35, with brown hair and brown eyes who is professional who enjoys camping, swimming and soccer. Looking for an open-minded, SWM, over 33, who enjoys life and children. Ad#: 3622

SHY NATURED
Quiet friendly, easygoing, SW mom, 22, 5'8", 130lbs., with hazel eyes, enjoys walks, bowling and dancing, is seeking a fun loving, SWM, 20-30, to get to know. Ad#: 4300

CIRCLE THIS AD
She's an outgoing, medium-built, SWF, 30, 5'2", who enjoys walking, playing cards and spending quiet-evenings at home. She's seeking a personable, SWM, 30-40, to share the various joys of life with. Ad#: 7879

SEARCHING
SWF, 50, is 5'7", who has a good sense of humor. Would like to spend quality time with that special someone who's a SWM, 45-55. Ad#: 2976

WHAT MORE DO YOU NEED?
Outgoing, friendly, SWF, 19, 5'6", 125lbs., with brown hair/eyes, loves singing, dancing, acting and cooking, will bring humor to the relationship. Seeking a fit, self-sufficient, SM, 20-26, who has it together. Ad#: 7137

TIRED OF BEING ALONE...
Then contact this hardworking, SWF, 25, who's interested in meeting a SM, 18-26, for a possible relationship. She enjoys honesty, the outdoors, socializing and sharing those special times with someone. Ad#: 2430

SEEKING FRIENDSHIP
I'm a 59, retired DWF, 5', 105lbs, dark brown hair and eyes, I enjoy new places, drives, dancing, live theatre, movies, nature, and more. Prefer to meet someone 50-63, easy to get along with, intelligent, well groomed and not too heavy set nonsmoker. Ad#: 4054

HONEST & TRUSTWORTHY
Fun-loving, SWF, 29, 5'8", 145lbs., with hazel-green eyes, can be serious at times, enjoys running, nature, animals, traveling and photography, is seeking an interesting, fit, SWM, 27-37, who has respect. Ad#: 6056

NONE BETTER
5'6", SWF, 35, who is a warm and caring person, who enjoys rock concerts, camping and cuddling. Wants to meet a SWM, 35-40, who is honest and loving. Ad#: 4517

LOVE AT FIRST SIGHT
Open your heart to this down-to-earth, fun loving, SW mom, 23, 5'9", with brown hair and blue eyes, a N/S, non-drinker, who enjoys laughing and good conversation. She's interested in meeting an open minded, SWM, 25-32, for a possible relationship. Ad#: 7831

HEAR ME OUT
Humorous, employed, WWW mom of one, 35, 5'4", non-drinker, who likes movies, dancing, outdoors, hopes to meet an honest, reliable, SM, 30-45, who is a non-drinker. Ad#: 1483

HEART & SOUL
SWF, 38, 4'10", 103lbs., with blonde hair, blue eyes, romantic, adventurous, spontaneous, loves traveling, camping, boating and swimming, is seeking a SWM, 37-45, who has the same qualities and interests. Ad#: 3428

READY TO SETTLE DOWN
Easygoing, SW mom, 26, 5'3", 150lbs., with brown hair and blue eyes, who likes trying new things, is hoping to meet a romantic, SWM, 22-28, who's willing to settle down. Ad#: 5596

GENTLEMEN...
Take notice that this quiet-natured, SWF, 29, 5'3", is single? She would like to meet a marriage-minded, SM, 30-40, for a possible life-long relationship. She enjoys dining out, children and spending quality time with that special someone. Ad#: 8099

CARING & SENSITIVE
SW mom, 27, 5'3", 140lbs., with brown hair, blue eyes, has an outgoing personality, likes having fun, is hoping to meet a respectful, SM, 28-32, who likes to cuddle. Ad#: 5121



CIRCLE THIS AD
The future looks bright if you give me a call. I'm a SW mom, 18, who's interested in a possible long-term relationship with a SM, 18-30. My hobbies include spending quality time with family and friends, living life to its fullest. Ad#: 1140

HONESTY IS MUST
I'm a 36 year old, employed single white Mom, I'm 5'1", 100lbs., I enjoy camping, gardening and slow pitch. I'm seeking an honest, romantic white male, 33-39, and wants to spend time with my daughter and myself. Brockville area. Ad#: 4933

CITY GIRL!
I'm a well-built, 5'10", SWF, 19, who's interested in meeting a SM, 20-29, for a possible relationship. I enjoy horseback-riding, the outdoors, reading and listening to music. Ad#: 2689

ENJOYS LIFE
She's an honest, sensitive, SW mom, 30, 5'7", 135lbs., with brown hair/eyes, who likes reading, spending time with her kids and going to the beach. She is seeking an honest, romantic, SWM, 30-38, who is a N/S. Ad#: 5941

DOWN-TO-EARTH
Attractive, fit, loyal, SWF, 38, 5'7", 118lbs., with blonde hair, blue eyes, who likes nature, horseback riding, motorcycles, is hoping to meet an honest, monogamous, SWM, 34-39, with integrity. Ad#: 6037

ON THE RIGHT TRACK
Your looking for a special kind of gal, like maybe this professional, SWF, 36, 5'8", 140lbs., who enjoys music and camping. If so, why look any further. If your a SWM, 35-40, your probably the man of her dreams. Ad#: 2283

ELEGANCE BEYOND A DOUBT
Be true to me. I'm a kind and loving, SWF, 43, who would like to meet a kind and truthful, SWM, 40-50, to share the joys of life with. my hobbies include dining out, long-walks, gardening and most importantly enjoying life to the fullest. Ad#: 9298

LOOKING FOR MR. RIGHT
Fun-loving, open-minded, SWF, 18, 5'8", 150lbs., with blonde hair, green eyes, likes playing pool, bowling and hockey games, is seeking an outgoing, fun, SM, 19-23, for a possible long-term relationship. Ad#: 5474

SOULMATE SEARCHING
SW mom, 37, blonde, with brown eyes, have been told she's attractive, is hardworking, honest, emotionally stable, is seeking an honest, trustworthy, mature, SWM, 34-42. Her hobbies are crafts, reading, gardening and watching movies. Ad#: 2245

SIMPLY IRRESISTIBLE
Slim, SWF, 28, 5'9", with sandy blond hair, blue eyes, is a very positive, kind person, whose hobbies are painting, gardening and horseback riding, is seeking a tall, supportive, kind, trusting, SWM, 28-33, who is a N/S. Ad#: 1151

GOOD VIBES
This happy-go-lucky, positive thinker, SWF, 37, 5'6", 150lbs., has hazel eyes. She enjoys going for walks, playing with her family, gardening and more. Looking for a tall, honest, sensitive, SWM, 36-44, N/S, for a possible relationship. Ad#: 3357

LIFE, LOVE & LAUGHTER
I'm a SWM, 42, 5'6", 215lbs., who's looking to meet a SWF, 30-42, for a possible relationship. My hobbies include the outdoors, meeting new people, camping, movies and the arts. Ad#: 3181

MOONLIGHT
SWM, 35, 6'2, with blond hair and blue eyes, is loving and romantic. Enjoys movies, going to the park and would like to meet a SWF, over 18, who's totally honest and caring. Ad#: 3304

HERE HE IS..
Make a fresh start with easygoing, loving, friendly, SWM, 33, who has blondish-brown hair. He likes long walks, camping, and watching movies. You should be a very kind, SWF, 30-35. Ad#: 8116

LOVES ON THE WAY
I'm a caring, loving and compassionate, SWM, 37, 5'7", 170lbs., who's looking to meet a SWF, 28-38, for a possible relationship. I enjoy dining out, the outdoors and socializing. Ad#: 9349

HERE'S YOUR CHANCE TO MEET A..
Single white male, 26, 5'8", with brown hair and blue eyes, would like to meet a single female, under 40, with similar interests. His hobbies are working out, various sports and more! Ad#: 1912

LOVE AWAITS
SWM, 41, 5'2", 180lbs., with brown hair/eyes, outgoing, straightforward, likes fishing, playing cards and long walks, is seeking a truthful, caring, SWF, 30-40, with similar likes. Ad#: 2392

COMMUNICATION
Brown hair and eyes, 5'7", fit, good looking, easygoing, SWM, 41, likes dining out, spending time with family and skiing. Seeking a special SF, 19-43, if you think you're compatible...leave me a message! Ad#: 2671

SEARCHING
Athletic, SWM, 22, 6', 175lbs., with brown hair, blue eyes, caring, funny, hobbies are sports and cute girls, is seeking a pretty, SF, 18-25, who likes having fun. Ad#: 9736

THE SEAL OF EXCELLENCE
I'm a healthy, easygoing, SWM, 59, 150lbs., who's looking to meet a considerate, SWF, 50-60, for a possible relationshiop. My hobbies include golfing, long-walks, meeting new people and life in general. Ad#: 9318

WHY NOT ME?
Large built, SWM, 38, 6'2", funny, caring, intelligent and compassionate, likes reading, writing, the internet. Disabled, is seeking an honest, SWF, 30-44, who has a great sense of humor. Ad#: 9344

UPLIFTING
Blond hair, blue eyed, SWM, 20, is easygoing, outgoing and fun. Playing basketball, biking, camping and walking are what he like, is looking for a family-oriented, SWF, 18-23. Ad#: 1801

NEVER A BORING MOMENT
Blond, blue eyed, SWM, 20, 170lbs., with a medium build, friendly, well-spoken, outrageous, likes long drives, snowboarding and more. Seeking an honest, secure, SWF, 18-20, who is willing to try different things. Ad#: 6520

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MALES SEEKING FEMALES

FIND OUT TODAY
Funny, easygoing, SWM, 34, 5'9", with brown hair, blue eyes, likes having a good time, hobbies are movies, snowmobiling and sports, feels he will bring good times to the relationship. Seeking a SWF, 23-35, to spend time with. Ad#: 1673

NO HEAD GAMES!
Easygoing, somewhat shy, SWM, 21, 5'7", 110lbs., with brown eyes, enjoys clubbing, working around the house and spending time with family, is seeking a nice, sincere, SF, 19-24, to get to know. Ad#: 5767

WISHFUL
Focus on this SWM, 25, who is very motivated, honest and trustworthy. His hobbies are sports, traveling and being with friends. Seeking a SWF, 21-28, to share life with. Ad#: 8655

NEVER A DULL MOMENT
Single white male, 20, 5'6", 150lbs., brown hair, green eyes, with a carefree attitude, likes biking, seeking a compassionate, single white female, 18-21. Ad#: 8672

MATTERS OF THE HEART
SWM, 38, 5'11", 180lbs., with dark hair/eyes, kind, caring, considerate and honest, is seeking a compatible, SWF, 19-38. He enjoys working out, golfing and more. Ad#: 4013

HONESTY IS THE KEY
Described as being kind, caring and sensitive, this SWM, 38, 5'8", 175lbs., with brown hair/eyes, is in search of a N/S, easygoing, SWF, 26-39. He enjoys photography, movies and music. Ad#: 7221

PLEASANT
Outgoing, honest, SWM, 33, 5'8", 150lbs., with black hair, green-brown eyes, enjoys the outdoors, hockey and downhill skiing, feels he will bring understanding to the relationship. Seeking a compatible, intelligent, SWF, 22-35, with similar interests. Ad#: 8167

POSITIVE ATTITUDE
SWM, 49, 5'8", 150lbs., blue eyes, sandy hair, enjoys people. Hobbies include working out, long walks, all sports, anything revolving around the beach and live theatre. Looking for an honest, caring, special person, to build a strong relationship with. Ad#: 8472

ONE STEP AT A TIME
Shy, quiet, humorous, tall, employed, SWM, 28, 6', 160lbs, enjoys watching sports, fishing, going on tours, and much more. He seeks an honest, caring, SWF, 19-28. Ad#: 2856

SHY BY NATURE
5'5", 150lbs., SWM, 42, has blue eyes and is quiet, funny and enjoys fishing, walks and more. Seeking a SWF, 28-43, who is outgoing and fun-loving. Ad#: 5893

THE PERSONALITY COUNTS
Hello it's me. I'm a fun-loving, SWM, 24, 6'4", 170lbs., who's interested in meeting an honest and caring, SWF, 23-29, for a possible relationship. I enjoy socializing, meeting new people and living each day to the fullest. Ad#: 7414

THE TIME IS RIGHT
Witty, kind-hearted, SWM, 27, 5'10", 155lbs., with blue eyes, dark hair, who loves to laugh, enjoys acting, playing drums and movies, is seeking an honest, funny, caring, SWF, 21-30, to get to know. Ad#: 5512

SIMPLY ALLURING
Shy, SWM, 25, enjoys being active, sports, socializing and will bring friendship into a relationship. He is hoping to meet an outgoing, SWF, 19-32, to spend quality time with. Ad#: 8100

MULTI-FACETED
I'm an honest, blue-eyed, SWM, 35, 5'10", 190lbs., who's looking to meet a kind and caring, SF, 19-40, for a possible relationship. I enjoy working on cars, dining out, going to diner and of course dancing. Ad#: 2833

LADIES...
Games are for kids, not me. I'm a hardworking, kind and caring, SWM, 51, who's seeking a life-loving, SWF, 35-55, for a possible relationship. I enjoy the outdoors, animals, in-depth conversation and spending quality time, with the one I love. Ad#: 2724

HERE'S TO NEW BEGINNINGS
I'm a fun-loving, SWM, 22, 5'2", 140lbs., who's seeking a life-loving, SF, 19-27, to share the joys of life with. I enjoy the outdoors, in-depth conversation and sharing those special times with family and friends. Ad#: 1935

LOVES GOTCHA!
I'm a fun-loving, honest and trustworthy, SWM, 28, 6', 170lbs., who's looking to meet a hardworking, kind and caring, SWF, 21-30, for a possible relationship. I enjoy golfing, the outdoors, reading and spending quality time with that someone special. Ad#: 7956

FINALLY..
SWM, 45, is 5'7", with brown hair and hazel eyes. Very honest, sincere and romantic. Likes quiet times, movies, dancing, boating, the outdoors and golf. Hoping to find a SWF, 31-46. Ad#: 3196

GET BACK TO ME
Intelligent, concerned, SWM, 40, 5'9", 170lbs., blue eyes, brown hair, enjoys the great outdoors and living life to the fullest. Seeking an open-minded, communicative, intelligent, SWF, under 50, for a possible relationship. Ad#: 7555

GENTLE & AFFECTIONATE
Caring, kind and good looking, SWM, 49, 6', 185lbs., with blond hair, blue eyes, enjoys camping, biking, cross-country skiing, is seeking a secure and honest, SWF, 45-50, to share life with. Ad#: 9796

AVERAGE JOE
Level-headed, SWM, 45, 5'9", 125lbs., with brown hair, mustache, who likes camping, fishing, movies, is hoping to meet an honest, adventurous, open-minded, SWF, 35-45, to get to know. Ad#: 1841

I'LL BE THE GENIE...
Who'll make all your dreams come true. I'm a sociable, SWM, 36, 6', 185lbs., who's seeking a down-to-earth, SF, 26-38, for a possible long-term, committed relationship. I enjoy a wide variety of interests and I'm waiting to share them with you. Ad#: 8632

SOMETHING DIFFERENT
N/S, SWM, 39, 5'9", 175lbs., athletic, with brown hair/eyes, reserved, yet personable, is searching for a SF, 26-38, who enjoys the outdoors, sports, woodworking and spending time together. Ad#: 8816

TRUST & HONESTY
Fun, outgoing, SWM, 20, 5'7", with a medium build, easy to get along with, enjoys walking, movies and biking, is seeking a warm, loving, SWF, 18-22, to spend time with. Ad#: 1331

DREAMS DO COME TRUE
I'm an open-minded, fun-loving, SWM, 18 , 6' tall 175lbs., who enjoys singing, movies and acting. I'm interested in meeting a life-loving, SF, 18-20, for a possible committed relationship. Ad#: 9666

BUILD A FOUNDATION
I'm a clean-shaven, kind and caring, SWM, 29, 6'1", who's interested in meeting a personable, SF, 19-45, for a possible relationship. I enjoy cycling, long-walks, computers and the great-outdoors, Ad#: 9510

FRESH START
Very nice, SWM, 21, likes dancing, wrestling, boxing and going out. He is hoping to meet a sincere, attractive and caring, SBF, 18-24. Ad#: 9574

PRIORITY AD
6', slim, blonde hair, blue eyes, open minded, adventurous, fun-loving, single white male, 35. Seeking a single white female, over 19, who likes to meet new people, and have a good time. Ad#: 1416

VERY STABLE
Feel at ease when calling this down-to-earth, honest, SWM, 38, who likes the outdoors, gardening, hockey, etc. He is hoping to meet a SWF, 30-40, who is outgoing, humorous and caring. Ad#: 6692

WARM & LOVING
I'm a SWM, 30, 5'6", 150lbs., who enjoys long-walks under the moonlit sky. I'm seeking an honest and trustworthy, SWF, 25-35, to share the joys of life with. Ad#: 8376

HONESTY TOPS MY LIST!
SWM, 32, 5'7" with brown hair, hazel eyes, who's easy-going with a great sense of humor, enjoys bowling, darts, bicycling animls and candlelight diners. He seeks a SWF 28-35, who's honest and faithful. Ad#: 2820

BACK TO THE BASICS
I'm a loving and caring, SWM, 25, 5'8", 130lbs., who's looking to meet a personable, SWF, 19-32, who enjoys long-walks, listening to music, dancing and romantic diners, for a possible long-term, committed relationship. Ad#: 9047

RARE FIND
Easygoing, honest and caring, SWM, 30, 5'10", 165lbs., with brown hair/eyes, likes hunting, fishing, playing ball. Seeking a slim, good looking, SWF, 25-35, with the same qualities. Ad#: 6265

LADIES, JUST...
Be true to me. I'm a SWM, 27, who's interested in meeting a SWF, 26-35, for a possible relationship. I enjoy long-drives, cycling, romantic walks on the beach and just spending quality time with that special someone. Ad#: 9309

YEARNING
Shy, SWM, 38, 6', 175lbs., with black hair, brown eyes, enjoys snowmobiling the outdoors and romantic evening, is in search of a reserved, SWF, 29-40, to do things with. Ad#: 2274

EXUBERANT
Retired, SWM, 60, 5'5", 170lbs., with blue eyes, beard, a published writer, who enjoys camping, swimming, theatre and photography, is seeking a dedicated, flexible, SF, 40-60, with similar interests. Ad#: 3310

HONESTY IS THE KEY
6'3", brown haired, blue eyed, attractive, SWM, 44, enjoys boating, bowling and fishing. Seeking a slim, SWF, 30-45, who knows what she wants in life. Ad#: 9034

GET TO KNOW ME
This SWM, 21, 6', 210lbs., has a touch of shyness and would like to meet a kind and considerate, SWF, over 19, for a possible relationship. He enjoys socializing, the outdoors and candlelight dinners. Ad#: 5119

WHAT A MAN, WHAT A MAN
Spontaneous, easygoing, fun-loving, slim, employed, SW dad, 38, 6', enjoys outdoor activities and loves spending time with his children. He seeks an honest, easygoing, fun-loving, slim, SF, 24-40, who likes children. Ad#: 9306

ON A GOOD NOTE...
Happy-go-lucky, SWM, 44, 5'5", 145lbs., with green eyes, who's always willing to talk and listen, is seeking a down-to-earth, honest, up-front, SWF, 38-40. Hobbies are golfing, long walks and horseback riding. Ad#: 9917

CALL ME
Shy at times, but sincere. This employed, SWM, 33, 5'3", 180lbs, likes country music. Seeking a SWF, 30-37, no dependents, for a possible relationship. Ad#: 7210

SWEET HONESTY
This affectionate, SWM, 40, 6', 175lbs., would like to meet a personable, warm and caring, SWF, 27-38, for a possible relationship. He enjoys movies, music, dining out and trying new things. Ad#: 8437

PHONE ME NOW
SWM, 26, 175lbs., with brown eyes, enjoys cooking, camping and long walks, is seeking a SWF, under 29, who he can talk too. Ad#: 1862

VOYAGE TO ETERNAL LOVE
Medium built, SWM, 26, 5'11", 185lbs., with brown eyes, funny, humorous, easy to get along with, likes camping, biking and working out, is seeking a funny, loving, caring, SWF, 20-28. Ad#: 3091

Females Seeking Females

CONTACT ME
5'7", friendly and easygoing, SWF, 28, enjoys socializing, movies and watching television. Very nice and looking for an easygoing, fun, SWF, 28-35, for friendship first. Ad#: 2311

HOOKED ON LOVE
Caring, sensitive, SWF, 29, 5'2", with brown hair/eyes, has a great sense of humor, hobbies are sports, reading and quiet dinners. Looking for an honest, caring, SF, 19-45, who doesn't mind listening. Ad#: 5007

MINUTES AWAY
N/S, non-drinking, SBF, 20, 6'1", is sweet, romantic and enjoys classical music and the violin. Looking for a SM, who is charming and sharing. Ad#: 1520

ONE STEP AT A TIME!
Are you classified as a liar and a cheater? If so, then this may not be the right ad for you, because this SWF, 34, wishes to meet an honest and faithful, SWF, 19-38, for a possible life-long relationship. Ad#: 2620

STILL LOOKING
This SW mom, 22, with brown hair and brown eyes, is outgoing and easy to talk to. She would like to meet a SWF, over 19, to be there for her. Ad#: 5972

FIND OUT TODAY
SWF, 26, wuth brown hair and brown eyes, is very easygoing and enjoys walking and socializing. Would like to meet a trustworthy, loving, SF, 19-45, to spend time with. Ad#: 8876

TELL NO TALES
Tall, 5'10", SWF, 26, with blonde hair, very friendly, outgoing person, enjoys basketball, baseball and working out, is seeking an honest, SWF, 19-29, who can share their feelings. Ad#: 5052

NONE BETTER
Outgoing, clean, full-figured, fun-loving, honest, employed, SWF, 23, smoker, 5'9", enjoys aerobics, swimming, socializing, singing and much more. She is seeking a fun-loving, understanding, loving, open-minded, SF, over 25. Ad#: 1835

I SHOULD HAVE TOLD YOU
Nice looking, full-figured, SWF, 23, is out-going, very easy to get along with, likes cooking, long walks, swimming and talking for hours, is seeking a clean, open-minded, pretty, SF, 25-50. Ad#: 2180

YOU CAN COUNT ON ME
Fun-loving, easygoing, SWF, 21, smoker, 5'10", with dark hair, enjoys reading, watching movies, and going out. She is in search of a sincere, honest, easygoing SF, 19-30. Ad#: 5790

PASSION FOR JOYS OF LIFE
Call this easygoing, humorous, SWF, 28, 5'5", 167lbs., with brown hair and hazel eyes, smoker, social drinker, who likes to read, draw, and sports. She is searching for an easygoing SWF, 29-42, who is great with kids Ad#: 6882

PATIENTLY WAITING
If given the chance... This SWF, 18, 150lbs., would love to meet you. She's interested in meeting a SWF, 18-26, for a possible relationship. She enjoys sports, reading, computers and laughing. Ad#: 8411

Males Seeking Males

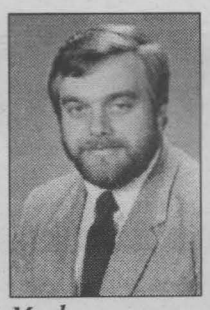
FALL IN LOVE
Slim, SWM, 39, 5'7", with hazel eyes, mustache, described as being good looking, easygoing and honest, is in search of a clean, healthy, honest, SM, over 19. He enjoys country music, playing cards and wrestling. Ad#: 1958

HERE'S YOUR OPPORTUNITY
I'm a SNCM, 19, 6', 138lbs., who's looking to meet a SWM, 19-25, for a possible relationship. My hobbies include the outdoors, socializing, cooking and sharing special times with that someone special. Ad#: 3355

I'M YOUR MAN
Single white male, 26, brown hair, h

PLANNING YOUR FUTURE

The Power of Compounding



Mark **McDERMID**

Young investors are in an advantageous position, even though their income may be at its lowest level in their lifetime. That's because they have the power of time and compounding on their side.

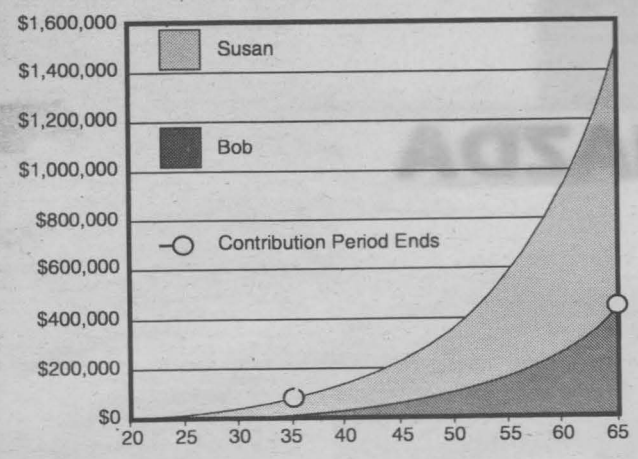
The graph illustrates the difference between 20 year old Susan and 35 year old Bob. They each invest $2,500. a year in an RRSP and receive 10% as an annual rate of return. The only difference is when they start.

Susan begins to invest when she's 20 and stops completely 15 years later when she's 35. She'll have $1.5 million when she retires at 65.

Bob, on the other hand, begins when he's 35. He puts aside the same annual amount as Susan, but for 30 years -- that's twice as many years as she invests. He also retires when he's 65.

Yet in spite of having put aside twice as much money, over twice as many years, Bob winds up with only 1/3 of what Susan has. That's because Susan took advantage of her most powerful investing tools: time and compounding.

By starting early and putting aside small amounts each month, you'll be in a far better position to retire than people who make more money, but who neglect the most important aspect of investing: starting soon and staying on track.



Mark McDermid is an independent financial advisor sponsored by Balanced Planning Investment Corp.

INVESTING YOUR MONEY

Managing Risk



Jim **MAGIE**

In deciding how to invest their money, Canadians want to avoid risk. But what exactly is risk? For many people, risk is associated with the potential loss of capital. It is these investors who are willing to give up performance for safety.

Is this wise? Twenty years ago it cost eight cents to mail a letter - today it costs forty six cents. Thus, your greatest risk may not be the **loss of your capital,** but the **reduction in your buying power.** A fixed rate investment, such as a GIC, is actually quite risky since it will not grow enough to allow you to maintain your standard of living. Mutual funds, on the other hand, offer higher returns and more flexibility, making them the most popular form of investment today.

Twenty years ago, Canadians could anticipate, on average, seven years of retirement. These days, however, Canadians live longer and retire at an earlier age, consequently the average retirement period has swelled to twenty-two years. It is critical that you manage risk effectively to ensure that your investments outpace inflation and allow you to retire in comfort.

How is this done? Three easy strategies: Diversification, Dollar Cost Averaging and Investing for the Long-term.

Your portfolio will perform best over the long-term if it contains a variety of investments. You should diversify by asset class - using a combination of equities and bonds. You should also diversify geographically - by mixing international investments with your Canadian investments.

A second way to manage risk is through a dollar cost averaging strategy. By investing a set dollar amount each month, you automatically purchase more when the unit price is down, and less when the price is high.

Finally, invest for the long term. Choose a good mutual fund, then refuse to be shaken by short-term uncertainties. Patient investors are rewarded.

The key to managing risk is to assess your long-term goals with your financial advisor, then select a fund family, such as AGF Group of Funds, that offers a wide array of investment choices.

This article was prepared by Fidelity Investments for James R. Magie, Vice President, Investments, who is an Investment Professional with Hunt Financial Services Inc.

House Calls

(NC)—If you've been meaning to map-out your investment and retirement savings goals _ but have never quite known where to begin _ your local bank can provide a free financial planning resource to start you on the right path.

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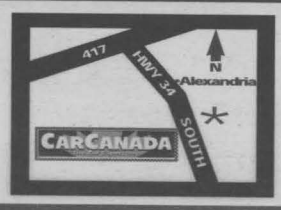

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HOROSCOPES

Nov. 28-Dec. 4

Aries – March 21/April 20

Don't let a run-in with an acquaintance ruin your good mood early in the week, Aries. This person is in a bad mood and is taking it out on you. Don't take it to heart. A close friend has a surprise for you late in the week. Enjoy — you deserve it. Virgo plays an important role.

Taurus – April 21/May 21

You have to be determined if you want to get anything done this week. Don't let a few minor setbacks discourage you. Stay focused, and work hard. That's how you'll get things accomplished. Those closest to you admire your diligence. Cancer plays a key role on Wednesday.

Gemini – May 22/June 21

A close friend gets you mixed up in a difficult situation. Remain calm, and you're sure to come up with a way to get out of this mess. Don't get too angry with this person; he or she doesn't mean to get you involved. That special someone asks you an interesting question on Thursday. Answer him or her honestly.

Cancer – June 22/July 22

Opportunity is knocking on your door early in the week, Cancer. Don't let it slip away. This is the break you've been waiting for — seize it! A loved one has an important message for you; listen to what he or she has to say. It could make a world of difference in your personal life.

Leo – July 23/August 23

Don't back down from a challenge during the middle of the week, Leo. You are more than capable of handling it. Take charge of the situation, and show everyone how strong you really are. Those involved will be impressed with your efforts. You meet an interesting person late in the week. Make plans to see him or her again.

Virgo – Aug 24/Sept 22

A lot of people are depending on you this week, Virgo. Don't let them down. If you set your priorities and stay focused on the tasks at hand, you're sure to get everything done. A close friend needs a shoulder to cry on. Be there for him or her.

Libra – Sept 23/Oct 23

While you don't want to take sides, you're going to have to when it comes to an argument between two close friends late in the week, Libra. Listen to both sides of the disagreement, and use common sense. While a friend will be hurt, he or she soon will understand why you made the decision that you did.

Scorpio – Oct 24/Nov 22

You receive a potentially lucrative business offer this week, Scorpio. While you're enticed, don't make any hasty decisions. There's too much going on right now to make an intelligent choice. Wait until things calm down and you can think clearly. Then, consider the offer.

Sagittarius – Nov 23/Dec 21

Early in the week, you meet someone who steals your heart. Don't be afraid to get to know him or her better. Just because you've been hurt in the past doesn't mean that this person will hurt you too. He or she definitely is worth the effort. Scorpio plays an important role on Friday.

Capricorn – Dec 22/Jan 20

Stand your ground when a business associate confronts you about a decision. You know that you're making the right choice. Just explain your reasons rationally, and you're sure to win him or her over to your side. The person whom you've been seeing wants to intensify the relationship. Say yes — you know that this is what you want.

Aquarius – Jan 21/Feb 18

Don't be too hasty when it comes to a financial decision early in the week, Aquarius. Get advice from others, and do some research before making your choice. It's the only way to ensure that you make an intelligent decision. A loved one needs your help with a family matter. Do what you can for him or her.

Pisces – Feb 19/March 20

A friend of a friend needs your help with a personal matter. Offer your assistance, because you know that he or she is too shy to ask for it. Your efforts will be appreciated. That special someone has a surprise for you. Enjoy!

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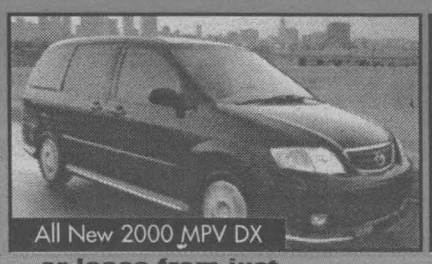

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