"The Lochaber Emigrants To Glengarry" Book Launch Set For Saturday" pg. 21



Viau Appointed To United Way's Industrial East pg. 7B

Best Selling Books... pg. 10



Bill Lacelle To Run For School Board pg. 14

SEAWAY NEWS

CCNA VERIFIED CIRCULATION CONTROLLED

NOVEMBER 7, 1994 VOLUME 8, ISSUE 45 SERVING CORNWALL AND AREA

UNITED WAY
Target $465,000
29.5 % Of Target $137,410

Aloes Foods Opens in Cornwall

Aloes Foods announced recently that is has established a state of the art manufacturing facility in Cornwall. Aloes (pronounced owl-o-ss) Foods produces quality food products that are designed to be consistent with the latest trends in consumer tastes and lifestyles. The company is a family owned Canadian business, and is run by two brothers, Janeswar and Pravin Goorah.

"We are pleased to make Cornwall the home of our company," stated Janeswar Goorah. "Cornwall offers a number of benefits such as low costs of doing business and a strategic location that will help us to grow and expand."

"On behalf of City Council and the entire community, it is my sincere pleasure to welcome Aloes Foods to Cornwall," stated Mayor Ron Martelle. "This company is a good example of the opportunities available to bright young entrepreneurs like Janeswar and Pavin Goorah. I am also pleased that our local business community is supporting this company, as I am sure the consumer market will. This is indeed another positive boost to the City's image, and I congratulate Aloes Foods for the confidence they have shown in the City of Cornwall."



"Let's Get Married" Fashion Show

Have you ever dreamed of being a model only to wake up realizing you aren't 5'10" and 120 lbs? We all fantasize about being glamorous and special and we can be.

"Let's Get Married", a bridal fashion show held at the Ramada Inn on October 25th illustrates this point. Styles from Honeymoon Suite, Victorian and Lace, Moe Schulman's and Sun Deck were modelled by those of all sizes and aged from 4 years to 74.

Pictured above are Julie Rice, Shannon Arsenault, Nancy Ouellette and Jonelle Massop modelling different fashions. For more photos, see inside.

Aloes Foods' current product line is a selection of quality salad dressings, including regular and calorie reduced versions of: French Dressing; Zesty Italian Dressing; Creamy Cucumber Dressing.

The salad dressings are marketed under the name of Aloes and are made in Cornwall. The Cornwall manufacturing facility has a capacity of 30 jars a minute or 1800 jars an hour. The company also has in-house laboratory facili

ties for analysis and new product development.

"We are pleased to announce that three local stores are carrying our products," said Janeswar Goorah. "Farm Boy, Maynard's and Lada's Your Independent Grocers have given us tremendous support, and sales look promising. We have priced our products to be less

cont. on pg. 2

BEN-DAV
AUDIO VIDEO
• SALES • SERVICE • INSTALLATION •
PIONEER
THE ART OF ENTERTAINMENT
VSX-D513S
Audio/Video Receiver w/Dolby Pro-Logic Surround
DSP & Smart Remote
$699 reg. $820
MON. - FRI. 9-9 SATURDAY 9-5
1315 Brookdale Ave. 933-7244

inside today...

Horoscopes.....12
Community Events.....22
Sports.....1B
Chamber Update.....11B
Classifieds.....17B
Seaway Datemaker.....18B

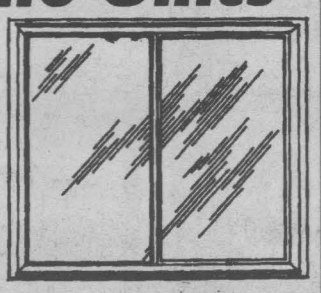


BOXED CHRISTMAS CARDS
2.99
DELUXE CARDS IN 12 & 16 PK. OR 20 & 40 PK.
GIANT TIGER
837 Pitt Street

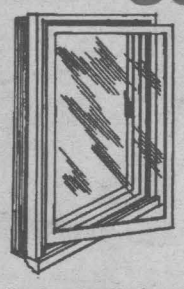
Clearance
All In-Stock Thermo Units



THERMO GLASS $15 ea.
TEMPERED GLASS $50 ea.



4 Section Bow Window
96" x 54"
Now $620



SLIDERS
PVC FRAMES
40" x 24" or 36" x 24"
Only $150

Exclusive Distributor for Farley Windows Inc.
PORTES et FENETRES
GLENGARRY
WINDOWS and DOORS
400 Main St. N. Alexandria
Monday to Friday 9 - 5; Saturday 9 - Noon
Toll Free From Cornwall 525-4947

BIG CITY DEALS at Small Town Prices
See The New Re-Designed Tercel Now With More HP and Up To 52 MPG
MFG sugg. list $10,998
Highland Rebate ????
Net Cost A PRICE TOO LOW TO PRINT



NEW CAMRY
starting at $19,798
rebate $1803
$17,995



6.9% FINANCING OAC



NEW 4 RUNNER
starting at $24,728
rebate $2344
$22,384
* Freight, PDI & taxes extra - rebate assigned to dealer. Vehicle may not be exactly as illustrated. No limit APR financing from Toyota Credit Canada Inc. on all 94 & 95 Camrys & 4 Runners
HIGHLAND TOYOTA
Main St. MAXVILLE 527-2735

cont. from front page

expensive than the national brands, yet at the same time we have ensured that the quality and taste are second to none. In the end, it is the consumer that benefits from a quality, inexpensive product. The products are also sold in selected stores in Quebec."

Aloes Foods also manufactures salad dressings in bulk 4.5 litre containers for the restaurant and institutional markets. As of this date, the Best Western Parkway Inn in Cornwall is using the product.

"Our goal is to continue to develop new products and new markets," said Janeswar Goorah. "A number of exciting new products are currently being developed and tested. We also have the capacity to produce products under private labels, which opens up a number of interesting opportunities. Our family has invested a lot of money in this company, and we have a strong commitment to making Aloes Foods a corporate success story."

Campaign Office Opens



Francis Guindon recently opened his campaign office and joining him (pictured above) are: Michael G. Warden (Chief Financial Officer); Francis Guindon; and Luc Guindon, Campaign Manager. If elected as Mayor, Guindon says he will be a responsible politician and restore the "Friendly City" image.

LOSE UP TO
10 lbs.
IN THREE DAYS!!
With the

Supplementary Diet Plan
TRY IT! IT WORKS!
Using All Natural Ingredients
Available at Fullerton Drug Stores, Medical Arts (both locations) and other participating pharmacies and Health Food Stores.
For more info. call
1-800-361-4720

WANT ADS
work WONDERS!
CALL 933-0015
to place your ad

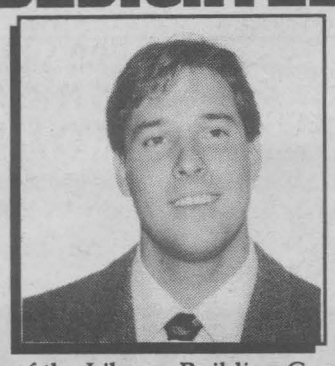
Our
BIGGEST
SALE EVENT
EVER!!!
All In-Stock
'94 GOLFS

Many to Choose from
Turbo Diesel & V6 *(The most unique 6-cyl. engine on the market today!)*
STANDARD EQUIPMENT:
ABS, dual air bags, air c/c, heated seats, power locks & windows, and much, much more
'95 PASSATS

In-stock only
$500 off
and
FREE
10-Year Warranty
Priced from $12,600
INCLUDES: Central locks & alarm, PS, PB, split & fold rear seat, 14" 185/60 all-season radials and much, much more.
JACK MACDONELL MOTOR SALES LTD.
632 Pitt St.
933-3483

DURA-WICKER
by RUNNELLS MANUFACTURING, INC.
ALL FIBERGLASS CONSTRUCTION
• U.V. INHIBITED
• GEL COATED
• 10 YEAR FRAME GUARANTEE
THIS FURNITURE WILL NOT
• RUST
• MILDEW
• CHIP • PEEL

DURA-TECH Industries
Cornwall 933-5081
Distributors of DURA-WICKER.

HONEST, ENERGETIC
DEDICATED

* Member of the Library Building Committee
* Member of the Recreation Committee
* Board Member of the Children's Aid Society
VOTE HOLLINGSWORTH, Dean (X)

Creature feature



Long-nosed enchidna

(Zaglossus bruijni)

Home: Mountains of New Guinea

Habits: Toothless carnivore; eats earthworms and solitary insects (not ants), grinding them between pads of horny spines on the tongue and palate. Mouth, at tip of snout, can be opened only enough to allow passage of the cylinder-shaped tongue.

Claim to fame: Like the platypus and the more common short-beaked echidna, these are egg-laying mammals called monotremes. Soft-shelled eggs hatch 10 days after laying; young then live in mother's pouch for about six months. Generally between 18 and 35 inches long, it rolls into a spiky ball when disturbed.

SOURCE: Detroit Free Press, "The Encyclodepia of Mammals", "The Collins Guide to the Rare Mammals of the World"; Research by NANCY ROSS-FLANIGAN

Who's that guy?

OTTAWA (NC)—What does the Stay-in-School logo mean to you? Students from across Canada were asked that question and here is a sample of their responses:

"I think that this symbol looks like an adolescent who has just seen a successful future for himself only if he stays in school. And the lines above the head are the lines of glory for a successful future."

—Carrie Helpin, Centennial Regional High School, Green field Park, Quebec

"For me, the Stay-in-School logo represents every kid who is confused out there, and who has had an experience of dropping out, but still realizes that a proper education is the key to success in life."

—Larry Garnot, graduate of Prince George Senior Secondary School, Prince George, B.C.

"That little happy guy? What do I think? He's kind of cool. He's kind of funny. He makes me smile."

—Collin Head, Joé Duquette High School, Saskatoon

"It's a sun with no mouth, so you can fill it up with a smile if you get an education, or a frown if you drop out."

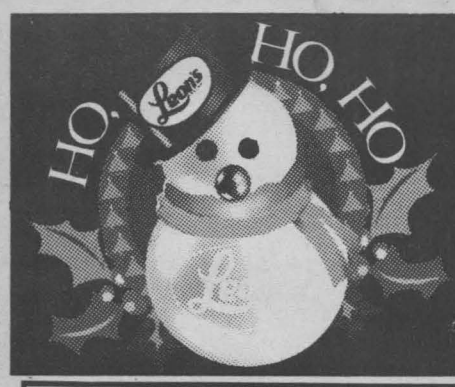
—Johnna Olsson, Port Hope High School, Port Hope, Ontario

CORRECTION NOTICE

Due to a typographical error in an ad which appeared for the Pontiac Performance Team in last week's edition, the downpayment for Pontiac Trans Sport and Safari was listed as $1,474. It should have read $2,445. We apologize for any inconvenience this error may have caused.

LEVOLOR
MONACO & VERTICAL
BLINDS
ALL 45% OFF
ONLY AT:
JAS-MAR
PAINT & DECORATING
120 NINTH STREET EAST
933-8924
*NO G.S.T. & P.S.T. TAX
*WE PAY THE DUES
FREE SHOP AT HOME SERVICE
BEFORE YOU BUY ANY BLINDS, VISIT OUR EXCLUSIVE *VISIONS* DISPLAY!!

JVC Panasonic RCA SAMSUNG TOSHIBA PIONEER



SEASON'S SUPER BUYS!

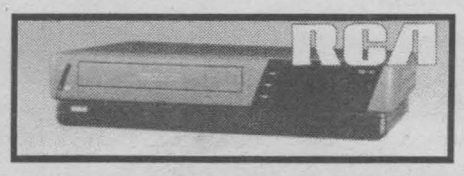
AND HO, HO, HOLD THE PAYMENTS UNTIL JULY 1995! YULE WANT TO HURRY IN FOR THESE!



27" STEREO COLORTRAK TV

MasterTouch universal remote, optimum contrast screen, closed caption capability.

$699 BEFORE REBATE



4 HEAD VCR

8-event/1 year programmable timer **$329**



F31700GG 31" HOME THEATRE™ TV

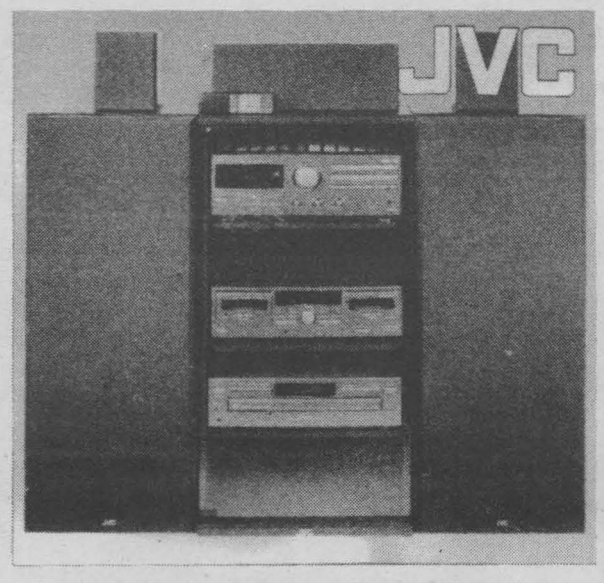
New Optimum contrast screen **$1299**
Full color picture-in-picture[7]
SRS (•)[3] sound retrieval system
Matrix surround sound[4] with 5 watts/channel[1] amplifier
13- jack video/audio monitor panel with S-video connector
Parental control



25" COLORTRAK PLUS STEREO TV

MasterTouch universal remote operates most VCR'S and cable boxes, on-screen clock, sleep, and alarm timer, closed caption capability, 5-jack video/audio monitor panel, commercial skip.

$569 BEFORE INSTANT REBATE



JVC 220 WATT STEREO SYSTEM

Computerized receiver, with Dolby Pro-Logic.

Opt. stand $99,
Surround speakers $69
Centre speaker $99

$1249

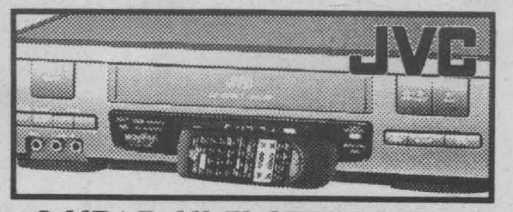
ASK ABOUT BONUS OFFER



26" MTS STEREO TV

Master command remote
Audio/Video input & output
Dark tube, base & treble controls

$799



4 HEAD HI-FI STEREO VCR

Multi-brand remote, Instant Re-View with High-Spec drive, gold plated front AV inputs.

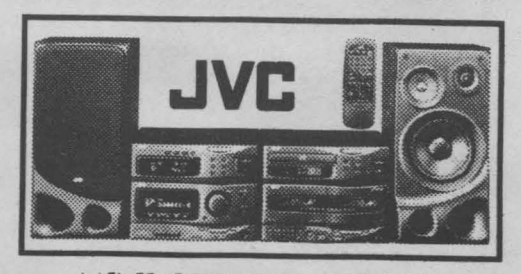
$429

MINI COMPACT CAMCORDER

2-speed 12x zoom with 3 position zoom control, tapes play in your home VCR, full range AF with auto macro, dual battery charger.

$899





MINI STEREO SYSTEM

27 Watts/channel amp., dual auto reverse cassette deck with high speed dubbing, CD with 32 track programming.

$699

PLUS NO MONEY DOWN!* NO INTEREST!

HO, HO, HOLD THE PAYMENTS

UNTIL JULY 1995! ON EVERYTHING!

Leon's SINCE 1909

136 FOURTH ST. E. 932-2684

ASK ABOUT OUR EXTENDED SERVICE

FALL RECEPTION TIME!!



SATELLITES
...Catch 70–100
Channels for FREE ...
Rated For Top Quality Installations
•Get 6-HBO channels FREE for 1 Year
Complete package $2,495.
Also packages available under $2,000.

Financing Available... $55.00 mo. OAC
LOW INTEREST RATE 10.85% month

ANTENNAS ...Are You Catching 18 - 30 channels??
If you're not, call one of our experts
Complete pkgs. starting at $489

CORNETT AUDIO VIDEO
DIVISION OF CORNETT TV

14 4th St. E.
Cornwall 933-4566
Over 30 Years Of Business Assuring You of SERVICE, RELIABILITY AND BEST PRICE.

"YOU NEVER REGRET A DEAL AT CORNETT"

Home Buyers Have Rare Opportunity For Bargain Prices



Prospective home buyers in most parts of Canada have an extraordinary opportunity to buy new homes this fall, according to the results of a new study commissioned by the Canadian Home Builders' Association.

The new study, produced by housing analysts Clayton Research Associates, says that there is currently a rare combination of bargain prices and affordable interest rates in most housing markets. Clayton Research also maintains that house prices are likely to rise soon as builders are forced to pass on increases in the cost of many building products.

"If you're in the market for a new home, there simply won't be a better time to buy for the foreseeable future than this fall, " says Guy Menard, President of the Cornwall Home Builders' Association. During the recession, competition forced builders to cut profit margins to the bone, resulting in exceptionally good values for consumers. "Now, as the Clayton Research study indicates, with costs rising and the economy recovering, price increases in many markets as as certain as fall follows summer," said Menard.

Although the Clayton Research study is based on national trends, housing markets are primarily regional resulting in some variations - and even exceptions- such as the Lower Mainland in British Columbia.

In all areas, the Clayton Research study points out, home builders are still faced with additional factors that always put upward pressure on prices - land prices and government-mandated costs such as development charges, various fees and levies. As the market picks up, Menard says, "some builders are really worried about shortages of land for new construction, and that usually translates into higher costs for home purchasers."

As interest rates rose earlier this year, consumers hesitated to buy in the hope that rates might return to their earlier values. According to Menard, "the Clayton Research study puts to rest any exception that interest rates will drop significantly in the near future so now is an excellent time to purchase a home. "In addition. there is an unprecedented range of mortgage options available to suit every household's requirements.

According to the Clayton Research, the long-term outlook remains positive for home ownership. Based on an assumption of two per cent inflation, the study concludes that home owners gain a significantly higher net worth that renters over time, even if house prices do not rise in lockstep with the rate of inflation.



AN OPEN LETTER TO THE ELECTORS OF CORNWALL TOWNSHIP FROM REEVE JOHN MOSS

I have had the pleasure and responsibility of being your Reeve for the past seven years and I am seeking the responsibility of another term in this capacity.

The Township of Cornwall is, and has been, an enviable place in which to live and bring up your children, and this has not happened by accident.

The people that you have elected over the years have worked to maintain a reasonable tax base, expanding the assessment through growth (both industrial and residential), and providing services where and when possible, to accommodate this growth. An example of this is the water services that are now installed in Eamers Corners, Rosedale, Headline Road and St. Andrews, which will eventually create much new growth in those areas.

The Long Sault area is now receiving an expansion and upgrading of the sewage treatment area and plant to allow more growth, both industrial and residential, and to better serve those who are located there at present, as well as, creating an entire new area for development of both types in the future.

I believe that my knowledge and experience as well as the associations that I have made over these past years, as Councillor, Deputy Reeve, Reeve and Warden are exactly what you need.

I am pledged to improvement and enlargement of the Long Sault sewage treatment plant.

Pledged to continue the expansion of our tax base through clean industrial and orderly residential growth.

Pledged to continuing strong representation at the County level, as we are the second largest contributor to the County coffers, and with the Provincial Government handing more responsibility to the Counties e.g., waste disposal for the 3 United Counties is to become the responsibility of the Counties. A major cost facility.

Highway #2 to be turned over the the Counties. These are things that are going to happen in this term of office.

"911" service to our residents, which is a costly but necessary item.

My opponent does not have the time free to attend these meetings with any regularity due to his employment as a teacher, but you the ratepayers of the Township of Cornwall, must have experienced and able representation as these negotiations proceed.

The Council of the Township of Cornwall has historically had two meetings a month. One in the afternoon and the second in the evening to allow everyone to attend council meetings for whatever their reasons and whenever they are free. Many business people called or were called by council to attend, or Ministry people from any of the Government Ministries could come or be contacted at the daytime meetings, including our Township lawyer for legal advice on many matters.

It has been virtually impossible to have daytime meeting due to school hours. I suggest it is time we get back to the two meeting schedule. One in the afternoon and one in the evening, alternating to let all our residents and business people have an opportunity to address council, as well as to allow council to have access to many and various people that it should be able to contact at meeting time.

The Township, like most other business operates in the daytime and not only at night, and I suggest that is the way it will be after **NOVEMBER 14.**

We are the fastest growing Township in the area. The growth of our Municipality must not stop. In the interest of maintaining our mill rate at a reasonable rate, so everyone can enjoy living in the most desirable municipality in Eastern Ontario at a livable cost. We have new industries that are just beginning to build and expand and they chose us because of our competitive rates and services.

The position of Reeve is time consuming and your next Reeve must be accessible at all hours of the day and night. Councils business is your business and I believe you, the electors of the Township of Cornwall, want this conducted in the most businesslike manner and this cannot be accomplished with all night meetings or supper hour get togethers.

VOTE FOR EXPERIENCE & PROVEN ABILITY

RE-ELECT JOHN MOSS - REEVE

For More Information Or Transportation
On Election Day Call 534-2514

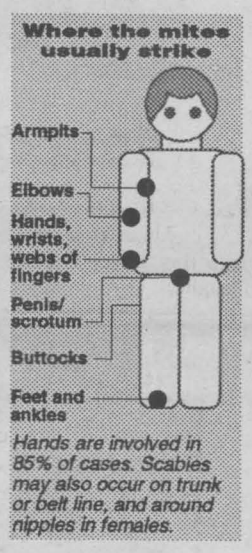
Authorized by the CFO for the John Moss Election Campaign



LifeLine

by Shirley Blain, RN NP

Getting rid of scabies



Scabies is a highly communicable skin infection caused by the itch mite. It affects all ages and socioeconomic groups, but is particularly prevalent in overcrowded conditions and in young people. Transmission is through prolonged skin contact – sleeping together or sexual contact. Always see doctor if infant is affected.

What they do
Female mites tunnel into the skin to deposit eggs. In 8 days, larvae hatch and collect around hair follicles.

SIGNS
- Marked itching, especially at night.
- Burrows look like wavy, brownish threadlike lines, 3 to 10 millimetres long with small reddish bump at the open end.
- Infection and pustules caused by scratching.

TREATMENT
- In soaking bath, scrub affected areas with soap.
- Apply thin layer of scabicide lotion/cream (from drugstore) over entire body below neck, especially in skin folds.
- Wait 15 minutes before dressing.
- Leave on overnight, then shower or bathe.
- Wash all clothing and bedding and dry in hot dryer or dry clean.
- Treat whole family or all contacts at same time.

© 1994 ArtPress International GRAPHICS SYNDICATE 6/11

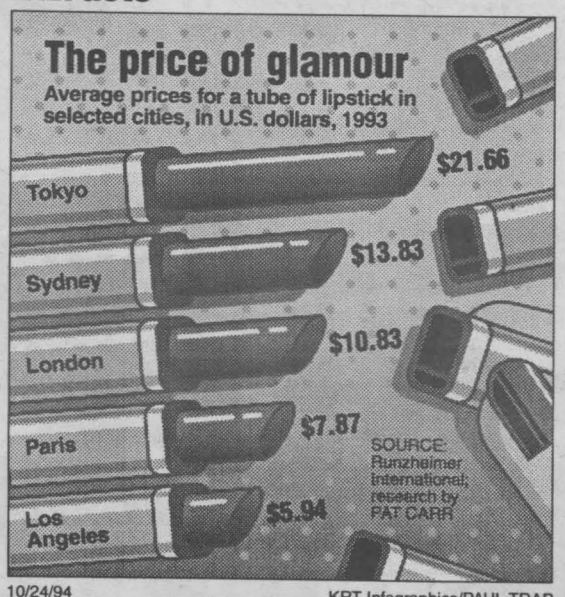
Shirley Blain is a nurse practitioner with a special interest in wellness and health education. We regret letters cannot be answered personally. LifeLine is a general guide; always consult your doctor.

ELECT/ELISEZ

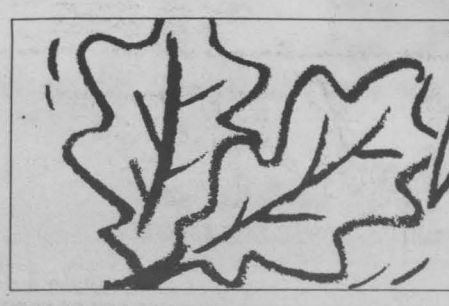


GARRY HERRINGTON
ALDERMAN
A Vote For Garry
Is A Vote For Change
Garry HERRINGTON X
Authorized by CFO for Herrington Campaign

BizFacts



10/24/94 KRT Infographics/PAUL TRAP



Watch out for Winfall!

This fall, the leaf to watch for is on Wintario's Winfall ticket. Find a leaf and win **3 bonus** *tickets! But only for a limited time.*

Wintario

"It's a great way to play an old favourite"

WINTER TIRE TIPS

Tires key to safe winter driving

(NC)—With the first snowfall just around the corner, Canadians are gearing up for months of slipping and sliding. That's right, winter driving. Among the most important aspects of preparing for a snowy season on the road is ensuring that your car is equipped with proper tires.

Whether plowing through slushy city streets or skidding on a patch of black ice, your tires are your only connection to the road. Mere inches of black rubber are your only means of control. Considering this, investing in a set of good winter tires may not be a bad idea.

Once you've identified the need for winter tires, your next challenge is choosing the type that's right for your car. With many choices in today's market, shopping for new tires can be confusing.



Bridgestone Blizzak WS-15 NC

"We tell our customers to consider what type of driving and road conditions they will face during the winter season," says Stuart Ballantyne of Bridgestone/Firestone Canada. "They should select the tire most suited to their vehicle in order to maintain control and enhance safety."

According to Ballantyne, Bridgestone/Firestone's most recent contribution to consumers' winter tire options is one of the most unique on the market. The Bridgestone Blizzak WS-15 features a patented multi-cell tread rubber compound designed to actually stick to ice.

"Tires hydroplane across a frozen surface due to water buildup between the tire and the road surface," explains Ballantyne. "The Blizzak tire's multi-cell compound allows water to escape and the tire to stick to the icy surface."

"Freezing temperatures can 'fatigue' a tire just as much as hot asphalt," warns Ballantyne. "Maintaining correct air pressure and having your tires rotated, balanced and aligned regularly can extend tire life."

If you're not sure whether new tires are necessary, check the tread depth, look for age cracks in the tire's tread and side wall and consult a professional. A tire gauge is also an inexpensive investment to ensure the air pressure in your tires is properly maintained.

Should you decide that new winter tires are the best way to stay safe on the road this winter, follow these simple shopping tips:

- Know your car's make, model and year
- Know the size, model, type and brand of your current tire
- Assess your tire needs (ie. comfort, performance, noise reduction, etc.)
- Look for an aggressive tread pattern that will bite through snow
- Look for circumferential grooves to provide lateral grip and stability
- Ensure the speed rating of the tire is high enough for your amount of highway driving
- Know what you are purchasing (final cost should include base price, taxes, valve stems, and mounting and balancing)

Whether you stick with your current tires, or invest in a new set, taking a few minutes to determine your best option could make this winter's roads a lot easier to handle.

A guide to healthy eating

(NC)—Let's face it, we all have to eat and food is an important part of life for everyone. People with diabetes have the same nutritional needs as anyone else, but with one important exception. Food plays an important role in controlling diabetes. The kind and amount of food eaten at regular, evenly spaced meal and snack times, in combination with physical activity and possibly medication, help maintain the delicate balance.

Then and now

At one time, living with diabetes was not as easy to do. Modern technology has allowed people with diabetes to monitor blood sugar levels at any time. Current nutrition research has opened the doors to a large variety of foods which at one time could not be part of their regimen.

Prior to the discovery of insulin, balancing food intake was the only therapy available to people with diabetes. People were advised to stay away from fruits, vegetables and bread products. Absolutely no sugar was allowed. Instead, they were instructed to eat large quantities of fat, some meat and soggy vegetables—not an appetizing lifestyle. With a growing understanding of nutrition and the introduction of insulin and pills for treating diabetes, people with the disease were soon able to enjoy a wider range of healthier and tastier foods.

An easy to learn system

The Canadian Diabetes Association (CDA) has developed an invaluable "Food Choice System" designed to make meal planning for people with diabetes an easier task. The "Food Choice System" enables people to know how much protein, carbohydrate, fat and energy is present in foods in seven different groups: Starch Foods, Fruits and Vegetables, Milk Products, Sugars, Protein Foods, Fats and Oils, and "Extras." Each group has a corresponding symbol which is carried on a number of commercial food products and cookbook recipes. This makes it simpler to add variety to their meals by mixing and matching food groups. More importantly, it allows people to plan meals by mixing and matching food while keeping their diabetes under control. In fact, meal planning for people with diabetes is based on "Canada's Food Guide to Healthy Eating," which is recommended to all Canadians.

LEGEND OF FOOD SYMBOLS

These symbols represent the following food groups. Watch for them on food labels and in restaurants.

- **Starch Foods** (whole grain breads, cereals, pasta, corn, rice, potato, etc.)
- **Protein Foods** (lean meats, poultry, fish, eggs, low fat cheese, etc.)
- **Fruits & Vegetables** (oranges, bananas, carrots, peas, etc.)
- **Fats & Oils** (butter, margarine, salad dressing, bacon, oil, etc.)
- **Milk** (plain yogurt, milk, etc.)
- **Extras** (vegetables such as lettuce, celery, herbs and spices, diet beverages, etc.)
- **Sugars** (jam, sugar, popsicle, etc.)

NC

Materials used to teach the Food Choice System have recently been revised to meet the needs of people with diabetes and to reflect the current philosophies in nutrition and diabetes management. The "Good Health Eating Guide Kit" was launched this fall and includes three tools to help people understand the principles of healthy eating and blood sugar control. Each piece builds on the previous one to allow gradual learning.

The three tools included in the kit are:

- a "CDA Pocket Food Guide," designed to help the person understand the basic principles of eating (what and when to eat and how much), and to introduce the different food groups and their identifying symbols. This small reference is also ideal to carry in a wallet or handbag when shopping.
- a "Good Health Eating Guide Poster Pin-Up" which incorporates meal planning and the effects of food on blood sugar levels. Together with their dietitian, the person with diabetes can use this tool to develop a meal plan around food preferences and medication
- a "Good Health Eating Guide Resource" that builds upon the first two tools by providing information on other nutrition-related issues, including alcohol, reading food labels and vegetarian meals. This resource also provides information on other issues that affect meal planning, like dining out and traveling.

Above all, people with diabetes must remember that personal counseling from a qualified dietitian is the key to planning a balanced meal plan based on your age, food preferences and lifestyle.

For more information about the "Good Health Eating Guide" and the "Food Choice System," write to the Canadian Diabetes Association, 15 Toronto Street, Suite 1001, Toronto, Ontario, M5C 2E3, Att: Coordinator of Special Projects.

CANADIAN DIABETES ASSOCIATION | ASSOCIATION CANADIENNE DU DIABÈTE

Your Gift Goes a Long Way

VOTE (X)
RAY FENTON

Councillor
Cornwall Township

S.D. & G. DEFENSIVE DRIVING SCHOOL
• Insurance Reductions • Individual Lessons
No Peer Pressure • Picked Up At Home or School for Driving
Complete Course: 25 hrs. in Class, 10 hrs. Driving
Next Course Starts Nov. 15th .....$400 (plus GST)
812 Pitt St., Unit #60, Cornwall, Ont.
933-5004

You're right on cue, when you shop with us!

AUTHORIZED DEALER
BRUNSWICK TABLE FROM $995.
SLATE TABLES FROM $1499. W/ACCESSORIES
LALANDE
Pools - Spas - Patio - Billiard
932-0469
121 Cornwall Centre Rd.
CORNWALL, ONT.
Since 1971

ELECT

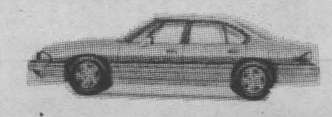
ANNE MARIE LEVESQUE
Public School Trustee
on Nov. 14


EXCLUSIVELY MERCEDES-BENZ
Parts ... Sales ... Service
FAIRVIEW GARAGE LTD.
933-3874

WE DARE YOU TO COMPARE!
CAR FOR CAR, OPTION FOR OPTION, MILEAGE FOR MILEAGE, WARRANTY FOR WARRANTY ... WE HAVE THE LOWEST PRICED USED VEHICLES - OVER 65 USED TO CHOOSE FROM!!

1990 PONTIAC 6000 — 6 cyl., auto., air, cruise, #P691AA — $8,937
1990 S-15 EXT. CAB P/U — auto., cassette, topper, #P734 — $8,978
1990 FORD AEROSTAR XLT — 7 pass., auto., air, pw/pl, #4554A — $8,981
1992 SONOMA EXT-CAB P/U — SLE, 6 cyl., auto., cass., #D4220A — $12,953
1994 MERCURY TOPAZ GS — 4 dr., auto., air, alum. wheels, #4643A — $11,787
1991 CAVALIER RS, Only 30,000 kms — 2 dr., auto., air, cruise, #4556A — $9,738
1990 CAVALIER Z24 — 6 cyl., auto., air, sunroof, #5024A — $9,995
1993 SAFARI EXT. VAN — 8 pass., auto., air, pw/pl, #5017A — $16,992
1993 OLDS CIERA — 6 cyl., auto., air, pw/pl, #P704 — $13,988
1992 LUMINA EURO — 6 cyl., auto., air, pw/pl, #P645 — $11,883
1991 BUICK LE SABRE — only 40,000 kms, fully loaded! #D4013A — $12,981
1991 TRANSPORT VAN SE — Fully Loaded! Only 62,000 kms, #D4189A — $15,991
1990 OLDS "88" Only 41,000 kms — FULLY LOADED!! #4557A — $11,293
1993 LUMINA Z34 — red, full load, only 34,000 kms, #P714 — $17,932
1992 GRAND AM — 4 dr., auto., air, cruise, #4542A — $11,947
1992 SAFARI VAN EXT. — 8 pass., auto., air, cruise, #D4367A — $15,991
1993 FORD RANGER EXT. CAB — XLT, 6 cyl., auto., air, cap, #P726 — $15,981
1993 BUICK CENTURY CUSTOM — 6 cyl., auto., air, pw/pl, #P674 — $14,482

SPECIAL PURCHASE FROM GM '94s WITH LOW KMS

1994 GRAND AM — 2 in stock — $15,995

1994 BONNEVILLE — 2 in stock — $20,495

1994 GRAND PRIX — 2 in stock — $16,968

Winner 1993 1992 President's Triple Crown
Brookshell PONTIAC BUICK GMC
CAN YOU AFFORD NOT TO SHOP AT BROOKSHELL??
Corner of 13th & Brookdale Ave. 932-1724

Investment Planning

Mutual Funds
RRSP's • GIC's
RRIF's



Professional Investments



Cecil McNally **932-9847** Luke Bedard

407 Pitt Street, Suite 3 Cornwall, Ontario

VOTE FOR ALDERMAN

BHARGAVA, NARESH X

Bhargava proposes an economic development corporation for Cornwall which would be creative and can give incentives to businesses who bring new jobs. It could operate on the same basis as Cornwall Electric.



Help Cornwall move ahead!

VOTE BHARGAVA, Nov. 14th

Authorized by CFO BHARGAVA Campaign

PHIL HALE FINANCIAL SERVICES

	1	2	3	4	5
GIC's	6.875	7.50	7.75	8.00	8.35
RRSP's	6.875	7.50	7.875	7.875	8.15
RRIF's	6.875	7.25	7.50	7.75	8.00

Rates Subject To Change

IN HOME SERVICE AVAILABLE!

SPECIAL 1 Year Cashable 6%

BUILDING FINANCIAL SECURITY REQUIRES PEOPLE YOU CAN TRUST



PHIL HALE

938-7782
1-800-771-9288
506 Pitt St.
Cornwall, Ontario



JEANNE DeSERRES

Dates Announced For Social Security Reform Meetings in Stormont-Dundas

Bob Kilger, Member of Parliament for Stormont-Dundas recently announced the dates for public meetings on Social Security Reforms.

"It is important that residents of Stormont-Dundas have a say in this consultation process," said Mr. Kilger. "I also feel that by having town hall discussions a great deal more can be accomplished in helping constituents understand what the government is considering and what the constituents themselves feel are the priorities that should be addressed."

Meetings will be held on the following dates, times and locations:

Monday	November 7	9:30 am - 12:00 pm	Iroquois Municipal Office
Tuesday	November 8	9:30 am - 12:00 pm	Chesterville Municipal Office
Tuesday	November 8	2:00 pm - 4:30 pm	Knights of Columbus Hall, Amelia St., Cornwall
Wednesday	November 9	9:30 am - 12:00 pm	Morrisburg Municipal Office
Wednesday	November 9	2:00 pm - 4:30 pm	Nativity Hall, Cornwall
Thursday	November 10	9:30 am - 12:00 pm	Winchester Municipal Office

"Any individual or organization that wants to make a formal presentation at any one of these meetings can do so by notifying my office at 937-4233 or 1-800-267-4120, advising us of the date and time needed for their presentation," said Mr. Kilger.

YOUR MONEY

No need to cash retirement funds

By Patrick Fellows

Q — When my spouse died in 1992, I inherited a spousal RRIF, a GIC with a value of about $21,000.

Ironically, I transferred the plan to Confederation Trust as a security measure.

With the insolvency of the Confederation companies, am I to assume that I will lose interest on the RRIF when Canada Deposit Insurance Corp. settles the accounts?

Will cash be paid out or will the RRIF be transferred to another institution?

If cash is paid, I will lose about half of the amount in taxes and have my old age security clawed back. L. M.

A — You may already have the answer to your question because letters went out to investors from the Canada Deposit Insurance Corp. as well as from the National Bank of Canada, which stepped into the gap left by the Confederation Trust failure.

But of the roughly 44,000 Confederation Trust depositors, about 13 per cent haven't responded to the bank's request for a decision on the disposition of transferred funds, a spokesperson said in an interview yesterday.

You will have lost a few weeks' income on your RRIF after the default date, Aug. 15, since CDIC no longer pays interest on funds in transition.

Official date for receipt of the funds by the bank was Oct. 3, but National advised Confederation Trust investors that if they agreed by Sept. 26 to leave their funds with the bank, interest would be dated from Sept. 16.

If you have not reinvested with the bank but it still has your RRIF, it is earning interest at the daily savings rate until you make a decision (no interest on other uncommitted deposit instruments).

Your other option is to have the funds transferred to another institution.

In cases such as this, the tax shelter remains intact and you don't have to worry about the plan being cashed and giving you an unwanted tax headache (but you have that option, too).

Some letters sent to depositors may have become victims of a junk mail purge or changes of address.

Former Confederation Trust customers who for some reason may not have heard from National Bank (or CDIC) or are still otherwise in limbo can call the bank on hotline 1-800-741-4741 or in Toronto (905) 882-6102.

SPLIT IS NO TAX SAVER

Q — My wife and I are seniors with most of our money invested in separately registered guaranteed investment certificates.

Because this may result in a reduction of my age credit, could I avoid the problem if all our GICs are reinvested in joint ownership on maturity?

When one spouse dies, would joint ownership enable the GICs to be passed to the survivor without much trouble or probate? M. B.

A — Splitting spousal income to avoid or reduce tax is normally not allowed, but there are exceptions, such as an "assignment" of Canada Pension.

Revenue Canada taxes the person who provided the funds to make the investment, but must rely somewhat on the honesty of the taxpayer.

Joint ownership has other uses. It can add to a couple's deposit protection and make things easier on the death of one spouse by excluding the particular asset from probate.

VAGUE ABOUT COMPCORP

Q — With reference to the life insurance industry's consumer protection plan, you commented recently that $250,000 in RRIFs "would be well sheltered by the CompCorp umbrella." This is not what CompCorp told my wife and me.

Neither CompCorp nor individual companies we have contacted can give us an identical definitive answer to our question about RRIF protection. D. M.

A — First of all, you have truncated the statement we made in the earlier column. It said that if $250,000 produced a monthly income of $1,600, the income would be well sheltered by CompCorp (the industry's consumer protection arm). For lump sum cash amounts the limit is $60,000.

Conversion (at the RRIF holder's choice in the event of a corporate calamity) would mean buying an annuity with the $250,000 so income would probably exceed $1,600 a month and be protected up to $2,000.

A subsequent column may have clarified the picture for you. It mentioned a booklet available from CompCorp at 1 Queen St. E., Toronto, which gives you a good background.

Questions on money and investment problems may be sent to Your Money, The Toronto Star Syndicate, One Yonge St., Toronto M5E 1E6. Not every question can be answered but all will be considered for use in the column.

Brian Costello presents

Your Money ...

FREE SEMINAR

Successful Strategies for the 90's



$ Where Are Interest Rates Headed?
$ Year End Tax Saving Strategies
$ Canadian Economy: Pre-budget Outlook
$ Gov't Threats To RRSP's & Other Tax Shelters
$ Global Diversification

Wednesday, November 16th
7:30 p.m.
Parkway Inn/Best Western
Brookdale/401, Cornwall
Space Is Limited. Please Register
933-9836
Answered 24 Hours A Day

Sponsored by THE Financial Planning Group

LET ME DESIGN YOUR NEXT AD!

The Seaway News reaches over 29,000 homes each week. Let me design an ad for your business.



CALL ME TODAY FOR DETAILS

ARLENE HULLS
Sales Representative
SEAWAY NEWS
329 2nd St. W., 933-0014

1-800-267-2333

YOUR TOLL FREE HOT LINE TO ALEXANDRIA HONDA

1994 ESCORT LX 4 dr

This beautiful four door automobile comes equipped with automatic transmission, power steering, power brakes, tilt steering, cruise control, AM/FM stereo casssette and much more with only 9000 klms. Finished in Cayman Green with matching interior

On Sale For Only $12,888

1990 RANGER XLT

This little luxury truck is finished in dark blue metallic with complimenting blue interior and is equipped with power steering, power brakes, tilt steering, cruise control, automatic transmission, split bench seats, carpeting, air conditioning, sliding rear window, chrome aluminum wheels, box liner, step bumper.

A Sacrifice For Only $8,995

1992 CIVIC SEDAN LX

This red four door comes with a 5 speed transmission, AM/FM cassette

Specially Priced at $9,995



1994 SUNBIRD LE 4 dr.

This white 4 dr. beauty is equipped with power steering, power brakes, air conditioning, AM/FM cassette, tilt steering, power door locks & more, with only 12,000 kms.

Yours For Only $13,555

1993 AEROSTAR XLT Extended Van

This top of the line 7 passenger van comes equipped with dual captain's chairs, power steering, power brakes, AM/FM stereo cassette player, tilt steering, cruise control, power windows, power door locks, power lumbar seat, dual air conditioning, dual heating and more. It is finished in two tone grey & burgundy with tinted glass & grey luxury cloth interior

Sale Priced at $17,999

1993 CAVALIER 4 DR. SEDAN

This sporty little 4 dr. comes equipped with a fuel saving 4 cylinder engine, automatic transmission, power steering, power brakes, air conditioning, AM/FM stereo, floor console & is finished in royal blue metallic

Sale Priced at $10,995

1993 CHEVROLET LUMINA

This immaculate 4 dr. white with blue interior sedan comes equipped with power steering, power brakes, tilt steering, cruise control, power windows and door locks and AM/FM cassette stereo radio.

Priced To Sell At $13,333

1993 COUGAR XR7

This luxury 2 dr. automobile comes with all the power features available. Power steering, power brakes, tilt steering, cruise control, power windows, power door locks, power seat, AM/FM cassette radio, styled steel wheels, air conditioning & more. It is finished in light blue metallic & matching blue interior

Yours For Only $17,444



1992 PRELUDE S.R.

This red coloured road machine comes equipped with a sunroof, air conditioning, power windows and power locks, AM/FM cassette, ABS brakes, alloy wheels, automatic transmission and much more.

On Sale For Only $18,555

1992 FORD F-150 PICKUP

This immaculate 1/2 ton truck is ready for work or play. It comes equipped with an economical six cylinder engine & automatic transmission with power steering & power brakes & step bumper.

On Sale at $12,888

1993 MERCURY VILLAGER

This seven passenger minivan comes equipped with ABS braking system, power steering, power brakes, tilt steering, cruise control, power windows, power door locks, AM/FM cassette stereo system, tinted glass and more.

Specially Priced $19,666

1993 TAURUS 4 DR

This luxury family sedan comes equipped with power steering, power brakes, AM/FM cassette, power windows & door locks. It is finished in silver metallic with a rich burgundy interior. Plenty of factory warranty remaining.

Sale Priced At $14,999

1992 TOYOTA TERCEL

This little gas miser has only 40,000 kms and it is finished in bright red with a tan interior and has an AM/FM cassette radio with a standard transmission

On Sale At $8,995

1992 GEO STORM HATCHBACK

This little two door sports car comes equipped with an automatic transmission, sunroof, AM/FM cassette radio, sport wheels, and more. It is finished in a light green metallic with a beige interior.

Value Priced At $8,555

1993 CIVIC LX 4 DR.

Anniversary Edition

This vehicle comes with a 5 spd. transmission, air conditioning, AM/FM cassette. It is finished in Harvard blue with matching interior.

On Sale at $13,995

1991 HONDA ACCORD EX

This four door beauty comes with automatic transmission, air conditioning, power windows, power locks, cruise control, tilt steering, AM/FM cassette radio. It is finished in Bordeaux red with grey interior.

On Sale at $12,999

1992 CHEVROLET CORSICA

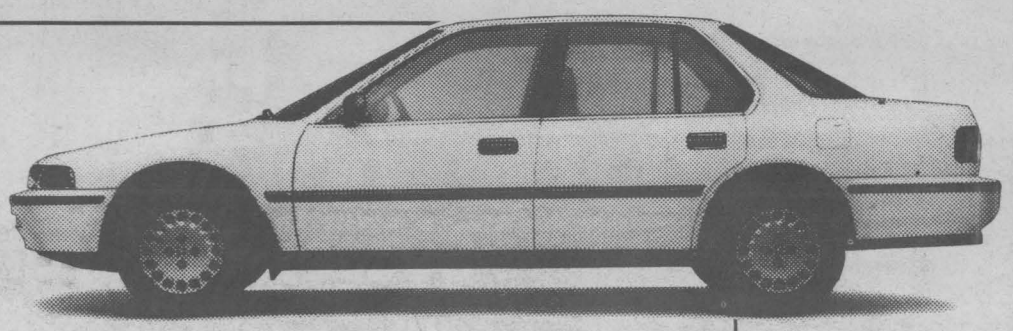
This four door family sedan comes with air conditioning, AM/FM cassette, automatic transmission, cruise control, interval wipers and more.

Sale Priced At $8,666

1993 ACCORD EXR 4 DR.

This top of the line Honda comes equipped with power steering, power ABS brakes, power moon roof, AM/FM cassette, driver side air bag, aluminum wheels and lots of warranty. It is finished in Arcadian green with a grey luxurious cloth interior.

Yours For Only $19,444



OPEN EVERY EVENING MON. to FRI. - OPEN ALL DAY SATURDAY

ON THE SPOT FINANCING

ALEXANDRIA HONDA

5 YEARS WARRANTY 100,000 KM

439 MAIN ST. S. ALEXANDRIA

525-4900

1-800-267-2333

SEAWAY NEWS

Serving Cornwall and Area Since 1985

PUBLISHED WEEKLY

329 - 2nd St. West, Cornwall, Ontario K6J 1G8

Pres. & Gen. Mgr.: R.N. Aubry **Vice Pres. & Sales Director:** R.E. Shaver

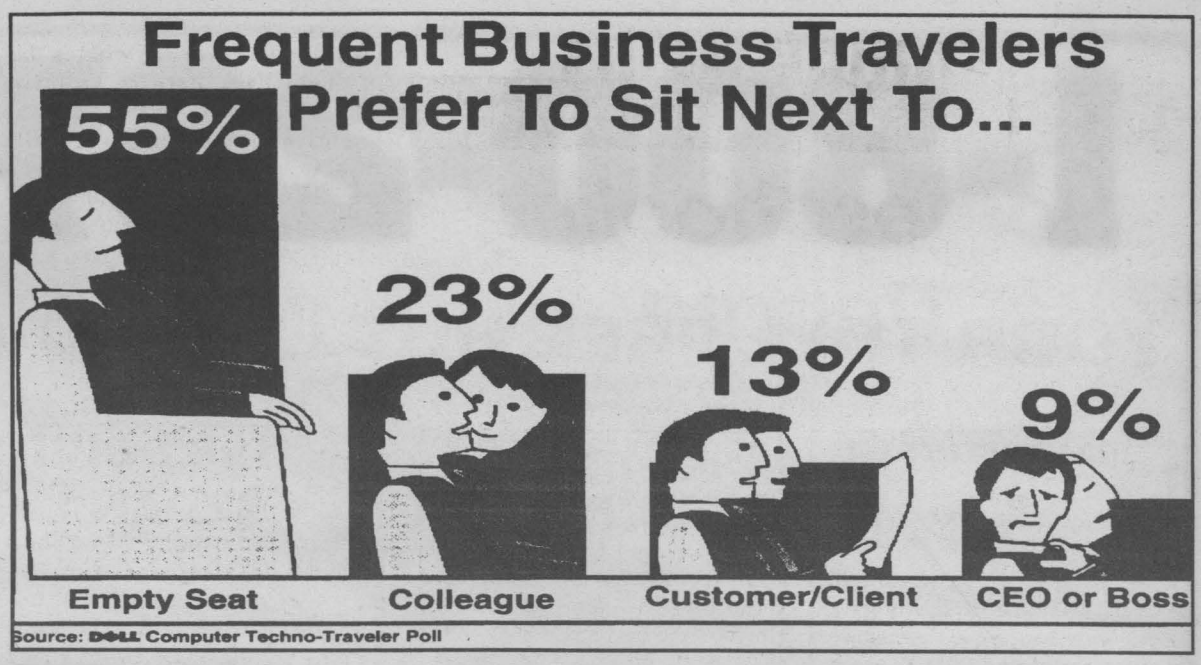
Distribution Manager: T.N. Aubry

Marketing Representatives:

Bill Snelgrove ... Arlene Hulls ... Bill Doherty

Seaway News Is A Division of 1338-0464 Quebec Inc.

Office: 933-0014 Classified: 933-0015 FAX: 933-0024



Business travel: One office to go please!

(NC)—Portable computers have dropped the office right into your lap and a new survey from Dell Computer Corporation suggests that out-of-sight, out-of-mind may be a thing of the past.

In a random survey of 500 business travelers this summer, Dell found that 58 per cent of people doing business on-the-road are "Techno-Travelers" who use a portable computer to maximize their time away from the office. In fact, more than 61 per cent believe that using a portable computer makes them more productive on business trips.

Attitudes value work away from office

The practice of using a portable reflects the kind of attitude business professionals are bringing to their jobs. When asked what they would do on a business flight if given a choice, 91 per cent said that their first choice would be to prepare for meetings or read, with talking or sleeping finishing a distant second and third.

Memos, modem and fax

So what exactly are all these high productivity business professionals doing with their portable computers when they're 35,000 feet up in the air? The "Techno-Traveler" survey says 88 per cent use their computers to write memos, with large numbers using their notebook computer to modem documents or to fax.

Getting ahead means traveling light with maximum power

This drive to be productive also has today's "Techno Traveler" trying to avoid two serious obstacles to "up-time". Survey results showed that the weight of a portable and its battery life were two problem areas for "Techno-Travelers" who felt held back by the problem of lugging a computer around or having the battery die when they needed it most.

"People use computers on planes and on the farm. From sales calls to conventions they need a computer that is as long lasting and portable as they are," says Dell Canada President, Harvey Coleman. "It's part of the thinking behind Dell's lightweight portables with eight hours of battery life that work in the real world where our customers need us "

What's going on up there?

Many people see someone using a notebook computer and wonder if that someone isn't just using it to play games. What other reason would there be for including the solitaire program we've all seen before. Surprisingly though, only 6 per cent admit using their notebook to play games.

But while most don't play solitaire, they would like to be left alone. The "Techno-Traveler" survey says that 55 per cent would prefer to sit next to an empty seat with only 9 per cent preferring the company of their boss. Looks like even the productive "Techno-Traveler" has limits when it comes to taking the office on-the-road.

For more information on the Techno-Traveler survey, call 1-800-839-0143.

MEANWHILE...

Fred Sogel



School Boards/Trustees Scrutinized

"Baa, baa, baa, baa! Trained sheep! Resign! They are just like trained sheep. The whole bunch of them! School boards represent no one and must be abolished!"

Those are the angry shouts of East York taxpayers at a meeting of the East York Board of Education on August 24, 1992. They were part of a massive public outcry against excessive school trustee pay hikes in Toronto that same year.

There is an enormous amount of discontent being directed at the school board system in Ontario. Many people see it overly-bureaucratic, over-priced and unresponsive to both parents and taxpayers.

Consider a stinging editorial in The Toronto Star which called for a complete review of the system: "Do we need so many trustees? And, more to the point, do we need so many school boards? It's time Queen's Park reviewed this over-managed, over-priced school board system ... and put more of taxpayers' money where it belongs - in the classroom for the children."

A recent survey by the Ontario Chamber of Commerce gave poor marks to the performance of the province's school boards: it found an overwhelming number of business people who were entirely unsatisfied.

And they have good reason to be.

Both of the local boards of education are nothing to write home about. The performance of the trustees on both bodies has been for the most part - and with a few exceptions - not notable.

Virtually every trustee on both boards has become a prisoner of the bureaucracy which really controls the show. They tow the administration's line. They rarely engage in vigorous debate. They don't question enough. They are too protective of the status quo. And they have not been tough enough in reducing expenditures. School taxes are simply too high.

Why is this happening?

Prof. Frank McKinnon, an expert in the field, has put his finger on the problem. He says that no other group of civil servants in Canada has as much power as those who run school boards. Trustees, he says, have little say.

And he's right: under the Education Act, directors of education have massive power. They can refuse requests from trustees for assistance and education. They can obtain legal advice without asking the board. They can even place reports on board agendas without board approval. And those are just a few examples.

With all that power at their command, the bureaucrats run the system. Any trustee who says otherwise is madly deluded.

But put that point aside for a moment. What's really discouraging is that hardly anyone on the two local boards has spoken out for bold educational reform, or dared to take on the bureaucracy, or called for the kind of change The Toronto Star referred to.

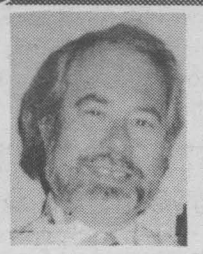
Education is vitally important. It also needs massive change. It needs trustees who are committed to a different philosophy than the people we've elected in the past.

Voters have their chance next week. They can either vote for lame-duck incumbent school trustees or for people who have bright and different ideas. That's what elections are all about.

Will we ever see a change?

PERSPECTIVE

By Bob Roth
SEAWAY NEWS



Liberals Take A Leaf From Reform Party On The Immigration Policy

Despite an election promise to increase immigration levels to 290,000 a year, the Liberal government announced last week that it is actually going to cut back on immigration.

The level for 1995 will drop to between 190,000 and 215,000. Not only that, the government is also changing its criteria for entry to favor skilled immigrants. Currently, the bulk of immigrants enter under family reunification criteria, which means that immigrants already here can sponsor their relatives. This sometimes means that unskilled parents or grandparents can enter the country.

Ironically, the new Liberal policy is taken almost word for word out of the Reform Party's policy handbook, but, of course, when the Reformers suggested such an approach, Liberals called them "racist."

Now the worm has turned, so to speak. It's the Liberals who are being lambasted for giving in to "racist" public opinion. As always, the screaming comes from what I call the "immigrant industry" - immigration lawyers, social "activists", and people on the public payroll who provide "immigrant services."

Of course, the charges of racism are absolutely nonsensical. If race was the issue, the Liberals would pass a law limiting certain races. The party is merely responding (although somewhat late in the game) to a genuine concern about high levels of immigration during a period of recession.

By and large, immigrants pay for themselves. They make a very worthwhile contribution to this country. But immigration policies have changed over the years. Much immigration in the past came from Europe which shared a common tradition and religion with Canadians. Now,we are seeing more immigration from so-called Third Word countries with different cultures and different religions. This makes integration more difficult (especially when the government actually funds people to remain different with "multi-cultural" grants). Immigration policy must take Canada's economic situation into consideration. Our government is currently paying out about $700,000,000 in welfare to immigrants who are unemployed and whose families refuse (or are unable) to support them despite promising to do so under the immigration sponsorship rules. The fact that 86 per cent of immigrants are not on welfare is constantly pointed out by the immigrant lobby. But that is not the point. Fourteen percent on welfare is simply unacceptable. God knows we have enough of our own people on welfare. We don't need to import welfare cases. From now on, the ability of a person to survive and prosper in Canada will be a more important consideration for entry. That means evaluating whether immigrants can integrate easily, e.g., checking to see if they have needed skills or if they can already speak English or French (so we don't have to spend a fortune on language training). Such a policy benefits Canada and it also benefits immigrants, because it ensures that those who come here have the ability to build a happy life. There is absolutely nothing racist or "anti-immigrant" about the new government policy. Mind you, it might cause a drop in "business" for those who supply immigrant services - legal, language training, psychological counselling, job counselling, etc. - and that's where all the whining is coming from. Frankly, I'm pleased. Finally, our government has listened to the public in general instead of the special interest groups.

SEAWAY NEWS
LETTERS TO THE EDITOR

Homeschooling Debate

Dear Editor:

It is interesting to note the home schooling movement that is sweeping the nation. As homeschoolers ourselves we can definitely agree with the many advantages of educating our children at home. Esteemed institutions like Harvard and Yale are opening their doors wide for homeschooled kids because they know that the statistics that are out are true, that homeschooled kids do well in every area even socialization. Studies show that homeschooled kids have the self discipline and love of learning that is required for the demands of University and life.

However in spite of the truth on homeschooling that researchers are putting out these days we still are looked upon as rather odd and primitive especially by local school boards. People are amazed that it is even legal to homeschool and the school board tries to make us uneasy about the whole issue. When we lived in BC we had a very good working relationship with the school board whereas here in Ontario it seems that- homeschoolers across the province are under attack by the educational system. I wonder why? The teachers and unions may feel threatened as they loose more and more students to education at home or some other alternative means of education. Yet, in BC, they had a very strong teachers federation and still had a very good policy in place to protect and to ensure the promotion of homeschooling as a good and valid alternative way to educate kids. The woman in charge of the special education department where we lived in BC did her graduate thesis on homeschooling and came to the conclusion that it has a positive place in the education of the province. So I wonder what is the problem back here in Ontario where school boards pressure homeschooling families with threats and demands that are unconstitutional. Most families that I talk to feel that the school board would like us under Marshal Law and would like to enter our homes at any time. These bureaucrats do not seem to realize that this is unlawful and an infringement on our privacy.

No doubt the homeschooling movement is in its infancy development back here in the east. Due to lack of organizing and pushing for policy through their local MP's they are being forced to fight now for their rights. The Homeschooling Defence Association has been formed here in Canada with their lawyers who are ready to take on the authorities on behalf of hassled homeschooled families everywhere. This is a good thing to join if you are homeschooling in this province. There are also people working to get the proper policy in place at this time. The winds are definitely changing and the future looks great . In the meantime it would be nice if the board of education particularly in the Brockville area would try to remember that their policy is not law. As Canadians in a free society we have our constitutional- rights to educate our children the way we choose without intimidation and threats from above. Homeschooling families want to be left alone and focus on a healthy closely knit home environment. The stress that the school board is giving us at this time does not help us but hinders what we are trying to accomplish. Let's have a peace and try to work together or if need be without each other. However, the bottom line is that we are prepared to fight for what is our right.

Please publish in one of your letters to the editor.

John Simpson
Frankville, Ont.

Vote For Leaders

Dear Editor:

Last week I was watching a session of Parliament and a Reform Party member made a startling statement. He said he would stand by the wishes of his constituency even if what the voters wanted was against his personal conscience. How many MPs or elected officials in other positions share this sentiment?

We voted for leaders not sheep? Moral truth does not change.

"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8

Keep this in mind as you vote November 14th.

Yours truly
Mary Sproul
Cornwall

Remembrance Day Overshadowed

Dear Editor:

When I purchase my Remembrance Poppy, I recall numerous young faces that never had the opportunity to grow old.

This year we are being urged by an element in our society to consider whether the Poppy comes from a pro head-dress or anti head-dress Legion Branch.

It is a sad commentary on our society that this solemn time of Remembrance and the Poppy is being used as a vehicle to carry on with all this politically correct rubbish.

November is a time when all Canadians should reflect that more than 100,000 Canadians of various faiths have died in the service of our country.

Lest we forget!

Sincerely,
Norm Ford

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

Mission Air gives wings to hope..

(NC)—For Canadians like Joey Perrin who flew Fredericton to Halifax return with his mother on Air Atlantic when he was diagnosed with leukemia at age 4.

It's been six years and Joey is still in remission thanks to his doctors—and Mission Air Transportation Network (MATN). Founded in 1986, Mission Air is a national charitable organization which arranges flights for Canadians in need of medical treatment or diagnosis not readily available in their local communities.



Dr. Roberta Bondar, Patron for MATN, adds: "The work this organization does is extremely worthwhile and I am pleased to be associated with Mission Air Transportation Network. We are grateful for whatever support Canadian Plus members can provide." NC

With the support of the airlines and corporate sponsors, Mission Air helps as many Canadians as possible. However, in recent years, the need for Mission Air services has risen dramatically and the need for available airline seats continues to grow.

One unique way in which Canadians can help Mission Air continue to provide its service is to donate their Canadian Plus points to Mission Air through the Canadian Plus Foundation.

"The need is crucial", says Teri Barr, General Manager of Mission Air Transportation Network, "and that's why we are asking Canadian Plus members to make a points donation today. All they need to do is complete and return the donor form on the back of their Canadian Plus Mileage/Points Summary Statement. These donations of points right now can help assure that Mission Air can use Canadian Airlines award travel for urgent medical assistance travel."

For more information about Mission Air's services, please call the Mission Air offices in Toronto at (416) 924-9333. For more information about the Canadian Plus Foundation, call Canadian Plus at 1-800-663-0290.

Commodore 94

A Generation of Change!

- EXCLUSIVE TO ACCESOWARE -

CommodorePC



MultiMedia Computer System
Commodore CBM-4D6MPC

FEATURING:
- intel 486DX2/66
- 4 MB Ram
- 1 Parallel and 2 Serial Ports
- 350 MB Hard Drive
- SVGA .28DP N/I Monitor
- 1 MB VESA Video
- Double Speed CD ROM Drive
- DOS/WINDOWS
- Speakers/Mouse/Sound Card
- 3 1/2 Floppy Drive 1.44 MB
- Assortment of CD Rom Software
- Call for more Spec's

ONLY

$1,999.00 plus tax

THREE YEAR C3 WARRANTY

intel inside

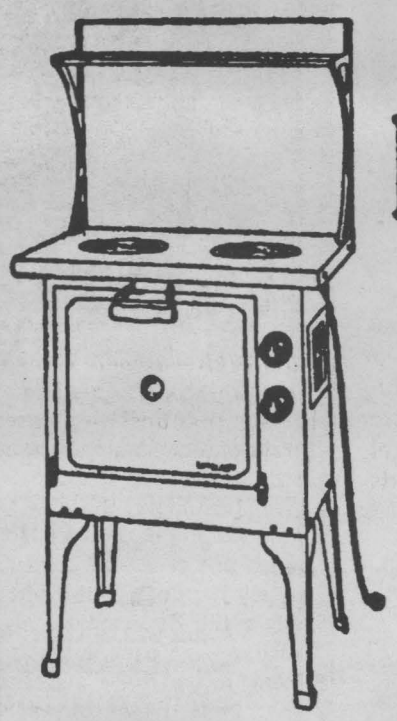
The Intel Inside Logo is a registered trademark of Intel Corporation. Commodore and the Commodore logo are trademarks of Commodore Canada.

ACCESOWARE SERVICES Computer Technology Centre

ACCESOWARE SERVICES
1170 Pitt Street Cornwall
Phone: 933-9457 Fax: 933-7106

ADS FROM OUR PAST

Ads From Our Past is a feature of Seaway News. If you have an old ad in an old book our journal you'd like to share with our readers, please drop it off to us at 329 Second St. West., Cornwall.



McClary Electric Rangette

Plug-in Type

$29.75

Requires no Special Wiring, simply plug-in to any wall socket—equipped with Long Life Elements—Insulated Oven — Rust Resisting — and Heat Indicator — Enameled Cooking Top.

TERMS — TRADE-IN ALLOWANCE

Glenn A. Shaver

31 First Street East Telephone 1671

BASIC BLACK



By Arthur Black
SEAWAY NEWS

Can someone please explain why political biographies are best sellers? Who wants to shell out actual loonies to read what a politician thinks of himself?

Millions of book buyers, apparently. Richard Nixon cranked out six best-selling volumes before he shuffled off to the Big Holding Tank in the Sky. Sir Winston Churchill's been dead for three decades but his collected thoughts still sell briskly. Last year's most talked about book in Canada? Trudeau's Memoirs. A best seller in the bookstores of the nation, and for insomniacs, better than a fist full of Valium and a rap in the head with a fish billy.

Nine times out of ten political autobiographies are boring - and ten times out of ten they're liberally laced with lies.

I prefer the unplanned biographies - the snippets of revelation that politicians sometimes commit to their personal journals in the privacy of their chambers after the working day of false smiles and phoney handshakes is finished. They often reveal human, almost honest disclosures that the authors would do anything this side of initiating nuclear Armageddon to keep secret from the press and ultimately the public.

This, for instance, from the personal diary of a man who gave most of the world nightmares not long ago: "April 10: Was in dacha - had borscht for lunch. Had a rest in yard then finished reading some stuff...had hair washed."

The author? Leonid Brezhnev, supreme commander of the USSR for nearly twenty years.

God knows why Brezhnev would commit such banality to paper. Even a megalomaniac couldn't imagine that anyone would ever want to read such stuff.

But Leonid was positively lyrical compared to Louis XVI, of France. On July 14, 1789 a social earthquake slammed into Paris and turned French society upside down. Eight thousand enraged citizens stormed the Bastille and liberated the government prisoners. The French Revolution, the greatest civil uprising in the history of western Europe, had begun. King Louis XVI was in the process of becoming King Louis the Last. A femme fatale named Madame Guillotine was already penciling his name on her dance card.

And what do we read in Louis' own handwriting in his diary for July 14, 1789?

Just one word. Rien.

As far as Louis was concerned, nothing happened. Just another boring day at the palace.

Then there's Richard Milhous Nixon. The 37th President of the United States didn't keep a diary. He taped himself instead, which turned out to be even more damning.

Nevertheless he was surrounded by lackeys who did keep notes and diaries. And some of them are more revealing than anything Nixon ever recorded on cassette. Here, for instance, is a note from the files of H.R. Bob Haldeman, Nixon's chief of staff and lead pit bull. It refers to a meeting with the President on May 12, 1971:

"The President wants a study done for his own knowledge. The baseball game on WTOP was rained out last night. CBS. . . then put on a show to fill time. Star of show - square type - named Arch. Hippy son in law. This show was total glorification of homosex. Made Arch look bad - homo look good. Is this common on TV? Destruction of civilization to build homos. Made the homos as the most attractive type. Followed Hee-Haw."

But it ill behooves we Canucks to snicker at the poverty of other nations politicians. Canada after all had William Lyon Mackenzie King, Canada's longest serving prime minister and a man who had regular chats with his dog, slipped down to the seedy streets of Ottawa on dark nights to "counsel" prostitutes, and made conference calls to his dead mother through his shaving mirror.

Come to think of it, that makes old WLM a helluva lot more interesting than Brezhnev, Louis XVI or Tricky Dick.

The Paint Pitt
Decorating and Unfinished Furniture Centre
Interior Eggshell Latex Wall & Trim
• The finest interior paint Pittsburgh Paints makes 29.99 gal.
621 Pitt St. Cornwall
933-5522
Protects Wood Beautifully OLYMPIC



WELL EQUIPPED

We're Prepared To Serve You At:

RX CENTRAL medical arts pharmacy

For Your Patient And Ostomy Supplies WE CARRY:

- Wheelchairs - Everest & Jennings
- Walkers - Regular & Folded Models
- Grab Bars For Walls - All Sizes
- Commodes
- Bath Bench With Or Without Backs
- Raised Toilet Seat
- Forearm Crutches
- Crutches
- Three & Four Prong Canes
- Cervical Pillows
- Transfer Seat For Bathtub
- Reachers
- Canes
- Decubitus Pads
- Obus Form Back Rest & Seat
- Thermophore Moist Heat Pad
- Sitz Bath
- Abdominal Binders
- Rubber Sheeting
- Invalid Ring
- Microspore Tape
- Surgical Tape
- Steri Pads
- Cold Packs
- Gauze Sponges
- Adhesive Tape
- Bathtub Safety Rail
- Vaporizer
- Humidifier
- Heating Pad
- Cervical Collar
- Surgical Stocking
- Knee Braces
- Traction Kit
- Blood Pressure Kits
- Cushion For Wheelchair
- Tens Electrodes Machine
- Nerve Stimulators
- Shower Massager
- Foot Spa
- Exercise Ball
- Folding Canes

RENTALS

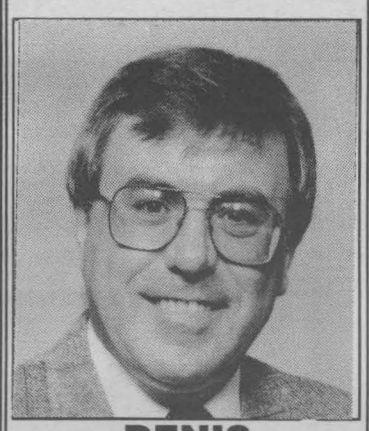
Wheelchair	$40/month
Wheelchair With Leg Rest Elevation	$50/month
Rest Elevation	$50/month
Walker	$6/month
Commode	$15/month
Crutches	$3/week
Quad Cane	$6/month
Tens Nerve Stimulator	$50/month

Bring In This Ad For A 10% Discount
Excluding Ostomy Supplies

RX CENTRAL medical arts pharmacy

173 Montreal Rd. 932-6501 — TWO LOCATIONS — 1278 Pitt Street 933-0670

ELECT ELISEZ



DENIS CARR
ALDERMAN
ECHEVIN

Authorized by the CFO For Denis Carr Campaign

The village VET

Dr. Paul McCutcheon



Feline leukemia

Feline leukemia is a serious infectious disease which can strike at any age. Outdoor cats are particularly vulnerable.

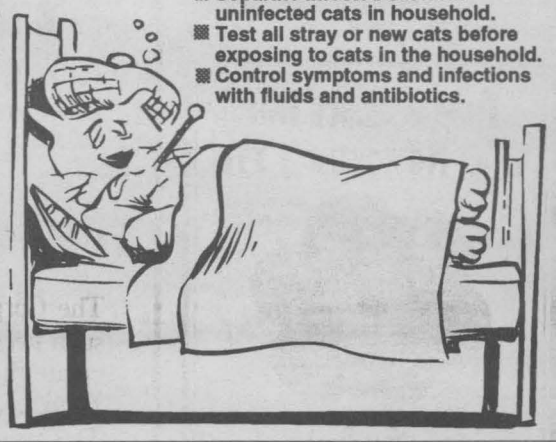
Cats catch it from close contact with an infected cat – sharing food, water bowls and litterboxes, licking, biting and sneezing. Not all cats exposed to the virus become infected – about 30% become carriers, 30% develop infection and die within three years, and the rest resist the virus.

Diagnosis is made with a simple blood test.

Signs
- Weight loss.
- Depression, lethargy.
- Repeated persistent infections, fevers, chronic illness.
- Anemia, swollen glands, jaundice.

Prevention
- Avoiding exposure to infected cats is the best protection.
- Keep cat in good general health.
- Vaccination will likely provide protection. Two initial doses 3 weeks apart, then one dose annually.

WHAT TO DO
- Keep infected cats indoors to reduce spread of feline leukemia and to prevent infected cat from catching other diseases.
- Separate infected cat from uninfected cats in household.
- Test all stray or new cats before exposing to cats in the household.
- Control symptoms and infections with fluids and antibiotics.



© 1994 ArtPress International GRAPHICS SYNDICATE 6/11

Dr. McCutcheon is a veterinarian with a special interest in holistic animal care. We regret letters cannot be answered personally. The Village Vet is a general guide; always consult your own vet.

Keeping bones healthy

(NC)—Around the world, more people are living past the age of 65 than ever before. Unfortunately, longevity also means a dramatic rise in the number of people suffering from osteoporosis, a metabolic disorder in which bones lose their density, become fragile, and "bend" or fracture.

Osteoporosis affects some 200 million people, many of them women. About 2.5 million fractures occur annually in osteoporotic patients.

The good news is that careful nutrition can help build bone mass during youth and prevent its loss during middle age. Key nutrients are calcium, vitamin D, vitamin C, vitamin B6, and vitamin K:

• Calcium is concentrated in dairy products and is needed for building bone mass. A high amount of calcium is needed during adolescence, pregnancy, lactation, and old age.

• Vitamin D is needed to help absorb calcium. It is found in fish, egg yolk, and liver but requires the presence of sunlight, to be metabolized (or used) by the body.

• Vitamin B6 helps produce collagen to give bones strength. It is found in wheat germ, wholewheat bread, liver, fish, and cheese.

• Vitamin K helps bind minerals such as calcium to form bone mass. It is present in vegetables and liver.

Nutrition is one important factor in the prevention of osteoporosis. For more information about this condition, women are advised to consult their GP or gynecologist.

"My priority is to lead Cornwall towards progress, prosperity and a brighter future."

* A superb and dedicated community worker
* Believes in working in harmony and partnership with other levels of government.

Sultan JESSA will provide a BETTER GOVERNMENT.



Meet your candidate at a rally Thursday November 10 at the Ramada Inn -7 to 9 p.m.
Everyone welcome, including aldermanic and school board candidates
For Mayor Vote

JESSA, Sultan (X)

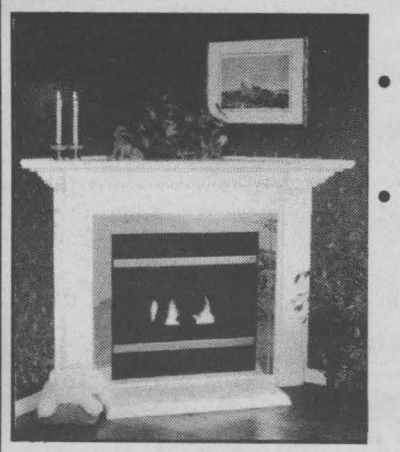
Authorized by the CFO for the Sultan Jessa Campaign

Cornwall ... At Your Service Grand Prize Draw



On October 11, 1994, the Cornwall Chamber of Commerce and the Cornwall Regional Visitor and Convention Bureau held a special breakfast honouring the award winners of the Cornwall ... At Your Service program. Beverly Haineault from First Canada Inns won the grand prize draw of $500. The 25 Award recipients were chosen through customer nominations reflecting outstanding customer service.

walker Home Gas
Appliance Centre
Cornwall and Area Exclusive Hunter Dealer



- Complete Range of Gas Appliances and Furnaces
- Licenced Gas Fitters and Sheet Metal Installers

Think Gas
Centra Gas

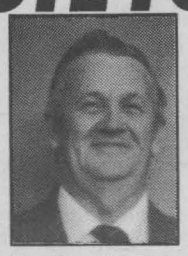
Visit Our Newly Renovated
Hunter Showroom
Open 7:30 am - 5 pm daily and 10 am - 4 pm Saturday

1517 McConnell Ave., Cornwall 932-7978
*A Division of Walker Air Conditioning & Refrigeration Ltd.

REMEMBRANCE DAY IS ON NOVEMBER 11TH

LEST WE FORGET

VOTE FOR



ADAIR (Bud) McBAIN
COUNCILLOR
KENYON TOWNSHIP

LET ME DESIGN YOUR NEXT AD!

The Seaway News reaches over 29,000 homes each week. Let me design an ad for your business.



CALL ME TODAY FOR DETAILS

RICK SHAVER
Sales Representative
SEAWAY NEWS
329 2nd St. W., 933-0014

POLITICAL PROFILE FEATURE

PROVEN LEADERSHIP . . . PROVEN SUCCESS . . .

"The bleeding has to stop, our taxpayers can't pay anymore".
— Brock Abraham

The Corporation of the City of Cornwall is a Big Business and as such needs a **Leader** with the proven ability to give the direction, create the teamwork and manage the financial affairs of **Our** corporation in a responsible manner. **Brock Abraham** is that **Leader.** 18 Trustees at the School Board have chosen **Brock Abraham** to be Chairman of the Board for the last two terms. This record of **Success** is clear & proven.

ON TAXATION: **Brock Abraham** lowered taxes in 1994 by 2.4%

ON FINANCIAL MANAGEMENT: **Brock Abraham** has increased board reserves to over 5 million dollars.

ON ACCOUNTABILITY: **Brock Abraham** has opened the budget to the taxpayers.

ON HUMAN RESOURCES: **Brock Abraham** has successfully negotiated with ten Unions, Federations, and Staff Groups at the School Board through the collective bargaining process. Both the taxpayer and employee groups have achieved positive results in an efficient and timely manner.

T OGETHER
E VERYONE
A CHIEVES
M ORE

YOUR CHOICE IS CLEAR

WE NEED BROCK ABRAHAM'S PROVEN SUCCESSFUL LEADERSHIP IF WE ARE TO MOVE FORWARD INTO THE 21st CENTURY.

ENSEMBLE,

nous en accomplirons

tous

davantage!



Vote Brock ABRAHAM for MAYOR

Votez Brock ABRAHAM pour MAIRE

Brock ABRAHAM (X)

Authorized by the CFO to Elect Brock Abraham

Election '94

Be Informed ... See The Candidates on Rogers Community 11

- City of Cornwall Aldermanic Candidates
  Sunday, November 6th - 10:00 am
  Thursday, November 10th - 8:30 pm
- SD&G Public & Catholic Schools - French Panel Candidates
  Thursday, November 10th - 6:00 pm
- Charlottenburgh Candidates (Reeve, Deputy Reeve, Councillors)
  Monday, November 7th - 6:30 pm
- Cornwall Township Candidates (Reeve, Deputy Reeve, Councillors)
  Wednesday, November 9th - 7:30 pm
- Osnabruck Township Candidates
  (Reeve, Deputy Reeve, Councillors)
  Tuesday, November 8th - 6:00 pm

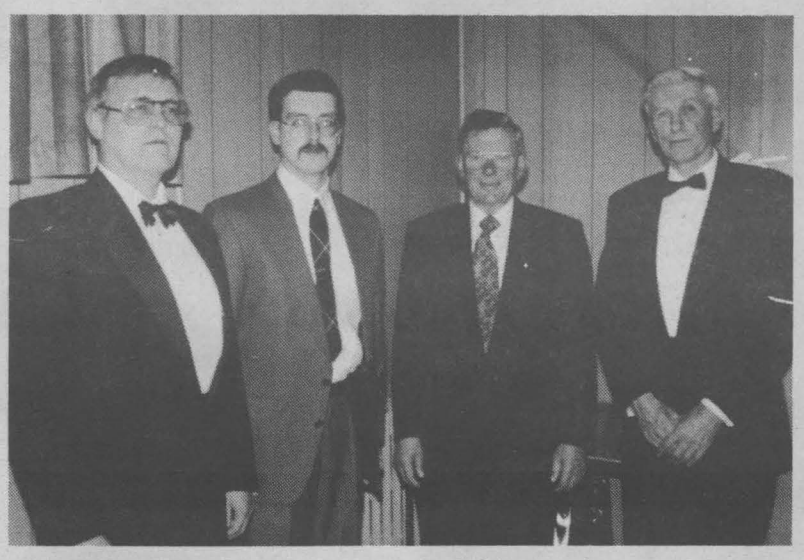
Masonic Annual Meeting

The Annual Meeting of the Masonic Association of Eastern District was held recently at the Masonic Banquet Rooms, 333 Second Street, East, Cornwall.

The Guest of Honour and Guest Speaker was Right Worship, Brother, Durwood I. Greenwood, Deputy Grand Master of The Grand Lodge of Canada in the Province of Ontario.

On this occasion, the Masons awarded Bursaries in the amount of $4,200 to 21 local students who are continuing their education.

Right Worshipful Brother Len Fourney, Secretary-Treasurer of the Masonic Association said, in addition to the Bursaries awarded, the community work of the Association during the past year, has included a joint venture with the Heart and Stroke Foundation of Ontario in Dundas County and a Curling Bonspiel at Maxville. As a result of these two activities, donations have been made to the Winchester Memorial Hospital and Maxville Manor.



Pictured above (left to right) are: Right Worshipful Brother Michael Whetstone, District Deputy Grand Master of Eastern Masonic District; Ian MacLaurin of Cornwall, Ontario, a student at St. Lawrence College, representing all Bursary recipients. Right Worshipful Brother Durward I. Greenwood, Deputy Grand Master of the Grand Lodge of Canada in the Province of Ontario; W. Bro. David Whetter, Past President of the Masonic Association.

ON/OFF ROAD WINNER!

LEGENDARY TOYOTA TOUGHNESS!

Voted "The #1 Truckline In Customer Satisfaction 4 Years In A Row!"*



6.9% Financing No Limit 48 Months

1995 XtraCab SR5 V6
Comes better equipped than Mazda Base Short Box, Nissan Regular Bed DLX, Ford Regular Cab Ranger XL, Chevy Regular Cab S10.**

Rodger Grant TOYOTA
TOYOTA CREDIT
353 PITT ST. 932-1106

REMEMBRANCE DAY IS ON NOVEMBER 11TH



LEST WE FORGET

HELPING THE WORLD WRITE NOW

CODE
Self-sufficiency through literacy in the developing world
For information, call 1-800-661-2633

HOROSCOPES

November 6-12

ARIES – March 21/April 20
New living arrangements may be on the horizon. Current relationships may be close to an end, or new relationships may increase in their intensity. Be prepared for new developments, as good planning leads to success. Children may be a source of concern in new plans.

TAURUS – April 21/May 21
A heated argument may be unavoidable. Don't let your stubbornness get in the way of reason in a dispute with a loved one. Giving in may be the secret to getting ahead. A companion at work helps you plan for future events. Good health helps you deal with emotional burdens.

GEMINI – May 22/June 21
A busy work schedule keeps your social life at bay. Avoid arguments with loved ones who may also have some stress at work. Cherish moments of peace and quiet. They may be few and far between. Not an opportune time for leisure travel. Make the best of things at home.

CANCER – June 22/July 22
Lucky stars abound for the crab this week! Whether it be love interests, wagering or the workplace, you can expect pleasant surprises to come your way. This may be especially true in the evening hours, as the Cancerian is the moon child. Use your intellect to open new horizons.

LEO – July 23/August 23
A new living arrangement may produce an unexpected surprise. Try to suppress your desire to be a leader, especially if you are in a new work situation. A white lie may get you in trouble. Science and nature may be a source of great satisfaction in the coming week.

VIRGO – Aug 24/Sept 22
Your perfectionistic ways and hatred of procrastination will benefit you in the coming week. Undertaking a special project could produce widespread recognition and feelings of accomplishment. Be extra patient with a mate, especially if he/she is a Scorpio or Pisces.

LIBRA – Sept 23/Oct 23
A good week. Many people will cross your path, and good times will abound. Express your humorous side, and you will be a social magnet. Choose your words carefully around those in prominent positions. Saying the wrong thing could get you into heaps of trouble. The weekend brings special romantic pleasures.

SCORPIO – Oct 24/Nov 22
Let your passion and your confidence guide you through a challenge in the workplace. Be steadfast, but don't let your explosive temper get in the way of your pursuit of success. Health matters may take center stage in the next few days. Let a loved one know just how much you love him or her.

SAGITTARIUS – Nov 23/Dec 21
Your exuberance may get in the way of your ability to reason. Don't pursue tasks that are bigger than you are. Problems may produce melancholy moments later in the week. Consult someone older and wiser for much-needed advice. An old friend may ask for your help.

CAPRICORN – Dec 22/Jan 20
Your calm, serious approach guides you through a tough time at work. Let your logical mind be the key to your success. A tolerance for frustration aids you in seeing a task to completion. Some extra rest later in the week provides relief for stress. Your green thumb yields success.

AQUARIUS – Jan 21/Feb 18
Dwelling on the past will not solve the problems of today. Learn to let go of those instances you cannot go back in time and correct. Looking to the future will result in great successes. A good time to be careful with your spending. Remember, a penny saved is a penny earned.

PISCES – Feb 19/March 20
A hectic schedule may be getting the best of you. Treating yourself to something special could provide a needed release from stress. The company of good friends will serve as a much-needed elixir. Professional obligations may bring travel for some Pisceans.

YOUR BIRTHDAY THIS WEEK
The next 12 months:
This could be the year to take the vacation of your dreams. Planning to set aside a certain amount of money each week helps turn your dream into a reality. This is the year to let go of your number one enemy — your ego. Strive to be less self-absorbed. Take time to consider the needs and wants of others, particularly those you love. Extra time will be well-spent trying out a new hobby. Some options may include learning how to paint, dance or play a musical instrument. Remember, when depression sets in, comedy is the best policy. February will be an especially meaningful month.

GET READY FOR WINTER



Men's Women's Children's

SOREL WOLF
- Guaranteed Waterproof
- Lug sole for great traction
- Removable comfort insole
- Removable Thermalon™ liners

$92.99

SOREL GENEVA
- Warm Sorel Thermalon™ lining
- Full grain leather with poly/cotton
- Hand-made natural rubber bottom
- Traditional "Chainlink" sole
- Removable comfort insole construction, a choice of built-in or removable liners and great looking styles. They'll provide maximum warmth, dryness and comfort on even the coldest, wettest winter days.

$82.99

SOREL CRUSADER
- Guaranteed Waterproof
- Acrylic fur cuff keeps snow out
- Oiled "Hiker" leather upper
- Warm 6 mm removable felt liner

$56.99

LOCALLY OWNED & OPERATED
Other styles also available.

WORK WORLD
Cornwall Square
938-2554

Let Me Show You What Personal Service Is All About
Francine Losey
GRANT
• DODGE • CHRYSLER • JEEP
1515 Pitt St. 938-0934



ST. ISIDORE FURNITURE



CLEARANCE SALE

HUNDREDS OF IN-STOCK FLOOR ITEMS ARE BEING CLEARED AT LOW LOW PRICES

**** SOME ITEMS WILL BE SOLD BELOW OUR COST ****

Watch For Our New Warehouse Direct Department Opening Soon!

UNHEARD OF PRICES

PAY WHEN YOU WANT *

FIRST COME FIRST SERVED

Terms To Suit Every Budget - You Can Have Your New Furniture Now and Pay When It's Convenient For You

- IT'S NEVER BEEN EASIER -



DISCOUNTS FOR CASH *

FAILING TO STOP... WILL COST YOU A LOT!

524-3202

1-800-668-7496

500 yds. North of Hwy. 417
Exit 51, St. Isidore, Ont.

*certain conditions apply - see in store for complete details

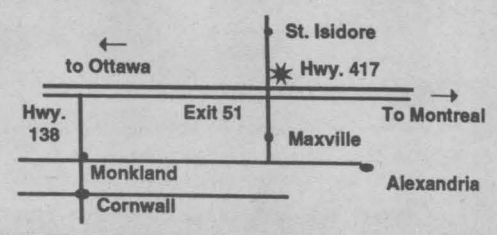
Some items may not be exactly as illustrated or limited quantities. We reserve the right to limit quantities. See dealer for details.

ST-ISIDORE FURNITURE

STOP

HOURS

Mon. & Tues.	10 am - 6 pm
* CLOSED WEDNESDAYS*	
Thurs. & Fri.	10 am - 9 pm
Sat.	9 am - 5 pm
Sun.	noon - 5 pm



Bill LaSalle To Run For School Board

Former broadcaster and veteran public school board trustee Bill LaSalle will be running one more time in Cornwall with his long-standing one school board plan as the major part of his campaign.

LaSalle says he has been trying for many years to instill in the minds of the people the importance of the single school board issue. He says he feels the people now are convinced it's the way to go but he still has an up-hill battle with many of the politicians. He says the voters must do their share in convincing the trustee candidates that they too must support the idea. He says his vote can only go so far against the opposition.

"Most of the current Catholic board trustees don't appear convinced the idea is valid. Many are afraid that Catholic education will be aborted by the plan. But this is far from the case."

LaSalle says everyone who supports the idea, and they include plenty of experts in education, see total improvement in public and Catholic education mainly because much of the savings will go back into the classroom instead of into the corporate ivory towers that have been so instrumentalin installing the plan over the years. He says fortunately some of the local public board administration have been trying to move toward greater co-operation.

The veteran trustee says despite again working on a shoestring budget during his campaign he will try to get the message out to many of the electors in detailed form. He says he plans to show why millions of dollars can be saved with either a one-school board system or total co-operation. He says those who oppose the idea should be totally ashamed of themselves since their opposition has been instrumental in not only costing the taxpayers millions of unnecessary dollars but the quality of education has been eroded because of the limitation put on available bucks for the classroom.

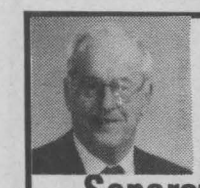
LaSalle has been a local public school trustee for 13 years and has led the fight for total co-operation for most of that time. He has also served on most of the major board committees.

LaSalle says he voted in favour of cutting the number of trustees on the SD&G Public School Board because he figures there are too many in these days of austerity.

He voted against building a new $3.5 million French school in Cornwall because he thinks the Separate school board is not being up front in the free space they could have provided in a co-operative effort.

He also voted against closing the door on English students at St. Lawrence High School to make room for French students. He says he feels both French and English students can work well together under the same roof as is now the case.

Trustee LaSalle says he feels he has learned to communicate well with parents and other ratepayers in doing the proper thing during 13 years of representation around the board table.



RE-ELECT/RE-ELISEZ

ADAMS, Charles F.

Separate School Board - English Section

√ Six Years Experience
√ One Year As Chair of the Business & Finance Committee
√ Two Years As Chair of the English Language Section
√ Professional (B.Eng., P.Eng.) and Business Background
√ Community Involvement on Various Volunteer Boards
√ Has The Time, Energy & Devotion To Board Business on a Regular Basis

YOUR VOTE WOULD BE APPRECIATED

Authorized by the CFO for the Charles Adams Campaign

S.D. & G. Industrial Training Council

and the following trainers are pleased to announce these upcoming courses.

(1) RESIDENTIAL WIRING AND ELECTRICAL CODE BOOK COURSE

November 15 - December 22, 1994

Part-Time Evenings
Instructor: Brian Bedard

(2) FIBER OPTIC INSTALLATION COURSE

November 18- 19, 1994

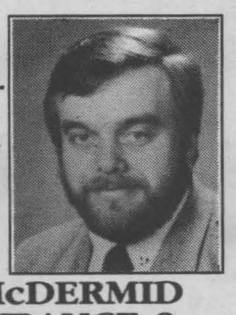
2 Day Workshop
Instructor: Ryerson Polytechnic University (CET)

(3) MICROSOFT CERTIFIED SYSTEMS ENGINEER (CSE)

December 5, 1994 - May 5, 1995

20 Weeks
Instructor: NetVision Inc. (UI Recipients Only)

Seating is limited, therefore interested individuals are encouraged to contact the S.D.&G. Industrial Training Council at 933-8030 between October 31 and November 8th for further details.



14 3rd St. E.
Cornwall
932-3137
Fax:
936-0907

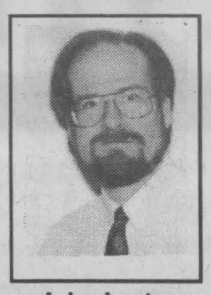
M. McDERMID INSURANCE & INVESTMENTS
Since 1979

Agent For The Great West Life Assurance Co.
Life Insurance, Disability, Insurance, Group Ins., Financial Planning, Annuities, R.R.I.F.'s

Associate of Balanced Planning Investment Corporation
Trimark, A.G.F., Mackenzie, Universal & Many More Mutual Fund Companies

For Independent Financial Planning & Consulting Services

AGF MANAGEMENT LIMITED



John Lester



JL COMPUTER

Computer Clinic

Get your computer tuned up. We will optimize and clean-up your hard drive, clean your floppy drives. Clean and lubricate all moving parts on your printer, and replace your printer ribbon.*

Nov. 11 9 am - 9 pm
Nov. 12 9 am - 4 pm

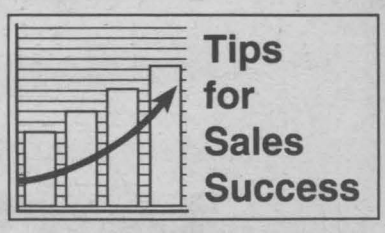
For Only $49.99

Ask For A *Free* Quotation On Upgrading Your System

*Provided the ribbon price does not exceed $12.

933 Marlborough St. (at Oliver Lane) 933-0110

Business travel survey indicates slow but steady growth



(NC)—Business travel is on the move according to survey results recently released by the Canadian Professional Sales Association (CPSA).

"We are seeing a steady climb in business travel," says Wendy Sue Lyttle, Director, CPSA Member Benefits. "Over 36% of survey respondents indicated their travel had increased over the previous year, compared with only 25.7% in 1992 and 31.6% in 1993."

International travel is also showing significant growth with 34.2% of survey respondents indicating an increase over 1993. "These numbers reflect a conservative, but growing level of confidence in the economy," says Lyttle. "And the increase in international travel is truly reflective of the globalization of Canada's economy."

Each year survey respondents are asked about their business travel preferences: where they go, how long they stay, how much they spend, and how they travel. In 1994 respondents were also asked how much they spend on airfare, which communication tools they regularly travel with and which long distance savings program they subscribe to.

Results indicate that the average business traveller is male, earns $68,000 per year, spends 6.1 nights per month away from home on business and spends $80 per night on accommodation. The average monthly airfare paid by business travellers is $775 and the communications technology of choice is the cellular phone (50.3% of respondents indicated they carry a cellular phone; 48.8% carry a laptop computer). According to survey respondents, 49.6% use Bell long distance savings programs; 11.2% are with Unitel; 8.7% with Sprint and 16.6% indicated "other" long distance programs.

The 1994 CPSA Hotel of the Year award will be presented to the Vancouver Westin Bayshore. The Delta Chelsea, Toronto, was voted a close second. Choice Hotels was voted as the best chain of properties, followed by Delta Hotels & Resorts and Holiday Inns.

The CPSA Business Travel Survey was sent to 4,000 randomly selected members. A total of 1,040 surveys were returned, representing a response rate of 23.5%. CPSA represents over 30,000 sales and marketing professionals across Canada.

CPSA is a non-profit organization providing benefits and services to more than 30,000 members nationwide. For further information call 1-800-268-3794.

GAMER TALKBACK
The Video Game Column

Brave the flames in a smokin' new game!

(NC)—Welcome, gamers, to the latest scoop on video games, software and accessories.

Want to douse hungry flames? Sega's *Fahrenheit CD* drops you into the heat of the action in a thrill-packed adventure starring our everyday heroes—firefighters.

It's up to you to rescue unconscious victims by tackling the smoke and scorching flames. Race to save lives from burning train wrecks, flame-engulfed apartment complexes and toxic chemical plant explosions, then extinguish those nasty flames once and for all!

Fahrenheit was also developed for the Genesis 32X, and this **"X"**-citing new technology delivers a truly **"X"**-hilerating performance. The 32,000 colour palette lights up the TruVideo sequences so red-hot they burn a hole through your screen.

Play by yourself or with a friend, and experience the blistering challenges of life as a firefighter. FYI, many of the fiery scenes were shot in our very own Toronto.

Now it's your turn...please write to *Gamer Talkback* at 45 Sims Crescent, Richmond Hill, Ontario, L4B 1C9. Here's what this reader had to say:

Sega Genesis 32X sounds like a great new platform, but will there be a lot of 32X games?

- Glen, Pembroke, Ontario

Dear Glen:

Never fear! When the Genesis 32X is released in November, there will be no less than six titles to show-off its **"X"**-hilerating speed and colours, including: *Doom, Star Wars Arcade, Super Motocross, Virtua Racing Deluxe*, and for Sega CD, *Super Afterburner* and *Fahrenheit*. Before the New Year Sega expects to release another dozen titles, and if that's not enough, over 25 third-party software developers are currently developing games specifically for the 32X. **"X"**-cellent!



On the Money
with Gordon Pape

PAPE'S TIP: *"Don't build your retirement portfolio on public pensions alone. Think of the CPP as a bonus."*

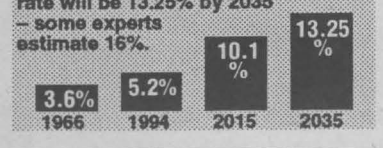
What's wrong with the CPP?

Last year, the Canada Pension Plan was forced to dip into its surplus for the first time in 28 years. Our aging population is drawing heavily on public funds, raising concerns about the CPP's ability to pay.

The facts

- Rates stayed the same for 20 years: 3.6% of contributory earnings, split between employer and employee.
- In the 1980s, Ottawa discovered the plan was in trouble and raised rates by 0.2% a year until 1996, 0.25% a year until 2006, and 0.2% again until 2016.

With these increases, contribution rate will be 13.25% by 2035 – some experts estimate 16%.



In 40 years there won't be enough working people to adequately support those drawing pensions.



WHAT MAY HAPPEN

1. No full indexing: Indexing may be reduced to inflation beyond 3% only.
2. Eligibility age raised: Instead of 65, full pension only available after age 70. (The U.S., Japan and Sweden have already raised official retirement ages.)
3. Reduced benefits: Benefits for widows and dependent children could be trimmed.

What you should do:
Don't assume your benefits will be at current levels when you retire, especially if you're now under 30. Plan for income from RRSPs and private funds.

© 1994 ArtPress International GRAPHICS SYNDICATE 6/11

Gordon Pape is a financial author and broadcaster. On the Money provides general information on money management. For specific advice, consult an appropriate financial professional.

Gabe Martel

New Directions

Your Candidate for Mayor of Cornwall

Dear Neighbours,

The time for talking is over... It's time to take our town back!!!!

I'm writing this letter directly to the voters of Cornwall to express my thought on the future of our town.

On November 14, 1994, we will be asked to return to the polls in what may be the most important local decision in recent memory. This decision will have a direct impact of our lifestyle, no only for today but well into the next millennium.

When I took the challenge of a municipal election, I did so with a sense of genuine concern for my neighbours and their children.

As the days have come to pass and we find ourselves halfway into the campaign, I am more convinced than ever that I'm still doing the right thing for all the right reasons.

Cornwall is my home, not because I was born here but because I love the people that I have come to call my friends and neighbours. Most people look at Cornwall for what they see on the surface, I look at Cornwall for what it could be and the good it has in it's people.

The campaign to date has been a learning experience for me and my family. Not being a politician, I have and continue to make campaign mistakes, but never compromising my integrity for a vote.

As I stand before you in judgement on November 14, I will make this solemn pledge to you: I will work harder than any man before me to make this a town that others will see as a warm and friendly place to work, live and enjoy.

As I become the Mayor worthy of your trust, all of us will join and become the town we've always wanted to be - warm and prosperous.

Respectfully,

Your neighbour, Gabe Martel

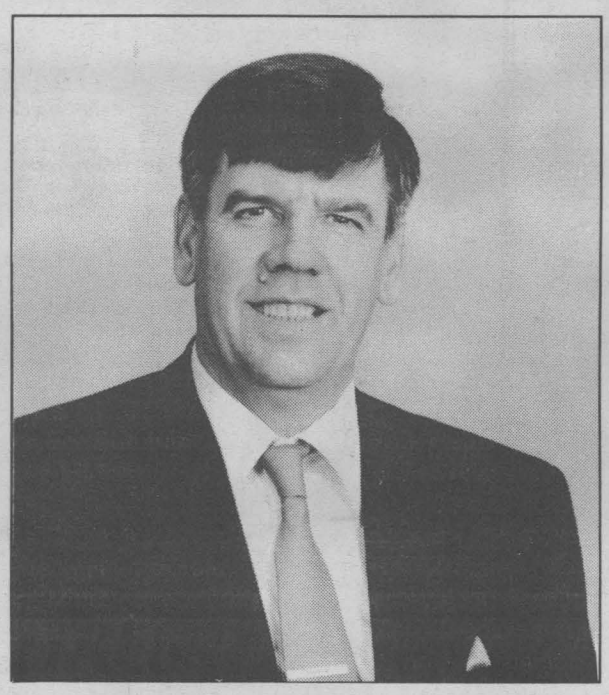
We can no longer afford to spend more money that we collect!

CORNWALL

	1984	1993	Increase
Population:	46,680	46,619	0%
Residential Mill Rate:	254,170	401,733	58%
Commercial Mill Rate:	299,020	472,626	58%
Taxation	19,140,000	35,699,000	86%
Fee & Charges	3,571,000	10,119,000	183%
Revenue (All sources):	41,552,000	82,101,000	97%
Ontario Grant Portion:	11,075,000	25,825,000	133%

QUESTION: What happens to our Mill Rate and Taxes when the Province of Ontario will no longer subsidize our spending?

ANSWER: You and I will have to pay another 100% increase in our taxes to make up the difference!



Taxes and the Taxpayer

Taxes must and will be addressed first before we can truly be effective in bringing new investors and more jobs to revitalize Cornwall.

We have to maintain a balance between the services we enjoy and the money we have to collect to pay for them.

The Time For Positive Action is Now!

Cornwall's municipal government has conducted business in the same manner as all the other municipalities in Ontario. Get more money spend more money.

Now Cornwall's new municipal government under my leadership, will do it differently. We're going to plan for the future of our town and for the well being of our people.

We are going to develop and execute a 10-year economical improvement strategy. We're going to stop living from one fiscal paycheque to the next hoping that it will be enough to cover the spending.

We will establish development priorities to salvage the downtown core of our town. We will budget for and improve our waterfront, we will budget for and improve our two main merchant cores and we will establish a preferred policy regarding the appearance of existing and new construction along Pitt, Water and Montreal Road.

*"We have to change our attitude. "I" is only 1/46,000 of the formula to success. **"WE"** is the whole of the formula of success.*

We will budget for and improve the quality of life for all our residents, **equally** divided in arts, sports and leisure.

All 46,000 of us will join together and work to improve the attitude of our town because it is our town, and if we don't do it, no one will do it for us.

Council will join with city staff and with the help of the residents of our town, we will ensure that the work still gets done and the tax rate doesn't get any higher than it is now.

In all that I have written here today, there is one word I would like you to remember and that word is **"WE"** because without that word, none of our dreams will be realized. "I" is only 1/46,000th of the formula, **"WE"** is the whole of the formula.



Let's Talk... 933-5514

Authorized by C.F.O.



AUTOPRO
BRAKES
MUFFLERS
SUSPENSION
FRONT END
FRONT WHEEL DRIVE

Tires Brakes
Tune-Ups Exhaust
Shocks Alignments

24 HOUR TOWING

YOUR 1 STOP SERVICE STATION IN LANCASTER

ST. PIERRE GARAGE

AUTOPRO BRAKES MUFFLERS SUSPENSION FRONT END FRONT WHEEL DRIVE

Main St. - Lancaster
347-2038

Shell

RIDGEWOOD Factory Outlet

OPEN SATURDAYS only 8-noon

CORNER ENTERTAINMENT $99

HOME ENTERTAINMENT CENTRE $65

CORNER AUDIO RACK $119

CHANGE TABLE $35

CHIFFOROBE $75

TRUNDLE DRAWER $15

BUNK BEDS Only 5 left Full/Twin $185

- NO CHEQUES -
WHILE QUANTITIES LAST
3305 LOYALIST ST.
INDUSTRIAL PARK

DRIVE FOR 2 YEARS

only $15,794

REDUCED TO CLEAR



stk #4187

1994 EXPLORER XLT 4x4

Designer Hunter Series

4 dr., fully equipped
3 yr/ 60,000 km warranty
24 hour road side assistance

*24 month plan from Ford Credit Lease plus applicable taxes, DOC, lic. fee

MILLER HUGHES Ford

711 Pitt St. 932-2584

Vandalism and Break and Enters

CRIME STOPPERS

STORMONT AREA

Crime Stoppers needs your help in solving a theft of gas from MacEwen's Petroleum on Tenth Street East.

On September 28, 1994 at approximately 2:00 pm, the gasoline truck arrived at the station and topped off the gas tanks. When it returned at 1:00 am September 29, 1994 the driver noticed that the regular gas was down 42,000 litres and also the high-test gas was down 42,000 litres. The driver checked the documentation and it showed that nobody had filled up between these hours and that it would have taken at least two trucks to steal that amount of gas. Total value of the stolen gas is $19,000.00

If you have any information on this or any other crime you may be eligible for a cash reward of up to $1,000 dollars. Remember we don't want your name but please give us your information. Call Crime Stoppers at 937-8477 and for long distance calls 1-800-265-8477.

DUNDAS

Crime Stoppers needs your help in solving break, enter and theft at the Timothy Christian School.

Sometime overnight between October 16 and October 17, 1994 thieves gained entry to the school by smashing the glass in the south door. Once inside they opened desks and filing cabinets and entered several classrooms. The list of stolen articles includes:

1) General Electric Am/Fm stereo radio
2) Cannon faxphone model #UMA69360
3) Philips TV and VCR
4) Casio keyboard
5) Canadian Tire camera
6) Cannon LX camera ser #6028469
7) Microphone

Total value of stolen property $1,845.00.

If you have any information on this or any other crime you may be eligible for a cash reward of up to $1,000 dollars. Remember we don't want your name but please give us your information. Call Crime Stoppers at 937-8477 and for long distance calls 1-800-265-8477.

GLENGARRY AREA

Crime Stoppers needs your help in solving a break, enter and theft at a Highway 2 residence in Summerstown, Ontario.

On October 10, 1994 at approximately 2:00 pm, a lone male gained entry to the house by a window and once inside stole 4 pairs of earings, 2 rings, 7 gold chains and other jewellery. The suspect was scared off by the father of the victim who was walking around the house. The suspect is described as male white, skinny, early 20's-mid 20's, 5'10". Total value of stolen property was $2,000.00.

If you have any information on this or any other crime you may be eligible for a cash reward of up to $1,000 dollars. Remember we don't want your name but please give us your information. Call Crime Stoppers at 937-8477 and for long distance calls 1-800-265-8477.

Canadian Cystic Fibrosis Foundation

Did you know that 1 in 25 Canadians is a carrier of a defective gene causing cystic fibrosis? Chances are 1 in 4 that a child born of two parent carriers will have CF. Support CF research.

SCIENCE MATTERS

RADAR: Keeping an eye out

Since its development in the 1930s, radar has become a part of our daily lives. It allows accurate weather forecasting, air traffic control and highway speed traps.

Tracking planes

Several different radar systems are used to track commercial airliners:

- **Primary radar:** Measures distance to aircraft
- **Secondary radar:** Tells ground stations the plane's height and identifies it
- **Weather radar:** Alerts pilot to rough weather ahead
- **Radar altimeter:** Measures altitude of plane

Outgoing signal

Reflected signal

Doppler weather radar

Detects wind speeds in distant storms

- **Clouds moving toward radar station** Frequency of reflected waves is increased
- **Clouds moving away from radar station** Frequency of reflected waves is decreased

Doppler radar detects the frequency changes

Radar speed trap

Uses the Doppler principle to measure speed of car or truck:

Radar set 73 — Panel shows car's speed

Radio waves from radar set

Reflected waves are compressed

The radar device measures the compression of the radar waves and displays the speed.

THE SPEED OF RADAR

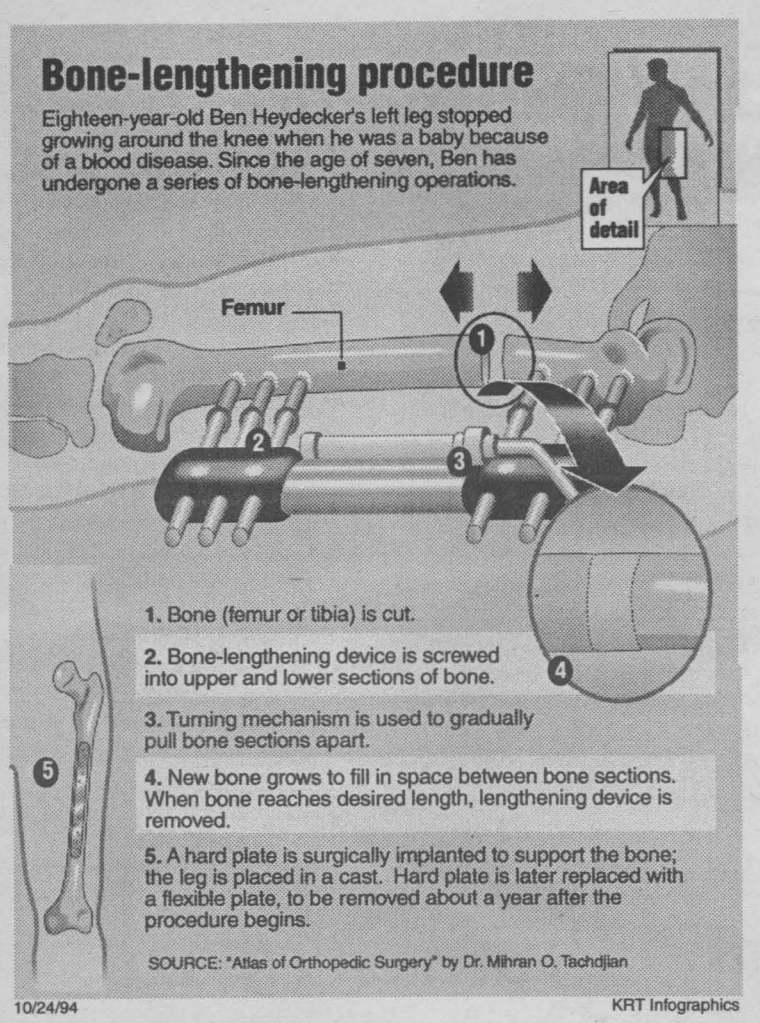
Radar waves travel at the speed of light, 186,000 miles a second

A radar screen display

Shows radar operator the distance to objects that have reflected radar waves back to antenna.

Reflected waves — Sweeping trace — Mile marks

SOURCES: The Way Things Work, The World of Science, World Book Encyclopedia, On-line edition of Grolier's Academic American Encyclopedia, The Weather Book



DID YOU KNOW:

- 1,100 Ontarians die each month from tobacco-related illnesses?
- Exposure to second hand smoke increases non-smokers' risk of cancer by 30%?
- Tobacco is more addictive than cocaine and heroine?

- The Lung Association is Canada's oldest health charity?
- The Lung Association was successful in virtually wiping out tuberculosis in Canada, and now works to prevent and control all lung disease, including asthma, emphysema, lung cancer and others?

- Deaths due to asthma are on a dangerous increase?
- One in 5 Canadians has some form of lung disease?
- Every 20 minutes in Canada someone dies from lung disease?

THE LUNG ASSOCIATION
1-800-668-7682 The Christmas Seal People
NC

BRIDGE RESULTS

Independent Bridge Club
Oct. 26/94

N/S
1. Helen Alguire - Marjorie Sommers
2. Brunelle MacDonald - Pauline Pinard
3. Kay Barlow - Jean Forbes

E/W
1. Dina Beaulieu - Ruth Edgerton
2. Lucienne Brasseur - Hermine Ladouceur
3. Eileen Beaudette - Georgette Lauzon

Seaway City Bridge Club
Oct. 27/94

N/S
1. Fern Emerton - Emma Farlinger 71.8%
2. Yolande Boyer - Hermine Ladouceur
3. Brunelle MacDonald - Marjorie Raymond

E/W
1. Eileen Beaudette - Jean Stokes
2. Adelaide Hunter - Margaret Laviolette
3. Rita O'Brien - Freena Robertson

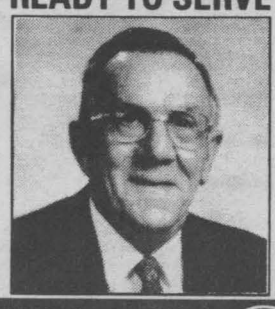
Cornwall & District Bridge Club
Oct. 27/94
1. Ben Bouvier - Louis Rioux
2. Mabel Chan - Nelsa Kalil
3. Bert Mosher - Maurice Roussy } tie
4. Jocelyn Campbell - Lydia LeGault } tie
5. Margaret Grieve - Charmaine Quenneville
6. Bob Dalgleish - Richard Fawthrop

Senior Citizen's Bridge Club
Oct. 28/94
The Roussy Trophy
1. Marie Godard - Jim Barlow
2. Helen Alguire - Kay Colbran } tie
3. Yvonne Bergeron - Emma Farlinger } tie
4. Margaret Kennedy - Jeannine Leroux
5. Colombe Amelotte - Reina Drouin
6. Kay Barlow - Brunelle MacDonald

Cornwall Community Bridge Club - Oct. 31/94

N/S
1. Margaret Campbell - Denise Fournier
2. Mabel Chan - Bea Fairweather
3. Jean Forbes - Charmaine Quenneville

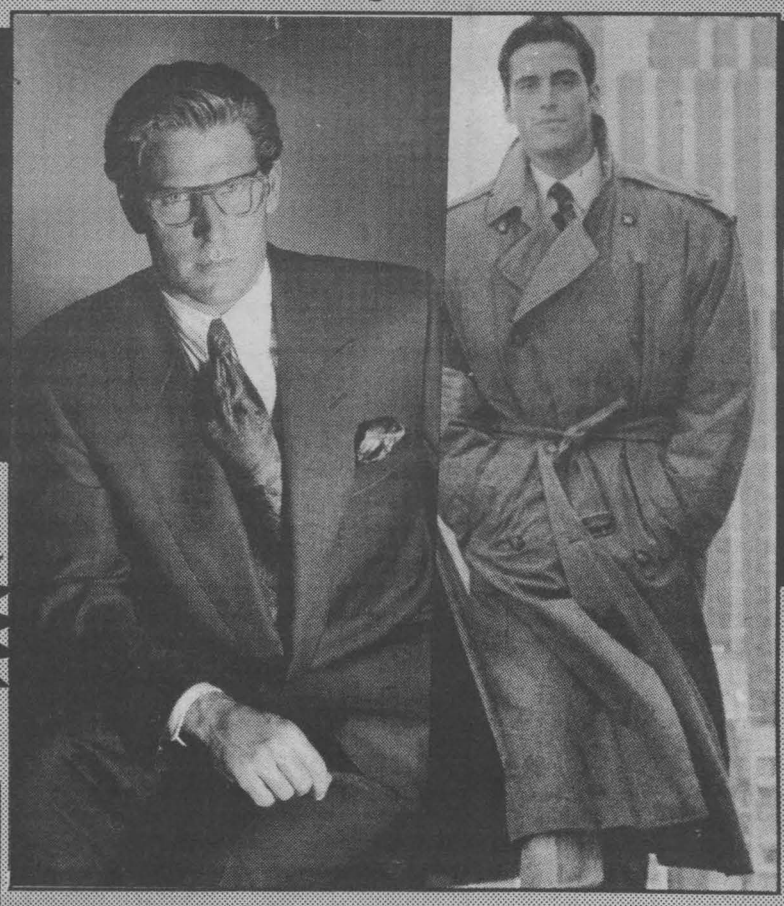
E/W
1. Mildred Cleary - Doris Roussy
2. Ron Jenne - Steve Lassner
3. Charles Lawn - Fernando Llano

A PROVEN RECORD
READY TO SERVE

FRANCIS GUINDON X
MAYOR/MAIRE
Election Headquarters 938-1933
Authorized by the CFO for the Francis Guindon Campaign



Another $1,000 Winner!!

Waveney Stewart, (left) receives a cheque from Jean Scott, President of the Cornwall General Hospital Auxiliary, for the Oct. 27th Club 1000 cash draw. Two prizes are awarded each week in 1994. Tickets are currently on sale for the 1995 draws. The proceeds are being used to purchase a Bone Mineral Densitometer, and can be purchased by calling 938-7213 for further information.

OPEN SUNDAYS 12 Noon - 5 pm
Aux Habits Dorion
ONLY 40 MINUTES FROM CORNWALL
LATEST STYLES AND FASHIONS
SPORT JACKETS
melton finish • sizes 36 - 46
20% off

Rain Coats
• 3 Season
SUPER SPECIAL
from $89.95
Large Variety Of:
• Suits • Sports Jackets
• Dress or Sport PANTS
• Dress or Sport SHIRTS
Dress Shirts
• Known Brands
from $19.95
SENIOR CITIZENS
15% off regular price
Monday to Wednesday
STUDENTS Regular Price 15% off
FREE ALTERATIONS
LAYWAY PLAN
"The Trip Is Worth It"
150 Harwood Blvd., Dorion, Quebec (40 Minutes From Cornwall) 1-514-455-3170

OILTRELL
* Oiltrell Oilspray Lifetime warranty $59
* Oiltrell Rust Proofing ... $149
* AMAZING GLAZE $119
Never Wax Your Car Again!
MR. TOUCH-UP & GOLD PLATING
633 Pitt St. 938-9325

ELECT

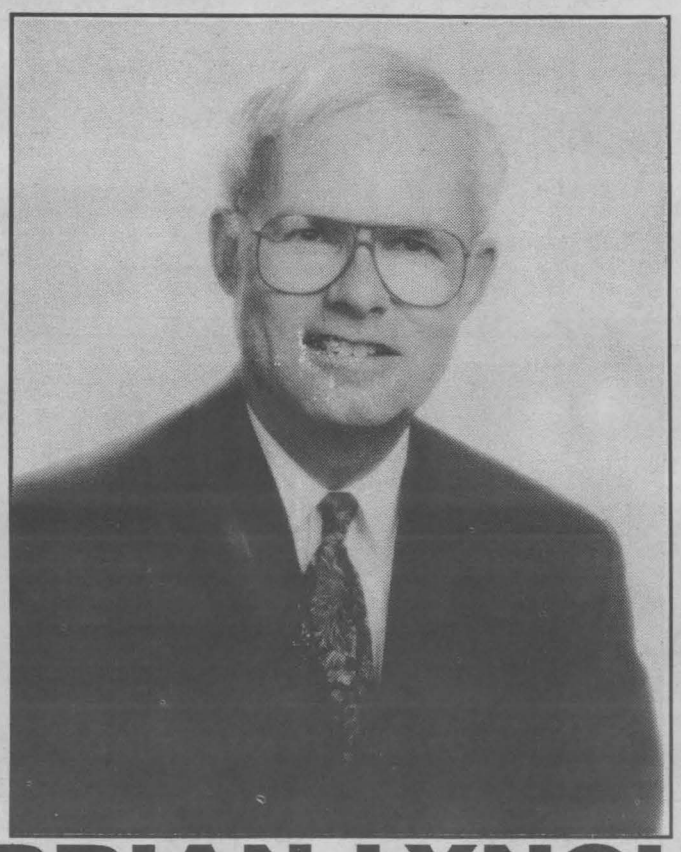
RAY BEAUREGARD
Councillor
Cornwall Township


UNISEX HAIRSTYLING
EASTCOURT MALL
is pleased to announce and welcome to our staff

Brenda Gatien and Leslie McLaughlin
NO GST NOVEMBER SPECIAL NO GST
Monday to Friday - Only
(Not Valid With Any Other Promo)
EASTCOURT MALL 933-2632

There When It Counts!!
Let Me Continue To Be Your Voice

JOE GUNN
TRUSTEE - PUBLIC SCHOOL BOARD
Authorized by the Committee To Re-Elect Joe Gunn

We Can Do Better
Un Echevin Efficace

BRIAN LYNCH
stands for ...
• Open, Accountable City Council
• Positive City Image
• Job Creation
• Industrial Growth
• Fiscal Responsibility
• Social Development Council
• Improved Roads
• Community Policing
• The Arts and Heritage Preservation
• Environmental Initiatives
• Waterfront Development
BRIAN LYNCH
Alderman Tel.: 933-8353 Echevin
Authorized by Garry Brunet, CFO for Brian Lynch Campaign

CHRISTIANITY ALIVE



By Bob Burgess, Pastor
New Life Covenant Church
(A Spirit-Filled New Testament Church)

"And said, "Assuredly, I say to you unless you are converted and become as little children. you will by no means enter the kingdom of heaven."

Matthew 18:3
(quoted by Jesus)

This Scripture at first glance can be confusing and can cause one to wonder what is being said.

The Scripture first talks about being converted. What does that mean? The dictionary says the word convert means, "to change or turn into another substance; to change from one state to another." Jesus was saying that people, you and I, need to be converted from one state to another. The state Jesus meant was that of sin and evil to a more Godly way of life. The Bible at various times uses different terms and ways of talking about this conversion and no doubt you've heard the term being born again. It means that through a miracle of God and by Faith in His power, you can ask God to come into your life and to give you His nature.

This verse goes on to tell us to "become as little children." You know how little children believe what you tell them and don't question it. We call it child-like faith. This is what Jesus was saying. If you and I will realize that our way of life is wrong and if by Faith as a little child will ask God to convert us, because He alone can do this conversion, our lives will be changed. I can and do appreciate the skeptics out there because I used to be one myself. But if you will take that little step of faith and look to God, I guarantee your life will be changed.

The last part of this verse says if we are converted, we will enter into the Kingdom of heaven. It simply means that once we are converted, we can understand and see the reality of God and His kingdom.

I want to invite you who are willing to be converted to pray this prayer with all your heart: "Dear God, I thank you that you know my condition, I thank you that I can be converted because of Jesus death on Calvary, I thank you that you love me and care for me and by faith this day I ask you to convert me into your heavenly kingdom" Amen.

If you've prayed this prayer, please find yourself a Bible believing and preaching church this very week.

As always, remember that God loves you, He really, really does.

THOUGHTS FOR THIS WEEK:

1. Prayer is the answer to every problem there is!
2. The sense of sin is in proportion to the sense of holiness!
3. If you are trying to be a Christian, it's a sure sign you are not one

VOTEZ/VOTE
POUR UNE
PERSONNE DEVOUEE

DENISE LALANDE
CONSEILLERE SCOLAIRE/TRUSTEE
CONSEIL DES ECOLES
CATHOLIQUES DE S.D.G.
SECTION DE LANGUE FRANCAISE
pour renseignements, suggestions ou autres, vous pouvez communiquer avec moi à la maison après 18h00 (938-6330)
Autorisé par le directeur financier

"Let's Get Married" Fashion Show



Pictured above are mature models demonstrating elegant fashions from Honeymoon Suite. From left to right are Linda Swift, Winnie Brown and Ann Mines.


Bring Your Car To The Experts For Your Winter Tune-Up
191 Years of Combined Experience & Mechanical Know-How AT YOUR SERVICE
Minimum 1 year warranty on GM Parts and our labour
GM Goodwrench Service Plus
Roy's
PONTIAC BUICK Cadillac GMC TRUCK CENTRE
6 TIME WINNER OF THE PRESIDENT'S TRIPLE CROWN
525-2300
HWY 34 GREEN VALLEY 1-800-267-7173

PLACE YOUR AD TODAY!!!
CALL 933-0014

TEMPO CAR SHELTERS

16' X 11' – 399
6-1/2' Door Clearance
Delivery & Installation Extra
LALANDE
Pools – Spas – Patio – Billiard
121 Cornwall Centre Rd.
932-0469

Banner Year At The St. Lawrence Parks

Last year's budget projections for increased revenue and attendance in 1994/95 have become this year's reality and The St. Lawrence Parks Commission is calling it a remarkable achievement and a banner year for the Parks of the St. Lawrence. The Commission has had a great season and revenues exceeding $5,000,000 are there to prove it. This benchmark figure was reached at the end of September and means that, together with the provincial transfer payment, there will be sufficient funds to meet planned expenses through to March 31, 1995. Additional revenue earned this year will provide a few dollars to invest in next year's business growth.

1994/95 is the Commission's first year of revenue retention and aggressive revenue targets were established at all Commission attractions, including campsites, Upper Canada Village, Fort Henry and other recreational areas. Not only have these targets been met, but they have exceeded 1993/94 actual revenue by 14%. Growth in self-sufficiency is expected to reach over 40% in 1994/95, the highest level of cost recovery in the Commission's recent history. This has been achieved in spite of continued decline in provincial funding for Commission operations.

Sounds good... but what does it mean?

(NC)—As we look forward to celebrating the turn of the century, people are also giving serious thought to issues concerning the future of the planet Earth. The World Conservation Union has popularized the term "sustainable development" and many governments around the world are adopting policies and strategies for their own countries.

Here are three questions to ask to help understand if an activity is a good working example of sustainable development according to the World Conservation Union's guidelines:

1. Does it conserve ecological life-support systems and biodiversity?
2. Does it ensure that uses of renewable resources are sustainable and minimize the depletion of non-renewable resources?
3. Does it respect the carrying capacity of supporting ecosystems?

Energy Facts

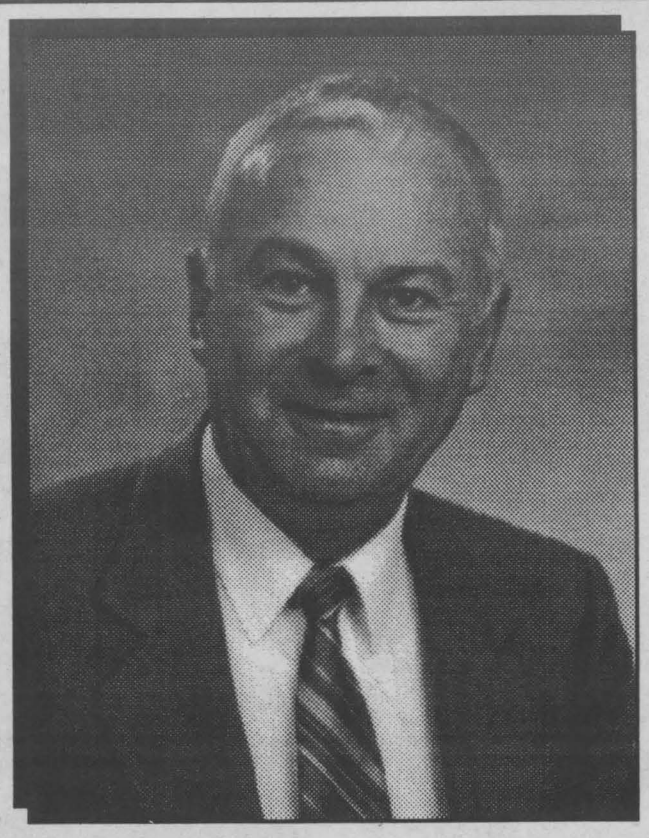
The uranium mining industry in Canada is regulated to prevent damage to the environment. The mining company must ensure the treatment and safe disposal of waste materials, including waste rock and tailings, while the mine is active and after it is closed. **NC**

Thank you for supporting Christmas Seals
Call toll-free 1-800-668-7682
When You Can't Breathe,® Nothing Else Matters.
THE LUNG ASSOCIATION

HENSTOCK'S USED AUTO PARTS
MANY PARTS AT LOW PRICES
OPEN MONDAY TO SATURDAY 9 am - 8 pm
NO GST
368 Balmoral Ave., Cornwall
937-4330

LET ME DESIGN YOUR NEXT AD!
The Seaway News reaches over 29,000 homes each week. Let me design an ad for your business.

CALL ME TODAY FOR DETAILS
BILL SNELGROVE
Sales Representative
SEAWAY NEWS
329 2nd St. W., 933-0014



DICK Aubry
THE LOGICAL CHOICE

• Taxes

Minimal tax increases over next 3 years - average no more than 1%/year. In the past campaign I said 2%, 2%, 2%. What we actually did was 2.27%; 1.73%; & 0.30% = avg. 1.43%. So it can be done!!



Signing the contract with Cedar Rapids Transmission are l. to r. Claude Dubé, Chairman Cedar Rapids; Jean Tremblay, General Manager Cedar Rapids; Dick Aubry, Chairman Cornwall Electric; Ernie Jackson, Vice President and General Manager Cornwall Electric.

• New agreements = savings

As President of Cornwall Electric it has been my pleasure to be part of the team that negotiated new long term contracts with Niagara Mohawk, Can. Niagara Power and Cedar Rapids Transmission. These agreements will permit power rates of 20% less than Ontario Hydro to the year 2009.

• Aces

In hindsight it's easy to see some of the mistakes we made. We "should have" involved you the public in original discussions. We "should have" never agreed to the so called 'confidentiality clause'. We "should have" struck a better bargain. But now that the die has been cast we "should" get behind the club and make it the very best and as successful as possible.

Alderman/Echevin

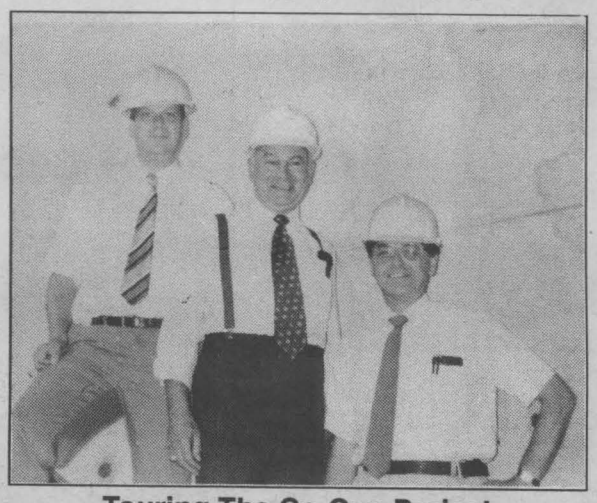
DICK Aubry
THE LOGICAL CHOICE

• Restructure of management

This past City Council with the hiring of Richard Allaire as CAO put into place a restructuring of the management at City Hall. The net effect of this is an annual savings of $175,000.

• CDH win - win...

The Cornwall District Heat Project is one of those win - win situations that comes along when you have imaginative people working together. The CDH customers, hospitals, schools, city and institutions will lower their costs. The revenue will help Cornwall Electric keep your power rates down. We're now looking at a Phase 2.



Touring The Co-Gen Project
l. to r. Robert Winn, Comptroller Cornwall Electric; Dick Aubry, President CDH and Cornwall Electric; Ron Bergeron, Vice President CDH and Cornwall Electric

• Fiscal management

Sound fiscal management over the years has put our reserve position at 8 million dollars.

• Other

- As Chairman of the Steering Committee and now first Chairman of Cornwall and Region Visitor and Convention Bureau, we've "privatized" this operation by moving it out of City Hall and making it industry driven.
- I believe the next council should get fully behind the Bill Gallant "Floral City" project. This and the lilac project are high impact items that can change the city, our view of ourselves and our public image.
- The soccer and fastball/softball groups have some important inputs to make concerning the quality levels of playing fields and I will plead their case to Council.

Authorized by CFO for The Aubry Campaign Committee

Be wise—immunize!

(NC)—They're in the air you breathe, the ground you walk on, the food you eat—bacteria and viruses are everywhere, but only a few of them ever get a foothold in your body. That's because your immune system fends them off. It produces antibodies to attack invading germs.

The ability to resist infection is called immunity. You build immunity by having a disease, or by being exposed to it. In each case, the immune system is stimulated to produce germ-fighting antibodies.

Immunization—also known as vaccination or 'getting shots'—is an artificial method of stimulating the production of antibodies. It's usually safer than actually getting the disease.

Lifelong protection

Immunization should begin in childhood and be carried through to adulthood. Immunization protects not only you, but also the people around you.

The health and safety experts at St. John Ambulance suggest you follow the immunization schedule provided by Health Canada.

Shielding your child

Babies should be immunized at two, four and six months against diphtheria, pertussis (whooping cough), tetanus and polio (the combined vaccine is called DPTP).

Immunization to prevent mumps, rubeola (red measles) and rubella (German measles) should be scheduled for just after a child's first birthday.

Children should get fourth and fifth boosters for DPTP at 18 months and between the ages of four and six, or before they go to school.

Teenagers between the ages of 14 and 16 should get boosters for diphtheria, tetanus and polio.

Not just kid stuff

Immunization is not only for children. Adults should get a DPT booster every 10 years for life and whenever they come into contact with those diseases. If you suspect you are pregnant, please consult your doctor before getting any shots.

Exotic germs

Germs don't declare themselves at the border, but some diseases are more common in foreign countries than they are here in Canada. Before you travel to some exotic destination, ask your doctor if you'll need to protect yourself with special immunizations.

Side effects

Minor side effects are common with some vaccines. They can include:

- redness, swelling and soreness at the injection site
- low fever
- rash
- irritability, loss of appetite, vomiting or extreme tiredness (babies may also be fussy and cry)

Medication can reduce fever and other minor side effects. Ask your doctor about this.

Some side effects can be more severe. Watch for these signs:

- hives, wheezing, swelling of the face or mouth or difficulty breathing (these could be symptoms of a serious allergic reaction). Call 911 if the person experiences difficulty breathing.
- high fever
- babies prolonged crying or screaming (for more than three hours)
- convulsions
- pale and non-responsive

If you notice any of these effects, call your doctor immediately.

The right decision

Serious side effects are rare. Remember that the benefits of immunization far outweigh the very slight risks.

St. John Ambulance teaches first aid, CPR and health promotion with an emphasis on injury prevention. For more information on caring for your family's health, contact your local St. John Ambulance office.

FIRST AID AND SAFETY TIPS

NUTRITION

Cut the fat

Saturated fat raises blood cholesterol levels while monounsaturated and polyunsaturated fats tend to reduce blood cholesterol levels.

Fats & Oils (1 Tbs.)	Fatty acids grams Saturated	Mono-unsaturated	Poly-unsaturated
Coconut oil	11.8	0.8	0.2
Palm kernel oil	11.1	1.5	0.2
Butter	7.1	3.3	0.4
Lard	5.0	5.8	1.4
Olive oil	1.8	9.9	1.1
Peanut oil	2.3	6.2	4.3
Corn oil	1.7	3.3	8.0
Sunflower oil	1.4	6.2	5.5
Margarine, tub	1.8	4.8	1.9

SOURCE: Detroit Free Press, The Food Book

YOU CAN PICK UP YOUR "FREE" COPY OF THE SEAWAY NEWS EVERY MONDAY AT ANY OF THE FOLLOWING LOCATIONS

ALEXANDRIA:
- Lalonde Pronto
- North Stop Convenience
- Tabagie Alexandria
- Becker's

APPLE HILL:
- Apple Hill Mini Mart

AVONMORE:
- Barkley's Store

BAINSVILLE:
- A&G Country Store
- Creg Quay
- Sangster's

BERWICK:
- Gardner's Conf. & Gas Bar

BONVILLE:
- St. Lawrence Meat Market

BROWN HOUSE CORNERS:
- The Brown House

CHESTERVILLE:
- Seaway Valley Pharmacy

CRYSLER:
- Benoit General Store
- Beau Mini Mart

FINCH:
- D&D Market
- Finch Variety Store
- Red & White
- MacEwen

GLEN WALTER:
- Olco
- Marty's

GREEN VALLEY:
- Gilles Auto Service (MacEwen)

HIGHLAND RD. & HWY. 43:
- A.J.K.

INGLESIDE:
- Becker's
- Food Town
- Sears Rest.
- Stewarts Home Hardware

LANCASTER:
- Max's Mini Mart
- Freshmart
- Denise Country Kitchen & Deli
- Hardware Store

LONG SAULT:
- Becker's
- Kyer Garden & Conf. (Headline Rd. E.)
- Talk Of The Town
- Long Sault Motel

LUNENBURG:
- Merkley's Big M

MARTINTOWN:
- K-Cees Video
- Nell's General Store

SEAWAY NEWS
329 2nd St. W.
Cornwall, Ont.
K6J 1G8

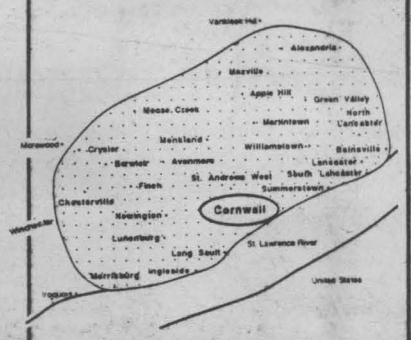
TELEPHONE
933-0014

FAX
933-0024

CLASSIFIEDS
933-0015

DISPLAY ADS
933-0014

29,238 PAPERS WEEKLY



Serving Cornwall & Area Since 1985

- Warden's Gas
- Sauve's Corner Store

MAXVILLE:
- Scott's Conv.
- Maxville Market

MONKLAND:
- Mary's Restaurant
- Campbell's

MOOSE CREEK:
- Lucky Dollar Food Store

MORRISBURG:
- Becker's
- Home Hardware
- Mr. Grocer
- Mac's Milk

NEWINGTON:
- Duff's Grocery

NORTHFIELD:
- Four Corner Store

NORTH LANCASTER:
- Marché Yvan Desautels Mkt.

OSNABRUCK CENTRE:
- Stewart's Store

SOUTH LANCASTER:
- Wereley's Garage

ST. ANDREWS:
- Good Neighbour Conf.

SUMMERSTOWN:
- Moonlight Cabins
- Shepp's Diner

SUMMERSTOWN STATION:
- Bougie Mini Mart

WILLIAMSTOWN:
- A.L. MacDonald Groc.

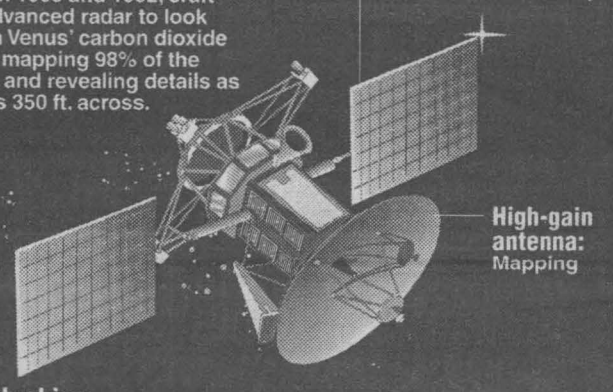
IN CORNWALL AT:
- Becker's, Eamer's Corners
- Bill's Smoke Shop *Pitt St. 3rd St.*
- Carl's Smoke Shop *Pitt St. at 3rd St.*
- Downtown Convenience Store , *2nd & Pitt St.*
- Denny's Smoke Shop *Montreal Rd.*
- Esso, Marleau Ave.
- Gilles' Quick Stop *Cumberland at 11th W.*
- Longtin Conf. *128 Lefebvre*
- Mac's Milk *2nd E. & Glengarry Blvd.*
- Mag's Milk *McConnell & 11th E.*
- Mitchell's, *Pitt St. N.*
- Quickie, *Brookdale at 14th W. & Montreal Rd. at Belmont.*
- Parkside Conv., *Hwy. #2*
- Shortline, *2nd St. W.*

Eulogy for a valiant explorer

After four years in orbit mapping Venus, the spacecraft Magellan will fall to a fiery death Wednesday. What the craft accomplished:

1 Maps

Between 1990 and 1992, craft used advanced radar to look through Venus' carbon dioxide clouds, mapping 98% of the surface and revealing details as small as 350 ft. across.



2 Aerobraking

Used the drag from Venus' atmosphere to change from an elliptical to a lower, nearly circular orbit. This technique saved fuel since jet thrusters were seldom used.



3 Gravity study

While in low orbit, created a map of the Venus' interior by measuring changes in its own acceleration caused by variations in planet's gravitational field. These reflected changes in the density of its interior.

SOURCES: NASA, news reports; research by PAT CARR



OSNABRUCK TWP
REEVE

√ Councillor 1985-1991
√ Past President Chesterville Rotary Club
√ 18 yr. member Stormont Agricultural Society

Let's Move Forward Together

BANCROFT, Jim (X)

Authorized by the CFO to elect Jim Bancroft



Conseiller Scolaire - Trustee
Ecoles Catholiques de
Langue Française

Devenez "Partenaire en éducation"

VOTEZ (X)

GAUTHIER, Jean-Guy

Book To Be Launched at Williamstown Museum

The Lochaber Emigrants to Glengarry, the long-awaited book on one of the most important Highland immigrations to Glengarry, will be launched at the Nor'Wester and Loyalist Museum in Williamstown, Glengarry County, Ontario, on Saturday, November 12, 1994, from 2 to 5 p.m. Refreshments will be served and background music supplied by the Glengarry Gaelic Choir, Gaelic singers from Williamstown Public School, dancers and local musicians.

For anyone interested in the history of the Highland Scots, in Scotland and North America, this book is essential reading. In Canada and the United States there are tens of thousands descended from these pioneers. The book deals with conditions in Scotland before they left, settlement experiences in Glengarry, and the spread of the Scots-Canadians to the Canadian and American west. There are fur trade and Metis connections, and ties with the Caribbean. As well as colourful articles, the book contains a wealth of genealogical information, family trees, maps, photographs and other illustrations.

Edited by Dr. Rae Fleming, author of the award-winning biography of Sir William MacKenzie, Railway King of Canada, contributors to The Lochaber Emigrants include Dr. Marianne McLean, author of The People of Glengarry , Edward J. Cowan, M.A., chairman of the Department of Scottish History, University of Glasgow, Dr. Stanley Barrett, Department of Anthropology, University of Guelph, Heather Devine, M.A., Metis Women's Association of Alberta, Ian MacMillan, M.A., Graeme M.MacKenzie, M.A., Clan MacMillan historian for Scotland, Duncan (darby) MacDonald, Director, MacDonald Research Centre, Dr. Hugh P. MacMillan, Antiquarian, David G. Anderson, past president, Glengarry Historical Society, and Kenneth McKenna, president, Glengarry Highland Society, and columnist (Highland Paths) for The Glengarry News.

Many of the names on the ships' lists of 1802 are still well-known in the Greater Glengarry area (spelled as they appeared on the listings): Cameron, Chisholm, Corbet, Fraser, Gillis (or MacGillis), Grant, Henderson, Kennedy, McAlpin, McArthur, McDonell, McDonald, McDougald, McIntosh, McKay, McKinnon, McLean, McLellan, McMaster, McMillan, McPhee, McPherson, McRae, Morrison, Rankin, Scot, Stewart.

Here's what two well-known Canadians have to say about The Lochaber Emigrants: 'This book will be valuable and interesting for Scots searching for information about their ancestors.' — Al Purdy, Ameliasburgh, Ontario. 'The Lochaber Emigrants to Glengarry is a welcome addition to our knowledge and appreciation of the trials and tribulations, the joys and triumphs, that our Scottish forebears experienced in their determination to build a new home in a far distant country.' — Flora MacDonald, Ottawa, Ontario.

There is scarcely a Glengarry family that does not have a connection with these early arrivals in Canada. Their story is shared by all the Highland people who came to Canada in the early years of settlement, from the 1780's on, in both Upper Canada and in the maritime provinces.



CALL 933-0015
To Place Your Ad

LIQUIDATION SALE

EVERYTHING MUST GO!

We're Clearing Everything Out - To The Bare Walls

SOME ITEMS WILL BE SOLD AT COST

LOW BOY FURNITURE & SLEEP SHOP

BEN CHARGE VISA

327 Montreal Rd. 936-8311

Cornwall's #1 Low Price Furniture Store

How important is saving money to you?



Our concept of saving money each week is simple... **Here's how** – Get up at 3:00 A.M., head to the farmers market, hand-pick choice produce, full of health building vitamins and minerals – load them on our refrigerated transports equipped with air ride suspension – ship them home where our 300 kinfolks lay them out for you before you even get out of bed! **Simple? Yes! Easy? No!** – But it's the only way we can save you money and guarantee Market Fresh Value direct from the farm to you!

PRODUCT OF USA
ROMAINE LETTUCE .59¢ ea.

PRODUCT OF HAITI Jumbo Size PAPAYAS $1.49 ea. | PRODUCT OF USA BARTLETT PEARS .69¢ lb. | PRODUCT OF USA FRESH LIMES 3/.99¢

PRODUCT OF COLUMBIA
BANANAS .25¢ lb.

PRODUCT OF CANADA RED (10 lb. bag) POTATOES $1.88 | PRODUCT OF CHINA GARLIC .88¢/lb. | PRODUCT OF MEXICO ZUCCHINI SQUASH .49/lb.

BACK ATTACHED
CHICKEN LEGS .59¢ lb.

REGULAR GROUND BEEF $1.29/lb. | BOLOGNA CHUNKS .89¢/lb. | PEPPER STEAK $3.99/lb.

PEPPER, COUNTRY OR COGNAC
PATÉ $3.99 lb.

MONTEREY JACK $3.99/lb. | OLD FASHIONED HAM $4.99/lb. | SMOKED MEAT $4.99/lb.

NEILSON 1 LT.
CHOCOLATE MILK .99¢ ea.

RAMEN NOODLES 85 g. 4/.99¢ | FARM BOY (HOT OR MILD) SALSA (750 ml) $3.99 | DRIED APRICOTS $2.39/lb.

FRENCH
CRUSTY BREAD BUY ONE GET ONE FREE $1.29

CHOCOLATE CHIP MUFFINS 6/$1.99 | ITALIAN ROLLS 12/$1.99 | BUTTER TARTS $2.69

If It's Not Farm Boy ... It's Not Farm Fresh!

FARM BOY

814 Sydney Street
Hours:
Monday - Friday 8 A.M. - 9 P.M.
Saturday 8 A.M. - 6 P.M.
Sunday 9 A.M. - 5 P.M.

Specials in effect from November 6 - 12, 1994. We reserve the right to limit quantities.

Calendar of COMMUNITY EVENTS

Community Events Sponsored by
Canpage Communications Ltd.
• 24 HOUR TELEPHONE ANSWERING SERVICES • PAGERS • VOICE MAIL • ALARM MONITORING
Geoff M. Laurin 938-3867

***ALZHEIMER SOCIETY OF CORNWALL & DISTRICT** is in need of more members/volunteers. Info: 932-4914 or Hawkesbury 1-632-4349.

***CORNWALL GENERAL HOSPITAL** is looking for volunteers for upcoming fundraising events to purchase medical equipment. If interested, call Brian 932-3302 ext. 4456

***EASTERN ONTARIO HEALTH UNIT** is looking for volunteers for various programs to work with children and seniors. If interested, call Laurette at 933-1375 or Casselman office at 1-800-267-8260

***GLEN STOR DUN LODGE:** Volunteers needed for Day-Away Program; Activity Assistant, Day Away Volunteer and Telephone Assurance Program. Info: 933-3384 from 8-4 pm.

***INTERLINK** brings together older adults and children through a celebration of words and music. Please join us for this new exciting program. You will make new friends, develop a caring relationship with a young child...and you will sing to your heart's delight! Info: 933-5845

***LUNG ASSOCIATION EASTERN COUNTIES** will sponsor a FREE SWIM for asthmatics every Saturday from 2 to 3 pm. To participate, you must pre-register and provide your doctor's permission. Info: 932-4999

***OVEREATERS ANONYMOUS** Support Group meet every Wednesday at 7:30 p.m. at Milles Roches Hall, 801 Fourth St. E., rm 107. Info: 932-1936

*BIG BROTHERS & BIG SISTERS OF CORNWALL & DISTRICT is in need of volunteers who can share a few hours a week as a friend to a child from a single family. Info: 933-8035

*JOIE DE VIVRE a support group for separated & divorced, will hold meetings in English at Holy Cross Parish Hall, Leonia St. every Friday at 7:30 pm. Info: Roger 984-2894

***ONTARIO FRIENDS OF SCHIZOPHRENICS,** CORNWALL CHAPTER invite friends and families to their November 8th meeting at 7 pm at the General Vanier Library.

***LIVING WITH CANCER SUPPORT GROUP** will hold a meeting every Tuesday at the Chateau Cornwall, 41 Amelia from 7-9 p.m. Info call 932-1283 or Debbie 933-0336. Everyone welcome.

***BEREAVED FAMILIES OF ONTARIO -** CORNWALL & AREA CHAPTER are holding a Support & Share Night on WEDNESDAY, Nov. 9 in the Library at CCVS at 7 p.m. Info: 936-1455

***LA LECHE LEAGUE** next meeting on breastfeeding will be held on Wed., Nov. 9 at 7:30 pm at 331 Cumberland St., Unit #6. Info: 534-8414 or 931-3146

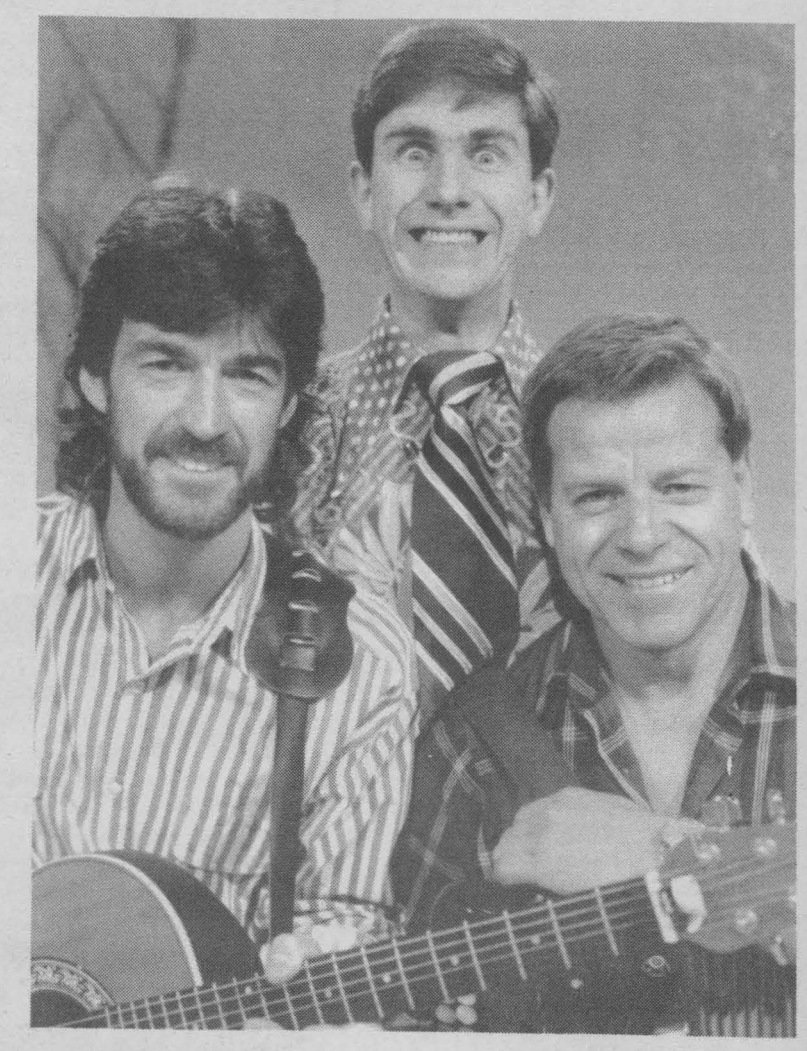
***MULTIPLE SCLEROSIS SOCIETY** SELF HELP GROUP OF CORNWALL & DISTRICT will meet on Wed., Nov 9th at 7:30 pm at the MS office 1315 Second St. E. Info: 932-2572 or 938-6777

DEADLINE: Wednesday at 3:00 pm

ATTENTION: RE COMMUNITY EVENTS NOTICES. Deadline: Wed. prior to Sun. publication, 3 pm. Copy must be legible (printed or typed). Text to contain only "basic" information (Who, What, Where, When & telephone contact if required). Minimum wording, please! Notices can be mailed in, or brought into the office or faxed (933-0024). Notices will not be taken over the phone. Thank you. Please Note: Only one week per insertion, permitted.

Community Events is not intended to supplant paid advertising, and inclusion is restricted to non-profit charitable organizations. Events should have a "Community Wide" appeal to all segments of our readership. All items submitted will be reviewed by the advertising department. The Seaway News offers a very reasonable advertising rate for charitable organizations who wish to place a display advertisement.

Buddy Wasisname and The Other Fellers on Ontario Tour



In just a few short years, BUDDY WASISNAME AND THE OTHER FELLERS have become a national sensation and they're on tour again.

These richly talented musicians/ comedians masquerade their brilliance and scholarly talents with a wild collection of endearing Newfoundland characters. It is that edge of genius that counterpoints the great wit of these jolly Newfoundlanders. The result is a hugely satisfying laugh ... in fact it's a roar that lasts every bit of their two hour show.

Take the talents of a Gomer Pyle, Jerry Lewis, Tommy Smothers and John Cleese, air them out with a salty breeze, feed them a scoff and quench them with a tasty dose of Newfoundland's musical heart and soul and you've got the very latest, and Newfoundland's own, BUDDY WASISNAME AND THE OTHER FELLERS.

Kevin Blackmore, Wayne Chaulk and Ray Johnson make up the trio. Kevin Blackmore's spandex face takes centre stage while the aerobic musical dexterity of "the Other Fellers" take on either side. It's the perfect balancing act that is pumped with adrenaline and finely tuned. This is what makes them the powerhouse of Newfoundland wit.

In ceremonies at St. John's this spring, BUDDY WASISNAME AND THE OTHER FELLERS were presented with the "Artist of the Year" award by the Newfoundland and Labrador Arts Council. The award reflects the popular, even international appeal of Newfoundland's favourite musical/comedy trio. Their popular song "Got To Get Me Moose B'y" was adopted as a theme song by the crew of the HMCS Iroquois on patrol in the Adriatic Sea. As one critic summed up ... "it's that combination of spontaneity, knee-slapping humour and peaceful tunes of their province that makes them so popular."

Royal Canadian Legion
Branch 544
Oak St., Lancaster
UPCOMING EVENTS
2nd Annual REMEMBRANCE BANQUET
Saturday November 12, 1994 6:30 pm
Tickets before Nov. 6 - $5.00 each
after Nov. 6 - $10.00 each.
REMEMBRANCE DAY SERVICES
Sun. Nov. 13/94 Williamstown 11:30 am
Lancaster 2:00 pm
Reception afterwards at Lancaster
ALL WELCOME Hall Rental - Seats 170
Catering - D.J. - Tent Rental
Info: 347-3286

Alexandria
ALLIANCE CHURCH
- Every Sunday -
9:45 am SUNDAY SCHOOL
for all ages
11:00 am MORNING WORSHIP
Glengarry District High School
(enter south side of building)
Pastor: Rev. George Fry 525-0876

The Club Optimiste de la Region de Cornwall Inc.
TRIP RAFFLE
The Club optimiste de la region de Cornwall Inc. is presently organizing a voyage-raffle to finance numerous activities: (Summer employment program, oratorical contests, youth appreciation week, bicycle safety week, respect for law, etc.)
The draw will take place during our St-Valentine's night on February 11th, 1995. Purchasing a ticket will also grant you free admission for the night.
One week trip at the following destinations: (Orlando, Jamaica, Las Vegas, Dominican Republic, Bahamas and Cancun).
Cost per ticket: $50.00 • Limit of 400 tickets. Lic. #M247043.
For reservation: Clermont Charland - 537-8780;
Violette Blais - 932-7785 or Richard Legault - 938-7710
CLUB OPTIMISTE DE LA REGION DE CORNWALL INC.
C.P. 931 CORNWALL, ONTARIO K6H 5V1

WARNING!
Exposure to Buddy Wasisname and the Other Fellers may produce fits of laughter
Newfoundland's Favourite musical/comedy trio



"If laughter is the best medicine, Buddy Wasisname and the Other Fellers are the miracle cure of the 90's."
Grand Falls Advertiser
"...a unique melding of traditional and folk music, shot right up the middle with the zaniest humour this side of Monty Python."
Sunday Express, St. John's
St. Lawrence College, Cornwall
Aultsville Hall Theatre
TUES., NOV. 15th – 8pm
Tickets $17, includes GST
available at Denny's Smoke Shop or Information Booth, Brookdale Mall
Info: Aultsville Hall, 937-1511

THE S.D. &G. RESOURCE CENTRE FOR INJURED WORKERS
MONSTER BINGO
NATIVITY HALL 7:00 pm Nov. 12th (doors open at 5)
301 McConnell Ave. 933-0590 or 938-9111
$9500 in cash prizes
$1000 max bonanza
$3000 jackpot
PACKAGES Now On Sale At
NATIVITY HALL, 301 McConnell
MITCHELL'S STORE, 3034 Pitt N.
ONE STOP MINI MART, 918 Lefebvre
RESOURCE CENTRE, 113 11th St. W.
GOOD NEIGHBOUR CONF., St. Andrews
$350 Specials
$150 Reg. Games
$40 per person
Specials incl., bonanza extra
Lottery Lic # P938491

Cheese and constipation— all bound up over another food myth

Nutrition EQUALS HEALTH

(NC)—It has long been believed, without any justification, that cheese is constipating. Constipation is a major digestive problem, affecting about 10% of the adult population in industrialized countries and possibly as many as 80% of the elderly who are hospitalized. As a result, particularly among the elderly, and even more so among those in institutions, cheese has been avoided in an effort to prevent constipation or relieve its symptoms.

There is no universally accepted definition of constipation. In general, those suffering from constipation complain of the infrequency of bowel movements (less than three times a week) as well as the length of time involved and difficulties associated with them when they do occur. In addition, the resulting stool is harder than normal and of a reduced quantity. In the elderly it is associated with too little fluids and fibre-poor foods, not enough physical activity, some drugs and long-term use of laxatives.

Researchers in Finland conducted a ten-week study in a retirement home to investigate the effects of an increased intake of cheese on bowel function in 21 residents, who ranged in age from 68 to 87 years. During the first week ("baseline" period), participants ate their usual diet. During weeks two to four ("cheese" period), extra cheese was offered with bread at breakfast, lunch and supper and used in the preparation of some meals. During weeks five to seven («no cheese» period), cheese was replaced by cured meats and cold cuts and no cheese was used in the preparation of meals. During the last three weeks ("follow-up" period), the participants again adopted their usual eating habits and cheese was occasionally used in cooking.

A questionnaire was filled out by the nurses about the frequency of bowel movements, the consistency of the stools and the occurrence of gastrointestinal complaints, such as pain or flatulence, in the first week and in the last week of each period. The use of laxative medication or prunes was recorded daily. During the last week of each period, total stool collections were conducted on 11 participants to determine how much the stools weighed and how long it took to pass through the intestines.

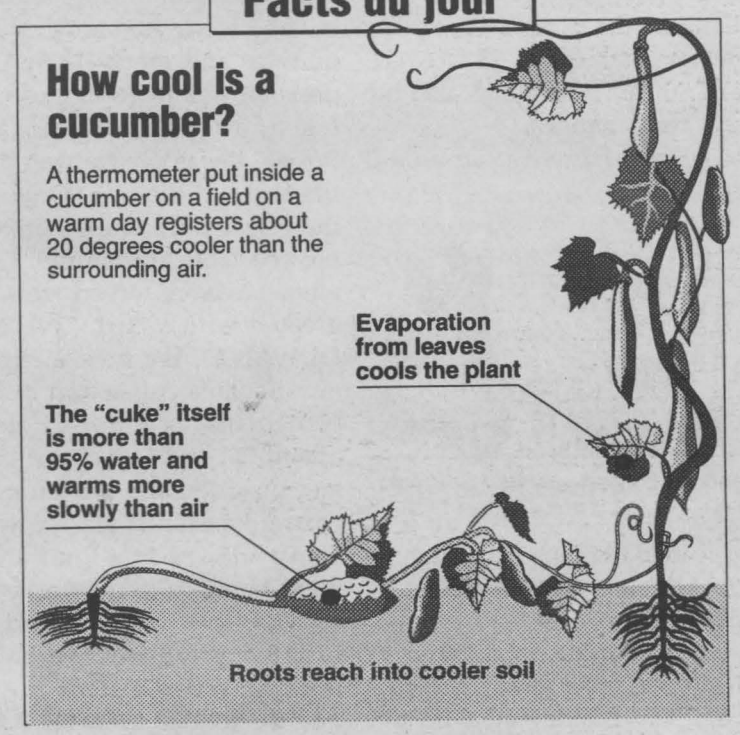
The intake of cheese by the participants increased nearly ten-fold during the «cheese» period, from 5-6 grams a day to close to 60 grams a day! Despite this, there was no change in the frequency of bowel movements or the occurrence of gastrointestinal complaints during the "cheese" period. In fact, nothing that was measured was shown to be adversely affected by the cheese intake.

The Finnish study does not support the belief that cheese should be avoided to prevent constipation or to relieve its symptoms. Cheese, particularly firm cheeses like cheddar and mozzarella, is a high to very high source of dietary calcium and high quality protein. So stick to the facts: don't let misinformation deprive you of cheese, a nutritious addition to a healthy diet!

Facts du jour

How cool is a cucumber?

A thermometer put inside a cucumber on a field on a warm day registers about 20 degrees cooler than the surrounding air.



SOURCE: United Fresh Fruit and Vegetable Association

PORTO Bello
Singles
Friday, November 11th
Dinner 6:30-7:30
Reservations recommended.
Includes cover charge for dance.
Singles Dance
Doors open 8:30pm • Dance 9pm-1am
$5 cover charge
Appropriate Attire Required - NO Jeans or Jogging Suits • Must be 25 years old or over
1710 Vincent Massey Dr. 932-0070

ST. LAWRENCE BLVD.
Daily Specials
$1 off
LUNCH SPECIAL
with this coupon
Mon. Nov. 7 to Fri. Nov. 11/94
1207 2nd St. West
933-0261

Gedoro's
Fine Dining in Casual Comfort
Trapdoor Theatre
presents dinner theatre
SPLIT
by Michael Weller
WEDNESDAY Nov. 9 — THURSDAY SOLD OUT Nov. 10 — FRIDAY Nov.11
WEDNESDAY Nov. 16 — FRIDAY Nov. 18
Dinner Show at 6 pm
Lasagna $19.95
Chicken Kiev $24.95
Prime Rib $29.95
taxes included
price includes meal & show
SHOW ONLY 8 pm - $7.50
Tickets Available at Gedoro's and Sportec
158 Pitt St., Cornwall
Reservations Call 938-2791

MAD OLIVE'S
1st ANNIVERSARY SPECIAL
SAT. NOV. 12 ONLY
8 oz. FILET served with potato and soup or salad
$9.99
Book Your Christmas Party Now
Our new back room seats 40 - limited dates available
105 PITT ST. PROMENADE 933-2824

NEW FORMAT NEW FORMAT NEW FORMAT
TOWN and COUNTRY
bingo
EVERY THURSDAY – Early Bird 7:30pm – Regular Bingo 8pm
Cornwall Township Lions Club
LION'S HALL BONVILLE
(Turn East at Yellow Flashing Caution Light on Hwy. 138)
9 REGULAR GAMES ... $40 ea. – 4 SPECIALS ... $60
'100' GAME – $500 in 60 numbers, $250 in 62 numbers
over 62 numbers – $100
1 EXTRA SPECIAL – $1,000 in 6 numbers, $100 over 6
1 EXTRA SPECIAL – $2,050 in 6 numbers, $20.50 over 6
PACKAGE DEAL $9 1 JACKPOT $250.00 1 BONANZA 1 SHARE THE WEALTH
NEW FORMAT NEW FORMAT NEW FORMAT

LA MAISON
and Rodney Rivette Productions
present
"LIVE"
ENTERTAINMENT ACTS
EVERY MONDAY
STARTS TONIGHT NOV. 7
and on Monday Nov. 14 & 21
9 pm - 1 am
November 7 featuring
MELANIE PIETTE and EMILY RYAN
900 Montreal Rd. 932-7100

Come In & Celebrate Our
25th ANNIVERSARY
November 4th - 13th
at
NEW GARDEN
Restaurant & Dining Lounge
LUNCH BUFFET $4.99
11:30 - 2:00
Children under 10 - $2.99
SUPPER BUFFET $6.99
4:30 - 8:30
Children under 10 - $4.99
WIN $25 GIFT CERTIFICATE
With Every Customer Receipt Enter Our Draw For A $25 Gift Certificate To Be Drawn Nov. 5th, 6th, 12th and 13th.
GOOD LUCK!!
Heart Smart RESTAURANT
10% off
coupon expires Nov. 13/94
Minimum Pick-Up Order of $12 or Minimum Eat-In Order of $7.50
315 Montreal Road 932-4944

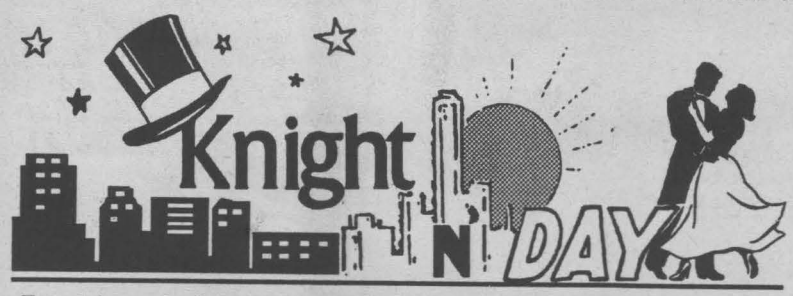
SEAWAY NEWS
ENTERTAINMENT

Before starting the usual ramblings for this week's Knight 'N Day its time to make a small editing request. Will the real Bud Knight please step forward! Mr.Editor will you please make our readers aware that starting with next weeks issue this backpage feature will undergo two small changes. In an effort to resolve a mailing hassle could we print the true identity of the Nom De Plume under the logo? And that will also require a spelling change from Knight to Night.

LA MAISON on Montreal Road is featuring "LIVE" entertainment every Sunday night starting with this Sunday, Nov. 7th Melanie Piette and Emily Ryan will be appearing between 9pm and closing and then upcoming on Nov. 10, 11, 12 & 13th will be Rapunzil's Tower.

Wow'Has it really been 25 years since *THE NEW GARDEN* opened their doors? Where did the time go? The folks at "The Garden" are busy planning an appropriate celebration event to mark that occasion and that will include some terrific dining specials. We'll keep you posted and tell you more next week.

The *SNOWSUIT FUND* of S.D.&G & District will get some much needed help from the upcoming *CHARITY CONCERT* featuring the Montreal-Ottawa Masonic Concert Choir. The concert will be held at Knox St. Paul United Church on Second Street on Sunday, December 4th. Co-ordinator, Ziggy Loos,of the Masonic Association of Eastern District, and a member of the choir, tells us that tickets are selling well. For info call 347-3072 or 932-



Entertainment - Special Events & Restaurant Review - By Bud G. Knight

1951. Another popular eating spot that is celebrating a birthday is the *GREEN SPOT* Restaurant at the Voyageur Bus Terminal on Tollgate Road. Its the Green Spot's Second Anniversary and they are offering a fantastic special to mark the event.Unfortunately it was a 3-day .99 cent breakfast special,but when you read this you still can catch the daily specials at the Green Spot. Happy birthday gang!

Remember the scandalous quiz show on TV back in the 50's? Well it took a long while but they made a movie about it and it is aptly called *QUIZ SHOW*. It opens this week in Cinema-1 at the Brookdale Cinemas at the Brookdale Mall with two showings. The weekend matinee will be *ANDRE*. In Cinema-2 Kurt Russell's newest flick called *STARGATE* at 7pm & 9:15pm and also the weekend matinee.

Two films in Cinema-3 with *LITTLE GIANT* at 7pm and then Stallone & Stone heat up the screen in *THE SPECIALIST* at 7pm.

Time out for another of *BUD'S BEEFS* (same as Bill's Beef) Last Sunday the wife and I decided to pick a Cornwall Eating Spot for an early morning breakfast. And thats when the following comedy of errors began. Although the events that followed made us terribly irate, I will refrain from naming names here, but please be warned. Our first stop was a disaster. After waiting in line for over 20 minutes, during which time the only two "youngsters" on duty were obviously new and in a dither, were having problems finding the right tables with their trays of cold plates. We counted eight customers that walked out and we waited another few minutes and made it ten. Our decision was to go to a usually fast and friendly restaurant. Wrong, it was even slower than the first but the real irony was there was only one other couple at a table at the time. Then when we were served we were greeted with a curt, "WHADDUWANT". We tried a cup of questionable coffee and quickly fled that scene. Our third attempt at nourishing our tired and upset bodies was an even worse disaster. It started with being witness to a loud argument between two "workers", another long line-up, and an inflated price list. We could take no more of this so we decide to GO HOME AND HAVE LUNCH. When is the Restaurant Association, if there is such a group, going to wise up and start teaching the operators and staff of Cornwall eating establishments how to properly treat the hungry visitors? THEIR CUSTOMERS. Gotta go until next week,

G'Day and G'Knight.

RAT'S NEST
Former Police Club
COUNTRY LINE DANCING
LESSONS EVERY TUESDAY
WITH RICK & CECILE
Marlborough St. S. 937-0382

GEORGIAN HOUSE
1858
CAFE-RESTAURANT-BAR-TERRACE
146 Main St. S., Alexandria 525-2219

Travel Agency
Representatives Needed.
Earn Income And Enjoy
Travel Benefits.
No Experience Needed.
Part Time Or Full Time.
For Further Information
525-0525

THE HUB
Restaurant & Pub
MAIN ST. & MILL SQ.
ALEXANDRIA
525-4131

CRUISE HOLIDAYS
YOUR CRUISE SPECIALIST
525-0247

Last Week:

- Commemorative medals presented to families of 3 young Cornwall men killed in Normandy.
- Gas pipeline leak appears to be more than corrosion problem.
- Ron McCabe Citizenship trophy awarded to Allison Horner of GVSS.
- Akwesasne community in transition trying to heal itself from 1990 gambling feud.
- 20 arrested in $1.2 million goods and contrabend investigation.
- New program at St. Joseph's High sees 12 mentally challenged students have a hands on work experience.
- Super dump may necessitate land expropriation. Glengarry residents tempers flare in opposition of mega dump location.
- City woman's eyesight restored after undergoing treatment in Cuba.
- Geared-to-income residents will see their rents increased by 5% by 1997.
- St. Lawrence College acquires VTel system.
- Commons Committee makes 9 recommendations to Minister of Transp. re ailing St. Lawrence Seaway.
- 71 year old man loses leg after being hit by bus.
- Family cries out for justice after the murder of their 18 yr. old daughter.
- 70 active seniors registered in Colleges Encore, Senior Education Program.
- Mayoral candidates differ on how to help the city's image, however they agree job creation is a priority.
- Martelle still insists that bringing Aces to Cornwall was good for city's image and a marketing tool.

It's Time To Brew Your Wine & Beer For
CHRISTMAS
AND NEW YEAR CELEBRATIONS!

GO TO THE BREWERY WITH EXPERIENCE

WINE
WINE COUPON
White Bordeaux or Beaujolais
$3.33 PER BOTTLE OF WINE
Present this coupon when booking your batch and pay $3.33 per bottle of wine, based on min. batch of 26 bottles. Not valid with any other offer. Expires November 30/94.

BEER
BREW COUPON
Champion Ale, Champion Light and Champion Dry
$10.83 A CASE OF (24) BEER.
*Min batch size: 6 cases
Present this coupon when booking your batch pay $10.83 per case, min. batch size 6 cases. Not valid with any other offer. Expires November 30/94.



Over 40 Types of Wine
WHITE & RED WINES
• White Bordeaux
Crisp and delicate on the palate in the Bordeaux style, this wine is primarily consumed as a social wine. good with turkey, chicken and cheese
• Beaujolais
Traditional a wine to be consumed in its youth, however it will age well. Fruity, crisp and refreshing this wine has a medium dark colour and is primarily a social wine.
ENJOY THE FLAVOUR OF YOUR BREW MADE BY YOU!
BEER Over 60 Beer Recipes.
• crystal clear - cold filtered beer
• Natural preservative beer
CHAMPION BREWERS
3330 Second St. E., Cornwall 937-0347

SEAWAY SPORTS

MONDAY NOVEMBER 7, 1994

BERGERON SLEEP SHOP

For Fabulous Mattress Deals!

ECONO-REST		POSTURPEDIC	
39" Mattress Only	$89	Twin Set	$299
39" Set	$169	Double Set	$399
48" Set	$189	Queen Set	$459
54" Set	$189	King Set	$799

WE CARRY WATER BED FOAM REPLACEMENT
MATTRESSES IN SUPER SINGLE, QUEEN & KING SIZES
1005 First St. East CASH CHEQUE 932-2214

Aces In The News

by Marianne Long

Head on down to the Civic Complex to see the Aces meet the Hershey Bears in a double header on November 11 and 12. Both games will start at 7:30 pm. Don't miss this exciting AHL action which pairs the two teams which haven't met since the Southern Division Final. The Bears are sure to seek revenge from the nail-biting game seven victory which led the Aces to become the 1993-94 Southern Division Champions.

Aces Rookie Stephane Yelle continues to impress after a slow start at the beginning of the season. Stephane has registered a point in 8 straight games after being held off the score sheet in the first three games. The Centreman recorded two goals and an assist at the November 2 game against Adirondack.

Ex-Olympian Dwayne Norris continues to play with consistency, having points in 10 of the Aces first 11 games, also recording points on the November 2 game against Adirondack with a goal and two assists.

Can't make it down to the Civic Complex box office to buy your Aces tickets? If you live in Cornwall, you can buy your ticket at these ticket outlets: Fantasy Realm at Eastcourt Mall, East Side Mario's, Denny's Smoke Shop, Short Line Convenience and Video, Maynard's Your Independent Grocer, and Great Skate on Cornwall Island.

If you live outside of Cornwall, you're not out of luck. You can buy your tickets at the Magic Duck in Brockville, Sports Unlimited in Winchester, Delage's House of Gifts in Morrisburg, M&D Sports or Champions Sports Bar in Alexandria. Or buy your tickets at D.D. Lalonde Sports in Hawkesbury, Laroque Sports in Lancaster, MacEwen's in Casselman, the Pro Image in the Massena St. Lawrence Centre or Thompson's Country Market in Hogansburg.

Ruest, Martelock Star in Rapids Goalfest

Netminder Shawn Martelock earned his first shutout and centre Yves Ruest his first natural hat trick of the season as the Seaway Valley AA Major Bantam Rapids whitewashed Ottawa West 6-0 before holding the league-leading Cumberland Barons to a narrow 3-1 win the next day.

Goal setter Jeff McKercher first enabled fellow defenseman Bubba Ferguson to rifle a sizzling shot past the goalie and then Kurt MacDonald to sink in a rebound. With a minute left in the second period, Phil Richer and Stephane Richer, and Nick Grady teamed up to strike a fatal blow. Pierre Tranchemontagne and Jonathan Pitt set up Ruest's first and third markers in the final frame. The game was highlighted by two breathtaking saves by Martelock, one in a clean breakaway one-on-one situation, the other in a tension-filled moment when the desperate Ottawa squad ganged up on the goalie, buzzing around the net in a series of futile attempts to save face.

The Cumberland-Seaway encounter was a fast-skating, hard-hitting contest where reflexes had to be quick and where you paid dearly for the least hesitation. In a game characterized by non-stop up-and-down team rushes and accurate passing, the Barons sank in a goal in the first period and another late in the next, but the gritty Rapids were constantly at the gate threatening to break in anytime. The turning point came in the third period as Cumberland took advantage of a line change to slap a heartbreaking shorthanded insurance goal past Gerry Goulet. It seemed that nothing less than a Mack Truck was needed to ram through the Cumberland wall, so it was left to the Kurt Macdonald, Kent McDonell and Kacey MacDonell to sink in the lone honour-saving goal for the Rapids.

CORNWALL COLTS JR. "A' HOCKEY CLUB

Colts Fail Grads

by Ken McLaughlin
Director of Public Relations

Attention class! School is in this Thursday, November 10, as the Cumberland Grads will be taught a lesson by your Colts. In the two previous Colts-Grads meetings this season, Cornwall has passed with flying colours, winning 5-3 and 9-4. The Grads are a pesky group, staying close in both games. Cumberland featured last weeks' C.J.H.L. player of the week, Ryan Campbell. He scored seven goals and one assist in the Grads last three games. The puck drops at 7:30 pm at the Water Street Arena.

Your Colts pack the bus and head north next Sunday, November 13, as we make our second trip to Pembroke. The Yzerman Division leading Lumber Kings feature the two top scorers in the C.J.H.L., Brent Cullaton and Luke Murphy. Last time we visited Pembroke, Murphy had four goals. If we play a physical game and stay out of the penalty box, your Colts will come home with two points. Game time at the Pembroke Memorial Center is 7 pm.

Your Colts are pleased to announce that one of our most popular events is only two weeks away. Sharpen up your skates, it's your chance to meet Cornwall's Hockey Heroes! "Skate With Your Colts" will take place on Saturday November 19. I'll have all the details right here next week.

On home game days, look for Cornwall's hardest working hockey mascot, Slapshot, as he appears at various Colts corporate sponsors. Be sure to stop and say hello, you may be rewarded with a ticket to that night's game.

We'll see you this Thursday, as your Colts offer exciting, affordable action. Why not bring the whole family for a great night out.

Colts hockey at the Water Street Arena. You can't get any closer to the exciting action!



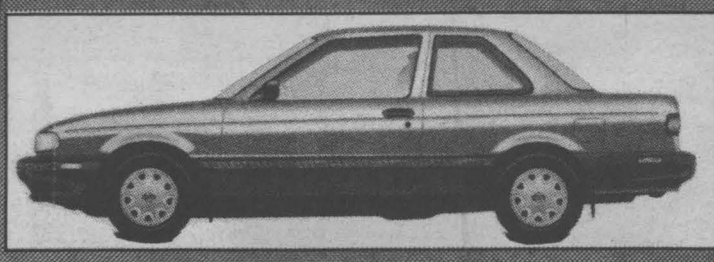
©1994 by North America Syndicate, Inc. World rights reserved.

IT'S Civic WEEK
COUPE & SEDAN
EXCLUSIVELY at
CORNWALL HONDA
6.8% financing 48 mos. O.A.C.



Civic Sedans or Coupes
1200 Brookdale Ave. 933-7558 1-800-268-6571

UNPRECEDENTED
NEW 1994 SENTRA COUPE DLX



Here's What They're Saying About It ...
"Sporty ... Powerful ... Fun to drive ... Economical ... Budget-minded"
And Here's What We Are Saying About It ...
$9,999* NO NONSENSE ROADSIDE ASSISTANCE WARRANTY
GRANT NISSAN
* Freight, PDI, applicable taxes, doc options, licence extra
700 Rosemount Ave., Cornwall 933-7555

Back To Back Wins For Subbay Aces

Subbay Bantam "A" Aces defeated Ottawa Capitals at the W.S.A. on Oct. 29, by a score of 3 to 2. After intercepting a pass, Nick Dixon zig-zagged his way to score his second of the game. Wayne Disotell added the other goal. Defenceman Nick Bissonnette and Nick Poitras worked hard clearing things out in front of the goaltender Jamie Ross.

On Sunday Oct. 30 in Hull, the Aces went on to win 8-2. After goals by Jason Leduc, Travis Young and Nick Dixon, the team was leading 3-2 at the 10:00 minute mark of the second period. With constant pressure, the team was rewarded with two goals by Dan Dupuis and Jean Greggain while Stefane Champagne had the other. Chris Motard was between the pipes.

The Subway Aces lost 9-2 against a fast skating Gatineau team on Oct. 25. Jean Greggain had both markers for the Aces, one of those being short-handed. Defenceman Jason Leduc and Travis Young played a strong game. Chris Motard was the netminder facing 38 shots.

Chumps Rapids in Tough

The Chumps Minor Peewee AA Rapids faced a rough stretch with the league's elite winning one of four games recently. Against the Golden Knights of Ottawa West, the Rapids rolled to a convincing 6 to 0 victory. Miguel Delisle with two goals and single markers by Jonah Leroux, Jason Vickers, Matt Groulx and Adam Beehler accounted for the Chumps Rapids scoring. Jesse Kirady, on his twelfth birthday, recorded the shutout.

The Chumps Rapids journeyed to Kingston where the Frontenacs were very ungracious hosts handing the Rapids a 11 to 3 loss. Marc Forget, Jonah Leroux and Shawn Chartrand provided the Rapids scoring.

In Navan, Jonah Leroux scored the Rapids goal in a 2 to 1 loss to the Cumberland Barons.

After falling behind by two goals after the first shift, the Rapids settled down but still fell to the powerful Ottawa Valley Titans by a 6 to 3 score. Marc Banville, Adam Beehler and Jonah Leroux scored for the Rapids.

Cedar View Golf Atom Aces

In a game played against Gatineau, sharp passing by Eric Polino resulted in two assists as Scott Champagne and Marc Stogaitis scored early in the second, but the Cedar View Golf Atom Aces fell short in a 7-2 decision.

After a scoreless first period, the visiting Ottawa Southenders opened up a four goal lead before Troy Sinfield, set up by Scott Champagne, scored late in the third. The final score was Southend 4 - Aces 1.

The ball was falling for the Cedar Aces in Osgoode. Behind solid goaltending by Marc La Pointe, inspired defensive play by Marc Stogaitis who also added 3 assists and a season first hat trick for Scott Chamapgne, our Aces rolled to a 6-0 victory. Picking up singles were Troy Sinfield, Brandon Francis and Ryan Freeland, with assists to Eric Lavictoire, Brant Garrow and Alex Gray.

Shooters Sports Bar Euchre League

	Weeks	Tot. Pts.	High Game	High Score	Avg.
Gord Gow	8	540	14	77	67.5
Eleanor Brazeau	5	329	13	72	65.8
Nancy Tessier	8	519	17	73	64.9
Gail LeBlanc	5	321	12	70	64.2
Sherri McNulty	7	445	14	76	63.6
Carol Terriah	8	508	13	70	63.5
Ken MacIssac	8	506	14	72	63.3
Helen Moak	8	503	13	79	62.9
Florence Lepage	6	375	13	70	62.5
Len Bogar	6	377	14	70	62.8
Deborah Robinson	8	498	15	80	62.3
Karen Smith	6	373	12	72	62.2
Joanne Mayer	8	495	12	81	61.9
Pat Mason	5	308	16	74	61.6
Warren Moore	8	486	15	75	60.8
Gloria Bogar	6	365	17	71	60.8
Sue Potts	5	300	14	67	60
Guy Briere	5	298	12	67	59.6
Stewart Duvall	6	358	13	73	59.6
Regina Wheeler	8	474	14	88	59.3
Ernie Tessier	8	469	14	68	58.6
Suzanne Mayer	4	234	11	62	58.5
Mary Ann Oakes	7	404	14	71	57.7
Betty Campeau	6	338	12	70	56.3
Bev Ostler	7	366	11	59	52.3
Julia Dishaw	4	204	10	57	51
Carol Fortier	3	145	13	58	48.3

League Stats

Most Points:
- Men - Gord Gow 540
- Women - Nancy Tessier 519

High Game:
- Men - Warren Moore 15
- Women - Gloria Bogar 17
- tie - Nancy Tessier 17

High Score:
- Men- Gord Gow 77
- Women - Regina Wheeler 88

High Average:
- Men - Gord Gow 67.6
- Women - Eleanor Brazeau 65.8

Highlights of the Night: Gloria Bogar & Nancy Tessier broke the high game with 17's. Betty Campeau beat her average by almost 17 points. Florence Lepage went the whole night without telling Dave how to do his job right.

Triggers Senior League

Pistol Shooters

Expert Class	Score	Total	Average
265.95-279.96			
Maurice Taillon	275	1080	270.00
Yearly High Score: 275 Maurice Taillon			
Sharpshooter Class			
248.96-266.97			
Todd Cote	260	1039	259.75
Richard Caldwell	260	1030	257.50
Bert Branchaud	254	1012	253.00
Shawn Kirkey	246	994	248.50
Yearly High Score: 266 Todd Cote			
Marksman Class			
225-248.97			
Richard Prieur	246	979	244.75
Al Marleau	230	942	235.50
Mark Robson	238	911	227.75
Heather Marleau	210	903	225.75
Yearly High Score: 252 Richard Prieur			
Tyro Class			
0-224.99			
Shawn Wattie	215	869	217.25
Jean-Guy Besner	215	865	216.25
Bruce Douglas	189	860	215.00
Ron Graham	240	853	213.25
Rebecca Lapierre	216	785	196.25
Bill Currier		392	130.67
Yearly High Score; 240 Ron Graham			

Rifle

Expert Class			
262.50-277.49			
Jack Burelle	266	1084	271.00
Yearly High Score: 278 Jack Burelle			
Marksman Class			
0-239.99			
Richard Saucier	242	950	237.50
Wendy Roderick	232	895	224.50
Richard Prieur	205	811	202.75
Peter Moody	187	705	176.25


Transit Communications Ltd.
DICK AUBRY
Transit Communications Ltd. is a Cornwall Company involved in bus advertising and also publishes the Cornwall and Region Visitor Map.
For More Information Call:
DICK AUBRY
933-3561

Support Christmas Seals
Call toll-free 1-800-668-7682
When You Can't Breathe, Nothing Else Matters.
THE LUNG ASSOCIATION

ELECT

GRAHAM CASSELMAN
Public School Trustee
Finch-Chesterville-Finch Twp.

par T golf
$18.00 for 18 holes
OPEN DAILY
8 am - 11 pm

LET ME DESIGN YOUR NEXT AD!
The Seaway News reaches over 29,000 homes each week. Let me design an ad for your business.

CALL ME TODAY FOR DETAILS
BILL DOHERTY
Sales Representative
SEAWAY NEWS
329 2nd St. W., 933-0014

LEAGUE PLAYERS REQUIRED
Individuals or Teams of 4
Sign Up With A Friend
Mon.-Tues., Wed. Night Leagues

SUNDAY NIGHT SPECIAL
after 6 pm
$12.00 18 holes
WE OFFER
• 13 courses to choose from
• private fairways
FULLY LICENSED
Book Your Staff
Christmas Party at Par-T-Golf
we offer
• Golf
• 4 billiard tables
• 5 dart boards
• putting machine
• catering banquet facilities
Gift Certificates Available Year Round
par T golf
The Incredible Golf Machine
341 Balmoral Ave., Cornwall
937-GOLF

Select Autobody
Autobody Specialists
COMPLETE COLLISION REPAIRS
DUPONT COLOUR MATCH SYSTEM
COMPLETE CAR CARE & DETAILING

CERTIFIED BODYSHOP
Free Estimates & Courtesy Cars
Ask About Our Certified Bodyshop Warranty
938-7220
513 First Street East

Central Junior "A" Hockey League Standings

Statistics As Of October 31, 1994

	GP	W	L	T	GF	GA	PTS	BP
Robinson Division								
Gloucester	12	9	2	1	78	51	20	1
Cornwall	13	8	4	1	69	59	19	2
Ottawa	14	8	6	1	80	69	17	-
Hawkesbury	13	7	5	1	68	57	17	2
Cumberland	14	1	12	1	48	88	4	1
Yzerman Division								
Pembroke	12	8	2	1	79	55	20	1
Smiths Falls	12	5	4	3	55	45	17	4
Kanata	13	5	4	4	59	53	15	1
Nepean	12	3	8	1	80	71	8	1
Brockville	15	3	12	0	56	84	7	1

(BP-Bonus Points)

Game Scores - Oct. 24 - Oct. 30

26/10 Glo 7 at Ott 5
27/10 Cum 6 at Kan 6 (ot)
(Cum wins shootout 4-2)
Nep 4 at Cor 8
28/10 Pem 5 at Bro 1
Ott 6 at Haw 8
Cor 2 at Glo 4
Kan 3 at SF 3 (ot)
(Kan wins shootout 1-0)
29/10 Nep 10 at Cum 6
30/10 Glo 8 at Pem 6
Haw 5 at Nep 2
Ott 6 at Cum 4
SF 3 at Bro 4 (ot)

Tough Losses for Bantam "B" Aces

The Aces started out Thursday with an exhibition game against Long Sault. First period saw some hard hitting which allowed Cornwall to score first blood by Jason Cholette from a sneaky pass by Randy Rogers. One minute later, Long Sault scored to end the first with a 1-1 tie. In the second it was all Long Sault charting to a 5 goal lead until Ryan Riviere and Todd Duhaime got together to make it 6-2 at the end of two. In the third, the Aces gave up two more for a 8-2 loss. David Roy played some hot hockey, stopping 43 out of 51 shots.

On Saturday, October 22nd the Aces travelled to Williamstown for their next exhibition game against Char-Lan where they lost a heartbreaker 2-1. The Rebels took a 2-0 lead in the first two periods before Todd Duhaime scored. With the Rebels playing short-handed in the third, the Aces had three chances but to no avail. Chad Prevost played an outstanding game between the pipes, stopping 35 of 37 shots.

On Sunday, Cornwall played Maxville at Finch. The last time these two teams met it was a hard fought 5-5 tie. In this game it was the Braves that came out flying, scoring three unanswered goals before Rogers and Cholette connected to make it 3-1. In the second and third, Maxville netted 5 more to make it 8-1. The Aces started a comeback with three of their own by Eric Leroux, Todd Duhaime and Chad Nixon, but it was a little too late as time ran out for the Aces losing 8-4. David Roy had the rough net duties stopping 29 of 37 shots.

Seaway Major Atoms Get Tie & Win

The DiGirolamo/ Roxborough Bus Lines Major Atom "AA" Rapids doubled the Kanata Blazers 4-2 in Kanata recently. Scoring for Seaway were Patrick Turcotte from Tim St. Jean and B.J. Pelkey, after Kanata had scored on a breakaway.

Jordan Wheeler then scored on a pass from Ryan Matte and Cory Hector. The Blazers scored to tie the game before the first period ended. Seaway recaptured the lead when Cory Hector took a pass from Jamie Smith and put it in the corner. Patrick Turcotte then converted a Jamie Smith pass to capture the victory.

Jeff McIntyre was solid in goal.

The Atom Rapids suffered a double defeat last weekend, going down 2-0 to Cumberland who jumped up 1-0 on a short-handed goal late in the first period and added another midway through the third. Greg Fargo was strong in goal in a losing cause.

Seaway's next test came against the Ottawa Valley Titans in Pakenham and the Titans came on very strong from the opening face-off scoring early but Phillip Boots tied it on assists from Patrick Turcotte and Josh Bulloch. It was just about all Ottawa Valley on the score board after that as the Titans went on to a 7-2 win with the only high spot for Seaway being the dramatic end to end scoring rush by Patrick Turcotte with an assist to Marc Lemire. Jeff McIntyre took the loss in goal.

Seaway Downs Gloucester Twice

Seaway Valley AA Major Bantam Rapids netminder Gerry Goulet had to do all kinds of acrobatic tricks to get his teammates to take home a come-from-behind 4 - 2 victory against the Nepean Raidera and to beat Les Citoyens de Hull by a narrow 3 - 2 margin.

Nepean came close to shattering a scoreless first period in the last 15 seconds only to be foiled by Goulet. In the second frame, capitalizing on the Rapids' uncharacteristic lack of concentration, the Raiders neutralized Kurt Macdonald's goal and moved ahead.

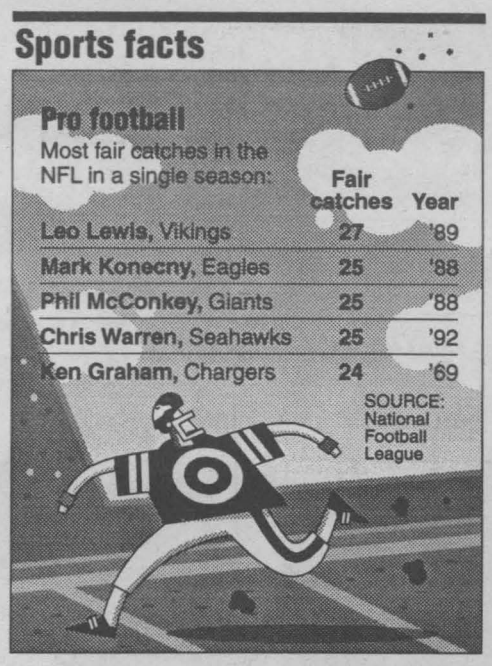
Pierre Tranchemontagne's two goals gave Seaway the lead. A final rush by Stephane Loyer, Miguel Lafleche and Phil Richer netted a much-needed insurance goal. Defenceman Kevin Wright got credit for two assists, while Nick Grady was felled by a check-from behind and paid dearly for doing a superb penalty-killing job.

The Seaway-Hull confrontation was a much tighter contest. The first period was almost over by the time persistent digger Lafleche succeeded in stuffing the puck under the Hull goalie. Two quick goals by Les Citoyens and a low backhanded shot by Tranchemontagne closed the period with a knotted score.

Coming off the bench in mid third period, Yves Ruest dashed into the Hull zone where he poked the puck away from a dazed defenseman and into the net before the goaltender could realize what was happening.

Re-joining the squad after spending two months in a cast, Kacey MacDonell saw limited action in this the Rapids' tenth league game. Seaway now boasts an enviable 9-0-1 WLT record.

Sports facts



ADVERTISING WORKS!!!
To Place Your Ad Call 933-0014

CORNWALL
EXCITING UPCOMING ACES DOUBLE HEADERS
ACES MAUL THE BEARS
7:30 pm Nov. 11 & 12 vs HERSHEY BEARS
Don't Miss This Highland Double Header
7:30 pm Nov. 18 (Maxville Night)
Nov. 19 (St. Lawrence College Night)
vs Cape Breton Oilers
MAKE CONTACT!
FOR TICKET RESERVATIONS CALL 938-9400
TICKETS ON SALE AT
• Fantasy Realm (Eastcourt Mall)
• Short Line Convenience/Video
• Maynard's Your Independent Grocer
• East Side Mario's
• Denny's Smoke Shop
• Great Skate
CORNWALL ACES

I have a lot to offer
Moving SALE
Highline Neon 22D Pkg.
• Passenger and driver's side air bags
• Side door impact beams
• 132 hp (98 kw) 2 litre 16 valve engine
• Four wheel independent suspension
• Air conditioning
• Automatic transmission
• Energy absorbing bumpers
• Power steering and brakes
• 60/40 split folding rear seat
• Dual manual remote control mirrors
• Child protection rear doorlocks
• Centre console
• 5 passenger seating
• AM/FM stereo
• Remote decklid release
• Front and rear carpeting
• Rear window defroster
• Tinted glass
• Intermittent wipers
• Cab-forward design
$14,740 frt. $600 extra
or $285 per month 30-month lease initial down payment of $1,392
THE SNOW IS COMING Check Out The 4x4's
Dodge Jeep/Eagle CHRYSLER
GRANT • DODGE • CHRYSLER • JEEP
1515 Pitt Street, Cornwall, Ont.
Tel.: (613) 938-0934

Cornwall Men's Flag Football League

In quarter final action, O'Neill Printing defeated Winners 29-20.

O'Neill Printing	TD's	Converts 1 pt.	Converts 2 pt.	Int.	Fieldgoals	Total Pts.
Marc Sauvé	2					12
Wayne Pike	1					6
Brian O'Neill	1					6
Glenn Norkett		4				4
Steve Seguin		1				1
Ron Merkley				1		

Winners	TD's	Converts 1pt.	Converts 2 pt.	Int.	Fieldgoals	Total Pts.
Mark Ratazack	1			1		6
Ian McLean	1					6
Scott Coulter	1					6
Shawn Alguire			1			2

Playoff Schedule

DATE	FIELD	TIME	AWAY	HOME
Semi-Finals				
Sun. Oct. 30	CCVS	10:30	Upper Can. Mtg.	O'Neill Printing
Sun. Oct. 30	CCVS	12:30	Huron Hockey	Esso

Navy Vet Aces Lose Close One

The Navy Vet Peewee Aces started their regular season on Sunday with a heart-breaking 1-0 loss to Morrisburg.

Aces coach Mike Bissonnette was very pleased with the play of his team. "With just a little luck we could have won this game."

The Aces swing into action on the weekend with 3 games. They visit Long Sault on Friday, host North Dundas on Saturday at the Water Street Arena and then they're off to Alexandria to play the Glens on Sunday. Good luck guys, keep up the hard work.

PeeWee "A" Aces Winless Streak Continues

The Cornwall Laperriere Plumbing Peewee "A" Aces started off against the GatineauAmbassadeurs and were handed a 5-0 setback. The Aces could not muster any offence at all in the game and fell behind by period leads of 1-0 after one, 4-0 after two and then the final score of 5-0.

Next, the Peewee "A" Aces faced the Nepean Raiders and were held scoreless once again as they lost 3-0. The game was a dull affair between both teams and the only positive part of the game was the play of goalie Gregory Hebert who consistently made some tough saves to keep the Aces close.

The Laperriere Plumbing Aces travelled to the Sandy Hill Arena to start the month of November to face the East Ottawa Voyageurs. Unfortunately, Cornwall was handed another defeat by the final score of 4-1. The Aces only goal came shorthanded by Ian McConnell on a nice feed by Marc Bourget.

The Cornwall Laperriere Plumbing Peewee "A" Aces next home game is November 9th against the South End Capitals before hosting their home tournament on November 11th, 12th and 13th. Please come out and cheer on your Peewee Aces.

United Counties Ladies Basketball League

Game #1	Pts.
Laframboise Mechanical	60
Backstage	27
Game Stars for Laframboise:	
Beth Armstrong	15
Trish Brown	14
Game Star for Backstage:	
Catherine Gagné	

Game #2	
Cornwall Gravel Pits	58
St. Lawrence College	34
Game Stars for Gravel Pits:	
Donna MacGregor	11
Lisa Cook	10
Game Star for St. Lawrence College	
Maureen Benton	13

Game #3	
Ralph's Bar	40
Ray-Co Sharks	29
Game Stars for Ralph's:	
Carolyn Bordeau	11
Joan MacDonald	8
Game Star for Ray-Co:	
Jake Jacobs	9



REMEMBRANCE DAY IS ON NOVEMBER 11TH
LEST WE FORGET

Electors of Osnabruck Twp.
ELECT
BART WHITTON
DEPUTY REEVE
ELECT
Authorized by CFO for Whitton Campaign

DAVE MERPAW'S GREAT
330 km
ENDURANCE CHALLENGE
for BEDS
November 12, 13 & 14, 1994
Cornwall, Ontario
WIN! WIN! WIN!
Great Prizes for the most pledges!
Help raise money for Beds at the Cornwall General Hospital
SCHEDULE OF EVENTS
Saturday, November 12, 1994
Dave will begin swimming 30 km of laps at the Transport Canada Training Institute Pool which will be closed to the public.
7 p.m. *(approximate)
Dave leaves TCTI and runs down to the Cornwall General Hospital. Dave will run a total of 300 km in laps around the Hospital ending at approximately 6 p.m. on Monday, November 14. Everyone is invited!
9 p.m. *(approximate)
Dave arrives at the Cornwall General Hospital. Join us for refreshments!
Sunday, November 13, 1994
Come on down to Cornwall General Hospital and cheer Dave on or run a few laps with him. Join our celebrities guests!!
Free Refreshments!!
Monday, November 14th, 1994
1: p.m. join the CORNWALL ACES who will be running with Dave! Still time to get your pledges in and win prizes!
6 - 8 p.m. *(approximate)
Dave reaches the finish line. Closing Ceremonies will be held in the Hospital Cafeteria. Join the Celebration!
Pick up pledge forms at Kalrim Cycles and Sport, Ray's Footware, Ladas' Your Independent Grocer, Country Style Donuts, Ralph's, Onyx Printing and the Cornwall General Hospital or call the pledge hotline at 932-3303 ext. 4456 to make a pledge or to volunteer.
KALRIM cycles & sports
RALPH'S
LADAS your
ONYX PRINTING
AVIA
Ray's FOOTWEAR
Fueled by PowerBar

Support The Lung Association's Christmas Seal Campaign
For more information on lung disease, or to make a donation, call toll-free 1-800-668-7682
When You Can't Breathe, Nothing Else Matters.
THE LUNG ASSOCIATION
The Christmas Seal People
NC

DON'T MISS GORDON'S BLAST OF A SALE!
Gordon JEWELLERS LTD.
13 Second St. W. 932-8714


VOTE/VOTEZ
CARTER, Susan
Alderman/Échevin
Authorized by CFO for the Susan Carter Campaign

RE-ELECT

ALEX MacDOUGALL
Separate School Trustee

$75.00 value
Windshield Replacement
INS. PRICES (in shop only)
We pay the $50. deductible
PLUS we give you $25 Cash Back
YOUR WINDSHIELD COSTS YOU NOTHING
NO overcharge to ins. co.
120 TOLLGATE WEST
936-2481
PRO AUTO GLASS and TRIM
We will administer your claim for you

Signature DRIVING SCHOOL
• 24 Hrs. Theory/4 Days
• 1-1 In Car Instruction
• OSL/DSAO Certificate
• At Home Pick-Up/Drop Off
• Courses Start Every Month
- Next Course - Nov.13 -
ALL FOR ONLY $355 taxes incl.
525-0270
1-800-290-2989

CABLE NOTES

Sunday November 6

9:00 am German Diary TV - Drehscheibe Europa #158/Focus on Europe #710
10:00 am Municipal Election 94 - Free Time Telecasts with the Aldermanic Candidates from the City of Cornwall
11:30 am Municipal Election 94 - Mayoralty Debate (repeat)
7:00 pm Sunday Sports Special: Cornwall Colts Hockey vs Kanata - Live From The Water Street Arena

Monday November 7

6:00 pm Page 11
6:30 pm Municipal Election 94 - Free Time Telecasts with the Candidates from Charlottenburgh Township
7:00 pm Prime Time Sports Cards Presented By Fantasy Realm Comics & Cards - Live
8:00 pm Municipal Election 94 - SD&G Catholic School Board English Panel Debate (repeat)

Tuesday November 8

6:00 pm Municipal Election 94 - Free Time Telecasts with the Candidates from Osnabruck Township
6:30 pm Kinsmen TV Bingo
7:30 pm Municipal Election 94 - SD&G Public School Board English Panel Debate - (repeat)

Wednesday, November 9

6:00 pm German Diary TV
7:00 pm The Aces Contact Show - Live
7:30 pm Municipal Election 94 - Free Time Telecasts with the Candidates from Cornwall Township
8:00 pm Cornwall Colts Hockey vs Kanata (repeat)

Thursday November 10

6:00 pm Municipal Election 94 - Free Time Telecasts with the French Panel Candidates for the SD&G Catholic and Public School Board
7:00 pm Municipal Election 94 - Mayoralty Debate (repeat)
8:30 pm Municipal Election 94 - Free Time Telecasts with the Aldermanic Candidates from the City of Cornwall

Canadians courageous and inventive during war

(NC)—Canada's valiant contribution on the fighting field during World War 11 is well documented. Because 1994 marks the 50th anniversary of D-Day, events commemorating our efforts will be taking place across the country. One aspect of the war effort that often goes unheralded is the remarkable work done in the lab. Here are just a few examples of Canadian inventions and research that helped advance the allied cause:

- a technique for testing and quantifying snow conditions
- aircraft skis
- development of synthetic rubber
- aviation medicine; the "Anti-G-suit"
- motion sickness
- ionospheric sounding stations, used to locate both optimum frequencies as for long distance communications, and enemy submarines, led to the development of modern satellite technology.

Today, thanks in part to work done fifty years ago, Canada is a world leader in telecommunications technology. In order to maintain this status, it is essential that Canadians, particularly the young, take an active interest in science.

ONE STOP SHOPPING in the CLASSIFIEDS call 933-0014 to place your ad

Smyth's
APPLE ORCHARDS
OF HISTORICAL DUNDELA
3 km west of Hwy. 31 on Cty. Rd. 18
(turn west at flashing light at Williamsburg)
APPLE CIDER & A VARIETY OF APPLE PRODUCTS
1-613-652-2477
open 7 days a week

ELECT



JIM BROWNELL
REEVE
Township Of Cornwall
√ Experience
√ Interest
√ Commitment
For Information Or A Ride To Vote
Call 534-2423
Authorized by CFO for the Jim Brownell Campaign

— FEATURE FOR FEATURE YOU JUST CAN'T BEAT CHEVY VALUE —

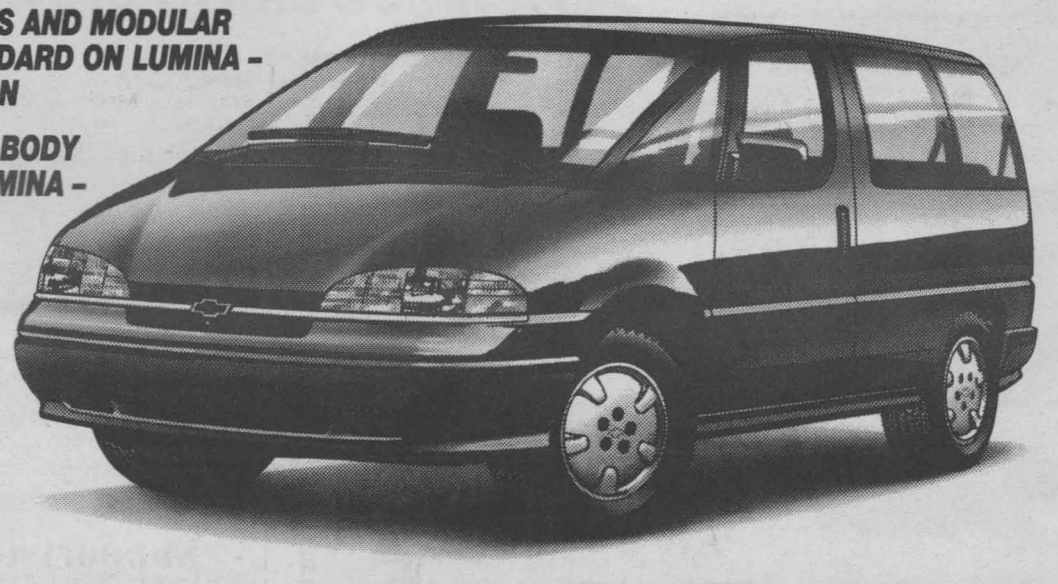
THE 1995 CHEVROLET LUMINA AND ASTRO
PEOPLE MOVERS

1995 CHEVROLET LUMINA VAN

✔4-WHEEL ANTI-LOCK BRAKES AND MODULAR SEATING FOR SEVEN ARE STANDARD ON LUMINA – NOT ON AEROSTAR OR CARAVAN

✔RUST AND DENT RESISTANT BODY PANELS ARE STANDARD ON LUMINA – NOT AVAILABLE ON WINDSTAR OR CARAVAN.

- 3.1L V6 Power
- Air Conditioning
- AM/FM Stereo Cassette
- Driver's Side Air Bag
- Tinted Windows
- Stainless Steel Exhaust
- Pulse Wipers ■ Plus Much More



VALUE BEST PRICE
YOUR CHOICE $295*†
SMARTLEASE PER MONTH 36 MONTHS LEASE

†LUMINA. Plus a down payment of $3,202 including freight $745, security deposit $350.
ASTRO. Plus a down payment of $5,116 including freight $820, security deposit $350.

1995 CHEVY ASTRO VAN *Luxury Edition*



✔COMFORTABLE SEATING FOR EIGHT – WINDSTAR AND CARAVAN CAN'T TOUCH THAT!

✔A POWERFUL 4.3L V6 ENGINE AND HUGE CARGO CAPACITY BEATS CARAVAN AND WINDSTAR

- Re-styled for '95
- AM/FM Stereo Cassette
- Deep Tinted Glass
- Power Windows
- Automatic Power Door Locks
- Captain's Chairs
- 4.3L V6 Power
- 8 Passenger Seating
- Plus Much More

EQUIPPED – NOT STRIPPED

VALUE PRICED AT YOUR CHEVROLET · GEO · OLDSMOBILE STORE

YOU SHOULD KNOW THIS: Licence, taxes and insurance not included. Dealer may lease for less. Limited time offer. Other lease terms available. Some mileage conditions apply. OAC. See Dealer for details.

Goodwrench Service Plus

Roadside ASSISTANCE 24 HOURS A DAY ON 1995 MODELS
Available 24 hours a day. Professional help is only a phone call away. 365 days a year.* Some charges may apply. See dealer for details.

THE NEW FINANCIAL VEHICLE.
Earn 5% on the purchase of a new GM car or truck. Applications available at your nearest dealer or TD Bank branch.
*Used under licence. The GM card is a trademark of General Motors Corporation

LOOK...NO SMALL PRINT

We are
THE VOLUNTEER BRIGADE
We are
THE VOLUNTEER INSTRUCTORS
We are
GRATEFUL TO ALL OF OUR VOLUNTEERS
We are
ST. JOHN AMBULANCE

St. John Ambulance

If you are interested in becoming a St. John Amublance volunteer please contact your local St. John Ambulance branch.
NC

Spar's space robot trio

CANADA IN SPACE

(NC)—Spar is building the next generation of sophisticated robotics for the Mobile Servicing System (MSS), Canada's contribution to the international space station. The MSS will include the Space Station Remote Manipulator Systems (SSRMS) and the Special Purpose Dextrous Manipulator (SPDM). Both robotic devices will be designed and built by Toronto-based Spar Aerospace.

The earlier Shuttle Remote Manipulator System (SRMS) is more commonly known as the Canadarm. It has a shoulder, elbow, wrist and hand—very much like our own. The SRMS hand equivalent is called the "end effector" and is used to grapple (grab-hold-of) satellite payloads and deploy them into space, retrieve satellites for repair and can be used as a work platform for astronauts.

The Space Station Remote Manipulator Systems (SSRMS), is a crane-like arm that will do the heavy lifting involved in the assembly and construction of the station. The SSRMS has a 100,000 Kg handling-transportation capacity and rests on a mobile platform, which moves along the space station's truss. Among the differences from Canadarm is that the SSRMS has two wrists each equipped with a latching end effector.

The Special Purpose Dextrous Manipulator (SPDM) is a smaller and one of the most complex space robot Spar has built to date. The SPDM, attached to the SSRMS, will be able to "see» with the aid of a vision processing system, and "feel" using a tactile feedback system. It will perform the more delicate tasks on the station such as replacing worn-out parts.

Manned space flight has always fascinated Canadian youth, attracting them to engineering and the sciences. Spar and the Mobile Servicing System program continue this trend, acting as a beacon in the nineties and beyond.



Astronaut Chris Hadfield works in Spar's Simulation Facility which includes a life size model of the aft flight deck control station on the Shuttle. NC

Asselin Seeking School Board Seat



ASSELIN

René Asselin has announced his intention to run for trustee on the Catholic School Board, French section. Mr. Asselin was born in Cornwall and is married to the former Diane Villemaire and they have two children. Mr. Asselin is a former Big Brother, a former Moose Lodge Officer, a volunteer with Muscular Dystrophy Telethon and a Heart and Stroke Canvasser.

Some of his concerns include:

- better co-operation with the Public school board and the three levels of government
- improvement of communications between the board and the taxpayers
- encourage parents to be more active within the schools.
- reduction of taxes by recommending a partnership with the Public board in the purchasing department
- implementation of a shared transportation system
- full management & administration review
- formation of committee to deal with the serious problem of violence and drugs in our schools.
- review the present high student-teacher ratio
- insist on fair funding
- ensure our children have the books required in the schools.

"I believe a trustee should visit the schools and attend parent-teacher committee meetings to see what is happening in all schools," stated Mr. Asselin.

Energy Facts

Nuclear energy has become a vital source of electricity around the world. By the end of 1993, a total of 441 reactors were in service worldwide, and another 92 were under construction. NC



KARAOKE
Sing A Song Machine
AM/FM RADIO CASSETTE RECORDER $149 (reg. $179.)
NEW
KARAOKE SYSTEM
Sing all your favourites as the lyrics appear on your TV screen $399 (reg. $499.)
FUN FOR ALL AGES — ADD LIFE TO EVERY PARTY
Great Assortment Of Karaoke Tapes & CD's!
Country • Broadway • Standards • Pop • Rock • Big Band
MELODY MUSIC CENTRE
104 Pitt St. Promenade, Cornwall 933-0205

BILLY'S BINGO HALL
The Hall That Started It All
Open 7 Days A Week
Located On Rt. 37, Hogansburg, N.Y.
1-518-358-2106
Operated By The St. Regis Mohawk Tribe
TWO SESSIONS DAILY
12:30 pm and 7:00 pm
Door Open
1-1/2 Hours Early
$4, $8, $12 & $18 packages
MIDNIGHT MADNESS BINGO
Every Thursday, Friday and Saturday
CARDS GO ON SALE 10:30 PM
GAMES START AT 11:30 PM
JACKPOT Each Session
Progressive Bonanza Jackpot Each Session
Pull Tab Tickets and Refreshments Available
COUPON
This Coupon Is Good For
1 FREE BLUE SCREEN SPECIAL
limit 1 per person per visit
Expiry date Nov. 30/94

THE BEST OF TIMES

Controlling smoking, alcohol and other addictions

By far the greatest enemies of a healthy lifestyle are smoking and drinking.

If you give up smoking now, you will quickly reduce your chances of developing such smoking-related diseases as heart disease, hypertension and cancer.

There are many known strategies to help you quit smoking. Speak with your physician to find one that is best for you. If you don't smoke now, don't start!

Limiting your alcohol consumption will also reduce your risk of suffering from social and emotional problems as well as disorders of the digestive tracts, gastritis, pancreatitis, peptic ulcer, and cancer.

If you think your drinking may be a problem, speak with your family physician, local health care provider, minister or priest. Your local chapter of Alcoholics Anonymous might provide you with the necessary steps and courage you need to quit drinking.

If alcohol isn't a problem, but you would like to ensure that you keep your drinking within safe limits, following these guidelines:

Men: 21 units or under per week.
Women: 14 units or under per week.
Unit = (1) half pint of beer or lager, or (2) a glass of wine, or (3) a single whisky, vermouth, small glass of sherry.

Remember to never drink and drive.

Don't smoke. Use alcohol in moderation.

This column is provided by the Investors Group Inc. in collaboration with the Canadian Fitness and Lifestyle Research Institute.

Win big by losing even a little weight!

(NC)—When it comes to losing weight, even a little can go a long way. New research suggests that there can be significant health benefits from even modest reductions.

A Harvard medical school researcher recently studied nearly 200 severely obese people, and found that those who lost only 10 to 20 per cent of their body weight — and kept it off during a three-year follow-up period—cut their risk of at least six serious disorders. For example, they reduced their risk of:

- High blood pressure by 70 to 75 per cent
- Type II diabetes by 40 to 60 per cent
- Cardiovascular disease by 25 to 50 per cent
- Gastrointestinal-tract disorders by 25 per cent
- Sleeping disorders by 25 per cent
- Various lipid disorders, marked by high blood levels of cholesterols or triglycerides, by 20 to 40 per cent.

CLASSIFIEDS WORK
CALL 933-0014

ROUTES AVAILABLE
CORNWALL
- Ellen, Elsie, Branch, Lottie
- Reneal, Balmoral, Gage, Windsor, New
- McConnell, 2nd E., Millville, McKay

COUNTRY
- Lancaster
- Avonmore
- Green Valley

If Interested In One Of The Listed Routes Please Call Tom at
933-0014

Fame

Opening night for Memory Lane's production of the play "Fame" was a technical mess, with actors missing cues, wireless mikes cutting out and lights flashing up and down in the wrong scene. This play could have used another week of rehearsals. So in other words it was much like any other amateur troupe on opening night.

What did make this amateur troupe different from any other group was the energy that this large cast was sending out to the audience. For a city the size of Cornwall to gather such a talented cast is bewildering. There were very few weak links in the performance. So often you see a production where an obvious amount of time went into working with the lead actors, but when the chorus or dancers take the stage they are out of character or even without a character altogether. This was not the case with Fame.

The director of this production stated that we wanted the audience to forget about time, sets and special FX. We want them to appreciate the fine performers, so we went with a basic set and had most of the story take place on the place where the performers would spend most of their time. The stage. This play in it's water colour staging was truly believable, and highly creative.

An obvious amount of time went into all musical numbers but more time could have gone into the dance routine. It was interesting to see a large group of people huddled around the orchestra pit at the end of the play. Like myself the audience was very impressed with the musicianship of this small but talented pit band.

This play was something very different for the city of Cornwall and I only hope the next time people start complaining about the youth of this town someone will speak up and ask them "where were you the night a group of youth presented an unforgettable show?"

Appointed As Captain of Industrial East Division

Mr. Ray Lalonde, Campaign Chair, United Way of Cornwall & District, is pleased to announce the appointment of Mr. Julien Viau as the Captain responsible for the Industrial East Division.



VIAU

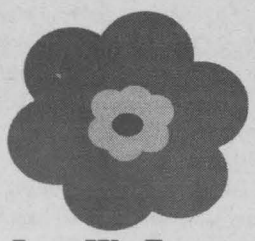
Mr. Viau has been an outstanding worker for the United Way at ICI here in Cornwall.

Mr. Lalonde in making this announcement is very pleased to have Mr. Viau in a responsible area for the current campaign.

Mr. Viau is married with 3 children and has lived in Cornwall for 35 years. He is now retired from ICI Canada Inc. after 34 years of service. Mr. Viau has been on the United Way Board of Directors for 10 years and has been involved with United Way for over 20 years.

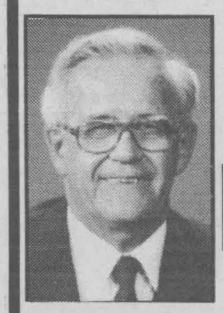
CLASSIFIEDS WORK
CALL 933-0014

REMEMBRANCE DAY
IS ON NOVEMBER 11TH



LEST WE FORGET

VOTE VOTEZ



• Government For The People
• Full Time Commitment To Positive Growth
• Honest, Diligent, Hardworking For YOU!

LALONDE, NORM (X)
ALDERMAN ECHEVIN
Authorized by CFO For Norm Lalonde Campaign

FALL TUNE UP



Marcel Bedard
Service Manager

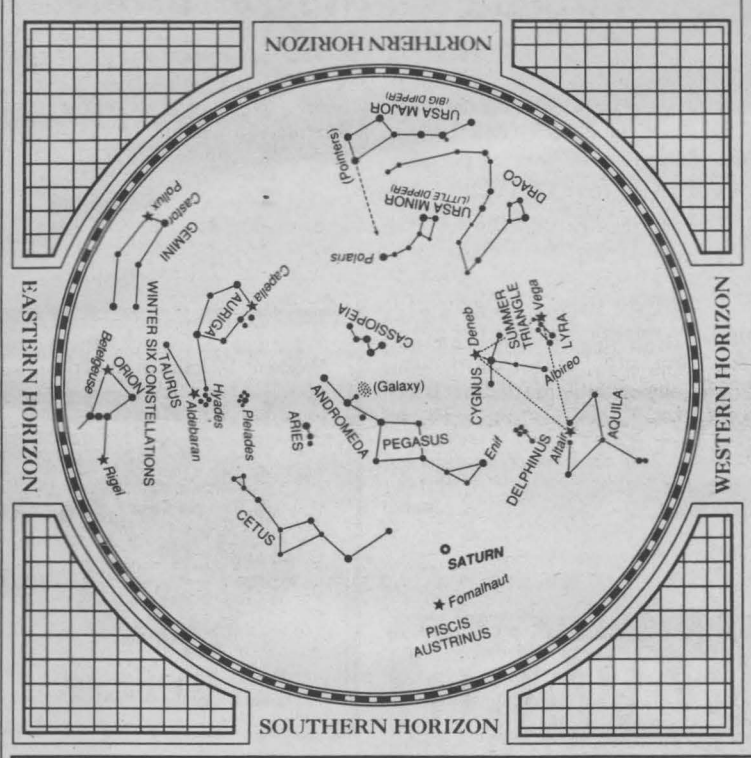
OIL
LUBE
FILTER
$18.95
(most cars)

SUMMER TUNE-UP
CHECK UP SPECIAL
V8 - $49.95
V6 - $42.95
4 Cyl. - $39.95
PLUS PARTS
Cars w/air cond. $15.00 extra

LOU POULET MOTORS
Sales, Service & Clean Up Centre
105 Emma St., Cornwall, Ontario
937-0033

PHARMACIE
EASTCOURT
PHARMACY
1380 Second St. E., Eastcourt Mall
PRESCRIPTIONS DAILY
We Process
• Ontario Drug Benefit • Assure Card Ontario Blue Cross
• WCB • Green Shield • Prudential • RX Plus
• DVA • Confederation Life
MON. - SAT.
9:30 a.m. - 9:00 p.m
937-0956

November STARGAZING



Galaxy in November Skies

The best-known grouping of stars in the heavens is the Big Dipper, now seen fairly close to the northern horizon. The Big Dipper is not a true constellation, but rather a distinctive arrangement of the brightest seven stars of Ursa Major, the Great Bear. The two stars on the outside edge of the Dipper's bowl conveniently point to *Polaris*, the North Star. Another imaginary arrow, traced from the first star up the handle from the bowl, through *Polaris* and extended an equal distance, leads to Cassiopeia, the mythological queen, near overhead.

Cassiopeia's stars form a somewhat flattened letter W that, like the Big Dipper, is a key celestial signpost pointing the way to the Andromeda Galaxy, the only naked-eye celestial object visible from Canada that is completely outside the Milky Way Galaxy. The three westernmost stars of Cassiopeia act as an arrowhead pointing south about 15° to the great galaxy (15° is the length of Cassiopeia's W-shape).

Late autumn night skies offer stargazers the best opportunity of the year to view the Andromeda Galaxy, the most remote celestial object visible to the unaided eye. Starlight from Andromeda reaches Earth after hurtling through deep space at one billion kilometres per hour for over two million years. The galaxy is not difficult to find, but a dark location protected from interfering lights is essential.

The Andromeda Galaxy appears as an oval smudge near the limit of detection, but binoculars significantly improve the view, making the galaxy a distinctive glowing patch in the darkness. That glow is the combined light of at least 400 billion stars similar to our Sun.

The first known mention of the Andromeda Galaxy was by the Persian astronomer Al Sufi who marked it as "Little Cloud" on a crude star chart drawn in the year 964, though it was undoubtedly noticed long before that. Its true nature was not resolved until the American astronomer Edwin Hubble detected some of the individual stars in it in 1923.

The Leonid meteors, which have produced spectacular displays in the past, peak on the night of November 17–18. But this year the meteors will be washed out by the Full Moon. That same Full Moon will be skimming just beyond the edge of the Earth's shadow producing what is known as a penumbral lunar eclipse. At mid-eclipse, at 10:44 p.m. PST the evening of November 17 (6:44 UT November 18), the upper left edge of the Moon should appear slightly shaded by the periphery of the Earth's shadow.

Planets

Venus just peeks above the southeast horizon before dawn during the last half of the month. It is brilliant, but low to the horizon. On the mornings of November 14 and 15, Mercury is conveniently located 5° to the left of Venus. This is one of the year's best opportunities to see Mercury, normally an elusive object that is difficult to find in twilight glow. Venus, on the other hand, is the brightest of the planets and very distinctive. Of the remaining naked-eye planets, Saturn is the brightest object to the south as darkness falls, and Mars is seen low in the east around midnight, not far from *Regulus*, the brightest star in the constellation Leo.

Calendar

d	*h*	*(Universal Time)*
2	10	Mercury 4° N of Moon
3	01	Mercury 4° N of *Spica*
3	07	S Taurid meteors peak
3	14	NEW MOON, Eclipse of the Sun*
10	06	FIRST QUARTER
11	21	Saturn 7° S of Moon
12	18	Mercury 5° N of Venus
13	06	N Taurid meteors peak
17	21	Leonid meteors peak
18	07	FULL MOON, Eclipse of the Moon
26	07	LAST QUARTER
30	14	Venus 2° N of Moon

*Visible in South America

Remember to convert to local time.

SCIENCE & TECHNOLOGY / SCIENCES & TECHNOLOGIE
P.O. Box 9724, Station T
Ottawa, Ontario K1G 5A3

Canada

© National Museum of Science and Technology 1994

"WORKING FOR YOU"



Aime Leblanc

YOUR VOICE ...
• Chairman 911 Emergency
• Chairman Glen Stor Dun Lodge
• Raisin River Conservation Authority City Representative
• Director of B.I.A., "Le Village"

LEADERSHIP, EXPERIENCE
PROGRESS
FOR THE FUTURE

RE-ELECT Alderman
RE-ELISEZ Echevin
LEBLANC AIME
Authorized by the CFO for the Aime Leblanc Committee

Dear Readers,

"Former Police Chief, Claude Shaver, now a candidate for a seat on a local school board is rightfully offended by a comment from a reader published October 3rd. The offending paragraph suggested that the former Chief of Police was guilty of sweeping sexual abuse allegations under the rug.

The paragraph is inaccurate and offensive and contrary to the facts. We sincerely apologize to former Chief Shaver for any embarrassment caused to him as a result of the publication.

The Editor.

NON-SMOKERS can breathe a sigh of relief **now that smoking is banned on all non-stop international flights. But, Sammy wonders what the airlines plan to do to calm the heavy smoker on a six to 12-hour flight. Such a person would be like a caged wild animal.**

Older workers keep your chin up. Businesses now realize you are a tried and true valuable asset to them, so now they want you back.

Congratulations to Gunther Paschek on receiving the 30-year Service Award from Mercedez-Benz Canada Inc. for dedicated service.

Sammy says that I.D. Photo Cards for Welfare Recipients is a great idea as well as photo I.D.s for Medicare users, but fingerprinting is a bit much. If you can't recognize or verify someone from their picture then you have a problem, not the recipient. No matter what form of financial aid a government offers, there will always be people who will abuse it some way or other.

CLUB 1000

Cornwall General Hospital Auxiliary

Prov. Lic. #934944

Week #44 - Nov. 3

$1000 #859 George J. Martel Cornwall

$500 #071 Mark A. Baker Cornwall

This Ad Sponsored By

KALRIM CYCLES & SPORTS

161 Montreal Rd. 937-4488

Fishing is the least objectionable way of doing nothing.

Two crews of telephone workers were employed to place utility poles in the ground. After the first week the first crew had put in 25 poles, while the other had only put in three. The telephone company demanded to know why.

The leader of the second crew quickly replied: "Don't blame us. **You should see how much the other team's poles are sticking out of the ground.**

From Oct. 13th: I accept your apology, but I feel I should clarify a few points. I used the term "impatient" to describe the way you pulled out of Churchill St. into the oncoming traffic on Thirteenth. As for the abrupt stop, I was the one forced to make it in order to avoid hitting you. I agree there are two sides to the story. Between you and me, we both know the real story. I'm sorry you were embarrassed at seeing my ad, but I may have done you a favour. I truly believe in the future, you'll think twice before pulling out. I'd like to put an end to our "Pen Pal' letter by wishing you many safe and happy travels in the future.

When the female judge asked the witness her age, she answered, "About the same as yours, your Honour".

BIG BROTHERS AND BIG SISTERS OF CORNWALL AND DISTRICT recently held their 21st Annual Banquet and Awards Night to salute Big Brother and Big Sister Volunteers. There are 111 Bigs matched at present and Bill Roddy, President of the local agency, paid tribute and thanked them for their dedication and commitment to children in need. The 1994 Big Sister of the year is Shirley Kirkpatrick, and Larry Picard is the 1994 Big Brother of the year. The 1994 Honourary Big Brother/Big Sister of the year is Anne Edwards, a former president of the agency, who has done outstanding work since 1986. Congratulations to all the award winners for a job well done.

Congratulations to the brave and good spirited people who took part in the Jelly Jump at Brookdale Mall recently. Top award winners were Linda Ford who found the $1,000 puck; Richard Paradis who found the $500 puck; Marlene Jodoin (best Costume); Joanne Tyo ($75); and Marie Rodley ($50). A total of more than $5,000 was shared between the 25 participants.

CALLER SAYS: I can't believe that the children's program "Power Rangers" is being pulled off the air. I don't find it as violent as Teenage Mutant Ninja Turtles, and no one said anything about them. Perhaps parents should take the responsibility of explaining to their children what is real and what isn't. We can't bring up children to be ignorant to the fact that violence exists, we have the responsibility to teach them what is acceptable and what isn't.



BRIDAL SHOWCASE

ATTENTION BRIDES TO BE!!

A WELCOME WAGON BRIDAL SHOWCASE

Nov. 21 - 7 pm

Cornwall Civic Complex

Salons A, B, & C

For A Free Invitation Call Lynne

933-3634

Attention merchants - limited booth space still available. Call today for details.

Seems that the Aces issue is still a burning issue with the people of Cornwall who attended the Mayoral Debate at the Civic Complex. When will City Council learn that their job is to run the city, not to get involved in other businesses.



Elect / Elisez 933-8973

Chris SAVARD

Alderman /Echevin

Authorized by CFO for Chris Savard Campaign

THE TABLOIDS SAY...

Headlines from the supermarket tabloids available this week:

- New wonder drug shortens pregnancies to 11 weeks (Weekly World News).
- French demand; Give us back the Statue of Liberty (Sun).
- 'I'm O.J. murder victim's double – and it made my life hell' (National Enquirer).
- O.J.'s palm reveals he's force for good (National Enquirer).
- "Di cheated on me with four lovers' (Globe).
- Di dazzles Washington and proves looking good is best revenge (Star).
- Sleeping could be on the way out (Sun).
- The way your man eats breakfast tells if he's cheating, says top psychologist (Weekly World News).

Thought du jour

"That they may have a little peace, even the best dogs are compelled to snarl occasionally." – William Feather, cited in the Fitzhenry & Whiteside Book of Quotations.

A woman who had been driven to distraction by the barking of a neighbour's dog complained to the owner without result. She finally appealed to the police, and accompanied the officer when he called on the dog's owner. "My dog," said the owner coldly, "never disturbs anybody. This person has no proof at all, officer." After a moment of silence, the afflicted neighbour said mildly, "Do you have any objection to the officer seeing the dog?" ..."Of course not," said the owner, "Here, Barky, Barky!"

Two fishermen overheard saying: "I caught a 250-pound marlin the other day!" "That's nothing, I was fishing and hooked a lamp from an old Spanish ship. In fact, the light was still lit!"

"If you'll blow out the light, I'll take 200 pounds off the marlin!"

GERTIE ... *heard you were having a terrible week!!! Hope Tudd's dinner helped to ease some of the pain ...and the dates were PITTED!!! Still never saw a man peel carrots like him!*

As I do this, I laughingly think of something a friend of mine from Cleveland, Ohio, always says: "Politicians are like diapers ... they should be changed often, and for the same reason."

Bette Bouey
Dania

ELECTION NOTEBOOK

- Guest colour commentator?!! on CJSS/CFLG radio election night will be retiring alderman Tom Green.
- Brock Abraham refuses to pose for a photo with the other mayoralty candidates after Chamber Candidates night. Pray tell why??
- Cable 11 offered all candidates an opportunity to do a taped message to be played three times during the campaign. What a wonderful chance to speak to the electors. Incredibly, two aldermanic candidates, Stacy McBain and Claude Poirier didn't seize the opportunity.
- Jacques Lasalle from City Hall tells us they've made some improvements in the system so the election night results should be smoother and more timely.
- Wednesday's rain raised havoc with many of the small lawn signs in particular.



Fresh, Hot **COFFEE** available 24 hours

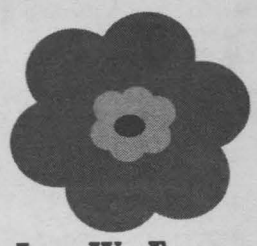
Stop In & Try Our Saturday/Sunday **BRUNCH**

8 am - 2 pm

mark's fifth wheel auto truck plaza

1901 McConnell Ave. 933-8363

REMEMBRANCE DAY IS ON NOVEMBER 11TH



LEST WE FORGET

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window is added. 2. Hat is removed. 3. Lampshade is wider. 4. Boutonniere is missing. 5. Chair back is different. 6. Sign is moved.



VOTE ELIRE

BARB COLLETTE

ALDERMAN

BACK TO BASICS WITH THE 3R'S

√ RESPONSIBILITY √ RESPECT √ RENEWAL

933-5903

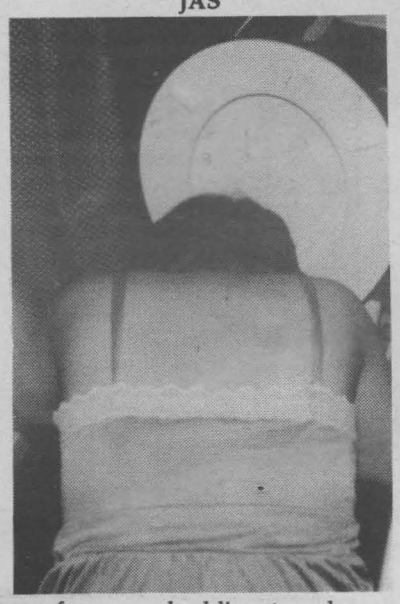
Authorized by the CFO for Barb Collette Campaign

Let's Celebrate

- **Birthday's** • **Anniversaries**
- **Announcements** • **Births**

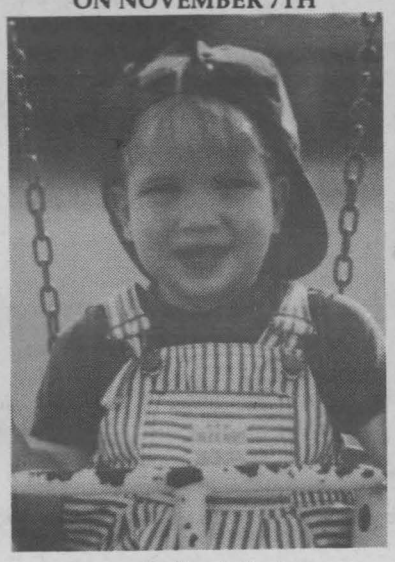
Send Yours In By 5 pm Wednesday to: "LET'S CELEBRATE EDITOR"

HAPPY 32nd BIRTHDAY JAS



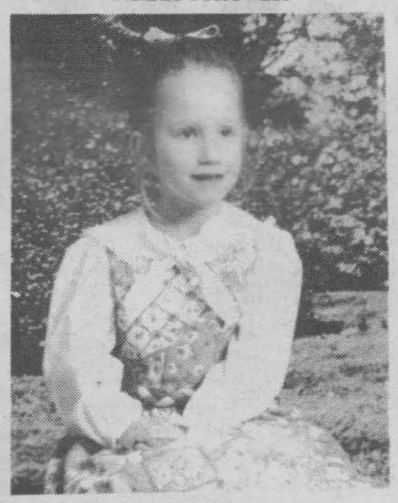
from your buddies at work.
You didn't have to take it so hard!

HAPPY 2ND BIRTHDAY ON NOVEMBER 7TH



to our darling baby boy,
TAYLOR
Love, so much, Daddy, Mommy,
Staphanie, Kristen & Barnaby
XXOO

HAPPY 7TH BIRTHDAY TO KELLI SHAVER



from Mom, Dad, Christine & Tigger
Have a good birthday "Itchy", from Papa George

Hey, Look who's 2
ZACHARY PILON



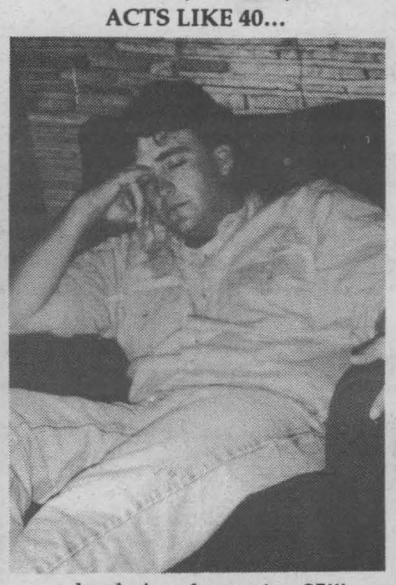
on November 6th
We love you always, Mom & Dad

HAPPY BIRTHDAY TO MY "LITTLE PRINCESS"



celebrating her 4th birthday on November 7th.
All my love, Aunt Bean XOXO

LORDY, LORDY, ACTS LIKE 40...



... but he's only turning 25!!!
Happy quarter-of-a-century
Your fiancee, France

Special thanks to Phyllis, Carol, Maurice, Bill and Danny, also to our many friends who helped celebrate our 50th Wedding Anniversary Oct. 22nd. A day to remember. Love you, Dad and Mom (Rene & Gwen Lefebvre).

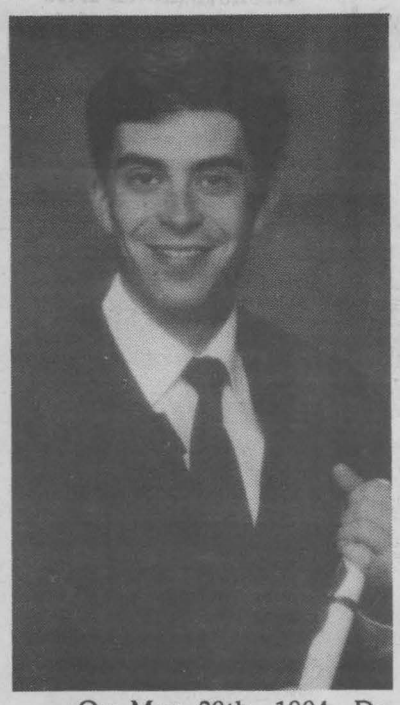
Happy 33rd Anniversary for John & Monique Brunet on Nov. 4th, 1994. Love, from the family.

BEVERLY HILLS
Weight Loss Clinics

CORNWALL 933-3314 Corner of Pitt & Tollgate Heritage Plaza
ALEXANDRIA 525-0448 24 Victoria St. Behind Dairy Queen

Coming soon to **BEVERLY HILLS** Weight Loss Clinic ... **Virtual Vitality Nutritional Counselling and Wellness Centre.** Same Diet Philosophy with Optional Aerobics and exercise classes. Start today with your weight loss program to guarantee a spot in our **new Aerobics program slated to start mid December.** Call Monday to Friday for further details.

VIRTUAL VITALITY
Nutritional Counseling and Wellness Centre



On May 29th, 1994, Dr. Michel Dubuc, son of Mrs. Suzanne and Dr. Jean Dubuc, Optometrist, received his doctorate degree in Optometry after completing a four-year program at the New England College of Optometry in Boston, MA. He successfully completed his internship at the University of Waterloo, the East Boston Neighborhood Health Center, and the Baltimore Veterans Administration Hospital in Baltimore, Maryland. He received his Bachelor of Science from Queen's University in 1990. Michel is a former student of Ecole Secondaire La Citadelle.

HEY FOLKS!!!

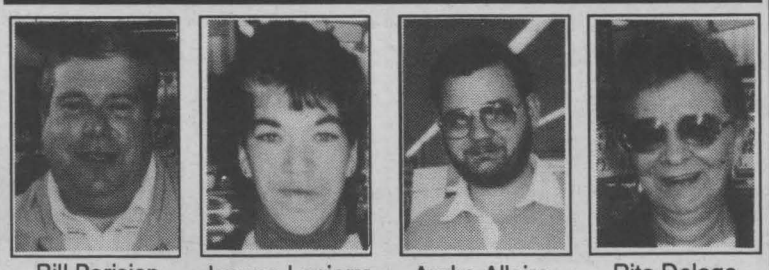
Don't you want your photos back??? Our file is overflowing with graduation, birthday, anniversary, wedding photos, etc., even some heirloom pictures. If photos are not claimed by Nov. 25th, they will be discarded.

OUT of BOUNDS



KINSMEN KINETTE and LOEB FOOD PEOPLE

WEEKLY $200.00 GROCERY DRAW
OCTOBER WINNERS



Bill Parisien | Joanne Lapierre | Andre Allaire | Rita Delage

The Kinsmen Club and Loeb Seaway thank you for your support. Weekly donations to local charities.

MAZDA CANADA
SPECIAL OFFER
WE'VE JUST SHIPPED A FEW MORE 94 MAZDAS TO CORNWALL WITH THESE SPECIAL CASHBACKS!!!

94 - 626 CRONOS, V6



$1200 cashback
+ $2000 discount → $21,995*

94 - MX3 PRECIDIA



$500 cashback
+ $1000 discount → $13,995*

94 - 4x4 TRUCKS



$500 cashback
+ $1000 discount → $15,200*

Cashbacks assigned to dealer. Freight, PDI, taxes. mazda
MAKING YOU FEEL JUST RIGHT
CORNWALL MAZDA
1405 Rosemount 933-6210

Farmer's Almanac predicts winter driving conditions by early November

Think about your car's oil when getting ready for winter

The icy grip of Canada's winter doesn't have to squeeze the life out of your car's engine this year, if you think first about changing your motor oil to meet Canadian driving conditions. And according to the Farmer's Almanac, most of Canada will experience cold temperatures and winter driving conditions by the beginning of November.

"A lot of drivers put snow tires on their vehicles, change to winter floor mats, get the body rustproofed and flush out the radiator when they are getting their cars ready for winter," says motor oil expert Kathy Pileggi. "But most of them just continue to get the same type of motor oil installed season after season, not realizing that oil performs differently under different temperatures."

In cold weather, motor oil flows slower and takes longer to lubricate the engine, so most automotive experts recommend switching to a thinner, faster flowing grade of oil in winter. The lower the number in front of the "W" on the label, the better the oil will flow to vital engine parts in colder temperatures. For example, a 5W30 flows better than a 10W30 in cold temperatures, and is therefore the recommended grade for winter driving.

Motor oil's job is to provide the engine's metal parts with a thin film of lubrication, which keeps metal-on-metal friction and the resulting wear to a minimum. A good oil helps pistons, crankshafts and valves move easily inside the engine, while at the same time collecting dirt and cooling moving engine parts.

"Having the dealer or installer select the proper oil for winter driving can improve horsepower and increase fuel economy," explains Pileggi. "The lubrication provided by a quality motor oil can prolong engine life under regular driving conditions. But, as most of us know, the Canadian winter is far from regular driving conditions."

Pileggi, who as Technical Services Co-ordinator for Valvoline Canada, provides technical support to the company's customers, advises that semi-synthetic motor oil is the ideal choice for most cars.

"Each motor oil formulation has its strong points," says Pileggi. "Because so many of us drive in very cold conditions as low as -35°C, I would recommend changing to a quality 5W30 grade semi-synthetic when preparing a car for winter this year."

Along with semi-synthetics, motor oil is also available in mineral-based and fully synthetic formulas.

Mineral-based oils are made from natural petroleum products and have been the industry standard for years, offering a wide range of protection at normal operating temperatures.

Synthetic motor oil is a process-enhanced premium product. It is scientifically developed for high performance luxury and racing cars, but it is not recommended for some car models prior to 1980 due to changes in engine technology.

Semi-synthetics are a blend of the best properties of both mineral-based and synthetic motor oils, offering superior performance at an affordable price. Semi-synthetic oil can safely be used in both the older and latest-technology engines.

Oil and oil filter changes are recommended every three months or 5,000 kilometres.



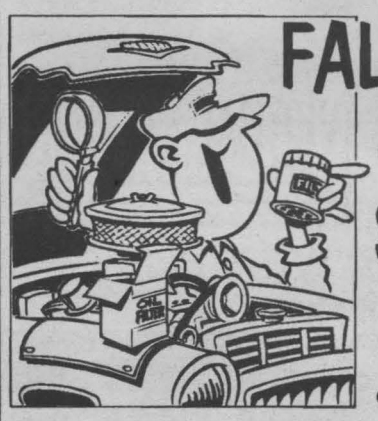
A 5W30-grade semi-synthetic motor oil is the best choice for winter driving, says Valvoline's Kathy Pileggi.

Valvoline's Winter Car Care Tips

1. Check the motor oil level regularly. Have your dealer or installer change the oil and oil filter every three months or 5,000 kilometres.
2. Check tire inflation and tread condition.
3. Check belts and hose for cracks or missing pieces.
4. Check windshield wiper blades regularly. A worn wiper blade can affect visibility.
5. Check condition of spark plugs and replace as recommended by the owner's manual.
6. Change the air filter regularly as recommended in the owner's manual.
7. Repair headlights, brake lights and turn signals that are not working properly.
8. Inspect condition of brakes and brake fluid.
9. Consider enrolling in a defensive driving or skid control course.
10. Keep an emergency kit in the trunk. The kit should contain a hat, gloves, boots, blankets, flares, a shovel, a bag of sand, a candle and matches, booster cables, a flashlight and a piece of chocolate for energy.

Guy's Radiator & Auto Centre

NOW ... NEWLY EQUIPPED TO DO FULL DIAGNOSTIC TUNE-UPS



FALL TUNE-UP SPECIAL

$42.95* Most Cars

* Plus Parts. **Cars with air could have an additional charge

CLASS 'A' MECHANIC - MARC AUBIN

BRAKES - SUSPENSION - SHOCKS
FRONT-END - EXHAUST SYSTEMS - RADIATORS
- GAS TANKS - OIL CHANGES - AIR CONDITIONING ...

633 Pitt St., Cornwall 932-1109

BELMONTE AUCTION HALL • BELMONTE AUCTION HALL

AUCTION
Belmonte Auction Hall

Highway 43 – Avonmore – 346-0335

– Grand Opening –

Saturday, Nov. 12 – 11am

Consignment Auction – Viewing 10am

Large selection of new & used furniture, toys, tools & giftware

Hall Open Daily 12 noon to 4pm

for information and to accept your consigments.

We sell most anything!

Door prize given away at every sale
– Minimum value $300 –

IF WE DON'T HAVE IT, YOU DON'T NEED IT!

Owner Tony Belmonte

Auctioneer Ray Smith

Canteen on Premise

VISA, CASH and CHEQUES with proper I.D. accepted.

BELMONTE AUCTION HALL • BELMONTE AUCTION HALL

HELPING THE WORLD WRITE NOW

CODE
Self-sufficiency through literacy in the developing world
For information, call 1-800-661-2633

Michel Menard, D.D.
DENTURIST

Immediate Appointments
Dental Repair
Complete, Partial & Soft Plates at "Smiling Prices"



50 Ste. Catherine
St. Polycarpe, P.Q.
1-514-265-3332

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Mustache is larger. 2. Buttons are missing. 3. Coat is different. 4. Hat is removed. 5. Doorknob is added. 6. Sign is changed.

CORNWALL CHAMBER OF COMMERCE UPDATE

THE CORNWALL CHAMBER OF COMMERCE

Invites Your Submission For the 1994 OUTSTANDING BUSINESS EXCELLENCE AWARDS

The Chamber presents the prestigious Awards of Excellence to recognize private business and industry in Cornwall and area which are deserving of special attention for their continued business excellence and achievements in 1994.

Awards will be presented in the following six classifications:

- **Small Business of the Year**
- **Salesperson of the Year**
- **Business of the Year**
- **Entrepreneur of the Year**
- **Executive of the Year**
- **Industry of the Year**

The winners will announced at the Annual Business Excellence Dinner on Saturday, February 4th, 1995. Deadline date for submission is January 13th, 1995.

Cornwall Chamber of Commerce 23rd Annual Citizen of the Year Award

to be presented at the

6th Annual Business Excellence Awards Evening

Do You Know Someone Who Has Enriched Our Lives In Cornwall By Performing Outstanding Services To The Community

If so, submit his/her name along with a typed resume of their community services to the Citizen of the Year Committee.
We know there are numerous people in our community who should be recognized.
We hope that you will submit their names.
For more information call 933-4004.
Send your Sealed Submission, or hand deliver no later than **5 p.m., January 13th, 1995:**

Cornwall Chamber of Commerce, Citizen of the Year Committee
P.O. BOX 338, 132 2nd Street East, Cornwall, Ontario K6H 5T1

YOUR VOTE IS IMPORTANT

BE INFORMED!! "MEET THE CANDIDATES"
Cornwall Civic Complex Salon "B"

School Board Trustee Candidates
Monday, November 7th

Aldermanic Candidates
Tuesday, November 8th

Evenings Commence at 7:00 p.m.



Christmas In Storyland

The Cornwall Chamber of Commerce will be hosting the 23rd Annual Santa Claus Parade Sunday, November 20th, 1994 at 1:00 p.m. Bring your children and enjoy the many floats, bands, clowns and more...

WHY SHOULD I JOIN THE CHAMBER?

- BECAUSE behind every forward-looking community, there is an organization of energetic, broad-visioned men and women.
- BECAUSE it is the only organization which focuses primarily on the needs of business in the community.
- BECAUSE for over 100 years, the Chamber has a record of substantial achievement to its credit.
- BECAUSE the greatest natural advantage of any community, is the organized leadership of its business people.
- BECAUSE the Chamber is constantly working to make Cornwall a better place in which to live, play and conduct business.
- BECAUSE the problems of Cornwall are your problems and if left unchecked, will continue to grow.
- BECAUSE the Chamber provides unique opportunities to promote and develop your business through advertising, seminars, trade shows and more.
- BECAUSE the Chamber addresses matters of general interest and concern to business, which individuals or individual firms would not or could not attempt alone.
- BECAUSE the Chamber, through its numerous committees, gives you an opportunity to contribute your expertise, whether you are a business person or a private citizen.
- BECAUSE a city or town is known by the Chamber of Commerce it keeps.
- BECAUSE your membership dues are an investment with a direct return to your business. That return is enhanced economic prosperity in Cornwall, which in turn, results in your business's ability to be profitable.
- BECAUSE consumers like to do business with Chamber members - it's a recognized sign of credibility.

WHY NOT JOIN TODAY!!
Call Lezlie Strasser, Executive Manager at 933-4004. The Chamber of Commerce is the "business partner you need!"

LONGEVITY ACRYLICS INC
R.R. 1 SUMMERSTOWN, ONT.
(613) 931-1615

FIBEREZ Bathware
235 Saunders Dr.
Cornwall,
933-3525

Salon Funéraire Ltée
BOULERICE
Funeral Home Ltd.

serving & caring since 1954
218 Montreal Rd. 932-5455

Proud to be supporting our Community.

SEARS
Expect more from Sears
Cornwall Square
938-9305


Cake Decorator's Paradise
Renald & Helene Bombardier owners
369 11th Street East
936-2310

CMS Gee
CORNWALL MOTOR SALES (1989) LTD.
Brookdale Ave. & Hwy 401
933-3000
A Booster of Cornwall

Associate Store
JOHN R. BARJAROW LIMITED
7 NINTH STREET EAST,
CORNWALL, ONT. K6H 6R3
(613) 933-0592
• AUTOMOTIVE • SPORTING GOODS
• HARDWARE • HOUSEWARES

Discover The Chateau Cornwall State Of Life
Call Us For A Personalized Tour
Chateau Cornwall
41 Amelia St. 937-4700

PROPANE
DEPEND ON US
HWY. 138 NORTH
ST. ANDREW'S WEST, ONT.
KOC 2AO
(613) 933-4877
FAX (613) 933-9363
1-800-665-9882

MAYNARDS
your INDEPENDENT GROCER
NOW AVAILABLE
CLUB PACK
Wide Variety of Grocery And Frozen Foods
• Banking Machine • Post Office
9th & Pitt St., Cornwall

BUSINESS CAREERS BEGIN HERE!
• WordPerfect
• Lotus 1-2-3
• Windows
• MS-DOS
• Accpac
... and more ...
ACADEMY OF LEARNING
COMPUTER & BUSINESS SKILLS TRAINING
1170 Pitt St., Ste. 3
Cornwall K6J 3T2
936-8973

ROYAL BANK
Mike Hogan, Manager
300 Pitt St.
938-7070
Don Meilleur, Manager
Eastcourt Mall
932-6740

MPP REPORTS



By John Cleary
SEAWAY NEWS

Many people are startled to learn that agriculture is the second largest business in the province, behind only the auto sector. Over 220,000 Ontario jobs are dependent on $6 billion worth of farm gate production and $20 billion in value-added food processing.

Unfortunately, however, low commodity prices, changing international trade agreements and an uncaring provincial NDP government have combined forces against the industry in past years, forcing agriculture to struggle to remain competitive. This disturbing trend is evidenced by the fact that sales of farm products have increased by 20 percent over the past decade, but net farm incomes increased by less than three percent.

Weighing heavily on this situation has been a lack of provincial government concern. While overall government spending has increased by more than 15 percent over the last four years, agriculture spending has been cut by 14 percent and the agriculture segment of the provincial budget has declined by 25 percent. These cuts have proven debilitating. We must reinstate a strong voice for agriculture if we intend to improve the province's overall growth and development.

Simply, agriculture is a vital economic industry. There can be no ignoring the 220,000 jobs that rely on support for the agriculture industry, nor the return on investment. To encourage Ontario's agriculture industry to play an important role in the province's economic recovery, we, in the Liberal caucus, believe the industry must be given the tools it needs to survive and prosper.

In order to accomplish this task, I have worked with my agriculture and food co-critic Joan Fawcett and the Liberal Leader Lyn McLeod. We conducted a series of meetings over this past summer with agriculture leaders and concerned farmers across the province, including a session in Cornwall on May 24 and another in St. Albert on July 6. Additionally, we distributed a province-wide survey to as many farmers as possible, so that they would have an opportunity to present their agricultural priorities.

We believe that community-driven solutions and reforms must not be lost in the bureaucracy at Queen's Park. After an intensive drive to gather the concerns of farmers and then reviewing the solutions put forward, my caucus colleagues and I have developed our commitment to agriculture. A Liberal government would support agriculture by:

- fully funding agriculture stabilization programs, and reforming crop insurance;
- protecting the long-term funding for property tax assistance.
- enhancing the marketing of Ontario's quality agricultural products;
- establishing programs that promote land and water stewardship and ensuring farmers have access to newer, safer crop protection technology;
- ensuring farmers have access to the latest technology and research tools;
- establishing genuine support for rural development through the creation of a rural investment fund, continuing support for ethanol, eliminating unnecessary regulations, and removing provincial barriers to economic projects in rural communities.

We believe that the economic contribution of the agriculture industry must be recognized and given priority in the province's financial planning. We are proud of the outreach we undertook these past months on agriculture and are eager to continue that dialogue to ensure the effectiveness of spending on agricultural programs. If you would like to review the Liberal caucus commitment to agriculture, please contact my constituency office at 933-6513.

Social Workers Conference -Workshop



The O.A.P.S.W. - SD&G Chapter in collaboration with the SD&G Industrial Training Council sponsored a 2 day workshop focusing on solution in Brief Therapy. Present was James Duvall as the guest register who is the director of the Brief Therapy Centre of Canada. The workshop for the Social Workers was held at the Best Western Parkway Inn, October 24 and 25. Present in the photo are (from left to right): Sheila Casgrain, Tri-County Mental Health Services; Sheila Tallon, Baldwin House; James Duvall and Cathy Moran-McAlpine from the Toronto area Brief Therapy Training Centres International; Daniel Filliol, Cornwall General Hospital; Lillian Butler, RHSJ Health Centre. The workshop emphasized hands-on experience through the use of role play simulation and participant interaction.

Energy Facts

All Canadians are insured against any damage or injury from any nuclear accident. The Nuclear Liability Act ensures that compensation can be made without the need to incur legal costs. The Act places no limit on the amount of compensation. **NC**

Energy Facts

Canada is the world's largest source of uranium. By the end of 1993, nearly 30 per cent of a commercial uranium was mined in northern Saskatchewan. The energy produced from this uranium in electric power reactors makes Saskatchewan one of the largest energy producers in the world. **NC**

Armstrong Adds a Heavenly Touch To Your Home.



FREE* Fashion Throw Rug with the purchase of an Armstrong 'Best' Floor.

When it comes to interesting decorating approaches, Armstrong has just the kind you'll love. It all starts when you purchase a remarkably beautiful Armstrong 'Best' floor.

And this month ... as your free gift ... a heavenly touch ... you'll receive the 'Starry Night' fashion throw rug with a minimum purchase of 5 sq. yds. of any of the more than 175 fashionable patterns and colours of Armstrong's 'Best' floors. (Visions® Solarian, Designer Solarian® and Designer Solarian II.)*

Complete details are available in-store. But take advantage of this stellar offer now, because it's only valid from November 1 to November 30, 1994!

Armstrong

Call Today For Your Free Estimate

CORNWALL'S KITCHEN CENTRE

Division of Rejean Ouimet Construction Ltd.

GUARANTEED PROFESSIONAL INSTALLATION

123 Cornwall Centre Rd. 932-1339

NO SNOW BANK IS TOO DEEP OR TOO TOUGH FOR TORO



8 HP - 24" clearing width
10 HP - 28" clearing width
*in stock only
Tecumseh 4-cycle engines & *Unique Power Shift.*
Other models also available
Haven't you done without a Toro long enough?®

B&D Small Engines Ltd.

1440 10th St. E. 938-7745

RE-ELECT
WILLIAM FLEMING
Public School Board Trustee
- Is Responsive and Responsible To You, The Taxpayer
- Supports A Strong Public School System
- Believes That Every Child Is Special
- Meets Difficult Challenges of the Social Contract and Educational Reform

VOTE VOTE VOTE VOTE VOTE VOTE



HARRY NEILD
B.A. Ed.
NEILD
A NEW CHOICE FOR ALDERMAN
Authorized by CFO for Neild Campaign

Labour Council Joins With OSSTF To Hold Candidate Bearpit

The Cornwall and District Labour Council and the SD&G District of the Ontario Secondary School Teachers' Federation are co-sponsoring a Town Hall Forum or Bearpit for candidates seeking the Mayor's job. The Bearpit will be held on Wednesday, November 9, 1994, at 7:00 p.m., in Salons A, B and C of the Cornwall Civic Centre. "We have identified a void in the debates so far," says one of the event's organizers, John McEwen, President of the SD&G District of the OSSTF. "Up to now all of the debates have had a panel directing questions to the candidate, nothing from the taxpayers at large. Our format will allow anyone in attendance to ask questions from the floor."

Both organizations agree a public forum will give a better view of the candidates under pressure and should lead to more open questioning and fewer structured, rehearsed answers. "Running Cornwall for three years is a big job", says McEwen, "and a good indication of leadership is how you operate under pressure. We hope this forum will help identify the differences in the candidates."

DU 6 AU 13 NOVEMBRE 1994
FROM NOVEMBER 6 TO 13, 1994

F.A.S.T. Plus

Ces spéciaux sont en vigueur du dimanche 6 novembre 1994 au dimanche 13 novembre 1994.
Nous nous réservons le droit de limiter les quantités. Vente autorisée aux commerces, institutions, résidences et restaurants.
Prices effective from Sunday November 6 to Sunday November 13, 1994.
We reserve the right to limit quantities. Sale authorized to stores, institutions, homes and restaurants.

Lundi-Mardi-Mercredi-Jeudi-Vendredi: 8-1/2 h à 21 h
Samedi: 8-1/2 h à 18 h
Dimanche: 10 h à 17 h

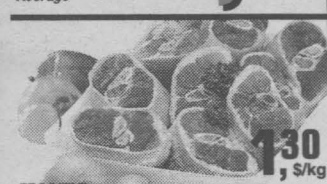
1380, Second Street Cornwall



MARGARINE MOLLE
MONARCH
SOFT MARGARINE
907 g
95¢



PORC HACHÉ MAIGRE 2,84 $/kg
Provenant de parties fraîches et/ou surgelées
From frozen and/or fresh parts
MINCED PORK
Environ 2,5 kg
Average
1,29 $/lb



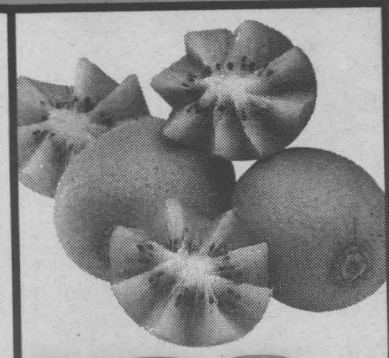
HAUTS DE PATTES DE PORC SURGELÉS 1,30 $/kg
FROZEN PORK HOCKS
59¢ /lb



2,26 $/kg
1,19 $/lb
POULET SURGELÉ
Catégorie Canada Utilité
Canada Utility grade
FROZEN CHICKEN
5 à/*to* 6 lb (2,27 kg à/*to* 2,72 kg)



97¢
EAU DE JAVEL
LA PARISIENNE
JAVEL WATER
3,6 L



8/99¢
KIWIS
Produit de la Californie
Grosseur 42 *Size*
Product of California



CÉLERI
Produit de la Californie
Catégorie no 1 *Grade*
Grosseur 24 *Size*
CELERY
Product of California
Ch./*Ea.*
99¢



ORANGES
Produit de l'Afrique du Sud
Grosseur 105 *Size*
Product of South Africa
10/1,99



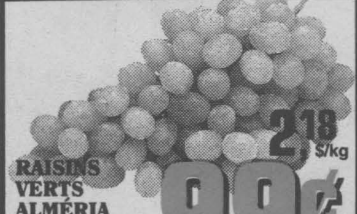
3,95 $/kg
FILETS DE TURBOT
Surgelés/*Frozen*
TURBOT FILLETS
Environ 2,5 kg *Average*
1,79 $/lb



SHORTENING
CRISCO
1,36 kg
3,99



PÂTES ALIMENTAIRES
CATELLI
PASTA
500 g
89¢



2,18 $/kg
RAISINS VERTS ALMÉRIA
Produit de l'Espagne
ALMERIA GREEN GRAPES
Product of Spain
99¢ /lb



CONCOMBRES
Produit des États-Unis
SUPER SELECT
CUCUMBERS
Product of U.S.
3/99¢



FARINE
BONI
FLOUR
2,5 kg
1,99



KETCHUP AUX TOMATES
Bouteille comprimable
HEINZ
Squeezable bottle
TOMATO KETCHUP
750 mL + 250 mL
1,97



FROMAGE
P'TIT QUÉBEC
CHEESE
454 g
3,99



JUS D'ORANGE SURGELÉ
KENT
FROZEN ORANGE JUICE
341 mL
67¢



CROUSTILLES
PRINGLES
CHIPS
170 ou/*or* 200 g
1,97

LÉGUMES
Canada de choix
DEL MONTE
Canada choice
VEGETABLES
398 mL
79¢

TOMATES
Canada de choix
AYLMER
Canada choice
TOMATOES
796 mL
99¢

DÉTERGENT À LESSIVE
SUNLIGHT
LAUNDRY DETERGENT
4 L
2,99

CONFITURE
SUPREME
JAM
500 mL
1,39

VINAIGRE BLANC
HEINZ
WHITE VINEGAR
4 L
1,79

FROMAGE À TARTINER
KRAFT
CHEEZ WHIZ
CHEESE SPREAD
500 g
3,98

NOURRITURE POUR CHATS
BONI
CAT FOOD
723 g
59¢

(L-M 9 h à 18 h – M-J-V 9 h à 21 h – S 9 h à 17 h – D 10 h à 17 h)
FAST PLUS
1260, Notre-Dame – Berthierville

(L-M-M-J-V 9 h à 21 h – S 8 h 30 à 18 h – D 9 h à 17 h)
ALIMENTATION ABAT PRIX
358, Grande-Côte – St-Eustache

(L-M 9h à 19 h – M-J-V 9 h à 21 h – S 9 h à 17 h 30 – D 9 h 30 à 17 h)
FAST PLUS
1155, Principale – Ste-Agathe

DOUG & MAGGIE'S CORNER

By Doug & Maggie Fobert
St. Clair Paint & Wallpaper

Everybody can paint a room, right? I'd like to agree with this statement because painting really is a job that everyone can do. I can't though. Regularly, I get people calling me with problems, and typically they want to blame the paint. Once again it's our nature; who wants to admit they made a mistake?

Painting is so easy, you're thinking, how can you mess up? It is easy, but little gremlins can cause problems when certain circumstances are present. Read through my recommended procedures and see how many you follow when you paint. Ignore enough of them, enough times, and eventually you will have a problem, guaranteed. And don't blame the paint.

Before getting to the nitty gritty, a few general reminders. It's a good idea to prepare the room for painting the day before you actually paint. This allows you ample time to do things properly and avoid the inevitable fatigue that can result from doing the preparation and painting on the same day.

Start by moving the furniture into the middle of the room and taking all objects off the walls. Cover the furniture with plastic sheets and put drop sheets on the floor.

Cloth drop sheets, if you can borrow one or don't mind the expense of buying one, are really nice to use on the floor when painting because unlike plastic, they won't stick to your feet. They are also friendly to the environment, you don't throw them in the garbage when you are done; they last forever.

The most important step is also the most often ignored. Wash the walls; starting from the bottom up, paint won't stick to dirt, and follow with a rinse with clean water. Rinse from the top down. The idea here being that if rinsed from the top down, rinse water that runs down will still be wiped away as that is the direction you are moving as you rinse and wipe. Or use surface prep to wash the walls. Just spray it on and wipe it off, no rinsing in necessary.

Repair cracks and holes with a crack filler such as Polyfix. Allow a few hours to dry then sand smooth with fine (120 grit) sandpaper. If they are large and/or deep then leave them overnight. Prime the areas filled (referred to as spot priming) with a top quality primer. Use primer and not regular paint as a spot primer.

Finally, run a strip of one inch masking tape across the top edge of the baseboards and preparations are complete.

When working with latex paints, temperature and humidity have a big influence on the ease of application and the final quality of the job. If it is warm with low humidity (typical winter conditions in a house), latex paint, a fast drying paint, will dry too fast. This can produce vertical lap marks and blotchiness. If possible, lower the temperature and raise the humidity in the room. There is no substitute for good technique and quality paint and applicators. Good technique ensures that you are spreading the correct amount of paint on the wall. If you roll the paint on the wall too thin, it will dry faster than a thicker coat. Quality applicators help ensure that enough paint is applied, and they require less effort to do it. Quality paint hides better, goes on easier with less spatter, and will last longer. You won't have to repaint as soon.

Okay, we're ready to paint. Starting in the corner of a room, using an angular sash style paint brush, cut down from the ceiling, up from the baseboard and in from the adjacent wall, about two inches. You must work quickly here as you have to maintain a wet edge. If the paint edge dries before you fill in with your roller you will be left with a lap mark.

For the same reasons, don't cut in along the ceiling and baseboard more than thirty six inches at a time. This is easy to gauge as it's about four roller widths. Fill in with your roller as follows.

On an average eight-foot high wall, measure and mark on the wall three roller widths to indicate the first section to be painted. Load your roller with paint and roll an M or W on the wall using large floor to ceiling strokes. Load your roller again and roll another M or W on the wall, filling in the spaces. Repeat this procedure two more times, for a total of four full roller loads of paint, filling in the spaces each time.

Without loading your roller, starting in the corner, gently roll down from the ceiling all the way to the baseboard. Moving over a roller width at a time, repeat this process three more times. This is called back rolling and it will smooth out and level off the four roller loads of paint you have applied to this three foot section of wall.

Now, cut in two inches down from the ceiling and two inches up from the baseboard on the next 36 inch section, and working from dry towards wet (unpainted wall towards painted wall), fill in with your roller as above.

Work your way across the wall and around the room using these 36 inch blocks. Cut in from window and door casing as you get to them. Once again you must work fast if you are using latex paint, as you will get a lap mark if the wet edge is not there when you fill in with your roller.

Combination System Heats Home's Air and Water

One of the most effective ways for a homeowner to cut high utility bills is to reduce the amount of energy used to heat a home's space and hot water. On average, space and water heating are the two highest users of energy in a home - more than 50 percent!

Lennox Industries' new combination system is designed with energy savings in mind - while also satisfying a homeowners needs. The system achieves a combined annual efficiency of 90 percent. This means the unit recovers nearly all the energy produced to heat the home and the water. Using a single heat exchanger, the CompleteHeat system delivers warm and comfortable air to a home, while also supplying virtually unlimited hot water.

The system can supply three to four times more hot water when compared to a conventional water heater.

CompleteHeat consists of two modules - a heat module and an air handling module. When heat is needed in a home, a pump in the air handler draws hot water from the heat module and circulates it through the air handling module. A blower and heat exchanger in the air handling module then transfers the heat from the water to the air, which heats the home. Once the heat is extracted, the water returns to the heat module to be re heated.

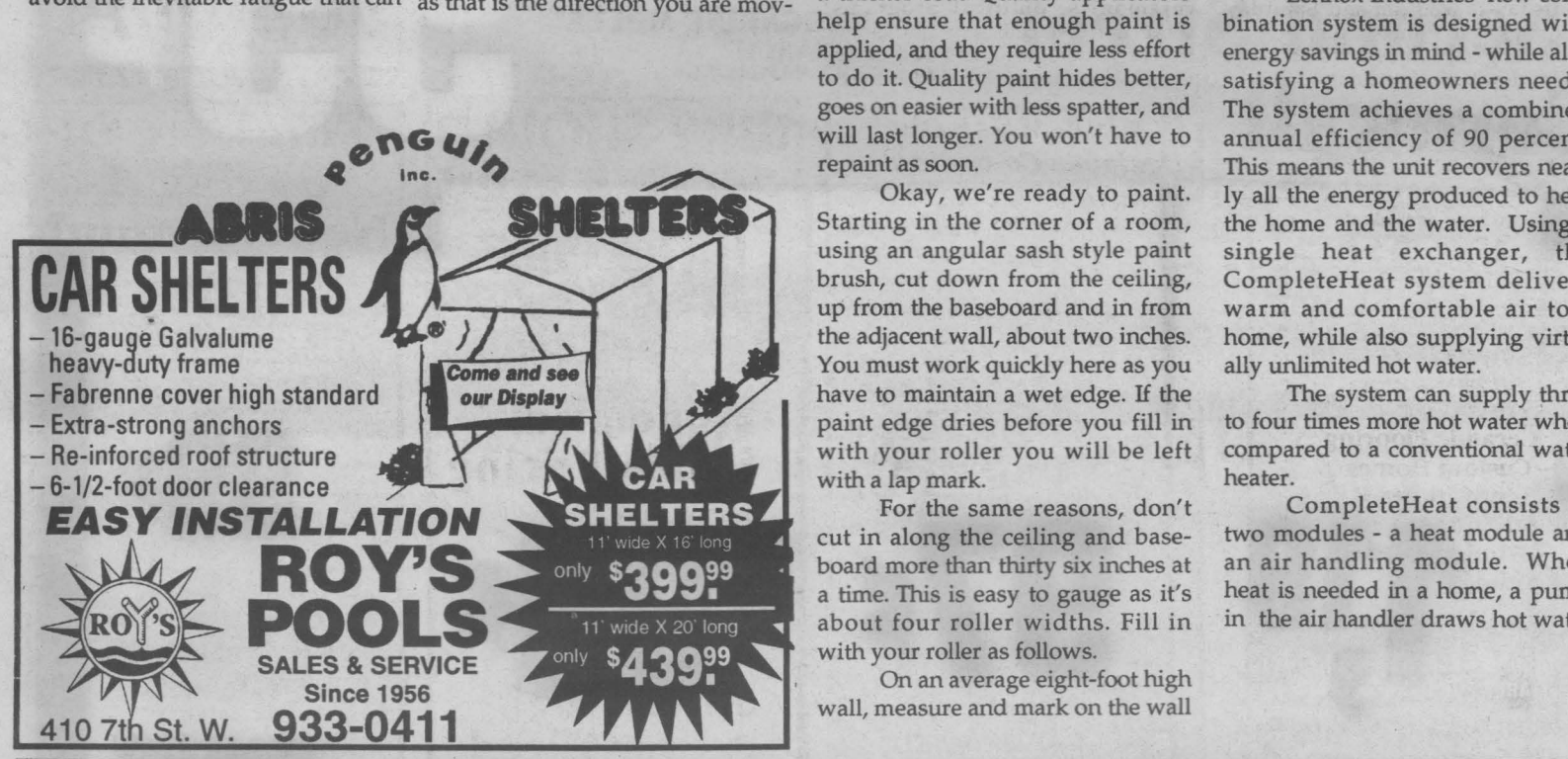
When hot water is needed for showers or other domestic purposes, hot water is drawn directly from the heat module, similar to a conventional water heater.

Lennox is so confident of the new CompleteHeat system they are offering a 15-year limited warranty on the unit's stainless steel heat exchanger and water storage tank - 10 years longer than the average on comparable products!

The new CompleteHeat system is being sold exclusively by Lennox dealers.

Lennox Industries Inc., based near Dallas, TX, markets its residential and commercial products through a network of 5,000 independent Lennox dealers internationally.

Penguin Inc.
ABRIS SHELTERS
CAR SHELTERS
– 16-gauge Galvalume heavy-duty frame
– Fabrenne cover high standard
– Extra-strong anchors
– Re-inforced roof structure
– 6-1/2-foot door clearance
EASY INSTALLATION
Come and see our Display
CAR SHELTERS
11' wide X 16' long only $399.99
11' wide X 20' long only $439.99
ROY'S POOLS
SALES & SERVICE Since 1956
410 7th St. W. 933-0411



2 Adding Possibilities To Your Home!
RENOVATION DIVISION
We specialize in:
• Additions • Sunrooms
• Garages • Carports
• Roofing • Exterior Trim
• Insulation • Finished Basement
• Fencing • Decks
Call for a free estimate
Compare
✔ All work guaranteed
✔ Superior craftsmanship
✔ Personalized service
✔ Insured ✔ Free estimate
✔ Menard: Over 35 years experience
MENARD BROS. & ASSOCIATES LTD.
1100 Marleau Ave (613) 932-7686
Cornwall After hours: (613) 933-6865

3 MEE MARKERRY Electrical Equipment
For
• All Your Electrical Needs
• Competitive Prices
• Technical Assistance
26 Ninth St. W.
(across from Olympia Bowl)
938-8816

1 THE PROPANE HOME
Clean, dependable, efficient, economical propane
HEATERS ~ FURNACES
BARBECUES ~ POOL HEATERS
ICG PROPANE
Hwy. 138 N., St. Andrew's West
933-4877

CHECK OUR MARKETPLACE OF LOCAL HOME IMPROVEMENT PROFESSIONALS

THIS WEEK'S FEATURE BUSINESS

Rogers Cable

In 1957, Rogers Cornwall began business as Cornwall Cablevision with 500 customers and carrying no more than 10 channels. Now the company serves 23,000 subscribers in Cornwall and area and carries 48 channels.

Division manager Carol Ring attributes the growth in customer base to customer service. One of the most popular innovations is the "Don't Wait Around Appointment" where the company will make a firm commitment as to what hour a representative will show.

If that is not enough there are the extended business hours of 8 am to 8 pm Monday to Saturday to answer billing inquiries or to order new services.

"Our technical service phone lines are open 24 hours a day, 7 days a week should you ever have service or reception problems, and cable installations are available evenings and weekends," Ring says.

If you want to talk face to face about service or billing, see a pay demonstration or pay your bill, the Rogers office has extended hours on Thursday to 6:30 pm and Saturday mornings from 9 am to 1 pm.

Ring says there is no shortage of choice when subscribing to Rogers Cable starting with the Basic or Full Cable Service. With Full Cable one gets all the basic channels plus Arts and Entertainment, The Cable News Network, The Nashville Network, The Sports Network, The Learning Channel and Meteo Media.

On top of that there are the pay channels that include The Movie Network with commercial free movies 24 hours a day, Family Channel with TV Classics and programming from the US Disney Channel as well as the new Moviepix network which features classic movies from the last 30 years.

Ring says that, on top of that, there are the US superstations including WSBK, Boston, WGN, Chicago and WTBS, Atlanta, all of which offer big league sports, movies and re-runs of classic TV shows.

Then there is the community access channel, Cable 11.

Ring says that station provides a distinctly local programming service which allows a person to stay in touch with the community and the issues that affect your daily life.

"You'll see local festivals and ceremonies, political programs, sports and live call in programs that invite your comments and questions," she says. "Our volunteer training program provides training and experience in television production in exchange for the volunteers' time behind and in front of the cameras.

Ring insists the community channel is a powerful force, especially in helping people rally around a worthy cause. Through Rogers facilities thousands of dollars are raised for such groups as the Kinsmen Club, the Kiwanis Club, the Muscular Dystrophy Association and Centre Alpha.

She notes that the company tries to be a good neighbour in other ways as well.

"Each year Rogers sponsors the United Way breakfast," she says. "Our employees also take part in community fund raisers like the Big Brothers Bowl for Millions and the Muscular Dystrophy Labour Day Telethon."

She says the company will keep on its tradition of striving for the best and looking for new ways to improve the service offered to customers.

"After all, that is what being a neighbour is all about," she concludes.



• Top-quality components provide optimum performance
• Versatility offers easy installation and serviceability
• Proven comfort backed by the most trusted name in the home comfort industry

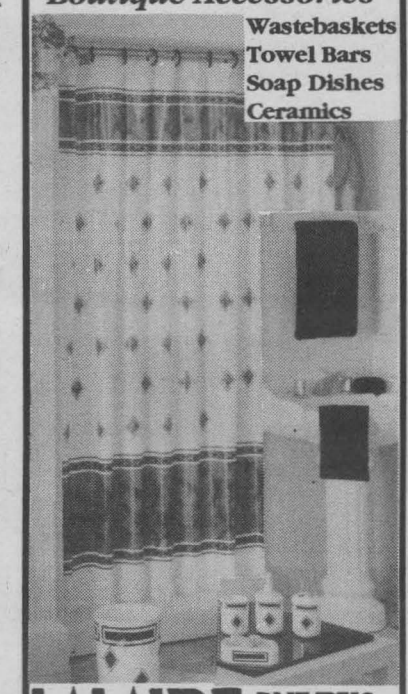


CENTRAL HEATING & VENTILATION
850 Boundary Rd., #1
933-5880

CORNWALL'S ENERGY EFFICIENCY TEAM
Working With Our Community For A Better Tomorrow
FREE HOME TUNE-UP
Call CEET at 933-0000 for your FREE Home Tune-up or information on how we can help with your energy efficient renovations.
Call 933-0000


ROGERS introduces 'Don't Wait Around' appointments.
Welcome to our new service designed to make your life simpler. Pick out a one-hour time slot. A technician will be there within that hour... end of story! No fuss, and no hanging around your home all day waiting for someone to show up.
For your 'Don't Wait Around' appointment call
932-6451
for installation.
ROGERS cablesystems
You'll see more service from us.

CORNWALL'S KITCHEN CENTRE
– Complete Kitchens and Bathrooms
– Vinyl Hardwood & Ceramic Flooring
– Custom Homes Renovations & Additions
– Windows, Doors & Siding
BUILDING & RENOVATING IN CORNWALL & SURROUNDING AREA FOR OVER 30 YEARS
FREE ESTIMATES – WRITTEN GUARANTEES
123 Cornwall Centre Rd.
932-1339
RÉJEAN Ouimet CONSTRUCTION LTD.

Mix & Match Our Designer Co-ordinates Boutique Accessories
Wastebaskets
Towel Bars
Soap Dishes
Ceramics

LALANDE PLUMBING PLOMBERIE
36 Marlborough St. N. 938-1812

WHY SHOULD PEOPLE STAY WITH OIL?
THE SAME PRICE AS 10 YEARS AGO!!
• Economical Stable Pricing
• Abundant Supply
• Dependable & Reliable
• Safest Fuel
• Personalized Service
For More Information
GUINDON - GLENOCO -
1310 Pitt St. 933-6760

Thinking Of Buying A New Vacuum?
Why Not A Central?

BEAM ®
• Just plugs into wall
• No cord to tangle
• No lugging, tugging, pushing or pulling
• Makes stairs a breeze!
EASY TO INSTALL & COSTS LESS THAN YOU'D THINK
BOB'S VAC SHOP
355 Montreal Rd. 933-1948

RCA PRE-CHRISTMAS SALE

20" TV
model #F20602 refurbished
• universal remote • on-screen clock
• commercial skip • auto. pro.
only $299.00
TV's/ VCR's
BOLTON'S TV SALES & SERVICE
MANY MORE RCA SPECIALS
WE DO RURAL SERVICE
3261 St. Andrews Rd.
Eamers Corners
932-7067
A FAMILY OPERATED BUSINESS FOR OVER 40 YEARS

WE RENT MOST EVERYTHING
Prices subject to change without notice
TARPAULIN SALE
15'x20' $20.50
SCAFFOLDS
30 lbs. INSULATION $10.50
INSULATION BLOWERS
We Can Show You How... TO DO IT RIGHT!
TOOLS-EQUIPMENT-OUTILS
LOCATIONS ATLAS RENTS
BEST SELECTION – LOWEST PRICES...
Cornwall 1717 Pitt St. 938-0330
Hawkesbury 442 McGill 632-8534



LET US MAKE YOUR MOVE!
Trust our professionals for all your moving and storage needs.
• Interstate & Provincial Moves
• Overseas Shipping & Crating
• Complete Packing & Unpacking Services
• Guaranteed Pick Up & Delivery Times
• Secure, Storage Facilities
• Licensed & Insured
Wills Transfer Ltd.
1-800-267-9135
Boundary Road P.O. Box 1534
Cornwall 932-3935

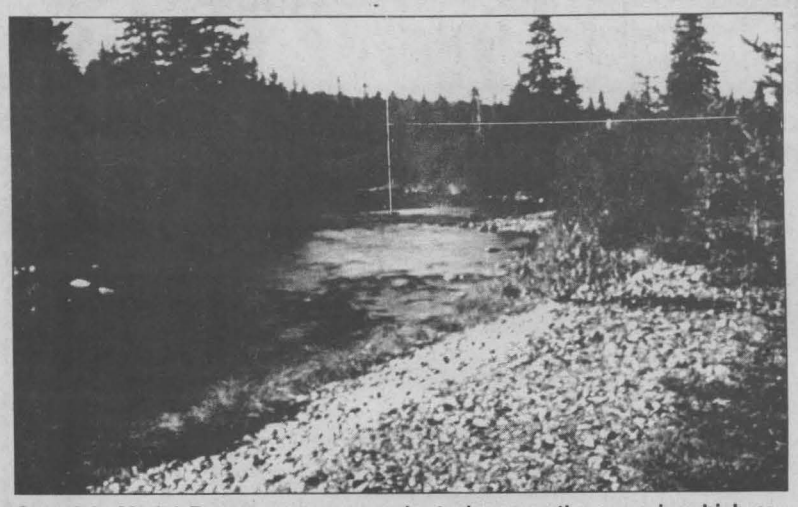
Ariens.

POWER HUNGRY?
ARIENS ST824
• 8 hp, 4 cyle, winterzed engine
• 5 forward speeds plus reverse
• 24" clearing width
• Throws snow 3'-30'
• Lockout differential
• 5-year limited warranty
from $1450
Robertson lawn & garden equipment
(613) 936-1531
Cornwall Centre Road
at the Hwy. 401 Underpass

THINKING OF A HARDWOOD FLOOR??
SEE THE SPECIALISTS IN SALES, SERVICE, AND INSTALLATION

Your One-Stop Home Improvement Store
Menard RENOVATION CENTRE LTD.
1100 Marleau Ave.
938-3300

Canada's model forests



Canada's Model Forests program seeks to improve the ways in which our forests are managed for a full range of environmental and economic values. ***Canadian Forest Service Photo*** **NC**

(NC)—The number of people interested in Canada's forest resource continues to grow. With this growth comes an increased need for creative solutions to complex local forest issues and technical problems.

Picture the following: a local paper mill employs several hundred residents and needs to harvest part of the forest to stay in operation. However, there is also a recreation association that wants to use sections of the forest for mountain biking and skiing. As well, there is a group of naturalists who would like to see part of the forest left untouched, and a fish and game club that is concerned about the loss of suitable forest for deer and damage to fish spawning beds. There are also local First Nation people who use the forest as a food source and who enjoy cultural and spiritual benefits. Finally, the local university is interested in studying the plants and animals to make sure none are in danger of extinction.

The task of local forest managers is to attempt to accommodate all of these interests and yet keep the local mill operating and the community vibrant. Sound like a daunting task? Well, welcome to the world of Model Forests, a new concept conceived in 1992 by the federal Canadian Forest Service of Natural Resources Canada. As implied by the name, this program assists by providing model solutions to these resource allocation problems.

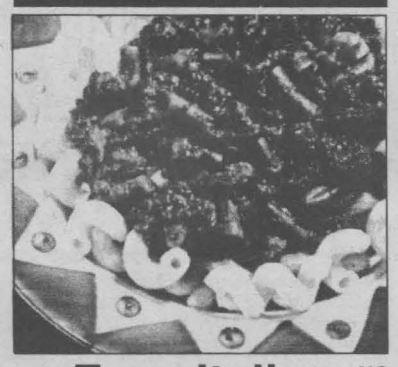
The forest industry is an important component of the local economy in each Model Forest; thus, the maintenance of a continuous and sustainable wood supply is vital. However, this need must be carefully balanced with those of fishermen, hunters, trappers, nonconsumptive users of the forest, aboriginals, and researchers. Each Model Forest is striving for the ideal of sustainable development—encompassing the economic, social, and environmental needs of the community while ensuring that the forest continuously meets these needs.

Through a competitive process, ten Model Forests have been established across Canada. They vary in size from 100,000 to 1.5 million hectares. Over a 5-year period, these Model Forests will use existing techniques and technology, or develop new methods through research, to demonstrate better ways to manage our forests. Once proven, these methods will in many Abitibi Model Forest.

The Eastern Ontario Model Forest is located between the St. Lawrence River and the Ottawa River including parts of the Counties of Lanark and Leeds-Grenville. It is a 1.5-million hectare area with a wide variety of landscapes including lakes, rivers, farms, towns and cities as well as forested land and has 1.1-million people living within its boundaries. The land is owned by a variety of individuals and organizations, including urban residents, farmers, commercial enterprises and small woodlot owners. The Mohawk community occupies 12,000 hectares of the land.

The Lake Abitibi Model Forest, the other model forest in Ontario, is a 1.1-million hectare area located north of Iroquois Falls and east of Cochrane.

New Tricks from an Old Friend



Easy Italian Pasta Sauce

NC

1 lb (500 g)	Italian sausage, mild or spicy
1 medium	onion, chopped
1 (28 oz./796 mL)	can stewed tomatoes
1 (7 1/2 oz./213 mL)	tomato sauce
2 tsp.	dried oregano leaves
2 cups	Green Giant* Frozen Cut Green Beans Cooked pasta

(NC)—Remove sausage from casings and crumble. In large skillet, sauté sausage with onion until no longer pink. Drain off fat, if necessary. Stir in tomatoes, tomato sauce and oregano. Bring to boil. Stir in beans. Simmer 8 to 10 minutes or until beans are tender, stirring occasionally. Serve over pasta with grated Parmesan cheese, if desired. *Makes 4 servings.*



Plastics In Perspective

with Sandra Birkenmayer

Plastic "surgery" cuts waste

(NC)—Making less waste in the first place is to garbage what preventive medicine is to health: eliminating a problem before it happens. And plastics deliver what the doctor prescribed.

Manufacturers are increasingly turning to plastics to conserve raw material and energy resources while delivering the same amount of product. At the same time, the "operating procedures" are being modified to trim packaging weights, thicknesses and shapes even further. Plastics do more with less: reducing waste and conserving resources before products enter the marketplace.

• Plastic grocery sacks are two-thirds thinner today than in 1976. That's almost 75 rail cars of plastic pellets that won't require manufacturing, conversion, recycling or landfilling each year.

• Plastic stand-up toothpaste tubes eliminate 170,000 kg of secondary packaging each year, a 30 per cent packaging reduction.

• Packaging fluid milk in plastic pouches cuts the weight of packaging waste by 75 per cent and the volume going to landfill by over 90 per cent compared to alternative packaging systems. Waste could be reduced by 30,000 tonnes every year if all the milk consumed in Canada was packaged in plastic pouches. In Ontario, milk pouches now eliminate an amount of waste equivalent to the total garbage generated annually by a town of 6,000 people.

• Plastic soft drink bottles are 20 per cent lighter than when first introduced in 1977, a savings of 8-million kg of plastics each year.

• If all plastics were eliminated from packaging, the volume of packaging waste would more than double, weight would increase fourfold, and energy consumption would double.

For further information, contact: Environment and Plastics Institute of Canada, Suite 104, 1262 Don Mills Road, Don Mills, Ontario M3B 2W7

Sandra Birkenmayer is President of the Environment and Plastics Institute of Canada.

SMOKING LINE FACTS

Did you know...

Tobacco is the only legal consumer product that kills when used exactly as intended.

***

After 15 years off cigarettes, the risk of death for ex-smokers returns to nearly the level of persons who never smoked.

THE LUNG ASSOCIATION L'ASSOCIATION PULMONAIRE

the lesson page

How's your flexibility?

Flexibility — the ability to move joints freely and without pain through a wide range of motion — is an important component of physical fitness. Improving flexibility isn't hard; stretching will do it, says the American College of Sports Medicine.

How flexible should you be for your age and sex? The ACSM Fitness Book (Leisure Press, $11.95) endorses this test.

Warm up before you begin: Walk slowly and increase your pace until you feel warm. Do some gentle stretches to loosen your back and leg muscles.

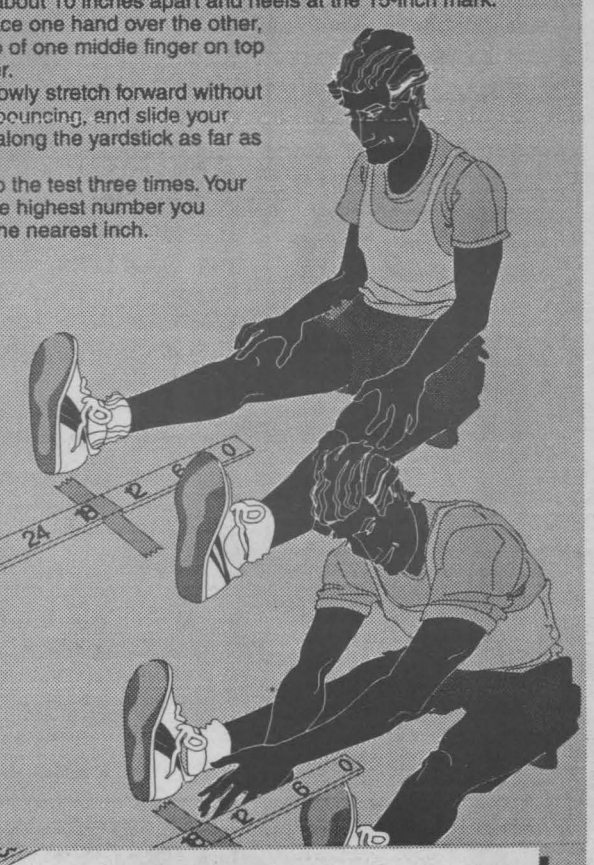
Step 1: Place a yardstick on the floor with the zero mark closest to you. Tape the yardstick to the floor at the 15-inch mark. Have a friend help you keep your legs straight during the test but not interfere with your movements.

Step 2: Sit on the floor with the yardstick between your extended legs, feet about 10 inches apart and heels at the 15-inch mark.

Step 3: Place one hand over the other, with the tip of one middle finger on top of the other.

Step 4: Slowly stretch forward without jerking or bouncing, and slide your fingertips along the yardstick as far as possible.

Step 5: Do the test three times. Your score is the highest number you reach, to the nearest inch.



Men's score at age

	20-29	30-39	40-49	50-59	60+
High	19 and up	18 and up	17 and up	16 and up	15 and up
Average	13-18	12-17	11-16	10-15	9-14
Below average	10-12	9-11	8-10	7-9	6-8
Low	9 or less	8 or less	7 or less	6 or less	5 or less

Women's score at age

	20-29	30-39	40-49	50-59	60+
High	22 and up	21 and up	20 and up	19 and up	18 and up
Average	16-21	15-20	14-19	13-18	12-17
Below average	13-15	12-14	11-13	10-12	9-11
Low	12 or less	11 or less	10 or less	9 or less	8 or less

BUDGET-BUSTING EVENT

Come In And Check Out Our MEGA MULTI MEDIA SALE!!!

Economical Multimedia Computer System

including
- Local Bus 486 Motherboard w/128 Cache
- 486 SX 25 CPU
- 4 MB of Fast Access Ram
- Panasonic 1.44 Floppy Drive
- ISA IDE/IO Controller With 2 Serial, 1 Printer & 1 Game Port
- Minitower Case with 230 Watt Power Supply
- 365 MB IBM Hard Drive
- Trident 512 Super VGA Video Card
- 14" SVGA Monitor with Tilt Swivel
- 101 Enhanced IBM Style Keyboard
- Microsoft Compatible Mouse with Pad
- Microsoft DOS 6.22 with Diskettes & Manuals
- Microsoft Windows 3.11 with Diskettes & Manuals
- Panasonic Double Spin CD Rom with Speakers
- Media Clips 16 Bit Sound Card with Audio Player
- CD Pak for Windows, Encyclopedia, World Atlas, USA Atlas
- Animals, Mavis Beacon Teaches Typing, Multimedia Chess
- 30 Megs of Entertainment, Education & Business Shareware Preloaded on Computer
- Power Surge Protection Bar
- 3.5 High Density Diskettes (Box of 10)
- Diskette Holder

ONLY $1,699

Sensible Multimedia Computer System

including
- Local Bus 486 Motherboard w/128 Cache
- 486 DX 2/66 CPU
- 486 DX 2/66 CPU Cooling Fan
- 4 MB of Fast Access Ram
- Panasonic 1.44 3-1/2" High Density Floppy Drive
- Local Bus IDE/IO Controller - 2S/1P/1 Game Port
- Top of the Line Multimedia System Case w/200 Watt Power Supply and Two 30 Watt Speakers
- 365 MB Fast Access Hard Drive
- Trident Local Bus Video Card w/1 MB Ram (expandable to 2 Megs)
- 14" SVGA .28 N/I Monitor with Tilt Swivel
- 101 Enhanced IBM Style Keyboard
- Microsoft Compatible Mouse
- Dos 6.22
- Windows 3.11
- Panasonic Double Spin CD Rom
- Sound Blaster 16 with Software
- CD-Pak for Windows, Encyclopedia, World Atlas, USA Atlas, Animals, Mavis Beacon Teaches Typing, Multimedia Chess
- 30 Megs of Entertainment, Education & Business Shareware Preloaded on Computer
- Power Surge Protection Bar
- Mouse Pad
- 3.5 High Density Diskettes (Box of 10)
- Diskette Holder

ONLY $2,039



Computer Sense

Where Buying A Computer Makes "SENSE"

7 South Branch Rd. Cornwall Phone (613) 938-0878 Fax (613) 938-9287

SEAWAY BARGAIN MART

DEADLINE
Thursday 4 pm
933-0015
NOTE: Late ads (if taken) will be placed at the end of the classified section)

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015
Classified Advertising (G.S.T. included)
CASH RATES
- $7.60/ wk 24 words or less, (23¢ each additional word per wk).
- $13.50/ 2 wks. 24 words or less, (21¢ each additional word per wk.).

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

NOTE TO CLASSIFIED ADVERTISERS
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.

COMPANIONS' CORNER
To Place Your Ad: write your ad of 25 words or less and enclose $24.00 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 25 word, 21¢ per additional word per wk. Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8. Mail pick up, no charge. Mailed replies: $5.00

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.

WANT ADS *work WONDERS!*

EXOTIC EXPOSE
St. Lawrence County's Adult Centre
Adult Books • Marital Aids • Magazines
• Lingerie • Lotions • Video Tapes
• Accessories & Potions
$$ OFF BOOKS
BUY ONE GET ONE VIDEO'S
Special Rack
Corner of Rt. #56 & Town Ridge Rd, Massena South 2 miles to J & S orange mini mat.
315-764-1954
Open 12 noon-10 pm daily

COMPANION'S CORNER

HANDSOME, FIT, gay male 40, would like to meet a single gay or bi-male, country type; between 25-45 yrs. for friendship/relationship. Discretion assured. CC 1599

I'M LONELY AND NEED A FRIEND Male 46, 5 ft tall, honest & sincere. I'm into weights, and trying to lose weight at the same time. I now weigh 159 lbs, but have 30 pounds to go, should be 129 lbs. Now if you are still interested, please write soon. Males only. CC 1585

SINGLE MALE never married, well educated, kind, considerate, gentle, looking for that one special female companion with similar qualities. Let's spend Christmas together. CC 1600

2 APTS/ CONDOS FOR RENT

109 EASTON, clean 2 bdrm. upstairs apt. Washer & dryer hook-ups. First and last month req'd. Ph: 936-6823

2 BDRM. DOWNSTAIRS with basement and parking. Heat incl. for Dec. 1 - $528./mo. No pets. Ph: 933-4736

2 BEDROOM HOUSE for rent at 120 Prince Albert St. & 3 one bedroom apts. Ph: 932-8192 or 938-0480

AVAIL. DEC. 1 clean 2 bdrm. upstairs apt. at 30 Elm St. $410./mo plus utilities. Ph: 932-6764

BRIGHT, BASEMENT BACHELOR apt. in private residence. $400./mo., utilities included. Near hospital, mall and schools, ideal for teacher or nurse. Ph: 936-2945

BRIGHT, MODERN, CLEAN. 1 bdrm. apt. in small building; convenient, quiet, pollution free location. Coin-operated laundry, locker space & parking. Very reasonable rents. 931-2633.

CLEAN 2 BDRM. with washer/dryer hook-ups avail. Nov. 1 at 23 Lawrence. $375. mo. plus utilities. References required. To view Ph: 932-6201

EAST END upstairs 2 bdrm. apt. near waterfront, avail. Dec. 1, $590./mo. incl. utilities. Washer & dryer hook-ups. Ph: 932-4193

ONE BDRM APT., 4 pce bath, close to hospital, $300/mo. plus utilities, also, 2 bachelor apts., $400./mo., utilities incl.,1st & last month required. Call between 9 & 5 pm, Westborough Group 937-4168

TWO BDRM, Ingleside, $575 includes utilities and cable. One bdrm, Ingleside, $465 mo. Includes cable and utilities. Ph: 543-3604 or 543-4244

TWO-2 BDRM APTS. ON ALICE. Parking. 1 st. and last required and references. Ideal for quiet couples. Ph: 932-2135

WATER ST. EAST, 1 bdrm. apt. all furnished, avail. now, parking, no pets. $450. utilities paid, references. Ph: 932-4376

WATERFRONT BACHELOR APT., completely furnished, utilities incl., 4 piece bath, use of washer & dryer, parking, short term accepted. $500. per month. Call 938-1318 or evenings 936-0225

4 YARD/GARAGE SALES

GARAGE SALE, open daily from Mon. to Fri., 10 am to 4 pm. Come see our new and CLOSED rticles. Somethi g for everyone. Bargains galore at 514, 5th St. W., Cornwall, Corner of Brookdale and 5 th, next to US Bridge.

5 ARTICLES FOR SALE

1977 GMC MOTOR, 350 cu. in. $250. 40 panes thermo glass $100. Truck camper $100. Ph: 938-7742

1980 POLARIS TX 340, rebuilt engine, suspension, track and seat $800 or best offer. Ph: 933-6575

486 COMPUTER, Yamaha organ, 2 prints, filing cabinet,Peavey Sp-2 speakers, men's diamond ring, upholstery shop tools and supplies. Make an offer. 930-9329

AIR TIGHT WOOD-STOVE, 20" W X 29" H X 28"D, with heat shield and access., 4 cords of mixed wood, asking $375. or B/O. Converting to gas. Ph: 938-3465

AIRCRAFT SEATS, sets of 2 or 3 avail. Lightweight, seatbelts, reclining, high back style. Great for vans etc. Also, action figure collection being sold. Ph: 936-1088

ARTICLES FOR SALE. Visit the new expanded Bonville Flea Market every Sunday 10 am - 5 pm. Over 60 vendors. Booths available. Phone 937-FLEA

BEST PRICES IN CORNWALL: Computers bought, sold, rented. 486/2-66 $1450. 486/33Mhz $1220. 14400 INT Fax/Modem $110. CD-ROM doublespeed with soundblaster $350. 420 meg HD $326. Crazy Horse 1247 2nd W., 932-6343

BIRD FEEDERS, suet, holders, sealed guides, books, charts, seed, bird bath heaters, squirrel baffles and many more items for bird lovers at Wild Bird Emporium, 407 Water St. E., Cornwall. Ph: 936-8088

BLACK PERSIAN lamb coat, $30., cloth coat, fur collar $20., cross country skiis and ski boots size 7,$35., 31" varnished door and folding door, 3 brush floor polisher, elect., bathroom sink, porcelain white, curtain rods 12' - 8' - 3'. Chest of drawers 52", coffee table. Ph: 932-3048 or 932-9190

CHALEUREUX WOOD BURNING stove, air tight, circulating fan, asking $300. DP1000 Shapemaster rowing exercise machine, asking $50. Ph: 933-5638

CRIB AND MATTRESS, asking $75. A-1 Cond. Also, F.P. mobile, activity centre. Ph: 931-2657

DISHWASHER in new condition $175., ping pong table $75., 183 lb. cast iron barbells $75., 120 lb. vinyl barbells $25. Ph: 932-6603

WE PAY ALL TAXES
on all appliances
Stop In & See Our Selection Of Couch & Dining Sets
GERARDS' USED FURNITURE & APPLIANCES
427 4th St. W., Cornwall 936-9300

ELECTRIC GUITAR, Ibanez RG560 with hard-shell case $400. (Paid $1,000. new). Also, guitar amp., Peavy Bandit $325. only 8 mos. old. Both items are in excellent condition, Ph: 931-1160

FISHER WOOD STOVE, very good condition. Hydraulic log splitter, heavy duty 5 H.P. motor. 3 yr. old firewood split. Ph: 347-7117 or leave message.

FROST FREE FRIDGE $150., washer & dryer $175., garburator $50., cross-country skiis, adult $50., children $25., IBM printer $65., racer ski pants $75. size 30, stove $90. Ph: 938-1066 or 938-4971

GOALIE PADS, deluxe workout center, bench with a 7 ft. olympic chrome bar and 675 lbs. of olympic plates. Incline/flat bench with preacher, curl attachment. Baseboard heaters. Ph: 931-3125

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

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

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

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

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

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

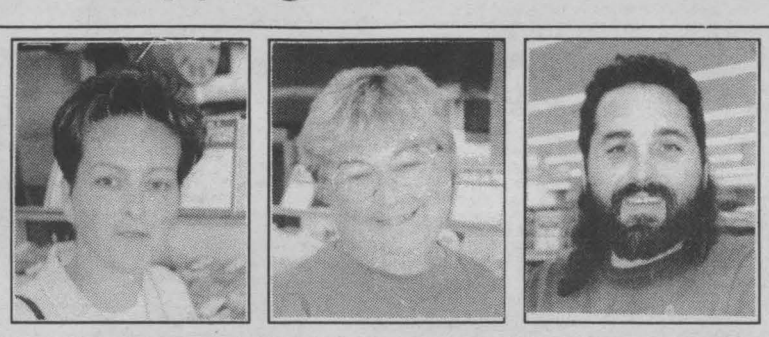
Letters to the editor are welcomed. They may be reprinted with changes in spelling or grammatical construction. All letters must be complete with signature, address and phone number. If not, they will not be printed.

SEAWAY NEWS
Serving Cornwall and Area

CLASSIFIEDS WORK
CALL 933-0015 TO PLACE YOUR AD

You were spotted shopping at LOEB CLUB PLUS™ Seaway. Your're a winner!

WIN
A LOEB Pizza Large, Deluxe 14" Regular Crust



YOU'RE A WINNER

Check this week's photo. If you are in one of these photos, clip out this ad and bring it to the Ready Wall at LOEB CLUB PLUS™ AT 1400 Vincent Massey Drive. You will receive a LOEB Pizza, Large, Deluxe, 14" Regular Crust compliments of LOEB CLUB PLUS™ and Seaway News.

CLUB plus™ LOEB Seaway

Open: Mon. - Fri. 8 am - 10 pm
Sat. 8 am - 9 pm
Sun. 10 am - 6 pm

Seaway News

Date Maker

To **place a FREE** personal ad call
1-800-878-6954 Ext. 12
24 hours a day, 7 days a week, our operators will assist you in creating your FREE 25 word print ad.

To listen and **respond** to personal ads, call
1-976-7866 Ext. 12
$2.00 per minute
Callers will be charged $2.00 per minute, maximum 5 minutes per call. You must be 18 yrs. or older. Touchtone phone service only.
Service provided by: Direct Response Marketing, Inc.

Women

SMASHING FEMALES
Two SWFs, 18, not looking for commitment, just for fun, seeks attractive SMs, 23-30. Ad# 7777

OUTGOING FEMALE
SWF, 36, loves dancing, dining out, movies, seeks SWM, 33-40, for friendship, possible relationship. Ad# 8928

PROFESSIONAL CLASSY
SWF, 48, happy, fun-loving, loves, traveling, dining, quiet evenings, looking for Mr. Right, 45-48, unattached, attractive. Ad# 7592

LIVING FOREVER
Attractive, athletic, adventurous, very playful SWF, 34, 5'5", blonde hair, brown eyes, 118lbs., love life, variety of interests, good hearted, honest, seeking tall, well built SWM, 34-40. Ad# 7677

FULL FIGURED
Professional SWF, 36, N/S, casual drinker, enjoy quiet evenings at home, dining out, movies, theater, seeking honest SWM, 36-40, for friendship, possible long term relationship. Ad# 7421

TOTALLY SINGLE FEMALE
SWF, 20, two children, very attractive, seeking SNA/WM, who is fun, outgoing, romantic, 18-30. No head games. Ad# 7991

TEDDY BEAR
S mom, 18, enjoy long walks, sports, cooking, quiet evenings, cuddling, seeking M, 19-25, for friendship, possible long term relationship. If interested, please call. Ad# 7978

SEEKING SAME
Bi-F, 20s, seeking bi-W/BF, 18+, must enjoy life, be sincere, like adventure. Ad# 7477

ATTRACTIVE, HONEST
Sincere, S mom, 30, 5'6", 140lbs., has two children, seeks honest, romantic, tall M, 30-40, for serious commitment. S dads welcome, enjoy outdoor/indoor activities. Ad# 8225

BROWN HAIR
SWF, 28, brown hair, medium build, 3 kids, likes dancing, movies, walks, quiet evenings. Seeks SWM, 30-35, friendship first. Ad# 8825

NOT SO SHY!
Unpredictable, hyper, unforgettable, attractive, slim F, with sense of humor, seeks open-minded M, 27-36, who works as hard as he plays. Cornwall. Ad# 6479

SHY AND ALONE
SWF, 19, 5'7", brunette, brown eyes. Interests include camping, long walks, quiet evenings. Seeking SWM, 19-25, with similar interests, for possible relationship. Ad# 6484

HAPPY BUT SHY
DWF, 33, full figured, mother of three, seeking D/SWM, honest, sincere, 30+, for friendship and companionship. Humor, adventurous preferred. Ad# 7797

ATTRACTIVE, SENSITIVE
SWF, dark brown hair, medium build, very shy. Seeks SWM, 20-25 for friendship. Ad# 8729

DOWN TO EARTH
SWF, 48, employed, spontaneous, seeking good humored gentleman, who enjoys traveling, camping, honest living and all that life has to offer. Ad# 7196

TWO LADIES
Two SWFs, 24, blond hair, blue eyes, looking for hard working, stable SWMs, 25-30, who enjoy quiet evenings and have good senses of humor. Ad# 7261

BORN AGAIN CHRISTIAN
F, 53, 5'7", would like to meet a born again SM, for non-romantic friendship, to talk, share and an occasional dinner or outing. Ad# 7852

TIRED OF HEAD GAMES
SWF, 29, 5'11", 135lbs., looking for honest, easygoing WM, 27-35, to be adventurous, for new learning experiences, in Cornwall area. Ad# 7960

HOPELESSLY ROMANTIC
Attractive S mom, 37, employed, independent and secure. Loves humor, traveling, movies and social evenings. Seeking secure, sincere, romantic M. 36-40, who's not afraid of commitments. Ad# 8923

OUTGOING FEMALE
SWF, 22, fun, attractive, friendly, N/S, non-drinker, brunette, blue eyes, seeking friendship with SWM, 22-28, love sports, music, movies and quiet evenings. Ad# 6488

ATTRACTIVE NATIVE LADY
Seeks real man, 45-110, sense of humor, variety of interests in music, food and activities. I'm social, friendly, affectionate, healthy. Cornwall area. Ad# 6570

A HAPPY PERSON
SWF, 21, mom, attractive, seeks SWM, 19-25, who likes kids. Must live in Cornwall area, for friendship first. Ad# 6162

DIVORCED MOM
Have a teenager, 5'5 1/2", 120 lbs., red hair, blue eyes, fair looking, 35, looking for WW/DWM, companion, 35-45, I'm a smoker, light drinker. Ad# 6063

NON-STEREOTYPICAL
Shy F, contemplating a relationship. Looking for SF, with same intentions. Must be mature, stable and responsible. Ad# 6174

SINGLE, INDEPENDENT
F looking for an understanding M, 19-25. I enjoy driving my car, being around people and dancing. Sick of bar scene. From Cornwall area only, please. Ad# 6163

SINGLE WHITE FEMALE
Dark brown hair, brown eyes, 24, slim, two children, likes dancing, movies, quiet evenings at home. Seeking friendship/relationship with SWM, 24-30. Ad# 6260

SINGLE WHITE FEMALE
Likes country/western music, movies, dining out, enjoys the little things in life. Seeking same, 50+, for companionship. Ad# 6786

SEEKING MALE FRIENDSHIP
Friendly SF, dark hair, eyes, slim, young 45, enjoys music, dancing, quiet times, good conversation. Humorous, spontaneous, honest . Seeking SM, 38-48, employed, stable. Ad# 6073

CORNWALL MOM
S mom of three, 34, 5'6", brown hair, blue eyes, likes outdoor activities, quiet evenings, romantic music. Seeking honest, sincere, cuddly D/SWM, 30-40, must like kids. S fathers welcome. Ad# 6588

COUNTRY GIRL
SWF, 28, blond hair, brown eyes. Interests include horses, quiet evenings, candlelight dinners and long walks. Seeking SWM, native, 25-38, with similar interests. S fathers welcome. Ad# 6187

GOOD LOOKING AND NICE
SF, 30, seeking sincre, kind, caring, N/S SM, 27-37, who likes country musi can dcountry life. Children welcome. Ad# 8745

SENSITIVE FAIR-LOOKING
F, smoker. Brunette, brown eyes, honest, sincere, enjoys traveling, good conversation, fine dining, quiet times and nature. Seeks WWWM, 50-55, with same values. Serious only. Ad# 6273

CAN WE TALK?
Attractive, independent, N/S DWF, 35, seeking attractive, N/S, professional M, 32-42, for friendship, possible relationship. Let's meet for coffee and talk. Ad# 6287

PROFESSIONAL MOM
F, 33, enjoys romantic every other weekend evenings, karaoke, looking for tall SWM, N/S, 35-45, who enjoys same, lets get together for duet. Ad# 6370

MOTHER OF ONE
SWF, 29, attractive, smoker, enjoys movies, romance, quiet evenings. Seeking SWM, 30-36, for fun, companionship, possible relationship. Ad# 6371

TIRED OF HEAD GAMES?
Attractive, athletic SWF, 28, 5'8", N/S, loves sports, movies, music, meaningful conversations, seeks mature, witty, sincere, attractive SWM, 28-35, liking same. Ad# 6373

CORNWALL AREA
DF, 48, fun-loving, hoping to find Mr. Right, who enjoys traveling, dancing, rides in the country. Don't hesitate, call me. You won't be sorry. Ad# 6379

WIDOWED LADY
Seeking gentleman for companionship, possible relationship, must be Catholic faith, N/S, occasional drinker, 52-59. Ad# 6684

TWO FUN GALS
Two SWFs, 20s, moms, seeking two SWMs, 19-20, must love children, enjoy bar scene, cuddling, no head games, for friendship, possible relationship. Ad# 6686

SINGLE WHITE FEMALE
Would like to meet, man, 25+, with dark brown or black hair, but not just any man. I want a cowboy. Ad# 6772

ATTRACTIVE
F, 60, looking for honest, sincere gentleman, 60-65, who loves country western music, dancing. If interested, please call. Ad# 6777

CORNWALL GENT WANTED
SWF, 40, student, mother of 1, likes theatre, music, cooking. Looking to become friends first with a D/SWM, who loves kids and pets. Ad# 6778

MOTHER OF TWO
DWF, 25, enjoys movies, going out, quiet evenings, seeking D/SWM, 25-32, for friendship first, possible relationship. Must like children. Ad# 6672

FUN IN CORNWALL
DWF, 48, full-figured, loves dancing, walks, movies, looking for WM, 44-??, with same interests, for friendship and fun. Ad# 6184

SINGLE WHITE FEMALE
Full-figured, 38, loves dining, dancing, and movies, seeking WM, 40+, for relationship, maybe more. Ad# 6185

YOUNG URBAN
Professional? SB professional F, 22, seeking tall S professional M, who likes nightclubs, movies, travel, for short-term relationship. Ad# 6160

ATTRACTIVE
DWF, 21, mother of two, seeking completely secure M, must love children and enjoy a variety of events, for sincere, loving relationship. Ad# 6476

LOOKING FOR YOU!
SWF, single mother, 28, 5'3", 135lbs., brown hair/blue eyes, seeking SWM, 27-30, who enjoys, dancing, dining out, walks, children. For possible relationship, friendship first. Ad# 6569

SEEKING SPECIAL GUY
Independent SW working F, 19, seeks SM, for friendship and possible relationship. Enjoys quality time, sick of bar scene. Ad# 6562

SLEEPLESS IN CORNWALL
Slim, attractive F, 30, enjoys live acoustic music, outdoor activities, seeking good-natured M, 29-35, for friendship, possible relationship. Ad# 6277

YOUNG WHITE FEMALE
Blondish brown hair, 22, hazel eyes, 120lbs., seeking WF, 18-25, who is pretty and petite, who likes country music and the outdoors, for possible relationship. Ad# 6276

ATTRACTIVE, FEMININE
Bi-F, late 30s, enjoys cooking, movies, reading. Seeking that special lady, 30-45, for friendship and to share and enjoy life together. Ad# 6177

FUN-LOVING BLOND
SWF, 18, looking for M, 18-20, race unimportant, like to be with friends, sports and a good movie, for friendship, possible relationship. Ad# 6176

SPONTANEOUS, FUN, HONEST
SWF, 19, blond hair, blue eyes, 5'5", seeks slender SM, 19-25, who enjoys sports, traveling, country music, for friendship, possible relationship. Ad# 6175

GAY WHITE FEMALE
Age 45, tailored, romantic and sensitive. Seeks stable, attractive, feminine SWF, 28-48, for sincere, caring friendship and possible relationship. Ad# 6874

INTELLIGENT PLEASANT
Teacher, DWF, 50s, natural, simple, sincere, quiet, honest, romantic, fit, classy, clean, N/S, non-drinker, autonomous, trilingual, loves life. Ad# 6869

COUNTRY WOMAN
DWF, 49, vibrant, active, slim, pretty, seeks caring, intellectually interesting man, with sense of humor, who enjoys country life. Ad# 6961

SINGLE WHITE FEMALE
Who is 20, 5'2", 170lbs., mom of one, would like to meet a SWM, 20-25, for friendship and possible relationship. Ad# 6863

SINGLE WHITE FEMALE
Mom, 23, 5'8", N/S, happy, mature, honest, caring, outgoing, health conscious, age and race unimportant. Seeking the " Tall, Dark, Handsome" D/SM. Relationship, friendship? Ad# 6861

CLASSY, ATTRACTIVE LADY
Blond hair, blue eyes, honest, sincere, affectionate, enjoys traveling, movies, quiet times. Seeks SW gentleman, 45-55, with same values, no harem makers please. Ad# 6271

CORNWALL AREA
Looking for that someone special, likes to sign, sports, family and quiet nights at home. Ad# 6270

DEEPLY ROMANTIC LADY
Medium build, 5'2", N/S, enjoys life, many activities, seeking caring man, 49-50 something, possible sincere relationship. Don't be shy give me a try. Ad# 6171

SINGLE WHITE FEMALE
Mother of two, 27, 5'4", mature, N/S, seeks secure, caring D/SWM, outgoing, spontaneous, enjoys walks, movies, kids, outdoors, S fathers welcome. Ad# 6170

SEEKING COMPANIONS
Two WWWFs, early 60s, enjoys country music, dancing, travel and dining. Seeking two SW gentleman, 60-70, with similar interests, for possible friends, maybe more. Ad# 6079

PISCES SEEKS MALE
DWF, 44, looks 34, no dependents, attractive, petite, working, loves animals. Seeks D/SWM, husky, 35-40, N/S, loves the outdoors. No beard or mustache. Ad# 6860

SEEKING SPECIAL SOMEONE
WWWF, 57, easy going, not slim, full of life, likes dancing, country music, happy-go-lucky type. Seeks D/SWM, up to 65, for companionship. Ad# 6775

ENERGETIC TALL BRUNETTE
Adventurous, 34, S, mom, outgoing, enjoys sports, seeking D/S dad, must be understanding, reliable, intelligent, for friendship first. Cornwall area. Ad# 6774

QUIET YOUNG FEMALE
SWF, 19, 5'5", 130lbs., enjoys walking, dancing, fishing, seeking SWM, 25-30, for friendship possible relationship. Ad# 6763

Men

WARM AND INTELLIGENT
SM, active, affectionate, financially/emotionally secure, enjoys dancing, quiet dinners, travel, walks, cottage life, boating, skiing, music, seeks lady, 48-58, with similar qualities and interests. Ad# 7893

EXTREMELY SHY
SWM, 22, attractive, likes weight lifting, movies, music, long, walks, seeks SF, 19-22, with similar interests, all races welcome, Cornwall residence only. Ad# 7593

EASY GOING
DWM, 34, blond, blue eyes, 5'9", 165lbs, seeks SF, 30-40, for serious long term commitment, no games, kids ok. Ad# 7693

FRIENDSHIP FIRST
SWM, enjoy movies, dining, quiet evenings, seeking athletic SWF, 18-21, with great personality, for friendship and possible relationship. Ad# 7299

ATTRACTIVE AND CARING
SWM, no inhibition, secure, educated, bilingual, 43, 6', 184lbs., enjoy arts, dining, nature, sports, sincerely seeking compatible, attractive lady, for lasting relationship. Ad# 7599

ATTRACTIVE HUMOROUS
DWM, 30s, blue eyes, business owner, secure, fun-loving, romantic, a little shy, very adventurous, love party/quiet times, seeking special F, trustworthy, for one on one relationship. Ad# 7921

FUN SALE
WM, 32, attractive, 5'10", 178lbs., easy-going, love to have fun, not into bars, seeking slim, attractive F. Ad# 7190

FATHER OF THREE
SWM, 34, love winter sorts, romantic evenings, cuddling, seeking young lady at heart. S moms welcome. Ad# 7199

NEW IN CORNWALL
WM, 44, like country music, long drives, seeking F, 35-43, to share life, friendship, possible relationship. Kids ok. Ad# 7820

CORNWALL AREA
WWWM, 46, 5'8", 175lbs., father of two, enjoy walks, outdoors, dining, quiet evenings, seeking WF, 35-46, for companionship, friendship, possible long term relationship. Ad# 7920

HUMOROUS GOOD LOOKING
WM, 33, 5'11", enjoy golfing, hockey, sports, music, dancing, socializing, seeking WF, 26-33, slim, attractive, honest, sincere. S moms welcome. Ad# 7720

POSSIBLE RELATIONSHIP
SBM, 24, 5'8", enjoy music, sports, movies, seeking SF, 22-26, with same interests, for possible relationship. Ad# 7999

NO HEAD GAMES
SWM, 28, 5'11", N/S, likes sports, movies, music, dancing, seeking F, 22-30, same interests, friendship, relationship. Ad# 8925

HUMOROUS MALE
Clean, healthy DWM, 50, 5'8", 160lbs., seeking slim, attractive, sincere lady, 45-50, who enjoys quiet evenings, soft rock, country music, movies. Ad# 7052

RETIRED COUNTRY GENTLEMAN
Seeking WW woman, enjoy dancing, dining and country drives, want long lasting relationship with sincere and honest woman. Ad# 7952

CALL ME
SWM, 22, attractive, seeking SWF, 19-25, who likes kids, must live in Cornwall area, for relationship. Ad# 7152

DOWN TO EARTH
SWM, 26, seeks quiet, slim SWF, 22-28, whose interests include dining out, movies, traveling, animals, intelligent conversation, for friendship and possible relationship. Ad# 7252

STILL SEARCHING
SWM, 40, 5'11", 170lbs., athletic, slim, not a dog, but no Richard Gere, seeking secure, honest, funny, beautiful, slim, romantic woman, 28-40. S moms welcome. Ad# 7897

SINGLE WHITE MALE
M, 19, dirty blond hair, blue eyes, enjoy working out, playing pool, watching movies, seeking F, 18-21, for friendship, possible relationship. Ad# 7097

CATHOLIC MALE
WWM, retired, N/S, social drinker, looking for W lady, English speaking, who likes walking, quiet times, country drives, travel, for friendship. Ad# 7997

OPEN, SENSITIVE, CARING
DWM, 48, 54'11", N/S, 180lbs., Aquarian, seeking stable D/SF, 35-50, mature, settled, with sense of grace, expect same in return, like country western, walks, spontaneity. Cornwall area. Ad# 7197

THIN
SWM, 19, long brown hair/eyes, seeking slender, attractive, sensitive SWF, 18-25, for friendship, possible relationship. No head games, promise. Ad# 7297

EASYGOING
Working SWM, 19, 5'11", 180lbs., enjoy traveling, outdoors and riding my Harley Davidson, seeks attractive SWF, 18-23, with same interests, possible relationship. Ad# 8727

HUMOROUS MALE
DWM, 5'8", 165lbs., brown eyes/hair, seeks DWF, 45-50, N/S, who enjoys dining, quiet evenings, walks, social drinking, possible relationship. Ad# 8827

YOUNG LOOKING
M, 46, Cornwall area, 172lbs. Seeks lady, 30-45, social drinker, N/S preferred, must have a good sense humor, play cards and like country music. Ad# 7751

ATHLETIC BODY BUILDER
SWM, 43, 5'8", into music, likes socializing, quiet nights, romance, seeks F, 35-45, for friendship, possibly more. Ad# 8224

ATTRACTIVE, INTELLIGENT
SWM, 21, 5'11", enjoys walks, bike rides, movies, music, sports, quiet romantic evenings, seeks F, 18-23, for friendship, possible long term relationship. Ad# 8527

CARING AND UNDERSTANDING
SWM, 19, 5'8", 150lbs. Enjoys walks, talks and movies. Seeks sincere, slender SWF, 18-25, who enjoys the same, for understanding, friendship and possible serious relationship. Ad# 6884

EASY GOING
SM, 20, likes quiet evenings, movies, sports, the outdoors, looking for SF, similar interests, possible relationship. Ad# 6285

SHY BUT FRIENDLY
SWM, 19, brown hair and eyes, 5'8", easy going, loves sports, especially hockey, seeks sensitive, caring SWF, who's tired of the bar scene. Ad# 6286

HUMOROUS MALE
SWM, 6'1", 200lbs., blue eyes, brown hair. Looking for SWF, 25-30, who enjoys dinner, dancing, quiet evenings, walks. Don't be shy. Ad# 6388

AFFECTIONATE SINGLE MALE
Age 36, 6'4", attractive, intelligent, stable, mentally handicapped, seeking a woman with the same qualities, for friendship/meaningful relationship. Ad# 6471

LADIES
DWM looking for slim, attractive lady, 35-40, children must be teenagers. Let's just try it. Ad# 6485

ALL I AM
Caring, sincere, romantic, shy, loyal lady, 28-35, I'm SHM, 58, willing to give all my love. Ad# 6486

HOPEFUL HONEST RELATIONSHIP
DWM, 46, Cornwall area, seeking a compassionate and caring WF, 35-48, humorous and understanding. Call now, you have nothing to lose. Possible relationship. Ad# 6477

MALE SEEKING FEMALE
SWM, 45, 5'8", 235lbs., seeking SWF, 30-45, full-figured, who enjoys country music, quiet evenings, drive-ins in the summer, possible relationship. Ad# 6062

MALE SEEKING FEMALE
Romantic, seeking F, 18-30. Myself: 5'7", 170lbs., student, in college. Enjoys music, graduation next year. Ad# 6573

HONEST CARING MALE
SM, N/S, fit, 29, seeking SF, 24-33, with same qualities, who enjoys small gatherings, dining out and/or dancing occasionally. Ad# 6785

WHITE MALE
Interested in same, 25-35, who enjoys sports, fishing and listening to country music, for possible relationship. Ad# 6072

GAY MALE
Brown hair and eyes, 5'7", 190lbs., seeking GWM, 25-35, for relationship, possible relationship. Ad# 6084

DINNER ANYONE?
SWM, 30, 5'8", fairly athletic, honest, caring, who enjoys movies, outdoors, who would gladly prepare a romantic candlelight supper for a special lady. Ad# 6085

OUTGOING MALE
SWM, seeks outgoing F, 18-25, for quiet encounters, possible long-term relationship, must enjoys dancing, movies, fishing and walking. Ad# 6086

WHITE MALE
Seeks same. GWM, 5'11", 160lbs., brown hair, hazel eyes, 22, enjoys dancing, music, cooking, quiet nights at home, seeking GM, 20-35, friendship, possible relationship. Ad# 6087

SINGLE MALE
SWM, 20, 5'11", 170lbs., 28-29 waist, brown eyes, seeking attractive, professional SF, 20-25, sick of bar scene, possible relationship. Ad# 6088

CARING ,UNDERSTANDING
SWM, 19, 5'8", 150lbs., enjoys walks, talks and movies. Seeks sincere, slender SWF, 18-25, who enjoys same, for understanding, friendship and possible serious relationship. Ad# 6173

MALE IN CORNWALL
SWM, 21, 5'11", 170lbs., slender, brown eyes, dirty blond hair, loves to walk, weight lifting and the outdoors. Looking for SF, 20-26. Ad# 6587

SEEKING SPECIAL LADY
SM, 35, brown hair, 6', athletic, attractive, love cuddling, dancing, looking for attractive SWF, 23-35, with same interests. Ad# 6272

SHY LONELY MAN
SWM, 28, 5'6", blond hair, blue eyes, enjoys movies, dancing, walks, quiet evenings. Seeking SWF, 20-35, kind, understanding lady for serious relationship. Cornwall area. Ad# 6372

WHERE'S SPECIAL GIRL
SWM, 25, casual drinker, smoker and loves kids. Looking for a special SF, 20-30. If you think you're the right girl for me, please respond. Ad# 6385

HONEST SINCERE LOVING
Fun-loving DWM, seeks F for friendship, possible lasting relationship. Children welcomed. Ad# 6685

LONELY GAY MALE
SWM, brown hair/eyes, 27, slim, enjoys biking, movies, books, rock, seeking WM, for friendship, 22+, honest, caring, hard working. Rescue me. Ad# 6687

LONG LASTING RELATIONSHIP
DWM, French, 36, 5'9", 150lbs., loves outdoors, children, animals, lots of love to give, seeking sensitive SWF, French, 28-40, for quiet evenings. Ad# 6688

SINGLE MALE
Dirty blond hair, 21, 6', 180lbs., brown eyes, enjoys sports, bar scene, seeking F, 18-21, for friendship, possible relationship. Ad# 6770

QUIET HOMEBODY
SM, don't smoke or drink, likes sports, home movies, quiet long walks. Would like to meet SF, 25-35, set ways, no children. Ad# 6776

CORNWALL AREA
SWM, 20, N/S, loves the outdoors, enjoys walks, sports, movies and quiet times, seeks SF, 18-20, with same interests, for friendship first, possible relationship. Ad# 6784

LET'S GET TOGETHER
SWM, 43, 6', 215lbs., brown hair/eyes, smoker, no kids, enjoy country music, quiet evenings, walking, country drives. Seeking D/SWF, 35-40, possible relationship. Kids okay. Ad# 6671

SINCERE CORNWALL MAN
Clean, healthy DWM, 48, 160lbs., 5'8", seeking slim, attractive, sincere lady, 38-48, who enjoys quiet evenings, soft rock/country music, movies, campfires, humor. Ad# 6186

MATURE SENSITIVE NATURALE
M, 5'7", 140lbs., 32, laid-back, enjoys outdoor pursuits, jazz, blues, rock, the path less traveled, seeks slim F, 25-32, balanced, warm-hearted. Ad# 6670

CORNWALL AREA
SWM, 5'6", 135lbs., N/S, light brown hair, blue eyes, seeks SF, 18-23, who enjoys music and movies, for friendship and possible relationship. Ad# 6070

CALL ME
I'm much different then the rest. SWM, 25, blue eyes, brown hair, seeking SWF, 20-30, to share romantic dinners, movies, theatre, music, and looking for long-term relationship. Ad# 6678

JUST A NUMBER
Attractive DWM, 47, 5'10", dark hair, N/S, seeks D/SWF counterpart for companionship and whatever. Ad# 6677

UNATTACHED ATTRACTIVE
M, 36, N/S, 5'10", 165lbs., romantic and affectionate. Enjoys many activities. Seeking slim, attractive F, 25-35. For possible relationship. Ad# 6578

MALE SEEKING SAME
Looking for larger than normal sized man, 300lbs.+, healthy, strong and fit. Ad# 6577

ARIES BLUE EYES
SWM, 27, working redhead, out/indoor, active activity, enthusiast, seeking SF, for friendship, possible relationship. In Cornwall Area. Ad# 6576

FUN-LOVING GUY
SM, 5'9", 135lbs., blue eyes, light brown hair, 32. Enjoys camping, dancing. Searching for SWF, 25-38, same interests, for friendship and possible relationship. Ad# 6161

HONEST AND SINCERE
M, 35, looking for the same, 30-40. Loves pets, kids, movies and pizza. Ad# 6069

I AM DIFFERENT
SM, 24, N/S, non-drinker, creative, artistic, imaginative mind. Seeking S woman, open-minded, no lies/head games, for friendship/possible relationship. Ad# 6169

SINGLE MALE
Blue eyes, short brown hair, enjoys fishing, long drives and being spontaneous. Would enjoy person of same interests. Ad# 6060

SINGLE WORKING PERSON
SWM, 36, seeking SWF, 25-35, for quality time, relationship, must like dancing, movies and fun times together. Ad# 6061

SINGLE MALE
Age 32, employed, enjoys fishing, sports, quiet evenings. Seeks SWF, 18-30, for friendship/possible relationship. Ad# 6561

ADVENTUROUS MINDED MALE
DWM, 34, 5'11", brown hair, hazel eyes, 190lbs., looking for sincere SF, who enjoys the outdoors. Children welcome, race unimportant. Ad# 6076

WIDOWER SEEKING
A lady friend, enjoys animals and quiet evenings. I'm kind-hearted, N/S, non-drinker, very caring, warm, lonesome. Ad# 6960

MALE SEEKING FEMALE
DWM, 37, 5'8", 170lbs., brown hair. Enjoys indoor/outdoor activities, animals, kids. Seeking D/SWF, 30-39, for friendship and possible relationship. Ad# 6278

Q & A

Q: What's free?
A: Your print ad and voice greeting, message retrieval for women.

Q: How do I place my voice greeting?
A: Call **1-247-7144 Ext. 12** Option 1. Long distance charges may apply.

Q: How do I listen to my messages and matches?
A: If you are female call **1-247-7144** option 3. You can retrieve once a day for **FREE.** If you are male call**1-705-976-7866 Ext. 12** anytime.

Q: What are system matches?
A: Voice greetings of other advertisers that match the criteria you selected. Listen to your matches instantly by calling **976-7866 Ext. 12**

Q: What are messages?
A: Voice greetings of other people who saw your print ad in the paper or who responded to your voice greeting due to a system match or browse.

Q: What is an access code?
A: A confidential 4 digit code that only you know, that allows only you access to your mailbox.

Q: What is an ad number?
A: The 4 digit number at the end of your print ad that allows singles to call and respond to your mailbox.

Q: What is a mailbox?
A: It contains a voice recording that you record information about yourself and the type of single you are looking for. Other singles leave information about themselves and a way for you to contact them.

Q: What is Smart Callback?
A: When creating your mailbox you will be given the option of entering your telephone number for a callback to your number when you have new messages. You decide when and where. Numbers are confidential.

Q: What is Smart Browse?
A: A special feature that allows you to listen and respond to other voice greetings that match the criteria you select. Call **976-7866 Ext. 12**

ABBREVIATIONS

WW	Widowed
D	Divorced
S	Single
M	Male
F	Female
B	Black
W	White
H	Hispanic
A	Asian
N	Native
N/S	Non-Smoker

CONSIGNMENT • CONSIGNMENT • CONSIGNMENT
GENTLY USED
WANTED • Wedding Gowns • Cameras • Musical Instuments • Jewellery
TREASURE LANE SHOPPE
Gently Used Ladies, Mens & Childrens Wear
Also Wedding Gowns
• Antiques • Jewellery • Furniture
164 Pitt St. 932-9042
GENTLY USED
TOYS • CAMERAS • MUSICAL • ETC...

HOLIDAY HOME BAKING returns! $25./pkg. includes: 3 loaf cakes: chocolate, banana, lemon pound, 8 doz. cookies, 1 cinnamon raisin coffee cake. Call early 931-2169

JVC STEREO AMPLIFIER, Raleigh racing bicycle, bass guitar amplifier with 15 in., RCF speaker, 2 P.A. horns, Fostex 4 track cassette deck, JVC stereo microphone. Ph: 938-5496

HERB'S
DELI & RESTAURANT
Catering For All Occasions
Book Now For The Holiday Season
226 Pitt St. 933-7017

KENMORE WASHER apt. size, gold. Very good condition $275. Folding bed with box spring $75. Ph: 938-8301

MATTRESS AND SPRING, 39 X 70 , 1 double air mattress, 1 arborite counter top complete with sink and faucets. Ph: 932-3492

MOON GLO Corn Stove, used 2 winters. Heats up to 55,000 BTU, weight 274 lbs. Warnock-Hersey approved. $600 or b/o. Ph: 534-8284

BAUER SUPER PLUS 88 SKATES, size 6-1/2; CCM Custom Tacks, size 4; 2 pair hockey pants; knee pads; small pr. shoulder pads and hockey gloves. Call 933-5202.

MOVING BOXES & moving supplies for sale. St. John's Transfer, 725 Boundary Road. 933-1492.

MUSIC EQUIPMENT: Fostex X-26 Multitracker $350., Symetrix Compressor Limiter $250., Rocktron MiDimate Footcontroller $250., Peavey unity 8 ch mixer $350., Roctron Hush IICX $225., Peavey CS-800 Poweramp $600., Peavey SP-4 speakers $1,050. Leave message 938-1128

FOR SALE– People's Diamond engagement ring, 1/3 k solitaire, with matching wedding band, has 2 small diamonds, and man's plain gold wedding band. Half price, no GST. Call 933-5202 Mon. to Fri., leave message.

NEW, BRAND NAME children's wear, ladies clothing - all sizes at bargain basement prices. Ph: 938-1878 or drop in at 404 Bellevue Cr. between 9-4:30.

PURPLE MARTIN HOUSES. Well built, ready to erect Purple Martin houses for the bird lover on your gift list. Pole assemblies. Also avail. Free delivery and installation in Cornwall and area. 932-8902

QUEEN SIZE WATERBAG with baffles $150. Ph: 931-2592

SEARS, FLOOR MODEL, 20" T.V., remote, like new, call after 5:30 p.m. Mon-Fri. Ph: 932-7193

SINGER SEWING MACHINE, computer, CGA monitor, two 5.25 floppy disks 360K, DOS 368K, dot matrix printer 400. Ph: 932-7793

SLIPPERS FOR SALE: Adults $4., Childrens $3. Call 932-8225 or 834 York St. downstairs anytime.

2 YR. OLD HITACHI PORTABLE WASHER (full size) 8500 BTU air conditioner, Goldstar microwave, also Admiral fridge, stove, Westinghouse dryer. All in good condition. Must sell - moving. 932-2347

TELESCOPES: 80mm f/15 Refractor, Meade optics, Wild Tripod plus access. $900. 60mm f/10 spotting telescope $150. Ph: 931-2778

TWIN UMBRELLA STROLLER, side-by-side, by Spectrum, U.S. Excellent condition $115. Fisher Price monitor $20. Ph: 936-8411

WELLINGTON, UPRIGHT PIANO very good cond. $400. Thule combi ski box. Used once $300. Ph: 347-3160

WINDOWS-TOP QUALITY at discount prices. Display, Hwy #138 at J's Trailers. Ph:938-2659 or Charles Daniels, Window Mfg. Ltd. 1-800-331-2062.

WINDSURFER and dolley $300., wet suit $100. Ph: 938-4949, 932-6603

WOODSTOVE PIPES 6" flu, insulated. Ph: 938-6609

6 ARTICLES WANTED


Fishing For A Real Deal?
CHECK THE CLASSIFIEDS
Call 933-0015 to place your ad!!

WANTED: Rocker, wooden, highback, sturdy, comfortable and reasonably priced. Call 933-8191 and leave name and number.

1982 PONTIAC 6000, front wheel drive, 4 door, in excellent shape. Just been winterized. Asking $650. or B/O. Ph: 931-2149

7 AUCTIONS

Unreserved
ANTIQUE CAR & TOY
AUCTION
Saturday November 12th – 11 am Sharp!
CHISHOLM AUCTION BARN
4 Miles West of St. Andrew's on Cty. Rd 18 to the 7th Conc., just follow the signs.
TO BE SOLD:
Beautifuly restored 1956 FORD THUNDERBIRD CONVERTIBLE in original Peacock Blue, 292 cu. in. automatic, continental kit; over 20 metal kids' pedal cars and 50-60 metal toys (i.e. cars, trucks, transport and misc.
TERMS: CASH
NOTE: Be on time as it is a small sale.
Carson Chisholm Auction Services
St. Andrews West 937-0201

AUCTION SALE
Automotive Shop Tools & Household; Car; Snowblower;
CLARENCE & BETTY BOYD
2 Miles South of Avonmore on Avonmore Rd. east on Cedarvale Rd. (at tower) # 16365
Saturday Nov. 12 10:00 am
Shop tools & vehicles & guns: 10 h.p. Dynamark Plus snowblower; 10/42 Lawn Scout riding mower; 1983 Pontiac Grand Lemas 67,000 km excellent condition; 1976 Chev. 1/2 ton with cap 75,000 miles - both safetied; Coats 40-40A tire changer; air operated greaser; 180 amp electric arc welder; oxy-acetylene torches; drill press; compressor; micro precision static wheel balancer; battery chargers; AC spark plug cleaner & tester; Wolf precision valve refacer; Wolf valve grinding set; floor jacks; Snap-On air wrench; 1/2" special duty drill; 1/2 impact wrench; gear lube dispenser; Snap-On compression tester; ring groove cleaner; car stands; socket sets; tool chests; tap & die set; drill bits; hand tools; torq meter; mufflers; exhaust pipes; manuals; dial indicator ball joint checking tool; oil seal installation tool kit; many tractor & car air & oil filters, bearings, shocks, exhaust systems, spark plugs, assorted kits, etc.; cases of oil and antifreeze; Land Mark self propelled lawn mower; Ithaca 12 gauge shot gun; 30.06 Remington rifle model 742; 30/30 Winchester lever action model 94; 22 repeater; 22 single shot; other misc. articles.
Household: fridge; stove; freezer; apt. size washer; dryer; T.V.; sofa & 2 chairs; misc. tables; 3 pc. bedroom set; press back rocker; coal oil lamps; misc. chairs; air conditioner; milk cans; other misc. articles.
Terms: Cash or Acceptable Cheque
Held under cover if weather not accommodating
FLORA GRANT DUMOUCHEL
Auction Services
Ingleside, Ontario
537-2925 Canteen

9 FARMERS MARKETS

FINELY SPLIT DRY CEDAR KINDLING. Bag size 88 lb. delivered to door. Ph: after 5 pm, 936-2423

LOOKING FOR A PLACE to board your horses? Call Dave or Julie 933-5912. Spots avail. for Dec. 1/94

13 AUTOS FOR SALE

1979 LINCOLN TOWN CAR, 2 dr., 351 motor, 91,750 km. Stored winters. Very solid. New radiator, battery, alternator, and paint. Must be seen. Asking $2450. Ph: 937-0630

1981 PONTIAC PARISIEN, p/w, p/b, tilt, A/C, cruise, $800 as is or $900 safetied. Ph: 932-6420 after 5 pm

1983 TOYOTO TERCEL, auto., good running cond. As is. Ph: 933-0366

1984 CHEV. CAPRICE CLASSIC, never winter driven, like new 78,000 kms. $5,500. firm. Ph: 937-0514

1985 FIERO SE, sunroof, V6, p.b., auto., red, excellent cond. $3,200. safetied or B/O. Ph: 936-6831

1985 FORD TEMPO, 5 speed standard, AM/FM cassette, in good condition $800 or B/O. Ph: 932-2965

1987 PONTIAC 6000LE, 4 dr., P.S., P.B., stereo, air conditioning, 2.8L, V6, automatic, gray two tone, 115K, fully certified $3,499. or B/O. Can be seen at 451 Motor Sales.

HENSTOCK USED AUTO PARTS, 368 Balmoral Ave. Cornwall. Low prices on engines and transmissions, no G.S.T. Installation avail. Open Mon. - Sat., 9-8 pm. Ph: 937-4330

MERCURY TOPAZ 91, 4 doors, auto., air conditioning, very clean, woman owner. Low mileage $5,450. Ph: 936-2205

BUY RITE AUTOSALES
1447 Pitt St. Cornwall
91 Pontiac 6000 LE, V6, auto., 4 dr., air $8,995
89 Pontiac Sunbird LE, 2 dr., new paint $4,495
89 Hyundai Excel, 2 dr., 4 cyl., std., 47 km $3,495
88 Chev. Celebrity, V6, auto., 4 dr., loaded, new paint .. $5,495
88 Chev. Celebrity, V6, 4 dr., auto., Euro. $4,995
88 Topaz, 2 dr., 4 cyl., 5 spd., air, cass. $3,495
86 Chev. S-15 P/U, , auto o/d, w/cap $4,995
85 Plymouth Voyageur SE, 5 passenger van $4,695
85 Dodge Aries, 2 dr., 4 cyl., auto. $2,250
81 GMC, V8, auto., 4X4, w/roll bars $4,295
We Are Still Buying Privately Owned Vehicles
COME IN & SEE US!!
CALL JOHN LATULIPPE
932-2277 (CARS)

1991 CHEV VAN, V6 $7,600. ; 1983 Toyota $999; Chip wagon, loaded $5,999.; Int'l 5 ton $3,900.; 45 ft. hydraulic crane $3,900.; 1979 Ford, 1 ton with 32 ft. powered bucket lift; 1947 F-Cub Int'l tractor, hydraulic blade $2,000.; Ford snowblower, heavy duty, 8 H.P. $595.; 1985 Tempest boat, 18 ft. with trailer 3.8, V-6 $4,500.; Utility trailers starting at $345.; tent trailers, Bonair & Lionel $1,295. and up. J's Trailers Ph: 938-2659

1992 CHEV CAVALIER. Ph: 938-1775

4 DUNLOP SNOW TIRES, excellent condition, size 185/70 SR14, $200. Call Geoff at 936-6822

CASH PAID for unwanted scrap cars and trucks. Amount depends on year, model and condition. Ph: 938-1783

NEW & USED TRUCK CAPS. New & used tires. Tires repaired, installed, computer balanced and guaranteed. 138 Motor Sales Ph. 938-4865.

17 GARAGES

CAR PROBLEMS? Can't afford mechanic prices? Call 938-1775.

18 BUSINESS OPPOR.

NOTICE
It is our wish to serve you through the classifieds, however, Seaway News can't possibly verify the legitimacy of all ads. Money should **NOT BE SENT** to any company offering employment. This is a questionable practice. Legitimate firms do not charge potential employees for a job.

LIFE PROFILES seeks an owner - operator for a Satellite Office in your area. Our company helps senior citizens record their life stories on tape, video tape or in book form. Modest investment required. Call (613) 224-8004 10-4 weekdays.

NEED EXTRA $ $ $-Work at Home and earn $2.00/envelope. Send S.A.S.E. to L & B Enterprise, 762 Upper James St., Suite 236, Hamilton, ON, L9C 3A2

EUROPEAN PASTRY & DELI FOR SALE
Brookdale Mall, good traffic count.
Well established.
Call after 6 pm 933-3843

DIAL-A-PRO
PROFESSIONAL GUIDE
If you require a professional, check out our directory of these reputable professionals.

CONCRETE
S&L FORMING LTD.
Concrete Footing, Foundations and Floors.
Commercial & Residential
(613) 673-5767
Fax: (613) 673-1252

DAY CARE
TRINITY DAY CARE
is now accepting Winter Registrations, ages 18 mos. - 5 yrs.
Licensed, qualified teachers w/a knowledge of sign language.
Subsidizing also available.
Non-denominational
105-2nd St. West, Cornwall
936-0847

FLOWERS/ FRUIT BASKETS
Fresh & Silk flowers for any occasion.
Fruit & Gourmet baskets for home, hospital & business gifts.
Wedding Specialists.
BARBARA'S FLOWER BOUTIQUE
213 Cumberland
933-5902

RENOVATIONS
ROOF BUSTERS & RENOVATIONS
Shingle roofs, drywall, patio decks, siding, etc.
Work guaranteed.
Free estimates
Richard Longtin
936-2713

WOODWORKING
Eastern Woodworking
Specialising in:
Cabinetry, Repair & Refinishing
Millwork, Woodcrafts
TOLE PAINTERS
Patterns & Cutouts Available
Call Larry Cadieux
938-3593

BONUS
BUY 5 WEEKS
GET 1 WEEK
FREE

20 EMPLOYMENT WANTED

NOTICE
It is our wish to serve you through the classifieds, however, Seaway News can't possibly verify the legitimacy of all ads. Money should **NOT BE SENT** to any company offering employment. This is a questionable practice. Legitimate firms do not charge potential employees for a job.

BOOKKEEPING, part-time, hourly, computerized financial statements, payrolls, G.S.T. etc. Reasonable rates. Free estimates. Call Ed 938-0913

CERTIFIED HEALTH CARE AID, willing to do sitting in your home, hospitals or institutions, please call 938-7512 weekdays after 4:30 or leave message.

RICK'S RECREATIONS and renovations. Roofs, patios, painting, basement, drywall, finishing, decks and patios. A perfectionist at his best. Ph: 938-5446

21 HELP WANTED

$200 - $500 WEEKLY! Assemble products at home. Easy! No selling, you're paid direct, fully guaranteed. No experience necessary. Call 1-504-641-7778 ext. 506

ORGANIST NEEDED
to play at a 10 am weekly Sunday service for St. Andrew's-St. Mark's United Church, Long Sault. Some choir leadership involved. Salary approximately $30.00 per week (negotiable).
Please Call 534-2110

ALASKA JOBS! Earn up to $30,000 in 3 mos., fishing salmon. Also construction, canneries, oil fields plus more! For immediate response call 1-504-646-4513, Ext. K506

EARN EXTRA INCOME.- home-workers needed to make stylish beaded earrings, year round, at home. Info. send a self-addressed stamped envelope to ACCEX CRAFT - 829 Norwest Rd., Ste. 813, Ext. 3053, Kingston, On. K7P 2N3

EARN EXTRA MONEY- $50 - $100 - $200 - $350 to assemble Christmas decorations year round at home. Work available across Canada. For more info. send a self-addressed, stamped envelope to Christmas Fantasy, 2212 Gladwin Cr., Unit D-12, Ext. 1047, Ottawa, ON, K1B 5N1

LOOKING FOR A CHANGE? Prepared to work hard for a career opportunity? No experience necessary. Call 937-4499.

22 HOME SERVICES

DON'S BACK-HOE & TRUCK SERVICE available for hire. Snow removal. Reasonable rates. Ph: Don at 938-2962

ERNIE'S CLEAN UP SERVICE. Basements, garages, yards. Painting. Drywall. Roofing. Fencing & patio decks. Also will do moving. 938-1684

"FALL SPECIAL" - PAINTING. starting at $40 per room per coat plus paint. Wallpaper removal, outside work. Free estimates. 20 years experience. Call after 6 p.m. 938-8839.

HANDYMAN. Clean yard, cement work, paint, repair roof, fences, siding. odd jobs or small projects around homes or cottages. Call 938-1982.

J. R. RESTORATION: Basement finishing, chimneys/repairs, brickwork, foundation repairs, roofing, carpentry, siding, painting. Free Estimates. Call J. R. at 930-9412

MIKE'S BRICK & chimney repairs. Free estimates. Ph: 933-5829

READ ME: HANDY LADIES WE DO IT NEATER. A great gift idea. Walls, ceilings, floors, cupboards, and windows, inside & out. Also general cleaning. References available. Want it, need it, save it. 936-9362 or 938-8673

REPAIRS TO ELECTRIC motors, household appliances, power tools, etc. Free estimates. Dallas McIntosh, Apple Hill, 527-2894.

RICHARD'S RENOVATIONS. We do all types of work like siding, roofing, decks, patios, verandahs, garages & sheds. Inside work: hardwood flooring, drywall, joints, decorative mouldings, doors & bifolds, etc. Free estimates. Call Richard, 8 am - 6 pm (613) 525-1415.

ONE STOP SHOPPING *in the* CLASSIFIEDS call 933-0014 to place your ad

BUSINESS CARD DIRECTORY

B & B MECHANICAL
REFRIGERATION • AIR CONDITIONING • HEATING
Gas, Oil or Propane FURNACES BY OLSEN, CLARE, ARMSTRONG & BRYANT
INSTA FLAME & NAPOLEON FIREPLACES Natural Gas or Propane
24-Hr Service & Installation FREE ESTIMATES 936-2884

Big Dude's
OIL and WAX UNDERSPRAY
Rust Proofing
Save Your Car From Rust and Winter Corrosion
Do It A Favour - Oil Today
For appointment call 938-7743

SONY
AUDIO - VIDEO
HANDYCAMS
Bill MITCHELL TV
1410 Pitt N. 933-3133

AQUA QUEST
SPRING WATER
DISTILLED WATER & ACCESSORIES
FREE DELIVERY
932-3866
Serving Cornwall & S.D.& G.

CMS CORNWALL MOTOR SALES
MICHEL M.C. CARRIERE
Sales & Leasing Consultant
Brookdale & 401 933-3000

TIME TO REPLACE YOUR TUB?
We Offer A Unique Alternative
• A unique alternative to the high cost of bathroom remodelling.
• Easy to clean
• Will not disturb existing tub, tiles, plumbing fixtures or floor.
• Acrylic made-to-measure liners & walls fit directly over existing tub & tiles.
VTB inc. BATHTUB LINERS & WALLS 930-2135

SANTONY HOME IMPROVEMENT
SPECIALIZING IN:
• Ceramic Tile and Marble Work
• Bathrooms • Kitchens • Entrances
• All Floors and Walls
• Cement Finishing
• Interlocking Stones
• Renovations • Additions
Tony Sanseverino
Tel: (613) 932-4429

MARY KAY
FACE-TO-FACE BEAUTY ADVICE™
Francine Snell
932-6656
Independent Beauty Consultant

DON'T WAIT TILL THE LAST MINUTE!!
It's Time To Winterize
• Inboard/Outboard Motors
• Snowmobiles
• Chainsaws
• Snowblowers
SHRINK WRAP YOUR BOAT
Sachs - Dolmar and Echo Products
– In stock –
MARK'S SMALL ENGINES
926 Carleton St. 938-9222
Mark

D&D TREE SERVICE
– PRUNING,
– TREE CUTTING
– STUMP REMOVAL
FREE ESTIMATES
FULLY INSURED
Dwight Poitras
932-8238 Fax 932-6669

D&D CONSTRUCTION
DEMOLITION
RENOVATIONS
• ADDITIONS • NEW HOMES • PATIOS •
• CUSTOM CONCRETE WORK, ETC. •
Fully Insured - Free Estimates
For Prompt Efficient Service Call
Dwight Poitras
932-8238 FAX 932-6669
Financing Available
"One Call Does It All"

cornwall heating & cooling
7 days 937-4603 24 hrs.
Over 50 Years Combined Experience

Copy Shop
Photocopies as low as5¢
Colour Copies
Business Cards & Letterheads
Typewriter Repair • Laminating
Typing – Newsletters
FAX SERVICE 936-2863
29A Second St. E. 936-2837

YOU COULD BE ADVERTISING IN THIS SPACE! CALL 933-0014 TO PLACE YOUR AD!

RETIREMENT PLANNING
PAY OUT ANNUITIES
RRSPs • RRIFs
The Mutual Group
Facing Tomorrow Together
Robert (Bob) Blanchard
932-1268

WELL DRILLING
SINCE 1956
ROS
Energy Efficient Heating & Cooling
Water Heat Pumps
Pools & Spas
410 Seventh St. W. Cornwall 933-0411

L & M GUNS REG'D
Firearms bought, sold traded & repaired
Your BROWNING Dealer
Tyotown Rd. 931-2010

Lancaster Pharmacy
QUALITY PHOTO FINISHING
"24 Hours Photo Service
209 Military Rd. Lancaster 347-3971

SD&G MECHANICAL
Residential & Commercial
Heating & Air Conditioning
Plumbing & Ventilation
GAS INSTALLATION & FIREPLACES
OIL FURNACES
24 HOUR SERVICE FREE ESTIMATES
7 DAYS
John Murphy 1329 St. Michel
Brian Poitras 932-4637

MG CLEANERS
Carpet & Upholstery Cleaning
• FAST DRYING •
(1-2 Hours)
Dry Foam Extraction
FREE ESTIMATES
938-7085

WE ALL DESERVE A BETTER FUTURE

We Cordially Invite You To Our
FREE INTRODUCTION PRESENTATION
To A UNIQUE BUSINESS OPPORTUNITY!

You want a lifestyle that imposes less structure and gives you a more financial freedom?

It makes no difference what you do for a living now! Doctor, surgeon, lawyer, accountant, agent, truckdriver, firefighter, business owner, nurse, secretary, housewife, etc. If you are a leader than you should attend this introduction presentation!

We Provide Support and Training to an Unlimited Financial Gain

Tuesday, November 8th, 1994 at 7:30 p.m.
Ramada Inn - St. Laurent Ball Room

SNOW REMOVAL, reasonable rates. Free estimates. Residential, Commercial. Call Ed 938-0913

STOP THE TRAFFIC with Custom Signs. Sandblasted, carved, hand painted and gold leafing for farm, business and personal use. Competitive prices 347-7405.

THE PERFECT HANDYMAN. Builds patio decks, verandahs, sheds, garages, additions etc. Sheds: 8'x8'/$1150; 8'x10'/$1400; 8'x12'/$1600; 10'x12'/$1700; 12'x12'/$2000. All finished w/vinyl siding, shingled roof & dble. Doors from 32"-72". Also specializing in vinyl siding, roofing. Free estimates. Guaranteed customer satisfaction. References available. Call Robert 525-2197 or (613) 932-3496.

WOULD LIKE TO care for your pets while you're away from home. Also, perform cleaning services for homes or offices. References avail. Call 933-3173

23 BABYSITTING

BILINGUAL SITTER, will care for children in her home, nutricious meals, large fenced yard, playroom, park nearby. Northwest end. For quality care call 937-4083

WILL BABYSIT in my home Mon. to Fri., days. Centretown, bilingual. Ph: 938-0757

28 TRAILERS/ CAMPERS

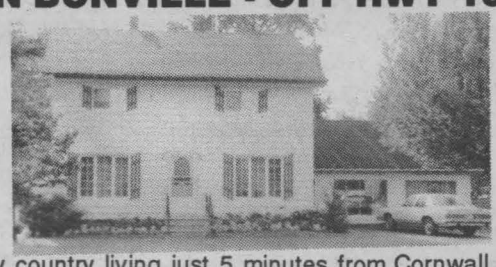
1988 **BONAIR** 1050 hard top tent trailer with canopy, sleeps six, fully equipped. Mint cond. Must sell. $3,950. Ph: 936-8411

35 HOUSES FOR SALE

BRICK ALUMINUM BUNGALOW, 3 bdrms., 2 baths, 6 yrs. old, 1,600 sq. ft. on 1 acre lot. Landscaped. In Beaver Glen Subdivision Info: 933-5129

GLEN WALTER VILLAGE, 2 bdrm. house, siding finished with garage & paved driveway. Ph: 931-3155

IN BONVILLE - OFF HWY 138



Enjoy country living just 5 minutes from Cornwall in a 5 bedroom home - large kitchen, solid oak cabinetry, dining room, 2 bathrooms, new thermo windows & doors. Attached showroom ideal for business use or office; can easily be converted to a double garage; formerly Cornett TV. **Reduced to sell, $119,900. Call 936-6692**

IMMEDIATE POSSESSION, 1992 immaculate 2 bdrm. compact trailer, fully furnished and winterized. Set up in Cornwall Park. Asking $21,500. Wilfred Amell Ltd., Real Estate Broker. Ph: 938-1611

MOBILE HOME, 2 bdrm in co-op park, city. Cheap investment for young couple starting out, retired couple with low income can afford. For more info, call Peter J. 932-0481, evenings 936-9302

BUILDING LOT - 2.5 acre, 370' frontage, Ingleside area. $19,900
MOOSE CREEK - 2 bdrm. hobby farm, barn, 15 acres.
RIVER RD. - 2 bdrm., garage.
TOWNHOUSE - open to offers - Eamers Corners, $69,900.
COUNTRY - 1300 sq.ft., 3 bdrms., $78,900.
NEW CONST. - Moose Creek, 3 bdrm. bung. $86,900.
HOBBY FARM - Cty. Rd. 18, 3 bdrm., barn. $93,500.
COMMERCIAL 51- 4 plex. $98,900.
NEW CONST. - 3 bdrm., raised bung on 1 acre lot. $109,900.
INGLESIDE AREA - 4 level brick split. $109,900.
CTY RD. 18 - 3+1 bdrm., 2-1/2 yrs. old. $114,900.
COUNTRY - 1350 sq.ft. raised bung., 24x40 shop. $118,900.
4 PLEX - good income.
HOBBY FARM - brick bung. & barn. $119,900.
NEW CONST. - Ivan Cres., 3 bdrm. raised bung. with garage. Only $127,500. GST Included.
FAMILY HOME - city limits, city water. $129,900.
DOUBLE TEN. - 2-3 bdrms., brick. $129,900.
DOWNTOWN - 4 bdrm., large lot. $136,900.

FEATURE HOME
CENTURY HOME - 2 storey brick, 6.4 acres, located 1 km east of Long Sault, very private, immediate possession. $119,900.
NEW LISTING - 1.84 acre building lot in Cornwall Twp., only $12,900.

Buying Or Selling CALL
Michael Vander Meer
Associate Broker
Century 21 Shield Realty Ltd.
938-2121 (Office) **534-2950** (Home)

PARAGON RD. Cedar home situated atop its own rolling 7 acres. Three bdrm, exten. living room, sunporch, double car garage, possible 2 bldg. lots, hiking trails and much more. Ph: 931-2914

38 OFFICES/ STORES BLDGS.

IDEAL LOCATION FOR OFFICE or retail business. Parking. Two rooms upstairs, at 309 Pitt. Phone 932-2135.

41INCOME PROPERTIES

INCOME PROPERTY. 711-711A Gloucester St. 2 - 2 bdrm units, natural gas heating, close to Hotel Dieu Hospital. $73,000. For more info. call John Magee, Sales Rep., M. Jean Cameron Real Estate, 938-3860

PRIME WATERFRONT, 20 + acres, 2 hrs. north of Ottawa. Nine cabins, trailer sites, fleet of small boats, misc. equip., excellent individual or group purchase. Great business potential. $395,000, also, custom built residence avail. Ph: (819)438-2067

PRIME WATERFRONT; 20+ acres, 2 hrs. north of Ottawa. Nine cabins, trailer sites, fleet of small boats, misc. equip., excellent individual or group purchase. Great business potential. $395,000., also, custom built resident avail. Ph: (819) 438-2067

PRIVATE SALE: 412 First St. E., 6 unit apt. bldg. Low maintenance, central, gross income $25,000, net income $15,000. Price $89,500. Call 932-6180 days.

PRIVATE SALE 412 First St. E., 6 unit apt. bldg, low maintenance, central, gross income $75,000 - net $15,000. Price $89,500. Call 932-6180 days.

SMALL STORE FOR RENT, 42 Lennox, Cornwall. $250 mo. Ph: 936-0324

42 LOTS/ LAND

LOT ON HEADLINE RD. W. On top of hill, 1/2 Acre. $22,500. Ph: 937-0630

R. R. 1 ST. ANDREWS: Excellent-high one acre building lot on paved road. Culvert, driveway and good drilled well included. Only $19,000. Owner will finance if requested. Please call 937-0201.

RESIDENTIAL/COMMERCIAL bldg. lot, 120.79 ft. x 179.27 ft. Municipal water, Cornwall Centre Rd. and Hwy # 2. approx. 1000 ft. from Pioneer Corner. Build home with business or a semi-detached. Sacrifice $19,500, Includes semi-detached blueprints. Ph: 931-2105, Ray or Sue

43 ROOMS

FURNISHED BED-SITTING room and bath. Private entrance and parking. Utilities incl. No cooking. Central. $295 per month. Please telephone 932-2005.

ROOM FOR RENT, $60. per wk. incl. kitchen, dining and parking. Suitable for student or quiet person. Kingslea Cresc. in front of Hotel Dieu. Avail. now. Call Ping 932-2584

48 COMMUNITY SERVICES

VOLUNTEERS NEEDED to drive visually impaired individuals to local medical appointments. It only involves one or two trips a month. Please call CNIB at 936-2300.

57 DJ'S

ABC MUSIC - MUSIC FOR ALL OCCASIONS. Look no further. Call your DJ (Emcee) with over 30 yrs. experience. Call 932-6661.

BJ'S DISC JOCKEY Services. Music for all occasions. Booking now for Christmas and New Years. Ph: 534-2174

JUKEBOX HERO - Great selection and great sound. Open for bookings for all occasions only $250. per night. Call Andre at 938-6252 - leave message.

"MISTER - D J -" for the very best disc jockey service. Book your parties early. Ph: 930-9329

POWER SOURCE DJ's. Professional, mobile, DJ's. Specializing in stags, weddings & any special occasion. Also featuring karaoke. Power Source DJ's - big enough to serve you better. Call now. Ray: 938-1962 or Rod 936-0652.

SOUND SPECTACULAR mobile disc jockey. Specializing in mixed stags, weddings and any special occasion. Book now for your Christmas parties. Call Steve or Melissa. Ph: 936-2191

WEDDING BELLS AND BALLOONS - MR. D. J. - Disc Jockey - Balloon Decorating - Invitations - Wedding Accessories - Party Novelties. Special price pkgs. with no PST and GST on wedding invitations and accessories. Contact Frank at 937-4388

59 LIVE ENTERTAINMENT

A MUSICAL EXPERIENCE. Dance to the music of Richard Filion. Now booking for special events. Ph: 932-1047

68 CARTING/MOVING /STORAGE

CHRIS' MOVING SERVICE. Good worker. Low rates. 932-2214.

SEAWAY MINI STORAGE
Corner of Vincent Massey & Power Dam
936-1849
Personal Storage Space

U-DO-IT STORAGE. Save money on heated storage by renting a room & handling your own goods. A division of St. John's Transfer, 725 Boundary Road. 933-1492.

69 - COURSES-

INDIVIDUAL DRIVING LESSONS
G1 • G2 Training
Serving Cornwall and Surrounding Area
GLENGARRY DRIVING SCHOOL
525-4513

71 HALL RENTALS

NEWLY RENOVATED BANQUET HALL available for bowling banquets, stags, weddings, Christmas and New Year parties, etc... Seats 146. Ask about our free hall rental. Cornwall Seaway Lions. 123 Fortier St., Cornwall. Ph: 938-0040 or 938-1668

72 HEALTH/DIET/ BEAUTY

LICENSED HAIR STYLIST, 6 yrs. experience, will come to your home. Perfect for shut-ins, seniors and wedding parties. Reasonable rates. By appt. only. Ph: 931-2169

MAKE-UP CONSULTATION/LESSONS free, by a professional Beauty Therapist. Make-up application for Christmas Party $15.00. Call today for your free consultation. Barbara 938-0964

76 PETS/ LIVESTOCKS

BEAUTIFUL PUPPIES. Poodles, Toy Pomeranians, Shelties, German Shepherds, Spaniels, Schipperke, Maltese, Beagles, Chihuahua, and others. Grooming. Boarding. Bridlewood Kennels, Hwy #43, second farm east of Highland Road. Ph: 527-2074

BUDGIES, very young, locally bred, assorted colours, $15 each. 931-2633.

HORSE BOARDING AND RIDING LESSONS. English and Western disciplines. Standing at stud, Intensive Tim, grey Quarter Horse Stallion. Rose Quarter Horses, Summerstown, 931-1566

KITTEN TO GIVE away to gentle family. 10 months old. Call 936-2945

SIBERIAN HUSKY puppies, C.K.C. registered. Show, sled-dog, pet quality. Serious enquiries only. Please call Okwahde Kennels. 932-5102 after 5 pm.

83 NOTICES

VILLAGE HOBBY & TROPHY SHOP have relocated to 128 Balmoral St., Cornwall, ON. Ph: 936-0176

85 PERSONALS

A LOOK INTO THE FUTURE with Mona. Tarot cards & teacup readings. For more information on this, telephone 937-0219. Reasonable & bilingual.

CORNWALL 900 DATE LINE Great dates! Cornwall Girls & Guys. Voice personals. All lifestyles. Call now! 1-900-451-3099 ext. 158. 18+ Touchtone $3.29/min. Can. 900 Co. 702-593-0303.

DO YOU WANT TO KNOW what the future brings call 937-0510 & ask for JoAnn.

LOSE WEIGHT for the Holiday Season. Simple and easy. Don't count your calories. We'll teach you how to prepare nutritionally-balanced meals that will benefit the whole family and all from foods readily available at your favorite grocery store. Five weeks for $55. Call Beverly Hills at 525-0448 for Free Consultation.

PSYCHIC READINGS. Help in solving business, health, love, marriage, and family problems. Tarrot cards, palms, cards, etc. All readings private. Truly gifted. Info: 937-4006

CLASSIFIEDS WORK
CALL 933-0014

92 NOVENAS

MERCI MON DIEU. Dites 9 fois Je vous salue Marie par jour durant 9 jours. Faites trois souhaits, le premier concernant les affaires, les deux autres pour l'impossible. Publiez cet article le 9e jour, vos souhaits se realiseront meme si vous n'y croyez pas. C'est incroyable mais vrai. R.D.

MERCI MON DIEU. Dites 9 fois Je vous salue Marie par jour durant 9 jours. Faites trois souhaits, le premier concernant les affaires, les deux autres pour l'impossible. Publiez cet article le 9e jour, vos souhaits se realiseront meme si vous n'y croyez pas. C'est incroyable mais vrai. C.L.

ST. JUDE NOVENA. May the Sacred Heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Worker of the Miracles, pray for us. St. Jude, Heart of the Hopeless, pray for us. Say this prayer 9 times a day for 9 days. By the 8th day your prayer will be answered. Publication must be promised. Thank you to St. Jude. S.L.

ST. JUDE NOVENA. May the Sacred Heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Worker of the Miracles, pray for us. St. Jude, Heart of the Hopeless, pray for us. Say this prayer 9 times a day for 9 days. By the 8th day your prayer will be answered. Publication must be promised. Thank you to St. Jude. M.D.

ST. JUDE NOVENA. May the Sacred Heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Worker of the Miracles, pray for us. St. Jude, Heart of the Hopeless, pray for us. Say this prayer 9 times a day for 9 days. By the 8th day your prayer will be answered. Publication must be promised. Thank you to St. Jude. J.K.

YES
YOU CAN
The Canadian Red Cross Society
NC
Save a life. Let us show you how!



NC

PATHFINDERS

BOBCAT (Lynx refus) Population status: only in southern regions; adequate. Bobcats are at the extreme northern fringe of their range in southern Canada. Their small feet are not adapted to deep snow. Canadian lynx have broad paws to keep from breaking through the snow.

HERITAGE HIGHLIGHTS

Pioneer Women of Canadian Flight

By Lionel Kearns

It was not easy for a woman to become a flyer in the early days of aviation in Canada. With a glut of trained male pilots returning from the First World War, few commercial activities, and even fewer facilities such as air fields or flying schools, aspiring pilots had few opportunities to fly. A further obstacle was the prevailing public attitude. "A woman's place" in those days was definitely not in the open cockpit of a biplane. Nevertheless, a number of Canadian women were caught up in the dream of flying, and when civilian flying instruction became available in Canada in the late 20s, a number of them were there with the male counterparts, studying, training, taking their flight tests and winning their wings.

On March 13, 1928, twenty-year-old Eileen Vollic of Hamilton took her private pilot's test on an old war surplus Curtiss JN4 Canuck, becoming the first woman in Canada to earn a flying license, and the first woman in the world to be trained on a plane equipped with skis. She went on to become an aerial acrobatist and a skydiver, and the first Canadian woman to parachute into water, making quite a splash in the newspapers of the day.

Canadian women flyers tended to grab the headlines, but when it came to finding jobs in the aviation business, it was another matter. Daphne Paterson, New Brunswick's first woman flyer and the first Canadian woman to receive a commercial pilot's license, was continuously frustrated in her attempts to land a flying job. Eventually she qualified for her instructor's license, hoping to join the RCAF, but found to her dismay that there was no room in the service for women flyers.

Jessica Jarviss was another Canadian woman who set her heart on a career in aviation. She spent three years and every penny of her salary studying, training, and accumulating enough hours in the air to qualify for her commercial certificate, which she received in 1934. "I took the commercial license to prove to myself that I could do it," she said. "The license itself was a farce, because I could do nothing with it." Jarviss also obtained certificates in Britain and France, and in 1940 the Star Weekly featured her in a full page cover picture as "one of Canada's most experienced women pilots." Yet Jarviss was also turned down by the RCAF.

Despite the obstacles and disappointments in those early days of flight, women in increasing numbers continued to strive for a place in Canadian aviation, breaking the trail for those who came after them. Why did they do it? What was the appeal? According to Shirley Render, in her book *No Place For A Lady: the Story of Canadian Women Pilots, 1928 - 1992,* "flying... symbolized freedom and power and being in control of their destiny. In command of a plane, a woman was master of her fate and had the sense of liberation that she might not experience elsewhere."

THE CRB FOUNDATION HERITAGE PROJECT

The Heritage Project is proud to be associated with the International Year of the Family.

For more information about the Heritage Project please call 1-800-567-1867.

GUARANTEED LOWEST PRICES!!
Boards & Programming
Completely Installed Systems
GENERAL INSTRUMENT
$2495
includes HBO - CINEMAX, ESPN 1 & ESPN 2
COMPLETE ANTENNA SYSTEM $489
YOUR PLEASURE IS OUR BUSINESS
SATELLITE SYSTEM
WINTER TUNE-UP
• total re-alignment of dish
• grease & lubricate all moving parts
• tighten all bolts
• check actuator
• level main pole - reset all angles
• add new satellites, remove old ones
• reset all satellite channels
• removal of "snowy" picture
ALL THIS FOR ONLY $49.95
BONUS
1 free channel for 1 yr. with every tune-up
INTERNATIONAL SATELLITE PROGRAMMING
INSAT 26-9th St. W.
938-2187 1-800-320-1504

SUPPORT QUALITY CHILD CARE

How do you find quality care?

(NC)—First, identify your needs and priorities.

- consider your child's age.
- do you have more than one child requiring care?
- are you eligible for a government subsidy?
- what fee can you afford?
- do you prefer centre or home based, regulated or unregulated care?
- what hours?
- in what location—near your child's school, your home, your work?

Provincial and local child care offices can offer guidance. Community information services can be invaluable. It is also helpful to talk to neighbours and friends who use child care. Just give yourself plenty of time and find care that suits you and your child.

Once you have a list of caregivers and day care centres, it is time to start telephone interviews. Jot down the questions you want to ask.

Visiting potential centres and family day care homes is the next step.

- look around.
- is this a quality child care setting?
- listen.
- would you feel good about your child spending time here?

The relationship between you and the caregiver is extremely important.

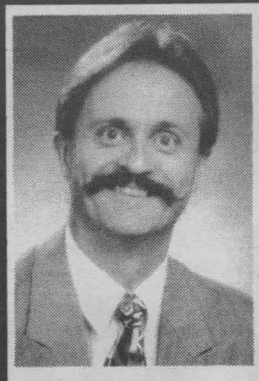
- It should be one of mutual respect, trust and cooperation.
- The interview is the time to ask plenty of questions.
- Don't forget to discuss hours, fees, discipline, sickness, vacations, the involvement of parents.

Check references before you make a final decision. And write a contract or letter of agreement—it can save unnecessary misunderstandings in the future.

SUPPORT QUALITY CHILD CARE

Association of
Early Childhood Educators, Ontario
40 Orchard View Blvd., Ste. 211
Toronto, Ontario M4R 1B9
Telephone: 416-487-3157 or
1-800-463-3391

From, "Making a Quality Child Care Choice" by the Canadian Child Care Federation, 1994


Pour une saine gestion et une saine éducation
RÉÉLISEZ
MICHEL PILON
Conseiller scolaire
Section française catholique
PILON, MICHEL X

Nutrition

EQUALS HEALTH

Fat in your diet—what's the percentage?

(NC)—Many nutritionists and dietitians focus on the"percentage of calories from fat" as an indicator of the amount of fat in a food or diet, rather than on the actual grams of fat that the food or diet contains. This practice has a number of drawbacks

To begin with, in order to determine the percentage, you might need a calculator to multiply the grams of fat by 9 (since there are nine calories in a gram of fat) and then divide the result by the total calories. Then, the usefulness of the information is doubtful, since it's never been shown that it's the ratio of fat in the diet that matters, rather than the total amount. In fact, some people have been known to adjust their fat percentages simply by increasing their carbohydrate intake to inappropriate amounts, thereby increasing their risk of elevated triglycerides, diabetes and obesity.

Ideally, the percentage should be used not for single foods, but to evaluate a daily or weekly diet—which should derive no more than 30% of its calories from fat. That way, during the course of a day, a food that gets 40% of its calories from fat can be balanced against one with 20% fat calories—or a 20%—fat meal can offset a 35% fat one.

Better still, don't be fat obsessed; just know which foods are really fatty—mayonnaise, oil, margarine, butter and deep-fried anything—and balance them with foods that have almost no fat — fruit, vegetables, low-fat milks and cheeses, cereals and grains.

Obituaries

BISAILLON
Yvonne

Passed away at the Hotel Dieu Hospital on Friday, October 14th, 1994. Mrs. Yvonne Bisaillon, in her 82nd year, born in Rockland, Ontario, formerly of Guy Street.

Dear daughter of the late Xavier Filion and the late Alma Chalifoux.

Beloved wife of the late Adrien Bisaillon. Loving mother of Andre Bisaillon (husband of Sylvia) of Smiths Falls, Pauline (wife of the late Omer Legault), Denise (Mrs. Andre Brunet), both of Cornwall and Annette (Mrs. Robert Marion) of Summerstown.

Loving grandmother of eleven grandchildren and twelve great grandchildren.

Dear sister of Cyrile Filion, Albert Filion, Henri Filion, Lucille (Mrs. Clifford Sabourin), Mrs. Therese McGilvray, all of Cornwall and Fleurette (Mrs. Frank Vincent) of Nepean.

Predeceased by three brothers, Arthur, Noë and Aldoma Filion.

The funeral took place on Monday, October 17th, 1994 from the Boulerice Funeral Home Ltd., 218 Montreal Road, to Nativity Co-Cathedral. Interment in Nativity Cemetery. Reverend Rheal Bisaillon officiated, assisted by Msgr. Rejean Lebrun and Reverend Romeo Major.

The pallbearers were members of the Nativity Guards.

CHARLEBOIS
Jeanne Lily

Passed away at the Glen-Stor-Dun Lodge on Monday, October 10th, 1994. Mrs. Jeanne Lily Charlebois, in her 77th year, born in Martintown, of 1900 Montreal Road; formerly of Martintown.

Dear daughter of the late Joseph Dicaire and the late Marie Louise Poirier.

Beloved wife of Alfred (Fred) Charlebois. Loving mother of Claude Charlebois (husband of Fay Clarke) of Dartmouth, Nova Scotia, Lucille (Mrs. Don Sayyeau) of Cornwall, Roger Charlebois (husband of Helene Ethier) of Orleans and Robert Charlebois (husband of Anita King) of St. Zotique, Quebec.

Loving grandmother of eleven grandchildren and three great grandchildren.

Dear sister of Louis Dicaire of Crysler.

Predeceased by two brothers, Leo and Alex Dicaire and by two sisters, Mrs. Maria Proulx and Mrs. Cecile Theoret.

The funeral took place on Thursday, October 13th, 1994 from the Lahaie and Sullivan Cornwall Funeral Home, East Branch to St. William';s Church Martintown, followed by Cremation. Reverend Tom Villeneuve of St. William's Church officiated. Graveside Service was conducted by Kerry McDonald, Deacon, in St. William's Parish Cemetery.

The pallbearers were Michael Sayyeau, Carolyn Sayyeau, Paul Charlebois, Daniel Charlebois, Annette Charlebois and Lynn Charlebois.

DESGROSEILLIERS
Rosa

Passed away at the Janet MacDonell Pavillion on Thursday, October 13th, 1994. Mrs. Rosa Desgroseilliers, in her 84th year, born in St. Isidore.

Dear daughter of the late Exavier Boulanger and the late Josephine Suave.

Beloved wife of the late Herve Desgroseilliers. Loving mother of Gerry Desgroseilliers (Jackie), Mrs. Odette Ethier and Francine (Mrs. Gilles Lafrance), all of Cornwall.

Loving grandmother of Michel, Micheline, Daniel and Dominique and great grandmother of Daniel (D.J.), Kaitlyn and Justin.

Dear sister of Donat Boulanger (his wife Marie-Mae), Mrs. Rheal Laurin (Jeanne) and Mrs. Laurette Campeau.

Predeceased by three brothers, Louis, Rene and Antoine Boulanger and by four sisters, Mrs. Marie-Joseph Rozon, Mrs. Angelina Parent, Mrs. Margarite Bisaillon and Lucienne Lalonde.

The funeral took place on Saturday, October 15th, 1994 from the Boulerice Funeral Home Ltd., to St. Felix de Valois Church, followed by Cremation. Reverend Roger Desrosiers of St. Felix de Valois Church officiated.

LAPENSEE
Donat Ovila

Passed away at his late residence on Wednesday, October 12th, 1994. Mr. Donat Ovila Lapensee, in his 53rd year, born in Cornwall, of 16 Sixth Street West.

Dear son of the late Donat Lapensee and the late Grace Rocheford.

Beloved husband of Huguette Lacelle.

Dear brother of Gerard Lapensee (Aline) of Carlsbad Springs, Ontario, June (Mrs. Lucien Lascelle) of Bonville, Henry Lapensee (Hilda) of Cornwall, Richard Lapensee (Francoise) of Masham, Quebec, Gerald Lapensee (Louise) of R.R. #1 Williamstown, Armand Lapensee (Claire) of Cornwall and Roland Lapensee (Corina) of Ottawa.

Predeceased by one brother, Rene Lapensee and by one sister, Mrs. Jeannine Bourdeau.

The funeral took place on Saturday, October 15th, 1994 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to St. Columban's Church. Interment in Notre Dame Cemetery. Reverend Rory MacDonald of St. Columban's Church officiated.

The pallbearers were Henry Lapensee, Mike Lascelle, Robert Lascelle, David Lascelle, Denis Lascelle and Cory Forsythe.

Mr. Lapensee was formerly employed as a general labourer.

LEROUX
Edmund

Passed away at the Janet MacDonell Pavilion on Thursday, October 6th, 1994. Mr. Edmund Leroux, in his 90th year, born in Greenfield, Ontario, of 840 McConnell Avenue; formerly of 627 York Street.

Dear son of the late Augustus Leroux and the late Georgina Cuerrier.

Beloved husband of Clara Brunet. Loving father of Vivian (Mrs. Laurier Poirier) of Cornwall, Earl Leroux (Patricia), Hilda (Mrs. Cameron McKinnon) and Anna Mae (Mrs. Kevin Blank), all of Cornwall and Mona (Mrs. Gerald O'Connor) of Kitchener.

Loving grandfather of nine grandchildren and four great grandchildren.

Dear brother of Arthur Leroux.

Predeceased by four brothers, Alexander, Hormidas, Wilfred and Henry Leroux and by three sisters, Mrs. Mary Jane McBain, Mrs. Diana Lalonde and Mrs. Rosalma Poirier.

The funeral took place on Saturday, October 8th, 1994 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to St. John Bosco Church. Interment in Notre Dame Cemetery. Reverend Laurier Rivet of St. John Bosco Church officiated.

The pallbearers were Frederick, Gerald, Clifford, Bernard, Joseph and Kevin Leroux.

McCABE
Ronald Patrick

Passed away at the Cornwall General Hospital on Sunday, October 9th, 1994. Mr. Ronald Patrick McCabe, in his 62nd year, born in Cornwall, of 429 McDonell Crescent.

Dear son of the late Gerald McCabe and the late Simone Lalonde.

Beloved husband of Janina Nizman. Loving father of David McCabe (Karen) of Cornwall and Catherine (Cathy) McCabe, at home.

Loving grandfather of Andrew and Sean McCabe.

Dear brother of Robert McCabe (Theresa) and Margaret (Mrs. Robert Bourdeau), both of Cornwall, Raymond McCabe (Lorraine) of St. Zenon, Quebec, John McCabe (Juliette) of Gatineau, Quebec, Shirley (Mrs. Jean Paul Sauve) of Orleans, Vivian and Claire McCabe, both of Ottawa.

The funeral took place on Thursday, October 13th, 1994 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to St. Peter's Church. Interment in St. Lawrence Valley Union Cemetery. Reverend George Maloney of St. Pete's Church officiated, assisted by Reverend Gerald Poirier, Reverend Raoul Poirier, Reverend Kelvin Maloney, Reverend Kevin Maloney and Gordon Bryan, Deacon. Final commendation and farewell was presided over by the Most. Reverend Bishop Eugene LaRocque.

The pallbearers were David McCabe, Cazimir Nizman, Robert McLaughlin, Robert McCabe, Raymond McCabe and Gary McCabe.

Mr. McCabe was a former Secondary School Principal and Teacher employed by the S. D & G. Public School Board. He was a Director of Community Living and Agape Centre, a former President of Development and Peace, a member of the Board of Directors of the Seaway Runners Association and the Referees Association, Local Chapter.

ROBIDOUX
Gloria Viola Mary

Passed away at the Cornwall General Hospital on Wednesday, October 12th, 1994. Mrs. Gloria Viola Mary Robidoux, in her 65th year, born in Cornwall Township, of Woodland Villa Nursing Home, Long Sault; formerly of 341 Seventh Street East.

Dear daughter of the late Albert Poirier and the late Evelyn Leroux.

Beloved wife of Ray Robidoux. Loving mother of Brian Robidoux (Karin) of R.R. #2 Cornwall and Michael Robidoux (Dale) of Vancouver, B.C.

Beloved grandmother of Corey and Cally Robidoux.

Dear sister of Albert Poirier and Mrs. Beatrice Taillon, both of Cornwall and Mrs. Doris Hickey of Long Point, Ontario.

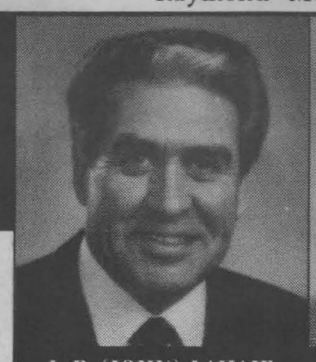
Predeceased by one sister, Mrs. Bertha Moyneur.

The funeral took place on Saturday, October 15th, 1994 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to St. Columban's Church, followed by Cremation. Reverend Rory MacDonald of St. Columban's Church officiated, assisted by Larry Gault, Deacon.

The pallbearers were Charlie Sayyeau, Ray Leduc, Albert Amelotte, Ron Racine, Hector Labelle and Earl Alguire.

McArthur Bros. & MacNeil Ltd.
FUNERAL HOMES
Two Locations
428 Second St. E., Cornwall
Oak Street, Lancaster
932-6300
President: Donald Derry
FUNERAL DIRECTORS
John Wood
Lori Hollingsworth

TURN TO A FRIEND


J. P. (JOHN) LAHAIE
Owner and Founder


CLAUDETTE R. LAHAIE
Owner~Funeral Director

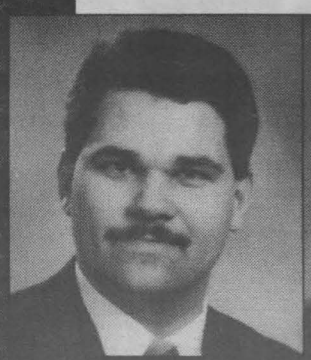

RAYMOND L. SULLIVAN
Owner~Funeral Director

Look closely and you'll probably recognize a familiar face– a neighbour, an old schoolmate, a friend. Lahaie & Sullivan's three decades of service to Cornwall families has proven that compassion and caring always outlasts the change that the years inevitably bring.

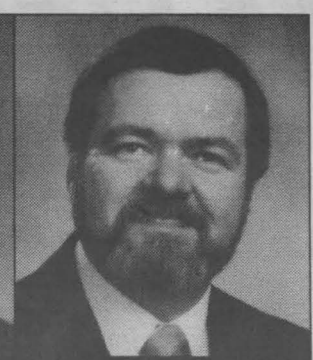
Inflation seems to be one of those changes that just won't stop. Look at today's costs for college. For new cars and houses. Land. Don't you wish you could have frozen these costs years ago when prices were much lower?

Lahaie & Sullivan realizes that funeral expenses are no exception to the laws of inflation. That's why we offer plans to help you freeze today's funeral costs at their current rates. And for your convenience, you can even make easy installments on your prearrangement plan. Besides, wouldn't it be comforting to know your family won't be met with unexpected costs?

For financial and emotional peace of mind, turn to a friend. Call Lahaie & Sullivan Cornwall Funeral Homes today.


YVES P. GAUTHIER
General Manager~Funeral Director


CLAUDETTE M. LEE
Director of Administration


DENIS D. AUBE
Director of Services~Funeral Director

30 YEARS 1964 • 1994

LAHAIE & SULLIVAN
CORNWALL FUNERAL HOMES

"People Helping People"

EAST BRANCH 614 First St. E. • 933-2841 WEST BRANCH 20 Seventh St. W. • 932-8482



Mayor Ron Martelle... Building Cornwall's Future.

Domtar Specialty Fine Papers

800 Second St. West
Cornwall, Ontario, Canada K6H 5S3

DOMTAR

August 19th, 1994

Mayor Ron Martelle,
City of Cornwall,
P.O. Box 877,
Cornwall, Ontario K6H 5T9

Dear Ron:

As I leave Domtar and the City of Cornwall, I wanted to take a few moments to personally thank you for the tremendous support which you have given to myself and the Cornwall Mill.

In the past few years the Domtar-Cornwall Mill has experienced a very rough economic climate in its efforts to compete in the North American market.

Your personal support of our efforts to improve productivity through a changing relationship between Union and management was very beneficial. Specifically, your very supportive and positive attitude during the time of our Board of Directors meeting helped Domtar in its decision to invest in this community. This in turn resulted in the substantial investment made in our Recycling Plant, our Secondary Treatment project as well as other major investments, which have all helped our efforts to secure the future of this mill and obviously the security of the workforce.

This is the sort of support which is rarely recognized by the community and I truly wish there were some way to convey to the community at large my appreciation for your support.

For the future, please accept my very best wishes for yourself and this great City of Cornwall.

Yours very truly,

Michael Edwards,
Resident Manager - Cornwall Mill
Domtar Specialty Fine Papers

ME/eas

c.c. Mr. Doug Daniels, Vice-President & General Manager
Domtar Specialty Fine Papers Division

A Division of Domtar Inc.

RON MARTELLE

•STRONG • EFFECTIVE • LEADERSHIP

Ron MARTELLE X

MAKE THE LAST NAME ON THE BALLOT YOUR FIRST CHOICE

FOR MORE INFORMATION ON VOTING, VISIT THE MAYOR RON MARTELLE CAMPAIGN HEADQUARTERS AT 166 MONTREAL ROAD OR CALL 933-8085

Authorized by the CFO for the Ron Martelle Campaign