

Hole

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Firth... One Of 15 St. Lawrence Scholarships pg. 16b



Firth

SEAWAY NEWS

NOVEMBER 14, 1994 VOLUME 8, ISSUE 46 *SERVING CORNWALL AND AREA*

CCNA VERIFIED CIRCULATION CONTROLLED

UNITED WAY

Target $465,000

35.4 % Of Target $164,888

Gerald Parisien Honoured

CDA - Cornwall District Heating has named its new co-generation power plant for the late Mayor Gerald Parisien.

At a recent cornerstone laying ceremony, the former Mayor and President of Cornwall Electric for 12 years, was honoured.

In attendance were Isabel Parisien, wife of the late Gerald Parisien, and their children, Joey, Tom and Anne, as well as Iola, Gerald's sister.

In speaking to the group at the ceremony, Ald. Dick Aubry, President of both Cornwall Electric and CDH, said that Gerald Parisien made significant contributions to the company.

"Gerald was the head of council that negotiated the purchase of Cornwall Electric from Sun Life. Probably one of the wisest moves by any council in the past 30 years.

While owned by the city, the company's corporate structure and board - being at arm's length from City Hall was also a decision taken by the council of the day under Gerry's leadership. That too has proven to be a very wise and prudent move," said Aubry.

The official name as inscribed on the plaque is The Gerald Parisien Community Energy Facility.

Joey Parisien, on behalf of the family, told the gathering how gratifying this dedication was and how proud his father was of Cornwall and Cornwall Electric.



New Co-Gen Plant Officially Opened

Laying the cornerstone of the new co-generation plant on Adolphus Street are Ald. Dick Aubry, President of both Cornwall Electric and Cornwall District Heating, and Isabel Parisien, wife of the late Gerald Parisien, former Mayor and long time President of Cornwall Electric.
The new plant is named The Gerald Parisien Community Energy Facility.

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inside today...

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Holiday Gift Guide.....9B
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Legion Site For Next Mural

The Heritage Murals of Cornwall Committee and the Royal Canadian Legion Branch 297 is pleased to announce that Cornwall's next outdoor mural will be painted in early summer of 1995, to coincide with the 50th anniversary of V-E Day, and the 50th anniversary of the incorporation of the City of Cornwall.

"The Legion is very excited about this project", said Gerry Grant, Community Services Chairman with Branch 297. "The murals are an excellent way to celebrate our history and to recognize the contributions of Cornwall men and women who have served and continue to serve their country".

"The timing of this mural could not be better," noted Brian Sylvester, Chair of the Heritage Murals Committee. "There will be a number of events across the country celebrating V-E Day, and this mural will help to profile the significance of that event for our community".

"The mural will be painted on the Legion Building located on Second Street", added Sylvester. "The Legion will make a sizable contribution towards the cost of painting the mural and will be involved in the development of the mural particularly the selection of the theme. The Mural Committee will once again be calling for expressions of interest from artists, and local artists are encouraged to participate".

"The Legion wants to ensure that the project becomes, a tribute that will last for years,"commented Mr. Grant. "That is why we are partnering with the Heritage Murals of Cornwall. Their committee has the expertise and experience when it comes to preparing the wall, selecting the right paint and developing a professional agreement with the artist."

The Royal Canadian Legion has been serving the Cornwall community since 1926. Branch 297 has been involved in countless community projects since 1939, and has invested over $4 million dollars in local amenities in the past 15 years, including the Legion Ball Park and the recently planted tulip garden in Memorial Park. Branch 297 currently has over 1700 members.

"The Committee is also looking to paint an additional mural in the Downtown Core next summer as well," said Mr. Sylvester. "We are currently considering several locations and selecting themes. If any building owners are interested in hosting a mural, they are encouraged to call me directly."

ENERGY FACTS

Modern home smoke alarms work because of a tiny quantity of radioactive material in the sensor. This radioactive material detects the smoke particles, even if they are invisible, and sounds the alarm. **NC**

BASIC BLACK



By Arthur Black
SEAWAY NEWS

Great news folks! It looks like the world of personal exercise is finally returning to the realm of sanity. If you'd care to jump on the sweat-stained bandwagon, here's what you do:

Throw away your Spandex tights.

Put your Stationary Exercise Bike in a garage sale.

Sell your chest expanders, your Pow-R-Grips, your ankle weights and your Joe Weider-How-To-Look-Like-Schwarznegger-In-90 Days Video.

Let cobwebs grow on your Nautilus. Give your barbells to that lout of a nephew who's probably gobbling steroids anyway.

Have your $180 cross-training jogging shoes bronzed and plant geraniums in them.

You don't need that stuff anymore, because Walking is In.

Yep, just plain and simple walking. No special sunglasses, no Gortex jumpsuit, no ultra-lite fibreglass poles. All you need is a comfortable pair of shoes and a sense of curiosity.

You can burn, as many calories walking for an hour as you can busting your lungs running laps around the track. The difference is, with walking, you don't end up feeling like you've been hit by a speeding laundry van.

Some folks are serious walkers. Take Jack Hitt. Jack's a guy who makes his living as a scribbler in darkest, downtown New York. A couple of years ago he decided he needed to get away from it all, so he flew to France, bought a packsack and started walking.

Eight hundred miles and two mountain ranges later he pulled up in Santiago de Compostela, which is about as far as you can go in northwestern Spain without tumbling into the Atlantic Ocean.

Jack had retraced the route taken by Christian pilgrims back in medieval times — and he'd done it step by gruelling step.

Lots of folks see Spain and France from an air-conditioned seat in a tour bus, or through the windshield of a rented car. Seeing it on foot is a whole different experience and a fascinating one. You can read about it in Hitt's book, Off The Road: A Modern Day Walk Down the Pilqrims' Route Into Spain. It's just out — published by Simon and Shuster.

Ffyona Campbell hasn't written a book yet, but I'll bet she's going to. She'll probably get down to it as soon as she finishes soaking her feet.

Ffyona ambled into John O'Groats late one afternoon last month. John O'Groats is as far north as you can go in Britain without tumbling into the North Sea.

Mind you Fynona had been there before. In 1983, as a matter of fact, when she walked out of John O'Groats.

In the 11 years in between her visits, Ffyona had walked. And walked and walked and walked. From the top of Britain to Land's End at the bottom. Then just for good measure she strolled across Europe. And Africa. And Asia. And Australia. And then she walked from New York to Los Angeles.

"I just wanted to see how far I could go" the 27-year-old woman explained. Adventures on the way? Believe it. It took her nearly two years to get across Africa, including a near-rape in Morocco and a political riot in Zaire.

Was it worth it? Well, it got her in the Guinness Book Records as the first woman to walk around the world.

In terms of personal rewards, I've seen a photograph of Ffyona Campbell. She's as slim as an ultra-marathoner, looks very fit and ruddy. And appears to have great legs.

Ffyona's adventure will never win her any speed records. She took eleven years to make the trek, including several breaks to go back home and earn some more travelling money.

Guinness credits American William Kunst with the fastest walk around the world. Kunst left his home in Minnesota in 1970 and set a blistering pace, arriving back at his starting point in a mere four years. Ffyona took nearly three times that long.

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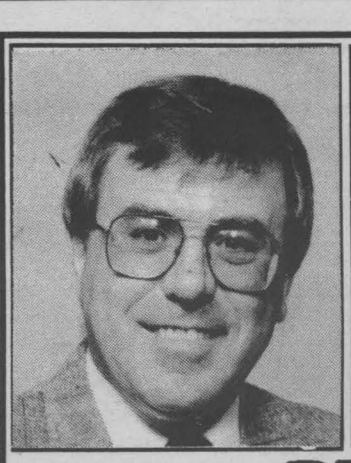

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CRIME STOPPERS

STORMONT AREA

Crime Stoppers needs your help in solving a purse snatching that occured on Glengarry Blvd.

On October 31, 1994 at approximately 3:00 pm the victim was walking from Zellers through the back laneway in an attempt to enter the senior citizen's residence when three young males ran up to her, grabbed her purse and continued running. The purse was recoverd a short time later, with $100 dollars missing.

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 a theft of a lawn tractor and snowblower from a residence on County Road 8, RR 2 Williamsburg.

Sometime between 7:00 am and 4:00 pm on October 21, 1994 thieves entered a shed on the property and stole a Jacobson lawn tractor, model #YT14, 14 horse power, red in colour and an orange Bobcat, 9 horse power, snowblower. Total value of stolen property $2,100.

Due to the numerous thefts of this kind, the community is reminded not to leave items such as lawn tractors and snowblowers in plain view.

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 identifying the person or persons responsible for shooting a deer this past weekend, prior to the open season.

Sometime late Saturday evening or early Sunday morning, a deer was shot in the brush adjacent to Highway #34 between Brown House and Green Valley. The deer was covered with leaves and left in the brush from where it was retrieved Sunday evening.

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.

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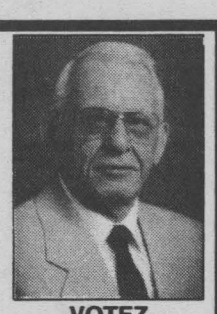
Conseiller Scolaire - Trustee

Merci - Thank You



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9:00 am German Diary TV - Drehscheibe Europa #159/Sports Report #128
10:00 am Enfantaisie
10:30 am Cornwall Colts Hockey vs Kanata (repeat)

Monday, November 14
6:00 pm Don Boudria MP Report
6:30 pm Skills For A New Economy - Unemployed? Upgrade Your Skills
7:00 pm The Aces Contact Show
7:30 pm Page 11
8:00 pm Municipal Election 94 Presented by Midland Walwyn - Live

Tuesday, November 15
6:00 pm Enfantaisie
6:30 pm Kinsmen TV Bingo
7:30 pm Cornwall Colts Hockey vs Kanata (repeat)

Wednesday, November 16
6:00 pm German Diary TV - Drehscheibe Europa #158/ Sports Report #128
7:00 pm Colts Talk - Live
7:30 pm Page 11
8:00 pm Prime Time Sports Cards presented by Fantasy Realm Comics & Cards

Thursday, November 17
6:00 pm Don Boudria MP Report
6:30 pm Skills For A New Economy - Unemployed? Upgrade Your Skills
7:00 pm The Aces Contact Show
7:30 pm The Cornwall Public Library 3rd Annual High School Debate

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GARDENER'S ROW



By Lois Hole

Grow These Onions For Flowers

As well as planting onions in your vegetable garden, you can also grow ornamental types in your flowerbeds.

The flowers of ornamental onions are beautiful, with a distinctive, rounded shape and strong, leafless stemsa giving them an appearance like flowering balls on a stick. They provide a strikng contrast to other flowers in sunny gardens, are remarkably easy to grow and are rarely bothered by pests. Omamental onions bloom in late spring and early summer so they provide a perfect bridge from bulbs such as tulips and daffodils into the summer garden.

In spring, the first one to bloom in our garden is the Turkestan Ornamental Onion (Allium karataviense). It is shorter than most ornamental onions, just 8 to 10 inches (20-30 cm) high, and bears large, soft pinkish-grey flowerheads above tulip-like, purple-grey leaves. Plant Turkestan Ornamental Onions at the front of flowerbeds or in rock gardens.

Next is the Persian Ornamental Onion (Allium stipitatum, formerly known as A. aflatunense), with perfect globes of lavender to red-violet flowers in spring. These plants grow from 2 to 3 feet (60-90 cm) tall. The variety "Purple Sensation" blooms in intense purple, providing an unmatched display.

The Star-of-Persia (Allium christophii) is absolutely spectacular. Large, open clusters of star-like, silver vender flowers rise on stout stems, like a floral display of fireworks exploding in the garden. This one grows 12 to 15 inches tall and blooms in late spring to early summer.

In early summer, Giant Ornamental Onions (Allium giganteum) open their immense flowers.

Huge, tight balls of purple flowers, 5 to 6 inches (12-15 cm) across, rise on leafless stalks from 3 to 4 feet (90-120 cm) tall, like immense drumsticks.

Just a week or two later, Blue Omamental Onions (AIlium caeru leum) appears, seemingly by magic, with smaller but showy, sky-blue, globe shaped flower clusters, reaching from 12 to 18 inches (30 - 45 cm) tall. These ornamental onions bloom only after their grass-like foliage disappears from the garden in early summer.

All ornamental onions make excellent cut flowers but I particularly like the immense gobes of the Giant Onion for their dramatic size. Cut when one-third of the blooms on the cluster have opened. The flowers last two to three weeks after cutting.

Both the flowers and seedheads can be dried. Cut flowers for drying when they are fully open and leave them standing in a vase with an inch (2.5 cm) of water until it evaporates. Turkestan Ornamental Onions and Star of-Persia result in lovely spiky spheres. Hang seedheads to dry upside down in a warm, dry, dark place for about a week. I think that Persian Onions and Star-of-Persia have the nicest seedheads for drying.

Plant omamental onions in odd-numbered groups of three or more, rather than singly, for the most spectacular display. Recommended depth for small-bulbs is about 3 to 4 inches (7.5-10 cm) deep and for large bulbs, from 5 to 6 inches (12 - 15 cm) deep.

When's the best time to plant bulbs? Go with Mother Nature's advice rather than by the calender. Usually, we recommend planting in September, but this year temperatures in our area remained too warm for bulb-planting—at this late date, we still have not had a hard frost. But temperatures are cooler now, the leaves are finally showing their full brilliance and conditions are perfect for planting bulbs.

So the wisest answer on when to plant bulbs is once the leaves of native trees are at their peak fall colour. After most of the leaves have fallen from trees, it is rather late to plant bulbs of any kind.

If you do plant bulbs late inthe season, be sure to water them well immediately after planting - step that is not necessary when planting earlier, because then, in warm soil, the added moisture may prompt bulbs to sprout right away. Be sure to add a handful of bone meal to each planting hole to aid root development; plants need strong roots in order to make it through the winter.

Like tulips and most other bulbs, ornamental onions become dormant after blooming. Allow the leaves to wither and die back, as this is when the bulbs are storing the energy they need in order to bloom the next season. The foliage of surrounding plants helps to screen the yellowing leaves.

Water regularly while ornamental onions are actively growing, but cut back on watering once they become dormant.

Lois Hole is the author of Northern Fliwer Gardening and is currently working on a new book about perennials.

ContactHOLE'S GREENHOUSES at 1010 Bellerose Drive, St. Albert, AB T8N 1M9. Fax: (403) 459-6042. Long distance callers, phone, toll free: 1-800-459-6498.

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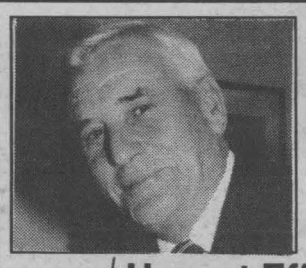

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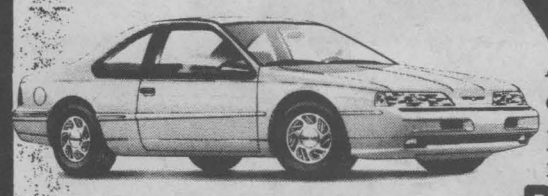

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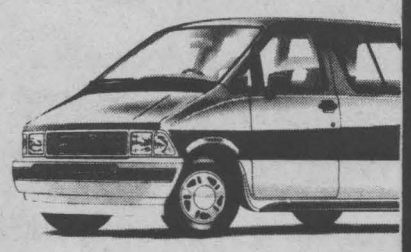

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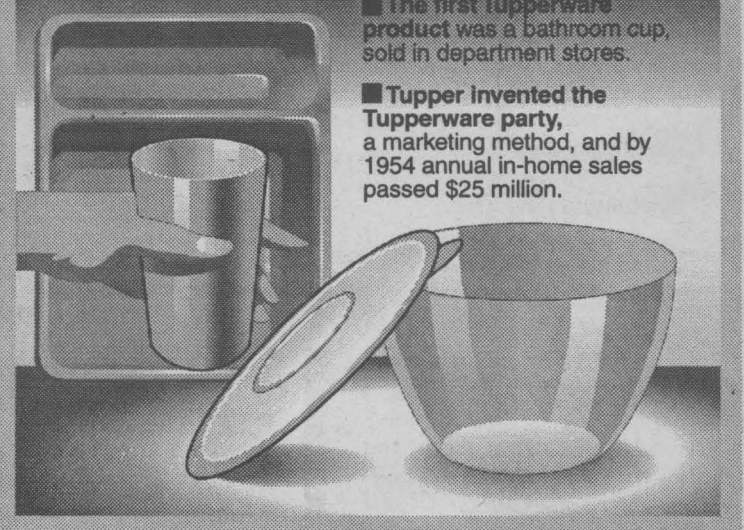
Facts du jour

Who invented Tupperware?

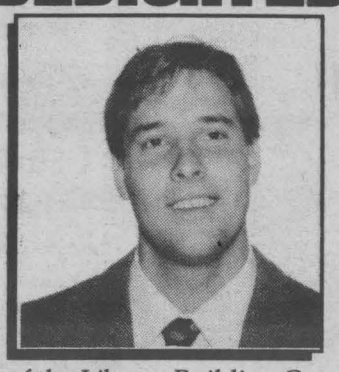
Massachusetts chemist Earl D. Tupper, in 1945. The story:

- Tupper worked for du Pont in the 1930s on a new plastic, polyethylene. He saw its promise for making housewares.
- The first Tupperware product was a bathroom cup, sold in department stores.
- Tupper invented the Tupperware party, a marketing method, and by 1954 annual in-home sales passed $25 million.



SOURCE: "The Book of Answers," New York Public Library

HONEST, ENERGETIC DEDICATED

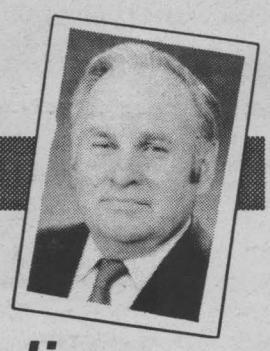


* Member of the Library Building Committee
* Member of the Recreation Committee
* Board Member of the Children's Aid Society

Authorized by CFO for Hollingsworth campaign.

VOTE **HOLLINGSWORTH, Dean** (X)

MPP REPORTS



By John Cleary
SEAWAY NEWS

Municipal Elections: November 14, 1994

Ontario is gearing up for next Monday's municipal elections, and I would encourage everyone of voting age to participate. By now, you should have received your enumeration card in the mail. For questions about polling places or other voting information, city residents can call 937-3286. Those living in Cornwall Township are asked to contact 933-1162 and Charlottenburgh Township residents should dial 347-2444.

One of the most discouraging facts about our municipal elections is that voter turnout has been historically low, averaging less than 40 percent for the past three municipal votes. In fact, municipal governments have generally attracted less electors than have provincial federal governments. Given the significant responsibilities of municipal governments, it is both unfortunate and puzzling that voters do not regard such elections as an opportunity to participate in our democratic system as well as effecting change at the local level.

Municipalities control or have a stake in the following every day services and activities that we, as taxpayers, have come to demand.

- administering welfare assistance
- maintaining local road, water and sewage projects
- overseeing municipal police services
- implementing land-use planning and development
- coordinating recreation programs
- attracting and maintaining economic development and industry
- collecting garbage and recyclables
- organizing housing programs

By levying property taxes, municipalities attempt to budget all of the above items, in conjunction with funding from the provincial and even federal governments, in some cases.

A portion of your property taxes is also directed to education, whether the public or separate board, French or English sections. Again, the province provides funding for education through transfer payments, although during the past few years, both municipalities and school boards have had to make do with much less operating and capital transfers from the government of Ontario.

School board trustees will also be looking for your support on November 14, 1994. While the role of the trustee has been questioned in recent years, your representatives are elected to oversee the expenditures of the board, in order that students and ratepayers obtain maximum value for their education dollar. Trustees make decisions regarding spending priorities for schools as well as debating issues of policy for the local region.

Over the past three weeks, candidates for municipal council and school boards have been campaigning vigorously to represent you. Trustees, as well as municipal councillors, mayors and reeves should be accountable and available to you, not only during the campaign, but throughout their three-year term.

There is no doubt that members of the public have become increasingly disenchanted by elected representatives of all levels of government. However, the only way to ensure that good candidates will speak for you is to be aware of the issues that face your area, ask the key questions and vote on November 14, 1994. You may be disappointed with the outcome, but at least you will not have allowed apathy to make your choice for you.

VOTEZ/ VOTE



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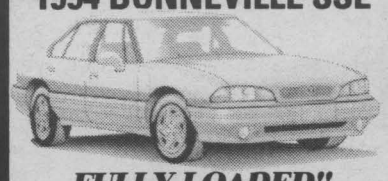

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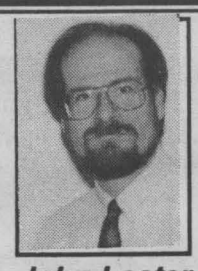

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MONEY $ENSE



By Phil Hale
SEAWAY NEWS

Volatility of Stocks

There is perhaps nothing so daunting to the average person as the idea of investing in the stock market.

Many investors are confused by the symbols and legends in the newspapers' stock tables, believing ancient Greek would be easier to understand.

And if the language of the stock market is not confusing enough, there are the memories and reminders of crashes, both recent and far in the past. In 1929, the world watched helplessly as Wall Street crashed and life savings were lost. The same scenario was repeated more recently, though to a lesser degree, when, on a Monday in October, 1987, the stock markets tumbled, leaving many wondering what had happened to their'sure-thing' investments.

They were victims of market volatility, of the instability of the market. No market goes up or down forever. It merely responds to such influences as changes in the world's political climate.

Many who lost money in the 1987 crash purchased their stock at the height of the market, hoping to realize returns far greater than those of more conservative investments, such as term deposits and guaranteed investment certificates. When the crash hit they sold what they had for whatever they could get, vowing never to cross that threshold into the stock world again.

These investors lacked two characteristics which are essential to successful investing in the stock market, either directly or through mutual funds. These are patience and discipline. Those investors who held their ground and stayed with the market found that the market recovered most of its losses within a year. Some investors found the depressed market to be too attractive to let pass, buying shares and equity mutual funds at deflated values and earned returns of as much as 20 percent.

Despite the market's ability to recover, many still feel that stocks are too speculative. if you compare stocks to treasury bills(T-bills) and bonds, stocks are perceived to be risk because their volatility over the short term is higher relative to Treasury bills and bonds.

In the short term, stocks can earn more or less than cash deposits. One cannot predict ho-v successful an investment will be, but over the long term, stocks of 'good' companies become much less risky. Research shows that during periods of five or ten years, stocks have outperformed T-bills and bonds.

The study "Canadian Stocks, Bonds, Bills and Inflation: 1950-1987" written by Drs.. James Hatch and Robert White, Professors at the University of Western Ontario (updated with information supplied by ScotiaMcLeod to October 31, 1991) confirms that for one-year periods covered by the report, stocks may not provide better rates of return than bonds and T-bills. However, during the thirty-two 10-year periods between 1950 and 1991, which includes the 1987 crash, stocks outperformed bonds and T-bills in all but three periods.

Additionally, the compound annual-return on stocks for the entire forty-two years was 10.8 percent, almost double the 6.4 percent for T-bills and 6.6 percent return on bonds. This indicates that an investor's potential return on stocks will exceed the potential return on bonds and T-bills provided the investor holds the stocks for at least five years.

If you're prepared to invest for the long term, you might be tempted to run out and set up a stock portfolio of your own. However, chances are you already have so many commitments that to keep track of a stock portfolio and the Stockmarket would mean dropping everything to manage it properly. In that case, your better choice is mutual funds. They are professionally managed, offer a variety of choices to each investor and they work.

During the long term, well-managed equity funds, such as those offered by Trimark Mutual Funds have outperformed more conservative investment vehicles such as T-bills and guaranteed investment certificates.

See a professional financial advisor to learn how you can take the sung out of the stock market with mutual funds.

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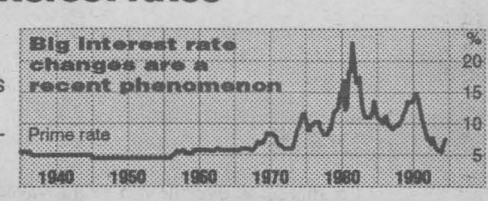
On the Money

with Gordon Pape

PAPE'S TIP: *"Anticipating interest rate cycles will make you richer faster. Learn to watch for the signs."*

What drives interest rates

Interest rates have oscillated between incredible highs and lows in the last 15 years. A new generation of investors considers fluctuating rates to be normal.



WHAT MAKES RATES RISE

- **Politics:** Overseas investors demand a higher premium for investing their money in Canada because of uncertainty over Quebec.
- **Deficit:** As the deficit grows, so do worries – lenders wonder if the time will come when we can't pay.
- **U.S. rates:** Canadian rates are normally higher than in the U.S. to compete for foreign investment, so when theirs move up, ours move higher too.
- **Foreign money:** We also compete with other countries, so when, for instance, Germany's rates rise, so do ours to keep Canada looking attractive.
- **Canadian dollar:** If the Bank of Canada thinks our dollar is on the slide, it jacks up rates to attract foreign money and drive the dollar back up. These often short-lived spikes offer great investment opportunities.

What to do

1. Buy one-year T-bills and cashable GICs when rates are high.
2. Don't lock in to long-term mortgages when rates are high.
3. Invest in bonds and bond funds when rates look poised to fall.
4. Invest in money market funds when rates are rising.
5. Take out fixed-rate not variable-rate loans when rates are rising.

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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.



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√ 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

A.N.A.F. Present Cheque



Claude Champagne, President of A.N.A.F. Unite 342 is pictured presenting a contribution of $5,000 to Kiwanians John Fyfe and John Lamoureux, on behalf of the Easter Seals Camp Merrywood Campaign for physically challenged children.

(photo by Jim Pratt)

Appointed As Captain of Service Clubs & Agencies

Mr. Ray Lalonde, Campaign Chair, United Way of Cornwall & District, is pleased to announce the appointment of Mr. John Fyfe as Captain of Service Clubs and Agencies for the current fundraising campaign. This is Mr. Fyfe's second year as a Captain of a Division. Mr. Lalonde in making the announcement stated that he was pleased to have Mr. Fyfe with the Campaign Committee.



FYFE

Mr. Fyfe is a Management Consultant. He is married with five children and has lived in Cornwall for 59 years.

Mr. Fyfe is a member of the Society of Management Accountants; Cornwall Sports Hall of Fame; Kiwanis Club of Cornwall; and the Royal Canadian Legion.

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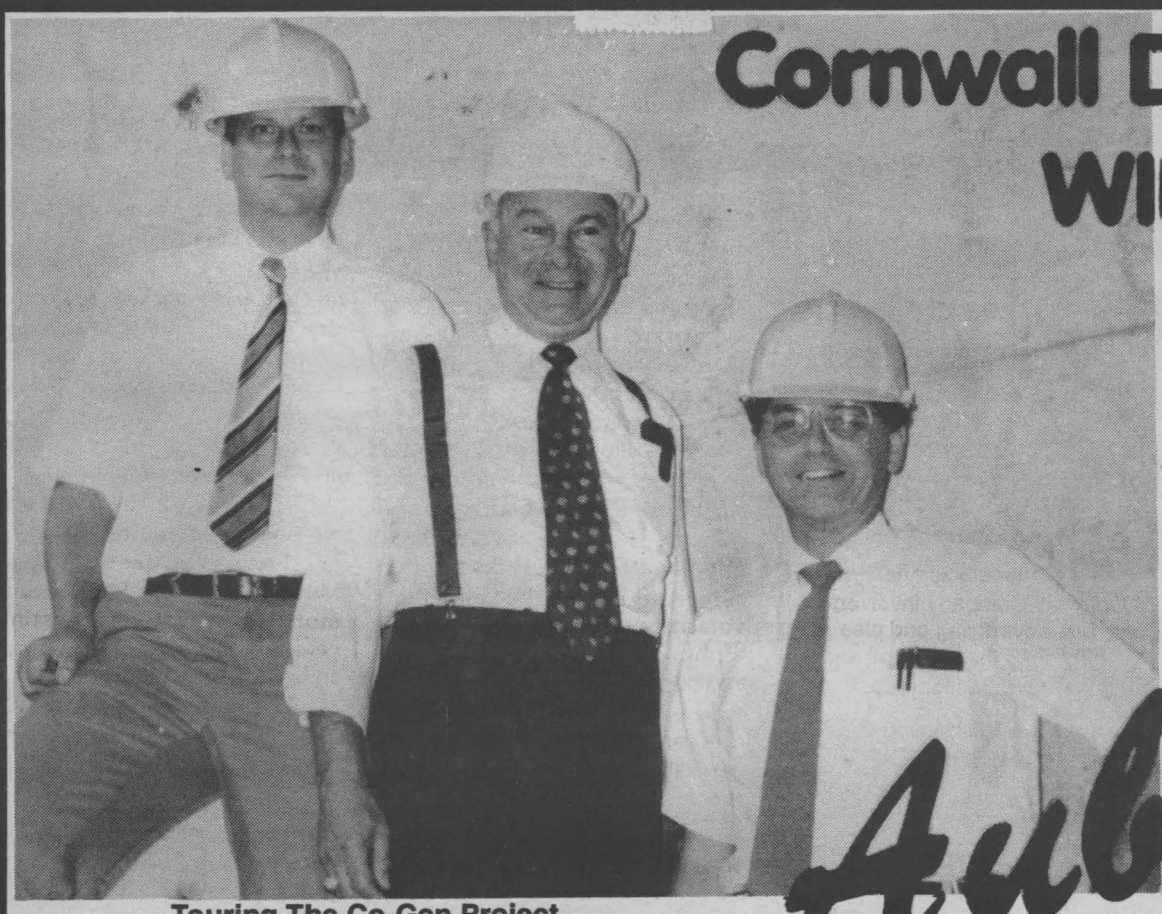

Touring The Co-Gen Project
l. to r. Robert Winn, Comptroller Cornwall Electric; Dick Aubry, President CDH and Cornwall Electric; Ron Bergeron, Vice President CDH and Cornwall Electric

Cornwall District Heating ... WIN • WIN • WIN ...

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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!!

• 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.

• Fiscal management

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

• Restructure of management

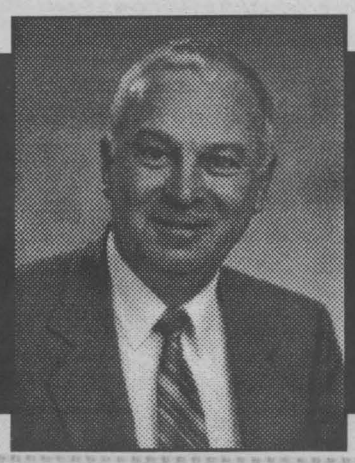
This past City Council with the hiring of Richard Allaire as CAO put into place a restructuring of the management at City Hall. The net effect of this is an annual savings of $175,000.

• 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.

• 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.



DICK AUBRY
ECHEVIN/ALDERMAN

AUTHORIZED BY THE AUBRY CAMPAIGN COMMITTEE

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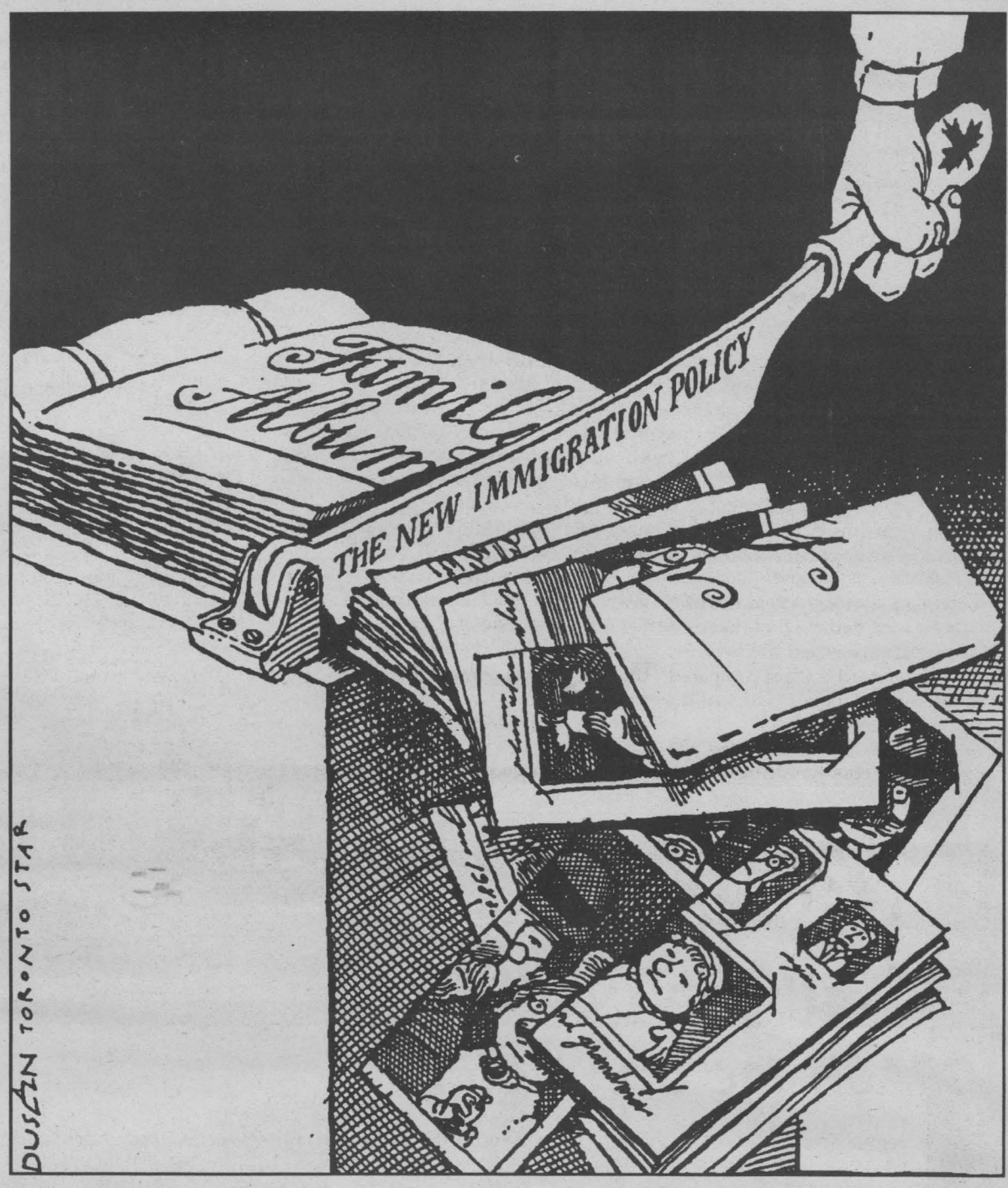

MEANWHILE...

Fred Sagel



Sacrifice Needed

One morning not so very long ago, Canada awoke, rubbed its eyes, looked into the mirror and got a shock.

What it saw with some disbelief was a country that once had it all and that was now starting to develop problems akin to those of the Third World.

And yes, it knew that it had been rated the third best place in the world to live during the past year, but it also knew that was largely an illusion.

Canada knew it was losing thousands of its best-paying jobs. It was plunging itself into debt deeper and deeper, thanks to all of its governments and their overspending. Its middle class was shrinking, its roads and street needed replacing, and its schools were failing.

And, as Canada awoke, it recognized an important thing: if it was going to survive, it needed an important new ingredient - sacrifice.

Sacrifice.

It was a new word to some, especially to politicians who, instead of exercising real leadership, had manoeuvred, as in a game of Old Maid, to see who would be left with the blame for whatever had gone wrong with the country.

But Canada knew that the gig was up: the future its people had mortgaged was arriving. And paying that mortgage would take sacrifice.

So we have roads and bridges that need to be fixed, a health care system that is slowly going broke, local governments and school boards that continue to overspend. And mountains of debt everywhere.

So we lose ground to the Japanese who do practice the economics of sacrifice, and who save - despite high prices, a cramped lifestyle, and long working hours.

Rebuilding a solid foundation for national development will take investment. Investment means spend now, profit later. But that is not always understood. The sacrifices that are going to be required of all of us in the future go far beyond the sound investment practices of the old economic game.

As the earth itself buckles under the weight of our global mechanism, unprecedented kinds of sacrifices are beginning to demand consideration.

The earth is strained by mushrooming population figures. Are Canadians, who consume a very disproportionate amount of the earth's resources, willing to have fewer children than we might choose?

Are we willing to abandon established dietary preferences and eat other things to help the planet breathe easier?

Then there are financial matters. And jobs. Are we willing to take pay cuts to help all of us bring the economy back into line? Will both unions and management sacrifice for the good of the country without their traditional selfish quest for more and more?

What about public bodies? Will they also sacrifice by cutting their budgets to the point where salaries are frozen, expenditures cut, and costs brought under some real control?

And professionals? Will doctors and lawyers, who normally earn far more than others, reduce their income so that the extra money can be pumped into a deficit reduction program?

We are coming to a time when real changes of direction will be demanded of us and change is always difficult. If we make those changes voluntarily, and in time, we will be heroes to those to whom we bequeath a healthy country and an even healthier world.

But the present trend isn't good. We have too much of the "me" generation that we almost all fit into one way or another.

It's time for sacrifice. And change. Big change if we're going to make it. But we should all look at ourselves first.

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Mega-Dump For SD&G Turns Into Early Public Relations Fiasco

A proposed mega-dump that would eat up 250 acres of property somewhere in SD&G has created an early row.

After a long process (it goes back years), the SD&G waste management study has come up with 14 potential sites for a mega dump to serve the 20 municipalities within the United Counties. Ten of those sites are in Glengarry County - which is also where the first public meeting was held earlier this month (more were scheduled at press time).

The meeting in Glen Robertson drew a hefty crowd of about 250 people and it didn't take long for them to register their anger.

Mind you, selecting a dump site is never going to be an easy public relations exercise. Introducing people to the prospect of expropriation never is - nor is the equally unappealing prospect of living next door to a facility (the landfill site) that historically has produced polluted ground water, methane gas and a host of other environmental ills. It also does wonders for the price of real estate.

Nevertheless, this particular public relations exercise seems to have got off to a particularly bad start. For some reason, the people in charge didn't think they had to give people any meaningful information.

The person with the most expertise on the issue, the consultant being paid the big bucks, didn't appear at the gathering.

Audience members rightly wondered why they had been summoned to a meeting only to have so many questions left unanswered.

The public's venom only became more intense when SD&G Counties Engineer Donald McDonald told people to come back to a November 16 meeting if they wanted to learn more.

To be fair, McDonald was filling in at the last minute for study coordinator Anne MacGillivray who was ill. Still, even MacGillivray's presence would not have been sufficient. The consultant should have been there.

Susan Shaw, who heads up the dump study's public liaison process, explained that in some regions the appearance of consultants upsets the audience. The audience feels it is being shafted by outside interests, Shaw explained.

Frankly, I've been to a lot of these "public input" meetings with a variety of groups. My experience tells me that you are foolish NOT to have the consultant present because so many of the questions require some technical understanding.

Besides, if a meeting is chaired and run by local people, the appearance of consultants should not be a problem.

It is a problem, however, to invite hundreds of people to a meeting and then tell them to come to yet another meeting if they want real answers.

Any dump selection process is bound to be fraught with public relations perils. The NIMBY (Not In My Back Yard) syndrome will raise the blood pressure of even the most reasoned ratepayer. Still, members of the audience had some good questions.

Charlottenburgh Township Reeve Dave MacDonald questioned the wisdom of going public with a preliminary list of 14 potential sites when a short list of three to five sites will eventually be selected.

McDonald noted that these "properties are now on hold. Try selling your house now."

It's a good point - and merely reflects the contempt the government has for private property rights. The short list is supposed to be ready by next spring, with the final site chosen by next fall. That's a year away. (And mark my words, the deadline won't be met.)

That means scores of people will have a cloud over their properties for at least one year, maybe more. In Charlottenburgh, for example, three of the potential sites are located on land that is home to a total of 82 people.

Surely, the "experts" could have narrowed the sites down to something a little more workable than 14.

Let's hope the process can be speeded up and the public relations improved.

SEAWAY NEWS
LETTERS TO THE EDITOR

Referendum Debate

Dear Editor:

It's a known fact! Serious thinkers will engage in mind-to-mind combat, in Canada and even in Quebec, to articulate and influence all kinds of positions. This will happen no matter what! There appears to be a breakdown of a National consensus, in Canada, as to where this country of ours is headed.

Toronto, October 19, in the pre-referendum debate on Quebec's independence, (Joe Clark with Lucien Bouchard) - Clark compared Bouchard to a boxer who would quit after round 3.

If Meech had been accepted, the Parti Quebecois would not have been elected and separation would not be such an issue in Quebec right now! Was it that Meech did not recognize "Les Autochtones" or Native Americans as real Canadians or was it that the Native Americans themselves did not see themselves as Canadians? Was it not a Big Chief out West who blocked Meech?

Jacques Parizeau is going all out lately to win over the Indians, and yet it's plain to see that the Indians are not Separatists! I have a feeling that the Native Americans are in the Federalist Clan! It was young and inexperienced Mario Dumont of the P.A.D. (Action Parti Democrtique) who said he was in favour of La Souve raineté but not of Separation. Yet, common sense dictates that they're one and the same. Marxists will inevitably attempt to spread a false promise of political and economic freedom! In time, they'll try and justify a doctrine of discontent and the overthrow of a selfish and cruel "Bourgoiesie".

Each and every true Canadian has a personal responsibility to make our democratic system work! In two world wars, in Korea, in Vietnam, etc., brave men - heroes all - gave their lives so that we may enjoy our freedom. When we look at right-wing regimes such as South Africa, the Philippines, Chile, etc., plus Marxist Regimes in Nicaragua, Angola, Afghanistan, Argentina, Uruguay, Bolivia and Cuba, etc., these are but a few more countries where democracy is put to the test! It's not so far back when the Soviet "Commies" used to pour some 3 billion dollars annually into Cuba to help support their ideology. It's rumoured that Pakistan now has produced its first atom bomb! Just to feed and clothe the Nicaraguan Contras for a short period of time cost the USA some 27 million dollars. Back to Quebec.

Quebecers are not isolationists by nature! Therefore, they should be open to the International Community! In doing so, the end result for Quebec will be to thrive and survive! Ever since Lucien Bouchard's coming on the Ottawa scene, he's been engaging in Demagoguery, which translates into snobishness and nonsense!

If the Bloc/Parti Quebecois clique plans on keeping the "at large" Provincial population in the dark by feeding them biased, control-led information, etc., then they are sadly mistaken! The sophisticated, hypocritical pre-referendum battle is now on and people out there are not stupid. They'll see right through any and all efforts that play the public for fools. This is all-out warfare for the preservation of Canada. Separatists therefore must be regarded as the enemy. The general consensus among all Canadians must be: tolerance zero on separatists. Let's weed 'em out! This is self-preservation, baby! What we don't need in Canada - or in any province for that matter - is a bunch of false, inflated, egocentrics - pseudo-intellectuals - power-hungry politicians whose goals are solely self-serving! I find there is much too much vituperation between Parizeau and Chretien. I see four main players on the separatist team: Jacques Parizeau, Bernard Landry. Louise Beaudoin, Lucien Bouchard ... On the Federalist side - Team Canada - we have: Jean Chretien, Daniel Johnson, Jean Charest, and Frank McKenna. Quebec is already acting as if the Referendum were won! This much "anticipated assuredness" is bad for the people of Quebec. Such animosity and constant bickering between Quebec and Ottawa is simply "no good at all"!

Twenty one million Canadians - outside and inside (Quebec) just will not put up with this situation.

Yours Truly in Canada
Andre Al. Pettigrew
Lancaster

CRASH
CAN TIME SAVE THE PLANET?

CRASH The can watch,

How it began

(NC)—In 1988, CRASH SA, Switzerlandwe created a stir with the Echo Swiss wristwatch. Composed of used tin plate, it was the first high technology watch made of recycled material to be put on the market. A recycled tin-plate watch? This seemingly extravagant idea soon became a successfully marketed timepiece. Within a short time similar products were brought out copying Echo Swiss. the original recycled watch.

Ticking with the times

Yet there remained an image problem. Though aesthetically and technologically highly appealing and successful, the Echo Swiss watch was not immediately perceptible as the environment-friendly product which in fact it was. The question was whether it was indeed feasible to develop a product which the public could instantly recognize as being manufactured from recycled material.

A brand new concept

A watch with recognizable origins... The answer could only be CRASH, a unique concept involving "primary recycling", which consists of transforming a given material into a finished product-*without pollution or waste*. Following this principle, we set about recycling one of the most widely distributed containers in the world, creating a watch of avant-garde design.

It's in the can!

An aluminum can ingeniously transformed into a watch. CRASH is truly a world premiere! Today, more than 50% of all aluminum is recycled. The annual production of aluminum cans is tremendous: over 150 billion units used worldwide! Aluminum has thus become a valuable raw material.

CRASH used to be a can. Instantly recognizable as such, this amazing new watch reflects a revolutionary way of dealing with waste material. The manufacturing process is simple: a used aluminum can—without its lid— is crushed to a predefined size under the weight of 180 tons. In the centre, an empty space is provided for the movement mounted in a recycled plastic case. In its 100% recycled packaging, the CRASH watch is a perfect recycled product embodying the spirit of the times. CRASH, the attractive new fashion accessory with an up-to-date ecological message to tell!

The model

The CRASH collection is made up of 25 models. Each watch is absolutely unique. Using the finest Swiss quality technology, the watches are all equipped with an ETA movement with a long-lasting battery and are water resistant to 30 meters. They are accompanied by a one-year guarantee.

A unique combination of innovative ideas and modern design, this amazing watch is undeniably created for the future. Today, after two years in development, the CRASH watch is experiencing striking success on the market, with the promise of more ingenious and attractive accessory article, of recycle origin, to follow!



Robert H. Wohlfahrt at the dump where the Swiss cans usually come from. NC

Councillors Taken To Task

Dear Editor:

Since the controversy over the Aces contract has developed I had decided to vote in the upcoming election for anyone except an incumbent. On learning recently the true facts of the five year financial fiasco, I have changed my mind. We should elect again all members of the present council with the stipulation that their salaries go towards paying the deficit. In addition each council member would make themselves available to the citizens of Cornwall at minimum wage for yard work and odd jobs. Priority for their services would be given to those citizens who have absolutely no interest in hockey.

A.H. Villeneuve
Cornwall

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

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C.C.V.S. REPORT

by Angie Alguire

Hello Raiders! Let me introduce myself. My name is Angie Alguire and I'll try to keep you informed about all the good things that are happening at CCVS.

Thanks to all who contributed to the United Way campaign.

The first Cornwall P.R.I.D.E. group was formed this week at CCVS. A select group from CCVS and GVSS participated in some pretty awesome training. Both school PRIDE teams are anxious to share their new ideas.

This past Monday, Tuesday and Wednesday our Rep Co. (the program of the Arts Drama group), wowed us with eleven great one act plays. Great work group ...

Go Raiders!!! Our boys volleyball team played well in the game at ESLC. Our best to ESLC as they meet St. Joe's Patriotes.

The CCVS Peer Helpers are attending a leadership conference at Gananoque. We hope that they bring lots of new ideas back to CCVS.

Our graduates are all spiffed up these days. Grad pictures were taken on Thursday and Friday and Monday, November 14 is the final day to sit for this once in a lifetime picture. Say cheese!!!!

That's it for this week ... let me know if you have any school news that I can share.

DU 13 AU 20 NOVEMBRE 1994
FROM NOVEMBER 13 TO 20, 1994

F.A.S.T. Plus



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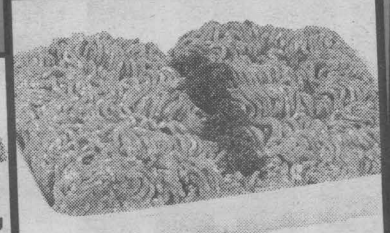
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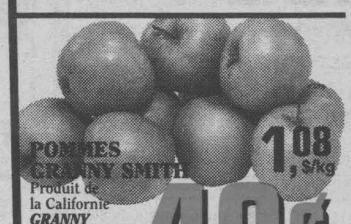
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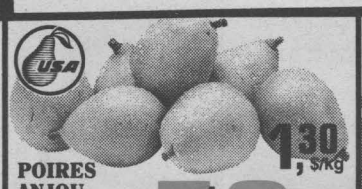
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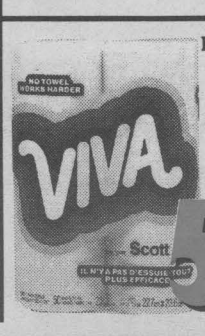

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FAST PLUS
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Taco Bell Now Open

Taco Bell recently held their grand opening of their easternmost Canadian location in Cornwall. "We are proud to be a part of this great community," said Simon Brochu, Market Manager of Taco Bell in Canada.

Taco Bell is a Mexican fast food restaurant offering a tasty, but not spicy, alternative for diners. Situated at 1397 Brookdale Avenue, Taco Bell has a seating capacity of 104 and features a contemporary Mexican-style design, a double window drive through service, a quick-service dining area, a smoke free dining environment, and wheelchair accessible washroom facilities. Taco Bell also offers "all you can drink" on purchases of any size soft drink.

The newest restaurant in Cornwall has created 55 job opportunities for Cornwall citizens who have been trained to serve customers according to Taco Bell's high standards.

With the official opening of their newest restaurant, Taco Bell had issued a challenge to the whole community to set a North American record for the highest opening day sales. The present record is held by Taco Bell in Peterborough. "The response has been overwhelming," said Brochu. Taco Bell came very close to breaking the record. Considering seasonal variations, "Cornwall can claim an unofficial victory," he added.



photo by Standard Freeholder

This week, Taco Bell will introduce two new menu items, including a MexiMelt and Mexican Pizza. New items will be introduced every two weeks until December 7th.

"Taco Tuesday" is a popular feature in many Taco Bell restaurants across the country. "Taco Tuesday" is now a regular feature at Taco Bell in Cornwall. You can purchase 20 tacos for under ten dollars. Taco's are available at american prices on Tuesday's. Brochu indicated, "It's a great treat for students or families who are on tight budgets."

Taco Bell is already getting involved in the Cornwall community. "Wild Thing", mascot for the Cornwall Aces, made an appearance at Taco Bell on Sunday November 13. "We plan to become an integral part of this community, which includes supporting community projects and events," said Brochu.

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Snowsuit Fund

The Cornwall and District Snowsuit Fund have announced a series of mixed curling bonspiels throughout SD&G to raise funds for the 1994-95 winter season.

The Snowsuit Fund will distribute, this coming winter, approximately 3,500 snowsuits to children throughout SD&G.

The Fund has gone on record that no child will go without being properly clothed during the coming winter.

All the curling clubs in the area are cooperating with these bonspiels to help raise funds which are badly needed.

Teams can enter in their own club or neighbouring clubs up until Thursday, of their particular bonspiel. Below are listed the dates and locations for the various bonspiels:

November 12 - Lancaster and Winchester

November 13 - Cornwall, Maxville and Morrisburg

November 19 - Alexandria.

The chairman for this worthwhile endeavour, of the various curling clubs, to raise these badly needed funds is Colin Kinnear of the Cornwall Curling Club. Mr. Kinnear can be reached at 938-0059 or 938-5063 for any further information.

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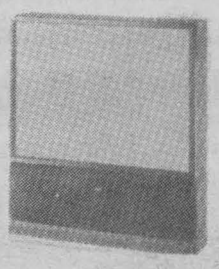
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THE BEST OF TIMES

Planning a Healthy, Active Vacation

Pick up any travel brochure and the images are all alike. People lounging, relaxing, sitting in comfortable restaurants or frolicking in picturesque surroundings. For many, the do-nothing aspects of a vacation soon wear off, usually after two or three days.

Vacation planning consultants will be among the first to warn potential holiday seekers of the health dangers of inactivity while on vacation. A happy, healthy holiday is one which is balanced with plenty of rest and relaxation, good food, good company and regular, moderate physical activity.

If you are planning a holiday and you want it to be as restful and restorative as possible, consider the factors and conditions that will help balance the holiday experience for you. Choose vacations that suit your lifestyle and established level of activity. Ensure that any sporting equipment you rent while you are there has been checked for safety.

Plan your day to include a healthy balance of physical activity, but don't be too rigid in sticking to schedules. An early morning walk or an evening stroll alone or with others is healthy and restful. Try to follow a day of more strenuous activity with one of low-to-moderate activity.

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

HOROSCOPES

November 13-19

ARIES – March 21/April 20
Let your intelligence and analytical way of thinking guide you. Right now, it is best for your stoic, calculated side to take over. Change in love life may be an issue. Break out of the daily routine that drags you down. Explore new horizons and find out the richness that life has to offer.

TAURUS – April 21/May 21
Don't let silly pet peeves interfere with your capacity to enjoy yourself, especially when you are dealing with selfish individuals who have annoying habits. An afternoon of exercise will rejuvenate you both physically and emotionally. A household project may demand some attention.

GEMINI – May 22/June 21
While the Gemini is usually a smooth talker, this may be a week to watch what you say. Overstepping your bounds may result in trouble. A conservative approach to a personal relationship may result in an especially good week. A special sense of peace may be found from the arts.

CANCER – June 22/July 22
Take hold of the lessons life has taught you. Whether it is from personal experience or the experience of another, this is a good time to carefully consider the decisions you make. Music and scholarly activity will provide a source of pleasure in the coming days.

LEO – July 23/August 23
A special friend may be in need of your advice. While the advice of others is not often appreciated by a Leo, it may a good time to learn to listen as well. A night on the town may result in an unexpected source of inspiration. Keep a watchful eye on investment opportunities.

VIRGO – Aug 24/Sept 22
An important decision may be at hand. Be sure to carefully weigh the pros and cons. A work mate will go out on a limb for you. Remember to show your appreciation. In areas of love, this will be a week of great joy and fulfillment. Take some time out for the finer things in life.

LIBRA – Sept 23/Oct 23
Don't use up all your energy in the workplace. Burning too much fuel can lead to exhaustion. This is a good week to take an extra sick/personal day. Take a load off, and do something special for yourself. You work hard and deserve the best. A special someone may be planning a romantic evening with your interests in mind.

SCORPIO – Oct 24/Nov 22
An investment for the home will make this an extra-special week. Splurge on that new television, stereo or painting you've been considering. New feelings of vigor and enthusiasm make for a fulfilling week. A call to a friend brings back some old memories.

SAGITTARIUS – Nov 23/Dec 21
Don't let your pursuit of a good time get in the way of your obligations in the workplace. Lack of planning and failure to keep your finances in order may lead to financial woes. Frequent travel may beckon in the coming weeks. Plan to spend some time away from a loved one.

CAPRICORN – Dec 22/Jan 20
This may be a busy week at work. Be careful not to depend too much on others for help. Greater satisfaction may be found when you tackle something yourself. An extra hour of sleep benefits you later in the week. A friend from out of town makes you reconsider a recent decision.

AQUARIUS – Jan 21/Feb 18
A good week not to let petty people get the better of you. Ignore those around you who are looking to start trouble. It's time to initiate a challenge to someone who takes you for granted. Watch what you say in a work-related context. Flippancy may make you look foolish.

PISCES – Feb 19/March 20
Don't let your sensitive moods get in the way of your ability to enjoy life. Your irritable nature may create problems you don't need. A tolerance for frustrating events will serve not only to smooth out problems but also promote personal growth. Exploit your natural sense of humor.

YOUR BIRTHDAY THIS WEEK
The next 12 months:
This year may not be as engaging as the last few, but it will be pleasant. You should experience many more quiet moments that you will greatly appreciate. Periods of solitude may be well-spent exploring new forms of music or literature. You will profit by investing some of this time identifying the insecurities that limit your advancement. Trouble in paradise may result if you try to force issues with loved ones. Relationships will flourish if you don't keep your mate on an emotional leash. Regular exercise hastens a long period of convalescence. Travel is likely if you plan carefully.

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CHRISTIANITY ALIVE



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

"But you, when you pray, go into your room and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. But when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. Therefore do not be like them. For your Father knows the things you have need of before you ask Him."

Matthew 6:6,7,8

These few verses in Matthew precede what we traditionally call the "Lord's Prayer".

First of all we need ask ourselves if we believe in prayer. Are you a praying individual? One of the greatest privileges we have is to pray.

These verses above state when you pray, go into your closet. It simply means to find yourself a quite, private place where you can get alone with God. It means to get away from all hustle and bustle of your life and get alone with God and pray.

Verse 7 above says not to use vain repetitions as the heathen do for they think they will be heard for their words. Repeating words is not praying, the Scripture is saying, praying is a heart condition between you and God. Verse 8 tells us not to be like the heathen with our repetitions because God knows what you have need of before you even ask Him. Isn't this tremendous? God loves you and knows what you even need before you ask. Then why bother praying,you might ask? Because God is looking for and seeking to have a living relationship with you and I. It's almost like you and your children. You might know what "little Johnny needs," but it sure is nice when he asks you and in your love for him, you are happy to give it to him.

Prayer is a much needed activity in our lives. Prayer is our link to our Heavenly Father. Prayer is what keeps us close to God and allows Him to speak to our hearts and lives.

If you do not pray let me urge you to begin today. Don't look for fancy words, but simply talk to God. He already knows your need.

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

THOUGHTS FOR THIS WEEK:

1. Prayer is simply believing God to supply what is needed to fulfill His will.
2. What isn't won in prayer first, is never won at all.

Hockey Evening Brings Student Award to College

St. Lawrence College Alumni, staff and their children along with current students of the College can all play an important part in setting up an Aces Student Award that will be presented to a deserving College student. Participating in this worthwhile cause is easy and fun. When buying Aces game tickets for the November 19 game, College alumni, students, staff and friends need only identify themselves and a portion of the purchase of their ticket will go towards the Student Award. Tickets for the game are available through the Civic Complex Box Office and are $8 for students and seniors and $14 for adults (not students). It all happens on Saturday, November 19 at 7:30 p.m. at the Cornwall Civic Complex. Don't forget to wear your College sweatshirt, hat or jacket to make the College's presence stand out during the game. For tickets to a pre-game spaghetti dinner which will start at 6 p.m., College award supporters are invited to reserve their place by calling the Alumni Office at 933-6080 or 933-4693, extension 1617. The cost for the dinner is $2.99.

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"Your only true choice for change"

Brock Abraham has the proven experience to lead Cornwall into the next century.

Let's face facts. With six challengers, Ron Martelle is counting on a voter split to put him back in office for an other three years.

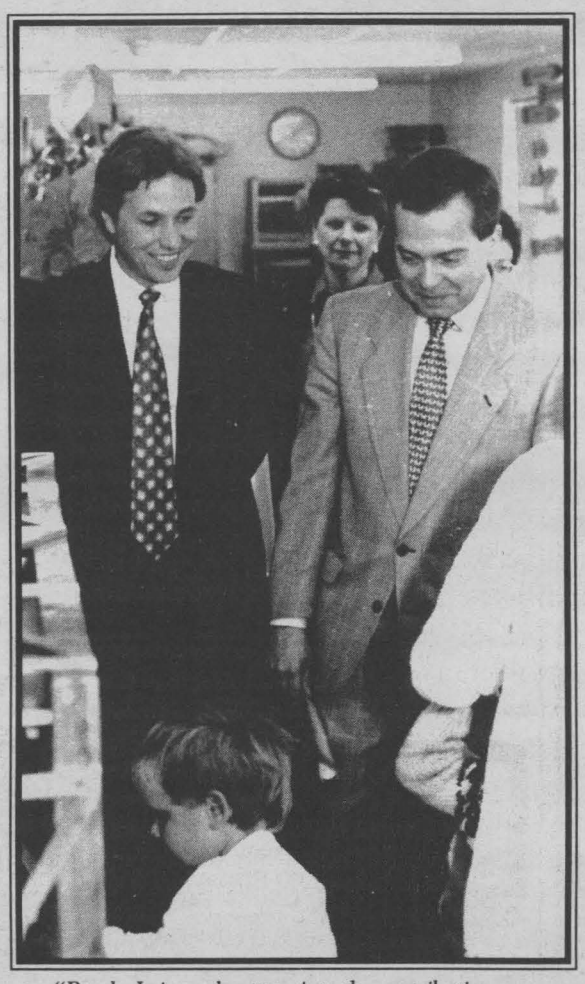
The trouble is... he may be right.

I believe that the majority of the citizens of Cornwall want change at City Hall. They want an end to bullet proof vests, secret deals and golden handshakes worth hundreds of thousands of dollars. They want an end to negative national media coverage, petty bickering and arrogant attitudes.

The time is now to change the direction of where we are heading, and to put in place a responsible leader that has the ability to correct the errors of the past three years.

Brock Abraham has a proven record in both public service and private business. He alone of all the candidates has the Provincial and Federal contacts to ensure real change.

If you want real change on November 14th, don't waste your vote on a fringe candidate with little chance of success. Vote for Brock Abraham and open the doors to City Hall.



"Brock, I sincerely appreciate the contribution you as a Trustee made to our schools."
Dave Cooke, Minister of Education and Training.

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There are seven candidates for Mayor, but only Brock Abraham is a proven, responsible manager of the public purse.

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- Pay equity solutions completed in 1992
- Negotiated labour harmony
- Superior and positive relations with Provincial and Federal officials
- 2 decades of private sector business experience

Brock Abraham has the proven experience to bring accountability, fiscal responsibility and a team oriented approach to City Hall.

Make your vote count on November 14th. This is really only a two horse race, and if you want change, then Abraham is your only choice.

For our community and our children, vote Brock Abraham.

Sponsored by the committee to elect Brock Abraham for Mayor.

Gabe Martel

New Directions — Your Candidate for Mayor of Cornwall

Let's Talk About ...

Each person has only one vote ... use it to build a better future!

Style: Unlike my predecessor, my style worked 10 years ago, still works today and my style will continue to work 10 years from now, because my style is mutual respect.

Accountability: Governments, whether municipal, provincial or federal must be, at the very least, as accountable as any board of directors in the private sector. No corporation wanting to survive and profit would ever allow it's directors to meet behind closed doors and not be accountable to the shareholders. It must be the same with our council. As your mayor, all meetings will be recorded and copies will be available to the media and public. The only exception will be in the form of a delay in releasing if the meeting involves any type of competition. Then, the release of the minutes will take place as soon as the deal is completed or the person is hired.

Access: There will be direct access by residents to all members of council and as your mayor there will be no exceptions to that rule. In order for the community to trust city council again, city council must have trust in the community first. All members should agree to be available to the taxpayers.

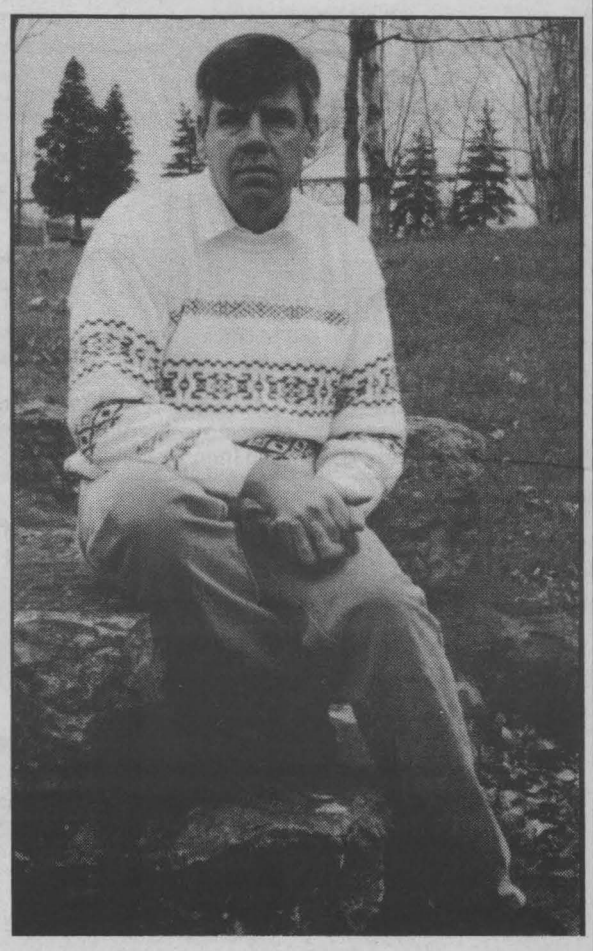
Community Policing: The city, along with the new chief of police, will develop a new and open policy with the community as active partners. In order for the community to get a renewed sense of security a progressive partnership must be formed. Community policing involves getting officers from behind desks and steering wheels and out into the streets, in order for them to get to know their community and for the community to get to know their police representatives. Small offices, strategically located in several areas of concern should be opened and staffed by one or two police officers on a long term rotating basis to allow for longer personal contact to be made between both parties. I firmly believe in community policing as not only being a deterrent to crime but as a positive way to involve the community in their police force and vice versa.

Downtown Revitalization: Our downtown is in a sad state and lacks consistency in not only the services offered but also in the buildings that make up the cores. A budgeted ten year revitalization plan must be introduced and the city with its merchants must work as partners. This will not only the save the downtown but make it into a strong and prosperous part of our community. As your mayor I would encourage a heritage theme to any new construction along Pitt, Water and Montreal Road.

Waterfront Development: We can no longer afford to ignore our second most valuable asset in Cornwall. However, we must not make the same mistakes as previous councils - wanting it done either all today or all tomorrow. We must agree on a budgeted long term recovery of the waterfront and stick to it. If we do a portion of it every year only doing what we can afford, the waterfront will be saved and will be a solid part of our city. Not only will it be enjoyed by the tourist, it will attract but will be there for all of us to enjoy as well.

Partnerships: A lot has been said about partnerships in the past weeks. Most of it has been centered around the provincial and federal governments. We mustn't overlook the most important partnership of all and that is the one with our closets neighbours, North, South, East and West of us. The townships that surround Cornwall are a vital part of our economy. A stronger understanding and alliance with our neighbours to the South in Akwesasne would greatly enhance the economy and well being of both partners.

Development Control: New development projects cannot always be allowed to proceed without consideration for the future. Subdivisions without sidewalks must be a thing of the past. Subdivisions without adequate lighting must also be a thing of the past. We must not rush into projects without ensuring adequate planning for recreation and quality of life. We must not rush into building without ensuring that our services will not be overburdened. This has happened in too many cities that were administered by developers. Now, all new homeowners, in those communities, must pay an average of $22,000. in fees and permits before they are allowed to dig a foundation of their new home because of outdated sewer systems. **Is this what you want for Cornwall?**



Election Survival Guide

ABRAHAM, Brock	☐
GUINDON, Francis	☐
JESSA, Sultan	☐
KUBECZEK, Ed	☐
LALONDE, Terri	☐
MARTEL, Gabe	☒
MARTELLE, Ron	☐

Let's Talk ... 933-5514

Authorized By C.F.O.

This story from Canada's rich immigration history was written to mark the 125th anniversary of immigration services in Canada which is being celebrated in 1994.

Scattered pearls— the Ugandan Asian exodus to Canada

(NC)—In early August 1972, world headlines proclaimed "Idi Amin to expel Ugandan Asians". Given 90 days to leave the country they had called home for generations, some 80,000 people found themselves stateless.

"At first we thought it was a joke," says Zia Haque, then a 40-year-old lawyer and a Ugandan citizen. "How could he throw everyone out in three months?"

The Asian community in East Africa, which traced its roots back to the mid-1800s, had been the mainstay of the Ugandan economy and civil service, and a link between former British colonial power and native Africans.

There had been threats of "Ugandization", since the country's independence in 1962. But few believed it would happen. However, the threats, harassment, beatings and robberies that quickly followed showed that Amin meant business this time.

Haque's Ugandan citizenship was cold comfort. Amin declared all Ugandan passports must be "verified", a pretext for stripping people of their documents.

Over half the Asian community held British citizenship and queues soon formed at the High Commissioner's office. Speedy acceptance was uncertain, since the country was experiencing a "Britain for the British" wave of nationalism. India, the "mother country" for most Ugandan Asians, was not keen on taking them either.

"People felt trapped," said Haque, who by late August had fled with his family to Britain on a visitor's visa, still hoping that they could return.

On August 24, then Prime Minister Trudeau announced Canada would accept all "expelees" with nowhere to go. Within days, a team arrived in the capital, Kampala, to process Asians who met the selection criteria by Amin's November 8 deadline.

Mike Molloy, then a young visa officer in Beirut, was part of the group of 30 Canadian immigration officers, clerks, typists, doctors and medical technicians.

"Canada got there first with the most," says Molloy, now Director General of Citizenship and Immigration in Ontario. Upon arrival, he set up from scratch an office capable of processing thousands of people daily in five days.



Asians boarding—orderly, resigned and optimistic about their future in Canada: Entebbe Airport, Uganda, 1972. Photo: NHQ-AC Roger St. Vincent Collection NC

Citizenship and Immigration Canada

"We only had the point system to work with," Molloy adds, "there was no such thing as 'refugee' in Canadian immigration law then (this was introduced in the 1976 Immigration Act)."

Most Asians spoke English, were well-educated and had business and professional skills, so easily qualified for the minimum 50 points.

To protect applicants from further harassment, each received a number. They were told to watch for their number in the local newspaper, alerting them when to come for an interview.

By the November deadline—the last chartered flight carrying 209 of the 6,175 immigrants to Canada left from Entebbe airport.

Among them was Prem Chima, then 22 and from a prominent Sikh family in Kampala. Now the owner of a travel agency in Mississauga, she and her sisters heard about the Canadians and offered to help with the massive job of typing lists of numbers.

Although Chima's family had British passports and could have settled in England, they applied to Canada. "When the family left in September, it was like going on a holiday. We locked up the house and left the key with the servants, thinking we might be able to return."

But Chima has never returned to the land of her birth, a country of incredible beauty that Winston Churchill once called "the Pearl of Africa."

"It was a terrible experience. I have no desire to go back," she emphasizes. "I feel very Canadian now."

For those with no family here, the government provided housing, transportation, orientation programs and job counselling.

Religious and community groups also joined the settlement effort. Within a year, nearly 90 percent of the Asians surveyed in a study had found work. Ninety-four percent said they wanted to remain in Canada. Twenty-two years later most exiled Asians have prospered in Canada.

Canada, a small player on the international scene, admitted more Ugandan Asians than any other country except Britain.

Zia Haque, speaks for many when he says: "Canada did something extraordinary. The situation was hopeless until the Canadians arrived. It was like a great weight had been lifted from our shoulders."



Conseiller Scolaire - Trustee
Ecoles Catholiques de
Langue Française

Devenez "Partenaire en éducation"

VOTEZ X GAUTHIER, Jean-Guy

YOUR #1 CHOICE FOR ALDERMAN



- FRESH NEW IDEAS
- COMMON SENSE APPROACH
- DEDICATED HARD WORKER

Is Your Teenager Having Problems?
√ Fighting √ Alcohol
√ Gans √ Drugs
It's Called Boredom!

This city must work for our teens ...
I will be their VOICE on city council

Vote Joe Lalonde Votez
Alderman Echevin

LET'S GET CORNWALL BACK TO WORK!
C'EST LE TEMPS

FOR MAYOR, VOTE
LALONDE, Terri X



THE PEOPLE'S CHOICE FOR 12 YEARS!

CFO Approved

GREAT SPECIAL!!

1000's of DRESS PANTS "The Trip Is Worth It"
Wool & Polyester • With or Without Pleats
Regular or Low Waist • High Quality • Made In Canada
only $35.00

SPORT JACKETS melton finish sizes 36 - 46 20% off

Dress Shirts Known Brands from $19.95

STUDENTS Regular Price 15% off

LATEST ARRIVAL of SPORTS JACKETS FOR THE LARGER SIZE

Aux Habits Dorion



OPEN SUNDAYS 12 Noon to 5 pm

Rain Coats 3 Season Lined from $89.95

SENIOR CITIZENS 15% OFF regular price Monday to Friday

FREE ALTERATIONS ON THE SPOT

LAYAWAY PLAN

150 Harwood Blvd., Dorion, Quebec (40 Minutes From Cornwall) 1-514-455-3170

Cassidy Works For

✓ Employment Needs
✓ Responsible Management
✓ Economic Development
✓ Healthy Environment
✓ Quality Life Style



ALDERMANIC CANDIDATE

CASSIDY, LEE X

WINTER TUNE UP



Marcel Bedard
Service Manager

OIL
LUBE
FILTER
$18.95
(most cars)

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



I PAY ENOUGH TAXES
... DON'T YOU??

✓ QUALITY EDUCATION
✓ COST EFFECTIVENESS

DAIGLE, Debora X
SEPARATE SCHOOL TRUSTEE
Authorized by the CFO

BRIDGE RESULTS

Independent Bridge Club
Nov. 2/94

N/S
1. Kay Barlow - Brunelle MacDonald
2. Colombe Amelotte - Fern Emerton
3. Jean Boileau - Jeannine Leroux

E/W
1. Ben Bouvier - Joe Robertson
2. Dina Beaulieu - Ruth Edgerton
3. Mona MacPhee - John Montgomery

Seaway City Bridge Club
Nov. 3/94

N/S
1. Hermine Ladouceur - Marjorie Raymond } tie
2. June Anderson - Marion Lemieux
3. Joyce Harrison - Marjorie Sommers

E/W
1. Exarie Kinnear - Anne Paulin
2. Dina Beaulieu - Rita O'Brien
3. Fern Emerton - Emma Farlinger

Cornwall & District Bridge Club
Nov. 3/94

N/S
1. Margaret Campbell - Richard Baird
2. Barbara Taylor - Voytech Pomykalski } tie
3. Bob Dalgleish - Ron Jenne

E/W
1. Denise Fournier - Brian McCartney
2. Richard Fawthrop - Steve Lassner
3. Lydia LeGault - Claudette Rousseau

Senior Citizen's Bridge Club
Nov. 4/94

N/S
1. Evelyn McPhail - James Barlow
2. Jean Forbes - Mildred Morin
3. Marjorie Sommers - R. Edgerton

E/W
1. Jean Stokes - Eileen Beaudette
2. June Desrosiers - Pauline McKinnon } tie
3. Rita Miller - Huguette Arsenault

CANADA—THEN AND NOW



Photo: Canadian Pacific Limited

(NC)—This illustration shows European immigrants arriving at Quebec City after crossing the Atlantic Ocean on a Canadian Pacific ship. Founded in 1608 by Samuel de Champlain, and incorporated as a city in 1832, Quebec is the oldest city in Canada. As such it has long been an important seaport and before air travel, it served as the port of entry for numerous immigrants. This year Canada's Immigration department celebrates its 125th birthday. So many people have immigrated over the years that we can take pride in the fact that Canadian citizens trace their collective ancestors back to every country imaginable. In 1992 of the 252,107 people who immigrated to Canada, 48,206 were destined for the province of Quebec.

The Wizard of Oz

This month there will be a very special event taking place in the city of Cornwall. Over seventy youngsters from the surrounding area will take a trip they will never forget, a trip that will be filled with magic, mystery and fun music. There is only one place that can deliver such excitement. That's right, the land of OZ.

Memory Lane Young People's theatre will be presenting the show The Wizard of Oz. This play has many new and exciting twists in store for its audience. A computer using witch that will stop at nothing to get those ruby slippers from Dorothy and her friends. But that's not all, the witch cast a spell on some very nice kids in the woods and now they cannot talk to each other. Their only form of communication is their fire dance, that features some spectacular black light routines.

This show will feature dazzling special F.X., magic smoke, flash pods and a laser light show along with some of the finest young performers in the three counties. Stefanie True as Dorothy, Terri Thompson as the scarecrow, Alison Carr as the cowardly lion, Sarah Anne St. John as the evil witch Poopsie, Jessica Galt, Yasmin Jessa, Keena Harwood, Lisa Kirkey, Amanda Thompson, Bianca Blanchet along with many other fine performers.

This story of the Wizard of Oz with all it's silly comedy has a strong moral message of family togetherness. The show is being presented as a family show but even more important it is being produced as a family show. Most of the parents have taken an active role in producing this play. So our family would like to invite your to forget about the future and take a trip into the past and down the yellow brick road on November 26 and 27, 1:00 pm at Aultsville Hall, Cornwall.

This troupe, that produced the play Aladdin last year, has already sold out one of their four shows for local schools so if you would like more information on our $2.00 tickets call 932-3510.

GET SOLD ON SAVING

SCOPE Mouth Wash 710 ml. $2.49



MENNEN Speed Stick 75 g $2.49

GILLETTE Foamy Shaving Cream 300 ml + 50 ml Bonus! $1.99

GILLETTE Sensor Razor or Blades 5 $3.79

EFFERDENT Denture Cleanser Tablet 108 $5.79



Crispy Crunch, Caramilk or Jersey Milk Cannister $3.99

DRISTAN Nasal Mist 15 ml $3.79

ALBERTO European Assorted Hair Care Products $2.69

PREPARATION H Ointment 25 g $3.89



RX CENTRAL medical arts pharmacy

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HELMET AND GLOVES FREE!

WITH EVERY JONSERED 2036, 2040 TURBO AND 2050

Model 2050. Cyl. vol. 48.7 cc.
Power 2.4 kW. Weight incl. bar and chain 5.5 kg.
Bar length 15"
33 cm.



GET COMPLETE SAFETY HELMET AND SAFETY GLOVES FREE!
VALUE $85.00

B & D Small Engines Ltd.
1440 10th St. E. 938-7745
Offer expires Nov. 30/94 Jonsered

John Lee
Former Father



You can lose a lot more than your licence drinking and driving.

Ontario Ministry of the Attorney General

NC

Cornwall Raises Eyebrows in Quebec

Cornwall's latest economic development advertising campaign has caught the attention of the media and business communities throughout the Province of Quebec. The campaign features a number of ads in several newspapers and is part of the City's year round marketing efforts.

"We are very pleased at the immediate response to the ads," stated Paul Fitzpatrick, Manager of the Economic Development Department. "The campaign just started this week and we received calls literally minutes after the papers hit the streets."

The campaign, costing approximately $40,000 features three similar ads (in French and English) that suggest that businesses thinking of relocating consider the City of Cornwall first. A total of 30 ads with the catch phrase "Considering a Move?" and using thought provoking graphics will run over the next three weeks in the following publications:

- Le Nouvelliste (Trois Rivieres)
- La Voix de L'Est (Granby)
- La Tribune (Sherbrooke)
- The Sherbrooke Record (Sherbrooke)
- The Gazette (Montreal)
- Le Soleil (Quebec City)
- Les Affaires (province-wide)
- Le Journal Industriel (province-wide)

"This ad campaign builds upon our successful efforts in national media and at trade shows earlier this year," noted Mr. Fitzpatrick. "Our ads in the Financial Post, Report on Business Magazine and Revue Commerce raised the City's profile, paving the way for the immediate recognition and reception of our message this time around. Of course, this campaign sends a more direct message to our key target market, and we're receiving very encouraging enquiries as a result."

"We have already received calls from radio stations in Sherbrooke, Shawinigan, Trois Rivieres and from the Radio Canada station in Ottawa," added Mr. Fitzpatrick. "This media exposure greatly increases the profile and effectiveness of the campaign. At the same time, we have already responded to several enquiries from interested businesses, and the majority of the ads have yet to run."

"Once again, this campaign is part of our ongoing marketing efforts," concluded Mr. Fitzpatrick. "Quebec is very important to the city in terms of new business opportunities, but our message of low cost electricity, strategic location and bilingual skilled workforce is just as welcome in Toronto, New York and Europe. Our office will be attending The Real Estate Trade Show in Toronto at the end of the month, has ads ongoing in Canadian Plastics magazine and will be partnering with the Province of Ontario on a couple of international marketing efforts over the coming months. With the economy improving, and investors gaining more confidence, it is our hope that our marketing efforts will lead to increased development."

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Hat is removed. 2. Pullover is added. 3. Putter is shorter. 4. Ball is moved. 5. Pin is added. 6. Sand trap is missing.




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 Wednesday - Only
(Not Valid With Any Other Promo)

EASTCOURT MALL 933-2632

VOTE FOR ALDERMAN
BHARGAVA, NARESH X

Will bring experience to the Council



* 30 years Industrial Management
* Retail Businessman
* Member, Board of Governors, St. Lawrence College
* Chairman, Lilac Festival
* Member Energy Efficiency Team
* Past President, Rotary Club of Cornwall

Help Cornwall move ahead!
VOTE BHARGAVA, Nov. 14th
Authorized by CFO BHARGAVA Campaign

MAIL ORDER FOR THE HOME SEWER
Wools for parkas & coats. Yukon Fleece and wind resistant fabrics for outerwear. Instructor available for a parka class in your area.
INNOVATIONS fashions & fabrics
Box 84012 Pinecrest P.O. Ottawa Ont. K2C 3Z2
Phone (613) 726-2428 Fax(613) 828-5259

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

VOTEZ/VOTE POUR UNE PERSONNE DÉVOUÉE

DENISE LALANDE
CONSEILLÈRE SCOLAIRE/TRUSTEE
CONSEIL DES ÉCOLES 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

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



ON MONDAY, VOTE
RON MARTELLE
• STRONG • EFFECTIVE • LEADERSHIP
Ron, MARTELLE X
MAKE THE LAST NAME ON THE BALLOT YOUR FIRST CHOICE!!
- FOR MORE INFORMATION ON VOTING - RON MARTELLE CAMPAIGN HEADQUARTERS
166 MONTREAL ROAD OR CALL 933-8085
Authorized by the C.F.O. for the Ron Martelle Election Campaign

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

***COMMUNITY LIVING STORMONT COUNTY** is currently looking for volunteer drivers for 1-3 afternoons per week. The volunteer will be compensated for mileage. If interested, please call Laurie at 938-9550

***CORNWALL MEALS ON WHEELS COMMITTEE** needs volunteer drivers and helpers. You'll be glad you helped. Phone 933-4378.

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

***EMOTIONS ANONYMOUS** Self-Help Support Group meet on Tuesdays and Thursdays, 8 p.m. to 9 p.m. at St. John Bosco School, 113-8th St. West.

***JOIE DE VIVRE**a support group for separated and divorced will hold meetings in French every Thursday at 7:30 pm at Holy Cross Parish Hall, Leonia St. & Easton St. Every 2nd Thursday of the month will feature a "souper partage" at 6 pm. Children welcome. Info: Robert at 931-2564

***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

***REFLET-LUMIERE** a support group for separated or divorced couples, will hold English meetings every Wednesday at 8:00 p.m. Info. Denise 932-6014 or 938-6364.

***ST. JOSEPH'S VILLA** 14 York St. need volunteers for one-on-one visitation with the elderly or to share your abilities in crafts or ceramics. Call 933-6040

***THE CANADIAN HEARING SOCIETY** is looking for volunteers. Please call Cheryl O'Duffy 930-2062

***THE VICTORIAN ORDER OF NURSES** are looking for caring people who would like to volunteer their time to provide support to the terminally ill and their families. Please call Sue MacDonald for more info. 932-3451

*CENTRE YORK CENTRE is looking for volunteers to assist with Supervised Visits. If interested, please call Anne Cadieux at 933-1253.

***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.

***DEPRESSIVE/MANIC DEPRESSIVE ASSOCIATION** will hold their monthly (3rd Tuesday) Information/Support Group Meeting on Tues., Nov. 15th at 7:00 p.m., 533 Pitt St. Speaker - Goretti Marlatt. Topic: Loneliness & Healthy Relationships. Info: 933-5845

***THE SEAWAY M.E./FM** Self Help Group will hold their next meeting on Nov. 30th at 7:00 p.m. at the Cornwall Seaway Lion's Club, 123 Fortier St. Info call Sheila 933-8601 or Muriel 933-2738

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.

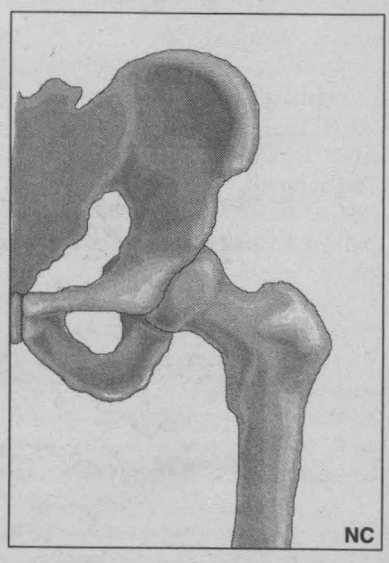
Osteoporosis—The Asian paradox

Nutrition EQUALS HEALTH

(NC)—Osteoporosis is a condition in which the bones become less dense and structurally weakened to the point at which fractures would occur. It is well-recognized that calcium, as the principal component of bone, is essential for the growth, development and maintenance of strong, healthy bones. The Consensus Development Conference on Optimal Calcium Intake, convened by the National Institutes of Health (United States) in June 1994, recommended that calcium intakes be substantially increased across all age group and in both sexes to build strong bones and reduce the risk of osteoporosis. The preferred sources of calcium are those foods rich in the mineral—and in a form highly usable by the body—milk and milk products.

What remains unclear is why Asians experience less osteoporosis than Caucasians, despite thinner bones and frequently extremely low calcium intakes. Collaborative research conducted by Japanese and Americans suggest that there may be racial differences in the anatomy of the hip. This might help to explain what appears to be a contradiction—thin bones but fewer fractures. Hip fracture risks in a representative sample of white Americans and Japanese women, aged 50 to 79 years, were compared using sophisticated techniques not only to measure bone density but also to quantify bone geometry. From a structural standpoint, it is not only the amount of bone that make up the hip that is important but how the bone is arranged. The length of the "neck" of the femur (the part of the thigh bone that joins with the pelvis at the hip joint) is shorter and the bone itself is considerably less dense in Asians than in white Americans. However, the resistance of this shorter bone to forces experienced in a fall is almost twice as high and could explain the lower hip fracture rate in Asians.

Currently studies are being conducted in mainland China, using some of the most sophisticated methods to evaluate bone density as well as the incidence of fractures. Data from a nutritional survey indicate that Chinese women who consume more milk products have bigger and denser bones than those who consume less. However, the incidence of fractures in this population was extremely low. Regardless of whether the anatomy of the hip is protective against fracture does not eliminate the need for the Canadian Asian population to consume the number of servings of milk products recommended in Canada's Food Guide to Healthy Eating. There's more to milk products than just calcium! There's more to calcium than just healthy bones! But that's another story.



NC

Share the Magic!
Worldfest Grocery Draw
Winner for November 5, 1994
DEARNA POTVIN

Memory Lane Theatre
Presents
THE WIZARD OF OZ
AULTSVILLE HALL, CORNWALL
November 26th & 27th, 1pm
Children $2; Adults $3
For info call: 932-3510

ROYAL CANADIAN LEGION
BRANCH 297
Coming Events
Nov. 16th - GENERAL MEETING 7:30pm
Nov. 26th - SPORTS DAY – Darts & Cards –
Nov. 27th - GREY CUP DAY – Darts & Pool –
ST. ANDREWS DINNER & DANCE
Friday, November 25th
at Sir Winston Churchill Hall
Cocktails: 6:30pm
Dinner: 7:30 pm
Dancing: 8:30pm to 12:30am
$12.50 per person
Tickets available at the bar
Everyone Welcome!!!

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.

CORNWALL HOME ASSISTANCE SERVICES TO SENIORS INC.
Annual Meeting
Wed., Nov. 16th
12 York St. – 7pm
(Second floor board room)
Everyone Welcome!

RE-ELECT



ALEX MacDOUGALL
Separate School Trustee

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

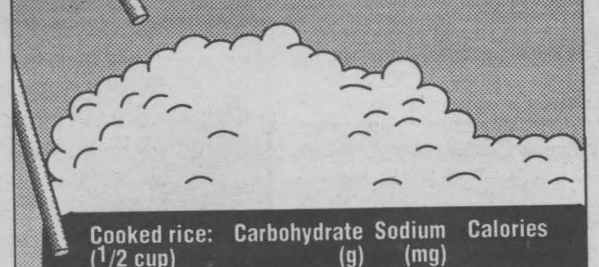


CALL ME TODAY FOR DETAILS
ARLENE HULLS
Sales Representative
SEAWAY NEWS
329 2nd St. W., 933-0014

NUTRITION

Simply complex

Rice is an excellent source of complex carbohydrates and has only a trace of fat and no cholesterol. Brown rice is high in fiber and has more nutrients than the regular-milled white rice.



Cooked rice: (1/2 cup)	Carbohydrate (g)	Sodium (mg)	Calories
Regular-milled white (enriched)	28	2	131
Parboiled (enriched)	22	2	100
Precooked white (enriched)	17	2	88
Brown	23	3	111

SOURCE: Detroit Free Press, The Cook's Healthy Handbook

NEW TRICKS FROM AN OLD FRIEND

Spiced Beef and Peas



1/2 cup	beef broth
1 tbsp.	cornstarch
1 tbsp.	Worcestershire sauce
1 tbsp.	lemon juice
3/4 tsp.	ginger
1/4 tsp.	salt
2 tbsp.	vegetable oil, divided
1 clove	garlic, minced
1 medium	onion, sliced
1 1/2 cups	sliced mushrooms
1 1/2 cups	Green Giant* Frozen Sweet Peas
1 lb (500 g)	beef steak (sirloin, flank or round), cut into thin strips

(NC)—For sauce, in small bowl, combine broth, cornstarch, Worcestershire sauce, lemon juice, ginger and salt; set aside. In large skillet, heat 1 tbsp. oil over medium-high heat. Cook and stir garlic, onion, mushrooms and peas for 5 minutes or until tender. Remove from skillet. Add remaining oil to skillet. Brown beef, about 2 minutes. Stir in sauce until thickened and bubbling. Return vegetables to pan and heat through. Serve over rice or noodles. *Makes 4 servings.*

Variation: Instead of beef, 1 lb (500 g) boneless, skinless chicken breasts or lean pork loin, cut into thin strips, may be used. Cook until no longer pink, 3 to 5 minutes.

NEW TRICKS FROM AN OLD FRIEND



Creamy Pork and Pasta with Green Beans

NC

2 cups	penne pasta
3/4 cup	chicken broth
1 tbsp.	cornstarch
1 1/2 tsp.	dried oregano leaves
2 tbsp.	oil, divided
1 medium	onion, chopped
1/2 cup	chopped red pepper
2 cups	Green Giant* Frozen Cut Green Beans
1 lb (500 g)	lean pork loin, cut into thin strips
1/2 cup	sour cream or plain yogurt
1/3 cup	grated Parmesan cheese

(NC)—Cook pasta according to package directions. Drain. Meanwhile, in small bowl, combine broth, cornstarch and oregano; set aside. In large skillet, heat 1 tbsp. oil over medium-high heat. Cook and stir onion, red pepper and green beans for 5 minutes or until tender. Remove from skillet. Add remaining oil to skillet. Sauté pork until no longer pink, about 3 minutes. Stir in sauce until thickened and bubbling. Reduce heat, stir in sour cream until well blended. Return vegetables to skillet and heat through. Toss with cooked pasta and cheese. Serve immediately with additional Parmesan cheese, if desired. *Makes 4 servings.*

Variation: Instead of pork, 1 lb (500 g) boneless, skinless chicken breasts, cut into thin strips, may be used.

Instead of penne, any medium pasta shape may be used, eg. rotini, fusilli, shells,

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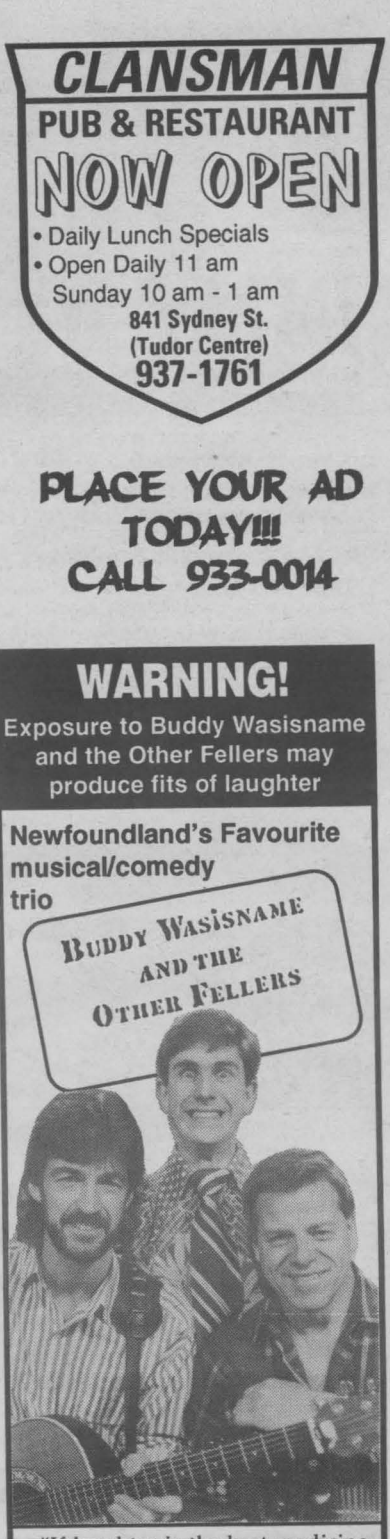
Newfoundland's Favourite musical/comedy trio



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Now that Bud Knight has decided to hand in his notepad I am going to learn this typewriter all over again. Actually the decision to use my real name in print here has already helped matters. My friends, both of them, have contacted me with some info for this week's column.

Christmas and Holiday Parties seems to be the popular thing these days with associations, companies and businesses booking their annual social get-to-gethers. That means a very busy month of November so if you are planning a party we suggest you call early.

CHEERS-2 on Seventh Street West is expanding its services with bookings for Holiday Party's for 24 persons & under. That includes special menu and some other features. *CHEERS-2* is also a busy spot since the start of their breakfast club. They are open six days a week and that includes Sundays. Brian awaits your visit or you can call at 937-0643.

The next Singles Dance at *PORTO BELLO* is scheduled for November 25th. You can make it a Dine & Dance affair with Dinner served between 6:30 pm-7:30 pm and then the Singles Dance follows. NO jeans or jogging suits & must be 25 years or over. Reservations recommended at 932-0070.

This is the big celebration weekend for the 25th Anniversary at *NEW GARDEN* Restaurant & Dining Lounge at 315 Montreal Road. You have until November 13th to take advantage of the special draw for a $25.00 gift certificate. The New Garden Lunch Buffet is $4.99 and the Supper Buffet is $6.99. Congratulations again on the anniversary.

LA MAISON at 900 Montreal Road is now featuring *LIVE* music entertainment every monday night between 9pm & closing.The featured band for this coming Thursday,Friday,Saturday & Sunday is *MUDCAT.*

Another birthday celebration is taking place at 105 Pitt Street as *MAD OLIVE'S* herald their First Anniversary. They offer an 8 oz. Filet with potato,soup or salad at a great price. Try them soon and *MAD OLIVE'S* is also taking bookings for Christmas parties. Limited dates still available by calling 933-2824.

Word has it that a production of *"ANNIE"* will soon be staged in Cornwall. Sounds great! Watch here for more details later.

Something new has been added to the menu at *HERB'S DELI* on Pitt Street.Now you can enjoy *POUTINE* as well as a favorite *SUB. HERB'S* is open six days a week starting at 7am and they have also continued the Christmas Baskets & Party Trays service. Drop by soon and wish the New Owners every success.

The Dinner Theatre package at *GEDORO'S* on Pitt Street features *SPLIT* by Michael Weller complimented by a fine meal of Lasagna, Chicken Kiev or Prime Rib. Still time to reserve for the show dates of Nov.16th & 18th. Call *GEDORO'S* at 938-2791.

THE WIZARD OF OZ is being presented by Memory Lane Theatre on November 26 and 27 at 1:00 at Aultsville Hall. Tickets are $2.00 for children and $3.00 for adults. Tickets are available at Downtown Convenience Store, Pitt and Second Street. For info. call 932-3510.

POLITICKIN'—Its great to see that we don't have the usual mad scramble for choice locations for *LAWN SIGNS* by this years election hopefuls. But some candidates are stretching the privilege and erecting 5 & 6 signs side by side. Looks "pushy" and messy gang! There is one lawn in particular that may cause some confusion at voting time, "Let's see do I vote for Jones, Smith, Remax?" Personally I wish the elections were held in December and then if we didn't like what we got.....we could take them back & exchange.

Gotta go again but here is another reminder to anyone planning something special for the Holidays at your restaurant or entertainment spot let us know about it early and we will include -your news in some upcoming issue.

G'Day & G'Night. And Thanks Bud.



Entertainment - Special Events & Restaurant Review - By Bill Gallant

Last Week:

- Candidates for trustees agree educators must get tough with violent students.
- Amalgamation of 2 school boards still big issue with trustees.
- Anonymous source reveals Nordiques contract 8.5 million over 5 yrs.
- 24 million planned for Cornwall in gov't Infrastructure program with a possibility of another 10 million.
- Tab for city's election could run as high as $100,000.
- New power plant honours the late Gerald Parisien (former mayor of Cornwall) with cornerstone plaque.
- Few people attend candidates' meetings.
- Truck driver loses control as rear axle breaks spilling its load of apple juice on Hwy. #401.
- Undecided voters leave Chamber meeting with changed choices for election.
- Bert Branchaud, local renovation company builds wheelchair ramp in aid to cerebral palsy younster.
- Record numbers turn out at the advance poll.
- Community Living sees mentally challenged people integrated into society to add greater meaning to their lives.
- Cornwall woman files a 53 million civil suit against the Children's Aid Society.
- Cornwall's 1991 proposed aquatic centre makes splash at Mayoral debate.
- 100 new jobs to be created with new sewage treatment plant in Long Sault.
- 18 yr. old sentenced to 14 months for manslaughter in the death of an Alexandria man.

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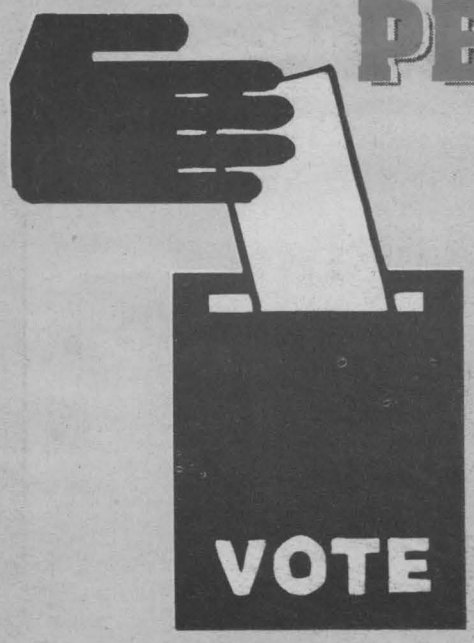

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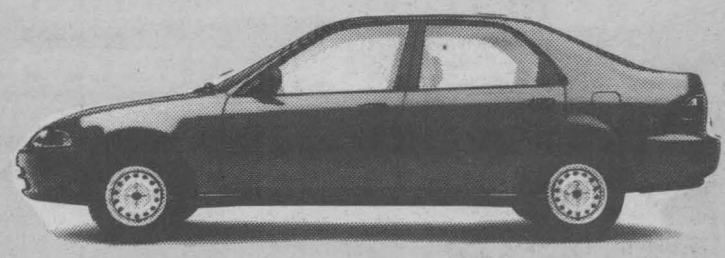

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