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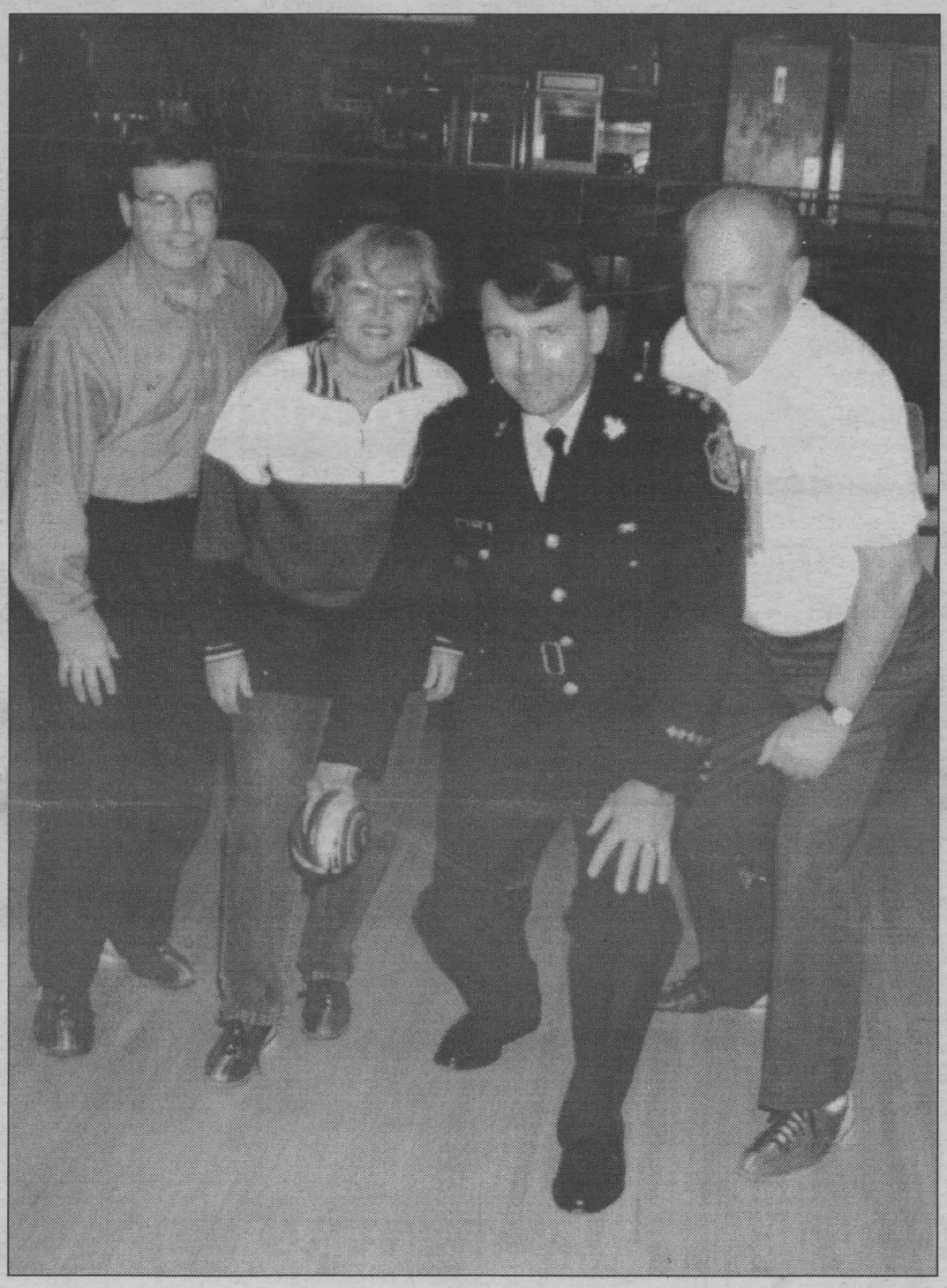
SEAWAY NEWS
January 15, 1999 VOLUME 13, ISSUE 3 SERVING CORNWALL AND AREA

Strike!

Bowling has a long and rich history, and today is one of the most popular sports in the world. A British anthropologist, Sir Flinders Petrie, discovered in the 1930's, a collection of objects in a child's grave in Egypt that appeared to him to be used for a crude form of bowling. If he was correct, then bowling traces its ancestry to 3200 B.C. A German historian, William Pehle, asserted that bowling began in his country about 300 A.D. There is substantial evidence that a form of bowling was in vogue in England in 1366, when King Edward III allegedly outlawed it to keep his troops focused on archery practice. And it is almost certain that bowling was popular during the reign of Henry VIII. By this time, too, there were many variations of "pin" games, and also of games where a ball was thrown at objects other than pins. This would seem to imply that the games had developed over time, from an earlier period. Organized, competitive leagues remain the foundation of bowling in North America today. However, more than 70% of leagues today are mixed, with a more relaxed level of competition. Also, "organized open" play -- such as the Big Brothers & Big Sisters of Cornwall & District "Bowl For Millions" event -- are growing in importance to proprietors throughout the country. Today, the sport of bowling is enjoyed by 100 million people in more than ninety countries worldwide. The sport has a long and intriguing history and good prospects for growth around the globe. Chaired this year by Cornwall Police Chief Tony Repa, the Bowl for Millions tournament will take place on Saturday, January 30th, at Olympia Bowl, Nativity Lanes and the Bowling Palace of Cornwall. With an impressive variety of prizes to be won by competitors, team entry forms and sponsor sheets can be obtained by contacting Big Brothers/Big Sisters at 933-8035 or by dropping by the office at 101 Third Street West.

Pictured in form at Olympia Bowl are (l-r) Stewart MacDonald, Dawna Bumford, Chief Tony Repa and Herman Rogalsky.

Story & photo by Aubrey Johnson



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plus $150 X-GAME
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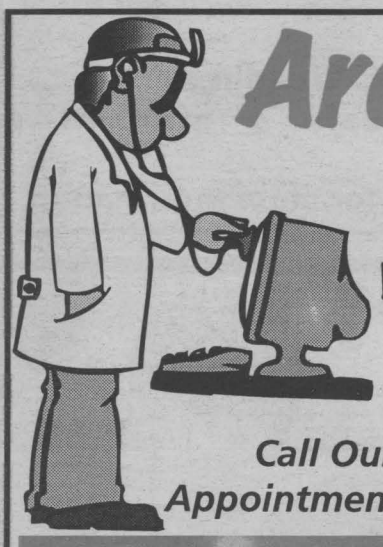
"Serving Cornwall's Greatest Needs"

ANGELS
FAMILY BOOKS & GIFTS
We're Moving
Sat., Jan. 16th we will be closed to move to our new location at
609 Pitt Street
(In the Food Basics Plaza)
Corner of 6th & Pitt St.
We will re-open Mon., Jan. 18th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❑ Includes 15" monitor
❑ Zoltrix 56k PCI Modem
❑ On board 16 bit sound
❑ Zoltrix 110W amp. speakers
❑ Microsoft Windows 98 w/CD
❑ Keyboard
❑ Zoltrix Internet Surfing mouse
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1400 Vincent Massey Dr.
932-3205

Workshop for 4-H Beef Leaders

The Ontario 4-H Council, a non-profit youth organization, is hosting workshops for 4-H Beef Leaders across Ontario. These workshops will bring 4-H volunteers together to help them use new resources, and work towards developing a better program for their members.

The Ontario 4-H Council is pleased to invite 4-H Beef Volunteer Leaders and Youth Leaders to attend one of seven workshops across the province. Meet with other 4-H Beef Volunteers to share ideas and get familiar with the new project format. Facilitator, Crystal Mackay, will show you some new resources, presentation techniques, and ideas to add to your program to keep members of all ages interested.

Attend a workshop and get a jump on the '99 project year!

Time: Coffee & Registration 6:45 p.m.

Workshop 7:00 p.m. - 10:00 p.m.

Dates and Locations:

Kemptville College, Room 108 Parish Hall February 4, 1999

Registration Fee: $5.00

Any Questions? Contact the Ontario 4-H Council at 1-800-937-5161.

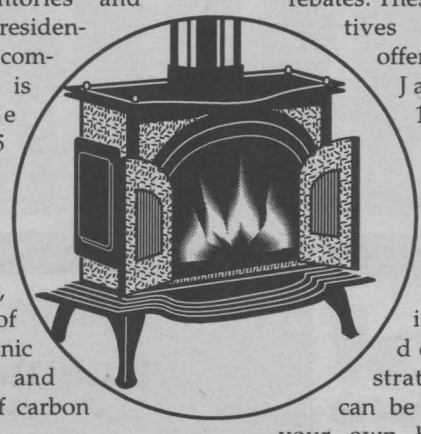
We gratefully acknowledge the funding support for this program provided by TKO (Technical Knowledge Opportunities Program), sponsored by Imperial Oil Limited and the Ontario Cattlemen's Association.

The Great Eastern Ontario Woodstove Change-Out

Ian Murray, Member of Parliament for Lanark-Carleton on behalf of Christine Stewart, Minister of the Environment, recently launched the Great Eastern Ontario Wood Stove Change-Out during a ribbon cutting ceremony at the Olde Barracks Community Development Corporation in Carleton Place.

The Great Eastern Ontario Wood Stove Change-Out aims to improve air quality by promoting cleaner and more efficient wood burning, both through better wood burning practices and through encouraging purchases of cleaner-burning certified wood stoves or fireplace inserts.

The residential burning of wood is a significant source of air pollution in Canada. According to the 1995 Emissions Inventory of Criteria Air Contaminants recently released by Environment Canada and other members of a federal provincial task force on emissions, inventories and projections, residential firewood combustion is responsible for about 25 percent of fine particulates found in Canada's air pollution, 15 percent of volatile organic compounds, and 10 percent of carbon monoxide.



To encourage people to replace older technology stoves or fireplaces to Canadian Standards Association (CSA) or Environmental Protection Agency (EPA) approved cleaner combustion wood burning appliances, over 25 participating Eastern Ontario wood stove retailers will be offering special trade-in rebates. These incentives will be offered from January 15th to March 8th, 1999.

"This initiative positively demonstrates what can be done in your own home to improve energy efficiency to reduce both local and global air pollution. Through the use of Canadian renewable energy, we can decrease our dependence on fossil fuels which produce greenhouse gases," said Mr. Murray.

"Local community involvement, particularly in the rural areas of Eastern Ontario, will be crucial in making this Change-Out successful," Mr. Murray added.

The Change-Out initiative includes a range of activities to better inform the public of the benefits of clean wood burning stoves and appliances and better burning techniques, including:

- a series of public Wood Stove Workshops
- newspaper advertisements and articles
- informational television and radio items
- a number of special media events

January 8th was selected as the launch date for the Change-Out as it is the anniversary of the Ice Storm of 1998, during which wood stoves played an essential role in keeping many Eastern Ontario residents warm and out of emergency shelters. Throughout the Ice Storm, the Olde Barracks was occupied by the Department of National Defense personnel who helped many Eastern Ontarians recover from the Ice Storm's damaging effects. As part of the launch, a new EPA certified wood stove was donated to the Olde Barracks by local manufacturers and retailers to enable community groups to access an area of the community centre previously unheated.

The Great Eastern Ontario Wood Stove Change-Out is a joint initiative of the Health Products Association of Canada, the Lanark/Leeds Green Communities Association, the Association of Registered Wood Energy Technicians of Ontario, Renewable Energy in Canada, and wood stove manufacturers and retailers, with support from Environment Canada, Natural Resources Canada, and the Ontario Ministry of the Environment.

Stop Wood Smoke!

Trade in your old woodburning stove or fireplace for a new clean-burning EPA* model

* Environmental Protection Agency

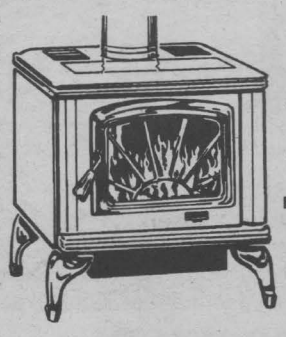
Manufacturer rebate program NOW!

High-efficiency EPA stoves features:

- use up to 1/3 less wood
- a clear and dramatic view of the fire
- up to 90% less smoke
- less creosote means fewer cleanings
- reliable — remember the Ice Storm?

"Finest wood burning stove I have ever owned."

R.N.Worthington, Arkansas, U.S.



"Awesome wood stoves" J.Taylor, Ontario, Canada

"this wood stove is the best on the market." M.Schuenemann, Ontario, Canada

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CHANGE-OUT REBATE

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NO PAYMENT UNTIL JULY '99 OAC

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Burn Wood Right!

How?

- Burn dry seasoned wood
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Why?

- More efficient — more heat, less wood
- Safer — less creosote, fewer cleanings
- Uses a renewable fuel that is greenhouse gas neutral
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Great Woodstove Changeout

January 15 to March 8, 1999

Trade-in Rebates & Woodstove Workshops

Call 1-888-358-9388

www.wood-heat.com

Did you know that a clean-burning EPA* approved woodstove reduces smoke by up to 90% and uses 1/3 less wood?

* Environmental Protection Agency

HPAC Hearth Products Association of Canada

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FREE! Woodstove Workshop

Jazz Magnolias at the Days Inn

1541 Vincent Massey Drive, Cornwall

7:30 pm

Tuesday, January 26th

hands-on demos share ideas

Is your wood dry? Bring a piece in — we'll test it

The New Woodburning

◆ clean ◆ safe ◆ efficient ◆

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In & About CORNWALL

Breakfast With Harry Rosen

Cornwall will have a rare occasion to hear from one of Canada's true retail successes as he shares his story. Harry Rosen, founder of the Harry Rosen clothing chain has been in men's apparel for 43 years and has prided himself with a very strong passion for high quality. Harry began, as most do, with a small business that has grown into a multi-million dollar operation and continues to grow. His organization is recognized in Canada, in addition to the overseas markets and it is acknowledged as a high calibre corporation. Harry will share some of his selling secrets and marketing acumen with the participants of this event. A question and answer session will follow the presentation. This business breakfast promises to be not only informative, but as well, entertaining. This is a not to be missed event that will benefit the small business professional to the corporate giant and all the professions in between. "Breakfast with Harry Rosen" will take place at the Best Western Parkway Inn, in Cornwall on Wednesday, January 27th, 1999 at 8:30 am.

Winter Fun Day Planned

To kick off the Gray's Creek Winter Activity Center, a fun filled day has been planned for Sunday, January 17th at the Conservation Area. In addition to cross country ski and snowshoe trails, a toboggan slide and rinks are available to the public for skating. The fun is scheduled to start at 10:00 am. "Thanks to the generosity of some local sponsors, we will be providing horse drawn sleigh rides in the afternoon and hot chocolate, coffee and hot dogs free from a canteen that we have set up by the rinks," mentions Roger Houde, Raisin Region Conservation Authority (RRCA) General Manager. With funding from Human Resources Canada, a number of participants were hired by the RRCA to develop outdoor recreation opportunities in the area. "We would like to encourage everyone to come and explore the wonderful facilities here at Gray's Creek Conservation Area," comments Maria MacDonald, one of the Youth Service Canada participants who has been organizing the Winter Fun Day. "It is going to be a fun day for the whole family."

Helping Families Cope

The Family Support Network has recently been formed in Cornwall to help families of those who suffer from mental illness. The organization, administered through the Cornwall chapter of the Canadian Mental Health Association, focuses on helping the families cope by offering guest speakers, informational sessions and workshops to help develop coping skills. For more information call 938-8179.

Eco-Garden Winter Fun

A skating rink in the Rotary Eco-Garden is now open for fun. As well as the skating rink, the Eco-Garden also offers a toboggan hill for those who crave winter fun. A warm up trailer has been placed beside the rink and a light has been installed for those who like to skate at night. The rink operates from 8 am to 10 pm and is not a hockey rink. Skaters are asked to leave their hockey sticks at home if they're planning to skate in the Eco-Garden. The cross country ski trails in Guindon Park are also in good shape. The trails were groomed after the recent snowfall and many people took advantage of the trails on the weekend to get some fresh air and exercise.

Business Self-Help Centre

The Cornwall Business Self-Help Centre, a facility jointly funded by the City of Cornwall's Economic Development Department and the Ontario Ministry of Economic Development, Trade and Tourism, along with the Business and Industry training Services at St. Lawrence College are presenting a seminar for prospective entrepreneurs called "Starting A Small Business". This presentation features information and advice from local experts such as David Dick, a local accountant; Guy Willis, a local lawyer with the firm Parisien & Willis and the Bank of Nova Scotia. The seminar provides pertinent data for anyone interested in establishing a business. The seminar is scheduled for Thursday, January 21st from 6:30 pm to 9:30 pm at St. Lawrence College, Moulinette Hall, Room 264. Registration takes place from 6:00 pm to 6:30 pm with a fee of $20.00 being charged to offset the costs of the facility, literature and refreshments. To pre-register call the Business and Industry Training Services at 933-4693, ext. 2256 or the Cornwall Self Help Office at 933-0074 or 1-888-CORNWAL.

Deal Ratified

Secondary teachers employed by the Upper Canada School Board voted by just over 79% to approve the two year tentative agreement struck on the eve of Christmas Eve. The Board and the Union made the joint announcement late on Tuesday afternoon. Both sides said that the vote by the teachers, and last week's unanimous vote by the trustees, would be the beginning of a process of reconciliation in the spirit of cooperation. "There is every reason to hope that implementation will be a positive process," said June Timmons, Board Chair. "We have been through an ordeal not entirely of our own creation in the last few months. We have to acknowledge the very real pain felt by our teachers, our students and our communities. But we have a chance now, in an evolving environment of mutual respect, to build in the strengths of our system and, in particular, our teachers." Greg McGillis, President of OSSTF District 26, agreed that the coming months will be crucial in establishing the basis for a climate of trust. Board chair June Timmon indicated that there may be a lag in the resumption of extra-curricular activities.

Bambinerie du Centre des Ressources familiale de l'Estrie
VENEZ VOUS AMUSER AVEC NOUS!
VENEZ BRICOLER AVEC NOUS!
VENZ CHANTER ET DANSER AVEC NOUS!
VENEZ ÉCOUTER DE BELLES HISTOIRES
DANS UNE AMBIANCE AGRÉABLE OÙ
L'ENFANT S'ÉPANOUIT À SON RYTHME.
Quand: Le lundi 25 janvier de 9h00 à 11h30
Cet avant-midi rempli de plaisir est gratuit et s'adresse à des enfants âgés entre 18 et à 30 mois
Inscrivez-vous dès aujourd'hui pour réserver votre place au 938-0836
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A Cut Above
Hair Styling Salon
Family Hairstyling ~ Earpiercing

Pam MacDonald Barb Armstrong Owner Wendy Crites
Between Jan. 15th & Jan. 23rd come into 1916 Pitt Street & fill out a ballot for a chance to win one of numerous prizes!
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• Dark Tint Tube
• Commercial Skip
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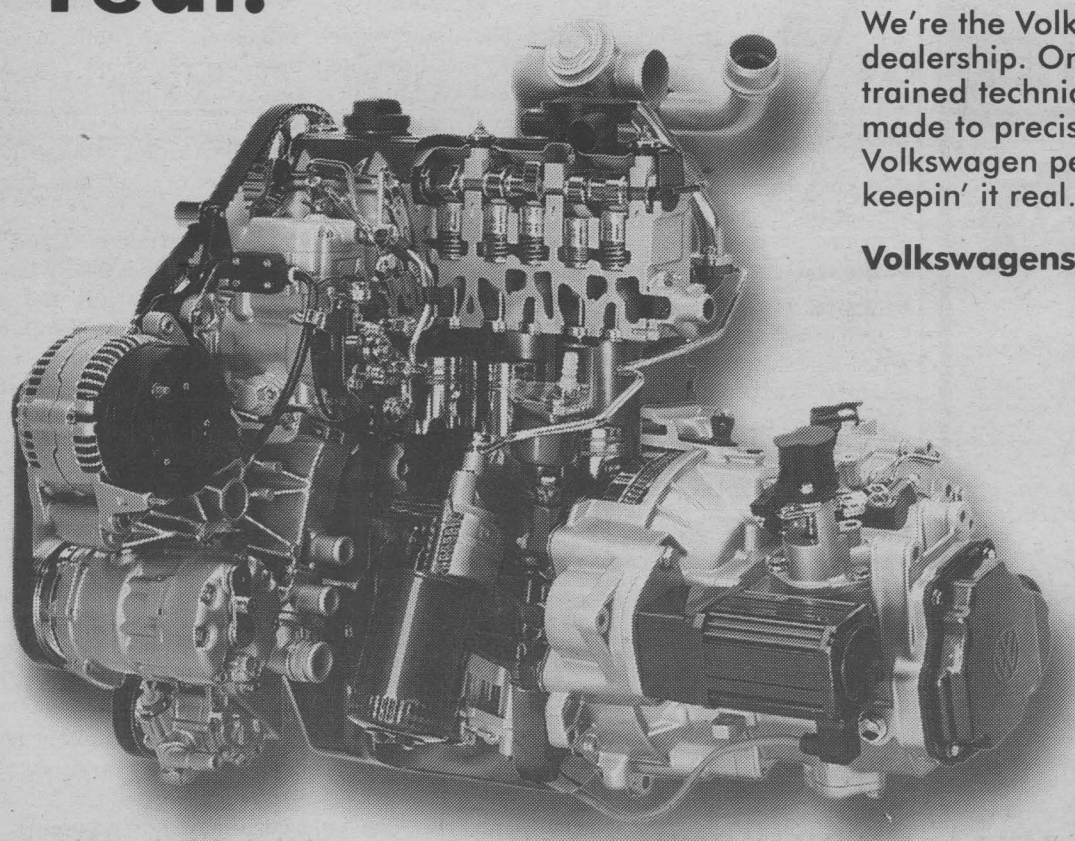
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Lifestyles

Canadians To Get First Hand Look At Effectiveness of Canadian Food Aid

Ever make a donation to a charitable organization and wonder, "does it really make a difference?" A group of nine rural Canadians is about to find out by embarking on a three week food study tour to Africa.

The tour - organized by the Winnipeg-based Canadian Foodgrains Bank - is made up of farmers and other donors who have supported the relief and development agency by contributing grain, cash, time or other talents. Tour participants will meet with related relief and development organizations, visit several projects undertaken by the Canadian Foodgrains Bank's church partners in Ethiopia, Kenya and Djibouti, and learn more about food aid, development and hunger issues.

Canadian Foodgrains Bank has been organizing food study tours to Africa and other countries since 1987, offering donors the chance to discuss food production issues with local community members and learn more about the challenges and success stories related to feeding the world's estimated 800 million hungry people.

"In Canada, we often see Africa and its people portrayed as hopeless, but there is a lot of courage, strength and optimism among the African people too," said Trish Jordan, director of resources with Canadian Foodgrains Bank. "Past participants have come away with a more balanced understanding of hungry people and the ways in which our support can help them towards long term food security."

Canadian Foodgrains Bank is a coalition of 13 Canadian churches with a mandate to improve food security for vulnerable people throughout the world. Since 1983, Canadian Foodgrains Bank partners have provided over half a million metric tonnes of grain to hungry people in Africa, Asia, the America's and Europe.


Boyd Crowder

Look at the gift that Santa brought to Ryan's Headlines ...

BOYD CROWDER
formerly of Elegance

To welcome him to our family Barb is offering **Perms for $36.00*** (a savings of 40%) for Jan. & Feb.
*not valid with any other offer *not valid on Spiral Perms.

Ryan's Headlines

Call for your appointment today with
Boyd, Guylaine, Sonya and Michel
Evening Appointments Available
113 Augustus St. 937-0193



In 1998, the Ontario Government decided to do something about heart disease and in January of that year, the Healthy Rhythm Coalition was formed in order to promote the benefits of a healthy lifestyle in the prevention of cardiovascular diseases. The Coalition's main objective is to encourage and support any individual or community who wishes to actively promote heart health and organize projects which will put healthy lifestyles into action. According to recent Ministry of Health surveys, the counties of S.D. & G. and Prescott, Russell have one of the highest rates of heart disease in Ontario!! This alarming fact motivated five of the United Counties long standing health agencies to combine their efforts into the Healthy Rhythm Coalition and funding has been provided by the provincial government over the next five years. The Coalition is partnered by The Eastern Ontario Health Unit (1-800-565-2314); the Centre Communautaire de l'Estrie (937-2683); the Heart & Stroke Foundation (938-8933); the Hawkesbury & District General Hospital (632-1111) and We Care (933-0778) as well as members at large. The Coalition's goal is mobilize every possible resource available for the purpose of promoting heart health. Interested parties can contact any of the above numbers for further information and details as to the proposed activities.

Pictured with the Healthy Rhythm Coalition banner are Marc Brisson, of the Centre de Sante Communautaire de l'Estrie and Susan David, area manager for the Ontario East region Heart & Stroke Foundation.

Story & photo by Aubrey Johnson

~An Invitation ~

The Stormont, Dundas & Glengarry Coordinating Committee to End Family Violence is composed of community agencies that promote awareness, education and the development of services to end family violence in our community.

- Interested in these issues?
- Want to participate in one of our committees?

Contact one of the following people for more information:

Accessibility	Chris	613-938-7717
Criminal Justice & Family Law	Elaine	613-938-7000
Rural Issues	Verna	613-774-2838
Sexual Assault/Abuse	Patti	613-932-1755
Special Events	Sarah	613-932-3300 ext. 4202
Youth Violence	Andrea	613-347-1061

Alzheimer Society Corporate Curling Challenge



The Alzheimer Society in conjunction with Cornwall's Winter Carnival '99 is pleased to host the 1st Annual Corporate Curling Challenge on Saturday, February 6th, 1999 beginning from 1:00 pm at the Cornwall Curling Club.

Now is your chance to become involved in this great community event which promises to be a fun day for all, while raising awareness and funds for Alzheimer Disease.

The Fundraising Committee here at the Alzheimer Society is looking for your organization to sponsor a 4 member curling team to participate in the bonspiel. Cost per team is $200 and includes a charitable tax receipt for the full cost. A delicious dinner and musical entertainment will round out the day's curling adventures.

Register your team of 4 curlers by faxing to 932-6154 by February 1st, 1999.

Join Us For
11th Annual
Ski Challenge

Proceeds donated to CANADIAN CANCER SOCIETY / SOCIÉTÉ CANADIENNE DU CANCER

You are invited to participate in the tenth ski-o-thon for the Canadian Cancer Society. Your federal MP Mr. Bob Kilger & Mayor Mr. Brian Sylvester, have accepted the CHALLENGE from MP Don Boudria.

The 1999 Ski Challenge will be held Saturday, January 30th at Mont Habitant (Saint Sauveur). With a minimum of $35 in pledges, you are entitled to 8 hours of free skiing and transportation. Equipment rental $10. You may participate to races (within your age or ability) and even snowboard races. Many prizes will be drawn.



Special invitation to your mom and dad. Make it a family activity.

PRIZES

SURPRISES

Date:
Saturday
January 30th, 1999

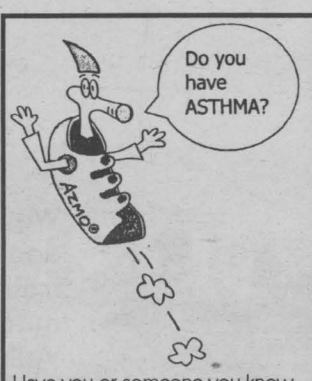
Departure: Cornwall 11:00 am
Departure from Mont-Habitant: 11:00 pm
Arrival Cornwall: 1:00 am

Your contribution to a great cause will be greatly appreciated.

Contact: Johnny Fraser
Office: 932-1283 – Home: 938-3972

MAYOR'S RACE

committed to our community seaway news



Have you or someone you know, misplaced their inhaler/puffer when they really needed it?...

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- Attaches to a belt, sports bag, purse or it can be worn around the neck.
- Children, teachers and coaches can identify and carry medication with ease.
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Healthy Eating

I'm 5'6" and weigh 145 pounds. I'm desperately trying to lose weight. I've been on many diets but always put the weight back on and more. What should I do?

You're not alone - 40% of Canadian women are trying to lose weight. Like you, 39% of women who are trying to lose weight have a healthy weight already. As you've indicated in your question, diets don't work. Set up an eating pattern that you can follow for life.

Consider the following tips:

•Eat regular meals and snacks. Going too long without food causes you to get hungry and possibly overeat later.

•Focus on lower fat foods from all of the food groups. By eating a variety of foods from all four food groups you'll be getting all the nutrients you need. Convenience products like low fat salad dressings and mayonnaise and Stouffer's Lean Cuisine entrees help add taste and convenience with less fat.

•Aim for at least five servings of fruit and vegetables every day.

•Rearrange your plate. Make foods like whole grain products, fruit and vegetables, beans and lentils the center of your plate.

•Aim for 25-35 grams of fibre per day. A high fibre diet may help with appetite and weight control and has other positive health benefits as well. Make foods like bran çereals, lentil soup, baked beans, prunes, peas and raspberries regular choices.

•Enjoy regular activity. It's a must in a stressful healthy weight program.

•Feel good about who you are today and every day. Measure your worth in experience, not in pounds.

Still Giving To United Way



During the month of December, the Cornwall Canadian Tire Store asked customers to make a 50 cent contribution to the United Way, as they paid for their merchandise. This special promotion initiative raised a total of $5,000., which helped the United Way realize its goal of raising over $460,000 to help fund its 17 member agencies. A special promotional draw of $200. in Canadian Tire money was won by Vince Bouchard, who is pictured here with his daughter Lindsay and United Way Campaign Chair (l) Kazi Marouf and (r) James Lavigne, owner of Canadian Tire.

Story & photo by Aubrey Johnson

Canadian Tire 'Money', the best known, best loved rewards program in Canadian retail history, was introduced in the 1950's as a cross-merchandising tool at Canadian Tire gas bars. This initiative was the creation of Canadian Tire Corporation Limited's co-founder, A.J. Billes. Originally, Canadian Tire 'Money' was given out at gas bars only and was redeemable for in-store merchandise. By providing consumers a value-added reward, Canadian Tire was able to ensure the growth of its Petroleum Division (currently Canada's largest independent gas retailer) and build customer loyalty. Today, Canadian Tire 'Money' is also issued in-store and can be used in any quantity, at any time, toward the purchase of any Canadian Tire merchandise. Canadian Tire 'Money' is also provided to cash-paying customers purchasing 15 litres or more of gas from Canadian Tire gas bars.

JANUARY
Peach Sale
20% OFF
ENTIRE INVENTORY
Including Special Orders
An Entire Showcase Filled With
•Diamond Engagement Rings & Wedding Bands
•Estate Jewellery
•Gold Chains & Watches
50% OFF
All In-Stock ROYAL DOULTON & LLADRO FIGURINES
50% OFF
Bijouterie Pommier Jewellers
Family Owned & Operated for over 4 Generations
6 Second Street East, Downtown Cornwall
932-4022

MOVING sale
We're moving to a new location soon!
Which means GREAT SAVINGS are coming your way now!!
WINTER COATS: London Fog, Misty Mountain, Members Only, Pacific Trail & many more — all 40% off reg. prices
LEATHER COATS: (made in Canada) entire stock 1/2 price
POLAR FLEECE: Point Zero, Dex Bros., Equinox — entire stock 40% off
SWEATERS: Ingo, Point Zero, London Fog, Cotton Reel, and others 20% to 50% off
SPORT COATS: Entire stock now on sale from $149.00 to $199.00 — save up to $100
SPORT SHIRTS: By Modango, Arrow, Cacharel, Point Zero, North 44, Cotton Reel & more 1/3 to 1/2 off
JEANS: GWG, Blue Bay, RG Browns & Mustang reg. prices from $39.95 to $59.95 — all $10 off
SOCKS & UNDERWEAR: all popular brands & prices — buy 3 of any kind, get 1 FREE
WINTER UNDERWEAR & TURTLE NECKS: by Kombi & Standfields — all 1/2 price
"NON FICTION" CLOTHING: all 20% off
CORDUROY JEANS & PANTS: reg. prices from $55.00 — now 20% to 40% off
KNIT SHIRTS: (Long Sleeve Polo Style) Point Zero, Barbarian, Cacharel & Cotton Reel 1/2 price
SUITS: Reg. from $269.00 to $529.00 — all $100 off reg. prices
COTTON PANTS: RG Browns & Blue Bay (all others 1/3 off) $39.95
DRESS PANTS: by Gala, Riviera, Merit 10% to 40% off
LARGE SIZE PANTS: size 46 and over (includes golf pants) entire stock 1/2 price
Shop early for best selection
SCHULMAN'S LTD. Clothes for Men
12 Second Street West
932-6202
(Some alterations on sale merchandise extra)

WINTER BLOWOUT SALE
MAZZO
ALL WINTER CLOTHING 50% OFF
✸ Winter Coats
✸ Gloves & Mitts
✸ Board Pants
✸ Snowboard Boots
We've Expanded Now Twice as BIG!
ALSO FANTASTIC SAVINGS ON SNOWBOARDS, BOOTS & BINDINGS
NEW AND DEMO BOARDS from $99.99
WE BUY DIRECT FROM THE MANUFACTURER
L'ENTREPOT MAZZO
85 Notre Dame, Valleyfield (beside KFC)
514-373-8705
only 30 minutes from Cornwall
Exit 14 at 401
Open 7 Days Per Week!

COMMUNITY UPDATE

***ADOPTEES-BIRTH MOTHERS- BIRTH FATHERS.** Do you need help or support in your search? Call Parent Finders at 933-9186-Carol or 932-3984-Donna.

***AL-ANON/ALATEEN** If your life is affected by someone else's drinking, we can help you do something about it. Contact 937-4880.

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

***ALZHEIMER SOCIETY** of Cornwall & District is presently recruiting volunteers for the Day Support Program in Alexandria every Thursday from 9:30a.m. until 2:30p.m. Training & support will be provided. For info call Heather at 932-4914.

***ASSOCIATION OF BRIGHT CHILDREN** Cornwall & Area Branch, will hold their next meeting on Monday Jan. 18th, 7:00p.m., Community Room at Maynard's Independent Grocer. Info call Earl at 930-2145.

***CAUSERIE-SANTE** animée par madame Louise Lanctôt du Bureau de Santé le 21 janvier à 1h30, Centre Charles-Emile Claude, 146 rue Chevier. Sujet: la prévention des accidents cérébro-vasculaires. Info appelez 932-1035.

***CENTRE CHARLES-EMILE CLAUDE** danses de ligne á 1h30 du mardi au centre continuent dès le 12 janvier animées par madame Françoise Brûlé. Les cours de danses du mardi soir sont annulé. Les danses régulières continuent tous les mercredis à 1h30. Info appelez 932-1035.

***CORNWALL & DISTRICT NAVY VETERANS'** Spaghetti Night Wednesday evenings, Charity Diner's Club & Navy Partner's Euchre Play, Thursday evenings, Chicken & Pub Friday Nights, Sunday Dinner & Dance, Euchre & Cribbage. 24hr. info line 930-2060 ext. 6289.

***CORNWALL MEALS ON WHEELS** urgently need drivers to deliver meals over the noon hour to shut-ins in Cornwall. If you drive a car and have two hours to spare once a month please call 534-8883.

***CORNWALL QUILTERS' GUILD** will meet on Monday Jan. 18th,7:00p.m. at the King George Park Club House on the corner of York & Seventh Street. Anyone interested in quilts or quilting is welcome. Info call Katherine 347-2986.

***CORNWALL REGIONAL ART GALLERY** presents "Patrick Saad" an exhibition of manipulated Polaroid photographs, Jan. 12th to Feb. 6th, at the art gallery, 164 Pitt St. Promenade. Info call 938-7387.

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

***EMOTIONS ANONYMOUS** a self-help support group meets every Wednesday, 7:30p.m., St. John Bosco School, 137 Eighth St. East.

***ENCORE SENIORS' EDUCATION CENTRE** a daytime academic program for seniors will introduce its winter term via an Information Day, Wednesday Jan. 27th, 12:00noon, Room 118, Moulinette Hall, St. Lawrence College. Info call 937-1525.

***FINAL WEEK TO VIEW** artist David Yeatman Exhibit featured at Logan's Gallery. Mr. Yeatman is a renowned artist who painted three large murals in the City of Cornwall.



***HOPE IN LOVE/REFLET-LUMIERE,** a non-profit organization in support of couples who wish to nurture their relationship, have weekly meetings Wednesday evenings, 8:00 pm, Centre j'aime apprendre, 305 Baldwin Street, Info: 937-0829 or 938-6364.

***KNIGHTS OF COLUMBUS #755** annual skating party being held Sunday Jan. 31st, 1:00-3:00p.m., Bob Turner Centre. All members and families welcome.

***LONG SAULT LEGION BR. 569** 7 Frost St., Long Sault, are holding a Sports Day on Sunday Jan. 24th; register at 1:00p.m. Info call 534-2235. Everyone welcome.

***MCKINNON FORESTRY CENTRE** is a heritage forest education centre dealing with industry's role in a working forest. Located south of Apple Hill, McKinnon is owned and operated by Domtar Forest Products. For more info call 528-4430.

***MULTIPLE SCLEROSIS SOCIETY** annual spaghetti supper, Friday Jan. 22nd, 5:00p.m., Knights of Columbus Hall, (2nd & Amelia). Proceeds to the society. Everyone welcome. Info 938-6777.

***NATIONAL ALZHEIMER AWARENESS MONTH** is being held throughout the month of January. This year's theme is "The 10 Signs of Caregiver Stress". Call 932-4914 for information.

***NAVY CLUB** special events for January: Progressive Euchre, Thursday Jan. 14th, 7:30p.m., Pub Night Friday Jan. 15th, 8:00p.m., Navy Fun Darts, Saturday Jan. 16th, 12:30p.m., Doubles & Triples Dart Tournament, Sunday Jan. 17th, 10:00a.m. Info: 930-2060 code 6289.

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

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

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

***PARENT/TOT FUNSPOT** Program begins again at the Kinsmen Centre. Classes are Wednesday and/or Friday mornings from 9:30a.m. to 11:15a.m., for ages 2 and 3 along with a parent or caregiver. Call Tracy at 938-2139

***PARKINSON'S SELF HELP GROUP** of Cornwall meet at the RCAF Assoc. Bldg. (Wing 424) on Water St. W. on Tuesday Jan. 19th, 1:15 pm. Anyone interested in Parkinson's Disease is welcome. For more info call 936-1790 or 933-2193.

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

***ROYAL CANADIAN LEGION** "Over 60 Club" are holding a Euchre on Thursday Jan. 21st. Legion Auditorium. Everyone welcome. Info call 933-2748.

***S.D.&G. VOLUNTEER CENTRE** is recruiting volunteers to meet the needs of the community. If you're interested in volunteer work for different organizations, please call the Volunteer Centre today at 933-8162.

***SEAWAY M.E./FM SELF HELP GROUP** meeting will be held on Wednesday Jan. 27th, 1:30p.m., Cornwall Seaway Lions Club. Info 933-8601.

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

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

***VICTORIAN ORDER OF NURSES CANCER SUPPORT NETWORK** meets every third Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St.E. Information & discussion for cancer patients, newly diagnosed and their loved ones. Info call 932-3451.

***VICTORIAN ORDER OF NURSES PROSTATE SUPPORT GROUP** meets every second Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St.E. Information & discussion for Prostate cancer patients, newly diagnosed and their loved ones. Info 932-3451.

***WOMEN ENTREPRENEURS** of Cornwall & Area will meet on Thursday Jan. 21st, 6:30p.m., Ramada Inn. Pre-register by calling Pam at 933-2885.

HOROSCOPES

January 17-23

Aries – March 21/April 20

You have to take the lead when it comes to a family problem late in the week, Aries. Loved ones are counting on you to set things right. Keep your mind on the task at hand, and you're sure to help the situation. You run into an old friend on Thursday. Spend some time with him or her. You'll learn some interesting information.

Taurus – April 21/May 21

Don't back down when it comes to something that you really want, Taurus. Acquaintances will try to hinder you, but your diligence will win out. A loved one has a personal problem and turns to you for help. Be supportive, and do what you can to remedy the situation. Leo plays a key role.

Gemini – May 22/June 21

You finally have the time to focus on a personal goal that you've been ignoring for quite some time. If you work diligently, you can make great strides toward achieving it. If you need support, turn to loved ones. They're always on your side. That special someone asks you an important question. Be honest.

Cancer – June 22/July 22

When it comes to an important meeting, don't let your face show what's on your mind. Try not to let those involved know what you're thinking until you present your argument. This will give you the upper hand. A loved one volunteers you for a family project. While you're not looking forward to it, you have to get involved.

Leo – July 23/August 23

Don't let difficulties at work interfere with your personal life, Leo. Leave these problems where they belong — at work. Quality time with loved ones is too precious to lose because of your job. A close friend wants to spend some time with you. Say yes; it's sure to be great fun.

Virgo – Aug 24/Sept 22

A family situation has you worried about a loved one. Don't lose sleep over it. He or she is more than capable of handling the situation. A business associate asks you out. Say no; starting a relationship with him or her only will cause problems for you. Cancer is involved.

Libra – Sept 23/Oct 23

Even though a personal situation has you angry, don't start an argument. This only will create more problems — and it won't even make you feel better. Just bite your tongue, and go about your business. That special someone offers you a gift. Say yes.

Scorpio – Oct 24/Nov 22

You have a tough week ahead of you, Scorpio. Don't get overwhelmed. You can handle it if you just stay organized. Turn to a close business associate for help if you need it. A loved one calls you with good news. Help him or her celebrate. Pisces plays an important role.

Sagittarius – Nov 23/Dec 21

You stick your foot in your mouth at an important meeting early in the week. Don't try to talk your way out of this mess. Just explain what happened. While you may look foolish, those involved will respect your honesty. A relative needs your help. While you two aren't very close, do what you can for him or her.

Capricorn – Dec 22/Jan 20

Try to stay calm when you get into some hot water this week, Capricorn. Getting upset only will make the situation worse. Think clearly, and ask loved ones for advice if you need it. A close friend reveals his or her true feelings for you. Think about how you really feel before answering.

Aquarius – Jan 21/Feb 18

Don't overanalyze an encounter with an acquaintance. Take it at face value, and don't read a lot into it. He or she doesn't have any ulterior motives. A loved one has a problem and needs a shoulder to cry on. Be there for him or her.

Pisces – Feb 19/March 20

While you're generally an easygoing person, you are very determined this week, Pisces. You have a personal goal that you really want to achieve. Work hard to attain it, but don't get carried away. Sagittarius and Libra play important roles at the end of the week.

Get Your CARNIVAL '99 Buttons

Winter Carnival '99 preparations are well underway. The 10 day festival will take the stage from February 5 - 14th. And, it is going to be even better than last years.

Get your numbered Carnival '99 buttons soon and have a chance to win one of 9 beautiful prints, which will be drawn every day during the Carnival. You can pick up your Carnival buttons at one of any 9 MacEwen Petroleum Gas Stations in and areound the City of Cornwall. Also, be sure to buy your raffle tickets so you can have a chance at winning some cold hard cash - a great reminder that this is a winter carnival after all.



The Carnival '99 Program is out and to get your copy - drop in at the Chamber of Commerce at 55 Water St. or the Cornwall Seaway Valley Tourism Office located at the corner of First and Pitt Street. You can also pick up your Carnival Raffle Tickets there as well.

The Carnival '99 Committee is also still looking for volunteers. To register, please come to the Cornwall Civic Complex on Saturday, January 16th from 10:00 am to 4:00 pm to register.

All Star Game Party Cancelled

Due to unforeseen circumstances, the CMHA-SD&G/ Prescott-Russell Branch is cancelling the All Star Game Party in Cornwall. The Party was scheduled for January 24th, 1999 at the Cornwall Civic Complex.

Anyone who purchased a ticket can contact CMHA for a full refund. We appreciate the commitment of the many volunteers who worked on this event, but a number of factors prohibit us from holding the Party.

For more information call CMHA at (613) 933-5845 or 1-800-439-8271.

Lincien College of Business and Technology

Linda Lalonde, President, announced recently that the College is changing it's name. Known for many years as the "Business Action Centre - College of Business and Technology" will now be called "Lincien College of Business and Technology".

With the rapid growth the College has been experiencing the search for a new name was required. Linda Lalonde said "The former name, albeit, served us well during our early development stages, we have outgrown its original mandate of seminars and corporate training."She further stated "that our growth has expanded to include award winning technical programs, business programs and the expansion of our corporate training mandate across Canada."

Although the College has a new name, it will still maintain its high standards of education and corporate training. With graduates working throughout North America, the positive response being experienced from employers is encouraging for continued expansion. The College is continually developing new programs, training packages that meet today's technical and business environment. Recognized for its quality training, suggests that the College is well positioned to meet the new economy challenges.

In searching for a new name, the College extended a challenge to its students and staff members. After a number of excellent suggestions, the submission by William Reid, a student in the Broadband Integrated System Technician Program, was selected. Mr. Reid is a resident of Smiths Falls and travels everyday from Smiths Falls to attend his classes in Cornwall. Linda Lalonde said "it's exciting for us to have a name that reflects a new image, but as important it's exciting and meaningful when the name is suggested by someone who is directly involved in the organization. Mr. Reid incorporated the names of Linda and Lucien Lalonde, owners of the College, into the name.



Linda & Lucien Lalonde

New graphics are being designed to incorporate the name change.

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



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A Mercedes for the 999,999,999 people who won't win the lottery.

►C-CLASS FROM $37,950. It was the perfect plan. They'd call your numbers (a winning combination of your birthdate, address and SIN number). you'd humbly receive the oversized cheque, and promise not to change. Then you'd promptly go out, buy a Mercedes and drive off into the sunset. But alas, while the ping pong balls may refuse to cooperate, at least part of the dream remains intact. The C-Class by Mercedes-Benz.

► The C-Class has all the luxury, innovation and engineering that makes a Mercedes, well, a Mercedes. Including a new supercharged Kompressor engine on every C230 sedan, and an enhanced roadside assistance package on all 1999 models. What's more, the C-Class is affordable. It seems that you may be lucky after all.

►Simply call us for a test drive. Or visit our website at www.mercedes-benz.ca

Mercedes-Benz

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Product of U.S.A.
Snow White Cauliflower
$1.29 ea.

Product of U.S.A.
Extra Large Florida Pink Grapefruits
2 for 99¢

Fresh Whole
Chicken Breast
$1.88 lb.
$4.14/kg.

Boneless
Pork Leg Roast
$1.88 lb.
$4.14/kg.

Product of Guatemala
Fresh Snow Peas
$2.49 lb.
$5.49/kg.

Product of U.S.A.
Sweet Bosc Pears
77¢ lb.
$1.70/kg.

Product of Mexico
Honeydew Melons
$1.29 ea.

Product of Mexico
Cherry Tomatoes
$1.49 pint

Canada Grades A, AA, AAA
Boneless Cross Rib Roast
$2.49 lb.
$5.49/kg.

Canada Grades A, AA
Full Round Steak
$2.44 lb.
$5.38/kg.

Fresh, Atlantic
Salmon Steak
$5.99 lb.
$13.21/kg.

Canada Grades A, AA
Beef Stew
$2.49 lb.
$5.49/kg.

Tour Eiffel
Fine Herb Ham
$3.99 lb.
.88¢/ 100 g.

Maple Leaf
Polish Coil
$1.99 lb.
.44¢/100g.

Old
Cheddar Cheese
$4.99 lb.
$1.10/100 g.

Oka Cheese
$8.99 lb.
$1.98/100 g.

Garlic Cheese Bread
$1.99 ea.

Apple Fruit Snacks
$1.99
6 pack

Neilson
Orange Juice
$1.69
2L

Pot Barley
49¢ lb.
$1.08/kg

Specials in effect January 17 to January 23

Free Seniors' Shuttle Every Tuesday
Call 938-8566 for details

FARM BOY
www.farmboy.on.ca
Cornwall 814 Sydney Street (613) 938-8566 Store Hours: Mon. - Fri.: 8 am - 9 pm Saturday: 8 am - 6 pm Sunday: 9 am - 5 pm



15th ANNIVERSARY

Dinner Features

Prime Rib Dinner $15.95
Oven Roast 1/2 Chicken ..$11.95
Broccoli & Cheese Stuffed Chicken $12.95
Baked Pasta Trio $15.95
(cannelloni, stuffed shell & lasagna)
Breaded Shrimp Plate ...$14.95
Gedoro's Rib Steak $14.95
All dinners include salad, potato, vegetables and bread bar

Dine before the 6 pm Chime for only $9.99
on above dinners

Fill out a ballot to WIN THE CLOCK!
ask your server for details

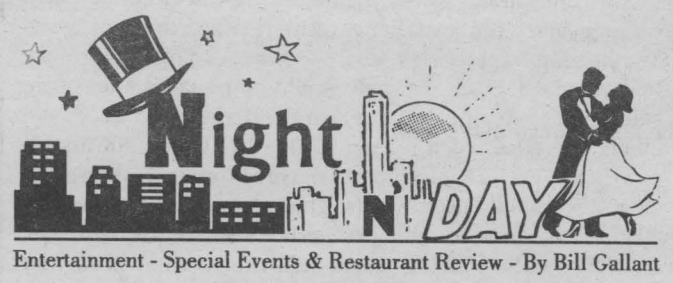
Take a look at our new DESSERT SHOWCASE
ask your server to get you your favourite dessert

Gedoro's
Fine Dining in Casual Comfort
158 Pitt St. 938-2791

SEAWAY NEWS
ENTERTAINMENT

Certainly the heavy snowfall in this area has made the folks who organize and participate in Cornwall's Winter Carnival event very happy. Carnival '98 is set to start on February 5th and run until Feb.14th. At Lamoureux Park there will be a skating rink and children's slide. Renowned ice sculptor, Laurent Godin, will be returning to create those beautiful ice sculptures in the downtown area. The official opening ceremonies will take place Feb.5 at Lamoureux Park starting at 7:30pm followed at 9:30pm with some fireworks. There will also be a street dance on Feb.5th and snowmobile drag races on the 7th. So be prepared to dress warmly and enjoy all the various events planned.

The Old West will be relived on Januray 30th,when the members and their guests' at the RCAFA Wing 424 assemble to celebrate a special wintertime



Entertainment - Special Events & Restaurant Review - By Bill Gallant

Chowdown-Hoedown night. Folks will be wearing their best country garb and partaking of some great country-style vittles like fried bologna, veggies, soup, meatballs and topped off with johnny-cake and syrup. There will also be a full night of dancing to the music provided by a DJ which will include the old and new country music for dancing until 1:00 a.m. Also planned is a Shoot-Out at the OK Corral and a posse of Sheriff's will keep everyone in line or folks may end up in the specially constructed "clink". Members are reminded that the limited number of tickets for the event have almost been sold-out.

Despite some of the inclement weather over the last couple weeks,it was great to see that the new opening takes place. Passers-by have been anxiously awaiting the finishing touches to the large bowling pins on the front of the building. The Palace is busy lining up bowlers for several new features they offer,including late night Cosmic Bowling for Friday & Saturday bowlers.. The Palace offers 32 lanes with fully automated scoring and open bowling is available during all hours of their operation.

Congratulations to the owners and management of Cornwall's Bowling Palace on Tollgate Road !!

Cornwall Colts will be hosting Kanata this Sunday, January 17th at the Ed Lumley Arena, Civic Complex. Game time is 2:00pm. The CJHL regular season schedule is headed into the homestretch with very few home games left. We suggest you get to know some of the junior players with the Colts and the Central League teams by attending as many of those home games as you can. That way you will surely enjoy the exciting playoff series once they begin.Looking Good Colts.....keep it going !!!!

It's good to see that the Cornwall and area fishing tackle businesses and enthusiasts' are already planning for the area fishing season. There is still the winter season of ice-fishing to go, but it is equally good to hear the locals exchanging comments about the warmer spring & summer fishing in this area. Now we expect there will be a series of announcements for the ice-fishing derbies planned. Please let us know if you are involved in any such tournaments . We will be happy to get the word out for you.

Until next week, G'Day and G'Night.

C.G.H. Auxiliary



On Wednesday, December 16th, the Auxiliary to the Cornwall General Hospital, which is focused on promoting and advancing the welfare of the patients and the hospital itself, held its annual pot luck dinner. The Auxiliary is involved in fundraising, volunteerism and patient education, as well as various sponsored healthcare lectures and promotions. A highlight of the evening was a cheque presentation for $25,000 to the hospital, which will be used to purchase needed medical equipment. To date, Jean Courville, Chairperson of the Board of Cornwall, states that over $206,000 has been raised for the purchase of equipment such as defibrillators and laproscopic instruments.

Pictured are Richard Weber, Treasurer; Jean Courville, Chairperson; Bonnie Alguire, Convenor and Mary Vanryswyk, Secretary of the Auxiliary.

Story & photo by Aubrey Johnson

Ye Old English Fish 'n Chip Shop
"Authentic English Fish & Chips"

SUNDAY SPECIAL
Roast Beef & Yorkshire Pudding Dinner $6.95

Eat In - Take Out
Free Delivery
($10.00 min. order)

Check Out Our Daily Specials!

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Saturday: Noon-8;
Sunday: Noon-7

9, 1st St. E. (near Pitt & 1st St.)
933-6411

CARN*VAL '99
CORNWALL
FEBRUARY 5th-14th

Carnival to Start February 5th ...

Don't Miss All The Fun ...
some of the highlights includes ...



Helene Beaulieu - Snow Sculptor: Cornwall's Carn*val '99 welcomes Montreal bases Artist Helene Beaulieu and her talented crew. Together, Helene and her crew have designed and constructed this year's Royal Bank Children's Playground. This year's Playground will be bigger and better than last. Helene and her team will also be constructing numerous Snow Sculptures around Lamoureux Park.

The term "Let It Snow" for Helene means Art. As the dump trucks full of snow arrive, the Royal Bank's Children Snow Playground will begin construction. Residents of Cornwall and surrounding area will be able to witness this amazing form of art. This will be something the whole family will enjoy and not soon forget.

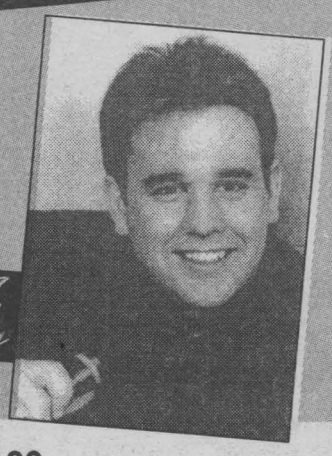


The Junkyard Symphony - Musical Comedy for Everyone: The Junkyard Symphony Show have created an incredible show entirely out of objects found at the home, such as hubcaps, pots and pans, plungers, a bathtub, vegetable crispers and yes they even have the kitchen sink. Now if you're wondering what they do with these objects you really have to watch the show to get a full appreciation of how three 5L water jugs can be juggled or balanced on top of each other; how plungers can be thrown to stick to a dart board; how a hub cap can be played from a six foot unicycle of for that matter, how a hub cap can be played from a seven foot free standing ladder; of even how pots and pans become a piano and a bathtub becomes a bath tuba.

Pick Up Your Program For A Complete Line-Up
GRAND OPENING - FRIDAY, FEBRUARY 5th - 7:00 p.m., LAMOUREUX PARK
For Tickets - More Information Call Cornwall Chamber of Commerce 933-4004

Queen's Gala
Saturday, February 13th
8:00 p.m.
Cornwall Civic Complex
Salons A, B & C
Crowning of the Carnival Queen





Advance Tickets:
Adults: $10.00
Children 12 & Under: $5.00

seaway news
committed to our community

Chamber Releases Results of Pool Survey

The Cornwall Chamber of Commerce recently released the results of their survey on the Project 2000 proposal. The survey was conducted on the members of the Chamber, which represents a majority of Cornwall's business community. Brian Gilmour, Chamber President indicated that response to the survey was tremendous. "This shows the importance that the business community has placed on this issue," added Gilmour.

The results of the survey show overwhelmingly (70%) that the business community views a new pool facility as a necessary asset to our community. However, the results also show that, 64% do not want to see the City go into debt to fund the construction of the new pool, and 63% do not support any increase in taxes to sustain the ongoing operating costs.


GILMOUR

On the question of using the interest generated by the Heritage Fund (Cornwall Electric Sale) exclusively on one project, response shows that the majority (64%) of the business sector would not support the exclusive usage of all monies on one project.

An interesting result to come out of the survey is the fact that 75% of those persons that answered the survey would prefer an organization other than the City of Cornwall to operate the proposed facility. Two other options were provided to respondents, a not-for-profit company or a for-profit company structure.

Nearly half of the businesses that answered the survey indicated a concern of not having enough information about the project. This suggests that, "there is a great opportunity for the Project 2000 Committee to host a public forum and address any concerns that the community may have," said Gilmour. "This could go a long way in attracting the support of Cornwall's business community."

Results of the survey will be tabled at the Chamber's next executive meeting scheduled for January 20th. Copies of the survey results have been forwarded to City Hall and to the Project 2000 committee.

ISDN Is Now In Cornwall

This past week, Eric Covington of Glen-Net Communications and Mike Galvin of ComputerSense turned up Cornwall's first end-user ISDN service.

"Before today, only large accounts such as NavCan Training Institute could take advantage of our ISDN servers" said Covington. "Now end-users and local businesses can benefit from increased Internet speed.

"Our in-store 128K access is light years ahead of what has been available to date" said Galvin. "The equipment installed by Glen-Net allows everyone on our office network to benefit immediately. This helps up quickly get support and place orders with our suppliers."

This kind of service can help Cornwall's business community compete in the global economy on a more level playing field and this is just the beginning of Cornwall's joining the connected marketplace.


HAD AN ACCIDENT?
Don't Let It Be
A PUZZLE?
• GM built your car.
• Let a CMS GM certified repair technician repair it.
• All GM parts & repairs are recognized through your GM warranty.
See Bernie St Denis for a complete computerized written report
Cornwall Motor Sales
Collision Centre
5, 8th St. E. 930-9393

Don't Fall For That Old Story

Older people can expect to fall more often, right? Wrong, say health officials and those in daily contact with seniors. Falls in seniors can be prevented and it needn't mean major home renovations or expensive equipment ...or a move to a full-care institution for the frail.

"Most falls can be quickly and easily prevented by taking a few precautions," says Gilles Sabourin, owner of La Casa Apartments in Moose Creek. Sabourin has helped hundreds of seniors retain their independence ----and avoid falls---- in the 20 years he's owned and managed the apartments.

He suggests the following fall-prevention tips:

* Good lighting, especially in stairways and pathways

* Non-skid surfaces, especially in entrances where water, snow and mud collects

* Secure throw rugs (carpet tape in corners can help prevent dangerous roll-ups)

* Proper use and set-up of mobility aids (grab-bars by the door or bath area)

Health professionals also suggest that falls in the elderly can be greatly reduced by:

* Proper nutrition: Vitamin D and Calcium supplements are especially helpful to combat osteoporosis

* Physical activity: exercise not only improves muscle strength, coordination and balance, it helps reduce the fear of fall, which is often the cause of falls.

"Most seniors I've met want to stay healthy and independent. Taking a few practical precautions to avoid dangerous falls is just one way we can help them achieve those goals," said Sabourin.

FALL FACTS

* Environmental hazards (loose rugs, slippery surface, etc.) account for 44 per cent of falls.

* In Ontario, 30 per cent of people over 65 fall; 50 per cent of people over 80 fall.

* The major causes of falls are: medication, poor vision, poor balance and fear of falling.

PALLIATIVE CARE VOLUNTEERS
needed at
GLEN STOR DUN LODGE
also needed
• Recreation Program Helpers
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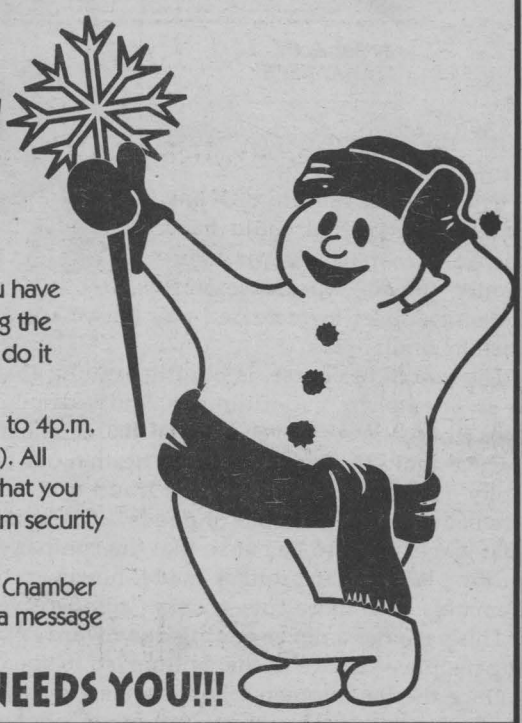
Orientation & Training Provided
Please call
LINDA GEISEL for details
933-3384, ext. 243

CALLING ALL VOLUNTEERS!!
Help us to make Winter Carnival '99 a SUCCESS!!!
Winter Carnival '99 needs your help. Do you have some spare time to give us a hand in making the Carnival a huge success? Truth is – we can't do it without you!!
Register Saturday, January 16th from 10a.m. to 4p.m. at the Cornwall Civic Complex (Eddie Room). All volunteers should come and let us know what you want to do to help. We have everything from security to helping out with the children's activities.
Need more information? Give the Cornwall Chamber of Commerce a call at 933-4004 and leave a message for Denis St. Jean (Volunteer Coordinator)!
WINTER CARNIVAL '99 NEEDS YOU!!!


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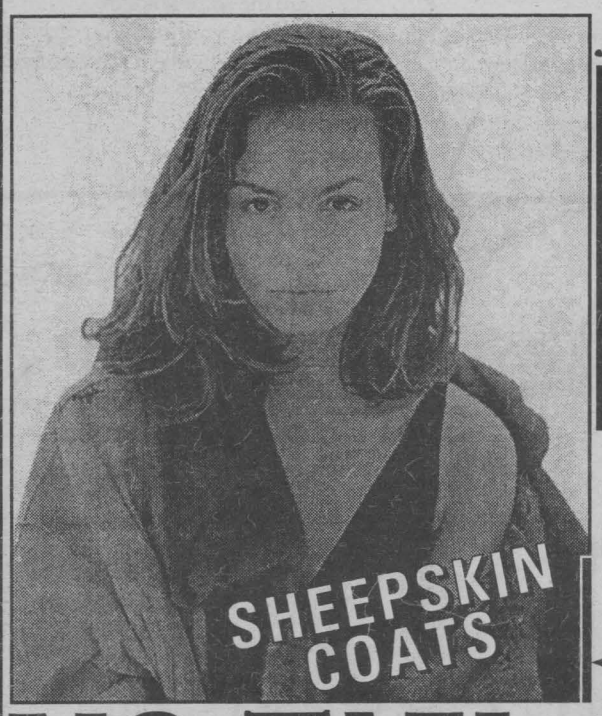
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HOURS:
Mon – Wed – Thur – Fri – 10:00 – 4:00
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Opinion

SEAWAY NEWS
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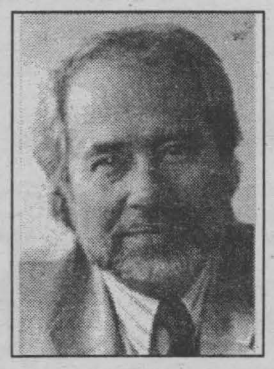
Wages Drop While Profits Soar

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Once again, we see how "prosperity" is being handed out across this country. Bell Canada, which turned a profit of close to $1 billion in 1997, announced this week that it was "privatizing" its operators service to an American company.

The move affects about 2400 employees, mostly women, and it appears they will have to take major pay cuts (up to 40 per cent, we are told) if they want to keep their jobs with the new Arizona-based firm.

Bell is in the middle of a pay equity lawsuit that could have forced it to pay its predominantly female workforce millions of dollars in increased pay (based on the pay men earn in similar jobs).

The union, of course, is bluntly arguing that the sell-off is an attempt to avoid the pay equity responsibility and, in the bargain, reap even greater financial benefits.

Once again the "we all need to tighten our belts" philosophy has been exposed for the fraud it is. Wage earners are being sold a false bill of goods. They are being told that wages need to be cut so that the company can make a profit. When that profit is made, however, the company demands even more cuts to stay "competitive."

This becomes a never-ending downward spiral for working people — a race to the bottom, so to speak.

Once the Bell women take these new jobs with a 40 per cent pay cut, the women at other phone companies (Sprint, AT&T, etc.) will be told they now have to take wage cuts to remain ahead of their Bell competitor. Then they'll all be told they have to cut their pay another 10 or 20 per cent or else the company will move its Canadian operation to some wage-slave state like Georgia (or better yet to some offshore banana republic where dirt cheap wages are enforced at gunpoint).

As one wit said, the economy may be doing fine; but the people in it are not.

We hear much about the unemployment rate dropping a per cent or so (but still much higher than would be tolerated in any other Western industrialized country) but we have to also look at what kinds of jobs are being created. If high-paying jobs are being replaced with low-paying jobs (as is the case with Bell), I don't see that as a step forward.

While these wage cuts may benefit huge multi-national companies they have the opposite effect on small business. When you take high-paying jobs in a community and reduce them to low-paying jobs (while funelling profits off to Arizona) that means there is less local purchasing power to buy local goods and services.

In fact, it's amazing that people swallow the historically inept right-wing argument about the virtue of low wages. Show me a country with low wages, and I'll show you a poor country. Western industrial society has prospered precisely because it has learned to share the wealth.

After all, the wage-earner is also the consumer.

As Henry Ford once said, "It doesn't make sense if I don't pay my employees enough money to buy one of my cars."

Precisely.

Wages don't sit in an employee's pocket. The money is circulated back into the system through the purchase of goods and services such as cars, furniture, TVs or whatever.

What we are witnessing is a major shift of wealth from the working people and small business (that depends on such local purchases) to multi-national corporations.

It's time for labour and small business to recognize that they have a common interest in stopping this concentration of wealth into fewer and fewer (richer and richer) hands.

SEAWAY NEWS
LETTERS TO THE EDITOR

Mac and Ron

Dear Editor:

Congratulations to Claude McIntosh. His gossip column in the Standard Freeholder called "Coffee Break" again condemns former Mayor Ron Martelle.

Martelle stepped down from his position as mayor so he could devote all of his energies against smuggling and Cornwall could elect a mayor who would devote all of his energies on leading Cornwall. He did the right thing and members of the $700,000,000.00 liquor and tobacco smuggling ring pled guilty. Yes, there's 10 zeros there.

Hopefully the extensive plea bargaining doesn't stop them from being in jail for a long time.

Claude says a letter to him from Ron "Wyatt Earp" Martelle accuses Ron of spending too little time knocking the "bad guys" (scum smugglers, biker gangs, Asian gangs and the criminal element in general).

Claude needs to get his "ostrich head" out of the sand and count the zeros with a seven in front of them.

Problem solving requires realizing the problem, setting up a plan.

Does a city the size of Cornwall need a daily paper with a gossip column like "Coffee Break?"

Yours truly,
Raven VanLeishout
Cornwall, ON

City Budget and Taxation

Dear Mayor Sylvester
& Members of Council:

As we come to a close in 1998, our business thoughts turn to 1999, and the City Budget and Taxation, which greatly affects each and every tenant here in Brookdale Mall.

Attached is an editorial in the recent Standard-Freeholder that couldn't say it any better than words I could put to paper, of the absolute necessity to find means and ways to create tax relief for property owners, especially those in the Business Community that have been overburdened and have carried the load over the past year. Also there is the need to retain the principal of $20 million plus in a trust fund (proceeds of the sale of Cornwall Electric), and to use the interest on these monies to the benefit of all taxpayers in our community.

It will take an enormous amount of stamina on the part of Mayor and Council, as well as your Management Team, led by Chief Admin. Officer Richard Allaire, to ensure the interest of taxpayers are met.

We would urge each and every department of City Hall to use the zero base budgeting process on a needs only basis, as we all do in business, and we encourage Council to strike a budget as early in the New Year as humanly possible. We can then take pride in our City Council, Management Team and City Staff, for sending the message that Cornwall is indeed open for business.

We appreciate the efforts you will make on behalf of us and all Cornwallites, and wish you much success in the many challenges of the early New Year.

Sincerely Yours
D.M. Dube (Miss)
Property Manager
Brookdale Mall

What Does "Hometown" Mean?

Dear Editor:

What does the word Hometown mean? I always thought that Hometown referred to the community in which we reside. After reading "Hometown" of January 3, 1999, I discovered that my interpretation differs from that of the Standard Freeholder.

Instead of articles about interesting people of Cornwall and area, we read even more about the Millennium. Instead of fitness articles by our local experts, we get a Southam News item from Calgary. Rather than stories about beautiful homes of this area, we read about a builder from Burnaby, B.C.

Where did our "Hometown" stories go? Apparently it is much easier to use articles from a Southam computer than have local people like Nick Wolochatiuk tell us about local interests.

Gerry Robinson
Cornwall

South Stormont News

Dear Editor:

The council of South Stormont by reports is "hot", they may even burn up. Keep your fingers crossed.

Smoke appearing in the Ingleside Fire Department.

Smoke hovering over the Long Sault Fire Department with the demotion of their Deputy Fire Chief/Training Instructor to fireman. They then changed the locks and have refused him access to all of his belongs.

Wisps of smoke at the Long Sault Arena over the termination of the Arena Clerk.

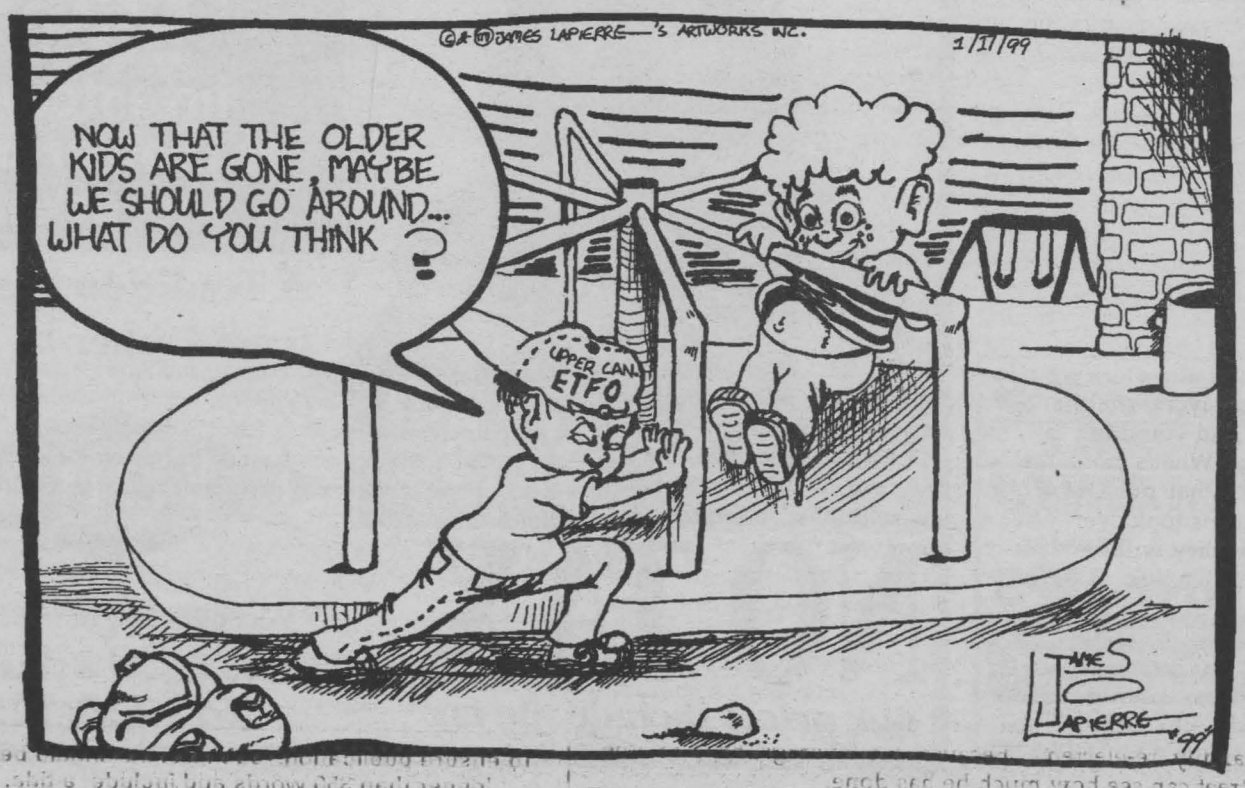
Smoke bellowed out of the St. Andrews Fire Department when Council tried to short change the members on their "Ice Storm '98" money. The department reported to the Ontario Labour Relations Board. Council spent thousands of dollars in this litigation only to be ordered to pay out by October 29, 1998 the sum of $40,095.08 which represents the total amount $36,450.07 plus $3,645.01 in administrative costs.

Smoke enveloped Council chambers earlier in the year when three fire departments came looking for their "Ice Storm '98" money. Only St. Andrews got every nickel including overtime. Where is the extra money that Council received?

Council's track record is very poor in the litigation areana. If this were a sports team the shareholders would have fired the coach (lawyer) or replaced the players (Council) for a losing record. You are the shareholders.

Have you lost your driving privileges? Apply to council you may be eligible for a chauffeur driven vehicle.

Robert Wereley
Lunenburg



Harris Has Followed Through On Promises

I've been quite cynical of most governments over the past several years because they promise one thing and do another or, in the case of the federal Liberals, they lie outright to get into office.

There is a bright note on the horizon, however, and that is the Harris government in Ontario--with an election year looming, you've got to admit that it's carried



through on its promises and governed with a clear agenda that has brought prosperity back to its citizens.

I say as someone who didn't vote for this party in 1995--not because I didn't favor its programs but because I never thought Mr. Harris would ever carry them out.

But he has. And for that, he deserves to be re-elected. He'll be getting my vote enthusiastically.

For starters, look at his opponents. The lacklustre Howard Hampton, leader of the NDP, has nothing to offer. Neither does the fickle Dalton McGuinty, the Liberal leader who has no platform and certainly offers not a whit of constructive solutions. He stands against anything and anybody just to get heard.

You can dismiss both of these characters as dull, lifeless and virtually useless politicians. Believe me, they offer nothing.

Like it or not, the Common Sense Revolution has worked. Just think of the state of this province before Mr. Harris took over--it was deficit-ridden, dispirited, resentful, out-of-joint, a province confronted with a host of problems no government had the guts to tackle.

But Mr. Harris, much to his credit, had the courage to take them on. He cut the welfare rate, arguing that it had crept above the minimum wage and was a disencentive to work. Since then, some 357,000 people have left the welfare rolls, down from a high of 1.3 million in 1995.

He took control of the public school system out of the hands of irresponsible school boards and teachers' unions, both of whom had milked the system at the expense of taxpayers for years. We now have a more rigorous curriculum and taxes haven't gone up.

Then take the hospitals. Experts had argued for years that the province was wasting money proppng up half-empty hospitals. The government is in the process of closing down about three dozen of them with the money saved being used for community care. Although it's caused some short-term problems, these moves will help the health care system. And a few years from now, we'll thank the Tories for what they did.

The government cut personal income taxes about 30% and we've gone from having the highest marginal tax rate in Canada to having the lowest. And, thanks to our burgeoning economy, government spending has actually increased despite the cuts.

The deficit, which was running at about $11 billion when the Tories took office, will be balanced by next year. That, in turn, will stop more money going out of the door in interest rates to pay for the long years of Liberal and NDP over-spending.

The Tories also introduced a uniform property-tax assessment sytem, which hits the rich harder than the poor, and Ontario Hydro is now being forced to compete in the field of hydro.

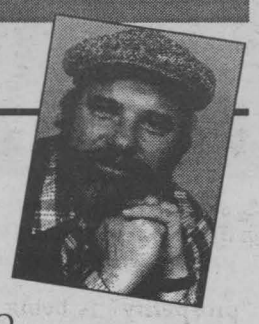
Need more evidence? The government has brought some reform to the running of provincial jails, reformed legal aid, allowed post-secondary tuition to rise so that taxpayers wouldn't be footing the entire bill for students.

And you don't call that competent government? I sure do. What's more, the NDP and the Liberals--the two parties that put Ontario into the mess it was in when Mr. Harris took over--offer no new solutions. When they do--as they will have to--make sure you pin them down on specifics and costing. Because, in the end, they can't offer anything even resembling a plan as good of that of Mr. Harris.

You can count on it. And, despite the opposition of greedy union groups who seek to feather their own pockets, especially the teachers' unions, Mr. Harris will be handily re-elected. Because the Average Bear on the street can see how much he has done.

BASIC BLACK

By Arthur Black
SEAWAY NEWS



I was just thinking back to the very first automobile in my life -- a 1952 Pontiac two-door sedan..robin's egg blue with a black top. It belonged to my old man and I was far too young to drive it, but I would sit in the driver's seat, parked in the driveway, peering balefully between the spokes of the steering wheel, and if I was reasonably sure my pop was snoozing on the couch, I'd even risk tapping the horn ıim.

That old '52 Pontiac was slow and heavy -- not the least bit cool but it had something you won't find on a modern-day Lamborghini or a Lexus, or for that matter on a 1999 Pontiac.

It was simple. Even an idiot had a reasonable chance of fixing mechanical problems on that car.

You opened the hood and there was the engine, laid out like a display model in Mechanic's Shop. The carburetor looked like a carburetor. The fuel pump looked like a fuel pump. You could actually see the spark plugs and the distributor and figure out what connected to what.

Open the hood of a modern car and what do you see? Modules -- sleek, spot-welded plastic boxes, sealed and impenetrable.

Plus a neated printed advisory in English, French and Japanese telling you that your warranty is void if anyone other than a certified mechanic lays a finger on these innards.

We are encouraged to believe that we are simply not smart enough to handle the machines we own nowadays...and perhaps that's even true.

You'd certainly think so from the instructions that come with new products.

On a hairdryer my wife bought:

D O NOT USE WHILE SLEEPING

On a frozen chicken dinner in my freezer:

SERVING SUGGESTION: DEFROST

On a package of mixed nuts I received on a recent flight with American Airlines:

INSTRUCTIONS:(1) OPEN PACKAGE (2) EAT NUTS.

a box containing a portable steam iron:

DO NOT IRON CLOTHES ON BODY.

On a bar of Dial Soap:

INSTRUCTIONS: USE LIKE REGULAR SOAP.

On a supermarket package of Tirimisu dessert:

DO NOT TURN UPSIDE DOWN

Unfortunately the aforementioned advice was printed on the bottom of the box -- you had to turn it upside down to read it.

Sometimes I fear that humankind is going the way of the Dodo bird -- becoming too dumb to live.

Reminds me of the joke about the loud-mouthed New Yorker who finds himself in the Mexicon town of Ouxaca. He looks at the name, grumbles, spits and then marches in to a nearby takeout restaurant, barges to the front of the line and shouts at the waitress:

"Lookit sweetie, I'm inna hurry. I wancha to tell me the name of this place here...and I wancha ta say it slow...and loud okay?"

The waitress looks at the New Yorker, shrugs, cups her hand around his left ear and yells

" B U R - RRRRRRRRRRGHER KIIIII-IIIIIING!"

AIDS FORUM

By Pat O'Connor
SEAWAY NEWS



Hello everyone. A happy and healthy New Year to you all and I hope we will all be around next year to bring in the new millennium.

This is just a short note to let you all know I am still kicking around. I visited the clinic in Kingston before Christmas and received my blood work results today. They are not very encouraging. My CD4 or white cell count was down to a very low 122. This is about the lowest it has been in 2 years. I imagine I will be going back for a return visit for more bloodwork to see if there was a mistake. It is still very worrisome to me in the meantime as things can happen very quickly when your counts are so low.

My viral load was under 50 which is very good. This means there is very little virus in my blood. This should mean my counts would be higher. It's a very complex system of numbers and sometimes very confusing. The stress from worrying about my life and my health is surely not helping. I will have to fight through it.

I would also like to comment on Mary Sproul's letter to the editor. I disagree with Mary on the thought that money spent was wasted on "safe sex" education programs. If you were aware of these programs, you would know that the only "safe sex", is "no sex". Abstinence is taught in most programs as it is taught by myself also when speaking in schools.

It would be criminal to think that everyone would practice abstinence throughout their school years. The "safer sex" (safer being the key word here) programs are aimed at those who will not abstain.

To not give them the proper education and choices is wrong. Abstinence does work every time, I wish more kids would know this. Raging hormones are very hard to control and monies spent on sex education are not a waste. If parents would speak to their children at home about sex, it would not have to be taught in a classroom where they all giggle and are too embarrassed to ask a simple question. Maybe the monies should be spent on educating the parents on how to educate their kids.

Be well everyone and stay warm.

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

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

Tips on Writing Letters To The Editor

The following are tips on writing letters to the editor.

Keep it short. Ask yourself how long you would spend reading an individual letter. An ideal range is between 150 - 250 words.

Don't rant. Nothing turns away a reader's interest like a misguided, misdirected rant. Instead, aim for a persuasive, rational argument supported by facts and figures.

Be topical. Know the issues that are in the news. Letters focussed on issues, particularly local, are among the best read.

On being edited. Expect editing, and when it doesn't happen, great. All newspapers reserve the right to edit. The primary purpose is to ensure a letter is readable. While care is taken in the editing process not to impair (or destroy) a writer's point of view, a well formulated letter requires less editing.

Be legible. Not everyone owns a computer or typewriter, but please make handwritten letters legible. If need be, print!

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

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



Hello … Is There Anyone Out There? We want to remind everyone out there that this is your public forum … we need to hear from you, so mail, fax or drop off your little anecdote or gossip to: 329 2nd St. W., Cornwall, Ont, K6J 1G8 or by Fax 933-0024 or E-mail your little ditty to us at snews@seawaynews.on.ca



SCUTTLEBUTT

E. Wilson would like to send a big bouquet of flowers to the Cornwall General Hospital, the Emergency Department and Dr. De Young for all their help and kindness during his stay. They were all helpful and it was greatly appreciated.

Bon Voyage to Aline, June, Joyce, and the rest of the gang from Jolly Tours who are on their way to sunny Hawaii for two glorious weeks! Have a fantastic time!!

Belated birthday wishes to Emile Brunet who celebrated on Saturday, January 2nd. Keep smiling Emile. What's another year?? … *from your friends at St. John Bosco.*

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

- A station comes in brilliantly when you're standing near the radio but buzzes, drifts and spits every time you move.
- You set your alarm on the digital clock for 7 p.m. instead of 7 a.m.
- The radio station doesn't tell you who sang that song.
- Everything breaks the day after the warranty has expired.

ATTENTION SMOKERS! Stock up now if you want to beat the tax increase. *Wonder what the "Sheriff" will have to say.*

The teacher was complaining about Danny to her school principal. She said, "That boy is an absolute devil - the worst behaved child in the school. *And to make it worse, he has the best attendance record."*

Beware to cell phone and portable phone owners! People who have scanners are listening to your personal phone calls including your banking or your business calls. Scanners are not only listening to police and ambulance calls … they're listening to every word you say!

Bank economist, predicting a **major economic boom during the final months of '99 … that's the good news!** They are also predicting a major downturn in early 2000. This is all due to people stocking up in anticipation of Y2K problems.

Here's a Thought … After the holidays, stores reduce prices on foil-wrapped chocolate candies. Stock up and separate the candies into red & silver for Valentine's Day and green and gold for St. Patrick's Day. When those holidays come around, you'll be prepared.

The Conservatory



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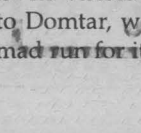
Did you know … that in a mere ten minutes, a hurricane releases more energy than all the world's nuclear weapons combined?

Locey's Limo & Delivery Service
• BEER • LIQUOR
• FAST FOOD
• PHARMACIES • ETC.



"Fast Friendly Service"
930-9221

All the work involved in taking all the Christmas decorations down … *only to put them back up in 11 months.*

Caller would like to know if there is a new City Hotline number to get one's driveway cleared. Seems a City employee was using City equipment to clear his driveway. Please let us know.

I know it's early and not to get greedy, but for us "vertically challenged individuals" **the snow banks at the Traffic Circle need serious trimming**, it's going to cause a bad accident to when people are trying to nose out into the flow of congested traffic which is whipping around that circle. *Also, at the end of Hoople and Second,* someone could get hit by a bus, the snowbanks are so big. There is no visible way to turn left to Domtar, without making a mad run for it.

Dear Sammy:

Just thought I'd bring you up to snuff on post ice storm stuff. On Seventh Street West off the circle West into Riverdale on the North side lies a broken branch extending across the ditch out onto the roadway, never attended to since Jan 1998. A few times I've pulled over to the shoulder to move it off the road, as it extends far enough to scratch your vehicle, but I'm not strong enough, and it's become frozen again! Ironically the Horticulturist for public property was around a few weeks ago, assessing things, but no one has ever assessed the eyesore, and possible damage this broken tree can do. Maybe it's Walmart's problem since it extends off their new plowed property! I really can't believe that no one else in the City doesn't choose to see this. *Here's lookin at ya … out there.*

On **Saturday, January 16th**, at **12 Noon**, the dedicated volunteers of the **Stormont County Fair will gather for their annual meeting** at Newington United Church. We look forward to the usual delicious pot luck dinner everyone enjoys.

To all my "Co-Workers/Friends at the CGH especially the "ER" Dept. who worked during the holidays, so … This was Christmas … and a Happy New Year!!! Well people out there, we made it through some very tough times, we stuck together like glue, although at times, we felt like we were falling apart at the seams, we were sick and tired, burnt out with fatigue, exhaustion, flu's, etc., like the rest of the City.

So a tip of my hat to you and yours … love ya, one and all "The Care Bear"

I always look for a second opinion unless I'm particularly happy with the first one.

DWIGHT BAIRD ORIGINALS



"Jays of Our Lives" (detail)
Marchant Gallery
20378 Old Montreal Rd
South Lancaster
Sat & Sun 1-5, 347-2087
Weekdays appt. or chance

Seems our local daily hasn't been too popular lately with the dismissal of Hometown reporter Nick Wolochatiuk. This caller, dissatisfied with the Hometown publication now featuring "Out-Of-Town" homes, **tried to call in a 'Thumbs Down', but to no avail.** With all the changes being made there, subscription cancellations could follow.

Hats off and 3 Cheers to the person that reported the small $37,000 mistake by City staff. No wonder they want council to have appointments at their meetings. Wonder how many more slip by?

Hi Bob!! I heard the news!! It's about time!! … *from you know who!*

I saw an item on C. Poirier and the City snow plow operator. **Neither had any right to ask or perform such a thoughtless act** On January 7th, a non-snowing day, the City plow operator passed through Grant subdivision at least two times, pushing the snow banks four feet from the road edge. In doing so, the operator plowed away a layer of lawn and top soil. Next summer, the City will contract out work to a landscaper to repair lawn edges in the same subdivision. The following winter, they'll plow it all off again. Our City property and business taxes are completely out of line and the money is spent on the above examples and also to pay salaries to City supervisors who allow the above to happen.

There should be a by-law prohibiting cars from parking on already narrow streets during the winter months. **With all the snow accumulation, it makes for a dangerous situation.**

Tae-Bo is the latest fitness rage made popular by Billy Blanks … **coming soon to Paradise Fitness.** If Tae-Bo is half as popular here as it is in California, classes should be packed.

If you haven't entered a team yet for the Big Brothers and Big Sisters of Cornwall & District Inc. Bowl for Millions, **call now at 933-8035.**

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SEAWAY SMILE

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

TWINS

Alice's twin boys were exact opposites. Bill was an eternal optimist. No matter how dark the cloud, he always found a silver lining. Bob was a hopeless pessimist...always finding the negative no matter how good the situation.

Alice asked a psychiatrist what to do about Christmas. The doctor told her to buy all the toys she could for Bob, the pessimist; and to get nothing for Bill. In fact, he told her to wrap up some manure for Bill.

Christmas morning, Dave and Alice came downstairs and found the twins by the tree. She asked Bob what Santa had brought him.

"A BB gun, but I'll probably hit someone in the eye and blind him. And a bicycle, but I'll probably get run over and be killed while riding it. And a computer, but I'll probably get carpal tunnel syndrome from too much typing. And an electric train, but I'll probably electrocute myself," said Bob.

Realizing it wasn't going well, Alice asked Bill what he got.

"I'm not sure!!" he replied excitedly. "I think I got a pony, but I haven't been able to find him yet."

Helpful Hint: If the leather on the heel of your favourite shoes has been scuffed, loosen up the wrinkle by gently applying a heated curling iron to the scraped area for a minute. Then dab on a bit of glue and quickly press the leather back into place.

The things kids say … 4 year old Donny, whose mother was pregnant, asked Mary Jane to play "Mommy & Daddy" with him at school. "But I don't know how to play that," said Mary Jane. "It's easy," Donny told her, *"I'll shave and you throw up."*

Did you know that January 18th to 24th is "National Non-Smoking Week."

If you haven't been there yet … stop by **Logan's Gallery** new location … it's absolutely beautiful. ***Great job Mike!!***

SOME THINGS TO THINK ABOUT …

- A few words from the visionary Steven Wright: All those who believe in psychokinesis raise my hand.
- Early bird gets the worm, but the second mouse gets the cheese.
- I almost had a psychic girlfriend but she left me before we met.
- OK, so what's the speed of dark?
- How do you tell when you're out of invisible ink?
- If everything seems to be going well, you have obviously overlooked something.

Thought for the week … A good way to keep the doctor away is to practice peace of mind and moderation.

TIME LINE 1890

- **IDAHO BECOMES THE 43RD STATE OF THE UNION.**
- **DUTCH ARTIST VINCENT VAN GOGH COMMITS SUICIDE.**
- **PHOTOGRAPHER JACOB RIIS DOCUMENTS NEW YORK CITY'S POOR IN "HOW THE OTHER HALF LIVES."**
- **LUXEMBOURG BECOMES FULLY INDEPENDENT OF THE NETHERLANDS.**

Housing Market Caps Strong Year With Slowdown

Cornwall's new home market has ended its four-year slump and has posted a strong 28 percent growth in 1998. Final 1998 figures released recently by the CMHC indicate that there were 73 housing starts in Cornwall last year, up from 57 in 1997.

Second Half Slowdown. The Cornwall new homes market started the year with a roar, with the first half of 1998 outperforming the first half of 1997 by a hefty 267 percent margin. However, the second half of last year only managed to produce half the housing starts that were recorded in the final six months of 1997. The fourth quarter of 1998 posted a total of only five housing starts.

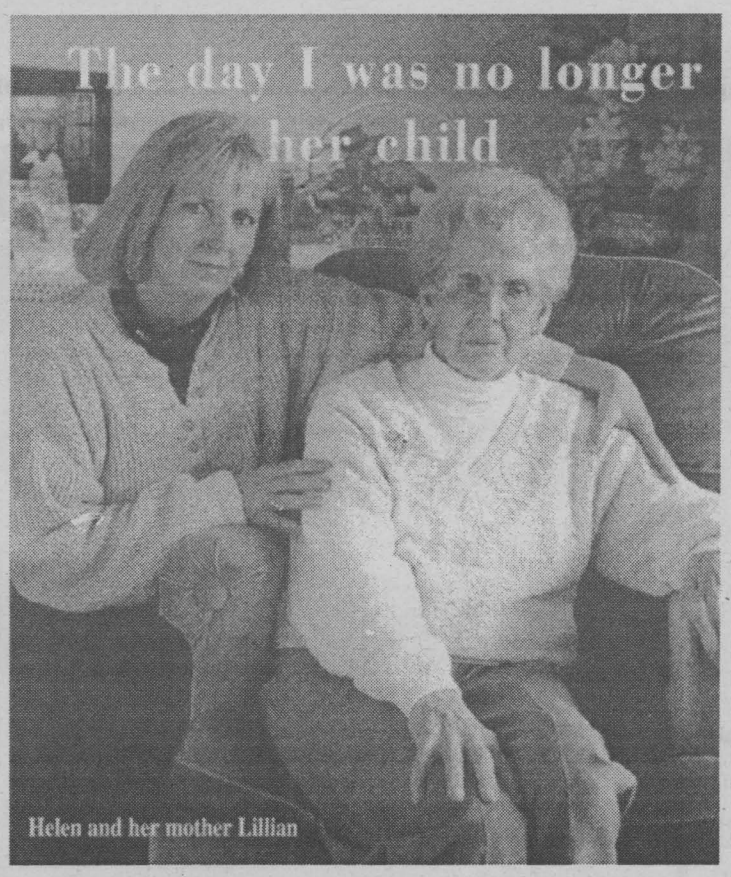
More variety. The housing market also featured more choice in Cornwall last year. Almost three times as many multiple units were built compared to 1997. Apartment units and semi-detached were quite present in the market which, the year before, had been overwhelmingly dominated by single detached homes.

Employment jitters. The early-year influx of new jobs helped buoy the housing market to its first increase in half a decade. "But then, Transcontinental Printing and the Cornwall Jail announcements put a damper on consumer confidence," said Alain Miguelez, CMHC market analyst for Cornwall. "The slowdown at the Levi's plant that was announced a month ago did not help matters much," added Miguelez.

Statistical changes. The total number of starts for the year may seem lower than originally projected. Part of the reason also lies in the way information is collected. Until July of this year, starts for the Cornwall area also included starts in the former townships of Cornwall and Charlottenburgh. But because of the amalgamations, Statistics Canada has ruled that South Glengarry and South Stormont are no longer considered part of the Cornwall Census Agglomeration (CA), because the number of residents of those townships who work in Cornwall is now below the prescribed threshold. Therefore, mid-way through 1998 housing starts for South Stormont and South Glengarry stopped being collected.

City of Cornwall. If one only counts housing starts in the City of Cornwall, 1998's performance stacks up even better against 1997's totals. Fifty-three housing starts were recorded last year, 43 percent higher than in the previous year.

In 1999, starts will again be recorded for South Glengarry and South Stormont for information purposes, even though neither municipality is considered part of the Cornwall CA any longer.



Helen and her mother Lillian

Growing up, she did her best to care for me. Today, our roles have reversed. I do my best to care for her, though she can no longer even enjoy the simple pleasures of living. She was taken from me by an unforgiving disease.

Alzheimer Disease attacks more than just memory. In time, it deteriorates personality and motor functions until the body simply shuts down. Today, 1 in 13 Canadians over 65 are affected by Alzheimer Disease and related dementias*.

As a major source of research funding and support, the Alzheimer Society needs your gift to continue to provide help and hope to those affected by Alzheimer Disease and their families. For more information, contact your local Alzheimer Society or visit our Web Site at www.alzheimer.ca

*Canadian Study of Health and Aging

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Hope for Tomorrow.

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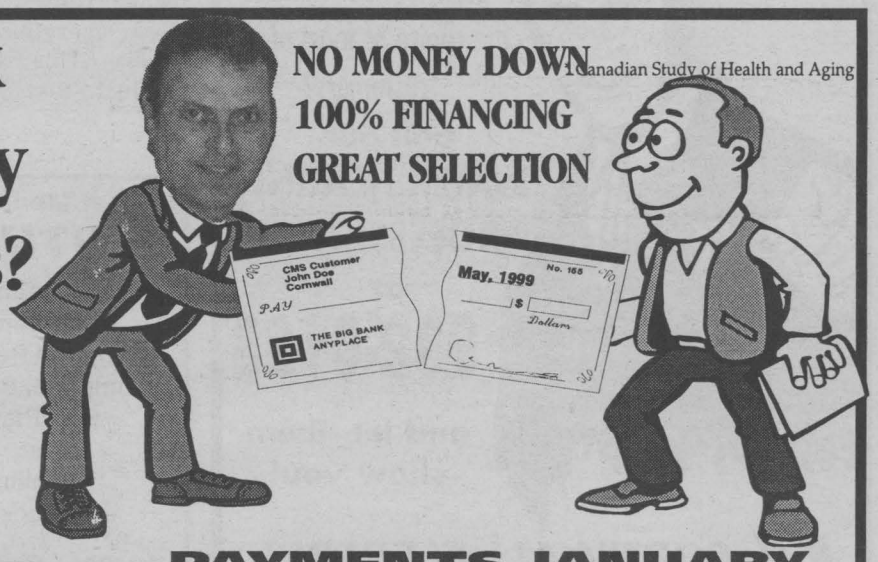

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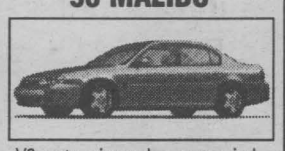
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Actor Gets New Take on Life with Psoriasis Medication

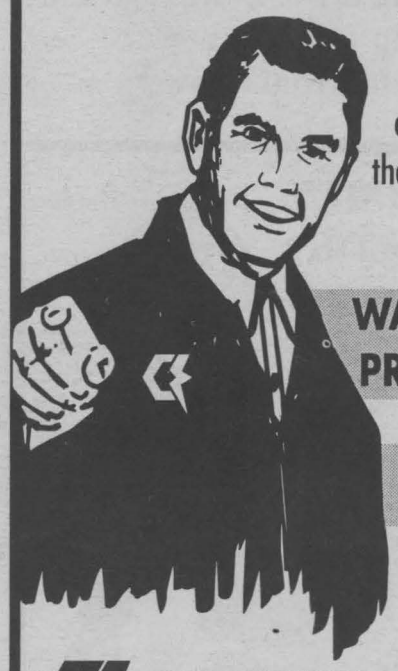
David Collins' life revolves around the exciting world of film and stage. If you glance at his refrigerator, you'll find a photo of the actor on the set of a recent movie with Hollywood actor James Woods. But despite the glamour of his career, David lives under a constant burden. Like nearly a million other Canadians, David suffers from psoriasis.

What is psoriasis?

Psoriasis is a non-contagious skin condition that creates scaly plaques or patches of thick, red inflamed tissue on the scalp, torso, or extremities. "It is miserable," says David. "Nobody can imagine how terrible it is unless they've suffered from it." David has had severe psoriasis for 20 years. "Often I couldn't sleep because of the pain and the itching," he explains . His self-confidence declined and he was losing roles because of his appearance. Psoriasis had begun to rule his life.

A new remedy arrives on shelves

After trying nearly all of the prescription, over-the-counter, and phototherapies available, in early 1998 David tried an over-the - counter medication called Exorex. Within a week, he noticed significant improvement in his skin. "With Exorex, I can do my career now. I can cope with psoriasis." David uses the entire line of Exorex scalp and body treatments daily to manage his condition. While not psoriasis free, David understands, that he has regained control of his life by managing stress and controlling his diet, and by using Exorex daily. "I've tried everything for 20 years. This is the first product that works for me."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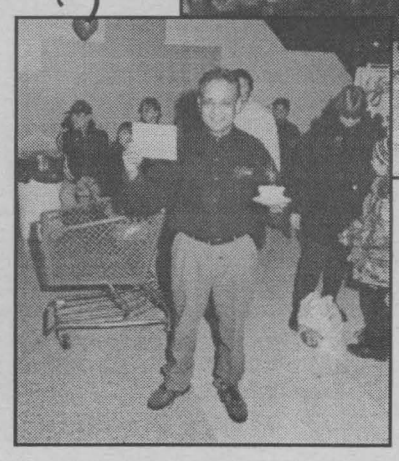
Eastcourt Mall 30th Anniversary







Darryl Adams, from Variety 104.5 hosted a great big birthday bash on December 19th at Eastcourt Mall. Over 8,000 people filed through the doors of Cornwall's Community Centre to help celebrate its 30th anniversary. Pictured above from Edelweiss Bakery are: Henny Dellago, Clair, Lana & Amy. below, Domenic Vincenti, from Iberville, Mayor Brian Sylvester and Henny Dellago from Edelweiss and the clown entertainment for the children.



Crime Stoppers

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

Police services are requesting the public's assistance in solving the theft of an "OPEN" sign from the front of a store which occurred on Nov. 23/98 at approx. 06:47 a.m. on Tyotown Rd., South Glengarry Township. The sign was white metal (4x4) with plexiglass in front and "OPEN" written in front (neon) Item value: $450.

Police services are requesting the public's assistance in solving the theft of a Compaq Presario laptop computer (serial #: 2515302D, model # 1230, colour: black). On Jan 3, 1999 at approx. 12:05 a.m. The laptop computer has a sticker on it "Hack The Planet" at the top of the screen and a sticker "My Crime Is That of Curiosity" to the left of the mouse pad. Item value: $3,000.

If you have information on any of these incidents, please call Crime Stoppers and you could be eligible for a cash reward of up to $1,000.00.

Your Anonymity is Guaranteed. Your call will not be traced or recorded. Crime Stoppers...It's your program, and it works.

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

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Great idea for Christmas



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Shalteck Major Atom "AA" Rapids

The Shalteck Major Atom "AA" Rapids picked up their first point of the new year on Monday evening against the visiting Ottawa West Golden Knights. The Knights got on the board first, scoring early in the first period. The Rapids quickly returned the favour, with Glenn Belmore scoring of a pass from Carson Day.

No goals were scored in the second period, but the net-minders at both ends saw plenty of action. Josh Ingram and Max Millar, who shared the game, were equal to the task, stopping everything that came their way. The Rapids came close on a number of occasions with excellent scoring opportunities by Trevin Thompson and Matthew Walsh. In the third period, the teams again traded goals. Glenn Belmore and Carson Day again teamed up with Belmore potting his second of the game. Other scoring opportunities were had by Cody Jacobs and Corey Tinkess and Brendan Timmers. Rapid defenders Josh Brownlee, Troy Cryderman and Codey Legue meanwhile kept the crease clear and the Ottawa shooters honest. A late goal by Ottawa was called back, as it was kicked in.

Miller Hughes Ford Rapids in Dog Fight for Playoff Spot

With the "AA" Major Bantam season two thirds done, there are five teams with a spread of 5 points in the standings for the last four spots in the playoffs. Seaway has moved from 9th place to 6th place on the strength of two wins this week.

Seaway Valley defeated the visiting Cumberland Barons 7-3. Scoring for the Rapids were Eric Larocque and Matthew Verdone with two goals each, Scott Champagne, Mike King and Patrick Lafleche. Assists were from Mike King (2), Patrick Lafleche (2), Jamie Smith (2), Matthew Verdone and Jesse Winchester. Posting the win in goal was Craig Helmer.

In their next game, the Miller Hughes Ford team travelled to Ottawa to play against Ottawa Ice. The Rapids won the penalty filled encounter 2-1 with goals from Ryan Redmond and Jesse Winchester. Contributing to the effort with assists were Scott Champagne (2), Matthew Verdone and Ryan Major. Jeff McIntyre was outstanding in goal for the Rapids.

Seaway Valley hits the road again Friday night for a game in Gatineau against the Outaouais Intrepid.

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Minor Bantam Boys Basketball

The Cornwall Lions Minor-Bantam boys travelling team got off to a good start in 1999, winning all four league games this past weekend. On Saturday, the Lions beat the West Island Lakers 2, 38-29 and the Nepean Bobcats, 39-31 in Montreal. In Cornwall on Sunday, the Lions defeated the Gloucester Wolverines 2, 48-46, and the Nepean Bobcats, 51-44.

The Lions combined team hustle, passing and rebounding with good individual performances by Pat Coristine (40), Ryan Mohamed (30), Adam Kroon (23) and outstanding overall games by Eric Viau and Shaun McDonald.

PLAY IT AGAIN SPORTS
ICE STORM
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37 Ninth St. East (next to Maynard's YIG) 936-2020

Ray Co Sports

The Cornwall women's hockey team tied the Ottawa Bears 3-3 on January 7th at Brewer Arena. Ray Co jumped out to a 2-0 lead with goals by Dominique Laroche, assisted by Lee Ann Deschamps and a power play goal by Lee Ann Deschamps, assisted by Sandy Roy. The Bears opened their scoring in the 2nd with a power play goal by Lisa Jacobs. Rayco came back with a goal at 02:40 of the 2nd by Dominique Laroche, assisted by Sandy Roy. The Bears gained strength in the 3rd and scored 2 goals at 09:34 and 07:08 to tie up the game.

Lisa Cook played a big role in nets for RayCo, making a number of huge saves.

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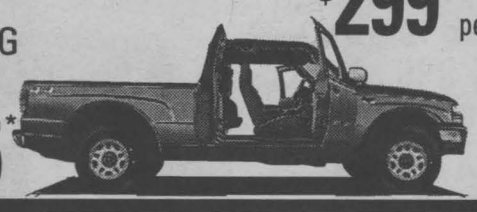

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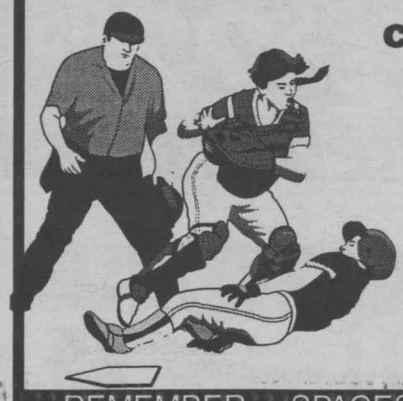

For more information call Kathy or Gilles 938-8732
Coaches Also Needed
REMEMBER .. SPACES ARE LIMITED

Char-Lan Rebels Bantams

The Char-Lan Rebels Bantam Travelling Team played an exhibition game against Massena losing 6-2. Leo Dignard and Phil Touchette each scored one.

They pulled themselves together to win their next game, beating NGS 5-1. Goal scorers were Phil Touchette 3, Robert Grant and Nicholas Buckle each scoring one.

They were still hot when they met Alexandria, winning 6-1. Robb Schaefer got a hat-trick. Robert Grant, Justin Lalonde and Phil Touchette each scored one.

The Rebels ran out of gas when they met Alexandria the next time, losing 6-2. Robb Schaefer and Ryan Lalonde scored the goals.

SEAWAY Sportswire

United Counties Ladies Basketball

January 7th, 1999

Game #1			
Cornwall Gravel Pits	54	St. Lawrence College	32
Top Scorers:			
Carole Blais, 16; Sandy MacDonell, 16		Tammy McDonald, 10; Maureen Benton, 7	
Game #2			
Bill's Sports Bar	54	Rat's Nest	38
Top Scorers:			
Nancy Lister, 16; Nancee Cruickshank, 8		Shannon Mongillo, 15; Nathlie Eamon, 12	
Game #3			
Laframboise	45	Ray Co Sports	35
Top Scorers:			
Chantal Mageau, 12; Christine Campeau, 12		Susan McGillis, 13; Faye Brunet, 8	
Game #4			
Star Gazers	50	B&M Motors	35
Top Scorers:			
Karen Francis, 23; Jocelyn Kelly, 13		Kelly Chodot, 12; Paulette Poirier, 10	

Ingleside Bowling Lanes

High Singles:
Mike Brunet, 345; Bert Eldridge, 308
High Triples:
Mike Brunet, 736; Calvin Beaudette, 732
STANDINGS:

Causeway Auto	267	Papa Nikos	247
Computer Sense	260	Craigs Electric	244
Bruce Anderson Const.	259	Ingleside Food Town	226
Heagle Plumbing	252	Ingleside Lanes	191

A big night for Mike Brunet 345/736 led Causeway Auto to remain in first place.

Eastern Ontario Junior C Hockey League

Team	GP	Won	Lost	OTL	G.F.	G.A.	Pts
Casselman	23	18	5	0	148	81	36
St. Isidore	20	12	7	1	88	88	25
Vankleek Hill	21	10	10	1	90	103	21
Rockland	21	9	9	3	91	96	21
Embrun-Russell	20	9	11	0	78	80	18
Long Sault	21	5	16	0	84	132	10

Kinsmen Girls Hockey-Peewee/Bantam

Team	GP	Wins	Losses	Ties	Points	G.F.	G.A.
Blue	14	8	3	3	19	35	18
Red	13	7	4	2	16	31	27
White	12	6	3	3	15	34	25
Teal	13	5	4	4	14	24	13
Akwesasne	16	0	12	4	4	10	51

Bridge Results

Alexandria Bridge Club - Dec. 29/98
Using the Howell System
1. Rene Belanger - Michel Duplantie
2. Jim Campbell - Elizabeth Marjerrison
3. David Graham - Joseph Freidberg

Martintown Goodtimers Duplicate Bridge Scores- Jan. 5/99
N/S
1. Doris Lambert and Fay Hudspeth
2. Audrey Blair and John Raulston
3. Penny McLeod and Joan Turner
E/W
1. Mary Walton and Emily MacInnes
2. Jean Murray and Jane Troop
3. Laurette Keir and Margaret MacLeod

Independent Bridge Club - Jan. 6/99
N/S
1. Grace Leroux - Peggy Seymour
2. Mabel Chan - Carol Reus
3. Margaret Evans - Terry Forsyth
4. Helen Alguire - Mildred Cleary
E/W
1. Claudette & Guy Drouin
2. Norma Daigle - Freda Tamowski
3. Ben Bouvier - Madan Seth
4. Bob Evans - Louis Rioux

Cornwall and District Bridge Club Jan. 7/99
N/S
1. Margaret Campbell - Maureen Walker
2. Kirk Malette - Voyteck Pomykalski
3. Jeanine Alain - Barbara Taylor
E/W
1. Denise Fournier - Carol Reus
2. Joan Owen - Dr. Allen McLeod
3. Nelsa & David Kalil

Senior Citizens Bridge Club Jan. 8/99 Section A
N/S
1. Yolande Boutin - Marjorie Raymond
2. Georgette Lauzon - Marian Lemieux
3. Gloria Blanchard - Reina Drouin
E/W
1. Florence Bergeron - Rita Struthers
2. Brunell MacDonald - Evelyn McPhail
3. Jeannine Leroux - Roy Parmelee

Section B
N/S
1. Mabel Chan - Lydia LeGault
2. Margaret Evans - Terry Forsyth
3. Carol Reus - Barbara Taylor
E/W
1. Jeannine Alain - Terri Lalonde
2. Claudette & Guy Drouin
3. Jocelyn Campbell - Maureen Walker

Cornwall Community Bridge -Jan. 11/99
1. Margaret Campbell- Carol Reus
2. Kirk Malette - Voyteck Pomykalski
3. Nelsa Kalil - Lydia LeGault

Seaway City Bridge Club - Jan. 11/99
N/S
1. Eva Kittle - George Bissonnette
2. Claudette Drouin - Diana Lalonde
3. Yvonne Bergeron - Jean Boileau
E/W
1. Brunelle MacDonald - Rita Struthers
2. Gloria Blanchard - Lyette Ladouceur
3. Lucienne Brasseur - Ruth Edgerton

Alexandria Bridge Club - Jan. 5/99
Using the Howell System
1. Bill and Barbara Cunning
2. Germaine Lalonde - Yvonne Roussin
3. Ron Alison - Gerri Tibbals
4. Frances Conolly - Sheila Pickett

Jan. 12/99
1. Michel Duplantie - Jeannine Berthiaume
2. Joseph Friedberg - John Plaskon
3. Homer and Lorna Grant
4. David Graham - Don Crawford

Cornwall Lions Minor Bantam Girls Basketball Team

The Cornwall Lions Minor Bantam Girls Basketball team travelled to Brockville for a tri-meet recently. The Cornwall team was the only undefeated team, winning both of their games.

In the first game they beat the host team by a score of 37-22. Top scorer in the game was Anna Dupuis with 16 points, Casey Emard with 8 points and Genevieve Labonte adding 4. In the second game, the Lions played a close and exciting game against Gloucester Wolverines and came out on top with a 31-22 win. After three quarters, the Lions were holding onto a 1 point lead but came on strong in the fourth quarter to score 12 points while holding their opponents to 4 points. Genevieve Labonte scored 8 and Casey Emard added 6. The team will be in action again this weekend when they will host two eastern Ontario teams.

This year the Lions are a young and inexperienced team. Only two players are back from last year's team, Genevieve Labonte and Emilie Seguin. The new players are Anna Dupuis, Cassie Roy, Kaitlin Tierney, Melissa Levac, Michelle Leroux, Casey Emard, Hannah Emard, Meagan Jacobs-Thomas, Brianne Vervoorn and Valerie Grondin. This year the team is coached by Karen Tierney and her assistants are Alain Roy and Melissa Tierney.

Long Sault Vipers Celebrate

The Long Sault Vipers have joined with Royal Bank and Canadian Hockey to celebrate the people who make hockey Canada's national passion.

Royal Bank Canadian Hockey Week is an opportunity to pay homage to the players, parents, officials, coaches, trainers and administrators from coast to coast who dedicate so much of their time, expertise and energy to the great sport of hockey.

One feature of Royal Bank Canadian Hockey Week is a fundraising endeavour called the Royal Bank Toonie Toss. At the Long Sault Vipers vs Vankleek Hill Cougars game on January 23rd at 8:15 pm, all hockey fans are invited to celebrate Royal Bank Canadian Hockey Week with a Royal Bank Toonie Toss. By placing a Toonie in a Royal Bank Toonie Toss envelope and tossing the Toonie at targets on the ice, hockey fans can win a Canada Team jersey and many other great prizes while supporting hockey in their community.

All minor hockey players wearing their team jersey will be admitted free.

South Stormont Novice Selects

On December 22nd, 1998, the Selects had their tournament in Long Sault. The Selects first game was against the Char-Lan Rebels. The first period went by with end to end action but no scoring. In the second period, the Selects managed to get a goal scored by Sean Rudy, assisted by Kale Perry. The Selects put one more in by Brandon McPhail, assisted by Scott Simpson to finish the game 2-0 for the Selects. This win brought the Selects over to the "A" side of the tournament and put them up against Casselman. This game proved to be very tough and exciting for the players and the fans. Casselman started the scoring off in the first period four minutes into the game and another goal with three minutes left in the first. The Selects managed to score less than a minute later by Corey Jodoin, assisted by Sean Rudy to end the period 2-1. Casselman got the only goal in the second period to make it 3-1 for them. Casselman again started off the scoring in the third, but the Selects seemed to get their second wind and came back to pick up three goals scored by Brandon McPhail (2) and Cory Jodoin (1). Assists were credited to Cory Jodoin, Corey Fleury and Sean Rudy. This put the game at a 4-4 tie at the completion of three periods. The game went to a four on four overtime period for 5 minutes with no resolve. The next overtime period of three on three did not end it either. The third overtime period saw a three on three with no goalie. Casselman finally got a break and found the empty net with less than two minutes left to finally finish the game with a 5-4 loss for the Selects.

On Jan. 2/99, the Selects travelled to Akwesasne where they shut them out of the game 9-0. Goals were scored by Corey Fleury (2), Scott Simpson (1), Corey Jodoin (2), DJ Cutler (1), Brandon McPhail (2) and Sean Rudy (1). Assists were credited to Lucas Cryderman, Brandon McPhail, Corey Fleury and Scott Simpson.

On Jan. 5/99 the Selects were at home to host the Cornwall Royals. The Selects came out hard and fast, scoring in the first .34 seconds of play. Corey Fleury picked up the first goal assisted by Sean Rudy. The Selects continued to score in the first at 3 min. 45 secs., 10 seconds later and again in just 1 min. 32 seconds. Goals were scored by Sean Rudy (2), assisted by Corey Jodoin and Kale Perry and Corey Jodoin, assisted by Sean Rudy. Cornwall finally got on the scoreboard with 1 min. 37 seconds left in the first period and again a minute later. Cornwall scored one more goal in the second period but did not have enough to get by the determined Selects. The final score was 4-3 for the South Stormont Novice Selects.

Paradise Fitness Cornwall Atom "A" Royals

On Sunday, January 10th, the Royals hosted the Gloucester Rangers at the Si Miller Arena in Cornwall. In the 1st and 2nd period, either goalies wanted to let up as the periods ended 0-0. In the third period, the Rangers went ahead by scoring four goals against the Royals. Cory Gove of the Royals scored the lone goal unassisted. The Royals took a loss of 4-1 in this game. The players on the team would like to wish Jonathan Cutler and Kory Willard a speedy recovery as they are both out with injuries. Hope you both get well soon.

Major Peewee Rapids Lose Close Games

The Seaway Valley Major Peewee Rapids played their last 2 games on the road losing 2-1 to Rideau and 4-3 to the Eastern Ontario Cougars.

In the Rideau game, Shawn Pollard was solid between the pipes stopping 20 shots, while Chris Laperle scored the only goal, assisted by Jason Lepine.

In the Ontario East game, Chris Laperle, Jason Lepine and Stephane Quenneville scored for the Rapids. Scott Bonneville, Jason Lepine, Joey Thompson, Ryan Kuhn-Lalonde and Robert Marion all picked up assists.

The Rapids played the first place Outaouais Club at home in Maxville and kept it close for most of the game only to come up short 7-4.

Andrew Michaud led the Rapids squad with a goal and two assists. Tim Owens picked up a goal and an assist. Chris Laperle and Ryan Kuhn Lalonde were the other two goal scorers. Robert Marion and Mathieu Bergeron picked up two assists each, while Patrick McLeod picked up a single helper.

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New Banking Cards Grow up With Your Children

(NC)—If you've ever stopped at a banking machine with kids in tow, you've likely endured a plea to push the buttons. Now, a new generation of banking cards from Royal Bank and Royal Trust offers children and teens the opportunity to manage their own money while learning about banking technology.

The ABM Deposit-Only Client Card or Cub Card, one of four new Youth Client Cards, lets younger children take charge of their own savings, deposit their allowance at banking machines and update their bankbooks. "The built-in deposit-only feature gives parents the peace of mind and protects children's savings," says Jane Fershko, senior vice president, card products, for Royal Bank.

As children get older, they can graduate to the next level of Client Card for youth, which gives various levels of access to their accounts through banking machines - starting at $20/day - as well as direct payment for retail purchases. These Client Cards provide extra value through the Student Price Card (SPC) program that offers young cardholders savings when they show the SPC symbol at participating retail outlets across Canada.

"Our Client Card will grow up with the child," says Fershko. "Plus, our young clients will learn the importance of safeguarding the Personal Identification Number (PIN) and the responsibility that comes with accessing a bank account."

The Client Card is often a companion to the Leo's Young Savers Account, offered by Royal Bank and Royal Trust for clients under 19.

The account provides free everyday personal banking services, unlimited in-branch transactions and a bankbook. To help kids under twelve get started, Royal Bank and Royal Trust will deposit $5.00 into every new Leo's Young Savers Account.

The Leo's Young Savers account and Client Card are available upon request through Royal Bank and Royal Trust branches across Canada.



Cornwall Tire Seaway Valley Midget "AA" Rapids held a Christmas Basket Lottery Draw on December 22nd, 1998. The lucky ticket number was #2030 and held by Holly Brisebois and drawn by Pierre Quesnel. Pictured above are (frt. row): sponsors Pierre and Luc Quesnel. Back row: (players) Marc Bourget, Alain Léger, Peter Pelletier, Adam Cameron, Co-Manager Charlie Bourget, Top Salesman Roger Léger, Head Coach Jamie Poulin and Co-Manager Donald St. Denis.

PLANNING YOUR FUTURE



By Mark McDermid

Understanding the ABCs of RRSPs

Imagine if you can, a scenario in which the Canadian government pays you almost half of the money you require to make the investment of your choice. A GIC or a hot stock – it's your call. Then, when you've made money on that investment, be it through interest earned on the GIC, or the capital gain generated by the sale of your stock, the government tells you don't have to pay tax on it. Keep the profits they say. No hitch. No hassles.

Sounds far-fetched? Not at all if you are among the one in three Canadians currently taking advantage of the federal government's most generous form of tax relief – the Registered Retirement Savings Plan – commonly known as the RRSP.

An RRSP is a government approved program that is designed to encourage Canadians to save for their retirement by providing powerful tax reduction options. The tax breaks come in two forms. The first is that once you set up an RRSP, the financial contributions you make are deductible from your taxable income.

Taking an example from Gordon Pape's 9 Low Risk Ways to Get (& Stay) Very Rich, this means that people in the middle tax bracket whose marginal combined federal/provincial tax rate is somewhere around 42%, (depending on which province you live in), would receive a tax refund of $2,100 on a contribution of $5,000. Therefore, the "real" cost of the investment is only $2,900 but the full $5,000 is still working inside the plan.

The second tax advantage resides in the sheltering of the income and capital gains that are generated by the investments in your RRSP. Simply put, your money is allowed to grow tax free. Anyone who has ever invested in a GIC (outside of an RRSP) knows that the interest earned is heavily taxed. Likewise, a capital gains tax is levied on investments like stocks and mutual funds. But all investments within an RRSP are effectively "sheltered" from tax and allowed to compound.

Using the example once again of the RRSP holder in the 42% tax bracket, let's examine the effects of a five-year $10,000 GIC paying 10% interest held both inside and outside an RRSP. In a sheltered plan where no tax is paid, the investment would grow in value to $16,105 in five years. Outside of an RRSP, the investor would be required to pay $2,357 in tax resulting in a cumulative value of only $13,257.

But why you ask, would the government in these desperate times of budget slashing and tax grabbing allow itself to miss out on such lucrative revenues? Aren't governments supposed to encourage consumer spending not saving?

The answer may well be simpler than the question. Governments are broke. They quite simply do not have the resources to continue to support the growing number of retired Canadians who will be dependent on government-sponsored pension plans in the future.

RRSPs are one method by which the federal government can encourage people to take responsibility for their financial future.

At the risk of providing too much of a good thing however, the government has established limits as to how much an individual can contribute to an RRSP on an annual basis. The yearly maximum allowable contribution limit is currently 18% of the prior year's earned income up to a maximum of $13,500.

Once you've determined the amount of money you can afford to put into your plan, the next decision must be where to invest. Fortunately, there is a plethora of options. Among them Canadian equities, international equities up to an allowable limit, mutual funds, Treasury Bills, bonds, stripped coupons, GICs and the list goes on. It is best to explore your options with an advisor – one who can help you identify the options that are best for you. After all, it's your money and your future.

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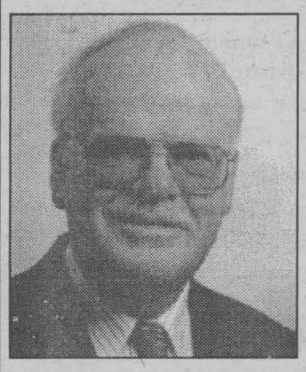

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When Wipers Won't Wipe

It's bad enough that your windshield washer fluid is freezing on your windshield, now the wipers are only moving the dirt around. What can you do? It starts with choosing the right wiper blades. Hardly anybody thinks about the wiper blades -- after all, they won't cost you big bucks at the service outlet.

Well, they might cost you big bucks at the body shop. Defensive driving instructors will tell you that vision of the road and the traffic around you is your most potent defence against collisions. Keeping a clean windshield is a good start.

Just as there is seasonal windshield washer fluid, there are seasonal and high performance wiper blades. The Car Care Council recommends switching blades every six months, in the spring and fall.

Winter wiper blades are typically well-protected against ice and snow build up so that the rubber wiping blade remains flat on the windshield. The rubber used has better cold weather performance, too.

Living in a fine climate is no guarantee against wiper blade deterioration -- even sunlight can cause the rubber to age and crack in a relatively short time.

Common problems to watch out for:

- cracked or split rubber -- usually caused by ultraviolet rays or overly aggressive ice removal
- pitted, scarred, or discoloured rubber -- usually caused by salt removing chemicals
- torn rubber -- where the rubber blade has pulled away from the arm and is slipping out or slapping against the glass
- chattering or squeaking sound as the blades work -- usually caused by blades warped through infrequent use or exposure to strong sunlight - the blades take on a permanent curvature, instead of conforming to your windshield
- worn rubber -- old blades will exhibit rounded or ragged edges, which will not clean properly
- windshield streaking -- can result from tree sap or road tar on the blades, from cracked, inflexible rubber, or from blades clogged with snow or ice.

So how do you get the best performance from your windshield wipers?

First, clean off the whole windshield -- don't try to look through a porthole. Gently remove ice from around the wiper blade, and make sure the arm can move freely.

Clean the snow off the hood, too -- otherwise, it will wind up in your face as soon as you drive away. Before your car has come up to operating temperature, your ability to melt that snow on the windshield is limited, and it will likely smear. The same holds true for the roof of your car or van -- that snow will wind up all over your rear window, and cause difficulty with your rear window wiper (if you have one).

Have you ever had the experience of driving away with a clear view of the road, only to have your windshield fog over instantly? That's usually the result of snow being drawn in through the defrost system. This is less likely to happen if you clean out your air intake on the hood.

The lowly wiper blade. Just a few simple steps can keep it invisible, and help you keep your eyes on the road.

Pumping Your ABS

No, we're not talking about a new device for firming your waistline. We're talking about Anti-lock Braking Systems (ABS), which have been called the greatest safety innovation since the seatbelt. There are more and more cars on the market with ABS as an option or even as a standard feature. But there are many who don't understand how the system works or what it can and cannot do for a driver in bad weather.

Here's a quick quiz from Car Care Canada to see if you understand ABS:

1. Even with ABS, on a slippery road I should pump the brakes for maximum stopping power.

True False

2. The main advantage of ABS is that it allows me to retain steering control while applying maximum braking.

True False

3. When I press down on the pedal on a slippery day, I feel the pedal press back against my foot and I hear a humming noise. This means the brakes are failing.

True False

4. The ABS warning light comes on. This means I have a total brake failure and I must not drive the car.

True False

Answers

1. False. The ABS system will pump only the brake or brakes on wheels that are slipping. The other brakes remain fully applied, so you'll stop faster. The ABS system can pump the brakes that need to be pumped many times a second.

2. True. Because your wheels never lock up, you retain steering control. This gives you the option of steering around an obstruction or stopping before you hit it.

3. False. This is normal, and tells you that the ABS system is working. Use a firm steady pressure on the brake pedal.

4. False. The ABS warning light means an ABS system problem -- your brakes will work normally, unless the brake warning light is also on. However, you no longer have ABS, so get that system checked as soon as possible.

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'89 PONTIAC SU — SOLD — 4 dr., red — $3,895
'89 BUICK REGA — SOLD — V6, 2 dr., white — $3,795
'89 CHEV CAVALIER RS, — 2 dr., blue, auto2 — $3,595
'89 FORD TEMPO, — 4 dr., burgundy, auto. AS IS SPECIAL, REDUCED — $1,295
'88 MERCURY SABLE WAGON — V6, white — $3,795
'88 PONTIAC FIREBIRD FORMULAE, — V6, t-top — $3,395
'88 PONTIAC SUNBIRD, — 4 dr., white, auto — $3,295
'88 TOYOTA TERCEL DX, — 5 speed, blue — $2,495
'88 DODGE SHADOW, — 4 dr. AS IS SPECIAL, REDUCED — $995
'87 OLDS CALAIS GT — V6, new mfc. engine, MINT — $6,995
'87 DODGE CARAVAN, — 7 pass., maroon — $2,695
'87 CHEV CAVALIER, — 4 dr., blue, low kil. — $1,595
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94 EAGLE VISION ESI, 101,000 km, very nice — $8,750
93 CHEV CAVALIER, 4 dr., auto, green, 123,000 km — $4,250
93 OLDS CIERRA, very clean, 4 dr., auto, V6 — $6,975
93 PONTIAC SUNBI — SOLD — red, air — $3,850
92 GEO METRO, 2 dr., auto, 107, 000 km — $3,300
91 PONTIAC 6000, very good cond. — $3,850
91 BUICK REGAL, 2 dr., coupe Full Loaded, Burgundy — $5,500
91 PLYMOUTH SUNDANCE, 4 dr., hatch, 119,000 km — $3,450
90 CHRYSLER IMPERIAL, Top of Line 123,000 km. — $5,250
90 BUICK LE SABRE, burgundy — $5,400
89 BUICK LE SABRE LTD, 2 dr. coupe, 112,000 km — $4,400
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Females Seeking Males

LET'S MINGLE
Do you enjoy life and good conversation? If so, then you could be the perfect match for this somewhat-shy, SWF, 33, 5'7", who's looking to meet an honest and sincere, SWM, 29-40, for a possible relationship. Ad#: 5844

LOVE AT FIRST SIGHT
Open your heart to this down-to-earth, fun-loving, SW mom, 23, 5'9", who enjoys laughing and good conversation. She's interested in meeting an open-minded, SWM, 25-32, for a possible relationship. Ad#: 7831

A SWEET MELODY OF LOVE
SWF, 18, 5'6", 160lbs., brown hair/eyes, fun-loving, open-minded personality, with a great sense of humor, she enjoys bars, music and spending time with someone, is seeking a smart, honest, SM, 18-28. Ad#: 1899

HELLO LOVE
SWF, 49, smoker, 5'3", 130lbs., who is fun and out going, enjoys life, sewing, reading, and traveling, is seeking, SM, 45-60, who likes to have fun, stable and loves animals. Ad#: 3192

REACH FOR THE STARS
Would you believe that this blue-eyed blonde SWF, 18, 150lbs., is single? She's interested in meeting a SWM, 18-23, for a possible long-term relationship. Her hobbies include shooting pool, socializing and meeting new and exciting people. Ad#: 7025

ONE STEP AT A TIME
Physically fit, bubbly, professional, SW mom, 41, 5'2", 150lbs., who likes long walks with her dog, horseback riding, spending time with her daughter, is seeking an honest, caring, D/SWM, 38-43, who is a N/S. Ad#: 7073

ACTIVE
She's a creative, SWF, 21, 5'6", 160lbs., with brown hair/eyes, who likes quiet evenings, spending time with friends, movies, shooting pool. She is in search of an outfgoing, intelligent, SWM, 22-29, who is not possesive. Ad#: 5267

TO THE POINT
SW mom, 29, 5'7", 150lbs. Honest and outgoing, who enjoys dancing, watching movies and going for long walks. Seeking an SWF, 25-33, whose easygoing and likes children, Ad#: 1185

GET TO KNOW ME
SWF, 55, 5'5", 135lbs., with brown hair and hazel eyes, non-smoker, non-drinker, who likes being sociable, quiet times at home, dancing, camping, and more, seeking an independent, sincere, trustworthy, mature, SM, over 50. Ad#: 1407

SHY GIRLS NEED LOVE, TOO
Quiet, shy, easygoing, fun-loving, employed, SWF, 36, 5'5", 110lbs, with brown hair, hazel eyes, enjoys reading, riding a motorcycle, walking and much more. She is in search of an honest, caring, truthful, hardworking, SWM, 33-42, N/S. Ad#: 4870

HONEST IS A MUST
SW mom, 35, 5'1", 105lbs, brown hair, hazel eyes. Very easygoing, romantic and loves spending time with someone special and daughter, who enjoys camping, gardening. Seeking SWM, 34-39, who is romantic and is willing to start slowly. Ad#: 4933

PULL UP A CHAIR...
And have a heart-to-heart with this SWF, 38, 5'6", who's interested in meeting an easy-going, down-to-earth SM, 19-45, for a possible long-term relationship. She enjoys socializing, the outdoors and meeting new and exciting people. Ad#: 5642

LETS DANCE
Bubbly, employed, SWF, 50, 165lbs., tall, with brown hair/eyes, who likes country music, camping, reading, is in search of an humorous, patient, SWM, 40-60, who knows when to be serious. Ad#: 6544

FALL IN LOVE
She's a self-employed, SWF, 48, 5'2", with green eyes, who likes traveling and much more, She's hoping to meet a kind, lovable, SWM, 55-65, to share life with. Ad#: 3061

LONELY EYES
Give a call to this easygoing, humorous, SWF, 55, 5', 148lbs., with black hair and brown eyes, smoker, who enjoys fishing, travel, dancing, she is looking for an emotionally stable, affectionate, considerate, SWM, over 55, to spend time with. Ad#: 5444

NO ONE SAID IT WAS EASY...
But we'll help you find that special someone. This SWF, 18, 5'4", 110lbs., enjoys an occasional drink, sports, working out and partying. She's interested in meeting a SM, 18-20, who shares similar interests, for a possible long-term relationship. Ad#: 2050

THE SEAL OF EXCELLENCE
Make memories with this easy-going, retired SWF, 65, 5'8", who's seeking a honest and sincere SWM, 60-67, a N/S, non-drinker, for a possible long-term relationship. She enjoys traveling, country music, good conversation and the great outdoors. Ad#: 3282

HEY, YOU NEVER KNOW
It's possible that you will find this SW mom, 25, 5'5", 135lbs., a perfect match. She's interested in meeting a personable SWM, 25-40, for a possible long-term relationship. She enjoys, all that life has to offer. Ad#: 4858

GIVE HER A CALL
This employed SWF, 21, 5'3", with blonde hair and blue eyes, N/S, social drinker, is searching for just the right SWM, 21-36, N/S. Ad#: 1168

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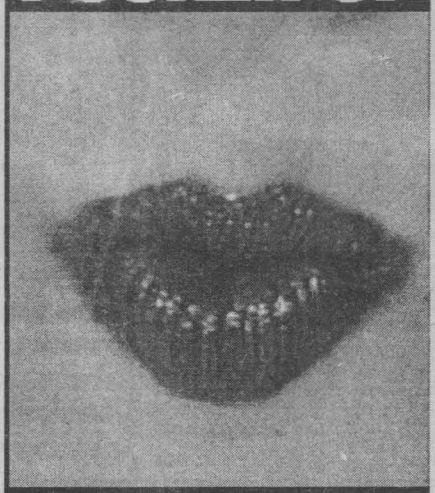

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CONTEST RULES - **LADIES:** plant a kiss here, or on a separate sheet of paper, and you can **Win a Trip to Anywhere in Canada**. We have thousands of single men, throughout Canada who would love to meet Canada's greatest kisser. Show them who it is by sending us your lip prints. We will choose 3 of the best lips from all entries received by January 31, 1999. These lips will then be displayed in all our dating columns across Canada, where single men will cast their votes as to which pair of lips represents **Canada's Greatest Kisser**. If your lips are chosen you **Win An All Expense Paid Weekend** and get to meet the man of your choice from our national database. We will then fly you to that city to meet him. Your **All Expense Paid Weekend** includes: roundtrip airfare, hotel accommodations and **$250.00 Cash*** (or a **$500.00 Cash Bonus** if you have placed a free ad in our system). **AND GUYS:** If Canada's Greatest Kisser chooses your personal ad you win **$250.00**. So place your **FREE** personal ad today. All entries must be postmarked by January 31, 1999. Please include: Your name, address and phone number (with area code) along with the newspaper's name and your personal ad number. (If you placed a personal ad.)

Send all entries to: DRMOC, 5678 Main Street, Williamsville, NY 14221

LET'S GET TOGETHER!
This very outgoing, hardworking, SW mother, 23, 5'5", with blond hair and brown eyes, slim, who enjoys movies, bingo and more, is searching for an honest, outgoing, faithful, SWM, 23-32, that will not play head games, and who likes children. Ad#: 7066

EASY TO GET ALONG WITH
Shy, SWF, 35, 5'2", with brown hair, eyes, who likes watching movies, quiet evenings and camping, is looking for a employed, caring, SWM, 35-48, who knows what they want in life. Ad#: 4261

THE KEY TO MY HEART
It's possible that you will find this personable, medium-built SWF, 28, a perfect match. She's interested in meeting a reliable SM, 24-40, for a possible long-term relationship. She enjoys the outdoors and socializing. Ad#: 9000

COMMUNICATOR
She's a very easygoing, quiet, employed SWF, 55, 4'9", 100lbs., with short auburn hair and green eyes, N/S, non-drinker, who enjoys golf, biking, skiing, is searching for just the right honest, open-minded, affectionate, gentle SM, 52-65. Ad#: 2304

HIGH ON LIFE
This very active, outgoing, optimistic SW mother, 40, 5'5", 140lbs., with sandy blonde hair, N/S, social drinker, who enjoys darts, bowling, camping, and more, is hoping to find a SBM, 30-50, N/S, with a great smile and good personality. Ad#: 9091

HEAR ME OUT
Humorous, employed, WWW mom of one, 35, 5'4", non-drinker, who likes movies, dancing, outdoors, hopes to meet an honest, reliable, SM, 30-45, who is a non-drinker. Ad#: 1483

ENJOYS LIFE
Employed, SWF, 21, tall, 139lbs., with dark hair/eyes, smoker, social drinker, who likes spending time with friends, dancing and singing, is in search of a athletic, caring, SWM, 25-29, with similar interests. Ad#: 1849

MULTI-FACETED
She's a blue-eyed blonde, SWF, 21, 5'3", 170lbs., who enjoys romantic walks, meeting new people and spending quality time with family and friends. She's looking for a SWM, 21-28, for a possible long-term relationship. Ad#: 3679

NEW OUTLOOK
Hardworking, SWF, 21, 5'5", 170lbs., with blonde hair, blue eyes, who likes spending time with friends, cooking and long walks, is in search of an easygoing, caring, trusting, SWM, 21-28. Ad#: 5798

LOOK INTO MY EYES
It's possible that you'll find this SWF, 27, 5'6", 130lbs., a perfect match. She enjoys having fun and spending quality time with family and friends. She's interested in meeting a SWM, 25-37, for a possible long-term relationship. Ad#: 6031

THE PERSONALITY COUNTS
This very honest SWF, 40, 5'3", 150lbs., with brown hair and hazel eyes, a N/S, likes walking, puzzles, painting, is searching for an honest sincere, SWM, 40-55, N/S, who says what he thinks, to spend time with her. Ad#: 6732

COMPASSIONATE SOUL
Are you an educated SM, over 30, who's interested in a possible long-term relationship? If so, then you could be the perfect match for this professional SWF, 30, 5'6", who enjoys traveling, good conversation and the arts. Ad#: 6763

HONESTY TOPS MY LIST
Open your heart to this personable, brown-eyed SWF, 43, 5'4", who's interested in meeting a SM, over 19, for a possible relationship. She enjoys sports, the outdoors and spending quality time with family and friends. Ad#: 6970

YOU BRING ME JOY
If given the chance...This medium-built SW, mom, 42, 5'5", would love to meet you. She enjoys good conversation, meeting new people and the great outdoors. She's interested in meeting a SWM, over 19, for a possible relationship. Ad#: 8591

WHERE'S MY ROMEO?
Your looking for a special kind of gal, like maybe this outgoing SW mom, 35, 5'1", 106lbs. She's interested in meeting a SWM, 34-38, who enjoys sports, good conversation and spending quality time with family and friends. Ad#: 8720

LET'S TALK
Very easygoing employed SWF, 55, 5'2", 100lbs., auburn hair, N/S, non-drinker, likes gardening, crafts, country music, seeking an open, honest, fair-minded SWM, 52-65, who likes good conversation. Ad#: 9009

QUIET NATURED
Self-employed SWF, 49, who ejnoys the outdoors, arts and crafts, and an accasional drink. Seeking a SWM, 45-60. Ad#: 9870

Males Seeking Females

NICE GUYS DO EXIST
Witty, honest, self-employed, SW dad, 38, 6'1", 170lbs., with brown hair, blue eyes, social drinker, who enjoys the outdoors, spending time with family and much more, is in search of a humorous, open-minded, SWF, 25-40. Ad#: 8016

READY TO SETTLE DOWN?...
Then contact this personable, down-to-earth, SWM, 34, 6'1", 230lbs., who's interested in meeting a SWF, 20-35, for a possible relationship. He enjoys life and spending quality time with that someone special. Ad#: 5765

WHERE'S MY JULIET?
In good shape, this SWM, 40, 5'9", 175lbs., with blonde hair and blue eyes, is out-going and humorous, hobbies are most outdoor activities, is hoping to find an honest, fun SF, over 19, that can be serious too. Ad#: 8678

VIVACIOUS
He's an understanding, athletic, SWM, 35, 5'4", 135lbs., who enjoys meeting people and the great-outdoors. He's searching for an honest, personable, SWF, 25-39, to share life with. Ad#: 4551

RELIGION IS A PLUS
SWM, 50, 6'1", 215lbs, brown hair/eyes, well built, fit, hobbies includes table tennis, poetry and country life activities, is seeking an honest, loving, caring SWF, 30-48, who's also intellectual. Ad#: 3742

CAN WE CLICK?
Attractive, outgoing, fun-loving, employed, SWM, 40, smoker, 6', 210lbs, enjoys watching movies, dining out, dancing, and outdoors. He seeks an honest, outgoing, SWF, over 30, who loves outdoors. Ad#: 1670

ARE YOU MY TEDDY BEAR?
Outgoing, humorous, easygoing, employed, SWM, 21, 6'3", 190lbs, enjoys outdoor sports, romantic dinners, and moonlight walk. He is in search of a trusting, honest, SWF, over 19. Ad#: 9879

PLEASE CALL
SWM, 26, 6'4", with brown hair, blue eyes, who likes skiing, cycling, and much more, is in search of a SWF, 19-30, to share interests. Ad#: 7288

OPPOSITES ATTRACT
This built SWM, 18, 5'7", 140lbs., with hazel eyes, who is also very funny, enjoys skiing, rollerblading and reading, is seeking an funny SBF, 18-20, with a good personality. Ad#: 5080

SIMPLY ALLURING
As long as they're honest, I can get along with anyone says this SWM, 36, 6'. He enjoys camping, the outdoors, laughing and meeting new and exciting people. He wishes to meet a fun-loving SWF, 30-45, to share life with. Ad#: 7199

HOLD ON TO YOUR HEART
Employed SWM, 41, looking for a relationship, likes to have fun and joke around. Enjoys watching television, dancing and going for an occasional drink, seeks a SWF, that is honest, and likes to talk. Ad#: 3624

COMMON BOND
Athletic, outgoing, employed student, SWM, 21, 165lbs., with brown hair/eyes, who likes playing pool, spending time with friends, is looking for a beautiful, SWF, over 19. Ad#: 7972

TIRED OF BEING ALONE...
Then call this SWM, 49, 5'6", 190lbs., who enjoys auto-racing, watching TV, traveling and spending quality time with that special someone. He's hoping to meet a SWF, 19-48, for a possible long-term relationship. Ad#: 7166

FINE & DANDY
Shy, out-spoken, student, SWM, 29, smoker, 5'7", 130lbs, with brown hair and eyes, enjoys riding bicycle, rebuilding computers, playing with his son, and reading. He is seeking an honest, caring, loving, truthful, SWF, 18-35. Ad#: 1052

SEIZE THE MOMENT
Humorous, fit, professional, SWM, 33, smoker, social drinker, enjoys boating, skiing, bowling, and spending a quiet evening at home. He is in search of an honest, slim, attractive, SWF, 25-35. Ad#: 1972

LOVING
This medium build SWM, 34, is shy, outgoing and a very giving person. He enjoys photography, and collecting antiques. Who is hoping to meet an caring, romantic SF, 18-35, who's supportive. Ad#: 6919

ATTENTION LADIES...
Disabled, tall, SWM, 38, smoker, with black hair, blue eyes, enjoys fishing, watching movies, and much more. He is in search of an honest, trustworthy, open-minded, SWF, 30-39. Ad#: 9263

EASY-GOING & SOMEWHAT SHY
Make memories with this SWM, 28, 5'11", 245lbs., who's interested in meeting a SWF, 21-35, for a possible relationship. He enjoys dining out, good conversation, computers and spending quality time with that special someone. Ad#: 1639

JUST TO BE CLOSE TO YOU
Would you believe that this SWM, 22, 5'9", 185lbs., is single? He's interested in meeting a SWF, 19-24, for a possible long-term relationship. He enjoys spending quality time with family and friends, good conversation and the great outdoors. Ad#: 9695

COUNTRY BOY
Humorous, ambitious, employed, SWM, 35, 180lbs., with dark hair, hazel eyes, who likes woodworking, movies, working out, is looking for a slender, attractive, SWF, 28-36, children welcome. Ad#: 2259

MAGNETIC
Self-employed, SWM, 42, 6', with a good build, who likes working out, dancing, outdoor activities, is looking for an independent, SWF, 30-40, who will walk side by side thru life with me. Ad#: 5970

FRIENDS FIRST
Open your heart to this naturalistic WWWM, 63, 187lbs., who enjoys the great outdoors, traveling, golfing, dining out and much more. He's interested in meeting an honest and warm, SWF, 19-60, to share his interests with. Ad#: 1174

STRONG MORALES
Old-fashioned, employed, SWM, 35, 6', 195lbs., with blond hair, blue eyes, who likes sports and doing just about anything, is seeking a stable, romantic, SWF, 29-39, to get to know. Ad#: 6249

THE SEARCH IS OVER
Open-minded, employed, SWM, 29, 6', 185lbs., with brown hair/eyes, who likes spending time with friends and movies, is looking for a SF, 19-40, who is willing to try new things. Ad#: 3484

ONE STEP AT A TIME
Shy, quiet, humorous, tall, employed, SWM, 28, 6', 160lbs, enjoys watching sports, driving, going on tours, and much more. He seeks an honest, caring, SWF, 19-28. Ad#: 2856

WHAT A MAN, WHAT A MAN
Spontaneous, easygoing, fun-loving, slim, employed, SW dad, 38, 6', enjoys outdoor activities, and loves spending time with his children. He seeks an honest, easygoing, fun-loving, slim, SF, 24-40, who likes children. Ad#: 9306

HONESTY TOPS MY LIST
Why not meet this out-going SWM, 33, 5'5", 160lbs., who's interested in meeting a SWF, 25-40, for a possible long-term relationship. He enjoys playing cards, children, good conversation and the great-outdoors. Ad#: 2096

MAYBE YOU & ME
Call to chat with this SWM, 25, who's interested in meeting a SWF, 23-28, for a possible relationship. He enjoys weightlifting, shooting pool, the great outdoors and spending time with that special someone. Ad#: 6460

ELEGANCE BEYOND A DOUBT
Your looking for a special kind of guy, like maybe this SWM, 44, 5'5", 140lbs., who's interested in meeting an honest SWF, over 39, for a possible long-term relationship. He enjoys socializing and the great outdoors. Ad#: 5092

UPLIFTING
Employed, quiet, fun loving, SW dad of 2, 38, 5'7", 175lbs., who likes sports, outdoor activities and traveling, is looking for a honest, fun-loving, SWF, 25-45, who likes to be pampered, for spending quality time with. Ad#: 1703

WALK INTO MY LIFE
Life could get interesting with this sociable SWM, 39, 5'6", who enjoys the outdoors, the theatre and good conversation. He's interested in meeting a SF, 32-40, for a possible long-term relationship Ad#: 1642

HONESTY TOPS MY LIST
SWM, 32, 5'7" wiyh brown hair. hazele eyes, easygoing with great sense of humor, enjoys bowling, darts, bicycling. Seeks SWF 27-36 who is honest, faithful likes animals and enjoys candlelight dinners. Ad#: 2820

OUTGOING
Physically fit, caring, employed, SWM, 38, 5'7", with blond hair, blue eyes, who likes dancing, working out, outdoors, is in search of a sensitive, affectionate, SWF, 19-35. Ad#: 3158

DYNAMITE CHARACTER
He's an honest, trustworthy, blue-eyed SWM, 33, 6'2", 165lbs., who enjoys shooting pool, playing cards and good conversation. He would like to meet a SF, 19-40, for a possible relationship. Ad#: 3396

GET TO KNOW ME
Leave a message for this kind and caring SWM, 30, 5'9", who enjoys romatic walks, going to the movies and spending quality time with family and friends. He's interested in meeting a SF, 23-35, for a friends-first relationship. Ad#: 4995

LONG-TERM RELATIONSHIP
He's a professional, SWM, 32, 6', 190lbs., with a medium build, interests include hockey, going to the movies, dining out. He is in search of a honest, active, SWF, 25-35. Ad#: 6119

ALLURING PERSONALITY
You'll like this spontaneous SWM, 37, 5'6", 160lbs., with salt and pepper hair, and blue eyes, smoker, enjoys biking, billiards, cards, movies, is seeking a down-to-earth, honest, SWF, 28-39, with a great smile. No games. Ad#: 7333

CLASS ACT
Hardworking, SWM, 31, 5'7", with blond hair, blue eyes, smoker, social drinker who enjoys the outdoors, fishing and much more, is in search of a SF, 22-40, who enjoys quiet evenings. Ad#: 7351

START AS FRIENDS...
Out-going, SW father of one, 25, 5'7", 155lbs., smoker, social drinker, likes soccer, football, sports, seeking really special down-to-earth, SWF, 20-28, children, smoking, social drinking o.k., start slow, work into more. Ad#: 8387

END MY SEARCH
What a guy. He's a SWM, 47, 5'11", 185lbs., who enjoys motorcycles, good conversation and spending quality time with that special someone. He's interested in meeting a SWF, 30-50, for a possible long-term relationship. Ad#: 8406

REACH FOR THE STARS
He's a medium built personable SWM, 18, 6', who is interested in meeting a SF, 18-24, for a possible relationship. He enjoys the outdoors, good conversation, and meeting new people. Ad#: 9474

Females Seeking Females

HAPPY
Employed, SWM, 25, 220lbs., tall, with brown hair/eyes, who likes woodworking and much more, is seeking an honest, SM, 18-35, to get to know. Ad#: 9630

HOPES & DREAMS
Be true to me, I'm an honest and sincere, SWM, 22, 5'10", 150lbs., who enjoys a wide variety of interests. I'm interested in meeting a SM, 19-27, for a possible relationship. Ad#: 3307

BE PART OF MY TOMORROW
Do you enjoy the outdoors and meeting new and exciting people? So does this SWM, 45, 5'9", 160lbs., who's interested in meeting a SM, 35-45, for a possible relationship. Ad#: 3339

LOVE IN FULL BLOOM
Set the mood for this friendly and honest SWM, 36, 5'8", 175lbs., who enjoys bowling, good conversation and meeting new and exciting people, by giving him a call. He would like to chat, with a SWM, 25-40, who's ready to build a foundation. Ad#: 1154

BE MY HERO
Easygoing, self-employed SWM, 32, 5'6", smoker, non-drinker, who likes sports, is in search of an honest, shy, easy going SM, 19-35, who believes in confidentiality. Ad#: 2793

IN A STYLISH KIND OF WAY
Friendly, out-going, SW father, 40, 5'11', 160lbs., in good shape, smoker, social drinker, enjoys many hobbies, seeking an honest, trustworthy, clean, SWM, 25-50. Ad#: 5361

Males Seeking Males

BE PART OF MY TOMORROW
Do you enjoy the outdoors and meeting new and exciting people? So does this SWM, 45, 5'9", 160lbs., who's interested in meeting a SM, 35-45, for a possible relationship. Ad#: 3339

LOVE IN FULL BLOOM
Set the mood for this friendly and honest SWM, 36, 5'8", 175lbs., who enjoys bowling, good conversation and meeting new and exciting people, by giving him a call. He would like to chat, with a SWM, 25-40, who's ready to build a foundation. Ad#: 1154

BE MY HERO
Easygoing, self-employed SWM, 32, 5'6", smoker, non-drinker, who likes sports, is in search of an honest, shy, easy going SM, 19-35, who believes in confidentiality. Ad#: 2793

IN A STYLISH KIND OF WAY
Friendly, out-going, SW father, 40, 5'11', 160lbs., in good shape, smoker, social drinker, enjoys many hobbies, seeking an honest, trustworthy, clean, SWM, 25-50. Ad#: 5361

www.Date-finder.com
To View Thousands of Other Listings

01/12/99

Questions?
Customer Service
1-800-647-3782
Customer Service Hours: 8 a.m. - 8 p.m.
or e-mail us at **help@drm-net.com**
Service provided by
DRM of Canada, LLC
5678 Main Street, Williamsville, N.Y. 14221

INSTANT MATCHING
Our database does the work for you! We start searching for your suitable system matches immediately after you place your ad.

SMART CALLBACK
We'll let you know when you have new messages! Just sit back and wait for a phone call. Upon creating your mailbox, leave us the number where you can be reached and the most convenient time to reach you. We'll do the rest.

CONFIDENTIAL!
We know you would rather not discuss your personal life with a complete stranger! Auto Ad allows you to use your touch tone phone to answer questions about yourself and your ideal mate. You record a greeting and we turn it into a print ad. No live operators and no waiting!

SMART BROWSE
If you do not wish to listen to all the ads within your specified range, take advantage of this unique feature. You tell us what it is you're looking for in a mate: age, race, sex, lifestyle habits, and you'll hear only those ads that fit your criteria.

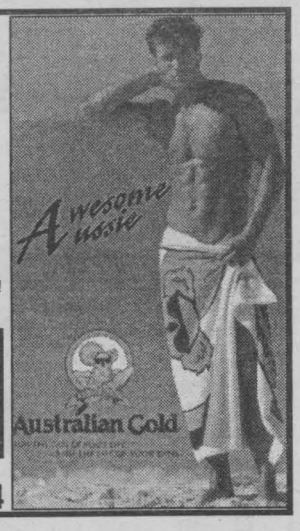
PROFILE MATCH
We're looking out for you! We wouldn't want you to miss out on the love of a lifetime. When you respond to a specific voice personal ad, we give you the option of hearing up to 3 more voice greetings which are similar in content to the ad you are responding to.

Women IN BUSINESS

A Monthly Review of Entrepreneurial Women in Cornwall and Area

Top 8 Reasons to get a Hot Tan

8. Great excuse to expose yourself and BEAR it all
7. HOT! Tanners can take the heat
6. Once you try it, you keep going back for more!
5. Nothing feels better!
4. Slap it on and start to sweat!
3. It's more fun in the sun
2. It's always an adventure when you go down under!
1. Show me your tan line & I'll show mine!



Cuts n' More
Locally Owned and Operated
FAMILY HAIRSTYLING & TANNING SALON
Behind Pizza Hut
720 14th St. W. 936-0664

How Small Businesses Can Benefit Through Leasing Partnerships

by Heather Ross

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

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

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

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

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

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

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

50% off SALE
•All Christmas Decorations & Gifts
•All Silk Arrangements & Wall Hangings
Until January 30th
Stop in & see our many unique gifts
BARBARA'S FLOWER BOUTIQUE
VALENTINE'S ORDERS
Book by January 26 and receive 10% discount
24 hour answering service - Sunday Funeral Delivery
213 Cumberland 933-5902



"WE'RE NOT THE BIGGEST BUTT WE SEAM TO FIT YOU AND YOUR BUDGET"
January SALE
Adults & Children's
JEANS & TOPS 25% - 75% off entire stock
FRAN'S SPORT 'N DENIM
FREE HEMMING
35 Second St. E. (next to the new library) 936-6699

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DISCOVER NOVEL WAYS TO ESCAPE
...Now that the holiday rush is over – sit down and relax with a good book
SUPER SELECTION OF CONTEMPORARY FICTION
You'll love our prices - the perfect answer for your post-X-mas budget!
All our new & used books are 30-50% off regular retail price - Everyday! (GST included in price)
Open: Mon. - Fri. 10 - 5; Sat. 10 - 4:30
220 Pitt St. (between 2nd & 3rd) 936-2230

AFTER BREAST SURGERY ...
Beautiful Choices
Soft ... feminine ... beautiful. From the most delicate lace to the smoothest satin, Amoena creates postmastectomy bras with the elegant details you love best. Special pockets of soft cotton keep you comfortable, while a superior design offers more support and security than an ordinary bra. Try the new Lace Whisper cami and cool, lightweight cotton bras, in addition to our other popular soft cup styles. Come in and a trained fitter can help you choose the Amoena bra that's beautiful on you.



Madelaine's Mastectomy Boutique
Madelaine Blondin C.F.B.O.C. ~ Fully Bilingual
2903 Marleau Ave. 938-1116

Carpet & Upholstery Cleaning
SEARS®
JANUARY SPECIAL
NO GST
NO PST
*We Pay An Amount Equivalent To The GST & PST
CORNWALL SQUARE
936-2218
TM: Trade Marks of Sears authorized for use in Canada



$75.00 off
On Extended Warranty
Available On All Models 1990 & Newer
(certain restrictions may apply)
Karen Kelly
Business Mgr.
MILLER-HUGHES Ford
Since 1956
"Serving Cornwall & Area For Over 40 Years"
711 Pitt Street 932-2584

$5000 GIVEAWAY
Just for Buying a New or Used Vechcle
See me at BROOKDALE MALL



FRANCINE LOSEY
Professional Member of the Chrysler Sales Guild
Grant DODGE CHRYSLER JEEP

THE WORKS
Specializing In
Mens & Ladies WORKWEAR & SAFETY BOOTS
Famous Name Brands
• Carhartt • Terra • Tough Duck • Kaufman • Lee • Dickie
Great Selection of Winter Wear
Open Thurs & Fri until 7pm
Hodgins City Centre
812 Pitt St., Unit 53
932-0461

Winter Apparel Sale
• Riding Boots • Kerrits Apparel
• Winter Breech • Blankets
and more
DOUBLE K TACK 'N' KOUNTRY
Cornwall's Only Tack and Western Store
Leduc's Shopping Centre
377, 11th St. Cornwall
933-1570

LET'S CELEBRATE

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

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

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

This Week's Winner: DIRTY DIRTY

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

DEADLINE: 5 P.M. TUESDAY

Happy Birthday to our friend

Yvette Leroux

who celebrated another birthday on Jan. 12th
From all your friends at St. John Bosco Church

Happy 53rd Anniversary to

Edna & Myles Benton

celebrating on January 15th
Love your ten children, grandchildren and great grandchild

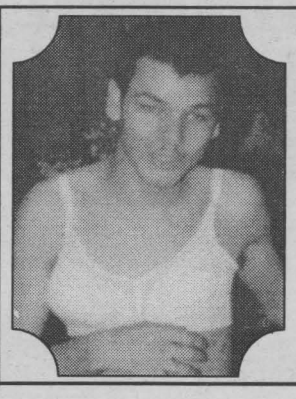
RAN-GAL PHOTOFINISHING
Did You Know Ran-Gal Offers
12 Exposures 5x7 prints starting at $15.36
AGFA Nothing Escapes AGFA Film
Located At
Brookdale Mall



Happy 18th Birthday

Melissa

on January 13th
From a tiny young seed, you've grown into a beautiful young woman and you're legal now too!
Love your family
A.J. sends his love!



Dirty Dirty Look Who's Finally 30

on January 20th

Gotcha!!
We Love You
Shelley & Matthew

Happy Birthday to

Marguerite Wagoner

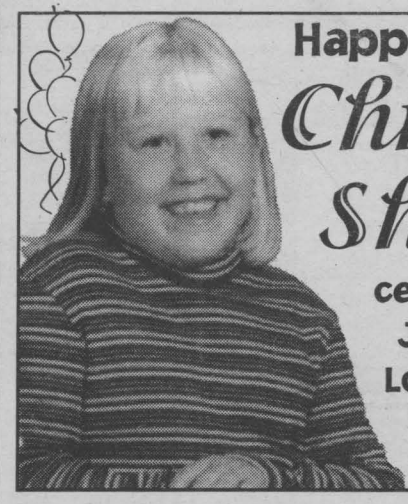
a wonderful mother, mother-in-law, grandmother, great grandmother, who is celebrating another one on January 15th
Wishing you all the best in '99,
Love your children, the outlaws & grandchildren

Happy Sweet 16th Birthday to our

Michelle Bourdeau



celebrating on January 16th, 1999
Lots of hugs & kisses. Dad, Mom, Jennifer, Robbie & Tasha too!



Happy Birthday

Christine Shaver

celebrating on January 20th
Love Mom, Dad, Kelli, Max & Tigger

Happy 80th Birthday to

John G. Wheeler



celebrating on January 19th
With love, from your family

National Non-Smoking Week January 18th to 24th

This year National Non-Smoking Week - January 18th to 24th, 1999 - focuses on the benefit of smoke free workplaces for the employee, the smoking employee and the employer.

Smoke in the workplace leads to higher expenses for employers. Health Canada estimates that each smoking worker costs the employer more than $3,000 a year through increased absenteeism, decreased productivity, increased insurance premiums, increased cleaning costs and increased property damage.

Second-hand smoke is the most common and harmful form of indoor air pollution. It fills the air with two kinds of smoke: mainstream smoke (what is first inhaled and then exhaled by the smoker); and sidestream smoke (what is released from the burning end of a cigarette directly into the air). Research has shown that sidestream smoke contains more tar, nicotine and other cancer-causing chemicals than mainstream smoke, which is filtered through the cigarette filter and the smokers' lungs before entering the air. When a cigarette burns, about 85 percent of the smoke generated is sidestream smoke.

The immediate health effects of second hand smoke includes eye irritation, headache, nasal discomfort, sneezing, coughing, sore throat, nausea, dizziness, increased heart rate and increased blood pressure. Lung cancer and heart disease are long term health effects of second hand smoke.

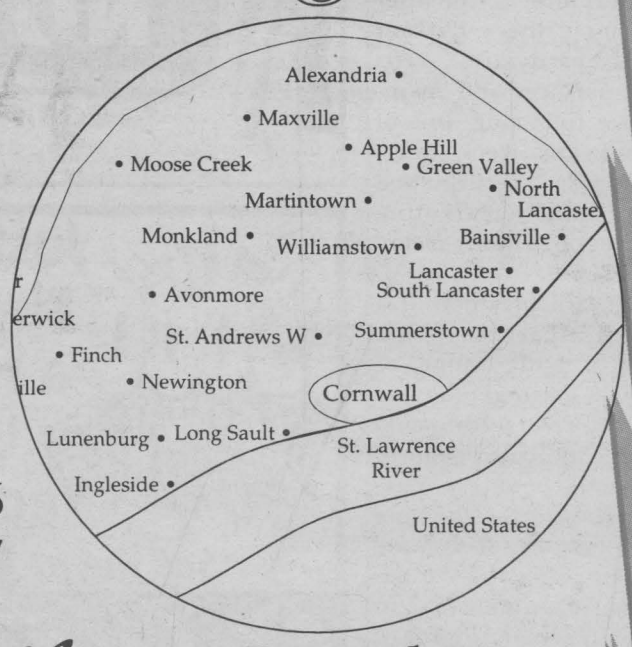
The Canadian Cancer Society urges the Ontario government to amend the Smoking in the Workplace Act to provide province wide standards so that all workers in Ontario are protected from environmental tobacco smoke. According to the Ontario Tobacco Strategy Expert Panel, 88 percent of Ontarians currently support smoke-free workplaces. Also, the effects of environmental tobacco smoke could be reduced by using the Ontario Tobacco Control Act to make recreational facilities such as shopping malls, arenas and bowling alleys 100 percent smoke free, especially as these facilities are used particularly by young people.

For more information about the effects of tobacco smoke and how to quit smoking information resources, contact your local Canadian Cancer Society office.

SEAWAY NEWS grows again...

now serving 32,753 homes

Cornwall 21,816
Rural 10,937



Welcome
To Home Delivery to:
Avonmore
Maxville
Moose Creek

For complete Advertising Coverage call

SEAWAY NEWS
933-0014


Rick Shaver
General Manager


Bill Snelgrove
Marketing Representative


Arlene Hulls
Marketing Representative


Robin Cameron
Marketing Representative

SOFA CLEARANCE

3 PIECE LIVINGROOM SETS $899 & up

MOTION SOFAS $599 & up

SOFA & CHAIR $699 & up



COUNTRY CLASSIC SOFA Beige & White Plaid **$699**

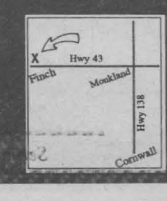
EL RAN, SKLAR, DECOR-REST, LA-Z-BOY

SAVE WITH COUNTRY PRICES

OVER 100 SOFAS, SECTIONALS & HIDE-A-BEDS IN STOCK FOR IMMEDIATE DELIVERY

Hours:
Tues., Wed., Thurs., Sat. 9:30 am - 5:30 pm
Fri. 9:30 am - 9:00 pm
CLOSED Mondays

The Furniture Loft
HOME • OF • FINE • FURNISHINGS
Financing Available
Hwy #43, Finch
Items not exactly as illustrated
984-2051



SEAWAY BARGAINMART

DEADLINE: WEDNESDAY 5 pm

933-0015

MasterCard VISA

Ontario Community Newspaper Association

BLANKET CLASSIFIED ADVERTISING

ALL ONTARIO INSERT
188 Newspapers, Min. Cir. 1,499,490
CROSS CANADA INSERT
590 Newspapers, Min. Cir. 4,623,738

CALL FOR DETAILS
SEAWAY NEWS Tel.: (613) 933-0014
Fax: (613) 933-0024
e-mail: snews@seawaynews.on.ca

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES

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

DEADLINE: Wednesday 5 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisement.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $26.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 12 noon Thursday.

Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.

Mail pick up, no charge.

Mailed replies: $6.00

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

SEAWAY NEWS
Serving Cornwall and Area

COMPANIONS CORNER

ATTRACTIVE, SWF, 40's, 5'8", busty, sensually passionate, loving, compassionate. R & B, Soul, Regea, etc. Multi-faceted. Seeking compatible, open-minded, non-prejudiced, clean male. Longterm monogamous. CC1901.

LANCASTER: WIDOW, 68, would like to meet a kind & honest gentleman for companionship. I am a non-smoker. I enjoy gardening, swimming & travel. CC1900.

LOOKING FOR S.F. who likes nature walks, hiking, movies, fishing, bowling. I'm 35 yrs.old, 5'8", employed & living in the country. CC1899.

ADULT ENTERTAINMENT

✓ Lingerie
✓ Adult Books
✓ Novelties
• Marital Aids • Lotions
• Video Tapes • Magazines
• CD's • MUCH MORE

EXOTIC EXPOSE
St. Lawrence County's Adult Centre
OPEN 12 NOON - 10 pm daily
Corner of Rt. #56 & Town Ridge Rd., Massena
South 2 miles to Don's Orange Mini Mart
315-764-1954

2 APTS/CONDOS FOR RENT

619 RIDLEY AVE. Available immediately. Large 2 bdrm apt. Washer/dryer facilities in basement, parking, fridge/stove, secure bldg. $595/mth, utilities included. 938-7286.

CLEAN 2 BDRM upstairs apt on St. Felix St. Close to College & malls. Fridge & stove included. Available immediately. $325/mth, plus utilities. No pets. Call 932-4642.

APARTMENTS AVAILABLE IMMEDIATELY

3307 Ross St., 3 bdrm. $625 + util.
1128 Pitt St., 3 bdrms., $600 util. incl.
4A Wellington St., 2 bdrms., $525 + util.
1004 Montreal Rd., 2 bdrms., $550 util. incl.

For more information please call
933-1755

439 WATER ST. EAST. 3 bdrm apt. Diningroom, livingroom, wall-to-wall carpets, washer/dryer hook-ups in basement. Close to all amenities. Bus stop at door. $450/mth, plus utilities or $700/mth, hydro included. No pets. Also, children's white dresser w/mirror, $40.

AVAILABLE FEB. 1ST 1 bdrm apt. downtown. $325/mth plus utilities. Call 933-6411 or 933-6963.

2 BDRM DOWNSTAIRS apt. Lots of storage. Washer/dryer hook-ups, parking available. $400/mth, pay own utilities. Call 932-6804.

SPACIOUS 1 BDRM apt. Fridge & stove included. Available immediately or Feb. 1st. Pay own utilities. First & last req'd. $350/mth. Call 936-0967.

1 BDRM APT, all furnished. Parking. References. No pets. $400/mth, utilities paid. Now available. Call 932-4376

CLEAN, 3 BDRM apt, washer/dryer hook-ups, gas heat, storage, $650/mth, close to college. 1 bdrm ground floor apt, fridge, stove & utilities included, $450/mth. 938-3936.

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

FREE LAUNDRY. Quiet & secure bldg. 9th & Pitt. 1 bdrm upstairs apt. $490/mth, plus utilities or $550/mth, utilities included. Call 932-3534.

AVAILABLE MAR. 1ST, 2 bdrm apt on Caswell Crescent. Yard, parking, laundry room, dishwasher, verticals, storage shed. $640/mth, utilities included. Elderly person/persons preferred. Call 933-6635.

AVAILABLE IMMEDIATELY, 1 & 2 bdrm apts at 111 Sydney St. Also, 2 bdrm apt, duplex at 302-7th St. E. Call 534-2958.

MARKETPLACE

"Advertise Across Ontario or Across the Country"

BUSINESS OPPS.

$140,000/yr Potential. Yes! Profit magazine says "Best business to go into '98..." Low overhead + no inventory = Very Profitable Franchise! Call now, free information: 1-888-679-2201.

NEED A SIDELINE? O'Donnell-DRG, one of Canada's largest Calendar and Promotional Advertising Companies needs self-starters to call on local businesses 60% of gross profit 905-427-8520.

YOUR OWN BUSINESS SELLING EXERCISEWEAR/ DANCEWEAR. Skating and gymnastics outfits. Generous profits. No investment. Canadian made. Free information package. Finelines, 2768 Dufferin, Toronto, M6B 3R7 (416)785-7788.

TRAVEL PROFESSIONAL INTERNATIONAL #1 AGENCY franchise operators in Canada. Own homebased or storefront Travel Agency. Part-time or full time training and support. Investment $7,500, financing. Serious callers. Call 514-633-8501.

A PERFECT PART-TIME HOME BUSINESS! "1997 & 1998 People's Choice Award Winner". 2 hours a day earns you financial freedom. 24-hr. msg. 1-888-572-4945.

CAREER OPPS.

FREE 128 page Career Opportunities Guide shows you how to train at home for top paying jobs. Earn More. Call Granton Institute today at 1-800-361-1971 for your free guide.

CAREER TRAINING

Exciting well paid careers in computer programming. We will prepare suitable applicants. Ministry of Education Registered Home Study Diploma Program. Financial assistance, loaner computer systems and job placement tools available. No experience necessary. CMS 1-800-477-9578.

EDUCATIONAL OPPS.

BE A SUCCESSFUL WRITER... with our great home-study course. Call today for your FREE BOOK. 1-800-267-1829. The Writing School, 38 McArthur Avenue, Suite 3153, Ottawa, ON K1L 6R2.

COUNSELLOR TRAINING Institute of Canada offers on-campus and correspondence courses toward a Diploma in Counselling Practice, to begin this month. Free catalogue, call 24hrs. 1-800-665-7044.

Certificate in Business. Certificate in Computer Science. New Internet Courses. Business Computer Science. Political Science. Psychology. Sociology. Call us. 1-800-565-6568. Acadia University - Distance Education. http://conted.acadiau.ca.

EMPLOYMENT OPPS.

CHARLTON RESORTS Banff and Jasper offers employment opportunities as room attendants, assistants housekeepers and front desk agents. Subsidized accommodations may be available. Contact: Darlene Sinclair, phone 403-762-4485, fax 403-762-2744. Box 1478, Banff, AB, T0L1C0.

INTERNATIONAL AGRICULTURAL Exchange - Ages 18 - 30 with agricultural experience to live/work with family in Australia, New Zealand, Europe, Japan. Costs/details - 1-800-263-1827. Calgary, Alberta.

THE PEACE RIVER Alberta Record-Gazette has an opening for an experienced composing supervisor. You will be responsible for advertising design and layout in a busy two person composing department. Familiarization with graphic design, Macintosh operating systems, Quark XPress, Adobe Photoshop, bed and neg scanners as well as electronic transmission of the final product is an asset. Please apply to: Allan Guthro, Publisher, Peace River Record-Gazette, Box 6870, Peace River, AB, T8S 1S6 or e-mail to: paperboy @canoemail.com. Competition closes Feb.2/99

FRANCHISE OPPS.

BOX OFFICE MOVIES FRANCHISE OPPORTUNITY, Nominated BEST new video store concept in Canada. Director of franchising: Mr. Hickey 1-800-998-2254. Portable: 705-446-4564. "Not Just a Video Store".

FOR SALE

SAWMILL $4895 SAW LOGS INTO BOARDS, planks, beams. Large capacity. Best sawmill value anywhere. Free information 1-800-566-6899. Norwood Sawmills, R.R 2, Kilworthy, Ontario P0E 1G0.

HEALTH

PSORIASIS SUFFERERS - For more information on Psoriasis and a new treatment - EXOREX- Call the EXOREX Psoriasis help line. 1-800-839-6739, www.exorexcanada.com.

HELP WANTED

OPTION L IS CANADA'S PREMIERE DIRECT MARKETING company for ladies fashions. If you're looking for a flexible career we offer an exciting business opportunity. To view the fabulous new spring collection in our color catalogue call 1-800-310-3186.

SALES HELP WANTED

$$CHOCOLATES$$ Attention students. Sell chocolate bars to buy a new CD player, a Nintendo or CD's. Managers wanted. 1-800-383-3589.

KATY'S CLOSET - FASHION CAREER - DIRECT SALES requires independent, dynamic individuals to promote our new line of Sport Career & Casual fashions. Call Suzanne Wilsdon 1-800-578-7717.

OUT OF TOWN PROP.

ONTARIO PROPERTIES TO BE SOLD for unpaid taxes. Write: Dept. CN, Box 5380, Stn. F, Ottawa, K2C 3J1 or Visit: www.taxsaleproperties.com.

PAY TELEPHONE SERV.

CANADIAN PSYCHICS - Uncover secrets of your future. Know what the year will bring. Accurate and Affordable 1-900-451-7070 $2.89/minute 18+.

HIMALAYA PSYCHIC ANSWERS. Guidance from above. 1-900-677-7979. $2.99/minute, 18+, 24 hours. Free daily horoscope. 1-604-276-1767.

PERSONALS

ADULT VIDEOS. Top rated releases. Original versions. Buy them directly through the privacy of mail. Discretion guaranteed. FREE CATALOGUE: CVM Direct, 5775 Victoria Avenue, Suite 228, Dept. J, Montreal H3W 2R4.

STEEL BUILDINGS

NEW STEEL BUILDINGS....Go Direct and Save. 4:12 roof pitch. 25 x 30 $3,900.00. 25 x 40 $4,900.00. 30 x 40 $6,500.00. 35 x 50 $7,600.00. 40 x 60 $10,800.00. 45 x 80 $18,400.00. Others. Pioneer....1-800-668-5422.

ALL STEEL BUILDINGS. PST exempt. Year end clearance sale 25' x 40' $6500., 30' x 50' $8550., 40' x 60' $12,400. Ends included. Many others. Straight sides, 4 1/2 pitch. Call 1-800-504-7749.

FUTURE STEEL BUILDINGS. Durable, Dependable, Pre-engineered, All-Steel Structures. Custom-made to suit your needs and requirements. Factory-Direct affordable prices. Call 1-800-668-5111 ext. 536 for free brochure.

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• National Packages Available • Call this paper for details!

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95 MAZDA 626
4 dr., auto., loaded,



ONLY $249/mos. $0.00 down OVER 60 MOS. OAC

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TRUCKS, CARS, VANS, and SPORT UTILITY VEHICLES ALL AT SPECIAL PRICES AND SPECIAL FINANCING TERMS

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670 CC, only 1,400 km $6,500
96 DODGE RAM REG CAB
2 wd, p/u, 8 cyl. motor $14,995
96 DODGE RAM SLT,
4x4, reg cab, short box, loaded $17,995
95 MAZDA 626
4 dr., auto., loaded, air, 9,900 km $10,800
95 CHEV 3500 SERIES, SOLD
1 ton, reg cab, 4x4, 6.5 turbo, diesel $24,995
95 CHEV LUMINA LS, SOLD
4 dr., loaded $10,995
94 FORD F150 4x4 REG CAB,
long box $13,995
94 FORD F150 REG CAB
long box, 6 cyl., 5 spd. $7,995
94 GMC EXT CAB, 4x4 SHORT BOX
350 motor, low k's, very clean $20,995
94 FORD F150 REG CAB, SOLD
short box, V6, 5 spd., sporty truck $7,995
94 GMC EXT CAB 4x4 SHORTBOX
350 motor, low km's, very clean $20,995
94 CHRYSLER INTREPID,
4 dr., loaded, great price $8,995
93 FORD TEMPO
4 dr., auto., air, red, safetied $4,995
93 MAZDA MX3,
V6, 2 dr., 3 spd., p.w., p.l.,sunroof $8,995
93 MERCURY SABLE
4 dr., loaded, white, very clean $4,995
93 PONTIAC SUNBIRD,
4 dr., auto, red, 138,000 km $4,300
93 FORD RANGER XL,
5 spd., great on gas $6,995
92 FORD AEROSTAR VAN,
5 passenger, ... $6,995
92 LINCOLN CONTINENTAL, loaded,
leather, very clean 105,000 km $8,995
94 FORD F150 4x4 XLT LARIAT,
ext. cab, 351 motor, loaded, 93,000 km $10,500
90 NISSAN EXT CAB, SOLD
2 wd. P/U, 5 spd., clean, 118,000 km $5,995

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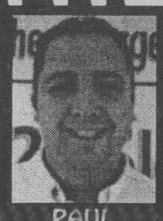

PAUL

125 Cornwall Centre Rd., Cornwall
932-4514
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02 - APTS FOR RENT

AVAILABLE IMMEDIATELY, 2 bdrm main floor apt. 4-pce bath, parking, heat & electricity included. Freshly painted. Washer/dryer hook-ups, fridge & stove. Quiet person preferred. $500/mth. Call 938-6200.

2 BDRM APT, 244 Alice. $440/mth, heat & electricity included. Diningroom. Available immediately. Call 932-4329 or 938-4776.

1 BDRM UPSTAIRS apt. No appliances, $375/mth, no utilities. Good location. Also, 1 bdrm loft apt, $350/mth, no utilities, fridge & stove included. Call 932-9701.

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

AVAILABLE FEB. 1ST or Mar. 1st. Country setting. 2 bdrm 2-level apt. Very quiet location. Adult preferred. $550/mth, utilities included. Laundry hook-ups. Call 931-2806.

3 BDRM, IMMEDIATE OR Feb. 1st. 210-14th St. West, large, 6-plex, carpeted, laundry hook-ups, yard, parking. Nearby schools, bank, bus, medical clinic. $500/mth, plus utilities. Call 932-2751 Pat, evenings, 936-2798 Pat or 932-0533 Brian.

TENANTS WANTED

626 Second St E. 2 Bed	$550
137 St Felix 2 Bed	$600
48 McDonald 2 Bed	$550
330 St Felix 2 Bed	$625
330A St Felix 2 Bed	$395
332A St Felix 2 Bed	$450
512 Third W. 2 Bed	$600
305 Alice St. 3 Bed	$575
498 Fifth W. 3 Bed	$650
166 Montreal Rd. Store	$350
162A Montreal Rd. 2 Bed	$375
Military Rd, Lancaster 2 Bed,	$550
Hwy 2, 2 bdrm Cottage	$650

(All prices include utilities)

First Choice Property Management Services
930-9926

LARGE, CLEAN 2-storey house/apt. Available Feb. 1st or Mar. 1st. Freshly painted, new carpet, yard, parking, with large shed, hook-ups in basement. $450/mth, plus utilities. 534-8390.

AVAILABLE IMMEDIATELY, 2 or 3 bdrm apts. Fridge & stove included. Quiet country living, 30 mins. from Cornwall. Call 346-2293.

LARGE 1 BDRM apt. Available immediately. Clean, good location. Fridge, stove & parking. $445/mth, utilities included. Call 937-0921 or 937-4605.

LARGE UPSTAIRS 2 BDRM apt. All conveniences. Good locations. No furniture or appliances supplied. Everything paid. Low rent. Call 933-7516.

NEW 1 BDRM & 2 bdrm apt in beautiful subdivision. Washer/dryer hook-ups, parking. $595/mth, all utilities included. Call 930-9242.

621A ST. FELIX, 1 bdrm basement apt, $325/mth, pay own utilities. Available Feb. 1st. No pets. References. Call 347-3248.

INGLESIDE, 1 & 2 BDRM apts. Available immediately. $350. & $375/mth, plus utilities. Fridge, stove, parking & laundry facilities. Call 534-2875.

ONE & TWO BDRM APTS on Walton. Available immediately. Fridge & stove. Renovated. $350. & $375/mth, plus utilities or $450. & $475/mth, including utilities. No dogs. Call 936-6961.

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

INGLESIDE, two 2-bdrm apts. $470/mth, parking. One available Jan. 1st, one available Feb. 1st. Contact Micky at 933-3037.

NEWLY RENOVATED, 1 bdrm apt. Available immediately or Feb. 1st. Christie St. Large upstairs, private entrance, central, fridge & stove, parking. Utilities not included. $410/mth. Call 537-2015.

5 ARTICLES FOR SALE

VOYAGEUR STEPPER machine, CardioPlus glider, both with digital display, each just over 1-yr old, $75. each. Cedar chess large very ornate dark oak, like new, $200. Computer components, new 4.3Gb HD, $200, new 443X M/B $145., 16X CDROM, $50. Toshiba 486DX66 colour portable, $650. Fully loaded Internet ready desktop 486DX 66 $500. MAC SE FDHD $30, full master bdrm set $400. 7 ft. quick setup Christmas tree $30. 24 ft. 1981 fully loaded travel trailer, $5,500. Open to offers on all. Call 613-931-2327, ask for Lynn.

BUILDING MATERIALS, 30,000 1 3/4" flooring staples, steel doors, interior and exterior cedar doors, 18 bundles cedar roofing shingles, new white neo angle shower stall, 12.5 hp Murray lawn tractor. Best offer. 936-2949.

SPIRAL STAIRCASE, fits 4' square opening. Oak treads complete with oak railings & posts, 8'-4" high, $300. Call 537-4430.

MOVING. 2-PCE DESK w/shelves, $75. Diningroom hutch w/table, no chairs, $400. Headboard w/mirror, queen size, $175. Best offer on all items. 537-2732.

NEW YEAR BLOW OUT SALE! Restored apt size piano, uprights, new black lacquer 43" piano. Starting at $1,195. Terms. Trades. Al's Piano Shop, 932-1825.

6 ARTICLES WANTED

WANTED BY COLLECTOR: old glass telegraph & telephone insulators. Also, brass railway padlocks & lanterns. G.T.R. etc. Call 613-823-3444.

ARTICLES WANTED

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9 FARMERS MARKETS

FOR SALE: Round bales of hay. Also, wanted tractor chains 18.4-30 & other sizes too in good condition. Call 346-2382.

HAY FOR SALE. Square bales, $1.50 per bale. Call 932-1161.

AUCTION SALES

AUCTION SALE
Sunday Jan 24th
1:00 pm
RAY SMITH SALES HALL
Crysler Ont.
To consign
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13 AUTOS FOR SALE

1992 PONTIAC LEMANS, 2-dr, 4-spd, 108,000 km, very good cond. $2,200. safetied. 1991 Chev Corsica, 4-dr, auto, $2,200. safetied. 1989 Dodge Shadow, 4-dr, auto, very good cond. $1,500. safetied. Gerard Poirier Auto Sales. New location: 2 km east of Alexandria on Lochiel Road towards Glen Robertson. 525-1656 or after hours 874-2440.

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96 PROTEGE SE, 5 spd.	$9,995
96 PROTEGE SE, 5 spd.	$9,795
96 PROTEGE SE, auto.	$10,900
96 PROTEGE SE, auto., air	$10,900
95 PROTEGE, 5 spd., air	$8,900
96 626 LX, auto, air	$13,900
95 PONT. GRAND PRIX,	$12,990
94 MX3, auto., V6	$10,900
93 PROTEGE LX, auto., air	$7,900

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98 **CROWN VIC,** light blue, V8, 30,253 km	$25,995
98 **WINDSTAR,** green/tan, V6, 16,000 km	$25,995
98 **TAURUS,** red, V6, 26,000 km	$19,495
98 **CONTOUR,** green, 4 cyl., 27,810 km	$16,995
98 **WINDSTAR,** white, V6, 30,000 km	$24,995
97 **ESCORT,** red, 4 cyl., 46,000 km	$13,995
97 **ESCORT,** silver, 4 cyl., 42,630 km	$14,995
97 **MUSTANG GT,** convertible, green, V8, 29,000 km	$29,995
96 **ESCORT,** white, 4 cyl., 35,000 km	$12,995
96 **EXPLORER LTD,** black, V8, 36,367 km	$32,995
96 **EXPLORER XLT,** green, V8, 49,786 km	$29,995
96 **EXPLORER XLT,** white, V6, 47,215 km	$28,995
96 **VILLAGER,** burgundy, V6, 55,857 km	$18,995
96 **TAURUS,** white, V6, 51,057 km	$17,995
96 **RANGER,** white, V6, 45,176 km	$14,995
96 **ALTIMA,** black, 4 cyl., 72,324 km	$15,995
95 **WINDSTAR,** green, V6, 85,989 km	$15,995
95 **WINDSTAR,** white, V6, 67,620 km	$15,995
95 **WINDSTAR,** green, V6, 92,196 km	$13,995
95 **TAURUS WGN,** grey, V6, 75,336 km	$14,995
94 **CROWN VIC,** red, V8, 85,374 km	$14,995
92 **CIERRA,** grey, V6, 77,466 km	$9,995
91 **CROWN VIC,** red, V8, 79,254 km	$6,000
91 **SUNDANCE,** red, 4 cyl., 108,290 km	$4,500
90 **TOPAZ,** red, 4 cyl., 146,323 km	$4,995
88 **F250,** brown, V8, 136,011 km	$7,500
88 **GRAND MARQUIS,** white, V8, 258,106 km	$2,500

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2nd St. W., 2 bdrm, apli., storage, 528 incl.
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7th St., bach, apli, 250, 2 bdrm. apli 475 incl.
Cumberland, duplex, 2 bdrms, upst, 500 incl.
23-B Lefebvre, 1 bdrm, apli., 350 incl.
Fennell Cres., 2 bdrm. upst., appli., 550 +
Long Sault, 2 bdrm, apli., 470 +
Grand Ave., 1 bdrm., apl., upst., 400 incl.
3rd. St. W. 1 bdrm., hdwd. flr., fr. pl., 525 incl.
Carleton, 2-1 bdrm., main flor, & upstr., apli, 360 incl.
16-A Baldwin, bachelor, apli, main fl. 350 incl.
312-A Guy, 2 bdrm., upst. 400 incl.
328 Carleton, 2 bdrm., main fl, 550 incl.
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408 Gloucester, 1 bdrm., apli., upst. 300 incl.

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21 HELP WANTED

EXPERIENCED HAIR-DRESSER required for modern hair studio. Clientel preferred. Good commission plus benefits. Call 933-0274 or 937-3253. Ask for Vincent.

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24 BABYSITTING

WILLING TO BABYSIT in my home, Monday-Friday. Bilingual, non-smoker. Toys available. Ask for Theresa @ 938-2245.

34 HOUSES FOR RENT

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35 LOYALIST CR., INGLESIDE $169,900
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127 MARLBOROUGH $74,900
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(A-MLS 0366) includes 1 bdrm. apt., 1695 sq. ft., lots included
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109 6th ST. W. $64,900
(A-MLS 0590) Extensively renovated 3 bdrm. home on quiet street.
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302-304 GUY ST. REDUCED $64,900
(A-MLS 0375) Dbl. tenement with 3 bdrms ea., min. ext. maintenance, very good income
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SUMMERSTOWN $199,000
(J-MLS 0418) Large executive home located on hilltop lot 150'x300', many extras
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(A-MLS 0553) Great Central location, lot 77'x100'
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844 LAFLIN $124,900
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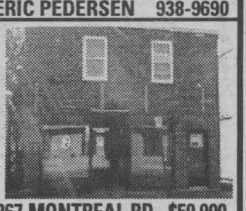

367 MONTREAL RD. $59,900
(A-MLS 0281) Commercial bldg., plus 2 bdrm. apt., private parking
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1212 SYDNEY REDUCED TO $88,200
(A-MLS 0249) Clean as a whistle, 3 bdrm. bung., lots of hdwd. flrs. w/oak trims, back patio to fenced yard, mature trees, close to many amenities, new roof Nov/98
JACK ROY 931-1290



REDUCED $89,000
(A-MLS 0473) Attractive 3+1 bdrm. in popular east end location featuring sunken LR & close to all amenities.
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SUMMERSTOWN $74,900
(J-MLS 0491) Completely renovated. Nice view of St. Lawrence w/river access. A must see.
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35 VALECREST DR. REDUCED ... $76,900
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EXCEPTIONAL VALUE $188,000
(J-MLS 0510) Hilltop setting with panoramic view of St. Lawrence. Many extras.
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$195,000
(A-MLS 0538) Executive style home on popular east end crescent. Spacious & gracious. 3100 sq.ft. in-law suite
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37-A LEFEBVRE $84,900
(A-MLS 0528) Duplex, good income property; full lot, dbl. paved parking, garage
CHARLES SAYYEAU 933-1558



18 VALECREST $77,000
(A-MLS 0579) 3+2 bdrm semi with detached garage. A must see!
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NEW LISTING
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(A-MLS 0619) Raised bung. with full in-law suite, lower level w/separate entrance, all windows recently replaced, eff. gas heat
MIKE DeBOER 938-7802



617 CUMBERLAND
(A-MLS 0416) $375/mth could purchase you this mint home, if qualified. Features updated kitchen, windows, gas heat & fenced yard.
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(O-MLS 0558) North of Ingleside on paved rd., lovely raised bung. with patio drs to large deck & 2.5 ac. lot. Only 2 years old.
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(A-MLS 0552) Great starter or retirement home. Rec rm, dbl. car garage, large lot, great view of the St. Lawrence
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(A-MLS 0391) 2 storey home, over 1500 sq.ft., many renovations last 3 years.
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CORNWALL $59,900
(A-MLS 0485) 3 bdrm. home with many renovations on quiet Crescent
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(A-MLS 0595) 2 bdrm. bung., hdwd. floors, many renovations, fireplace in living room
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(M-MLS 0426) 3+1 bdrm., raised bung. on large private lot, hardwood floors on main level, finished basement & more
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LONG SAULT $99,900
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HOBBY FARM $76,900
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NEW LISTING
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3 bed, completely restored home updated wiring, plumbing, heating. Original wood work & hardwood floors throughout . Ideal location for nursery, and orchard.
Asking $155,000
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2 BDRM HOUSE, with garage. Feb. 1/99. 400 Walton St. $525/mth, pay own utilities. Oil heated. Call between 5-8pm, 938-6552.

FARM HOUSE for rent near Avonmore area. Available immediately. Call 346-5444.

3 BDRM, Available Feb. 1st. $500/mth, plus utilities. No pets. Located at 205 Guy St. Local call 361-0248.

NEW HOME for rent. Available Feb. 1st. 3+1 bdrms, 2 baths, large oak kitchen overlooking sunk-in livingroom, cathedral ceilings, finished basement, pool. 15 mins. north of Cornwall. Non-smokers, references req'd. Call 937-4053.

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60 acres
prime deer hunting area
PARAGON ROAD
FINANCING AVAILABLE
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4 BDRM HOUSE. Everything included. $300/mth. Private bedroom, lots of parking. Call 938-1962, ask for Ray.

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POWER SOURCE DJ's. Part of the professional group of D.J.'s. Specializing in stags, weddings & any other special occasions. Karaoke & lights available. Don't take a chance. Deal with the professionals. Book early your wedding & stag $100. off. Experienced D.J. wanted. Call Ray 938-1962 or Rod 936-0652.

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CATHARINE'S WEDDING CREATIONS. Invitations & stag tickets, bouquets. Rentals - artificial cakes, arches, wishing wells & more. Catharine, 937-3521, Wedding Co-ordinator. The Wedding Specialist Group.

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BONNIE SMITH & THE SOUNDTRAX. Your perfect Millenium Music Mix for all occasions. Book early - Don't be disappointed. Call Alfred 938-7128 or Percy 936-8047.

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CORNWALL SEAWAY LIONS CLUB HALL, 123 Fortier St. Available for banquets, parties, showers, anniversaries, weddings, meetings funerals. Services available: catering service, podium, overhead projector, VCR, T.V. Fee: $50/event, free if bar sales exceed $400. For reservations, call Lion John Dewar, 613-932-1631 or leave message, 938-0040.

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92 NOVENAS

ST. JUDE NOVENA: May the Sacred Heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred Heart of Jesus pray for us. St. Jude, Worker of the Miracles, pray for us. St. Jude Heart of the Hopeless, pray for us. Say this prayer six times per day for nine days by the 8th day your prayer will be answered. Publication must be promised. Thank you St. Jude. M.M.

THANK YOU ST. JUDE for favour received. P.J.A.

TO PLACE YOUR AD CALL 933-0015

TENDERS

Kinsmen Minor Soccer Association
REQUEST FOR TENDERS

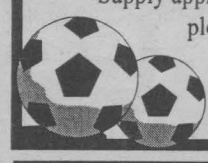
The Kinsmen Minor Soccer Association is presently looking for tenders for the following contracts:

Supply and screening of approx. 1200 t-shirts
please contact **Gary Janoska at 930-9060**

Supply and engraving of approx. 1200 medals
please contact **Henrietta Charbonneau at 936-2032**

Supply of field maintenance for three soccer fields
please contact **Brian Meldrum at 937-3892**

Supply approx. 1200 5x7 team photos with cardboard frame
please contact **Steve Hebert at 936-8611**



Only those who have contacted us before January 30th, 1999 will have the opportunity to quote.

TENDERS

Call now to reserve
YOUR FREE COPY*
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Pete Billac has been a best-selling author for several decades and has appeared on such shows as *Donahue* and *Good Morning America*. One of the most sought-after speakers in America, he's a combat veteran and has a Bachelor of Science degree in Geology with a Masters in both Physics and Chemistry.

Pete says: *"When your body loses excess fat, it does wonders on its own. My book includes testimonials of people who have lost this excess fat (the book tells you how) and pains of arthritis and rheumatism, even Fibromyalgia have lessened (some disappeared forever). Cholesterol levels dropped, migraine headaches went away. People sleep better, become stronger and have more energy. Not only that, there is no need to diet, exercise or take drugs."*

Pick you your copy of *Lose Fat While You Sleep* at a free Information Seminar

Monday, January 18th, Days Inn - Bourbon Room

DURING THE MEETING, WE'LL PLUG THE TELEPHONE LINES AND VISIT WITH PETER BILLAC FROM HIS HOME IN TEXAS.

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Description de poste
Animatrice pour des sessions d'information en agression sexuelle
(contrat de 6 mois / 15 hrs. semaine)

Responsabilités

Générales: Coordonner et animer 10 sessions d'information sur les agressions à caractère sexuel dans la communauté francophone de Stormont, Dundas, Glengarry & Akwesasne.

Particulières:
1. Conception et distribution d'un pamphlet concernant les sessions d'information.
2. Faire la publicité des sessions d'information auprès des médias et des différents services dans la communauté.
3. Coordonner le projet et la co-animation des sessions.
4. Faire l'évaluation du projet et des acquis.

La personne choisie doit répondre de l'exercice de ses responsabilités à la coordinatrice des bénévoles et des services du programme francophone.

Conditions de candidature

1. La capacité d'exercer ses fonctions dans une perspective féministe et de comprendre à fond les problèmes relatifs à la violence faite aux femmes.
2. La possession d'expérience dans un domaine connexe, tels le travail social, l'intervention, la psychologie, animation de groupe; ou une expérience pertinente dans un domaine relié à l'agression sexuelle, à l'enfance maltraitée et à l'inceste.
3. La capacité de communiquer efficacement en français (oral et écrit) est essentielle.

Salaire: $20.00 l'heure incluant les avantages sociaux et le 4%.
Veuillez faire parvenir votre curriculum vitae avant le 5 février 1999 à:

Lynn Ménard
a/s Coordinatrice du Centre
Services d'Aide aux Survivantes d'Agression Sexuelle de S.D.G.&A.
C.P. 1192, Cornwall, Ontario K6H 5V3
Télécopieur: 613-932-1548

(Seules les personnes sélectionnés pour une entrevue seront contactées.) Afin de rencontrer les buts en matière d'équité d'emploi des Services d'aide aux survivantes d'agression sexuelle de S.D.G.&A., on encourage la candidature des femmes francophones, des femmes ayant un handicap, des lesbiennes, des femmes membres d'une minorité raciales et ethniques, des femmes autochtones, des femmes de milieu rural et des mères chefs de famille.

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IN MEMORIUMS



In loving memory of a dear husband & father
GUY DUFRESNE
who passed away January 13,1994.

A special soul called too early.
"Love is Forever"

Loved always by wife Aline, children Deena, Marc and Marcel, and grandchildren, Ashley and Kyle

Seaway Sports

Cornwall Tire Seaway Valley Midget AA Rapids

The Cornwall Tire Seaway Valley AA Midgets resumed league play after the holiday break with an away game against league leading Kingston. Seaway proved to be no match for the faster skating, better passing Kingston team. Kingston scored first in the opening minute of play and led 3-0 by the end of the first period. The Rapids began to pick up their game in the second period with better checking and skating after Kingston increased their lead to 4-0 at the 12:48 mark. The third period was more evenly played and Seaway finally got on the score board at 9:37 of the third period when Jason Vickers converted a three-on-two passing play to narrow the score to 4-1 in favour of Kingston. Lance Nakic and Alain Leger were credited with assists. Unfortunately, Kingston scored in the next 15 seconds and again while short-handed to win the game, 6-1.

The Cornwall Tire Seaway Valley AA Midgets faced off again against Kingston, this time on Seaway's home ice. Although the final result was unchanged from the game in Kingston the night before, the Rapids showed up to play good solid, hard-checking hockey this time, and the final result was in doubt until the very end of the game. Seaway goalie Tyler Shortt again delivered a very strong performance in goal with several acrobatic stops.

The Rapids started the first period by digging themselves a hole with two penalties in quick succession at the 13:48 and 13:04 mark. Kingston couldn't score with a two man advantage but took the lead on a 5 on 4 power play goal just as the penalty was nearly expired. Seaway answered with a power play of its own when they held a two man advantage over Kingston to even the score at 1-1. Cory Arcand deflected the short by Adam Cameron from the point with a second assist going to Mario Bissonnette. Near the end of the period, Seaway again offered Kingston a two man advantage and again Kingston scored a power play goal shortly after the Rapids reduced the advantage to 5 on 4.

In the second period, Seaway missed several in-close, sometimes point blank opportunities to even the score. Kingston was allowed to score two quick power play goals when Seaway again found themselves on the short end of a five on three power play. However, the Rapids were not about to quit. With Kingston short handed, defenceman Adam St. John took a clearing attempt off the boards and put a wrist shot on net. Everyone, including the referee, thought the puck was in the goalie's glove, but when the referee went to retrieve it, he found the puck was actually in the net. Now the score was 4-2 for Kingston. At the 5:29 mark, Mark Bourget deflected Alain Leger's shot from the point through the goalie's pads to bring Seaway within one at 4-3.

The third period was evenly played with neither team able to take advantage of several power play opportunities. With goalie Tyler Shortt out of the net, Seaway pressed hard, but at the very end, Kingston was able to score an empty net goal. The final score was Kingston 5 - Seaway 3.

Best Western Lays Opposition To Rest

It was close as the Seaway Valley Best Western Parkway Inn minor bantam Rapids took a 2-1 lead into the second period of their first round robin game against the 2-0 host Riverside Rangers at the 14th annual Windsor tournament played during the Christmas break.

The tournament's final outcome became much clearer as the Rapids exploded for six 3rd period goals to put the favoured Riverside team to bed 11-4.

Seaway went on to drain Great Lakes 7-1 and then annihilated Spawn 15-1 to cap a 3-0 preliminary round record and assure themselves of a berth in the finals.

Despite facing the tournament's hottest goalie and a quick, well disciplined Lakeland minor bantam team Seaway skated away with the 10-2 win, the title, and all the brass.

All Rapids players had a hand in outgunning the opposition 43-8...

Patrick Turcotte - 13 goals, 4 assists. Steven Jarvo - 5 goals, 7 assists. Michael Lauzon - 4 goals, 5 assists. Dylan Gravely - 4 goals, 5 assists. Mike Belmore - 2 goals, 6 assists. Nathan Beausoleil - 1 goal, 7 assists. Marc Filliol - 2 goals, 4 assists. Steven Stewart - 5 goals. Nick Dasneves - 4 goals, 1 assist. Peter Barnett - 1 goal, 4 assists. Alex Gray - 1 goal, 4 assists. Luc Langlois - 4 assists. Steven Owens - 1 goal, 2 assists. Colin Lazare - 1 assist.

Rapids goalies Bryan O'Shaughnessy and James Lalonde held their opponents at bay and Turcotte took the tournament M.V.P. honours home.

Rapids in Sherbrooke International Bantam Tourney

Over the Christmas - New Year's break, the Major Bantam Rapids travelled to Sherbrooke, Quebec for the prestigious Sherbrooke International Bantam Tournament where they played three of the top "AAA" Bantam teams from Quebec and the Dynamos from Moscow, Russia.

In the first game, the Miller Hughes Ford team played the Selects du Nord, winning the game 5-2. Scoring for the Rapids were Troy Darnell, Patrick Lafleche, Matthew Verdone, Scott Champagne and Jesse Winchester. Assists were awarded to Jesse Winchester and Ryan Redmond. Seaway's diminutive center Jesse Winchester was named Player of the Game.

The second game saw the Seaway squad playing Les Elites de Beauce Amiante, tying the game 3 to 3. Scoring for the Rapids were Jamie Smith, Patrick Lafleche and Scott Champagne. Assists were attributed to Ryan Major and Jesse Winchester. Rapids goalie Jeff McIntyre was named Player of the Game.

The third game was against the Dynamiques College Charles Lemoyne, a tournament favourite. The Rapids lost this game 3-2 when College Charles Lemoyne scored the winning game with only 18 seconds left in the game. The Seaway squad played extremely well, with goals coming from Jesse Winchester and Scott Champagne. Assisting in the goals were Ryan Redmond, Jamie Smith, Jesse Winchester and Matt Verdone. Craig Helmer was stellar in goal.

After three games in the 16 team division, the Miller Hughes Ford Rapids were in 7th place and qualified to play the 10th place team, the Moscow Dynamos. The Dynamos had a slow start in the tournament, however by the time it came to play Seaway had shaken off the effects of jet lag, culture shock and change in diet. They gave Seaway a little lesson in precision passing and skating defeating the Rapids by a score of 5-1. Seaway's only goal was by Marc Andre Richer on a pass from Patrick Lafleche.

The Moscow Dynamos went on to win the Tournament with a championship game victory over College Charles Lemoyne.

Business As Usual for Stars & Cornwall in CLISL

The two week break did nothing to slow down the two top teams in the Char-Lan Indoor Soccer League as it resumed Monday night in Williamstown.

Tim MacCuaig's hat trick provided more than enough offence for the Stars as they defeated Rudi's by a 5-1 score line. Dean MacGillivray and Jon Hamelin hit the other stars goals. Taffy Pye scored the lone Rudi marker at a time when they looked like they might make a game of it as Rudi's equalized almost immediately after the Stars first goal. That was as close as Rudi's got as the Stars poured on the pressure forcing Mark Novasad to make several good saves. Jamie Ladouceur in the Stars net had little work at the other end.

Two penalties cost Glen Nevis in their game against last years champions, Cornwall Utd. Junior (Robert) McDonald was given a red card for violent conduct at the same time as Andy Szelid was serving a yellow. This resulted in Cornwall having a 15 minute man advantage which they used to good advantage. Only lack of concentration by Jason St. Denis in the Cornwall net kept this game close as Cornwall ran out 5-3 winners. Gab Gratton lead the Cornwall attack with a 2 goal performance. Jason Crowe, Danny Menard and Dimitrious Tagianis also scored for Cornwall. Andy Szelid scored 2 for Glen Nevis with Freddy Olivera adding a single.

Lack of finishing cost the Wee Ceilidh their first victory as they fell 2-0 to the local Williamstown team. The Wee Ceilidh held the upper hand for most of the game but were unable to convert their superior play into goals. Williamstown goals came from a blistering Matt Madir blast and a nice passing play with Gordon Lee serving the goal on a plate to Mel Dumond.

The last game of the night saw Stidwill struggle to beat the Hellfish 2-1. John McNaughton was by far the busier of the goalkeepers and had his shutout bid ruined late in the game when Norm Lacroix beat him from close range. Joe Sugden and Derek Wereley scored the 2 Stidwill goals as Marc Legault struggled early to keep his concentration.

Obituaries

JARVO - Beatrice Mary Joyce

Passed away at the Ottawa Civic Hospital, Ottawa, Ontario, on Friday, November 6th, 1998.

Mrs. Beatrice Mary Joyce Jarvo, age 59 years, born in Cornwall, of 75 Race Street, Apt. #5, Cornwall.

Dear daughter of the late George Lalonde and the late Florence Vivarais.

Beloved wife of Gary Jarvo.

Loving mother of Glen Jarvo, Mark Jarvo and Kelly Jarvo (Julie), and Debra Veniez, all of Cornwall.

Loving grandmother of Shannon, Mathieu, Stephanie, Joshua and Martine.

Dear sister of Raymond Lalonde (Marina), Allan Lalonde (Denise), Mrs. Mary Paquette, Mrs. Dorothy Montroy and Geraldine (Mrs. Peter Flaro), all of Cornwall, Mrs. Agnes Mittons of Ottawa and Doris (Mrs. Lionel Derouchie) of Maxville.

Predeceased by two brothers, Rolland and Gerald Lalonde.

The funeral took place on Monday, November 9th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Francis de Sales Church, followed by cremation at the South Branch Crematorium. Reverend Gary Ostler of St. Francis de Sales Church officiated, assisted by Reverend Rene Dube.

The pallbearers were Jeff Jarvo, Ryan MacKay, Gary Derouchie, Shawn Flaro, Randy Lalonde and David McMillan.

LALONDE - Gladys Eva

Mrs. Gladys Eva Lalonde passed away at the Hotel Dieu Hospital on Saturday, November 14th, 1998, age 80 years.

Beloved wife of the late James "Jimmy" Lalonde.

Dear daughter of the late John Dunlop and the late Elizabeth Degan.

Sadly missed by several nieces and nephews, grand nieces and nephews and cousins.

Dearly remembered by friends Darrell and Rachelle, Bud and Cindy and Mary and Don.

Predeceased by one sister Adela "Wally" Dunlop.

The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Kevin Maloney in St. Columban's Roman Catholic Church on Monday, November 16th, 1998. Rite of Committal followed in the Parish Cemetery.

The pallbearers were members of The Nativity Guards.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

HICKMAN - Douglas Leslie

Passed away at the Cornwall General Hospital, Cornwall on Saturday, November 7th, 1998.

Mr. Douglas Leslie Hickman, age 70 years, born in Moulinette, Ontario, of Maple Street, Avonmore, Ontario.

Dear son of the late Joseph Hickman and the late Lil Babs.

Beloved husband of Lois Hickman (Merkley).

Loving father of Norman Hickman (Karen) and Heather (Mrs. Stephen Carter), all of Cornwall.

Loving grandfather of Jason and Angela Leroux and Christine and Jessica Carter.

Dear brother of James Hickman (Mary) of Toronto and Robert Hickman of Thorold, Betty (Mrs. Hamilton Summers) of Long Sault and Mrs. Lena Hamill of Cornwall.

Also survived by his sisters-in-law, Jean (Mrs. Ron Brumwell), Marguerite and Dorothy Hickman and by many nieces and nephews.

Predeceased by one daughter, Elaine Hickman; two brothers, Willie and Joseph (Penner) Hickman and by one sister, Dorothy Hickman.

The funeral took place on Wednesday, November 11th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch, followed by cremation at the South Branch Crematorium.

PILON - C. Germaine

Passed away at the Cornwall General Hospital, Cornwall on Tuesday, November 3rd, 1998.

Mrs. C. Germaine Pilon, age 94 years, born in St. Isidore de Pres, Ontario, of 1316 Third Street East, Apt. #5, Cornwall.

Dear daughter of the late Joseph Larocque and the late Marie Louise Rozon.

Beloved wife of the late Leo Paul Pilon.

Loving mother of Jean Marie Pilon (Lucille), Rheal Pilon (Simone), and Huguette (Mrs. Joe Giroux), all of Cornwall.

Loving grandmother of eighteen grandchildren, thirty-three great grandchildren and one great great grandchild.

Dear sister of Mrs. Yvette Desforges of Brandon, Vermont.

Predeceased by one son, Raymond Pilon; four brothers, Henri, Omer, Hyacinthe and Eugene Laroque and by five sisters, Mrs. Delisca Rozon, Mrs. Alma Gratton, Mrs. Blanche Quesnel, Mrs. Juliette Bourdon and Mrs. Alberta Pommainville.

The funeral took place on Saturday, November 7th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Nativity Co-Cathedral. Interment at Notre Dame Cemetery. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated, assisted by Reverend Roger Desrosiers and Reverend Romeo Major.

The pallbearers were Eric Pilon, Joey Lemire, Shawn Pilon, Paul Hamel, Alain Pilon and Joel Pilon.

DUPUIS - Dwayne Gordon "Butch"

Mr. Dwayne Gordon Dupuis passed away at the Hotel Dieu Hospital on Thursday, November 5th, 1998, age 51 years.

Beloved son of Edna St. Jean of Cornwall and the late Gordon Dupuis.

Dear brother of Fay Burelle (Rosaire) of Ottawa.

Dear step-son of Marcel St. Jean.

Predeceased by one sister, June Dupuis.

The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Laurier Rivet in St. John Bosco Roman Catholic Church on Saturday, November 7th, 1998. Reflections were read by Marc Burelle. Rite of Committal followed in Notre Dame Cemetery, Cornwall.

The pallbearers were David and Marc Burelle, Darcy and Joe Dupuis, Jerome Castonguay and Maurice Charland.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

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New Business Opens

The Flaro family is back in the hockey stick business. After selling the Martinville business in 1987, the family, led by Denis Flaro has begun producing new sticks under the name "Flarrow". The company operates out of the former conservation authority building in Martintown. This is their first year, and Flaro says they expect to produce approximately 40,000 sticks. With a goal of 90,000 sticks annually, Flaro is confident that the company will eventually reach its goal. The family has been in the hockey stick manufacturing business for the last 50 years and are best known for their Martinville hockey sticks.

New Beetle in Lunenburg

Dennis and Christine Robinson of Lunenburg were the winners of the 1998 Volkswagen Beetle in a raffle sponsored by the Cornwall Lions Club. The raffle raised $21,500 which will be donated to local eye conservation projects. The value of the Beetle was $27,000. The Robinsons had a very lucky year in 1998, winning $50,000 in a lottery in June, a gas barbecue in July and the Beetle in December. Congratulations.

Williamstown Native Brings Home Medal

Kent McDonell, a resident of Williamstown, has brought home a silver medal from the World Junior Hockey Tournament in Winnipeg. McDonell, a forward on Team Canada feels that they didn't lose a gold medal, but they "gained a silver medal". McDonell saw lots of ice time during the tournament and was credited with a goal and an assist.

New Fire Chief in North Glengarry

A new by-law has been passed by North Glengarry Council to regulate the fire department. The by-law states that one of the District Fire Chiefs to be appointed as the Fire Chief on a rotational basis. Council is hoping to avoid problems such as those that surfaced with the Alexandria fire department recently. Council is hoping that the District Fire Chiefs will be able to work together and is asking for at least one year to see if this new system works.

Funds For New Sewage Plant

The Township of North Glengarry has applied for funding from the province that will help improve Alexandria's sewage treatment capabilities. The Township is asking for funds to help construct an $8.9 million sewage facility. The new sewage plant would allow Alexandria to develop further as a community by lifting the development freeze currently in place due to the current sewage treatment system.

Maxville Plans Dairy Day

Maxville Sportsplex will be the site of a dairy information day on February 17th. Guest speaker will be Barron Blois, president of Dairy Farmers of Ontario. Dr. Randy Shaver, diary extension nutritionist at the University of Wisconsin will also be a guest speaker. Cost for the day is $15. For information call Phyllis MacMaster at 1-800-267-7603.

CORRECTION NOTICE

Please note the 4 pc. bedroom set in Leons ad dated January 8th, 1999 should have read 4 pc. bedroom: dresser, mirror, headboard & night table.
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We apologize for any inconvenience caused.

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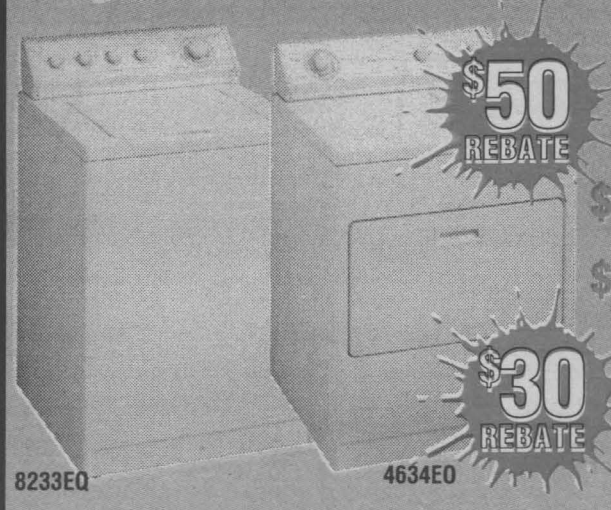

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