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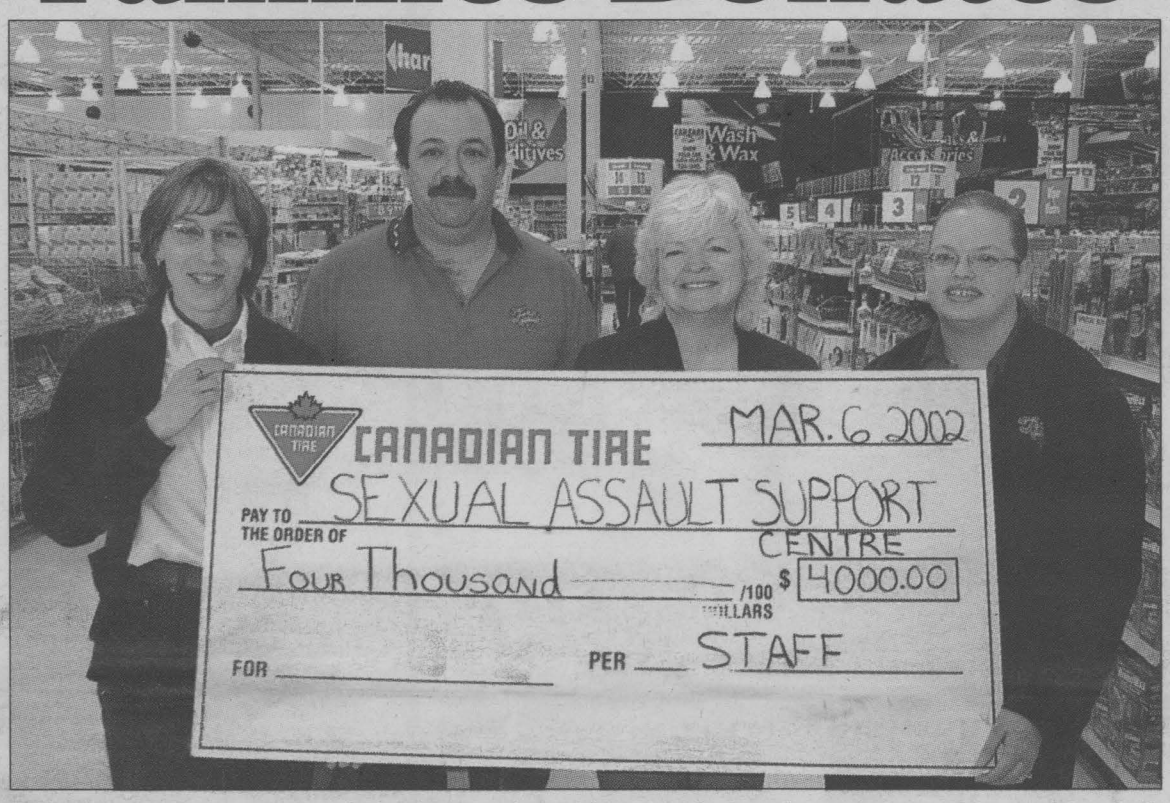
SEAWAY NEWS
March 15, 2002 Volume 16, Issue 11 Serving Cornwall and Area www.cornwallseawaynews.com

Foundation For Families Donates



The Foundations For Families of Canadian Tire donated $4,000 to the Sexual Assault Support Centre of Cornwall. At the presentation were: (left to right) Joanne Bissonnette (assistant head cashier), Marty March, Foundation Coordinator; Marge Laprade, volunteer from the Sexual Assault Support Centre of Cornwall; and Lee-Ann Prevost, training coordinator.

Story and photo by Chris McPhee

Canadian Tire's Foundation For Families donated $4,000 to the Sexual Assault Support Centre of Cornwall on March 6th, 2002. The Foundation provides a helping hand to families in crisis to ensure that life's basic needs are met. The money was raised through the sale of trees during the Christmas season.

"We are very grateful for this donation," said Marge Laprade, a volunteer for the Centre. "We depend on volunteers to do a lot of the work of answering phones and doing educational seminars for seniors, minorities, and young adults. The government has put a ceiling on their funding so now we have to raise the extra money we need to operate."

"We are very happy to provide local charities with help," stated Foundation For Families Coordinator Marty March. "The Sexual Assault Support Centre of Cornwall is the seventh organization we have helped since we began."

Cristill Rock Makes Donation



Cristill Rock Water at 110 Brookdale Avenue in Cornwall made a $931 donation towards the United Way campaign on March 4th, 2002. The money was raised through a one dollar donation per 18.9 litre bottle sold between February 14th to 28th, 2002.

"We want to thank the community for their support during this fundraising," said Cristill Rock owner Rock Plouffe (right in photo).

"Cristill Rock's involvement for the community is very well appreciated," added Keith Jodoin (left), Executive Director of the United Way. "It is this kind of support that shows what our community is made of."

Photo by Chris McPhee

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LOCAL

Excellence Through Education



Theresa E. Taylor recently attended the Auctioneers' Association of Ontario 2002 Annual Convention in Mississauga, Ontario. "Excellence through Education" seminars included identifying and accrediting works of art, working with trustee in bankruptcy, property liens, and of particular interest for Theresa, how to run a one man Auction Company and compete with the big companies. Seeking knowledge and upgrading skills by attending educational and professional development seminars is Theresa's commitment to client service. Visit Cornwall Chamber of Commerce 2002 recipient of "Entrepreneur of the Year" award, Theresa E. Taylor and Associates Auctioneering at www.theresataylor.com.

Pictured above (left to right) are: Theresa E. Taylor, Professional Auctioneer; Joe E. Wilson, President of the National Auctioneers Association (USA); and Manson Slik, President of the Ontario Auctioneers Association.

Photo submitted by T. Taylor

Cornwall Colts Looking Up For Playoffs



The Cornwall Colts Hockey Club are looking up in their chances in this year's Junior "A" playoffs. So pick up your tickets and come out to support the winning team!

In the photo (left to right) are: team Captain Tim Vokey, Al Wagar, and Andrew Schembri.

Photo by Chris McPhee

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Children Who Eat Breakfast Learn Better

Breakfast is the most important meal of the day, especially for children. Now that Nutrition Month is upon us, it is appropriate that we remind ourselves that all children should have the opportunity to eat nourishing food, particularly breakfast. A nutritious breakfast sets up each day for learning and activity.

When adults rush out the door without breakfast in the morning, they can pick something up on their way to work or during a coffee break. But children don't always have that same opportunity.

A balanced breakfast can sustain a child's energy throughout the morning until lunch. Nutrients that are missed at breakfast are not typically made up in subsequent meals or snacks. Iron is particularly of concern because iron deficiency is linked to poor attention span, delays in cognitive development and a decreased ability to learn.

Breakfast should supply at least 25 percent of the day's calories and nutrients. Including foods from three of the four food groups ensures a well-balanced breakfast.

When kids skip meals during the day, it is more likely that they will be tired, disinterested, irritable or hyperactive in the classroom. Teachers have consistently reported positive changes in behaviour and learning from students after they begin attending nutrition programs.

As the only national non-profit organization addressing the need for child nutrition programs, the focus at Breakfast For Learning, Canadian Living Foundation is not only to provide funding for breakfast, lunch and snack programs, but also to keep the spotlight on issues related to child nutrition. By encouraging communities, educators, corporations and governments to work together, Breakfast for Learning, Canadian Living Foundation hopes to achieve its vision that every child in Canada attends school well nourished and ready to learn.

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— GUEST COLUMNIST —



Health Care

Murray **Halkett**

Recently, I heard and read some negative comments about the current plan to engage a consultant to review the hospital restructuring options. To date, these options are: to build a new hospital; to follow the mandate from the Health Services Restructuring Commission to build an acute care addition plus renovations at the Cornwall General, along with new facilities at the Hotel Dieu for its new role in rehab and long-term care; or to identify and review other options that may be less costly, and thus more affordable for the community.

I am somewhat surprised at the negative reaction from some quarters to the review. To me, it is obvious the current process is stalled and going nowhere. The only consensus we have is that we need contemporary hospital facilities. People seem to recognize that if we are going to compete for scarce health professionals and meet future needs, new facilities are needed. However, after that there is no general agreement on how this should be done. In the absence of a consensus, many rightfully point out that it will be difficult to fundraise for any project. That's why I think the review makes good sense.

Typically, those against the review say, "Why do we need more studies and another consultant?" I submit that if you look at this matter analytically, what is the alternative? As there are so many people now who either do not understand or do not agree with the various options, how can we proceed? When contemplating the expenditure of up to $67 million, the community has every right to expect that these funds will be spent wisely. Do we want to put our future in the hands of the group I call the "drive-by planners?" This group says, "All you have to do is drive by the two hospitals and the answer is obvious; the General should concede and let redevelopment proceed at the Hotel Dieu."

First of all, it isn't a matter of the General conceding, as the General was directed by the Health Services Restructuring Commission to develop a plan for the consolidation of all acute care hospitalization. The hospital does not have a choice; it was given a directive with the force of law by the Health Services Restructuring Commission.

Secondly, the "drive-by planners" assume that all hospital buildings are the same and what really counts is the available space around the building for parking and expansion. While parking and expansion are certainly important, the contents of a hospital building are the paramount consideration. It is generally agreed in architectural and engineering circles that an acute care hospital is the most complex building to construct in any community. In order to serve all of the patient rooms and the many departments, elaborate mechanical and electrical systems are required. In addition, to support the weight of some of the new technology, the structural capability of the building is also crucial.

If the direction taken in Cornwall is to abandon the idea of a new hospital, or to abandon acute care redevelopment at the Cornwall General, then some lower cost options will have to follow. Once these options are identified (and that won't be easy because the Ministry of Health does not want to see the continuation of two acute care hospitals in Cornwall), they will have to be master planned so the architectural and engineering implications can be costed.

This is the heart of the issue—accurate cost comparisons. If affordability dictates a smaller project(s) using less space, important decisions about reductions will have to be made as well. As the existing plans were done to current Ontario standards, this will not be an easy task!

In the end, it is expected that the review process will have logically examined the options, fairly compared the capital costs, and arrived at conclusions that are sensible and affordable. Hopefully, these two ends are compatible. While this process will take time and cost money, it should produce a better consensus and an outcome acceptable to the majority—a decision superior to one based on the "drive-by planning" approach.

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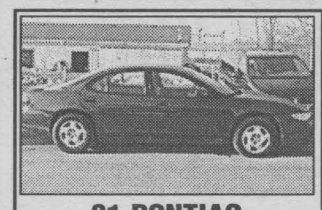

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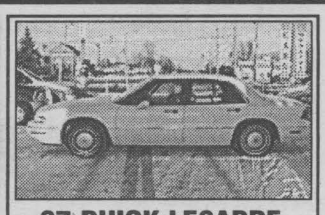

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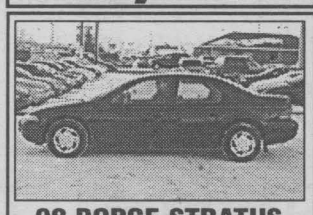

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LOCAL

VON Starting Befriending Program In Lancaster/Alexandria

Over a year ago, the VON Befriending Program was started in the Cornwall Area with Sue Tarle, Volunteer Coordinator for the program. Through hard work and determination the Befriending Program is a huge success.

The purpose of this program is to provide physically disabled adults an increased opportunity for social interaction and access to community activities. This is accomplished by matching an able-bodied volunteer with a disabled client. The program matches individuals according to their interests, hobbies and age.

For this special program, volunteers are an essential lifeline. If you are interested, contact us at the VON Eastern County Branch at 932-3451.

"Marketing & Advertising" Seminar

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 and Trade along with the Business and Industry Training Services at St. Lawrence College are presenting a seminar for prospective entrepreneurs called "Marketing and Advertising."

This presentation features information and advice from Mark Kulick, a Business Consultant with the Cornwall Economic Development Self-Help Office, Rob Lalonde, Persuasive Design, and Bob Peters, Webtech. The Seminar is scheduled for Thursday, March 21st, 2002 from 6:30 p.m. to 9:30 p.m. at St. Lawrence College. To pre-register, call 933-4693, extension 2178.

Lift-Off 2002 Draw

Button number 1226 was drawn as the winning number in the weekly grocery draw for $25 in gift certificates from Simon and Sherrol's No Frills in Cornwall Square.

Each week until the Monday of Lift-Off 2002 week (July 19th, 2002) random numbers will be selected as winners of the weekly early bird draw.

Lift-Off 2002 will take place from August 22nd through 25th, 2002 at the Cornwall Motor Speedway.

Winning numbers are also posted on Cogeco 11 and the Lift-Off website, www.lift-off.ca.



AIDS Forum

Pat **O'CONNOR**

Hello everyone. Sometimes it takes something special or awful to make me write. Yesterday a friend told me of his wife's illness and medical problems. It was about a month ago his wife had a growth removed from her neck. This was obviously distressing to him and I often asked him how she was. All tests came back negative and all seemed fine.

Last week while at a checkup, three lumps were found in her breast. My friend was also diagnosed with a lump and also had to endure losing someone in his family. He was devastated, and having his mother die from cancer, knew some symptoms. I couldn't begin to imagine what he and his wife were going through, but the thought of it brought me to tears.

Myself and many of my friends are at that age, 37 to 45, where it seems we all know someone who is sick, or has a parent sick, or brother, or sister, or just someone you know. I guess it's just a fact when you get to our age this will happen as we are all getting older and so are our families.

My younger brother Mike and myself just returned from a wonderful trip to Spring Training in Florida. We sat and talked at the ball games, had lots of laughs and shared many stories.

Mike is 38 (I think) and mentioned the same thing one night, how he was all of a sudden knowing people with liver and kidney disease, other ailments and his girlfriend's father, who was just diagnosed with prostate cancer before we left. He seemed a little troubled over it and I told him he was getting to that age where in the next coming years he would unfortunately know more and more people that would become sick and possibly die. Obviously he worries about me and we are also fortunate to have our parents around, still quite healthy and happy. Sickness and dying are all part of living, but sometimes you just have to ask why and just shake your head. That's all I could do when my friend told me of his wife and himself. I just couldn't believe it. It made me angry.

I have been off my pills now for a few weeks while I was away. I'm making excuses about starting them again as I feel so good, healthy and alive when I'm off them. Can't start Monday – bowling – rest of week is March break and Faye's sons are home, then some plans on the weekend and so on. I will have to start back soon and go through the first few weeks of feeling sick and awful. It will be hell. Sorry, there's no other word for it, but I've done it before and will again.

Visiting the United States was an eye-opening experience in many ways. Talking to some about September 11th, 2001 was moving and upsetting at times. I admire how proud a nation they are and was lucky enough to witness a New York City policeman sing their national anthem at the Yankees home opener which was very powerful. He also sang at the World Series. I also got a close-up look at the flag which was found at Ground Zero. It was being watched by NYPD and NYFD and I felt compelled to shake their hands and thank them. I have great respect for Americans as they do Canadians. A few jobs and barbs about the hockey didn't go over too well, but we all laughed.

Remember to keep your toques on if you're playing inside, and be well everyone.

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

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

SEAWAY NEWS

Easter Holiday Hours & Deadlines

• Classified	4 pm Tuesday, March 26
• Community Digest	4 pm Monday, March 25
• Let's Celebrate	4 pm Monday, March 25
• Display Advertising	4 pm Tuesday, March 26
• All Editorial	4 pm Monday, March 25

Seaway News Office will be closed
GOOD FRIDAY, March 29th
and will re-open on Monday, April 1st at 8:30 am

Seaway News will be distributed starting
THURSDAY, MARCH 28th, 2002

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LOCAL

Registration Now Open For April IT Forum And Job Fair

It's time to register for the "Let's Connect" Information Technology Forum and Job Fair at the Iroquois Civic Centre on April 5th, 2002. The program promises to be of interest to people who own or work in small and medium sized businesses. It is also of interest to anyone looking for a job that involves Information Technology (IT) or who is thinking of taking training to upgrade their skills.

Like the use of computers, the Internet and other technologies are becoming a fact of life. The Forum features employers who will share their experience in adapting to this new reality to run their operations better and take advantage of new opportunities. They will also discuss their needs and challenges in attracting, training and developing skilled IT workers. You can learn how to take advantage of the high speed Internet access our community enjoys, putting us ahead of many other Ontario communities. Finally, there will be a discussion of what this all means for Dundas County and how the community can get more IT employment.

At the Job Fair, there will be an on-site match-making opportunity for people looking for IT jobs and employers needing IT workers. The display area will have information on training for workers and on government programs. There will be practical tips for job seekers and technology users.

This event is a cooperative venture between CEONET, a not-for-profit Ontario corporation based in Alexandria, and the South Dundas Economic Development Commission. It enjoys the support of the Township of South Dundas.

Another important part of this project is a survey of local employers' IT labour needs and locally available IT talent. The survey will be sent out soon and the results announced at the Forum. A separate questionnaire will be available to job seekers at the Forum. The Needs and Skills project is the result of a recently signed contribution agreement between Human Resources Development Canada and CEONET.

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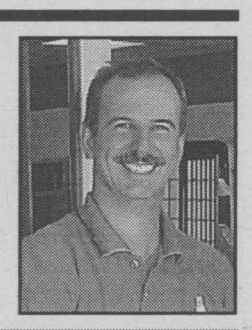
Alain A. Lavallée



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In the play, Evita is performed by Lacey Kingston (centre), Juan Perron is played by Kelly McAlear, and Che is played by Jimmy Maylon. Tickets, while they last, can be purchased from the Cornwall Seaway Valley Tourism office at 100 Pitt Street.

Photo by Chris McPhee

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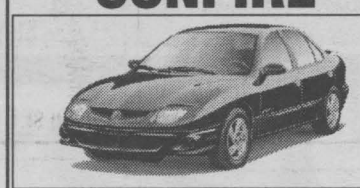

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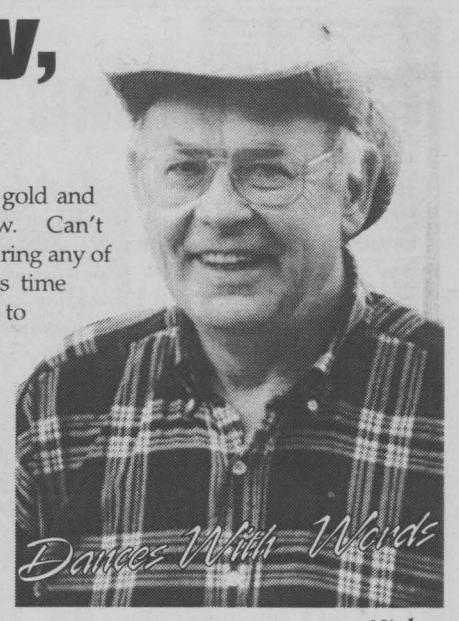
Another Letter, Another Kind Of Story, But Still About Footwear



Nick
WOLOCHATIUK

Last week we learned a lot about B.F.'s life, lifestyle and dreams. What a fine lady! This week, I'm excerpting from another reader's letter, this one from Carol Lisacek of Maple Road, Glengarry. She's titled her shoe inventory "All of my favourites have a tale." Let's see what insights we can get about her, about rural life - and perhaps even about ourselves.

"My farm boots are finds. I found a pair of steel toe rubber boots in the barn. I guess they were from a previous owner of our home." [This is the latest of the many homes in which Carol and her husband Milan have lived.]

"Snowmobile boots, white. Paid a buck for them at a yard sale. Got a pair of matching gloves from the same sale, but I don't like the gloves – the fingers don't bend. Black snowmobile zippered boots – another yard sale." [Aha! Why pay full price for something?]

"My knee high green rubber boots, the kind with a lace at the top that no one ever ties – yard sale. A mouse was living in one of the boots. Another pair of steel toe rubber boots, another dollar, another yard sale." [So far, no tap dancing shoes. Last week's B.F. must have got the last pair.]

Two pairs of duckies. Bought the first pair new at K-Mart in 1995. They're finished now, but they are still in the furnace room. The still good pair were from a bazaar, I think. I hate paying full price." [Aha! Can't bear to part with some things, especially those that were bought for the full price. So Carol has a mouse in one boot, and Milan shares his house with a packrat.]

"Black thick sole lace-ups. A rich teenage girl had a yard sale. One pair ankle high boots. Wear them with slacks. Hate them, but have to keep them because I paid full price!" [Some stylishness is creeping into her Back Forty way of life.]

Time to leave the barn and go into Carol's clothes closet: "Three pairs of great loafers. Got them at a Bata outlet in British Columbia. Regular $70, but paid only $10." [Has a real nose for bargains, even when traveling afar.]

"Now to the cardboard box of 'These are for Special Occasions.' I seem to have four pairs of white shoes, all flat, one Italian lace-up, two white and gold and one white straw. Can't remember ever wearing any of them!" [Perhaps it's time for Milan and Carol to get a babysitter for the goats, ducks and the mouse and have a special night out. Alexandria's Georgian House is just 20-minutes away.]

"One pair bronze flats, one pair blue flats, one pair white shoes with two inch heels. Love these: fuscia, blue and orange stripes. A great pair of spectator pumps: too small, but I love these too." ['Spectator pumps?' Last week B.F. said that there are "no designated shoes for taking keyboard lessons." I didn't realize that being a spectator required any particular kind of footwear.]

"All the boots, working stuff, are for city folk who might just come to visit on a rainy day. They never do."

Carol, I know what you mean by that. Almost 32 years ago, I left living in a Toronto apartment house that was beside a 12-lane section of Highway 401. Some time later a couple who lived in the same building came to spend time with us in our very rural home.

During the first evening one of them commented, "Boy! It sure is nice and quiet and relaxing here!" During the second evening, his wife said, "It's really quiet here, kind of isolated, isn't it?" Next day, after yet another walk in the forest, a stroll through Williamstown and throwing some pebbles in the Raisin River, he inquired, "So what do you do for excitement around here?"

With that, I mentioned, "I have to refill the firewood bin. There's some extra work boots that'll fit you." They left early the next morning. It's been 30 years now, and they've never been back for a visit.

Near the closing of her letter, Carol said, "Did I mention that I'm female?"

Carol, I've been around a bit, but I've never met a guy whose closet contains black thick sole lace-ups, four pairs of white shoes, all flat, one Italian lace-up, two white and gold, one white straw, one pair bronze flats, one pair blue flats, one pair white shoes with two inch heels and some with fuscia, blue and orange stripes.

I assumed you were female.

And now, the last of Carol's letter: "My mother loved fine leather footwear. The most elegant shoes and boots one could imagine graced her well-turned ankles. I cried when I gave them to a church when she was admitted to a seniors home after developing Alzheimer's."

Yes, shoes sure do evoke a lot of memories.

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LOCAL

Lending A Hand



United Way Educational Division Coordinator Don Fairweather sits amongst the students of Gladstone Primary School with their donation of $100 that they raised during a '100 Helping Hands' campaign. The campaign was to celebrate the 100 day mark of school.
Story and photo by Chris McPhee

Gladstone Primary School celebrated the 100th day of school on February 7th, 2002 with a '100 Helping Hands' campaign to benefit the United Way. Each student received a piece of coloured paper on which they were asked to trace their hand and write their name. Students also coloured the papers before they cut them out and returned them to the school with a one dollar donation.

With close to one hundred students, the school was able to gather a donation of $100 to lend a hand to the United Way and their worthy cause.

"We really appreciate this donation," stated Don Fairweather, Upper Canada School Board Superintendent and Coordinator of the Educational Division in the United Way. "We are very close to our goal and soon we will close the door on another successful year."

Put Your Old Bikes To Good Use

Local cycling organization Gateway Riders Inc. is pleased to announce the start of a brand new program in SD&G. Project Pedal will encourage citizens to donate used bicycles to be refurbished and distributed to people in our community who need them. "I am very pleased we are able to offer this service to the people of SD&G," said John Bolton, Gateway Riders President. "There is no end to the amount of bicycles collecting dust in basements and garages in the area. These bicycles will provide hours of healthy enjoyment and physical activity for all the people of SD&G."

Project Pedal, in conjunction with The Healthy Rhythm Coalition, will be launching this new initiative at Cornwall Square March 14th, 15th, and 16th, 2002 from noon to 6 p.m. all three days. People can get information about the program on March 14th and 15th, 2002 and can donate a bicycle at Cornwall Square on Saturday, March 16th, 2002.

For more information about Project Pedal and Gateway Riders, John Bolton can be contacted at (613) 930-4944.

Or by e-mail at gatewayriders@hotmail.com.

Encore Seniors' Education Centre

Beverly Hincks, program coordinator for Encore Seniors' Education Centre, reports that the $23,700 Trillium Foundation grant announced earlier has been received and that plans are now being implemented to make use of these funds for additional staffing and program development.

"Among other things, we hope to expand our outreach operation to make encore more accessible to people who simply can't get to St. Lawrence College," explains Hincks. "An example is someone who is caring for a sick family member. They might be able to get away for an hour or two if a class is offered nearby. For these people, Encore not only offers learning but it provides a needed social break. Similarly, there are people who have mobility or transportation problems. We would like to meet their needs by providing Encore courses in a variety of locations."

Encore, an award winning day-time academic program for older adults in SD&G, has run a small outreach component as part of its mandate since its beginnings in 1994. Classes have been held in nursing homes and other off-campus locations across SD&G in Lancaster, Maxville, Alexandria, Bainsville, Martintown, Williamstown, Long Sault and Ingleside.

The Ontario Trillium Foundation, an agency of the Ministry of Tourism, Culture and Recreation, receives annually $100 million of government funding generated through Ontario's charity casino initiative. The Foundation provides grants to eligible charitable and not-for-profit organizations in the arts, culture, sports, recreation, and environment.

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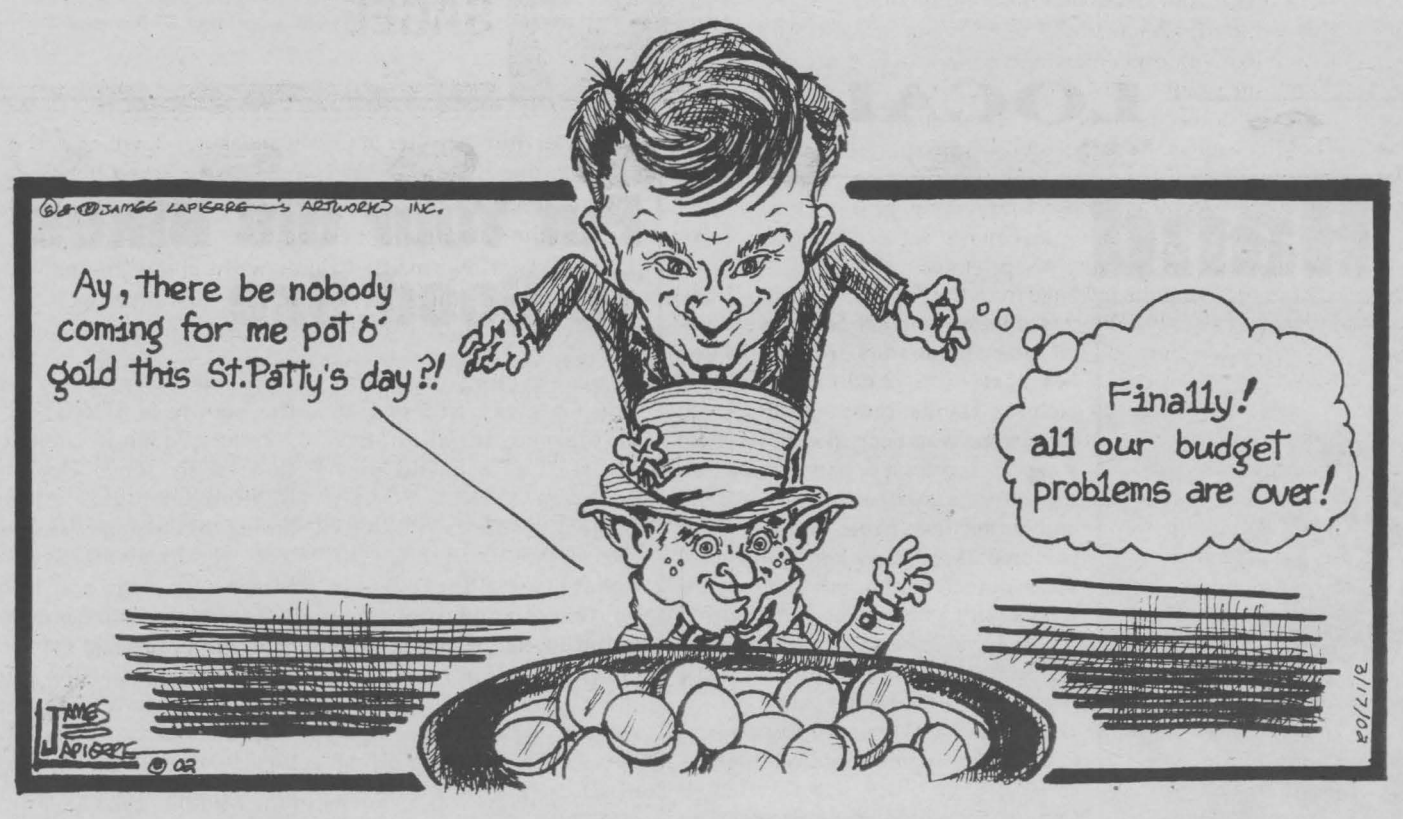
EDITORIAL
OPINION



Don't Cut Library Funding



Perspective
Bob
ROTH

I'm not surprised to see that the city library is now being eyed for a funding cut. With attacks on our public education system and health care system in full swing, it's little wonder that the public library system - the epitome of universal access to education and information - should be next.

As part of its budget deliberations (trying to find out how to recoup money lost through boondoggles and bad judgement), City Hall is eyeing a potential 10 percent cut in library funding.

According to chief librarian Bill Manson, the cut would have a drastic effect by forcing staff layoffs at an institution that is already understaffed.

In an understandable fit of hyperbole, Canadian Union of Public Employees regional President Bob Manny suggested, "Maybe they should just take the books out and nobody will be reading. Let's burn Tom Sawyer, or something again."

Frankly, I can't recall Mark Twain's "Tom Sawyer" being a book ever targeted for burning - in the same way as, say, Steinbeck's "Catcher in the Rye" - but that's beside the point. The point I think Manny is trying to make is that you can cut back and back and back on funding for a public service to the point where you cannot, in fact, deliver that service. In other words, you can either provide the service or not. There is no point in having the facade of a public service with nothing but an empty shell behind it. A library without books - or without staff to guide knowledge-seekers and check out those books - is the image Manny seeks to elicit.

Public Library Board Chair Alex MacDougall has also commented publicly on the proposed cut to the local service.

A reduction in the library's budget, he said, "would have a huge impact on the library's operation and the services we provide. In many instances the library provides the only location for a safe and productive study venue for elementary, secondary and post-secondary students in our community."

Point well taken.

While it does not have the iconic status of "hockey" as an indispensable Canadian necessity, the public library has historically been a mainstay of our public education system. It is the place where all people can go and obtain knowledge for free (or a token amount). No tuition fees. No huge outlays for materials. The library is a reservoir of cheap, accessible information on virtually every topic under the sun. Its demise would sound yet another death knell for a society that seems more intent on providing "bread and circuses" than in educating its populace to become informed, thoughtful citizens.

Say Goodnight, Mavis



Basic Black
Arthur
BLACK

In tragedy, every moment is eternity. In comedy, eternity is a moment.

Christopher Fry

In the early spring of 1996, tragedy fell on 64-year-old Mavis Pickett like a Mack truckful of boulders. It arrived in the form of a telephone call from a policeman in Whistler, British Columbia. Her 30-year-old daughter, also named Mavis, was dead. She had tumbled off a cliff while skiing at Blackcomb mountain.

"She was my soulmate," remembers Mavis senior. "We could finish each other's sentences."

Poised on the cusp of senior citizenry, when life is supposed to smooth out and become simplified and pleasant, Mavis was instead plunged into a whirlpool of misery, faced with an unthinkable, inconsolable loss. So the grey-haired, bespectacled grandmother did the only thing she could. She became a standup comic.

Actually, it was an accident. Searching for some kind of relief from her pain, Mavis came across a night school brochure offering a course in grief management through humour. She signed up. At her first class, her heart fell when she discovered she'd enrolled not in a lecture series, but in a standup comedy workshop. "Not for me," she thought firmly. She was no standup comedian. She was a retired elementary school teacher for heaven's sake. She tried to withdraw from the course. The teacher, sensing something special in Mavis, begged her not to give up just yet-to at least attend a couple of classes and give it a shot.

Turned out Mavis had superb natural timing and a great stage presence. She also had a personal comic motherlode of material all to herself. There's a hoary old adage for writers that advises them to "Write about what you know." Mavis decided she would take her humourous material from an area of life that she knew all about, that, curiously, no other standup comedian was tackling: what it's like to get older.

It became an absolute gold mine. Other standup comics were screaming and yelling about sex and booze and Osama bin Laden in sulphurous X-rated rants. Mavis toddled out to the microphone and talked in a sweet voice about forgetfulness, decreased agility, fading eyesight and other hurdles of advancing age.

She never swears during her act, but she's not exactly a goody-two-shoes out there on the stage.

"Young people are really concerned about what old people think," she purrs into the microphone. "Just the other day, my granddaughter asked me 'Did you and Grandpa have mutual orgasms?' And I said, well, no dear. We had Metropolitan Life."

It didn't take the world of standup long to discover the fresh new voice coming out of Vancouver. Mavis is a smash. She's appearing at night clubs, cafes and conventions all over the city and the lower mainland. She could work just about every night if she wanted to, but she doesn't. She's got a real life. She also teaches osteo-fit classes to fellow seniors six days a week. "That's where I pick up some of my best material," she says.

The best thing about Mavis? Her exit line. Most standup comics invariably end their routines with lame and hapless bailout lines like "Hey, you've been a terrific audience. Thangyuhverrrymuch."

Not Mavis. When she finishes her last joke, she pauses, beams out at the audience and says quietly "Say goodnight, Mavis." By this time, the audience is in love with the woman. The whole room roars 'GOODNIGHT, MAVIS!" over their own applause.

Except Mavis is not really talking to the audience. She's talking to a specific person she can see sitting and laughing in the front row.

It's Mavis Anne, her daughter. Mavis Pickett is the only one who can see her, but that's alright.

Say goodnight, Mavis.

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Letters to the Editor

Trip to New York City Not An Option For Local High School Students

Dear Editor,

A trip to New York City has been organized here locally in Cornwall. Some of the monies generated from this trip are being donated towards the new Dialysis Clinic at the Cornwall General Hospital.

Having the opportunity to take part in this trip has allowed me to also include my three children and they have chosen to bring a friend. Not only would this trip offer fun and excitement it will also be quite educational.

Included in some of the highlights of the trip are: Tour of the Empire State Building, Times Square, Festival of Lights, New York Lincoln Centre, Opera, Central Park, Rockefeller Centre, Statue of Liberty boat cruise with a visit to the statue included, and of course a visit to Ground Zero.

Unfortunately, four of the children each have one exam to write on Friday, June 21st, 2002 which happens to be the departure date. The children spoke to a teacher who thought it was OK to change the date, but only if the principal agreed. Parents as well as the children spoke to the principal and all were told it was impossible and there were no exceptions.

I phoned and spoke to the principal and she recited some of the board policy and then directed me to the Board Superintendent. I called him and he also mentioned the policy but was willing to "look into it" and get back to me. The next evening at 9 p.m. I received a message on my answering machine stating parts of the Board policy once again and that it was not possible to alter the times of the exams. Policy states there are no exceptions and the only criteria that would allow a change would be with a medical certificate.

I understand and certainly appreciate that the education system has policies and guidelines that should be maintained in order to create structure, organization and consistency for everyone. I work in an area where there are also many policies that must be upheld. However, I'm also aware that there are circumstances that do arise which may require us to review written policies and perhaps alter them according to individual circumstances.

It's quite unfortunate that these children will give up this wonderful opportunity of 72 hours in New York City filled with excitement and memories in place of a 90-minute exam.

Please don't misinterpret my feelings on exams. They, as well as the responsibility of writing them, are very important. However, I felt this situation allowed for some exception. These four young girls, two of whom will be graduating as Ontario scholars the following week, will be very disappointed.

After receiving the message from the Superintendent, I placed a call to the Director of Education in Brockville. My call was returned by a spokesperson for him and once again the response was that it was impossible to change the times of the exam. It was mentioned to me at that time that it was the principal who really had the final say.

How unfortunate that our education policies are so black and white. I did appreciate the efforts of the spokesperson for the Director of Education and the Superintendent.

Tracy Sleeman
Cornwall

P.S. To all of you going to New York City, have a safe and exciting weekend. A special thanks to Manon Thompson for her hard work in organizing this wonderful trip.

Three Cheers For Our Coaches South Stormont Sharks

Dear Editor,

On behalf of the parents of the South Stormont Sharks, we would like to thank our wonderful coaches, Andrew Maloney and Angus Hope. They made the season a great and fun experience for the players. These coaches taught the players many valuable hockey skills such as skating skills, passing, playing as a team, discipline, and good sportsmanship.

We all agree our money was very well spent, as these players showed much improvement during the season. Our coaches did a great job, and have left along happy memories.

Hip, hip, hooray, hip, hip, hooray!
"Andrew and Angus, you are awesome!"

Wendy MacDonald

Pool Money - Another Trinket From Politicians And Bureaucrats

Dear Editor,

Yeah! We got a bit of our own money back! These guys in Toronto, the Ontario government, think they are doing Cornwall a favour by allowing us to spend some of our own money. They don't acknowledge that Cornwall citizens pay taxes – big time, income taxes, P.S.T., sin taxes (booze and cigarettes), E.I. taxes, W.C.B. taxes, C.P.P. taxes, property taxes, and G.S.T. mostly to Ottawa and Toronto.

And they don't know 'B-' all about what Cornwall wants, never mind needs. They pretend to be experts at everything and they take their 'commission' right off the top. When they run out of cash they borrow to pay Ontario Hydro's debt on little old sucker Cornwallite's credit.

Let's not get carried away partying and celebrating a token allowance out of our own bank account!

There are reasons our standard of living is getting worse. Too much government is the biggest reason. Too many decisions like what Cornwall students need to know are made in Toronto. Too many decisions like Cornwall hospital building requirements being made in Ottawa. Too much apathy and complacency in Cornwall when we agree with Mulroney and Chretien that free trade is good for Canada: Even in the face of Statistics Canada's numbers proving that we are getting poorer and totally dependent on the United States. The 62 cents Canadian dollar says it all!

Does anyone out there have the balls to tell the truth? Or do we sit back like Argentina's victims and Enron's victims pretending there is no problem?

The "I won't tell on you if you don't tell on me" behaviour won't work much longer.

Stan Body
Long Sault

Gambling

Dear Editor,

Hearty thank you's to Rev. Dr. Fran Sousa for his comments on gambling.

Gambling in the Civic Complex could well bring smoking to salons so as not to scare away gambling monies.

Smoking kills first-hand and second-hand, but always long and slow. A health issue lacking the torment and violent deaths with addictions like alcoholism and hard-core drug abuse. Gambling can be the magnet to draw all these ills of society together and more.

Legalized upscale gambling kind of legitimizes it all. Addictions all indeed!

Raven P. Van Leishout
Cornwall

Seaway News welcomes Letters To The Editor. Letters should be no longer than 200 words. All letters are subject to editing and must bear the writer's name, address and phone number for verification. The views expressed by columnists, guest editorialists and/or Letters To The Editor are not necessarily the views of this newspaper or its publisher.

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Has Israel Been Especially Cruel?



Meanwhile
Fred
SAGEL

I got an e-mail from a reader in Cornwall last week which posed a significant question that needs answering. Why, asked the reader, don't I write about all the violence that is being caused by the Israelis against the Palestinians these days?

It is a good point. Normally, I don't write about international affairs in this column. But, since it wasn't the first time I had been asked the question, I think it's a worthwhile one to discuss—especially now that Mideast violence has escalated enormously.

So I'll ask it again: Why aren't more people condemning Israel's state terrorism?

While President Bush and the American Congress—who are heavily financially supported by the Jewish community in the United States—are terribly reluctant to criticize Israel, the Canadian government is starting to show some common sense in telling Israel to back off its overly aggressive moves these days.

Prime Minister Chretien has tried to straddle the line on the Israeli issue. But his foreign minister, Bill Graham, didn't hesitate to criticize the Jewish state for its strident attacks on Palestinians in recent days.

He is right: Israel has been especially cruel.

Instead of trying to make peace, the Israeli government keeps using force to bully its way to power in the Middle East. One form of Israeli punishment is the destruction of Muslim and Christian Arab homes with explosives and bulldozers.

This odious practice—banned by the Fourth Geneva Convention on the conduct of foreign military occupation—has continued, both in areas under Israeli control and in others temporarily conquered by Israeli forces, as in Syria (in 1967 and 1973-74) and south Lebanon and Beirut's Palestinian outskirts between 1978 and May, 2000.

Israel's recent air and ground attacks against Palestinians in both the occupied and Palestinian-administered autonomous West Bank and Gaza territories have included this form of punishment. In response to Arab suicide bombings and other attacks, the Israeli Army most recently blasted a strip of homes along the Gaza border.

The Israelis justify this because the owners had obtained no Israeli building permits. But the Israelis have a problem with that excuse. No matter how long a Christian or Muslim Arab and his family have lived in East Jerusalem—which Israel took from Jordan in 1967 and then annexed—they are in more than 90 percent of all cases refused a building permit.

That is one reason why Palestinian terrorists spring up. One consequence of Israeli oppression is that peaceable people decide to resist the occupation and join the Palestinian intifada—and some of them become terrorists.

But the Israelis keep pushing the envelope—and crying victim.

In August 1967, just after Israel won the Six-Day War, Moshe Dayan, then-Israeli Defence Minister, even said: "We think blowing up houses is very useful and is a deterrent against terrorists."

The Brits were just as brutal as the Israelis when they controlled the land between 1920 and 1948. During that time, the British Army drove out Arab villagers and destroyed their homes as part of a "counterterrorist" campaign—those are the words they used to justify their actions.

What it all boils down to is that both the British and the Israelis have acted as conquerers, treating their subjects badly, taking their property and then bulldozing their homes. They have left the Palestinians with plenty of grievances.

And then they wonder why the Arabs are so upset.

Of course terrorism in any form is not acceptable. But when you lose almost everything and keep getting hit on the head day after day, it starts to become a viable alternative.

The Israelis, especially under their aggressive current regime, are hardly seeking peace. They want control—and now they are feeling the backlash from people they have treated in such a terrible fashion.

Needless to say, I have little sympathy for Israel's antics. And, if the United States—the only nation capable of restraining Israel—doesn't start to act to ensure peace, the area will break out into all-out, brutal war.

And that is exactly why it is refreshing to see Bill Graham, a highly educated and knowledgeable Canadian foreign minister, condemning aggressive Israeli actions. It is the right thing to do, despite all those protests by Canadian Jewish groups who condone Israeli state terrorism.

Maybe Mr. Graham's boss, the prime minister, might catch on soon.

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TIRECRAFT Auto Centre is more than just tires. The friendly honest staff offer over 85 years experience in their full service auto centre. Kneeling in the photo are Verna and Stan MacIsaac. Along the back are: (l-r) Gary Leduc (Service Manager), Fred Behn (Mechanic), Rick Bonin (Mechanic), and Paul MacIsaac (Service Writer). *photo by Chris McPhee*

TIRECRAFT owners Stan and Verna MacIsaac are celebrating two years at their present location and have lived in the Cornwall area since 1973. Stan has been in the auto industry since 1968 and they presently have six employees at their business at 1920 McConnell Avenue.

"We really believe in basing our customer relations on honesty and integrity," stated Stan. "We do not treat travellers any different than we treat our regular customers. The technicians here know that if it doesn't need fixing, to leave it alone. We are a full service Auto Repair Centre but our biggest hurdle still seems to be that the public doesn't realize we do more than tires."

TIRECRAFT has eight service bays and they offer everything from safety checks and transmission work to engine removal and repair.

"Starting July 1st, 2002 the government is instilling clean air testing every two years," added Stan. "The public will have to be ready. Everything in the car affects the air quality. If you don't do your tuneups or oil changes on time it could change the readings on the test. We will use a five gas analyser which looks for particular gas emissions from your exhaust."

TIRECRAFT should be ready for the clean air testing by June. The Service Manager Gary Leduc is the man behind the team. Collectively, TIRECRAFT carries 85 years experience and is a local Auto Trader outpost.

"At the end of every month, we draw a customer's name from the previous month," continued Stan. "The winner receives a free oil, lube, and filter. The winners name also appears on the front of the Seaway News at the beginning of each month."

Although Stan and Verna want the public to know they do more than tires, they also want them to know they do supply a full line of quality tires and custom rims. Makes like BF Goodrich, Michelin, Pirelli, Uniroyal, Dayton, and Continental which is a high-end European model.

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LOCAL

Students Throw Hoops For Heart



Grade five to eight students at Eamer's Corners Public School gathered together to raise money for the Heart and Stroke Society on March 5th and 6th, 2002 for their annual 'Hoops For Heart' basketball tournament. The first day was the two-ball tournament for grades five and six, and a three-on-three tournament for grades seven and eight the next day. The person who raised the most money was Denis Orchard at $181.

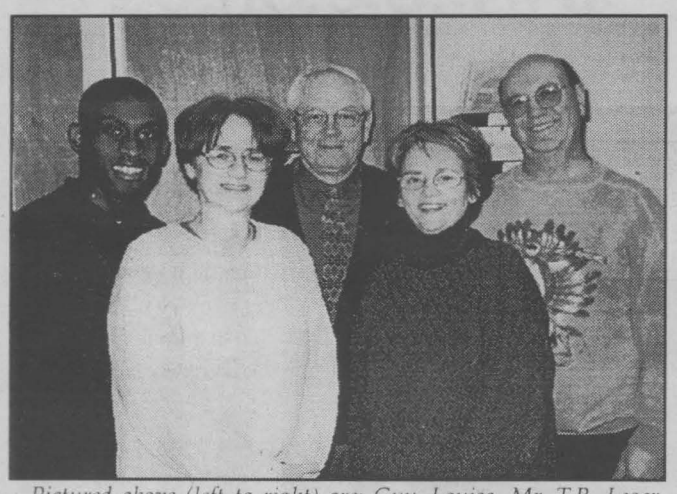
Showing their stuff is the committee of students who organized the event. They were: (left to right) Josh Hickman, Stephanie Greig, Brad Ruest, Shannon Legue, and Ryan Poapst.

Photo by Chris McPhee

A Special Night For T.R. Leger Students

Wednesday, February 27th, 2002 was a very special night for T.R. Leger Literacy students' evening class. Mr. T.R. Leger himself was the evening's mystery guest at their new location at 902 Second Street West.

The purpose of a mystery guest is a good way to learn about people, professions and skills. Students stated, "This activity helps to improve language, conversation, listening, reading and writing skills. Most importantly, this activity helps to increase our self-confidence." Adult students learned, by asking specific questions, that Mr. Leger is currently retired from the field of education. He was a former trustee and a pioneer for establishing the current T.R. Leger School. In fact, Mr. Leger indicated that the alternative school started at this very location, when the building was the former Public School Board Office. Mr. Leger commented that he was very pleased to be their mystery guest and provided each student with words of encouragement.



Pictured above (left to right) are: Guy, Louise, Mr. T.R. Leger, Sonia and Gerry.

Story & photo by Joy Seguin

A week after their mystery guest, literacy students created this article by one student acting as a journalist and the other students responding to the questions. Students would like to let Mr. Leger know that he needn't worry, the "T" in T.R. Leger will remain a closely guarded secret with the students!

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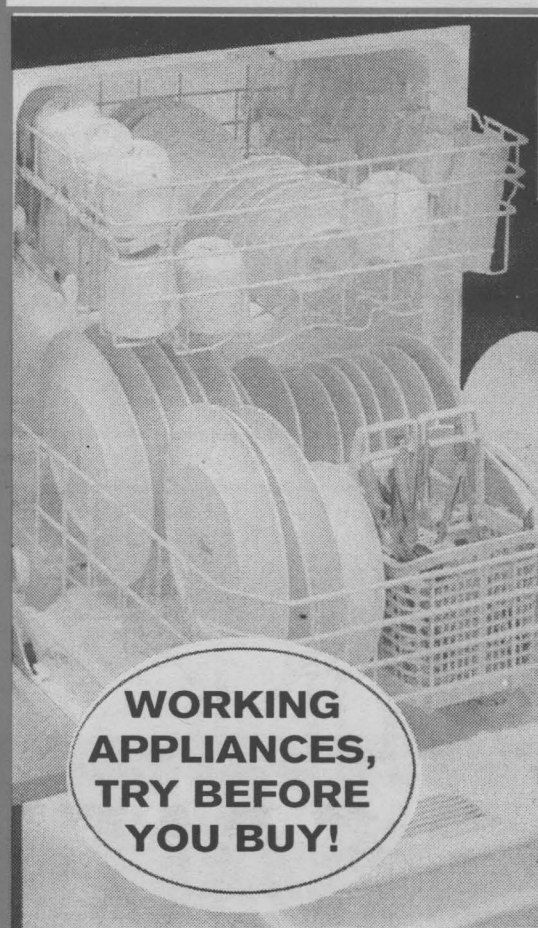

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LOCAL

New Table For Cornwall General

On March 4th, 2002 the Cornwall General Hospital revealed their new Digital Fluoroscopy table at a press conference. The table was purchased from Liebel-Flarsheim at a price of $498,000 and $200,000 towards renovations for the installation of the table.

"It is a great thing to see a urology table that will bring things up to date in Urology," stated Dr. Samir Yassa, head of Urology. "Now patients who were transferred to treating centres can be treated here at the Cornwall General Hospital and we can service our community much better."

Digital fluoroscopy provides the urologist with continual image quality which affords for faster diagnosis with greater accuracy. With the mobile image intensifier, the entire urinary tract can be visualized fluoroscopically without needing to reposition the patient or urologist. The table offers two 16-inch monitors for a before and after view.

The new table also subjects the patient to 1/8th to 1/10th the amount of radiation than regular scans and with the digital, they can bring the accuracy in without increasing the dosage. The equipment can also be used for other things such as: uro-dynamics (because the table can also be in an upright position), angio-graphic work, pacemaker insertion, x-ray, some orthopedic procedures, and other possibilities. The Liebel-Flarsheim table is also not restricted to the pelvic area, but can be arranged with no patient movement to scan all parts of the body.



The Cornwall General Hospital held a press conference to reveal their new fluoroscopy table. At the event were: (left to right) Jennifer Barkley, X-ray Technologist; Brad Keane, Urology Clinic Consultant from Liebel-Flarsheim; Anne Rodger, Program Manager for Surgery and Critical Care; and Dr. Samir Yassa, Head of Urology.

Story and photo by Chris McPhee

"Being in Cornwall doesn't mean we have to be underserviced," added Dr. Yassa.



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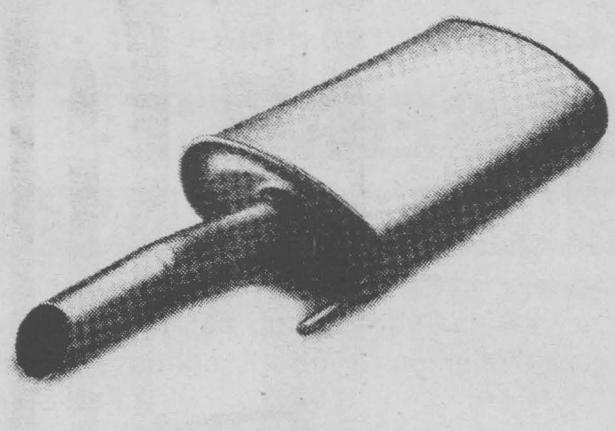
Eamer's Corners Sr. Boys Lost By A Heartbeat



The Eamer's Corners Public School boys Senior Basketball team placed second at the Grizzly Elementary Sr. Boys Basketball tournament at Rothwell/Osnabruck School in Ingleside. The team lost by a heartbeat near the end of the game.

The team consisted of: Front row (left to right) Denis Orchard, Kyle Handy, Brad Prieur, Jawad Ul-Hassan, Randy Handy, and Frank Suarez. In the second row (l-r): Mr. Gilmour (coach), Josh Wood, Kevin Wilkes, Brad Ruest, Ryan Poapst, Tyler Lamarche, and Jesse Roy.

Photo by Chris McPhee



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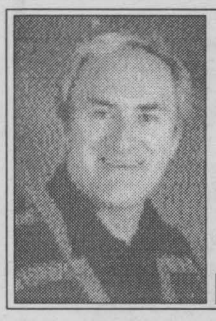

Music Update

Yvan **BRUNET**

Destiny's Child "This Is The Remix" Columbia. A treat for all Destiny's Child fans sporting remixes of all of the trios' greatest hits: "No, No, No Part 2" (extended version), "Bills, Bills, Bills" (live gig mix), "Bug A Boo" (refugee camp remix), "So Good" (soul remix) and the beat goes on.

The Chieftains "The Wide World Over" RCA/BMG. This year marks The Chieftains' 40th anniversary. One of the primary reasons for the relatively phenomenal success of The Chieftains is their willingness to embrace change as witnessed on this greatest hits album with the likes of Diana Krall, Ricky Skaggs, Art Garfunkel, Van Morrison, Sting and many others helping out. Awesome!

Bluiett "Blueblack" Justin Time. Both as a long-time baritone saxophonist for the World Saxophone quartet and on his own, Bluiett has demonstrated a facility for engaging music that reflects the spirit at times of blues with the trappings of jazz. "Blueblack" is meditative, yet easy-listening music. A wonderful exercise in restraint and timing.

Great Big Sea "Sea Of No Cares" WEA. The bulk of this new album was recorded all over St. John's, Newfoundland from inside an old upholstery store to inside an abandoned schoolhouse. The result is an album as eclectic and, at the same time, accessible as anything Great Big Sea has ever recorded. Grrreat!



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Service Above Self

The Straight Goods On Herbal/Vitamin Supplements

Submitted by Dr. Stephen F. Jones, N.D., Millennium Health Centre

Have you walked down an aisle in your local pharmacy lately? That corner display of vitamins, herbals and otherwise benign looking concoctions has morphed into a two lane shopping aisle all on its own. Endless advertisements now run in papers, on television and over the radio promoting 'natural' products which can heal all that ails. While statistics are often misleading, one truth cannot be dismissed; Canadians have come to love their 'natural' supplements. Indeed, a recent Angus Reid poll reports that 42 percent of Canadians use herbal and supplemental remedies to treat their health concerns.

But where do Canadians find their information regarding these products and how do we know if these products are interacting with pharmaceutical medications? Moreover, how do we know these products are of a good quality?

To deal with the public health concerns surrounding the increasing use of these products, Health Canada established a Natural Health Products department which is now headed by Michael Smith, a licensed Naturopathic Doctor and Pharmacist. This department has endeavoured for two years to establish a framework for standardized labeling and quality control. This pursuit is most needed, as recent independent analysis of popular brand supplements showed they did not contain the ingredients they claim to possess. Patients may use these products and fail to obtain the benefits they should, due to this lack of medicinal ingredients. It is for this reason that Naturopathic Doctors usually prescribe 'professional brand' supplements available only from licensed Naturopathic Doctors.

As for where the public should gather its information, a general rule is to be very careful and ask for the credentials and specific natural products education of those providing advice. A recent experience of this columnist demonstrated how misinformation can be problematic and potentially dangerous. A patient was prescribed a botanical tincture which included the herb Astragalus membranaceus for immune system issues. Before utilizing this medicine, the patient consulted a pharmacist who advised her that the herb was illegal in Canada and that it is known to cause an increase in blood pressure and is damaging to the liver. The factual reality is that the herb is not illegal in Canada, is very commonly prescribed, is actually used to lower blood pressure (due to its ability to dilate blood vessels) and is also protective to the liver. The problem is that pharmacists and conventionally trained medical doctors do not study these products as part of their education or licensing exams. Such practitioners as licensed Naturopathic Doctors not only study these products for four years, they also study pharmacology (drugs), to learn of potentially harmful drug interactions and physiological side effects.

But, the critical question is can these products interact with existing drugs. The answer is a resounding yes. While many have learned of the drug interactions of St. John's Wort, few know of the interactions of Passiflora incarnata with what are called MAO inhibitors (antidepressants) or of the harmful side effects of the very common Symphytum officinale (Comfrey), which causes hepatic (liver) veno-occlusive disease from long term internal use. Using a product without consideration of one's personal physiological and pathological condition may achieve the opposite of one's goals.

The point to all this is to use caution with supplemental remedies. They do offer significant health benefits with a fraction of the sever side effects associated with pharmaceutical medication. They are, indeed, real medications. In fact, the majority of pharmaceutical drugs, from Aspirin to chemotherapeutic drugs, are synthetic distillations of these natural compounds. One must use these products, however, under the guidance of a studied, licensed practitioner, as with any medication. The reward is potentially a healthy life with no drug dependence. Clearly, Health Canada now sees this as an option to pursue.

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Ontario Heritage Foundation

The Ontario Heritage Foundation is honouring 440 young people from 35 communities across the province through its Young Heritage Leaders program.

Achievements include the design of heritage websites, protection of natural heritage areas, production of local history publications and walking tours, costumed interpretation at historic sites and museums, volunteering on fundraising and preservation committees, researching and writing the life stories of local seniors, as well as the construction of a 3-D model of a historical settlement.

Through the Young Heritage Leaders program, municipal councils, First Nation councils and Métis community councils acknowledge local youth for significant voluntary contributions to cultural, natural or built heritage preservation. The councils work in conjunction with local school boards, service clubs, youth and heritage groups to identify individuals and groups who qualify for recognition.

The program, introduced in 2000, is sponsored by London Life Insurance Company.

In announcing the recipients, Allan Gotlieb, Chairman of the Ontario Heritage Foundation, acknowledged the importance of young people in local heritage preservation.

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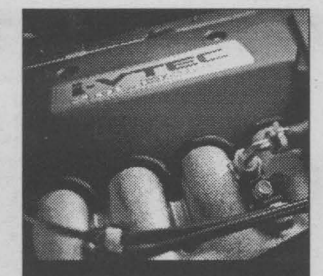

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starts on page 23

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Seaway Toastmasters Club - International And Evaluation Speech Contests



Pictured (left to right) are: Carole Anne Levac, contest chair; Harry Kingston; Earle DePass and Valerie Johnson.
Photo submitted by E. DePass

Members of the Seaway Toastmasters Club of Cornwall participated in their Fall International and Evaluation speech contests on Tuesday, March 5th, 2002 evening.

The winners are: Harry Kingston – first place, both Evaluation and International Speech contests; Earle DePass – second place, Evaluation contest.

Both winners of the contests move on to compete against other competitors from Area 2 (in which the Seaway Toastmasters Club exists) in the Area contest planned for Brockville on the morning of Saturday, March 23rd, 2002.

The Division A contest will happen that Saturday afternoon. Winners from the Division contest will compete in the District 61 contest planned for the District Spring conference in Hull, Québec on April 19th, 2002.

Economic Development Strategic Plan Awarded To GGA Management Consultants

The City of Cornwall announced recently that the firm GGA Management Consultants of Toronto has been hired to assist in the development of an Economic Development Strategic Plan for the City.

GGA Management Consultants has a wealth of expertise and experience in economic development studies, having consulted in various communities in Ontario such as Toronto, Collingwood, Milton, St. Catharines, London, and the Niagara Region, to name a few. "We're tremendously excited about this project, and look forward to working with the Strategic Plan Steering Committee and members of the community in developing a plan for Cornwall's economic future," stated Gerald Grant, Managing Director of GGA Management Consultants.

The Steering Committee is chaired by Councillor Denis Carr. "Although the City is currently experiencing some of the best economic times in recent history, it's always beneficial to review our position as a community, and to determine the greatest course of action for the immediate and near future," stated Carr. "This plan will identify the community's strengths, weaknesses, opportunities and challenges, and establish a plan for our economic future based on those characteristics."

"We're delighted to be working with such an experienced consulting firm, and eagerly look forward to the process and results of their work," indicated Mayor Brian Sylvester. "The project is expected to take approximately four months to complete, and I can assure you that the community and its key stakeholders will play a very important role in this process. Participation will be provided through various focus groups representing a good cross section of interests, and town hall meetings will be held to include the general public."

The City of Cornwall and Human Resources Development Canada through its Local Labour Market Partnerships program are funding the project. The LLMP program helps communities to improve their capacity to address human resource requirements and to adjust to changing labour market circumstances.

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Local Scout Wins Award



Nathan Mayer, of the 1st St. Andrew's Scout troop, received the Chief Scout Award, at a special ceremony from District Commissioner, Wade Bates. Nathan is known as a Pathfinder Scout, holder of the Chief Scout Award, which is the highest award for a Scout to achieve. It took Nathan about three years and a lot of hard work before he reached this level. Nathan is now an assistant leader with the troop in St. Andrews.

Submitted photo

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Homeopathy & Shingles

Paulette Poirier
Homeopath

Mrs. M., a 65 year old, recently retired accountant, came to my office because of a terribly painful rash on the left side of her abdomen. The doctor diagnosed it as "Shingles" and gave her antibiotics. Mrs. M.'s daughter is quite knowledgeable in alternative health, and encouraged her Mom to look at Homeopathy for relief.

The first thing for Mrs. M. was to help relieve the severe pain with the remedy Mezereum. Next step was to use a diluted solution of Calendula and Hypericum tincture in a small spray bottle, she sprayed this on 2-3 times a day. It gave her tremendous relief. Within 2 weeks she felt a lot more at ease, and felt the pain was reduced by 75%. After two months the symptoms were gone.

Mrs. M. understands that Shingles are inactive but not gone, just remaining dormant. They can be controlled so long as stress management is part of the program. She'll be actively looking for ways to relax into retirement.

QUESTIONS?
Paulette is available every Tuesday for more information between 2 pm - 5 pm
at JEAN COUTU
Cornwall 5 Ninth Street East (at Pitt)
938-7339
mr15024

Winchester District Memorial Hospital Is A Part Of Our Community

By Dr. Howard Justus

Winchester District Memorial Hospital is a full service, family-centered community hospital. As healthcare needs change and evolve, WDMH has kept pace meeting the needs of the community.

Today, over 250 full and part time staff delivers a wide range of healthcare services. In addition to the doctors and nurses, staffing is made up of fully qualified professional technologists and specialists working in the specialized areas of laboratory, clinical nutrition, diagnostic imaging, physiotherapy, and diabetic education. The Hospital also has personnel working in dietary services, pharmacy, administration, housekeeping, health records, maintenance and material management. Together, the team of people at Winchester District Memorial Hospital provides the following services: 24-Hour Emergency Care; Diagnostic Radiology; Chemotherapy; Internal Medicine; Clinical Laboratory; Mammography; Clinical Nutritional Counselling; Obstetrics – Gynaecology; Complex Continuing Care; Physiotherapy; Community Healthcare Education Surgery; Diabetic Education Clinics; Visiting Specialists: Dental; Pathology; Gerontology; Physiatry - Rehabilitation; Haematology; Psychiatry; Ophthalmology; Urology; Paediatrics.

For a small rural hospital, this is an exceptional range of services, and reflects the commitment that all Hospital staff has made to serve the community.

One of the challenges facing our communities are our rural highways. Winter storms can turn even the safest stretch of road into a dangerous situation. Also, farm work often involves working on or near dangerous machinery. Winchester District Memorial Hospital and its staff provide victims of life-threatening medical conditions and serious accidents with 24-hour emergency and critical care services. By stabilizing patients within 60 minutes of a serious injury or illness, more lives can be saved, and people are able to make a much better recovery from a potentially debilitating injury.

Winchester District Memorial Hospital allows families to live and grow in the surrounding communities by providing access to healthcare, including obstetrics, complex continuing care, and therapeutic services. Residents can be safe in the knowledge that their children and their parents will be cared for if required. Family healthcare adds considerably to the quality of life in the area and reduces the stress level experienced by people in their everyday lives.

Dr. Howard Justus was the first Chief of Staff at the Winchester Hospital, and served as chairman of numerous Hospital campaigns. He still resides in Chesterville.

Little Rocks Thank Kinsmen



On February 24th, 2002 the Cornwall Youth Curling Program awarded the Cornwall and District Kinsmen Club a plaque for their annual support of their program at the Cornwall Curling Club. This is their fourth year for sponsoring the program.

The curling program consists of over 65 children participating during the season from October until the end of March.

Photo by Chris McPhee

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MV* $16,900 $15,900

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V6, auto, air, pw pk, 53,000 km, silver
MV* $19,900 $15,600

99 NEON
auto, air, 54,000 km, silver
MV* $12,900 $11,900

99 JEEP GR. CHEROKEE
V6, auto, pw pk, 64,000 km cranberry
MV* $27,900 $26,900

99 DURANGO SLT PLUS
V8, auto, loaded, 25,000 km, silver
MV* $32,900 $31,900

98 INTREPID
V6, auto, air, pw pk, 53,000 km, green
MV* $17,900 $14,800

98 GR. CARAVAN
V6, auto, air, pw pk, 68,000 km, cranberry
MV* $17,900 $16,900

98 GR. CARAVAN
V6, auto, air, pw pk, 69,000 km, green
MV* $18,900 $16,900

98 PONT. SUNFIRE GT
auto, air, cruise, tilt, cass, 52,000 km, red
MV* $15,900 $12,800

98 RAM PICK UP
V8, auto, air, 8' box, 58,000 km, white
MV* $17,900 $15,900

98 NEON
4 cyl., auto, air, slider, 42,000 km, silver
MV* $13,500 $11,500

98 CIRRUS
V6, auto, air, 73,000 km, silver
MV* $16,900 $13,900

98 NEON
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MV* $10,900 $9,650

98 CHEV. MALIBU
V6, auto, pw pk, 41,000 km, green
MV* $13,900 $14,900

98 INTREPID
V6, auto, pw pk, 54,000 km, white
MV* $17,900 $15,500

98 VOYAGER
V6, auto, air, 77,000 km, iris
MV* $14,500 $12,900

98 JEEP TJ
V6, both tops, 26,000 km, red
MV* $23,900 $19,900

97 INTREPID
V6, auto, pw pk, 91,000 km, silver
MV* $14,900 $11,500

97 SUNFIRE
5 spd., 2 dr, 74,000 km, beige
MV* $8,900 $7,995

97 HONDA CIVIC LX
ABS, 4, air, 74,000 km, silver
MV* $12,900 $11,900

97 CHEV CAVALIER
4 dr., 5 spd, green
MV* $8,900 $7,500

97 JEEP GR. CHEROKEE
V8, auto, leather, loaded, only 90,000 km
MV* $20,900 $19,900

97 NISSAN PICK UP
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MV* $11,900 $10,906

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MV* $8,900 $7,995

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MV* $7,900 $6,900

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MV* $8,500 $7,495

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V6, auto, air, red
MV* $5,990 $4,990

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*MV = MARKET VALUE

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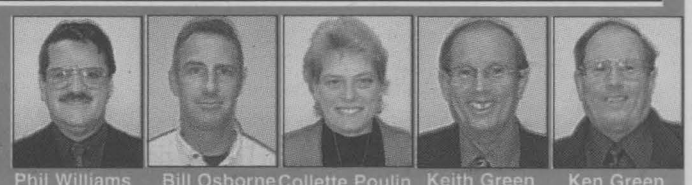

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Easter Funfest
Saturday, March 30th
presented by Worldfest and
The Glen Walter Winter Carnival committee

EVENTS

8:00 - 9:30am . .Pancake Breakfast and Registration
10:00 - 12:00pm .Egg Hunt
12:00 - 1:00pm . .Lunch & Colouring Contest
10:00 - 3:00pm . .Trivia Walk
10:00 - 4:00pm . .Silent Auction & Live Entertainment
1:00 - 3:00 pm .Games & More Prizes

Prizes for all the Children

Registration and all events take place from the Knights of Columbus Hall on Purcell Rd., Glen Walter
REGISTRATION FEE $2.00 PER CHILD - 14 & UNDER
Register Early as Space is Limited

Pre-registration March 23rd 10:00am-12:00pm
at the Glen Walter "Knights of Columbus" Hall on Purcell Rd.
Coffee, Donuts & Games

For More Information: Call 931-1120 and ask for THE EASTER BUNNY!

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MAR15024

SEAWAY SPORTS

SEAWAY Scoreboard

editorial@cornwallseawaynews.com

Bridge Results

Terri's Bridge Club, Feb. 18th, 2002
N/S
1. Joyce Harrison - Verna Beaulieu
2. Claudette Rousseau - Janice Keen
3. Grace Leroux - Jeannine Leroux
4. Kay Colbran - Mabel Chan
E/W
1. Mel Colbran - Marie Godard
2. Gail Dugas - Claudette Ladouceur
3. Roy Parmelee - Lyette Ladouceur
4. Gerry Johnston - Eileen Beaudette

Feb. 25th, 2002
N/S
1. Gerry Johnston - Georgette Lauzon
2. Kay Colbran - Pat Cunningham
3. Peggy Seymour - Roy Parmelee
4. Rita Watzenboeck - Evelyn Warren
E/W
1. Mel Colbran - Keith Walker (72%)
2. Rita Struthers - Lyette Ladouceur
3. Audrey Blair - Muriel Smith
4. Fern Blain - Jessie Boyd

Mar. 4th, 2002
N/S
1. Marjorie Raymond - Hermine Ladouceur
2. Peggy Seymour - Evelyn McPhail
3. Adelaide Hunter - George Bissonnette
4. Lorraine Gauthier - Jeannette Scrimshaw
E/W
1. Janice Keen - Claudette Rousseau
2. Ben Bouvier - Fern Blain
3. Gail Dugas - Claudette Ladouceur
4. Lorette Brosseau - Alice Marleau

Charmaine's Bridge Club, Feb. 13th, 2002
N/S
1. Peggy Seymour - Grace Leroux
2. George Bissonnette - Adelaide Hunter
3. Yolande Boutin - Hermine Ladouceur
4. Norma Daigle - Rona Maynard
E/W
1. Carl Riley - Marion Lemieux
1. Margaret Campbell - Carol Reus
3. Pauline McKinnon - Fern Currier
4. Rhea Petry - Inez Hatfield

Feb. 27th, 2002
N/S
1. Claudette Rousseau - Janice Keen
2. Rita Watzenboeck - Evelyn McPhail
3. Yvonne Bergeron - Rita O'Brien
3. Jean Boileau- Jeanine Leroux
3. Marie Godard - Verna Beaulieu
E/W
1. Carol Reus - Margaret Campbell
2. Rita Crans - Mona MacPhee
3. Fern Blain - Norma Blain
4. Gail Dugas - Claudette Ladouceur

Mar. 6th, 2002
N/S
1. George Bissonnette - Adelaide Hunter
2. Evelyn McPhail - Rita Watzenboeck
3. Fern Blain - Ben Bouvier
E/W
1. Madan Seth - Margaret Campbell
2. Ida Cadieux - Ruth Edgerton
3. Lyette Ladouceur - Claudette Rousseau

Cornwall & District Bridge Club, Feb. 18th, 2002
1. Jeanine Alain - Steve Lassner
2. Barbara Taylor - Voytek Pomykalski
3/4. Myrna Carpenter - Heather Grant
Richard Fawthrop - Brian McCartney

Feb. 21st, 2002
1. Audrey Blair - Nelsa Kalil
2. Kirkwood Mallette - Voytek Pomykalski
3. Richard Fawthrop - Brian McCartney

Feb. 25th, 2002
1. Gordon Lanctot - David Kalil
2. Barbara Taylor - Steve Lassner
3. Jeanine Alain - Margaret Campbell
4. Margaret Evans - George Bissonnette

Feb. 28th, 2002
1 Maureen Walker - Maurice Roussy
2. Jeana Riley - Richard Baird
3. Kirkwood Mallette - Voytek Pomykalski
4. Myrna Carpenter - Heather Grant

Mar. 7th, 2002
1. Margaret Campbell - Richard Fawthrop
2. Jeanine Alain - Barbara Taylor
3. Margaret Evans - Maureen Walker
4. Mabel Chan - Janice Keen

Suzanne's Bridge Club, Feb. 20th, 2002
N/S
1. Fern Blain - Ben Bouvier
2. George Bissonnette - Brunelle MacDonald
3. Therese Carriere - Doris Carter
4. Muriel Contant - Terri Lalonde
E/W
1. Dorothy Bourdon - Ray Lefave
2. Alan McLeod - Henry Rzepczyk
3. Hilda Provost - Art Vachon
4. Greta Carvell - Margaret MacLeod

Feb. 27th, 2002
N/S
1. Elizabeth Marjerrison - Jim Campbell
2. Joan Owen - Bert Mosher
3. Helen Alguire - Eileen Beaudette
4. Grace & Ken McDonell
E/W
1. Dorothy Bourdon - Ray Lefave
2. Alan McLeod - Henry Rzepczyk
3. Audrey Blair - Maurice Roussy
4. Gaby Bouchard - Jacquelline Emberg

Mar. 6th, 2002
N/S
1. Lorraine Gauthier - Evelyn Warren
2. Elizabeth Marjerrison - Jim Campbell
3. Kay Barlow - Jessie Boyd
4. Helen Alguire - Eileen Beaudette
E/W
1. Audrey Blair - Muriel Smith
2. Gaby Bouchard - Jacqueline Emberg
3. Dorothy Bourdon - Ray Lefave
4. Evangeline Purcell - Carmen Struthers

Kinsmen Centre Social Duplicate Club, Feb. 21st, 2002
N/S
1. Susan Rivette - Rodney Rivette
2. Marilyn Barry - Anne Blois
3. Mary Brown - Val Shannon
E/W
1. Phyllis Fourney - Darlene McMartin
2. Elaine MacDonald - Gabrielle Raymond
3. Dorothy Pickard - Freda Tamowski

Feb. 28th, 2002
N/S
1. Jean Fox - Nicole Smith
2. Tom Swift - Art Vachon
3. Susan Rivette - Rodney Rivette
E/W
1. Marcel Bastien - Doug Hill
2. Sheila Fitzpatrick - Yolande Robinson
3. Elaine MacDonald - Gabrielle Raymond

Mar. 7th, 2002
N/S
1. Dorothy Pickard - Val Shannon
2. Susan Rivette - Rodney Rivette
E/W
1. Myrna Carpenter - Terry Grant
2. Sheila Fitzpatrick - Yolande Robinson

Cornwall Seniors Bridge Club, Feb. 22nd, 2002
ACBL Charity Game
N/S
1. Nelsa Kalil - Barbara Taylor
2. Fern Blain - Ben Bouvier
3. Joyce Harrison - Terri Lalonde
4. Mabel Chan - Pat Cunningham
E/W
1. Maureen Walker - Maurice Roussy
2. Margaret Evans - Carol Reus
3. Muriel Contant - Ruth Orkin
4/5. Gail Dugas - Claudette Ladouceur
Katherine Barlow - Gerry Johnston
Overall Placings
1. Maureen Walker - Maurice Roussy
2. Nelsa Kalil - Barbara Taylor
Club Game
N/S
1. Yolande Boutin - Marjorie Raymond
2. Georgette Lauzon - Marion Lemieux
3. Yvonne Bergeron - Grace Leroux
4. Lorraine Gauthier - Jeanette Scrimshaw
E/W
1. Adelaide Hunter - George Bissonnette
2. Hermine Ladouceur - Lyette Ladouceur
3. Gloria Blanchard - Agathe Rozon

South Stormont

Novice "C" Selects

The South Stormont Novice "C" Selects finished off their season with a playoff match against the South Grenville Rangers. The Rangers took the first two points in the four point series with a 3-1 win over the Selects. Bryce MacNeil scored the lone Selects' goal assisted by Kurtis Winkenweder.

Facing elimination in game two, the Selects rebounded with a 4-1 victory. Leading the attack for the Selects was Winkenweder and Brandon Gilmour with two goals each. Assisting on the goals with two each were Alex Hambey, Cole Tate, Devin Coughlin, and Colin Simpson. Jordan Graham was sharp in nets facing 15 shots. Matt Viau and Patrick Beaupre played strong offense while Megan Sommers and Blake Michels held off the Rangers with solid defense.

The Selects came out strong in game number three scoring late in the first period with what would be their only goal from Gilmour, assisted by Hambly and MacNeil. Despite many great scoring opportunities, the Selects were unable to hold onto their lead losing the game 2-1.

Congratulations Selects on a great season and good luck in post season tournament play.

South Stormont

Novice "B" Selects

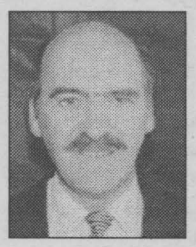
With the regular season coming to an end, the Selects played 'hockey for the fun of it' and made it to the 'A' finals of the annual Cumberland Barrons novice 'B' tournament in Navan, Ontario. Facing some very talented teams from the Ottawa area, the Selects flashed a little of their gold and green and came one goal short of being the number one team!

Game one versus one of the home teams, the Cumberland Barrons White, the Selects played a terrific game to take the win in a very exciting two-on-two overtime period. Byron deWitt led the attack with the game opener. Troy Gove scored the second goal for the Selects on a beautiful pass from Dylan Fleury, who collected the assist. Byron deWitt scores the game winner in overtime. Hustler of the game went to Nathaniel Callan for a strong performance.

The second game was a terrific matchup against Kanata in a competition to make it to the 'A' finals. The Selects played another overtime nail bitter that saw them skate away with a 5-4 victory. A four-point game for Byron de Witt, who scored a pair and collected two assists. Cole Tate found the back of the net for the solo. Jared McDonald started off the attack with a quick first period goal and scored his second of the game in overtime to help the Selects take the win. Kyle Maloney, Zach Brandt and Jordon Hebert helped out with assists, and hustler of the game was awarded to Byron deWitt for his outstanding performance.

Their third game of the day versus the Cumberland Barrons Red saw the Selects running on pure adrenaline. Exhausted yet determined, they managed to come back from behind a three-goal lead and nearly upset the Barrons. Despite a great effort by the Selects, the final score would end in a 5-4 loss. Goal scorers for the game were Troy Gove (1), Byron de Witt (2), and Dylan Fleury (1). Cole Tate and Jordon Hebert got the assists. A great game for Dylan Fleury earned him the hustler award.

Note: Jared McDonald was missing from the tournament team picture last week...Yes, Jared you're still an important part of the team! Sorry Bud!



Sports Chips

Bill **Gallant**

Last week our Sports Chips began to relate some highlights from a terrific book about the career of one of the NHL's toughest on-ice enforcers, Dave "Hammer" Shultz. Dave, with the help of sports columnist, Stan Fischler, wrote one of the most honest and telling books detailing the sport of hockey, in particular the fighting aspect of the game. That was over 20 years ago when Shultz played in the NHL on the Broad Street Bullies, the Philadelphia Flyers.

In the book, Dave "pulled no punches" (excuse the pun) when he wrote about how he became one of the most feared NHL enforcers. He tells his story with honesty and at times with some embarrassment. Fisticuffs and being the "bully" was not what Dave aspired to when he started out as a junior hockey player. As a matter of fact, Shultz earned a very respectable record as an effective scoring forward when he played with the Sorel Black Hawks of the QMJHL in 1968-69.

He was chosen by the Flyers of the NHL in the fifth round of the amateur drafts and was relegated to their farm team, the Québec Aces of the American League. After a so-so tryout he was sent to Salem, Michigan of the Eastern Hockey League. It was there that the "Hammer" starting pounding away. It didn't take long for Dave to learn how to fight back in what was known as a very tough league. Soon the media began writing and talking about this tough guy with the Salem Rockets. The fans cheered him on, the media had a field day with stories and pictures of this tough kid from Canada. Shultz knew at the time that his fists would not be the only thing that would get him back to the big leagues. So he began racking-up some points (69 points in 67 games) to match his 356 minutes spent in the penalty box that season.

In 1970-71 he got his wish and donned the Québec Aces jersey, then when the Aces moved to Richmond that same season, the transformation of shultz the skater and scorer soon changed to Dave "The Hammer." Fighting soon became the name of the game for Dave and the next season he became a Flyer. His fighting prowess made him a celebrity and the fans cheered him on every game. He now was expected to fight every game. This was somewhat strange for fans in Western Canada to understand as he was from a Mennonite community in Saskatchewan. He also remembers growing up as a shy, quiet lad who was afraid to 'duke it out' with his schoolmates.

Dave spent eight years in the NHL and his penalty minutes totalled 2,706 in his 608 games. He doesn't make excuses for his fighting days, and he even tells how he sometimes even enjoyed his role. In his book he tells about how he once broke Chicago's Keith Magnuson's jaw, and about a thrashing he gave Wayne Cashman. The way he tells about those episodes gets the reader thinking that his book is about boxing and not hockey. But you soon realize that fighting is what he did best and there were plenty of on-ice battles to relate. I recommend The Hammer, by Dave Shultz for some great reading. The book was written and published in 1981.

DID YOU KNOW: In 1925, when the New York Madison Square Gardens was new, it was billed as the "World's Premier Sports Arena," and Tex Rickard was the Garden's boxing promoter. So when the New York Rangers were formed and joined the NHL, they were nicknamed "Tex's Rangers." Thank goodness they dropped the Tex name soon after and remained with just Rangers.

Grumpy's Long Sault
"Co-Ed 3 Pitch League"
"Men's Slo-Pitch League"
will be holding their annual start up meeting on **Tuesday, March 19th at 7:00 pm** at Grumpy's. All teams returning to the league must have a representative there to secure their spot. No exceptions.
Anyone wanting to apply for either league should also attend in the event that an opening should occur.
mar15022

Computer Sense/Char-Lan

Rebels

The Computer Sense/Char-Lan Rebels novice travelling team are on their way to the UCMHL Eastern Finals. They beat the North Dundas Demons going undefeated in three playoff games. The Rebels took the first two points of the series with a 2-1 win at home. Chad Galliott earned the two goals while Eric Ming with two, Kevin Veilleux and Sean McDonald added assists.

In the second match up of the series, with the Rebels' goalie on the bench in favour of an extra attacker, Kevin Veilleux scored his second goal of the game to provide his team with an important 2-2 tie. Chad Galliott, Eric Ming and Jacob Dawson picked up helpers.

Back in Char-Lan, with a 3-1 lead in the series, the Rebels played a solid defensive game to shutout and eliminate the Demons by a score of 2-0. Eric Ming and Tyson Spink registered the goals while Chad Galliott, Tylor Spink and Sean McDonald recorded assists.

Club 55+ Action

February was a short month but a good month, nine keglers bowled 100+ over average in Club 55+ action at Olympia Bowl, they were, Jim Hughes 102, Therese Beaudette 102, Roma Amelotte 103, Gerry Godard 109, John Peters 111, Len Marleau 112, Millie McCourt 121, Ron Currie 125 and Rene Laurin 136.

Congratulations to Rene Laurin and Millie McCourt, each walked off with the bowler of the month award.

Millie: Eleven of her 12 games were bowled over average, one 300 game, one game 100-plus over average, raised her average by 9.6 for a total of 23.6 to capture the award. Not to be outdone, Rene: Seven games over average, one game 100-plus pins over average, and one game over 300, raised his average by 4.8 for a total of 16.8. Congratulations to both.

Highs rolled: Art McCrae 210-209, Heather Wilson 212-203, Rene Laurin 208-200, Don Silmser 230, Lee Kirkey 226, Lorraine Barkley and Roy Brownell 225, Clarence Bethune and Raymond DeRepentigny 223, Ren McCourt, Tom Fagan and Len Marleau 216, Beau Duquette and Gilles Cadieux 213, Conrad Godard and Clarence Stang 211, Jim Hughes 208, Jean Eamer 206, Dawn Racine 201, Millie McCourt and Simone Kearns 200.

Attendance winners: Alex Robinson, Ren McCourt, Gilles Cadieux and Cathy Silmser.

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SEAWAY SPORTS

Viau Mechanical

Atom "B" Selects



Viau

The Selects had their legs going this week with lots of hockey to play. On March 8th, 2002 they were at home still in consolation playoffs against NGS for a 3-1 loss. It was very exciting and North Dundas were outshot 25-15, but with a very hot goalkeeper, managed to pull in the win. Brent Maxwell got the lone goal midway in the second period to tie the game from a nice feed from Daniel Viau and Patrick Gilmour. Matt O'Neill was in nets with some good saves.

On March 10th, 2002 in Winchester it was another great battle between these two teams and the Selects pulled through with a 3-0 win. It was hockey at its best with 27-22 in favour of the Selects in shots and Travis Coughlin standing on his head, blocking them all to add another shutout to his record. Scoring went to Gilmour, Maxwell and Ryan Winkenweder with Viau and Jordan Aubin adding two assists each and a single to Ty Kinstler. There will be a third and deciding game between these two teams.

On March 11th, 2002 in Char-Lan for their tournament, the Selects came home with the "C" Champs medal. First game against a well-rested Cornwall team saw a 2-1 loss with Viau getting the goal, assisted by Scott Simpson. O'Neill picked up hustler of the game with some solid goaltending. The second game was a 5-1 loss. Casselman took an early lead when a Selects player who cannot be named under the young offenders act accidentally shot the puck in his own net while he was checked from behind. He was very disappointed until the coach told him not to worry, even the goalie was smiling about it and he came back and played a very strong game which made his parents real proud. Kinstler picked up his first goal unassisted and hustler of the game.

Going into the "C" Finals against Alexandria, the Selects had a 2-0 win with O'Neill and Coughlin sharing the shutout. Maxwell and Ryan Seguin got the goals with assists going to Simpson and Zach Kroeze. Hustler went to Gilmour. Daniel Bissonnette, Ryan Herrington and Daniel Sullivan also played excellent during the week.

Sharks Finish A Busy Week

The South Stormont Sharks are in the final round of playoffs against the South Stormont TLS team.

In game number one played on Saturday, March 9th, 2002, TLS defeated the Sharks by a score of 4-3. Scoring for the Sharks were Kevin Hope (2) and Jonathan Dunbar. Assisting on the goals were Andrea Maloney and Kevin Hope.

Game number two was played on Sunday, March 10th, 2002 and was a terrific game of up and down hockey. The two teams played to a hard-fought 2-2 tie. Scoring for the Sharks was Kevin Hope (2). Scoring for TLS were Clark Veenstra and Brayden Girard.

On March 12th, 2002, the Sharks took part in a tournament in Long Sault. The Sharks' first game was against Grumpy's and the Sharks were victorious by a score of 6-2. Scoring for the Sharks were Jonathan Dunbar, Graeme McDonald, Kevin Hope (3), and John Cleary. Assisting on the goals were Jonathan Dunbar and Kristoper Zulinski. The Hustler of the Game award went to Everett Markell. Devin Jodoin was superb in nets.

The Sharks' second game was against TLS and the Sharks were defeated 4-2. Scoring for the Sharks were Graeme McDonald and John Cleary. Assisting on the goal was Brandon McKenzie. Hustler of the Game was awarded to Graeme McDonald.

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Wildcats Are "A" Champions

What a great way to start the March break. The South Stormont Novice Wildcats travelled to Alexandria for their first tournament of the year and came away with the "A" Championship.

The first match of the day was against one of the home Alexandria Glens teams. The Wildcats won the game 5-1. Spencer Vivarais scored two, Robbie Lamoureux netted two and Matthew Sullivan had a single. Brodie Sleeman had many breakaways and the opposition's goalie came up big every time. Curtis Brandt received the well-earned hustler of the game after standing on his head in net.

In the second game, the Wildcats met up with Clarence Creek, making for a great game and a 3-1 victory. Matthew McMartin, Kelley O'Neill and Sullivan all had singles. Tanner Smith was awarded the hustler of the game for his never-say-die attitude.

In the "A" finals, the Wildcats played a close game against the Char-Lan Rebels. It was a 4-2 decision with Vivarais notching another pair, Sullivan adding one and Brody Tate scoring a single with a blistering shot from his own blue line. Sullivan earned the hustler of the game. The day ended with the presentation of the "A" trophy which can be viewed at the Long Sault Arena.

With very little rest, the Wildcats were back at it again the next day in the South Stormont Novice House League home tournament. They first met the Cornwall Pizza Hut team. It was a tight game with the Wildcats coming away with a 2-1 win. Smith and Sullivan each had singles. Saxon Ireland and Tyler Brownell provided awesome defensive play keeping them in the game. Brandt once again won the hustler of the game and boy was it well deserved!

In the second game against Casselman, the Wildcats seemed to run out of steam with all of the exceptional hockey they had played. Chris Cotnam seemed to have kept his wheels trying to keep the puck in their end, but to no avail, it was a 2-0 loss. McMartin was the hustler of the game.

The Wildcats would like to thank all of the volunteers who helped to make the South Stormont Novice House league tournament a huge success. Their season is over after being beat out of the playoffs, and the kids would like to thank coach Mike O'Neill and assistant coach Dave Brandt for teaching them so much and making it all fun.

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Champs East Side Boxing Club

March 8th and 9th, 2002, Guelph Junior Provincial Championships - part of the Ontario Winter Games.

In the Junior "C" (15 to 16-year-olds) 60 kg division, Josh Cloutier of Cornwall lost a points decision to Adam Embey of Belleville. Josh settled for Silver in his division. Good effort by Josh.

Joey Bowman, 12-years-old, won the 34 kg division by a walkover. In a make-up bout, Joey won a decision over Corey Devey, the 32 kg champ in the Boys Junior "B" Division, 12 to 13-year-olds. Joey showed much discipline to avenge a previous loss to Corey. Congratulations Joe, you made us proud!

In the 46 kg Junior Boys Division, Tony Luis won a points decision over Brad Elsinger of St. Catharines. Brad is a two-time Ontario Champion, and the defending 2001 Canadian 43 kg Champ. It was a hotly disputed and fiercely fought bout, with Tony rallying from behind and accelerating down the stretch to a points victory. Tony bloodied and battered his rival in the third round to bring the crowd to its feet. Unfortunately Brad Elsinger still advances to the Canadian Nationals because of age (six months older) and Boxing Ontario and Boxing Canada won't allow Tony to be upgraded due to the fact that he is six months younger. Politics! Tony, you are the real champ!

Cornwall Innovative Converting

Atom "B" Royals

The Cornwall Innovative Converting Atom "B" Royals participated in the Char-Lan Atom Tournament and came home with the "B" Championship. The Royals opened the tournament against the South Stormont Selects and skated to a 2-1 win. The game saw Joel Charron and Selects goalie Matt O'Neill play excellent games. Trailing 1-0, the boys scored two quick goals to put them ahead. Jordan Rochon opened the scoring assisted by Carson Graveley and Patrick Levac. One minute later Corey Agar scored the game winner unassisted and was named Hustler of the Game.

Their second game only one hour later against the Casselman Predateurs ended in a 4-4 draw. Brock Marsolais opened the scoring followed by Corey Agar. Defenceman Josh Coyle scored on a shot from the point assisted by Patrick Levac and Jordan Rochon. Taylor Bergeron scored the fourth goal and was named Hustler. Paul Martel and Mathieu Quenneville picked up helpers. Goalie Sheldon Primeau faced 28 shots and picked up the tie.

In the "B" Championship, the Royals faced off against the Muskrat Voyageurs, winning 3-0. Joel Charron earned the shutout. Taylor Bergeron scored two goals and Captain Brock Marsolais added a single and was named Hustler. Justin Theriault picked up an assist.

Earlier in the week, the team travelled to Cardinal for an exhibition game against the South Grenville Rangers winning 3-1. Goalies Joel Charron and Sheldon Primeau shared the netminding win. Paul Martel scored two goals while Corey Agar netted a single. Mathieu Quenneville collected a pair of assists and Taylor Bergeron had one.

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Friday, March 15th - 5:00-9:00pm
Saturday, March 16th - 10:00am-4:00pm
Boys & Girls - Ages 5-17 Yrs.
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Applies to 1st time registrants only)
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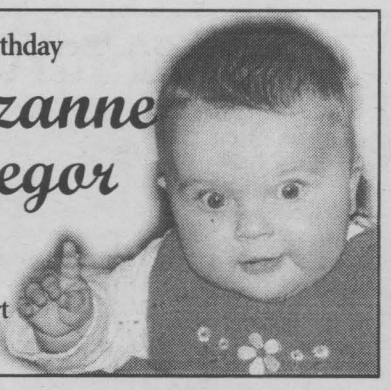
To Place Your Ad : Phone or Write Your Ad of 24 words or less and enclose $9.50 handling charge, plus $7.50 for a photo. Over 24 words, 25¢ per additional word, per week

DEADLINE: TUESDAY - 5 P.M.



Happy 18th Birthday
RYAN LEGER
celebrating on March 15th
Love Mom, Dad & Keshia

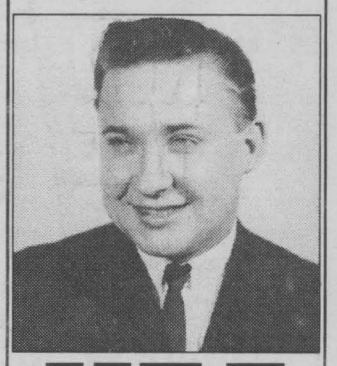
Happy 1st Birthday
Jane Suzanne MacGregor



celebrating on March 12th
Love, Choo-Choo (Sue), Grandpa Mac & Uncle Kurt
"You are our joy"

IT'S A BOY! - PILON
Jeffery & Julie (Levac) announce the arrival of their first child
Jacob Xavier Burton Pilon
born on Sunday, February 17th, 2002 at 4:24 p.m. at The Cambridge Memorial Hospital.
He weighed in at 7lbs., 7ozs. and was 21" long.
Proud grandparents are Rita and Donald Pilon, Carol Burton-Pearson and Doug Pearson and Euclide Levac.
Welcomed by great-grandmothers Dora Barrington, Minerva Pilon, Florida Levac and great-grandparents Howard and Jean Burton.
First time uncles are Jason and Jarrod Pilon and Paul (Heather) Levac. A little playmate for Caleb Levac.

Nifty, Nifty
Look Who's 60!



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celebrating on March 21st
"Where's the grey hair?"
... your wife & family

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in honour of
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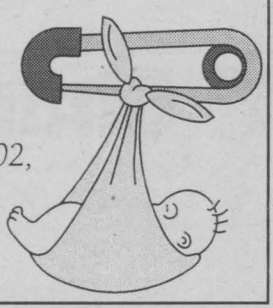
Chief of the Avonmore Fire Dept.
Saturday, March 23rd 9pm
Avonmore Community Centre
Music by Dean Robertson

Michael & Tanya Antoine
are happy to announce the safe arrival of their first child, born on Sunday, February 3rd, 2002, a beautiful baby girl weighing 6 lbs., 15 ozs.





Happy 30th Birthday
Lisa Primeau-McCabe
celebrating on March 15th
"No matter what... I'll always be younger!"
Love, Tina and all your family

Happy Birthday to our very own KELLY DOYLE celebrating on Friday, March 15th ... have a great day!!

"Gearing up for a better future" came to Ridgetown this week. At the tenth CFFO workshop in the series of 18 across the province, members and friends of the Christian Farmers Federation tested the merits of CFFO's emerging vision for farmers and farming in Ontario.

It wasn't hard for participants to identify barriers to the idea of farming as a joint venture with family life, taking care of creation and community development. Change is already rapid, dramatic and expensive. Too much apathy, resignation and going with the flow permeates the farm community. Farmers are so oriented to the treadmill to ever-lower prices that they are too busy to develop alternatives.

The participants listed strengths that make it possible to dream of a better tomorrow for farming. In some commodities, farmers band together to market their products. New technology enables stewardship. Many families farm with hearts as well as heads. The growing consumer interest in food is a powerful force for creating a sustainable farming system.

Finally, all the participants were asked the question: "Is this emerging vision worthy of guiding CFFO's and your labours for years to come?"

Valuable, encouraging, good, helpful, worthy, theoretically great, wonderful, there has to be a better way, were some of the reactions.

Some gave advice. We need more nuts and bolts about what needs to be done. We have to get to know each other's farming problems. Keep working on it.

Others reflected on the implications of the vision. It is going to touch lives. There has to be a lot of change. It will be beneficial for the family farm. It will make a difference for farmers on the verge of non-sustainability.

Some were unequivocal in their endorsement of the emerging vision. It builds on the positives in farming. It moves away from asking for handouts.

CFFO's emerging visions is: Farmers balance family life, food production and marketing, taking care of creation and community development in return for satisfying returns from society and the marketplace.

Farming in Ontario will be diverse and integrated into a full range of human and natural activities--family life, community culture, economic development and natural habitat-on a scale that enhances countryside and is sustainable.

The CFFO workshop comes to Kemptville on March 22nd, 2002 . To register call 519-837-1620.

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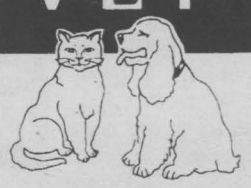
Are You and Your Pet Protected From Raccoon Rabies?



Rabies is a contagious and fatal disease caused by a virus that attacks the brain and spinal cord. It is transmitted in the saliva of an infected animal, usually through a bite or scratch. It can also be transmitted if infected saliva contacts an open wound, eyes, nose or mouth. Humans can be treated for rabies if immediate medical attention is received. Once symptoms appear – this can occur anywhere from 10 days to a year – it's too late to begin treatment and death will inevitably result.

Protecting Your Pet

If an unvaccinated animal contracts rabies, it has no chance for survival. A standard rabies vaccination will protect your pet against this deadly disease. If your pet has never been vaccinated against rabies, see your veterinarian immediately.

What to Do

- Have your pets and animals vaccinated. It's the only way to keep them safe from rabies and prevent them from potentially passing it on to you.
- Avoid stray animals and animals you don't know to be vaccinated.
- Keep away from wild animals no matter how cute or friendly they appear – there's no way of knowing if they're carrying the virus.
- Make your home inhospitable to raccoons. Urban raccoons in particular are always on the look-out for warmth or food. Keep them away by capping the chimney, closing any holes in the attic, garage or garden shed, and ensuring that garbage cans and composters are securely fastened and inaccessible.
- If you or a family member is exposed to rabies:
  Wash the infected area right away with soap and water. Rinse well.
  Clean the area with an antiseptic.
  Get medical help immediately.
  Rabies is treatable through a series of vaccine injections into the arm.
- If your pet or animal has any unusual or unknown bite wound or abscess, or has been in a fight with another animal, you should see your veterinarian immediately.

Tips

All animals that go outdoors should have fecal samples checked for internal parasites on a yearly basis. Just because you don't see worms and other organisms in the stool, doesn't mean that they are not there.

For More Information About Your Pet ... Contact

Hospital Member
St. Lawrence Valley Animal Hospital
Dr. R.P. Tropea
Dr. M. Viezel
Dr. V. Harrison
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Dr. D. Callahan
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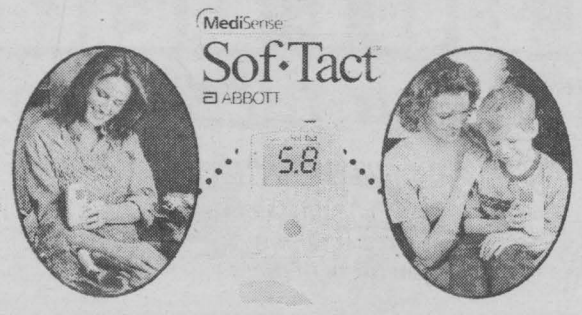

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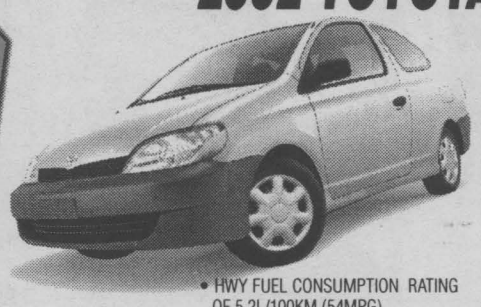

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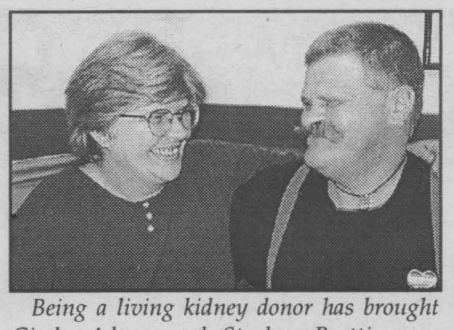
If You Could Save Someone's Life - Wouldn't You?

March Is Kidney Month

Story and photos by Chris McPhee

During the month of March, volunteers will be out knocking on doors for donations to the Kidney Foundation of Canada. The Foundation is dedicated to improving the health and quality of life of people living with kidney disease. As of September 2000, there were 3,573 Canadians on the waiting list for transplants. But the disease reaches a lot farther into a person's life.

In February 2000, Stephen Beattie was diagnosed with kidney failure. Immediately his whole family stepped up to offer their help and their kidneys. He only had to be on dialysis for nine months while the medical team found which family member was the best match and then prepare his sister for surgery.



Being a living kidney donor has brought Cindy Adams and Stephen Beattie even closer together. Stephen has control again over his life with the donation of a kidney from his sister on November 9th, 2000.

"I am very grateful to my sister Cindy," stated Stephen. "She was with me the day the doctors gave me the news and offered right away. I would have never asked anyone for a kidney donation. But because of everyone's support, I now have my health back."

"I had no fear doing this for Stephen," commented Cindy Adams. "I know I am stronger for doing this for him and giving him his life back. There really is no reason to be afraid. I have heard so many rationalizations from people who have loved ones suffering with kidney disease. Our whole family tested and I was the best match at 52 percent which is half a match. Using my kidney would give Steve a 95 percent chance of success. Now I am functioning as I was prior to the surgery. If you love your sibling or family member, and you see how sick and fed up they are, I just don't understand why you wouldn't give them their health back. The medical teams prepare you by running a lot of physical and mental tests to make sure the donors are 100 percent safe."

Not all stories have such a happy ending. One kidney failure patient that I spoke with, who asked to remain anonymous, has been on dialysis since 1996. Her family was either not a match, not allowed due to medical reasons, or they have declined being a donor. She has been on the list for an organ since her diagnosis in 1995 because her immune system carries an extra antibody that developed from a childhood surgery. No family, or friends have come forward since, even after watching her suffer with the sickness and fatigue all these years. Instead she waits for a stranger's postmortem donation. She has been paged three times, but was unable to receive because she had a cold or the flu at the time.

"I feel like I am fighting a tug into the grave most days, but how do you say 'I need a kidney,' to someone. The worst part of being on dialysis is the cold chills and fatigue you suffer during it. I have heard many patients complain about pain during it, but I am very careful about my fluid intake and diet. I just try to tell myself that this is just another thing I have to do to stay alive."

Thirty years ago, people with kidney failure had little hope of survival. Thousands of Canadians suffered from kidney-related disorders, such as kidney stones and bladder cancer.

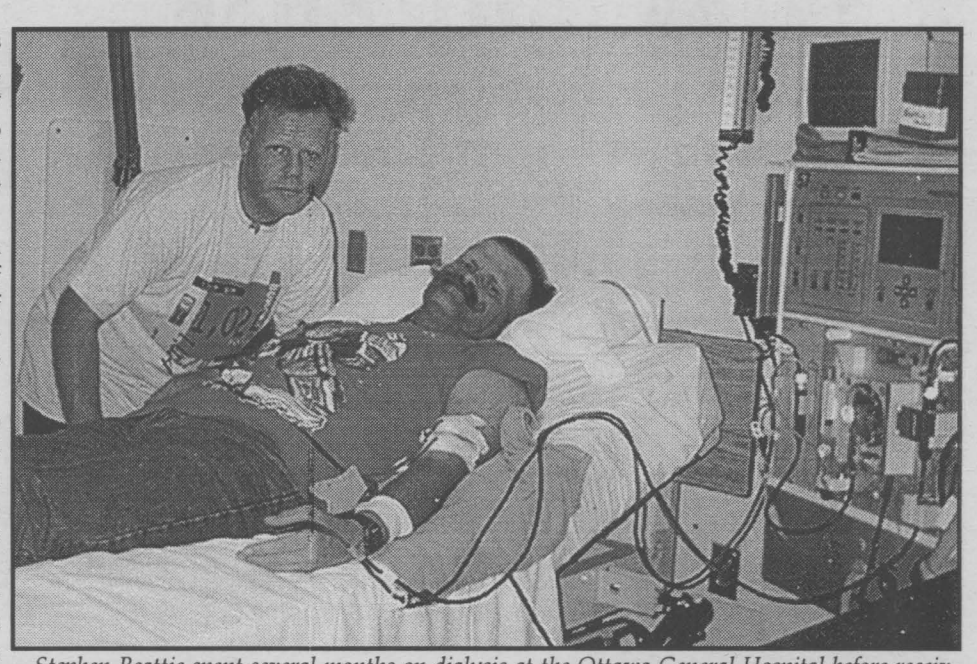
Twenty years ago, dialysis patients had to spend up to 36 hours each week connected to a machine in order to stay alive. Only half of kidney transplants were successful.

Ten years ago, a new more convenient form of dialysis was developed. Dialysis treatments were reduced to approximately 12 hours a week.

Today, kidney transplants are 85 percent successful and the preferred treatment for many patients. Kidney stones are preventable and curable. The average amount of time that someone stays on dialysis is 18.5 years.

The six warning signs of kidney and urinary tract disease according to the National Kidney Foundation are: burning or difficulty during urination, more frequent urination particularly at night, passage of bloody-appearing urine, puffiness around the eyes - swelling of hands and feet especially in children, pain in the small of the back just below the ribs, and high blood pressure.

Some other facts behind this disease are: Kidney disease can strike anyone at any age, each day 12 Canadians learn that their kidneys have failed, untreated kidney disease can be fatal within days or weeks, and in 1999 there were 23,601 Canadians on renal replacement therapy and that number is expected to double in the next 10 years.



Stephen Beattie spent several months on dialysis at the Ottawa General Hospital before receiving his sister's kidney. In the photo, Stephen is consoled by his partner Alain Meunier during the summer of 2000 while he underwent dialysis.

So when those Kidney Foundation of Canada volunteers ask for your donations, keep these two stories in mind and give generously. Also, you can make a difference by signing the donor card that is attached to your driver's license.

"Every year the government and Ottawa General Hospital hold a special reception to recognize the wonderful participation of organ donors, tissue donors, and living kidney donors," commented Cindy Adams. "If you have it in your power to give life back to a loved one, why wouldn't you? If it was you, how would you feel if family wouldn't help?"

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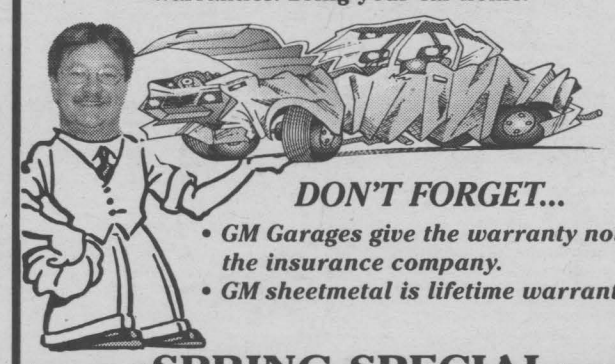

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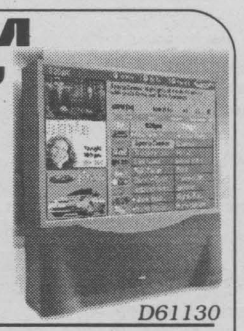
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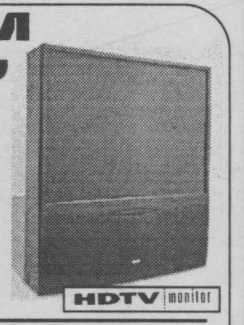
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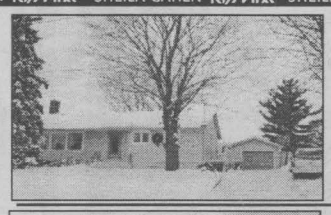

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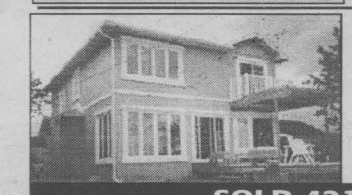

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I am a 5'2", SWF, 35, who friends say is bubbly and very nice. I enjoy sports, slow dancing and long walks. I would like to meet a SWM, 33-40, who is open and honest. Ad#: 5157

REAL LOVE
I'm a outgoing, personable SWF, 46, 5'4", who enjoys the outdoors, walking, sports and more. I'd like to meet an honest, humorous, SWM, 35-50. Ad#: 9073

ATTRACTIVE BLONDE
45, 5'6", 105lbs., slim, very fit, pretty, intelligent, employed, affectionate, outgoing, spunky and straightforward. Enjoys children, camping, dogs, exercising and cycling. Seeks fit, attractive, affectionate, active, honest, sincere, single male. Ad#: 7817

DELIGHTFUL
N/S, SWF, 19, looking for a a SWM, 19-23, for a possible relationship. I'm 5'2", funny, outgoing and I enjoy skiing, camping, hiking, horseback riding, dancing and more. Ad#: 9932

GET TO KNOW
SWF, 31, brunette, with brown eyes. Enjoys time with her children, traveling, entertaining and more. Searching for a SWM, 31-36, who is honest, sincere and down-to-earth. Ad#: 4547

DESERVING
I'm a personable, easygoing, SWF, 33, 5'9", who enjoys shooting pool, swimming, the outdoors and family-oriented activities. I'm seeking a tall, thin, outdoorsy, SWM, 30-40, who likes children, for a possible relationship. Ad#: 3292

ROMANTIC AT HEART
This SWF, 37, is looking for a honest, witty and cheerful SWM, 38-43, who loves to spend quality time together. She is 5'6", with light brown hair, hazel eyes, enjoys reading, long walks, biking, water skiing, horseback riding and time with her children. Ad#: 2256

HONEST & TRUSTWORTHY
SWF, 26, 5'1", with auburn hair, brown eyes and a medium build. Enjoys reading, walking, time with her children, working on cars, movies, etc. Searching for a healthy, fit SWM, 26-32, who loves children & animals, respects himself, with a sense of humor. Ad#: 4234

CARING & TRUSTWORTHY
I'm a caring, understanding, SWF, 28, who would like to meet an honest, reliable, laid-back, SWM, 28-35. Hobbies include video games, dancing, crafts, fishing and more. Ad#: 9647

THE TRUTH LIES HERE
SWF, 38, 5'6", spontaneous, loving and caring with a heart of gold. Enjoys quiet evenings, sports and more. Seeking a loving, sincere, SM, 35-42. Ad#: 1687

OUTGOING & FUN
I'm an easygoing, fun to be with, caring, loving, compassionate, SWF, 37, 5', who would like to meet an honest, friendly, SWM, 30-46. Hobbies are dinners, walks, swimming, listening to others and more. Ad#: 4062

LOOKING FOR YOU!
Pleasant, cheerfull and fun-loving, SWF, 23, 5'7", red hair, green eyes, who enjoys being outdoors, dancing and the company of friends. Searching for a romantic, kind, loving, SWM, 24-35, who enjoys the little things in life. Ad#: 6161

CIRCLE OF FRIENDS
SWF, 5'6", brown hair and eyes, 34, easygoing, likes to have fun and tries new things. Hobbies include movies, long walks and being with friends. Looking for a SWM, 33-47. Ad#: 3061

READY TO CARE
I'm an outgoing, humorous, SWF, 32, 5'4", who would like to meet a fun-loving, SM, 30-40. Hobbies include camping, bingo, movies and more. Ad#: 3864

FUN-LOVING PERSONALITY
Fun-loving SWF, 5'6", 50, brown hair and eyes, who enjoys dancing, going for walks, and being with friends/family. Looking for a caring, trustworthy and responsible SWM, 50-60. Ad#: 9424

GIVE LOVE A CHANCE
SWF, 43, fit, with brown hair and green eyes. Interests are golfing, skiing, working out, music, reading, good conversation, etc. Looking for a SWM, 40-50, who is caring, funny, confident and intelligent. Ad#: 1167

ALL THAT & MORE
Active and attractive, SWF, 37, 5'8", blonde hair and blue-green eyes. I enjoys bowling, golf and much more. Seeking a SWM, 28-54. Ad#: 2862

VERY GIVING
Brown haired, hazel eyed, SWF, 39, is very caring, loving and honest. She likes biking, walks, traveling, motorcycles and sports. Seking a SWM, 39-46. Ad#: 8225

HAVE A GOOD HEART!
SWF, 39, 5'3", brown hair/eyes, easygoing and happy-go-lucky. She enjoys things such as baseball, walks, hiking, bowling, etc. Looking for an easygoing, happy, SWM, 34-45. Ad#: 1400

LOVES LIFE!!
SWF, 59, Hi, I'm 5'3", slim, fun to be with and a good friend. I like being active, walks, boating, cottage life, playing cards, traveling, sports, etc. I would like to meet a SWM, 55-70, to spend quality time with. Ad#: 2951

I'M WAITING!!!
SWF, 5'5", 36, medium build, blue eyes, brown hair, who is kind hearted. Hobbies include long walks, movies and playing pool. Searching for a SWM, who enjoys cuddling, movies and is honest, 35-39. Ad#: 8394

FAMILY-VALUES
I'm a caring, outgoing, SWF, 50, 5'10", who would like to meet a sincere, understanding, SWM, 47-55. Hobbies include line dancing, walking, movies, dining, the outdoors and more. Ad#: 4913

GIVE LOVE A CHANCE
SWF, 21, considered loving, caring, enjoys time with her daughter, the outdoors, walks and more. Would love to meet a SM, 21-34, who is outgoing, fun to be with and loves kids. Ad#: 3843

LOOKING FOR A GENTLEMEN
SWF, 5'9", 29, average weight, brown eyes, who enjoys art, photography, and music. Seeking a SWM, who is a gentelmen, romantic, and confident, 28-34. Ad#: 2944

LOVES LIFE
Curious, compassionate, SWF, 39, 5'2", dirty blonde hair, blue eyes, athletic build. Enjoys music, dancing and meeting people. Looking for a SWM, 37-43, with a thirst for life. Ad#: 3892

OUTGOING & AMBITIOUS
SWF, 43, 5'1", with auburn hair and blue eyes. Interests are traveling, drives in the country, dining out, cooking and socializing. In search of an outgoing, humorous, at least 5'8", SWM, 35-45, who knows how to treat a woman. Ad#: 4818

PERSONABLE
Fun-loving, adventurous, SWF, 53, 5'4", 160lbs., with dark hair, enjoys walking, painting and crochetting. I'm seeking an easygoing, SWM, 50-60, who enjoys good conversations. Ad#: 8905

BE KIND TO MY HEART
Friendly SWF, 5'8", 120lbs., 19, crystal blue eyes, who is intimate and energetic. My hobbies include dining out, going to the gym and walks on the beach. Looking for a SWM, who is attractive, athletic, outgoing and sensitive, 21-28. Ad#: 4223

LET'S MEET
SWF, 31, 5'4", who is described as very responsible, dedicated and a hardworker, enjoys sketching, walks, reading and visiting. Seeking a SM, 26-35, for companionship and friendship. Ad#: 9855

MOVING TO THE AREA
I'm a spontaneous, funny, SWF, 50, who would like to meet a caring, secure, SWM, over 18. My hobbies and interests include movies, dancing, entertaining and more. Ad#: 7936

SEEING IS BELIEVING
I'm a faithful, caring, SWF, 29, 5'3", who would like to meet a spontaneous, caring, SWM, 25-30. My hobbies are volleyball, baseball and having-fun. Ad#: 7335

WOULD LIKE TO MEET YOU
Pleasant and outgoing, SWM, 5'1", 59, with dark hair and brown eyes. My hobbies include gardening, needle point and outdoors. I'm looking for a SWM, who is honest, a gentleman and intelligent, 65-69. Ad#: 9220

TRUST ME
Trustworthy, kind-hearted, sincere, SWF, 36, 5'2", short blonde hair, wears glasses, with a great sense of humor. Looking for an outgoing, romantic SM, 30-45. Her hobbies include swimming, outdoors, movies and country music. Ad#: 5248

SENSITIVE GIRL
Easygoing, energetic and loveable SWF, 25, 5'4", 130lbs., brown hair/eyes. Likes to try new things. Looking for an easygoing SBM, 23-40, who can keep up with me and loves children. Ad#: 2753

SUMMER BUNNY
SWF, tall, blonde hair and green eyes, attractive, 42. Described as outgoing, easy to talk to and sociable. Hobbies include golfing, painting, working out and being outdoors. Looking for a SWM, 40-48, who is active and enjoys the outdoors as well. Ad#: 2781

WILD GIRL
Funny, outgoing, honest, SWF, 19, 5'9", 120lbs, brown hair and eyes. In search of a funny and outgoing SM, 18-26. She enjoys long walks, going to the movies and dining out. Ad#: 8202

GREAT PERSONALITY
SWF, 38, 5'7", with long brown hair and blue eyes. Interested in readng, writing, walks, quiet evenings and sharing her life with a SM, 38-42. Ad#: 2460

HAPPINESS BEGINS HERE
I'm an outgoing, fun-loving, SWF, 44, who enjoys fishing, boating, horseback riding, long walks and more. Hoping to meet a caring, loving, patient, understanding, SWM, 35-55. Ad#: 5641

ROMANTIC WALKS
Funny, outgoing, honest SWF, 24, 4'9", 140lbs., brown hair, hazel eyes. Enjoys biking, reading, walks, movies and more. Searching for an honest and caring SWM, 24-30. Ad#: 9596

IMPRESSIONS
I'm a friendly, honest, sincere, intelligent, fun to be with, SWF, 53, who would love to begin a relationship with a happy, humorous, healthy, SWM, 46-60. My interests are bike riding, animals and quilting. Ad#: 4311

DARE TO BE DIFFERENT
SWF, 5'9", 18, brown hair/eyes. My interests include outdoor activities such as hiking and swimming, also like playing football. Looking for SWM, 18-26, caring, outgoing, sense of humor. Ad#: 4572

LIKES NEW THINGS
Funny, outgoing SWF, 28, brown hair, 5'3", with blue eyes. Enjoys walks, rollerblading and shopping. Looking for a caring SWM, 28-30, who loves children, for a lasting relationship. Ad#: 5837

LOVES TO TALK
Talkative, intellectual SWF, 44, 5'2", with dirty blonde hair and brown eyes. Enjoys skating, long drives, reading and dog training. Looking for an easygoing SWM, 44-52. Ad#: 6542

FROM MY HEART TO YOURS
I'm a SWF, 28, 5'4", who is described as easygoing. Hobbies are sports, dancing, sewing, the outdoors, my children and music. I'd like to meet an outgoing, caring, SWM, 28-32. Ad#: 1389

ALWAYS SMILING
I'm an outgoing, SWF, 19, 5'9", who enjoys swimming, animals, soccer, sports, long walks and movies. Hoping to meet an outgoing, caring, SWM, 19-26. Ad#: 4214

RESPECTFUL
SWF, 19, 5'7", considered to have a good sense of humor and a social butterfly. Interests are fishing, boating, movies, dinnerd, dancing and more. Searching for a tall, good-looking SWM, 20-25, who enjoys quality time together and has similar interests. Ad#: 3441

A LITTLE ON THE WILD SIDE
Athletic SWF, 39, 5'6", with brown hair, enjoys extreme sports, the outdoors, traveling and more. Would like to meet an honest, open, SWM, 35-45, who likes to try new things and enjoys children. Ad#: 7337

KIND & CARING
SWF, 18, tall, blonde hair, hazel eyes, described as outgoing and fun-loving. Hobbies include long walks, movies and cooking. Looking for a SM, 18-30, who is kind, caring and likes children. Ad#: 9864

GOOD LISTENER
This SWF, 22, would love to meet a SM, 20-45, who is sincere. She is tall, with blue eyes, blonde hair, enjoys bowling and reading. Ad#: 2780

SENSITIVE & CARING
5'5", SWF, 55, with auburn hair, hazel eyes is outgoing, compassionate and respectful. Retired and she enjoys long walks, drives, county fairs, etc. Hoping to meet a SWM, under 65, who is down-to-earth, kind and considerate. Ad#: 4182

PERSONABLE
5'7", SWF, 38, who is outgoing, easygoing and loves to be around others. Some interests include long walks, some sports, movies and quiet evenings. Would like to meet a SM, 38-45. Ad#: 7920

ADVENTURESOME
Outgoing, spontaneous, SWF, 29, 5'6", with long brown hair, blue eyes. Hobbies are camping, fishing and rollerblading. I'm in search of a sociable, SWM, 29-39, who enjoys children. Ad#: 2479

READY FOR ROMANCE
Shy, funny, friendly and happy, SWF, 42, 5'3", 135lbs., with blonde hair, blue eyes, seeking a humorous, warm, SWM, 32-48. I enjoy reading, volleyball and bowling. Ad#: 7113

A GOOD FRIEND
SWF, 52, 5'7", blonde hair, hazel eyes, caring and compassionate. I enjoy the outdoors, reading, computers, pets, movies and more. I'm seeking a SWM, 47-56, who is honest, loving, trustworthy and a good listener. Ad#: 7003

RESPONSIBILITY
SWF, 5'2", blonde hair and blue eyes, petite, 39, shy at first. Hobbies include walks, music and relaxing evenings. Looking for a SWM, 35-45, who enjoys motorcycles and old cars. Ad#: 5223

LET'S DANCE
SWF 57, 5', short brown hair with glasses. Good sense of humor, good listener, fun to be with. Would like to meet a considerate, loyal 60 year old SWM. Looks don't matter. Ad#: 5444

COMPASSIONATE
SWF, 55, described as honest and sincere. Hobbies include fleamarkets, walking and the outdoors. Looking for a SWM, 55-65, who is honest, loyal, sincere and trustworthy. Ad#: 3449

CARING & SINCERE
N/S, SWF, 30, auburn hair, blue eyes, 5'8", described as sometimes sarcastic, intelligent, funny and fun to be with. Hobbies include cooking and Asian art. Looking for a SWM, 33-45, who is caring and loving. Ad#: 3828

ROMANTIC LADY
SWF, 5'4", brown hair and green eyes, attractive, 24. Hobbies include spending time with her children, shooting pool and reading. Searching for a SM, 25-35, who is honest and caring. Ad#: 4564

GENUINE LADY
SWF, 35, reddish/brown hair, shy at first, loving, caring and generous. Interested in horseback riding, art, daneing, country music and more. Hoping to find a N/S, N/D, SWM, 32-44. Ad#: 7742

DESERVING
SWF, 22, brown hair, blue eyes, described as funny, shy and intelligent. Hobbies include shopping, hanging with friends and cooking. Looking for a SWM, 20-30, who is outgoing and active. Ad#: 3344

HEART OF GOLD
SWF, 23, blonde hair, green eyes, described as easygoing, relaxed, fun-loving and humorous. Hobbies include long walks, camping, reading and working out. Looking for a SM, 25-35, who is fun-loving, outgoing, romantic and has a heart of gold. Ad#: 7725

HONESTY AND LOYALTY
Spontaneous, demanding SWF, 32, 5'9", long dark auburn hair, medium build. Looking for a SWM, 28-38. Ad#: 8249

AWAITS YOUR RESPONSE
SWF, 20, brown hair/eyes, described as independent and outgoing. Hobbies include photography, music and playing on the computer. Looking for a SWM, 26-29. Ad#: 9664

Males Seeking Females

QUIET EVENINGS WITH YOU
SWM, 6'2", 23, brown eyes, who is funny and enjoys having a good time. Hobbies include reading, movies and going for walks. Seeking a intelligent and humorous SWF, 19-26. Ad#: 8178

YOU WON'T BE DISAPPOINTED
I'm a caring, fun, happy-go-lucky, SWM, 33, 5'7", who enjoys movies, sports, walking and camping. Hoping to meet a fun, SWF, 25-36. Ad#: 2916

VERY ROMANTIC GUY
Tall, blond, tan, SWM, 49, with a great sense of humor is romantic and social. His hobbies include gardening, reading, sports and being with friends. Seeking a SWF, 38-52. Ad#: 5112

ROMANTIC
I'm a fit, caring, honest, SWM, 37, 5'9", enjoys working out, rollerblading, skiing and shooting pool, seeks nice, caring, SWF, 33-39. Ad#: 6103

DEPENDABLE
This SWM, 34, is looking for a SWF, 26-36, who is reliable and outgoing. He is 6', with brown hair/eyes and a heavy set. Interests are camping, fishing, racing, etc. Ad#: 4550

LASTING COMPANIONSHIP
SWM, 69, tall, slim, with brown eyes and gray hair. Interests are gardening, walking, dancing, traveling, music, etc. Looking for an honest and loving, SWF, over 18, who has similar interests. Ad#: 6709

SHY NATURED
Hi, I'm a 5'11", brown haired, brown eyed, slim, SWM, 35, who is shy and loves the country life. I would love to meet a SWF, 30-36, who is honest, loving and caring. Ad#: 7251

SUCH A SWEETHEART
SWM, 23, 5'5", with brown hair/eyes, enjoys playing sports, working out, time with his daughter, dancing and more. In search of a short, SF, 21-25, who is outgoing, with a great personality and has similar interests. Ad#: 7264

WILLING TO TRY NEW THINGS
SWM, 19, tall, brown hair and eyes, funny, outgoing and kind. I enjoy playing sports, working on my car and going out. I'm seeking a SWF, 18-22, who is attractive, outgoing and loves to go dancing. Ad#: 8443

MAYBE YOU & ME
Blue eyed SWM, 5'9", 23, medium build, brown hair, described as easygoing, caring and sensitive. Searching for an attractive, open-minded SF, 23-33, who enjoys life to the fullest. Hobbies include movies and spending time with that someone special. Ad#: 4520

GIVE ME THE CHANCE
SWM, 6'1", 30, brown hair, blue eyes, who is athletic and entertaining. He enjoys time with his son and sports. Looking for a fun, energetic and outgoing SWF, 18-35. Ad#: 5410

HAPPY TO BE AROUND
SWM, 46, 6', with dirty blond hair and blue eyes. Interests are the outdoors, motorcycling, mountain biking, dining out, movies and enjoying life to the fullest. In search of a SWF, 39-46, who knows how to enjoys life. Ad#: 1917

BIG-HEARTED
SWM, 41, 5'6", physically fit and my personality is funny, easygoing and nice. I'm interested in meeting a SWF, 18-38. Some of my hobbies are sports, outdoor activities and being adventurous. Ad#: 9193

DON'T PASS ME BY
Attractive, SWM, 5'8", 26, who enjoys cooking and photography. Seeking an intelligent, exotic, SF, 24-38, for a possible relationship. Ad#: 7434

LET'S MEET SOON!
SWM, 5'7", 30, blue eyes, brownish/blond hair, enjoys skidoing, dirt biking and working on vehicles. Looking for an honest, faithful, attractive, SWF, 25-36. Ad#: 7648

HONEST & EASYGOING
Widower, 69, secure, active and healthy, enjoys home life, biking, traveling and good conversation. I'm interested in meeting an affectionate, caring lady, over 55 years, for friendship and a possible relationship. Ad#: 1174

HEART TO HEART
SWM, 5'10", 26, hazel eyes, who is easygoing and enjoys making people laugh. Hobbies include going to the gym and sports. Looking for an attractive SF, 18-38, who is easygoing. Ad#: 4725

BE KIND TO MY HEART
SWM, 5'4", 36, who is kind hearted, trustworthy and looking for someone to love. He desires an open-minded, kind and gentle SF, over 18. Hobbies include fishing, movies and bowling. Ad#: 5203

DON'T MISS OUT
SWM, 21, brown hair, blue eyes, who enjoys movies and reading. Seeking an outgoing SWF, 20-25, who shares similiar interests. Ad#: 7990

WHAT A GUY
SWM, 36, 5'4", chunky and considered to be very friendly, respectful and humorous. Hobbies include movies, walks, going to the races and dining out. Seeking a SWF, 19-58, who is lovable and caring. Ad#: 8489

DANCE ON THE STARS
I'm an honest and loyal, SWM, 22, 5'10", who would like to meet an easygoing, SF, over 18. Hobbies include walking, movies, video games and more. Ad#: 9756

THIS IS THE ONE!
SWM, 33, 5'7", with brown eyes, a medium build. Interests are cooking, singing, an occasional drink, etc. Looking for a SF, 20-35. Ad#: 5643

MAYBE YOU & ME
SWM, 5'4", 25, brown hair/eyes, medium build, who is sensitive, honest and very caring. Seeking a sensitive, caring, trustworthy, loving, SWF, 19-30. Ad#: 5787

AN HONEST RELATIONSHIP
SWM, 37, 5'10", brown hair, blue eyes, fun to be with, humorous and easygoing. I enjoy long walks, music, dancing, movies, quiet times and more. I'm seeking a SWF, 30-38, who is caring, compassionate, honest and has a great sense of humor. Ad#: 5430

STILL LOOKING
Shy, hardworking, fit, SWM, 37, 6', 205lbs., with brown hair and hazel eyes, feels he will bring honesty to the relationship, is seeking a hardworking, SF, 30-40, who enjoys working out, the outdoors and quiet romantic evenings. Ad#: 2196

LET'S HAVE DINNER
Hi, I'm a 5'7", black haired, brown eyed, SWM, 35, who's fun to be with. My interests include fishing, horse racing and woodworking. I'm hoping to meet a fun SWF, 30-38. Ad#: 5162

HOPELESS ROMANTIC
I'm a SWM, 50, brown hair and eyes, friendly, easygoing, and loyal. I enjoy playing music, the outdoors, dancing, cooking, and movies. I'm looking for a SWF, 35-40, who is attractive, caring, and enjoys cuddling up on the couch with a good movie and me. Ad#: 4982

GET TO KNOW THE REAL ME
This SWM, 25, would like to meet an outgoing and fit SWF, 18-26, who likes to have fun. He is 5'11", 145lbs., with dark hair and blue eyes. Enjoys movies, dining, time with friends, sports, the outdoors and any type of music. Ad#: 6936

LET'S MEET SOON!
SWM, 5'11", 44, brown hair/eyes, who is a hardworker, honest and enjoys life. Seeking a SWF, 20-30, for a possible relationship. Hobbies include the beach and going out to have a good time. Ad#: 4968

JUST RELAX
SWM, 57, 5'11", 189lbs., blue eyes, friendly, outgoing and honest. I enjoy good conversation, the outdoors, music, theater, working out and more. I'm seeking a SWF, 50-59, who is honest, loving, dedicated and enjoys the same. Ad#: 1795

DON'T PASS ME BY
SWM, 5'6", 39, hazel eyes, brown hair, who is easygoing, enjoys socializiing. Interests include baseball, movies, dancing and dining out. Seeking a SWF, 18-40, who is honest, straight forward and easygoing. Ad#: 8013

MAKE IT POSSIBLE
SWM, 6'2", 45, blond hair, who is outgoing and very friendly. Hobbies are astronomy, mountain biking and swimming. Seeking an honest SWF, who enjoys long drives in the country, 18-45. Ad#: 4441

YOU CAN RELAY ON ME
SWM, 30, 5'4", brown hair and hazel eyes, fun, outgoing and trustworthy, enjoys family, going out with friends and quality times together. Seeks SWF, 18-36, for a lasting relationship. Ad#: 4427

FUN TO BE WITH
This SWM, 32, would like to meet a SWF, 24-31, who is easygoing and fun to be with. He is 6', with brown hair/eyes. Interests are movies, hockey games, etc. Ad#: 6382

Females Seeking Females

ARE YOU INTERESTED?
SWF, 5'5", 140lbs., 24, fair complexion. My hobbies include long walks, movies and spending time with my children. I'm looking for a SWF, who is easygoing and lots of fun to be with, 19-30. Ad#: 8455

LOTS OF FUN
Sweet, nice, good-looking, SWF, 19, tall, blue eyes, long brown hair. Looking for a SWF, 18-19, with similar interests. She enjoys dancing, playing pool, swimming and tanning. Ad#: 7417

JOKE AROUND WITH ME
Funny, SWF, 29, 5'2", blond hair, hazel eyes, enjoys swimming, biking, movies, hanging out. Seeks open, outgoing, WF, 22-50, who likes kids, for fun times. Ad#: 8396

POSITIVE ENERGY
Hobbies are drawing, reading and watching movies, I am a funny, easygoing, honest, SWF, 24, 5'5", with brown hair/eyes. Seeking a SWF, 18-30, who has a great sense of humor and a beautiful smile. Ad#: 1431

LET'S MEET SOON
SWF, 18, 5'9", is outgoing, funny and very caring. Her hobbies, the net, playing pool, sports and being with friends. Hoping to meet a happy, nice, SF, 18-24. Ad#: 9840

NEEDS A MATE
SWF, 5'2", short brown hair, 20, funny and outgoing. Hobbies include swimming, hiking, and boating. Looking for a SWF, 18-25, who likes to have a good time. Ad#: 5924

A WALK ON THE WILD SIDE
SWF, 19, blonde, blue eyes, described as funny, wild, daring and outgoing. Hobbies include swimming, dancing and movies. Looking for a SWF, 18-25, who is sweet, attractive and outgoing. Ad#: 6812

HEART OF GOLD
Passionate, SWF, 19, 5'1", brown hair/eyes, physically fit, enjoys sports, hiking, biking and the outdoors. I am looking to meet an open-minded, educated, attractive, SWF, 20-25, who knows how to have fun, with a small build. Ad#: 4208

THE LOVE
I'm a funny, intelligent, SWF, 28, 5'10", who enjoys working out, volleyball and baseball. I'd like to meet a fun-loving, SWF, 29-35. Ad#: 9892

SIMPLY ALLURING
SWF, mother of 2, 22, 5'4", medium built, honest, caring and very fun to be with. I'm hoping to meet a soft, gentle, honest and caring, SWF, 22-26, who is willing to try new things. Ad#: 9511

Males Seeking Males

TOGETHER
I'm a quiet, honest, trusting, caring SWM, 36, 5'2", who would like to meet a caring, loving and sincere SM, 20-50. Enjoys walking, quiet times, movies, sports, biking and hiking. Ad#: 1660

WIN ME OVER
Easygoing and open-minded, SWM, 30. My interests include camping, hiking, working out and sports. Seeking an easygoing, open-minded and honest, SM, 18-33. Ad#: 2364

ALL OUR TOMORROWS
I'm an easygoing, happy, SWM, 26, 5'8", who would love to begin a relationship with a nice, intelligent, SWM, 20-27. I enjoy the outdoors and having fun. Ad#: 8204

HONEST & LOYAL
SWM, 31, 6'3", with dark hair, olive/green eyes and in good shape. Interests include movies, sports, hiking, working out and more. Looking for a SM, 20-35, who is understanding and patient, with similar interests. Ad#: 8147

ALL FOR YOU
I'm an honest, compassionate and affectionate, SWM, 35, 120lbs., who enjoys sports, walking, movies, music and spending time with my loved one. I'm looking for an honest, compatible, SM, over 20, who also enjoys spending time with the person they love. Ad#: 1602

OPEN WITH YOURSELF
I'm an outgoing, fun to be with, SWM, 19, 5'9", who enjoys acting, traveling and going out. Hoping to meet an outgoing and easygoing, clean and good-looking, SM, 18-28. Ad#: 9174

MANY OPTIONS
5'4", quiet, sensitive, caring, SWM, 36, enjoys the outdoors, movies and being with friends. Seeking a SWM, 18-35, to spend quality time with. Ad#: 2036

COMMUNICATION
Outgoing, caring and romantic, SWM, 46, 5'7", 140lbs., with brown hair, blue eyes, clean shaven, honest and sincere, enjoys movies, walks, romantic nights. I'm seeking an understanding, monogamous, SWM, over 18, who can talk his problems out. Ad#: 9206

ENTERTAINING
SWM, 27, 5'9", with blond hair, blue-green eyes, fun to be around, I enjoy sports, watching movies and much more. Seeking a muscular, SWM, 25-35, who is loving and protective. Ad#: 3293

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Let "Ace" rent your place!

COMMUNITY DIGEST

AL-ANON-ALATEEN. Has your life been affected by someone's else's drinking and behaviour? If you want hlep and support call the Al-Anon Line at 937-4880.

ARMY, NAVY & AIR FORCE, 14 Marlborough St., N., are holding a St. Patrick's Day Celebration "Irish Stew" on Sunday, March 17th, from 3:30p.m. on. Music by the Draftmen. $2.00 cost. Information: 938-5020.

CORNWALL QUILTERS GUILD will meet on Monday, March 18th, 7:00p.m., Seaway Lions Club, 123 Fortier. Anyone interested in quilts or quilting is welcome. Information: Cathy 931-1598.

EMPHYSEMA? CHRONIC BRONCHITIS? "Easy Breathing" classes are starting up again, Wednesday, April 3rd and runs every Wednesday afternoon 3:00p.m. to 4:00p.m., Cornwall General Hospital. Register by calling the Respiratory Care Clinic at 932-3300 ext. 4190.

LITERACY MEANS FREEDOM. Share the freedom. Become a volunteer at Tri-County Literacy Council. For more information call 932-7161.

P-FLAG is a mutual aid group for those who wish to show support for their gay/lesbian, bisexual or transgendered family members and friends. Atmosphere is relaxed, non-judgemental and confidential. Info: 1-877-874-4424.

PARKINSON'S SOCIETY SELF HELP GROUP are holding their next meeting on Tuesday, March 19th, 1:15p.m., RCAFA Association Bldg. (Wing 424). Anyone interested in Parkinsons is welcome to attend. Information: 936-9944 or 933-2193.

MARTINTOWN DINER'S CLUB FOR SENIORS, sponsored by the Glengarry Outreach Services, will take place at the Martintown Community Centre on Wednesday, March 20th, 12:00noon. Reservations by Monday, March 18th. $6.00/person. Call Lan-Char Seniors Support Centre at 347-1175. All Seniors welcome.

SEAWAY TOASTMASTERS CLUB hold meetings every second and fourth Tuesday of each month, 7:00p.m., Murphy's Inn, 917 Second St. West. Everyone welcome. Info: Sandra McCuaig 347-1799.

SOUTH STORMONT CHAMBER OF COMMERCE will be holding their next meeting on Tuesday, March 19th, 7:30p.m., Rothwell-Osnabruck School Library on College Street, Ingleside. Everyone welcome. For more information call 537-2739.

TOPS ON4643 Long Sault, meet at Pentecostal Church, Bethune St., every Monday Night. Weigh: 6:30p.m. to 7:00p.m. New members welcome. For info call Mary Ann at 534-2809.

VICTORIAN ORDER OF NURSES will be holding a free Nursing Clinic from 11:00a.m. until 3:00p.m., at the Agapé Centre on Friday, March 15th. A registered nurse will be available to give general health counselling. Appointment needed. Call 938-9297.

WOMEN'S MINISTRIES will be holding their next meeting on Monday, March 25th, 7:00p.m. to 9:00p.m., Maynard's YIG (upstairs room). Limited seating. Call 346-0222 (leave name and phone number).

COMMUNITY DIGEST
$9.00 PER WEEK
Up to 24 words.
Drop off or fax to Seaway News

BACHELOR APT on Pitt St. Ideal for a quiet & working person. No pets. References. Call after 12 noon, 932-2135.

1 & 2 BDRM APTS at 217 Alice, $475. & $500/mth, all utilities included. Both available immediately. Call 932-5689.

EAST END - 1 bdrm basement apt. Fridge & stove, washer/dryer hook-ups. $475/mth, utilities included. Parking. No pets. Avail. March 1st. Call 938-3094.

FULLY RENOVATED, 2 bdrm downstairs apt. Washer/dryer hook-ups, parking, basement. East end location. $475/mth, plus utilities. Available Apr. 1st. First & last req'd. Call 938-0242.

AVAILABLE IMMEDIATELY - 2 bdrm apt. $500/mth, utilities included. Call 525-0829.

EAST END - newly renovated, 2 bdrm apt. Washer/dryer hook-ups. Close to schools. Available now. $465/mth, plus hydro. Call 925-2243.

66 LENNOX - Newly decorated 2 bdrm apt. Garage, yard, porches. Across from city park w/pool. Available immediately. $500/mth, plus utilities. No pets. 346-0824, leave message.

1 BDRM newly renovated apt. 15-sq.ft. covered deck. Fridge, stove & hot water included. No pets or smokers. Central. $425/mth, plus utilities. Available immediately. Call 932-8965.

NEWLY RENOVATED. Available immediately, 1 bdrm apt. Central location, fridge, stove. $475/mth, includes heat & parking. Mature person(s) pref'd. References req'd. Call 938-9339.

SECURITY BLDG. Available April 1st, 2 bdrm apt. Appliances, fridge, stove, hardwood floors. $575/mth utilities included. Call 525-0829.

116 EMMA. 2 bdrm apt. Ground floor, paved parking, laundry facilities. $525/mth, utilities included. Fridge & stove. Available April 1st. Call 932-6560 after 8pm & weekends.

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

AVAILABLE JULY 1ST - Clean 2 bdrm apt. Large kitchen, livingroom, 4-pce. bath, parking space, central air. Near mall & schools. $400/mth, plus utilities. Call 932-2858 or leave message @ 932-7423.

LARGE 3 BDRM APT. 422 Guy. Fridge, stove, washer/dryer hook-ups. $550/mth, pay own utilities. No pets. Avail. Apr. 1st. Call 527-2837 evenings or 527-1975 days.

BACHELOR APT for rent. Includes fridge, stove, semi-furnished & utilities. $380/mth. Sorry, no dogs. Call 938-3936.

4 HOUSES FOR RENT

NEWLY RENOVATED, 4 bdrm cottage, fully furnished. Monthly or season. East of Glen Walter. $700/mth, all inclusive. Call Mike, 932-1521.

5 HOUSES FOR SALE

3 BDRM HOME on Third St. West. Vendor may take first mortgage with reasonable downpayment. Call after 12 noon 932-2135.

7 HOUSES WANTED TO RENT

WANTED TO RENT or lease w/option to buy, 3 bdrms / garage or shed. Vicinity of Ingleside, Newington or Lunenburg area. References provided. Call 933-5110 or 534-2984.

17 LOTS/LAND

FUTURE DEVELOPMENT LAND - 19 1/2 acres. Great north end location. 2 entrances off Edgar St. Try your offer! $54,900. Call Latreille Real Estate Inc. 938-3800.

WELL TREED building lot for sale, 150 X 400-ft. Located between St. Andrews & Martintown, off Kings Road. Asking $20,000. Call 932-1160 for more information.

LOT FOR SALE - Approved, 2.76 acres on Hwy. #2, west of Ingleside. Ready to build on. Beautiful view! Nicely treed. For more details, call Jim Standing, Assoc. Broker for Royal Lepage / M. Jean Cameron Real Estate, 938-3860.

LOT FOR SALE on Service Rd, near Pioneer Corner. 198.94' x 200'. Call 933-4013.

18 ROOMS

ROOM FOR RENT in private home. All utilities included. For more information or to leave a message, call 936-0896.

FURNISHED ROOM FOR RENT
Fridge, stove, bath ind., Available at
331 SECOND ST. W.
Also Bachelor Suites
Call Peter 938-6131
rm15/23

18 - ROOMS

ROOM TO RENT in nice home. Available immediately. Shared kitchen, TV in room w/cable included. Parking available. Call 933-9122.

22 ARTICLES FOR SALE

MICRO CASSETTE dictaphone, older model, excellent condition, $20. New tape. Call 938-7267.

FISHER PRICE 3in1 pool table, $60. Twin bed w/frame, headboard & footboard, $50. Call 932-1756.

DELAGE USED FURNITURE
We Pick Up Good Used Furniture JN13
406 Montreal Road
932-5689

TASCO 320X60mm telescope with tripod stand, $70. Call 525-3147.

JUKEBOX FOR SALE - Rowe AM1 The Music Miracle. 30-yrs-old, full of 45 records plus many extra records. Offers over $400. Call 933-6963 or 933-6411.

VELBON CAMERA TRI-POD ME-2. 22" folded, 54" fully extended. Call 525-3349.

LONDON FOG car coat, grey, 40 chest. $60. Call 525-3147.

19" ZENITH COLOUR TV, rotary tuner, excellent, $40. Pro 2021 police scanner, catches all channels plus cell phones, $120. Call 938-7267.

LIQUIDATION - 3,000 VHS MOVIES. French titles $3. English titles $5. to $9.99. Radio Shack, Casselman. 613-764-3000.

THE NEW BOOK of Knowledge Encyclopedias, 20 volumes. $40. Call 938-8301.

LUGGAGE CART, 35" tall, $25. Call 936-8784 after 6pm or leave message.

SNOWBLOWER FOR SALE. 7.5 h.p. Runs great, needs belt adjustment. $150. Call 938-1029.

FORECAST LUGGAGE, green, 17"x25", 15"x20-1/2", plus carry-on pouch & make-up kit, $50. Call 936-8784 after 6pm or leave message.

AUTOS FOR SALE

PICK OF THE WEEK
96 JEEP CHEROKEE



2dr, sport 4x4, loaded, full load
$13,995

01 CHRYSLER PT CRUISER LIMITED leather, loaded $24,995
00 FORD CROWN VICTORIA 43,000 km ..... SOLD $21,995
00 MERCURY COUGAR 2dr, v6, auto, loaded, warranty $18,995
00 FORD F150 SPORT matching cap $16,995
00 FORD FOCUS SE 4dr, auto, balance of warranty ..... SOLD $12,995
00 FORD MUSTANG auto, full loaded, saleen pkg, mint $19,995
00 FORD FOCUS LX 4dr, auto, balance of warranty $11,995
00 DODGE CARAVAN 4dr, auto, air, low km $17,450
00 CHEV CAVALIER 4dr, auto, air, low kms ..... SOLD $12,995
00 HYUNDAI ACCENT 2dr, auto, balance of warranty ..... SOLD $10,995
00 HYUNDAI ELANTRA WGN loaded, warranty ..... SOLD $14,995
99 FORD WINDSTAR auto loaded, local trade $13,995
99 FORD ESCORT 4dr, loaded, only ..... SOLD $9,995
99 MALIBU LS 4dr, 6cyl, loaded, ... $11,995
99 MERCURY SABLE 4dr, loaded, only 52,000 kms $12,995
99 FORD TAURUS WAGON 4dr, loaded, only 61,000 kms $12,995
98 CHEV 3/4 TON 4X4 diesel P/U, red, auto, air $22,995
98 PONTIAC BONNEVILLE 4dr, loaded, low kms ..... SOLD $15,995
98 CHEV VENTURE loaded, local trade $13,995
98 PONTIAC GRAND PRIX GT white ..... SOLD $14,995
97 JEEP TJ 5spd, black, 4cyl, soft top, hard doors $13,995
97 HONDA CIVIC EX 4dr, loaded $10,995
96 PONTIAC SUNFIRE 2dr, black, 5spd $6,995
95 PONTIAC SUNFIRE 4dr, auto, air, safetied $5,995
94 DODGE SHADOW 4dr, auto, low km ..... SOLD $4,995

MANY OF OUR VEHICLES HAVE NEW TIRES*
* See dealer for details o.a.c. based on 60 month 7.95% interest plus taxes and admin
BANK FINANCING AND EXTENDED WARRANTIES AVAILABLE



PAUL
FITZGERALD
Operated by Cornwall Hyundai
125 Cornwall Centre Rd.
Cornwall
932-4514

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES

- $9.00/week 24 words or less, (25¢ each additional word per week).
- $16.50/2 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 $28.50 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 5 pm Wednesday.

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

Mail pick up, no charge.

Mailed replies: $6.00

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

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

SEAWAY NEWS
Serving Cornwall and Area
~~~~~~~~~~~~~~~~~~~~~~~~~~

CROSSWORDS

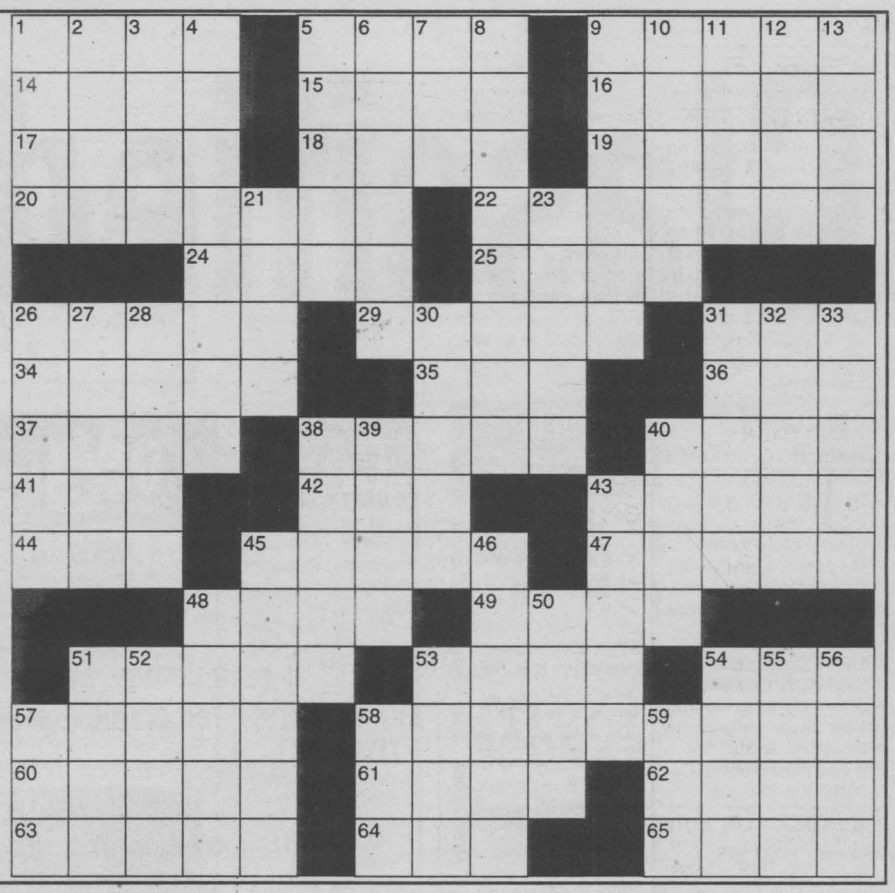
CLUES ACROSS

1. Express by writing
5. Fashionable
9. Dinner
14. Throw
15. Venice beach
16. Medium
17. Song
18. Paragon
19. Angry
20. Kettle drums
22. Inflicted
24. Indication
25. Brew
26. Muslim wise man
29. Voluble
31. Intelligent
34. Turns
35. Mislead
36. Golf score
37. Encircled
38. Representative
40. Equid
41. Cold
42. Express pleasure
43. Poorly sorted sandstone
44. The 7th letter of the Greek alphabet
45. A satellite of Saturn
47. Mountain nymph (Greek)
48. Supports
49. North-central Indian city
51. Its capital is Valletta
53. Tissue
54. Pouch
57. Greek goddesses of the seasons
58. Tiny
60. "1836 siege" of U.S.
61. Behaves
62. Blackleg
63. Prevent
64. Lettuce
65. Beginning to end, abbr.

CLUES DOWN

1. Which
2. First man to orbit the earth
3. Rigidly formal
4. Going on
5. Adjoin
6. Enfolding
7. Heard often in Las Vegas
8. South American nation
9. "Dragnet" character
10. Auriculated
11. Sixth month of Jewish calendar
12. Position
13. Ran, run
21. Directions
23. Resist
26. Multitude
27. Segregated
28. A country in East Africa
30. Commencement
31. Keep up
32. Anorak
33. Trapped
38. Subarctic forests
39. Edible roots
40. Harelike rodent of Argentina
43. Speech
45. Falling star
46. Role models
48. Artiodactyl
50. Antelopes
51. Spy
52. Bedouin
53. Puerto __
54. Alike
55. Winged
56. Philippine Island
57. Discharged
58. Raincoat
59. Central Standard Time

Solutions on page 28



ARTICLES FOR SALE

POOL TABLE, 4' X 8' - 3/4" slate. Modern oak finish. Excellent condition. Accessories included. Asking $1,200. Call 937-3917.

16-FT. FIBREGLASS fishing boat, 9.9 Evenrude with trailer, $900. 1974 Dodge Funcraft motorhome, needs minor work, 318 engine, good for camping or hunting, $450. Call 938-7267.

HUNTER EDUCATION and Canadian Firearms Safety, FAC courses and tests. Call 346-1289.

AT LOW PRICE! 5 months to pay without interest or 5% rebate effective on your purchases of $1,000. and more. Imperfect materials...perfect prices. Floating floor HDF laminated: .79¢-sq.ft., no glue .99¢-sq.ft. Wood grain melamine panel, flooring & pre-finished paneling $6.89. Waferboard: 7/16" $7.79, 5/8" $9.49. MDF 4x8-ft. (walls & flooring) $4.95. Plywood 5/8", $17.99. 6" ceramic: .19¢. 12" starting at .95¢. Interior doors: lauan 24" $6.99, solid $9.99. Effective March 17th-23rd, 2002. Bargain Building Materials, 613-527-5090.

Poppy's Pawns Plus

SNS

Top Prices Paid For Fine China, TV's, VCR's, CD's, Movies, Tools, Antiques, Small Furniture

We Pawn, Buy, Sell & Trade

224 Pitt Street 933-2333

ARTICLES WANTED

WANTED



Old Fishing Lures & Wooden Duck Decoys

938-8839

SN4

26 FARMERS MARKET

MIXED FIREWOOD for sale. $60/cord delivered or $50/cord picked-up. Call 938-2962.

HAYWAGON - Would the person who borrowed my haywagon to take hay from my farm in St. Andrews West, please return the wagon A.S.A.P. Call 932-1161.

30 HOME SERVICES

COMPUTER SHOP - We fix internet & small network problems. We repair computers on site for less. Call Cell#330-5521 for free estimate.

Classifiedplus

RILEY'S PAINTING. Drywall & ceiling repairs, water damage, wallpapering & odd jobs. Light truck avail able. 20 yrs experience. Reasonable rates. Call after 6 p.m., Residence, 938-8839. Pager#930-8851.

REAL ESTATE

HOUSE FOR SALE

19132 Paragon Rd, RR#1 Cornwall

~~$149,900~~ now $139,900



1600 sq. ft. 3 bdrms, master bdrm 15x12, bathroom 9x12, dining room, 1-1/2 garage, one acre.

CALL TO VIEW (613) 931-2003 or 933-9911

FEB22023

REAL ESTATE

FEATURE HOME



719 SECOND ST. E.

Oasis in the middle of the city. This home features 4+1 bdrms, library, computer room, Large rec room in the bsmt,office, alarm system and more.



Francis Rounding Sales Rep.

Call Francis Today 551-2031

EXIT REALTY SEAWAY

REAL ESTATE REAL ESTATE REAL ESTATE REAL

EXIT REALTY SEAWAY

506 Pitt Street, Cornwall Call 937-4445

www.exitrealtyseaway.com



Henrietta Duvall Sales Rep. 937-4445



Judi Auger Assoc. Broker 930-3536



Ginette Campbell Sales Rep. 361-9155



Dawna Bamford Sales Rep. 937-0739



Ayn Burmeister Sales Rep. 678-7530 (cell)



Ellen Ricker Assoc. Broker 937-4445



Theresa Mahaffy Sales Rep. 937-4445



Cynthia Joubert Sales Rep. 551-2496



Julia Patterson Sales Rep. 984-0875



Mike Auger Sales Rep. 551-2469



Francis Rounding Sales Rep. 937-4445



Hana Novotny Sales Rep. 937-4445

OPEN HOUSE SUNDAY 1 - 3:00 pm



311 FOURTH ST. E.
All brick older home. Hdwd flrs, 4 bdrms, income apt., upstairs freshly painted, large lot, double garage, ab. ground pool, 2 baths, private drive. / #550
YOUR HOSTESS HANA NOVOTNY 937-4445

OPEN HOUSE SUNDAY 1 - 2:30 pm



257 MEADOWVALE
All brick raised bungalow, 3 bdrms, all hdwd flrs., cozy fin. rec room & woodstove. #690
YOUR HOSTESS AYN BURMEISTER 678-7530

OPEN HOUSE SUNDAY 1 - 2:30 pm

NEW LISTING



401 FOURTH ST. E.
3 bdr. home with many updates. att. garage, new family rm. Addition. Main flr, ceramic & hdwd flrs. Wow. You better come see this one. $79,900/ #684
YOUR HOSTESS CYNTHIA JOUBERT 551-2496

ATTENTION INVESTORS



CLEAN, EXCELLENT CONDITION DUPLEX
3 bdrm. & 2 bdrm. Good monthly cash flow. Garage. Lots of parking. Very good tenants. $79,900/ #688
CALL JUDI 930-3536

B FOR BARGAIN S FOR SURE



YES
this 3 bdrm. home w/fenced yard, spacious rooms & updates, sure beats renting. Bargain price of $59,900. /#683
CALL JUDI 930-3536

3315 ROSS STREET



THIS HOME
features a large lot, paved driveway. Many recent updates including windows, foundation & siding. Quiet location. 200 amp service. Great starter home. $64,900/ #650
CALL GINETTE 361-9155

NEW LISTING



1307 LASCELLE AVE.
Brick bung. Excellent location on dead end street. Home features 3 bdrms. forced air heat, large lot finished basement, private driveway & much more. $84,900/ #653
CALL GINETTE 361-9155

GOOD INCOME



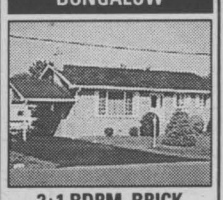
64-66 LENNOX
Excellent double tenement, features full lot, parking, garage, close to park with pool, over 1000 sq.ft. in each 2 bdrm. unit. Live in one, let the other pay part of the mortgage. #651
CALL GINETTE 361-9155

21 LENNOX LANE



CALL THERESA
at 937-4445 to find out how you can own this property for less than $400. per month. #538
CALL THERESA 937-4445

BEAUTIFUL BUNGALOW

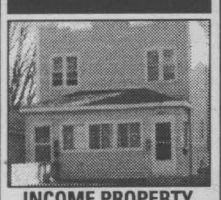


2+1 BDRM. BRICK BUNG.
featuring hdwd, ceramic & carpeted floors. Rec room in basement. Multi-tiered deck and pool. Call for more info. #643
CALL JULIA 330-1767

ADJOINING LOTS

2 adjoining lots just east of St. Andrews. I can put you in touch with a great builder. Don't delay, make it happen today!
#648, #649
CALL JULIA 330-1767
FOR THE SPECIFICS

NEW PRICE



INCOME PROPERTY
Retro fitted 4 plex. Good return on investment. 2-1 bdrm. & 2-2 bdrm. apartments. Also, 2 car garage. Great opportunity for first time investors. $84,900/ #551
CALL FRANCIS 937-4445



Marjet Rogers ASSOCIATE BROKER

RE/MAX®

CORNWALL REALTY INC.

Don't Make A Move Without Me!!

Direct Line 360-1323

OPEN HOUSE

Sunday, March 17th - 1:00pm-3:00pm



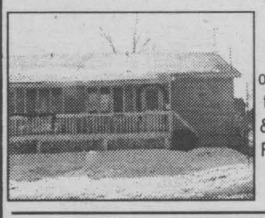
19361 County Rd. 19 Just West of Williamstown

New Construction, four level split, formal dining room, ensuite masterbedroom, gorgeous treed lot, attached garage PLUS workshop, **Only $235,000**



4705 County Rd 34 Lancaster

Custom Built 2600 sq. ft. lrg. home with 4 bdrms, main floor family room, formal dinning room, heat pump, fireplace, attached garage on 12 acres with a lrg. pond.
Price slashed to $229,900



NEW LISTING
Lancaster Village - 24 Front Street
Sparkling semi detached with 3 spacious bdrms on main floor eat-in kitchen, patio drs to lrg deck on the south side, bsmt w/ 2nd bath: lrg fin. rec room & 4th bdrm + storage room, Forced air heat. DON'T RENT...OWN YOUR HOME FOR LESS WITH 5% DOWN Mortgage payments are less than $500 per month.



HOT OFF THE PRESS!! ~ Lancaster Heights
Two storey, four bdrms, livingroom w/ airtight fireplace, formal dinning w/ french drs. to huge deck, sun all afternoon! A little more than an acre, don't miss this one!!
Asking $139,500

email: rogers@remax-cornwall.com
www.remax-cornwall.com

HOME SERVICES

STRIPALL - Furniture stripping, refinishing & repairs. Staircases, floors, doors, archways, No job too big or small, antique or not. Kitchen cupboards completely restored & refinished starting @ $1,500. Free estimates. Long Sault, 534-8494.

The PERFECT HANDYMAN - Renovations, building & addition needs, roof ing, siding, drywall, decks, sheds, garages, patios. Call Robert The Perfect Handyman, 525-2197. Free estimates & customer satisfaction.

ERNIE'S CLEAN-UP SERVICE. Cedar hedge & tree trimming, fencing, house painting, snow blowing, yards, basements, lawn cutting. Call 938-1684.

KUBOTA FOR HIRE with turf tires, loader, back hoe, bush hogger & sweeper. Available 7-days/week. Call 525-4339.

MIKE'S TREE PRUNING, cutting & removal, general yard work & cleaning. Will do demolition. Eavestrough, chimney cleaning & repair. Carpentry work & painting. Free estimates. Call Mike 931-1251.

R. BEAUREGARD Handyman Services. General renovations. Fences, decks, phone & internet jack installation. Free estimates. Good rates. Call Richard 931-1186 or Cell 936-6302.

MASONRY ST-ONGE. For all your masonry work & general repairs. Free estimates. Satisfaction guaranteed. Good rates. 10-yrs-experience. Call Steve, (613) 347-2963, after 6pm.

35 BUSINESS OPPORTUNITY

ESTABLISHED CARPET & Upholstery Cleaning Franchise for sale. Asking price: $19,500. includes van, equipment, clientele list. Apply to: P.O. Box 11, Long Sault, Ontario, K0C 1P0.

WATKINS! Earn free shares & more. Looking for bright, friendly, ambitious people. Expanding rapidly. For free catalogue, call toll-free 1-877-872-9364.

SUNBELT BUSINESS BROKERS
CLOTHING STORE
Excellent business. Owner retiring. Small down payment may handle.
www.sunbeltnetwork.com
Ottawa 731-9140, Kingston 389-6713, Cornwall 936-2898

37 EMPLOYMENT WANTED

LOOKING FOR WORK in the Home Care Field. Temp, home care experience. Call Tre, 937-0378.

HELP WANTED

RETAIL HELP REQUIRED
Small business requires person for in-store sales, bookkeeping, payroll. Must be computer literate. Call or submit resume to Green Valley Pools
PO Box 515, Alexandria K0C 1A0
525-3743
mar15023

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15212 Colonial Dr., Ingleside
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Warm and comfortable, this charming older 4 bedroom home has had many updates. It's spacious, well kept and in move-in condition. Nicely groomed yard adorned with perennials on large lot. Come by, take a look and appreciate a waterview property. See you there! Asking $109,900



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New Listing 501 Walton
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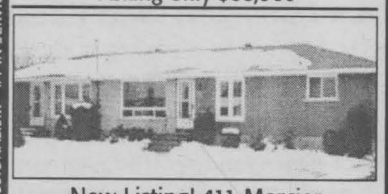

New Listing! 411 Mercier
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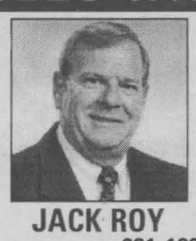

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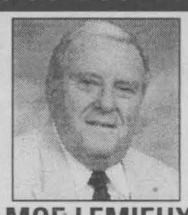

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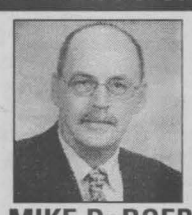

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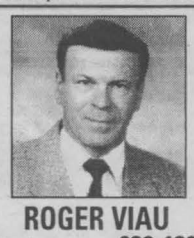

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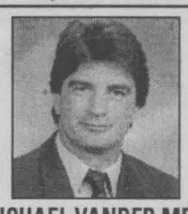

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Folks all over going house shopping! Call Sherry for a free market value estimate on your home. She won't lead you off base, she'll drive you home!
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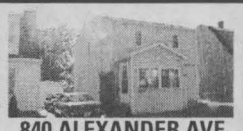
937-0891





1316 LOCHIEL ST. $155,900
(A-MLS 0611) Careful, it's loaded! All the bells & whistles in this mint condition 3 bdrm, open concept, 4-level split. Call now for a private viewing
SHERRY McCULLOUGH 937-0891



840 ALEXANDER AVE. $79,900
(A-MLS 0595) Be your own decorator! This 3 bdrm, 2-storey home needs some help to make it a "home"
SHERRY McCULLOUGH 937-0891



20590 HERON BAY LANCASTER $345,000
(G-MLS 0437) Waterfront. View-T-Ful! Where Mother Nature is the major developer. 3 bdrms, sunrm, prop. gas frpl, dbl boathouse w/guesthouse on upper level
SHERRY McCULLOUGH 937-0891



16265 CONC. 9 W., RR2 LUNENBURG $144,900
(O-MLS 0613) Space & sunshine graces this 6 yr. old raised bung, 3+1 bdrms, 2 baths, gourmet kit., nestled on lot 150x549
SHERRY McCULLOUGH 937-0891

NEW LISTING



18513 HUGHIE MUNRO $49,900
(J-MLS 0614) Love big, old homes? Enjoy the luxury of large sized rooms. Village setting
SHERRY McCULLOUGH 937-0891

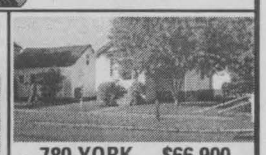
NEW LISTING
OPEN HOUSE SUNDAY 1-3PM



434 CLINE AVE. $146,500
Shake your Lucky Shamrocks over to view
(A-MLS 0618) Your hostess
SHERRY McCULLOUGH 937-0891



WATERFRONT PROPERTY
(J-MLS 0547) Watch the boats. Dock at your own porch.
MONIQUE WILLIAMS 932-7196



780 YORK $66,900
(A-MLS 0570) There's no place like home! Adorable & affordable. Don't let this home slip away from you
MONIQUE WILLIAMS 932-7196



543 GLOUCESTER $69,900
(A-MLS 0577) Toys in the attic? Fin. 3rd floor makes a perfect children's playroom, extra bdrm or home office. Call to view. Let your imagination soar
MONIQUE WILLIAMS 932-7196



14 TWELFTH ST. E. $78,500
(A-MLS 0512) 3 bdrms, hardwood floors, dining room, rec room & much more. Call to view
MONIQUE WILLIAMS 932-7196

NEW PRICE



$80,000
(A-MLS 0536) Established fully equipped, 2-bay garage, centre-town area with good parking & extra income from rented house
JACK ROY 931-1290



GLEN WALTER $94,900
(J-MLS 0585) Mint condition. 2 bdrm. built in 1995. Many extras. Cathedral ceilings, open concept.
JACK ROY 931-1290



16725 DUFF'S CORNERS RD. $114,900
(L-MLS 0533) Small 5.54 ac hobby farm. Well-maint home with some updates. Metal roof '93; breakers 2000; windows '93. Nice private setting
MOE LEMIEUX 932-9386

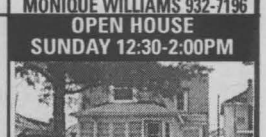


18546 CTY RD 19, SOUTH BRANCH RD. $349,000
(J-MLS 0609) Unique country home with beautiful sunny southern exposure on 13 ac. 3-levels recently renov, indoor ing pool, exquisite in-law suite with 2 entrances & much more
MOE LEMIEUX 932-9386



327 ADOLPHUS $84,900
(A-MLS 0612) 2-storey home with loads of character. All natural wood finish, hdwd floors, 3 bdrms, 200 amps, nice lot 40x195 irr.
MOE LEMIEUX 932-9386

OPEN HOUSE SUNDAY 12:30-2:00PM



336 BELMONT $39,500
(A-MLS 0583) 2-storey home with 960 sq. ft., 3 bdrms, kit. recently renovated. FA elect, 200 amps
MOE LEMIEUX 932-9386



INCOME PROPERTY $123,500
(A-MLS 0396) 3 rental units. Good condition. Large lot, heated work garage 25x60
ERIC PEDERSEN 938-9690



340-342 SEVENTH ST. E. $79,800
(A-MLS 0340) Double tenement. 2-2 bdrms, good condition 2 separate driveways.
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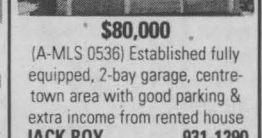

338 SEVENTH ST. E. $49,800
(A-MLS 0341) Income property. 2 units in very good condition. Gas heat.
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(A-MLS 0567) 4 bdrm. home, two baths, full bsmt. Could be converted to dbl. tenement.
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LOTS OF ROOM $279,000
(J-MLS 0475) Over 3000 sq. ft. of living area. 4 bedrooms, study, loft, 4 baths, 2-car garage plus 30x40 work garage. Just minutes east of the City on a large lot 166x260. Call Eric now to book your private viewing
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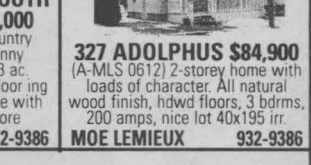

GREAT BUILDING LOT
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(M-MLS 05[illegible]th of Cornwall, 200'x420'. Lots of cedar trees.
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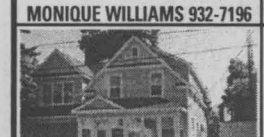

DAFOE ROAD $129,900
(O-MLS 0559) Hobby farm north of Ingleside, 55 acres, 2000 sq.ft. home. Too many renovations to mention. Circular Drive.
MIKE DeBOER 938-7802



4 PLEX - $62,900
(A-MLS 0582) Good square building sided, paved parking. Good potential.
MIKE DeBOER 938-7802



CORNWALL $89,900
(A-MLS 0515) Semi-detached in excellent condition. Finished basement, deep lot
JAKE LEFEBVRE 938-3185

15 BERGIN- REDUCED...$63,500
(A-MLS 0527) 4 bdrm, 2-storey.
311 PITT - $85,000
(A-MLS 0551) 2 comm stores & 2-2 bdrm apts above
251-254 PITT $180,000
(A-MLS 0554) comm bldg with 3 incomes
TYOTOWN RD - $185,000
(J-MLS 0518) machine shop
ROGER VIAU 932-1325

451-453 FOURTH ST. W. REDUCED...$46,900
(A-MLS 0574) Side by side, 2-3 bdrm. units. Good for the handyman. Priced to move.
TODD THOMPSON 937-0292

4-UNIT - $110,000
(A-MLS 0578) Includes operational convenience store and equipment.
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116-118 THIRD ST. E. $54,900
(A-MLS 0601) Side by side duplex. 4 bdrms each unit. Great for the handyman
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324 SIXTH ST. WEST $54,900
(A-MLS 0598) Clean 2 bdrm bung with rec room. Good starter
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DEVELOPMENT LAND $49,900
(L-MLS 0581) 2.37 acres serviced by water and sewer in the village of Moose Creek
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MONTREAL ROAD $59,900
(A-MLS 0506) 4 plex with commercial storefront. Many possibilities.
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COUNTRY $87,900
(M-MLS 0552) 3 bdrm. bung. on 2.85 ac. lot built in 1995. Patio doors to deck, front porch.
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CORNWALL $69,900
(A-MLS 0608) 4 bdrm home with 1 bdrm bsmt apt. & det. 1 bdrm granny suite
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NEW LISTING

BUSINESS $68,000
(A-MLS 0602) Building, lot & business. Steady income growth. Be your own boss
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NEW LISTING

LONG SAULT $79,900
(M-MLS 0615) Renovated 3 bdrm home on large lot featuring gas heat, central air, 2 bathrooms
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NEW LISTING

LITTLE 7TH $64,900
(L-MLS 0617) A renovated 2 bdrm home with hdwd floors, woodstove, screened porch, deck & pool, whirlpool bath & more
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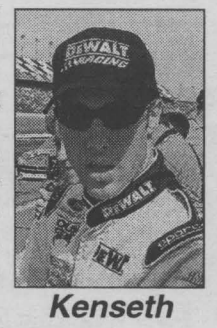
this week in NASCAR

Pit Stops .....

Hard Charger: Matt Kenseth

Matt Kenseth is making a habit of lousy starts and lofty finishes. He'd just like to endure a little less drama in between.

On Sunday, Kenseth turned a stinker of a 32nd starting spot into a fourth-place finish in the MBNA America 500. It nearly mimicked his performance at Rockingham two weeks ago, where he started 25th and won the Subway 400. Last week at Las Vegas, he bucked the trend, starting eighth and finishing 14th. But Sunday's top-five at Atlanta Motor Speedway was a nice rebound.


Kenseth

One key was to change only two tires during an early pit stop; it prompted Kenseth's leapfrog through the field.

Ultra/Evernham Makes Change

Kevin Cram has been let go from his duties as Casey Atwood's crew chief. Atwood has been a major disappointment in 2002 – he has failed to crack the top 30 in any of the four races.

For Junior, Success Comes In Second Place

Even though his late-race charge failed to result in a victory Sunday, runner-up Dale Earnhardt Jr. was more than happy to make up 11 positions in the standings.

Unable To Dodge Trouble In 2002

When it comes to multi-car accidents this season, it seems one manufacturer can't Dodge trouble.

For the second time in three weeks, a big crash eliminated several Dodges from competition – this time in Sunday's MBNA America 500 at Atlanta Motor Speedway.

Pole-sitter Bill Elliott found himself with nowhere to go when John Andretti lost control of his Dodge on lap 289. When Andretti bobbled and tapped Johnny Benson, it set off a smoky chain-reaction collision that collected Elliott and Jerry Nadeau.

Easing his pain

Todd Bodine, out of a job after his Winston Cup car lost its sponsorship, has landed a ride in the Busch Series. He'll drive the No. 92 Excedrin Chevrolet this weekend.

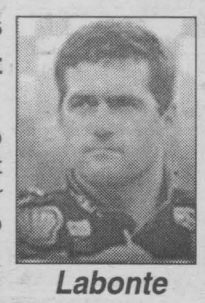
One more race

Despite an uncertain future, Haas-Carter Motorsports has entered Joe Nemechek's No. 26 Ford for Sunday's Carolina Dodge Dealers 400 at Darlington.

Not bad, but...

Most Winston Cup drivers would be happy with four straight top-20 finishes to open the season, but for Jeff Gordon, it's an uncharacteristic start.

Incident Quells Labonte's Chances At Victory


Labonte

Bobby Labonte has gone to Victory Lane in five of the past 11 races at Atlanta Motor Speedway, but wasn't able to do so Sunday.

Labonte finished 37th in the MBNA America 500 – 38 laps down.

Coursing the pit lane during the second round of green flag pit stops, Labonte had steered down toward his pit stall when he was turned completely around by Jimmy Spencer, who upon exit from his pit drove into the left side of Labonte's Pontiac. Labonte spun around and hit the pit wall.

Derick Jennings, Labonte's rear tire changer, and a NASCAR official had to dive over the wall and out of harm's way. Neither was injured, but the incident did prove fatal for Labonte's hopes of victory. Crew chief Jimmy Makar said that in turning the car around Labonte over-revved the motor.

He slowed just after the halfway point, and eventually lost a cylinder. After more than 35 laps spent in the garage, Labonte re-entered the track with 105 laps remaining. Labonte was assessed a stop-and-go penalty for speeding on pit road.

Desire to race kept Park motivated

There were mornings during the past six months when Steve Park awoke, as blurry eyed as the day before, deflated of motivation to get up and face the demons that had snatched away his lifelong passion.

There was never a morning, however, when he relented.

"It was easy to get depressed over it because I race cars," said Park of his blurred vision, the primary component that postponed his return to the Winston Cup Series. "To see the steady progression of it getting better and better is what has kept my spirits up."

After six months of furious rehabilitation, fueled by an unrelenting urge to return to the competition, Park will man the Pennzoil Chevrolet Sunday at Darlington Raceway - the same track on which he was injured so freakishly back in September.

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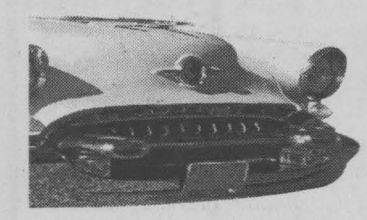

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(NC)–Ontario Drive Clean tests rely on state-of-the-art dynamometers, treadmill-like machines that allow a computer to analyze exhaust emissions under simulated driving conditions.

The test begins with a preliminary inspection of the vehicle to ensure that a test can be safely and accurately carried out. If a vehicle does not pass this pre-test inspection, it cannot be tested until deficiencies are corrected.

On the dynamometer, the vehicle is driven at a steady 40 kilometres an hour while a probe in the tailpipe takes readings of oxides of nitrogen, hydrocarbons and carbon monoxide. These are averaged by a computer and compared to standards for the vehicle's year, make and model.

Vehicles such as those with full-time all-wheel-drive that cannot be tested on a dynamometer are given a two-speed idle test, where emissions are measured while the vehicle is idling and at 2,500 rpms. This test measures carbon monoxide and hydrocarbons.

Similarly, heavy-duty vehicles fueled by gasoline, propane or natural gas that now require testing will also have a two-speed idle test. Drive Clean also requires that heavy-duty diesel vehicles registered anywhere in Ontario have an annual test of the opacity, or darkness, of their exhaust emissions.

Fuel System - The Basics

The fuel system literally runs from one end of your vehicle to the other, and includes the fuel tank, fuel pump, fuel line, fuel filter and fuel injection system or carburetor. The fuel tank, typically located at the rear of the vehicle, holds a supply of fuel which is pumped to the carburetor or fuel injection system.

Most vehicles today are designed to run on unleaded gasoline, while vehicles with diesel engines require special diesel fuel.

Never use:

- Gasoline in a diesel engine.
- Diesel fuel in a gasoline engine.
- Leaded fuel in an unleaded engine.
- Unleaded fuel in a leaded engine.

Here's how each part of your vehicle's fuel system works; for further information, including specifics on the correct fuel octane specifications for your vehicle, consult your Owner's Manual.

The fuel pump moves fuel from the tank to the carburetor or fuel injection system via a connecting tube. The fuel pump may be located in the engine compartment or the fuel tank.

The fuel filter is located on the tube or line that connects the fuel tank and the carburetor or fuel injection system. This filter screens out dirt or rust particles, and should be replaced every 50,000 km or when necessary.

The air cleaner filters air going into the engine to remove harmful dust and dirt. The actual filtration is done by a replaceable filter. It should be replaced every 50,000 km or 36,000 months, or more often if you drive in dusty conditions.

The fuel injection system is one of the most important components of your vehicle. In these systems, fuel is piped directly to, and injected into the intake manifold delivering a very high level of performance. With fuel injection, there is no carburetor. Instead, there is a very efficient injection system guided by an onboard computer that precisely controls the amount of fuel needed by the engine. Benefits include: increased fuel economy and power; improved hot and cold starts; smoother acceleration and no loss of power in high altitudes.

The carburetor converts gasoline into a usable form, while giving the driver a means to control the speed of the engine and the vehicle. Engine speed is controlled by the throttle, which acts as a door between the carburetor and the intake manifold. When you step on the accelerator, connections to the throttle make it open wider and more fuel/air mixture is allowed to enter the intake manifold. When you take your foot off the accelerator, the throttle "door" closes to reduce the flow of the fuel/air mixture and slows the engine.

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(WMS)—They're rugged, imposing, invincible...well at least that's what the commercials say. It seems, however, that the message is definitely reaching and affecting consumers. The sport utility vehicle (SUV) craze has undeniably taken hold in this country and around the world. They make us feel rugged, imposing, invincible and we like it that way.

What sleek and speedy sports cars did for 1970s and 1980s teenagers, SUVs are doing for the same individuals who are now just a bit older and more sophisticated. Now they're looking for a vehicle that will give them thrills, yet can also haul the kids to and from school, fit a week's load of groceries and transport that darling sleeper sofa they just have to have. Yet what draws people to these large vehicles, which are often difficult to park, may guzzle gas and can take a chunk of your paycheck each month?

Sport utility beginnings

The concept of the SUV actually originated in the 1930s from the U.S. Army's need of an all-terrain, rugged vehicle that could withstand the rigors of war. Some of the requirements specified were four-wheel drive, minimum standards for engine power, cross country performance and grade climbing ability.

The first batch of four-wheel drive light military cars was built by the Bantam Car Company of Pennsylvania, USA. The cars were called GPs (General Purpose Vehicles) and came to be known worldwide as "Jeeps." The contract for manufacturing the vehicles, however, was awarded to Willys Overland. By the end of the war 635,000 vehicles were built and the Jeep name was officially registered by Willys. The first civilian jeep (CJ) was built in 1945.

In the 1970s a number of companies introduced smaller versions of four-wheel drive pickups which offered a lot more features than the Jeep, called light trucks. Since the 1980s, that category has grown dramatically to include and mostly be known as SUVs.

Are they safe?

While SUVs are very popular, are they generally safe to drive on the country's highways and city streets? According to the National Highway Traffic Safety Administration, some SUVs do have a propensity to roll over during accidents, which could increase the likelihood of occupant ejection or injury. Yet, as with all driving-related accidents, what the driver does behind the wheel is just as important as the engineering of the vehicle.



Sport utility vehicles continue to take the country by storm. Spring 2002 line-up (Photo clockwise): Honda Passport, Chevy Blazer, Lexus LX 470 and Jeep Wrangler.

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PAINTINGS, GLASS, DOLLS & MISC.: Stuart McCormick painting of Martintown covered bridge; oils & watercolour; porcelain china clock; antique jewellery; mesh evening bags; dishes including Limoges dinner set for 8 with serving pcs.; crystal; sterling pcs.; 8" white Moorecroft vase; old Stasuma lamp; lovely 4 pc. tea service; crystal; linens; Nippon; R.S. Germany; Royal Winton; depression; cutglass; books including "The Works Of Shakespeare Vol. 1 & 2; 8' x 5' 1862 wall map of Upper Canada by Tremaine; Life & Times of the Hon. Alexander MacKenzie published Toronto 1892; military swagger stick with sterling top; Ralph Connor books; pr. of large & old coaching prints in oak frames; early jointed mohair straw-stuffed dog; straw-stuffed teddy bear; early china head doll; lovely Bye-lo baby marked "Grace Storey Putnam;" 1950s Inuit signed soapstone carving; large Satsuma lamp; old arts & crafts dinner gong with elk horn mounts; large copper measure; large Rockingham teapot with cupids; large Roseville jardiniere; pr. of early marble base lamps; 1930 lady head vase; blue Medalta pitcher; large Star of Bethlehem quilt; large Nippon vase; box of railroad books; antique children's clothing; brass clock with porcelain dial and birds; small sofa bed; 2 single beds.

GLENGARRY COUNTY ITEMS: Including local merchant crocks; local calendars from Maxville, Dunvegan, Green Valley, Glen Roy and St. Raphael's, also 5 artist signed Martintown merchant calendars 1918, 1929 & 1928; local postcards; misc. paper items from Aultsville, Farran's Point & Wales; Birk's gold-filled medal from Glengarry Highland Games, undated; large wooden sign from the covered bridge in Martintown - some fire damage; large Vogue tobacco sign; CPR print; other misc. articles.

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98 Ford Contour SE Sport, V6, 4dr., auto, loaded, spoiler, 91,000 kms
98 Nissan Altima GXE, 4dr., 4 cyl, auto, loaded, CD player, 52,000 kms
98 Saturn SC1, 2dr., 4 cyl, auto, air, 54,000 kms
98 Pontiac Sunfire GT, 2dr., 4 cyl, auto, loaded, 85,000 kms
97 Eagle Vision ESI, V6, auto, 4dr., loaded, local trade, 105,000 kms
97 Chrysler Concorde LXI, 4dr., V6, loaded, leather, CD, 2 p.seat, 113,000 kms
95 Buick LeSabre Custom, full load, remote starter, 151,000 kms
94 Pontiac Grand Am, 4dr., V5, auto, loaded, 114,000 kms
94 Volkswagen Jetta GL, 4dr., auto, air, tilt, cruise, p.locks, 125,000 kms
92 Mazda Protege, auto, sunfoom, 121,000 kms

--- VANS ---

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--- TRUCKS ---

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"And He said to them "Come aside by yourselves to a deserted place and rest awhile" for there were many coming and going and they did not even have time to eat." Mark 6:31.

We live hurried and busy lives today, and we've lost the art of "resting" and "getting away" by ourselves to "rest awhile." Quite frankly, our bodies and minds were not made by God to carry all the weights and stresses of modern society.

It appears from the above text that the disciples with Jesus had somewhat of a similar problem in that "they did not even have time to eat." Sounds like a lot of people today. When they met Jesus, he looked at them and noticing their tiredness said, "Come aside by yourselves to a deserted place and rest awhile."

Oh how we need to heed these words of Jesus for our own lives. I remember as a youngster when Sundays were a day of "rest." One of the 10 Commandments, number four says, "Rest on the Sabbath day and think about God" (paraphrased). I remember that Sundays were church days, and in my memories, Sunday was really the best day of the week. Dad was home for the day, we usually had a big meal and my aunts, uncles and cousins would come over for a picnic or whatever. Sure would be nice to be able to turn back the clock to those wonderful sundays.

People today are worn out, burned out and frazzled with all the deadlines, schedules, work pressures, and in the middle of this hear Jesus' words for your own life, "Come aside _____ (put your name here) and rest awhile." Get by yourselves and find a deserted place. We are at times too surrounded by people and activities and that's why we need to get away by ourselves to a deserted, quiet, peaceful place and let your mind and body rest awhile. We used to hear a lot when I was in college about retreats and getting away and oh, how we need to take personal retreats. It's in these times that we can get renewed naturally, and spiritually have a chance to pray and get reconnected with God our Maker and the one who loves us and the one who can heal us. Take time today even for a few minutes and get by yourselves somewhere and rest awhile. Rest in God, pray to God and let Him bring you His wonderful peace. Find a room, a place, in the basement, on the beach, in your car, but a place away from everything and rest awhile.

Pray with me, "Dear God, I long to have your peace and your rest. Teach me to cast all my cares on you. I'm tired and need Your grace to refresh me. In fact you are my oasis and my rest, and help me to find You today. Amen."

Remember as always, God loves you! He really, really does!

Second Thoughts

1. What you are is God's gift to you. What you make of yourself is your gift to God!
2. The best way to lose weight is to eat everything you don't like!
3. It is far better to know our own weaknesses and failures than to point out those of others!

Things to be thankful for:

1. Freedom from hiccups!
2. Someone to kiss goodnight!
3. The comfort of pulling on a favourite pair of well-worn jeans!
4. Erasers!

Our address: Amazing Grace, P.O. Box 22036, Cornwall, Ontario, K6J 4P0, or e-mail us at amazinggrace@pastors.com.

OBITUARIES

PRUD'HOMME
- Jean (John) Lucien

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Friday, January 18th, 2002. Mr. Jean (John) Lucien Prud'Homme, in his 67th year, born in Cornwall, Ontario and formerly of Cornwall. Dear son of the late Hormidas Prud'Homme and the late Noella Drouin. Beloved husband of the late Marla Dawn Prud'Homme (nee Cameron). Loving father of Daniel Prud'Homme (Diane) of Glen Walter, Kevin Prud'Homme of Houston, Texas and Janine (Mrs. Luc DesOrmeaux) of Kanata, Ontario. Dear brother of Remi Prud'Homme (Marcelle) of Alexandria, Ontario, Louis Prud'Homme (Lorette) of Limoges, Ontario, Paul Prud'Homme (Eunice) of Cornwall, Ontario, Gilles Prud'Homme of Kelowna, British Columbia, Madeleine Pilon of Les Cedres, Québec, Cecile (Mrs. Jean-Marie Gauthier) of Plantagenet and Rachelle (Mrs. Adrien Carriere) of Cornwall, Ontario. Sadly missed by grandchildren, Michel, Maryse, Catherine, Genevieve and Alexandra. Dear friend of Nicole Poirier. Predeceased by sister, Mrs. Gisele Piche. The funeral took place on Monday, January 21st, 2002 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Ss Martyrs Canadiens Church with cremation at South Branch Crematorium. Rev. Romeo Major of Ss Martyrs Canadiens Church officiated, assisted by Rev. Marcel Larouche of Ste. Marie de L'Assomption, Green Valley and Sacred Heart Church, Alexandria. The pallbearers were members of the Knights of Columbus.

BOOKHOUT - Walter (Tony) Earl

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Saturday, January 19th, 2002. Mr. Walter (Tony) Earl Bookhout, in his 74th year, born in Cornwall, Ontario and formerly of Cornwall. Dear son of the late Walter Bookhout and the late Violet Masson. Beloved husband of Dorothy Louise Bookhout (nee Kane). Loving father of Debbie (Mrs. Dave Lajoie), Shelley (Mrs. Joe Soares), Tracey (Mrs. Kelly Sinnott) and Kim (Mrs. Rob Quesnel) all of Cornwall, Ontario and Patricia (Mrs. Pierre Dubois) of Granby, Québec. Dear brother of Joseph Bookhout (Joyce) of Cornwall, Ontario, Dorothy (Mrs. Gerry Rivet) and Irma (Mrs. William Porter) both of Cornwall, Ontario. Also survived by daughter-in-law, the former Pauline St. Denis and 15 grandchildren. Predeceased by son, Michael Bookhout, brothers, James, Percy and Raymond Bookhout and sister, Mrs. Gladys Thompson. The funeral took place on Tuesday, January 22nd, 2002 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Blessed Sacrament Church with burial at Notre Dame Cemetery. Rev. Tom Villeneuve of Blessed Sacrament Church officiated. The pallbearers were Nicholas Dubois, Jonathan Dubois, Shawn Lajoie, Kevin Lajoie, Derek Soares and Brendan Soares. Mr. Bookhout was a retired Domtar Specialty Fine Papers employee.

DESJARDINS - Valéda

Passed away at St. Joseph's Villa, Cornwall, Ontario on Sunday, January 20th, 2002. Mrs. Valéda Desjardins (nee Labelle), in her 88th year, born in Bourget, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Napoléon Labelle and the late Albertine Robineau. Beloved wife of the late Wilfrid Desjardins. Loving mother of Jacqueline (Mrs. Marcel Fontaine) of Cornwall, Ontario. Dear grandmother of Michel Desjardins of Casselman, Ontario, Gilles Desjardins (Valérie) of St. Albert, Rachel Fontaine-Primeau (David) of Cornwall, Ontario and Stephane Fontaine of Montréal, Québec. Dear great-grandmother of Zoé Desjardins of Casselman, Ontario. Predeceased by son, Reynald (Ron) Desjardins (Agnes) of Casselman, Ontario, brothers, Ovila, Emile and Leo Labelle and sisters, Leonie Lalonde, Florette Amyotte, Eugenie Gibeault, Ubalda Clouthier and Eglantine Labelle. The funeral took place on Saturday, January 26th, 2002 from Boulerice Funeral Home Ltd. to St. Felix de Valois Church, Cornwall. Spring interment in Nativity Cemetery. Rev. Roger Desrosiers of St. Felix de Valois Church officiated. The pallbearers were the Nativity Guards.

LAMOUREUX - Lawrence Wilfred

Passed away at the Peterborough Regional Health Centre, Peterborough, Ontario on Sunday, January 20th, 2002, age 75 years. Mr. Lawrence Wilfred Lamoureux, born in Timmins, Ontario, loved son of Madeline Morris (nee Lamoureux) of Cornwall, Ontario and the late Wilfred Lamoureux. Dear friend of Lloyd Morrow of Peterborough, Ontario. Dear brother of Lauretta Lascelle, Jeannine Savard, Robert Lamoureux (Nancy) and Anna Disotell (Gino) all of Cornwall, Ontario. Sadly missed by extended family, Louise Smith and Beatrice Morrow, both of Peterborough, Ontario. Predeceased by sister, Madeleine Prieur. Rested at the Wilson Funeral Home. The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Claude Thibault in St. Columban's Roman Catholic Church on Friday, January 25th, 2002. Rite of Committal to be held at a later date in St. Columban's Parish Cemetery, Cornwall. The soloist was Candy Provost accompanied by organist Rosemary Brown and family friend, cellist Therese Motard. The pallbearers were Gaby Prieur, Kevin Lamoureux, Eddie Lascelle, Mike Prieur, Nicola Dube, and Pierre Savard. Funeral arrangements were under the care of Wilson Funeral Home.

TURCOTTE - Paul Romeo

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Sunday, January 20th, 2002. Mr. Paul Romeo Turcotte, in his 66th year, born in Cornwall, Ontario and formerly of Cornwall. Dear son of the late Romeo Turcotte and the late Rose Disolette. Beloved husband of Thérèse Turcotte (nee Charron). Loving father of Marc Turcotte (Sandra) of Cornwall, Ontario, Pierre Turcotte (Lynne) of Ottawa, Ontario, Lynne (Mrs. Rod Eisener) of Russell, Ontario and Jocelyne (Mrs. Mike Law) of Brockville, Ontario and step-father of Bruce Payette (Anne) of Kincardine, Ontario and Bryan Murphy of Vancouver, British Columbia. Survived by 12 grandchildren and two great-grandchildren. Predeceased by brother, Maurice Turcotte and sister, Mrs. Gilberte Gougeon. The funeral took place on Wednesday, January 23rd, 2002 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with cremation at South Branch Crematorium.

ANDRÉ - George Dolphus

Passed away at his residence on Monday, January 21st, 2002. Mr. George Dolphus André, in his 85th year, born in Alexandria, Ontario and formerly of Cornwall, Ontario. Dear son of the late Joseph André and the late Rose Lauzon. Beloved husband of Jeannette André (nee Lalonde). Loving father of Richard André (Cheryl) of Martintown, Ontario, Réjean André of Cornwall, Ontario and Gilles André of Lunenburg, Ontario. Dear brother of Raymond André (Estelle) of Cornwall, Ontario. Sadly missed by eight grandchildren and two great-grandchildren. Predeceased by grandson, Michael André, brother, Louis André and sisters, Mrs. Marie Tremblay, Mrs. Germaine Tremblay and Mrs. Florence Tessier. The funeral took place on Thursday, January 24th, 2002 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. John Bosco Church with burial at Notre Dame Cemetery. Rev. Gary Ostler of St. John Bosco Church officiated. The pallbearers were Richard André, Steven André, Gilles André, David André, Réjean André and Shawn André.

LaPLANTE - Leila

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Monday, January 21st, 2002, age 95 years. Dear daughter of the late Frank Riviere and the late Eva Riviere (nee Fagan). Beloved wife of the late Ernest LaPlante. Loving mother of Pauline Martel (John) of Pointe Claire, Québec. Sadly missed by grandson, Marc Martel (Carolyn) and great-grandchildren, Tesa, Spencer and Mitchell, all of Kirkland, Québec. Survived by cousins, Vivian Roy, Franklin Roy, Elizabeth Guertin (David), Matthew, Sarah, Laura, Melanie and Emily-Anne Guertin. Predeceased by sister, May LeBlanc. Rested at the Wilson Funeral Home. A Catholic Women's League prayer service was held during the visitation. The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Kevin Maloney of St. Columban's Roman Catholic Church on Thursday, January 24th, 2002. Rite of Committal to be held at a later date in St. Columban's Parish Cemetery. The soloist was Jane Anderson, accompanied by organist Rosemary Brown. The pallbearers were members of the Nativity Guard. Funeral arrangements were under the care of Wilson Funeral Home. Mrs. LaPlante was a member of the Catholic Women's League, St. Columban's Parish.

Ray Sullivan...Cornwall's (ONLY) Irish Owner/Funeral Director

In Honour of St. Patrick's Day, salutes his Irish ancestry by wishing you "all the best" this March 17th.

To all who celebrate this Saint's day, whether their name be O'Lahaie, O'Sullivan, O'Gauthier, O'Aube or O'Lee, Lahaie & Sullivan wishes you a Happy St. Patrick's Day!

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Poo poo to local daily photographer ***Bryan Parker*** for the front page photo of March 11th, 2002. Do you think that this photo will bring you an award at the end of the year?

Thought of the Week: Success is getting what you want; happiness is wanting what you get.

A sure sign of Spring is the opening of sugar camps...mmmm good!

The OSPCA in Cornwall is a non-profit organization and it depends entirely on your donations to exist. Let's help them help the animals. Some items on their wish list include: kitten and puppy food (can or dry); kitty litter; dog biscuits; dog collars and/or leashes; dog/cat shampoo; nail clippers; grooming accessories and laundry soap or cleaning detergents. All for the animals!

Smart Idea: For super-lush blooms: African violets will sprout more flowers if you put a few metal nails in the soil. As the nails rust, they release iron, a necessary nutrient for growth.

A home economist visited our club to speak on household cleaning and organization. "Is your home a place of order? the woman asked. "If you were in an accident, how would your home stack up?"

As the speaker paused to let this thought sink in, my friend spoke quietly into my ear. "If I'm ever in an accident," she pleaded, "please burn my house down."

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A big Bouquet of Sunflowers going out to **Theresa and Pat Shallow** for the lovely meal they gave their employees. Thank you so very much from all your employees.

This reader would like to congratulate the woman PA announcer who did the Cornwall Colts game on March 10th, 2002 at the Water Street Arena. You certainly came through loud and clear!

Make the least of the worst and the most of the best.



Scuttlebutt

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
by Fax 933-0024
or E-mail your little ditty to us at scuttlebutt@cornwallseawaynews.com

Seaway News wishes a very "Happy St. Patrick's Day" to everyone on March 17th, 2002!

Quotable Quotes: "I don't make jokes. I just watch the government and report the facts."

Will Rogers

Yahoo...the first day of Spring is coming soon!

Old Nigerian Proverb: When the mouse laughs at the cat, there is a hole nearby.

Home Decorating Sale



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MAR01024

A big round of applause goes out to the **organizers of the South Stormont Novice House League Tournament** held on March 12th, 2002. The day was well run and the kids had lots of fun.

A huge thank you to **Freemans** for helping out the South Stormont tournament by donating mini-sticks for the players on each team. Your help was greatly appreciated by everyone.

A thank you also goes out to all the people and businesses who donated prizes for the gift table, and to **Tim Hortons** for donating Timbits.

Budget Highlights, March 4th, 2002:

- The Cornwall Civic Complex will undergo an Engineering Review for the design/working drawings to retrofit the HVAC system. The Engineering Firm that will be selected will perform the review using a "Greenup Retrofit Study" as a base guide.
- Recreational User Fees will no longer subsidize adult recreational activities and there will be a 25 percent reduction for minor sports by the Fall of 2002.
- The Municipal skateboard facility presently located in the East parking lot of the Cornwall Civic Complex will be relocated to the Optimist Park.
- City Council are seeking suggestions on how the corporation would remove a $130,000 deficit at Marina 200.
- Blue Box Recycling Program will now experience pickup once every two weeks, rather than once weekly.
- Renaissance Improvements in the City's East End gets $162,000 funding towards 2002 improvements.

Re: Shooting in Morrisburg: What a way to start the week! That is a grizzly scene greeting readers on the front page! The Standard-Freeholder should rename itself the Standard-Enquirer.

And to the OPP, the person shot was still a human being. Why is he still in handcuffs? What were you worried about – and why is there no blanket covering the body? You wouldn't treat your dog that way.

Pet Tip of the Week: Be prepared to love your puppy! Preferably before you bring home your bundle of action, have these few essentials on hand to make the homecoming smoother: food and water bowls that are heavy and non-tippable; crate or bed for the puppy that is housed indoors; housebreaking and basic obedience training information; collar and leash; grooming brush or hand mitt depending on whether your puppy has long hair or short hair; toys designed for dogs. With the proper training, health care and nutrition, your puppy will warm your heart for many years to come.

Caller sends many, many thanks to the kind gentleman who returned her lost purse last week in the Eamer's Corners area. She had accidentally left her purse on top of her car and drove off. He was kind enough to bring it back to her home. Sorry I didn't get your name. This act of kindness was truly appreciated. There should be more people like you in this world!

Did You Know...

- The shortest national anthems belong to Japan, Jordan and San Marino with only four lines each!
- In 1996, China had a population of 1.22 billion and was growing at a rate of 33,000 people per day. It's populations is larger than that of the entire world 150 years ago!

A backwoodsman was visiting the big city for the first time. As he entered an office building he saw a shabby old woman step into a small room. The doors closed, lights flashed, and after awhile, the door slid open and a beautiful model stepped off the elevator.

Blinking in amazement, the man said "Wow, I should have brung my wife."

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Author & CBC Broadcaster
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MAR15023

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.advantagesadvertising.com
Your own submissions are always welcome!
Send them to smile@advantagesadvertising.com

So You're a Parent? .....

Advice for the day:

If you have a lot of tension and you get a headache, do what it says on the aspirin bottle: "Take two Aspirin" and "Keep away from children."

CHILDREN: You spend the first 2 years of their life teaching them to walk and talk. Then you spend the next 16 telling them to sit down and shut-up.

Grandchildren are God's reward for not killing your children.

Mothers of teens know why some animals eat their young.

Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said.

The main purpose of holding children's parties is to remind yourself that there are children more awful than your own.

We child-proofed our home 3 years ago and they're still getting in!

Be nice to your kids.
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Caller would like to say "thank you" to **Randy's Auto Service** for saving her a big bundle of money. Another auto service had quoted her somewhere about $600 for her car repair when Randy's found the problem was something else and fixed it for $89. "The service was great and your honesty was greatly appreciated."

Sign Language: Seen in a cafeteria in Lindsay, Ontario: "It's nice to be important, but it's more important to be nice."

To the young driver and his friends in the dark green minivan, licence AKVC 628. Hope you were having fun at 7 p.m. on Saturday, March 2nd, 2002 squealing your tires and driving recklessly in the Eastcourt Mall parking lot. I'm sure your parents would be most impressed seeing you wear out the van's tires that way.

Literacy evening class has a special thanks to our mystery guest, **Mr. T.R. Leger** for starting a program that is much needed for us.

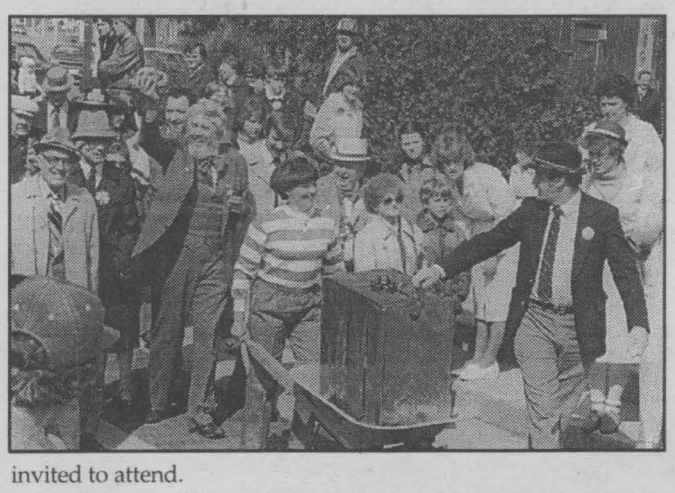
Thought of the Week ... success is getting what you want; happiness is wanting what you get.

ENTERTAINMENT

Night 'N' Day

Entertainment - Special Events & Restaurant Review - By Bill Gallant

"Top o' the day" to everyone as we get ready to once again celebrate St. Patrick's Day on Sunday, March 17th, 2002. Actually, there will be events and plenty of celebrating all weekend long. One of those events will take place at the **Legion** in **Long Sault** this Sunday, March 17th, 2002. There will be some fine Irish Stew served up, some Irish music, coupled with some Country and old favourites for listening and dancing with DJ Bill Gallant as well as plenty of the "wearin' of the green." There is even a possibility of the re-showing of the events that happened over 19 years ago in Cornwall. That's when the Blarney Stone magically fell from the sky and landed with great aplomb in back of Cornwall City Hall. Visitors on Sunday, March 17th, 2002 will have a chance to add their name to the Blarney Book and there is even a possibility that the Great Rock itself, from that historic date, will make an appearance for folks to rub for luck. The fun begins at 4 p.m. until closing and members and the public are



invited to attend.

The folks out Williamstown way are getting a quick start to some shenanigans and celebrating with a special event this Friday, March 15th, 2002. There will be cocktails at 6 p.m. and a dinner served at 7 p.m. at the **St. Mary's Parish Centre.** It's billed as **The Wake of Paddy O'Neill Dinner Theatre.** Come and enjoy "Paddy's Wake" and plenty of Irish entertainment.

The **Akwesasne Casino** are going all out this year to once again celebrate St. Patrick's Day. There will be live entertainment featuring Celtic music from 6 p.m. to 10 p.m. in the Northern Lights Lounge. Enjoy a St. Patrick's day buffet and even some green liquid refreshments. Who knows, you may even have enough luck left over to win some money.

Other Irish celebrating will take place at the Legions in Cornwall and Lancaster, the RCAFA, Wing 424 as well as several other restaurants, clubs and halls throughout the Seaway Valley. Call or drop by your favourite location and don't forget to wear "a touch of green" for the occasion.

This Saturday, March 16th, 2002 at the **Cornwall Square** you have a chance to recycle your bicycle! **Gateway Riders** are presenting their **Project Pedal** and you can donate old bikes for distribution to people who need them. The event starts at 12 noon until 6 p.m. and while there you can also pick up your Bike-A-Thon pledge sheets. For more information call 930-4944.

This is the weekend for the long-awaited performance of **Evita** at **Aultsville Theatre.** This production by **Glen Productions** will be on March 15th and 16th, 2002 starting at 8:15 p.m. and a matinee on Sunday, March 17th, 2002 at 2 p.m. The performances will also be staged next Friday and Saturday, March 22nd and 23rd, 2002.

There will be a **Gong Show** dinner and dance on Saturday, March 23rd, 2002 at **Murphy's Inn.** A large variety of contestants and unforgettable judges are ready to entertain you. Tickets can be bought in advance at Murphy's Inn or by calling Audrey Viau at 347-2667. All proceeds will be donated to Ride for Sight, a fundraiser for Retinitis Pigmentosa research.

Our pictures this week were taken at the first celebration of the Cornwall Blarney Stone on the Pitt Street Mall in 1983. Pictured leading the Hauling of the Stone from City Hall to the stage at Pitt and Second Street is yours truly, City Councillor at the time, Terry Lalonde handling the wheelbarrow, directly in back is the event's first Keeper of the Stone, Patrick Rudden, former Councillors the late Angelo Lebano and Brian Lynch. Until next week, G'Day, G'Night and Happy St. Patrick's Day to all!

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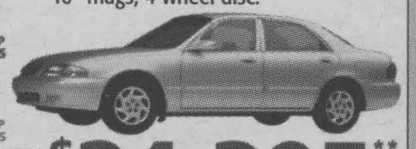

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CORNWALL mazda

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"WHERE SALES ARE BUILT ON SERVICE!" ZOOM-ZOOM

MAR15022

(Some people will think we've gone crazy!)

Leon's SINCE 1909

MARCH MADNESS! CONTINUES!



EVERY SOFA'S ON SALE!

EVERY CONTEMPORARY! EVERY TRADITIONAL!
EVERY LEATHER! OVER 100 SOFAS! ALL ON SALE!

plus!

PAY ABSOLUTELY NOTHING!

NOT EVEN THE TAXES!



ON EVERYTHING IN THE SHOWROOM!

UNTIL 2003!*

NO MONEY DOWN!* NOT EVEN THE TAXES! NO INTEREST! NO MONTHLY PAYMENTS!

Leon's SINCE 1909

CANADA'S ONLY FURNITURE SUPERSTORES

136 Fourth Street East, Cornwall 932-2684

HOURS: Monday to Wednesday: 9am-6pm; Thursday & Friday: 9am-9pm
Saturday: 9am-6pm; Sunday: 11am-4pm

*O.A.C. Total purchase including all applicable taxes and a processing fee of $45(Eg. $1500 purchase with $45 PF equals an APR of 3.60%) is due January 2003. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. See store for delivery included areas. Not applicable to previous purchases and markdown items. See store for other convenient payment options. Custom orders require 25% deposit.