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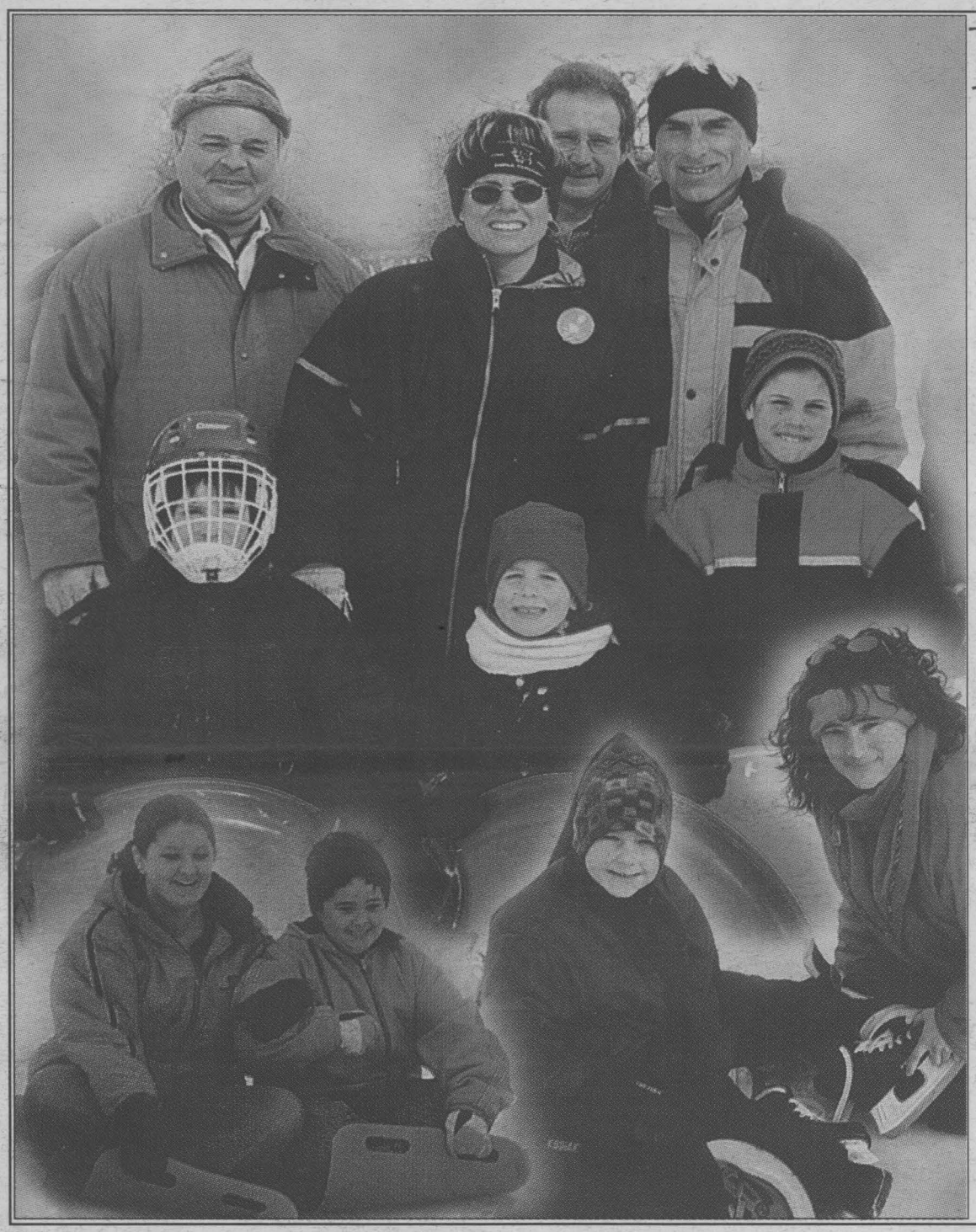
SEAWAY NEWS

February 25, 2000 VOLUME 14, ISSUE 8 SERVING CORNWALL AND AREA



Family Fun

Gray's Creek Conservation Area was more than pleased to be the host, for yet another successful Family Fun Day. This year was their 2nd annual Millennium Family Fun Day, held at the Conservation Area and they were very pleased with the support they had receive from the surrounding areas.

Last year 2000 people attended this event. 3000 people were expected to attend this year's Fun Day event.

This is a day for all families to take advantage of spending time together and also to enjoy a beautiful winter day, full of activities and pure fun.

The Conservation Area consisted of children's sleigh rides, snowshoe rentals, skating and sliding. Andre Rivette, Vice President of the United Way, said with his work through different charities the "Family Fun Day is a great family event with a lot of family involvement".

The Gray's Creek Conservation Area, located off Boundary Road, has a skating rink and slide that is open to the public seven days a week.

Pictured in the top photo is Andre Rivette, Coordinator for the Raisin River Conservation Authority and Vice President of the United Way; Roger Houde, General Manager; the Flannigans - Teresa, John, Jay, Austin and Jenna.

Pictured (bottom right) are Ninon and Ryan O'Grady, getting ready to skate on the skating rink, along with many other families at this year's Millennium Family Fun Day.

Pictured (bottom left) are Kayla McPhee (13) and her sister Laura (8) enjoyed some fun at Gray's Creek on Sunday. People enjoyed their time outdoors skating, playing hockey, getting their faces painted and snowshoeing.

Story & photos by Chris McPhee

BINGO BINGO BINGO
EVERY TUESDAY
6:30 PM COGECO CH. 11
$1,000.00 FULL GAME CARD
$250 T-Game ~ $150 X-Game ~ $100 Small Box Game
FIRST TUESDAY OF THE MONTH
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"Serving Cornwall's Greatest Needs"
CARDS AVAILABLE AT CORNER STORES
KINSMEN KINETTE
BINGO BINGO BINGO

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NORTHRIDGE FARMS AAA CANADA BEEF
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Tomato Soup, 540 ml. ..... 99¢ ea.

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Christie Snack Crackers, 250g. ..... $1.99 ea.

VANILLA & BUTTERSCOTCH
Hunts Pudding Cups, 4x113 g. ..... $1.29 pkg.

NEILSON
35% Whipping Cream, 500 ml ..... $1.99 ea.

BULK
Whole Natural Almonds ..... $4.39 lb.

BULK
Licorice Babies ..... $1.49 lb.

Freshly Picked Produce

PRODUCT OF U.S.A.
Pink Grapefruit .5/99¢

PRODUCT OF U.S.A.
Green Leaf Lettuce .69¢ ea.

PRODUCT OF U.S.A.
Green Beans ..... $1.29 lb.

PRODUCT OF U.S.A.
Royal Gala Apples ..... 79¢ lb.

PRODUCT OF U.S.A.
Bosc Pears ..... 69¢ lb.

PRODUCT OF U.S.A.
Spinach, 6 oz. pkg. ..... 77¢ pkg.

PRODUCT OF U.S.A.
Strawberries ..... $1.29 pint

PRODUCT OF MOROCCO
Sweet Clementines ..... 99¢ lb.

PRODUCT OF MEXICO
Green Cabbage ..... 10¢ lb.

PRODUCT OF CANADA
Wax Turnips ..... 25¢ lb.

PRODUCT OF U.S.A.
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Five Grain Walnut Bread, 510 g. ..... $1.99 ea.

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Quaker Muffins, 6/pkg. ..... $1.99 pkg.

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FARM BOY

www.farmboy.ca

Specials in effect from February 26th to March 3rd

IN & ABOUT CORNWALL

Bereaved Families of Ontario

The annual Provincial Walk to Remember will be held on Sunday March 5th, 2000. This memorial event is to commemorate together the lives of those we have loved so dearly. It's a time to reminisce and gain strength from one another. A wall of memories scroll on which you can leave a photo, poem, note, special phrase will be available. The scroll will be displayed at the Bereaved Families of Ontario library throughout the year. The first 100 walkers to sign in will receive a Walk to Remember T-Shirt and a chance to win other prizes. The walk will be Cornwall Square Shopping Centre on Sunday March 5th, 2000 at 10:00 A.M.

Local Consulting Firm Signs Second Major Contract

Greenfield Hospitality Services Inc. announced recently that it has entered into a two-year sales representation agreement with Ottawa-based Learning Links Inc. the market leader in experiential education/golf programs. Learning Links offers innovative education programs tailored for the corporate group market. Using golf to reinforce classroom-taught concepts. Participants are lead through fast-moving activities in the classroom, on the golf course and on the practice tec. Current programs available include: Building Effective Teams, Leadership for the 21st Century. Promoting Innovative Thinking and Achieving Your Personal Best. "We feel that Learning Links' unique offering will help us better serve corporations who are constantly looking for applied learning opportunities and team building activities for their groups. Their programs will be ideal complements to the golf resort destinations we already represent," said Ashton Wagner. Greenfield Hospitality also represents the Resorts Atlantic Marketing Council, a group of six independently owned properties in Atlantic Canada.

Williamstown Green Thumb Horticultural Society

Spring can't be far behind when the Green Thumb Horticultural Society announces its annual "Seed exchange and Seedling planting workshop" February 28th, at Williamstown Recreation Centre beginning sharp at 7:30p.m.

Featured speaker Garry Robertson, chair of Williamstown Fair Board building committee, will reveal plans for exhibits and buildings at this year's fair-which is fast becoming a Heritage Fair as one of Ontario's oldest agricultural showpieces. President Maureen Stephens reminds all members to bring along seeds they have been hoarding all winter to share and exchange. As an added attraction, the famed Williamstown green thumber Les Wert, will give a hands-on workshop on early-starting, planting and caring for indoor seedlings. Mr.. Wert will bring along examples of early flower and vegetable seedlings.

Kinsmen/ Kinette Week



Pictured above signing a proclamation devoting the week of February 18th - 25th to the Kinsmen and Kinette Clubs of Cornwall for their devoted service to this community, are (from l. to r.): Nancy Mahoney (President of the Kinette Club of Cornwall; Mayor Brian Sylvester; and Brent Carruthers (President of the Kinsmen Club of Cornwall).

Casselman International Family Reunion

Are you a Casselman? Do you know if you are a Casselman?

The Casselmans are planning a major international family reunion from July 7-9, 2000 at Morrisburg in Eastern Ontario. All Casselmans, descendants and friends, are invited to attend. The organizing committee for this event has been searching the world over for descendants of the Casselman family. At present there are 22 variations of the Casselman name found in the records in Mohawk Valley, N.Y. The three common spellings are Casselman, Castleman, and Casselmann. Others are as Caselman, Cassalman, Casellman, Casselmannin, Casselmans, Cassleman, Castelman, Cosselman, Kaselman, Kasselman, Kassleman, Kassiman, Kasslmen, Kastelman, Keaselman, Keasselman, Kossiman and Kossleman.

The first major Casselman Family reunion was held at Morrisburg in 1984. Upwards of 2000 people representing 601 families attended this event from Canada, Germany, the United States and France. This year the attendance is expected to be even greater and attendees are coming from as far as Australia. The reunion events will consist of genealogy, an old time dance, a picnic, children's activities, group pictures, activities for bored spouses, an evening of speakers and genealogy, church services and other events.

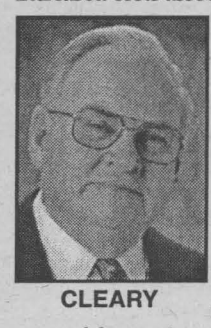
The Canadian Casselmans are descended from several Loyalist families who were granted land in Eastern Ontario. These Loyalists were the descendants of two Casselman Families who migrated from Adelshofen, Germany in 1709 via England to West Camp, New York.

One of the primary purposes of the Casselman Ancestral Society is producing an accurate and extensive family genealogical record. If you are a maternal or a paternal descendant, our Casselman genealogists want to be sure to include you in the family tree. The genealogists will also be interested in other family information or pictures you might have. Register early to be included! For registration and/or information:

Casselman Family Reunion 2000, Box 607, Township of South Dundas, Morrisburg, ON, K0C 1X0, or visit our website at: http://www.glen-net.ca/casselman. You can also request this information via e-mail: mornet18@mor-net.on.ca or call: (613) 652-1286 or (613) 543-2045, fax (613) 543-3644.

Cleary On The Side Of Taxpayers

Letters have appeared regularly since local and area MPP John Cleary voiced his concerns over the increased costs associated with the restructuring of the two Cornwall hospitals. Cleary opened the floodgates and now the City of Cornwall is asking for an investigation. Officials want to know why hospital restructuring costs have skyrocketed. They are demanding an answer.



CLEARY

Cleary maintains that one of the biggest mistakes made by the hospital restructuring commission was to cut away most of the services at the Hotel Dieu Hospital and spend millions on upgrading the Cornwall General. Cleary notes that the restructuring committee indicated that a new hospital would be needed in Cornwall within a few years.

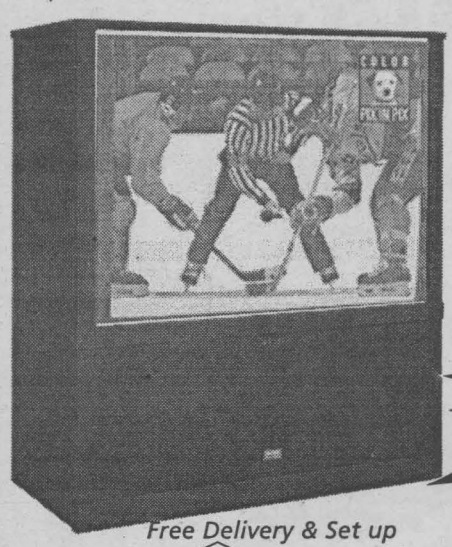
"Why should one hospital be closed and millions spent on upgrades to the other if the situation will only be revisited a few years from now," Cleary asked.

"I am on the side of the tax payer. I want to see that they get the quality of health care they deserve without having to shoulder increasing costs," Cleary stated. "The community has already been asked to support many other fundraising campaigns, the government can't expect them to reach into their pockets in order to receive the health care they are entitled to," the MPP continued.

Cleary noted that he has always been in favour of keeping two hospitals with one administration and all the current concerns and revelations have proven that this is obviously the best choice.

Hospital restructuring is not the only concern for interested stakeholders. Area doctors went before city council looking for $250,000 to help with the recruitment of new doctors to the community. The area has already been identified as 'underserviced' by the Ministry of Health and needs to try to entice new physicians to the area. At a weekend meeting attended by Cleary and some of his Liberal colleagues local doctors voiced their concern that young physicians tend to choose larger centres upon graduation because they are more financially rewarding.

BIG SCREEN
Floor Model Clearance



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Cornwall and Area LAW and ORDER

Crime Stoppers

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

The Cornwall Police Services is requesting the public's assistance in solving break & enters, both residential and commercial break-ins are a continuing problem.

Residential break-ins can be traumatic for the victims with the loss of family heirlooms and the invasion of privacy. Commercial break-ins can be financially devastating for a business.

Persons who buy stolen property should remember that possession of stolen property carries the same penalty as theft.

If you have information on any break & enters already committed, or those about to occur, call Crime Stoppers, and you could be eligible for a cash reward of up to $1000.00.

Your anonymity is guaranteed. Your call will not be traced or recorded, Crime Stoppers...It's your program, and it works. Help us stop break & enters.

Break & Enter

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

This week Crime Stoppers is asking for your help in solving a break and enter that occurred between 11:30 a.m. Friday February 11th, 2000 and 5:25 p.m. Friday February 14th, 2000. A residence located on HWY 138 South Stormont was broken into by forcing a side door. Once inside the culprit(s) removed a 22 cal Cooey rifle single shot gold coloured stock with two holes for a strap. One 22 cal Remington semi auto bolt action rifle with a black scope, spare rounds under the barrel, the stock was cracked under the barrel. One 303 English made rifle make unknown had been in the family since the war. One male signet ring 10K with a purple stone. One iron man watch. One citizen VCR model JVHS3998 four head hi'fi with remote. One Philishave 3000 model HQ3845. Loose cash in coins and two bottles of liquor was taken. If you have any information on this or any other crime, please call Crime Stoppers at 937-8477 or for long distance callers 1-800-265-8477.

Cornwall Police Service

- Mark MacDonald, 37, of Pitt St. in Cornwall was arrested on an outstanding bench warrant on the 21st of February, 2000. It is alleged that he failed to attend court on the 2nd of February, 2000, thus a bench warrant was issued for his arrest. He was held for a bail hearing on the 22nd of February, 2000.

- Three counterfeit $100 bills were discovered by local banks in the deposits from three separate local businesses.

Fatal Motor Vehicle Accident Investigated

On the 21st of February, 2000 at 8:06 p.m., the Cornwall Police Service responded to a fatal motor vehicle collision on Brookdale Ave., just north of Hwy. 401.

The investigation revealed that a 1989 Pontiac was northbound on Brookdale Ave. when the driver rear-ended a tractor trailer that had slowed to negotiate a left turn into a private drive.

The deceased, Mike Dufresne, 40, of Bedford Street, Cornwall was a passenger in the Pontiac being driven by 49-year old David Dufresne, of Second St. East, Cornwall. The driver of the Pontiac was taken to the hospital with major injuries. The driver of the tractor trailer, Holly Lynn Blakney, 20, of Salisburg, New Brunswick, was not injured in the incident.

The investigation of the motor vehicle collision is ongoing at this time. Police are also requesting that any witnesses to the collision that have not already spoken to police please contact constable Emma Wilson at 932-2110, extension 2720.

TIP OF THE WEEK:

When going away for an extended length of time, make sure that,

- you discontinue mail, newspapers delivery,

- all possible entrances to your home are secure,

- your trusted neighbors are aware that you are going away and for how long,

- arrange for someone to pick up any mail or newspapers left on your step,

- use a timer to switch various household lights on and off,

- have someone come in and reposition curtains occasionally,

- have someone complete the yard maintenance.

- In general with the help of friends and trusted neighbors try to avoid the appearance that your home is deserted.

Ontario Provincial Police

Synopsis of Week 11-18 Feb. 2000 for SD&G:
Alarms: 29
Break and enter: 6
Mischief: 7
Motor vehicle accident PD: 44
Motor vehicle accident PI: 4
Theft: 5
Theft of motor vehicle: 1

Possession of Stolen Property

On Feb. 17th, 2000, at approx. 20:49 p.m., SD&G O.P.P. assisted a broken down vehicle on Hwy. 401 in South Stormont. Investigation revealed that the plates on the vehicle were stolen.

O.P.P. arrested one young male for allegedly using a stolen license plate on his vehicle. Charges of possession of stolen property, Sec. 354(1)(a) cc are pending against him. He was released on a promise to appear in Cornwall court on March 27th, 2000.

$50,000 Stolen Chevy Tahoe Recovered

At approx. 2:30 p.m. on Thursday, February 17th, 2000 the SD&G O.P.P. Traffic Unit, while working on Hwy. 401 near Summerstown Station, had occasion to stop a 1999 Chevy Tahoe that was westbound. Information received revealed that the car was stolen earlier the same day in Montreal, Quebec.

Arrested and in custody is Karim, Lemghalef, age 18, of Montreal, Quebec, for possession of stolen property over $5,000 contrary to the Criminal Code of Canada. Investigation is ongoing and further charges are pending.

The investigating officer is Pol. Const. Steve Seguin of the SD&G O.P.P. Traffic Unit.

Attention Snowmobilers

The SD&G O.P.P. Snowmobile Unit is out and patrolling the trails in SD&G Counties.

Make sure that all your papers (registration and insurance) for your snowmobile are in order. You, as the driver, are required to carry your driver's licence with you at all times.

The Snowmobile Unit will verify to see if you have your snowmobile trail pass (sticker) which is supposed to be on the windshield of your snowmobile. Also, it is against the law to be drinking and driving a snowmobile and our Snowmobile Units conduct checkpoints in the trails, making sure that the trails are safe for everyone. Make sure you are sober. You can lose your licence if you are over the limit.

Male in Custody After Uttering Death Threats

On February 18th, officers of the SD&G O.P.P. executed a search warrant on a male's residence in the Alexandria area after receiving a complaint from a 33-year old female from the Alexandria area that she had been assaulted, held against her will at knife point and had received death threats from a 38-year old male whom she had a common-law relationship with. The female received minor injuries to the face and did not need any medical attention. A rifle was seized from the residence.

The male was arrested and is presently in custody at the Cornwall County Jail, charged with the following Criminal Code offences: assault, assault with a weapon, careless use of a firearm, unsafe storage of a firearm, uttering death threats, and unlawful confinement. The accused was to appear for a bail hearing in Cornwall Criminal Court on Monday, February 21st, 2000.

Investigating officer is Prov. Const. Anthony Palazzo of the Lancaster Office of the SD&G O.P.P.

STATS

MOTOR VEHICLE ACCIDENTS

- Feb. 18, Jean Mario Murray (female) age 73, of Williamstown, while driving a 1992 Nissan Maxima, pulled out of a private driveway into the path of a 1991 Ford being driven by Shawn Lalonde, 22, of Monkland who was travelling southbound on County Road 19. Murray received minor, non-life-threatening injuries and was able to drive herself to the Cornwall Hospital.

Both vehicles received severe damage. Murray was charged under the Highway Traffic Act for the offence of failing to yield from a driveway.

BREAK IN - RESIDENTIAL

- Feb. 13 - McKenzie St. 100 block; Pentax 35 mm camera, Nikon Advantics camera and a 10 kt gold chain taken.

- Feb. 14 - Pitt St. 2000 block; nothing taken.

- Feb. 15 - Pitt St. 100 block; liquor taken.

- Feb. 17 - Baldwin St. 100 block; VCR, phone and liquor taken.

- Feb. 17, Easton Ave. residence; taken: Toshiba laptop computer, jewellery box containing 6 gold earings, 2 diamond earings, 4 gold rings and one gold necklace with an onyx stone.

- Feb. 18, Sydney St. residence; taken: VCR, cell phone, cordless phone, Levi's watch, and a cable vision converter.

- Feb. 20, Miron Ave. garage; taken: one Gator Vac, serial number 5117875-01.

BREAK IN - COMMERCIAL

- Feb. 12 - Rosemount Ave. 700 block;nothing taken.

- Feb. 13 - Montreal Rd. 300 block; cash register taken.

- Feb. 14 - Brookdale Ave. 900 block; nothing taken.

- Feb. 15 - Tenth St. East, 800 block; 2 Trade Master saws taken.

- Feb. 15 - Water St. 100 block, .

- Feb. 16 - Montreal Rd. 400 block; nothing taken.

- Feb. 17 - Paul St. 1100 block; attempt.

- Feb. 19, Wallrich Ave. business; door was damaged to allow entry, however nothing appears to be missing.

BREAK INS - SHED/ GARAGE

- Feb. 15 - Eleventh St. East 800 block; Goalie pads, skates, 5 gallons of gas, hydraulic jack and a weed trimmer taken.

ASSAULT

- Feb. 19, 36-year old Glen Walter man arrested; alleged to have struck his common-law spouse several times in the head and face area during a domestic dispute. He is to appear in court on March 20th.

THEFT OF SNOWMOBILE

- Feb. 15, police received a report of a theft of a snowmobile which had occurred in South Dundas Township. Overnight a 1994 Formula Z skidoo was taken from a private residence located on Victoria Park Crescent in the Village of Morrisburg. The snowmobile had been removed with the use of a pick up truck.

THEFT OF MOTOR VEHICLE

- Feb. 13 - Third St. East, 0 to 100 block; 1987 Ford F150 pick up truck blue in color taken.

- Feb. 14 - Pitt St. 1200 block; 1999 Chevrolet pick up, recovered.

- Feb. 14 - Water St. East 0 to 100 block; 1994 Plymouth Van, recovered.

- Feb. 17 - McConnell Ave. 1900 block; 1984 GMC pick up grey in color, taken.

DRINKING & DRIVING OFFENCES

- Feb. 19, Jay Helmer, 40, of Elm St. was arrested and charged with allegations of drinking & driving after officers came upon his vehicle lodged in the snowbank on Clark St. He is to appear in court on March 20th.

- Feb. 19, Michael Veley, 52, of York St. was also arrested and charged with allegations of drinking & driving after an officer on routine patrol came upon his vehicle stuck in the snowbank at intersection of Water & York Street. He is to appear in court on March 20th.

- Feb. 19, Tammy Oakes, 23, of Pitt St., was charged with impaired driving and over .08 after her vehicle collided with a utility pole on Brookdale Ave. She is to appear in court on March 20th.

RECOVERED STOLEN VEHICLE

- Feb. 20, 1994 Plymouth Voyager van, dark green, previously stolen from Cornwall Square parking garage on Feb. 14th was recovered in Ottawa by the Ottawa Carleton Regional Police.

- Feb. 19 - at approximately 09:30pm, police were called to the scene of a vehicle fire along County Road 1 in South Dundas Township. Between the hours of 8:00 pm and 09:15 pm a 1990 Dodge Ram truck was taken from the parking lot at the Iroquois Shopping Centre. The vehicle was abandoned just north of the village of Hainsville in South Dundas, where it was totally destroyed by fire.



Legal: Leasing/Financing plans from Toyota Credit Canada Inc. O.A.C. Offers valid on new 2000 models leased and delivered by February 29, 2000. License, registration, insurance and taxes are extra. Lease includes a maximum of $750 for freight & P.D.E., Freight and P.D.E not included in M.S.R.P. ***Based on 48 mos. walkaway lease at a rate of 6.3% on Echo** (model BT123M-B) with down payment of $1,700 or trade equivalent. First payment and security deposit of $250 due on delivery. Total lease obligation of $11,204 and purchase option price of $7,271.60 based on a maximum of 96,000 kms. Additional km charge of $0.07 if applicable. M.S.R.P. for Echo (model BT123M-B) $14,840. ***Based on 48 mos. walkaway lease at a rate of 6.2% on Corolla VE** (Automatic model BR12EP-B/Manual model BR12EM-B) with down payment of $2,400 or trade equivalent. First payment and security deposit of $275 due on delivery. Total lease obligation of $12,912/$12,240 and purchase option price of $8,499.95/$8,029.95 based on a maximum of 96,000 kms. Additional km charge of $0.07 if applicable. M.S.R.P. for Corolla VE (models BR12EP-B/BR12EM-B) $18,085/$17,085. ***Based on 48 mos. walkaway lease at a rate of 5.8% on Camry CE** (model BG22KP-B) with down payment of $2,900 or trade equivalent. First payment and security deposit of $350 due due on delivery. Total lease obligation of $17,252 and purchase option price of $11,532.20 based on a maximum of 96,000 kms. Additional km charge of $0.10 if applicable. M.S.R.P. for Camry CE (model BG22KP-B) $25,070. ***Based on 48 mos. walkaway lease at a rate of 6.8% on Sienna** (model ZF19CS-B) with down payment of $3,250 or trade equivalent. First payment and security deposit of $425 due on delivery. Total lease obligation of $20,002 and purchase option price of $14,382 based on a maximum of 96,000 kms. Additional km charge of $0.10 if applicable. M.S.R.P. for Sienna (model ZF19CS-B) $28,200. ***Based on 48 mos. walkaway lease at a rate of 4.8% on Tundra** (model BT441S-B) with down payment of $5,000 or trade equivalent. First payment and security deposit of $525 due on delivery. Total lease obligation of $26,600 and purchase option price of $19,732.30 based on a maximum of 96,000 kms. Additional km charge of $0.10 if applicable. M.S.R.P. for Tundra (model BT441S-B) $40,270.

Snowmobile Patrols

The O.P.P. snowmobile patrol took to the trails this weekend in Dundas County. A total of 34 snow vehicles were checked, which resulted in 3 warnings and 4 charges. The charges related to registration and permit offences.

Snowmobile Concerns

Trails in our area are made possible through the courtesy of property owners, who allow the trails to cross specific areas of their fields. When snowmobiling, stay on the trails, this is the only authorized path across the property and leaving the trail area to "explore" may be considered to be trespassing.

For riders in our villages, please do not cut across the private yards. Police have received calls from homeowners who have experienced this offence. Co-operation between snowmobile riders and property owners is essential for a successful season, drive safely and respect the property of others.

Police have received reports in the Village of Iroquois in relation to the use of snowmobiles in the village. A particular concern was directed toward the snowmobiles travelling along the sidewalk areas, which in turn is interfering with the use of the sidewalks by pedestrians. Drivers are reminded that their vehicles are not for use on village sidewalks. Snowmobiles may be driven along the street (unless prohibited by local by-laws) as long as the drivers are 16 years old and holds a driver's licence, or a motorized snow vehicle licence. Driving along the streets will also require a valid permit and insurance on the snowmobile.

DID YOU KNOW???? The speed limits for snowmobiles are not the same as for other vehicles. On roads where the speed limit is posted at 50 km/hr or less, or in any public park, the speed limit for snowmobiles is 20 km/hr. On roads with a posted speed greater than 50 km/hr and on trails, the speed limit for snowmobiles is only 50 km/hr. The council of a municipality may also reduce the speed limit for these vehicles by means of a local by-law.

Family Hockey Game

This family was enjoying their time at the Millennium Family Fun Day. There are two separate rinks available to take advantage of at Gray's Creek Conservation Area. The hockey rink and the skating rink are available seven days a week for public use. Pictured above are Nick Armenti and his sons Andrew and Anthony.

(photo by Penny Seguin)



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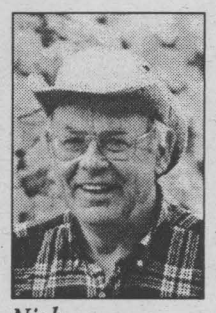
DANCES WITH WORDS

... and Now, the Rest of the Story



Nick **WOLOCHATIUK**

Last week's column about the things that divide us could have been taken as a 'downer'. Hopefully, you'll take this week's as an effective anti-dote, an 'upper', one that will take you out of the shadows, put you on the bright side of things. Let's consider the things that have brought us together over the years.

Communication technology made some quantum leaps during the Twentieth Century. Mail service brought tangible expressions of love and friendship to door slots from one side of town to another. The Mocassin carried letters and cards that linked Summerstown Station, Cornwall, Morrisburg, Brockville and beyond. Its connections with other trains on other lines created an integrated system that extended across the country.

When aircraft such as the Douglas DC-4 and Lockheed Constellation, born of the urgencies created by World War II, were put onto post war trans-Atlantic service, Dorval became much closer to Heathrow, Orly and Schipol. Red and blue bordered air mail envelopes were slipped through mail slots in Cornwall and Alexandria, or placed in mail boxes along the Last Concession of Kenyon and Locheil townships. They bore return addresses from places such as Newcastle-upon-Tyne, Chartres, and Arnhem.

Just ask anyone who's been posted overseas by the military, the foreign service, or an international corporation about the thrill of receiving mail. You just haven't really lived until you've received a love letter from near or from afar - or just a letter from one you love.

The telephone has made great strides in our lifetime. Its technology has gone from the cranked party line rotary dial, to the push-button, to the cellular. Many if not most telephone subscribers have succumbed to the advantage of signing up for the $20.00 monthly billing cap on long distance cross-Canada calls. Sons and daughters who've left Osnabruck Centre and North Lancaster to continue their education at Lakehead or Cambrian, or to find careers in Vancouver or Silicon Valley, can still keep in touch thanks to Ma Bell and all her offspring.

When the telephone was married to the computer by the modem, faxes, E-mails and chat groups became commonplace.

However, the strongest of bonds are not created by high-tech things. There's something very low-tech that creates the strongest of bonds: fire. Ever since primitive 'man' (or woman, or better still, both together) sat at the cave entrance to gaze at the fiery glow of a sunset or a crackling campfire, a spirit of camaraderie, fellowship, community - or whatever you wish to call it, has been enkindled.

This primitive ritual continues. We build campfires at Ault Park or atop an Adirondack peak not just for cooking our dinner, warding off the mosquitoes or warming our hands. Campfires do much more. They warm the heart, enkindle the imagination, stir memories and provide a shared focal point for any gathering.

Do you remember the CBC's "Hot Stove League" of the 1960s? Think of how you, your family and your neighbors gathered around that fireplace or wood stove during those 'good old days' of The Ice Storm of 1998? The light and warmth of a fire draws people together better than anything else, like moths to a flame.

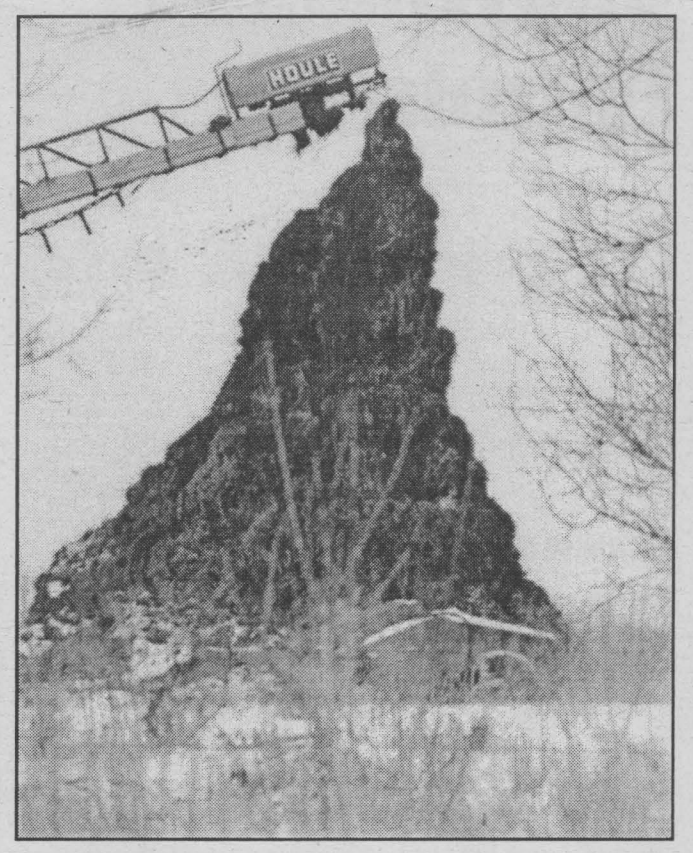
If disparate, divided and estranged people and peoples were to spend more time sitting around a campfire together, the resultant gazing into the embers, and the ensuing conversations, singing and reflective moments of silence would break down the strongest of divisions.

As explored last week, we do live in a divided world. However, there are still a lot of things that serve to bring us close to each other, to bind us together as a community, as a society, as a nation.

To borrow a trademark wrap-up phrase used by Paul Harvey, that popular radio commentator, "...and now you know the rest of the story". Divided we stand, but if we just took the time to sit around a campfire more often, more united we would be.

We are a but a little band on people on a tiny little planet, circling around a ball of fire we call the 'Sun'. We are surrounded by a very large universe, a universe so large it makes even the SCM Distribution Centre seem small.

Angle of Recline



Each material lies at a predictable slope when piled, whether it be sand, gravel, road salt, boulders - or the by-product of a winter barn. The only time it's piled this high is during extremely cold weather - or during pre-election speeches.

(Photo by Nick Wolochatiuk)

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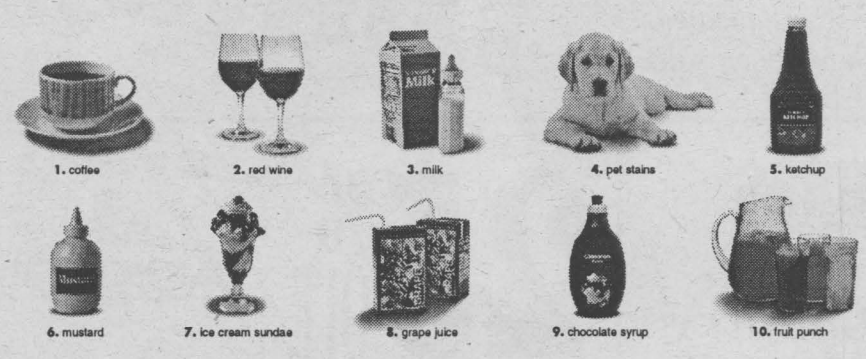



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MS FACT #1

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Homeopathy and a Tummy Ache



Paulette Poirier
Homeopath

A young anxious girl with a tummy ache since a few months came to see me. All the necessary medical tests showed there was nothing wrong with her but the tummy ache persevered. The whole abdomen was painful. There was also a lot of belching, which seemed the relieve the tummy ache for a while. There was occasional diarrhea, especially after stressful situations. Craving for sweets were high.

The homeopathic remedy Argentum Nitricum was given to the young girl. After 3 weeks of the remedy, the parents report that their daughter seems to be a bit less anxious and amazingly the tummy ache is completely gone.

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

QUESTIONS?

Paulette is available every Tuesday for more information between 2 pm - 5 pm

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EDITORIAL OPINION

PERSPECTIVE

More On "Citizens of the Year" Volunteerism and Whistle Blowers



Bob **ROTH**

I had no sooner completed my column last week when I thought to myself: "Gee, I hope people don't miss the key point I am making about this year's Citizen of the Year Award and the Business Excellence Lifetime Achievement Award."

In the latter case, I made particular note of what I considered to be unqualified community "boosterism" comments by the winner.

It was precisely because I wanted to make a political, not a personal, point that I did not name the person in question and I also noted that volunteer accomplishments were admirable.

In a nutshell, last week I was trying to argue that too much community boosterism can produce a blindness to things that need to be changed in a community (the child-abuse allegation coverup being a prime example). I also noted that those who risk their personal safety, security and even livelihoods to protect and promote their communities (e.g., whistle-blowers) are seldom, if ever, honored with Citizen of the Year Awards.

In retrospect, the column was inadequate in two areas. Firstly, there was a error of fact; secondly, there was an omission of fact — or at least an underemphasis of fact.

Thankfully, someone close to the business award-winner called me and very graciously brought these points to my attention.

The error of fact was my assumption that the award-winner had not lived in municipalities other than Cornwall. In fact, he has lived in such cosmopolitan locales as Montreal and Cincinnati and has operated a business in Ottawa. In my view, this gives the person a much better perspective on which to offer opinions on the relative virtues of living in Cornwall.

Secondly, I feel I should have been clearer that I do value the vital role that community volunteers play. I would never want to discourage or disparage such activity.

Whether it's supporting Boy Scouts, girls hockey or the Canadian Cancer Society, volunteers fulfil an essential role in keeping our communities happy and prosperous. This year's Citizen of the Year, as well as the business award-winner, excelled in many of these areas and both were certainly worthy of recognition.

My point is simply that there needs to be some official way of recognizing — and, hence, encouraging — those who risk their lives, careers, financial stability or social status to keep our communities safe, our politicians and institutions honest, and our democratic system vibrant.

Instead of rewarding whistle-blowers and those who ethically challenge the status quo, we often ostracize them; they are frozen out of key social circles and treated as pariahs. Oh yes, privately, people will tell them they are doing a good job, but if you actually ask these "supporters" to put their names to this support, that's a different matter. This is particularly the case when dealing with "supporters" from the establishment — the church, the police, City Council, the Chamber of Commerce, etc.

Perhaps we need an organization or group of people to put up a "Citizen of the Year" Award for those those "dare to risk" on behalf of the common good, on behalf of their community.

If there is anyone out there interested in co-sponsoring such an award (I would suggest an appropriate cash award to be donated to the person's favorite charity), please let me know.

I would certainly be interested in helping out.

BASIC BLACK

Takes Your Breath Away



Arthur **BLACK**

So there I was, strolling through Victoria's beautiful Beacon Hill Park alongside my favourite herborizational botanist. (Okay, the only herborizational botanist I know - or have ever heard of.) Anyway, there we were, the two of us, meandering through the underbrush. I would point at a shrub and she would say lycium halimifolium. I would gesture at a huge towering tree. Juglans nigra, she would explain. Finally we came to a scraggly leafless shrub festooned with hundreds and hundreds of little white berries.

"What's that?" I asked my herborizational botanist. "Indian Listerine" she replied. "Huh?" I parried. "Bite one" she said.

I popped a berry in my mouth and chomped down - POW! - an explosion of tart, bitter tanginess filled my mouth.

"Wow!" I said. "Tastes like -like -"

"Mouthwash?" prompted my botanist. I nodded. She smiled and said "That's why we call it Indian Listerine."

Imagine that. All my life I thought it was only us white folk who were neurotic about mouth odor. Turns out the aboriginals were 'way ahead of us.

Call it halitosis, morning breath, jungle mouth - or you can call it money in the bank. A lot of business interests make an awful whack of money out of our oral odor neurosis. All those brands of chewing gum, breath mints, mouth washes - all designed to convince us that we don't have bad breath after all.

Some folks are never convinced. There is a medical condition known as delusional halitosis, in which the victims are absolutely certain they have terribly noxious breath. Delusional halitosis sufferers have been known to give up their careers, convinced that no one could stand to work with them.

Others have even attempted suicide. There is one famous case in which the patient brushed her teeth obsessively, continuously, until her gums bled. Nurses reported that she went through an entire tube of toothpaste in just four hours.

What's painfully ironic is the fact that most sufferers of delusional halitosis have no perceptible breath odor at all. They just think they do.

Well, they may be delighted to learn about the latest weapon in the anti-odor arsenal - especially if they're women. It's a creation from Elizabeth Arden Incorporated called Lip Lip Hooray. It's a lipstick that's infused with a mint-flavored breath freshener and zinc citrate - a chemical that neutralizes sulfur compounds that contribute to breath odor.

Can't you just hear the TV ads already? "New Lip Lip Hooray - it'll take your breath away!"

For a price of course. Lip Lip Hooray lipstick is on sale in select New York boutiques right now. It's selling like hotcakes - and it'll only set you back about $22 a tube.

Which would buy an awful lot of Chlorets.

Personally, I think I'll stick with Indian Listerine. It's even cheaper. It's important to keep a sense of perspective when it comes to bad breath. Even the best of us can suffer from it. Why, I once knew an Indian yogi who spurned almost everything the material world had to offer. He wore nothing but a large white robe; ate less than a chickadee - didn't even have a MasterCard.

Living on little more than nuts and berries, he was quite thin - frail even. Except for his feet. Going barefoot even through the winter, had hardened his feet considerably with a thick layer of callouses.

Now you would think a man who lived such a pure life would be free of earthly afflictions, would you not? Alas, I am sad to relate, my yogi friend suffered from a pretty fierce case of jungle mouth.

Which made him, well -

Kind of a super-calloused fragile mystic plagued with halitosis.

NOTES FROM PARLIAMENT HILL



Art **BABYCH**

Behold, thy salvation

Human Resources Minister Jane Stewart has somehow managed to cling to her post over the past few weeks despite name-calling and repeated calls for her resignation (and that's just from within her own caucus! Just kidding.) The release of Finance Minister Paul Martin's budget is expected to take some of the heat off Stewart, at least temporarily, by diverting the opposition's frontal attack away from Shovelgate. If that doesn't work, the government may be forced to revert to "Plan B," the only sure way to end the continuous carping, faultfinding, personal attacks and political maneuvering during Question Period -- turn off the cameras.

"Thank you, Merci!"

Prime Minister Jean Chretien hasn't held an official news conference in Ottawa in over a year--not that anyone but the hundreds of members of the Parliamentary Press Gallery has noticed. The last time the PM held a newser on the Hill was in December 1998, according to the minutes of the last gallery executive meeting. But a PMO spokesperson notes that Chretien is sometimes available at media scrums and more formal media interviews when he travels (not to mention all those meetings with the cast of This Hour has 22 Minutes). Undaunted, the executive is calling for at least one news conference every six months, arguing that "a civilized, organized news conference" in Ottawa would better meet the needs of the gallery. It may also be a first.

A chip off the snow block

Congratulations to the British Columbia team that won the peoples choice award at the recent Canada Snow Sculpture Competition on Parliament Hill. Their winning entry depicted a Second World War soldier crouched behind sandbags using a walkie-talkie. Or was that Human Resources Minister Jane Stewart in combat gear?

And don't spend it all at once

The Defence Department is expected to get an injection of $800 million in Finance Minister Paul Martin's budget. But the money is to be doled out over a five-year period adding only $160 million a year to the department's $10-billion annual budget. Military types say it isn't enough of a shot in the arm. But at least it will pay for one.

A Cools reception

It isn't that Senator Anne Cools has a roundabout way of asking questions in the Senate. Well, yes it is. The Toronto Centre Liberal was told twice by the acting speaker to ask the question she had risen to ask of Independent Senator Marcel Prud'homme after her query took on the characteristics of a speech. Although Cools had raised her question twice during in her oration, some senators missed it. Said fellow Liberal John Bryden, "I stepped out for a few minutes and have only been back in the chamber for the last 15 minutes. I wonder if the honourable senator could repeat her question." Ouch! "Thank you so much," replied Cools. "With leave, I would be more than happy to repeat my question." And she did.

Return of the colonel

Former Governor-General Ray Hnatyshyn is getting his old job back as honorary colonel of the Governor General's Foot Guards. He held the post from 1900-1994 and will replace newspaper tycoon Conrad Black who resigned at the end of last year. Hnatyshyn's off-the-wall sense of humor has been well-documented by media types in his home town of Saskatoon. They also recall that his 10-second soundbites as federal finance minister ran into several rambling minutes. A TV station in Saskatoon once taped Hnatyshyn delivering what appeared to be somber tribute to an upstanding citizen for his going-away party. Mockingly searching for just the right words to adequately describe his feelings toward the community icon, Hnatyshyn could find none. So he stuck out his tongue at the camera and went PFFFT!! It was a take.

LETTERS TO THE EDITOR

Killer Via Rail

Dear Editor:

Here's another warning! Via Rail (CN) not only kills real people speeding through busy crossings: Via Rail brashly has Canadians believing that corruption is okay. Our government supports this taking candy from the baby by institutionalizing grants, subsidies and bailouts, almost automatically transferring taxpayers money to these leech-like opportunists.

Via Rail charges one dollar for a three dollar ride. Our taxes pay the other two dollars. Air, auto, bus transportation is not only safer; but no tax dollars are necessary.

Chretien and other political "leaders" along with their patronage taking bureaucrats do not and will not see the abuse. The behaviour of Human Resources Development Canada, (what a beautiful promising name) is also warning us that something is wrong; that the government purse-holders are in an irresponsible frenzy, even an orgy with our money and our future.

The reason for my 1995 book Responsible Revolution for Canada was and is to show that Canada is lost without honesty and responsibility. Prosperity for all is just a dream so long as we allow our leaders to rule by patronage. To load up our grandchildren with debt that cannot be paid is just plain stupid.

So, lets top wasting our money, resources and labour on a few elite, like Mulroney, on losers like Via Rail, on corrupt HRDC goodies, on Ontario Hydro abominations, on monopolies of any kind. Blind trust doesn't work.

Let's keep the pressure on ourselves to find the better way.

P.S. And don't let the hockey free-loaders get away with their fuddle-duddle double-talk either.

Sincerely
Stan Body
Long Sault.

Rules Of Etiquette Regarding The Flag

Dear Editor,

In recent issues there has been some dialogue concerning the flying of the Canadian flag in an unsatisfactory condition, i.e. ripped, etc. This flag represents a symbol that is the property of all Canadians and when an individual or business chooses to display it there is a protocol in effect that should be adhered to. The rules of etiquette with regards to Canada's national symbol vehemently state that our national banner should never be displayed in a less than near-perfect condition due to the fact that it is representative of our pride in nation. The only exception to this is on the battlefield.

Anyone travelling around the United States could testify how difficult a task it would be to find a U.S. flag being flown in a soiled and shredded condition such as the Canadian flags we see around Ontario. Anyone careless enough to fly their flag in a deteriorated condition in the States would suffer the wrath and contempt of their neighbours, and rightly so.

If you are unwilling or unable to maintain your Country's flag during the winter months then please take it down at the end of November.

Respectfully yours,
Andrew Adams
Cornwall, ON

Unfair Fuel Pricing

Dear Editor,

As fuel prices continue to rise, so does the cost of living due to the added expense of transportation. Motorists, especially truckers who depend on fuel to make a living, know that weekends and more so on holiday weekends, the price of fuel rises dramatically. It all boils down to price fixing, and production cuts made by the big oil producers.

All this is absolutely unnecessary as there is no shortage of oil.

It is ridiculous that we should be paying such exorbitant prices for a product that is being manipulated by unruly producers. And why is nothing being done about this fiasco?

I believe we need a World Law against companies that indulge in this type of unethical practice.

And so, as the saga of runaway prices continues, do people have to bare the brunt of these price increases with no solution in sight? Help from the Federal Government would be a welcome gesture. And going after these oil moguls would go a long way in easing the problem. Also eliminating the GST tax in its entirety would give the people a much needed break.

J. Grant
Alexandria, Ont.

Triple Take

Dear Editor,

I find it incredible that in the space of less than two years the cost of upgrading the Cornwall General Hospital has gone from $11.25 million to $33.8 million (more than triple the original *final* cost) and counting. Expropriation of homes, demolition of the old clinic building, additional parking and more are not included in the $33.8 million figure.

It certainly raises some intriguing questions. Was someone or group, lying about the cost in order to advance their own agenda? Or was it a case of gross incompetency? Why would the Health Services Restructuring Commission go against the recommendation of the District Health Council to have the Hotel Dieu Hospital as the one full service hospital? I think there should be a serious investigation as to what led to such a drastic cost - estimate increase. *Something smells!*

The Ministry of Health has said it will fund two-thirds of the approved cost of the project. It is sickening to think that local taxpayers could be on the hook for one-third of the final cost – $11.25 million and counting! Taxes will go up! *Taxes kill jobs!*

Ray Martin
Cornwall, Ontario

Rising Oil Prices

Dear Editor:

We motorists truckers et al know that fuel prices have been rising steadily, and last year there was'nt a week-end or Holiday week-end when prices did'nt rise substantially. It is ridiculous that we should be paying such an exorbitant price , it all boils down to greed, production cuts that are not necessary , and price fixing, there is no shortage of oil, so why the high price and why is nothing being done about it by our government ?, well on every liter of fuel,we pay a tax,the more fuel we use the more we pay , is that why nothing is being done , for fear of losing the tax revenues. I think not, that is only part of the problem ,the main problem is the production cuts that were made by the producers, mainly to get more money for less oil (pure Greed) ,this is the real scam and I think we need a World Law against Companies that indulge in this type of unethical practice.

James Grant
Alexandria

Seaway News welcomes letter to the editor. Letters should be no longer than 400 words, are subject to editing and must bear the writer's name, address and phone number for verification.
The views expressed by columnists, guest editorialists and/or letters to the editor are not necessarily the views of this newspaper or its publisher.

Flying Fathers Charity Hockey Game

Dear Editor,

The Flying Fathers Charity Hockey Game took place on January 19th, 2000 and people are still talking about how much fun they had at the game. As you may know the Flying Fathers won the hockey game. Well, we think it was hockey, although at one point it looked very much like football!

The organizing committee would like to thank the Seaway News for the part that you played in helping to make this evening a success.

The two charities, Catholic Youth Ministry and the Agapè Center each received $3,700. Additionally, the Agapè Center stocked their food bank shelves with 9 barrels of food which was brought in by the public to participate in the extra draw for a trip to an NHL hockey game.

Your assistance by promoting the event in the Seaway News is so very much appreciated. This contributed greatly to the approximately 2,500 fans that came out to see the game, increasing significantly the amount of money awarded to each charity.

The flying Fathers won the game, but everyone involved came away a winner for having been part of this excellent event.

In appreciation,
Dave MacDonald
Committee Chair

Dollar Cost Averaging Myth

Dear Editor,

I am writing to correct false information that many financial experts give about dollar cost averaging. Mr. McDermid's article in the February 18th issue of this paper is one example of the incorrect information about dollar cost averaging. I am disputing the myth that dollar cost averaging lowers average cost of an investment unit.

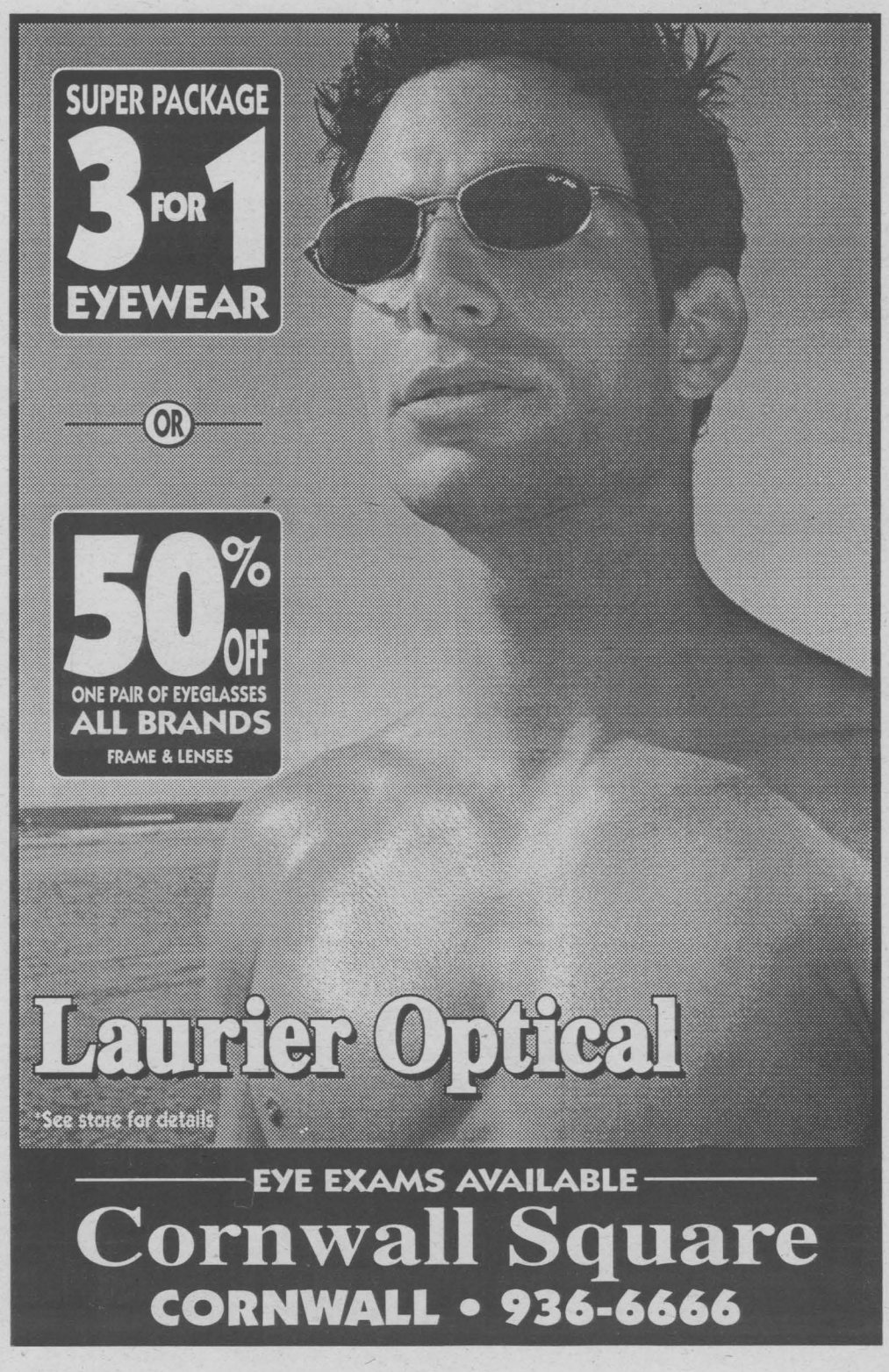
In Mr. McDermid's article he gives examples of cases where the cost of units fluctuate. In both cases the investor is better off buying an equal amount each day than if he were to buy all of the units on the first day. The numbers in his examples do not reflect random fluctuations of the markets. I am certain that he has chosen his numbers carefully to support his conclusions.

The examples in Mr. McDermid's article where the cost per unit is for four months are $10, $11, $9, and $8. If we spend $100 each month we would end up with 42.7 units. If we spent all the $400 in the same month we would end up with either 40, 36.36, 44.44 or 50 units depending on which month the purchase was made. Notice that you end up with more units only 50% of the time with dollar cost averaging.

The flaw in arguments for dollar cost averaging is that the average cost per unit is compared with the average of the price. The average cost per unit is calculated by dividing the total cost by the total number of units bought. The average price is calculated by adding the prices for each month and dividing by the number of months. What you should compare is the average cost by dollar cost averaging and the average cost by buying all your units at one time. To calculate the average cost by purchasing all your units the same day, you need to apply probability theory because the purchase could have been done on any given day. Those that can do the calculation will find that dollar cost averaging does not lower the average cost of the units. Those that cannot do the calculation will continue to be duped by the financial experts unless this letter is published.

Yours truly,

Marc Spooner
Cornwall, ON



ENTERTAINMENT



Entertainment - Special Events & Restaurant Review - By Bill Gallant

It looks like February will be closing with a great mixture of entertainment in Cornwall and area. If everything goes according to plan the organizers of the W.F.G.2000 Walleye Tournament will be held this Saturday, Feb. 26 in the Hoople Creek area. The weather has gotten milder, and helped to melt some of the snow covering the ice, but even if it remains mild they tell us there is still good ice thickness to safely stage the derby. Fishers are reminded to be at the Riverfront Diner at Long Sault Marina on Friday night starting at 7:30pm for all the details and possibly a couple rule changes. Look to probably an earlier start to the tournament on Saturday morning and extra lines allowed to all teams entered.Let's hope Marc gets at least 30 or more teams to stage what promises to be an exciting finale to the winter fishing scene.Good luck to everyone !!!

There is another exciting finale shaping up on the ice in Cornwall ! The ice at the Si Miller Arena that is. The Cornwall Colts are putting the finishing touches on what has been a banner regular season in the CJHL.

The team will be in Pembroke this Sunday, Feb.27,then trips to Smiths Falls and Ottawa before ending their schedule with a final home game at the "Miller"on Thursday,March 9th. It's obvious that no other team is going to catch the Colts from finishing the regular season as the CJHL Champs.My guess will be an impressive 93 points. Then get ready for some great junior hockey playoff action.

There is some action on the dance floor at the Navy Club on Sixth Street, East this Saturday. It's the *SINGLES DANCE* theme of Dress-Down-Denim and you are welcome to attend.There will be the usual special dances and spot dance prizes. Get ready also for the start of several more Singles Specials coming in March including a St.Pat's Night!!

It's a Tex-Mex Night at the RCAF, Wing 424 this Saturday. There will be tables of tasty Mexican food, perhaps even a helping of Texas Hots, to compliment the mixture of dancing and listening Texas and Mexican music. Members and guests'are welcome.

TOO BAD.....HOW SAD ! That's how that ugly scene we witnessed on the ice in the NHL's on-going hockey schedule may end. A veteran player like Marty McSorley was totally out of character when he used his stick to get back at Vancouver's, equally tough, Donald Brashear in a late game attack by the Boston player. Brashear was at last report suffering from a concussion. There is strong talk by the league brass that McSorley could be facing a very long suspension for the incident, possibly even expulsion and maybe even some charges being levied. The vicious slash to the head of Brashear was very bad and Marty will long regret his actions that night. But it will be a somewhat sad ending for the 17-year NHL veteran to end his career on such a note.The only consolation is that Brashear will hopefully fully recover and McSorley can then hope to be forgiven for briefly "losing it" !!!

Tickets on sale now for the upcoming GLEN stage production of ***JESUS CHRIST SUPERSTAR.*** It will be presented at Aultsville Theatre on March 3, 4, 10 and 11 at 8:15pm.There will also be a March 5th Sunday Matinee at 2pm. All seats are reserved and on sale at the Cornwall & Seaway Valley Tourism Office on Pitt Street.

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

CLIP THIS AD

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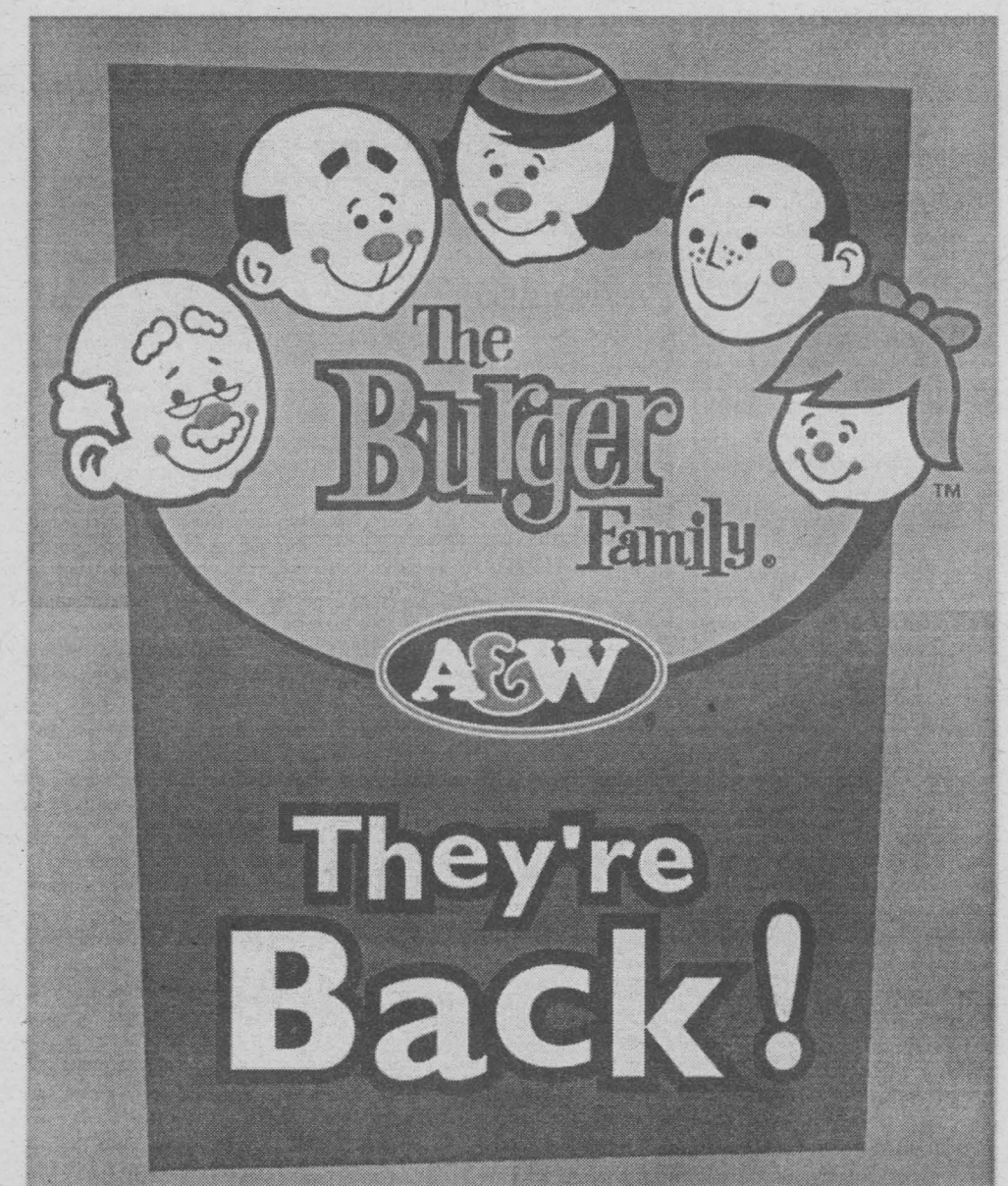
THE Glen PRESENTS
Jesus Christ Superstar
Director - Brenda Quesnel
Music Director - Gilles Levac
Choreographer - Reiko Waisglass
Producer - Pierrette Groulx
Aultsville Theatre
Date & Time: March 3, 4, 10, 11 at 8:15 pm
Price: $16, $14, $12
March 5 - Sun., Matinee 2 pm
Price: *$12 Adults, $6 children*
All Seats Reserved
FREE PARKING
Tickets on sale as of January 31st
at the Cornwall & Seaway Valley Tourism Office,
100 Pitt Street. Call 938-4748 Mon - Fri 8:30 am - 4:00 pm
Music by Andrew Lloyd Webber; Lyrics by Tom Rice;
presented through special arrangement with Music Theatre International, NY, NY.
The Glen, celebrating 35 years of great family entertainment



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POET'S CORNER

André A Pettigrew

A Man's Path

Trials on Earth are a hundred plus a few
As the sky is not always blue.
But optimism always beats pessimism.
Each new day the sun comes up bright
And shines best through a prism
Life's highway is paved with many an obstacle
But bridges are laid right up to the pinacle.
Hurdles are cleared, Freedom is well in sight.
Man will meet his Maker in all His might
Is man's body not only a wrap, but a shell
To house his Soul, his personality?
Man should live healthy and well
And not worry too much and be happy
A man is truly only set free
Once he's exorcised all his demons
And broken all his chains
And busted his many shackles.
Man may not be entirely
Master of his destiny,
But he most surely
Can help clear the path
That leads him into Eternity
Before a man gains some stability
And some degree of maturity
Before a man fears the Lord's wrath
He must learn to walk in a man's path

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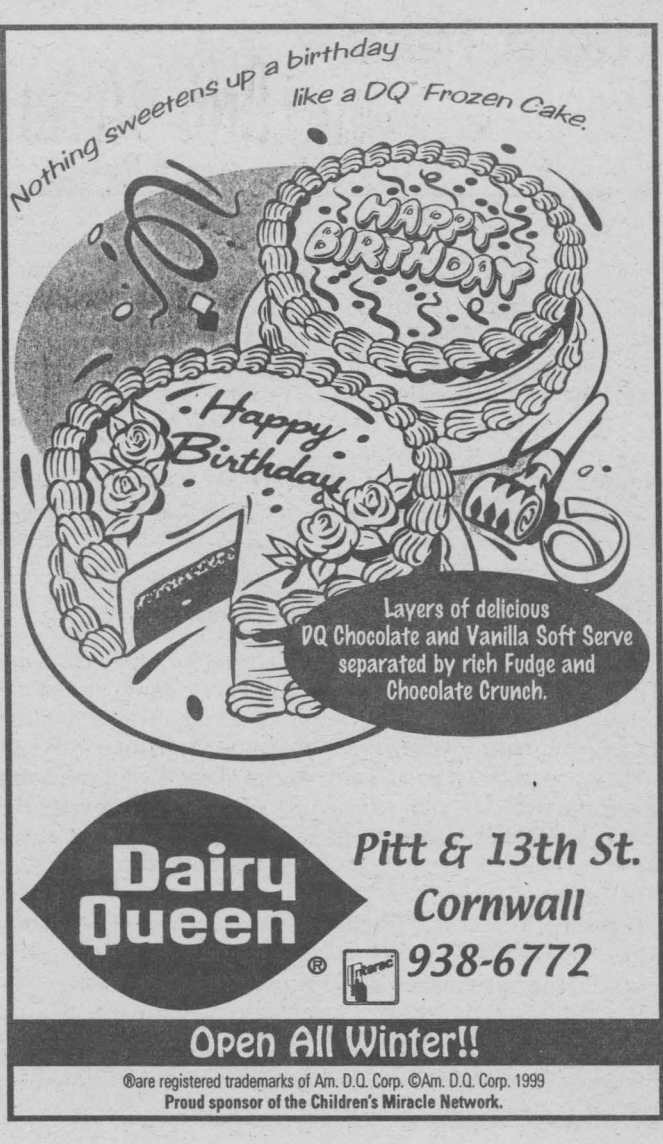

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Don't Bet On It

H.B. **KANTERS**

One of my sports-loving friends called and told me about those fantastic commercials shown during the recent Super Bowl. He mentioned a 60-second spot that illustrates the expression "like herding cats", a techy phrase that describes an unmanageable situation. It seems a big US consulting firm bet two million dollars on this one ad. I don't understand football any more than I understand high-tech business ventures, but I do understand that many people like to bet.

Betting people can be annoying, because they'll try to bug you into betting with them about anything. They'll say things like "bet you can't guess who called me last night" or "bet you can't guess what I paid for this" or "bet you I'll catch the first fish" before you even get the boat into water. These people are addicted. If they attach money to their pestering ways it will not be more than a quarter, a loony at most, and this is quite different from gambling. If you have a friend like that it's best to go along because good friends are hard to find. But if you want to stop it, there's a harmless way to do that, too.

Wanting to bet on everything is part of an overly competitive nature. The behaviour seems pointless to us non-competitive people and telling a friend to stop it will do no good. He (or she) has to be shown the silliness of constant competition. Remember the old cliché you can lead a horse to water but you can't make it drink? Sometimes you can. In this case you don't need water or a horse, but you do need a wheel-barrow.

Let me tell you that I have never done this to another person, but I did witness my father do it one Sunday afternoon years ago, at his own birthday party. It was family tradition to have a big get-together on grandpa's birthday and sometimes my mother invited people he did not particularly care for. This was one of those times, and the old friend's name was Otto. He started bragging and annoying my father during the three-hour lunch already, and kept it up when the men went outside. I looked after the children on these occasions and had taken them out to play in the yard. We were near the group of men consisting of my father, his three sons-in-law, two neighbours and this Otto. I noticed my father coming out of the garden shed with his wheel-barrow. Although this was August, he surely wasn't doing any gardening on this day. I saw him talk with Otto in an animated way while pointing across the road, then to the wheel-barrow. He did this several times, then the two men shook hands.

The next moment I saw my father step back, point to the wheel-barrow once again, and say something which made all the other men burst out laughing. But Otto didn't laugh. Then I heard my father call out: "Do it or pay up, you XXXXX.." One man kept slapping him on his back, the others toasted him with their beer bottles, they were having a grand old time. But poor Otto wasn't. Why was he so embarrassed? Why did he meekly pull out his wallet and hand my father a ten-dollar bill, with the other men cheering them on?

While my father put the wheel-barrow back in the shed, and Otto told his wife they were leaving right now, the rest of us heard the details from the gleefully laughing men: my father had challenged Otto to see which one of them was stronger. His exact words to the younger man had been: "I bet I can push this loaded wheel-barrow across the road and you can't push it back." Otto had seen the pile of cement blocks stacked up beside the garage nearby and had agreed on the ten-dollar bet. But instead of filling the wheel-barrow with cement blocks, my father had turned to his pesky friend and had quietly said: "All right, Otto. Get in, and I'll do my part."

So much for counting your chickens before they're hatched or any other appropriate cliché.

Auxiliary Fundraiser



The Auxiliary of Cornwall General Hospital held their annual luncheon meeting, where they had kindly donated $30,000 to the Cornwall General Hospital.

The cheque was handed over to the C.E.O. of the hospital, Murray Halkett. The funds will be used to purchase a Blood Pressure monitor and a Bronchovideoscope.

A Blood Pressure monitor enables the hospital personnel to measure the pressure of blood on the arteries.

A Bronchovideoscope is a very small camera that is inserted in order to view the smaller airways of the lung.

This is the first time that this type of Bronchovideoscope is being introduced to the hospital. The piece of equipment has been enhanced and its use has been modified to allow more flexibility within the lung.

The new pieces of equipment will be used within the hospital.

Pictured above are Audrey Murphy, President Elect of the Auxiliary; Murray Halkett, C.E.O. of the General Hospital and Marilyn Dulmage, President of the Auxiliary.

Story & photo by Penny Seguin.

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The Natural Health and Nutrition Center
of Cornwall would like to invite you to attend a
Symposium on
Homeopathic Medicine
Tuesday, March 7th at 2 p.m.
at the Cornwall Public Library
Limited Seating ~ Free
presented by Dr. Daniel Faierstein Godin, M.D.
Doctor of Homeopathic Medicine
Discover how you can benefit from this therapy which helps you regain your vital force and cures your health problems
Millions around the world have benefitted from Homeopathy Medicine. *Why Don't You?*
Reserve your seat at 936-1940 with Joanne Gauthier

COMMUNITY DIGEST

*A-Z BRIDAL GALLERY and St. Lawrence College are presenting a Prom & Graduation Attire Fashion Show on Saturday March 25th, 7:00-9:00p.m. at St. Lawrence College. Proceeds to Alzheimers Society.

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

*ANNUAL HERITAGE FAIR at Brookdale Mall on Saturday February 26th, 9:00a.m. to 4:00p.m. Come and see the many heritage displays throughout the mall.

*ASSOCIATION OF BRIGHT CHILDREN will hold their next meeting on Monday February 28th, 7:00p.m., at Murphy's Inn. Guest Speaker: Bill Morton, gifted education teacher at Upper Canada District School Board. Everyone welcome. Info: Michele 936-2511.

*BIRTHRIGHT. Pregnant? Need help? Free pregnancy tests. Confidential. Counselling. Info: 938-2028.

*COFFEE CLUB FOR WRITERS meets monthly for coffee and support at Kathy's Cafe, 10 Second St. West. Next meeting is being held on Wednesday March 1st, 1:00p.m. Everyone welcome.

*"COME AND REJOICE" Gospel Music Variety Night is being held on Saturday March 4th, 7:00p.m. Cornwall Pentecostal Church 208 Second St. East. Everyone Welcome.

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

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

*CORNWALL MEALS ON WHEELS is currently seeking volunteers who will deliver hot nutritious meals once a month to persons who are house bound. If you have 2 hours a month to spare, call Andree-Anne at 933-3384 ext. 263.

*CORNWALL NEWCOMERS CLUB is a non profit women's club available to residents who have lived in Cornwall for less than 4 years. Monthly meetings are held the first Tuesday of each month at 7:00p.m. Next meeting is scheduled for Tuesday March 7th. Info: Ruth at 933-6782.

*DON'T WANT IT but don't know what to do with it? Please don't throw out, instead, keep your eyes open for the Ontario SPCA spring yard sale. Follow-up information will be available regarding dates, times and location. Any item can make a BIG difference! It's all for the animals.

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

*GLEN PRODUCTIONS presents "Jesus Christ Superstar" at Aultsville Theatre, March 3rd, 4th, 10th, & 11th, at 8:15p.m. Matinee March 5th, 2:00p.m. Ticket information call 938-4748.

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

*KNIGHTS OF COLUMBUS, COUNCIL 11347, St. John Bosco Church, 847 York St. are holding their monthly breakfast, Sunday, Mar. 5th, in the Parish Hall, after the 9:30am & 11:00am masses. Everyone welcome.

*MILLENIUM COMMUNITY TALENT SHOWCASE. Prizes will be awarded for the logo and poster contest. Presentations are at 7:00p.m. at the Lancer Centre. Co-sponsored by 'St. Lawrence Stepping Stones' 2000 Committee & R.O.A.R. Theatre Arts Committee.

*MOCCASIN RAILROAD CLUB will hold it's next regular meeting on Wednesday March 1st, 7:30p.m., Nativity Centre (downstairs). Interested visitors are welcome. Info: 932-0552.

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

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

*PARTIR D'UN BON PAS activites pour février: "Partie de carte/Card game", mardi/Tuesday 29 février, Centre familial, 1h/1:00p.m. Info: 938-2000.

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

*SPOKES & MAGS MOTORCYCLE CLUB of Cornwall, are hosting their first annual Motorcycle Picnic on Saturday June 3rd, (rain date: Sunday June 4th), 11:00a.m. to 6:00p.m., Guindon Park (Floral Drive Picnic Area). Proceeds to Children's Wish Foundation. Everyone Welcome. Info: 937-3504.

*ST. MATTHEW'S LUTHERAN CHURCH MEN 1509 Second St. W., will be hosting a Pancake Supper on Tuesday March 7th, (Shrove Tuesday); 5:00p.m. to 7:00p.m. Everyone welcome.

*TRINITY ANGLICAN CHURCH 105 Second St. W., is hosting a Pancake Supper on Tuesday March 7th (Shrove Tuesday) 4:00p.m. to 7:00p.m Everyone welcome.

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

*WORLD DAY OF PRAYER is being held on Friday March 3rd, 1:30p.m., at Knox United Church, Lancaster. Everyone Welcome. Info: 347-2941.

5th Annual Seaway Cup



On Friday, February 11th, 2000 the competition was high to win the 5th Annual Seaway Cup. Held at the Long Sault Arena, the competition featured all of the local police forces, including the Cornwall Police Department and the SD&G O.P.P. Police Force.

The funds raised from this event will be donated to the Snowsuit Fund.

The sponsors for this event were Molson "Take Care," Itech/Martinville Ltd., Flarrow Hockey Sticks, Riverfront Diner, and local Subway stores.

Pictured above, Randy McGillis - O.P.P. Police Officer, and Thom Racine - Cornwall Police Officer.

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MARCH 6 - 12

New Times. New Attitude.

An ageing population. Shorter hospital stays. Shrinking health care budgets. New medications coming on stream every day. No wonder Canadians are becoming more active in their own care and taking charge of their health.

Now more than ever, Canadians are searching for answers to their health-related questions, either on the Internet (through an ever growing number of health related web sites), or from self-help books. They are going to their doctors with ideas about how they want to proceed with their health care and are often asking for specific medications. And, in record numbers, they are making the decision to try herbal and natural health products (NHPs).

During Pharmacy Awareness Week 2000 (March 6 - 12) your pharmacist reminds you that, while it is important for you to take charge of your health, you do not have to do it alone. Talk to your pharmacist.

Today's pharmacist provides many services in addition to filling prescriptions. As the most accessible health care provider in the community, your pharmacist is often your first point of contact with the health care system and is an excellent source of information. In addition to addvice and information about taking your medicine well, your pharmacist can help you with a variety of other health concerns, including:

- reviewing all your medications and overall health to ensure you are getting the most from any and all medication you take
- counselling on how to take nonprescription medicines or herbal and NHPs
- managing conditions such as diabetes, asthma, high blood pressure, high cholesterol
- providing information and advice on staying well and preventing disease
- helping with lifestyle changes; for example, quitting smoking
- helping you find other useful resources within the community
- helping you make sense of health information you find on the Internet or in the news.

Always ask your pharmacist about your medicine

Medications are an important tool in the management of health, but only if they are taken as prescribed. If not used properly, they can be ineffective or cause serious harm to a person. When patients take the tome to speak with their pharmacist they can learn what the medication is for, how to take it, where to store it and what to do if they experience side effects. They can also learn how to tell if the medication is working, what foods, alcohol or other drugs they should avoid while taking it and when they should refill their prescriptions. Pharmacists can also help you choose the best nonprescription medication to treat your symptoms.

Your Health Checklist

Your pharmacist can help you make the best choices for your health. Here are a few other important steps you can take to help you enjoy better health:

- choose a pharmacy that meets your needs and continue to use only that pharmacy
- keep your pharmacist up to date on any prescription , nonprescription or herbal or NHPs you are taking
- ask your pharmacist to help you select nonprescription medications or herbal and NHPs
- take your medications as directed
- talk to your pharmacist if you are unsure about how to take or store your medications or if you are having any problems with your medications
- never leave the pharmacy before you know the answers to all your questions.

Using Medicine Safely

- Always take your medicine as your doctor and pharmacist tell you to - no more and no less!
- Even a little too much medicine can hurt you.
- Sometimes medicine tastes bad, but it can make you feel better when you're sick.
- Some medicine looks like candy so you must be careful - ask an adult before you take any.
- Cough drops are medicine, not candy - ask your parents before taking them.
- Take only your own medicine. Do not share your medicine - not even with your best friend.
- Do NOT take anything from strangers. Only your parents should give you medicine (or another adult your parents say is okay).
- Keep all medicines in a safe place - away from young children so they won't be hurt.
- Don't keep medicines in the bathroom. Bathrooms get hot and steamy, which is not good for medicines.
- Old or unused medicines should be taken back to your pharmacy for safe disposal. Don't throw medicines in the garbage or flush them down the toilet.



CANADA

PRIME MINISTER • PREMIER MINISTRE

I am pleased to extend my warmest greetings to everyone taking part in Pharmacy Awareness Week 2000.

As pharmacists, you have had a significant impact on the quality of life of many Canadians. Your actions in providing sound advice to the many clients you serve illustrates the dedication of the many members of your profession. This campaign, entitled "New Times. New Attitude. Take Charge of Your Health," will surely highlight the important role pharmacists continue to play in assisting individuals with many medication and health related inquiries. As you participate in the many activities marking the eighth annual Pharmacy Awareness Week, you may take great pride in your commitment to the health and well-being of all those whose lives you touch.

Please accept my best wishes for a most productive campaign and for every success in the years ahead.

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CORNER POST

When family farm entrepreneurs have adopted all the latest management concepts will they still be running their farms?

But... why the question? The last decade has seen the arrival of a whole new range of management concepts on our farms: technology use agreements with the arrival of genetically modified seed, environmental farm plans to improve creation stewardship, nutrient management plans as a result of larger livestock facilities, linked production systems like the three-way deals in chicken and the loops in pork production, one-on-one and direct to processor marketing contracts, branding - the market driven assurance programs like the Vintners Quality Assurance program for Niagara wines, Foodland Ontario or Apple Crisp and market driven food safety standards like HACCP (Hazard Analysis Critical Control Point) and the Canadian Quality Assurance program of our National Pork Council.

Elbert **van DONKERSGOED**

Are these management arrangements eroding the role of the independent entrepreneur? When they adopt these concepts, do family farm entrepreneurs weaken or strengthen the decisions they make at the kitchen table?

I don't doubt that the entrepreneurial drive and the management intuition of many farm families will allow them to take these new operational strategies in stride and make them work in their businesses. But in the process, the farm sector is undergoing fundamental change.

The business of farming is becoming a smaller and smaller slice of our food system. Farm management decisions are slipping away from the farmstead. Global food merchants make more of the decisions about our food production system. More pronouncements made in corporate head offices are reaching down to the farm. What if the food system of the future only needs farmers to be mortgage holders and providers of cheap labour?

The entrepreneurial and industry implications of these new management concepts are being explored in a series of ten facilitated workshops sponsored by the Christian Farmers Federation of Ontario.

This is an opportunity to explore: when farmers have adopted all these new management concepts, will the major farm business decisions still be made on the farmstead?

Elbert van Donkersgoed edits Earthkeeping Ontario and has been senior staff with the Christian Farmers Federation of Ontario, Canada since 1971. Corner Post can be heard weekly on CFCO Radio, Chatham and CKNX Radio, Wingham. Copyright 2000 Terra Coeur.

COMPUTER CORNER

Internet Stock Trading



John **LESTER**

Everyone seems to be offer you information on how to invest your money. Many of these sites allow you to setup a portfolio list to track your investments and to deliver current news on these companies.

A couple of the good web sites that I have found are; www.globeinvestor.com and www. pointcast.com .

Both of these sites give you great information and you can view your investments in a graphic format.

Another good site is Gordon Pape's home page at www.gordonpape.com . Lots of good advice and easy to read.

Several of people in my business have been bitten by the Internet trading bug and I can attest to the addictiveness of this activity. However, be careful, this is real money you are dealing with and if you don't research well before you invest, you could loose your shirt.

getting into stock trading on the Internet. The growth in this area is incredible. When I signed up for Internet trading about eight months ago, it took a few minutes to fill out the forms, I dropped the forms off at the local bank branch and I was ready to go. Because of the increased demand for this service it is now taking up to three weeks to open an Internet trading account.

The Internet has been a great asset for the small investor. Many small investors like myself probably wouldn't get involved in the stock market if it weren't for the Internet.

Buying and selling is very easy. Point and click and the order is placed. I placed a sell order a couple of days ago and today when the stock reached my price it sold. Couldn't be easier.

There are literally dozens of web sites that include information for smokers who don't want to quit, for smokers who do want to quit and for those people who want to help a smoker quit.

Easy to use, free booklets are available from local offices of the Canadian Cancer Society.

Canadian Cancer Society Has Stress Buster For Smokers

You've heard experts talk about 'good stress' and 'bad stress'. But when it comes to quitting smoking, stress is the downfall of many smokers.

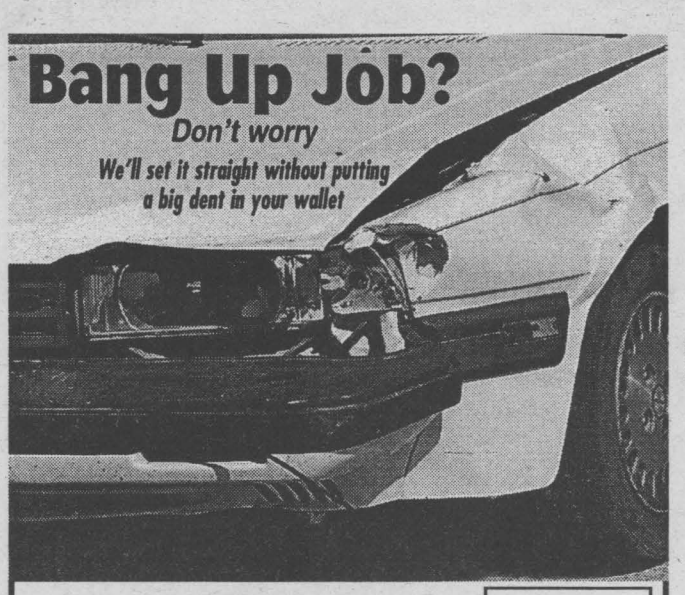
"Smoking is what helps me deal with the stress in my life. When I quit smoking, what's going to help me deal with the stress of quitting – not to mention everything else?!" says Brenda, age 37.

"This is a common feeling of many people who want to quit smoking," says Cheryl Moyer, Director of Tobacco Control and Special Projects, Canadian Cancer Society. *"Smokers are most tempted to smoke when their stress level is high. Trouble at work, a sick family member, financial problems, even a holiday can increase your stress and make it easier to give in to the temptation to smoke."*

For many smokers, stress can be caused by well meaning friends or relatives who want to help but may not understand they can't make a smoker quit. The pressure they use may actually prevent the smoker from quitting.

The Canadian Cancer Society's **One Step at a Time** booklets provide tools to identify the stress standing in the way between you and quitting smoking and will help you find new ways of coping.

So, smokers who want to quit shouldn't let coping with stress stop them, nor should the people who care about smokers give up. The Canadian Cancer Society's **One Step at a Time** self-help smoking cessation booklets were developed with help from smokers and are based on current research. They



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AMAZING GRACE

"Charge them that are rich in this world, that they be not high-minded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy." - *I Timothy 6:17.*



Pastor Bob **BURGESS**
Pastor New Life Covenant Church

We live in such a materialistic age and people are quick to place their trust, hopes, dreams and security in things rather than the living God.

This same problem existed in the Bible and Paul here is telling Timothy to tell the people not to trust in their riches, but in the living God. I think that if Paul were alive today, he would say the same thing and perhaps with even stronger words.

It really became obvious to me during the recent hurricanes and floods as people lost all they had that how quickly "things" can disappear. If we are looking to things rather than God, we could end up one day "bankrupt" if things are removed.

This verse calls "things" uncertain riches because they can disappear through wars, accidents, health failure, etc.... but if our trust is in the eternal God, we will not be shaken no matter what happens to us.

A question we need to ask ourselves is: What are true riches? Is it things like cars, boats, houses, etc....? I believe that true riches are love of family and friends, faith in a loving God, good wife or husband, good health, and all these are gifts from God. This verse says that God wants to give us all things to enjoy, as we trust in Him and not in our things.

Let me encourage you to take stock, look around you and ask yourself if you are trusting in God or things.

As always, remember God loves you! He really, really does!

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In order to reach both library users and non-users the survey will be available in the library branches and in this week's ad bag. So Watch for it in your ad bag this week. Completed returns can be dropped off at your local library or municipal office or mail to SD&G County Library-Survey, 20 Pitt St., Cornwall Ontario., K6J 3P2. An online version of the form will be available at www.sdgaccess.glen-net.ca/sdglibrary.

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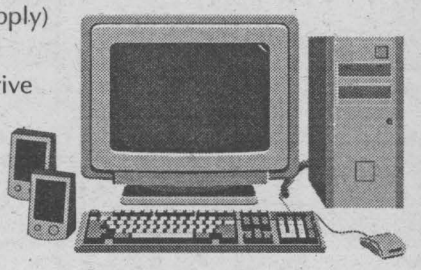

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Yvan BRUNET

Dak "Harmony 2000". A super album overflowing with new-age music (incorporating African and Indian impulsions splashed across a techno musical background) to celebrate the new millennium. "Harmony 2000" is as sumptuous and beguiling a recording as I've heard in quite a while.

Crowded House "Afterglow" - EMI. A great collection of 12 newly-discovered Crowded House songs unfortunately hidden away for years. Perhaps leftovers for this great Australian band, but actually a main course for lesser known bands.

Various Artists "Scream III" - Sony. This is the loudest, hardest, heaviest movie soundtrack compilation in recent years: Creed (What If), Fuel (Sunburn), Static X (So Real), Ear 2000 (Click Click), and so on. For those so inclined!

The Rockfords "The Rockfords" - Sony. The Rockfords, hardly a household name, hail from Seattle. They have released an exceptionally good rock record, full of memorable melodies, soulful singing, propulsive rhythms and some ripping guitar solos. Check out "Riverwide" with guest artist Nancy Wilson (Heart).

Robert Palmer "Rhythm & Blues" - EMI. Yorkshire's Robert Palmer has come up with still another feast for the ears by combining many of the various styles of soul that make up R&B music on this self-produced and self-written album. Check out the hypnotic chorus in the first single "True Love."

Elvis Presley "Such A Night" - RCA. A behind-the-scenes look at a group of Elvis' recording sessions. The album is comprised of 19 previously unreleased performances (alternate takes) that give us the opportunity to explore how the man made his music: Fever, Little Sister, Suspicion,...

Jimmy Smith "Six Views Of The Blues" - Blue Note. This all-blues program is hardly jazz organist Smith's most earth-shattering offering, but it is nonetheless a delightful album for late night enjoyment with guitarist Kenny Burrell and baritone saxophonist Cecil Payne joining in.

Shelby Lynne "I Am Shelby Lynne" - Island. Shelby Lynn has resurfaced with an intimate yet turbulent album. The young lady has written some of her most beautiful melodies sketching narrative stories about inner turmoil, lost love and injustice. All in all, a great record about accepting one's self.

Randy Travis "Super Hits" - WEA. A real treat for the fans of the man who led the New Country Traditionalist movement a few years ago: "The Box", "Reasons I Cheat", "I Told You So", "Promises",... Check out also "Super Hits" albums by Travis Tritt and Little Texas.

Wes Montgomery "Dangerous" - Milestone. Self-taught jazz virtuoso Wes Montgomery passed away in 1968 but his music lives on. Witness 1961's "Dangerous" (now available on CD format) which boasts rare takes showing Montgomery's guitar style to be as fluent as ever.

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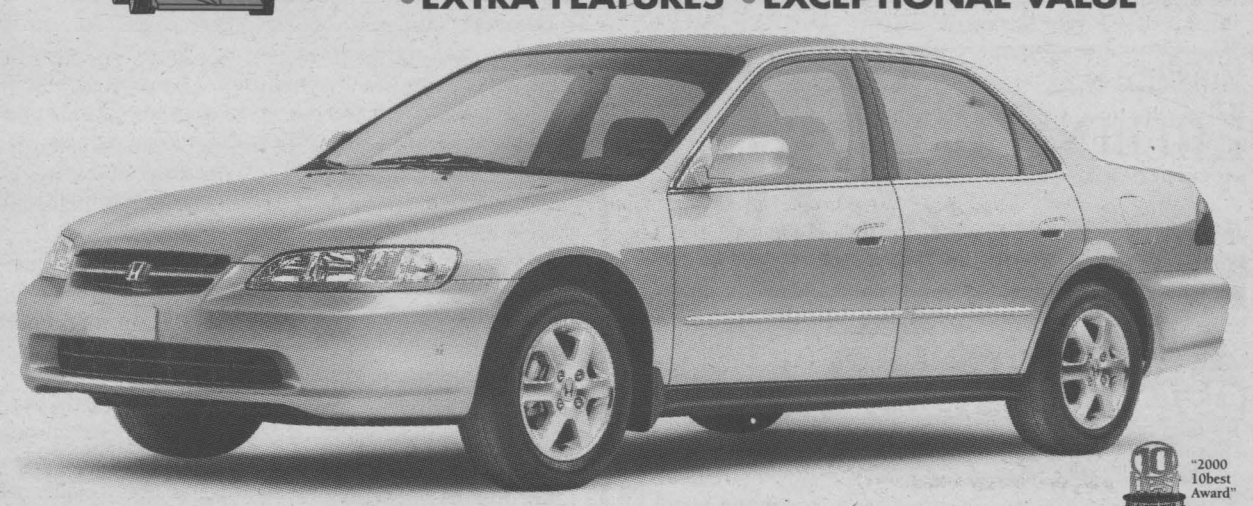

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SMALL BUSINESS PROFILE

TASTE OF THE SEA

New Location Now Open At City Centre, 812 Pitt St. Unit #40.

Are you a seafood lover? If so be sure to drop by Cornwall's newest fine fist and seafood retail outlet. TASTE OF THE SEA, formally located at 1215 Pitt St. N., is locally owned and operated by Tom and James Cooper. Tom says operating the store is a passion "We love this business, helping and educating our customers with their seafood selection is very rewarding."

Tom says, "our customers vary from first time or novices to very educated customers who know exactly what they want when it comes to fish and seafood. Taste of the Sea prides itself in helping its clientele in making that perfect choice from a wide variety of products, many of which are hard or impossible to find in local supermarkets.

"If someone has a special request for something that we don't carry on a regular basis we'll go out of our way to try and get it for them" says Tom.

As well Taste of the Sea can accommodate bulk orders for large get togethers and often at discount prices.

The most popular fish is offered fresh weekly such as: Salmon, Cod, Haddock and Sole. Just to name a few.

As well many specialty products are available such as: seafood sauces, caviar, clam juice, fish stock, smoked oysters and smoked mussels, smoked kippers, capers, dulse (seaweed), shuckers and lobster bibs.

Just remember if they don't have what you want, just ask, they'll do their best to get it for you.

Lobsters are one of their most popular items. Depending on the season you can have yours live, whole, fresh cooked, or lobster tails. You can even choose between Canadian or Caribbean lobsters.

Shrimp is also very popular be it Jumbo, Black Tiger or cooked, this popular seafood is guaranteed fresh at Taste of the Sea.

If you're planning a party or get-together then perhaps a seafood platter would be just right for the occasion. You can request the platter of your choice with the shrimp and lobster platter being the most popular.

Each platter is presented in an appealing presentation including sauces, lemons and parsley. These will surely impress your guests.

Free delivery (Min. order $10.) and free Vac Pak are two of the services that set Taste of the Sea apart from when it comes to providing superior service.

If you plan on freezing all or part of your purchase then having it Vac Packed will ensure the freshest product and longer storage time.

Once the weather gets warmer the spacious new location will allow for outside BBQ's on the patio. "We will be able to offer different selections such as fish rolls or Lobster rolls with the proceeds going to local charities."

Tom says, "This is a great way for our customers to sample different products while benefiting local charities as well."

Taste of the Sea, new location at the City Center with it's large, bright interior combined with increased parking and central location is sure to be a hit!

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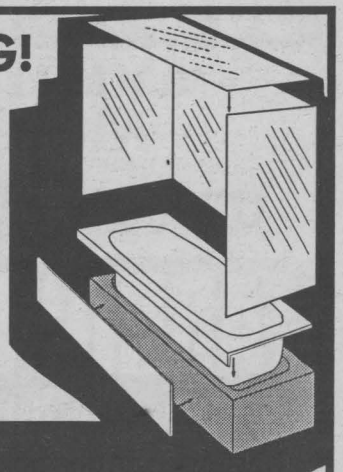
WE HAVE THE PERFECT PACKAGE FOR YOU!! FREE ESTIMATES.
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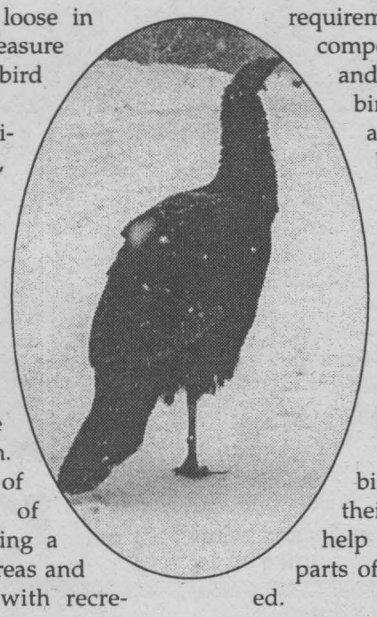
Wild Turkey

Some residents of Riverdale subdivision have become accustomed to the wild turkey they have running loose in their backyards. I had the pleasure of meeting with this "wild" bird on Power Dam Drive.



It has been said that the animal likes to race with cars, perch on people's porches and even fly over moving cars at a close distance.

In 1984, the Ministry of Natural Resources, in association with the Federation of Anglers and Hunters and many other interested parties became involved in the turkey introduction program. The program consists of increasing the diversity of wildlife in the area, returning a once native species to our areas and providing local residents with recreational opportunities, both passive and active. The first birds were released in the Napanee area. Since that time, turkeys have been moved all over Southern Ontario. The Ontario population is estimated to be well over 10,000 birds.

Habitat for the birds is a combination of food, shelter and water, basically the requirement for all life. Their diet is composed 75% plants and seeds and 25% insects. These wild birds do have a preference of acorns, beech nuts, dogwood berries and wild grapes. In order for them to maintain this diet, it requires a certain percent of their habitat to be in open grassy areas.

Turkeys are usually found in deep forest cover areas. They have now adapted to smaller forested areas.

If the snow is too deep, the birds are not able to maintain their food intake. Farmers can help these birds by leaving some parts of their corn fields unharvested.

It is important for the bird to remain wild. The Ministry of Natural Resources suggests restraining from feeding the bird, this will help the bird from returning or remaining in this area, when it decides to relocate.

Story & photo by Penny Seguin.

11 Things You Need To Know To Pass your Home Inspection

Cornwall - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identified the most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse turn prospective buyers away altogether.

In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for. And knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their home is listed, a free report entitled "11 Things You Need To Know to Pass your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report, call 1-800-865-0177 and enter ID 2203. You can call anytime, 24 hours a day to ensure a home inspection doesn't cost you the sale of your home.

This report is courtesy of Henrietta Duvall, Exit Realty. Not intended to solicit properties currently for sale, Copyright©

Family Food Facts

- 36% of Ontarians and 35% of Canadians say they do not know what to serve their families for supper by 4 p.m. the same day.
- 39% of consumers indicate that time constraints influence their decision on whether to prepare a home-cooked meal.
- After taste and nutrition, Canadians rank convenience and ease as the third most important decision when choosing food.
- Only 20% of Canadians say they follow Canada's Food Guide to Healthy Eating.
- Only 10% of consumers indicate that they have a weekly meal plan.
- Only 42% of Canadians always use a written shopping list when buying groceries.
- 69% of Canadian women report they are the principal grocery shopper, while 29% of men say they are responsible for the grocery shopping.
- 65% of Canadians prepare food every day or almost every day.
- 52% of Canadian women primarily prepare family meals.
- 65% of women have weekday meals on the table in less than 45 minutes.

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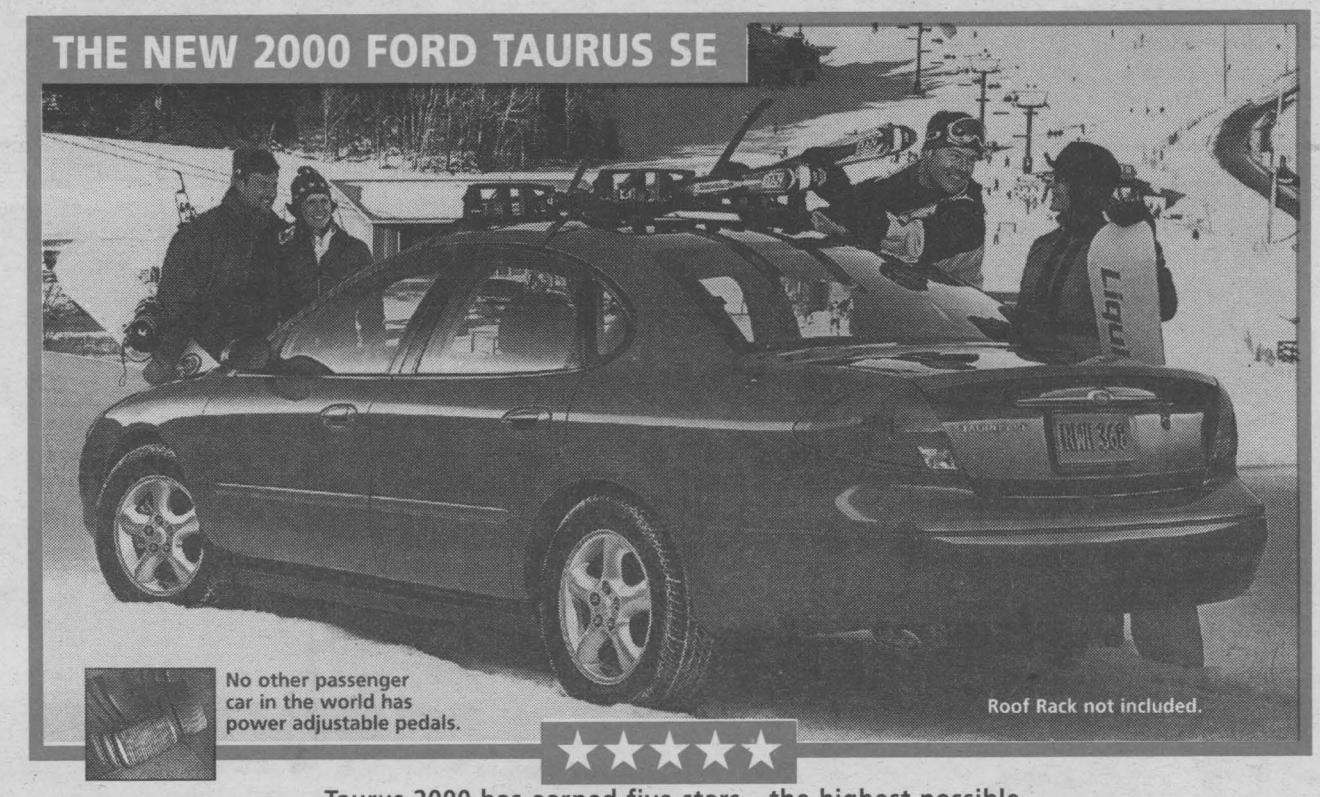
THE NEW 2000 FORD TAURUS SE



No other passenger car in the world has power adjustable pedals.

Roof Rack not included.

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Taurus 2000 has earned five stars – the highest possible U.S. Government crash test rating – for both driver and front passenger – two years in a row.†

LEASE FOR $289* PER MONTH/36 MONTH LEASE
$3,995 Down Payment Plus $870 Freight and $350 Security Deposit

OR PURCHASE FOR 2.9%** 48 MONTH FINANCING

Performance Features: • 16" Aluminum 5-Spoke Wheels • Increased Horsepower and Torque • Improved Steering & Handling **Comfort Features:** • Power Drivers' Seat • Heated Mirrors • Light Group • 5-Passenger Seating with Floor Shift **Peace-of-Mind Features:** • Power Adjustable Pedals • Anti-Lock Brakes • Advanced Restraint System • SecuriLock™ Anti-Theft • Dual-stage 'Smart' Airbags • Child Friendly Trunk Release System

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Based on 3.25% annual interest rate over 36 months

Monthly Payment	Down Payment or Equivalent Trade	Security Deposit	Freight	Due on Signing
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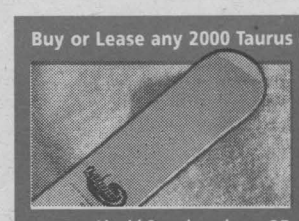
$347	$1,995	$400	$870	$3,612
$405	$0	$475	$870	$1,750

First Month's Payment Required. $0.08/km charge over 60,000 km for 36 months. $11,776.60 Optional Buyback. Applicable Taxes, Licence, Insurance and Administration Fees Extra.

Buy or Lease any 2000 Taurus between Feb. 1st – March 18th, 2000 and get your choice of:‡



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WISE BUYERS READ THE LEGAL COPY: *Lease an in-stock new 2000 Taurus SE Sedan from Ford Credit to qualified retail lessees, on approved credit. Total lease obligation is $14,399/$14,487/$14,580. **2.9% purchase financing available on new 2000 Taurus for a maximum of 48 months on approved credit. E.g. $25,000 financed at 2.9% annual percentage rate for 48 months, monthly payment is $552.20, cost of borrowing is $1,505.60, and total to be repaid is $26,505.60. Down payment or equivalent trade may be required. Financing offer does not apply to licence and insurance fees. Dealer may sell or lease for less. Some conditions apply. Offers may change without notice. Limited time offers. **Offers are mutually exclusive. Offers cannot be combined with any other offers.** See dealers for details. ‡Ski/Snowboard/Snowshoe offer only available on in-stock new 2000 Taurus that are delivered to and received by the purchaser/lessor on or before March 18th, 2000. Offer available at participating dealers only. Bindings not included. †The highest frontal impact rating for both the driver and front passenger in U.S. government National Highway Traffic Safety Administration (www.nhtsa.com) testing. Ontario FDA, P.O. Box 2000, Oakville, Ontario L6J 5E4

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The Nissan Altima GXE blows Accord and Camry off the chart for about $1,200 less.

All vehicles compared are model year 2000	Nissan Altima GXE	Toyota Camry CE	Honda Accord Sedan LX
Price	$23,798 MSRP	$25,070 MSRP	$25,300 MSRP
Auto/ Air Cond. Cruise Control	Standard	Standard	Standard
Engine Block Heater	Standard	Accessory	Accessory
Horsepower	155 HP	136 HP	150 HP
AM/FM/CD	Standard	Standard	Optional
Remote Keyless Entry	Standard	Accessory	Accessory
15" Wheels	Standard	14" wheels	Standard
P205 Tires	Standard	P195	P195
Front Centre Console w/ Dual Level Storage	Standard	N/A	N/A
Woodtone Interior Trim	Standard	Accessory	Accessory
8 Way Adjustable Drivers Seat	Standard	N/A	N/A
60/40 Split Folding Rear Seat	Standard	Standard	Full Fold Down Seat w/pass through
Rear Seat Immobilizer Key System	Standard	N/A	Standard
Pretensioner Front Seat Belts	Standard	Standard	N/A

SPECIALLY PRICED UNTIL FEB. 29th/00 $21,988

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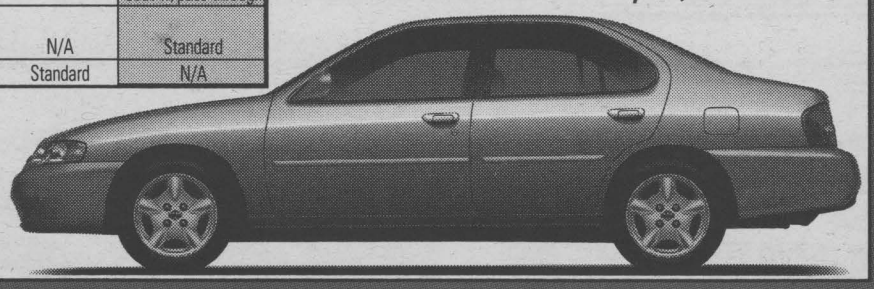
or $298/mo.

Lease for 48 months. Only $1,500 down



NISSAN DRIVEN

2000 Maxima GXE

• 222 HP 3.0 litre V6 engine • automatic tranmission • automatic climate control air conditioning • power windows, door locks and mirrors • 120 watt premium AM/FM/CD with cassette audio system with 6 speakers • anti-theft system • remote keyless entry with vehicle immobilizer system



$398/mo. lease for 48 months. Only $3,000 down

or finance rates starting at 5.8%

purchase price $31,600

2000 Pathfinder XE

•3.3 litre V6, engine • automatic transmission • power windows, door locks and power heated mirrors • air conditioning • AM/FM with cassette audio system • roof rack • 16" alloy wheels • black privacy glass



$369/mo. lease for 48 months. Only $4,000 down

or finance rates starting at 2.8%

purchase price $35,000

DISCLAIMER: Smart people always read the fine print. And they always wear their seatbelts. Limited time offer. *48 month lease on 1999 Sentra XE, ALR 7.75% with down payment or equivalent trade of $980. 1999 Altima GXE ALR 7.75% down payment or equivalent trade of $980. 48 month lease on 1999.5 Pathfinder XE, ALR 7.75% with down payment or equivalent trade $4,075. 1st payment and security deposit due at lease signing. Sentra, Altima and Pathfinder leases based on maximum of 96,000 km with excess km charged at $0.06/km. Available at participating dealerships. All offers are OAC and exclude acquisition fees, destination and delivery, licence, insurance and taxes. Dealers free to set individual selling price. See your Nissan dealership for details. Based on Compusearch data, January - December 1998.

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NISSAN DRIVEN

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$199/mo.*



only $1420 down or equivalent trade-in

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$327.60/mo.* TAX INCLUDED 48 mos. lease OAC



air, auto, CD

no money due on delivery

2000 RAV 4

$379/mo.*

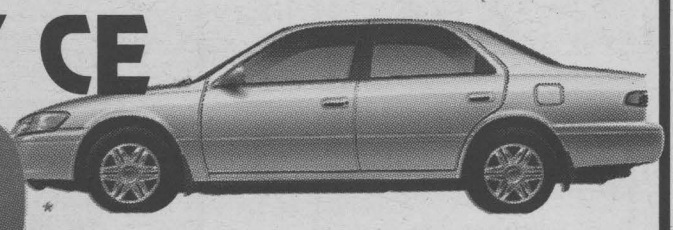


$1965 down or equivalent trade

5 SPD. VALUE PACKAGE

2000 CAMRY CE

$349/mo.*



$1900 down or equivalent trade

Rodger Grant TOYOTA

353 Pitt St., Cornwall

* lease based on 48 month walkaway lease with 24,000 km per year. Taxes plus first & security on delivery. OAC.

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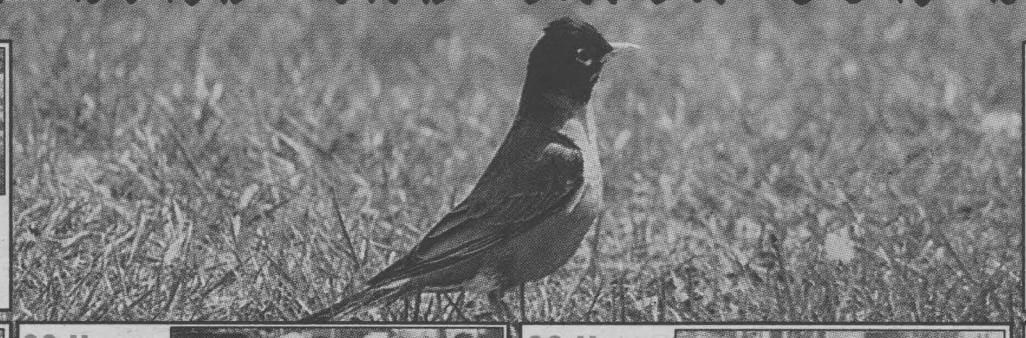
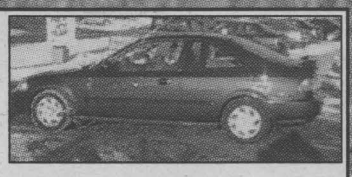
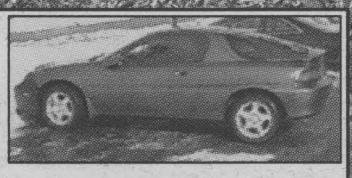
BE AN EARLY BIRD AND CATCH OUR BEST PRICES

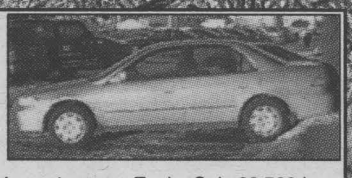


97 HONDA CIVIC SI
stk #4514A

2 dr. coupe, auto, A/C, p. windows & locks, p. sunroof, only 55,000 kms, warranty 'til 100,000 km
only **$15,995**

97 HONDA CIVIC EX,
stk #PUH407A

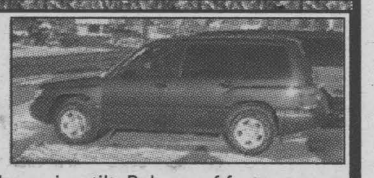
4 dr., auto, A/C, ABS, power windows & locks, cruise, tilt, Honda warranty 'til 100,000 km
only **$14,995**

94 MAZDA PRECIDIA GS
stk # H4539A

V6, 5 spd., cass, cruise, tilt, p. mirrors, new P205/55R/15 tires, alum. mags, mint condition, 1 owner, trade
$8,995

98 HONDA ACCORD LX
stk #H4263A

4 dr., auto, A/C, ABS, p. windows, locks & mirros. 1 owner. Trade. Only 28,500 km
only **$20,995**

98 HONDA ACCORD EX
stk #H4259A

2 dr. coupe, auto, A/C, CD, power sunroof, spoiler, in black, only 24,000 km. Lots of warranty
only **$21,995**

98 SUBARU FORESTER AWD
stk #3475A

auto, cass, p. windows & locks, cruise, tilt. Balance of factor warrany 'til 100,0000 km
only **$20,995**

New 1999 Model Clearance

STK. #	MODEL	EQUIP.	MSRP	SALE
H4450	CIVIC SI SOLD	2 dr. 5 spd.	$20,018	$17,994
H4280	CIVIC LXG	4 dr., 5 spd., A/C, ABS	$18,818	$16,776
DEMO	CIVIC EX SOLD	4 dr., auto, A/C, ABS	$21,438	$19,341
H4383	ACCORD LX SOLD	4 dr., auto, A/C, ABS	$26,618	$24,040
H4451	ACCORD EX	4 dr., auto, A/C, ABS	$29,887	$26,913
H4454	ACCORD EX	4 dr., auto, A/C, ABS	$29,887	$26,913
DEMO	ACCORD EX	V6, 4dr., auto, A/C, ABS	$33,117	$29,983
DEMO	ACCORD EX	V6, 4 dr., auto, A/C, ABS spoiler, mud guards	$32,482	$28,495
H4428	ACCORD EX	V6, 4 dr., auto, A/C, ABS	$32,482	$29,153
H4510	CRV AWD LX SOLD	4 dr., auto, A/C, P.W.	$28,673	$25,247
H4365	CRV AWD LX	4 dr., auto, A/C, P.W.	$28,673	$25,247
H4528	CRV AWD LX	4 dr., auto, A/C, P.W.	$28,673	$25,488
H4529	CRV AWD EX	4 dr., auto, A/C, P.W.	$29,542	$26,292

all prices include freight & PDI plus no charge security system. (Value $299)

WARRANTY 6 month/ 10,000 km on all used cars 94 and newer

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1200 Brookdale Ave. 933-7558

Card • Quote V.I.P.
VIP Card with every sale ($300 value)

* 36 mth lease, 15,000 km/ann., $1000 or equivalent trade down plus 1st payment, security deposit. Admin & taxes 9.25 % APR 10¢ per excess km

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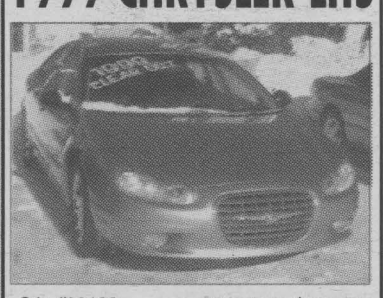
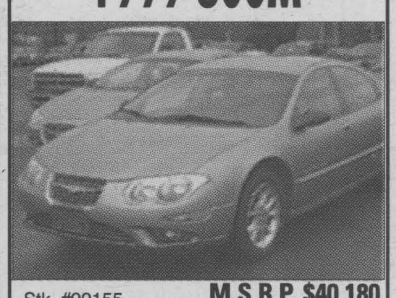
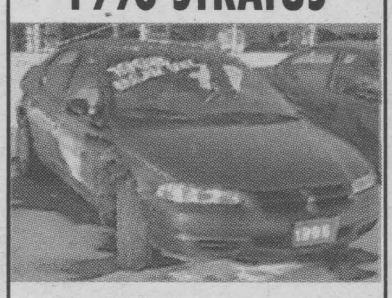
MAKE AN OFFER - DRIVE HOME A DEAL!!

FEATURES OF THE WEEK

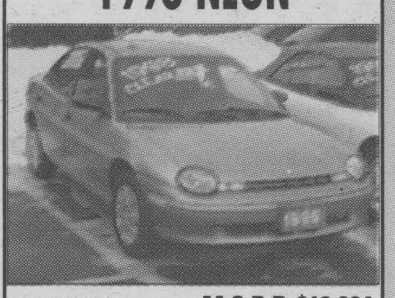
NEW
1999 CHRYSLER LHS

Stk. #99139 M.S.R.P. $41,919
SAVINGS $7,919
SALE PRICE $34,000

DEMO
1999 300M

Stk. #99155 M.S.R.P. $40,180
SAVINGS $6,280
SALE PRICE $33,900

DEMO
1998 STRATUS

Stk. #98407 M.S.R.P. $23,440
SAVINGS $5,740
SALE PRICE $17,700

DEMO
98 SEBRING CONV.

Stk. #98348 M.S.R.P. $35,275
SAVINGS $4,975
SALE PRICE $30,300

DEMO
1998 NEON

Stk. #98347 M.S.R.P. $18,664
SAVINGS $4,864
SALE PRICE $13,800

	WAS	CLEARANCE PRICE
2000		
NEON, (stk. PV1788) 8,000 km	$18,900	$17,900
1999		
DURANGO, (stk. PV1786) 4x4, loaded	$39,900	$37,900
CARAVAN, (stk. PV1789) low, low mileage	$28,900	$26,900
NEON, (stk. PV1790) 23,000 km	$14,900	$13,900
VOYAGER, (stk. PV1804) loaded	$19,900	$17,900
SEBRING CONV.	$30,900	$28,900
1998		
RAM 4X4, (stk. PV1709)	$25,900	$24,900

	WAS	CLEARANCE PRICE
1997		
CARAVAN SPORT, (stk. PV1754) sport pkg.	$21,200	$20,900
INTREPID, (stk. PV1767) 56,000 km	$16,900	$15,900
INTREPID, (stk. PV1771) 52,000 km	$16,900	$15,900
CARAVAN, (stk. PV1779) 68,000 km	$17,900	$16,900
INTREPID, (stk. PV1795) 54,000 km	$17,900	$16,900
CARAVAN, (stk. PV1797) 51,000 km	$17,900	$16,900
CIRRUS, (stk. PV1806) 41,000 km	$17,900	$16,900
CHEV CAVALIER SPORT (stk. PV1787X)	$10,900	$9,900

	WAS	CLEARANCE PRICE
1996		
CARAVAN, (stk. PV1777) 90,000 km.	$15,900	$14,900
1995		
CARAVAN, (stk. PV1822A) well equipped.	$11,900	$10,900
1994		
FORD EXPLORER XLT,	$15,900	$14,900
PLYMOUTH ACCLAIM,	$10,900	$9,900
1993		
ESCORT WAGON, (stk. PV1810) economy car.	$5,900	$4,900
1992		
TOWN & COUNTRY, (stk. PV1688A) fully loaded.	$12,900	$10,900

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* prices are plus frt, PDE, admin & taxes. Special financing may be available in lieu of partial savings. Some vehicles may not be exactly as shown

Cornwall Royals Atom "A"

It was a busy weekend for the Royals as they travelled to Alexandria Bay to take part in the "Lysander Lightning Alex-Bay" Tournament. In their first game, playing against Massena, Cornwall had the victory 2-0. Jesse Piteau scoring early in the 3rd period and Philip Theriault adding the 2nd marker late in the 3rd. Assists were supplied by Max Shea and Jesse Corriveau. Next contest was against the Canterbury Crusaders and the Royals suffered a 3-1 loss. Lone goal was scored by Jesse Piteau assisted by Jason Marion. Lysander was the next to beat, and the Royals did just that, as they netted 7 goals to their 1. Goal scorers were Jesse Piteau (4), Corey Adams and Pat Mainville (2) and 3 assists. Other helpers were by Jesse Corriveau, Alain Parthenais, Jarrett Jacobs and Philip Theriault. Backing up the teams great effort were the heart of the team, the goalies. Pat Quenneville and Hunter White worked tremendously hard with an average of 20 saves per game. After the 3rd game Cornwall was leading with 10 1/2 points, Lysander trailing close behind with 8 points, meaning they would have to go head to head with Lysander a second time, this time for the Championship.

In the championship game, Jesse Piteau scored late in the 1st period giving Cornwall the lead 1-0, although, with Cornwall receiving many unjustified penalties in the 2nd and 3rd period, Lysander were able to score 2 power play goals. The final score was 3-1. The Royals lone goal was assisted by Philip Theriault.

On Monday, the last league game for Cornwall was against Osgoode-Rideau. Stephen Herrington scored early in the 1st, assisted by Jesse Corriveau, only to have Osgoode answer quickly, by scoring one of their own. Seconds, later, receiving a pass from Shayne Lucyshyn, Philip Theriault tipped one in. Cornwall now had the lead 2-1, and held it until the 3rd period, when Osgoode scored and tied it up. With 1:10 remaining in the 3rd period, Jesse Piteau had a break away and scored the final goal of the game. Final score was 3-2 for Cornwall.

As all good things must come to an end, with playoffs around the corner, it is yet, just a new beginning. The Royals first playoff game will be in Kingston against Kingston City on Saturday February 26th, 2000.

On behalf of the Cornwall Royals "A" team, I thank you for the great coverage you gave the team for the 1999-2000 season. The time and space you have provided for us, has been greatly appreciated by all. Again, I thank you for your generosity and the support that you give to Cornwall minor teams. See you in the playoffs!!!

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MEN'S SLO-PITCH
(6'-12' ARC)
All Beach Volleyball Teams
Grumpy's Sports Bar
(Long Sault)
is taking applications for these summer programs.
These Leagues are very inexpensive and will expand where necessary
For Info call
534-3959 or 534-8125

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Pre-Season
IN-LINE SKATE
blow out
37 Ninth St. East
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Colts 930-9300
GET CLOSER TO THE ACTION
"Kick Ice" Hockey
CORNWALL COLTS JR. "A" HOCKEY
Si Miller Arena
Adults $7.00
Seniors/Students $6.00
Child (under 12) $3.00
(accompanied by an adult)
NEXT HOME GAME
Tues., Feb. 22nd
7:30 p.m.
vs KANATA
COGECO SEAWAY NEWS BLAZE 101.9

CUCBA Lions Bantam Boys Basketball

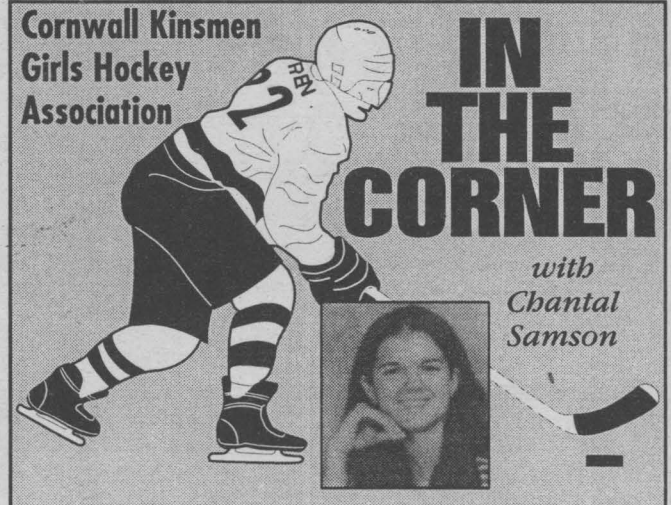
Basketball-Lions win 3

CUCBA Lions Bantam Boys played 4 games on the weekend coming away with 3 victories. On Saturday in Gloucester the Lions thumped the Wolverines 59-44 led by Mike Rasenberg's 15 points, followed by Pat Coristine, 13, and Martin Durivage and Scott Lepage with 10 points each. In the second game the Lions won a squeaker 57-55 over the Kanata Cavaliers 2 with Pat Coristine hitting a 3 pointer at the buzzer in the first overtime. The Lions were led by Martin Durivage's 17 points and Mike Rasenberg with 16 points. It was a solid team effort by the Lions.

On Sunday the Lions came away with a split, losing the first game to the Nepean Bobcats 76-51. Mike Rasenberg led the Lions with 11 points, with Pat Coristine (10) and Jamie Swinden (8). In the second game the Lions prevailed in a tough contest 65-61 against the Kanata Cavaliers 1, with all 12 players figuring in the scoring. Ryan Mohammed had a strong game pulling down several key defensive rebounds.

Cornwall Kinsmen Girls Hockey Association IN THE CORNER

with Chantal Samson



I was searching on the internet this week looking for some information for my article when I stumbled across this poem written by Nicole Corriero. I thought it was kind of cute and I want to share it with you.

When I first started hockey, it was called a phase.

Something I would get over within a couple of days.

The next year I played, they called it cute.

A girl who plays hockey, what a hoot!!

Following that year, I made rep boys, double A.

It was surprising to hear what some of the parents had to say.

"Girls can't play hockey !" "She doesn't belong here!"

As well as other treacherous phrases that met with my ear

As the years went by the situation got worse.

Making it seem that the better I played, the bigger the curse.

They could not take the fact that a girl was better then they were.

They'd say to themselves "I won't get beaten by HER!!"

They couldn't understand that on the ice we are all the same, playing hockey for the love of the game.

I remember that when I scored, not all were as happy as the rest.

They could not swallow the fact that a girl could be the best.

My experiences with boys' hockey was not all that bad.

I remember more of the happy times than the times I was sad.

However, no matter what team I played on, something wasn't right.

That something was the prejudice that I always had to fight.

I was being alienated, because I was a girl.

Am I supposed to be a ballerina, to sing, dance and twirl?

I soon realized later, that I had nothing to demonstrate.

That no matter where I played I'd always feel their hate.

I switched over to Girls Hockey because, correct me if I'm wrong.

Considering my gender, girls' hockey is where I belong.

Nesbitt Burns Novice "B" Royals

The Nesbitt Burns Novice "B" Royals participated in the Embrun Panthers Novice Tournament recently and won the "A" Division defeating the Metcalfe Jets.

Team members are: Joshua Lefebvre, Joshua Loney, Jeremie Spagnolo, Brock Bissonnette, Ryan Wong, Jeffrey Hebert, Trenholm MacDonnell, Brendan Trasuk, Trent Thomas, Justin Ingram, Matthew Jacobs, Brett Conway, Zach MacInnis, Mack Mitchell and Brett Michaud.

Asst. Coach Tony Ingram, Coach Marc Bissonnette and Trainer Frank Spagnolo. Manager Geoff Trasuk and Trainer Gary Lefebvre.

CORNWALL MINOR BASEBALL
ROYAL CANADIAN LEGION 297
REGISTRATION
Girls and Boys

Divisions	Ages	Cost
T-Ball	5-6	$45.00
Pitching Machine	7-8	$55.00
Minors	9-10	$65.00
Majors	11-12	$70.00
Juniors	13 - 16	$80.00

If enough 17 year olds register there will then be a Senior Division made
Monday, May 1st 'til Wednesday, May 10th will be
SPRING TRAINING WEEK with the Black Sox Travelling Team
Ask About Our Family Plan
The Regular Season runs from May 11th 'til July 12th, 2000 (tentative date) (20 game schedule) and then the playoffs. All players will receive a participation medal this year.
Umpires can sign up on the below dates:
REGISTRATION WILL BE HELD AT THE RAT'S NEST
Bergeron Drive (at the end of Marlborough Street South) on these dates only - open to first 500 players
Wednesday, March 1, 8, 22 & 29/2000 .....5 pm - 9 pm
Thursday, March 2, 16, 23 & 30/ 2000 .....12 noon - 5 pm
Saturday, March 4, 11 & 25/2000 .....10 am - 2 pm
Sunday, March 5, 19 & 26/2000 .....12 noon - 3 pm
Monday, March 6, 20 & 27/2000 .....5 pm - 9 pm
Registration after above dates will be subject to a $10.00 late administration fee.

Club 55 Plus

Upset of the week at Olympia Bowl in Club 55 Plus action saw the Leopards easily beat the Moose for a 3-0 count. Val Currie tossed a 211 single, assisting were Don Silmser, Shirley Merpaw, Theresa Arsenault, Edith Edwards and Thelma Goulet.

Highs Rolled: Joe Arsenault 245, 206, Conrad Godard 243, Ron Currie 239, Bill Thompson 232, Bill Wilson 229, Les Dagostine 223, Frank Sanderson 221, Wil Riley 219, Eleanor Dennis 216, George Belmore 213, Vernon and Shirley Eastman 212, Jim Hughes 209, Heather Wilson 206, Rene Amelotte 205, John MacDonald, Peter McEvoy and Cliff Merpaw all with 201.

Attendance Winners: Dawn Pidgeon, Bill Owen, Maurice Champagne.

Cornwall Mini Atom Selects

The South Stormont Atom Selects completed a busy week playing 3 league games, one exhibition game and competing in the Morrisburg Lion Atom Tournament.

In League play, the Selects defeated Charlan 2-1, Potsdam 2-1, and tied Ogdensburg 2-2. Goaltender Colin McKay was awesome between the pipes. Goal scorers were Corey Jodoin (3), Wendel Simpson, Sheldon Wells and Patrick Geneau. On Saturday, the Selects battled Canton to a 3-3 draw. Greg Guindon led the Selects with a goal and an assist.

On Sunday, South Stormont captured the "B" Championship in the Morrisburg Tournament. In the opening game the Selects battled the Gloucester Black Hawks to a 1-1 draw until late in the third period. The Black Hawks went on to win 4-1, with Corey Fleury scoring from Patrick Geneau and Wendel Simpson. Corey Fleury received Player of the Game award.

The Selects rebounded in the second game defeating the Goulbourn Rams 4-1. Wendel Simpson played a super game scoring once and assisting on two others. He also was named Player of the Game. Justin Coughlin, Corey Fleury and Corey Jodoin also scored. Assists went to Taylor Letford, Scott Hickman and Corey Fleury.

In the final, Chris Manwell provided shut out goaltending for the second time in a week as the Selects defeated the Alexandria Glens 2-0. Wendel Simpson and Corey Jodoin scored with assists going to Sheldon Wells, Scott Hickman, and Wendel Simpson. Chris Manwell was named Player of the Game.

The players have really started to take their game to a new level. Keep it going Selects. You are a pleasure to watch!

Big Brothers/Big Sisters Bowl For Millions



Over $57,000. was raised last weekend as the Big Brothers/Big Sisters Bowl For Millions took place in Cornwall and area.

Pictured above, bowling for Club Optimiste de la Region de Cornwall were Pierre Campeau and Paul Marleau.

(photo by Chris McPhee)

The team "Knockouts" representing the Ontario Courts were (l-r) Monique Lefebvre and Lynn Riverre.

Big Brothers & Big Sisters Bowl For Millions Raises $72,392.35

Cornwall Police Chief Tony Repa, chairperson of the Big Brothers/Big Sisters Bowl for Millions has announced that this year's Bowl for Millions has raised a total of $72,392.35 in pledges.

The final amount raised in Cornwall at the Olympia Bowl, Nativity Lanes, and the Bowling Palace of Cornwall on February 12th has now come in at $58,435.07. The Glengarry Challenge Cup at the Alexandria Lanes on Sunday, February 13th raised $3,608.25 in pledges and the Counties Challenge Cup at the Chesterville Bowling Lanes on Sunday, February 20th raised another $10,349.03 in pledges.

Chief Repa said, "Once again, the residents of Cornwall and SD&G have shown their generous support of the work of the Big Brothers and Big Sisters of Cornwall and District."

Chief Repa thanked Cornwall and SD&G residents for their continued support of the local Big Brothers/Big Sisters agency and, in particular, those who bowled and their sponsors, honourary chairperson Walter MacLean, the committee members, the 50 volunteer workers, the bowling lanes, the local businesses and organizations who provided prizes and advertising, and the local media.

This year's Bowl for Millions has attracted 260 teams made up of 1,340 bowlers.

The top team overall in the Challenge Cup at the Bowling Palace of Cornwall was Knox-St. Paul's United Church.

The top team overall in the Challenge Cup at the Olympia Bowl was the SD&G Shrine Club.

The top team overall in the Challenge Cup at the Nativity Lanes was Sears Canada.

The winning team in the Glengarry Challenge Cup at the Alexandria Lanes was Archie Cousineau and Family.

The winning team in the Counties Challenge Cup at the Chesterville Bowling Lanes was Jim Cooper and Friends.

The winners in the various divisions were as follows: service clubs, Knights of Columbus Council 755; celebrity, SD&G Shrine Club; school staff, Eamer's Corners Public School; professionals, Law Office of Leo D. Courville - Second to None; restaurants, Fifth Wheel Truck Stop; financial, Howard Smith Credit Union; media, Seaway News; social services, Big Brothers and Big Sisters #7; industrial, Laframboise Group; small businesses, Vertical Factory; students, Char-Lan District High School; health care, Glen-Stor-Dun Lodge; stores, Maynard's Your Independent Grocer; 10 pin, Knox-St. Paul's United Church.

Executive Director, Brian Lynch, indicated that Bowl for Millions has been the major fundraising activity for the local Big Brothers/Big Sisters agency since 1979.

Lynch said, "funds raised in this year's Bowl for Millions will be used to recruit, screen, train, and match caring, responsible adult volunteers with children from single parent families in Cornwall and SD&G in need of adult friendship and guidance and to follow up on the existing matches."

Chief Repa reminded bowlers who did not hand in their money at the bowling lanes to do so at the Big Brothers/Big Sisters office at 101 Third St. West, Cornwall by March 7th in order to qualify for the various prizes.

Guindon Esso Atom B Royals

Guindon Esso Royals had a couple of exhibition games played at the Civic Complex. First was St. Isidore where the outcome was in their favor 4-2 over the Royals Goals were scored by Chad. Lapensee and Cary Soares. Second match-up was against Massena, Cornwall came out ahead 3-2 in a low shooting match. Goals came from Matt Chause, Chad Lapensee and Nathan Guindon.

In the Royals last season game they visited Char Lan where the defence helped keep the shots low on net. Cornwall out shot Char Lan 13-6 to finish with a tie 2-2 with both goals scored by Cary Soares. The Guindon Esso Royals finished with a 10-12-2 record. Good Luck in the play-offs.

South Stormont Computer Sense Novice Selects

The South Stormont computer Sense Novice Selects closed out the regular season with a win and a tie. Last Wednesday, the Selects tied Morrisburg 1-1, Daniel Viau scored the lone goal. On Friday, Matt O'Neill supplied shut-out goaltending as the Selects defeated Alexandria 2-0. Sean Rudy & Kale Perry scored.

The Selects finished in a tie for second place with a 16-4-4 Record. They will take on the Morrisburg Lions in a semi-final playoff action - a four point series.

Good Luck, Selects!!

Tips To Top Winter Allergies

(NC)–Many Canadians get stuffed up and sneeze because of indoor allergies during the winter. Here are ten tips to make life more pleasant.

1. Wash the curtains and bedding to cut down on dust and kill dust mites.

2. Open the windows. A sealed house keeps allergy causing irritants and stale air inside.

3. Bathe your pet and wash their blankets in hot water. Cat or dog dander, hair and fur, can cause allergic reactions.

4. Change furnace air filters regularly to improve their efficiency and cut down airborne dust.

5. Damp mop floors instead of dust-mopping and dust furniture and knick-knacks regularly with a damp cloth.

6. Avoid fumes from painting and cleaning products. Open windows to ventilate.

7. Don't over-humidify. Too much humidity promotes the growth of mould.

8. Try Fisherman's Friend medicated lozenges for relief. They're Canada's first choice for cold symptoms and they work on allergy symptoms too!

9. Take a walk outside to get fresh air. In the winter, outdoor air does not contain allergy causing pollens.

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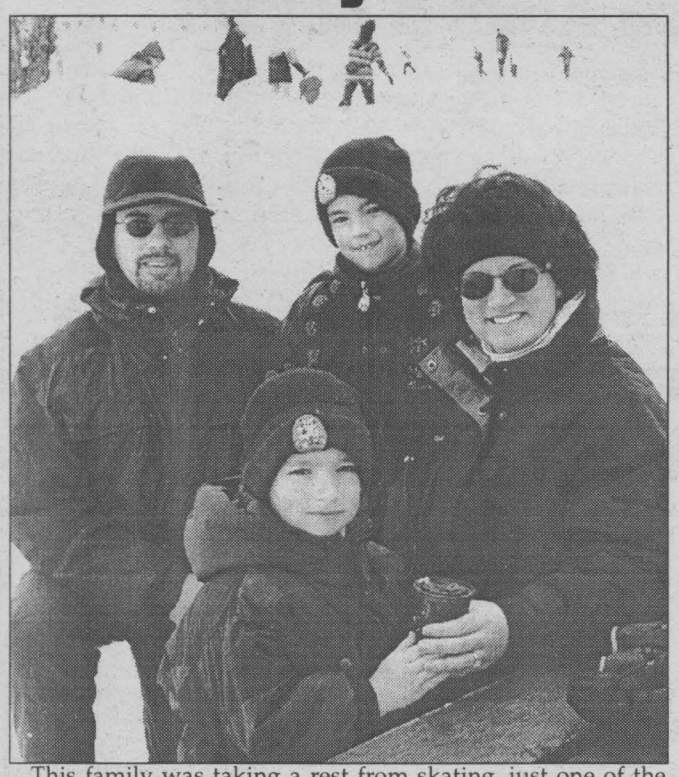
Family Fun



This family was taking a rest from skating, just one of the many activities enjoyed at the Millennium Family Fun Day, this weekend at Gray's Creek Conservation Area.

Pictured above are Carole and Michel Lengenvre with their two children, Nicholas and Martin.

From Country Into The City



Nick
WOLOCHATIUK

Crows are relatively recent arrivals on the commuter circuit. Many commuters find jobs in large urban areas such as Montreal or Ottawa, then retreat to suburban and rural bedroom communities on evenings and weekends.

In contrast, the Cornwall area crows tend to disperse into the countryside during the day, then lazily flap their way to small woodlots within the city as dusk approaches. Some of their favorite overnight 'roosts' are southwest of the corner of Pitt and Tollgate, north of the cluster of schools on McConnell and near the west end of Riverdale.

Rarely are they seen at backyard bird feeders. Crows are primarily scavengers. If the snow cover is shallow enough, they glean the kernels of corn left among the stubble. If some creature gets stunned or killed by speeding traffic, the 'American crow' ('Corvus brachyrhynchos') is soon on the scene. The raven (Corvus corax), the crow's much larger cousin, is still quite uncommon locally. Blue jays and magpies are also members of the Corvidae family, one that hops rather than walks.

Crows are reputed to be one of the most intelligent, wily and adaptable birds on the continent. As civilization encroaches on the wilderness, crows thrive. They are also quite social with their own kind. If you've ever listened to their raucous and lengthy 'conversations', have you ever wished you could tune in to their frequency, to learn what they're discussing, arguing or sharing?

Have you had any interesting experiences with these fellows? Are they taking up residence or moving in to 'find work' in your neighborhood? Other than waking you up at the crack of dawn, are they any problem to you? If you were to rate your regard of various species of birds on a scale of 'one (intense dislike) to ten (great fondness, appreciation and respect)', how would you rank crows, hummingbirds, pigeons, starlings and chickadees?



"These 'boots' are made for walking..."- ...but they're not Nancy Sinatra's! When foraging for sustenance, crows have proven to be willing to dine on virtually anything: road kill, gleaned corn, french fries or what's left of the colonel's chicken. About the only place they seem to shun is backyard feeding stations.

(Photo by Nick Wolochatiuk)



Gathering Place - During the day, crows border on being solitary, or roaming in very small bands. However, when dusk approaches they form large 'roosts' in urban and suburban refuges, to profit from the mutual protection of each other's presence.

(Photo by Nick Wolochatiuk)

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KEEPING HEALTH IN MIND

Caregiver Stress

It would be wonderful if all relationships were easy all the time, especially with those that we love and cherish most. When a family member gets ill, or can't live alone, the question of where they should live, or if they should live with us can sometimes raise issues that become broader than our feelings of love. Depending on your family history, when a parent can no longer live alone it may be a natural instinct to scream, "No, never! My parent can't live with me." For others, the love, the caring, and the natural sense of responsibility may move quickly. Our parents took care of us, fed us, bathed us, nursed us through illness, therefore it would be reasonable to give back to them the care they gave to us.

The stress of caring for an older family member, of finding the proper resources, of learning how to effectively deal with the issues that arise can take a toll on both body and mind. It is essential to understand that care giving commonly causes stress, therefore it is important to recognize signs that you are overwhelmed, and that you need to decrease your stress level.

When our body experiences stress it goes into a "fight or flight" response. Heart rate, blood sugar, blood pressure, and breathing all rise, to get your body ready for action. When the stress goes away, your body shuts down the "fight or flight" response and begins to repair the damages caused by the stress. The problem is when a stress demand does not go away. This is the case when dealing with a sick or elderly person who requires constant care. It reduces your ability to get a decent night's sleep, causes conflicts between wanting to help someone else and to help yourself. If the stress doesn't stop, your body never gets a chance to heal itself. The immune system stays shut down, so infections, sickness and disease occur more easily. There is an increased risk of heart disease. Depression can occur because of the increased demand of your brain and nervous system. It's not healthy to maintain this "high alert" level on a constant basis. Your health depends on caring for yourself and getting stress under control.

It is important that you recognize the signs of stress. Here are some common ones: dry mouth, headache, confusion, nightmares, indigestion, skin problems, clammy hands, tearfulness, depression, feeling faint, overeating/under eating, diarrhea, constipation, nausea, heart palpitations, anger, irritability, resentment, fatigue, and weariness.

Once you have identified stressors, take action. Your best bets are nutrition, exercise and relaxation.

Keeping Health in Mind is a monthly newspaper column made possible with the help of Seaway News and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall General Hospital.



CORNWALL CIVIC COMPLEX
March 3rd, 4th, & 5th
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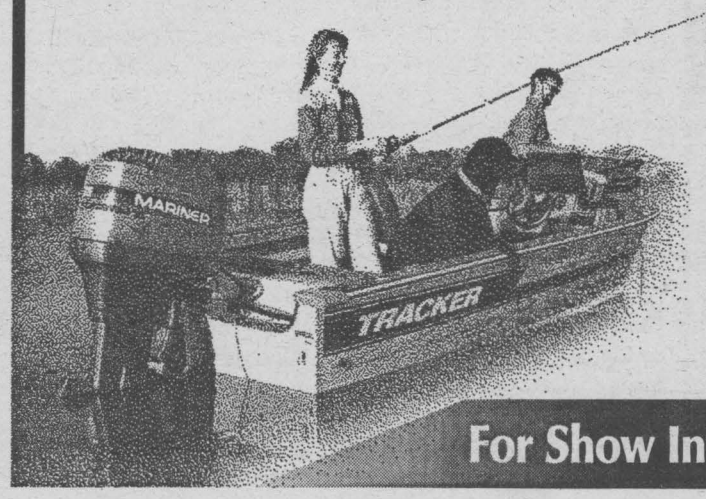

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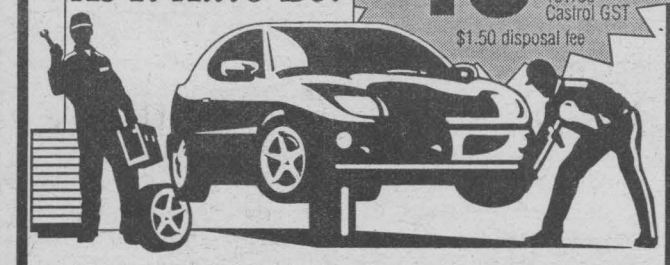

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If you happen to be talking to **Dick Aubry**, ask him what is the proper dress code for golfing in Florida.

Q: "Doctor, before you performed the autopsy, did you check for a pulse?"
A: "No."
Q: "Did you check for blood pressure?"
A: "No."
Q: "Did you check for breathing?
A: "No."
Q: "So, then it is possible that the patient was alive when you began the autopsy?"
A: "No."
Q: "How can you be so sure, Doctor?"
A: "Because his brain was sitting on my desk in a jar."
Q: "But could the patient have still been alive nevertheless?"
A: "It is possible that he could have been alive and practicing law somewhere."
from the Globe & Mail

Why do snow plow drivers feel they have to plow down half the snow banks to fill your driveway. They pass often after the storm and each time take more and more snow from the snow banks to fill your driveway each time. There is no reason for this. During an emergency, an ambulance would be delayed getting to a sick person if the driveway is filled up to your knees. Let's use some common sense.

Dumb Questions:
"The customer is never right!" declares www.customerssuck.com, which compiles workers' grievances about the buying public. Some stupid questions that employees report having heard:
• Do you work here?
• How long is this yardstick?
• Do you take cash?
• Why do you close at 8 p.m.?
• (To a transit driver) Is this my bus?
• Do I need a computer to run your software?
• Why are there no matinées at the drive-in?

Don't forget to clean up those antifreeze leaks. People commonly flush their cooling systems onto driveways and roads. Coolants are sweet tasting and attract dogs in particular. Even small amounts can be lethal when ingested, resulting in kidney failure. If you spill these substances, clean the area thoroughly. Consider using propylene glycol products, which are animal friendly, rather than ethylene glycol products which are not. If your pet has ingested coolant or antifreeze, rush him to your vet.

Congratulations to all the local couples in love who were engaged, married or who re-newed their wedding vows over the Valentine's weekend. The best to all of you!!

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

Idiot Sightings:
A reader reports this recent idiot sighting: A friend of mine works in a camera store. The other day a very confused looking woman approached the counter and handed my friend a camera. She said "I took pictures, but I forgot to have film in the camera. Can you please get them out of the camera for me?"

****

The bank manager noticed the new clerk was an idiot at counting money and adding up figures. "Where did you get your finance education?" he asked.
"Yale," replied the lad.
"And what's your name?" asked the manager.
"Yim Yohnston," he replied.

****

The Honeymoon
Our family held a reunion when my mother was 88 years old, with grandchildren and great-grandchildren attending. The talk turned to honeymoons, and my three daughters began to tell about their trips to Las Vegas, Chicago and Niagara Falls. One of my daughters turned to my mother. "Gramma, where did you go on your honeymoon?" she asked.
Mother never hesitated. "Upstairs!" she said.

Cookie, what's happening with that hockey stick?

I think it's time for everyone to take in their red ribbons and Christmas decorations. We are in February, past Valentine's Day and preparing for the Easter Bunny's arrival.

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"The 1426 Gang"

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Hats off the owner of **Country Café** on Pitt Street, across from the Royal Bank. I had coffee there on Thursday and when I went back the following Thursday, he gave me a $5 bill that was in the booth when I had left. It had fallen out of my coat pocket ... unknown to me ... not many people that honest that I know of. ***Why take your coffee break anywhere else??***

After spending 7 years in the Cornwall Kiwanis Air Cadet Squadron, Warrant Officer 1st Class **Michael Blakely-Bazinet,** has stepped down from his post. Bazinet, is one of the most decorated cadets in Canada.

Angry local grocery store shopper would like to send sour grapes and melons to them for telling my husband and I that the manager had said not to sell anymore Coke-a-Cola glass bottles. Why is there a shelf with all kinds of them sitting there is they're not for sale? They told us that we had to buy groceries to be able to purchase these bottles. Well, for their information, we went to No Frills, purchased these same bottles without the purchase of any groceries. Too bad, so sad, but my shopping will be at No Frills more often from now on. Our family members are not too impressed.
One very angry and upset customer.

It was almost time to leave for church, and my husband restlessly watched the clock. He wandered in and out of the room several times, noting my progress at getting ready. After starting the car to let it warm up, he came back and stood at the door, watching me put on my makeup. "You look nice," he said with finality. *"But you'd look a lot nicer in the car."*

Seventies (70's), Eighties (80's) & Nineties (90's) ... now it's the 00's or Noughties!

Cornwall lost a good friend and long time businessman recently in Allen Lough. Allan was active in this community and will be sadly missed. Our deepest condolences to the family of Mr. Lough.

$1 OFF
MIKE'S FUN FACTORY
$1 OFF
$1.00 OFF one game of mini golf with this coupon. Not valid with any other promotions. Expires Mar. 19/00
18 Hole Minature Golf • Batting Cages • Space Maze • Arcade (Pool Tables, Air Hockey, Large Assortment of Video & Ticket Redemption Games)
1020 Montreal Road 938-1619

Having read John Steinbeck's 1937 novel Of Mice and Men in school I can't believe there would be any reason good enough to stop students from reading it today. Frankly, I didn't like school but I did enjoy this book. *Former Reform party executive member Terry Lewis of Winnipeg is attempting to remove the book from school because of the language used by some of the characters.* No one can make you act like book or television characters or any other fictional character. To do so is a choice and not a path that "society" pushes you into. Either you have morals or you don't. It's that simple. I hope the younger generation gets to enjoy the book for many years to come.

Hats Off to the Grade 7 & 8 **students from Immaculate Conception Elementary School.** They created more than 100 St. Valentine's Day Cards and distributed them to residents at the Glen Stor Dun Lodge Retirement Home. What a wonderful & caring gesture!

From our American friends:
• Nebraska became the 37th state on March 1st, 1867.
• Ohio became the 17th state on March 1st, 1803.
• Florida became the 27th state on March 3rd, 1845.

Downtown business men are holding "North End" residents hostage by not allowing changes in the City's north end. The City can only grow north. Downtown business people do not want progress since it would compete with their business, therefore, they are holding up the growth of Cornwall.

Tooth or Consequences: During a family dinner, my sister Kathy, a dentist, was lecturing us about our flossing habits. My brother Jim said, "Flossing sure is a pain in the rear." Kathy responded, "Then you're definitely not doing it right."

Quote for the Week:
"One word frees us of all the weight and pain of life: That word is love."
Sophocles.

Starting March 1st
EVERY 5TH DELIVERY = 1 FREE
licensed to deliver alcohol
banking, bill paying
fast food delivery
prescriptions
seniors errands
diapers, formula
kids forget lunch
house keys
business to business
business to customer
Doctor's to Doctor's
emergency purchases
large & small parcels
lawyer to lawyer
office / payroll etc.
Locey's LIMO & DELIVERY SERVICE
Hours: Mon.-Sat. 9-10
Sunday 11-10
"You'll never be stuck again"
930-9221

SAT TECH
$25 OFF MINI DISH INSTALLATION
WITH THIS COUPON - COUPON EXPIRES MAR. 13/00
We Service Satellite / Antenna Systems
Residential & Commercial
Delbert St. Louis Systems Specialists
15 Years Experience
932-9832

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FM WINDOWS & DOORS
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It's time to replace your windows and doors ... call now
ask about our FREE Home Security Offer

FREE ESTIMATES

Lifetime Warranty - All Window Components - Easy To Clean - No Painting - Energy Savings

NO MONEY DOWN NO INTEREST 'til Jan. 2001

NO PAYMENTS 'TIL Jan. 2001

Limited Time Offer O.A.C

Pick Up The Phone & Call Now (613) 932-8121 * 1-800-394-8670
FM WINDOWS DOORS & SIDING

Consumers' Choice Award 1999 for Business Excellence

Cornwall, Alexandria, Hawkesbury, Vankleek Hill and surrounding area

50 Canada's Best Managed Private Companies



Lucille & Bob Tessier
Your Job's Done Right The First Time!

It's Leap Year, so jump on a trampoline on this bonus day, February 29th.

Thought for the week ... have a love affair with life.
Arthur Rubinstein.

GET AWAY FROM HIGH PRICES
50% OFF LAMINATION
25% OFF CUSTOM FRAMING
Hours: Mon. -Sat. 11-3; CLOSED Wednesday & Sunday
1007 Montreal Rd., 938-7265
DEMPSTER'S Frameworks

Brigitte Tessier of Martintown & **Darin O'Shaughnessy** announced their engagement recently.

Inexpensive Coffee Timer - There's no need to spend lots of money on a coffee maker with a built-in timer. Instead, buy a timer normally used for lights. Plug the coffee maker into the timer and, for about $10., coffee will be ready when you are.

"Hats Off" to all the Cornwall Transit drivers who braved the storm last week and kept on schedule. You are all dedicated drivers who care about your fellow riders. Keep up the good work!

Please - Help prevent the over-population of cats and dogs ... Spay or Neuter your pets. Do it for the love of your pet. "All for the Animals."

Slogan for a one-hour optical shop:
"20/20 in 60 minutes".

What a wonderful gesture! Again this year, members of **Cornwall Collegiate and Vocational School's Interact Club** presented residents at St. Joseph's Villa with carnations for St. Valentine's Day. I'm sure this made a lot of people smile. Keep up the good work!!

I would like to send a **big bouquet of flowers** for the very kind person who found my keys in front of Farm Boy on Tuesday, February 15th, 2000. I live in Maxville and I was so touched by this "special act of kindness" by the person who turned them in to Farm Boy. Thank you.

Hey ... check out the **Annual Heritage Fair** being held at the Brookdale Mall on **Saturday, February 26th** from 9 am to 4 pm. Come see the many heritage displays throughout the mall.

He: "You know anybody who wants to buy a love seat? I've got one for sale."
She: "Does it work?"

For everyone who has felt some road rage; instead of getting stressed every time you're stuck at a red light, use it as an opportunity to relax, to stop and take a deep breath. Let every green light remind you to let go of all your tensions.

Shiny Copper Pots ... Before you throw out left-over tomato sauce, soak copper pots and pans in it for about 15 minutes. The acid in the tomato sauce will make the copper glow.

We've come to expect these insane committees on fuel pricing at the federal level with Dan McTeague et al ... but now to have one at the provincial level ... shame on them. Useless!

John Cook is wondering why when he's flipping for the coffee, ***the other two guys always seem to get tails??***

This date in history: February 25th, 1963: U.S. radio's first taste of the Beatles - "Please Please Me" - bombed!

Memories



Preserve your treasured memories forever.

LOGAN'S GALLERY Gift Shop
A Gallery Like No Other
204 2nd St. East 938-3629

Rush's Rules of Gravity: When you drop change at the vending machine, the pennies will fall nearby while all other coins will roll out of sight.

Shaker ... and Mover

While driving on an icy Calgary street, my friend Debbie couldn't stop for the light and slid into the back of another car. The driver got out, but seeing Debbie was all right and finding no damage to his own vehicle, he drove off. A moment later a policeman arrived and asked Debbie if it had been a hit and run. "I guess so," she replied. "I hit him and he ran."

A Big Bouquet to the Knights of Columbus and their families, Council 11347 of St. John Bosco Parish and everyone involved who made our "Family Day" on Sunday, Feb. 13th, a success with a beautiful meal, roses for the ladies and lots of games and activities. Job well done!

Want to see a zoo in the heart of the City? Watch the bingo players coming out of the parking lot at 9:30 p.m. Should have a traffic director or not let people park down centre lines.

Celebrity Birthday in the coming week: First daughter Chelsea Clinton bids her teens good-bye at 20 on February 27th.

Don your baddest blue jeans to celebrate Levi Strauss' birthday. He was born on February 26th, 1829.

Thank you goes out to **Andre Rivette and staff** at Raisin River Conservation Authority for their work in putting together the Millennium Family Fun Day at Gray's Creek.

Memory ... popular legend has it that once, when a colleague asked Albert Einstein for his telephone number, Einstein reached for the phone directory and looked it up.

The startled man asked, "You don't remember your own number?"

The great genius shrugged and replied, "Why should I memorize something I can so easily get from a book."

Wedding Reception
in honour of
Crystal Baker
daughter of Dan & Debbie Tourigny (formerly of Apple Hill)
& Dolan Wargo
son of Mr. & Mrs. Claude Lapierre of Cornwall
Friday, March 3rd, 2000 9p.m. Jazz Magnolias - Bourbon Room
1541 Vincent Massey Dr., Cornwall D.J. ~ Lunch Served ~ Everyone Welcome

Look Who's 10!
Happy Birthday
Taylor
celebrating on February 26th
We love you
Mom, Mike, GranE, Pa, Michael, Angela, Barney & Ozzie



LET'S CELEBRATE

Bonus

Each week, every Let's Celebrate ad will be entered into a draw for a Gedoro's Dining Card (Value $135.), courtesy of Seaway News

Gedoro's
Fine Dining in Casual Comfort
Join us for your 1st celebration of the Millennium and receive ... • free cake • free photo card and a chance at our monthly draw!!

MONTHLY DRAW
Each month all celebrant's names will be put in a draw for a $100 Snack Party plus a Dining Card Value $235.

This week's winner JANIE McKENZIE pick up your prize at Gedoro's!

TO PLACE YOUR AD
Phone or Write Your Ad of 24 words or less and enclose $8.50 handling charge, plus $7.50 for a photo.
Over 24 words, 25¢ per additional word, per week
DEADLINE: 5 PM TUESDAY

Happy Birthday
Julie Bellemore
celebrating 26 years on March 2nd, 2000



This is my angel's birthday. Let's have fun and sing and play, I'll walk along beside you every step you walk each day.
You're rich in ways that most are poor, in giving you can give much more.
I love you more than words can say, I'll tell you something true, Happy Birthday my darling daughter.
I'm glad to be alive each day for there is no other angel like you!!
Love from Mom and friends

Happy Birthday
Janie McKenzie
(Nanny Snuggles)
celebrating on February 28th
from a friend

Happy Birthday
to my Mom
Margery McBain
celebrating on February 28th
Love Logan xoxo

Julie Bourdeau
celebrating her 20th Birthday on February 22nd
Best Wishes
Love Mom & Dad



SEAWAY BARGAINMART

DEADLINE: WEDNESDAY 5 pm

933-0015

Circulation: 33,986 copies

MasterCard VISA

Ontario Community Newspaper Association

BLANKET CLASSIFIED ADVERTISING

ALL ONTARIO INSERT
188 Newspapers, Min. Cir. 1,499,490

CROSS CANADA INSERT
590 Newspapers, Min. Cir. 4,623,738

CALL FOR DETAILS

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Fax: (613) 933-0024
e-mail: snews@seawaynews.on.ca

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES

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

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

COMPANIONS' CORNER

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

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

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

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

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

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

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

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

SEAWAY NEWS
Serving Cornwall and Area

COMPANIONS CORNER

SWM, LATE 30's, 5'4", 140 lbs., motivated by my work, play & socializing. My dream girl is petite, 25-35, enjoys camping, movies, quiet evenings, cuddling. Not into bar scenes. CC1984.

YOUNG AT HEART - SWM, N/S, 61, very active, 5'11", 195-lbs, brown hair, secure. Love to dance, walk, theater, dining out, travel. Looking for that special lady, 5'2" -5'8", 54-59, average weight. Possible long-term relationship. Describe yourself & send photo if you can: CC1987.

SWM, N/S, PROFESSIONAL, young 62, attractive, intellectual, healthy & physically fit. Enjoys exercising, sports, walks, theatre & spending quality time with that someone special. Wide variety of interests to share. Seeking a very special lady, SWF, N/S, 48 to 64, open-minded, kind, honest considerate, warm & caring with similar qualities & financially independant. If seriously interested, please reply describing yourself & enclose a photo if possible. CC1976.

2 APTS/CONDOS FOR RENT

WATER ST. near Gloucester. Small downstairs 2 bdrm apt. No furniture or appliances supplied. No washer/dryer hook-ups. $400/mth, everything paid. Call 933-7516.

GILLESPIE AVENUE - Available March 1st. 2 bdrm upper level. Parking, washer/dryer hook-ups, yard access. $550/mth, heat & lights included. Call for more info, 932-6565.

AVAILABLE MARCH 1ST - 50A Danis. Upstairs 2 bdrm apt. Washer/dryer hook-ups. Fridge & stove incl. $470/mth, heat incl. Call 937-0847.

WATER ST. EAST 1 bdrm apt completely furnished, $450/mth, utilities paid. 2 bdrm apt, partly furnished, $485/mth, utilities paid. Quiet individual. Call 932-4376.

33 GULF ST. Available March 1st. 2 bdrm apt with indoor porch, parking, washer/dryer hook-ups. $500/mth, plus utilities. Call 932-4257 or 361-2377.

ADULT ENTERTAINMENT
✓ Lingerie
✓ Adult Books
✓ Novelties
• Marital Aids • Lotions
• Video Tapes • Magazines
• CD's • MUCH MORE
EXOTIC EXPOSE
St. Lawrence County's Adult Centre
OPEN 12 NOON - 10 pm daily
Corner of Rt. #56 & Town Ridge Rd., Massena
South 2 miles to Don's Orange Mini Mart
315-764-7145

APARTMENTS FOR RENT

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

326 MARLBOROUGH - Upstairs 2 bdrm apt. 4-pce bath, washer/dryer hook-ups. No parking. Available now. $365/mth. Call 534-2374.

AVAILABLE IMMEDIATELY, 3 bdrm apt. $645/mth, includes heat, fridge & stove, laundry facilities, storage room, parking w/plug-in, carpeted. For quiet couple. Call 932-4485.

MARKETPLACE

"Advertise Across Ontario or Across the Country"

COMING EVENTS

OTTAWA TRAIN/TOY, & DOLL SHOW; March 4-5, Sat. 10-5; Sun. 10-4; Nepean Sportsplex, 1701 Woodroffe Ave., Nepean. Railroad Handcar Ride; Operating Train Layouts, Z/HO/O/G; Hotwheels, Meccano displays. Model/toy train, doll, teddy bear, beanie baby, diecast toy vendors. Bring the family! (613)378-0309.

AUTO. FOR SALE

CARS FROM $500. Government Seized and Surplus. All makes and models. Sold locally. Call for information. Toll Free 1-888-347-1900, Ext. 8585

BUSINESS OPPS.

COLLECT CASH! Coke, Pepsi, Frito Lay, Mars. Re-fill unique vendors in your area. F/T, P/T. No selling. Min. investment $13,980. Call 1-888-577-5376(24hrs) Member of B.B.B. and D&B.

BOX OFFICE MOVIES FRANCHISE OPPORTUNITY. Nominated for BEST new video store concept in Canada. Director of franchising: Mr. Hickey 1-800-324-5282. "Not Just a Video Store".

COMMUNITY HOME-BASED TRAVEL BUSINESS. Turn-key operation. 100% daily support. Earn while you learn. CALL 1-800-561-9999 for info-pack. Ontario license #2122091. WEB: www.travelsource-network.com

BE A SPORTS AUTHORITY. Own your own internet store featuring licensed sports products. Home-Based. HUGE PROFITS$$$ - NO inventory. Under $10,000 includes ALL 1-800-495-2142, ext. 2. Member BBB.

MARKETING PRO'S - Promotion, Sales, Marketing, MLM. Offshore Income Opportunities Experienced Professionals making well over 5 figures/month. If you are money motivated CALL, DON'T WAIT 1-800-495-2142, ext. 1.

SUBSTANTIAL $$ or more per month. Canada's fastest growing concept in this Billion Dollar industry will be opening stores in your area. $124,000 Turn-key. Toll-free 1-888-526-3388.

New Millennium Business Opportunity Explodes. Fastest growing Residential Security Company in Canada with over 40 dealers coast to coast, is looking for a dealer for this area. We have a very "unique" proven marketing program that will dominate the market place. Investment for Dealer $25,000. Master Distributor is also available. Dealer level income is approximately $9,700.00 to $25,000.00 per month, plus re-occurring monthly revenue income for the next 15-20 years. Experts have recognized this as "THE OPPORTUNITY OF THE DECADE". Call Gary McDonnell, 1-800-964-8805, The Security Company of Excellence Ltd. (Winnipeg) www.thesecuritycompany.com.

CAREER OPPS.

LEARN AUCTIONEERING. Classes held April 1-7, 2000. For information contact: Southwestern Ontario School of Auctioneering, R.R. #5, Woodstock, Ontario N4S 7V9. 1-888-673-6999.

CAREER TRAINING

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

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BE A SUCCESSFUL WRITER... with our great home-study course. Call today for your FREE BOOK. 1-800-267-1829. The Writing School, 38 McArthur Avenue, Suite 3367, Ottawa, ON K1L 6R2.

COUNSELLOR TRAINING INSTITUTE offers distance learning and on campus courses for certificate and diploma programs. Course catalogue. Course catalogue 1-800-665-7044 www.counselortraining.com

FOR SALE

SAWMILL $4895 SAW LOGS INTO BOARDS, planks, beams. Large capacity. Best sawmill value anywhere. Norwood Industries, manufacturer of sawmills, edgers & skidders. Free information 1-800-566-6899.

WHY RENT-TO-OWN A 27" TV FOR $110/MTH? You can get a Stereo System or Camcorder PLUS a 27"TV & Computer ALL for only $99.00/mth! 1-800-267-9466. Free Delivery!

HELP WANTED

ARNOLD BROS. TRANSPORT LTD. Presents Great Opportunities in the year 2000 for Company Drivers, single & team (team schedules available). Owner Operators, single & team (check out our great fuel prices). Dry Van-Open Deck-Reefer 1 year min. OTR exp. - good abstract - U.S. ability. Join our team! 1-800-567-3656.

SALES HELP WANTED

$$CHOCOLATES$$ Attention students. Make lots of money selling chocolate bars. New products available, fast delivery. Fund Raising available. Call now 1-800-383-3589

PLEASE MUM, the leader in providing quality, yet affordable children's and ladies' clothing through home presentations has opportunities available. Earn 40% commission selling kids wear, ladies wear or both. Call today for a free catalogue and business package 1-800-665-9644.

PAY TELEPHONE SERV.

CANADA'S #1 PSYCHICS ...know your future in 2000. Love, health, career and money. Accurate and Affordable readings. CALL NOW 1-900-451-7070 $2.89/minute 18+.

Honesty, Clairvoyancy & Astrology. CALL Karonanna, 1-900-451-9602 - $4.99/min. OR CALL 1-800-735-2067 & use Visa/Mastercard & get 10 minutes FREE. For recorded message on your future CALL 1-900-630-6262. $2.99/min., 24 hrs. 18+

PERSONALS

WE PAY YOU to lose weight!! I need 8 serious people immediately. Call toll-free 1-877-777-0415.

ADOPTION

CONSIDERING ADOPTION? Loving, married couple wish to provide a secure, nurturing home for your child. Legal, private. Homestudy completed. Call 1-800-529-1895.

STEEL BUILDINGS

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

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

VACATION/TRAVEL

SKI BIG WHITE - Kelowna, BC, *100* Condos/Chalets/Townhomes-Studios, 5 bdrms, ski in/out, hot tubs, gas f/p, full kitchens. Book Now! Spring Break! www.condosunlimited.com 1-888-676-9977.

TIMESHARE RESALES. To buy, sell or rent worldwide. World's Largest Reseller. ERA STROMAN SINCE 1979. Buyers call 1-800-613-7987. Sellers call 1-800-201-0864. Internet www.stroman.com.

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• Northern Ontario $79 • Eastern Ontario $140
• Western Ontario $130 • Central Ontario $136 • All Ontario $395
• National Packages Available • Call this paper for details!

BUY IT SELL IT FIND IT IN THE CLASSIFIEDS

FITZGERALD MOTORS LTD.

PAUL'S PICK OF THE WEEK
97 FORD ESCORT
4 dr., auto, air
ONLY $8995



QUALITY PRE-OWNED VEHICLES

THIS WEEK OVER 8 CARS, TRUCKS or VANS SOLD

2000 FORD EXCURSION LTD. diesel, 4X4, loaded, leather	$59,995
97 DODGE RAM REG CAB 8 ft. box, 8 cyl. motor	$13,995
97 PONTIAC GRAND PRIX GT 4 dr., leather, loaded	$13,995
97 PONTIAC GRAND AM 4 dr., 6 cyl., loaded	$12,995
97 GMC EXT CAB 2 WD, P/U, auto, air	$15,400
97 EAGLE VISION 4 dr., loaded, very clean	$14,995
97 BUICK SKYLARK 4 dr., loaded, only 68,000 kms	$12,500
97 SATURN 4 dr., SL model, only 38,000 km	$8,995
97 SATURN WAGON air, tilt, cruise, auto	$10,500
97 DODGE NEON 4 dr., purple, very clean	$8,995
96 CHRYSLER INTREPID 4 dr., 6 cyl., 4 dr., 6 cyl., loaded, 3.5 L mctor	$12,600
96 DODGE STRATUS 4 dr., auto, 80,000 km	$8,995
96 CHEV CAVALIER Z22 2 dr., auto, 85,000 km	$8,995
95 FORD F150 REG. CAB 6 cyl., auto	$9,495
95 JEEP CHEROKEE SPORT 4x4, 6 cyl., 2 dr., red	$9,695
94 CHEV CHEYENNE EXT CAB Short box, 4X4, pick-up, 8 cyl.	$16,995
94 FORD RANGER EXT. CAB 6 cyl., 5 spd., very clean	$9,995
94 MAZDA B4000 EXT. CAB 4x4, 6 cyl., 5 spd	$8,995
90 NISSAN EXT. CAB P/U auto, SAFETIED	$4,995

FITZGERALD MOTORS LTD.



PAUL

125 Cornwall Centre Rd.
Cornwall
932-4514
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MEET SEAWAY SINGLES WITH SEAWAY NEWS AND DATEMAKER

To place your FREE ad and be matched instantly with area singles, call

1-800-769-7167

24 Hours a Day - Every Day - No Operators - No Waiting!

To listen to area singles describe themselves and to respond to ads, 24 hours every day call

1-900-830-1003 *Only $2.19 per minute*

This will be charged to your monthly telephone bill. You must be 18 years of age or older and have a touchtone phone.



Today's Listings Seaway SINGLES

FEMALES SEEKING MALES

HEY YOU, LOOK HERE!
I'm a life-loving, 5'8", brown-eyed, SWF, 51, who's seeking a kind and caring, SWM, over 40, for a possible relationship. My hobbies include a variety of crafts, listening to music, the outdoors, camping and meeting new people. Ad#: 2653

SOFT-SPOKEN
Pleasant, easygoing and sensitive, SWF, 47, petite, with short brown hair/eyes, hoping to meet a tall, warm, SWM, 44-50, who has a very nice smile. I enjoy golfing, walking and swimming. Ad#: 8566

GENUINE
I'm a 5'2", SWF, 50, with curly hair and brown eyes. I'm told I am bubbly, sincere, honest and attractive. I would like to meet a sincere, SM, 45-65, who will build a relationship on honest and trust. Ad#: 2417

HAS TO BE MUSIC!
I am a bubbly, jolly, SWF, 32, 5'4", full-figured, with hazel eyes, who has a beautiful voice. I'm seeking a very romantic, secure, SM, 30-45, who loves children and music. Ad#: 2488

SEIZE THE MOMENT
Hi, I'm a SWF, 35, 5'9",120lbs., with brown hair/eyes and I am fun, easygoing and a nature lover. I would like to meet a SWM, 35-45. I will bring fidelity into a relationship. Ad#: 7573

SO HOW ARE?
I'm described as being a quiet, gentle and creative, SNCF, 20, 5'6", 125lbs., with black hair, brown eyes, who likes writing, reading, going to movies. I'm seeking an outgoing, sensitive, SWM, 19-24, who takes care of himself. Ad#: 9259

SOULMATE SEARCHING
She's a SW mom, 37, blonde, with brown eyes, and has been told she's attractive. She's hardworking, honest, emotionally stable, is seeking an honest, trustworthy, mature, SWM, 34-42. My hobbies include crafts, reading, gardening and watching movies. Ad#: 2245

FRIENDSHIP AND...MORE
Blonde, blue eyed, SWF, 5'4", 150lbs., 56, considered to be attractive, outgoing, bubbly, enjoys swimming, traveling, flowers/romance, and more. I would like a N/S, SWM, over 40, with similar qualities and interests. Ad#: 8408

INDEPENDENT
Fit, curvy, medium height, with beautiful brown eyes, I'm a loyal, confident and passionate, SWF, 32. I enjoy cafe's, architecture and music. I'm seeking an old-fashioned, witty, considerate, SM, over 19. Ad#: 2398

HEART & SOUL
I'm an outgoing, funny, SWF, 19, 5'8", blonde, who enjoys partying and sports. I am seeking a fun, good looking, single white male, 18-25, for possible relationship. Ad#: 5222

A SWEETHEART
I'm an old-fashioned, kind and sensitive, SWF, 46, 4'11", 140lbs., who enjoys cooking, fishing, knitting and relaxing at home. I'm seeking a SWM, 50-60, for a possible relationship. Ad#: 3972

DESERVING
I'm a personable, easygoing, SWF, 33, who enjoys shooting pool, swimming, the outdoors and family-oriented activities. I'm seeking a tall, outdoorsy, SWM, 29-36, who shares similar interests, for a possible relationship. Ad#: 3292

SO HOW ARE YOU?
I'm a slim, DWF, 34, 5', with green eyes, who's described as being shy, can be very outgoing, caring, loving, hobbies are horseback riding, drawing and country music. I'm seeking a shy, trusting, caring, SWM, 29-42, who's fun to be with. Ad#: 5321

WONDERFUL
Hi, I'm a 5'5", SWF, 54, who is a N/S, with brunette hair and hazel eyes. Retired and I enjoy volunteering, the theatre, dancing and nature. I am interested in meeting a SWM, under 60, financially independent and honest. Ad#: 1452

WHY NOT?
A shy, friendly, caring, kind, single white female, 39, 5'1", 115lbs., brown hair and eyes, with a good sense of humor. I am looking for an intelligent, secure, single white male, 32-45, for a friendship first. Ad#: 4618

ALLURING PERSONALITY
Call this 5'2", blonde, blue eyed, attractive, SWF, 56, whose personality is easygoing, interests are knitting, watching hockey and staying in shape. Seeks a trustworthy, fun-loving, affectionate, SWM, 50-60. Ad#: 8340

APPLE OF MY EYE
I'm a 5'8", SWF, 29, 150lb., with blue eyes and brown hair, hobbies are cooking an computers. I'm hoping to meet an honest, faithful, single male, 35-40. Ad#: 3919

NO GAMES PLEASE!
I'm a hazel-eyed, SWF, 27, 5'7", who would like to meet a kind and caring, SWM, over 30, for a possible relationship. I enjoy quiet- times at home, the outdoors, children and occassionally dining out. Ad#: 9737

NO SECRETS
I'm a fun, easygoing, faithful, single white female, 19, with auburn hair and blue eyes, looking for a faithful, honest, single male, 19-30, for a long-term relationship. My hobbies are reading, swimming and going for long walks. Ad#: 5459

IN GENERAL
SWF, 40, 6'3", 150lbs., with light brown hair, blue eyes, kind-hearted, funny and sensible, likes music, knitting, dancing. I'm hoping to meet an sincere and honest, SWM, over 39, who loves to laugh. Ad#: 3738

SUNNY DAYS
I am a compassionate, blonde, SWF, 33, 5'3", 115lbs., who enjoys going to antique auctions, photography and cooking. I'm seeking a compassionate, non-smoking, SWM, 35-50, who would like to start a family. Ad#: 4171

IS THERE ROOM FOR ME?
Others say that I'm a sociable, caring, single white female, 37, full-figured, tall, enjoy crocheting and being around people. I'm looking for an understanding, 36-40, for possible relationship. Ad#: 7197

LIVES FOR ADVENTURE
SWF, 19, 5'8", blue eyes, long brown hair, friends say that I'm funny, outgoing and adventurous, hobbies are horseback riding, going to the bar and having fun. Seeking a fun, outgoing, good looking, SWM, 18-24, to share fun times with. Ad#: 6599

LOVE SWEPT
I am a sensitive, caring, SWF, 19, 5'6", 135lbs., with brown hair/eyes, hobbies are horseback riding, karate and playing pool. I'm seeking a respectful, loving, SM, 19-26, to share interests. Ad#: 7075

MAGIC IN THE AIR
Open, romantic and outgoing, SWF, 18, 5'10", with blonde hair, blue eyes, enjoys moonlit walks, sports and hanging with friends. I'm looking for a sweet, employed, SM, 18-25, to get to know. Ad#: 2250

SERIOUS REPLIES ONLY
I'm a blonde, SWF, 42, 5'1", who's outgoing and easy to get along with. I enjoy going to bingo, movies and spending quiet times at home. I'm seeking an honest, good looking, SWM, 30-47, who loves children and would like a long-term relationship. Ad#: 2428

ONE YELLOW ROSE
Outgoing, SWF, 20, 5'7", with brown hair/eyes, I like doing exciting things, my hobbies are movies, swimming, dancing and country music. Seeking an honest, sincere, SWM, 20-30, who likes children. Ad#: 9914

MOVIE FANACTIC
Hazel eyed, 5'6", single white female, 18, who enjoys movies, comedy and reading. I am seeking a single white male, 18-19, who has same interests. Ad#: 8554

DREAMS DO COME TRUE
Brown hair, hazel eyed, single white female, 34, fit, easygoing, hobbies are reading, long walks and trying new things. I would like to meet a soft spoken, confident, single male, 27-42, who likes travel and children. Ad#: 3548

SHARE HER DREAMS
I'm an outgoing and strong, SWF, 18, 5'4", with red hair, blue eyes, who is seeking a compatible, SWM, 20-26, who's willing to be an equal partner in the relationship. My hobbies are walking, drawing and horseback riding. Ad#: 6005

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

TRUE...AND ALL FOR YOU
Others find me a quite friendly, outgoing, bubbly, SWF, 60, 5'1", slim, with auburn hair and brown eyes. Retired, I'm hoping to find a N/S, SWM, 45-65, who loves the outdoors, dancing and theatre. Ad#: 9702

THIS IS IT
SWF, 21, 5'3", with long brown hair, blue eyes, my hobbies are going to the bar and karaoke. I'm seeking a caring, fun-loving, SWM, over 30. Ad#: 2579

HELLO, IT'S ME
Intelligent, single white female, 18, like walking on the beach, talking on the phone and cooking. I would like to meet a tall, muscular, blue eyed, single white male, 18-20, who is very caring. Ad#: 6220

ATTENTION GENTLEMEN...
My interests include ski-dooing, listening to music, tattoos, and I'm a skeptic, loving, SWF, 18, 5'5", with short auburn hair, green eyes. I'm seeking a good looking, nice, SWM, 18-20. Ad#: 6488

SERIOUS REPLIES ONLY
I am a serious, honest, SWF, 41, 5'5", with brown hair/eyes, who enjoys long walks, reading and going to movies. I'm seeking an easygoing, SWM, 38-49, with similar interests. Ad#: 1036

FRIEND FIRST
I'm an easygoing, fun, SWF, 22, 5'5", 123lbs., with dark hair, blue eyes, who hobbies are dancing, reading and watching movies. I'm looking for an honest, loyal and truthful, SM, 25-30. Ad#: 6927

EVERYDAY GETS BETTER
Don't pass me by..."I'm about a 5'3", hazel eyed, SWF, 30, with a medium build, just a vision of loveliness I tell you. I'm very outgoing, humorous and you should be an easygoing, SWM, 27-35, who enjoys sports. Ad#: 1252

READ THIS AD!!
Green eyed, 5'7", single white female, 39, enjoys gardening, animals and music, seeks an easygoing, single white male, 37-41, who enjoys the country and children. Ad#: 5747

MAKE IT POSSIBLE
Fun, practical, caring, SWF, 19, 5'6", 135lbs., with changing eyes, hobbies are rollerblading and the outdoors, will bring humor to the relationship. Seeking a spontaneous, adventurous and honest, SWM, 20-32. Ad#: 2937

MELODY OF LOVE
Quiet, funny and silly, SWF, 20, 5'4", 100lbs., with brown hair, likes writing, dancing and trying new things, is seeking a fun, secure, stable, SNCM, 19-35. Ad#: 8163

END THE SINGLE LIFE
I'm an emotional, average-looking, SWF, 31, 5'2", who's seeking a SWM, 29-40, for a possible committed relationship. My hobbies include a variety of crafts, reading, the outdoors, computers and gaining new knowledge. Ad#: 7527

PERFECT MATCH
The following lines may change your life...I'm a SWF, 33, 5'7", blonde, blue eyed, has a great smile, who's fun and enjoys life. My hobbies are movies, music and dancing. I'm hoping to meet a tall, sensitive, N/S, SM, 29-43, enjoys animal/children. Ad#: 2142

ONE SWEET DAY
Meet this personable, SWF, 31, 6', with brown hair, blue eyes, who enjoys crafts, walks and dining out. She seeking an accepting, non-judgmental, SWM, 19-40, for a possible relationship. Ad#: 4268

HONEST TO A FAULT
Full-figured, attractive, SWF, 34, with a honest, spontaneous, outgoing personality. Enjoys spending time with family, golfing and playing pool. In search of you...a honest, employed, SWM, 32-40, for friendship and chemistry. Ad#: 1554

MAKE THE CONNECTION
I'm a 150lb., SWF, 18, 5'8", who enjoys laughing, cycling, reading, sports and the outdoors. I'm seeking a life-loving, SWM, 18-22, for a possible long-term, committed relationship. Ad#: 5992

TRANQUILITY
Here is a SWF, 29, 5'6", blonde hair and blue eyes, is easygoing, honest, and enjoys many things. Searching for a SWM, 29-38, who would be honest, loyal, enjoys children and the outdoors. Ad#: 3792

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

CHASING A DREAM
Set the mood for this caring and loving, SWF, 21, 5'3", 140lbs., who enjoys sports, spending quality time with family and friends, by giving her a call. She's looking to meet a caring and loving, SWM, 20-30, for a possible relationship. Ad#: 1722

STRAIGHTFORWARD
Honest, caring, SWF, 20, 5'2", 115lbs., with green eyes, enjoys camping, swimming and going for walks, is seeking a trustworthy, SM, 22-26, to get to know. Ad#: 2109

LET'S CUDDLE
Bubbly, SNCF, 44, 5', 135lbs., with brown hair/eyes, hobbies are walking, movies and crossword puzzles, is looking for an honest, SWM, 44-50, who can make her laugh. Ad#: 1786

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

JUST TO BE CLOSE TO YOU...
I'm a personable, SWF, 56, 5'6", who's seeking an honest and caring, SWM, 48-50, for a possible relationship. I enjoy dining out, dancing, the outdoors and living life to the fullest. Ad#: 4544

LET'S MINGLE
Fun-loving, caring, outgoing, SWF, 23, likes going out and having fun. Would like to meet a SWM, 26-30, who enjoys having a good time and loves children. Ad#: 4873

THE SWEET MELODY OF LOVE
Fun-loving, affectionate and loyal, SWF, 49, 5'5", 120lbs., with blue eyes, brown hair, hobbies are working out, walking, traveling. Seeking a kind, caring and sincere, SWM, 45-55, who will not play head games. Ad#: 4934

THE SEARCH IS OVER
Slim, SWF, 42, 5'5", 138lbs., with brown hair/eyes, outgoing, fun, honest, hobbies are sports and the outdoors, is seeking an honest, sincere, secure, SWM, 38-45, who loves children. Ad#: 9860

TO THE POINT
Honest, good humored, SWF, 50, 5', with hazel eyes and red hair, she enjoys all types of sports, seeks a honest, trustworthy, SWM, 50-65, who's family-oriented. Ad#: 1295

VIVACIOUS
Active, outgoing, SWF, 39, 5'4", 130lbs., with brown hair, dark blue eyes, enjoys dog-sledding, dancing and the outdoors. Hoping to find a caring, sincere, SWM, 36-49, with a good sense of humor. Ad#: 8605

READY TO SETTLE DOWN
Full-figured, SWF, 30, 5'4", has a caring personality, likes having fun, hobbies are baseball, walking and volleyball, is seeking a compassionate, accepting, SWM, 29-40. Ad#: 8907

ROMANTIC MOMENTS IN TIME
Medium built, SWF, 33, 5'5", with blond hair, brown eyes, warm, compassionate and fun-loving, enjoys crafts, horseback riding, the outdoors, is seeking a SM, 28-45, with similar qualities. Ad#: 3341

HOLD ON TO YOUR HEART
I'm a hazel-eyed, sweet and romantic, SWF, 18, 5'7", who's seeking a life-loving, SWM, over 30, to possibly share the joys of life with. My hobbies include going to the beach, socializing and occassionally dining out. Ad#: 2301

FIND OUT TODAY
Funny, outgoing and very honest, SWF, 22, likes sports, good conversation and candlelight dinners. Is looking for a SM, 22-28, who likes children and can make her laugh. Ad#: 6084

CLASSY LADY
SWF, 40, 5'4", with blonde hair, freckles kind, caring and generous, interests are gardening, long walks, movies, music. Searching for a SM, 35-45, who is honest and compassionate. Ad#: 9155

CUDDLY & LOVEABLE
Blonde, blue eyed, SWF, 44, 5'3", with a medium build, has a great sense of humor, enjoys the outdoors, cooking and baking, is seeking an easygoing, hardworking, SWM, 30-45. Ad#: 5865

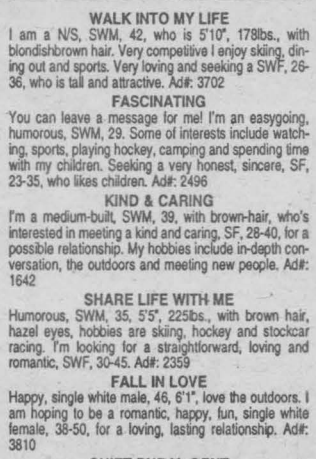
MATTERS OF THE HEART
Medium built, SWF, 38, 5'9", with brown hair, hazel eyes, outgoing, understanding, compassionate, enjoys meeting new people and making new friends. Seeking an honest, SM, 28-45, who is full of life. Ad#: 6721

TYPE "A" PERSONALITY
I'm a somewhat-shy, outgoing and reliable, SWF, 24, 5'9", who's seeking a kind and considerate, SM, 24-32, for a possible relationship. I enjoy long-walks, the outdoors and sharing special times with family and friends. Ad#: 1560

NO GAMES!
Outgoing, SW mom, 26, 5'6", 140lbs., with long brown hair and blue eyes, likes to enjoy things as they come, hobbies includes anything outdoors, is seeking a "real", SWM, 27-38. Ad#: 6623

MAKE THE CONNECTION
I'm a blue-eyed, vivacious, SWF, 48, 5'3", who's interested in meeting a kind and caring, SWM, 48-60, for a possible relationship. I enjoy life, the outdoors, in-depth conversation and playing cards. Ad#: 6849

VIBRANT
Find the time to call this SWF, 22, who has blue eyes and is outspoken, fun-loving and she enjoys camping, swimming, and reading. Seeking an exciting, humorous, SM, 20-35. Ad#: 5980



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MALES SEEKING FEMALES

☎↔☎ ENTERTAINING
Intelligent, attractive, SWM, 40, 5'9", 170lbs., blue eyes, brown hair, enjoy the great outdoors and living life to the fullest. I'm seeking an open-minded, bubbly, honest, SWF, over 18, for a possible relationship. Ad#: 7555

EARTH ANGEL
I'm a medium built, brown-eyed, SWM, 22, who's fun-loving and enjoys a good laugh. I enjoy video games, dining out, dancing and living life to the fullest. I'm seeking a fun-loving, SWF, 18-29, for a possible relationship. Ad#: 2486

☎↔☎ IS IT YOU?
SWM, 43, 5'11", with blue eyes, easygoing, good sense of humor, enjoy hockey, baseball and house cleaning. I'm seeking a fun-loving, sincere, SWF, over 19, who loves kids. Ad#: 3267

UPLIFTING
N/S, SWM, 40, tall, with light brown hair and blue eyes. I'm humorous and I like bowling, darts, fishing and seeking an outgoing, humorous, SWF, under 45, who likes being pampered. Ad#: 9063

SEARCHING
I am a SWM, 28, 5'7", whose personality is shy and easygoing. I'm looking for a nice SWF, over 19. I like playing hockey, being with friends and going to the mall. Ad#: 4407

HAPPILY EVER AFTER
I am a dependable, knowledgeable and reliable, SWM, 37, 5'4", 125lbs., with brown hair/eyes. I'm seeking a petite, SWF, 30-40, who has old-fashion values and enjoy country life. Ad#: 5678

DYNAMIC
N/S, I am a SWM, 18, 5'1", with brown hair and brown eyes. My personality is fun, caring and understanding. I am looking for a SWF, 18-19, who enjoys hockey, rollerblading, movies and having fun. Ad#: 3427

LOVE AWAITS
SWM, 35, 5'8", gray hair and 180lbs. Funny, witty and a go-getter. Hobbies include long drives, movies, playing pool and candlelight dinners. Very trustworthy and seeking a SWF, 28-38, who likes taking chances. Ad#: 1675

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



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FRIENDSHIP FIRST
SW mom, 23, 5'3", 175lbs., with a medium build, fun to be with, outgoing and funny, enjoys camping, walking, movies, is seeking a SWM, 26-30, who loves kids and has similar interests. Ad#: 6453

A RAY OF SUNSHINE
Call this fun, humorous, single white female, 44, describes herself as 5'4", brown hair, green eyes, enjoys reading, gardening, and the outdoors. Seeking a single white male, 39-49, who has similar characteristics. Ad#: 4488

HILARIOUS
Medium built, SW mom, 23, 5'3", 170lbs., with brown-red hair, easy/outgoing, fun to be with, likes walk, movies and dining out, is seeking an outgoing, fun, SWM, 26-30, who can take a joke. Ad#: 3963

SOLID VALUES
I'm a brown-eyed, SWF, 25, 5'1", who's fun-loving, kind and caring. I'm interested in meeting a life-loving, SWM, 24-29, to share the joys of life with. I enjoy romantic dinners. Ad#: 2126

SERIOUS INQUIRIES ONLY
Find out more about this fun-loving, single white female, 19, 5'7", 150lbs, seeking an easy going single white male, 18-24, to share a lifelong relationship with. Ad#: 8757

DETERMINED
Ambitious, outgoing and hardworking, SWF, 34, 5'7", with brown hair, green eyes, enjoys long walks, movies and skiing, is seeking a hardworking, SWM, 32-42, who loves family and country life. Ad#: 8201

HAPPY-GO-LUCKY
Honest, outspoken and caring, SW mom, 36, 5'2", 155lbs., with blonde hair, green eyes, likes camping, walks and baseball, is hoping to meet an honest, giving, SWM, 36-45. Ad#: 9142

GENTLEMEN...
Be part of my tomorrow. I'm a 5'1", 110lb., WWF, 59, who's seeking a kind and caring, SWM, 55-63, for a possible relationship. My hobbies include living life, the outdoors, woodwork, sewing and going to the movies. Ad#: 8895

NO HEAD GAMES!
SWF, 21, 5'5", 190lbs., with brown hair, green eyes, fun, easygoing, honest and caring, is in seaarch of a caring, sincere, SWM, 21-38. She enjoys long walks, romantic dinners and music. Ad#: 3808

LET'S MINGLE
Do you enjoy life and good conversation? If so, then you could be the perfect match for this somewhat-shy, SWF, 33, 5'7", who's looking to meet an honest and sincere, SWM, 28-40, for a possible relationship. Ad#: 5844

VERY INDEPENDENT
Medium built, SWF, 23, 5'7", with brown hair/eyes, reliable, honest, doesn't play head games, enjoys long walks, conversations and movies, is seeking a mature, honest, SWM, 23-30, who is employed, for friendship first. Ad#: 3751

WALK INTO MY LIFE
I am a N/S, SWM, 42, who is 5'10", 178lbs., with blondishbrown hair. Very competitive I enjoy skiing, dining out and sports. Very loving and seeking a SWF, 26-36, who is tall and attractive. Ad#: 3702

FASCINATING
You can leave a message for me! I'm an easygoing, humorous, SWM, 29. Some of interests include watching, sports, playing hockey, camping and spending time with my children. Seeking a very honest, sincere, SF, 23-35, who likes children. Ad#: 2496

KIND & CARING
I'm a medium-built, SWM, 39, with brown-hair, who's interested in meeting a kind and caring, SF, 28-40, for a possible relationship. My hobbies include in-depth conversation, the outdoors and meeting new people. Ad#: 1642

SHARE LIFE WITH ME
Humorous, SWM, 35, 5'5", 225lbs., with brown hair, hazel eyes, hobbies are skiing, hockey and stockcar racing. I'm looking for a straightforward, loving and romantic, SWF, 30-45. Ad#: 2359

FALL IN LOVE
Happy, single white male, 46, 6'1", love the outdoors. I am hoping to be a romantic, happy, fun, single white female, 38-50, for a loving, lasting relationship. Ad#: 3810

QUIET RURAL GENT
Widower, 69, secure, active and healthy, enjoys home life, quiet times and good conversation. I'm interested in meeting an affectionate, caring lady 55-66 years, for friendship and possible relationship. Ad#: 1174

DESERVING
I am a good looking, SWM, 38, 5'11", with brown hair/eyes, good-hearted, very good- natured, enjoys music and outdoor activities. I'm hoping to meet an attractive, athletic, SWF, 26-42, who is caring and honest. Ad#: 6450

MOVE QUICKLY
44 year old, SWM, I am honest, trustworthy and can make friends easily. My interest are hockey, the outdoors, staying fit and dining out. Very romantic and seeking a SWF,30-44, who is petite, honest and sincere. Ad#: 9859

HONEST IS MY ONLY POLICY
Shy at first, easygoing, SWM, 55, 5'5", 170lbs., N/S, with blue eyes, hobbies are gardening, movies and bowling. I'm seeking a romantic, affectionate, SWF, 19-50, and I feel I will bring sincerity to a relationship. Ad#: 8101

DESERVING
SWM, 35, I am 5'5", with brown hair and brown eyes. Very humorous, adventurous and I like the outdoors, live entertainment and movies. I'm seeking a SF, over 19. Ad#: 9049

TIL WE MEET
I am a SWM, 19, 5'6", with brown hair/eyes, glasses, seeking a compatible, SWF, 19-25. I enjoy movies, long walks and going to bars. Ad#: 4515

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THE TIME IS RIGHT
SWM, 39, I am 5'6", with blond hair and blue eyes. My hobbies include cars, winter sports, swimming and working out. Very romantic and seeking a SWF, 25-35, who enjoys quiet evenings by a fireplace. Ad#: 8009

PLEASE CALL
Fun to be around, SWM, 26, 6'1", with brown hair, blue eyes, who likes skiing, cycling, and much more, is in search of a SWF, 19-30, to share hobbies and interests. Ad#: 7288

DON'T PASS ME BY
6' tall, SWM, 42, is attractive, warm, spontaneous, sensitive, loves children, animals and is fun to be with. Seeking a SWF, 35-45, who likes outdoor activities and sports. Ad#: 3224

ALL AROUND CRAZY GUY
I am a funny, caring and loving, SWM, 24, 6', 185lbs., with brown hair, hazel eyes, hobbies are spending time with my daughter, fishing. I'm in search of an outspoken, SWF, 20-26, who can listen. Ad#: 6334

STILL LOOKING
SWM, 26, 5'9", with blond hair, blue eyes, humorous, hardworking, likes dancing, movies and dining out. I'm seeking an attractive, SWF, 19-35, who is fun-loving, caring and compassionate. Ad#: 1509

HONESTY A MUST
SWM, 48, 5'8", 150lbs., outgoing personality, enjoys hiking, swimming, canoeing, tennis, watching sunsets. Offers honesty, trustworthiness and sensitivity. Looking for an active Lady, 46-56, with similar qualities, for a lasting relationship. Ad#: 8472

HELLO, IT'S ME
I am an outgoing, funny, SWM, 28, tall, with dark hair, brown eyes, who enjoys sports, walking and quiet nights at home. I'm looking for a SF, over 19, who is fun to be with. Ad#: 5084

PASSIONATE & ROMANTIC
Professional, single white male, 39, 5'9", considered attractive, fit, humorous, enjoy working out and dining out. I'm seeking an attractive, open, fit, secure, single female, over 19, no games! Ad#: 8122

SHY AT FIRST
Outgoing, humorous, SWM, 31, 5'9", 165lbs., medium build, with brown hair/eyes, enjoys fishing, camping and computers. Caring and considerate, I'm in search of an outgoing, SWF, 26-36, with similar likes. Ad#: 9843

ONE OF THE FINEST
My personality has been described as easygoing, laid-back, sensitive, and I am a SWM, 42, average looking, 5'7", 170lbs. with blond hair, hazel eyes. I'm seeking a slender, SWF, 35-46, who is caring and enjoys romance. Ad#: 2739

GEMINI
Active, 49, 5'8", 155lbs, acts like 35, who likes fishing, camping, nature and music. Seeking very fit, active, caring, open minded person for serious relationship, SWF, under 45, children okay. Ad#: 2866

PRINCE CHARMING
I'm a blue-eyed, shy and reserved, honest and caring, SWM, 19, who's seeking a SWF, 18-22, for a possible relationship. My hobbies include in-depth conversation, meeting new people and trying new things. Ad#: 8665

VERY SINCERE
5'7", 130lbs., blond hair, blue eyed, I am a shy and quiet, SWM, 47, who enjoys country music, camping and bowling. I am seeking a SF, under 50, to spend quality time with. Ad#: 8047

SHARE MY LIFE
I am a very romantic, creative, SWM, 35, who enjoys writing, reading, music and much more. I will bring stability into a relationship. Looking for a SWF, 19-30, who is old fashioned and knows what they want in life. Ad#: 4846

SOMETHING DIFFERENT
I am a N/S, SWM, 39, 5'9", 175lbs., athletic, with brown hair and eyes, reserved, yet personable, is searching for a SF, 26-38, who enjoys the outdoors, sports, woodworking and spending time together. Ad#: 8816

VERY LOYAL
SWM, 51, 5'10", muscular and my personality is easygoing, and humorous. I would like to meet an attractive, SWF, 35-51. My interests are long walks, swimming, dining in or out and spending time with someone special. Ad#: 9147

HAS EVERYTHING BUT YOU
I'm an outgoing, SWM, 42, tall, with brown hair/eyes, who enjoys listening to music, comedy and playing dungeon & dragons. I'm in search of an honest, caring and giving, SF, over 19. Ad#: 2744

DON'T MISS OUT
Fun, easygoing, single white male, 38, 5'10", brown hair and eyes, like golf, horseback riding and long walks. I am hoping to meet a single female, 28-40, who enjoys the same things that I do. Ad#: 8648

END THE SINGLE LIFE
Handsome, SWM, 39, 5'10", 225lbs., with green eyes, hobbies are bingo, biking and horseshoes. I'm looking for an honest, shy, SWF, 19-39, a capricorn, for friendship and possible relationship. Ad#: 3657

FRIENDLY & HONEST
I'm a quiet, shy, SWM, 32, 6', with brown hair, blue eyes, who is seeking an intelligent, SWF, 19-35, who is a good conversationalist. I enjoy reading and movies. Ad#: 6315

NONE BETTER
Contact me..I'm a fun-loving, romantic, cuddly, SWM, 20, who enjoys biking, fishing, children and moonlight walks. I'm seeking a personable, affectionate, SF, 19-30. Ad#: 8276

SINCERELY YOURS
I am a N/S, single white male, 40, 5'10", brown hair and eyes, easy to get a long with, hobbies sports, reading, movies and dancing. I am seeking a honest, single black female, 20-36, for friendship and a possible relationship. Ad#: 3105

WORTH A TRY
5'9", SWM, 35, and I am a very honest, compassionate and caring. My hobby is working out and I am seeking a SWF, 27-39, for a long-term relationship. Ad#: 1934

SEEKING LOVE, HERE'S YOUR MAN
I'm a brown-eyed, well-mannered, SWM, 44, 6', 240lbs., who's seeking a life-loving, SWF, 29-39, for a possible relationship. My hobbies include in-depth conversation, the outdoors, coffee-clutching and meeting new people. Ad#: 6744

BUILD A FOUNDATION
I'm a clean-shaven, kind and caring, SWM, 29, 6'1", who's interested in meeting a personable, SF, 19-45, for a possible relationship. I enjoy cycling, long-walks, computers and the great-outdoors, Ad#: 9510

HEAVEN IF YOU HEAR ME....
I consider myself to be an easygoing, SWM, 52, 5'7", 170lbs., semi-retired, my hobbies include fishing, golfing and romantic moments at home. I'm seeking a SF, 50-60, with similar interests. Ad#: 2476

FILL MY EMPTY HEART
I am a funny, trustworthy, single white male, 25, looking for a single white female, 20-28, who's not into head games. I enjoy going to movies and spending time with that someone special. Ad#: 7129

MEANT TO BE
If you are looking for a very honest SWM, call me..I'm tall, attractive and 39 years old. My interests are the outdoors, boating and dining out. You are a SWF, over 30, who loves to laugh and cuddle. Ad#: 3596

FOLLOW YOUR HEART
I'm a kind-hearted, SWM, 33, who's confined in a wheel-chair. I would like to spend quality time with a caring and understanding, SWF, 29-33, for a possible relationship. I enjoy a wide variety of interests and wish to share them with you. Ad#: 1256

ARE YOU THE LOVING TYPE?
Honesty tops my list. I'm a personable, SWM, 44, who enjoys camping, long walks, going to the movies and spending quality time with that special someone. I'm interested in meeting a SF, 34-42, for a possible long-term relationship. Ad#: 1067

VOYAGE TO ETERNAL LOVE
Jolly, likeable, SWM, 50, 5'10", 200lbs., with brown hair/eyes, is easy to get along with, hobbies are hunting, fishing and watching movies, is seeking an easy-going, happy, SWF, 45-52, who likes to laugh. Ad#: 7652

WHAT A GUY!
I'm an easygoing, outdoorsy, SWM, 20, who enjoys watching the sunset over the lake, in-depth conversation and spending quality time with that special someone. I'm seeking a SWF, 18-28, who's interested in a long-lasting relationship. Ad#: 3894

IF ONLY YOU KNEW
Caring, active, SWM, 42, 5'9", 190lbs., with blue eyes, who enjoys sports, feels he will bring honesty to the relationship. Hoping to meet an attractive, SWF, 33-38, N/S, for quiet evenings together. Ad#: 3641

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

FIND OUT TODAY
Funny, easygoing, SWM, 34, 5'9", with brown hair, blue eyes, likes having a good time, hobbies are movies, snowmobiling and sports, feels he will bring good times to the relationship. Seeking a SWF, 23-35, to spend time with. Ad#: 1673

NO HEAD GAMES!
Easygoing, somewhat shy, SWM, 21, 5'7", 110lbs., with brown eyes, enjoys clubbing, working around the house and spending time with family, is seeking a nice, sincere, SF, 19-24, to get to know. Ad#: 5767

Females Seeking Females

LASTING MEMORIES
I am a fun-loving, caring, SWF, 35, 5'7", with red hair and hazel eyes, seeking a compatible, feminine, SWF, 19-40. My hobbies are dancing and working out. Ad#: 3611

PERSONABLE
I'm a 5'6", fun-loving, SWF, 25, who would like to meet a SWF, 19-21, for a possible relationship. My hobbies include going to the movies, dining out and spending quality time with family and friends. Ad#: 9219

TO THE POINT
Caring, honest, loyal, single white female, 22, looking to meet a single Asian female, 18-35, who enjoys reading, music and hanging out with friends. Ad#: 7562

HOOKED ON LOVE
Caring, sensitive, SWF, 29, 5'2", with brown hair/eyes, has a great sense of humor, hobbies are sports, reading and quiet dinners. Looking for an honest, caring, SF, 19-45, who doesn't mind listening. Ad#: 5007

MINUTES AWAY
N/S, non-drinking, SBF, 20, 6'1", is sweet, romantic and enjoys classical music and the violin. Looking for a SM, who is charming and sharing. Ad#: 1520

ONE STEP AT A TIME!
Are you classified as a liar and a cheater? If so, then this may not be the right ad for you, because this SWF, 34, wishes to meet an honest and faithful, SWF, 19-38, for a possible life-long relationship. Ad#: 2620

STILL LOOKING
This SW mom, 22, with brown hair and brown eyes, is outgoing and easy to talk to. She would like to meet a SWF, over 19, to be there for her. Ad#: 5972

FIND OUT TODAY
SWF, 26, wuth brown hair and brown eyes, is very easygoing and enjoys walking and socializing. Would like to meet a trustworthy, loving, SF, 19-45, to spend time with. Ad#: 8876

NONE BETTER
Outgoing, clean, full-figured, fun-loving, honest, employed, SWF, 23, smoker, 5'9", enjoys aerobics, swimming, socializing, singing and much more. She is seeking a fun-loving, understanding, loving, open-minded, SF, over 25. Ad#: 1835

I SHOULD HAVE TOLD YOU
Nice looking, full-figured, SWF, 23, is out-going, very easy to get along with, likes cooking, long walks, swimming and talking for hours, is seeking a clean, open-minded, pretty, SF, 25-50. Ad#: 2180

YOU CAN COUNT ON ME
Fun-loving, easygoing, SWF, 21, smoker, 5'10", with dark hair, enjoys reading, watching movies, and going out. She is in search of a sincere, honest, easygoing, SF, 19-30. Ad#: 5790

Males Seeking Males

ONE STEP AT A TIME
SWM, 20, 6'1", 140lbs., with brown hair, green eyes, describe as being passionate and funny, likes

02 - APARTMENTS FOR RENT

CENTRAL, MODERN, quiet, small complex security building, 2 bdrm, large kitchen, new carpet, freshly painted, laundry fac., storage room, fenced yard. Avail. May 1st. $550/mth. 937-3253 or 347-2773.

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SEMI DETACHED - North end. 2+ bdrm apt. Finished basement, own driveway, fenced-in yard. Available Apr. 1st. Call 933-0920 or 937-4999.

NORTH END - bright 1 bdrm basement apt. Kitchen, livingroom & dining area combined. Sub-floor in basement, quiet, non-smoker, no pets. $450/mth, utilities included. Call Shirley, 938-2626.

SEAWAY
Property Management SERVICES

316 Malborough, bachelor, $310. incl.
100 Carleton, 1 bdrm, mn. fl., $425.incl.
610A First East, $425. plus
123A Chevrier, 1 bdrm, $450. heat incl.
57C LeFebvre, 2 bdrm, $395. incl.
59B LeFebvre, 2 bdrm, $400. incl.
CALL DAN LANDRIAULT 938-1574

AVAILABLE APRIL or May 1st. Large 1 bdrm apt. $475/mth, utilities included. Fridge & stove. No pets. Adult preferred. Call 931-2806.

AVAILABLE MARCH 1ST - 1 bdrm basement apt of large house located 8 km east of Cornwall. Furnished, modern, clean, quiet, spacious, private entrance, utilities included, non-smoker, no pets. Ideal for working male or female person. Mike, 931-1061.

EAST END, 2 bdrm downstairs apt. Renovated, painted, basement partially finished, laundry room, extra room, backyard. $460/mth, plus utilities. No pets. Call 932-6326.

INGLESIDE VILLAGE. 1 & 2 bdrm apts. Fridge, stove, carpeted, laundry room, security bldg, plug-in parking. References. Call 933-8404.

2-2 BDRM UPSTAIRS APTS. 210 & 214 McConnell, north of Montreal Road. Parking. $395/mth, plus utilities. Being renovated. Available Mar. 1st. Call 933-4347 after 6pm.

510 BURTON AVE. - One bdrm bachelor apt. Modern kitchen, 4-pce bathroom, fridge & stove supplied. Ample parking & storage. $350/mth. Available now. Call 932-4781.

AVAILABLE NOW - Small upstairs apt. 2 bdrms, 4-pce. bath, laundry hookups, heat, lights, parking, back yard. Require mature individual or couple. $500/mth. 539B Amelia. 932-2844.

AVAILABLE MARCH 1ST - Half of double tenement, 3 bdrms, washer & dryer hook-ups. $550/mth, utilities not included. 236A Yates Ave. Call 938-0828.

CLEAN, LARGE, freshly painted 2 bdrm apt. New carpeting, washer/dryer hook-ups, parking. $550/mth, utilities included. Sorry, no dogs. 938-3936.

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

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

2 BDRM APT, Jobin, $585/mth, includes utilities & basic cable. 1 & 2 bdrm apts, Ingleside, $415/mth & $515/mth, includes utilities & basic cable. 1 & 2 bdrm apts, Riverside Heights near Morrisburg, $445/mth & $460/mth, includes utilities. Call 543-3604 home or 932-0717 work.

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

201 CARLETON ST. - 2 bdrm apt. Available March or April 1st. $450/mth, pay own utilities. Call 938-5012, 933-8828 or apply at 301A Easton.

AVAILABLE APRIL 1ST - modern 2 bdrm upstairs apt. Private balcony, stove, fridge, dishwasher included. Washer/dryer hookups. No pets. $575/mth, plus utilities. Call 937-3216.

LARGE 3 BDRM apt. Front & back entrances, backyard storage shed, carpeted, washer/dryer, fridge & stove hookups. References. $585/mth, plus utilities. Call 933-8404.

DUNKIRK ST. - 3 bdrm upstairs apt. Washer/dryer hookups, private drive. $500/mth, plus utilities. Also, 2 bdrm apt, York St., available Mar. 1st, $425/mth, plus utilities. 932-2877.

EAMERS CORNERS - Large 1 bdrm basement apt. $450/mth, fridge, stove & utilities incl. Close to bus. Avail. Apr. 1st. Parking. No pets. Quiet person preferred. 938-8839.

LARGE 3 BDRM apt. 714 Marlborough St. N. Front & back entrances. Washer/dryer hook-ups. Fridge & stove available. References. $500/mth, plus utilities. Call 527-5381.

5 ARTICLES FOR SALE

GREY BATHTUB with surround & sliding doors. Grey toilet & drop-in sink, very good condition, $300. Call 932-0099, evenings.

SNOWBLOWER FOR SALE: 10-32" with chains, electric starter, very good condition. Call 932-6789.

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932-5689

WOULD LIKE TO TALK to anyone out there that collects or knows anything about stamps and stamp collecting. Call Dick at 933-0014 or evenings 933-3561.

30 CERAMIC TILES, 8x8, $25. 2 silk lamp shades, yellow & cream, 1-F/M, 1-T/M, $20. 4 long brown panel drapes, $20. 1 single brown bedspread w/drapes, $25. Small beige vertical blind, $20. Girls skates, sizes 3,4,5,6,7,8; Boys, size 1, $10/pair. Compact hair dryer, $20. 932-3936.

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*Marlb. St., Bach newly renovated bsmt, apli & utilities, $300. incl.
*Race St., 1 bdrm., main fl., garage, yard, no appl., $450 incl.
*29-C 4th St. E., 1 bdrm., main floor, apli., parking $425 incl.
*521 Carleton St. N, 1 bdrm. bsmt. appl. $375 incl.
*North End, lrg. 1 bdrm. bsmt 4 appli. centra air, new kit $525 incl.
*116 Sydney, 1 bdrm., upst., apli., parking $380 incl., avail. April
*Vimy Ave., 2-2 ddrm units, apli., W/D hook-ups, $595+
*West-end, 2 bdrm units, $500 - $525 incl. Free Laundry
*6th St. E., 2 bdrm upst., apli., prk., $495+ avail. April
*205-A Easton, 2 bdrm upst, appl. parking $500 incl.

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Large 2 bdrm., storage, balcony, appli., prk, laundry rm. $500 to $575 - incl. or $400 to $475+

425 11th St. West (SECURITY)
Large 1 bdrm., bsmt, appli, parking, laundry rm., BBE - $475incl.

805 MARLBOROUGH ST. N. (SECURITY)
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23-7th St. E. 3 bdrm., semi, 1200 sq ft., parking, $750 incl.

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Dawna Bamford
Sales Rep.

OPEN HOUSE Sunday Feb. 27 1-3 pm

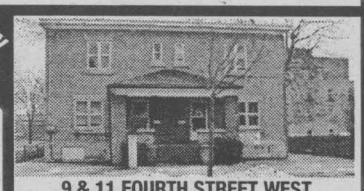


1129 ONTARIO STREET - (0076) - It would be my pleasure to show you through this home. It has rec room w/woodstove, enclosed porch, large garage, open concept living dining area. Asking **$78,900.** Call **Dawna Bamford today 937-0739**



NEW LISTING

210 4TH ST. W. (0092) - Lots of character including woodwork & porches; L.R. has wood fireplace, upgraded kitchen & bathroom, finished rec room. So much more. Asking **$92,500.** Call **Dawna Bamford** Sales Representative for your private viewing. **937-0739**



9 & 11 FOURTH STREET WEST
(0074) - Well located & semi detached unit office space plus apartment. Call **Maggie**

Henrietta Duvall
Sales Rep.



MONACO CRESCENT
(0039)- Mornings hectic? Not in this 4 bedroom, 3 bath, 2-storey home. Designed for family living. Bring your family to see today **$165,900** Call **Henrietta**



NORTH END
(0038) - You've just run out of reasons to rent, this spacious townhouse is a great way to begin at **$66,200.** Call **Henrietta**



If you Desire ... graceful living among beautiful surroundings you must see this 1,500 sq. ft. brick bungalow, 2-plus car garage, on 2-plus acres, nestled privately in cedars. (0079) **$149,500.** It can be yours! Call **Henrietta.**

Ginette Campbell
Sales Rep.

NEW LISTING
BUILDING LOT $25,000
(0082) - Looking for a nice building lot, look no more! Ginette says come view this beautiful lot just minutes from Cornwall, 90x175, driveway already in, quiet subdivision. Call **Ginette Campbell** Now!



333-335 McLEAN AVENUE
(0073) - Spotless side-by-side. **$79,900.** Ginette says why pay rent when you could own this well maintained double tenement, featuring hardwood floors, fenced yard, garage, private parking and much more. Call **Ginette Campbell** Now!



NEW LISTING

328-330 PRINCE ARTHUR $73,900
(0084) - Ginette says why not have a look at this spotless double tenement. It features new updates, fenced lot, private parking, excellent income, much more.
Call **Ginette Campbell** Now!

Judi Auger
Assoc. Broker

OPEN HOUSE



Sunday Feb. 27 1:00 -3:00 pm
WARRANTS MORE THAN A GLANCE!
(0089) - Step in and discover what a cozy, tasteful bungalow this home really is. Hdwd floors, 2 bathrooms, extra bedroom
1014 OSBORNE AVE. $91,900

NEW LISTING



TWO HOMES IN ONE!
(0090) - This home is actually a duplex with three bedrooms on each side, clean as a whistle and fully fenced yards. Lots of space per unit, oil heated & 2 bathrooms per. Call **Judi** today. **$149,900**

OPEN HOUSE



Sunday Feb. 27 3:00 -4:30 pm
(0091) - Sitting on 4 acres, this tasteful, immaculate 3 bdrm home boasts FA heating with central air, a huge deck, 22x17 foot rec room
6342 PURCELL ROAD $108,900

LAND
Purcell Road, 19.37 acres
St. Felix Rd., comm. bld. lot
Ruth St., building lot



COUNTRY RETREAT!
(0094) - Just east of Martintown lies this well-built spacious bungalow with 3 bathrooms, fireplace, central air, huge deck, double car garage & so much more. Call **Judi. $159,900**

OPEN HOUSE



Sunday Feb. 27 1:00 -2:30 pm
(0031) - Over 1400 sq. ft., screened-in porch, large lot, 2 bathrooms. Vendor will allow a $2,000 incentive to the purchaser. Ask Judi for details.
17125 TOWNSHIP RD. 31 $94,000
just off Cornwall Ctr. Rd., W. of Brookdale



(0037) - Excellent 5000 sq. ft. building, zoned highway commercial, sitting on 3 acres. Also a 3 sided storage facility of 135'. Lots of paved parking. Priced to sell at **$195,000.** Call **Judi**

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SQUARE BALES of hay. Call 346-5444.

MIXED FIREWOOD for sale. $35/cord, picked-up. $45/cord delivered. Cornwall & surrounding area. Minimum 2 cords for delivery. Call 937-4817.

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1997 PONTIAC Grand Am SE, fully loaded, CD w/equalizer, V-6, auto start. Original owner, non-smoker, 78,000 km. Extra clean. $13,300. certified. Call 936-8632 Cornwall.

1995 FORD WINDSTAR, hunter green, V-6, 7-passenger, 133,000 km, very good condi. $8,500. safetied. 1992 Chev Cavalier, 4-dr, auto, very good cond. $2,800. safetied. Gerard Poirier Auto Sales, 2 km east of Alexandria on Lochiel Road towards Glen Robertson. 525-1656 or after hours 874-2440.

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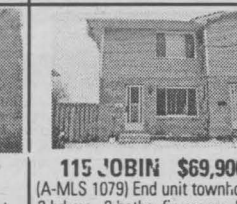

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Sherry McCullough

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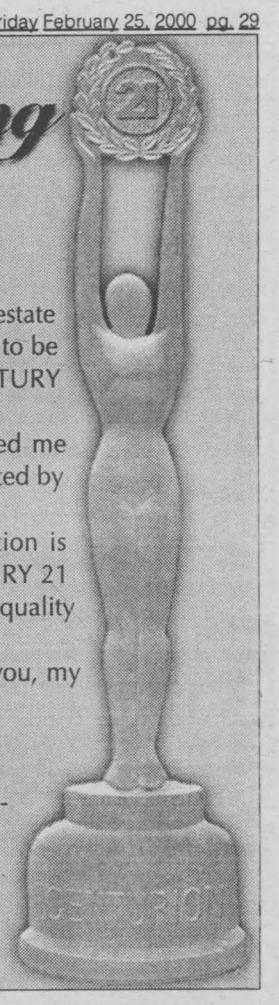
Because of you, I am able to enjoy this new level of success.

I am honoured to share my accomplishment with you.

Once again, many thanks for your continued loyalty and support.

Sherry McCullough
Distinguished CENTURION Award Winner



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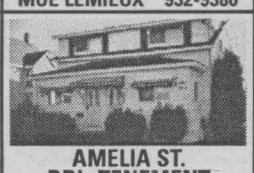
SHERRY McCULLOUGH 937-0891


1844 BELVEDERE CR.
(A-MLS 1091) Beautifully decorated 2+2 bdrms, 2 baths, oak kit., dbl. tier deck, backs onto park. Close to schools & churches
SHERRY McCULLOUGH 937-0891


440 GLOUCESTER ST. N. $59,900
(A-MLS 0926) Zero-in, on this 3 bdrm 2-storey, FAG heat, close to all amenities
SHERRY McCULLOUGH 937-0891


AMELIA ST. DBL. TENEMENT
(A-MLS 1025) Dbl tenement, ingr pool, det garage, centretown, close to CCVS high school
SHERRY McCULLOUGH 937-0891



332 SIXTH ST. E. $47,900
(A-MLS 1115) 2 bdrm, 1-1/2 storey, new FAG furnace, spacious kit., dining rm & living rm. Large lot 50x265
SHERRY McCULLOUGH 937-0891

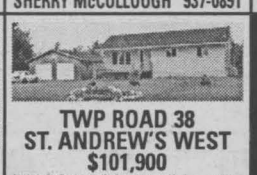
NEW LISTING
THINKING OF BUILDING?
(A-MLS 1112) Gorgeous building lot, Fraser Street, village of St. Andrew's. Lot size 100x150. Only $18,500
SHERRY McCULLOUGH 937-0891


LONG SAULT $62,900
(M-MLS 0952) 1400 sq. ft. of family living space, main flr family rm, 3 bdrms, gas heated, nice lot 60x125, great starter
MIKE DeBOER 938-7802



305-307 BROOKDALE $54,900
(A-MLS 1057) 1-4 & 1-2 bdrm duplex fully rented; lots of new drywall & flooring, gas heat
MIKE DeBOER 938-7802


INGLESIDE! $119,900
(O-MLS 1010) Brand new 1280 sq. ft. with att. garage, 1-1/2 baths, gas heat, central air
MIKE DeBOER 938-7802


TWP ROAD 38 ST. ANDREW'S WEST $101,900
(M-MLS 0838) Country living at its best, this 3+1 bdrm bung is in mint cond., features rec rm with air-tight, dbl. car garage & more
MIKE DeBOER 938-7802

Your property could be advertised right here!
X

LOTS & LAND
Cty Rd 18: 48 acres on paved road, **$48,000**
Farran's Pt. Rd.: 1.8 acre bldg. lot. West of Ingleside, **$9,500**
Long Sault Area: 148x167 lot, water, gas & cable, **$16,900**
Chapel Rd: 4 acre cedar bush lot, **$17,900**
Building Lot: 1.84 acres, good paved road, **$8,900**
Cty Rd 18: 1.9 acre treed lot, **$11,000**
Cty Rd 18: 13 acres, 7 acres bush & balance clear, **$21,000**
MIKE VANDERMEER 938-2121


MINI FARM $46,900
(L-MLS 1090) 2 bdrm home on 15 acres with horse barn located between Moose Creek & Avonmore
MIKE VANDERMEER 938-2121


INGLESIDE $81,000
(O-MLS 1054) Fully renovated 2 bdrm bung with det garage, gas heat, C/A, hdwd flrs & more
MIKE VANDERMEER 938-2121


MANNING ROAD $92,900
(O-MLS 1101) Well maintained 4 bdrm. home with charm & character in the Hoople's Bay Area
MIKE VANDERMEER 938-2121




COUNTRY $94,900
(M-MLS 1108) 3 bdrm split on well landscaped lot, att. garage, C/A, pool & more
MIKE VANDERMEER 938-2121


MOOSE CREEK $84,500
(L-MLS 1048) 3 bdrm bung. with large garage/workshop backing onto creek on nice private street
MIKE VANDERMEER 938-2121


COLLEGE AREA
(A-MLS 1097) 2 bdrm, 2-storey home, verandah across frt. of home. Great beginnings for only $39,900
MIKE VANDERMEER 938-2121

RESTAURANT PIZZERIA $28,900
(A-MLS 1032) Ongoing eat-in/delivery restaurant located on busy intersection. Be you own boss. Call for details
MIKE VANDERMEER 938-2121



RIVERDALE $104,900
(A-MLS 1107) Brick bung in excellent condition, gas heat, Beckermann Kit., with built-in appliances, hdwd & ceramic floors plus more ...
MIKE VANDERMEER 938-2121


417 BELLEVUE
(A-MLS 1099) Move-in condition. 3+1 bdrms, hdwd floors, central air
TODD THOMPSON 937-0292



434 4th ST. EAST $64,900
(A-MLS 1114) All brick, 2-storey, 4 bdrms, hdwd flrs., good starter
TODD THOMPSON 937-0292



19 MONROE E. $64,900 (off Sydney)
(A-MLS 1110) Excellent starter. Many updates, dead end street
TODD THOMPSON 937-0292



410 PATRICK $65,900
(A-MLS 1111) End unit townhome in mint condition. Fin rec room, 1-1/2 baths
TODD THOMPSON 937-0292

FAMILY BUSINESS
(A-MLS 1039) Video store, fully equipped laundromat + 3 bdrm. apt.
ERIC PEDERSEN 938-9690


511 BLOSSOM PARK
(A-MLS 0946) quiet crescent, lot 55x125, 3 bdrms., rec room
ERIC PEDERSEN 938-9690

15 MINUTES FROM CITY $79,900
(J-MLS 1073) 3 bedroom home, large modern kit., hdwd flrs., frpl.
ERIC PEDERSEN 938-9690

1127 GRAND $91,900
(A-MLS 1113) Just listed ... this spotless 3 bdrm bungalow with gas fireplace, C/A
ERIC PEDERSEN 938-9690

26 CRESCENT VIEW DR. $82,900
(A-MLS 1083) Attention retirees or starters - solid 2 lg. bdrm bung w/rec rm+bdrm & garage on discreet drive. Close to some amenities
MAURICE DROUIN 933-6146

142 CARLETON ST. $59,900
(A-MLS 1092) Super clean 2 bdrm home with hdwd flrs., frt. verandah, side porch & garage. Maint-free ext. & min. lawn upkeep
MAURICE DROUIN 933-6146

GLENDALE SUBDV.
(J-MLS 1117) 8 yr. old bung features open concept, security system, Venmar air exchanger, main flr. laundry, oak Kit., etc, etc.
JACK ROY 931-1290

KING'S ROAD
(J-MLS 1003) Large ranch style bung., nestled on 3 acres Very Private!!
JACK ROY 931-1290

127 A,B,C BELMONT $97,500
(A-MLS 1034) Well-maint income property w/workshop & ample paved parking. Excellent for owner-occupied
JACK ROY 931-1290

112 EMMA $279,000
(A-MLS 1061) Invest and save! Reap the benefits by owning this 8 unit brick bldg. Good location. Close to all amenities
MONIQUE WILLIAMS 932-7196

DON'T MISS OUT ON THIS ONE!! $104,900
(A-MLS 1100) Over 1400 sq. ft., 3 bdrm all brick bung. Call Monique to view
MONIQUE WILLIAMS 932-7196

Summer Student Employment Opportunities

The Township of South Stormont is now accepting applications for a variety of summer employment opportunities throughout the municipality. These positions include park rangers, park workers, swim supervisors, swim instructors, special event coordinator with support staff, general labourers and maintenance workers. First aid and CPR are definite assets.

Interested applicants must **submit their resumes** to:

Student Services Centre
Employment and Education Resource Centre
144 Pitt Street, Cornwall, Ont. K6J 3P4
prior to March 24, 2000 and indicate
Township of South Stormont employment.

Please specify the position you are applying for. We thank all applicants who apply, but only those applicants selected for an interview will be contacted.

HAIRDRESSERS WANTED

Vincent Hair Studio. With clientele or rent chair. Be your own boss. Rent $110.00 wk.
937-3253 ASK FOR VINCE

ANTIQUE AUCTION SALE

Mrs. Juliet Laing
St. Mary's Centre
Williamstown, Ontario
Saturday, March 4 10:00 A.M.

Oak roll top desk; oak hall seat & mirror; corner china cabinet; mirrored back curio cabinet; 1920 dinning room set; 1930 5' Grandmother Virgina Lincoln clock radio; corner chair; oak side board; oak umbrella stand; Victorian walnut glass door bookcase; solid birds eye maple 2 tiered table; two genuine handwoven Persian rugs; handwoven Persian kelim 12' 6" x 11' 4"; Victoria walnut washstand; mahogany and pine bonnet chest; Circa 1900 fancy oak barber's chair; oak 3 drawer dresser; oak double pedestal panneled desk with 9 drawers; upholstered oak armchair with lions paw; music cabinet; oak glass front & side china cabinet; Tea wagon; round pedestal dining table & 6 chairs; pine blanket boxpine quilt rack; pine medicine cabinet with etched glass door; solid brass bed; press back chairs; floor lamps; wicker furniture; violins; Birk's silver plate "Queen Mary" setting for 8 with serving pcs.& chest; Birk's sterling coffee spoons; porcelain doll heads; washstand; dressers; set of Staffordshire "Hampton" royal pottery for 8 many servings pcs; biscuit jar ; pickle cruet; Nippon; depression; mixing bowls; estate jewellery; linens; quilts; oil paintings; misc. tables; misc. chairs; oak display case; crocks; early comics; tin Corona sign; oak display case; child's metal bank; a great golf chocolate tin; early tricycle; rocking horse; stain glass windows; oak sewing machine; trucks; metal store cigar box; music; wicker rockers; press back chairs; sofa bed; other misc. articles. A very interesting sale.

Terms: Cash or Acceptable Cheque - Canteen

FLORA GRANT DUMOUCHEL
AUCTION SERVICES
Ingleside, Ontario 613-537-2925
www.theauctionfever.com

21 HELP WANTED

"Joey's Only" Seafood Restaurants

Joey's Only Seafood Restaurant
704 14th St. W.
(beside Cuts 'n More)
Seaway Village Plaza

Now hiring Full and Part Time Cooks, Waiters & Waitresses. Apply in person on March 6th & 7th between 4 & 8 p.m.

EARN $200.,$300.,$500. or more per week, assembling product in the comfort of your own home. Send self-addressed stamped enveloppe to: O.P.H., 6-2400 Dundas St. West, Suite 541, Ref. 671, Mississauga, Ont. L5K 2R8.

2 LICENSED HAIRDRESSERS to rent chairs for new business in Cornwall. Call 528-1081, leave message.

23 HOME SERVICES

J.R. RESTORATION, Doors, windows, siding, brickwork, bathrooms, family rooms, painting, ceramic tiling. For all your renovation needs, inside or out. Call J.R. 613-938-7742.

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

HANDYMAN - Interior painting. Snow removal. Lawn cutting. Garden tilling. Hedge trimming. Tree trimming. Odd jobs. Call Kirby, 938-5444.

RENOVATIONS, BUILDING & addition needs, roofing, siding, drywall, decks, sheds, garages, patios. Call Robert The Perfect Handyman, 525-2197. Free estimates & customer satisfaction.

HANDI LADIES WORK FOR YOU. Handy Ladies are here for you to do the things you don't have time to do. Heavy-duty cleaning, walls, floors, ceilings, windows in/out and more. S.D.& G. area. Call 936-9362 or 936-9150. Save it.

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

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

24 BABYSITTING

MATURE MOTHER will babysit in my home, East end. Non-smoking. Nutritious meals & snacks. Lots of fun & attention. Call Debi, 938-1025.

MATURE LADY WILL babysit in my home, before & after school. Summerstown/Glen Walter area. Bilingual, N/S & references. Have own transportation. 931-3124.

33-YR-OLD WILL BABYSIT in my home or yours. Before & after school. East end. Bilingual, N/S & references. Have transportation. Lynne, 933-5649.

32 FARMS WANTED

LOOKING FOR DAIRY farm, buildings, cows, quota, land to purchase. Please apply to: Box 252, c/o Seaway News, 329 Second St. West, Cornwall, Ontario, K6J 1G8.

34 HOUSES FOR RENT

HOUSE FOR RENT near Avonmore. Available March 1st. Call 346-5444.

3 BDRM BUNGALOW. Available March 1st. For more info, call 933-9063, between 6pm-9pm.

APPLE HILL AREA - 3 bdrm farm house. First & last month req'd. Available now. Utilities not included. Call 528-4694.

SAVE MONEY NOW!
Refinances, purchases and debt consolidations.
Pay off high interest loans & credit cards.
5 Year Mortgage • 7.50%
UPPER CANADA MORTGAGE
930-2592

SMALL WATER FRONT house, Summerstown. 1 bdrm, kitchen, 3-pce bath, livingroom, laundry room. $600/mth, plus utilities. Call 931-3324.

35 HOUSES FOR SALE

OPEN HOUSE - Sunday, Feb. 27th, 1-3pm, 15328 Colonial Dr. Ingleside. 3 bdrm starter home. $59,900. All offers considered. Must sell-relocating. For information, contact Paul Luscombe, 938-3860.

ADIRONDACK ESCAPE - 2 storey house w/rustic charm. 3 bdrms, large kitchen, hardwood floors, enclosed porches, near freshwater lakes, Titus Mountain, golf courses. Affordable. 932-0829.

36 APT. BUILDING FOR SALE

STRONG STRUCTURAL 4-unit apt. building for sale, each with 2 large bedrooms. Quiet location. Good income. Asking $80,000. Call 931-1041.

38 OFFICES/ STORES BLDGS.

LOCATED IN MASSENA - Commercial building for sale. Can be used for many things. Metal exterior, heating system new in 1998. Two open porches/loading areas. Lot size: 340x225. Priced to sell: $69,500. Call Shirley, 315-388-7765.

41INCOME PROPERTIES

CENTRALLY LOCATED - Apt. building. Excellent income. Call for details, 534-4600 or 360-5366.

NORTH END. Excellent income property. Reduced to sell! 4 large 2 bdrm units. Possible gross income $27,720. Call for details, Latreille Real Estate Inc. 938-3800.

42 LOTS/ LAND

BUY NOW - Be ready for spring building. Check out this partly treed 2.76 acre lot on Hwy. #2, 1 mile west of Ingleside. Great location. Great price. Call for more details 938-7071, leave message.

43 ROOMS

LOVELY FURNISHED room for rent within walking distance to St. Lawrence College. $275/mth. Ref. req'd. Female preferred. Call for more info, 938-1745 after 5:30pm.

57 DJ'S

POWER SOURCE DJ's. Part of the professional group of D.J.'s. Specializing in stags, weddings & any other special occasions. Karaoke & lights & 10-person trailered Hot Tub available. Call Ray 938-1962/Rod 936-0652.

LET'S DANCE
Music for All Occasions
Dan Aspirot
933-4639

AUTOS FOR SALE

SPECIAL OF THE WEEK

REVERSE AUCTION
1996 PONTIAC BONNEVILLE SE
V6, loaded, 99,000 km, auto temp air, steering wheel controls
$13,288
Price will be reduced $200 per week (next week price will be $13,088)
HOW LONG CAN YOU AFFORD TO WAIT?

1999 CHRYSLER INTREPID
6 cyl, air, cruise, tilt, p-wind, p-locks, p-seat, 15,000 km, remote start

1998 FORD CONTOUR GL
4 cyl, 4 dr, loaded, 39,000 km

1998 CHEV MALIBU
4 dr., V6, auto., loaded, 44,000 km

1997 CHEV LUMINA LS
4-dr., V6, loaded, 58,000 km.

1997 PLYMOUTH BREEZE
4 cyl, auto, loaded, CD player, 61,000 km

1997 CHRYSLER INTREPID
V6, fully loaded, p. seat, 99,000 km, one local owner

1996 PONTIAC GRAND AM
4 dr., V6, fully equipped, remote entry, 58,000 km

1996 CHRYSLER CIRRUS LX
loaded V6, CD, 82,000 km.

1996 CHEV CAVALIER
4 dr., 4 cyl., auto, air, p. locks, CD, 88,000 km, local owner

1996 PLYMOUTH NEON
Hi-Line, 4 dr., 4 cyl., auto, air, p. locks, 58,000 km

1995 CHEV CAVALIER
2 dr., 4 cyl., auto, cassette, 87,000 km, local owner

1994 MERCURY TOPAZ
4 dr., 4 cyl., AT, air, 117,000 km

1994 OLDS. DELTA 88
4-dr., loaded, remote entry, 90,000 km.

1994 PONT. SUNBIRD
4-dr., 4-cyl., auto, air, p-locks

VANS

95 DODGE GR. CARAVAN LE
3.3L, 6-6, fully loaded, local owner

1994 DODGE CARAVAN
V6, auto, air, 1 owner, 133,000 km

94 CHEV LUMINA VAN
fully loaded, V6, local owner

1994 FORD AEROSTAR SPORT
V6, auto, full load, 108,000 km

4x4 SPORT UTILITY

1996 CHEV BLAZER LT
V6, auto, fully loaded, p. seat, leather, 83,000 km

TRUCKS

1991 MAZDA PICKUP
4 cyl., auto, PS, PB, tonneau cover

TRADES WELCOME
6 mths/ 8,000 km bumper to bumper or 1 yr/12,000 km powertrain, seals & gaskets included

Image MOTORS Quality New & Used Cars
1 km west of Long Sault on Hwy #2
(613) 534-3940

AUTOS FOR SALE

MASSEY PLACE AUTO SALES

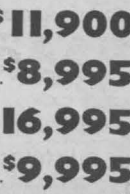
For ALL Your Motoring Needs

Randy's WEEKLY WONDER

97 OLDS ACHIEVA



4 dr., loaded, 6 cyl., 50,000 km



RANDY

$275/month O.A.C.
$2000 down or equiv. trade

99 CHEV LUMINA 4 dr., loaded, V6	$19,500
99 CHEVY SILVERADO 2WD, air, cass., fleet size box, 28,000 kms	$21,900
99 CHRYSLER CONCORDE LX Power seat, full load, bal. of Chrysler W...	SOLD $22,495
99 GMC SAFARI SL full load, bal. of GM warr., 35,000 km	$23,995
98 CHRYSLER INTREPID 4 dr., loaded, Chrysler warranty to 100,000 km	$16,500
97 NEON 4 dr., auto, AC, 85,000	SOLD $7,995
97 BUICK PARK AVE. Full load, heated seats, 45,000 km bal. of GM Warranty	$23,995
97 CHEV CAVALIER 2 dr., auto., 47,000 km	$8,995
97 FORD TAURUS 4 dr., fully loaded, 69,000 km	$11,995
97 DODGE CIRRUS LX fully loaded, V6, 85,000 km	$11,995
97 CHEV CAVALIER Z22 2 dr., auto., air, cruise, only 30,000 km	$11,900
96 FORD 150 6 cyl., 5 speed, 4X4	$14,900
96 LUMINA APV A/C, tinted glass, 85,000 kms	$11,900
95 PONTIAC GRAND AM SE 4 dr., fully loaded, V6	$8,995
95 DODGE RAM 1500 SLT 4X4, full load	$16,995
95 CHEV LUMINA APV A/C, good condition, 83,000 kms	$9,995
94 CHEV CAVALIER 4 dr., full load, V6	$5,995
93 MAZDA MX6 V6, roof, fully loaded	SOLD $6,995
92 CHEV CORSICA 6 cyl., auto, air,	SOLD as is $1,750
91 CHEV LUMINA auto., air, cruise	SOLD as is $1,500
87 TOYOTA COROLLA auto, 4 dr., safetied	$2,500

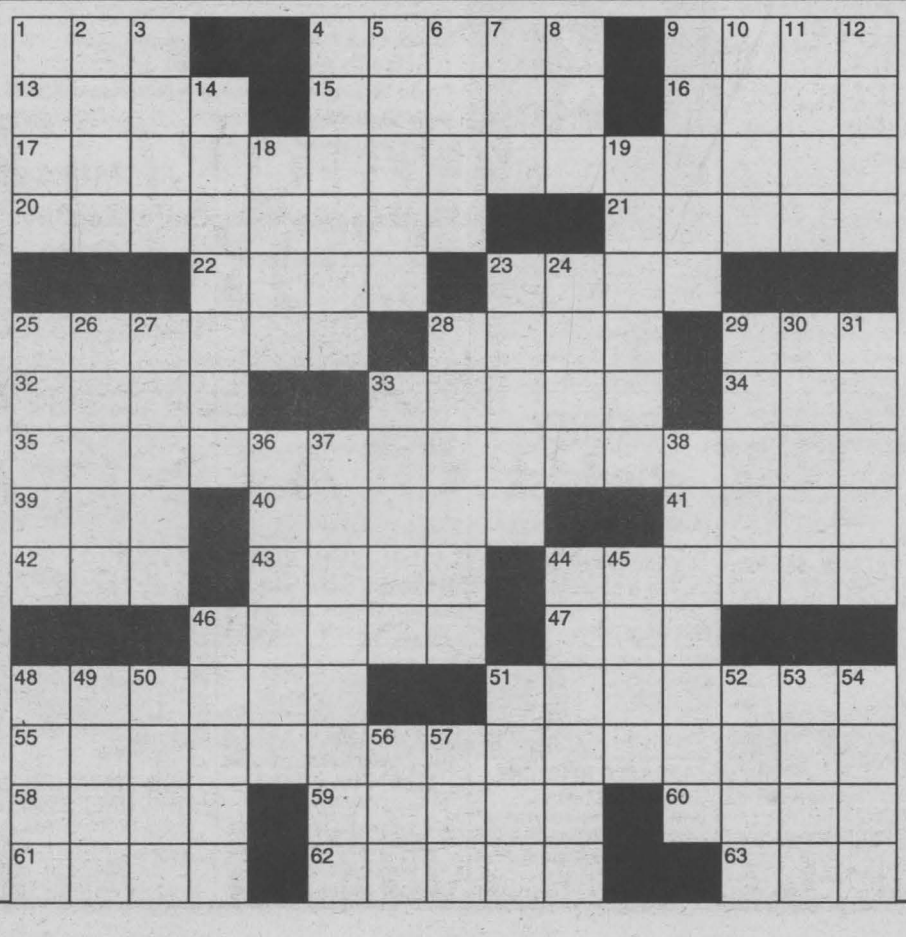
• SERVICE BAYS ON-SITE •

All vehicles sold with safety, extended warranties available

1520 VINCENT MASSEY DR.
938-1994 or 936-7577 cell.

Classifieds GET THE JOB DONE!
Buy • Sell • Trade • Rent • Hire

CROSSWORD



Clues ACROSS

1. Metric linear unit
4. Account
9. Sounds
13. Oceans
15. Evolve
16. Monetary unit of Angola
17. Bunny cards
20. Presiding officers
21. Fall
22. Missing soldiers
23. Adjust
25. Adams, American revolutionary
28. Concern
29. Obstruct
32. Cain and ____
33. Erik ____, composer
34. Macaws
35. St. Paul's architect
39. Mythological bird
40. Supports
41. Prefix for within
42. Boat
43. Winged
44. Conditions of balance
46. Passerines
47. Crony
48. Admirer
51. Diplomatic
55. Quite dotty
58. ____ Clapton, musician
59. Sun helmet
60. Surely (archaic)
61. Ill
62. Auriculate
63. ____ King Cole, musician

Clues down

1. Millisecond
2. Affirmative! (slang)
3. Chadic
4. Cutaneous
5. Advances
6. Be bright
7. Frost
8. Drive
9. ____ the elder
10. Plant processes
11. Urban center
12. Digit
14. Quicken action
18. Lake ____, one of the Great
19. Change position
23. Profanities
24. Cheese
25. Os
26. Hate
27. Doctors' manual
28. Covers
29. Doctors
30. Mountain Ridge
31. Hands (Span.)
33. Gannet
36. Desists from
37. Stand
38. Affluent
44. Placed at intervals
45. Measuring instrument
46. Ruin
48. Research labs
49. Iranian
50. Of an ode
51. Gum or fig
52. Deer
53. Murres
54. So that not
56. Extinct flightless bird of New Zealand
57. Mo.

SOLUTIONS ON PAGE 32

AUTO MART

Newly Refined Pathfinder

Canada's most popular imported V6 sport utility vehicle, the Nissan Pathfinder has been extensively refined and modified over the past year.

Pathfinder continues to be best-selling imported V6 compact SUV on the market. The most recent round of refinements should keep it at the top of the hottest segment in the industry, says Ian Forsyth, Nissan Canada's marketing director.

Pathfinder boasts a fresh and more aggressive front-end appearance, new multi-parabola headlights with clear lenses, new fog lights and taillights, new 16-inch alloy wheels on all models, a redesigned life-gate, black privacy glass and side windows of glass that reduces ultra-violet rays.

Standard Pathfinder features also include:

•3.3-litre V6 engine that generates 170 horsepower and 200ft/lbs of torque. Ninety percent of this is available when needed most-at the low engine speed of 1,500rpm.

•Standard rear limited-slip-differential on all models.

• P245/70 R16 tires on the XE and P255/65 R16s on the SE and LE.

•Heated power door-mirrors

•Power door lock and window switches.

•Cargo area tonneau cover and cargo net.

Pathfinder's already impressive vehicle and passenger security is enhanced with the addition of an ignition immobilizer and alarm and keyless remote entry systems as standard equipment.

Power door locks include Nissan's Smart Doors logic that prevents doors locking if the key is still in the ignition switch. Retained accessory power briefly allows closing of windows and sunroof, even after the ignition is switched off. Headlights and interior lights also switch off automatically.

Generation II front airbags are standard on Pathfinder, and side airbags are standard on all Pathfinders with leather-faced seats.

Pathfinders employ rugged Mono-frame construction for maximum safety and squeak and rattle-free long-term durability.

An AM/FM/CD cassette, six-speaker sound system is standard on all Pathfinders. Premium Bose sound systems are standard on Pathfinder SE and LE.

Treat Your Car To Enhanced Protection

(MS) — It's often been said that the best thing you can do for your car is to change the oil. The lifeblood of your engine, motor oil provides a thin liquid barrier between engine parts to reduce friction and damaging metal-to-metal contact in your engine. Without it, your engine would die a premature and costly death. As the average price of new cars continues to increase, it's a good idea to take the necessary steps to protect your investment.

Although motor oils do an excellent job, there is a simple step you can take to give your engine an extra margin of protection in severe engine-operating conditions. Whether you change your own oil or have it changed by a professional, using an oil additive like STP® Oil Treatment is an easy way to provide extra protection when the going gets tough. The product provides an extra antiwear agent, viscosity improver, corrosion fighter and acid inhibitor, plus a dispersant that helps to maintain engine cleanliness. The exclusive formula also helps reduce oil consumption in oil-burning cars.

"Excessive engine wear can lead to serious and expensive problems," says STP product manager Greg Mostoller. "Therefore, it's a good idea to give your oil some extra protection, especially under extreme operating conditions. Simply add one bottle of STP Oil Treatment to four or five quarts of oil when it's time for an oil change."

The original treatment is formulated for cars and light trucks with more than 36,000 miles. For cars less than four years old, try STP Newer Car Oil Treatment. For four-cylinder cars, which work harder and run hotter than six- and eight-cylinder engines, STP 4-Cylinder Oil Treatment provides extra-high stress lubrication.

MID WINTER WIPEOUT

'92 PLYMOUTH VOYAGER, 5 pass, V6, maroon $4,995
'92 CHEV CAVALIER RS 2dr., V6 SOLD AS IS SPECIAL $4,995
'91 MERCURY SABLE V6, loaded, 159,000 kms $3,995
'91 PONTIAC GRAND AM, 4 dr., red, 106,000 km SOLD WAS $4,995 $3,995
'90 PONTIAC TRANS SPORT, 7 pass., van WAS $6,995 $5,295
'90 CHEV. ASTRO, 8 pass., loaded, 2-tone blue WAS $4,995 $4,495
'90 PLYMOUTH VOYAGER 7 pass., 3.3 V6, blue WAS $4,995 $4,395
'90 MERCURY GRAND MARQUIS, loaded, navy $4,295
89 CHRYSLER NEW YORKER LANDAU, loaded, maroon $3,995
'89 OLDS REGENCY 98, V6, 3.8 dependable engine, blue $3,395
'89 CHEV CAVALIER, 2 dr., 4 cyl., blue AS IS SPECIAL $1,695
'88 CADILLAC BROUGHAM D'ELEGANCE 5 litre, 94,000 km WAS $5,995 $4,695
'88 CHEV CAVALIER RS, 4 dr., V6, 5 spd, red $2,995
'88 OLDS CUTLASS CIERRA SOLD white $2,995
'88 CHEV CAPRICE, propane powered taxi AS IS SPECIAL $995
'86 CADILLAC FLEETWOOD D'ELEGANCE, AS IS SPECIAL $1,495
'86 PONTIAC 6000, 4 dr., V6, 150,000 km AS IS SPECIAL $995
'83 CAMARO BERLINETTE, 305, V6, T-top Was $995 AS IS SPECIAL $795

BUY RITE AUTO SALES
GAETAN (GAITS) LANDRIAULT
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932-CARS (2277)
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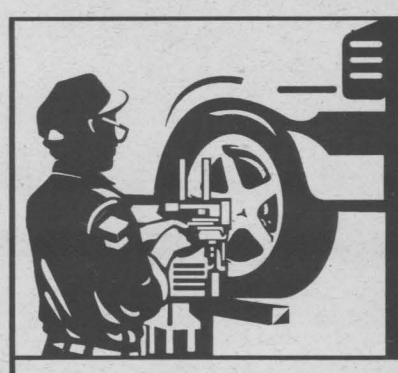

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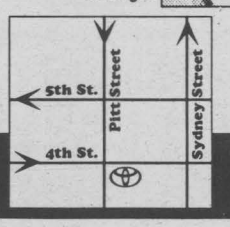

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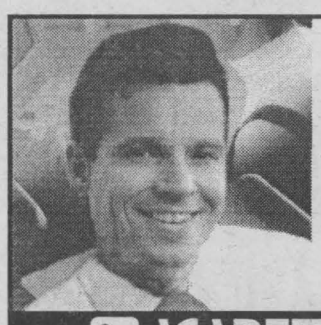

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HOROSCOPES

February 27-March 4

Aries – March 21/April 20
Be careful when talking with an acquaintance about a financial situation. Don't say too much, or you're sure to regret it. This person will tell others your private information. A close friend asks you for romantic advice. Be honest with him or her. Gemini plays an important role late in the week.

Taurus – April 21/May 21
Don't let a business associate boss you around early in the week, Taurus. This person has no right to tell you what to do. Exert your authority, and show him or her who's the boss. The person whom you've been seeing has a surprise for you. Enjoy it, because you deserve this.

Gemini – May 22/June 21
There is a lot going on this week, Gemini, So, try to stay focused on what you have to do. It's not going to be easy, because your friends are vying for your attention. Ignore everyone until you accomplish what you need to do. A loved one needs a shoulder to cry on. Be there for him or her. Your efforts will be appreciated.

Cancer – June 22/July 22
Don't get upset when a loved one doesn't have much time for you this week, Cancer. This person still cares for you very much; he or she simply is busy right now. Give him or her time to get things done. Don't worry — you'll spend a lot of time together during the weekend.

Leo – July 23/August 23
Try to keep your emotions in check at work this week, Leo. A co-worker purposely is trying to upset you. Don't give this person the satisfaction. Stay calm, cool and collected. Remember, the higher-ups are watching you. You meet an interesting person late in the week. Get to know him or her better, because this could be the one.

Virgo – Aug 24/Sept 22
Be selective when it comes to making plans this week. A lot of people say that they want to help you with things, but you know that only some of them mean it. Figure out who is sincere. A friend introduces you to an interesting person on Wednesday. Get to know him or her better.

Libra – Sept 23/Oct 23
A close friend turns to you in a time of need. Listen to what he or she has to say, and give your honest opinion about the situation. Your efforts will be appreciated. A loved one invites you to dinner late in the week. Say yes, because it's sure to be fun.

Scorpio – Oct 24/Nov 22
Don't let your ego get the best of you when you meet an important business associate early in the week. This person really can help your career. So, don't alienate him or her by being conceited. That special someone needs a favor from you this weekend. Do what you can to help.

Sagittarius – Nov 23/Dec 21
Don't back down from a confrontation with a co-worker when you know that you are right. He or she just wants to make you look bad. If you stand your ground and explain yourself, you're sure to come out victorious. An acquaintance asks to borrow money. Find out what he or she needs it for before saying yes.

Capricorn – Dec 22/Jan 20
A loved one gets into trouble early in the week and needs your help. Give this person some advice, but don't get too involved in the situation. It only will create problems for you. The person you've been seeing wants to intensify your relationship. Say yes, because you know that this is what you want too.

Aquarius – Jan 21/Feb 18
Look at all of the pros and cons before making an important decision this week, Aquarius. You have a lot riding on this — don't do anything rash. Turn to loved ones for help if you need it. They can help you make the right choice. Capricorn plays an important role on Tuesday.

Pisces – Feb 19/March 20
Be sympathetic when an acquaintance comes to you for help with a problem. Do what you can for him or her. Your efforts will be appreciated. A close friend turns to you for romantic advice. Be honest with him or her.

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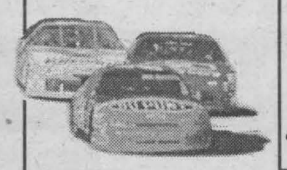
13. Seas
15. Educe
16. Lwei
17. Easter greetings
20. Chairmen
21. Ensue
22. MIAs
23. Obey
25. Samuel
28. Part
29. Dam
32. Abel
33. Satie
34. Ara
35. Christopher Wren
39. Roc
40. Poles
41. Ento-
42. Ark
43. Alar
44. Stases
46. Wrens
47. Pal
48. Adorer
51. Tactful
55. Mad as a March hare
58. Eric
59. Topee
60. Ywis
61. Sick
62. Eared
63. Nat

SOLUTIONS DOWN

1. Msec
2. Yeah
3. Masa
4. Dermal
5. Edges
6. Burn
7. Ice
8. Tee
9. Pliny
10. Awns
11. Tegu
12. Sise
14. Stimuli
18. Erie
19. Teeter
23. Oaths
24. Brie
25. Sacra
26. Abhor
27. Merck
28. Papers
29. Darns
30. Arete
31. Manos
33. Solan
36. Spares
37. Tolerate
38. Wealthy
44. Spaced
45. Tach
46. Wrack
48. Ames
49. Dari
50. Odic
51. Tree
52. Fawn
53. Uria
54. Lest
56. Moa
57. Apr.



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Jarrett Wins Daytona 500

NASCAR Winston Cup Series

After winning the Bud Pole, scalding the field in the Bud Shootout Qualifier and the Bud Shootout, and then finishing a close second to Bill Elliott in a Gatorade 125-Mile Qualifying Race, Jarrett, the 1999 NASCAR Winston Cup Series champion, was pegged as the man to beat in the Great American Race.

But circumstances changed. Jarrett was involved in an accident during "Happy Hour" practice on Feb. 19. Among other things, his Ford Quality Care Ford sustained damage to its rear and front bumpers - so much so that its aerodynamic capabilities were significantly harmed.

Instead of going to a backup car, Jarrett's crew chief, Todd Parrott, opted to make repairs. That meant flying in three fabricators from the Robert Yates Racing shops in Charlotte, N.C., working long hours on Feb. 19 and then returning to work at 5 a.m. on the morning of the race.

After surrendering the lead to teammate Ricky Rudd and Mike Skinner for the first four laps, Jarrett took command on lap five and paced the field for 29 circuits. He then led 56 more circuits before becoming involved in a very dramatic finish.

Here's how it evolved:

On lap 80, Mark Martin, the driver of the Valvoline Ford who was running second to Jarrett, slowed dramatically down the backstretch of the 2.5-mile Daytona track, the victim of a blistered tire. He pitted and fell to 37th place.

Eleven laps later, the leaders cycled through a series of green-flag pit stops. Because his stop had been made earlier, Martin inherited the lead on lap 93.

Jarrett gave chase and would take the lead if Martin had to make a pit stop under the green flag. His stops were out of synch with the rest of the field. Martin needed a caution period to remain a contender.

He got it on lap 157, when the race's third caution period began after debris from John Andretti's STP Pontiac was discovered in turn two.

Martin joined the leaders on pit road for four fresh tires. But something happened. Johnny Benson, Bill Elliott, Terry Labonte and Dale Earnhardt Jr., in an effort to gain track position, took on right-side tires only.

As a result, when the race restarted on lap 163, Benson was the leader, followed by Earnhardt Jr., Elliott, Martin and Jarrett.

Benson, driving the Lycos Pontiac, proved to be stronger than most could imagine. He stayed in front of his challengers, who swapped positions behind him.

On lap 194, the fifth caution period began following a multicar accident out of the fourth turn.

The green flag flew on lap 197 and Jarrett, with no time to lose, made his move. He faked a move on the high side and then, with a push from Burton, scooted around Benson out of the second turn. Benson, the improbable leader of 39 laps, got kicked out of the draft and fell back to 12th place.

With two laps to go, the sixth and final caution period began after Jimmy Spencer slammed into the wall out of the fourth turn. Jarrett made it back to the yellow and white flags as the leader and the victory was his.

Jarrett became this season's first winner of the Winston No Bull 5 $1 million bonus, which elevated his winnings to $2,277,975, the largest single payout in NASCAR history. It eclipsed the former record of $2,172,256 earned by Jeff Gordon in his Daytona 500 and Winston No Bull 5 winnings last year.

Event: Dura-Lube/K-Mart 400
Track: North Carolina Speedway
Date &Time:
Sunday, Feb. 27th at 12:30 pm on TNN

OBITUARIES

FOULDS - Margaret Jean

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Friday, December 31st, 1999.

Mrs. Jean Foulds, in her 78th year, of Cornwall, Ontario.

Dear daughter of the late Albert Trepanier and the late Margaret Robertson of Montreal, Quebec.

Beloved wife of Leslie Foulds.

Loving mother of Carley Foulds of Cornwall and Drew Foulds of Comox, Vancouver Island, B.C.

Dear sister of Ronald Trepanier (Thelma) of Chateauguay, Quebec.

Dear grandmother of Maredeth and Langley Foulds.

To honour the previously expressed wishes of the deceased, no visitation was held. A graveside service will be held at a later date in Woodlawn Cemetery, Cornwall.

Funeral arrangements entrusted to the Wilson Funeral Home, 822 Pitt Street, Cornwall.

LORTIE - Philippe Ubald

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Friday, December 31st, 1999.

Mr. Philippe Ubald Lortie, in his 85th year, born in Hammond, Ontario, formerly of 120 Augustus Street, Apt. 805, Cornwall, Ontario.

Dear son of the late Pierre Lortie and the late Marie-Louise Potvin.

Beloved husband of Laurette Lortie (Bruyère).

Loving father of Marcel Lortie (Ruth) of Cornwall, Claudette (Mrs. Rhéal Ladouceur) of Cornwall.

Dear grandfather of Lynne (Mrs. John Williams) of Nepean, Marc Ladouceur of Casselman, Kim (Mrs. Mark DesCotes) of Cornwall and Tina (Mrs. Keith Swekla) of Edmonton, Alberta.

Also survived by great grandchildren Jacob, Justin, Jordan, Jason, Brian, Ryan and Joelle.

Predeceased by brothers Aurele, Carisse, Eugene, Albert and Patrick Lortie, and sisters Alexina Lortie, Mrs. Yvonne Marleau, Anna Lortie, Mrs. Noella Bray-Paquette, Mrs. Florence Landriault and Mrs. Louisa Lebrun.

The funeral took place on Tuesday, January 4th, 2000, from Lahaie & Sullivan Cornwall Funeral Homes East Branch to St. Francis de Sales Church with cremation at the South Branch Crematorium. Reverend Gary Ostler of St. Francis de Sales Church officiated.

The pallbearers were the Nativity Guards.

Mr. Lortie was a former employee of Prince Clothing.

MORIN - Beverley Teresa

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Sunday, January 2nd, 2000.

Mrs. Beverley Teresa Morin, in her 62nd year, born in Cornwall and formerly of 515 York Street, Cornwall, Ontario.

Dear daughter of Gabrielle Secord of Cornwall and the late Maxime Morin.

Loving mother of Raymond Lacelle of Cornwall, Paul Beaulieu (Kim) of Kingston, Jimmy Coyer (Micheline) of Cornwall, Johanne Lacelle of Cornwall, Kim (Mrs. Laurier Rochon) of Alexandria and Kim Lacelle of Huntington, Quebec.

Dear sister of Jimmy Morin (Lil) of Calgary, Andrew Morin, Pauline (Mrs. Mike D'Alessio), Maxime (Mrs. Robert Loyer) all of Cornwall and Diane (Mrs. Steve French) of Belleville, Ontario.

Loving grandmother of seven grandchildren and one great-grandson.

Dear friend of Marie Derouchie of Cornwall.

Predeceased by son, Larry Lacelle, brother Tony Morin and granddaughter Kirsten.

The funeral took place on Wednesday, January 5th, 2000, in the Memorial Chapel of the Boulerice Funeral Home Ltd. at 10:00 a.m., followed by cremation in South Branch Crematorium. Reverend Roger Desrosiers officiated.

PAYETTE - Clara J.

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Sunday, January 2nd, 2000.

Mrs. Clara Josephine Payette, in her 90th year, born in Marionville, Ontario and formerly of Walton Street, Cornwall.

Dear daughter of the late Nicholas Bouchard and the late Delima Moquin.

Loving mother of Wilfrid Payette and Maurice Payette (Judith) of Cornwall, Jacques Payette of Ottawa, Cecile (Mrs. Leo Bourdon), Mrs. Françoise Murphy, Mrs. Helene Holder and Claire (Mrs. Bob Alguire) all of Cornwall.

Dear sister of Mrs. Rhea Payette of Cornwall.

Loving grandmother of seventeen grandchildren and twenty great-grandchildren.

Predeceased by brothers Victor and Rolland Bouchard, and sisters Mrs. Albina Cayer, Mrs. Anita Parisien-Brabant, Mrs. Jeanne Perras, Miss Marie Bouchard and Miss Emilia Bouchard.

The funeral took place on Tuesday, January 4th, 2000, from Boulerice Funeral Home Ltd., 218 Montreal Road, Cornwall to St. Felix de Valois Church at 11:00 a.m. Rev. Roger Desrosiers, Pastor of St. Felix de Valois Church, officiated. Spring interment in Nativity Cemetery, Cornwall.

The pallbearers were François Tardif, Claude Bourdon, Richard Decoste, Marc Decoste, Earl Jodoin and Laurier Payette.

FRECHETTE - Fernand

Passed away suddenly on Monday, January 3rd, 2000.

Mr. Fernand Frechette, in his 73rd year, former proprietor of Frechette Furs.

Dear son of the late Omer Frechette and the late Lilianne Turcot.

Cherished husband of Bernadette (nee Masse).

Loving father of Guy Frechette (Maria) of Ingleside and Rose (Mrs. Rolland Caron) of Glen Walter.

Dear brother of Pauline (Mrs. Gerard April) and Mrs. Pierette April of Montreal, Mr. Rene Frechette (Gisele) of St. Lin, Quebec, Mr. Jean-Paul Frechette (Maria), Ms. Monique Frechette of Montreal, and Mrs. Micheline Guillaume (Leopold) of St. Donat, Quebec.

Sadly missed by grandchildren Marcel and Patrick Caron of Cornwall, and by great grandchildren Chelsea, Blake, Devin and Ti-Anna.

Predeceased by brother-in-law Maurice April.

To honour the previously expressed wishes of the deceased a private family service was celebrated in the chapel of the Wilson Funeral Home. Interment at a later date in Notre Dame Cemetery, Cornwall.

Funeral arrangements were under the care of Wilson Funeral Home, 822 Pitt Street, Cornwall.

LEGUE - David (Dee)

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Tuesday, January 4th, 2000.

Mr. David (Dee) Legue, in his 82nd year, born in Mille Roches, Ontario and formerly of R.R. #1, Long Sault, Ontario.

Dear son of the late David Legue and the late Marybelle Lafave.

Beloved husband of Viola Legue (Mellon).

Loving father of Sharon (Mrs. Ken Runions) of R.R. #1, Long Sault.

Survived by grandchildren Wendy (Mrs. Fred Flaro) and David Runions, great-granddaughter Meagan Flaro, and three brothers and two sisters.

Predeceased by three brothers and three sisters.

The funeral took place on Friday, January 7th, 2000, from Lahaie & Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with burial at St. Lawrence Valley Union Cemetery. Rev. Janet Evans of St. Andrew's - St. Mark's United Church officiated.

The pallbearers were David Runions, Fred Flaro, David Mellon, Brian Mellon, Carl Richardson and Donnie Mellon.

Mr. Legue was formerly employed as a mechanic with Brookshell Pontiac Buick Ltd.

LUSSIER - Almer Felix

Passed away at Sandfield Place, Cornwall, Ontario on Tuesday, January 4th, 2000.

Mr. Almer Felix Lussier, in his 85th year, born in Casselman, Ontario and formerly of Churchill Street, Cornwall.

Dear son of the late Ulric Lussier and the late Albina Adam.

Beloved husband of Irene Lussier (Lacelle).

Dear brother of Mrs. Hilda Bourdon and Mrs. Jeannette Lamoureux, both of Montreal, Quebec.

Survived by many nieces and nephews.

Predeceased by brothers Paul and Armand Lussier, and sisters Mrs. Simone Drouin and Mrs. Alice Drouin.

The funeral took place on Saturday, January 8th, 2000, from Lahaie & Sullivan Cornwall Funeral Homes West Branch to Ste. Therese de Lisieux Church with burial at St-Euphemie Parish Cemetery. Rev. Denis Vaillancourt of Ste. Therese de Lisieux Church officiated.

The pallbearers were the Nativity Guards.

Mr. Lussier was formerly employed by the Corporation of the City of Cornwall.

TROTTIER - Gerard Daniel

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Tuesday, January 4th, 2000.

Mr. Gerard Daniel Trottier, in his 82nd year, born in Ottawa, Ontario and formerly of 41 Amelia Street, Cornwall, Ontario.

Dear son of the late Oscar Trottier and the late Eliza Derouin.

Beloved husband of the late Rita Trottier (Plouffe).

Loving father of Michel Trottier (Jane) and Raymond Trottier (Monique) both of Aylmer, Quebec, and Marc Trottier (Marisa) of Beaconsfield, Quebec.

Loving brother of Herve Trottier (Therese) of Ottawa, Ronald Trottier of Vanier, Quebec, and Mrs. Stella Belanger of Hull, Quebec.

Sadly missed by grandchildren Pascal, Philippe, Caroline, Nicolas, Eric and Adrianna, and Michael and Brendan Boyle.

Also survived by sister-in-law Mrs. Claire Trottier of Hull, Quebec.

Predeceased by brother Rheaume Trottier.

The funeral took place on Friday, January 7th, 2000, from Lahaie & Sullivan Cornwall Funeral Homes East Branch to St. Felix de Valois Church followed by cremation. Rev. Roger Desrosiers of St. Felix de Valois Church officiated.

The pallbearers were the Nativity Guards.

Mr. Trottier was a retired Loblaw's employee.

PINARD - Pauline Suzanne

Passed away at the Janet McDonell Pavilion, Cornwall, Ontario on Thursday, January 6th, 2000.

Mrs. Pauline Suzanne Pinard, born in Dalhousie, Quebec and formerly of 413 Montreal Road, Apt. 1, Cornwall, Ontario.

Dear daughter of the late Euclide Lalonde and the late Leah Benoit.

Beloved wife of Roger Pinard.

Loving mother of Robert Pinard (Janet) of Cornwall, Suzanne (Michel Meilleur) of Orleans and Julie Pinard (Ron Laird) of Cornwall.

Dear sister of Mrs. Cedia Handfield of Pierrefonds, Quebec.

Loving grandmother of Rachelle, Daniel, Mario and Natasha.

Predeceased by son Gilles (Gino) Pinard, brother Firmin Lalonde and sister Cecile Lalonde.

The funeral took place on Monday, January 10th, 2000, from Boulerice Funeral Home Ltd., 218 Montreal Road to the Co-cathedral of the Nativity at 11:00 a.m. Spring interment in Notre Dame Cemetery. Monsignor Rejean Lebrun, rector of the Co-cathedral of the Nativity, officiated, assisted by Rev. Roger Desrosiers.

The pallbearers were the Nativity Guards.

Mrs. Pinard was a former teacher at Nativity Boys and Girls School.

RAYMOND - Ruth Marie

Passed away at her residence on Thursday, January 6th, 2000.

Mrs. Ruth Marie Raymond (nee Arns), in her 54th year, formerly of Long Sault, Ontario, proprietor of "Granny's Fries" on Highway 138.

Dear daughter of the late George Arns and the late Theresa Scurry.

Beloved wife of Fred Raymond.

Loving mother of Theresa (Gerhard Scholch), Kevin Coleman (Cindy), Mary Coleman (Ross), Shelley Raymond (George Heeney), Larry Raymond (Peggy), Kevin Raymond (Sharon), Bryan Raymond (Gaetane), Mike Raymond (Joanne) and Dwayne Raymond (Penny).

Dear sister of George, Bill, Nick and Dorothy Arns.

Sadly missed by grandchildren Jesse, Ashley, Cole, Rebecca, Samantha, MacKenzie, Travis and Bradley.

Rested at the Wilson Funeral Home, 822 Pitt Street, Cornwall. Funeral services were held in the chapel of the Wilson Funeral Home on Monday, January 10th, 2000. Reverend Janet Evans of St. Andrew's - St. Mark's United Church in Long Sault officiated. Interment at a later date in St. Lawrence Valley Union Cemetery.

SAUVE - Adriana (Jean)

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Thursday, January 6th, 2000.

Mrs. Adriana (Jean) Sauve, in her 74th year, born in Eindhoveen, Holland, Netherlands, and formerly of 1217 Churchill Street, Cornwall, Ontario.

Dear daughter of the late Wouterus C. de Vaan and the late Maria Cornelia.

Beloved wife of the late John C. Sauve.

Loving mother of John Sauve (Valerie) of London, England, Wouterus (Woodie) Sauve (Dorothy) of London, Ontario, Brian Sauve (Debby), Michel Sauve (Carole), Ronald Sauve (Cindy) all of Cornwall, Stephen Sauve at home, and Louise (Mrs. Brian Parent) of Cornwall.

Dear sister of Wilhelmus de Vaan (Lina), Johannes de Vaan (Nellie), Antonia (Mrs. Klaas Heines) and Maria de Vaan (Karel) all of Eindhoveen, Holland.

Sadly missed by grandchildren Brian Jr., John Jr., Nicky, Damien, Gabriel, Saul, Lee, Johnathan, Lisa, Jacob, and Allan.

Predeceased by her two brothers Godefridus and Marinus de Vaan and by one sister, Mrs. Wouteras Meewes.

The funeral took place on Tuesday, January 11th, 2000, from Lahaie & Sullivan Cornwall Funeral Homes West Branch to St. Columban's Parish Church with burial at St. Lawrence Valley Union Cemetery. The Rev. Kevin Maloney of St. Columban's Parish Church officiated.

The pallbearers were Brian Sauve, Stephen Sauve, Ronald Sauve, Michel Sauve, Brian Parent and Lee Sauve.

Mrs. Sauve was a former employee of Levi Strauss.

SIMARD - Irene Alice

Passed away at the Ottawa Civic Hospital, Ottawa, Ontario, on Friday, January 7th, 2000.

Mrs. Irene Alice Simard, in her 69th year, born in Alfred, Ontario and formerly of 312 Gardner Avenue, Cornwall.

Dear daughter of the late Wilfrid Simard and the late Lina Chatelain.

Loving mother of Aline (Mrs. Emmanuel Chayer) of Essex, Ontario and Rita (Mrs. Gordon Oberlin) of Winnipeg, Manitoba.

Dear sister of Miss Cecile Simard of Cornwall, Ontario.

Loving grandmother of Kenneth (Pam) and April Oberlin and great-grandmother of Matthieu.

The funeral took place on Wednesday, January 12th, 2000, from Boulerice Funeral Home Ltd., 218 Montreal Road to St. Felix de Valois Church, Cornwall at 11:00 a.m. Spring interment in Alfred, Ontario. The Rev. Roger Desrosiers, pastor of St. Felix de Valois Church officiated, assisted by Rev. Mr. Maurice Poirier.

The pallbearers were the Nativity Guards.

CARRIERE - Marie Yvonne Cecile

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Saturday, January 8th, 2000.

Mrs. Marie Yvonne Cecile Carriere, in her 86th year, born in Limoges, Ontario, and formerly of 107 Baldwin Avenue, Cornwall, Ontario.

Dear daughter of the late Edouard Bellefeuille and the late Angelina Plante.

Beloved wife of the late Joseph Carriere.

Dear sister of Gerard Bellefeuille (Therese) of Cornwall, Germaine (Mrs. Conrad Brisson) of Cornwall and Lucienne (Mrs. Eugene Michaud) of Ottawa, Ontario.

Sadly missed by many nieces and nephews.

Predeceased by brothers Armand and Alfred Bellefeuille and by sisters Gabrielle Bellefeuille, Mrs. Aurore Gagnon and Mrs. Laurette Lemire.

The funeral took place on Tuesday, January 11th, 2000, from Lahaie & Sullivan Cornwall Funeral Homes East Branch followed by cremation.

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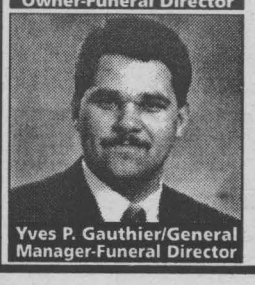
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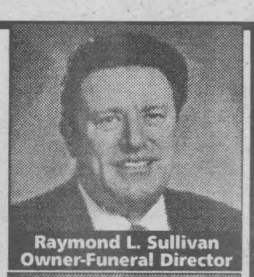
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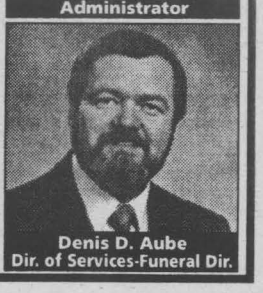
Claudette M. Lee
Administrator


Denis D. Aube
Dir. of Services-Funeral Dir.

Carrying Your Pension With You

(NC)-Canada's job market is changing quickly. Workers are no longer staying in the same field, let alone the same company for their entire careers. It's good to know that the Canada Pension Plan (CPP) includes many progressive features to assist Canadian workers. The CPP includes:

- inflation protection;
- full portability from job to job;
- no penalties for staying home to raise your children until they reach age seven, or for short bouts of unemployment;
- disability benefits and protection for children of people with disabilities;
- survivor benefits for your surviving spouse and children; and
- a lump-sum death benefit.

CORRRECTION NOTICE

An article, entitled "Should you borrow money to invest in your RRSP? If so how?" dated February 1, 2000 was distributed to this newspaper by Scotiabank. Unfortunately, the article contained a factual error relating to the amortization period of the loan.

The corrected text appears below.

"Let's say you bowwon $5,000.

You get a refund of $2,000 on your tax return (assuming a 40% marginal tax rate) and use it to pay down your loan. Your monthly payments can be as low as $137, based on an interest rate of 6.5%, amortized over 24 months; or $266 if amortized over 12 months. And wishin 25 years, your original $5,000 will have grown to $24,138.50, (based on an annual compounded interest rate of 6.5%)."

We apologize for the inconvenience that this error may have caused. If you have any questions please contact Scotiabank Public Affairs at (4160 866-3925.

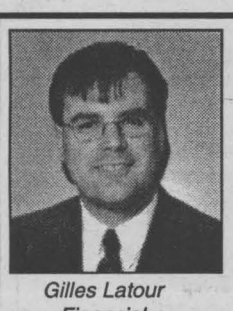
Tax Tips – Just a Mouse-Click Away

(NC)-For most Canadians, completing a tax return manually ranks second only to the pain of actually having to pay the income tax. Now more than ever before, your home computer, especially when combined with the Internet and tax preparation software, offers the best tax saving solutions.

"Think of the Internet and tax preparation software as a cure, like an aspirin," says Gena Katz, Canada's premier tax advisor. "They give you real-time information regarding changes to legislation, money-saving hints and walk you through the tax preparation process."

The helpful information found in the following three Web sites will help make tax time more relaxing:

1. www.quicktax.ca, hot tax tips and easy tax preparation software from Intuit
2. www.quicken.ca, the latest tax news, RRSP options and more
3. www.ccra-adrc.gc.ca, Canada Customs and Revenue Agency Web site (formally Revenue Canada).



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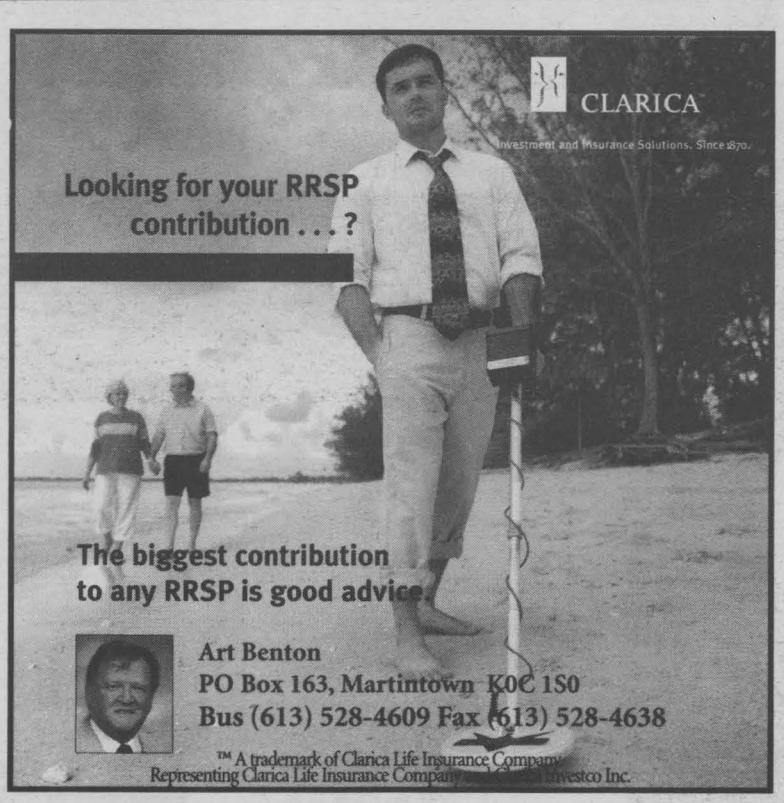

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THE BOTTOM LINE

A New World Of RRSP Investing



Tim **MING**
Financial Advisor

As most of you are aware, we are big proponents of global investing and have always recommended that our clients maximize their foreign content holdings within their Retirement Savings Plan (RSP). Over the past year those investors who want their retirement savings invested in global markets have been given many more options. Most of the major Investment Management Companies now have versions of their best international investment funds available in a format that is 100% RSP eligible. This effectively allows investors the ability to have up to 100% of their RSP assets invested in foreign markets.

Why invest globally?

There are two reasons for investing on a global basis. The first is enhanced returns. The Canadian markets make up a little more than 2% of the world's total market capitalization and over the last 25 years, global markets have collectively provided better returns than the Canadian market. The second reason is reduced volatility. Many investors share a common misperception that, in order to achieve better rates of return, they have to assume more volatility. By investing globally, you can actually increase your rate of return while decreasing the overall volatility of your portfolio.

Timothy Ming is an Independent Financial Consultant in Cornwall. Timothy is sponsored by Fundex Investments Inc.

PLANNING YOUR FUTURE

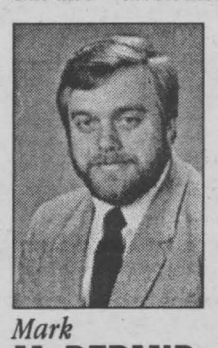
The Case For International Investing

Our Global Village

It should surprise no one that the phrase "global village" was coined by a Canadian, Marshall McLuhan, to describe a world made more accessible by technology and commerce. As a small trading nation, Canada has always looked outward.

Canadian investors can also profit from a global perspective. With less than 3% of the world's stocks and bonds traded on Canada's markets, international investing is an opportunity to attain the best performance and highest return.

In the investment field, as in many other business ventures, the most profitable course for many Canadians may be beyond our borders.



Mark **McDERMID**

International Markets For Performance

Both stock and bond portfolios perform better when diversified internationally, although for different reasons.

Over longer terms (15+ years) a strong equity portfolio has historically outperformed all other investments. However, stocks can be vulnerable to economic downturns or periods of slow growth. International diversification allows investors to participate in strong growth anywhere in the world. Most bond investors overweight Canadian government bonds, which obviously tend to rise - and fall - in price together. In contrast, international bond markets provide an enormous selection of diverse issues, including highly-rated municipal and corporate debentures.

Risk, Reward and Diversification

Most investors are aware that greater rewards are usually accompanied by greater risks. The key to minimizing risk is diversification.

Diversification works for several reasons. One is the low correlation among markets which move to different economic rhythms. When one market may be depressed, others may be booming. Another way to diversify is through choice of assets; established companies for stability, emerging companies for growth.

In fact, the simple act of moving into assets which are outside Canada automatically improves the risk/reward situation. All other factors being equal, the investor with an internationally diversified portfolio will actually encounter less volatility than the investor with a portfolio consisting only of Canadian securities.

Three Reasons to Choose Mutual Funds

In order to build and maintain a strong internationally diversified portfolio, three conditions are essential:

- substantial financial resources
- extensive knowledge of foreign markets
- experience in global investing

Mutual funds, with their pooled resources of thousands of unitholders, have the purchasing power to select a wide variety of investments. Very few individual investors possess the capital to construct a balanced international portfolio.

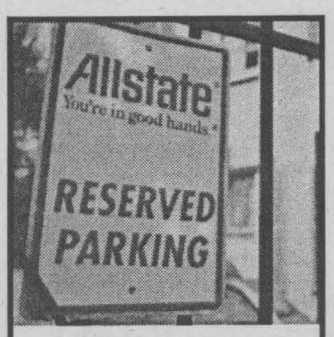
Even fewer have the investment background and experience to successfully navigate the complexities of global investment, where valuations and methods of accounting can pose formidable pitfalls for the novice investor. Professional money managers devote their careers to understanding and exploiting the opportunities of their chosen region. They may take a persona interest in their portfolio holdings, visiting companies to update information and view the situation for themselves.

It has been said that knowledge is power. This is especially true when investing internationally. A thorough understanding of foreign cultures, politics and business practices is crucial to the process of evaluating investment potential and constructing a solid, well-balanced portfolio of securities.

Mutual funds provide investors with the capital resources and professional management necessary for large-scale holdings in comprehensive portfolios of stocks, bonds and other securities.

Ask your financial planner about international investing with mutual funds - a smart way to make your money grow.

Mark McDermid is an independent financial advisor sponsored by Balanced Planning Investment Corp.



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Luke **BEDARD**

Trimark Investment Management Inc. offers investors that opportunity through Trimark Discovery Fund. This international equity fund is designed for investors with a diversified portfolio who want to add a high-growth component.

Like other funds in the Trimark family, the Trimark Discovery Fund invests in companies with strong management teams and long-term growth potential. But it emphasizes companies seeking to advance in our information-intense global economy. Potential companies will likely come from the technology, telecommunications, biotechnology and scientific fields, but could also be established companies seeking to do old things in a new way.

"We're investing in idea-driven companies with significant growth potential," says Rick Serafini, international and technology equities portfolio manager.

Along with Trimark Chairman Robert Krembil and vice-president Richard Whiting, Serafini selects companies with entrepreneurial management teams applying innovative management techniques. "These companies thrive on technology and change, and combine heavy R&D with a global marketing thrust. That should mean excellent opportunities for Trimark Discover Fund unitholders."

Serafini describes fund prospects as either innovators (young, knowledge-intensive companies creating innovative products and services), or entrepreneurs (mature companies trying to redefine their industries). They can operate anywhere in the world, but they are all driven by ideas. The fund will focus on smaller and mid-sized companies (100-500 million US$), but won't exclude larger companies. "We're looking for companies that are flexible enough to stay committed to innovation, and adaptable enough to maintain or increase their market position in a highly competitive environment," says Serafini.

The Trimark Discovery Fund is a natural extension of the company's "business people buying businesses" philosophy, says Krembil.

The fund is more aggressive and has a shorter holding period than Trimark's other equity funds. "A Trimark Discovery Fund investor is prepared to make a long-term commitment in exchange for potentially higher returns," says Serafini. "If you have a passion for intellect, creativity and insight Trimark Discovery Fund is for you."


Luke Bedard

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Jim **MAGIE**

Canada has less than 3% of the world's market capital. The remaining 97% is comprised of many countries whose economies and financial markets are growing at a faster rate than our own. Consequently, more and more Canadians are looking to harness the tremendous potential of the world's most dynamic economies by investing in international mutual funds. But not all international funds are created equal – nor treated equally by Revenue Canada.

At most fund companies, your non-RRSP investments must pay capital gains taxes each time you switch between funds. But with the AGF Group of Funds, you can move amongst any of the "classes" of funds within the AGF International Group without incurring capital gains taxes.

This allows you to move your money around the world to take advantage of new opportunities, while deferring your taxes on any capital gains. Only when you leave the AGF International Group and redeem your investment units, (or when a capital gains dividend is declared), do you pay tax. In the meantime, you have more of your money working harder – and that spells better returns.

International investing can help you meet your financial goals sooner. Talk to your financial advisor about selecting the best mix of foreign investments for your portfolio.

This article was prepared by AGF Investments for James R. Magie, Vice President, Investments, who is an Investment Professional with Hunt Financial Services Inc.


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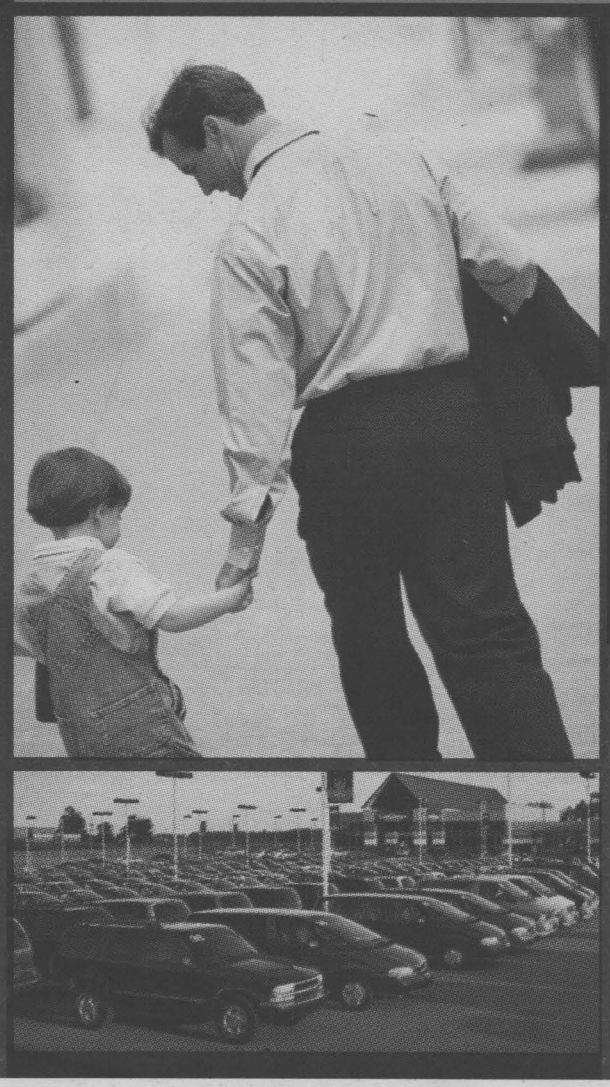

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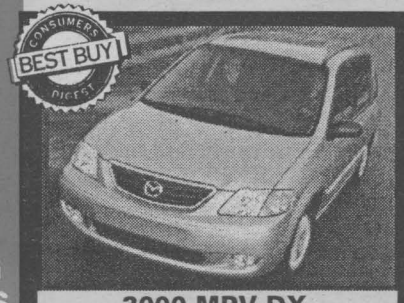

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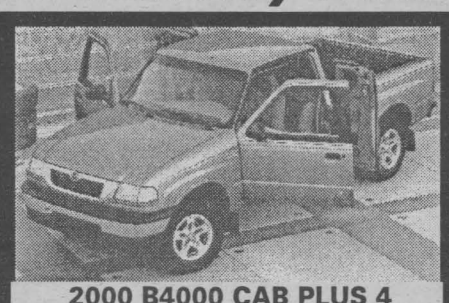

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