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inside today...

National Forestry Week.....16
Home Improvement.....17-19
Mother's Day.....26-29
Women In Business.....32
Bargainmart.....33



Sagel

M.P.'s Gold Plated Pensions pg. 9

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SEAWAY NEWS

MAY 4, 1997 ° VOLUME 11, ISSUE 18 ° SERVING CORNWALL AND AREA

Last Marine Graduates

The last group of students from St. Lawrence College's Marine Engineering Technology Training Program (METTP) will convocate on May 6th, 1997.

The program began at the Cornwall campus in September of 1973 and in 1980, the Navy joined with the college to participate in a two year highly concentrated version of the three year program.

METTP graduates have been very successful with many of the students going on to university and to commissioned rank.

As Marine Engineers, responsibilities include the provision, management and maintenance of the engineering system and equipment found in the marine industry. On board ship, duties include the safety of the ship's hull, the handling of cargo, and the comfort and safety systems on board. Marine engineers working on off-shore platforms are concerned with the supply of electricity, pumping systems and the life support and comfort systems for the crew.

The high academic standards of the program have earned it the approval of the Department of Transportation. Graduates are prepared to sit fourth class engineering certificate examinations as soon as they complete the program.

The parade is scheduled for 9:30 a.m., followed by the ceremony at 11:00 a.m. on Tuesday, May 6th, at the Cornwall Campus



New fashion trends were presented at the Annual Spring Into Summer Fashion Show held at Cornwall Square on Wednesday, April 30th. Emphasis on affordable fun wear for all ages tailored the model's looks. Sophisticated styles in bold colours were presented on the runway to the spectators in attendance.
(Photo by Aubrey Johnson)

St. Lawrence College @ Cornwall



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Kilger Campaign Office Officially Open



The official opening of the Bob Kilger campaign office was held at 327 Montreal Road, on April 29th. Mr. Kilger is the Member of Parliament for Stormont-Dundas and is the Liberal candidate for the upcoming federal election.

Pictured above at the official ribbon cutting ceremony is Mr. Kilger, M.P. with members of his constituency.

(Photo by Aubrey Johnson)

CRIME STOPPERS

This week Crime Stoppers need your help in solving a complaint of indecent exposure.

On Wednesday the 23rd of April at 8:30 a.m., 2 young girls were walking in the area of 5th and York streets.

The girls observed that the same vehicle had passed them several times, at one point the vehicle stopped near them and the lone male occupant exposed his genital area to the girls.

Desc. of vehicle: older model brown 4 door car.

Desc. of suspect: white male, mid 20's to early 40's wearing a black nike baseball cap. Thinning hair long towards the back and a brown mustache. The suspect did not approach or attempt to speak to the girls.

This week Crime Stoppers need your help in solving a commercial break-in.

Overnight on the 24th/25th of April unknown persons cut the chain link fence of Brisson Equipment and stole 2 rotor tillers and a lawn sweeper. Stolen property is valued at $2600.

Stolen: 1) Cub Cadet 18" tiller ser# 1H225K40308

2) Cub Cadet 18" tiller ser# 1H225K40310

3) Cub Cadet 38" lawn sweeper

All above are white and yellow in colour.

This week Crime Stoppers need your help in solving a residential break-in.

Sometime between the 21st and the 26th of March unknown persons forced open the rear door of a Lancaster St. Green Valley residence and removed a large amount of property.

Stolen property: VCR - RCA VR300 & remote ser# 035713984, 13" GE colour TV & remote ser# 6224755588, GE HI-FI stereo VCR ser# 54064512, Kareoke Machine Spacetech and a large quantity of jewellery and other household articles.

Remember we do not have call display, we do not record conversations and you are always anonymous.

If you have any information on this or any other crime, call Crime Stoppers and if your information leads to an arrest you are entitled to a cash reward. Reward payments are set up to protect anonymity.

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

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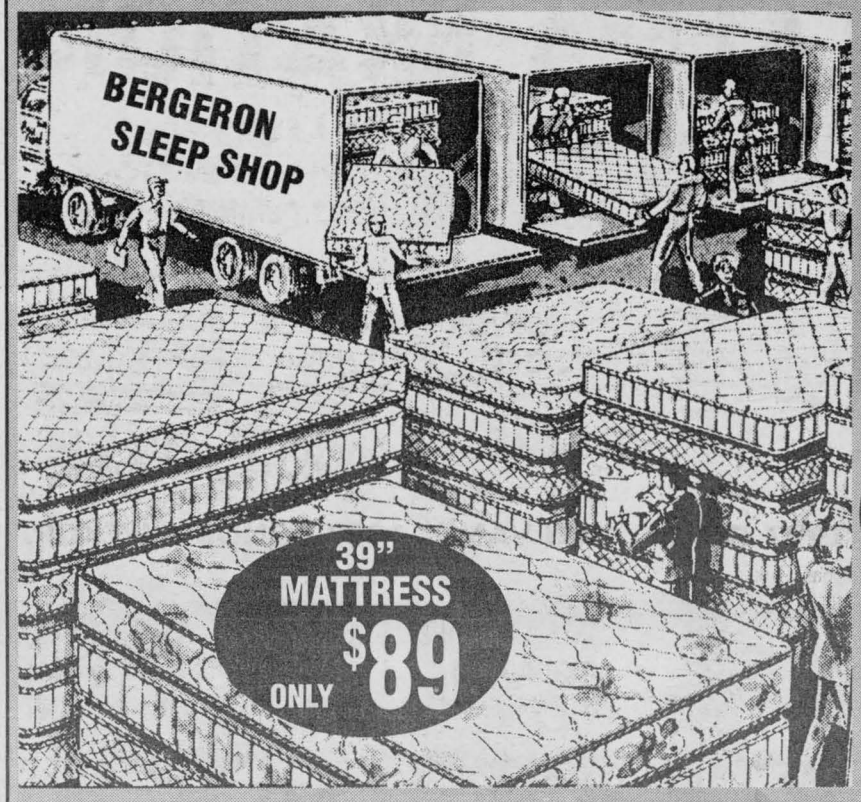

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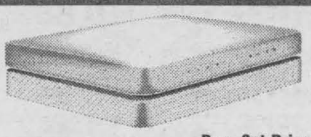

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Don't Forget ... It's Mother Day on May 11th

Thank You

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First-Ever Province-Wide Grade 3 Test to Provide 'Window' on Children's Thinking

For the first time in Ontario's history, a large-scale assessment of primary students across the province will be conducted this spring. Developed and administered by the Education Quality and Accountability Office (EQAO), the assessment of every grade 3 student in March and April launches an extensive series of annual tests, the results of which will be used in the development of strategies to improve the whole education system.

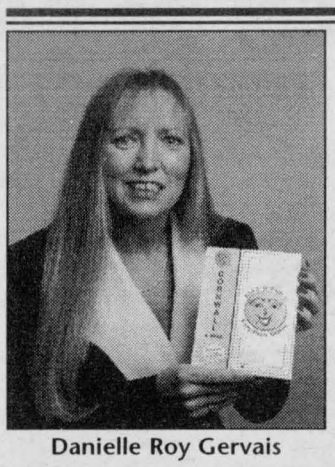
"Objective, reliable, relevant information is central to better decision making, to improve the way our children learn," said Joan Green, EQAO's Chief Executive Officer. "These assessments will give us extensive, accurate data, and will allow us to measure our progress over time - to establish how our children are doing and develop strategies to keep moving forward."

The upcoming Grade 3 assessment - in which every Grade 3 student in the province will participate - will go beyond traditional tests. It will be a 10-day experience, integrating mathematics, reading and writing, based on the standards of the provincial curriculum.

"We want to assess how students use their skills to solve problems. In this way we can examine the decisions they make - how they *apply* information and learning. These assessments will provide a window on the way our children are thinking," Green said.

Shortly after the Grade 3 assessments, EQAO will begin an assessment of Grade 6 students, testing a sample of students in mathematics during the month of May. Results of both the Grade 3 and Grade 6 assessments will be released in the fall, and EQAO will report recommendations for improved learning strategies to the Ontario Legislature.

The Education Quality and Accountability Office was established last year as an independent agency of the provincial government to ensure greater accountability and contribute to the enhancement of the quality of education in Ontario.



Danielle Roy Gervais

Smile!

Daniel Roy Gervais beams a smile as she shows off her new Save and Smile Coupon Book. 167 businesses participated in this book with 459 coupons. With that many, there's obviously something for every family member. Danielle says she will be offering the book to various community groups to use as a fundraiser.

Big Winners!



Jim Rowe, manager of the Cornwall Co-Op, Pitt Street branch, is seen here presenting the keys of a 13 horsepower riding mower to Helen and Brian Legault, the lucky winners of the "Unlock the Power" contest.



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How to Get the Most Value From Your Financial Statements

Every business has to keep accurate records of its financial activities. Although most of us groan at the prospect of detailed paperwork, it's an essential part of doing business. "Without accounting and record-keeping systems designed to keep owners and managers up to date on the real financial position of the company, businesses often fail," says Morden Shapiro, CA, a management consultant in Toronto.

On a more positive note, your financial statements can be a valuable management tool. Your chartered accountant can help you set up the systems for collecting the information and producing the statements you need and explain how to most benefit from those statements. According to David Weland, CA, a partner with Taylor Leibow in Hamilton, "CAs have the industry experience to know what your expenses should be and what kind of profits you might expect. They can tell you if your numbers are out of line and, if so, what to do about it."

At the most basic level, says Randy Hickey, CA, a partner of BDO Dunwoody's Uxbridge office, financial statements include a balance sheet, which is a summary of the company's assets and liabilities or, as he describes it, "what do you own and what do you owe?"; an income statement, also called a statement of operations, which lists revenues and expenses and shows whether the company has made a profit or not; and a statement of changes in financial position, which describes the sources of your money and where it has been spent.

According to Weland, the most important user of the financial statements is you, the business owner. "You should review them constantly to see if the numbers make sense. Are you overspending or underspending? Are there any negative signs or positive trends you might want to take advantage of?"

Here, too, a CA's help can be invaluable. David Mason, CA, a partner in the Ottawa office of Arthur Andersen, says that although clients usually prepare their own financial statements, CAs will "review them to ensure that they comply with all the necessary rules and then use the information the statements contain to give clients advice on matters they should be concerned about in future planning."

CAs will also show you how to use the statements for budgeting, tax planning, setting prices for products and services and working out compensation and salary packages for employees.

Other important users of your financial statements include the banks, investors, creditors and suppliers, all of whom want to know that their investment in you is secure. And we must not forget the tax authorities at both federal and provincial levels, says Mason. Income taxes, commodity taxes (such as the GST), and various duties are all calculated based on the information in your financial statements.

Weland points out that software accounting packages aimed at the small business market have made the task of collecting financial information and preparing the proper statements extremely user friendly. They will prepare all the information you need to comply with government regulations, bank loan agreements and investor needs. "They'll also monitor your activities and flag anything out of line."

But, warns Hickey, you will need the help of your CA to make sure that the information you are producing is the right kind and that it is reliable. "In my experience, the biggest reason for business failure is not using your financial data properly - or not using it at all."

Stock Market Jitters Shouldn't Create Panic

It looks like Canadian investors could be in for a bumpy ride.

So much so that some investors are bailing out of equity investments after seeing a number of mutual funds - including some good ones -- drop in value last month anywhere from 5 to 27 per cent.

"Should I transfer into money market funds," nervous investors are starting to ask. "Should I wait for things to settle before jumping back in?"

Timing the market may sound like a good strategy to adopt but it's difficult, unpredictable and it doesn't always work - even for the most seasoned professionals who manage money full-time.

In fact, I've found that it makes more sense to get in early and keep your money investd over the long-term, regardless of market conditions.

"Buy when you have the money," I frequently tell my clients, "and hold your investments for the long term."

If you accept this "buy-and-hold" strategy, you should plan to maximize your annual RRSP contribution by investing as soon as possible every year. To do so, smart investors usually channel monthly savings into a balanced portfolio of funds. That way, they take advantage of market jitters by getting in when the market's hot - and when it's not. Monthly purchases also mean that you'll get more time for tax-free growth.

Although the market has dropped in recent weeks, there's still good reason to believe that investing monthly in a balanced portfolio of mutual funds will lead to riches - and an early retirement. It will also force you to set something aside.

There's also some good news on the horizon, if you're still not convenienced. The US and Canadian economies are starting to benefit from some of the monetary and fiscal restraints that our government and corporations have implemented over much of the past decade. Corporations, for example, have restructured and downsized to the point where they can't cut anymore.

That view is also shared by the Royal Bank of Canada, which announced last week that the unemployment rate will likely drop further as corporations and small companies open more full-time positions to cut down on overtime hours.

So why wait to invest?

Timing the market is one thing. Time spent in the market is another - and it's proven to work for patient investors who are willing to look long-term.

On the Money
with Gordon Pape

PAPE'S TIP: *"Use historical results as a guide, but base your final decision on what's likely to happen in the future."*

Mutual fund myths (2)

Estimates are that $400-$500 billion could be invested in Canadian mutual funds by the year 2000. If some of those dollars are likely to be yours, here are some more myths and facts to be aware of.

MYTH #4

Load funds are better than no-load funds.
● **Reality:** A good fund is a good fund, whether it carries a sales commission or not. Judge any fund you're considering on the basis of its historic performance, its suitability for your personal requirements, its future prospects, and its inherent risk. Don't let commission alone steer you away from a fund that otherwise meets all your needs.

MYTH #5

Past results are the best indicator of future success.
● **Reality:** Past results are useful in helping identify such factors as consistency and volatility, but they do not guarantee future results. For example, a particular bond fund may have produced great results for the past three years. But that was in an environment of declining interest rates. If rates turn around and start to move back up, the same bond fund will look sick (bond prices fall when interest rates rise).

MYTH #6

Mutual fund salespeople are only out to make as much as possible in commissions.
● **Reality:** Like everyone else, mutual fund salespeople have to eat. They do expect to earn a living from their work, but the most successful salespeople are those who put the client's needs first. It's like any other business – if you're a satisfied customer, you'll go back to the same store again and again, and you'll suggest it to your friends and family as well. Financial planning works exactly the same way.

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For more information on investing and personal finance, visit the Gordon Pape web site at **http://www.gordonpape.com**. For specific advice, consult an appropriate financial professional.



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City Council Proclaims Theatre Month

Cornwall, April. At Monday's City Council meeting, aldermen unanimously endorsed a proposal from the City Clerk's office to officially designate May, 1997 as Theatre Month in the city. The action was taken from two perspectives; the first is that there are five important artistic theatrical events that will take place in Cornwall during the month. Another event of major importance to the artistic and performing arts community of the city and surrounding area was the announcement by the Cotton Mill Corporation that a project has been set up to build a modern small theatre inside the restored weave shed at the cotton mill.

Beginning May first for three nights, Cornwall's Dream Maker productions will present "A Knight Of Shakespeare", their interpretation of The Bard's works as "The Taming Of The Shrew" and "All the World's A Stage". On May 7th, the professionals of Touring Players' Theatre will present "The Magic of Munsch" which is five absolutely fabulous tales from the wacky imagination of the most prolific writer for children in Canada.

For people who enjoy excellent modern theatre, Glen Productions hosts the Theatre Ontario Full-length Play Festival. Groups from the four geographic regions of Ontario whose performances won their regional competitions will perform. This is a chance to see some of the top performers in Canada at St. Lawrence College's excellent Aultsville Hall theatre.

The first, impromptu version of the new cotton mill theatre will be used in the evenings of May 22-24 and 29-31 by Cornwall's Vagabond Theatre troupe as they perform local author Doug Hill's prize-winning play about real life and what it can mean. On May 24th, at Aultsville Hall, the Seaway Senior Citizen's Club presents "There's No Business Like Show Business", which is the club's ninth production of top-flight songs, dances and skits. Performances begin at 1:30 and 7:30 p.m.

A special event, an Arts Gala in support of the development of the new weave shed theatre will be held at the cotton mill on May 9th. This will be a community affair that will offer food treats, South African wines, harmonious singing and an arts auction.

Cornwall, like most communities in Ontario, has a large and varied community of performing arts groups. The proclamation by the City singled out May because each weekend will be filled. Most other months of the year offer at least two events that appeal to lovers of all aspects of performing arts.

POET'S CORNER

K.J. Boivin

"Home ... The Heart" (To Louis Reil)

Oh! Great Spirit,
Where the Great Eagle soars!
Lead me ...
Great Manitou ...
Through the heavens
Lead Our Ghosts
Back to the Great Hunt
Once more, forever
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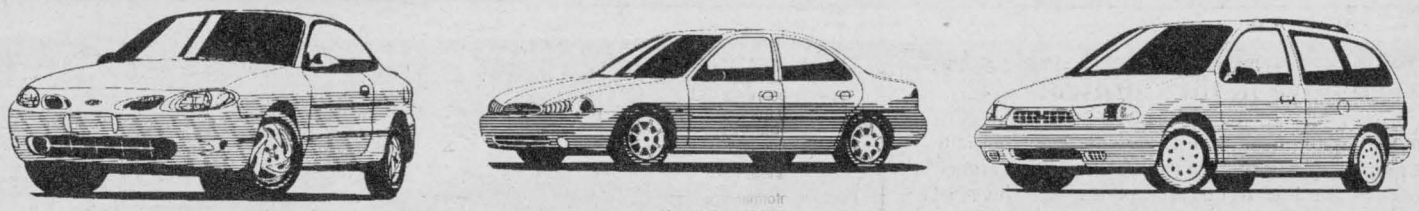

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Allergies Nothing to Sniff at
Allergy sufferers look to alternatives for relief

Spring is in the air...or at least that's what your stuffed up nose is telling you. Watery eyes, runny noses and endless sneezing are familiar hayfever signs to over three million Canadians. And those aren't the only allergies on the rise.

Writer, Genevieve Brown, knows what it's like to be allergy-prone, "People think I'm a clean freak because I vacuum every day." Living in dust are microscopic creatures called dust mites that make Genevieve and thousands of other Canadians miserable. If it isn't dust that makes them sneeze, weep or itch, the allergen could be animal hair, commonly from cats and dogs, smoke, tree or grass pollens, mold, feathers and even some foods.

While avoidance can work at home, on the job many Canadians don't have that level of control. Dust mites lurk in the carpet, in upholstered chairs...even inside computer key boards.

So what do you do when avoidance is impossible? Toronto pharmacist, David Guttman has a few suggestions, "Antihistamines are a safe, effective way to deal with allergy symptoms ... and the best time to take an antihistamine is before symptoms develop. I advise my customers to take their antihistamine regularly throughout the allergy season to keep their symptoms under control. To provide the lowest effective dose of antihistamine for regular use, Reactine has introduced a new 5 mg dose."

With hayfever season just around the corner, follow these seasonal survival tips:

• **What's Bugging You?** Learn more about what triggers your symptoms - pollen, dust, animal hair, mold, latex, smoke - then avoid or reduce situations where you are likely to be exposed

• **Achoo!** Keep windows, air vents and doors closed to keep pollen out, especially in the early morning and late afternoon, when pollen rises and then falls as the temperature drops

• **Fresh & Clean.** Dust surfaces regularly with a damp cloth to prevent pollen collecting around the house. Invest in a vacuum cleaner with a good filter or a water reservoir to ensure that pollen in your carpet is not re-circulated

• **Man's Best Friend.** There's no such thing as a "non-allergenic" cat or dog. During the pollen season, pets can bring in a lot of pollen on their fur. If you can't part with an old family friend, try to keep pets out of the house, or at the very least, the bedroom.

• **Tree Smarts.** If tree pollen is your problem, avoid planting the major pollen-producing trees such as birch, ash, maple, poplar, oak or walnut close to your home. Remember most pollen remains within 10 metres of the plant.

• **Relief.** Keep a good supply of your preferred hayfever treatment on hand. One tablet of Reactine 5 mg can be taken daily, throughout the pollen season, for 24-hour relief. On days when the pollen count is high, you have the flexibility to safely increase the dose by taking an extra 5 mg tablet

Getting The Most From Your Antihistamine

• **Follow The Leader.** Always follow the package directions. Check if the medication is designed to provide 12- or 24-hour relief. Do not take a higher dose than is recommended

• **Less Can Be More.** Use the lowest effective dose of antihistamine, such as Reactine 5 mg, before exposure. If you wait until symptoms become unbearable, it will take a higher dose of the drug to reverse the cycle

• **Get Active.** Choose an antihistamine that reflects your lifestyle. To stay alert, choose a product that lets you perform normally

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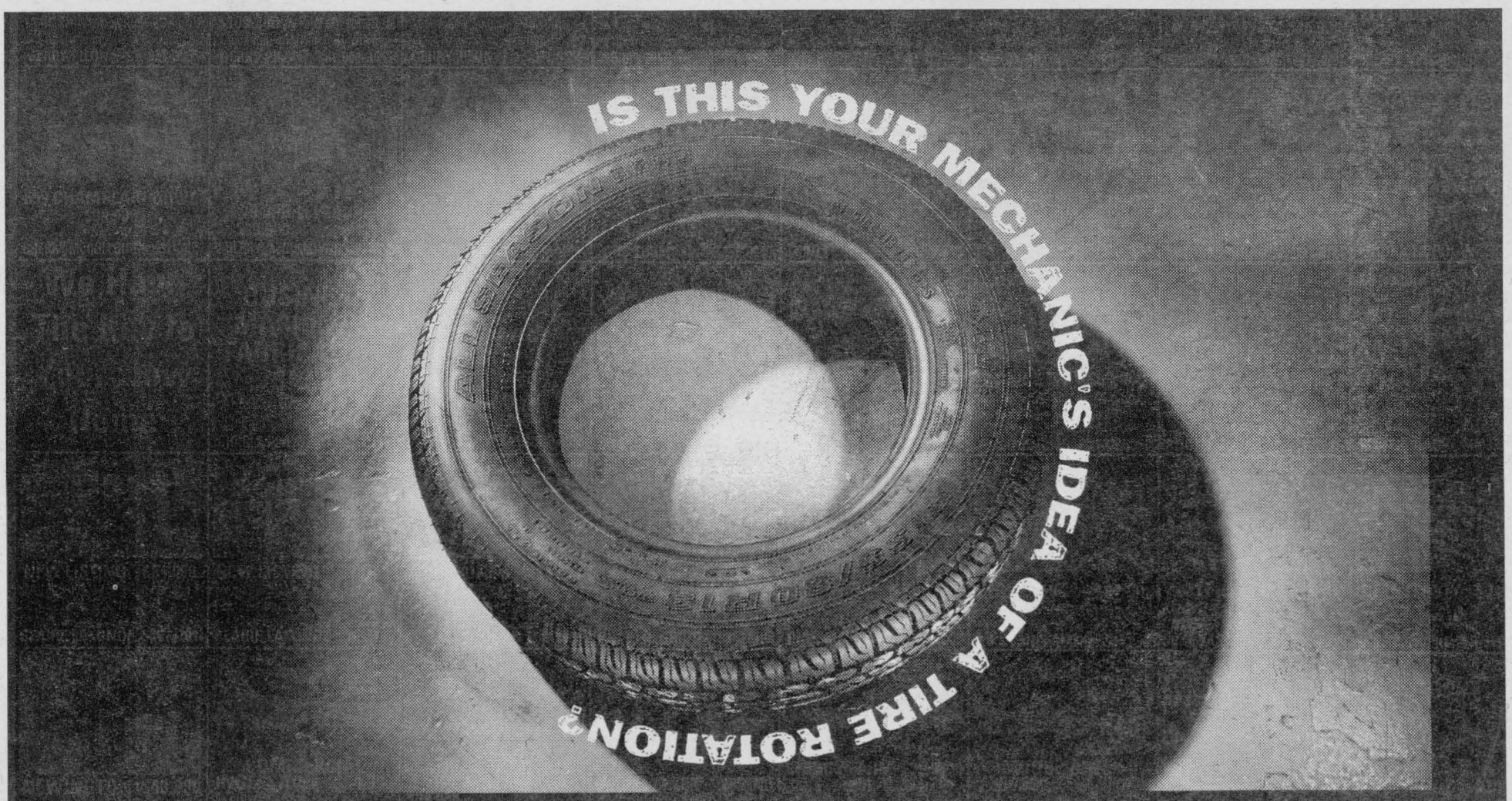

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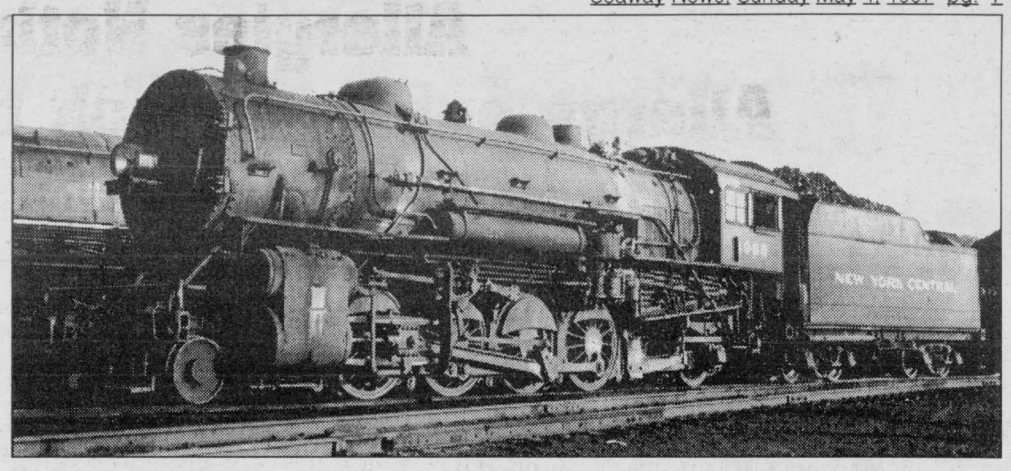
A New York Central "Monster" In Cornwall

Submitted by Gary Villeneuve



New York Central's No. 1988 was photographed just north of the Cornwall Station on Second Street West on March 27th, 1947. The large locomotive was known as a 2-8-2, which corresponds to its wheel configuration: 2 small front wheels, 8 large drive wheels, and 2 small rear wheels. This type of engine was bigger and more powerful than the 10-wheelers which were regularly used on the Ottawa-Cornwall-Helena, N.Y. run. On very rare occasions, one would arrive from Ottawa with a longer than usual freight, but the monster locomotive would not have been allowed to continue on to Helena, N.Y. as its tremendous weight exceeded the old Roosevelt Bridge's load limit.

The railway which once linked Cornwall and Ottawa had its roots to Moira, N.Y., where construction of the Northern Adirondack Railroad began in 1883. At first, track was laid in a southerly direction, away from Cornwall and by 1889 it had reached Tupper Lake. In 1897, the company changed its name to the Ottawa & New York Railway and the line was extended northward from Moira to Helena, N.Y., then across the Racquette and St. Lawrence Rivers to Cornwall and on to Ottawa by way of Black River, Northfield, Newington, Finch, Crysler, Berwick, St-Albert, Embrun, and Russell. Trains between Cornwall and Ottawa started running in 1898, but cross-border service was delayed until 1900, due to the collapse of 2 of the 3 south channel trusses during construction on September 6th, 1898. The accident resulted in the deaths of 14 workers and remains the worst tragedy in Cornwall's history. The rebuilding of the wrecked spans nearly bankrupted the company and to continue service, it was forced to hand over operations to the mighty New York Central Railroad. In June, 1908, a washout on the south bank of the Cornwall Canal caused the collapse of the swingspan, disrupting canal traffic for several weeks. The south portion of the line between Helena and Tupper Lake, N.Y., was abandoned in 1937. As for the northern half between Helena, N.Y. and Ottawa, passenger service continued until 1954. On February 15th, 1957, a southbound freight left the NYC-Cornwall station and crossed the great bridges for the last time, putting an end to Cornwall's 60-year involvement with an American railroad. The south channel spans were dismantled in 1958, while the north channel cantilever and Cornwall Canal swingspan were removed in 1965. New York Central's little Racquette River Bridge (look to your right from Hwy 37 as you enter the U.S. portion of Akwesasne) still carries a Conrail spur and is the last major reminder of the line which Cornwall residents once used to get to Tupper Lake, and from there to Utica, Buffalo and New York City.

Ask The Dentist



by Dr. Louis Cardinal

What Causes Tooth Sensitivity?

Everyone has at one time or another experienced a sensitive tooth. Actually, some level of sensitivity is considered normal since teeth are innervated with pain nerves. However, when teeth become abnormally sensitive, a cause is usually detected. The most obvious source is dental decay, which destroys enamel and dentine, causing pain when the irritants produced are liberated, reaching the nearby pulp nerves. Obviously, the treatment here is to remove the decay and replace it with a restoration (filling). It should be stressed that teeth are often sensitive after being restored, since the process of removing the bacterial decay can temporarily irritate the pulp. Up to several weeks can sometimes be required to let the tooth repair itself. Another extremely common cause is recession of the gingiva or gums. Brushing too vigorously with an improper technique will lead to the eventual loss of some gingiva and/or enamel, thereby exposing the root where nerves are again irritated; cold air or liquids will irritate these areas. You should only brush with a toothbrush made of mild or medium bristles. Periodontitis (gum disease) is an extremely common source of sensitivity since this disease destroys the supporting tissue surrounding the teeth, which again exposes the roots. Another source of sensitivity occurs when enamel (which contains no nerves) is lost thereby exposing the sensitive dentine below. Enamel can be lost from excessive bruxing (grinding), from a diet too rich in acids such as carbonated beverages and most citrus fruit grinds and improper brushing as mentioned above. What can you do if you have excessive sensitivity? Brush and floss with a technique acceptable to your dentist or hygienist, and have your teeth treated for any decay and/or gum disease. Should sensitivity continue, your dentist can apply desensitizing agents such as fluoride as well as other products proven to decrease sensitivity. A toothpaste made to combat sensitivity can be prescribed, as well as home fluoride rinses. It is important to note that it usually takes years for the problem to present itself, and that these products take several weeks to take effect. Should these measures prove ineffective and the offending tooth remains intolerable, your dentist can always perform a root canal treatment (removal of pulp nerves) which would render the tooth completely insensitive to any hot or cold stimulus. If you presently suffer from sensitive teeth, please contact your dentist without delay.

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PERSPECTIVE



By Bob Roth
SEAWAY NEWS

I see Unitarian minister and Order of Canada winner Fred Cappuccino has tossed his hat into the ring again for the NDP.

If Fred were running in any other riding than Glengarry-Prescott-Russell, he'd have a chance, but in Liberal Glengarry-Prescott-Russell - where a chimp in a red tie could win - he doesn't stand much of a chance. Add to that the fact that Liberal Don Boudria is a pretty sharp cookie himself, and you'd have trouble finding a bookie willing to give you 30 to one odds on Cappuccino winning.

It's a shame. Fred Cappuccino is one of those rare people of the Tommy Douglas breed - "Saints in politics" these types have often been dubbed.

Fred and his wife Bonnie have devoted their lives to a ministry of caring, particularly the caring of children. They have personally adopted so many orphans that I have lost count (it's over 20) and have been responsible for establishing many homes for parentless children in India.

In recognition of their outstanding charitable contributions, the Cappuccino's were honoured with the prestigious Order of Canada some years ago.

This isn't Fred's first attempt at stepping into the Lions' den. He ran unsuccessfully for the NDP in 1983 in the provincial riding of Stormont, Dundas and Glengarry.

Why is it that politics draws so many con artists, ego-maniacs and crooks? More to the point, why do we elect them? Even more to the point, when we do get someone fine and rare, like Fred Cappuccino, why do we reject him so enthusiastically and in such large numbers?

We could use someone like him in Parliament.

On another note, city aldermen will have to select a new mayor from within their ranks after Ron Martelle leaves May 30. They will then have to pick a new alderman.

Although there is nothing in law to prevent council from picking anyone they want for the aldermanic seat, I have always taken the position that the people's choice should be the determining factor. That means going to the next person who would have been elected. In this case, former Alderman Angelo Lebano, who finished 11th, would be the man for the job.

Some people have suggested that it might be an idea to skip down to the 12th place finisher, Heather Megill to provide another female voice on council.

It is a tempting idea. Council continues to be male-dominated. But it is so because women clearly want it that way. Women make up 50 per cent (approximately) of the population and, therefore, have the power to put women in office at election time if gender is their only or their prime consideration. Clearly, the women of Cornwall take into consideration a variety of factors when electing their representatives. That is how it should be.

The people, both men and women, gave Lebano the 11th spot indicating he was their next choice.

The people's choice should be respected, without regard to race, colour, gender or any other one-dimensional factor.

Assuming he is in good health and still wants the job, Lebano should be offered the seat.

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Are Women Really the Stronger Sex?

SEAWAY NEWS
LETTERS TO THE EDITOR

This is in response to Kathy Dobson's article in the Standard Freeholder called, "Pain: take it like a woman."

Mrs. Dobson was saying that men are the real wimps, that women can bear more pain etc. I don't want to argue about "who's the strongest", but I'd like to outline a few facts before reality completely disappears:

- Men always have been, and probably always will be "forced" to fight in wars to protect women and children.
- Men are socialized to protect women in all other life threatening situations (e.g fight off attackers, jump off Titanic, etc). Women "rarely" risk death (or even pain) to protect men.
- Men are the primary victims of all violent crimes (except for rape) but women are much more likely to report violent crimes to the police.
- Over 90% of occupational deaths occur to men, and most job related injuries occur to men. Incredibly, we've put more effort into protecting women from sexual harassment than we've put into preventing men from being killed in the workplace.
- Men make up more than 80% of the homeless population. We stopped calling them "Bums" when a few women came into the picture.
- Men commit suicide about 4-5 times more than women. Suicide is linked to mental illnesses, low self-esteem, and feelings of powerlessness, but we only attach these ills to women.
- The average man lives 6-7 years less than the average woman, etc.

Folks, someone has a lot of explaining to do if women really are the stronger sex. Like why are males (the wimp class) required to protect women from danger or physical "pain" if women are tougher? Talk about being on a pedestal. And why (despite the above facts) are women's issues having more funding, more studies, and more attention than men's issues? It's obviously because women complain more about their problems (their issues).

Understandably, some mothers have a hard time with this concept because a lot of males cry to "mommy" when they have a booboo. It's probably because mom "usually" gives the most loving care, the most sympathy, and the safest environment to disclose such feelings. Ironically, some mothers use these disclosures against their sons (or husbands) then wonder why the average male is not good at expressing feelings. Duh.

Steve my friend, don't talk to your wife anymore, don't share your feelings (and quite frankly) don't do anything. She'll just use it against you in her next article.

Mark Comeau

Unnecessary Waste of Money

Dear Editor:

The impractical imposition of an election on Canadians at this time is in itself indicative of the sad fact that the vast majority of our governments decisions are based on political/party considerations rather than practical reasoning.

The current government had nowhere to go but down in the polls, therefore, we get an expensive election at this time; just another unnecessary waste of taxpayer dollars, yours and mine on party/politics.

Sincerely yours,
Norm Ford,
Cornwall.

Give Credit... Where Credit is Due!

Dear Editor:

Jean Chretien wants Canadians to vote in the upcoming election on his liberal government track record. We'll give credit ... where credit is due. The annual deficit is down from about $42 to $17 billion. The debt though, is up by about $100 billion to just over $600. Last year we paid $46 billion to service this debt at the lowest interest rate in thirty years. This amount will rise as interest rates go up.

The Liberals lowered the deficit by primarily cutting transfer payments to the "have" provinces of Ontario, Alberta and British Columbia. Now, we're all havenot provinces. The closure of one hospital in Cornwall comes from federal transfer cuts. This is the season our nurses and doctors are heading south. The other way the federal government has made their books look good, is through the EI program. Next year they expect a windfall of $12 billion over what they pay to unemployed who draw less for less time than under previous governments. Once the EI runs out these people go on Welfare ... that's a provincial program.

Jean Chretien's government has not come clean on the Somalia affair, Airbus investigation, Krevor inquiry, Pearson Airport or the $600 million buyout to get out of the previous government's helicopter deal.

The Liberal caucus overruled the CRTC granting Bell Canada a $2 monthly increase in each of 1996 and 1997.

They lied to the Canadian public three and a half years ago on the GST and on the Free Trade deal, saying they would get rid of both.

This is the way we talked about the Tories four short years ago.

Glen Runions.

Put the Blame Where It Belongs, Mr Sagel!

Dear Editor:

These are just a few thoughts that come to mind after reading yet another attack (Fred Sagel) on teachers.

I wonder how Ontario's parents and children would react if teachers were actually allowed to perform the way they do in Slovenia or Bulgaria?

Imagine children seated attentively with both feet on the floor and mouths closed? When was the last time any Canadian child between the ages of 3 and 18 did that for more than three minutes? You can't even go into a restaurant for pity's sake without management providing immediate stimulation and entertainment for the children. Imagine having to sit still and converse politely with your family while waiting to be served! Many establishments have colouring books, crayons, leggo tables and activity centers for this attention-deficit generation. These children live in bedroom arcades equipped with Nintendo, Genesis, Gameboys, VCR's and televisions. They watch videos so often they are able to memorize the dialogue. These children are dropped into a classroom of thirty equally demanding children and are expected to sit and listen to a teacher. Is this guy for real? How dare Mr. Sagel suggest that these children be addressed as part of the whole group!

I wonder if the parents in Singapore unzip their children's jackets in the school hallways, carry their bookbags, hang up their coats, find their belongings and replace lost articles of clothing ten times a year and leave the school each morning blowing kisses and giving the sound educational advice "have FUN today".

I wonder how many teachers in East Asia get notes each morning with incredible excuses why their child did not do his homework? A relative recently returned to Canada after teaching for a year in Korea. The children for whom she was responsible were motivated and supported by parents who insisted on academic excellence and obedience and respect for authority. Canadian parents on the other hand "shop" around for schools and judge the establishment on the number of field trips, pizza days and concerts! Heaven help the teacher who would dare discipline a child for misbehaviour by keeping him in for recess! Reason enough to transfer to a new school. Much easier to teach in Korea! Why are Oriental children doing so well? Could it be that the essentials are being taught and all the social work forced on Canadian teachers by our society is not taking up much of the school day? Teachers can spend a vast proportion of the day/year on such academic pursuits as Drug Awareness, Peer Influences, Learn not to Burn, Safe Child, Family Life Education, Dental Hygiene, Life, Feeling Yes Feeling No, Bicycle Safety, Racism, Block Parents, Neighbourhood Watch, Environmental Education, etc., etc. No wonder they can't add! Are the children in Asia spending half of their school day learning another language? Absolutely not. When English is learned as a second language it is done after regular school hours at great additional personal expense. Will these children be hard to teach? I think not. In our 50/50 immersion schools in Ontario, one half of the day is spent learning another language. Could that have something to do with Ontario's children's lack of progress in Mathematics and Science?

I am amazed that today's teachers are able to impart any knowledge at all considering the adversities they face each day. Put the blame where it belongs.

Helen Barlow,
R.R. #2 Apple Hill.

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Liberals Lining Their Pockets

MEANWHILE...

Fred Sagel



One good question you might ask Liberal MP Bob Kilger during this election campaign is whether he's prepared to give up his lucrative pension plan.

You are bound to get a "no" answer.

While the incomes of most Canadians are shrinking, while taxes are rising and while the retirement nesteggs of the vast majority of the population are getting the big squeeze, the overwhelming majority of Liberal MPs won't give a second thought about giving up their cushy retirement fund.

"It's an absolute hypocrisy," says David Somerville, president of the National Citizens' Coalition, who recently launched a $200,000 media blitz to centre out MPs who didn't opt out of government pensions, which despite reform in 1995 are still twice as rich as the private sector.

Mr. Somerville predicts that up to a dozen rookie MPs and another dozen or so not-so-rookie could go up in smoke at the election polls over this burning issue.

When the Liberals passed what they called pension reform in 1995, Mr. Kilger did not opt out of the plan. Instead, he cavalierly stayed in. Only three Ontario Liberals -- Dan McTeague, Alex Shepherd and Karen Sloan -- got out.

You have to give a lot of credit to the Reform Party on this issue. All of the party's MPs, but one -- Vancouver's John Cummins -- opted out of the plan.

And -- just to give credit where credit is due -- former Conservative candidate Ron Martelle also announced that he wouldn't have any part of the plan if he would have run in the election. That would have been sure to give him a leg up on Mr. Kilger in the election.

The interesting thing will be whether the new Conservative candidate and the Reform candidate also make the same pledge. If they don't just call them part of the old political gang.

The Liberal talk about pension reform means that if Deputy Prime Minister Sheila "Copps and Robbers" loses at the polls this year and lives to age 75, she'll walk away with $2.8 million of our tax dollars. Before the reforms, she would have received $3.3 million.

And the Liberals call that reform? Or fiscal prudence? Where would the average taxpayer find such a nifty nestegg?

Even Jean Charest, leader of the PC party, gets to walk away with a whopping $4.2 million. And Prime Minister Jean Chretien, unaffected by the pension reforms, nets a cool $1.7 million.

If local Liberal MP Kilger is defeated this year, he'll still walk away with nothing less than $1,069,888 million by the time he hits 75 years of age. According to figures compiled by the NCC, Mr. Kilger would receive $20,930 a year if he called it quits now or is defeated. He would also receive an additional $6,400 a year when he reaches age 55.

The whole matter is nothing less than scandalous. At a time when the federal Liberals hope that others will exercise fiscal restraint, they refuse to endorse a plan that would put them on par with the rest of the population.

What stinks here is that the very same Liberals who lied about abolishing the GST are coming back and squeezing our RRSPs and forcing seniors to cash out at age 69 instead of 71. Meanwhile, their pensions, fully protected from inflation, can be collected at age 55.

The rest of us have to wait until 65 to collect the Canadian Pension Plan. And worse, the Liberals are forcing up to pay in $10 billion more into the CPP -- the biggest tax grab ever -- just to ensure it's around when aging baby boomers hit retirement age.

They're also eroding our old age pension plans by introducing a new Senior's Benefit in the year 2001 which penalizes any married couple whose annual retirement income if $45,000 or more.

Back in 1993, when the Tories were defeated after refusing to deal with the issue of pension reform, more than 130 defeated and retiring MPs began collecting an average of $41,000 a year in pension benefits, regardless of their age. That's $5.5 million a year.

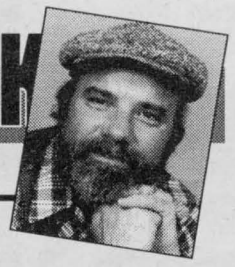
Mr. Chretien, who won an election on his broken promise to scrap the GST, also promised pension reform. But after dragging his heels, we got weak reforms which means that 52 MPs, including Chretien, still qualify for over-rich, lifetime pensions worth nearly $1 million annually and which they get to collect at any age.

One of them, again, is Mr. Kilger.

You have to give a lot of credit to the Reform Party and to candidates like Ron Martelle who put the country's issue ahead of their own pocketbooks when they refuse to participate in such a scheme.

And shame on the Liberals who won't get out of such plans. They will suffer for it.

BASIC BLACK



By Arthur Black
SEAWAY NEWS

You cannot do a kindness too soon, for you cannot know how soon it will be too late.

Ralph Waldo Emerson

We all want to have a reputation for generosity
And we'd all like to buy it cheap.

Anon

I've been thinking what a rough ride we'd give the Good Samaritan if he was unwise enough to show up nowadays.

For anyone whose Bible lore is rusty, the Good Samaritan was the subject of a New Testament parable. Basically he was the only guy who bothered to stop and help a man who had been held up and savagely mugged by thieves. "Good Samaritan" has come to be a term that we bestow on anyone who shows generosity or compassion towards the poor and downtrodden.

And it's a term that you don't hear a whole lot of these days.

It's certainly not a term that would spring to the lips of Sylvia Stayton, of Cincinnati, Ohio. Not if she was looking for ways to describe Municipal Court Judge John West. Ms. Stayton, a grandmother, was hauled up in court before the judge for a pre-trial hearing recently. Her lawyer was seeking dismissal of the charges. The judge said no way. Ms. Stayton will stand trial for obstruction and disorderly conduct.

And what did this wild-eyed harridan do to get cited? Lie down in front of the mayor's limousine? Burn her bra on the Cincinnati courthouse steps?

Nah. Sylvia Stayton was charged when she put 15 cents into two expired parking meters. She was trying to do a good turn for the drivers of the cars, neither of whom she knew. A Cincinnati cop who was writing out a ticket for one of the cars ordered her to stop feeding the meter. She refused and I guess she might go to jail as a result. The judge will issue a ruling next week.

Then there's Ron Seaward's tale of woe. Seaward was driving from Toronto to London, Ontario recently when he spied a car in the ditch. Seaward, feeling conspicuously Good Samaritanish, pulled over and got out to help. As did an Ontario Provincial policeman.

While the cop and Seaward were grunting and straining at the back bumper of the stuck car, several other vehicles cranged into Seaward's truck and the police cruiser.

Naturally, the officer now has to write out an accident report. Naturally, he has to see everybody's licence and registration ... including Seaward's.

Which is when the cop notices that Seaward has been driving with an expired licence.

Well ... a violation, to be sure, but under the circumstances ... Seaway being such a decent chap and all ... undoubtedly the cop will let Seaward off with a wink and a warning, right?

Not.

Seaward, who was only acting on an impulse of kindness and generosity towards a fellow human being in a jam, finds himself with a strained back, a banged-up truck and a $315 traffic ticket.

Guess how fast he'll pull over the next time he sees a motorist in difficulty.

Sad, but true, the streets are getting meaner.

Still, Ron Seaward can look on the bright side ... at least he didn't have to be helped by a politician. There's a story going around about a travelling salesman on a business trip to Ottawa who one night was robbed, beaten up, thrown in a ditch, and left for dead.

The first person to come by was a Reform Party MP. She looked down at the man and snapped "Get up on your feet! Stop feeling sorry for yourself! Be a man!" And she walked on.

Next came an NDP supporter. He gasped in dismay at the sight of the poor guy in the ditch. "This is terrible!" he wailed. "I must find the people who did this! They need psychiatric help and career counselling!" And off he ran.

The next passer-by was a Liberal cabinet minister. He stopped in front of the injured man, looked around to make sure no one was watching, then he knelt down by the side of the man and whispered: "What did the other two say?"





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Is Your Business Ready For Outsourcing?

The recent recession dramatically reshaped the operations of most Canadian businesses, both big and small. Downsizing, right-sizing and restructuring created a leaner, meaner and often overburdened workforce. As a result, many businesses simply can no longer do all the things they need to do. But neglecting essential functions is like neglecting your health - sooner or later you will hurt.

One increasingly popular solution, says Joe Broughton, CA, partner-in-charge of KPMG's Independent Business Advisory Services in the Hamilton/Niagara region, is "outsourcing" - or contracting with outside suppliers for the specific skills and services your company does not have.

For example, if you're running a transport company, you might contract out for trucks and drivers, explains Pat Lafferty, CA, who works in the business planning practice of Coopers & Lybrand's Ottawa office. A grocery store might outsource its distribution function. Print media might outsource sales. Governments can outsource a whole range of service delivery activities that are not crucial to public policy roles.

Other types of services currently being outsourced, adds Broughton, include data processing, accounting, collecting accounts receivable, staff training, payroll processing, finding financing, reviewing product quality, market surveys, efficiency studies, printing, graphics, property and facility management, cleaning and janitorial services, public relations and advertising - in short, any area where your company is short on skills and time or may not need full-time resources.

According to Lafferty, the types of services that best lend themselves to outsourcing are "generic and routine; well defined, with a clear beginning and end; easily measurable to ensure you are getting an acceptable level of service; provided by established suppliers; and offered in a competitive environment so that you have some bargaining power." More elaborate outsourcing services in areas such as research, professional and information services need more sophisticated agreements and performance reporting.

Outsourcing is not a good idea, advises Broughton, "when it is important to control and maintain process flexibility to attain the desired results and where an activity is central to what you do." This might include receiving and shipping, control of operations, marketing and product development. For example, "While you might contract out the sales function in some small markets, you should not do it in a new market critical to your organization's future."

Moreover, warns Lafferty, "If you use outsourcing in its fullest sense, handing over management to an outsider, you risk losing control over a key element of your business. Risk sharing is not easy to manage."

When used properly, outsourcing can really help pump up your company's productivity. The biggest benefit, of course, is saving money.

Although it varies according to industry and the type of function outsourced, you can expect to save at least 10% - and often considerably more - over what you would have to pay to have it done in-house.

In addition, say both CAs:

- it frees you up to concentrate on your core business activities.

- you pay for resources and services only for the period they are required.

- the suppliers have the most current knowledge of their service areas.

- services can usually be adjusted quickly according to changing needs.

If you think that outsourcing some of your operations may be a good strategy for your business, talk to your CA first. He or she can help you evaluate which activities can be contracted out and which ones had better remain under your own control. Moreover, many CA firms now offer a variety of outsourcing services and those that don't, will certainly know who to call.

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Domtar Papers Cornwall Mill Receives Industry Recognition

Employees of Domtar Papers Cornwall Business Center have been recognized by the Ontario Natural Resources Safety Association for their exemplary safety record in working 2,000,000 consecutive hours without a lost-time injury. The award was presented to Pat McLaughlin, Cornwall's Safety Coordinator and Steve Proulx, co-chair of the Joint Health and Safety Committee in Kingston on April 29th, 1997.

The mill has also been recognized by the Canadian Pulp and Paper Industry as the safest mill in Canada, from January 1st through March 31st, 1997. Cornwall was ranked against 16 mills in "Category A", mills with over 100,000 hours worked per month. And in April, employees established another all-time safety record, 2,406,877 hours without a lost time accident.

The mill's success is directly attributed to employee involvement, supported by increased awareness through safety education and communication. "We stress individual responsibility in our safety initiatives, and strive for continuous improvement through stringent internal auditing", said McLaughlin.

Domtar Wins Award From Recycling Council

Domtar Papers Cornwall was one of the finalists in the "Outstanding Product/Service Responsibility" category. This award recognizes businesses or individuals who have introduced new products or services or who have developed new systems for existing products or services to minimize the impact that product or service has on the environment in which it is used and/or produced and disposed of.

The three finalists were Bell Canada, Domtar Papers and Ontario Hydro.

Domtar Papers was recognized as a "perfect example of how waste can be turned into resources that benefit the company and its community. In 1996 Domtar diverted approximately 85% of all solid waste generated through its successful efforts to turn organic mill wastes into beneficial soil amendment products."

Besides being a finalist, Domtar Papers won in the Silver category of the Outstanding Business Awards which "recognizes those companies who have achieved impressive and sustained waste diversion rates." The silver award category is presented to those businesses that have reduced their waste compared to base year waste generation by 75-89%. Gold category recognizes achievement of 90% reduction or more.

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"I Can See Clearly, Now That the Rain is Gone

(NC)-Driver visibility may be hindered during the rainy spring season. Sudden downpours limit drivers' ability to see out of their windshields, which may result in car accidents. So treating your windshield to make it repel water is a great safety idea. I like to use Wynn's Rain-Away because it allows me to see clearly even during heavy rains.



Rain-Away is so amazing that it will virtually disperse anything that comes into contact with your windshield, including rain and snow. Once the glass is treated, at highway speeds, you almost never need windshield wipers!

Rain-Away works by creating a surface that is too slick to allow water to adhere to it. The water beads literally slide off the windshield. Try it to believe it. The secret of the product is a clear polymer formula that really does the job.

The 200 mL container comes with a lint-free cloth right in the box to make application simple and easy. Once the glass is clean and dry, you simply have to wipe an even coating onto the window. It works fast, and dries to a haze, ready for a buff with a soft cloth to make it completely transparent.

Wynn's Rain-Away is available at Canadian Tire, Wal-Mart and Home Hardware.

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AUTO TALK

Troublesome Tranny

(NC)-**Q:** I own, a 1980 Buick Riviera with a 350 V-8, automatic transmission, with 133,000 km. The transmission has an annoying tendency to hesitate when Reverse is selected.

If the car is parked facing downhill, it will roll forward before Reverse engages, and sometimes it won't engage at all until the engine has been revved. Once the torque converter locks up, there doesn't seem to be any clutch slippage. I've also noticed that the car can be rocked back and forth an inch or so when I put the transmission in Park without setting the parking brake. Could this problem be related to the other?

A: Your car's problem on inclines is probably being caused by oil draining out of the torque converter. The most likely culprit is a faulty anti-drainback valve in the converter itself. In most cases, the valve can be reached by removing the transmission oil pan—a fairly simple procedure. Most transmission shops should be able to handle the repair. The rocking that you mention is completely normal and is not related to the torque converter's hesitation to lock-up.

THE CAR DOCTOR

Peter Millard



Steering Sickness

(NC) **Q:** In one of your past columns, a reader wrote about a problem with stiff steering, first thing in the morning, on his 1985 Oldsmobile Cutlass Ciera. I own a 1986 Oldsmobile 98 Regency with over 200,000 km on it and have experienced the same problem. My question is : does this faulty component require replacement?

A: A steering fluid flush will buy you some time before the steering rack starts sticking again, or you can do what many other owners are doing: live with the problem. But the only sure cure is to replace the rack.

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Pre-1988 model vehicles produce more pollution

(NC)-Nearly two-thirds of total carbon monoxide, more than a quarter of the hydrocarbons and a third of the nitrogen oxides which pollute our atmosphere come from motor vehicles. Thankfully these figures will go down as new vehicles, with enhanced emission control systems, continue to replace old ones. Federal motor vehicle emissions standards were tightened substantially for the 1988 model year. Improved maintenance of existing vehicles also helps reduce the amount of harmful exhaust pumped into the atmosphere. Periodic check-ups, along with necessary maintenance, can make a big difference. Even the simple replacement of a dirty air filter will benefit the environment.

Don't idle away your time

If you're interested in spending less money on your car and saving the environment at the same time, one of the best things you can do is to be Auto Smart.

The first thing to remember is that when your car is idling you are wasting fuel—one-tenth of a litre every 5 minutes; that's 250 grams of CO_2 released into the atmosphere. This may sound like a lot but, repeated by 100,000 motorists, it means 41 kilotonnes of CO_2 every 10 minutes. Turn the car off when you park. And don't idle to warm the engine. Idling is no better mechanically for your car than driving slowly, plus it's much worse for the environment.

Always try to plan outings that combine several errands into one trip. Fewer trips mean fewer starts, less fuel consumption and less pollution.

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It's Time for Your Car's Spring Cleaning

Old Man Winter has left behind sloppy road grime and salt residue that can cause vital metal parts — like lug nuts and door hinges — to bind and rust. But, a few minutes on a Saturday morning and a can of a super-penetrating lubricant , like Power Lube® from CRC Industries Inc., can help undo some of the ravages of winter.

CRC lubrication experts have put together this easy seven-point preventative maintenance program:

1. Door hinges — Open the car door, and spray the door hinges with Power Lube superpenetrating lubricant. Then, gently open and close the door so the spray can thoroughly lubricate all surfaces.

2. Radio antennas — The winter months are brutal on a car's antenna. If a car has a power antenna, the lubricating grease can become brittle and cause the motor to seize. To prevent this, simply extend the antenna, and spray Power Lube into a rag. Then, glide the rag over the antenna's surface to remove any grease buildup.

3. Brake, clutch and accelerator pedals — Like all hinges, foot pedals need lubrication and can develop squeaks over time. Since Power Lube has a "spray-in-any-position" valve, these difficult-to-get-places can be lubricated easily. Plus, Power Lube does not have an offensive odor like other lubricants, so it can be used in the most confined places of a car's interior.

4. Hood latches — The hood latch is located under the hood, where dirt, mud and snow clog the release mechanism, preventing the hood from opening. To keep the hood latch working smoothly, simply spray Power Lube on the latch and cable.

5. Light sockets — Exterior light sockets can become corroded from dirt and moisture, causing light bulbs to fail prematurely. To prevent this, simply remove the bulb, and spray the socket with Power Lube superpenetrating lubricant. It will help prevent corrosion while providing a proper electrical connection.

6. Distributor cap — This hinge can squeak and bind after being exposed to winter dirt, mud, snow and grime. A light coating of Power Lube will wash away these contaminants and keep the door operating freely.

No one can stop winter from coming. But, by following these simple steps, some of the problems it causes can be prevented.

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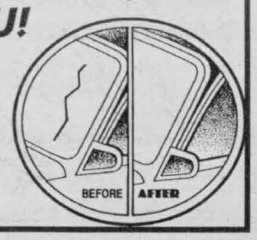

Truck Winner Drives Away Happy



Pictured (left to right): Howard Hillier, winner of a new Dodge Ram pickup truck from Novartis Crop Protection, poses alongside his new vehicle with Jamie Nash of Setterington's Fertilizer Services and Bill Libby of Novartis Crop Protection.

"Just terrific," was Howard Hillier's reaction upon learning that he had won a new Dodge Ram pick-up truck in Novartis Crop Protection's AdVantage Plus survey contest. The Essex county cash crop farmer was recently presented with the keys to his new truck at Setterington's Fertilizer Services, his local crop protection retailer in Blytheswood.

Howard, who farms 800 acres near Staples, in partnership with his father, Alvin, and brother, Milton, says that he is impressed that Novartis makes the effort to find out what farmers wants and needs are through things like the survey. "I'm always on the lookout for better weed control methods," he says, "and the survey is a definite help in that regard. Having the good fortune to win a new vehicle in the process was a tremendous bonus."

Bill Libby of Novartis Crop Protection and Jamie Nash of Setterington's were on hand to present Howard with the keys to his new truck. According to both Libby and Nash, Mr. Hillier's selection as the truck winner is a good start to the 1997 season.

Hillier agrees, saying that 1996 was a good year for him, despite a late start to the growing season. He's looking forward to an even better 1997 and says that having a new truck makes for a great start.

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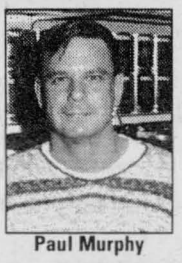
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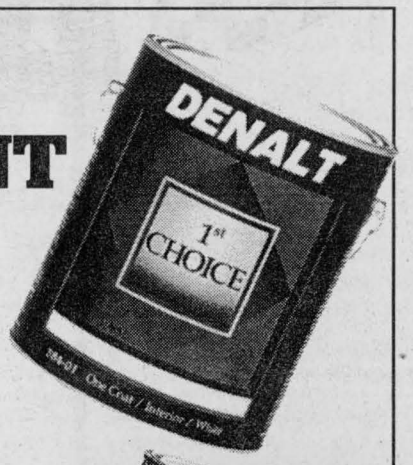

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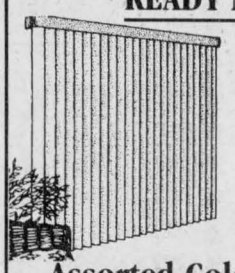

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***AL-ANON/ALATEEN** If someone you love or are dependent on has a drinking problem, you can see what it's doing to them; if you're also concerned about what it's doing to you, call 937-4880.

***ALZHEIMER SOCIETY'S BREAKAWAY DAY PROGRAM** in Alexandria and Winchester is seeking participants and volunteers.

***ANXIETY DISORDERS** The Free From Fear Foundation is a non-profit organization dedicated to helping individuals suffering from anxiety disorders. If you suffer from panic attacks, phobias, agoraphobia, depression, anxiety or fears you are not alone. Help is available (905) 831-3877

***AULTSVILLE THEATRE** presents the best in live entertainment. On Sunday May 4th the MacCulloch Dancers present two shows, 2:00p.m. & 7:00p.m. Kinsmen Music Festival runs from April 24th to May 3rd all day. For more info on any of these events call Aultsville Theatre at 937-1511.

***AULTSVILLE THEATRE** presents the best in live entertainment. On Monday May 5th at 7:30p.m. Concert d'Harmonie, Tuesday May 6th at 11:00a.m. METTP Graduation, Wednesday May 7th, at 10:00a.m. & 1:30p.m. The Magic of Munsch. Saturday May 10th Hannaford Street Band at 8:00p.m.

***B.M.R. & JULIUS RESNICK** 10 yr. reunion Knights of Columbus (Glen Walter) on Saturday August 23rd at 2:00p.m. For more info call Helene 937-3047. Proceeds to Alzheimer and Humane Society.

***BEREAVED FAMILIES OF ONTARIO** will hold their monthly Support & Share Night on Thursday May 8th in the Library at CCVS school, 437 Sydney St. from 7:00p.m. to 9:00p.m. For more information call the office at 936-1455.

***BROWN HOUSE CIRCLE** is sponsoring a Bingo on Wednesday May 7th at 1:00p.m. in the Community Centre, St. Raphael's. Proceeds to the Cancer Society. Everyone welcome.

***CENTRE CHARLES-EMILE CLAUDE,** activities: TAI-ji exercises on Monday's at 2:00p.m. $2./person, Art workshops Thursdays at 2:00p.m. $2./person. For more info contact 932-9222.

***CENTRE CHARLES-EMILE CLAUDE** extends an invitation to their presentation "Power of Attorney" to be given in French on Monday May 5th at 2:00p.m. For more information call 932-1035. Everyone welcome.

***CHARLOTTENBURG NEIGHBOURHOOD WATCH** invites everyone to the general meeting on Monday May 5th at the Knights of Columbus, Glen Walter at 7:30p.m. Guest Speaker: Sharon Villeneuve. Everyone welcome.

***CHURCH OF THE GOOD SHEPHERD** invites everyone to their Spring Luncheon on Wednesday May 7th from 11:00a.m. to 2:00p.m. Cost $5.00.

***CNIB** is in need of Craft Volunteers every Wednesday morning for 2 hours to assist blind and visually impaired individuals with crafts. Orientation and training provided. Call Marilyn at the CNIB Office at 936-2300.

***CNIB** is in need of volunteers to drive visually impaired individuals to local medical appointments. It only involves one or two trips a month. Please call 936-2300

***COMMUNITY GARDEN** invites everyone to attend an information evening on planting a vegetable garden, on Thursday May 8th from 7:00p.m. to 8:30p.m. at the C.S.C.E. corner of 9th & Sydney. For more info call 932-3160.

***CORNWALL & DISTRICT** branch of the Canadian Diabetes Assoc. needs volunteers to work at their upcoming Mini-Monster Bingo on Saturday May 10th. If interested call the Branch Office at 938-7497.

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

***EMOTIONS ANONYMOUS** a self-help support group meet on WEDNESDAY'S only from 7:30-8:30 p.m. at St. John Bosco School, 113-8th St. West.

***FAMILY COUNSELLING CENTRE** is facilitating a workshop for women & men on Assertiveness Training on Thursday May 8th from 8:30a.m. to 12:00noon in the Multi-Purpose Room, Cornwall Public Library. For more info call 932-4610 to register.

***FRIENDLY CIRCLE LONG SAULT SENIOR CITIZENS** invites everyone to their Yard & Bake Sale on Saturday May 10th at 50 Saunders Street, Long Sault beginning at 8:00a.m. General Meeting Monday May 5th at 10:30a.m. For info call 534-2532. Everyone welcome.

***GLENGARRY WALKING CLUB** If you're looking for a partner or would just like to walk with a group, there are regular walks every Wednesday night at 7 p.m. starting at the Alexandria Island Park.

***HOTEL DIEU NURSES ALUMNAE ASSOC.** is holding their annual general dinner meeting on Wednesday May 7th. Mass at 5:10p.m. at St. Columbans followed by a dinner at 6:30p.m. at Porto Bello Restaurant. Everyone welcome. For more info call 931-2718.

***KNOX ST. PAULS UNITED CHURCH** invites everyone to their 3-T Auction being held on Thursday May 8th from 6:00p.m. to 8:00p.m. in the Church Hall. Over 100 items.Everyone welcome.

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

***PEER SUPPORT PROGRAM OF SD&G** is now recruiting women volunteers to provide one to one support to women who have suffered abuse in their relationships. Training sessions begin May 10th. For more info call 932-4610.

***ROYAL CANADIAN LEGION** Branch 297 will serve a supper on Sunday May 4th from 4:00p.m. to 7:00p.m. Cost $3.99. Saturday May 10th a Mother's Day Dance from 8:30p.m. to 12:30a.m. Free admission.Sunday May 11th, breakfast from 9:00a.m. to 12:00noon. Everyone welcome.

***SD&G DEVELOPMENTAL SERVICES CENTRE** is in need of volunteers to assist individuals with physical and/or development challenges towards meeting their needs for friendship and recreational activities within the community. Info 937-3072

***SEAWAY M.E./FM CHAPTER,** will be having an Information & Raffle Booth at Cornwall Square on Thursday & Friday May 8th & 9th to participate in M.E./FM Awareness.For more info call 933-8601.

***ST. ANDREW'S PRESBYTERIAN** Women South Lancaster, invites everyone to a Mother's Day Tea on Saturday May 10th at St. Andrew's Presbyterian Church South Lancaster from 2:00p.m. to 4:00p.m. $3.50/person. Everyone welcome.

***ST.ANDREW'S-ST.MARK'S UNITED CHURCH** invites everyone to their annual spring Rummage & Bake Sale on Saturday May 10th from 9:00a.m. to 12:00noon on Johnson Crescent, Long Sault. Everyone welcome.

***ST. JOSEPH VILLA** 14 York St. hold a Card & Euchre party every Thursday for St. Lawrence Seniors Club. Free parking on York St. Everyone welcome!

***THE ALEXANDRIA CANCER SUPPORT NETWORK** meets twice monthly, 1st & 3rd Tuesday at 7:30 pm at the Glengarry District High School. Information & support for cancer survivors & supporters. For more info contact Lise at 346-3513. Everyone welcome.

***THE PARKINSON'S SELF HELP GROUP** of Cornwall meet at the RCAF Assoc. Bldg. (Wing 424) on Water St. W. on Tuesday May 6th at 1:15 pm. Everyone welcome. Info: 936-1790 or 933-2193.

***TRINITY UNITED CHURCH** in Ingleside invites everyone to a concert by the "Knock Abouts" on Thursday May 8th. They will be presenting an evening concert beginning at 7:30p.m. Freewill offering.

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And The Winner Is ...



Cornwall's 96.5 FM broadcasted from a remote set-up at Healy Motor Sales on April 18th. Two pairs of tickets for the Garth Brooks concert in Syracuse, New York were awarded to two lucky winners. Pictured above are (l-r) Danielle Legault, Healy Motors; J.P. Blanchard; Shawn Killoran and 96.5 Rep. Lorna Vaincourt.

(Photo by Aubrey Johnson)

In & About CORNWALL

Education Week

Education Week will take place from May 5th to 9th, and there are number of events planned. Central Public School will be hosting a health fair, "From Adolescence to Adulthood" in conjunction with the Eastern Ontario Health Unit. There will be several booths set up to deal with the various issues that confront adolescents. The fair is directed to the students in grade 8 and will take place on Monday, May 5th in the school gym. The senior students were surveyed to see what they wanted - the topic that drew the largest number of votes was "How to Deal with Your Parents!" A special session for parents will be held from 3:00 p.m. to 4:30 p.m. and a booth that might interest parents will be the one entitled "How to Deal with Your Teenager."

Other events to take place during Education Week include a performance of the school band at a local mall, a recognition award assembly similar to the January assembly and perhaps even a tree planting - weather and conditions permitting.

St. Lawrence Centre Hosts a Forestry & Conservation Exhibit

Massena, NY - The St. Lawrence Centre will host a Forestry & Conservation exhibit May 3rd from 10:00 a.m. - 9:00 p.m. and May 4th from 11:00 a.m. - 5:00 p.m. The following organizations will be on hand with displays and information on the importance of forestry and conservation in our area. St. Lawrence County Soil & Water District, Natural Resources Conservation Service, New York State DEC, St. Lawrence County Forest Practice Board, Robert Moses State Park, Paul Smith's College, St. Lawrence Aquarium & Ecological Center and the Mohawk Council of Akwesasne Department of Environment. In addition, there will be FREE lectures on Saturday in the Community Room, lecture schedules are available at the Customer Service Center. In honor of Arbor Day, the St. Lawrence Centre is offering FREE Blue Spruce Tree Seedlings at the exhibit booths, while supplies last.

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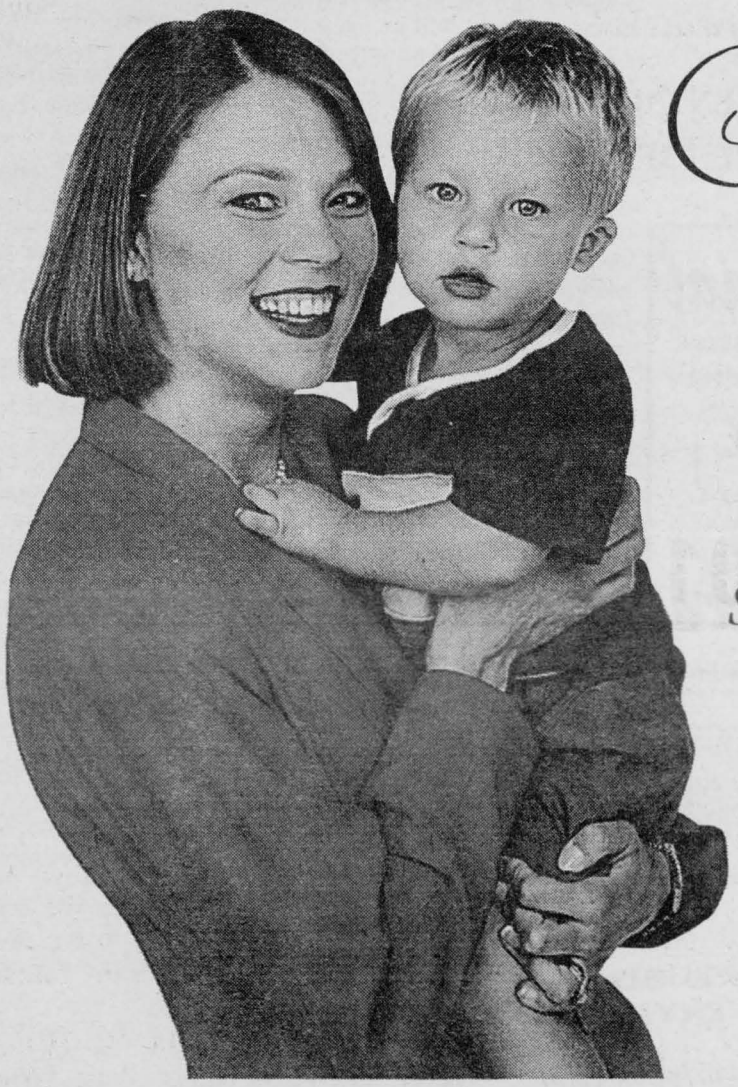

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More Than Just Trees!

Domtar Forestry Services staff understand forest management practices and their values; it's their business! They offer a Private Land Woodlot Management Program to local people tailored to the needs of the woodlot and the owner.

Every situation is different however their mandate remains the same - "doing what's best for the woodlot".

Steve DeRochie, Domtar's Woodlot Management Co-ordinator explains the services offered by Domtar which include: an assessment of the woodlot, a personal discussion of the landowners objectives, a prescription of forest management work to be completed by a professional logger, a signed 10 year agreement, and fair market value payment for the wood removed to the landowner.

This program is offered free of charge to private landowners with 12 acres or more of forested lands that qualify for the program. Why not give Steve a call to improve your woodlot and increase your property's value by calling him at 932-6620 ext. 319.

Drop by and see them!

The staff at the McKinnon Forestry Centre are always happy to have visitors drop by. Why not enter nature's fascinating world with a self-guided tour of over 3km of forest trails.

Nestled on a 80 acre forest property, McKinnon is a heritage forest outdoor education site dealing with industry's role in a working forest environment. It is located south of Apple Hill, 1 mile east on Kenyon Road. McKinnon is open year round Sunday and Monday to the general public and the balance of the week by appointment.

Established in 1994 by Domtar, the center offers various workshops, fun-filled family events and educational programs for school children and adults. The log conference building depicts the use of old building techniques with new innovations. It is entirely environmentally friendly with solar energy, composting toilets and wood heat. The original homestead, circa 1807, is now a forestry museum.

"We are offering a special summer day camp program for children ages 8 to 12." explains Michelle Deruchie, Interpreter. "The week is packed with lots of activities and learning experiences. Parents are urged to reserve space now as it is limited to 30 children per week."

A calendar of events highlighting the programs is available at all local tourism offices as well as calling either McKinnon at 528-4430 or Domtar at 932-6620 ext. 308.

Treevia

- About 1 in 18 Canadian jobs are directly or indifrectly dependent on the forest industry, making it the nation's largest employer.
- Newsprint and wood pulp are Canada's biggest export product. Canada accounts for 15% of the world's wood pulp, 7% of its paper and paperboard and 27% of the world's newsprint requirements.
- People cause the majority of fires, about 60%, mainly through cigarette and camp fires. Lightning causes about 40%.
- Did you know that buying a real Christmas tree is better than an artificial. Plantations remove tonnes of pollutants from the air around them; they also provide wildlife habitat, prevent soil erosion and flooding, and create jobs.

Domtar Papers and the *Friends of the Garden*
(Cornwall & District Horticultural Society)
invite you to the



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DOMTAR Papers

Friends of the Garden
Cornwall & District Horticultural Society

Keeping the Lawn in Shape Makes a Yard Look Beautiful

With the return of spring, homeowners begin to work on their yard, planting everything from beautiful floral borders to huge vegetable gardens. However, if their lawn doesn't look lush and green, the yard can lose its appeal and all of the work put into it could be for naught.

To help homeowners maintain a healthy lawn, The Lawn Institute recommends that they have a lawn-care program that works.

Many lawn-care experts believe that a majority of lawn problems are a result of not mowing at the proper height and not keeping the lawn-mower blade sharpened throughout the mowing season. Every type of grass has a specific height for optimum performance. Keeping grass at its best growing height will increase a lawn's density and attractiveness — and reduce problems.

A simple rule of thumb to follow when mowing is to never remove more than one-third of the leaf surface each time the lawn is mowed. Leaf surface, or cutting height, refers to the length of grass above the soil. Cutting below the optimum height impedes root development, which is essential to having a dense, healthy lawn.

Also, homeowners don't have to collect the grass clippings after they finish mowing. These clippings decompose quickly and put nutrients back into the soil. It's a built-in fertilization program, according to the institute.

When it comes to watering a lawn, the institute says that the best lawns grow when they are watered heavily at infrequent intervals. On average, the lawn needs about 1 inch of water a week, either from rain or irrigation during the growing season. This inch of water normally will soak the soil to a depth of 4 to 6 inches, which allows the water to reach deep into the root system.

Homeowners should determine the rate of application of their sprinkler system to set up any irrigation program. An easy way to do this is to set out a series of cans if they have an underground sprinkler system or a couple of cans if they use a single sprinkler. After running the system for 30 minutes, they can measure the water in the cans and determine the length of time it will take to apply 1 inch of water.

The best times to water a lawn are in the early morning or early evening, when there is generally less wind and heat. The least desirable times are in the heat of the afternoon, when water evaporates too quickly, and very late in the evening, which can cause the lawn to stay wet all night. This encourages disease development.

With these tips, homeowners can be well on their way to a healthy, lush lawn — and a beautiful yard.

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SPRING HOME IMPROVEMENT

Spring-Cleaning?
Are You Tossing Treasures in Your Trash?

The average family throws away $2,000 or more when they clean house, according to author Tony Hyman.

"I don't mean newspapers and aluminum cans," Hyman explains.

Nostalgia for the 1950s, '60s and '70s has caused values of toys, clothes, cars and other items from the baby-boomer era to skyrocket. Because they look ordinary, people throw them away or sell them for pennies at yard sales.

"The next time you shovel out your 'unwanteds,' consider that 100 toys from the 1960s and '70s are worth $1,000 or more today," Hyman warns. "A year's college tuition could be hiding in your closet."

Everyone knows about the $4,000 BarbieTM, Hyman points out, but there's also a $3,000 Hot WheelsTM, a $2,000 G.I. JoeTM and a $1,000 Star WarsTM figure. There's even a bobbing-head doll that will put $1,500 in your pocket.

Transistor radios, BudweiserTM beer mugs, pocketknives, briar pipes, Hawaiian shirts, calculators from the '70s, Levi'sTM and plastic jewelry are among things that will surprise you with their current value.

Finding something valuable is only the first step, Hyman says. Getting these outlandish prices means locating the right buyer. There's only one good buyer of cigar boxes in the country, and buyers of sewing machines, BB guns and LP records can be equally hard to find.

Hyman hosts Trash or Treasure, a national radio call-in show that puts buyers and sellers together. Hyman has been a popular radio personality for almost 20 years, because most folks don't know which of their things are valuable, how much they are worth and who wants them.

"I teach that you personally don't need to know whether your item is worth $5 or $500," Hyman explains. "You do best by contacting honest experts and asking them what you have."

Rick Edmisten in North Hollywood authored a book on fishing collectibles and, Hyman believes, "is especially honest with amateurs who need information or want to sell. Rick has paid out more than a quarter-million dollars to people I've referred to him."

100 toys from the '60s are worth $1,000 or more.

What works for fishing lures works for thousands of other collectibles. Experts by the score are willing to give you good advice and accurate information for free. Best of all, Hyman says, when you deal with the leaders in any field, you can be comfortable knowing you're not being cheated. "The authors, editors, auctioneers and club presidents I recommend are highly visible people and have reputations to uphold," he explains.

To avoid being stumped by callers on air, Hyman is continually researching the best buyers in new categories.

In the past six months, he reports adding "about 150 buyers of everything from Jack Benny to the Grateful Dead," including butterflies, horseshoes, Bakelite jewelry, costume jewelry, Occupied Germany, rubber rain boots, high-school yearbooks, psychedelic posters, home movies, snowmobiles, Chris-Craft boats, MIA bracelets, bride-and-groom cake tops, and Topper DawnTM dolls.

"I completely revise my buyer files every two years," Hyman says, "adding new people and keeping up with the 10 percent to 15 percent who move each year." Since 1980, Hyman has been making the buyer files he uses on air available in print.

Trash or Treasure '97-'98, his latest Where to Sell Guide, is a junkster's delight, containing 640 pages of what collectors want to buy and the names, addresses and phone/faxes of more than a thousand people looking for more than a million items you might own. Hyman advises how to get free appraisals and gives numerous tips on how to get top dollar for what you sell. Send $29.95 plus $5 shipping and handling to Trash or Treasure '97-'98, P.O. Box 3028, Pismo Beach, CA 93448. MC/Visa customers can call 1-800-549-7500.

Give the name of this paper when you order, and the publisher will add the 100-page World's Most Accurate Price Guide and a money-back guarantee to your book at no extra charge.

Hyman's show has a dedicated following who have learned that the people willing to pay the most usually live many miles away. They've discovered that it doesn't matter where a buyer and seller live as long as you describe your items carefully, make a photo or Xerox© copy, and include a self-addressed, stamped envelope.

It's important to take the few minutes needed to ask an expert about what you own, Hyman says, because the old saying about one man's trash being another man's treasure has never been more true.

Something as simple as a plastic Pez© candy dispenser is worth $400 to one person and a buck to another. Hyman asks, "Which one would you rather sell to?"

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Need a New Roof? Now's Your Chance to Make A Statement With Dimensional Appeal

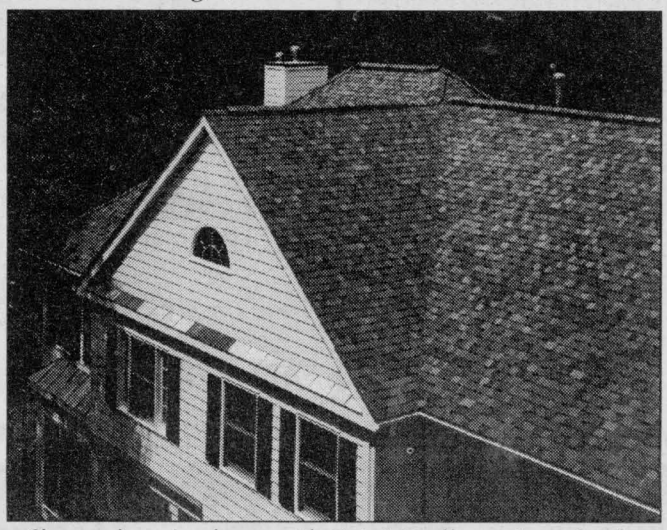
If you're like a lot of homeowners, your spring home-improvement plans will include purchasing a new roof. Now all you need to decide is if you want to go with your basic three-tab strip shingle or an architectural designer asphalt shingle. If you want an architectural shingle, then how much dimension do you want to your roof? Do you like the look of shadow lines? What about color? Should you go darker, stay neutral or brighten up the house with a more interesting color choice?

If by now you're sitting there, biting your nails and saying to yourself, "But all I need is a new roof," don't despair. Like any home-remodeling job, purchasing a new roof can be a fairly easy and smooth-sailing experience as long as you're equipped with the answers to the questions posed above.

Understanding the Basics in Shingle Design

First, you ask, what's the difference between a strip shingle and an architectural shingle? Plenty. A strip shingle has three tabs with slots or cutouts between each tab. (See figure 1.) They give a more even appearance across the entire span of the roof. They come in a variety of colors, some of which can add a splash of color to your home's exterior (more on color later). Most strip shingles come with a 20- or 25-year warranty, and when they are manufactured to the highest standards and installed properly, they are a good choice from a utility standpoint.

An architectural or designer shingle usually adds a dimensional look to a roof. This added dimension can be achieved through a number of manufacturing processes. The most common method used in the industry is the two-piece laminated shingle, whereby a top shingle with sections cut away (creating tabs) is applied to a half shingle, which backs the exposed sections. (See figure 2.) Another method, patented by CertainTeed Corp., is the Shangle® construction, whereby individual tabs are laminated to a full-size base shingle in a random pattern. (See figure 3.) The use of shadow lines and intricate blends of colors further enhances the dimensional appearance. Another innovation patented by CertainTeed is the overlay process in which an additional layer of asphalt and colored granules is applied to a full-size base shingle, again in a random pattern. (See figure 4.) Shadow lines, once again, further enhance the dimensional dynamics of the shingle.



Shown above is a house with CertainTeed's new two-piece laminated shingle, Landmark®.

The Cause and Effect of Dimension

The dimensional effect is caused by the number of layers used on the shingle. A strip shingle has one layer. Likewise, an overlay shingle has one layer, but offers more dimensionality because of the extra asphalt and granules added to the tabs. The two-piece shingle and the laminated tab shingle (or Shangle®) have two layers. There are also some shingles, again manufactured by CertainTeed, which offer three layers, namely its Grand Manor Shangle®. Grand Manor is constructed by using two full-size base shingles laminated together with additional random tabs adhered on top. (See figure 5.) While most shingles are 12 inches by 36 inches, CertainTeed's Grand Manor Shangle® is 18 inches by 36 inches, giving it the length and depth of natural slate. As the layers increase on a shingle or the manufacturing process becomes more complicated, homeowners will see the cost of the shingle also increase. However, so does the duration of the warranty increase. While cost naturally will play a part in your decision, it becomes secondary when you want to give your home a distinctive look, beyond its functional necessity.

Making a Statement with Color

Color, as mentioned earlier, also plays an integral part in giving a roof a distinctive appearance. In some cases, the traditional blacks and browns work well. They are a safe choice and allow you to coordinate with a variety of exterior color palettes. When distinction is what you're after, then you need to check out some of the industry's newest green, red and blue hues that offer just the right crowning touch. If it's a slate look you're after, then there are a slew of gray tones from which to choose that offer hints of blue or brown, as well as red, to complement a variety of exterior colors. A wood-shake look is easy to capture in the many bronze, copper and dark-brown colors used by many manufacturers, especially in the two-piece laminated category.

The use of color is your chance to really make a statement with your home. Whether you want to make a bold statement or a more neutral one, don't be confined to the choices your roofer offers. Ask to see a number of shingle samples in a variety of colors. Obtain the literature offered by manufacturers. Most importantly, look around your area at homes which have roofs that appeal to you (it is especially helpful to look at roofs that were applied by your roofing contractor).

While the aesthetic issue of your shingle choice is important, it is obviously not the only factor on which to base your purchase decision. You need to consider product quality, warranty duration, and the manufacturer's reputation for reliability and service, as well as your contractor's reputation for quality workmanship and willingness to stand behind his product.

To familiarize yourself with these issues, as well as aesthetics, CertainTeed has put together a Spring Home Improvement Kit, which includes "How to Choose a Reputable Roofer" brochure, "What About the Warranty?" brochure, "A Consumer's Guide to Reroofing," a brochure on ice dams and a pocket-reference brochure showcasing the products offered by CertainTeed, as well as a brochure that shows how to coordinate roofing with vinyl siding. To order your free Spring Home Improvement Kit, just call 1-800-782-8777 — and have fun buying your new roof!

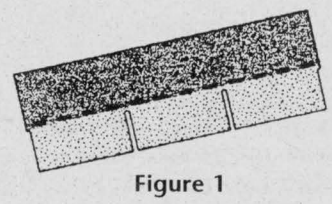
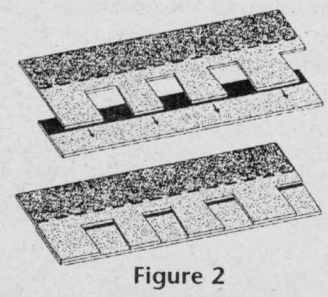


Figure 1



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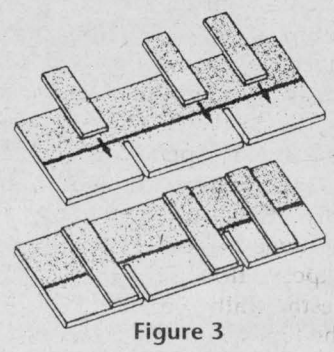

Figure 3

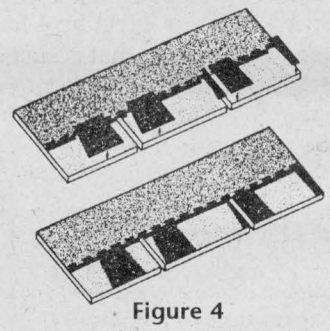

Figure 4

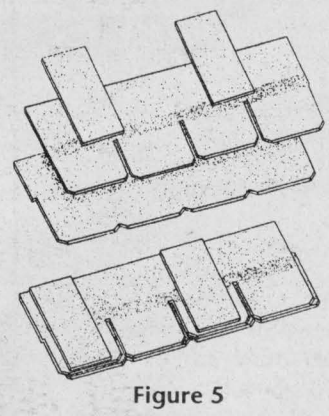

Figure 5

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A Suspended Ceiling Finishes A Finished Basement

If you're a homeowner who's thinking about increasing your home's living space, it's time to explore the "land down under" — your basement.

According to a survey of remodeling contractors, finishing an unfinished basement is one of the most inexpensive ways to add more space to a home. It is far less costly than an addition and a proven way to increase the value of your home.

Regardless of whether you do the work yourself, hire a professional contractor or combine a little of each, make sure there's enough headroom. Most building codes require a minimum of 7½ feet from floor to ceiling.

When planning the ceiling, interior designers say suspended or "drop" ceilings are usually the best choice, because they cover exposed floor joists in an aesthetically pleasing manner while permitting access to the pipes, ductwork and wiring above the ceiling.

The ceiling panels used in these ceilings are usually 2 feet by 2 feet or 2 feet by 4 feet in size, are installed in a metal grid system that is suspended from the floor joists, and are available in a variety of designs for any decor or budget.

Some feature a subtle, overall refined surface texture. Others have a distinctive, smooth-surfaced, raised panel pattern that is reminiscent of Old-World woodwork. Still others offer a fine-textured repeating pattern with a classic stepped edge that helps "hide" the grid system.



Suspended ceilings like this one from Armstrong are popular choices for finished basements because they cover exposed floor joists while permitting access to pipes, ductwork and wiring.

One of the newest suspended ceiling panels on the market is SuperTuff from Armstrong. This panel has five times more impact resistance and two times more scratch resistance than other Armstrong panels. As such, it's ideal for use in "active" rooms like a rec room, game room or children's playroom. In addition, the panel absorbs 55 percent of the sound that strikes it, significantly reducing the noise level within the room.

To obtain additional information on SuperTuff and other ceilings used in finished basements, write to Consumer Response Center, Armstrong World Industries, P.O. Box 3001, Lancaster, PA 17604, or call 1-800-233-3823 and ask for a copy of the "Consumer Guide to Ceilings."

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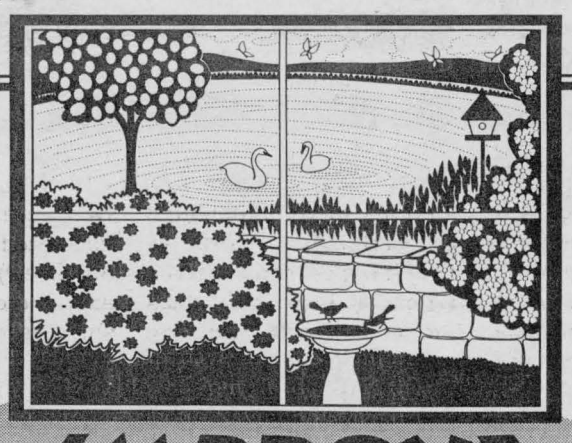

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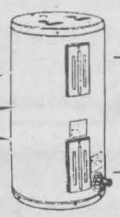

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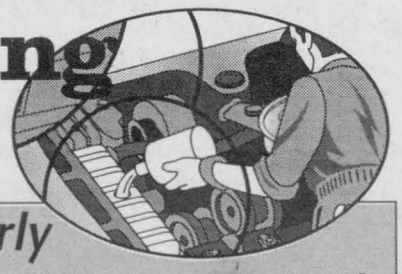

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AROUND the Counties

SNC Planning Fees Vetoed by Winchester

At the April 7th Village of Winchester council meeting, the members of council voted against entering a partnership with the SNC, therefore the Village of Winchester will not act as a collection agency for the South Nation Conservation.

The SNC wanted to offer a consistent plan review service for the watershed. Other services provided by the SNC are review of planning act development applications such as consents, zoning amendments, subdivisions, site plan approvals and minor variance applications with regard to natural hazards.

"Due to provincial cutbacks we have come to the conclusion that user fees for development application review are necessary. These fees apply only to site specific development applications and not to municipally initiated proposals," wrote Scott Smith, planning administrator for SNC, in a letter to the village.

"This is yet another provincial agency looking at the municipality to do their work for them ... it's just one more thing we have to record, balance and transfer," said village Clerk-Treasurer/Administrator Bonnie Dingwall.

According to the SNC proposal submitted to council, planning fees will range from $10 for a multi residential unit subdivision application to $4,000 for a technical review/major report.

Embrun Wins Fourth Jr. "C" Cup In A Row

Hockey history was made in Vankleek Hill when the Embrun 72s scratched out an exciting overtime victory over the home town Vankleek Hill Cougars to win their fourth consecutive Eastern Ontario Junior "C" Hockey League Championship.

"That's four cups in a row. I don't think anyone will match that for a long time," suggested justifiably proud Embrun general manager Al Levere, who grew up in Winchester and played his Junior "B" hockey with the Metcalfe Jets.

Union Ratifies Four-Year Deal With Nestle

A new four-year contract was ratified at Nestle's Chesterville factory on Monday after a vote of almost 80% in favour. The contract calls for 40-cent-per-hour wage increases in each of the contract's four years.

Negotiations between Nestle and the Union started in December. Workers voted throughout Monday on the deal and approved it by a margin of 96-26, a 78.7% result.

"I think everyone will be pleased to get that out of the way" said Doug Merkley, president of Local 488 of the Retail Wholesale Canada Division of the United Steelworkers of America.

"Apart from the wage increases, the contract remains largely unchanged," Merkley said.

Chris Hearn, Nestle Chesterville factory manager said, "the labour stability bodes well for the factory's future."

Cappuccino Acclaimed for NDP in Glengarry-Prescott-Russell

Reverend Fred Cappuccino won the Glengarry-Prescott-Russell NDP nomination April 22, denouncing the Liberals "lousy job at creating jobs" and promising to work for healthy communities where "people are our ultimate profits."

Cappuccino, a Unitarian minister and recipient of the Order of Canada, was acclaimed at a nomination meeting which attracted close to 100 people, the largest turnout in the party's recent history.

Cappuccino mocked the Liberals for gearing up to call an election, worried more about their own jobs than governing the country.

Cappuccino promised the New Democrats would work to eradicate child poverty and reduce the unemployment rate a percentage point in each of the next four years, a goal that would put the rate at 5%, similar to the United States. He noted this goal was recommended by an alternate budget drafted by the Council of Canadians and endorsed by 164 economists.

Cappuccino and his wife, Bonnie, were both named to the Order of Canada in 1996. They are parents of 21 children, 19 of whom were adopted from 11 different national and cultural backgrounds. They founded in 1985 and still direct Child Haven International, a charity that provides 24-hour care for about 370 formerly destitute children in India and Nepal.

Local Dairy Farmer Finalist in Recycling Council of Ontario Media Contribution Award

April 25th, 1997, Cornwall - Ian Cumming, a dairy farmer near Williamstown, north-east of Cornwall and part-time writer for *The Ontario Farmer* was one of the three finalists recognized by the Recycling Council of Ontario's 1996 Ontario Waste Minimization Awards.

Mr. Cummings' work was acknowledged along with writers from the Financial Post and Report on Business Magazine as finalists in the Media Contribution Award.

Mr. Cummings' work received honourable mention as follows: "The weekly Ontario Farmer is an influential voice in Ontario's farm community. The publication and the author should be commended for providing this timely article on a new source of soil conditioner. The story features Domtar Cornwall's successful efforts to turn solid waste byproducts of pulp and paper production into a rich soil enhancer. It details the results of all-important farm trials that have conclusively demonstrated that this new product can increase crop yields. For instance, corn fields that have been treated with the new compound produce much taller crops. This and other examples provide compelling evidence that this new source of fertilizer is a real breakthrough. The production and environmental benefits of using Domtar's Soil Conditioner is a win-win story for both the manufacturer and the agricultural sector."

United Counties School Moves Classes Outside Its Walls

Long Sault, ON — Longue Sault Public School announces one of the most important projects in its 39 year history. Beginning this month, the entire school community is embarking on a major naturalization project. Over the next five years, the grounds will be converted from barren fields and asphalt to a naturalized learning centre.

"This is a major undertaking", reports Brian Loucks, school Principal. "It involves not only our students, but the school council, our staff and the entire community". The project is scheduled to begin on May 2, a day which has been designated *International School Grounds* day.

Naturalization of school grounds has been recognized as an important means by which young people can learn about their environment. Because they are directly involved in the project, they develop a sense of pride and ownership. Moreover, it allows the classroom to extend to the outdoors adding an important 'third dimension' to the learning process.

The project will be launched at the Long Sault school on Friday, May 2 with tree and shrub plantings and the installation of both bird houses and feeders, all as part of *International School Grounds* day. Members of the community at large may participate by donating these items which will become a permanent commemoration of the event.

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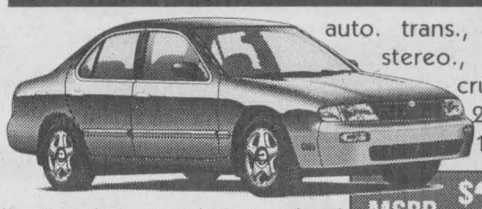

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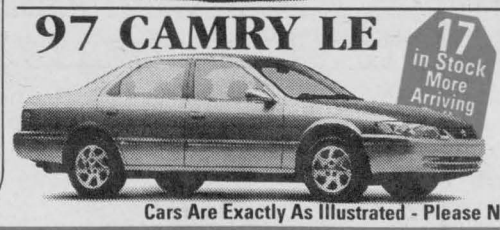

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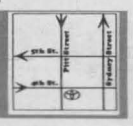



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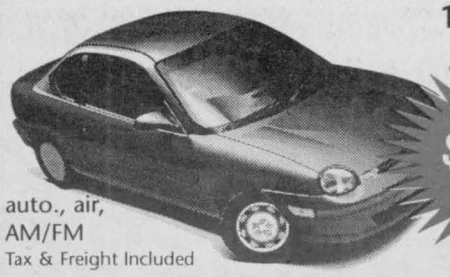

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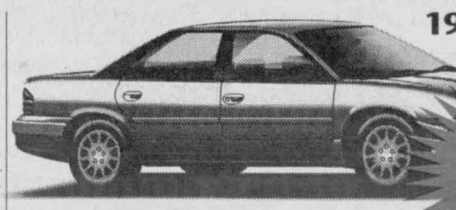

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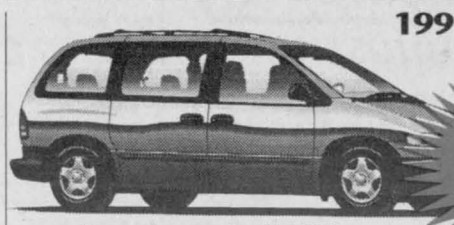

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The John Denneny Fastball League is about to embark on yet another fastball season.

Last year's champions, Winner's Sports Bar, will be out to defend their league title, but with the absence of star pitcher Mike Branchaud, the Winner's squad may be hard pressed to repeat. Much of the burden will fall on the shoulders of pitcher Mike O'Neill along with hitters Bryan Lamarche and Doug Sullivan.

Last year's runner ups, Nesbitt Burns, left their mark on local pitching staff. Their great hitting lineup has now been bolstered by the addition of shortstop Bobby Jack Hart.

With hold-overs Gerry Guay, Frank Sinfield and Robby Bingley, along with strong pitching from left-hander Troy Lalonde and righty Bobby Shaver, this team will be hard to beat.

Laframboise Mechanical provided Nesbitt Burns with stiff competition in last season's semi final.

The additions of U.S. pitcher Stan Piercy and right fielder Kevin Hammond, from Ogdensburg, New York, helped solidify an already strong team. Returning for Laframboise will be the O'Neill brothers, Brian and Randy, along with veterans Mike March and Benoit Veilleux.

The League's fourth team, formerly Rat's Nest, are presently looking for sponsorship. What this young team lacked in experience, they sure made up with hustle, team speed, hitting and enthusiasm. They took Winner's Sports Bar to a fifth and deciding game in last year's semi-final.

Team coaches Dale Poirier and Steve McGillis are looking forward to the challenges of the season.

The J.D.F.L. will start its season with a doubleheader on Tuesday, May 13th, 1997 and will continue its schedule with doubleheaders at 6:30 p.m. and 8:30 p.m.

Players are reminded they must pay a $50.00 league registration fee. They can register at Winner's Sports Bar in the Best Western Parkway Inn or at O'Neill Printing, 414 Cumberland Avenue.

For more information and/or if you would like to play, call Greg Perrin at 932-7904. Play Ball!!

New Executive



Cornwall Golf & Country Club ladies section executive were presented to members on April 27th. Pictured above are Linda Morin, Captain; Alice Target, Assistant to Social Convener; Freda Tamowski, President and Eileen Forbes, Social Convener.

(Photo by Aubrey Johnson)

Olympia Golden Age Bowlers

In Olympia golden age playoff action, it's close in the "A" group. The foxes have only a 28 pin lead over the zebra, top keglers for the foxes were George Belmore, 248, 236 (681); Eric McCartney, 283 (648) and Peter Mesman, 257.

Top bowlers for the zebra were Albert Amelotte, 287, 217 (688), and Beatrice Fortier, 262, 243 (634).

Simone Kearns paced her club in the "B" group with singles of 235, 213 (616) for a 43 pin lead over the Buffalo, Betty Dunn was top bowler for the Buffalo with singles of 239, 202, 211 (652). John Peters and Clarence Stang chipped singles of 205 and 201.

The Cheetah in the "C" group have a more comfortable 86 pin lead over the Caribou, Raymond Menard carried his club with singles of 206 and 233 for a triple of 612.

Darwin MacDonald was top bowler for the Caribou rolling 226, 217 (633).

Other highs rolled: Sid Pidgeon, 233; Vernon Eastman, 230; Thelma Goulet, 228; Clarence Bethume, 224; George Beaudette, 221; Lois McCartney, 220; Tony Wheeler, 218; Bill Wilson, 212; Conrad Godard, 209, 204; Lucien Mauer, 207; Gerard Ouimet, 203; Florian Martel, 201.

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Fluid Levels:
- Check brake fluid, windshield washer fluid, antifreeze, differential, transmission and power steering fluids

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Q Heartworm

A *Heartworm disease was once epidemic only in Florida, however it has now spread to the greater part of the United States and into Canada, with four positive cases at St. Lawrence Valley Animal Hospital in 1996. Heartworm, a parasite found in the bloodstream, is spread by mosquitos. After injesting a larva from an infected dog the next victim of the mosquito receives the parasite, which can grow up to 15 inches in length. This damages blood vessels and the heart, which can be irreversible. Therefore early detection and prevention can save your dogs life.*

Treatment for heartworm disease is costly and hazardous. The dog must be hospitalized and an arsenic compound is given intravenously over several days. Arsenic is extremely toxic to the liver and kidneys and many patients fail to survive treatment.

Prevention is Easy

All you need to do is give your dog a pill once a month. This medication prevents any larvae, injected by the mosquito, from developing in your dog's heart. In other words, even though your dog is bitten by an infected mosquito, no infection will take place. Before your dog is placed on this preventive program, though, a small sample of blood will be taken for analysis. It's quite painless and can be done while you wait. Test results are available in a couple of days. Never, give any preventative medication unless a veterinarian has checked your dog's blood. If your dog is infected, the medication could kill him.

Your dog should be on a preventive program now.

For additional information about heartworm testing and preventative medication, please call our clinic.

Tips Older cats have specific nutritional requirements that could benefit from a Senior food.

Baby Boomers Maintain An Active Lifestyle With Arthritis

This year 'baby boomers', the population surge of almost ten million Canadians born between 1947 and 1966, begin to turn 50. In the past, turning 50 meant a time to face the realities of aging. But since baby boomers have never approached any stage of their life in a conventional way, they're now poised to redefine both the aging process and how they live as they grow old.

While aging boomers are unlikely to slow down, they'll need to deal with certain inevitable changes as they age. For instance, 50 is often the age when some of the signs and symptoms of arthritis, particularly osteoarthritis become obvious. Fortunately for boomers, help is available. Recently, a panel of experts, led by hockey legend Paul Henderson, met to provide a new perspective on arthritis and how the boomer generation will be affected.

When Henderson scored "the winning goal" for Team Canada in the 1972 Canada-Russia world hockey series, the furthest thing form his mind was whether or not he would ever develop arthritis. Today arthritis is an important issue, not only for him, but for the entire baby boom generation.

For Henderson and for many boomers, remaining physically active is an important part of their everyday life. Working out, playing sports such as tennis, golf, and hockey and maintaining an active role in their families lives are all things this generation is not prepared to give up unless they absolutely have to.

The Impact Of Arthritis

Arthritis currently affects more than four million Canadians. That number is expected to rise dramatically as Canada's largest population begins to celebrate its 50th birthday and begins to show the signs and symptoms of arthritis. In fact, it's estimated that there will be 50 per cent more cases of arthritis than current national levels. These numbers certainly concern The Arthritis Society, the national organization devoted solely to the funding and promotion of arthritis research, patient care and public education.

Research conducted by The Arthritis Society shows that arthritis, the single largest cause of long-term disability in Canada, currently costs the Canadian economy nearly five billion dollars a year. As boomers continue to age, these social and economic costs are expected to increase dramatically and affect everyone, regardless of age.

In order to better understand the potential impact of arthritis on boomers, it's important to understand something about arthritis. In its simplest terms, arthritis is an inflammation of a joint or connective tissue. While there are more than 100 types of arthritis and related disorders, osteoarthritis is the most commonly occurring form of the disease.

What are the symptoms of osteoarthritis?

The symptoms of developing osteoarthritis may include rings that no longer fit over swollen knuckles, joints that feel somewhat stiff in the morning, and 'new' pain associated with every-day activities. As the disease develops, normal daily tasks can become difficult or impossible, and disability is not uncommon.

Why be concerned about osteoarthritis?

As baby boomers age, normal everyday activities, sports, vigorous exercise, and injuries cause considerable wear and tear to the cartilage. The cumulative effect of this damage results in the breakdown of the structure of your joints, otherwise known as osteoarthritis.

Osteoarthritis becomes more frequent and more severe with age. A 50 year old person has almost four times the chances of a 40 year old of developing osteoarthritis, and estimates indicate that 85 per cent of the population will be affected by age 70.

The unfortunate truth about osteoarthritis for boomers is that, like it or not, they are likely to develop arthritis — there is nothing they can do to prevent the disease.

There is good news, however. While there is no cure or prevention, arthritis is still treatable, and more research into the condition is going on every day. Just because boomers are turning 50 doesn't mean they necessarily have to be held back by some of the inevitable physical changes that occur with age. Instead, with proper management and treatment of their arthritis, many can maintain a healthy and active lifestyle well into their later years.

Different Treatments For Different Needs

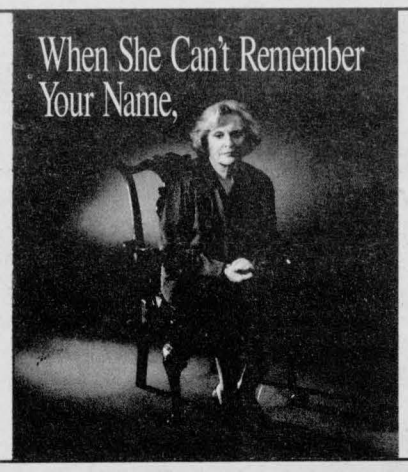
If you are diagnosed with osteoarthritis, your doctor may recommend a variety of medical treatments including anti-inflammatory medications such as NSAIDs, physiotherapy, weight reduction and, in some cases, orthopedic surgery. People with arthritis often respond differently to each type of treatment and a medication or regime that works well for one person might not fit the medical profile or lifestyle of another.

In response to the growing need for new arthritis treatment options for the baby boom generation, pharmaceutical manufacturer, Searle Canada, introduced a new arthritis medication called Daypro®. Daypro® is a prescription medication that patients take once a day to help relieve the signs and symptoms of their rheumatoid arthritis or osteoarthritis.

The convenience of a once a day arthritis medication, such as Daypro®, can be particularly effective for a person with arthritis who isn't prepared to give up their active lifestyle and demands the best in efficacy and tolerability.

Early diagnosis is key to arresting the advancement of arthritis

If you, or someone close to you has arthritis, you should always consult with your doctor to determine the therapies and care most appropriate to your personal lifestyle and medical profile. Another important step is to learn as much as possible about the disease and its treatment. Helpful information about the disease can be found by contacting The Arthritis Society directly at 1 800 321-1433, or on The Arthritis Society's Web site at www.arthritis.ca.



Remember Ours.

Alzheimer Disease is a degenerative brain disorder that destroys vital brain cells. It affects over 1/4 million Canadians. And that's not including the people who love them.

If someone you love has Alzheimer Disease, there is a place to turn.

Alzheimer CANADA

Help for Today. Hope for Tomorrow.

Contact the Alzheimer organization in your area or Alzheimer Canada at 1320 Yonge Street, Suite 201, Toronto, Ontario M4T 1X2 Tel: (416) 925-3552



K of C

Cornwall Minor Softball Association

Knighthawks

Travelling Team

PLAYER OF THE WEEK

Jordan Lalonde #4

Age: 8 years old

Sponsored by: Filion Trophee

Position: Catcher

4th year playing ball with Knights of Columbus Softball Association.
1st exhibition game batted 3 for 4.
Overall had a good game.

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The Town Hall Presents Dennis Priestley

Dennis Priestley, World Champion dart player, will be at the Town Hall to play local players.

For a chance to play against the champion, there will be three shoots, with the top two qualifiers from each shoot going on to play against the champ. There will also be prize money at these shoots. These shoots will be held on Saturdays, May 3rd, 10th, 17th, at 1:00 p.m.

Munchies will also be served at these shoots.

You don't want to miss this opportunity ... so sign up early.

Mixed Doubles Club Championship

The Cornwall Tennis Club held its 8th Annual Mixed Doubles Club Championship.

The "A" division champs were Jo-Ann Dexter and Clive Marin who defeated Martine L. Sabourin and Kim Maxim by the score of 6-7, 6-3, (7-6).

In the semi-finals, Jo-Ann Dexter and Clive Marin beat George and Gail Kaneb 7-6, (7-5), 7-5 while Martine L. Sabourin and Kim Maxim beat Roger and Liliane Duplantie 6-1, 6-4.

The "B" division champs were Wayne Dexter and Rose Kalmar who defeated Jodie Reynolds and Jason Brown by the score of 6-3, 6-1.

In the semi-finals, Jodie Reynolds and Jason Brown beat Rose-Marie and Roger Bouchard 6-2, 6-4, while Rose Kalmar and Wayne Dexter beat Noel Sherlock and Barbara Fraser.

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91 CUTLASS SUPREME, AM/FM cass., air,	$7,450
91 OLDS REGENCY ELITE, tilt, air, cruise, power load.	$13,550
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Career Edge Bridges the Education-to-Employment Gap

"It's tough getting experience when I can't get a job, and I can't get a job because I don't have any experience." Does this sound familiar? Six hundred thousand graduates of university, college and high school share this dilemma. Career Edge aims to break this vicious cycle by providing graduates with internships at Canadian companies - internships that give "hands on" work experience in an encouraging, learning environment.

Career Edge is a not-for-profit, national program, developed by Canadian private-sector business leaders in May 1996. The program is designed for graduates of university, college or high school who are unable to obtain career-related work because of their lack of experience. Career Edge employs the interns, and participating companies (known as host organizations) host the interns for 6, 9, or 12 months. Interns receive a stipend of $1,250 per month, and receive formal and informal "on-the-job" training.

Career Edge officially launched its Web site on October 1st, 1996 and now has over 100 "host organizations" on board. "Corporate Canada has an unbelievable capacity to train and develop people that is beyond the capacity of our educational institutions," points out Career Edge chairman, Urban Joseph. Frances Randle, president, Career Edge, says that companies have responded to the challenge of utilizing that capacity "to give young people the opportunity to bridge the gap between full-time education and full-time employment through quality career-related experience."

To date, Career Edge interns have come from diverse academic backgounds, including business, engineering, marketing, public relations, general arts and science. Positions to which interns have been assigned include public affairs, finance, management of information systems, research and development and human resources. Likewise, host organizations come from a variety of industries including telecommunications, financial institutions, automotive manufacturing and natural resources.

Tammy Lavigne, a Career Edge intern working with Noranda, Inc. at its head office in Toronto, says she is thrilled with the experience she is getting. "The whole problem of applying for a job, and I know because I applied to several places, is basically, they come back to you and say you don't have any experience."

Career Edge's own intern, Adeel Haider, is enjoying being part of the team. "I view this experience not simply as an internship, but a job, with real duties and responsibilities," he says. "What I get out of this experience depends on what I put into it. Ultimately, the onus falls upon myself as to how well I use this work experience to my advantage."

So why would companies invest in internships? Mr. Don McCreesh, senior vice president, human resources, Nortel, believes the internships have had a very real and positive effect on the company. "Nortel believes getting young people into the organization, continuously, is what's provided the young spark, vigour, innovation and creativity to this organization."

Getting involved is easy. Potential interns and host organizations should look at Career Edge's Web site at http://www.careeredge.org. The site provides detailed information on the program, and graduates must complete the on-line intern registration form in order to gain entry to the internships posted. Internship positions are listed only on the Web site. Once approved, provided with a user ID, and asked to select a password, the potential interns browse through the internship postings and can apply directly to the host organization(s) for specific internships. Unlike some job-search services on the Web, there is no charge to the graduate for using the site or to apply for any internship. Career Edge receives all its funding through a small administration fee charged to the host organization; there is no government funding. Companies can also apply to become host organizations on-line simply by following the instructions on the home page.

"Career Edge's main goal is to help young people with that all-important first step in getting a job," says Randle. "After coming out of the program, graduates will no longer be caught in the 'Catch 22' -no experience, no job; no job, no experience. They've got the experience, training and contacts to make them attractive candidates for full-time career positions." As Josephine Yang, an intern at Glaxo-Wellcome says, "Definitely, Career Edge has made me feel much more positive about my future."

The Brittle Bones of Osteoporosis

Osteoporosis is a leading cause of bone fractures for men and women over the age of 50. Today, 1.4 million Canadians suffer from this debilitating condition and as many as two million Canadians may be at risk of having an osteoporotic fracture during their lifetime. As the population ages, the number of people in Canada with osteoporosis will continue to increase.

Women of all ages usually have less bone mass than men and they experience a sharp decline during the first ten years after menopause, leaving bones even more susceptible to fracture. Individuals with osteoporosis can fracture bones by falling or doing such ordinary activities as picking up a child, being hugged or even sneezing.

The most common sites of osteoporosis related fractures are the hip, spine and wrist. Bone loss has no symptoms until the disease has become quite advanced. In fact, many people are not diagnosed with osteoporosis until they have suffered a fracture or lost as much as an inch in height, due to undetected spinal fractures. Left undiagnosed and untreated, osteoporosis can lead to deformity, disability and loss of independence.

Common Fractures

Each year osteoporosis is responsible for more than 25,000 hip fractures in Canada. After fracturing a hip, 50 per cent of patients fail to recover normal activity promoting a fear of physical activity, loss of mobility and depression.

Among those who were living independently prior to the hip fracture, 15 to 25 per cent will require care in a long-term facility a year after the injury, and up to 20 per cent will die within one year form complications associated with the fracture.

Osteoporosis can also cause spinal or vertebral fractures, which gradually cause the bones of the spine to collapse.

Early diagnosis

Low bone mass can be identified many years before fractures occur, making it possible to treat and prevent further bone loss. Specialized testing with a bone densitometer can measure bone density. Available in major centres across Canada, it is a painless procedure that takes less than 30 minutes to complete. These tests can detect osteoporosis in its early stages and determine rate of bone loss.

Preventing future fractures

Even after osteoporosis has been diagnosed, or a fracture has occurred, many options are available to prevent further bone loss and osteoporotic fractures.

A doctor can recommend specific exercises, such as walking, and a diet choices high in calcium and vitamin D to help strengthen bones. Drug therapy for the treatment of osteoporosis can also be very effective in slowing, or even reversing bone loss. People with diagnosed osteoporosis should take particular care in activities which may result in fractures.

Cornwall Minor Hockey Association
CORNWALL MINOR HOCKEY ASSOC
Annual Meeting & Awards Night
Monday, May 5th, 1997
6:30 pm
Cornwall Civic Complex
Salons A,B,C

Happy Mother's Day
Don't Forget Mom on May 11th

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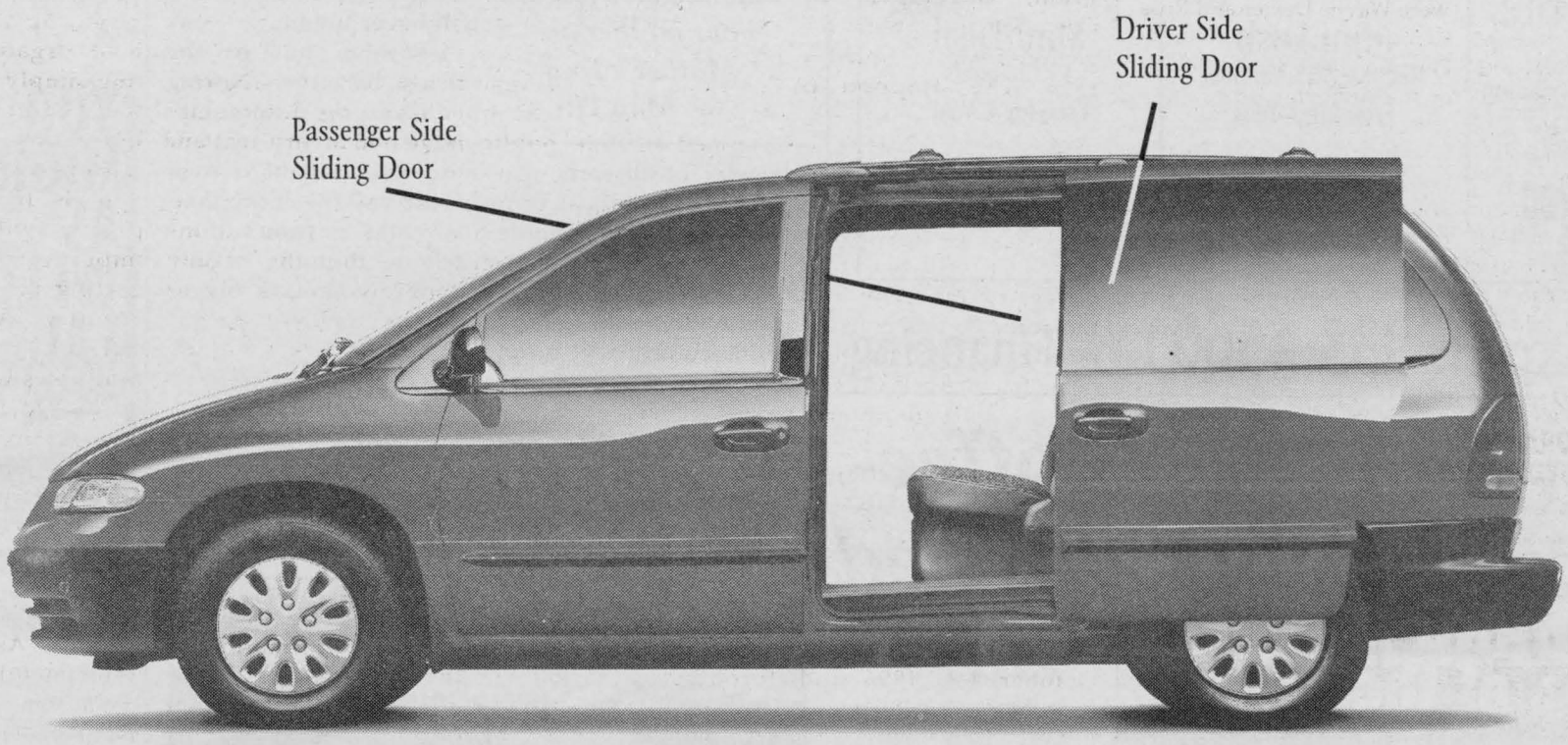

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Tell Mom You Love Her With Wonderful Presents

Mother's Day is all about love, emotion, gratitude and caring — the things mothers have stood for all these years. So, this year, make sure mom gets an extra-large dose of love from you and all of those around her. You may want to give her a present to show her how much you really care.

Since Mother's Day is just around the corner, you probably are starting to rack your brain looking for the perfect gift. Don't worry — there is a long list of wonderful gifts available, one of which is sure to thrill even the hardest-to-please mother.

One gift that mothers everywhere will love and treasure for years to come is a framed family portrait. Whether you go to a professional photography studio or just frame a picture that was taken by a member of the family, this is a timeless gift. Make sure to place the photograph in a beautiful frame, which mom can display proudly in the family room, living room or even the front hall. This is one gift that keeps giving all year long.

A basket full of scented toiletries, like perfume, moisturizer, shower gel and after-bath spray, is another great gift idea. Add a bottle of bubble bath, a loofah sponge and a few fluffy washcloths — mom will love it. However, don't forget the most important part of the present — give mom the time to enjoy the basket. Take your dad and younger brothers and sisters out of the house for a few hours to give mom a chance to relax in the tub and use her new body products.

No matter what gift you decide upon, don't forget your mother on Mother's Day — May 11.

Jewelry of all sorts also makes a good gift. A contemporary watch, simple gold bracelet, pair of dangling earrings or even a locket with pictures of her children inside will bring a smile to mom's face. A necklace with hanging birthstone charms of the children or other family members is a unique way to remind mom of how much you care about her.

You also can get mom a fun gift that she will appreciate, but won't break your wallet. Buy an assortment of instant scratch-off lottery tickets and place them in a greeting card. Tape a penny inside for easy scratching and wish her luck. Who knows, mom might win a lot of money and some neat prizes.

For those who don't feel like being creative, flowers, plants and candy are oldies but goodies — standby gifts that mom will never tire of.

Get mom out of the kitchen by either cooking her a gourmet meal or taking her to a nice restaurant. This will be a treat for her and the entire family. Make reservations early though; only Thanksgiving is a bigger "eat out" day.

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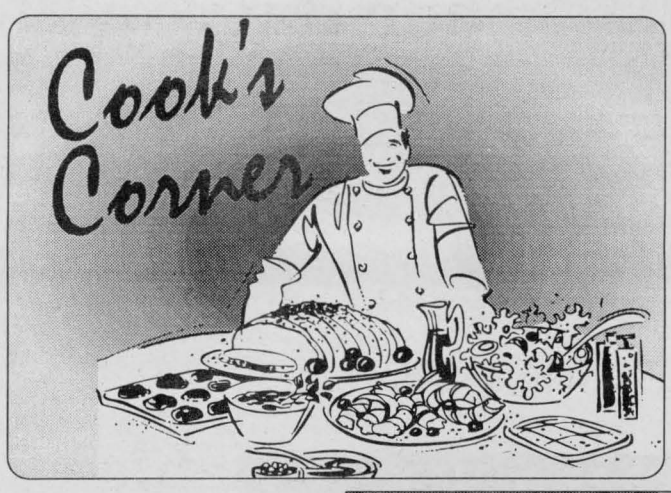
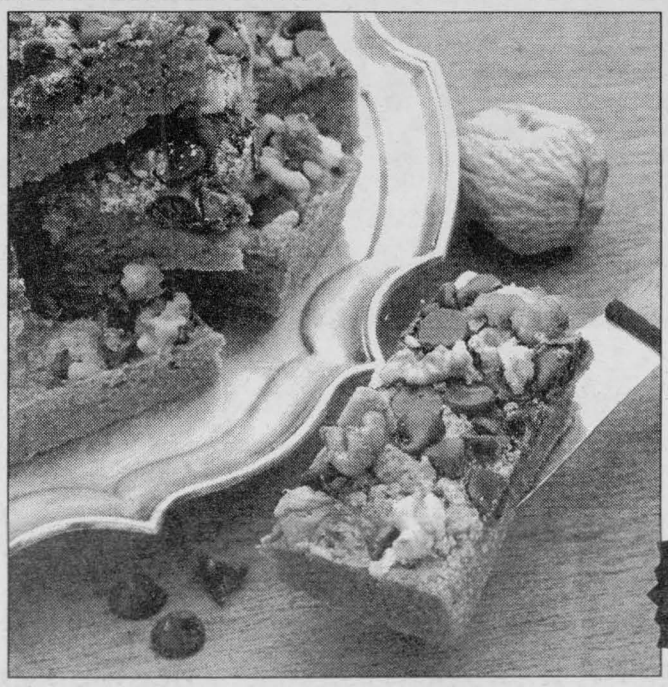


Toffee-Topped Bars

15 minutes preparation,
35 minutes baking
Makes 24 brownies

Serve these luscious after-school treats with a tall, cool glass of milk.



2 cups firmly packed brown sugar
2 cups all-purpose flour
1/2 cup (1 stick) butter or margarine, softened
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon vanilla extract
1 cup milk
1 egg
1 cup semi-sweet chocolate chips
1/2 cup chopped walnuts
1/4 cup unsweetened flaked coconut (optional)

1. Preheat oven to 350°F. Lightly grease a 13x9-inch baking pan; set aside.
2. In a large mixing bowl, mix together the brown sugar and flour.
3. Using a pastry cutter of two knives, cut in the butter until mixture resembles coarse crumbs. Remove 1 cup of mixture and set aside.
4. To mixture in large bowl, add baking powder and salt. Using a fork, lightly beat in vanilla, milk and egg.
5. Continue beating until a smooth batter forms. Pour batter into prepared baking pan.
6. In a small bowl, combine the chocolate chips and walnuts. Fold in the coconut.
7. Sprinkle reserved crumb mixture over top of batter in pan. Sprinkle with the chocolate chips and walnuts.
8. Using a long flat spatula, spread topping evenly over the top of the batter in pan.
9. Bake bars for 35 minutes, or until a skewer inserted in center comes out clean.
10. Transfer pan to a wire rack. Cool bars in pan completely before slicing.
11. Using a serrated knife, cut into 24 bars. Store in airtight container for up to 5 days.

Baking Tips

Measuring ingredients accurately is one of the essential elements for successful baking. When measuring brown sugar, spoon the sugar into a measuring cup, then press down firmly with the back of the spoon to expel all air pockets. Level off the top with the flat edge of a spatula or knife.

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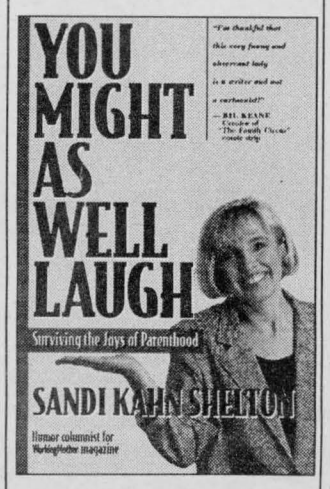
810 Pitt Street 938-6132

Moms Thrive on Laughter To Survive Kids' Capers

(MS) — "Why do I have to go to bed now?" "What is candy corn made of?" "Can we get a dog?" "You're not going to wear that, are you?"

From toddlers to teens, children are full of questions that can wear parents out. Combine this intense curiosity with boundless energy, and you've got moms and dads who really think they're going crazy sometimes.



As the mother of three, Sandi Kahn Shelton knows exactly how they feel. She's been through everything from trying to get a little one to sleep all night to sending her son off to college. Luckily, she has a knack for seeing the humor in these not-so-funny events that can wreak havoc on a household.

In her new book, "You Might as Well Laugh: Surviving the Joys of Parenthood" (Bancroft Press), Shelton, humor columnist for Working Mother® magazine and writer for the New Haven Register, shares her insight with parents and lets them know they're not alone. Her hilarious tales of family life, from toys and school projects to family vacations and holidays, will connect with parents of all ages.

Her children and husband take center stage in this book, which relates some of the most enlightening and embarrassing moments of her life. From helping her 5-year-old fight sock bumps to driving her 14-year-old to the airport without humiliating her, Shelton's stories can help parents better understand their children while bringing a smile to their faces.

Available in bookstores nationwide in time for Mother's Day, "You Might as Well Laugh" can help moms get through those crazy days with a little less hysteria and a little more humor.

Mother's Day

Queen for a Day



A prize package of over $1000. will be drawn for 1 lucky mom to be queen for her day.

Ballots available at participating Eastcourt Mall Stores.

Draw Sunday May 11/97

Package* includes:

- Ladies Garnet Ring
- 10 Tanning Sessions
- 1 (1 1/2 hour) Massage
- Dinner For Two
- $200.00 Gift Certificate
- Complete Makeover (max. $50.00)

from: J.P. Jewellers
Sun Lay Tanning
Sun Lay Tanning
East End Restaurant
Zellers
Unisex Hairstyling

J.P. JEWELLER
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OVER 40 STORES & SERVICES • OPEN DAILY

EASTCOURT MALL

1380 2nd Street East Cornwall

IBERVILLE

*no cash value. Coupons not redemable for cash

Happy Mother's Day

Sunday, May 11th

MOTHER'S DAY BRUNCH

Children 10 yr & under $7.95

$12.95

EVENING PRIME RIB BUFFET

Children 10 yr & under $8.95

$15.95

Reservations Recommended **932-0070**

OPEN FOR LUNCH MONDAY - FRIDAY

PORTO Bello

1710 Vincent Massey Dr.

Mother's Day

V.I.P.'s/(Someplace Different)

Mother's Day Buffet:

Texas Steamboat Roast Beef
Baked Virginia Ham
Roast Tom Turkey
Fried Shrimp
Homemade Sage Dressing
Southern Fried Chicken
Baked Italian Lasagna
Fettuccine Alfredo
Irish Potatoes
Oriental Fried Rice
Unlimited Salad Bar

Boston Baked Beans
"To Die For" Hot Wings
Fresh Lumberjack Soup
Fresh Mushrooms Marinada
Cafe Salad w/Champagne Dressing
Imported Cheese, Pepperoni, and Crackers
Country Club Dressing
Ambrose au Legume
California Fresh Vegetable Medley

Macaroni Salad
Pasta Salad
Cole Slaw
Italian Jardiniera Helene
Homemade French Bread
Potato Salad

Only $11.95 Noon-8:00 p.m.

Canadian Money at Par with Reservations

Route 11, Moria N.Y.
518-529-8905 or 315-769-7533

DINING

"You're the greatest Mom!"

Don't Forget to Treat Mom on Mother's Day



DINE OUT THIS Mother's Day



You get just what you really want at Gumbolini's when you join us at our Brunch or Buffet this Mother's Day

MOTHER'S DAY BRUNCH
10am - 2pm

Eggs Benedict, Scrambled Eggs, Roast Beef au Jus, Peel & Eat Shrimp, Baked Lasagna, Fries, Chicken, Beef Stroganoff, Rice Pilaf, Assorted Salads, Bacon, Ham, Sausage, Assorted Muffins, Danish, Fresh Fruit, Shrimp Penne, Pancakes, Assorted Desserts, French Toast, Toast, Juices, Coffee or Tea

$12.95 p.p.
Children 6 - 12 $3.95
Under 5 - FREE

Mother's Day DINNER BUFFET
4 pm - 10 pm

Prime Rib of Beef, Au Jus, Horseradish, Jambalaya, Steamed Mussels, Creole Chicken, Cajun Fish Fillets, Chicken Parmesan, Seafood and Noodles, Shrimp Penne, Pork Stir Fry, Peel & Eat Shrimp, Steamed Vegetables, Parisienne Potato, Caesar/Tossed/Macaroni/Potato Salads, Cheese Tray, Fruit, Rolls & Butter, Assorted Desserts

$15.95
Children 6-12 $6.95
5 & Under FREE

Gumbolini's
ITALIAN CRAB SHACK & OYSTER BAR

Reservations Recommended
937-3669
33 1st St. E., Cornwall



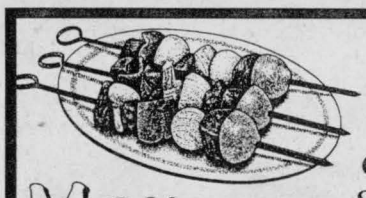
LOBSTERFEST
Starts Mother's Day, May 11th

Fresh Steamed LOBSTER
w/ Garlic Butter
Served With Rice Pilaf & Salad
$9.95

Add an Extra Lobster to Your Meal For Only $5.95
On Mother's Day Complimentary Carnation and Dessert to all Mothers

Live Music
Friday May 9 - 9 pm - 1 am Bob De Gray

THE TOWN HALL
169 PITT ST. 932-3322
"The Home of Good Food, Good Company & Much More."



May Specials

Don't Forget to Treat Mom on MOTHER'S DAY Come & Enjoy Our Sunday Brunch 9:30 to 3:00 or Our All-You-Can-Eat Buffet



Filet Mignon Brochette
Rib Steak (8 oz.) with Salad
Chicken Brochette
Veal Parmigian
Filet of Sole
Chicken Filet
Pork Chops
includes soup of the day, Black Forest Cake homemade bread, coffee or tea

$7.99

Every Saturday 5 to 8 pm
ITALIAN-GREEK CANADIAN BUFFET
$8.99

East End Restaurant
Eastcourt Mall ~ Second Street East
Licensed under L.L.B.O.
Gift Certificates Available
FOR RESERVATIONS CALL VISA
932-4270

DINE OUT THIS Mother's Day

Take care of Mom for a change. Take her out for a wonderful meal in an elegant atmosphere.



MOTHER'S DAY SPECIAL MENU

Call now to make your reservation with us. She'll love you for it!

Gemini Café

241 Pitt Street 936-9440





The Picture Perfect Mother's Day Buffets

Free Family Portrait
(taken on location 1 per family)

Brunch Buffet *Melt in your mouth Prime Rib au jus, Baked Ham, Hearty Chicken Wings, Our Famous Gumbo, Seafood Medley Salad, Breakfast & Salad Bar, assorted cakes and much more...*
Adults $10.95 Seniors $8.95 Kids 6-10 $4.95 5 & under FREE!

Dinner Buffet *Melt in your mouth Prime Rib au jus, Baked Ham, Homebaked Lasagna, New Orleans Chicken Creole, Our Famous Gumbo, Mom's Favorite Strawberry Trifle, too much to mention!*
Adults $12.95 Seniors $9.95 Kids 6-10 $5.95 5 & under FREE!

RESERVATIONS RECOMMENDED 937-3535

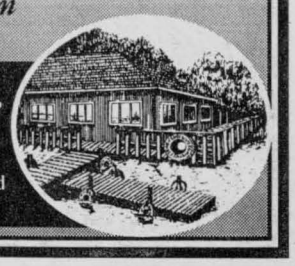
EXPERIENCE THE TASTE
Jazz Magnolias
OF NEW ORLEANS



Celebrate *Mother's Day* with us at the *New Edgewater Restaurant*

Smoke Free Dining Room Opens at 1:30 p.m.

Call For Reservations
New Edgewater Restaurant
Hwy#2 100 meters east of Summerstown Road
Summerstown 931-3341



SEAWAY NEWS ENTERTAINMENT



Entertainment - Special Events & Restaurant Review - By Bill Gallant

Greetings as we get ready to celebrate the first weekend in May. Hopefully the warm weather is here to stay now and summer is just around the corner. Perhaps I should use some caution though because if my memory serves me well I recall a surprising day of snow at this time last year. We are just two weekends away from MOM's special day, on May 11, and its not too early to start planning a special treat for her. In the next column we hope to have a review of the many terrific places in this area that annually offer some pretty delectable and appropriate *MOTHER'S DAY* menu's. We remind all restaurants to get your "specials" in to the Seaway News ASAP. You can call the sales folks here and reserve some advertising space and then add a line or two here to fully promote your Mom's Day plans.

Speaking of some special meals we noticed that the *UPPER CANADA PLAYHOUSE* will be repeating their popular Country Suppers during the busy theater season just ahead. These delicious home-cooked meals, prepared by local organizations, are served in church and community halls around Morrisburg. They start at 6pm and that will allow ample time to enjoy the meal prior to the night's stage fare. Last week we reported on a couple special theatre productions planned for the new season, *ON GOLDEN POND* and *18 WHEELS*, the other two will be *THE AFFECTIONS OF MAy* and *I'LL BE BACK BEFORE MIDNIGHT*. Looks like a great year ahead and the folks at UCP usually keep us informed, so watch the NEWS for the opening dates and the rest of the playhouse plans.

The folks at the *LEGION, BRANCH 297*, are at it again this weekend with a special for members and guests. On Sunday, May 4, they will be serving a hot roast beef and fries supper between 4pm-7pm. They will follow that up the following week, on Saturday May 10, with a Mother's Day Dance with free gifts to all the ladies in attendance. Its also free admission and everyone is welcome.

The *DQ* is beckoning us again. You can't beat a nice leisure drive around on the weekend and then a stopover for some of those delightful frozen treats offered at the *DAIRY QUEEN* on Pitt Street North. Some folks make the DQ their headquarters for that special Mother's Day cake too. Try them this weekend....it's a sure sign that summer can't be far off, even if it doesn't officially arrive until mid June.

Two special events this weekend at the RCAFA. On Saturday they are staging *"SADIE'S AUCTION"* starting at 3:00pm. They event will include some food items like beans, salad, rolls & coffee, to help add a snack break in the auctioning. Members & guests are welcome. Then on Sunday, between lpm-5pm, Wing 424 is holding a membership drive at the RCAF hall on Second Street West. You can pick up an application or learn more about becoming a member of the "Best Wing By A Dam Site".

LaAnn Rimes, the 14-year old singing phenomon some deserving awards a few days ago at the Academy of Country Music's 32 awards show. LeAnn's song "Blue" was chosen as Best Song and Top Single of the year. Next time you're in your favourite music store check out the title of LeAnn Rimes newest CD. It contains some terrific renditions of Unchained Melody, I Will Always Love You and even a yodelling number and an old Beatles song. The odd thing about the CD is it's title The Early Years. According to the liner notes these songs were recorded when LeAnn was only 12 years old. She has a terrific range and her delivery is similar to Brenda Lee's when she was the same age, and there's a touch of Patsy Cline in her voice also.

Sad news this week from Sarnia about the passing away of *TERRY HOGAN*. While here in Cornwall in the early 70's, Terry was the Freeholder Publisher, and a well liked individual who always seemed to have time to stop and chat and usually shared a witty remark with friends. I particularly remember the many amusing, sometimes very serious, conversations around the endless cups of coffee at *JACK LEE'S RESTAURANT* with Mr. Hogan 's wit and wisdom guiding the "tabletalk". We'll miss him.

A reminder again that we are just days away from the opening of *ONTARIO FESTIVAL '97*, hosted by *GLEN PRODUCTIONS* and the *EASTERN ONTARIO DRAMA LEAGUE*. Some of the finest award winning plays from across Ontario will take centre stage at Aultsville Theatre on May 14,15,16 & 17 at 8:00pm. Call 937-GLEN for tickets and information.

Congratulations to Cornwall's newest dance club, *THE ZONE*, on their opening on May 1st. A DJ will play favorites and there will be lots of prizes. The ZONE is located at 1142 Brookdale Avenue. While there you can also check out the *PURE COUNTRY DANCE CLUB* (downstairs). They too offer spot dances and dancin' fun every night.

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

Give Mom a Gift That Will Be Treasured for Generations

"What did you want to be when you grew up?"

This is just one of 1,175 questions in a fascinating book by Joe Barnett designed to preserve family memories for future generations.

Other questions in Barnett's 119-page book include: "What did your first schoolhouse look like?" "How old were you when you had your first date?" "When you first got married, what was the price for a loaf of bread? Gallon of gasoline? First-class postage stamp?" "In your first home, what kind of cookstove did you have?" "What was the most difficult thing you ever had to do?" "What things became more important to you after age 40?" "If you could write just one sentence of advice for your children and grandchildren, what would it be?"

Barnett's book grew out of a desire to preserve a record of his parents' memories. "I realized that I knew very little about my grandparents and great-grandparents," says Barnett, "and that my children and grandchildren were going to know very little about my parents. I couldn't stand the thought of my parents being forgotten in 50 years."

So, he started writing down questions that he was curious about. He wanted his parents to answer these questions, so he could pass them on to his children and grandchildren. "These are questions that most of us wonder about as we grow older," says Barnett, "but no one has written them down before."

Deluged with requests for copies of his questions, Barnett decided to publish them. His book, "Memories for My Loved Ones," is organized into three sections: "Personal and Family History," "Life Cycles," and "Historical Events."

"Up until now, there hasn't been an easy way to write one's memoirs," says Barnett. "Now there is." The book is printed with space for writing in answers to the questions, and the publisher will custom-print the recipient's name on the book's cover at no charge.

"I love this. My great-grandchildren can curl up on the sofa 50 years from now and read about our family," says a Michigan lady. Another parent from Ohio writes, "It made me feel special and valued when my daughter gave me this book and asked me to fill it out for her."

You can make this Mother's Day one that will be remembered for generations, and mom will be thrilled with this thoughtful and unique gift.

Happy Mother's Day

Gedoro's
Fine Dining in Casual Comfort

Mother's Day Sunday May 11/97

11 a.m. - 2 p.m.
All-You-Can-Eat Deluxe Brunch Buffet
$9.95

Both include Salad Bar, Dessert Bar, Bread Bar

3 p.m. - 9 p.m.
All-You-Can-Eat Gedoro's Grand Roast Beef Buffet
$15.95

Children(10 & under) 1/2 price
Seniors $1.00 off

PLUS A LA CARTE MENU 4-9 PM
Dinners from $8.95 Children menu $3.95 with drink & dessert

158 Pitt Street, Cornwall (613) 938-2791
• Reservations Recommended • No Dinner or promo cards •



Mom always takes the cake.

So for Mother's Day, treat your Mom to a delicious Dairy Queen frozen cake or log. Creamy chocolate and smooth vanilla soft serve surround a crisp chocolate cookie crunch and rich fudge center. Take one home from our display or call in advance for one made to your order. Either way, come in soon, and make sure Mom takes the cake this Mother's Day.

For Hot Eats, Cool Treats
Think DQ™
Dairy Queen®
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1307 Pitt Street
Cornwall
938-6772

NEW GARDEN
Restaurant & Dining Lounge

Come In & Celebrate
MOTHER'S DAY
Sunday, May 11th



Delicious All-You-Can-Eat
CHINESE BUFFET
$7.99
Served 11:00 a.m. - 8:30 p.m.
Children Under 10 - $4.99

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Sunday - Saturday
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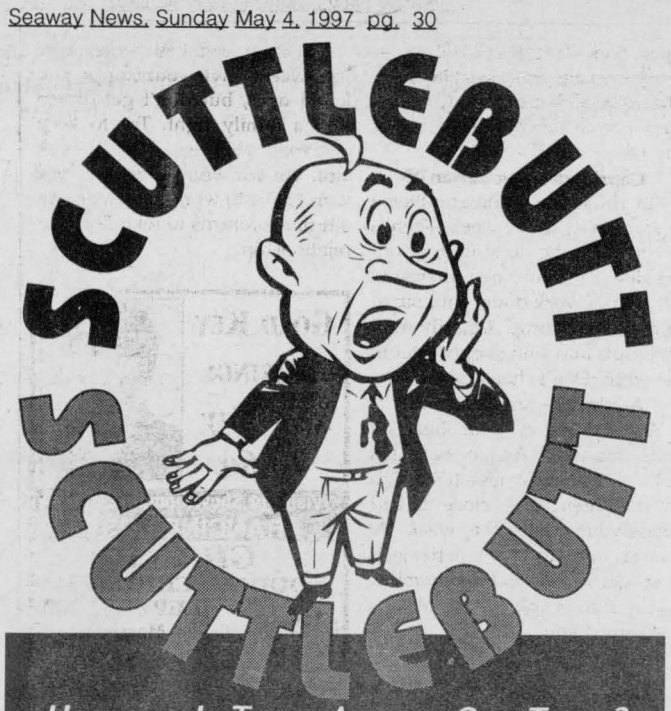

HELLO ... IS THERE ANYONE OUT THERE?

We want to remind everyone out there that this is your public forum ... we need to hear from you, so mail, fax or drop off your little anecdote or gossip to:
329 2nd St. W., Cornwall, Ont, K6J 1G8 Fax 933-0024

Publisher, Manager **JOE BANKS** of the Glengarry News is leaving Alexandria for greener pastures. *Good luck Joe and Diane!!*

Congratulations to Angela and Todd Preston on their recent purchase of a new home ... happy moving!!

DON'T PAY A CENT
FOR 12 MONTHS OAC



For Mom ..."Picking Daisies" by Steve Hanks



MIKE LOGAN

LOGAN'S GALLERY LOGAN'S GALLERY
A gallery like no other ...

• Prints • Frames
• Lamination • Photos

224 Pitt St. 938-3629

Where the leaders are today: Globe & Mail - Thursday, May 1st, 1997 - reports the Prime Minister in Ottawa today. However a flash call Wednesday evening changed those plans to Cornwall and Hawkesbury. **Good planning? or what?**

Last week gave us two "poorest kept secret" news stories. One, we're having a premature election in Canada ... ***yawn***; and Ellen DeGeneres announced she was a lesbian ... ***yawn ... yawn!!***

I don't understand why anybody would bother owning a pet, only to leave it outside like it doesn't exist. Often fending for themselves, no praise, no trace of T.L.C. They have feelings too. **If you are going to own a pet, please make them part of your family. They deserve it.**

Congrat's to Vincent Massey Public School, who kicked-off their *"Jump for Heart Event"* recently. Its purpose is to educated students about the importance of health and fitness. It reduces the risk of heart disease through physical activity and the money raised is used to fund heart and stroke research and education. They will be holding their "Jump Rope Event" on **May 8th, during Education Week.**

DID YOU KNOW?

Every year more than 250,000 students in over 1,400 schools across Ontario jump to fight Canada's #1 killer - heart disease and stroke.

Just hearing rumors so far but this Hockey Boarding School idea sounds like a winner. Certainly hope our city fathers give the man a real good listen.

Glen Walter Fire Station would like to express their thanks to **RANDY DOUGLASS,** Division Manager of Co-Steel Recycling for going beyond the "call of duty" by offering the Fire Station the use of his yard and vehicles to do "auto extrication training. Like Randy said, *"you never know when you might need us"* ... many, many thanks.

George Valade - Training Coordinator.

How do you thank your best friend? Use his phone!! Turns out J.G.G. stuck friend "Ironsides" for $479.00 in 976 calls. It wouldn't be so bad except "Ironsides" is disabled and needs his phone. J.G.G. got what he wanted and that's all that matters, eh bud?! How about paying him back, you're saving enough smoking other people's butts, so why not pay him back. ***Advice to you ... get a job and a life.***

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RICK TAYLOR invites you to help **Knox-St. Paul's replace its church roof** by attending Knox-St. Paul's United Church 3-T Auction on **Thursday, May 8th.** Everyone is invited to join in the fun of over 100 items to be auctioned by Auctioneer Flora Grant Dumouchel.

Congratulations to **DIANE COOPER**, Secretary of the Week for Cornwall. You are always #1 with us!!

Claude, Marjorie & Ashley Levac.

"AT THE TONE ..."

When the phone in the next office of the courthouse rang, I answered it. "The driver's examiner is out right now," I said. "Do you want to leave message?" The voice on the other end replied, "Yes." I waited patiently and then said again, "Do you want to leave a message?"

An astonished voice asked, "Aren't you a recording?"

"No, I am not a recording."

"Oh, I'm sorry. I was waiting for you to beep."

Welcome to Cornwall ... **ROSS MCDONALD,** Manager at Zellers !!

I am appalled at the mess of garbage that is thrown all over the field in **front at Vincent Massey School** on 15th Street West. The students literally throw all their garbage all over the place which makes our street a mess.

Between General Vanier and St. Joe's students, you would think they would care more about the environment. *Mind you there are a "few" students who do care and I congratulate them* but please "give a hoot, don't pollute!"

I would like to congratulate the Harris government on finally letting go of the 55-year old (and older) teachers, with a severance pay. Hooray!! We need new blood in the schools. New and fresher minds will keep these students interested in school. The older teachers seemed to be losing their patience very easily and they need a holiday.

Shame! Shame!

To all those careless and inconsiderate people out there who open their car doors only to let it slam into the car parked next to them. People are watching and maybe someday your licence number will be given to the damaged vehicle's owner. *Beware!!*

Did you know of a chemical-free way to wilt weeds: Instead of using harsh chemicals to kill weeds that grow in the cracks of sidewalks or stone paths in the backyard, use **full-strength white vinegar.** Just pour directly on the weeds and in a few days, they dry up and can be swept away.

Congratulations to **SCOTT REANEY**, *"Teacher of the Month" for April.* Scott has received glowing accolades from students, parents and fellow staff members alike, at both Char-Lan District High School in Williamstown and North Dundas District High School in Chesterville, for his enthusiasm, versatility, work ethic, cooperativeness and willingness to meet challenges head on. *Public education works in S.D. & .G!!*

CAPTIVE AUDIENCES ...

Scott Sanborn of Maine recently spent two nights in the Cumberland County Jail before police realized he wasn't the robber they were looking for. **"It was like a vacation for me,"** he said. "I got to watch cable TV, which I don't have at home. I also played basketball and cards. ... It was like a mini-vacation."

SEAWAY *SMILE!*

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

Here's Some Things from Children on Love, and What It's All About.

Concerning why love happens between two particular people:

"One of the people has freckles and finds somebody else who has freckles too." ***Andrew, age 6***

"No one is sure why it happens, but I heard it has something to do with how you smell ... That's why perfume and deodorant are so popular." ***Mae, age 9***

"I think you're supposed to get shot with an arrow or some thing, but the test of it isn't supposed to be so painful." ***Manuel, age 8***

On what falling in love is like:

"Like an avalanche where you have to run for your life." ***John, age 9***

"If falling in love is anything like learning how to spell, I don't want to do it. It takes too long." ***Glenn, age 7***

On the role of beauty and handsomeness in love:

"If you want to be loved by somebody who isn't already in your family, it doesn't hurt to be beautiful." ***Anita C., age 8***

"It isn't always just how you look. Look at me. I'm handsome like anything and I haven't got anybody to marry me yet." ***Brian, age 7***

"Beauty is skin deep. But how rich you are can last a long time." **Christine, age 9**

Reflections on the nature of love:

"Love is the most important thing in the world but baseball is pretty good too." ***Greg, age 8***

How do people in love typically behave?

"Mooshy ... like puppy dogs ... except puppy dogs don't wag their tails nearly as much." ***Arnold, age 10***

"All of a sudden, the people get movie fever so they can sit together in the dark." ***Sherm, age 8***

Concerning why lovers often hold hands:

"They want to make sure their rings don't fall off because they paid good money for them." ***Gavin, age 8***

"They are just practicing for when they might have to walk down the aisle someday and do the holy matchimony thing." ***John, age 9***

Confidential opinions about love:

"I'm in favor of love as long as it doesn't happen when 'Dinosaurs' is on television." ***Jill, age 6***

"Love is foolish ... but I still might try it sometime." ***Floyd, age 9***

"Love will find you, even if you are trying to hide from it. I been trying to hide from it since I was five, but the girls keep finding me." ***Dave Heiss, age 8***

"I'm not rushing into being in love. I'm finding fourth grade hard enough." ***Regina, age 10***

The personal qualities you need to be a good lover:

"Sensitivity don't hurt." ***Robbie, age 8***

"One of you should know how to write a check. Because, even if you have tons of love, there is still going to be a lot of bills." ***Ava, age 8***

Some surefire ways to make a person fall in love with you:

"Tell them that you own a whole bunch of candy stores." ***Del, age 6***

To the person who was "deliberately cut off" by lady school bus driver at Notre Dame School. **Next time ... take the school bus number and report it** instead of casting doubt on every lady school bus driver at that location.

GET FREE BATTERIES?

When it's time to remove the film from a disposable camera for developing, don't toss the camera. You can still use the two, practically new "AA" batteries inside.

Congratulations to **JAMES IRVINE, ZOLTON MOORI, PETER MOODY and ALLAIN LALONDE,** the four General Vanier Secondary Students who will be competing against 14 other teams after qualifying for the finals at the Educational Computer Committee of Ontario competition. **Good luck!**

Tip of Sammy's hat ... going out to **KEVIN WILSON** and his new morning show on CFLG ... and **"DOC" HOLIDAY** on his new Western program on CJSS.

THE MEMORY STONE

LAHAIE & SULLIVAN MONUMENTS

EAST BRANCH
614 First Street East
933-2841

"Turn to a Friend"

WEST BRANCH
28 Seventh Street West
932-8482

A Lasting Tribute with a Quality Monument

HOROSCOPES

May 4-10

Aries – March 21/April 20

The sun is shining on you at work. Everything is going your way, and you should revel in it. Now's your chance to get yourself noticed. Romance blossoms in your personal life. Someone whom you thought was just a friend reveals his or her true feelings for you.

Taurus – April 21/May 21

Strong and steady wins the race, and your personality fits the bill. When everyone else is frantic over a mistake at work, your calm nature will correct the problem and save the day. A loved one reveals a secret to you. Keep his or her confidence, and be supportive.

Gemini – May 22/June 21

You may feel like you have a split personality this week. Everyone will be pulling you in a different direction, and you don't know which way to turn. Take a step back, relax, and think about how you really feel. Do what you believe in, and don't let others pressure you. Aquarius plays a role.

Cancer – June 22/July 22

You're in the doghouse at work this week. It seems as if everything you do is wrong. However, this too shall pass. Hold tight, and do your best. You'll be doing well again soon. As for your love life, it's just the opposite. You have suitors knocking at your door at all hours of the day and night. Don't be overwhelmed.

Leo – July 23/August 23

Your outgoing nature wins you points with your superiors at work early in the week. However, remember not to get cocky. It can be a fine line between outgoing and obnoxious. A friend you haven't seen in a few months returns to your life. Catch up on the time you've missed with each other. Taurus plays an important role.

Virgo – Aug 24/Sept 22

Take a backseat at work this week. Let someone else get a chance to shine. Just because you're not in the spotlight doesn't mean that your work isn't good. You're still being noticed by superiors. A loved one needs your help at the end of the week. Give him or her support.

Libra – Sept 23/Oct 23

Your time is a popular commodity this week. Between co-workers, family and friends, it seems that you have no time for yourself. Everyone needs your advice and help. Give what you can, but remember to take care of yourself. There comes a time when you have to look out for No. 1.

Scorpio – Oct 24/Nov 22

Don't be afraid to go out on a limb at work this week. Ingenuity is called for, and your crazy idea really does have merit. Don't hold yourself back from sharing it with your manager. A loved one is there for you when a relationship ends. Take him or her up on the offer of a shoulder to cry on.

Sagittarius – Nov 23/Dec 21

When you make a mistake at work this week, admit it. Everyone can see through your lies. A co-worker is there to help you correct the problem. As for your love life, don't worry — there are no mistakes in sight. That special someone you've had your eye on finally asks you out. Say yes!

Capricorn – Dec 22/Jan 20

Put your nose to the grindstone at work early in the week. There's too much to be done to goof off. Besides, it's in your best interest to get a lot of work done; your superiors are watching. A family matter erupts into a huge fight later in the week. Don't choose sides.

Aquarius – Jan 21/Feb 18

You're in over your head at work this week. Ask for help. It's not a sign of weakness; it's a sign of intelligence. A close friend needs your advice this week. Be honest, and don't let petty jealousy get in the way. Remember, this is a good friend who always has helped you.

Pisces – Feb 19/March 20

Family matters take center stage this week. Give your support to loved ones, but don't get drawn into a family fight. Try to keep everyone objective. It will work out. As for your love life, you won't have to work hard at all. An old flame returns to rekindle your relationship.

GOLD KEY LEASING: *The Way To Go*



Visit Our Showroom Or Call Me
FRANCINE LOSEY
GRANT
• DODGE • CHRYSLER
• JEEP
2205 Vincent Massey
938-0934

Congratulations to **KIM & JOHN BAIRD**, members of the Kinsmen Club of Cornwall on their time, patience and commitment to the Kinsmen Music Festival, held the last two weeks at Aultsville Hall. A job well done! ... special thanks to **BOB BLAIR & STAFF** at Cornwall City Press for their excellent and speedy work on the Kinsmen Music Festival Programs.

To the green late model car, licence #499 YAH ... Friday, April 25th, approximately 2:30 p.m. ... was heading south on Pitt Street in front of Brunets Hardware, decided to use the turn off lane as a passing lane to pass the car ahead of him. There's a cross walk just by the Hydro lines, what if someone had been crossing? Very smart!! Just lacking in the brain department.

Elections Canada will mail a Confirmation of Registration notice to all registered electors between May 7th and 9th. If you were not enumerated in April, you can register in person at your riding's returning office, or you can ask by telephone, mail of facsimile for an application for registration.

Rock considers the bill

This past week, a Toronto bandit used a live goose as a weapon during a holdup and successful extortion. Justice Minister Allan Rock insists that all geese must now be registered. Geese with bills shorter than four inches shall be banned outright. Current owners can keep their goose until they die, at which time their goose will be cooked and confiscated without compensation.

On there way back from a swim meet in Guelph, Ontario, a group of teenagers from the Royal Canadian Sea Cadets in Cornwall, stopped to assist during a very bad accident on Hwy 401 on Saturday night. **Taking charge and using leadership and first aid training. Top marks!!**

Gauthier's Green House are looking for a **DIANE MCDONALD** who was at their garden centre Saturday, April 26th. You have won a door prize but we don't have your number. Please contact us to claim your prize.

A reminder to drivers ... particularly to the **driver on Thursday, April 30th ... South Branch Road ... approximately 10:30 p.m.** ... some cars happen to have bright lights even when their dims are on!! Please don't drive with your brights on next time!!! You could have caused an accident.



BONUS

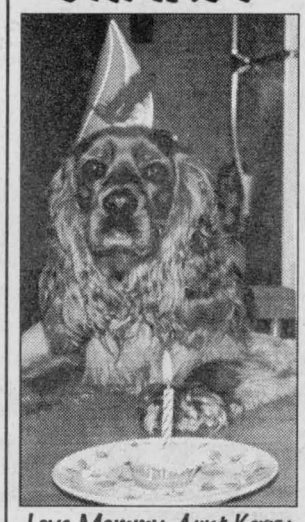
Every Let's Celebrate Ad will be entered in a draw and a weekly winner will win a

Gedoro's Fine Dining in Casual Comfort — Dinner Club Card

plus ... a Gedoro's mug!

TO PLACE YOUR AD: phone or write your ad of 24 words or less and enclose $8.50 handling charge, plus $7.50 for a picture. Over 24 words, 25¢ per additional word, per week. Deadline is 5:00 pm Wednesday.

Happy 2nd Birthday
CHARLY



Love Mommy, Aunt Kerry, Gramp & Gram
XOXOXO

LORDY, LORDY
Is he really 40?



Happy Birthday
ROGER TESSIER
celebrating on May 7th
Cindy & friends!



Lordy Lordy
Brenda Lee Shaver
turns 40 on May 5th.
Love Kelli, Christine and Rick!



You thought you could keep it from us!!
NOT LIKELY!
Happy Birthday to our very own
ROXANE JODOIN
celebrating on May 6th.

Planning to retire . .



Art Benton

Your options are many. To take the confusion out of this very important step in your life, call me.

I provide personal retirement planning and can help you make financial decisions with your best interest in mind.

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AIR CADET LEAGUE OF CANADA
1997 Annual Lottery, April 26, 1997
Licence # P964739

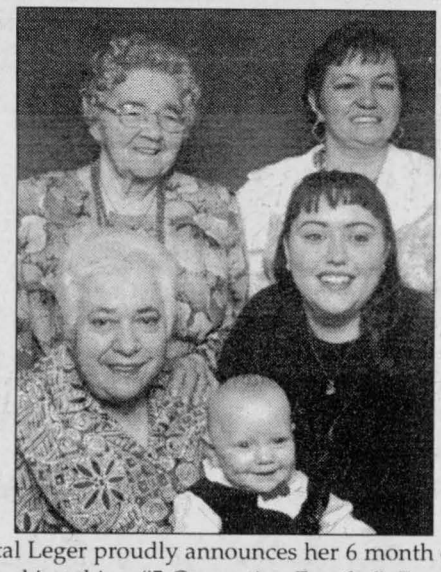


1st Prize 1997 Chevrolet Astro Van
Ticket #1448991 Mrs. H. Benge, Bramalea
2nd Prize 1997 Chevrolet Cavalier Sedan
Ticket #067441 M. Alderson, Scarborough
25 Residual prizes of $100. each
Ticket #'s 025934, 044185, 036757, 100452, 064266, 129925, 062960, 027964, 102670, 087996, 151469, 074541, 086316, 001584, 002756, 014803, 076525, 151443, 134651, 110416, 019630, 153841, 152463, 125305, 065271

Congratulations to all winners and thank you for your support of the Air Cadet League and your local Air Cadet Squadron.

The sponsors, Kiwanis Club of Cornwall and RCAFA Wing 424, Commanding Officer, Staff and Cadets of 323 Squadron would like to take this opportunity to thank the generous people of Cornwall and surrounding areas for their continued support on the Lottery sales, Annual Tag Day and other fund raising activities they have participated in during the past training year.

5 GENERATION FAMILY



Chantal Leger proudly announces her 6 month old son, Colin, making this a "5 Generation Family." From l-r are Aline Racine, great grandmother; Aldea Brunet, great great grandmother; Francine Longtin, grandmother.

Happy Birthday to
JOAN BENTON
celebrating on May 6th
... hope you have a great day!!



I would like to thank all the volunteers that helped organize the 3rd Annual Howard Cunningham Daffodil Bridge held recently at the Canadian Legion. Special thanks go to the Canadian Cancer Society volunteers and all others who donated funds, prizes, time and desserts to make this event the success that it was. A total of **$1,146.00** was raised this year. The funds collected by the Society are used to fund *cancer research, healthy lifestyle messages by trained volunteers* and patient services which includes transportation of *cancer patients to treatment centres.*

Joyce Harrison.

WOMEN IN BUSINESS

A Monthly Review of Entrepreneurial Women in Cornwall and Area

Barbara's Flower Boutique

Barbara's Flowers Boutique is owned and operated by a Cornwall business woman who has made her mark in the local flower business and is well known throughout the community for her volunteer work as well as her match making abilities.

Barbara Collette owns and operates Barbara's Flower Boutique, located at 213 Cumberland Street (near Second Street West). She also arranges dances and introductions for those in the singles scene in Cornwall and surrounding areas.

Barbara is a native of Cornwall and completed her secondary education at Cornwall Collegiate and Vocational School. All through high school she helped her mother, Maisie, with floral design work.

"I really wanted to be a Phys. Ed. teacher, but in grade 12 I suffered a sports injury, which prevented me from pursuing a career teaching Phys. Ed. "I realized that flowers could be a new way of life, so I decided to change careers.

On completing high school, Barbara went to work for a Cornwall flower shop, but eventually decided to go on her own in 1975, opening Barbara's Flower Boutique on Augustus Street. Business went well and she moved to her current location in 1987.

She says that, like many people, she realized that it would be better to own the building that the business was located in and the location on Cumberland was ideal for her purposes.

Barbara feels the best part of the business is working with the customer. She says when a person orders flowers from her, she is really attempting to satisfy two customers, the one sending the flowers and the one receiving them.

I was extremely lucky because I learned very quickly that the best promotion for ones business is a satisfied customer.

Interestingly, the biggest challenge came when she became a single mother. She says the business became more important to her because it was the family's only source of income.

The business itself has been up and down through the years, reflecting the changing economic conditions. Today Barbara's Flower Boutique employs five people.

Like any smart business, Barbara's Flower Boutique uses satisfied customers to attract new business. She also tries to accent the unusual or different, with many unique pieces being created by her designer's.

Barbara's not only has a wide range of fresh and silk flowers and plants but also stocks fruit and gourmet baskets as well as balloons.

With Mother's Day just around the corner, Barbara's can arrange deliveries to Cornwall, the surrounding areas and around the world for you. The last time we checked, Barbara's was offering the best prices on wire service in the area. Anyone placing an order in person or over the phone from now until Mother's Day will have their name entered for a fruit and gourmet basket draw.

As if the flower shop wasn't enough, Barbara also got involved in running Barb's singles dances, usually on Saturdays at the Navy Club. She says many of the people who attend her dances participate in other activities such as a scavenger hunt which benefits the annual toy drive and snowsuit fund.

Most recently, Barbara has started an introduction service called, appropriately enough, "Introductions".

"A person will come in and register and fill out a form," she says. "This allows us to match people based on their interests and hobbies. After the two meet they usually go for coffee and it is up to them how far it goes from there."

While most people are looking for a romantic relationship, Barbara says she has found many people also join just to meet new people and get some new friends.

For Barbara though, that is hardly a problem.

She was Big Sister of the year in 1987, is an active member of the Rotary Club, past co-chair of the Seaway Arts Council, chair of the Cornwall Art Board, a member of the Lung Association Festival of Trees Committee, a past-president of the Cornwall Ad and Sales Club and a past president of Big Brothers/Big Sisters.

Barbara Collette feels very fortunate to be able to make a living doing what she likes best - helping other people. Cornwall has some of the nicest people in the world and that is why we are called "The Friendly City".

NATURAL AFFINITY™
THE ATTACHABLE BREAST FORM THAT GIVES YOU FREEDOM OF CHOICE.
Once again AMOENA meets the needs of women after breast surgery with a new attachable breast form • Natural Affinity. With Affinity's smooth transition and secure fit, see how wonderful you'll look in silky lingerie and soft clingy sweaters. Don't take our word for it, come in and see for yourself. Natural Affinity just may be the perfect choice for you.

Madelaine Blondin C.F.B.O.C.
New Summer Hours - Open Sat. 9:30-11:30 By Appointment Only
Madelaine's Mastectomy Boutique
2903A Marleau Ave. 938-1116

ROCK LACROSSE EQUIPMENT
Top Notch Designs
YOUR PLACE FOR: CUSTOM TEAMSPORTS & CORPORATE WEAR
TEAM UNIFORMS: Hockey, Lacrosse, Basketball, Baseball Soccer, Floor Hockey, etc.
CORPORATE WEAR: T-Shirts, Golf Shirts, Hats, Sweats, etc.
- Jackets - Windsuits - Leathers - Custom Cresting - Embroidery - Chenille - Leather - Twill - Heat Transfer
Bring Us A Dream...We'll Make It A Reality
Pitt & Tollgate Heritage Business Centre
Sonya Latour 933-6874


Barbara Collette Founder
MOTHER'S DAY
Show mom how much you appreciate her with beautiful FRESH FLOWERS arranged in a KEEPSAKE.
Customer Draw: Anybody ordering flowers in person or phone, name will be entered in a draw for glorious Gourmet Fruit Basket (value $75.00)
~ORDER EARLY~
BARBARA'S FLOWER BOUTIQUE
213 Cumberland 933-5902
BARB'S Singles Dances
May 10, 17, 24, 31 NAVY CLUB
30-6th Street E. 933-5903
BARB'S "Introductions" 933-5903

Victorian & Lace Lingerie
To Mom
Choose A Mother's Day Gift
and register for a fabulous "Queen for a Day" Mother's Day Draw (combination gift from 5 stores)
• Just Arrived!!
100% white cotton Victorian Gowns
Save 20% off On All Styles "Silks" Hosiery May 2nd to May 16th
100 Pitt St. 938-2708
Gift Certificates


Karen Kelly Business Mgr.
$50.00 off
On Extended Warranty
Available On All Models 1988 & Newer
(certain restrictions may apply)
MILLER HUGHES Ford Since 1956
"Serving Cornwall & Area For Over 40 Years"
711 Pitt Street 932-2584


Francine Losey Professional Member of the Chrysler Sales Guild
TAKE A TEST DRIVE in a '97 NEON
NO MONEY DOWN
lease for $299* per month
*freight & taxes included
Grant DODGE CHRYSLER JEEP
2205 Vincent Massey Dr., Cornwall Tel: 938-0934

Cuts n' More
Locally Owned and Operated FAMILY HAIRSTYLING & TANNING SALON
SEAWAY VILLAGE PLAZA (behind Pizza Hut) 936-0664
Prom Special
Hairdo & Designer Nails $30.00
No Appointments Taken
First Come First Served

Just in Time for Mother's Day
~ Order Your Custom Basket Early ~ Unique Baskets & Gifts for All Occasions
FREE DELIVERY
OPEN 6 DAYS A WEEK:
Tues. to Fri. 9:30 - 5:30; Sat. 9:30 - 5:00; Sun. 12:00 - 4:30
BASKETS 'N MORE
1217 Second Street West 936-6661

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Expect more from Sears™
Carpet & Upholstery Cleaning

Joyce Brunet
Insist on Truck Mounted Systems for the Strongest Cleaning Power 24 hour Emergency Flood Service
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Use your Sears card for valuable Sears Club points. We also accept most major credit cards.
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SEAWAY BARGAINMART

DEADLINE: THURSDAY 4 P.M.

933-0015

Circulation: 34,750 copies

MasterCard VISA

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: Thursday 4 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occured, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisment.

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 gredit card number until you are satisfied you are going to get what you bargained for.

LET THE BUYER BEWARE.

NOTE TO CLASSIFIED ADVERTISERS

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

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 4 pm Thursday. Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8. Mail pick up, no charge. Mailed replies: $6.00

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

ADULT ENTERTAINMENT

✓ Lingerie
✓ Adult Books
✓ Novelties

• Marital Aids • Lotions
• Video Tapes • Magazines
• CD's • MUCH MORE

EXOTIC EXPOSE

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

COMPANIONS CORNER

SENIOR CITIZEN, country widow in good health seeking a senior citizen gentleman from the country. Able to drive, enjoy dancing & conversation. Apply CC1749.

SINGLE, ACTIVE, independent, attractive, 30 yr.old female. Looking for someone whose interests are movies, quiet dinners & long walks. Photo appreciated. CC1757.

YOUNG LOOKING, blonde, single lady, professional, seeks friendship with honest gentleman, 55 and up, who has various interests, zest for life, sense of humour, respect and integrity. CC1751.

PETITE, CARING, SWF, late 50's, N/S, active. Enjoys C/W music, dancing, dining, fishing. Seeking sincere, secure, stable, SWM, early 60's. Serious inquiries only need reply. CC1755.

DISTINGUISHED SM, 57, average build. Some interests include nature, the environment, trailwalking, classical music, etc. Like to meet SF likewise. CC1756.

GENTLEMAN, 50's, 5'11", dark hair, Christian, non-smoker, non-drinker. Seeking Christian lady, widow or divorced, (44-54), non-smoker, who enjoys older Country Music. CC1753.

TALL WHITE FEMALE, seeks fitness-oriented, financially successful male. Only men with a car & a house need apply. CC1750.

ATTRACTIVE MALE, 42, 6', 180 lbs, non-smoker, honest, caring, humorous. Enjoys music, dining, outdoors, quiet times. Seeking lady with similar attributes & interests. CC1752.

BI MALE, 30, good looking, seeking couples or males for fun times. Into S & M, sexy lingerie, also transvestites. Open minded, clean, discretion assured. CC1754.

2 APTS/CONDOS FOR RENT

11TH ST. NEAR MCCONNELL, 2 bdrm upstairs apt. Carpeted, laundry hook-ups, parking, basement, yard, closed-in porch. $450/mth, heated. Call 933-7516.

2 BDRM SEMI-DETACHED. Available now or June 1st. $500/mth, utilities included. Quiet family or couple preferred. Call 534-3806.

HALF DOUBLE TENEMENT for rent. 2 bdrms, bathroom, kitchen, livingroom, basement. Own driveway. $500/mth, pay own utilities. Available July 1st. 311 Munro Ave. W. Call 933-4291.

2 BDRM UPSTAIRS apt. Very quiet. No pets. 424 Guy St. Parking. Phone 932-8948.

LARGE 2 BDRM APT in Riverside Heights, near Morrisburg. $550/mth, includes utilities. Call 543-3604.

EAST END RENTALS Large, clean 2 bdrm apts, near College with parking, washer/dryer hook-ups. $495/mth. Also available Studio/Bachelor apts. $345 to $395/mth, includes utilities, fridge & stove. Call 938-3936.

ONE BDRM BASEMENT Quiet neighbourhood, near bus. Fridge & stove. Utilities included, $325/mth. Phone: 933-8065.

621-B ST. FELIX, 2 bdrm basement, $375/mth, plus utilities. Available June 1st. Call 347-3248.

SPACIOUS 1 & 2 bdrm. apts. Reasonable rents, locker space, parking, coin-operated laundry. References required. 931-2633

BEAT THE HEAT & city noise. Bright, conveniently located security building in Long Sault. Superintendent on site. Includes appliances, hot water, laundry facilities, free paved parking. Immediate occupancy. $525/mth. 534-2853, 938-3773.

DOWNSTAIRS BACHELOR APT. Fridge, stove & utilities included, $275/mth. Call 932-9701.

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

AVAILABLE JULY 1ST, 216-A McConnell, upstairs 2 bdrm apt. Washer/dryer hook-ups, parking, large front verandah. No pets. $425/mth, plus utilities. Quiet single person or couple. Call 933-4347.

JUNE 1ST, 2 bdrm downstairs duplex. 1115 Grand Avenue. New paint, laundry hook-ups, shed, basement storage, ample parking. $470/mth, including heat. No pets. 933-0121.

NICELY DECORATED, semi-furnished ground level 1 bdrm apt. Located in a nice subdivision, 10 minutes from downtown, paved driveway, all utilities paid. Ideal for 1 person. No pets. Available immediately. $440/mth. Call 938-5940 or after 6:00 pm, 931-2265 or anytime on weekends.

714A MARLBOROUGH 2 bdrm bsmt apt. fridge, stove, $500./mth, utilities included. 623 St. Felix, 1 bdrm upstairs apt. fridge, stove $400./mth, plus utilities. 621-A St. Felix, 1 bdrm bsmt apt. $450./mth, utilities included. References. Call 347-3248.

120 BELMONT, 1 bdrm ground floor apt. Call Tom 938-6475.

ONE 1-BDRM APT and one 2-bdrm apt for rent. Call 933-9457.

ONE BDRM APT, 331 6th St. East, upstairs. Fridge, stove, parking included. $365/mth, plus utilities. Phone 933-3730.

THE DIPLOMAT, downtown, 511 Pitt St. Modern quiet bldg. 2 bdrms w/balcony, fridge, stove, intercom, laundry, parking, janitor, no pets. $655/mth. Available anytime. Call Gerry, 938-2121.

LARGE, CLEAN, FURNISHED, one bdrm basement apt. Heat-Lights paid, parking space, cable, washer/dryer hook up included. Available immediately. Call 938-3182.

AVAILABLE IMMEDIATELY, 1 & 2 bdrm apts. Fridge, stove included. 25-30 minutes from Cornwall. Quiet country living. 346-2293 or 346-2327.

1 BDRM MODERN APT. Downtown location. Washer, dryer, fridge & stove included. $575/mth, utilities included. Call 933-4000 before 6:00 pm. After 6:00 pm, call 931-2423.

AVAILABLE NOW, 3 bdrm townhouse w/garage, 1 1/2 bath, family, living/dining, 4 appliances. $675/mth, plus utilities. 1st & last. Call 938-3205.

RENT NOW GET NOV. FREE Available immediately, 1 & 2 bdrm apts. fridge, stove & parking available. $400-$460/mth, utilities incl. References req. Call after 6pm 932-7055 or 931-2594 for appointment.

THREE BDRM APT, $575/mth. Available immediately. Call 938-2199, after 7:00 pm.

2 BDRM TOWNHOUSE. Stove, fridge, carport included. Available June 1st. $634/mth, plus utilities. Call 938-5416.

NO SPACE IS TOO SMALL! CALL 933-0014 TO PLACE YOUR AD!

WANT ADS work WONDERS!

RENT TO OWN
WE HAVE Everything YOU WANT!
Plus Easy Monthly Payments That You CAN Afford

COME CHECK OUT OUR GIANT SELECTION

• Freezers	• Portable Stereos	• Sofa's & Chairs
• Dishwashers	• Kitchen Tables	• Apartment &
• Microwaves	• Dining Room Tables	Full Size Washers
• Bdrm. Furniture	• TV's & VCR's	& Dryers



DINETTE SETS FROM $31.11 /MTH

EASY TERMS
NO BANKS OR FINANCE CO.

BUNK BEDS FROM $41.66 /MTH

ALL ELIGIBLE
• Gov. Cheques Cashed for our Customers
• Full Warranty on all Products
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2ND FLOOR BEDROOM SUITES

FREEZERS $41.11 /mth.

WASHER & DRYER FROM $83.33 /mth.

DON'T WAIT ANOTHER DAY... CALL TODAY 930-2170

Lease Magic Plus
143 Montreal Rd.
930-2170
FREE DELIVERY
Lease Magic Payment
HOURS: MON. - FRI. - 9 - 6 SAT. - 9 - 5

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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

4 YARD/GARAGE SALES

O.S.P.C.A. TRUNK SALE, to be held on May 17th (Rain date May 18th), Cornwall Civic Complex East parking lot. $10 per parking spot. Pre-register May 5-16 at O.S.P.C.A., Boundary Rd., Berry's Pet Food, 841 Sydney St. or Pet Value, 1400 Vincent Massey Dr. For more information, call 936-1851.

GOLF CLUB SET. Table set. Storage box for RV. Hoover washer/spin dryer and lots more. 1605 Walton St., Saturday, May 10th, 9:00 am to 4:00 pm.

5 ARTICLES FOR SALE

ALMOND REFRIGERATOR & stove, $500/both. 20" colour TV, $60. Almond washer & dryer, $400/both. Large microwave oven, $65. Call 937-4939.

PINK SATIN BRIDEMAID'S dress. Can also be used as a prom dress. Size 5/7. Call 938-0817, evenings.

MOVING BOXES & moving supplies for sale. St. John's Transfer, 950 Boundary Road. 933-1492.

PLAYER PIANO, needs some repair. $500. firm. 933-4291, after 6:00 pm.

We Pick Up Free of Charge ...
FRIDGES, STOVES, WASHERS, DRYERS
Depending on make, model & location
GERARD'S USED FURNITURE
936-9300

USED RAILROAD TIES, $5. Ideal for landscaping, retaining walls, etc. Also available, switch ties from 9 to 16 ft, utility poles. Delivery at nominal cost. 613-346-5574.

SPA EQUIPMENT FOR SALE. Including various chemicals, 1 h.p. pump, vinyl covered four seater foam cover. $150. Call 938-7219.

NEARLY NEW leaf blower/vaccum. $50. firm. Free lawn spreader. Call 932-9738.

STEEL FRAME FOLDING BED with adjustable head, no mattress. $50. Phone 938-8301.

CUSTOM-BUILT PORTABLE hydraulic motorcycle lifts for sale. $300. Call 936-1521.

ANTIQUE OAK CHINA cabinet, $600. Antique wicker doll carriage, $200. Dinner set for eight, $50. Dinner set for four, $30. Call 932-6153.

LADIES BEIGE full-length Spring Coat. Size 9/10. Like new, just dry-cleaned. $25. Call after 6:00 pm, 938-7071.

SNOWBLOWER, 8 h.p. Lawnmower, $150. Call 938-9387, leave message.

MDM VENDING MACHINE Good condition. Used for sale of hot beverages. Asking $375. Call 933-2055 for more info.

TWO HELMETS for sale, one snowmobile and one motorbike. Call 932-8327.

RING UP PROFITS WITH THE CLASSIFIEDS

I ♥ THE CLASSIFIEDS

$$ NEED CASH $$ NEED CASH $$

NEED CASH??

We Buy Everything!!
electronics, stereos, cars, appliances, refrigerators, stoves, dryers, dishwashers, etc...
We Sell Everything!!
Call Gilles 346-0335

$$ NEED CASH $$ NEED CASH $$

DAN'S PICK OF THE WEEK!

'93 MAZDA MX3
2 dr., V6,
5 spd.,
84,000 km



$12,995 not exactly as illustrated

QUALITY PRE-OWNED VEHICLES

96 PONTIAC SUNFIRE 2 dr., 5 spd., 28,000 km	SOLD
95 CHRYSLER INTREPID 4 dr., auto, 62,000 km	SOLD $15,900
95 PONTIAC FIREFLY 4 dr., auto, 42,000 km	$9,900
94 TOYOTA TERCEL 4 dr., 5 spd., 55,000 km	$8,995
94 FORD XLT 150 auto, loaded, 98,000 km	$13,995
94 CHEV CAVALIER 4 dr., auto, air, 54,000 km	$9,995
94 FORD TEMPO GL 4 dr, auto, air, 57,000 km	$9,995
94 CHEV CAVALIER WAGON 4 dr., auto, air, 87,000 km	$11,595
93 GRAND AM GT 2 dr., auto, fully loaded, 88,000km	$13,995
93 MAZDA MX6 2 dr., 5 spd., 84,000 km	SOLD $15,900
93 FORD F150 XL 4.9L, auto, 65,000 km	SOLD $12,995
93 MERCURY VILLAGER 6 cyl., 3 dr., auto, 100,000 km.	$9,995
93 CHEV. EXTENDED auto., air, tilt, cruise, 87,000 kms.	$15,995
93 GEO METRO, 2 dr., auto., 125,000 km	$4,995
93 FORD TAURUS GL 4 dr., auto., loaded, 132,000 km	$8,995
93 CHEV SILVERADO 2 wd, loaded, 5.7L, 41,000 km	$17,995
92 GEO TRACKER 4X4 5 spd., 105,000 km	$8,995
90 VOLKSWAGEN JETTA auto, air, 4 dr, 90,000 kms	$8,995
89 JEEP YJ 6 cyl., auto, 150,000 km	SOLD $8,995
89 JEEP LAREDO 6 cyl., 5 spd., 2 tops, 140,000 km	$9,995
89 PONTIAC SUNBIRD 4 dr., auto., 168,000 km	SOLD $3,995
88 CUTLASS SUPREME FE3 2 dr., auto, loaded, 193,000 km	$4,995
88 CUTLAS SUPREME INT 2 dr., auto, loaded, 190,000 km	SOLD $6,995
88 CHEV CAVALIER 2 dr., auto., 166,000 km	$3,495
68 MUSTANG 2+2 FASTBACK 4 spd, mint, 54,000 km	SOLD $12,995



DAN LAUZON

FITZGERALD MOTORS LTD.
125 Cornwall Centre Rd., Cornwall
932-4514

07 AUCTIONS

AUCTION SALE
Tools & Household
Charlie & Freda Poapst
3 miles South of Newington
East 1/2 mile on Dixon Rd.
SATURDAY, MAY 10
10:00 a.m.

2 H.P. air compressor with 1/2 impact wrench, spray gun, air staple, Brad nailer; 180 amp elec. welder; Delta 10" radial arm saw on stand; 10" Durex mitre saw; 10" Ryobe surface planner; Delta 6" jointer; Delta 10" bench saw, Ryobe biscuit cutter; Makita router; jig saw; Makita belt sander; 16" bandsaw on stand; wood turning lathe and wood turning tools; Craftsman router & table; Delta 15" scroll saw; Delta 16 1/2 drill press; Delta 6" bench grinder; building jack; wood clamps; woodworking books; lumber; 2 cords of hardwood; cross bow; pr. matching coal oil lamps; home made braided rugs; lanterns; fridge; gas stove; platform rocker; lamps; microwave; washer & dryer; vacuum; 10' x 6' and 5'10" x 3'5" vertical blinds, collier encyclopedia, other misc. articles.

Terms: Cash or Acceptable Cheque. Canteen

FLORA GRANT DUMOUCHEL
Auction Services
Ingleside, Ontario
537-2925

AUCTION
Knox-St.Paul United Church
Thursday, May 8 6-8pm
Auctioneer: Flora Dumouchel
Items include men's leather jackets, household electrical items, plus over 100 other items.
3-T Auction--Time-Talent-Treasure
Everyone Welcome

MOVING SALE: Drill press, $75. Oak plant stand, $75. Garden seeder, $20. Electric IBM typewriter, $50. Aluminum 6 ft. step-ladder, $20. Crock pot slow cooker w/manual, $10. Small deep-fryer, $10. Paper cutter, $10. Metal fireplace screen, $5. Lobster trap, $5. Baby scales, $5. Call 346-5656.

6 ARTICLES WANTED

DO YOU HAVE A USED Gerrard turntable, built-in amplifier and tape deck? Want to sell? Call 938-0309, evenings.

9 FARMERS MARKETS

ROUND BALES of hay. JD and a white Air corn planter. Disc on wheel. Haban corn shelter. 3 ph dirt bucket. Call 346-2382.

11 LANDSCAPING

FOR SALE: Cedar trees. All sizes. Landscaping & planting. Call Alex Robertson, 528-4776.

13 AUTOS FOR SALE

1987 CHEVY CAVALIER 5 speed, new clutch, new c.v. joints, new ball joints, new dash, new muffler, new brakes & re-conditioned heads. Asking $2,000. Call 932-8327.

1996 SUZUKI 2X4 ATV, 250 cc, 251 kms. Bush guards, gun rack & case, windshield, rear seat, brake light. $4,500. firm. Call 932-6180, weekdays.

1973 PONTIAC FIREBIRD Formula, 350, 4 speed, good condition. Hasn't been driven in 7 years. $4,500. or best offer. Ph: 931-3299

CREDIT PROBLEMS?
Need a Car?
We will finance anyone,
We Guarantee it!
- Bank turn you down?
- Presently/formerly bankrupt?
- On UIC or Social Assistance?



If you can make the payments ***WE CAN MAKE THE DEAL***
Lease A
1990 AEROSTAR
fully loaded
As Low As $266⁵⁰/mo

1992 FORD TEMPO
very clean, auto, 4 dr.
As Low As $233¹⁶/mo

MIKE COOK
MEL-EL AUTO LEASING
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1986 MERCURY COUGAR, as is. 1987 Ford Tempo. 7 ft. Fibrobec truck cap for small truck. Tractor tire, 13.6x28. Also, 3.5 h.p. rototiller. Call 346-5444.

1984 OLDSMOBILE CUTLASS brougham with air, cruise, int. wipers, new exhaust, rad & gas tank. Asking $700. or B.O. Call Terry 932-2050, after 6:00 pm.

1988 MERCURY COUGAR XR7. Mint condition, loaded, 302, 116,000 km. White ext./blue interior, Never winter driven. Call 931-3299, after 5:00 pm.

14 AUTOS WANTED

CASH PAID FOR unwanted scrap cars, trucks, vans. Amount depends on year and model. Ph: 933-9066.

ALASKA EMPLOYMENT. Earn up to $30,000 fishing three month Salmon season. Also, construction, canneries, oil fields and more. Call 8am-9pm cst. 504-429-9223 Ext. 463S18.

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18 BUSINESS OPPORTUNITIES

MANAGEMENT CONSULTANT
DO YOU OWN A BUSINESS OR ARE THINKING OF STARTING ONE
Do you require financing, business plans, budgets or cash flows?
Do you require help in sales, marketing, finance or administration?
For a free consultation call Tom at:
TMB Consulting 1-613-347-7352

21 HELP WANTED

HOMEWORKERS NEEDED! To assemble our products. Free supplies. Start immediately. Free details. Send SASE: Q.S.E., 117T15-1057 Steeles Ave. West, North York, Ontario. M2R 3X1

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EXPANDING TELEMARKETING Service Bureau requires mature, persuasive people to phone customers across Canada & in the U.S. to offer book-club memberships. Pleasant office @ 16 Second St. E. We train. Sales or telemarketing experience helpful. Earn $10.50 /hr. or more. Guaranteed $8.50/hr. Work Mon-Fri. Choose your shifts, 9 am-2 pm, 2 pm-7 pm, 7 pm-midnight. Call Stan Body, 932-2525.

22 EMPLOYMENT SERVICES

CRUISE SHIP JOBS! Earn $300/$900 weekly. Year round positions. Hiring men/women. Free room/board. Will train. Call M-F, 8a-10p Central time. 1-504-641-7778 ext. 0506C17.

23 HOME SERVICES

BIG JIM'S LAWN CARE. For cutting grass, residential & businesses. Free estimates. Call 537-2961.

NEED COMPUTER TUTORING in MS office, MS Word or MS Excel, basic or advanced. Will tutor you one-on-one in your home or mine, evenings or weekends. Call 537-8260.

MASONRY fireplaces, stone, brick & blockwork, foundation pargeting, cement step repairs, chimneys & repairs. Reasonable rates, free estimates. Call John, 933-6213. 23 years experience.

PAINTING, ODD JOBS, wallpapering and maintenance. Light truck available. 20 years experience. Reasonable rates. Call after 6 p.m., 938-8839.

BIG JIM'S LAWN CARE. For cutting grass, residential & businesses. Free estimates. Call 537-2961.

MR. D'S PRO LAWN CARE
Lawns cut, raked & trimmed
QUALITY WORK REASONABLE RATES
Complete lawn & yard care maintenance
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Specializing in residential lawns since 1988
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HOUSEKEEPER, EXPERIENCED, bonded, non-smoker. Would like work in private homes. References available upon request. Call 937-0835.

ROBERT THE PERFECT HANDYMAN- Reg. Looking to renovate or build. Look no further. We specialize in siding, roofing, drywall, garages, decks, garden sheds & much more. No job too small or too big. We also secure tin roofs. Call Robert at 525-2197 or Numeric Pager #930-8720. Free estimates & work guaranteed. References available.

J.R. RESTORATION, Roofing, chimneys/repairs, brickwork, framing, door & windows, ceramic tiling, carpentry, siding, painting. Free estimates. Call J.R. 613-938-7742.

ALL TYPES OF MASONRY, bricks, blocks, stones, cement step repair, parging, chimneys. Call Mo, 525-5910.

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Let Us Show You Why Half of Our New Customers are Referrals
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New Homes (customized to your liking)
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Licensed carpenter with 23 years of experience in the business
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Power Sweeping
Lawn Rolling • Landscaping
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MIKE'S TREE PRUNING, cutting and removal, general yard work, eavestrough and chimney cleaning. Free estimates. Call Mike 931-1251.

A GIFT IDEA FOR YOUR LOVED ONE. 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.

LAWN CUTTING & LANDSCAPING available. Quality work. Reasonable rates. Satisfaction always guaranteed. Free estimates. We'll deal with the work, you deal with the compliments. Call 936-6639 or 938-2451.

CARPENTRY: SPECIALIZING in interior renovations. Cabinets, painting, drywall, etc. Framing, doors, windows, roofing, siding & any exterior work. Call Mike for your free estimate at 936-1625. Pager #937-1909.

DOES YOUR WOOD FURNITURE need repair or refinishing? You want custom built, all hand-made. Reasonable rates. Call 528-4048 or leave message.

24 BABYSITTING

NON-SMOKER MOTHER OF 2, willing to babysit children in my home, days. Healthy meals & snacks. Lots of toys. Fenced-in yard. References available. Call 936-8926.

YOU COULD BE ADVERTISING IN THIS SPACE CALL 933-0014

Summer Babysitter Required
PERFECT JOB FOR STUDENT
Riverdale family looking for babysitter to sit at their home during July & August.
Girl over 14 years old.
Able to supervise children in pool.
Two children 8 & 9, in-home
Mon-Fri 8:00-5:00 **936-8851** between 5-8 pm

NON-SMOKER, MOTHER OF ONE willing to babysit children in my home days, nights, & weekends. Lots of TLC. Good & healthy meals & snacks. Lots of toys. Big back yard. References available. North end. Call 938-0460.

RING UP PROFITS WITH THE CLASSIFIEDS

SUMMER BABYSITTER REQUIRED
Dependable, over 14, student required to work Mon-Fri 8:30 a.m. to 5:00 p.m. in our home in Riverdale to play and supervise with 2 children 9 & 11. Must be able to swim, not afraid of dog.
Call **938-0841** for interview between 6 p.m. - 8 p.m.

YOU COULD BE ADVERTISING IN THIS SPACE CALL 933-0014

26 BOATS/ MOTORS

SPRING SPECIAL, 1980 - 16 ft. Tempest Bowrider, 70 h.p. Johnston, trailer. $2,800. Please call 938-2426 after 6:00 pm.

1994 QUICKSILVER inflatable dinghy, 8'9", comes with 1995 9.9 h.p. Mercury outboard, $2,800. Also available weaver snap davits, used for transporting inflatable on larger boat, $375. Call 933-6441.

28 TRAILERS/ CAMPERS

1995 PROWLER 27 FT. 5th Wheel. Fully loaded. Showroom condition. Call 347-3558.

CUSTOM MADE 5X10 utility trailer. All steel construction with side rails. Tilt Bed. 3500 lb. axle. Great for snowmobile/sea doo (includes rails)/or four wheeler. In excellent condition. $1,000. firm. Call 930-2599.

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938-2121 933-5154



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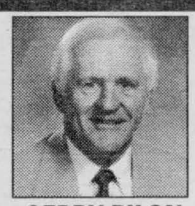

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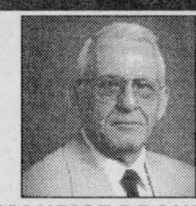

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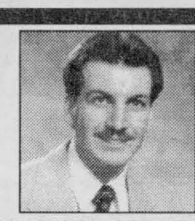

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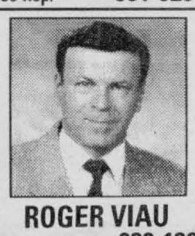

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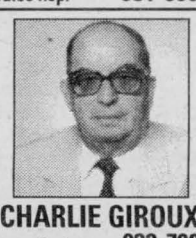

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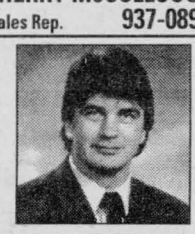
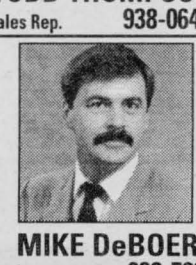


MICHAEL VANDER MEER
Assoc. Broker 534-2950



MIKE DeBOER
Broker 938-7802



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Broker 938-9690



$500 MORTGAGE PYMT.
(A-MLS 4945) per mth U.A.C., 3 bdrm. semi. good condition, great location
JUDI AUGER 931-3293



$670 MORTAGE PYMT.
(A-MLS 5019) per mth U.A.C., lg. rec rm., garage & much more, move-in condition
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$575 MORTGAGE PYMT
(A-MLS 5041) per mth U.A.C., 3 bdrms., pool, rec rm.. lots of character
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528 AUGUSTUS $79,900
(A-MLS 5031) Excellent 3+1 bung., fin. rec rm., private driveway, quiet location. Shows well.
GINETTE CAMPBELL 932-1609



COUNTRY $69,900
(M-MLS 5010) N. Lunenburg Rd. E. Excellent country home featuring large lot, att. garage, many new renovations, beautiful starter home
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516-516A CARLETON $94,900
(A-MLS 5056) Excellent investment, lots of parking, garage, large lot, 2-2 bdrm. units, quiet location
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(M-MLS 4995) Headline Rd. W., excellent starter home, beautiful country setting, many new renovations, garage, large lot
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STONEHOUSE PT.
(J-MLS 5037 - 5038) Waterfront summer cottages. 2 bdrms., $39,900 or 3 bdrms. - $54,900. Great location, close to town.
GERRY PILON 931-3555



JUST LISTED $79,900
(A-MLS 5058) 1232 Henry St., 4 bdrms., forced air gas heat.
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Call Us Today For A Complete Listing of Homes For Sale In The Area



311-315 PITT
(A-MLS 4911) Downtown 2 stores & 2 apartments, great investment.
GERRY PILON 931-3555



13 OLD ORCHARD $109,800 (A-MLS 5025) Central location, in-law suite upstairs.
GERRY PILON 931-3555



NEW LISTING $93,500
(A-MLS 5063) 39-39A Baldwin. Brick duplex on large lot, patio deck & garage
GERRY PILON 931-3555



115 3rd St. W. $64,900
(A-MLS 5062) Ideal 3 bdrm starter home, close to downtown.
GERRY PILON 931-3555



242 8TH EAST $64,800
(A-MLS 4796) Large 3 bdrm. home with numerous updates and large lot.
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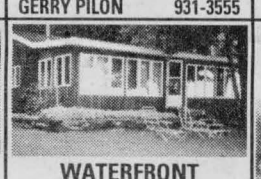

WATERFRONT COTTAGE $109,500
(J-MLS 4741) Summerset Acres. Winterized, 1100 sq. ft, 2 bdrm
GERRY PILON 931-3555



457-457A PITT $75,900
(A-MLS 5032) Commercial zoning.
SHERRY McCULLOUGH 937-0891



214 BEDFORD $79,900
(A-MLS 4983) Gleaming hardwood, well decorated, 5 bdrms.
SHERRY McCULLOUGH 937-0891



659 CHAMPLAIN DRIVE $99,900
(A-MLS 4922)
SHERRY McCULLOUGH 937-0891



79-79B LEFEBVRE $89,900 (A-MLS 4996)
SHERRY McCULLOUGH 937-0891



205 GUY $57,500
(A-MLS 4974)
Starter home close to college.
SHERRY McCULLOUGH 937-0891

BUSINESS INCLUDING BUILDING
(A-MLS 4963)
Convenience store, in Cornwall
TODD THOMPSON 938-0640



1708 CUMBERLAND $104,900 (A-MLS 4949)
Very nice 3 bdrm. bung., 1197 sq. ft.
TODD THOMPSON 938-0640



NEW PRICE $91,900
(M-MLS 4847) Vendor wants this sold yesterday!
TODD THOMPSON 938-0640



NEW LISTING

137 - 139 CARLETON
(A-MLS 5065) Solid dbl. tenement with new gas furnace, 3 bdrms. & attic loft, ample parking, $78,900.
MAURICE DROUIN 933-6146



NEW LISTING 200-202 BELMONT
(A-MLS 5071) Solid 3 bdrm. double tenement with 2 separate driveways. $79,900
MAURICE DROUIN 933-6146

We Have The Key to Your New Home

BUSINESS MACHINE & FABRICATION SHOP
(J-MLS 4799) Lot 315'x210. East end of Cornwall.
CHARLES SAYYEAU 933-1558

MORRIS ST.
(A-MLS 4766) Development property, 282' x 151'.
TREEHAVEN.
(J-MLS 4970, 4971) 2 building lots, 100'x200'. Docking facilities. $37,900 each.
CHARLES SAYYEAU 933-1558



$75,000
(A-MLS 4877) 3 bdrm. bung. rec. room with wet bar.
CHARLES SAYYEAU 933-1558



752 GLENGARRY $69,500
(A-MLS 5011) Mint condition, many, many updates. Patio doors to deck
JILL HODGINS 932-6059

3 ALICE ST., $59,000
(A-MLS 4997) St. Lawrence River, beautiful view, very comfortable. Priced for a quick sale.
JILL HODGINS 932-6059

COUNTRY PROPERTY $92,500 (M-MLS 4958)
10 minutes from Cornwall. 2+1 bdrm, dbl garage, woodstove & many appliances.
ROGER VIAU 932-1325

$61,900. (A-MLS 5001) 100 1st St. E., 3 bdrms., det. garage, central air, newly-installed Mid Eff. gas furnace. With 5% down, only $335/mth. mortgage
ROGER VIAU 932-1325

NEW LISTING $84,000
(A-MLS 5051) 1809 Cumberland. Super semi, large lot, basement, rec rm. & bath.
CLAIRE LALONDE 938-2761

NEW LISTING $79,900
(A-MLS 5052) 127 Marlborough, 5 bdrms., formal dining room, gas heat, frpl., A Must See!
CLAIRE LALONDE 938-2761

1295 SYDNEY $114,900
(A-MLS 5005) Immaculate 3 bdrm., 4-level split, frpl., dining room, main fl. laundry
CLAIRE LALONDE 938-2761

TRIPLEX $99,900 (A-MLS 4858) 711-A-B Amelia, 1-3 bdrm., 1200 sq. ft., 2-2 bdrm., good investment property. Payments as low as $268./mo. Dwnpt. required
CHARLIE GIROUX 933-7985

McNEIL RD. $88,000
(L-MLS 4990) Civic #16979, 3 bdrms., lot 100'x300', det. garage/workshop 24'x20.
CHARLIE GIROUX 933-7985

COUNTRY $87,900
(M-MLS 5057) 3 bdrm. on 2.92 acres built in 1995
MIKE VANDERMEER 534-2950

WATERVIEW $199,900
(O-MLS 5053) Triplex, owner's unit, 1824 sq. ft. & fin. bsmt.
MIKE VANDERMEER 534-2950

COUNTRY $71,900
(O-MLS 5059) Power of sale, 3 bdrm. bung.
MIKE VANDERMEER 534-2950

NEWINGTON $49,900
(O-MLS 5040)
Repossessed 3 bdrm. home.
MIKE VANDERMEER 534-2950

COMMERCIAL INGLESIDE $34,900
(O-MLS 4820) shop 67'x25'. 200 amp, oil heat.
MIKE VANDERMEER 534-2950

RR 1 MONKLAND $69,900 (L-MLS 4943) 3 bdrm. bung. w/main floor laundry
MIKE VANDERMEER 534-2950

MOOSE CREEK $66,000
(L-MLS 4948) 1900 sq.ft., 6 bdrm. home with water & sewer
MIKE VANDERMEER 534-2950

HOBBY FARM $99,900
(L-MLS 4952) 38 acres with 3 bdrm. brick home, located near Moose Creek
MIKE VANDERMEER 534-2950

MOOSE CREEK $86,900 (L-MLS 4992)
Country home on nice treed lot just outside village
MIKE VANDERMEER 534-2950

ST. ANDREWS $74,900
(M-MLS 4940) 3 bdrm. bung., main floor laundry
MIKE VANDERMEER 534-2950

POST ROAD $74,900
(M-MLS 4999) Renovated 3 bdrm. on 1 acre lot; finished basement
MIKE VANDERMEER 534-2950

ST. ANDREWS $134,900
(M-MLS 5030) Almost new 1640 sq. ft. bung., a real gem.
MIKE VANDERMEER 534-2950

DUPLEX $64,900
(A-MLS 4925) large owner's unit. Many renovations.
MIKE VANDERMEER 534-2950

SO NEW
CHERRY STREET, LONG SAULT
$119,900
(M-MLS 5039) Gorgeous raised, all brick bung., 1260 sq. ft., 2 baths, oak railings, cabinetry & eff. gas heat.
MIKE DeBOER 938-7802

1518 CATHERINE $129,900 (A-MLS 5034)
New eff. forced air gas heat., main floor family room, frpl., whirlpool bath, ash trim & doors.
MIKE DeBOER 938-7802

2-2 BDRM. DUPLEX $59,900 (A-MLS 4982)
Very good condition, gas heat, have rent pay for mortgage.
ERIC PEDERSEN 938-9690

VACANT COMMERCIAL PROPERTY $60,000
(P-MLS 4994))) Hwy 2 West of Ingleside, 3.17 acres, 3 yr. old, 1008 sq. ft. bldg. open offers.
ERIC PEDERSEN 938-9690

COUNTRY LIVING $104,900 (M-MLS 4904) Lot 245'x907, 1200 sq. ft. home, 3+1 bdrms., rec room, Satellite dish.
ERIC PEDERSEN 938-9690

OWNER RELOCATED
(A-MLS 4914) Beautifully finished executive home, 2 car garage, all the extras
ERIC PEDERSEN 938-9690



Females Seeking
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SHE'S PERKY!
Friendly, active SWF, 26, 5'6", blue-eyed blonde, student, enjoys baseball, rollerblading, camping, boating, seeks honest, trustworthy, romantic SM. Ad#.2254

ROMANCE IS WAITING
SWF, 52, 5'4", blonde hair, blue eyes, outgoing, social, loves dancing, travel, good conversation, seeking sincere, caring, outgoing SM, with similar values and interests. Ad#.8362

WORKS VERY HARD
Medium-built SWF, 36, 5'2", dirty blonde hair, brown eyes, employed, enjoys skiing, gardening, cooking, music, seeks honest, calm SM. Ad#.6098

FAMILY-MINDED
SWF, 36, dirty blonde hair, brown eyes, witty, employed, likes gardening, cooking, reading, seeking honest SM, who will be good to her. Ad#.3761

GREAT SMILE
SWF, 58, 5'3", blue-eyed blonde, N/S, humorous, honest, considerate, enjoys hiking, biking, swimming, seeks loving, honest, outgoing, financially secure SWM. Ad#.8646

ENJOYS LIFE
Happy SWF, 45, 5'6", dark hair, brown eyes, enjoys the outdoors, music, dancing, quiet times, seeking honest, easygoing, romantic, trustworthy SM. Ad#.8484

ON THE GO
Outgoing SWF, 36, 5'7", 115lbs., brown hair, blue eyes, enjoys bicycling, taking walks, animals, kids, the outdoors, sports, seeks honest, trustworthy, communicative SM. Ad#.9747

TO ENJOY LIFE WITH
DWF, 48, fit, intelligent, energetic, seeks gentleman of inner goodness, 45+, with an appreciation for serene settings, nature, spirituality, classical music, family, antiques, and laughter. Ad#.9797

MAKE A TEAM
Petite, fit SWF, 34, friendly, professional, enjoys outdoor sports, hiking, gardening, seeks SM, who has a healthy lifestyle and is willing to share family responsibilities. Ad#.9345

LIFE'S A PARTY!
SWF, 24, 5'4", really enjoys country music and traveling, wants to meet an outgoing SM, who is in the military, and has the same interests. Ad#.1819

GIVE & TAKE
Spontaneous, very shy SWF, 27, 5'4", 115lbs., employed, enjoys hockey, reading, knitting, seeks honest, flexible, open SM, who is emotionally strong. Ad#.1492

LIKES OUTDOORS
Easygoing, employed SWF, 40, 4'10", blonde hair, blue eyes, N/S, enjoys camping, fishing, Bingo, swimming, seeking loving, gregarious SM, dads and smokers okay. Ad#.5674

IMPECCABLE
Sensitive SWF, 33, 5'2", 120lbs., blond hair, green eyes, attractive, employed, enjoys music, reading, walks, dining out, seeking tall, slim, employed SM, with compatible interests. Ad#.7650

ARE YOU THERE?
SWF, 26, 5'2", brown short curly hair, green eyes, zesty, likes computers, Internet, traveling, country music, seeking trustworthy, honest SM. Ad#.6286

NEAT APPEARANCE
Petite, small-boned SWF, 57, shy at first, loves music, reading, pets, music, cooking, country drives, hoping to meet considerate, kind SM. Ad#.9310

STEAL MY HEART
Good-looking, slim SWF, 54, 5'6", short blonde hair, gregarious, enjoys traveling, walks, dancing, country music, seeking tall, handsome, well-groomed SM. Ad#.9618

HOPE YOU CALL!
Honest SWF, 21, 5'4", 125lbs., enjoys being with friends, going to the race track, seeking an open, sincere SM, to become that special someone, to settle down with. Ad#.9447

A WARM SMILE
Medium-built SW mom, 29, big brown eyes, easy to talk with, N/S, social drinker, enjoys traveling, long walks, camping, looking for an open SM, who is patient with children. Ad#.9134

FRESH START
SW mom, 21, 5'6", medium-built, outgoing, trustworthy, enjoys skiing, camping, boating, fishing, working out, seeks compatible, trusting, understanding SM. Ad#.5480

GOOD HONEST FUN
Friendly SWF, 35, 5'2", average build, brown hair, hazel eyes, enjoys movies, gardening, music, seeks ambitious, honest SWM, who has family values. Ad#.3069

TAKE A MOMENT
SWF, 20, 5'10", 130lbs., blonde, brown eyes, adventurous, vice-free, enjoys skating, swimming, kids and pets, seeks dependable, caring SM, who is right for her. Ad#.9281

HOPES & DREAMS
SW mom, 29, 5'8", blondish-brown hair, blue eyes, enjoys reading, writing, music, sketching, seeks honest, fun-loving, spontaneous SM. Ad#.6869

LET'S MEET
SWF, 25, 5'8", 110lbs., fun to be with, student, enjoys sports, hiking, picnics, seeks fun-loving, happy SM. Ad#.9224

FASCINATING
SWF, 36, 5'1", 110lbs., blonde hair, bluish eyes, adventurous, spontaneous, likes cards, reading, movies, dancing, seeks good-hearted, slender, fit SM. Ad#.9410

FAMILY-ORIENTED
SW mom, 27, 5'3", full-figured, honest, straightforward, caring, romantic, affectionate, enjoys reading, dancing, walks, seeks trustworthy, stable SM. Ad#.9783

DREAM COME TRUE
Delightful SWF, 32, 5'2", 90lbs., easy to get along with, mechanically inclined, loves sports, outdoor activities, dancing, wants to meet an honest, faithful SF, to share a compatible relationship. Ad#.3547

NEW ADVENTURES
Humorous, employed SWF, 27, 5'3", short hair, hazel eyes, N/S, enjoys sports, photography, seeking caring, romantic SM. Ad#.9547

GLEAMING EYES
SWF, 41, 5'7", brown hair, blue eyes, easygoing, enjoys outdoor recreation, playing cards, dancing, seeking honest, humorous SM, with good qualities. Ad#.5287

SHAPELY & SMART
Slender SWF, 32, happy-go-lucky, enjoys sports, outdoor activities, fishing, seeks faithful, honest, trustworthy SF, to share a life full of smiles with. Ad#.1455

FULL OF FUN!
Bubbly SWF, 46, 5'4", blonde hair, brown eyes, employed, enjoys cooking, people, seeks honest, conversational SM. Ad#.6465

LIVE FOR TODAY
SWF, 41, 5'7", short brown hair, blue eyes, sense of humor, enjoys camping, fishing, playing cards, seeks accepting, honest, humorous SM. Ad#.9264

I'M LOOKING
Friendly, funny SWF, 24, 5'8", brown hair, green eyes, hobbies are joking around, going to bars, computers, seeks loyal, trustworthy, honest, reliable SM. Ad#.9611

PLAIN JANE
SWF, 27, 5'3", N/S, brown hair, spontaneous, outgoing, humorous, employed, enjoys sports, photography, seeks caring, fun SM, N/S, who is easy to get along with. Ad#.9836

VERY HAPPY
SW mom, 20, 5'10", blue-eyed blonde, outgoing, articulate, intelligent, employed, enjoys volleyball, music, time with daughter, seeks intelligent, kind, honest SM. Ad#.8613

LOOKING
SF, 24, 5'6", 150lbs., long brown hair, brown eyes, unemployed, likes sports, watching TV, seeks SF. Ad#.8270

BE DARING, CALL
Fun-loving, delightful SWF, 34, full-figured, enjoys country music, dancing, movies, seeks honest, clean-shaven, employed, friendly SM, for dating. Ad#.8858

TAURUS GAL
Easygoing SWF, 28, 5'7", blonde hair, blue eyes, employed, enjoys long walks, movies, outdoor activities, seeking honest, down-to-earth, loyal SM. Ad#.1550

VOLUPTUOUS
SWF, 47, red hair, outgoing, professional, enjoys cooking, gardening, taking walks, reading, dancing, seeking communicative, caring, warm SM, to spend life with. Ad#.7594

INQUISITIVE MIND
Fun, straightforward SW mom, 30, 5'7", average build, trustworthy, enjoys talking on the phone, cooking, dancing, dining out, seeks mature, reliable, truthful SM, who loves kids. Ad#.8658

MEET FOR COFFEE
SWF, 57, 5'7", brown hair, glasses, pleasant, loving, employed, likes the outdoors, talking, travel, seeks understanding, romantic, honest, caring SM. Ad#.8056

GREGARIOUS
SW mom of two, 20, 5'5", 170lbs., brown hair, fun-loving, student, enjoys downhill skiing, walking, movies, seeks open-minded, fun-loving SM, who likes children. Ad#.3842

ACTIVE & BUSY
Attractive, truthful SW mom, 21, 5'8", brown hair, blue eyes, relaxed, enjoys reading, writing poetry, kids movies, seeks sincere, honest, communicative SM. Ad#.9644

COMPATIBLE?
Easygoing SWF, 42, 5'4", blondish hair, green eyes, employed, enjoys reading, taking walks, dancing, seeks honest, communicative SM. Ad#.3634

GET TO KNOW ME
Intelligent SWF, 33, 5'10", 160lbs., long brown hair, blue eyes, employed, enjoys playing darts, cards, exercising, seeking honest, sincere, loyal SM. Ad#.3443

HOPELESS ROMANTIC
Bubbly, fun-loving SWF, 39, 5'2", salt and pepper hair, blue eyes, witty, enjoys camping, long walks, cuddling, country music, seeks caring, family-oriented, affectionate SM, who likes kids. Ad#.9917

BECOME FRIENDS FIRST
Open, honest SWF, 22, 5'5", average build, bluish-green eyes, educated, enjoys playing sports, music, outdoor activities, wants to meet a SM, who is easy to get along with. Ad#.8656

NEEDS A LITTLE TLC
Gentle SWF, 62, attractive blonde, classy dresser, enjoys good conversations, quiet evenings, knitting, crafts, seeks honest, trustworthy, sincere S gentleman. Ad#.7360

LOVES FINE DINING
Happy-go-lucky, romantic SWF, 39, 5'2", nice smile, can be serious, loves joking around, walks, cooking, crafts, seeks intelligent, caring, stable, good-looking SM, with no dependents. Ad#.2855

HAPPY & HEALTHY
Adventurous SWF, 54, 5'3", 120lbs., blue-eyed blonde, enjoys golf, gardening, home life, music, cards, seeks relationship with an open-minded, caring, warm, content SM, who's also healthy. Ad#.9438

ANYTHING IN COMMON?
Outgoing SWF, 52, 5'4", blonde, blue eyes, N/S, social drinker, loves people, animals, talks, travel, movies, dining, walks, seeks sincere, romantic, secure SM, to share ups & downs. Ad#.5535

FROM DAY ONE!
Caring, honest SWF, 24, 5'8", brown hair, green eyes, enjoys movies, sports, seeking kind, caring, committed SM. Ad#.4395

SOCIALLY AWARE
SWF, 46, 5'5", blonde hair, blue eyes, enjoys skiing, skating, bowling, seeking communicate, caring SM. Ad#.9875

FOR CASUAL DATING
Professional SWF, 39, petite, dark auburn hair, green eyes, N/S, social drinker, loves country music, dancing, board games, most sports, interested in meeting honest, sincere SM. Ad#.4391

LIKES TO SPOIL PEOPLE
Very petite, attractive SWF, 36, 5'3", blonde hair, hazel eyes, loves sports, music, movies, candlelight dinners, seeking SM, for soul mate. Ad#.8849

LIKES TO LAUGH
Outgoing, fun-loving SWF, 30, 5'5", 130lbs, brown hair/eyes, nurse, enjoys walks, the outdoors, seeks positive, humorous, carefree SM. Ad#.8920

Males Seeking
Call
1-900-451-3959 Ext. 12
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FOR FUN TIMES
Pleasant, fun SWM, 25, 5'8", 150lbs., brown hair/eyes, employed, enjoys all kinds of sports, long walks, seeks SF, with similar interests. Ad#.8585

HOME FOR THE SUMMER
Tall, slim SWM, 25, student, enjoys golfing, hockey, movies, seeks open-minded, adventurous SM, who's fun to be with. Ad#.9096

GOOD TO KNOW
Good-looking SWM, 25, 5'10", employed, enjoys biking, taking walks, movies, hanging out with friends, seeks down-to-earth, honest SM. Ad#.8326

SPUR OF THE MOMENT
Spontaneous SWM, 37, 6', 175lbs., brown hair, blue eyes, enjoys snowmobiling, sports, fishing, camping, seeks marriage-minded SF, with a good sense of humor. Ad#.6290

WILL BE THERE FOR YOU!
SW dad, 37, 6'1", 185lbs., red hair, loves the outdoors, fishing, hunting, hiking, golf, hockey, baseball, painting, seeks honest, humorous SF. Ad#.9934

ADVENTURESOME
Professional SWM, 48, 5'10", 210lbs., humorous, outgoing, enjoys motorcycling, camping, the outdoors, seeks honest, friendly, spontaneous SF. Ad#.8158

WILL CALL YOU
SWM, 40, 6'3", 190lbs., blond hair, blue eyes, shy, likes the outdoors, tennis, country living, seeks honest, caring, attractive SF. Ad#.7478

LIFELONG HOPES
Shy-natured, sensitive SWM, 40, 5'9", 135lbs., romantic, enjoys sports, model building, seeks honest, affectionate, loving SF, to relate with. Ad#.3797

FOR WHO I AM
Quiet, employed SWM, 33, 5'10", 185lbs., short dirty blond hair, blue eyes, enjoys working on cars, sports, seeking honest, trustworthy SF. Ad#.8916

LOVER OF LIFE
Quiet, professional SWM, 45, 5'8", 150lbs., beard, physically fit, enjoys fishing, skiing, hunting, canoeing, seeking personable, fit SF, who likes kids and animals. Ad#.3789

LOOK NO FURTHER
Lovable SWM, 55, 5'10", black hair, brown eyes, enjoys horses, bowling, traveling, dining out, seeking a slim, beautiful SF, who also likes sports. Ad#.1167

WORKS DAYS
Nice-looking, easygoing SWM, 33, 6'1", 175lbs., doesn't mind joking around, likes many outdoor activities, seeks a dependable SM, for friendship, possible relationship. Ad#.1917

LOVES BOATING
Professional SWM, 34, 5'11", 180lbs., likes to be spontaneous, enjoys water sports, the outdoors, seeking a straightforward SF, who feels comfortable with people. Ad#.4312

JUST THE BASICS
SWM, 38, 5'10", dark brown hair, blue eyes, employed, enjoys long walks in the woods, seeking truthful, open, honest SF, moms okay. Ad#.1367

DOWN-TO-EARTH
Easygoing, employed SM, 39, 6', 185lbs., brown hair, green eyes, enjoys golfing, hockey, baseball, long walks, seeking understanding, communicative SF. Ad#.5209

IS IT FATE?
Hardworking SWM, 43, 5'5", 180lbs., black hair, brown eyes, employed, enjoys traveling, swimming, music, seeking honest, fun-loving SF. Ad#.2008

COMMUNICATIVE?
SWM, 29, 5'4", 165lbs., brown hair, blue eyes, fun-loving, outgoing, enjoys walks, cooking, outdoor activities, dancing, seeks honest, good-humored SM. Ad#.8066

JOLLY SOUL
SWM, 47, 5'8", 200lbs., full head of hair, friendly, happy, enjoys fishing, golf, boating, stock car races, seeks honest, caring S/DF. Ad#.1771

SHARE MY TIME
Slim SWM, 43, short hair, shy at first, enjoys working on radios, the outdoors, sports events, seeking nice, friendly, sweet SF. Ad#.5269

NEW ADVENTURES
Soft-hearted SWM, 38, 6', 190lbs., brown hair, green eyes, attractive, enjoys horseback riding, rollerblading, biking, seeking personable, romantic SF. Ad#.8746

MISSING PERFUME
Professional SWM, 55, 5'9", 175lbs., N/S, social drinker, fun-loving, hobbies range from dining out, fishing trips, seeks open-minded, adventurous SF. Ad#.6755

PLEASANT SMILES
SWF, 37, 5'8", trim build, happy-go-lucky, good-humored, employed, hobbies are movies, reading, dancing, seeks honest, compassionate, witty SF. Ad#.5876

NICE & HANDSOME
Chipper SWM, 33, 6', 160lbs., brown hair/eyes, employed, enjoys his boat, fishing, sports, outdoor recreation, seeks bright, well-rounded, pretty SF. Ad#.2102

LOVES CHILDREN
SW dad, 37, 6', 180lbs., outgoing, shy, enjoys fishing, cooking, horseback riding, seeks honest, straightforward SF. Ad#.7930

DETERMINED
Witty, passionate SWM, 38, 6', 165lbs., brown hair, blue eyes, mustache, physically fit, employed, enjoys his children, the outdoors, reading, movies, seeks honest, attractive, listening, slim SF. Ad#.8019

FROM THE HEART
Humorous, helpful SWM, 26, 5'10", bulky, strong, enjoys sports, building models, walking, playing cards, seeks honest, attractive, funny, talkative SF. Ad#.9731

SETTLING DOWN
SWM, 40, 5'10", 150lbs., brown hair/eyes, retired, likes quiet times, swimming, woodworking, politics, seeks dependable, understanding, sincere, truthful, thoughtful, considerate SF. Ad#.9215

DON'T ARGUE!
East Indian SM, 25, 5'8", 175lbs., brown hair, hazel eyes, friendly, humorous, enjoys working on cars, camping, some sports, seeks easygoing, sociable SF. Ad#.2255

COMMON GROUND
Athletic, easygoing, employed SWM, 25, 5'10", 175lbs., brown hair, hazel eyes, enjoys sports, movies, dancing, seeking communicative SF, athletic a plus. Ad#.4586

TO BE CONTENT
Friendly SWM, 44, 5'7", 170lbs., brown hair/eyes, likes fishing, hunting, playing cards, looking for an honest SF, who likes to talk and is interested in a long-term relationship. Ad#.9525

ENTERTAINING
Witty SWM, 39, 5'9", 160lbs., golden blond hair, blue eyes, enjoys working out, cycling, shooting pool, looking for an easygoing, attractive SF, who is serious about looking for a possible relationship. Ad#.9005

FOR TRUE LOVE
Very truthful SM, 37, 6'2", 190lbs., light brown hair, green eyes, enjoys the outdoors, quiet times, a glass of white wine, seeks a compatible SF, who has good morals and values. Ad#.2304

I FIX CARS
Tall, blond SWM, 47, heavy build, in good shape, clever, thoughtful, articulate, enjoys travel, dining out, movies, seeks sensible, even-tempered SF. Ad#.2113

COMMUNICATION
Humorous SM, 36, 6'2", 190lbs., brown hair, bluish-green eyes, enjoys reading, walks, the outdoors, seeking sincere, honest, monogamous SF. Ad#.4304

CAN'T GO WRONG!
Caring, honest SWM, 33, 5'9", 165lbs., well-built, goatee, secure job, enjoys working around the house, skating, sailing, walking, looking for an honest SM, for relationship based on friendship. Ad#.5772

NEW BEGINNINGS
SWM, 39, 5'9", 140lbs., light brown hair, blue eyes, enjoys music, reading, board games, walking, wants to meet a sensitive, N/S SF, who is willing to give a new relationship a chance. Ad#.9290

GREAT OUTLOOK
Attractive SWM, 35, 5'10", spontaneous, enjoys a lot of outdoor activities, sports, looking for a good-looking SM, who wants to enjoy every moment as it comes. Ad#.7276

DEPEND ON ME
Humorous, outgoing SWM, 30, 6'1", 175lbs., curly brown hair, green eyes, honest, likes boating, fishing, mountain biking, hiking, seeks truthful, outgoing, attractive SM. Ad#.9457

COUNTRY LIVING
Fit SWM, 34, self-employed, enjoys movies, reading, TV, gardening, seeking honest, trustworthy SF, to share quality time. Ad#.9510

LOVES CHILDREN
SWM, 47, 5'6", 150lbs, brown hair, blue eyes, easygoing, enjoys watching sports, auto racing, the outdoors, seeks honest SF, for quality time. Ad#.8372

GET TO KNOW ME
Tall, outgoing, employed SWM, 27, light brown hair, blue eyes, enjoys darts, shooting pool, swimming, seeking honest, outgoing, trustworthy SF. Ad#.6710

ARE YOU THE ONE?
SWM, 35, 6'2", brown hair, hazel eyes, outgoing, romantic, enjoys long romantic walks, star gazing, cuddling on the couch, seeks honest, compatible SF. Ad#.2092

HAS A GOOD JOB
Easygoing, fun-loving SWM, 39, 5'11", 155lbs., doesn't drink very much, drug-free, enjoys bowling, boating, skiing, skating, wants to meet honest, caring SF, with a good sense of humor. Ad#.1847

HEART OF GOLD
SWM, 37, 6', blond hair, blue eyes, outgoing, likes to laugh, enjoys camping, hiking, sports, seeks friendly, trustworthy SF. Ad#.4066

READY TO SETTLE?
Fun-loving SWM, 35, 5'11", blond hair, blue eyes, enjoys camping, fishing, hiking, seeks honest, trustworthy, compassionate SF, who will be there for him. Ad#.5973

PERSONALLY YOURS
SWM, 34, 5'2", blond hair, blue eyes, humorous, optimistic, enjoys golf, tennis, weightlifting, seeks funny, open-minded, communicative SF. Ad#.1944

TAKE A CHANCE
SWM, 30, 5'8", 160lbs., honest, communicative, romantic, affectionate, enjoys TV, movies, music, seeks honest, outspoken, understanding SF. Ad#.3091

HAS A BIG HEART
Funny DWM, 32, 6', 170lbs., employed, likes doing reasonable things on the spur of the moment, looking for honest SF, willing to compromise and talk. Ad#.7295

HONESTY A MUST!
Outgoing, employed SWM, 37, 5'10", 200lbs., dark brown hair, blue eyes, enjoys long walks, movies, the beach, seeks fun-loving, romantic SF. Ad#.1340

COMPATIBLE INTERESTS?
Fun-loving WM, 28, 6'2", 210lbs., brown hair, blue eyes, self-employed, enjoys skiing, the outdoors, seeking easygoing, communicative M. Ad#.1749

SOFT-SPOKEN
Good-looking SWM, 39, 5'11", 163lbs., self-employed, enjoys fishing, camping, swimming, quiet times, sports, TV, music, seeks attractive SM. Ad#.8204

STOP! RESPOND!
SWM, 27, 5'5", 130lbs., brown hair, blue eyes, employed, enjoys art, photography, seeking SF, with a good personality, for fun times. Ad#.7809

SHY TENDENCIES
SWM, 29, 5'11", 175lbs., brownish-blond hair, employed, enjoys reading, cooking, antiques, seeks honest, caring SM, to share interests with. Ad#.9800

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THE LUNG ASSOCIATION

The Lung Association to Prevent Hospital Admissions for Asthmatics

With cases of asthma on the rise, The Lung Association in increasing its efforts to provide support and education for asthmatics and their families.

"We know that if people with asthma are properly informed about how to manage their disease, it is less likely they will end up in hospital as a result of an asthma attack," says Catherine Sabourin, spokesperson for The Lung Association. "With hospital closures across Ontario, we need to be sure asthmatics receive the most current and pertinent information available, in order to cope with their disease and live as safely as possible with it," she says.

Asthma is an inflammation of the airways, resulting in mucus congestion and narrow, obstructed airways. Its symptoms are coughing, shortness of breath and wheezing. It affects at least one in five children and one in ten adults across Canada, and is on the rise.

The Lung Association is currently raising funds through its Asthma Appeal, to fund education and support programs for adults and children with asthma in local communities.

The Association is also actively partnering with hospitals, other health organizations, schools and senior support centres to offer the appropriate asthma education as needed. Some of the programs available to the public are: • The Air Force Asthma Program • The Breathe Easy Program • The About Asthma School Program and • The Asthma Intervention Seminars.

Asthma is the number one reason children are admitted to hospital. In 1994, more than 12,000 children 19 years old and under were admitted to hospital for asthma. A total of 27,000 children were admitted for all forms of respiratory illnesses.

Children five years old and under had the highest rates: in 1994/95, 9.5 out of every 1,000 children were in hospital due to asthma alone. However, admission rates for all children with asthma have declined since 1990, according to Dr. Teresa To, Senior Scientist for the Institute for Clinical Evaluative Sciences in Ontario (ICES).

Across Canada hospitalization and all direct and indirect costs for asthma amount to $953 million each year. Each visit to hospital for asthma costs about $800. If the person is admitted to hospital, an average five-day stay can cost about $7,000, according to the Canadian Medical Association (CMA).

The Lung Association is among Canada's oldest health organizations, first established in 1900 to prevent the spread of tuberculosis. Today, The Lung Association works to prevent and treat all forms of lung disease. It is not a part of the United Way and is funded solely by personal and corporate donations. The Asthma Appeal is The Lung Association's most important fundraiser for asthma.

Now that you know that asthma is the number one reason children are admitted to hospital, please help us to reduce the costs and risks of asthma in our communities. Watch for your asthma appeal package to come in the mail. Your donation will help The Lung Association ensure children and adults with asthma live as normal a life as possible because ... When You Can't Breathe, Nothing Else Matters!

To make a donation or for further information on asthma and other lung disease, please call our community office at 932-4999 or 1-800-450-5202.

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Walking Your Way to Better Bones

Everyone can take steps to prevent the fragile bones of osteoporosis. Along with a calcium-rich diet, regular physical activity is an important prevention strategy to maximize peak bone mass in younger years, and help maintain bone mass later on.

Building better bones with exercise

Weight-bearing exercises, meaning those that support body weight, are the most effective for preventing osteoporosis. Bones respond to this type of exercise by increasing in mass in order to spread the weight load over a larger area or greater amount of bone. Weight-bearing exercises include walking, tennis, dancing, stair climbing and aerobics.

Walking is the most frequently recommended and most popular weight-bearing activity. It does not require any special skills or equipment, it's free, and it can be done almost anywhere, any time and by just about anyone, regardless of age.

Ten walking tips

1. Make walking a part of your daily routine.
2. If you don't like to exercise alone, find another person to walk with so that you can motivate each other.
3. If your activities are of moderate intensity, such as walking you'll probably be able to exercise daily. If you find this tiring initially, try the activity every other day.
4. Everyone is busy, but try to be physically active for at least 30 minutes each day. You can even split this up into two sessions - a 15 minute walk in the morning and a 15 minute walk in the evening, for example.
5. Before you start to walk, stretch out the main muscle groups you will be using (arms, shoulders and legs) then start off walking slowly to give your body time to warm up. If there is any reason why you think you cannot exercise, you may wish to consult your physician.
6. While walking, hold your head upright, with a relaxed neck. Look about 25 feet in front of you as your focal point. Keep your shoulders low and relaxed. To gain added fitness benefit, pump your arms from the shoulder.
7. If you feel pain while walking or exercising, stop. Pain may mean a problem that needs attending to, so don't follow the "No pain, no gain" philosophy.
8. Any activity that you do should be vigorous but not so demanding that you can't talk when doing it.
9. If you're new to certain activities, seeking advice from those who currently participate in them or who teach them can be helpful.
10. Enjoy! Exercise is meant to be a pleasure. It should be your contemplative time or socializing time. View exercise as a gift, a right, a privilege and have fun with it. Let it be a time of celebration of being alive.

Stay active

Osteoporosis does not have to be part of aging. Bone mass, muscle strength, flexibility and coordination all improve with exercise. Being physically active helps you to feel better and get more out of life - have fun trying different activities and you'll find the exercise that's right for you.

BOAT TIPS

(NC)—Be an Enviro Boater: Exercise special care in shallow water and close to wetlands. These areas are the nesting areas, spawning grounds and habitat for many species of wildlife. Slow down and, if possible, stay clear of these areas.

1-888-CPS-BOAT.

Canada's Osteoporosis Walk "The COW Walk"

Moooo...ve your bones in May by joining Canada's Osteoporosis Walk. Taking place in 65 communities across the country, the five kilometre fitness walks and race walk relay will raise funds to help Canadians learn how to prevent osteoporosis and to improve appropriate access to bone density testing. To find out more about Canada's Osteoporosis Walk dates and locations, or for more information about osteoporosis, please call the Osteoporosis Society of Canada at 1-800-463-6842.

Obituaries

BOOTS - Barbara Louise

Passed away at the Hotel Dieu Hospital on Friday, March 14th, 1997.

Mrs. Barbara Louise Boots, in her 56th year, born in Kahnawake, Quebec, of Cornwall Island.

Dear daughter of Alice Stalk and the late Joseph Snow.

Beloved wife of Joseph A. Boots.

Loving mother of Gerald, Bernadine and Jennifer Boots, all at home.

Dear sister of Robert Snow (Phyllis), Harold, Wallace, Gary and Gerald Snow, Carol Morrison, Alice (Mrs. Sac McCumber), Susan Snow and Jennifer Kennedy, all of Kahnawake, Lloyd Snow (Linda) of Kentucky and Allen Snow (Bonnie) of Baltimore.

The funeral took place on Monday, March 17th, 1997 from the Community Centre, Cornwall Island, to St. Regis Church, St. Regis, Quebec. Spring interment in the Parish Cemetery. Reverend George Belgarde of St. Regis Church officiated.

The pallbearers were Marvin McCumber, Nathane Jock, Mark Boots, Darcy Day, Frank Cree and Edward Papineau.

BOURASSA - Jean-Marc

Passed away at the Cornwall General Hospital on Friday, March 14th, 1997.

Mr. Jean-Marc Bourassa, in his 55th year, born in Victoriaville, Quebec, formerly of 1427 Cumberland Street.

Dear son of the late Henri Bourassa and the late Rosalma Guevin.

Beloved husband of Sylvie Pagé.

Loving father of Guylaine Bourassa of Montreal, Quebec; Chantal and Caroline Bourassa, both of Cornwall.

Dear brother of Bertrand Bourassa and Gaetan Bourassa (husband of Pierrette), both of Montreal, Quebec; Rejeanne (Mrs. Gilles Roy) of Chateauguay, Quebec; Pauline Travers of Lachine, Quebec and Jocelyne bourassa of Quebec City.

Loving grandfather of five grandchildren.

Predeceased by one grandson, Jean-Marc.

Mr. Bourassa was formerly employed at the Transport Canada Training Institute.

Mr. Bourassa was cremated, the funeral arrangements were under the care and direction of the Boulerice Funeral Home Ltd., 218 Montreal Road, Cornwall.

SECOURS - Albert Arthur

Passed away at Parisien Manor on Thursday, March 13th, 1997.

Mr. Albert Arthur Secours, in his 84th year, born in Alexandria, Ontario, formerly of 625 Glengarry Boulevard, Apt. #411.

Dear son of the late Oscar Secours and the late Roseanna Theoret.

Beloved husband of Aline Cuierrier.

Loving father of Gisele (Mrs. Jean Robert Blais) of Cornwall.

Loving grandfather of Carole and Diane Blais, both of Cornwall.

Dear brother of Miss Eva Secours of Montreal, Quebec; Mrs. Berthe Ouellette and Mrs. Dorine Lajoie, both of Alexandria; Soeur Jeanne Secours A.C.O. of Ottawa; Mrs. Cecile Roy of Montreal, Quebec and Isidore Secours (Eveline) of Alexandria.

Dear brother-in-law of Georgette and Therese Secours.

Predeceased by three brothers, Wilfrid, Emile and Marcel Secours.

The funeral took place on Wednesday, March 26th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., East Branch to St. Felix de Valois Church, Cornwall, followed by cremation. Reverend Gerald Poirier officiated, assisted by Reverend Roger Desrosiers and Reverend Denis Vaillancourt.

The pallbearers were Raymond Lajoie, Royal Secours, Claude Ouellette, Richard Lalonde, Roger Lalonde and Bernard Cuierrier.

SAUVE - Marie *Olivia*

Passed away at St. Joseph's Villa on Tuesday, March 11th, 1997.

Mrs. Marie *Olivia* Sauve, in her 103rd year, born in Curran, Ontario, formerly of 139 Carleton Street.

Dear daughter of the late Jean-Baptiste Chatelain and the late Mathilda Seguin.

Beloved wife of the late Rene Sauve.

Loving mother of Simon Sauve (Jeanne) of St. Eugene; Raymond Sauve (Jeanne D'Arc) of Valleyfield, Quebec; Jean Louis Sauve (Beatrice) of Gatineau, Quebec; Jean Eudes Sauve (Claire) of Dollard-des-Ormeaux, Quebec; Jacques Sauve (Jeannine) of Montreal, Quebec; Madeleine (Mrs. Frank Calarco) of North Bay; Mrs. Jeannine Glass of Oakville; Mrs. Agathe Ravary; Carmen (Mrs. Edouard Struthers) and Charlotte (Mrs. Jean-Guy Gauthier), all of Cornwall and Mrs. Lucille Marcoux of Ste-Foy, Quebec.

Also survived by twenty-seven grandchildren, thirty-seven great grandchildren and by one great great grandchild.

Predeceased by seven brothers, Josephus, Jean, Arthur, Bruno, Oscar, Adrien and Gonzague Chatelain and by three sisters, Mrs. Eva McAllister, Mrs. Berthe Belanger and Miss Agnes Chatelain.

The funeral took place on Friday, March 14th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., East Branch to St. Felix de Valois Church, Cornwall. Spring interment in St. Eugene Parish Cemetery, St. Eugene, Ontario. Reverend Roger Desrosiers of St. Felix de Valois Church officiated, assisted by Reverend Raymond Dumoulin, Reverend Gerald Poirier and Reverend Gordon Villeneuve.

The pallbearers were Pierre Sauve, Jean-Francois Sauve, Sylvain Sauve, Richard Sauve, Andre Gauthier and Stephane Struthers.

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Obituaries

BOURGET - Leo

Passed away at his residence on Wednesday, March 12th, 1997.

Mr. Leo Bourget, in his 79th year, born in Lachine, Quebec.

Dear son of the late John Bourget and the late Lizzie Pecore.

Beloved husband of the late Blanche Vaillancourt.

Loving father of John Bourget of Lavaltrie, Quebec; Joan (Mrs. Gary Pruner) of Belleville, Ontario and Bonita (Mrs. Roger Cadieux) of Orleans, Ontario.

Dear brother of Rita (Mrs. Thomas Dixon) of Cornwall.

Loving grandfather of four grandchildren, Douglas and Scott Pruner, Christiane and Stephane Bourget and one great grandson, Isaac Pruner.

Predeceased by one brother, Vernon Bourget.

The funeral took place on Saturday, March 15th, 1997 from the Boulerice Funeral Home Ltd., to St. Columban's Church, followed by cremation. Reverend Kevin Maloney of St. Columban's Church officiated.

The pallbearers were members of the Nativity Guards.

Mr. Bourget was formerly employed at Canadian Cottons and Courtaulds Canada Ltd.

BURKE - Joyce Helen

Passed away at the Parisien Manor on Tuesday, March 18th, 1997.

Mrs. Joyce Helen Burke, in her 67th year, born in Maxville, Ontario, formerly of Gloucester Street.

Dear daughter of the late Ruskin Burgess and the late Hilda Unsworth.

Beloved wife of Harold A. Burke.

Dear sister of Albert (Abby) Burgess (Marian) and Douglas Burgess (Vivianne), both of Cornwall; Tommy Burgess (Beverly) of Montreal, Quebec; Terry Burgess (Nancy) of Ottawa and Gladys (Mrs. David Theoret) of Williamstown.

Also survived by many nieces, nephews, great nieces and great nephews.

A private funeral took place on Thursday, March 20th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., East Branch, followed by cremation.

CARMICHAEL - John (Jack) V.

Passed away at the Cornwall General Hospital on Saturday, March 15th, 1997.

Mr. John (Jack) V. Carmichael, born in Saskatoon, Saskatchewan, of 24 Augustus Street, Cornwall.

Beloved husband of Frances Carmichael (nee Hickey).

Dear son of the late John V. (Sr.) Carmichael and the late Leilah May Baldwin.

Dear brothers of Verlie (Mrs. Tom Wood) of Calgary and a brother and sister-in-law, George and Nancy Hickey of Ingleside.

The funeral was held on Tuesday, March 18th, 1997 from McArthur Bros. & MacNeil Ltd. Funeral Home, 428 Second Street East, Cornwall to Trinity Anglican Church. Spring interment in St. Lawrence Valley Union Cemetery, Ingleside. The Venerable Ross Moulton of Trinity Anglican Church officiated.

The pallbearers were members of the Cornwall Navy Veteran's Association.

Mr. Carmichael was a member of Trinity Anglican Church and a Life Member of both the Cornwall District Navy Club and the Royal Canadian Legion, Branch 297. He was a retired employee of Northern Electric Company in Montreal.

COLEMAN - Frederick (Fred) William

Passed away at the Versa Care Centre on Friday, March 14th, 1997.

Mr. Frederick (Fred) William Coleman, age 93 years, born in MacMillan's Corners, of Island Road, R.R. #2 Martintown.

Beloved husband of the late Violet Colbran.

Dear son of the late Henry Coleman and the late Catherine Marren.

Loving father of Lillian (Mrs. Vincent Fraser) of Martintown; Robert Coleman (husband of Vivian) of Long Sault and Verna (Mrs. Ronald MacDiarmid) of Apple Hill.

Loving grandfather of eight grandchildren and ten great grandchildren.

Dear brother of Grace (Mrs. Clem Major) of Montreal, Quebec.

Dear father-in-law of Marlene Coleman.

Predeceased by two sons, Kenneth and Linden Coleman; three brothers, Marren, Calvin and Harry Coleman and by two sisters, Bernice Coleman and Hilda Fraser.

The funeral was held on Monday, March 17th, 1997 from the McArthur Bros. & MacNeil Ltd. Funeral Home, 428 Second Street East, Cornwall to the Chapel of the Funeral Home. Spring interment in North Branch Cemetery, Martintown. Reverend Fred Rennie of St. John's Presbyterian Church officiated.

LEVERE - Wilfred

Mr. Wilfred Levere passed away at his residence on Tuesday, March 11th, 1997.

Beloved husband of Dorothy (nee Martell).

Dear son of the late Ira Levere and the late Hilda Keeler.

Loving father of Hilda Burke of Cornwall; Cathy Levere of Cornwall; Alfred (and his wife Holly) of Cornwall; Liz Levere of Cornwall; Wilfred Jr. of Trenton; Judith Levere of Burlington and Carol Levere of Cornwall.

Also survived by four grandchildren.

Predeceased by two brothers, Harry and Alfred.

The funeral was held on Thursday, March 13th, 1997 from the Derry Funeral Home Inc., 326 Augustus Street, Cornwall to the Parlour of the Funeral Home. Spring interment in Woodlawn Cemetery. Reverend Janet Evans of St. Andrew's-St. Mark's Church, Long Sault officiated.

Mr. Levere was a retired employee of Domtar Fine Papers.

LAROCHE - Robert (Bob) Joseph Henry

Passed away at the Hotel Dieu Hospital on Wednesday, March 12th, 1997.

Mr. Robert (Bob) Joseph Henry Laroche, in his 65th year, born in Cornwall, of Cornwall.

Dear son of the late Charles Laroche and the late Germaine Dupuis.

Beloved husband of Lucienne (Lucy) Langevin.

Dear step-father of Glen Hooker (Terri) of Cornwall and Jack Hooker (Denise) of Lunenburg.

Dear grandfather of Derek and Trevor Hooker, both of Cornwall.

Dear brother of Theresa (Mrs. John Jenkins) of Norfolk, New York and Jacqueline (Mrs. William Dorion) of Cornwall.

Also survived by many nieces and nephews.

Predeceased by one brother, Lucien Laroche.

The funeral took place on Saturday, March 15th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to the Memorial Chapel, Cornwall, followed by cremation.

Mr. Laroche was a retired Pfizer employee.

MARTEL - Anita Gertrude

Passed away at the Versa Care Centre on Monday, March 17th, 1997.

Mrs. Anita Gertrude Martel, in her 77th year, born in Cornwall, formerly of 306 Guy Street.

Dear daughter of the late Xavier Beaulieu and the late Rosina Poirier.

Beloved wife of Adelard Martel.

Loving mother of Richard Martel (Jeannette); Helene (Mrs. Wayne Lafave) and Bernie Martel (Claudette), all of Cornwall.

Dear sister of Laurier Beaulieu (Georgette) of Cornwall and Blanche (Mrs. Reginald Nadeau) of Massena, New York.

Dear sister-in-law of Mrs. Verna Beaulieu and Marguerite (Mrs. Rene Proulx), both of Cornwall.

Loving grandmother of seven grandchildren and five great grandchildren. Also survived by several nieces and nephews.

Predeceased by one daughter, Del Rose Martel; four brothers, Lucien, Bernard, Gerard and Lionel Beaulieu and by one sister, Mrs. Fernande Laurin.

The funeral took place on Thursday, March 20th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., East Branch to St. Felix de Valois Church, Cornwall. Spring interment in Nativity Parish Cemetery. Reverend Roger Desrosiers of St. Felix de Valois Church officiated.

The pallbearers were the Nativity Guards.

RUSSELL - Gerald F.

Passed away at St. Mary's of the Lake Hospital, Kingston, Ontario, on Saturday, March 15th, 1997. Mr. Gerald F. Russell, in his 83rd year, born in Montreal, Quebec, of 843 Kilburn Street, Kingston.

Dear son of the late Charles Felix Russell and the late Bridget Forrest.

Beloved husband of Vernice Amell.

Loving father of Edward Russell (Carolyn); Geraldine (Mrs. Bernie Moran) and Carol (Mrs. Don Moran), all of Kingston; Sheila (Mrs. Don Brown) of Cornwall; Sister Helen Russell C.J.S. of Cross Lake, Manitoba and Jack Russell (Pam) of Cobourg.

Dear father-in-law of Ian Kerr of Grande Cache, Alberta.

Sadly missed by nineteen grandchildren and seven great grandchildren.

Predeceased by one daughter, Janice Kerr; one brother, John and by one sister, Helen.

The funeral took place on Tuesday, March 18th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to Blessed Sacrament Church, Cornwall. Spring interment in St. Andrew's Parish Cemetery. Reverend Kelvin Maloney of Blessed Sacrament Church officiated, assisted by Father Joe Moran of Purification B.V.M. of Lindsay, Ontario.

The pallbearers were Jeff Moran, Greg Moran, Dale Russell, Shane Russell, Kevin Brown and John Kerr.

BARON-SMITH - Christina

Passed away at the Glen-Stor-Dun Lodge on Thursday, March 20th, 1997.

Mrs. Christina Baron-Smith, age 101 years, born in London, England, formerly of R.R. #1 Cornwall, Ontario.

Beloved wife of the late Wilfred Baron-Smith.

Dear daughter of the late Thomas W. Gittins and the late Jemina Stewart.

She will be sadly missed by two great nieces, Gloria Allaston (and her friend Gary Gratton) of Cornwall; and Sheila (Mrs. William Adams) of Montreal; two nieces, Gladys Telford and Shirley Williams, both of Montreal and by two nephews, Robert Williams of Calgary and Earl Williams (and his wife Marg) of Vancouver.

Predeceased by four brothers and by one sister.

The funeral was held on Saturday, March 22nd, 1997 from McArthur Bros. & MacNeil Ltd. Funeral Home & Chapel, 428 Second Street East, Cornwall to Trinity Anglican Church. Spring interment in Woodlawn Cemetery. Reverend Joyce Blackburn of Trinity Anglican Church officiated.

The pallbearers were members of the family and the funeral home.

RUSSELL - Clifford "Buzz"

Passed away in hospital on Sunday, March 16th, 1997.

Mr. Clifford "Buzz" Russell, in his 73rd year, born in Cornwall, of 42 Vimy Avenue.

Dear son of the late William Russell and the late Mary Stain.

Beloved husband of Shirley (nee Primeau).

Loving father of Robert Russell (Rita); Barbara (Mrs. Ray Lacelle) and Ann (Mrs. Wayne Primeau), all of Cornwall.

Also survived by eight grandchildren and ten great grandchildren.

Predeceased by one brother, John Russell and by three sisters, Edith, Alzina and Evaline.

The funeral took place on Wednesday, March 16th, 1997 from the M. John Sullivan Funeral Home, 341 Pitt Street, to Blessed Sacrament Roman Catholic Church, Cornwall, for Mass at 11 a.m. Reverend Kelvin Maloney, Pastor of Blessed Sacrament Parish officiated. Spring interment in Notre Dame Cemetery.

The pallbearers were Jason Russell, Eric Cain, Tony and Rodney Beauclair and Steven and Allan Primeau.

Mr. Russell was a Veteran of the Canadian Army. He was a Gunner in the Royal Canadian Artillery. Mr. Russell was discharged on January 10th, 1946 and was awarded in respect of service during the war the Defence Medal and the Canadian Volunteer Service Medal & Clasp.

KIRKEY - Andrew Hugh

Passed away at the Hotel Dieu Hospital on Thursday, March 20th, 1997.

Mr. Andrew Hugh Kirkey, born in Cornwall of Purcell Road, Cornwall.

Beloved husband of Vivian Kirkey (nee MacDonald.)

Dear son of the late Herman Kirkey and the late Margaret Burns.

Loving father of Sharon Kirkey of Cornwall.

Dear brother of Roy, Pat, Theo and Ashley Kirkey.

Loving grandfather of three grandchildren and one great grandchild.

Predeceased by his granddaughter, Kathy Lynn Lafleur.

The funeral was held on Monday, March 24th, 1997 from McArthur Bros. & MacNeil Ltd. Funeral Home, 428 Second Street East, Cornwall to Precious Blood Church. Spring interment in Notre Dame Cemetery. Reverend Denis Vaillancourt of Precious Blood Church officiated.

The pallbearers were Mark Lafleur, Bob Lafleur, John Oelsner, Jim and John Kirkey and Harvey James.

Mr. Kirkey was retired from Dominion Automobile Association. He was a member of the Corinthian Lodge #669, Cornwall.

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"People Helping People"

Bridge Results

Independent Bridge Club
April 23/97

N/S
1. Vera Boland - Max Kerrebyn
2. Ben Bouvier - Madan Seth
3. Yolande Boutin - Ida Cadieux

E/W
1. Georgette Lauzon - Grace Leroux
2. Fern Emerton - Louis Rioux
3. Lillias Bond - Roy Parmalee

Cornwall & District Bridge Club
April 24/97

N/S
1. Barbara Taylor - Richard Baird
2. Margaret & David Grieve
3. Richard Fawthrop - Ron Jenne
4. Charles Lawn - Louis Rioux

Senior Citizen's Bridge Club
April 25/97
Section A

N/S
1. Dora Barrington - Mildred Cleary
2. Mabel Chan - Terry Forsyth
3. Kay Colbran - Jean Forbes

E/W
1. Norma & Fern Blain
2. Ben Bouvier - Madan Seth
3. Margaret Kennedy - Jeannine Leroux

Section B

N/S
1. Joyce Harrison - Pat McIntosh
2. Yvonne Bergeron - Emma Farlinger
3. Ida Cadieux - Ruth Edgerton

E/W
1. Hermine Ladouceur - Lyette Ladouceur
2. Gloria Blanchard - Rita Strathers
3. Grace Leroux - Pauline Pinard

Seaway City Bridge Club
April 28/97

N/S
1. Georgette Beaulieu - Peggy Seymour
2. Yolande Boutin - Jessie Boyd
3. Kay & Mel Colbran

E/W
1. Fern Emerton - Emma Farlinger
2. Georgette Lauzon - Brunelle MacDonald
3. June Anderson - Ida Cadieux

No bridge next Monday afternoon
May 5 - Chateau

Cornwall Community Bridge Club
April 28/97

1. Bob Dalgleish - Steve Lassner
2. Margaret Campbell - David Grieve
3. Margaret Evans - Maureen Walker } tie
4. Margaret Grieve - Barbara Taylor } tie

Are You Headed for a Broken Heart?

Helpful Tips on How to Exercise Your Way to a Healthy Heart

Do you think it is time to make your lifestyle more active?

If you do, perhaps this information can help to get an active heart:

- ❤ Choose an activity you'll enJoy
- ❤ Set goals for yourself
- ❤ Create a program and schedule for your activity
- ❤ Start small—don't worry about what you think you should be doing, just do what you can that is an appropriate type of activity
- ❤ Give your program time to become a habit
- ❤ Let people know what you're doing—ask for their support and encouragement
- ❤ Include family or friends in your activity
- ❤ Support your activity program by making your whole lifestyle more active

For more information on heart healthy activities, contact your local chapter of the Heart and Stroke Foundation of Ontario.

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Sofabeds from	$399	Bedroom suites from	$449	Family size fridges from	$699
A/V Units from	$109	Mattresses from	$99	30" ranges from	$499

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