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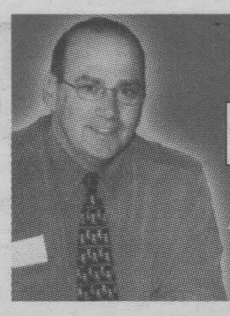

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SEAWAY NEWS

October 4, 2002 Volume 16, Issue 41 Serving Cornwall and Area www.cornwallseawaynews.com

Laidlaw Stages Survival For CHEO

Laidlaw Education Services is holding their Third Annual Survivor Weekend Friday to Sunday, October 18th to 20th, 2002. The local bus company will be using four buses at three different locations: Wal-Mart, A&P (east end) and the ESSO station in Lancaster.

"So far we have 10 drivers, three local staff and two head office survivors for our weekend," stated Chris Robinson, Fundraising Coordinator. "Last year we successfully raised over $3,500 for the Children's Hospital of Eastern Ontario and that was with only one bus at one location. With the community's help this year, we hope to exceed that. The CHEO bear will be making a few appearances at the locations. We are also planning a competition between the two buses at Wal-Mart which will house the drivers in one bus and management in the other."

At the press conference, Pascalina's Dance Studio owner Ginette Laplante and student Veronique Montpetit, who was diagnosed with cancer in January 2000 and has been a patient at CHEO many times, donated the first cheque of $100 to this event.

"We would like to extend a challenge to all the other busing companies and to local businesses to help children like Veronique and donate on the Survivor Weekend," added Chris Robinson. "All contributions will be going to a great cause."

Laidlaw's Survivor Weekend for CHEO will be held from Friday to Sunday, October 18th, 19th and 20th, 2002 at three different locations. To kick off the event, drivers and management gathered at the depot for the first donation to the event by Pascalina's Dance Studio. In the back are: (left to right) Carole MacNaughton, Pauline Armstrong, Ginette Laplante (driver and owner of Pascalina's Dance Studio), Veronique Montpetit (student of Pascalina's and a CHEO patient) giving Laidlaw's Fundraising Coordinator Chris Robinson the donation, Bonnie Baudet, and Laura Bolduc. Kneeling in front are: Cheryl McDonald, David Goddard (Branch Manager For Cornwall's Laidlaw), and Helénè Gilmore. Photo by Chris McPhee



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PARADISE CELEBRATES ITS 6TH ANNIVERSARY IN LUXURY AND STYLE

Paradise Health and Fitness Club will be celebrating its sixth anniversary in style during the month of October. With the latest 7,000 square foot expansion, including a 30' by 60' heated swimming pool, Paradise Health and Fitness Club has invested $500,000 transforming itself into a premiere health facility, a far cry from its humble beginnings six years ago. Unique to the area, Paradise is currently completing Phase Three of an extensive expansion plan conceived by Dan Champagne, sole owner and General Manager.

"Paradise now covers 24,000 square feet and is considered a luxurious, year-round fitness and resort spa," says Dan Champagne. "This past year we've expanded both the ladies and men's change rooms, creating comfortable private individual rooms. We've replaced the mat floor with tropical terra cotta tiles, commissioned a theme mural in the lobby painted by famed artist David Yeatsman and redesigned the interior with the help of designer Ann-Marie Brunet to promote a more relaxed, spa environment for our members."

Paradise Health and Fitness Club also offers a state-of-the-art, low impact floating floor for the group fitness classes. These fitness classes have grown to over 40 per week including pilates teaching and yoga with new instructor, Lisa Beaupre. Designed to appeal to all age groups and fitness levels, Paradise offers a variety of fitness classes under the direction of Marilyn Parisien, Group Fitness Director. "Marilyn brings to Paradise years of experience in the fitness field and has increased the interest and attendance in group fitness classes significantly," adds Champagne.

"In addition to new equipment purchased this year, we take the most pride in our latest project, a complete outdoor fitness environment with a completion date of Spring 2003," states Dan. "Our outdoor complex will include a beautiful 30' by 60' heated pool, an outdoor running and walking track, five beach volleyball courts and a fully functional beverage hut by the pool." This outdoor fitness complex will be the only fitness centre in the area offering access to a pool for aqua fitness classes along with the capability of four lap lanes as well as recreational swimming for the entire family. Both family and individual pool memberships will be offered from one to five months at a 50 percent discount until March 1st, 2003.

Paradise Health and Fitness Club recognizes the need to offer a variety of fitness activities and is clearly investing in the future of the community. "Motivating our members and encouraging them to commit to fitness throughout the year is our priority and we are changing the standards for fitness clubs. Six years ago we opened our doors with the intention of growing and look where we are today," adds Champagne.

Paradise offers more than simply fitness to the community. Clients can tan in one of their five tanning beds including Cornwall's largest stand-up tanning booth, or schedule an appointment for a massage or facial. There is a hot tub, sauna and exclusive eucalyptus steam room. Paradise was the first club to recognize the need for an on-site daycare service and as a multi-functional, one-level fitness centre, offers wheelchair accessibility to all the fitness equipment and activities.

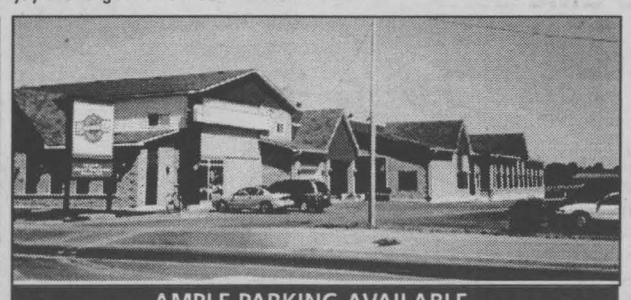
As for the price to enjoy the largest and most luxurious fitness club between Ottawa and Montréal, it's not only reasonable but amazing given all the benefits membership with this exclusive fitness facility offers. "In celebration of our sixth anniversary, during the month of October only, you can join Paradise Health and Fitness Club for just $6, no strings attached. If you commit to joining for one year before Sunday, October 20th, 2002 we'll give you three free months, keeping in mind you are already paying $100+ less than our closest competitor," says Dan Champagne.

Paradise is the only fitness centre to offer a free program with your membership. Above and beyond the initial guidance that you will receive, there are several professional training programs and personal trainers at your disposal to ensure that all your fitness goals will be met. Personal trainers help regulate, motivate and evaluate your personal progress as you strive to reach your fitness goals. Taking into consideration the high quality of service and the luxurious atmosphere, this premiere fitness club offers members the most value for their money.

At most clubs, parking is problematic. At Paradise, parking is never an issue with expanded parking facilities to accommodate up to 100 vehicles.

"To summarize our mission statement, Paradise is all about client satisfaction. Our customers come first and we will continuously strive to improve our service and facilities so that we can ensure our members remain committed to living a fit and healthy lifestyle," says Dan. "Without our health...what do we ultimately have? Fitness should be a priority in people's lives."


EXOTIC, TROPICAL & SPACIOUS LOBBY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PARADISE FITNESS CLUB



LOCAL

Local Author Visits Writers Group



Local Author, Tom Todd, paid a visit for the evening with the Tell Tale Writer's Block writing group. Tom Todd is the Author of "Hooked On Nature," which contains drawings and written glimpses of the flora and fauna in the area. The author spoke to the members about his journey of creating the self-published book. The writing group meets at the Cornwall Public Library the fourth Thursday of every month and discusses aspects of the writing craft.

In the photo, Tom Todd shows members Marilyn Ault (Vice-Chair) and Carol Fraser (on right) some of the details in his book.

Photo by Chris McPhee

Time To Pay Up!



Scott Virtue

If you are one of the 6,800 outstanding Provincial Offences Act fines owed in Cornwall, your days are numbered. The $2 million in outstanding accounts, just in the City of Cornwall, on the desk of Scott Virtue, Collections Officer for the Provincial Offences Court Office, will soon be sent into the court system.

"We are in the process of filing Certificates of Default through the courts on all of our outstanding accounts," commented Scott Virtue. "We sent out almost 3,000 letters and 80 percent were returned due to unknown addresses. So, for those who have been waiting for a letter, come down to the office at 26 Pitt Street and arrange a method of payment with me. If the person is approved by the Justice of the Peace, they will be placed into the current accounts and they will not be further pursued. So either you discuss the matter of payment with me or you're going to be sued. There is no middle ground."

The Ontario government transferred the responsibility of collecting the $7 million in POA violations in the three United Counties of SD&G to the municipality last year. They are now responsible for violations from the Highway Traffic Act, Compulsory Automobile Insurance Act, Liquor Licence Act, Trespass to Property Act, and City/County Infractions under the noise bylaw and animal care bylaw. If a ticket holder does not make contact with the local office in a short period of time, their failure to act could result in a suspension of their driver's licence, garnishment of wages, or having a lien registered against their property.

"The files run from as far back as 1978, and even if it is 30 years old, it is a convicted offense and will not go away," continued Scott Virtue. "We are getting aggressive and we are not going to wait. The idea is for everyone to be forewarned before we go to court. Once we receive the Certificate of Default, there will be interest added to the account, which will be kept track of by the Small Claims Court. So, now is the time to come in and make arrangements. Things can be done if they come in now. If an honest effort is being made, I will go to bat for them. I do not turn people away."

Avonmore Fall Harvest Day

There will be a few new faces in Avonmore during the Thanksgiving Weekend...over 1,200 new faces to be exact! On Saturday, October 12th, 2002 the community of Avonmore invites everyone to their fun-filled, action-packed Fall Harvest Day. You too can be a part of Avonmore's attempt to break the Guinness World Record for the Largest Display of Scarecrows! Even now, all around the village you can see groups of scarecrows assembling – the scarecrow teachers welcoming students, scarecrows scaling verandahs, scarecrows dangling out of windows, wedding party scarecrows, ring-around-the-rosy scarecrows, scarecrows on hay bales, scarecrows in lawn chairs...the possibilities are endless...and more and more are arriving each day! On Fall Harvest Day, all scarecrows are congregating and registering at the Avonmore Fairgrounds for the official count at 4 p.m.

Leading up to Fall Harvest Day, the CJOH weather report will be broadcast live from Roxmore Public School on Friday evening, October 11th, 2002. Saturday, October 12th, 2002 events include the fireman's breakfast from 7 to 10 a.m. at the Avonmore Community Centre, musical entertainment throughout the day, pumpkin races, bobbing for apples 'Fear Factor' style, pumpkin seed spitting contest, a chili cook-off, the children's craft area with face and pumpkin painting, volleyball tournament, dance from 9 p.m. to 1 a.m. with Eddie and The Stingrays, draws, photographs and prizes...and, of course, a chance to build and enter your own scarecrow!

Event organizer, Adelle Densham says, "It's wonderful to see a community pulling together like this. This promises to be a fun and memorable day for everyone." Proceeds from the Fall Harvest Day will go towards the tile drainage and beautification of Roxmore Public School's playground which is frequently too wet to use during the spring and mild winter days. The goal is to secure a usable playground year-round, and then create a 'Nature's Playground' where students can learn about nature and how to take care of their environment in a stimulating and healthy setting.

Help set a world record for the largest display of scarecrows while enjoying a terrific family outing on Thanksgiving Weekend!

Colts Owners To Address Business Association

A local business success story will be showcased next Tuesday, October 8th, 2002 when Cornwall Colts owners Allan and Brenda Wagar address the regular monthly meeting of the Cornwall Business Association.

The Wagars purchased the Cornwall Colts, a bankrupt Junior "A" hockey franchise in the Central Junior Hockey League in November, 1997. In five years, the team has competed in the CJHL finals four times, winning two championships. They won the Fred Page Cup in 2000 and went on to represent Eastern Canada at the National Championships, the Royal Bank Cup, in Fort McMurray, Alberta. In 2003, they will host the Fred Page Cup in Cornwall. Allan currently has the highest winning percentage as a Coach in CJHL and the team holds the best attendance records in the league.

Allan (owner of Wagar's Pest Control Ltd.) and Brenda (a Chartered Accountant with Wagar and Holland LLP) will speak about the unique challenges of operating a sports franchise and how the discipline of following good business practices has provided them with success both on and off the ice.

The meeting takes place at 6:30 p.m. at the Best Western Parkway Inn.

The Cornwall Business Association holds dinner meetings every second Tuesday of the month at the Best Western Parkway Inn at 6:30 p.m. Meetings are informative yet informal, and guests are always welcome.



Pictured above, Allan and Brenda Wagar, owners of the Cornwall Colts.
Photo submitted by G. Shaver

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96 GMC Yukon, Stk.#P2198A, 4 dr., loaded, Vortec 350 motor, ... $17,995
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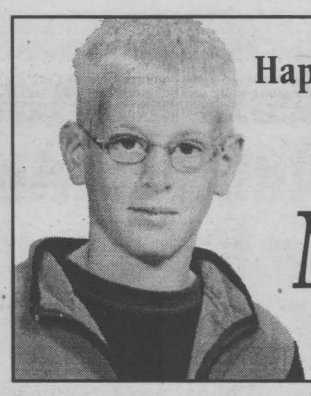
DEADLINE: TUESDAY - 5 P.M.



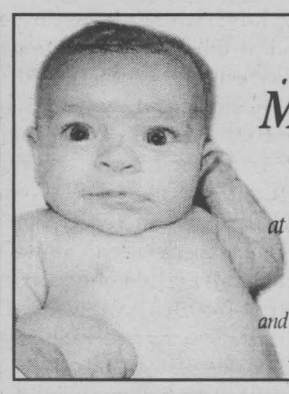
Happy 13th Birthday
Dylan Munro
celebrating on October 5th
Love Mom, Dad, Brock & Shelby



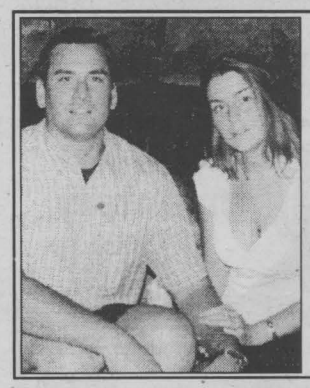
Happy 1st Wedding Anniversary
Cal & Lee-Ann
celebrating on October 5th
We love you
Mom & Dad, Carl & Lisa



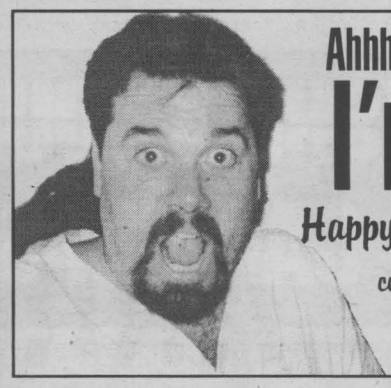
Sakes Alive ...
Bill Pelkey is 65!
celebrating on October 5th
Love, your family



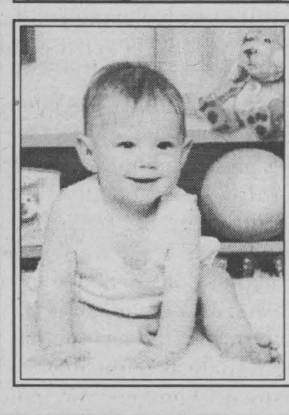
Liane & Michael Kastely
welcome with great joy the birth of
Madeline Florence
Maddie was born on
Tuesday, June 17th, 2002
at the Peterborough Regional Health Centre
weighing 8 lbs., 4 ozs.
First grandchild for Richard Lamarche
and Sue & Brian Casselman and third grandchild
for Peggy & Steve Kastely, all of Cornwall



Mixed Party
in honour of
Barb Filion
daughter of Mr. & Mrs. Rejean Mayer
and Robert Filion
and
Jamie André
son of Mr. & Mrs. Réo André
Saturday, October 5th, 2002
Civic Complex 9pm-2am
D.J. ~ Light Lunch ~ Everyone Welcome



Ahhh... Can It Be?
I'm 40!
Happy Birthday Brian
celebrating on October 5th
Love Ya! Monica, Brittany & Lindsay



Happy 1st Birthday
to our little pumpkin
Hailey Forgues Borden
celebrating on October 4th
With lots of love,
Mommy, Bridgette, Dakota,
Nana, Papa Borden and Uncle Brad

LOCAL

Operation Impact - Canada's Police Services Working Together

Last year over 2,900 people were killed in crashes on Canada's roads. These deaths can be prevented. The Cornwall Community Police Service will be joining over 220 police services in communities throughout Canada, all working together to remove high risk drivers from our roadways. Operation Impact will take place on Saturday, October 5th, 2002. Operation Impact is a national, coast-to-coast, traffic safety enforcement program, presented in partnership with the Canadian Association of Chiefs of Police, the Police Services of Canada and Transport Canada.

The high risk driver is described as an individual that persistently engages in a range of behaviours such as impaired driving, non-use of seatbelts and excessive speeding. This year Operation Impact will focus on three key areas: those who drink and drive, (alcohol is a factor in one of every three drivers killed), those who do not buckle up, (last year 850 fatally injured occupants were unbelted at the time of the collision) and those who are at-risk road users. (Use caution when approaching pedestrians walking or crossing roadways, leave extra space when overtaking cyclists and motorcyclists. Stay Alert!).



Constable Don Petryna, holding a radar gun.
Photo submitted by B. Paquin

"The goal of this campaign is to reduce the deaths and injuries on our highways through traffic enforcement and road safety education," says Staff Sergeant D'Arcy Dupuis, adding that "last year the Cornwall Community Police Service stopped more than 700 vehicles, charging 31 people with seatbelt offences, issued 14 speeding tickets and another seven Highway Traffic Act related charges." A RIDE program conducted also resulted in three people being given a 12-hour suspension for drinking and driving offences.

The Cornwall Community Police Service will again participate in this 24-hour nationwide initiative by assigning personnel to radar and seatbelt enforcement, conducting RIDE programs and monitoring intersections for high risk drivers. Community Services Officers Cst. Gary Leger and Marc Bissonnette will assist with a child car seat clinic along with their partners from the Ontario Health Unit and the Cornwall Fire Department. The clinic will be hosted by Zellers, located at 1390 Second Street East between 10 a.m. and 2 p.m. on Saturday, October 5th, 2002. The goal of the child car seat clinic is to provide parents with specially trained people to inspect the installation of their child's car seat.

Started in 1991, Operation Impact continues as Canada's only national police-based strategy aimed at enhancing safety on our highways.

A Call For Religious Poems From Cornwall Area Poets

A $1,000 grand prize is being offered in a special religious poetry contest sponsored by the New Jersey Rainbow Poets, free to anyone who has ever written a poem. There are 50 prizes in all totaling almost $5,000. The deadline for entering is Thursday, October 31st, 2002.

To enter, send one poem only of 21 lines or less to: Free Poetry Contest, 103 N. Wood Ave., PMB 70, Linden, New Jersey 07036. Or enter online at www.rainbowpoets.com.

"We think great religious poems can inspire achievement," says Frederick Young, the organization's Contest Director. "Our desire is to inspire amateur poets and we think this competition will accomplish that. Ontario has produced many wonderful poets over the years and we'd like to discover new ones from the Cornwall area."

10th Anniversary CELEBRATION
Saturday, Oct. 5th
9:30 am
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Worldfest Alive And Well!

Paul Lemieux, President of Worldfest has confirmed that there will be a full festival next year which will run from Tuesday, July 15th to Saturday, July 19th, 2003. As in years past, the official opening will follow the Parade of Nations on Tuesday, July 15th, 2003 and the festival will close with the Grand Finale at Aultsville Hall on Saturday, July 19th, 2003.

It was emphasized that the 2003 edition of the festival would be a full festival with at least five and perhaps as many as seven international groups. It will run for a full five days with the same type of program as has been offered in the past. This is in stark contrast to 2002 when there was an abbreviated version of the festival which basically lasted only two days and involved only participation in Youth Day, Seniors Day and the Cabaret. The decision to cut back the festival this year had been made following the 2001 festival, the aim being to concentrate on raising funds as well as replenishing volunteer energies with a view towards a bigger and better festival in 2003.

"Volunteers are the key to any organization, especially one such as ours," said Lemieux. "Once again we will be looking for host families, guides and interpreters, people prepared to work at the gate and provide security, people with technical and carpentry skills to assist in putting up the stage and setting up the sound and light system. As well, we will need people with managerial and secretarial skills to man the office and coordinate all of the volunteers, arrange billeting, transportation and feeding of the performers, and ensure that the media are fully informed and up-to-date as to the day-to-day activities and schedule of the festival." Lemieux also indicated that the organization is conducting a continuing search for members of the community willing to sit on the board of directors and generally assist in ensuring that the festival remains viable and continues to offer to the population of Cornwall and the United Counties a glimpse into the many cultures of the world. "Every year we have great difficulty in maintaining continuity on the board of directors as it seems that too few people are left doing too much of the work and there is a serious burnout factor which comes into play. Hopefully the newest strategy which is to bring the festival to Cornwall on a bi-annual basis will promote the continuity and enthusiasm which we need from the dedicated members of the community who want to see the festival continue to thrive. We have seen too many special community events die out because of the lack of dedicated volunteers and Worldfest hopes to reverse that trend."

Worldfest will hold its general annual meeting at the Bob Turner Centre on Wednesday, October 9th, 2002 beginning at 7 p.m. Anyone interested in volunteering or participating at any level with the organization and implementation of the festival for 2003 should attend. "Detailed plans for the upcoming festival will be discussed and there will be some interesting developments which will be announced at that meeting. The annual meeting is not only an opportunity for interested members of the community to find out a little bit more about Worldfest, but is also important in that the annual election of board members will be conducted."

Anyone interested in sitting on the board should call the Worldfest office at 936-2222 or contact Paul Lemieux directly at 933-8338. "We hope to see a good turnout. We need to know that the community supports our efforts and that they are ready to participate and work at keeping the festival alive."

You Can't Defy The Laws Of Physics - Buckle Up

Think you can handle a low-impact collision? Think again. At 50 km/h, an 80 kg (176 lbs) person not wearing a seat belt will strike the inside of their vehicle with the force of 2,785 kg (6,127 lbs). Imagine the impact when traveling at greater highway speeds.

For a two-week period starting Saturday, September 28th, 2002 and running until Saturday, October 12th, 2002 officers of the Ontario Provincial Police will join with other police services across the Province to take part in the 2002 Fall Seatbelt Campaign.

During the Spring Seatbelt Campaign, officers from the OPP checked almost 860,000 vehicles with a total of 14,706 individuals charged for not wearing their seatbelt during this time. Officers also laid 281 charges regarding children not being properly secured in approved child restraint systems.

If you don't wear your seatbelt, think again. Seatbelts reduce your risk of fatal injury by 45 percent. Think a seatbelt traps you in? Think again. Seventy-five percent of people who are ejected from their vehicle die.

In support of child safety, the Dundas Road Safety Committee in cooperation with the members of the Eastern Ontario Health Unit, the Morrisburg Volunteer Fire Department, Canadian Tire Morrisburg, the Ontario Provincial Police, Cooperators Insurance, and the Morrisburg BIA, will be hosting a Child Seat Inspection Clinic at the Canadian Tire Store, County Road 2 in Morrisburg on Saturday, October 5th, 2002. The clinic will run from 10 a.m. until 2 p.m. Appointments are not required.

Crime Stoppers

Seaway Valley Crime Stoppers needs your help in conserving waterfowl populations in the Counties of Stormont, Dundas and Glengarry. Poaching by unethical hunters can seriously deplete this resource. These illegal activities include shooting birds over bait or at night, taking more than the legal number of birds, and offering meat for sale.

If you have any information on this crime or any other crime, call Crime Stoppers and if your information leads to an arrest, you will be entitled to a cash reward of up to $1,000.

Reward payments are set up to protect your anonymity. We do not have call display, we do not record conversations, and you are always anonymous. Call Crime Stoppers at 937-8477 and for long distance callers 1-800-222-8477.

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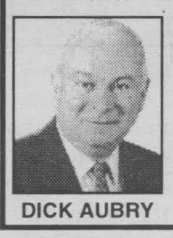
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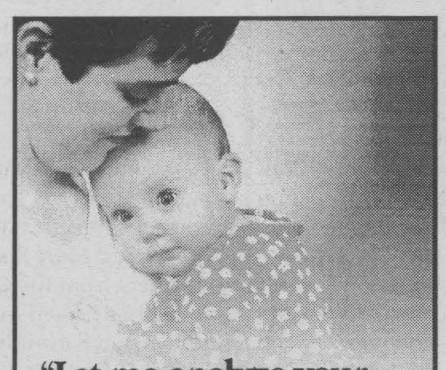
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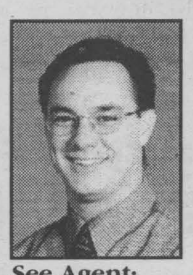
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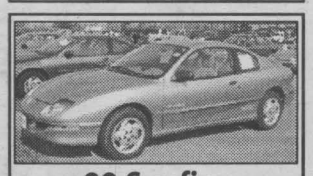
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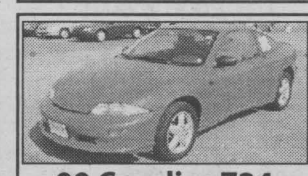
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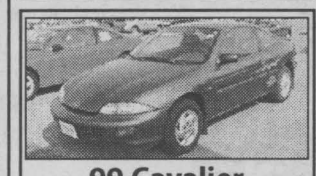
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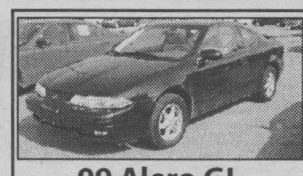
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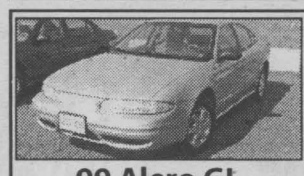
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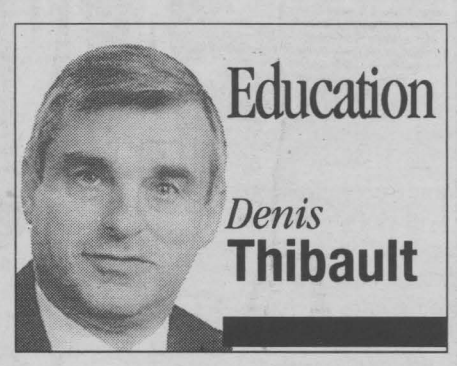
LOCAL

What Happened To Youth Who Left School?



What happened to the students who left school in the last few years? There is no simple answer – it seems to depend on the level of education they acquired. Obviously, university and college graduates most likely went on to better jobs or careers than those who left after grade 12 graduations. It is also a known fact that high school dropouts don't necessarily end up in fantastic jobs or positions.

Well let me try to paint a picture for you gleaned from the 'Youth Transition Survey 2000' paper completed for the Federal Government and other such sources of information. Our area is no different than most in Canada. Our unemployment rate is now likely lower than national and provincial average and the last census has shown that like most smaller cities or rural areas, we are losing our population to the larger centres.

• About 85 percent of 18 to 20 year olds across Canada had graduated from high school by age 20, while a small share (3.3 percent) were still in secondary school. (The dropout rate for Ontario youth at age 20 was 9.5 percent).

• Around 55 percent (only) of Ontario youth aged 18 to 20 who were no longer in high school had gone on to acquire post-secondary education as of December 1999. A small share of these individuals (2.0 percent) had already completed their education or training and a small share (4.2 percent) had dropped out of their post-secondary education programs.

• Overall across Canada, less than half of all post-secondary education participants from this group attended a community college, about one-third attended a university, and the balance attended some other type of post-secondary institution.

• The majority of high school dropouts (59.3 percent) were working full-time after they left, but a sizeable share (22.5 percent) had no job either because they were unemployed or because they were not in the labour force by choice.

• High school graduates without post-secondary education fared better than those those who had left before acquiring their high school diploma, but they were more likely to be working part-time.

• Post-secondary graduates had the best success in the labour market. A greater majority were employed full-time (63.1 percent) and fewer were without jobs (14.6 percent).

Unemployment rates declined for youth during the last decade. At first glance this trend suggests that more youth are finding jobs after they leave school. However, the employment rate (employment/population ratio) for youth in Ontario shows that fewer youth are actually working. In 2001, just over half of all youth in Ontario (57.4 percent) held jobs, compared to almost two-thirds in 1990 (65.5 percent).

Less educated youth also have higher and more volatile unemployment rates than more educated youth, according to this report.

Data from the 2001 Labour Force Survey for Ontario verifies that youth who did not complete high school had higher unemployment rates than more educated youth, as well as lower labour force participation rates.

The Expert Panel on Skills (1999) identified a mismatch between the skills required to perform many of the growing jobs in today's economy and the skills offered by youth.

The following is a breakdown of the status of 1999-2000 Ontario college graduates six months after they completed their programs:

• Employed full-time: 61.6 percent
• Employed part-time: 10.2 percent
• Employed (unknown if full-time or part-time): 1.3 percent
• Unemployed: 7.3 percent
• Not in the Labour Force: 19.6 percent

Thus, almost 93 percent of Ontario college graduates who had entered the labour force were employed six months after graduating from their programs of study. Almost 20 percent were not in the labour force for a variety of reasons – attending other school programs full-time, travelling, health reasons, family responsibilities, etc.

In 2000, the average unemployment rate for Ontario was 5.7 percent. The average unemployment rate for youth (aged 15 to 24) in Ontario in 2000 was 11.8 percent. The unemployment rate of 1999-2000 Ontario College graduates six months after graduation was 7.3 percent, according to this survey.

One study found that 1.5 percent of post-secondary graduates in 1995 moved to the United States between graduation and 1997, mainly for work-related reasons. About 12 percent of Doctorate graduates left for the United States. University graduates in health professions, engineering, applied sciences, mathematics, and physical scientists were more likely to relocate to the United States than other graduates were.

When male students drop out before high school graduation they end up employed in blue collar primary industries and processing occupations 62 percent and 28 percent were in white-collar clerical, sales and service jobs. Female leavers 40 percent were clustered in clerical, sales and service jobs with female leavers tending to be in service jobs.

More leavers (28 percent) than graduates (23 percent) received unemployment insurance. More leavers (18 percent) than graduates (8 percent) received social assistance or welfare. Many more female leavers (29 percent) than graduates (10 percent) received family allowance income. More high school leavers than graduates reported "rarely" or "never" engaging in most of the leisure time activities surveyed.

So if you are a student, focus on what has happened to others before you and use the information to help you decide your own future. If you are a parent, make sure that your almost adult children understand what the future can be without a good education. If you are one who dropped out before you completed your high school, college or university, find a way to get back into it.

If you dropped out of high school and want help getting your diploma, call me and I will make sure that I connect you with people who would love to help you. All you have to do is call me at 932-0210 or e-mail at denist@eotb-cfeo.on.ca.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LOCAL

Drama Festival In Cornwall

Cornwall's Vagabond Theatre company has been selected to host an interesting and entertaining theatre event in November. The Eastern Ontario Drama League One-Act Play Festival will take place in Cornwall's excellent Aultsville Theatre. The League is made up of 29 amateur theatre groups that produce shows at home and on the road.

The festival will consist of nine short performances at Aultsville. After each play a special drama expert known as "The Adjudicator" will make comments to the audience about the performances, stage set, props and so forth. Later, the adjudicator will meet privately with the people from each performing group in what is termed the Private Adjudication and give them more detailed and specific judgements.

Janet Irwin, writer, performer, director and producer, who is originally from Cornwall, will serve as adjudicator. For more information, contact Bob Rothgeb at 933-7323.

Medical Recruitment Team Optimistic

Cornwall's medical recruitment team were off once again to attract new physicians to the City. The week-long tour took the team from Ottawa to Kingston then on to London, Hamilton and Toronto.

The recent proposal from the Hotel Dieu Hospital may assist the team as it met with medical students and residents. While the Ministry decision is still pending, it would appear that Cornwall will have a progressive plan of action towards restructured health care facilities. Such a plan will serve the community for many years to come.

Dr. Raymond Legault, Director of Professional Services for Hotel Dieu Hospital is optimistic about the team's prospects. "With close to 100 Ontario communities seeking doctors, it is always a challenge. However, the community has many attributes we can use to attract physicians including our quality of life and proximity to Ottawa and Montréal. We are also optimistic that the health care proposal, if accepted, will help in our recruiting efforts."

Friendly Seaway Faces

Monique Latimer

from VIA Rail Canada



The friendly Seaway face this week brightens your day with a smile as she gives passengers their tickets to wayward destinations. Monique Latimer has been working in Cornwall for Via Rail Canada as a Ticket Sales Agent for the past five years. She is originally a Cornwall resident and has two sons, one working in Cornwall and the other in Brockville.

"I really enjoy my job because I get to meet so many friendly people," stated Monique. "Everyday is different, from meeting individuals to mass bookings like school trips or the Red Hat Society."

Story and photo by Chris McPhee

Chez Thérèse

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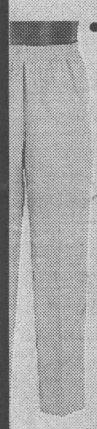

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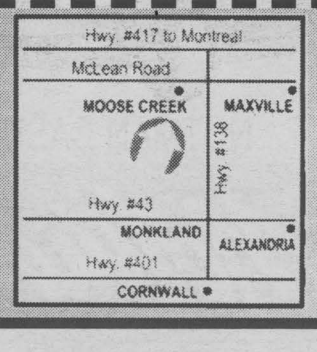

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EDITORIAL/OPINION

Anti- "Rape" Pamphlet Tells Me Feminists Are Going Overboard

Every year small gatherings of women take place in "Take Back the Night" marches to focus on the issue of women's safety.

Perspective



with Bob Roth

In most towns, the marches are very small. Is it because women don't care? Is it because they are afraid to come out and "take back the night?" I don't think so. I think it's because some feminists have pushed the issue too far. By exaggerating the situation, they have turned off many women.

Let me make this clear: the issue of violence against women is one that deserves attention. It is a real problem. But it seems impossible these days to have an informed, intelligent debate about this topic. To even suggest the issue is being blown out of proportion is to invite the hated epithet "male chauvinist pig."

Last week, however, I saw yet another example of how this issue is being distorted beyond the limits of common sense. I picked up a pamphlet at a police station called, "Some important things for women to know about sex and dating." It is published by the "Educational Campaign to Combat Date and Acquaintance Rape on College and University Campuses." The project pamphlet was funded by (who else) the Provincial and Federal governments.

The pamphlet lists a bunch of conditions that it considers to be "sexual assault." These include such things as: "had sex because you were forced physically or threatened with harm." I have absolutely no problem with that statement. It's clear, concise and accurate. But the pamphlet also claims a women has been sexually assaulted if she has "had sex with someone when you weren't really sure if you wanted to."

It is also sexual assault, the pamphlet says, if you "had sex with someone because you felt pressured to or feared you'd lose your relationship if you didn't."

If you met either of these two criteria, "you have experienced sex through pressure, coercion or force," the pamphlet says.

Now, come on. Both of those scenarios are examples of bad judgment or stupidity, but they do not qualify as forceful sexual assault. If a women "gives in" to a request for sexual intercourse because she - as an independent adult with a brain - chooses to do so, that is her choice. That's not force. The whole notion of courtship is that at some point someone has to make "an advance" or it would simply never happen. Making an "advance" and coercing a woman through threats or unwanted persistence is one thing. If the woman chooses to reciprocate because she doesn't want to "lose" a relationship, that's quite another matter, in my view.

It is precisely this tying together of real "violence" with the natural and inevitable consequences of the courtship ritual that bothers me. Equating "violence" with "pressure" inflates the statistics about violence against women. And, frankly, it insults the intelligence of females by suggesting they are emotionally weak creatures who need to be protected from exercising their own judgement. In that regard, the pamphlet, itself is a shining example of patronizing "male chauvinism."

Editor's Note: Letters To The Editor are always welcomed. Unfortunately, space is limited to print letters, therefore, please keep your letters to the point. Also, some issues and viewpoints change with time, therefore we will attempt to print all letters within 2 weeks. Letters dated after 14 days will not be printed.

Seaway News welcomes Letters To The Editor. Letters should be no longer than 200 words.

All letters are subject to editing and must bear the writer's name, address and phone number for verification.

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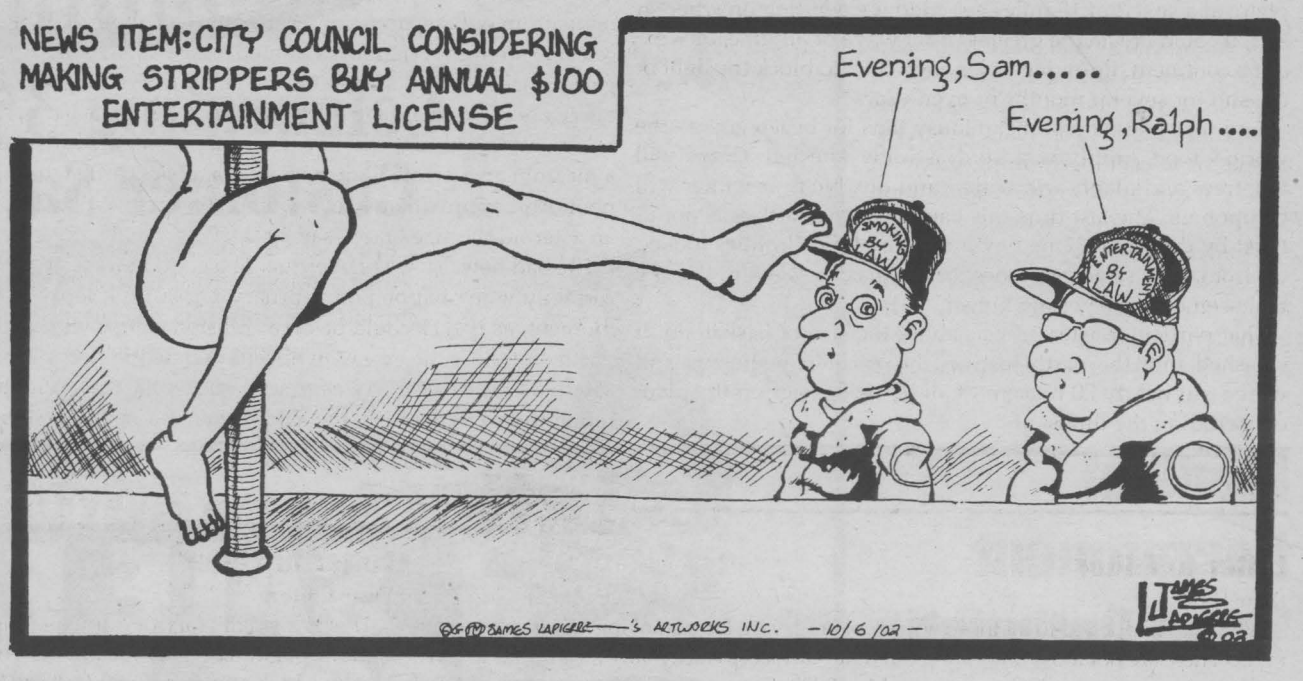

With Witmer And Manners, No Wonder Public Schools Are A Joke...

Meanwhile



with Fred Sagel
email: freds@canadianinstitute.com

I can't figure out who's spewing the most nonsense these days—Education Minister Elizabeth Witmer or high school union leader Earl Manners. Both of them sound absolutely nutty.

With characters like this at the helm, it helps me understand why our public school system is in such trouble and why so many parents keep complaining about the poor quality of learning their children receive.

The whole thing started earlier in the week when it was announced by the provincial testing body, the Education Quality and Accountability Office, that three-quarters of Ontario students have passed the first grade 10 literacy test that counts towards graduation—a jump of seven percent from the previous test.

But it was the reaction of Ms. Witmer and Mr. Manners that caught my attention even more.

Ms. Witmer's take on things? She was quoted as saying that "I'm...excited today that we have seen a significant achievement in the students in Ontario."

Huh?

She calls a 75 percent success rate in literacy at the grade 10 level a "significant achievement" in Ontario's learning atmosphere—an unbelievable statement at best. This is 2002. We've been in the midst of the information age for over 10 years now and we can only achieve 75 percent literacy?

Why would she boast about such poor results? Why doesn't she take blame for the incredibly poor students coming out of the public school and vow to do something about it? This is, remember, literacy—a very core function of learning.

Of course, she's comparing the results to the 68 percent who passed the school year before, when results did not count and schools suspected many students had not tried their best.

That result, by the way, shows you exactly how bad the whole rancid public education system really is—and how badly it lacks leadership at the top.

The public school unions, as usual, don't help at all. Instead of proposing concrete measures that might help such a dreadful situation they say that the results aren't credible, charging that the passing mark was lowered this year.

That's about all that Earl Manners, president of the OSSTF, could say. Even in that, he was dead wrong, as it turns out. But that's typical fare for these guys, who always put themselves and their own interests ahead of the what's good for the public.

Why wouldn't he call upon the government and his members—who teach the same illiterate students—to change the stakes and make education better? Not with more holidays and pay for teachers, the way he might propose, but with some tough measures that will ensure better learning—the kind most European countries have.

How can we possibly talk about educating our children for the future if 25 percent of them are illiterate? What kind of standard are we even talking about?

All of this raises anew a debate that has been stirring for a while now: why not pay teachers for performance?

The union, sticking to its greedy position, doesn't like merit pay. No wonder. If anybody else produced a failing grade—and literacy connotes that for certain—the way the high schools do, they'd be given the boot. The lack of merit pay excuses the terrible performance of those who run the system.

Why not tie teachers' pay to performance? It can be done—and it would make a lot of them actually start huffing and puffing to earn their pay cheques. That is well-confirmed in a new report just released called "Teacher Quality in Canada," which calls for a major overhaul of our educational learning environment.

Public education in this country, starting with this province, is in major trouble. It requires massive change. But that will never happen if we accept, as Ms. Witmer does, that a literacy rate of 75 percent is a "significant achievement."

When are we going to privatize education, abolish the unions, hold teachers more accountable and pay them properly?

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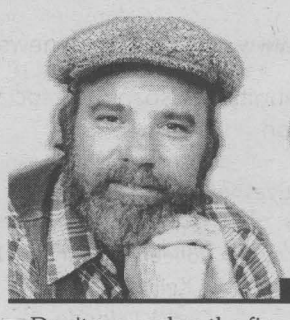

Basic Black

with Arthur Black

I don't know how far ahead you book events in your date calendar, but if I were you, I wouldn't bother filling in any appointments beyond February 1st, 2019. Because that's the day the world ends. At 11:47 a.m. Eastern Standard Time, to be precise.

I know, I know - you're full of questions - why so sudden; why weren't you told earlier; how will this affect your RRSPs? Relax. Uncle Artie will explain all.

It's all the fault of a large chunk of rock that goes by the folksy moniker of 2002NT7. It's a rogue asteroid orbiting our sun once every 837 days. It is about the size of a small Prairie town. At 11:47 on the morning of February 1st, 2019, just 17 years from now, calculations indicate that NT7, as it is familiarly known, should be crashing through the earth's atmosphere at a speed of 18 miles a second. Depending on where it hits, it could create the greatest tidal wave of all time, or wipe out a continent, throwing up enough dust to block the light of the sun for several months or even years.

And that doesn't just mean lousy tans for beach goers - the world's food supply will be drastically affected. Crops will fail; trees and plants will wither and die. Nuclear winter will be upon us. The last time this happened the earth was populated by dinosaurs. One day a couple of old Bronties looked up from their salad brunches and noticed a speck in the sky that seemed to be getting bigger.

That particular asteroid was about the size of Saskatoon. It smashed into the earth just off the Yucatan peninsula and wiped out nearly 70 percent of all living species on the planet, including the dinosaurs.

Don't remember the fireworks? No surprise. It happened 65 million years ago.

Yet we've been bombarded from space constantly, before and since. It's funny how little attention we pay to stuff falling on us from outer space - considering we get about 200 tons of celestial debris every day. Granted, most of it is just dust, galactic ice and tiny meteorites too small to even register, but every once in a while a lustier intergalactic gatecrasher barges in. Scientists estimate that every century or so, the earth takes a hit from an asteroid about the size of a backyard swimming pool. And approximately every 300,000 years we play host to an asteroid the size of, oh, say 2002NT7.

The bad news is: we're overdue. The good news is: it almost certainly won't happen on February 1st, 2019. It looks at the moment, as if NT7 could be on a collision course with planet Earth, but that's the case with dozens of potentially dangerous asteroids every year. As astronomers re-plot the orbits and refine their calculations, the odds against a head-on smack-down begin to lengthen. Doctor Benjamin Peiser of John Moores University in Liverpool, studies asteroids for a living. He has declared NT7 a mere flash in the pan. "In all likelihood, in a couple of months additional observations will eliminate (NT7) from the list of potential impacts" he says. "I am very confident that, "it is actually not on a collision course with Earth."

Which is good to know, for those of us who plan to be around 17 years from now. Still, if not then - when? And how much warning will we have? After all, these experts didn't even know that NT7 existed just a few short weeks ago. You have to wonder what else is lurking out there that they haven't noticed yet.

Such as 2002Everclear.

This is a giant gas cloud currently bumping around in the Aquila constellation and identified by three British astronomers just last year.

How giant? Would you believe 1,000 times larger than our own solar system? That's the big news. The even bigger news is: scientists have determined that this humongous gas cloud consists entirely of ethyl alcohol.

Enough ethyl alcohol that, were it bottled, they say, would result in 400 trillion, trillion pints of beer.

Why, that's enough to fuel three, even four Grey Cup weekends.

I hate to be a fatalist, but if we have to be hit by something from outer space, I know which intruder I'd choose.

Forget Armageddon - it's Miller Time.

Letters to the Editor

Letter to Editor

Dear Editor,

Whatever happened to all those non-smokers crying for a smoking ban in city restaurants? There are not too many eating out that I can see. In fact, many restaurants in town are suffering since the smoking ban in May 2002. I can name three in my end of town (the east end) that have been in the 'red' and had to lay off staff since the non-smoking law came into effect.

The truck stop in the northeast part of town isn't even half full at peak times and this place used to be packed every night.

There is a bright spot in the restaurant business, but they're both out of town. One restaurant in Glen Walter and another on Highway 138 are packed every night with Cornwall people who make the drive for a meal or a coffee and their cigarettes.

Well, looks like City Council made another boo-boo.

What happens when the smoking ban hits the bars next May? Hello Massena and Québec?

Cline Campbell

Letter to Editor

Dear Editor,

The Catholic Church has just suffered its first serious set of growing pains in 200 years.

There was no Catholic Church 200 years ago as Napoleon had utterly destroyed it. Started back up after a few years of limbo, She regained Her former glory and more. Recently She was forced to self-reflect, thanks to hundreds of sexual abuse to children charges. Forced out of child-like naivete by a shockload of reality. However, it is not a good thing to wallow in disillusionment.

Feeling sorry for yourself, self-pity, may be a necessary step, but better to feel sorry for others if they have suffered more than you. Far better yet is to recover and become part of a plan with a promise of a rebirth or awakening. One that will see that past mistakes are not repeated.

The reward here can be quite wonderful indeed. Instead of pretending to live in a little piece of Heaven-on-Earth, perhaps God will find us actually living like there was some Heaven right here on Earth in our lives.

Raven Van Leishout, Cornwall

Letter to Editor

Dear Editor,

Congratulations and thank you to Mr. Sagel for having the guts to speak the truth in his Seaway News article of September 27th, 2002.

It is refreshing to hear positive comments regarding the Germans instead of lamenting about the National Socialists (Nazis) of 60 years ago and constantly inciting hatred towards the Germans.

Thanks again!

M. Johl, Alexandria, Ontario

Letter to Editor

Dear Editor,

This is a small story of our experience camping in Grenville Park over the past 12 years.

In the beginning a lot of campers volunteered their time to help put in a new water system, new building, pot luck suppers, breakfasts, BINGO, etc. During a Park meeting in August of this year, we were told that if we did not volunteer our time and participate in functions, our deposit for the next year would not be accepted and we would not be welcome in this park.

A couple of hours after the meeting a letter was delivered to our trailer by the Park owner. The letter said our deposit would not be accepted for the next year. No explanation was given in this letter to say why the deposit would not be accepted. To this day we have had no explanation of this decision.

Is this the way Seniors are treated after years of cooperation and volunteering?

Vivian and Gerard Delorme, Brockville, Ontario

MORE LETTERS ON PG. 10



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Letters to the Editor

Letter to Editor

Dear Editor,

I would like to respond to John Irvine's letter to the editor (Seaway News, September 20th, 2002). I remind the readers that the primary goal of restructuring was to reduce costs and enhance service delivery by consolidating all acute care services on one site. The General Hospital, on several occasions, including a presentation to City Council, have made persuasive arguments in support of this concept. This principle has also been endorsed by the Medical Community and mandated by the Ministry of Health and Long Term Care (MOHLTC). I would also hope that we are not looking at hospital restructuring through the eyes of "General" supporters or "Hotel Dieu" supporters, but rather how we can maintain and enhance quality patient care in Cornwall and area.

The total cost of renovations and new construction on the Hotel Dieu site is $39 million. A further $12 million will be spent on new construction on York Street to house the complex continuing care beds (this makes available relatively new space in the Janet MacDonell Pavilion for acute care services). The total cost will be $51 million which is comparable in scope to the project on the table at $68 million. While the total savings between the projects is $17 million, the local community's share drops from $20 million to $10 million. We have an affordable project that can be implemented and meets or exceeds all standards. An equipment allowance of 20 percent of construction costs is also included. It is important for the reader to appreciate that the Ministry (MOHLTC) have professionals in place to ensure that these large capital projects meet standards. These same people are taking the responsibility of reviewing the projects presented to them.

The St. Joseph's Villa project, funded under a different formula, was to be rebuilt under both plans currently on the table. It will be paid for through the per diem construction allowance and internal corporate resources. The current cost estimate is $18.7 million, which has increased by almost $3 million from what was estimated with a 2001 start date. This should provide us with a warning that every delay means that both projects' costs are only going up.

Just as all the equipment and programs were to be transferred from the Hotel Dieu to the General under the first proposal, the new proposal calls for equipment transfers from both the Hotel Dieu and the General to the new corporation.

The new corporation will submit an operating plan with relevant financial details that the Ministry must approve. The two "old" corporations will have to negotiate with the Ministry to close out their books when the transfers occur. It would obviously not be the intent of the Hotel Dieu Corporation to transfer any former liability to the new corporation. Based on current information, the Hotel Dieu expects to balance our operating budget this year.

The timelines for full implementation are in the hands of the Ministry. We have said that with timely approvals, construction on York Street could begin in the Spring of 2003 and be complete in 12 to 18 months. Some transfers to McConnell could happen very quickly, but a guess on full implementation would be three to five years.

The McConnell proposal is silent on the use of the General site because this proposal sees all acute care services on one site. The General Hospital Corporation will decide what to do with their land and building, not the Hotel Dieu. Given the General's public statements that they will transfer all assets to the new corporation, this body will decide the best use.

The dialysis program, along with all of the equipment, will be transferred to the McConnell site. Space has been provided in our plan. The timing of the transfer will be decided by the new corporation, in the context of the overall plan as will all the other services and equipment mentioned in Mr. Irvine's letter.

The two proposals on the table both obviously have pros and cons. Both involve substantial renovations which necessarily means that trade-offs have been made. The guiding principles in selecting an option must be the initial criteria for restructuring. The project must be on one site, meet or exceed today's standards, provide for future development and be affordable. The McConnell proposal will satisfy all of these concerns.

For additional information on the RHSJ Proposal to the Ministry (MOHLTC), we invite you to visit our website at www.rhsjcornwall.ca.

Michael G. Warden, Chair,
RHSJ Health Centre of Cornwall

Letter to Editor

Dear Editor,

Now that the smoking bylaw has been in place for more than five months, on behalf of the members of the Cornwall and District Dental Society, I want to congratulate Cornwall City Council for taking such progressive action.

Needless to say, along with our fellow citizens, we have enjoyed the smoke-free restaurants and other health benefits of the first phase of the Smoking in Public Places Bylaw.

Our society – comprised of more than 40 dentists and dental specialists – strongly urges area municipal elected officials to follow Cornwall's lead on this health issue.

Some of our dentists have already reported positive results from the bylaw. A number of our patients have either expressed a strong desire to quit or have stopped smoking. Having limited places to smoke has helped convince some of our citizens to give up that life-threatening habit.

This bylaw sends a strong message to our youth that the use of tobacco products is detrimental to their health. In fact, it can kill. Each year in our immediate area, more than 20 cases of oral cancer are diagnosed, with 10 people dying from the disease every year. Smoking also leads to other health problems such as gum disease, teeth staining, bad breath and periodontal disease.

We congratulate Mayor Brian Sylvester and the members of Council who supported this bylaw. This is the first step towards protecting the health of our citizens from second-hand smoke. Everybody in our community will benefit from our smoke-free public places.

John Sidorcluk, D.D.S.,
President, Cornwall and District Dental Society

Letter to Editor

Dear Editor,

Due to the exposure of criminal sexual activity by priests in the Alexandria/Cornwall Diocese, and the subsequent cover-up of this activity by the Church, the new Bishop has set up a committee to try to comfort his parishioners in the knowledge that these acts did in fact occur.

We also sense that Bishop Durocher is attempting to convey the Pope's message, "that the Church hierarchy as well as all in the ministry, feel great shame and deep sorrow from the criminal activity of these deviant priests."

Presently, Bishop Durocher is asking Cornwall's Coalition for Action and the Canadian branch of the international SNAP organization (Survivors Network of those Abused by Priests), as well as other child sexual abuse victims' groups to help him safeguard youth from this type of abuse within his Diocese and Church.

This request is a step forward, as who better to help than those with first-hand experience, and their families who suffered with them. In this vein, both the Coalition and SNAP Canada are, in turn, requesting a voice on the Bishop's ad hoc Committee, but to date, without success.

In the meantime, the Coalition and SNAP Canada are preparing a multi-point approach program to submit to the Committee as per the Bishop's petition. Any past or present victims of child sexual abuse are invited to share their stories and ideas with the Coalition and/or SNAP, both of which can be reached by calling the Survivor's Help Line at (613) 931-9436.

Bishop Durocher has given us an opportunity to spare others in the Cornwall greater area from the sexual abuse and ensuing shame we were forced to endure in silence for so long. Let's make the most of the moment, and show our neighbours and the rest of the world that indeed we are sad...but we are no longer filled with anger. We have survived.

Alain Seguin, Summerstown, Ontario

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the Spirit at work.

Our Catholic teachers are dedicated professionals who have a great impact on our children, preparing them to become caring and responsible adults. As living examples of our School Board's Mission, they nurture and celebrate the hearts, minds, bodies and souls of our students. Inspired by the words of Jesus Christ, they teach love, justice and peace in creating a world in God's image.

The Catholic community supports our teachers in their chosen vocation as Catholic educators. On the occasion of the United Nations' declaration of *World Teachers' Day* on October 5th, 2002, the Catholic District School Board of Eastern Ontario thanks our teachers for their leadership and commitment to Catholic education.



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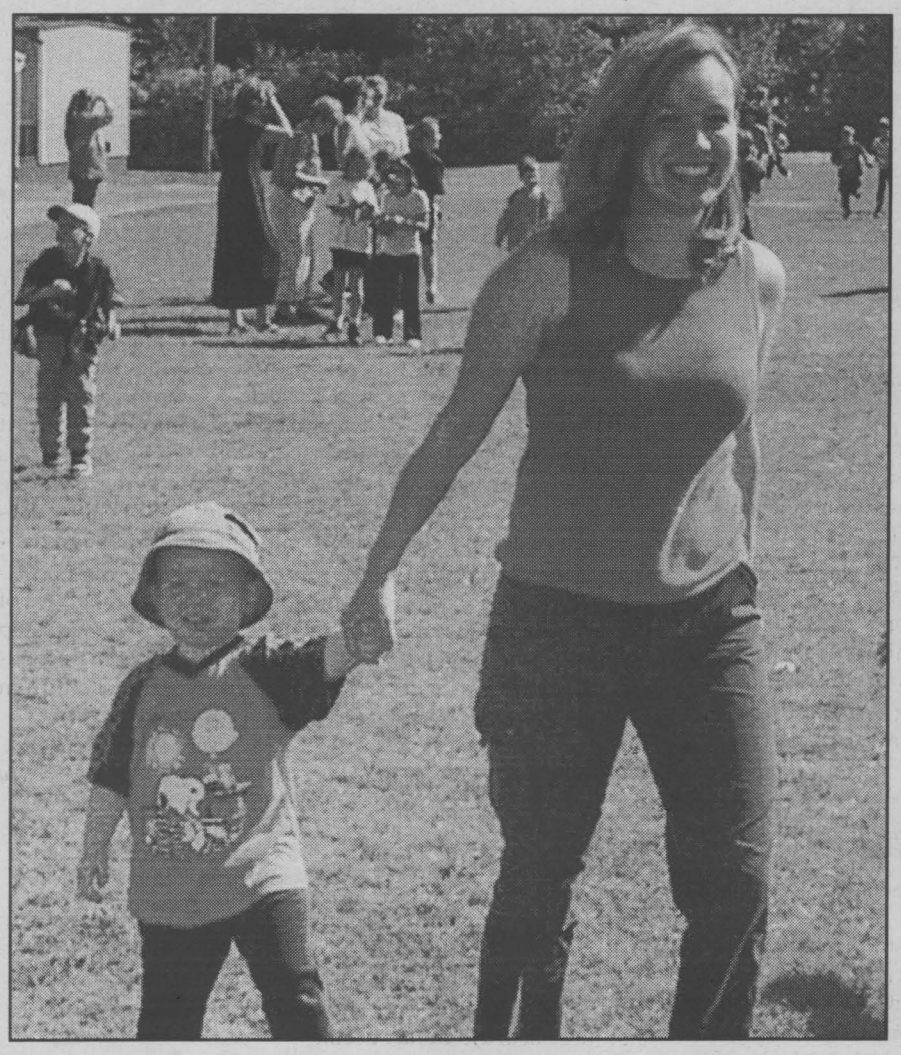

Eamer's Corners Public School held their Second Annual Terry Fox Run on Thursday, September 26th, 2002. The 280 students at the north-end school raised $300 towards cancer research.

"Although our school has decreased in size because of the loss of grades seven and eight, we are very pleased with how generous people have been this year," stated teacher Andrew Gilmour. "I would also like to thank all the parent volunteers for their help and support."

In the photo, Jackie Mazyak and Jaydon (age two and a half) make another lap of the school's field during the Terry Fox Run.

Photo by Chris McPhee

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We Can Go Around This Life More Than Once

by Nick Wolochatiuk

To everything there is a season, but to no season is there everything. So many people I'm encountering these days are lamenting the fact that summer has come to an end.



Me? I'm a man for all seasons! Just as I can't imagine eating delicious blueberry pancakes smothered in hot maple syrup for breakfast every morning, nor enjoying toasted tomato sandwiches for every lunch, nor feasting on lobster for dinner every evening, I would never be able to put up with all year-round so-called 'perfect weather.'

Yes, summer is a good time of the year, but so are autumn, winter and spring. Each season has its unique perks, its special blessings, its unduplicated joys. This is not the first nor the last time I've ruminated about the seasons. "Spring is Not One Season - It's Many," published on May 18th, 2001 was column number 86 for the Seaway News. This column is number 158.

We should rejoice now that autumn has arrived. It is a time of many blessings unique to itself.

With the frivolities of summer behind us, there comes back-to-school time for students. With it comes opportunities to be reunited with old friends and opportunities to make new ones, opportunities to learn new things, opportunities to make a fresh start. Included in the educational process is the look of an eraser that has dealt with no mistakes, a notebook that has the date carefully penned on its page one and textbooks that have never been opened flat. All is new.

For gardeners there's the harvest of carrots, pumpkins, beets, turnips and Spanish onions. Before the first frost hits, the flower beds still offer a rainbow of colours. For farmers there's the bounty of corn, wheat and soy beans to be gathered.

The hardwood forests are a riot of colours. A hike in the Adirondacks stirs no black flies. The irritating whine of mosquitoes is replaced by the rustle of leaves. The green-darkened forest becomes flooded with sunlight and uninterrupted lines of sight. Above is the sight and raucous sounds of southward-bound migrating geese and ducks.

Autumn brings comfortable working weather. There's almost no more grass to cut, no more fast-growing weeds to pick. The earlier sunsets give opportunity to put down the chain saw and splitting maul in time for an early supper.

Autumn is certainly the right time for Thanksgiving and Remembrance Day. These commemorations are perhaps the last of the commercialization-free holidays. There's no nauseating overload of jingles and pitches that coerce us to buy what we can't afford and what others don't need.

Winter has its special pleasures, too. Who can forget the first flutter of snowflakes? The frosty patterns on a window are a work of art. Henry Moore would be proud to engrave his name on wind-sculpted snowdrifts. Even though we may think we are too old for snow forts, snowmen and snow angels, we can still get pleasure from watching children make them. Skating on a pond or along the Raisin River, cross-country skiing or snowshoeing in the County Forest of Summerstown are not to be missed winter experiences. Their desserts are sitting around a wood stove with friends. Fire's warmth and glow produce a mesmerizing feeling of contentment.

During the day, we are entertained by flocks of appreciative birds at the feeder. The inky blackness of the night sky, punctuated by myriads of constellations, brief flashes of meteorites and the writhing gyrations of the northern lights make stepping outside a rewarding experience.

Don't forget that December 21st, winter's official first day, brings lengthening days, making Christmas and Chanukah, the Jewish Festival of Lights, particularly appropriate. When New Year's Day comes, we are given a unique opportunity to reminiscence the past and plan for the future.

Ah spring! Friends call to say "The river's up! Let's roll!" The high water that accompanies break-up makes it possible to run the Raisin from where it crosses SD&G 12 near Lunenburg all the way down to the St. Lawrence River's Lake St. Francis. En route, the current (and some equally vigorous paddling) will take you through St. Andrews West, Martintown, Williamstown and South Lancaster.

Other local streams such as the Beaudette, the Hoasic, the South Branch and the Delisle are ones which can be walked across during the dryness of summer, but offer not to be missed chances to explore during the freshet. However, the window of opportunity is open very briefly, so go for it when the water's running high and fast.

While you're paddling, you'll be serenaded by the courting melodies of the recently returned songbirds, the honking drifting down from the northward pointing Vs of Canada geese and the irritated croak of a great blue heron that's been startled by your unexpected arrival.

During your rest breaks, take some time to smell the roses. Well, there won't be any roses, but there will be trilliums, dog tooth violets, hepatica and spring beauty. They're all 'spring beauty.' You might bring home a bag of fiddlehead ferns that thrive on the silt of the southward facing river banks. Better than store-bought asparagus, and the price is right.

If you underestimated how long it was going to take you to get to your intended take-out point, you'll be able to enjoy the courting choruses of frogs and spring peepers.

The two special days of spring, Earth Day, fixed at April 22nd, and Easter, that wandering holy day, also provide opportunities for rejoicing, reflecting and renewal of resolve.

You no doubt don't need to have your memory refreshed about what the summer season offers. In the remaining space of this week's "Dances With Words," I'll take some time to relate the cycle of seasons to our lives.

Just as each season provides unique opportunities, so also do the seasons of our lives. Just as is written in Ecclesiastes Chapter three, Verses one to eight, "To everything there is a season, and a time to every purpose under the heaven." There is a season for planting and plucking up, mourning and dancing, embracing and refraining from embracing.

In nature we must sow in the spring, weed in the summer and harvest in the autumn, in order that we can be prepared for the challenges of winter. We can reminisce about the seasons of our life that we have passed through, but we should also assess how we are dealing with the season of life we are now in. Even more importantly, we must reflect upon the seasons yet to come.

Too many also just see the negative side of each season, the mud and mosquitoes of spring, the oppressive heat and choking weeds of summer, the dying leaves of autumn and the numbing cold of winter. That's why I've tried to dance with some of the positives of each season.

Too many people fail to realize that our lives are not a one-way progression of spring first, then summer, followed by autumn then ending in winter. Just as in nature, spring returns again and again.

In my life, I have experienced a spring time of love, and a winter time of loss of love. To my great surprise and joy, I have also found that new love can spring up from what I thought was sterile soil. Some love endures like an oak tree, other love is plucked from the ground by tragedy or choked out by weeds, or forced into dormancy by drought.

This year's crops have been threatened by a prolonged dry period. We must live in hope that heaven will once again open up with rain, manna, or whatever we are praying for.

This very week I was talking with a couple who faithfully read my column. They are going through a dry period in their lives, suffering from health problems, lack of work and frustrations with bureaucracy. However, they are trying to make the best of the season they are in. They are still looking forward to yet unseen new blessings that are just over the horizon.

I know they are not alone in their situation. Do you know what season of life you are now in? What has been, or will be, the best season of your life? If you'd like to put into words, post a letter addressed to me at RR #2, Williamstown, Ontario, K0C 2J0, or send an e-mail to nuthill@glen-net.ca.

In the meantime, enjoy what this season of your life has to offer. Remember, we can go around more than once.

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Seaway Winds Make Music With Ontario Trillium Grant

The Ontario Trillium Foundation has awarded a significant grant of $9,500, for a six-month term, to the Seaway Winds Concert Band. The agency of the Ministry of Culture, receives annually $100 million of government funding generated through Ontario's Charity Casino initiative. The Foundation provides grants to eligible charitable and not-for-profit organizations in the arts, culture, sports, recreation, environment, and social service sectors.

"We try to make a difference," stated Ron Mulligan, member of the Grant Review Team of the Trillium Foundation. "We appreciate the efforts of groups like this that give amateur musicians a chance to bring something into the community."

"We are very thankful for Trillium's commitment to the arts and for their support of our endeavour," said Barbara Hunter, Conductor and Founder of the Seaway Winds. "The Trillium funds will allow us to begin to assemble our own library of music and the addition of various percussion instruments that will certainly add an exciting new dimension to our future performances."

The Seaway Winds which was organized last September by Barbara Hunter, is beginning its second year of bringing the concert band experience to Cornwall and area audiences. The ensemble currently has a membership of 30 musicians ranging from high school seniors to retirees. Since its formation, the Seaway Winds have performed at various local functions, and are presently planning future performances such as their participation in the opening ceremonies for the Festival of Trees on Thursday, November 21st, 2002.

The Seaway Winds rehearse in the CCVS Music Room every Wednesday evening at 7 p.m. and an invitation is extended to interested concert band musicians to attend, especially flute, oboe, trombone, french horn, bass clarinet players and percussionists.



Ron Mulligan, Grant Review Team member for the Ontario Trillium Foundation (centre left) presented a grant cheque to the local Seaway Winds on Wednesday, September 25th, 2002. Winds Conductor Barbara Hunter (centre right) accepts on the local concert band's behalf with the band members in the background. Also in attendance were Mayor Brian Sylvester (front left) and MPP John Cleary (front right).

Photo by Chris McPhee

Global TV's Susan Hay Becomes KIN Canada Spokesperson



The Kinsmen and Kinette Clubs of Canada held their National Convention in Ottawa recently. At that time, Debora Ritchie, Corporate Communications and Marketing Director announced that Susan Hay of Global TV had accepted the role of Corporate Spokesperson for KIN Canada. Susan's appointment makes her the first Corporate Spokesperson for the Association and she will be featured in many of the Association's marketing and media pieces as the voice of Kinsmen and Kinettes.

Susan is one of Global TV's most popular on-air personalities. She is currently host of her own TV show "Susan Hay's Heart of the City" which profiles extraordinary people who are trying to make a difference in their communities.

Susan dedicates her free time to working with many charitable organizations such as Leukemia Research Foundation of Canada, Ronald McDonald House and the Terry Fox Run. Susan's many achievements include the Distinguished Diamond Award for her role in assisting charitable causes for the betterment of the community. Most recently, she received an Outstanding Women in her Field Award which is given to women who have excelled in the media field and who have used their skills in the industry to assist others by raising awareness and funds for worthwhile causes.

Kinsmen and Kinette Clubs of Canada are proud to be represented by Susan Hay who exemplifies the commitment of volunteerism and dedication to serving the community as do Kinsmen and Kinette Clubs who live by their motto, "Serving the Community's Greatest Need."

To find out more about how you can join Susan Hay and the Kinsmen and Kinette Clubs of Canada, visit our website at www.kinclubs.ca or call 1-800-742-5546.

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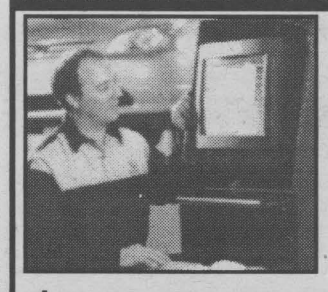

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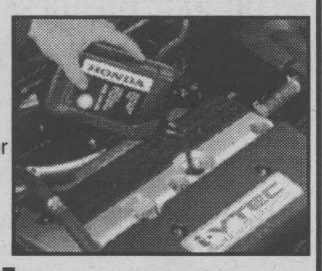

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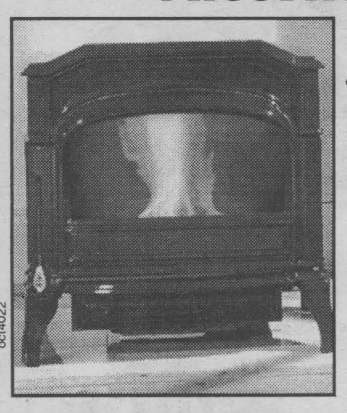

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Small Business WEEK®

Business Development Bank of Canada

October 20-26, 2002

Financing small businesses: Where the money is

An entrepreneur who comes up with a wonderfully innovative idea for a new business usually discovers quite quickly that he or she has to be equally innovative in finding the financing required to take the idea to market. Adequate funding can make the difference between a good idea that is stalled in the research lab and a new product or service that consumers can buy.

Many entrepreneurs have found that traditional banks are not always an easy option for start-up funding. Frequently, young or rapidly developing firms have insufficient assets or collateral to secure traditional bank financing, so they explore other avenues.

One possible financing source is the Business Development Bank of Canada (BDC), which caters exclusively to small businesses and complements offerings from other financial institutions. BDC shares the risk associated with launching and developing small and medium-sized enterprises (SMEs), because these firms make a vital contribution to Canada's economic growth. BDC offers loans with a variety of flexible terms and conditions, such as stepped or seasonal payments, that help entrepreneurs get their businesses up and running.

"When it comes to banking on Canada's entrepreneurs, lenders should recognize their importance to our ongoing prosperity," explains André Bourdeau, BDC's Executive Vice-President of Financial Services. "Small businesses are, in fact, the main driver of new job creation in this country. Assisting them in finding financing suited to their unique and evolving needs helps to strengthen the Canadian economy."

On a personal note

But many new entrepreneurs, rather than turning to outside sources, start their businesses with their personal savings or with loans from family and friends. A 1994 study "Government and Competitiveness Project" estimated that 80 to 90 percent of early-stage financing of $1 million or less comes from such sources.

When it comes to financing new businesses with the potential for quick growth and high returns, venture capitalists and angel investors are critically important options. They are willing to assume greater risks than other lenders, thus filling a critical gap in the financing available to SMEs. And they frequently offer strategic management support for the companies in which they invest.

According to a recent Industry Canada report on SME financing in Canada, informal investors-also known as angel investors-make a combined annual investment in Canadian SMEs of between $1 billion and $20 billion.

Venture capitalists comprise a more formal market in which wealthy individuals, institutions and government bodies invest in SMEs through professional managers of risk capital funds. BDC, for example, provides venture capital services, particularly for high-tech businesses.

The Industry Canada report shows that in 2001, the total amount of venture capital invested in Canada was $4.9 billion, down by 27 percent from the $6.6 billion invested in 2000, but still well above 1999 levels. (Venture capital investment in the U.S. dropped by 65 percent in 2001.)

But how does a budding entrepreneur find angel and venture capital investors? This task requires innovative methods. To find potential angel investors, entrepreneurs can rely on word of mouth, advertise in business publications, and approach businesspeople, professionals and local investment groups. They can also use numerous Web sites that provide information on venture capitalists and angel investors. Some sites, such as Garage Technology Ventures, also offer match-up services for investors and capital seekers. VCfinance.com has an "AngelSearch" section.

Entrepreneurs with a truly viable business plan and the determination to succeed will consider every possibility to make a business idea work. For example, some entrepreneurs invite investors to share in their business as silent partners. Others finance a start-up by arranging financing for a primary business that they already own and that will support the start-up. Still others merge with an existing company whose facilities are compatible with their needs.

Beyond start-up

Beyond the start-up phase, small businesses need financing to fuel their expansion and growth. Traditional bank loans often prove easier to obtain in this phase, and investors are often more interested in businesses that have proven successful.

BDC also supports growing businesses by providing products and services tailored to specific expansion activities. Entrepreneurs can avail themselves of loans such as Innovation Financing or Productivity Plus loans.

Small Business Week® takes place from October 20-26 under the theme You have genius. Let's bank on it now. As one of the week's organizers, BDC gives Canada's small businesses a chance to explore innovative ways of financing their start-up and growth. For more information on the week's activities, consult the SBW Web site at www.smallbusinessweek.com or call 1 888 INFO-BDC (1-888-463-6232).

Innovative ways to do business online

By Andrea Scott

Growing a business takes innovative thinking. In order to compete in the same space as larger, established businesses, newer or smaller companies have to explore every avenue for reaching their customers and their revenue objectives.

The Internet offers some very real opportunities to businesses big and small, but not all companies are taking advantage of them. The 2002 SME Overview prepared by the Canadian Federation of Independent Business shows that more than half of the small businesses in the country who use the Internet use it for research, but only 12 per cent of small businesses sell their own company's products or services online.

The gap in these figures shows that there are big opportunities for small companies to showcase their product offering online. And it's a myth that the only way to make money on the Internet is to actually conduct business transactions online. There are many other ways to do business on the Web.

The key of course lies in figuring out what the opportunities are and how to access them.

"What businesses should really look for is a partner that can bring them concrete opportunities to support their business objectives through the Internet," says Stéphane Marceau, head of small business Web site BellZinc.ca. "This will help take the mystery out of doing business online."

Marceau suggests looking for very concrete benefits from online business opportunities. For example, look for innovative new ways to reach potential customers or access companies ready to buy, such as getting your company listed in an online directory.

On the other hand, if your company is ready to conduct sales online, there are great opportunities for you too. Statistics Canada reports that Canadian companies saw a 60 per cent growth in business-to-consumer e-commerce transactions between 2000 and 2001. Over the same period business-to-business transactions grew about 40 per cent to $8.1-billion.

If your company does have a transactional Web site, you might want to think about getting listed in an online marketplace. Marceau explains that an online marketplace attracts a high volume of customers and costs the merchant very little. Moreover, the marketplace will often have information available about its customer demographics, making it a great way to give your company's products a much higher exposure aimed at your target market.

"The Internet has a lot of power to help small businesses grow," says Marceau. "The challenge is to find the best way to harness that power for your company."

Don't Miss Out!
Business To Business Showcase
Connect for Successs

The month of October is traditionally designated as small business month by the provincial and national Chambers of Commerce. These organizations encourage and promote activities throughout the month to celebrate and promote this sector of the economy which constitutes close to 90% of all businesses in Canada.

The Cornwall & Area Chamber of Commerce has planned a major event as its contribution to small business month. Building on the success of the 2001 event, this year's will celebrate and recognize this lynch pin of our area economy with an activity filled day on Wednesday, October 23, 2002.

Corporate Sponsors Bell Canada and Scotiabank Canada have joined forces with the Chamber, Ministry of Innovation, Enterprise & Opportunity, and the Cornwall Business Enterprise Centre to present the event which takes place at the Ramada Inn & Conference Centre.

This year's Showcase promises to be an exciting affair with limited seating for the luncheon. Participating businesses and individuals are urged to book early to confirm your attendance..

The event begins with a luncheon and keynote speaker. Then, there will be three concurrent business focused workshops featuring topics of interest and concern to the Cornwall area's professional business community. The day culminates with the Showcase and cocktail reception with close to 30 local firms exhibiting business focused products and services available to the professional community. An anticipated 120 business professionals will attend the luncheon and workshops with up to 250 delegates attending the Showcase.

The Showcase and reception component brings together new business professionals and seasoned veterans in a colourful networking event. Special features include a number of key business exhibits with products and services linked to both the workshops and business activities in general. Other features include valuable prizes and giveaways from the corporate sponsors.

The Day's Agenda

12:00 - 1:30	Welcome, Introductions and Luncheon Keynote Speaker ~ Smart City Cornwall
2:00 - 4:00	Concurrent Workshops • Industry Canada • Smart City Cornwall • Scotiabank
4:00 - 7:00	Business Showcase and Reception

The keynote speaker for the luncheon is Marilyn Beaton. Ms. Beaton is a Business Development Executive for IBM Global Services in Canada. Her portfolio includes solution development and marketing within the e-business Solutions Delivery. She is an authority on Internet selling and security, electronic payments, and electronic bill presentment.

The Cornwall & Area Chamber of Commerce 2002 Business to Business Showcase is presented as a key networking event for the region's business and industrial sectors. A maxim of professional business is — 'the time to fraternize'. From the luncheon and its keynote address through the workshops and Showcase/reception, delegates will have an opportunity to discuss common issues and to share information about the various products and services available from their respective firms.

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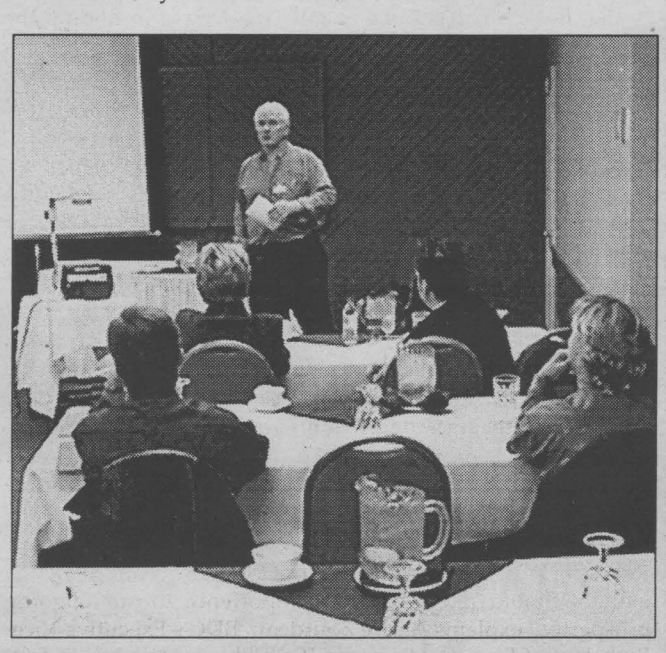
For more information contact the Chamber by telephone at 933-4004 or, by e-mail at info@cornwallchamber.com.



Small Business Week Facts

Much of the growth of the Canadian economy is due to dynamic entrepreneurs and the businesses they create. With their ability to innovate rapidly, they respond to the changing needs of the marketplace and create jobs, making them one of the most significant forces driving the economy.

Small Business Week

Small Business Week began as a small event in British Columbia in 1979 and has since grown substantially in size and scope to a nation-wide celebration of entrepreneurship, held during the last week of October. Organized by the Business Development Bank of Canada (BDC) and endorsed by the Canadian Chamber of Commerce, the Week continues to pay tribute to the important contribution that small businesses make to the national economy.

Activities held throughout the Week provide training and development opportunities for entrepreneurs and potential entrepreneurs, enabling them to meet other business people and share ideas. Events include conferences, trade fairs, seminars, workshops and business luncheons. BDC branches play an active role in planning and publicizing these events with the assistance of numerous public and private sector organizations from their area.

Small Business Week Theme

Each year the theme is chosen for Small Business Week which reflects current interests. This year the theme is You have genius. Let's bank on it now.

As the theme suggests, Small Business Week 2002 focused on the genius within every entrepreneur who has taken an idea and turned it into a business. It recognizes one's efforts as well as the importance of financial and consulting aid supporting innovative ideas that have potential and promise.

National Launch of Small Business Week

The national launch of Small Business Week is held in a major Canadian city. This year, Vancouver will host the event. Representatives from local businesses, government representatives, educational institutions and media are invited to attend.

Small Business WEEK®

BDC Young Entrepreneur Awards

The highlight of the national launch of Small Business Week is the presentation of the Business Development Bank of Canada Young Entrepreneur Awards. The awards are given to one entrepreneur from each province and territory aged 19 to 30 years. Winners are selected for their outstanding achievements in business, innovative spirit and community involvement.

8th Annual
Cornwall Chamber of Commerce
BUSINESS TO BUSINESS
SHOWCASE ~ 2002
Bell
Scotiabank

The Cornwall & Area Chamber of Commerce, Ministry of Enterprise, Opportunity & Innovation, Canada ~ Ontario Business Service Centre, and Cornwall Business Enterprise Centre
invite you to

The 2002 Business to Business Showcase

If you plan to attend only one business event this Fall, mark your calendar for October 23. This year's Showcase is a jam packed affair with value for every area business professional.

Look what's on tap... Workshops and seminars • Great prizes • Business Showcase • Cocktail Reception • Products and services to give your business the edge*

Ramada Inn & Conference Centre ~ October 23, 2002
Workshops: 12:00 pm - 4:00 pm ~ Showcase: 4:00 pm - 7:00 pm
The Chamber invites all members of the business community and encourages them to attend

*To reserve exhibit space call 933-4004

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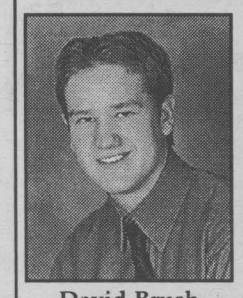
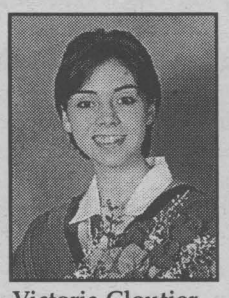
Rothwell-Osnabruck Announces Ontario Scholars Class Of 2002



David Brush
Son of Scott and Darlene Brush of Ingleside, Ontario. He is studying Classical History and Archaeology at Wilfrid Laurier University in Waterloo, Ontario.



Victoria Cloutier
Daughter of Jean and Catherine Cloutier of Ingleside, Ontario. She is studying Journalism at Carleton University in Ottawa.



Rachel Cooper
Daughter of Gary and Cheryl Cooper of Lunenburg, Ontario. She is studying Geology at the University of Ottawa.



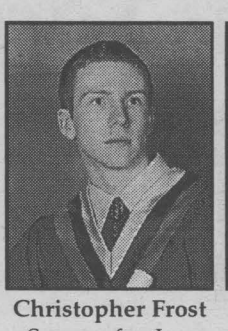
Carla Cummings
Daughter of Douglas and Carol Cummings of Lunenburg, Ontario. She is taking Chef Training at George Brown College in Toronto, Ontario.



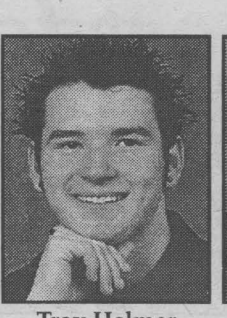
Amy Dewar
Daughter of John and Mary Dewar of Ingleside, Ontario. She is studying Kinesiology at the University of Western Ontario in London, Ontario.



Jennifer Dryden
Daughter of John and Betty Dryden of Williamstown, Ontario. She is studying Sports Management at Brock University in St. Catherines, Ontario.



Christopher Frost
Son of Lynn Grady (Frost) of Ingleside, Ontario. He is studying Engineering at Queen's University in Kingston, Ontario.



Troy Helmer
Son of Dale and Dianne Helmer of Newington, Ontario. He is studying Electrical Engineering at the University of Ottawa.



Katrina Zeran
Daughter of Ivan and Maria Zeran of Lunenburg, Ontario. She is studying Environmental Sciences at Queen's University in Kingston, Ontario.

Fancy Pigeons Returning

On Sunday, September 22nd, 2002 Gary Kaharmandrian watched his 15 Fancy Pigeons get attacked by a very hungry Osprey. The Sport Pigeon afficionado has been training pigeons since he watched his father do it in Armenia and often has trouble with other predatory birds.

"I would like to thank the Cornwall residents who have called and helped me retrieve 13 of my birds," stated Gary, owner of Cornwall Shoe Repair. "I have often had Goshawks and other birds of prey swoop my birds, but the Osprey has been the most dangerous and vicious. It has been aggressive enough to land right behind me and try to attack a pigeon."

"These pigeons vary in costs and can be quite expensive," stated 30-year racing pigeon owner, Lorne McIntyre. "Gary's birds are high-flying endurance birds. They are trained and scored on time and action. Special care is taken in training and diet, with thorough disease and protection programs being instilled. To have to replace one of his birds is a costly event. I only hope he gets them all back."



Gary Kaharmandrian, owner of Cornwall Shoe Repair, thanks the citizens of Cornwall for helping retrieve 13 of the 15 birds he lost when an Osprey attacked them in his backyard.
Photo by Chris McPhee

Eastern Ontario Health Unit
Bureau de santé de l'est de l'Ontario

Love Me Buckle Me Right Day

La journée Toi et moi on clique bien

October 5, 2002

• Alexandria • North Glengarry Fire Hall.....188 Kenyon St. West
10:00 a.m. - 2:00 p.m.

• Cornwall • Cornwall Zellers.....1390 Second St. East
10:00 a.m. - 2:00 p.m.

LOVE ME BUCKLE ME RIGHT TOI ET MOI ON CLIQUE RIGHT / BIEN

Ontario

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Blaze BBQ's Donates To Children's Treatment Centre



Cornwall's 101.9 FM Blaze radio station held various "Burny Blaze BBQ's" throughout SD&G this summer and raised a total of $1,091.62. On Friday, September 13th, 2002 the local radio station made their donation to the Children's Treatment Centre.

The donation was held at the local radio station and dignitaries were: (left to right) Sherrol Chretien from Simon and Sherrol's No Frills who donated hotdogs, buns and condiments for the barbeques, Shannon Arsenault, Sales Representative for the radio station, Carl Richards, Blaze 101.9 FM morning man, and Richard Allaire, Board member and representing the Children's Treatment Centre.

Photo by Chris McPhee

Don Fairweather Appointed



Fairweather

Mr. Alain Gravelle, 2002 Campaign Chair for the United Way of Cornwall and District is pleased to announce the appointment of Don Fairweather as Division Chair of the Education Division of the current campaign.

In making this announcement, Mr. Gravelle stated that Mr. Fairweather thoroughly understands this division as he is the Superintendent of the Eastern Region Upper Canada District School Board. In his position he understands the school system and will work to complete this area of the current campaign. Mr. Fairweather has handled this area of responsibility since 1999 and has improved the overall results year after year. As Division Chair he is responsible for all the schools and colleges in the area in which the United Way serves.

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In the photo are Emile Robert, Agapè Centre Executive Director and Jacques Jolicoeur, Kraft Canada Representative.
Photo submitted by J. Dancause

Kraft Canada Donates To Agape Centre

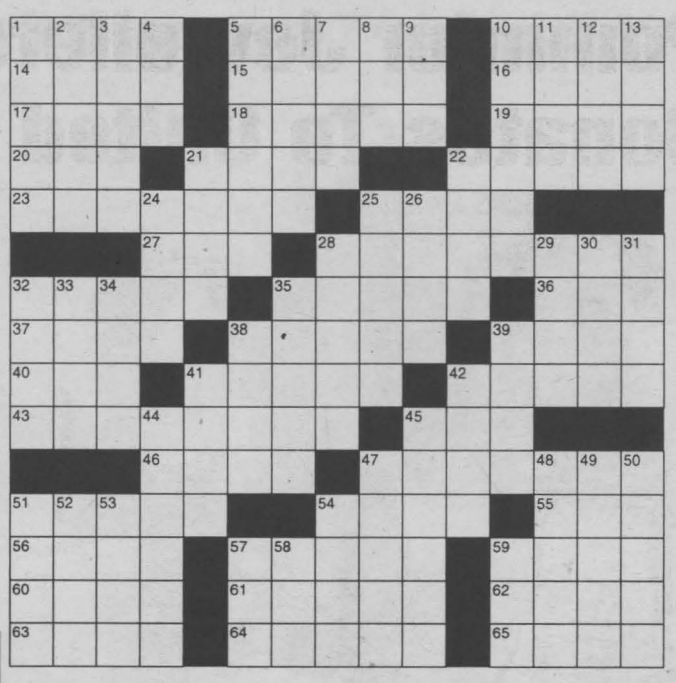
On Tuesday, October 1st, 2002, the Agapè Centre food bank received 1,500 bags of cookies from Kraft Canada!

As a leader in the fight against hunger in Canada, Kraft Canada is proud to be able to help the people of Cornwall by making this donation.

Each year Kraft donates an average of 1.5 million pounds of Kraft products to help feed hungry families in Canada. It also contributes to the Canadian Association of Food Banks (CAFB) through the funding of programs and research designed to raise awareness of the hunger issue in Canada.

The cookies donated by Kraft will be a welcome treat to food bank clients as they normally only receive basic necessities at the food bank.

Crosswords



CLUES ACROSS

1. Not us
5. Ride a bicycle
10. Spoken in a Sulu archipelago
14. Toroid
15. Impersonation
16. Chemical
17. ___ Blyton, kiddie author
18. Flightless birds
19. Raincoat
20. Tell on
21. Employee stock ownership plan
22. Models
25. Stalk of a moss capsule
27. Fact
28. Director of "The Pianist"
32. Chase
35. The city of light
36. Hoof
37. Part of harness
38. Forms an opinion of
39. Bundle
40. Environmental Protection Agency
41. Loony ___
42. Equalizers
43. Attorney General
45. Sailor
46. Seabirds
47. Barbara's son
51. Arrangement
54. Computer music standard
55. A very large body of water
56. Olive tree genus
57. Citizen
59. A group of cattle
60. Anklebones
61. Swami, for one
62. Halo
63. Soft-finned fishes
64. Son of Laomedom
65. Opaque gem

CLUES DOWN

1. Energy unit
2. West German city
3. Aristocracy
4. ___ Squad
5. Astronomy unit
6. Spartan magistrate
7. Abyssal
8. Macaws
9. French river
10. S. Pacific resident
11. Expression of sorrow or pity
12. Staff
13. Where torahs are kept
21. Czech river
22. School groups
24. Entwine
25. Infections
26. Ancient Olympic site
28. Interpret
29. Debate
30. Coarse, curly-leaf greens
31. The 15th of March
32. Titaness
33. Knocks
34. A nursemaid
35. Teachers
38. Pirated
39. Makes an object hard to remove
41. Right
42. Socks
44. French seaport
45. Boredom
47. Saudi seaport
48. Finish
49. Junipero ___, Spanish priest
50. The ocean below 6000 meters
51. Carryall
52. Wings
53. Type of curve
54. Of a city
57. Shaft horsepower, abbr.
58. Vent
59. Vietnamese currency

ANSWERS ON PG. 43

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23rd ANNIVERSARY CELEBRATION

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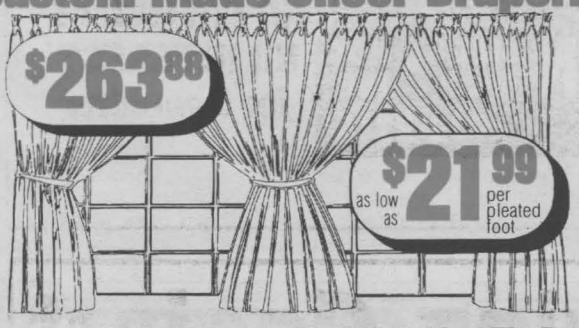

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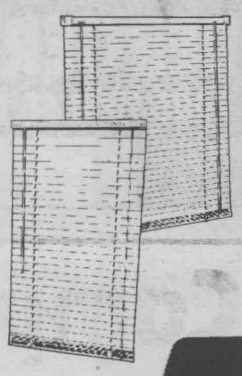

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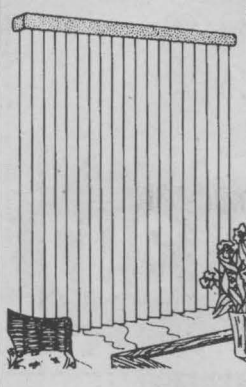

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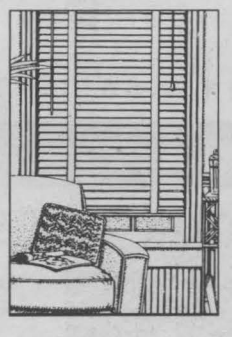

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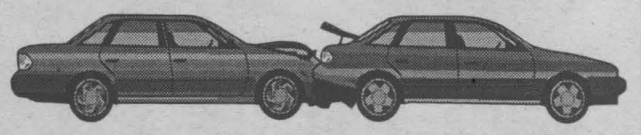

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Bernie St. Denis
Body Shop Manager

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Pommier Jewellers Donates To United Way



Pommier Jewellers held a draw at the end of their week-long polishing of a Sirius Polar Bear Diamond, by the first Canadian Diamond Cutter, Brad Taylor. The event was part of their anniversary celebrations and $725 was raised for the United Way by giving a donation to guess the finished weight of the diamond. The six people who guessed correctly received a $100 gift certificate and were put in the draw on Saturday, September 28th, 2002. The winner was Alain Gravelle (who is doing the final polishing in the photo). He won the .23 ct VVS2 diamond, which has a value of $1,550.

Also in the photo with Alain Gravelle (seated) are: (left to right) Stephane Bissonnette, United Way Campaign Co-chair; Andre Pommier; and Master Diamond Cutter Brad Taylor, who also was the first Canadian to cut a Canadian diamond.

Photo by Chris McPhee

Local Youth Investing In Her Future

Volunteer work can provide numerous rewards, including the development of career related skills and a sense of civic responsibility. Many youth who are searching for their place in life turn to youth volunteer programs because they believe that finding the right program to fit their interests has big returns. That's why Monica Reggentin of Cornwall has chosen to participate in Katimavik, Canada's leading national youth service learning program.

Anyone between the ages of 17 and 21 who would like to register for the 2003-2004 program should visit www.katimavik.org or call toll-free 1-888-525-1503. As well, if you are one of the over 22,000 former participants and employees who have taken part in Katimavik and would like to find out more about the Alumni Association and the 25th anniversary celebrations, you are also invited to visit the website or call the toll-free number.

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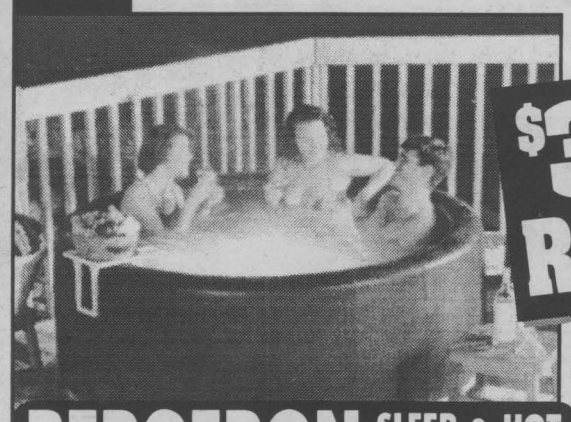

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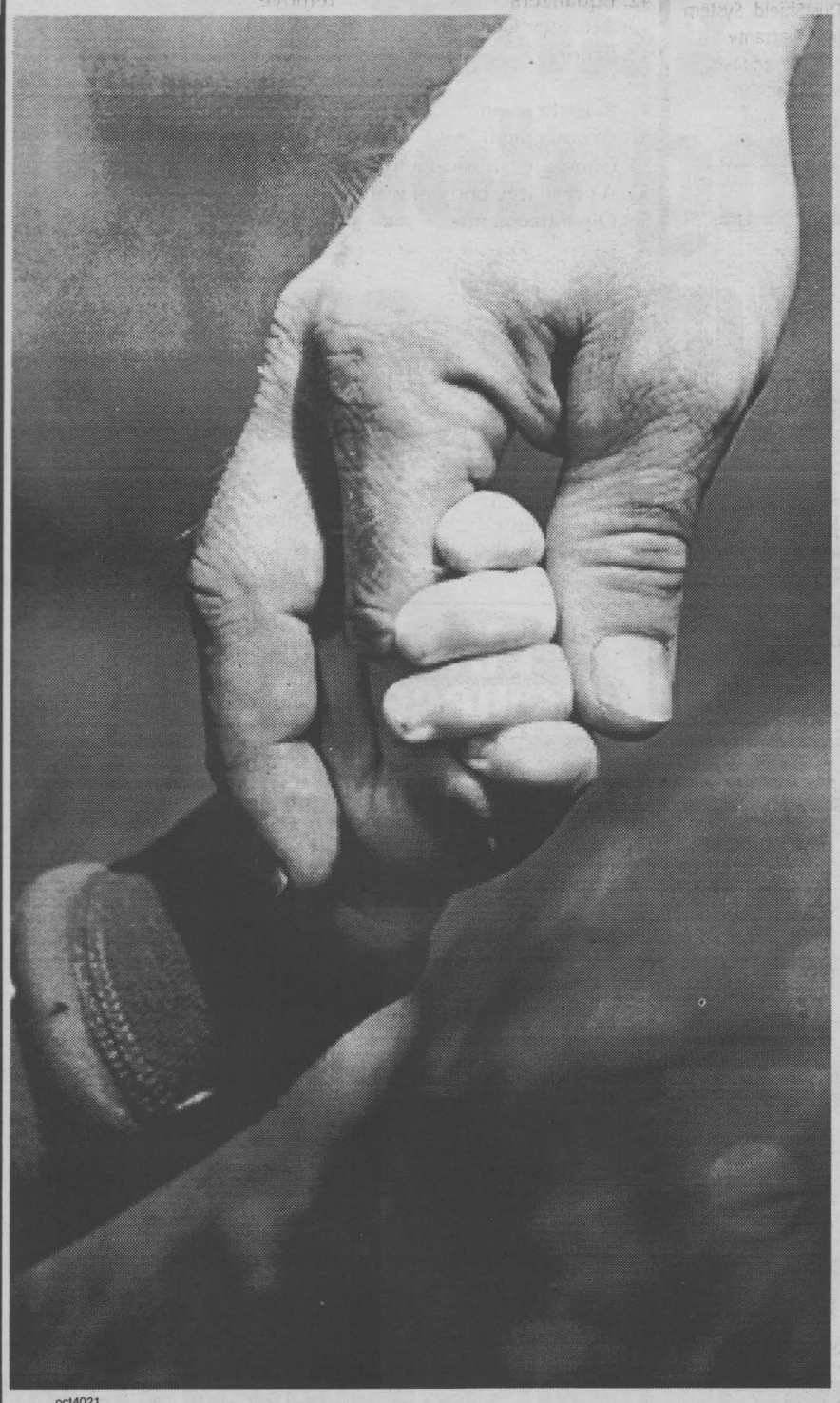

oct4021

The Campaign Against For-Profit Health Care

Recently, Ontario's government announced plans for two for-profit hospitals and twenty-five for-profit MRI and CT Scan clinics. Health Minister Tony Clement said this is just the beginning.

* For-profit health care threatens the future of public Medicare.
* For-profit hospitals and clinics put profit before patient care.

Around the globe, people are stopping the corporate takeover of their public services. We can do it here, too.

Public Meeting

Featuring:
Maude Barlow, Chair, Council of Canadians and the author of the McMaster study on deaths in for-profit hospitals

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LOCAL

Super 8 Motel Officially Opens

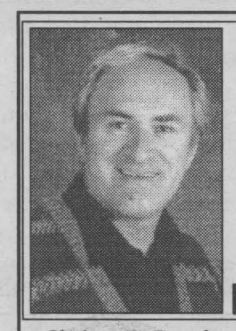


On Tuesday, September 24th, 2002 the new Super 8 Motel held a grand opening ceremony at its 2694 Brookdale Avenue location. Dignitaries and visiting VIPs were offered a tour of the new 50-room development and the services they have like: an indoor pool, fitness room, executive suites, housekeeping rooms, and conferences rooms.

"It is all about location, location, location," stated Mike Lalonde, Executive Manager of Cornwall and Seaway Valley Tourism. "Hopefully, the new Super 8 Motel will get people off the 401 and into Cornwall. Even if they cannot stay this visit, they will be attracted to our fair city for future travelling."

At left, Mayor Brian Sylvester cuts the ribbon at the Grand Opening of the newly built Super 8 Motel on Brookdale Avenue near Highway 401. Other dignitaries present at the event were: (left to right) Vakar Khan, Muslin Khan (local Super 8 owner), Fulfikar Khan, Iffat Khan, Cornwall Mayor Brian Sylvester, Marc Stanilioff - President of Super 8 franchise in Canada, and William Hagen - Deputy Warden for SD&G.

Photo by Chris McPhee



Music Update

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Travis Tritt "Strong Enough" Columbia. After a listen or three it is quite apparent with Travis Tritt's new disc that the man's passion for music is indeed "Strong Enough" to propel his career through another decade of hits: "Time To Get Crazy," "Country Ain't Country," "Strong Enough To Be Your Man," "Can't Tell Me Nothin'."

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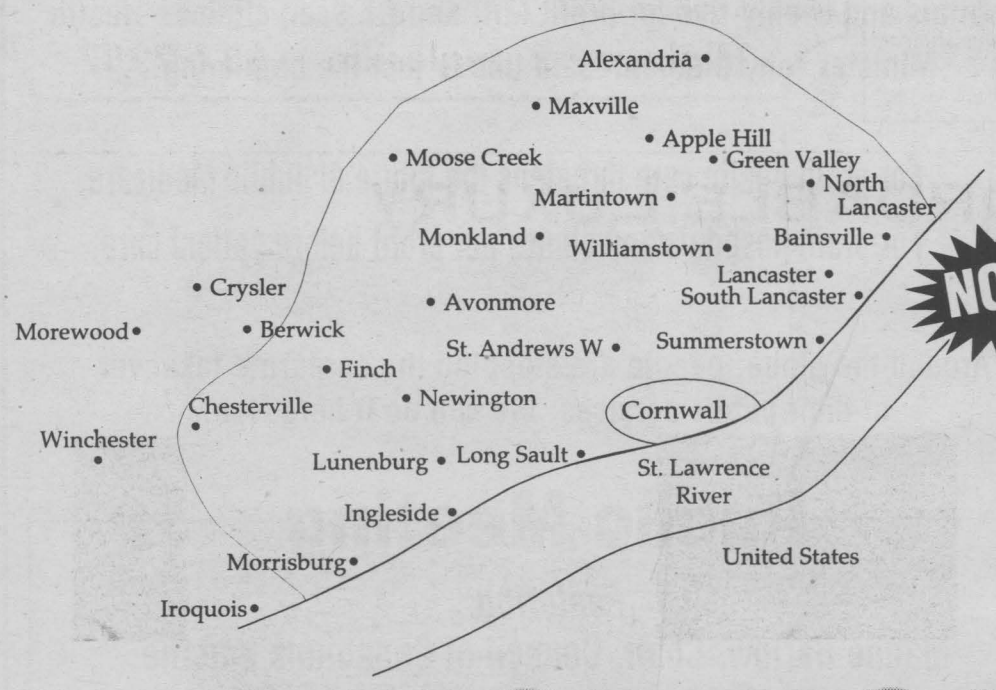

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Annual FrightLites Campaign Promotes Halloween Safety And Supports Cystic Fibrosis Research

CARSTAR Collision Repair Centres, in partnership with the Canadian Cystic Fibrosis Foundation (CCFF) and Country Style Donuts, recently announced its continued sponsorship of the annual FrightLites® Campaign. Funds raised through the campaign, which runs from Tuesday, October 1st to Thursday, October 31st, 2002 support Cystic Fibrosis (CF) research in Canada. Since its inception in 2000, the FrightLites® Campaign has helped to raise over $500,000 (CDN).

"We first got involved in cystic fibrosis fundraising when Victoria Whitaker, the granddaughter of one of our CARSTAR franchisees was diagnosed with the disease," says Sam Mercanti, President and CEO of CARSTAR Automotive Canada. "At CARSTAR, we consider our franchise network to be our extended family so we were anxious to get involved. For four years, CARSTAR has been supporting CF and our most recent FrightLites® campaigns have been a tremendous success - it's truly a testament to what you can accomplish when you work together."

FrightLites® are wearable glow sticks that come in six popular colours and retail for $3 each. The glow sticks are designed to provide increased visibility for children trick-or-treating after dark. FrightLites® are non-toxic and once "powered up," last up to 12 hours.

FrightLites® are made available through CARSTAR in over 109 centres in eight provinces across Canada, as well as participating Country Style Donuts restaurants and through CCFF chapter volunteers.

"As a parent of a child with CF, I am pleased to see support for this initiative coming from across the country. Together, we are helping to raise not only money but also awareness about this disease," says Melanie Whitaker, a CCFF volunteer. "Year after year, FrightLites® are a big hit with the kids, including my own. And, I am able to rest easier knowing that, thanks to FrightLites®, kids across Canada will be safer this Halloween."

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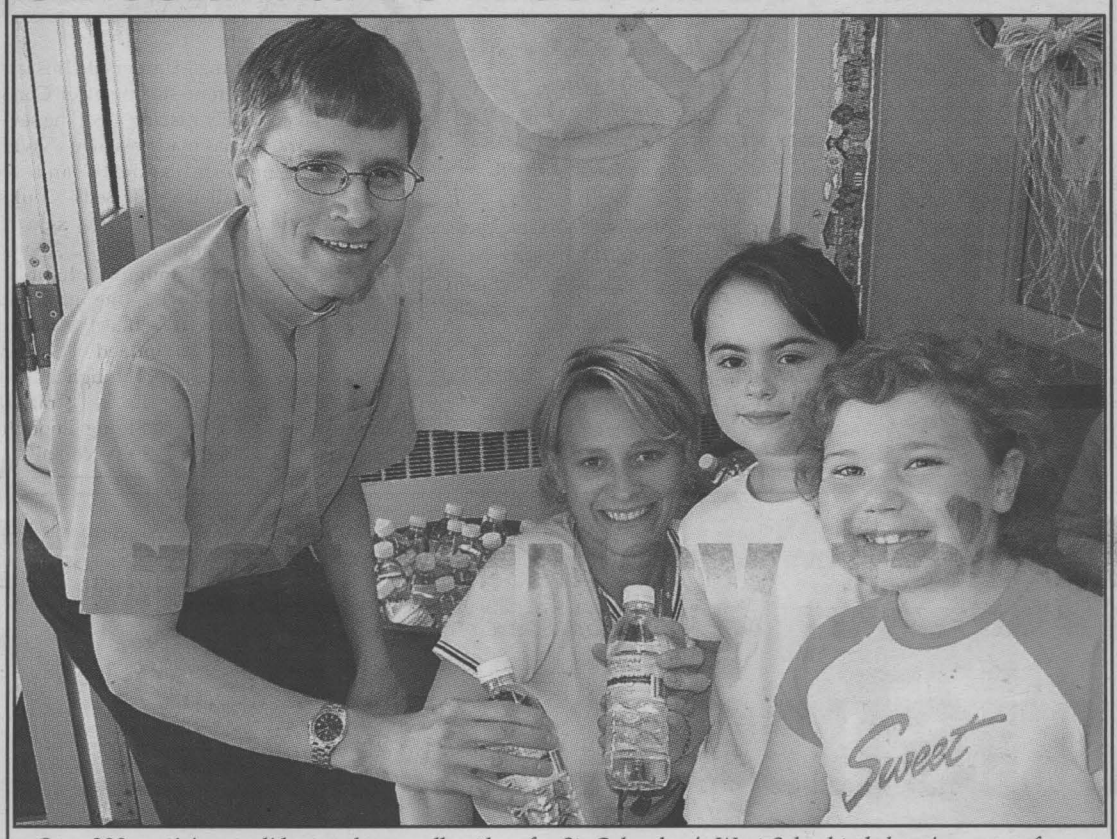
St. Columban's West Walk-a-Thon



Over 300 participants did a two-hour walk-a-thon for St. Columban's West School to help raise money for various needs and to promote physical activity. At the third annual event, Father Dan Van Delst and Principal Natalie Cameron pass out water to the students before their trek. Receiving their water are grade one students Michaela Wylie-Arbic and Carrie Rankin.

Photo by Chris McPhee

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Banquet And Awards Night

The 29th Annual Banquet and Awards Night of the Big Brothers and Big Sisters of Cornwall and District will be held on Saturday, October 19th, 2002 at the Cornwall Golf and Country Club, County Road 2 East.

The purpose of the banquet is to recognize and honour the agency's Big Brother and Big Sister volunteers.

Reservations for the Banquet and Awards Night can be made through the local Big Brothers/Big Sisters office by calling 933-8035.

Immigrant Services Meeting

The Cornwall and District Immigrant Services Agency will be holding its 10th Annual General Meeting on Tuesday, October 8th, 2002 from 4 p.m. to 6 p.m. in the Seaway Room of Murphy's Inn at 917 Second Street West, Cornwall.

Guest speaker Nancy Duarte, who is the Immigration and Refugee Protection Act Communications Adviser of Citizenship and Immigration Canada will be present.

For more information please call (613) 933-3745.

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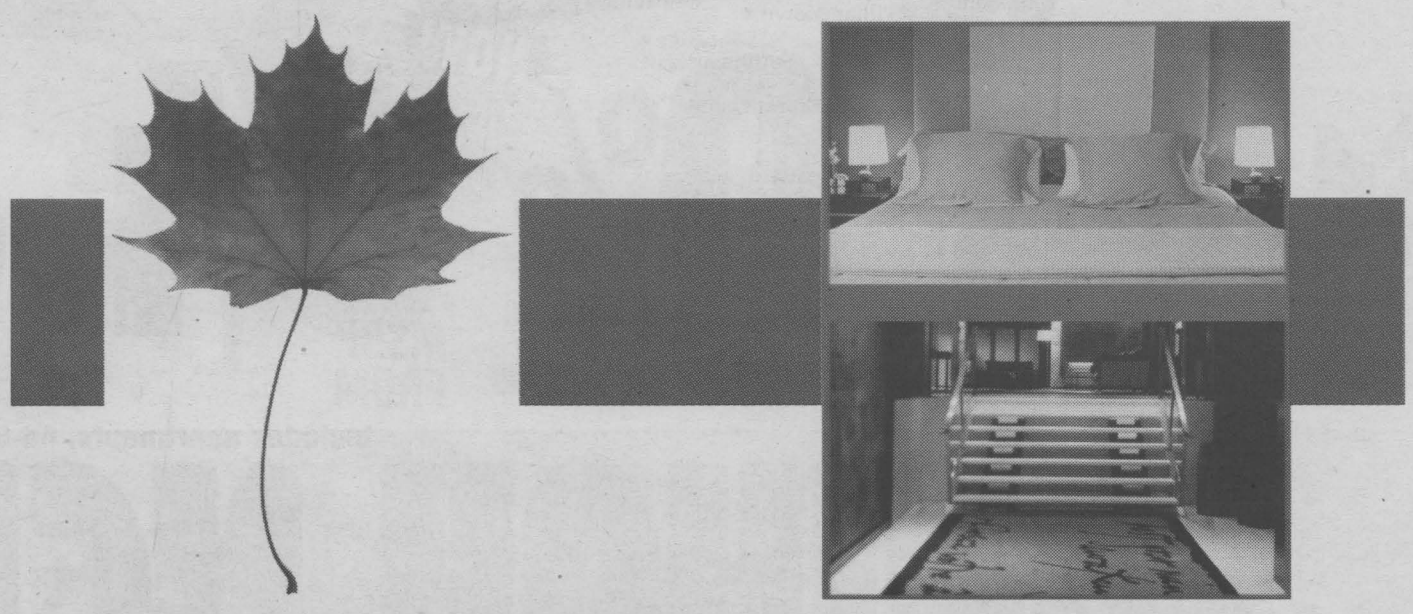
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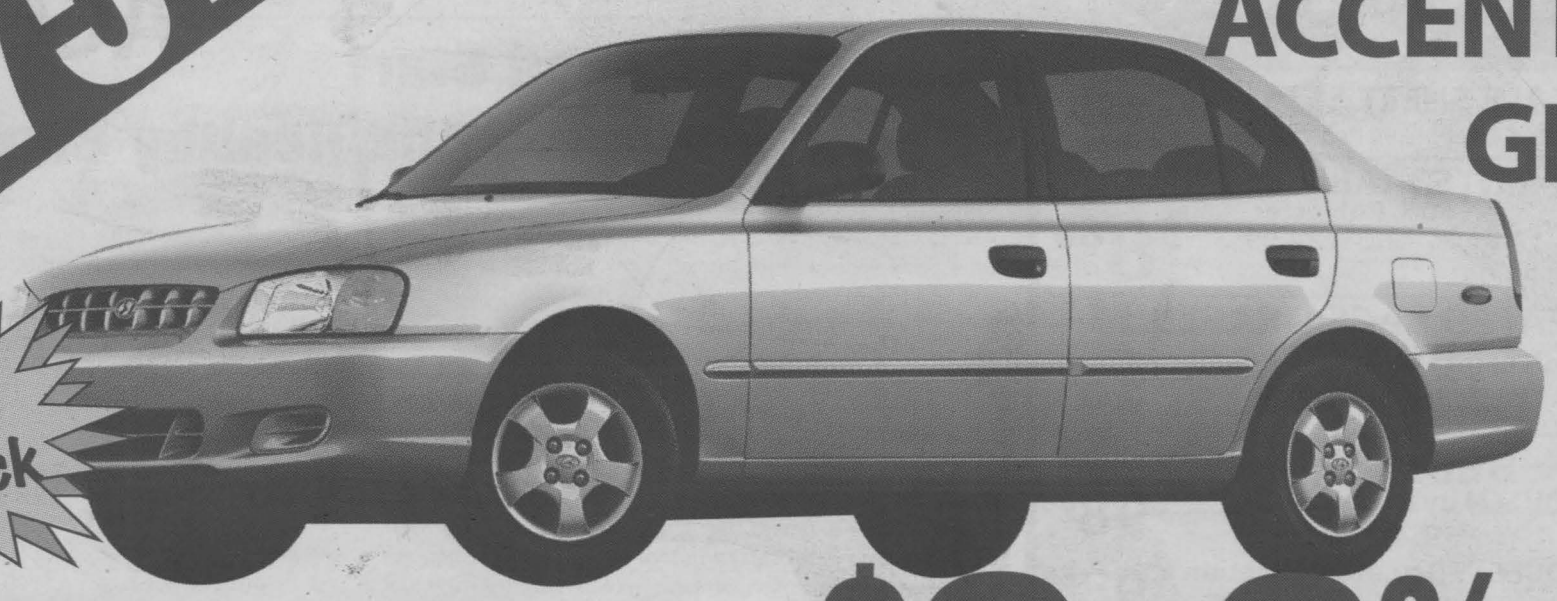

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Cats And Sandboxes Don't Mix

Sandboxes can be fun for children, but they can also be dangerous, warn local public health officials.

"Left uncovered, sandboxes can attract cats that will use it as a litter box and that can lead to diseases," says Dr. Robert Bourdeau of the Eastern Ontario Health Unit. The remedy?

1. Keep sandboxes covered when they're not being used.
2. Ensure children thoroughly clean their hands afterwards, including under their fingernails.
3. Clean sandboxes frequently by removing feces and using a disinfecting solution.

Sandboxes contaminated by cat feces and urine can lead to:

• Giardiasis: An infection of the intestines caused by tiny parasites. Symptoms include diarrhea, stomach cramps, bloating, severe gas, weight loss and fatigue.

• Toxoplasmosis: An infection that can cause fever and swelling of the lymph nodes. It's very serious for pregnant women, potentially deadly to the fetus.

For information on cleaning your sandbox, call the Eastern Ontario Health Unit at 933-1375 in Cornwall or toll-free, at 1-800-267-7120 and ask for Health Line.

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Give Baby A Head Start At Building Strong And Healthy Bones

(NC)–In Canada, more than 300,000 babies are born each year. To give baby a head start at building strong and healthy bones, sufficient calcium intake is key. Calcium is one of the most important nutrients during pregnancy to maintain bone health of an expectant mother and it plays a critical role in the development of the fetal bones.

Pregnant women not getting enough calcium - despite risks

Not getting enough calcium during pregnancy means making withdrawals from your personal bone bank – calcium already stored in the bones begins to deplete which can make them weak and brittle. There can be serious risks associated with a calcium deficient diet when pregnant. Emerging new research is also demonstrating that calcium supplementation reduces the risks of preeclampsia (which includes high blood pressure during pregnancy) in women with a low calcium intake prior to and during the early trimesters of pregnancy. Preeclampsia is a major cause of maternal death or illness and also a cause of pre-term birth.

A recent poll, conducted by Decima Research, showed that a staggering 83 per cent of Canadian women did not know the recommended amount of calcium required during pregnancy. And, 79 per cent of the women surveyed were either currently pregnant, considering pregnancy, or have been pregnant. Although most of the women surveyed (88 per cent) said that it would be very important to consume enough calcium during pregnancy – they just don't know how much to take.

Women across Canada are not getting the recommended amount of calcium daily. Of the women surveyed, almost one third (31 per cent) only get 600 mg or less of calcium on a daily basis – that's approximately half of the recommended amount. Women between 19 - 49 years of age require at least 1,000 - 1,200 mg of calcium per day or three to four servings of calcium-rich foods (one serving of milk, approximately one cup, contains 300 mg of calcium).

"Not getting enough calcium for your bones is like building houses out of twigs and toothpicks – they just won't last," says Sue Mah, Registered Dietician and Nutrition Consultant. "Canadian women need to make calcium intake a priority during pregnancy and throughout their lives. If they can't get the daily requirement through diet then a calcium supplement such as TUMS® is advisable."

Calcium sources

Pregnant women (and all Canadians) should eat a well-balanced, calcium-enriched diet. Calcium sources include:

1. Dairy Products: milk, cheese and yogurt – these are the most plentiful sources of calcium, and are absorbed well by the body
2. Fortified Beverages: calcium-fortified orange juice, and soy and rice milks
3. Additional Sources: broccoli, white beans, almonds, dried figs, sesame seeds, canned salmon with bones, sardines, tofu and calcium supplements such as TUMS®

How much calcium do pregnant women need?

According to Health Canada's Nutrition for a Healthy Pregnancy – National Guidelines for the Childbearing Years (1999), women require 1200 - 1500 mg of calcium daily – which is four to five servings a day.



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Broken Back At 25 Leads To Osteoporosis Diagnosis

(NC)–At the age of 25 Salima Ladak-Kachra sustained four compression fractures in her spine when she accidentally slipped and fell on a ceramic floor. When she hit the floor, she felt an unbearable pain shoot down her back and couldn't move her body. For a moment she thought she was paralyzed. At the hospital emergency department, an x-ray revealed Salima had crushed vertebrae.

"The emergency physician was shocked that such damage could occur from a simple fall," says Salima. "The doctor said the damage to my back looked as though someone had hammered it with a baseball bat."

Prior to her fractures, Salima had seen a few doctors complaining of back pain, but was told it was just poor posture. Most likely due to her young age, the apparent risk factors she had for osteoporosis were ignored: Salima had a family history of osteoporosis; a petite body frame; and Asian heritage. She also had low calcium intake through her adolescence – the vital bone-building years – and physical activity had not been a focus in her life.

It wasn't until Salima fractured four vertebrae that she was forced to investigate her bone health. Through a bone density examination she was diagnosed with severe osteopenia in both her spine and upper leg. Osteopenia is a thinning of the bones or low bone mass – it is the stage before true osteoporosis. The diagnosis required immediate action.

"Nothing could prepare me for the emotional and physical pain of the disease. I never imagined that I would have what is often considered an old ladies' disease. Unfortunately, I learned too late that osteoporosis is known as the silent thief – your bone loss occurs without symptoms and by the time the damage is realized, a fracture or collapsed vertebrae, it's too late."

In order to improve her bone health, Salima knew she needed to make a total lifestyle change.

"I now have a well-balanced diet with an emphasis on calcium-rich foods. And on the days when I just can't get enough calcium from my diet, I take TUMS®, as a calcium supplement," says Salima. "To further preserve and build my bone mass, I also limit my coffee and alcohol intake and have made exercise a part of my weekly routine."

Although osteoporosis is a multi-factorial disease that can happen to anyone regardless of age, gender or ethnic background, improving your diet and lifestyle can reduce your risk of developing the disease.

Salima now dedicates her life to raising awareness, promoting early diagnosis and providing information about osteoporosis to teach others of the painful lessons she has learned.

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Keeping Health in Mind

Tri-County Mental Health Services

Emotional Well-Being - Challenge And Outcome

Deborah Burne, R.N., B.A., CPMHN(C), Community Mental Health Nurse Tri-County Mental Health Services

Last year at this time we talked about coping with the emotional reactions to the terrorist tragedy in the United States. The research supported that the natural recovery would be strong and that the psychological outcome for most communities (Staab. Foa and Friedman) would be resilience of the human spirit and not mental health problems. How have we coped emotionally with the disaster? Dr. William C. Menninger suggests that "seven yardsticks" can be used to measure emotional well-being as we experience day-to-day life and are confronted by situations that affect our emotional health.

Face Reality: Face and accept the world we live in. Learn to accept frustration with grace and a sense of security to tolerate delays in gaining satisfaction. This implies having the ability to avoid taking flight or fight when faced with difficult realities and making compromises.

Adapt To Change: Daily life brings new experiences, opportunities and challenges that require adaptation. The nature of our world is change. To grow and mature throughout life stages – from birth to life's end – we are required to change, adjust and adapt.

Control Anxieties: When conflict arises between reality and our perception, tension and anxiety result. Anxiety is part of the human condition and can be understood and strategies used to reduce and control it.

Give Of Yourself: Consider what you can contribute – giving of your time and energy to others.

Consider Others: Getting along with others requires the ability and maturity to give and the capacity to relate to others with sincerity, honesty, fairness and dependability.

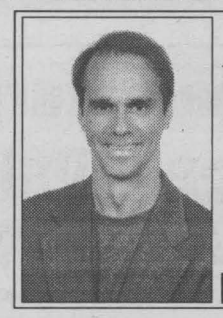
Curb Hostility: Emotion can cause destructive and aggressive impulses. Hostile energy can be directed into creative and constructive acts.

Learn To Care: The most important standard is having the capacity to love – caring. It is the ideal from which true happiness comes. Love is the neutralizing agent for hate.

The events of September 11th, 2001 challenged our capacity to cope and continue on with daily life. As individuals we were forced to face the realities of the tragedy and adapt to the changes it imposed. We learned to control our anxieties and we gave to each other and our communities. We took others into consideration and were witness to what uncurbed hostility can produce. We demonstrated the capacity to love and care beyond our communities, demonstrating that through adversity, emotional well-being can be strengthened and resilience endures.

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

What Is Bruxism?



Ask The Dentist

Louis **CARDINAL** *BSc, DDS, FAGD*

Bruxism is a medical-dental term for occasional or habitual teeth grinding and clenching. Bruxism is common and many experts believe it is triggered by general stress of daily life such as worry, anger, competition, excessive concentration, performing under pressure and so on. As a result, a person (even a child), may experience a variety of symptoms including headaches, earaches, pain in the jaw, neck, shoulder area, as well as clicking sounds during opening and closing of the mouth. A major concern with bruxism is that with time it will cause the tooth structure (and fillings) to chip away due to the unnatural and excessive stress. Grinding can actually create microscopic cracks which cause pain that is difficult to diagnose since these thin fracture lines do not show up on x-ray films. Fractured teeth often need to be extracted. Occasionally the pulp or nerve is exposed, thereby requiring root canal therapy to alleviate the pain.

In severe cases, chronic bruxers can reduce their teeth down to the gumline. These people can sometimes be identified by the decreased distance between their nose and chin since their dentition has been drastically reduced in height. In addition, the muscles of mastication occasionally increase in size and give the patient a unique appearance. Extensive restorative dentistry is required to regain the normal height of the entire dentition.

Bruxing is very common during sleep, and waking up with a sore jaw may be the first sign, although patients are usually not aware of their habit. In most cases, the dentist is the first to observe the signs of bruxism. Despite the severity of these symptoms, the damage of bruxism can be controlled by having your dentist fabricate a dental splint, commonly known as a night-guard. Simply wearing this appliance during your sleep will protect the teeth, and may help patients give up the habit. Physiotherapy can be very useful in decreasing the pain, and with severe cases, where psychological factors play a role, psychotherapy is often recommended.

Just remember that a simple night-guard appliance can often be all that is required to protect an entire dentition from slowly wearing down to nothing. Please inform your dentist if you suffer from any of the symptoms of bruxism.

Tips For Safe Lifting

1. Your back is strongest when it's in its natural position, which means that the normal curve at waist level should be neither exaggerated nor flattened. There are times, however, when this is impossible. For instance, you must bend forward to take groceries out of your truck. On occasions such as these, lighten your load. In other words, instead of lifting two or three bags in each hand, lift only one or two.

2. Your leg muscles are stronger than your back muscles. They are also stronger than the muscles in your arms. If you bend your knees and lift with your arms straight down (not straight out) your leg muscles will do most of the work.

3. When you lift something – a box is a good example – hold it as close to your body as possible.

4.Twisting while lifting puts enormous strain on your back. The best way is to lift, and then turn your body by moving your feet.

5. The toll lifting takes on your body is cumulative. Lifting a light object many times can cause as much strain as lifting a heavy object just once.

6. Generally speaking, it's easier to lower something than to lift it. But don't be fooled. Many back injuries occur because people believe they can lower something really heavy and then lose their grip and have to lunge for it.

7. Speed matters. The best rule of thumb is to lift at a moderate speed – one that feels comfortable to you.

8. It's easier to lift a rectangular box than one that's oddly-shaped. That's because, when you lift an oddly-shaped box, your muscles must also work to keep you balanced. When you have no choice, pack the rest of the box with light items. For instance, if you must pack an oddly-shaped item, use the rest of the box for towels or linens rather than books.

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Paulette Poirier
Homeopath

Homeopathy For A Broken Arm

When Todd fell on his arm during football practice he knew his arm was broken. The pain and tenderness was so intense he couldn't move. Swelling soon followed. His father took him to the hospital where x-rays were taken then the doctor set the broken bone and put a cast on.

That's when I got a call. *Arnica (Leopard's bane)* was given for trauma of this injury followed by *Symphytum (Comfrey-Knitbone)* in a low potency to assist in the knitting of new bone. Relief from the pain was fast in coming.

The young athlete didn't get to finish the football season but is looking forward to hockey starting up soon. Many athletes like Todd use homeopathy as a natural way to promote faster healing.

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

QUESTIONS?
Paulette is available every Tuesday for more information between 2 pm - 5 pm
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Char-Lan Golf Team's New Members



Congratulations to these students who have made the Char-Lan golf team. They participated in the SD&G Golf tournament at Cornwall Golf and Country Club Monday, September 23rd, 2002.

Pictured above from left to right are: Kris Pyke, Ryan Zurkowski, Lisa Migneault and Katrina Van Riel. Gary Lee, Kevin Larocque and Christina Edwardson were absent at time of photo.

Photo submitted by S. David

Seaway Valley

Atom "AA" Rapids

The Seaway Valley Atom "AA" Rapids played their first league game Sunday, September 22nd, 2002 and skated to an 8-2 win over Rideau St. Lawrence. Their first win was a true team effort with every player contributing. Ricky Guillet was solid in nets, coming away with the win. Michel Lefebvre lead the attack with two goals and one assist. Byron de Wit and Tyson Spink each added a goal and two assists while Tyler Prieur and Mathieu Rochon chipped with a goal and an assist. Chad Galliott and Eric Ming each netted singles and Hiio Herne, Jacob Ruest and Tylor Spink each added a pair of helpers.

The Rapids played Ontario East in back to back exhibition games, coming away with a win and a tie. In a 6-4 win in St. Isidore, Byron de Wit and Tylor Spink each netted a pair of goals. Chad Galliott and Hiio Herne each netted one.

Back on home ice, the Rapids skated to a 5-5 tie in dramatic fashion when Tylor Spink scored the tying goal with only 15 seconds to go. Chad Galliott, Eric Ming, Tyler Prieur and Jacob Ruest each scored a goal.

Cornwall Bob's Cycle Shop

Atom "A" Royals

The Cornwall Bob's Cycle Shop Atom "A" Royals have announced their lineup for the 2002/2003 hockey season. Ryan Bissonette and Jacob Fourney will guard the goal this season. On defense in charge of patrolling the blueline are Ryan Fontaine, Patrick Lemire, Vance Thompson and Clay Thomas. Skating at the forward positions are Alex Conroy-Terrance, Kevin Dionne, Jesse Fontaine, Brandon Gilmour, Chad Parthenais, Parker Payette, Nick Quenneville, Cody Stapley and Danick Thibault.

Behind the bench this season is Head Coach Dave Fontaine, Assistant Coaches Brian Fontaine and Lloyd Fourney, and Manager Mark Bissonette.

The players, coaches and parents would like to thank "Bob's Cycle Shop" for being their major sponsor.

Bantam "B" Cornwall Royals

The Bantam "B" Cornwall Royals finalized their roster for the upcoming 2002-2003 season. Patrick Quenneville and Hunter White are taking care of the goaltending, while denfencemen François Bruyere, Jordan Lalonde, Brian Lepage, Shane Lucyshyn, Jason Marion and Brad Prieur will patrol the blue line. This year's forwards are Kurtis Cayer, Scott Gallant, Mathieu Gaudet, Jordan Kyte, Kyle McDougald, David Roy, Cary Soares, Nik Spagnolo and Kevin Wilkes. Coach Ron Roy and Assistant Coaches Brent Prieur and Sylvain Savard will be on the bench with Robert White taking on the Trainer's position. Steve Kyte and Micheal Lalonde are sharing the Manager's duties.

Club 55+ Action

From the lanes to the greens and back to the lanes, nothing has changed since last April in Club 55+ action at Olympia Bowl.

Roy Julien just keeps on going and going and going. This week was no different, Roy tossed singles of 250, 200 and 264 for a cross of 714.

Other Highs Rolled: Kirke Dupuis and Earl McCullough 230 each, Vernon Eastman 228, Lawrence Markell 224, Don Silmser 223, Eric McCartney 219, Bob Eamer 217, Harold Millward 216, George Belmore 215-209, Bill Thompson 215, Yvette Brodeur 213, Aline Givogue and Wilson Dalley 211 each, Anita Bissonnette 210, Roma Amelotte 206, Shirley Eastman 204-204, Edna Dagostine and Ovila Samson 203 each, and Jean Eamer 202.

Attendance Winners: Marjorie McCoubray, Ken Laperle, Alex Robinson and Don Silmser.

Char-Lan Peewee "B"

The coaching staff for the Char-Lan Peewee "B" Travelling team has announced the team roster for the 2002-2003 hockey season. The netminders are Ben Boyd and Taylor Servais. Skating at the forward positions are Kevin McLeod, Grant McDougall, Max Ming, Chris Sendeo, Steve Rose, Thomas Lang, Dale Vanderburg, Dane Fitzpatrick and Colin Poirier. On defense we have Jonathan Jasper, Danny Hincks, Ryan Delorme and Shane Laframboise.

Coach Frank Hincks, Assistant Coach Johnny McLeod, Trainer Tim McDougall and Manager Jim Delorme are looking forward to a great year.

The Char-Lan team would like to thank Bruce and Rhona Munro at Munro Agromart for their support as the team's major sponsor.

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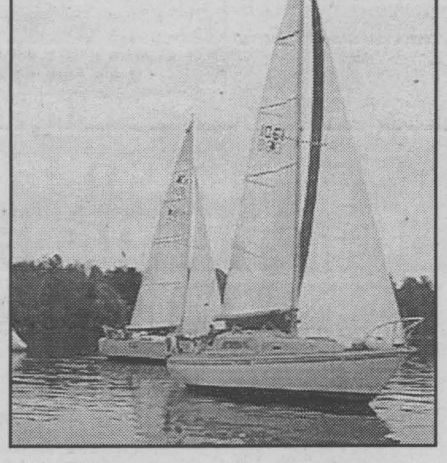
Stormont Yacht Club Race Results



Very light and variable winds provided the 10 boats from Stormont Yacht Club with a test of sailing skills on Sunday, September 22nd, 2002. Ray Bougie held onto an early lead but the several almost windless periods created gaps in the fleet.

Results: 1) Ray Bougie; 2) James Suffel; 3) Charles Runnels; 4) Doug Randlett; 5) Brian Branchard; 6) Mike Togneri; 7) Lloyd Chaput; 8) Tony Harte; 9) Clive Williams; 10) Dave Witherspoon.

The photo (from left to right) shows Doug Randlett, Mike Togneri and Brian Branchard slowly leaving the leeward mark in Long Sault Bay.

Photo submitted by SYC

SEAWAY Scoreboard

editorial@cornwallseawaynews.com

Bridge Results

Terri's Bridge Club, Sept. 23rd, 2002
Section 1
N/S
1. George Bissonnette - Adelaide Hunter
2. Brunnelle MacDonald- Mona MacPhee
3. Georgette Lauzon - Gerry Johnston
4. Marjorie Raymond - Hermine Ladouceur
E/W
1. Rita Struthers - Florence Bergeron
2. Marie Godard - Claudette Ladouceur
3. Jean Boileau - Fern Cuerrier
4. Margaret MacLeod - Edna Sullivan
Section 2
N/S
1. Jeannine Alain - Carol Reus
2. Charmaine Quenneville - Claudette Rousseau
3. Gaby Bouchard - Maureen Barkley
4. Maurice Roussy - Bert Mosher
E/W
1. Fern Blain - Norma Blain
2. Ben Bouvier - Madan Seth
3. Jean Walker - Pat Markell
4. Ruth Edgerton - Mary Walton

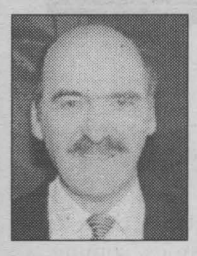
Charmaine's Bridge Club, Sept. 24th, 2002
N/S
1. Grace Leroux - Georgette Lauzon
2. George Bissonnette - Ben Bouvier
3. Rita Crans - Nancy Lamoureux
E/W
1. Fern Blain - Charles Lawn
2. Lyette Ladouceur - Brunelle MacDonald
3. Norma Blain - Marian Lloyd

Kinsmen Centre Social Duplicate Club, Sept. 24th, 2002
N/S
1/2. Claire Emard - Cecile Michaud } tie
1/2. Susan & Rodney Rivette
3. Marie Savoie - Tom Swift
4. Nicole Smith - Louise Vachon
E/W
1. Donna Hutchcroft - Dawn Scranton
2. Marilyn Dorman - Doug Hill
3. Maryl Ray - Val Shannon
4. Phyllis Fourney - Darlene McMartin

Suzanne's Bridge Club, Sept. 25th, 2002
N/S
Section A
1. Brunelle MacDonald - Mona MacPhee
2. Elizabeth DuBoyce - Rita Marsh
3. Myrna Carpenter - Rita Crans
4. Maureen Barkley - Madan Seth
E/W
1. Muriel Contant - Terri Lalonde
2. Denise & Andre Perrault
3. Alan McLeod - Henry Rzepczyk
4. Joyce Egan - Ruth Orkin
N/S
Section B
1. Lorraine Gauthier - Evelyn Warren
2. Lisette Jesmer - Janice Keen
3. Grace & Ken McDonell
4. Audrey Blair - Joyce Haines
E/W
1. Greta Carvell - Margaret McLeod
2. Fern Blain - Charles Lawn
3. Hilda Provost - Arthur Vachon
4. Ethel Bingley - Estelle Loney

Cornwall & District Bridge Club, Sept. 26th, 2002
1. Kirkwood Mallette - Voytek Pomykalski
2. Jeannine Alain - Steven Lassner
3. Barbara Taylor - Brian McCartney
4. Mabel Chan - Nelsa Kalil

Cornwall Seniors Bridge Club, Sept. 27th, 2002
Dorothy Donihee Memorial Trophy
1. Maureen Barkley - Rita O'Brien
2. Gail Dugas - Claudette Ladouceur
3. Claudette Rousseau - Maureen Walker
4. Joyce Haines - Diana Macaulay
5. Jessie Boyd - Carl Riley
6. Jeannine Alain - Barbara Taylor
Regular Session
N/S
Section A
1. Claudette Rousseau - Maureen Walker
2. Joyce Haines - Diana Macaulay
3. Rita Crans - Charmaine Quenneville
4. Mabel Chan - Pat Cunningham
E/W
1. Gail Dugas - Claudette Ladouceur
2. Jeannine Alain - Barbara Taylor
3. Shari Budgell - Madan Seth
4. Ben Bouvier - Bert Mosher



Sports Chips

Bill
Gallant

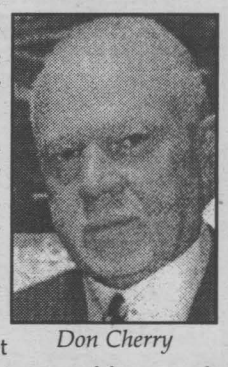
As this is being typed, the Cornwall Colts are back on ice at the Si Miller Arena competing in the CJHL regular season. Yes, hockey is underway once again and already there are the usual unpredictable events, such as the Colts' early season problems in getting into the win column. But it's very early in the season and the fans who follow the team regularly are confident this will be another banner year for the club. They just have to rid themselves of the early season jitters. Two games for you to listen for this weekend or perhaps even attend: Saturday, October 5th, 2002 the team will be in Ottawa for a 7:30 p.m. match, and then Sunday, October 6th, 2002 a 2:30 p.m. game in Nepean. Both games can be heard on the Jewel.

Meanwhile out Glengarry way, both the Char-Lan Rebels and the Alexandria Junior Glens are off to good starts in the Eastern Ontario Junior "B" League. At the Rebels' camp, despite losing several veterans from last season, the team is still able to hold their own in the early season openers. The Rebels will get back to some action this Sunday, October 6th, 2002 with a game in Kemptville starting at 7:45 p.m. The Glens will be back on home ice this Friday, October 4th, 2002 at 8:30 p.m. against Kemptville. There is always exciting action in the Junior "B" loop, and we urge you to get out and support your team at upcoming games.

Meanwhile, the big guys in the NHL are in the midst of their exhibition schedule. But most of the sports headlines these past few days have been devoted to an off-ice story that is causing much concern and comment. It's the contract dispute between the CBC and long-time Hockey Night In Canada broadcaster, Ron MacLean. It's a money squabble, and one I hope will be straightened out soon. It would be a real shame to have an NHL season start and carry on without Ron and his sidekick, Don Cherry. Both are very knowledgeable hockey buffs and equally talented broadcasters. It's what makes the game interesting to have the ongoing jibing, sarcasm and sometimes even outright nasty exchanges between the two on Coach's Corner. I don't know for certain but I would like to believe that both Don and Ron would share a glass or two of suds after each game and that their on-air disagreements are only for show. The real culprits in this ongoing argument seems to be the brass at the CBC. How many times have we heard about the efforts of the CBC management wanting to "dump" Don Cherry from the hockey broadcasts? Granted, Mr. Cherry does at times make some snarky remarks aimed at the cameraman or someone on the production crew during the Hockey Night In Canada TV coverage. Surely it's a case of "let the crew produce the show and please allow the broadcasters to shape and spout their own views."



Ron MacLean



Don Cherry

We hear enough each hockey season about the players' demands for higher salaries and how the poor hockey fans have to dole out more each season for tickets, hot dogs and souvenirs. Good luck to both MacLean and Cherry, but as a parting thought to both the CBC and the NHL, you better watch out because we fans are growing tired of your problems each season. Please play hockey and give us a break...from the annual petty arguments and the annual ticket increases!

Champs East Side Boxing

Recently, from Friday to Sunday, September 20th to 22nd, 2002, Champs East Side Boxing Club participated in the Third Annual Summerhayes Novice Tournament in Brantford, Ontario. This is an all Ontario Tournament for Novice boxers, 10 bouts or less.

Representing Champs was Josh Cloutier in the Junior "C" (15 and 16 year-old) Boys Light Welterweight (139 lbs) division. Josh got a bye, and took home a Silver medal. His opponent was Steven Marsh. The bout was stopped due to a 15-point difference. Josh fought very well against stiff opposition and showed much improvement, and Champs is very proud of his representation.

Champs is holding the Junior Provincial Championships January 24th to 26th, 2003. Champs is looking for one or two doctors who will volunteer their time for the weekend, or will work for a fee. All monies from the tournament will be put towards a second-hand competition ring to hold more local amateur shows. If there is a doctor or two who would donate their time, please contact Jorge Luis at 933-5618 or Angelo Scanga at 936-0547.

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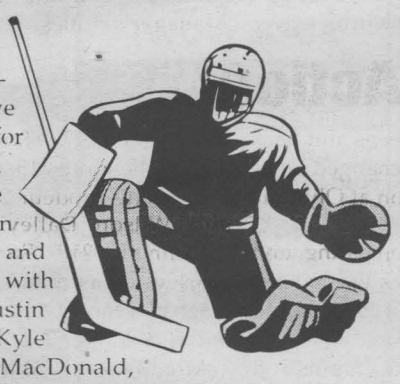
Computer Sense/Char-Lan

Atom Rebels



After an exciting week of try-outs the Computer Sense/Char-Lan Atom Rebels have completed their roster for the 2002-2003 season. On the attack will be returning players Kevin Veilleux, Taylor Eamon and Ramsey Wheeler along with newcomers Justin McFarlane, Kyle MacDougall, Duncan MacDonald, Mackenzie Roy, Steve Glaude and injured affiliate Nelson Cecereu. The defensive squad consists of veteran Jacob Dawson and rookies Jordan Brunet, Patrick Leblanc and Cody Taylor. Robbie Chapman and Ian MacDonald will be sharing duties in the crease. Rounding up the Computer crew for this year will be head coach Benoit Veilleux, assistant coaches Chris Eamon and Gerry Lemire and manager Paul Dawson.

South Stormont

Pee Wee "B" Selects

The Pee Wee "B" Selects have finalized their roster for the 2002-03 season with the return of Matt O'Neill in goals and with the loss of Travis Coughlin to the "AA" team, leaving a spot open for last year "AA" goalie Jordan Konink. On defense the Selects have Daniel Bissonnette, Ty Kinstler and Jordan Aubin returning and Joey Gallately taking the spot for Scott Simpson, who moves up to the "A" team. Forwards returning are Daniel Viau, Brent Maxwell, Patrick Gilmour, Daniel Sullivan and new additions to the team are, Stephane Beaupre, Joel Stang, Zach Kroeze, Ryan Seguin and Kyle Middleton.

Coach Bill Kroeze, Assistant Coach Mark Beaupre, Trainer Ross Gallately and Manager Mike O'Neill are willing to help bring these young talented players to their full potential and having fun at the same time.

After one practice the Selects had their first exhibition game to Cornwall winning 3-2 in a good game that showed body contact was going to be used this year. After Cornwall moved to a two-goal lead up to the five-minute mark of the third, Daniel Bissonnette's stick handling through the defense got a goal in the five hole. Then Daniel Viau and Sullivan completed two other great goals for the win. Konink played excellent, not giving any goals, and O'Neill also did many good saves for the win.

In two other exhibition games, to Char-Lan for a 1-1 tie with Viau getting the lone goal with a nice deflection to the top corner, and Brent Maxwell, after missing the Char-Lan game due to illness, came out strong against Morrisburg with both goals for a 2-2 tie. Konink and O'Neill both shared the task in nets to be unbeaten so far.

Good luck this year, be proud of being Selects and have fun. Welcome to the new parents joining with the team.



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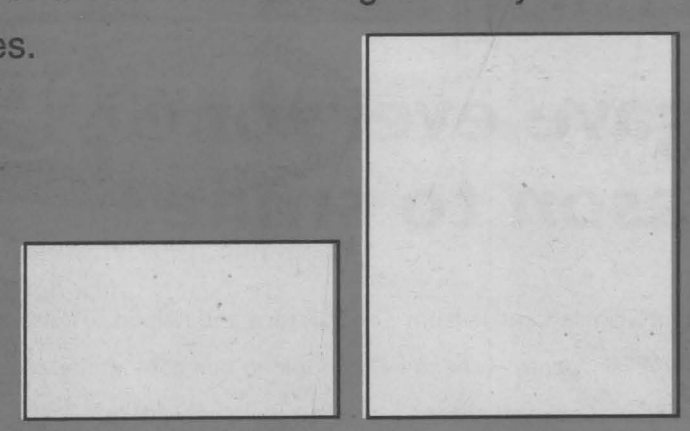

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ENTERTAINMENT

Night N' DAY

Entertainment - Special Events & Restaurant Review - By Bill Gallant

NEW FRIENDS AND ACQUAINTANCES (NFAA) - Cornwall and area has the following activities lined up for the month of October: ***BOWLING*** every Sunday night from 7 to 8 p.m., October 6th, 13th, 20th and 27th, 2002 at the Bowling Palace (corner of Pitt and Tollgate); ***KARAOKE*** Fridays, October 11th and 25th, 2002 from 10 p.m. at Augustino's Karaoke Dance Lounge (1195 Second Street West), (613) 933-7755; Dinner, Friday, October 25th, 2002 from 8 p.m. at Augustino's Ristorante Italiano (1195 Second Street West), (613) 933-7755, no reservations needed; and ***DANCING***, Saturday, October 19th, 2002 at the Navy Club (30 Sixth Street East), doors open at 8:30 p.m. For information contact Barbara at 933-5902.



The Everly Brothers with Bill Gallant (in the centre).

Night and Day this week takes a look at entertainment and entertainers from the 1950s. Anyone who was around and young during that era will recall that the 50s were an exciting and happy time. I remember how relatively easy it was to get part-time or full-time employment. If you lost your "job" you simply looked around and found another one. It seemed there was always something available. What was once called the unemployment insurance office was a primary source to begin that search for work that suited your skills or ambition. One could also just make the rounds of the local business community and usually locate an employer looking for help.

What also made the 50s so likeable was the advent of the rock and roll era. Being a teenager was especially enjoyable then. We finally had our "own" personal music to listen to, dance to, and in some cases, to actually join or start our own band. There were the school dances and several halls and clubs that offered local and big time talent.

It was an era of many fads and some great technological change. Television especially was viewed by everyone with amazement, then there was the fashion fun. We wore those white buck shoes, thanks mainly to a teen singing idol named Pat Boone. For the male species, our trousers were tightly draped, or we wore black slacks and had brushcut hairdos. Some of the "swingers" of that era were lucky to have their very own "wheels" and decorated them with bright paint jobs, fancy horns or other ornamental creations of the day.

Then there was our own language with expressions like "crazy man," or "I dig ya," or "wanna go cruisin'?!" The female of our species (our "chicks," if you pardon the expression) were always fancy in their flared skirts, bobby socks, and if they were dating a special "beau," they proudly wore his class ring or some memento around their neck.



Fats Domino and Bill Gallant. It's interesting that Fats and The Everly Brothers are still entertaining today.

Think about it, our own language, our choice of entertainment, our own music and our own clothing fashions. We certainly had our favourite teen idols, and there were plenty to choose from: Ricky Nelson, Fats Domino, Bobby Vee, Duane Eddy, Paul Anka, Connie Francis, Brenda Lee, Sam Cooke, The Everly Brothers, Bill Haley, the crown prince of the rock and roll era, and then later came Elvis and the Beatles, and hundreds more.

If you are a graduate of that era, then you know it was over 50 years ago, but we are still dancing and listening to that music today. As a matter of fact, yours truly is back in the radio business and sharing the memories of that fun time on the Jewel at 1220 AM.

Our photos this week were taken about 50 years ago, and if anything, they are proof that I really did have hair on my head once.

Pardon me for reminiscing! Until next week, G'Day, G'Night and "Cool Man, Cool!"

Photos by Bill Gallant

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With 37 years of musicals, there comes a time when we must celebrate the great achievements of our local amateur talent base. Join us for an evening of musical talent featuring some of the Glen's most memorable faces and songs from 40 musicals.
Produced by: Mary Ann Hug
Directed by: Cathy Doyle-Parent
Musical Director: Christine Hickey
Show Dates
October 17,18,19,24,25,26 – 2002
at the Newly Renovated Glen Building
Behind the Si Miller Arena - Water Street, Cornwall, Ontario
8:15 p.m. Nightly
Tickets available at Cornwall & Seaway Valley Tourism
Ticket Information: (613) 938-4748
Show Information: (613) 936-6960
sep27024

the BUZZ

CBS was the most popular network during opening week of the new season, narrowly beating its top rival. CBS averaged 13.9 million viewers last week in prime-time, while NBC had 13.4 million. The Big Two have most of television's popular shows: CSI, Everybody Loves Raymond, Survivor and the new CSI: Miami on CBS; Friends, ER, Frasier and The West Wing on NBC.

Mariah Carey was in New York City shooting a video for her first single for Def Jam records "Through The Rain." The diva appeared confident and carefree, strutting around in a trademark thigh-baring skirt and too-tight top while waving happily to the fans that had gathered to see her. In other Mariah news, it appears that Mariah and ***Eminem*** are still dating despite the rapper's denials.

Oscar-nominated British actress ***Minnie Driver*** is going to have a U.S. TV series built around her next year but nobody knows if it will be a comedy or drama.

Pop princess ***Britney Spears***, the bubbly dancing spokesgirl for Pepsi, will soon be hawking again but on a more serious note in a commercial to warn people of the evils of online piracy.

Confirming weeks of speculation, Warner Bros. announced it has hired Rush Hour helmer ***Brett Ratner*** to get Superman's long-stalled movie comeback moving.

The new Batman animated film will star the voice of ***Kelly Ripa***, co-host of Live with Regis and Kelly, as Batwoman, the lead character.

The long-awaited release of the Back to the Future films has been announced. Universal will put out the Back to the Future Trilogy on December 17.

Hellraiser VII: Deader is about to go into production, with a six week shoot in Romania (Romania seems to be the trend for direct to video horror sequels these days).

The final season premiere was the most-watched episode ever of NBC's Emmy-winning sitcom Friends. The potential untangling of the Ross, Rachel, Joey triangle snagged 33.3 million viewers, according to Nielsen.

Casino By Limousine
Gift Certificates Available
Amyot Limousine and Akwesasne Mohawk Casino
"Your Winning Combination"
Sun.-Mon.-Tues.-Wed.-Thurs.
$99.00 Per Group up to 8
Each person receives:
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◆ $15.00 U.S. Match Play
♠ Gift for the ladies
Cornwall To Casino and Return
Reservations Please
936-7430
MAR01022

Cornwall & Areas Authentic
Ye Old English Fish 'n Chip Shop
Saturday, Oct 5th noon-8pm.
Fisherman's Platter
(English Fish, Breaded Sole Shrimp & Scallops) w/ Rice, Salad & Homemade Chowder
$10.99
Sunday, Oct. 6th noon-7pm
Roast Leg of Lamb
w/Mint Sauce, Potatoes & Vegetables
$10.99
or
Corned Beef & Cabbage
w/Mashed Potatoes
both include Homemade Soup & Homemade Cake or Rice Pudding
$9.99
Eat In - Take Out
Free Delivery ($10.00 min. order)
Owned & Operated by Ray & Clara Henstock
Check out our latest products from England
HOURS:
Mon.-Fri. 11-8
Saturday noon-8
Sunday noon-7
9, 1st St. E. (near Pitt & 1st St.) oct4024 933-6411

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oct4023

North Glengarry Fire Department
Apple Hill Station
"Fire Prevention Week"
Friday October 4th & Saturday October 5th
Firemen will be going door to door
CHECKING SMOKE DETECTORS
Sunday, October 6th
PANCAKE BREAKFAST
Apple Hill Community Center
9:00 a.m. to 1:00 p.m.
seaway news
committed to our community

A&W
Papa Burger
2 for $5
Stretches your stomach like it stretches your dollar.
For a limited time, enjoy 2 Papa burgers for only $5. Just imagine, two seasoned patties (1/3 lb. of beef) with pickles, and a slice of onion on a fresh sesame bun. Now times that by two. The result? A delicious, filling meal that'll satisfy a whole lot more than just your tastebuds. And that's not a stretch.
1718 Vincent Massey Dr.
Price plus tax. Offer valid for a limited time only.
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OC04022

WOMEN IN BUSINESS

A MONTHLY REVIEW OF ENTREPRENEURIAL WOMEN IN CORNWALL AND AREA

Rejuvenating Hands At The Esthetics House

For four years, Michelle Contant has owned and operated The Esthetics House at 119 Augustus Street. Her 15 years experience in the field of esthetics, combined with her sociable personality, allows her to take her clientele towards a healthy stress-free body.

"I enjoy working with people," said Michelle Contant. "To do well in this profession, you have to be a people person. I love our customers because they don't treat us like servants. I started in this business because I wanted people to feel better about themselves. To accomplish that we integrate three major parts of healing into our work. We take care of the physical, mental and spiritual aspects in a holistic fashion with every session. Essential oils are very important to alleviating stress and soothing the body."

The Esthetics House not only uses all natural products during their full esthetic care, but also supply Aromatherapy during treatments in: Reiki, Reflexology, Ear Coning, Mud Wrapping, and Body Massage. The clean healthy atmosphere is one of comfort and serenity, not a clinical environment. Sanitation requirements have been upgraded in the larger centres to help protect their clientele; The Esthetic House have already incorporated those requirements.

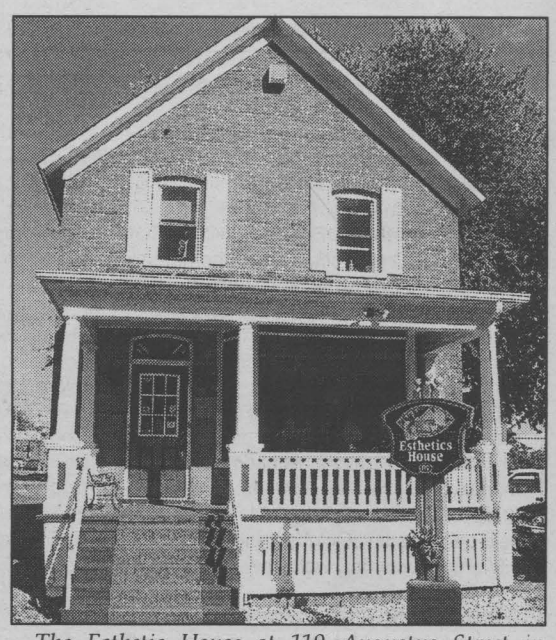
"Everything we do is considered holistic healing," added Michelle. "If we do nothing but use our essential oils, customers will still walk away relaxed and healthier. New clients are asked their health issues before we begin so we can gear their sessions safely and effectively to their individual needs. We don't want to take our clients for granted, so I am very loyal to my natural products. People work 60 hours a week and they need to ease their stress. What's better than spending some time at a spa!"

Michelle and her eight staff members at The Esthetics House offer various spa packages, or instruction in any of their services. The training is geared to each individual student.

"I taught previously to opening The Esthetics House and found I loved teaching. We try to teach the students our holistic approach to the business. Although the demand right now is with our professional services, training is still being offered."

So, if you're feeling the pressures of the coming holiday season, take some time and pamper yourself. The Esthetics House offers a wide selection of professional esthetics services, retail or wholesale equipment and supplies, and training to learn the occupation. With a bright smile, Michelle Contant at The Esthetics House is the answer to any itch or ache you have.

Photo by Chris McPhee



The Esthetic House at 119 Augustus Street in Cornwall offers a wide variety of personal care services.

The Esthetics HOUSE
Professional Esthetic
Services at affordable prices.
• Massage • Reflexology
• Body Treatments • Electrolysis
• Reiki • Facials
• Ear Coning • Manicures
• Therapeutic Bath • Pedicures
• Waxing
Gift certificates available
Happy Halloween
oct4023
119 Augustus, Cornwall 613-933-2882

Thanksgiving
The perfect way to say Thank You is with a Fall Centerpiece to adorn their table.
For out of town deliveries, order early!
SPECIAL FOR OCTOBER 25% OFF All Silk & Dried Arrangements & Home Decorations
BARBARA'S FLOWER BOUTIQUE OC0402
"HOME OF THE PERFECT ROSE"
213 Cumberland 24 HOUR ANSWERING SERVICE 933-5902

ECHO TRENDS
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Blowout Sale
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Up To 50% off
We Also Carry Maternity Wear
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$75 OFF On Extended Warranty Available On All Models 1994 & Newer (certain restrictions may apply)
RUST PROOFING $50 OFF
See Me For Details
Karen Kelly Business Mgr.
MILLER HUGHES SINCE 1956 www millerhughesford.com
711 Pitt Street 932-2584 oct4023

Mel's Auto Magic
Your Complete Car Care Centre 930-7070
FALL SPECIALS
Save $10.00 off a SHAMPOO with DETAIL or
Save $20.00 off any SHAMPOO, DETAIL & HAND WAX
Come in for more information
OC04022
5590 HIGHWAY 138
(1.5 KM NORTH OF CORNWALL CENTRE ROAD)

Make great wine for the holidays!
Though you've still got time to trim the tree, now's the time to make your own great wine for the upcoming holiday season. Visit Wine Kitz today to start making yours!
WINE KITZ BEER & WINE MAKING MADE EASY
City Centre 812 Pitt Street CORNWALL 613-938-0125

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OC04023
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A harvest of features! Beauty, warmth and value! A semi with a difference. Ask for Sherry 938-2121
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Country flair, a place to hang your heart! Beautifully landscaped grounds. Home is over 1950 sq.ft. Call Sherry to view 938-2121

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(between 2nd & 3rd)
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Sat. 10am - 4pm
10th Anniversary Special
ONE DAY ONLY
SAT., OCT. 5th
10% off
EVERY BOOK IN THE STORE
BOOK FOR $1
(2 Tables)
ENTER OUR DRAW!

- GUEST PASS -
1 WEEK FREE MEMBERSHIP
Or exchange on first visit for special discount
one per person, new members only ~ offer expires Oct. 31/02
Curves FOR WOMEN
"30 MINUTE FITNESS AND WEIGHT LOSS CENTERS"
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936-9797
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ONE DAY ONLY
We Pay The Tax On All Regular Priced Winter Clothing
Great Prices! Great Selection!
THE WORKS
Capital City Centre, 812 Pitt St., Unit 53
932-0461
oct4022

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933-0015

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Deadline: Wednesday, 5 pm
classified@cornwallseawaynews.com

COMMUNITY DIGEST

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

ANXIETY DISORDERS ASSSOCIATION OF ONTARIO now offers a support group in Cornwall for invidividuals living with Panic Attacks, Social Anxiety, and Agoraphobia. Call us for details at 1-877-308-3843 (Ottawa) or 543-2357 (Morrisburg). All calls confidential.

BEREAVED FAMILIES OF ONTARIO - CORNWALL & AREA will be holding its Children/Youth Drop-In Support Meeting on Monday, October 7th, 3:00p.m. to 4:30p.m., Support and Share Night Meeting will be held on Thursday, October 10th, 7:00p.m. to 9:00p.m. Everyone welcome. Information: 936-1455.

BOOK FAIR - the Auxiliary to the RHSJ Health Centre (Hotel Dieu Hospital) with "The Skye Import Co" will be holding their fundraiser on Thursday and Friday October 10th and 11th on Level 1 of the hospital between 9:00a.m. and 4:00p.m. Everyone welcome.

CORNWALL SEAWAY LIONS CLUB is now open Thursday, Friday, and Saturday 1:30p.m. to 6:00p.m. Euchre and Cribbage is held on Thursday at 7:30p.m. 123 Fortier St., off Tollgate Road. Information: 938-0040 or 938-8894. Everyone welcome.

DO YOU HAVE A FEW hours to have fun and help your community? The Agapé Centre needs volunteers for occasional, fun events like food drives and fundraisers. These events provide critical funds and food for the operation of the centre. If you can spare a few hours each month contact Judy Dancause at 361-0332.

GLENGARRY TOASTMASTERS is dedicated to helping you improve your ability to speak in public and communicate more effectively. Meetings are held every second and fourth Wednesday each month. Drop in for a unique experience. For more information call Lionel at 525-3526.

"HEART TO HEART PROGRAM" for people who have had a Heart Attack or who have Heart Disease, is being held in the Cornwall General Hospital Board Room, 7:00p.m. Information: Arlene 933-1943. This is a Heart and Stroke Foundation Program.

JOIE de VIVRE du CANADA INC., d'Alexandria/Cornwall. Un groupe de support, pour personne(s), separée, divorcée, veuves et vivant seul. Vous invite à se joindre tout les vendredis soirs à 7h30 à la salle de l'église Ste. Croix.. Entree rue Leonia. Pour information: Annette 932-7130 ou Yvon 938-7527.

LA LECHE LEAGUE offers information and encouragement to women who want to breastfeed their babies. Their next meeting will be held on Tuesday, October 8th, 7:30p.m., Eastern Ontario Health Unit, 1000 Pitt St. Information: Peggy 984-0228. Children and infants welcome.

MULTIPLE SCLEROSIS SOCIETY, Cornwall Chapter will be holding their next meeting on Tuesday, October 8th, 7:00p.m., at Chateau Cornwall, 41 Amelia St. Everyone welcome. Information: 932-2572.

NEW FRIENDS AND ACQUAINTANCES (N.F.A.A.) have the following activities for the month of October: ***"Bowling"*** every Sunday Night from 7:00p.m. to 8:00p.m., October 6th, 13th, 20th, and 27th., at the Bowling Palace (corner of Pitt & Tollgate). ***"Karaoke"*** will be held on Friday October 11th and 25th, 10:00p.m., at Augustino's Karaoke Dance Lounge, 1195 Second St. West.; ***"Dinner"*** will be held on Friday, October 25th, 8:00p.m., at Augustino's Restaurant, 1195 Second St. West. Casual Wear, no Jeans. ***"Dancing"*** will be held on Saturday, October 19th, at the Navy Club, 30 Sixth St. East. Doors open at 8:30p.m. Dress code: no Jeans. Everyone is welcome to attend any of these events. Information: Barbara Collette at 933-5902.

P-FLAG is sponsoring a screening in Cornwall of the video ***"Stand Together"***, a documentary history of the lesbian and gay rights movement in Ontario from 1967-1987, on Wednesday, October 9th, 7:30p.m. Everyone welcome. Information: Denise or Louis 1-877-874-4424.

SEAWAY WINDS CONCERT BAND meet every Wednesday, 7;00p.m. to 9;00p.m., C.C.V.S. Music Room 115. Adults and mature students who have concert band instruments and play at least an intermediate level are welcome to attend. Info: Barb Hunter 534-2111.

SNOWFLAKE CHRISTMAS TEA & BAZAAR is being held at Trinity United Church, Ingleside, Saturday, November 2nd, 1:30p.m. to 4:00p.m. Fish Pond....Door Prizes. Also featuring Crafts, Baking, Preserves. Cost: $5.00. Everyone welcome.

SQUARE DANCING. Learn Square Dancing with the Swinging B's! A fun, easy way to exercise, socialize, make new friends. Free-trial nights, Friday October 4th, and 11th, 7:00p.m. to 8:00p.m. followed by easy dancing until 8:30p.m. Gladstone Public School, 825 McConnell Ave., Information: 936-2831 or 528-4092 or just walk in!

TCF (THE COMPASSIONATE FRIENDS) hold monthly meetings every third Wednesday of each month at 7:00p.m., St. John Bosco School (west side entrance). For more info call 938-7570.

TOASTMASTERS "SUPPER CLUB" has now been formed in Alexandria. Meetings are held every second and fourth Wednesday of the month at the Priest's Mill, Main St., Alexandria. 5:45p.m. to 7:15p.m. Information: Sandra 347-1799 or Bob 938-0775.

WATERCOLOUR PAINTING CLASSES for Seniors or almost Seniors is being held on Mondays 9:30a.m. to 2:00p.m., at Lutheran Church Hall. Beginners welcome. For more information call 537-8552.

RTO/ERO District 25 is having a Casino Lac Leamy (Hull) day trip on Thursday, October 17th. The cost is $22.00 and includes buss and $10.00 instant cash and $10.00 return on next trip. All are welcome. Pick ups in Cornwall, Monkland. Will pick up in Morrisburg if numbers warrant. Call Jean at 527-2064 (local call).

COMMUNITY DIGEST
$9.00 PER WEEK
Up to 24 words.
Drop off or fax to
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SWM, 58, honest, caring, trustworthy. Seeking blonde lady for friendship, maybe relationship? 45-60, widow or divorced preferred with interest of country music. Write! CC2157.

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Classifiedplus

HOROSCOPE

September 29 - October 12

ARIES – March 21/April 20
Ok, so you'll be a little reckless, but your self-confidence is such that you're sure to come out on top even when the odds are against you. Anything is possible.

TAURUS – April 21/May 21
Pinnacle of self-control that you are, Taurus, things might be a bit more difficult this week, especially at home where everything everyone says or does seems annoying.

GEMINI – May 22/June 21
Travel and social activities will be good for you; visit new places and make new friends. If you don't have anything planned, what are you waiting for?

CANCER – June 22/July 22
Things are looking feisty in your chart, this week, Cancer. A true Cardinal sign, you'll fight tooth and nail for all of your possessions and everything else you believe in.

LEO — July 23/August 23
You'll go your own way and do your own thing, without doubting for moment that you'll succeed. But it won't all be easy sailing, you'll encounter a few obstacles on the way.

VIRGO – Aug 24/Sept 22
It's possible, of course, that certain people do have it in for you, and are conspiring behind your back, but more likely it's just your imagination playing tricks on you again.

LIBRA – Sept 23/Oct 23
You have strong opinions about what's going on, Libra, and may find yourself arguing with people whose opinions are very different from your own. Keep an open mind.

SCORPIO – Oct 24/Nov 22
Now's the time to get serious about your career plans, Scorpio. It will be a cinch for you to win over those you'll need on your journey to the top. You're in the home stretch.

SAGITTARIUS– Nov 23/Dec 21
The world is your oyster this week. Go anywhere, do anything — no matter how outrageous your behavior, you'll get away with it. You'll find that Aries makes a great companion for the journey.

CAPRICORN – Dec 22/Jan 20
You'll be in an aggressive mood this week, and good thing too. If you don't fight for what is rightfully yours this week, you'll lose it for good. Save the weekend for much-needed unwinding.

AQUARIUS– Jan 21/Feb 18
A feud with co-workers this week is inevitable, so don't worry about it. Every once in a while, it's a good idea to remind others that you can bite as well as bark.

PISCES – Feb 19/March 20
Better hope you've had plenty of sleep, because this is going to be a busy week. You'll be on the go from first thing in the morning until the wee hours.

AUTOS FOR SALE

Pick Of The Week
2000 CHEVROLET IMPALA
Black,
Fully Loaded

not exactly as shown
$16,995

01 CHEV TRACKER 20,000 kms, air, 5 speed	$18,995
01 FORD FOCUS WGN Loaded, warranty,	$15,995
01 HYUNDAI ACCENT GS Auto,	$12,995
01 PONTIAC SUNFIRE 4 dr, auto, 18,000 kms,	SOLD
00 CHEV CAVALIER 2 dr, moon roof, air, auto, 44,000 kms,	$13,995
00 MAZDA MPV V6, loaded, 7 passenger,	$21,995
00 HYUNDAI ACCENT Auto, air, 2dr,	$10,995
00 PONTIAC SUNFIRE 4 dr., auto, air, red, warranty,	$12,995
00 CHEV VENTURE Dark blue, auto, air	$16,995
99 GRAND AM SE Red, fully loaded,	SOLD
99 CHEV MALIBU LS Gold, loaded, 56,000 kms,	$14,995
99 FORD F150 XLT Loaded, ext cab, 2wd.,	$17,995
99 FORD RANGER P/U Auto, V6, red, 52,000 kms,	$15,995
99 DODGE CARAVAN 4 dr, loaded,	$15,995
99 TOYOTA CAMRY CE Loaded, burgundy	SOLD
99 CHEV BLAZER 4 dr., loaded, leather,	$17,995
99 CHEV VENTURE Brown, 4 doors, loaded,	SOLD
98 HONDA CRV 4 dr, loaded, auto,	$18,995
98 CHEV VENTURE EXT Loaded, gold	$15,995
97 FORD TAURUS 4 dr, loaded, red,	$8,995
97 TOYOTA COROLLA 4 dr., 5spd, air	$8,995
94 DODGE RAM 4X4 matching cap	$9,995
96 PONTIAC SUNFIRE 2 dr, 5 speed	$6,995


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PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES
- $9.00/week 24 words or less, (25¢ each additional word per week).
- $16.50/2 weeks. 24 words or less, (23¢ each additional word per week.).

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

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $28.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 5 pm Wednesday.

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

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

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

2 APARTMENTS FOR RENT

3 BDRM RENOVATED apt. Sixth St. West. Parking. $580/mth, utilities included. Available Nov. 1st. Call 363-2865.

2 APARTMENTS FOR RENT

AVAILABLE NOW - 2 bdrm basement apt. New & spacious. Large backyard. Utilities included. $750/mth furnished or $650/mth not furnished. First & last month, references req'd. Call 931-1775.

2 APARTMENTS FOR RENT

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

2 APARTMENTS FOR RENT

APARTMENTS FOR RENT
bachelor, 1&2 bdrm. security bldg., video surveillance
bachelors from $399 incl. util.
call 932-7891
Mon. - Fri. 9:30 - 4:30
oct4023

2 APARTMENTS FOR RENT

LARGE UPSTAIRS 2 bdrm apt. Sitting room, porch, washer/dryer hook-ups, $465/mth, utilities not included. Mature, quiet couple pref'd. Non-smoker. No pets. Avail. Dec. 1st. 613-547-6082.

2 APARTMENTS FOR RENT

57B LEONIA, upstairs 1 bdrm apt. Fridge & stove, $375/mth, pay own utilities, parking. Call 933-4780.

2 BDRM HOUSE, 221 Carleton, available immediately, $525/mth, plus utilities. Also, 2 bdrm apt, 603 Walton, fridge, stove, washer & dryer incl. parking $425/mth, plus utilities. 932-5275.

NEWLY RENOVATED large bachelor apt. Avail. Nov. 1st. Washer/dryer hook-ups, parking, ceramic floors. No pets. East end. $425/mth, heat & hydro incl. Also, 2 bdrm upstairs apt. Avail. Nov. 1st. Washer/dryer hook-ups. $450/mth, plus hydro, heat incl. Parking, no pets. East end. Call Doug, 613-925-2243 or 613-349-6143.

INGLESIDE, DICKINSON DR. Clean 3 bdrm apt. Available Dec. 1st. Close to shopping centre. Call 931-1188.

1 BDRM APT in Ingleside. Call 543-3604.

STUDIO/BACHELOR - Available Oct. 1st/Nov. 1st. Newly built studio apt, fully furnished with fridge, stove, sofabed, kitchen table, TV. Private entrance & parking. $425/mth, utilities included. Looking for working, responsible individual. References req'd. Call 932-9495.

AVAILABLE DEC. 1ST, 1 bdrm apt. Newly renovated. 15ft. x 16ft. covered deck, fridge, stove, hot water included. No pets or smokers. Central location. $425/mth, plus utilities. Call 932-8965.

3 BDRM UPSTAIRS apt. 217 Alice St. Apt. 2. Also, 3 bdrm house. Available immediately. $700/mth, heat & lights included. Call 932-5689.

GARAGE FOR RENT, 1 bay. Ideal for boat or car storage. $50/mth, 6-mth minimum. 636 St. Felix. Call 347-1688.

2 APARTMENTS FOR RENT

LONG SAULT. Available Oct. 15th or Nov. 1st; 2 bdrm apt. Fridge, stove, carpeted, storage, parking, laundry facilities, quiet building. No pets. $550/mth plus utilities. Call 534-3999 or 938-7934.

4 HOUSES FOR RENT

AVAILABLE NOV. 1ST, 3 bdrm semi-detached. Good neighbourhood. New windows, electric heat. No pets. $665/mth, plus utilities. Call 931-1822, before 9pm.

AVAILABLE NOV. 1ST. Large 1 bdrm plus computer room, 2-storey semi-detached. Ideal for working couple. No pets. First & last month req'd. $595/mth, plus utilities. References. 936-0184, leave message.

DUPLEX FOR RENT, available Nov. 1st. $800/mth, utilities included. Call anytime, 938-9470.

18 ROOMS

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

FURNISHED ROOM FOR RENT
BACHELOR APT. OR ROOMS FOR RENT
331 SECOND ST. W.
Call Peter **938-6131**
oct4023

21 YARD/GARAGE SALES

THE COUNTRY FLEA MARKET or Super Giant Garage Sale is open every Sunday until 5pm. We are on Hwy. 43, 1/2 mile west of Apple Hill. Many thousands of items on display. Antiques, collectibles, furniture, hubcaps, etc. etc. etc. We buy & sell. For more info, call Hermann, 527-2867 after 6pm.

Classified plus

A BUCK OR TWO. Saturday & Sunday, Oct. 5th & 6th, 19240 Glen Rd, Williamstown, 8am-1pm. Rain or shine.

21 YARD/ GARAGE SALES

R E C O R D S ! R E C O R D S ! RECORDS! 18,000 to choose from. 33-1/3 & 45's. Golden Oldies but goodies. Thursday, Friday & Saturday, Oct. 3rd, 4th & 5th, 9am-5pm. Also, 2 new leather Melton jackets. 103 Dover Rd. or call 936-8341.

YARD SALE, 840 Tollgate Road, Saturday Only, Oct. 5th, 8am-4pm.

22 ARTICLES FOR SALE

INGLIS CITATION STOVE with self-cleaning oven. White w/black door. In good condition. Call 938-7071, leave message.

FISHER PRICE high chair, good condition. Wooden wine rack, holds 10-bottles, excellent condition. Call 525-3349.

COMPUTER PARTS FOR SALE
Overstocked Parts to Clear
- P4 Notebook (demo) **$2100.00**
- 17" Monitors (New) **$179.00**
- LG 32X 10x40 CDRW (New) **$79.00**
- Hard Drives 3.2Gig (used) **$50.00**
- 24x CD-Rom's (used) **$20.00**
- 1.44 Floppies (used) **$8.00**
- PCI Video Cards (used) **$10.00**

Jtec Distribution Inc.
850 Boundary Rd., Unit 5
936-0611
www.jtec.ca

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

MEN'S 4-DRAWER DRESSER for sale. Call 933-7667.

MOVING SALE, 515 Henry St. Sunday, Oct. 6th, 8am-4pm. Oak dining, custom sofa, stove, dishwasher, swing, laminate flooring, gentle lift recliner, electric mobility cycle chair, tools, etc.

22 ARTICLES FOR SALE

WATERBED FOR SALE, $95. Call Dick, 933-0014.

MAJESTIC GAS FIREPLACE, 3-yrs old, cost: $1,500. Asking $500. or B.O. Flex 110 Home Gym, not complete, asking $10. Star Choice Satellite Dish & accessories, never used, asking $50. Ariens snowblower 5 h.p., asking $50. Kenmore high efficiency electric air cleaner & ionizer, 1-yr old, value: $350. Asking $100. Interested parties only, call 938-6364.

DELAGE USED FURNITURE
406 Montreal Road
932-5689
26 Main St., Alexandria
525-4625
oct4023

RECORD ALBUMS, mostly classical, .25¢ each. Call 933-2832.

SIGN FOR SALE, 2 sided, 12' long x 32" high. $300. or B.O. Call 933-6411.

HUNTER EDUCATION and Canadian Firearms Safety, FAC courses and tests. Also, Topographical maps for sale. Call 346-1289.

DOUBLE GLASS WINDOW, crank out, 4'7" x 6', $75. Folding closet door, solid, 3' x 6'8", $20. Change table, 3' x 16", $20. Maple desk, 3-1/2' x 1-1/2', 4-drawers & chair, $40. 346-2096.

23 ARTICLES WANTED

WANTED
Old Fishing Lures & Wooden Duck Decoys
938-8839
oct4024

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oct4023

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Tamara Lee Johnson
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OPEN HOUSE SUNDAY 1- 3:00 PM



6111 KRAFT RD, WILLIAMSTOWN
Great location for a hobby farm. spacious 3 bdrm. bung. dbl. garage, new barn built in 1999. New windows in 1996, added living room in 1985, new ceramic flr. in kitchen in 2002, new parquet flr. in living room in 1996, new hot water tank in 2000, new oil furnace in 2001, woodstove in living room and much, much more. New price $125,900/ #945
HANA 937-4445

OPEN HOUSE SUNDAY 1 - 2:30 PM



3315 POIRIER AVE.
2+1 bdrm. bung. in very desirable location plus 6 yr. old in-law suite, hardwood floors, large eat-in kitchen. Won't last long. See you there!
$126,900/ #1014
CYNTHIA 551-2496
www.cynthiajoubert.ca

OPEN HOUSE SUNDAY 1 - 2:30 PM



334 CARLETON STREET
Lovely 3 bdrm. home on double lot with large drive & detached garage. See you there.
NEW PRICE $69,900/ #883
YOUR HOSTESS JOANNE 360-1259

OPEN HOUSE SUNDAY 1:00 - 2:30 PM

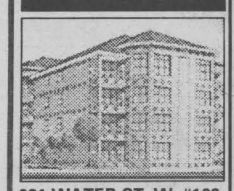


1729 SECOND ST. WEST
NEW PRICE $159,900.
2+1 Bungalow with attached garage, 2 baths, fin. rec room. All ceramic & hdwd flrs. No carpet. Only 7 yrs. old and more. All welcome. See you Sunday! #943
YOUR HOSTESS CALL AYN 937-4445

GREAT PARCEL OF LAND

ABOUT 9 ACRES
Not far from Riverdale. Zoning is Res-20. Great investment property. It is possible to buy half the parcel as well.
$360,500/ #778
CALL MIKE 551-2469

CAREFREE LIVING



321 WATER ST. W, #103
2 bdrm. main flr. unit with gas fireplace, oak & ceramic flrs, indoor parking.
A pleasure to show.
$164,900/ #944
CALL DAWNA TO VIEW 937-0739

FIRST TIME BUYERS



17240 CTY. RD. 18 ST. ANDREWS WEST
A great place to start.
1-1/2 storey home on a country lot not too far from town.
reduced $69,900/ #972
CALL DAWNA FOR MORE INFORMATION 937-0739

COZY 3 BDRM. HOME



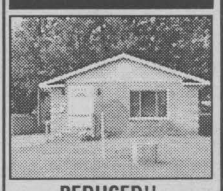
306 ST. FELIX STREET
Very affordable living. Move-in condition with double driveway.
$54,000/ #885
CALL CYNTHIA FOR A PRIVATE SHOWING 551-2496
www.cynthiajoubert.ca

TRIPLEX



GROSS INCOME $15,540
Well rented and walking distance to shopping. Lot is 100 feet x 103 feet. Plenty of parking.
$79,900/ #985
CALL HENRIETTA 930-5372

717 CHAMPLAIN



REDUCED!!
Great home in super location. Freshly painted. New carpet in hall & new vinyl flooring in kitchen & bathroom. Basement is unspoiled & very clean. Reshingled 2001.
$112,900/ #939
CALL MIKE 551-2469

LOTS OF SPACE



THIS HOUSE FEATURES
over 4500 sq.ft. of space. It is great for the handyman, requires some interior finishing. Located in small village on a 1/2 acre lot. If you have a large family or home based business this is perfect for you. #967
CALL JULIA 330-1767

GLENDALE SUBDIVISION



THIS HOME HAS SOMETHING FOR EVERYONE.
Huge double car garage for dad, large rooms for mom, big back yard for children and even a separate apartment for Grandma.
$184,900/ #1002
CALL THERESA 360-8560

NOW REDUCED!



OLDER BRICK
2 storey home with lots of character, new kitchen & bathroom, gas heating, hdwd flrs, fireplace, situated in a fast growing subdivision.
$113,900/ #888
CALL GINETTE 551-3321

18714 HIGHWAY #2



EXECUTIVE VICTORIAN
century home with waterfront property, 4 bdrms, extensively renovated throughout, private setting.
$495,000/ #968
CALL GINETTE 551-3321

NEW LISTING



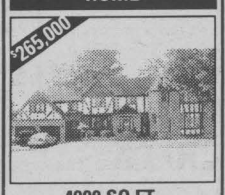
EXCELLENT STARTER
home features open concept, oak kitchen, new plumbing & flooring, nice lot, central location.
$62,900/ #1001
CALL GINETTE 551-3321

NEED WAREHOUSE SPACE?



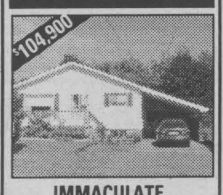
NUMEROUS OPPORTUNITIES
in this 8,875 sq.ft. building located in Finch. Divided into 2 sections, zoned industrial commercial.
$35,000/ #929
CALL JUDI 930-3536

FABULOUS HOME



4000 SQ.FT.
of beautifully finished home with 600 sq.ft. office or games room and 2 acres of land. Tour with Judi to hear all the extras.
$265,000/ #1015
CALL JUDI 930-3536

FIRST TIME OFFERED



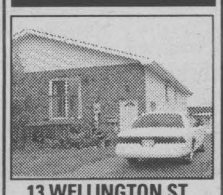
IMMACULATE
spacious, well cared for home. 150' lot, with mature trees. Fin. up & down, 3 season room, C/A, gas heat. Call today.
$104,900/ #1005
CALL JUDI 930-3536

BRAND NEW CONSTRUCTION



NEARING COMPLETION
this 3 bdrm. home offers roomy kitchen, dining area & living room in one, upstairs computer nook, whirlpool bath & more.
$168,900/ #829
CALL JUDI 930-3536

PRICED TO SELL



13 WELLINGTON ST.
excellent location! This semi feature's 1bdrm in low suite, oak cupboards 2+1 bedrooms, FA, electric heating, 2 bathrooms, amnd more.
$168,900/ #829
CALL GINETTE 551-3321

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WAGON RIDES Sat. & Sun. 12:30 - 4:30 pm

1 mile North of Avonmore (corner Avonmore Rd. & Fourth Road)

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26 FARMERS MARKET

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GIFT BASKETS

Ready made or made to order

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Home of the McIntosh apple

8 km North of Morrisburg on Hwy 31 to flashing light in Williamsburg - West 4 km to Dundela

Open 7 days a week at 8am oct4024

652-2477

26 FARMERS MARKET

MIXED HARDWOOD for sale. Call 933-0515, if no answer, leave message.

3-FT. CEDAR SEEDLINGS, $1/ea. Over 3-ft. $2/ea. Call 534-2554.

30 HOME SERVICES

CLOTHING REPAIRS, Alterations & Lettering. For all your sewing needs, call Leo at 933-7995.

30 HOME SERVICES

HARVEY LAFRANCE Masonry Contractor. Brick, stone, block & chimney repairs. Free estimates. Reasonable rates. Satisfaction guaranteed. Call 937-4801.

30 HOME SERVICES

BASEMENT LEAKING? Call the experts. Waterproofing from inside, no costly digging. Cracks sealed by injection. Interior weeping tile for block walls. All work guaranteed. Free estimates. Metro Waterproofing. 1-800-631-4323. Serving all Eastern Ontario.

ARE YOU TIRED of housecleaning? I can help with your general cleaning such as walls, floors, etc. Cornwall area. Reasonable rates. Call Denise after 7pm, 938-7919.

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

30 HOME SERVICES

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

FURNITURE REPAIR & Refinishing. Antique furniture as well. 25-yrs experience. Free estimates. Good rates. Call Dalton @ Village Furniture Shoppe, 933-9155 or 931-2043.

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

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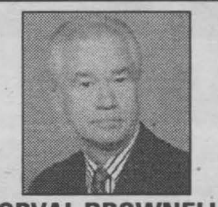

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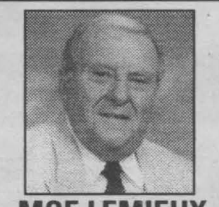

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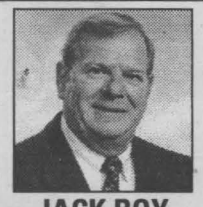

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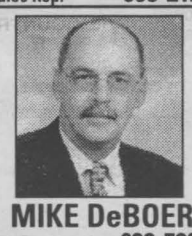

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RAE ROAD $23,000

(J-MLS 0778) Building lot only minutes from the city. Surround yourself with trees. Build your dream home.

MONIQUE WILLIAMS 932-7196



410 BEDFORD $44,900

(A-MLS 0743) Stop renting now! Owning is more affordable than you may think. Invest in your future today.

MONIQUE WILLIAMS 932-7196



WATERFRONT! WATERFRONT! WATERFRONT!

(J-MLS 0725) Enjoy the view, enjoy the water. Relax, enjoy life.

MONIQUE WILLIAMS 932-7196



CHEAPER THAN RENTING! NEW PRICE $17,000

(G-MLS 0647) Beautiful large lot surrounded by hedges. 3 bdrm. mobile home on leased land.

MONIQUE WILLIAMS 932-7196



18452 TYOTOWN RD NEW PRICE $269,000

(J-MLS 0722) Executive 3180 sq. ft. home in prime location. Close to the city.

GERRY PILON 931-3555



6818 PAGE DR., GLEN WALTER $55,000

(J-MLS 0798) Ideal starter or retirement home on beautiful lot.

GERRY PILON 931-3555



BUSINESS FOR SALE

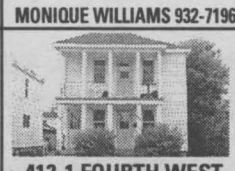
(A-MLS 0568) Lawn care and snow removal business. Well-established, includes many chattels. Interested?

SHERRY McCULLOUGH 938-2121

ESTABLISHED RETAIL BUSINESS

(A-MLS 0724) mens & ladies wear, exclusive career apparel, good viable opportunity.

SHERRY McCULLOUGH 938-2121



412-1 FOURTH WEST $49,900

(A-MLS 0704) Good rental property. Fully occupied. Let real estate work for you.

SHERRY McCULLOUGH 938-2121



MARTINTOWN $119,000

(J-MLS 0748) Country sophistication! 1950 sq. ft., 4 bdrms, 2 baths, woodstove, superbly decorated, gazebo, hot tub, pool, garage & much more.

SHERRY McCULLOUGH 938-2121



506 SECOND WEST $55,000

(A-MLS 0737) Looking for office space? Purchase this 832 sq. ft. bung-style office in a high traffic central location. Ready to move into.

SHERRY McCULLOUGH 938-2121



808 KENYON CRESCENT $235,000

(A-MLS 0749) If you like the beauty of clean lines, see this contemporary home. Located on quiet east end crescent. Dazzlingly elegant!

SHERRY McCULLOUGH 938-2121



3 BRYDEN AVE.

(A-MLS 0719) Unique, custom-blt home in 1941, features charm & elegance. Beautiful treed lot & many perrenials in back garden. Close to schools & river.

SHERRY McCULLOUGH 938-2121



6831 PAGE DR., GLEN WALTER $104,900

(J-MLS 0735) Country kit, bright, spacious & airy living rm, main flr office. 2 baths, 2 decks. Spacious lot. Wanna view?

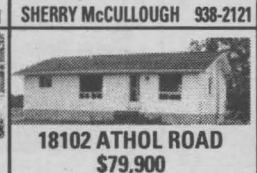
SHERRY McCULLOUGH 938-2121



108 GLEN OAKS CRT $93,900

(A-MLS 0793) Semi-sweet! Beautiful 2+1 bdrm semi-det located on quiet east end court. Many upgrades.

SHERRY McCULLOUGH 938-2121



18102 ATHOL ROAD $79,900

(I-MLS 0767) North of Maxville on Hwy. 20, close to Hwy. 417. Vinyl 1192 sq.ft. bung., furnace & oil tank 2 years old.

JAKE LEFEBVRE 938-3185



303 SEVENTH WEST $54,900

(A-MLS 0780) 2-3 pc baths, shingles replaced in '01, 200 amp breakers '02, new drywall, flooring, kit cpbds in '01 on 1st floor.

JAKE LEFEBVRE 938-3185

VACANT LOTS CONC. 9B

(M-MLS 0702) Have your brand new house built for $110,000 on 120x250 lot. Includes lot, septic, well and 1000 sq.ft. home.

MOE LEMIEUX 932-9386

DEVELOPMENT PROPERTY $79,900

(A-MLS 0711) For single, semis or row houses. Water & sewer, lot 282x151. Make an offer.

MOE LEMIEUX 932-9386

OPEN HOUSE SUN 1:00 - 2:30 P.M.



707 SYDNEY $78,900

(A-MLS 0772) Well-maint 2 storey with 1200 sq ft open concept living rm/dining rm, family rm with 2 gas frpls. Tastefully decorated.

MOE LEMIEUX 932-9386



20646 CONC. 7 RD., RR2 GREEN VALLEY NEW PRICE $81,900

(G-MLS 0688) Unique hilltop setting. 2 bdrms with garage nestled on 2-1/2 AC mixed bush, nature trail.

JACK ROY 931-1290



NEW PRICE $75,000

(A-MLS 0695) 2-bay garage plus 2-storey home plus parking lot.

JACK ROY 931-1290



47 BROAD ST., LANCASTER $89,900

(G-MLS 0753) 3 bedroom bung with 1 bdrm apt in basement. Nice condition.

TODD THOMPSON 937-0292



220 EIGHTH ST. WEST $59,900

(A-MLS 0773) Immaculate 2 bdrm home with numerous updates, det garage. Don't miss it!

TODD THOMPSON 938-2121



19217 AIRPORT RD $184,900

(J-MLS 0800) Beautiful 2400 sq. ft. home with 5 bdrms, 3 baths, huge master bdrm, dbl garage.

TODD THOMPSON 938-2121



631 BURTON $74,900

(A-MLS 0788) 3 Bdrm home on quiet cul-de-sac featuring garage, gas heat, hdwd flrs.

TODD THOMPSON 938-2121

OPEN HOUSE SUN 1:00 - 2:30 P.M.



36 LAWRENCE $123,500

(A-MLS 0715) income property plus work garage 60x25, 3 units; Gross monthly income $1490/mth. Large paved lot 55x157.

ERIC PEDERSEN 938-9690



2215 SECOND ST. W. $159,000

(A-MLS 0758) 1700 sq.ft. bungalow with 4 bdrms., frplc, lot 380x179

ERIC PEDERSEN 938-9690



38-A DANIS AVE $56,900

(A-MLS 0795) Duplex, great location close to college, both units well rented & in great shape. Investing?

MIKE DeBOER 938-7802



121 ATHLONE DRIVE $139,900

(A-MLS 0744) This side-split entry with att garage is located on quiet crescent & features 3+1 bdrms, eat-in kit & dining area. Completely fin lower level & cool c/a.

MIKE DeBOER 938-7802

INGLESIDE $94,900

(O-MLS 0750) Inexpensive living, features 3 bdrms, dining area with patio doors, efficient gas heat & cool central air.

MIKE DeBOER 938-7802

210-212 CARLETON $50,900

(A-MLS 0774) 4-plex. Needs some tender loving care, but great potential, 2-2's & 2-1's with lots of paved parking.

MIKE DeBOER 938-7802

FIFTH WEST $74,900

(A-MLS 0775) Semi-detached, 1160 sq. ft. with att garage, 3 bdrms, eff gas heat. Driveway to be paved. 2 Available.

MIKE DeBOER 938-7802

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AUTO CORNER

Make Your (Truck) Bed: How To Get The Most From That Open Space

(NAPSI)—Odds are, you bought a pickup truck because you thought it would be practical.

"Maybe you figured you could haul the Girl Scout troop's cookies, help friends move, fetch home improvement and yard supplies, or carry a lot of sporting equipment in the bed," said Sue Elliott-Sink, director of content for enjoythedrive.com, the consumer website from SEMA, the Specialty Equipment Market Association.

"But now that you've invested in the truck, you worry about scratching the paint, denting the bed and protecting your cargo."

Enjoythedrive.com has some good news: You can make that truck bed a whole lot more useful if you add one or two accessories.

1. Protect the bed. If you worry about damaging the bed when you're loading, carrying and unloading cargo, a bedliner or rubber bed mat can provide the protection you need. Spray-on bedliners offer some cushioning for cargo, and many feature a non-skid surface to prevent stuff from sliding. Carpet bedliners also offer cushioning, are easy on the knees and are much sturdier than you might expect.

Drop-in plastic bedliners offer cargo-organizing features, such as the ability to corral cargo against the front of your bed using a 2x4. Many offer two-tier loading, so you can carry plywood or drywall, with smaller home improvement supplies stored underneath.

Most bedliners include a tailgate protector, and some are offered in "over-the-rail" designs to protect your bed rails from scratching and scuffing. If you opt for an "under the rail" design or skip the liner, you can protect the top edges of your bed and tailgate with a set of metal or plastic bed caps and a matching tailgate protector.

2. Keep cargo under control. A variety of accessories can help keep cargo from sliding around while you drive. For instance, tie-downs and side rails allow you to secure large and awkward items to the bed rails, and a cargo web (which is like a giant, interlocking Bungee) will keep stuff from flying out onto the road.

Cargo organizers can divide your bed into smaller zones, so you can keep plants from falling over—or grocery bags from spilling—on the way home from the store.

If you haul heavy stuff, such as bricks, mulch or gravel, a pull-out bed drawer will make loading and unloading much easier. A sturdy metal headache rack (also known as a "cab guard") is another wise investment, since it will prevent shifting loads from breaking through your truck's rear window.

Bed-mount bike racks will help keep expensive mountain bikes intact. And if your bed isn't quite long enough for dirt bikes, ATVs or lumber, a bed extender can secure your load with the tailgate flat.

Should your outdoor activities require larger gear, like kayaks or windsurfers, you can secure them to a ladder rack. Some racks even adjust fore and aft to accommodate different-size cargo.

3. Lock up your stuff. It's hard to relax when you're



worried about thieves making off with your cargo. Fortunately, there are accessories to secure that stuff in your bed. For instance, tool boxes come in all shapes and sizes-to lock up scuba gear, fishing equipment, guns and ammo, cameras, a gym bag, toys and all kinds of other stuff, including tools.

A tonneau cover, which fits like a lid on top of your bed, will shield cargo from prying eyes. Many hard tonneau covers also lock shut and secure your tailgate.

If you want to lock up your bed but need to haul taller items, a truck cap (or camper shell) provides even more secure storage space. It also offers shade and protection for dogs traveling in the bed.

4. Turn your truck bed into an actual bed. If you love camping but hate sleeping on the ground with spiders and snakes, why not turn your pickup's bed into a "bedroom?" A nylon tent that fits over your truck bed provides instant accommodations—or you can opt for a truck cap for a more permanent installation. Add a carpet bedliner or an inflatable air bed and you're ready for a good night's sleep, with no fear of mosquitoes or sudden rain showers.

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SEAWAY NEWS

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A Little Knowledge Takes Drivers A Long Way

(NAPSI)—According to a recent survey, in an economic recession an estimated 84 percent of American drivers are more likely to care for their current vehicle.

Maintenance requires drivers take an active role in understanding their cars. In fact, today's drivers want to maintain their cars, but the volume of resources available can be overwhelming. To get the most out of your automobile, the experts at Autolite recommend two simple steps:

1. Get to know your owner's manual for recommendations on maintenance intervals based on your driving conditions, and

2. Use high-quality premium replacement parts whose technology provides the greatest return for a relatively small investment.

The survey, commissioned by Autolite, found that few drivers fully understand the strain that everyday driving can put on a car. Take for example, your spark plugs. Most drivers (89 percent) know that spark plugs fire when starting the car, but only two out of three believe spark plugs fire when the car is idling and only half know that spark plugs fire while braking.

One way drivers can get more life from their cars is by using premium spark plugs, such as the Double Platinum plug from Autolite. Originally designed for use by automobile manufacturers as original equipment (OE) parts for the complex distributorless ignition systems in 80 percent of today's engines, the plug is a longer-life product that meets OE standards for heat range and gap setting. The plug's platinum-to-platinum technology has been shown to deliver fewer misfires, and maintain optimal performance and top fuel efficiency over the life of the plug.

In addition to understanding their owner's manual and choosing premium parts, Autolite experts also recommend drivers create a checklist for their mechanic if they choose not to maintain their own vehicles. Top items to check during routine maintenance include oil, oil filter, spark plugs, ignition wires, air filter, PCV valve, tire tread, coolant and all the belts. Whenever possible, drivers should request their mechanic use premium replacement parts and follow up with their mechanics to create a record of all the work done.

Many drivers are choosing to maintain their current cars, rather than buying new ones.



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How Clear Is Your View?



(NAPSI)—Experts estimate that for each mile of driving, you'll make an average of 20 decisions based on visual cues alone.

But these decisions can be compromised if your driving view isn't as clear as it should be. Rank your windshield's clarity with the following quick quiz:

Q: Should I change my windshield wipers: a) every six months or less; b) once a year; c) whenever they begin to smear the glass?

A: To maintain optimum performance, wipers should be replaced every six months, or sooner if the edges are wavy, cracking or tearing.

Q: Should I have rain repellent professionally applied to my windshield?

A: Advanced rain repellents cause moisture to bead up and shed off auto glass; they also reduce glare, especially during rainy night time conditions. Because rain repellents treat the entire windshield, they clear areas that wipers can't reach.

Q: Should I have windshield chips repaired: a) when they begin to crack; b) as soon as possible?

A: Not only do chips compromise your driving view, they can also become bigger and more costly problems quickly. Chips should be repaired as soon as possible, and if they are in your direct line of sight, your windshield may require replacement.

Ask Auto Andy

(NAPS)-Dear Auto Andy:

My 17-year-old daughter recently got her license. In addition to her part-time job, she will be involved in several school activities which involve early arrival and late afternoons at school. Since she has proven she's careful and responsible, we'd like to reward her with her own car. Are there special things we should look for in a used car for a young driver?

Thanks, E.K.

Dear E.K.:

I am glad to see that your teen waited until she was 17 to get her license. According to the Insurance Institute for Highway Safety, 16-year-old drivers are 12 times more likely to be involved in vehicle crashes than any other age group. Experts say that holding off just that one year can save the life of a teen.

To answer your question, I consulted the experts at the Carfax Teen Resource Centre (www.carfax.com, and click on the "Safe Teen Driving Resource Centre" link), a place where parents and teens can go to learn about safe teen driving as well as pick up a few tips about buying safe used cars for teens.

Their experts say:

Old, Large and Solid: When buying for a new, young driver, buy "Old, Large and Solid." A classic station wagon or a full-size sedan (with a small engine) is good for teens.

Know Your Compacts: The wrong compact model can spell disaster. Compact cars with a wheelbase of 100 inches or less are involved in twice as many fatal crashes as are larger vehicles. Lack of weight is the biggest drawback in smaller cars.

Vehicle History: As always, check the vehicle's history to assure that it is a safe, reliable vehicle with no hidden problems from its past.

This is a great resource centre because it also allows you to see the driving laws in the state, interact with various experts in the safe driving arena, and even sign up for a free e-mail service that delivers safe driving tips straight to your e-mailbox each week. For parents with teens-a place like this can be invaluable. Good luck, E.K., and happy safe driving to you and your teen.

Should You Give Your Teenager The Keys To The Car?

(NAPSI)-A sound guaranteed to sink the hearts of parents with teenagers: "Can I borrow the car, pleeease?"

The sun is out, the sky is blue, and your precious offspring want to hang out with their friends, in your car. You're likely to eventually give in, so it's best to prepare yourself, and them, for the responsibilities of driving.

Insurance is expensive because teenage drivers have the highest crash risk of any age group. Per mile traveled, teenagers have the highest involvement rates in all types of crashes, from those involving property damage to those that are fatal. Crashes are the leading cause of death among American teens. Quite simply, insurance is essential, but there are things you can do to reduce the cost.

Everyone would like to save on insurance costs, and that's not a bad thing, however, you do not want to lower the liability limit, says Laurie Wallace of Amica Mutual Insurance. "If a teenage driver causes physical damage or bodily injury," says Wallace, "you need to be fully covered. You want to be sure to add your teenage driver to your policy and, if anything, increase the liability limit."

Whether parents are looking to add their children to a policy or simply renew a policy of their own, the best insurance companies are financially stable and have good ratings. Wallace suggests checking with consumer information companies or seeing who is the highest rated in the best consumer magazines.

Some insurance companies will offer discounts to lower the cost of insurance. Discounts are available for teenagers who complete approved driver training courses and good students with a B average report card.

Parents can combine discounts as well. Janet Bellows of Amica says, in most states, her company offers a discount for students who are away at school, over 100 miles from home, who don't have a vehicle with them. "It is an excellent idea to keep the teenager on the parents' policy in case they drive another vehicle while they are away at school," she says.

Bellows also advocates that teenage drivers be well supervised even after they've received their licenses. Teenage drivers often won't drive in the same manner with parents in the car as they do when their friends are there. Friends may goad teens into driving wildly, or the teens may just want to show off. Parents should limit the number of passengers allowed in the car because 16-year-olds' fatal crashes are more likely to occur when other teenagers are in the car and the risk increases with every additional passenger. Curfews are a good idea as well. Parents should limit driving at night because this is a high-risk activity for beginners.

Per mile driven, the nighttime fatal crash rate for 16 year-olds is about twice as high as it is during the day.

"You can prepare your teenage driver by setting a good example yourself, like always wearing a seat belt and abiding by the law," says Bellows.

"Insist on seat belts all the time as more than half of all teens who die in crashes are completely unrestrained." New drivers learn a lot from role models, so practice safe driving. Teens with crashes and violations often have parents who have poor driving records themselves. Obviously drinking and driving for teenagers and parents is completely taboo.

"Driver's education programs offered in school or in the community are a good way to learn," says Wallace. "At Amica, we think parents should also put in drive time with the teenager. Also, it's quite obvious that teens shouldn't be driving sports cars or performance vehicles."

It's a critical time for parents when a teenager can get a license. For a teenager it represents freedom. But the price of freedom is steep. Parents shouldn't just brush over important issues such as drinking and driving, seat belts, speeding and peer pressure by thinking their child would never do such a thing, because, sadly, the evidence often points to the contrary.

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ONE-DAY WORKSHOPS			
GENI179 601	**Media Relations Workshop**	Tues., Oct. 22, 9 am to 4 pm	$55.11
GENI82 601	**The Challenge of Anger**	Sat., Oct. 19, 9 am to 3 pm	$55.11
GENI1923 601	**How To Handle People With Tact and Skill**	Wed., Oct. 23, 9 am to 4 pm	$55.11
GENI1922 601	**Asking For What You Want**	Wed., Nov. 20, 9 am to 4 pm	$55.11
GENI1806 601	**Prevention and Management of Aggression in the Elderly**	Fri., Oct. 18, 9 am to 4 pm	$55.11
GENI1220 601	**Intro Psychic Workshop**	Sat., Nov. 16, 10 am to 5 pm	$65.00
GENI1221 601	**Reincarnation – Who Were You**	Sun., Nov. 17, 10 am to 5 pm	$65.00
ART COURSES			
ARTS103B 601	**Watercolour Vignettes**	Tues., Nov. 26 to Dec. 17, 6:30 to 9:30 pm	$57.24
COMPUTER COURSES			
COMP95 601	**Introduction to Windows**	Mon, Oct. 21 to Nov. 18, 6:30 to 9:30 pm	$76.55
COMP195 601	**Intermediate Windows**	Wed., Oct. 16 to Dec.18, 6:30 to 9:30 pm	$148.10
COMP944 601	**Intermediate Excel**	Thurs., Oct. 17 to Nov. 14, 6:30 to 9:30 pm	$76.55
COMP8 601	**Integrated Computer Applications**	Thurs., Nov. 21 to Dec. 19, 6:30 to 9:30 pm	$76.55
COMP961 601	**Introduction to Access**	Tues., Oct. 15 to Nov. 12, 6:30 to 9:30 pm	$76.55
COMP962 601	**Intermediate Access**	Tues., Nov. 19 to Dec. 17, 6:30 to 9:30 pm	$76.55
COMP3012 601	**Introduction to Powerpoint**	Mon., Oct. 21 to Nov. 18, 6:30 to 9:30 pm	$76.55
COMP085A 601	**Web Page Design - Part I**	Wed., Oct. 2 to Dec. 4, 6:30 to 9:30 pm	$143.10
DEMENTIA STUDIES			
BEHA1000 601	**Overview of Dementia Care**	Tues., Oct. 1 to Nov. 19, 6:30 to 9:30 pm	$114.48
BEHA2004 601	**Eval. and Program Planning**	Thurs., Oct. 10 to Jan. 30, 6:30 to 9:30 pm	$214.65
BEHA1001 601	**Communication and Interpersonal Skills**	Thurs., Nov. 28 to Jan. 23, 6:30 to 9:30 pm	$114.48
FOR RNs and RPNs			
HEAL95 601	**Footcare Workshop – Part I**	Mon., Nov. 4 to Dec. 2, 6:30 to 9:30 pm	$71.55
FOR RNs, RPNs, MLTs, MRTs, EMCAs			
GENI1242 602	**IV Therapy & Venipuncture**	Tues., Wed., Thurs., Oct. 29, 30, 31, 9 am to 5 pm	$294.90
AIR BRAKE TRAINING			
GENI17 601	**Air Brake Endorsement**	Sat. and Sun., Oct. 26,and 27, 8 am to 5 pm	$280.00

Register by dialing 1.866.276.6600 (Visa or MasterCard required) or by visiting our Customer Service Centre between the hours of 9 am and 4 pm, Monday to Friday.

For additional course information and other registration options, pick up a copy of our Fall 2002 Part-time Studies Guide on campus or at all participating MacEwen Service Centres in Cornwall and S.D.&G.

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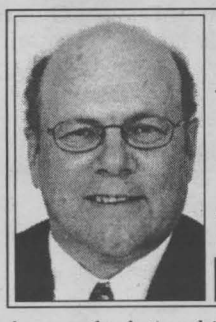
Families - They Started With Adam And Eve

"Therefore a man shall leave his father and mother and be joined to his wife and they shall become one flesh." Genesis 2:24



Amazing Grace

Pastor Bob
BURGESS
amazinggrace@cnwl.igs.net

I recently attended a wonderful wedding where a young couple was married before God, their families and their friends. The scripture above became very real to me as I watched these two people, a young man and a young lady, commit their lives and made a covenant to love, cherish, honour and encourage one another "until death do they part."

I realized again the wonder of God's creation and His ways for mankind. The Bible says, "male and female He created them," and then God blessed them and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish and the sea, over the birds of the air and over every living thing that covers the earth." (Genesis 1:28).

"Be fruitful and multiply," were God's words. You see, marriage between a man and a woman is a covenantal relationship. Marriage is not a contract because contracts can be broken, but covenants are for life, no matter what! The Bible itself is about covenants from Genesis to Revelation and we see over and over again God's covenants with men and women. Marriage is a covenant relationship between a man and a woman, and out of this love relationship, children are the fruit and children are His rewards. The Bible says that children are a "heritage from God." Children are gifts from God, and isn't life really about families? Families are about love and relationships between moms and dads, children and grandchildren, and great-grandchildren, etc.

God sure knew what He was doing when He created "males and females." He knew what He was doing when He created marriages and a nurturing environment where children could be born and raised, and be influenced and taught by their parents! Little boys need their dads; little girls need their moms and they all need each other's influences to grow and become all God created them to be.

Families are the backbone of our society and the backbone of God's ways and His Kingdom. The Bible is full of families with their struggles and victories and with God at the centre, families can weather all the storms and difficulties of life. Families feed, nurture and mature us, and it's pretty hard to improve on God's design in families.

Truly God is a master builder and designer, and let's endeavour to know His ways and walk in them for our own good and for our families.

Pray with me today: "Dear God, thank you for Your creation ways! You are the master potter and I am but clay! Mould me into Your ways for my life and teach me to live in Your Kingdom. Come into my life and give me Your life. Amen."

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

Second Thoughts

1. Accept and appreciate the differences in others!
2. Seize the "teachable moments" in your life!
3. Acknowledge your need of others!
4. Follow the golden rule and be a friend!

Things to be thankful for:

1. Cool fall nights and it's great to sleep!
2. Good doctors and nurses who truly care for their patients and where you're more than just an OHIP number!
3. Good mechanics that do good work and charge fair and decent prices!
4. Good friends who accept you just the way you are and don't judge you!

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

OBITUARIES

CRITES - Yvette

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Sunday, September 22nd, 2002. Mrs. Yvette Crites (nee Beauregard), in her 79th year, born in Casselman, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Amedee Beauregard and the late Georgianna Dupuis. Beloved wife of the late Walter Crites. Loving mother of Lorraine (Mrs. Michel Lemire) of Cornwall, Ontario, Joanne (Mrs. Raymond Quenneville) of Gatineau, Québec and Diane (Mrs. Andre Timbers) of Hawkesbury, Ontario. Dear sister of Lucien Beauregard, Rene Beauregard (Lucienne), Mrs. Cecile Leroux and Mrs. Reina Guay all of Cornwall, Ontario. Also survived by four grandchildren and four great-grandchildren. Predeceased by brothers, Ernest, Aldonat and Royal Beauregard, and sister, Mrs. Laurette Parent. The funeral took place on Wednesday, September 25th, 2002 from Boulerice Funeral Home Ltd. to Nativity Co-Cathedral followed by interment in St. Lawrence Valley Cemetery, Long Sault, Ontario. Msgr. Rejean Lebrun officiated. The pallbearers were members of the Nativity Guards. Yvette was a former employee of Sears Canada for over 30 years.

TREMBLAY-DOUAIRE - Pauline

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Thursday, September 19th, 2002. Mrs. Pauline Tremblay-Douaire, in her 65th year, born in Montréal, Québec and formerly of Cornwall, Ontario. Dear daughter of the late Aime Tremblay and the late Marguerite Leblanc. Beloved wife of Marcel Douaire. By family request no visitation was held, followed by cremation. Funeral arrangements were under the care and direction of Boulerice Funeral Home Ltd.

McNAMARA - John

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Tuesday, September 17th, 2002. Mr. John McNamara, in his 89th year, born in Montréal, Québec and formerly of Cornwall, Ontario. Dear son of the late Bernard McNamara and the late Alexna Hamelin. Beloved husband of the late Aline Larabie. Loving father of Theresa (Terry) (Mrs. Robert John Caldwell) of Keswick, Ontario. Dear brother of Mrs. Sheila Lennen of San Diego, California. Cherished grandfather of Blair Caldwell (Amy) and great-grandfather of Caitlyn. Dear friend of Valeda Latour of Cornwall, Ontario. Predeceased by brother, Bernard McNamara and sisters, Mrs. Margaret Burgess and Mrs. Eileen Veysett. The funeral service took place on Saturday, September 21st, 2002 in the Memorial Chapel of Boulerice Funeral Home Ltd., followed by cremation. Rev. Rudy Villeneuve officiated, assisted by Rev. Clarence Villeneuve. John was a former WWII Veteran and former employee of Courtaulds Fibres.

BRUYERE - Maurice

Passed away at his residence on Monday, September 16th, 2002. Mr. Maurice Bruyere, in his 76th year, born in Cornwall, Ontario and formerly of Cornwall. Dear son of the late Alphonse Bruyere and the late Dora Legault. Beloved husband of Pauline Boudreau Burelle and by former marriage Jeannine (Delorme) Bruyere of Cornwall, Ontario. Loving father of Hector Bruyere (Heather) of Cornwall, Ontario, Marcel Bruyere of Smiths Falls, Ontario, Ronald Bruyere (Nena) of Clairhome, Alberta, Denis Bruyere (Janet) of Renfrew, Ontario and Marguerite (Mrs. Michael Law) of Thunder Bay, Ontario. Beloved stepfather of Andre Burelle (Jeanette), Sylvain Burelle (Paula), Michelle Burelle all of Cornwall, Ontario and Monique (Michel) Burelle of Hawkesbury, Ontario. Also survived by 13 grandchildren and two great-grandchildren. Predeceased by brothers, Paul, Conrad, Hector, Oscar and Bernard Bruyere, and sisters, Mrs. Marguerite Picard and Mrs. Rita Cardinal. The funeral took place on Thursday, September 19th, 2002 in the Memorial Chapel of Boulerice Funeral Home Ltd. followed by interment in Notre-Dame Cemetery. Rev. Roger Desrosiers officiated. The pallbearers were Andre Burelle, Sylvain Burelle, Robert Bruyere, Andre Grenier, Lee Smith and Robert Luscombe.

ZUBATIUK - Victor

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Wednesday, September 4th, 2002, age 68 years. Beloved husband of Elke Banzhaf. Loving father of Kurt Zubatiuk (Heather Wood) of Toronto, Ontario. Dear brother of Alex Zubatiuk (Joanne) of Toronto, Ontario. Rested at Wilson Funeral Home. A service led by family friend John Anson and son Kurt Zubatiuk was held in the chapel of Wilson Funeral Home on Sunday, September 8th, 2002. The pallbearers were Allan Joyner, Shaun Wallace, Jon Wannamaker, Keith Lindsay, John Cameron and Peter Eligh. Funeral arrangements were under the care of Wilson Funeral Home. Mr. Zubatiuk was a former employee of Parks Canada, a member of The Kings Royal Regiment of New York, the S.R.S.A., and member of the Stormont Yacht Club.

HART - Mary Ethel

Passed away at Versa Care Centre, Cornwall, Ontario on Saturday, August 31st, 2002. Miss Mary Ethel Hart, in her 97th year, born in Summerstown, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Louis Hart and the late Lucy Leroux. Survived by many nieces and nephews. Predeceased by brothers, Wilfred and Gilbert Hart and sisters, Mrs. Cecile McIntee and Mrs. Helena Feeney. The funeral took place on Wednesday, September 4th, 2002 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Nativity Co-Cathedral with burial at Nativity Parish Cemetery. Msgr. Rejean Lebrun of Nativity Co-Cathedral officiated, assisted by Rev. Mr. John Ezard, Deacon. The Homolist was Rev. Mr. John Ezard. The pallbearers were the Nativity Guards.

HEASLEY - Mary Irene

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Thursday, August 29th, 2002. Mrs. Mary Irene Heasley, in her 87th year, born in Chesterville, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Joseph Moss and the late Florestine Lapalme. Beloved wife of Edward Heasley. Loving mother of Margaret (Mrs. Stephen Townsend) of Ottawa, Ontario, Kenneth Heasley of Cornwall, Ontario, Gordon Heasley (Nadia) of Guelph, Ontario, and Cheryl (Mrs. Bill Neufeld) of Long Sault, Ontario. Dear sister of Victor and Edmund Moss both of Chesterville, Ontario, Ernest Moss (Jean) of Kitchener, Ontario, Harvey Moss (Eileen) of Cobden, Ontario, Gerald Moss (Hazel) of Hull, Québec, John Moss (Mary) of Nepean, Ontario, Mrs. Blanche Charlebois of Elliot Lake, Ontario, Mrs. Olive Heasley of Finch, Ontario and Jean (Mrs. Terry Indoe) of Kitchener, Ontario. Also survived by grandchildren, Jenna and Christopher, and many nieces and nephews. Predeceased by brothers, Henry and Arthur Moss and sister, Mrs. Ellen White. The funeral took place on Monday, September 2nd, 2002 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. Peter's Parish Church with burial at Notre Dame Cemetery. Rev. George Maloney of St. Peter's Parish Church officiated. Members of the C.W.L. of St. Columban's Parish were in attendance. The pallbearers were the Nativity Guards.

HUIDER - Samuel (Sam) Norman

Passed away at the Centre Hospitalier Vallée de l'Outaouais, Hull, Québec on Thursday, August 29th, 2002. Mr. Samuel (Sam) Norman Huider, in his 53rd year, born in Oshawa, Ontario and formerly of Cornwall, Ontario. Dear son of the late Herman Huider and the late Winifred Durbin. Beloved companion of Gisela Eschenhof. Loving father of Holly Huider of Oshawa, Ontario. Dear brother of John Huider (Florence) of Oshawa, Ontario, Daniel Huider and Marie (Mrs. Douglas Young) of Pickering, Ontario. Predeceased by brother, Fred Huider. The funeral took place on Monday, September 2nd, 2002 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Memorial Chapel with cremation at South Branch Crematorium.

PODSIAD - John (Jan)

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Wednesday, August 28th, 2002, age 57 years. Dear son of the late Jozef Podsiad and the late Marianna Rainko. Beloved husband of Sandra Villeneuve. Loving father of Natasha Podsiad of Cornwall, Ontario and Kristopher Podsiad (Amy) of Brockville, Ontario. Sadly missed by grandchildren and brothers and sisters in Poland. Predeceased by son, Shane at infancy, and twin brother, Andre Podsiad. Friends were received at St. John Bosco Roman Catholic Church. The Mass of the Resurrection with commendation and farewell was celebrated by Reverend Laurier Rivet in St. John Bosco Roman Catholic Church on Saturday, August 31st, 2002. Rite of Committal followed in Notre Dame Cemetery. Funeral arrangements were under the care of Wilson Funeral Home. Mr. Podsiad was a former welder at Combustion Engineering Canada.

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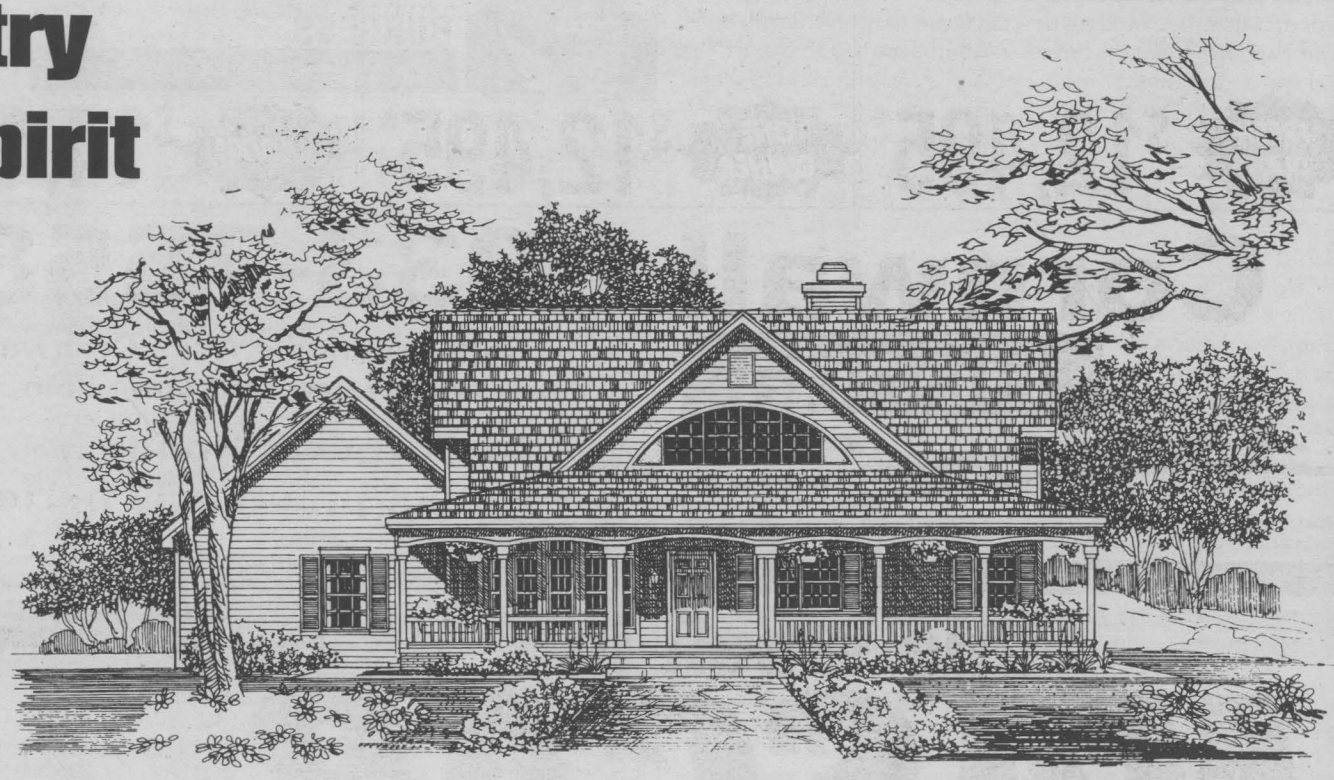


PLAN NO: H3663 WIDTH: 68'6" DEPTH: 66'5"
©Copyright SELECT HOME DESIGNS

• An arched clerestory, multi-pane windows and a balustered porch splash this classic country exterior with an extraordinary new spirit.

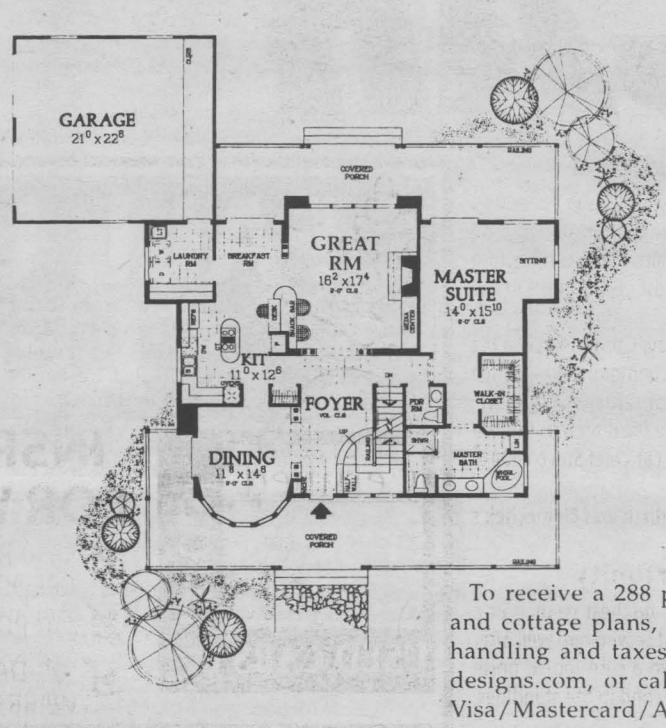
• Inside, the two-storey foyer is flanked by the sunny formal dining room and an elegant stairway.

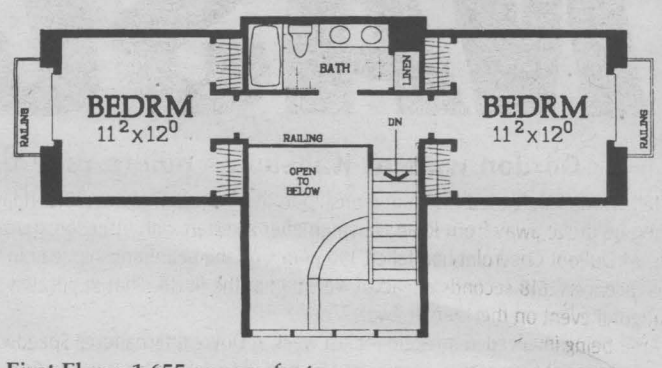
• The great room offers a fireplace with a tiled hearth, a built-in media centre and a snack bar that it shares with the large island kitchen and breakfast room.

• Ceramic tiles dress up the L-shaped kitchen, which boasts a built-in desk, extra closet space and double ovens.

• The first-floor master suite is appointed with a sitting area and enjoys private access to the rear covered porch, while the master bath boasts an angled whirlpool tub and twin lavatories.

• Upstairs, two secondary bedrooms – each with its own balcony – share a full bath with ample linen storage.





First Floor: 1,655 square feet
Second Floor: 515 square feet
Total: 2,170 square feet

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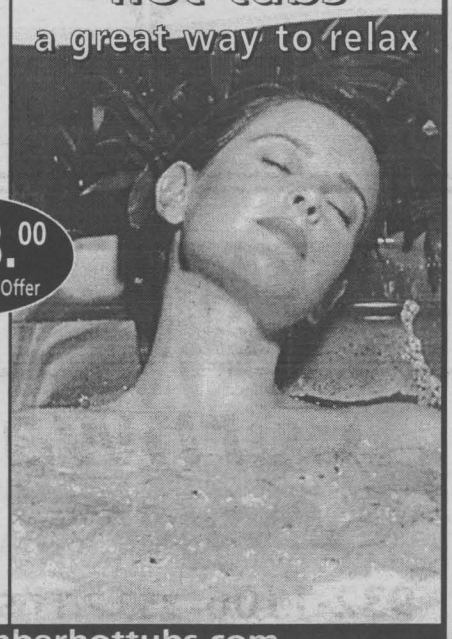
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Is Your New Home Ready For Old Man Winter?

(NC)–What better time than fall to begin readying your new home for the long Canadian winter? By conducting your new home's maintenance ahead of time, you are ensuring your family's continued comfort and safety over the course of often unpredictable weather. More importantly, your efforts will go a long way toward protecting your investment, and consequently, the warranty protection you receive under the Ontario New Home Warranties Plan Act, administered by the Ontario New Home Warranty Program (ONHWP).

The basement is a good place to start. Air out crawl spaces, cellars and closets to prevent mold and mildew. Have the furnace and humidifier professionally serviced, and remove all dust and dirt from around the furnace, registers and condensing unit. Check the chimney and venting systems to ensure both are in safe operating condition and that passages are free of debris. Inspect the exhaust ventilation fans and heat recovery ventilators and lubricate them with oil if necessary.

Examine doors and windows for drafts and apply weatherstripping where necessary. Exterior doors require protection from shrinkage and warping due to exposure. Consider investing in storm doors to protect non-insulated entrance doors and improve heat conservation.

Outside the home, shut off the water supply, then drain the garden hose to prevent freezing and bursting. Check exterior wood finishes, paint and siding for signs of moisture penetrating wood, or blistering and peeling paint, as this can lead to water seepage. Replace worn window caulking to prevent drafts. Clear eavestroughs, gutters and downspouts of debris, ensuring drainage from the roof is unobstructed, preventing water from leaking into the interior. Do this for the window wells also. Keep them free of leaves to allow water to drain properly toward the footing drainage system. Lot drainage systems are designed to direct water away from the house. Examine the driveway and walkways for cracks that, with water penetration and freezing, could lead to larger, more expensive problems.



Next, tackle the roof by checking any vents, louvers and chimney caps for any nests or animals that may be obstructing their openings. You should also inspect the roof's surface and shingles for damage.

Finally, don't forget to fertilize your lawn and protect your shrubs against the cold with burlap.

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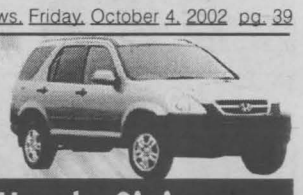

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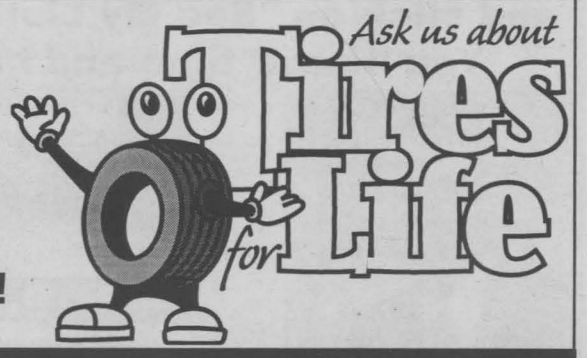

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this week in NASCAR

2002 Schedule

Date	Race	Venue	TV/Start
Oct. 6	EA Sports 500	Talladega Superspeedway	NBC/12:30 p.m.
Oct. 13	UAW-GM Quality 500	Lowe's Motor Speedway	NBC12:15 p.m.
Oct. 20	Martinsville 500	Martinsville Speedway	NBC/MRN/12 p.m.
Oct. 27	NAPA 500	Atlanta Motor Speedway	NBC/PRN/11:45 a.m.
Nov. 3	Pop Secret 400	North Carolina Speedway	TNT/MRN/12:30 p.m.
Nov. 10	Checker Auto Parts 500K	Phoenix Int'l Raceway	NBC/MRN/2 p.m.

Gordon wins at Kansas as points race tightens

Jeff Gordon defended his championship in the Protection One 400 Sunday at Kansas Speedway when he drove away from Ryan Newman after a restart with three laps remaining. Gordon, whose No. 24 DuPont Chevrolet had fallen 190 points off the championship lead in fifth place coming into this race, was .618 seconds ahead of Newman at the finish. That duplicated last year's finish in the inaugural event on the 1.5-mile oval.

After being involved in an accident last week at Dover International Speedway, Gordon knew a big performance at Kansas was necessary if he hoped to defend his Winston Cup championship -- which would be his fifth crown. Gordon ended up leading a race-high 116 of the final 121 laps in the race, and won for the third time this season, the 61st of his 322-race career and the third time in the last six races. He dominated the field in two restarts in the last 15 laps to give new car chief Steve Letarte his first victory since taking over the position this weekend.

Rusty Wallace finished third, Joe Nemechek was fourth and Bill Elliott was fifth. It was Nemechek's first top-five of the season.

Martin blows engine, loses golden opportunity

Mark Martin has never ventured far from taking a philosophical view of his best chance at a NASCAR Winston Cup championship in more than 10 years. That temperament served him well after his No. 6 Viagra Ford's engine blew up with 17 laps to go, knocking him from a sure top-10 finish and retention of his point lead. Martin ended up 25th in the race and fell to second in the standings, 11 points behind new leader Jimmie Johnson.

Martin's dilemma -- which leaves him seven races in which to overcome Johnson and hold off no less than Tony Stewart, Kansas winner Jeff Gordon, Sterling Marlin, Rusty Wallace and Ryan Newman -- was echoed by Roush Racing teammates Jeff Burton and Kurt Busch.

Burton, who also spent a good bit of time in the top 10, blew up and finished 29th while Busch, after an extended stay in the garage area, came back out and ended up 31st.

Only Matt Kenseth, who finished seventh, escaped the engine woes.

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NASCAR changes concussion policy

NASCAR is taking steps to keep drivers with concussions off the track, after Dale Earnhardt Jr. revealed he drove in several races while unable to fully concentrate or communicate with his crew chief. From now on, doctors at infield care centers may require a driver to undergo a CT scan if they suspect the driver has a concussion, NASCAR president Mike Helton said Sunday. If the CT scan reveals a concussion, Helton said, a driver will not be allowed to compete until he obtains a medical release. CART, the Indy Racing League and the NFL have similar policies already in place.

Earnhardt got a concussion in a crash April 28 at California Speedway but hid it from the public -- and NASCAR -- until last week.

He said he did not report it to doctors immediately after the crash, partly because he was more concerned about an injured ankle and partly because he had had concussions before and wasn't worried that this one might be serious. Earnhardt also was worried that if he made the concussion public, it might have kept him from racing.

Although Earnhardt blames the concussion for his subpar season, on Sunday he again played down its severity and insisted he was never a danger to himself or any other driver.

Two races, two crashes for Waltrip at Kansas

Michael Waltrip hoped to win at least one race this weekend for his daughter, Margaret, who turned 5 on Sunday.

But Waltrip, who started fourth Sunday and on the pole for Saturday's Busch Series race, will have to settle for another souvenir of his trip to Kansas Speedway.

He blew a tire and crashed into the wall on the 20th lap of Sunday's race, finishing 26th.

"I was passing Tony (Stewart) and when I got to turn one, the car just wouldn't turn," Waltrip said. "It went dead straight into the wall."

On Saturday, he was running third in the Mr. Goodcents 300 when he got a cut tire, crashed on the 156th lap and finished 33rd.

Both times, Waltrip said, the crash happened as a result of debris on the track.

"Goodyear makes a great tire. There's nothing wrong with the tire," he said. "We just seemed to find metal in both races this weekend."

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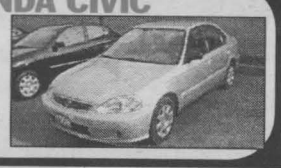

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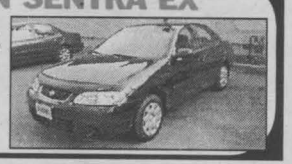

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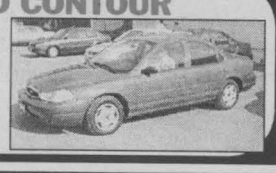

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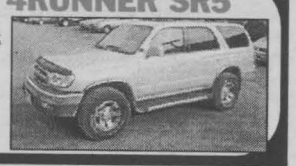

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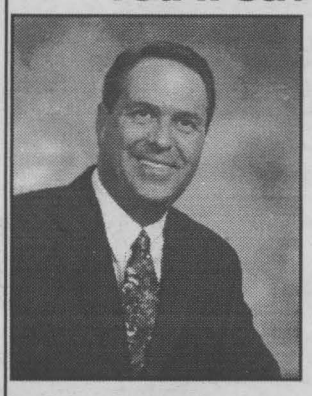

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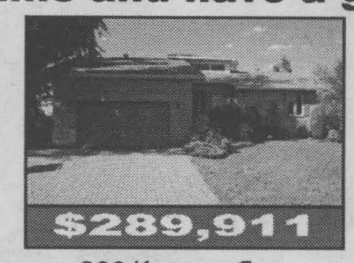

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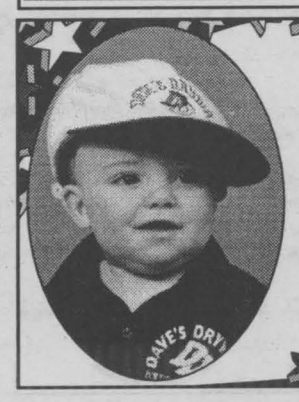

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KIND & LOVES TO LAUGH
SWF, 35, 5'3", plus-sized, blonde hair, hazel-green eyes, who enjoys cuddling, shooting pool, camping, movies and romantic evenings. Looking for a tall, nice-looking, SWM, 32-43. Ad#: 1914

DON'T PASS ME BY
Friendly, outgoing, humorous, goal-oriented SWF, 33, 5'4", 110lbs., red hair, blue eyes. Enjoys playing pool, long drives and beaches. Looking for an honest, open, caring, affectionate SM, 28-45. Ad#: 1197

POSITIVE OUTLOOK
This SWF is searching for a SWM, 28-45, who is respectful, with a great sense of humor. She is 33, 5'4", 110lbs., with red hair and blue eyes. Interests are dancing, camping, movies, etc. Ad#: 6966

A CONSTANT ADVENTURE
Confident, likable, passionate, creative SWF, 50, 5'6", full-figured, blue-eyed brunette. Enjoys gardening, flea markets, auctions and much more. Looking for a loyal, sincere, secure SWM, 45-55, N/S, with a sense of humor. Ad#: 9091

LET'S HAVE COFFEE
SWF, 47, 5'2", easygoing and she loves to read, going for walks, bingo and more. Hoping to meet a caring, understanding and fun SWM, under 55. Ad#: 3370

MAKE THE CALL
35 year old, N/S, SWF, 5'9", easygoing and fun to be with. She enjoys swimming, skating, playing pool and family activities. Seeking a tall, slim, SWM, 30-40, with a good personality. Ad#: 8551

HI THERE
Outgoing and honest SWF, 25, 5'5", 140 lbs, burgundy hair, blue eyes. Hobbies include dancing, playing pool and long walks. Looking for a honest and loyal SWM, 25-35. Ad#: 4911

MY BESTFRIEND
SWF, 45, 5'4", blonde hair, blue eyes, friendly, outgoing and bright. I enjoy biking, walking, skiing, nature, sailing and more. I'm seeking a SWM, 45-51, who is tall, strong, outgoing, energetic, confident, goal-oriented and pleasant. Ad#: 4557

YOUNG AT HEART
Fun-loving SWF, 57, 5'6", long blonde hair, blue eyes. Enjoys crafts, sewing, movies, walking and family activities. Looking for an honest, secure, independent, healthy SWM, 45-60. Ad#: 8343

50/50
SWF, 39, 5'6", brown hair, blue eyes, pleasant, outgoing and reliable. I enjoy biking, walking, romantic evenings and more. I'm seeking a SM, 37-42, who is happy, gentle, loving, open and enjoys the same. Ad#: 2383

KIND FRIEND
SWF, 36, with brown hair and blue eyes. Interests are movies, cuddling, playing pool, long drives, etc. Looking for a SWM, 33-38, who is honest, caring and has a warm heart. Ad#: 2809

LOVES TO LAUGH
SWF, 39, 5'2" green eyed, blonde is outgoing, humorous and fun to be with. Interested in hockey, swimming, boating, snowmobiling and long walks. Searching for a SWM, 37-50. Ad#: 9282

KIND-HEARTED
SWF, 43, 5'4", with sandy brown hair and brown eyes. Interests are camping, sewing, the simple things in life, etc. Looking for a SWM, 38-50, who has similar interests. Ad#: 8523

GENUINE
SWF, 42, 5'2", 130lbs., brown hair, friendly, outgoing and kind. I enjoy fishing, camping, the outdoors, hiking, travel and more. I'm seeking a SWM, 40-52, who is honest, kind, caring, outgoing, pleasant, sensitive and caring. Ad#: 2668

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Honest, caring, fun and positive WWWF, 58, 5'2", 125lbs., auburn hair, brown eyes. Enjoys music, dancing, barbecues, fishing, camping, sports and darts. Looking for a compatible SWM, 55+. Ad#: 3291

JUST RELOCATED
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WHAT'S YOUR SIGN?
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HAPPY TO SHARE
Open-hearted, sincere SWCF, 60, 5'2", brown eyes. Enjoys dancing, music, dining and good conversation. Looking for an intuitive, spontaneous SWM, 54-64, N/S. Ad#: 6634

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SWF, 44, 5'2", 120lbs., with sandy hair. Interests are reading, conversations, her dog, swimming, long drives and more. In search of a SWM, 40-50, who is extraverted, with similar interests. Ad#: 5645

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SWF, 37, 5'2", blonde hair, hazel eyes, friendly, outgoing and compassionate. I enjoy country music, the outdoors, movies, dining and more. I'm seeking a SWM, 35-40, who is loving, affectionate, compassionate, loving, sincere and faithful. Ad#: 6203

FAMILY-ORIENTED
SWF, 36, 5'10", with dark hair and brown eyes. Interests are the outdoors, music, concerts, time with her children, etc. Looking forward to meeting a SM, 36-42, who is established in life. Ad#: 8382

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Sensitive, caring, sincere, SWF, 44, 5'6", plus size, blue eyes. Enjoys auctions, garage sale and motorcycling. Looking for a personable, compassionate, motivated, honest SWM, 40-46, N/S, non-drinker. Ad#: 6886

HONEST
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I'm a friendly, compatible, SWF, 42, 5'2", who would like to meet a SWM, 42-46. Hobbies include the outdoors, playing cards, dancing, movies and more. Ad#: 5693

SOMEONE SPECIAL
Funny, hardworking, sincere SWF, 32, brown-eyed blonde, plus-sized. Enjoys long walks, movies, boating and quiet times. Looking for an honest SM, 28-40, N/S. Ad#: 1508

FAITHFUL
SWF, 27, 5'4", with blonde hair, blue eyes, enjoys camping, long walks and having fun with friends. I'm seeking a attractive SM, 27-35, who enjoys children, with similar interests. Ad#: 3239

COMPATIBLE INTERESTS
Full figured SWF, 5'9", 22, blue eyes, described as spontaneous and enjoys life. Hobbies include working out and spending time with her daughter. Looking for a SM, 24-33, who will accept me for me. Ad#: 9765

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I'm a SWF, 44, 5'4", light brown hair, hazel eyes, shy, easygoing and friendly. I enjoy dancing, camping, having fun and quiet evening at home. I'm seeking an honest, faithful and fun SWM, 38-46, for a loving relationship. Ad#: 7321

WALK WITH ME
SWF, 49, brown hair, blue eyes, 5'4", thin, honest, caring and pleasant. I enjoy reading, roller blading, walking, crafts and more. I'm seeking a SWM, 40-55, who is honest, loving, humorous, dedicated and kind. Ad#: 5121

FUN TO BE WITH
SWF, 29, 5'6", 124lbs., blonde hair, funny, easygoing and kind-hearted. I enjoy dancing, movies, walking, long drives, travel and more. I'm seeking a SWM, 27-34, who is honest, active, fun-loving and humorous for a friendship first. Ad#: 4519

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

LOOKING FOR YOU
SWF, 28, 5'4", energetic and very outgoing. A student she enjoys working out, swimming and sports activities. If you are an honest & faithful, SM, 28-33, give me a call! Ad#: 4456

WHAT A GAL!
Slim, SWF, 56, 5'2", with long hair, is fun to be with and outgoing. Semi-retired she likes quiet times, dancing, the beach and BBQ's. Seeking an affectionate, fun, SWM, 50-56. Ad#: 7865

LOVING & CARING
SWF, 29, 5'5", with brown hair and blue/green eyes. In search of a SWM, 29-40, who is caring, loving, trusting and affectionate. Ad#: 4281

TAKE ME AS I AM
Fun, loving, caring, faithful, romantic SWF, 23, 5'1", long light brown hair, blue eyes, mom. Enjoys family activiites, music and dancing. Looking for an open, honest, family-oriented SM. 25-35, non-drinker. Ad#: 7343

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

FUNNY & LOYAL
SWF, 19, with brown hair/eyes and an average build. Enjoys walking, hang out with friends, time with her son, movies and music. Looking for a nice, honest, caring, trustworthy SWM, 19-25, who loves children and spending time together. Ad#: 3609

Males Seeking Females

WAITING!
SWM, 37, blonde hair, 5'8", easygoing, considerate and kind. I enjoy swimming, boating, movies, good conversation and more. I'm seeking a SWF, over 28, who is affectionate, compassionate and faithful. Ad#: 4870

LET'S HAVE COFFEE
this SWM, 38, is 6'4", with black hair and a mustache. Outgoing, open-minded and adventurous. He likes sports, cuddling and giving massages. Seeking an open-minded, mysterious, SF, over 18. Ad#: 5437

NOT INTO GAMES
Funny, honest, trustworthy SWM, 42, 5'10", 140lbs., blue eyes, brown hair. Enjoys cooking, cuddling, walks in the rain, good movies and music. Looking for a sincere, confident SF, 30-45. Ad#: 3114

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

HAPPY-GO-LUCKY
Active, personable, secure, affectionate SWM, 58, 5'10", 189lbs., black hair. Enjoys working out, romantic evenings home and much more. Looking for a sincere, romantic, pretty SF, 55-60, N/S, 125lbs.-135lbs., long hair preferred. Ad#: 1345

CUDDLE WITH ME
SWM, 25, 5'6", 160lbs., with blond hair, blue eyes and a stocky build. Enjoys computers, the outdoors, movies, swimming, etc. In search of a SF, 18-45, who is affectionate, open, adventurous and not afraid to try new things. Ad#: 5082

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NO HEAD GAMES HERE
Dependable, honest, friendly SWM, 36, 5'10", 185lbs., brown hair/eyes, enjoys the outdoors. Looking for a trustworthy, reliable SF, under 40. Ad#: 5448

LIFE IS BEST SHARED
Well-traveled, personable DWM, 54, 6', husky build, blue eyes, blond/gray hair. Enjoys sports, golfing, boating and fishing. Looking for a quality SF, 40-56, N/S, who is attractive, fun and a good friend. Ad#: 9460

LET'S ENJOY LIFE
SWM, 41, 6'2", 195lbs., green eyes, brown hair, funny, witty and outgoing. I enjoy astrology, reading, the outdoors, music, movies and more. I'm seeking a SF, under 40, who is honest, active, sincere, friendly, intelligent and confident. Ad#: 3730

LOOKING FOR LOVE
I'm an outgoing, open, SWM, 51, who enjoys a wide range of interests. Seeking an intelligent, easygoing, open and honest, SWF, 45-60. Ad#: 3822

EASYGOING
SWM, 41, 5'6", with blue eyes. Interests are walking, dining out, theatre, etc. In search of a SWF, 30-40, who is communicative. Ad#: 5684

BUILDING THE FUTURE
Easygoing, fun, spontaneous, honest, SWM, 28, 5'9", 145lbs., good-looking. Enjoys building mustangs, baseball and hockey. Looking for an outgoing SWF, under 35, slim, 120lbs.-130lbs., prefer blonde. Ad#: 3727

CUDDLY TEDDYBEAR
Lovable, good-humored SWM, 24, 5'6", medium build, black hair, blue eyes. Enjoys music, my dogs, dancing and living life to the fullest. I'm seeking a fun-loving SWF, 18-29. Ad#: 2486

DINING & DANCING
SWM, 45, 5'6", dark hair, hazel eyes, down-to-earth and shy. I enjoy cooking, long walks, the outdoors, movies, dancing and more. I'm seeking a SWF, 35-46, who is lovable, caring and faithful for friendship and later a relationship. Ad#: 5281

QUITE ENTERTAINING
5'9", SWM, 42, attractive, unique, humorous and confident. He enjoys things such as trying new things and much more. Hoping to find a bright, bubbly and passionate SF, 30-50. Ad#: 4065

INTERESTING
Pleasant SWM, 54, 5'7", brown hair/eyes. Enjoys woodworking, plants and more. Looking for a kind, loving SWF, 45+, around 5'7". Ad#: 1733

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

CARING & HONEST
SWM, 35, 5'11", with brown hair/eyes, enjoys walking, biking, time with that special someone, woodworking, animals and more. Looking for a SWF, 20-35, who is honest, caring and has similar interests. Ad#: 3671

Females Seeking Females

PASSIONATE
SWF, 23, 5'2", 95lbs., red hair, brown eyes, spontaneous, outgoing and cheerful. I enjoy camping, hiking, swimming, sports and more. I'm seeking a SWF, 20-32, who is friendly, honest, caring, fun-loving and adventurous. Ad#: 4626

GOOD SENSE OF HUMOR
This SWF, 25, would love to meet a SWF, 21-30, who is caring and trustworthy. She is 5'7", with blonde hair and blue eyes. Interests are walking, time with friends, conversation and quiet times at home. Ad#: 7239

KIND-HEARTED
SWF, 42, 5'2", red hair, loving and caring. I enjoy knitting, walking, my pets and more. I'm seeking a SWF, 40-50, who is loving, caring, supportive and enjoys the same. Ad#: 2107

POSSIBLE RELATIONSHIP
I'm an outgoing, honest, SWF, 21, 6', who would like to meet a romantic, SF, 22-30. Hobbies include sports, music, basketball and more. Ad#: 1554

WILL YOU JOIN ME?
SWF, 29, 5'8", blonde hair, blue eyes, fun, outgoing and pleasent. I enjoy the outdoors, reading, movies, time with my children and more. I'm seeking a SF, 25-35, who is honest, loving, pleasent and confident. Ad#: 5700

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

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

Males Seeking Males

HONEST & LOYAL
Humorous, outgoing, active SWM, 31, 6'3", 220lbs., fit, blond hair, hazel eyes. Interests include movies, working out, hiking, biking and more. Looking for a SM, 22-35, N/S, who is decent, caring and monogamous. Ad#: 8147

GOOD HUMORED
SWM, 27, 5'10", with brown hair and blue/gray eyes. Interests are ATVing, snowmobiling and the outdoors. Looking for a SM, 18-35, who has similar interests. Ad#: 8780

RELATIONSHIP
SWM, 35, brown hair/eyes. Is a funny, easygoing person. Likes to play sports and likes the outdoors. Seeking a SM, 28-40, who is honest, loval, caring and outgoing. Ad#: 7637



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10/01/02



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Scuttlebutt

Putting the Garden to Bed: As summer fades, the gardening season comes to a close. But don't put your tools away yet; there is still much to be done. Here are some tips for enhancing your garden in the fall:

- Water trees and shrubs, especially evergreens, very deeply before the frost.
- Apply a thin layer of compost or well-aged manure to your lawn.
- Divide overgrown perennials.
- Leave clean-up of perennials until spring. The dead stems will trap snow and provide seeds for birds.

The **Big Brothers and Big Sisters of Cornwall and District** has a big thank you to **MacEwen Petroleum** for their $500 contribution to the agency's Operation Recruitment campaign in Cornwall and SD&G. The donation will greatly assist the local Big Brothers/Big Sisters agency in its recruitment activities.

A public information meeting will be held in November at the Township Hall in South Glengarry concerning the Glengarry Cairn. A new location for the Cairn is needed due to the fact the Mohawk elders have decreed it must be removed from its present site on Monument Island.

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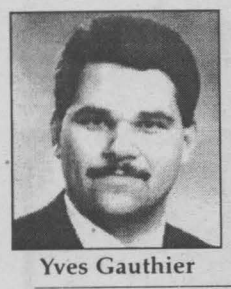
DEMPSTER'S Frameworks & Gallery

Ian Vallance, a Maxville area resident, won a first at the International Plowing Match in Glencoe, Ontario recently. Vallance beat out 11 competitors in the tractor competition to take the victory in the Three Furrow class. **Rob McDonald** of North Lancaster also had his best result, placing fourth in the same class.



Yves Gauthier

Au revoir to **Yves Gauthier** and family as they set off for new adventures in Alexandria. You were great neighbours, and will be missed! Prend soins Mathieu et Natalie!

Your former neighbours on Fifth St. E.

Ground Breaking: Construction of the new **Alexandria Island Park Youth Centre - Recreation building** began last Thursday. Present during the first stages of construction were **Gaetan Lascelles** (Lascelles Engineering owner), North Glengarry Councillor **George Currier, Mike Bray** (Bray Construction owner), North Glengarry Councillor **Gary Shepherd,** North Glengarry Recreation Director **Bob Bowles** and Mayor **Bill Franklin.**

Harvest suppers will be starting soon. Make sure you get your community notice into the Seaway News ($9 for 24 words). Harvest supper at **St. Andrews** Wednesday, October 9th, 2002.



Todd Lalonde

The Honourable **Noble and Elaine Villeneuve,** former Minister of Agriculture who publicly support **Todd Lalonde** for the Progressive Conservative nomination sponsored a Wine and Cheese evening in Todd's honour at Sand Road Maple sugar camp near Moose Creek. There were 232 people who attended this great get-together. Many thanks goes to Noble and Elaine.

Co-op President Bud Atkins believes the ethanol plant is one step closer now that Prime Minister Jean Chrétien has endorsed the Kyoto Protocol...the saga continues.

Hey, if South Glengarry Councillor **Jim McDonell** gets his way, by getting the Federal electoral boundaries changed, **MP Bob Kilger,** who just moved to South Glengarry, would find himself living outside his boundary.

The **OSPCA in Cornwall** is a non-profit organization and it depends entirely on your donations to exist. "Let's help them help the animals." Some items on their wish list include: dog and puppy food; cat and kitten food; assorted pet toys; treats; towels and blankets (new or used); cat litter; cat and dog shampoos; grooming equipment; temporary foster home for puppies and kittens; permanent homes for all animals in their care.

North Glengarry now has a full-time drainage superintendent and surveyor, **Manson Barton.**



Bob Kilger

Caller wonders what "Yes man" **Bob Kilger** thinks of the latest gun control snafu! Registry lost 700,000 serial numbers and is now issuing stickers for "us" criminals to now stick on our guns. It would be easy to put stickers on long guns especially if going to commit a crime. Don't forget original cost estimate for gun registry was $84 million, is now over $3 billion and not even half way there! Shame! Shame! Shame!

Sylvie Julien and **Lise Lapierre** are very dedicated and committed to providing a skateboard park for the Lancaster area.

Now I've seen everything. This week the daily prints a letter to the editor under a pseudonym. That's right, **Ernest Buck** is not a member of the community but his author is, right Michael? *Hey Alfie, can't wait for Donald Duck or Goofy's point of view.*

If you can't pay your bills, be thankful you're not one of your creditors.

Rumour has it **Legion Week** was a huge success. Way to go, Comrades.

A new project by the Maxville and District Chamber of Commerce to create a visible Scottish theme in the village will soon get a big boost, with tartan banners being displayed along Main Street.

Thought of the Week: "The amount of sleep desired by the average person is just five minutes more."

Did the **Deputy Fire Chief** reach a settlement with the City? How much, boys?



Denis Carr

Caller agrees with the daily that Councillor **Denis Carr** should not step down from City Council over his DUI charges. However, the daily is off base painting him as some kind of saint because he fessed up to McIntosh before anyone knew. The radio station had it on the 11 o'clock news and the internet. The police record is public, so there was no way this was going to be kept quiet.

SEAWAY SMILE

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

Parking Tickets

I went to the store the other day, I was only in there for about 5 minutes and when I came out there was a cop writing a parking ticket. So I went up to him and said, "Come on buddy, how about giving a guy a break?" He ignored me and continued writing the ticket.

So I called him a pencil necked moron. He glared at me and started writing another ticket for having bald tires!!

So I called him a son of a mutant pig. He finished the second ticket and put it on the car with the first. Then he started writing a third ticket!!

This went on for about 20 minutes, the more I abused him, the more tickets he wrote.

I didn't care. My car was parked around the corner.

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SN4

Congrats to **Erwin Shields** of Maxville, who was recognized as the Maxville and District Chamber of Commerce's fifth Community Award recipient recently.

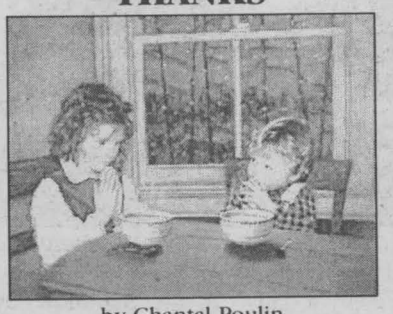
Pat's Home Cookin!

For your prayers, calls, gifts, fruit basket, flowers, cards and good wishes.
Also for making me feel so blessed with my caring family, friends & customers.
It is with a grateful heart I thank you!

Love "Pat" Sauve

South Glengarry's household hazardous waste collection day was a success last week.

"THANKS"



by Chantal Poulin

LOGAN'S GALLERY Gift Shop

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Did you know that **Alexandria Lanes** celebrated their 40th anniversary last weekend. Congrats to the **Menard family** and **Joanne and Mario Nadeau.**

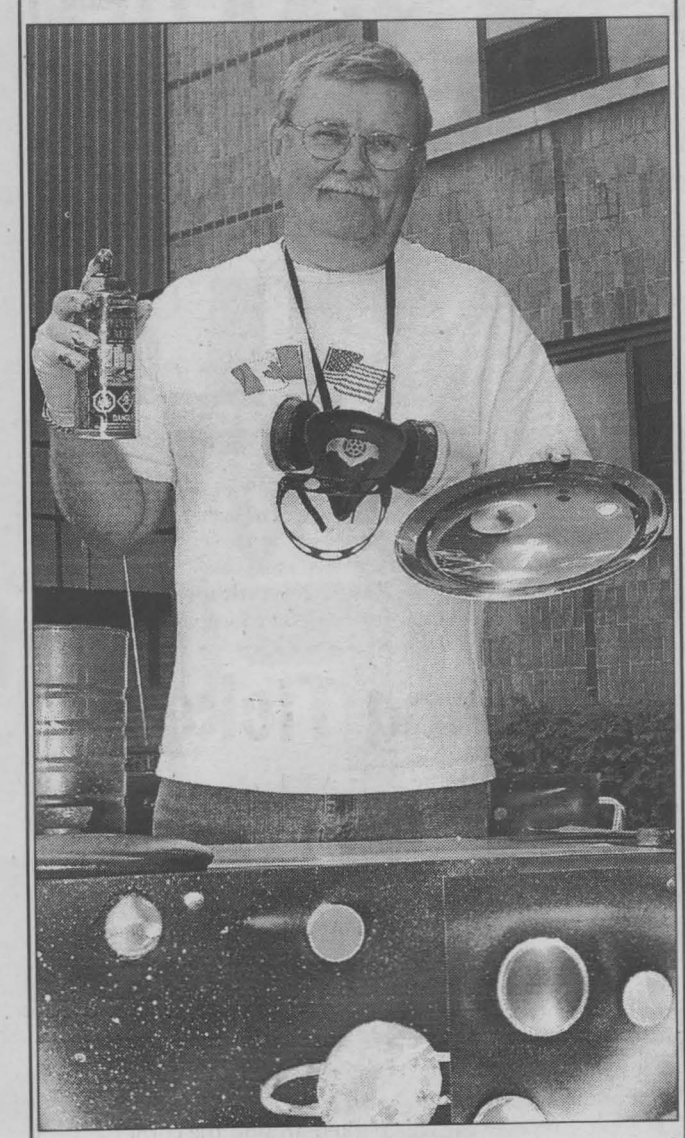
Here are a few tips for enhancing your garden in the fall:

- Rake leaves off the lawn but leave them on beds to increase soil nutrients. Once the ground freezes, use leaves as mulch for tender perennials. Store excess leaves in loosely closed bags and add to the composter in batches.
- Set out traps for slugs which breed in the fall.
- Clean fallen leaves out of ponds.
- Protect young trees and shrubs from rodents.
- Fall is a good time to pest-proof your house.

Did you know that the first American newspaper was published on September 25th, 1690.

Kinsmen and Kinette Clubs of Cornwall hosting district fall leadership later this month here in Cornwall. Governor **Melodyie LeMoeligou** says a good crowd expected.

Out Of This World Art



Brian Goodfellow is set up outside St. Lawrence College with his collection of Spray Can Art. The local artist has spent several months creating new and exciting celestial creations.

Photo by Chris McPhee

Local Artist, Brian Goodfellow, spent some time travelling and came across an art form he wanted to bring back to the Cornwall area from a border town in Mexico. Spray Can Art has been in Mexico for the past 12 years and uses spray paint with various articles like tin cans, poster board, plastic bags, and cardboard to come up with this cosmic art. There are only approximately 100 Spray Can Artists in North America.

"It really is an adventure every time I start a new piece," commented Spray Can Artist Brian Goodfellow. "I have a friend in Pennsylvania, who I call the Master, that has won awards with his Spray Can Art. The art is very reasonable in price and I can also do events like weddings and charity events."

Brian is currently set up outside St. Lawrence College on Mondays or Tuesdays, depending on the weather. Everyone is welcome to come down and check out his celestial creations.



Dick Aubry

It's a bird. It's a plane. No, it's an eagle. No, it's a hole-in-one. Congrats to **Dick Aubry,** who did what every golfer dreams of, a hole-in-one on number seven west last week at **Summerheights Golf Links.** Witnesses were **Guy Leger** and **Orval Brownell.**

Recycling box collection in Alexandria is costing the Township more than planned. **Contractors' hourly fee is about $50 per hour.**

Caller disagrees with a few Councillors who suggest that Councillor **Denis Carr** should resign as a member of City Council. Have we not all made mistakes in our lives at one time or another?

Did you know that last year North Glengarry used 1,300 tonnes of road salt!

Can it be "Hockey Night In Canada" without **Ron McLean?** Say it isn't so!

It's **Scarecrow Festival** in Lancaster. Don't miss it.



Andre Rivette

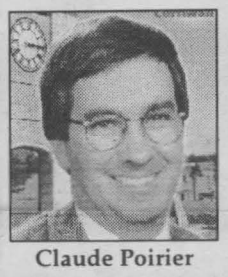
Andre Rivette, now new sales representative for **Ad Bag Cornwall.** So if you don't get your Ad Bag, call 551-0530.

City budget over $1 million surplus...why was City Treasurer not front page or on the radio? Has Andre taken over that PR job, too?

The Brick is on its way to Cornwall.

What's this 1998 - $25,000 Progress Fund in the City Hall bulletin? Shouldn't this be $25,000,000? Doesn't anyone proof-read?

Finally, a new route for the **Santa Claus Parade.**



Claude Poirier

Claude Poirier now working for the **Liberals** in Ottawa.

Once again volunteers like **Andre Major** and **Alex Spooner** make the **Alexandria Lions Club/The Beer Store** bottle drive to raise money for the Canadian Diabetes Association a success.

SD&G County Library Board Chair, John Hope and **CEO Rudi Denham** say leave the Maxville Library right where it is.



Brian Sylvester

OK Mayor...time to settle the dispute and get the high school back in town. With all we have to offer here in Cornwall, the 'Smart City,' it isn't too smart to let the school out of our limits.

A big thank you to **Alex Boer** for rescuing our family pet "Knight" on Monday, August 26th, 2002 in St. Andrews West.

The Sayyeau family

What's invisible and smells like carrots? Bunny farts!

Seaway Pet Corner



This is "Lady Di" (right), a seven-year-old Maltese and her son "Simba," four years old, ready to go for a motorcycle ride. They both enjoy a daily car ride. Submitted by proud owners, Larry St-Germain and Gwen Carriere.

Bring in your favourite pet photo along with a small caption and we'll publish it so all our readers can enjoy it too!

Drop in to our office at 329 Second Street West.

DEADLINE IS TUESDAY 5PM

Crossword Solutions

T	H	E	M	■	P	E	D	A	L	■	S	A	M	A
H	A	L	O	■	A	P	E	R	Y	■	A	L	A	R
E	N	I	D	■	R	H	E	A	S	■	M	A	C	K
R	A	T	■	E	S	O	P	■	■	P	O	S	E	S
M	U	E	L	L	E	R	■	S	E	T	A	■	■	■
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T	A	L	I	■	H	I	N	D	U	■	A	U	R	A
E	E	L	S	■	P	R	I	A	M	■	O	P	A	L

69 COURSES/ LESSONS | 69 COURSES/ LESSONS | 69 COURSES/ LESSONS

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Morrisburg: 543-2375; Winchester: 774-0222

OC04022

Joan Hodge, Chair — *Learning Together* — Gino Giannandrea, Director of Education

85 PERSONALS

PSYCHIC - Can help with relationships, the future, romance, financial, spouse cheating, etc. Call 933-9122.

92 NOVENAS

THANK YOU TO THE SACRED HEART of Jesus & St. Jude for special intentions. M. & A.

92 NOVENAS

THANK YOU HOLY ST. JUDE for prayer answered. Say 3 Our Father's, 3 Hail Mary's and 3 Glory Be's for 9 days. Publication must be promised. N.H.

THANK YOU ST. JUDE for favour received. S.B.

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01 Ford Focus, 4 dr., auto, loaded, 41,000 kms
00 Chev Cavalier, 2 dr., 4 cyl, auto, air, spoiler, 15" wheels, 4 spd, auto, 57,000 kms
00 Chrysler Intrepid, 4 dr., loaded, p-seat, 44,000 kms, nice car
00 Olds Alero GL, V6, auto, loaded, 59,000 kms, local trade, "mint", 60,000 Kms
99 Chev Malibu LS, 4 dr., V6, fully loaded, CD, p-seat, 86,000 kms
99 Chrysler Intrepid, 4 dr., V6, fully loaded, p-seat, 95,000 kms
99 Chrysler Cirrus LX, 4 dr., 4 cyl, fully loaded, CD player, 52,000 kms
99 Buick Regal LS, 4dr., 3.8 L, V6, loaded, power seats, 84,000 kms
99 Olds Intrigue, 4 dr., 3.8 L, V6, fully loaded, CD, 59,000 kms
99 Pontiac Sunfire, 4 dr., 4 cyl., auto, air, tilt, pw, pl, 61,000 kms
99 Pontiac Grand Prix GT, 4dr, V6, auto, loaded, spoiler, 3.8 L, 75,000 kms
99 Pontiac Grand AM SE, 4dr, V6, loaded, P-seat, CD, spoiler, 74,000 kms "mint" local trade
98 Mercury Mystique Sport, V6, auto, fully loaded, 1 local owner, "mint", 80,000 kms
96 Mercury Grand Marquis LS, 4 dr., V8, fully loaded, local trade
96 Chrysler Intrepid, 4 dr., V6, loaded, 135,000 kms, local owner
95 Chrysler Cirrus LX, 4 dr., V6, fully loaded, local trade, 96,000 kms
92 Chev Cavalier Wagon, V6, auto, local trade, 124,000 kms
85 Lincoln Continental, 4 dr., 131,000 kms, safetied

--- TRUCKS---

98 Dodge Dakota SPT, V6, auto, air, cruise, alum. wheels, 112,000 kms, local truck
96 Chevy Blazer LS, 4x4, 4 dr., V SOLD 0 kms

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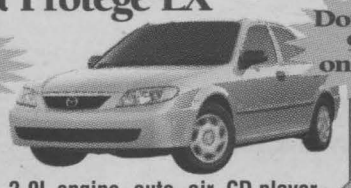

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