SEAWAY NEWS

MAY 10, 1993 VOLUME 7, ISSUE 19 SERVING CORNWALL AND AREA

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Charity Ball "Tuning Up"

On June 11, 1993, the Cornwall Police Charity Ball will be held at the Cornwall Civic Complex featuring the world famous 22 pc. R.C.M.P. Orchestra.

The R.C.M.P. Orchestra plays a wide variety of music, complete with singers, that is sure to please everyone. To lend some local flavour, our own Cst. Bob Burnie will be performing with the orchestra.

The Charity Ball starts shortly before 6 pm, with cocktails on the ground floor patio at the Civic Complex. A limousine service has been arranged to transport guests from the parking lot to the patio.

When the guests enter the complex for dinner at 7 pm, they will be dazzled by the decor of Grecian columns, balloon work and an abundance of fresh flowers. The main ballroom of the complex will be totally transformed and as stated by the Co-Chairman Cst. Chris Burley, "we want to give people quality for their money. The meal plan, the entertainment and the ambiance are all important."

The Cornwall business community have been very supportive in donating fabulous prizes such as a grandfather clock courtesy of Filion Jewellers; air tickets to Florida donated by Fern's Travel Agency; a limited edition framed print courtesy of Logan's Gallery; an original handcrafted furniture piece donated by Crate Ideas; a whirlpool bath courtesy of Menard Brothers; and a television set courtesy of Leon's Furniture. Draws will take place throughout the evening.

Following the Ball guests will be sent a souvenir booklet, containing their photo which was taken as they arrived, together with an income tax receipt for the charitable portion of their ticket and a $50.00 gift certificate courtesy of Jay-Gee Shoes.

The Ball Committee, when undertaking this project, wanted to ensure that the charitable funds remained in the community, therfore, all proceeds will be donated to the Cornwall General Hospital Emergency Equipment/ Education Fund.

The idea of the Police Ball for years has been to bring the public and police together in a more social atmosphere, with this in mind, a cordial invitation is extended to the Citizens of Cornwall and surrounding district. Invitations have also been sent to police departments across Ontario and Quebec as well as throughout New York, New Hampshire and Vermont.

The Organizing Committee are hoping for a strong show of support from the community as they are sure many individuals would like to attend such a splendid gala which promises to be an evening to remember.

Limited tickets are available at the Cornwall Police Headquarters and the Cornwall General Hospital Emergency Services Department and the Organizers suggest those planning to attend should purchase their tickets now to avoid disappointment, or call 933-5000.



A limousine service has been arranged to transport guests from the parking lot to the patio. Pictured above is Sharon Julien, emergency nurse at CGH and Cst. Chris Burley, co-chairman from the Cornwall Police force.

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Jean Coutu Has New Look

Due to an incredible increase in the number of customers shopping in our store and a huge increase in the number of products we sell, we felt it was the best time to renovate our store. After nearly ten years of business, we decided to give it a new look and revitalize our sales figures.The need for more floor space and easier access for customers was paramount in our decision to renovate.

The renovations began on January 19th and lasted one month. All renovation work was done at night to ease away inconvenience to our customers.

The work done was extensive, beginning with the front of the store. New cashes were installed with lower counters and no cigarette "cage" on top, to give it a more open and airy atmosphere . We replaced the all carpet floor with ceramic tile, thereby eliminating a dust problem which was prominent with the carpet.

We eliminated the middle aisle which bisected the store. We found the aisle was not effective. We have gained 12 ft. of shelves by closing up each island. By creating this shelf space we have eliminated a lot of our displays that we previously put in the middle aisle , thus eliminating a lot of clutter, also, sections were moved to put areas that went with one another in close proximity to each other.

We feel the renovation investment was money well spent. Our main concern was to end up with a store that a customer would find pleasing to shop in and easy to move around from aisle to aisle.

We feel we have achieved our goal based on the fact that all our feedback from customers has been very positive.

We would like to thank our customers for their patience and understanding during our renovation process. We will be having a week long sale to celebrate our renovations on May 15, so watch the Seaway News from information on this super sale.

Inaugural Organ Concert at St. John's Presbyterian Church



St. John's Presbyterian Church recently undertook to restore its pipe organ and enhance its musical ability with the addition of over 400 pipes.

The work was carried out by the noted organ builders, Caron, Gagnon and Baumgarten Inc. of Montreal and Ottawa, at a cost of $87,000.

With over 1100 pipes, full pedal keyboard, chimes and harp, and a solid state circuitry console, St. John's is desirous of sharing this refurbished instrument with a much wider community.

The Inaugural Organ Concert, with Dr. Jeffrey Campbell of Ottawa, as Guest Artist, will take place on Sunday May 16th at 8 pm. Mr. Michel Rondeau, trumpeter will also perform. A freewill offering will be taken, and a reception will follow.

St. John's Church is located at 28 Second Street East. Some parts of the organ still in use date from 1889, when this commodious stone building in the heart of our city was first opened for worship.

Angel Cake a welcome treat

LIVING WITH DIABETES

(NC)—For individuals with diabetes, holiday times can hold frustrating dilemmas about enjoying the festivities while staying within prescribed diets.

Carbohydrates (sugars and starches) are of particular concern to those with diabetes. These are the components of food that directly affect the blood sugar. While individuals with diabetes can eat foods containing sugar, they must limit their intake. This often involves avoiding sweet or starchy foods, or eating only small portions.

For a springtime holiday treat, Angel Cake is an excellent choice because it is lower in sugars and starches than most other sweet desserts. Fruit is a good accompaniment.

Angel Cake

1/2 cup	125 mL	fine granulated sugar
1/2 cup	125 mL	icing sugar
1-1/2 cups	375 mL	egg whites (approx. 12)
1 tsp	5 mL	cream of tartar
1 tsp	5 mL	vanilla
1 cup	250 mL	cake-and-pastry flour
1/2 tsp	2 mL	salt

Sift sugars into bowl. Stir to combine. In mixing bowl, beat egg whites and cream of tartar until soft peaks form. Add vanilla and 3/4 cup (200 mL) of the combined sugars. Beat for 1 to 2 minutes or until stiff peaks form.

Into bowl containing remaining sugar, sift flour and salt. Stir to combine. Sift flour mixture over egg white mixture. With wire whisk, fold in flour mixture until no lumps are left.

Spoon mixture into ungreased 10 inch (3 L) tube pan. With knife, cut through batter to remove bubbles. Smooth top. Bake in 350°F (180°C) oven for 35 minutes or until top is lightly browned and tester in cake comes out clean. Invert pan and let cake cool before removing.

Makes 16 servings.

Each serving, 1/16 of cake, = 1 starchy choice; 16 g carbohydrate; 3 g protein; 77 Calories (320 kilojoules)

Recipe from Light & Easy Choices and Desserts by Kay Spicer, available from the Canadian Diabetes Association.

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Festival Alexandria

The third season of Festival Alexandria will feature a wide variety of chamber music performances from June 27th to August 15th, 1993.

The season will open with the Liebeslieder Waltzes of Brahms, featuring pianists Lauretta Altman and Wayne Riddell, soprano Beverly McGuire, contralto Ruth Barrie, tenor Matthew Lombardi and baritone Claudel Callender. This June 27th concert will also feature songs by Daunais and Gershwin.

The following week on July 4th, the Claudel Quartet will present works by Schumann and Mendelssohn, and on July 11th, Danielle Habel, Robert Langevin, Charles Meinen and Ruth Barrie will perform works for harp, flute, viola and voice by Debussy and Bax.

On July 18th, Richard Roberts, violinist and Lauretta Altman, pianist, will be heard in a program of Schubert, Schumann and Saint-Saens; on July 25th, an all Poulenc recital will be presented by Theodore Baskin oboe, Whitney Crockett bassoon, David Marlowe french horns, Ruth Barrie contralto and Lauretta Altman piano.

Grieg, Beethoven and Brahms will be featured composers at the August 1st concert, with Adolfo Bornstein violin, Charles Meinen viola, Patrick Binford cello and Lauretta Altman piano.

Guitar duo, Les Deux Amis will perform works by Tartini, Scarlatti and Gnatelli on August 8th, and the season will close with a concert by the Kingston Chamber Players on August 15th, featuring works by Mozart, Gershwin and Ravel.

All concerts take place in a restored century old barn on the Second Concession of Kenyon, just south of the town of Alexandria, and begin at 3:00 pm. Tickets are $10 (adults), $7 (students & seniors). Subscriptions are also available for $65 (adults) and $50 (students & seniors). Family and group rates are available. Further information may be obtained by calling or writing the Festival Office:

Festival Alexandria
234 Cambridge St. N.
Ottawa, Ontario, K1R 7B2
(613) 594-3642 (Ruth Barrie)
(514) 484-9076 (Laurie Altman)
(613) 525-4165 (local info.)

Highway 2 Construction Creates 51 Jobs

Construction on Highway 2 between Cardinal and Iroquois will create the equivalent of 51 full-time jobs for one year and improve traffic conditions in the area, announced Transportation Minister Gilles Pouliot.

The $2.5 million contract, awarded to Cruickshank Construction Limited of Morrisburg, involves reconstructing nine km of Highway 2 from Cardinal to just west of Iroquois. The driving surface will be widened and improvements made to intersections and frost heave areas.

This project will improve driving conditions in the area and reduce maintenance requirements. Work is scheduled to be completed by early October 1993.

Funding for this project is part of the nearly $900 million the province is investing in 1993/94 in the construction and development of provincial highways.

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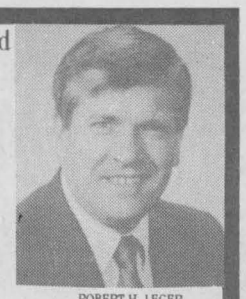

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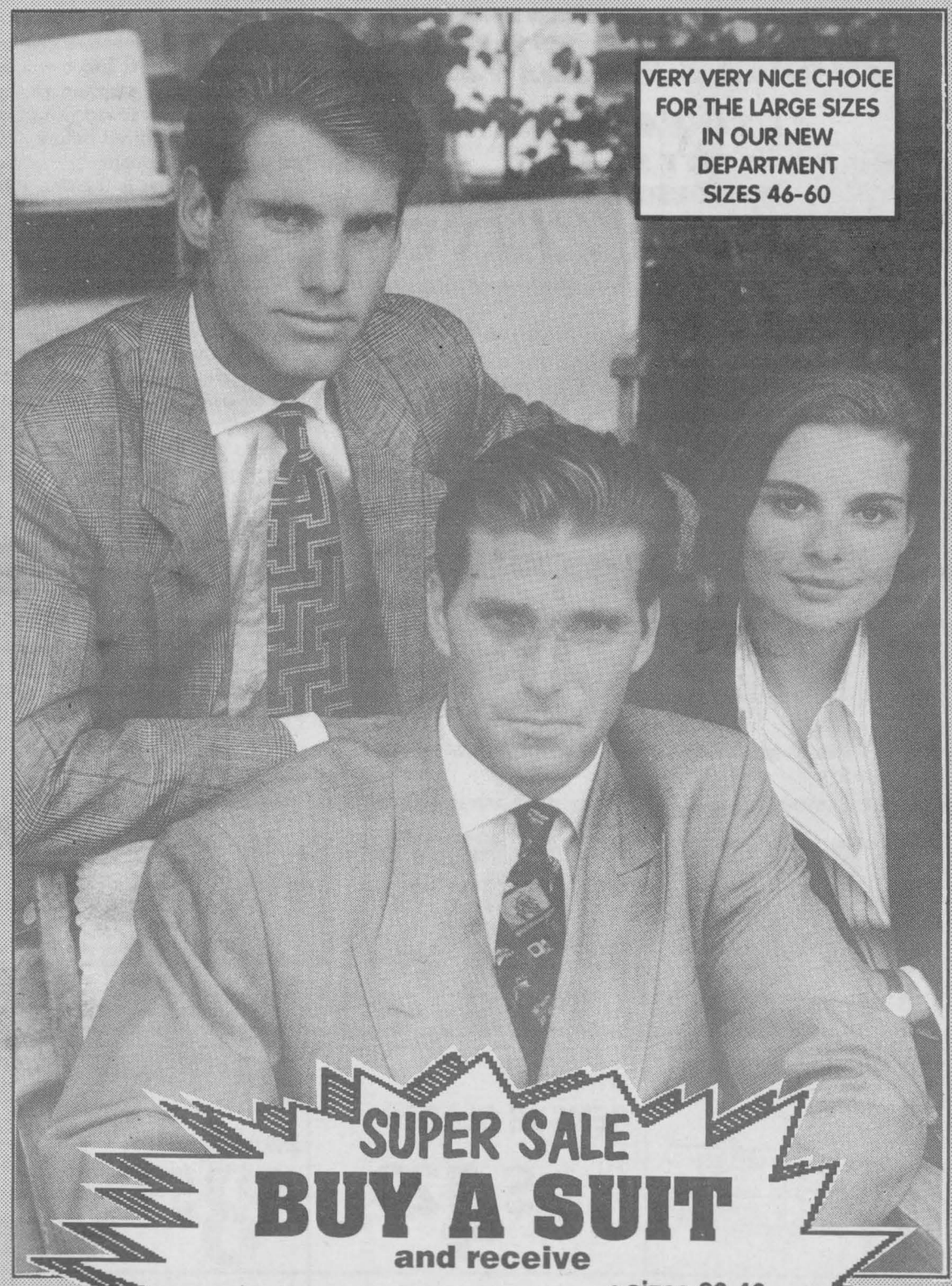

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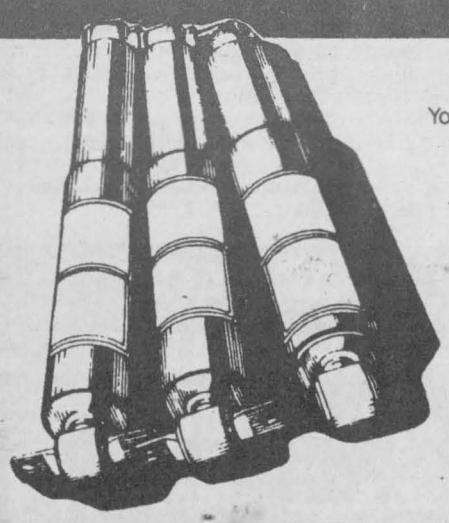

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SEAWAY NEWS

DOUG & MAGGIE'S CORNER

Doug & Maggie Fobert of St. Clair Paint & Wall Paper

Spring is in full bloom and many people are anxious to get outside and start painting and staining their decks, fences, and homes. Be wary of the fickle nature of spring weather. it can bring heat, cold, rain, snow and frost. All are the enemies of newly applied paint or stain.

Cold, rain or dampness on a new paint or stain film before it has had a chance to cure can cause you problems. Problems like having to redo the job. The above mentioned conditions can result in micro wrinkline of the paint or stain film, water marks, uneven sheen and in the worst case, premature peeling.

The moral of this story is patience. Wait until mid May when the weather is a bit more predictable and there is less chance that your paint or stain job will be affected by bad weather. In the meantime, you can do the prep work that is required before you paint or stain outdoors.

Preparation is the one area most people do poorly if at all. Bad decision; it is 85% of the battle towards longer service life. Proper preparation involves removing loose or peeling paint or stain, cleaning off grit, grime, pollution deposits and dead oxidized paint film as well as filling cracks and any other repairs that are required.

Fences and decks almost always have stain on them. The best way to prepare them for a new coat is to scrub them with a solution of T.S.P. (trisodium phosphate) or the more enviro-friendly Gre-Sof (T.S.P. substitute) and water. Mix at a rate of two tablespoons per litre of water. Dissolve the T.S.P. in a cup of hot water then add it to your bucket of water. A coarse push broom makes an effective and efficient scrubbing tool. Just dip it into the bucket, scrub the surface, and then finish by rinsing off with your garden hose.

Siding and trim may have been painted or stained. The preparation is the same regardless. Remove loose or peeling finish with a wire brush, scraper, sandpaper or a combination fo them. Then, wash with T.S.P. and water and rinse, counter sink any nail heads, fill cracks, damage and nail heads with an exterior grade filler. if you are going to paint then spot prime any areas that have peeled to bare wood. This is not necessary if you are staining.

When the time is right for application, use good quality rollers and brushes. Sure they cost a little more but they more than make up for this added expense by doing a better job with less effort.

I started out by saying that spring conditions are not suited to exterior paint and stain projects, so what are the parameters? The temperature must be above 10° celsius on a regular basis. Also, the surface being finished or refinished must not only be clean, but also dry; bone dry perferably. Allow a minimum of several days, ideally a week, of warm weather after it has rained.

Conditions when painting or staining are important if you want to maximize the number of years that the jobs will last. There are some other conditions to be aware of.

Avoid working in the direct sunlight or applying paint or stain to surfaces heated by the sun. Try to work on days when there is little or no wind. Direct sun, heat and wind dries the paint or stain much too fast, it does not cure properly and the results are poor adhesion and a much shorter life. Work in the shade by timing your progress to follow the sun as it moves across your yard.

A couple of more things to ponder while you wait for more predictable weather. First, there is always cheap paint and stain available; it is any good? There isn't any magic in the making of paint or stain, it costs more to make a quality product. You can't get long life from a cheap product; a quality product is essential to long life and good looks. If you must redo the job sooner, it is because you bought a cheap product, what have you really saved?

And lastly, use two coats of paint or stain. The depth of colour, over all evenness of finish and better looks make it worth while. Also, the paint or stain film is twice as thick so it will last much longer.

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Outdoor travel guides let you explore Nova Scotia

(NC)—Nova Scotia heads into the 1993 tourist season with a selection of new outdoor travel publications.

The province's "Back to Nature" theme this year encourages tourists to discover the wonderful collection of parks, beaches, wilderness areas and outdoor activities available all summer long.

The new publications include: The Adventure Package Catalogue; The Doers and Dreamers Complete Guide to Canada's Walking Province; and the Nova Scotia Fishing and Hunting Outfitters Guide.

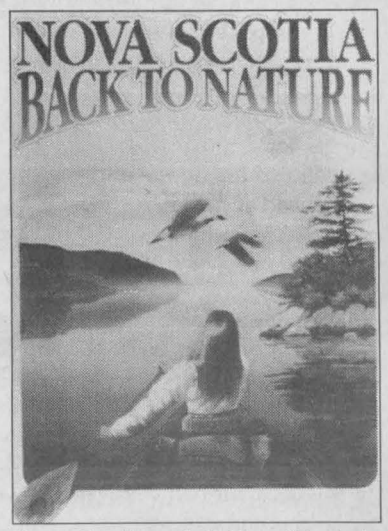
The Adventure Package Catalogue is a 32-page brochure that includes listings of some 175 different outdoor vacation packages available from Nova Scotia tourism operators and suppliers. Packages include week-end and week-long vacations with an outdoor theme including activities such as whale-watching, hiking, cycling, canoeing, kayaking, horse-back riding, nature observation, rock-hounding, berry-picking and preserving, mush–room gathering, diving and scenic boat tours. Some 125,000 copies of the Adventure Package catalogue will be distributed to travel agents and tour wholesalers.

The Doers and Dreamers Complete Guide to Canada's Walking Province is a 128-page, digest size guide that describes both day-hikes and overnight treks in all areas of the province. Produced in co-operation with "Walking Magazine" of Boston, the Walking Guide has detailed des–criptions of about 40 different hikes in the province as well as information on town hikes, angling, rock-hounding, beaches, cycling and canoeing. The guide is for sale for $7.95 U.S. (MA add 5%; NY add 8.25%) by calling 1-800-448-3400.

The Nova Scotia Fishing and Hunting Outfitters Guide is a 16-page brochure with information on fresh–water and salt-water angling, big game and small game hunting, outfitter information and a list of Nova Scotia Master Guides.

The province's major annual travel guide—The Doers and Dreamers Complete Guide to Nova Scotia—is now available with a new outdoors section. Some 450,000 travel guides will be printed this year for distribution through provincial and municipal tourist information centres and in response to phone and mail inquiries.

All free publications are available from the Nova Scotia Department of Tourism and Culture, P.O. Box 130, Halifax, NS B3J 2M7.



Nova Scotia celebrates "Back to Nature" this summer with new tourism publications designed to introduce visitors to the province's outdoor activities. Photo: N.S. Tourism and Culture. NC

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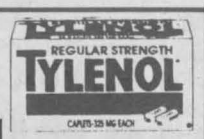

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BASIC BLACK



By Arthur Black
SEAWAY NEWS

The hardest work I ever did, as I think I've mentioned in this space before, was roofing. Tar and gravel. Searing heat, noxious fumes, endless wheelbarrows of crushed stone and pre-dawn starting times to avoid the wrath of the midday sun. Toughest job I ever had. So I guess it follows that the toughest man I ever met was a roofer.

His name was Leon, but everybody called him Frenchie. He had eyeglasses held together by friction tape and fingers that looked like he could drive spikes with them. The skin on his face was the colour of saddle leather. He was tireless. The rest of us constantly moaned about the heat. Not Frenchie. He never took off his shirt (smart roofers don't) - didn't even undo the top button or roll up his sleeves. But he could work from four in the morning 'til after the sun went down without breaking into a sweat. Then he'd go out and drink a case of beer, play his harmonica into the wee hours and do it all over again the next day.

I often think of Frenchie when I'm faced with something I don't think I can handle - be it next week's column, an unfriendly dog or a stretch of white water in my canoe. Then I imagine what Frenchie would do. How he'd take his index finger, poke his eyeglasses a little more firmly onto the bridge of his nose - and then just go ahead and do it.

After which I give it my best shot.

I was thinking of Frenchie again the other day when I was reading over the latest selection of PhD dissertations.

You know about these things? Scholars who want to be able to scribble a "p" an "h" and a "d" after their name are required to work up an exhaustive document that explores some hitherto neglected knothole in the groves of Academe. It's a chore that customarily takes years to accomplish. Most theses run to about 75,000 words - somewhere between 250 and 300 pages. That's a good sized novel ... but there's one important difference between a novel and a doctoral thesis.

People generally read novels. Nobody every voluntarily reads PhD theses.

Small wonder. Listen to some of the titles turned in this year:

"Elvis Presley: All Shook Up"

"Communication Use In A Motorcycle Gang".

And my personal favourite - one that deserves a Guinness Book of Records listing just for its title: "I Am You, You Are Me: A Philosophical Explanation of the Possibility That We Are The Same Person".

We never talked much about dissertation topics on our lunch breaks, Frenchie and I, but I can imagine what he'd say if I'd brought up the subject.

Frenchie would say "What da 'ell good are dey?"

He'd have a point.

Here are some dissertation topics that earned their authors PhDs over the past few years. I've also included the profound conclusions reached in each case:

"The Enthusiasm of Aerobic Dance Instructors As A Factor In Student Reenrollment." (Finding: class scheduling and location are more important).

"Sociable Speech In The American Slumber Party." (Conclusion: Girls at slumber parties tell ghost stories and use "ritual insult" as a form of humour, saying things like, "You remind me of a dog's rear.")

"The Characteristics of Rock Climbers." (Finding: Expertise in rock climbing is significantly related to frequency of practice and years of experience. Finding Number Two: Inexperienced climbers prefer easier ascents, while expert climbers favour more difficult ones.)

People got degrees for this?

Trees died for this?

Sure glad I don't have to explain it to Frenchie.

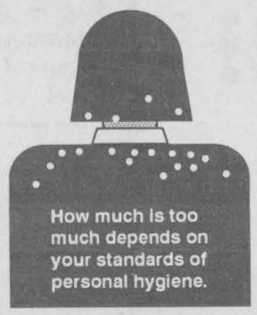
LifeLine

Dandruff

by Dr. Pauline Pariser

Shedding of the top layers of skin from the scalp is normal.

For those with dandruff – excess shedding of the scalp – the rate at which this happens is accelerated, resulting in obvious flaking.



How much is too much depends on your standards of personal hygiene.

RELATED PROBLEMS

Seborrheic dermatitis: Skin inflammation with severe itching, red greasy scaly rash on face (eyebrows, nasal folds, ear canals).
Psoriasis: Inflammation identified by red areas covered with thick, silvery scale. Also rash on other parts of body.

Theories

1. Accelerated turnover of epidermal cells.
2. Yeast *(pityrosporon ovale)* on scalp – controversial.

WHEN IT'S WORSE

- Late teens, early 20s.
- During winter months.

No gender differences. Problem not inherited.

WHAT TO DO

There is no cure but you can control condition. Reduce chance of scales forming by regular shampooing.
Don't scratch as this thickens skin and leads to further itching.
Special shampoos: Contain selenium sulphide, zinc pyrithione or coal tar. Alternate for best results.
Scalp lotions: To reduce itching – some contain antifungal drug or steroid.

Note: Coal tar increases risk of sunburn. Avoid sunlight for 24 hours after using. Do not use for long periods.

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CABLE NOTES

Monday May 10

6:00 Beaches Jazz Festival #1 - Brampton Jazz Ensemble/ Bob Fenton Trio
6:30 The AHL Press Conference
7:30 Cornwall City Council - Live

Tuesday May 11

6:00 "A Question of Worth" presented by Pro-Life
6:30 Kinsmen TV Bingo
7:30 M.S. The Kinder Side - McMaster Hospital clinic
8:00 The Cornwall Synchro Club presents "A Salute To Disney"
9:00 Prime Time Sports Cards presented by Fantasy Realm Comics & Cards

Wednesday May 12

6:00 Rassemblement a Son Image #7
7:00 Cigarette Smuggling - Live Call In
8:00 German Diary TV - Drehscheibe Europa #82 & Sports Report #110
9:00 Beaches Jazz Festival #1 - Brampton Jazz Ensemble / Bob Fenton Trio

Thursday May 13

6:00 Don Boudria Report
6:30 M.S.: The Kinder Side - McMaster Hospital Clinic
7:00 Connoisseurs
7:30 The SD&G Schools Air Band Competition

Friday May 14

2:00 Cornwall City Council of May 10/93
4:00 The Cornwall Synchro Club presents "A Salute to Disney"
5:00 German Diary TV - Drehscheibe Europa #82 & Sports Report #110.

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Organic Gardening Workshop

Cornwall and district gardeners who would like to know more about gardening without chemicals will be able to find answers at this workshop given by Douglas Ford of Gaia Farm, a local market gardener who has been supplying fresh vegetables to the Cornwall and Ottawa area for the past three years.

Ford came to Canada from Scotland in 1974 and has been an enthusiastic proponent of organic growing for many years. You may have seen him last fall on the CJOH TV show "Valley Farmer", or on the environmental show on Rogers Cable. He has been Information Officer for Canadian Organic Growers and is a member of the international group Organic Crop Improvement Association. For the past two years he has conducted workshops for both OMAF and Ontario Agricultural Training Institute on sustainable farming and related topics.

This workshop promises to be an informative and entertaining introduction to organic gardening for both the beginning and the experienced gardener. It will cover the theory and practice of all aspects of gardening with the environment in mind.

The workshop will be held on Tuesday May 11 from 7:30 to 9:00 pm at the Knights of Columbus - upstairs hall (opposite the library). Admission is free.

HOROSCOPES

May 9 - 15

ARIES – March 21/April 20
You may feel that a good friend is about to make a wrong decision and is headed for disaster. And even though you may feel inclined to offer your opinion, it's best to stay out of it altogether. Your advice will only be ignored and a major strain could be put on the relationship.

TAURUS – April 21/May 21
There could be some major changes happening at your workplace. This may seem upsetting at first but, eventually, it will work in your favor. In areas of romance, listen to your heart and not to your head. Don't let your pride stand in the way of love. Good news will come in the mail.

GEMINI – May 22/June 21
You will find your work significantly more rewarding and satisfying than you had a few months ago. This week you may be involved in a project that proves to be an excellent creative outlet. Someone you thought you'd never see again suddenly pays you a visit.

CANCER – June 22/July 22
You will be getting much more enjoyment out of daily routine this week. You'll also be on better terms with people at work. Trust your own judgement when it comes to making important decisions. With careful consideration, you'll know what to do.

LEO – July 23/August 23
News concerning a member of your family could be quiet surprising. You should keep your opinions to yourself or you may end up hurting someone's feelings. You adore being in control, but power will be lost midweek when everything seems to go wrong.

VIRGO – Aug 24/Sept 22
What you can't accomplish on your own can be achieved with the support of other people. But, when entering into a joint commitment, be very careful to see that rewards are being shared on a fair basis. Others way want too large a portion of the cake. Romance looks promising.

LIBRA – Sept 23/Oct 23
Many uncertainties that you have been faced with in the past will seem to disappear. You will be very content and will have a strong sense of where you're headed. You will achieve great success at work and may be offered more money or some type of promotion. Romance is starting to blossom.

SCORPIO – Oct 24/Nov 22
You could easily find yourself in trouble concerning financial matters. Don't be too proud to accept advice or help from a friend. You will be under a great deal of stress at work this week. You won't win any popularity contests by taking your problems out on others.

SAGITTARIUS – Nov 23/Dec 21
If you don't make an effort to sort out your cash flow situation, you could deeply regret it in the coming months. A friend will have some good advice. You will hear exciting news about a long-lost friend. This weekend will be full of fun and excitement.

CAPRICORN – Dec 22/Jan 20
Just because you are usually a practical person doesn't mean you can afford to be careless. Keep your spending down to essentials. It is not the right time to spoil children — or others — with expensive gifts. A quiet weekend with family and friends will be enjoyable.

AQUARIUS – Jan 21/Feb 18
This will be a particularly good week for communicating with others. You'll be able to get your message across and let your feelings be known. Well-timed letters or telephone calls could help a lot, particularly in connection with career and emotional matters.

PISCES – Feb 19/March 20
If there's any organizing to be done at home, wait until Thursday. The opening days of this week are best for finishing projects already started. An ex-friend will try to win your friendship back. This is not the time to forgive and forget. This person doesn't have your best interests in mind.

YOUR BIRTHDAY THIS WEEK
The next 12 months:
A relationship that seemed to be going nowhere will take a serious turn some time in the next few months. This could-mean marriage. You will be quite content in your new situation. For the most part, this year will be a happy one, but there will be a few low points, too. You could find out a friend has deceived you and, knowing your Taurus pride, you will probably never speak to this person again. The severed friendship will be hurtful, but you will realize it was for the best. You will suffer through some financial difficulty and will have to keep a careful hold on spending.



MONEY SENSE

By Phil Hale
Independent Financial Advisor

Stock Market Timing

"Buy and hold" - this is probably the most common strategy advice mutual funds investors receive. How many times have you seen ads which claim "If you invested $10,000 in 1955, your investment would be worth almost $2 million in 1989"?

Hard to argue with that, isn't it? As well, funds based on common stocks have been known to outperform many other investments during the long term.

Most mutual funds investors are content with leaving all investment decisions to fund managers. They believe managers have the expertise, time and temperment to juggle the portfolio, dropping over-priced stocks while adding others which have growth potential. Meanwhile, managers accumulate more cash so they can buy up more stocks when the market falls.

However, some investors are not satisfied leaving all the decision-making up to fund managers. Their goal is market timing, knowing when to "buy low and sell high".

It's not easy. Even experts will admit their failures in market timing, especially those swamped by the October 1987 crash.

"Beating the market" takes a lot of work and involves many factors which have to be monitored. For example, to predict a falling, or bear market, investors have to predict slumps. This requires evaluating trends in consumer confidence, house-building activity, levels of corporate profitability as well as other economic measures. Other trend indicators include interest rates and retail spending. Professionals believe that bull and bear markets precede turns in the economy on an average of 11 months. So investors have to be able to look for more than one year into the future without the help of a crystal ball.

The challenge in second-guessing the market's direction is that the investor has to be right both times. He/she has to know when to get out, and when to get back in again.

To mitigate potential errors, investors may only trade part of their funds, or only those invested in specialty funds that have a tendency to be volatile, such as energy, gold and foreign mutual funds.

However, there is often a price for switching mutual funds. No costs are charged if the investor switches within a "no load" family of funds. But there is often a charge if the investor switches within a family that charges a sales commission or load. All in all, successful market timing is nearly impossible!

Indeed, "buy and hold" is a sensible strategy for many investors. Yet "buy and hold" does not mean "sit back and coast". Investors should continually monitor their portfolios to ensure the fund is performing consistently and note any changes in management policy. For example, if management changes could lead to the fund's performance deteriorating, then the investor should consider switching funds.

Also, most investors do not want to hold the same funds forever. As they get older and are less willing to take risks, investors likely will want to shift away from aggressive growth funds to more conservative balanced funds or income funds.

With mutual funds, there is something for everyone to "buy and hold".

What Are Respiratory Allergies?

Allergies are not new. Before Christ was born, it was said, "one man's meat is another man's poison." What is new is that we have learned how people differ and why. It is a fact that some of us become allergic to very common substances which do not affect most people. Between 10 and 20 per cent of the population - no one is entirely sure how many - have this "allergic trait."

The tendency to become allergic is inherited, like brown eyes or red hair, although people do not inherit a specific allergy. They merely inherit the tendency itself.

To become allergic means to form antibodies against certain substances called allergens. Allergic antibodies are different from the antibodies we produce to protect us from infections such as measles and polio. When an antibody against measles comes in contact with a measles virus, it neutralizes the virus. The measles antibody thus protects a person without causing any symptoms or side effects. But when an antibody to an allergy reacts with an allergen, it will cause allergic symptoms.

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Huntington Society

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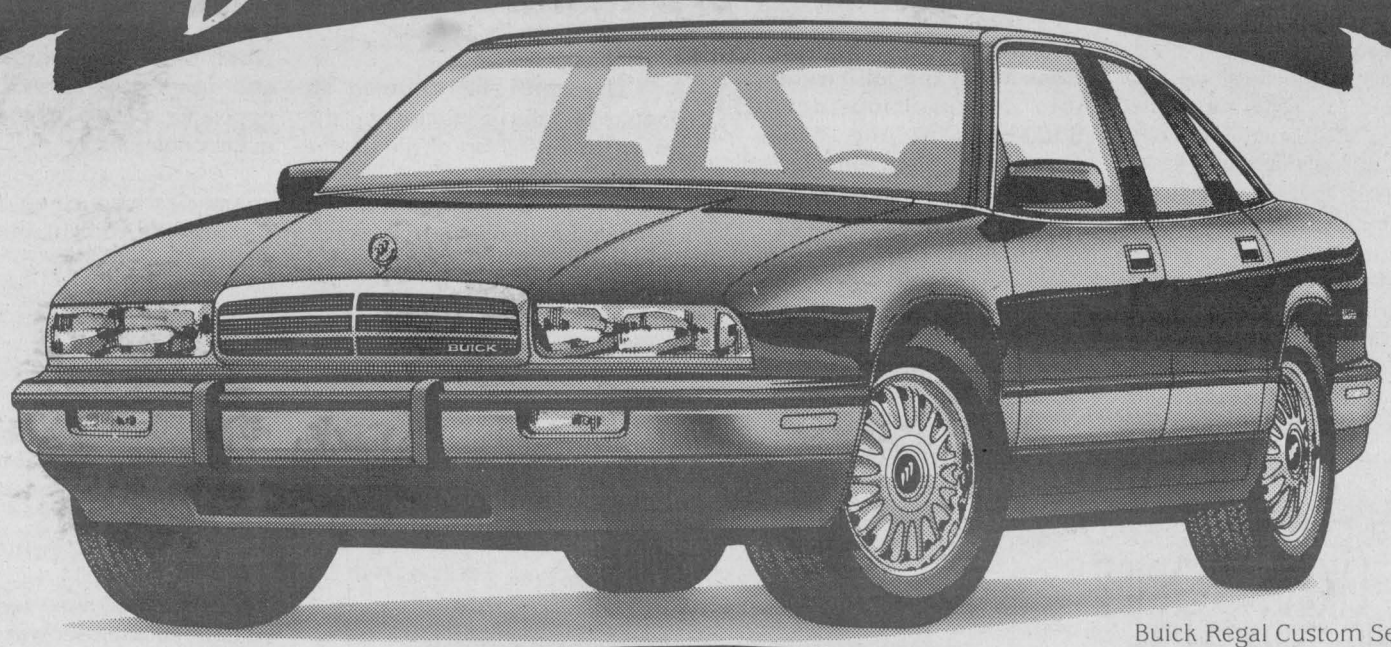

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Back a Fighter



Support

Easter Seals

PERSPECTIVE

By Bob Roth
SEAWAY NEWS

On Child Abuse Centres and Pregnant Teenagers

Two issues involving children bring pen to paper this week.

The first is the recent announcement that almost $100,000 in private donations for a child sexual abuse therapy centre in SD&G will have to be given back because the provincial government will not provide matching funds. This is one of the worst incidents of warped priorities I have seen for some time.

What is the matter with this NDP government?

Over and over we are told that government can't do everything; that we must look at alternatives; that the "community" must come forward and start caring for its own. And yet, as soon as that community initiative is forthcoming, the government of Ontario throws a wet blanket over it.

The therapy centre for children who are victims of sexual abuse has been in the planning stages for more than two years. The centre's board of directors, headed by Gilles Metivier, did a stalwart job rallying the community over a two year period - during a recession - into donating almost $100,000 to this worthy cause. His board met with various provincial officials and was led to believe matching funds were available for the project . (Without them, the project is a no-go.)

However, attempts to meet with Community and Social Services Minister Tony Silipo recently proved futile. (It's called getting the run around).

On April 26, the province pronounced a final verdict: no matching funds. As a result, Metivier has indicated that the private donations will have to be returned.

Personally, I find this decision by the government absolutely incomprehensible. When i was a member of the SD&G Counties Council a few years back, I learned that our area had the highest incidence of child abuse in all of Ontario. The cases had become so backed up that we had to hire a lawyer full-time just to handle the caseload.

I just don't understand the government's priorities. This was a government that claimed to be the champion of the weakest in our society. It is doubtful to imagine a weaker victim than an innocent child being abused by a depraved adult - the trauma is immense.

How can there be no money for such a vital service? This is the same government that is spending hundreds of thousands of dollars to establish "cultural centres" in our area so that people can attend plays and take gymnastics in French. Now I ask you, where are the priorities?

This brings me to my second issue: the revelation that teenage girls in our area are deliberately getting pregnant because they can live so well on welfare.

I could scarcely believe my eyes when I read public comments by a government official that a single mother with one child under the age of 12 qualifies for benefits that are the equivalent of a $22,000 annual salary.

That, my dear readers, is above the average Cornwall salary, according to Statistics Canada.

Vince Collard, the income maintenance supervisor for family benefits, says such an income can be "attractive" because the young mothers don't realize how tough it is to raise a child.

A young single mother with one child gets about $1,200 a month, according to Collard - $563 for food, clothing and general living expenses and a maximum of $645 for shelter. In addition, she receives dental, eyeglasses and drug services. And, if the young mom wants to go back to school, social services will pay for day-care.

In a compassionate society, we do want to look after those in need. But when the system is so "rich' that is actually encourages people to become in "need", you have to wonder if we've slipped off the rails somewhere along the line.

As Collard put it: "How many 17 year olds do you know who would come out of high school and earn $600 clear every two weeks?"

In an economy as depressed as Cornwall's, it's little wonder that some immature young people would resort to such practices.

The problem is, what do you do about it? If you simply cut the benefits across the board, then you penalize the legitimate cases. Trying to separate the "good" from the "bad" by determining who got pregnant deliberately would be an equally bizarre (and futile) approach.

The only solution, as I see it, is to completely overhaul the welfare system. Instead of treating welfare as a hand-out, it should be viewed as a government work program. Every healthy person on welfare should be required to work - doing public service jobs that normally would not get done due to the shortage of government funds.

I remember being young and out of work once. I joined the militia and did basic training with the Royal Canadian Regiment. The pay was poor, but it was better than nothing, and I certainly learned a few things - and it wasn't all militaristic. I learned about character, civil rights, team play, etc.

Frankly, I see nothing wrong with creating a "youth service", such as CUSO or the US Peace Corps into which young people would be required to enlist if they wanted "welfare".

This would accomplish three ends: it would remove the stigma of the "welfare bum" and give sincere people on welfare some pride and hope; it would discourage the "loafers" because they'd have to put in a day's work; and it would be immensely more fair to the taxpayer.

CLAIRE HOY

By Claire Hoy
SEAWAY NEWS

Commons Speaker John Fraser is retiring.

Not soon enough.

Fraser, a failed cabinet minister - fired for allowing tainted tuna to be sold to consumers in 1985 - is Canada's first, and for the moment only speaker ever elected by his Commons' peers.

He is supposed to be the neutral arbiter of Commons affairs. A non-partisan ombudsman.

He isn't. At least, not always. He regularly comes to the aid of Tories in distress in the Commons.

Particularly his favourite Tories. Like Kim Campbell, for instance.

Yesterday, for example, he refused to allow opposition questions about the military inquiry into the suspicious deaths of Somalians at the hands of Canadian troops, on the flimsy grounds that an emergency debate on the question was being held after question period.

Talk about specious. And partisan.

Liberals Bill Rompkey and Fred Mifflin both attempted to ask legitimate questions about this incident, but Fraser, interrupting several times, ultimately refused to allow the questions to be put.

He should be ashamed of himself. Although it's not likely he is.

You'll recall, of course, that Campbell briefly left her Toy leadership campaign long enough to rush back to town to announce a special inquiry into these tragic events in Somalia.

This inquiry is a sham, pure and simple.

It won't be allowed to inquire into the real issues - i.e. the exact circumstances of the deaths of these Somalians and whether or not Campbell was involved in covering up the details from public scrutiny.

Instead of looking at the issue, it will inquire into what are called "systemic problems" of possible racism and poor training in our forces.

Those conducting this inquiry then will be in the position of having to ignore the fact that some specific incidents precipitated the whole thing. Instead, they'll have to pretend that the problems are generic.

And, of course, they won't report back until July, conveniently after the Tory leadership convention in mid-June.

Neat, eh?

So here we have an inquiry which can't ask the real questions and now Fraser refuses to allow opposition politicians to ask them in the Commons.

Already some serious discrepancies have come out about Campbell's role in this sordid affair.

Campbell, of course, used to work at the same Vancouver law firm Fraser worked for at one time.

In her maiden speech shortly after winning a seat in the 1988 federal election, Campbell in fact spent a good portion of her remarks waxing eloquently about Fraser.

What goes around, alas, comes around.

Campbell must feel rewarded now, since Fraser was doing his bit to spare the Tories from further scrutiny of Campbell's behaviour in this mess.

Hopefully, the public won't be fooled by any of this.

Campbell has already shown herself to have been grossly overrated by her friends in the party and her cheerleaders in the media.

The wheels are coming off her struggling leadership express and there is now reason to suspect she hasn't exactly been forthcoming in dealing with the serious issues of the deaths of Somalian civilians.

Since Campbell has decided to use - abuse? - her position as defence minister to hide the truth until after the leadership, then the Commons is the only other real forum for such things to be asked.

Which brings us back to Fraser.

He has no business trying to protect his Tory colleagues.

It's not his job to shield them from embarrassing questions, although it seems to me he all too often acts as if it is.

Campbell supporters have sold us a bill of goods - or tried to - about how brilliant and competent their star is.

Well, if she's so good how is it that in her first real test as defense minister, her actions are beginning to emit such an unpleasant odor?

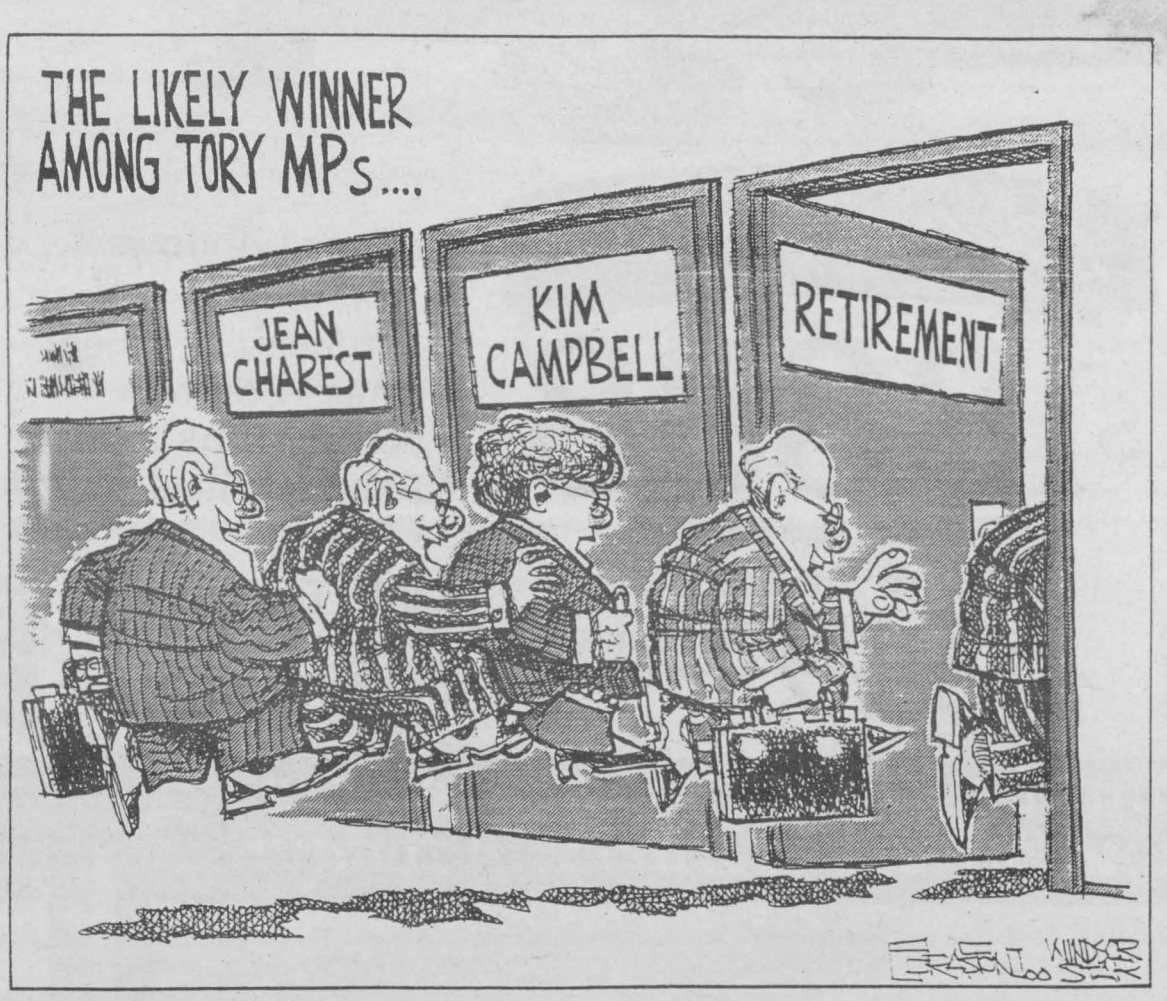
If she doesn't have anything to hide, why is she hiding?

And why is Fraser helping her hide behind his speaker's robes?

Shame on them both.

Even if she does win the leadership and become prime minister - which still seems likely - this isn't something Canadians will soon forget.

And Fraser, try as he might, can't protect her forever.



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SEAWAY NEWS
LETTERS TO THE EDITOR

Dear Editor:

In an interview with sports reporter Todd Hambleton in the Standard-Freeholder on Saturday April 24, 1993, Don Derry, owner of the Cornwall Junior A Colts, stated that he did not think Cornwall could afford an American Hockey League team.

I agree with his comments.

Published reports indicate that the City of Cornwall has agreed to pay the Quebec Nordiques $1.5 million each year to have an A.H.L. franchise in Cornwall. The City is also assuming full responsibility for marketing, communications and administration of the A.H.L. club. The City of Cornwall and its ratepayers are making the costly concessions to the Quebec Nordiques and taking the high risks. When the anticipated crowds of 3,000 to 3,500 per game don't turn up, city ratepayers will have to pick up the tab.

I also find it reprehensible that the City and the owners of the Nordiques refuse to divulge the full details of their agreement. The citizens of Cornwall have the right to know how their tax dollars are being spent.

I think that Cornwall's citizens would have been better served by supporting the efforts to obtain an Ontario Hockey League (O.H.L.) franchise for the City of Cornwall.

This transplanted A.H.L. franchise with the costly concessions and risk taking on the part of the city could well become known as "Martelle's Wave Pool".

Yours Truly,
Brian Lynch

Dear Editor:

On behalf of all the staff at the CNIB, and blind and visually impaired individuals in the Cornwall area, please accept our sincere thanks for your support of the 7th annual CNIB Lipsync Contest.

This special event raised $4200 and was enjoyed by all in attendance.

Again, a warm thanks from all of us.

Yours Sincerely,
Terry Brouillet
District Administrator

Dear Editor:

During the last few years, I have written to you regarding my case before the Human Rights Committee of the United Nations. In 1989, I appealed to the Committee regarding the violation of my fundamental rights and freedoms by Quebec's language law, Bill 101/178, which prohibits the use of any language other than French on the commercial sign outside my business. On April 7th, 1993, I received verbal confirmation that the Human Rights Committee has decided, in a majority decision, that there has been a violation of my freedom of expression.

I have been told that once Canada has been formally advised of the decision in a few weeks, the Canadian government will have six months to report to the Committee what action it will take to remedy the situation. The Committee will review the case at the end of the year. The responsibility to protect individual rights and freedoms in Canada is clearly in the hands of our Canadian government, which signed the International Covenant on Civil and Political Rights: a covenant which our federal government has allowed to be violated by a provincial government.

Since Bill 101/178 was passed, many of us have been demanding that the Canadian government use the power of disallowance in the Canadian Constitution, to override the unacceptable provincial legislation. Clearly, it is the responsibility of the federal government to state, now, that it is prepared to do so, in fact, that it is obliged to do so in order to protect the freedom of expression of Canadians.

I hope that international pressure - and the increased pressure from voters during a federal election year - will begin the process of restoring the principle of equality and fundamental rights and freedoms to all Canadians. You can help by telling your M.P. or "M.P. hopeful" that you expect the Canadian government to stand up for Canadians, against discrimination by the provincial government of Quebec. Ask for their commitment on this issue, so that our hard work to date will not be in vain.

I want to thank everyone across Canada who has supported and encouraged me during the past four years, and especially Maurice King of CVESPA, without whose energy, ability and perseverance, this case would never have been heard at the United Nations.

Thank You
Gordon McIntyre
Huntingdon, Quebec

Dear Editor:

Mr. Mulroney, speaking in 1984, said: "Minority rights in Canada must be treated with fairness and justice at all times. In the case of the English speaking minority in Quebec and French speaking minorities elsewhere in Canada from time to time that requires the intervention of the Federal government."

Manitoba Francophones were making a big fuss over bilingual parking tickets. John Turner had just said that this should be a provincial matter. Mr. Mulroney, indignantly pointed out how important it was for the Federal gov't to protect its minorities. So poor John threw a few millions to Manitoba and the fuss was over.

In 1988 when Quebec passed its racist sign law Mr. Mulroney said - nothing. In 1993 Kim Campbell who wants to be prime minister said exactly what Mr. Turner said in 1984 - that Quebec's sign law was a provincial matter. Will Mr. Mulroney be silent again? Give you odds he will.

How unfortunate Mr. Mulroney never got to be an army commander. His idea of leading the troops into battle would be a rousing speech an hour before "over the top" time and then a quick walk back to the H.Q. coffee tent to watch the troops perform. A few thirty second sound bytes for the media and war winds down. It's when you get wound up and wound down that makes a super Prime Minister, I guess.

Yours Truly,
Mrs. S. M. Trudeau

Dear Editor:

The mayor sure knows how to cool optimism. Just hours after announcing a great endeavour for the city of Cornwall, its residents and business potential for its commercial owners, he douses the starting flames with a huge bucket of water, re: "parking fees for complex patrons", (May 1st, 1993 Standard Freeholder).

He states that the Ottawa Senators charge fans to park their cars when they attend the games. Mr. Martelle, being a business man you should know better than to compare apples to oranges.

Unlike Ottawa or Montreal he has to deal with a smaller population, with people hit severely by plant and industries closing due to the free trade deal as opposed to major cities where their industries are more in offices and managerial positions and government related.

I don't know, neither do the rest of the taxpayers of this city, what the financial aspects of this deal with the Quebec Hockey Organization is, so I will not speculate on it for I'm quite certain that you Mr. Mayor, Paul and Richard, and the city council did not wear blinders or give away the city just to please Mr. Aubut and his associates. I think I have enough common sense to perceive that.

I have a few suggestions how you can generate dollars without having to drain the hockey enthusiasts or low wage earners. Seems to me I read articles when the Royals moved away that the reason they could not make money in this city was that out of attendance approx. 2000 per game, 600 of these tickets were freebies. Given to who knows (family & friends, business associates, VIP's in the comunity and so on).

Now, as a good businessman you cannot afford to run a business by collecting only 2/3 of your potential income to pay for 100% of your expenses, and expect to make money.

So anybody (excluding players, coaches, trainers, ushers, zamboni operators, vendors, time keepers, etc ...) meaning only those that are employed to a certain degree, for that event or any other events in the complex should pay their admission fees just like the average citizens, who are probably the ones that can the least afford it.

And that includes charging the press media for they get paid for their jobs and their employers can surely afford it because they need news to sell their papers or radio and T.V. coverage. Hockey scouts and hockey VIP's, you Mr. Mayor and city administrators and yes, even Mr. Aubut, because all of these people are being entertained the same way as the average fan.

Get the business people involved (restaurants, gas stations, stores, etc...) sell them season tickets for they are all tax refundable to a business. They in turn can use them as a promotional avenue to lure customers into their establishments, by donating or raffling them to their customers. The list to create revenues is unlimited, if you set your mind to it. But please don't try to squeeze it all out of the average wage earners.

While on the subject, a good name/logo for our A.H.L. team would be, "Nord X's". For it would associate with both the French and English citizens to the team, and also the Parent Club. The "X" would stand for the unknown players, yet to reach the N.H.L. and elite class of hockey players.

A Concerned Citizen
and Fan
Yvon Brunette
Cornwall

P.S. Just think of the chaos you would create at the parking lots in the Square and surrounding businesses, and also the streets around the area this winter because of your intention to charge parking fees at the complex.

Dear Editor:

The Cornwall Branch of Save the Children, Canada has recently held a most successful fundraising luncheon at St. John's Presbyterian Church. After the heavy snowfall the day before we began to despair, thinking that our efforts were doomed to failure; fortunately, the sun came out an hour before we opened, the snow melted, and people began pouring into the hall. Besides a vote of thanks to the weather, and to St. John's Church, we must thank many other people for our success, not least of which is Seaway News. Many other local business people helped us with donations. Every penny raised will go to children in the Third World. Thanks to our soup and pie makers, our hard working waiters and kitchen helpers; thanks also to everyone who came and ate with us.

A special thank you to Barbara who came and brought over twenty of her friends.

The Annual General Meeting of Save The Children takes place Wednesday, May 12 at 7 pm at Knox St. Paul's Church. Coffee and dessert will be served. David and Elsi Smith will talk about their experiences in developmental work in the Dominican Republic. Canada is an honoured name in D.R. but it may surprise you to know that the name of Cornwall is held in great respect. On a recent visit to a project there, I was treated like visiting royalty when I said I came from Cornwall. Do try to join us at our annual meeting, May 12 at Knox St. Paul's.

Yours Sincerely,
Sylvia Whitaker
Chairman
Save the Children- Canada
Cornwall Branch

more letters can be found on page 12 of this section

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MPP REPORTS



By John Cleary
SEAWAY NEWS

Cancellation of Relocation Plans Deals Blow

Bob Rae recently announced that Ontario government ministry relocations to seven communities will be cancelled, reminding residents of Haileybury, Windsor, Brantford, Elliot Lake, Chatham and Kingston that the NDP has broken another of its promises. The government has also added that the timing and scale of other committed projects in Peterborough, St. Catharines, Niagara Falls and Guelph are under review.

The explanation given for the cancellation of these projects is that the government could not afford the additional costs of carrying out ministry activities due to the current economic climate. With the "social contract" talks stalling and the NDP's "Expenditure Control Plan" receiving widespread criticism, it is important to note that the current economic climate can be partially explained as one of the results of the lack of confidence in Bob Rae's ability to effectively manage the government's finances.

The government has tried to smooth over the rough edges left by the cancellation of these decentralization projects by offering $100 million in "special funding" to support economic development, private sector investment and permanent job creation over the next four years. Treasurer Floyd Laughren has said that the $100 million consolation prize will be shared by the seven areas that had been expecting goverment jobs, and that this funding represents "most of the capital costs" saved by cancelling the moves.

However, the government has already spent $1 million in Windsor in preparation for the Ministry of Labour to move 425 jobs to the southwest; likewise, $700,000 has been spent in Brantford acquiring land for the 310 opportunities within Management Board Secretariat's telecommunictions and computer networks. While I realize that these are not areas of highest priority for local residents, it is important to remember that these areas were counting on the much needed employment opportunities and economic spin offs that can result.

You may recall that the former government had promised a ministry for the Cornwall area. The politics of change that interceded proved to hold out little hope for the NDP to relocate jobs to Cornwall. In an effort to reiterate Cornwall's prospect of a government ministry, I questioned then-Government Services Minister Fred Wilson in April of 1992 about the chances of the NDP following through on this commitment. He responded to my repeated questions simply by saying that "creating stable employment in your community is a priority for everyone concerned". It seems to me that job creation in Eastern Ontario has not been a priority for Premier Rae, since he has remained non commital on a decentralization project for Cornwall area.

I will be introducing a "private member's resolution" on Thursday May 6, 1993 which will draw the attention of the members of the Legislative Assembly to the fact that Cornwall's economy is in a serious predicament. Evidently, neither the Premier nor the Cabinet have paid much attention in the past to the need for assistance in recovering from the recession.

I believe that if any region is due for a special "economic development fund", it is the Cornwall area. Hopefully, the debate in the legislature on my resolution will make the government admit that Cornwall's situation is just as serious as that of Windsor, Brantford or Haileybury.

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SEAWAY NEWS
LETTERS TO THE EDITOR

Dear Editor:

Recent letters to the editor have already criticized Council's move to bring an AHL hockey team to Cornwall at an estimated annual cost $1.5 million. Their points were well made and certainly call into question the wisdom of the City's decision.

As a former Mayor of Cornwall, I feel obliged to add my comments.

You may recall that during my term of office the City had contemplated the construction of a first class aquatic centre to complement the facilities already in place at the Civic Complex. There were many in our community who were solidly behind such an investment, convinced that it would enhance Cornwall's image.

Our current Mayor was not among the supporters. He was most vocal in his opposition to the venture citing the cost as a burden the City's taxpayers could not bear. He also accused Council of being secretive about its affairs. As a result of the opposition from him and some others in the community, the City did not take the next step and initiate the project.

That was yesterday. Today, Mayor Martelle and his Council have gone that extra step. They have committed the City and its taxpayers not to an investment, but to an excessively high expenditure. What's more, they will not tell us about it.

Let's compare the two projects to see which one offers the greatest degree of benefit to our citizens.

First, the Aquatic Centre would have created a number of jobs, both during the construction and operational stages. It would have given our beleaguered businesses some much needed work. The hockey team provides nothing of this sort.

Second, the Aquatic Centre would have had the potential to attract provincial, national and perhaps, international swimming events to Cornwall. The result would have been a high profile for the city and an infusion of revenues for hotels, motels and retailers alike. The hockey team will become a local attraction, at best. Somehow, being mentioned in "last night's scores" does not, in my view, give much of a profile.

Third, the Aquatic Centre would have been something that everyone in the community could use and enjoy year round. It would have been a welcomed addition to "things to do" for families in our City. Hockey begins in October and ends in April.

There is also a fourth point to consider. It seems that the City will be responsible for all of the team's marketing activities. Unless I am mistaken, there is no such department at City Hall. I can only conclude that the taxpayers will be expected to pick up the tab for a marketing department complete with a Director and staff.

The Mayor has put on a display of being open and accessible with town hall meetings and televised phone-ins. These displays are clearly nothing more than a public relations exercise designed to provide little information and to mislead the public into believing that he is being open and forthright.

The Mayor's actions over the Nordique affair may well have revealed his real agenda. I caution the citizens of Cornwall to be vigilant and wary of any future initiatives. His sense of judgement and use of taxpayer's dollars have been called into question and he may not be acting in the best interests of us all. I urge careful scrutiny.

Yours Truly,
Phil Poirier

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1200 Second St. West
Cornwall, Ontario
933-4117

Dear Editor:

The letter by David Sommerville in the April 8, 1993 Standard Freeholder stated that the Concerned Canadian Citizen was not a branch of the national Citizens Coalition. This in itself is definitely a true fact.

In the last twenty and especially in the last ten years many organizations and several new political parties have come into being. At the moment I'm more concerned with organizations.

The following are a few and definitely not all - The Northern Foundation, The British Heritage, Friends of Public Education, Alliance Ontario, several language groups such as APEC, NAER, SAPLER, Human Rights Institute of Canada, Council of Canadians, Citizens Against Bad Law, Canadian Institute of Political Integrity, the Concerned Canadian Citizens, Concerned Citizens, Citizens Against Free Trade, etc., etc., and of course the National Citizens Coalition. Also Chastity or Pro-Life Cornwall.

Most of these organizations come into being because different people felt that there was a definite need - "too many Neros fiddling while Rome burned". They formed a nucleus and an organization was spawned. But the following facts hold true in most cases - 1) they are independent of each other and are not branches of each other - 2) they are not funded by the government - 3) the organizations themselves are not affiliated with any particular political party.

I feel that they have come into being because there is too much bureaucracy, a top-down government. If you can obtain the April 6, 1993 issue of the Ontario Farmer you will better understand after you read the letter by Franklin A. Lesso, Durham-Quote "but how thankful do you think future generations will be that we forfeited their freedom as well as our own?" A country's freedom is the essence of its soul.

The only common thread, among all those organizations and others across Canada is the Distinct Dissatisfaction with Government Policy on various issues. Now as different provinces of Canada face bankruptcy those individual organizations are definitely needed - they have been voices crying in the wilderness but their messages are beginning to ring loud and clear. Each organization has been a "whistle blower" on political corruption.

They are not united. They are not branches of each other - but if they were united the could beyond a doubt blow the stack and free Canada because it will be hones thinking "individuals who will save Canada someday."

Yours Truly
M. McCaskill

P.S. And one of the most recently which has been tracked down is C.U.P.E. - Citizens United For Responsible Education. After reading Mrs. Irven's letter which has been published in Rural Route February 10, 1993 issue and in the May 3, 1993 Seaway news, are you surprised?

Back a Fighter



Support



Dear Editor:

I am writing to you with regard to a newly founded group in Cornwall. We are called the Seaway M.E.S.H. group. We are a self-help group for sufferers of a disease called Myalgic Encephamyelistis/Chronic Fatigue Syndrome, Fibrositis, Fibromyalgia. Our disease has been not publicly acknowledged by local doctors or government. There is not enough research being done or government assistance given toward a cure of the disease.

On May 12th, 1993, we will be holding an information booth at the Brookdale Mall from 10 a.m. to 4 p.m. to inform and make the public aware of the disease. We would ask you to do a human resource story about the battle we suffer as well as the disease.

I was diagnosed with Fibrositis two years ago, but have had symptoms for six years. There are many of us in this area with the disease. Many of us had to go to Ottawa or Kingston for a proper diagnosis. The local doctors cannot help us because the research has been so minimal, this is why we are holding and information booth on May 12th, which is the birthdate of Florence Nightingale who had this disease.

Internationally, Canada and the U.S. will jointly participate in Public Awareness Day for M.E. in an attempt to make government and doctors aware of the desperate need for research.

If you require more details, you may contact me at 938-3615.

Denise Hurtubise,
Cornwall.

Dear Editor:

Someone out there deserves a thumbs down. On April 9th, 1993, I took my five year old daughter to visit the Easter Bunny at Cornwall Square. I was appalled at the reception she received. The "Easter Bunny" totally ignored her! She tried to get up on the bunny's knee but couldn't manage on her own. Instead of helping her up, she was again shunned by the Easter Bunny. She ran back to my side and looking up at me with tear filled eyes asked, "Mommy, why doesn't the Easter Bunny like me"? I couldn't answer her. I certainly wasn't going to justify the Easter Bunny's inexcusable behaviour. I immediately took her to the Brookdale Mall to see the bunny there.

Being she was disillusioned by the Easter Bunny at Cornwall Square, she was hesitant about approaching the bunny again. I reassured her that the bunny would be pleased to see her this time. True to form, the Easter Bunny placed her on (his or her) knee and proceeded to give her a hug.

It was very reassuring to see her big, beautiful smile. A BIG THANKS to the Easter Bunny at the Brookdale Mall, who restored my daughter's smile. A word of advice to the impostor at Cornwall Square - get a job playing the role of someone like ... Scrooge!

Sincerely
Shelly M. Flanagan,
Avonmore, Ontario.

Dear Editor:

A headline in the business section of the Ottawa Citizen on April 22nd, 1993 stated "New Brunswick slams door shut on Quebec". The reference here is to the response by New Brunswick to the restrictive practices by Quebec which make it impossible for any worker from outside Quebec to secure employment in that province. Quebec is quite upset at this ruling despite the fact that the ruling is an exact duplicate of the one used by Quebec to keep workers from Ontario and N.B. from acquiring employment.

Why Quebec should be upset at this ruling by N.B. is astonishing. They are saying that they may enter your province for employment but you may not reciprocate. Isn't that convenient ... for Quebec, of course.

I can recall some years ago when two carpenters from Ontario were pulled up in court in Valleyfield, P.Q. and told that they must leave the province. At that same time the parking area at St. Lawrence College, then being built, was filled with cars from Quebec. A complaint was lodged with little effect.

It would seem that New Brunswick, with approximately 700,000 people, had the courage to protect its work force from any further intrusion from Quebec. Surely Ontario, with 10,000,000 people, has more to lose by its complacency, aside from the insulting attitude of Quebec.

As if that weren't enough, we have Parizeau telling the Quebec people that when they separate they will retain the Canadian currency, pay its share of the national deficit, and retain dual citizenship. Having dual citizenship in this instance, would be a contradiction in terms, if separation is the ultimate goal. I suppose that having dual citizenship would enable Quebecers to retain their jobs in CANADA ... I think the citizens of Canada would have much to say about that. I'm told that there are about 35,000 jobs (in and out of government) in the Ottawa and Hull areas that are held by Quebec residents. Why we would accept separation and forfeit 35,000 jobs staggers the imagination.

What I find really astonishing is the fact that some of the invertebrates we call politicians, who should be challenging this sort of rhetoric, have given new meaning to the art of apple-polishing. The public, if they are aware of these events should be on the phone to their M.P.s and M.P.P. complaining in the loudest possible way about the events described in this letter. The failure of politicians to serve the public has now become chronic, to a point where there is an almost total lack of trust in the members we elect.

Perhaps Nikita Krushchev said it best when he suggested that ... "Politicians are the same all over. They promise to build a bridge where there is no river".

When in God's name will our elected representatives wake up to the fact that continued erosion of trust between themselves and the people is the sort of thing that breeds anarchy.

Since Cornwall is near the Quebec border it is not surprising that the New Brunswick action has come under scrutiny. The April 27th edition of the Standard Freeholder had an article which described the local council reaction to this move by N.B. Dean Hollingsworth is quite correct when he suggests that we retaliate. Quebec will not change its stand without pressure. It took the United Nations ruling on the unilingual sign problem in Quebec to get them to modify their stand. Norm Lalonde's endorsement of Hollingsworth's stand is commendable. Mr. Charlebois is unconvinced, it seems.

This problem of provincial border crossing has been around for ages. Mr. Guindon, a former Minister of Labour, took this up with Quebec over twenty years ago and it was an exercise in futility then, and unless we see some courage displayed by our politicians NOW, nothing will change, much to our shame.

The Chinese philosopher Confucius once said "To know what is right and not do it is the worst cowardice," unfortunately, for us, Confucius does not live in this riding.

Yours truly,
Francis Roy,
Cornwall.

Exhibit Comes To Inverarden May 1 - June 15

Every May the fur brigades of heavily ladened "canots de maître" set out from Lachine for an eight week, 1700 km voyage over 36 portages to the Annual Rendezvous at Grand Portage. After the ratification of Jay's Treaty in 1794 confirmed American sovereignty over the land the post occupied, the Nor'Westers in 1803, threatened by American taxation, abandoned this locale in favour of Fort William, to the north on British lands. At both places the crews met the Wintering Partners and men from "beyond the height of land" with the last year's fur to exchange goods and prepare for a new year of trading. Capped off with a ball in the great hall, the smaller north canoes filled with trade goods started heading west during the first week of August to prevent being caught in the northern freeze-up, while the Montreal canoes, now filled with furs, left shortly afterwards.

This exhibit traces the first leg of this voyage from Lachine to Grand Portage through the eyes of the fur traders/explorers, who noted every pace they took over the portages and every rapid they encountered for future navigation. Often written with publication in mind, the accounts by Sir Alexander Mackenzie, Gabriel Franchère, Daniel Harmon and Alexander Henry also provide engaging narrative and descriptions of their adventures and the people and sites they encountered.

Tracing the fur trade's journey northwest by aid of D.W. Smyth's 1800 map of Upper Canada used by Nor'Wester John Duncan Campbell and J. Bouchette's 1815 map of Lower and Upper Canada, substance has been added to our trip with the numerous documents and artifacts relating to the trade and individuals involved.

The exhibit, however, only provides the briefest of glimpses of the extent of the Indian trade. To understand how the demand for the minutely barbed hairs found on beavers, and ideally suited to fabricate stylish men's felt hats, led to the exploration of half a continent, must be left to your imagination alone.

Similarly, this catalogue only illustrates some of the highlights of the collection on display, providing you, I hope, with a sense of the enormity and romance of the Indian trade.

On behalf of the Inverarden Committee of the S.D. & G. Historical Society I would like to thank Mr. Warren Baker for suggesting this exhibition, and for so generously loaning examples of his collection for display.

Embracing Native, French, English, Scottish, Welsh, Americans and Canadians alike, the North West Indian Trade is an example of diverse cultures working towards a common goal. This multicultural aspect of the Trade led the Society to make a successful application to the "Reflection '92" programme towards th publication of this catalogue and mounting of this exhibit. The Society would like to thank and "... acknowledge the assistance of the people of Ontario through the Ministry of Culture and Communications" for their assistance.

Ian Bowering,
Curator.

SD & G Composter Update

Close to 900 composters will soon begin their stay in SD&G backyards.

Bill de Wit, Cornwall's Waste Reduction Co-ordinator, and Anne MacGillivray, SD&G Waste Study Co-ordinator have a tally of 895 composters ordered as of April 28 in the co-operative composter distribution program between the city and the SD&G Waste Study.

"Both Anne and I have received a lot of calls about composting since the co-operative distribution program was announced," says de Wit. "It's great to see there is so much interest."

Says MacGillivray, "SD&G municipal clerks have told me there's been a good response to the co-operative composter distribution program. I'm glad we could do it this way - it's a lot cheaper and faster than everybody having to work it out on their own."

And backyard composting itself is about the cheapest way to get rid of almost a third of a household's garbage - about $23.18 per tonne according to the Recycling Council of Ontario.

MacGillivray's also received inquiries from SD&G residents who want to build their own composters, and can provide the information to anyone who's interested. She also notes that just because someone doesn't have a composter in their backyard doesn't mean they're not composting.

"Lots of our rural residents knew about composting a long time ago," she says. "Those piles of vegetable peelings, grass and leaves in the backyard near the gardens have been doing the trick for a long time, pretty sensibly too. Some have pointed out to me that a composter just makes it a bit neater for those who may not have as much space."

For information on composter pickup day residents are asked to check with their local municipal office.

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M.P.P. Reports
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Clock Ticking On NDP Social Contract, Budget

The 1993-1994 fiscal year is more than a month old already, and the NDP government, which is hoping to cut the projected deficit by some $7 billion dollars this year, has not yet set a budget date.

Further still, the "Social Contract" talks just got off to a fairly rocky start with many of Ontario's larger public-sector union. (In the Ontario case, the term "social contract" really is nothing more than a left-wing term label for "wage controls and rollbacks".)

The big problem with the talks is that the unions are obviously in no hurry to either start or finish them. Yet, if the Ontario taxpayers are to be spared a huge deficit increase this year, then there must be a resolution to the talks fairly quickly, in order to realize the savings.

When PC Leader, Mike Harris asked if the government had drafted appropriate wage control legislation, just in case the talks collapsed, the NDP refused to answer. Yet, if the government is taking its responsibilities seriously, the prudent course is to have such legislation ready to be introduced one day after a reasonable deadline expires in the "social contract" talks. The PC Caucus is ready to support such legislation and give it speedy passage in the Legislature.

After all, the "social contract" talks and the budget are meant to provide two-thirds of the measures the NDP plan to take in order to control the deficit. The longer that each is put off, the tougher the wage reductions and taxes will be in the reminder of the fiscal year, and the smaller the chances of keeping our deficit under control.

This year alone, out of Ontario's $54 billion budget, about $5.3 billion will go to pay interest on the provincial debt. When we consider that ministries such as Agriculture and Food have total budgets of around $550 million (now chopped to around $500 million), then the true cost of our debt becomes scarier and much easier to comprehend. And remember, the $5.3 billion represents only interest costs, not the retirement of debt.

If the NDP has actually failed to prepare for a possible collapse of the "social contract" talks, then they will have once again let down the taxpayers of Ontario. And by having failed to set a reasonable deadline date for completing the "social contract" talks, the government risks increasing the impact of the blow that public sector employees may suffer later this fiscal year.



KID'S MOVIES
A REVIEW
by Jessica Black

Lorenzo's Oil

Lorenzo's Oil is an adorable movie about a young boy trying to adjust to the big city and suddenly his parents discover he is stricken with a very deadly disease called A.L.D. The movie opens in a South African town where Lorenzo and his parents live. Lorenzo and his friends are running along the beach trying to fly a beautifully coloured kite. But soon these good times become just memories when Augusto, Lorenzo's father, played by Nick Nolte and Michaella, his mother, played by Susan Sarandon, must move to a city in the United States. Lorenzo is still young and because of his age he manages to adjust very rapidly to his new surroundings.

Just when everyone finally seems happy and leading a good life, Lorenzo's teacher notifies his parents that during class he threw a fit. His parents Augusto and Michaella are very worried because they love him and they have no idea why he has done this. After falling off his bike and having a Christmas tree fall on top of him, Lorenzo's parents decide finally to take him to the local hospital where he is put through a multitude of tests to discover what the matter is with him. Unfortunately, the results are worse than the worry. Poor young and innocent Lorenzo has a disease which is perhaps curable, but because of its rarity, it hasn't been researched enough to find a definite cure. What the experts do know is that the disease can kill in a very painful manner. At first the parents can't believe this is happening to their son. Soon, however, Augusto decides to learn everything he can about the disease to find a cure and save his son.

I really found this film quite moving, perhaps even sad at times. I was also extremely amazed at the ability and strength of both parents who don't give up on their child. They keep fighting until the end for his survival. You may ask, do they find the cure to save Lorenzo? Well, you will just have to go and see the movie to find out for yourself. I will tell you one thing. Lorenzo's Oil is based on a true story which makes this all the more incredible!

Fire In The Sky

"Travis was captured by aliens," says Mike and the others to the sheriff and police but they don't think the boys are telling them the truth. In fact, the wole town thinks the guy did it - that they murdered Travis.

It all begins as a routine morning for Travis, Mike and the rest of the gang - six in all. They have been contracted to chop wood for a lumber company. Travis and Mike are best buddies. In fact, Mike's sister is about to marry Travis. As the boys are heading home from the day's work, they see what looks like a forest fire. They drive closer and in front of them is an Unidentifiable Flying Object - a UFO. Travis, a real dare devil, goes out of the car and has a closer look. The others are screaming at him to get back into the truck. Travis is just about to go back when a white light falls and "freezes" him. The other guys tell Mike to drive away from the UFO, leaving Travis there. Mike drives back out of a sense of fear, but Travis is gone without a trace.

This whole story is about something unexplainable but I got a very different message. While Travis is in the spaceship, the spaceman poke him and do different experiments with him. Travis who is in a lot of pain is also very scared. To the aliens, he is something "weird". If scientists on earth were to catch an alien like the ones that captured Travis, they would probably hurt him because they wouldn't necessarily understand aliens or know how they experience pain. Therefore, the message I received from this film is that humans and aliens should respect one another; some things are left "better alone".

I really enjoyed this movie because it is very different from any other movie I've seen. While there were no famous, big-name actors in this film, it was super great. It's kind of spooky at times and guaranteed to keep you on the edge of your seat!

Groundhog Day

Groundhog Day is a day in the life of Phil Connors that almost lasts his lifetime.

It all begins at a local Television Station in Pittsburgh. Phil Connors is a snobby, self-centred young man who works at WPBH as a weatherman. He is called upon to do his annual coverage of the Groundhog Day celebrations which he really hates doing, in a small town just outside of Pittsburgh called Punxsutawney. Phil and his two co-workers, Rita (who he is attracted to) and Larry (whom he tolerates) travel to Punxsutawney the day before Groundhog Day! Phil Connors stays in a lovely bed and breakfast run by a kind middle-aged lady. The next day, which is Groundhog Day, Phil rises at 6:00 am and goes to the celebration site, does his commentary and wants to leave town immediately. A snow storm prevents them all from leaving and so Phil returns to his cozy room at the cute inn where he will stay "one more night". The next day is Groundhog Day again and the following day and even the week after that. Soon Phil really gets tired of living in the same day and begins to take very drastic measures to get out of the same routine.

Phil Connors is played by Bill Murray who is truly terrific at playing the bag guy role. Andy MacDowell who plays Rita, while not a strong part, does so well. Chris Elliot plays Larry and he does have some very funny lines.

I liked the movie but I didn't love it. Although the actors were very good and it was an interesting plot idea, the film was repetitive in some parts. I still recommend it though because there is a good message in the end!



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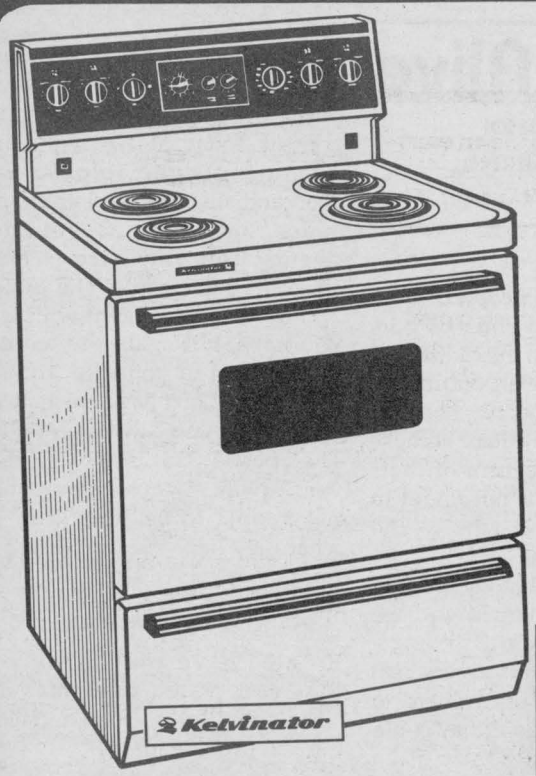

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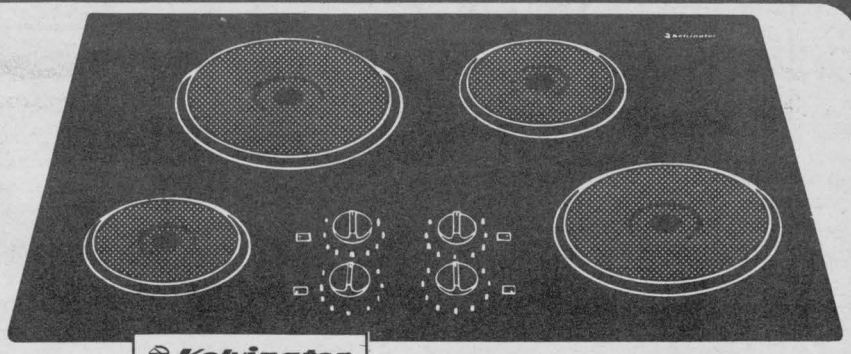

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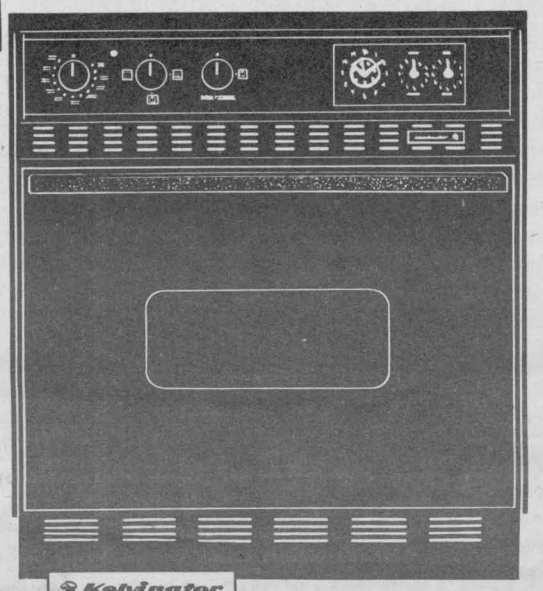

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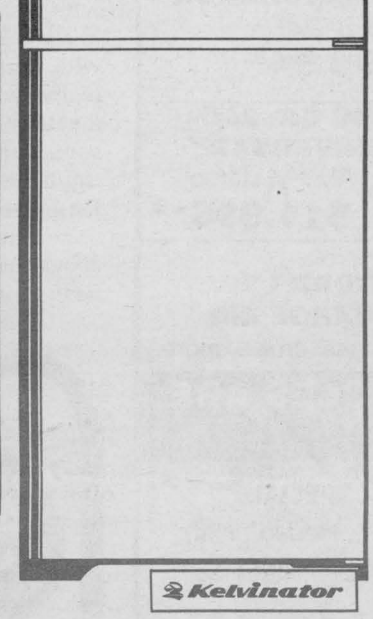

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Funds collected will enable the Lung Association to continue to offer monthly support groups for parents of asthmatic children and adults with lung disease. Other services offered through this appeal include: The Family Asthma Program, Asthma In the School Outreach Program and Community Outreach and Awareness Programs. Ongoing education is a must as asthma can affect the lifestyle of the whole family if not properly controlled.

Help us help others breath easier. Answer your asthma appeal letter today.



Christianity Alive

by Bob Burgess, pastor
New Life Covenant Church
(A Spirit-Filled New Testament Church)

"But godliness with contentment is great gain.

For we brought nothing into this world, and it is certain we can carry nothing out.

And having food and raiment let us be therewith content."

1 Tim. 6:6, 7 & 8

In these verses, the writer is saying that we should be content with what we have. We are living in a world where no one is content with anything. It's either strikes for higher wages or some group feels that they are prejudiced against or some other group feel that their rights have been violated and the list goes on and on.

The Bible tells us in verse 6 above that contentment and godliness go together. In order to be content, we must be people of God. We must have God and His purposes for our lives at the centre and contentment will be an outflow of our lives as Godly people. I believe that people are not content because God is not at the centre of their lives. Contentment is not found in things, but in God who is the source of our contentment.

Verse 7 says that we brought nothing into this world and we will carry nothing out. What a sobering thought, but a very real one. Some people work so hard to gain great fortunes as if they could bring it with them. Quite often people work so hard to gain their fortunes because they are not content with life, again they have not put God at the centre of their lives who alone can bring this contentment to them.

Verse 8 says that because we have food and clothing, let's be satisfied and happy with that and be content. Today, at least in this area, even people unemployed have food and shelter and clothing provided by some Government agency and yet there is much unsettling in people. The Bible is telling us to be content with what you have, but again the secret is having God in your life. You see, even if you don't have much, if you have God, you have everything. The apostle Paul in writing these verses was always admonishing the people to be "thankful" for what they had. We can learn a lot from these verses. Let's be thankful for what we have. Can you agree with me and say God "thank you" for all I have and "thank you" that you watch over me and "thank you" for the food and clothing you provide for me.

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

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2. Drinking is a good quality in a sponge, but not in a man.

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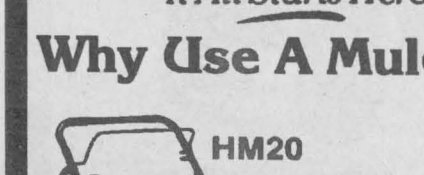

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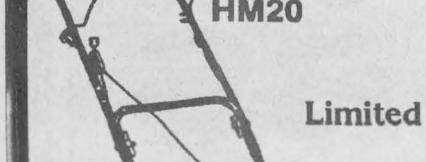

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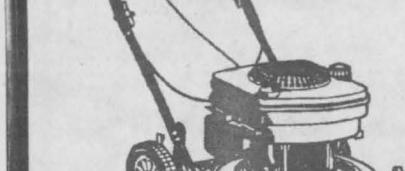

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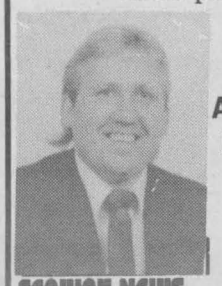

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5. Damp spots or signs of rust near hose connections and the water pump are signs of leakage. Have them checked.

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She would make the big meals on the holidays and no one could cook like my mom did. When one of her children would get sick, she'd set her work aside to sit and talk until we felt better.

My mom never took a holiday away from us, her family was too important. She would never leave us alone. By the time her last baby was born she fell sick with a heart problem. But she had the strength to raise her last baby. When her children were old enough to look after themselves, God decided she had earned her wings and took her to his garden in the sky. My mother was the most important part of my life. She passed away six years ago, but she is in my every thought and step. My mother gave me the courage to go on in life.

I think she'd be proud of her last baby. I'm all grown up and have a son of my own. I tell my son every day I wish your grandmother could see you, she'd be so proud of you. You're in my thoughts mom. "I love you". And maybe someday I'll earn my wings and meet you in God's garden in the sky.

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in memory of my mother
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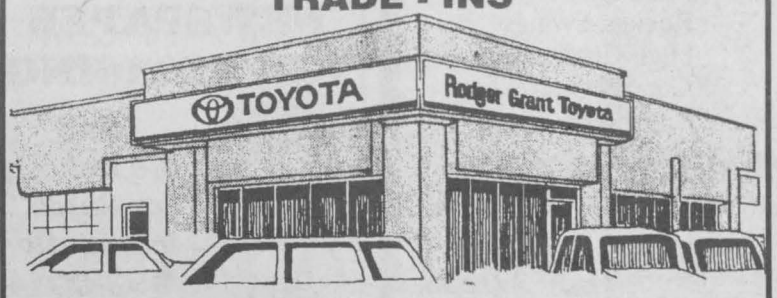

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SEAWAY NEWS
COMMUNITY EVENTS

Community Events Sponsored by

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& Pager Rental

408 Pitt St., Cornwall
938-3867
Fax: 938-9645

DEADLINE: Wednesday at 3:00 pm

ATTENTION: RE COMMUNITY EVENT NOTICES. Deadline: Wed. prior to Sun. publication, 3 pm. Copy must be legible (printed or typed). Text to contain only "basic" information (Who, What, Where, When & telephone contact if required). Minimum wording, please! Notices can be mailed in, or brought into the office or faxed (933-0024). Notices will not be taken over the phone. Thank you. Short & sweet makes better reading.
Please Note: Only one week per insertion, permitted.

* **CORNWALL PUBLIC LIBRARY & ITS BRANCHES** are hosting three programs for children aged 5 to 12 years. Organized by the Cornwall Resource Centre and their newly formed Green Team, Fitzpatrick Branch, May 15, "Awareness" at 2:30 pm. Info: 932-4796. (05/03)

* **CHEVALIERS DE COLOMB** Conseil #9695 de La Nativite; 9 mai, fêtes des mères; 10 mai réunion de l'exécutif; 17 mai réunion génerale. (05/10)

* **CANADIAN CANCER SOCIETY BENEFIT CONCERT** featuring Cornwall's own "Northwind" Bluegrass with special guest & M/C Mike O'Reilly on Sun. May 16th at 2:00 pm at Aulstville Hall Theatre. Tickets phone 938-7779, 933-0205 & 932-1283. Proceeds to the Canadian Cancer Society. (05/10)

* **R.C.L. ALEXANDRIA LADIES AUXILIARY BRANCH 423** Euchre Mon. May 17 at 8 pm in the club rooms. Everyone welcome.

* **ST. LAWRENCE CHAPTER OF ONTARIO ASSOC. OF REGISTERED NURSING ASSISTANTS** will meet at Woodland Villa, Long sault on Mon. May 10 at 8 pm. All R.N.A.'s and N.A.'s are welcome. Guest speaker.

* **FANTASY OF FLOWERS** a Tea & Sale sponsored by the Order of the Eastern Star, will be held at the Masonic Temple, 333 Second St. E. on Wed. May 19 from 2:00 to 4:00 pm. Everyone welcome.

* **THE GREEN TEAM** in co-operation with the Fitzpatrick branch Library, Broadview Park, Henry St. invites everyone to come visit the "Rainforest" on Sat. May 15 at 1:30 pm. Admission Free. P.S. Bring a newspaper. Info: 933-7353 after 1 pm.

* **R.C.A.F.A. WING 424** 43rd annual charity dinner & dance on May 15 at 5:30 pm. Tickets at the bar.

* **THE MULTIPLE SCLEROSIS SOCIETY SELF HELP GROUP OF CORNWALL & DISTRICT** will meet Wed. May 12 at 7:30 pm at Chateau Cornwall, 41 Amelia St., Cornwall. Everyone welcome. Info: 938-MSSP.

* **CORNWALL GENERAL HOSPITAL'S NURSING ADVISORY COMMITTEE** is hosting a Nurses' Week Dinner at the Parkway Inn, Thurs. May 13, at 6 pm. Guest speaker. * **R.C.A.F.A. WING 424** are holding a Mother's Day brunch on Sun. May 9 from 10 am to 2 pm. Everyone welcome.

* **BEREAVED FAMILIES** serving the United Counties, Cornwall Chapter will hold their monthly support & share night on May 13 in the Library at CCVS School, 437 Sydney St., Cornwall from 7-9 pm. Info: 936-1455.

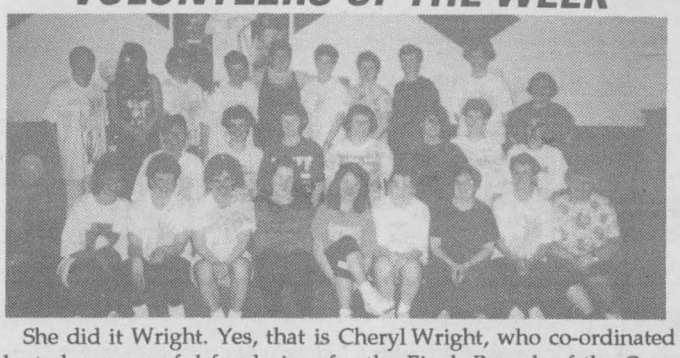
* **A ST. JOHN AMBULANCE CPR COURSE** is being offered at the Avonmore Community Centre on May 28 & 29. Info. call Annette McRae at 346-2616.

* **SAVE THE CHILDREN-CANADA,** Cornwall Branch will hold its annual general meeting on Wed. May 12 at Knox-St. Paul's United Church at 7:30 pm with coffee & dessert at 7 pm. Guest speaker. Everyone welcome.

* **COMMUNITY LIVING - STORMONT COUNTY** is currently looking for volunteers to support individuals with developmental disabilities. Info: 938-1702.

* **ROYAL CANADIAN LEGION BRANCH 297** Cornwall "Over 60 Club" will hold their monthly euchre on May 13, Thurs. at the Legion Auditorium at 1:30 pm. Prizes & light lunch. Info. 938-1870.

Canadian Cancer Society SD & G Unit
VOLUNTEERS OF THE WEEK



She did it Wright. Yes, that is Cheryl Wright, who co-ordinated and conducted a successful fundraiser for the Finch Branch of the Canadian Cancer Society. We, the Executive, thank her and all those who participated, pledged and raised over $2100. A special thanks to all those who donated prizes and to those individuals who donated the beautiful "Daffodil Cake" and treats which were served at the end of the fun evening. To all who helped in any way, out sincere appreciation goes out to you - who live in hope - that Cancer will be beaten.

Thank You All!!!

* **EUCHRE** at Heritage Centre, St. Andrews Sunday May 16 at 8 pm. Good prizes & lunch. Everyone welcome.

* **ONTARIO FRIENDS OF SCHIZOPHRENICS,** SD&G Chapter will hold a meeting on May 11 at 7 pm at the Ramada Inn, 805 Brookdale Ave. in the Ontario Room. Guest speaker. Everyone welcome.

* **DEPRESSIVE, MANIC DEPRESSIVE SUPPORT GROUP,** Cornwall Chapter "Over the Rainbow" meets every 3rd Tues. Next meeting is Tues. May 18 at 7 pm at Starlight Centre, 533 Pitt St., Cornwall. Info: 938-5408, 1 to 5 pm weekdays.

* **HERITAGE HEALTH CARE CENTRE** will be offering & demonstrating movement to "Music Class for Seniors" on Canada Health Day Wed. May 12 at 2 pm in the Brookdale Mall.

* **CHRON'S & COLITIS FOUNDATION OF CANADA** are holding an open meeting on Mon. May 10 at the Oddfellow's Hall, Morrisburg at 7:30 pm. Everyone welcome. Refreshments. Info: 932-6493 or 535-2960.

* **SD&G HISTORICAL SOCIETY** annual meeting will take place at Quinn's Inn, St. Andrew's West on Mon. May 17 starting at 6 pm. Guest speaker. Everyone welcome. info: 932-4298.

* **TRINITY CHURCH,** 2nd St. W. are holding a buffet luncheon on May 12 at 11 am to 2 pm. Info: 933-0330. Everyone welcome.

* **BREASTFEEDING ADVANTAGES** topic at La Leche League May 12 at 7:30 pm at 330 4th St. E. Info: 534-8414 or 931-3146.

* **SEAWAY SENIORS,** 205 Amelia St. Activities: Mon. May 10th Seniorcize, Cribbage; Tues. May 11th, Weekly Line Dancing, Lunch following; Euchre at 1:30 pm; May 14th, at 10 am, guest speaker, re: Landlord Tenants Rights. Info: 932-4969.

* **THE HEALING ROSARY PRAYER SERVICE** takes place Mon. May 17 at St. Joseph's Church, Lancaster with Mass at 7:30 pm and Healing Service after. Everyone welcome.

* **CHATEAU GARDENS NURSING HOME, LANCASTER** will hold a yard sale on May 29 from 9 am to 2 pm sponsored by volunteers for residents benefit.

* **JOLLY 50'S OPEN EUCHRE** will be held on Mon. May 17 at 1:30 pm at Smithfield Hall, Lancaster. Lunch & prizes. Everyone welcome.

* **CORNWALL QUILTERS GUILD** last meeting of the season on Mon. May 17 at 7 pm at the Clubhouse, King George Park, Artspace, 7th St. W. at York. New members welcome.

* **MOUNT CARMEL HOUSE PHASE 2 FOLLOW UP,** Aftercare Programs are held on Wed. evenings at 7 pm for the past-residents & families at M.C.H.T.C.

* **CORNWALL AERO MODELLERS** monthly meeting on Mon. May 10 at 7:30 pm at the R.C.A.F.A. bldg., Water St. W. Info: 932-8902.

* **FULL GOSPEL BUSINESS MEN'S FELLOWSHIP,** Sat. May 15, 10 am at Porto Bello Restaurant. Guest speaker. Info: 933-2465.

Our Sincere Thanks

THE LUNG ASSOCIATION

Memorial Donations were received during the months of March & April in memory of:
Albert Ruzzi, Bert Maheu, George Radford, Claire Thorne, John Countryman, Isabella Mullen, Lucien Bourdon and Christina Ladouceur

RHYTHM OF THE WORLD • RHYTHMUS DER WELT • RITMO DEL MUNDO • RYTHME DU MONDE

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TALENTED INTERNATIONAL CAST—OVER 100 PERFORMERS LIVE ON STAGE. THE SHOW THAT LEAPS THE BARRIERS AND BRINGS YOU ONE-TO-ONE WITH THE WORLD. FUN FOR EVERYONE, EVERYWHERE. GET YOUR TICKETS **NOW.**

RHYTHM OF THE WORLD

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CENTRA GAS
Net Proceeds benefit Centre 208
FRIDAY MAY 14 and SATURDAY MAY 15 at 8:00 pm
St. Lawrence College, Aultsville Hall
Tickets available in Cornwall at Centra Gas office, Brookdale Mall Information Centre and the Kinsmen Centre (Mayor's Task Force Office) and in Prescott at the Centra Gas Office.
Adults $15.50* and Children/Students/ Seniors $11.75*
*GST Included
For More Information, Please Call 933-9778 or 938-3932

CORNWALL KIWANIS
& WING 424 AIR CADET
SQUADRON 325
30th ANNIVERSARY
MUSEUM PROJECT

If you were ever a member of the Squadron and have any memorabilia (uniforms, badges, belts, boots etc.) past or present and you are willing to donate to our museum, please drop off your items any Wednesday evening 6:30 p.m. to 9:00 p.m or Saturday morning 9:00 a.m. to Noon at the Cornwall Armories at 505 4th St. East or call 937-0189

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SAT. MAY 15TH

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SEAWAY NEWS

Wilma's Healthy Kitchen

It's fiddlehead time again! The fresh fiddleheads that grow in abundance each spring along riverbanks in Ontario are just as good as any found in New Brunswick, my 'home' province. Having spent many hours washing the river silt from spring fiddleheads in New Brunswick, imagine my delight at discovering 'clean' fiddleheads that rivalled any I had ever picked in size and tenderness.

Fiddleheads defy description to someone who has never tasted them. They can be likened to artichokes or to asparagus, and have been described as a taste of the north with the flavour of the river. In New Brunswick, the Maliseet Indians always gathered the spring greens and they introduced them to the Loyalists.

If you are looking for fiddleheads, they grow in moist, rich, wet soil. They differ from other ferns in that their heads are wrapped in brownish, papery scales and are a bright, almost shiny green. They grow in clumps. Snap off fiddleheads under six inches tall. Always leave a few to grow to maturity.

'CREAM' OF FIDDLEHEAD SOUP

To prepare Cream of Fiddlehead Soup, use either cooked, leftover fiddleheads, or the long stems and imperfect heads which have been culled out while cleaning and washing the harvest.

4 c. cooked fiddleheads
4 c. well-seasoned (low-salt) chicken-flavoured stock
Freshly ground pepper
Mace
Dry sherry to taste

Purée the cooked fiddleheads in a blender or food processor. Stir in the strong chicken broth. Add pepper and mace. Heat to just below the boiling point. Remove from the heat and add some sherry for flavouring, about 2 tablespoons should be enough. To serve, add one spoonful of light sour cream (if desired) to each bowl, dropped into the centre. Don't stir.

Fiddleheads can be prepared as a vegetable by cooking until tender and sprinkling with some Parmesan cheese. They are also served with butter and vinegar.

NO ADDED SUGAR STRAWBERRY RHUBARB PIE

For those of us cutting down on sugar, here's a great pie recipe with one of Spring's favourites.

3 c. sliced fresh rhubarb, divided
1/2 c. unsweetened which grape juice
2 T. cornstarch
1 t. ground cinnamon
1/4 t. ground nutmeg
1/8 t. salt
1 pint fresh strawberries, sliced (about 3½ c.)
3/4 c. no sugar added strawberry fruit spread, divided.
Pastry or cereal crust for 9-inch pie

Preheat oven to 450°F. Combine 2 c. rhubarb and grape juice in medium saucepan. Bring to boil over medium heat. Reduce heat to low. Simmer, uncovered, until rhubarb is tender, 8-10 minutes; drain. Combine cornstarch, cinnamon, nutmeg and salt in medium bowl; mix well. Add strawberries; toss to coat. Stir in cooked rhubarb and 1/2 c. fruit spread. Stir in remaining 1 c. rhubarb.

Fill pie shell with fruit mixture; dot pie with remaining 1/4 c. fruit spread. If using pastry, cover top of the pie with 1/2-inch wide lattice strips. Bake 10 minutes. Reduce oven temperature to 350°F. Continue baking 30 minutes or until pastry is golden brown and filling is hot and bubbly. Cool on wire rack. Serve warm or at room temperature.

NOTE: Pie may be covered loosely with foil during last 30 minutes of baking to prevent overbrowning, if desired.


WET T-SHIRT CONTEST
EVERY THURSDAY
$100 WINNER EVERY WEEK FOR 7 WEEKS
TOURNAMENT OF CHAMPIONS
June 30th - $500 Prize
D.J. Every Thursday - LIVE BAND - Fri. & Sat.
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THE TOWN HALL
SALMON STEAK $8.95
TURBOT STEAK $9.95
CHICKEN BREAST $9.95
in Peaches 'n cream sauce
(above all served with rice/salad)
NEW YORK STEAK $8.95
choice of Potato, vegetable & salad
Ask about our FRESH LOBSTERS!!
LIVE MUSIC EVERY FRIDAY & SATURDAY EVENING

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NEW OWNERSHIP
SUNDAY BRUNCH
ALL YOU CAN EAT ROAST BEEF BRUNCH $9.95
10 a.m. - 2p.m.
Your Hosts Kevin & Colleen
FISHERMAN SPECIALS ALL WEEK
Fri., Sat., & Sun.
Early Riser Breakfast
6:30 a.m. to 9 a.m.
choice of bacon, ham or sausage, eggs, home fries, toast, coffe or tea. $3.95
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Open 7 Days A Week 6:30 a.m. to 1 a.m.
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9 REGULAR GAMES .. $35.00 5 SPECIALS .. $50
1 EXTRA SPECIAL ... $1925
If Won in 6 numbers (Over 6 numbers - l0 of Extra Special)
1 JACKPOT $250.00 1 BONANZA 2 SHARE THE WEALTH
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158 Pitt St.
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Trapdoor Theatre
IMPASSIONED EMBRACES
pieces of love and theatres
by JOHN PIELMEIER
produced through special arrangements with Dramatists Play Service, Inc.
Tuesday June 1/93 at 7 pm
DINNER AND PLAY $19.95 p.p.
Green Salad- Chicken Parmesan or Baked Lasagna - Potato & Fresh Vegetables - Garlic Bread - Rolls & Butter - Coffee - Tea and Dessert
Wednesday June 2/93 at 7 pm
DINNER AND PLAY $24.95 p.p.
Green Salad - Prime Rib - Chicken Kiev or Sole Almondine - Served with Oven Roast Potatos - Fresh Vegetables - Rolls & Butter - Coffee or Tea and Dessert
Thursday June 3/93 at 7 pm
CLOSING SHOW $29.95 p.p.
Same Dinners as Wednesday with Glass of Wine and Cast Party ofter Play. Snack Buffet will be served.
(adult theme 18 yrs.)
TICKETS AVAILABLE AT GEDORO'S RESTAURANTand through CAST MEMBERS. All prices subject to PST and GST.
Gratuity Included!!!
SEATING ALL NIGHTS ...1st Come Basis
Live Dinner Theatre On Stage
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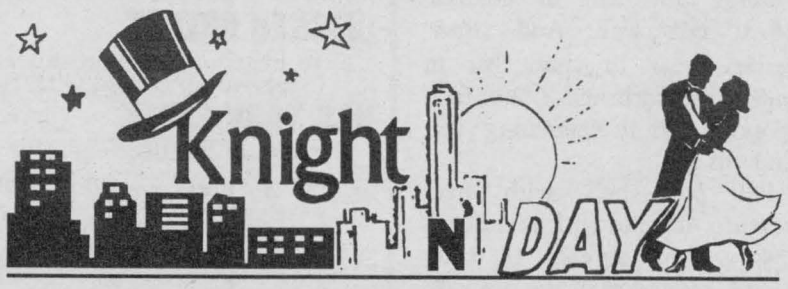
SEAWAY NEWS

ENTERTAINMENT



Entertainment - Special Events & Restaurant Review - By Bud G. Knight

We hope all the *MOM'S* were able to enjoy a day off from the usual household chores last week. Perhaps the busiest *MUM* of all was *MUM'S RESTAURANT* on Marleau Avenue as they celebrated their official opening. *MUM'S PLACE* is the new name of the former Wholly Cow/KD Diner with owner, Pat Larin and daughter Tammy. The restaurant manager is Rachel Leduc and they are open Mon.-Fri. 6 am - 3 pm with an 8 am - 2 pm schedule on Saturdays. There will be daily luncheon specials including sandwiches served on homemade bread slices.

The chef is Brian Bergeron with help from sous-chef Mike Brieur. All aptly served by Lise Vincent in the newly renovated surroundings. The whole gang are anxious to meet new friends and also to serve you some of their special sugar pie.

Pictured this week in the column is a familiar quartet of music makers. It's Bookshop Recording stars *BRUCE GOLDEN* and his band, *BORDERLINE.* The newest single for this popular area group is called *FOREVER EYES.* It's a nice ballad and is getting lots of airplay on the area country stations. Bruce appeared a few times as part of the old *CORNFEST DAYS* stage shows and at many local and area functions as well. The *GOLDEN/BORDERLINE* sound didn't just happen. It got its start in 1976 when Bruce assembled his first country act, the Bruce Golden Trio. It was soon made into a foursome called Country Gold and now called Borderline and enjoying great success. Many area fans will recall the Highland Country Music Festival in '87 and '88 hosted by Bruce and the appearances by Bruce at Wayne Rostad's Clog shows in Gatineau.



Looking for something different to do on Saturday afternoons? Come to the Army Navy (A.N.A.F.) Club on Marlborough Street to hear *GASTON, GILLES, ENNO* and the *BOYS* as they pick 'n sing for your pleasure between 2 pm and 7 pm on Saturdays. The best part about the weekly session is that *YOU* can join the fun too. If you sing, play an instrument or merely just want to listen in, then the gang at ANAF awaits your visit. The "groovin" is great and sometimes *ENNO* will even attempt a yodel or two (so they tell me anyway).

Don't forget to get your tickets early for the annual variety show staged by the *SEAWAY SENIOR CITIZEN CLUB* on May 22nd at Aultsville Hall at 1:30 pm and 7:30 pm. The troupe are doing "There's No Business Like Show Business" and the rehearsals have been great. There will be line dancing, singing, tap dancing and comedy. As we reported in a past issue you can call 932-4969 for tickets and information. This is their 5th annual show and it promises to be the best yet. Good luck again troopers.

Here's something exciting planned for *GEDORO'S* on Pitt Street for the start of June. *TRAPDOOR THEATRE* and *GEDORO'S* will be presenting *IMPASSIONED EMBRACES* presented through special arrangements with Dramatists Play Service, Inc. Tickets for the first dinner and play on Tuesday June 1st at 7 pm are $19.95. There will also be similar combined dinner/play tickets for June 2nd and 3rd. Call *GEDORO'S* for info. at 938-2791. While on the subject we can also remind you about *UP WITH PEOPLE* and Rhythm of the World at Aultsville Hall on May 14th and 15th at 8 pm.

THE INTRUDERS, one of Cornwall's best kept secrets will be playing at *QUINN'S INN* at St. Andrews West on May 14 & 15 from 9 pm - 1 am. The group, composed of Paul and Robbie Makariak, Ben Young and Clark Werely capture the look and sound of a mid 60's rock band with their way out clothes and original instruments.

And while you're busy covering the "hot spots" don't forget the NHL action playoffs ... taking place at *ODIE'S,* where you've got *FIVE SCREENS* (including the *GIANT* 100" screen) to enjoy simultaneous viewing.

Gotta go. G'Day and G'Knight.

Last Week:

- Cornwall's first full-time mayor Gerald Parisien dead at 73.
- Plans to reduce United Counties council gaining more support.
- John Milnes & Peter Valade, members of Cornwall Environment Resource Centre, charged with making false UI statements.
- City unable to offer financial assistance towards gym renovations at Viscount after council learns provincial matching grants unavailable.
- NDP gov't continues to keep Cornwall guessing as to decision of downtown provincial building.
- Life back to normal as Morrisburg residents given 'ok' to drink tap water.
- Charlottenburgh Twnsp. employees agree to 2% wage cut in exchange for contract extension.
- Cornwall Twnsp. council votes itself 2% raise.
- Domtar lays it on the line with employees if they wish company to remain viable.
- Bike safety campaign begins.
- No provincial funds results in no summer classes for elementary students.
- Approx. 3000 participants in the 39th annual Kinsmen Music Festival.
- Cornwall's Canada Week Committee planning to spend $2000 more on Canada Day fireworks.
- Push to ban Quebec tradesmen gathering momentum.

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IN OUR PUB
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COUNTRY STYLE BRUNCH
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des gens de chez nous
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ON THE PROWL FOR A GOOD BUY?
Check The Classifieds
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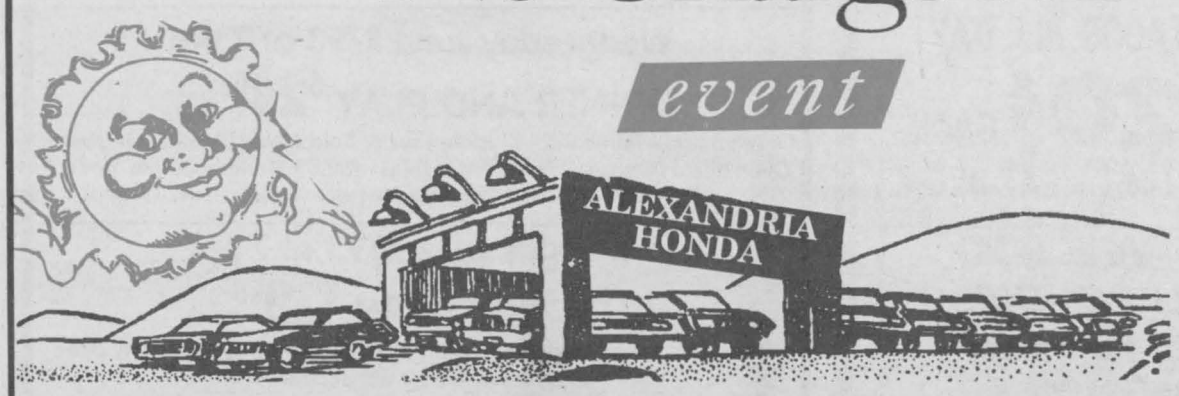
SEAWAY NEWS

HURRY! THE SUN IS SETTING
No Charge Air
event





ACCORD SEDAN LX

For a brief time Alexandria Honda has a limited supply of Accord LX Sedans - all with air conditioning at no extra charge.* This offer also applies to a limited number of Civic Sedans. Improve your cash flow and your air flow. Act now. Even as you read this ad, time and air are running out.

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Better Value By A Country Mile
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1-800-267-2333

Remember your seat belts. It's a simple fact of life.
*No charge air conditioning available on Civic Sedan models (EG855P, EG865P, EG856P, EG866P) and any Accord Sedan LX (CB764P, CB754P) model for a limited time. See Alexandria Honda for details.

SEAWAY SPORTS

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MONDAY MAY 10, 1993 SECTION B

Tri-County Karate Self Defense Courses



Pictured at right (top photo) are (frt. row) Sylvie Pitts, Michelle Brunet, Janet Mallory. (back row) Rachelle Delisle (asst. inst.) Micheline Vivarais, Lucie Levac, Francine Landry (Rick Prier, asst. inst. not avail.), Mr. Richard Donnelly (inst.)

These ladies received certificates of Participation and Accomplishments in Tri-County's Karate & Self Defense 6 week program on Women's Personal Self-Defense Level I. Congratulations ladies.



Pictured in bottom photo is Rachelle Delisle (asst. inst.) demonstrating a reverse inside wrist lock with take down on Pierre Legault's frontal attack. The program is designed specifically for women and its purpose is for maximum retention and to give a working knowledge of effective, practical and efficient self-defense.

The program includes theory & practical tactics enhancing awareness and confidence through cardiovascular warmups, basic hand techniques, stances, mental & physical positioning and body mechanics. The next program commences mid May until the end of June.

CANADIAN SPORTS

Realignment boosts entertainment value for Penguins' fans

By Frank Orr

The decision by Pittsburgh Penguins to accept a switch to the Adams Division in the National Hockey League's realignment is a bonanza for their fans. Instead of the Patrick Division, with some of the least exciting teams in the league, the mighty Pens will now play in the NHL's most interesting, live-wired division against several top stars. Mario Lemieux and the Penguins against the Montreal Canadiens, the Boston Bruins, the Buffalo Sabres and the Quebec Nordiques will produce perhaps the best hockey in the business. Maple Leafs fans, of course, would have preferred residence in the Adams sector. But the consolation prize in the shuffle isn't bad: The Winnipeg Jets, a very entertaining, high-speed team, join the Norris. . . . Adams Division teams beware! The Boston Bruins will be a very tough playoff foe. Winger Cam Neely is at last playing well and goalie Andy Moog, one of the very best, hits the playoffs on a roll. The Bruins are a deep, confident team with good youngsters and excellent veterans. . . . Sure, he's been an NHL first all-star four times, but has any player achieved more with less attention than Luc Robitaille of Los Angeles Kings? His "worst" production in seven NHL seasons was 40 goals. This week Robitaille, with his 61st goal, broke Steve Shutt's season goal-scoring record for left wingers. In a high-speed game, Robitaille is not quick, but he proves that being smart on the ice still can count for something. . . . Roger Neilson certainly was the cause of all New York Rangers' problems this season. Just look at how sacking him turned that team around.

No-name defence: Listed individually, the Penguins' defence does not inspire Stanley Cup thoughts — Ulf and Kjell Samuelsson, Larry Murphy, Jim Paek, Mike Ramsey, Peter Taglianetti, Paul Stanton. But as a group, they form a near-perfect playoff unit. The Penguins backliners make few mistakes in the defensive zone, the trademark of good teams coached by Scotty Bowman. They make the game simple by keeping the puck along the fence and seldom try risky cross-ice passes. During Bowman's big days in the '70s with the Canadiens, Serge Savard was the perfect defenceman, not fast but smart and resourceful. Now Scotty has a carload of guys who play that way. . . . Even a day in the Masters spotlight for Arnie and Jack was great nostalgia, bad for the pro tour. Palmer and Nicklaus, the ultimate golden oldies, showed just what a colorless batch of technicians play the game now. . . . Nick Faldo might be the best player in golf but would you pay half a buck to watch him play a round? Even his great shots inspire yawns. . . . Big breakthrough: The U.S. women's college basketball final had a higher TV rating than a competing NBA game between Chicago Bulls and Boston Celtics.

Lose those shorts: Worst sports uniform since hockey tried coveralls with long pants is baggy, droopy basketball shorts. It now appears that the game is played by spindly-legged kids whose pants are falling down. . . . Legendary Toronto figure skating coach Ellen Burka, who tried coaching U.S. wiseguy Christopher Bowman for a year, is not optimistic about his try for a comeback in the '94 Olympics. "Christopher is a charmer, he's a genius, but his attention span is worse than my dog Monty," Burka said. . . . Wayne Gretzky hits the playoffs in good physical condition after missing the first half of the season and the L.A. Kings are playing solid hockey. Gretzky's best playoff probably was '87 with Edmonton Oilers when he had 43 points in 19 games after missing the middle part of the schedule with a knee problem. . . . Isn't something a little out of whack when Joe Montana, arguably the best quarterback ever, is shopping himself around the NFL like a hired gun trying for one last hurrah? . . . Scotty Bowman is a big booster of Scarborough's Rick Tocchet, who is now a big man for the Penguins. "He's a great player and the big reason for that is he doesn't think he's even a good player," Bowman said. "He plays every game as if his job is on the line and he practises the same way. Call an optional workout and you know that Tocchet will be the first guy here."

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by Ken McLaughlin
Colts Director of Public Relations

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Don't forget, 1993-94 season tickets are now on sale to the general public at our office in the Civic Complex. We're open Monday to Friday from 9 am to 5 pm. I'll have more details in this column next week.

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Courageous Foligno never doubted he'd be back

By Jim Proudfoot

DETROIT — Mike Foligno wasn't expected to play another minute of hockey after a hideous leg fracture knocked him out of the Maple Leafs' lineup only 16 months ago.

So his mere appearance at training camp last fall was astounding. His excellent results throughout the 1992-93 NHL campaign came as a surprise, too. And nobody, least of all Foligno himself, would have dared predict that on April 27, he would be the goal-scoring hero of the overtime victory that gave the Leafs control of a Stanley Cup playoff series against the Detroit Red Wings.

Thanks to Foligno, who had assisted on the third-period goal that forced extra innings, the Buds can now advance to the next round of the playoffs by winning again at home tomorrow evening.

"From the moment I woke up after coming out of the operating room, I never stopped believing I'd come back — lots of people didn't. But I do consider every game I've played since has been a blessing. And now I score the biggest goal of my career," said Foligno, 34, an NHL regular since 1973. "I'm going to have a tough time keeping a level head after this."

Foligno's progress was from a wheelchair to crutches to a walking cast to his first unsupported steps to jogging to running to skating on roller blades — and finally on to genuine ice with actual skates. He was the fastest man at camp and easily won his old job back.

Foligno got into 55 of Toronto's 84 regularly scheduled matches this term, and shot 13 goals. But he did not suit up for the playoff opener here April 19 and was activated for Game 2 mostly because the Leafs had performed so dismally. Coach Pat Burns turned to him in desperation.

The same held true last night when right winger Rob Pearson was diagnosed with a concussion after being slammed into the boards by giant Keith Primeau midway through the second period. Suddenly, Foligno became a regular on a makeshift line with Mike Krushelnyski at centre and captain Wendel Clark on the left flank.

Foligno had discussed his situation after yesterday's morning practice.

"I'm dressing but the coach isn't using me much so you'll see me going like all get-out when I do get on the ice," Foligno said then. "Knowing I don't have to last long, I sort of throw caution to the winds. That's the best way I can contribute."

Burns' strategy for this critical contest had been to disturb the redshirts' early momentum with a bewildering series of alignment changes. He succeeded in slowing down the tempo the opposition had hoped to develop. And the only glitch was when Detroit's Gerard Gallant found himself uncovered on a messed-up Toronto switch, and easily opened the scoring. Otherwise, Burns' legerdemain worked effectively, but only for a while.

Another thing: Foligno was almost always the odd man out in all this juggling.

"But he pretty well had to go with me after Pearson got hurt," Foligno said. "And then I dodged a bullet near the end, after Clark had tied it. Paul Coffey got away from me — he'll even do that to fast guys — but hit the post."

Foligno's industrious forechecking had a lot to do with that equalizer and the scoring play was Clark (on his own rebound) from Krushelnyski and Foligno.

The winner, two minutes and five seconds into overtime, was typical of the way these Leafs score — not a thing of beauty but the result of uncompromising toil.

First it was Foligno's digging that got the puck into Detroit territory. The Wings got possession but failed to escape when Clark relieved Nikolas Lidstrom of possession. Foligno drifted into the middle, accepted a lateral from Clark and as he unleashed a slider, Krushelnyski mushed into the Wings' goalmouth, blocking the netminder's view. In it went.

The Leafs had been on the wrong end of a 4-1 score in the seventh minute of the second period. That, together with Pearson's injury and a pronounced enemy edge, was making for a bleak picture. But defenceman Dave Ellett sank a couple and the Toronto side entered the last 20 minutes with considerable optimism.

"One of the big pluses with this club," Foligno observed, "has been its ability to play well right up to the end of every game. You saw it tonight. I think it's reasonable to say Detroit's quicker than we are. But who was stronger at the finish, and in overtime?"

Memory scrolls back to the first day of the Leafs' preseason exercises last September. Several players glowered at Burns when he ordered five extra laps of the rink. He took note of their resentful reaction.

"Do it, guys," he barked, "because there'll be a night next April, in overtime, when the work we do now will pay off for us."

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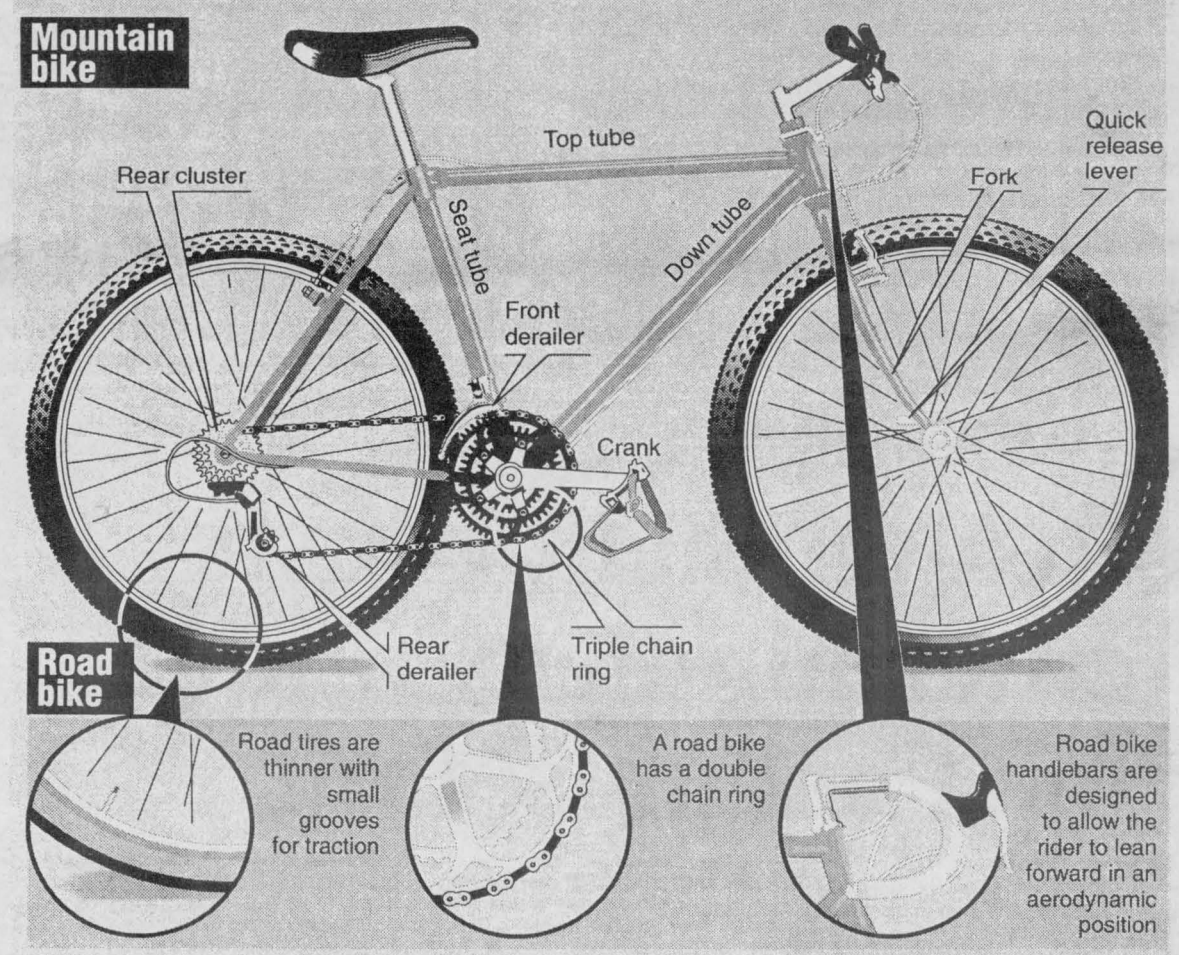
Mountain bicycles vs. road bicycles



SOURCE: New Orleans Times-Picayune research

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Chesterville: Crime Stoppers needs your help in solving a complaint involving damage to vehicles on Main St. N. (in front of the Masonic Lodge). Damage included broken gear shifts, damaged consoles and a broken antenna. This damage occurred between 9:00 p.m. and 10:30 p.m. on Wed., April 21, 1993. Anyone with information on this or any crime may be eligible for a cash reward of up to $1,000.
GLENGARRY
Kenyon Twp.: Crime Stoppers needs your help in solving break, enter and theft that occurred between the April 1st and 11th, 1993 at Lot 11, Con. 3, Kenyon Twp., approx. 1 km east of the Dorney road. Entry was gained by kicking in the front door. Stolen property includes a 12 Gauge shotgun, a 303 rifle and 2 televisions. Anyone with information on this or any other crime may be eligible for a cash reward of up to $1,000.
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Helping young cyclists take control

(NC) With the return of warm weather, more families have returned to the streets to enjoy the sport of cycling. Here are some tips to help your youngsters learn the skills they need to cycle safely.

1. On and off
Have your new cyclist practice getting on and off the bike until they can do it easily.

2. Start and stop
Have your child practice starting and stopping until it can be done without wobbling or swerving.

3. Straight line
Lay down a piece of tape or draw a chalk line on a driveway or unused parking lot. Have your youngster ride without going off the line – first fast, then slow.

4. Straight stops
Have your child ride towards a spot on the ground. See if he or she can stop in a straight line at that point. With hand brakes, always use both brakes to stop or slow down.

5. Shoulder checks
Get your child to practice looking back, to check for traffic, while riding in a straight line. Shoulder checking is the safest way to watch for traffic; looking back while riding in a straight line is an important cycling skill.

6. Straight signal
Have your child practice turn and stop signals while maintaining a straight line. Remember... left arm straight out for a left turn. Left arm bent upwards for a right turn. Left arm bent downwards to slow down or stop.

7. Figure eights
Practice turning by doing figure eights. Your child should lean into the direction of the turn and keep the inside pedal up, so it doesn't hit the ground. This will teach kids how to dodge road hazards like rocks and holes.

8. Quick stops
It's a good idea to practice quick stops. Make a mark on the pavement, then have your child try to stop on the mark without swerving or skidding.

9. No skidding
Skidding is a dangerous way of stopping. To avoid it, ease up on the brakes. With hand brakes, that means easing up on the front brake.

The first rule that any new cyclist should learn is that they should always wear their bicycle helmet when driving their bike. Not just any helmet will do – it should be an approved cycling helmet which is fitted and worn correctly.

Through the Canadian Tire Child Protection Foundation, a free Canadian Tire Cycle Safe Helmet Kit is available to all schools, police and community groups promoting the use of bicycle helmets. The kit includes sample helmets for sizing, one "Gearing Up – A Guide to Safe Cycling" video, Cycle Safe activity books, measuring tapes, order forms for the Supercycle bicycle helmet and a Helmet Awareness Campaign Planning Guide. Through this program, Canadian Tire is offering a bulk discount on the CSA-approved Supercycle bicycle helmet.

A full information kit is available on the Canadian Tire Cycle Safe Helmet Kit. For your copy, please write: Canadian Tire Child Protection Foundation, Box 770, Station K, Toronto, ON M4P 2V8.

Sports Hall of Shame

by Nash & Zullo

DURING A 6-1 WIN OVER UTAH IN 1992, CAL STATE-NORTHRIDGE BATTER DENNY VIGO FANNED WITH THE BASES LOADED ON A BALL THAT DARTED AWAY FROM UTAH CATCHER KEITH McDONALD. BY THE TIME McDONALD TRACKED DOWN THE BALL, TWO RUNNERS HAD SCORED. THE CATCHER THEN FIRED THE BALL WILDLY PAST THE PITCHER WHO WAS COVERING HOME, ALLOWING ANOTHER RUNNER TO SCORE. IN ALL, IT WAS A THREE-RUN STRIKEOUT!



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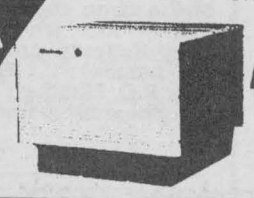

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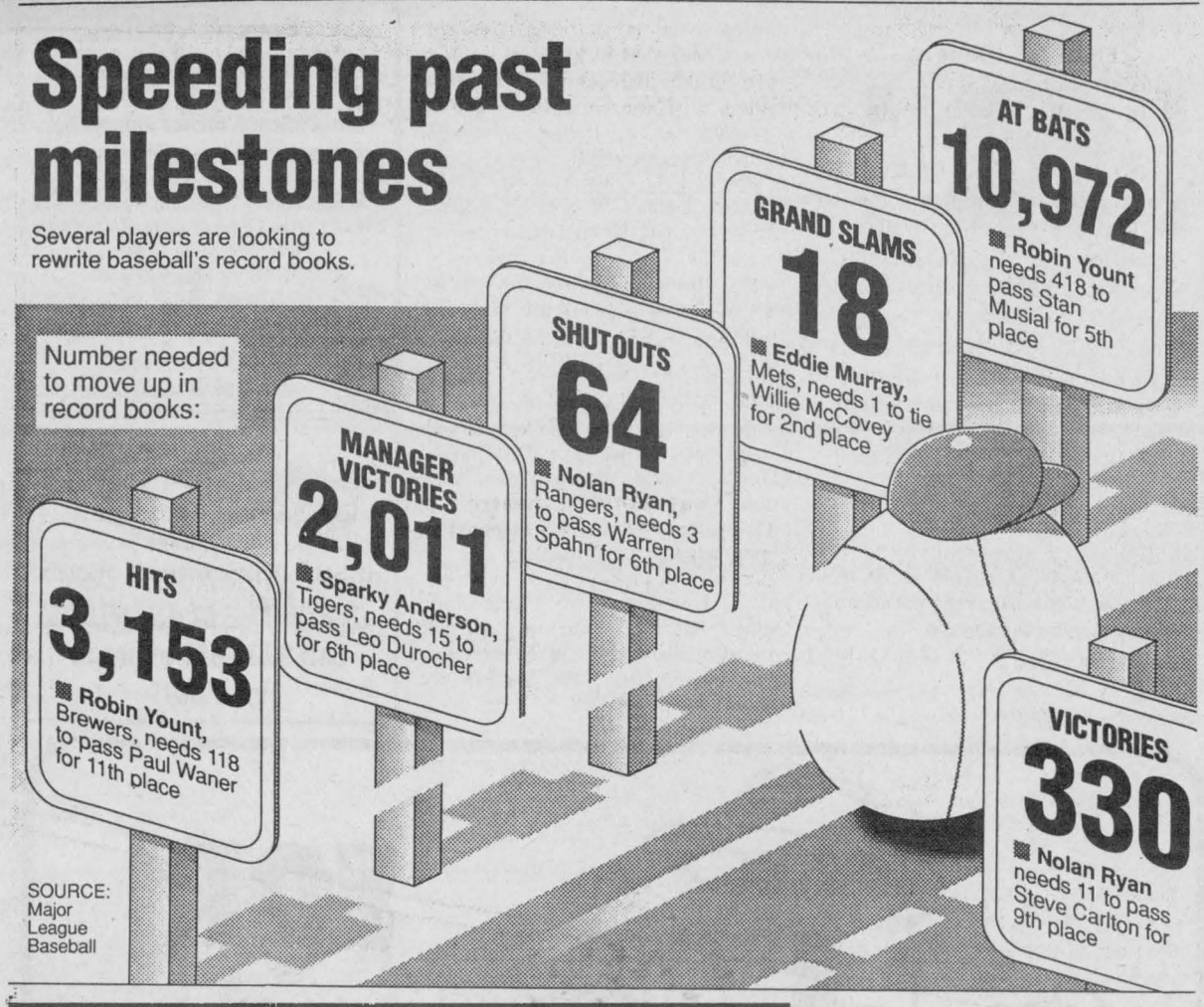
Speeding past milestones

Several players are looking to rewrite baseball's record books.



Leafs' next step: Out with the old

By Jim Proudfoot

DETROIT — The Maple Leafs beat the Detroit Red Wings the other night with players averaging 28 years of age. That's much too old for a team that has just begun to work its way out of the slums of the National Hockey League. Elderly clubs are wont to skid downhill rapidly, you know — and sometimes unexpectedly.

The Wings, in comparison, are better off at 27, even after adding veterans Mark Howe and Paul Coffey to their defence — without that pair, Detroit's number drops to a more acceptable 26.

Clearly, the Toronto roster will undergo extensive alterations before the 1993-94 campaign opens next October. Some current fixtures will be replaced. That's got to be the case, even though the Leafs are now adding a rousing playoff effort to a highly satisfactory performance throughout the regular schedule. Eighth in the aggregate standings, this team has been one of the best ever to represent Toronto in the NHL. Yet it will change. It must.

"The project we undertook with this organization almost two years ago is far from complete," says Cliff Fletcher, stating the obvious as president and general manager of the Leafs. "That job goes on. We'll be striving to build on what we've accomplished."

Two important drafts lie ahead. The Leafs could lose a body or two when talent is supplied to the new NHL franchises in Miami and Anaheim. Then there's the matter of graduating juniors. The Leafs get the 12th and 19th picks in that draft, which makes the procedure absolutely vital to the Toronto program — this summer's crop of 17-year-olds is considered exceptional.

What comes next, after the Leafs either win the Stanley Cup or fail to, is a meeting of all the coaches and scouts and management personnel Fletcher has brought together on his staff, worldwide. They'll assess what they've got, what needs to be weeded out, what their requirements are and how to meet them, and last, what moves make sense. Until then, it's fun to speculate.

The first problem is depth. The Leafs delivered excellent results all season long, especially in winning 25 of 42 at the Gardens. But in more demanding playoff competition, shortcomings have surfaced. Coach Pat Burns simply doesn't have enough quality athletes to work with. Others are out of gas.

So Fletcher's task continues though he cannot specify how just yet.

Don't forget now that goaltender Felix Potvin, 17-7-4 down the stretch, was a most impressive rookie.

So was defenceman Drake Berehowsky, after being recalled from the farm system March 4. He'll be a first-stringer next term.

Right flanker Nik (the Stick) Borschevsky scored 34 goals as an NHL newcomer. Rob Pearson, a regular winger at 22, counted 23. Kent Manderville, a Calgary first-rounder acquired in the Doug Gilmour trade, has returned from the minors to contribute significantly in the current series against Detroit.

It's safe to say Burns and Fletcher would like to incorporate at least that many new faces in their autumn lineup.

Yanic Perreault, initial draft pick of 1991, led St. John's of the AHL with 49 goals and 45 assists. Brandon Convery and Grant Marshall, No. 1 and No. 2 last June, continued their hockey education. Janne Gronvall and Alexei Kudashov were observed prospering overseas. Damian Rhodes, 24, posted 27 victories as St. John's goalie.

And there's always the prospect of a trade or two engineered by Fletcher, the Silver Fox.

In short: A piece of the action is what keeps Glen Sather in Edmonton . . . They're calling them the Mighty Ducats, now that ticket prices have been announced . . . All the MLG directors are back on the bandwagon after a few bailouts when the team lost twice here last week . . . Over at the world championships, Finland has been saving a spot for Teemu Selanne . . . Ron Wilson, who often centres for Brett Hull in St. Louis, shadowed his father, Bobby Hull, 13 years ago. He was with Winnipeg then, the Golden Jet with Hartford . . . Feisty winger Gerard Gallant becomes a free agent now and a new employer wouldn't have to compensate the Wings . . . When Harry Ornest owned the Blues, he was reviled by his fellow governors for suggesting new names for the divisions. Many of the same guys promptly agreed this winter when commissioner Gary Bettman proposed changing the names . . . Hollywood Park boss R.D. Hubbard strongly backed Woodbine as a Breeders' Cup site.

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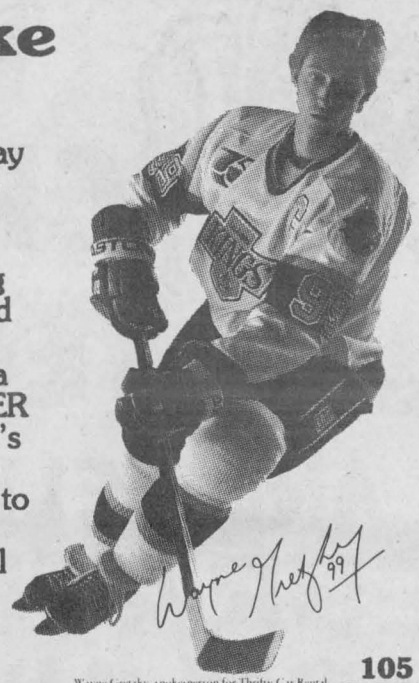

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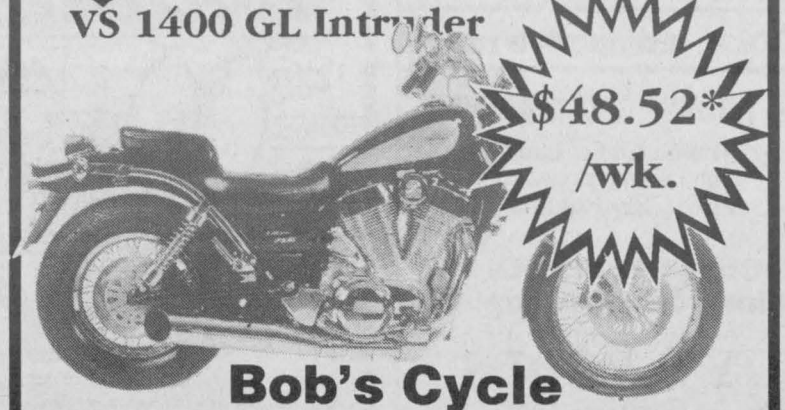

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To devoted readers ... please be informed Sylvia's Slant will not be available until June 1st ... she's gone up "in a puff of smoke"! Have a wonderful holiday, Sylvia, & enjoy all those grandchildren!

Performers from all three United Counties, dance groups, great professional singers, along with a Broadway and Hollywood husband and wife team ... must be the Down Memory Lane Show!

Concerned Canadian citizens would like to congratulate our mayor on his stand on employment equity. All jobs should be filled on merit & not by quotas!

"On Side" with C.A.S. (Children's Aid Society) ... on the whole, they do a decent job "protecting" children. If you've got a bad credit rating, you lose your right to credit. Surely children are as important & you should lose the right to them if you "abuse" the privilege.

Cornwall Assoc. of the Deaf (lic. #131089) drawn Apr. 29th ... from Cornwall (1st/Bird House Feeder) Scott Smith ... (2nd/Can. Goose Mobile) Gabriel Lalande... (3rd/Wooden Bird Feeder) H. Bray.

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I don't make jokes ... I just watch the government & report the facts! ... Will Rogers.

It would appear the NHL players are on a "razor" strike! ... what is it, Macho Macho???

Food for thought ... some who are not paid "what they are worth" ... should be grateful!

With thanks to Beatrice Riddell for spreading the good word ... the nomination of Stephen Barkley of Winchester, for his achievements & accomplishments over his disability. Stephen has been 1 of 12 chosen to receive the Provincial Community Action Award, in Toronto, on June 1st. The honour & ceremony will be taking place at Queen's Park. Congratulations!

And on the same vein ... this "question-of-the-week" asks can Mayor Martelle & council continue to stonewall on the "contract conditions" with the Nordiques??? Even Charlie (CJOH) Greenwall is hot on the story!

Mayor Martelle "pointing finger at feds to honour treaties" ... does he wag that same finger under the nose of Bob Rae, asks this caller.

Did you know that ... at our current birth rate & immigration levels ... Canadians suffer the very distinct possibility of becoming extinct (StatsCan). So much for concerns of being gobbled up by the U.S. ... or language rights!

Several readers called to express surprise at the size of the parking increase at the Gen. ... by the same token, there was also reaction to the lack of "public notice"?!?!

Vagabond Theatre (St. Lawrence H.S.) presenting "Doc". This innovative show is not to be missed ... May 12 - 15!

With break-ins on the rise ... welcome to Bob Hart on his opening of "Strobe Security". His experience & knowledge in the business, should eliminate some of those sleepless nights.

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Shame on us ... we have it on "good" authority that the McConnell Medical Centre WILL NOT be raising their parking rates in spite of proposed extensive renovations taking place in the near future ... making for a lot of "happy, happy" folks, right Robert?!?



We have to get our "local" news from the Ottawa Citizen, says this gentleman. The Apr. 28 iss. of the Citizen read that there would have to be a min. of 3000 ticket sales if the City AHL games is to show a profit ... the "deal" also calling for the installation of 700 to 1000 seats. "Who, in town, knew that", he asks.

What does Mr. Cook know, that we don't ... that's worth $99,000?!?


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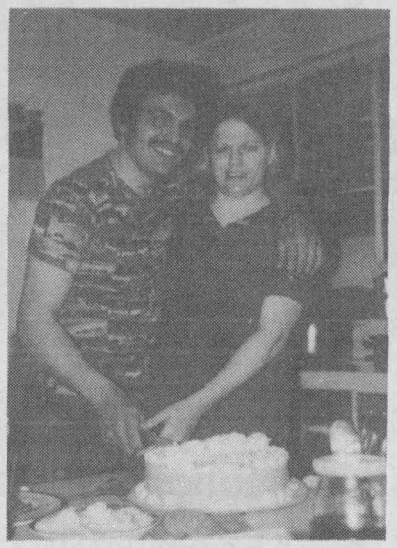
Look who's doing the Anniversary Waltz ... Carm & Yvonne Aube (May 12) ... continued happiness!



Lordy, lordy ... the twins have reached FORTY! Happy birthday ... Bernice & Brian (May 13). Best wishes from the family.



Dad, sorry you weren't in the picture last week, but you're always "in the picture" with mom, especially when it comes to anniversaries. Happy 32 loving years, Mr. & Mrs. Lullwitz.



The children of ... Rita & Leopold Lauzon ... invite all family & friends to an "open house" in honour of their parent's 50th Wedding Anniversary ... on Sun./May 16, 2 - 4 pm, South Service Rd. to Amondale Bay "next to Creg Quay". Best wishes only.

"Starlite", the newest wonder material, was created by "Maurice the Hairdresser ... this "wonder" material has been proven to withstand the effects of 75 nuclear blasts. Unfortunately, "Maurice" hasn't suggested how to dispose of it when it no longer is needed!

Anniversary wishes to ... Mr. & Mrs. Rheal-Theresa Seguin ... from the backroom boys at SN.

Happy Mom, Mother & Grandmother's Day ... "mom Carol", "mother MacDonald" & "grandmother Mary Giroux" ... oxoxox, love always from Edgar, Adam & Ashley-Lynn (& Carol)!!!

Looks like according to his last letter ... John Milnes has "moved" to Cornwall.

Mr. & Mrs. Stuart MacDonald ... Mr. & Mrs. Raymond McDonald ... Mr. & Mrs. Alan Munro, all of Alexandria, had a very busy April ... after attending the wedding of their cousin, Lisa MacDonald (daughter of Mr. & Mrs. John B. Jack MacDonald) to Anthony (Tony) Armino in LaJolla, Calif. on April 17 ... followed through with a trip to Las Vegas & Mexico.

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It's a happy 36th to ... Charlene King "the hot cook at Harve's Diner" on Pitt St. From all your friends.

Happy belated birthday to my sister & brother ... Jabber & Big Ben (Joan Benton Filion & Neil Benton) on May 6th & 8th.

Some things never change & good things are worth waiting for ... 16 years later Karen & Brian still going strong ... wonder if it will take another 16 years to get married?

Happy "61st" ... Gord Runions on May 12. Best wishes from Marcel, Diane, Denis!

Roland Seguin having his "big day" on May 9th!

Look who's 17 ... Robby Ward on May 17! Happy birthday with loads of love from dad, mom, Jonathon & Hannah.

Alexandria celebrants ... Yvonne Carriere, a lively 85 on May 16 ... & Marie Ange Billette entertaining 90 on May 17. Best wishes & congratulations.



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Happy birthday ... Wha Woo (Matthew) ... ALL OF 14 on May 12. Love from mom, dad & sisters.

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Natural insect repellent leads the way for other products

The 1990s have been dubbed the environmental decade, yet certain product categories, such as insecticides, have stubbornly resisted this new trend toward earth conscious alternatives that work. Now all of that is changing.

Helping to lead the transformation is a new product called Garden Thunder 100% Natural Insect Control. This product, manufactured by Natural Earth Technologies Inc., and developed by Louis Champon is one of the first products of its kind to receive approval from the E.P.A. for both outdoor and indoor use, including use in the kitchen.

The road to developing an all-natural insect killer was neither short nor an easy one to travel. The first obstacle was creating a natural product that would be every bit as effective as the synthetic-based formulas. It took Champon two years of intensive development in the laboratory, testing hundreds of natural extracts to create the finished formula.

The final formula blended chili and mustard extracts into a powerful insect killer that worked on contact against: ants, spiders, cockroaches, waterbugs, earwigs, centipedes, millipedes and other insects.

"I knew I had a good product, but I also knew that the E.P.A. approval process could be a difficult one," says Champon. After a long year of providing documentation and test data, the product was not only added to the FDA's G.R.A.S. List (Generally Accepted As Safe), but was approved by the E.P.A. (The E.P.A. has recently adopted new guidelines for natural and organic alternatives to synthetic chemicals that are somewhat less burdensome and should help streamline the approval process.)

For those interested in the Garden Thunder 100% Natural Insect Control or the 100% Natural Animal Repellent, also developed by Champon for Natural Earth Technologies Inc., both can be found this spring in local supermarkets and garden supply stores. Natural Earth Technologies offers a complete family of natural garden and home products.

Beautify your yard with an easy-to-build pond

If you really enjoy being in your yard and would like to give it that extra dimension to make it even more enjoyable, as well as the envy of the neighborhood, here's a great suggestion — put in your own yard pond! Too much trouble? Don't know how to do it? Through new technology, all these worries are needless.

Installing your own garden pond is simple, maintaining it is easy and, best of all, your pond will provide years of trouble-free enjoyment.

Ponds around the world

European gardens, particularly in Great Britain, southern France, northern Italy, Holland and Germany, almost always feature a yard pond.

Nine years ago, a German company, Tetra Werke, known best in the United States for its home aquarium products, developed a bonded two-piece heavy duty (32 Mil. thick) flexible rubber pond liner. This liner allows homeowners to free-form a yard pond efficiently and easily, in whatever shape is best suited for the terrain or the homeowner's needs.

This liner can withstand the warmest summers and the coldest winters, and is available in sizes big enough to create ponds almost 10 feet in diameter.

Through Tetra Werke's U.S. distributor, Tetra Sales, U.S.A., a full line of products and complete information on constructing a yard pond are now available.

How do you construct a garden pond? Start by selecting a location on your property where the ground is fairly even, although because of the flexibility of the liner some leveling can be achieved when digging your pond. The pond should be placed where it will get approximately six hours of sunlight per day.

While you can place your pond anywhere, it is not recommended to place it directly under trees, since falling leaves can foul the water and tree roots will make digging difficult.

Using a heavy garden hose or a rope, free-form your pond design to conform to your landscaping scheme.

When constructing your pond, dig both a shallow area and a deep area. Fish will feed on insects in the shallow area, and it is the ideal place for potted plants such as lilies.

The deep area will provide security for your fish and protect them from birds and small animals. Depending on your climate, the deep area of your pond should be anywhere from 24" to 40", and the shallow area from 4" to 12".

After digging out your pond location, line the ground with sand, carpet padding or even old newspapers, before installing the liner. This will protect the liner against sharp, protruding objects such as roots and rocks.

To create that professional look, build a rock border around your pond, allowing the rocks to overlap the edge of the pond by 1" or 2". You can landscape back around the pond and even build a patio if desired.

Easy maintainence

Maintaining your pond is very easy. Tetra has an economical, permanent pond filter and air pump, as well as a full line of water chemicals and foods to ensure that your fish will prosper. And if you want to add the grace and beauty of a waterfall or fountain to your pond, Tetra even offers a powerful and reliable water pump.

What kind of fish should you put in your pond? The hardiest are large Common or Comet goldfish. Depending on the size of your pond, these hardy fish will grow rapidly and can withstand the worst climates. As long as the water in your pond does not freeze to the lowest depths, these fish can survive the cruelest winters.

If you live in a warmer climate, you can select from the most prized pond fish: beautiful and exotic Koi, from Japan. These are increasingly available throughout the U.S., and although not quite as hardy as the common goldfish, they are treasured pond fish that have the potential to live for decades.

What should you do in the winter? Nothing! After the first frost, remove your filter and leave your pond alone until the onset of spring (as soon as the water temperature reaches 50° F).

Never feed your fish during the winter, as their metabolism directly relates to the water temperature, and when it drops below 50° F, the fish will not eat. In the spring, reinstall your filter and begin feeding your fish. A Tetra Koi pond thermometer will provide you with the proper guidance in feeding your fish according to temperature.

Your yard pond will provide years of enjoyment and truly make you the envy of your neighborhood.

Become an environmental gardener

• Don't just stick a tree in the ground and ignore it. Like other growing plants, trees need a little care for the first two years — including water, vertical support, and mulch.

• Birds are often desperate for water in winter, when the ground is frozen. A heated birdbath can help hundreds of birds to survive.

• You can attract specific animals to your garden with certain plants. Hummingbirds, for example, like red morning glories; butterflies are attracted to brightly colored flowers in full sunlight.

• Set you mower blades high. Don't be a victim of "golf course syndrome." Many Americans believe a healthy lawn looks like a manicured golf course; but the opposite is true. For most types of grass, the proper length is 2" to 3" high. This encourages longer, healthier roots, and provides natural shade for the ground around each plant — which enables it to retain moisture in the soil.

• Keep mower blades sharp. Dull blades tear grass (instead of cleanly cutting it), weakening the plants, and making them more susceptible to weeds and disease.

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Build high-style outdoor furniture

The first warm breezes of spring are a signal to homeowners that the days of outdoor entertaining and kicking back on the deck are just around the corner.

The right outdoor furniture can turn your deck or patio into an extra room in the summer months. Chris Inman, executive editor of *Today's Woodworker* magazine, says many homeowners now are adding the ultimate personal touch to their outdoor living spaces by building and finishing their own furniture to match their patio or deck design scheme.

One timeless design that's easy to build is the adirondack chair. Plans for this popular chair are available through Craftplans, a division of The Woodworkers' Store (21801 Industrial Blvd., Rogers, MN 55374-9514), a retail and catalog operation which caters to woodworkers.

"Actual size" project plans are the easiest to work with. Look for plans with clear instructions to "talk" you through the project from beginning to end. One tip is to make templates by tracing each individual chair piece onto 1/4-inch plywood stock, then cutting and smoothing these pieces.

Mark the lumber by tracing around these templates, then cut the pieces using a saber or band saw. This will give you more uniform results, whether you're building a single set or enough adirondacks to outfit an entire resort.

Inman says cedar is the first choice for lumber — when properly finished it will hold up to years of exposure to the elements, yet it is easy to sand and smooth for a professional-looking project. Plan on about 30 board feet per chair.

Once you've cut out and smoothed all chair pieces, the easiest way to guarantee professional results is to stain or finish the chair before assembly. For a natural finish there are a number of wood preservative products available — some popular brands come in a variety of shades to keep your chairs shipshape for years of deck lounging.

Rick Mueller from DAP Inc. says one alternative is to build your chairs using less expensive pressure-treated lumber, then add splash and dazzle with new water-based low VOC spray paints.

"You can use either Derusto or Spray 'N Go spray paints," he says. "For a uniform finish, I'd also recommend a primer. This will give you a nice base coat and also act as a leveler. It's not essential to prime; you can get the same effect with two coats of paint, but I think you'll get a better appearance."

Spray paints come in a variety of colors — even metallic, chrome- and gold-plated colors are available to let you stretch your creative muse. Or, go with popular summer shades like teal, aqua or rose. For a finishing touch, spray paints make it easy to add a stenciled design or pattern.

Mueller adds that all but the metallic finishes are VOC-compliant, making them safer to handle and easier on the environment.

Inman's choice for a dash of New England charm is authentic Windsor Green enamel paint. This paint is available exclusively through The Woodworkers' Store, which commissioned the Society for the Preservation of New England Antiquities to recreate the depth and character of this unique shade.

Armed with a set of plans and simple workshop tools, including a saber or band saw, drill and power sander, Inman says the average do-it-yourselfer can build a pair of chairs in a weekend — a short time, considering that reclining in an adirondack chair on a warm summer day is a pleasure you'll enjoy for decades.

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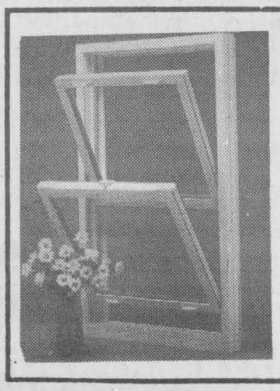
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Haley's Handy Hints



You know, there are some things you can never get enough of ... and one of them is a good kitchen hint!

Have you ever tried to make a bacon sandwich with nice crispy bacon that just won't lie flat? You know what I mean ... it just sits there, all curled up and uncooperative. Well, don't do anything rash with your rashers. Here's a way to persuade your bacon to lie flat ... and no, it doesn't involve a steam iron!

It's said if you simply dip the raw bacon in cold water first and then pop it into your frying pan, you should find the bacon fries up much flatter, which makes your sandwich-making much easier ... it also looks better on the plate that way.

Now, going from breakfast to dinner, let's climb aboard the gravy train. You know, I don't think anything quite enhances food like a good rich gravy. However, if, in the pursuit of such a treasure, you accidentally burn your gravy ... fear not! A quick trip to the pantry will save the day ... or the gravy in this case. It's said, that a spoonful of peanut butter stirred into burnt gravy will help remove the scorched taste. And no, you don't have to worry about the gravy sticking to the roof of your mouth!

And last, but not least, they say you can't get blood out of a stone. Well how about getting lemon juice out of a lemon. If you've ever tried putting the squeeze on a lemon, you'll know what I mean. Most times you end up with more perspiration than lemon juice. Well, here's a handy tip I heard about. Just pop the offending lemon in a pot of colt water. Bring to a boil, remove it (with tongs of course), cut the lemon in half, squeeze it, and you should get almost twice the juice you would normally get! With half the effort!

To order Graham Haley's 120-page "Home Reference Book" send $9.95 cheque or money order ($2.00 ea. tax & shipping) to:

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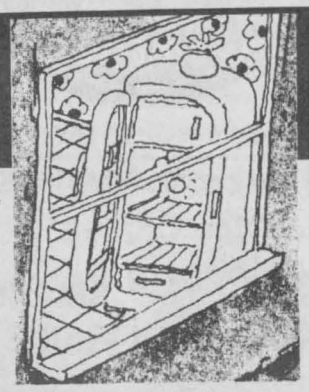
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Up with People Coming

The Up With People show, sponsored by Centra Gas Ontario, will rock Cornwall next month with tow performances at the Aultsville Hall on May 14 and 15.

The international educational entertaining group, with 130 students from 20 different nations will tour 10 cities in Ontario sponsored by the Gas company with the proceeds form all shows going to local charities around the province. Centre 208, a drop-in centre for youth will be the recipient of funds raised at the Cornwall shows.

The cast arrive on Wednesday May 12, take part in community service on Thursday May 13 and perform their two shows on Friday May 14 and Saturday May 15 before departing on May 16.

An advance promotion team for Up With People is based at the Centra Gas office on Pitt Street and will be promoting the performances through April and May. Through the medium of local businesses and service clubs they hope to promote the sale of block tickets and have already secured a $500 ticket purchase from the Cornwall noon Rotary Club. Other clubs interested in doing the same are urged to contact the advance team for more information. Tickets can be purchased at four outlets, the Brookdale Mall, the Kinsmen Centre on Fifth, and the Pitt St. Centra Gas office as well as the Prescott Centra Gas office.

Billets to host cast members during their four night stay are still being sought and anyone interested should contact Heather, Malte or Lee at 933-9778.

Up With People has performed in Cornwall once before 14-years ago and played to a packed audience at Aultsville Hall. Some local families hosting students this time around remember the last visit and recall it as a mutually enjoyable experience. For the students its an opportunity to get to know Cornwall through staying with local families, while for the host families it's a chance to learn from the international students about the Up With People program and about the many countries the students represent. Many Cornwall folk who hosted last time the tour came to town, are looking forward to adding some international flavour to their homes once again next month.

"Rhythm of the World" is the title of the 2-hour family musical that the students will perform, which is suitable for all ages. Intended to be both entertaining as well as educational, the show transports the audience on a magical journey around the world with songs and dances that cary a lasting universal message.

Staged to involve all 130 members of the cast, the show incorporates 90's themes that affect the lives of everyone daily. These range from the importance of recycling, for the benefit of our environment, to the evils of drug abuse to bringing down the imaginary walls of injustice that inprison people the world over.

To top it off there is a lighthearted tribute to the disco-era with a seventies medley that will bring back fond memories for many. All this in a fast moving, colourful singing and dancing extravaganza that will lift audiences up and provide entertainment appeal for all ages and musical tastes.

As a non-profit organization, Up With People has been based out of Tucson Arizona for more than 20 years, but its history dates back to 1965 when it was small ensemble of travelling musicians known as "Sing Out American".

With no political, religious or other affiliated ties, Up With People has toured 65 different countries and is regularly welcomed back into communities where often contrasting cultural, religious and political views separate the nation. Such is the universal appeal of Up With People, casts have been well received all over the world, often in the most unexpected places. In the 1970's, Up With People entered Communist China as the first western performing group there ever, playing to massive audiences wherever they toured. Another cast was one of the first western youth organizations allowed into Russia and more recently toured the newly divided Eastern black countries. The cast coming to Cornwall have just completed a tour of East Germany where there they too played to capacity audiences. As a result of the places Up With People tours, the diversity of the cast members is staggering, with young people travelling together for 12 months representing nations that are political and opposing views are left behind in the wings. On stage they stand united, and on this mutual ground they are proof to the rest of the world that differences can be overcome if people are willing to work together.

One of the songs that has been in the Up With People show for more than 25 years and will be heard and "seen" in Cornwall is called "What Colour is God's Skin", which is also performed in sign language.

It is all part of the Up With People experience that enables young people to be both ambassadors for their nations as they travel, as well as a mouthpiece for youth the world over - making it a better place for tomorrow.

For the youth of Cornwall, an opportunity to find out more about the Up With People experience will come after the two shows, when cast members will host information sessions and then personal interviews. Students need to be aged up to 17 (and in their senior year of high school) and under 25.

A Class Act: Carousel Caters To Kids

by Gisele Grignon

They can be the harshest critics or the loudest supporters: kids will, usually in a split-second, assess a performance and render their judgement.

The members of Carousel know this and they've been working diligently for years to preduct their audience's tastes. And their accuracy is impressive.

"We try and get things that will appeal in different ways to a fairly wide group. Basically we go from ages 5 to 12," explains Leslie Vyfhuis of the volunteer, non-profit organization. Last year, for example, the ballet was well received here.

"The story was "The Wind and The Willows", which is a story that kids of all ages can appreciate, including some of the older children."

Although she says she tries not to use her own six year old and nine year old as "gauges", she admits, "it's nice to know what the different age groups think of the same performer."

Carousel, she says, is "dedicated to bringing live family performances to Cornwall."

Last year it organized a series of four concerts including Dynamo Theatre, Debra Dunleaving, the ballet group and a puppeteer group. The upcoming year will feature a three-concert series, starting in November.

All acts booked by Carousel are Canadian. "The province puts on a show every year in Toronto where thye showcase these people and we were invited to attend and have a look at all the shows. So we appoint a subcommittee to attend, then we have a look at out funding and see how much money we can spend," explains Vyfhuis.

Upcoming acts include Al Simmons, with Somthing Fishy at Camp Wiganishey on Nov. 3, followed by Canadian Content Theatre on Jan. 29/94 and the Join Hands Puppeteers on March 5/94.


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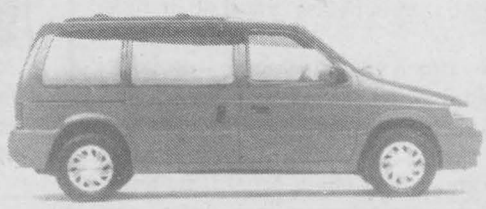
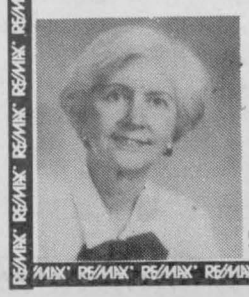
WOW
DODGE CARAVAN $16,378.

+includes $1,000 cashback applied, ftr., taxes, p.d.i. extra
•Standard driver's side air bag •7 passenger seating •air conditioning •auto. transmion •front wheel drive •luggage rack •AM/FM stereo and MORE

DODGE SHADOW $ 9,993.
•Standard driver's side air bag •Air conditioning with tinted glass •Automatic transmission •2.2 li. EFI engine •Front wheel drive •Power steering •Power disc brakes •AM/FM 4speaker stereo •All season radial •Rear qwindow defroster •Deluxe intermitten wipers •Folding rear seat •Dual remote mirrors •Light package and MORE
Grant DODGE CHRYSLER JEEP
1515 PITT ST CORNWALL 938-0934
*taxes, p.d.i., frt. extra, includes $1,250 cashback applied

RE/MAX

1650 Sq. Ft.
3 Bedroom Home In Riverdale
- Quiet, treed neighbourhood.
- Backyard deck and screened room.
- Fenced backyard with shed.
- Built in dishwasher, plenty of cupboards.
- Fireplace in living room.
- Double whirlpool in master, private bath.
- Wet bar, bathroom in basement.
- New furnace.
- Much, much more.
- Listing #8003


Betty Abraham
sales representative
RE/MAX
Office 938-8100 Res. 932-0808

DON'T WAIT WEEKS!
4 HR CHAIN REPAIR & RING SIZING
fraser jewellers ltd.
13 Second St.W.
932-8714

Newspaper Advertising Gets Results ....

Call ARLENE HULLS for rates and information
SEAWAY NEWS
933-0014

SEAWAY BARGAIN MART

DEADLINE
Thursday 4 pm
933-0015
NOTE: Late ads (if taken) will be placed at the end of the classified section)

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015
Classified Advertising
(G.S.T. included)

CASH RATES
- $6.50/ wk 24 words or less, (21¢ each additional word).
- $11.00/ 2 wks. 24 words or less, (19¢ each additional word).

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

NOTE TO CLASSIFIED ADVERTISERS

Customers are allowed one copy change prior to ad publication. Copy changes, after the ad has been published, are treated as a "new ad" and will be paid for accordingly. On "sold" items, no cash credits are issued.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 25 words or less and enclose $21.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 25 word, 19¢ per additional word. Mail to Companion's Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8. Mail pick up, no charge. Mailed replies: $5.00

For Readers: to respond to an ad, send your letter to the appropriate CC number, c/o Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.

MALE seeking friendship & romance in a Special lady (early 30's to early 40's) who loves candlelight suppers, soft music, dancing, the outdoors, loves to be cuddled & taken care of. Phone number & pictures please. CC 1410.

SINCERE, single female, 41, slim, average looks. Am an honest & caring person who enjoys music, dancing, movies, romantic evenings & likes to have fun & has a lot of TLC to give. Seeking a male w/similar interests for friendship. Phone # & photo appreciated. CC 1404.

WHITE MALE, single, 33 yrs. old. 5'10", 165 lbs. Blue eyes, brown hair, bilingual, non-smoker, non-drinker, wants to meet petite woman (20-30) with no children for friendship. Reply CC 1411.

Sincere Singles
Personal Introduction Service
A CONFIDENTIAL WAY TO MEET
Friendship, Romance, Marriage
Call Susan 1-800-661-8913

1 NOVENAS

O HOLY SAINT JUDE Apostle & Martyr, great in virtue & rich in miracles, near kinsman of Jesus Christ, the faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart & humbly beg you, to whom God has given such great power, to come to my assistance. Help me in my present & urgent petition. In return, I promise to make your name known & cause your name to be invoked. (Say 3 Our Fathers, 3 Hail Mary's, 3 Glory Be's for 9 consecutive days). Publication must be promised. This Novena has never been known to fail. I.L.

THANK YOU SACRED HEART of Jesus for answering our prayers. RECA.

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

THANKS TO THE SACRED HEART of Jesus for favours received. R.L.

THANK YOU ST. JUDE & St. Therese for favours granted. E.B.

PRAYER TO THE HOLY SPIRIT. You who made me see everything and shows me the way to reach my ideals. You who give me the divine gift to forgive and forget all that is done to me and you who are in all the instinct of my life with me. I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. A person may pray this prayer three consecutive days without asking for their wish. After the third day, their wish wil be granted no matter how difficult it may be. Promise to publish this dialogue as soon as your favour has been granted. Rolland Seguin

MAY THE SACRED HEART of Jesus be praised, adored, and glorified, throughout the whole world forever and ever, Amen. Say this prayer six times for nine days and your prayers will be answered no matter how impossible it may seem. Don't forget to thank the Sacred Heart of Jesus with a promise of publicaiton. J.D.

2 APARTMENTS FOR RENT

AVAIL. MAY 1st, upper level. 804 First St. E. 2 bdrm. Washer/dryer hook up. Storage. $347/mos. + util. Call Jean Leger & leave message 933-7302.

CLEAN, BRIGHT. 1 & 2 bdrm. apts. in small building on Clark St. $350 & $450 includes everything except lights. Great value for your money. 931-2633.

BRIGHT, MODERN, CLEAN. 1 & 2 bdrm. apts. in small building; convenient, quiet, pollution free location. Coin-operated laundry, locker space & parking. Very reasonable rents. 931-2633.

2 BDRM. APT. on main floor. Avail. immed. on Alice St. Reasonable rent w/or w/out fridge & stove. Washer/dryer hookups. Parking. No pets. 932-2135.

AVAIL. NOW OR JUNE 1st. 2 bdrm. downstairs. Heat incl. Washer/dryer hook up. Full basement & large yard. $400/mo. Leave msg. & will return calls on Thurs. 938-7681 or 938-0242.

1 BDRM./INGLESIDE beside park. Renovations completed Apr. 30. Avail. May 1st. $348/mos. + util. Cable incl. 543-3206 or 543-4244.

CENTRAL, MODERN 2 BDRM., 1 bathroom, on 2nd floor in small, quiet complex. Fridge, stove. Balcony, parking. Avail. now. 937-3253 or 932-2989.

BEAUTIFUL - ONE BDRM.
- Utilities & Parking Incl.
- 2 Appliances
- Wall-to-Wall Carpet
- Close To All Amenities

Clean, quiet persons preferred. References
937-3711
Leave Message

LARGE QUIET, bright 1st floor apt. One bdrm. apt. #4 - 236 Marlborough N. across from Cornwall Gen. W/parking. Avail. May 1st. Rent $356/mo. Ph: 933-6343 or 514-665-2901.

UPSTAIRS 2 BDRM., 4 pc. bath, half basement. Fridge & stove. Parking. $420 + util. Located on Belmont St. Avail. June 1st. 534-2374.

LG. 1 BDRM., heated apt. Fridge & stove supplied. Avail. July 1st. Carpeted. $350/mos. + util. 932-1975.

1 BDRM. BASEMENT furnished apt. Avail. June 1st. All util. incl. w/cable & laundry facil. $450/mo. Preferably single person. 932-6383.

GOOD SPRING DEALS



LIVING ROOM SETS
COUCHES, BEDROOM SETS
GERARDS USED FURNITURE & APPLIANCES
Mon. - Fri. 9-6
Saturday 9-5
427 4th St. W. Cornwall
936-9300

2 BDRM. APT. Fridge & stove incl. No pets. $425/mos. Pay own util. Day: 938-2233 or evenings/ 938-1616.

DOWNTOWN AREA. Two bdrm., 450 Augustus. St. Renovated bldg. Electric heat. Fridge & stove. Avail. July 1. $415/ mo. plus utilities. No pets. Ph: 938-6076.

2 BDRM. APT., east end. Recently renovated. $300/mos. + util. No parking. No pets. Avail. immed. 525-3340.

Published weekly and distributed by Seaway Shopping News Ltd., 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
Locally Owned

You were spotted shopping at LOEB CLUB PLUS™ Seaway. You're a winner!

WIN
A LOEB Pizza
Large, Deluxe
14"
Regular Crust



YOU'RE A WINNER

Check this week's photo. If you are in one of these photos, clip out this ad and bring it to the Ready Wall at LOEB CLUB PLUS™ at 1400 Vincent Massey Drive. You will receive a LOEB Pizza, Large, Deluxe, 14" Regular Crust compliments of LOEB CLUB PLUS™ and Seaway News.
Open Mon. - Sat.
8 a.m. - 10 p.m.

CLUB plus™ LOEB Seaway

AVAIL. NOW or June 1st. 2 bdrm., upstairs apt., fridge & stove incl. $400 mos. plus utilities. Info: 933-3022.

3 BDRM. APT. avail. immed. Near bus. Washer/dryer hookups. Parking. $550/mos. Heat & lights incl. 933-9457.

2 BDRM. UPSTAIRS APT. Washer/dryer hookups. Parking. $325/mo. + util. 1114 Miron. After 4:30 pm 932-9820.

SEAWAY NEWS PROFESSIONAL GUIDE

A BETTER WORLD
Complete Cleaning Services
2. Carpet - Furniture Cleaning
3. Lawncare - Yard Cleanup
4. Painting - Repairs
Call A Better World at
938-8888

DAY CARE
TRINITY DAY CARE
is now accepting
Fall Registrations,
ages 2 - 5 yrs.
Licensed, qualified teachers w/a knowledge of sign language.
Subsidizing also available.
Non-denominational
105-2nd St. West, Cornwall
936-0847

ELECTROLYSIS
Permanent Hair Removal
Free Consultations
Waxing Available
Full Leg Wax $25
Treatments done in complete privacy.
Theresa Stewart
Certified Electrologist
931-3294
12 Willow - Glendale

FLOWERS/ FRUIT BASKETS
Fresh & Silk flowers for any occasion.
Fruit & Gourmet baskets for home, hospital & business gifts.
Wedding Specialists.
BARBARA'S FLOWER BOUTIQUE
213 Cumberland
933-5902

FOUNDATIONS
JOE'S FOUNDATIONS
Chipped, cracked, leaking, unfinished foundation?
For repairs & parging call "Joe" Sauve at
932-8160
• Reasonable Rates
• Free Estimates

FOUNDATIONS
LYN'S RENOVATIONS
All foundation repairs: cracks, weeping tile, pardging.
Interlocking bricks. Sidewalks.
Roofing. Vinyl siding & windows.
Work guaranteed. Free estimate.
10% discount
Call John 936-8482

HOMECARE MAINTENANCE
A & B HOMECARE MAINTENANCE
lawncare • gardening
• tree trimming • plumbing
• electrical work • welding
Patio & sidewalks done in 12 different colours w/sealer
Art **938-9467**
Burt **933-6950**

KARATE
TRI-COUNTY KARATE & SELF DEFENSE
1-937-1769
Quality Instruction
Specializing in kid's karate & women's self-defense.
Improve physical & mental fitness
Bilingual instruction.
Certified & registered instructors

LANDSCAPING
CHARLEBOIS ENTERPRISES LTD.
Grass, weed & brush cutting.
Post hole digging & fencing.
Boat, trailers & mobile home moving.
Small back-hoe loader.
Top dressing & overseeding.
932-3831

LAWNCARE
DANDY LAWN CARE
Experienced, professional lawn care. Complete range of services.
Free estimates.
347-2656 or 930-0096

LAWNCARE
MR. "D's" PRO LAWN CARE
Lawns cut, raked & trimmed.
Complete range of yard & lawn care maintenance.
Also tree pruning.
Reasonable Rates
Free Estimates • No GST
937-4890 or 936-7330

LAWNCARE
TRUCK IT
Yard clean ups, trash hauled to dump. Tree pruning - cutting & removal. Demolishing.
938-1465

LAWN SERVICE
ACE LAWN SERVICE
Lawn and weed cutting.
Lawn rolling, tilling, clean up, etc.
MICHAEL PETERSON
613-936-6623
Special rates for seniors

LAWN CARE
KEV'S LAWN CARE
Lawn cutting
Spring & fall cleanup.
Flower bed maintenance & trimming.
Will also do light delivery & small moving jobs.
"LOWEST PRICE IN TOWN"
938-3027

MASONRY
J.R. MASONRY & RENOVATION
Brick, block, stone work, concrete, chimney, fireplaces, parging, gas liners, roofing, siding, doors, windows, patio decks, garages, garden sheds, etc.
Free estimates.
938-1465

MASONRY
FRED'S MASONRY
Cement work • pointing • parging
• foundation repair • chimney repair • sidwalks • walkways
Free Estimates
Call 936-2483

NURSERY SCHOOL
CHILD'S PLACE NURSERY SCHOOL
Now taking registration for September.
Children (ages 2-1/2 to 5) will enjoy half day classes which include: arts & crafts, music, story times & free play.
Morning or afternoon programs for 1, 2 or 3 days per week.
933-1910

PRESSURE CLEANING
"Under New Management"
CANADIAN RESTORATION SERVICES
Exterior cleaning of brick, wood, aluminum, etc. Graffiti removal.
Garage & industrial floor degreasing. Clean & seal interlocking brick. Insured.
Free estimates & demo.
932-9113
A division of Gerald Menard Renovations

RENOVATIONS
BENDER CONSTRUCTION/ RENOVATION
Additions, siding, shingle roofs, decks, etc.
Free estimates.
Licensed carpenter
346-2206

RENOVATIONS
SAVE YOUR TIME & YOUR MONEY - NO GST
CALL A.D. RENOVATIONS
Install siding - windows - doors - drywall & joints.
Finishing basements - painting.
15 yrs. exp.
Ask for Andre
Call 936-2313

RENOVATIONS
ROOF BUSTERS & RENOVATIONS
Shingle roofs, drywall, patio decks, siding, etc.
Work guaranteed. Free estimates
Richard Longtin 936-2713

TENT RENTALS
MC-MAC TENT RENTALS
For all occasions
• Weddings
• Lawn Parties
• Family Reunions
• Ball Tournaments
• Sports Events
• Auction Sales
Ken MacDonald **347-2581**
Hubert McDonnell **347-3949**

TYPING SERVICES
GIVE YOURSELF A BREAK
Have your typing done professionally.
Minutes, essays, documents, reports, term papers, business correspondance, etc.
Low rates, fast service.
Excellent computer skills.
Bilingual
938-8818

BONUS
BUY 5 WEEKS GET 1 WEEK FREE

BACH. APT. Heat, lights, cable incl. $325/mo. 936-6819.

NEW 1 BDRM. APT. furnished. Utilities paid. Parking. Working lady preferred. No pets. Now avail. $450/mos. 932-4376.

2 BDRM. DOWNSTAIRS east end location. Very clean. Reasonable rent. Call 932-2967 or 938-6778.

5 ARTICLES FOR SALE

MOVING BOXES & moving supplies for sale. St. John's Transfer, 725 Boundary Road. 933-1492.

FREE REMOVAL of fridges, stoves, washers, dryers, color TV's & furniture (depending on model & location). 932-8023.

MOVED - APPLIANCES GALORE. Good selection. Tested, cleaned, guaranteed & reasonably priced. Also some furniture. AKAR'S USED APPLIANCE. 938-1355, 12 Sixth St. East, Cornwall.

COMPUTERS IBM COMPATIBLES. Bought, sold, rented. Complete systems: XT/$500, 286/$775, 386/$814, 486/$976. Programs, $2.50/disk. Blank disks, 45¢ each. Deal with the owner. Dealers welcome. By appointment please. Crazy Horse, 1247-2nd St. West. 932-6343.

LOOKING TO REMODEL, repair or build new. Electrical , plumbing and painting. Call J.L. Construction for all your needs. Big or small. Free estimates. 933-9898.

HUMMINGBIRD FEEDERS starting at $3.89 & up. Hummingbird food (8 oz. pkg.) $2.29. Hummingbird gift set $22.69. Hummingbird I.D. charts $2.39. Hummingbird books $11.99. 3-D stained glass Hummers $7.99. Hummingbird whirl-a-gigs $3.89. Plastic bird baths $6.99. All at the Wild Bird Emporium, 407 Water St. East, Cornwall. 936-8088.

RETAIL & WHOLESALE. Mitsubishi 14" to 70" TV's, VCR's & stereos. Samsung 14" to 33" TV's, TV/VCR combos, VCR's & stereos. Complete antenna & satellite system. Authorized VC II plus satellite programmer. All above at everyday low prices & only at Shoniker Electric & Electronics Ltd., 850 Boundary Rd., Unit 5, Cornwall. Tel: 613-933-3440 or fax. 613-933-8822.

AIR CONDITIONERS. large Westinghouse $250. Small $200. large, white baby dresser $125. Long green drapes, $20. Large cream sheer, $20. 3 pc. pink Depression glass, $50. Antique sewing machine, $100. 932-3936.

MOVING SALE: 5 pc. Cherrywood complete bdrm. set, 5 pc. Duncan Phyfe dining set, 3 pc. antique colonial living room set, 2 pc. traditional Braemore hide-a-bed, 2 large picnic tables. $75 ea, etc. Can be seen at 771 Glengarry Blvd., Saturdays 12 - 5 pm. Ph: 930-2327.

"EASY GLIDER" cross-country exercise ski machine. Like new. $50. Ph: 936-6878.

INGLIS HEAVY DUTY dryer, white. New h[SOLD]timer & element. 12 [SOLD]d, $100. After 6 pm 537-28[SOLD].

SMALL STOVE ideal for cottage or home. Ph. daytime 936-1633.

LIQUIDATION! Elect. storefront sign (3'x12'). Many shopping baskets. Wooden floor bins. Cash counter (8'x5') L-shaped. New, heavy duty wood pallets. 938-6825.

FABRIC SALE, May 15 (9 am -6 pm) & May 16 (10 am - 6 pm) at Cornwall Island Community Centre. Fabrics by VIP, Springmaid, Peter Pan, Concord & many more. Great for quilt making. Everyone welcome. For info. call Fay, 937-4773.

NOSE BRA for 82 or newer Firebird. Louvres for Camaro, Trans Am or Firebird, never used. One gown size 9/10. Call 933-5839.

30" WHITE STOVE. Everything works but clock, asking $40. After 5 pm 933-4276.

SUPER SINGLE WATERBED w/bookcase hdbd., $75, "minifish" sailboat, good condit., $250. After 6 p.m. 537-8534.

COLONIAL STYLE maple wood buffet. Ex. condit. 932-5088.

A BIGGER LOCATION
Due to the Success of our Business
AKAR'S USED APPLIANCE, TV & FURNITURE
has purchased its own location enabling us to reduce overhead, offer better prices & more selection
For our customers:

2 dr. refrigerators	$200 & up
30" stoves	$150 & up
full size washer	$145 & up
full size dryer	$95 & up

VISIT OUR NEW LOCATION AT
12 SIXTH ST. EAST
Open 9-5
938-1355

MOVING SALE. Channel Master satellite dish system $500. Inglis dishwasher $350. Beam central vac system $400. 1-1/2 h.p. air compressor $250. 1983 Suzuki RM80, $600. After 5 pm 933-3288.

PATIO DOORS verticals (new) $125. Mason jars $2/doz. Card table w/6 chairs $50. Airtight wood stove $40. Tractor chains 11-28 $50. R12 insulation $10/bag. Ventilation fan $50. 8' door track $20. Dry firewood $30/cord. After 8 pm. 347-3080.

100 FENCE POSTS for sale. Used vanity with taps, $25. Ph. 932-4306.

9 PC. DINING ROOM suite, antique, solid oak. Good cond. Ph. 932-7080.

GOLF CLUBS: 2 Metal wood drivers, graphite shafts (Taylor & Langert) $45. ea; 2 Metal #3 Taylor woods, graphite shafts, $40 ea.; 1 Metal #4 Bob Toski wood, $30. Phone 931-2661.

NEW FIVE THREADS overlock sewing machine value $1149 new. Asking $600. Man's leather jacket size 42 & pants size 34. Asking $125. Ph: 525-2580.

10,000 BTU AIR CONDITIONER $200. Record albums, wine making access. Ph: 534-2968.

EXERCISE EQUIP. Incline bench press, calf machine, bicep preacher bench, bench press, bars. Also encyclopaedia Britannica. Singer sewing machine. 933-4593.

10" COMPOUND MITRE SAW. 10" table saw. Both ex. condit. 933-4593.

GAS LAWN MOWERS. $45 & up. Washers & dryers, incl. apt. size, $100 & up. Hoover washer-spin dryer, $40. Ph: 932-6764.

3 PC. FLORAL LOVESEAT, chesterfield, rocker chair, $550 or B.O. Kitchen table w/4 chairs, recovered, $150 or B.O. Hermann at 938-1109.

FISHING OUTFIT 16' BOAT, 45 hp motor, electric motor & trailer, fish finder, rod & reels, down riggers. All items 3 yrs. old. Like new. $8000 or B.O. After 4 pm 933-1648.

STEVE BAUER ROAD BIKE and accessories, 54 cm frame, worth $800 new, sell for $400. Air conditioner, Kenmore 10,000 BTU, horizontal. Asking $300. After 5 pm 937-4265.

HEAVY DUTY DRYER, $150. Apt. size Inglis washer & dryer with stacking rack, $250. Dishwasher, gold colour, asking $150. Ph: 933-5787.

LAWN BOY LAWN MOWER, 2 cycle, 21", self propelled, $235. Excellent condition. Selling - health reasons. Also reconditioned sump pump, $35. Call 931-2661.

SIX PIECE DARK PINE LIVING ROOM SET. Asking $400 or B.O. Home made pine dining table plus four captain chairs. Asking $200. Ph: 937-4002.

24" APT. SIZE heavy duty stove, brown, $50. Two 155x80 SR13 tires on Ford rims, $25 for pair. After 6 pm 930-9412.

TRUCK CAMPER. 8' Starcraft. Like new. Stove & fridge $5000. Boat & motor - 16' fibreglass, deep hull. Sleeper seats, 40 hp Evinrude motor. $1500. Ph: 931-3015.

NEW STAIR CLIMBER EXERCISER w/body cord. Includes VHS video. Currently seen on CHSC-TV Club. Paid $180 (included tax & shipping). Selling for $125 for health reasons. After 4 pm 932-7499.

6 ARTICLES WANTED

WANTED: PATIO DOORS. 938-1775.

WANTED: OLD STANLEY & wooden tools in good condition. 932-0037.

OUTBOARD MOTOR, 2.5 to 5 hp in good condition. Ph: 543-2303.

WANTED: MOTORIZED TREADMILL used and in good condition. Call anytime and leave message. 932-4160.

OUTBOARD MOTOR, 2.5 to 5 h.p. in good condition. Ph: 543-2303.

BABY SWING, in good cond. Ph: 930-4820.

7 AUCTION SALES

AUCTION SALE
SATURDAY MAY 15 12:30 p.m
Full line of farm machinery - 2 Ford tractors, #5600 & #6600, International 434 tractor, New Holland baler #273, Case International round baler #8420 - used only 1 year. Ford side rake, 4 10-ton hay wagons, Massey Ferguson #33 feeder, forage wagon disc plow and many other items. Reason for sale - farm has been sold. For more information call Ray MacDonald 525-2256
GLENGARRY Auction Services
Terms: Cash or Bank Reference.
Bilingual Auctioneer.
Canteen on Site.
Ron MacDonell
Licenced Auctioneer
525-2840

AUCTION SALE
Saturday May 22 - 12 p.m.
property of Mr. William Young
R.R. #1 Martintown L28-29 C8
1 mile west of Chapel Rd. on Neville Rd.
528-4777
Machinery - 275 International with front end loader, new tires, tractor chains, Massey Ferguson #12 baler, John Deere #350 side rake, 3 pt. hitch 7' hay mower, auto hay stooker - ground driven-like new, bale fork for front end loader, New Holland #66 baler for parts, also manual bale stooker, 32' allied hay elevator with 1/3 H.P. motor, silage cart, 10' Int. disk, 2nd 10' disk, International grain seeder, 13 dill, 6' garden grubber, 3 section land roller, roto spader 5 H.P. (Sears), also Sears 26" riding lawn mower, air compressor 2-1/2 CFM, battery charger, fence stretcher, Quebec heater, 125' 3/4" plastic pipe, sump pump, 32' extension ladder, 60 sheets good used tin 8' and 6' length, doors, windows, heat lamps, stainless steel milk strainer, 18" exhaust fan, 2 rake wheels, 10 pig water bowls, 2 farrowing crates, 2 wheel barrows, snow scraper, 200 gal. fuel tank (2), 25 - 8' cedar posts, 6 pulp hooks, paint, 2 picnic tables, service ramps for cars. **Auto Body -** air tools, grinder CP, vibrator, random orbit, 2 paint guns, 2 - 4' florescent lights, 12 new 4' bars, shovels, forks, brooms, 20 (4'X4') hay bales, duct work for furnace , furnace fan, step ladder, 2 pairs snow shoes, new condition, **Furniture -** American Home sewing machine, 30' Kenmore stove with new range hood, Westinghouse auto dishwasher, Philco fridge, filing cabinet (4 drawers), antique radio (1930), antique dresser, stainless steel sink, laundry tub & stand, fiberglass bath tub, folding doors, 20 sheets 2'X3' acrylic, 20 2X4's, 20 4X4's, 8 goat bells with straps, 1 Holstein cow - 5 yrs old to calve June 30, 2 sets Stewart cow clippers, 1 S-10 McCulloch chainsaw, 1 Master Craft chainsaw, 2 furrow case plough, International grubber, misc. tool, etc.
TERMS: Cash or Bank Reference.
Bilingual Auctioneer
Canteen on Site
GLENGARRY Auction Services
Ron MacDonell
Licenced Auctioneer
525-2840

9 AUTOS FOR SALE

DRUGLORD TRUCKS! $100. 86 Bronco/$50. 91 Blazer/$150. 77 Jeep CJ/$50. Seized Vans, 4x4's, Boats. Choose from thousands starting $50. FREE information 24 hour hotline. 801-379-2935. Copyright #0N010512.

UP TO 40% OFF TIRES. 30% paid on U.S. Funds. 1500 new & used tires in stock. Tire repairs, $5.00 & up, while you wait. New & used truck caps bought & sold. 138 Motor Sales. 938-4865.

RAY STATA MOTORS. Oil change. Exhaust. Tune ups. Safeties. Tires. Body work. Mechanical repairs to most makes & models. Corner of Richmond Dr. & Post Rd. 534-2096.

CHEAP! FBI/U.S. SEIZED. 89 Mercedes, $200. 86 VW $50. 87 Mercedes, $100. 65 Mustang, $50. Choose from thousands starting $50. Free Information 24 hour hotline. 801-379-2935. Copyright #ONO10510.

1981 MALIBU, 2 dr., V6, auto., P/S, P/B, 92,000 km, safetied. Price $2495. Ph: 534-2096 from 9-5 pm.

GERARD POIRIER AUTO SALES, 129 Kenyon St. West., Alexandria Ont. 1-874-2440 or 525-1656. 1988 Toyota Tercel, 2 dr., 5 spd., 4 cyl., 12 valve, 130,000 km, good cond., $3700. 1987 Ford Tempo, 4 dr., auto., a/c, 80,000 kms, good condition, $3000. 1985 Ford Tempo, 4 dr., auto., air, 116,000 km, no rust, $1800. All above cars are safetied. 1985 Tempo GLX, fully loaded w/power seat, 5 spd., 200,000 kms, runs good, $800. 1984 Topaz, 4 dr., 5 spd., runs good, $600. 1984 Pontiac Sunbird, 4 dr., auto., $600. 1974 Cadillac, good condition, $900. These are "as is" autos.

HIGHLAND TOYOTA
92 **Ford Chateau Club Wagon,** quad. capt., loaded, alarm
92 **Ford Festiva,** 2 dr., auto., AM/FM cass.
92 **Ford Taurus,** auto., air, cruise, tilt
92 **Mustang Cobra,** 5.0L., 5 spd., loaded
91 **Explorer XLT,** 4.0L, auto., loaded
91 **Corolla LE,** 4 dr., auto. d.d., tilt, cruise
90 **Camry LE,** V6, auto., air, loaded.
90 **Ford Aerostar XLT,** auto., trip computer digital
89 **Caprice Classic Brgm,** V8, auto., loaded
89 **Tercel,** 5 dr., 5 spd., AM/FM
88 **Corolla 4x4 Wagon,** 5 spd., AM/FM cass.
87 **Toyota Land Cruiser,** diesel, 5 spd., 4 dr., 1 owner
87 **Taurus Wagon,** auto., air, tilt, cruise
87 **Camry LE,** 4 dr., auto., air, tilt, cruise
84 **Cherokee 4x4,** 4 cyl., auto.
HIGHLAND MOTOR SALES (MAXVILLE) LTD.
Main St. 527-2735 Maxville

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General Repairs
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1987 DODGE COLT. PS/PB, AM/FM cass. stereo, 5 spd., very good cond., highway driven, $2200. Cert. or B.O. As is. Ph: 932-9177.

1986 FORD RANGER ext. cab, 4 cyl., 5 sp[SOLD]d. Ex. condit. 48,000 k[SOLD]00 certified. After 5 pm 932-3121.

1987 TOYOTA COROLLA w/safety. $3550. 162 kms. Ph. after 9 pm 537-2961.

OPEN SATURDAY
89 Bronco II, 4X4, sport seats, cass., rally wheels, etc., bal. warr. 6 yrs. or 1000,000. **$9,995** or **$214 per month.**
90 Probe LX, 35,000 km, V6, air, mags, fully equipped, bal. warr. Ford, 6 yrs., 100,000 km. **$10,995** or **$236 per month.**
90 Town Car Signature, black, leather, moon roof, etc., bal. warr. Lincoln. **$21,995** or **$472 per month.**
91 Firefly Convertible, 22,000 km, yellow, stripes, etc., bal. warr. GM 100%. **$7,795** or **$167 per month.**
91 Tempo, air, 4 dr., am/fm stereo, int. wipers, etc., bal. warr. Ford. **$6,695** or **$144 per month.**
91 Aerostar Eddie Bauer, all wheel drive, fully equipped, 35,000 km, bal. warr. Ford. **$17,995** or **$384 per month.**
91 GMC Sonoma 4X4, ext. cab, 4.3L., auto., tilt, cass., etc., bal. warr. GM 100%. **$14,995** or **$319 per month.**
92 Beretta GTZ, 19,000 km, auto., air, fully loaded, bal. warr. GM 100%. **$15,995** or **$343 per month.**
92 Sunbird LE, 10,000 km, auto., air, cass., etc., bal. warr. GM 100%. **$10,595** or **$227 per month.**
92 Topaz GS, 20,000 km, V6, auto., air, cass., etc., bal. warr. Ford 100%. **$9,995** or **$214 per month.**
92 Plymouth Acclaim, 22,000 km, auto., air, tilt, cruise, bal. warr. Chrysler. **$9,995** or **$214 per month.**
92 Explorer XL Sport, 20,000 km, green, air, cass., p.w., etc., bal. warr. Ford 100%. **$18,995** or **$410 per month.**
92 Aerosport, V6, auto., air, tilt, cruise, 7 pass., etc., bal. warr. Ford 100%. **$15,595** or **$332 per month.**
92 Voyager SE, 25,000 km, V6, auto., air, tilt, cruise, etc., bal. warr. Chrysler. **$16,495** or **$352 per month.**
92 Eagle Summit LX, 17,000 km, fully loaded, air., etc., bal. warr. Chrysler. **$13,995** or **$299 per month.**
92 Miata, 9,000 km, air, removable hard top, cass., etc., bal. warr. Mazda. **$17,995** or **$384 per month.**
HWY 20, EXIT 14
FIRST GARAGE ON YOUR LEFT, AFTER THE BRIDGE
100 VEHICLES IN STOCK
PIERRE LEMIRE Automobiles
715 boul. Mgr Langlois, Valleyfield
Quebec (514)-377-2520

1988 ARIES 4 cyl., p/s, p/b, auto., 86,000 kms. Ex. condit. Asking $3850 w/safety. 537-2950.

1981 HONDA ACCORD LX. Good motor & transmission. Good for parts. $150.00. Ph. 932-8610 after 6 pm.

1977 OLDS, 350 re-built, new rad + starter, headers, dual exhaust. Asking $3500 O.B.O. 930-4867 or 936-0566 & leave msg.

1980 FORD LTD. Asking $1000 or B/O. Apply 18 McDonald Ave., Ph. 938-2789.

1987 DODGE ARIES, 4 dr., 2.2 L., auto., first winter driven, excellent cond., non-smoker, very clean, 93,000 km. Certified. $3150. Ph: 346-5526.

L.F. AUTO SALES
90 Chev. Lumina, 4 dr., air, tilt, cruise. Priced to sell. **$8,800!**
90 Pontiac 6000 LE, 4dr., air, tilt, cruise. **$8,500.**
and many, many more
3064 Pitt St.
933-1315

1982 DODGE RAMCHARGER, V8, auto. Trailer pkg., hitch, H.D. rad., cooler. 1982 Prowler 24' trailer. New 30 lb. tanks, tv antenna, new awning. Extra clean. Couple owned, no kids. Pkg. price $10,500. For appt. 534-2096/days or 543-3613/evenings.

10 BOATS & MOTORS

TANDEM BOAT TRAILER - hydraulic disc surge brakes, easy loader style, fully adjustable, 18 ft., 3000 lb.s plus capacity, like new. $1,800. 346-2377.

BOAT, MOTOR, TRAILER. Like new. Bowrider w/convertible top. 115 hp motor. Power trim. Depth finder. After 5 pm 933-6970.

SAILBOAT. Classic 31 made by Grampian. Just think of living on the water & sailing into the sunset w/all the comforts of home. Call 936-1226 (9-5) or 534-8166 (6-10 pm) or leave msg., please.

1986 50 HP EVINRUDE, low hours. 14-1/2' T[SOLD]is fibreglass w/bailer. Aviscot trailer. Reasonable. 932-9738.

DORAL 1981 15' 60 H.P. Johnson at T&I Campground. Ph. 514-697-6061.

MERCURY OUTBOARD MOTOR. 9.8 hp complete with new gas tank and hose. $400 firm. After 6 pm 932-5604.

15' ST. MAURICE FIBREGLASS BOAT w/35 hp Evinrude elect. start motor & boat trailer. $1650 for lot. 938-1465.

VANGARD BOAT, 14.5 ft. fibreglass. Steering wheels & control. $500 or B.O. To view, 1229 Henry St.

11 BICYCLES

LADY'S BIKE $20. Man's bike, $25. Ph: 932-6306.

14 BUSINESS OPPORTUNITIES

MANAGEMENT POSITION can be yours in a short time. I will train you to market financial products. If you are ambitious & aggressive, don't miss this exciting career opportunity. 932-4499

16 ANTIQUES

D. JOHNSON'S ANTIQUES
ANTIQUES FOR SALE
- BOUGHT & SOLD -
OPEN 7 DAYS A WEEK 9 - 5
HWY 138
JUST NORTH OF CORNWALL
932-0766

17 HOME SERVICES

REPAIRS TO ELECTRIC motors, household appliances, power tools, etc. Free estimates. Dallas McIntosh, Apple Hill 527-2894.

PAINTING - RECESSION SPECIAL! $40 per room per coat plus paint. Free estimates. 20 years experience. Will also do minor renovations. Now booking. Call after 6 pm 938-8839. Discount booking for outside work.

HANDYMAN: INTERIOR PAINTING. Paper hanging. Washing walls/ceilings. Trimming hedges & trees. Lawn cutting. Yard raking. Odd jobs. Call Kirby 938-0348.

WORKERS ARE AVAILABLE for odd jobs including snow shovelling, yard work, lawn mowing, garage & basement cleaning. Contact Employment Support Services & ask for Diane 938-9550.

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FENCING & REPAIRS
Free Estimates
call 936-0260
leave message



MICROWAVE OVENS, we repair & verify safe operating levels of all makes. Fast, reasonable service. Free pick-up & delivery. After 6 pm 931-3518.

THE PERFECT HANDYMAN. Builds patio decks, verandahs, sheds, garages, additions etc. Sheds: 8'x8'/ $900; 8'x10'/ $1150; 8'x12'/ $1350; 10'x12'/$1450; 12'x12'/ $1750. All finished w/vinyl siding, shingled roof & dble. doors from 32"-72". Also specializing in vinyl siding, roofing. Free estimates. Guaranteed customer satisfaction. References available. Call Robert 1-525-2197 or (613) 932-3496.

RAILROAD TIES for sale. Ideal for flower beds, garden plots, drivways, posts, etc. 8' lengths. $3 each. 2 miles north of Harrison's Corners on Avonmore Rd. 346-5574

HURRY! HURRY! "Handy Ladies"! Here for you or someone you know (a house cleaning treat)! Heavy duty cleaning walls, ceilings, floors, cupboards, windows inside/out also steam clean carpets. Cottages, too, in or out of Cornwall. 938-8673 or 936-9362.

ERNIE'S CLEAN UP SERVICE. Basement,s garages, yards. Painting. Drywall. Roofing. Also will do moving. 938-1684.

MAN WITH PICK UP TRUCK for hire. Will do household moving, brush removal, towing. After 5 pm 932-9844.

MIKE'S CHIMNEY REPAIR & foundation parging. Also brick repair. After 5 pm 933-5829.

SPECIAL TOUCH HAIR STUDIO. Hair by: Jo-Ann. Perms, tints, highlights. Specializing in Goldwell Products. 317 Anne St. 933-4691.

TREE PRUNING, cutting & removal. Landscaping, interlocking stone, roll lawns. Paint & repair barns, garages, houses, etc. Chimney & eavestrough cleaning. Roofing. Jackhammering. Free estimates. 931-1251.

RICHARD'S RENOVATIONS. We do all types of work like siding, roofing, decks, patios, verandahs, garages & sheds. Inside work: hardwood flooring, drywall, joints, decorative mouldings, doors & bifolds etc. Free estimates. Call Richard, 8 a.m. - 6 p.m. (613) 525-1415.

FRANCIS Complete Electrical Service and Repairs. Residential and commercial. Major applicances, electric heat. Call 937-0218.

18 EMPLOYMENT WANTED

DO YOU STILL HAVE an old antiquated 60 amp electrical service in your home? Would you like to have a new 200 amp service installed? We have a special price now. Call 932-1227 and ask for Gus.

20 FARMERS MARKET

FOR SALE. Ground feed, shelled corn, barley, oats, wheat mixed. $7.00/100 lbs. Bring bags. 9 am - 5 pm. Closed Sundays. George Crites. 527-5393.

HAY FOR SALE. 4x4 round bales. No rain. 931-1182.

OATS FOR FEED, $7.00/100 lbs. Cleaned oats for feed & seed, $8.50/100 lbs. Square bales of oat straw. Plastic wrapped round bales (baleage) of 3rd cut timothy & alfalfa tested at 18.6% protein. Tim & Darrin Laplante 931-3191.

21 FARM MACHINERY

FARM MACHINERY for small or hobby farm. Mower, baler, plow, disc, cultivator & more. Would consider selling tractor w/purchase of all machinery. 534-2171.

TO PLACE YOUR CLASSIFIED AD CALL 933-0015

FERGUSON TRACTOR and 3 pt. hitch equip. 1/2 ton trailer. Some woodworking equip. Massey-Harris 22. Everything in good cond. Evenings 537-2544.

9N GREY FORD FARM TRACTOR. 4 cyl., gas, PTO, hydraulics, 3 PH easy starting, good running 2 Ferguson Mowers. Mid & rear mounted package. $1800. (613) 346-2323.

24 COUNTRY MUSIC

OPEN FOR BOOKINGS FOR 93. Johnny Brunet & The New Country Ramblers, etc. Keep It Country. Ph: 933-2832 or 938-2732.

25 DJ'S

GREAT MUSIC FOR DANCING. Weddings, anniversaries. Music of all kinds. Call & book now. Call your D.J. at 932-6661.

EAGLE PRODUCTIONS. Larry Edwards, professional disc jockey. Music for all occasions. Call & book now. (613) 932-4116.

POWER SOURCE DJ's. Professional, mobile, DJ's. Specializing in stags, weddings & any special occasion. Also featuring karaoke. Summer special: Book stag & wedding and receive free video of your wedding. Power Source DJ's - big enough to serve you better. Call now. Ray: 938-1962 or Rod 936-0652.

CORNWALL'S LEADING BAGPIPER. From the World Championships in Scotland to piping for parliament in Finland. Call for weddings, funerals, lessons or special occasions. Call Bruce Bateman at 937-3975.

28 USED FURNITURE

MOVING! DELAGE USED FURNITURE has moved to a new location from Fourth Street to 207 Pitt Street (same location as NANCO and KG Travel). 936-8948.

29 GARDENS & NURSERIES

CEDAR TREES FOR HEDGES for sale. 2' and 7'. Call Alex Robertson Sawmill, after 4 pm daily, 528-4262.

31 HELP WANTED



We require a part-time photographer. Applicants must be experienced, have flexible hours for nature of assignments, be able to work days and evenings.

Send resume to:
PHOTOGRAPHER
Seaway News
329 Second St., W., Cornwall K6J 1G8

ALERT! STAY HOME make money! You assemble Canadian products & earn up to $627. per week! Amazing recorded message reveals details. Call 705-739-7184 (ext. 15).

VOLUNTEERS NEEDED to drive visually impaired individuals to local medical appointments. It only involves one or two trips a month. Please call CNIB at 936-2300.

ALASKA JOBS! EARN UP TO $30,000 in 3 months fishing salmon. Also construction, canneries, oil fields plus more! For immediate response, call 1-504-646-4513, extension K506 (24 hours).

$200-$500 WEEKLY. Assemble products at home. Easy! No selling. You're paid direct. Fully guaranteed. Free information 24 hour hotline. 801-379-2985. Copyright #ONO10550.

EARN UP TO $346/WEEK to assemble Christmas and holiday decorations year round, at home. Work available across Canada. For more info. send a self addressed stamped envelope to Magic Christmas, 130 Slater St., Ste. 750, ext. 401, Ottawa, Ont. K1P 6E2.

HOUSEKEEPER WANTED every 2nd Monday, Pitt north area, 9 a.m. - 3 p.m. Non-smoker, please. Call before 9 pm. 938-2162.

CRUISE SHIP JOBS. Earn $300/$900 weekly. Year round positions. Hiring men/women. Free room/board. Will train. Call 1-504-646-4500 (ext. C-506) 24 hours.

AUTO BODY PERSON with good mechanical skills. Ph. 932-8610 after 6:00 pm.

32 HOUSES FOR RENT

NEW COUNTRY HOUSE FOR RENT. 5 bdrm., att. garage. $875/mos. + util. Avail. May 15. Ph: 936-2313.

3 BDRM. HOUSE FOR RENT. $380/mos. Avail. May 1st or June 1st. Call btwn. 6-9 pm. 538-2840.

JUNE 1ST POSSESSION. Small country bungalow perfect for a couple. City bus, city water. $550/mos. + util. Wilfred Amell Ltd. Real Estate Broker. 938-1611.

MONEY MAKER, 2 duplexes, $80,000. Cornwall
HIGHWAY COMMERCIAL 2000 sq.ft. bldg, $61,900. Avonmore.
35 ACRES, bungalow & barn, $85,000. Avonmore area.
7 ACRES, home, barn, shed, $75,500. Avonmore area.
MOVE IN 3 bdrm. home, renovated, $58,000. Monkland.
GREAT STARTER HOME, 3 bdrm., shed, $59,500. Avonmore.
SUPER GARAGE & large 3 bdrm., $74,900. Moose Creek.
RIVER VIEW renovated 4 bdrm. home, garage, large lot, $106,900. Ingleside.
ABOVE AVERAGE brick bungalow, built-ins, finished basement, pool, 2+ acres, 2 outbldgs, $159,500. 9 Mile Road.
BUILDING LOTS from $10,000.
26 ACRES, creek, fronts on 3 roads, $27,500. Roxborough
JUST LISTED
LARGE WORKSHOP & garage, dog kennel with chain link runs, 14x68 mobile, 27" above ground pool, paved road, $59,500. Cornwall Township.



buying or selling call
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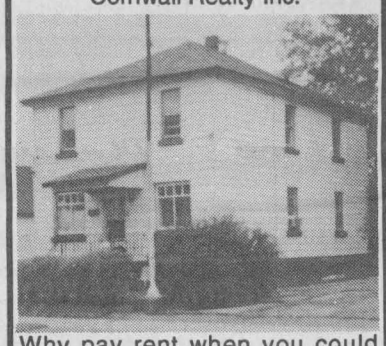
Sauve Real Estate Ltd.

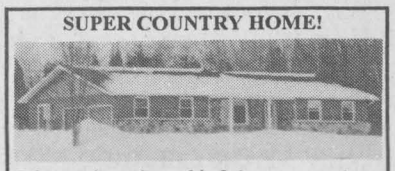
HOMELIFE
Cornwall Realty Inc.



Why pay rent when you could have your own yard for the kids, and private driveway? This duplex is well located and can be purchased for $79,000.00 $3,950.00 down payment if you qualify and payments of $612.72 monthly with upper unit rented at $137.00 per month to live in the lower unit.

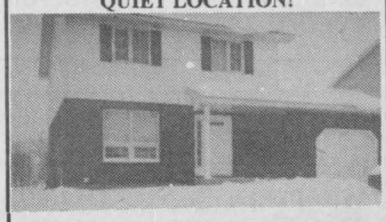
Call Simon J. Villeneuve at 936-2020, 931-2446 or 936-3356 today!

SUPER COUNTRY HOME!



Privacy abounds on this 5.4 acre property. Many outbuildings, pool, well landscaped, attached dble. car garage, 3 + 2 bdrms, skylights, bright open kitchen. **Must be viewed!.** Call JUDI today. MLS 3591

QUIET LOCATION!



Large bedrooms, 2 baths, bright kitchen/ family rm. with gas f.r., att. garage. Reduced to $129,900. MLS 3592

12 ACRES

Wooded property, just off Avonmore Rd. with frontage of 834 ft. **Priced at $14,500!**



JUDI AUGER
938-2121 (Office) or
931-3293(Home)
CENTURY 21 SHIELD

SUMMERSTOWN - 2 bdrm. house. Great view of river. Incl. fridge, stove, washer, dryer. Ideal for a couple. Avail. June 1. $600/mo. Utilities extra. Ph: 931-1256.

33 HOUSES FOR SALE

MARYDALE. Excellent 2 storey home. 1700 sq.ft. Att. garage. Many extras. Only $129,900. Must be seen. Call Jamie Hutchinson, rep. for Latreille Real Estate. 937-0308 or 938-3800.

NEW 5 BDRM. COUNTRY HOME. Att. garage, on 3 acres, good spot to start business. Make an offer. No GST. 936-2313.

ROSEDALE TERRACE. 3 bdrm. bungalow incl. built-in appliances. Rec room. Carport. Inground pool. Asking $96,500. Call Jamie, sales rep. for Latreille Real Estate. 938-3800 or 937-0308.

4 BDRM. BRICK w/garage on Adolphus for sale. Quiet area. Also 3 bdrm. house on 3rd St. West. Vendor take back. 932-2135.

MOBILE HOME, 60'x14' w/deck & porch in Ingleside. Must be moved by June 1994. Asking $22,500. Ph: 534-8306.

BAYVIEW ESTATES



QUIET SPACIOUS LIVING
3 bdrm. raised bungalow. Attached garage on large lot. Patio deck. No Agents Please.
For Further Information
931-1985

36 INCOME PROPERTIES

PRIVATE SALE. 4 plex, east end location. Good shape but needs paint. Income $18,000/yr. Low down payment w/possible V.T.B. Leave msg. 938-6778.

DUPLEX 2 & 3 BDRM. APTS. $925 monthly income, new two 200 amp. services, new roof, large lot. 32 Leonia. After 5 pm call 932-5878.

40 LOTS-LAND-LOTS

HILLTOP BLDG. LOTS. 120' wide x 200' deep. Natural gas on lots. Situated Headline Rd. West. For more info: 937-0630

ST. ANDREWS AREA, 6 acres, some bush w/creek. Possiblity of 5 lots. Price reduced. Try your offer. Call Latreille Real Estate 938-3800.

BUILDING LOT FOR SALE. Cornwall's north end. 70' X 194' on paved, dead-end street near bus stop. (613) 346-2323.

APPROX. 12 ACRES. Very private. Summerstown area on Lapierre Rd. Good building site. V.T.B. or accept boat as part payment. Call Marcell 932-5614.

$1000 DOWN BUYS A beautiful building lot on Summerstown Rd., near Hwy #2. Balance easy monthly payments. Ph. 931-2324.

RESIDENTIAL- COMMERCIAL. 120'x150' deep plus 36'x30' on one corner. Municipal water. Location: Cornwall Center Rd. & Hwy. 2. Approx. 1000' from Pioneer Corner. Sacrifice price of $19,500 includes a set of semi-detached blue prints. One side for you , one side for a partner. Call Roy after 4 pm 931-2105.

43 COURSES

IF YOU WISH TO LEARN HOW TO DRIVE, si vous désirez apprendre à conduire Ecole de conduits Alexandria-Hawkesbury Driving School now covering Cornwall. 936-3628. Moniteur (trice) bilingues/bilingual instructors.

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EVENINGS & WEEKENDS
936-8973

WOMEN'S SELF DEFENSE, accepting ages 15 plus. Registration: May 4 & 6, May 11 & 13. Btwn. 6:30-8:30 pm at Vincent Massey Public School. Tri-County Karate & Self Defense. 613-937-1769.

SEARCH THE SCRIPTURES and see if it is so. Free Bible correspondence courses. Church of Christ, 1702 Dover Rd., Ph. 933-1825.

45 FLEA MARKETS

GOOD NEWS!!! The Bonville Flea Market is planning to reopen May 23, 1993 in a new building on four acres of land. 20,000 square feet of indoor and outdoor spaces available. To reserve a choice spot on a first come, first served basis. Please call 938-0913.

JERRY'S
FLEA MARKET
OPEN
MONDAY TO SATURDAY
10 a.m. to 5 p.m.
36A Marlborough South
933-2026

FLEA MARKET. Vendors wanted. $5.35 for a table per day. Shoppers also welcome. 52 Main St., Avonmore. 346-5415.

47 MOTORCYCLES

1986 YAMAHA XT600 ENDURO. Excellent street & dirt machine. New sprockets, chain, battery & more. $1675 w/safety. Ask for Mark, leave msg., 938-4878.

YAMAHA YZ 80 yellow dirt bike, $150. Good motor, tires. Needs shocks, exhaust & carburetor. (613) 346-2323.

48 MOVERS, STORAGE

U-DO-IT STORAGE. Save money on heated storage by renting a room & handling your own goods. A division of St. John's Transfer, 725 Boundary Rd. 933-1492

MOVING? Call Payless Moving & Storage. Lowest rates in town. Call 932-3279, 7 days. Don't be disappointed. Book early.

49 NOTICES

VILLA MOOSE CREEK REST HOME. 24 hour supervision with R.N.A. For more information call Mrs. A. Lanthier, Administrator. 538-2844.

50 OFFICES, STORES BUILDINGS

OFFICE 1200, 1625 & 3000 SQ.FT. Ready for occupancy. Heated & air conditioned. Carpet & drapes furnished. Located at 408 & 410 Pitt St. Call 938-4877 or 933-1907. WAREHOUSING. 1,000 to 2,000 sq.ft. Retail/wholesale or manufacturing. Plenty of parking. Receiving & shipping at truck level. Apply 218-11th St., West or tel. 938-4877.

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812 Pitt St.
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SPACE AVAILABLE
Reasonable Rates
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FOR RENT: new building 50'x60' clean span 16' ceiling. 14' door. 4 acre lot. Zoned for all uses. Hwy. exposure. Ideal for storage, repair, manufacturing, retail, etc. Reasonable rent. Ph: 938-0913.

FIRST CLASS OFFICE for rent. Five clean private offices with big windows plus large general office overlooking church on ground floor. $1000/mo. gross includes heat, a/c, basement, taxes & parking for three cars. Lots of city parking avail. Great for accountant, lawyers, doctors or retail requiring big display windows. Call Stan Body, Beautyrock Inc., 16 Second St. E. 932-2525.

AVAILABLE IMMEDIATELY
OFFICE SPACE - 400 sq.ft.
Pitt St. Promenade - Lights & Heat Paid
$375.mos.
932-8588 Mornihgs Only

DOWNTOWN PITT ST., 2 rooms plus upstairs bach. to live in. Parking. Good for retail. 932-2135.

AVAIL. IMMEDIATELY. Bright, central location, suitable for artist's studio or retail shop. 950 sq.ft. Private entrance. Reasonable rent. Long or short term. Just 2 blocks east of Civic Complex. Ph: 10-5 pm. 936-8088.

51 PERSONALS

VOLUNTEERS NEEDED. A.B.L.E. A service provided to assist individuals with developmental handicaps in meeting the "needs" for friendship. For further information, please call 936-6780.

EMOTIONS ANONYMOUS have meetings every Tuesday from 8 - 9 pm. For more info. 938-2952.

ADDICTED? ALONE? AFRAID? Want to quit but need help? Cornwall Detox Centre, 305 Montreal Rd., Cornwall. THE FIRST STEP, 24 hr. service. 938-8506.

TROUBLED BY YOUR TEEN'S BEHAVIOUR? You are not alone! Come to a parent support group "Toughlove". Meetings every Thurs. 7 pm at Bob Turner Centre (upstairs). For more info. Susan at 937-3407 (evenings) or 933-8030 (days).

ALZHEIMER SOCIETY of Cornwall & District need more members, more volunteers, more donations & more involvement. Drop into our office at 12 York St., 3rd floor or tel: 932-4914. In Hawkesbury/1-632-4349.

A LOOK INTO THE FUTURE with Mona. Tarot cards & teacup readings. For more information on this, telephone 937-0219. Reasonable & bilingual.

BIRTHRIGHT CORNWALL. Pregnant? Unsure? Need someone to talk to? Call 938-2028. All our services are free & confidential.

HIV &/OR AIDS. Are you concerned or afraid? Do you need help in coping or just afraid? No name, no address required. Please call 10 am to 8 pm at 1-800-267-7432 or write U-Cap, Box 362, Cornwall, K6H 5T1.

DOES YOUR MOTHER/ FATHER'S DRINKING bother you? You are not alone. Call 937-4880 for "Alateen" or join us every Thursday nite at 7 pm at 101 Anthony (basement of Holy Cross Church Hall).

COMMUNITY LIVING - Stormont County is currently looking for volunteers to support individuals with developmental disabilities in a variety of activities. Please call Pam McIntosh at 938-1702.

HAS SOMEONE'S DRINKING been affecting you? You are not alone. Call 937-4880 for information meetings.

ADULT CHILDREN ANONYMOUS/ ACOA have a support group meeting every Thursday at 7:30 pm at 105 Third St. West. For info: 938-0964.

LOSE WEIGHT! "I lost 16 lbs. in 30 days for about $2.00 a day. Safely & naturally." Don't weight, call 1-800-563-5753.

DIET MAGIC lose up to 30 lbs. in 30 days. Feel great and have more energy. Call Monday and Wednesday 10-5 or evenings call 938-0964.

CLASSIFIEDS SELL
CALL 933-0015

52 PETS, LIVESTOCKS

BEAUTIFUL PUPPIES. Poodles, Toy Pomeranians, Shelties, German Shepherds others. Boarding. Bridlewood Kennels, Hwy.#43, second farm east of Highland Road. 527-2074.

HUMANE SOCIETY. Right now the Humane Society has cats looking for a good home. Give us a call and pick up a "friend". 936-0072.

WANTED - EVERY TUESDAY, healthy holstein bull calves. Top price for good young calves between 95 - 110 lbs. Deliver to Delft Blue Veal farm, Lightning Street, Williamsburg between 10 am - 2 pm. For prices of the week phone Walt at 543-2796.

LABS. Black female, 6 yrs., good blood line, $600. Yellow male (son of Marathon Man), 3 yrs., $850. Ph: 1-347-1239.

55 ROOMS FOR RENT

TOWNHOUSE off Laflin. Nonsmoker. Private living room w/shared kitchen & bathroom facilities. Close to all amenities & bus. $400/mos. 936-1238 leave msg.

60 SPECIAL NOTICES

FRIENDS & NEIGHBOURS, a new bilingual service offering day tours with former "Hi Neighbour" hostess, Rachel. Boat cruises: Ottawa Tulip Festival, May 24 & 29. Parliament's Tour/Ottawa, June 8. And much more for $35 per tour p.p. Air conditioned bus. Pick up Cornwall, Morrisburg, Ingleside. Info: 932-4519.

NEED A HANDYMAN FOR THE SUMMER?
I will cut your lawn, clean your yard, wash windows and any other odd jobs you need done.
Call Brian at
527-2779

ROUTES AVAILABLE
CORNWALL
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- Jane, Riverdale, James, Dover, Peter
- Notre Dame, Cumberland, Churchill, Anne
COUNTRY
- Lancaster
- Morrisburg
- Ingleside
SEAWAY NEWS

If Interested In One Of The Listed Routes Please Call Tom at
933-0014

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DAUPHIN 21' TRAILER w/additions. Located Cameron's Pt. Reasonably priced. Call Marcel 932-5614.

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When There's A Will There's An Easy Way

Half of Canadians don't have Wills. A recent survey commissioned by the Trust Companies Association of Canada has revealed that 50% of Canadians over the age of 18 have avoided the unpleasant task of preparing a Will. Among those who do not have a Will, three-quarter think they know who will inherit their assets, and one-quarter have no idea what will happen to their property, cash or personal belongings when they die.

In order to emphasize the importance of having a Will, no matter how large or small your estate, let's look at some of the problems that can arise when a person dies "intestate", or without a Will.

Without a Will, your property or estate will be distributed according to the laws of the province in which you lived. These laws are strict and may not reflect either your wished or your family's needs. Clearly, this is the single most important disadvantage of not having a Will. If there are minors involved, according to Robert Massey, Assistant Vice-President, Montreal Trust, "you lose the opportunity name a guardian for your children, should you die with no Will."

In the province of Ontario, should you die intestate leaving a spouse and two children, your estate would be distributed as follows:

1) Your spouse would receive the first $75,000.

2) One-third of the remainder would be distributed to your spouse and two-thirds to your children equally.

In Manitoba, the spouse inherits everything, whereas in Quebec, the spouse receives the first third and the children share the remainder, when there is no Will.

When an estate is being distributed, it can take two forms, namely outright and into trust. The outright form is quite straightforward. The property is simply handed over to the beneficiaries for them to do with as they please. The trust form involves holding assets in trust over time. Typically, income is paid from the assets to the spouse for life, and then the assets are handed over to the children.

When there is no Will, the distribution is always outright. This can cause a number of difficulties. For example, in the province of Ontario:

• The major asset of an estate is often the family home. However, the deceased may be survived by a spouse and by grown children who don't live at home anymore. By law, the estate must be distributed immediately and the surviving spouse may be forced to sell his/her home.

• When minors are involved, outright distribution means that the minor's shares must be paid into court. Until the minor has reached the age of majority (18), a detailed application to the Official Guardians Office is necessary in order to obtain funds. The surviving parent of a guardian faces the hardship of not having control over funds intended for raising the children. At the age of 18, the minor can they apply to obtain all the funds.

In both cases outlined above, the existence of a Will would have resolved the difficulties. In the first case, a Will could simply have provided that the property be held in trust for the life use of the spouse. In the second case, a Will could have provided funds to the surviving parent to use as needed, or it could have placed the funds in trust until the minor was older and possibly more responsible.

In addition, when there is no Will, no Executor has been named. The next of kin are entitled by law to apply for the job of Administrator. There is an order of preference, however, and in the province of Ontario it is as follows:

- First - the spouse
- Next - child/children
- Next - grandchildren
- Next - great grandchildren
- Next - parents
- Next - siblings
- Next - grandparents
- Next - nieces/nephews/ uncles/aunts

Being an Executor is a complex and time-consuming responsibility. When there is no Will and an Administrator is appointed, he or she may not have the essential qualifications and may therefore not be the ideal choice. For example, depending on the age of the deceased, a sibling (6th on the list) might be a more suitable choice as Executor rather than an elderly parent or an inexperienced youth.

It is important to note that the Administrator must post a bond as a form of insurance to protect the assets. This can cost the estate from $500 to $1,000 per year. On the other hand, an Executor named in a Will is not required to post such a bond.

Time delays that arise when no Executor has been named take on new meaning when, according to Karen Hoffman, Manager, Trust Services, Royal Trust, "immediate action may be vital to maintaining the value to the assets, for example, in the case of a farm with livestock or some other active business."

If you don't have a Will, settling your estate can prove costly, lengthy and stressful for your family. A Will may well be one of the most important documents you sign in your life. In order to ensure your Will is properly drafted and worded, ask for help from a professional, such as a Personal Trust Officer at a Trust Company.

"A Personal Trust Officer," says Greg Jackson, Vice-President, Personal Trust, National Trust, "is well aware of the legal complexities and tax burdens pertaining to Wills and Estate Planning and will work with you to ensure your wishes are fulfilled."

In order for your Will to be carried out according to your wishes, it must be drafted carefully and updated regularly so that your heirs won't bear the brunt of unnecessary delays and financial burdens.

Trust Companies are the only financial institutions in Canada that have been planning Wills, setting up trusts and administering estates for over a century. They also have the impartiality and resources that are essential to ensure that all the provisions of your Will are executed. Most Trust Companies have brochures and checklists available to answer questions about Wills and have Personal Trust Officers to help in the planning process.

Column Provided by The Trust Companies Association of Canada.

C.C.V.S. NEWS

By: Derek Herbert

The summer weather is truly here. The warm weather makes me want to stop, smell a flower, pet a dog, or just say hello to someone who is passing by, with a friendly smile. Yes, life is beautiful, isn't it? And you are what makes it a bright and shiny day.

The slave auction last week was a great success. The school raised over a hundred dollars for CHEO! Bill Brady got the highest buying price of over $30. I hear the buyers have some great plans for you Bill.

If your planning to get caught up in this lovely weather (i.e. frolicking with flowers in your hair, outside during class time) you will be pleased to know that summer school application forms are now available in Student Services. Yes, that is right kiddies. You could be the winner of a one month summer school vacation. That's right, get away from the holidays and get back into school!

Just a reminder, if you're trying to avoid a school vacation, report cards will be coming soon, around May 20. Get studying.

Good luck to three of our Raiders and Mrs. Bobka who will be attending the 10/10 ticket conference in Edmonton on May 14, 15 & 16. The goal of the crew will be to think up new ways for students to stay in school. I hear they have some great ideas.

Are you going to university or college? Are you in need of financial assistance? Well, sign up for the O.S.A.P. meeting on May 18. The meeting will provide specific instructions for filling out your forms, and any questions you need to be answered will be provided.

The Dave Stevens Memorial Track and Field Meet went off well. We are going to have some awesome teams Soccer practice at 7:00 in the morning, three time a week! Are you crazy? The girls soccer team may not be crazy but they are certainly dedicated. Good luck.

Well, there's always more to say but so little time to say it. Just remember that there will always be a place in my heart for all of you people, and ... and ... oh! I'm just getting too emotional to go on. Have another great week, here at the best school in the land.

Make music match exercise

(NC)—Make the music match the workout! That's the conclusion of a study examining the best music to listen to while exercising.

Researchers tested the effect of different types of music on 24 adults while they exercised. Fast, loud rock music boosted the heart rate and kept them from exercising longer than when listening to slow "easy-listening" music.

The slow stuff, or what the researchers call "elevator music", lowered the heart rate and allowed the exercisers to exert themselves longer without perceiving themselves getting any more tired.

In a recent article in the Journal of Sports Medicine and Physical Fitness, it was noted that "the relaxation brought on by the softer music may make the exercise seem less difficult" and that let's you keep going longer.

This information is sponsored by the Ontario Nurses' Association, the voice of about 50,000 staff registered nurses in the province.

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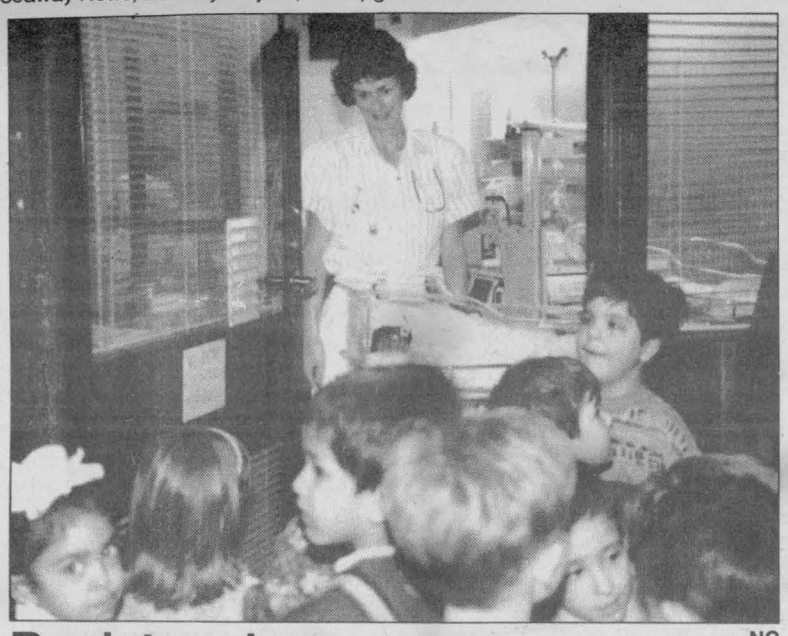

NC

Registered nurses— A commitment to life

(NC)—Registered nurses, the largest groups of health care providers in this province, are marking May 9 - 15, 1993, as Provincial Nurses' Week in recognition of the year-round COMMITMENT TO LIFE that staff nurses make in our community.

Our health care system could not exist, without nurses. They care for people on a one-to-one basis, and make crucial decisions 24-hours a day. All this takes extensive education, a continual upgrading of skills and a deep personal commitment.

Registered nurses are committed to being a vital human connection between health care technologies and patient and family needs. The compassionate and dedicated care of these women and men 24-hours a day means a human touch in this technological age.

Commitment to LIFE CNA

Nursing has never been easy, but it is becoming increasingly demanding no matter where staff nurses work—in hospitals, public health units nursing homes, homes for the aged, VON, medical clinics and industry.

The need for nursing services is escalating in light of the gradual shift towards more community-based health care, the increasing complexity of care and the accelerating demands for health care from an aging population.

The maintenance of a cost-effective, compassionate health care system in this province depends on ensuring highly-qualified registered nurses continue to play a central role in health care within institutions and in the community.

That's why the Ontario Nurses' Association has declared a Provincial Nurses' Week, from May 9 - 15, 1993, in recognition of the unique contribution of registered nurses to the communities where they live.



NC

Chateau Cornwall Clinic Huge Success

On Sat. April 24th, Chateau Cornwall held a clinic where people could have their blood pressure, cholesterol level and glucose level tested. The response was great with over 180 people being tested. The free testing was done by professionals with results on the sport. Information and educational material was available and they served light refreshments. The co-operation of the co-sponsors, The Heart & Stroke Foundation, The Lung Association, The Canadian Diabetes Association and Miles Canada Inc. made for the success of this event.

Prevention through research and education.

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BRIDGE RESULTS

The Independent Bridge Club - April 28/93

N/S 1. Kay Barlow - Brunelle MacDonald
2. Hermine Ladouceur - Marjory Raymond
3. Gladys Cinquina - Exaire Kinnear

Friendly City Bridge Club - April 28/93

1. Carol Reus - Muriel Smith
2. Terry Forsyth - Rhea Petry
3. Jim Barlow - Fern Blain

Cornwall & District Bridge Club - April 29/93

N/S 1. Margaret Evans - George Bissonnette
2. Jean Forbes - Claudette Rousseau
3. Margaret Campbell - Mildred Cleary

E/W 1. Charles Lawn - Fernando Llano
2. Therese Carriere - Denise Fournier
3. Mabel Chan - Nelsa Kalil

Cornwall Seniors Bridge Club - April 30/93

Section A

N/S 1. Kay Colbran - Margaret Evans
2. Dora Barrington - Mildred Morin
3. Mabel Chan - Rhea Petry

E/W 1. Jean Forbes - Lydia LeGault
2. Marian Gagnon - Eva Kittle
3. Pat Cunningham - Marion Lawn

Section B

N/S Yolande Boutin - Hermine Ladouceur
2. Kay Barlow - Marjory Raymond
3. Ruth Edgeton - Marjory Summers

E/W 1. Florence Bergeron - Rita Struthers
2. Ann Pawlin - Fern Emerton
3. Claudette Rousseau - Charles Lawn

Cornwall Community Bridge Club - May 3/93

N/S 1. Brian McCartney - Voyteck Pomykalski
2. Richard Baird - Bruno Carriere
3. Nelsa Kalil - Mary Rudden

E/W 1. Charles Lawn - Fernando Llano
2. Jean Forbes - Claudette Rousseau
3. Eva Kittle - Mohan Seth

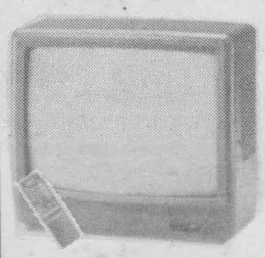
St. Lawrence Bridge Club - May 4/93

1. Denise Fournier - Brian McCartney
2. Kay & Mel Colbran
3. Bob Dalgleish - Charles Lawn

DID YOU FORGET MOTHER ON MOTHER'S DAY??

SUPER DEALS

TO MAKE MOM SMILE!!



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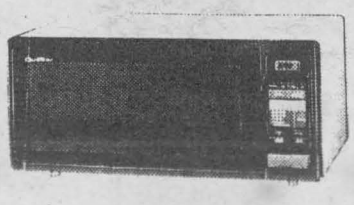

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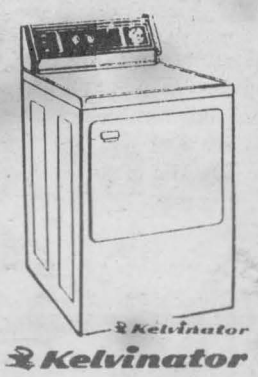

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