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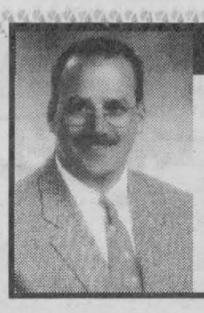
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SEAWAY NEWS

November 20, 1998 VOLUME 12, ISSUE 47 SERVING CORNWALL AND AREA

"Pennies From Heaven"



Pictured at Sacred Heart school are Scott, Clayton, Patrick and Lisa with teachers Mrs. Durochie, Mrs. Flipsen and Miss Chaput.

United Way is a national system of volunteers, contributors and local charities built on the proven effectiveness of local organizations helping people in their own communities. Many United Ways have a significant focus on children, youth and their families. In fact, nearly one-third of the dollars raised by United Ways annually - $1 billion - goes to services for children, youth and families. In addition, many United Ways sponsor community initiatives on various issues affecting children, youth and families (e.g., early childhood development).

A good Board of Directors is the foundation upon which a well-organized and effective nonprofit organization is built. Board governance is considered a high priority of the Cornwall United Way because it is the Board of Directors that is ultimately responsible for an organization's program, fundraising, management and overall fiscal guidance. Fiscal management is a complex process, replete with unanticipated difficulties. Unexpected expenses, for example, are bound to arise. No one can be expected to predict exactly how much money will be needed to fund certain projects.

Continued on pg. 2

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In & About CORNWALL

Saints Invited to Party

St. Lawrence High School will celebrate its 50th anniversary in the year 2000 and plans are underway to celebrate this milestone in style. For almost a half century, SLHS has provided educational leadership in Cornwall not only through its bilingual academic programs but also in the arts and in sports. SLHS graduates can be found all over the world living the school motto: "We care and dare to say "Vive la difference"! A 50th reunion meeting will be held in the cafeteria of the school on Wednesday, November 25th at 7:00 pm. All past and present members of the Saints community interested in helping with this celebration are invited to attend. For further information please contact St. Lawrence High School by phone at 933-8410, by fax at 933-8191, by e-mail at saintsonline@cnwl.igs.net

Marketing & Advertising Seminar

The Cornwall Business Self Help Centre, a facility jointly funded by the City of Cornwall's Economic Develpment and the Ontario Ministry of Economic Development, Trade and Tourism, along with the Business and Industry Training Services at St. Lawrence College, is presenting a Seminar for prospective entrepreneurs called "Marketing and Advertising". This presentation features information and advice from Mark Kulick, a Business Consultant with the Cornwall Economic Development Self-Help Office; Rob Lalonde, Persuasive Design; and Bob Peters, Webtech. The seminar provides pertinent data for anyone interested in learning about marketing and advertising a business. The seminar is scheduled for Thursday, November 26th, starting at 6:30 pm at St. Lawrence College. To pre-register call 933-4693, ext. 2256.

Plastics Plant Opens

Laminacorr Inc., a company which produces shipping material for the automotive industry has opened in the Industrial Park of the city. They currently employ 6 full time people and hope to double the staff within the year. The company chose Cornwall because of the location and the raw materials which can be purchased locally. Proximity to the United States was also an attraction for the company.

Health Program Receives Funding

The local community-based Healthy Babies, Healthy Children received $138,127 in extra funding. Ontario's Agricultural Minister Noble Villeneuve stated that "we want to create a safe and nurturing environment for every child in Ontario." Funding for the province wide program was doubled from $10 million to $20 million. Approximately 25 percent of newborns born each year in Ontario are referred to public health units for a follow up through the program.

St. Lawrence Centre To Hold Craft Day with Santa

St. Lawrence Centre will hold a craft day with Santa on Saturday, December 12th at 9 am and 11 am in the space located next to Wilson Suede and Leather. Give your children a special time with Santa and his elves, children ages 3 - 12 will decorate a treat box, visit with Santa, enjoy juice or milk (provided by Arby's) and snacks (provided by Bob's Bake Shop and Maison Du Popcorn), also each child will receive a bag of goodies (provided by St. Lawrence Centre) and each child and adult who accompanies them, will get the chance to win a half gallon popcorn pail (donated by Maison Du Popcorn).

Children's Treatment Centre Given Financial Help

The Stormont, Dundas, Glengarry, Akwesasne Children's Treatment Centre was presented with a cheque for $5,000 from the Rotary Club of Cornwall. The Rotary Club of Cornwall pledged $15,000 to the Centre in 1995 and was one of the first groups to help support the Centre. More than 300 children have been referred to the Centre since its opening. The Centre provides help for victims of sexual and physical abuse.

Continued from front pg.1

Informed givers know that contributions do not go to abstract "good causes," but to organizations which have clearly defined purposes. Getting squared away on what that purpose is, and keeping it in sight, is an essential element which makes the Cornwall United Way run smoothly.

Contributors in Cornwall know that the local United Way, which started in Cornwall in 1944 and currently represents seventeen member agencies, is an organization which clearly defines its purposes in terms that state specific goals toward which programs are directed with the definite possibility of achieving positive results.

In the current "Pennies From Heaven" campaign, the United Way of Cornwall have set up drop off centres to collect the over abundance of unused pennies which have a tendency to be put aside by most consumers. These drop off centres, situated at Cornwall Square, Canadian Tire, Filion Trophies, CJSS/Variety 104.5 and the Cornwall office of the United Way are partners in the special promotion campaign of the United Way to achieve its goal of raising $460,000 to continue its benevolence in the Tri-County area.

Cornwall Electric has supplied five meter readers to pick up donations and five men from Union Gas are also available to do the same. These volunteers will come to you to collect by calling 932-4374.

In a move to promote their life skills program for gifted students, Sacred Heart school has graciously donated their time to roll these collected pennies from the various donation drop off points. A definite hands on approach to community involvement affords the students from the Triple 1 program (Individual Instruction with Integration) a direct learning experience about accounting, community good will and interpersonal relationships leading to a solid basis for eventual business integration.

Story & photo by Aubrey Johnson

School Funding:

Long-Term Solutions That Put Kids First

We believe every child in this province deserves an equal chance at life.

In the past, school funding was anything but fair because it was based in part on how much each school board could raise in local taxes. Now, thanks to student-based funding, every child in Ontario can have fair access to a high-quality education, no matter where they live.

More money for classroom education, less for bureaucratic waste.

For many years, parents complained about school boards spending too much on overhead and administration, and too little on classroom needs. We asked boards to find savings in overhead and administration, then apply these funds to classroom needs. Most boards responded in good faith. A few didn't. Instead, they threatened to close schools.

We could not stand by and let them threaten our kids' schools.

To protect children from unnecessary school closures, we came up with four different solutions.

A permanent 20% top-up grant for schools with fewer students.

Previously, a school built for 100 students that had only 80 students enrolled would have lost 20% of its operating budget. Now, schools operating at less than full capacity will receive a top-up grant of up to 20% to bring them closer to, or up to, full operational funding.

New permanent allowances for schools with non-standard design features.

Some schools have unusual design features that incur additional costs. For example, many older schools have extra-wide hallways that need to be heated and cleaned. These unique design features have now been taken into consideration when calculating school funding.

More time for school boards to move money into the classroom.

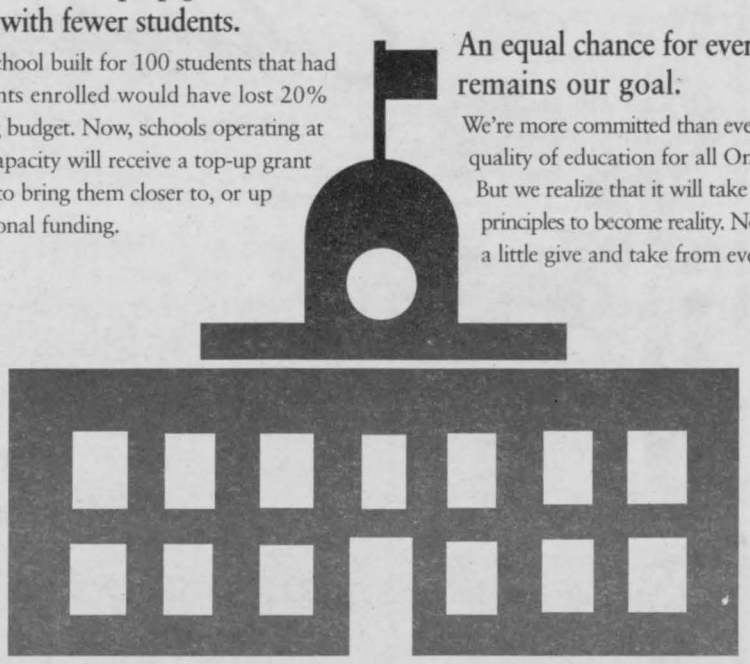
To prevent certain boards from unnecessarily closing schools, we're giving them more time at current funding levels to find the savings we know exist. Boards facing funding increases will receive their increases as originally scheduled.

Professional third-party help to find savings in administration and overhead.

In response to a request for help from the head of the Toronto District School Board, the Government will provide them, and any other board requesting it, with a team of management experts to help them find ways to save money in operations and administration.

An equal chance for every child remains our goal.

We're more committed than ever to raising the quality of education for all Ontario children. But we realize that it will take time for our principles to become reality. Not to mention a little give and take from everyone.



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Kinsmen/CF Winners



The Kinsmen Club of Cornwall recently held a raffle to raise money for Cystic Fibrosis.

Co-chairmen Mike Carrierre from Brookshell Pontiac Buick and John Baird from MX Petroleum along with sponsors Kinsmen Club of Cornwall, Brocksteel, CFLG and Cystic Fibrosis sold tickets for a special concert with Celine Dion, to be held in Montreal. The winners received two tickets to the concert at the Palais de Congres, limo service and hotel accommodations.

Pictured above are Michel Carrierre and Andre Lapointe from Brookshell Pontiac Buick; Past President Scott Wilson and John Baird of the Kinsmen Club; winners Susan Merpaw and Gertrude Leduc and Kinette Kim Baird. Missing from the photo are winners Derek Labonte, Shannon Taillon and Mary Ann McKiver.

Kids Who Smoke – How Do We Help?

By Senator Colin Kenny

Young people are intricate. Not that older folk aren't intricate too, but at least we've had a bit of time to try to figure out what makes us tick.

Not so with young people. Anyone claiming to know how to spew out a quick assessment of what motivates any given teenager, or group of teenagers, is a pompous fool.

Let's say you've got a kid who smokes. Fresh young lungs headed for the long dirty road. Why a young person smokes may involve a number of factors: to be part of a peer group, rebellion against parents and other authority figures, striving for independence, the excitement of risk-taking behaviour, weight control, stress release – the list goes on.

All of these factors, of course, are exacerbated by tobacco advertising and cigarettes that are a lot cheaper than they used to be.

What to do, parent, what to do? Do you scold? Bribe? Cajole? Use scare tactics? Threaten? Reason? Plead? Make a deal? Or ignore?

What if rebellion against you is part of the mix that makes cigarettes appealing? That probably means that whatever strategy you employ will be countered. Even if it's the most subtle one you can imagine. Hey, they know us. They watch us with big eyes.

So what's the alternative? Turn the problem over to ad agencies? Wily masterminds, their lives devoted to manipulating people's behaviour? Sure, maybe these folks can help. But young people have been watching these clever schemers for a long time too, and when the messages gets righteous most of them twig to the fact that ad people are just parents in disguise.

What to do, what to do? If parental guidance won't work, if the slick guys at the ad agencies are a lot better at selling cigarettes than they are at selling clean living, how do we give our young people a chance to avoid the kind of addiction that is killing off 40,000 Canadians a year?

I say there are answers. But they are complex answers. They will involve all kinds of initiatives taken by the collective efforts of all kinds of people who give a damn. And they will cost money. But we can get that money, and we don't have to take it from taxpayers.

Remember, the tobacco companies say they aren't out to entice young customers to replace the ones who are dying off. They have said publicly that they want to help discourage that very thing. You may laugh at that – I admit it makes me laugh – but there is a way making these companies put their money where their mouths pretend to be.

City's Growing Plastics Sector Welcomes a New Member

Laminacorr Inc. has commenced operations from a 7000 sq.ft. site in the City's industrial park. The company produces and markets a variety of laminated substrates on corrugated plastics primarily related to returnable packaging within the automotive industry. Initially serving Ontario, British Columbia and the Northeastern United States, Laminacorr's long range strategic plan will see it expand across North America.

"A Cornwall location is ideal for us," reports owner and company President Guy Robichaud. "Much of our raw materials can be purchased locally because of the numerous plastics companies already located in the City. Not only that, being so accessible to the US allows us to retain close ties with our American clientele."

Laminacorr is a new company, an outgrowth of the burgeoning Cornwall plastics sector. Mr. Robichaud has considerable experience in plastics with over 10 years in the sector both in Cornwall and in Quebec. His extensive background in quality assurance will play a key role in Laminacorr's entry into the lucrative plastics market.

The company has begun operations with an initial complement of 6 full time people. Within a year, it plans to double that figure.





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Proceeds from Paddles

"There is magic in the feel of a paddle and the movement of a canoe, a magic compounded of distance, adventure, solitude and peace." - Sigurd Olson.

On April 19th, 1998, over 150 participants competed in the 25th annual running of the Raisin River Canoe Race, in canoes occupied by racers of all types and abilities. They are out here on a cold river, each of them with hopes and dreams of becoming better than last year.

There is a fascination by the connectedness between hull and water - so intense and immediate. Just a short single-bladed paddle to make the racer one with the water and to provide all the motive power.

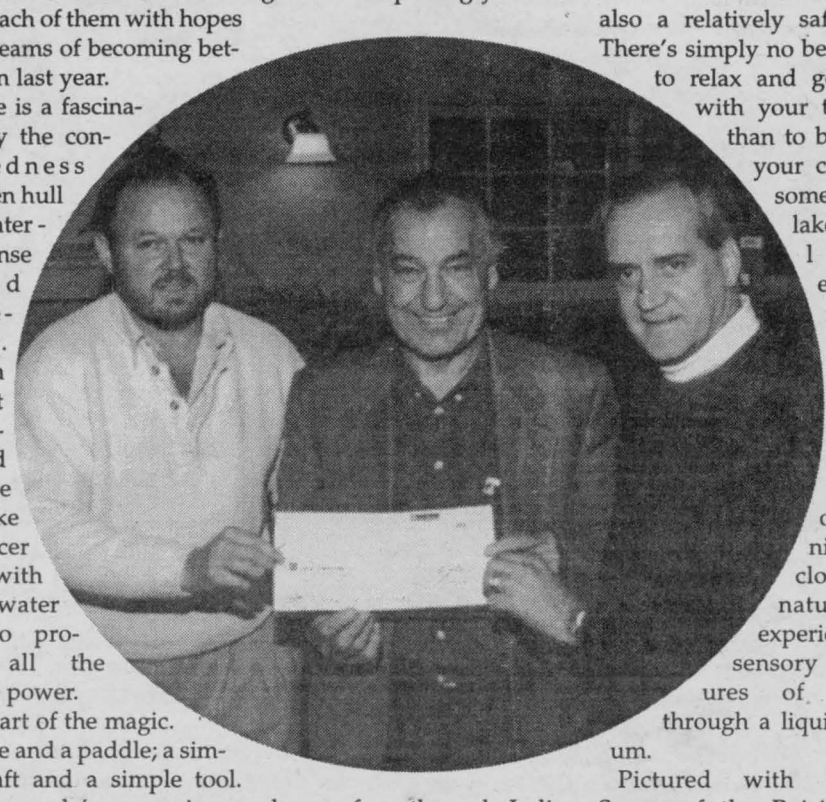
It's part of the magic. A canoe and a paddle; a simple craft and a simple tool. Most people's experience with canoeing has been limited to kneeling uncomfortably in a heavy recreational canoe of less-than-inspired design.

Paddle any canoe for any distance and you are partaking in one of the oldest transportation rituals on the North American Continent. The versatile canoe has undergone surprisingly few changes from the early Indian designs many hundreds of years ago. The similarities between designs of the late nineteenth century and those of our modern racing hulls are striking. It is clear that today's canoe racers are not the first to feel the magic.

Canoe racing is unique in all of the world of sport in that it provides endurance competitions where the focus is exclusively on the muscles or the arms and upper torso, together with the cardiovascular system. Only in canoe racing is the musculature of the upper body stressed exclusively and totally for hours on end. This great sport is, in fact, that last haven for the non-running endurance athlete.

Another feature of the magic of canoe racing is the fact that the sport is ideally suited for women - and vice-versa. If you're a woman who enjoys endurance sports, canoe racing could be just what you are looking or.

Another source of the magic in canoe racing is that injuries are so rare. Canoe racing is also a relatively safe sport. There's simply no better way to relax and get alone with your thoughts than to be out in your canoe on some river or lake. It is a life-enhancing activity which provides you with the opportunity to be close to nature and experience the sensory pleasures of gliding through a liquid medium.



Pictured with Maurice Sauve of the Raisin River Canoe Club, who donated $700. to the Cooper Marsh Conservators from proceeds from the 25th annual race, are Andy Code of the Raisin Region Conservation Authority and Rene Bazinet, President of the Cooper Marsh Conservators and General Manager of Creg Quay. The 26th annual running of the Raisin River Canoe Race will take place on Sunday, April 11th, 1999. The cooperation between the Raisin River Canoe Club, the Raisin Region Conservation Authority and the Cooper Marsh Conservators will ensure the success and survival of all future races. A highlight of the 1999 race will be the drawing of a fiberglass canoe valued at $700.

Story & photo by Aubrey Johnson

Milk Your Diet For All Its Worth

(NC)—Milk, a basic food around the world has come under siege in recent years, and dietitians and nutritionists are trying to figure out why. It is true that aside from infants, most individuals do not have an absolute need for milk, but because of its high nutrient content the great majority of people benefit greatly from its presences in the diet.

Most people are aware the one of the main attribute of milk and milk products is the high level of calcium they contain. What most people may not understand is that milk products not only contain a lot of calcium, but also a lot of calcium in a form that is highly bioavailable. This term simply refers to whether or not a nutrient is available or readily absorbed by the body. For example, spinach has a fair amount of calcium, but it also contains something called oxalic acid which binds with the calcium, leaving it not absorbable. What you see isn't always what you get.

Next on the list is riboflavin - one of the B vitamins for which milk is a leading source. People may not loose sleep over worrying about the amount of riboflavin they consume, but without milk , it's difficult to get enough - and your body will pay for it.

Another nutrient for which milk is a major supplier of is vitamin D. Unlike people in warmer, sunnier climates, Canadians cannot count on the sun to produce vitamin D via their skin from October through till April. Also, even in the summer months, we protect our skin from the suns rays, and use sun screens, so again no vitamin D is produced. So, unless foods like sardines, herring and mackerel play a big part in the diet, fortified milk is the only reliable dietary source.

Many people are concerned about the saturated fat and cholesterol in milk. However, the amounts of these two lipids even in whole milk is really not high. One cup (250 ml) of whole milk will provide 45 calories from saturated fats, which amounts to 2.5% of total calories, assuming a total of 2000 calories a day.

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• 15 inch SVGA Colour Monitor .28dp
• Enhanced 104 key Windows Keyboard
• Creative Labs Sound Blaster AWE-64 Audio Card
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• 56K v.90 Internet Modem with Voice capability
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• OCS Venture Multimedia Computer
• Intel Pentium II 350 MHz CPU
• 512k Level-2 Cache RAM
• 440 BX chipset by: Intel
• ATX Micro Tower Case & Power Supply
• 1.44MB Floppy Disk Drive
• 32X CD-Rom Drive
• 8.4GB Hard Disk Storage Drive
• 64MB Memory PC100 SDRAM
• 8MB ATI Xpert 98 AGP 2D/3D SVGA Video Card
• 15 inch SVGA Colour Monitor .28dp
• Enhanced 104 key Windows Keyboard
• Creative Labs Sound Blaster 128 PCI Audio Card
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• 56K v.90 Internet Modem with Voice capability
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The Farm Boy Store: A Fresh Idea That Keeps Growing

A few days before Christmas, 17 years ago, the first Farm Boy took root in Cornwall. It was a humble, 300 square foot store on Cumberland Street.

In the years that followed, this little Farm Boy market would outgrow several addresses and be transformed into the Farm Boy founding store on Sydney Street. Within a few short years, Farm Boy succeeded in bringing its fresh market to several locations, including Nepean, Ottawa, Orleans and Kanata.

From the beginning to this day, Farm Boy has been a family affair. The Bellemare brothers, building on that strong foundation were confident that through hard work and enthusiasm and the belief that no matter how great the company's successes or how large it grew, Farm Boy Fresh Markets would remain committed to the values on which the company had been built. This remains true to this day, and central to this is a commitment to *always* offer only the finest, freshest quality products in a warm, friendly, family atmosphere.

Faithful from the very beginning to this mission, original employees such as Denise Séguin, Yvon Bélair, Bonnie Clément, and Janice Ostapchuk are as enthusiastic as ever in making sure the Farm Boy experience is there for all, all the time.

Farm Boy is also a Cornwall success story. The Bellemare's are proud of their Cornwall roots and throughout its growth, Farm Boy has never forgotten that its Cornwall store remains the beacon for its other stores. After all, why tamper with an idea which customers have come to identify with quality and freshness and fun.

Pre-Anniversary Sale

Product of U.S.A.
Cauliflower .99¢ ea.

Product of U.S.A.
Green Leaf Lettuce 69¢ ea.

Product of Mexico
Zucchini .69¢/lb. $1.52/kg.

Product of U.S.A.
Green Peppers 69¢/lb. $1.52/kg.

Product of Mexico
Limes 10/99¢

Product of U.S.A.
Pink Grapefruit 6/.99¢

Canada Grades A, AA, AAA
Full Round Steak $2.49/lb. $5.49/kg

Neilson, 1.89 L
Orange Juice $1.69

Black Forest Ham $4.49/lb. .99¢/ 100 g.

Eye of Round
Pastrami $4.49/lb. .99¢/ 100 g.

Fresh Skinless Boneless
Chicken Breast $8.80/kg. $3.99 lb.

German
Edam $4.99/lb. $1.10/ 100 g.

Brie $9.99 ea. 800 g.

Baked Fresh Everyday
Country Bread $1.39 ea. 100 g.

Turkish
Sultana Raisins $1.49/lb. $3.28/kg.

Specials in effect November 22 to November 28

Free Seniors' Shuttle Every Tuesday
Call 938-8566 for details

FARM BOY
www.farmboy.on.ca

Cornwall 814 Sydney Street (613) 938-8566 Store Hours: Mon. - Fri.: 8 am - 9 pm Saturday: 8 am - 6 pm Sunday: 9 am - 5 pm

Around the Counties

Community Award Presented

The Maxville and District Chamber of Commerce has presented the first Community Award to Gordon Winter. The award is presented to an area resident in recognition of years of service to the community. Winter has been a resident of Maxville all of his life and has been involved in numerous community and church organizations. Residents of Maxville and area are welcome to nominate candidates for future community awards.

Ice Storm Clean Up Still Continues

A joint program between the Eastern Ontario Maple Syrup Producers Association and Human Resources Development Canada are working together to remove dangerous limbs hanging over high use areas, such as trails and sugar shacks in the sugar bushes. The $149,000 program began on November 1st and will continue until March 1999. This is the follow up to another program which took place during the spring and summer to clean up the ground level debris.

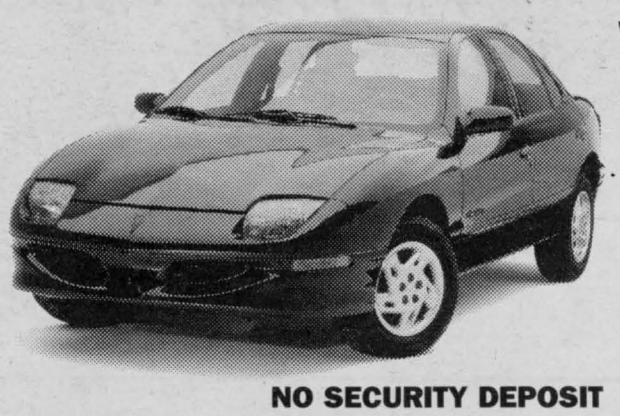
Funds Available in Glengarry

$80,000 from the Ontario Lottery Corporation is available for charitable organizations across Glengarry. In South Glengarry, $46,719 has been allocated while $39,894 is available for North Glengarry. The funds come from 44 charity Monte Carlo casinos that were closed down earlier this year. Applications will be accepted until November 30th and the funds will be distributed to the OLC by March 31st.

Santa Arrives At St. Lawrence Centre

St. Lawrence Centre announces that Santa will arrive on Friday, November 27th at 10:00 am. Santa and his elf will arrive at the front foodcourt entrance by a horse-drawn wagon. Santa will be handing out goodies as he parades throughout the mall and ending at his glistening gift area located in Center Court between Bon*Ton and JCPenney's.

PONTIAC BUICK GMC



'99 Pontiac Sunfire Sedan

Who says Sedan drivers have to give up styling and performance. Included in this sporty package are... 2.2 litre engine, 4-wheel ABS, PASSLock® theft-deterrent system, Next Generation dual front air bags, AM/FM stereo, tinted glass, rear spoiler, rear door child security locks.
Get 4-speed automatic transmission with Enhanced Traction Control and air conditioning for only $40 more a month ($238/month/36 months).

SmartLease $198* /36 months/$1,480 down payment/$645 freight required
Or Purchase $15,748† (excludes freight $645)
Purchase Financing 2.9%‡ up to 36 months

NO SECURITY DEPOSIT

GMC '99 Limited Edition GMC Jimmy Descente

Buy or lease a 1999 Jimmy Descente and you'll get a his or hers Descente ski jacket and a pair of Rossignol skis and bindings. It's also loaded with 190 HP V6 engine, automatic transmission, dual front air bags, 4-wheel ABS, power door locks/windows, tilt steering, cruise control, AM/FM stereo cassette, air conditioning, premium ride suspension, 4 x 4 capabilities, remote keyless entry, and the new AutoTrac 4x4 transfer case.



SmartLease $358* /36 months/$3,100 down payment/$720 freight required
Or Purchase $34,998† (excludes freight $720)
Purchase Financing 2.9%‡ up to 36 months

NO SECURITY DEPOSIT

DESCENTE ROSSIGNOL GMC IS A PROUD SPONSOR OF THE CANADIAN ALPINE SKI TEAM

LADIES AND GENTLEMEN,

START YOUR ENGINES.

OUR NEW 1999s ARE HERE AND WAITING TO REV YOU UP WITH 2.9%‡ FINANCING.

'99 Pontiac Grand Prix GT Sedan



Widetrack handling with performance and styling to match. It's also loaded with 195HP 3800 Series II V6 engine, 4 speed automatic transmission with Enhanced Traction System, wide-track stance, dual front air bags, 4-wheel ABS, AM/FM stereo with CD player, air conditioning, rear seat pass thru, power door locks/windows, tilt/cruise, rear spoiler.

SmartLease $288* /36 months/$3,580 down payment/$810 freight required
Or Purchase $26,498† (excludes freight $810)
Purchase Financing 2.9%‡ up to 36 months
NO SECURITY DEPOSIT

'99 Pontiac Trans Sport



This sporty minivan is a true Pontiac. Being Built For Drivers, it comes with... 185 HP 3400 V6 engine, 4-speed automatic transmission, 4-wheel ABS, dual front and side air bags, air conditioning with pollen filter, deep tinted glass, AM/FM stereo cassette, power windows, remote keyless entry, dual sliding side doors.

OnStar For a limited time, when you buy or lease a Pontiac Trans Sport and subscribe to OnStar ($360 subscription charge applies), you get the OnStar Satellite system including installation at no charge (approximate retail value $1,800).

SmartLease $298* /36 months/$3,500 down payment/$865 freight required
Or Purchase $27,498† (excludes freight $865)
Purchase Financing 2.9%‡ up to 36 months
NO SECURITY DEPOSIT

GMC '99 GMC Safari



There's plenty of room for the family even though we've packed the Safari with... Deep tinted glass, AM/FM stereo cassette, power door locks, 190 HP Vortec V6 engine, 4-speed automatic transmission, 4-wheel ABS, air conditioning, 8-passenger seating.
Get into a SLT Safari with CD player, remote keyless entry, power windows, 6-way power driver's seat and much more for only $20 more a month ($288/month/36months).

SmartLease $268* /36 months/$3,760 down payment/$870 freight required
Or Purchase $23,758† (excludes freight $870)
Purchase Financing 2.9%‡ up to 36 months
NO SECURITY DEPOSIT

2.9%† Purchase Financing is also available on Pontiac Grand Am, Pontiac Bonneville, Buick Century, Buick Regal, Buick LeSabre, GMC Sonoma.
4.9%† Purchase Financing available up to 60 months.

Only at your Ontario Pontiac/Buick/GMC Dealers

PONTIAC BUICK GMC

You should know this: *Based on a 36 month lease for Sunfire Sedan 1SA, Jimmy Descente 1SC, Grand Prix 1SA, Safari 1SA and Trans Sport 1SB. A down payment or trade of $1,480/$3,100/$3,580/$3,500/$3,760 required. No security deposit required. Total obligation is $8,608/$15,988/$13,948/$14,228/$13,408. Annual kilometre limit 20,000 km, $0.12 per excess kilometre. Other lease options available. *†Freight as indicated. Licence, insurance, air conditioning excise tax and taxes not included. Dealer may sell or lease for less. ‡Financing on approved GMAC credit only. Example: $10,000 at 2.9% APR, the monthly payment is $290.37 for 36 months. Cost of borrowing is $453.32. Total obligation is $10,453.32. Example: $10,000 at 4.9% APR, the monthly payment is $188.25 for 60 months. Cost of borrowing is $1,295.00. Total obligation is $11,295.00. Down payment, trade/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. *†‡Offers apply to select 1999 new or demonstrator models equipped as described, and applies to qualified customers in Ontario only (excluding Thunder Bay and Kenora). Limited time offers which may not be combined with other offers. Dealer order/trade may be necessary. See your dealer(s) for conditions and details. www.gmcanada.com is a trademark of General Motors Corporation.

Maxville Students Raise Funds

Maxville Public School students held an apple walk a thon on October 16th and raised $3,500 which will go to the school. All of the students at the school took part in the event. Funds will be used to pay for busing for any school trips and will also be used to purchase play equipment and a new video camera.

Santa Coming To Maxville

The annual Santa Claus parade will take place this Sunday, November 22nd in Maxville. The jolly old fellow will make his way from the Maxville Manor through the village starting at 1:30 pm. Judging of the floats will take place at 1:00 pm.

Road Services Looked At

South Glengarry is looking into the possibility of privatizing road services for the municipality.There are still a lot of questions to be answered and details to be worked out before any decision can be made.

Fire Boundaries May Be Altered

North and South Glengarry are trying to improve their fire protection for the residents. The two municipalities are looking at altering the fire boundaries to speed up response time. Fire officials feel that there are many areas where the boundaries could be changed to greatly improve the response time. Response time to areas north of Dalkeith take an average of 20 minutes for the Alexandria Firefighters and even longer to go north of Dalkeith.

Bargain Giant

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SALE STARTS MONDAY NOVEMBER 23RD

UNTIL SATURDAY NOVEMBER 28TH

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Opinion

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Are Cornwall Area Students Dumb?

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Let me begin this column by assuring area educators that I am not about to indulge in the teacher bashing that has become so fashionable these days.

I am frankly disappointed in the way the government has distorted the role of the teacher with its television ads implying teachers only work from noon to 3 p.m. and asking if "another 25 minutes" is really too much?

Anyone who has taught knows full well the time it takes for preparation, marking, providing individual guidance, etc. From this perspective, the ad is a gross distortion of the time teachers put into their classes.

But I do think we deserve an answer, particularly from the Upper Canada District School Board, as to why the students in our area are "dumber" than students in the rest of the province.

I refer to the Grade 3 provincial assessment done recently showing that students served (and I use the word cautiously) by the board scored below the provincial average in literally EVERY case.

In May, 1998, all Grade 3 students in the province participated in a five-day provincial assessment, designed by the Education Quality and Accountability Office to determine how well primary students are achieving the reading, writing and mathematics expectations contained in the new provincial curriculum documents.

The tests involved two methods. I will not bore you with the technical mumbo jumbo about the differences. Suffice it to say that in both methods, area students scored below the provincial average in every category.

The tests were scored according to various levels of competence ranging from 1 to 4. Level 3 is the standard for the province. According to a media release from the board, Level 3 "represents a high level of achievement, a level at which parents can be confident that their child is ready for the next grade."

But the board's media release does not give us a direct comparison between the provincial average and local students for Level 3. Instead, the release groups Levels 2, 3 and 4 together for one comparison, and then groups levels 3 and 4 for another comparison.

Why fudge around with the numbers like this?

A few years ago, I encountered the same tactic by the former SD&G Public School Board. I got my hands on the full results and discovered that by grouping the levels, the school board results looked better.

It was a classic case of figures don't lie, but liars figure.

However, I contacted the Upper Canada District School Board and was told that these groupings were selected by the Ministry of Education — so it wouldn't be fair to rap the board this time around.

I still think, however, that the simple (and clearest) approach for parents would be for the board/ministry to have listed all categories one by one, comparing local students to others in the province. Instead, we get a muddled picture.

But not so muddled that we don't learn that local students fell below the provincial average even when you accept comparison by groupings. For example in writing (using Method 2), only 44 per cent of local students scored at Levels 3 and 4 (combined) while the provincial average was 52 per cent. Stats for reading and math similarly show Cornwall and area students to be under-achievers.

The question becomes — how much worse would the statistical spread be if we were given the real figures on Level 3 scores alone?

Even more to the point, why are local students scoring below the provincial average in the first place? Are the teachers not doing their jobs? Is the board not doing its job? Or do we just have dumber people living in Eastern Ontario?

Some answers to these obvious and important questions would be nice.

SEAWAY NEWS LETTERS TO THE EDITOR

With Regards to Mr. Gunn

Dear Bob Roth:

I am writing in response to your column in the Friday, November 13th issue.

In this column you come to the defense of Mr. Joe Gunn which you are totally entitled to, however several things are obvious, namely:

1. You were not at the meeting nor was a representative of your newspaper. If you had been, your take on things would have been different if your paper is committed to reporting the facts. If you had been there, you would have seen that Mr. Gunn was evasive and did not provide many direct answers to not only my questions, but many others. Some of the facts you would have reported were that Mr. Gunn angrily raised his voice tone. In fact, it was Mr. Gunn who initially raised his voice and made a personal attack on myself and anyone else who challenged him on a variety of issues. It was only in response to Mr. Gunn's attempt to intimidate me with his loud, personal attack that it was necessary to raise my voice in reply. It is obvious to me that Mr. Gunn does not like his political positions challenged and thinks he can belittle anyone who dares to challenge him. We do not have to accept his consummate political responses to our legitimate concerns and if Mr. Gunn can't take the heat then he is in the wrong position.

2. If your newspaper had taken the time to do a little research you would know that Mr. Gunn taking his vacation at what was and still is a critical time for rural schools in Eastern Ontario is a major concern for his constituents. Mr. Gunn voted against asking the province to extend the time regarding school closings. How can the public have their concerns expressed at the Board when their elected trustee is not there to speak on their behalf? The school closings are not just any issue. It is a key issue to students, parents and taxpayers. Nobody is trying to say Mr. Gunn does not deserve a vacation, what we are saying is that based upon his attitude and actions our opinion is that he was just going to slip away and leave our interests unrepresented at a critical time.

3. I can assure you that my questions and comments are not, to use your childish term, dumb, but fairly reflect the concerns of the school councils, students and parents.

Yes, Mr. Gunn called the town hall meeting and you are blaming me and in essence anyone who dared to challenge Mr. Gunn, stupid. Is it not the purpose of a town hall meeting to have an open and frank discussion of the issues at hand? Do we not have the right to hold our elected officials accountable for their actions and ask them to represent our concerns and position to the body they were elected to?

It is also obvious to me that you are trying to use this issue to further your personal issues with a competitive newspaper which I think is totally unprofessional and simply egotistically self serving. If you had taken the time to attend the meeting and directly contacted me, I believe that you would have come away with an entirely different, informed decision. By simply having a knee jerk reaction you are saying that the concerns of the parents, students and everyone else affected by the closures of our schools is not important and that we dumb, high priests of holler do not have a legitimate right to be heard.

I would openly welcome the opportunity to discuss this issue with you anytime.

Yours sincerely,
James Moak
Newington

In Response to Roth & Sagel

Dear Editor:

In the edition of Sunday, November 8th, Bob Roth finished an otherwise excellent article on the need to remember the sacrifice of Canadians during the wars with a groundless accusation against the school system for abandoning history as a core subject, and Fred Sagel made a completely unacceptable attack on the integrity of teachers and their associations.

Mr. Roth should know that decisions, such as subjects to be taught, amount of time to be devoted to a particular subject, length of school year and school day and requirements for graduation are never left to the school system. These choices have and are still made in Toronto, at the highest level of government. Provincial curriculum guidelines and regulations dictate what to do, not the schools or school boards.

Fred Sagel uses portions of the provincial auditor's report to attack teachers and their profession. He begins by accusing teachers of leading,a and promoting a "slack life", with their students, then, quoting a few figures from the auditor's report, he concludes that school boards waste large amounts of money. Since some of the employees of the board are former teachers and members of those greedy teachers unions that know nothing about financial administration, they just want more money. Therefore, the government must take even more control of the schools.

The arguments used are the opinion of Fred Sagel, arranged to appear as if they were proven facts. If he is right, I wonder how teachers managed to turn a government run pension plan that could barely meet its obligations, into what is now acknowledged to be the richest plan in the country, after convincing the government to relinquish its complete control?

I do not take kindly to having my colleagues and friends, as well as members of my own family and myself, accused of being lazy, greedy teachers, who know nothing about financial administration and who do not care about education. With very few exceptions the teachers I have known during the more than 32 years that I have been associated with the profession, and the professional organizations and the Boards with which I have had the privilege to work were dedicated, honest and hard working professionals, unlike what you would want us to believe exists.

Sincerely,
Yvon Labossière
Cornwall

Let's Keep Our Neighbourhood Schools

Dear Sir:

Now that the provincial government has delayed school closures for one year, the provincial government must replace its arbitrary funding formula for student accommodation.

This arbitrary funding formula is forcing school boards across the province, including the Upper Canada District School Board, to consider the closure of up to 600 schools.

This rigid funding formula is based solely on square feet per student, namely 100 square feet per elementary students and 130 square feet per secondary student. There is no educational rationale for this physical-space centred approach. In fact, this type of square footage formula is designed for institutions like prisons and zoos. In the Stanley Park zoo, monkeys get 300 square feet or three times the allocation for Ontario students.

The funding formula must be changed to meet local needs so that we can keep our neighbourhood and community schools open. These schools, whether they be in city neighbourhoods or in rural communities, serve as community centres and are the heart of their communities.

Yours Truly,
Brian Lynch
Cornwall

Reader Agrees With Bob Roth

Dear Mr. Roth:

Regarding your "Perspective" in the latest issue of the Seaway News "Lest We Forget: I Think We Have", I agree. There seems to be a non-caring attitude growing among Canadians as to the importance of remembering the sacrifices made by Canadian soldiers, sailors and airmen. In fact, in my message at the Cenotaphs in Williamstown and Lancaster on November 8th, I quoted a portion of your article along with quotes from Douglas Fisher's column in the recent legion magazine, as well as an article in the "Standard Freeholder" out of Neepawa, Manitoba. The latter two both recommended the viewing of the movie "Saving Private Ryan" in order that the viewers could absorb the horrors of war and bring us to our senses as to the sacrifices made by our Canadian service men and women in the 20th century.

It pleases me considerably that the news media is taking this stance, just what we Canadians need.

You may be right in assuming that parents aren't teaching their children the enormity of forgetting, but the school teachers must be. For several years, I have represented Branch 544 in various schools on Remembrance Day and have always been impressed by the organization with which the pupils arrange and conduct these ceremonies and the absolute seriousness with which my messages have been accepted. This winter, I have been asked by my granddaughter's history teacher, if I would be willing to speak to that high school class when they reach the point in her class when World War II will be discussed. God bless our teachers.

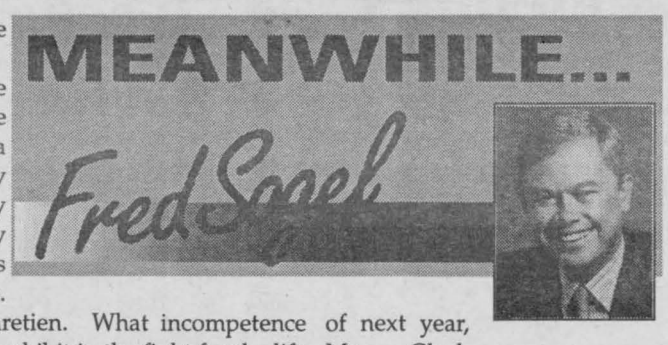
But, let's not be too hard on the Canadian parents. In their favour, let me just say, it's very easy for the recipient to be grateful - for the liberator to keep harping on a deed well done could resound of arrogance.

Yours in Service,
Pastor G. Eric Urquhart
Lancaster

The views expressed by columnists, guest editorials and/or letters to the editor are not necessarily the views of this newspaper or its publishers.

To ensure publication, submissions should be no longer than 350 words and include a title.

Tories Being Short-Sighted



Oh boy, when you watch what's going on in politics today, it's depressing to see what's happening.

First, you have that prime minister of ours who has absolutely no idea of where he's going, what he wants to accomplish or how he will get there except for one thing: preserving his own hide at the country's expense.

How else could you ever explain the man's incredible blundering when he cut the rug out from under Jean Charest in the Quebec provincial election recently by giving an interview to *La Presse* that virtually undermined the whole federalist position? That was a nice way to help Mr. Charest win the election.

Next, you have Mr. Charest himself running around the province, incensed that anyone would question his ideas on his tax and health platforms and waving his Canadian passport as evidence that he would make a good premier. No wonder he hasn't moved up in the opinion polls.

Between them, Mr. Charest and Mr. Chretien make a good argument for voting for the separatists: at least you get a relatively competent government that stands on some principle or other.

Not that the separatists are my cup of tea (they definitely are not) but they are certainly running circles around Messrs. Charest and Chretien. What incompetence the two of them exhibit in the fight for the life of Canada. Mr. Charest, who has never been a real conservative anyway, is a poor choice for Liberal leader. He blows with the wind--and this time he may topple.

After that, you have the spectacle of Joe Clark, a good and decent man, winning the leadership of the Progressive Conservative Party. Mr. Clark, like the ineffective former President Jimmy Carter, is anything but a conservative and he stands little chance of winning much: he is a sheep who has found himself in wolf's clothing.

So when the Reform Party, which does have a sensible and concrete platform based on some real principles that can help this country, calls for a Unite-the-Right Conference in February of next year, Mr. Clark hesitates and says he won't take part, saying that he can form a party that will take on the Liberals.

What utter nonsense.

As long as Red Tories take such a short-sighted view of their prospects, the Liberals will run this country forever. That is the reality. And Mr. Clark should know it.

Anybody who sits down with a pencil--no, forget that, all they have to do is make a few simple calculations in their heads--will instantly figure out that the Liberals have enough of the popular vote, God only knows why, to defeat a divided Progressive Conservative and Reform vote.

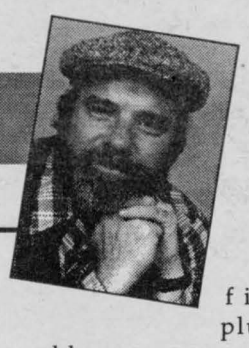
Why do these people insist on committing political suicide?

The sensible conservatives, people like the Ralph Kleins and Mike Harrises, and their supporters, are going to attend the Unite-the-Right Conference. They can easily see that this is their only hope of survival. And they should take it. After all, they and Preston Manning are a lot more principled and pragmatic than the so-called conservatives like Mr. Charest and Mr. Clark.

Twisting in the wind is not exactly my idea of political enlightenment but it seems to be the only thing that these old-fashioned Tories are good at. No wonder they can't get their act together.

I have a proposal for Mr. Clark: why doesn't he join the NDP--a party that does have some principles--and stick to his socialist philosophy? Then, he can leave the real conservatives at rest so that they can get on with the work of building a new and united conservative movement that will dislodge the do-nothing Liberals from office.

BASIC BLACK



By Arthur Black
SEAWAY NEWS

There are basically only two types of fishermen: those who fish for sport and those who catch something.
Anon

Let me declare my bias right at the start: I donít fish. I live on the ocean about 25 yards from water that teems with salmon, ling cod, halibut and a host of undersea leviathans I couldn't even identify. I have watched, from my back porch, blue herons gobble down, and bald eagles snatch up, fish that would have been mounted on a plaque, back in my native Ontario. My new neighbours fish. Rich Americans spend thousands of dollars a week to fly in and drop their lines in water not a half mile from where I sit.

And yet I don't fish. And I'm not exactly sure why. I used to, back in Ontario. I can't count the number of times I have stood up to my unmentionables in cold Ontario rivers, courting hypothermia while trying to coax something -- anything with fins -- out of the water. A jerk at one end of a line, waiting for a jerk at the other.

I think fishing doesn't appeal to me any longer for the same reason that I can't imagine shooting ducks in a barrel. The thrill is gone. When I was a kid it was just me, a bamboo pole and a tomato can full of worms. Fishing's just not like that anymore.

Nowadays fishermen have radar scanners to tell them where the fish are; charts and maps to apprise them of the shoals and holes where lunkers like to lurk. They have hi tech boats and an array of lures and baits, custom-tested by fish biologists. They fish with down riggers that could lift a submerged Buick off the bottom. High technology has destroyed the cods stocks on our east coast and decimated the salmon stocks on our west coast.

Fishing -- be it commercial or sport -- just ain't cricket anymore. The latest piece of weaponry in the anti-fish arsenal? The "Aqua-Vu". It is, if you can believe it, a video system comprised of a miniature TV camera connected by a cable to the end of the angler's fishing line. It's inventors claim that Aqua-Vu allows fishermen to "actually see how fish are responding to the bait they are using."

Swell. Why not take ALL the mystery out of the pastime -- just lob a live grenade over the gunwale and net whatever floats up?

Which we may not be all that far from, by the way. You ever watch Canadian Sportfishing? It's a TV show in which your hosts, all decked out in camouflage gear and the latest in angling gadgetry, natter at the camera as they cast for fish.

Typically, they catch about 85 fish per program and I never could figure out just how they managed to be so lucky.

Until I read about the court case in Trenton, Ontario last spring. Two of those fishing star hosts -- Henry Waszczuk and Italo Labignan -- pleaded guilty to charges laid by the Ontario Ministry of Natural Resources.

It appears they were caught "jigging" -- hooking fish in the body, off-camera -- so that they could re-hook them in the mouth and retrieve them with the cameras rolling.

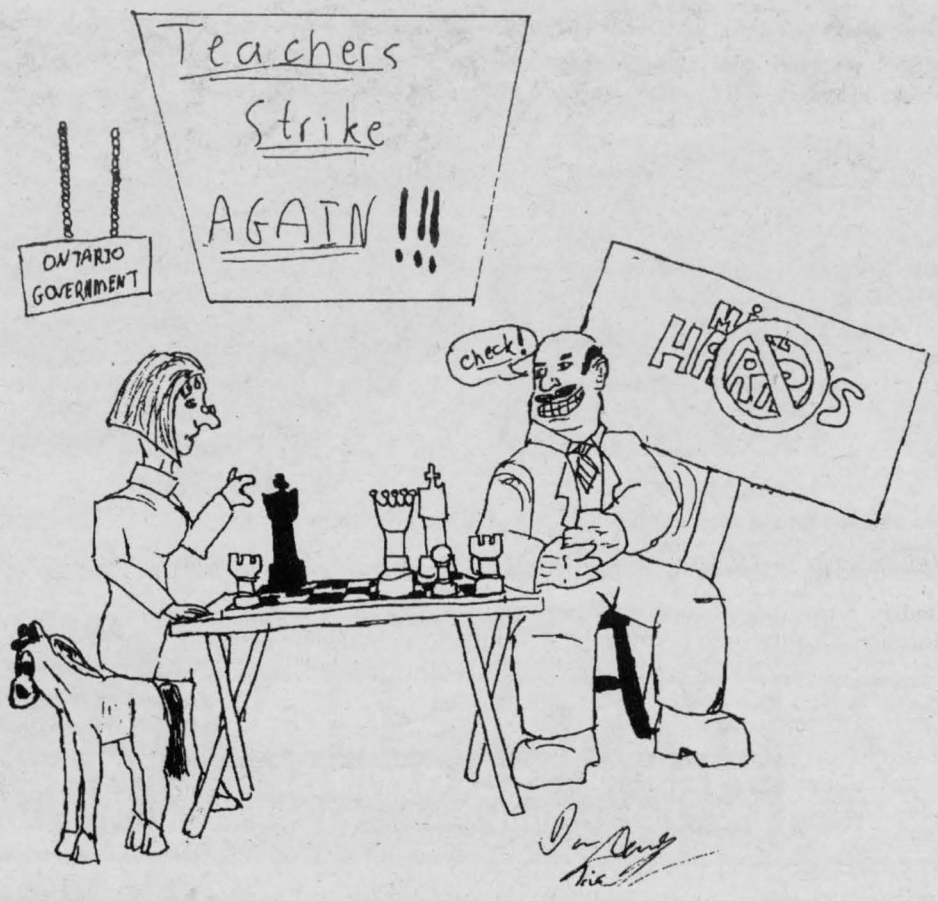
It costs them $1,800 in fines plus, I would guess, any credibility they ever had with legitimate anglers.

I have to confess that I find a silver lining in this black cloud of a story.

I think it's heartening that after a couple of centuries of humans using every trick in the book, fish are still so wily that a couple of professionals equipped with the latest gear, are reduced to cheating to make their fishing trip look successful.

It seems Italo and Henry forgot the one cardinal rule for a successful fishing expedition. It's a matter of timing.

You have to get there yesterday.





SEAWAY NEWS
LETTERS TO THE EDITOR

Never Forget - Always Remember

Dear Editor:

I very much appreciated Bob Roth's Perspective on Nov.8th, 1998, re: "Lest We Forget". I believe that too many people have forgotten. How could something so global and horrible be forgotten? Our society has become too arrogant and too selfish. People complain about what they don't have instead of being thankful for what they do have. This is handed down to our children.

As parents, we are the first contact to the world they live in. We have a duty to teach them many things as the years go by. We need to teach them respect and "remembrance". How many of us would be strong enough to endure what our families endured during the global conflict years? Not many people I have met or known unfortunately ... we can at least be strong enough to show respect and to remember with a tear and a special thought, those who gave us what "I" am thankful for each and every day. I will teach my children to never forget, but to always remember. I hope you will too!

Ruth Tyo-Larose

South Stormont News

Dear Editor:

Council reports that the projected costs of amalgamation to be $850,000 to move twenty (20) miles up the road. Anyone interested in moving to Toronto?

Council has terminated three (3) employees all of which are assets to the community, while they retain one (1) employee who is a liability. This employee has lost his driving privileges and must be chauffeured from job site to job site. Council chooses to use/hide behind section fifty-five (55) of the municipal act. Is this being responsible?

South Stormont owns many many acres of land, some of which is prime and some not so prime. This could be sold or developed to give a larger tax base and lower the ratepayers rate. Why are they (council) in real estate?

Robert Wereley
Lunenberg

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Teachers Speak Their Mind

Dear Editor:

During the last few weeks, Premier Harris has been asking teachers to spend "just 25 more minutes in the classroom" using taxpayers' money to finance this propaganda. I call it propaganda because he's implying that teachers are unwilling to do so. Nothing could be further from the truth. Our school board has, in its haste to capitalize on Bill 160, already implemented that policy by increasing the teaching periods to 75 minutes and by extending the school year by one week. So the question is, why have we not settled our dispute when 21 out of 32 school boards in Ontario have done so?

Our school board wants to add an extra teaching period, something that no other board in Ontario has done. Let me explain what that really represents. In the past, teachers had three classes per semester with approximately 25 to 30 students which means that we were dealing with 75 to 90 individuals every day. Each class requires about an hour to prepare, depending on the subject, then add the hours of marking papers, tests, projects, and so on. I have not included the time it takes to prepare report cards, exams and marks for each student, the time spent speaking with parents or the time spent helping students having difficulty. The list goes on. If another class is added to the workload, how is it possible to do the job the way it is supposed to be done? It is unethical and dishonest to insist that your child will get a quality education under these circumstances. The educational system needs changes to improve it, not undermine it. Unfortunately, over the years, the many changes in education have not been in the best interests of the student and a case in point is the destreamed grade 9 which cost eight million dollars. The whole concept was condemned by parents and teachers alike, but it was pushed through because programmes and curriculum are dictated from Toronto by people far removed from the reality of the classroom. That's what "really hurts the kids".

Our school board also insists that it does not have the funds, yet other boards have been allocating money to deal with the amalgamation of the boards. If the board needs money that badly, why not reduce the number of superintendents? Or what about those retired superintendents who have retired and have been rehired as "consultants"? Alternatively, we could all take a pay cut including all administrative personnel. But, the truth of the matter is that the board wants the teachers to pay by stripping the contract and increasing the workload.

What has been particularly galling is to read in the newspapers the criticisms from those who know little about what has been transpiring in education. Too many people believe everything they read in the newspapers or hear on television.

Society has changed dramatically since the sixties so to compare education then and now is unrealistic. Unless you have sat on the other side of the desk or visited a classroom for a few days, you will not be aware of all the changes that have occurred in teaching. So, please do not be so quick to criticize. It takes a special person to be an educator. Most of us are caring and conscientious individuals trying to cope during these difficult times.

Finally, several of us have signed this letter because the last time a teacher wrote the truth to a newspaper, he was censured. What does that tell you about freedom of speech, openness, and honesty in negotiations?

Ann R. Lukenda
Bruce Baker
Angela Grandy
Andrea Chicchini
Kim Lalonde
M. Tait
Doug Searle
Robert Poirier
Martin Sunderland

Fred Sagel and Prostitution

Dear Editor:

I wish to address some remarks Mr. Fred Sagel made in his column supporting the legalization of prostitution.

He wrote rather scathingly about people with moralistic views.

Can you imagine what our society would be like without those people?

He also wrote that prostitution had been around for a long time and was here to stay.

I wish to bring the following to his attention.

"In the beginning was the Word, and the Word was with God, and the Word was God." John 1:1

"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8.

Sincerely,
Mary Sproul
Cornwall

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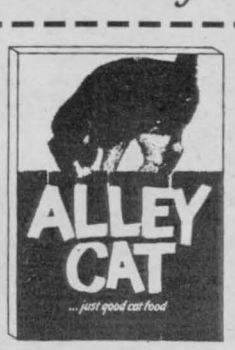

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To All Concerned Residents of the Upper Canada School District

Dear Editor:

The following letter was drafted by members of the G.D.H.S. School Council, to be forwarded to all regional newspapers within the Upper Canada District School Board geography. It is our sincere hope that this dispute will soon be resolved in order to help deal with this issue. Thank you for your support!

Glengarry District High School Council, Alexandria, has been urging the Ontario Schools Secondary Teachers' Federation and the School Board to reach an agreement for our children's sake, but to no avail.

In the twenty-two high schools affected, 14,000 students have had by varying degrees, their school routine disrupted. We are now in a situation where:

• Many high schools will not be able to have their year-book published in time for the graduating class.

• This year's basketball teams have virtually lost any opportunity of playing at all.

• The inter-schools' soccer tournaments are a wash-out.

• It is now too late for school bands to be ready to put on school and community Christmas Concerts.

• Drama clubs, chess clubs, school newspapers are non-existent.

These are all activities which have enhanced the lives of many of the students in our Board.

We are now urgently asking you, the taxpayers, to support our efforts by communicating your concern to these Two Parties by telephone, fax, e-mail, or by any other means at your disposal.

Please let your voice be heard for our young people's sake. Together we can make a difference!

Sincerely,
Irene Booth, Chairperson
G.D.H.S. School Council

New Artist

Creativity can be expressed by an entrepreneur in the business world, by a great chef in the creation of new dishes, by a mathematician, chemist, engineer, farmer, gardener and parents through their skill in parenting.

Situated in a quaint 133 year old home on King's Road, east of Martintown, is a gallery which represents the versatility and inspiration that stems from the creative mind of one of S.D & G.'s newest artists.



Tracy-Lynn Bedard's view of mankind is philosophical. Whimsy, humour and the simple joys of the everyday combine to tickle the fancy and capture the imagination of the viewer in her most recent exhibition. Some of the works are a questioning about the relationship between heaven and earth; belief and disbelief; those who go and those who stay.

For the observer who takes the time required to experience the works, it is the simple spaces in the painting which take on a life of their own. The focus of the viewer is directed through specific shapes and colours which become like visual targets.

Tracy provides the viewer a springboard into the unknown and unconscious. The energy force which drives heaven and earth as well as our own lives is in constant flux. It is perhaps the warm and luxurious use of colour against the backdrop of the rustic home gallery and studio which reminds us of our own insecurities and the comfort that we, as individuals, derive from symbols.

Throughout this series of works, Tracy uses expressive colour, pattern and line to celebrate the energy and spirit of being. The use of abstraction in these works also evidences a keen awareness of mortality.

It is possible for her to have the discipline necessary for hard and consistent work, because art and especially painting and pen and ink drawing, has become an absolute and irresistible necessity. To be good, a line has to have the ease and simplicity of movement of a ripe apple falling from the tree. This applies not only to line but also to movement in a painting, flow of movement by a great dancer, music and sculpture.

Painting and sketching to Tracy is a celebration of life in all its phases, which can be, at times, turbulent, peaceful, meditative, joyous or full of torment. At times there is an inner fight for survival, driven by anguish, fear or doubt. Sometimes it is followed by a sense of ecstasy or a sensuous joy of living. To be a painter, there must be an irresistible burning need to express oneself in this medium.

Creativity an be expressed in so many ways, not only by art. Creativity is in all of us. We are born with it. It is only a matter of being aware of it.

The essence of a painting, the sense of magic one gets by looking at some drawing, is not only in its subjects. It has to be an expression of an inner world that comes through. It is so evident if you only think of a painting of a bowl of apples by Cezanne or the Annunciation by Da Vinci. However, some people are limited by subject matter that they either like or dislike.

Tracy takes these hurdles out of her works so the people looking at them are not hindered by subject matter. Rather they are able to immediately concentrate and search within themselves to grasp the meaning they find in her renditions.

It is in accepting this endless search, knowing that each answer will only bring new questions, that we can grow. It is the only way to realize the maximum of the potential that we are all born with.

It is evident that it is very difficult and, at times, a painful challenge. It obliges one to examine and reexamine one's values and beliefs, searching to know one's inner, unique self.

Only time will tell what will come later in her work. Step by step she follows a road into herself which is interpreted or expressed by her paintings and her thoughts.

The inner self of each person is always the same, yet at the same time we bring to it the result of all our life experiences.

Pictured (l-r) is artist Tracy-Lynn Bedard with two people who she gratefully acknowledges for the support and enthusiasm they have given her; her mother, Carmen and her soul mate, Chris.

(Story & photo by Aubrey Johnson)

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Let's Talk About Estate Planning... and We Don't Mean Beautiful Gardens!

By Margaret Rintoul, Lawyer and Co-Chair of the Ontario Make a Will Month™ Campaign.

Sometimes it's appropriate to just stop and smell the roses. In fact, during the summer months I highly recommend it as there's nothing like planning and nurturing a beautiful garden to reduce the stresses of everyday life. Now that the summer is over, why not think about putting some of that energy into creating an estate plan. Like your garden, an estate plan will provide peace of mind by giving you control over your family's finances now and in the future.

An estate plan is a vital element in the will preparation process. It ensures that your estate will provide appropriate family financial security after your death. It's a way to preserve the value of your assets and protect them from excess taxes and legal bills. Sound estate planning also provides the foundation to reach retirement goals, investment objectives, protection of your family and any charitable objectives you may have.

Why Estate Planning

Most people should have an estate plan. Without one you run the risk of having other people make decisions that could ultimately affect the well being of yourself and your family. This doesn't mean your financial well being; it could also affect the physical care of your children or elderly dependents.

Many people think that estate planning means they have to have a fortune in order to need planning. In fact, the opposite can be true. Complex estate plans may be required for high net worth individuals, but more modest estates need to be planned as well. To ensure that the maximum tax benefits are achieved, and that the needs of those closest to you are met to the greatest extent possible, proper planning is required. When less is there but needs exist, you want to be sure that you are making your resources go as far as possible, during your life and after your death.

Estate planning is the umbrella under which the will preparation process takes place. It requires the creation of a will and the selection of executors. The planning also takes into account trusts, taxation and probate, insurance and charitable giving. Each estate plan is as individual as the person it is created for.

Before consulting a lawyer to draft the estate plan it is important to consider a few things. For example, how much control do you want to have over your assets after your death? What specific settlement and taxation costs, as well as funeral expenses, will be associated with your estate? Do you want to make any provisions to help the community in which you live and work by including a bequest to charity? The answers to these questions will provide a clear direction for your lawyer and make the process as smooth as possible.

Who Can Help

In addition to a lawyer there are many professionals in your community trained to help you in planning your estate. Tax and trust advisors, charitable gift planners and qualified insurance professionals can all help you put together a solid estate plan. Working together, you can identify any obstacles you may have and find appropriate solutions.

Updating your estate plan is just as important and prudent as updating your will as your life changes. Not only will there be changes in your personal life like the birth of a child, a marriage or divorce or increased financial success there will be changes in legislation affecting taxes and other areas that have an impact on your areas that have an impact on your estate plan. Regular review of your plan will ensure changes are made when required.

November's Make a Will Month™ is a community focused initiative designed to inform Ontarians about the importance of taking care of themselves, their families and their communities by making a will. Fifty-seven free seminars on will and estate planning and charitable giving will be held in towns and cities throughout the province and hosted by professionals including lawyers, qualified insurance professionals, tax and trust advisors as well as charitable gift planners.

During November, the public can take advantage of half-hour free will consultations offered by lawyers participating in the Law Society of Upper Canada's Lawyer Referral Service.

For information regarding dates, locations and times for seminars in your area see the Make a Will Month™ advertisements in your local newspaper.

November's Make a Will Month™ is presented by The Canadian Bar Association – Ontario and the Law Society of Upper Canada, in cooperation with Sun Life Assurance Company of Canada; CIBC Trust; Certified General Accountants Association of Ontario; the Canadian Cancer Society, Ontario Division; and the Heart and Stroke Foundation of Ontario.

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The "Gin Game" Comes To The Weave Shed Arts Centre

November 19th is opening night for the second of the plays presented by the resident companies of the Weave Shed Arts Centre. "Gin Game", by D.L. Coburn, will be staged by Trapdoor Theatre at "The Shed" on November 19th, 20th, 21st, 26th, 27th and 28th.

This wonderful two character comedy-drama will have audiences laughing and crying. The play proves that comedy and tragedy are two sides of the same coin, and both must be present to let us fully appreciate each one.

"Gin Game" concerns two elderly characters, Fonsia and Weller; both penniless, lonely and fiercely proud. They live in a state-subsidized home for the aged. They meet by chance. Weller teaches Fonsia to play Gin Rummy, and as they play they begin to reveal themselves. This should be the start of a positive relationship, but tensions develop as Fonsia wins consistently, and both as less than honest about their past. Their interchange mounts to an explosive climax. Only the comedy surrounding the lopsided game and Weller and Fonsia's reactions relieves increasing tension.

The play was first performed on Broadway in 1976, directed by Mike Nichols. It had a Canadian connection even then as it starred the Canadian actor Hume Cronyn and his wife Jessica Tandy. The play, playwright, director and both actors were all nominated for Tony Awards. In 1978, the playwright was awarded the Pulitzer Prize for Drama. Cronyn and Tandy would perform this play many other times in their careers, including a run at the Stratford Festival.

Trapdoor Theatre's "Gin Game" stars Ellen Manchee as Fonsia and Michael Togneri as Weller. The play is directed by Alun Seguin. The set is designed by Andy Griffiths. Micheline Lacasse will Stage Manage. "Gin Game" is produced by Michael Togneri. Permission for performance is provided through Samuel French Inc., Toronto.

"The Gingerbread Man"

Glen Production Christmas Music Fantasy, "The Gingerbread Man" is alive and well. Rehearsals are underway and Director Sheryl Whitford boasts a talented and impressive cast of veterans and new members.

Tony Gross, an Ingleside resident, has been awarded the role of Herr Von Cuckoo. Tony participated in the Glen's Summer Workshops and discovered that acting was challenging and a satisfying outlet. Tony's voice and acting abilities will be an asset to the production.

Jocelyn Harwood (Pepper) is a university graduate majoring in the arts has accomplished a solo - art exhibition of twenty-eight oil paintings and has been involved in all sorts of theatrical productions. Script writing is also one of her main areas of expertise.

Cynthia Wood (Salt) presently attends St. Joseph's Secondary School and was a backstage worker in "Children of Eden". She has acted in other local productions; her talent and abilities will be well displayed in the musical fantasy.

Tony Koggel, The Gingerbread Man, attended the Glen's Summer Workshops where his obvious talen was in evidence. He played Ben in This Year, Next Year while dabbling with light and sound. Tony is hooked on all aspects of theatre and feels very fortunate in having the support of North Glengarry and South Glengarry seniors and volunteers.

Linda Villeneuve's interpretation of the Old Bag will surely impress one and all. She is at her best when she is acting, singing and dancing. Linda has been involved in other Glen cabarets - specifically Nunsense - her favourite. Linda is inspired and gratified by her fan club - her family.

Tim Labelle (Sleek The Mouse) is a veteran of the theatre. His talent has been evident in several productions. In Crazy for You, Tim's interpretation of Lank hawkins was splendid. As Sleek, Tim plays the character of a mouse but with a different twist. Do not miss his presentation.

Integrity is essential in achieving artistic success. Sheryl Whitford, the director, is an honest, dedicated and talented lady. She began her career with the now defunct Cornwall's Little Theatre as a young ingénue. She travelled extensively in Europe and especially in England where she had the opportunity to display her talent. Sheryl strives for excellence. She strives for continuous improvements and is determined to make The Gingerbread Man a successful achievement.

Ron Sullivan, publicity chairperson, wisely states "We (The Glen) anticipate change, respond swiftly to it, take action, and gain from our experience. We encourage creativity and innovation keeping in mind that our productions are family oriented."

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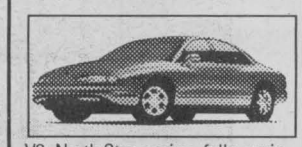
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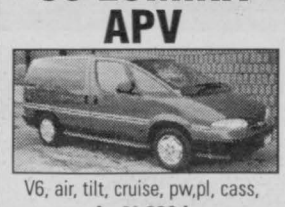
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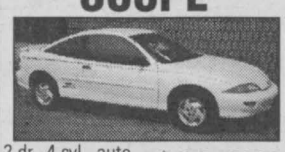
96 CAVALIER COUPE

2 dr., 4 cyl., auto, air, cass **reduced $11,850**

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OAHI Warns Home Buyers To Look Before They Leap!

The cost of the Canadian dream has literally gone through the roof in recent years. And whether mortgage rates are up or down, the purchase of a home still represents the largest investment most families ever make in a lifetime.

The Ontario Association of Home Inspectors (OAHI), an organization of professional home inspectors in Ontario, warns home buyers to fight the temptation to jump quickly at what may first appear to be a good deal.

Most houses for sale today, old and new, have defects or repair needs, many of them serious. In these cases, any savings achieved through lower mortgage rates or purchase prices can easily get absorbed by unanticipated repair costs after the family moves in.

Defects often go unnoticed by the average person, but are quickly and accurately identified by a qualified home inspector. The smart consumer, therefore, will take the time to call in and accompany a professional home inspector for a thorough and impartial inspection of the condition of the house before making a final decision.

OAHI inspectors recommend that even before the official inspection, home buyers can do some checking of their own that will tell them a great deal about the condition a home is in when they first see it, and before they start falling in love with it.

OUTDOORS

1. Take note of the overall impression. Is the house well maintained? Are the exterior walls straight or out of line? What is the condition of the paint, especially on the south and west sides, where sun exposure is greatest? Is the ground sloped away from the house for adequate drainage?

2. Observe the condition of the roof. Are composition shingles curling and lifting? Find out how old the roof is, and you will have a pretty good idea of when you will have to replace it. A tar and gravel roof should last up to 15 years, asphalt shingle 15 to 20, wood shingles 15 to 20 and wood shakes about 20 to 25 years, less in southern regions of the country.

3. Look closely at window and door frames. Is the glazing putty dried and shrunken, allowing water and air to seep in? Is the wood decayed?

4. Check pavements, driveways and brick surfaces. Have all cracks been filled? Is there damage from freezing? What is the condition of the mortar between the bricks? Is any pavement buckling from spreading underground tree roots?

INDOORS

5. Look for insulation in the attic and crawl space. Is it complete? Does it cover the air vents, preventing circulation of air?

6. Test the plumbing. Turn on the upstairs shower and the bathroom sink faucet, then flush the toilet. Does the flow from the shower lessen noticeably? Fill the sinks and bathtub with three inches of water, then open the drains simultaneously. Do they empty easily without hesitation or noises? Do faucets leak?

7. Look over the interior. Are there signs of leaks, such as water stains? Are walls and ceilings straight and level? A newly painted interior may look nice, but it could be hiding something. Do doors and windows open easily?

8. Open the cabinet door to the fuse boxes or circuit breaks, but don't remove the panel cover. The average house requires 100 amp service at both 110 and 220 volts. Is it labeled as such? This is no guarantee of safety of adequacy, however, and is something only a professional home inspector or licensed electrician can check.

9. Check the oil/gas/electric heating equipment. How old is it? Has it been maintained? Ask to see the owner's heating bills from a previous year. This will give you some idea of the efficiency of the system as well as the effectiveness of any insulation.

10. Look for evidence of termites on basement wood structure. Is there wood or paper debris? Do you see termite tubes or tunnels?

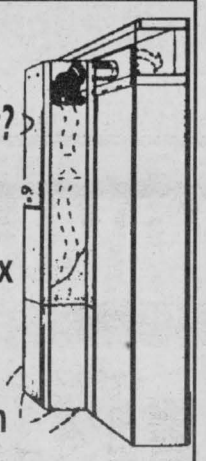
These are only preliminary guidelines. If no major problems are apparent, the expert eye of a professional inspector will yield a more accurate total picture.

Finding faults in a home doesn't necessarily mean one shouldn't buy it, only that the consumer will know in advance the type of repair costs to anticipate. Often sellers will make adjustments on the basis of major problems discovered in an inspection. If the inspector finds no need for major repairs, then the peace of mind in making an informed purchasing decision can be just as important as avoiding a potential nightmare.

Home inspectors who are members of the OAHI are impartial professionals who have met the Association's demanding accreditation and experience requirements.

HUMIDEX

Wet Windows?



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Energy Saving Tips For Lights

(NC)—Apart from buying energy-efficient fixtures and lamps, you can save energy by following these steps in lighting your home:

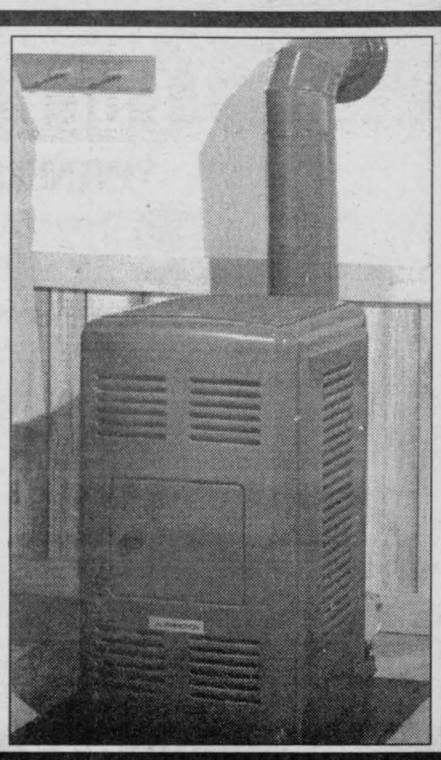
• Keep your lamps and fixtures clean. Dirt reduces light levels—which can lead to extra lights being switched on or higher wattage lamps being used. When cleaning, unplug the fixture or turn off the power. Drip-dry plastic parts to reduce dust-attracting static build-up.

• When redecorating, remember that white walls and ceilings will reflect about 80 per cent of the light that strikes them, whereas black surfaces reflect only about 10 per cent of the light. In other words, you will need brighter lights in a room with a dark decor than you will in a room where the decor is bright.

• Above all, turn off lights when they are not in use. Contrary to popular belief, this will save energy even if you are out of the room only for a very short time.

PERFECTION Schwank

OIL-FIRED SPACE HEATERS H940



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Quality of Life



Paul Dawson never expected to suffer a Spinal Cord Injury. It was a big shock and it took a little time to adjust ... but he did adjust and he says his quality of life is getting better. We all see and hear a lot of people with SCI that want to be "normal". They feel that they are less of a person just because they cannot walk. Just because one can't walk doesn't make them any less of a person. It's not the packaging that counts, it's what is inside the package. It's what's in a person's heart, soul and mind that matters. On an end note of this, there is no normal, everyone is different. With his dynamic style and bold determination, Paul continues to encourage his friends in his drive to reach for higher goals to success. Paul Dawson inspires surprising thoughts about the relative merits of wheels and legs. One thing is clear. Everyone must have one or another. Yet 25 million people around the world cannot use their legs, and have no access to wheels. At a recent gathering hosted by the always amiable Gilles Lascelle at Day's Inn, more well wishers came forward with monetary contributions to help Paul and his family in their quest to pay the necessary costs involved in the medical conquest to Florida to help Paul regain his mobility.

Pictured at the Day's Inn with Paul and Cynthia and their son Jacob are Gilles Lascelle; Graham MacDonald; Norma Taillon & Doris Turner of the Cornwall Handicapped Club who donated $1,000; Louis Robertson, of the Richelieu Club, who donated $300 and Marcia McQuaig, who donated $500.

(photo by Aubrey Johnson)

20th Anniversary of Sale of Poinsettias

The Kinette Club of Cornwall have reached their 20th anniversary of their selling of poinsettias in Cornwall and surrounding areas.



BAIRD

Twenty years ago the total number of plants sold was 1,000 at a price of $3.50. Today 3,000 plants are sold at a price of $4.00 per plant. The Cornwall Kinettes rely on local business and personal orders to make this service project a successful one.

This is a major service project for the Kinette Club of Cornwall with proceeds going towards the fight of Cystic Fibrosis and community needs. The Kinette Club of Cornwall has supported Cystic Fibrosis, a national service project for the Kinsmen and Kinette Clubs of Canada since 1964. Over the years the Cornwall Kinettes alone have raised approximately $40,000. for Cystic Fibrosis, with the National organization hitting the milestone of 25 million dollars raised for Cystic Fibrosis.

KINSMEN KINETTE

The Kinette Club of Cornwall are again selling poinsettias which will be available the week of Dec. 1st-5th. $4.00/plant. They will deliver any orders of two plants or more. If you are interested in ordering please contact Chairperson, Kim Baird at 933-5851.

Criminals and Crime Myth and Reality

Myth: Strangers commit the majority of homicides.

Reality: The majority of victims knew their killers. Of the homicides where an accused was identified, 46% of the victims were killed by an acquaintance, 42% by a spouse or other family member, and 12% by a stranger. *

* Canadian Centre for Justice Statistics, Juristat, Canadian Crime Statistics, 1997, Vol. 18, No. 11.

NC

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Kinnette Club

20th Anniversary

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$4.00 per plant

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Kim Baird

Proceeds to Community Needs and Cystic Fibrosis

CCVS "Millennium" Reunion

With nearly 200 years of history to be proud of, Cornwall Collegiate and Vocational School will "Greet The Millennium" next October, with another reunion.

The last reunion, in July of 1991, attracted several thousand people from many parts of the world.

Because the 1991 event was such a huge success, many of the events will be repeated. Organizing chair Judy Bobka says it's hard to make changes to something that was such a huge success.

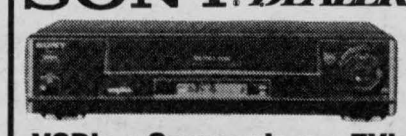
The Ambassadors, a 50s rock band which performed in 1991, has already been booked for next year's reunion to be held during the Thanksgiving weekend.

Plans also include a wine and cheese party, tours of the school and of Cornwall itself, memory rooms featuring memorabilia from various years, a BBQ, a video of the event, games and an ecumenical church service on Sunday.

With some details still to be completed, organizers say it's likely that other events will be added to make it an unforgettable weekend.

Information on the reunion's progress will be made available on the internet in several locations and through the media, during the months leading up to the event. Special registration packages are being prepared for mailout, on request, sometime in the new year.

SONY DEALER



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1001 Sydney Street
or by calling 932-0123

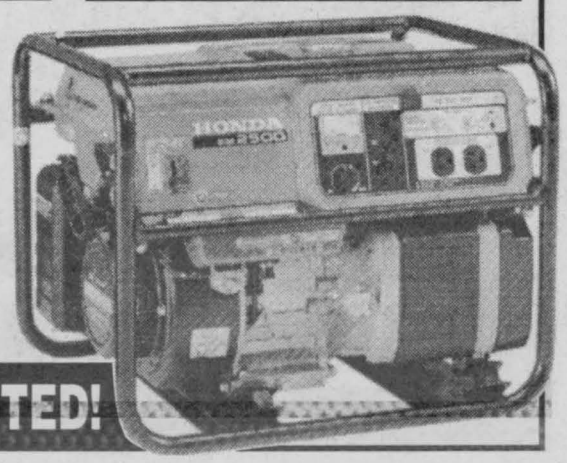
WORKSHOPS DATES & LOCATIONS

Nov. 26 Cornwall Electric Service Centre 1001 Sydney St.

Nov. 30 Glen Walter Fire Dept.

Dec. 9 Williamstown Fire Dept.

Time 7 - 9 pm



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Ontario Student Helps Select Millennium Coin Designs

We all know the dollar coin is called a "loonie" because it has a loon on it, but can you recall all the images on our coins?

Like many Canadians, Melissa Agostino hasn't spent much time thinking about the tiny images struck on our coins - that is, until now. A visual arts student at Toronto's York University, Agostino is one of a select few who were invited to choose the latest designs to appear on a new series of coins called the Millennium coins.

Agostino, together with eleven other post-secondary visual arts students from across the country, met in Ottawa recently to select the winning designs for a series of twelve 25-cent circulation coins to be issued in 1999. The students were asked to choose from the more than 30,000 designs submitted to the Royal Canadian Mint's "Create a Centsation!" Coin Design Contest. Of the designs received, more than 10,000 came from Ontario.

"The volume of entries certainly speaks to the fact that Canadians are very interested in the images that appear on our coins," Agostino said. "I was impressed by the contest simply because it gives Canadians a say in something that we use every day." Agostino summed up her week-long judging experience by saying, "I've learned a lot, both professionally and personally. It has been an experience I will never forget. The way I look at coins has changed forever."

We'll have to wait to see the results on our coins. The Royal Canadian Mint will use the new coins on a monthly basis in 1999 as Canada and the world count down to year 2000. Although the contest is closed for the 1999 series, Canadians can still send in design for another series of coins to be struck in the year 2000. The contest continues until June 30, 1999.

There still time to participate! Here's how you can enter:

- For an official entry form, call the Royal Canadian Mint toll-free at 1-800-671-2327.
- Or simply, draw a design in a 20 cm circle on a white sheet of paper (black ink or black pencil only).
- Mail to: Royal Canadian Mint "Create a Centsation!" Coin Design Contest,
- Box 9060, Station T, Ottawa, ON, KIG 3T8.
- The Mint also accepts electronic designs through its Web site at www.centsation.com.
- The deadline for the year 2000 series is June 30, 1999.

Drawing Tips:

- Draw your image in a 20 cm circle in black ink or black pencil.
- Clean and simple drawing are best. Leave the shading effects for the Mint's engraving team.
- Keep it simple; too many details can get lost. Remember the final image is less than 2.4 cm in diameter.
- Choose an image that is recognized by Canadians from all regions of the country.
- Explain your drawing and its significance. After all, it's the thought that counts!

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chicken legs 69¢ lb. $1.52 kg.
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Remembrance Day in Cornwall

by Harold McNicol, Cornwall

People gathered on the sidewalk near this monument of stone
On this cold day in November some with families some alone,
Then I heard a brass band playing and the sound of marching feet,
Came a group of Veteran soldiers from the Legion up the street.

There were other groups that followed and they lined up on the green
Speakers gathered on the platform to be heard as well as seen.
Then I heard the sound of bagpipes and the beating of a drum
Heads were turned in the direction that the Highlanders would come.

They proudly marched across the street and lined up near the stone,
As the M.C. from the Legion stood by the "mike" alone.
Then the ceremony started and the speakers did their best.
A bandsman played the trumpet and a piper did the rest.

Much was said about the Veterans who when needed gave their all,
And we hope and pray that never will again they get the call.
Now the ceremony's over and they head back home again
But their thoughts are of their comrades who will not return again.



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Discover Multiculturalism

Host a Foreign Exchange Student

Why not bring a little of the world into your home? This fall, Europe, Asia, South America, and Australia will send us their best students. Students like Armin, a star cyclist from Austria who is athletic and charming; Katrina, from Germany, who wants to live in a small town and enjoys cooking; and Ana Lucia from Columbia who loves animals and horseback riding. They all dream of coming to Canada. When you host an exchange student, you learn all about the customs and traditions of another culture. You also get a chance to share your Canada.

As an EF Foundation host family, you can choose from among hundreds of English speaking teenagers who are eager to spend a year attending high school and becoming a member of a Canadian family. Choose the one who best compliments your family's personality and interests. All students speak English, bring their own spending money and carry full insurance. Host families provide room, board and a caring environment. It's an international experience you'll cherish for the rest of your life.

Hosting an EF Foundation exchange student is an educational and cultural experience for the whole family.

National Child Day

November 20th, 1998

National Child Day is being celebrated across the country with special activities and events on November 20th.

In Cornwall and Alexandria, many activities have already been organized for the day. We encourage everyone in the community to get involved and participate with their family.

In 1993, the government of Canada designated November 20th as National Child Day to commemorate two historic United Nations events; the adoption of The Declaration of the Rights of the Child on November 20th, 1959 and the Adoption of the The Convention on the Rights of the Child on November 20th, 1989.

Activities during this day, feature clowns will be delivering ballons around Cornwall and Alexandria. If you see one, be sure to say hello; the clowns will also deliver ballons to the sick children at Hotel Dieu Hospital; clowns will bring gifts to babies born on this special day; there will be some great talent shows presenting some of their numbers at the Eastcourt Mall from 7:00 to 9:00p.m.

Bring a deck of cards, some dice or your favorite board game to the Cornwall Public Library to share and play, play, play., from 2:30 to 3:30p.m. Listen to your local radio stations. They will have draws throughout the day. C.J.S.S., C.F.L.G., C.K.O.N., C.H.O.D., 96.5.

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What to Look for in a Drug

YOUR HEALTH
AIDS and HIV

(NC) — Toronto - As more AIDS researchers become better at prescribing the latest mix of anti-HIV drugs, and more of those taking them are starting to live longer, more symptom-free lives, some basic principles of therapy are beginning to take shape. Among them:

- multi (more than two) drug therapy is more effective than mono or duo drug therapy
- compliance (taking all drugs as prescribed) is crucial, because of the speed with which HIV mutates
- it is preferable to use drugs that are not known to cause resistance, that are slower to develop resistance than others, or that do not cause cross-resistance to other agents in the same class.

With these principles in mind, some experts are suggesting that AZT, the oldest of the anti-retro viral drugs (the cornerstone in combination treatment therapy) may not be the best one to go with in the initial mix of drugs prescribed to patients, and that others might effectively take its place.

One such replacement is d4T. According to Dr. Calvin Cohen, Clinical Instructor at Harvard Medical School, d4T is less likely to cause resistance to AZT when it is used first, than when the reverse sequence is used.

It is also easier to take.

CANADIAN DIABETES ASSOCIATION
presents an educational seminar
"The Highs & Lows of Diabetes in The Future"
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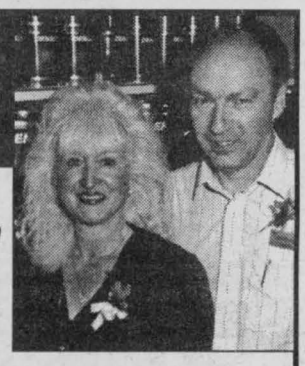

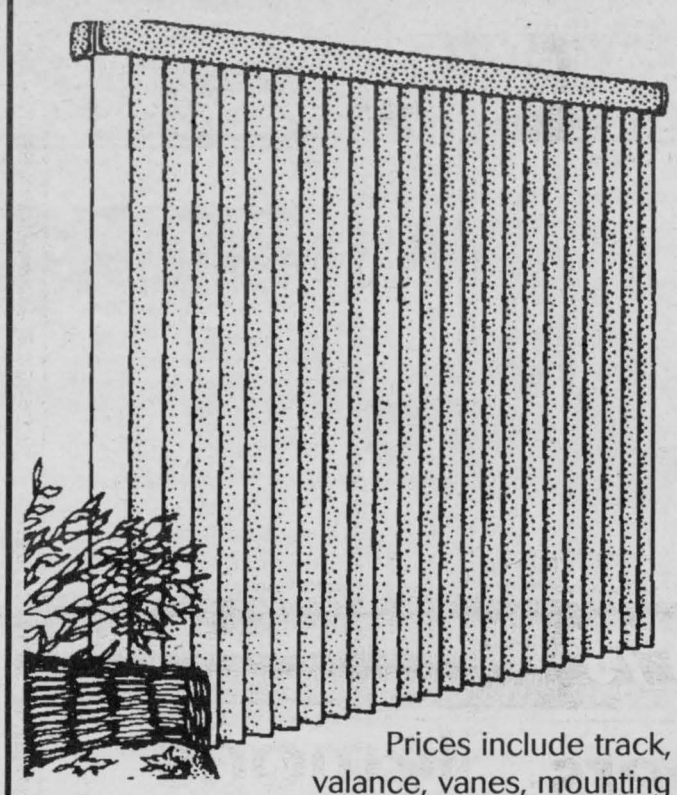

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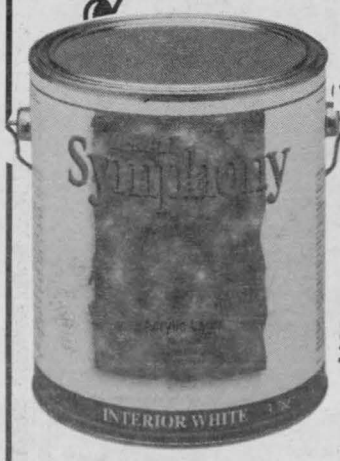
100"	$152.99	$104.99
119"	$191.99	$142.99

Prices include track, valance, vanes, mounting hardware - ready to install. Cut to your size at no charge.

DENALT Symphony



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Successful Investing

with Patrick McKeough

TIP OF THE WEEK:
"Some types of funds are bad choices for most investors."

Mutual funds to avoid

Mutual funds are a great invention for investors who don't want to deal with investment decisions on an ongoing basis, but they cost money in fees and possibly sales commissions. The payoff is rarely worthwhile in the following types of mutual funds:

1. BOND FUNDS
Bonds are attractive for predictable income, and as an offset to the stocks in your portfolio. But it's cheaper to buy bonds directly than to do so through a bond fund.

The bond market is highly efficient and it's unlikely that any bond fund can add enough value to offset its management fees.

Bond funds also carry a hidden risk: the fund manager may gamble in the bond market and lose money.

If you want capital gains, buy stocks or stock-market mutual funds.

2. DERIVATIVE FUNDS
Funds that delve into derivatives, options or futures. On paper, it's easy to show why derivatives should make a mutual fund safer or more profitable. In practice, it's more difficult, because commissions and other transaction costs are high, and other traders have access to the same computer software. Then too, fund managers who dabble in derivatives will sometimes get carried away, and take on greater risk than they ever intended.

3. SINGLE MARKET FUNDS
Funds that invest exclusively in a single investment fad – a small country such as Denmark, a developing country such as India, or a narrow investment area such as biotechnology. When the fad is at its peak, money pours in, forcing the managers to pay top prices. When the fad dies out, as they all do, liquidity dies out with it. The manager may face heavy redemptions, and have to dump the fund's holdings when demand is at its weakest, forcing prices lower.

► New mutual funds are created because the marketing department can sell them, not because they are a good deal for the investor.

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Patrick McKeough is author of *Riding The Bull* and editor of The Successful Investor, a monthly investment newsletter. For further information, call 1-800-579-4246 or visit **http://www.thesuccessfulinvestor.com**

Villeneuve Foundation



The Monsignor Rudy Villeneuve Foundation 2nd annual dinner meeting was held at Creg Quay on Saturday, October 17th. Father Rudy has invariably influenced the lives of a great number of people as he continues to make a positive impact on the community in his capacity as a priest, an educator, a community worker and a friend to all who cross his path. The students who benefit from the bursaries granted by the Foundation in Father Rudy's name remain as a living testimonial to this work. The Foundation's goal is to provide $500 bursaries to deserving students in each of the 12 secondary schools in the area. Pictured (l-r) are Rosaire Leger, Chair of Bursaries; Patricia Bougie, Fundraising Chair; Monsignor Rudy Villeneuve; Juliette Labossiere, one of the first 12 bursary recipients and Jake Lamoureux, Foundation President.

(photo by Aubrey Johnson)



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INSIDE THE CORNWALL COLTS

By David Murphy

I received an e-mail the other day from Jamie Herrington.

Yes, the former Colts star who now plays for Dartmouth College in Hanover, New Hampshire. The same all-around player who led the Cornwall Colts with 10 shorthanded goals last year is settling in quite nicely with his new team.

He scored his first US College goal last week and followed that up with back-to-back two point games on the weekend.

One of Herrington's goals was (surprise) shorthanded.

After sending him an e-mail of my own, I began thinking about some of the Colts alumni and where they are now.

Of course, the most famous former Colt is playing in Chicago with the Blackhawks. If you haven't guessed, it's Chad Kilger. Joel Trottier is plying his trade with the Providence Bruins. Others include the recently graduated Nicolas Windsor (Ohio State), and Dru Burgess (Colgate). The list continues with current players Phillipe Roy (Clarkson), Fred Cyr (Union), Hugo Boisvert, Eric Meloche and Yan Desgagne (Ohio State), Dave Stathos (Princeton), Doug Sheppard and Glen Coupal (R.P.I.), Leigh Dean (Providence), Andrew Gardiner and Joe Mousaw (Canton), Mark Mackisoc (Oswego), Adam Morris (Niagara), and Barry Wilbourne (Vermont).

Some players only spent a season here before moving on to the OHL and that current list includes: Jeff McKercher (Peterborough), and Kent MacDonell.

Of course there are others who went elsewhere in the hockey world: Eric Laundry, Mauro Dipoulo, Marc Lamontagne and Steph Marleau among them.

The Cornwall Colts have proven to be the type of organization that can produce, year after year, if not championships, quality hockey players that help shape the future of this great sport. Just ask any one of the players mentioned in this article and they'll tell you some of their best hockey memories happened while they played in Cornwall.

Whether they're from Massena, New York; Montreal, Quebec; Gander, Newfoundland or home-grown in the Seaway Valley, the teenaged hockey players will always be a part of hockey memories for Cornwall Colts fans.

The point is ... it was good to hear from Jamie Herrington.

Your Cornwall Colts upcoming home games in November ...

Fri. Nov. 20th - at Gloucester 7:30 pm (on CJSS at 7:25)

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AMAZING GRACE



By Bob Burgess,
Pastor New Life Covenant Church

"Love your enemies, do good to those who hate you."
Luke 6:27

What a paradox to our understanding. Jesus often said things that baffled the people of His day and still does even today.

The way many people treat those who have wronged them is just the opposite of Jesus' way. For instance, a woman stipulated in her will that $1.00 of her estate be invested and the interest from it given to her husband as "evidence of (her) estimate of his worth".

Even worse, another woman stated in her will that just enough money be left to her estranged husband to enable him to buy a rope and hang himself.

Now, we don't know why these two women were so spiteful, but no one should harbor such hatred - especially a Christian. Hatred and retaliation are utterly foreign to the saviour's spirit of forgiveness, He set the perfect example for us when he hung on the cross. He interceded for the very ones who were crucifying Him, "Father, forgive them, for they do not know what they do." (Luke 23:34).

Early in His ministry the Lord said, "Bless those who curse you, and pray for those who spitefully use you. To him who strikes you on the one cheek, offer the other also," (Luke 6:28-29). Then He said, "Just as you want men to do to you, you also do to them likewise." (v. 31).

Powerful statements to "love your enemies". But how? Through the love of God in your life for others. These commands are not meant to be some super religious high ideals, but more meant to be practised and lived by Christian people each and every day. How again? Through the Holy Spirit living His life in and and through you. Christianity is meant to be "lived" and not just talked about.

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

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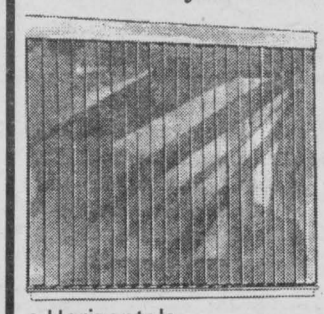

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KEEPING HEALTH IN MIND

Understanding Aging - Coping With Caring

by Bonnie Schroeder, Health Educator/Promoter, Eastern Ontario Health Unit

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

In today's society, we see an ever changing commitment to long term care of the elderly. We have seen a shift from institutional care to a less formal arrangement of community care. Spouses and adult children now have an increased role in the care of their loved ones. If you care for your ailing partner or parent, the following information may be of interest to you.

In the spring of 1993, Tri-County Mental Health Services identified a need for support and education for informal caregivers and approached the Eastern Ontario Health Unit. Health Unit staff researched and developed the program to include a series of 6 weekly educational sessions. These sessions are designed to be flexible and meet the needs of the caregivers in the group. Some of the topics include communication, family dynamics, healthy aging, mental health and community resources.

The program was piloted in the fall of 1993 in Alexandria. Today, groups are offered in five of the Health Unit offices: Cornwall, Alexandria, Hawkesbury, Casselman and Winchester. It is estimated that over 250 caregivers have been reached through this valuable program. Other senior support services, including Tri-County Mental Health Services and Community Care Access Centre have been instrumental in providing referrals for families in need of support and education to take on the caregiver role.

With the autumn season upon us, we are again offering the Coping With Caring Program in Stormont, Dundas and Glengarry counties. If you require information on this program or other Health Unit programs, call Health Line at 1-800-267-0852.

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Healthy Feet are Key to Long, Active Life

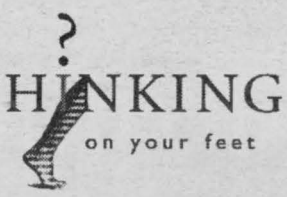
(NC)—Recent studies show that Canadians can expect to live longer than ever before. The key to enjoying this longer life is to remain mobile. Healthy feet are, literally, the foundation for active and healthy golden years.



"Foot care is vital, and regular exercise, such as walking, can help maintain mobility and independence as people age," says Glenn Copeland, a Toronto-based podiatrist.

Foot problems that develop as people age are most often the result of normal wear and tear, and can lead to debilitating knee, hip and lower back pain.

"As a person ages, their feet tend to spread and lose the fatty pads that cushion the bottom of the feet," Copeland explains. "As well, feet are often the first to demonstrate symptoms of ailments such as diabetes, arthritis, and circulatory disease."



In addition to regular check-ups and plenty of exercise, custom made shoe inserts, called orthotics, can help to prevent foot pain by correcting any bio-mechanical faults.

Copeland has developed a computerized gait analysis system that can identify abnormal gait patterns. The system, called Footmaxx, involves an electronic mat. When a person walks across the mat, it measures foot pressure, motion and other factors 30 times each second.

Traditional orthotics are made from static molds of the shape of a person's feet. However, such molds cannot take into account the person's gait, foot motion and pressure distribution. Data from the electronic mat is sent electronically to the Footmaxx manufacturing facility, where proprietary software analyzes it to determine whether or not orthotics are needed. Footmaxx orthotics are available for specific activities, such as golf, or tennis, which can help people continue to take part in the activities they enjoy.

Foot-Notes on Arthritis

(NC)—Arthritis is a common ailment for those over the age of 50. It generally results in inflammation and swelling of the cartilage and lining of the joints. In the foot, which has 33 joints, arthritis can be particularly agonizing because there is no way to avoid the pain of the tremendous weight-bearing load on the feet.

Treatments include anti-inflammatory medications, physical therapy and exercise, as well as custom shoe inserts, called orthotics, which can help control foot functions.

- News Canada

Fresh Thinking on Healthy Eating

by Dietitian Catherine Smith

Don't Exercise - Play! Has daily exercise slipped into your "should do but don't have the time" category? Maybe you should change your outlook on fitness. I know that finding the energy and motivation to do the things we have to do is very different from finding the energy to exercise. BUT, exercising can be fun and it is an essential ingredient to living a long and a healthy life.

Think back to when you were a kid, you were certainly active then, and try to remember how you played. Effortless, wasn't it? You'll be happy to know that many of those activities are still accessible, affordable and fun today. With only a few adjustments, those activities can easily fit into your lifestyle again.

For example, I used to love to skip either by myself or with friends. I still skip, but now it is to my favourite music instead of a nursery rhyme. Tossing a ball or playing frisbee can also be a great cardiovascular work out. If you don't have kids, train your dog to play catch - you'll both be better off for it! Fortunately, cycling is now "in" for all ages, so tune up your bike and go for a ride. Ever thought of roller-blading? It's lot of fun and a great way to tone your muscles.

This is what the active living philosophy is all about. It encourages us to integrate enjoyable activities into every aspect of our lives, including leisure, work, school, family life and transportation. Any activity which uses the large muscles of the body counts! Walking, gardening, cycling and swimming are all excellent ways to jump start your lifestyle. The key to success is regularity.

The bonus of physical activity is that it actually makes you feel more energetic and you'll notice the difference almost immediately. Think of physical activity as a bank account - the more you put in the more you get out.

A recent study of American women reported in the Journal of the American Medical Association showed that on average, older women who are physically active outlive women who are inactive. Better yet, the more women exercise, either in frequency or intensity, the greater the health benefits.

Nourishing foods and an active lifestyle go hand in hand. But sometimes a busy schedule can lead to missed meals. If this is the case, snack on nutritious foods like fresh fruit and yogurt, cheese and crackers, or have a cereal bar with some juice. These kinds of choices can help sustain your energy level.

After exercise it is important to replenish the fluids your body has lost. If you drink beverages recommended in Canada's Food Guide to Healthy Eating, such as white or chocolate milk and juice, you'll get the bonus of essential nutrients with your water.

For example, milk contains 87 percent water which can keep you hydrated but it also provides 15 essential nutrients including calcium and Vitamin D; both important for bone health.

Walking Tips: It's never too late to gain the benefits from regular physical activity and walking is a great place to start. Here are a few tips to make your outings a lot more fun.

Find a New Path: Start from a different point every Sunday.

Be Nosy: Peak into gardens, shop windows and even a living room or two along the way.

Try dawn and dusk: Wake up early some days and hike before breakfast or enjoy a stroll before bedtime.

Observe Nature: How many different plants and trees can you identify?

Do a Good Deed: Take your friend's dog off their hands for an hour. Don't forget to stoop and scoop - it's the law and good exercise too.

Huff and Puff: Challenge yourself to some hills along the route.

Make it Social: Catch up on the local gossip with a friend or greet your neighbours.

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We Remember



Commemorating the fallen Canadians from the various wars continues to be on everyone's minds as we approach the eleventh hour. Students at the La Citadelle School, under the guidance of renowned artist Jean-Pierre Arcand, are pictured in front of the mural they are presenting in homage to Remembrance Day.

(photo by Aubrey Johnson)

Villeneuve Announces Assistance for Water Study



United Counties of Prescott and Russell, Warden Jean-Claude Trottier, Ontario Minister of Agriculture, Food and Rural Affairs (and Francophone Affairs), Noble Villeneuve and United Counties of Stormont, Dundas and Glengarry, Warden, Archie Byers.

Agriculture, Food and Rural Affairs Minister Noble Villeneuve today announced that the Ministry of the Environment will help fund a pair of innovative regional water and sewage studies in the United Counties of Stormont, Dundas and Glengarry.

The studies, among the first of their kind in Ontario, will help the municipalities find the most environmentally sound, cost-effective ways to provide safe drinking water to residents.

"I am encouraged by the forward thinking being shown by the United Counties of Prescott and Russell and the United Counties of Stormont, Dundas and Glengarry," Villeneuve said on behalf of Environment Minister Norm Sterling. "This type of regional study will provide the counties and their partners with the information and the tools needed for long-term planning to protect their water resources and the health of their communities."

Villeneuve also commended the strong involvement of the agricultural community, research institutes and conservation authorities. "This work represents an up-front investment in prevention and stewardship that should pay dividends for the whole community," he said. "It could be a model for other areas wishing to develop a regional information base for use in improving their water services."

Under the Provincial Water Protection Fund, the United Counties of Prescott and Russell will receive $378,000. and the United Counties of Stormont, Dundas and Glengarry will receive $383,000. The fund was set up to assist municipalities experiencing health and/or environmental problems related to water or sewage treatment. Recipients must pay a portion of the project costs.

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Seaway Sports

Grant Dodge Chrysler Jeep Peewee A Royals

Grant Dodge Chrysler Jeep Peewee A Royals jumped into the annual Cornwall Peewee Tournament Saturday making a definite impression on the ice. Their first game ended 6-1, with Chris Decoste hot in nets. His defense was strong and the offence hungry. Pat Sauve, Neil Werely, Matt Sauve, and Shane Perry scored single goals while Brennan Barker netted a pair. Patrice Brunet, Ryne Gove, Josh Amyot and Brennan Barker earned assists. The second game of the day pitted them against a strong AA team from D'ollard des Ormeaux. Ryne Gove got his chance to score on a slapshot from Steve Viezel. Gove, with the help of defenseman Todd Perry assisted a goal for Neil Werely. Despite their efforts, the game ended as a 4-2 loss.

The Cumberland Reds were the next opponents, early Sunday morning. Clint Thomas was the first to put the puck in the net. Pat Sauve, Neil Werely and Shane Perry followed Thomas' lead with Gove, Werely andPat Decoste assisting. Jarred Amyot earned a well deserved shutout, with the final score being 4-0. Later that day the Royals faced the Osgood team, knowing that a win here would allow them a rematch with D'Ollard des Ormeaux for the championship. Eager they were, and the goals piled up! Patrice Brunet , Pat Sauve, Brennan Barker and Neil Werely scored singles, Matt Sauve netted a pair and Shane Perry finished off with a Hat Trick, totalling 9 goals in all. Jason Leger was strong with the assists, along with Matt Sauve, Barker, Gove, Thomas, Werely, Brunet, and Shane Perry. With the final score 9-3, it was on to another rink for the championship game, without even time for them to undress! The weary but never surrendering densemen, Josh Cook, and Kyle Forrester knew what they would be up against.

The question was, would their team have enough left to beat the as yet undefeated team? The game began and so did the penalty clock. The physical drain of the day was taking it's toll, both in energy and tolerance . With the minutes in penalties adding up, the Royals were only able to score one goal while their opponents managed to net three, on power plays. Lone Royal scorer was Brennan Barker , with Jason Leger assisting. The boys left the well fought battle with the second place medals around their necks.

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Navy Veteran's Peewee "B" Royals

The Navy Veteran's Peewee "B" Royals started off the month slowly, worked hard to improve and ended October on a winning note.

The Royals first exhibition game was against the South Stormont Selects. It was quite evident that it was Cornwall's first game together as they lost 5-1 to Long Sault. Scoring for Cornwall was Joel Langlois assisted by Matthew Lefebvre.

Two days later the team travelled to Hawkesbury and played a much better game even though they lost 4-1. Matthew Lefebvre scored the lone goal with assists going to Patrick Dumond and Joel Langlois. Sylvain Savard played a strong game in nets in a losing cause.

Later that week the Vets were in CharLan for their third exhibition game. Alain Landry played a strong game in nets with his teammates adding more scoring punch. Billy Hyatt had two goals while Andrew Gibson and Patrick Dumond also scored. Despite the solid goaltending, the Royals lost 8-4 as they were badly outshot by CharLan.

Playing their fourth game in just over a week, Cornwall again lost 5-1 to South Stormont. Billy Hyatt scored the team's only goal. Jason Jeeves assisted Hyatt's goal. Thanksgiving Monday saw the Royals travel to Alexandria for their first tournament of the season.

Playing Casselman in their first game Cornwall came out flying and built up a 5-2 lead only to see Casselman come back to tie the game with just over a minute to play. Overtime was needed but only for fifteen seconds as Andrew Gibson with a nifty pass from Jason Jeeves scored his second goal to give Cornwall the win. Also scoring for Cornwall were Matthew Lefebvre, Joel Langlois, and Chris Matte with two. Assists were given to Pat Dumond, Joel Aikman, Langlois, Matthew Rose (2), Thomas Mondoux, Alex Gray and "call-up" goalie Matthew Leroux.

Hoping for a win to advance to the "A" final the Royals had to face a much bigger Alexandria team. Cornwall hung tough only losing 3-1. Matt Rose scored assisted by Billy Hyatt and Matthew Lemire.

For their first regular season game the Navy Veterans travelled to Potsdam and played well enough to win or at least tie. A controversial and costly penalty with under a minute to go enabled Potsdam to score the winning goal with only sixteen seconds left in the game. Andrew Gibson scored Cornwall's two goals with his second assisted by Jason Jeeves. Savard played a strong game in nets in the 3-2 loss.

The next day Cornwall travelled to Alexandria ending up losing 9-0 in a penalty filled game.

Their first home game at the Si Miller was against Morrisburg. Again the Navy Vets ended up on the losing side of a 9-0 game.

Down but not defeated and playing their fourth game in just over a week saw the Royals play CharLan. The boys came out strong and scored the first three goals of the game before CharLan could score their first. Billy Hyatt's goal appeared to be what Cornwall needed to spur them on to their first win.

Hyatt's goal was assisted by Chris Matte and Steve Tillaart. Two more quick goals in the second period by Matthew Lefebvre and Patrick Dumond gave the team a 3-0 lead. Dumond's goal was assisted by Joel Langlois and Owen Randlett. CharLan bounced back and tied the game at three to make the third period an exciting and nail-biting experience. Goalie Alain Landry did everything but stand on his head to enable Cornwall to stay in the game. Only a penalty shot with under two minute to play was able to get by him. The Royals had gone ahead in the third by two goals by Andrew Gibson and Lefebvre's second unassisted goal of the game. Assisting Gibson's goal were Hyatt and Tillaart. Landry played a very strong game stopping 52 of 56 shots he faced in Cornwall's 5-4 win.

The members of the Peewee "B" Royals are Sylvain Savard, Alain Landry, Shane Nakic, Chris Matte, Thomas Mondoux, Matthew Lemire, Kyle Gray, Joel Aikman, Jason Jeeves, Billy Hyatt, Owen Randlett, Steve Tillaart, Andrew Gibson, Matt Rose, Matthew Lefebvre, Joel Langlois and Patrick Dumond. The coach is Mark Kannon assisted by Brent Celone. Bill Hyatt is the trainer and Dan Aikman is the manager.

The Peewee "B's" would like to thank the Navy Veterans for sponsoring them again this year.

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Cornwall Tire Seaway Valley Midget AA Rapids

The Cornwall Tire Seaway Valley AA Midgets broke their losing streak when they fought back from a 3-0 deficit to tie the Outaouais Major Midget Intrepids with 37 seconds left in the game. The Rapids put together a solid team effort with consistent forechecking that kept the Intrepids off balance for most of the game.

The first three minutes of the game saw Seaway forcing the pace with some good scoring opportunities. Only exceptional goaltending by Outaouais kept them in the game. When Seaway was penalized at the 7:50 mark, the Intrepids were able to score a power play goal with a shot from the top of the left circle through a screen that prevented Seaway goalie Jonathan Leroux from seeing the puck. Their second score came just 30 seconds later from a scramble in front of the Seaway net when Leroux was down without a stick. The third goal came again in 30 seconds on a long shot from just inside the blue line. Although Seaway was down by three goals at the end of the first period, they continued to carry the play into the Outaouais end.

In the second period, Seaway goalie Tyler Shortt, who had replaced Leroux in nets, completely shut down any further scoring by the Intrepids. Seaway's hard work finally paid off when Jason Vickers scored late in the period, shortly after the Rapids killed off an Outaouais power play opportunity. Cory Arcand assisted on the play.

In the third period, Seaway narrowed the gap with its second goal, this time shorthanded, when captain Pete Pelletier tapped in a loose puck in front of the Intrepid goal. Assists were given to Shawn Chartrand and Stephane St. Denis. The goal came with just 5 minutes left in the game. Seaway pressed hard in the remaining minutes. Just after Rapids' goalie Shortt stopped a point blank shot by an Outaouais player who was left alone in the crease, Seaway broke out of their own zone cleanly, and with 37 seconds left, Stephane St. Denis blasted a shot from 20 feet out that squeezed under the right arm of the Outaouais goalie and dribbled into the net for the tying goal. Chartrand and David Carry assisted on the goal. Among the many hard working Seaway players, goalie Shortt and right wing Chartrand stood out for their consistent sharp play and good hustle.

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Cornwall Minor Hockey Results

OCTOBER 18th, 1998

MIDGET

Great Skate Hockey - 3: Brandon Lefebvre, 2; Joey Bellmore, 1. **Huron Hockey School - 4:** Matthew Knox; Kyle Bergeron; Timothy McNally; Jeffrey Lavallee.
Cornwall BBQ - 1: Andre Champagne. **Schulman's - 5:** Jesson Gaunce, 2; Marc Decoste; Robert Benedict; Matthew Russell.
Martinville - 5: Tyler Smith, 2; Derek Wintle, 2; Nicholas Davidson. **North End Pizzeria - 4:** Eric Viau; Corey Stone; Danny Rivette; Brock Kirkman.
Cornwall BBQ - 5: Alain Allaire, 3; Jason Sauve - 2. **Huron Hockey School - 3:** Robert Boy; Kyle Bergeron; Timothy McNally.
Martinville - 14: Tyler Smith, 3; Derek Wintle, 3; Chris Pederson, 3; Nicholas davidson, 2; Sean Morgan; Isaac Goldberg; Kerry Townrdrow. **Great Skate Hockey - 1:** Matthew Crowder.
North End Pizzeria - 4: Eric Viau, 3; Nicholas Chartrand.
Schulman's - 3: John Pecore; Robert Benedict; Christopher Berry.

BANTAM

Rona Home Centre - 7: Jason Lafave, 3; Matthew Stone, 2; Cory Kirkman; David Champagne. **McConnell Tire & Auto - 1:** Jason Marsolais.
CJSS - 4: Michael Cella, 2; Derek Campeau; Shawn Brisebois.
Brookshell Motors - 2: Kurt Beeston; Eric Atchison.
J.F. Markell - 3: Ryan Roy; Jamie Leger; Christopher Roy.
Cornwall Electric - 2: Morris Franklin; Othetas Franklin.
CJSS - 4: Ian Smith, 2; Andre Lalande; Adam Derouchie.
McConnell Tire & Auto - 3: Chris Contant, 2; Marc Brulotte.
No Frills - 6: Stephen Bernier, 4; Ian Donihee; Bradley O'Connor. **Brookshell Motors - 2:** Samuel Cote, 2.
J. F. Markell - 6: Ryan Roy, 2; Joel Lalonde; Joey Garlough; Karl Van Leishout; Grand MacDougall. **Ray-Co - 5:** Guillaume Tremblay, 2; Adam Jodoin; Taylor Burns; Antonios Fourkiotis.
Rona Home Centre - 2: Jason Lafave - 2. **Discount Car Rental - 1:** Steven Esposito.

NOVICE

Filion Trophies - 5: Barrett Wagar - 2; Matthew Dawson - 2; Justin Poulet. **Microfine Cartridges - 5:** Brendan Trasuk, 3; Nathen Mondoux; Zachary MacInnis.
Roy's Florists - 1: Serge Lafontaine. **Hollywood Video - 0.**
Pizza Hut - 7: Kyle Bouvier, 3; Joel Brisebois, 2; Andrew Kaneb; Taylor Bergeron. **Apple Auto Glass - 3:** David Roy; Justin Dufour; Shayne Fields.
Hollywood Video - 6: Mathieu Bruyere, 4; Brock Marsolais, 2.
Kwik Stop Laundromat - 8: Shawn Fontaine, 5; Paul L'Ecuyer, 2; Ryan Lafave.
Zellers - 7: Trent Thomas, 5; Eric Pitts; Francois Bruyere.
Microfine Cartridges - 10: Nathen Mondoux, 4; Zachary Macinnis, 4; Brendan Trasuk, 2.

ATOM

Kastner's - 3: Miguel Pare-Bingley, 3. **Glen Services - 1:** Matthew L'Ecuyer.
Cornwall Truck - 5: Chad Lapensee, 2; Cory Pitts; Travis Samson; Robert Bourbonnais. **Howard Smith Credit Union - 2:** Shane Jeurond; Alain Parthenais.
Bill's Deli - 2: Sean Lepage; Patrick Lalonde. **Lapierre Plumbing - 8:** Mathieu Poitras, 3; Adam Lozo, 2; Tommy Ladouceur; Mathieu Chassue; Mathieu MacLeod.
Mr. Submarine - 7: Chad Dore, 4; Stephane Ouimet, 2; James tessier. **Mark's Fifth Wheel - 3:** Scott Meldrum; Nikolai Adams; Justin Bonneville.

PEEWEE

Grant Ready Mix - 5: Steve Harvey, 2; Eric Gordon; Ryan Campeau; Tyler MacDonnell. **Optimist Club - 4:** Matthew Bruyere, 2; Tyler Givogue; Alex Laliberte.
Scotiabank - 4: Corey Fontaine, 2; Corry Crowder; Landon Laplante. **Lally Blanchard - 2:** Scott Killoran, 2.
Tilden - 2: Tyler Kyte; Bruce Leger. **Hunt Insurance - 6:** Mathieu Tremblay, 3; Janick Lalonde; Shawn Cousineau; Patrick Marcotte.
Play It Again Sports - 4: Justin Guindon, 3; Joshua Ferguson.
Harv's Diner - 4: Joel Lalonde; Michael Tapp; Justin Hazlett; Andrew Bissonnette.

Five Star Hockey Trivia

GUARDIANS OF THE STANLEY CUP

(NC) - What does the President of the United States, the Prime Minister of Canada, singer Whitney Houston and the Stanley Cup have in common? They all have their own bodyguards.

That's right. The Stanley Cup may be the only trophy in professional sports that has its own bodyguards. A team of five men who work for the Hall of Fame serve as a sort of Secret Service force for the Cup, following it wherever it may go. For example, if a player wants to take the Cup home for a day in the summer, one of those fellows goes with him. It doesn't matter if the player lives across the ocean; the guardians of the Cup are obliged to follow as they did after the Colorado Avalanche win in 1996. The team's star forward, Peter Forsberg, took the trophy home to Sweden for its first ever visit to Europe. The same thing happens if a team wants to bring the Cup for a victory parade or a charity event. An escort is always there to keep track of the trophy for the Hall of Fame. Their role is to ensure that nothing happens to the Cup as well as answer any questions people may have about the trophy and its rich history.

Source: Hockey For Dummies, by John Davidson - News Canada

Stars Look To Regain CLISL Crown

It may be early days in the Char-Lan Indoor Soccer League but after this week's performance by the Glengarry Stars against the Cornwall United squad, it looks like the Stars are determined to regain the crown they held for all of the nineties with the exception of last year. Jamie Ladouceur is a key reason why the Stars are a stronger team this year than last. He pulled off several quality saves on the way to a 2-1 against last year's champions, Cornwall United. Craig McSweyn and Jon Hamelin scored the Stars goals while Gab Gratton replied for Cornwall.

Rudi's appear to be struggling as they lost to league newcomers Glen Nevis 3-0. While Rudi's played well in patches, they lack the killer touch in front of the net. Several good chances went begging before Glen Nevis scored 3 quick goals. Al Joanette recorded the shutout in the 'Nevis goal. Andrew Szlio, Philip Legroulx and Chad Sargent scored the Glen Nevis goals.

Williamstown came from behind to record a 3-2 win against the Hellfish. Julian Leroux and Norm Lacroix put the Hellfish up 2-0 before the Williamstown crew started the fight back. Martin Stadleman with two goals led the way. Steven Esposito scored the game winner for the Town.

Stidwell Surveying became the third team to keep a perfect 2 and 0 record . when they squeaked out a 3-2 win against the Wee Ceilidh. Stidwell went up 2-0 by a brace of goals by Steven Alguire with only 15 minutes gone. The Wee Ceilidh team fought hard to get back into the game with Jason Varrin also bagging two goals to level the scores. Derek Wereley scored the winner from a good low hard cross from Karine Viellette.

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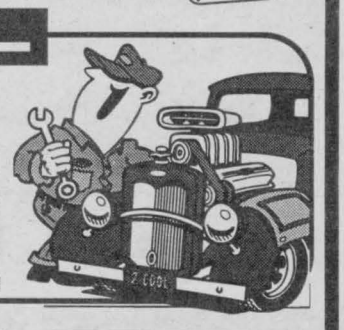

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SEAWAY Scoreboard

United Counties Ladies Basketball

November 12th, 1998

Game #1			
B&M Motors	74	**Rat's Nest**	36
Top Scorers:			
Kelly Chodat, 44; Paulette Poirier, 14		Lisa Chafee, 9; Shannon Mongillo, 8	
Game #2			
Cornwall Gravel Pits	40	**Laframboise**	40
Top Scorers:			
Sandy MacDonell, 17; Catherine Gagnon, 9		Vicki Lalonde, 14; Chantal Mageau, 7	
Game #3			
Star Gazers	44	**Ray-Co Sports**	28
Top Scorers:			
Claudine Tarbell, 12; Geraldine Jacobs, 12		Lori Lamer, 6; Susan McGillis, 6	
Game #4			
Bill's Sports Bar	45	**St. Lawrence College**	24
Top Scorers:			
Suzanne Sinclair, 16; Sam Schuler, 8		Joanne Tessier, 6; Tammy MacDonald, 5	

Ingleside Bowling Lanes

High Singles:
Jim Beckstead - 320; J.R. Thompson, 306
High Triples:
Claude Fortier, 779; Rick Brunet, 752
STANDINGS:

Bruce Anderson Const.	156	Computer Sense	138
Causeway Auto	151	Papa Nikos	128
Craigs Electric	144	Ingleside Foodtown	127
Heagle Plumbing	144	Ingleside Lanes	94

Claude Fortier's 779 & Rick Brunet's 752 built the lead to move Bruce Anderson Const. into first place.

Bridge Results

Independent Bridge Club - Nov. 11/98
Section "A"
N/S
1. Jean Forbes - Terry Forsyth
2. Brunelle MacDonald - Mona MacPhee
3. Audrey Blair - Suzanne Hazlett
E/W
1. Marjorie Raymond - Madan Seth
2. Eva Kittle - Marian Lloyd
3. Muriel Contant - Terri Lalonde

Section "B"
N/S
1. Jean Boileau - Jeannine Leroux
2. Bert Chausse - Joe Loney
3. Norma & Fern Blain
E/W
1. Mildred Cleary - Emma Farlinger
2. Verna Beaulieu - Georgette Lauzon
3. Fern Emerton - Anne Paulin

Cornwall & District Bridge Club
Nov. 12/98
N/S
1. Barbara Taylor - Maureen Walker
2. Mildred Cleary - Jean Forbes
3. Kirk Malette - Voyteck Pomykalski
4. Margaret Campbell - Denise Fournier
E/W
1. Lydia LeGault - Claudette Rousseau
2. Richard Baird - Brian McCartney
3. Jeanine Alain - Margaret Grieve
4. Jocelyn Campbell - Janice Keen

Senior Citizens Bridge Club - Nov. 13/98
Section "A"
N/S
1. Isabel Quail - Paul Schmatz
2. Mabel Chan - Lydia LeGault
3. George Bissonnette - David Kalil
E/W
1. Eva Kittle - Mona MacPhee
2. Jocelyn Campbell - Carol Reus
3. Nelsa Kalil - Diana Macaulay

Section "B
N/S
1. Verna Beaulieu - Yvonne Bergeron
2. Rita O'Brien - Bert Chausse
3. Jean Boileau - Pat McIntosh
E/W
1. Florence Bergeron - Lyette Ladouceur
2. Ben Bouvier - Madan Seth
3. Gloria Blanchard - Marian Lloyd

Seaway City Bridge Club - Nov. 16/98
N/S
1. Brunelle MacDonald - Marjorie Raymond
2. June Anderson - Peggy Seymour
3. Lyette Ladouceur - Roy Parmalee
E/W
1. Gloria Blanchard - Fern Emerton
2. Hermine Ladouceur - Rita Struthers
3. Jean Forbes - Rhea Petry

Cornwall Community Bridge Club
Nov. 16/98
N/S
1. Jeanine Alain - Barbara Taylor
2. Kirk Malette - Voyteck Pomykalski
3. Margaret Campbell - Maureen Walker
E/W
1. Ron Jenne - Steve Lassner
2. Nelsa Kalil - Lydia LeGault
3. Lorna & Homer Grant

Seaway Seniors - Nov. 11/98
N/S
1. Blanche & Rolland Fobert
2. Dorthey Bourdon - Ray Lefave
3. Grace & Ken McDonell
4. Laurette Keir - Jacqueline Emberg
E/W
1. Greta & Traff Carvell
2. Allen McLeod - Henry Rzepczyk
3. Lucy Bray - Edna Sullivan
4. Betty & Newall Price

Martintown Goodtimers - Nov. 10/98
N/S
1. Jim & Jean Campbell
2. Don Crawford - Robert Graham
3. Russ & Barbara Surtee
E/W
1. John Roulston - Audrey Blair
2. Sam & Marg Wolynec
3. Betty Argyle - Barbara Phelp

Alexandria Bridge Club - Nov. 10/98
N/S
1. Jim Campbell - Elizabeth Marjerrison
2. Germaine Lalonde - Yvonne Roussin
3. Rene Belanger - Michel Duplantie
E/W
1. Bill & Barbara Cunning
2. Betty Harvey - Giselle Pilon
3. Jim & Elieen Seay

Eastern Ontario Junior C Hockey League

Team	GP	Won	Lost	OTL	G.F.	G.A.	Pts
Casselman	12	9	3	0	74	42	18
Rockland	11	7	3	1	42	38	15
Vankleek Hill	10	6	4	0	48	44	12
St. Isidore	10	4	5	1	37	51	9
Embrun-Russell	9	4	5	0	33	35	8
Long Sault	11	2	9	0	44	67	4

Cornwall Kinsmen Girls Hockey Association 15th Annual Tournament

The Cornwall Kinsmen Girls Hockey Association will be hosting it's 15th annual girls hockey tournament this Friday, Saturday and Sunday at the Bob Turner Centre, Cornwall Civic Complex and the Si Miller Arena.

Forty eight teams will compete in 8 different divisions from Novice House League (8 & 9 year olds) right up to Midget "AA" Competitive (16 & 17 year olds).

Fourteen teams representing the Cornwall Kinsmen Girls Hockey Association will be competing with teams from Kanata, Nepean, Kingston, Willowdale and Toronto as well as U.S. entries from Potsdam, Ogdensburg, Lake Placid and Burlington, Vermont.

Action gets underway Friday evening at 6:00 pm with a Mini Tyke game (4 to 8 year olds) at the Bob Turner Centre. All in all, eleven Cornwall teams will see action Friday evening. Admission is absolutely free.

The Cornwall Peewee "A" Typhoons play the Rideau St. Lawrence Thunder at 8:30 pm at the Bob Turner followed by the Midget "C" Typhoons against Kemptville Storm. The Bantam Typhoons take on the Kanata Rangers at 10:00 pm at the Si Miller Arena.

On Saturday all three arenas will be going from 8:00 am to 11:00 pm, with the 8 Championship Finals being played from 2:00 pm to 7:00 pm at the Bob Turner and Si Miller Arena on Sunday afternoon.

The Cornwall Midget "AA" Whirlwinds will be in tough against the Toronto Lady Marlies, the Lake Placid Rockets (defending Champions) and the Ottawa NCCP Capitals. The Tykes will participate in Tyke Mini Game Part 2 on Sunday at 3:00 pm at the Si Miller Arena, sandwiched between the Midget AA and Bantam Open Finals.

SCHEDULE

SI MILLER ARENA

DIV.	HOME	VISITORS	TIME
	FRIDAY, NOVEMBER 20TH		
Novice	Cornwall Red	Akwesasne Wolf Clan	6:00 pm
Atom	Cornwall Red	Akwesasne Wolf Clan	7:00 pm
Peewee	Kanata Mustangs	Akwesasne Wolf Clan	8:00 pm
Btm. Open	Rideau St. L. Thunder	Potsdam Blizzard	9:00 pm
Btm. Open	Cornwall Typhoons	Kanata Rangers	10:00 pm
	SATURDAY, NOVEMBER 21ST		
Atom	Nepean Red	Cornwall White	8:00 am
Pw. Open	Cornwall Typhoons	Rideau St. L. Thunder	9:00 am
Novice	Kanata Warriors	Embrun Panthers	10:00 am
Novice	Nepean Black	Cornwall Red	11:00 am
Midget AA	Ottawa NCCP Caps	Toronto Marlies	12:00 pm
Midget AA	Cornwall Whirlwinds	Lake Placid Rockets	1:00 pm
Peewee	Cornwall Blue	Nepean Stars	2:00 pm
Peewee	Cornwall Teal	Kanata Kougars	3:00 pm
Btm. Open	Kanata Rangers	Lake Placid Fire	4:00 pm
Btm. Open	Potsdam Blizzard	Leaside Wildcats	5:00 pm
Novice	Nepean Black	Kanata Thunderbolts	6:00 pm
Peewee	Nepean 2	Cornwall Teal	7:00 pm
Bantam	Nepean Nemesis	Kanata Kougars	8:00 pm
Btm. Open	Div. 2 - 2nd place	Div. 1 - 3rd place	9:00 pm
Btm. Open	Div. 1 - 2nd place	Div. 2 - 3rd place	10:00 pm
	SUNDAY, NOVEMBER 22ND		
Novice	Cornwall Red	Kanata Thunderbolts	8:00 am
Midget AA	Cornwall Whirlwinds	Ottawa NCCP Caps	9:00 am
Midget AA	Lake Placid Rockets	Toronto Marlies	10:00 am
Btm. Open	winner 10:00 pm game	1st place Div. 2	11:00 am
Btm. Open	winner 9:00 pm game	1st place Div. 1	12:00 pm
	Novice Hse Finals		1:00 pm
	Midget AA Finals		2:00 pm
	Tyke Mini Game #2		3:00 pm
	Bantam Open Finals		4:00 pm
	Atom House Finals		5:00 pm

CORNWALL CIVIC COMPLEX

DIV.	HOME	VISITORS	TIME
	FRIDAY, NOVEMBER 20TH		
Atom	Cornwall Black	Cornwall White	6:00 pm
Peewee	Nepean Stars	Cornwall Red	7:00 pm
Bantam	Cornwall White	Kanata Kougars	8:00 pm
Bantam	Ogdensburg Leafs	Nepean Nemesis	9:00 pm
	SATURDAY, NOVEMBER 21ST		
Atom	Kanata	Cornwall Red	8:00 am
Atom	Akwesasne Wolf Clan	Nepean Black	9:00 am
Btm. Open	Leaside Wildcats	Rideau St. L. Thunder	10:00 am
Btm. Open	Lake Placid Fire	Cornwall Typhoons	11:00 am
Novice	Cornwall White	Nepean Red Antz	12:00 pm
Peewee	Akwesasne Wolf Clan	Nepean 2	1:00 pm
Bantam	Nepean Nemesis	Cornwall White	2:00 pm
Bantam	Kanata Kougars	Ogdensburg Leafs	3:00 pm
Pw Open	Nepean Dominators	Rideau St. L. Thunder	4:00 pm
Pw Open	Kingston Kodiacs	Cornwall Typhoons	5:00 pm
Midget AA	Ottawa NCCP Caps	Lake Placid Rockets	6:00 pm
Peewee	Nepean Stars	Potsdam	7:00 pm
Peewee	Cornwall Red	Kanata Mustangs	8:00 pm
Peewee	Kanata Kougars	Cornwall Blue	9:00 pm
Midget AA	Toronto Marlies	Cornwall Whirlwinds	10:00 pm
	SUNDAY, NOVEMBER 22ND		
Novice	Cornwall White	Kanata Warriors	8:00 am
Peewee	3rd place	2nd place	9:00 am
Midget C	Burlington	Kemptville Storm	10:00 am
Midget C	Huntington	Cornwall Typhoons	11:00 am
Atom	Kanata	Akwesasne Wolf Clan	12:00 pm

BOB TURNER MEMORIAL CENTRE

DIV.	HOME	VISITORS	TIME
	FRIDAY, NOVEMBER 20TH		
Tyke	Tyke Mini Game Part 1		6:00 pm
Peewee	Cornwall Teal	Potsdam	6:30 pm
Peewee	Cornwall Blue	Nepean 2	7:30 pm
Peewee	Burlington	Kanata Kougars	8:30 pm
Midget C	Cornwall Typhoons	Kemptville Storm	9:30 pm
	SATURDAY, NOVEMBER 21ST		
Atom	Cornwall Black	Kanata Koolkats	8:00 am
Peewee	Cornwall Red	Burlington	9:00 am
Midget C	Huntington	Burlington	10:00 am
Pw. Open	Kingston Kodiacs	Nepean Dominators	11:00 am
Peewee	Potsdam	Kanata Mustangs	12:00 pm
Novice	Kanata Thunderbolts	Akwesasne Wolf Clan	1:00 pm
Atom	Cornwall White	Kanata Koolcats	2:00 pm
Atom	Nepean Red	Cornwall Black	3:00 pm
Atom	Nepean Black	Kanata	4:00 pm
Novice	Embrun Panthers	Cornwall White	5:00 pm
Novice	Nepean Red Antz	Kanata Warriors	6:00 pm
Midget C	Kemptville Storm	Huntington	7:00 pm
Midget C	Cornwall Typhoons	Burlington	8:00 pm
Peewee	Burlington	Akwesasne Wolf Clan	9:00 pm
Bantam	Ogdensburg Leafs	Cornwall White	10:00 pm
	SUNDAY, NOVEMBER 22ND		
Novice	Akwesasne Wolf Clan	Nepean Black	8:00 am
Novice	Nepean Red Antz	Embrun Panthers	9:00 am
Pw Open	Cornwall Typhoons	Nepean Dominators	10:00 am
Pw Open	Rideau St. L. Thunder	Kingston Kodiacs	11:00 am
Atom	Kanata Koolkats	Nepean Red	12:00 pm
Atom	Cornwall Red	Nepean Black	1:00 pm
	Bantam House Final	2:00 pm	
	Peewee House Final	3:00 pm	
	Midget C Final	4:00 pm	
	Peewee Open Final	5:00 pm	

Bantam "B" Make Finals

The Bantam "B" Royals had a busy weekend starting with a tournament in Alexandria. They met the Nepean Raiders in the first match of the day. Kevin Castor scored at 8:08 of the first, assisted by Mathieu Gagne. Nepean bounced back with a goal in the second period. After almost a period and half without a goal or a penalty, the teams move into overtime. Andrew Fisk did the honours for Cornwall, assisted by Ranald Pecore at 3:19 in OT for a 2-1 victory. Cornwall moved on to face Long Sault in round two. The Royals outplayed the Selects 8-2 and advanced to the championship game against the Smith Falls Bears. The Bears came out victorious 5-1. Chris Kennedy had the lone goal for the Royals. To finish off the long weekend the Bantam "B" had two regular season games. Against N.G.S. the Royals prevailed 6-2. Goals going to Kevin Castor (2), Greg Barnhart, Chris Kennedy, Andrew Fisk and Maurice Labelle. Cornwall vs Akwesasne ended in a 3-3 tie with over 8 minutes in running time due to numerous stoppages and penalties. Eric Lavictoire, Andrew Fisk (2) had the markers for Cornwall. The Royals are now 6-1-1 in regular season.

Delaney Bus Line Bantam "A" Royals

In recent action the Delaney Bus Line Bantam "A" Royals had to settle for two ties. First against first place East Ottawa, who had been trailing by one goal most of the contest, but managed to catch up to Cornwall late in the third. Royals markers came from: Mathew McNally, Ryan Matte, Jamie Patenaude, Andrew Banville, Troy Sinfield and Jeffrey Laframboise.

The team then travelled to Kingston for a contest against the Township team. Down by 2 late in the second, Royals Andrew Banville notched one with the help of Ryan Matte. Team hustle and an early third period goal from Peter Larin assisted by Marc Leroux ensured the Royals a tie. A disallowed goal for Cornwall late in the third ended the match 2-2. Netminders Marc Lapointe and Devon Eveleigh shared in the ties.

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Paradise Fitness Cornwall Atom "A" Royals

The Royals were busy travelling this week, from Nepean to Kingston to Kanata. On Friday, Nov. 6th, they faced off and conquered the Nepean Raiders 2-1. For most of the game the Royals led by 2 points, scored by Christian Champagne and Steve Herrington, assisted by Kory Willard and Cory Gove. In nets Eric Monnin and defense were great.

Sunday they confronted the Kingston Titans and took a loss of 4-2. Christian Champagne scored the 1st goal of the game, shorthanded. Ian McKay also netted one for the team, assisted by Jordan Swerdfeger. In nets Jonathan Cutler made 22 great saves.

Next came the Kanata Blazers on Tuesday nights. The Royals put up a good fight right until the end, but took a loss of 3-1. The lone goal was scored by Marc Andre Piette, assisted by Christian Champagne and Kory Willard.

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Cornwall Tire Seaway Valley Midget AA Rapids

The Cornwall Tire Seaway Valley AA Midgets suffered their second defeat in as many nights in the second of two back to back games with the Nepean Raiders, this time on home ice. The Rapids continue to rely on strong games by their goalies. This time Jonathan Leroux was in goal, and he kept Seaway in contention right from the beginning when he stopped a clear breakaway early in the first period. The period ended scoreless as neither team was able to capitalize on power play opportunities.

The second period was scoreless until the last 38 seconds when Shawn Chartrand split the Nepean defence for a partial breakaway. After the Nepean goalie made the initial stop, Chartrand was able to get back up on his skates and during the scramble in front of the net, circle back through the slot to pick up the loose puck and put it in a near empty net. Assists went to Captain Pete Pelletier and Adam Cameron. The Rapids carried the 1-0 lead into the third period.

Unfortunately, three unanswered goals finished off the Rapids for the night. The Raiders tied the game 1-1 in the first 30 seconds of the period. The second goal came when a Nepean shot from a bad angle slid into the Rapids goal on a deflection off the Rapids' defenceman's skates. Nepean sealed the game with a third goal at the 4'11" mark.

The Rapids defence had a real workout with two of the defencemen out, one with an injury and one with a one game suspension from the previous evening's encounter with the Nepean team. Leroux was strong in nets all game long.

DEAR SANTA...

LETTERS FROM OUR YOUNG READERS TO THE NORTH POLE





Each year, Seaway News publishes letters to Santa, helping to make sure that every child's wishes are met. This year we will again be accepting and printing your child's letter.
Letters can be sent to:
Letters to Santa c/o Seaway News
329 Second Street West,
Cornwall, Ontario K6J 1G8
e-mail: snews@seawaynews.on.ca

Dear Santa:

My name is Bryce Leger and this is the second year that I have written to you. I am 6 years old and my dad is typing this letter for me. Again, I have been fairly good this year and Mom and Dad tell me that it would be okay to write to you to let you know my wish list. Here goes:

1) a play vacuum
2) yellow radio
3) truck
4) another Spice Girl tape
5) books
6) painting easel

Thank you very much for the gifts that I received last year!! I will be leaving you some milk and cookies for you and some carrots for the reindeer. Have a safe trip all around the world and say hello to Mrs. Claus for me. Merry Christmas Santa!!!!

Love Bryce
xx00

Dear Santa:

Hi!! My name is Aaron Leger and I am 4 years old. My older brother has already given you his wish list and now I would like to add mine. I have been a good boy this year and Mommy and Daddy said it was okay to tell you what I would like. My wish list goes like this:

1) playschool truck
2) games for Nintendo
3) toy cars
4) teddy bear
5) dinosours
6) Simba's Pride Video casette

I really liked all of the gifts that you brought me last year Santa and I thank you for bringing them to me. There will be milk and cookies as usual for you and some sugar and carrots for Rudolph and the other reindeers. I hope you have a safe trip all around the world and I hope you have a Merry Christmas too.

Love Aaron
xxxooo

Dear Santa,

My name is Keegan, I am 5-1/2 years old. For Christmas I would like some extra treats and the Play-Doh Ice Cream Shop. Please bring me something special for my cat Tom and my hamster Speedy. My brother Aaron is 17 months old. Please bring him a fire truck and some Elmo books.

Remember all those in need at this special time and always.

Love
Keegan and Aaron Larose

Dear Santa:

My name is Jonathan Swenson. I'll be 5 years old in January. I live with my mommy and daddy in Long Sault. I would like Beast Wars, Optimus Primal, remote control flipping car, ants stickers, clothes and maybe even a fun game for mom, dad and myself to play.

P.S. I'll leave a snack for you and your reindeer.

Jonathan
xoxo

Dear Santa:

My name is Steven Collins-Campeau. I'm 5 years old and I live in Osnabruck Centre with my mom, dad, big sis Catina, little sis Shawna. I go to Our Lady of Good Counsel School in Ingleside. I'm in S.K. I have tried to be very good some times.

Thank you very much for the gifts you left last year. This year Mom said to ask for toys that don't have little pieces because Shawna is one and she breaks them and we have to throw them out.

I would very much like:

1 - clothes
2 - Lion King II movie
3 - book with tape stories
4 - kids CDs
5 - CD holder
6 - I need batteries for my CD player
7 - stencils.

If you would like to drop me off more toys, that's okay with me. For my little sis Shawna, drop off a doll, she likes Teletubies and she is growing fast and needs bigger clothes and maybe some powder because sometimes she needs it.

Your little friends
Steven & Shawna
Collins-Campeau

P.S. My big sis Catina would like some clothes, a game and a diary to write in. I will try not to read it when I get bigger.

Love
Steven Campeau

Dear Santa,

My name is Jody Shearer. I live in Iroquois with my mom, dad, sister Tiffany and twin brother Cory. Thank you very much for the gifts last year.

I told my Aunt Phyllis that clothes are not a gift, so please don't get me clothes. I would like:

1 - computer games
2 - movies
3 - tools
4 - watch

If you have more stuff for me thank you very much.

Your pal
Jody

P.S. I do share with Tiffany and Cory and they share with me. Oh, I'm only 7 years old.

Dear Santa:

Hi! My name is Matthew Marleau. I'm 9 years old and live in Apple Hill. How are you? Hope you are doing fine. Here are a few things I would like for Christmas.

- combat force ranger walkie talkie
- memory controller pack for my Nintendo 64
- Star Theatre
- War Zone for my Nintendo 64
- telescope
- microscope

Could you please bring 1 or 2 games that my family can play together?

See you soon

Love
Matthew

Dear Santa:

Hi! My name is Kyle Marleau. I'm five years old and I live in Apple Hill.

I have been a pretty good boy this year. I have been going to school everyday, so I have been pretty busy.

I go to St. Bernard School in Maxville. My teachers names are Mme. Carole and Mme. Lucille. They are very nice.

This year for Christmas I would like:

1 - a telescope
2 - army figures and vehicles
3 - little cars and a case for them
4 - airplane
5 - clothes

You could bring me anything else you think I would like.

See You Soon

Love
Kyle Marleau

Dear Santa:

My name is Samuel. I am 2 years old. Mommy is writing for me. Thank you for the gifts last year. I hope to see you this Christmas. Daddy said you will come and visit me. I am not fussy, any gift you bring me I will love. Thank you and I love you very much.

Sam

Dear Santa:

I have been a good boy all year. My Christmas wish is a toy combine, and a Titanic 3D puzzle, and a Nintendo machine and a game for it. My mom will make you some chocolate chip muffins.

Love,
Corey Bender
Strathmore

Dear Santa:

Hello, my name is André Pilon and I am 4-1/2 years old. Thank you for last year's gifts. I really liked them. My mommy is helping me write to you. This year I would like: a Great Adventures Pirate Ship; some puzzles; some books; maybe some Play Doh; I need some new outfits and socks; the movie "Thumbelina" or "The Black Cauldron"; and some suckers. I will leave cookies and milk for a snack for you and carrots for the reindeers. Be careful when you are driving your sleigh and delivering all the presents.

Your Pal,
André Pilon

Dear Santa:

Hi, my name is Paskale Pilon and I am 2-1/2 years old. My mommy's writing this letter for me. Thank you for my gifts last year. For this year I would like: A Hug 'n Wiggle Pooh; a Fisher Price "ABC Surprise Schoolhouse"; the movie "Winnie the Pooh & Christmas Too"; some clothes; some little toy cars or trucks; "Dressing Fun" Pooh dolls; and maybe some suckers. I will leave a snack for you and for your reindeers. Drive your sleigh safely while delivering all the presents to the good boys and girls.

Your Friends
Paskale Pilon







Hello … Is There Anyone Out There? We want to remind everyone out there that this is your public forum … we need to hear from you, so mail, fax or drop off your little anecdote or gossip to: 329 2nd St. W., Cornwall, Ont, K6J 1G8 or by Fax 933-0024 or E-mail your little ditty to us at snews@seawaynews.on.ca

SCUTTLEBUTT

The Art & Technique Hairstyling School at 264 Pitt Street, Cornwall is pleased to announce they are having a **Cut-A-Thon** on **Wednesday, November 25th** from 9 a.m. to 4 p.m. Total proceeds from all haircuts will be donated to Breast Cancer. A reasonably priced haircut and a great cause … how can you lose!

Famous words: It goes without saying that you should never have more children than you have car windows.

Erma Bombeck.

Friday Nite Ol' Timers send get well wishes to **Dan "The Tan" Thompson,** we all miss the little guy. Besides that, Rick & Dana have no one to sing "O Danny Boy" to in the dressing room. Get well soon.

… the Friday Nite Boys!

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Seaway News Management and staff would like to wish our American friends a **"Happy Thanksgiving"** on November 26th.

Terry "The Tiger" Tinkess … after two months of hard skating, shooting, yes even trying to bribe the goalies for a goal, finally scored a beauty on young David "McPint" McCourt. Terry's wife tells us he sleeps with it, now tucked under his pillow!!

… the Friday Nite Boys!

SEAWAY SMILE

Every week, the "Smilers" at AdVantages Advertising author "Seaway Smile" … a little bit of humour to get your week off to the right start.
The "Smile" can be accessed via the internet too!
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Your own submissions are always welcome!
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HI BOB!! … Take the family out to the circus lately?? I know all about one trip ya took … hehehehe!! I guess ya forgot the freshie that day huh … Or was it what went in the freshie that you forgot … heheheh …

From You Know You!!..

OH GREAT … JUST WHAT WE NEED. ***Another toy which belches and breaks wind.*** And we wonder why our young people have no manners! No one to blame but ourselves if we go out and purchase the latest toy craze.

Kevin & Isabel Murray would like to thank the Seaway News for the fine exposure your paper published on the launch of the Special Olympics CD Holiday Heroes. To clarify, our son displayed five medals from his collection and only one was from the national games this summer in Sudbury. **The number of medals is irrelevant. It's the athlete being involved and having fun that matters.** Let us remind the readers, the athlete's oath, "Let me win, but if I cannot win, let me be brave in the attempt." **Congratulations Sean. You are our hero.**

Thought for the week … the greatest people are those who help others.

A big thank you to **Ryan at Winter's Garage** for finally solving the backfiring problem with our car. We really appreciated the effort you put in.

Thanks, Al & Carole Giguère.

Extreme wealth used to be a status symbol. Now you need it just to make ends meet.

If you must choose between two evils, pick the one you've never tried before.

Be Careful Ladies! … you may want to consider having your lawyer present the next time you make love. Seems a man in the U.S. has sued his girlfriend for getting pregnant.

Congratulations to Dwight upon the successful completion of his propane exam.

Attention Drivers! Put your lights on in the morning and early evening, especially when school kids are out!

Rumour around the Long Sault Arena is **Jeff "Mr. Hockey" Bates** has been dressing up in his hockey equipment, skates and all on Friday nights at 9:30 p.m. to 11:30 p.m. and sitting in front of the TV set with a cold one or two. Anxious to get out to play with the boys? Or just a little eccentric?

… the Friday Nite Boys!

That's Life …

There are no princes on white horses; only real men in cars.

Celebrity Birthday … Meg Ryan celebrates her 37th birthday on November 19th.

Caller would like to send **flowers to the local daily for praising our local Police Force recently** in their "Thumbs Up" column. It's nice to see something positive said about them for a change.

A little boy was sent home from school along with a note advising that he smelled. The mother wrote back advising that the youngster smelled just like his father, who smelled quite fine to the mother. *The note suggested that the teacher must be an old maid who did not know how a man smelled.*

Very special thank you to my bride **Shelly P.** You put your arms around me when I needed you most.

Love you, hubby!

Believe it or not, these actually appeared in various church bulletins:

• Tonight's sermon: What is hell? Come early and listen to our choir practice.

• For those of you who have children and don't know it, we have a nursery downstairs.

• Remember in prayer the many who are sick of our church and community.

A question on the English grammar test was, "Convert the following to an exclamatory sentence: There is a very pretty girl walking down the street."

One of the answers was simple and to the point: "Wow!"

From our friends at the Globe & Mail … An English teacher wrote "Woman without her man is nothing" on the blackboard and directed the students to punctuate it correctly.

The men wrote: "Woman, without her man, is nothing."

The women wrote: "Woman! Without her, man is nothing."

To all men who wear baseball caps because they're fashionable or because they just don't want to show off their bald heads … **real men remove their hats at the dinner table. It's just proper etiquette.**

Women Speak

• I'm not offended by all the dumb blonde jokes because I know I'm not dumb … and I also know that I'm not blonde.
- Dolly Parton

• You see a lot of smart guys with dumb women, but you hardly ever see a smart woman with a dumb guy.
- Erica Jong

• I want to have children, but my friends scare me. One of my friends told me she was in labor for 36 hours. I don't even want to do anything that feels GOOD for 36 hours.
- Rita Rudner

• I was on a date recently, and the guy took me horseback riding. That was kind of fun, until we ran out of quarters.
- Susie Loucks

• He tricked me into marrying him. He told me he was pregnant.
- Carol Leifer

• I've been on so many blind dates, I should get a free dog.
- Wendy Liebman

• I found out why cats drink out of the toilet. My mother told me it's because it's cold in there. And I'm like: How did my mother know THAT?
- Wendy Liebman

• I base most of my fashion taste on what doesn't itch.
- Gilda Radner

• I never married because there was no need. I have three pets at home which answer the same purpose as a husband. I have a dog which growls every morning, a parrot which swears all afternoon and a cat that comes home late at night."
- Marie Corelli

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Have you noticed the ad for Dairy Queen at 1309 Pitt Street?? I wonder what special they're going to have!

Notice to Cornwall General Hospital Auxiliary Members - the Christmas Pot Luck Dinner has been **changed to Wednesday, December 16th,** at 6:30 p.m. in the hospital cafeteria.

Hey Joanne! You finally got your cake and ate it too! How did it taste? *Maybe next time, check to see if it was already baked before you put it in your mouth!*

The Friday Nite Ol' Timers are wishing the best to **Jack "Gloves" McCue,** who has hung up the gloves and taken his puck and gone home. Your presence on the ice was influential to many of the young players, who at times, watched as you put the puck in the net … or was it because they didn't want detention after school?!? Best of luck!

… the Friday Nite Ol' Timers.

Skinflint idea: When your light bulb burns out, replace it with a fluorescent bulb. Although initially more expensive, fluorescent bulbs more than pay for themselves in reduced energy costs. They also last for years and are therefore more convenient.

Life's Little Annoyances:

• Your tire gauge lets out half the air while you're trying to get a reading.

• You drink from a soda can which someone has extinguished a cigarette.

• You rub on hand cream and can't turn the bathroom doorknob to get out.

• People behind you on a supermarket line dash ahead of you to a cash just opening up.

• People get to the top or bottom of an escalator and then stop!

Did you know that November 20th is "National Child Day?

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Move over **John Daley** … there's a new long ball hitter in town. Congratulations to **Troy & Julie Hickman** upon the arrival of their first born, **Landon Riley Hickman**.

Paulette Lanteigne
Marchant Gallery
20378 Old Montreal Rd
South Lancaster
Sat & Sun 1-5, 347-2087
Weekdays appt. or chance

Plans are underway for the 1999 Bowl for Millions. If you are able to assist the Bowl for Millions Committee as a volunteer, please call the Big Brothers & Big Sisters office.

Bob "Redliner" Proulx … after three weeks of sitting on his chair, of course on the red line, dazzled his teammates by scoring a hat trick. Yes … that's three goals in only 2 shifts … word is he wants to re-negotiate his contract and have his chair moved, closer to the net.

…the Friday Nite Boys.

Problems are only opportunities with thorns on them.

Chamber becomes outlet for Ticketmaster … The Cornwall Chamber of Commerce announced recently that it has entered into a contract with Ticketmaster to become an official Ticket Centre.

A hot water heater? Why heat hot water?

Seems there's no truth to the report that "legendary" goalie **D.J. Cameron,** who is recovering from surgery, has been seen walking around in full goaltender gear in anticipation of his return to the ice!

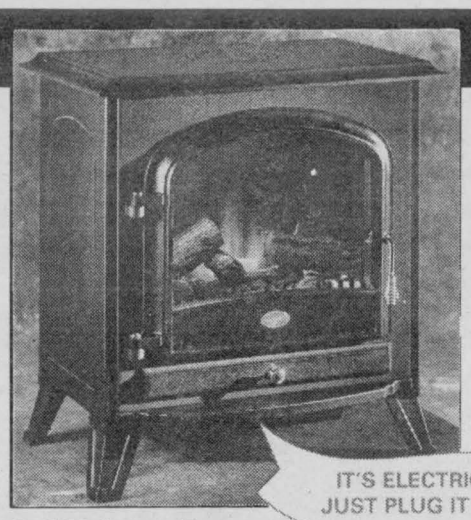
KRAZY KLASSIFIEDS
submitted by wally howard

WINTER COAT SALE. 50% Down. The rest in easy payments. Mon. - Fri., Marshall's Dept. Store.

QUICK SALE. On extension ladder. 24' and one pair of crutches. Joy 555-7824.

FOR SALE. Pedestal table. Missing one leg. Best offer. L.E. Gance, 28 Perchance Lane.

FITNESS STUDIO for sale. Owner will retire soon for health reasons. 555-2541.



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Herbal Cough Drops Offer Both Flavor and Symptom-Specific Relief

(NC)—The common cold—generally speaking an inevitable experience between the months of November and February. Unfortunately, on average, adults are inflicted with 2-3 colds per year while children can catch as many as 12. And it doesn't look science will ever be able to offer a vaccine to prevent the common cold because cold viruses have the ability to change in size and shape.

There are currently over 200 different viruses that can cause the common cold, defined as an infection of the upper respiratory tract. The well known symptoms include sore throat, head congestion, coughing, watery eyes, headache, fever, sneezing and aches and pains.

At the first sign of a cold most of us run to the drug store or health food store in search of some sort of relief. The options are overwhelming, but if you're looking for a herbal alternative, one remedy is essential: echinacea.

Echinacea has gained worldwide respect for its ability to prevent, as well as reduce the severity and duration of the common cold. One respected German research paper has proven that taking 900 mg of echinacea extract daily at the onset of symptoms showed significant reduction of cold symptoms.



Of course, as with most things, there is a downside. The taste of echinacea is disagreeable to some, especially children, who suffer the most from colds. This problem can be completely overcome by combining two simple concepts: cough drops with therapeutic doses of herbs in combination with the age old "...a spoonful of sugar helps the medicine go down in the most delightful way." By putting herbal formulas together with natural flavors in a cough drop base the problem will no longer be how to get children to take their herbs, but where to hide the cough drops so they don't eat them all at once.

Mint, licorice, lemon and cherry, for example, all improve the flavor of cough drops, making a cold a little easier to swallow. Combine the natural flavors with other herbal ingredients used specifically for the treatment of specific cold symptoms, suggests Dr. Terry Willard, Canada's leading clinical herbalist.

The strongest herbal combination is one that contains echinacea, menthol, licorice and propolis. Menthol has antimicrobial as well as antiviral properties and is most effective when used to relieve sore throats. Licorice and propolis both have proven anti-microbial action, giving a tingling feeling at the back of the throat to let you know that the "germ clean-up" is taking place.

Wild cherry is also a popular cough drop flavor and is based on the "classic" cough drop made of wild cherry bark which has been traditionally used to soothe a sore throat, relieve the soreness and relax the cough reflexes. Be sure to look for a cough drop that contains a significant amount of this ingredient in order to enjoy the effectiveness.

Elderberry is tasty and has antiviral and strengthening abilities.. Linden is a famous European cough remedy. And Fritillaria is one of the top Chinese remedies for sore throats and other respiratory ailments. These natural ingredients in combination with wild cherry are very soothing for a mildly sore throat.

If your head and nose is full of mucous and you have that hot, burning feeling in the back of your throat a combination of thyme, eucalyptus and peppermint oil will attack the virus and a combination of sage and horehound will dry up the mucus.

For a soothing effect, look for herbal cough drops that also contain chamomile, lemon balm and honey.

If you are still overwhelmed by the vast array of cough drops on the market, here's a few quick reference guides to ensure results. Look for organic, naturally-derived ingredients. Compare the quantity of active herbal ingredients. Purchase a brand that is formulated by a qualified herbal practitioner.

Herbon Cough and Throat drops are formulated by Dr. Terry Willard, contain the highest concentration of organic echinacea and other therapeutic herbs and come in four, great-tasting, symptom-specific blends.

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Happy Birthday to
Barbara Benton
celebrating on November 20th
Love "The Jersey Farmer"
Jacob & Melissa

Happy Belated Birthday to
KAZI MAROUF
who celebrated on November 4th!

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Bonus Every Let's Celebrate Ad will be entered in a draw and a weekly winner will win a
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DINNER CLUB CARD
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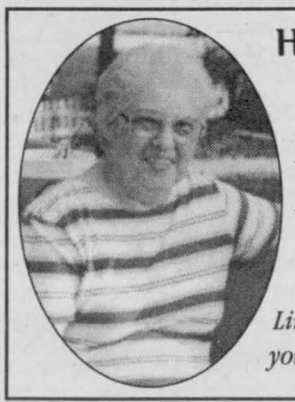
This Week's Winner: MOM (Favourite Saint)

Happy 3rd Birthday on November 23rd to
Evan & Blaine Lefave



Love Mom & Dad, Gramma-Nana,
Great Gramma & Grampa Elderbroom

Happy 65th Birthday to a special Aunt "Nonie"



Leone Evans
on November 26th, 1998
Love, hugs & kisses ... John, Linda, Dorothy-Jean, Jaime, Chris, your little buddy Taylor and Spice

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

To Our Favourite Saint
Happy Birthday Mom
on November 25th
Love Nicholas, Chelsey and Dad ... XOXOX



Lordy Lordy





My little toad is 40!
on Nov. 22nd ... Love Mom & Dad

It's a Girl!



Julie, Sean and brother Bailey Ruest
are thrilled to announce the arrival of
Jordan Holly
born on Friday, August 7th, 1998 weighing 7 lbs., 11 ozs.
Proud grandparents are Dawn & Rene Ruest and Irene and Bert Laflèche
Special thanks to Dr. McCoubrey, Nancy-Ann and the great 6th floor nurses

SEAWAY BARGAINMART

DEADLINE: THURSDAY 12 NOON

933-0015

Circulation: 31,731 copies

MasterCard VISA

Ontario Community Newspaper Association

BLANKET CLASSIFIED ADVERTISING

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

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

CALL FOR DETAILS
SEAWAY NEWS Tel.: (613) 933-0014
Fax: (613) 933-0024
e-mail: snews@seawaynews.on.ca

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES

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

DEADLINE: Thursday 12 noon before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisement.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $26.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 4 pm Wednesday.

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

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

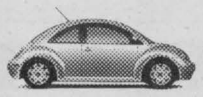
The Publisher reserves the right to edit, revise, classify or reject an advertisement.

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

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

SEAWAY NEWS
Serving Cornwall and Area

COMPANIONS CORNER



SNB seeking couple for fun and possible relationship.

Drivers wanted!

©1998 Volkswagen. 1-800 DRIVE VW or VW.COM

JACK MACDONELL
MOTOR SALES LTD.
"Your Hometown Volkswagen Dealer"
632 Pitt Street, Cornwall 933-3483

YOUNG MALE, 20, seeks same, around 18-20, for honest, caring relationship. Looking for long term based on trust. Serious inquiries only. Cornwall area. 450-269-2955.

SDM, LATE 60'S, N/S, likes dancing, very sincere, honest & kind. Looking for single or widowed female, 60-66 with similar interests for companionship. CC1893.

MAN: WIDOWER, SINCERE, honest, 64, loves home life, walks, non-smoker, dining out, financially secure. Looking for lady, 58-62, for serious relationship. CC1894.

SM, 38, brown hair, slim build, 5'11", enjoys walking, dancing, dining, movies, long drives, quiet evenings, children, etc. Looking for female, same interests for honest, trusting & interesting long-term relationship. CC1892.

2 APTS/CONDOS FOR RENT

VERY LARGE 1 BDRM apt. Large diningroom & livingroom. Private drive, deck & large yard. Fridge, stove, washer, dryer & freezer included. $350/mth, plus utilities. Call 937-0487.

WHEELCHAIR ACCESSIBLE: Large 1 bdrm apt. Quiet security bldg. Rent includes heat, hydro, fridge, stove, storage, private cedarwood verandah, laundry room, parking. 933-9180.

CLEAN, LARGE 2 BDRM apt, washer/dryer hook-ups, gas heat, close to college, $580/mth, utilities included. Bachelor apt, available w/fridge, stove & utilities included, $400/mth. 938-3936.

1 BDRM UPSTAIRS apt w/parking, 11 Gulf St. Fridge & stove included. $340/mth, pay own electricity. Call 525-3186 after 5pm.

ADULT ENTERTAINMENT

✓ Lingerie
✓ Adult Books
✓ Novelties
• Marital Aids • Lotions
• Video Tapes • Magazines
• CD's • MUCH MORE

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

2 BDRM APT, 244 Alice. $440/mth, heat & electricity included. Diningroom. Available immediately. Call 932-4329 or 938-4776.

TWO 1-BDRM UPSTAIRS apts. Clean. Both recently painted. Patio door onto deck. East end. $375/mth, plus utilities. No pets. Call 932-9701.

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

ONE BDRM APT. Available immediately. $240/mth, pay own utilities. Apply 301-A Easton or phone 938-5012 or 933-8828.

623 ST. FELIX, 1 bdrm upstairs apt. Fridge, stove & parking. $400/mth, plus utilities. Available Dec. 1st. References. No pets. Call 347-3248.

COZY ONE BDRM modern apt. 4-pce bath, ample parking & storage. 510 Burton Ave. $340/mth. Available Dec. 1st. Phone 932-4781.

13 WILLIAM. Available immediately. 2 bdrm semi detached, 4-pce bath. $475/mth, plus utilities. First & last month. Adults preferred or working couple. Call 933-5677.

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

FURNISHED BACHELOR apt. Everything included. Room for 2 single people. $550/mth. Call after 6pm, 938-8478.

3 BDRM, IMMEDIATE OR Dec. 1st. 210-14th St. West, large, 6-plex, carpeted, laundry hook-ups, yard, parking. Nearby schools, bank, bus, medical clinic. $500/mth, plus utilities. Call 932-2751 Pat, evenings, 936-2798 Pat or 932-0533 Brian.

ONE 3-BDRM UPSTAIRS, apt. Freshly painted, new carpets. North end. $600/mth, utilities included. 1-bdrm loft apt. North end. $350/mth, plus utilities. Call 932-9701.

MARKETPLACE

"Advertise Across Ontario or Across the Country"

COMING EVENTS

SDG TRI COUNTY CRAFTS' Christmas CRAFT SALE, November 27, 28, 29. Cornwall Civic Complex, Friday: 10:00am-9:00pm, Saturday: 10:00am-5:00pm, Sunday: 10:00am-5:00pm. Cornwall's largest juried craft show. FREE ADMISSION!

BUSINESS OPPS.

YEAR 2000 CRISIS. Profit $15,000+/month from our solutions. World's leading technical Franchise. Full training. Investment required. 1-888-678-7588.

$140,000/yr Potential. Yes! Profit magazine says "Best business to go into '98..." Low overhead + no inventory = Very Profitable Franchise! Call now, free information: 1-888-679-2201.

$50,000 TO $5 MILLION. Need a loan, consolidation money? Don't cash out your investments. Secure them. 4% interest, no credit checks, no payments, no up front fees. 5 and 10 year terms. Toll Free 1-877-509-5626.

JAPANESE FLOWER CO. seeks people (even beginners) to gather/grow dried plants anywhere. You can earn substantial $$ every month 17 hours a week. Urgent. Fax, BLOOMAX (403)625-2682, or write Box 436, Claresholm, AB.

COTTONELLE. 3 DISTRIBUTORS NEEDED in your area. Launch brand new product! Substantial $$/year potential. Minimum investment $6000 guaranteed. Free audio/video package. 1-800-600-2899.

EDUCATIONAL OPPS.

COUNSELLOR TRAINING Institute of Canada offers on-campus and correspondence courses toward a Diploma in Counselling Practice, to begin this month. Free catalogue, call 24hrs. 1-800-665-7044.

FOR SALE

SAWMILL $4895 SAW LOGS INTO BOARDS, planks, beams. Large capacity. Best sawmill value anywhere. Free information 1-800-566-6899. Norwood Sawmills, R.R 2, Kilworthy, Ontario P0E 1G0.

XMAS SPECIAL, receive a FREE DIRECTV sony SAT-BS3 Digital Satellite System when you sign up for 2 yrs. of Total Choice Platinum service. Phone: 1-888-745-8707.

HEALTH

ARTHRITIS SUFFERERS. Proven natural remedy that heals cartilage and tissue without side effects. For information write to Healthy Living, 99 Avenue Road, P.O. Box 83508, Toronto, Ontario M5R 2G0.

HELP WANTED

ATTENTION! MOM'S & OTHERS. We pay you to lose weight. 100% natural. 1-888-353-1953 or logon to www.newbody.net. Use access code 5000 to complete Health Survey.

SALES HELP WANTED

$$CHOCOLATES$$ Attention students. Sell chocolate bars to buy a new CD player, a Nintendo or CD's. NEW CHRISTMAS PRODUCTS AVAILABLE. Managers wanted. 1-800-383-3589.

MISCELLANEOUS

ATTENTION ALL MOTHERS! Collect up to $1500 simply by filling out a form. Call 1-800-873-1522.

PAY TELEPHONE SERV.

CANADA'S BEST PSYCHICS! Difficult decisions? Make the right choice. Answers on love, money, career, lucky numbers. Call now 1-900-451-3778. $2.99/min., 18+, 24 hrs. I.C.C.

PERSONALS

ASHGROVE CHRISTIAN SINGLES. Companionship/ marriage. Ages 18-85. Single, widowed,divorced. All across Canada. P.O. Box 205, Chase, B.C., V0E 1M0. Free information. 1-250-679-3543.

ADOPTION

PREGNANT? CONSIDER ADOPTION! Fun, affectionate, professional couple with stay-at-home Mom wants to provide loving home and secure financial future for your newborn. Legal, private. Call us free, anytime. 1-800-840-7952.

OUT OF TOWN PROPERTIES

ONTARIO PROPERTIES TO BE SOLD for unpaid taxes. Write: Dept. CN, Box 5380, Stn. F, Ottawa, K2C 3J1 or VISIT: www.taxsaleproperties.com.

STEEL BUILDINGS

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

FUTURE STEEL BUILDINGS. 1998 Clearance. Reserve your building today at 1998 prices for spring delivery. Complete arch-type buildings. Free estimate. Free brochure. Call 1-800-668-5111, ext 536.

• It's Affordable • It's Fast • It's Easy • One Bill Does It All
• Northern Ontario $76 • Eastern Ontario $138
• Western Ontario $130 • Central Ontario $134 • All Ontario $390
• National Packages Available • Call this paper for details!

CLASSIFIED AD DEADLINES

Box Ads - 5 pm Wednesday
Word Ads - 12 Noon Thursday

SEAWAY NEWS

FITZGERALD MOTORS LTD.

PAUL'S PICK OF THE WEEK!

95 CHEV LUMINA LS loaded



(not exactly as illustrated)

ONLY $259/mos.OAC $0 DOWN 7.8% FINANCING OVER 60 MOS.

QUALITY PRE-OWNED VEHICLES

97 OLDSMOBILE CUTLASS SUPREME, 2 dr., sport, loaded SOLD $17,995
97 FORD F150 XLT 4X4 reg. cab, short box, SOLD loaded $26,995
96 DODGE RAM SLT, 4x4, reg cab, short box, loaded $17,995
96 CHEV BLAZER LT, 4x4, loaded, air, power seat $24,995
96 PONTIAC SUNFIRE, 4 dr., auto, air, 2.5L motor $11,500
96 CHEV 1500 4X4, P/U, black, only 68,000 km $19,995
96 EAGLE VISION ESI, 4 dr., loaded, aluminum rims, very clean $11,995
95 DODGE CARAVAN 7 pass., air, blue, 80 SOLD $11,995
95 CHEV CAVALIER 2 dr., auto, air, alum SOLD $10,500
95 FORD ESCORT LX, 2 dr, hatch back, auto $8,995
95 MAZDA EXT CAB 2 wd, P/U, auto, V6, SOLD $14,500
95 CHEV LUMINA LS, 4 dr., loaded $10,995
94 GMC REG CAB, long box, V6, auto $8,995
94 GMC 4X4 reg. cab, long box, 3 SOLD /hite .. $13,995
92 FORD EXPLORER, Eddie Bauer, loaded, very clean $12,995
92 CADILLAC SEDAN DEVILLE, white, fully loaded, SOLD $11,995
90 FORD F150 EXT. CAB 4X4, 5 spd., V8 ..... $8,995
90 CHEV 1500 4x4 reg. cab, P/U, V8, fu SOLD $11,995
90 NISSAN EXT CAB, 2 wd. P/U, 5 spd., clean, 118,000 km ... $5,995
90 HONDA CIVIC SI 2 dr., hatch, sporty, red $4,300

FITZGERALD MOTORS LTD.



PAUL

125 Cornwall Centre Rd., Cornwall
932-4514

2 APTS/CONDOS FOR RENT

ACE PROPERTY MANAGEMENT 936-1533 *"Let us find you a place at no charge!"*

APARTMENTS

328-A Carleton St., 2 bdrm., upstrs, 350+
6th St. W., 1bdrm, upst., apli, 400 incl.
Carleton, 2-1bdrms, main fl., apli., 360 incl.
504 Burton, 2bdrm, dplx, gas heated, 600 incl.
244 Marlboro. N., 2 bachelor apli, 300. incl.
116 Sydney, 1 bdrm, apli., upst., 360. incl.
2nd St. W., 2 bdrm, apli., storage, 528. incl.
7th St. E., 1 bdrm, triplex, upst., 380. incl.
7th St., back, appli, 250, 2 bdrm. apli 475 incl.
Cumberland, duplex, 2 bdrms, upst, 550 incl.
23-B Lefebvre, 1 bdrm, apli., 350 incl.
Fennell Cres., 2 bdrm. upst., appli., 550 +
Carleton, 1 & 2, upst. & base., 335 +, 437 + lights
107 7th St. W., Studio, main fl., apli., 360 incl.
Long Sault, 2 bdrm, apli., 470 +
Grand Ave., 1 bdrm., apl., upst., 400 incl.
14 Baldwin 1 bdrm., apli., partly furn. 415.00 incl.
112 Lottie 2 bdrm., parking 550.00 incl.

APT BUILDING

2 bdrm. bsmt., 400+ or 475 incl.
2 bdrm. front unit 500+ or 575 incl.
2 bdrm. back unit 425+ or 525 incl.
Appliances & parking.

805 MARLBOROUGH ST. N.

Studio, util. & appli. incl. 340-380
1 bdrm., util. & appli. incl. 525
2 bdrm., util. & appli. incl. 575

3 Bedroom Apts.

306 Belmont, 3 bdrm., main fl, lg kitchen 500+
2nd St. W., 3 bdrm, upst., apli., 475+

HOMES

Glengarry Blvd, 3 bdrm, twn house, garage, 650+
254 Meadowvale, 3+1 bdrm, semi, fenced yrd., 675.+
St. Andrews, 2 bdrm, 1,100 sq. ft., F.A.O., 500+

1 BDRM BASEMENT apt. Utilities included. Gas fireplace, fridge & stove. Available Dec. 1st. Phone 933-3097.

AVAILABLE IMMEDIATELY, 2 or 3 bdrm apts. Fridge & stove included. Quiet country living, 30 mins. from Cornwall. Call 346-2293.

LARGE UPSTAIRS 2 BDRM apt. All conveniences. Good locations. No furniture or appliances supplied. Everything paid. Low rent. Call 933-7516.

INGLESIDE, 1 LARGE bdrm apt, available immediately. Large 2 bdrm, available Dec. 1st. Both $375/mth, plus utilities & w/fridge, stove, parking & laundry facilities. Call 534-2875.

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

EAST END 1 BDRM apt, fully furnished. Carpet, parking, no pets. Good for working lady. References. Utilities paid, $400/mth. Available now. Call 932-4376.

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

720 PITT ST. Available immediately, 1 bdrm apt. Fridge, stove, heating included. Plenty of parking. $350/mth. Call 933-1000, ask for Tom.

SECURITY BLDG. Apts for rent. Bachelor, $375/mth. 1 bdrm, $425/mth. 2 bdrm, $550/mth. Includes fridge, stove, heat, electricity, parking, laundry room in building. 528-4030.

2 BDRM APT. Heated & hot water paid. Available Dec. 1st. Call 932-7517.

TWO - 2 BDRM. APTS. 202A Prince Arthur. $250/mth, plus utilities. 110A Baldwin, parking, $425/mth, plus utilities. Both upstairs, frige & stove. Very clean. Call 933-4780 or 932-9555.

5 ARTICLES FOR SALE

GRAND PIANO, upright. Asking $500. Call 347-2359, 525-0122 or 937-4085.

PIANO SALE. Your choice of 3 pianos Reduced to $1,395. each. 5 others to choose from. All pianos delivered & guaranteed. Al's Piano Shop. 932-1825.

We Are Looking for Used Furniture, Couches & Table Sets
GERARD'S USED FURNITURE
936-9300
427 4th St. W.

Poppy's Pawns Plus
Top Prices Paid For Fine China, TV's, VCR's, CD's, Movies, Tools, Antiques, Small Furniture
We Pawn, Buy, Sell & Trade
224 Pitt Street 933-2333

INVENTORY CLEARANCE. All stock must go. Office equipment, shelving, office furniture. Friday & Saturday only, Nov. 20th & (Nov. 21st, close @ 1:00pm). Located at Digirolamo 423 Tollgate Rd. West.

COMPUTER DOCTOR buy, sell, trade, upgrades, repairs, installation, teach, parts, best prices in Cornwall, AMD K6-2-333 32 meg 15" monitor. Crazy Horse, 1247-2nd W. 932-6343.

NEW TAN FABRIC vertical blind, 56" wide X 36" long. $35. Phone 938-8301.

10-PCE DININGROOM set. Perfect condition. In storage last 8 yrs. Paid $7,900. Price: $1,500. Call 936-1114, after 6pm.

FOR TRADE OR SELL - for small truck or Blazer, oak kitchen set, Lion Paw w/buffet & hutch, 2-drop leaf table & coffee table,value approx. $4,000. Also, hydraulic chair. Shampoo bowl & chair. Mirror. Roller tray. High frequency facial machine. Vaporizer. Computer skin analyzer. Galvanic machine for facial. Faradic machine for facial & body. 250°F container for disinfecting needles. 1 stand. Call 525-3603.

CRAFTSMAN BUILT Purple Martin houses & bird feeders. An ideal gift for the bird lover. On display at Animal Shelter or call 932-8902 for more info.

UPRIGHT PIANO in mint condition. $400. Phone 932-4781.

PROPANE CONSTRUCTION heater, heavy duty, $100. Seniors 3-wheel bike, $400. Four car tires, P225/75 R 15, $50. Call 537-8788.

386-DX-33MHZ COMPUTER system, 4MB ram, 130Meg hard drive, 14" SVGA monitor, Star NX[SOLD] printer, Fax & Modem, software included. Asking $450. or B.O. Call 932-2193.

USED RAILROAD TIES, $5. Ideal for landscaping, retaining walls, etc. Also available, switch & bridge ties of various sizes & lengths. Delivery at nominal cost. 613-346-5574.

6 ARTICLES WANTED

WANTED
TO BUY OR LEASE
Prime Deer Hunting Area, also wanted, old fishing lures & glass traps
938-8839

"WANTED"
Do you like cash? I will buy your old fishing tackle, wooden lures etc. and you will have extra cash for Christmas.
Call 938-2600
Top Prices Paid

9 FARMERS MARKETS

HARDWOOD FIREWOOD & cedar fence posts for sale. Phone 538-2307, Moose Creek, evenings.

ROUND BALES of hay; Haban 3 pt. hitch corn sheller & cedar fence posts. Call 346-2382.

FOR SALE: MIXED hardwood, oak, maple, beach. Phone 933-0515, if no answer, leave message.

13 AUTOS FOR SALE

1995 DODGE RAM 1500 pickup, extended cab, black. 59,000 km. Extended warranty. Priced to sell. Call 936-7213.

VEHICLE FOR SALE. No established credit. On a pension. Limited income. Bankrupt or starting a new business. We can help with finance or leasing. You choose the vehicle. Private or dealer sale, and we buy it. Call for details, 613-448-2488.

TRUCK LOAD MATTRESS SALE
Save up to 50%

39" Mattress Reg. $169 only $99
54" or 48" Matt. Reg. $219 for $149
39" Matt./Box Reg. $269 for $179
54" & 48" Matt./Box Reg. $329 for $199
Queen Matt/Box Reg. $569 for $299
Bunk bed w/mattress Reduced: $599
Orthopedic 20 yr. Warranty
39" Matt./Box Reg $899 for $499
54" or 48" Matt/Box Reg. $999 for $599
Queen Matt./Box Reg $1099 for $699
King Box/matt. Reg. $1199 for $799
Futon 8" Matt. Reduced: $339
FREE REMOVAL — FREE DELIVERY
BERGERON SLEEP SHOP
932-2214 — 1005 First Street East
Visa, Mastercard, Cash & Cheques

BUSINESS CARD DIRECTORY

DOCTER D & G'S HANDY SERVICE
General Renovations
Owner: Don Sabourin
• Painting • Drywall, tape, plaster • Paint, stain & fence building • Plumbing • Electrical • Siding • Doors & windows • Decks complete • Garbage removal • Phone jacks • Cable outlets • Yard cleaning
FREE ESTIMATES ~ REASONABLE RATES
Cell: 930-1295 Res: 933-9483

CLOCK • JEWELLERY • WATCH REPAIR •
•Retired from Ford's Jewellers
•over 30 years experience
•Guaranteed Service
•Low Prices!
GINO TOSATTO
Free House Calls & Estimates
Guaranteed Work
932-6326

ENVIROMAN LAWN & GARDEN MAINTENANCE
938-9804
Weatherman says "Long hard winter"
Enviroman says "Make it a worry free winter"
For free estimate Call now!

YOU COULD BE ADVERTISING RIGHT HERE!! CALL 933-0014 TO PLACE YOUR AD!

YVAN'S
Residential Maintenance
Appliance & Home Repairs, Electrical and Plumbing Needs, and Carpentry Work
"No Job Is Too Small"
Serving Cornwall & Surrounding Area
Tel: (613) 534-8101

CORNWALL SPRING
Class "A" Mechanic — Class "A" Mechanic
SUSPENSION & TRUCK MAINTENANCE
NEW & USED TIRES
24 Hour Road Service & Welding
Tel: (613) 932-7977 Cell: 937-7724
1120 Headline Road East

HANDYMAN
No Job Too Small
Call Francis
936-8632

Shadows Photo Studio & Gallery
Wedding • Portraits • Commercial
Custom Laminating
Aubrey Johnson
Photographic Artist
812 Pitt St., Unit 29, Cornwall
Tel.: 936-9456 Fax: 347-7360

CHOICE NATURAL WATER
Labrador
FREE DELIVERY Serving Cornwall & S.D. & G.
SPRING & DISTILLED WATER & ACCESSORIES
931-2234

Roger's
APPLIANCE REPAIRS
Major appliances only Serviced in your home
Tues. - Fri. 6pm - 9pm
Sat. - Mon. 10 am - 5 pm
10% OFF Parts Until December 31/98
Call for rates 932-8947

SHORT CUT LAWN MAINTENANCE
SNOW REMOVAL
• Salting & Sanding
• Sidewalks & Driveways
• Seasonal Rates or Per Job
EARLY BIRD SPECIALS
WE WON'T BE UNDERBID
Phone Rob 930-4810
Pager 937-2021

COUPON

John D'Amours
3 Carpets or Couch & Chair Cleaned
$59.99
938-8888
A BETTER WORLD

SNOW
• PLOWING • REMOVAL
• PARKING LOTS
• DRIVEWAYS
R. S. & SON ENTERPRISE
Bus: 930-9622 Res: 937-3070

Wet Basement Problems?
• Free Estimates • Lifetime Warranty
• Licensed Plumber
Receive $100 OFF WITH THIS AD
The Basement Specialist
936-8632 1-888-664-4030

BRENT WALKER
REPAIR SERVICES
• *Heating* • *Cooling*
• *Ventilation*
• *Refrigeration*
"S.D. & G.'s only Service & Maintenance Specialists"
Tel/Fax: (613) 528-4038
Cel: (613) 936-4110

FIXIT DAVID ASHCROFT
HOME MAINTENANCE SPECIALISTS
ADDITIONS, RENOVATIONS & RESTORATIONS, KITCHENS, BATHROOMS
Plumbing ♦ Carpentry ♦ Electrical ♦ Ceramic Tiles ♦ Drywall
Window/Door Replacements ♦ Roofing ♦ Ventilation
FREE ESTIMATES
(613) 931-3269

• Fishing Tackle
• Hunting Apparel
• Ice Fishing Equipment
• Live Bait
THE FISHING HUT
410A CUMBERLAND ST.
933-4636

EWAN ST. LOUIS CONSTRUCTION
FREE ESTIMATES
• Kitchens • Bathrooms
• Rec Rooms • Additions
• Interior Decorating
• Total Renovations
937-3690

For All Your Antenna Needs.

Prop: Rick Cornett
Rick's Electronics
734 Guy Street, Cornwall
932-8842

Larry Lalonde Painting
Providing Quality Service Since 1978
• Residential
• Commercial
• Interior
• Exterior
FREE ESTIMATES
Cornwall, ON 936-9047

D&D TREE SERVICE
• Treecutting • Pruning • Trimming
• Stump Grinding & Removal
• Shredding • Clearing • Backhoe & Trucking Service • Septic Installation & Repairs • Water & Sewer Installations & Repairs • Bulldozers & Hoe Ram & Shovels
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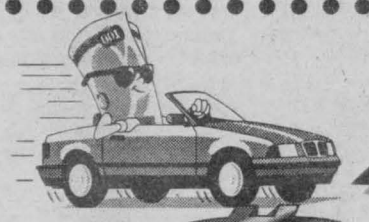

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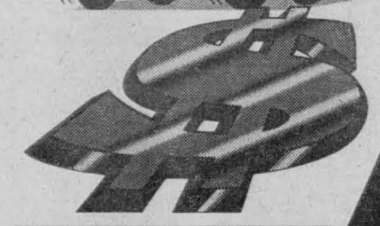

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The Humble Spark Plug

How can something so small and plain be so important to your engine? It delivers the spark of life to your cylinder. No spark, no explosion, no motion. It's worth spending a little time to make sure your spark is reaching each cylinder at the right time, and is hot enough to ensure efficient combustion.

Your owner's manual will tell you how often to change your spark plugs, and will also tell you what type, size, and heat range are best for your engine. Some new types have platinum electrodes that will practically eliminate electrode wear, improving vehicle performance and fuel economy.

If you are a do-it-yourselfer, changing your spark plugs is easy:

1. Carefully remove the wires by twisting gently one quarter turn and lifting straight off. Be careful with the wires, and always pull by the boot, not the wire. Each wire should be numbered on the insulating surface. If not, or if the numbers are hard to read, use masking tape to number them yourself.

2. Loosen each spark plug, and blow area clean so no dirt can get into the engine. Special spark plug wrenches or sockets are available from all automotive stores, as are cans of compressed air for blowing the area clean. If necessary, use a little penetrating oil to help ease the threads -- don't use excessive force, or you might break the plug off in the cylinder.

3. Remove each plug in turn, and wipe the plug hole seat clean with a dry cloth, wiping from the inside out to keep dirt from falling into the engine. Put the old plugs in order on a piece of newspaper or a rag for inspection -- the condition of the plug can warn you of impending engine problems. Look for excessive white or grey deposits (ash), black gooey deposits (oil), or worn or cracked electrodes (need tune-up).

4. Plugs are gapped at the factory, but it's a good idea to check them with your own gapping tool to make sure they're right for your engine.

5. Screw the new plugs in until finger tight. Use a torque wrench to tighten to the manufacturer's specifications. If you have no torque wrench, your best move is to get one -- they cost between $15 and $100, depending on quality, much less than the cost of the engine work you might require through improper spark plug installation.

6. Replace the spark plug wires, in order. Check each wire for cracking or corrosion, and replace if necessary. The order of the wires is important. Each cylinder has to fire in the right order, or you could cause severe engine damage. If you are in any doubt, check the firing order in your owner's manual or call your local service centre for advice.

THE CAR DOCTOR

Peter Millard



Steering Sickness

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

R.T.—Calgary, AB

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

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83,000 km, like new $11,400



96 FORD TAURUS GL, V6, loaded, 45,000 km	$13,995
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88 F150 XLT LARIAT, very clean, V8	$5,450
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RELIABLE & MATURE High School student willing to babysit, my home or yours, part-time, evenings & weekends. North end. Call Carolyn at 932-7854.

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SPECIAL ME HOME DAYCARE. Preschool fun & learning. Nutritious meals & snacks. Age appropriate activities & care. Daycare provided by R.N. Reasonable rates. Call Kim, 937-0232.

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3 BDRM BUNGALOW. North of Ingleside, in village of Osnabruck. $525/mth, plus utilities. Call 537-2704.

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COUNTRY HOUSE for rent near Avonmore area. Available Dec. 1st. Call 346-5444.

AVAILABLE JAN. 1/99, 4 bdrm bungalow. Finished bsmt, 2 baths, carport, large lot off Brookdale Ave. $750/mth. Call 932-4211. After 5pm call 933-4969.

2 BDRM HOUSE, on Lake St. Francis. Fridge, stove, washer/dryer. $550/mth, plus utilities. Lancaster area. Call 347-3791.

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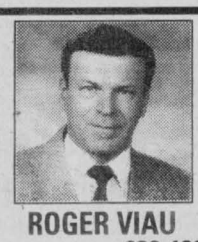

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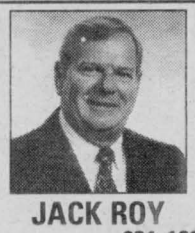

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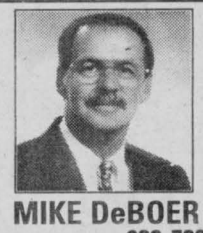

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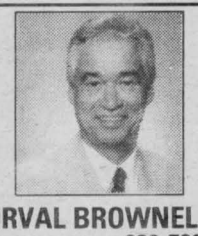

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SUPER NEIGHBOURHOOD $79,900
(A-MLS 0536) Quick possession. Clean & spacious 3 bdrm semi, large pressure treated deck, new pool, fenced yard, rec room
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UNIQUE WATERFRONT
(M-MLS 0495) This home offers lots of windows, formal dining rm., frpl, hdwd. flrs., walkout rec rm., too much to mention
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(M-MLS 0435) Brand new open concept home. 2 bathrooms, rec room & plenty of windows
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MOVE IN FOR CHRISTMAS $88,900 PER SEMI
(A-MLS 0343) Brand new homes with 3 bdrms, 2 baths, gas heating & ceramic floors, great location
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BETTER THAN NEW! $109,900
(J-MLS 0393) Clean, modern 3+1 bdrms. oil heat, nicely fin. basement, garage & more
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(A-MLS 0301) Large semi, close to park, shopping & best of all, Priced to Move!
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309,A CARLETON $55,000
(A-MLS 0461) Excellent investment, live in one, let tenant help pay for mortgage
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307 11th ST. WEST $81,000
(A-MLS 0489) Maint-free 2 bdrm. bung., hdwd. fl. rec rm with frpl, wet bar, sewing/laundry rm combination
ROGER VIAU 932-1325



ISLAND ROAD $108,000
(J-MLS 0554)
ROGER VIAU 932-1325



$84,900
(A-MLS 0501) Excellent duplex owners unit has C/A, 2 bdrms. ea. Shows Well!!
TODD THOMPSON 938-0640

$66,500 CONVENIENCE STORE
(A-MLS 0366) includes 1 bdrm. apt., 1695 sq. ft., lots included
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REDUCED $179,900 RUSH CITY RD.
(L-MLS 0115) Need to get away from city living? Exec. unique log home, 2600 sq. ft., cathedral ceiling, fireplace, beautiful kitchen, unspoiled basement.
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9 ORAN
(A-MLS 0450) 4 bdrm. semi with fin. rec rm., located just off Laflin
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238 MEADOWVALE $75,500
(A-MLS 0516) $500 down O.A.C. 3 bdrm. semi on large lot
GERRY PILON 931-3555



1216 BRODEUR $59,800
(A-MLS 0553) 1300 sq. ft. home, lot 77x100. Estate sale
GERRY PILON 931-3555



752 GLENGARRY BLVD
(A-MLS 0557) Super clean 3 bdrm. townhouse in beautiful condition. Many updates & renovations
GINETTE CAMPBELL 932-1609



EXCELLENT PROPERTY
(A-MLS 0335) features 2 large semis, inground pool, large fenced-in lot, extra income, oak cpbds., 3+1 bdrms.
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Hughie Munro St., Apple Hill Reduced ... $69,900
(I-MLS 0374) Excellent all brick 2-storey home, hdwd. flrs., oak cpbds., large lot & more.
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208-A GUY NOW REDUCED $69,900
(A-MLS 0464) Well-established store w/extra income, private drive, 2-storey garage, much more.
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NOW REDUCED $74,000 328-330 PRINCE ARTHUR
(A-MLS 0307) Come view this immaculately clean dbl. tenement with excellent income. Why pay rent, when you can own?
GINETTE CAMPBELL 932-1609



JUST ON THE OUTSKIRTS
(J-MLS 0184) Spacious lot 100'x176' + 2 car garage, plus 86' on river for docking facilities. House 2400 sq. ft.
ERIC PEDERSEN 938-9690



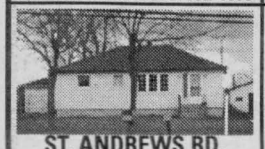
OPEN HOUSE SUN. 1-2:30
SUPER CLEAN $109,900
(A-MLS 0480) 1675 sq. ft. home, new gas furnace, C/A, hdwd. floors, main fl. family rm, garage
ERIC PEDERSEN 938-9690



EAST OF LANCASTER $67,500
(G-MLS 0463) Maint-free bung., new oil furnace, full bsmt., docking facilities, lot 308'78', new vinyl siding
ERIC PEDERSEN 938-9690



OPEN HOUSE SUN. 1-2:30
ST. ANDREW'S REDUCED ... $72,000
(M-MLS 0483) Fully renovated home, new siding, windows, doors, oak cpbds., new garage
ERIC PEDERSEN 938-9690



ST. ANDREWS RD. $83,500
(M-MLS 0520) 3 bdrm. bung., 2 baths, city water, lot 75'x200', garage 20'x34'
ERIC PEDERSEN 938-9690



DOWNTOWN $49,900
(A-MLS 0519) Single family home, commercial zoning, excellent location of home & business
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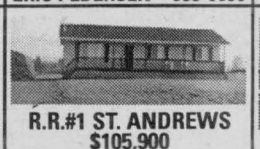
CEDARVIEW SUBDV. $148,900
(M-MLS 0498) Brand new 1500 sq. ft. bung with dbl. car garage, country living just min. from the city, bus service in area
MIKE VANDERMEER 534-2950



CORNWALL $61,900
(A-MLS 0502) Downtown bung. with many improvements, full frt. porch, main floor family rm & more
MIKE VANDERMEER 534-2950



R.R.#1 ST. ANDREWS $105,900
(M-MLS 0507) Almost new 3 bdrm. bung on 1 acre lot with large fin. rec rm., walk-in closet & access to bathrm. from mbr. & more
MIKE VANDERMEER 534-2950

1380 SQ. FT. $118,000
(M-MLS 0402) Spacious bdrms., cherrywood cpbds. in a large country Kit., pool, Shows Very Well!
MIKE VANDERMEER 534-2950

STARTER HOME $53,900
(A-MLS 0361) Central location, close to park, 3 bdrms., garage
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$124,900
(M-MLS 0039) 1288 sq. ft. raised bungalow on high 21 acre lot with garage
MIKE VANDERMEER 534-2950

OLD ORCHARD $79,900
(A-MLS 0157) 2 bdrm. bung., with fireplace & hardwood floors
MIKE VANDERMEER 534-2950

MONKLAND $83,900
(L-MLS 0410) 3 bdrm. brick bung in excellent shape with many improvement
MIKE VANDERMEER 534-2950

OLD POST ROAD $26,900
(M-MLS 0470) A 100'x200' lot on dead end road with 20'x27' shop with power
MIKE VANDERMEER 534-2950

DOWNTOWN $74,900
(A-MLS 0475) 2+2 bdrm. semi-detached. Great place for retirement. Quiet street.
MIKE VANDERMEER 534-2950

DOUBLE TENEMENT $39,900
(A-MLS 0563) 2-3 bdrms., dbl. car garage, good solid bldg., needs some updating
MIKE VANDERMEER 534-2950

LAKEVIEW HEIGHTS $109,900
(M-MLS 0566) 1540 sq. ft. brick bung., dbl. lot, dbl. garage, dbl. sided frpl., ingr. pool
MIKE VANDERMEER 534-2950

REACH FOR THE AFFORDABLE $68,900
(A-MLS 0334) Fashionable townhome.
SHERRY McCULLOUGH 937-0891

817 CHAMPLAIN DRIVE Yule be in by Christmas & toast the new year!!
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(A-MLS 0400) $355/mth could purchase you this mint home, if qualified. Features frpl. in LR, 3 bdrms. rec rm., on quiet street
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Females Seeking Males

ENJOYS LIFE

Employed, SWF, 21, tall, 139lbs., with dark hair/eyes, smoker, social drinker, who likes spending time with friends, dancing and singing, is in search of a athletic, caring, SWM, 25-29, with similar interests. Ad#: 1849

YOU BRING ME JOY

If given the chance...This medium-built SW, mom, 42, 5'5", would love to meet you. She enjoys good conversation, meeting new people and the great outdoors. She's interested in meeting a SWM, over 19, for a possible relationship. Ad#: 8591

LET

Very easygoing employed SWF, 55, 5'2", 100lbs., auburn hair, N/S, non-drinker, likes gardening, crafts, country music, seeking an open, honest, fair-minded SWM, 52-65, who likes good conversation. Ad#: 9009

QUIET NATURED

Self-employed SWF, 49, who ejnoys the outdoors, arts and crafts, and an accasional drink. Seeking a SWM, 45-60. Ad#: 9870

THE PERSONALITY COUNTS

This very honest SWF, 40, 5'3", 150lbs., with brown hair and hazel eyes, a N/S, likes walking, puzzles, painting, is searching for an honest sincere, SWM, 40-55, N/S, who says what he thinks, to spend time with her. Ad#: 6732

HEAR ME OUT

Humorous, employed, WWW mom of one, 35, 5'4", non-drinker, who likes movies, dancing, outdoors, hopes to meet an honest, reliable, SM, 30-45, who is a non-drinker. Ad#: 1483

MULTI-FACETED

She's a blue-eyed blonde, SWF, 21, 5'3", 170lbs., who enjoys romantic walks, meeting new people and spending quality time with family and friends. She's looking for a SWM, 21-28, for a possible long-term relationship. Ad#: 3679

NEW OUTLOOK

Hardworking, SWF, 21, 5'5", 170lbs., with blonde hair, blue eyes, who likes spending time with friends, cooking and long walks, is in search of an easygoing, caring, trusting, SWM, 21-28. Ad#: 5798

WHERE'S MY ROMEO?

Your looking for a special kind of gal, like maybe this outgoing SW mom, 35, 5'1", 106lbs. She's interested in meeting a SWM, 34-38, who enjoys sports, good conversation and spending quality time with family and friends. Ad#: 8720

COMPASSIONATE SOUL

Are you an educated SM, over 30, who's interested in a possible long-term relationship? If so, then you could be the perfect match for this professional SWF, 30, 5'6", who enjoys traveling, good conversation and the arts. Ad#: 6763

LOOK INTO MY EYES

It's possible that you'll find this SWF, 27, 5'6", 130lbs., a perfect match. She enjoys having fun and spending quality time with family and friends. She's interested in meeting a SWM, 25-37, for a possible long-term relationship. Ad#: 6031

BROKEN HEARTS MEND

Call this easygoing, humorous SWF, 28, 5'5", 160lbs., with long brown hair and hazel eyes, smoker, social drinker, she likes to read, draw, and sports, and is searching for an easygoing SM, 28-41, who is great with kids. Ad#: 6882

GET TO KNOW ME

SWF, 55, 5'5", 135lbs., with brown hair and hazel eyes, non-smoker, non-drinker, who likes being sociable, quiet times at home, dancing, camping, and more, seeking an independent, sincere, trustworthy, mature, SM, over 50. Ad#: 1407



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HONESTY TOPS MY LIST

Open your heart to this personable, brown-eyed SWF, 43, 5'4", who's interested in meeting a SM, over 19, for a possible relationship. She enjoys sports, the outdoors and spending quality time with family and friends. Ad#: 6970

Males Seeking Females

LONG-TERM

He's a professional, SWM, 32, 6', 190lbs., with a medium build, interests include hockey, going to the movies, dining out. He is in search of a honest, active, SWF, 25-35. Ad#: 6119

OUTGOING

Physically fit, caring, employed, SWM, 38, 5'7", with blond hair, blue eyes, who likes dancing, working out, outdoors, is in search of a sensitive, affectionate, SWF, 19-35. Ad#: 3158

END MY SEARCH

What a guy. He's a SWM, 47, 5'11", 185lbs., who enjoys motorcycles, good conversation and spending quality time with that special someone. He's interested in meeting a SWF, 30-50, for a possible long-term relationship. Ad#: 8406

CLASS ACT

Hardworking, SWM, 31, 5'7", 15lbs., with blond hair, blue eyes, smoker, social drinker who enjoys the outdoors, fishing and much more, is in search of a SF, 22-40, who enjoys quiet evenings. Ad#: 7351

START AS FRIENDS...

Out-going, SW father of one, 25, 5'7", 155lbs., smoker, social drinker, likes soccer, football, sports, seeking really special down-to-earth, SWF, 20-28, children, smoking, social drinking o.k., start slow, work into more. Ad#: 8387

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LIVE IT UP

Employed, SWM, 39, tall, 210lbs., with blond hair, blue eyes, who enjoys darts, card playing, camping, is in search of a trustworthy, SWF, 19-45, who loves to laugh. Ad#: 2010

I WANT TO KNOW

Passive, easy-going, retired, SWM, 62, 6'1", 215lbs, with dark hair, loves making, playing, violins, listening to violin music, who is in search of a sincere, lovable, SWF, 55-65, who would enjoy the same interest. Ad#: 7009

NEVER A BORING MOMENT

Could you be the perfect match for this SW dad, 45, 5'9", 165lbs., who enjoys the outdoors and good conversation? He's hoping to meet an honest, sincere, SWF, 19-45, for a possible relationship. Ad#: 3339

REACH FOR THE STARS

He's a medium built personable SWM, 18, 6', who is interested in meeting a SF, 18-24, for a possible relationship. He enjoys the outdoors, good conversation, and meeting new people. Ad#: 9474

HONESTY TOPS MY LIST

SWM, 32, 5'7" wiyh brown hair, hazele eyes, easygoing with great sense of humor, enjoys bowling, darts, bicycling. Seeks SWF 27-36 who is honest, faithful likes animals and enjoys candlelight dinners. Ad#: 2820

ALLURING PERSONALITY

You'll like this spontaneous SWM, 37, 5'6", 160lbs., with salt and pepper hair, and blue eyes, smoker, enjoys biking, billiards, cards, movies, is seeking a down-to-earth, honest, SWF, 28-39, with a great smile. No games. Ad#: 7333

BE TRUE TO ME

Employed, SWM, 21, 6'3", 190lbs., with blond hair, hazel eyes, who enjoys moonlit walks, playing sports and much more, is looking for a humorous, fit, attractive, SWF, 22-30, with same interests. Ad#: 9879

DYNAMITE CHARACTER

He's an honest, trustworthy, blue-eyed SWM, 33, 6'2", 165lbs., who enjoys shooting pool, playing cards and good conversation. He would like to meet a SF, 19-40, for a possible relationship. Ad#: 3396

GET TO KNOW ME

Leave a message for this kind and caring SWM, 30, 5'9", who enjoys romatic walks, going to the movies and spending quality time with family and friends. He's interested in meeting a SF, 23-35, for a friends-first relationship. Ad#: 4995

WALK INTO MY LIFE

Life could get interesting with this sociable SWM, 39, 5'6", who enjoys the outdoors, the theatre and good conversation. He's interested in meeting a SF, 32-40, for a possible long-term relationship Ad#: 1642

Females Seeking Females

PATIENTLY WAITING

If given the chance... This SWF, 18, 150lbs., would love to meet you. She's interested in meeting a SWF, 18-26, for a possible relationship. She enjoys sports, reading, computers and laughing. Ad#: 8411

Males Seeking Males

IN A STYLISH KIND OF WAY

Friendly, out-going, SW father, 40, 5'11', 160lbs., in good shape, smoker, social drinker, enjoys many hobbies, seeking an honest, trustworthy, clean, SWM, 25-50. Ad#: 5361

BE MY HERO

Easygoing, self-employed SWM, 32, 5'6", smoker, non-drinker, who likes sports, is in search of an honest, shy, easy going SM, 19-35, who believes in confidentiality. Ad#: 2793

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ENJOYS LIFE
Employed, SWF, 21, tall, 139lbs., with dark hair/eyes, smoker, social drinker, who likes spending time with friends, dancing and singing, is in search of a athletic, caring, SWM, 25-29, with similar interests. Ad#: 1849

YOU BRING ME JOY
If given the chance...This medium-built SW, mom, 42, 5'5", would love to meet you. She enjoys good conversation, meeting new people and the great outdoors. She's interested in meeting a SWM, over 19, for a possible relationship. Ad#: 8591

LET'S MEET
Very easygoing employed SWF, 55, 5'2", 100lbs., auburn hair, N/S, non-drinker, likes gardening, crafts, country music, seeking an open, honest, fair-minded SWM, 52-65, who likes good conversation. Ad#: 9009

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HEAR ME OUT
Humorous, employed, WWW mom of one, 35, 5'4", non-drinker, who likes movies, dancing, outdoors, hopes to meet an honest, reliable, SM, 30-45, who is a non-drinker. Ad#: 1483

MULTI-FACETED
She's a blue-eyed blonde, SWF, 21, 5'3", 170lbs., who enjoys romantic walks, meeting new people and spending quality time with family and friends. She's looking for a SWM, 21-28, for a possible long-term relationship. Ad#: 3679

NEW OUTLOOK
Hardworking, SWF, 21, 5'5", 170lbs., with blonde hair, blue eyes, who likes spending time with friends, cooking and long walks, is in search of an easygoing, caring, trusting, SWM, 21-28. Ad#: 5798

COMPASSIONATE SOUL
Are you an educated SM, over 30, who's interested in a possible long-term relationship? If so, then you could be the perfect match for this professional SWF, 30, 5'6", who enjoys traveling, good conversation and the arts. Ad#: 6763

LOOK INTO MY EYES
It's possible that you'll find this SWF, 27, 5'6", 130lbs., a perfect match. She enjoys having fun and spending quality time with family and friends. She's interested in meeting a SWM, 25-37, for a possible long-term relationship. Ad#: 6031

BROKEN HEARTS MEND
Call this easygoing, humorous SWF, 28, 5'5", 160lbs., with long brown hair and hazel eyes, smoker, social drinker, she likes to read, draw, and sports, and is searching for an easygoing SM, 28-41, who is great with kids. Ad#: 6882

GET TO KNOW ME
SWF, 55, 5'5", 135lbs., with brown hair and hazel eyes, non-smoker, non-drinker, who likes being sociable, quiet times at home, dancing, camping, and more, seeking an independent, sincere, trustworthy, mature, SM, over 50. Ad#: 1407

CLASS ACT
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LONG-TERM RELATIONSHIP
He's a professional, SWM, 32, 6', 190lbs., with a medium build, interests include hockey, going to the movies, dining out. He is in search of a honest, active, SWF, 25-35. Ad#: 6119

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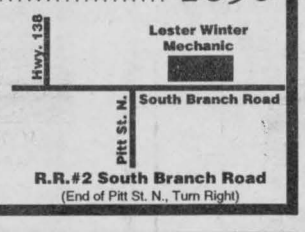

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BEAUTIFUL PUPPIES: Toy Poodles, Mini Schnauzers, $250. & up. Vaccinated, dewormed. Phone 527-3246.

LABRADOR PUPPIES, yellow. Registered. Vaccinated. Guaranteed. Ready end of November. Call 932-1161.

BEAUTIFUL PUPPIES & adult dogs. Shih Tzu's, Shelties, Terri-Poos, German Shepherds & others. Bridlewood Kennels, Hwy#43, second farm east of Highland Road. 527-2074.

KEESHOND PUPPIES for sale. Ready Dec. 29th. Registered, vaccinated. Serious inquiries only. Call 931-2237 or 1-450-699-3382.

NOTICES

The T.R. Léger Alternative School's *Literacy and Basic Skills* Program is hosting

A 'Campus Warming Party'

to celebrate our new location at 119 Fourth Street East Cornwall, Ontario K6H 6S5 on Friday, November 27, 1998 from 12:00 noon - 2:00 p.m.

Join us for coffee, visit our classrooms and meet the LBS Staff.

ADORABLE PUPPIES: Lhasa Apso mix, Terri-Poo, Maltese-Poo, Cock-A-Poo, Yorkie-Poo, $100. & up. Also, Australian Blue mixes, $50. Vaccinated, dewormed. Phone 527-3246.

FREE TO GOOD HOME, 3 puppies, half Huskie, half Chow Chow. 3 1/2 mths old. Call 937-3303.

85 PERSONALS

SOMETIMES FINDING the right person can be easier than you think. Misty River Introductions - Cornwall's traditional matchmaker. 1-613-257-3531.

Cornwall & District Navy Veterans' Association Ladies Auxiliary
2 / 4 / 2 Raffle
License # M543924
Winners Drawn Nov. 11/98
1st Prize Winner
N. Dawson $1500.
2nd Prize Winner
Linda St. Germain $500.



IN MEMORIUMS

In loving memory of our precious Scotty ... who left us a year ago, November 18th.

In One Day

The days are long and the nights are thinking
The songs familiar; but the senses different
Too much lost in just one sleep
No more earthly peace to keep
We miss you Scotty; that loss to bare
Is ours alone on earth we share
To the boy who was; the man who you became
Our love will always remain the same
We miss you a little
We miss you a lot
Our love for you will never be forgot.

Always remembered and loved by your family and friends.
Love Mom, Dad, Shawn, Sandy, Margery, Laurie, Lee, Logan, Gareth and Maguire

92 NOVENAS

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, helper of the Hopeless, pray for us. Say this prayer 9 times a day. By the 8th day your prayer will be answered. Say it for 9 days. It has never been known to fail. Publication must be promised. Thank you St. Jude. M.D.

HOLY MARY MOTHER OF GOD please grant me this favour. Publication will be promised. One Our Father, 10 Hail Mary's, One Glory Be for 9 days. Amen. C.T.

TO PLACE YOUR AD CALL 933-0014

HOROSCOPES

November 22-28

Aries – March 21/April 20
You get involved in a very delicate matter this week, Aries. Be tactful, or everything could blow up in your face. Think before you speak, and you will be OK. A friend needs to talk with you this weekend. Make time for him or her. It's extremely important. Leo plays a key role.

Taurus – April 21/May 21
Determination is the key to your success early in the week. Don't let others distract you from what you need to do. Focus on your goals, and you'll accomplish them. An old friend asks a favor of you. While you're nervous about it, help him or her out. Your efforts will be appreciated.

Gemini – May 22/June 21
You're in for a long week, Gemini. There's a lot to do, and you just don't seem to have the time to get anything done. Just take a deep breath, and dive right in. That's the only way that you'll make progress. If you work diligently, things will be back to normal by the end of the week.

Cancer – June 22/July 22
A wise decision on your part puts you in the spotlight at work. Enjoy the attention, because you deserve it. The higher-ups are impressed with your efforts. Don't be afraid to ask for help when it comes to a family matter. Your loved ones always are there for you — remember that.

Leo – July 23/August 23
Don't hold a grudge against a close friend. He or she never meant to hurt you. The sooner you understand this, the sooner things will get back to normal. That special someone wants to step up your relationship. Think about what you really want before answering him or her. Sagittarius plays a key role.

Virgo – Aug 24/Sept 22
Your perfectionist nature saves the day when it comes to an important business deal. You catch an error that no one else does. Your superiors are impressed and plan to reward you. A friend of a friend wants to get to know you better. Say yes. This could become something very special.

Libra – Sept 23/Oct 23
Don't believe everything that you hear this week, Libra. Someone is trying to pull a fast one on you. Think about what people are saying, and pay attention to the facts. If you do, you can catch the culprit in a lie. A loved one offers you some romantic advice. Listen to what he or she has to say. It really can help.

Scorpio – Oct 24/Nov 22
A close friend confides in you about a difficult situation that he or she is in. Do what you can to help, and keep his or her confidence. An old flame calls you out of the blue. While you're flattered, don't get involved with him or her again. The reason why you two broke up is still there.

Sagittarius – Nov 23/Dec 21
You get into some financial trouble this week, Sagittarius. Don't ignore it, because it's not going to go away on its own. Turn to loved ones and close friends for advice. They have your best interest at heart and will help you get out of this mess. Aquarius plays a key role late in the week.

Capricorn – Dec 22/Jan 20
It feels as if everyone is working against you this week, Capricorn. No matter which way you turn, someone is standing in your way. Don't get angry or discouraged. Just continue to do your best. Things will get better by the end of the week. That special someone has a question to ask you. Answer him or her honestly.

Aquarius – Jan 21/Feb 18
You have a lot going on this week, Aquarius. Turn to close friends for help. They will do whatever they can to make things a little easier. The person whom you've been dating hasn't called in a while. Don't get upset. He or she has been busy. Your relationship is still strong.

Pisces – Feb 19/March 20
Don't be hard-hearted early in the week. When an acquaintance is in trouble, be there for him or her. Help resolve the situation. Your efforts will be appreciated and actually will help the two of you become closer. Leo plays a key role late in the week.

THE 99's ARE COMING *Let me take you on a test drive.*



Francine Losey
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DEAR SANTA...
LETTERS FROM OUR YOUNG READERS TO THE NORTH POLE

Each year, Seaway news publishes letters to Santa, helping to make sure that every child's wishes are met. This year we will again be accepting and printing your child's letter.



Letters can be sent to:
Letters to Santa
c/o Seaway News
329 Second Street West
Cornwall, Ontario
K6J 1G8

e-mail:
snews@seawaynews.on.ca

Obituaries

HESSELL - Robert Harold

Passed away at his residence on Friday, October 9th, 1998. Mr. Robert Harold Hessell, born on August 3rd, 1895 in Cornwall, age 103 years, of Parisien Manor, Cornwall.

Dear son of the late Joseph Hessell and the late Christie Ann Liddle.

Survived by many grand-nieces and nephews.

Predeceased by his beloved daughter, Shirley (Mrs. Ross Flanigan); his sister, Mrs. Grace Earl and his brothers Floyd, Victor and Wesley.

A private service was held with interment at Woodlawn Cemetery, Cornwall.

Mr. Hessell worked in the family business (Hessell's Meat Market - Cornwall) with his father. He was a Veteran of World War 1, 1914 - 1918, with the Canadian Expeditionary Forces in Europe. A long time member of the Royal Canadian Legion, Branch 297 and a Royal Arch Mason of Canada since 1923, Chapter 113.

The funeral arrangements were under the care and direction of the McArthur Bros. & MacNeil Funeral Home & Chapel, 428 Second Street East, Cornwall.

FOX - John Joseph

Passed away at the Cornwall General Hospital, Cornwall on Tuesday, September 22nd, 1998. Mr. John Joseph Fox, age 76 years, born in Montreal, Quebec, of 123 Jarvis Street, Cornwall, Ontario.

Dear son of the late Patrick Fox and the late Elizabeth Mallard.

Beloved husband of Hilda D. Fox (Lalonde).

Loving father of John-David Fox (Cathy) of Oshawa; Audrey (Mrs. Arthur Lamarche) of Kanata; Sheila (Mrs. Percy Ross) of Orleans; Pamela (Mrs. Bill Swinden) of Cornwall and Cynthia (Mrs. Doug Phillips) of Kingston.

Loving grandfather of ten grandchildren.

Dear brother of Dorothy and Theresa Fox, both of Montreal, Quebec and Kathleen Petrosino of California.

Predeceased by two brothers, Patrick and Edward Fox and by three sisters, Mrs. Marguerite Clark, Mrs. Agnes Stephenson and Mrs. Eileen McGarrity.

The funeral took place on Friday, September 25th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to St. Peter's Parish Church. Interment at St. Finnan's Parish Cemetery. Reverend George Maloney of St. Peter's Parish Church officiated, assisted by Archdeacon Mr. Gordon Bryan. A graveside service was officiated by Reverend Kelvin Maloney.

The pallbearers were James Baker, James Brown, Robert Lalonde, Michael Lalonde, Peter Welch and Ted Fox.

The honourary bearer was Don Colwell.

Mr. Fox was a World War II Veteran, a member of Alouette Squadron #425, R.C.A.F. Wing #424, Royal Canadian Legion, Branch #297, Past President of Cornwall Minor Hockey and Cornwall Minor Baseball, a member of the Cornwall Art Association, Founding Past President of the Army, Navy and Air Force Club, Unit #342. He was on the Board of Directors for the United Way and a member of the Pro Bus Club.

ROY - Sir Knight Romeo

Passed away at the Hotel Dieu Hospital, Cornwall on Wednesday, September 23rd, 1998. Sir Knight Romeo Roy, in his 69th year, born in Eastview (Vanier), Ontario, formerly of 600 Fourth Street East, Cornwall.

Dear son of the late Emile Roy and the late Rita Fancoeur.

Beloved husband of Huguette Charlebois.

Loving father of Michel Roy (Susan) of Pickering, Ontario; Lise (Mrs. Normand Dostie) of Cornwall and Sylvie (Mrs. James Macallister) of Toronto.

Dear brother of Gerard Roy (Rita) of Cantley, Quebec; Hector Roy (Denise), Paul-Henri Roy, Roger Roy (Denise) and Mrs. Jeannine Salisbury, all of Ottawa.

Loving grandfather of Dominic, Josee, Adele, Matthieu, Marie-France, Chantal, Joshua, Christian and Claire.

Predeceased by two brothers, Robert and Paul-Emile Roy and by three sisters, Mrs. Juliette Simpson, Mrs. Anita Little and Mrs. Denise Parisien.

The funeral took place from the Boulerice Funeral Home Ltd. to the Co-cathedral of the Nativity on Saturday, September 26th, 1998 at 11:00 a.m., followed by cremation. Monsignor Rejean Lebrun, rector of the Co-cathedral of the Nativity officiated, assisted by Reverend Mr. Denis Lemieux, Reverend Mr. Marcel Aube, presided for the Rite of Committal at the inurnment in St. Lawrence Valley Union Cemetery in Ingleside.

The pallbearers were Mr. Roy's grandchildren, Dominic Dostie, Josee Dostie, Adele Dostie, Matthieu Dostie, Chantal Roy and Joshua Roy.

Members of the Fourth Degree of the Knights of Columbus formed an Honour Guard at the Funeral Mass.

Sir Knight Romeo Roy was retired from Firestone Canada. He was a member of the Knights of Columbus Ontario Council #755 and a member of the Fourth Degree of Bishop Brodeur Assembly #0877.

LALONDE - Ellen Mary Rose

Passed away at the Hotel Dieu Hospital, Cornwall on Sunday, September 20th, 1998.

Mrs. Ellen Mary Rose Lalonde, age 50 years, born in Thorne Center, Quebec, of 339 Guy Street, Cornwall.

Dear daughter of Madeline Roderick and the late John Hamilton Sr. Dear step-daughter of Raymond Lepine.

Beloved wife of Ludger (Gerry) Lalonde.

Loving mother of Normand Lalonde (Karrie) and Paul Lalonde (Sylvie), both of Cornwall.

Loving grandmother of Paul, Justin and Courtney.

Dear sister of Edward Hamilton (Sylvia) of St. Andrew's West; John Hamilton Jr. of Cornwall and Shirley (Mrs. Ronald Parisien) of St. Andrew's West.

Dear step-sister of Richard Lepine (Pauline), Randy Lepine (Rhonda) and Raymond Lepine (Lucy).

Also survived by her mother-in-law, Irene Lalonde.

The funeral took place on Wednesday, September 23rd, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to the Memorial Chapel. Interment at Notre Dame Cemetery.

The pallbearers were Paul Lalonde, Normand Lalonde, Edward Hamilton, Randy Lepine, Raymond Lepine and John Hamilton.

MURPHY - John Joseph

Passed away at the Ottawa Civic Hospital, Ottawa, Ontario, on Tuesday, September 22nd, 1998.

Mr. John Joseph Murphy, age 62 years, born in Berwick, Ontario, of 906 Leonard Avenue, Cornwall, Ontario.

Dear son of the late Frank Murphy and the late Helen Racine.

Beloved husband of Cecile Murphy (Leger).

Loving father of Patrick Murphy (husband of Cathy Bolger) of Kingston and Christine Murphy of Toronto.

Loving grandfather of Rebecca and Nathan Murphy.

Dear brother of Frank Murphy (Shirley) and Jean (Mrs. Johnny Kirkey), all of Cornwall.

Also survived by his aunt, Theresa Bazinet of Finch.

Predeceased by one daughter, Elaine Murphy.

The funeral took place on Friday, September 25th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to St. Francis de Sales Church. Interment at Notre Dame Cemetery. Reverend Gary Ostler of St. Francis de Sales Church officiated, assisted by Reverend Michael Karney OMI and Reverend Marcel Gauthier.

The pallbearers were Michael Murphy, Steve Kirkey, Pierre Jette, Jean Leger, Jean Aube and Ian Murphy.

UNRAT - Henry

Mr. Henry Unrat passed away at the Ottawa General Hospital on Saturday, September 19th, 1998, age 57 years.

Henry Unrat of R.R. #3 Alfred, Ontario, former pressman with the Montreal Gazette.

Beloved husband of Henryka Prekob and by a previous marriage to Katherine Lemieux.

Dear son of Helena Unrat and the late Edward Unrat.

Loved father of Mary Unrat of St. Philippe, Quebec; Sandra Unrat of St. Jacques Le Mineur, Quebec and William Unrat of Longuel, Quebec.

Dear brother of Helen Unrat of Williamstown.

Sadly missed by two grandchildren, Rachel and Caroline.

Predeceased by one brother, Oswald Unrat.

The funeral service was held in the Chapel of the Wilson Home on Tuesday, September 22nd, 1998. Pastor Diane Raddatz officiated. Interment at Woodlawn Cemetery, Cornwall.

The pallbearers were William and Christopher Unrat, Richard and Johnny Smorong, Steve Prekob, Bob Harven, Gaetean Comtois and Sylvain Demers.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

ZULINSKI - Cecylia

Passed away at her residence on Monday, September 28th, 1998.

Mrs. Cecylia Zulinski, age 71 years, born in Podleze, Poland, of 116 Ellen Avenue, Cornwall.

Dear daughter of the late Teofil Pasieka and the late Maria Jedrak.

Beloved wife of the late Boleslaw Zulinski.

Loving mother of Edward Zulinski (Susan) of Arnprior; John Zulinski of Vancouver, British Columbia; Margaret (Mrs. Andy Aubin) of Monkland.

Loving grandfather of Kati, Darcy and Zacharie Aubin, Dylan Mannik-Zulinski, Michael and Peter Zulinski.

Dear sister of Piotr Pasieka, Mrs. Veronika Ligus, Mrs. Michaline Talajczyk and Mrs. Wladyslawa Blazejewska, all of Poland.

Predeceased by one sister, Mrs. Franciszka Novak.

The funeral took place on Thursday, October 1st, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to Blessed Sacrament Church. Interment at Notre Dame Cemetery. Reverend Allan MacDonald of Blessed Sacrament Church officiated.

The pallbearers were The Nativity Guards.

McRAE - Katherine

Katherine Jane McRae passed away at the Grace Hospital, Ottawa on Wednesday, September 30th, 1998.

Beloved infant daughter of Bruce McRae and Susan Edwards of Kanata, Ontario.

Dear grandchild of Mac and Carol Edwards and Dwayne and Sylvia McRae, all of Williamstown.

Dear niece of Jennifer (Mrs. Martin Lang) of Williamstown; John Edwards (husband of Jodi) of Cornwall; Kevin McRae of Maxville and Bradley McRae of Williamstown.

Dear cousin of Melissa, Mitchel and Adam McRae and William and Maggie Lang.

The funeral service was held in St. Andrew's United Church, Williamstown, on Wednesday, October 7th, 1998. Reverend Andrea Harrison officiated. Interment in St. Andrew's United Church Cemetery.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

STILES - Honourable George A. (Bill)

The Honourable George A. (Bill) Stiles, retired Judge of the District Court of Ontario, passed away peacefully at the Glen-Stor-Dun Lodge, formerly of Prevost Point, Glen Walter, born in Cornwall, March 13th, 1911 to George and Ida Stiles.

Bill was the brother of Shirley Woolcombe, formerly of Montreal.

As a youth, he passed many enjoyable summers on Stanley Island on the St. Lawrence River. He attended Cornwall Collegiate and Vocational School and one year won the Eastern Ontario Oratory Championship. Bill attended Trinity College, University of Toronto, graduating with a Bachelor of Arts in 1933. He received a Bachelor of Education from the Ontario College of Education in 1934. Bill studied law at Osgoode Hall, University of Toronto and was called to the Bar in 1937. He returned to Cornwall where he worked with John G. Harkness, Crown Attorney for ten years. When war broke out, he enlisted in the Stormont, Dundas and Glengarry Highlanders and later served with the Royal Canadian Air Force in the Aleutian Islands and overseas between 1941 and 1945 attaining the rank of Flight Lieutenant.

Bill married Edith Hope Webster in 1942 in British Columbia and returned to Cornwall with her after the war, raising three children, Michael, Mark and Shirley. He established a law practice, first in partnership with Robert McGuire and later with Randolph Ross. He was a City Solicitor from 1947 to 1960 and was a Queen's Counsel in 1954. Bill was appointed to the District Court of Ontario in 1971 where he served until his retirement in 1986.

Beloved husband of Edith Webster. Dear father of Michael, Mark (Anne Taylor) and Shirley McGlynn (Michael).

Survived by six grandchildren, Eric, Justin, Zachary, Keely, Philip and Timothy.

Predeceased by his parents, George and Ida and by his sister, Shirley Woolcombe.

A memorial services was celebrated by the Venerable Archdeacon Ross Moulton in Trinity Anglican Church, Cornwall on Monday, September 21st, 1998.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

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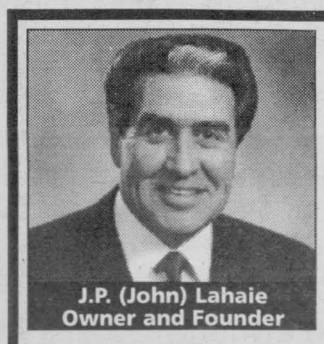


J.P. (John) Lahaie
Owner and Founder

the one thing to do
BEFORE applying for
• Senior Citizen Housing • Rest Home Lodging •
Nursing Home Care

Don't risk it
TURN TO A FRIEND, write it down
and Pre-Arrange Your Funeral

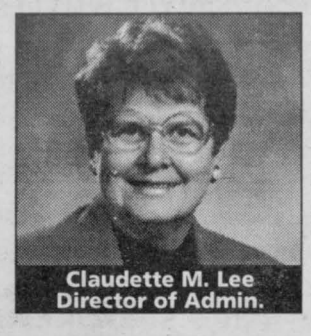
Today more and more people are making funeral arrangements in advance. Pre-arranging funerals is especially important to any considering - Senior Citizen Housing - Rest Home Lodging - Nursing Home Care. In addition to a set amount of cash assets, the Province of Ontario allows residents to pre-arrange their funerals. We are always available to answer your questions at our offices or in the privacy of your home - without cost or obligation.



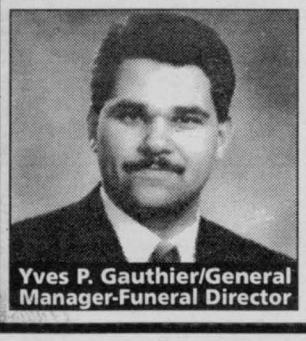
Raymond L. Sullivan
Owner-Funeral Director



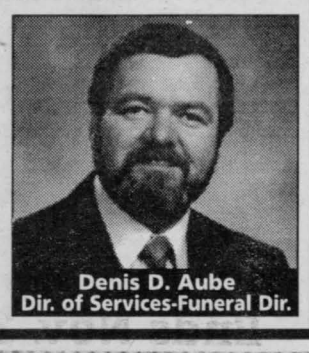
Claudette R. Lahaie
Owner-Funeral Director



Claudette M. Lee
Director of Admin.



Yves P. Gauthier/General Manager-Funeral Director



Denis D. Aube
Dir. of Services-Funeral Dir.

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COMMUNITY UPDATE

*ADOPTEES-BIRTH MOTHERS- BIRTH FATHERS. Do you need help or support in your search? Call Parent Finders at 933-9186-Carol or 932-3984-Donna.

*AL-ANON/ALATEEN If your life is affected by someone else's drinking, we can help you do something about it. Contact 937-4880.

*ALCOHOLISM IS A DISEASE, help is available. If you want to drink that's your business, if you want to stop that's ours. Phone AA today at 613-938-1984.

*ALZHEIMER SOCIETY'S DAY SUPPORT PROGRAM in Alexandria and Winchester is seeking participants and volunteers. Info call 932-4914 or 1-888-222-1445.

*ART & TECHNIQUE HAIR-STYLING SCHOOL 264 Pitt St., is pleased to announce they are having a Cut-A-Thon, Wednesday Nov. 25th, 9:00a.m. Proceeds to Breast Cancer.

*CANADIAN DIABETES ASSOCIATION Cornwall & District Branch, presents an Educational Seminar on "The Highs & Lows of Diabetes, Now & In The Future", Thursday Nov. 26th, Cornwall Civic Complex (McLeod Rm.), 7:00p.m. Info call 938-7497.

*CANCER SUPPORT NETWORK are holding an information session on Prostate Cancer, Thursday Nov. 26th, 7:00p.m., Knights of Columbus, Amelia St. (downstairs). Guest speakers: Dr. Lars Thompson, Dr. Samir Yassa. Info call 932-3451.

*CATHOLIC WOMEN'S LEAGUE of St. Columban's Parish welcomes everyone to their annual Christmas Tea & Sale, on Wednesday Nov. 25th, 1:30p.m. in the Parish Hall. Everyone welcome.

*CENTRE CHARLES-EMILE CLAUDE activités sans fumée: Lundis: Tai-Ji, 2h, Mardis: Jeux de Dards, 1h30, Danse de Ligne,1h30, et 7h30, Mercredis: Chorale, 10h, Danse de Ligne, 1h30, Vendredis: Jeux de Sacs de Sable, 1h30., Samedi: Bingos non-fumeurs. Renseignements 932-1035.

*COMMUNITY LIVING-STORMONT COUNTY 40th Anniversary celebration on Saturday Nov. 28th, Royal Canadian Legion, 6:00p.m. Reserve tickets by calling Jantje Helmer at 938-9550.

*CORNWALL GENERAL HOSPITAL AUXILIARY offers crafters an opportunity to display and sell their creations in the main lobby of the hospital; Wednesday's, Thursday's, and Friday's until Christmas from 10:00a.m. to 3:00p.m. Info call Doreen Roy 932-4640.

*CORNWALL MEALS ON WHEELS needs volunteers to fill vacancies in its delivery system. If you have two free hours a month between 11 a.m. and 1 p.m., please come and help us. Call 534-8883.

*CORNWALL TOWNSHIP HISTORICAL SOCIETY are holding their next meeting on Tuesday Nov. 24th, 7:30p.m. St. Andrews West Parish Hall. Everyone welcome. Info call 527-1719.

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

*EMOTIONS ANONYMOUS a self-help support group meets every Wednesday, 7:30p.m., St. John Bosco School, 137 Eighth St. East.

*EXCITING NEW VOLUNTEER OPPORTUNITIES Learn new skills and make a difference to your community by volunteering for a special celebrity event to be sponsored by the Canadian Mental Health Association. Info call Cathy Went or Kim Height at 933-5845.

*FAMILY SUPPORT NETWORK of S.D.&G., Prescott Russell, is looking for family members interested in sitting on its recently formed steering committee. Info call Cathy Went at the Canadian Mental Health Office 933-5845.

*GLEN STOR DUN LODGE has many volunteer positions open to individuals who are interested in giving a couple of hours a week to assist in recreational activities, dining and exercise programs. Orientation & Training provided. Please call the Volunteer Dept. at 933-3384.

*JOIE DE VIVRE, est un mouvement catholique d'entraide pour personnes vivant seules dans S.D.G. Les recontres ont lieu tous les vendredis à 7h30, 305 avenue Baldwin. Pour renseignements, appeler Lucille 933-0255 or Jacques 932-2285.

*LONG SAULT SENIOR CITIZEN FRIENDLY CIRCLE are holding their Tea & Bazaar on Saturday Nov. 28th, 2:00-4:00p.m., Christ Church Hall, Long Sault. Everyone welcome.

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



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

*S.D.&G. GENEALOGICAL SOCIETY meeting will be held on Tuesday Nov. 24th, 7:00p.m., Trinity Anglican Church Hall, Room 2. For more info call 933-6025.

*S.D.G. & PRESCOTT-RUSSELL UNIT of the Canadian Cancer Society are holding their annual meeting on Monday Nov. 23rd, 7:30p.m., Best Western Parkway Inn, Seaway Room. Everyone welcome.

*S.D.&G. RESOURCE CENTRE for Injured Workers & Disabled are holding their next general meeting on Wednesday Nov. 25th, Royal Canadian Legion, 7:30p.m. Info call 938-9111.

*S.D.&G. STUDENT ASSISTANCE ASSOC. invites everyone to the Navy Club, 30 Sixth St. East, on Wednesday Nov. 25th, 1:30p.m. for a fun filled afternoon.

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

*SDG TRI COUNTY CRAFTS Christmas Craft Sale being held at the Cornwall Civic Complex, on Friday, Nov. 27th, 10:00a.m. - 9:00p.m., Saturday, Nov. 28th, 10:00a.m. to 5:00p.m., Sunday Nov. 29th 10:00a.m. to 5:00p.m. Everyone Welcome.

SEAWAY TOASTMASTERS: *would you like to improve your Public Speaking & Leadership Skills? Next meeting on Tuesday Nov. 24th, 7:00p.m. Info call Alan Mills at 931-1725.

*ST. COLUMBAN'S PARISH HALL hosts Bridge every Tuesday, 1:00p.m., Euchre & Mixed Cards every Friday, 1:30p.m.

*ST. LAWRENCE SENIORS CLUB Smoke Free Bingo & Euchre at St. Joseph Villa Auditorium. Bingo Monday & Friday 1:00p.m., Euchre, Thursday 1:15p.m. Wheels to Meals every second Wednesday of the month. Doors open 10:00a.m. Info call Mary 938-2215.

*TCF CORNWALL-THE COMPASSIONATE FRIENDS a support group for Bereaved Parents (children of any age) , meets every third Wednesday, 7:00p.m. St. John Bosco School Library. Info call 933-5591.

*TOPS, ON4643 Long Sault, meets at Pentecostal Church, Bethune St. every Monday Night. Weigh: 6:00-7:00p.m. New members welcome. For info call Deanna 537-8636.

*VICTORIAN ORDER OF NURSES CANCER SUPPORT NETWORK meets every third Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St.E. Information & discussion for cancer patients, newly diagnosed and their loved ones. Info call Sheila Airey at 932-3451.

*VICTORIAN ORDER OF NURSES PROSTATE SUPPORT GROUP meets every second Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St.E. Information & discussion for Prostate cancer patients, newly diagnosed and their loved ones. Info call Sheila Airey at 932-3451.

*VOLUNTEERS are the best gift of all. Give the gift of your time this year and become a Walkabout/Friendly Visitor with the Alzheimer Society. Training and ongoing support is provided. Call 932-4914 and ask for Heather.

SEAWAY NEWS
ENTERTAINMENT

Old auto's, old hits, old memories, but with a young-thinking group, should make for a great fun-time ! Add to that mixture some terrific food, spot dances, car-tunes and awards and you have the '99 version of the *CORNWALL OLDE CAR CLUB ANNUAL PARTY AND DANCE*. All members are reminded about this event scheduled for this Saturday, November 21st downstairs at the Knights of Columbus Hall Amelia Street starting at 6:00 pm.

This Friday and Saturday (November 20th & 21st) you are invited to join the gang for some LIVE entertainment with *BOB & DUCKY AT MURPHY'S PUB & GRILl* on Second Street West. It's Cornwall's friendliest Irish Pub and they now serve breakfast starting at 6:00 a.m. Monday to Friday.

Don't forget your *"DINING ENTERTAINMENT BOOK"* ... it's bigger and better than ever and available at Paradise Fitness & Tanning until November 30th, 1998.

BARB'S SINGLES DANCES will be held on Saturday, November 21st at the Navy Club on 30 Sixth Street East. Call 933-5903 for more details.

Geeez but the time is fleeting by isn't it? Hard to believe but when you read this there will only be five more weeks (less a couple days) before Christmas. That means only five more issues of Night & Day and the Seaway News geared to the Christmas Holiday. If you are an advertiser or someone planning a special Holiday Event then please remember to let us know soon. Call the advertising folks at the News office or for some publicity here for that event, drop off your news to the attention of Night 'N Day at the office.

For example, in just a couple weeks there will be a "special" two-hour classical rendition of *THE NUTCRACKER* at the Aultsville Hall at St. Lawrence College. The performance will be on Thursday, December 3rd at 7:30 p.m. For reserved seating and information visit the Civic Complex Box Office or call 938-9400.

The *CORNWALL COLTS* are back in action on home ice next Thursday, November 26th at the Civic Complex, Ed Lumley Arena. It's a 7:30 pm game against Pembroke.

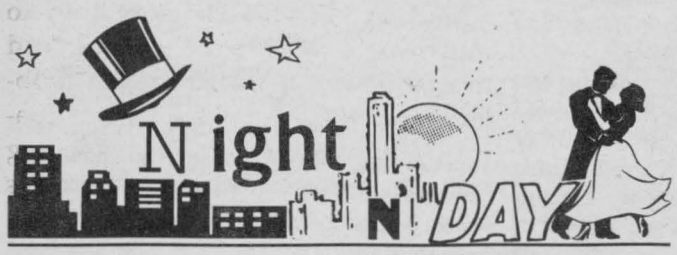
Meanwhile in the big leagues Patrick Roy, and the Colorado Avalanche will be up against the Montreal Canadiens at the Molson Centre this Saturday night. Should be a good match-up between a couple struggling teams. In the other TV game the Calgary Flames will be in Ottawa to play the Senators, and then the late evening game on the tube will be Detroit in Vancouver.

The folks of the *SOUTH GLENGARRY BLUEGRASS ASSOCIATION* in Martintown are planning on starting up a club that will be dedicated to preserving, promoting and teaching bluegrass music. They plan to hold *WEEKLY JAM SESSIONS* every Tuesday evening starting at 7:30 p.m. at the Lion's Club Hall in Cornwall. Membership in the club will be $15.00 and $2.00 for the weekly jam sessions. If you play, or are interested in Bluegrass, call Gary White at 528-4930 or Dan Tessier at 347-3470 evenings after 6:00 pm and weekends anytime. Please note that the acoustic instruments allowed will be guitars, banjos, mandolins, fiddles and dobros. No spoons, drums, pianos, saxophones, clarinets, trumpets, keyboards, electric guitars etc. GOOD LUCK pickers !!!

It's been a long and busy year so you can expect the folks at *COMMUNITY LIVING* to look forward to their annual get-to-gether next Saturday night at the Canadian Legion Hall. There will be great dancing music with spot dances and fun for everyone and all members are reminded again about the date and time - Saturday, November 28th starting at 6:00 pm with cocktails and the meal.

You got it right on D. Varin !! Following some investigation, including several phone calls and chats with several fans, I too have come to the conclusion that the real culprit in the "black out" of those Toronto Leafs games on TV is not the NHL, nor the Sponsor or the TV Networks, it appears it is COGECO that refuses to either install a "chip" or "push a button" that will allow hockey fans here to enjoy the Toronto games when they are scheduled for channel 23. Last week I asked for readers to get ready to add their name to a petition to get some justice in this on-going saga. It is probably more effective to simply call the Cogeco Cable office at 932-6451 and voice your opinion on this one. Let's join Mr. Varin and all the other disgruntled hockey watchers and start placing those calls NOW. Oh and by the way Cogeco ... your TV guide (or should it be mis-guide) still promotes the games on channel 23. How about using GO-GEE-GO as our battle cry fans. If all this still doesn't solve the dillema then I suppose I too will start shopping around for a dish !!!

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



Entertainment - Special Events & Restaurant Re

COOK'S CORNER

Chocolate Cheesecake

Makes 12 servings

24 chocolate wafers, finely crushed (1 1/3 cups crumbs)
2 to 3 tablespoons water
12 ounces light cream cheese (Neufchatel), softened
1 cup sugar
1 cup nonfat cottage cheese
1/2 cup Egg Beaters Real Egg Product
1/2 cup cocoa
1/4 cup all-purpose flour
1 teaspoon vanilla extract
3/4 cup nonfat dairy sour cream
3/4 cup confectioners' sugar

In small bowl, toss cookie crumbs with water, a tablespoon at a time, until crumbs are moistened. Press onto bottom of 8-inch springform pan; set aside.

In large bowl, with electric mixer at medium speed, beat cream cheese and sugar until smooth. Meanwhile, in electric blender or food processor, blend cottage cheese and egg product until smooth. Add cocoa, flour, vanilla and cottage cheese mixture to cream cheese mixture, beating until well blended and smooth.

Pour into prepared springform pan. Bake at 300°F for 60 to 65 minutes or until set. Cool in pan on wire rack. Cover; chill at least 4 hours.

To serve, blend sour cream and confectioners' sugar. Carefully remove side of pan from cheesecake; place on serving platter. Serve with sauce.

Nutrition Information per serving: 263 calories, 308 mg sodium, 23 mg cholesterol, 9 g total fat (31% of calories from fat), 5 g saturated fat, 1 g dietary fiber.

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Thursday, December 3 ~ 7:30 p.m.
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– New Year's Eve Buffet Dinner/Dance $27.50 (Dance only $15)
BARB'S Singles Dances
For more info call 933-5903

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Christmas CRAFT SALE
NOVEMBER 27 - 28 - 29
CORNWALL CIVIC COMPLEX
FRIDAY: 10:00 a.m. - 9:00 p.m.
SATURDAY: 10:00 a.m. - 5:00 p.m.
SUNDAY: 10:00 a.m. - 5:00 p.m.
CORNWALL'S LARGEST JURIED CRAFT SHOW
FREE ADMISSION!

Glen Presents - A Musical Play
The Gingerbread Man
by: David Wood
Directed by: Sheryl Whitford
Sat., Dec. 5, 2 pm & 7 pm
Sun., Dec. 6, 2 pm
Sat., Dec. 12, 2 pm & 7 pm
Sun., Dec. 13, 2 pm
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The Glen presents a lovely musical to be enjoyed by the whole family.
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Over 15 different items for ONLY ... $3.00
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Need a fast lunch? The Hub's lunch buffet is the perfect solution.
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Small Business

• PROFILE •

Cornwall & Area Small Businesses

Q: How do I go about buying a casket from outside a funeral home?

A: At a time of need there is no rule that says you must make funeral arrangements within hours of the death.

The fact is, your loved one can remain at the hospital for 48 hours while giving you the opportunity to visit Casket Royale. We can help you save up to 50% of your casket cost as well as 50% saving on your funeral service costs, which equals substantial savings without compromise.

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CINTEL COMPUTERS
Stronger Commitment to Customer Satisfaction and Quality

The computer store at 1613 Pitt is unveiling it's new name. We will honor all warranties for systems and products sold by us in the past three years. We are retiring any and all associations with the company we had a license agreement with.

The company is reorganizing. Kristina Ward (Pennell) will be President of the new corporation. She has twelve years retail experience and is a graduate of business management. Her vision for the new store at 1613 Pitt is to put the emphasis on quality and customer service.

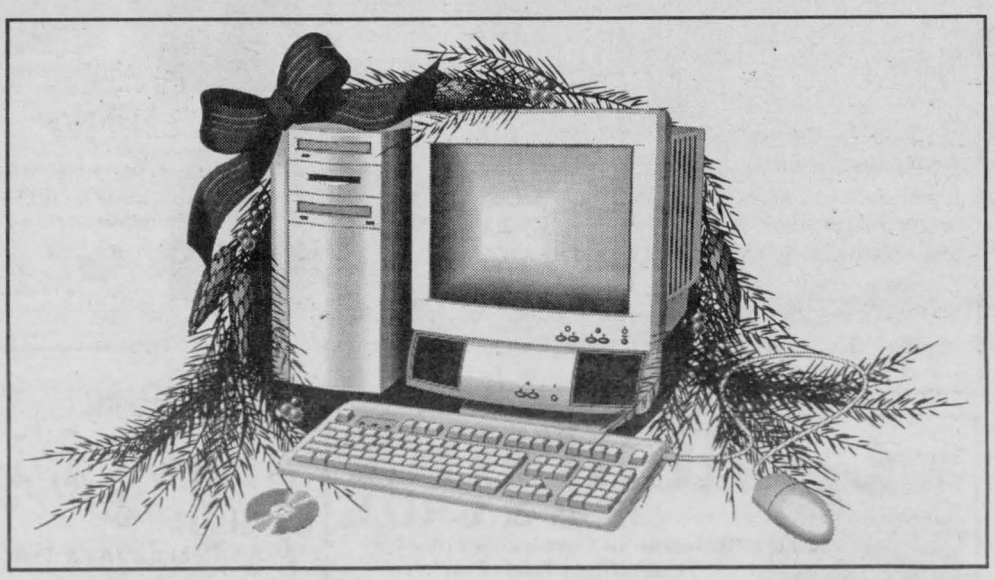
The staff is remaining with Kris during the transition. John Joubert will be available to tend to all your computer needs for home and business.

The store is bright, spacious and has a layout of two thousand three hundred square feet. With even more demonstration space so that you can get that one on one time with our qualified enthusiastic staff. We will provide you with the latest technology in computers. We continue to carry computer hardware, software and peripherals. We are able to take care of all your networking needs. Our bilingual staff is here to assist our francophone customers. We have a large selection of books and magazines and we will special order any item we do not have in stock which is usually in by the next day depending on availability.

As part of this transition we are having a large clearance sale on all in stock merchandise. These blow-out prices will be in effect while quantities last. This is a great opportunity with Christmas Day rapidly approaching.

We would like to take this opportunity to thank all our customers for their past patronage and look forward to serving your future computer needs. We are confident that our new store will provide you with the technology information needed to prepare you for the millennium.

We invite you to come see us at 1613 Pitt next to Bob Auline's Restaurant. Kris, John, Linden, Terry, Curtis and Charlene look forward to seeing you.



Moving Forward In A Volatile Economy



Recent market fluctuations have unsettled many Canadians, tempting them to make detours in their investment strategies. But the panic selling that sometimes followed earlier market uncertainty has not materialized, a positive indicator that the message of diversification and staying the course for the long term have taken hold.

"We are looking at a more knowledgeable investor," says Steve Murray, Vice-President, Canada Trust Mutual Funds. "They are more interested in steering their investment portfolios forward, rather than abandoning their plan or investments at the first bump in the road,"

A long term look at the Toronto Stock Exchange (TSE) 300 index shows that those occasional "bumps" are always followed by long stretches of growth. The market crash of October 1987, saw the value of the TSE 300 drop 11.1 percent in one day, and 22.5 percent for the month. Yet the index recuperated this loss and was up 5.9 percent by December 31, 1987. For the 1988 calendar year, the TSE 300 rose another 11 percent. The average annual return on the TSE 300 over the last 20 years has been 13.47 percent.

Investors who are tempted to suddenly sell during a downturn, risk short changing their portfolios while exposing their nest eggs to an early capital gains hit. Financial analysts call this locking in losses - and it is a constant hazard for investors who think they can correctly time the market to buy low and sell high. Most find the reverse happens on too many occasions.

"You don't want to be chasing the market," Murray says. "You always want to be on top of the market."

Staying on top of the market means being comfortable with your investment strategy and confident that it will carry on through the ups and downs of the market. For most Canadians, this requires the right set of investment planning tools, and the skilled hand of an investment consultant.

"You shouldn't do this on your own," Murray insists. "Whatever your longer term objectives, you are going to want to make every dollar work for you. An investment consultant has the expertise to help you maximize the potential of your portfolio."

Maximizing this potential requires diversification (the art of strategically placing your investment eggs in more than one basket) and asset allocation (the balancing of assets to minimize risk, while seeking to maximize potential return.)

Proper asset allocation allows you to add riskier and potentially more rewarding assets to your portfolio within the level of volatility you can tolerate (the crucial sleep at night factor). Historically returns over the 25 year period from 1973 through to 1997, show that a diversified investment of 35 percent money market instruments, 15 percent Canadian bonds and 50 percent U.S. stocks, would have boosted annual gains by 2.1 percent over a portfolio containing 100 percent Canadian bonds, without increasing risk.

Investors looking for less volatility are likely to include fixed term investments such as GICs, T-bills and money market funds in their product mix.

In addition to the initial planning, investors must pay attention to their portfolios. As personal circumstances change, portfolios tend to drift from the investor's objectives and need to be re-balanced.

Canada Trust's Steve Murray points out that re-balancing must not be confused with premature selling. "Re-balancing is a necessary tool to keep your investment objectives on track."

As an investor, you would be wise to seek financial institutions that have planning tools to monitor your portfolio and review your strategy to make sure it remains relevant to your objectives.

Steve Murray recommends sitting down with your investment consultant at least once a year to check on your portfolio's performance. "You have to be comfortable with your portfolio," he says. "If you don't understand something ask questions. Never lose your focus."

Overpricing Your Listing

(NC)—How does a seller know whether their house is listed too high? Of course, a good salesperson will let you know. But sometimes your salesperson may be hesitant to tell you. Here's what to watch for:

The most obvious indication is when there's no action on your house, either calls, showings or offers.

However, there's another situation which may indicate that your house is overpriced. This happens when salespeople of other companies show your house to potential buyers on a frequent basis, yet no offers are ever received.

Why should these salespeople be so anxious to show off your house again and again if no offers result? Well, the answer is really quite simple. They probably have their own listings of similar houses that are listed at a price below yours. After showing your house they then take the buyers through their listing which is priced much more reasonably. In comparison to your house their listing looks like a bargain! So watch for salespeople who are continuously showing your property without bringing you an offer. Chances are they're selling their listing off your house.

If you think this may be happening, ask your salesperson to show you what other listings are for sale in your neighbourhood. Compare the list prices of these properties. You, as a seller, are in competition with these listings for potential buyers. If your listing is not competitively priced, you and your salesperson can then decide on the next steps.

John Bearden is President & CEO of Coldwell Banker Affiliates of Canada.

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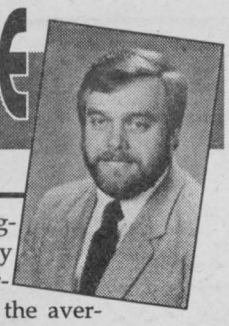
PLANNING YOUR FUTURE



By Mark McDermid

Debunking The Myths of Financial Planning

Providing financial advice to Canadians for the past x# of years has put me in contact with hundreds of people who are concerned about their financial futures. While the individual situations of my clients vary, I'm frequently surprised by the degree to which people share the same concern.

Based on the most common questions I'm asked, I've put together a list of what I feel are the top three"myths" about money management. It is my hope that by addressing them in this column, I might help to dispel some of the concerns and ease the intimidation that is so often associated with the investment industry.

Myth: *Only the very wealthy need the services of an advisor.* This is perhaps the most dangerous of the untruths because it undermines what should be a basic goal of every Canadian: to take responsibility for his or her own financial future.

Strange to think that it was just a generation ago people felt planning for their retirement meant investing in Canada Savings Bonds and awaiting their Canada Pension Plan at age 65. That's no longer the case. Today, governments are handcuffed by enormous deficits, inflation nibbles away at savings and the individual is struggling under the weight of an increasingly heavy tax burden. As the average Canadian struggles to meet the demands of daily life, there is less and less time to manage the ever more complex legal, financial and tax affairs which are important to one's fiscal health.

None of this seems likely to change.

The good news is however, that there are average Canadians who are having success in meeting their financial goals, whether they be saving for a home, planning for the education of their children or grandchildren or preparing for retirement. What characterizes their success is a commitment to setting personal financial objectives and taking a disciplined approach to achieving their goals, in most cases with the aid of a professional advisor. For as little as $50 a month invested in a mutual fund or similar savings vehicle, one can begin a program of financial growth management. Money in any amount, deserves prudent care. Whether it's $1,000 or $100,000, by putting their money to work in productive and creative ways today, Canadians from all walks of life are ensuring financial security and prosperity tomorrow.

Myth: *Financial planning is complicated and requires a great deal of investment knowledge.*

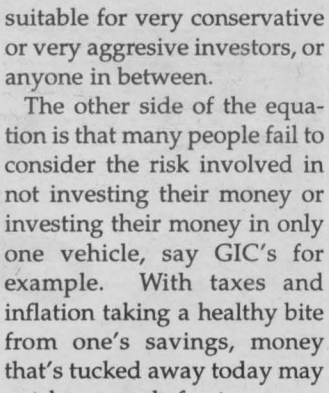
This is potentially the most intimidating aspect of money management for most people and a frequent barrier. Complicated tax laws, the bewildering range of investment products, the ups and downs of the stock market, can all be factors which frighten people away from taking control of their financial destiny. That's a shame because in reality, even the most inexperienced investor can be inaugurated into the world of money management with just a little time spent reviewing the basics. A patient and thorough advisor will take this time. For those who are especially keen, your advisor will often be pleased to provide you with educational material and recommended reading to enhance your knowledge. What many people find is that the more they understand and are able to take control of their financial situation, the greater their level of comfort in these uncertain times and the more positive their feelings about the future.

Myth: *Investing is risky.*

Any investment has an element of risk. The objective for the advisor and his/her client is to assess the level of risk each investor is prepared to take in making the selections for the investment portfolio. There is certainly a full range of products with varying levels of risk which would be suitable for very conservative or very aggresive investors, or anyone in between.

The other side of the equation is that many people fail to consider the risk involved in not investing their money or investing their money in only one vehicle, say GIC's for example. With taxes and inflation taking a healthy bite from one's savings, money that's tucked away today may not be enough for tomorrow unless it is employed productively. For most people, this means participation in a variety of investment products - "diversification" as it's known in financial circles - is the best route to increasing growth while minimizing risk. When you hold a well rounded investment mix, you have a better chance of benefitting from capital gains, while protecting yourself from losses.

Hunt Financial Services Inc.



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Creditor Insurance A Smart Insurance Option

MONEY TALK

(NC)—Creditor insurance is often overlooked for the economical and sensible option that it is. Simply put, it protects your family and dependents from the worry of handling a large debt if your income were not available to make the payments. For example:

Mortgage life insurance will pay off your mortgage should you die (and you are insured). If you don't have the insurance, your family is still responsible for the mortgage.

You can also get life insurance on other types of credit such as personal loans, business loans, lines of credit and even credit cards. You'll receive a quote at the time of your loan and premiums are conveniently added to your repayment schedule.

Disability insurance makes your scheduled loan repayments if you cannot work due to a sickness or disability. And some financial institutions, such as CIBC, now also offer job loss insurance on credit cards and personal loans, "to give you breathing space in difficult times" as Richard Moens of CIBC Insurance puts it.

Credit insurance is usually less expensive because it is a "group" policy which has lower rates and there are no commissioned agents involved in the sale. Also, the amount of insurance goes down as the debt is paid down.

OBC Answers The Demand To Provide High-Tech Graduates

Ontario Business College is proud to announce its newest diploma programs, Information Technology Specialists, Computer Programming (MCSD), Computer Service Technician and Network Engineer (MCSE). These programs will provide students with the opportunity to enhance their current education with computer training in web site development, programming, windows NT, database creation and much, much more. Not only will students graduate with a College Diploma, they will also receive Microsoft Certifications.

We live in an Information age which is facing radical change in the way we live and work. The need for accurate and accessible information puts a tremendous demand on the professionals who apply the computer based technology to keep businesses growing. Corporate Canada urgently needs more information technology experts and are willing to pay higher than average salaries and benefits for the right qualified applicants. Currently, there are 20,000 job vacancies in the high technology field in Canada, and the gap is widening. The shortage of skilled IT professionals is expected to increase to over 50,000 by the year 2000. That's only 15 months away.

In partnership with Productivity Point International (PPI), a leader in corporate computer training and one of the largest Microsoft Authorized Technical eduction Centers (ATEC) in North America, OBC has custom designed these four diploma programs to ensure that they meet the qualifications employers today require from their IT staff.

According to Canada's Best Career Guide Computer Programmer/Analyst ranks as one of the fastest growing careers leading to the year 2005 with a less than average unemployment rate. Students will earn their MCSD (Microsoft Certified Solution Developer) certification to become a Certified Programmer in less than 8 months.

As a Computer Service Technician students will learn electronic repair and servicing for residential and business electronic equipment. Upon completion of this program, graduates will be able to service and repair PC's, administer and troubleshoot a network and implement diagnostic utilities upon completion of the 7 month program.

Those wanting a career as a Computer Systems Manager, Data Centre Manager or Systems Development Manager will be interested in the Network Engineer program, MCSE (Microsoft Certified System Engineer) which will provide the skills necessary for organizing, planning, directing and controlling the various activities of computerized information systems and electronic data processing (EDP) in less than 8 months of training.

For those individuals interested in all three programs and can't decide which one is best suited to them, they may want to consider acquiring these many sought after skills by enrolling in the Information Technology Specialist program that features an MCP (Microsoft Certified Professional) designation as well as provides training towards a MCSD and MCSE in less than 48 weeks.

"OBC has always worked together with employers to keep our curriculum current and to meet the demands of the current workforce. To this end, OBC has risen to the challenge of providing skilled high tech employees with the launch of its new Information Technology Specialist programs. We believe we have put together the very best computer education and technology available to those interested in gaining a well rounded education and advancing their career in a short period of time," says OBC President Alan Greer.

Ontario Business College is registered and approved as a Private Vocational School under the Private Vocational Schools Act administered by the Ministry of Education and training. Established in 1868, OBC has been providing quality career training for over a century. Currently there are 12 campuses located throughout the province of Ontario that offer more than 25 different Diploma programs in Computer, Legal, Health Care and Business fields as well as a variety of evening based Certificate programs. At Ontario Business College, Education Works! For more information call OBC today.

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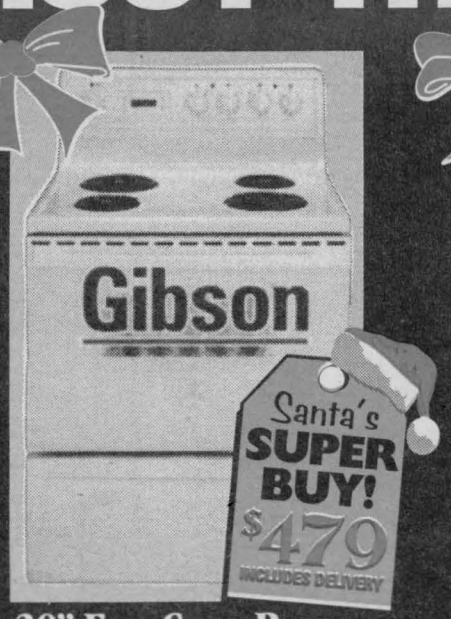
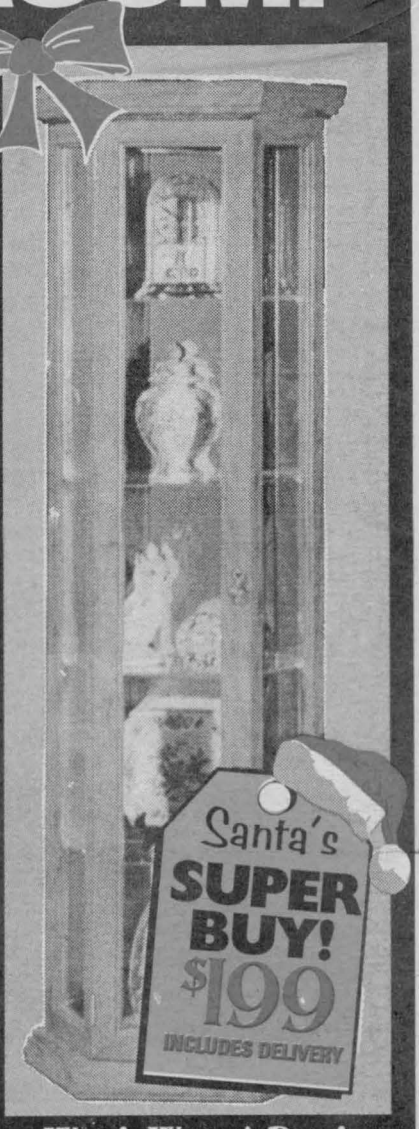


30" EASY CLEAN RANGE
Electronic time of day clock, spill safe up-swept cooktop, oven light



18" CU. FT. REFRIGERATOR
2 full width shelves, 2 door shelves with 1 gallon depth, clear meat keepter



WOW! WHAT A DEAL!
Traditional oak finish curio cabinet with glass shelves.

SEASON'S SENSATIONAL SEAT SALE!
The best seats are at Leon's! Choose from a lovely swivel rocker (available in blue, green or rose) or this timeless classic wing chair (available in mauve, blue or green). And there are many more chairs in store.



Leon's
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