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SEAWAY NEWS

MARCH 29, 1998 VOLUME 12, ISSUE 13 SERVING CORNWALL AND AREA

A Day in the Marsh



Cooper Marsh, located 18 km east of Cornwall on Hwy. #2 near South Lancaster is a Conservation Area encompassing 650 acres of Class 1 wetland with marsh, swamp, open meadows, meandering streams and isolated ponds unveiling nature's hidden secrets. To date, 150 plant species and 178 bird species have been identified at Cooper Marsh. The Visitor Centre provides local communities and visitors with an exceptional learning facility to instill conservation ethics and stimulate environmental appreciation both in today's society and in future generations. Outdoor education programs offered in both official languages are available for kindergarten to Grade 13 students. Close to 5,000 students participated in the outdoor educational programs in 1997.

A very special "PUDDLE DUCK" egg hunt will be held Easter Sunday, April 12th from 12 noon until 4 pm at the Cooper Marsh Visitor Centre and Conservation Area. With the help of members of the Cooper Marsh Conservators and the Easter Bunny, families will rejoice in the fact that spring is here and how they are reminded of the beauty, joy and peace of the Easter season as they enjoy themselves in the great outdoors searching for the elusive chocolate eggs! Pictured with Rose-Marie Chretien, Nature Interpreter, are the students from St. Gabrielle School in Cornwall.

(photo by Aubrey Johnson)

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ATTENTION MEN!
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It's the sale you can't afford to miss – Guaranteed!
Sale Ends Saturday, April 11 CLOSED GOOD FRIDAY
Every "Bunny" Will Save at Vimi's
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Bonjour Les Femmes!

Les Services d'aide aux survivantes d'agression sexuelle a grandement besoin de votre aide. Nous sommes à recherche de bénévoles intéressées d'offrir 16hrs/mois pour supporter des femmes qui ont besoin d'écoute. Pas besoin de vous déplacer la ligne est transférée à votre domicile et nous vous assurons la confidentialité. Si vous êtes intéressées, appelez-moi vite! Une formation de 40 hrs. débutera en milleu avril "98". Pour plus d'information n'hésitez pas à me contacter:

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Business and Industry Training Services

and **Human Resources Development Canada** are providing training to

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You may qualify if you:
are currently receiving employment insurance benefits;
or received unemployment insurance in the last 3 years;
or received maternity/parental benefits in the last 5 years
and want to return to the workforce.

Classes are scheduled to begin in April at St. Lawrence College Cornwall campus.
An information session is scheduled for Tuesday, March 31 at 1:30 pm, Room A352, Cornwall Campus - Windmill Point.
For information or to register for the information session, please contact Louise Boulay at 613-933-6080, ext. 2153

This program is funded by Human Resources Development Canada

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LIFESTYLES

Complementary Medicine is the Future of Health Care

by Dr. James Balch MD
co-author of Prescription for Nutritional Healing

(NC)—As a physician and pioneer in the area of alternative/complementary medicine I am often disappointed by individuals who promote their form of health care as the only option. More and more we are beginning to recognize that for health care to survive that we must draw on all areas and modalities of healing and truly coin the next phase of medicine as "complementary care".

Most would agree that if one is in a serious car accident that you would seek the care of a medical doctor and possibly a surgeon, to reset bones and do surgery. This is where traditional medicine is succeeding with great leaps and bounds and as a physician and surgeon for 30 years I am proud of these advancements in acute care. However, where we have faltered as a profession is in the area of preventative medicine and chronic care. As a profession this is where we could all learn from the naturopaths, herbalists, and homeopaths about using some of their chosen modalities that are safe and effective and often free of side effects for many of these chronic, non-life threatening disorders.

No longer should we draw lines and commiserate amongst ourselves about the problems within our health care system, but instead take the time to inform ourselves about appropriate health care options for our own unique and personal health challenge and support it with all the complementary therapies that are appropriate. Knowledge is power and it's time we all band together as physicians and complementary care providers to provide as many appropriate options for you, the public. One such company that comes to mind that has been working towards this is Quest Vitamins, a division of Boehringer Ingelhiem a traditional pharmaceutical company that is leading the way into the next millennium of health care, providing preventive products in the form of vitamins, minerals and herbs as well as acute care respiratory products. Boehringer and Quest Vitamins exemplify the change that is taking place and companies like this and others need to be supported in order that we all achieve what we are looking for—optimum health for ourselves and our family.

Folic Acid the Single Most Important Nutrient to Supplement Before and During Pregnancy

by Dr. James Balch MD
co-author of Prescription for Nutritional Healing

(NC)–Folic acid has been receiving a lot of news as of late. Folic acid, a member of the B-Vitamin family and found in green leafy vegetables and whole grains, has been shown in research to prevent neural tube defects in the fetus during pregnancy, the most frequent one being spina bifida and secondary hydrocephalus.

Although folic acidís role in fetus health has been researched for years it has only been recently that public health authorities are placing greater emphasis on the intake of folic acid by pregnant mothers. While the media has been touting the benefits of folic acid, for the last couple of years, there are still a great percentage of women that do not supplement with folic acid prior to or during pregnancy to prevent this disorder from occurring. Supplementing with folic acid is by far the easiest and most effective way, along with abstaining from alcohol and nicotine, to prevent growth development problems with a new born.

The US government has recognized the role of folic acid and as of January of this year(1998) is requiring cereal manufacturers to enrich their products with folic acid. Although this has not happened in Canada yet, through proper food choices as mentioned earlier, and supplementation of additional folic acid, women can protect their babies from this disastrous disorder.

Fortunately there are many companies that are producing formulas specifically for mothers who want to prepare themselves for pregnancy and gestation. One such product is, Questís, Folacinô available in health food stores, as it contains both 1 mg of both folic acid and B-12. This is an important combination as folic acid alone can in some cases mask pernicious anemia, a form of anemia that can result in peripheral neuropathy (numbness). By supplementing with 1 mg of folic acid as well as 1 mg of B-12 this can easily and safely be prevented.

Zinc Lozenges for the Common Cold

by Dr. James Balch MD
co-author of Prescription for Nutritional Healing

(NC)—Zinc has been known to have a role to play in immune function for several decades now and recent research, now indicates Zinc Lozenges have been shown to relieve the symptoms of the common cold.

One study, reported in the Canadian Medical Association Journal in 1996 (155 :1460) reported complete resolution of symptoms in participants who received the zinc lozenges. Patients were given lozenges with zinc gluconate (1 lozenge dissolved in the mouth every 2 hours during waking hours) or a similarly flavored alternative until the resolution of symptoms or for up to 18 days.

The zinc lozenge group improved almost twice as fast as the other group. Patients who received the lozenges also had fewer days with cough, hoarseness, headache, nasal congestion, nasal drainage and sore throat.

In addition to Zinc, research has also indicted the effectiveness of vitamin C and an herb, Echinacea for their role in reducing the severity and length of a cold. Fortunately there is now one product on the market that contains all these ingredientís in a single dose that I have been recommending to my patients, Quest Zinc & Vitamin C Lozenge with Echinacea.

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Friends of the United Way

Winner of the Cornwall Square Promotion



Cornwall Square sponsored a promotion to benefit the United Way campaign. $300.000 dollars in Cornwall Square gift coins was awarded to Tina Mondoux, owner of More Than Pets store. Cadillac Fairview property management of the Cornwall Square was pleased to offer the employees of the mall the opportunity to donate to the campaign, a $5.00 dollar donation awarded a chance to fill out a ballot to win.

Pictured from left is Stephanie Crooke, Marketing Director of Cornwall Square and Tina Mondoux, winner of the promotion.

St. Lawrence Leads Enrolment Growth in Eastern Ontario

According to a survey done by the Ontario College Application Service (OCAS) right after the March 1, 1998 audit date, St. Lawrence College is the leader in enrolment growth in the Eastern Region of Ontario. In fact, only four collected in the whole province have exceeded St. Lawrence's enrolment growth.

Registrar Rick Dunn says "Three years ago we started recruiting more aggressively and we are now seeing the effect of that effort, as well as implementing important academic retention strategies." Dunn feels that St. Lawrence is not as vulnerable as some other colleges due to its choice of programs and matching program offerings with market demands.

St. Lawrence College has 4,730 full time, post secondary students enrolled for 1997/98 - 656 from the Brockville Campus, 787 from the Cornwall Campus and 3,287 from the Kingston Campus. Dunn reports that this is an increase of 4.5% over the previous year. The Ontario College system average is up .07% from last year, making St. Lawrence 4.43% above the provincial average.

Crime Stoppers

This week Crime Stoppers is asking for your help with the Ministry of Natural Resources investigations of fish poaching in the Stormont, Dundas and Glengarry counties. Illegal fishing activity usually increases when popular sport fish such as walleye, yellow perch and northern pike migrate to their spawning grounds every spring. The fish become very susceptible when they congregate in large numbers at the spawning sites. Disturbances to the eggs or removal of spawning fish at this vulnerable time can reduce future available fish resources. It is unlawful to take or attempt to take fish from fish sanctuary or to take these sport fish anywhere by means other than by angling, i.e. spears or perch cages.

We do not subscribe to call display and your identity is never known.

If your information leads to an arrest you will be entitled to a cash reward.

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

TALKING BACK



By Greg McGillis

Trimming Education

I shaved off my beard the other morning. It didn't start that way. I was in the mood to change things and the beard seemed a good place. A new look was what I needed, no doubt. With a trimmer in hand I began to trim. That's all it really takes to cut hair or beards. Just a trimmer and a comb. Anyone can be a barber, I thought. First the left side, then the right side. I could never quite get the thing balanced or get it the way I wanted, but on I barbered while tufts of stiff beard landed soundlessly on the linoleum. After only about fifteen minutes I realized that I had really screwed up my beard and my only course was to shave it off. It would grow back in a week or so. In beard cutting there is no permanent harm done.

Every Ontario government since before confederation has tried its hand at education reform. Usually it's a trimming affair, but lately they've been making wholesale permanent changes with little or no study, consultation or idea of the consequences. It's all actually a holdover from the eighteenth century Enlightenment, when public education was still a glimmer in the eye of social reformers. We would somehow fix the world by educating it. Ignorance was the only real culprit in most of our problems. Literacy, numeracy, and the liberal arts would change society forever. And it did change society for the better. But, as products of a successful school system, we have come to see the school as a place of infinite opportunity. Every time that something goes wrong in our society, we go to the school system to fix it. Then we forget about schools until the next time we are angry at ourselves.

So new governments elected with mandates for change inevitably make schools the focus of that change. The Harris government is doing it, the Rae government did it, so did the Peterson, Davis, Robart governments and every government before them. Every government sends the education system into upheaval, teachers and boards attempt to put into practice what often turns out to be impractical and in the meantime the public has moved on, satisfied that the education system is under major reworking. Problem is that the governments have not followed through. As former deputy minister of education Charles Pascal has said, governments are great as passing policy and legislation, but terrible at implementing it. We don't know whether child-centered learning was a good ideas because, despite the rhetoric, it was never really implemented properly and its success measured. The public, and the politicians, had moved on. Group learning, then cooperative learning, OS:IS, then collaborative learning, then destreaming, then the Common Curriculum, than last year's secondary school reform, followed immediately by this year's secondary school reform and Bill 160 - one after another, governments mindlessly tear at the flesh of the system and wonder why it screams.

Aside from Royal Commissions which are political entities, not research or educational entities, there has been no ongoing evaluation, validation, or review of these programs. The Harris Tories tend to think in private sector terms: if you make money at it, then it's good. They are hellbent on finding savings which they believe will improve the system simply because that will free up more revenue. But that is now how you measure the success of a school system. In fact, there is no one best way to measure a school system's success. Highly standardized and centralized curriculum will produce higher test scores on standardized tests. The evidence is overwhelming. But despite the best efforts of the Tories, there has been no curriculum produced in their entire mandate. It's still on the drawing board. They are still arguing among themselves over the guidelines that might someday lead to curriculum.

If it takes that long to produce province-wide curriculum guidelines, and if you have to go to American companies to do it, then how do you make highly standardized curriculum in the age of the microchip? Let's remember that back in the sixties we abandoned a standardized provincial curriculum because it couldn't respond to the changes in society quickly enough. Why have we changed our minds? Has society noticeably slowed down? I don't think anyone believes that. This is being driven by a political desire to improve test scores and say that the current government has improved education.

All I know is that when you trim a beard all from the right side, you get some pretty horrible results. The education system will survive in some form. We may simply not like that form when we see what the Tories have done.

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- Our clown FARFELU will entertain the kids.
- Nice gifts for all participants: meals for kids, HT suncare products, fruit, shampoo, visors, chill, participation trophies, etc.
- **Day of the event:**
  TIME - registration between 10:00 am and 12:00 pm
  - Model Search: 1:00 pm
- **40 winners** will be selected that day and will receive nice gifts.
- **All winners** will be **invited** to the National Finals at Mont St-Sauveur Water Park on **July 4, 1998**. One girl and one boy will **win many prizes**, including a **trip to Florida,** accompanied by a parent in the Summer of 1999. The winners of the National Finals will be invited to represent Canada at the **International Finals in the Summer of 1998.**



1997 Little Miss Hawaiian Tropic Canada
Tanya Johnston
photographer: Sylvain Brouillette



1997 Little Mister Hawaiian Tropic Canada
Cédric Ménard

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1997

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In & About CORNWALL

Team Cornwall Annual General Meeting Set

Team Cornwall will hold their annual general meeting at the Best Western Parkway Inn and Conference Centre on Thursday, April 2, 1998 at 7:30 am. All Team Cornwall members and community minded individuals are welcomed to attend. A continental breakfast will be served from 7:30 am to 8:00 am. Tickets are $6.00 per person and can be purchased at the Cornwall Chamber of Commerce office. Agenda: Call to order; chairman's message; financial report; membership report; election of captains; economic development department annual report; Team Cornwall - a year in review; guest speakers - Tim Kirkby (Professional Engineers) and Lori Dupuis (Olympic Team); new business; adjournment.

St. Lawrence Alumni Seeking Nominations

Nominations of St. Lawrence College graduates are welcomed for the Alumnus of Distinction award until March 31, 1998. A nominee must be a graduate of St. Lawrence College; have demonstrated exceptional career success; have made a significant contribution to their community; and have a history of "life long learning". The awards will be presented to the winners at various college special events held throughout the year. In addition, honourary diplomas are granted by St. Lawrence College annually to individuals and organizations to recognize outstanding contributions. Recipients must provide an example, inspiration and leadership to all graduates of the College. Nominations will be accepted for honorary diplomas by the College's Board of Governors until March 23, 1998. For more information call 933-6080, ext. 1617.

Sea Cadets Take Part In Competition

Recently the local Sea Cadet Corps "Stormont" participated in a Rideau Flottila Competition held in Kingston. The results are as follows: Shearlegs - 1st place; Seamanship - 2nd place; Range Air Rifle Team - 1st place. Stormont has 5 out of the 6 shooters in our Flottila going to the provincial range competitions. The top shot in Kingston was Chief Petty Officer Mascarehas. Swim Category A - top; Category B - top; Overall team - 1st place. Stormont had two top swimmers - Krysten Barkley and Stephanie Kirschner. Congratulations to all the cadets who participated in the competition and to all the Officers and volunteers who helped get them there.

Easter Bunny To Visit St. Lawrence Centre

The Easter Bunny will visit St. Lawrence Centre April 3rd and 4th from 11 am - 8 pm and April 5th from 12 noon - 5 pm and April 10th and 11th from 11 am - 8 pm. Photos are available for only $6.00 (tax included). Visit the Easter Bunny in his bunny village located in Center Court (balloon display provided by: Party Productions of Malone, NY).

A Richard Scarry Event "The First Easter Egg Ever"'

St. Lawrence Centre will present a Richard Scarry event "The First Easter Egg Ever" on Saturday, April 4th at 10 am or 12 pm. This fun filled event for children ages 3 - 12 will be located in the Relaxation Station next to Barbara Moss and will feature a viewing of "The First Egg Ever" video, activities including: decorating an Easter basket, enter-to-win prizes such as Richard Scarry videos, plush toys, and the grand prize - filled Easter basket donated by Candyland - St. Lawrence Centre. Also included: milk or juice (donated by Homestead Dairies) and cookies (donated by Arby's). Tickets are on sale now at the Customer Service Centre for only $3.00 each, all proceeds to benefit the Central New York Ronald McDonald House® located in Syracuse, New York, which serves as a home away from home for families with seriously ill children. There are only 50 tickets for the 10 am session and 50 tickets for the 12 pm session and are on a first come, first serve basis. All children must be accompanied by an adult.

Ski-A-Thon 98 a Success

The organizers of this year's Ski-A-Thon '98, Rhéal Filion and Jean Guy Bercier, on behalf of Jean Marc Lalonde, MPP, the Honourary Chairman, are pleased to report that this year's event was very successful considering that it had to be postponed from January because of the Ice Storm. Two hundred and twenty skiers raised $12,600 during a "perfect ski day" at Mont-Habitant. Winners of the Mayor's/Politician Race was Don Boudria, MP (3rd), Jean-Claude Trottier (2nd), and Claude Gravel (1st). Special thanks to the members of the committee, the skiers, businesses that donated gifts and the people that supported our skiers in the fight against cancer.

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TOTAL VALUE: OVER $75,000!



EARLY BIRD DRAW DATE: APRIL 9, 1998

FINAL DRAW: APRIL 28, 1998*

* If all tickets are sold by the Early Bird ticket deadline of midnight, April 2, draws for all 1910 prizes will be held on April 9. If tickets remain, draws for all prizes, excluding the Early Bird Prize, will be held on April 28. Final ticket deadline is midnight, April 21, 1998.

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Belisle Chevrolet Oldsmobile Cadillac — 444 Montreal Rd., Ottawa
The Brick — 1653 Merivale Rd., Ottawa
Campbell Ford Sales Ltd. — 1500 Carling Ave., Ottawa
Carling Motors Co. Ltd. — 1638 Carling Ave., Ottawa
Fitness Depot — #12 - 850 Industrial Ave., Ottawa
The Focus Centre — 254 Bank St., Ottawa
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Ottawa Camping Trailers Ltd. — 4815 Bank St., Gloucester
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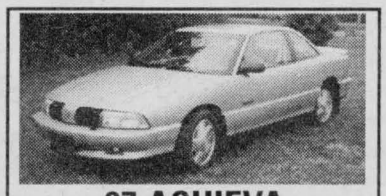

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Cleaning the Air For A Healthier Home

Everyday, on average, we breathe in approximately 15 - 20 litres of air, something most of us do without a second thought - without even considering what it is we're putting into our lungs. Most of us do the majority of this breathing inside. Several studies have shown that we spend, on average, well over 90% of our time indoors where exposure to many dangerous pollutants are higher and more concentrated. Unfortunately, today's homes and offices contain many substances which may be hazardous to our health. These range from irritants caused by practices including the improper use and storage of toxic chemicals and poor maintenance of ventilation and humidification systems. Experts from various health and environmental agencies now rate poor indoor air quality as an immediate and serious health threat.



Recognizing the link between indoor air quality and health, as a growing concern to Canadians The Lung Association, a leader in respiratory research and education, has recently extended its mandate to include environmental health education. The Lung Association stresses that improving the air quality in homes could improve individuals' health and decrease the risk of lung disease, especially among people with pre-existing breathing disorders. "Millions of children live everyday with breathing problems, which can be worsened by indoor and outdoor pollution says Catherine Sabourin of The Lung Association. "Unfortunately, high levels of air pollution can make breathing problems worse, for those suffering from asthma and allergy related conditions." "Many simple do no realize the health risks they, and their families face from polluted indoor air in their homes or apartments," she warns. "Air pollution contributes to lung disease which claims more than 31,000 Canadian lives each year. It is the third leading cause of death in Canada."

"Our lungs are constantly filtering everything in the air we inhale, including pollutants. Both indoor and outdoor air pollution affects the ability to breathe and can contribute to chronic lung disease," she says. "The most important action one should take to eliminate air pollution in the home is to identify and eliminate the source," advises Sabourin. "They should also make sure that they have adequate ventilation throughout their home. Air cleaners and filters may help for some indoor air quality problems, but it is of key importance to identify and remove the source and ventilate the home before considering this option.

"Among the most obvious air pollutants are second hand tobacco smoke. Environmental tobacco smoke can cause lung cancer in non-smokers, and respiratory problems and infections in children less than 18 months old. Second hand smoke is a known trigger for asthma attacks. For some people, many other common sources in the home can make breathing difficult," Sabourin explains. "Even air conditioners and furry pets can be indoor air pollution sources for some people, as can improperly vented kitchen and heating appliances. Other examples include the fumes from dry cleaning, newly installed carpets, drapes and upholstery, as well as the aerosol mist of beauty care, and personal care products. Household cleaning products, paints and hobby materials can also be common sources of irritants."

Common symptoms of people suffering form indoor air pollution include dizziness, nausea, frequent headaches, allergic reactions, skin or eye discomfort and difficulty breathing. "If you or someone in your family has these symptoms, find out if they disappear when you go outdoors or after opening a window and venting the air. If you find that ventilation or leaving the home helps, it is possible that something in your home actually caused the symptoms."

For nearly a century, The Lung Association has focuses on issues of respiratory health and has built a strong network of community offices across the province. C.AN.DO, the Movement for Clean Air Now, a new program developed by The Lung Association provides suggestions for s simple and practical ways to make a positive difference in the air we breathe. C.A.N.DO offers a range of comprehensive materials and information created in partnership with national experts in clean air and health issues and is yours for the asking. You are responsible for the quality of air in your home; for specific information on identifying and controlling indoor, household air pollution, contact The Lung Association at 932-4999 or 1-800-450-5202 or call the C.A.N.DO info. line toll free at 1-800-07-CANDO because ... when you can't breathe, nothing else matters.

Grand Opening Ceremony



With life being so decidely short and death being such an endless proposition, it is comforting to know that there are alternatives to funeral planning and arrangements. Changes to the Ontario Funeral Services Act guarantee consumers the right to purchase caskets and cremation products outside of funeral homes. Casket Royale Cornwall, situated at the corner of Hwy. 138 and Healine Road east, recently opened to advise and assist consumers in funeral preparations. Combining low overhead costs with minimal profit margins, Casket Royale Cornwall offers the buyer quality merchandise at a substantial savings. Pictured at the recent ribbon cutting ceremony are MPP John Cleary, South Stormont Deputy Reeve Jim MacGillivray, owners Mike Leclair and Sharon Spence with friends and well wishers.

(photo by Aubrey Johnson)

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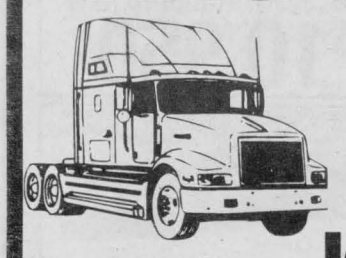

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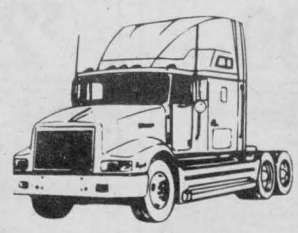

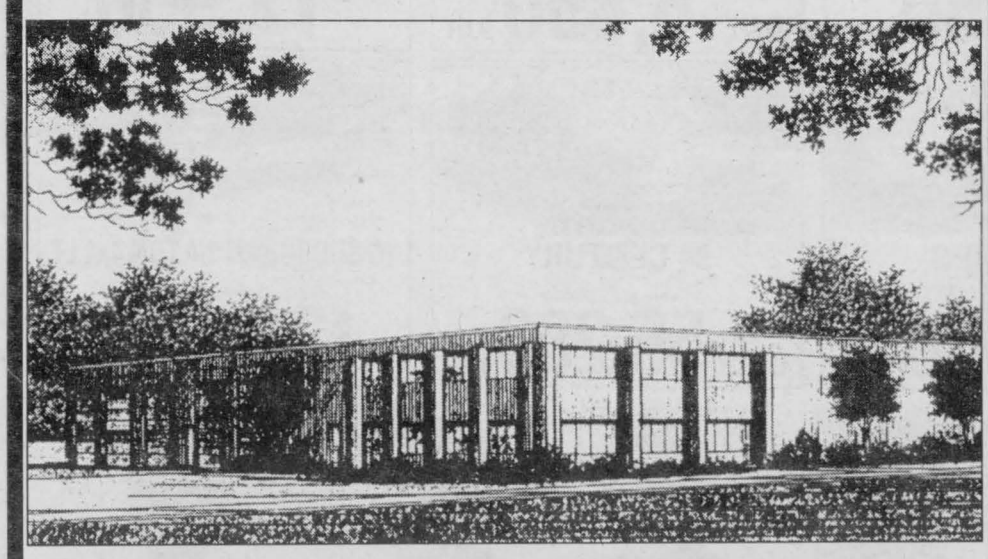

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Around the Counties

Springfest Sure To Be A Good Time

Youth Service Canada participants will hold a family fun day "Springfest". The date is set for Sunday, March 29th, 1998 from 9:30 am to 3:30 pm at the Bonnie Glen on Highway 43. Children and adults are more than welcome. This is a non-profit event. The day will be kicked off with a breakfast/brunch. Activities will be held throughout the day for children and adults, some of which will take place on the newly restored nature trails. Free hot dogs, cake and juice will be served in the afternoon. The day will conclude with awarding of prizes from the variety of activities being organized. Local businesses and clubs donated prizes and volunteers, for what promises to be a good time.

Egg-citing Senior Day Planned

On Monday, April 6th, from 1 to 3 pm, the staff at the McKinnon Forestry Centre are offering a workshop for seniors in the community. Join them to learn how to make natural dyes so that you can create colourful eggs for the Easter holidays. This program is offered to seniors only and is free of charge. "Seniors will have lots of fun experimenting with natural dyes made from forest plants," says Melissa Earle, McKinnon Co-ordinator. "We encourage groups to register early as space is filling up quickly." Hot water will be on the woodstove for coffee, hot chocolate or tea. The Centre is also wheelchair accessible and is located south of Apple Hill, north of Martintown, one mile east on Kenyon Road. For more information about the program, please call Melissa or Tammy at the Centre at (613) 528-4430.

Workshops Offered

Friends of the Upper Canada Migratory Bird Sanctuary are sponsoring a decorative bird house workshop on Saturday, March 28th from 1 pm - 4 pm. All material is supplied and the cost is $10 per person. On Sunday, March 29th, there will be a Beeswax Candles workshop offered for a cost of $8 per person. Horse wagon rides are available from 1 to 3 pm and cost $1 per person.

Stroke Sessions Planned

The Dundas chapter of the Heart and Stroke Foundation of Ontario is offering a series of information sessions for stroke survivors and their caregivers. The sessions will take place over eight evenings and cover topics as anatomy, risk factors, pill talk and stress. The sessions begin April 6th and run until June 8th at he Park Lane Villa in Williamsburg. The registration fee is $25 and covers snacks. For more info. or to register call Dr. Graham Jacques at (613) 543-2963.

Lancaster Chamber of Commerce Gives Out Awards

Lancaster Chamber of Commerce presented their Citizen of the Year Award to Ernie Larocque last week. Larocque has contributed many years to minor sports from coaching to refereeing. He has devoted countless hours to ensuring that there is "something to do" for the local youths. The Business of the Year Award was given to Munro Agromart Ltd. The seed business provides employment for eight people and includes a feed business, a corn dryer, a fertilizer business and a chemical storage building.

MS FACT #24

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DAY OF MOURNING CONTEST

We would like you to write an essay on the Day of Mourning, "What does it mean to you?" The National Day of Mourning is held on April 28th, yearly. It was established as the first payment was given to workers who were hurt in the workplace.
The Day of Mourning gives us a time to remember workers that were killed or injured in the workplace. This is just a little information. We are asking you for an essay that is at least 250 words. Three prizes will be awarded: 1st prize - $100; 2nd - $50; and 3rd - $25. If you need any information, our centre is open from 9 am to 1 pm. You are most welcomed to contact us for information at 938-9111. Deadline April 20, 1998.
Submit essays to: Day of Mourning
SD&G Resource Centre for Injured & Disabled Workers
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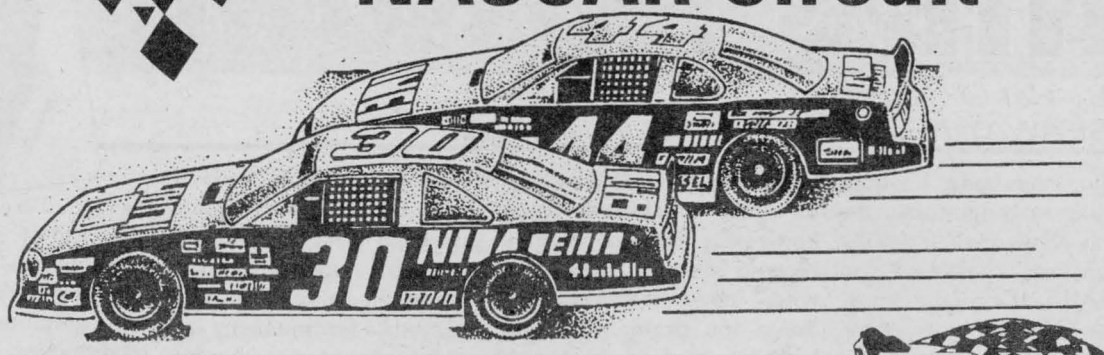

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Opinion

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On Jean Charest as the Second-Coming

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Get out the "Jesus type."

It was an old expression we used in the newsroom for typefaces that were so bold and large you would never be able to use them tastefully – unless, of course, Christ returned.

We've come close to getting out the Jesus type for Jean Charest, however.

My prediction – the mantle of savior being heaped over his shoulders will prove to be far to heavy; it will snap his political backbone.

Frankly, I hope I'm wrong, but I do not have the faith of the multitudes that Jean Charest will be able to save Canada. I do not believe Jean Charest will change Quebec. I believe Quebec politics will change Jean Charest.

I don't doubt the man is sincere – as so many are when they enter politics – but he is only one man. The flaw in the "great man" theory of politics – the notion that one man alone can fundamentally transform society – is that it fails to take into consideration the social, economic, political and historical context in which "great men" usually realize their achievements.

In my view, the mind-set of Quebec is so fixed in the "them vs. us" mentality that Charest will have to adapt to it, or fail in Quebec politics. French vs. English. Provincial vs. federal. The "pure" vs. the "ethnics." Those are the political Blarney Stones of self-absorption that all Quebec leaders must kiss if they are to be embraced by the populace.

Quebecers – even those who wish to remain in Canada – have learned the art of playing off one level of government against another. They will vote for both federalists and separatists in order to maintain the tension that constantly produces gifts of appeasement – the F-18 fighter plane maintenance contract, a key share in the navy's frigate building, the national archives, etc.

Jean Charest cannot change Quebec's collective psyche. In his long walk on the road to the Quebec Liberal leadership, and then on to the next provincial election, "Saul" will be transformed, but not for the better.

I predict that we will see a new Jean Charest as the weeks and months wear on, a Jean Charest who ostensibly is a "federalist," but who, in word and deed, begins to speak more and more like a Quebec nationalist. You cannot be a successful Quebec politician without being a nationalist – and the line between "nationalism" and "separatism" in Quebec is very fine indeed.

To win, Charest will have to tap the nerve of Quebec pride. He will have to appeal to Quebecers' notion of themselves as a nation within a nation. If elected, he will have to vigourously attack the federal government to show he is "standing up for Quebec".

My fellow Canadians, I believe we are in for a big disappointment.

AIDS FORUM



By Pat O'Connor
SEAWAY NEWS

Hello, everybody. I would first like to congratulate the Seaway News on their weekly information articles on HIV/AIDS. It's good to know that if I do not write, some educational information still gets put into the paper.

Keep up the good work.

Last week's article discussed drug injecting and the spread of HIV/AIDS and was very interesting. One part of the article I would like to talk about is the carelessness that happens when one gets high on drugs or alcohol. We all know our judgement may become affected and this is when good intentions go down the drain. You may have intended to use a condom, but now after drinking and doing drugs, the condom is forgotten. This is a big, big mistake as the leading cause of HIV infection is unsafe sex.

Many people may think the drug injection culture has passed us by, but this is not true. Many people used to inject heroin which would give them a "high" lasting 6-8 hours in some cases. With cocaine injection, this high only lasts a few moments and you are ready for another hit. This means many more needles are being shared and the transmission of HIV is much more probable.

Needle exchange programs in some larger centres have made a difference, but funding for these is being cut dramatically. The existence of needle exchange programs are still frequently challenged, particularly by the religious right, even though every scientific study has repeatedly found that this "harm reduction" strategy helps to slow down the spread of HIV/AIDS among drug users.

The direct medical costs of treating one HIV infected person over the course of the illness is $153,000. In 1996 it is estimated that up to 5,000 Canadians, half of whom were users, became infected with HIV. Those 5,000 people will eventually cost the Canadian health care system 765 million for a largely preventable disease.

This epidemic may have the capacity to overwhelm out health care system.

There is no room for political cowardice or religious morality, when all scientific and medical evidence clearly proves the value of needle exchanges. If we do not stop it in the drug using community it will spread into the general population.

If you are injecting drugs, use clean needles everytime and clean your kits with bleach and water.

The only safe sex is no sex. It is safer with a condom, so please, please use them always. Until I write again, take care, stay well and don't forget to wear that "jacket".

Pat is a local resident living with HIV. You may send in questions to Aids Forum here at the Seaway News address. Pat also does public speaking at no charge to any interested groups and can be reached through this newspaper or at his home. For information on HIV/AIDS and Anonymous Testing sites, please call 1-800-267-7432.

"Seaway News...Helping to Educate Our Community."

SEAWAY NEWS LETTERS TO THE EDITOR

Facts Change. Principles Don't

Dear Editor:

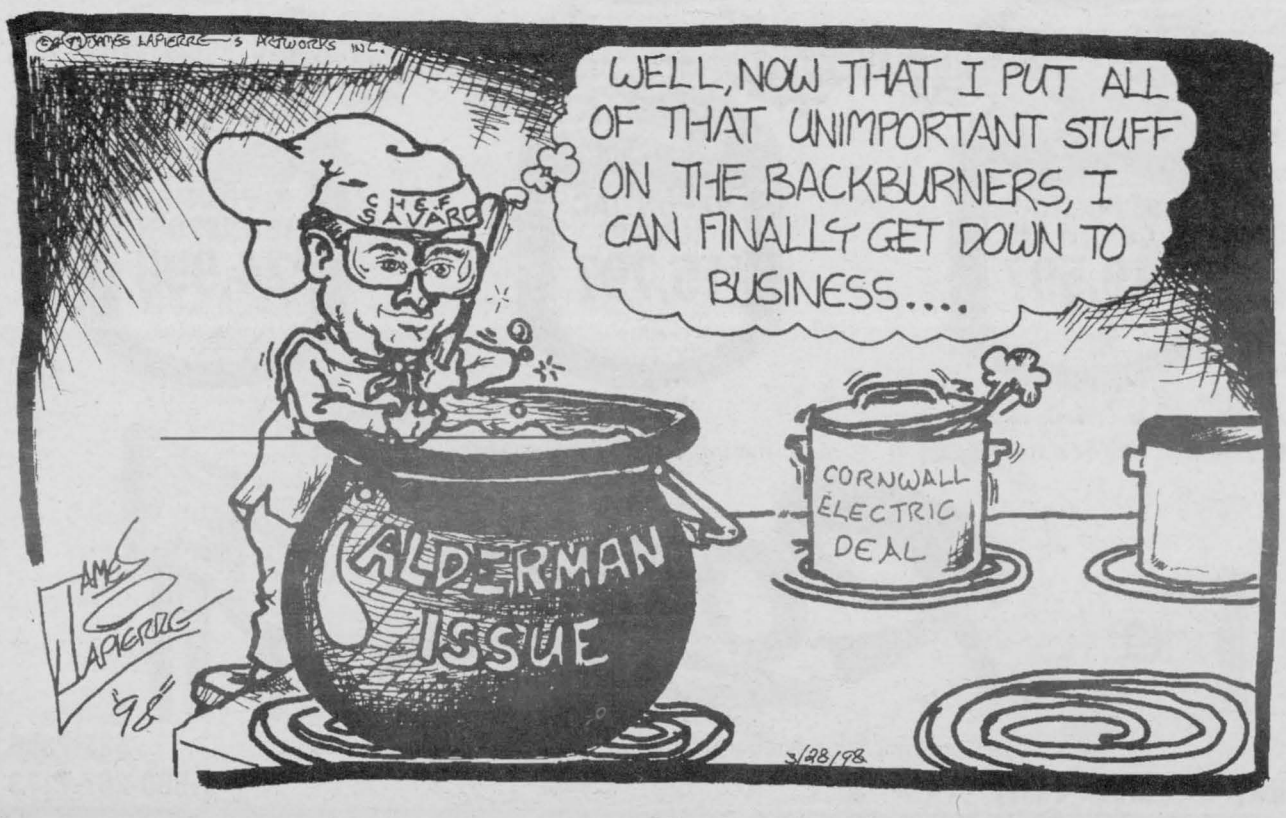
Today we often hear of some leader showing irresponsible behaviour, i.e. not responding to the ability he or she is given. Some of these are even discussed in classrooms, where, because of today's liberalism, tolerance (who am I to tell you what's right or wrong), and no absolutes of right or wrong, how can the students learn a definite "Thou shalt not..."?

Facts change. Principles don't.

Maybe this poem I found might remind us older ones of how our actions affect our young:

'Twas a sheep not a lamb that strayed away,
In the parable Jesus told (Matthew 18:3-14)
A grown up sheep that had gone astray
From the ninety and nine in the fold.
Out on the hillside, out in the cold,
'Twas a sheep the Good Shepherd sought.
And back in the flock, safe in the fold,
'Twas a sheep the Good Shepherd brought.
And why for the sheep should we earnestly long,
And as earnestly hope and pray?
Because there is danger, if they go wrong,
They will lead the lambs astray.
For the lambs will follow the sheep, you know,
Wherever the sheep may stray;
When the sheep go wrong, it will not be long
Till the lambs are as wrong as they.
And so with the sheep we earnestly plead
For the sake of the lambs today.
If the lambs are lost, what a terrible cost
Some sheep will have to pay!
(author unknown)

Imelda Wheeler
St. Andrews West



Bob Roth`s Perspective in response to Mike Oliver

Dear Editor:

"The devil can quote scriptures to suit his own interests..." (Shakespeare)

I couldn`t believe it when I read the vehemence and contempt implicit in this columnist`s dismissal of someone else`s personal views.

With regard to the issue of the alleged Church role in "covering up" alleged crimes, it would seem that we are too long on feelings and too short on facts.

To castigate the Bishop and to do so in so irreverent a fashion without so much as innuendo as a basis for accusation is a mockery of any kind of serious journalism. It is quite obvious from reading the column that Mr. Roth has never met the Bishop nor is he acquainted with the man`s personal integrity and complete dedication to truth and fairness. I can`t begin to fathom what kind of motives can drive a jouralist to abuse his position in order to deprecate without solid evidence a public figure such as the Bishop.

I don`t know the full story regarding the allegations of abuse that have been given public attention in the local and national media. For that reason, I would reserve judgement. Perhaps Mr. Roth would do well to do the same. The principles of justice that he pretends to piously pine (excuse the bad pun, but it seemes so appropritate) for would be better served.

Roger Davidson

Reunion To Be Held

Dear Editor:

The Dr. G.W. Williams Secondary School in Aurora, Ontario is having a 110 Year Reunion on May 29th and 30th, 1998. We are looking for more names and addresses of former students. If you are a former student - or know any former students, please contact the school at (905) 727-3131 for further details.

Thank You.

Gillian McNamee
Williams Alumni Assoc.

The views expressed by columnists 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.

Something Strange is Happening

There is something very strange happening in the world of liberal politics.

On the one hand, in Canada, we have the spectre of liberal politicians in the House of Commons who are too afraid to stand up for the symbols of the country and allow the Canadian flag to be put on the desks of MPs because they think it might reek of excessive nationalism.

On the other, we have a liberal American president, the most gifted politician of his age, accused of sexual harrasment by women of all political colours, including his own. Yet he would be the first one to wave his nation's flag in the face of all to see.

At the same time, we also have a prominent national leader of the so-called "Conservative" Party threatening to break ranks and join a provincial Liberal Party. Not being one to care much about party labels or philosophy, he also joined the liberal chorus calling for a ban of our national flag in the House of Commons.

What gives here?

It makes one happy to be a real conservative.

Start with the flag waving episode. The Reform Party, in a roll-call vote during the middle of last week, tried to have MPs display the national flag on their desks. It said that by doing so, MPs would be free to show their nationalism against the Partie Quebecois which wants nothing to do with united country and which seeks to destroy the confederation.

The Liberals, in typical form followed the suit of their separatist counterparts. Instead of standing firm in the tradition of a united Canada, a measure that previously strong federalists such as John Turner and Pierre Trudeau would surely have approved of, they took the low road and, in an apparent gesture not to alienate borderline Quebecers, decided to vote against allowing the Canadian flag to remain on the desks of Canadian MPs.

The equally whishy-washy Conservatives, under their anything-but-conservative leader, Jean Charest, followed right along. No wonder the NDP calls these two parties "Tweedle Dee and Tweedle Dum": when it comes to matters of principle, they find it hard to stand up for a straightforward position that elicits a small bit of nationalism and they sound almost the same.

MEANWHILE...

Fred Sogel



That makes it even more fitting for Mr. Charest to jump parties as he inevitably will. With nothing very much to distinguish him from the Liberals now, he might as well join them. And why not? He's merely a Liberal in wolf's clothing: a man who does not stand up for what he really believes, but uses opportunism as his weapon of political advancement.

Why would any real conservative even consider following him? When he is finally esconsed on the Quebec scene, it may be time for Conservatives to consider their future and decide if they want a real conservative to lead them.

Enter the Reform Party. With a conservative philosophy and a conservative leader, it does have the courage to stand up for what it thinks is right and to fight for it. No wishy-washiness there.

Then, south of the border, we have Bill Clinton, another liberal who finds it difficult to decide if he should be a liberal or a conservative. While his policies bend both ways, at least he takes a stand on the issues, which is more than you can say about his Canadian liberal counterparts.

But he too has become so engulfed in his White House sexual scandals by an ever-increasing number of women, conservative and liberal alike, that his office is starting to suffer for it.

The opinion polls may not yet show it, but they soon will. And, contrary to what Hillary Clinton calls a "right-wing conspiracy" (translate: conservative conspiracy) against her husband, the truth will soon emerge and it will show that, like most conspiracies, this one doesn't exist. It is simply a convenient excuse.

Just like the Charest flip-flop from one party to another and the Chretien Liberals' inability to take a stand on the flag issue.

What webs these liberals weave!

SEAWAY NEWS LETTERS TO THE EDITOR

Catholics Stand Up And Defend Your Faith

Dear Editor:

Mr. Mike Oliver I thank you for your courage in defending your faith. Bob Roth makes it quite clear of his dislike for the Catholic Church and uses the Perry Dunlop saga for his own personal agenda. Time and time again he whines and brings up the same story. It's as if he was obsessed with the whole affair. He persists at bashing my Bishop and my faith and that Mr. Roth I will not conspire to be silent by your attacks. You talk about conspiracy; has anyone ever noticed that when Roth comes out to belittle our faith that his shadow Carson Chisholm comes out with his views in support of Roth the following week. Are people aware that Carson Chisholm is the brother in law of Perry Dunlop? In Canada we are still innocent until proven guilty. I still have faith in the judicial system, so let them do their job. We still have a good police department who don't rat on one another for the work they do by other officers.

Cardinal Bernadin was accused of sexual misconduct by a young man claiming he was abused years earlier. The press, like other Roths of the world, had a field day until Cardinal Bernardin was exonerated because the young man made a mistake, he claimed it was someone else. He also wanted millions. Cardinal Bernardin died of cancer within a year.

I wonder if there is not an alleged conspiracy to extort millions of dollars from the Church. I also wonder if ever Roth, Chisholm, Dunlop and the alleged victims were ever in the same room at one point together, "just a thought".

Mr. Roth in the last year I have lost two good friends who were very dear to me and helpful in my life, Father Gary McDonald and Rev. Rheal Bissaillon. I will not be silent while you slander who they represent.

We are spending hundreds of thousands of dollars investigating alleged crimes dating back twenty or more years. That same money could be used to help victims today of abuse and sexual assault but money is scarce. In twenty or thirty years from now will not help victims today. Our resources could be better put to use today protecting our children today and getting help for those who have this urge to prey on people. A good prtion of money raised for supporting the work carried out by the SD&G Akwesasne Children's Treatment Centre is coming from Catholics. Hundreds of thousands of dollars investigating an alleged pedophile ring which consists of only one person being charged in three years. You have a hundred dollars to give to protect children, give it to the SD&G Akwesasne Centre. I may not always agree with my Bishop, but he is still my Bishop and I as well as all Catholics owe obedience to him, there is no debating this issue for any loyal Catholic. I can honestly say that for victims of assault that I share your pain and the only way of letting go of this pain is to forgive in your heart. Mr. Roth, Satan stirs conflict, promotes anger, causes division and mistrust. Satan sounds a lot like Roth who uses his pen to create a shism in our church and our community.

Marcel Lepage
Cornwall

An Open Letter To City Hall

Open Letter to:
Mayor Brian Sylvester
Councillors
Mr. Richard Allaire

Let me see if we have this right. The City receives proposals for its advertising, two from the Standard Freeholder and one from Seaway News.

Bid #1 - Standard-Freeholder
(L & R) = Total $46,963

Bid #2 -
St. Freeh (L) + $15,869
Seaway News (R) $36,400
= Total $52,269
(L = legal; R= regular)

Now you don't have to be a rocket scientist to figure out, if you are the Standard Freeholder that you've got the City by the Yang-Yang on this. You control both bids. So in order for S.F. to get Bid #1 approved, all they have to do is make its' LEGAL (L) portion in #2 as high as possible thus making total Bid #2 uncompetitive (which just happens to include Seaway News).

Clearly, this bid process was not fair to Seaway News, and perhaps not to the City too.

Please don't misunderstand. We're not accusing anyone of being underhanded at City Hall. What we are suggesting is that this process was obviously not thought through and no one apparently caught this "anomaly" or "irregularity" as it was being analyzed and later debated.

If the above is not enough evidence to suggest the process was flawed then our final point we make certainly does.

The whole premise for breaking the bid into two components - LEGAL and REGULAR - is based on the often repeated assertion that "legal notices must appear in a paid daily newspaper".

We asked Mr. Fitzpatrick to provide us with excerpts from the provincial laws mandating this requirement.

His response and attachments are enclosed. Nowhere in any of these documents is there any support for this "paid daily" assertion.

That being the case the City should discard the Standard-Freeholder Legal component of $15,869.

Now the comparison is straight up, total package for all City advertising:

Standard Freeholder . $46,963
Seaway News $36,400

We respectfully submit this matter should be reconsidered from an equity point of view and from a $10,563 savings point of view as well.

Sincerely,
R.E. Shaver
Sales Director, Seaway News

R.N. Aubry
General Manager
Seaway News

CLEARANCE



RUSH! Limited stock, No taxes, No dispensing fees. 50% off new arrivals, including designer frames, 50% off the majority of brand name contact lenses. Do not pay for one year (O.A.C.)

LAURIER OPTICAL
EYE EXAMS AVAILABLE
BROOKDALE MALL Cornwall 936-6666

BERRYS ...your Petsch Choice

Paws-atively
... Berrys!

TECHNI-CAL MAINTENANCE Dog Food $32.99
Save $2 and get 22% more
22 kg for the price of 18 kg
• Limit one (1) per customer per transaction.
While Quantities Last!

TECHNI-CAL Cat, Cat Lite & Senior Cat
8 kg $19.99
• Limit one (1) per customer per transaction.
Offer valid until April 18, 1998

CORNWALL
841 Sydney Street
Eastcourt Mall, 2nd Street

ALEXANDRIA — 421 Main St. S., Unit 2

MORRISBURG
12421 County Road #2

ASK THE DENTIST



Louis Cardinal, BSc, DDS, FAGD
SEAWAY NEWS

What is Oral Piercing?

Body piercing, also known as "body art" or "body decoration", is a cultural phenomena that has occurred throughout history, and, until recently, was confined to third world countries. This practice has now become increasingly common in the western world, despite the fact that it can at times cause complications.

Possible complications of oral piercing:

1. Impaired speech.
2. Infection.
3. Bleeding & swelling during insertion.
4. Can chip teeth.
5. Potential for aspirating.
6. Permanent scaring.
7. Lip drooling.
8. Altered taste.

Most commonly seen is the "tongue bar" which is a small metallic barbell placed through the tongue, with one ball on each side of the tongue, held by a connecting bar. The lips and cheeks are also chosen as the site for inserting various sized rings. Although this habit is gaining popularity, it is not a harmless fad. Foremost is the potential for infection, especially during and immediately after the insertion. Bleeding complications are possible should a blood vessel be punctured. Residual numbness can occur if a nerve is inadvertently traumatized.

Individuals should be aware that speech can easily be affected when the tongue or lips are pierced.

Another consideration should be whether this is a short term desire, because should an individual wish to remove this in the future (which, no doubt, will occur eventually with age and maturity), scarring may remain, thereby creating esthetics complications.

The probability of accidentally bitting on these metal barbells is quite high and it has been reported in the dental literature that this occurrence is common. This results in the fracturing of enamel or\and dentin, thereby requiring unexpected dental care.

After seriously considering the side effects, should an individual still desire to go ahead with oral piercing, it is strongly recommended that he or she keep an extremely high level of oral hygiene and to have the condition of the tissue around the metal evaluated by a dentist on a regular basis.

"Dr Cardinal accepts any inquiries at tel: 938-8451 or fax: 938-7647 and welcomes you to visit his webb site at www.netcom.ca/~cardina3 for other dental topics."

Medicine Cabinet Do's and Don'ts

(NC)-According to a recent survey, many Canadians are confused about how to use common over-the-counter medications such as analgesics and laxatives. Some tips on using your medicine cabinet wisely.

For headache relief:

DO NOT put off taking a pain reliever in the hopes that the pain will subside on its own; headaches usually get worse before they get better

DO NOT take an enteric coated tablet for headache relief as they can take up to two hours to work

DO take a moderate dosage immediately for best results

DO NOT take drugs containing acetaminophen such as Tylenol with alcohol because this combination can damage the liver

For those at risk of heart attack:

DO NOT take analgesics containing acetaminophen (Tylenol) or ibuprofen (Advil)-they have no preventative effect

DO take a daily dose of ASA, commonly known by the brand name Aspirin, which helps prevent blood clotting and is the only pain reliever with this indication-this should be done only after talking to your doctor

DO take enteric coated tablets because they are easier on the stomach

For indigestion:

DO use an antacid to relieve occasional heartburn as characterized by a burning sensation in the centre of the chest

DO NOT use antacids for more than a week straight without consulting a physician; you may be masking more serious conditions such as an ulcer

For constipation:

DO use a mild laxative to relieve occasional constipation-especially if increasing your fibre intake has not done the trick

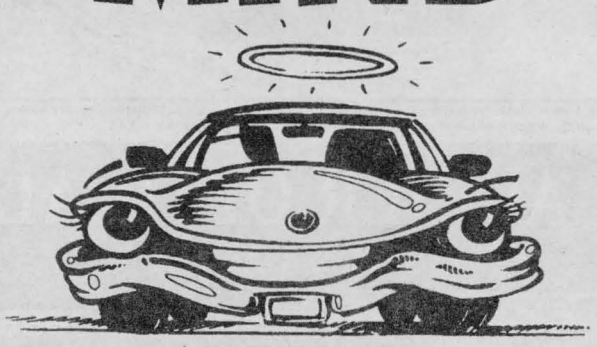
DO NOT assume that you must have at least one bowel movement every day; constipation is only a problem if you feel abdominal pain, discomfort or bloating

DO use laxatives sparingly as over-dependence can lead to lazy bowels

DO see a doctor for chronic constipation-it may be a sign of another illness

PHARMACIE EASTCOURT PHARMACY
1380 Second St. E., Eastcourt Mall
PRESCRIPTIONS DAILY
We Process
• Ontario Drug Benefit • Assure Card Ontario Blue Cross
• WCB • Green Shield • Prudential • RX Plus
• DVA • Confederation Life
MON. - SAT. 9:30 a.m. - 9:00 p.m 937-0956

GET PEACE of MIND



WITH A FREE Spring Maintenance Check-Up
we will check your
• brakes
• suspension
• exhaust
• tires
• lights
• belts & hoses
and provide you with a free written estimate
PEACE OF MIND DRIVING INSPECTION
HURRY! OFFER ENDS SOON!
GRANT
DODGE • CHRYSLER • JEEP
2205 Vincent Massey Drive 938-0934

The Annual Nissan Enjoy the Savings Event.
$329/mo.* lease for 36 months.
Down payment only $2,500.
Three-time winner of Carguide's "Best Buy" award



'98 Nissan Maxima GXE
Fully equipped luxury • 3.0L, DOHC 190-hp V6 engine • 4-speed automatic transmission • Dual airbags • Automatic climate control air conditioning • Front & rear disc brakes • Cruise control • 8-way power driver's seat • Heated front seats • Variable intermittent wipers • Premium AM/FM/CD with cassette • Heated power mirrors • Power windows and door locks • Dual overhead map lights • Dual illuminated vanity mirrors • Trunk pass-through • Remote trunk & fuel release • Keyless remote entry system • Security system • 24-hour roadside assistance with toll-free hotline and much more

1998 Nissan Pathfinder Chilkoot Trail Edition



$369/mo.* lease for 36 months.
Down payment only $3,200.
3.3L, V6 engine • 4-speed automatic transmission • Front disc/rear drum brakes • Air conditioning • Power door locks, windows and mirrors • AM/FM/CD with cassette • Cruise control • Electronic digital compass with outside temperature indicator • Keyless remote entry with anti-theft system • Distinctive exterior trim & carbon-fibre dash accents • Silver side-step rails • Massive P265 mud and snow tires • Fender flares • Ground-gripping limited-slip differential • 24-hour roadside assistance with toll-free hotline and much more
See Grant Nissan today for these great "No-Nonsense" leases.
For more information, or the location of your nearest dealer, call 1-800-387-0122
Life is a journey. NISSAN Enjoy the ride.
GRANT NISSAN
700 Rosemount Ave., Cornwall (613) 933-7555
Smart people always read the fine print. And they always wear their seatbelts. *Limited-time offers. Special "No-Nonsense" 36-month leases on '98 Maxima GXE (U4RG78 CK00), A.L.R. 4.8% $329 a month, Pathfinder Chilkoot Trail Edition (5CRG78 AE00), A.L.R. 6.8% $369 a month, with down payment (Maxima $2,500, Pathfinder $3,200) or equivalent trade. 1st payment (Maxima $329, Pathfinder $369) & security deposit due at lease signing. Lease based on maximum of 60,000 km. Excess km charged at $0.08/km. All offers through Nissan Canada Finance Inc. O.A.C. and exclude freight, P.D.I., licence, insurance, and taxes. Dealers free to set individual selling price. See your Nissan Dealer for details.

CORNWALL BRIDGE

By Bert Mosher

"She must have been vaccinated by a gramophone needle," Overheard at a recent game.

The winners of the Howard Cunningham memorial game (duplicate) were:

Section A: Nelsa Kalil & Audrey Blair

Section B: Terri Lalonde & Muriel Contant.

Fifty dollars was donated to the Cancer Society by the Thursday club as a result of this game. In an effort to increase attendance, the Thursday club will have Section B in the future. The lack of a Section B has been missed by many players.

An attempt is being made to form a committee to promote bridge. It will be comprised of two representatives of each ACBL club, the unit rep and his alternative. They hope to have more details on their organization next month.

Conventions are usually named after the person who developed it, for instance, Jacoby Transfers named after Oswald Jacoby. The name of the conventions gives us a shorthand way of talking about the convention. We have found that if you use a convention and can't name it, you are probably unsure of its use. So when learning something new, learn its name and use it. If a carpenter sent his helper for a claw hammer and the assistant returned with a sledge hammer, the air would turn blue. One of the very best ways of improving your game is to set some quiet time aside with your partner and talk. Talk is aided by using the correct nomenclatures. This is especially true when first dealing with a new partner. Learn to call a spade a spade.

If you make a mistake in bidding, you can change your bid if it is in the same breath. This does not include passing immediately after making the error as this would constitute two bids. At a recent game someone bid four clubs, paused, then said "Oh, I made a mistake". Their partnership uses four clubs to ask for aces (a bad technique except after no trump) and now her partner knew that asking was not meant. The director tried to explain that she had, in effect, made two bids. The player did not understand that if she was allowed to make two bids it would be unfair to the other players in the game playing her cards as they could only make one bid. The players making the mistake thought that the rest of us were taking advantage of her. She was upset, embarrassed and angry. Did we lose her to duplicate? I certainly hope not. Could the rest of us have handled it better? Probably. If she reads this, please try again.

A word about the ACBL charity game listed below. Each year the ACBL donates huge sums to charity, in Canada as well as the US. To retain their ACBL affiliation, all ACBL clubs must hold this game once a year. Your extra fee will go to a good cause in Canada.

Enjoy.

Next week: regular games at all clubs.

Coming events: April 2 (Thurs.) - ACBL Charity Game (fee $5.00)

April 30 - May 3 - Kingston Sectional Tournament.

Bridge Results

Independent Bridge Club
March 18/98
Section A

N/S
1. Ben Bouvier - Madan Seth } tie
2. Audrey Blair - Suzanne Hazlett } tie
3. Yolande Boutin - Marjorie Raymond

E/W
1. Bob Evans - Phil McGrath
2. Georgette Beaulieu - Theresa Latour
3. Jocelyn Campbell - Fern Blain

Section B

N/S
1. Adelaide Hunter - George Bissonnette
2. Yvonne Bergeron - Rita O'Brien
3. June Anderson - Anne Paulin

E/W
1. Fern Cardinal - Rita Struthers
2. Kay Barlow - Keith Walker
3. Marian Lloyd - Max Kerrebyn

Cornwall & District Bridge Club
March 19/98
Section A

N/S
1. Audrey Blair - Nelsa Kalil
2. Mabel Chan - Margaret Evans
3. Richard Baird - Brian McCartney

E/W
1. Denise Fournier -Maureen Walker
2. Margaret Grieve - Steve Lassner
3. Pat Fitzharris - Jim Stevenson

Section B

1. Muriel Contant - Terri Lalonde
2. Evelyn McPhail - Peggy Seymour
3. Lorraine Billard - Janice Keen
4. Pat Dean-Lock - Grace Leroux

Winner of the Howard Cunningham Trophy
Audrey Blair - Nelsa Kalil

Senior Citizens Bridge Club
March 22/98
Section A

N/S
1. Diana Macaulay - Ben Bouvier } tie
2. Mabel Chan - Margaret Evans } tie
3. Mildred Cleary - Mona MacPhee

E/W
1. Fern Blain - Louis Rioux
2. Pat McIntosh - Keith Walker
3. Fleurette Brunet - Fern Cardinal

Section B

N/S
1. Emma Farlinger - Peggy Seymour
2. Jean Boileau - George Bissonnette
3. Kay Barlow - Marjorie Raymond

E/W
1. Lyette Ladouceur - Brunelle MacDonald
2. Fern Cuerrier - Rita O'Brien
3. Dora Barrington - Maurice Roussy

Seaway City Bridge Club
March 23/98

N/S
1. Norma & Fern Blain
2. Yvonne Bergeron - Jean Boileau
3. Gerry Johnston - Dee Turgeon

E/W
1. Lyette Ladouceur - Rita Struthers
2. Grace Leroux - Jeannine Leroux
3. Evelyn McPhail - Maureen Walker

Cornwall & District Bridge Club - March 23/98

1. Denise Fournier - Richard Baird
2. Mabel Chan - Maureen Walker
3. Jeanine Alain - Carol Reus
4. Mildred Cleary - Louis Rioux

Seaway Seniors
March 17/98

N/S
1. Roland Fobert - Armand Rivard
2. Dorthey Bourdon - Mary Fobert

E/W
1. Anne Leach - Con Keenan
2. Allen McLeod - Leo Martin

Audrey's Supper/Duplicate
March 20/98

N/S
1. Lorna & Homer Grant
2. Joan Owen - Bert Mosher

E/W
1. Lydia Johnson - Audrey Pasco
2. Marion & Charles Thompson

Martintown
March /98

N/S
1. Marion Thompson - John Roulston
2. Ken Graham - Allen McLeod
3. Mary Fobert - Laurette Keir
4. Estelle & Joe Loney

E/W
1. Penny McLeod -Joan Turner
2. Marion & Bob Schfield
3. Eileeen & Wilfred Beaudette
4. Jean Murry - Jan Troop

Alexandria Duplicate
Bridge Club - Mar. 24/98

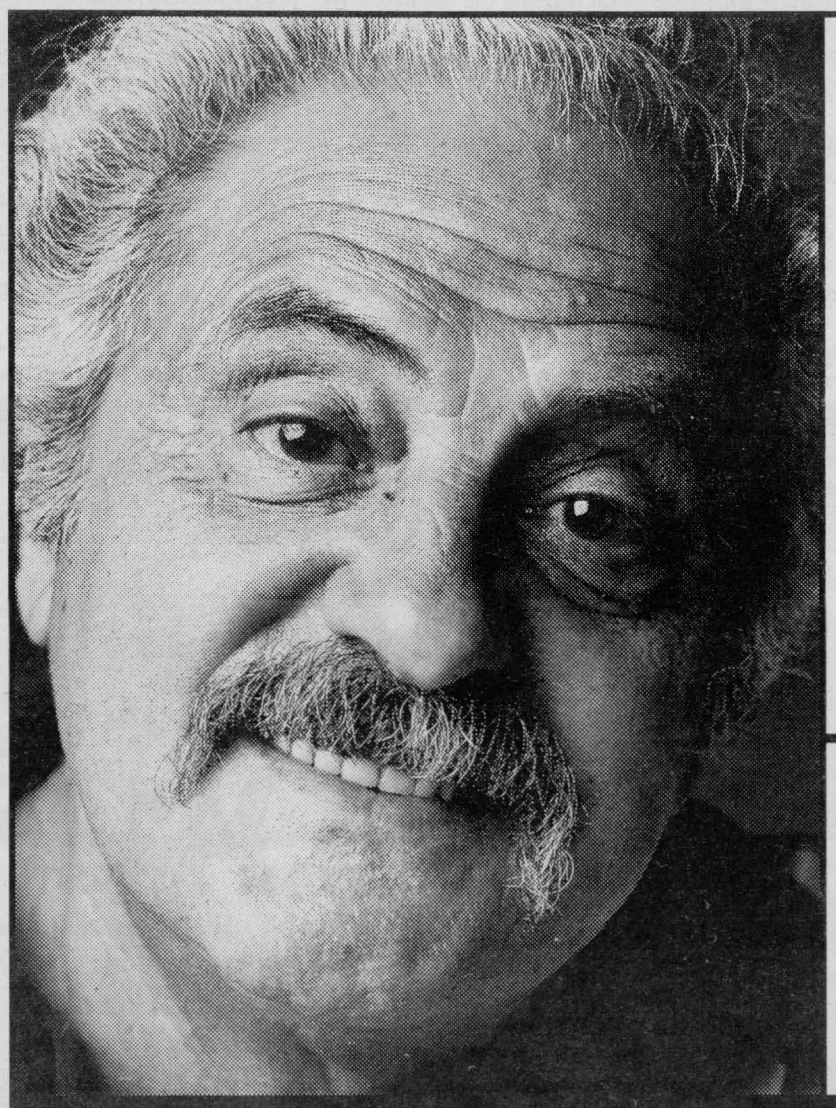
N/S
1. Rene Belanger - Jeannine Berthiaume
2. David Graham - Don Crawford
3. Yvonne Roussin - Germaine Lalonde

E/W
1. Bill & Barbara Cunning
2. Andre & Rhea Collette
3. Homer & Lorna Grant

A little exercise can go a long way!
Walking 3 km in 35 minutes can do wonders for your health. It's that simple.
Sharing a Healthier Future
PARTICIPACTION

HITACHI VCR VTFX601
• 4 head Hi-Fi stereo
• digital auto tracking
• 125 cable channels
• auto return
sale $259 reg. $329
Bill MITCHELL TV & Audio
1410 Pitt Street North
933-3133

Spring Specials
SAFETY CHECKS $35.95 All passenger & light trucks
P185/70R14 X-ONE B/W $101
P195/60R14 X-ONE B/W $113
P215/70R15 X-ONE W/W $126
Michelin Light Truck P235/75R15 (SL) LT XM/S ORWL $115
ALIGNMENT
2 WHEEL $29.95
4 WHEEL $39.95
MICHELIN
MORIN TIRE & ALIGNMENT
1403 Rosemount Ave. . 932-3840
HOURS: Mon. - Fri. 8 - 5; Sat. 8 - noon



"MY MECHANIC KNOWS MY CAR BEST."

"I've spent a lot on cars over the past 20 years – I even remember when you could fix some things yourself. Cars are a lot better now, and a lot more complicated. There are a lot of different cars out there now I don't know how anybody could claim to be an expert in all of them. So I don't fool around. I take it to the people who know it best."

WE BUILT IT. WE SOLD IT. WE KNOW IT BETTER.

When you bring your car to Goodwrench for regular service, we know what to look for and how to fix it right. Our mechanics are constantly updating their skills and knowledge so they can keep you and your car on the road. Plus, we have a nation-wide computer system supplying each Goodwrench Service Centre with the latest bulletins regarding recalls and problems to look out for. We have the right tools, the right parts and always a competitive price.

MAKE A GOODWRENCH MECHANIC YOUR MECHANIC.

"Sure, I could take my car to one of those less expensive places, but I don't think I can afford it. That's why my mechanic is a Goodwrench mechanic."

GM Goodwrench Service

GOODWRENCH SPRING SERVICE
• Lube, oil & filter • Inspect brakes • Rotate tires (if required) • Inspect tires • Check hoses & belts • Check lights and indicators • Check cooling system • Check battery cables & clamps • Check air filter • Top-up fluids
PLUS FREE SET OF WIPER BLADES

$39.95
Offer valid until May 9, 1998. Plus PST & GST. Valid at participating dealers. LOF includes up to 5L of GM premium oil.

"I DON'T TAKE CHANCES WITH MY CAR. I TAKE IT TO THE PEOPLE WHO KNOW IT BEST."

New Wood Projects

Pick with care

(NC)—If you're building, build with kiln-dried lumber free of gouges corrective patches and loose knots. Beware of grayish stains. They are probably fungus or mildew spots which will never take stain properly.

Sanding

Sanding is an essential part of construction. And most unfinished furniture manufacturers leave this phase of construction to you. To provide a smooth uniform surface sand with successively finer grades of sandpaper.

If the area you are sanding is large, a power sander will speed your work. For smaller jobs use a sanding block.

There's nothing difficult about sanding. Just be sure to sand in the direction of the grain. And be careful not to round off square edges!

Finishing

Enjoy it to the fullest with the quality and reliability of Wood Finishing Products by Minwax. They'll enhance the true beauty of the wood easily and economically, while protecting it for years. The Minwax name is your assurance that even your first finishing project will look like a seasoned craftsman did it. And it's not surprising so many of the country's finest cabinetmakers use our products too.

Staining

In one easy step, Wood Finish by Minwax stains and seals wood surfaces. It penetrates deep into wood fibers to become a breathing part of the wood so surface scratches will not expose bare wood. Here's how to finish a freshly stripped table:

1. Choose from the many wood tone colours. Your dealer's wood sample board or Minwax Colour Card will give you a good idea of the effect you'll achieve. But remember; different species of wood absorb stain differently.

2. Test the colour on a hidden section of wood. Soft woods like spruce, fir or pine will absorb more colour, taking on a darker, more intense tone than hardwoods like oak or walnut. If you wish to create a custom colour see how to mix and match colours at the end of this story.*

3. Brush or wipe on a liberal coat of Wood Finish.

Allow 5-15 minutes for penetration and wipe off excess. A second coat may b applied the next day.

4. After 24 hours, you're ready to top it off with any of the protective finishes made by Minwax. One way is to use a paste wax finish like Special Type Paste Finishing Wax by Minwax.

To apply, simply put a scoop of wax into a piece of clean cheesecloth. Fold the cloth. Wax squeezes through onto the wood surface. Let dry a few minutes and buff lightly. For deeper body, apply a second coat.

How to handle the special needs of soft woods

In addition to absorbing lots of colour fast, soft woods (from trees such as pine, fir and spruce) may take stain unevenly. To avoid a blotchy look, apply Wood Conditioner before staining.

***How to mix & match colour**

It's easy to lighten any shade of Wood Finish just by adding #209 Natural. However, if you're after a special effect or trying to match a colour, remember that any colour of Wood Finish can be mixed with any other.

TO INCREASE: ADD:

Brown Tones-Dark Walnut

Red Tones-Cherry or Red Mahogany

Yellow Tones-Golden Oak

Orange Tones-Colonial Maple

eg: To match a pine chair to a walnut table, simply mix Natural and Special Walnut.





How To Buy An Energy Efficient Gas Furnace

(NC)—If you're out getting quotes for a new furnace, keep the following points in mind:

• Check the energy rating listed under the EnerGuide logo on the back page of the manufacturer's furnace brochure. Efficiency is measured in AFUE (annual fuel utilization efficiency). The higher the number, the more efficient the model. Mid-range efficiency models have AFUE ratings of between 78 and 82 percent. High efficiency models fall in the 88-97 percent range.

• If your home has a large heating load requirement, a high-efficiency furnace is probably the best choice. While the unit will cost more initially, energy savings over the first several years of use will more than compensate for the extra investment.

• Mid-efficiency furnaces cost less than high-efficiency furnaces. It can cost less, however, to vent a high-efficiency model than a mid-efficiency one. Keep this in mind when you look at the original price tags.

To receive free publications on the benefits of buying an energy-efficient gas furnace for your home, call Natural Resources Canada at 1-800-387-2000 (in Ottawa, call 995-2943), or write to Energy Publications c/o Canada Communication Group, Ottawa, Ontario K1A 0S9, and ask for the free booklet titled Heating with Gas. This booklet and other publications can also be ordered online from Canada's Energy Efficiency Home Page at eebdee.nrcan.gc.ca. For the most up-to-date information, visit http://hvac.nrcan.gc.ca

HEATING

Building A New Fence

If you've recently purchased a home, a fence can dramatically enhance the ambience and privacy of your home, and will increase the value of your property, as well.

There are a myriad of choices in fencing, depending on cost, landscape considerations and use desired by the homeowner.

For example, most fencing experts will agree that the chain link fence is popular because it lasts indefinitely, but it doesn't really increase the value of the home.

A wood fence does add value to a home, gives the owners more privacy and is more esthetically pleasing, usually fitting in better with general landscaping.

Most treated wood fences must be replaced every 20 to 25 years, and the kind of treatment given to the wood is an important factor in how many years it will remain standing.

Wood can be pressure-treated with arsenic and copper to preserve the wood against bugs and fungus. Treated wood comes in green, gold and brown. There is also a special stain for covering treated lumber.

A custom-designed fence will be more expensive than the conventional type of fencing, and consideration must be given to neighbors' wishes, especially if - as in some new subdivisions - four or five homes share fencing.

Custom fences are more suited to being built around a pool, or if a homeowner has a corner lot.

Lattice fences are popular, because they can be constructed of cedar or treated wood for a reasonable price.

Wrought iron fences, ideal for surrounding pools, can be combined with wood property fences to enhance a property's value. However, there is less privacy afforded with wrought iron.

Do-it-yourselfers should be warned that while there is considerable savings and satisfaction in building a fence yourself, it can become quite a nightmare if not done properly, especially the job of setting the posts.

Oilheat Service Representatives to Receive Improved Technical Information

(NC)—In the effort to provide oilheat customers with the most advanced technical and service information possible, the technical training manual, provided by the Canadian Oil Heat Association (COHA), is in the process of some significant revisions.

The manual, Canada's premiere oilheating technical teaching tool supplied to all COHA members and to other service technicians, is a comprehensive reference guide for installations, upgrades, repairs and troubleshooting.

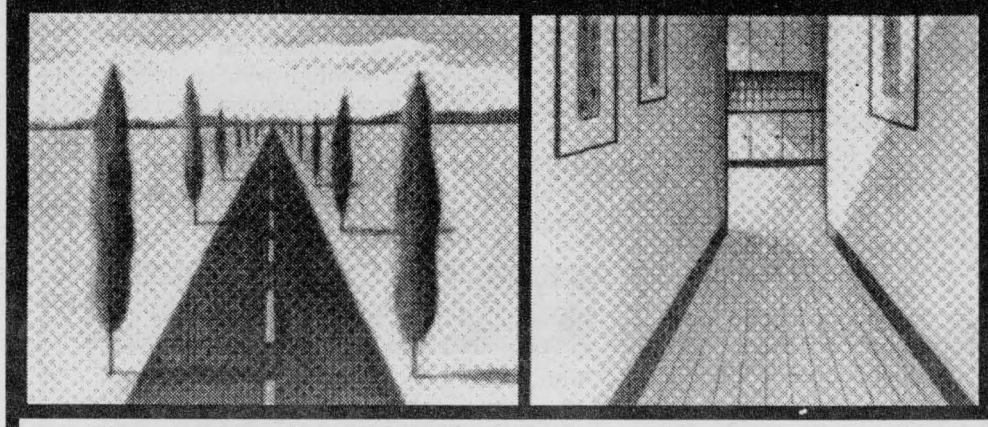
"When we took on this project of creating a training manual for the industry," says Brad Fabrizio of R.W. Beckett Corporation, a member of the team revising the manual, " we made a decision to always produce a quality, easy-to-read, technically current reference guide. In support of this commitment to the latest book, we are reviewing, researching and improving where we feel it is necessary."

According to Brad, the main areas that are being improved are changes throughout the manual to agree with recent changes in codes; improving and making additions in areas of technology; and improved layout of the manual, to help the technician when working in poorly-lit basements.

"We are looking forward to the publication of the manual," COHA President John Butt says. "It means the oilheat customer is ensured the best service possible by the technician. It is an excellent instruction guide for individuals entering the field, as well as a great reference guide for quick topic review."

The manual is expected to be ready for distribution in March.

Our paint is used on more than 100,000 kilometres of roads in Canada. Imagine what we can do for your walls.



Sico paints can really stand up to the elements: sun and snow outdoors or small fingerprints and crayon marks indoors. Because Sico makes quality paints that are durable, washable – even scrubbable. Our colour system features over 1,680 colours in a wide range of finishes. Plus Sico also makes a full line of stains and varnishes.

No wonder we're the largest Canadian paint manufacturer.



Super Acrylic Latex
Flat for ceiling
(711-112)
White
20.99 3.78L

Super Acrylic Latex
Velvet Finish
(713-110)
White
26.99 3.78L

Super Acrylic Latex
Semi-Gloss Finish
(717-110)
White
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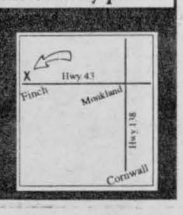

Electrical Industry Coming To Cornwall



Ron Eamer Chair

Cornwall has once again been chosen as the site for the Annual Electrical Industry Conference organized by the Ontario Electrical League. Local hosts for this event will be the Seaway Valley Chapter of the league, one of the 46 such chapters across the province. This Conference was previously in Cornwall in 1982 and 1991. The local hospitality, facilities and special projects for tours such as the Co-Gen plant, district heating system and the Canadian Fluorescent Industries plant were also instrumental in attracting the group. The working sessions of the Conference will focus on "Building Effective Relationships" in various segments of the industry.

The social side of the program will feature many local entertainers including the Carm Aube Big Band, The Brigadoons, the McCullough Dancers, Mike McAnany, Paul Smith and others. The host hotel will be The Parkway Inn and Conference Centre with several other nearby facilities being used to house the 300 delegates.

Breathe Easy ... Here To Help You Cope

If you suffer from a lung disease, or simply have breathing difficulty, you're not alone. One in every five Canadians suffers from a breathing problem. Hundreds of people with chronic or permanent lung disease have been able to learn management techniques, gain confidence and meet new friends, thanks to a unique Lung Association health program called "Breathe Easy".

"This is one of the most successful programs around for people with lung disease," says Catherine Sabourin, of the Lung Association. "When every breath you take is a struggle, you can't cope on your own." "Breathe Easy helps participants feel confident they can live as normal and full a life as possible," she says. The program is comprised of a number of informative sessions - each one designed to help you cope with a differenct aspect of Lung Disease.

"When we hear that 150 people each day are treated in hospital, and that 10 people die each week from a lung disease, it is very clear that respiratory illness is on the rise," says Sabourin. The Lung Association is one of Canada's oldest health organizations, working to improve respiratory health and help you breathe easier. As they are not a part of the United Way and do not receive any government funding, they rely solely on fundraising initiatives and your support to be able to offer quality programs to local communities. Over the years they have been a lifeline for people of Stomont, Dundas and Glengarry, Prescott and Russell who suffer with a lung disability.

THE LUNG ASSOCIATION
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This year marks the 50th Anniversary of the Lung Association, Eastern Counties.

"The time you spend in a doctor's office is limited and he/she may not have time to answer all of your questions: that's why The Lung Association offers much needed support and educational programs like "Breathe Easy". Education is the key to reducing the stress of living with a lung disorder. We can help you learn to control your disease, rather than having it control you," says Sabourin. For more information on lung disease and programs and services offered in your area, contact The Lung Association at 932-4999 or 1-800-450-5202. And remember always ... when you can't breathe, nothing else matters.

Model Airplane, Sportscard, Coin & Collectible Show

St. Lawrence Centre will feature a Model Airplane, Sportscard, Coin & Collectible Show on March 28th from 10 am - 9 pm and March 29th from 11 am - 5 pm. Hobbyists from the Seaway Modelaires Club will display their model aiplanes in Center Court. Buy, trade, sell or browse through fabulous collections of sportscards, coins & collectibles from area dealers located throughout the mall. Former Major League Baseball Pitcher Bill "Spaceman" Lee will be signing free autographs at the St. Lawrence Centre Mall on Saturday, March 28th from 1 pm - 4 pm. This autograph session is sponsored by Collector's Edge, St. Lawrence Centre. Lee began his major career in 1969 with the Boston Red Sox, where he remained until the end of the 1978 season. During his tenure with the Red Sox, the left-hander posted three consecutive seasons of 17 wins. He pitched in the 1975 World Series for the Red Sox. In 1979, Lee joined the Montreal Expos and won 16 games that year. He finished his career as an Expo in 1982 and left pro baseball. Lee, a graduate of University of Southern California was born on December 28, 1946. He participates in the Montreal Expos fantasy camp in Florida during the winter and in the summer travels with a group of former major league players as part of an old timers softball team. Lee and his wife Pamela reside in Craftsbury, Vermont.

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Simple Steps to Better Bulbs

Few moments in life are as welcome as the first sign of spring, when the green shoots of fall planted bulbs first pop up out of the ground. They promise spectacular beauty, which they deliver. Your hard work last fall planting tulips, narcissi, crocuses and other bulbs will be richly rewarded with glorious blooms.

While you're enjoying the view it's a good time to think ahead to next year's blooms. Some simple steps taken now can pay off with a yard full of beautiful bulb flowers for many springs to come.

Give "naturalized" bulbs a spring energy boost. The term naturalized refers to bulbs that are left in the ground to return year after year. Some are better "returners" than others. Most tulips, for example, are magnificent their first year of bloom, but diminish over time. On the other hand, narcissi, such as daffodils, will not only return, but multiply over the years.

When the first shoots appear in spring, naturalized bulbs appreciate a shot of a high nitrogen liquid fertilizer such as Stern's Miracid. The young shoots crave nitrogen, and Miracid contains 30 percent of this vital nutrient. Mixed in water according to label directions, the nutrients can be absorbed through the plant's leaves as well as the roots. Don't worry about the word acid in Miracid; that simply refers to the product's ability to slightly acidify soil through a natural partnership with micro-organisms in the soil.

When the blooms of spring bulbs in garden beds have faded, cut the flower heads off, but leave the green foliage. Professional bulb growers in Holland call it "heading" the bulb. By removing the flower, the plant will expend no effort making seed pods. It will put its energy into building a strong, healthy bulb for next year's bloom. This technique is especially helpful for tulips, but is labor intensive and best confined to bulbs in the bed and border. For naturalized bulbs, say a whole field of daffodils, it's not worth the effort. Natural is natural.

If bulbs are growing in the lawn, hold off mowing the lawn until the naturalized bulbs die back. For a good return next season, it's necessary to let the foliage remain for six weeks. This is usually not a problem for very early bulbs, such as crocus. However, for later blooming daffodils, six weeks may be too long to let the lawn grow. In that case, mow them down, and next fall confine your "daffs" to a more marginal area of the yard.

Bulbs such as tulips are nature's spring gift. Rewarding these plants with a spring "energy boost" using a high nitrogen liquid fertilizer, such as Stern's Miracid, will help them to return more glorious next year.

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Benefits of Home Landscaping

BY PAUL TUZ

If getting your yard in shape for summer scares you with thoughts of hard work or high dollar amounts, there are some options to consider before you let the grass go to seed or pour concrete on the flower garden.

One option is to hire a professional firm or individual to plan and plant your yard. This is usually the most expensive method, but the best if your time is scarce.

Another option is hiring a professional to design the plan, while you and your family execute it.

Or by making use of available information such as bulletins and books, you can make both planning and landscaping your yard a do-it-yourself project.

If you decide to use a professional landscape architect, find out if the work is guaranteed, make sure all agreements are in wriitng and check the person or company out with your Better Business Bureau.

Taking the do-it-yourself route will allow you to change your mind at the planning stage as often as you like and will save a lot of money.

If you are ambitious and have the money, it is possible to design and plant your whole yard, including trees, shrubs and grass at once. Although some people stretch the project over several seasons and begin by planting their trees since they take longer to grow.

Also, keep in mind the economic, as well as esthetic, benefits to landscaping your yard — it increases your home's value and, if carefully planned, may help reduce energy bills.

According to experts, summer energy needs may be cut by 50 per cent or more by planting shrubs and deciduous trees on the sunny side of your house, while shrubbery around the foundation will prevent drafts from entering.



After your new yard is in place and taking root, the proper ongoing care will keep it looking its best. The right amount of water, fertilizer and mowing will keep grass healthy, while pruning trees and trimming shrubs will help ensure their health and growth.

Paul Tuz is president of the Better Business Bureau of Metropolitan Toronto.

New Recipe for Great Backyard Compost

Backyard composting used to be practiced by only a handful of homeowners, who knew the secrets for turning leaves and grass clippings into "black gold." But no more. Now there are "recipes" and "cookware" that ease the task and produce better compost for use around the yard and garden.

This season, a new recipe and system gaining favor is to use Canadian sphagnum peat moss in the compost bin, particularly if you compost kitchen waste, and to add accelerators to speed the decomposition, or "cooking," process.

New composting bins at your local garden centre ease the job, with features like expanded vents to maintain the proper air balance and turning slots which let you turn the material with a pitchfork without mess or bother.

Peat moss is excellent for making compost when you use kitchen garbage. Adding the peat moss gives you a good final product and eliminates odor problems from the compost.

The peat moss serves a dual purpose. Because it grabs and holds up to 20 times its weight in water, it helps the compost to maintain the proper moisture balance for the decomposition process. And once you've produced compost, adding more peat moss extends the material you have to spread on gardens and planting beds.

Backyard compost is sometimes considered a free alternative for peat moss. However, in recent

Furthermore, peat moss is a plentiful natural resource. More than 10 times the amount of peat moss forms on Canada's 270 million acres of peatlands each year than is harvested.

Mixing Canadian sphagnum peat moss with your compost helps maximize the "cooking" process, and also extends the compost — giving you more material to spread on flower beds and gardens.

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PLANNING YOUR FUTURE



By Mark McDermid

Saving Versus Investing

While women are coming to recognize the need to save for their futures, many are still uncomfortable with the idea of investing. As a result, most women hold their RRSP money in guaranteed investment certificates (GICs) and savings accounts. According to Decima Research, 43 percent of Canadian women held GICs and term deposits in their RRSPs in 1995, while only 32 percent held mutual funds.

"The key is understanding the difference between saving and investing," says Elizabeth Hoyle, vice-president of marketing at Trimark Mutual Funds. "Saving is accumulating your money, while investing is making that money work to earn more money. Savings and term deposits earn a fixed amount of interest, but investments like equity mutual funds or stocks have the potential to grow."

The research says that women look for security, and savings accounts and GICs are safe if you're looking at the short term. But for RRSP money, savings accounts historically haven't outpaced inflation. So women need to put their money into investments that will grow over the long term.

To help women understand saving and investing, as well as the concept of risk, Trimark launched an education program called Appreciating Your Worth (AYW) in 1993. Two years after its launch, the number of Canadian women who said they understood how a mutual fund works increased to 30 percent from 20 percent.

"Women want to know their options, so we created AYW to demystify investing, simplify the task of choosing a financial adviser and help women understand the importance of developing an investment plan that meets their individual financial goals," says Hoyle.

Appreciating Your Worth includes a 28 page booklet, written specifically for women who want to learn more about investing. It includes advice about how to choose a financial adviser, a worksheet to help you develop a plan, a glossary of financial terms, answers to common questions about investing in mutual funds, and profiles of successful women investors. The program also includes interactive financial planning software, which will prepare you for a decision with your financial adviser. The brochure and software are available from independent financial advisers selling Trimark Mutual Funds.

The Top 10 Reasons Why People Are Banking by Computer

MONEY TALK

(NC)—With Canadians among the quickest in the world to embrace new technologies, it's no wonder that a growing number are taking advantage of the speed and convenience of on-line banking. Feedback many of the 170,000 customers who signed up for CIBC's PC and Internet banking over the first year it was available, illustrates why on-line banking suits their busy lifestyles. Their top 10 reasons include:

- Saves time—fewer trips to the branch and fewer cheques to write
- 24-hour access—whether sitting at the office or relaxing in the den
- Unlimited and immediate access to account information
- Management of bank and investment accounts while travelling around the globe or wintering down south
- Saves money—no charge on-line access and lower transaction fees
- Easy management of investment portfolios—on-line discount brokerage service offers real time stock quotes, ability to buy or sell equities and over 600 mutual funds
- Quick access to continually updated information on a complete range of financial products and services
- Ability to quickly transfer funds to children attending college or university away from home
- Greater control over financial records—automated downloading of account information to a choice of personal financial management software such as Microsoft Money and Quicken
- On-line access to interactive financial planning tools and calculators that help in making better financial and investment decisions.

Don't Forget to Deduct Moving Expenses

Moving expenses are an often overlooked tax deduction. According to Mark Klingbaum, CA, a tax associate with Birnbaum, Prenick, Stekel & Co. in North York, "if your company moved you to a new location last year, you started a new job in another city, or you started a new business elsewhere, you can get a considerable tax deduction as long as the move resulted in your new home being at least 40 kilometers closer to your new work location than your old home was."

Klingbaum advises that, generally, you can deduct:

1. Expenses incurred for selling your old home — including real estate commissions, legal fees and mortgage penalties paid if your mortgage was terminated before maturity
2. Legal fees and land transfer taxes associated with buying your new home
3. Reasonable traveling costs while you are moving yourself and your family
4. Actual moving costs for your belongings, including any necessary storage charges

Your employer can also give you a low-interest relocation loan (up to $25,000) without saddling you with a taxable benefit.

There are many more rules about what you can deduct and when you can claim the deduction. To avoid costly mistakes, ask a chartered accountant exactly what can be claimed and under what circumstances.

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Cash to Hire Students

Small Business SECRETS

(NC)—Summer may still be a gleam in your eye, but now's the time to get your business ready. You may be able to receive contributions toward hiring high school and college students, if you apply this month.

Under this program, your business receives financial assistance to create a job for a student.

Maybe you've been intending to overhaul your computer system, but your staff hasn't had time. Maybe you could use an additional person in the sales department to cover summer holidays. Or maybe you need someone to launch that customer newsletter you've been intending to get to. Now you can get six to 16 weeks of help.

As long as you're creating a new position, there's bound to be a qualified student to fill it, and with financial assistance from the government, you can catch up or grow your business at less cost.

What do you need to do?

- Prepare a proposal showing the job will provide a quality experience preparing the student for entering the work force.
- You should be prepared to provide students with necessary supervision, learning and work experience.


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Cornwall Indoor Soccer League

Rudi Payer Sport is the champion of the Cornwall Indoor Soccer League men's fist division. Rudi defeated Filion Trophy 3-1. Bruce Tessier, Jason Struthers, and Greg Deschamps scored for Rudi. The goalie, Tommy MacKay, replied for Filion.

La Maison played a double header this weekend, hammering Char-Lan II 15-3 in the first contest. Jason Libbos (5), Luc Derepentigny (3) and Gerard Martel (3), Mark Juneau (2), Benoit Merizzi, Ghislan Levac were the markers for La Maison. Char-Lan II had two goals from Les Bradshaw and a single from Doug Long.

In their second game, La Maison doubled Backstage 6-3. Luc Derepentigny and Benoit Merizzi each notched in a pair, while singles were scored by Gerard Martel and Jason Libbos. Chico Teodoro answered with a hat trick for Backstage.

Strikers posted a 9-6 win in their second consecutive win over Mr. Sub. Shawn Montroy led the Strikers attack with five goals, Dan Menard netted a hat trick and a single was added by Sean Henderson. The goalie Denis St. Germain had a pair of goals for Mr. Sub. Singles were scored by Nick Bonamassa, Allan Brown, Devon Morgan and Jon McCullough.

In men's second division action the Winners and Motard's Advertising battled to a 4-4 tie. Dan Armstrong fired in two goals and singles were added by Eddie Osmar and Chris Merkley. The Winners also scored a goal in their own net, the other goals for Motard came from Mike Marsolais, Arik Payette and Kiril Dolaptchiev.

Cosmos blanked Harvey's Restaurant 9-0. Eric Hamilton and Robert Leduc each scored three times and doubles were added by Chris Boisvenue and Tyler Truelove.

Hardy Seeds Sonics won by default against St. Lawrence Sharks.

In the ladies first division contest, the Blazers Red Hots played a double header edging the Minimax Hearts 3-2. Vanessa Van Sleuvan, Laura Scruggs and Melissa McIntosh scored in the win. Tammy MacSweyen and Lori St. Denis had the Minimax goals.

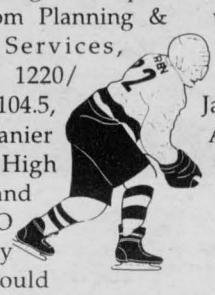
In their second contest, the Red Hots posted an easy 6-1 win against Raisio Chemicals. Vanessa Van Sleaven led again the Red Hots attack with a hat trick, Marissa Kyte doubled and Laura Scruggs had a single. Rachelle Prevost had the lone Raisio goal.

Anitta Bessette scored three times and Nancy Dalton singled, as Freeman's Spitfire beat Healy Motors 4-1 in ladies second division. Megan Leroux scored in the loss.

The second place Bergeron Electric nipped Bold Bright Signs 3-2. Marie-France Rioux, Hannah Papp and Monique Paquette scored for Bergeron. Ttiana Melrose and Stephanie Hemmerick had the Bold's goals.

L'Heritage Dragons won by default against St. Lawrence Sharks.

Lori Dupuis Homecoming



The Kinsmen Girls Hockey Association along with representatives from Planning & Recreation Services, Hometown 1220/ CJSS Variety 104.5, General Vanier Secondary High School, and COGECO Community Television would like to invite the residents of the City of Cornwall, Williamstown and the surrounding communities to come out and congratulate Lori Dupuis, a silver medalist winner at the Winter Olympic Games held this past February in Nagano, Japan.

A Welcome Home Rally will be held on Saturday, April 4th, 1998 from 8 pm to 9 pm at the Civic Complex in the Ed Lumley Arena. Bring the entire family and meet and congratulate our very first Winter Olympic athlete. This is a great opportunity to demonstrate community pride and thank Lori Dupuis for representing Canada, her hometown and all her friends and family with professionalism, dignity and sportsmanship. The first 300 children arriving at the Complex will receive a Lori Dupuis post card. Admission is free.

Children will be encouraged to fill out a free ballot for a personal autograph session with Lori Dupuis. Ten names will be picked at the rally.

Cornwall Tire Bantam "A" Royals on to O.D.M.H.A. Finals

The Cornwall Tire Bantam "A" Royals earned a birth in the Ottawa District Minor Hockey Association's Finals with their record of 2 wins, one tie and one loss during the league's round robin semi-final format.

The first game took place in Kingston. The Royals played hard and never quit. They came back from a 4 to 2 deficit in the third period and tied the game with two goals in the last eight minutes of the third period. Cornwall's goals were scored by Pat Smith, Jamie Leger, Shawn Chartrand, and Alain Leger. Marc Lapointe was strong in nets.

The second game was in Sandy Hill against Ottawa East. Unfortunately, the Royals were overpowered by the home team and went home with a 4 to 1 loss. Dave Carry scored the only Cornwall goal.

With their backs against the wall, The Royals knew they had to win their last two games if they were going to get a chance at the finals.

The third game was in Cornwall against Kingston Township. The Royals were ready for that one! They opened up the score with less than three minutes into the first period and never looked back adding seven more goals before the game ended. The Royals walked away with a convincing 8 to nothing win. Shawn Chartrand and Andrew Banville both had a pair of goals, the other one going to Bruce Libbos, Jamie Leger, Rod Benton and David Carry. Cale Mulligan was strong between the pipes and registered the shutout.

The fourth and final game of the semi-finals round robin was in Cornwall against Nepean. The score was very close during the first two periods with Cornwall going into the third with a 4 to 3 lead. But then the Royals opened up the "Big Blue Machine" with four more goals and Marc Lapointe who played an outstanding game in nets made sure to shut the door for allowing only one goal with 25 seconds left in the game for a final score of 8 to 4. Scott Champagne and Andrew Banville led the Royals with two goals each, the other ones going to Stephane St. Denis, Dale Ferguson, David Carry, and Shawn Chartrand.

This record of 2-1-1 allowed the Royals to move onto the finals. They will be facing East Ottawa and it promises to be quite a series between these two exciting teams.

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96 JETTA GL
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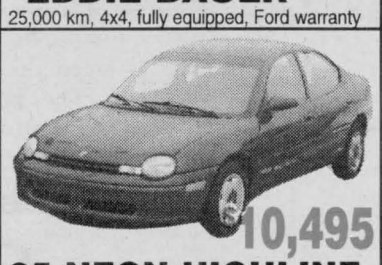
$16,995
96 INTREPID
34,000 km, fully equipped, Chrysler warranty



$12,995
96 RANGER XL
29,000 km, 7' Fibrobec box, Ford warranty



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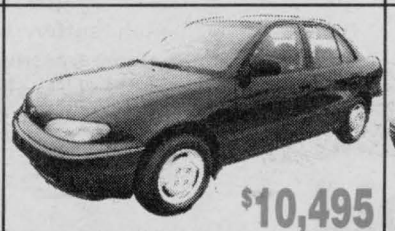

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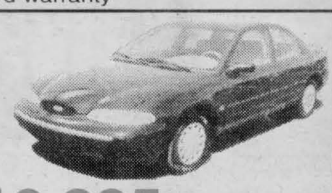

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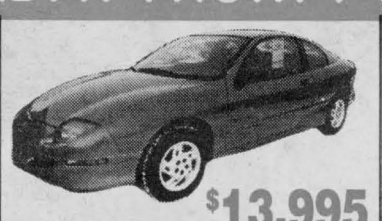

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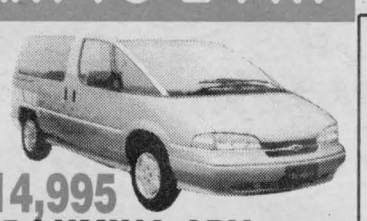

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INSIDE THE CORNWALL COLTS

By David Murphy

Whew!!! The Grads are history thanks to some timely scoring by the Cornwall Colts. The first place Colts needed six games to dispose of the upstart Cumberland Grads in the Robinson Division semi-final. After last Wednesday's exciting overtime win in Navan, a relieved head coach Al Wagar was sitting, hands clenched in front of his face on the bus. "Cumberland gave us a great series. Now we'll take a day off and get ready for Gloucester."

A brief summary of the series: Pat Savage and Dave Bennett led the team in scoring (with 11 and 10 points respectively) with Savage getting the series winner. Dave Stathos didn't play as well as he could, but good enough to win (he'll step it up for round two).

Let's talk about those Rangers.

They dropped Hawkesbury in five games and haven't played since last Tuesday.

Cornwall's regular season record against the Rangers might give us an idea of what to expect. The Colts dominated Gloucester at the Ed, winning four of five but split the two games as the Earl Armstrong Arena.

"It's going to be tough, physical series," said Colts General Manager Mike Piquette.

RINK RAT INFO ...

Jamie Herrington better get ready to get another cheap suit. The Rangers will be all over him, probably more so than the Grads ... Dave Stahos played his best hockey ever the last time Cornwall and Gloucester met (in the CJHL final series two years ago) ... Doug Shepherd is another reason why I love hockey ... let's see if we can recreate the magic of two seasons ago and fill the Ed Lumley Arena for the guys ... I'm hoping for the best and a speedy recovery to Colts defenseman Chris Mann. He's been in and out of the Winchester Hospital with an illness. Get well soon (that's from Rooster too) ... for all the Colts fans who made the trip, wasn't game six in Navan the most exciting game all year? ... it's Brockville and Kanata in the Yzerman Division final and it's safe to say the winner will be the team that can outlast the other in a seven game series ... as for Cornwall and Gloucester, I say a hard fought six games in favour of the good guys.

Here's a look at the upcoming games for your Cornwall Colts:

Sun. 29th vs Gloucester, 7:30 pm

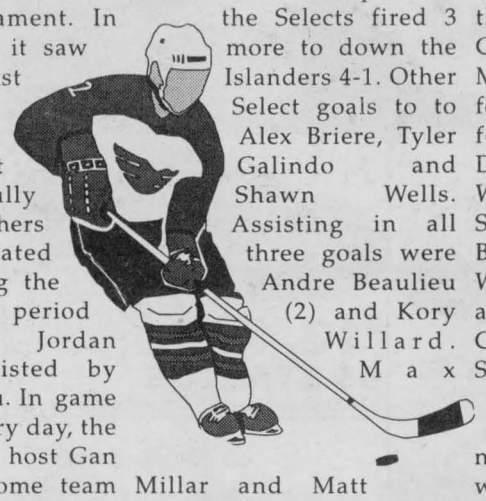
Tues., 31st at Gloucester, 7:30 pm (on CJSS at 7:25)

Thurs, 2nd vs Gloucester, 7:30 pm

Fri. 3rd at Gloucester, 7:30 pm (on CJSS at 7:25)

Storm Sweeps Gananoque

On March 21st, the Selects braved the elements and were anxious to start the tournament. In their first game it saw the Selects against the Kemptville Panthers. As the team may not have been fully awake, the Panthers were; and defeated them 3-1. Scoring the Selects lone 1st period goal was Jordan Swerdfeger, assisted by Andrew Beaulieu. In game two of the Blustery day, the Selects faced the host Gan Islanders. The home team opened the scoring early in the first to have Corey De Rooy answer back with 0.01 seconds remaining in the opener. Throughout the second and third periods, the Selects fired 3 more to down the Islanders 4-1. Other Select goals to to Alex Briere, Tyler Galindo and Shawn Wells. Assisting in all three goals were Andre Beaulieu (2) and Kory Willard. Max Millar and Matt Leroux shared the pipe duties. Heading into the B final the Selects were up against the Squad from Canton, N.Y. With the defence playing tight and the offense strong, left a Canton team scoreless. Matthew Leroux held tight for a 4-0 shutout. Scoring for the Selects were DeRooy unassisted, Kory Willard unassisted, Swerdfeger unassisted by Brendan Timmers and Willard, Corey Tinkess assisted by Troy Cryderman. Although the Selects suffered numerous penalities during the tournament the determination paid off as they were crowned B champs. The South Stormont squad and fans truly enjoyed the celebration.



Golden Age Bowling

The league leading Cheetah suffered a major and embarassing defeat when the last place Lions upset them (2-1). What you don't know is the recount saw them lose that point. Then the recount gave it back to them. Not a computer glitch, wrong scores entered, thanks to the computer print-out and a knowledgeable secretary.

Dawn Racine tossed a 227 single for the win. For the Cheetah, George Belmore rolled singles of 226 and 204 for a cross of 603, Conrad Godard chipped in with singles of 221 and 204.

HIGHS ROLLED: Chellis Scott, 226; Joe Arseneault, 225; Eric McCartney, 221; George Beaudette, 220, 212; Betty Dunn, 220; Eric Dunn, 218; Eleanor Dennis, 218; Bill Owen, 213; Bill MacPherson, 206; Joy Konynenberg, 205; Elmer Sauve, 205; Vernon Eastman, 204; Eva Carter, 203.

ATTENDANCE WINNERS: Pat Bilmer, Alma Carter, Wilfred Tyo.



Soccer on Hold in Char-Lan

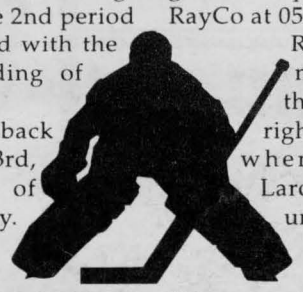
The Char-Lan Indoor Soccer league has been put on hold for a few weeks as the floor in the Char-Lan gym is repaired. The gym will only be available to the soccer players on April 6th. Once the games begin there will be a deciding game between the Hellfish and Nomads at 7:00 pm before the playoffs start at 8:00 pm. The playoffs will line up like this: 8:00 pm Stars vs Rudi's; 9:00 pm Steelworks vs the winner of the game between the Hellfish and Nomads. These semi final games will be a two game, total goals affair with Easter sandwiched in between the two legs. The final will be a 1 game 2x40 minute finale held on the last week of April.



RayCo Wins Semi Finals

Cornwall Senior Womens Hockey Team the RayCo Sharks replayed their semi-final game on March 24th at the Vanier Arena against Ottawa Valkyries to determine a winner. RayCo came out on top 2-1. RayCo opened the scoring at 08:20 of the first period with an unassisted goal by Krista Casselman. RayCo struggled through the 2nd period but stayed ahead with the strong goaltending of Lisa Cook.

RayCo came back strong in the 3rd, taking control of the play. However, Valkyries managed to squeeze one by RayCo at 05:45 of the third. RayCo determined to earn the victory, came right back at 04:50 when Dominique Laroche scored an unassisted goal.



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These principles apply in all circumstances, and they apply to everyone in sport-athletes, coaches, officials, parents, spectators.

For more information on coaching skills and the3M National Coaching Certification Program, contact the Coaching Association of Canada, 1600 James Naismith Drive, Gloucester, Ontario, K1B 5N4, (613) 748-5624

SEAWAY Scoreboard

Men's Commercial Bowling League

INGLESIDE BOWLING LANES

SECOND PLAYOFF WEEK

	pts this week	total
Gauthiers	15	35
Max Auto Parts	17	34
Bruce Anderson Const.	17	31
Causeway Auto	16	30
Heagle Plumbing	7	26
Craig's Electric	17	24
Computer Sense	11	20
Ingleside Lanes	8	16

High Triple:
Bert Eldridge 745 Kevin Lalonde 728
High Single:
Kevin Lalonde 268 Darryl Britton 266

WEEK OF MAR. 23

pts this week	total	
Max Auto Parts	16.5	50.5
Causeway Auto	18	48
Bruce Anderson Const.	15	46
Gauthiers	6	41
Computer Sense	18.5	38.5
Heagle Plumbing	10	36
Craig's Electric	9	33
Ingleside Lanes	15	31

High Triple:
Gary Peever 804 Tony Cummings 744
High Single:
Tony Cummings 316 Kevin Merkley 313

Gary Peever's 804 triple highlighted his birthday and helped Computer Sense get 18.5 of a possible 24 points.

C.U.C.B.A. Minor Bantam Girls

	W	L	T	PTS
Destroyers	10	0	2	22
Fighting Fushcias	7	3	2	16
T-Devils	3	8	1	7
Golden Bears	1	10	1	3

Cornwall Indoor Soccer

as of Mar. 15/98

Men's Division I	W	L	T	GF	GA	PM	PTS
Rudi Payer	18	1	1	153	37	116	37
Filion Trophies	13	4	3	90	55	35	29
La Maison	13	5	2	84	59	25	28
Mr. Sub	12	5	3	110	52	58	27
Strikers (M)	11	8	1	132	95	37	23
Backstage	4	16	0	49	141	-92	8
Wolfclan	2	18	0	52	110	-58	4
Char-Lan II	2	18	0	30	147	-117	4

Men's Division II	W	L	T	GF	GA	PM	PTS
Winners	15	3	1	137	52	85	31
H.S. Sonics	15	3	1	81	38	43	31
Motard's	12	6	1	127	81	46	25
Osn. Cosmos	6	11	2	64	76	-12	14
Harvey's	4	13	2	60	113	-53	10
St. L.C. Sharks (M)	0	16	3	35	147	-112	3

Women's Division I	W	L	T	GF	GA	PM	PTS
Atlantic	10	4	4	45	34	11	24
Blazers U-19	9	5	3	50	37	13	21
Minimax	7	7	3	53	43	10	17
Red Hots	7	10	2	57	65	-8	16
Ray-Co Strikers (W)	6	8	4	33	46	-13	16
Raisio Chemicals	4	9	6	36	49	-13	14

Women's Division II	W	L	T	GF	GA	PM	PTS
Freeman	14	5	0	80	41	39	28
Bergeron El.	12	3	3	65	28	37	27
Bold. B. Signs	11	6	2	71	53	18	24
Healy Motors	5	10	4	30	56	-26	14
Dr. L'Heritage	4	13	2	32	71	-39	10
St. L.C. Sharks (W)	4	13	1	35	65	-30	9

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Miller Hughes Rapids

The Miller Hughes Minor Bantam "AA" Rapids capped their season with a fine showing at the Barrie tournament. After spending five grueling hours seated in their cars, the Rapids had difficulty finding their game. As a result, they opened the tournament with a 2-2 tie against the Stratford Warriors. Patrick Turcotte, called up from the Major Peewees, opened the scoring on an unassisted goal. Jamie Smith got the tying goal on a beautiful passing play from Turcotte and Matty McNally.

The second game saw the Rapids battling the Clarington Rangers. The one-sided affair had the Rapids coming out on top 7-1, as they out-shot their opponents 32-8. Scoring for the Rapids were Matty McNally with the hat trick, with singles going to Ryan Redmond, Patrick Turcotte, Philip Boots and Ryan Major. Jesse Winchester, Eric Lavictoire (2), Ryan Sage (2), Turcotte, Boots, Marc-Andre Richer, Greg Barnhart and Jason Berry chipped in with assists.

Their third contest had goaltender Jeff McIntyre recording a shutout in a 5-0 victory against a tough squad from Milton. Goal scorers for the Rapids were Patrick Turcotte (2), McNally, Lavictoire and Redmond. Assists went to McNally, Turcotte, Smith, Beausoleil (2), Major, and Winchester (2). The victory insured the Rapids a semi-final berth for the championship.

In the semi-final game, the local boys played a strong Newmarket Redmen team. The Redmen opened the scoring in the first period. The Rapids came back in the second with two goals to take the lead. Ryan Redmond scored a power play goal from Jesse Winchester and Jamie Smith. Moments later Winchester scored with assists credited to Redmond and Eric Lavictoire. The third period was exciting as the Redmen tied the game before Lavictoire scored from Philip Boots. To get back into the contest, the Newmarket coach pulled his goalie and Boots scored an unassisted empty net goal. However, the Redmen weren't finished and scored with fourteen seconds remaining in the game. They then flooded the Rapids' zone and if not for the spectacular goaltending by Devon Eveleigh, the score could have been tied. The team was thrilled with the victory and were now advancing to the championship game against the host team Barrie Flyers.

The final game was filled with entertaining action as both teams delivered crushing body checks, great goal scoring opportunities and excellent goaltending. Barrie opened the scoring before Marc-Andre Richer fired a blistering slap shot from the point to tie the score, converting a pin point pass from Jesse Winchester. The Flyers scored two more and the game looked out of reach. The Rapids did not quit and scored a late third period goal when Pat Turcotte notched a goal from Jamie Smith and Ryan Major. Coach Geoff Smith then pulled his goaltender for the extra attacker and the boys put on tremendous pressure, only to be thwarted by the Flyer goaltender. The Rapids had to settle for the tourney runner up prize.

All in all, it was a great tournament for the boys as every player contributed points and team commitment. The parents congratulate the team and their coaches for their fine effort.

The boys returned to the Seaway Valley and played a tough match against Cumberland and settled for a 4-4 tie. Scoring for the Rapids were Jesse Winchester (2), Philip Boots, and Ryan Redmond, with assists going to Ryan Major, Greg Barnhart, Redmond, McNally, Richer and Smith.

The Rapids then played Kanata and put up a good fight before bowing out 4-2. Scoring for the Rapids were Barnhart and Winchester, with Redmond, Winchester and Marc Leroux picking up the helpers.

The players and the parents send out heart felt thanks to coaches Geoff Smith, Dean McIntyre and Andre Richer for their commitment and dedication throughout a long and sometimes difficult season. Also, the parents and players wish to extend our sincere gratitude to our sponsor, Miller Hughes Ford for their continued support over the last three seasons. Thank you very much.

Finally, the players expressed the wish to thank their parents for their commitment and support, for taking them to practices, games and tournaments, and for helping them out when it was needed. Thanks mom and dad.

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SEAWAY NEWS ENTERTAINMENT

Now that's hockey ! Playoffs, overtime, game six of the best of seven and our *CORNWALL COLTS* are the winners. In winning 4-3 over Cumberland the Colts now get ready to meet Gloucester in the Divisional final round. The action begins this Sunday night at 7:30 p.m. at the Ed Lumley Arena. The Colts are off and running .

Congratulations to the *JADE GARDEN RESTAURANT* as they celebrate 49 years of excellent service to Cornwall. They are celebrating with their famous combination special #17 all this weekend. Drop by and enjoy a meal from the *JADE'S* superb chinese food menu and join the anniversary celebration.

You may wish to follow your dining-out event with a visit to the theatre for a top-flight movie at the *BROOKDALE CINEMAS* at the Brookdale Mall. The Academy Awards top movie *TITANIC* leads the trio of films now playing. Or you can choose to watch *WILD THINGS* or *U.S. MARSHALLS*. Playing now at the *PORT THEATRE* on Montreal Road is *THE MAN IN THE IRON MASK* .

Now that Spring is officially here and weather has warmed we start noticing the cottagers heading to their favourite summertime locations to open up and air-out their abodes. *TINA & GERRY* and their neighbours on their chosen island retreat have opted for a cottage-opening party this weekend (Saturday) at the *RCAFA* on Water Street West. Should be a real happy and long awaited event. Have fun folks.

Night N' Day

Entertainment - Special Events & Restaurant Review - By Bill Gallant

Spring has sprung with a beautiful aroma in Long Sault these days. *THE COUNTRY BAKERY & COFFEE SHOP* will open this weekend and they are offering a special Easter Basket to celebrate. Use your nose or just drive a short distance east of the Long Sault traffic light. Congratulations folks.

While we're at it we should also salute the *TANDER BUFFET RESTAURANT* at 2130 Vincent Massey Drive. They too are offering a great March Special for Lunch and Supper. They have over 40 items to choose from at the buffet. Give them a try.

This coming weekend, April 3rd, 4th & 5th, is once again *TRI COUNTY CRAFT* time. The *EASTER CRAFT SALE* will be held at the Civic Complex and includes Cornwall's largest juried craft show. The admission is free and there's something for everyone. The hours are 10 a.m. - 9 p.m. on Friday, until 5 p.m. on Saturday, and 12 noon until 5 p.m. on Sunday.

Want to get an early start on some fishing ? Then why not anchor awhile at *YE OLD ENGLISH FISH 'N' CHIP SHOP*. Enjoy perch rolls, shrimp, English Style Fish & Chips and many other seafood delights. You can eat in or take out .

Everyone is invited to join the *LIVER FOUNDATION BENEFIT DINNER*, featuring BBQ Chicken, at the Royal Canadian Legion Branch 297 on Sunday, April 5th.

Ten years of organizing the annual *ITALIAN NIGHT* event. That's the proud record of Mamie and her committee of the RCAF Ladies Auxiliary. The '98 version will no doubt be another super event and is scheduled for Saturday, April 4th with another mixed table of terrific pasta delights between 7 p.m. - 8 p.m. to be followed by a social evening with dancing until midnight. Members and guests are reminded to be there early for a choice table sitting and to stay for the full night of fun. Way to go Mame !!

Here's a closing reminder to anyone planning a spring or summer *FISHING TOURNAMENT* in Cornwall and area this year. There is usually a bass, walleye and pike tournament but it's important to let us know the dates in order to inform the the many fishers out there. Please drop some info off at the Seaway News (Night & Day) .

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

Dave Matthews Band
Sunday, May 3rd
Ottawa Congress Centre

Two years ago Dave Matthews Band rocked Ottawa with a sold-out show at Barrymore's. History will certainly repeat itself when they bring their unique talent, original sound and commanding stage presence to the Congress Centre, on Sunday May 3rd for one of spring's most highly anticipated performances.

Dave Matthews Band's success story continues to be fueled by feverish grassroots support. Says Matthew's, "That's why this band got together and that's why we'll probably stay together - we all love playing. We love that troubadour experience of getting off the bus and bringing music to people. We're so lucky that we can do this for a living - and make people feel good."

The band's third album, Before These Crowded Streets, will be released on April 28th and holds high expectations based on the success of their first two albums; Under The Table And Dreaming, (1994) is certified five times platinum, while Crash (1996) is certified four times platinum and counting.

Tested Recipes the Sure Route to Successful Jam

One in a series of helpful columns on making jams and jellies.

By Susanne Stark, CERTO Kitchens

While cooking is an art form, a bit of science makes the perfect batch of jam. The exact mixture of fruit, pectin and sugar must be used in order to get the perfect set and the best taste. Therefore, it's always recommended that you use recipes that have been tested for best results. There are thousands of proven jam recipes in existence, using every type of fruit imaginable! Substituting one or more ingredients will alter the delicate chemical balance of your jam and jelly, and could produce some unexpected results.

Substituting fruit

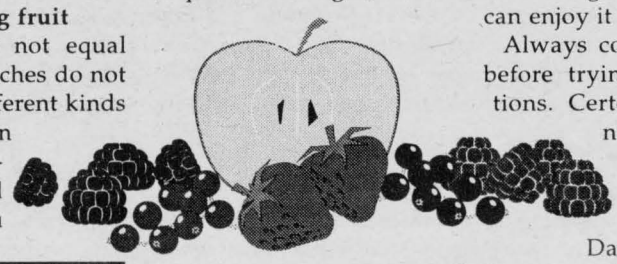
Blueberries do not equal strawberries; peaches do not equal plums. Different kinds of fruit contain different quantities of natural pectin. If you need a recipe that is not in the insert, please call the Certo Hotline.

Substituting Pectin

Always use the pectin product recommended in the recipe. The formulations are all different, so never substitute one brand of pectin for another, or even different types of pectin from the same manufacturer. If a recipe calls for liquid pectin, crystals won't do.

Substituting sugar

Unless otherwise stated in the recipe, always use granulated white sugar and always use the exact amount called for. Sugar acts as a preservative, inhibiting mold growth and giving jams a brighter colour. Never use a sugar substitute in place of sugar; if the amount of sugar is a concern, choose a recipe that calls for "light" pectin and sugar substitute. No-sugar recipes are available on packages of regular Certo and Certo Light.



Honey can be used to substitute for up to a quarter of the sugar in a recipe. Additional amounts of honey are not recommended because they will overpower the delicate fruit flavor of the jam or jelly.

The following signs indicate chemical imbalances in your jam or jelly mixture, and can be caused by using a substituted ingredient.

- *The jam or jelly is too firm.* Indicates too much pectin in proportion to fruit and sugar.
- *The jam or jelly is too soft.* Too much sugar has been added in proportion to pectin and fruit.
- *Formation of crystals in jelly.* Too much sugar was added to the mix, and it has not properly dissolved.

New uses for jams or jellies

- Make your own flaky turnovers with frozen puff pastry and a spoonful of your favorite jam as a filling.

Have you ever wondered?

- I tried a wonderful recipe for jam the other day but it has rum in it. Can I replace the alcohol with something else so my kids can enjoy it too?

Always consult the recipe before trying any substitutions. Certo has created a number of fun jam recipes, such as Strawberry Daiquiri jam that have small amounts of liquor in them. In most of these recipes a non-alcoholic alternative such as orange juice has been tested and listed as an option.

Help!

If you would like to receive some delicious recipes for jams or jellies, or if you are having difficulty getting the results you want, call Certo's information line at **1-800-268-6038.** The hotline hours are extended during the months of June through to September from 9 a.m. to 6 p.m., Monday through Saturday.

April Fools' Day
WEDNESDAY, APRIL 1 ONLY
1/2 PRICE** DINING
LUNCH & DINNER
no foolin .....
BUY ANY regular priced menu item at full price, receive 2nd for 1/2 price*. Everything on the menu including salads, appetizers, snacks, pizza, steaks, desserts, prime rib ... even surf & turf.
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** beverages not included
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158 Pitt Street 938-2791

Spring is Here at Dairy Queen
Go Nuts At Dairy Queen® For 4 Days Only.
This Monday through Thursday get our fabulous Peanut Buster® Parfait. That's right! The original Peanut Buster® Parfait is on sale at Dairy Queen® for 4 days only! But hurry, after 4 days this delicious deal will be gone!
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APRIL 3 - 4 - 5
CORNWALL CIVIC COMPLEX
FRIDAY: 10:00 a.m. - 9:00 p.m.
SATURDAY: 10:00 a.m. - 5:00 p.m.
SUNDAY: 12 NOON - 5:00 p.m.
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"Authentic English Fish & Chips"
FREE DELIVERY
Perch Rolls • Shrimp
Steak & Kidney Pie • Seafood Delights
Lunch Specials
Eat In Take Out
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Managed by Ray & Clara Henstock
9, 1st Street East
(near Pitt & 1st St.)
933-6411

Country BAKERY & Coffee Shop
534-8222
We're opening Friday March 27th
Easter basket special from $1 to $9
JUST 1/4 MILE EAST OF LONG SAULT TRAFFIC LIGHT

Community Update

*ADOPTEES-BIRTH MOTHERS-BIRTH FATHERS. Do you need help or support in your search? Call Parent Finders at 933-9186 or 931-2916.

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

*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.

* ALEXANDRIA CANCER SUPPORT NETWORK meets every third Tuesday, 7:00p.m., Glengarry District High School (front entrance). Peer support for cancer survivors and their supporters. Info: call the V.O.N. Office at 525-1214.

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

*CANCER SUPPORT NETWORK meets every third Thursday of the month at Central Public School (Amelia St. entrance) 7:00p.m. For more info contact Sheila at VON Office 932-3451.

*CENTRE FAMILIAL PARTIR D'UN BON PAS Social Bulletin pour Avril: Club popotte et jeu de cartes, Mardi le 14 au Centre, 1:30-3:00pm, Quilles, Mardi le 21 au Salle Nativité, 1:00-3:00pm, Marche Santé, Mardi le 28 au Civic Complex, 1:00-3:00pm. Information appelez Suzanne 938-2000.

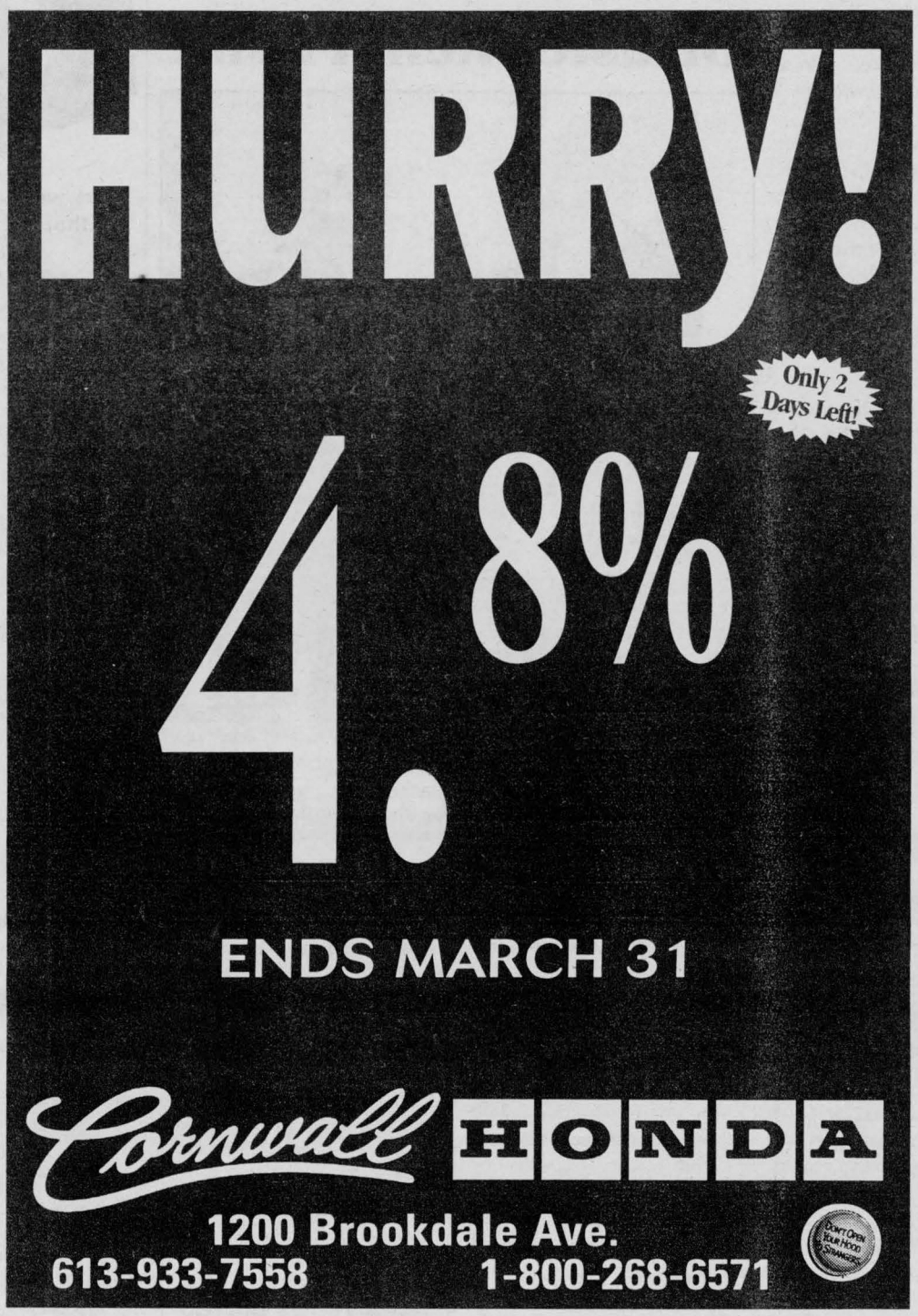
*CHILDREN'S AID SOCIETY of S.D.&G. will be having their annual meeting on Wednesday April 1st, 7:30p.m., St. Joseph's Villa Auditorium. Everyone welcome.

*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.

*DO YOU KNOW SOMEONE WHO HAS.. Speech, Reading or Learning Disabilities, Cerebral Palsy, Fetal Alcohol Syndrome, Acquired Brain Injury? If so, the Association for the Neurologically Disabled can help with a stimulation & rehabilitation program. For information call 1-800-561-1497.

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

*FRIENDS OF THE INGLESIDE LIBRARY upcoming events for April: Wooden Easter Eggs, ages 5-10 years, Wednesday April 1st 6:00-8:30p.m. , Quiz Night at Rothwell Osnabruck, all ages, Friday April 3rd, 7:30-9:30p.m. For info call 537-2592.



*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.

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

*LUPUS SUPPORT GROUP will be holding their next meeting on Tuesday March 31st, 7:00p.m., Seaway Lions Club, 123 Fortier St. For info call 933-1081 or 543-2590.

*MCKINNON FORESTRY CENTRE activities for April: "Easter Eggs" a Senior Program, Monday April 6th, 1:00-3:00p.m., "Hop into Spring", fun session on rabbits, Sunday April 19th, every hour 10:00-2:00p.m., "Workshop" on forestry equipment Sunday April 26th, 10:00-3:00p.m. Call 528-4430.

*MOCCASIN RAILROAD CLUB will hold its next meeting on Wednesday April 1st, 7:30p.m. at the Nativity Center (downstairs) behind Masse Furniture. New members welcome. For more info call 932-8986.

*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.

*PROSTATE CANCER SUPPORT NETWORK meetings are held every second Thursday, 7:00p.m. Central Public School (Amelia St. entrance). For info call Sheila Airey at 932-3451.

*S.D.&G. VOLUNTEER CENTRE is recruiting volunteers to meet the needs of the community. If you're interested in volunteer work for different organizations, please call the Volunteer Centre today at 933-8162.

*SEAWAY SENIORS, 205 Amelia Street upcoming events for April: Dinner/Dance, Wednesday April 1st, 5:30p.m., "Magnetic Therapy" , Thursday April 16th, 10:00a.m. For info call 932-4969.

*ST. LAWRENCE SENIORS CLUB Smoke Free Bingo and Euchre at St. Joseph Villa Auditorium. Bingo every Monday & Friday 1:15p.m., Euchre every Thursday 1:15p.m. Wheels to Meals every second Wednesday of the month. Doors open 10:00a.m. Info call Mary 938-2215.

HOROSCOPES

March 29-April 4

Aries – March 21/April 20

Don't take things so literally early in the week, Aries, or you'll misunderstand what many people are saying to you. Just relax, and look at the bright side of things. An old friend turns to you in a time of need. Don't leave him or her stranded. Virgo plays a key role on Thursday.

Taurus – April 21/May 21

You face several obstacles this week. Every time you get close to finishing something, someone throws you a curveball. Keep your temper in check, and try to make the best of what you've got. A loved one says some harsh words to you at the end of the week. While it makes you angry, listen to what he or she is saying.

Gemini – May 22/June 21

You're on the go early in the week, Gemini. Not only do you have a lot of things to do for yourself, but several others need your help. Set your priorities and do what you can. Don't take that special someone for granted. He or she is always there for you and needs to hear you say thank you.

Cancer – June 22/July 22

Don't let everyone know what you're thinking, Cancer. There is a lot going on with a business project, and you don't see eye to eye with the others involved. However, you don't want to create any problems. Just explain your position rationally; they are sure to understand your point of view. Leo plays a key role.

Leo – July 23/August 23

Pay close attention to what is going on around you this week. Business associates try to pull a fast one. Don't let them get away with it. A family member asks for your opinion. Be honest — even though he or she might not want to hear what you have to say. It needs to be said, and no one else is going to do it.

Virgo – Aug 24/Sept 22

Be selective when it comes to revealing your true feelings, Virgo. Everyone is not on your side. Telling the wrong thing to the wrong person can get you in a lot of trouble. That special someone shows up at your door unexpectedly late in the week. Be warm and welcoming, because he or she really needs you.

Libra – Sept 23/Oct 23

Don't let discord among friends put you in a bad mood early in the week, Libra. Try to help them understand each other, but don't get too involved. You can't always be the peacemaker. A family gathering brings you and your loved ones closer together. Enjoy it. Sagittarius plays an important role.

Scorpio – Oct 24/Nov 22

You need to stay focused on the task at hand, Scorpio. You have several important things to get done this week, and no one can help you with them. Don't let family affairs distract you. You meet an interesting person during the weekend. Be yourself, and you're sure to make a good impression.

Sagittarius – Nov 23/Dec 21

Don't regret past mistakes. Wipe the slate clean and move on from here. No one is perfect. You just have to learn from your mistakes and work toward a better future. You run into an old friend late in the week. Don't let those old feelings take control. Leave the past behind you.

Capricorn – Dec 22/Jan 20

You've got a stubborn streak in you, Capricorn, and you really show it during the middle of the week. However, don't shut other people out. Listen to what they have to say. You'll find that they actually are agreeing with you. A loved one asks a favor of you. Do the best that you can to help him or her.

Aquarius – Jan 21/Feb 18

Be practical this week. Don't let your grand ideas take control of your life. There is only so much that you can do — don't forget that. That special someone takes you out for a romantic evening late in the week. Enjoy yourself, and tell him or her how you feel. Cancer plays a key role on Tuesday.

Pisces – Feb 19/March 20

You always are willing to help others, but you have to help yourself this week, Pisces. You have a lot on your plate. It's time to do what you need to do, instead of what others want you to do. Don't worry; they will understand. A close friend has a surprise for you late in the week.

WE'VE SLATHERED ON THE MUSTARD ... drive a ram today!



Francine Losey

GRANT • DODGE • CHRYSLER • JEEP
2205 Vincent Massey 938-0934

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

Hey ... Check out our Web Page on the net at seawaynews.on.ca

Re: Pizza complaints

Well boys and girls, it looks like a little complaining does have rewards! It seems our mysterious pizza joint has new management. **Maybe they deserve another chance**...? Ya think. Well, we always have our forum here to report back to if all is not satisfactory.

Two things on my mind today. One , who prints your paper? Must be the "Freeholder" . Lately it seems your paper and theirs is getting harder, to read . The type is smaller, lighter and littler than the rest of the articles. Very annoying to read. The lack of ink and/or smudging is a pain. And yes my GLASSES are OK.

Two , The Freeholder , have you noticed in the past week or so how their stories end in mid sentence. Sort of leaves you hanging. Now when I read their articles I have to check for a period at the end, before reading it.

There I feel better now. Gooday aye.

My husband and I are very upset with the Cornwall Electric. We don't understand why our bill is so high. After having the ice storm we didn't use the power for days yet our bill is $100.00 more than the last bill. What is the cause of this?

A poor senior.

A few "post" Oscar tidbits heard on the news:

- there were 1,100 limousine drivers hired for the event.
- the necklace worn by Celine Dion (a replica of the actual thing) from the movie Titanic, is valued at $2 million dollars.
- the same necklace worn by Gloria Stuart (Titanic, although not a replica) is valued at $20 million.
- facials to the stars (hair and make-up) cost some celebrities up to $300.

A message for Mike "the Ostrich" Oliver - three choices, pick one: 1) keep your head in the sand 2) check the facts before you write 3) dummy up.

Marriage will lower your phone bill - until you have teenagers! That's life!!

If you love your pets, please have them spayed or neutered.

With all the warm weather and melting snow, an important note to all motorists: Please slow down when driving along the side of the road, especially when there are pedestrians on the sidewalks. You don't want to be charged with a cleaning bill!

Hey Martha ... if you're looking for donuts in the dumpster, they're aren't any!

Did you know you can use a glue stick instead of nail polish to keep those small holes in pantyhose from turning into ugly runs. It's more effective and not as sticky.

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www.comsearch-can.com/LINDYS.htm

I'm catching up with yesterday. By tomorrow I should be ready for today. Famous phrase for the nineties.

Caller is very grateful and would like to send a "big bouquet of balloons" to the wonderful lady at Ski-Hi Greetings for finding and returning her wallet intact to her on March 25th. What a wonderful and honest person she is!

I think that everyone could pick up the garbage on their lawns and city property in front of their homes. Rake up the small branches. Our city would be so clean and beautiful. It's early at the moment but it is something to think about. Let's have pride in our city of Cornwall.

A proud citizen.


Friends and Fairytales
by Chantal Poulin
Come in and see our window display featuring her paintings
- **CUSTOM FRAMING**
- **limited edition prints**
- **photo restoration**

A gallery like no other ...

MIKE LOGAN
LOGAN'S GALLERY LOGAN'S
224 Pitt Street 938-3629

Masons Donate To Disaster Relief Fund



R.W. Bro. Douglas Shaver, District Deputy Grand Master of Eastern Masonic District, presents a $1,000 cheque, on behalf of the Masonic Foundation of Ontario, to Mr. Stephen Preston, Chairman of the S.D. &G. Disaster Relief Fund.

No Time to Brag

From Mongolian folklore comes this helpful little fable of the boastful frog.

Two geese were about to start southward on their annual autumn migration, when they were entreated by a frog to take him with them. On the geese expressing their willingness to do so if a means of conveyance could be devised, the frog produced a long stalk of grass, got the two geese to take it one by each end, while he clung to it by his mouth in the middle. In this manner the three were making their journey when they were noticed from below by some men.

The men loudly expressed their admiration for the device and wondered who had been clever enough to discover it. Where upon the vainglorious frog opened his mouth to say, "It was I," lost his hold, fell to the earth and was dashed to pieces.

Moral: When you have a good thing going, keep your mouth shut!

"Let's pray for Bob Roth." says Mike Oliver ... Sure will, as we are fed up with his attacks on our Bishop. All Christians, should unite and pray for ... Mike Oliver, Bishop LaRocque, Bob Roth, so may we all find peace. Amen.

RCAF Wing 424 on behalf of its members donated $1,000 to Paul Connoly, coach of the Ezard Memorial Walk. They also challenged other service clubs to match or beat the donation. Congratulations to RCAF Wing 424 for a great effort.

Congratulations to the players of Harv's Diner hockey team for winning the Championship Pee Wee Division on Sunday, March 22nd, 1998.

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PARA-TECHS Ontario
Authorized Provider of the Canadian Red Cross

Caller would like to thank the man in a green van who on March 10th, gave her a ride to Quinn's Inn, after being involved in an accident on King's Highway. Also, thanks to Tudy, Mort and Elwin of Quinn's Inn. Thanks again.

To Perry Dunlop: Please don't quit or give up!

A concerned citizen

Creative Custom Framing
One Call Frames All
by appointment
(613) 937-3345

I was surprised to read about the city aldermen the other day. Many of them spent so much money for the year. They should save some money of our city taxes. There is no reason to spend large amounts of money when attending a conference. I attended many conferences and always brought back plenty of money because we cared.

A taxpayer.

SEAWAY SMILE

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

The Call To Upstairs

The Chief Rabbi of Israel and the Pope are in a meeting in Rome. The Rabbi notices an unusually fancy phone on a side table in the Pope's private chambers. "What is that phone for?" he asks the pontiff.

"It's my direct line to the Lord!"

The Rabbi is skeptical, and the Pope notices. The Holy Father insists that the Rabbi try it out, and, indeed, he is connected to the Lord. The Rabbi holds a lengthy discussion with Him. After hanging up the Rabbi says. "Thank you very much. This is great! But listen, I want to pay for my phone charges."

The Pope, of course refuses, but the Rabbi is steadfast and finally, the pontiff gives in. He checks the counter on the phone and says: "Allright! The charges were 100,000 Lira. ($56)

The Chief Rabbi gladly hands over a packet of bills. A few months later, the Pope is in Jerusalem on an official visit. In the Chief Rabbi's chambers he sees a phone identical to his and learns it also is a direct line to the Lord. The Pope remembers he has an urgent matter that requires divine consultation and asks if he can use the Rabbi's phone.

The Rabbi gladly agrees, hands him the phone, and the Pope chats away. After hanging up, the Pope offers to pay for the phone charges. This time, the Chief Rabb refuses to accept payment. After the Pope insist, the Chief The Rabbi relents and looks on the phone counter and says: "1 Shekel 50!" ($0.42)

The Pope looks surprised: "Why so cheap!?"

The Rabbi smiles: "Local call."

Woodlawn Cemetery takes note of the comments in Scuttlebutt about the state of our grounds. We are concerned that during any clean up taken before the snow is gone, the vehicles driving over the grounds could damage the flat monuments hidden by the snow. Also, we wish to be careful in hiring someone who knows how to properly prune trees so as to prevent further damage and save the trees. We welcome all inquiries from plot holders and anyone with expertise in pruning trees, we would like to save that beautiful willow in the front of the grounds.

B. Rediker, Manager.

Rumour has it that Calamity Jane had a little bit of a blow-out!!! Thank God for tablecloths!!

KEVIN WILSON (Morning Man) threatening to get "on the patch" soon to curb the filthy habit!

Do not ask for perfection in all you do, but for the wisdom not to repeat mistakes.

We hear there will be **a wild and roaring time** in the county of **Glengarry** ... the hockey team from **SCOTLAND** arrived Friday for a short visit and a few games.

Have you ever been this happy to see **PUDDLES?** Spring has arrived ... get out those rubber boots and enjoy.

LOCEY'S DELIVERY SERVICE
Monday - Saturday 9am-10pm
NOW OPEN Sundays 11am-10pm
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• LETTERS • PARCELS
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LET'S CELEBRATE

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

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Fine Dining in Casual Comfort

DINNER CLUB CARD
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This Week's Winner: JOHN HARTHOLT

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Did You Know Ran-Gal Offers
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36 exposures for $8.95.
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Sell your luggage set virtually overnight, with an easy to handle Private Party Classified ad!
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SEAWAY NEWS

Happy 30th Birthday
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3 pcs.	$6.25	18 pcs.	$19.75
6 pcs.	$9.25	20 pcs.	$21.50
9 pcs.	$11.45		

all above served with large french fries, coleslaw & tartar sauce - tax are not incl.

Take Out Also Available
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Specializing in Canadian Cuisine & Catering
Carol & Danny Landry, prop.
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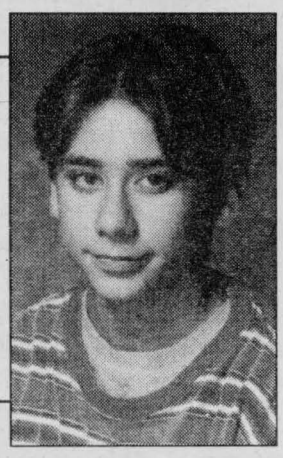
Happy Birthday
DEREK QUESNEL
who is turning 17 years old on March 29th
Love Mom, Dad & Shawn



HAPPY BIRTHDAY
SHERRY JODOIN
Celebrating her 29th *again* on March 31st!



Aging Teeth Shouldn't Be Neglected



by Dr. Lawrence Gaum, D.D.S.

Thankfully, Canadians are living longer, healthier lives than ever before. Many people, especially women, are living well into their eighties and nineties and modern medicine is ensuring that their quality of life remains high. However, living longer presents some new medical challenges, especially in dental care.

The most common problem dentists see in elderly patients is ill-fitting dentures. In the same way that a person's body shrinks as they get older, the shape and size of the mouth also changes over time. Chances are, a set of dentures will probably no longer fit someone in their eighties if they were fitted at age fifty.

A set of dentures is not meant to last for decades - the grooves wear away and, as a result, they slip and slide around the mouth. In addition, they are constructed from porous material, and over the years bacteria and grime are absorbed into the dentures themselves. A twenty or thirty year-old set of dentures is in reality very unhygienic, even if cleaned on a regular basis.

Ill-fitting dentures can make life miserable for your parents or favorite grandparent. They can embarrass them and inhibit their ability to chew properly, often leading to chronic gastric upset. They may have accepted it as part of the trials of growing older, but it doesn't have to be that way.

Fillings and bridgework in aging permanent teeth may need to be replaced late in life. This trend will probably become more common in the future.

Addressing any of these problems can be a challenge because some older folks have a fear of the dentist. This is understandable, given that dentistry was a lot less pleasant in their youth. This is a real problem, as some dental conditions can be especially serious in the elderly. Many medications taken for chronic diseases (such as arthritis, high blood pressure, and Parkinson's), can result in a dry mouth which accelerates tooth decay and periodontal disease. Another common problem is that many elderly people have trouble brushing and flossing properly because of reduced manual dexterity. This could lead to oral hygiene problems if not addressed by their dentists. For some, an electric toothbrush can be a good solution to poor dexterity.

It is still important for older people to see a dentist. The incidence of oral cancer is higher in older people, for example, a statistic which isn't helped by the fact that many older men still chew tobacco. Dentists are trained to look for abnormalities in the mouth and can often give a patient early warning about a developing condition.

Aging is difficult enough without suffering unnecessarily from dental problems. Many elderly people avoid complaining about their problems because they don't want to be a burden to their families. It may be up to family members to get them to talk about the state of their dental health, encourage them to adopt regular dental hygiene and schedule periodic visits with a dental professional.



NOTICE
CORNWALL ELECTRIC CUSTOMERS

The Government of Ontario has authorized the reimbursement of costs incurred by electricity customers to restore electrical service to people of Eastern Ontario who lost electrical service as a result of Ice Storm '98. The Province will pay for costs relating to repairs to customer owned poles, wires and residential business and farm connections that are not covered by private insurance.

Under normal circumstances, these costs would be the responsibility of the owners, but due to the extraordinary devastation caused by the ice storm of January 5-9, 1998, the Province has decided to reimburse customers on a one time basis only.

Claim forms may be picked up at our office, 1001 Sydney Street. Upon completion of these forms, Cornwall Electric will process the claim and, when approved, issue payment.
For any further information, call our Service Department at 932-0123

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SEAWAY NEWS



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TOP 100 LIST

RK	Name	G	ASS	TP	DF
1.	Allan Lalonde	395	495	890	35
2.	Harvey Litalien	340	519	859	40
3.	Daniel Bourgeouis	329	526	855	44
4.	Mario Litalien	359	488	847	48
5.	Brian McMillan	360	487	847	45
6.	Eric Landon	372	474	846	41
7.	Gerry Gillissie	355	490	845	43
8.	Douglas Anderson	327	516	843	40
9.	Ryan Germain	359	483	842	48
10.	Fern Bourdon	345	496	841	44
11.	Dorothy Campbell	313	527	840	41
12.	Kelly Ratayczak	341	498	839	41
13.	Malcolm MacDonald	333	505	838	31
14.	Ann Loney	354	483	837	46
15.	Janet MacDonald	305	530	835	35
16.	Sandra Pettem	334	501	835	34
17.	Lyn Anderson	348	486	834	33
18.	Marc Appleton	328	502	830	34
19.	Bernie Sommers	317	512	829	34
20.	James Payette	349	479	828	38
21.	Paul Beaulieu	282	545	827	36
22.	Roderick Burson	347	479	826	42
23.	April Taylor	356	470	826	30
24.	Morris Lamer	312	514	826	43
25.	Claude Gauthier	411	415	826	50
26.	Patrick Massia	325	501	826	36
27.	Armand Bissonnett	335	489	824	40
28.	Eric Gordon	356	467	823	43
29.	Jeff Laperle	337	484	821	37
30.	Bernie Larue	344	476	820	33
31.	Jerry Sauve	349	471	820	42
32.	Andre Amyotte	305	514	819	39
33.	Jason Racine	315	503	818	39
34.	Brian Laframboise	341	475	816	27
35.	Shannon Anderson	323	493	816	34
36.	Anne Lalonde	356	459	815	34
37.	Sandra Taillon	289	525	814	36
38.	Brad Lalonde	348	465	813	29
39.	Rita Trudell	302	510	812	37
40.	Gates Lalonde	353	458	811	35
41.	Dave Merpaw	340	470	810	43
42.	Danielle Legault	336	473	809	43
43.	Yvon Brunette	345	464	809	35
44.	Brian Deschamps	366	443	809	35
45.	Berny Dirven	333	476	809	36
46.	Jacqueline Emburg	268	541	809	36
47.	Tom Baker	357	451	808	42
48.	Lynda Bird	327	480	807	33
49.	Gary Belmore	359	448	807	36
50.	Barry Gordon	355	452	807	31
51.	Vincent Lortie	311	495	806	39
52.	John Collison	308	498	806	30
53.	Randy Lafave	367	438	805	38
54.	Rene Boisvenue	370	435	805	42
55.	Sam Go don	337	467	804	39
56.	Daryl Bray	302	501	803	34
57.	Steve Allen	359	443	802	40
58.	Timmy Brunet	321	481	802	34
59.	Roger Lamoureux	326	476	802	39
60.	Ronald A. Lalonde	321	480	801	32
61.	Eric McCartney	305	495	800	42
62.	Victor Burns	344	456	800	43
63.	Miki Agh	326	473	799	33
64.	Lois Emburg	307	492	799	37
65.	Jonathon Hill	338	461	799	25
66.	Charlene Trudell	306	493	799	37
67.	Shelley Merpaw	319	480	799	36
68.	Pam Bowen	329	468	797	37
69.	Robert Collins	279	518	797	34
70.	Brian Lalonde	342	455	797	30
71.	Danny Gillard	353	443	796	36
72.	William Mitchell	347	449	796	35
73.	Laurent Decouer	302	493	795	37
74.	Marty Landon	343	452	795	38
75.	Jocelyn Savard	338	456	794	42
76.	Diane Labrecque	339	455	794	44
77.	Shana McGlyon	329	465	794	38
78.	Stephen McFarlane	336	458	794	35
79.	Greg Wylie	327	467	794	45
80.	Aime Godard	311	482	793	36
81.	A.J. Kennedy	334	459	793	32
82.	Bernard Trudell	324	469	793	35
83.	Bernie Lemire	305	488	793	32
84.	Alex MacDougall	316	477	793	32
85.	Larry Tyo	342	451	793	32
86.	Loretta Bourgeois	346	446	792	27
87.	Russell MacDonald	305	487	792	39
88.	B. Denneny	368	424	792	37
89.	Jason Leger	319	472	791	42
90.	Tyler Montroy	293	498	791	47
91.	Wm. Lee Hart	342	449	791	38
92.	Chelsey Bourgeoi	283	508	791	33
93.	Pete Bowen	298	492	790	29
94.	Jim McDonald	335	455	790	24
95.	Dave Pettem	288	502	790	47
96.	Nick Portieous	312	477	789	42
97.	Chris Gauthier	340	449	789	34
98.	Lee Sauve	349	439	788	35
99.	Brianne Lamarche	276	512	788	33
100.	Ben Henry	345	443	788	42

Biggest Gain is 51 points.
Carolyn Henry is in 147th place.

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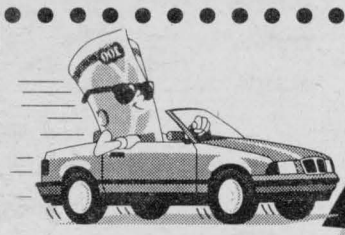

AUTO MART



(not exactly as illustrated)
94 GMC SAFARI EXT
all wheel drive, touring pkg., like brand new
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Is Your Battery Tough Enough?

No matter where you live, Canada is a cold country in winter. When the first severe cold wave arrives you may discover that your faithful old battery no longer has the power to get your car started. A battery's output decreases as temperature drops, so a battery that was doing its job during the warm summer months, may only have half of its output when the thermometer dips below freezing. Meanwhile, your cold engine may need twice the starting power.

If your car is hard to start because of a weak battery, you should consider replacing it before it lets you down. When buying a battery you'll be selecting from among several within the size range that fits your car. In addition to the price, there are other factors which you should consider when buying your battery: cold cranking amps (explained below), reserve capacity, and length and type of warranty.

Cold cranking amps refers to the engine starting (cranking) output at -170 Celsius for 30 seconds. A starter may draw 400 amps, so at -170 C it would not take long on a cold Canadian winter morning to drain a battery rated at 300 cold cranking amps.

Reserve capacity refers to the length of time the battery will hold up without recharging. This usually is expressed in amperes of output per so many minutes. When comparing battery specifications, you should compare output and reserve on the same amperage per time basis. Typically, the reserve capacity rating will refer to the amount of time a battery can produce 26 amps at 270 degrees Celsius. (Headlights may draw about 15 amps versus a tail light's 1.5 amps.)

When idling along in stop-and-go traffic, with the heater, defroster, tape deck, and lights turned on, the electrical system is carrying a heavy load. It's comforting to know there is a strong battery under the hood. That security is well worth the effort of evaluating the best battery for your particular car.

Where can you get an automotive battery? In addition to retail outlets and department starts, you may also want to go to your local automotive parts wholesaler. Many of them will also accept your old battery and dispose of it properly. And remember, replacing the battery is no substitute for regularly maintaining your vehicle. If an engine is in borderline condition, needs a valve job or tune-up, even a strong battery may not get the car started.

Buy Rite

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'89 OLDS CUTLASS SUPREME INT, loaded	$6,295
'89 CHEV BERETA	SOLD
'89 LINCOLN CONTINENTAL, Signature Series	$5,995
'89 PONTIAC SUNBIRD, turbo, convertible,	$4,995
'89 OLDS CUTLASS CIERA, 4 dr., white	$4,695
'89 FORD TAURUS, 4 dr., V6, low km	$3,995
'89 CHEV S-10 PICK-UP, white, 5 spd std.,	$3,995
'89 PONTIAC GRAND AM, blue, auto, low km	$3,995
'89 CHEV CAVALIER RS, 5 spd. std., white	$3,995
'88 BUICK REGAL CUSTOM, Low kms.	$4,995
'88 BUICK REGAL	SOLD
'88 OLDS CALAIS, 2 dr., blue, low km	$3,995
'88 PONTIAC FIREBIRD FORMULA, T-top, V6	$3,995
'88 CHEV SPRINT, grey, hatchback	$1,695
'87 OLDS DELTA 88 BROUGHAM, low kil.	$3,995
'87 PONTIAC BON	SOLD
'87 GMC SAFARI, 7 pass, maroon	$3,495
'87 PONTIAC SAFARI WAGON, blue	$2,995
'87 DODGE CARAVAN, 5 pass., maroon,	$2,995
'87 FORD BRONC	SOLD
'87 TOYOTA COROLLA, 4 dr, auto, over drive,	$2,495
'87 CHEV S-10, 4 cyl, std.	$1,995
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THE CAR DOCTOR

Peter Millard



Can't Cruise

(NC)—My car is a 1990 Oldsmobile 88 with a V6 fuel injected motor. The car has 142,000 kilometers on it and for the past few months the cruise control has not been working properly. While driving, the cruise control keeps cutting out. It seems to work fine for a while and then, for no apparent reason, the car starts to lose speed. When it is reset, the same thing happens.

I have inquired to several mechanics about the problem but seem to get a different answer from each one. The car has a rebuilt alternator, a new starter and a new battery was installed a few months ago.

London, Ontario

It is not likely that replacing the parts you describe on your 1990 Olds 88 has caused the cruise control fault. My suggestion would be to pick one of the technicians you have talked to and ask them for a diagnosis.

It is going to cost you some money to find the problem. Then ask for an estimate on the repair and decide if you want to have the work done.

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92 HYUNDAI SONA	SOLD clean $3,990
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90 SUNBIRD SE, 2 dr., auto., loaded, 102,000 km	$4,850
90 CHEV LUMINA EURO, 2 dr., loaded, 100,000 km	$4,800
90 PLYMOUTH SUNDANCE, 4 dr., auto., air., tilt, cruise	$3,600
89 CHRYSLER DYNASTY LE, 4 dr., V6, 135,000 km	$3,995
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93 AEROSTAR XL SPORT, 7 pass., dual air, 112,000 km	WOW $7,450
93 PONTIAC TRAN	SOLD 8L, loaded, 7 pass. $8,800
93 AEROSTAR XL SPORT, 5 psg, dual air, 110,000 km	$6,850
93 AEROSTAR XL SPORT, 5 psg. air 104,000 km	$6,850
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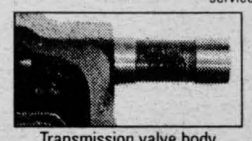
Because oxidation transmission fluid has caused severe torque converter shudder in many of its models, one major automobile manufacturer recommends a transmission flush and fluid replacement every 40,000 km. Proof that conventional drain and fill transmission service is inefficient, ineffective and costly for the auto owner.

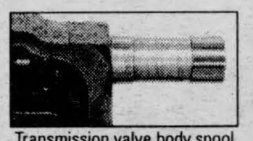
Don't continue to pay the high price of poor service. Let us render a life-restoring automatic transmission service for your vehicle today!



Sample of old, oxidized ATF | ATF sample after conventional "drain and fill" service | ATF sample after BG PF5 service



Transmission valve body spool with deposits



Transmission valve body spool after BG PF5 service

SEAWAY BARGAINMART

DEADLINE: THURSDAY 4 P.M.

933-0015

Circulation: 31,764 copies

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COMPANIONS CORNER

GENEROUS MATURE gentleman seeks open-minded lady with apartment for day-time discrete encounters. Will help support. Please reply with info & telephone number. CC1832.

GENTLEMAN IN UPPER fifties, retired...writer. Nature lover, Arts, Museums & related interests. Would like to meet lady, 40-55 to share same. P/S reply with photo...Aimez-vous Mozart?? CC1830.

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AVAILABLE MAY 1ST, 1 bdrm downstairs apt, near College. Washer/dryer hook-ups, parking. $375/mth without utilities; $500/mth with utilities. Call 938-8347, leave message.

INGLESIDE, AVAILABLE April 1st. Large 2 bdrm apt. Fridge & stove supplied, parking. $350/mth, pay own utilities. Call 534-2875.

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625 ST. FELIX, freshly painted 1 bdrm upstairs apt. $400/mth, plus utilities. 712-B Marlborough, upstairs 1 bdrm apt, $420/mth, utilities included. No pets. References. 347-3248.

SEVERAL 2 BDRM apts. Starting at $525/mth, everything paid. Available now or May 1st. Call 933-2157.

3 BDRM UPPER duplex. Washer/dryer hook-ups. Carleton [illegible] able imm[illegible] $375/mth, plus utilities or $500/mth, utilities included. Call 347-2858., leave message.

RENTED

AVAILABLE NOW, new 1 bdrm apt in Summerstown. St. Lawrence riverfront yearly living. Fridge, stove, heat & electricity included. No pets, non-smoker. $575/mth. References, first month + security deposit. Call 931-2920.

AVAILABLE APRIL 1ST, 44-A Anthony, 2 bdrm upstairs apt. Washer/dryer hook-ups, parking, yard, newly renovated. $500/mth, heated, pay own electricity. Also, 1 bdrm apt. $450/mth. Call 937-0253.

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.

INGLESIDE, Dickinson Drive, reasonable rent, 2 bdrm apt with fridge, stove, electric & heat included. Close to shopping centre. Available May 1st. 613-347-3247.

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. Available May 1st. Newly built 1 bdrm furnished basement apt. $400/mth, utilities included. Parking. Non-smoker. No pets. Call 937-4115.

APARTMENTS & HOUSES for rent, available immediately. 3 bdrm house, 4, 2, & 1 bdrm apts. For further information, call 938-6352.

NEWLY RENOVATED 1 bdrm upstairs apt. Parking. $395/mth, utilities included. Call 930-9242.

REASONABLE RENT. Main floor 2 bdrm apt. Close to college. Parking, pay own utilities. Quiet tenants preferred with references. Phone 932-2135.

APPLY 301-A EASTON. 1 bdrm apt. Available immediately. $275/mth, pay own utilities. Phone 938-5012 or 933-8828.

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

SMALL DOWNSTAIRS 2 BDRM. Large upstairs 2 bdrm. All conveniences. Good locations. No furniture or appliances supplied. Everything paid. Low rent. Call 933-7516.

NEAR NATIVITY & Holy Cross Church. 1 bdrm downstairs apt, $400/mth, plus utilities & 1 bdrm upstairs apt, $375/mth, plus utilities. Both w/fridge, stove & parking. 933-4780.

NEWLY RENOVATED, large ground level 3 bdrm apt, $495/mth, plus utilities. 2 bdrm upstairs apt, $450/mth, all utilities Louisa St. Prince Arthur St, upstairs furnished 1 bdrm $370/mth, utilities included. 932-8054 after 6pm.

ONE BDRM, neat, recently renovated apt. 4-pce bath. All electric, fridge & stove supplied. Ample storage & parking. At 510 Burton Ave. $340/mth. Available now. Phone 932-4781.

CLEAN & BIG, downstairs 3 bdrm apt. Parking, washer/dryer hook-ups. $425/mth, unheated. 406 Alice St. No pets. Call 938-3575 or 933-5155.

NORTH END, newly decorated basement apt. Completely furnished including washer/dryer. Private entrance & parking. Quiet area. No pets. Reasonable rent. For more information, call 933-5338, after 5:00 pm.

PRIME LOCATION, central 2 bdrm. Gas fireplace, ensuite laundry, fridge, stove. Tastefully appointed. Available May 1st. $690/mth, plus utilities. Contact Markell Properties, 938-3886.

CLASSIFIEDS 933-0015

MOVE IN Apr.1st. 2 bdrm main floor apt. Freshly painted, very clean, windows clean, parking, basement, near college. $475/mth, utilities included; $395/mth, without. 938-6200.

5 ARTICLES FOR SALE

CHALEUREUX FIREPLACE insert with blower. Paid $650, sell for $350. or best offer. Call 528-4663.

Kiwanis Giant Garage Sale Extravaganza
April 11 – 8a.m.-4p.m.
Cornwall Civic Complex
Table rentals:
$15 each 2 for $25
Call 932-1630 for info
Free admission
Everyone welcome

12VDC SUBMERSIBLE sump pumps. Run from standby or cars battery/charging system. A must for every homeowner. Send for information: 1275 Kensington Pkwy, Suite #155, Brockville, Ontario K6V 7E6. Fax: 613-342-0232. E-Mail: kilgal@recorder.ca

LADIES', SIZE 10, spring coat, beige, full length, dry cleaned. Reasonably priced. Call 938-7071, leave message.

HOT DEALS
MATTRESSES
single sets from $89.00
queen sets from $129.00
GERARD'S USED FURNITURE
936-9300
427 4th St. W.

COMPUTERS: Pentium all dressed, $777. Upgrade to Pentium, $233. Printers, $75. Inkjet $169. Outside modem 33.6 w/speaker phone, $135. Mustek scanner, $142. CDX24, $85. 1247 2nd West, 932-6343.

28' CAMPING TRAILER with large screened in deck, boat, motor & trailer, etc. at T & I Campground. Priced for quick sale. 1990 Ford Festiva, auto, 4-cyl, 97,000 km. 932-4688.

PIANO - LISZT, L57.5"xD24"xH38.5", excellent cond. includes bench, $1,500. Evgs. & W/E. 613-933-8203.

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

DELAGE USED FURNITURE, 211 Pitt St. Used furniture & appliances, TV's & microwaves. All in good condition. Fair prices. Also, we move anything. Call 936-8948.

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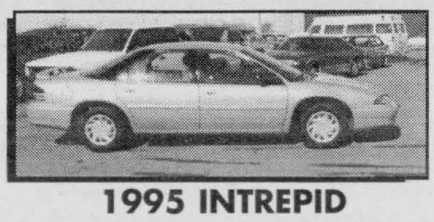
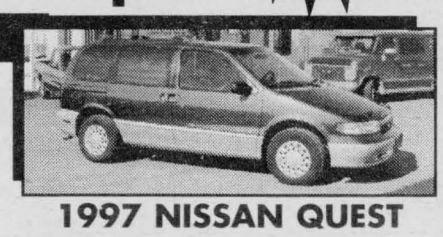
YOU ASKED FOR IT ... NOW OPEN SUNDAYS 11 to 5
Open weekday evenings 'til 8 pm

SCORE BIG STICKER SAVINGS

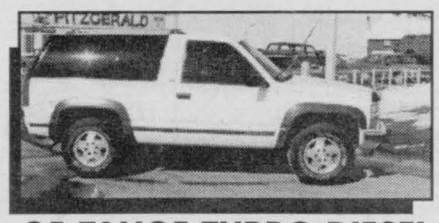

1996 FORD F150


1995 INTREPID


1997 NISSAN QUEST


1996 ACCURA INTEGRA


1995 FORD CONTOUR


95 TAHOE TURBO DIESEL


1993 CADILLAC


1995 GRAND AM


1994 GMC CREW CAB


DAN LAUZON

DAN'S PICK OF THE WEEK!
95 FORD CONTOUR GL
4 dr., auto., air, 35,000 km $299/mth



97 TOYOTA COROLLA, 4 dr., auto, air, 27,000 km ..... SOLD $14,995
96 FORD F-150 XL 4X4 P/U, air, tilt, cruise, 302 motor $14,995
96 FORD F150 XL, X-tended cab, short box, 83,000 km $15,995
96 NISSAN PATHFINDER SE, 4X4, 4 dr., fully loaded, auto., ... $24,995
95 CHEV TAHOE, 6.5 turbo diesel, leather, 4x4, loaded 90,000 km ... $29,900
95 PONTIAC GRAND AM SE, 4 dr, loaded, 95,000 km $10,995
95 CHRYSLER INTREPID, 4 dr, auto, loaded 121,000 km $10,995
95 MERCURY SABLE GS, 4 dr, auto, loaded, 74,000 km $10,995
95 CHEV BLAZER, 4x4, auto, air, black, 96,000 km ... $19,500
95 FORD WINDSTAR LX, 7 pass., 3.8L, loaded, 60,000 km ... $18,995
95 FORD WINDSTAR GL 7 pass., loaded, 98,000 km $13,995
95 CARAVAN, 7 pass., air, tilt, cruise, 64,000 ... SOLD $13,995
94 CHEV. 1 TON 4x4, 4 dr., P/U, great work truck, 350 motor $20,995
94 MAZDA B4000, ext., 4x4, 5 spd., 120,000 km $13,495
93 FORD RANGER EXT CAB ... SOLD
4.0L, V6, very nice truck $10,500
93 FORD F150 XL, 4x4, short box, 6 cyl., 121,000 km ... $11,995
93 CHRYSLER INTREPID, 4 dr, auto, loaded 54,000 km ... SOLD $10,995
92 FORD AEROSTAR, 7 pass., red, very clean, 1 yr. warr. .only $5,995
85 CHEV CORVETTE, 7 spd., glass top, only 56,000 km $16,995

FITZGERALD MOTORS
Cornwall Centre Road
932-4514

PORTABLE WHIRLPOOL Chir-O-Med, like new, Swivel t.v. stand W26" X H 27 1/4" X D 13 1/2", Oil Burner Boston Breeze. Must be combined with wood stove. Ideal for home, cottage, or garage. 3 sections of decorative black wrought iron dividers. 1 section 3' wide, 2 other sections each 18" wide. Phone 525-3349.

COUCH & MATCHING chair , La-Z-Boy recliner, 21" cabinet colour T.V. Hitachi. Call 933-7253.

6 SLENDER YOU tanning beds. Only used one year. Paid $4,000. Must sell $1,200. or best offer. Call 930-2445.

PINE FUTON, 2 yrs old. Good condition. $200. Phone 932-8130.

GOLF CLUBS: Hogan-edged irons, 3 to SW, $250, Clone-burner irons 3 to SW, $300, Clone-burner 3 & 5 woods, $100, Taylor-made spoon & 5 wood, $100. Call Bill, 933-6120.

1 NEW TAN FABRIC vertical blind, 56" wide X 36" long. $50. Phone 938-8301.

13 AUTOS FOR SALE

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.

1985 PONTIAC 6000, 4-cyl. $500. or best offer. Sold as is. Call Randy after 5:00 pm, 930-9099.

1982 FORD Station Wagon, good condition, asking $600. as is. Call 937-3686.

1994 PONTIAC SUNBIRD LE, 2-dr, auto, white, 16,000 km. Mint condition. $10,500. Call 937-3036 or after 6:00 pm 938-2182.

1991 DODGE CARAVAN S.E., V-6, ov[illegible]ve, fully equipped, [illegible] condition, 1[illegible] asking $6,500. safetied. Call 938-2931.

SOLD

1991 FORD TAURUS wagon, V-6, auto, air, cruise, good condition, $3,400. safetied. 1988 Mercury Cougar, 2-dr, auto, 5.0 L, 104,000 km, fully equipped, very good condition, $2,800. safetied. 1988 Chrysler Dynasty, V-6, auto, good condition, $2,200. safetied. Gerard Poirier Auto Sales, 930-0467 or after hours 874-2440.

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

1991 SPRINT, 5-speed, good condition. Call 932-6695.

1993 DODGE SHADOW, dark green, auto/cruise, 4-dr, air, stereo/cassette, complete summer/winter tires. Excellent condition. $7,500. 347-2087.

1985 FORD RANGER, 2.8, V-6 engine. Auto with overdrive, 180,000 km. 10,000 km on new tires. $650. as is or best offer. After 8:00 pm, 347-3707.

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

CALL 933-0015 TO PLACE YOUR AD

18 BUSINESS OPPOR.

START PLANNING for summer now. Find out how you, your teenager, young adult can run their own ice cream business. Call 613-549-4287.

WELL ESTABLISHED Bakery and Pastry Shop for sale. Edelweiss Pastry Shop, Eastcourt Mall, Cornwall. No experience necessary. For inquiries, call 933-3843.

DUNKING TANK for sale, $1,500. firm. 8 battery operated cars, $800. firm. Bookings are available for both articles. Call 933-6827.

21 HELP WANTED

EARN $1500 MONTHLY stuffing envelopes. Send self-addressed stamped envelope to: P.S. Mailing, Box 69005, Edmonton, AB, T6V 1A8.

20 AZ DRIVERS for U.S. Flat bed experience a must. Running out of Durham. Top rates & benefits. Please call or apply in person, Northern Personnel Solutions, 112 Athol St. Ste. 203, Whitby, Ont. 1-888-439-7777, Mon.-Sat., 10am-4pm.

RESOURCE FOREST TECHNICIAN

The McKinnon Forestry Centre is receiving applications for a 16 week summer student position starting in May. The candidate will be responsible for the grounds and building maintenance, as well as visitor-greeting and intepretation. The candidate will require excellent organizational and communication skills, as well as enjoy working outdoors. Work is labour intensive.

- must have own transportation to and from site
- chainsaw certification is an asset

Submit application by April 12th, 1998 to:
Melissa Earle
McKinnon Forestry Centre
Box 40, Cornwall, Ontario
K6H 5S3
Fax: (613) 528-4799

FASTEST GROWING Health Care Company in home-based business opportunities, full-time, part-time. Be first in your area. Call now, 347-1436.

25 AZ DRIVERS for 48 states. Top rates & top benefits. Running out of Durham. Please call or apply in person, Northern Personnel Solutions, 112 Athol St. Ste. 203, Whitby, Ont. 1-888-439-7777, Mon.-Sat., 10am-4pm.

JOE'S HOME FOR SALE

In 1969, Menard Brothers built a 3 bedroom display home. These quality builders first selected an ideal site at 436 Anthony St. on the 50'x100' lot they erected a beautiful white brick bungalow of 1050 sq. ft. Their craftsmen installed premium oak flooring throughout to complement the intelligent lay-out. They used copper/ABS plumbing, a 40 gal. H.W. tank and a forced air oil heating system.

THEN JOE BOUGHT THE HOUSE!

Joe landscaped the lot, built a garage, erected 2 sheds, paved the driveway, built a massive masonry outdoor Bar-B.Q., fenced in his lot and made a garden.

THEN JOE WENT INSIDE

He installed central vac, central air conditioning, 2 sparkling chandeliers, a 200 amp service and another complete heating system of electric baseboard with wall thermostats in every room. So there is a choice of oil or electricity.

Joe finished most of the basement floor in ceramic tile with real marble accents. He omitted one area of about 2'x12' where he built a grand brick fireplace instead. Then Joe built a bar, and then another cold room and then another kitchen (downstairs). The vinyl casement windows are recent additions.

In 1997 Joe repainted the whole house, put on new asphalt shingles and rested. He finally finished building.

After nearly 30 years this immaculate one-owner home is for sale **$119,800**. Drop in to see Joe or call him at **933-6943**.

BE A RADIO STAR! Got the right stuff? Call CJSS for an audition at 932-5180. Be our next Radio Announcer.

NEW SHOP - rent a chair. Make your own hours - be your own boss. Vincent Hair Studio, 933-0274 or 933-4905.

23 HOME SERVICES

PAINTING, ODD JOBS, wallpapering and maintenance. Light truck available. 20 years experience. Reasonable rates. Call after 6 p.m., Residence, 938-8839. Pager #930-8851.

ERNIE'S CLEAN-UP SERVICE. Snow removal, painting, yard, basement clean-up and more. Call 938-1684.

K.D.Y. HEALTH CARE CO. The trusted name. Shed your pounds, lose those inches. Let's improve your lifestyle with Preventive Immunity Teaching from $5./week. 932-4920.

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

J.R. RESTORATION, Landscaping Division. Let a certified expert assess your tree damage. We do pruning, tree trimming & limb removal. Free estimate. Call J.R. 613-938-7742.

HANDYMAN: REPAIR or build small projects, fences, roofs, siding. Cut trees, pick-up branches, foundation repairs. Truck available. Call 938-1982.

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

MORNING STAR Christian Childcare offering services anytime in a Christian environment. Receipts given, lots of experience. References available. Cail JoAnne Riel at 938-2913.

24 BABYSITTING

EXPERIENCED MOTHER OF ONE, non-smoker, willing to babysit children in my home anytime. Overnights welcome. Lots of TLC. Good & healthy meals & snacks. Lots of toys & activities. Big back yard. References. East end. Call 938-0460.

BABYSITTER REQUIRED or mature teenager. Preferably Long Sault area. Regular part-time basis. References required. Call 534-8581.

26 BOATS/ MOTORS

1988 LARSON SENZA, 175, V-8 OMC Cobra, sport interior, clean & fast. $10,500. with trailer. Call 528-4038, leave message.

29 REAL ESTATE

HANDYMAN SPECIALS! 115 Alice, 2 bdrms, garage. Only $39,900. Also, 1107 Pitt, 3 bdrms, garage. Asking $62,500. Call Latreille Real Estate, 938-3800.

H.M.S. REALTY

$15-$28,000: Hard Maple bush building lots 2-9 acres, Roxborough Township.

$39,500: 75 acres, backs on to creek, about 20 acres workable, Finch Township.

Buying or Selling Call Herb or Gerri Schwartz **346-5721**

34 HOUSES FOR RENT

3 BDRM, 2 STOREY, central air, fenced yard, central location. $600/mth, plus utilities. No pets. Avail. June 1st. Call 933-0774.

DUPLEX, NICELY decorated, 2 bdrms. Hardwood floors, garage, shed. Available May 15th. $595/mth, plus utilities. Call 932-2789.

ONE 3-BDRM HOUSE, $550/mth and one 2-bdrm house, $400/mth. Both available immediately or May 1st. Call 538-2840.

GLEN WALTER, 3 bdrm bungalow with garage. $700/mth, pay own electricity. Heated. Phone daytime, 933-2090 or after 5:00 pm, 931-1449.

NEWLY RENOVATED, 2 bdrm house. East of Cornwall, 7 mins. to Farm Boy. $650/mth, plus utilities. No pets. Available immediately. Viewing by appt. Call 931-1105.

35 HOUSES FOR SALE

BOTH PRICE REDUCED! Private sale.Triplex on Alice, partly renovated. Also, 4 bdrm brick house, good location, 537 Adolphus. $3,000. downpayment from qualified buyers. 932-2135.

EAST END, 3 bdrm semi detached. Asking $79,900. Call 937-0841.

MOBILE HOME for sale. Woodland Mobile Court, 2155 Tollgate Rd. West. 10'X50', newly renovated, new roof. Low down payment, easy term. Phone 932-3530.

38 OFFICES/ STORES BLDGS.

STORE FOR RENT, divided in 3 rooms. Corner of Pitt & Third. Parking. Ideal location. Available immediately. Phone: 932-2135.

COMMERCIAL BLDG

For sale; 100 sq. ft. office building with reception area, ample parking, central air, pre-wired for telephone & computer, fully alarmed. Building could be used for a variety of uses. Asking $98,900.

RENE LORTIE, Assoc. Broker
Countrywide Tri-County Realty Inc.
937-0022 Res: 933-9553

Ontario Community Newspaper Association

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188 Newspapers, Min. Cir. 1,499,490
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590 Newspapers, Min. Cir. 4,623,738

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

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PHONE: 933-0015

Classified Advertising (G.S.T. included)
CASH RATES
- $8.50/week 24 words or less, (25¢ each additional word per week).
- $15.50/2 weeks. 24 words or less, (23¢ each additional word per week.).

DEADLINE: Thursday 4 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error 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 Thursday.

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

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

SEAWAY NEWS
Serving Cornwall and Area

MARKETPLACE

"Advertise Across Ontario or Across the Country"

ANNOUNCEMENTS

EXCEPTIONAL BUSINESS WEB SITES, $25/year. Personal $16, including your own URL for business cards, brochures, advertising, search engines. 1-10 page, ready-made designs. Change design, contents anytime. No cost. Easy. Investigate. Explore others' sites. www.rickymc-mountan.com

DONATE YOUR CAR. HERITAGE FOR THE BLIND. Tax deductible. Free towing. Need not run. Free phone card. Sponsored by AADCO. 800-463-5681.

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COOL BUSINESS. ICE CREAM BIKES. We supply equipment, exclusive products, training and support. Good second income and/or job for your teenagers. www.dickiedee.com or call 1-888-809-4124.

START YOUR OWN business or expand your operation with ArmorThane Coatings, Canada's #1 sprayed-on truck bed liner. Exclusive dealership opportunities available now. Call 1-800-363-6100.

WORK FROM HOME!! We urgently need bright, energetic homeworkers for excellent pay plus commissions. Free details send S.A.S.E. L.R.S., BOX 3022, Mission, BC V2V 4J3.

ENTREPRENEURS get positioned NOW! Billion $ MLM co. launches new division. A+ systems & training. Earn big $ now! Deregulation & service industries 1-800-922-2545 (24 hours).

CAREER OPPS.

LEARN AUCTIONEERING. Classes held April 18-24, '98. For information contact: Southwestern Ontario School of Auctioneering, R.R. #5, Woodstock, Ontario N4S 7V9. 1-888-866-7355.

HELP WANTED

DISCOVERY TOYS IS LOOKING for moms and teachers to sell educational toys and software. Home demonstrations/catalogue orders. Set own hours. Call Suzanne collect 514-453-5931.

COMPUTERS

JUST 59.00 PER MONTH. Absolutely Complete!! NO Money Down!! No Payments for Three Months!!! From the fifth largest PC manufacturer in Canada: 200MMX, 24X CDROM, 2.0 GB Quantum, ATI 3D EXP Video, 33.6 full duplex, Intel MB and Processor, 16MB EDO 14 inch SVGA, 90 days FREE Internet. Don't be fooled by other offers! Credit Approval available right over the phone! 1-888-860-9190 more info/to order. Fast FEDEX delivery, to your door anywhere in Canada.

THE BEST COMPUTER, the Best Price. Delivered right to your door anywhere in Canada! Just $69.00 per month, No Money Down. For Tymannus loaded 166MMX Multimedia Package: 166 MMX, Motorola 56.6 Fax/Modem, Stereo surroundsound, digital full-motion video, 3.2 GB HD, 24X CD ROM, full colour 14 inch monitor, loaded current software (list is too long for this ad, call us!!!) Instant credit approval available right over the phone! Call 1-800-551-3434 - to order/more information.

CANADA-WIDE COMPUTERS - Complete Systems from $48/mth. No Money Down. STUDENT FINANCING! Full Line of Components and Accessories. FREE CATALOGUE! 1-800-525-8952 or www.canadawidecomputers.com .

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BE A SUCCESSFUL WRITER... with our great home-study course. Call today for your FREE BOOK. 1-800-267-1829. Quality of Course, 38 McArthur Avenue, Suite 3015, Ottawa, ON K1L 6R2.

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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.

SALES HELP WANTED

$ATTENTION STUDENTS$ Make a lot of money selling chocolate bars. New products available. Nothing to pay in advance. Fast delivery 1-800-383-3589.

PAY TELEPHONE SERV.

HAVE YOU CONSULTED REAL CLAIRVOYANTS and mediums before? Then come discover the unexplicable experiences of Karononna Zanmort (Inc.), 28 years experience; very precise. She can describe and give you your sign. Learn from her other well known mediums and clairvoyants. To find out your future, CALL 1-900-451-9602. 18+, $4.99/min., 24 hrs/7days.

IT IS UP TO YOU. Several live 1-1 psychics for you to talk with. Relationships, love, money, future, advice. Call now 24hrs 1-900-451-7865, 18+ $3.99/min.

PERSONALS

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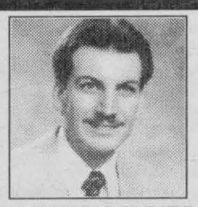

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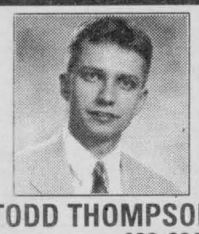

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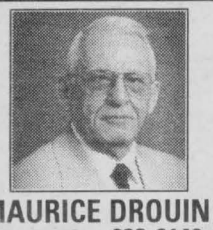

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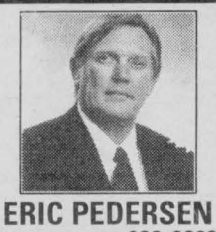

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18546 SOUTH BRANCH ROAD $279,000
(J-MLS 5292) Looking to S-P-R-E-A-D O-U-T?
13 AC, double attached garage, gourmet kitchen, studio, 3 bdrms., inground indoor pool
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DUPLEX $59,900
(A-MLS 0166) Well-maintained 2 & 3 bdrm. units. Some upgrades
CHARLES SAYYEAU 933-1558



NEWINGTON $49,500
(O-MLS 0207) ideal starter or retirement home, 2 bdrms., large lot
CHARLES SAYYEAU 933-1558



415 5TH ST. E., $64,900
(A-MLS 0144) Centretown, 3 bdrm.s, forced air gas heating, hdwd. floors.
CHARLES SAYYEAU 933-1558



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Sales Rep. 930-4880



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759 GUY ST. $118,500
(A-MLS 0196) 4 level split, 3 bdrms., FAG heat, hdwd floors, spacious
SHERRY McCULLOUGH 937-0891



$132,500 707 McCONNELL AVE.
(A-MLS 0177) 3 bdrm., 2 storey home, oodles of storage, 2 baths, beautiful kitchen, gas frpl.
SHERRY McCULLOUGH 937-0891



#18582 SOUTH BRANCH RD. $239,900
(J-MLS 5304) Southern exposure, 5 bdrms., frpl. oak Kit., formal dining rm & living rm. French drs., main fl. family rm., dble. garage.
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521 CARLETON $184,000
(A-MLS 0043) North of 2nd St., over $30,000 gross inc., retrofit approved, 6-units, no vacancies.
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31 TRINITY AVE. $76,900
(A-MLS 0047) Centretown, 2 bdrm. raised bung., oversized garage/workshop.
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5 ADOLPHUS $64,900
(A-MLS 0049) Spacious, Centretown, 3 bdrm. semi, hardwood. floors, formal dining room, eat-in kitchen.
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207 LOUISA ST. $62,900
(A-MLS 0164) 2-storey home, very well maintained, many updates. Priced to Sell!
MOE LEMIEUX 932-9386



MOVE-IN CONDITION $69,900
(A-MLS 0141) Well-maintained 2-storey w/over 1000 sq. ft., fin. rec. rm, attached garage.
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3115 NORTHDALE $77,900
(A-MLS 0130) 5 yr. old Markell built townhome, end unit, 3 bdrms., fin. rec rm w/office, laundry rm.
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NEW LISTING $78,900 HOOPLE AVENUE
(A-MLS 0203) 2-storey dbl. tenement, in good condition, dbl. drive w/det. garage, 2-100 amp breakers, F.A. oil heat
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64-66 LENNOX $69,600
(A-MLS 0152) Excellent dbl. tenement with great income. Shows well, 2-2 bdrm. units, full size lot, garage. Priced to sell fast!
GINETTE CAMPBELL 932-1609



329 GARDNER $126,900
(A-MLS 0153) Excellent bung. style home with a great income, large lot & large garage, quiet location, Come view this newly listed home.
GINETTE CAMPBELL 932-1609



NEW LISTING WHY PAY RENT?
(A-MLS 0189) This spacious home has 4 bdrms., office area, rec rm & frpl. for as little as $545/mth. oac
JUDI AUGER 931-3293



NEW LISTING $139,900
(A-MLS 0204) Great location, spacious layout & loaded with extras are only 3 of the reasons to call Judi!
JUDI AUGER 931-3293



127 MARLBOROUGH $77,000
(A-MLS 5052) 5 bdrms., gas heat, frpl. beautiful interior.
TODD THOMPSON 938-0640



CENTRETOWN $69,900
(A-MLS 0024) Forced air gas & gas fireplace. Good starter.
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REDUCED $189,900 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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306-A-B BELMONT $59,900
(A-MLS 5073) Maintenance-free, very clean triplex w/3 bdrm. owner's unit. Tenants pay own util.
MAURICE DROUIN 933-6146



(M-MLS 0210) 2+1 bdrm. completely rebuilt 4 yrs. ago, all casement tinted windows, dbl. garage, bsmt. workshop, fin. bsmt. w/Kit.
MAURICE DROUIN 933-6146



SUNRISE ACRES $138,900
(A-MLS 5280) Solid brick home, att. garage, inground pool, 2 full baths, gas fireplace
ERIC PEDERSEN 938-9690



542 JASE $89,900
(A-MLS 0006) 1375 sq. ft. brick semi, large Kit., 3 full bdrms., fenced yard, patio deck
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LAKEVIEW HEIGHTS $89,500
(M-MLS 0101) 1128 sq. ft. brick bung., hdwd. flrs., city water, 75'x150' lot with garage
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MOVE-IN CONDITION $69,000
(A-MLS 5308) Large kitchen with new cupboards, dining area, main FL laundry room
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AVONMORE $98,900
(L-MLS 0154) 1500 sq. ft., 3 bdrm. bung., frpl., C/A, ensuite bath & more.
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RR2 INGLESIDE $119,900
(O-MLS 0168) 1288 sq. ft., cedar bung., on 5.33 acres with double car garage.
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OLD ORCHARD $85,900
(A-MLS 0157) 2 bdrm. bung., with fireplace & hardwood floors
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REPOSSESSED DUPLEX $35,900
(A-MLS 0147) 2-3 bdrms. units, Priced to sell.
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LONG SAULT $67,900
(M-MLS 0155) 3 bdrm. semi on full village lot, very spacious
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NEW CONSTRUCTION $136,000 GST INCL.
(M-MLS 0034) Headline Rd., 1400 sq. ft., brick bung., on large lot with dbl. att. garage.
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$128,900
(M-MLS 0039) 1288 sq. ft. raised bungalow on high 18 acre lot with garage
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MOOSE CREEK CONC. 6 $79,900
(L-MLS 0070) 1575 sq. ft. split with att. garage on well-treed lot.
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$49,900
(A-MLS 0030) 4 bdrm. main unit & full bsmt. & 2 bdrm. upstairs unit
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MOOSE CREEK $109,900
(L-MLS 0027) Duplex with garage, water & sewer to be paid.
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RIVERDALE $96,900
(A-MLS 0105) 3 or 4 bdrm. on 100'x100' lot with waterview, hardwood floors, Becker Man kitchen & more
MIKE VANDERMEER 534-2950

ULTRA MODERN $219,900
(J-MLS 0173) 1800 sq. ft. exec home on 2.63 acre lot, north of Lancaster
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AVONMORE $72,900
(L-MLS 0182) Family home loaded with character. "A Must See"
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FINCH TOWNSHIP $49,900
(N-MLS 0093) Conc. 8/9 Rd., handyman special with large addition, double garage
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NEW LISTING $147,700 SUPER HOBBY FARM
(O-MLS 0208) 56 acres reforested; large Victorian home, very private
MIKE VANDERMEER 534-2950

NEW LISTING CORNWALL $87,500
(A-MLS 0202) 3 bdrm. brick bung., rec rm. with woodstove, good condition
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JASE STREET $210,000
(A-MLS 0150) 2200 sq. ft. bung. plus luxury in-law suite & 900 sq. ft. brick workshop.
JACK ROY 931-1290

504 CARLETON
(A-MLS 5297) Maintenance-free, 2 bdrms., large lot with garage, hardwood floor in dining area.
JACK ROY 931-1290

SUMMER IS NEAR
(A-MLS 0069) Don't wait to view this home. Enjoy over 3000 sq. ft. of quality living; swim in your inground pool & dock your boat for summer enjoyment.
DIANE BENOIT 930-4880

226 8TH STREET EAST
(A-MLS 0125) Summer is around the corner. Don't miss out on this one. Move-right-in. 4 bdrms., large eat-in kit, above ground pool.
DIANE BENOIT 930-4880

7 GLOUCESTER $67,000
(A-MLS 0181) If you like the charm of an older home, "This is a Must See." Gas frpl., heat, eat-in kitchen. Priced right
DIANE BENOIT 930-4880

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(A-MLS 0195) Auto glass business, well established. Owner will assist in training and backup.
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MIKE DeBOER 938-7802

BRAND NEW $128,900 MILLE ROCHES RD.
(M-MLS 0112) Large lot, 1-1/2 baths, main floor laundry, some hardwood. floors, Eff. gas heat, new home warranty. A good place to call home.
MIKE DeBOER 938-7802

MOTEL,BAR & RESTAURANT $350,000
(A-MLS 0084) Great location on Vincent Massey. Well licenced, lots of room for expansion
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NORTH OF INGLESIDE $99,900
(O-MLS 0036) 2 yr. old raised bung., 1232 sq. ft., paved road, 2.3 AC., coral for horses, oak kitchen & more.
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GREAT SENSE OF HUMOR
SW mom, 26, 5'4", 140lbs., light brown hair, blue eyes, easygoing, fun-loving, homemaker, enjoys quiet times, walking, dancing, seeks honest, sincere SM, who likes children, no game players. Ad#.9411

LOOKING
Outgoing, bubbly SWF, 25, 5'10", short brown hair, green eyes, enjoys car races, reading, long walks and the outdoors, seeking a humorous, enjoyable, spontaneous SM. Ad#.9511

DAZZLING LOOKS
Energetic SWF, 43, 5'3", 135lbs., brown hair, blue eyes, shy-natured, likes downhill skiing, auctions, swimming, seeks honest, considerate, easygoing SM. Ad#.8779

VIBRANT PERSONALITY
Romantic SWF, 30, 5'10", blue-eyed blonde, hobbies include needlepoint and rug hooking, seeks sincere, honest, trustworthy SM. Ad#.9536

THE REST OF OUT LIVES...
SWF, 20, 5'5", 195lbs., blue-eyed blonde, caring, sincere, enjoys cooking, swimming, dancing and singing, seeks marriage-minded SM, for possible relationship. Ad#.7236

SWEEP ME OFF MY FEET
SW mom, 30, 5'10", blue-eyed blonde, vibrant, enjoys rug hooking, needlepoint, seeks sincere, honest, trustworthy SM, with an understanding nature. Ad#.8647

LIKES TO JOKE
SWF, 33, 5'9", 120lbs., long dark reddish-brown hair, green eyes, happy, outgoing, employed, enjoys dancing, singing, shooting pool, seeks non-judgmental SM, with similar interests. Ad#.4741

A WONDERFUL LIFE AWAITS
Bubbly SW mom, 30, blue-eyed blonde, enjoys going for walks, reading, cuddling, seeks sincere, honest SM, who likes children and has a happy-go-lucky character. Ad#.8546

TIRED OF THE GAMES
Caring, sensitive SF, 20, 5'5", 195lbs., blonde hair, blue eyes, employed, enjoys swimming, dancing and cooking, seeks an honest, sincere SM, who is marriage-minded and fun to be with. Ad#.7936

COUNTRY GAL
SWF, 25, 5'6", 130lbs., blue-eyed blonde, outgoing, open-minded, enjoys spending time with her child, long walks, movies, weightlifting and listening to music, seeking an honest, faithful, trusting SM. Ad#.5880

WHO I AM
Honest, outgoing SW mom, 22, 5'9", short brown hair, blue eyes, intelligent, a part-time student, enjoys poetry, movies, walking, reading, country music, sci-fi and more, seeking a honest, caring SM. Ad#.1117

FRESH COUNTRY AIR
Relaxed, open-minded SWF, 46, 5'6", brown hair/eyes, professional, enjoys people, crafts, walking and admiring nature, in search of an enjoyable, trustworthy SM. Ad#.8484

RELATES WELL
Dedicated SW mother, 25, brown hair, blue eyes, likes country music, dancing and spending time with her children, in search of a marriage-minded, loving SM. Ad#.8681

GIVE ME A CHANCE
SWF, 27, 5'6", blue-eyed blonde, fun to be with, employed, enjoys rollerblading, skiing, swimming, seeks compatible, independent, employed SM. Ad#.9747

WILLING TO MEET?
SWF, 31, 150lbs., black hair, hazel eyes, fun, open-minded, caring, employed, enjoys shooting pool, throwing darts, seeks kind, sensitive SM, with a good sense of humor. Ad#.8159

SHARE MY INTERESTS
SWF, 31, 150lbs., black hair, hazel eyes, fun-loving, enjoys playing darts and shooting pool, romantic movies, hockey and more, seeking a SM, for a long-term relationship. Ad#.6848

LIKE ME FOR ME
Attractive SW mom, 22, 5'1", 100lbs., blondish-red hair, kind-hearted, shy, homemaker, enjoys reading, walking, watching movies, seeks trustworthy, caring SM, who likes children. Ad#.5682

PEACE OF MIND
Young-at-heart SWF, 56, 5'2", brown eyes, N/S, respectful, honest, caring, retired, enjoys reading, knitting, walking, seeks communicative SM, who loves laughter, to share life with. Ad#.8769

GOOD SENSE OF HUMOR!
SW mom, 42, 5'3", brown hair, green eyes, easygoing, homemaker, enjoys music, walking, working out, dancing, skating, seeking honest, caring, N/S SM, who likes children and has similar interests. Ad#.9829

LOOKING FOR HAPPINESS
Attractive SW mom, 23, 5'4", 105lbs., long brown hair, big green eyes, employed, enjoys travel, music and sports, seeks honest, sincere, outgoing SM. Ad#.8100

HONESTY
SWF, 25, 5'6", 125lbs., outgoing, honest, enjoys spending time with his son, dancing, movies, long walks, traveling and swimming, seeking a sincere, reliable, dependable, talkative, employed SM. Ad#.8160

A HUMANITARIAN
Pretty SWF, 34, 5'4", dark brown hair, green eyes, bubbly, open-minded, employed, enjoys singing, writing, nature walks, seeks honest, creative, fun-loving SM. Ad#.7657

OUT OF THIS WORLD
SWF, 31, fun-loving, comical, employed, enjoys reading, swimming, travel, seeks ambitious, honest SM, who is goal-oriented. Ad#.7743

COULD WORK OUT
SWF, 26, 5'10", 130lbs., brown hair, blue eyes, employed, enjoys sports, time with children, dancing, outdoor activities, seeking employed, caring SM. Ad#.8511

JOYFUL ATTITUDE
Attractive, slender SWF, 26, 6', blue-eyed blonde, comical, open-minded, enjoys doing crafts, long walks in the country, swimming and sports, seeking a handsome, smart, educated SM. Ad#.6683

READ THIS ONE FIRST!
SW mom of two, 26, 5'4", brown hair, hazel eyes, down-to-earth, happy, cheerful, employed, enjoys watching TV, phone chats, walking, seeks honest, sincere, romantic SM. Ad#.5140

SENSE OF HUMOR
Funny, witty SWF, 34, 130lbs., brown hair/eyes, friendly, enjoys spending time with friends, sports, volunteer work, reading, seeking honest SM, with blond hair, blue eyes. Ad#.6447

LIKES HAVING FUN!
Cute SW mom, 22, 5'5", long dark hair, brown eyes, happy, smart, student, enjoys mountain biking, surfing the net, seeks trustworthy, reliable SM, with a good sense of humor. Ad#.8876

FRIENDS FIRST...
Retired SWF, 58, 5', light brown hair, blue eyes, humorous, enjoys walking, rollerblading, country drives, seeks compatible SM, with a good sense of humor and similar interests. Ad#.6318

MAN OF MY DREAMS?
SWF, 31, 5', 145lbs., blonde hair, blue eyes, humorous, full of life, employed, enjoys swimming, biking and baseball, seeks a honest, trustworthy SM. Ad#.9910

SPEND TIME TOGETHER
SW mom, 22, physically fit, student, enjoys time with her daughter, outdoor activities, reading, movies, seeks honest, sincere SM, with a good sense of humor. Ad#.5980

BE PART OF MY TOMORROW
Attractive SWF, 45, blondish hair, green eyes, fun-loving, considerate, intellectual, professional, enjoys crafts, travel, languages, seeks sincere, truthful, witty SCM, who likes nature. Ad#.5181

QUIET TIMES
Personable, quiet SWF, 42, 110lbs., long brown hair, employed, enjoys cooking, baking, watching hockey, dancing, seeking personable, respectful SM. Ad#.9819

STILL SEARCHING
SWF, 32, 5'5", 125lbs., brown hair/eyes, open-minded, enjoys playing billiards, movies, going out with friends, sporting events, seeking non-judgmental, humorous SM. Ad#.8920

DANCE WITH ME
Humorous, fun-loving SWF, 25, 5'3", strawberry blonde hair, blue eyes, enjoys dancing, long walks, movies and spending time with family and friends, seeking outgoing SM. Ad#.2560

WALK HAND IN HAND
Friendly SWF, 26, 5'6", 125bs., loves fishing, nature walks, reading, biking, looking for secure, honest SM, who enjoys being around family and friends. Ad#.6168

HOPE TO MEET YOU
Reserved SWF, 32, brown hair, hazel eyes, employed, in search of a loving, caring, thoughtful, honest SM, who enjoys life. Ad#.4473

JOY OF LIVING
Adventurous SWF, 41, blonde, brown eyes, enjoys reading, walking, dining and dancing, seeks humorous, honest SM, who is good with kids. Ad#.5109

TRUE HAPPINESS
SWF, 28, brown hair/eyes, fun-loving, honest, sincere, employed, enjoys country living, the outdoors, animals, seeks honest, trustworthy, fun-loving SM, who has a carefree attitude. Ad#.8149

ARE YOU MY TYPE?
SWF, 43, 5', black hair, hazel eyes, humorous, happy, enjoys Bingo, camping, boating, animals, kids, seeks honest, compassionate, dependable SM. Ad#.9745

LIFE IS FULL OF WONDERS
Quiet, shy-natured SF, 22, 5'7", brown hair, enjoys dancing, music, interested in meeting honest, sweet SM, who likes animals and country life. Ad#.9394

STOP HERE FIRST!
Friendly, cute SWF, 27, N/S, outgoing, humorous, fun-loving, employed, enjoys photography, playing guitar, sports, seeks nice SM, who is easy to get along with. Ad#.9836

QUIET MOMENTS
Cute SW mom, 36, 5'3", 110lbs., brown hair/eyes, fun-loving, employed, enjoys long walks, cooking, movies, outdoor activities, seeks fun-loving, faithful SM, who's serious about a relationship. Ad#.9326

IMPECCABLE
Sensitive SWF, 33, 5'2", 120lbs., blonde hair, green eyes, enjoys music, reading, dining out, taking walks, seeks honest, humorous, tall SM, for possible relationship. Ad#.7650

WILLING TO LISTEN?
Caring, trustworthy SWF, 45, 5'5", 122lbs., blonde hair, gray eyes, employed, enjoys quiet evenings, walks, learning new things, seeks humorous, open, honest, romantic SM. Ad#.1213

FAIRY TALE ROMANCE
SW mom, 40, 5'6", 145lbs., sincere, loyal, faithful, enjoys fishing, camping, dancing, movies, seeks family-oriented, commitment-minded SM, with similar qualities. Ad#.9545

STRAIGHTFORWARD
SWF, 39, tall, good-looking, employed, hobbies include crafts, biking, walking, golf, seeks honest, outspoken, up-front, fun-loving, smart SM, 5'10"+. Ad#.1221

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

Males Seeking Females

WARM AND FRIENDLY
Inquisitive SWM, 38, 5'9", 160lbs., light brown hair, blue eyes, employed, enjoys nature walks, playing billiards, working out, music and movies, seeking a non-judgmental, romantic SF. Ad#.6582

I SPEAK MY MIND
SWM, 40, 5'6", 130lbs., brown hair, blue eyes, easygoing, employed, enjoys ski-dooing, fishing, domestic living, seeks honest, understanding SF, to build a future with, no game players. Ad#.5558

LET'S TALK SOON
SWM, 25, heavyset, long hair, easygoing, friendly, enjoys, camping, going out with friends, dining out, motor cross, music and movies, seeks a nice, honest SF. Ad#.8306

SILVER FOX
SWM, 65, 5'11", slim build, blue eyes, friendly, shy, enjoys woodworking, outdoor sports and gardening, seeks romantic, affectionate SF. Ad#.8112

BE SINCERE
SWM, 40, 5'6", brown hair, blue eyes, social drinker, easy to get along with, enjoys boating and fishing, seeks understanding SF, who is not a game player. Ad#.4917

GET BACK TO ME
Attractive SWM, 28, 6', 180lbs., brown hair/eyes, easygoing, employed, enjoys watching movies, spending time with friends, relaxing, seeks open-minded SF, who likes trying new things. Ad#.3348

CHECK THIS ONE OUT
Attractive, tall SWM, 40, brown hair, blue eyes, employed, enjoys camping, fishing, playing cards, seeks honest, sincere, trustworthy SF, who loves to cuddle. Ad#.4398

COULD THIS BE YOU?
Slim, humorous, good-natured, professional SWM, 50, has old-fashioned values, enjoys science, reading, current affairs, seeks slender, affectionate SF, for serious relationship. Ad#.5879

IN REALLY GOOD SHAPE
SWM, 25, brown hair, hazel eyes, easygoing, a bit shy, employed, enjoys driving his car, time with his dog, seeks loving, honest, faithful SF, who is ready to settle down, no game players. Ad#.8613

A REAL TRUE HEART
Attractive, employed SWM, 36, 5'6", 160lbs., salt and pepper hair, blue eyes, mustache, enjoys playing cards, shooting pool and board games, seeks a down-to-earth, honest SF, with good family values. Ad#.8548

LIKES TO LAUGH
Happy-go-lucky SWM, 41, blue-eyed blond, employed, enjoys playing cards, bowling and spending time with friends, seeks an honest, fun-loving SF, who likes to cuddle. Ad#.9558

HAPPINESS GUARANTEED
Friendly SM, 45, 5'8", 180lbs., brown hair, blue eyes, employed, likes fishing, sports, dancing and most outdoor activities, seeking an honest SF. Ad#.9800

I KNOW WHAT I WANT!
Hardworking, attractive, romantic SWM, 35, 6', 190lbs., blue-eyed blond, employed, enjoys working around the house, dining out, cooking and candlelit dinners, seeks stable, trustworthy SF. Ad#.9373

BUILD UP TRUST
Laid-back, kind-hearted SWM, 44, 5'10", brown hair, hazel eyes, likes weightlifting, singing, motorcycles and outdoor activities, in search of a pleasant, pretty, open SF. Ad#.9619

DO WE SHARE INTERESTS?
Approachable, honest SWM, 44, 5'10", 200lbs., employed, likes weightlifting, playing the guitar, motorcycles, singing and fishing, seeking an upfront, sincere SF, for a possible long-term relationship. Ad#.9719

CALL AND WE'LL TALK
SWM, 48, 5'5", 155lbs., employed, enjoys golf, travel, quiet family times, seeks attractive, slender, trustworthy SF, with similar interests, to share life with. Ad#.3589

LET'S GET ACQUAINTED
SWM, 41, 5'9", 165lbs., blue eyes, easygoing, down-to-earth, employed, enjoys the outdoors, skiing, camping, seeks honest, trustworthy SF, who enjoys life. Ad#.1441

JUST BE YOURSELF
SW dad, 26, 5'4", brown hair/eyes, student, enjoys working on old cars and motorcycles, fishing, hunting, seeks humorous SF, who enjoys life and likes children. Ad#.8858

YOUNG AT HEART
SWM, 62, 5'10", 190lbs., good-natured, retired, enjoys working in the garden, country life, seeking humorous, well-dressed SF. Ad#.6661

WANTS TO BE HAPPY
SWM 38, 6', 165lbs., witty, humorous, employed, enjoys hunting, fishing, camping and movies, seeking a petite, slender, attractive, romantic, caring, honest SF. Ad#.9024

SIMILAR INTERESTS?
Physically fit SW dad, 50, 170lbs., brown hair, dark blue eyes, easygoing, patient, employed, enjoys playing hockey, bowling and movies, seeks an honest, faithful SF, who likes quiet times. Ad#.8479

OUTDOORS TYPE
SWM, 27, 5'10", 185lbs., brown hair, green eyes, humorous, enjoys watching hockey, biking, fishing, seeks honest, caring, trustworthy SF, to settle down with. Ad#.8325

LIKES TO LAUGH
Attractive, SWM, 39, light blond hair, blue eyes, happy-go-lucky, enjoys fishing, boating, the outdoors, seeks honest, trustworthy SF, who has a big heart and inner beauty, children welcome. Ad#.8273

GIVE IT A TRY
SWM, 39, 5'10", likes to joke, easygoing, self-employed, enjoys mountain biking, camping and hockey, seeking a physically fit, outgoing SF, N/S. Ad#.6241

FRIENDLY & HAPPY
Handsome, well-built, humorous SWM, 48, enjoys music, art, writing and more, seeking a fun-loving, cheerful SF, for possible relationship. Ad#.9218

TIME WILL TELL
SWM, 44, humorous, enjoys laughter and comedy, camping, fishing, movies and traveling, seeking a happy, talkative SF. Ad#.2106

JUST PERHAPS
Quite outspoken, gentle SWM, 56, 6', 200lbs., brown hair, professional, enjoys outdoor activities, classical music, movies and model railways, seeking a sensitve, warm, caring SF. Ad#.9898

CALL AND WE'LL TALK
SWM, 45, 5'10", dark hair, down-to-earth, pleasant, self-employed, enjoys boating, fishing, seeks honest, blonde SF, prefers no children. Ad#.7950

NO HASSLES
SWM, 38, 6', 165lbs., physically fit, self-employed, witty, fun-loving, enjoys the outdoors, playing golf, spending time with his kids, seeking a genuine, sincere, attractive SF. Ad#.9924

LEAVE A MESSAGE
SWM, 40, 6'2", 220lbs., long brown hair/eyes, fun-loving, enjoys dancing, candlelit dinners, traveling, gardening and NASCAR, seeking an active, compatible SF. Ad#.8436

HEY, YOU NEVER KNOW
SWM, 33, kind, gentle, thoughtful, student, enjoys long romantic walks, movies, quality time, seeks kind-hearted SF, who is a good listener. Ad#.1093

TIRED OF BEING ALONE
Self-employed DWM, 53, 5'6", 160lbs., blue eyes, happy-go-lucky, enjoys watching television, going out, seeks nice, pretty, honest SF, to spend time with, no liars or cheaters. Ad#.6270

SHARE MY LIFE
SWM, 38, 5'8", 165lbs., brown hair, greenish-brown eyes, friendly, humorous, employed, enjoys biking, fishing, golf, seeks faithful, loyal SF, who can commit. Ad#.4545

BE MY SOUL MATE
Employed SWM, 31, 5'7", short brown hair, hazel eyes, humorous, likes throwing darts, bowling, seeks faithful, trustworthy, honest SF. Ad#.9765

DOWN-TO-EARTH
Handsome SWM, 39, 5'8", 195lbs., humorous, employed, enjoys sports, shooting pool, dining out, seeks honest, sincere SF, to share life with. Ad#.6085

NEW HORIZONS
Handsome SWM, 34, 6', 170lbs., short blond hair, green eyes, adventurous, employed, enjoys sports events, watching movies, seeking mature, attractive, open-minded SF. Ad#.9096

SPEAK YOUR MIND
Agreeable SWM, 53, 5'6", 150lbs., blue eyes, enjoys dining out, movies and music, quiet evenings at home, family time and more, seeking an honest, loving SF, 5'2"-5'6". Ad#.7183

JUST YOU AND I
Handsome, comical SWM, 30, 6', light brown hair, blue eyes, employed, loves movies, playing cards and visiting with friends, in search of a nice, honest SF, who likes to cuddle. Ad#.4967

KIND-HEARTED
Employed SWM, 31, 5'10", 170lbs., black hair, green eyes, muscular, toned, easy to get along with, enjoys canoeing, hiking, camping, seeks happy, attractive SF, with a good sense of humor. Ad#.6298

OPTIMISTIC ATTITUDE
Humorous SWM, 37, 6'2", 185lbs., brown hair, bluish-green eyes, enjoys reading, writing, long walks, nature, good conversations and more, seeking compatible, honest SF. Ad#.2423

LIKES TO JOKE
Handsome, personable, sensitive SWM, 29, 5'8", 200lbs., enjoys collecting sports cards, reading comic books, woodworking, seeking attached WF. Ad#.5360

CHECK THIS OUT
SWM, 25, 5'8", 165lbs, brown hair, green eyes, enjoys long hikes, sporting events, especially hockey, dining out, movies, the outdoors and more, seeking friendly, kind SF, for friendship, laughter, possibly more. Ad#.4180

LEAVE A NUMBER
SWM, 49, 160lbs., 5'8", brown hair, hazel eyes, fun-loving, honest, sincere, self-employed, enjoys crafts, gardening, camping, seeks SF, to share life with. Ad#.6746

SOMEBODY SPECIAL
SWM, 49, 6'1", 185lbs., brown hair/eyes, friendly, loving, kind, employed, enjoys good conversation, dining out, quiet times with friends and family and more, seeks happy, articulate SF, to share good times with. Ad#.9776

HAS A SERIOUS SIDE
SWM, 41, 5'9", 165lbs., brown hair, blue eyes, humorous, employed, enjoys dancing, shooting pool, movies, seeks honest SF, with a good sense of humor, to fall in love with. Ad#.8364

ANSWER MY AD
SWM, 26, 6', brown hair/eyes, good sense of humor, employed, enjoys listening to country music, reading, watching movies, seeking compatible, talkative SF. Ad#.5329

FUN TO BE WITH!
SWM, 37, 5'11", blond hair, blue eyes, enjoys going to hockey games, having romantic dinners, dancing and seeing movies, seeks an honest, trustworthy SF, with a big heart. Ad#.5973

YOUR INTERESTS?
Hardworking SW dad, 32, 6'1", 190lbs., brown hair/eyes, employed, enjoys long walks, biking, time with his daughter, movies, seeking caring, honest, fun-loving SF, who enjoys children. Ad#.3345

HONESTY IS KEY
Humorous SWM, 48, 5'8", heavyset, brown hair, blue eyes, moustache, enjoys good conversation, gardening, long walks, seeks honest, faithful, straightforward, humorous SF. Ad#.1314

PLEASANT APPEARANCE
SWM, 48, blue eyes, neat, secure, sensible, retired, has a variety of interests, seeks intelligent, trim, independent, mature SF, for friendship first, maybe more. Ad#.8535

WORTH A TRY
Honest, caring, affectionate SWM, 39, 5'7", 150lbs., brown hair, green eyes, enjoys motorcycles, traveling, the beach, seeking faithful, easygoing SF. Ad#.9230

CHEMISTRY?
Good-humored SWM, 35, 5'2", employed, enjoys bodybuilding, quiet evenings, time with the family, seeks open-minded, spiritual, outgoing, sensible SF. Ad#.7374

AVAILABLE
SWM, 33, 6',175lbs., blond hair, green eyes, attractive, open-minded, mature, adventurous, employed, lives in Brockville area, likes sports, movies, seeks SF, with similar traits. Ad#.7098

ZEST FOR LIFE
Physically fit SWM, 40, 6', blond hair, blue eyes, easygoing, understanding, communicative, enjoys golf, skiing, martial arts, seeks outspoken, open-minded, adventurous SF, 5'4"+, N/S. Ad#.9019

HONEST & SINCERE
Easygoing, laid-back SWM, 34, 5'10", 160lbs., brown hair, blue eyes, employed, enjoys baseball, bowling, music, seeks trustworthy SF, with similar interests, for long-term relationship. Ad#.9510

TRUE HAPPINESS
Fun-loving, honest SWM, 36, 6'2", 185lbs., light brown hair, greenish-blue eyes, enjoys nature walks, movies, fine dining, good conversation, seeks trustworthy SF, kids welcome. Ad#.2024

GOAL-ORIENTED
SW dad, 30, 6'2", 125lbs., brownish-blond hair, blue eyes, easygoing, employed, enjoys time with son, walks, movies, seeks easygoing, funny, happy SF, who likes kids. Ad#.6456

ADVENTURESOME
Professional SWM, 48, 5'10", 210lbs., humorous, outgoing, enjoys motorcycling, camping, the outdoors, seeks honest, friendly, spontaneous SF. Ad#.8158

LIFELONG HOPES
Shy-natured, sensitive SWM, 40, 5'9", 135lbs., romantic, enjoys sports, model building, seeks honest, affectionate, loving SF, to relate with. Ad#.3797

Females Seeking Females

COMPLETE LOVE
Fun-loving, understanding SWF, 33, 5'3", blonde hair, blue eyes, employed, enjoys fishing, camping, boating, bike riding, watching movies and long strolls, looks for loyal, independent SF. Ad#.8216

UP TO DATE
SWF, 30, 5'5", 180lbs., brown hair/eyes, friendly, enjoys movies, staying home, dancing, seeking honest, caring SF. Ad#.8066

UPBEAT AND POSITIVE
Blue-eyed blonde SWF, 34, 5'6", 145lbs., good sense of humor, hobbies are sports, reading, long walks, movies, searching for a compatible, truthful, funny, sincere SF. Ad#.8445

FRIENDS FIRST
Slim GWF, 23, green-eyed blonde, funny, outgoing, homemaker, enjoys walking, dining out, snuggling, seeks honest, sincere, trustworthy SF. Ad#.3761

Males Seeking Males

KEEP IN TOUCH
SWM, 37, 6', 170lbs., fun-loving, enjoys laughter and comedy, dining out and listening to music, sports and more, seeking an honest, outgoing SM. Ad#.9847

LEAVE YOUR NUMBER
SWM, 37, 6', 165lbs., physically fit, fun-loving, employed, enjoys playing sports, listening to music and movies, seeking an honest, personable SM. Ad#.9059

HAS A SERIOUS SIDE
SWM, 31, 5'11", 190lbs., brownish-blond hair, brown eyes, likes to joke and have a good time, employed, enjoys reading, watching movies, seeks honest, sincere, humorous SM. Ad#.9810

NOT TOO SERIOUS
SWM, 34, 6'1", 175lbs., short brown hair, blue eyes, easygoing, self-employed, enjoys outdoor activities, seeks trustworthy SM. Ad#.2203

TALK TO ME!
SWM, 36, 6'3", 210lbs., easygoing, fun-loving, self-employed, enjoys boating, skiing, long walks, seeks honest, upfront SM, who has a good personality. Ad#.7735

LOVES TO LAUGH
SWM, 22, brown hair, blue eyes, easygoing, employed, enjoys country walks, snowmobiling, seeks trustworthy SM, to spend time with. Ad#.8236

SOUND INTERESTING?
SWM, 28, 5'6", 150lbs., dark hair, easygoing, employed, enjoys sports, building models, cooking, seeks SM, who is easy to talk to. Ad#.3903

DAY BY DAY
Spontaneous SWM, 35, 5'11", brown hair, green eyes, employed, hobbies are watching sports, seeking honest, humorous, adventurous SM Ad#.9345

DESCRIBE YOURSELF
Athletic, physically fit, SWM, 18, blue-eyed blond, humorous, fun-loving, enjoys singing, weightlifting, having fun, seeks down-to-earth SM. Ad#.6849

ATTITUDE IS IMPORTANT
Self-employed SWM, 42, 6', 200lbs., hobbies include fishing, dirt biking, playing cards, anything sports-related, looking for fit SM. Ad#.7318

TOTAL HAPPINESS
SWM, 19, brown hair, green eyes, student, enjoys sports, playing guitar, seeks personable, physically fit, slim SM, with similar likes and dislikes. Ad#.9061

I KNOW YOU'RE OUT THERE!
SWM, 19, 145lbs.,blond, blue eyes, easygoing, enjoys a wide variety of interests, seeks honest, trustworthy, understanding SM. Ad#.9538

GET TO KNOW ME!
SWM, 23, 6'1", 165lbs., brown hair/eyes, easygoing, understanding, enjoys sports, movies, the outdoors, seeks serious, trustworthy, humorous SM. Ad#.3465

COMPASSIONATE
Well-built SWM, 30, 5'7", outgoing, humorous, gentle, artistic, open-minded, hobbies are playing guitar and swimming, seeks understanding, witty SM. Ad#.9010

LEAVE ME A MESSAGE
Pretty shy SWM, 24, 220lbs., brown hair/eyes, employed, enjoys fishing, seeks honest SM, who has direction in their life. Ad#.5983

GOOD TO KNOW
Good-looking SWM, 25, 5'10", employed, enjoys biking, taking walks, movies, hanging out with friends, seeks down-to-earth, honest SM. Ad#.8326

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Obituaries

AUCLAIR - Adrienne

Passed away at the Versa Care Centre, Cornwall, on Wednesday, February 11th, 1998.

Mrs. Adrienne Auclair, in her 91st year, born in Quebec, formerly of 1316 Third Street East.

Dear daughter of the late Eugene Dufresne and the late Marie-Louise Girard.

Beloved wife of the late Edmour Auclair.

Loving mother of Collette (Mrs. Aldino Verrucci) of Montreal, Quebec; Jacqueline (Mrs. Pierre Chamberland) of Ste. Foy, Quebec; Suzanne (Mrs. Lucien Desforges) of Cornwall and Reine (Mrs. Norman Latour) of Bainsville, Ontario.

Dear sister of Mrs. Irene Grenier of St. Félicien Lac St. Jean, Quebec and Mrs. Laurette Besson of Dolbeau, Quebec.

Loving grandmother of eighteen grandchildren and twenty-nine great grandchildren.

Predeceased by one son, Rheal Auclair and by one sister, Mrs. Cecile Murphy.

The funeral took place on Saturday, February 14th, 1998 from the Boulerice Funeral Home Ltd., to St. Felix de Valois Church, Cornwall, at 11:00 a.m., followed by cremation. Reverend Roger Desrosiers, Pastor of St. Felix de Valois Church officiated.

The pallbearers were Michel Latour, Gilles Latour, Andre Desforges, Marc Chamberland, Guy Chamberland and Albert Arseneault.

BELISLE - Raymond

Passed away at the Hotel Dieu Hospital, Cornwall, on Saturday, February 14th, 1998.

Mr. Raymond Belisle, in his 57th year, born in Alexandria, Ontario and formerly of 701 Montreal Road, Apt. #7, Cornwall.

Dear son of the late Edward Belisle and the late Matilda Belair.

Dear brother of Arthur Belisle of Wakefield, Quebec; Mrs. Yvonne Derouchie of Cornwall; Florence Bellemore of Oakville, Ontario and Marie (Mrs. Roger Poirier) of Gatineau, Quebec.

Best friend of Louise McCooeye and Don Coleman.

The Liturgy of the Word was celebrated in the Memorial Chapel of the Boulerice Funeral Home Ltd., on Tuesday, February 17th, 1998 at 2:00 p.m., followed by cremation. Reverend Mr. Marcel Aube officiated.

BRAY- Alcide (Jim)

Passed away at the Cornwall General Hospital, Cornwall, on Sunday, February 15th, 1998.

Mr. Alcide (Jim) Bray, in his 95th year, born in Lemieux, Ontario, formerly of 318 Belmont Street, Cornwall.

Dear son of the late Olivier Bray and the late Adele Denis.

Beloved husband of Alenima (Desneiges) Houle.

Loving father of Laurier Bray (husband of Darleen Disotell); Jean-Claude Bray and Lucille (Mrs. Rejean Beriault), all of Cornwall.

Loving grandfather of four grandchildren and three great grandchildren.

Predeceased by seven brothers, Clement, Elzear, Wilfrid, Herve, Charles, Omer and Henri Bray and by four sisters, Mrs. Emma Benson, Mrs. Donalda Leroux, Miss Diane Bray and Mrs. Eva Thibeault.

The funeral took place on Wednesday, February 18th, 1998 from the Boulerice Funeral Home Ltd., to St. Felix de Valois Church at 11:00 a.m. Spring interment in Notre Dame Cemetery. Reverend Roger Desrosiers, Pastor of St. Felix de Valois Church officiated.

The pallbearers were members of the Nativity Guards.

GREER - Marion

Mrs. Marion Greer of Cornwall, passed away at Parisien Manor on Monday, February 16th, 1998, age 95 years.

Beloved wife of the late John Greer.

Dear mother of Mima (Mrs. Daniel Bartos) of Massena, New York and Christina Riddell of Cornwall.

Loving grandmother of Glenda (Mrs. Jamie Hollingsworth) and Heather Bisson, both of Cornwall and Greg Riddell (Sarah) of South Lancaster.

Dear great grandmother of Corinne, Courtney and Myles.

Predeceased by three brothers and three sisters in Scotland.

The funeral took place on Thursday, February 19th, 1998 in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall at 2:00 p.m. Reverend Terry Dunlop of Knox-St. Paul's United Church officiated. Interment at a later date in Woodlawn Cemetery, Cornwall.

AMYOTTE - Rheal Paul

Passed away at the Cornwall General Hospital, Cornwall, on Monday, February 16th, 1998.

Mr. Rheal Paul Amyotte, in his 69th year, born in Cornwall, of 813 Champlain Drive, Cornwall, Ontario.

Dear son of the late Augustin Amyotte and the late Amanda Desrosiers.

Beloved husband of Helen Amyotte (Butler).

Loving father of Colette Bourdon-Jackson (Stephen) of R.R. #1 Cornwall; Denise (Mrs. Allen Bissonnette) of Long Sault and Andre Amyotte (Marie) of Cornwall.

Loving grandmother of five grandchildren, Christine, Colin, Sylvie, Adele and Kyle.

Dear sister of Aurele Amyotte (Veronica); Leo Amyotte (Eileen), both of Cornwall; Mrs. Yvette Rocheleau of St. Andrew's West; Laurette (Mrs. Tony Quenneville) and Mrs. Jacqueline Cadieux, both of Cornwall; Eva (Mrs. Bill Cole) of Barrie.

Also survived by many nieces and nephews.

Predeceased by one brother, Rene Amyotte.

The funeral took place on Friday, February 20th, 1998, from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to St. Felix de Valois Church. Interment at Notre Dame Cemetery. Reverend Roger Desrosiers of St. Felix de Valois Church officiated.

The pallbearers were members of the Knights of Columbus: Paul Belanger, Laurent Samson, Arnold Albert, Jean Landriault, Rudolphe Longtin and Albert Leblanc.

Mr. Amyotte was formerly employed as a steamfitter with C.I.L. and was a member of the Knights of Columbus, Council #755.

LAVICTOIRE - NUTTAL - Madeleine

Passed away at her residence on Thursday, February 12th, 1998.

Madeleine Lavictoire-Nuttal, age 49 years, born in Cornwall of Chateau Gardens, formerly of Riverview Manor.

Dear daughter of the late Marcel Lavictoire and the late Jeanne Menard.

Loving mother of Chantal.

Dear sister of Laurent and Richard Lavictoire (Suzanne); Monique, Denis, Claire Touchette and Rita Lavictoire.

The funeral took place on Saturday, February 14th, 1998 in St. Felix de Valois Church at 1:30 p.m., followed by cremation. Reverend Roger Desrosiers, Pastor of St. Felix de Valois Parish celebrated.

The funeral arrangements were entrusted to the care and direction of the M. John Sullivan Funeral Home, 341 Pitt Street (across from City Hall), Cornwall.

NADEAU - Jean-Marc Joseph Romeo

Passed away at his residence on Wednesday, February 11th, 1998.

Mr. Jean-Marc Joseph Romeo Nadeau, in his 50th year, born in Beaucanton, Quebec, of 2140 Vincent Massey Drive, #7, Cornwall.

Dear son of the late Arthur Nadeau and the late Yvonne Brousseau.

Loving father of Patrick Nadeau of Blainville, Quebec.

Dear brother of Yvon Nadeau of Boisbriand, Quebec; Jean-Guy Nadeau of St-Eustache, Quebec; Raymond Nadeau of St-Lazare, Quebec; Gerald Nadeau of Timmins; Jacques Nadeau of Normetal, Quebec; Lise Nadeau of St-Antoine, Quebec; Gisele (Mrs. Eric Ranta) and Aline Nadeau, both of Timmins; Michelle (Mrs. Christopher Andrew White) of Sudbury; Marjolaine (Mrs. Jacques Robitaille) and Sylvie Nadeau (Gilles Poirier), both of Boisbriand, Quebec.

Also survived by his former wife, Nicole Beland.

Predeceased by three sisters, Mrs. Huguette Tremblay, Mrs. Monique Pare and Claudette Nadeau.

The funeral took place on Saturday, February 14th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to the Memorial Chapel, followed by cremation at the South Branch Crematorium.

PERRAS - Hilda

Passed away at the Hotel Dieu Hospital, Cornwall, on Tuesday, February 17th, 1998.

Miss Hilda Perras, in her 70th year, born in Cornwall, formerly of Prince Arthur Street, Cornwall.

Dear daughter of the late Donat Perras and the late Beatrice Jalbert.

Dear sister of Rodolphe Perras (husband of Muriel Parker) of Cornwall.

The funeral took place on Thursday, February 19th, 1998 from Boulerice Funeral Home Ltd., to the Co-cathedral of the Nativity at 10:00 a.m. Spring interment in Nativity Cemetery. Reverend Gaetan Deschamps officiated, assisted by Reverend Roger Desrosiers.

The pallbearers were members of the Nativity Guards.

LAPLANTE - Maurice Aldeo

Passed away at the Hotel Dieu Hospital, Cornwall, on Friday, February 13th, 1998.

Mr. Maurice Aldeo Laplante, in his 49th year, born in Cornwall, of 1017 Marleau Avenue, Cornwall.

Dear son of the late Francis Laplante and the late Georgette Marion.

Beloved husband of Pauline Laplante (Seguin). Loving father of Michael Laplante (Tammy) and Angelique Laplante (fiancee of Jean-Luc Marion), all of Cornwall.

Loving grandfather of Nicole.

Dear brother of Raymond Laplante (Carolin) and Claire (Mrs. Gerald Longtin), both of Cornwall and Jeannette Lauzon (Don) of Orangeville.

Predeceased by one brother, Ronald Laplante.

The funeral took place on Tuesday, February 17th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to Sts. Martyrs Canadiens Church. Interment at Notre Dame Cemetery. Reverend Romeo Major of Sts. Martyrs Canadiens Church officiated.

The pallbearers were Raymond Laplante, Gerald Longtin, Shawn Lauzon, Blain Lauzon, Steven Seguin and Richard Laplante.

Mr. Laplante was formerly employed as a colour matcher with Morbern Industries and was a member of the Knights of Columbus, Council #8859, Sts. Martyrs Canadiens.

NADON - Paul Emile

Passed away at the Cornwall General Hospital, Cornwall on Saturday, February 14th, 1998.

Mr. Paul Emile Nadon, in his 79th year, born in Cornwall, of 403-A Alice Street, Cornwall.

Dear son of the late Ernest Nadon and the late Ernestine Dumond.

Beloved husband of Beatrice Nadon (Germain).

Loving father of Agnes (Mrs. Raymond Leduc) and Michael Nadon (Claire), both of Cornwall; and Richard Nadon (Helene) of Welland.

Loving grandfather of Marc, Lise, Luc, Mario, Rachelle, Francois and Martin and great grandfather of Brittney.

Dear brother of Bernard Nadon (Lucille) of Cornwall.

Also survived by his sister-in-law, Mrs. Edith Nadon and by several nieces and nephews.

Predeceased by one grandson, Alain Nadon and by one brother, Romeo Nadon.

The funeral took place on Tuesday, February 17th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to St. Peter's Parish Church. Interment at Notre Dame Cemetery. Reverend George Maloney of St. Peter's Parish Church officiated, assisted by Archdeacon Gordon Bryan.

The pallbearers were members of the Knights of Columbus: Claude Spooner, Paul Belanger, Rodolphe Longtin, Laurent Samson, Brian Heagle and Gaetan Simon.

Mr. Nadon was a former Charter Member, Grand Knight and District Deputy of the Knights of Columbus, Council #5068, current Life Member of Council #755 and a World War II Veteran.

PARISIEN - Evelyne

Passed away at the Cornwall General Hospital, Cornwall, on Sunday, February 15th, 1998.

Mrs. Evelyne Parisien, in her 76th year, born in Grenville, Quebec, of 1198 Montreal Road, Cornwall, Ontario.

Dear daughter of the late Fernand Ranger and the late Rose Belanger.

Beloved wife of Gordon Parisien.

Loving mother of Ronald Parisien (Shirley) of Bonville; Robert Parisien (Linda); Wayne Parisien; Roger Parisien (Sue); Stephane (Steven) Parisien (Lorraine) and Dean Parisien, all of Cornwall and Beverly (Mrs. Richard Vaillant) of R.R. #1 Newington.

Dear sister of Leonard Scarbeau (Maria) of Cornwall, Denis Ranger of Toronto and Irene (Mrs. Arnold Hutt) of Moose Creek.

Also survived by eighteen grandchildren and eight great grandchildren.

Predeceased by infant twins, Joseph and Mary Parisien; one grandson, Norman Vaillant; one great grandson, Adam Parisien; one brother, George Ranger and by one sister, Malbina Scarbeau.

The funeral took place on Wednesday, February 18th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Columban's Parish Church. Interment at Notre Dame Cemetery. Reverend Kevin Maloney of St. Columban's Parish Church officiated.

The pallbearers were Stephen, Roger, Wayne, Robert, Dean and Ronald Parisien.

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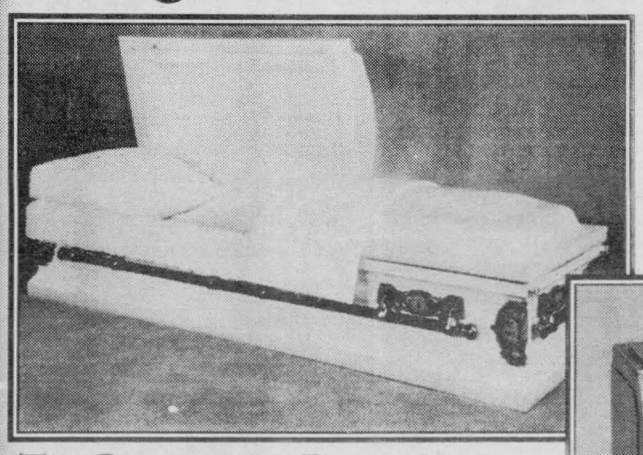

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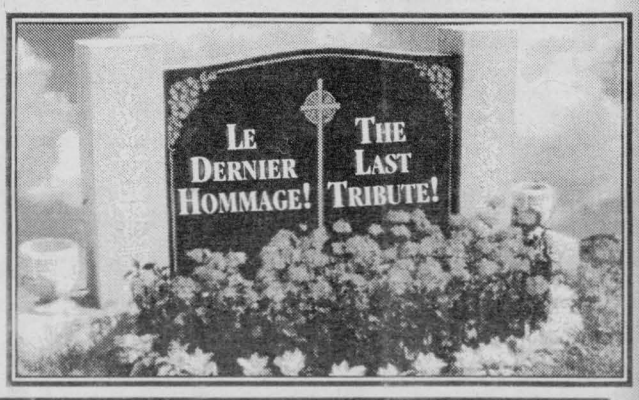



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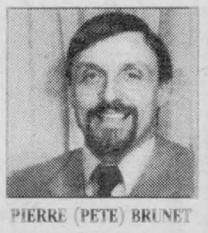
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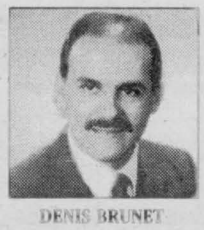
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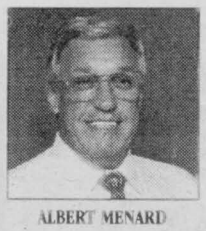
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90 IN MEMORIUM

DUROCHER Linda. In loving memory of a dear mother & grandmother who passed away on March 30, 1990. Sadly missed & always remembered with love, Natasha, Martin & granddaughter Angèle.

92 NOVENAS

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



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Trophy winners front row (L-R) Sean Wereley, Melissa Milne, Kelly Van der Burg, Christina Seguin and Meaghan Forbes. Back row (L-R) Heather McLeod, grace McAlear, Sally Stevens, Elizabeth Fraser, Shannon Villeneuve and Lindsay Munro.



Trophy winners front row (L-R) Emily Quinn, Lindsay Boisvenue and Chelsea Cummings. Back row (L-R) Vanessa Seguin and Megan Gareau.

The S.D.&G. Highland dancing Association held a competition recently in Alexandria. The judge for the day was Mrs. Rosemary Bremen from Ottawa with pipers Ed Bush and Amy Garson providing the music.

AMAZING GRACE



By Bob Burgess, Pastor New Life Covenant Church

"The Lord is my shepherd; I shall not want. He maketh me to lie down in greener pastures: He leadeth me beside the still waters. He restoreth my soul: He leadeth me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; Thy rod and Thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: Thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow mall the days of my life: and I will dwell in the house of the Lord for ever."

Psalm 23

This Psalm is probably the most quoted Psalm in all of the Bible. It is used at weddings, funerals, retreats, etc. and has been quoted by Poets, and Musicians for hundreds of years.

But what does it really mean? David who wrote the 23rd Psalm was himself a Shepherd and had come to a place in his life when he realized that he himself needed a Shepherd. In the same manner that he took care of sheep, he came to realize that he was also in need of someone to take care of him. That's essentially what being a Christian is all about. When ones life becomes unmanageable and when one realizes that they have messed up their lives, they need help, they need a Shepherd as David realized.

We live in a very complex age with technologies that on the one hand enhance our lives, but on the other seem to make everything so complicated.

Perhaps you've come to see your need of a "Shepherd". Let me assure you that God is ready to shepherd you and if you will let Him into your life, He will guide you beside the still waters, He will restore your soul, He will be with you.

Open your life today to the Chief Shepherd and Remember God loves you! He really, really does!

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Obituaries

GIRARD - Rhea

Passed away at St. Joseph's Villa, Cornwall, on Tuesday, February 17th, 1998. Mrs. Rhea Girard, in her 87th year, born in Cornwall, formerly of Montreal Road.

Dear daughter of the late Albert Hurteau and the late Marie-Louise Tremblay.

Beloved wife of the late Charles Girard.

Survived by nephew and nieces.

Predeceased by three sisters, Mrs. Drusilla Doyon, Mrs. Lolita Jerome and Mrs. Alice McCleverty.

The funeral took place on Saturday, February 21st, 1998 from the Boulerice Funeral Home Ltd., to the Co-Cathedral of the Nativity at 10:00 a.m., followed by cremation. Reverend Gaëtan Deschamps officiated, assisted by Reverend Mr. Marcel Aube.

The pallbearers were members of the Nativity Guards.

Mrs. Girard was the former owner of Eastern Hardware on Montreal Road.

McDONALD - Arnold Duncan

Mr. Arnold McDonald, of St. Andrew's West, passed away at the Hotel Dieu Hospital, Cornwall, on Saturday, February 14th, 1998, age 76 years.

Dear son of the late Cyril McDonald and the late Helena McPhail.

Dear brother of Carmel (Mrs. Walter MacDonald); Doreen MacDonald, both of St. Andrew's; Eileen Adams of Lunenburg; Theresa (Mrs. David Brewer) of Brantford; Mildred McDonald and Inez (Mrs. Gerald Leger), both of Cornwall; and Angus McDonald (Jean) of Ingleside.

Predeceased by two brother, Bernard and Joseph McDonald.

The Mass of the Resurrection with Commendation and Farewell was celebrated in St. Andrew's Roman Catholic Church on Wednesday, February 18th, 1998 by Reverend Robert MacDonald, assisted by Deacon Chris Chisholm. Rite of Committal at a later date in the parish cemetery.

The pallbearers were Dalton and Perry Adams, Brian Beaudry, Gary Leger, Terry McDonald and Tom MacDonald.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

MacDONALD - Corona (Corine)

Passed away at St. Joseph's Villa, Cornwall, on Saturday, February 14th, 1998. Mrs. Corona (Corine) MacDonald, in her 86th year, born in Embrun, Ontario, formerly of 323 York Street, Cornwall.

Dear daughter of the late Joseph Beaudin and the late Ulalie Brunet.

Beloved wife of the late Hamilton MacDonald.

Loving mother of Shirley (Mrs. Barry Wood) and Eileen (Mrs. Raymond Brisebois), both of Cornwall.

Loving grandmother of seven grandchildren, Louise (Mrs. Robert Labelle); Diane (Mrs. Mark Beaupre); Daniel Brisebois, all of Cornwall; Michael and Robert High, both of North West Territories; John High of Cornwall and David High (Kelly) of Ottawa and eight great grandchildren.

Predeceased by three brothers, Armand, Joseph and Rodolphe Beaudin and six sisters, Mrs. Marie-Louise Arcand, Mrs. Laura Lanue, Mrs. Agnes Arcand, Mrs. Celina Sabourin, Mrs. Ida Gagne and Mrs. Florence Swartz.

The funeral took place on Tuesday, February 17th, 1998 from the Boulerice Funeral Home Ltd., Cornwall to St. Felix de Valois Church at 10:00 a.m. Spring interment in Notre Dame Cemetery. Reverend Roger Desrosiers, Pastor of St. Felix de Valois Church officiated.

The pallbearers were members of the Nativity Guards.

TOCEWICZ - Walter

Passed away at his residence on Friday, February 20th, 1998. Mr. Walter Tocewicz, age 87 years, born in Poland, of Woodland Villa.

Beloved husband of the late Helena (nee Parus) Tocewicz (deceased 1/17/98).

Loving father of Reinhard P. Tocewicz (Elda) of Bancrot, Ontario.

Loving grandfather of Jason, Monika and Tasha.

The funeral took place on Saturday, February 21st, 1998 from the Memorial Chapel of the M. John Sullivan Funeral Home, followed by cremation.

The funeral arrangements were entrusted to the care and direction of the M. John Sullivan Funeral Home, 341 Pitt Street, (across from City Hall) Cornwall.

HOUGH - John Wesley

Passed away at St. Joseph's Villa, Cornwall, on Sunday, February 15th, 1998.

Mr. John Hough of Lunenburg, age 86 years. John was the 6th generation on the U.E.L. farm granted to Samuel Hough.

Dear son of the late William Hough and the late Emma Beatrice Alguire.

Beloved father of Harry Hough (Carol) of Pickering; Robert Hough (Charon) of Cornwall; Marlene Hough of Trenton; Carolyn O'Neil of Cornwall and Elaine (Mrs. Al Shephard) of Belleville.

Dear brother of Yvonne Flemming of Long Sault; Lillian Adams of Seattle, Washington; Clara MacMillan of Avonmore; Gladys Curran of Toronto and Romona Hill of Arnprior.

Also survived by seven grandchildren and two great grandchildren.

Predeceased by one sister, Shirley MacNaughton.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

LEFEBVRE - Dolores

Mrs. Dolores Lefebvre of Cornwall, passed away at the Hotel Dieu Hospital, on Sunday, February 15th, 1998, age 89 years.

Beloved wife of the late Palma Lefebvre.

Dear daughter of the late Zotique Lacombe and the late Marie Demers.

Beloved mother of Ivan Lefebvre (Alice) of Cornwall; Georgette Shea of Curry Hill; Dolores (Mrs. Bob Liscomb) and Gerald Lefebvre (Shirley), both of Cornwall.

Dear sister of Gilbert Lacombe of Montreal, Quebec; Alcide Lacombe of St. Calixte, Quebec and Rhea Bourquardez of St. Adele, Quebec.

Also survived by many grandchildren and great grandchildren.

Predeceased by one daughter, Rejanne Miller and by two brothers, Wilfrid and Euclide Lacombe.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

POND - Irene Albertine

Passed away at the Cornwall General Hospital, Cornwall, on Sunday, February 15th, 1998.

Mrs. Irene Albertine Pond, in her 82nd year, born in Verdun, Quebec, of 12 Ninth Street East, Apt. #109, Cornwall.

Dear daughter of the late Alexander Lasalle and the late Delis Ballyette.

Beloved wife of the late Samuel Pond.

Loving mother of Ronald Pond of Pembroke; Andrew Pond and Agnes Corriveau, both of Cornwall; Claudette Senecal of Brantford; Rita (Mrs. Michael Balazsi) of Petawawa and Constance (Connie) Gotkowski of Pembroke.

Dear sister of Mrs. Agnes Jarvo.

Also survived by sixteen grandchildren and sixteen great grandchildren.

Predeceased by one son, Raymond Pond; three brothers, John, Paul and Wilfrid Lasalle and by one sister, Mrs. Rose Gallinger.

The funeral took place on Wednesday, February 18th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to the Memorial Chapel, followed by cremation at the South Branch Crematorium.

REYNOLDS - Joan Julia

Passed away at the Cornwall General Hospital, Cornwall, on Sunday, February 15th, 1998.

Joan Julia Reynolds, in her 57th year, born in Cornwall, of 2201 Power Dam Drive, Unit #6, Cornwall, Ontario.

Dear daughter of the late Gordon Reynolds and the late Rhoda Tyo.

Loving mother of Denis Yorke of Cornwall; Bernard Yorke Jr. (Shelly) of Montreal, Quebec; Ronald Yorke of Belleville; and Jo-Anne Yorke of Montreal, Quebec.

Loving grandmother of Tamarra and Megan.

Dear sister of David Reynolds (Sonia) and Wayne Reynolds (Jo-Anne), both of Howick, Quebec; Gail (Mrs. Garry Fuller) of Pierrefonds, Quebec and Heather Reynolds of Mascouche, Quebec.

Predeceased by her former husband, Bernard Yorke Sr. and by one granddaughter, Ashley Yorke.

The funeral took place on Wednesday, February 18th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to the Memorial Chapel, followed by cremation at the South Branch Crematorium.

RANGER - Annette Goulet

Passed away at the Hotel Dieu Hospital, Cornwall, on Wednesday, February 11th, 1998.

Mrs. Annette Goulet Ranger, in her 81st year, born in Embrun, Ontario, of 424 Second Street East, Apt. #204, Cornwall.

Dear daughter of the late Joe Goulet and the late Marie Louise Bertrand.

Beloved wife of Fernand Ranger.

Loving mother of Robert Ranger (Claire) of Gatineau, Quebec; Jovette (Mrs. Jean Tessier) of Martintown and Pierrette (Mrs. Bruno Seguin) of Cornwall.

Dear sister of Philippe Goulet of St. Albert and Rene Goulet of Embrun.

Also survived by six grandchildren and six great grandchildren.

Predeceased by one son, Andre Ranger; three brothers, Albert, Edgar and Gerard Goulet and by five sisters, Mrs. Jeanne Fortier, Mrs. Rose Landriault, Mrs. Regina Contant, Mrs. Juliette Piche and Mrs. Yvette Villeneuve.

The funeral took place on Monday, February 16th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Nativity Co-Cathedral, followed by cremation at the South Branch Crematorium. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated.

The pallbearers were Jacques Tessier, Michel Tessier, Carole Robertson, France Germain, Raymond Contant and Kelly Robertson.

SABOURIN - Bertha May

Passed away at the Glen-Stor-Dun Lodge, Cornwall, on Wednesday, February 11th, 1998.

Mrs. Bertha May Sabourin, in her 91st year, born in Moose Creek, Ontario, of 1900 Montreal Road, Cornwall.

Dear daughter of the late John Robillard and the late Margaret Lalonde.

Beloved wife of the late Albert Sabourin.

Loving mother of Raymond Sabourin (Marie); Maurice Sabourin (Paulette); Miss Rita Sabourin; Pauline (Mrs. Guy Lepage) and Jeanne (Mrs. Maurice Lamarche), all of Cornwall.

Also survived by eight grandchildren and eleven great grandchildren,

Predeceased by one grandson, Robert Sabourin; four brothers, Ambrose, Arthur, Ernest and Leonard Robillard and by two sisters, Mrs. Margaret (Annie) Gibeault and Mrs. Rose-Ann Lalonde.

The funeral took place on Saturday, February 14th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Holy Cross Church. Interment at Our Lady of the Angels Parish Cemetery. Reverend Rene Dube of Holy Cross Church officiated, assisted by Reverend Gerald Poirier.

The pallbearers were Richard Sabourin, Michel Lacelle, Andre Parisien, Robert Sabourin, Jason McAlear and Benson Robillard.

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More programming

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Analogue vs. digital picture quality

Analog cable television can't compete with digital DTH television when it comes to picture quality in you home. DTH gives you a sharper clearer picture with better sound than cable.

Choice and convenience

When you subscribe to cable you choose from a limited selection of programming packages. DTH company ExpressVu, lets you choose from a number of programming packages that fit you and your family's lifestyle, and you won't have to pay to have your service connected or re-connected if you move or when you go away on holidays like you do with cable.

State-of-the-art technology

When you buy a DTH set-top box and dish, you're making a one-time investment in state-of-the art technology. ExpressVu's DTH set-top boxes, for example, are compliant with the world standard in digital technology, have an on-screen Electronic Program Guide that displays your range of programming choices, a remote control that allows you to lock out certain shows according to ratings, and system software that can easily be upgraded from the company's uplink centre. On the other hand, digital access TV programming via cable, such as Pay-Per-View and special event programming, is limited and you must pay a monthly fee for rental equipment you can never actually own.

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Many trend watchers agree that the future of television is in satellite technology. Information services and, later, interactive services will become a big part of digital satellite TV. ExpressVu subscribers will have access to Internet services currently scheduled for the fall of 1998 when the company moves to a high-powered satellite. While some cable companies offer Internet services, they have so far only made them available to a limited number of subscribers who still need to commit to a monthly rental charge for equipment in addition to their regular cable costs.

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