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inside today...

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Manson

Looking Backward pg. 4

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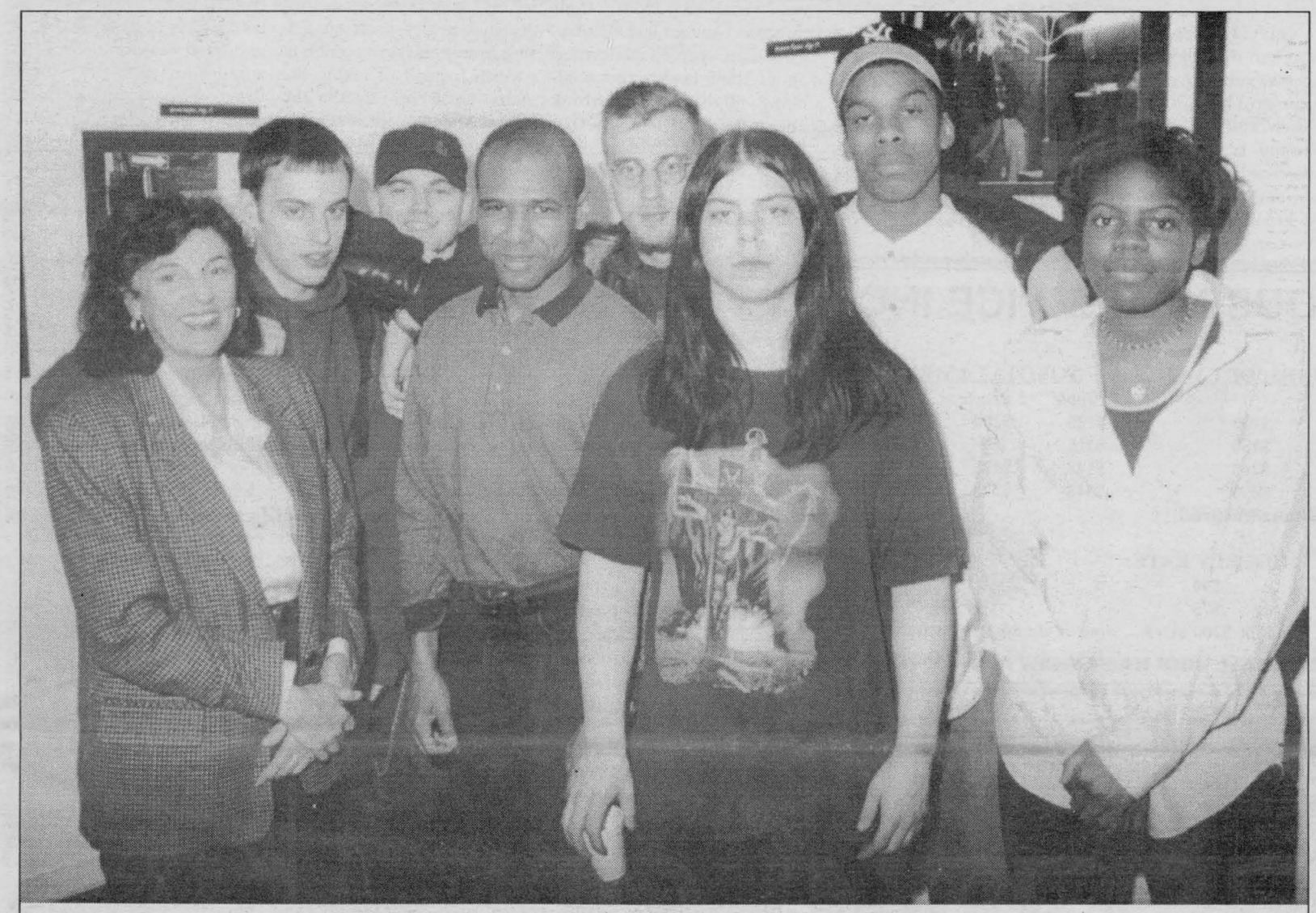
SEAWAY NEWS

MARCH 16, 1997 VOLUME 11, ISSUE 11 SERVING CORNWALL AND AREA



Leave Out Violence

L.O.V.E. (Leave Out Violence) is a unique photojournalism project currently showing at the Cornwall Regional Art Gallery. Aimed at reaching kids from ages 14 to 17 who have dropped out of society's accepted norms, they work with professional writers and photographers in the presentation of their exhibition dealing with violence and its consequences. Choreographed by local resident/teacher Stan Chase and Montreal "Twinkle Rudberg", this project, now in its second year of operation, will be showing until March 29 and is a must see for all people who need to develop a critical awareness of youth violence and its impact on society. Pictured above with Stan Chase and Twinkle Rudberg are project members Jeremy Ducharme, Jessie Sicinski, Omar Williams, Heather Wright, Bryan Bergstaller and Charles Wagge.

(photo by Aubrey Johnson)

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S.L.H.S. Student In The Spotlight

Tammy-Lynn Poirier



by Lori Superina

Through this interview, I have learned a lot about Tammy. She's really friendly and easy to talk to. She has strong family values - she's really close to her mother and her three brothers. When she grows up, she plans on living near the rest of her family, and to take care of her mom.

Tammy also strongly values her education. She plans on definitely finishing high school and getting her diploma. She isn't sure about attending university or college immediately after, but plans on exploring her options. She hopes to pursue a career in fashion.

In her free time, Tammy enjoys hanging out with her friends. I also learned that she enjoys playing soccer. She hopes to join the school team and maybe even house-league this summer if her job doesn't get in the way.

Tammy is very fond of animals. She has a cat named Cosmo and a talking dog named Frisky. You'll have to believe me on that last one, or ask her yourself for all those Doubting-Thomas' out there. Before she moved into the city, she also enjoyed horseback riding. She hopes to move back into the country once she's found a job, onto a farm with horses and other animals.

When I asked Tammy if she believed in reincarnation, she said yes. She says that after she dies, she would probably come back as a daisy. I asked her why, and she said because "they're bright, full of life, and always look happy," which is probably what you would see anyway if you saw her walking down the hall today.

Preventive Medicine

Women's Health: Prevention Is Best Medicine

The expression has been around for a while, but it's still true. In fact, it's even more relevant today. Did you know that physical inactivity can be as harmful as smoking 25 cigarettes every day? This was the message that American women among others received from their Surgeon General last October. Canadian women concerned about their health and well-being might want to think about this and take another look at their lifestyle.

According to the Surgeon General, physical fitness can be a wonderful cure for a variety of ailments. For instance, do you find you've lost your appetite? Are you too stressed out? Do you easily become out of breath when you exert yourself a little? Do your joints hurt for no apparent reason? Those are signs that your body - and your mind - are crying out for some action. If you've been on edge lately, moody and not happy at what you see in the mirror, physical activity will quickly take you out of the doldrums.

Keeping fit can also help us reduce the risk of certain diseases, such as heart disease, high blood pressure, colon cancer and diabetes. People will often argue that they don't have the time to keep physically active. But human beings on the whole tend to indulge in short-term thinking. We forget that, later in life, we may well have to spend that precious time being sick. That's when we wish we had done something about it earlier.

We live in a world which, in many respects, encourages a sedentary lifestyle. We now have at our disposal any number of gadgets and technological innovations to do things for us, to make our lives easier. Instead of walking, we take the car, even to go to the corner store. It's easier and way faster for a society that prides itself on getting from point A to point B in a rush. Instead of taking the stairs, we'll hop into the elevator. When it's out of service, we quickly, and to our dismay, find out just how out of shape we really are.

If truth be told, we seem to take better care of our cars than we do our bodies. At least, our cars are getting their daily fix of physical activity, and weather is rarely an obstacle. And then, there's television. On average, we are glued to the tube for at least 20 hours every week. The body on the other hand is only asking for three or four hours a week.

To perform like we want it to perform, the body needs to be active. When we avoid using our muscles, or don't give the heart a good, regular workout, the body clogs up. It becomes encrusted, it thickens and weakens, just like a machine that's not oiled properly and regularly cleaned. An unfit body is an open invitation to health problems. Disease strikes our bodies when we have the least resistance to it.

To live healthy and stay in shape, we each have to find our own motivation and source of inspiration. For many women, keeping fit is the best way yet to control their weight. For others, physical activity is a great stress-reliever. They find that physical activity at least three times a week, for 15 to 60 minutes at a stretch, gives them a boost and a better handle on life's pressures. Some draw a tremendous sense of well being after a good workout and even develop, over time, a better image of themselves. They feel more confident about their looks, their capabilities, their life.

Regular physical activity does not have to be complicated, nor does it have to be boring. It can be what you make of it. If you like brisk walks or riding a bike, go for it. Dancing and shovelling snow - the great Canadian sport - provide wonderful workouts. There are also a variety of sports to choose from, including volleyball. The important thing is to choose an activity that you like, one that produces the benefits you're looking for, and makes you feel good. Prevention really is the best medicine.

Before you set out on your physical fitness program, you might want to talk it over with your doctor first. The Eastern Ontario Health Unit is also there to provide you with information, brochures, advice and services. It's easy. Just dial your Health Line at 1-800-267-0852. A team of specially trained nursing professionals are there for you seven days a week, from 7:00 am to 11:00 pm.

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To: Mr. Bryan Merkley.
Solutions
From: Nick Gray.
Date: 23 September, 1996
Ref: 1367/96.

NuMED Canada Inc.

Dear Bryan, As an update to the progress of NuMED Canada Inc., I feel that you will be interested to know how the many employees who have been sourced through **SOLUTIONS** are performing. As you know, Cornwall does not have a pool of potential employees with a background in Medical Device manufacture, therefore it is important to NuMED that we obtain personnel who can be trained within the "High End" technology.

Since NuMED opened in Cornwall during 1991 and our early stages of employment, we have seen a need to add manufacturing and administrative personnel at regular intervals and to arrange extensive training programs to bring these individuals on line within a given time limit, this in itself is no easy task.

Having **SOLUTIONS** perform "Pre-Interview" assessment of candidates has proven to be a very useful tool and has taken a lot of the guess work out of making the right choice.

The fact that you and your team have taken the time to spend at this facility on an ongoing basis to sit within the manufacturing area and actually see what the various jobs and task's entail as part of your audit to assist you in preparing your criteria for pre-Interview assessments has reduced the time taken to get the right people, this is translated into making the right choices and placing personnel into the right job in the shortest time possible thus becoming an active member of the company faster and more cost effectively, which in this day and age is an extremely important component to a successful company. We will, over the next few years, be adding to our staffing levels and it is my intention to continue to use **SOLUTIONS** for this purpose.

Each and every employee, sought through **SOLUTIONS**, is gainfully employed and happy to be part of NuMED Canada's growth and it is my feeling that they were pleased that they were able to be suggested to NuMED via **SOLUTIONS.**

You may tell from the tone of this letter that I am very satisfied with your service and hope to continue this connection well into our future.

Best regards,

Nick Gray,
Vice President & General Manager.

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In & About CORNWALL

New Executive Manager

Mike Lalonde has been appointed as the new Executive Manager of the Cornwall & Seaway Valley Tourism. Mr. Lalonde recently completed fourteen years with the Raisin Region Conservation Authority, the last ten as General Manager. He brings with him extensive administrative and management skills. He was instrumental in the acquisition, development and promotion of the very popular Cooper Marsh Conservation Area & Visitors Center near Lancaster. he also directed the community relations program of the agency which included the hosting of the Raisin River White Water Canoe Race held annually each spring. Mr. Lalonde has served on the city's Waterfront Committee, the Board of the Seaway Valley Tourism Association and the Board of the Cornwall & Seaway Valley Tourism. He has considerable experience working with government agencies, and is well known to the community and to many of the key people involved in local tourism.

"Way of The Cross" Planned

Three Cornwall churches, St. Francis de Sales Roman Catholic, St. Matthew's Lutheran and Trinity Anglican are planning a joint remembrance of Jesus' crucifixion this coming Good Friday, March 28. In a liturgy entitled "Way of the Cross, Way of Reconciliation", the events leading up to Jesus' death on the cross will be recalled. Fourteen stations, recounting events beginning with Jesus' condemnation to death and concluding with his body being placed in the tomb, retrace the steps of Jesus' passion and death. A large wooden cross, to be carried along Second Street, will be a visible reminder of the events of Good Friday. Meditations, prayers and time for quiet reflection on the Lord's passion will be held as the liturgy proceeds to each of the three churches. The Good Friday observance begins at St. Matthew's Church at 12:00 noon, proceeds to St. Francis de Sales, arriving at 1:00 pm and concludes at Trinity Church for the final part of the liturgy at 1:45 pm. Members of the community are invited to participate by joining those carrying the cross from church to church, or by attending the liturgies in each of the churches.

VON Volunteer Program

Caring for someone who is terminally ill can be a very draining experience; however, you are not alone. The VON Palliative Care Volunteer Program can help. The volunteers are there to assist as a good friend would. They provide relief for caregivers and help to get the everyday things done, like running errands. There is no charge for this service. If you or someone you know needs help, call the VON office at 932-3451 and ask for Sue MacDonald. Help is just a phone call away.

Honourary Chair of Bike-A-Thon

Tony Repa, Chief of Police, has been named as the Honourary Chair of the 13th annual CAS Bike-A-Thon to be held on Saturday, May 31, 1997. Chief Repa was an active participant in the Bike-A-Thon last year and served on the committee to select the winner for the Spirit Award, which honours the memory of the late Michelle Rochette Dupuis. As Honourary Chair, Chief Repa will take an active part in the organizational part of the Bike-A-Thon and in particular promoting the event. Chief Repa , who is an avid cyclist, will also take part in the Bike-A-Thon as a cyclist. The Bike-A-Thon will officially start from Blessed Sacrament Church at 9:00 am for cyclists and 9:15 am for walkers, joggers and runners. As in the last year, half the proceeds will go to the Children's Treatment Centre, a facility in the community which provide therapeutic counselling to abused children and their families. The remainder of the proceeds will be used by the CAS for programs and activities which directly benefit children.

New True Value Hardware Member

Cotter Canada Hardware and Variety Co-operative Inc. is pleased to announce the addition of its newest True Value Hardware member: Brunet Brothers Limited at 1525 Pitt Street. Brunet Bros. Limited has been provided with a proven successful hardware marketing banner. True Value Hardware and its "Help Is Just Around The Corner" slogan has strong consumer and trade recognition. Cornwall residents will benefit by the consolidation of Brunets hardware supply chain and Cotter Canada's low cost wholesale selling philosophy. Brunet Bros. Limited will lower their merchandise and operational costs, expand their market base, widen their product assortments while ensuring competitiveness and sound value for Cornwall and area patrons. The stores retail selling area is currently under renovation with a grand opening sale in May to mark the completion of the project. Brunet Bros. Limited is now associated with two of North America's leading retail entities: Castle Building Centres Group Limited, the largest building materials buying group in Canada, and Cotter Canada, the Canadian arm of Cotter & Company, the largest retailer owned hardware distribution company in the world.

$1,000 Raised for United Way

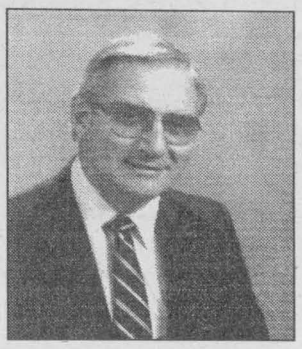
The first Polar Bear Plunge for Cornwall raised $1,000 for the United Way of Cornwall and District as twelve brave volunteers took to the icy cold waters of the St. Lawrence River last week. Approximately 300 people crowded around the RCAFA Wing headquarters to cheer on the swimmers (dippers). Although most swimmers said it wasn't as bad as they imagined, they were all rushing for the heated trailer after their dip in the river.

City To Look At Day Care

City council has decided to take a look at the future of the Richelieu Day Care Centre. Located on the corner of Third Street and York Street, the Centre has 42 children registered and is only only such facility run by the city's social services department. The Centre is subsidized, based on each family's ability to pay. The government share is funded 80 percent by the province and 20 percent by the city. It is expected that the city will be required to take on a bigger percentage in 1998.

Drama Festival Draws to Close

The local annual Sears Ontario Drama Festival, which highlights the talents of local high school drama programs in a series of one act plays was very successful again this year. Moving on to the next stage of competition are plays from CCVS, Tagwi and Glengarry District High School.



Emotional Wholeness Seminar

with David Minor

David Minor is a professional counsellor and serves as an elder on the board of Minister's Fellowship International (MFI) in Portland, Oregon. He has been involved for a number of years in the area of counselling and brings a wealth of knowledge and experience to each session.

Session Topics Include:

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- Ownership of My Dysfunction
- Anger - The Most Misunderstood Emotion
- Forgiveness
- Putting off the Past
- Renewing of the Mind
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Sunday - Wednesday, March 16 - 19, 1997

7:00 p.m. each evening

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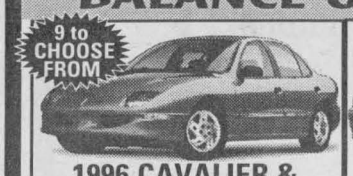

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LOOKING BACKWARD



By Stuart L. Manson

McDonald's Accident at the Long Sault

While combing through a microfilm roll of "The Cornwall Observer" at the National Library of Canada recently, I stumbled upon two linked and previously undiscovered articles that are of interest to Cornwall's finest manor house, Inverarden. Printed below are the two articles, pulled from the newspaper's editions of October 16th and 23rd, 1835. They shed a great deal of light on the rocky and intriguing personality of John McDonald of Garth.

"John McDonald, Esquire of Gray's Creek, met with an accident last week at the Long Sault, by the upsetting of the stage in which he was returning home, after a tour through the upper part of the province. He received a very deep cut on the side of his head, which was likely to prove of a serious nature had not Dr. Powell been on the ground to dress the wound. We have received a very sensible and well written letter from Mr. McDonald on the negligence of the drivers, etc., but it is too late for insertion."

Imagine if that full letter, in all its probable bombastic glory, still existed. What an interesting read it would be, and what a useful tool to further probe into the mind of the old Nor-Wester. The following week, the following addenda appeared:

"We have been requested by Mr. McDonald of Gray's Creek, to state that he did not intend to have his letter to which we had reference in our last published; it was written for no other purpose than that of conveying to use the necessary information, relative to the unexpected accident which befell him at the Long Sault."

How silly of the publishers, to think that a detailed letter sent to their office regarding a newsworthy event was not intended for publication in their paper. Normal logic would seem to suggest that McDonald was threatened with legal action by the drivers of the coach and was required to print the clarification. However, from what we know of the old fur trader's penchant for belligerent behaviour, this seems highly unlikely. McDonald was not known for timid conduct and would have scoffed at any intimidation by an adversary.

Despite the gash to the head, McDonald continued to live much as he did in the past and survived until he was well into his 90's. He passed away at Inverarden thirty-one years later on January 25, 1866.

AROUND the Counties

Winchester Hospital Fund Raiser

A special fund raiser has been planned by the Chesterville Unit of the Parent Auxiliary for the Winchester District Memorial Hospital. The Auxiliary plans to serve soup and sandwiches, followed by games of bridge and euchre on Wednesday, March 19th at the Nelson LaPrade Centre. Doors open at noon and admission is $3.

Looking For Memorabilia

The Rothwell-Osnabruck School Reunion Committee is looking for any type of memorabilia for its upcoming reunion in July. The school is celebrating its 40th anniversary this year and are looking for old photos or anything else to help mark the occasion. If you have something of interest, you may call Larry Wells at (613)537-2583.

Easter Bunny Visits

The Easter Bunny arrives at the St. Lawrence Centre on Friday, March 21st from 11:00 am to 8:00 pm. Hop on down to center court for a visit on March 22, 27, 28 & 29 from 11:00 am - 8:00 pm and on Sunday, March 23 from 11:00 am - 5:00 pm. Photos are available for only $5.00 each (includes tax). Don't miss the exciting Easter and Spring balloon displays created by Party Productions, Malone, New York. The St. Lawrence Centre will be closed on Easter Sunday, March 30th. St. Lawrence Centre, more fashion, more food, more fun. Rt. 37, Massena, N.Y.

Aerobic Challenge Being Held

The Victorian Order of Nurses will be welcoming Donnaerobics, with Donna McBean, to the first VON Aerobic Challenge on March 28th at the North Dundas District High School from 9 to 11 am. This is a fundraiser for VON's charitable programs. Anyone wishing to round up some sponsors and participate is asked to contact the VON at (613) 932-3451.

Faulty Meters Have Been Returned

The water project in the village of Winchester has been shut down due to faulty flow meters which have been removed and returned to the manufacturer. Apparently the problem is not with the valve but with the water in Winchester. The water is not clean enough for the valves to continually work properly. According to Patrick Newland, manager of facilities in Eastern Ontario, this will be an ongoing maintenance problem. The new flow meter, which has been in use for about a month, will cost approximately $3,000 to $4,000, however the municipality will not have to pay for the replacement.

New Support System for Abused Women

Naomi's Family Resource Centre now has a new support system for abused women seeking help. The Winchester shelter will be one of eight SD&G agencies to benefit from a new provincial grant. The eight agencies will create a bilingual peer support program with the $15,000 grant from the government. This program will train volunteers who have survived domestic abuse and provide one-on-one support.

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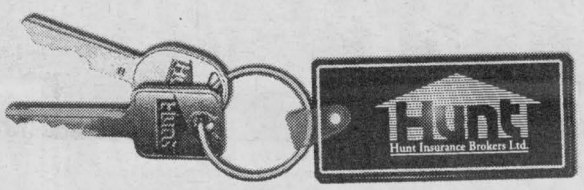

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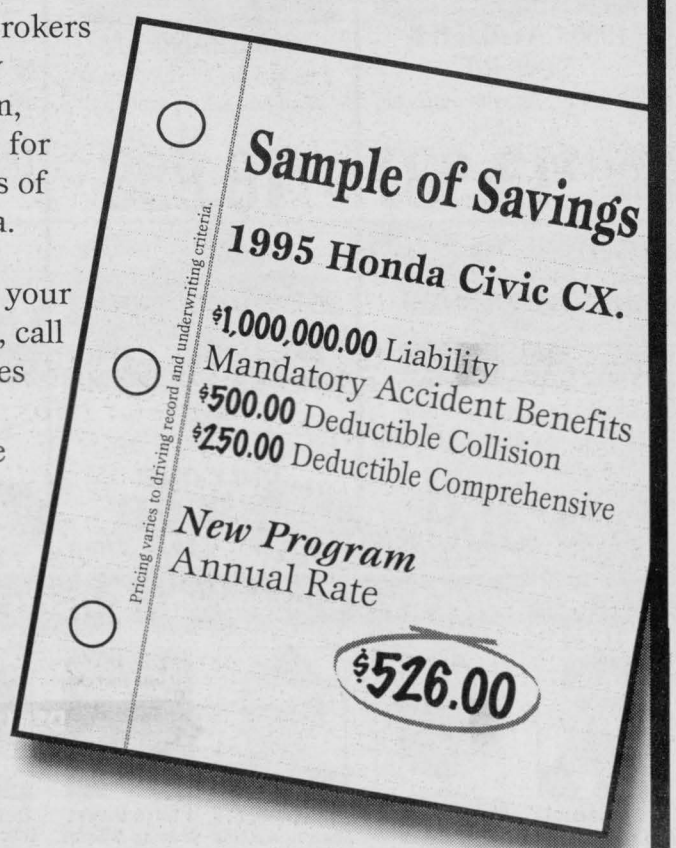

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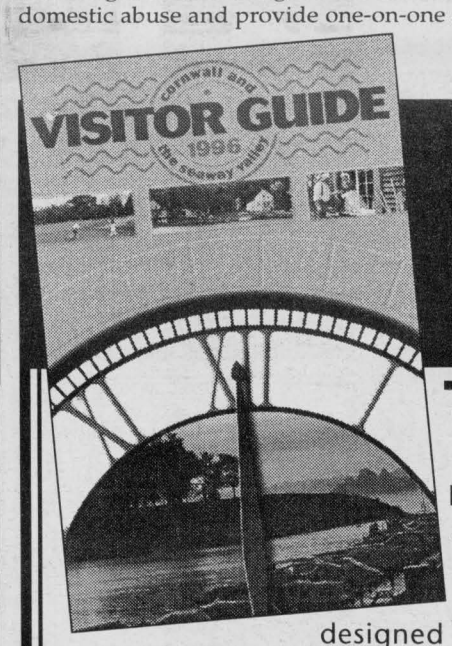

1997 Cornwall Seaway Valley Visitor Guide

The Visitor Guide is a joint initiative between Cornwall and Seaway Valley Tourism and the Seaway News, designed to highlight our area's attractions, events and tourist-related operations.

The full colour digest sized guide is designed as a handy reference for our visitors: brimming with useful information and beautiful photography featuring attractions, events, accommodations, restaurants and a calendar of events.

GREAT FEATURES: • Enhanced Photographic cover • Colour keyed table of contents and matching tabs for each section making the guide more convenient to use. Distribution is targeted to commence April, 1997. 50,000 copies of the Cornwall & Seaway Valley Visitor Guide will be put into the hands of your potential customers.

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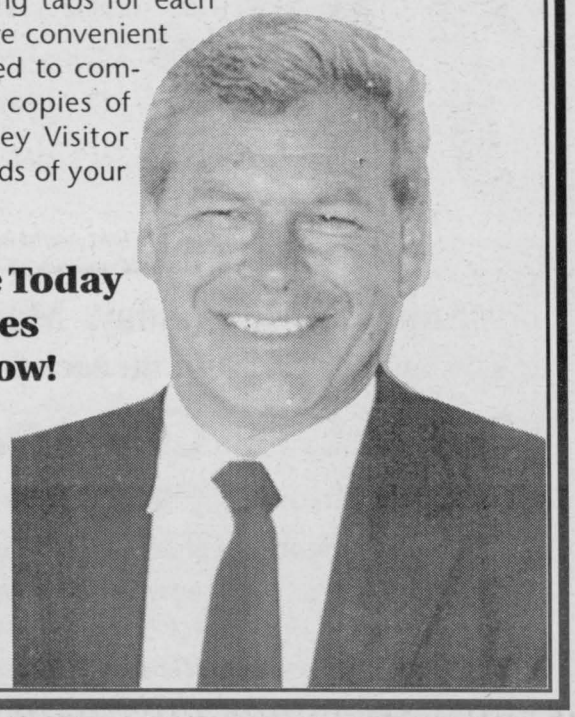
933-0014

SEAWAY NEWS



ON-RAMP ACCESS FUND



The On-Ramp Access Fund is a new initiative by Rogers Cable Systems, designed to make computers and information technology more accessible to deaf and hard of hearing students in publicly-funded Ontario schools. A $3990 grant from Rogers was used to purchase a laptop computer, CD ROM drive and printer for CCVS. Pictured above (l. to r.) is: Brenda Ramsay Price, CCVS; Calvin Killoran, Manager at Rogers Community 11; Robbie Bathurst and Stu Prevost.

(photo by Aubrey Johnson)

CRIME STOPPERS

STORMONT

Seaway Valley Crime Stoppers needs your help in solving the Bank of Montreal robbery which occured on the 9th of January 1997 at 1:20 pm.

Two male subjects entered the bank, with one suspect jumping over the counter and emptying cash drawers while the second suspect stood guard.

The getaway vehicle was abandoned on St. Michel Street.

Descriptions: 1) male, slim build, dark complexion, 5'8", English speaking, wearing a dark coloured touque, blue bandana with white polka dots, a 3/4 length blue jacket and blue pants. 2) male, white, wearing prescription glasses, 5'10", slim build, blue scarf over the face and blue jeans. One of the suspects may be called Cal or Kel.

DUNDAS

Seaway Valley Crime Stoppers needs your help in solving the theft of a snowmobile from Kerrs Ridge Road, Hallville area.

Between the 18th and 19th of January 1997, unknown persons stole a 1989 Polaris Indy 500 black with blue stripe on side, VIN #1629492, reg. #615783.

GLENGARRY

Seaway Valley Crime Stoppers needs your help in solving a break in at a Mechanic Street residence, Maxville, between the 14th and 15th of February 1997.

The victim had been away from the residence for a few days and upon return found that a basement apartment had been broken into.

Stolen property consisted of: Pitney Bowes fax, Logicode modem, colour flatbed scanner, computer, telephone answering, Multimeter Interface, 4 head VCR, Lexmark colour printer.

If you have any information on this or any other crime, you may be eligible for a cash reward. Reward payments are set up to protect anonymity. Call Crime Stoppers at 937-8477 and for long distance calls 1-800-265-8477. Remember: we do not have call display, we do not record conversations, you are always anonymous.

COMMUNITY DIGEST

***DISCOVER BIBLE SCHOOL.** Request your free Discover Bible course by writing: Voice of Prophecy, Box 1926, Cornwall, On K6H 6N7.

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

Bridge Results

Independent Bridge Club
Mar. 5/97

N/S
1. Florence Bergeron - Mona MacPhee
2. Adelaide Hunter - George Bissonnette
3. Yvonne Bergeron - Rita O'Brien

E/W
1. Ida Cadieux - Georgette Lauzon
2. Don MacDiarmid - Madan Seth
3. Vera Boland - Max Kerrebyn

Cornwall & District Bridge Club, March 6/97
1. Nelsa Kalil - Jeana Reilly
2. Margaret Campbell - Carol Reus
3. Richard Baird - Brian McCartney
4. Denise O'Brien - Madan Seth } tie

Senior Citizens Bridge Club March 7/97

"Section A"
N/S
1. Helen Alguire - Jean Boileau
2. George Bissonnette - Keith Walker
3. Kay Barlow - Marjorie Raymond

E/W
1. Florence Bergeron - Rita Struthers
2. Mardie Davies - Ruth Edgerton
3. Adelaide Hunter - Margaret Laviolette

"Section B"
N/S
1. Mabel Chan - Terry Forsyth
2. Carol Reus - David Kalil
3. Yolande Boutin - Mildred Cleary

E/W
1. Gloria Barakett - Nelsa Kalil
2. Jocelyn Campbell - Jean Forbes
3. Maureen Walker - Jim Barlow

Cornwall Community Bridge Club - March 10/97
1. Bruno Carriere - Ron Jenne
2. Margaret Campbell - Louis Rioux
3. Margaret Grieve - Brian McCartney
4. Jeanine Alain - Kirk Malette
5. Denise Fournier - Barbara Taylor

CHEVROLET Marcel Belanger's CORNWALL MOTOR SALES GEO



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Single/Double $160
Single/Single $150

FUTON includes mattress & frame $250

MANY OTHER GREAT CLEAROUT SPECIALS!
FACTORY SECONDS & DISCONTINUED ITEMS ONLY
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3305 LOYALIST ST. - INDUSTRIAL PARK

CLEARANCE SAVE CLEARANCE SAVE

CIVIC OTTAWA
Proceeds Will Buy MRI Unit
Proceeds from Home Lottery 97 will help us fund the purchase of a Magnetic Resonance Imaging (MRI) unit, one of seven campaign initiatives outlined in our largest fund raising appeal ever, Civic Pride, our $20 million Campaign for the 21st Century.
CIVIC PRIDE

$1.8 MILLION IN PRIZES
APPROXIMATELY 1 IN 20 CHANCES TO WIN!

LOTTERY LICENSE # P968420

OVER 50% SOLD!
IN OTTAWA'S MOST EXCITING HOME LOTTERY

ONLY 35,000 TICKETS WILL BE SOLD!

OTTAWA CIVIC HOSPITAL FOUNDATION HOME LOTTERY

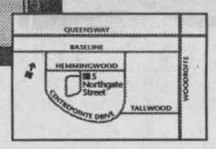
YOUR TICKET GIVES YOU 1755 CHANCES TO WIN!

2 GRAND PRIZE SHOWHOMES

The Fleming II
5 Northgate Street, Centrepointe, Nepean
BUILT BY: minto

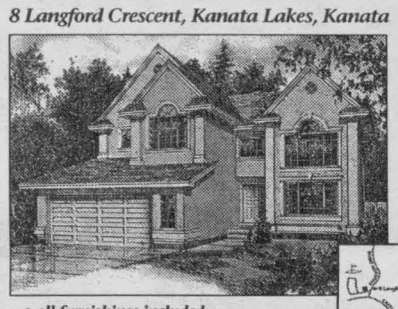


GRAND PRIZE BONUS: 2 Years Property Taxes Paid!

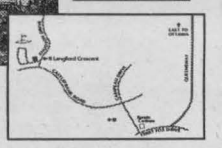


• all furnishings included
• professionally decorated and landscaped
VIEWING HOURS:
Monday to Thursday, 12 noon to 8:00 pm
Weekends & Holidays, 12 noon to 5:30 pm (Closed Fridays)

The Florentine
8 Langford Crescent, Kanata Lakes, Kanata
BUILT BY: CARDEL HOMES



GRAND PRIZE BONUS: Individual Golf Membership at Kanata Lakes Golf & Country Club!



• all furnishings included
• professionally decorated and landscaped
VIEWING HOURS:
Monday to Thursday, 12 noon to 8:00 pm
Weekends & Holidays, 12 noon to 5:30 pm (Closed Fridays)

EARLY BIRD FAMILY ADVENTURE PACKAGE

THE 6-IN-1 PRIZE: One winner receives all 6 prizes!

- 1997 Ford Explorer XL 4x4
- 1997 Sea Ray 175 BR Boat with trailer
- Family Vacation for 4 to Orlando
- Home Theatre Package
- IBM C33 Pentium 133 Computer
- $2000 Spending Money



EARLY BIRD DRAW: APRIL 21, 1997
FINAL DRAW DATE: MAY 8, 1997*

* If all tickets are sold by the Early Bird ticket deadline of midnight, April 16, draws for all 1755 prizes will be held on April 21. If tickets remain, draws for all prizes, excluding the Early Bird Prize, will be held on May 8. Final ticket deadline is midnight, May 2, 1997.

1755 FABULOUS PRIZES IN ALL

- LUXURY CARS AND 4X4'S, TRUCKS, MINI-VANS, FAMILY CARS
- POWER BOATS, SPORT BOATS, PERSONAL WATERCRAFT, CAMPING TRAILERS
- VACATIONS IN EUROPE, THE MEDITERRANEAN, HAWAII, THE CARIBBEAN & MORE
- HOT TUB, CAMERAS, BARBECUES, LAWNMOWERS, CAMP SETS, BIKES
- COMPUTERS, CAMCORDERS, TVS, STEREOS AND MORE

TICKETS ALSO AVAILABLE AT:

The Grand Prize Showhomes: 5 Northgate St., Centrepointe, Nepean; 8 Langford Cres., Kanata Lakes, Kanata
Ottawa Civic Hospital: 10:00 a.m. - 7:00 p.m. Kiosk in the Cafeteria (Greenery) Lobby
Algonquin Travel: 90 Sparks St. & 1910 St. Laurent Blvd., Ottawa, and 1980 Ogilvie Rd., Gloucester
Appliance Centre/ Consumers Gas: Ottawa & Nepean
Bank Street Jeep Eagle: 2559 Bank St., Gloucester
BearWhiz Tubs: 2006 Scott St., Ottawa
Belisle Automobiles: 444 Montreal Rd., Ottawa
The Brick: 1653 Merivale Rd., Ottawa
Campbell Ford Sales Ltd.: 1500 Carling Ave., Ottawa
Cyclepath: 215 Rideau St., Ottawa; 2746 St. Joseph Blvd., Orleans
The Focus Centre: 254 Bank St., Ottawa
Future Shop: Ottawa, Nepean and Gloucester
Ginn Photographic Co.: 205 Catherine St., Ottawa
Hurst Marina Ltd.: 2726 River Rd., Manotick
Hurst Motosport: 505 Industrial Ave., Ottawa
H. J. Reis International: 2726 Carp Rd., Carp
Metro Plymouth Chrysler Ltd.: 1047 Richmond Rd., Ottawa
Ottawa Barbeque King: 1410 Windmill Lane, Ottawa
Ottawa Camping Trailers Ltd.: 4815 Bank St., Gloucester
Otto's Service Centre: 245 Richmond Rd., Ottawa
Primo Trailer Sales: 995 Moodie Dr. S., Nepean
Scotiabank Branches: Ottawa - Carleton Region
Tommy & Lefebvre: All locations - Ottawa
Travel-Mor Trailer Sales: 4863 King's Hwy. 31, Gloucester
Uniglobe Premiere Travel Planners: 430 - 130 Slater St., Ottawa

Our thanks to the professional services firm of KPMG for ticket distribution and draw control.

TICKETS ONLY $100

ORDER BY PHONE:
Dial either of these numbers, 24 hours a day, and have your VISA or MasterCard number ready.
IN OTTAWA 751-3277
ELSEWHERE IN ONTARIO 1-800-938-4454

ORDER BY MAIL:
Complete the Ticket Request form and send it with your cheque, money order, VISA or MasterCard number.

TICKET REQUEST — ONLY 35,000 WILL BE SOLD
DEMANDE DE BILLETS — SEULEMENT 35 000 BILLETS SERONT VENDUS

(Official Ticket will follow) LOTTERY LICENSE # P968420
Please send me ____ ticket(s) at $100.00 each.
(Make cheque or money order payable to Ottawa Home Lottery '97. Please, no post-dated cheques.)

(Billet officiel suivra) Nº de permis de loterie P968420
Veuillez m'envoyer ____ billet(s) au prix de 100 $ chacun.
(Veuillez écrire votre chèque ou mandat-poste à l'ordre de Ottawa Home Lottery '97. Veuillez ne pas postdater votre chèque.)

Name/Nom (Last Name/Nom de famille) (First Name/Prénom) (Initial/Initiale)
Apt./Suite/Appt. Address/Adresse
City/Ville Province Postal Code/Code postal
Phone/Téléphone (DAY/LE JOUR) (EVENING/LE SOIR)
Method of Payment/Méthode de paiement : ☐ Cheque / Chèque ☐ Money order / Mandat-poste
☐ MasterCard Expiry Date/ Date d'expiration Cardholder's Name/ Nom du détenteur
☐ VISA Cardholder's Signature/ Signature du détenteur
Mail to/Poster à: HOME LOTTERY 97 Box 3446 Station D Ottawa, ON K1P 6L4
The following are excluded from purchasing tickets: KPMG staff and their immediate families, and Board Members of The Ottawa Civic Foundation.
Les personnes suivantes sont défendues de se procurer des billets: les employé(e)s de KPMG ainsi que leurs familles immédiates et les membres du bureau de direction de la Fondation Civic Ottawa.

Are You Thinking Of You?

Here's a little known fact. It may surprise some, but many women will nod their heads knowingly. A few years ago, a health study revealed that women are so busy taking care of everybody else's needs around them that they leave theirs for last, including going to the bathroom.

The 90's woman leads a very busy life indeed. Most are looking for 36 hour days and acknowledge they have very little time for themselves. Living life in the fast lane means every single minute counts. We eat on the run and we don't eat well. We rarely do physical activity, if ever, which is the case with more than 70% of women over 40. We don't always get a restful sleep and we're stressed out to say the least. And then, there's the fact that we're getting older, something our minds and bodies like to point out to us every once in a while.

Taking time out for ourselves is not selfishness, but a necessity. Taking time out means taking care of ourselves, looking after our health. It means recharging the batteries before they get too low. If you find you haven't had that bright eyed bushy tailed look in a while, that little things are getting on your nerves, that you're often feeling down in the dumps, or fighting with your bathroom scale, it's time to think about you.

If you're looking for a tonic, you'll find it in physical fitness. Just three times a week to start with and you'll see a difference. For women 40 and over, it's a must. Physical inactivity in women is a major risk factor that can lead to high blood pressure and cholesterol, even heart disease. For instance, physically active women can reduce their risk of cardiovascular disease by 50 to 70%.

Physical activity gives a major energy boost and more. It can even change how we feel physically and mentally. For example, it's difficult for any woman to be and look her best when she doesn't feel good about her image, her body. The way in which we see our bodies generally corresponds to the image we have of our ourselves inside.

When we work on our minds and bodies, we rediscover a certain self-pride. We gain a sense of accomplishment when we decide that we're worth it and we're going to change some aspect that we find less appealing. From that moment on, we begin to see ourselves differently. The important thing is to set a goal that we can realistically achieve, to do it step-by-step, and to remain focused on the good that will come of our action. For those ready and rearing to go, here are the basic ingredients for any physical fitness program.

How much exercise is needed to get fit? Three key aspects need to be covered in physical fitness: frequency, i.e. doing an aerobic exercise at least three times weekly; intensity, i.e. doing an exercise sufficiently vigorous to speed up the heart rate; time, i.e. aiming for at least 15 minutes of vigorous exercise, preceded by a 5 to 10 minute warm up period, and finishing up with a 5 minute cool down exercise.

Will all kinds of exercise increase the heart rate to the same extent? No. Rhythmic and vigorous muscular activity that involves the whole body, such as running, swimming and dancing, will increase the heart rate much more than static, straining types of exercise like weightlifting. The idea is to regularly do exercises that involve the large muscle groups such as those in legs, and to do these at an intensity that raises the heart rate.

COMMUNITY DIGEST

***TRI COUNTY CRAFTS ASSOC.** is having its annual Easter Craft Show & Sale on March 21, 22, 23 at the Cornwall Civic Complex. Free parking & admission. Something for everyone.

***URGENTLY NEEDED** Tri-County Literacy Council needs your help. Are you interested in volunteering as a Tutor? We provide confidential one-on-one tutoring for adults in reading, writing and math. We provide services in S.D.& G. Counties. Call Barbara at 932-7161.

***THE ST.LAWRENCE (CORNWALL) REMEDIAL ACTION PLAN** will hold their Public Advisory Committee meeting on Tuesday, March 18th at 7:30 pm at the OSSTF office (above bus station), Tollgate Rd. Info, 933-7035.

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Antenna Customers...
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JELL-O: 100 Years Old and Still The Coolest

For 100 years JELL-O Brand Jelly Powder has wiggled and jiggled its way into Canadian meals and celebrations and today more than 30 million packages of JELL-O are sold in Canada each year, one box for every person.

When JELL-O jelly powder was invented in 1897 by Pearl B. Waite, an American manufacturer, home cooks were moving away from heavy desserts to desserts made with gelatin. However, preparing the gelatin was a laborious process. The unflavoured, dried gelatin came in sheets and had to be dissolved and clarified by boiling it with egg whites and shells. It was then dripped through a jelly bag and combined with fruit juices or other ingredients. The introduction of fruit-flavoured JELL-O jelly powder in one convenient package, ready to dissolve in boiling water, make it truly one of Canada's first convenience products.

By 1906, Canadian sales of JELL-O were on the rise, so the Genesee Pure Food Company built a factory in Bridgeburg, Ontario which is now a part of Fort Erie, to handle Canadian production. In 1923, the company changes its name to the "JELL-O Company" to protect its famous trademark and in 1931, the manufacturing plant was relocated to Montreal. Today, JELL-O brand products are produced by Kraft Canada in Cobourg, Ontario and the ready to eat snack cups are made in Scarborough, Ontario.

With the introduction of the automatic refrigerator in the early 1930s, gelled salads became very popular and lime JELL-O, a flavour well suited to salads, appetizers and relishes, was introduced. Still a colourful addition to pot luck suppers and family celebrations, sparkling JELL-O moulds have been updated to include a wider variety of fresh vegetables and fruits and can easily be made in a loaf or square cake pan or even greased muffin tins.

During World War II, Canadians made one-crusted pies as a way to save on shortening and sugar, which were in short supply. JELL-O pudding and jelly powder were perfect fillings for pies, since they offered rich flavour and very few additional ingredients. In the early 1950s, baking contests and cake mixes became very popular among Canadians and JELL-O jelly powders were often incorporated into tasty creations.

As more and more Canadian women went to work in the '60s and the '70s, the quick set method of making JELL-O, using ice cubes instead of cold water, was introduced. Parfait pies, using JELL-O jelly powder, ice cream and fresh fruit chilled in a pie crust were instantly popular, since they were so easy to make. In the 1980s, Bill Cosby became the spokesperson for JELL-O Canada and fun treats including Frozen Pudding Pops, No Drip JELL-O Pops, and JELL-O Jigglers became instant hits with Canadian kids.

Now in the '90s, JELL-O jelly powder is a cool, refreshing fruity dessert or snack that is fun for the whole family. As JELL-O's centennial celebrations begin, strawberry is now the number one flavour in every province, and JELL-O product promises to be "still the coolest" for many generations to come.

Strawberry Yogurt Fluff
Prep time: 5 minutes

3/4 cup	boiling water
1 pkg.	JELL-O light strawberry jelly powder or JELL-O cranberry jelly powder
1/2 cup	cold water
	ice cubes
1	container plain, low fat yogurt
	fresh strawberries for garnish (optional)

• Pour boiling water into blender container. Add jelly powder and blend at low speed until dissolved, about 1 minute.

• Combine cold water and ice cubes to make 1 cup (250 mml). Add to jelly and stir until ice is almost melted, then blend in yogurt.

• Chill in dessert dishes until set, about 1 hour. If desired, garnish with fresh strawberries.

Makes 4 servings.

Rocky Road Chocolate Delight Pie
Prep time: 15 minutes

1 pkg	(6 serving size) JELL-O chocolate pudding and pie filling
1/2 cup	each chocolate chips and miniature marshmallows
1	prepared 9 inch graham pie crust
1 tub	Cool Whip whipped topping, thawed

• Prepare pudding and pie filling mix as directed on package. Cool 5 minutes, stirring twice.

• Measure 1 cup (250 ml) pudding; cover with waxed paper. Chill until cool, about 1/2 hour.

• Combine remaining pie filling with chocolate chips and marshmallows. Spoon into pie crust. Cover with waxed paper. Chill.

• Beat measured filling until smooth; fold into 1-1/2 cups (375 ml) whipped topping. Spread over filling in pie shell. Chill 3 hours. Garnish with remaining whipped topping.

Makes 8 servings.

LANCASTER FRESHMART
MONDAY, MARCH 17 to SUNDAY, MARCH 23
SPECIALS
MAIN STREET LANCASTER 347-2868

HONEYCOMB Sugarcrisp or Alpha-Bits selected varieties Post cereal 400-450 g. box add. quant. $2.99 — $1.99 w/coupon
PARLOUR ICE CREAM Classic Rich & Creamy selected varieties or comparable brand 2L cont. — $2.49
MAGIC MOMENTS Puddings reg. or light selected flavours 4x142 g. cont. — $1.99
KRAFT DINNER Macaroni & Cheese 225 g. pkg. add. quant. 74¢ per pkg. — 2/.99 w/coupon
POP TARTS Kellogg's selected varieties 300-312 g. pkg. add. quant. $1.99 — $1.49 w/coupon
LAY'S Potato Chips selected varieties 170 g. bag — .99 Regular
COOKIES Colonial selected varieties 350-400 g. pkg. — $1.79
D'ANGELO PASTA or Primo Sauce selected varieties 900 g. pkg. 24 oz. tin — .99

MEAT
LEAN GROUND BEEF or extra lean ground chicken — $1.79 lb.
WIENERS MAPLE LEAF original, BBQ or Lean 'n Lite 450 g. pkg. — $1.79
BACON MAPLE LEAF sliced side selected varieties 500 g. pkg. — $2.99
ITALIAN SAUSAGE Butcher's Choice fresh, hot, milk or garlic club pack — $1.99 lb.
Hip Minute Steak cut from Canada A, AA, AAA grades beef — $3.79 lb.
CORNED BEEF Brisket Maple Leaf regular or mini — $2.99 lb.

PRODUCE
HEAD LETTUCE fresh prod. of U.S.A. no. 1 grade — .69 ea.
GRAPEFRUIT red or white prod. of USA Florida grown size 48's — 5/$1.99
CELERY STALKS fresh prod. of USA no. 1 grade — $1.29 bunch
GREEN ONIONS fresh, prod. of USA — 2/.99 bunch
APPLES Empire or McIntosh prod. of Ont. Canada fancy — .89 lb.
MUSHROOMS white, fresh prod. of Canada 8 oz. pkg. — $1.69

Vickie's Country Fresh Bakery.....
Bakery
SOURDOUGH BREAD San Francisco Style in-store baked 675g. loaf — $1.49
CRUSTY ROLLS white or 60% wqhole wheat in store baked — 4/.99
BREAD — .99
Deli
SMOKED MEAT Montreal Style deli sliced, or shaved — $4.99 lb.
ROAST BEEF Shopsy's deli sliced or shaved — $5.99 lb.
LUNCH MEAT popular loaves, deli sliced, select. varieties — $3.99 lb.

SEAWAY NEWS
LETTERS TO THE EDITOR

"Mr. Anonymous"

Dear Editor:

If your "Mr. Anonymous" doesn't understand where Claude McIntosh is coming from, perhaps he should read Bob Roth's "Perspective" in your March 9th issue.

And if that isn't enough for Mr. Anonymous, perhaps he needs to be reminded that when Ron Martelle first ran for Mayor, he "used" both the Pool Committee and the Industrial Park Ratepayers Association to get elected, (and I mean "USED" in the most literal sense). Martelle pounded the incumbent Mayor who wanted to spend millions on an aquatic centre without the support or approval of the people of Cornwall. Then when he was elected Martelle committed the Cornwall taxpayers to shovel $3,500,000 down the drain on a hockey team, a year after he said they could not afford $35,000 on the Royals. Realizing how one sided the agreement was (I have not seen a contract like this in over 40 years of business) he then tried for over a year to keep the public from knowing the details.

Martelle has brought more bad publicity to the city than all the previous mayors put together. He claims he is not a trained seal but he is certainly a loose cannon that has caused a lot of damage to our community.

Until Martelle announced that he would not seek a third term as Mayor, I had thought that I might be forced to vote Conservative just to get him out of town and away from the city's cheque book.

T.R. (Dick) Hornby
Cornwall

Welfare System Discourages Matrimony

Dear Editor:

I am letting you know that I am led to believe that the welfare system is erratic. It encourages vice and discourages matrimony. I was single and I moved to the east end of the city. Being a welfare recipient, I received $407 per month through Social Services to pay my landlady for my room and board. After a year and a half, I had fallen in love with my landlady. I asked her to marry me and she accepted.

After a while, my wife and I were called to the office of the Social Services department. To our astonishment, I was cut off the welfare roll because we were married and because my wife owned a house. We were told that $900 a month was more than sufficient for two persons to make it together financially. Before paying the telephone, cable vision, water bill, heat and electricity, food, clothes, insurance (fire, theft, car, 2 life insurances), especially in the winter months is almost impossible to exist under those terms, but the young lady in the office considered that everything we possessed was considered a luxury. My wife and I thought we were punished for accepting matrimony. We were told that the Spouses Act would affect both common-law and married people in the way we were both received at the office, that is, by receiving certain reductions.

So far a young lady is pregnant and her beau is receiving welfare benefits, she was told the same would apply to her after the baby was born.

To us this is encouraging vice, especially with the new Child Tax Credits where a young lady in Quebec will receive a substantial amount additional after every child born to her.

Another young couple, while receiving welfare benefits is living the life of riley. The common-law husband was performing janitorial services but eventually lost his position, but is still receiving welfare benefits. I suppose that is lawful.

Last, but not least, a married couple, although still residing in the same address, arranged it that they resided at different addresses. The husband is working, but the wife is unemployed. That is fraud, but it seems if anyone can get away with it, more power to them.

The last three years for me has been hell financially because each year my hours of work diminished drastically. I am employed as a part-time security guard for a local security agency. My hours were reduced in 1996 where I cannot claim any income tax on my T4 slip.

In ending, I say that the welfare system should encourage marriage by using the Spouses Act more rigidly or fix a program that would encourage people to be married, because right now it saddens me to say that with over 1,000 families existing in my parish, only 7 weddings were performed in 1996. As far as myself, I am married to the most wonderful, understanding woman in the world. I know that justice will be done and with God's help, I will find more hours of work and what is going on now will make me a better man.

Roger Gauthier
Cornwall

What's Worse Than A Huge New Tax?

Dear Editor:

The Chretien government's recent budget was not so much a fiscal plan as it was a massive sideshow.

Its primary purpose may very well have been to divert attention away from the government's plans to impose a massive CPP tax hike on Canadians.

It won't work.

Taxpayers will soon realize that the Liberal government has hammered them with the biggest tax grab in Canadian history.

Worse, this tax grab falls most heavily on young Canadians just entering the job market. It will likely drive many bright, hard-working young Canadians with marketable skills out of the country.

Finally, if Chretien and his fellow Liberal MPs want us to pay higher CPP premiums, they should cut back their own gold-plated MP pension.

On that issue, however, the budget was strangely silent.

That's why it's time for taxpayers to speak up.

After all, if there's anything worse than a huge new tax, it's a huge and hugely hypocritical new tax.

Sincerely,
David Somerville
President
National Citizens' Coalition

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ALL 13" TIRES
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- 17580R13
- 18580R13

$48.00

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- 21575R14

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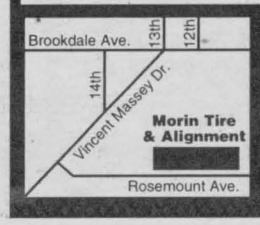
- 21575R15
- 22575R15
- 23575R15

$65.00



ALIGNMENT
2 WHEEL..... $29.95
4 WHEEL..... $39.95

Dayton Tire



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PITY NO ONE LOOKS AT SHOES

Your face is what people notice most about you. At first meetings it may be about the only thing. So why is it that some people have 10 pairs of shoes, half-a-dozen jackets, a drawer of designer underwear, three different watches, yet only one pair of eyeglasses?

Quite often, not even a good pair of eyeglasses. Something old and out of fashion, something with a cheap frame and still cheaper lens. Maybe something bought at a discount for half-price 10 years ago.

Let's face it, people just don't think a lot about their eyeglasses. Buy them and forget them, that's the common practice. Certainly, for a lot of people, eyeglasses are never seen as a fashion accessory. They are still considered only as a medical need, and people only change them when they break or when they change their prescription.

It isn't like this everywhere. In Europe it is common for people to have more than one pair of eyeglasses, often several. The glasses are matched to the day's activity, to the clothes that will be worn, to the company that will be kept. Every major designer in Europe - Calvin Klein, Christian Dior, Giorgio Armani, Forberge, Gucci, Jean Patou, the list goes on -- designs and manufacturers eyewear. The market for their product is vast and growing.

Indeed, it is not hard to imagine someone going through half-a-dozen hairstyles, a few complete wardrobe changes, maybe even a diet or two, before they ever think of changing their eyeglasses. The most basic thing that could be done to change their appearance, yet it is the last thing to be considered.

Until recently, Canadian consumers would have paid a lot of money to keep up with their European cousins. Indeed, cost is likely the reason most people have only one pair of eyeglasses. It is not because Europeans are more "stylish", it is simply because, in Canada, purchasing several eyeglasses would have cost a small fortune.

It is not that way today. Fierce competition in the industry, more liberalized trade policies and better manufacturing practices have all combined to drastically reduce the cost of eyewear.

For $150, you can not purchase an excellent, European-brand pair of eyeglasses at Laurier Optical. For $300, you can purchase a fashion "kit" from Laurier Optical that consists of two pairs of eyeglasses and one pair of contact lenses. On approved credit, you can purchase the fashion kit on a six month payment plan.

That's $50 a month to make one of the most basic changes possible to your appearance.

After all, most people make a decision about what sort of person you are within three seconds of meeting you. How much time do you think they spend looking at your shoes?

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The Stench At City Hall Just Gets Worse

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Nobody with an ounce of sense would leave a cookie jar sitting around unattended at City Hall these days.

We had an investigation that concluded financial wrong-doing in the handling of the Aces fiasco. But no one was identified.

We had an investigation into an alleged break-in at the finance office (which Mayor Ron Martelle suggested was an "inside job" by one or more city employees). Again no one was identified.

Last month, a former city human resources manager was arrested and charged with several counts of fraud and breach of trust.

Now, we have someone walking off with city hall files and removing expenses documents. Once again, no one has been identified.

The latest case of public pilfering began late last year when a file containing the expense claims of economic development manager Paul Fitzpatrick disappeared. The file was noticed "missing" after a local resident asked to look at the material under the province's access to information law.

City staff had no explanation as to where the file went, although there were many theories advanced - the most charitable being that someone had removed the file and forgot to put it back.

Then, in December, the file mysteriously reappeared - but no "forgetful" or remorseful soul showed up with it; it just reappeared.

Now we learn that although the file was returned, some of the documents are missing. Mind you, we learned that particular and salient fact only this month - about three months after the file was returned. (They're right on top of it all at City Hall).

Why wasn't this file checked immediately on its return before being turned over to the police for their investigation?

What is going on here? What is being hidden? What is being covered up? And by whom?

You don't have to be Sherlock Holmes to figure out that somebody didn't want the public to know something about what was in that expense account file. But who? And why?

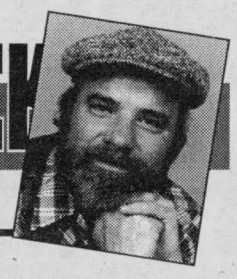
Frankly, the public deserves more of an explanation than it is getting from City Hall.

This matter calls for a full internal investigation and report. What precise documents are missing and to what do they relate? How much money is involved in these missing files? Who has access to the files? What safeguards are now being implemented to prevent such an occurrence in the future (e.g. making duplicates of the files)?

If these expense accounts cannot be found, then the mayor and the city treasurer should sit down and do some backtracking. If a paper trail can't be found for these expenses, then a verbal report should be filed by the individual or individuals in question and double-checked by phone calls to the source where the expenses were incurred. The record needs to be set straight - to protect the integrity of the innocent as well as to seek out the guilty.

Frankly, the public is getting tired of wrong doing going unapprehended and unpunished. It's time to set some new priorities. Instead of making grandiose comments about law and order in general and trying to legislate personal morality, it would be a better use of the mayor's time to sit down with the clerk and treasurer and look into areas that really matter. Misuse of public funds and public files is a much more important issue to which to devote our civic energies than sending out bylaw enforcement officers to nab naked nipples.

BASIC BLACK



By Arthur Black
SEAWAY NEWS

All who have meditated on the art of governing mankind have been convinced that the fate of empires depends on the education of youth.

Aristotle

Education makes people easy to lead, but difficult to drive; easy to govern, but impossible to enslave.

Henry Peter, Lord Brougham

Joanne Harris Burgess has been teaching Canadian Studies at York University in Toronto for the past fourteen years. It's a job that's become more, not less challenging with the passage of time, because with each succeeding year, the students signing up seemed to know less and less about their own country.

Or did they? Ms. Harris decided to find out. On the first day of classes last semester, she handed out a questionnaire to 100 Canadian Studies students. These kids were all graduates of Ontario high schools. They had all chosen to take a course with lots of Canadian content.

Sample questions on the test:

What is the date of Canada's founding?

Name three Canadian painters.

Name three Canadian novelists and the title of one of their books.

Shouldn't be much of a challenge for sharp, interested high school graduates, right?

Wrong. Sixty-two percent could not name any Canadian authors. Only nine of the 100 students could come up with three names.

And artists? Fifty-nine percent couldn't name a single Canadian painter. Only four percent knew any artist beyond The Group of Seven and Emily Carr.

As for the date of Canada's founding, well, we celebrated Canada's Centennial just 30 years ago ...you'd think that might be a clue.

More than half the students couldn't even hazard a close guess as to Canada's birthday.

What the hell is going on here? What have these kids been doing for the past four years? More to the point: what have their teachers been doing?

But perhaps that's unfair. Maybe the teachers have been slaving like Trojans and Canadian high school skulls are just too thick to absorb esoteric information like Margaret Atwood and Robert Bateman and ... you know ... birthdays and stuff.

Well, if Canadian students are dumb, it's a relatively recent development. Here are a few sample questions from another questionnaire given to Ontario students:

1. State the most important facts about any TWO of the following: Company of One Hundred Associates, Battle of Waterloo, The Normans, Battle of Queenston Heights, Coming of Christianity to England, Taking of Quebec.

2. Give the names of:

a) Governor-General of Canada

b) Lieutenant-Governor of your province.

c) Premier of Canada

d) Premier of your province.

e) Reeve of your township or town.

That last question by the way, was considered such a "gimme" that it was only worth five percent of the total mark. Both questions were part of an exam students had to pass to get out of Grade Eleven of Wellington High School back in 1927.

We've come a long way in 70 years.

Question is: which direction?

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SEAWAY NEWS LETTERS TO THE EDITOR

Women Taught Me About Sexuality, Mr. Roth

Dear Editor:

This is in response to Bob Roth's article on women's right to bare breasts.

Mr. Roth, you said that North American men treat women's breasts as mere sex objects. That's true, but you forgot to mention a few things. Like the fact that North American women only expose their breasts during sex, after a commitment or after a generous donation. They treat their own breasts like sex objects, just like men do. Blame our parents if anybody. They taught us to see breasts as mere sex objects.

It was also suggested that men who would abuse women who go topless should "have their thinking rearranged?" True, but we have to separate the real abusers (rapists, attackers) from the clowns with the hormones.

We have to accept the fact that young men will get excited for a while, until they get used to seeing topless women. I compare it to young women who go nuts when they see successful figures such as rock stars. Just picture a few of these stars moving into Cornwall for a reality check. Men and women are more alike than people think.

Women want men to be desensitized (just like that) but they're not offering to be a part of the solution. Notice how women like Gwen Jacob encourage stripping in public "first" instead of in the family setting (in their own tribes). Real cultural changes begin in the family, not in the local park.

Mr. Roth, I can't understand why you're only blaming men for our cultural attitudes towards sexuality. Mothers teach their kids about sexuality as much as fathers, and sex-ed teachers are mainly women. They tell us what parts of the body are sexual, and not to expose them in public.

Why didn't you blame women for teaching us such "oppressive" attitudes, Mr. Roth?

Richard Flaro
Cornwall

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It's Time We Changed The Political System

MEANWHILE...

Fred Sagel



I always have a lot of fun with my oldest friend who happens to be my roommate from college. When we get together, we joust about everything from politics to sports.

When I saw him recently for dinner, I decided to raise a question we had vigorously debated a few years back to see what his reaction would be.

"You know," I said, "I think it's time we had a massive overhaul of our political system."

"What do you mean?" he asked with a wary look.

"The parliamentary system," I said. "It doesn't work anymore. And it's time we changed it."

"And what would you replace it with?" he asked, looking rather skeptical.

"The American congressional system - or something like it," I answered. And the more I argued, the more I became convinced that our present system is failing us and is no longer suited to making laws in the 1990s.

Think about it for a moment. Isn't it true that most people criticize members of parliament because they act like sheep, blindly following their party line without being able - in public - to take an independent view? Or the view of their constituents?

Canadians, in many ways, hand over the keys to the car when they elect a majority government. Despite the latest GST antics in the Senate, there is not real check on a government until it meets the voter three or four years later.

That makes life simple for leaders, but provides little check on the day-to-day process of government. Criticism by opposition parties can work but it is usually only background noise.

Most MPs rise or fall with their leader and their party. A rising tide lifts all boats and political disaster sweeps all aside.

And beside, most MPs don't have the luxury of acting in any independent way. They can go to caucus and argue their point of view but that is often futile. If they're with the party in power - well, all the worse.

Enter the American congressional system. Less tidy. A little more cumbersome. but far more democratic - and probably better suited to the 1990's.

In the United States, the laws allow members of the House of Representatives to fight alone in an election. Party labels are not meaningful and caucus discipline is virtually gone.

Members are independent, fearful and perpetually campaigning. They must listen to their constituents and are free to vote their conscience.

That is far preferable to our system where MPs have little to do except follow what their party dictates.

It makes for interesting politics. On Capital Hill, where the vote of each member has value and is much more easily swayed, special interest groups can become very powerful. But at least democracy is at work.

I also believe the U.S. system produces far better candidates - I'm specifically referring to the Senate where a lot of the heavy duty work is done.

I'm convinced that happens because a lot of potentially good candidates don't want to run in the parliamentary system, because they might win, and end up as a backbencher in Ottawa, and contribute little by way of genuine debate.

That doesn't happen in the U.S. system. Senators are powerful - and that, in turn, attracts high caliber people to make a run for the job.

That isn't happening in this country and a lot of good people just won't run for the job of MP because it holds so little power - unless you're a cabinet minister.

Think about it. Think about participatory democracy. Think about how government can best function in the next century and ask yourself: is this the best way to do it?

We can do better - and the American system isn't that bad.

SEAWAY NEWS
LETTERS TO THE EDITOR

We're In More Trouble Thank We Think!!

Dear Editor:

Hospitals closing, destruction of Medicare, plants closing and moving to the U.S. and Mexico, decimation of the CBC, and the list goes on and on. So called downsizing and out-sourcing, all part of the plan to demoralize the workers and destroy unions. The government focuses on the deficit and national unity - a deliberate Machiavellian ploy to divert people's minds from the real issues.

The so called "New World Order" (neo-fascism), the secret agenda created by Bush, and Mulroney and his Tories, in conjunction with the multi-national corporations to destroy the social programs in this country and carried on with a vengeance by the Liberals. The U.S. multinationals think Canada has an unfair advantage over them because of our universal Medicare. For example Ford motor company in the U.S. pays more for Medicare for their employees than they do for the steel used to make one car.

We do have a choice in the next election. The Jean Chretien Liberals promised to rid us of the GST and free trade. Conservative Jean Charest, a former member of Brian Mulroney's cabinet who gave us G.S.T. and free trade. The lunatic fringe - the Reform Party and Bloc Quebecois. Ahh! Like a breath of uncorrupted air, we have the N.D.P. who gave us Medicare, U.I., old age security, etc. and the only party who will fight to keep them.

The events of the past few years make this country look like Disney Land North. First we had "Lyin' Brian", now we have "Johnny Long Nose" competing with Brian to determine who can lie the best. Then there's Jean Charest who thinks he is the new messiah because his initials are J.C. In Ontario we have Mike Harris who thinks he's John Wayne. And in Cornwall we have a mayor who thinks he's Wyatt Earp, running for the Tories. Boy are we in trouble!

J. MacMillan
Cornwall

The School System Is Not Perfect

Dear Mr. Sagel:

In response to your article, "The Right To Sue For Educational Malpractice", dated Sun., March 2, 1997, what, Fred Sagel, is your definition of education? Is it the 3R's, the development of social responsibility, cultural awareness, physical and mental well being, or the mastery of new technology?

Is it only one of these outcomes? According to you, Mr. Sagel, education is simply the mastery of reading and writing. Does education not mean meeting the needs of all children, from the gifted to those with severe learning disabilities?

The school system is not perfect; it was not designed to be perfect. We could go back to a time when students sat perpetually in the Grade 3 classroom because they could not meet the goals of the curriculum. Do we want to go back to that time or do we want to attempt to meet the needs of the whole child?

The Grade 12 boy who could not read or write to a certain standard is not necessarily a failure of the system. In an earlier time, he would have been. Perhaps he can consider himself fortunate that he was in the system at all. Fortunately, education is not just for the elite.

If you would take the time, Mr. Sagel, to look at the educational system and how it has evolved, you'll notice that it has undertaken many avenues to address the accountability of our profession i.e. university-educated teachers, consultants, specialists, teacher aids, support staff, parent volunteers, school councils, mentorship programs and most recently, the creation of the College of Teachers and introduction of standardized testing.

Does the threat of suing and lawsuits make it a better place? Will it actually help the Grade 12 student who had difficulty reading or writing or would it just be lining the pockets of his legal council?

. Education cannot be accepted just on the principle of the 3R's but rather in the understanding that life is an education and you must learn to work with the potential and handicaps you are given. Perhaps our only crime is that we have endeavoured to do too much; to be all things to all students. If you think we should return to the 3R's, then we suggest you lobby the ministry whose purpose is to reflect society's thinking.

Threatening educators is not the answer. If we are failing at education, Fred Sagel, then what positive recommendations can you offer?

Sheila and
Wendell Lafave
Williamstown



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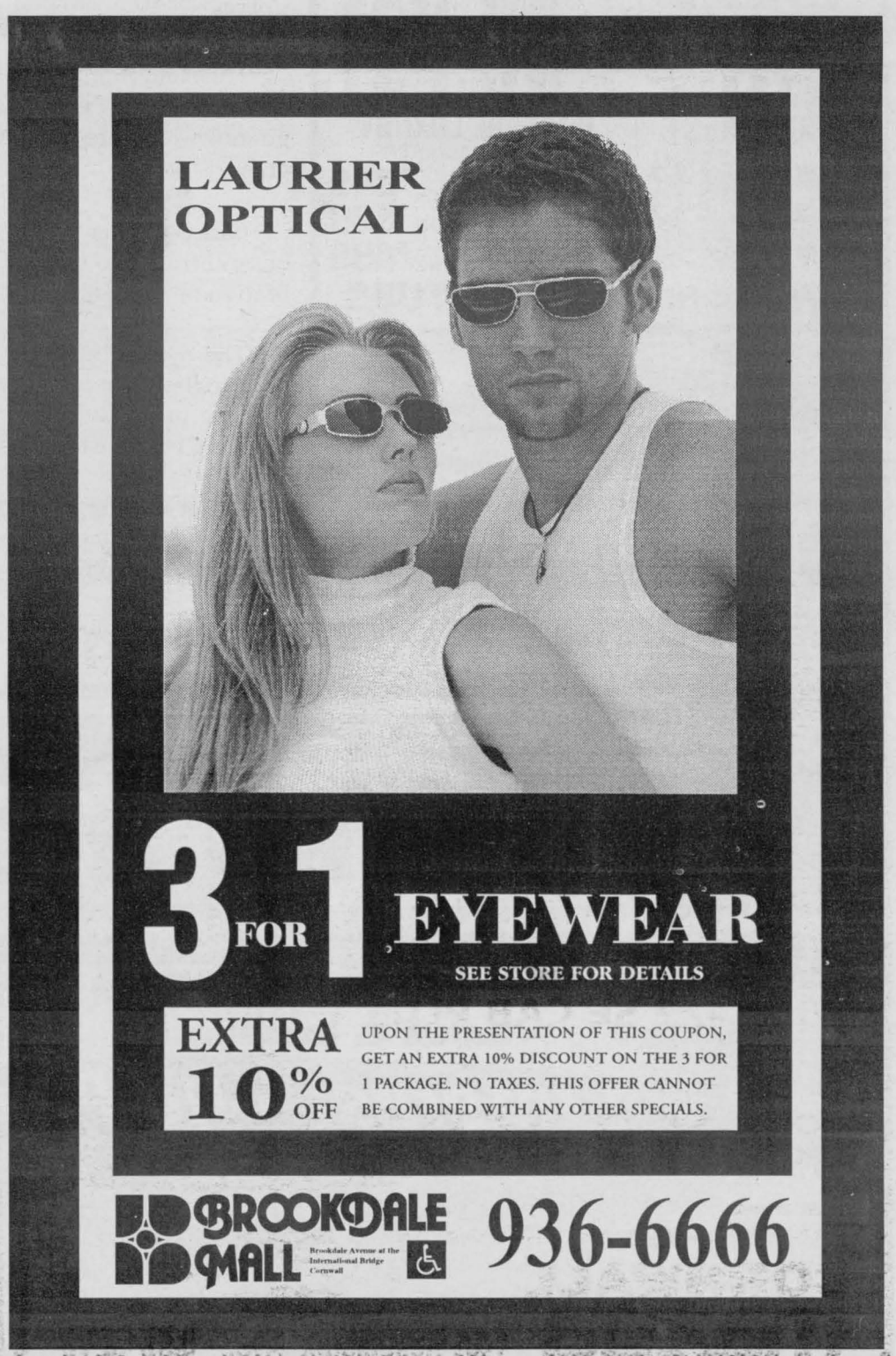

March Madness Sale!

Cartoon Quips

Wife leaving movie, to husband: "I wish just once they'd have as good a picture this week as they're going to have next week!"

One girl to another: "We had an awful time. I had on my new Angora sweater, and he was wearing a blue serge suit."

Woman buying olives in supermarket to friend: "I never liked these things until someone showed me how to fix them with gin and vermouth."

Husband pointing out motioning traffic cop to off-in-the-clouds wife at steering wheel: "You can go now - or are you waiting for him to turn green?"

Office worker having cocktails at his desk to boss: "I trust you don't mind, sir? Just a little celebration on the tenth anniversary of my last raise."

The mother of three teenagers solved one of her problems successfully when she ruled that the last one in on Saturday night had to get Sunday morning breakfast for the family.

Ticket writing motorcycle policeman to sports car driver: "Perhaps you weren't doing a hundred. However, I'm going to reward you for trying."

Husband to wife: "I'll say this for television - the more unsuitable the program, the quieter it keeps the children."

The luggage - laden husband stared miserably down the platform at the departing train. "If you hadn't taken so long getting ready," he admonished his wife, "we would have caught it."

"Yes," the little woman rejoined, "and if you hadn't hurried me so, we wouldn't have so long to wait for the next one!"

Nothing widens a narrow driveway quite as much as looking at it with a snow shovel in your hands.

As every parent knows - out of the mouths of babes come words we shouldn't have said in the first place.

The sun-baked cowboy swaggered into the saloon and through parched lips ordered the bartender to give his horse a bucket of his best whiskey.

"And what'll you have, stranger?" asked the bartender.

"Nothin'," shot back the dusty cowboy. "I'm drivin'!"

"When I was a boy," reminisced a famous lawyer, "my highest ambition was to be a pirate."

"That so?" said his client. "Congratulations."

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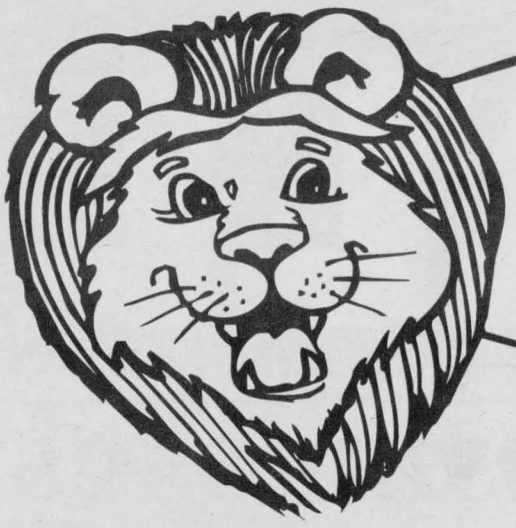

MARCH MADNESS



Cartoon Quips

Homeowner fishing in flooded basement to friend: "We gave up trying to keep it dry and had it stocked."

Small boy at dinner table to parents: "I've chewed the mouthful of carrots ten times. Now what do I do with them?"

Woman driver who has just backed into a tree to companion: "I'm getting so I just despise reverse!"

Husband doing dishes to wife: "There are some peas left over. Shall I throw them away now or put them in the fridge and let you throw them away next week?"

Boss to employee: "Yes, Dawson, I know you can't get married on the money I'm paying you, and someday you'll thank me for it."

Teenager to friend: "My father used to help me with math, but since I started geometry he says I'll get a lot more out of it if I do it myself."

During observance of Animal Week the fourth-graders told about their kindnesses to pets. Asked what he had done, one little boy said, "I kicked a boy for kicking his dog."

Watching mother and her small son shopping for shirts, I saw him eyeing a bright-red one longingly. "But mother," he argued, "this one won't show the blood!"

Small boy to friend, "I know I'm not adopted because if I was they would have sent me back by now."

Dinner Party Hijinks

At a party, one guest completely monopolized the conversation, much to the annoyance of the hostess's elderly mother. By the time he launched into a story of his experiences during the war, she was bored to the point of retaliation. "I was torpedoed in the Pacific," he began. "in fact, I lived for a week on a can of sardines."

"Really!" exclaimed the exasperated old lady. "Weren't you afraid of falling off?"

At a dinner party the hostess, whose kittenish ways were most annoying, produced a family album. "This," she said coyly, holding up a mother and child picture, "is myself 28 years ago." A guest examined the photograph, then asked slyly, "Who is the baby on your lap?"

One man to another at a cocktail party: "I'm bushed. I think I'll flirt with some good-looking woman so my wife will take me home."

The cocktail party was in full swing when the host's small daughter pulled at her father's sleeve. "Daddy," asked the puzzled youngster, "haven't we had this party before?"

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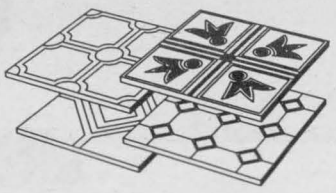

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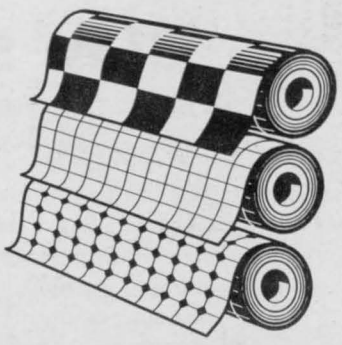

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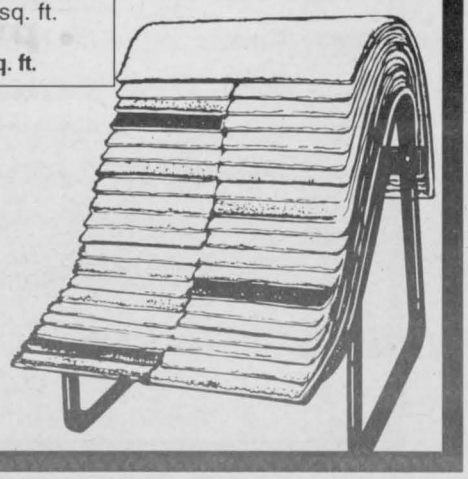

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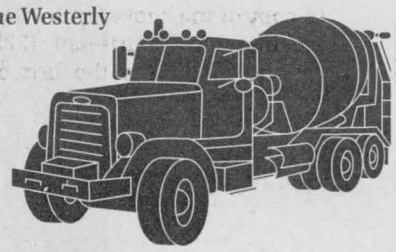
CITY HALL

News for Residents & Businesses

Reduced Load Notice

Please take notice that, under authority of Bylaw No. 069-1989, reduced load limits are in effect from March 15, 1997 to May 15, 1997 on the following streets in the City of Cornwall:

- Boundary Road from South Branch to Highway #401
- Cornwall Centre Road from Pitt Street Westerly to St. Andrew's Road (Highway #138)
- Cornwall Centre Road from Brookdale Avenue Westerly to Vincent Massey Drive (Highway 2)
- South Branch Road from Pitt Street to Boundary Road
- Tenth Street from Boundary Road to Virginia Drive
- Tollgate Road from McConnell Avenue to Boundary Road



Spring Aquatic Session '97

SPACES STILL AVAILABLE

In Our Spring Aquatic Session
Program Commences Monday, March 17th Until June 15th.

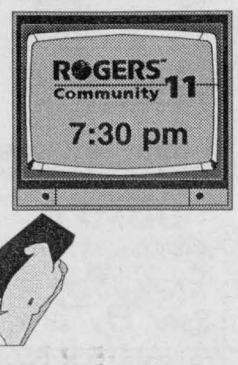
PROGRAMS OFFERED

* Children Learn to Swim - AquaQuest - 12 Levels (3 Years of Age & Over)
* AquaTots 1, 2, 3 (4 months to 6 years of age with parent participation)
** Adult Water Exercises (Shallow, Deep & Low Impact)

POOL TIME AVAILABLE TO RENT FOR BIRTHDAY PARTIES
(Sundays 12:00 - 1:00 p.m.)

For more information about these programs and more, call the Kinsmen Centre 933-3586

Watch Council



COUNCIL MEETING
Monday, MARCH 24th
at 7:30 pm
Become informed on YOUR local government
Available on Rogers Community 11

Lifeguard Recruitment

"LOOKING FOR A SUMMER JOB"

Cornwall Planning and Recreation services will be offering the following courses to be a certificated Lifeguard and Instructor at the Kinsmen Municipal Centre (412 5th St. E.)

RED CROSS AND ROYAL LIFE INSTRUCTORS COURSE will be offered April 11, 12, 13 and April 18, 19, 20 (two consecutive weekends). *Prerequisites are 16 years of age, Bronze Cross, Red Cross Leaders and 10 hours of apprenticeship teaching.

ROYAL LIFE NATIONAL LIFEGUARD COURSE will be offered May 9, 10, 11 and May 17, 18·(two consecutive weekends. *Prerequisites are 16 years of age and Bronze Cross (C.P.R. recommended).

Recertifications

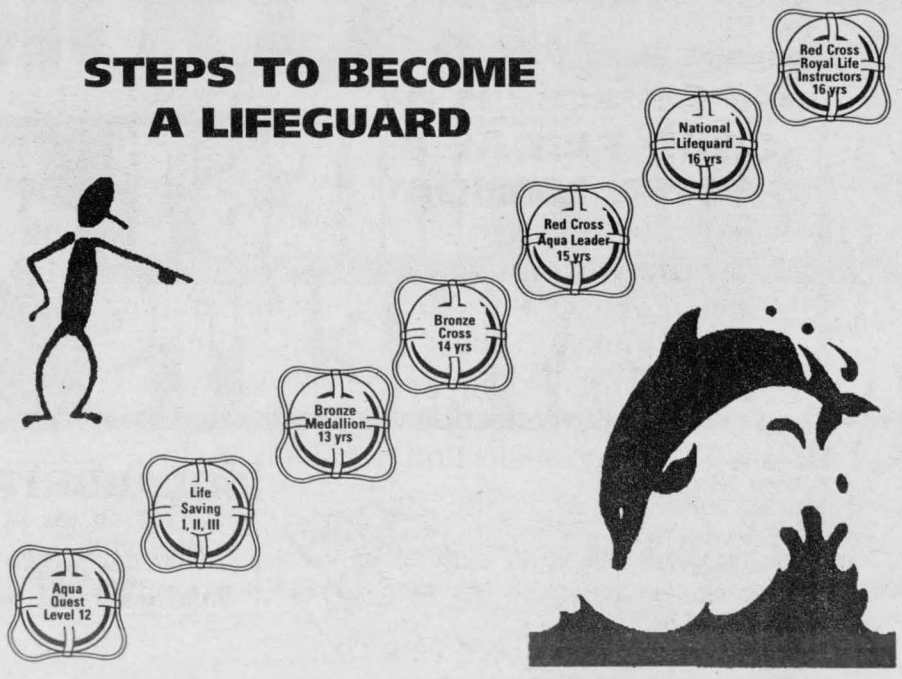
National Lifeguard Recertification Course ~ Sunday, May 25th
Red Cross Instructor New Aqua Quest Recertification Course ~ #1 Sunday, May 4th or #2 Sunday, June 1st.

Registration Dates

Registration starts March 17th at the Kinsmen Centre from 8:30 a.m. to 10:00 p.m. and on going until classes are filled. Photo copies of Qualification and Birth Certificates will be required upon registration.

For more information call 933-3586.

STEPS TO BECOME A LIFEGUARD



Glen Stor Dun Lodge

1900 Montreal Road, Cornwall, Ontario K6H 7L1
Today's seniors - their life, their way, with our help.

FRIENDLY VISITING

DO YOU KNOW THAT

- Glen Stor Dun Lodge is the only facility in Cornwall offering this service to community seniors.
- The Lodge arranges for a volunteer to visit an isolated Senior in the Community.
- This Program provides a sense of security to the Senior and the chance to enjoy some company through the day.
- Volunteer activities range from sharing tea time, doing errands, to accompanying the client on shopping trips if this be their wish.
- This program can be used on a short term basis to relieve the caregiver while he or she is away.
- Presently we have 10 Seniors on a waiting list for the Friendly Visiting Program.
- Volunteers are badly needed for this service.

Anyone who wishes to access our service or Individuals who wish to volunteer, Please call 933-3384 for information

SEMINAR

Advertising & Marketing Seminar

Guidelines and good advice on making your business a success

Date: Thursday, March 20, 1997

Time: 7:00 P.M.

Place: St. Lawrence College, Moulinette Hall Room 264

Presented By: The Cornwall Economic Development Self-Help Office and the Centre For Business and Industry Services

Fee: $20.00

To Register Call
(613) 933-0074
Sponsored By: Cornwall Economic Development

BULLETIN

from the City of Cornwall

Public Invited to Attend Meetings

(Council Chambers, City Hall)
Planning Advisory Committee
~ March 17th, 1997 at 7:00 p.m.

Council Meeting
March 24th, at 7:30 p.m.

Summer Student Applications

(Limited Number of Positions Available)

Now Available at City Hall - Human Resources Department
360 Pitt Street, Cornwall, Ontario
K6H 5T9

To be eligible to be considered for summer employment, you must be currently enrolled as a full-tim student, and returning to school full-time in the Fall.

Applications must be returned to Human Resources by Friday, April 4, 1997.

Preference is given to City of Cornwall residents.

All positions are dependent upon Budget approval.

Recruitment proceedings for approved positions will commence in April 1997.

We wish to thank all those who apply and advise that only those selected for interviews will have their applications acknowledged.

Public Notice

Garbage & Recycling Collections

No Collections on GOOD FRIDAY & EASTER MONDAY



The landfill site and recycling facility are closed both days.

Good Friday's Collections will be on Saturday
Easter Monday's collection will be by on Tuesday
Tuesday's collection will be on Wednesday
Wednesday's collection will be on Thursday
Thursday's collection will be on Friday
Friday's collection will be on Saturday

BLUE BOX REMINDERS:

Put your FULL Blue Box at the curb no sooner than 7:00 p.m. the night before your regular collection day and not later than 6:00 a.m. on your regular collection day.

PLEASE PUT YOU BLUE BOX ONLY WHEN FULL

GARBAGE BY-LAW INFORMATION:

1) Garbage containers should have handles and not exceed 711 mm. (28 in.) in height by 457 mm. (18 in.) in diameter or exceed 27 kg. (60 lbs.)

2) Bundles or brush, branches, etc. should be securely tied and not exceed 914.5 mm (36 in.) in any dimension or exceed 27 kg. (60 lbs.). Large limbs & stumps not accepted.

COMPOSTERS:

The city still has a limited number of composters available at a reduced price of $15.00 each. For further information, please call 937-1777.

SOLID WASTE COLLECTION:

All inquiries with respect to curbside solid waste may be directed to the City's current contractor HGC MANAGEMENT at 936-6072.

BLUE BOX COLLECTION:

All inquiries with respect to curbside blue box collection may be directed to the City' current contractor LAIDLAW WASTE SYSTEMS at 933-5176.

For Further Information Please Call:
City of Cornwall Environmental Services Department 937-1777.

PUBLIC TENDERS

TENDER NO 97-T03

Closing Date	**Reconstruction of Pitt St. from**
April 8/97	**Seventh St.to Ninth St. and Ninth St.**
	widening from Pitt St. to Sydney St.

*A copy of the above tender documents may be obtained from the Engineering Department, 1225 Ontario Street, Cornwall, Ontario, on payment of $50.00 in the form of cash, certified cheque or money order, payable to the City of Cornwall. This deposit is non-refundable.

TENDER NO 97-T11

Closing Date	**Asphalt Paving and Concrete**
April 8/97	**Works on various City Streets**

*A copy of the above tender documents may be obtained from the Engineering Department, 1225 Ontario Street, Cornwall, Ontario, on payment of $50.00 in the form of cash, certified cheque or money order, payable to the City of Cornwall. This deposit is non-refundable.

TENDER NO 97-T12

Closing Date	**Supply and Placing of Nursery**
April 8/97	**Sod**

TENDER NO 97-T15

Closing Date	**Supply of Hot Asphalt**
April 8/97	

TENDER NO 97-T16

Closing Date	**Supply of Equipment and Manpower**
April 8/97	**for Placing HotMix Asphalt**

TENDER NO 97-T18

Closing Date	**Leasing of One Single Axle Truck**
April 15/97	**and Work Crew for Same**

TENDER NO 97-T21

Closing Date	**Eco-Garden - Phase 2**
April 8/97	

*A copy of the above Tender Document may be obtained from the Engineering Department, 1225 Ontario Street, Cornwall, Ontario, on payment of $50.00 in the form of cash, certified cheque or money order, payable to the City of Cornwall, after March 25, 1997. This deposit is non-refundable.

TENDER NO 97-T22

Closing Date	**Grass Cutting in Designated**
March 25/97	**Areas on an Hourly Basis**

A copy of the Tender Documents may be obtained from the Purchasing Department, 340 Pitt Street, 2nd Floor, Cornwall, Ontario, K6H 5T9. Sealed bids addressed to the City Clerk will be received at 360 Pitt Street, Cornwall, Ontario no later than 11:00 a.m. on the closing date.

Happy St. Patrick's Day

Celebrate the Irish Spirit!

Here's to St. Patty's Day
Monday, March 17th
Celebrate Irish Style with us!

IRISH BEER TASTING
by the glass or tray

Cabbage Rolls Dinner served with Irish Stew $9.95

Irish Stew in a bread bowl $4.95



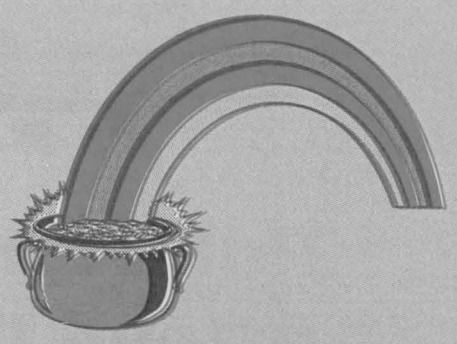
Gedoro's
Fine Dining in Casual Comfort
158 Pitt Street 938-2791

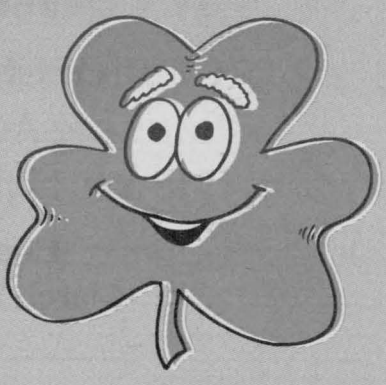
TRI COUNTY CRAFTS

EASTER CRAFT SALE
MARCH 21-22-23



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.
CORNWALL'S LARGEST JURIED CRAFT
Something for everyone ---- especially you





GOOD FRIDAY FISH & CHIPS special

2 pcs.	$4.95	12 pcs.	$8.75
3 pcs.	$5.75	18 pcs.	$10.50
6 pcs.	$6.50	20 pcs.	$11.95
9 pcs.	$7.95		

all above served with french fries, coleslaw & tartar sauce

Take Out Also Available
Serving from 11 am to 8 pm (Good Friday only)
Bring in coupon and receive 10% off

Carol's Little Café
Specializing in Canadian Cuisine & Catering
Carol & Danny Landry, prop.
155 Montreal Road 936-1984

DAILY LUNCH SPECIALS



St. Patrick's Day
- Irish Stew
- Corned Beef & Cabbage
- Cabbage Rolls
- Irish Beer

Live Music Friday to Monday

FREE Garlic Bread If You Tell Us You Saw This Ad When Your Order Your Meal (Mar. 15-21)

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

Come Celebrate St. Patrick's Day At Any One Of These Fine Establishments

ST. PATTY'S DAY PARTY

MON. MAR. 17th

Singing Dancing Laughing

Come Straight From The Office



Irish Stew OR Corn Beef & Cabbage $5.95

Live Music GREENLAND WHALERS starting at 4:30 pm

HAPPY HOUR FOOD ITEMS starting at 99¢

Gumbolini's
ITALIAN CRAB SHACK & OYSTER BAR
33 1st St East, Cornwall
937-3669



GOOD FRIDAY - MARCH 28

MARIO'S 4th ANNUAL BEACH party

SAND COVERED DANCE FLOOR

Female SWIMSUIT CONTEST

1st Place $350
2nd Place - $100
3rd Place $50



Sponsored by: Floral Expressions, Paradise Tanning, Murray Hill Hotel, Cornwall Tire, Roy's Pools, Flaro Towing, Remington Deli-Bar, Emard Bros., Off The Wall, Pommier Jewellers, Harv's Diner

MUST HAVE MINIMUM 5 ENTRIES

Door Prizes
Dance Contests

Maxi's
1620 Vincent Massey Dr.
Call 933-1650 To Register

March Madness

2 SMALL PIZZAS
2 TASTY TOPPINGS
$9.99
+ 2 FREE CRISPY CRUNCH BARS



Sorry, this offer is not valid on Twins or with any other promotional offer.
Additional toppings extra. Delivery charges apply. Taxes extra. Expires March 30/97

pizza pizza Proudly Canadian 933-11-11

DELANEY'S FINE FISH & SEAFOOD

Your 1st Stop For Fresh Seafood

including...

- Salmon Steaks
- Salmon Fillets
- Scallops
- Shrimp
- Rainbow Fillets
- Rainbow Whole
- Mussels
- King Crab
- Can Lobster Tails
- Scampies
- Oysters
- Smoked Sturgeon
- Queen Crab Legs

Great Recipe Cards Available In Store

OPEN Thurs.- Fri. Sat. 9am - 6pm
1215 Pitt Street Cornwall 930-4938

NOTICE

MEGA STORE
100 unit in-side

BIG SHOWROOM
Brookdale Mall

100 NEW *or* USED

HONDA - TOYOTA - NISSAN
DODGE - CHRYSLER - JEEP

FACTORY LIQUIDATION

STOP

STOP at the HIGHWAY OF SAVINGS

Due to the immensity of this sale, full scale presentation and demonstration may not be possible.
For this sale your trade-in will receive special attention by our on-the-spot appraisers.
* PUBLIC SALE ONLY - NO DEALERS * This is your chance to save. Price clearly marked in window

BROOKDALE MALL
Brookdale Avenue at the International Bridge Cornwall

Serious Business
7 Days A Week

937-4395 938-0934

SEAWAY SPORTS

FREE WEEKEND CAR RENTAL from Budget with Windshield Replacement at SUPERIOR AUTO GLASS & TRIM 453 Second. S. W. 933-8616 if busy call 938-0451 some restrictions apply

Golden Age Bowlers

In Olympia Golden Age action this week it was not "one step for man and one step for mankind." It was one giant leap for the Jaguars with an impressive 3-0 upset win to vacate the cellar and vault to 17th over the Elephants, Deer, and Elk and chew up the Bobcats in the process.

Jaguar Keglers were, Simone Kearns, Joe Arseneault, Loretta Markell, Bob Carter, Hecter Dubeau and Margaret Leonard.

100 pins over average crest winners for February were: Eric Dunn 102, Sid Pidgeon 103, Albert Amelotte 114, Bob Eamer 116 and Cliff Merpaw 134.

Bowlers of the month crest winners were Pauline Taillon and Bob Eamer. Congratulations to all.

Highs rolled: Joe Arseneault 234; Simone Kearns 224; Eleanor Dennis 219; Alice Amelotte 218; Cliff Merpaw 216; Lionel Boileau 212; Dawn Pidgeon 211; Gerry Godard 206; Rene Amelotte 205; Clifford Geneau 204; Albert Amelotte 204; Albertine Maynard 200; and Eric Dunn.

Attendance winners were: Betty Dunn, Veronica Boileau and Shirley Eastman.

Showtime!!!

by Ken McLaughlin
Director of Public Relations

The song says "it's the most wonderful time of the year" and in the hockey business, this is as close to the holiday season as you can get. It's the second season you prepare for from the day training camp begins. Like the commercial says "you're given a clean sheet of ice, what will you write?" One incredible effort or one big mistake can make or break an entire season. Your Cornwall Colts, two time defending CJHL champions, are ready to make the most of their chance to be third time lucky. Rest assured each and every player is committed to keeping the championship trophy in its home on Water Street.

The 1994-95 Colts team began the championship tradition with a complete team effort that simply outworked every other team in the league. Hustle & heart brought Cornwall its first CJHL championship since the 1967-68 Cornwall Royals. The 1995-96 edition was the powerhouse that rewrote the team record book, on their way to successfully defending the CJHL title. The 1996-97 team has peaked at the perfect time, winning nine of their last twelve. It's a credit to the coaching & scouting staff, when you see the way this team has improved and developed.

At the time of writing this article, we're still waiting to find out who your Colts will play in the first round of the playoffs. Watch daily media sources for opponent, game dates, & start times. I'll also have more details, right here, next week.

You can pick up your playoff tickets at the Colts Office, located in the Si Miller Arena, Monday to Friday from 10 am to 5 pm. Playoff ticket prices are: adults/ seniors/ students $8; children (12 and under - accompanied) $5. Call (613) 930-9300 to reserve or for more information.

Colts players were proud to participate in the First Annual Dave Ezard Memorial Walk. As "Hockey Stars Of The Present", we led the 12 noon portion of the walk around the Ed Lumley Arena. Colts mascot Slapshot and his good buddy Big Blue, the Cornwall Royals mascot, were also on hand, bringing a smile to all participants.

We'll see you this week as your Colts attempt to capture their third straight CJHL championship. You're invited to come out and support the team that represents you.

Colts playoff hockey at the Si Miller Arena .. is third time lucky the sound of destiny calling?

BROKEN WINDSHIELD
WE PAY YOUR DEDUCTIBLE UP TO $100.00*
PLUS A GIFT CERTIFICATE FROM PIZZA HUT
NORTH HOLLYWOOD VIDEO plus 5 FREE movie rentals
INTERPROVINCIAL AUTO GLASS
UP TO A $140.00 VALUE
plus a FREE Whopper Combo Meal BURGER KING
120 Tollgate Road West at Voyageur Bus
936-2481

CORNWALL TIRE LEADS THE WAY WITH BFGoodrich Tires
PREMIER IV
FEATURES AND BENEFITS:
1) All-season treads (M&S branded for mud and snow) to handle changing driving conditions
2) A smooth ride and stable handling resulting from a polyester/steel construction
3) A combination of metric blackwall and P-Metric white-wall sizes to fit most import and domestic vehicles
4) All sizes are S-speed rated for continuous use up to 180 kph
STARTING FROM $44.10 P155/80R13
Includes free of charge: Installation, balance, valve, road hazard & free rotation
OIL, LUBE & FILTER SPECIAL - Plus - FREE BRAKE INSPECTION $14.95* *Most Cars by Appointment up to 5 liters of Castrol GTX
BRAKE SPECIAL Resurface drums or rotors, replace shoes or pads, repack bearings (where applicable), refill fluid, adjust brakes, road test. Free brake inspection. DISCS PER AXLE FROM $74.88* semi metallic pads extra DRUMS PER AXLE FROM $54.88* *most cars
AUTOPRO MECHANICAL CORNWALL TIRE SERVICE AUTOPRO MECHANICAL
CORNWALL'S #1 TIRE DEALER
HOURS: Monday thru Friday 8 a.m. till 5 p.m.
Saturday 8 a.m. till noon
428-11th St. W., Cornwall 933-0363 933-1515

Seaway News Sponsors Local Athlete


Joan Benton

Seaway News is proud to sponsor a local athlete from Apple Hill, Joan Benton.

Joan, who plays defence for Ray-Co, and her teammates are off to Barrie, Ontario to compete in the Ontario Provincial's Broomball Championship.

The Ray-Co Travelling Broomball team is off to the Provincial Broomball Championships.

In order to qualify, the ladies participated in the Regional Championship, which was held in Winchester on February 22nd and 23rd.

Ray-Co played four games and lost their final game 1-0, but still came home with the silver medal.

Prior to the Regionals, Ray-Co Ladies captured the "A" Championship in Kemptville and were also "A" finalists in Winchester.

The team did quite well, as they are an Intermediate team and they played Senior teams in these tournaments.

We wish Ray-Co the best of luck in Barrie.

Men's City League Bowling

Paul Flaro had scores of 2499, 210 and 315 for a 774 triple as Emard's took 12 points. Doug Anderson's 232, 257 and 243 for a triple of 732 assisted Paul's effort.

Quinn's Inn took 8 points this week on the strength of bowling scores of 240, 205, 245 for a triple of 708 from Phil Munn and 240, 205 and 245 for a triple of 690 from Ian Robertson.

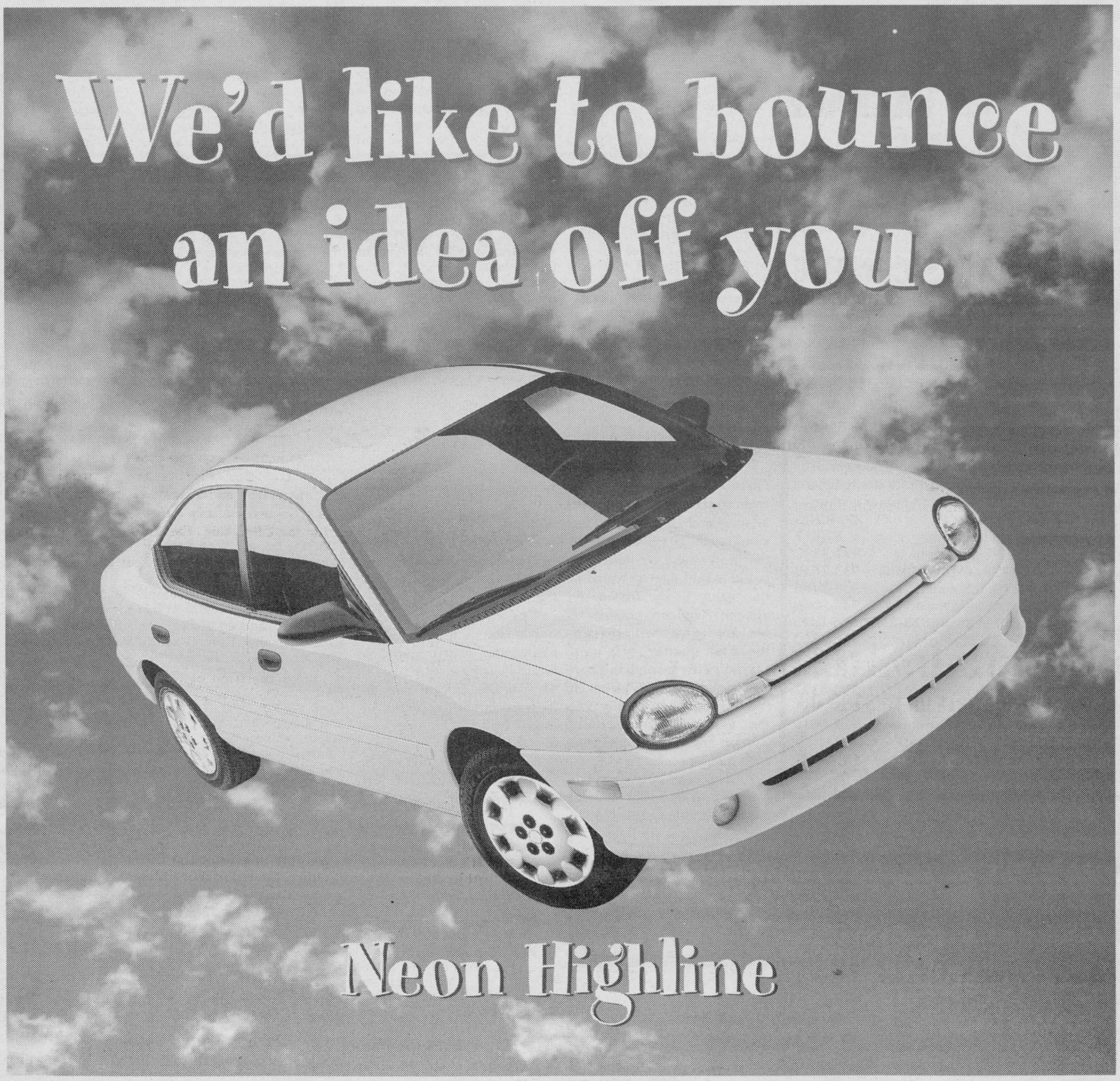
Summer Heights took 13 points this week. Frank St. Louis had scores of 337, 244 and 261 for a triple of 842. Mike Lalonde contributed scores of 217, 230 and 305 for a triple of 752.

Motard's took 4 pts this week. Contributing scores of 222, 229 and 218 from Jack Bedard and 195, 213 and 199 for a triple of 607 from Paul Bourgeois.

Darryl Taillon and Lorne Taillon were the one two punch for Upper Canada this week as their team took 8 points. Darryl had scores of 273, 249 and 187 for a 709 and Lorne had scores of 317, 225 and 160 for a 702 triple. Steve Seguin's 674 triple was a good addition to this team.

WE'VE MOVED!! TO 609 PITT STREET
DKS. SPORTS REPLAYS INC.
Food Basic Plaza Pitt & 6th Street
Come and see our new location
609 Pitt St. 938-6343

We'd like to bounce an idea off you.



Neon Highline

Nicely loaded for just

$14,988*

plus $630 freight

Neon Highline

4-Door 22D Pkg:

- 2.0L 16V 132 hp SOHC engine
- Fuel economy: 6.4L/100km hwy†† 9.3L/100km city††
- Dual air bags
- Automatic transmission

ASK ABOUT OUR $750** GRADUATE PROGRAM

GOLDKey

LEASE FOR $229† a month for 30 months

plus $782 downpayment or equivalent trade, $630 freight and $275 security deposit.

- Air conditioning
- Side door impact beams
- AM/FM stereo
- Power brakes
- Floor mounted console

Dodge
Dodge Trucks
CHRYSLER

ONLY AT YOUR LOCAL CHRYSLER DEALER.

CHRYSLER FIVE STAR SERVICE

Plymouth
Dodge Trucks
CHRYSLER

†Based on a 30 month lease for vehicle equipped as described. Total lease obligation on Neon Highline 4-Door 22D is: $7,927 with $782 downpayment or equivalent trade. Free kilometers are limited to 51,000. Charge of $.09/km for excess kilometers. Subject to approval by Chrysler Credit Canada Ltd. This is a closed end lease with no buyback requirements. *Price includes $1,000 factory rebate assigned to dealer in lieu of other offers from Chrysler Canada Ltd. Rebate includes GST. *†Price/lease exclude $630 freight, licence, insurance, registration and taxes. Price/lease for vehicle equipped as described, Neon Highline 4-Door 22D.These are limited time offers and apply to retail deliveries of 1997 models from dealer inventory for personal use and may not be combined with any other offers except Graduate Rebate. Dealer may sell/lease for less. See dealer for details and conditions (including no down payment plan. **Limited time offer. Some restrictions apply. Offer applies to retail purchases for personal use only on select models excluding Dodge Viper and Plymouth Prowler. This offer can be combined with any other publicly advertised offer currently available from Chrysler Canada Ltd. Rebate includes GST. Offer applies to 1996, 1995 and 1994 university or college graduates. ††Based on transport Canada approved test methods. Your fuel consumption may vary. See dealer for details.

Buy a NEW 1997 KING QUAD SUZUKI.
The ride you've been waiting for.™
and receive a
FREE WINCH & BUMPER PACKAGE



on the spot financing
all models in stock
TROTTIER SALES CENTRE
HWY. 34 SOUTH, Alexandria 525-1925

S.D. &G. BLAZERS
SOCCER TRY-OUTS

The Blazers Soccer Club will be holding a number of try-outs for the upcoming soccer season for the following teams playing in the Ottawa-Carleton Soccer League.

	TEAMS	COACHES
U.11 Boys - born in 1986	Hans Schulz	528-4617
U.12 Boys - born in 1985	Henry Flipsen	931-3342
U.13 Boys - born in 1984	David Cruickshank	933-7649
U.13 Girls - born in 1984	Bob Butcher	938-9486
U.15 Boys - born in 1982	Laurent Rivard	938-7066
	or Shawn Montroy	938-2577/936-8424
U.15 Girls - born in 1982	Tom Santowski	930-2350
U.16 Boys - born in 1981	Dennis Acheson	932-6478
U.16 Girls - born in 1981	Dave Smyth	537-8548
U.17 Girls - born in 1980	Ron Bergeron	938-8371
U.18 Girls - born in 1979	John Karitsiotis	936-2951
U.19 Boys - born in 1978	Peter Bonamassa	932-0610

For further information on dates and times of try-outs, please contact the respective coach.



Cornwall Peewee "B" Navy Vets

In the first round of the playoffs, the Peewee "B" team met the Char-Lan team and with some solid defense they won by scores of 4-1 and 3-1 and taking all 4 points in the series.

Game #1 in Char-Lan produced some solid bodychecks by both teams and ban penalties taken by Char-Lan to help Cornwall win. The Navy Veterans opened the scoring with a patterned Dale Ferguson end to end rush. Goal #2 came off the stick of Chris Kennedy by some fine passing from Zeyad Elsaadi and Micheil Belmore on the power play. After Char-Lan closed the gap to 2-1 in the second, Cornwall scored third period goals by Ferguson and Jeff Laframboise. The Navy Veterans 4th goal came on a beautiful set up by Ferguson to Laframboise going to the net, on the power play again. Goaltender Devon Eveleigh was solid in goals.

Game #2 just 48 hours later produced a penalty filled game and the Royals came away winners again 3-1. Just like the great Montreal teams of the '70s, the Royals Fab 5 defense of Chris Roy, Brant Garrow, Ranald Pecore, Marc Leroux and Chris Hart were solid. After no scoring in the first, the Navy Veterans opened the scoring on Elsaadi's goal, assisted by Andrew Fisk and Taylor Bingley. The game stayed 1-0 only because of solid goaltending by Ryan Prevost and some fine shadow work on big #17 of Char-Lan by Ferguson, Belmore and Elsaadi. The fine penalty killing of Laframboise and Ryan Freeland also kept the game close.

Third period goals by Elsaadi and Mr. Ferguson put Char-Lan away and looking for their golf balls. Cornwall will now meet 2nd place Kemptville in round #2.

Midget Girls Basketball

Cornwall Lion's Midget Girls Travelling basketball team continued to struggle in a weekend tournament in Goulbourn. The Lions started the tournament by having to battle two of the top teams in the region. In the first game against Nepean, Cornwall was able to stay with them in the first quarter, was outplayed in the second and battled back to within 6 points in the third and eventually lost the game 37 to 31. Kelly Clarke and Shannon Griese each had 6 points.

Gloucester outplayed the Lions 66 to 34 in the second game. Shannon Griese played her best game of the season, scoring 17 points in the loss.

The Lions handled Sudbury in the third game, beating them 42 to 31. Corrine Michaud added 10 points and Lana Samson contributed 8 to the win.

Cornwall was knocked out of the tournament after losing the fourth game to Smith Falls by a score of 49 to 41. Priscilla Vincent was the high scorer with 12 points followed by Lana Samson with 8.

The Midget Lions will be back on the road March 15th in a tournament in Ottawa.

South Stormont Novice Selects

It was a short lived playoff season for the Novice Selects. They received a bye in the first round of playoffs, being that they were first place season champs. They began and finished their playoffs in two games against the South Grenville Rangers. The first game was played in Spencerville with the Rangers defeating the Selects 4-2. Scoring for the Selects was Matthew Walsh with both goals and the assists going to Brendan Timmers and Tyler Maxwell. On March 7th, the Rangers came to Long Sault and in front of a great crowd, the Rangers once again defeated the Selects with a 3-2 win. The goals for the Selects came from Jordan Swerdfeger, assisted by Corey Tinkess. Second goal for the Selects came from Matthew Walsh, assisted by Tyler Maxwell.

The Selects season was not finished yet, with four tournaments coming their way. The first tournament was in Morrisburg on March 8. Their first game was against the Morrisburg Lions in which The Selects defeated the Lions 2-0. The goals for the Selects came from Tyler Maxwell, assisted by Matthew Walsh. The second goal of the game was from Matthew Walsh, unassisted. The second game of the day was against the squad from Canterbury with the Selects defeating them 5-1. Cory Gove (2), Matthew Walsh, Ian McKay and Troy Cryderman did the scoring, while assists went to Tyler Maxwell, Ian McKay, Jordan Swerdfeger, Cory Gove and Matthew Walsh.

With these 2 wins the Selects then moved onto the "A" Finals against the Ottawa West Knights. The Selects tired out in the third period of play with the Knights staying strong and defeating the Selects 6-5. Scoring for the Selects were Matthew Walsh (2), Tyler Maxwell (2) and Cory Gove. Assists went to Ryan Laming, Tyler Maxwell, Matthew Walsh, Corey Tinkess and Cory Gove. Andrew Lefebvre and Max Millar both did a fine job in nets.

Cornwall Tire Bantam Royals

In a recent game at the Si Miller Arena, the Cornwall Tire Bantam "A" Royals played the Ottawa West Knights in a thrilling game. The final score of 4-0 pretty much summed up a total team effort. Defencemen Al Leger and Kerry "bear" MacDonald, kept the front of the net clear for Greg Hebert who picked up the shutout. Goal scorers were Josh Hart and Shawn Chartrand with one apiece, while centreman Kirk Andrew picked up two goals and two assists.

In their next game, the Cornwall Tire Bantam "A" Royals were shut out by the powerful Nepean Raiders, with the final score 4-0 for the other guys. The line of Steph St. Denis, Marc Bourget and Shawn Chartrand played a strong game in a losing cause.

Rounding off a busy week, the Royals travelled to Navan to play a very strong and physical Cumberland team. Peter Pelletier and Marc Bourget scored timely goals. Campaign Joey Sullivan kept Cumberland off their game with some bone jarring hits and scored the winning goal late in the third period. The final score was 3-2 for Cornwall. Defencemen Peter Pelletier, Adam Cameron and Shaun Cousins kept the opposing players at bay, enabling Greg Hebert, with another strong performance, to pick up the win, his second against Cumberland this year.

Delaney Bus Lines Midget A Royals

With the series tied with a game apiece, the Delaney Bus Lines Midget "A" Royals patiently waited a full week before heading down the 401 on Saturday to once again meet Kingston City for the deciding game. A very disciplined Midget A Royals team came home with the 8-2 win and go on to the next round of the playoffs. The hero of the day was Pat Johnson who lit up the board with the first goal of the night and the third, which became the ultimate winner of the contest. Other goals were scored by Jason Cholette with a pair and singles from Kris Champagne, Adam Vachon, Terry Tillaart, and Stefane Champagne. The next series will be against Kingston Township.

COMMUNITY DIGEST

***ST. JOSEPH'S VILLA** 14 York St. need volunteers for one-on-one visitation with the elderly or to share your abilities in crafts or ceramics.

***THE ALEXANDRIA CANCER SUPPORT NETWORK** meets twice monthly, 1st & 3rd Tuesday at 7:30 pm at the Glengarry District High School. Information & support for cancer survivors & supporters. Next meeting Tuesday March 18th . Info: call Lise 346-3513.

***THE C.H.I.P.** (Coronary Health Improvement Project) /Lifestyle group will hold a general meeting on Thursday, March 20th at SDA Church, 2134 Pitt St. N. at 7:30 pm. Everyone welcome. Info: 936-8843.

Snow Check '98
BEST DEAL OF THE YEAR.

Get up to $650 in FREE clothing and accessories OR low 4.9% APR financing* PLUS ... a FREE $400 second year engine service contract, up to $225 cash back from Polaris and MORE!



Reserve a new 1998 Polaris snowmobile with a $350 non-refundable, non-transferable deposit by April 15, 1997. Polaris will guarantee availability and priority shipment of the model you choose.	Take delivery of your 1998 Polaris by September 30. 1997**	Choose Option A or B	Early Payment and Pick-Up Cash Back on Select '98 Models	All Offers Include
	Liquid-Cooled Models	A) $650 in FREE Garments & Accessories B) Low 4.9% APR Financing*	Paid in Full By: 4/15/97 $225 Cash Back 7/10/97 $125 Cash Back	• FREE 2nd year engine service contract ($400 value) • FREE membership in the Polaris PRO Family • FREE full colour G & A and sportswear catalog • FREE personalized name plate • Colour options on the 700 XCR • Colour, seat length, and windshield options on the Indy 500 •* Polaris Buyer Protection guarantee.† • Total unit warranty until 12-1-98.
	Fan-Cooled Models	A) $500 in FREE Garments & Accessories B) Low 4.9% APR Financing*	Paid in Full By: 4/15/97 $175 Cash Back 7/10/97 $755 Cash Back	

▲Lease it ... your financing alternative for a 1997 Polaris snowmobile from your dealer.
The 440 XCR is available only in limited quantities and will not be available under Snow Check.
Hurry! Snow Check Offer (s) ends April, 1997

CLAUDE'S SMALL ENGINES LIMITED
203 Eleventh St. W., 933-0275
POLARIS RIDE THE BEST

▲The above offer is available only to residents of Canada, only at participating Polaris dealers, and on approved credit. *On approved credit with the Polaris Card for 12 months to qualified buyers. See your dealer for details. **Should a Snow Check snowmobile not be available from Polaris by the end of September, the customer shall have 5 days from the units arrival at the dealership to complete the purchase. †Polaris Buyer Protection guarantees that if any Polaris-sponsored program offers a better deal than the Snow Check offer by December 31, 1997, Snow Check buyers receive the difference in FREE clothing or accessories. If the pick-up and payment in full option by 7/10/97 is chosen and the customer does not pay off the unit in full by 7/10/97, the Snow Check will be, at the dealer's option, void and the deposit will be forfeited. The Snow Check promotion is not available to principals or employees of Polaris Industries Ltd., authorized Polaris distributors, dealerships, racers, government fleet or rental units. Available only at participating Polaris dealers. Void where prohibited by law. Manufacturer's suggested retail prices do not reflect freight, set-up or taxes. Snowmobiles purchased under the Snow Check program must be registered in the customer's name as shown on the Snow Check. The customer must take delivery of the snowmobile and pay-off the dealer no later than September 30, 1997 on Snow Check models available in dealer stock. Maximum of two Snow Checks per customer. Snow Check customers will not qualify for any other Polaris programs in effect at the time of delivery and cannot change models once a Snow Check order has been placed. Offer good March 1 through April 15, 1997. Polaris reserves the right to change models and specification at any time without incurring obligations.
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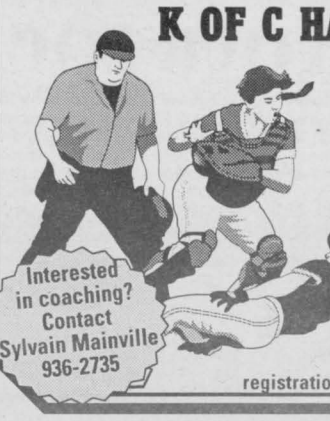
Knights of Columbus 755

CORNWALL MINOR SOFTBALL ASSOCIATION

MIXED SOFTBALL REGISTRATION
FRIDAY, MARCH 21 6:30 pm - 9:00 pm
SATURDAY, MARCH 22 9:00 am - 12:00 pm
K OF C HALL (downstairs)
205 Amelia Street
(corner of Amelia & 2nd)
AGES 5 - 19
as of January 1



Interested in coaching? Contact Sylvain Mainville 936-2735

REGISTRATION FEES
First Child $50.00
Additional Siblings $40.00
Birth certificate may be asked for newcomers.
Children must attend registration for uniform fitting.

COMMUNITY DIGEST

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

***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, Holy Cross School, 124 Anthony St. Info, 932-6014 or 937-0829.

***JOIE DE VIVRE,** a non-profit Catholic movement aimed at helping single, separated, divorced and widows/widowers to live life at its fullest. French meetings held each Friday at 8:00 pm at 305 Baldwin Ave.

***JOIE DE VIVRE/JOY OF LIVING,** a support group for separated, divorced, widows & widowers living without a partner, hold meetings each Friday at 7:30 p.m. Info: 936-1502 or 932-2522.

SEAWAY NEWS
ENTERTAINMENT



Entertainment - Special Events & Restaurant Review - By Bill Gallant

Right on the heels of winter's last blast (we hope) comes the busy St. Patrick's weekend. It actually stretches into next week as St. Pat's Day is on Monday March 17. Despite the cooler temperatures they tell me that is already heating up in this area with food, fun and festivities at several locations in full swing.

HELP...does anyone out there know of the whereabouts of Cornwall's Blarney Stone? To refresh your memories the Cornwall version of the famous rock landed here, mysteriously and rather dramatically, just in time for the 1983 St. Patrick's celebrating. That's just about 14 years ago to the day and quite a bit of celebrating & shenanigans has occurred since then. As the Downtown Business Manager at that time, I organized several fun events, including the very first "Festival of the Rock", that led to the formation of a Cornwall Irish Club. Other exciting St. Patrick's Day happenings included the "rock's" rejuvenation ceremony on CBC-TV with Wayne Rostad and then the successful jump and landing by Canada's top sky divers directly onto the Pitt St. Mall from about 15,000 miles above. The skydivers carried with them the anxiously awaited message from Cork, Ireland. Well the Irish Club is no longer, the rock is somewhere gathering dust, and its time to re-activate everything. As I still have a large chunk of that original Blarney Stone, a chip off the old block you might say, it will be on display again and ready for rubbing and/or kissing this weekend. The ever-lovin Cornwall Rock will be at Heritage Hall on Second St. East for the Saturday evening St.Patrick's Dinner & Dance starting at 6pm. There will be a roast beef dinner followed by dancing to some fine Irish music until 1a.m.

Then on Sunday, March 16, the rock and the music will re-appear at the *R.C.A.F. HALL* on Water St.West for an afternoon of fun & festivities. As part of the Birthday Bash, members and guests will be able to rub the rock for good luck, watch on TV the actual 1983 event as it unfolded, including the rock landing during the early morning hours, next to City Hall and then everyone will enjoy an afternoon of music & merriment.

Sunday, March 16 is also the big day for the *DAVE EZARD WALK* at the Civic Complex. The first of four walks will start at 10am led by members of the Ezard family and Ed Lumley family and friends. For the kids the mascots, *BIG BLUE* of the former Cornwall Royals, *SLAPSHOT* of the Cornwall Colts and the Fire Department's *SPARKY* will be in attendance. A special re-union of some of the "Hockey Stars of the Past" will be featured at 11am, when the Cornwall Hubs and Cornwall Oldtimers Hockey Clubs join the other ex-hockey players from the area to lead the second walk. Also taking part for the last two walks will be celebrities, corporate sponsors,the Cornwall Girls and Boys Amateur Hockey Associations. At 2pm Mayor Martelle will dedicate the Dave Ezard mural in the concourse of the arena to the Ezard family. There will be draws for over 60 great prizes and even if you are not "in the walk" come to the Complex and make a toonie pledge on behalf of *MARC CRAWFORD* and *PATRICK ROY* for a chance to win an autographed NHL jersey or goalie stick. See you at the Complex and then afterward next door at the RCAF Building on Sunday afternoon. Its all for the Canadian Liver Foundation, Cornwall Branch,and in memory of Dave Ezard.

When you read this they will be already in high gear with the on-going celebration for St. Patrick's Day at the *GLENGARRIAN PUB & RESTAURANT*. The fun has been happening since Thursday and will continue all weekend and again on Monday. Sunday there will be matinee's with Darcy Dupuis and the later shows with the Cape Breton Barbarians, Pipers, Dancers, food & fun all weekend including St.Pat's Day on Monday.

THE LEGION, BRANCH 297, is hosting a Sunday Diner Meal of Pate Chinois from 4pm on March 16. Then the St.Paddy's Celebration at the Branch on Monday between 2.30pm-6:30pm. Gary Flaro entertains at 2:30pm and Sugar & Spice starting at 7pm. Irish Stew & Dumplings will be available from 4pm until the pot runs dry.

I noticed with interest that the Alexandria Lions Club has decided to discontinue their organizing and staging of the annual Canada Day celebration and events in that community for 1997. Too bad! The event and festivities at Island Park was popular and keenly awaited each year for the past 30 years. That should now be a real challenge to some other organization to emerge, like mebbe the Town's Businesses,and rally together and save the event. I can recall a few years back while I was with the Downtown Cornwall group, we extended the Canada Day celebrations into an entire full week of fun and festivities. Its a great vehicle for a retail business event too.Hopefully some individual or group will keep the July celebration alive and kicking in Alexandria. Good luck.

Back to more local St. Patrick events and a reminder to everyone about the great time planned for this weekend at the *TOWN HALL* on Pitt Street (the restaurant that is). They will present LIVE music as an added attraction with Mike McAnany appearing on Sunday and Monday between 4pm-8pm. Then Graham Wright will appear on Monday between 8pm-12pm.

Easter is just ahead also and the *KNIGHTS OF COLUMBUS*, Council 5068, will be staging their annual Ham and Bunny Shoot on Friday March 21 starting at 8:00pm at the hall on Purcell Road, Glen Walter. A ham will be given away every 15 minutes between 8:30pm-10:30pm. Also featured will be bingo, games of chance, door prizes and music provided by Greg Fedor. All proceeds to benefit the Knights of Columbus with their charitable endeavours.

There will be another rootin 'tootin', and shootin' time at the Ham Shoot on March 23 at the *ANAF* on Marlborough Street. The fun will start at 1:00pm and it will last until the last ham is "shot". There will also be a door prize and everyone is welcome to attend...not just the members. All proceeds to support the Cornwall *BLACK SOX BASEBALl* program. Take aim and head for the Ham targets!!!!!!

HAPPY ST.PATRICK's DAY to all from *Willie O'Gallant* we bid you a Top of the Day and G'Night.

Knights of Columbus Council 5068,
Purcell Road, Glen Walter
ANNUAL HAM AND BUNNY SHOOT
Friday, March 21st, 1997
8:00 pm - 1:00 am
HAM TO BE GIVEN AWAY EVERY 15 MINUTES BETWEEN 8:30 AND 10:30
• Bingo • Poker • Door Prizes • Nevada Tickets
• Games of Chance • Crown and Anchor
MUSIC PROVIDED BY GREG FEDOR
Everyone welcome. All proceeds benefit the Knights of Columbus with their charitable endeavours

Army, Navy, Air Force on Marlborough Street
Annual Ham Shoot
Sunday, March 23rd
starting at 1 pm.
All games of chance are $1.00/ticket
Members & Guests Welcome!!
All proceeds to Cornwall Black Sox

How much you spend is YOUR DECISION
McArthur Bros. & MacNeil Ltd.
FUNERAL HOME
Specialists in BASIC and TRADITIONAL Funerals
932-6300
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TVs & VCRs MAIL-IN REBATE
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The RCA Big Deal
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$1950 plus $100 MAIL-IN REBATE
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THE RCA "BIG DEAL" MAIL-IN REBATE

B'Gorragh
This is Your Lucky Day!
...And It's Just In Time For St. Patrick's Celebrations!
It's The Luck O' The Irish Prices on Violins, Harmonicas, Irish Tin Whistles, Bodhrans (Irish drum), Banjos, Guitars and much much more
Everyday is your lucky day at ...
Cornwall's No. 1 Music Store
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Since 1963
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KINSMEN KINETTE Club of Cornwall & LOEB FOOD PEOPLE
WEEKLY $200.00 GROCERY DRAW
LATEST WINNERS
Maureen Currier
Alain Lapensee
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Marie Leclerc
The Kinsmen Club and Loeb Seaway thank you for your support. Weekly donations to local charities.



SCUTTLEBUTT

HELLO ... IS THERE ANYONE OUT THERE?

We want to remind everyone out there that this is your public forum ... we need to hear from you, so mail, fax or drop off your little anecdote or gossip to

329 2nd St. W., Cornwall, Ont., K6J 1G8. Fax. 933-0024

To the person who found my purse in Harvey's Restaurant, I wish to say Thank You for turning it in. It's so nice to see that there is still honest people in Cornwall ... we always seem to hear the bad things ... *thanks again.*

Apple Hill.

AdVantages ADVERTISING
PROMOTIONAL PRODUCT SPECIALISTS
Custom Business to Business Gifts - Act Now!
21 Water St. W.
938-8591

Centra Gas gave two price increases already in 1997 to the % of 7.8% with more to come. There are increases to customers by subsidizing the cost of gas to sell in the U.S. Caller would like Centra Gas to answer:

1) If there is a shortage why offer rebate and interest free loans to use more gas?

2) How do they justify to their customers paying more to sell cheaper in the U.S.

"Mayor Martelle, don't you dare resign from the 'Police Board' " says this former City cop! Unlike Ron Wilson, you were elected, not appointed by political cronies!

The force is in total crisis. Perhaps Mr. Wilson and Mrs. Bobka should have read the letter to the editor from the President of the Police Association. It would appear there are serious administrative problems.

Mr. Wilson, being you were a former cop, the 'Boys in Blue' had high expectations of you! They thought you'd look into some of their concerns, like what the cause of the moral problems, etc., ...!!

Embraceable You - We had made some changes in our lives. My husband had lost fifty pounds and after eight years of being a housewife, I had taken a job in a restaurant. When I returned home after my first day at work, I gave my husband a big hug. He seemed to cling to me longer than usual. "Did you really miss me that much today, dear?" I asked.

"No," came the reply. "But you smell so much like Irish Stew that I hate to let you go."

A Big Bouquet to **CCVS, Tagwi and Glengarry District High School students** who participated in the local Sears Ontario Drama Festival and will be going to the Eastern Regional Competition held in April. It's great to see such talented youth in our area. Keep up the good work and Good Luck!

Congratulations to the people on 9th Street who have decorated their house for Easter. It warms the heart and gives hope for Spring.

LOCEY'S DELIVERY SERVICE
Monday - Saturday 9am-10pm
Sunday 11am-5pm
BEER, LIQUOR, LETTERS, PARCELS, PERSONAL ERRANDS, ETC.
Your Need Is Our Deed...
"Fast & Friendly Service"
930-9221
PROP. K. Locey

Excuses, excuses!

When my husband reported for jury duty, the court attendant asked for all persons 70 years of age and older to come forward if they wished to be excused. He then asked for any persons who had written medical notes to step forward and be excused. The remaining group was told to stay seated and await the selection proceedings.

At this point, one man stood up, frantically waving a piece of paper that he said was a note from his boss: The court attendant took the note from him and read it aloud: "Please excuse this man from jury duty for he is indispensable to the firm, and it would be a great loss without him."

The court attendant folded the paper, handed it back to the man and said: *"Put this note in your wallet until the next time you ask your boss for a raise.* Then give it to him. Now sit down and let's begin."

It seems that money has become the object of adoration when the courts hand out longer sentences for fraud than they do for murder. **Says something for our Justice System.**

Ahh!! Parents can breath a sigh of relief this weekend as the kids are back to school on Monday.

Trying to get my teenage son to clean his room was a monumental struggle. Finally I threatened, "If you don't have that room cleaned by Monday, I'll clean it for you!"

Monday morning came and it was still a disaster. As he left for school, I reminded him of my threat. As it happened, I was so busy that I never got to it. When he came home, he walked straight by me without saying a word. A few moments later he came back into the kitchen, put his arm around my shoulders and said, *"Thanks Mom, you cleaned my room just the way I like it."*

Caller would like to send a bouquet of flowers to **MARY HUG** of Minders Keepers, who went out of her way recently to have the pipes in her house wrapped so they wouldn't freeze up during the cold spell. She minded her house and cat while away and did a wonderful job.

Always a sign that "Spring" is close when the Town & Country Petting Zoo comes to our malls during the March Break. *An enjoyment for every animal lover.*

Finally, they have an academic study which proves that **men do control the remote control and it drives women crazy.** My solution, if you have this problem, purchase two TV sets.

30,000 applications were received by Alcan Aluminum in Quebec when they recently advertised fifty new jobs available. **Talk about competition.**

This is better than counting sheep - Can't sleep? *Try some honey and warm milk or chamomile tea before bedtime.*

What a wonderful feeling I got when seeing the front page of our local daily of March 12th, *showing how the people of Cornwall came through once again to help one of its citizens.* The appeal made by Laurier Guay's family to acquire a "Speak and Spell" overwhelmed them by receiving well over twenty units. Mr. Guay suffers from Lou Gehrig's disease and needs this unit to communicate with his family. *What a warm feeling it left on this cold March day!!*

Thought for the Week: If at first you don't succeed - you're running about average.

Don't forget the Dave Ezard Memorial Walk this weekend at the Civic Complex. All participants will be eligible for the grand prize draw of a trip for two anywhere in North America that Air Canada flies, while helping raise funds for the Canadian Liver Foundation.

Beware drivers of the **major pothole at the entrance at Maynards from Ninth Street** ... hard on the car's alignment!!

Happy St. Patrick's Day to all our Irish friends ... have a wonderful day!

INDEPENDENT CHILD CAREGIVERS ASSOCIATION
CAREGIVING ... A PROFESSIONAL CHOICE
Independent Child Caregiver's Association (I.C.C.A.) is holding their first FREE MONTHLY WORKSHOP on Saturday, March 22 for Caregivers providing home-based day care and parents seeking home-based day care.
Ph: S.D.& G. Co-Ordinator Linda Lapointe 527-2818 or the Ottawa Office at (613)749-5211

Well ... Duh

Albert Amateau, 105 years old, says he expected longevity. "I lived my life in such a way that I knew I would live beyond 100," he explains.

One of the reasons for his longevity has been that Mr. Amateau is an avid walker. He was once examined by a physician, 50 years his junior, who was amazed to learn that Mr. Amateau walked four or five miles every day.

"What do you do when it rains?" asked the doctor.

The old man looked up, surprised.

"I put on a raincoat," he said with a smile.

Pizza Hut
AND NOTHING BUT!
DELIVERY
937-3377
712 14th Street West

To all of us "out-of-shapers", let us take a few pointers from 72 year old Norman Thompson, who works out pumping iron almost every day. We are never too old to exercise and we should take better care of our bodies by exercising regularly. What an inspiration he is to everyone!

Good luck to **DOUG SWEENEY** on his moving of DKS Sports Replay to 609 Pitt Street, Unit 5, his new location.

Caller would like to send a bouquet of flowers to **DAVID WARD**, the young gentleman who helped find Blue, the Siberian Husky who escaped from his owner last week. It's nice to see that some young people still have respect for our four-legged friends. *Good job, David!!!*

Double Brrrrrr!

Congratulations to the twelve brave people who participated in the "Polar Bear Swim" recently and helped raise more than $1,000 for the United Way of Cornwall and District.

Caller recently spotted a CHIP TRUCK down the road. That's one sure sign that Winter is over and Spring is here!!

The new Cornwall Library is a great addition to Cornwall's other plus factors. But, the clock facing Second Street is probably the only public time piece which gives its' citizens the right time **twice a day.**

Best wishes to PHIL JASMIN, get well soon!!

To the persons who removed my little boy statue, off my porch, two houses up from Bedford and Eleventh Street, Thursday evening March 6th. Please, return it, as it has sentimental value. We know who you are, and we are willing to let you return it, without charges being laid. **So, please return it soon, thank you!!**

Helpful Hints: Rice Cleaner - To clean small-neck bottles or vases, place a little rice and warm soapy water inside and shake well. Rinse out and let drip dry.

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.html
(Your own submissions are always welcome!).

A guy responds to a job position at the city zoo. The ad mentioned the salary but not what he would be doing. Come to find out that the zoo's gorilla had unexpectedly passed away. The zoo had just spent millions on promotions which focused on the gorilla and now they needed a gorilla. The guy really needed the job and the money was good so he accepted.

Everyday he would put on the gorilla suit, hang out in his cage and be the gorilla. After a while he started enjoying himself. He would scare little kids, roar at the crowds, and eat bananas and stuff. You know, gorilla things. As time wore on he became the main attraction at the zoo. He would swing on his trees and vines, and the people loved him.

One particularly busy Saturday he was swinging around and accidentally swings over his fence and lands in the lions cage. The lion slowly opens his eyes and sees the gorilla. The lion begins to stalk. The lion, now drooling and wide awake, slowly approaches the gorilla who is backed up against the fence. The lion is ready to jump, then the gorilla started yelling, "Help! Help! I'm not a gorilla. I'm a man! help help !!"

Then the lion said, " Shut-up stupid, or we'll both get fired!"

Have you ever noticed that when you ask how far it is to a certain place, *country folk answer you in miles and city folk answer you in minutes?*

To the persons who stole the mailbox off the McConnell Street house, **for $12.00 you can buy your own at Canadian Tire.**

"Precious"



by Sandra Kuck

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• Full Line of Limited Edition Prints
• Photographic Restoration
~ Bring Your Memories Back to Life~
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LOGAN'S GALLERY
A gallery like no other ...
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Did you know that the province of Newfoundland spans one and a half time zones, Labrador is on Atlantic time while Newfoundland is one half hour later.


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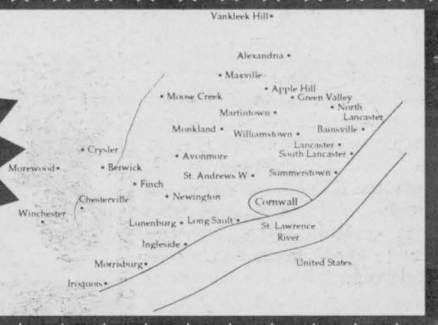

A Cry For Help... What Does Lung Disease Mean To You?

In this day and age, it is very rare to find anyone that doesn't have a friend or family member who is not afflicted with some form of lung problem. That's why The Lung Association works year round to provide programs and services to families suffering from lung disease.

Catherine Sabourin, spokesperson for The Lung Association, announced recently that for the fourth consecutive year, the Christmas Seal Campaign is falling dangerously short of its goal. For the past three years, the goal has remained at $70,000 and each year has fallen short by an average of $10,000. This year they have lowered their target to $60,000. Unfortunately, they still are drastically short of meeting their mark. "We don't feel that this is an unrealistic objective, considering that The Lung Association, Eastern Counties' office in Cornwall, services the Five United Counties," says Sabourin.

"Lung disease is a major problem in our area, and of great concern to us all. One in five Canadians suffers from some form of respiratory illness. 27,000 Canadians die each year, that's 10 each week from lung disease. As a result, the demand for education and research has also increased dramatically. That's where The Lung Association comes in. Our aim is prevention where possible, and education where needed," she says.

Your financial support to The Lung Association is all about saving and improving lives of others. Your support means ongoing programs for children and adults living with lung disease; respiratory health education and asthma management for schools, parents of asthmatic children, and caregivers; not to mention the continued support of life saving research projects.

The Lung Association depends solely on direct mail and supplementary fundraising. They do not receive government funding, and are not a member of the United Way. Monies raised during the year, remain in the Five United Counties for programs and services offered in each community.

"We understand that we are not alone in our plea, and that times are hard for many. But you are the "lifeline" of this voluntary organization which has served Canadians for the past 90 years; and you have made it possible for us to reach out to so many, who are so desperately in need of our services," she says. If you have, in some way benefited from the organization and would like to see The Lung Association remain a viable service to the community, please consider how your donation could help in the work towards a "healthy future". The Christmas Seal Campaign ends March 31st. To make a contribution please call 932-4999 or visit the office at 113 Second St. East and remember always ... when you can't breathe, nothing else matters."

Responsible Snowmobile Riding Key to Trail Safety

Labatt Breweries, the Ontario Federation of Snowmobile Clubs and Bombardier Inc., partners in the Labatt Safe Trails program, want to remind snowmobilers to stay safe this winter.

So before hitting the trails for a crisp winter day of outdoor fun, it is important to equip yourself with the necessary information and materials to make your snowmobiling experience both safe and enjoyable.

Some of the snowmobile safety tips the partners recommend include:

• never ride impaired. Alcohol, drugs or fatigue blur your senses, slow your reaction time and make it harder to stay warm.

• take charge of your machine. Make sure your snowmobile gets regular maintenance checks and that you are aware of the regulations and safety precautions.

• ride within the posted speed limit on the trails. High speeds rob you of time to react to surprises.

• stick to marked trails, especially on lakes - uncertain conditions and untravelled territory may be risky. Obey trail signs, watch for other riders and use proper hand signals.

• ride in daylight. You need to spot trouble ahead before it's too late.

• always ride with a partner. In an emergency, a partner can make the difference between life and death.

• carry a survival kit. Pack it with emergency items like repair tools, a tow rope, spare clothing, a blanket and high energy food.

• wear a helmet. It's not only safety smart, it's the law. The helmet should fit snugly and be securely fastened under your chin.

• wear safe, reflective clothing and, if riding over a lake or river, a buoyant snowmobile suit. It's important to stay warm, so layer your clothing. Cotton, which retains moisture, should be avoided.

• know basic first aid. Knowing how to respond in any kind of an emergency could save a friend's life.

• respect the environment. Don't ride if there's not enough snow cover to protect vegetation, and don't ride over trees and shrubs.

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HOROSCOPES

Aries – March 21/April 20
It's time for an early spring-cleaning. Don't be a pack rat. Clean out your closets, and throw out what you don't need. Make room for new hobbies and ideas. Discover new things to do, and steer clear of the TV. Good news comes via mail on Wednesday. A quiet weekend is the way to go.

Taurus – April 21/May 21
Stubbornness will only lead to loss and hard feelings. Let sensibility be your guide this week. Face issues clearly, and argue only your point. Keep things simple with co-workers. Don't let personal feelings or grudges and resentments get in the way of your professional relationships.

Gemini – May 22/June 21
Think fun this week, Gemini. Try something new and daring. Have your eye on someone special? Now's the time to break the ice, especially if it's a Libra you're after. Later in the week, when your patience is called upon, give it generously. A Leo plays a strange role this weekend.

Cancer – June 22/July 22
Don't fret over finances. Practice taking one problem at a time — and watch as things work themselves out, without you controlling everything. Sticking to a diet through temptations on Wednesday gives you a sense of pride. It's well-deserved, so flaunt it. New romance looks promising.

Leo – July 23/August 23
Romance looks good this week, Leo, but don't forget the basics. Be open about your feelings, and ask for what you want. Structure your priorities carefully at work, and organize time to meet tight deadlines — especially on Friday. A special date on Saturday keeps you smiling for days!

Virgo – Aug 24/Sept 22
Get in touch with an old, out-of-town friend. Make efforts to win someone's affection this week. Take romantic gestures to the maximum. Take a colleague out to lunch on Tuesday, and call it an "appreciation lunch." It never hurts to thank those who have helped you.

Libra – Sept 23/Oct 23
It seems as though you've been hard to reach. That's OK, so long as you don't place blame on hard-to-reach friends. Remember that relationships are a two-way street, and what you get is what you should give. Romance requires lots of listening this week and not so much talking. Listen carefully to your partner's needs. A simple gesture shows you care.

Scorpio – Oct 24/Nov 22
Exercise rids your frustrations. If you can't get to the gym, take a run around the block. Aggression is building at home, and you could find yourself in the middle of two people you care about. Advice? Play the diplomat. Resist the temptation to take sides. A Leo offers good advice.

Sagittarius – Nov 23/Dec 21
Take some time out to cook this week, Sagittarius. Look to older generations in the family, and collect their most creative recipes. Work is a rude awakening on Friday. Be prepared to cover a lot of territory in a little time. A friend's behavior could lead to a major disappointment.

Capricorn – Dec 22/Jan 20
Try to ignore your family's comments regarding a romantic partner. Think about what you want, and present your thoughts to your family in a definitive manner. Leave time for others' perspectives. You may be under their influence, but you do not have to be under their thumbs.

Aquarius – Jan 21/Feb 18
Get ready to entertain, Aquarius. It's been a long winter, and it's time for some fun. Invite all your friends and even some favorite acquaintances to a party. Dress to kill, and call your flirtatious side to the front line. It's your time to shine. Enjoy every minute of it! A Cancer takes note.

Pisces – Feb 19/March 20
Challenges at work try your patience early in the week. Keep calm. A romantic weekend helps ease your mind. Showing only part of the story can make you look suspicious to a loved one. Hiring friends to help you with special work projects could lead to hard feelings.

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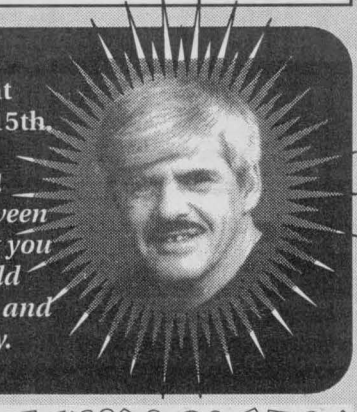
LET'S CELEBRATE

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

ATTENTION READERS: If pictures for our Let's Celebrate column are not picked up within a year after the published date, you can claim them at Nativity Church Basement. Ph: 932-1320 or leave a message for RANSOM.

Happy Birthday to my husband Dwight celebrating on March 15th.
Hear! Hear!
Another Year Dear!
Talk about the in-between years - no matter what you do, your labelled - old enough to know better and young enough to try.
Love Bern!



Happy Birthday to our Dad, Dwight.
Remember Dad, it's the 90's, 90's, 90's.
Love Angèle & Stefan.

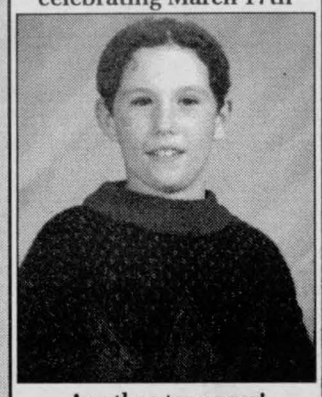
Happy Birthday to Mrs. Doreen Brisson celebrating March 16
As the saying goes, "Forever Young"
Have a great year.
Love all your family & grandchildren

HAPPY 1ST BIRTHDAY TO
Ghislain & Joel Racine



Mom & Dad
(Charles & Julie (Beaudry) Racine)
sure must be in good shape to keep up to you guys!!

Happy 13th Birthday to
MATHIEU LALONDE
celebrating March 17th



Another teenager!
Have fun with your teen years Mathieu!
Love all the family & Pepper

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COMMUNITY DIGEST

*EX-FATHERS, a support & action group promoting fairness for fathers after separation and divorce, meets Tuesday March 18th at 7:30 pm, Room 11, St. Lawrence High School (main entrance), 1450-2nd St. E. All fathers welcome. Info: 931-2104.

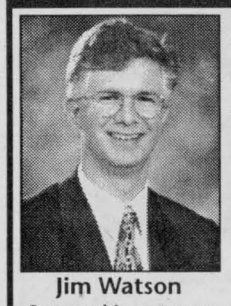
*LA LECHE LEAGUE meets every second Tuesday of the month at The Eastern Ontario Health Unit, 1000 Pitt St. at 7:30 pm. Expectant and nursing moms with little ones are very welcome. Info, call Martha 534-8414 or Brenda 931-3146.

*LEGION BRANCH 297 will hold the Lotto dance on Saturday March 22nd. Entertainment & light lunch served. Members free, Guests $2.00.

*LEND A HELPING HAND. Volunteers are needed to assist in the driving of children, especially during the winter months. Use of agency cars. For info, call Audrey Moores, 933-2292.

*LIP SYNC CONTEST - APRIL 12TH! Participants wanted for adult and youth categories. Trophies & prizes. Proceeds to the CNIB. Call Marilyn Ladouceur for details, 933-2764.

HAPPY HAPPY RETURNS
Income Tax EFILE And Group Rates
Accounting & Computer Services Also Provided
938-4703

INVESTMENT STRATEGIES

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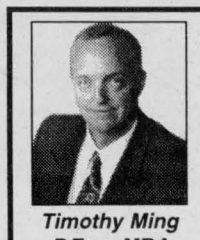
Invest wisely: Important information about the STAR asset allocation program is contained in the simplified prospectuses of the Mackenzie Funds. Obtain a copy from an investment advisor and read it carefully before investing. Unit values and investment returns of each fund within your STAR portfolio are not guaranteed and will fluctuate, as will the overall market value of your STAR portfolio, reflecting changes in the value of the underlying funds. Mackenzie has agreed to pay part of the cost of this advertisement.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March is Red Cross Month
Millions of Canadians benefit from the programs and services of the Canadian Red Cross every year.
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You can make a difference. Contact your local Red Cross branch or call 1-800-668-2866 to make a donation
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HELP US! We Need You!
1. Bring your Red Cross identification card or
2. Please bring an identification card with photo
3. Have a good meal one to two hours before donating.
4. You can now donate every 56 days
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THANK YOU.
The Canadian Red Cross Society
La Société Canadienne de la Croix-Rouge

A Little Every Month, A Bundle of Savings Later

Installment plans.

You can use them to purchase just about anything - primarily so you can enjoy something today and pay for it later.

Surprisingly, you can also contribute to your RRSP in much the same way, thanks to pre-authorized chequing plans (PAC).

Available from most mutual fund companies, a PAC allows you to make RRSP contributions - weekly, monthly or bi-monthly - straight from your bank account. But unlike lay-away plans for merchandise, PAC plans do not require you to pay an interest penalty. In fact, most mutual fund companies don't charge a penny for the service.

PAC plans make it easy to boost your annual RRSP contribution level because the withdrawals from your account are automatic - and manageable. In effect, PAC plans let you pay yourself first, rather than pay yourself later. And if you pay yourself later, you may scramble to find money - and make a hasty decision - when you make an annual lump sum contribution in the midst of the RRSP season.

It's a matter of personal choice. Would you rather invest $100 every month or find $1,200 at the last minute? For most people the choice is obvious.

Dollar cost averaging is another benefit if you decide to start a PAC. And it's probably one of the best ways to invest in mutual funds.

It's a simple process because even when mutual fund unit values start to decline, you win. If you commit yourself to regular contributions, you'll actually purchase more units when the fund's unit value drops. And if the value rises, well, that's also a good sign.

You also may want to consider the power of leveraging, although it is considered by some to be a risky strategy. The Laurentian Bank of Canada, for example, offers a 2 for 1 loan program. If you pledge $10,000 to invest in mutual funds, the bank will contribute an additional $20,000. What a great concept. You can actually make money with borrowed money.

Whatever you decide, the best advice is to start an investment program today. Don't delay.



On the Money
with Gordon Pape

PAPE'S TIP: *"If you're having trouble saving, start small and build from there."*

Start the savings habit

Everyone knows it's a good idea to save money. The problem is how to do it when the family budget is already stretched to the limit.

Even if the extra cash only amounts to a few dollars a week, get started. Then keep adding to your savings at every opportunity.

EXTRA MONEY

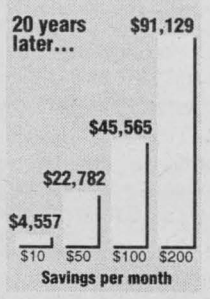
Whenever you receive some additional cash, earmark a portion of it for savings. Aim for 50% of the amount you receive. That way you can save and spend at the same time. Possible sources of extra money:
- Income tax refund.
- Salary increase.
- Increase in take-home pay (CPP is paid off, a tax cut is introduced, etc).
- Bonus or unusually high commission.
- Financial gift.

What to do with it

As your savings build, use the money in the most effective ways. Good choices include:
- Paying off credit cards and other consumer debt.
- Maximizing RRSP contributions.
- Paying down the mortgage.
- Setting up an education fund for the children.
- Creating an investment portfolio.

HOW IT GROWS

How your savings will grow over 20 years, assuming an average annual return of 6% (taxes not taken into account).



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Gordon Pape is a financial author and broadcaster. On the Money provides general information on money management. For specific advice, consult an appropriate financial professional.

Do Your Research Before Investing In Funds

When mutual funds first became popular more than a decade ago, Canadian investors weren't sure what to make of them.

But times have changed.

With more than 1,300 investment funds available today, investors are learning how to reap significant returns - simply by finding the top performers.

If you're considering mutual funds for your portfolio, start by looking at your personal needs, tolerance for risk and financial goals.

Once these factors are determined, you'll need to choose a fund category that will provide income, growth or a combination of the two.

Income funds invest in fixed-income investments, including bonds, treasury bills, and mortgage backed securities while balanced funds invest in a combination of fixed-income investments and equities (shares of companies).

Growth funds invest in equities, which offer no guarantee but provide the potential for higher returns.

Funds can also be categorized as Canadian or international. This is an important distinction because a Registered Retirement Savings Plan (RRSP) can hold up to 20 percent as foreign content. A cash plan, on the other hand, can invest 100 percent in foreign content.

Once you've chosen the fund category that suits your needs, choose a fund manager and a specific fund. You should carefully evaluate the fund on several criteria, including the fund's objective, its risk level and its track record. The manager's style and history are also important. Also, take a look at some of the options provided by the fund companies themselves, such as whether they offer pre-authorized chequing plans or systematic withdrawal plans.

Invest some time before choosing who will manage your investment. By doing so you can control part of the risk and gain an opportunity to achieve greater rewards.

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MORRISBURG 147 Dairy Road Ph: 543-3403 Fax: 543-3709

SEAWAY BARGAINMART

DEADLINE: THURSDAY 4 P.M.

933-0015

Circulation: 34,750 copies

MasterCard VISA

CLASSIFIED ADVERTISING RATES

PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES

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

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

NOTICE

It is our wish to serve you through the classifieds, however, Seaway News can't possibly verify the legitimacy of all ads. **DO NOT SEND MONEY OR GIVE YOUR CREDIT CARD NUMBER** to any company offering employment. Legitimate firms do not charge potential employees for a job. Opportunities to earn money at home by assembling products, etc. should be examined carefully. Check references of these companies. Do not send money or give your gredit card number until you are satisfied you are going to get what you bargained for.

LET THE BUYER BEWARE.

NOTE TO CLASSIFIED ADVERTISERS

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

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $26.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 4 pm Thursday. Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8. Mail pick up, no charge. Mailed replies: $6.00

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

ADULT ENTERTAINMENT

✓ Lingerie
✓ Adult Books
✓ Novelties

• Marital Aids • Lotions
• Video Tapes • Magazines
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EXOTIC EXPOSE

St. Lawrence County's Adult Centre
OPEN 12 NOON - 10 pm daily
Corner of Rt. #56 & Town Ridge Rd.,Massena
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315-764-1954

XXX MAIN VIDEO

• Adult Movie Rentals
• Over 1000 Titles

New & Used Video Sales
$10.00 per tape + tax

• Marital Aids
• Lotions • Oil
609 Montreal Road, Cornwall

COMPANIONS CORNER

SHY, HONEST 28 yr.old gentleman who enjoys country living and what life has to offer. Would like to meet a lady between 26-30 with old fashioned values for friendship maybe leading to romance. Photo and brief description appreciated. CC1743.

LONELY, GAY FEMALE, 49, seeking feminine gay woman to share my life with. Let's talk over coffee. CC1744.

2 APTS/CONDOS FOR RENT

RENT NOW GET OCT. FREE Available immediately, 1 & 2 bdrm apts. fridge, stove & parking available. $450/mth, utilities incl. References req. Call after 6pm 932-7055 or 931-2594 for appointment.

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

TWO BDRM on Walton. Renovated, fridge & stove, backyard. Available now $375/mth, plus utilities. Tel: 936-6961.

AVAILABLE NOW, 3 bdrm semi-detached. $700/mth. First & last required. Call 937-3527.

NORTH END, freshly painted one bdrm basement apt. New carpeting & cushion floor. Parking, private entrance. Fridge, stove. $425/mth, heat & lights included. Reliable, quiet working person preferred. References. 932-7854.

COMPLETELY RENOVATED two bdrm downstairs unit. Private parking. Avail. April 1st. Gas forced air heating. Rent $400, tenant pays own utilities. Call 933-9553.

IMMEDIATE POSSESSION 39 Anthony, spacious 2-bdrm apt. Fridge, front balcony plus parking. $590/mth, including utilities. First & last required. Apply 39B Anthony.

LARGE 2 BDRM APT. Washer/dryer hook-ups. $520/mth, plus utilities. No dogs. Available Feb. 1st. References. Call 933-8920.

AVAILABLE IMMEDIATELY, $590/mth, utilities paid. New 2 bdrm apt. Meadowvale Crescent. Reduced rent. Private drive and entrance, fridge, stove supplied, washer/dryer hook-ups. No pets. 937-4045.

50 DANIS, available immediately, upstairs 2 bdrm. apt. Washer/dryer hook-ups, fridge & stove included. $460/mth, heat included. Call 937-0847.

2 BDRM UPSTAIRS apt. West-end. Parking, washer/dryer hook-ups. Available immediately. Call 534-2932.

IMMEDIATELY modern 1&2 bdrm apt. Fridge & stove, 408-12th St.W., 1 bdrm apt., 111 Sydney St., 3 bdrm semi-detached, 25 Marlborough St.S., 2-2 bdrm apts,duplex, 302-7th St.E. 933-4117.

LARGE DOWNSTAIRS 2 bdrm apt. on Louisa St. South. Washer/dryer hook-ups, basement storage, yard. $475/mth, everything paid. Not furnished. Phone: 933-7516.

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

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

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

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

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

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

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

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

SEAWAY NEWS

Serving Cornwall and Area

EAMERS CORNERS, large, clean, 1 bdrm basement apt. All utilities paid. Fridge & stove. Available immediately. Own private entrance & parking. Washer & dryer available. Call 938-8839.

AVAILABLE NOW, 2 bdrm upstairs apt. Bathroom, living, dining room, kitchen downstairs. Parking, large yard, washer/dryer hook-ups. 539A Amelia. $460/mth. No dogs. 933-8097.

TWO BDRM UPSTAIRS apt on Cumberland. $365/mth, plus utilities or $510/mth, with utilities paid. No pets. References required. Call 534-8454.

1 BDRM APT. Kitchen, livingroom, fridge, stove, washer/dryer hook-ups. 100 McConnell Ave. Upstairs. Available April 1st. $350/mth, utilities paid. First & last in advance. No pets. 932-3530.

1 BDRM APT. Central location. Quiet area & close to bus. Further info, call 932-5824.

UPSTAIRS LARGE 3 bdrm, all hardwood flooring, 4-pc. bath, laundry hook-ups, private balcony. Good quiet location. Lots of parking. No pets. $665/mth, heated. 937-3216.

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

AVAILABLE NOW, 2 bdrm upstairs apt at 702-1st St. East. $380/mth, pay own utilities. Includes fridge, stove & garage. Call 938-0875.

EAST END RENTALS Very clean, warm, well maintained, professionally managed and reasonably priced. 1 bdrm & 2 bdrm apts. available. Call 938-3936.

4 YARD/GARAGE SALES

KIWANIS GIANT GARAGE Sale Extravaganza, March 29th, 8 am-4 pm, Cornwall Civic Complex. Table rentals, $15. each; 2 for $25. Call 932-1630 for info. Free admission. Everyone welcome.

5 ARTICLES FOR SALE

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

SMALL FREEZER & bar fridge, like new. All-steel utility trailer, good condition. Call 528-4717.

MDM VENDING MACHINE Good condition. Asking $375. Call 933-2055 for more info.

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

QUEEN SIZE box spring & mattress. King Koil Contour. Brand new, still wrapped. Asking $800. Call 933-5344.

R. McLAUGHLIN ANTIQUES is re-opening March 1/97. Come in and see our stock at a bargain price. Location Hwy. 34 north of Lancaster, exit 814 off Hwy. 401 north.

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

SLM SKATE BLADES. All sizes available, $15./pr. Call 933-4291 after 6 p.m.

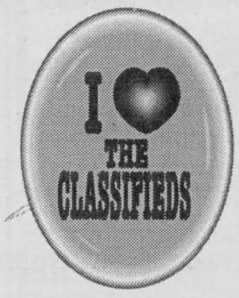
486 NOTEBOOK COMPUTER with 500 Hewitt Printer. $1,500 negotiable. Can be seen or used. 933-0706

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

MOVING SALE: Moffat heavy-duty 5-program dryer, $225. CCM exercise bike, Ergometer 3000, $150. Modern dining room set 4 chairs burgundy & pink upholstery on green $450. All in very good condition. Prices can be negotiated. 932-4641.

DOUBLE DRESSER w/double mirrors, Fender 6-string acoustic guitar. Chainsaw Jonsred 630. 40" professional ladder. Snowblower, 8 h.p. Lawn mower. Apt size freezer. Washer & dryer. Weed eater. Filing cabinet, horizontal. York 2001 home gym. Call 534-2355 / 938-9387, leave message.

COMPUTERS COMPLETE SYSTEMS. 486DX4-100 $835. Pentium $989. Upgrade 286/386 to 486 $155. 486 to Pentium, $299. 14" SVGA, $245. Crazy Horse, 1247 2nd West. 932-6343.



13 AUTOS FOR SALE

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.

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

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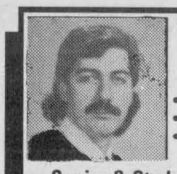

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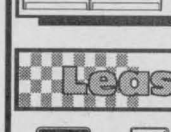

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We will finance anyone,
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4 dr., auto., red
$262.29/mo. 24 mos.
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MIKE COOK MEL-EL AUTO LEASING
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14 AUTOS WANTED

CASH PAID FOR unwanted scrap cars, trucks, vans. Amount depends on year and model. Ph: 938-1783.

18 BUSINESS OPPOR.

UNEMPLOYED OR JUST want more out of life. $27.95 + tax will put you in your own home based business. Info, 936-6824.

CASINO JOBS

Be prepared to learn to deal Blackjack, Texas Hold, etc. 20 hrs. course for only $300

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Learning How To Learn

21 HELP WANTED

ARE YOU DISSATISFIED with your present lifestyle? Want to improve it financially? Do you really want to do something about your future? Call me, 932-6846.

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

Leaders needed immediately for rapidly expanding company.

Must be self-motivated, willing to help others and serious about earning an above average income.

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CORNWALL PUBLIC LIBRARY

Invites applications for the position of

OFFICE MANAGER

Duties and responsibilities include: Reporting to the CEO, the Office Manager supervises the staff and operation of the Administration Department; is responsible for all financial record keeping, accounts payable, payroll, benefits, purchasing of supplies, building and equipment maintenance; controlling and maintaining personnel records; acts a secretarial assistant to the CEO, attends Board Meetings, Management Committee Meetings and Union/Management Meetings as Recording Secretary. Required to handle work of a confidential nature. Performs all tasks in accordance with Cornwall Public Library policies and procedures.

QUALIFICATIONS:

1. Canadian Business Administration Accounting diploma, from an accredited community college, or equivalent.
2. Demonstrated supervisory skills.
3. Demonstrated microcomputer skills including knowledge of wordprocessing, spreadsheet and accounting software (experience with WordPerfect, Lotus 123 and ACCPAC BPI a definite asset).

APPLICANTS SHOULD SEND OR DROP OFF A RESUME (facsimiles accepted, but send original by mail) by 1:00 pm **20 MARCH 1997** to:

Cornwall Public Library
Attention: Robert Hubsher
45 Second Street East
P.O. Box 939, Cornwall, Ontario, K6H 5V1
613-932-2715 (facsimile)

Only those candidates who will be invited to an interview will be contacted - interviews will be held from 24 to 26 March, start date for this position is April 1, 1997.

A copy of the job description may be picked up from the Circulation Desk at the Library.

For additional information contact: Robert Hubsher at 932-4796

$570/WEEKLY making holiday decorations year round at home. No experience. SASE to: Holidaycraft Decoration Ltd., 420 Main St. E. U-C Ext 1012, Milton, Ont. L9T 5G3.

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22 EMPLOYMENT SERVICES

HOMEWORKERS URGENTLY NEEDED! Up to $20/hour! Positions include product assembly, telephone work and publication distribution. Easy. No selling. No experience necessary. Free information, rush large SASE: Homeworkers, 6021 Yonge St, Suite 1012-A40, Toronto, M2M-3W2.

23 HOME SERVICES

TR's RENOVATIONS specializing in all types of flooring & home renovations. Repairs to all rod iron railings. 10% off to all seniors. Call Todd, 936-0652.

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SPRING SPECIALS

'92 Caddy DeVille, loaded $12,500
'91 Grand Am SE, loaded $6,995
'91 Taurus GL, loaded.....$5,995
'91 Dodge Spirit, V6, 4dr $4,995
'90 Mazda B2600 4x4.....$6,595
'90 Aerostar, 7 pass, V6..$5,495
'90 Ranger P/U, w/cab $4,995
'88 Caddy Sedan de Ville$5,995
'88 Buick Park Ave. $5,495
'88 Chev. Beauville $5,995
'88 New Yorker $4,995
'88 Suzuki Samuri 4X4 ....$3,495
'87 Dodge Shadow as is ..$1,995
'87 Ford Tempo, auto., ...$2,995
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ROBERT THE PERFECT HANDYMAN- Reg., Renovations, specializing in siding, roofing, drywall, garages, decks, garden sheds, etc. We also secure tin roofs. Call Robert at 525-2197. Pager #930-8720. Free estimates. References available.

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24 BABYSITTING

RELIABLE HIGH SCHOOL student will babysit in your home weeknights & weekends. Experienced. Preferrably in the North-West end. Call Mona at 938-7071.

25 CHILD CARE

A CHILD'S SECRET GARDEN is celebrating another successful year. We now have openings for babies to 5 yrs. of age. For more information, call Debbie, 938-6905, 9-5pm.

28 TRAILERS/ CAMPERS

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

AUCTIONS

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Mrs. Ethel Fetterly
1 Augustus St.
Avonmore, Ont.
Thursday, Mar. 20
Friday, Mar. 21
8:30 am - 5:00 pm

John Deere 130 9hp lawn tractor; elect. mower; new scale William Piano; piano bench; sofa & chair; dishes; lamps; desk; G.E. fridge; gas stove; dryer; wringer washer; trunk; quilts including Red School House; woollen blankets; towels & linens; wardrobe; exerciser; cement bird bath; garden tools; wooden shovel; other misc. articles.

Terms: Cash or Acceptable Cheque. Canteen

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34 HOUSES FOR RENT

TOWNHOUSE, AVAILABLE April 1st. 2 bdrm, includes fridge, stove, carport, patio, basement. Close to bus. Nice area. $634/mth, utilities not included. Call 938-5416, after 5:00 pm.

BEAUTIFUL COUNTRY HOMES, 3 bdrms, $550 & 450/mth. 2 bdrms, $350/mth. Available immediately or May 1st or June 1st. Call 538-2840.

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Refinances, purchases and debt consolidations.
Pay off high interest loans & credit cards.
5 Year Mortgage • 6.25%
UPPER CANADA MORTGAGE
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NEW 3 BDRM HOUSE whirlpool, FAO, AC, air cleaner, central vac, hardwood floors, dishwasher, many amenities. 20 minutes to Cornwall. Purchase option. Call 932-4970/527-1349.

35 HOUSES FOR SALE

PRIVATE SALE. Triplex on Alice, partly renovated. Also, 4 bdrm. brick house, good location. Low downpayment. Financing available. Price reduced! Phone 932-2135.

1005 MIRON. Excellent 3 bdrm brick bungalow. Carport & garage. Priced to sell! Income from rooms in basement helps you buy! Call Latreille Real Estate, 938-3800.

38 OFFICES/ STORES BLDGS.

STORE FRONT on Montreal Road, available immediately, zoned commercial,gas/electric heat, air conditioned, high traffic area. 2 storey front, 11/2 storey back apt., included. Call 933-9457.

3000 SQ. FT. STORE FRONT available. Ideal for new business or commercial business. Paved driveway, close to 401, VIA and bus, new wiring, gas heated. Fenced in backyard. 5 apts. same complex. For lease or sale. Financing available. 933-9457

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42 LOTS/ LAND

59 ACRES, fronting on Hwy. #43, Monkland. Good bush ,43 acres plus xmas tree plantation. Hunting. Adjacent to crown land. First $30,000 plus takes it. 932-9929.

43 ROOMS

FURN ISHED ROOM to rent in bungalow. Central location. Laundry facilities, kitchen priviledges, parking. $275/mth, all inclusive. Non-drinking female preferred. Call 933-5062.

51 SNOWMOBILES

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68 CARTING/MOVING /STORAGE

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FIDDLE LESSONS. All ages welcome. Celtic & Country . Can teach by ear or by note. For more info, call 931-1076, between 12-7.

76 PET LIVESTOCKS

ADORABLE PUPPIES: Tiny female Yorkie, 6 mths, 3 lbs, $375. Shih-Tzus, Toy Poodles, Yorkie-Poos, Shih-Poos, Cock-A-Poos, $150. & up. Also, adult dogs, reasonable prices, for good homes. Phone: 527-3246.

1 YEAR OLD FEMALE black lab/shepherd mix to give away to a good home. Has shots. For info, call 930-4892.

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'95 PLYMOUTH NEON
4 dr., auto., air, tilt, 64,000 km
$199/mo.
$3124.18 down
8.4% fin.
for 60 mo.



QUALITY PRE-OWNED VEHICLES

96 POLARIS XLT (Ski-Doo) 2000 miles, mint, mint, mint $5,300
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CONDO
well kept, 2 bdrm.condo with underground parking, good location, close to all amenities.

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3 bdrm. bung., large lot, finished rec room, carport, sun porch at rear

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Call KEITH MacCUAIG for details
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$59,900 - 4 bdrm., 2 storey home, lg. lot, det. gar., appraised $68,500. Avonmore
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$129,000 - Business, prime location, food franchise operating in Cornwall for over 8yrs.
building lots - 1 to 9 acres, asking $10,000 to $25,000. All are high and dry, some have mature maple bush on them.

Looking To Buy Or Sell
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I ♥ THE CLASSIFIEDS

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PREGNANT, Unsure of your options. Open adoption offers you the opportunity to maintain a loving personal relationship with your child throughout their life. We are a mid-thirties couple who can offer a stable/loving home for your child through open adoption. Please call our social worker/licensee collect at (613)542-0275.

92 NOVENAS

THANK YOU TO THE SACRED HEART of Jesus for favours granted. C.D.

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call 933-0014

Mother Nature Wreaks Icy Havoc on Homes

If you've got icicles resembling sharp weapons hanging off your roof, this could mean you have ice back-up just waiting for the opportunity to wreak havoc on your home.

Ice back-up is a major cause of roof leaks. It occurs when ice forms on the lower edge of a roof and prevents water from draining off freely. As the weather warms, the melted ice water can back-up and leak under shingles which can lead to the deterioration of wood roof sheating; ice accumulation in attics; wet insulation; and stained ceilings, wall finishes and furnishings.

There's no way to stop Mother Nature, but there are methods which may help prevent ice back-up from causing excessive damage in your home. Homeowners may be able to alleviate the problem by doing the following:

- before winter, clean out leaves, twigs and any other rubble which clogs eavestroughs, gutters, and down spouts because the debris promotes ice back-up.
- clear the snow off the roof, particularly around the eaves.
- a heating cable kit that runs along the bottom of the roof stopping ice from forming is available in stores. This product may be a good investment as a long-term preventative measure.

Ice back-up is covered under some home insurance policies but not all. "If the homeowner is concerned about ice back-up they can call their insurance company or agent to find out if they have coverage," said Dolores Vokey, a home insurance specialist with The Co-operators. "But every homeowner should first take preventative measures."

The bottom line is don't take a chance. Making the effort to avoid ice back up is a lot less painful than paying for the damage it may cause.

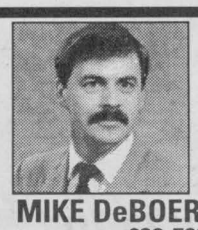
COMMUNITY DIGEST

*THE CORNWALL QUILTER'S GUILD will meet on March 17th at 7:00 pm. at the King George Park Club House on the corner of York & 7th St. Info: 932-4315.

*THE PARKINSON'S SELF HELP GROUP of Cornwall meet at the RCAF Assoc. Bldg. (Wing 424) on Water St. W. on Tuesday March 18th at 1:15 pm. Everyone welcome. Info: 936-1790 or 933-2193.

*URGENTLY NEEDED: Volunteers to sit on the Board of Directors of the Tri-County Literacy Council. For more info please contact Louise Pritchard 575-2323.

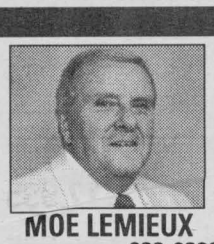
Century 21 **SHIELD REALTY LTD.**
465 PITT ST.
938-2121 933-5154



MIKE DeBOER
Broker 938-7802



SHERRY McCULLOUGH
Sales Rep. 937-0891



MOE LEMIEUX
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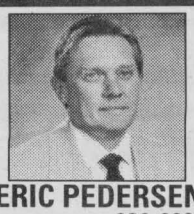

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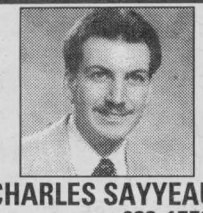
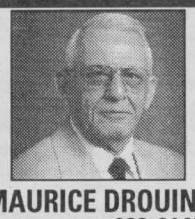
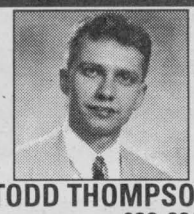
HENRIETTA DUVALL
Sales Rep. 537-2638



CHARLES SAYYEAU
Sales Rep. 933-1558



MAURICE DROUIN
Sales Rep. 933-6146



TODD THOMPSON
Sales Rep. 938-0640



JUDI AUGER
Sales Rep. 931-3293



MICHAEL VANDER MEER
Assoc. Broker 534-2950



668 CHAMPLAIN $112,000
(A-MLS 4979) Just listed, 4 bdrms, freshly painted 1760 sq. ft. home, jacuzzi & much more.
JUDI AUGER 931-3293



74 ACRES
(O-MLS 4891) 2 bdrm. home, 1390 sq. ft., oak kitchen cupboards, attached garage, good condition.
JUDI AUGER 931-3293



(A-MLS 4945) Bungalow-style semi, good condition & available quickly.
JUDI AUGER 931-3293



REDUCED $92,900
(A-MLS 4884) 3 bdrm. 1250 sq. ft. bung., fin. bsmt., hdwd floors in LR, separate dining area, workshop & garage.
JUDI AUGER 931-3293



242 8th E. $67,900
(A-MLS 4796) Large 3 bdrm w/numerous update. As low as $399.month.
MIKE DeBOER 938-7802



RIVERDALE $79,900
(A-MLS 4917) Great beginnings, 3 bdrms., rec rm, eff. gas heat, large lot.
MIKE DeBOER 938-7802



RIVERDALE $119,900
(A-MLS 4946) A favourite, 1400 sq. ft. one floor, main floor family rm w/gas fireplace, central air & more.
MIKE DeBOER 938-7802



132-134 5th St. W.
$104,900 (A-MLS 4906) Great double, two drives, dbl. garage, 3 bdrm. units, gas heat.
MIKE DeBOER 938-7802



1049 ABBOTT $54,900
(A-MLS 4935) siding, windows, roof, kitchen, bathroom, all recently replaced.Private drive, garage & fenced yard.
MIKE DeBOER 938-7802



R.R. #2 MARTINTOWN
(M-MLS 4966)
17832 Conc. 6 East Martintown.
SHERRY McCULLOUGH 937-0891



GLENDALE SUBDIVISION
6084 Huron St. (J-MLS 4908)
"spacious" & excellent decor
SHERRY McCULLOUGH 937-0891



Year Round Residence on St. Lawrence.
(J-MLS 4800) Floating deck, open concept, fireplace, large dining room.
MOE LEMIEUX 932-9386



327 2nd St. E. $79,500
(A-MLS 4860) Comm. prop. Ideal location for variety of uses. Over 2,000 sq. ft., Kit., DR, LR, frpl, 4 bdrms., 2 offices, above ground pool.
MOE LEMIEUX 932-9386

VILLAGE OF MOOSE CREEK
$18,000
(L-MLS 4944) 2 building lots ready to go! 100x436. Lots have culvert in front w/full drainage-paved road frontage, located south side of Forced Rd.
MOE LEMIEUX 932-9386



QUALITY THROUGHOUT
$209,900 (A-MLS 4914)
2400 sq. ft. w/2 car garage, sunken family room, large whirlpool, gas heat, covered patio, rec room.
ERIC PEDERSEN 938-9690



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



DEWHURST $132,000
(A-MLS 4897) Quiet residential area, family room w/fireplace, central air, attached garage.
ERIC PEDERSEN 938-9690



INGLESIDE $107,000
(O-MLS 4973) Country character in this brick farm house on 27 acres.
HENRIETTA DUVALL 537-2638



INGLESIDE $99,900
(O-MLS 4889) Brick bung. w/attached garage, large living room w/fireplace, situated on a well treed lot.
HENRIETTA DUVALL 537-2638



NORTH LUNENBURG
$79,900 (O-MLS 4912) 3+1 bdrm., rec room, pool, wood stove.
CHARLES SAYYEAU 933-1558

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

LOTS FOR SALE
TREEHAVEN - 2 building lots 100'x200'. Docking facilities. $37,900 ea. (J-MLS 4970-4971)
MORRIS ST. -Development property 282'x151', $97,900 (A-MLS 4766)
CHARLES SAYYEAU 933-1558



NEW LISTING
15-17-19 RACE ST.
(A-MLS 4964) Ideal income property for investment starters.
MAURICE DROUIN 933-6146



NEW LISTING
15104 COLONIAL DR. TWIN ELMS TRAILER PARK
(O-MLS 4980) 2 bdrm. mobile on leased land w/new shed, just E. of Ingleside
MAURICE DROUIN 933-6146

211 1ST ST. WEST
$67,900
(A-MLS 4963)
Good convenience store with owner-occupied apt. Many inclusions & updates.
TODD THOMPSON 938-0640



55 MILLE ROCHES
LONG SAULT $94,900
(M-MLS 4847) Spacious century home. New forced air oil system.
TODD THOMPSON 938-0640

NEW LISTING
BERWICK
$66,900
(N-MLS 4978) Full renovated family home on edge of Village, spacious home.
MIKE VANDERMEER 534-2950



LONG SAULT $119,900
(M-MLS 4954) Modern split w/attached garage, gas fireplace, open concept & more.
MIKE VANDERMEER 534-2950



COUNTRY $114,900
(M-MLS 4892) 3 bdrm. raised bung. on private treed one acre lot.
MIKE VANDERMEER 534-2950



LONG SAULT $84,900
(M-MLS 4907) Renovated 2+1 bdrm bung., on full lot w/garage
MIKE VANDERMEER 534-2950



GLENDALE SUB. $79,900
(J-MLS 4774) Well maintained 3 bdrm bung. on large lot, rec room, wood stove.
MIKE VANDERMEER 534-2950



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

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

RIVERDALE $91,900
(A-MLS 4787) 1260 sq.ft. brick bung. on large lot, gardener's dream
MIKE VANDERMEER 534-2950

REPOSSESSED $52,000
(M-MLS 4923) 11400 sq.ft., 3 bdrm. home.
MIKE VANDERMEER 534-2950

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

NEW LISTING
HOBBY FARM $135,000
(L-MLS 4952) 70 acres with 3 bdrm. brick home, located near Moose Creek
MIKE VANDERMEER 534-2950

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

HWY. 2 COMMERCIAL
LONG SAULT $76,900
(M-MLS 4831) 100x180 lot with additional lot & duplex.
MIKE VANDERMEER 534-2950

LONG SAULT $126,900
(M-MLS 4802) new construction, 1200 sq.ft. bung. w/dbl. car garage, rec rm w/gas frpl.
MIKE VANDERMEER 534-2950

OPEN HOUSES SUNDAY MARCH 9th

1:00 - 2:30 pm
3195 TOLMIES CORNERS RD. $109,900
(L-MLS 4797) 3 bdrm. bung. on 5.36 acre treed lot features finished basement with bar. Directions: Hwy 138 to Monkland, turn left at Hwy 43, take next right (Tolmies Rd), watch for signs
MIKE VANDERMEER 534-2950

3:00 - 4:30 pm
16791 CORNWALL TWP. CONC. 9 $95,000
(M-MLS 4830) 2+1 bdrm. raised bung. with ceramic & hardwood floors, 2 baths, french patio doors to deck and more. Directions: Conc. 9 west of Hwy 138 or east of Avonmore Road. Watch for signs
MIKE VANDERMEER 534-2950

1:00 - 3:00 pm

202 McGREGOR $75,000
(A-MLS 4924) A must to See! 3 bdrm., 3 bathrooms, high efficient gas heat, central air, hdwd. floors
CHARLES SAYYEAU 933-1558

1:00 - 3:00 pm
433 VICTORIA AVE.
(W. off Marlborough) $66,900
(A-MLS 4804) Clean as a whistle, neat as a pin, once you view this home, you'll want to move in! Qualified buyers, monthly payments as low as $397.21. Why rent?
GINETTE CAMPBELL 932-1609

1:00 - 2:30 pm

1708 CUMBERLAND ST.
$104,900 (A-MLS 4949)
Built-in 1990-3bdrm. raised bung., FAE heat w/central air. Patio doors to 10'x10' treated deck.
TODD THOMPSON 938-0640

1:30 - 3:00 pm
301 WATER STREET W. UNIT #204 $144,900
(A-MLS 4894) Newly built condo. Spacious, open concept, gas frpl, C/A, large balcony, underground parking. Immediate possession.
MOE LEMIEUX 932-9386

1:00 - 3:00 pm
214 BEDFORD $79,900
Shake Your Shamrocks Over To View!
(A-MLS 4983) New Listing! No **BLARNEY** here, oodles of space & inviting decor, 5 bdrms., hdwd floors & centretown.
SHERRY McCULLOUGH 937-0891

SATURDAY OPEN HOUSE
1:00 - 3:00 pm

1221 HEBERT $67,900
(A-MLS 4928) 3 bdrm. bung., quiet location, hdwd floors, come & view.
MOE LEMIEUX 932-9386

Females Seeking
Call
1-900-451-3959 Ext. 12
$2.19 per minute

HAPPY-GO-LUCKY
Petite SWF, 32, brown hair, green eyes, loves kids, enjoys cooking, music, reading, outdoor activities, seeks independent, honest, N/S SM. Ad#.9810

MAKE ME HAPPY
SW mom, 23, 5'5", 100lbs., blue-eyed blonde, outgoing, likes going out with friends, walks, time with her daughter, sports, seeks loving, honest, loyal SM, who's fun to be with. Ad#.9224

DON'T HESITATE
Petite, fit SWF, 34, friendly, professional, enjoys outdoor sports, water color painting, gardening, seeks SM, with healthy lifestyle. Ad#.9345

ONE-WOMAN MAN
Compassionate SWF, 21, 5'2", 130lbs., brown hair, blue eyes, enjoys sewing, reading, watching movies, would like to meet an honest SM, to share a faithful relationship. Ad#.8151

LOOKING
SF, 24, 5'6", 150lbs., long brown hair, brown eyes, unemployed, likes sports, watching TV, seeks SF. Ad#.8270

BE DARING, CALL
Fun-loving, delightful SWF, 34, full-figured, enjoys country music, dancing, movies, seeks honest, clean-shaven, employed, friendly SM, for dating. Ad#.8858

TAURUS GAL
Easygoing SWF, 28, 5'7", blonde hair, blue eyes, employed, enjoys long walks, movies, outdoor activities, seeking honest, down-to-earth, loyal SM. Ad#.1550

VOLUPTUOUS
SWF, 47, red hair, outgoing, professional, enjoys cooking, gardening, taking walks, reading, dancing, seeking communicative, caring, warm SM, to spend life with. Ad#.7594

GOOD HONEST FUN
Hospitable SWF, 35, 5'2", average build, brown hair, hazel eyes, enjoys comedies, being with animals, cooking, dancing, seeks ambitious SWM, 30-40, who has no other dependents. Ad#.3069

MEET FOR COFFEE
SWF, 57, 5'7", brown hair, glasses, pleasant, loving, employed, likes the outdoors, talking, travel, seeks understanding, romantic, honest, caring SM. Ad#.8056

INQUISITIVE MIND
Fun, straightforward SW mom, 30, 5'7", average build, trustworthy, enjoys talking on the phone, cooking, dancing, dining out, seeks mature, reliable, truthful SM, who loves kids. Ad#.8658

EXPECTS HONESTY
Average build SWF, 26, 5'6", long blonde hair, blue eyes, enjoys rollerblading, camping, downhill skiing, hoping to meet a SM, to be compatible with. Ad#.2254

GREGARIOUS
SW mom of two, 20, 5'5", 170lbs., brown hair, fun-loving, student, enjoys downhill skiing, walking, movies, seeks open-minded, fun-loving SM, who likes children. Ad#.3842

ACTIVE & BUSY
Attractive, truthful SW mom, 21, 5'8", brown hair, blue eyes, relaxed, enjoys reading, writing poetry, kids movies, seeks sincere, honest, communicative SM. Ad#.9644

NICE SMILE
SWF, 35, 5'7", 125lbs., brown hair, hazel eyes, cheerful, enjoys long walks, listening to music, dancing, doing crafts, seeking honest, caring, humorous SM. Ad#.1504

COMPATIBLE?
Easygoing SWF, 42, 5'4", blondish hair, green eyes, employed, enjoys reading, taking walks, dancing, seeks honest, communicative SM. Ad#.3634

NON-JUDGMENTAL
Tall East Indian SF, 24, 120lbs., blonde hair, blue eyes, employed, enjoys darts, shooting pool, taking walks, dining, dancing, seeks nice, honest SM, who's easy to get along with. Ad#.9226

GET TO KNOW ME
Intelligent SWF, 33, 5'10", 160lbs., long brown hair, blue eyes, employed, enjoys playing darts, cards, exercising, seeking honest, sincere, loyal SM. Ad#.3443

HOPELESS ROMANTIC
Bubbly, fun-loving SWF, 39, 5'2", salt and pepper hair, blue eyes, witty, enjoys camping, long walks, cuddling, country music, seeks caring, family-oriented, affectionate SM, who likes kids. Ad#.9917

BECOME FRIENDS FIRST
Open, honest SWF, 22, 5'5", average build, bluish-green eyes, educated, enjoys playing sports, music, outdoor activities, wants to meet a SM, who is easy to get along with. Ad#.8656

DESERVES THE BEST
Happy-go-lucky SWF, 30, 5'4", 125lbs., brown hair, green eyes, enjoys skating, biking, working out, movies, wants to meet a sensitive SM, who will treat her right. Ad#.7526

NEEDS A LITTLE TLC
Gentle SWF, 62, attractive blonde, classy dresser, enjoys good conversations, quiet evenings, knitting, crafts, seeks honest, trustworthy, sincere S gentleman. Ad#.7360

LOVES FINE DINING
Happy-go-lucky, romantic SWF, 39, 5'2", nice smile, can be serious, loves joking around, walks, cooking, crafts, seeks intelligent, caring, stable, good-looking SM, with no dependents. Ad#.2855

CARES ABOUT PEOPLE
Humorous SWF, 35, 5'1", 135lbs., brown hair, blue eyes, fun-loving, stable job, likes car racing, gardening, dining out, seeks communicative SM. Ad#.7283

FAMILY TYPE PERSON
Open, easygoing SWF, 49, 5'7", not afraid of hard work, enjoys crafts, gardening, skating, seeks active, honest, caring SM. Ad#.8314

IS THIS ONE FOR YOU?
Athletic, intelligent SWF, 21, 5'8", long brown hair, hazel eyes, loves hockey, skiing, rollerblading, animals, seeks honest, preferably tall, attractive SM. Ad#.8046

ENJOYS A GOOD LAUGH
Sensitive SWF, 24, 5'8", full-figured, brown hair, blue eyes, likes Bingo, dancing, sports, seeks a responsible, stable SM, who likes children. Ad#.2034

MY PERFECT MATCH
Spontaneous, employed SWF, 32, 4'10", brown hair, green eyes, enjoys movies, TV, seeking fun-loving, honest, trustworthy SM. Ad#.4471

DOESN'T WANT HANG-UPS
SW mom, 41, 5'9", heavyset, enjoys needlepoint, bowling, swimming, baking, cooking, walks, seeks honest, trustworthy, sincere SM. Ad#.5667

NO HANG-UPS HERE
Petite SWF, 46, 5'3", blonde hair, blue eyes, very bubbly, likes photography, old-fashioned romance movies, seeks honest, compassionate, happy SM. Ad#.8069

ANYTHING IN COMMON?
Outgoing SWF, 52, 5'4", blonde, blue eyes, N/S, social drinker, loves people, animals, talks, travel, movies, dining, walks, seeks sincere, romantic, secure SM, to share ups & downs. Ad#.5535

HAPPY & HEALTHY
Adventurous SWF, 54, 5'3", 120lbs., blue-eyed blonde, enjoys golf, gardening, home life, music, cards, seeks relationship with an open-minded, caring, warm, content SM, who's also healthy. Ad#.9438

FROM DAY ONE!
Caring, honest SWF, 24, 5'8", brown hair, green eyes, enjoys movies, sports, seeking kind, caring, committed SM. Ad#.4395

BUBBLY DELIGHT
Chipper SW mom, 36, 5'2", 150lbs., employed, hobbies are sports, crafts, seeks honest, well-groomed, easygoing SM, to share smiles with. Ad#.5879

WINE & DINE ME
SWF, 53, 5'6", short blonde hair, good-looking, nice personality, enjoys dancing, Bingo, cuddling, seeks handsome, caring, gentle, affectionate SM, to have fun with. Ad#.9866

HAPPILY EVER AFTER...
Pleasant, easygoing SWF, 48, 5'8", average weight, enjoys boating, fishing, camping, sports, looking for honest, down-to-earth SM, who is easy to talk to. Ad#.3971

SOCIAL BUTTERFLY
SW mom of three, 27, 5'10", strawberry blonde hair, looking for a no pressure relationship with an honest SM, who loves children. Ad#.2838

SOCIALLY AWARE
SWF, 46, 5'5", blonde hair, blue eyes, enjoys skiing, skating, bowling, seeking communicate, caring SM. Ad#.9875

HUMOROUS BEAUTY
SW mom, 32, 5'1", long dark hair, hazel eyes, enjoys puzzles, horseback riding, wildlife, nature walks, seeking honest, respectful, communicative SM. Ad#.9796

FOR CASUAL DATING
Professional SWF, 39, petite, dark auburn hair, green eyes, N/S, social drinker, loves country music, dancing, board games, most sports, interested in meeting honest, sincere SM. Ad#.4391

LIKES TO SPOIL PEOPLE
Very petite, attractive SWF, 36, 5'3", blonde hair, hazel eyes, loves sports, music, movies, candlelight dinners, seeking SM, for soul mate. Ad#.8849

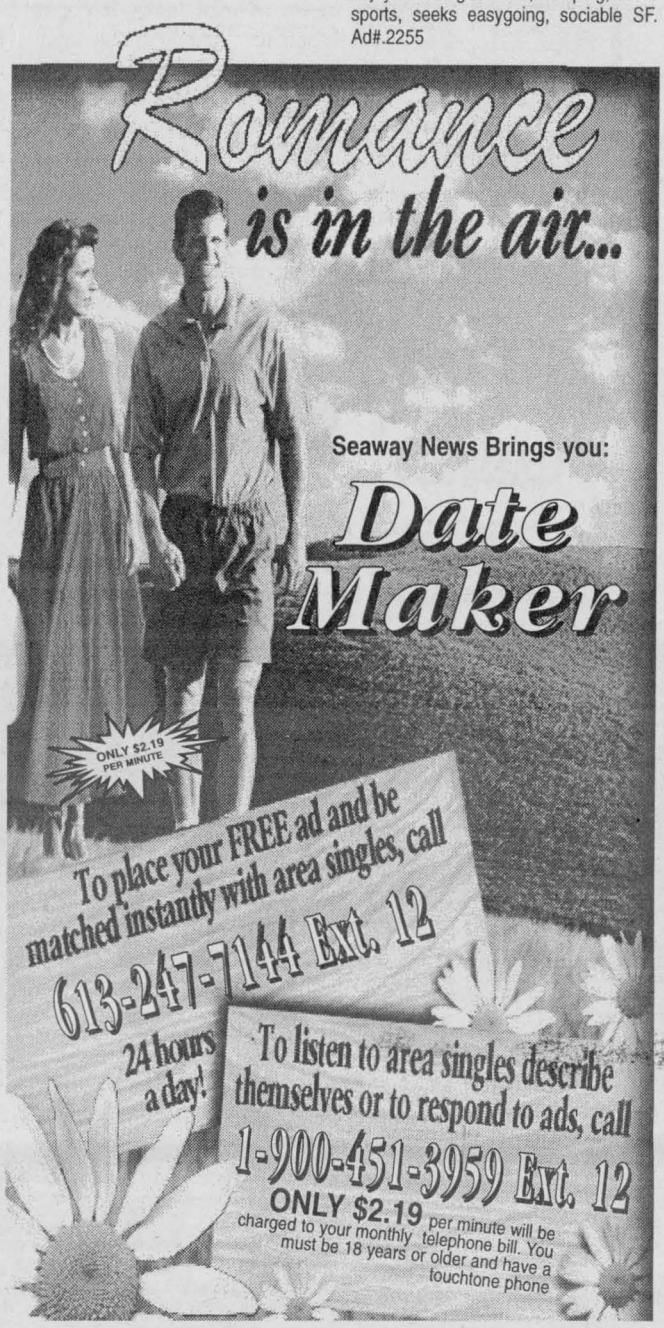
NO DOUBT ABOUT IT!
Good-looking, employed SWF, 21, 5'3", long blonde hair, blue eyes, enjoys dancing, music, cards, swimming, seeking fun-loving, communicative, career-oriented SM. Ad#.3477

SERIOUS NATURE
Humorous SWF, 36, 5'9", brown hair/eyes, employed, enjoys figure skating, camping, music, seeking tall, employed, family-oriented gentleman, for possible relationship. Ad#.7305

CELEBRATE LIFE
SW mom, 36, 5'1", brown hair/eyes, medium build, happy-go-lucky, enjoys gardening, seeks fun-loving, romantic, easygoing SM, who loves kids. Ad#.9212

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

LIKES TO LAUGH
Outgoing, fun-loving SWF, 30, 5'5", 130lbs, brown hair/eyes, nurse, enjoys walks, the outdoors, seeks positive, humorous, carefree SM. Ad#.8920



VERY ROMANTIC LADY
Understanding SWF, 32, 5'5", 150lbs., brown hair, blue eyes, enjoys dancing, singing, fishing, seeks compatible SM, who loves children. Ad#.8337

PETITE BRUNETTE
Blue-eyed SWF, 38, 4'11", medium build, likes baseball, cooking, going to hockey games, hoping to meet a SWM, who is honest, humorous & romantic. Ad#.9119

COMMON GROUND
Athletic, easygoing, employed SWM, 25, 5'10", 175lbs., brown hair, hazel eyes, enjoys sports, movies, dancing, seeking communicative SF, athletic a plus. Ad#.4586

TO BE CONTENT
Friendly SWM, 44, 5'7", 170lbs., brown hair/eyes, likes fishing, hunting, playing cards, looking for an honest SF, who likes to talk and is interested in a long-term relationship. Ad#.9525

All you need to know

To place a voice greeting call **613-247-7144 Ext. 12**, enter option 1, 24 hours a day!

To listen to ads or leave your message call **1-900-451-3959 Ext 12**, $2.19 per minute, enter option 1.

To listen to messages, call **613-247-7144 Ext. 12**, enter option 2, once every 7 days for **FREE**, or call **1-900-451-3959 Ext. 12**, $2.19 per minute, enter option 3, anytime.

To listen to or, leave a message for your Suitable System Matches call **1-900-451-3959 Ext. 12**, $2.19 per minute, enter option 3.

For complete confidentiality, give your ***Instant Mailbox*** number instead of your phone number when leaving a message. Call **1-900-451-3959 Ext. 12**, $2.19 per minute, enter option 3, to listen to responses left for you and find out when your replies were picked up.

To renew, change or cancel your ad, call customer service at **1-800-647-3782**.

Check with your local phone company for a possible 900 block if you're having trouble dialing the 900#.

If your ad was deleted, re-record your voice greeting, remembering **NOT** to use a cordless phone, leave your last name, address, telephone number or use vulgar language.

Your print ad will appear in the paper 7-10 days after you record your voice greeting.

M	Male	B	Black	D	Divorced
F	Female	H	Hispanic	C	Christian
W	White	A	Asian	S	Single
WW	Widowed	N/S	Non-smoker	G	Gay
NC	Native Canadian	♥	Double Dater		

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Direct Response Marketing, Inc.
2451 Wehrle Drive, Williamsville, N.Y. 14221

SB, JY 0313

Males Seeking
Call
1-900-451-3959 Ext. 12
$2.19 per minute

SETTLING DOWN
SWM, 40, 5'10", 150lbs., brown hair/eyes, retired, likes quiet times, swimming, woodworking, politics, seeks dependable, understanding, sincere, truthful, thoughtful, considerate SF. Ad#.9215

DON'T ARGUE!
East Indian SM, 25, 5'8", 175lbs., brown hair, hazel eyes, friendly, humorous, enjoys working on cars, camping, some sports, seeks easygoing, sociable SF. Ad#.2255

ENTERTAINING
Witty SWM, 39, 5'9", 160lbs., golden blond hair, blue eyes, enjoys working out, cycling, shooting pool, looking for an easygoing, attractive SF, who is serious about looking for a possible relationship. Ad#.9005

FOR TRUE LOVE
Very truthful SM, 37, 6'2", 190lbs., light brown hair, green eyes, enjoys the outdoors, quiet times, a glass of white wine, seeks a compatible SF, who has good morals and values. Ad#.2304

FROM THE HEART
Physically fit SWM, 33, 5'9", brown hair, blue eyes, likes to joke around, enjoys country music, snowmobiling, skiing, collecting toys, seeks honest, sensitive SF, to enjoy what life has to offer. Ad#.8169

I FIX CARS
Tall, blond SWM, 47, heavy build, in good shape, clever, thoughtful, articulate, enjoys travel, dining out, movies, seeks sensible, even-tempered SF. Ad#.2113

COMMUNICATION
Humorous SM, 36, 6'2", 190lbs., brown hair, bluish-green eyes, enjoys reading, walks, the outdoors, seeking sincere, honest, monogamous SF. Ad#.4304

WILL CALL YOU
SWM, 40, 6'3", 190lbs., blond hair, blue eyes, shy, likes the outdoors, tennis, country living, seeks honest, caring, attractive SF. Ad#.7478

CAN'T GO WRONG!
Caring, honest SWM, 33, 5'9", 165lbs., well-built, goatee, secure job, enjoys working around the house, skating, sailing, walking, looking for an honest SM, for relationship based on friendship. Ad#.5772

NEW BEGINNINGS
SWM, 39, 5'9", 140lbs., light brown hair, blue eyes, enjoys music, reading, board games, walking, wants to meet a sensitive, N/S SF, who is willing to give a new relationship a chance. Ad#.9290

GREAT OUTLOOK
Attractive SWM, 35, 5'10", spontaneous, enjoys a lot of outdoor activities, sports, looking for a good-looking SF, who wants to enjoy every moment as it comes. Ad#.7276

ENJOYS LIFE
SWM, 37, medium build, easygoing, professional, enjoys cross country skiing, ceramics, Bingo, reading, seeking emotionally stable, fun-loving SF. Ad#.1352

PEOPLE PERSON
Easygoing, good-looking SWM, 25, 6', 190lbs., enjoys skiing, golfing, wants a serious relationship with a humorous, attractive, respectful SF, who he can trust. Ad#.8243

DEPEND ON ME
Humorous, outgoing SWM, 30, 6'1", 175lbs., curly brown hair, green eyes, honest, likes boating, fishing, mountain biking, hiking, seeks truthful, outgoing, attractive SM. Ad#.9457

COUNTRY LIVING
Fit SWM, 34, self-employed, enjoys movies, reading, TV, gardening, seeking honest, trustworthy SF, to share quality time. Ad#.9510

COMMON SENSE
Sensible SWM, 27, 5'7", medium build, dark hair, employed, enjoys long walks, movies, dining out, traveling, seeking honest, sincere, caring SF. Ad#.6443

WELL-DRESSED FELLOW
Happy-go-lucky SWM, 48, 5'8", 208lbs., enjoys fishing, golf, walks, seeks SF, with similar interests. Ad#.8238

LIKE WHAT YOU SEE?
SWM, 25, 6', 200lbs., brown hair/eyes, fun-loving, caring, enjoys biking, golf, seeks sweet, kind, gentle SF. Ad#.4283

LOVES CHILDREN
SWM, 47, 5'6", 150lbs, brown hair, blue eyes, easygoing, enjoys watching sports, auto racing, the outdoors, seeks honest SF, for quality time. Ad#.8372

READY FOR ADVENTURE
SWM, 25, 5'9", 175lbs., brown hair, blue eyes, truthful, friendly, enjoys camping, cooking, seeks honest, humorous, sensitive, romantic SF. Ad#.3303

WELL-ORGANIZED
Clean-shaven SWM, 27, 6', 190lbs., enjoys working on the computer, dining out, listening to music, looking for compassionate, low-keyed SF, for friendship, possible relationship. Ad#.9758

JUST GIVE ME A CALL!
Cute, outgoing SWM, 30, brown hair, blue eyes, basically leads a normal life, enjoys dancing, volleyball, soccer, wants to meet a pretty SF, for possible relationship. Ad#.8768

ROMANTIC EVENINGS
Easygoing, employed SWM, 33, 6', 160lbs., brown hair/eyes, enjoys bowling, camping, fishing, sports, seeking honest, open SF, with old-fashioned values. Ad#.3866

A SOUL MATE
Outgoing, happy SWM, 26, 5'10", 180lbs., clean-shaven, attractive, likes movies, moonlight walks, biking, jogging, seeks straight-acting, fun, clean, good-looking, humorous SM, 18-25. Ad#.9711

COLOR ME A RAINBOW
Quiet, retired SWM, 46, 6', brown hair/eyes, good-looking, medium build, enjoys movies, country music, walks, seeking compatible, english-speaking, romantic SF. Ad#.9319

HEART OF GOLD
SWM, 37, tall, blond hair, blue eyes, outgoing, employed, enjoys skiing, shooting pool, bowling, seeks honest, humorous SF. Ad#.8254

GET TO KNOW ME
Tall, outgoing, employed SWM, 27, light brown hair, blue eyes, enjoys darts, shooting pool, swimming, seeking honest, outgoing, trustworthy SF. Ad#.6710

COMMUNICATION
SWM, 42, muscular, humorous, honest, enjoys hockey, crafts, ice skating, wishing for a truthful, caring, happy-go-lucky SF. Ad#.5769

ROMANTIC-AT-HEART
Hardworking SWM, 45, 5'9", 145lbs., brown hair, hazel eyes, enjoys golf, dining out, working with wood, cooking, travel, seeks supportive, caring, humorous SF, with similar interests. Ad#.5273

ARE YOU THE ONE?
SWM, 35, 6'2", brown hair, hazel eyes, outgoing, romantic, enjoys long romantic walks, star gazing, cuddling on the couch, seeks honest, compatible SF. Ad#.2092

HAS A GOOD JOB
Easygoing, fun-loving SWM, 39, 5'11", 155lbs., doesn't drink very much, drug-free, enjoys bowling, boating, skiing, skating, wants to meet honest, caring SF, with a good sense of humor. Ad#.1847

WARPED HUMOR
Athletic SWM, 29, 5'11", 180lbs., outgoing, student, enjoys fishing, sports, movies, seeking easygoing, honest SF. Ad#.2557

A FAITHFUL HEART
Honest, loyal SWM, 41, 5'9", 160lbs., dark hair, hazel eyes, employed, enjoys swimming, country drives, seeks caring, understanding, honest SF. Ad#.2415

COMMITTED TO YOU
Honest DW dad, 40, loving, loyal, business owner, enjoys hockey, golf, travel, movies, seeks faithful SF. Ad#.6926

GIVE ME A CALL
Easygoing SWM, 45, 6'1", brown hair, blue eyes, employed, enjoys playing guitar, seeking caring, loving, understanding SF. Ad#.8584

THINK ABOUT IT
Employed SWM, 40, 5'10", 180lbs., short hair, hobbies include good talks, sports, hiking, seeks well-groomed, honest SM, for friendship, possible relationship. Ad#.8436

FUN TO BE WITH
SWM, 39, 5'7", brownish-red hair, brown eyes, easygoing, fun-loving, loves cooking, sports, working with horses, seeks happy-go-lucky SM. Ad#.8618

I'LL SPOIL YOU!
SWM, 36, 6', 180lbs., brown hair, blue eyes, shy, friendly, enjoys skating, building models, wishing for a slim, trustworthy SF, with family values, who likes kids. Ad#.6447

HEART OF GOLD
SWM, 37, 6', blond hair, blue eyes, outgoing, likes to laugh, enjoys camping, hiking, sports, seeks friendly, trustworthy SF. Ad#.4066

READY TO SETTLE?
Fun-loving SWM, 35, 5'11", blond hair, blue eyes, enjoys camping, fishing, hiking, seeks honest, trustworthy, compassionate SF, who will be there for him. Ad#.5973

TAKE A CHANCE
SWM, 30, 5'8", 160lbs., honest, communicative, romantic, affectionate, enjoys TV, movies, music, seeks honest, outspoken, understanding SF. Ad#.3091

PERSONALLY YOURS
SWM, 34, 5'2", blond hair, blue eyes, humorous, optimistic, enjoys golf, tennis, weightlifting, seeks funny, open-minded, communicative SF. Ad#.1944

HAS A BIG HEART
Funny DWM; 32, 6', 170lbs., employed, likes doing reasonable things on the spur of the moment, looking for honest SF, willing to compromise and talk. Ad#.7295

HONESTY A MUST!
Outgoing, employed SWM, 37, 5'10", 200lbs., dark brown hair, blue eyes, enjoys long walks, movies, the beach, seeks fun-loving, romantic SF. Ad#.1340

COMPATIBLE INTERESTS?
Fun-loving WM, 28, 6'2", 210lbs., brown hair, blue eyes, self-employed, enjoys skiing, the outdoors, seeking easygoing, communicative M. Ad#.1749

SOFT-SPOKEN
Good-looking SWM, 39, 5'11", 163lbs., self-employed, enjoys fishing, camping, swimming, quiet times, sports, TV, music, seeks attractive SM. Ad#.8204

STOP! RESPOND!
SWM, 27, 5'5", 130lbs., brown hair, blue eyes, employed, enjoys art, photography, seeking SF, with a good personality, for fun times. Ad#.7809

DEEP CONVERSATIONS
Spontaneous, open-minded SWM, 26, 5'11", 135lbs., light blond hair, blue eyes, enjoys reading, mountain biking, seeking honest, open-minded, spiritual SM, with integrity. Ad#.1237

SHY TENDENCIES
SWM, 29, 5'11", 175lbs., brownish-blond hair, employed, enjoys reading, cooking, antiques, seeks honest, caring SM, to share interests with. Ad#.9800

Obituaries

ARCHAMBAULT - Vincent (Joe)

Passed away at the Hotel Dieu Hospital on Monday, January 27th, 1997.

Mr. Vincent (Joe) Archambault, in his 72nd year, born in Cornwall, Ontario, of 760 York Street.

Dear son of the late John Archambault and the late Rose Thibault.

Beloved husband of Georgette M. Bolduc.

Loving father of Michael Archambault (Frances) of Cornwall; Miss Micheline Archambault of Ottawa and Nicole (Mrs. Bernard Paquette) of Orleans.

Dear brother of Rheal Archambault of R.R. #1 St. Andrew's West; Marcel Archambault (Colette); Emile Archambault (Janice) and Robert Archambault (Nora), all of Cornwall.

Loving grandfather of Chantal, Christianne, Vincent, Suzanne and Michael.

Predeceased by five brothers, Alvin, Romeo, Patrick, Herman and Rene Archambault and by two sisters, Mrs. Cecile Bergeron and Mrs. Anita Gresco.

The funeral took place on Thursday, January 30th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to St. John Bosco Church, Cornwall, followed by cremation. Reverend Gerald Poirier officiated.

The pallbearers were the Nativity Guards.

Mr. Archambault was the founder of Archambault Demolition Ltd.

BOWMAN
Ray Ernest

Passed away at the Credit Valley Hospital, Mississauga, on Tuesday, January 28th, 1997.

Mr. Ray Ernest Bowman, in his 58th year, born in Lunenburg, Ontario, of Mississauga, Ontario; formerly of 247 Lemay Street, Cornwall.

Dear son of Margaret Worsfold and the late Richard Bowman.

Beloved husband of Joan Love.

Loving father of Donald Bowman (Sue) of Monkland; Christopher Bowman (Christine) of Calgary, Alberta; Susan Bowman of Oakville; Raymond Bowman, at home; Michael Abrams (Jurene); Trent Bowman (Jacqueline) and Sharon (Mrs. Andrew Thorne), all of Mississauga.

Dear brother of Harry Bowman (Bev); Keith Bowman (Judy) and Stuart Bowman (Gloria), all of Cornwall and Douglas Bowman (Ella) of Chelmsford, Ontario.

Loving grandfather of Matthew, Alexander and Hailey.

Predeceased by one brother, Claire Bowman (Lois) of Cornwall.

The funeral took place on Thursday, January 30th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to St. John's Presbyterian Church, Cornwall. Spring interment in Woodlawn Cemetery. Reverend Fred Rennie of St. John's Presbyterian Church officiated.

The pallbearers were Fred Empy, Kim Ginter, Cecil Makowski, Vic Morden, Robert Smart and Marvin Pupeza.

The honourary bearers were Fred, Kevin, Chris and Ricky Bowman.

Mr. Bowman was the National Rep for Communication Energy Paper Workers' Union.

HAWN - Charles Edward

Passed away at Parisien Manor on Tuesday, January 28th, 1997.

Mr. Charles Edward Hawn, in his 89th year, born in Ottawa, Ontario, formerly of 213 Riverdale Avenue.

Dear son of the late George Hawn and the late Julia Kidney.

Beloved husband of Thelma Degan.

Loving father of Nancy Hawn (wife of James Truill) of R.R. #1 Angus, Ontario.

Dear brother of Mrs. Irene Turner of Ottawa.

Loving grandfather of Christine Casey, Terra O'Brien and Donald Fisher.

Predeceased by one step-daughter, Mrs. Betty Ann Fisher and by three sisters, Mrs. Della Robertson, Mrs. Alice Helmer and Mrs. Bessie Morehouse.

The funeral took place on Friday, January 31st, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to the Memorial Chapel, Cornwall. Spring interment in St. Columban's Parish Cemetery. Reverend Fred Rennie of St. John's Presbyterian Church officiated.

GORDON
George

Passed away at the Cornwall General Hospital on Wednesday, January 29th, 1997.

Mr. George Gordon, in his 71st year, born in Montreal, Quebec, formerly of 1450 First Street East, Apt. #417.

Dear son of the late Emmett Gordon and the late Mary Smythe.

Beloved husband of Cecile (Bowen) Quenneville.

Loving father of Gerry Gordon (friend of Betty) of Sutton, Ontario; Mrs. Debra David of Kitchener, Ontario; Margaret (Mrs. John Hawkins) of L'Orignal, Ontario.

Dear step-father of Raymond Quenneville (friend of Diane) of Longueuil, Quebec; Paul Quenneville (friend of Diane) of New Market, Ontario; Michel Quenneville of St. Sauveur, Quebec; Lise (Mrs. Kevin Dorey) of Whitby, Ontario and Claire (Mrs. Richard Gingras) of Calgary, Alberta.

Dear brother of James Gordon and Patrick Gordon, both of Orleans, Ontario.

Loving grandfather of eleven grandchildren.

The funeral took place on Saturday, February 1st, 1997 from the Boulerice Funeral Home Ltd., to St. Peter's Church, Cornwall, followed by cremation. Reverend George Maloney of St. Peter's Church officiated.

The pallbearers were members of the Nativity Guards.

Mr. Gordon was retired. He was formerly employed for 43 years by Northern Telecom in Montreal, Quebec.

McINTYRE - Mary Anastasia

Passed away at the Sunnybrook Medical Centre, North York, on Tuesday, January 28th, 1997.

Mrs. Mary *Anastasia* McIntyre, in her 84th year, born in Glace Bay, Nova Scotia, of Etobicoke, Ontario, formerly of 422 Adolphus Street.

Dear daughter of the late Patrick Robinson and the late Elizabeth Whalen.

Beloved wife of the late Newman Joseph McIntyre.

Loving mother of Ronald McDonald (Dale) of Etobicoke; John D. McDonald of Glace Bay, Nova Scotia; Carl McIntyre (Toni) of Maple, Ontario; Ben McIntyre (Line); Lorne McIntyre; Anita (Mrs. James Gillis); Donna Megan (Jacques Lavoie) and Beverley Mitchell, all of Cornwall and Micheline (Mrs. Joe McManus) of Brockville.

Dear sister of Joseph Grace of Toronto; Claire (Mrs. Don Mertes) of Cornwall; Thelma McPherson and Mrs. Celesta Caldwell, both of Hamilton and Mrs. Frances Shaver of Cardinal.

Also survived by twenty-seven grandchildren and twenty great-grandchildren.

Predeceased by one daughter, Mrs. Jeannette Berthelot (Bill) of Cornwall; two brothers, Patrick and John Grace and by two sisters, Mrs. Viola McIntyre and Mrs. Eculavia Gillis.

The funeral took place on Friday, January 31st, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., East Branch to St. Columban's Church, Cornwall. Spring interment in St. Columban's Cemetery. Reverend Jacques Labelle of St. Columban's Church officiated.

The pallbearers were Joey McManus, Ross McDonald, Eric McIntyre, David Berthelot, Bill Berthelot and Joel McIntyre.

PIDGEON - Aldema Joseph

Passed away at the Cornwall General Hospital on Tuesday, January 28th, 1997.

Mr. Aldema Joseph Pidgeon, in his 80th year, born in Bainsville, Ontario, of 331 Prince Arthur Street.

Dear son of the late Joseph Pidgeon and the late Lila Fournier.

Beloved husband of Rita Ladouceur.

Loving father of Viviane (Mrs. Marcel Pigeon) and Pauline (Mrs. David Walker), both of Cornwall.

Dear brother of Archie Pidgeon and Alcide Pidgeon (Dawn), both of R.R. #1 Martintown; Eugene Pidgeon; Mrs. Marie Mayer; Mrs. Isabel Parisien and Eva (Mrs. Edgar Depratto), all of Cornwall.

Loving grandfather of Mike, Suzanne, Kevin and Kim and great grandfather of Natasha.

Predeceased by one brother, Gilbert Pidgeon and by one sister, Mrs. Alice O'Neil.

The funeral took place on Saturday, February 1st, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Nativity Co-Cathedral, Cornwall. Spring interment in Notre Dame Cemetery. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated.

The pallbearers were Claude Lamarche, Paul Belanger, Vern Boyer, Claude Spooner, Rudolphe Longtin and Laurent Samson, all members of the Knights of Columbus.

ANGUS
Kajein Bobby Paul "Rohahiio"

Passed away at the Hotel Dieu Hospital on Tuesday, January 28th, 1997.

Kajein Bobby Paul Angus "Rohahiio", age 5 months, born in Cornwall, of School Road, Snye, Quebec.

Beloved child of Robert Lazore and Theresa Angus.

Loving grandson of Paul and Wilma Angus of Snye, Quebec; Mrs. Josephine Lazore and the late Angus Lazore and great grandson of Mrs. Mary Jocko.

Also survived by many aunts, uncles and cousins.

The funeral took place on Monday, February 3rd, 1997 from the Homemaker Centre, River Road, Snye, Quebec to St. Regis Church, St. Regis, Quebec. Spring interment in St. Lawrence Cemetery, St. Regis. Reverend George Belgarde of St. Regis Church officiated.

The pallbearers were Cortney Angus, Jessica Sargent, Harlen Lazore and Gordon Jacobs.

The funeral arrangements were under the care and direction of the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch, 20 Seventh Street West, Cornwall.

PITTS - Arnold Clarence

Passed away at the Cornwall General Hospital on Monday, January 27th, 1997.

Mr. Arnold Clarence Pitts, in his 88th year, born in Cornwall, Ontario, of 406 Third Street West.

Dear son of the late Garnet Pitts and the late Elizabeth Lalonde.

Beloved husband of Edna Lalonde.

The funeral took place on Saturday, February 1st, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to the Memorial Chapel. Spring interment in Woodlawn Cemetery. Reverend Terry Dunlop of Knox-St. Paul's United Church.

ROY - Harvey

Passed away at the Ottawa Civic Hospital on Friday, January 24th, 1997.

Mr. Harvey Roy, in his 74th year, of Summerstown, former employee of Courtaulds Canada Ltd., member of St. Lawrence Council Knights of Columbus #5068, Glen Walter.

Beloved husband of the former Viola Burnell.

Dear son of the late Damase Roy and the late Marie-Louise Seguin.

Loved father of Diane (Mrs. George Gosling) of Stirling, Ontario; Rick Roy (husband of Gale) of Williamstown, Ontario; Maureen (Mrs. Ron Carrier) of Chilliwack, British Columbia; Charlene (Mrs. Norm Leger) of Cornwall and Val Roy (Don) of Apple Hill, Ontario.

Dear brother of Ida Clermont of Cornwall; Bella Roy of Montreal and Eva Roy of Cornwall.

Sadly missed by nine grandchildren, Kelly, Paula, Chris, Mandy, Blake, Adele, Ryan, Shawn, Bruce and by two great grandchildren, Jason and Daniel.

Predeceased by one sister, Claire.

The funeral took place on Tuesday, January 28th, 1997 from the Wilson Funeral Home, 822 Pitt Street, Cornwall with The Mass of the Resurrection with Commendation and Farewell celebrated by Reverend Denis Vaillancourt, assisted by Reverend Gerald Poirier in Precious Blood Roman Catholic Church, Glen Walter, Ontario. Rite of Committal Notre Dame Cemetery.

The pallbearers were Melvin Girard, Ron Burnell, Don MacDonell, Norman Leger, Chris Roy and Neil Ward.

The Knights of Columbus Council #5068 assembled at the funeral home for a prayer service for their late brother Harvey Roy.

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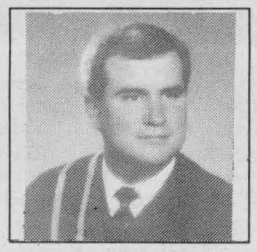
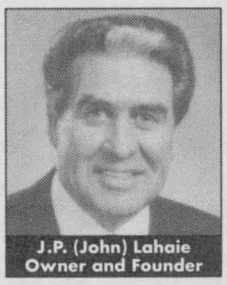


PETER HICKEY
Director
822 Pitt Street
938-3888

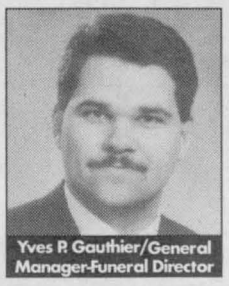
CHOICES

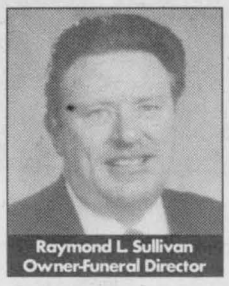
Some families want a traditional funeral service for their loved one, others choose a moderately priced, basic ceremony, still others prefer a simplified, low-cost alternative. There are individuals who wish to be cremated, while others believe in earth burial.

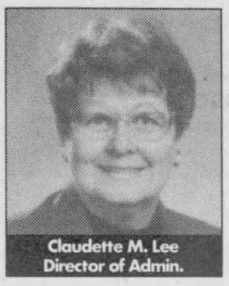
Lahaie & Sullivan Cornwall Funeral Homes provide service to all in need—honouring all beliefs and budgets. We are experienced and committed to offering choices to our families...choices at more affordable and *guaranteed* prices.

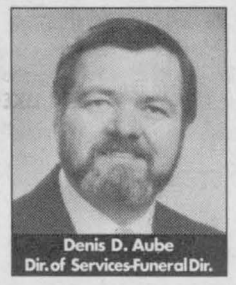

J.P. (John) Lahaie
Owner and Founder


Claudette R. Lahaie
Owner-Funeral Director


Yves P. Gauthier/General Manager-Funeral Director


Raymond L. Sullivan
Owner-Funeral Director


Claudette M. Lee
Director of Admin.


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

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

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

***CANADIAN RED CROSS SOCIETY** is holding a blood donor clinic on Wednesday March 19th at the Brookdale Mall 1:30-4:00pm & 5:30-8:00pm. The goal is 225 donors. Please lend your support.

***CATHOLIC WOMEN'S LEAGUE** is sponsoring a Spiritual Development Day on Thursday March 20th from 9:00a.m. to 3:00p.m.at Shalom House. For more info call Anna-Margaret MacDonald 525-1174.

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

***COMMUNITY CANCER SUPPORT NETWORK** meets monthly on the third Thursday of the month at 7:30 pm at 205 Second St. East (K of C Bldg). Next meeting Thursday March 20th. Info: 932-3451.

***CORNWALL CHRISTIAN WOMEN'S CLUB** invites all ladies to a "BREAKFAST" on Wednesday, March 19th at 9:30a.m. Navy Vets, 30-6th St. E. (backdoor). Reservations. Call Lillian at 346-5760.

***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 932-4810

***CORNWALL SENIORS CLUB** are having an Irish Stew Sunday March 16th from 12:00 noon till the pot runs dry. $3.00/person. Everyone welcome.

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

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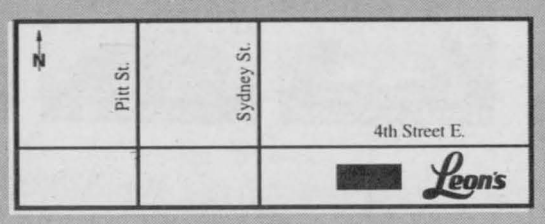

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