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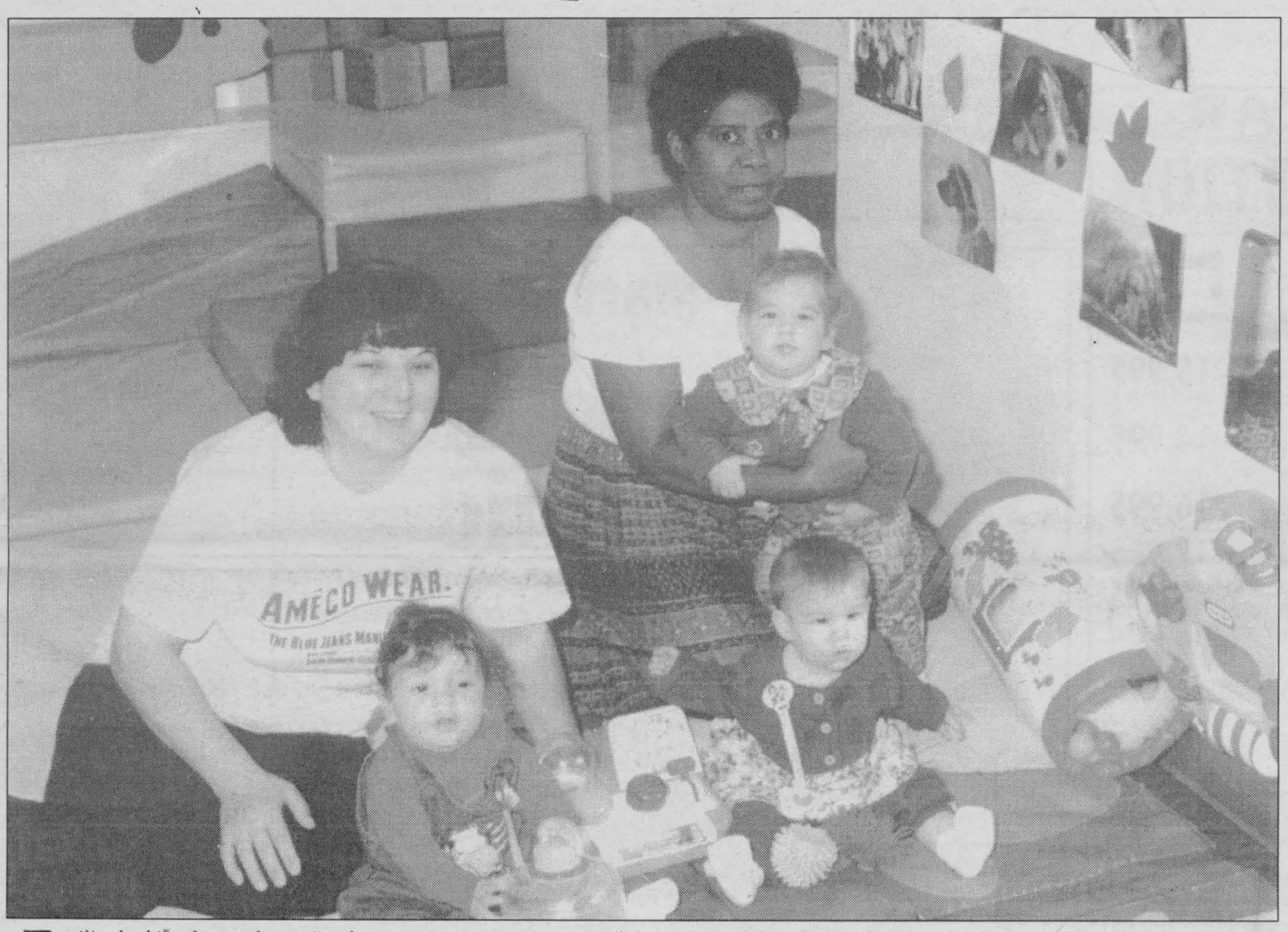
SEAWAY NEWS

October 11, 1998 VOLUME 12, ISSUE 41 SERVING CORNWALL AND AREA

Tiny TOTS



Families looking for an alternative day care system can now prevail themselves of the services offered at the Centre de Ressources Familiales de l'Estrie situated at 146 Chevrier in Cornwall. Newborns to children up to 18 months can be cared for at the "Pouponniere" between 7 a.m. to 6 p.m. Pictured above are supervisors Arlette and Michelle with tiny tots Cassandra, Francis and Jayme.
(photo by Aubrey Johnson)

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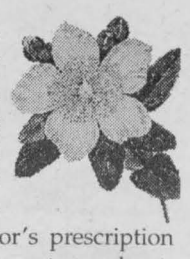
Portrait of Life ... With Love



Four years ago, Paul & Cynthia Dawson, a normal young couple in their early twenties and recently married were sharing their dreams and future together. Paul had started a new job and Jacob, their son, was born. Then the impossible occurred! What happens in that split second of time when an accident changes your life forever? A cold fear envelopes you as the word 'paralyzed' repeats over and over in your mind. Some people might feel that the fierce judgments and opinions about how an accident happens and who is at fault stop them from acknowledging and ultimately accepting the emotional mountain that needs to be climbed. In order for us as human beings to become triumphant over the fear, instead of being victimized and paralyzed by the mystery, there has to be another direction that allows us to come together to deal with the emotions of the accident. Paul and Cynthia love each other and hold onto each moment as best they can, with tremendous support from family and friends. On Friday, November 6th, Jazz Magnolias will play host to a gala benefit dance to raise funds to help Paul and Cynthia attend a rehabilitation centre at the University of Miami/Jackson Centre to follow a procedure known as Operant conditioning. This costly procedure uses existing neural cells in the brain and spinal cord in assisting the restorative functions of people, such as Paul, who have physical disabilities. Paul and Cynthia's "Raise The Hope" benefit dance hopes to raise $20,000 which will be used for treatment, travel expenses and lodging while attending the clinic. All of us need to have fun, but that's not easy when you are a quadrapalegic! Today is a day we can decide to make a difference. Tickets are available for $5.00 each, by calling Faye at 932-4628 or Brenda at 936-8478.

(photo by Aubrey Johnson)

St. John's Wort Works!



(NC)—It's no fad; it appears to work. First in Europe, and now in North America, an extract of St. John's Wort is being praised as a natural-sourced alternative for many people coping with mood disorders—such as mild to moderate depression—who want to feel their best. The clinical results are coming in and they are impressive.

More than 15 different human clinical trials using a St. John's Wort extract - LI 160 - have been conducted in Europe over the past few years. The studies included more than 4,000 patients and tested the effectiveness of this specific extract on its own, and compared to conventional anti-depressants. The study results, now published in more than 30 peer-reviewed journals internationally, showed that this extract is safe, well-tolerated, non-habit forming and effective.

The antidepressant benefits of this St. John's Wort extract have become widely recognized in Germany and other European countries in recent years. In fact, in Germany the products containing this tested extract are available both by doctor's prescription and over the counter, and outsell the leading traditional pharmaceutical product for depression on prescription alone by more than five-to-one, and overall seven-to-one.

Doctors and pharmacists in Canada and the United States are starting to receive hundreds of questions about this natural-sourced extract, and are welcoming the news that human clinical studies will be conducted in North America to develop data to add to the St. John's Wort results emerging from Europe. There is increasing acceptance of this and other natural-sourced products by health professionals worldwide as more and more research studies are published in peer-reviewed medical journals.

"I have been prescribing natural remedies such as St. John's Wort to treat depression for several years. It's a good alternative for my patients who want to feel better, but who poorly tolerate some side effects of the pharmaceutical drugs," says Dr. William LaValley, a renowned Nova Scotia physician. "It's a reasonable natural option to prescription medication for people with uncomplicated mild-to-moderate depression."

Depression is an illness that can affect anybody at any time of life, and if persistent or severe requires medical attention. Depression is one of the most common psychiatric illnesses in society today.

It is believed that St. John's Wort works by suppressing the release of hormones known to cause depression and also by stimulating the release of naturally occurring chemicals in the brain that relieve depression symptoms.

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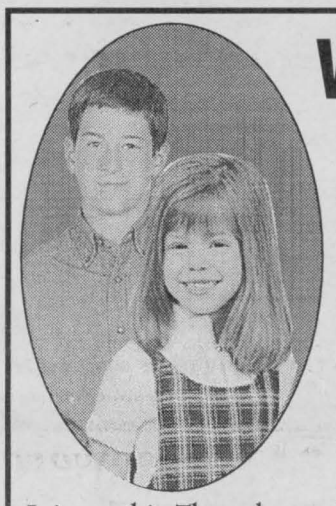

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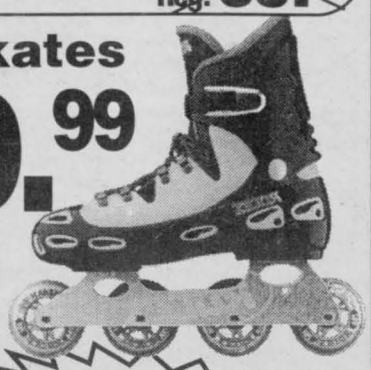

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In & Around CORNWALL

Anglicans Meet in Cornwall

On October 22nd to 24th, 1998, approximately 350 Anglicans representing 81 parishes in Eastern Ontario and Western Quebec will be in Cornwall for the 114th Synod of the Diocese of Ottawa. The Synod normally meets once a year when clergy and lay delegates reflect on the events of the past year and set priorities and direction for the next and subsequent years. The Right Reverend John A. Baycroft, Bishop of the Anglican Diocese of Ottawa will begin Synod with a Eucharist at Trinity Anglican Church on Thursday evening, October 22nd. Synod will continue with two days of meetings, presentations and workshops at the Cornwall Civic Complex on the Friday and Saturday.

Logan's Gallery & Gift Shop



LOGAN

Mike Logan of Logan's Gallery & Gift Shop, is pleased to announce the grand opening of his new location, the Cline House, at 204 2nd Street East. The Cline House is a two storey Georgian style home built in the 1850's as a private residence for Mr. Samuel Cline. In 1955, it was sold to the Cornwall Public Library Board and served as the city's library for more than 20 years. In 1979 the City of Cornwall designated the property as a heritage site. In 1998, after nine months of extensive renovations and careful consideration to the historical architecture, Mike is honoured that this property will now serve as Logan's Gallery and Gift Shop.

Staff of MagiCuts To Raise Funds for Breast Cancer

Karen Leger of MagiCuts at Zellers of the Eastcourt Mall is pleased to announce that she and her staff will be donating $2 per haircut to the Canadian Cancer Society on Saturday, October 17th, 1998. There will be a draw for prizes available for participants. The event will raise awareness for breast cancer during Breast Cancer Awareness Month.

Biking for Heart & Stroke

The Big Bike for Stroke was in town last weekend. The 29 person bike is used as a fundraiser for the Heart and Stroke Foundation and this is the fourth year the event has been held in Cornwall. Organizers were expecting to raise approximately $10,000 with nine teams participating in the event. Each team is made up of 29 people and each person must pledge at least $50. There are four of these bikes across the country raising funds for the Heart and Stroke Foundation.

Lions Club Presents Awards

The Cornwall Lions Club recently presented some awards to outstanding Lions in the community. The Helen Keller Award was presented to Bill Bray who is a veteran member of the club. The award is given to the Lion for services to his community for work done behind the scenes. Bray is involved in the Snowsuit Fund and the Sports Award Dinner. The Lions Club also presented Doug Gordon with the Lion of the Year Award. This award is for services to the community and is selected by secret ballot. Gordon has served on numerous committees and special projects over the years.

Walking for Alzheimer's

Don Stevenson walked into town this past week. Stevenson is in the midst of a 5,100 kilometer walk across North America in support of Alzheimer's disease. The 62 year old Seattle, Washington native says that the object of the walk was not to raise funds but to create more awareness about Alzheimer's disease. Stevenson walks an average of 57 kilometres a day which takes him on average 13 hours. So far he has raised more than $4,000 on his walk.

"Fit For Life" Seminar

A "Fit For Life: Strong Muscles, Strong Bones" seminar on osteoporosis will be offered on November 1st. Catherine Morisset, a fitness and lifestyle consultant from Ottawa is offering the seminar at Recreation Plus, located at 329 Pitt Street. There will be two sessions: 1- 3:30 pm for the general public; and 1 - 6 pm for fitness instructors, students and professionals. Registration before October 30th is $10 for the general public or $45 for the entire session, after October 30th, the costs are $12 and $50. For information call Lois at 933-8390.

No Joke Workshop

Heard the one about the housewife, the mechanic and the retired grade school teacher? Seems they all walked into St. Lawrence College's Humour Writing Workshop, and wound up with their own sitcoms and mega book deals. Okay, maybe that punchline's a bit far fetched. But the "What's So Funny?" Humour Writing Workshop, does offer writers a chance to flex that funny bone. "Past and present class clowns, new and experienced writers ---anyone wanting to learn how to write and sell humour is welcome," says instructor Gisele Grignon, a long time writer and editor, whose humour columns were heard regularly on CBC Radio and in several publications. The workshop runs Sat., Oct. 23, 9 a.m. to 4 p.m., and includes a take-home kit, and assignments that will be professionally critiqued and graded. Cost is $52. Call Debbie MacKay at 937-1505 to register.

Autism Awareness Month

October is Autism Awareness Month so with this in mind the Autism/P.D.D. Advocates of SD&G are holding a fund raiser called a "One Stop Shop Event" featuring local artists, crafts, honey, pickles and preserves, Marlin Orchards, Bob-T-Tack, stained glass, massages, etc. This event is being held Saturday, October 24th, from 9 am - 5 pm at the Knights of Columbus Hall in Glen Walter. Everyone is invited to attend.

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AMAZING GRACE



By Bob Burgess,
Pastor New Life Covenant Church

"Blessed is the nation whose God is the Lord."

Psalm 33:12

A man was deeply moved when he visited Ottawa and the Government houses for the first time. He was thrilled to see the MP's and representatives buildings and the important agencies they housed. But the most inspiring sight of all was the large flag waving above him as he stood on the steps of the main building and the Peace Tower. When his visit came to an end, he thought, this is the home of our government; here's where the power lies. This is the most important place in all of Canada.

A few weeks later the same man was a guest in the home of a farmer. He watched with interest as the children returned from school and quickly got busy with their chores. At the family dinner table he was delighted to see the happy faces and hear the lively conversation. His heart was warmed when the father read from the large family Bible. Then they all bowed their head and joined hands as the farmer thanked God for His goodness to them as a family. He also prayed for their church and their friends in need. Then he prayed for the nation, the Prime Minister and other government leaders in position of authority.

That night before the man went to sleep he began to think about what he had seen in Ottawa and what had just taken place in that simple farmhouse. Suddenly he realized he had been wrong earlier - the power of a country does not come from its capital. The real strength of a nation is found in its Christian homes. The moral fabric of a nation is woven with the threads of God-fearing homes. (Reprinted by permission from "Daily Bread".)

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

Facts on AIDS

(NC)—AIDS stands for Acquired Immune Deficiency Syndrome. Over time, HIV, the virus that causes AIDS, damages the body's immune system, leaving carriers susceptible to infections and cancers which are not normally a threat to healthy people. These illnesses are called "opportunistic infections".

AIDS is usually diagnosed in HIV-positive people who have developed one or more of the following illnesses:

Wasting Syndrome - Severe weight loss involving depletion of muscle mass in people with AIDS which can occur even in the absence of other infections.

Cytomegalovirus (CMV)- An opportunistic infection that can cause fever, mild sore throat, fatigue, aches and swollen glands. Severe CMV infection can cause hepatitis, pneumonia, retinas and colitis, leading in some cases to blindness and chronic diarrhea.

Pneumocystis carinii pneumonia (PCP) - A type of pneumonia caused by a fungus which grows rapidly in the lungs of people with AIDS.

Mycobacterium avium intracellulare (MAI) - An opportunistic infection that causes fevers, diarrhea and weight loss.

Lymphoma - A cancer of the cells that are responsible for normal immune function.

Cervical Cancer - Cancer of the cervix which may cause bleeding from the vagina after intercourse, between periods or after menopause. Women who have HIV may be five times more likely to develop this disease than other women.

Pelvic Inflammatory Disease (PID) - Inflammation of the upper reproductive tract (uterus, fallopian tubes and ovaries) usually caused by infection such as sexually transmitted disease.

There is still no cure for AIDS. And, according to Health Canada, reported cases of HIV are increasing in Canada (in fact, we have one of the highest rates of infection in the developed world), while deaths due to AIDS are declining. One explanation for this trend is that individuals with HIV are receiving better care. Another is that newer, more effective treatments, such as d4T, a new generation of AZT, are now more readily available.

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Around the Counties

Forest Fest Held At McKinnon Centre

The McKinnon Forestry Centre was the site of the fifth annual Forest Fest last weekend. The day focuses on a fun day for families to enjoy in the forest. The Ministry of Natural Resources and the Ministry of Agriculture both had booths set up and there were numerous activities for young and old.

Apple Harvest Time

Residents of Morrisburg celebrated their third annual Applefest last weekend. The event, sponsored by the Morrisburg Business Improvement Area (BIA), features a pie baking contest and a pie eating contest. Local apple growers take this opportunity to promote their products. The festival had everything from apples to pies to cider.

Community Parks Week Celebrated

Community Parks Week was held last week, October 1st to 7th, and was celebrated in South Stormont by Reeve Jim Brownell, members of the Osnabruck Greening Committee and students at Long Sault Public School. The children planted a sugar maple to mark the occasion. The Osnabruck Greening Committee is active in many environmental activities, including replanting trees and improving existing trails. South Stormont Council was hoping to encourage community participation in a variety of outdoor activities which respect and protect the environment. The students also participated in their third annual fundraising bikeathon, raising money for the school and the Lost Villages Historical Society. The students raised $3,400 for equipment, computers and programs.

Police Tax Rebate Possible

Due the the impending dissolvement of the North Glengarry Police Services, residents of Alexandria may be entitled to receive a tax rebate. Resident of Alexandria have paid $383 each for policing while rural households are charged $90.

Local Cadet Flying High

Glen Ferlotte, a cadet with the 253 Claude Nunney V.C. Air Cadets in Lancaster has received his private pilot's license through a course in Kitchener, Ontario. Ferlotte has always wanted to fly and he leaves the air cadets having accomplished one of his goals. Ferlot, who is 19 years old, is in his last year of high school. He plans to attend community college to enter a commercial pilot's program.

Tourism Operators Happy

The warm, sunny weather this past summer has made anyone involved in tourism and the outdoors, very happy. The nice weather boosted tourism, camping and other outdoor activities for the summer season.

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1998 Call for Nominations

Premier's Awards

The Premier's Awards were created to recognize the valuable contribution of college graduates make to the province's economic and social well being. The Premier's Awards provide an opportunity for the province to applaud the colleges for the important education and training they have offered and continue to offer within our communities across Ontario.

Each year, from nominations submitted by Ontario's twenty-five colleges, four individuals are chosen representing the four areas of study: applied arts, business, health sciences and technology. St. Lawrence is currently looking for graduates from our College who have these three characteristics:

- they are highly successful in their field
- they make significant contributions to their community
- their college education has been a strong influence in their lives and career success.

The 1998 Premier's Awards will be presented on Monday, February 15th, 1999 at the Annual ACAATO Conference to be held at the Sheraton Centre Hotel in Toronto. Each of the four graduate recipients will receive a specially designed Premier's Award medal and will designate a $5,000 bursary prize to the college of their choice. The entire group of 1998 nominees will be invited to attend the Awards presentation and will receive certificates signed by the Premier of Ontario.

Please forward the names of possible St. Lawrence College nominees and the reasons you think they should be considered, to St. Lawrence College, Alumni & Development Office by October 16th at 4 pm. You can also fax your nominations at (613) 545-3932 or e-mail at ALUMNI@SLCSL.StLawrenceC.On.Ca

An Evening With George Fox

11 Time Country Male Vocalist of the Year

He's the Canadian country music luminary that Canadians love to love! Despite his shelves of awards, song writing and recording experiences, TV specials and concert tours throughout the last 10 years, George Fox has remained just as unassuming and unpretentious as he was the day he stepped off his tractor to take the phone call from Warner Music offering him a record deal.

A life-long habit of wearing his heart on his sleeve (I Give You My Word) and passionate nationalist (Clearly Canadian), George Fox is much lauded of his natural, easy style, his infectious sense of humour and his confident stage manner. This tour is in support of Fox's seventh release, "Survivor" which pays tribute to his mother, who recently passed away. He will be appearing in Cornwall November 14th.

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MUSIC UPDATE



By Yvan Brunet

Dolly Parton "Hungry Again" Decca - With "Hungry Again" Dolly Parton has returned to her musical roots and created a touching record that combines country, folk and a bit of gospel. From the acoustic beauty of "Paradise Road" to the wry humour of "Honky Tonk Songs" to the gospel inflections of "When Jesus Comes Calling For Me", the twelve cuts reflect Dolly's personal journey to reconnect with her Smoky Mountain heritage. Great stuff!!

Treebeard "The Effect Is The Key" Regicide Records - Ottawa's own alternative music group Treebeard is back with a third offering that beckons attention. The album hangs together gloriously on jangly guitar hooks and a smooth vibe positively nailed down by Gilles Bourget, Pierre Bourget, Patrick Boily and Alain El Hofi. The lead track "Clusters of Another Kind" is a raucus pleasure with a lush sheen, but don't overlook the liquid-hot "Dancing On Eggshells" and "The Lawns I Mow". Good fun music for one and all.

Culture Club "VH-1 Storytellers/ The Best Of" Virgin - A double album that first sports VH-1 live covers of Culture Club's mega hits from the '80s including "Karma Chameleon", "It's A Miracle", "I'll Tumble For Ya" and the life combined with a "best of" collection boasting studio covers of all the aforementioned tracks. The arrangements on the live cuts are hip, but Boy George's vocals are at times weak. Bound to rekindle a few fond memories.

Various Artists "Back To Titanic" Sony - An all-new collection of unforgettable music that wasn't included in the first "Titanic" soundtrack album. It's all here "An Irish Party In Third Class", Celine Dion's "My Heart Will Go On" with the real movie dialogue, the piano version of "Rose", "Nearer My God To Thee" performed by I Salonisti plus the world premiere of James Horner's original "Titanic Suite" featuring sections of the score not included in the first soundtrack. A must for fans who have enjoyed the film.

Ricky Skaggs "Bluegrass Rules" Rounder - Bluegrass music aficionados should check this one with Ricky Skaggs (Emmylou Harris' Hot Band) heard bending the strings. The album, with the Kentucky Thunder Band helping out was recorded much the same way Bill Monroe and his Blue Grass Boys, Flatt & Scruggs & The Foggy Mountain Boys and so on recorded albums back in the '40s and '50s. Words that come to mind: no frills, plaintive and earthy.

Various Artists "The Songs of Phil Ochs" Sliced Bread Records/ Festival - When folksinger Phil Ochs began performing in the early '60s he was known as the "Singing Journalist", basically singing self-penned topical protest songs. This brand new double tribute album features some of his best creations as performed by the likes of Arlo Guthrie, Tom Paxton, The Roches, Eric Anderson, Dave Van Ronk and the like. Several highs and a few lows.

Various Artists "May Your Song Always Be Sung" Ariola - A tribute album to singer/ songwriter Bob Dylan as performed by a roster of international artists: Bobby Bare (Blowin' in the Wind), Jose Feliciano (Masters Of War), The Box Tops (I Shall be Released), Nilsson (Subterranean Homesick Blues), Carlene Carter (Trust Yourself) and so on. Unique but hardly awesome renditions of Dylan's earlier creations. There are moments.

Various Artists "Country Blues Guitar" Rounder - Twelve tracks from yesteryears which showcase the acoustic blues tradition with the likes of Mississippi Fred McDowell, John Hammond, Rory Block, Johnny Shines, David Bromberg and several other artists heard bending the blue strings. Several of the songs are classics: "Walkin' Blues", "Mean Old Frisco", etc... A laudable collection.

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1000, rue Pitt Street, Cornwall 9:00 a.m. - 3:00 p.m.
For clients whose family name starts with the letters A through L.
Pour ceux dont le nom de famille commence par les lettres de A à L.

JEUDI, LE 22 OCTOBRE/98 - THURSDAY, OCTOBER 22/98
Bureau de santé de l'est de l'Ontario - Eastern Ontario Health Unit
1000, rue Pitt Street, Cornwall 9:00 a.m. - 3:00 p.m.
For clients whose family name starts with the letters M through Z.
Pour ceux dont le nom de famille commence par les lettres de M à Z.

Advice For New Pet Owners

(NC)—Once you have adopted your pet, the instructions are simple. Just remember the acronym, PETS and the four steps to proper pet care;

- Play with them frequently and love them unconditionally—you wouldn't expect any less from them.
- Exercise daily—through walks or play.
- Take your pet to the veterinarian for regular check-ups. Be sure to get all vaccinations on time.
- Serve your pet nutritionally balanced foods for their lifestages.



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ASK THE DENTIST



Louis Cardinal, BSc, DDS, FAGD
SEAWAY NEWS

What Is Pregnancy Gingivitis?

Pregnancy gingivitis is the term used to describe the gum inflammation that many women get during pregnancy. The signs and symptoms are red puffy gums, bleeding and redness, combined occasionally with bad breath as well as discomfort. These symptoms are the same as any gingivitis but the difference here is that the gingivitis can occur from a very small amount of plaque. In other words, this individual would probably not have gingivitis if she was not pregnant. Why does this occur? During pregnancy many hormonal changes occur which are obviously needed to produce a healthy delivery. However, some of these hormones lower a womans resistance to plaque, so that a level of plaque not normally a problem, may become enough to cause gingivitis.

Studies have shown that increased gingivitis most commonly begins during the second and third month of pregnancy and increases in severity through the eighth month and begins to decrease in the ninth month.

Signs & Symptoms of Pregnancy gingivitis.

1.Swollen gums.
2.Bleeding gums
3.Red inflammed appearance.
4.Painful
5.Bad odor(halitosis)
6.Begins during pregnancy
7.Bad taste

If an individual is already suffering from gingivitis (or worse, periodontitis), before the pregnancy, this change of hormones will often aggravate the existing condition, resulting in a flare-up which often creates enormous discomfort, to an individual who is already coping with being pregnant.

Therefore every woman who is pregnant should make sure that her oral hygiene is impecable, which means brushing and flossing meticulously on a daily basis. This also means that you should brush more often and more diligently and keep a close watch on your diet.

Furthermore, you should schedule to see your dentist during your pregnancy, in order to have the health of your dentition assessed, and to receive a thorough cleaning. There are no contra-indications to having your teeth scaled and cleaned during a normal healthy pregnancy. Your dentist will be happy to assess the health of your dentition.

Pumpkin Faces

Everybody loves a jack-o'-lantern.

Some people carve the same face year after year, others are creative and make interesting new creatures every time they get the chance.

For those creative people, we have no advice whatsoever. Just keep doing what you have been doing.

For those who are artistically-challenged, we offer some help.

1 - Try to select a pumpkin which offers a good work surface. A good surface is free from soft spots, dents or "warts."

2 - Try to get a pumpkin which doesn't lean in a funny direction. Pumpkins seem to follow the same rule as Christmas trees -- they don't



lean until you take them home. But try anyway.

3 - Instead of cutting the same triangles for eyes and nose and a jagged smile for teeth, try to come up with a personality for your pumpkin. Do you want a pumpkin which is: happy, sad, scary? Are you interested in carving a design instead of a face: bat, witch, cat? Consider the shape of your pumpkin -- is it tall and thin or short and fat?

4 - Make a few practice drawings on a piece of paper before you start to carve. You can use a photocopy machine to enlarge a face or design that you like and then transfer that to your pumpkin.

Once you've decided on a face and transferred it to your pumpkin all the hard work is done -- except, of course, for the actual carving.

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Opinion

SEAWAY NEWS
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Trampling Of English Rights Again Exposes Double Standard

I ask you this: What would your reaction be if Ontario Premier Mike Harris made a public statement asking merchants in Le Village not to display any signs in French?

Of course, the situation is purely hypothetical, because it would never happen — the concept is simply too outrageous. If the premier did make such a statement, however, he would be denounced as intolerant, racist and anti-Canadian for slapping the French-speaking community in the face..

But when Quebec Premier Lucien Bouchard does exactly the same thing to the English community, it's accepted

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

with barely a whimper.

Yes, folks, the old bilingual double-standard is at work again.

Bouchard is up in arms because the English-rights group Alliance Quebec, led by President William Johnson, has asked stores such as Eaton's and Sears to use English signage, along with their French signage. Under Quebec's language law, stores may use English signing providing it is smaller than the French signing.

In other words, the Anglophones are only asking for their "rights."

But that's too much for Bouchard. Not only has he publicly denounced the Alliance Quebec campaign, he has personally asked the stores not to use English.

The separatist leader says the use of English signs would be provocative and fuel the language wars.

Think about that folks. Instead of defending his constituents' legal rights, Bouchard is saying that the exercise of those rights is provocative and troublesome. (Just the way black people in 1950s Mississippi were provocative by refusing to go to the back of the bus.)

In any other country, this act of intimidation and racism would be denounced. In Canada, we not only tolerate it, we make feeble excuses for it.

Take the fence-sitting approach of federal Intergovernmental Affairs Minister Stéphane Dion. Dion's tepid criticism of Bouchard was overshadowed by his negative criticism of Johnson.

"One has never felt in Mr. Johnson the least comprehension of the fact that Quebec Francophones are also a minority, "Mr. Dion told reporters. "They are a minority in Canada, and a tiny minority in this English-speaking continent. If one felt he had some comprehension of the situation of Quebec Francophones, that would help create a greater feeling of mutual understanding than what can be seen now."

So there we have it. We have a specific case of English rights being trampled in Quebec, and Dion's response is to go on about the plight of Francophones.

In the simple (minded) world of Ottawa politics, Francophones are always victims and Anglophones are always oppressors.

When the City of Sault Ste. Marie and some other municipalities passed resolutions declaring English their official language several years ago, English-speaking politicians fell over themselves in vitriolic attacks on those cities. We are a tolerant country, they puffed. We need to defend Canada's cultural mosaic, they ranted. Such behavior cannot be tolerated, they raved. Federal and provincial leaders — Liberal, Conservative and NDP — rushed to take part in the public stoning of Sault Ste. Marie and the other heretics.

But, now that the shoe is on the other foot, they seem to have lost their tongues.

The spectacle of a provincial premier intimidating people into giving up their legal rights is the type of behavior we would expect in a banana republic, not in a democracy.

Now we really know what "distinct society" means.

AIDS FORUM



By Pat O'Connor
SEAWAY NEWS

Hello everyone. Two new drugs designed to help people with AIDS have finally been approved by Health Canada's health protection branch.

One drug is called nevirapine which was approved for use in the US almost two years ago. Like the protease inhibitors, which I am now on, nevirapine strikes at HIV's ability to replicate and is meant for use as part of a three drug cocktail. The new medication differs from protese inhibitors, however in that it attacks a different part of the virus's reproduction cycle. Triple drug cocktails have not cured AIDs, but they can hold HIV in check for many patients. I myself have been on the cocktail for over a year, and my immune system is holding its own.

Federal approval now means that Canadian patients and their doctors will have increased options for treating HIV. I will probably be looked at for taking this new drug, due to the length of time I have been on Crizivan, another type of protese inhibitor. A friend of mine who visited a clinic in Ottawa last week, has been prescribed this new med to start next month. Dr. Mark Wainberg, president of the International AIDS Society described nevirapine as a wonderful new drug and fully expects people to "live longer and enjoy an increased quality of life" as a result of this long overdue decision by Health Canada. What took Health Canada so long? Do people in control care about our quality of life? I wonder sometimes.

The other drug called Caelyx, fights kaposi's sarcoma, which is a type of cancer most commonly found in men w/AIDS. Caelyx is not a cure either, but it has been shown to ease the painful and disfiguring lesions caused by kaposi's sarcoma in many patients.

The new drugs are coming and someday a cure may be in the works. You must have faith and hope for the future to stay healthy. A thank you goes out to my mom and dad for keeping me updated on things I miss. I appreciate it greatly.

Feels like I'm coming down with the cold everyone else has or has had. Hope it does not hang around too long.

Thanks to Andrea McDonald at North Dundas and her students for having me speak. Also thanks to Irv Francis at Seaway District in Iroquois for having me in for the third or fourth year in a row to speak to the grade nines. I know all you teachers are busy out there, but please do not hesitate to call me to speak to your class.

Be well all and take your vitamins daily.

Pat is a local resident living with HIV. You may send in questions to Aids Forum here at the Seaway News address. Pat also does public speaking at no charge to any interested groups and can be reached through this newspaper or at his home.

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

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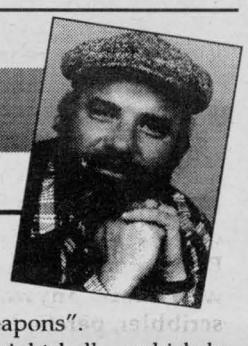

By Arthur Black
SEAWAY NEWS

It's not that I'm frightened of dying.

I just don't want to be there when it happens.

Woody Allan

Call me morbid, but I've been thinking about death lately. Specifically, about all the ways I'd rather not go.

Woody Allan notwithstanding, it looks from empirical evidence, that my attendance at the occasion is pretty well mandatory. All God and I have to work out are the details.

On the off chance that The Big Guy with the Celestial Clipboard is reading this column, I'd like to submit a short list of the ways I would rather not shuffle off this mortal coil.

No shuffling, for starters. I'd like to go out with a little style, a touch of flair. Please don't call my number while I'm lined up at a Burger King waiting for my Cheeseburger Deluxe. Don't let me be sandbagged by a potted geranium tumbling off some sixth storey windowsill -- and really, I wouldn't want to be caught, well, dead, keeling over into the chip dip at some journalists convention in North York.

Speaking of mortal indignities, Lord, please don't let me go like Elvis. The King of Rock and Roll. Dead on his toilet. Jeez.

All things considered, I think I'd prefer to be murdered. Shot by Hugh Hefner, say in a fit of masculine jealousy. Or discretely poisoned by a distraught Miss Universe, driven crazy by the knowledge that she couldn't have me.

I'd even settle for a baseball bat in the back of the noggin from Mark McGwire, unable to endure the irony of being shaded into obscurity by my simple, understated maleness.

Believe me, there are worse ways to leave the planet. Ask Hans Dalmolen -- if you can. The late Dutch salesman met his fate in the blades of a 21-inch rear-bagger lawnmower, wielded by his wife, after she discovered lipstick on one of his shirt collars.

Or the Parisian landlady who made the mistake of criticizing one of artist Theodore Gardelles paintings. Gardelle stabbed her. With a long-tailed comb.

In 1953, an Albertan by the name of Fred Ralston gave his wife that long distance feeling by strangling her with the cord of the family telephone. Meanwhile a frustrated New Jersey housewife nixed her hubbo by suffocating him with a bag of his favorite potato chips.

Back in 1843, two irate Frenchmen named Mellant and Lenfant fell into an argument over a pool table. Lenfant hissed "choose your weapons". Mellant did -- an eight ball -- which he proceded to sink in Lenfant's forehead.

Sports can be dangerous -- mortally so. In Germany, Peter Geiger clubbed his fishing buddy Horst Renk to death in an argument over bait. Geiger's weapon of choice: a dead snapper.

Another German sportsman, Gunnar Waktel, used a bowling pin to club his best friend and bowling partner to death. His buddies crime? He goosed Gunnar just as he released his ball, causing him to miss a strike that would have given him a perfect game.

Something like that -- only a whole lot worse -- happened to England's King Edmund Ironside 'way back in 1016.

According to a book called The Porcelain God: A Social History of the Toilet, King Edmund was killed while seated on his privy.

By a swordsman lurking in the cesspit below him. Ugh. That's even worse than the sendoff Elvis got.



Should Our Judges Be Better Educated?

MEANWHILE...

Fred Sogel



Have you ever wondered about the credentials of the people who sit in judgment of you in our courts?

Are they well suited to the task? Are they far above the cut of the average citizen, or, for that matter, the average lawyer? Are judges, who hold such a powerful and esteemed position in our society, really that qualified?

The answer is too often no.

All of those questions came to mind recently when a good friend of mine, Barbara Shantz, who happens to be a nurse, came back from a miserable experience in watching a provincial court proceeding and asked me about the process by which judges in this country are appointed.

"What makes them so special?" she asked. "I sure don't get the impression they're all that different, certainly not from my experience."

She may have a good point.

And let me point out any bias that might exist on my part on this point. My ex-wife and former law partner is a judge; she was appointed to the Supreme Court of Ontario and, under its reorganization, is now sitting as a judge of the Ontario Court (General Division) in Toronto.

How did she get the post? And what makes her qualified for it? Similarly, how do others do it?

The official minimum standards for becoming a judge are two-fold: first, you have to be a lawyer; second, you have to be a member of the Bar for at least 10 years. But that is only the start.

To get a judgeship, you have to apply for the position. Provincial judges are appointed by the provincial government. They are the judges who hear minor cases and criminal cases. The federally appointed judges, who also apply for the job, hear the bigger cases. After that, of course, you have your appeal courts.

If you have your 10 years of working at the Bar under your belt, you can apply. But before you do that, you have to schmooze. And you have to be good at the schmoozing. You need to connect yourself with important people in the Bar, the existing Bench and in the government, realizing that it is ultimately a political appointment.

While politics has been taken out of the process in the last few decades, it still plays a prominent role in who gets the job. Names are vetted before an informal committee of lawyers, but beyond that, there is no formal parliamentary process.

More critical, however, is that you only need a simple law degree to become a judge. There is absolutely no requirement that you obtain post-graduate education, such as a Master of Laws degree or a Doctor of Laws degree, both of which are research degrees into specific areas of law.

These are credentials that any law professor requires. It means, in essence, that the people who teach at our law schools are better educated than the vast majority of our judges, certainly at the trial level. While the government has recently made a point of appointing more law professors with advanced qualifications to the Bench, this is not a normal practice.

"Shouldn't it be so?" asked my friend Barbara. "How can you have these people judging you on important matters such as huge monetary amounts and complicated settlements, not to mention jail terms when they don't have as much education as the people who teach law?"

She has an excellent point.

Europeans appoint their judges entirely differently. For the most part, you must study specifically to become a judge and you are trained for the role. Here, we take lawyers who are good at arguing (and not even that often occurs) and even better at making connections and put them on the Bench.

If we want the best people, don't we owe it to ourselves to make some reforms? Shouldn't we stop the schmoozing practice and insist that judges be educated specifically for judging with higher post-graduate degrees?

Isn't that what the public wants and thinks exists now?

Parliament Hill Notebook



By Art Babych
SEAWAY NEWS

Master-sleaze theatre ...

It was not Solicitor-General Andy Scott's best week. It was not the House of Commons' best week. But it was good theatre -- well, fair anyway. Your scribbler, perched omnipotently in the press section high above the mayhem, watched in disbelief as the gang of "honorable" members tore into Scott and each other. As school children, tourists and visiting delegations, including one from Kuwait (spare a barrel of oil, buddy?) looked on, opposition MPs locked their sights onto the minister, who may discover that loose lips not only sink ships but political careers, too. As everyone in the country knows (so why are we repeating it?), the cabinet minister's chat with New Brunswick lawyer Frederick Toole aboard a small airplane last weekend was, er, "monitored" by Saskatchewan NDP MP Dick Proctor, a former journalist. Out of force of habit, perhaps, Proctor scrawled notes of the conversation which suggested that Scott had compromised the APEC inquiry. In Question Period ("Roll cameras!"), opposition MPs responded on cue with mock outrage and shouts of "resign, resign." Prime Minister Jean Chretien was unconvincing in his supporting role even when he characterized Proctor as "a reporter for the National Enquirer." However, Scott's portrayal of a deer caught in the headlights could catapult him into Oscar position. Especially gripping was the part where he panics and darts out onto the front pages of every daily newspaper in the land. All that was missing was the popcorn.

Busy explaining how busy ...

Senators Colin Kenny and Michael Kirby didn't take kindly to a story by the Ottawa Citizen's Jack Aubry. In a front page article on Monday Aubry wrote that the Senate is taking a 2 1/2-week Thanksgiving vacation because it doesn't have enough work to do, even though senators just got back from a three-month summer break. Both Kenny and Kirby wrote protesting letters to the editor and distributed copies to all members of the Parliamentary Press Gallery. While Kirby took the high road suggesting that Aubry do his homework, considering the "hectic" Senate committee schedule before Thanksgiving, Kenny called the story "mindless" and gave an hourly account of his busy schedule (which obviously includes writing two-page letters to the editor). From the looks of the most recent Senate Bulletin, a compendium of newspaper clippings, Kenny does indeed keep himself busy. More than 20 of the 75 pages in this month's bulletin are letters to the editor written by Kenny alone and sent to community newspapers across the country. No writer's block in the Centre block, it seems.

Suharto to see you go ...

The resignation of Prime Minister Jean Chretien's APEC companion, Indonesia's President Suharto, sent some scribes in the press gallery scrambling to find background information on the longtime dictator -- Suharto, that is. While many of the learned pundits could recite chapter and verse of his lengthy reign of error, we were thrown a curve by a colleague's probing question: what is Suharto's first name? Having ruled out "Fritz," your columnist crawled onto the Web and probed for the answer. All to no avail. In the end the omniscient high priests of politics, the press, were forced to admit they don't know the first name of a national president who was in office for 32 years. Humility -- what a concept!

Miami blew ...

Cuba's Sports Minister Humberto Rodriguez Gonzales and Canada's Heritage Minister Sheila Copps signed an agreement in Ottawa this week for a two-country exchange of sport information and experts. "Both Canada and Cuba will stand to gain by working together on these very worthwhile exchanges," said Copps. The exchange may not include experts or athletes from any of communist Cuba's rowing teams. Last we heard they were still living in Miami.

For the record ...

"There's always a chance something will happen": Treasury Board Minister Marcel Masse, asked about the potential for millennium-bug problems in Canada.

SEAWAY NEWS
LETTERS TO THE EDITOR

VON Registered Nurses' Protest

Dear Editor:

Thank you for the opportunity to comment on the VON Nurses' Protest. I am one of the RN's involved in this dispute - I have been active in community nursing for 15 years. As do all RNs, I constantly upgrade my skills and knowledge, and have adapted to all of the changes in my field with dedication and commitment.

Registered Nurses have been the backbone of VON and we share management's pride in OUR proven record of providing quality health care in the community. I served for two years as a volunteer staff member on the VON Board of Directors, and fully recognize how dedicated and answerable to the community this Board is. I share some of Management's concerns - particularly the present governments desire to sell its nursing care to the lowest bidder, regardless of quality or experience, particularly to large companies who can undercut us and provide the service at a financial loss (doubtless only until a monopoly is achieved). Quality is not the lowest bidder. I fully recognize that the paramount importance of what we are doing. We know what is at risk. This is our dilemma:

All nurses in the community have been asked over the years to do more complex, more technical, more acute care cases. We care for seriously ill people in their homes. In the past, many of these people required hospitalization for the same care. Ironically, as the level of care required has increased, the government has changed our category from that of an essential service to that of a non-essential service. We work more shifts, do more evening and night visits, have a shorter response time required. We work in isolation, in extremely rural areas - all hours of the day and night and in all kinds of weather (snowstorms, ice-storms and thunderstorms included). Unfortunately, little regard is given by our employer to the increased demands and risks of our work. VON claims to be distressed at the changes in the health care system and they publish that they value and respect the work of the Registered Nurses. I have to question their ideas of value and respect.

Is this value and respect? On top of past cuts already accepted (& among the concessions asked) they want to freeze our salaries, reduce benefits and expect us to provide and maintain a car at our total expense (our mileage varies - on a weekend in a rural area, I commonly drive 200 - 300 km per day, between the first and last client). They want us to ignore our seniority and restrict our right to seek non-VON employment while not providing any guarantee of working hours with them. Our working conditions deteriorate and our risks increase. Did I feel valued or respected when asked to return my VON name tag, policy manual, nursing bag and office keys?

In this difficult situation, VON could be a vocal promoter to the government and the public, of the need for continued, quality, accountable, community nursing. But along with their "value and respect", they have offered a deafening silence. We are compelled to fill this void for them. As Registered Nurses, it is our obligation and our desire to advocate for our clients and ourselves. Quality community nursing is the issue. The shortsightedness that put us in this situation, has to be addressed before we lose our experienced, dedicated community nurses. The pride we hold in our profession is unparalleled; we cannot accept or ignore this situation.

Elizabeth Foley

A Voice Crying From the Wilderness

Dear Editor:

This is a letter of response to the Bishops letter to the editor published on Wednesday, August 12th (Standard Freeholder).

A religious issue again arises from the recent final decision to downgrade services at one of Cornwall's two hospitals.

An example, claimed to be one hundred years old, is given to us with few details other than his opinion on the courts decision. We are given the opportunity to "exercise blind faith", on this issue, and then are fast forwarded to the present and told that the hospital decision is all about the non-abortion practices at the Hotel Dieu.

Give me a break please!

I think abortion is awful and especially when young would be mothers can be treated without parental knowledge of the event. However, I am even more concerned about the young children who are and have been abused by priests and others.

Where is your voice on this moral issue? Why do you pound away on what the "Vatican Council II" has to say on abortion, yet turn your nose up on more important issues like the safety of our children.

When priests, political leaders, police, parents, etc., etc., don't deserve respect, people will naturally resent their authority.

What we need are good, moral leaders who spend their creative time preventing troubles, not leaders who brew it up.

We also need a community brimming with people who follow suit. Former Prime Minister Pierre Elliot Trudeau apparently felt that his good unity plan of bilingualism failed because the people did not follow his good example.

Perhaps you might better dwell on giving thanks for the one hundred years in - between which you didn't fault.

Is this letter going to be regarded only as a voice crying from the wilderness?

Yours Sincerely,
Raven Van Leishout
Cornwall

Too Many People Lie Awake at Night

Most people spend a third of their lives sleeping, but some struggle to get even four hours of slumber.

Sleeplessness is a problem for a significant number of Americans. It can be caused by many things, such as sleeping in an unfamiliar environment, hot weather and illness. Business travelers, vacation travelers and shift workers coping with changes in bedtimes may find themselves tossing and turning frequently. Short periods of stress can also cause mild forms of insomnia, according to NARD, the national association representing independent pharmacies.

Diet pills, which are often loaded with caffeine, can keep you from getting to sleep, as can taking daytime naps. In a few cases, leg cramps can interrupt a good night's sleep.

The elderly are often preoccupied with their lack of sleep. The normal 85-year-old spends about one-fifth of the night awake.

Furthermore, chronic nightmares may cause insomnia. Nightmares can occur after bad experiences or as a result of psychological troubles. Nightmares can also occur as side effects of taking or withdrawing from certain medications, such as sedatives.

Getting To Sleep

Experts offer several ways to treat insomnia. First of all, people who have trouble sleeping should go to bed and arise at the same time every day–no staying up late or sleeping in. This is the most crucial aspect of curing insomnia, experts say. Physicians also recommend removing all caffeine from the diet, except, perhaps, the morning coffee. Regular exercise also helps improve sleep patterns.

Stretching may get rid of the problem; if you suffer from leg cramps at night, ask your physician to recommend a stretching exercise to do before going to bed.

In addition, some physicians swear by the time-honoured tradition of drinking a glass of warm milk before going to bed.

Some cases of insomnia can be traced to underlying physical problems and can be treated with medication. For instance, antidepressants almost always help people with depression overcome their sleeplessness. However, barbituates, once commonly used as sleeping pills, may do more harm than good. They are habit-forming, there is no good evidence that they work and they may actually disrupt normal sleep patterns.

While certain sleep aids can be bought over the counter, they do not restore the rapid eye movement (REM) stage of sleep, and are not considered by experts to be very helpful.

Many more efficient prescription sleeping aids have become available in the past few years. Ask your family pharmacist about the ones he or she feels work best.

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Retired Teachers Celebrate 25th Anniversary



The retired teachers of Stormont, Dundas and Glengarry celebrated the twenty-fifth anniversary of their organization with a dinner at the Iroquois Legion on September 15th. A large number of new retirees attended, and all enjoyed hearing guest speaker Laura Sabourin, past president of this District and of the Provincial organization. She spoke of the value of laughter, and her infectious humor ended the day on a pleasant, entertaining note.

Pictured above are (l. to r.): Clifford C. Hart; Lionel Chartrand; Doreen Marcellus; Raynaud Bourdeau; Sr. Angeline Moreau; Reta Raymond; Marjorie Thompson; Francine Richer; Veronique Sauve; Laura Sabourin; Annabel McNaughton; and Roland Major.

Sound Sense

Peace and quiet, the cliche phrase, stands for an impossible dream without some searching nowadays. Where can one go to be free of the noise made by the products of modern industry? Where can one go to find silence, or sound that is soothing to the ear?

Not all that we eat is good for us, nor is all that we hear. Sit quietly at home or work for five to ten minutes and list each different sound that you hear. How many are welcome? And how many are unwelcome? Which ones normally pass unnoticed? And when was there silence?

Sound travels in waves that are picked up as pressure on the eardrum and measured in decibels (dB). One decibel has been arbitrarily set as the softest sound the human ear can hear. For instance, quiet breathing registers 10 dB. A rustle of leaves in a silent forest registered 20-30 dB. An alarm clock assaults the ear at 80 dB and a jack hammer at 100 dB. Live rock music, amplified, registered 90-130dB and a jet engine at take off causes 120-140dB of pressure on the eardrum.

Pre-dawn garbage collections, road repairs, horns and sirens, loud music and planes are typical city complaints. In the country it is often farm equipment, highway and truck traffic, chain saws and snowmobiles. And at home, blenders, dishwashers, vacuum cleaners and lawn mowers are common problems.

The ill-effects of noise are cumulative. Strong vibration from excessive noise actually wear out the sensory cells of the ear until they can no longer respond. Because the process develops slowly it often goes unnoticed until it is advanced enough to interfere with communication. The change is permanent, however, and can't be helped by medicine or surgery, although a hearing aid may help some people.

Much damage can be avoided. As a precaution against hearing loss, avoid repeated exposure to situations that leave your ears ringing or your hearing with a sense of dullness. Similarly, if you have to shout directly into another person's ear in order to be able to talk, the sound level around you can be having a damaging effect, especially if the situation is constantly repeated.

Some sounds are described as noise because they are primarily annoying. Reactions to these sounds vary with individual perceptions of what is desirable. Conversations held over the sound of the TV or radio exasperate some and don't bother others. Barking dogs, radios playing, crying children, neighbours fighting and late night car repairs often fall in the annoying category.

Other sounds are unnoticed but still take their toll. At night, most sleepers are awakened by noises above 70 dB. At 50 dB about half will awaken or shift out of a deep sleep to a light, troubled one. Some highly sensitive sleepers will be disturbed by a sound as moderate as 40-50 dB. And, in order of age, the first to be disturbed are grandparents, then parents, then teenagers. Small children are most often undisturbed.

Registered nurses encourage you to take time to stop and listen to the sounds around you. Sound health begins at home. Peace and quiet and welcome sounds need to be dreams that come true - not lost to our modern society.

The Registered Nurses Association of Ontario, as the voluntary professional association representing a broad network of over 14,000 registered nurses in Ontario, is the strong, credible voice leading the nursing profession to influence and promote healthy public policy.

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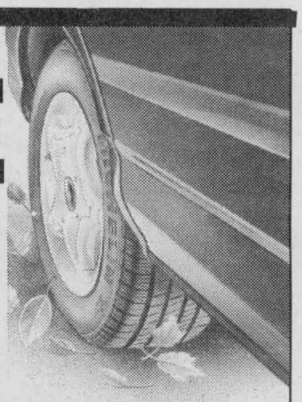

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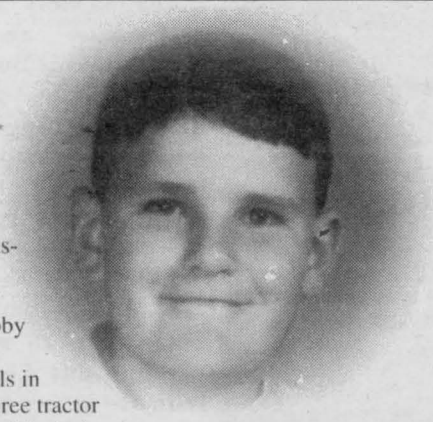

In 1997 Bobby Thompson's compassion and concern for the Manitoba flood victims sparked one of the largest relief drives in Canada. Bobby rallied his school mates, and put a challenge out to all the other schools in the Peel District – five days later three tractor trailers and $6,500 were leaving for Manitoba. Bobby Thompson was honoured last year as an Ontario Junior Citizen.

There are young people in our community who have risen to the challenge. If you know a young person, aged 6 to 18, who is involved in worthwhile community service, a special person who is contributing while living with a limitation, or a youth who has performed an act of heroism, help us recognize their contribution – nominate them today!

Nominations will be accepted until October 31, 1998. Contact this newspaper or the OCNA at 905-639-8720, Loc. 230.

ONTARIO JUNIOR CITIZEN OF THE YEAR AWARDS
ontario community newspapers association
TEMBEC INC. SPRUCE FALLS INC. RISING TO THE CHALLENGE

Our People Fund



The "Our People Fund" from the Bank of Montreal, collects donations received from various fundraising events held throughout the year. From the last bake sale and dress down day, sponsored by the Bank of Montreal community in eastern Ontario, funds totalling $2,393.73 were presented to the Cornwall branch of the Canadian Cancer Society. Pictured during the cheque presentation are Vale Brownell, Team Captain, Our People Fund; Claude Denis, Cornwall Branch President, Canadian Cancer Society and Agnes Paquette, Customer Services Rep., Bank of Montreal.

(photo by Aubrey Johnson)

Effectiveness of Gingko Biloba for Memory Loss, Proven



Quest for Health

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

(NC)—Recently in the Journal of the American Medical Association (JAMA), Oct. 22, 1997 a research paper was published showing the effects of a specific extract of Gingko biloba, EGb 761 on improving dementia associated with Alzheimer's. Although Gingko has been studied for many years in Europe and is prescribed more by German physicians than traditional pharmaceuticals, ginkgo is just starting to get the respect it deserves for it use of improving memory and concentration.

The results highlighted for improved cognition in the JAMA study were impressive with the Ginkgo group showing an improvement of 27% compared to the placebo group at 14%. This is quite impressive considering Ginkgo is safe and is freely available over the counter in most health food stores and pharmacies with little or no known side effects.

The interesting thing to note about this study, is that is was done using a specific extract of Ginkgo, EGb 761, that is available in Canada as, Ginkoba.® This specific extract is the most thoroughly researched Gingko in the world. As consumers it is very important that when you look to buy a ginkgo product that will deliver results and provide quality without question, that you chose a product that uses this specific extract, like Ginkoba®, as this is the one that has been proven safe and effective.

Common myths about vitamin supplements

a) We don't need supplements if we have a good diet

(NC)—A healthful diet will assure an increased intake of vitamins and minerals. However, despite this healthful diet, and particularly for those who do not or cannot follow the Canada Food Guide daily, it may be necessary to add nutritional supplements to the daily diet. Furthermore, certain individuals may need a higher than average intake of certain vitamins or minerals. These include persons who live or work in a polluted environment, pregnant and lactating women, athletes, children, smokers (it is best to quit!), menopaused women, and the elderly.

All supplements are the same, so let's buy the cheapest brand

"Natural" supplements are generally available in a base of synergistic co-factors. Some vitamins and minerals or multiple vitamin mineral formulas are found in an herbal base that improves the product's effectiveness. These supplements generally avoid the most common allergens, such as wheat, soya, eggs, dairy and corn. If you are allergic, make sure there is a full disclosure of all the ingredients on the label. The more expensive, quality supplements, are also devoid of artificial additives such as colors, flavors and stabilizers. The best quality supplements avoid the use of solvents during production.

Vitamins are toxic and therefore dangerous

Anything can be toxic at the wrong amount. In doses that are generally recommended on the labels, in nutritional doses, are very safe. As a matter of fact, when it comes to getting a drug information number (DIN) for a vitamin and mineral supplement, the Health Protection Branch of the Government of Canada sets limits to the levels of vitamins and minerals one can have in each tablet or capsule.

Your body can only absorb a small amount of vitamins

Supplements have to be considered as an insurance policy. The body may not need a specific nutrient on a given day, if so, it will eliminate it. However, if the body does need that nutrient, taking a daily supplement regimen will assure that the nutrient will be there.

In conclusion, vitamins and minerals play an important role in helping to maintain, optimum health, however, when you are buying your supplements be sure you are buying quality without question. This is why, when I am asked what brands I recommend I tell them QUEST, as QUEST meets all the above criteria.

Final deadline for applications extended until October 31, 1998.

ICE STORM RECOVERY

A Small Business Assistance Program For Eastern Ontario

If you are:

- a full-time small business with 100 employees or less whose operations were interrupted by the January 1998 ice storm
- an outdoor tourism operator requiring restoration or beautification of grounds as a direct result of ice storm damage
- a small business or group of tourist operators with increased need for marketing plans and promotional activities as a result of the ice storm

you may be eligible for financial assistance under the Canada-Ontario Business Recovery Assistance Program. Application deadline: October 31, 1998.

To find out more about the program and how to apply, call the Canada-Ontario Business Service Centre at 1-888-745-8888 or visit the website at http://www.cbsc.org/ontario

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Reducing the Mutual Fund Tax Bite

(NC)—Unfortunately, even when it comes to mutual funds, there is no escaping Revenue Canada. Any mutual funds held outside of a registered plan are subject to tax from year to year. Money earned from a fundís investments is paid out to shareholders on a monthly, quarterly or annual basis in the form of income distributions.

Dave Warren, AIM GT Investments' vice president of finance & administration, says, "There are many misconceptions associated with the taxation of mutual fund trusts. Many investors may not be aware that whether you reinvest distributions or receive them in cash, you still have to pay tax on them. That's why the key to reducing the tax bite is finding the type of income that is the most tax efficient."

There are three main types of income: interest income, dividend income and capital gains.

Interest income and dividends from corporations other than taxable Canadian offer no tax relief to investors because such interest income received from mutual funds is subject to tax at your marginal tax rate. For example, if your marginal tax rate is 40 percent, you will have to pay a total of $40.00 for every $100.00 of interest income you receive.

Dividends from taxable Canadian corporations, on the other hand, are the most tax efficient form of income. Such dividends are payments made to shareholders of a taxable Canadian corporation. A mutual fund, as the shareholder of a taxable Canadian corporation, will distribute these dividends to its underlying shareholders. This distribution is your portion of all the dividends earned by the fund. Dividend income attracts the least amount of tax because the payments are eligible for the dividend tax credit.

Capital gains also have tax advantages. Capital gains are the profits triggered by a fund from the sale of securities in the portfolio. With a capital gains distribution, the first 25 percent is tax free, but the remaining balance of 75 percent is taxed at your marginal tax rate. This means that if you earn $500.00 in capital gains, you will be able to keep $125.00 tax free, but you will be taxed on the remaining $375.00 at your marginal tax rate.

If one of your investment objectives is tax minimization, educate yourself about the tax implications of mutual fund trusts. For more information, please call AIM GT Investments at 1 877 468 2468.

Mutual Funds Make You Nervous?

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Better Ways to Save For Child's Future

MONEY TALK

(NC)—Experts estimate that the average cost of post-secondary education, including tuition, room and board will add up to as much as $25,000 a year 15 years from now. Financial experts agree that keeping a few key strategies in mind can help make saving for your child's future easier:

• Take advantage of the new Canada Education Savings Grant and start an RESP for your child. You can invest up to $4,000 per child, per year and the government will contribute 20% on the first $2,000 annual contribution to a maximum of $400 per child.

• Start saving early. Thanks to compound interest even a $25 monthly contribution, while your child is still quite young, can add up to as much as $15,000.

• If you've paid off your mortgage why not keep setting those monthly amounts aside for your child's education fund.

• A diversified approach to investing will allow you to take advantage of a range of options and income opportunities.

• Consider an "In-Trust" account where you can apply any capital gains earned on your investment to your child's income, in most cases it will be taxed at a lower rate.

If you'd like to find out more on saving for your child's education talk to your financial institution. CIBC has designed a special program called SmartStart which provides parents with the tools that they need. Call 1 800 465 2422 or visit CIBC's Internet site at http://www.cibc.com/smartstart.

Bank Mergers Would Lessen Competition & Reduce Choice for Consumers and Businesses

by Peter C. Godsoe

Canada's banking system is among the very best in the world. It is safe, accessible and efficient, which benefits all Canadians. Yet in recent months, the four banks proposing to merge - Royal with Bank of Montreal, and the CIBC with TD - would have you believe that our banking system is in serious difficulty ... and that if they don't merge, they'll no longer be able to compete in Canada or abroad. That is simply not true.

The proposed mega-mergers are not about increased competition at all. They are about wanting to achieve dominant domestic market share in Canada. In fact, the mega-mergers would *substantially lessen* competition and *significantly reduce* choice for Canadian consumers and businesses. Canada would effectively lose one-third of its banking system and two institutions would control 70 per cent of virtually all core banking markets in the country. This means two banks dominating the market for your everyday banking needs, such as deposit accounts, loans and mortgages. This level of concentration would not be tolerated anywhere else in the world.

Size - supposedly a driving force behind these mergers - does not determine success in the global marketplace. Bigger is not necessarily better. Scotiabanks' highly successful international network is a good example. Scotiabank is Canada's most international bank, with operations in 53 countries around the world, including the high-potential markets in Latin America and Asia. We are also the top Canadian bank and 10th overall in the U.S. loan syndication markets. Other banks are also competing globally. TD's discount brokerage is the third largest in the world and CIBC Wood Gundy's investment banking operations in New York are certainly competitive.

The reality is that mega-mergers would represent a massive, irreversible restructuring of our banking system. But there is no case to support these proposed mergers. And there is no proof that they would be in the best interests of Canadian consumers and businesses. We estimate that there will be more than 1,000 branch closures across the country and more than 20,000 lost jobs (despite claims to the contrary from the banks proposing to merge). There has never been a major in-market merger anywhere in the world without significant branch and job cuts. This, in turn, would mean far fewer banking options for Canadians. and really no choice at all for many people in rural communities. This is hardly the best policy direction for Canada.

There are better options. Scotiabank is for policies that lead to increased competition and choice, not dominance and less competition. We are for policies that will increase global competitiveness, without compromising competition in Canada. We are for open entry to foreign competition, as long as Canadian firms can compete fairly. And we are for a high degree of domestic competition, especially in core banking. We need four to eight, or more, nationally competitive, Canadian-owned players. This policy direction - not mega-mergers - would encourage that consumer and businesses right across the country are well-served by our banking system.

Peter C. Godsoe is Chairman and CEO of Scotiabank.

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Brendon Hunt, President, Hunt Financial Services Inc., is pleased to announce the appointment of James R. Magie, Vice President Investments, providing Financial Planning and Investment Opportunities, including Mutual Funds, GIC's and Government backed Bonds. Jim has extensive financial background including both personal and business banking.

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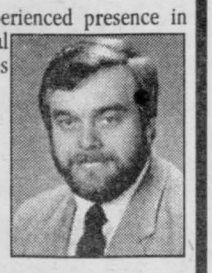

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Anger

Many people have the misconception that anger is wrong. Anger is a normal human emotion. It occurs as a result of people experiencing fear, anxiety, hurt, sadness, guilt, shame, etc. Anger's main duty is to protect the person by providing a cover or a wall around them. Many people use anger in this way in place of the emotion they are really feeling because they believe expressing these emotions show weakness.

People often deceive themselves by ignoring anger and hurt, this only intensifies it. Contrary to what they believe, people become less strong and less able to express emotions. Consequently, they unwillingly set themselves up causing a vicious cycle, shutting out reality. If anger is not expressed in a positive manner, but held inside, it eventually begins to destroy everything that feels good in a person.

Everyone gets angry. Appropriate expression of anger deals with confronting the cause of the anger openly and honestly; thereby wiping the slate clean once it is dealt with. People who are constantly angry tend to blame their problems on others and believe they are always getting a raw deal. The reasons why people fear their own expression of anger vary. However, some factors related to the expression of anger are personality type, background and past experience.

Some people are afraid to express anger because they believe others will not love them. By not expressing anger for this reason it can cause them to feel empty, helpless and trapped. In this case, people usually depend on others for their own happiness and not make any effort in their satisfaction or in accomplishing their goals.

Angry people sometimes think that showing anger means they are not in control of themselves or their emotions. Emotions need to be expressed not controlled. While controlling their emotions they justify their feelings by looking for excuses to confuse the real issue.

In dealing with or expressing anger in a more positive manner keep in mind anger has to be dealt with honestly and completely so you can resolve it as it happens. It may take months before you feel it is a natural response and some people's reaction to your change may be alarming. However, do not give up, the pay off will come. Many times issues concerning anger and hurt of the past escape, piggybacked on the present ones. Eventually the time and energy spent in expressing anger decreases, allowing new opportunities to redefine and learn about ourselves; thereby, allowing energy to seek out new freedom.

Expressing your anger caused by hurt allows your emotional wounds to heal over time. People who delude themselves by ignoring their pain and hurt cause the wound to reopen or never heal completely. Acknowledge the hurt causing anger and express both of them by directing it towards the appropriate target. The next time you experience anger and do not express it, ask yourself why. If you are holding back in some situation or with some people, ask yourself why. Are you pretending it does not bother you or are you hiding it? Are you afraid of feeling vulnerable or opening up to people? Take the time to understand yourself, figure out what situation and/or people initiate anger and what emotion is behind it.

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



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•Only purchase or design costumes using flame-resistant or flame-retardant materials.

•Make sure children have adequate vision through masks (face paint is preferable and more fun).

•Always accompany young children, and arrange for older children to travel with friends.

•Tell your children to save all candy and fruit until they get home, and closely inspect it before allowing them to eat it. Advise them not to accept any unwrapped candy.

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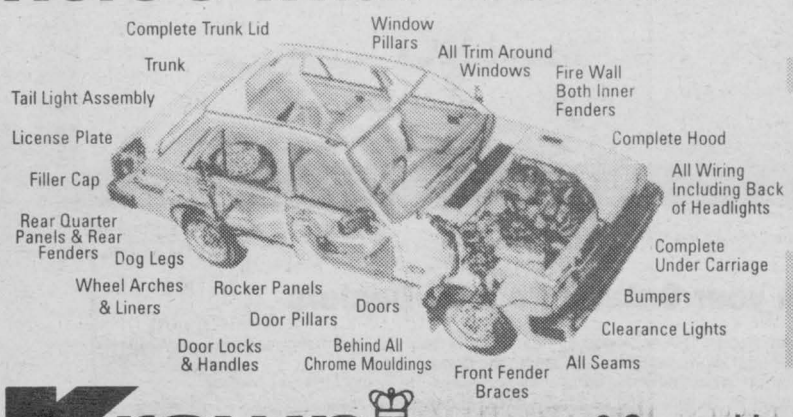

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Innovation — A Growing Experience!

Experts agree there is no single key that distinguishes more-innovative firms from less successful counterparts. But is clear that by adopting an innovative approach, companies grow faster, gain more market share and achieve higher growth in profits. In terms of growing a business, innovation is as important a factor as exporting or becoming involved in the knowledge-based sector.

At the dawn of the new millennium, the business environment is more competitive than ever, with technological and social breakthroughs occurring at the blink of an eye or in the pace of a computer keystroke. Even a new product can quickly lose its luster and be displaced by innovations from around the world more attuned to customers' needs.

In this fast-paced environment, companies need to be innovative to pursue growth. Quite simply those that embrace change and make it work to their advantage, no matter what business they're in, have a better chance of success. And by being more agile and attuned to change, small business may even enjoy a competitive advantage.

"Innovation isn't restricted to sophisticated research and development; nor is it confined to the realm of high-tech and New Economy industries," says François Beaudoin, President and Chief Executive Officer of the Business Development Bank of Canada (BDC). "It's about challenging conventional wisdom, re-examining the way you manage all aspects of your business from process to products."

"Innovation is consistently found to be the most important characteristic associated with success," says John R. Baldwin, a Statistics Canada Researcher who has extensively studied business success and failure in Canada.

Successful, faster growing companies excel in all areas of business when compared to their slower growing peers, Baldwin says. They put greater emphasis on management capabilities, financial flexibility, innovation and focusing on human resource issues such as hiring, motivating and training employees.

"Whether you are looking at financing, operations or ongoing management and employee training, you cannot view innovation as a one-time event," Beaudoin says. "It is an ongoing process, one that recognizes and promotes the entrepreneurial spirit."

While innovation may relate to numerous areas — processes, marketing, new inventions — one aspect that puts successful companies ahead of the competition is their ability to develop innovative products at a faster pace.

A study by the Product Development & Management Association of 200 American companies shows new products accounted for 28 per cent of total sales in the last five years; this figure is expected to increase 37 per cent over the next five. Similarly, new products are expected to account for 39 per cent of total profits compared to 25 per cent over the same period.

Robert G. Cooper, a professor of marketing and technology management at McMaster University in Hamilton, Ontario, says companies need to set a goal for how much profit and revenue they expect to derive from new products and then determine the markets and technologies needed to support that growth.

"Setting a goal provides a focal point, a framework in which to evaluate each new product idea, taking into account factors such as whether the product is compatible with existing operations and consistent with your company's image," Cooper says.

"Extensive market research is also vital," adds BDC President François Beaudoin, "But companies often don't give it the attention it deserves. Instead of studying what customers want, they see a trend and jump into it."

Putting money into the hands of small business

To get a business loan, you usually need tangible assets. That's just the way its always been. But that's the one thing that many small businesses don't have in today's new economy.

"Many of our best businesses are being held back because lenders think of collateral as bricks and mortar, rather than ideas, potential and intellectual property," says Michel Ré, the Business Development Bank of Canada's (BDC) Senior Vice-President of Emerging Markets. "Those of us in financial institutions need to rethink what an asset is, and to challenge our own preconceptions of what property is."

According to BDC, Canada's most promising companies who are thriving in the new economy, are growing rapidly and need financing just as quickly as they invest heavily in R&D.

"They need capital early on, and they need it continuously," Ré says. "But that money is hard to obtain, since companies in the new economy often lack the tangible assets required to raise or secure capital. For these companies the most valuable assets aren't always on the shop floors. Their real value is in their ideas, their brain power."

So what's the answer? For BDC it has meant introducing specialized products such as quasi-equity financing to help high growth, innovative, export companies convert their intellectual and intangible assets into concrete financing.

While a traditional loan is based on asset values, accounts receivable and debt-to-equity ratios, a quasi-equity loan is based on earnings and cash flow. In this case, the lender is paid from cash flow and the only security is the lender's belief that the business will meet its performance targets.

British Columbia-based Software Consulting, a company, whose software lets companies exchange information electronically, is a case in point. The company needed money to finance its expansion to international markets. Its principal assets were intangible, like its track record, its management team and the potential of its product.

In return for the quasi-equity loan, Software Consulting was willing to let a lender earn a higher rate of return for the risk, and was willing to pay a combination of interest payments and royalties on sales.

"As with venture capital, quasi-equity financing allows small businesses to use the company's intangible assets to raise funds. At the following round of negotiations, businesses are then able to attract venture capitalists with a much higher value of their shares," Ré says.

Although venture capital is another way to raise money, it's a scarce commodity for the very early stage companies, says Mario Clement, Partner and Director of the Technology Group for Ernst & Young.

"If you haven't advanced your product beyond the proven stage with a solid marketing plan, it's hard to convince a bank to back you or to attract venture capital," he notes. "Start-up companies depend on what we call angels — friends, family or investors who have already made their money in previous ventures — to fund their initial R&D efforts. But at some point, they need more financing to take the next step."

This is where BDC can make a major difference as a complementary lender to conventional banks.

In many ways, BDC acts as a financial bridge, complementing and topping-up what you can borrow from a chartered bank and what you can raise in venture capital. In fact, their backing often allows you to secure additional financing, Clement says.

"We have to recognize that some of our most promising businesses won't have substantial revenue over the shorter term, and therefore, need flexible repayment terms. And we have to recognize that many new economy pioneers want to build the value of their businesses before securing venture capital," Ré says. To meet this new need, banking institutions need to be as flexible and as innovative as the companies we support," Ré concludes.

OCTOBER 25-31, 1998

Small Business Self-Help Office



As big businesses continue to downsize and many sectors of the economy suffer devastating cuts, the time, it seems, has come for small businesses.

One of the only sectors to experience a positive job creation situation in the last recession, more and more people are unleashing their entrepreneurial spirit - and finding solid support for their ideas.

In Cornwall, the support is available through the Small Business Self-Help Office which opened in early 1994 as a joint venture funded by the city and province.

The office is a place where prospective entrepreneurs can go to get information and assistance from an experienced consultant on starting up a small business in the Cornwall - SD&G area.

"I like what the concept does - it gives free consultation to somebody who really has a good idea, but from there is lost and doesn't know what to do," says Business Self-Help Consultant Mark Kulick.

"If we can educate them before they get into it so they're prepared for as many things as possible, then they've got a better opportunity of being successful."

So if you've been secretly harbouring a business idea but don't quite know how to get the ball rolling, a visit to the Business Self-Help Office could just set your dreams in motion.

The office is open between 8:30 am and 4:30 pm Monday to Friday, however, appointments to see a consultant should be made in advance. The office also offers a number of seminars.

For details on upcoming seminars call the office at 933-0074.

The innovation race: Is your company keeping pace with the competition?

If you were to ask a dozen successful small business people what the key was to their success, chances are they would all come up with a different answer.

The one thing they do agree on is that the need to be innovative in all aspects and sectors of business is the only way to prosper in these increasingly competitive times.

The necessity for innovation is not restricted to sophisticated research or confined to high-tech or new economy sectors, says BDC President and Chief Executive Officer François Beaudoin.

"It affects all businesses, at all levels, in all sectors. The key is to challenge our assumptions and do away with conventional wisdom. It means looking at all aspects of management from product research to how well you listen to the ideas of your staff. There are always better ways, more efficient and profitable ways, to do things."

To determine if your company is innovative, answer the following questions:

1. Does your company consider R & D one of its top priorities?
2. Does your company have a good mix of young and experienced employees?
3. Does your company promote new ideas from within and ensure that promising ideas are implemented?
4. Is your company open to new ideas from outside sources such as universities, think tanks, customers, suppliers and other "sounding boards"?
5. Does your company systematically seek new markets for existing products, adapt products to new markets, or create new applications in existing markets?
6. Is a sizable portion of your company's sales generated by recently developed products and is this share of new revenues increasing; i.e. where are your products in their life cycle?
7. Is your company capable of adopting a long-term view in order to build value through technological innovation and product differentiation even at the cost of immediate-term profit?
8. Does your company encourage employees to keep current and to pursue ongoing training and maintain proficiency?
9. Have you found a unique niche or given yourself an edge to successfully compete in a globalized economy?
10. Are your products or services attractive enough to withstand an increase in the value of the Canadian dollar?

Putting faith in tomorrow's generation

The Business Development Bank of Canada (BDC) is banking on the old adage that "today's children are tomorrow's leaders." For over a decade, the bank has been supporting a number of programs encouraging young entrepreneurs to run their own businesses.

The first is the Student Business Loans program, a component of the federal government's Summer Job Action Program. The program offers full-time students, over 15 years old, loans of up to $3,000 to operate their own businesses during the summer months. The loans are interest-free if paid by the following October.

Students provide BDC with a mini business plan, including a marketing and financing plan, comments on insurance or regulations that might apply and cash-flow projections.

A recent survey by the Bank of the 842 students who benefited from the program showed 15 per cent have gone on to establish their own businesses. This rate is significant given that only five per cent of students normally start businesses after graduation. The study also shows a further 41 per cent are working professionals such as lawyers, accountants and engineers.

In summer 1997, over 2,400 summer jobs were created after 1,174 loans were authorized totaling more than $3.2 million.

"The biggest shift that we've seen over recent years mirrors that of the new economy," says Andre Jarry, BDC's Vice-President of Marketing. "Where we once processed applications for traditional summer work such as house painting and landscaping, more students are now showing an interest in running knowledge-based businesses such as providing software training."

Jarry adds that 75 per cent of participants took advantage of the interest free loan period and repaid their loans by the October deadline.

Equally successful is the Young Entrepreneur Financing Program, aimed at giving start-up entrepreneurs between the ages of 18 and 34 a solid foundation on which to build a new business.

"Term financing of up to $25,000 and 50 hours of tailor-made business management support help to ensure that these entrepreneurs with commercially viable business proposals get their companies off the ground," Jarry says. In fiscal 1998, $4 million in loans were authorized under this program.

The entrepreneurial spirit is also encouraged through BDC's Young Entrepreneur Awards, set up 11 years ago to honour the achievements of 12 dynamic young Canadian business owners aged 18 to 29. Award winners, one from each province and territory, are paired with prominent business leaders who act as their mentor for one year, sharing knowledge, experience and insight. The mentors arrange for meetings between the winners and experts capable of providing specialized advice to further enhance the success of their businesses.

"Every year, our winners manage to surpass themselves, proving they are among the best anywhere. Their ability to innovate and embrace technology is very often critical to their businesses' success and rapid growth. Last year's winners were involved in a wide range of new economy and emerging market businesses, including interactive multimedia, computer software, advanced manufacturing and the Internet," Jarry says.

All of these programs are designed to "celebrate and encourage the entrepreneurial spirit in Canada," Jarry concludes. "We take a great deal of pride in supporting one of Canada's most promising resources — our young."

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Cornwall Civic Complex
October 28, 1998
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SEAWAY NEWS ENTERTAINMENT

Several places offering up Thanksgiving Dinners this weekend. You can enjoy Prime Rib & Turkey Buffet this Sunday between 5pm-8pm at *PORTO BELLO RESTAURANT* on Vincent Massey Drive. It's best that you call first for reservations at 932-0070.

Celebrate the Thanksgiving at the all-you-can-eat Chinese Buffet at *NEW GARDEN RESTAURANT & DINING LOUNGE* on Montreal Road. They also offer fast service on all take-out orders and are open daily 10am - pm.

You may wish to combine a short drive with your special Thanksgiving meal. *THE HUB OF GLENGARRY* on Main Street in Alexandria is offering a Turkey or Prime Rib Dinner on Sunday, Oct.11th. The meal includes soup or salad,desert & coffee or tea.

Before heading out for that special meal you may wish to take a side trip down Hwy.2 East to *MARLIN ORCHARDS & GARDEN CENTRE* this Sat.Sun. or Mon. for the Seaway Potters Guild 13th annual Pottery Show & Sale. Their are more potters and demonstrations this year and the hours are 10am-5pm.

Sad to see that *KCK ENTERPRISES*,a long time fixture on Pitt Street, will soon be no longer. KCK is holding a Going Out Of Business Sale at their location in the former Bell Telephone Building at 249 Pitt Street and Everything Must Go. There are all sorts of desks,file cabinets,assorted furniture pieces and many other large and small items. Kathryn, Carl & Ken (KCK) have been in business in that area for a great many years including the original Carl's Smoke Shop across the street. Good Luck folks !!

Feel like a mid-month dancing event? *B.C.'S SINGLES DANCE* will be held this coming Saturday,Oct.17th at the Navy Club on Sixth Street East. There will also be a combined singles dinner & dance on Oct.23rd at the Porto Bello Restaurant with all the usual prizes and surprises.

Sat.Oct.17th is also the night of the annual *HARVEST DINNER AND DANCE* at the R.C.A.F.A,Wing 424 on Water Street West. Members and guests' are welcome to come early and stay late . Organizers promise an overflowing table of many assorted dishes to choose from.

Country singer George Fox will be in the area in November and entertaining his many area fans with several concerts. Included will be a Cornwall appearance at Aultsville Theatre on Nov. 14th for an 8pm show. Tickets are on sale now at the Civic Complex .

THIS YEAR,NEXT YEAR is the latest Glen Production and tickets are on sale now. It is a World War two love story with touches of humour and will be performed in cabaret style at the Glen Building. The show dates are Oct.15, 16, 17, 22, 23, 24 at 8:15pm. Reserve your seat or table by calling 937-GLEN. The box office is open Mon.to Fri. 10am to 6pm.

Lately we have been hearing a lot about the poor attendance at the recent Fall Hunting & Winter Show. The event organizer, Marc Clouthier, cites the beautiful warm weather as the reason for the low turnout. Others say the show should have included a wider variety of exhibitors. My observations tell me that the real reason this show, as with the Magic Show and the Acrobats of China event, did not attract interest or large crowds is simply due to a lack of advertising and promotion. A few posters on the walls of vacant buildings and a few media mentions is not going to have people rushing in to buy tickets. Getting folks to hear or see your message,let alone getting them to attend any function, is a tough assignment. BUT ever since the Great Barnum & Bailey Circus shows began,the one prime ingredient for amassing a crowd has always been....first you have to get their attention . Whatever happened to the old hype approach like free passes as giveaways or regular press releases to all the media. Good luck to you Marc with your dilligent work with all your a sports-shows,and the same to any and all promoters, but try and find some room in your budgets for ADVERTISING. Its still the best means of making folks aware of something going on. By the way the Seaway News advertising folks are creative and approachable and are always at your service !!!

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

Night N' DAY

Entertainment - Special Events & Restaurant Review - By Bill Gallant



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COOK'S CORNER

Herbed Chicken & Broccoli

Here's a dish that is sure to please any dinner guest. They will rave even more when they find out how low it is in calories! Using convenient, ready-to-use evaporated skimmed milk will not only make the dish low in calories, but give it a rich and delicious flavor. It's a perfect dish for calorie counters who don't want to sacrifice taste for calories!(Makes 4 servings)

10 ounces boneless, skinless chicken breasts, sliced into 1/2-inch strips
1 teaspoon Italian herb seasoning
2 tablespoons all purpose flour
1 cup undiluted Evaporated Skimmed Milk
1 clove garlic, minced
1/4 teaspoon salt (optional)
1/8 teaspoon white pepper
1/2 cup (2 ounces) shredded, reduced-fat Swiss cheese
1 package (10 ounces) frozen broccoli spears, thawed, drained and cut into bite-size pieces
Paprika

Sprinkle chicken with Italian seasoning. Pound between sheets of plastic wrap. Spray nonstick skillet with no-stick cooking spray. Saute chicken strips just until no longer pink. Keep warm. Place flour in small saucepan; whisk in small amount of evaporated skimmed milk. Stir in remaining evaporated skimmed milk, garlic, salt and pepper. Cook over medium heat, stirring constantly, until mixture just comes to a boil and thickens. Add cheese; stir until melted. Spray 10 x 6 x 2 inch baking dish with no-stick cooking-spray. Spread about 1/4 cup cheese sauce in bottom of dish. Arrange broccoli over sauce, then chicken pieces. Pour remaining cheese sauce over top. Sprinkle with paprika. Cover. Bake in preheated oven at 350°F for 20 to 25 minutes or until heated through.

Calories per serving: 197

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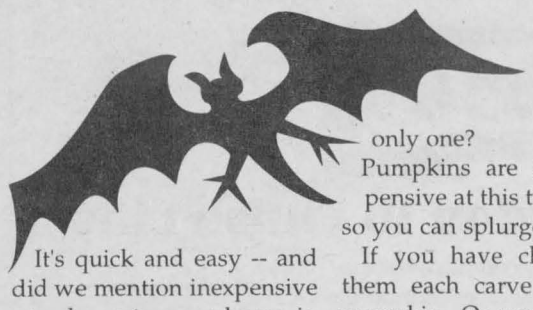
Decorating For Halloween



It's quick and easy -- and did we mention inexpensive -- to decorate your home in the Halloween spirit.

You can do something as simple as setting out a few pumpkins or you can build some elaborate graveyard, witches' coven or ghost hall complete with lighting and sound effects.

Some of the following decorating ideas are specific to Halloween and others can last most of the fall season.

Whichever you decide, it's lots of fun to get in the spirit.

JACK -O'-LANTERNS.

It just isn't Halloween without a carved pumpkin on the front porch.

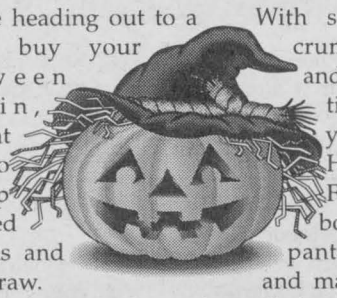
But why limit yourself to only one?

Pumpkins are fairly inexpensive at this time of year, so you can splurge a little.

If you have children, let them each carve their own pumpkin. Or create a pumpkin "family" with mom, dad and the kids.

The seeds can be used as "teeth" in the jack-o'-lantern -- or you can roast them in the oven and eat them.

CORN STALKS AND STRAW



If you're heading out to a farm to buy your Halloween pumpkin, you might be able to pick up some dried corn stalks and bales of straw.

You can use these as part of a harvest time display which could last most of the month of October and into November.

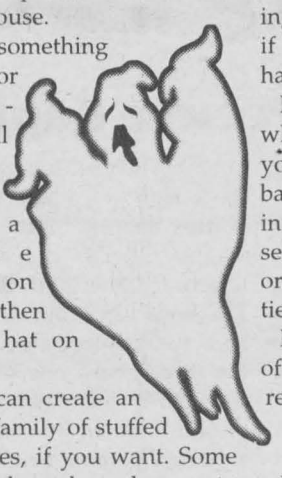
Tie the corn stalks to porch columns, rural mailboxes or tall driveway lights.

Stack the bales of straw and decorate with small pumpkins and decorative gourds.

When you take the display apart you can use the straw as winter mulch in your garden or as bedding in a dog house.

STUFFED SCARECROW

With some old clothes, crumpled newspaper and a little imagination, you can have your own Halloween creature. Find some shoes or boots, an old pair of pants, a shirt, gloves and maybe a jacket, then stuff them with newspaper. Put them together to create a person and sit him in a chair on your porch or in front of your house.



Use something light for a head -- a ball or balloon with a face drawn on -- and then put a hat on top.

You can create an entire family of stuffed creatures, if you want. Some people have been known to replace one member of the "family" with a real person who comes to life just as trick-or-treaters approach the house. Just remember not to try this with young children who could become very frightened easily.

HOMEMADE GHOST

You can have a ghost floating in the air near your home if you have somewhere to hang him.

For a large ghost use a white sheet, for a small one you can use white plastic bags. Put something round in the sheet or bag to represent the head, it can be a ball or crumpled newspaper, and tie it off at the "neck."

Hang the ghost by the top of the head and at the sides to represent arms.

PAPER PUMPKINS AND BATS

If you have children, they can cut their own pumpkins and bats from black construction paper.

If they are very young, they may need an adult to draw an outline of the bat or pumpkin for them to cut.

Tape the cutouts on a window and leave the room lights on to create silhouettes.



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Spotlight on Dining 1998

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$12.95
Children 12 and under $6.95
Serving From 11:00 am til 2:00pm
Sunday, October 11, 1998
Evening Buffet
Roast Turkey with Stuffing;
Roast Beef; Mashed Potatoes;
Penne Tomato Cream Sauce;
Baby Carrots;Soup
& Salad Bar
Asst. Desserts, Tea or Coffee
$13.95
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Sunday, October 11, 1998
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SEAWAY Sports

Seaway Valley Major "AA" Peewee Rapids

The Seaway Valley Major "AA" Peewee's started their 1998-99 season with a "AAA" tournament in Ajax. Their first game was against the team from North Central. In a hard fought defensive battle, Maxime Marion stood tall between the pipes. Defensively, Scott Bonneville and Jason Lepine cleared the front of the net in a 3-0 loss. Offensively, Ryan Kuhn Lalonde, Mathieu Bergeron and Andrew Michaud forechecked tenaciously.

In their second game, another defensive battle, this time against Whitby. The Rapids goaltender, Shawn Pollard, played well enough to win, but had to settle for a 2-0 loss. Defensively, Tony Murray and Robert Marion kept the opposition at bay, up front Stephane Quenneville, Chris Laperle and Timothy Owens gave the opposing teams nightmares.

In their third and final contest, the Rapids ended their mini scoring slump with two goals, the first by Ryan Kuhn Lalonde, assisted by Andrew Michaud. The second was scored by Patrick McLeod, assisted by Scott Bonneville. Kevin Hebert threw sound bodychecks on defence, while Patrick McLeod's ferocious penalty killing skills kept the opposition from increasing the damage in a 7-2 loss.

On to the start of the regular season, where the Rapids played two away games in three days. The first game was against the Ottawa West Knights. Shawn Pollard played an excellent game in nets that left many an opposing player exasperated, in a 2-0 loss, that included an empty netter seconds before the final buzzer. Their second game of the season was a hard fought battle against last years league finalists the always tough Cumberland Barons. The boys came out of a 3-1 loss, feeling pretty good. Of the three goals, one of their own defenseman tipped one in and another was allowed although parents behind the goaltender said it stopped on the line. Maxime Marion played possibly the best game of the teams 7 games thus far. To say he stood on his head would be an understatement. Scoring for the Rapids was Ryan Kuhn Lalonde on a very pretty deke on a break out pass from Andrew Michaud and Scott Bonneville. To name all players that played well would be to name the whole team. Congratulations guys, keep up the hard work.

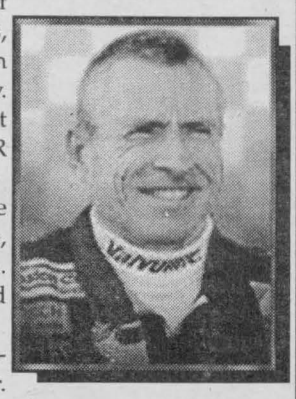
Grant Dodge Chrysler Jeep Peewee "A" Royals

Summer is over and for many young men, the excitement of the first week of school is rivaled by the anticipation of travelling team hockey try-outs. Cornwall Pee-Wee "A" Royals officials were pleased by the interest level this year with 54 hopefuls reporting to a lively training camp. After selecting a team, coach Alain Savard was quick to organize his staff. Dan Sauve accepted the duty as assistant coach, Barry Wereley as trainer and Lise Viezel as manager.

Regular season action got underway last Sunday in Osgoode where the Royals claimed their first win against the hometown team. The rough and tumble 3-1 contest featured an action packed first period. Ryne Gove struck just two minutes into the game from a Shane Perry pass. Defenseman Brennan Barker kept up the pace only three minutes later, setup by partner Matthew Sauve. The only Osgoode highlight came in that same period with goalie Jared Amyot allowing no further satisfaction. Defensemen Steven Viezel, Kyle Forrester, Josh Amyot and Josh Cook gave up only 10 shots on goal. Late in the second period, Jason Leger left defenders on the wrong side of their blue line and burned a weary Osgoode netminder for the final goal. The Royals tallied 25 shots on net over the game. Adding to the fire-power were shooters Clint Thomas, Todd Perry, Patrice Brunet, Neal Wereley, Patrick Decoste and Patrick Sauve. Goalie Chris Decoste started the Royals first home game on October 3rd. The visiting Kanata team left with a 4-2 win and a promise that these two teams could become great rivals. Clint Thomas scored on his own rebound and assisted Pat Decoste.

NASCAR Winston Cup Series

Martin Beats Gordon To Finish Line



In a marathon event that took five hours to complete because of plumbing problems and a near-record number of caution flags, Mark Martin emerged victorious in Sunday's NASCAR Winston Cup Series UAW-GM Quality 500 at Charlotte Motor Speedway. The win allowed Martin to make some headway -- though not very much -- in his battle with Jeff Gordon for the 1998 NASCAR Winston Cup Series championship.

Martin won for the seventh time this season and the 29th time in his career. It was also his third win in the fall race at Charlotte, tying a record also held by Bobby Allison and Cale Yarborough. He won by a final margin of 1.11 seconds over a game Ward Burton.

Gordon struggled late, his DuPont Refinishes Chevrolet's handling suffering from a damaged rear bumper and rear spoiler. However, he managed to rally from as far back as eighth place to finish fifth. The defending series champion has finished in the top-five in 15 consecutive races.

Race Results from Charlotte Motor Speedway
Race No. 28 / October 4, 1998

Pos.	No.	Driver	Sponsor/Make
1	6	Mark Martin	Valvoline Ford
2	22	Ward Burton	MBNA America Pontiac
3	99	Jeff Burton	Exide Batteries Ford
4	4	Bobby Hamilton	Kodak MAX Film Chevrolet
5	24	Jeff Gordon	DuPont Refinishes Chevrolet
6	16	Kevin Lepage	PRIMESTAR Ford
7	42	Joe Nemechek	BellSouth Corporation Chevrolet
8	97	Chad Little	John Deere Ford
9	7	Geoff Bodine	Philips Ford
10	23	Jimmy Spencer	Winston Ford

Top 10 Point Standings

Pos	Driver	Pts	Starts	Wins	Top 5	Top 10	Winnings
1	Jeff Gordon	4457	28	10	22	23	5,582,232
2	Mark Martin	4283	28	7	19	23	3,000,080
3	Dale Jarrett	3918	28	2	16	19	1,984,945
4	Rusty Wallace	3801	28	0	12	18	1,860,805
5	Jeff Burton	3672	28	2	15	19	1,858,525
6	Bobby Labonte	3604	28	2	10	16	2,378,825
7	Jeremy Mayfield	3601	28	1	10	14	1,768,481
8	Dale Earnhardt	3285	28	1	4	10	2,375,205
9	John Andretti	3178	28	0	3	9	1,437,260
10	Terry Labonte	3153	28	1	4	10	1,582,400

Bridge Results

Independent Bridge Club
Sept. 30/98
Section "A"

N/S
1. Mildred Cleary - Joyce Harrison
2. Margaret Evans - Maureen Walker
3. Muriel Smith - Charles Lawn

E/W
1. Michelle Morrissette - Claude Marion
2. Georgette Beaulieu - Theresa Latour
3. Fern Blain - Madan Seth

Section "B"

N/S
1. Evelyn McPhail - Jean Stokes
2. Helen Alguire - Eileen Beaudette
3. Bert Chausse - Joe Loney

E/W
1. Lyette Ladouceur - Brunelle MacDonald
2. Jean Forbes - Ben Bouvier
3. Verna Beaulieu - Grace Leroux

Cornwall & District Bridge Club - Oct. 1/98

N/S
1. Jeanine Alain - Steve Lassner
2. Margaret Evans - Charmaine Quenneville
3. Margaret Campbell - Carol Reus
4. Kirk Malette - Voyteck Pomykalski

E/W
1. Maureen Walker - Charles Lawn
2. Ron Jenne - Brian McCartney
3. David Kalil - Maurice Roussy
4. Denise Fournier - Bruno Carriere

Senior Citizens Bridge Club
Oct. 2/98

N/S
1. George Bissonnette - Ben Bouvier
2. Kay Barlow - Jessie Boyd
3. Mel Colbran - Keith Walker

E/W
1. Eva Kittle - Mona MacPhee
2. Carol Reus - Charles Lawn
3. Jocelyn Campbell - Jean Forbes

Seaway City Bridge Club
Oct. 5/98

N/S
1. Georgette Lauzon - Brunelle MacDonald
2. Hermine Ladouceur - Marjorie Raymond
3. Diana Macaulay - Muriel Smith

E/W
1. Lucienne Brasseur - Deltra Randlett
2. Roxana Danis - Janice Keen
3. Margaret Maloney - Rheal Parent

No Bridge Monday at the Chateau

Cornwall Community Bridge Club - Oct. 5/98
1. Margaret Grieve - Brian McCartney
2. Denise Fournier - Steve Lassner
3. Margaret Campbell - Bruno Carriere
4. Kirk Malette - Voyteck Pomykalski
5. Jeanine Alain - Jocelyn Campbell

Next Monday's game will be at the Optimist Club

Martintown Bridge Club
Oct. 6/98

N/S
1. Jim Campbell - Jean Campbell
2. Audrey Blair - John Roulston
3. Bernice McDonald - Norah Ruth

E/W
1. Allan McLeod - Henry Rzepcyk
2. Jean Murray - Jane Troop
3. Marion Thompson - Jeanine Graham

Williamstown Friday Night Supper & Bridge Club
Oct. 2/98

N/S
1. Nelsa Kalil - David Kalil
2. Jim Campbell - Jean Campbell
3. Bob & Francoise Govan

E/W
1. Raymond Rochon - Rhea Colette
2. Audrey Pasco - Kathy Eveleigh
3. Homer & Lorna Grant

Alexandria Bridge Club
Oct. 6/98

N/S
1. Bill & Barbara Cunning
2. Don Crawford - Serge Marceau
3. Jim Campbell - Elizabeth Marjerrison

E/W
1. Michel Duplantie - Rene Belanger
2. Ron Allison - Gerri Tibbals
3. Rudi & Marjorie Mertl

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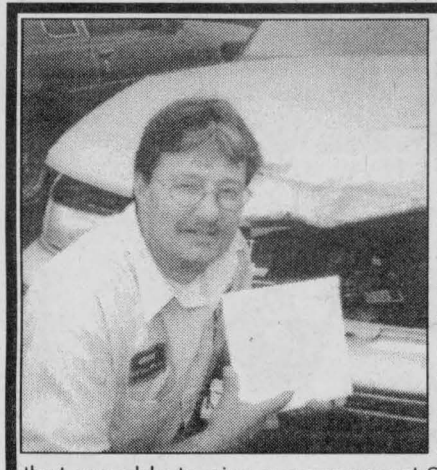
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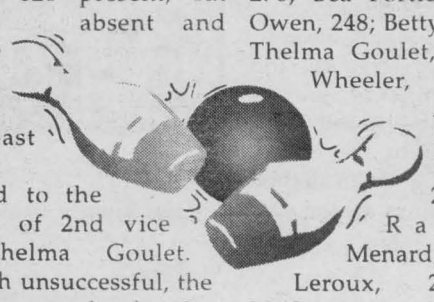
Lally Blanchard Peewees

The long trip to and from Kingston was well worth every minute, as the Seaway Valley AA Minor Peewee Rapids skated to a 4-1 victory at the Kingston Memorial Centre, home of the OHL Frontenacs. The pre-game practice by the Frontenacs didn't intimidate the Rapids, only encouraged them to work harder with hope of making it some day. Julien Moffat opened the scoring in the first, followed by second period goals from Ian Boots and Brent Lariviere. Kingston did show a flicker of life in the third scoring on a power play. All hopes of a comeback faded, as Josh Legue scored from a Brock McBride pass, and sealed the win. Helpers came from Liam Tyrell. Coach's McRae and McBride are pleased with the way the defense is progressing and the role the specialty teams are playing. The following day at their home opener in Maxville, the Rapids marched the visiting Nepean Raiders out of the rink with a 3-1 victory. The Rapids did quite well for themselves as they lost two of their veteran players early in the match, and played half of the game shorthanded due to eighteen minutes in penalties. The goaltending duo of Chris Gadbois and Matthew Vanegmond are looking better and better with each period played. Ian Boots opened the scoring in the first, followed by a second period knuckleball by Chris Sommers, and topped off in the third by Brett Liscomb. Assists went to Liam Tyrell and Josh Legue.

Golden Age Bowling

Eric is off to a great start (per attendance) in the Olympia Golden Age League; 126 present, six absent and five spares placed this past week.



Elected to the position of 2nd vice was Thelma Goulet. Although unsuccessful, the executive and bowlers would like to extend their sincere thanks to Conrad Godard and Lee Froats for allowing their names to stand.

HIGHS ROLLED: Cliff Merpaw, 280; Harold Purcell, 277; Joe Arseneault, 270; Bea Fortier, 253; Bill Owen, 248; Betty Dunn, 246; Thelma Goulet, 234; Tony Wheeler, 225; Jo Akkermans, 216; Shirley Eastman, 213; Raymond Menard, 204; Pearl Leroux, 204; Lois McCartney, 204; Rene Laurin, 203; Eleanor Dennis, 202; Dorothy Charland, 200.

Attendance winners: Gabe O'Brien, Lawrence Markell, and Gerry Godard.

Shalteck Major Atom AA Rapids

Well, with four games played, try-outs completed almost a month ago, and team selections completed, has left this writer offering an apology for a late start.

The team's first announcement comes with great pleasure having Shalteck Construction as a major sponsor. Ron Belmore at the helm as head coach, Tim Cryderman as Assistant Coach, Carrie Bough as Trainer and Terry Tinkess as Manager.

The players who jockeyed for position on the team are: Max Miller, Joshua Ingram (goaltending), Glenn Belmore, Joshua Brownlee, Trevin Thompson and Troy Cryderman (defense).

Cody Legue, Scott Cameron, Corey Tinkess, Mathew Walsh, Carson Day, Brendan Timmers, Cody Jacobs and Corey Bough (forwards).

On September 26th at Osgoode Arena, our lads faced defeat against Ottawa Valley Titans. Mathew Walsh and Cody Jacobs both singled in the game. Earning assists were Scott Cameron, Troy Cryderman and Joshua Brownlee.

In Embrun, Shalteck entered into a mudslide that would continue for another three games. Ottawa East downed Shalteck 4-0. Despite what ended up on the scoreboard, Shalteck outshot the home team 22-19. The offensive threat, firing a collective 10 shots at the hot Ottawa East goalie were Mathew Walsh, Cory Tinkess and Cody Legue. Glenn Belmore pumped 3 testing shots from the point. Troy Cryderman and Trevin Thompson squared off on defense, closing the tap on Ottawa as enough was enough. Joshua Ingram faced 22 shots in the Shalteck net.



On October 2nd, Shalteck once again had their backs to the wall. Hoping Maxville as home ice would be an advantage, turned exactly opposite. Nepean felt quite at home as they posted a 5-1 win over Shalteck. Lacking the offensive punch allowed the most part of the game in Shalteck's end of the rink.

Joshua Ingram faced 24 pieces of rubber and obviously was on red alert.

Joshua Brownlee and Glenn Belmore held Nepean from within the perimeter of the crease.

Cody Jacobs scored the loner of the game (2nd season goal) with assist from Glenn Belmore.

On Sunday, October 4th, Ottawa West defeated Shalteck 3-1. Max Miller being tested in net 18 times, provided the team with quality goaltending. Shalteck kept the game within reach, but just couldn't put a handle on it. Scott Cameron with help from Glenn Belmore broke Ottawa West attempts of a shut out.

Paradise Fitness Cornwall Atom "A" Royals

There were mixed results for the Royals on the weekend. Saturday, October 3rd, the Royals faced off against Goulbourn at the Si Miller. After a strong performance by both teams, the Royals came ahead with a 2-1 win. Scoring for the team was Christian Champagne and Ian McKay, with assists going to Tyler Maxwell and Danny O'Brien. Both goaltenders, Jonathan Cutler and Eric Monnin played tremendously. On Sunday, October 4th, the Royals confronted the Kingston Cougars, also at Si Miller. The score was 1-1 for most of the game, but in the 3rd period, the Cougars came on strong and in the end the Royals took a 5-1 loss. Scoring for the team was Tyler Maxwell, assisted by Jesse Piteau.

The coaching staff of the Royals would like to introduce the four players that were chosen to represent the team for the month, as there will be four new players chosen every month. The decision is based on performance, sportsmanship and attitude. For the month of October, Tyler Maxwell will be the captain and the three assistants will be Chris Norkett, Corey Gove and Ian McKay. Congratulations.

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



SCUTTLEBUTT

You know you're growing old when your favourite part of the newspaper is "25 Years Ago."

Pierre Giroux



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Iris Giclée

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Management and staff of Seaway News would like to wish all our readers a very **"Happy Thanksgiving"** this weekend.

October is Honey Month ... did you know that honey production is up this year, with average production per hive at 60-70 kilograms - up from the 10 years average of 42 kilograms.

Q: How far does a hive of bees fly to bring you a pound of honey?

A: A hive of bees flies over 55,000 miles just to bring you one pound of honey.

Take advantage of the time change ... when it's time to turn your clocks backward or forward, **why not use this as a reminder for other things that need semi-annual attention?** For example, mattresses should be turned over every six months in order to help them wear evenly and prevent lumpiness. Batteries in smoke detectors need to be changed every six months, too.

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A healthy tip from Body Basics for life ... Posture is more important when you sit!! Sitting puts added pressure and strain on your lower back and neck. Simple stretching makes it easier to sit for long periods of time, and also helps reduce your risk for back and neck pain as you get older.

Congratulations to **Jennifer Matheson**, a grade 7 student at Rothwell-Osnabruck School, for receiving an honourable mention for her submission to the Garaventa Accessibility Letter Writing Competition '98 Her letter was about life in a wheelchair and dealing with Cerebral Palsy. Bravo Jennifer!!

Who Ya Gonna Blame? A lot of business and residential taxpayers upset with hefty tax increases but don't know where to lay the blame. Is it A) Federal Government ... for leading the way with its out of control spending ... B) Provincial Government ... for downloading to the municipalities, while at the same time handing out tax cuts to make themselves look good or C) The Municipal Governments ... for not having the foresight to see what was going to happen, and are now scrambling to close the gate after the horse is long gone.

Ahh ... the days of fax machines, computers, automatic this & that. There is nothing more annoying for a receptionist or switchboard operator than being faxed a zillion times on the telephone line. **To everyone faxing out there, please make sure you have the right fax number before faxing,** especially if it keeps redialing the number automatically.

Hey! Stop picking on Gord ... and here I thought everyone believed his 'tell-tale' stories. Truth is he sold the truck and now owns the little silver (can't really call it a car) falling apart box. It's a step up. It's reassuring to see I'm not the only one who truly knows him ...

Did you hear about the morons doing Bash & Run in the Lynwwod Drive area? After kicking in the door, they stole a VCR and the remote for the electric blanket! Area residents should note that the loud crash may not be your neighbour putting out the trash! Be like motel six and leave a light or two on!

Congratulations to a very happy **Amanda Gadbois** who won the "Heart of the Ocean" necklace during **Pommier Jewellers Titanic Peach Sale.** Great work by **Andre, Maryse** and staff for putting together a very creative event and *donating $500. to the Childhood Cancer Foundation.*

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Is some official still parking in front of the fire hydrant? The law is 10 ft. - not 6 ft. or 8 ft. ... where is the by-law officer?

People commonly flush their cooling systems onto driveways and roads. **Coolants are sweet tasting and attract dogs in particular.** Small amounts when ingested can be lethal, resulting in kidney failure. Remember to clean the area thoroughly when done. Consider using propylene glycol products, which are animal friendly, rather than ethylene glycol. If your pet has ingested coolant or antifreeze, rush him to your vet.

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Did you know that October 16th is National Boss Day?

Bravo to **Rick McRae** of Cornwall for raising $542. for the Heart & Stroke Foundation of Ontario. He recently received a certificate of recognition which was presented to him by Aerobics Fit for Heart and Maximum Fitness. **Bill Kennedy** of Maximum Fitness also received a certificate of recognition from the Heart & Stroke for his contribution to the event.

Canadian Armed Forces Making Sure Soldiers Are Up To The Task

Officials at D.N.D. report that Canadian defence department is preparing a policy to **supply Viagara to its soldiers.** Just recently it was announced that the forces would pay for sex changes, now Viagara ... what's next??

We would like to thank the nurses on **fourth north** at the **Hotel Dieu Hospital,** for making our stay at the hospital as pleasant as can be. Also, a special thank you to Jean Larkin for all the little extras.

D. Larkin & Mr. Mac (C. McDonald)

Gotcha Davey Duck! I did not plan anything for the weekend of your 40th Birthday. The sign and balloons were compliments of the neighbours. The surprise party this weekend was my idea. *Now who's laughing at who??*

Fake Fixins'... did you know that for years, still pictures of a glass of beer have been made with a light-grade of motor oil in the bottom of the glass and a foamy head of whipped-up detergent on top.

Has anyone heard what will happen to the old K-Mart building? With all these empty buildings in the City, why do they keep building new ones??

We hear a certain person is going to Vancouver to celebrate Thanksgiving ... hope you have a great trip **Michelle!**

Love Mom & Garry.

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Shame on the local optometrist who uses 'locker room' language in front of his staff. Maybe they don't mind but I felt sorry for the mother who was in the waiting room with her six year old ... Yes! we could hear you!!

Babies are nature's way of showing people what the world looks like at 2 o'clock in the morning!

Maxville United Church
TURKEY & HAM SUPPER
will be held in the Church Hall
Saturday, Oct. 17
4:30 - 7:30 pm



Adults $8.00
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When should children be allowed to brush their teeth by themselves? Parents should brush their children's teeth until the children are able to tie their own shoes.

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This APEC pepper spray controversy has all the earmarks of becoming a huge scandal. **It's already starting to smell like a rat.**

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Samples - Snacks



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Reader says, for delicious meals and great atmosphere (on tap) try the newly opened **Irish Pub and Grill at Murphy's Inn** ... Congratulations Bob!

Boost your brain power ... Unscramble these letter and make one word from them, using all the letters at once. OERWNDO

The things kids say! I asked a five year old if his soccer team won their game. "No," he replied. Then, in a very excited voice, he said, *"But the other team did!"*

One of life's rules is the following: *If anything can go wrong, it will do it in triplicate.*

Answer to Boost Your Brain Power: One Word



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Understanding Vision Correction Options

Millions of people in Canada and around the world have undergone eye surgery to correct their vision over the past decade. But anyone considering having vision correction surgery should understand the options available to them so they can make an informed decision, experts say.

"We work hard to help our patients fully understand the options available to them," said Dr. David Edmison, past president of the Canadian Association of Cataract and Refractive Surgeons, who performs hundreds of procedures per year. "There are established procedures as well as exciting new developments people should know about.

Laser eye surgery

The most common kind of refractive surgery today is excimer laser surgery. In this type of surgery, an ophthalmic surgeon uses a computer-guided laser beam to remove tissue from the cornea. This changes the shape of the cornea, which adjusts how the eye focuses and corrects the vision. There are two common laser surgeries:

Photorefractive keratotomy (PRK)

In this procedure, the laser beam is applied directly to the surface of the cornea, removing tissue with a series of laser pulses. This procedure can correct myopia, hyperopia and astigmatism.

Laser assisted in keratomileusis (LASIK)

Some surgeons are now using a newer procedure, LASIK. In this surgery, the ophthalmologist creates a hinged flap with the outermost layer of the cornea. The flap is peeled back and the laser is then applied to the exposed corneal cells (similar to PRK). The corneal flap is then replaced on the eye.

New Developments

"Although excimer laser surgery is currently performed all across Canada with great success, there are other new surgical techniques being developed that may soon be available in North America," said Dr. Edmison. "One of the most exciting is the intra-corneal ring."

Intra-corneal Ring

Here's how it works: during a brief surgical procedure; the intra-corneal ring (ICR) – two tiny, transparent polymer segments – is inserted into the periphery of the cornea, flattening the cornea and improving vision. The ICR is designed to remain permanently in place.

"The procedure can be reversed if the patient's vision changes with age, or if new technology becomes available," said Dr. Edmison. "This potential for reversibility, and the fact that it leaves the central cornea untouched, will be very attractive to patients."

Intra-corneal rings currently treat nearsightedness. However, in the future ICRs will treat other vision problems, including hyperopia and presbyopia.

Dr. Edmison urges anyone interested in having vision correction surgery to discuss the various options available with their ophthalmologist or optometrist. "Some procedures are better suited to correct certain types of vision problems. It is important to evaluate which vision correction options – from glasses to contacts to vision correction surgery – is right for you."

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Happy Birthday to my sister
ANGEL
who turns 16 on October 14th
Hope your 16th is lots of fun ... love Stefan

Happy 8th Birthday to
Dylan Munro



who celebrated on October 5th
Love Mom, Dad, Brock & Shelby

Happy Sweet 16th Birthday to our daughter
Angèle
celebrating on October 14th.
Watch out world ... another driver!
Love Mom, Dad, your grandmothers & Shakespeare



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Happy Birthday Wishes going out to
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... Top Notch Designs Ladies hope that you didn't celebrate all night!! (Remember Us)

Happy 23rd Birthday
PAUL T.



celebrating on Tuesday, October 13th
Love, Mom & Dad (& Ginger too!)

Happy Anniversary to our parents
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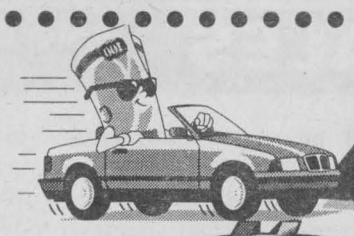

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Surviving A Canadian Winter

It's a well-known fact that every year a large majority of the more than 15.5 million vehicles on the road are caught unprepared for the first blast of really cold weather. Don't be caught unprepared. Spending a little bit of time and effort now, can save you time, effort, frustration, and even money later on.

Here is a quick list of things to check before that first nasty blast of winter:

Cooling System

If it hasn't been done in a while, flush out your cooling system with a good chemical cleaner and put in fresh anti-freeze. Remember to use the anti-freeze in its proper proportions. Pure anti-freeze (most often made of ethylene glycol) does not cool or protect as well as the proper mixture of water and anti-freeze which is described on the anti-freeze container. And don't forget to check containers, belts, hoses, the pressure caps and thermostat.

Battery & Electrical System

If your battery is more than a few years old, have it checked. Cold weather is hard on batteries. Be sure connections are clean and tight. Corroded or loose connections can give the symptoms of a weak or dead battery.

Engine

Is it time for a tune-up? Faulty wiring, worn spark plugs, a sticking choke or emission control devices that need attention, can all lead to hard starting. A diagnostic check-up of the engine can be a good winter pre-investment.

Oil and Filter

Dirty oil can give you trouble in the winter. Now's the time to change it. Change the oil filter too! And don't forget to check the other filters on your car, including the fuel, air and transmission filters. (The transmission filter should be changed with the transmission fluid when it is changed during regular preventative maintenance.)

Tires

For every 50 Celsius of temperature drop, your tire pressure decreases by one pound. Tires which are under-inflated by only eight pounds can reduce gas mileage by five percent and cut tire life by 25 percent or more. Check your tire pressure regularly.

Emergency kit

And don't forget to carry an emergency kit in your vehicle during the winter months, it could save your life.

Following these simple tips will help you to survive another Canadian winter.

Getting the Jump on Cold Weather Car Care

It's a statistical fact: every year tens of thousands of motorists are caught unprepared for the first cold weather. It can be time-consuming and expensive trying to take care of anti-freeze, battery or snow tires at the last minute when everyone else in the neighbourhood is rushing to do the same thing.

To help car owners get ahead of the game, the Car Care Council of the Automotive Industries Association of Canada offers "stitch in time" checklist.

1. COOLING SYSTEM: If it hasn't been done in a while, flush it out with a good chemical cleaner and install fresh anti-freeze. Note: Use in proper proportion. Pure anti-freeze, (ethylene glycol), does not cool or protect as well as the proper mixture prescribed on the container. Check connections, belts, hoses, pressure cap and thermostat.

2 BATTERY AND ELECTRICAL SYSTEM: If your battery is more than a few years old, have it checked. Cold weather is hard on batteries. Be sure connections are clean and tight. Corroded or loose connections can give the symptoms of a weak or dead battery.

3. ENGINE: Is it time for a tune-up? Faulty wiring, worn spark plugs, a sticking choke or emission control devices that need attention all can lead to hard starting. A diagnostic check-up of the engine can be a good pre-winter investment.

4. OIL AND FILTER: Dirty oil can give you trouble in the winter. Now's the time to change it. Change the oil filter, too. your car may have several other filters that need changing at this time, including the fuel, air and transmission filters. (The latter is changed when transmission fluid is changed as a periodic maintenance procedure.)

5. TIRES: For every 5 degrees C, (10 degrees F) of temperature drop, your tire pressure decreases by one pound. Obviously, if you haven't checked tire pressure since last summer, they're likely to be several pounds under-inflated.

Periodic rotating of tires, along with wheel alignment and balancing, all contribute to longer tire life.

6. BODY AND PAINT: Be sure to give the car a good protective coating of wax before the weather turns nasty. This is critical in areas where salt is used for snow removal.

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Fall is Clean-Up Time in the Garden

If you're spending nearly 50 hours during the summer mowing your lawn, you should probably be ready to spend at least a few hours preparing it for winter. To novice and experienced gardeners, fall signals the end of the growing season and the best time to care for your garden and lawn before the snow flies. According to experts, taking time to prune, remove leaves, fertilize and protect your lawn and garden for the winter will help assure you of a healthy growing season next spring.

Lawn Care:

Rake, rake, rake! Or if the very idea of raking makes you want to cut down your trees to avoid work, try using a leaf blower and vacuum. This will allow you to blow the leaves into a pile and vacuum them up without going near a rake. Leaf blowers with extensions will even clean eaves for you.

Whether you decide to use a rake or a blower, make sure you clear dead stems, leaves and debris from your lawn, garden and bushes. Leftover debris provides a great hiding place for pests and diseases.

Instead of bagging valuable organic matter, you can use a mulcher to produced shredded leaves and grass clippings that can be added to the compost pile or used to protect various plants in your garden.

Before you store your lawnmower for the winter, it may be necessary to mow your lawn one last time, but don't cut the grass any lower than five centimetres. After cutting and clearing all leaves away, it's time to fertilize. Use a fertilizer such as 6-8-15 with or without weed killer. Higher potassium levels (the last of the three numbers) will provide hardiness to grass and overall cell-health to withstand every regions' winter. Always use a fertilizer spreader to evenly distribute and to avoid dumping clumps of fertilizer that may do more harm than good.

Pruning:

Fall is also a great time to prune summer flowering perennial plants, overgrown bushes, trees and roses. Pruning now will improve their growth in the spring. Although the general rule is to prune weaker branches to avoid them breaking under the weight of the snow, not all plants and trees require the same amount of pruning. Pick up a book before you overdo the job.

Winter Protection:

Most perennials require protection from winter elements to help them survive and keep them growing healthy in the spring. Recently planted evergreens that are spending their first winter in your garden need to wear a burlap winter coat. Burlap is readily available where you purchase your garden supplies.

After the ground is frozen to a depth of 8-10 centimetres or after a continued cold spell, place a mulch of leaves around roses, fall mums and more tender perennial plants. Although many people think that mulches are used to keep the plants warm, they actually keep the soil temperatures as uniform as possible, reducing the danger of root breakage and other damage that results from alternate freezing and thawing.

Putting Your Cottage To Bed

(NC)—Fall is the best time to thoroughly check your plumbing and faucets after a summer's wear-and-tear. You can avoid the consequences of frozen pipes in winter that can burst, causing damage and no running water.

"If your cottage is not winterized, you can take steps to prevent your water supply line from freezing during the winter," said Frank Buck, vice president of marketing at Moen, the North American faucet leader.

Pipes can be fully drained when you're closing up the cottage in the fall. Alternatively, the water supply line can be filled with non-toxic anti-freeze made especially for supply pipes. Pipes that are carefully wrapped at key junction points are better protected against the cold.

As part of your maintenance routine, you should check the inside of your hot water holding tank for residue that can affect water quality and get caught in the faucet screen. A lab can analyze your water to ensure its quality, especially if the water suddenly shows a yellow or brown tinge.

Once you've checked the plumbing, check the fixtures. To prevent corrosion, regularly clean the inside of faucets and showerheads by disassembling the faucet and the aerator, then flush the basket and screen with water to remove dirt and other particles.

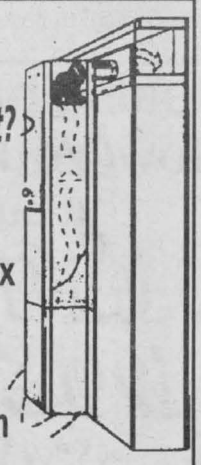
To get rid of corrosion and mineral build-up on the screen, brush the mesh with a toothbrush and mild cleaning solution such as vinegar and water or CLR-type product. Cottage water, especially if it's drawn from a lake, can be full of sediment. Installing a filter system is a sensible idea, but the faucet still needs more frequent cleaning than it would in a city bathroom or kitchen.

"Many people choose the most affordable faucets for a secondary residence such as a cottage. But the lack of quality means you may have to replace the faucet sooner than later," said Buck. If you're intending to upgrade your cottage kitchen or bathroom, consider installing a washerless cartridge faucet. Many cottages are in remote locations and there is usually no neighborhood hardware store to visit when your faucet begins leaking.

If you need to replace your faucet, practicality and durability should influence the style and design you choose for the cottage. "A simple design that is easy to wipe clean is a good option, because we tend to spend less time cleaning at the cottage." According to Buck, many of Moen's customers prefer a single-lever faucet for the cottage because it enables you to turn on the water easily and with less mess when hands are dirty.

HUMIDEX

Damp Basement?



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CORNWALL
Ph. or Fax 933-1982

VILLA LONG SAULT VILLA

Independent Living in a Country Setting



The Long Sault Villa seniors residence, situated on the banks of the beautiful St. Lawrence River, has been fully renovated and modernized. New owner, Henri Lecours, invites you to see all that is available for an independant and enjoyable lifestyle in a country setting.



Pictured is a recently modernized room at the Long Sault Villa overlooking the St. Lawrence River.

- Eight different models of Standard Private units starting at $38 per day.
- Semi-private accomodations at $34.50 per day.
- RespireCare and Vacation Care available

For Your Personal Health	To The Long Sault Villa
= Bi-Weekly Doctors Visits	It's a comfortable drive from:
= Registered Nurse (Staff)	= Cornwall.....10 minutes
= Attendant Care Services	= Finch.....20 minutes
= Pharmacy Services	= Ingleside.....10 minutes
= Medication storage and dispensing service.	= Morrisburg.....20 minutes
	= Iroquois.....30 minutes

53 Plaza Drive, Long Sault, Ontario K0C-1P0

Henri Lecours, B. Comm. Owner

New Owner: New Administration

For a private viewing call: (613) 534-2307

FEATURE

Design of the Week

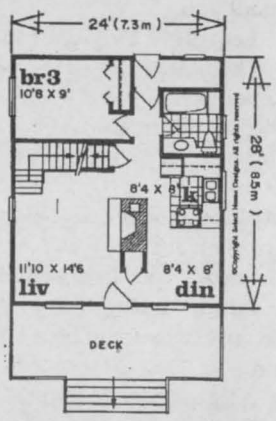
Cottage Invites Cozy Relaxation



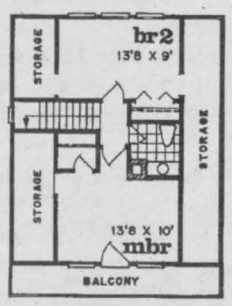
Plan No. 7-1072

RELEASE DATE: October 11-17, 1998
DESIGN FOR LIVING: **Cottage Invites Cozy Relaxation**
PLAN NO: 7-1072 WIDTH: 24'
DEPTH: 28'
©Copyright SELECT HOME DESIGNS

- Quaint cottage is enhanced by a steep gabled roof, scalloped fascia boards and fieldstone chimney details.
- Front facing deck and covered balcony encourages outdoor living and allows the cottage to be used as a year round vacation retreat.
- Oversized masonry fireplace is the focal point of the main living area and serves to provide excellent heat distribution.
- Compact, step-saving kitchen serves the dining area.
- Main floor also has a bedroom, three piece bathroom with soaking tub and mudroom.
- Mudroom, directly off the back door, provides convenient storage for coats, boots and sporting equipment.
- Second level includes two more bedrooms, with the master containing a walk out to the balcony, powder room and large storage areas.



first level 672 sq.ft.



second level 401 sq.ft.

To receive a 256 page book featuring over 300 beautifully illustrated home and cottage plans, including this design, for only $9.95 (including shipping, handling and taxes) mention this newspaper at www.selectaplan.com, or call toll-tree 1-800-663-6739 or fax (604) 251-3212. We accept Visa/Mastercard /AMEX. To use cheque or money order, make payable to Design for Living, c/o Seaway News, #301, 611 Alexander Street, Vancouver, B.C. V6A 1E1.

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• new tub surround installed directly over existing tiles • new bathtub liner • new drain with pop-up & overflow • completely installed
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OPTION 4 SAVE $499
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OPTION 5 SAVE $1000
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COMMUNITY UPDATE

*ADOPTEES-BIRTH MOTHERS- BIRTH FATHERS. Do you need help or support in your search? Call Parent Finders at 933-9186-Carol or 932-3984-Donna.

*AL-ANON/ALATEEN If your life is affected by someone else's drinking, we can help you do something about it. Contact 937-4880.

*ALCOHOLISM IS A DISEASE, help is available. If you want to drink that's your business, if you want to stop that's ours. Phone AA today at 613-938-1984.

*ALZHEIMER SOCIETY'S DAY SUPPORT PROGRAM in Alexandria and Winchester is seeking participants and volunteers. Info call 932-4914 or 1-888-222-1445.

*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 CANCER SOCIETY are holding a Cancer Screening Clinic on Saturday Oct. 17th, Hotel Dieu Hospital, for women age 50 and over. This event is by appointment only. Call the Cancer Society at 932-1283.

*CENTRE CHARLES-EMILE CLAUDE activités sans fumée: Lundis: Tai-Ji, 2h, Mardis: Jeux de Dards, 1h30, Danse de Ligne,1h30, et 7h30, Mercredis: Chorale, 10h, Danse de Ligne, 1h30, Vendredis: Jeux de Sacs de Sable, 1h30. Pour tous renseignements appeler 932-1035.

*CORNWALL & DISTRICT BRIDGE CLUB meets every Thursday at the Masonic Temple at 7:30p.m. Call 932-3498 for information.

*CORNWALL & DISTRICT NAVY VETERANS 30 Sixth St. E., are holding a Sunday Brunch, Sunday Oct. 11th, 9:00-1:00p.m. Everyone welcome. 24hr info line 930-2060 ext. 6289.

*CORNWALL GENERAL HOSPITAL AUXILIARY invites everyone to their Apple Extravaganza, Luncheon and Bazaar, St. John's Church, Friday Oct. 16th, 11:00a.m. to 1:30p.m.

*CORNWALL MEALS ON WHEELS needs volunteers to fill vacancies in its delivery system. If you have two free hours a month between 11 a.m. and 1 p.m., please come and help us. Call 534-8883.

*CORNWALL WHEELS TO MEALS Day Away for seniors providing door-to-door transportation, nourishing meals, crafts and activities. Every 1st and 3rd Wed. of each month. Info: 930-9292

*EMOTIONS ANONYMOUS a self-help support group meets every Wednesday, 7:30p.m., St. John Bosco School, 137 Eighth St. East.

*EXERCISE CLASSES for Seniors are scheduled for Mondays & Thursdays 9:00-10:00a.m., at the Martintown Community Centre. Inquiries may be directed to Beverly Hincks at 528-7502.

*GLEN STOR DUN LODGE has many volunteer positions open to individuals who are interested in giving a couple of hours a week to assist in recreational activities, dining and exercise programs. Orientation & Training provided. Please call the Volunteer Dept. at 933-3384.

*JOIE DE VIVRE, Secteur Francophone est un mouvement catholique d'entraide dans le diocèse d'Alexandria-Cornwall. Les recontres ont lieu tous les vendredis à 7h30, 305 avenue Baldwin. Pour renseignements, appeler Lucille 933-0255 or Jacques 932-2285.

*KINSMEN MINOR SOCCER ASSOC. annual general meeting will be held on Thursday Oct. 15th, 7:00p.m., St. Peter's School.

*LONG SAULT LEGION BR. 569 7 Frost St., Long Sault are holding "Octoberfest", Saturday Oct. 24th, 5:00p.m. Everyone welcome.

*MAXVILLE UNITED CHURCH are hosting their Turkey & Ham Supper in the church hall on Saturday Oct. 17th, 4:30-7:30p.m. Everyone welcome.

*MCKINNON FORESTRY CENTRE upcoming events: "Furbearer Management", Sunday Oct. 18th, 10:00a.m. to 2:00p.m. Learn about the history of the fur trade. Bring a lunch. Call to register 528-4430.

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GOING OUT OF BUSINESS SALE!



OFFICE CHAIRS $5 & up



- Desks
- Computer Desks
- File Cabinets
- TV Stands
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- Commercial Shredder
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- Chairs
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up to 75% OFF

FILE CABINETS $75 & up

EVERYTHING MUST GO!!

DESKS $20 & up

Cash & Carry

KCK ENTERPRISES

249 PITT ST. 933-1983

*PALLIATIVE CARE COURSE is being offered for Free for individuals with a strong interest in volunteering to help people who are facing a life-threatening illness. Nine session course will be offered until Nov. 26th, 1:00-4:00p.m. on consecutive Thursdays. Info: Barbara at 933-7420.

*PARENTS PRE-SCHOOL CO-OP Fall Session is now underway. Contact Shelley Veaudry at 936-1226 to register.

*PEER SUPPORTS GROUP open to individuals who have experienced mental illness or mental health problems and who are looking for information, peer support & sharing of coping skills & strategies. Monday evenings from 6 to 8 pm at 29 Second St. East. Info, call 933-5845.

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

*SCHIZOPHRENIA SOCIETY OF ONTARIO SDG Chapter will hold their next meeting on Tuesday Oct. 13th, 7:00p.m. in the Library at General Vanier School. Everyone welcome.

*SD&G DEVELOPMENTAL SERVICES CENTRE is in need of volunteers to assist individuals with physical and/or development challenges towards meeting their needs for friendship and recreational activities within the community. Info 937-3072

*SEAWAY SENIORS, 205 Amelia Street upcoming events: "Casino Rama", Oct. 26th-27th, "Atlantic City" includes bonuses & shows, Oct. 19th-22nd. Info call 932-4969.

SEAWAY TOASTMASTERS: *would you like to improve your Public Speaking & Leadership Skills? Info call Earl DePass at 930-2145.

*ST.ANDREW'S-ST. MARK'S UNITED CHURCH Johnson Crescent, Long Sault invites everyone to their annual fall Rummage Sale on Saturday Oct. 17th, 9:00a.m. to 1:00p.m.

*ST. JOHN BOSCO PARISH, 847 York St. Annual Fall Bazaar will take place on Thursday Oct. 15th, 1:00-8:00 p.m. Everyone welcome.

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

*TCF CORNWALL-THE COMPASSIONATE FRIENDS a support group for Bereaved Parents (children of any age) , meets every third Wednesday, 7:00p.m. St. John Bosco School Library. Info call 933-5591.

*TRINITY UNITED CHURCH, INGLESIDE are holding a free Workshop on Wednesday Oct. 21st, 9:15a.m. to 3:00p.m. Topic: Elder Abuse Awareness, Pharmacy Issues. For info call Barbara Ann 984-2094.

*VICTORIAN ORDER OF NURSES CANCER SUPPORT NETWORK meets every third Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St.E. Information & discussion for cancer patients, newly diagnosed and their loved ones. Info call Sheila Airey at 932-3451.

*VICTORIAN ORDER OF NURSES PROSTATE SUPPORT GROUP meets every second Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St.E. Information & discussion for Prostate cancer patients, newly diagnosed and their loved ones. Info call Sheila Airey at 932-3451.

* MULTIPLE SCLEROSIS SOCIETY SUPPORT GROUP Cornwall District, next meeting will be held on Wednesday Oct. 14th, 7:30p.m. at Chateau Cornwall, 41 Amelia St. For more info call 938-6777.

*NICOTINE ANONYMOUS for people who have quit smoking or have the desire to quit smoking. Call 937-3593.

*OCTOBER IS AUTISM AWARNESS MONTH so with this in mind the Autism/P.D.D. Advocates of S.D. & G. are holding a fundraiser called a "ONE STOP SHOP EVENT" featuring local artists, crafts, honey, pickles & preserves, Marlin Orchards, Bob-T Tack, stained glass, massages, etc. ... Saturday, October 24th from 9-5 at the Knights of Columbus Hall in Glen Walter.

HOROSCOPES

October 11-17

Aries – March 21/April 20

You have to be patient when it comes to a financial situation. Forcing a decision from those involved only will make you look bad. You just have to wait it out. An old friend needs a favor from you. Try to be helpful, but don't inconvenience yourself; it's not worth it in this case.

Taurus – April 21/May 21

Work hard and play hard this week, Taurus, and don't let your temper get the best of you. Enjoy yourself. Don't let minor annoyances bother you. In the grand scheme of things, they're not that important. That special someone takes you out for a night on the town late in the week. Have a good time. You deserve it.

Gemini – May 22/June 21

Don't let a business associate spoil your good mood. He or she is just frustrated with work; don't take what he or she says personally. Things are going well for you professionally — focus on that. Romance is in the air late in the week when you meet an interesting person while out with friends. Don't leave without a phone number.

Cancer – June 22/July 22

A close friend confides in you about a personal matter. Be sympathetic and supportive. Most importantly, keep his or her confidence. Don't tell anyone else about the conversation. The person whom you've been seeing has to go out of town. Don't worry — he or she isn't going to forget about you.

Leo – July 23/August 23

When it comes to your career, keep your vanity in check early in the week, Leo. You have to be a team player to make it through a difficult situation at work. The higher-ups are watching you. A loved one needs your help planning a family outing. Say yes, because it's sure to be a lot of fun.

Virgo – Aug 24/Sept 22

When it comes to meeting new people, be careful about whom you confide in. Someone who seems nice really isn't trustworthy. A loved one sets you up on a blind date. Don't be nervous. This one actually will work out. You'll have a good time and make a close friend.

Libra – Sept 23/Oct 23

You can't avoid it any longer. You have to make a decision about a personal matter early in the week. Putting it off only has made you more confused. If you think about what you want and examine your options, you'll make a sound choice. Leo plays an important role.

Scorpio – Oct 24/Nov 22

Your friends have a lot going on in their lives, and they want you to help them straighten things out. Don't do it. You have too many of your own problems to worry about. Take some time for yourself, and clear your mind. This will help you get things done. Your friends will understand and support your decision.

Sagittarius – Nov 23/Dec 21

Stand tall when an acquaintance tries to blame you for his or her mistake. Remain calm, and explain what happened. People will be on your side. That special someone surprises you with a romantic gift. Let him or her know how much you appreciate it. Taurus plays a key role this week.

Capricorn – Dec 22/Jan 20

You have a lot to do this week, Capricorn. Staying focused is the only way that you'll get it all finished. Don't let a loved one distract you. Late in the week, you see a close friend in a new light. Could he or she be the one for you? Don't rule out the possibility just yet!

Aquarius – Jan 21/Feb 18

You're on your own early in the week, Aquarius, and that's just the way you like it. You get a lot accomplished and finally can think about yourself for a while. Splurge a little. Do something that you've always wanted to do, but never had the time for. This is your time to shine.

Pisces – Feb 19/March 20

You have a tough week ahead of you, but your sense of humor will get you through it easily. Just look at the bright side of things, instead of letting every little problem get to you. An old friend shows up at your door late in the week. Listen to him or her.

THE 99's ARE COMING

Let me take you on a test drive.



Francine Losey

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2205 Vincent Massey 938-0934

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

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

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

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

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

SEAWAY NEWS
Serving Cornwall and Area

COMPANIONS CORNER

DWM, 67, N/S, S/D, brown eyes, grey hair, 5'10", retired, laid-back, educated, honest, sincere. Seeks attractive female, financially able, unattached to share prolonged trip Mexico this winter. Lasting relationship available. Phone Paul 613-860-1236. Please leave message if no answer.

SWF, 30, 5'5", 130 lbs, N/S, S/D, with heart of gold. Looking for caring, N/S, SWM, 28-38 for lasting relationship. CC1884.

SWM, 39, looking for companionship. Very lonesome. Interested in Colts Hockey. CC1882.

TRUSTWORTHY, SINCERE, SWM, 33, 6'-1", hazel eyes, light brown hair, NS, enjoys sports, cycling, weight training, the outdoors & quiet times. Searching for that special lady, 26-33, active, slim, NS, no dependents, with similar interests for possible relationship. CC1883.

to place your ad call 933-0015

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CLEAN 3 BDRM downstairs apt. Available Nov. or Dec. 1st. Laundry hookups, large backyard, parking. $535/mth, utilities extra. No pets. 938-8379.

110B BALDWIN. Available Nov. 1st. 2 bdrm upstairs apt. Very clean, fridge, stove, washer/dryer hookups, parking. $425/mth, plus utilities. Call 933-4780.

APARTMENTS FOR RENT

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

BE WARM & COZY this winter. Studio & bachelor apts, available with fridge, stove & utilities included, $350/mth & $400/mth. Close to Cornwall Square. Large 2 bdrm apt with washer/dryer hook-ups, gas heat. Close to college. $580/mth, with utilities included. Call 938-3936.

MONTREAL ROAD, 2 bdrm upstairs apt. Fridge & stove. $365/mth, plus utilities. Call 933-5315 or 933-9193.

ONE BDRM APT, 2 blocks from college on Prince Albert St. Partially furnished, stove, fridge, table & chairs, couch, etc. With or without utilities, $340/$435/mth. 933-0560.

2 BDRM APT, Alice St. Very reasonable rent for proper tenants. Quiet single person or couple preferred. No pets. Phone 932-2135.

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

MARKETPLACE

"Advertise Across Ontario or Across the Country"

ANNOUNCEMENTS

If you know a young person (aged 6 to 18) who is involved in worthwhile community service, or is contributing while living with a limitation, or has performed an act of heroism, nominate him/her for the Ontario Junior Citizen of the Year Award. Nomination forms are available through this newspaper or OCNA at 905-639-8720, ext. 230.

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

CAREER CHANGE? pro-Tech Computer Clean will provide you with complete training, equipment & supplies to establish your own home-based business. Gov't approved. $3000.00 plus GST. Call Jeanne 1-888-615-0555.

CAREER OPPS.

LEARN AUCTIONEERING. Classes held November 14-20, '98. For information contact: Southwestern Ontario School of Auctioneering, R.R. #5, Woodstock, Ontario N4S 7V9. 1-888-673-6999.

CAREER TRAINING

Exciting well paid careers in computer programming. We will prepare suitable applicants. Ministry of Education Registered Home Study Diploma Program. Financial assistance, loaner computer systems and job placement tools available. No experience necessary. CMS 1-800-477-9578.

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BE A SUCCESSFUL WRITER... with our great home-study course. Call today for your FREE BOOK. 1-800-267-1829. The Writing School, 38 McArthur Avenue, Suite 3098, Ottawa, ON K1L 6R2.

EMPLOYMENT OPPS.

INTERNATIONAL AGRICULTURAL Exchange - Ages 18 - 30 with agricultural experience to live/work with family in Australia, New Zealand, Europe, Japan. Costs/details - 1-800-263-1827. Calgary, Alberta.

200 JOBS? Lakeside Packers near Brooks, Alberta is hiring for production labourers for day and evening shifts. We are looking for people interested in a career in the beef industry. Permanent, full-time work is available. Applicants should be prepared for physical labour involving a knife. No experience required as we train. Day shift starting wage $9.25 hour; afternoon shift starts $9.60 hour. Fax your resume to 403-501-2239 or call us 1-888-700-0903 for information.

FOR SALE

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

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STOP ARTHRITIS PAIN, FIBROMYALGIA and other painful conditions safely without medications. Send SASE to APT Enterprises, 340-60-8 Bristol Rd. E., Mississauga, L4Z 3K8 for valuable information package.

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Meadowvale, 2 bdrm. upst., apli., $625. incl.
306 Belmont, 3 bdrm., main fl, lg kitchen $550+
Cumberland, dplx, 2-2 bdrms, $550 - $570 incl.
Gloucester, 2-1bdrms, apli., $300 & $430 incl.
6th St. W., 1bdrm, upst., apli, $400 incl.
Carleton, 2-1bdrms, main fl., apli., $360 incl.
7th St., 2-2 bdrms, $250, $375, $450 incl.
2nd St. W., 3 bdrm, upst., apli., $475+
11th St. W., 1 bdrm, basmt, $450, incl.
Glengarry Blvd, 3 bdrm, twn house, garage, $650+
Carleton St. N, 2 bdrm, upstrs, $437+ lights
312 Carleton St, 2 bdrm, duplex, apli, $375+
Carleton St, 2+1 bdrm, semi, fenced yrd, $675+
504 Burton, 2bdrm, dplx, gas heated, $600 incl.
2nd St W, 2 bdrm, apli., $580 incl.
2nd St., 2 bdrm, apli, storage, $528, incl.

APT BUILDING

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

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1 bdrm., util. & appli. incl. $525
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117 Belmont, 3 bdrm. home, $550+
Warina Rd, 2 bdrm. home, $500+
St. Andrews, 2 bdrm. 1,100 sq. ft., F.A.O., $550+

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BACHELOR APT with fridge, stove & utilities included, $400/mth. Studio apt with fridge, stove & utilities included, $350/mth. Call 938-3936.

3 BDRM SEMI detached, Maple St. Gas heat. Available now or Nov. 1st. $450/mth, plus utilities. Call 932-0829 or 932-3016.

AVAILABLE NOW & Nov. 1st, 2 bdrm, 2-level apt. Laundry hook-ups, storage & parking. Clean & quiet location. No pets. Call 931-2806.

APT FOR RENT. Fully furnished, clean. Utilities, cable & parking included. Call 933-5720 after 4:30pm.

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

AVAILABLE NOW, 3 bdrm upstairs apt. Washer/dryer hook-ups. Freshly painted. $600/mth, includes utilities. 2042 Pitt St. Call 932-9701.

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2 BDRM APT. Fridge, stove, electric & heating included. $450/mth. Call 931-2324.

2 BDRM semi-detached, central, freshly painted. Laundry hook-ups. $385/mth, pay own utilities. Call 933-7251.

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INGLESIDE, 1 LARGE bdrm apt, available immediately, $375/mth, plus utilities. Large 2 bdrm, available Dec. 1st, $375/mth, plus utilities. Call 534-2875.

RENOVATED, QUIET, triplex. One full size bdrm, eat-in kitchen/diner, large livingroom, full bathroom, stove & fridge included. Furnished if required. Call 347-1222.

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BRUNSWICK POOL TABLE, standard size, $500. Williamstown area. Call 347-3160.

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Qualifications Requises
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Renumeration
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Pour une entrevue, telephoner 613-525-3454 et demander Gaston Boivin

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Qualifications which would be influential
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Salary and bonus will be based on candidate's experience

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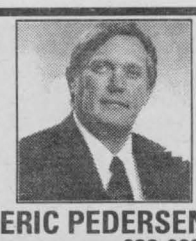
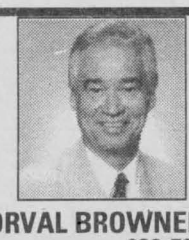


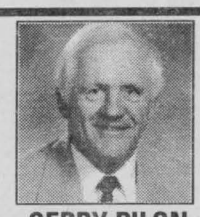
ERIC PEDERSEN Broker 938-9690



ORVAL BROWNELL Assoc. Broker 932-7061



MICHAEL VANDER MEER Assoc. Broker 534-2950



GERRY PILON Sales Rep. 931-3555



MONIQUE WILLIAMS Sales Rep. 932-7196



GINETTE CAMPBELL Sales Rep. 932-1609



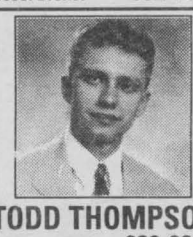
JACK ROY Sales Rep. 931-1290



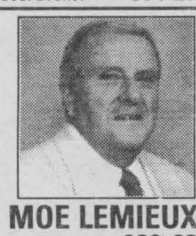
DIANE BENOIT Sales Rep. 930-4880



MIKE DeBOER Broker 938-7802



TODD THOMPSON Sales Rep. 938-0640



MOE LEMIEUX Sales Rep. 932-9386



EXCELLENT LOCATION
(A-MLS 0401) This newly carpeted, spacious home features a huge master bdrm., hdwd. & ceramic floors, rec rm, workshop & much more
JUDI AUGER 931-3293



BETTER THAN NEW! $115,000
(J-MLS 0393) 3+1, gas heat, nicely fin. basement, workshop & more
JUDI AUGER 931-3293

NEW CONSTRUCTION
$128,900
LONG SAULT
(M-MLS 0496) Spacious 3 bdrm. with fin. rec rm. & rough-in for extra bath, bright rms., gas frpl, colour choices still available
JUDI AUGER 931-3293



WATERFRONT
(M-MLS 0495) This unique home boasts spaciousness, brightness, frplcs., hdwd. flrs., great layout, hot tub in a large deck with a super view
JUDI AUGER 931-3293



ST. ANDREW'S $74,900
(M-MLS 0483) Fully renovated home, new siding, windows, doors, oak cpbds., new garage
ERIC PEDERSEN 938-9690



SPOTLESS $109,900
(A-MLS 0480) 1675 sq. ft. home, main FL family rm, gas frpl, new gas furnace, C/A
ERIC PEDERSEN 938-9690



$86,000
(A-MLS 0409) Spotless 2-2 bdrms. garage, central air, gas heat, 2 elect. panels, modern baths, dbl. paved drive
ERIC PEDERSEN 938-9690



CURRY HILL AREA $69,500
(G-MLS 0463) Main-free bung., new oil furnace, full bsmt., docking facilities, lot 308'x78'. New vinyl siding
ERIC PEDERSEN 938-9690



HWY 2 EAST $198,900
(J-MLS 0184) beautiful setting overlooking St. Lawrence. 2400 sq.ft., modern interior, city water & sewer +86' frontage on river
ERIC PEDERSEN 938-9690



10 BERGIN NEW PRICE $39,900 OWNER SAYS SELL!
(A-MLS 0259) 3 bdrms., gas heat, hdwd. flrs., mtg. payment $307/mo
ERIC PEDERSEN 938-9690



47 WELLINGTON ST. W. $102,000
(A-MLS 0462) attractive 3 bdrm. split
ORVAL BROWNELL 932-7061



104 WESTMORELAND $129,900
(A-MLS 0354) Unique home, double lot, double garage
ORVAL BROWNELL 932-7061



1804 DEWHURST
(A-MLS 0333) 3 bdrms., 1-1/2 baths, woodstove, excellent location,
ORVAL BROWNELL 932-7061



301 1st & 104 BEDFORD $54,500
(A-MLS 0376) Two 2 bdrm. units
ORVAL BROWNELL 932-7061



ISLAND 17
(J-MLS 0102) Estate Sale. Offer invited
ORVAL BROWNELL 932-7061



517 JOYCE $89,500
(A-MLS 0497) 3 bdrms., fireplace, 1-1/2 baths, close to school & park
ORVAL BROWNELL 932-7061



COUNTRY $119,900
(J-MLS 0214) Large 3 bdrm. home with vaulted ceilings & att. garage on 2 acre lot. Approx. 18 min. from Hotel Dieu.
MIKE VANDERMEER 534-2950



CITY LIMITS $64,900
(A-MLS 0465) large 3 bdrm. home on spacious lot just minutes from downtown
MIKE VANDERMEER 534-2950



COUNTRY $114,900
(M-MLS 0346) Large family home, 2478 sq. ft., 6 bdrms., excellent condition
MIKE VANDERMEER 534-2950



A MUST SEE $116,900
(A-MLS 0430) 3 bdrm. bung. on 3.5 acre treed lot. All hardwood & ceramic floors.
MIKE VANDERMEER 534-2950



ALMOST NEW $105,900
(M-MLS 0194) 3 bdrm. raised bungalow on 1acre lot overlooking valley.
MIKE VANDERMEER 534-2950



RIVERDALE $229,900
(A-MLS 0488) 2485 sq. ft. 4 bdrm. home with dbl. att. garage, ingr. pool & all other bells & whistles. Built in '92
MIKE VANDERMEER 534-2950



COUNTRY $85,900
(M-MLS 0494) 3 bdrm. bung. with det. garage, heat pump, rec rm., verandah & more
MIKE VANDERMEER 534-2950

DENNY'S SMOKE SHOP
(A-MLS 0234) Montreal Road, well-established confectionary with a very good volume. Ideal family business.
GERRY PILON 931-3555

VACANT LOTS
Gerald Street, **$25,000**
Larin Street, **$25,000**
11th & McConnell, **7 acres**
Cornwall Ctr. Rd., **26 acres**
Hay Road, **$14,500**
GERRY PILON 931-3555



844 LAFLIN $124 ,900
(A-MLS 0247) 1300 sq. ft. backsplit with dining rm & rec rm with frpl
GERRY PILON 931-3555



115 3rd ST. W. $54,500
(A-MLS 0422) Ideal starter with 3 bdrms.. private drive & yard, $1,800 down & assume existing mtg. oac
GERRY PILON 931-3555



19391 HWY. 2 EAST $199,000
(J-MLS 0418) Distinctive executive home with over 2,300 sq. ft. in great hilltop location
GERRY PILON 931-3555



$65,000
(A-MLS 0395) Let the rent from one unit pay for your mtg. Now is the perfect time to start investing for the future.
MONIQUE WILLIAMS 932-7196



$43,500
(A-MLS 0394) If you've always dreamed of owning your own home, this is the perfect way to start.
MONIQUE WILLIAMS 932-7196



752 GLENGARRY BLVD
(A-MLS 0035) Super clean 3 bdrm. townhouse in beautiful condition. Many updates & renovations
GINETTE CAMPBELL 932-1609

EXCELLENT PROPERTY
(A-MLS 0335) features 2 large semis, inground pool, large fenced-in lot, extra income, oak cpbds., 3+1 bdrms.
GINETTE CAMPBELL 932-1609

1212 SYDNEY REDUCED ... $89,000
(A-MLS 0249) Clean as a whistle, 3 bdrm. bung., lots of hdwd. flrs. w/oak trims, back patio to fenced yard, mature trees, close to many amenities.
JACK ROY 931-1290

6141 RUTH $97,000 GLENDALE SUBDIVISION
(J-MLS 0339) Just like new, 1320 sq. ft. open concept, alarm system, just. min. from town. A Must See!
JACK ROY 931-1290

ATTRACTIVE
(A-MLS 0473) 3+1 bdrm. in popular east end location featuring sunken LR & close to all amenities
JACK ROY 931-1290

CABER ROAD
(J-MLS 0471) Unbelievable! 1200 sq. ft. bung., approx 2 ac. mixed bush, hilltop setting, built 1997
JACK ROY 931-1290

SUMMERSTOWN $74,900
(J-MLS 0491) Nice view of St. Lawrence with river access. A Must See!
JACK ROY 931-1290

MOVE IN CONDITION
(A-MLS 0301) Large semi, close to park, shopping & best of all, Priced to Move!
DIANE BENOIT 930-4880

309,A CARLETON $55,000
(A-MLS 0461) Excellent investment, live in one, let tenant help pay for mortgage
DIANE BENOIT 930-4880

$108,000
(A-MLS 0370) Looking for well built brick bungalow, hdwd floors & det. garage.
DIANE BENOIT 930-4880

617 CUMBERLAND $64,900
(A-MLS 0416) Features too many updates to mention including new kitchen, 5 bdrms., gas heat, fenced yard, private drive. Move-in cond.
MIKE DeBOER 938-7802

26 TIMOTHY $56,888
(A-MLS 0400) Great family home, 3 bdrms., huge living rm w/frpl, rec rm., hdwd. under carpets, nice deck
MIKE DeBOER 938-7802

NORTH OF INGLESIDE $99,900
(O-MLS 0036) On paved road, lovely raised bung. with patio drs., to lg. deck & 2.5 ac. lot, only 2 yrs. old.
MIKE DeBOER 938-7802

REDUCED $179,900 RUSH CITY RD.
(L-MLS 0115) Need to get away from city living? Exec. unique log home, 2600 sq. ft., cathedral ceiling, fireplace, beautiful kitchen, unspoiled basement.
TODD THOMPSON 938-0640

9 ORAN
(A-MLS 0450) 4 bdrm. semi with fin. rec rm., located just off Laflin
TODD THOMPSON 938-0640

OPEN TO OFFERS 55 MILLE ROCHES $87,900
(A-MLS 0431) Spacious century home, loads of woodwork, extra clean
TODD THOMPSON 938-0640

LOCHIEL STREET $159,000
(A-MLS 0487) 4 acres of development land. Draft plan for 15 lots
TODD THOMPSON 938-0640

2012 PITT $109,500
(A-MLS 0493) 2-storey home w/1500 sq. ft. recent sunroom w/gas stove. Nice huge lot 107'x803'. Possibility of severance
MOE LEMIEUX 932-9386

103 BALDWIN $66,500
(A-MLS 0500) 2-storey home renov. w/legal non-conforming garage 25'x21' for mechanic. Recent windows, siding, 200 amps.
MOE LEMIEUX 932-9386

The Seaway News

BRINGS YOU:

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The easy way to meet area singles.

Females Seeking Males

DISABLED LAME DUCK
DWCF, 55, 5'5", a hazel-eyed brunette, who enjoys the outdoors, gardening, travel, dancing and quiet times, is looking for a DWCM, in the Brockville area, for companionship. Ad#.9618

ONE WISH
Kind, caring SWF, 33, 5'2", 150lbs., with brown hair and blue eyes, who enjoys playing darts, movies and auto racing, is hoping to meet a kind, caring SM. Ad#.8959

ELEGANCE
Professional SW mom, 43, N/S, is interested in meeting a SM, N/S, for a possible relationship. She enjoys dancing, dining out, the arts, meeting new people and more. Ad#.4391

WAITING FOR YOU
Attractive, fit East Indian SF, 32, 5'7", with blonde hair and blue eyes, who enjoys martial arts, music and dancing, wishes to meet a handsome SM, who is caring, kind and patient. Ad#.9377

NEW IN TOWN
Caring SWF, 32, 5'7", with blonde hair and blue eyes, who enjoys keeping fit, dining out, music and more, is interested in spending time with a kind, sincere SWM, for friendship first. Ad#.7825

SIMPLY YOURS
Humorous SWF, 35, 5'10", with dark brown hair/eyes, who enjoys gardening, sports and more, is seeking a humorous, fun SM. Ad#.2795

BE MY BEST FRIEND
This employed SWF, 35, 5'10", 160lbs., dark brown hair/eyes, has quite a sense of humor and her interests include some sports, boating, anything outdoors and more. She's searching for an honest, caring, humorous SM, with similar interests. Ad#.4890

INNER BEAUTY
Independent SWF, 51, 5'6", 160lbs., with brown hair and green eyes, who enjoys yard work, dancing, golf and day trips, wants to meet a kind-hearted SWM, with similar interests. Ad#.8182

TELL ME ALL
Humorous SF, 28, 5'4", full-figured, with blonde hair and brown eyes, who enjoys going for walks, spending time with friends, movies and camping, seeks a stable, confident SM, to spend time with. Ad#.9985

COUNTRY DRIVES TOGETHER
This laid-back, outgoing, retired SWF, 66, likes to laugh and enjoys playing cards, board games, flea markets and a whole lot more. She is looking for a dependable SM, who will be there for her. Ad#.4241

THE MAN OF HER DREAMS?
Funny, outgoing SW mom, 22, 5'3", 135lbs., with blue eyes, is a homemaker, who enjoys skating, football, basketball and anything outdoors. She's searching for a SM, to spend time with. Ad#.9262

SMILE WITH ME
I'm a SWF, 33, 5'2", 180lbs., with brown hair and blue eyes, who enjoys biking, playing darts and car racing. I'm in search of a caring, loving SM. Ad#.8950

LOVE ME FOR ME
I'm a bubbly, brown-eyed blonde SWF, 48, 5'3", looking for a sincere, patient, honest SM, who likes to laugh. My hobbies are singing, cooking, playing cards and guitar music. Ad#.6934

FOR THE LONG-TERM
Sensitive SWF, 32, with brown hair and hazel eyes, who enjoys movies, crossword puzzles, darts and billiards, wants to meet a sincere, employed SWM. Ad#.8989

LOOK TO THE FUTURE
Kind, loving SWF, 43, who enjoys long walks, working out, gardening, movies and dining out, wants to meet a caring, fun-loving, honest SWM. Ad#.9967

ART & LITERATURE
Are my interests. I'm a blue-eyed blonde SW mom, 31, 5'10", who is bubbling and sensitive. My hobbies are reading, writing and painting. I'm looking for a caring, generous SM, to settle down with. Ad#.6869

SINCERE
SWF, 23, with brown hair and green eyes, who enjoys crafts, poetry and going for drives, is seeking an easygoing, loving SM. Ad#.8309

CALL ME
Kind, intellectual SWF, 24, 5'5", with blonde hair, who enjoys movies, music and moonlit walks, is seeking a humorous, personable SM, for a possible relationship. Ad#.9336

CHECK IT OUT!
I'm a friendly, humorous SWF, 49, 5'7", with brown hair/eyes, who enjoys crafts, flea markets and more. I'm seeking an honest, caring SM. Ad#.7657

KEEP IT REAL
I'm an easygoing SWF, 27, 5'6", 125lbs., with dirty blonde hair, who enjoys fishing, boating and rollerblading. I'm seeking and outgoing, loving SM. Ad#.6168

FIRST TIME AD
Easygoing, self-employed SWF, 54, who enjoys dancing, flea markets and movies, wants to meet a sincere, honest SWM. Ad#.6523

WIN ME OVER
I am SF, 24, 5'4", 129lbs., with brown hair and eyes, who enjoys the outdoors, sports and rollerblading. I'm seeking a loving SM, with long hair. Ad#.8761

TO THE POINT
I would love to meet a honest, sincere SM, with no dependents, who likes country living. I'm a friendly SWF, 37, 5'2", with brown hair and hazel eyes, who enjoys cooking, gardening and animals. Ad#.3069

SOMETHING BETTER
She's a funny, slender SW mom, 33, 6', with short dark hair, who enjoys tennis, skiing and long walks. She's seeking an honest, loyal SM. Ad#.2887

LISTEN CLOSELY
If you're a loving SM, you have to read this ad. This slender, easygoing SWF, 52, 5', with auburn hair and green eyes, is interested in meeting someone just like you. She enjoys gardening, knitting and taking walks. Ad#.8858

INTRODUCE YOURSELF
She's an easygoing SW mom, 27, 5'3", 132lbs., with red hair and blue eyes, who enjoys writing books, cooking and spending time with her child. She's seeking an honest, monogamous, employed SM. Ad#.7877

TAKE THE TIME
She's a spontaneous, adventurous SWF, 35, 5'5", 135lbs., with dark hair and hazel eyes, who enjoys biking, swimming and the outdoors. She's seeking an outgoing SM. Ad#.9161

CHEMISTRY
I'm a shy SWF, 29, 5'2", 130lbs., who enjoys cooking, going for walks and spending time with my kids. I'm seeking a caring, honest SM. Ad#.3071

DESERVING
I'm an easygoing SWF, 39, 5'3", 120lbs., with brown hair and green eyes. I enjoy golfing, swimming and dancing. I'm seeking an honest, sincere, outgoing SM. Ad#.9119

RARE FIND
I'm an easygoing SWF, 51, 4'9", with brown hair and green eyes. I enjoy sports, camping and gardening. I'm wishing for a considerate, active SM. Ad#.5181

QUIET TIMES
Friendly, outgoing SWF, 32, 5'4", 140lbs., with brown hair and eyes, enjoys sporting events, outdoor activities and country life. She is looking for an employed, active SWM, for a possible relationship. Ad#.6247

YOU AND ME CAN EQUAL...
Happiness! I'm an attractive easygoing SW mom, 33, full-figured, with dark hair/eyes. I enjoy golfing, reading and more. I'm looking for a handsome, outgoing, confident SM. Ad#.9359

MATURE MAN WANTED
Outgoing SW mom, 32, brown hair, blue eyes, enjoys going for walks. She hopes to find a monogamous SM, who is not a game player. Ad#.9435

TELL ME ABOUT YOURSELF
Confident SWF, 29, 5'5", enjoys volleyball, hockey and more. She's seeking an honest, open-minded, fit, attractive SM. Ad#.5657

ROMANCE PLEASE
SWF, 43, 5'5", with blonde hair and blue eyes, enjoys crafts, painting and the outdoors. She wants to meet a sincere, easygoing, honest SWM, for a great relationship. Ad#.5760

HELLO THERE!
Looking for an adventurous, monogamous, funny SM for this SWF, 43, 5'7", 135lbs., with blonde hair and green eyes, who enjoys painting, cooking and more. Ad#.5464

HOPES & DREAMS
Personable SWF, 43, who likes long walks, playing cards, time with family and friends, dining out and karaoke, is looking to meet a humorous, honest SWM. Ad#.8849

COMPANIONSHIP
Active SWF, 60, 5'4", reddish hair, medium build, who enjoys sewing, the arts, listening to classical music and pottery, is looking for an honest, sincere SWM. Ad#.8550

INTERESTED?
SW mom of two, 22, 5'8", with long blonde hair and hazel eyes, is seeking a trustworthy, reliable, humorous SM. Ad#.3091

LOOK HERE
Sincere, open SWF, 30, 5'5", 160lbs., who enjoys sports, gardening, driving and playing pool, seeks a SM, who is honest, caring and open. Ad#.1466

SHE'S A KEEPER
She's a confident, romantic and honest SWF, 38, 5'8", whose interests include laughing, dancing and being spoiled. If you're a loyal, affectionate and thoughtful SM with integrity, give this ad a call. Ad#.9917

GET ON THE BOAT
Get to know this SWF, 49, 5'4", 145lbs., who enjoys swimming, skiing and Grand Prix racing. She's in search of an honest, loving SM. If you find this appealing, give this ad a call. Ad#.9634

SING ALONG
Intelligent SW mom, 33, 5'5", 190lbs., with auburn hair and blue eyes, who enjoys reading, music and the outdoors, seeks an honest SWM, who likes kids. Ad#.1269

TELL ME ABOUT YOURSELF
I'm a SW mom, 26, 5'6", 140lbs., with long brown hair and blue eyes, who enjoys going for walks, the beach and barbecues. I'm seeking an employed SM, who likes to have fun. Ad#.3192

WORTH A SHOT
I'm an easygoing SWF, 49, 5', 180lbs., with brown hair and hazel eyes. I enjoy playing pool and watching sports. I'm seeking an honest, outgoing SM. Ad#.1008

DUAL TRUST
I'm a SWF, 30, 5'1", who's an employed student. My hobbies include horseback riding, animals and sports. I'm seeking an active SM. Ad#.9334

SHE'S GETS TO THE POINT
She's a SW mom, 31, 5'10", with blonde hair and blue eyes, who enjoys drawing, painting and reading. She's seeking an honest, sincere, open-minded SM. Ad#.6687

SINCERELY
She's a humorous SWF, 45, 5'3", with auburn hair and brown eyes, who enjoys dancing and having a good time. She's seeking an honest, easygoing SM. Ad#.9619

IN SEARCH OF YOU
She's an outgoing, friendly SWF, 42, 5'6", who is seeking a good-looking, honest SM for possible relationship. Ad#.9516

MAKE THE CONNECTION
Here's a SW mom, 33, 5'3", with brown hair and hazel eyes,who is outgoing, employed and enjoys listening to music, romantic dinners, walking in the park and spending time with her kids. She seeks an honest SM, who loves family activities. Ad#.9525

RESPECT ME
Funny SWF, 22, 5'3", with brown hair and green eyes, enjoys the outdoors, walking and seeks a handsome SM, who is accepting. Ad#.8647

VISION OF TWO
A SWF, 28, 5'8", sandy blonde hair, blue eyes, who is cheerful and honest, enjoys horseback riding, line dancing and listening to country music. She is looking for a reliable, trustworthy SWM. Ad#.1876

SERIOUS REPLIES
I'm in search of a kind, lovable SM. I'm a SWF, 33, 5'2", 165lbs., with brown hair/eyes. My hobbies include biking, movies and car races. Ad#.5282

IN SEARCH OF YOU
I'm a SWF, 43, with light brown hair and blue eyes. I enjoy socializing and I'm seeking a sincere, honest SWM, to have fun with. Ad#.6456

COUNTRY LIVING
She's a caring, honest SWF, 32, 5'6", 140lbs., with dark brown hair and blue eyes. She's seeking a SM, with similar qualities. Ad#.9446

CALL!
She's a sociable SWF, 43, 5'4", employed, who enjoys cooking, going for walks and flea markets. She's seeking honest, caring SM. Ad#.9875

ONE WOMAN MAN
She's a truthful, honest SWF, 55, 5'6", whose hobbies include playing Bingo, long walks, movies and she is wishing for a nice, trustworthy, handsome SWM, 40-46. Ad#.1571

TALL, DARK & HANDSOME
Muscular, fit SWM, 30, 6'3", 190lbs., with brown hair, blue eyes and a sense of humor is very positive, sensitive and honest. He likes golfing, fishing, camping and movies. He's looking for a mature, understanding SF, who's secure with herself. Ad#.3107

IS IT FATE?
I'm a tall, dark, handsome SM, 30, 6'3", 195lbs., with dark brown hair and blue eyes, who enjoys music, golfing and traveling. I'm seeking a mature, understanding SF. Ad#.2025

HONESTY COUNTS
Honest SWM, 36, who enjoys gardening, outdoor activities and dining out, wants to meet a happy, sincere SWF, who likes the country life. Ad#.4345

DESERVING
He's a SWM, 45, 5'9", with light brown hair, who enjoys having fun, boating and relaxing. He's seeking a confident, outgoing SF. Ad#.9576

YOUTHFUL SPIRIT
Caring, affectionate SWM, 63, who enjoys dancing, sports and quiet times, wants to meet a friendly SWF, 48-58, for a monogamous relationship. Ad#.9877

SHARE MY HEART
Handsome, well-built, open-minded and mature SWM, 33, 6', 175lbs., who likes to try new things, is interested in golf, playing hockey and watching movies. He wants to meet a mature, attractive SWF. Ad#.8097

DELIGHTFUL DATE
Handsome, heavyset SM, 26, who enjoys having a good time, cruising in his car, sports and being with friends, wants to meet an honest SF, for a possible relationship. Ad#.6438

WALK WITH ME
Easygoing, active SWM, 31, with brown hair and eyes, enjoys all sports and wants to meet a fun-loving, devoted, honest, open SWF. Ad#.2080

Stop Thinking About It.

Call 1-613-247-7144 Ext.12

To Place Your Own Ad FREE!

24 Hours a Day 7 Days a Week

LET'S MINGLE
Handsome SWM, 27, 5'9", 165lbs., with brown hair/eyes, who enjoys reading, writing and watching television, is seeking a nice SF. Ad#.1336

GET INVOLVED
Understanding, romantic SWM, 41, who enjoys hockey, golfing, camping and fishing, is looking to meet an attractive, understanding SWF, for a long-term relationship. Ad#.3605

WILLING TO SHARE
This considerate SWM, 56, who enjoys collecting military badges, building model boats, gardening and flea markets, would like to meet a reliable, friendly SWF. Ad#.7227

FOCUS ON LIFE
Handsome, fun-loving SWM, 36, 5'8", who enjoys building models, dining out and more, looking for an open, communicative, trustworthy SWF. Ad#.8272

SERIOUS REPLIES
Honest SWM, 30, 5'9", 165lbs., black hair, brown eyes, employed, seeking honest, slender SF, to start a relationship with. Ad#.6331

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

PRIORITY AD
This humorous, outgoing, romantic SWM, 29, 5'9", 150lbs., with brown hair and blue eyes is now seeking an honest, sincere SF. He enjoys racing, working out and more. Ad#.8200

TELL ME ABOUT YOURSELF!
We have nothing to lose! I'm an athletic, easygoing SWM, 36, 5'10", 175lbs. My hobbies include weight-training, baseball and fishing. I'm seeking an honest, slender, attractive SF. Ad#.8160

RIGHT HERE
Meet this easygoing SWM, 27, 5'10", 160lbs., with long brown hair and green eyes, who enjoys socializing, music, hockey and would like to meet an honest, caring, fun-loving SF, for a possible relationship. Ad#.9113

HONESTY COUNTS
Outgoing SWM, 41, 150lbs., long brown hair, mustache, fit, enjoys making people laugh and a variety of other interests, seeks an outgoing, understanding SF, with a nice personality. Ad#.9314

A GREAT GUY
I'm a SW dad, 28, 6', 160lbs., with long brown hair/eyes, who enjoys caring for my daughter, reading, writing and cooking. If your a responsible SF, give me a call. Ad#.4832

LOOK HERE
This SWM, 37, 6', 210lbs., with blond hair and blue eyes, enjoys the beach, fishing, boating, dining out and dancing. He wants to find a trustworthy SF, who he can talk to with ease. Ad#.1573

NO PLAYERS
A kind, humorous SWM, 43, who loves working with crafts. Other interests include camping, fishing and many outdoor activities, Looking to meet an honest, kind SWF. Ad#.6658

COME ON AND CALL!
You know you want too! I'm SWM, 43, 6'2", 185lbs., with blond hair, who enjoys country music, tennis and skating. I'm seeking an honest, romantic SF. Ad#.7048

DON'T WAIT
I'm a kind, gentle SWM, 27, 6', 210lbs., with brown hair/eyes. I enjoy going for walks, socializing and more and am seeking a SF for companionship. Ad#.9374

FINALLY...
He's a SWM, 41, 5'6", with long hair and green eyes, who enjoys motorcycling, the outdoors and more. He's seeking a positive SF, who likes the country lifestyle. Ad#.1225

CHOOSE ME
I'm a laid-back, friendly SWM, 70, who enjoys flea markets, dancing and socializing. I'm looking for a considerate, easygoing SF. Ad#.9016

HEAR ME OUT
Quiet SWM, 41, 5'5", 160lbs., medium build, with brown hair/eyes, wishes to spend time and share friendship with a sincere, honest SF, who enjoys golfing, hockey and biking. Ad#.9764

FOCUS HERE....
Handsome SWM, 36, 5'7", 150lbs., enjoys going to the gym, movies, taking walks, quality converstion and is looking to spend time with an outgoing, personable SF, who is looking for quality companionship. Ad#.8546

ADVENTURESOME
He's a professional SWM, 48, 5'10", 210lbs., who is humorous, outgoing, enjoys motorcycling, camping, the outdoors and is seeking an honest, friendly, spontaneous SF. Ad#.8158

RETIRED
He's a SWM, 64, 5'11", 180lbs., who enjoys golfing, dining out, curling and is looking for a SF, to spend quality time with. Ad#.5467

MR. ROMANTIC
He's a SWM, 34, 5'10", 210lbs., a happy-go-lucky person, who enjoys drawing, photography, listening to music, movies and is looking for a loving, giving, trustworthy SWF. Ad#.6768

LONG-TERM COMMITMENT
He's a tall, easygoing, self-employed SWM, 32, who enjoys riding his motorcycle, outdoor activities, sporting events and is hoping to meet an honest, loyal, humorous SWF. Ad#.7651

CONTACT ME
He's a caring SWM, 38, 5'10", with brown hair and hazel eyes, who enjoys computers and building model kits. He's looking for a kind, loving SF. Ad#.6773

IN GENERAL
I'm a SWM, 25, with brown hair and hazel eyes, my enjoyment are traveling, motor cross and more. I'm looking for a loving, honest, faithful SF, who is ready to settle down. Ad#.8613

ONLY YOU
This easygoing, self-employed SWM, 56, 5'10", 165lbs., with short black hair and brown eyes, is seeking an honest, trustworthy SF, for a possible relationship. His interests include sports and dining out. Ad#.9947

HONESTY, A MUST
He's a SWM, 35, 5'10", 165lbs., brown hair, blue eyes, who is very easygoing and loyal. Hobbies include music, movies, the beach, drives in the country and wants to meet a SWF, with similar interests. Ad#.8062

GENUINE
I'm a mature, very outgoing, positive SWM, 35, 6'2", with brown hair/eyes. I enjoy football and am seeking an honest SF. Ad#.7364

LOVES THE OUTDOORS
SWM, 29, whose hobbies include camping, fishing, working on models, watching television and dining out, seeks a secure, humorous SWF. Ad#.8535

A REAL ZING
I'm a SWM, 28, 6'3", 180lbs., with brown hair/eyes, enjoys build plastic models, fishing and boating. I'm looking for an intelligent, funny SF, to share the rest of my life with. Ad#.7598

ARE YOU READY?
SWM, 38, 6', 190lbs., brown hair/eyes, loves to do anything outdoors, looking to meet an outgoing, easygoing, slender SF, who will be his lifetime partner. Ad#.6590

THIS IS IT
If you're a clean, honest, understand SF, spend time with this kind SM, 48, 5'6", brown hair, blue eyes, who enjoys bowling, hiking. Ad#.8076

LIMITLESS COMPASSION
This physically fit, 27-year-old SWM, is very happy, outgoing and enjoys music, walking his dog, motorcycling and more. If you're a cheerful, honest and happy SF, looking for companionship, he is waiting for your call. Ad#.2019

Females Seeking Females

JOYS OF LIFE
SWF, 28, with a good sense of humor, who enjoys movies, day trips, spending time with friends and dining out, is looking for a caring, humorous SWF. Ad#.2213

BEST FRIENDS
This humorous SWF, 21, 5'10", with long brown hair and hazel eyes, enjoys reading and spending time with her son. She is looking for a loyal, humorous SWF. Ad#.9747

LIMITED TIME OFFER
I'm a Bi-SWF, 33, who enjoys camping, swimming and movies. I'm seeking an outgoing, easygoing SF. Ad#.9570

BEST PALS
Charismatic, energetic SWF, 26, 5'4", with blonde hair and blue eyes, enjoys spending time with her friends, biking and sports. She would love to meet an honest, caring and employed SWF. If you're out there, call. Ad#.9242

HAS A BIG HEART
Here's a SWF, 21, 5'5", 130lbs., with dark hair and blue eyes, who enjoys swimming, biking, camping and more. She'd like to meet a caring and understanding SF. Ad#.3937

RIGHT TO THE POINT
I'm a SWF, 24, with dirty blonde hair and hazel eyes, I'm seeking an honest SF, who is not a player. Ad#.5682

SIMPLY SWEET
Are you a funny, outgoing SF? If so, I would love to meet you. Hello, I'm a fun-loving SWF, 27, 5'3", 120lbs., with blonde hair and green eyes. My interests include biking, sports and long walks. If this sounds good, call me. Ad#.5576

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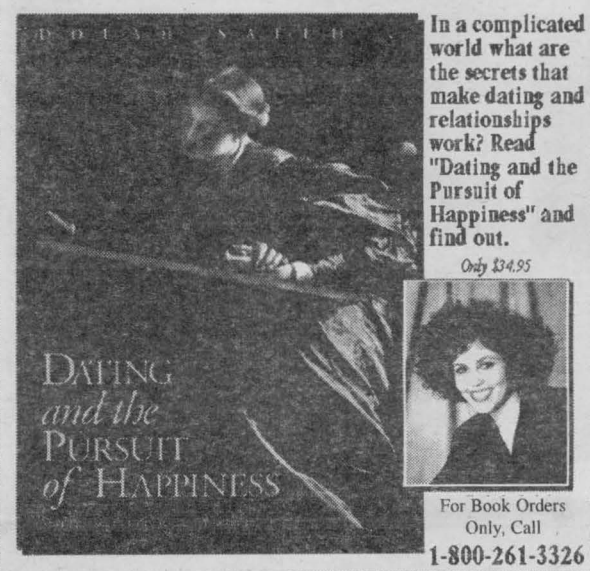

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Males Seeking Females

MAD ABOUT YOU
Fun-loving SWM, 49, 5'8", 155lbs., who enjoys sports, long walks and dining out, is seeking a slender SF. Ad#.3589

I'VE FOUND YOU
SWM, 42, 5'9", 170lbs., with dark hair and blue eyes, who enjoys reading, golfing and playing horseshoes, is seeking a loving, easygoing SF. Ad#.8326

TIME WILL TELL
Handsome, charming SW dad, 38, 6'1", 175lbs., who enjoys the outdoors, hiking and more, is seeking an honest, loving SF. Ad#.9219

LET'S MEET
SWM, 26, 6'4", with blond hair and blue eyes, who enjoys hockey, soccer and more, is seeking a SF, to spend time with. Ad#.9444

WHY NOT CALL NOW!
Here's a fun-loving and easygoing SWM, 30, 6', who is looking for the same in an honest, happy and humorous SF, who's not into playing games. He likes movies, playing cards, biking, dancing and can't wait to share these and more with you. Ad#.9251

CHILDREN ARE WELCOME
Attractive, outgoing, open-minded SWM, 39, 6', light brown hair, blue eyes, is employed and his interests include bowling, throwing darts, the outdoors and more. He's looking to meet an open-minded, honest SF, to spend quality time with. Ad#.4967

CIRCLE ME!
Handsome, honest SWM, 30, 5'6", 165lbs., who enjoys woodworking, gardening and animals, is seeking a caring, honest, dedicated SF. Ad#.6689

YOU AND ME
Handsome SWM, 53, 5'2", with dirty blonde hair and blue eyes, who enjoys dancing, country music and sports, is seeking a caring, lovable SF. Ad#.9818

FRIENDSHIP FIRST
Non-judgmental, open-minded SW dad, 34, 6'2", 195lbs., with reddish-brown hair and mustache, likes joking around, fishing, hunting, motorcycles and cars. He wishes to meet a compatible, open, honest SF. Ad#.2835

COMPATIBLITY'S THE KEY
Very humorous SWM, 37, 6'2", 195lbs., with light brown hair/mustache and greenish-blue eyes, wishes to fall in love with a trustworthy, optimistic, open-minded SF. His hobbies are reading, long walks, nature and good communication. Ad#.9473

OLD-FASHIONED GUY
Knows he can't find the gal he wants in a bar. He's a stable, reliable, romantic SWM, 35, 6', 195lbs., blond with blue eyes and dimples wishing to find a SF, who knows what she wants out of life. He likes music, dancing and working around the house. Ad#.9272

INTERESTED?
SWM, 27, who enjoys sports, movies and more, is seeking a loving, outgoing SF, for a possible relationship. Ad#.6761

ACCEPT ME FOR ME
Outgoing, friendly SW dad, 26, who enjoys spending time with his children and building models, is looking for an honest, caring, kind SWF. Ad#.9551

END MY SEARCH
Professional SWM, 28, 5'10", 165lbs. with short dark hair and hazel eyes, who enjoys music, working out, playing guitar and more, is seeking a nice SWF, who enjoys life. Ad#.9970

KEEP IT REAL
Quiet SWM, 36, 5'7", 175lbs., with brown hair and green eyes, enjoy bowling, biking and reading. He's seeking an outgoing, honest SF. Ad#.6845

ATHLETIC
Handsome, well-built, easygoing SWM, 34, N/S, who enjoys sports, reading, the outdoors and dining out, is seeking a sincere, attractive, passionate SF, to share companionship. Ad#.2751

ONE CALL THAT'S ALL IT...
Takes to get in touch with this funny SWM, 33, 6'2", 165lbs., who enjoys fishing and playing pool. He's seeking a smart, honest SF, who is monogamous. Ad#.1213

FAMILY VALUES
Humorous SWM, 28, 5'5", with short brown hair and eyes, enjoys working on cars, auto sports and movies. He is seeking a peaceful, outgoing SWF, for a possible relationship. Ad#.6555

WHOLESOME
I'm a caring SW dad, 31, with short dark hair, who enjoys sports, drawing and spending time with his kids. I'm seeking a nice, honest SF, who has a good attitude and likes kids. Ad#.5879

YOU AND ME
I'm an athletic, honest SWM, 38, 5'9", 175lbs., dark black hair, enjoys socializing, hiking and keeping fit. I'm seeking an honest, fit, intelligent SF. Ad#.3102

SOLID VALUES
Good-natured, employed SWM, 32, 5'8", 150lbs., with dark hair and brown eyes, who enjoys sports, boating and long walks with his dog, hopes to hear from an honest SWF. Ad#.8122

CONTACT ME
I'm an affectionate, caring SWM, 63, 5'11", 187lbs. I enjoy the outdoors, golfing and skiing. I'm seeking an honest, warm, loving SF. Ad#.8421

WORTH A TRY
I'm an easygoing SWM, 54, 5'10", 160lbs. I enjoy reading, woodworking and going for walks. I'm in search of an honest, loving SF. Ad#.9561

ON THE LEVEL
Good-looking SWM, 37, 5'8", fit, His hobbies include dancing, sports and spending time with family. He's in search of an open-minded, understanding, active SF. Ad#.7946

HONEST HEART
He's a SWM, 39, 5'7", 147lbs., with brown hair and green eyes, who enjoys riding motorcycles, traveling and quiet times at home. He is interested in meeting a fun-loving SWF, for a great relationship. Ad#.9130

SHARE MY LIFE
Physically fit, handsome and caring SWM, 38, enjoys playing guitar, singing and working out.He is looking for a loving, humorous and pretty SWF, N/S. Ad#.4292

CHEMISTRY
SWM, 50, 5'10", who enjoys motorcycling, going for walks and camping, is seeking an outgoing, loving SF, for a possible relationship. Ad#.2642

LOOKING FOR YOU
SWM, 63, 5'11", slim build, with blue eyes, enjoys woodworking, outdoor sports and gardening, dancing, long walks and more, seeks a romantic, affectionate SF, 48-58. Ad#.8112

SHARE MY TIME
I am a SWM, 50, 5'10", 160lbs., who is quiet and reserved. I am employed and enjoy golfing, traveling, gardening and would like to meet a caring, outgoing SWF, for companionship. Ad#.9545

CALL & TALK
He's a friendly East Indian SM, 34, who enjoys hockey, swimming and sports. Looking to meet a sincere, humorous SWF. Ad#.9910

NO HASSLES
SW dad, 36, 5'8", with dirty blond hair, is in search of a respectful, good-natured SF. Ad#.6070

WORTH A TRY
I'm an easygoing SWM, 55, 5'10", 165lbs. I enjoy going for walks and I'm seeking a slender SF. Ad#.2785

Males Seeking Males

SHY AT FIRST
Green-eyed SWM, 35, 5'7", 175lbs., with brown hair, doesn't beat around the bush and is looking for an easygoing, shy, honest SM. He enjoys movies, walks, biking and exercising five nights a week. Ad#.1644

EASY TO GET ALONG WITH
Easygoing SWM, 29, 5'6", 150lbs., with dark hair, green eyes and a good personality is looking for an easygoing SM. His hobbies are cooking and collecting Titanic memorabilia. Ad#.2810

BEST PALS
Outgoing SWM, 28, 6'1", who enjoys hunting, fishing, skiing and reading, wants to meet a sincere, honest SWM. Ad#.9126

BEST FRIENDS
Tall, handsome and easygoing SBM, 19, who enjoys outdoor activities, is looking for an honest, trustworthy, caring SBM. Ad#.7142

A BIG SURPRISE
Easygoing SWM, 19, 5'9", 135lbs., who enjoys outdoor activities, is looking for an honest, trustworthy SWM. If this is you, give him a call. Ad#.9231

LET'S TALK
Handsome SWM, 23, who is open-minded, enjoys golfing, hockey and the outdoors. His wish is to meet a SWM, with similar interests. Ad#.9096

CHECK IT OUT!
Intelligent SWM, 45, 5'10", 182lbs., thinning hair, glasses, mustache, decent looks, healthy yet domestic, seeking quiet SM, 18+, Brockville-Quebec border, for discreet friendship. Ad#.9923

TRAVEL WITH ME
Outgoing and fit SWM, 45, 5'8", with dark hair and brown eyes, enjoys long walks, watching movies and playing sports. He wants to meet a happy, honest and adventurous SM. Ad#.6108

WELL-ROUNDED
Outgoing SWM, 25, 5'10", 145lbs., with brown hair/eyes, who enjoys skiing, motor sports and horseback riding, would like to meet a nice, friendly and honest SM, for a possible relationship. Ad#.9748

YOU'RE ON THE RIGHT PATH
To happiness. Maybe you can be the one for this adventurous, exuberant, 25-year-old SWM, 5'6", 150lbs., with blond hair and blue eyes, who seeks an honest, trustworthy SM, who is physically fit. Ad#.6941

THE GREAT OUTDOORS
Humor and a caring heart go a long way with this self-employed SWM, 23, 5'8", 148lbs., with dark brown hair and green eyes, who enjoys working out, fishing and football. He seeks a trustworthy, compatible SM, he can get to know. Ad#.7547

ARE YOU READY?
To meet this SWM, 43, 5'9", 185lbs., with blond hair and green eyes. I enjoy motorcycles, biking and swimming. I'm seeking a masculine SM. Ad#.2328

FRIENDSHIP FIRST
He's a SWM, 25, with brown hair/eyes, who is physically fit, is looking to find an open-minded, friendly SWM. Ad#.8977

LOOKING AHEAD
This self-employed, easygoing SWM, 34, 6'1", 175lbs., with brown hair and blue eyes, enjoys a multitude of outdoor activities. He wants to meet a trustworthy, honest, genuine SM, for a possible relationship. Ad#.8873

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CERAMICS - Kay's Multiple Creations now opened. Openings for ceramic classes, Mon-Wed., 7:30-9:30pm. Large assortment whiteware, finished ware & supplies. 933-8896. Located on Hwy. 138 across from Johnston Antiques.

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CORNWALL SEAWAY LIONS CLUB HALL, 123 Fortier St. Available for banquets, parties, showers, anniversaries, weddings, meetings funerals. Services available: catering service, podium, overhead projector, VCR, T.V. Fee: $50/event, free if bar sales exceed $400. For reservations, call Lion John Dewar, 613-932-1631 or leave message, 938-0040.

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FOUND: Female unneutered longhaired multi grey & tan coloured cat with kittens. Found in vicinity of Montcalm Court & Champlain Dr. around Oct. 1st. Call 933-2505, leave message.

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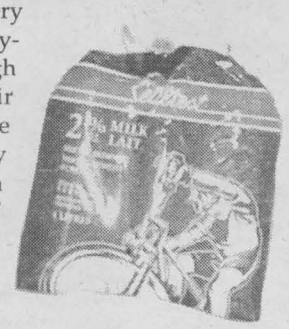

Milk consumption is of particular concern for teenage girls who begin to skip drinking their milk in favor of calorie -free and nutrient free beverages. They become obsessed with looking like their favorite rail-thin fashion model, and their bone health never even enters their mind. Because like all teenagers, the future is now, what might happen down the road is not important. The teen years are a time of particular concern in terms of calcium , as they grow taller and mineralize their bones in the process. The daily pattern of drinking milk needs to be established during the early years so the habit will be carried through the teens years.

Dairy products are illogically viewed by many adults and teenagers as being fattening foods. Often milk is seen as a one nutrient food and all the other nutrients are disregarded. Milk contains fifteen essential nutrients including calcium, phosphorus, riboflavin, protein, vitamin A, vitamin D, magnesium, potassium, zinc and vitamin B12. Not many foods can boast this nutrient - jammed profile. If any food is going to be cut from the diet, think again if you're considering eliminating milk and other dairy products.

The best thing to do is set an example. Ensure that milk is always on the table at mealtime, and make sure you drink it too. Do not offer pop as an alternative as your child may choose it instead of the milk. Participate in the school milk program if your child's school offers one ,and if your child takes his or her lunch to school, put cold milk in a thermos. For variety, offer flavored milk, such as chocolate milk. It contains all the same fifteen essential nutrients as white milk.

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Is your child stupid? Disruptive? Lazy?

Most children adjust easily from an unstructured environment to disciplined situations such as school. But not all of them do. Take Johnny. He has problems concentrating and his academic performance isn't up to par. In school, he is perceived as a disruptive and lazy child...

Johnny's parents were called by his teacher and told their son can't sit still and has trouble paying attention and concentrating. Johnny is fidgety, impulsive, uncooperative, disobedient, and moody... Between 3% and 5% of Canadian school-aged children are affected by Attention Deficit Hyperactivity Disorder (ADHD); could Johnny be one of them?

A common biological basis

ADHD, dyslexia and dyspraxia are the three major learning disorders which handicap many children's progress through school. Dyslexia is the disorder that inhibits reading and writing abilities despite normal intellectual capacity; between 10% and 15% of all children and adults suffer from dyslexia. Those suffering from dyspraxia have difficulty in planning and carrying out skilled motor acts in the correct sequence.

Research indicates that there may be a common biological basis to these three disorders. In the past few years, several clinical projects have helped highlight the relationship between long chain fatty acids and learning disorders. According to Dr. Jacqueline Stordy, a prominent British nutrition researcher who toured Canada at the end of January to address Canadian parents about her findings, Johnny's parents should investigate whether or not their son has a deficiency in long chain fatty acids.

Fatty acids?

Scientific research has shown that a complete diet including a combination of certain long chain fatty acids can play a vital role in the development of vision, learning ability and coordination.

These are docosahexaenoic acid (DHA) and arachidonic acid (AA) and gamma-linolenic acid (GLA), which is converted to AA in the body. The long chain fatty acids form key structural molecules in the membranes of all cells, especially of the brain and retina.

Dietary Supplement

So how do people who lack important fatty acids get the necessary and accurately proportioned DHA and AA? A dietary supplement based on Dr. Stordy's research has been developped specifically to help maintain eye and brain function. It is a careful combination of DHA-rich fish oil and GLA-containing evening primrose oil. An over-the-counter product has recently been introduced on the market by Efamol Research Inc., in a soft gelatin capsule: Efalex™ Focus is a patented combination of the long chain fatty acids that children may need for healthy attention and learning.

"The supplement isn't a cure", says Dr. Stordy. "It's a natural help for people who are deficient in fatty acids."

Generally, it takes 8 to 10 weeks to see the benefits of Efalex™ Focus; but many parents – who notice more minute changes in their children than researchers do – have reported results in as few as three to five weeks.

Large-scale trials are in progress in Europe and in the U.S. to further investigate the relationship between long chain fatty acids and learning disorders. The results should be available later in 1998.

More information is available by calling Efamol toll-free: 1-800-539-3326; or by visiting the Efamol web site www.efamol.com.



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ABOUT YOUR HISTORY?
Fun, outgoing, intelligent, active SWF, 19, 5'2", 112lbs., with reddish hair and hazel eyes enjoys any activity. She's looking for a funny, smart, trustworthy SM. Ad#.9784

LOVE ME FOR ME
I'm a bubbly, brown-eyed blonde SWF, 48, 5'3", looking for a sincere, patient, honest SM, who likes to laugh. My hobbies are singing, cooking, playing cards and guitar music. Ad#.6934

LOOK TO THE FUTURE
Kind, loving SWF, 43, who enjoys long walks, working out, gardening, movies and dining out, wants to meet a caring, fun-loving, honest SWM. Ad#.9967

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Non-judgmental, open-minded SW dad, 34, 6'2", 195lbs., with reddish-brown hair and mustache, likes joking around, fishing, hunting, motorcycles and cars. He wishes to meet a compatible, open, honest SF. Ad#.2835

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Knows he can't find the gal he wants in a bar. He's a stable, reliable, romantic SWM, 35, 6', 195lbs., blond with blue eyes and dimples wishing to find a SF, who knows what she wants out of life. He likes music, dancing and working around the house. Ad#.9272

0925

Anorexia in the Elderly

Anorexia is very much a reality with many seniors. The underlying causes are , however, very different than for adolescents and young women. Emaciation in the elderly is brought about by a poor diet that can result from various problems such as social isolation, physical limitations (chewing difficulties, loss of vision or mobility), illness, depression, loss of cognitive functions and loss of appetite due to medications.

Adding to the problem are misconceived ideas about what constitutes a " healthy diet " that too often lead to cutting out nutrient dense foods like eggs, meat and milk products, therefore affecting the quality of the diet.

How bad of a reality is it ? Twenty percent of seniors consume less than 1000 calories per day which represents about only half of what they actually need. An estimated 15% of senior women and 8% of senior men are underweight and various nutritional deficiencies can be found in up to 40% of them.

Deficiencies in protein , calcium , zinc, many B vitamins, vitamin C and D and iron are among the most common.

A healthy and balanced diet is of prime importance as medical problems tend to increase with a poor diet. Milk products are particularly beneficial. Taking the recommended daily 2 to 4 servings provides much of the needed calcium and substantial amounts of protein, zinc and B vitamins. Milk is also fortified with vitamin D and only one glass provides 45% of the daily requirements of that vitamin.

A good tip for those with a limited appetite , who cannot eat three good size meals a day, is to snack. Foods like eggs, milk, cheese, yogurt, milk shakes, milk puddings and frozen desserts should also be kept in stock to help prepare quick and easy nutrient - rich meals and snacks.

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Former NHL coach
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Where is Your Teen on the Eating Scene?

(NC)—Do you worry about your teen's food choices? Feeding a teenager can be challenging, especially with their hectic lifestyles. Here are some tips to get your teen on track to healthier eating.

The Snacking Teen

When a youngster reaches puberty their need for nutrients and energy has increased especially if they are in a growth spurt or highly active. In order to meet these needs teens should try to make healthy snack and meal choices more often.

Action Tips for Parents:

• Make sure a variety of wholesome foods are on hand for snacks that are high in energy and nutrients like milk, cheese, breads, cereals, fruit, vegetables, meats, nuts and seeds.

• Involve your teen in the grocery shopping or planning of healthy snacks. Get them to pick out a new recipe or food to try.

• Don't make food a battle ground. Remember, it is ultimately the teen's responsibility for their own food choices.

The Dieting Teen

Many teens are concerned about their weight, and may restrict eating in order to lose weight. However, studies have shown that people who skip meals or follow low calorie diets tend to gain more weight over the long term. Dieting can also be unhealthy and lead to future health problems.

Action Tips for Parents:

• Get rid of the weight scale. Encourage your teen to not focus on weight, but on eating healthy and being active for energy and fun.

• Complement and reinforce positive characteristics in your teenager.

• BE A POSITIVE ROLE MODEL! You can't expect your child to eat right and live actively if you don't.

The Vegetarian Teen

Some teens call themselves vegetarian. This can mean many things. It may mean they eat no animal products even eggs or milk products. But it may more commonly mean that they wish to limit foods, such as meat, chicken or fish, in their diets. A vegetarian diet can be healthy, but it can be unhealthy too. Vegetarian teens need to consume well-planned diets in order to obtain adequate intakes of energy and essential nutrients.

Action Tips for Parents:

• Encourage your teen to eat at least 5 servings of Grain Products, 3 servings of Milk Products, 5 servings of Vegetables and Fruit, and 2 servings of Meat or Meat Alternatives every day. Get a copy of *Canada's Food Guide to Healthy Eating* from your local public health department.

• Provide meals and snacks that are high in the vitamins and minerals that are low in most teens diets such as calcium, iron and vitamin A.

— Sources of calcium: milk, cheese, yogurt

— Sources of iron: dried peas and beans, dried fruit, enriched breads and cereals

— Sources of vitamin A: carrots, cantaloupe, broccoli, and milk.

• Consult a registered dietitian for guidelines and diet assessment if your teen is leaving out all animal products.

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Obituaries

BLAIR - Linda Elizabeth

Mrs. Linda Blair passed away at her residence on Wednesday, August 5th, 1998, age 46 years.

Beloved wife of Murray Blair.

Loving mother of Scott Blair of Avonmore and twin daughters, Jody Blair (friend of Don Petryna) of Cornwall and Jennifer Manley (Stephen) of Berwick.

Dear daughter of Leonard Moran of Morewood, Ontario and the late Clarice Thorpe.

Dear sister of Lorna Kilby (Brian) of Chesterville.

The funeral was held in St. James United Church, Avonmore on Friday, August 7th, 1998. The Reverend Dr. Ross Davis officiated. Interment in Paul's Hill Cemetery, Avonmore.

The pallbearers were Ben Quennèville, Billy Moran, Pete Monast, Pete Lightfoot, Ted Burgess and Stephen Manley.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

CAMERON - Stanley Alexander

Passed away at the Hotel Dieu Hospital, Cornwall, on Friday, August 7th, 1998. Mr. Stanley Alexander Cameron, age 78 years, born in Roxborough, Ontario, of Duff's Corners, R.R. #2 Monkland, Ontario.

Dear son of the late John H. Cameron and the late Christina MacPherson.

Beloved husband of Evelyn Elizabeth Lalonde.

Loving father of Sheila Michaud, Stanley Cameron Jr., Darlene Eastman, Caroline Goulet, Rosalie Cameron, Donna Mellon and Gary Cameron.

Dear brother of Grace Doth.

Also survived by twenty grandchildren and seven great grandchildren.

Predeceased by two daughters, Sylvia and Christina Cameron; two brothers, Hughie Cameron and Alfred Disheau and by two sisters, Lillian McDermid and Anna May Brown.

The funeral took place on Tuesday, August 11th, 1998 from the Memorial Chapel of the M. John Sullivan Funeral Home to Gravel Hill Cemetery at 10:00 a.m. Reverend Jeffrey Smith of St. Andrew's Presbyterian Church, Avonmore, presided.

Mr. Cameron was a retired mechanic.

The funeral arrangements were entrusted to the care and direction of the M. John Sullivan Funeral Home, 341 Pitt Street (across from City Hall), Cornwall.

CANTWELL - Maurice Raymond (Moe)

Mr. Maurice Raymond (Moe) Cantwell passed away at the Cornwall General Hospital on Sunday, August 9th, 1998, age 67 years, after enjoying his last afternoon ... doing what he wanted to do. Veteran of the Korean War and member of the Canadian Air Traffic Control Association.

Husband by a former marriage to Helen Simpson.

Dear friend of Sharon Moss of Long Sault.

Loving father of Lynn Stoness (Andre) of Long Sault; Dean Cantwell of Kemptville and Dawn Cantwell (Jean) of Ottawa.

Dear brother of Denise Whitmore of Squamish, British Columbia and Terry March of Mohawk, New York

Sadly missed by his grandchildren, Shawn, Robert and Caz.

Dear son of the late William Cantwell and the late Imelda Gauthier.

The Liturgy of the Word was celebrated in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall on Wednesday, August 12th, 1998.

DELORMIER - Toni Alexandra

Passed away at home on Monday, August 3rd, 1998.

Toni Alexandra Delormier, age 17 months, beloved daughter of Anthony Delormier and Kendra Crystal Skye.

Dear sister of Warren Leon Skye, Cheyenne Michele Skye-White and Aisha Vivian Lyn Delormier, all at home.

Dear granddaughter of Rhea S. Skye and Charlie A. Daniels of Cornwall and Evelyn A. Delormier and Angus Jocko of Cornwall Island.

Dear great granddaughter of Beulah Nanticoke of Hamilton and Vivian Point of Six Nations. Dear step-granddaughter of Janice Crowe.

Dear niece of Sunny Skye (Dana) of Pulaski, New York; Albert Delormier of Cornwall; Twyla Skye (Cory) of Hogansburg, New York and Evelyn "Kookie" Delormier (Lesley) of Cornwall Island.

Predeceased by her grandfathers, Kenneth Leon Skye (August 1997) and Albert Matthew Delormier (August 1980).

The funeral took place on Thursday, August 6th, 1998 from the residence of Lesley Leaf, Cornwall Island to Long House. Speakers were Daryl Thompson, Richard Mitchell and Junior Cook. Interment in Long House Cemetery, Cornwall Island.

The funeral arrangements were entrusted to the care and direction of the M. John Sullivan Funeral Home, 341 Pitt Street (across from City Hall), Cornwall.

DAVIDSON - Sir Knight Oscar Alexandre

Passed away at the Hotel Dieu Hospital on Monday, August 17th, 1998. Sir Knight Oscar Alexandre Davidson, in his 70th year, born in Lochiel, Ontario, formerly of 414 Anderson Drive, Cornwall.

Dear son of the late Alexandre Davidson and the late Aldea Vachon.

Beloved husband of Jeannette Labelle and the late Therese Belanger.

Loving father of Gilles (husband of Rachel Filion) of Timmons, Ontario; Louise (Mrs. Brian Cararra), Hélène (Mrs. Daniel Merizzi), Aline (Mrs. Claude Séguin) and Christian Davidson, all of Cornwall; Danielle (Mrs. Martial Séguin) of Rockland, Ontario and Francine (Mrs. Normand Mérineau) of St. Eustache, Quebec.

Dear step-father of Marcel Lavictoire (Louise) of Val Caron, Ontario; Michel Lavictoire (Suzanne), Pierre Lavictoire (Denise), Claude Lavictoire (Deborah), Paul Lavictoire (Diane), all of Cornwall; Yvon Lavictoire (Wendy) of Rock Island, Quebec; Lucille (Mrs. David Martin); Diane (Mrs. Gilles Théôret), also of Cornwall and Nicole (Mrs. Ronald Masse) of Ingleside.

Dear brother of Gérard Davidson (Isabelle), Edward Davidson (Jeanne D'Arc) and Thérèse (Mrs. Gérard St. Amour), all of Cornwall.

Loving grandfather of twenty-nine grandchildren and two great grandchildren.

Predeceased by two brothers, Raymond and Joseph Davidson.

The funeral took place on Thursday, August 20th, 1998 from the Boulerice Funeral Home Ltd., to Holy Cross Church at 11:00 a.m, followed by cremation. His Excellency The Most Reverend Bishop Eugene P. Larocque officiated, assisted by Reverend Marc Piche, Reverend Romeo Major and Reverend Gerald Poirier.

The pallbearers were Antoine Merizzi, Mathieu Merizzi, Benoît Merizzi, Steven Martin, Vincent Cararra and Ronald Lavictoire.

Honourary pallbearers were members of the Fourth Degree, Assemblée Marcel Renaud #2224.

Sir Knight Oscar Alexandre Davidson was a retired employee of Domtar Inc., a member of the Third Degree of the Knights of Columbus of Ste. Croix, Conseil #7229 and also a member of the Knights of Columbus of the Fourth Degree, Assemblée Marcel Renaud #2224.

O'NEIL - Allan Edward (Nick)

Mr. Nick O'Neil passed away at the Cornwall General Hospital on Thursday, August 6th, 1998, age 69 years (retired Domtar employee).

Beloved husband of the late Anna Jean Dow.

Dear son of the late Lorne O'Neil an the late Blanche Lafleche.

Loved father of Pamela Trevino (David) and Shelley Bovington (Kenneth), both of Cornwall.

Also survived by six grandchildren, Cory Trevino; Robert, Barbara and Richard Bovington and Dawn and Kristi.

Predeceased by two brothers, Garfield and Clifford O'Neil and by two sisters, Loretta Thaw and Myrtle Watters.

The funeral service was held in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall on Monday, August 10th, 1998. The Reverend Dr. Ross Davis of St. James United Church, Avonmore officiated. Interment in St. Andrew's United Church Cemetery, Williamstown, Ontario.

The pallbearers were David and Cory Trevino, Glen MacKay, Richard and Robert Bovington and Wayne Watters.

PITRE - Fernand Edouard

Passed away at the Notre Dame Hospital, Montreal, Quebec on Monday, August 17th, 1998.

Mr. Fernand Edouard Pitre, age 76 years, born in Lac Megantic, Quebec, of 77 Saint-Alexandre Street, Longueuil, Quebec.

Dear son of the late Elzear Pitre and the late Leontine Breton.

Beloved brother of Mrs. Germaine Dion and Jeannette Pitre, both of Cornwall; Leo Pitre (Simone) of Ottawa, Mrs. Georgette Giguere, Simone Giard and Mrs. Fernande Emerton, all of Cornwall.

Also survived by many nieces and nephews.

Predeceased by one brother, Bertrand Pitre (husband of the former Berthe Gregoire) of Cornwall.

The funeral took place on Thursday, August 20th, 1998 from the Lahaie and Sullivan Cornwall Funeral Home, East Branch to Nativity Co-Cathedral. Interment at Nativity Parish Cemetery. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated, assisted by Reverend Roger Desrosiers.

The pallbearers were Peter Desrosiers, Arthur Proulx, Dana Emerton-Proulx, Mike Giguere, Marc Giguere and Jacques Dion.

DROUIN - Sir Knight Rodolphe "Rudy"

Passed away in hospital on Friday, August 14th, 1998.

Sir Knight Rodolphe "Rudy" Drouin, age 67 years, born in Cornwall, of Cornwall.

Dear son of the late Donat Drouin and the late Lea Brockway.

Beloved husband of Reina (nee Aubin).

Loving father of Dr. Robert (Bob) Drouin (Jo-Anne) of Kingston and Cindy Drouin (David Thorpe) of Chelsea, Quebec.

Dear brother of Marcel Drouin (Iona) of Glen Walter and Mrs. Olita Stacey of Cornwall.

Loving grandfather of Nadine, Stephanie, Patrick and Emily Drouin and Robin, Adam and Lucas Thorpe.

The funeral took place on Monday, August 17th, 1998 from the M. John Sullivan Funeral Home to St. Peter's Roman Catholic Church, followed by cremation. Reverend George Maloney, Pastor of St. Peter's Parish celebrated, assisted by Reverend Mr. Gordon Bryan (Deacon of St. Peter's Parish) and Reverend Mr. Ernie Bellefeuille (Deacon, St. Columban's Parish). The Fourth Degree Knights of Columbus, Bishop Brodeur Assembly formed the Honour Guard.

The pallbearers were his Brother Knights of Columbus, Pierre Renaud, Norm Levac, Real Robidoux, Dan Brabant, Raymond Beaudry.

Mr. Drouin was the former owner of Drouin's Red and White on Alice Street; a member of the Knights of Columbus Council 5068 and a member of the Bishop Brodeur Assembly 0877. Mr. Drouin was also the recipient of the Bishop Brodeur Assembly Knight of the Year Award presented to him on April 4th, 1998.

The funeral arrangements were entrusted to the care and direction of the M. John Sullivan Funeral Home, 341 Pitt Street (across from City Hall), Cornwall.

GRANGER - Bernard Frederick "Red"

Passed away in hospital on Tuesday, August 4th, 1998.

Mr. Bernard Frederick "Red" Granger, age 63 years, born in McGiviney, New Brunswick, of Cornwall.

Dear son of Mary Evangeline Pilon (nee Veno) and the late John W. Granger.

Loving father of Larry Granger (Sally) of Bonville and Gale (Mrs. Roger Walker) of Cornwall.

Dear brother of Joe, Ted, George, Donald and Fred Granger, Josephine Bryden, Glena Granger, Evan Marion and Shirley Laframboise.

Sadly missed by three granddaughters, Amanda, Rebecca and Melanie.

Predeceased by two brothers, Daniel and John and by one sister, Gladys.

The funeral took place on Friday, August 7th, 1998 from the M. John Sullivan Funeral Home to St. Columban's Roman Catholic Church, followed by cremation. Reverend Jacques Labelle, Associate Pastor of St. Columban's Parish celebrated. Innichement in St. Columban's Columbarium.

Mr. Granger was a retired Domtar employee and associate member of the Royal Canadian Legion Branch 297, and associate member of the Navy Club and Vice President of the St. Lawrence Seniors Club.

The funeral arrangements were entrusted to the care and direction of the M. John Sullivan Funeral Home, 341 Pitt Street (across from City Hall), Cornwall.

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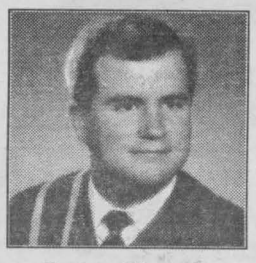

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POET'S CORNER

Darlene Primeau

To my "Sweet Taff"

You are my music to love's sweet song
You are the one for whom I long
Without your smile there's no tomorrow
I would wither and fade from grief and sorrow.

You bring the sun, tropic breezes and laughter
To my book of life as we start this new chapter
My patched up heart feels brand new, thanks to you
When you kiss me and love me the way you do.

Who could know that we'd find such love
Surely we had help from someone above
We couldn't understand why we were alone for so long
He knew what he was doing, He made us both strong

The love of my life, you are for sure
I am in awe of you, you touch the core
Of my heart, and my very soul "Sweet Taff"
You are my man, my friend and my lover
You are that special person "My significant Other"

September 11th, that's our special day
When my Welshman I met from far away
Bringing dreams and poetry and so much more
From your land of song and enchanting folklore

As we sit at the table of love's great buffet
My heart beats faster when I hear you say
"Will you have me for life? I'm here to stay
I love you forever, I won't walk away"

So "Sweet Taff" you leave me no choice
You know I'm hooked on your accent, your warm deep voice
"My Cyriad Bach', I love you" when whispered to me
Makes my heart dance and sets my love free.

Together by choice and not by law
I love you forever
Your Cyriad Bach.

Wally Howard

Harold

On Hastings cliff King Harold stood,
He looked out to the sea.
The Norman ships ground on the beach
And lined up three by three.
Their bows went twang – the arrows sang,
He glanced up to the sky;
"They'll not trick us again," he cried
As an arrow pieced his eye.

André Carrier

Wherever You Are

Are you out there,
among the countless stars
and endless sea of dreams.
Is yours the heart mine so longingly craves;
Are you the woman of my dreams.
Are you out there,
hidden among a multitude of faces.
I am here,
Are you out there.

André Carrier

Selective Hearing

She whispered words I could not hear
Yet the motion of her lips said it all.
"I love you too," I replied
and she laughed,
"can you pass me the ketchup now."

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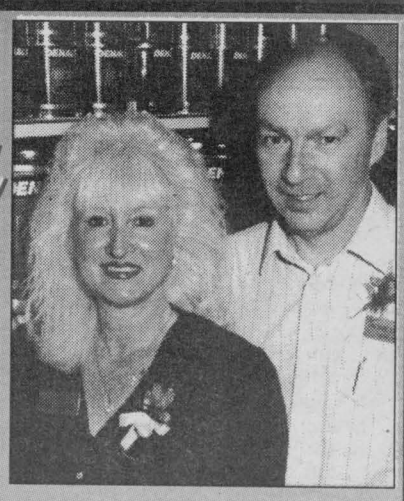

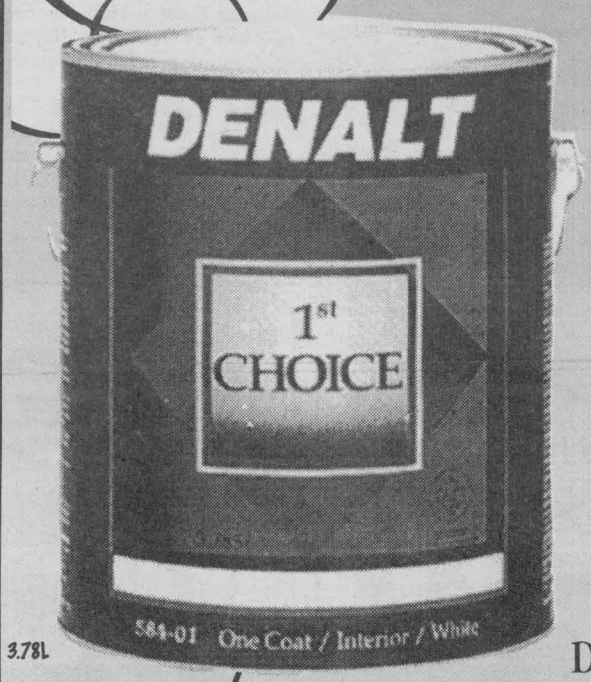

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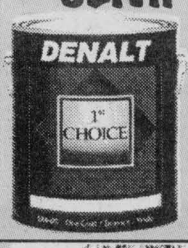
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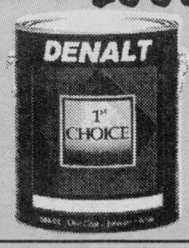
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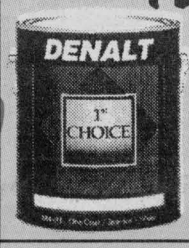
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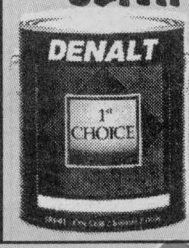
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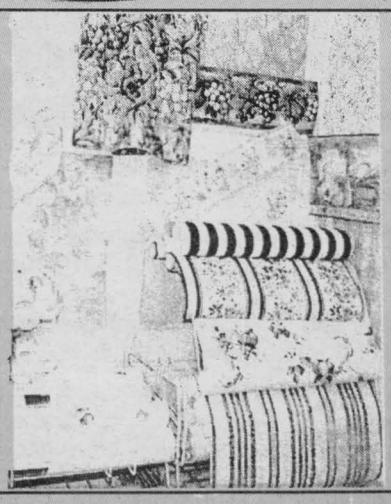

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