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SYLVIA'S SLANT

I just finished reading an article in a U.S. magazine written by a Doctor. He's not the Medical kind, he's a PHD. You know, first they get a B.S. (you know what that means) then they get a M.S.—more of the same then a PHD which is the same stuff piled higher.

No, I'm just kidding, it must be wonderful to be smart enough to be a Doctor.

Anyway, getting back to this Doctor, seems he tried to be a [illegible], but he was thrown out. I thought they were supposed to be. Isn't that part of their training? What he meant was that he failed the course, so he studied Parapsychology and Paranormal behaviour. (I figure he has a Para fixation and probably lives in Paraguay). What he was writing about was Telekinessis—that's where you use brain power to move things without moving your hands. Apparently this Doctor can bend

cont'd on pg. 5

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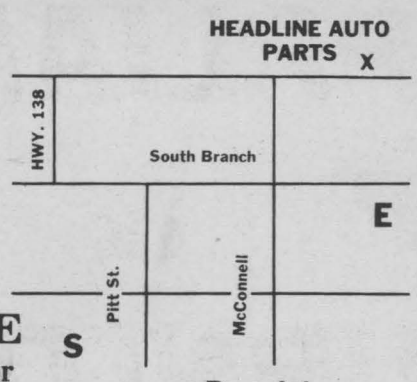

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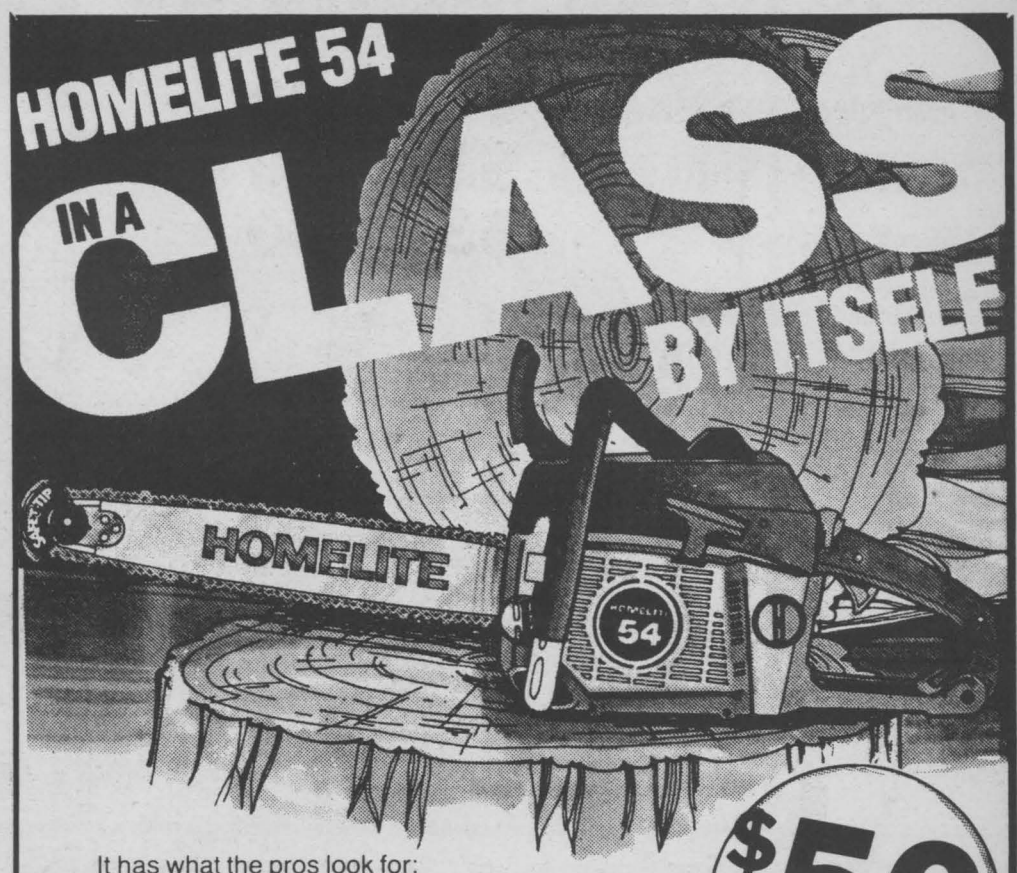

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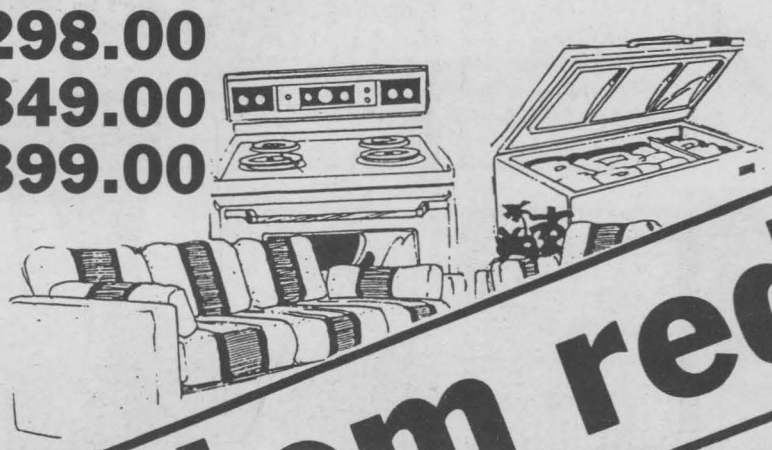

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By Fred Rogers with Hedda Sharapan

Mister Rogers: Insights Into Childhood

A Taste of the Past

The visitor was cooing at the baby lying on the bed. The baby's 3-year-old sister, after watching for a few moments, pulled herself up on the bed and lay down next to her baby brother. "Me, too," she begged the visitor.

The visitor could have said something like, "You don't want that baby stuff. You're a big girl." But, instead, to the girl's delight, the woman bent over her and began some baby talk. Then she said, "I wonder if there are times when you wish you were a baby." With an emphatic nod, the little girl answered, "Yep!"

Instead of prolonging the girl's babyishness, the woman's remark seemed to have the opposite effect. After a minute or so of that baby play, the girl climbed off the bed, brought over some books and asked the woman to read to her. What seemed to help that child was the permission to want to be a baby again, even if that feeling took her backwards in time.

Some people call that step backwards "regression," and regression may be upsetting for parents who tend to want their children to keep moving forward. But such regressions are normal, natural and even necessary parts of children's growing.

Sometimes regression happens simply because children aren't feeling well and don't have the energy to hold on to new levels of control they've attained. It's not uncommon for preschoolers who are already toilet-trained to have accidents.

It's also possible that children might regress because they've put so much energy into moving forward that they have to stop a while and catch their breath. A young girl struggling to learn to balance on a two-wheeler might put the bike in the garage for a few ddays and ask to ride a friend's bike with training wheels.

Sometimes children regress because they're going through something painful in their lives. For them, going backwards leads to a time when life was happier for them, and they try to re-create it and stay with it until they're strong enough to deal with their current hurt.

When a new baby comes, when a divorce happens or when someone close dies, children often show old behaviors their parents think they've outgrown: temper tantrums, bedwetting, whining or waking up in the middle of the night. But all those things are usually momentary ways of coping with what's tough right now.

When we worry about our children moving backwards, it may help to remember they don't usually go very far back, and they usually don't stay there for long.

Most children just want a reminder of younger, less stressful times. A mother who was breast-feeding a new baby was startled to find her 3-year-old demanding to nurse, too. She allowed the boy to try that "taste of the past," and one taste was enough. The boy made a sour face and went back to acting his age. His mother's permission allowed him to pretend about being a baby again, and it also showed the boy how much he'd grown.

When adults are under stress, preoccupied, feeling harried or ill, we might do something that's reminiscent of our past, too, like taking a day off work or lingering in a bathtub or bed. Some adults even have temper tantrums or act childish when they're upset. It's all regression in the service of getting us where we need to be.

In the long trip of growing, the backward steps may be as important as the forward ones. Without the chance to be back in yesterday now and then, we might not have the strength to move on tomorrow. No matter how much growing we've done, we're still likely to find comfort in regression. Do you ever have days when you'd like to be coddled a bit or have somebody do something for you that you really can do for yourself? Regression is normal, natural and necessary for all growing human beings.

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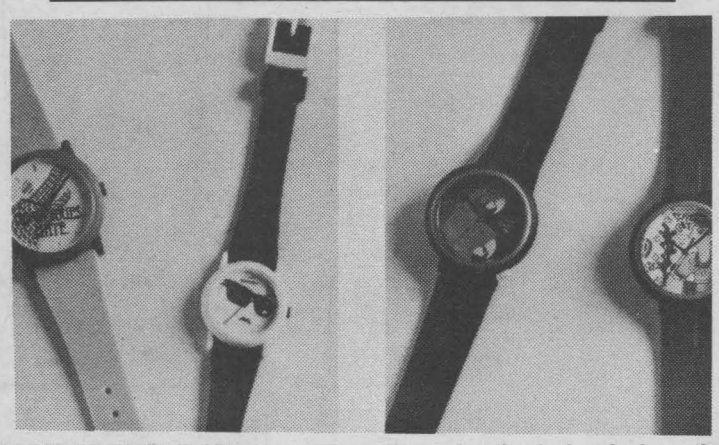

DRESS UP YOUR CLOTHES with Timex Watercolors for the best back-to-school fall fashion look. "T-Shirts" (left) and "Exotics" are perfect accessories for the popular Australian bush fashions as well as native inspired wearable art.

Be a back-to-school hit

One of the most fun activities for the fall is planning a great back-to-school wardrobe. Accessories, including big belts, bags, scarves and watches, are going to be the fall fashion focus, and adding the right accessory is an inexpensive way to update last year's outfits.

Judy Reichel, fashion watch designer from Timex Corporation, offers some practical and affordable back-to-school fashion tips to make this year's wardrobe the best ever.

She says, "When putting together your fall wardrobe concentrate on style rather than trendy fashions, dress up your clothes with accessories, and mix and match your outfits to make new ones."

The trendiest fashions look fine alone—but jazzing them up with the right accessories will add a sense of style.

Wide textured leather belts, patterned socks and stockings, brightly colored scarves, and big, bold and beautiful jewelry and watches, become valuable wardrobe companions, adding an entirely new fashion look to any outfit.

New Watercolors watches from Timex, for example, are designed to accessorize recent fashion trends, such as Australian bush couture, exotic wearable art, and the prairie look of the Southwest.

The key to having style is not wearing the most expensive clothes or having a lot of them. Rather, style means feeling you look good in whatever you're wearing.

As the saying goes: "Fashion is what you wear, but style is how you wear it." So, with a few basic outfits and loads of accessories, any wardrobe becomes versatile and full of style.

There is more to making the grade in school than dressing right.

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cont'd from pg. 1

spoons just by 'thinking them'. I tried it on my dog to tell her to get off my chair, but it didn't work. It doesn't work if I 'think' the kids out of getting out of bed in the morning either. Of course it's probably me. My brain power works on very low voltage, sometimes I can't even think let alone telekinesis anything. I'll bet there isn't a wife out there who will believe her husband when he tells her that the lipstick stain got on his collar by telekinesis.

Next thing the good Doctor wrote about was E.S.P. That's where the brain communicates with another brain without speaking (or 'phone?). He says lots of people believe in E.S.P. and quote "call upon forces that are totally unknown to the real world and cannot be measured or monitored". I figured he was referring to political parties, Ontario Hydro or our new Security Forces. How can human beings understand each others' thoughts without speech, when we all know that 99% of the time we don't understand what the other person is thinking even with speech. Such as during election campaigns, Free Trade discussions and sometimes during marriage.

We actually do convey a lot of thoughts and attitudes with body language, clothing, speed of movement and facial expressions. Some people wear T-shirts with messages, lapel buttons, and use car bumper stickers. Lots of Ontario license plates, but the bumper sticker says they heart New York, or heart some other place. You sure don't need E.S.P. to know the thoughts of people who point a gun or a knife at you.

My husband can ESP from work that he would like Filet Mignon for dinner, but it's still going to be meat loaf. Of course I can always wrap bacon around it and tell him there were transmission difficulties.

My boss is probably wishing he could telekineis,or E.S.P. me into writing something better than this, but we all have our off days don't we? Hey, I heard that! Over and out. Sylvia Hall

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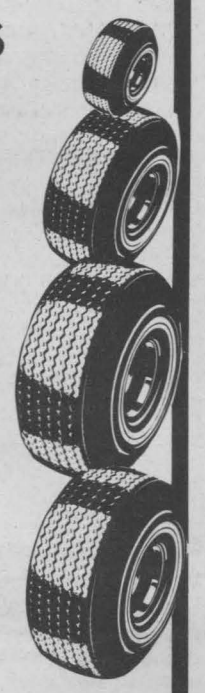

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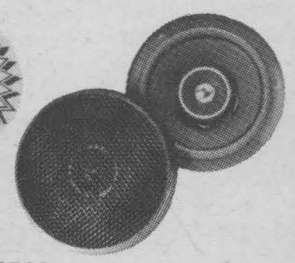

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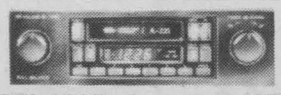

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JIM KENZIE The Driver's Seat

Per ardua ad astra--that's all I remember from my Grade 10 Latin class. It means "through adversity to the stars," or near enough. It should be the motto of the Ford Mustang Cobra GT. The high performance version of the original pony car has had to fight off all sorts of competition to survive.

First there was an internal challenger. The Special Vehicle Operations group at Ford, run by a German chap, thought they knew more about building hot rods than the "Good ol' boys in Dee-troit." They came up with the SVO Mustang, loaded with intercooled turbocharger, trick aerodynamics, all sorts of high-tech stuff. The old-fashioned V-8 powered GT didn't have a chance, right?

Ho, ho. Not only did the GT blow the SVO into the weeds but did it for nearly a third less money. Ex-it the SVO.

Then the GT set out after its real competition--General Motors' F-cars, the Chev Camaro and Pontiac Firebird. The Mustang is an older design, the current generation having been introduced away back in 1979. But it has been carefully updated, both in performance and appearance.

In 1987 the battle seems to have been won–Mustang sales have been rising in a shrinking market, while the GM cars have been plummeting. So far this year-to-date, the Mustang has outsold Firebird and the Camaro combined. Quite an achievement.

And it's quite a car. Now I tested the convertible version, in glorious weather. Any car that is over powered and whose top comes off is okay by me, at least in the summer.

The entire Mustang line was updated in 1987, with freshened styling front and rear, and a new interior. Most of this will carry over unchanged in1988.

The Cobra GT is more distinguishable from other Mustangs than it used to be, with a unique front end including a deep air dam incorporating two round fog lamps, rocker panel skirts, and specific tail lamps. The Coupe gets a big spoiler on the rear deck while the convertible makes do with a luggage rack.

The "Cobra" part of the name, by the way, is exclusive to Canada. Ford's battle with Carroll Shelby over ownership of the Cobra label precludes its use south of the border.

My test car, striking in white with red interior, garnered several "Nice car!" comments from passing teenaged girls. I felt like I was in a Seven-Up commercial.

The new interior uses materials that appear to be of high quality–Ford has the best plastic in the industry - and is nicely finished throughout.

The instrument panel features a large tachometer and speedometer, flanked by too-small gauges for fuel, oil pressure, temperature and volts. It all appears to be white-on-black, until night comes. When illuminated, the lettering on the gauges glows green, the pointers orange. It's colorful, attractive and even more legible at night than in the day. In fact, you can't see the turn signal indicator at all on a sunny day with the top down.

Rocker switches on the right edge of instrument binnacle operate four-way hazard lights and the power top (rear window defroster in the coupe). On the left a matching pair work headlights and fog lights. The horn is back on the steering wheel hub where nature intended it to be. You used to honk the turn-signal indicator.

Wash/wipe functions are handled by a steering column stalk on the left side, opposite to most European and Japanese designs but far better than a dash-mounted switch or the buried stalk that the previous Mustang used.

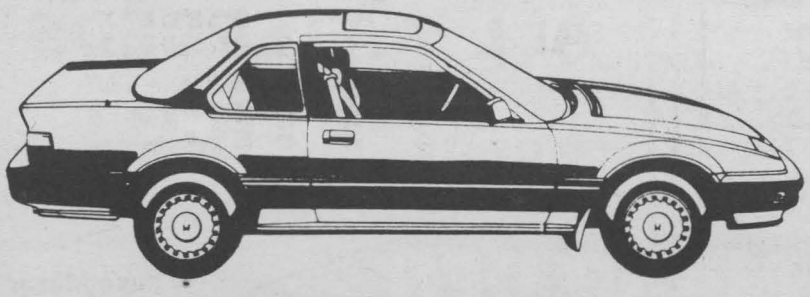
The top of the dash is flat to allow storage of oddiments to supplement the tiny glovebox, a holdover from the bad old days of the Fairmont, upon-whose platform this car is based.

Ventilation comes from four face-level vents, operated by three round knobs that control heater and air conditioning functions. These look

cont'd on pg. 24

THE NEW 1988 HONDA PRELUDE

Our Apologies to the Competition



It hardly seems fair to our competitors when you read what the buff books had to say about the old Prelude:

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"(The Prelude...) is a benchmark car that will send competitors back to the drawing boards". (Road & Track)

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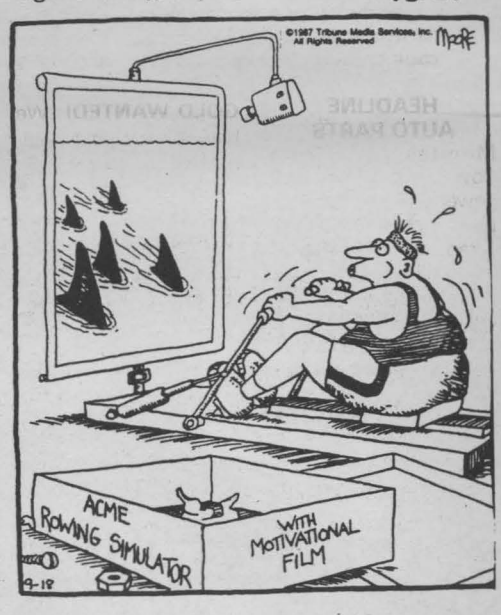

The reveller was protesting loudly as he was dragged into the police station.

"It's an outrage!" he shouted when he had calmed down enough to speak at all.

"What's the meaning of this? Why was I arrested?"

"You were bought in for drinking," the sergeant said.

The man relaxed at once. "Ah, well," he said smiling, "That's different. When do we start?"

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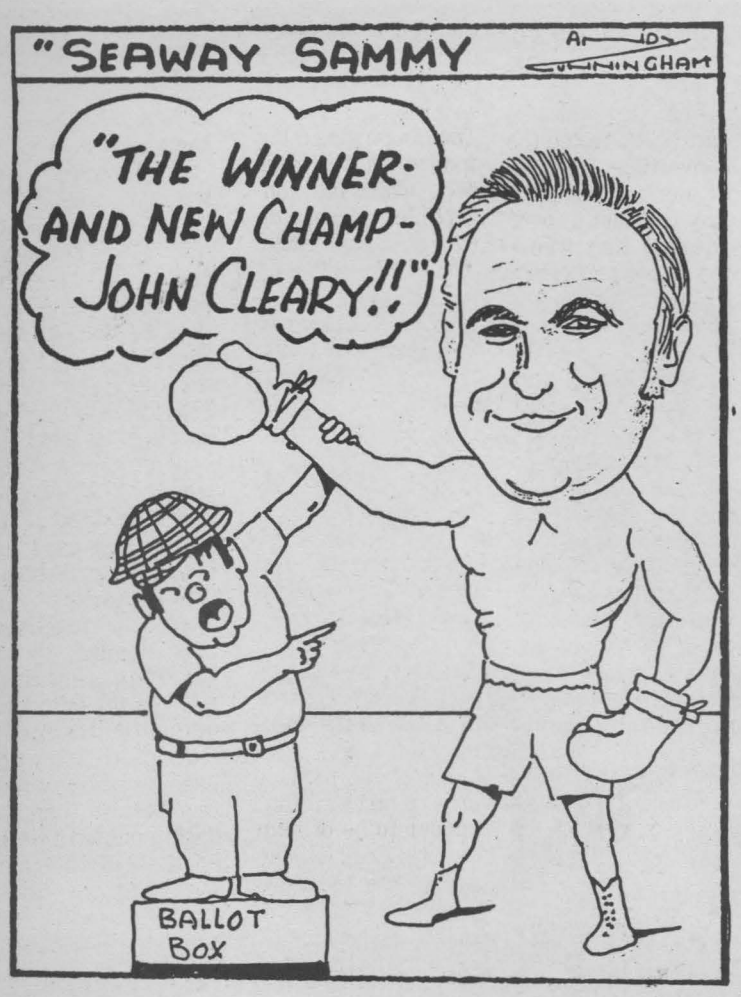

When training a dog use the proper tools

For equipment, you should have a leash, 6 to 7 feet long, with a strong bolt-type snap on one end and a loop on the other.

You will also need a slip collar, which is a chain with a ring on each end; the collar should be about an inch longer than the largest part of the dog's head. Hold one of the rings in your fingers and drop the chain through it to form a loose-fitting collar that can be slipped over the head.

Snap the lead onto the loose ring at the right of the dog's neck so that the chain to which the ring is attached comes from over, rather than under, the dog's neck.

You now have a lead with a chain noose on one end that can be tightened or loosened at will. The training collar should be tightened sharply, and released immediately, only as a signal for correction. There is no training value to a steady pull on the lead, and in fact that might injure your dog.

The slip collar is an effective tool for control, but use it during training only. Never let your dog wear a slip collar when he's running free; it might get caught in something and choke him.

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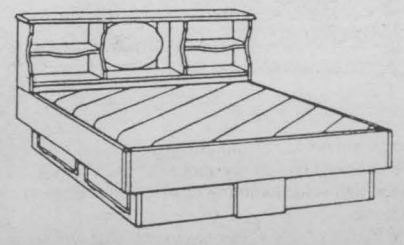

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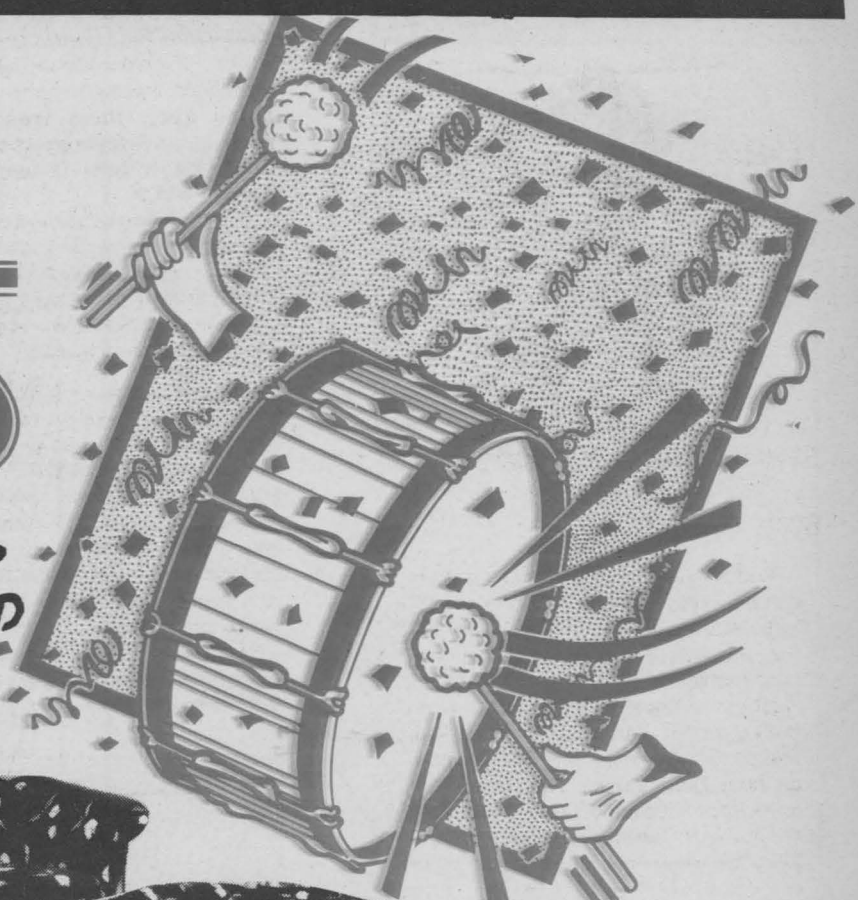

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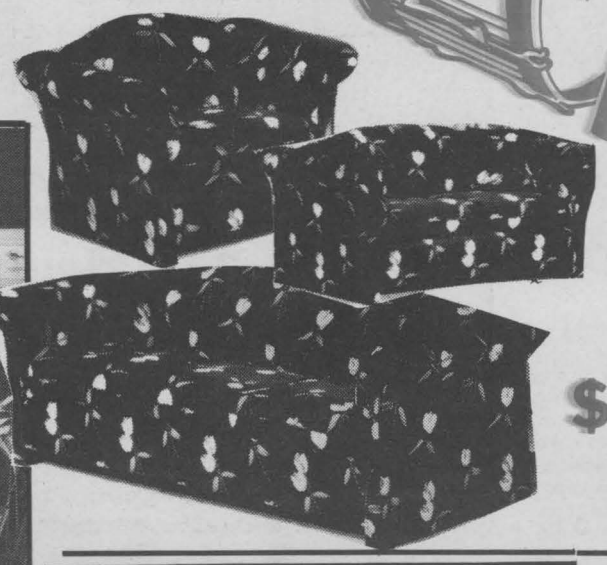

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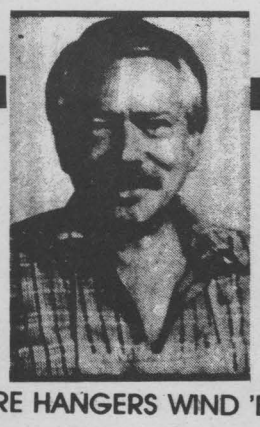


HEY! WIRE HANGERS WIND 'EM UP

BY AL CARRELL

Winding cords up and storing them can be a real hassle if you don't know how. Make yourself a special holder for your extension cords out of a wire coat hanger.

Hold the hook with one hand while pulling down from the bottom of the hanger. Shape your coat hanger into an hour-glass shape. This keeps the cord from slipping off either end. Use the hook to hang your cords up and keep them out of the way when you're not using them.

Dear Al:

While installing lights in my shed, I had lots of problems getting the work done. I had to do the job in the evenings after work and I had nothing but my trusty flashlight to help me see. I discovered that by taping my flashlight to my screwdriver, I could see what I was doing. By the way, I did get the lights up and have even installed a small refrigerator for my breaks. — J.H.

A SUPER HINT — Old toenail clippers make pretty good staple removers. If you've got a pair, give them a try.

Dear Mr. Carrell:

This may sound like a pretty strange idea to try but my grandmother has never steered me wrong yet. She tells me that your wooden clothespins will last much longer if you will just boil them in a heavy salt and water mix. I have done this for years and it does work. It cuts down on mildew, which can get on your clothes. It helps keep them from freezing, rotting, and drying out too much. I don't know how it works, but it does. — W.P.

Q.I have a problem with my pool decking. There are several rust stains on it caused by metal furniture. What's the best way to remove these? I am looking for something that is safe?

A. I assume your deck is concrete. If you'll make a paste of lemon juice and salt and let it sit on the stain, it will remove rust but if there are many spots to clean, this might not be practical. Oxalic acid is also a good rust remover. It's found in some furniture bleaching products and also in a grocery store item called Zud.

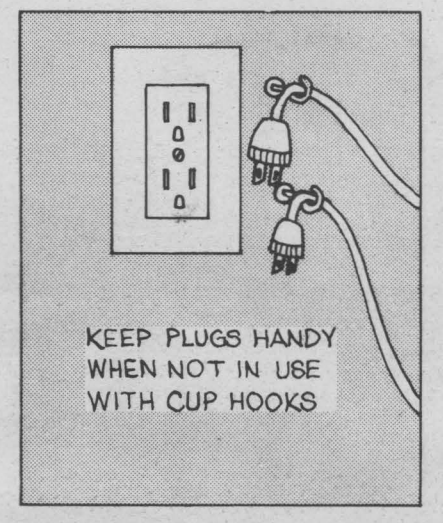
Dear Super Al:

My wife has assigned me to many household chores including, my favorite job, emptying the vacuum cleaner bags when they get full. I let her think it's tough but I have found a real easy way to do this little task. Instead of making a huge mess, I put down wet newspapers before I open the vacuum cleaner. The dust that usually ended up all over the backyard or driveway or all over me, pretty much stays on the newspaper making my cleanup a breeze. Don't tell her that, though. — S.S.

SHOP TALK — Fall is upon us and that means the task of raking leaves for most of us handypeople. I've about run out of excuses myself but I recently came across a handy rake that should make this job a whale of a lot easier. The A-Just-O-Rake is a versatile, durable, lightweight and rust proof. As the name implies, the most special feature to this rake is its adjustable width. It can go from 7" to 24". On the widest setting, it does a great job on lawns and at its smallest setting, it gets into those tight spots around shrubs. It's great for raking pecans, too. Look for it in the lawn and garden department but if it hasn't yet arrived, call A-Just-O-Rake, 1-800-437-4780.

* * *

Got a question or a handy tip? Send it to Al Carrell, The Super Handyman, in care of this newspaper. Those of general interest will be used in a future column.



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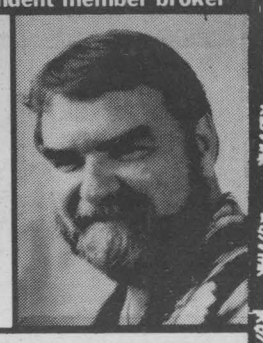

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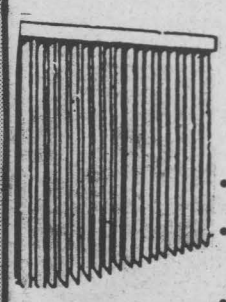

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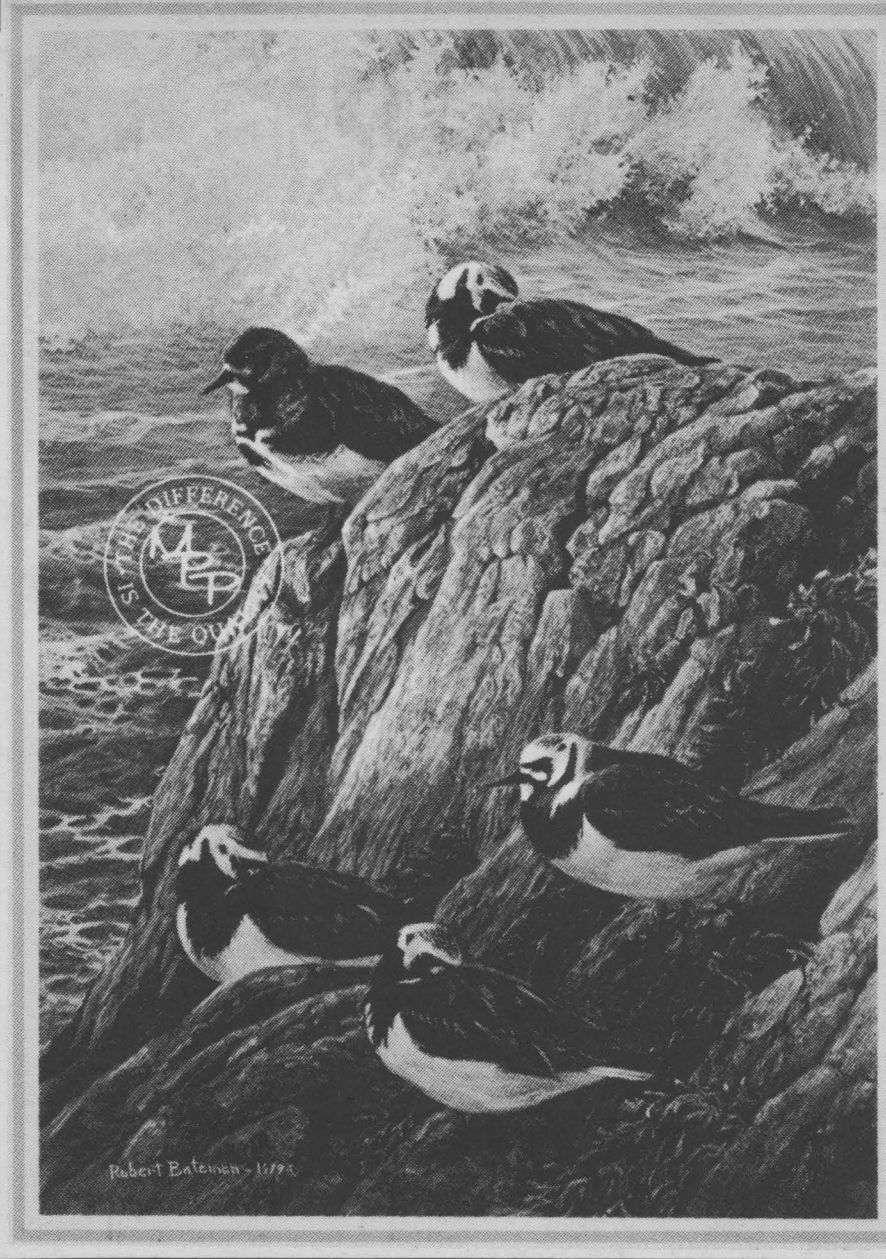

Robert Bateman

RUDDY TURNSTONES $260.00

950 s/n* 19 3/8* x 14 1/2" (No. ABC42) Published from an acrylic painting

The ruddy turnstone is a member of the shore bird family. This includes sandpipers and plovers. The entire group lives in open country near water and usually feeds on small invertebrates in the mud or sand. They do not mind getting their feet wet. Most species breed in the arctic and winter closer to the equator. The breeding is over by early summer, and flocks are forming for migration in midsummer.

This is part of a flock on its way to the arctic during spring migration. One of the birds is still partially in its winter plumage. Ruddy turnstones have a colorful harlequin-like pattern in breeding plumage. Compared to other shore birds, they have shorter, thicker feet and legs. They have a slightly upturned short, but sharp bill for turning over stones in search of little crustaceans or other morsels. This group is settling down for the night. They like to sleep in flocks of their own kind, often on rocky shores above the tide line.

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HOLIDAY GETAWAY

Year-round summer weather attracts international travelers

Deep in the heart of the Caribbean is the tiny Dutch island of Aruba where visitors from around the world come to enjoy a mix of vacation pleasures.

Serenity reigns on miles of white beaches if sheer relaxation is what you yearn for. The sports-minded can go snorkeling, scuba diving (in some areas to a depth of 100 feet) water skiing, sailing, windsurfing and deep-sea fishing. On land, tennis is available at most hotels as well as private clubs, and horseback riding can be arranged.

The three-hour tour of the countryside includes ruins of gold mines, caves with ancient Indian markings, a natural bridge and a 1759 church distinguished for its exquisite hand-carved altar.

Because of its dry climate, island vegetation includes a wide variety of cacti set among rock formations and the trade wind sculptured divi divi trees. Winding hidden roads lead to hills, the highest of which is Yamanota.

In contrast to the southwest coast where the palm fringed beaches are located, the northeast coast is rugged and wild with high, thundering waves that beat against the shore. An indication of their power is the Caribbean's highest natural bridge carved by the sea out of coral cliffs into a high arch.

The trip back usually takes the visitor through the quaint streets of the capital city of Oranjestad, then alongside the market containing fresh vegetables and fruits and the harbor where cruise ships from around the world dock.

Shops carry such things as crystal, china, perfume, linens and designer fashions, with some attractively priced below the U.S.

Aruba offers a choice of thirteen hotels with first class to luxurious accommodations, as well as budget-priced guest houses and houses for rent.

Evening entertainment includes folkloric and carnival shows which give visitors an opportunity to learn about Aruba's cultural heritage.

No description of Aruba is complete without mentioning the Arubans. Their peaceful existence and genuine friendliness is obvious upon meeting them, and this is considered a major factor in the island's emergence as a popular vacation destination.

You will be welcomed most cordially in English — one of the four languages spoken by most islanders. Spanish, Dutch and Papiamento (the local tongue) are the others.

Aruba has a median temperature of 83 degrees cooled by the constant trade winds. There is only a slight change of temperature from day to night and the difference between summer and winter is only 3.6 degrees.

American Airlines and ALM Antillean Airlines serve Aruba from New York and Eastern Airlines and ALM Antillean Airlines from Miami. There are connecting flights from other major cities.†

DAY TOURS



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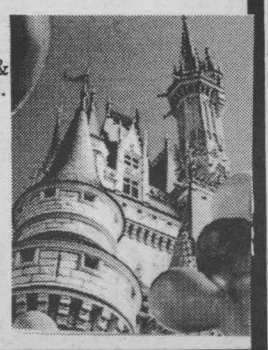

INTRODUCTION TO TRAVEL



DONNA

In this day & age when travelling is getting cheaper by the day, it's of much value to a client to use the services of a travel agent.

In the everchanging world of travel, the airfare wars, the decline in airline service, the sometimes total competitive attitude among the travel industry make travel itself look very complex.

Therefore, to take the complexity out of your travel arrangements, book with a travel agent who is the mediator between airlines, hotels, rental agencies, etc., and yourself, at no extra cost to you.

How to choose your travel agent? By trial & error you will yourself realize the competence of the person you are dealing with. Hopefully this person will be able to read your personality, and this will enable them to possibly advise you of a better destination than the one you originally thought of. This is especially important for first time travellers who are totally unfamiliar with airport procedures, insurance needs, baggage requirements, etc., etc.

So...to finalize: the next time you are thinking of travelling, be it an extensive trip to Europe, a business trip, a honeymoon, an anniversary week-end, joining a group departure or just booking a hotel, give your local travel agent a go.

It is our business and will be our pleasure to serve you ... and serve you ... and serve you.

Ferns Travel Agency
& Custom Tours Inc.
Donna Flanigan
Office Manager

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By Larry Eisinger

DRILL BITS FOR MASONRY AND CERAMIC TILE

All homeowners know that drilling into concrete, cinder block, brick, ceramic tile and even stone requires a special drill bit–a bit that is tipped with a piece of carbide, a man-made material much harder than the hardest steel. In fact, only the diamond is harder–which is why diamond grinding wheels are used to sharpen the carbide tips of drill and saw blades.

What most do-it-yourselfers are not aware of is that carbide comes in many grades of hardness and the grade, plus how it is attached to the metal shank, determines the quality, price and longevity of the bit. The typical carbide-tipped bit has a fluted shank with the tip slotted to accommodate the small flat piece of carbide. The carbide is attached to the shank in a number of ways, usually by brazing, or electric fusing. The higher-priced "professional" grade bits have harder carbide and are fused electrically and will will last much longer than a lower grade bit.

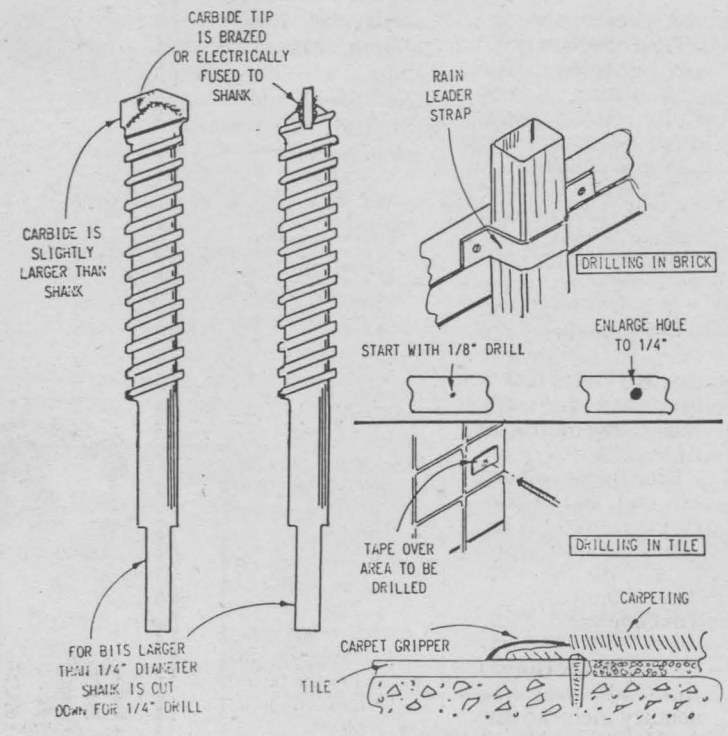
Brand name bits are often a better choice than those prepackaged by a chain or distributor because the latter are usually cheaper imports. However, if you need to drill only a half dozen holes they will do the job.

Most homeowners will use 1/8, 1/4 and up to 1/2 inch diameter bits, and, despite the grade of the bit, there are a few simple techniques you can use to prolong the life.

First, always start a hole with a 1/8 inch diameter bit and when you reach the correct depth replace the bit with a 1/4 or 3/8 inch unit. When drilling, remember heat will quickly dull the best bit and cool the tip in water. If you need a 1/2 inch hole start with a 1/8 inch bit, then 1/4 and finally the 1/2 inch diameter. I know this calls for three different bit sizes but if you are using the low-price bits you will find this method more economical on a per hole basis in the long run. Also, by using small diameter starter bits you probably can get by with using a low power (amperage) electrical drill.

Two popular uses of a carbide bit are illustrated; drilling into a brick wall to attach a bracket that will hold a rain leader in place and drilling in ceramic tile to mount a wall mirror or a carpet gripper if wall to wall carpeting is used in conjunction with a tiled foyer. Note in the case of drilling into tile, place a strip of mastic tape over the arc in which the holes are to be drilled so the bit will not walk on the glass surface. Then drill through the tape and tile.

As a reader service, Larry Eisinger has published two HARDCOVER books (No. 101) CARPENTRY AND WOODWORKING and (No.102) PLUMBING AND HEATING. With hundreds of photos and drawings, they will help you with everyday techniques. If you are not completely satisfied, your money will be refunded! The cost of either book is $3.95, plus 70 cents shipping. Send a check or money order for $4.65, payable to Eisinger Communications, Inc., to HOME WORKSHIP, care of your newspaper, Box 158, Staten Island, N.Y. 10314. Also available at a cost of $3.00 is an 8-page illustrated brochure on HOME TELEPHONE INSTALLATION TIPS.



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Well, the election is now history and the sign wars have come to an end. We hope it won't take weeks for the candidates and their supporters to take them down.

Speaking of the election, congrats to the Journal de Cornwall on their election poll. The big daily, which has much better resources, doesn't even dare try it.

Rumour of the week department — seems Willie Wise will be moving out of Time Square. He may own a piece of it but it seems that someone has come along with a better offer and Willie has decided money talks.

Gerry Lalonde of Papa's has bought the building. He's served notice to the Scouters upstairs that when the lease falls due at the end of the next month, the Scouters have to go. Executive scrambling now to find another location . . . for free.

Speaking of elections . . . a recent report to Charlottenburgh township council advised members that the results were now in "pole by pole." The author will remain unknown to protect the guilty.

Congrats to local MD organizers Various fund-raising events around the city brought in $39,000 from the Cornwall area. Special note of the fact Sears donated facilities and manpower and equipment. Too often we see the on-air types and not those who do the work behind the scenes.

Summer school in Cornwall and area is big business. Figures from public school board show 1,867 registered, 124 who registered failed to show, 278 quit for a total of 1,465 who made it through the six week program.

Summer school had staff of 136 in 14 different locations and led to a total of 430 credits for students . . . not too shabby. For ninth year in a row the principal was Paul Lusignan.

Muriel Drew won a speech contest recently sponsored by the Seaway Toastmaster Club — the group who teaches others how to overcome shyness and speak to a crowd.

Word is the wildcat walkout at Domtar last week is only a preview of things to come. Things not going well at the bargaining table and a strike vote is likely soon.

Tip of the hat this week to Kelly Bethune, Leslie Rutherford, Toni Marvin, Brigette Parker, Natasha Roberge, Ashley Paulin, Laura Barkley and Sarah Barkley. They beat out 43 other bands at the Ottawa Ex. The high school types win a prize of $1,500 and will get the chance to make their own video.

And a comment to Art Buckland, the SD and G Country Board of Education trustee who walked out of the meeting last week when his resolution on taxation failed to get anywhere. The line "resolved that this does not apply to Catholics who drink scotch" didn't help your cause.

The Youth Employment Counselling Centre apparently have purchased a bell that they ring everytime a staff member finds a non-subsidized job for a young person.

Rumour has it, that the bell has been "ringing off the wall", over the past two weeks.

Congratulations to Ken Sliter and the gang down at the Y.E.C.C.!!

Rick Shaver hobbling around on crutches . . . seems he broke his leg after some recent festivities. The actual circumstances surrounding this injury is a closely held secret — however if you can bribe Bill Snelgrove or Lionel Lalonde . . . the truth may finally come out.

A very special "Tip of the Sam Hat" to Shirley for organizing the Komin-Aubry wedding. Best wishes to Leslie & Joanne.

There is but one word to describe this memorable event.

The recipe for such an auspicious occasion is 1001 twinkling lights, candles, and food, fit for royalty by Chef Gilles Lefebvre, and heavenly music, by the Carm Aube Trio.

The music played on and the champagne flowed till the wee hours, bringing to a close the wedding of the year.

That one word by the way is Fantabulous. Guests from all over the country included Mr. J. Moskalik, Mr. & Mrs. T. Kluska, Mr. & Mrs. M. Jarzab, Mr. & Mrs. R. Zeisel, Mr. & Mrs. A. Dera, and Mr. & Mrs. J. Kacprzak. Also the gorgeous gals from Centu de Beaute Veronique in Montreal.

Tony Tropper had a foul ball come down almost right in his lap at the Expos game Labour Day but he dropped it.

Cid Fortier keeping his guys busy on Richmond Drive. Keep up the good work.

Belated birthday wishes go out to Lee Nichols and Doreen MacDonald. Happy birthday to Nancy Hallberg, who is 39 Again!

Bob Proulx down with the flu last weekend, "Sure".

ST. JUDE NOVENA

May the sacred heart of Jesus be adored, glorified, loved and preserved through the word now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of the miracles, pray for us. St. Jude heart of the hopeless, pray for us. Say this prayer 9 times per day for 9 days by the 8th day your prayer will be answered. It has never been known to fail. Publication must be promised. Thank you to St. Jude. E.M.

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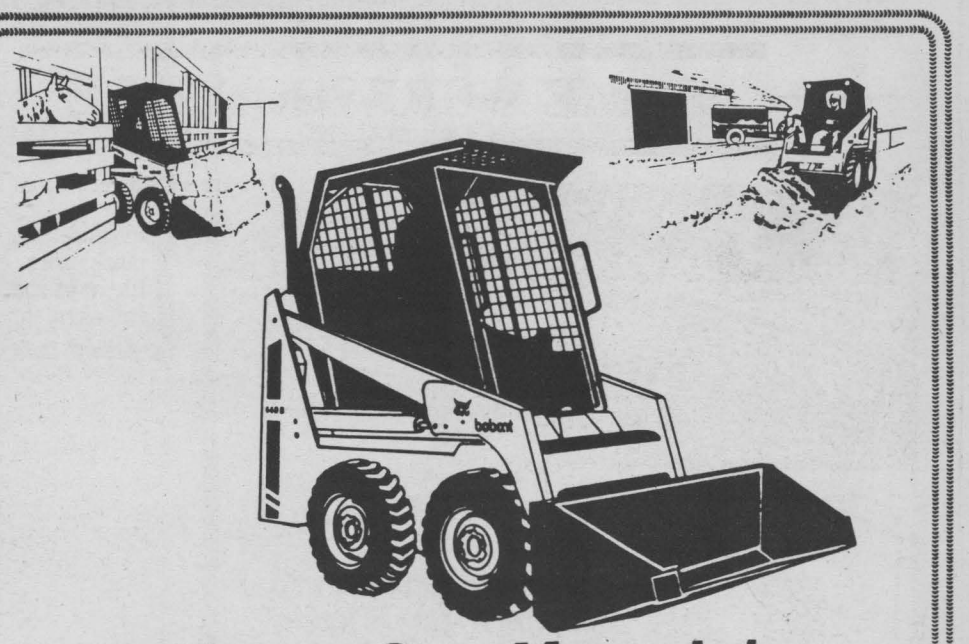

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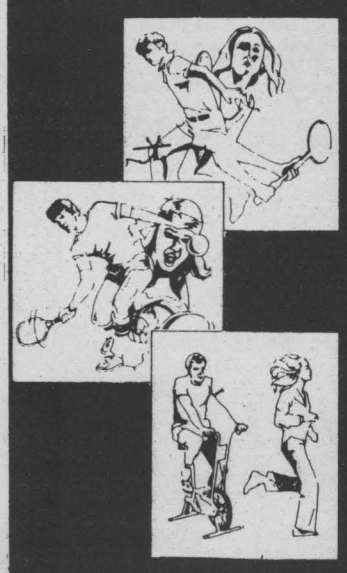

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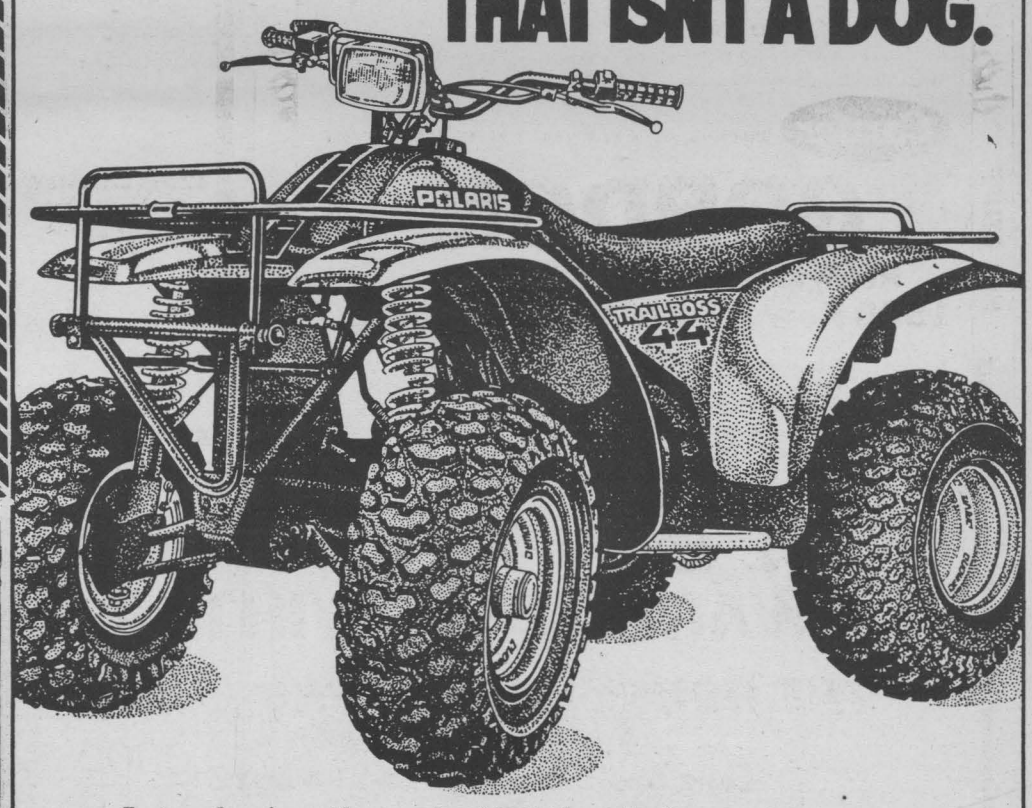

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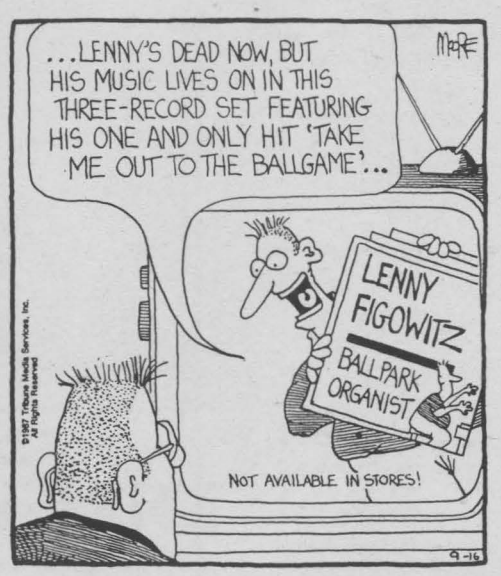

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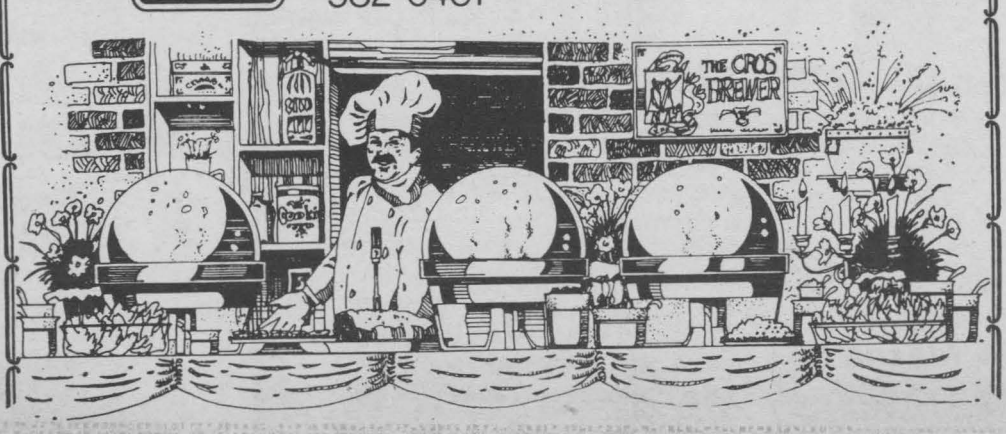

SHORT, SASSY FEMALE (high spirited) 24, seeking easy going, fun loving male, 24-30 for compansionship. Must enjoy socializing and be employed. Photo appreciated. Write to FSO 276.

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MALE 24, 6' TALL BLONDE HAIR, blue eyes. Seeking female for serious relationship. Personality means more to me than looks do. I offer and will do everything you would ever want from someone. Just let me prove it to you. Write to FSO269.

I AM 37 YRS. OLD AND DIVORCED. I am a farmer. I am looking for a woman that likes farming, dancing and conversation. Write to FSO271.

SINGLE MALE enjoys dancing, nature, sports. Seeks lady with similar activities. All letters answered, photo appreciated. Write to FSO270.

WHERE IS YOUR SPECIAL SOMEONE. For some people maybe, that someone exists only in memory or dreams. Why be alone, please write to me. I am a 39 yr. old gentleman who would love to meet you. Please ladys only. Write to FSO 273.

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SINGLE attractive female in mid 20's. Enjoys sports, sunsets and long walks. Looking for a sensitive, caring gentleman. FSO 100

ATTRACTIVE, 30-ish male, seeking the company of a gentle woman for discreet evenings of soft music, good wine & conversation by candle light. Reply FSO 274.

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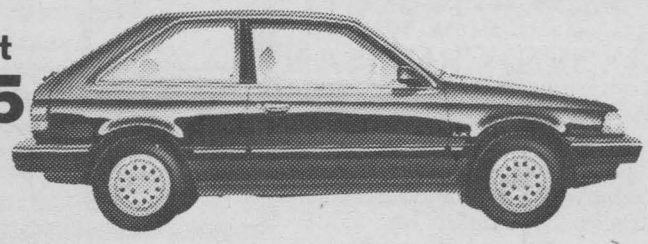

MAZDA 323

A new generation of 323's for 1988. The road car of small cars now has a fuel injected 1.6 litre engine on all models. Complete with styling improvements and new interiors, the 323 sets new standards for value. This is the way to build a small car and take it out of the realm of basic transportation. This is the 1988 Mazda 323.

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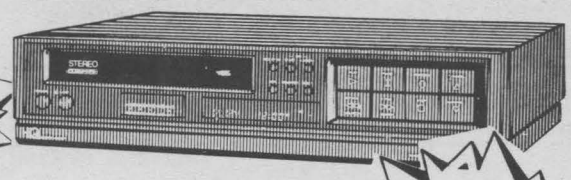

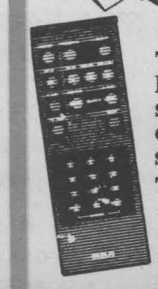

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FINANCIAL PAGE



IT'S YOUR MONEY

Paul J. Rockel

Financial planning— can increase your financial worth

Why do you choose your clothes with such care?

Women in particular scan the fashion pages to see "what's the latest" in fashion and colors, and then choose their clothes with care.

Men, choose their cars and possessions carefully, going from place to place to get the best deal, and the best model.

Husbands and wives look at many, many homes, before choosing "their" place to live.

But very, very few of us take much time to "plan" our purchase of financial security. Instead, we take the easy way, without any thought, and simply do not save for our future, or, if we do, we use the "convenient" method available at the institution where we desposit our regular employment earnings.

Why are we so careless about our future, and so fussy about our clothes, cars, homes, etc.? We don't know.

Many people have heard the slogan: "PEOPLE DON'T PLAN TO FAIL—THEY FAIL TO PLAN".

What about you?

Today, FREE advice is available on Financial Planning from many people in the Investment Fund Industry. They have completed a recognized course which designates them as Chartered Financial Planners. In their studies they learn about insurance products, investment ideas, tax-saving products, and a host of many, many more items, and can help you to tailor a financial plan for your future.

Remember: "People don't plan to fail—they fail to plan".

Our previous article dealt with the theory: "Buy Term Insurance and Invest the Difference.

Let's look at what a Financial Planner might show you on the investment side. We'll use the example of Mr. "A", who does it on his own, and Mr. "B" who has the same assets, and listens to a Financial Planner.

Mr. "A", in 1968, had $10,000 saved, and found an institution that would give him the 5-year GIC (Guaranteed Investment Certificate) rate each year. (We don't know anywhere you can do this, but let's give him that advantage). Based on the "Bank of Canada Review, average 5-year GIC rate, January of each year" the $10,000 would have grown at the end of 14 years to $33,397.

Mr. "B" also had $10,000, but he listened to a Financial Planner, and placed it into Templeton Growth Fund, and at the end of 14 years it was worth $114,673.

That's over $81,000 more dollars.

Further, Mr. "A" had earned interest, and therefore all his gain ($33,397 value minus $10,000 invested) of $23,397 was subject to tax (if he had used up his investment tax credit). If he were in the 50% tax bracket, he would lose $11,698.50 in taxes, leaving him with an after-tax return of $21,698.50.

Mr. "B" learned from his financial planner that his investment return would be made up primarily of Capital Gains and Dividends, both of which carry very little in taxation, resulting in only half, or less of his gain being taxable. If in the 50% tax bracket, his after tax value would be $88,504.

That's $66,805 more SPENDABLE dollars than Mr. "A".

Mr. "B" was happy he consulted an investment fund FINANCIAL PLANNER.

Shouldn't we all!

Paul J. Rockel is president of Regal Capital Planners Ltd. and of The Independent Investment Fund Dealers Association of Canada.

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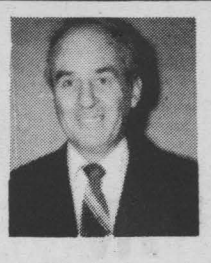

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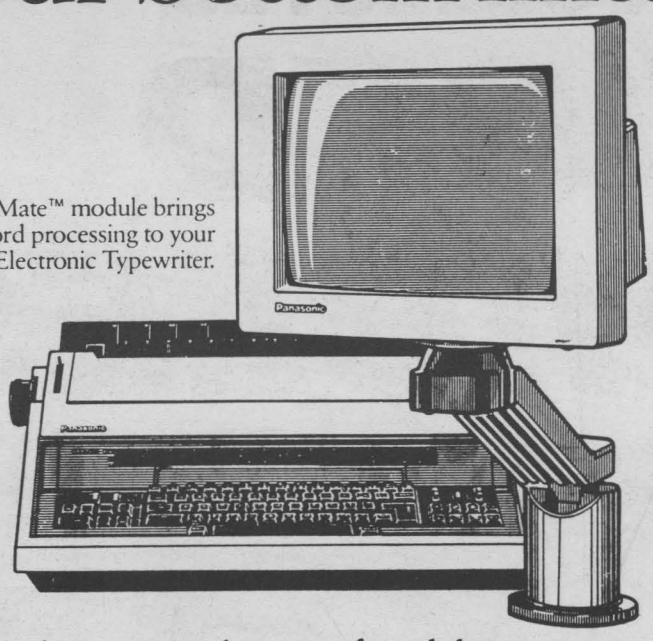

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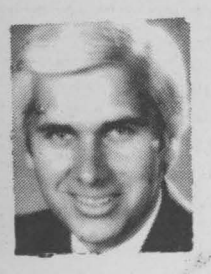
"Ces taux sont sujets a changements sans preavis."



Norman Warner M.P. Reports

Recently the Prime Minister appointed Hon. George Hees minister for Senior Citizens, a new department within the Cabinet of the Government of Canada.

This week I would like to discuss briefly some matters of interest to seniors.

The Spouse's Allowance has been extended to low-income widowed persons aged 60 to 64 regardless of the age of their spouse at death. Those eligible should make sure they are receiving money due to them.

Legislation has been passed in order to provide retired persons with increased flexibility in withdrawing funds accumulated in Registered Retirement Savings Plans (RRSP's).

The contribution ceiling for the 1986 and 1987 taxation years will be $7,500 to a maximum of 20 per cent of income. The ceiling will then rise to $15,500 in 1995.

For many farmers, their farm is their pension plan.

Canadian farmers who sell their property will benefit from an immediate $500,000 capital gains exemption.

Locally, the last rural fair of the season was held on the Labor Day weekend. While in Newington I was pleased to participate in the annual parade through the village in conjunction with the 120th Stormont Fair.

Last Thursday I hosted my annual wine and cheese reception at the Parkway in Cornwall. Elizabeth and I were delighted to welcome more than 300 guests to the event.

On Friday I was in Winchester to attend the annual Warden's Banquet. United Counties Warden Keith Fawcett welcomed a huge crowd to the Winchester Community Centre.

Best wishes go to Archie and Janet MacMillan of Cornwall who celebrated their 50th wedding anniversary at St. Columban's Hall on Friday. One of my staff members, Nicole Cella, was on hand to present a certificate from the Prime Minister.

I was pleased to be able to attend the wedding of Joanne Aubry and Leslie Komin at St. John Bosco Church on Saturday, Sept. 5, 1987.

Another wedding of interest took place Friday, September 11, when my Cornwall office assistant Kim Samson married Robert Thompson at St. Peter's. Everyone at the office wishes them the very best in the years ahead.

Two motoring events took place on Sunday. The Brookdale Mall was the scene of a light car rally and later the Cornwall Speedway held a special event with a record crowd.

A final note this week concerns an upcoming TV Ontario interview September 23. On the day viewers can see reporter Huguette Burroughs of Le Journal de Cornwall interview Employment and Immigration Minister Benoit Bouchard. Ms. Burroughs travels to Toronto for the filming September 13.



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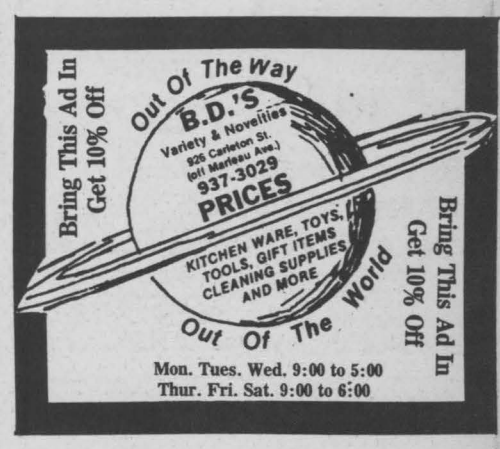

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PAY TV SHOWCASE
By Blake Fowler

There's a modern classic coming up on pay-tv this week!.

One hesitates to use that word when describing a film because films, like beauty, are in the eye of the beholder. And I've also discovered that films that are highly touted usually cause too much expectation and, inevitably, disappoint.

Just the same, I urge you to watch Stand By Me which premieres on First Choice this Sunday and airs again on September 25th and 28th.

Stand By Me received an Oscar nomination for the screenplay of Bruce A. Evans who, in turn, wrote the film from a novella by Stephen King called The Body. And, although there is a dead body, this is not your typical Stephen King horror piece. It was an excellent story when I read it and Evans and director Rob Reiner (yes, the Meathead son-in-law to Archie Bunker) have, if anything, made it even better.

It is a bittersweet recollection of boyhood, circa 1959. Four small-town boys learn that the body of a teenager, hit by a train, is within a one-day walk of their homes. They set out to find it tribute to early friendship — a theme that reverbearates in the title, and in soul singer Ben. E. King's 1961 song of the same name.

Maybe's that's why I like it so much. Their trek along the railroad tracks is, for me, more than just a familiar memory. Hell, I thought that King must have been with my little group of railroad travellers, and had changed his name.

When the boys curse, play cards and smoke cigarettes, their attempts to act like adults are funny and touching. "There's nothing like a cigarette after a meal," says one. "Yes," replies another, "I cherish these moments."

There's also rapidly rising Canadian boy-actor Kiefer Sutherland along as a nasty teen to add another element of drama and Richard Dreyfuss is seen briefly and heard often as the grown-up who is narrating the story. As Dreyfuss types the final lines of his book about the boyhood incident he writes; "I never had any friends later on like the ones I had when I was 12. Jesus, does anyone?"

As a poignant reminder of things past, Stand By Me stands in a class by itself.

One other goodie this week. Woody Allen's Stardust Memories appears on the Arts and Entertainment Network Friday night with a repeat on Saturday afternoon.

The story of a melancholy comedian who attends a retrospective of his work and is plagued by real and imaginary fears, Stardust Memories is clearly an autobiographical work. Made in 1980, this Fellini-like film was the latest in Allen's increasingly personal and introspective works.

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CANADIAN SPORT

Big Ben's coach keeps him ticking

By Al Sokol

ROME — You have to know Charlie Francis to understand why his joy is tempered at the world track and field championships despite Ben Johnson's historic 9.83 100-metre global record.

Big Ben, 25, is Numero Uno, but what about Toronto's Angella Issajenko, nee Taylor, who was the athlete Francis first moulded into a high-performance sprinter?

When Johnson became the No. 1 athlete in the world of athletics, Issajenko, 28, finished fifth in her 100-metre final moments later in 11.09 seconds, a time that does not reflect her ability.

Silke Gladisch of East Germany won the women's gold in 10.90, but only two weeks ago Issajenko has run 10.97 to reclaim her Canadian record from Angela Bailey. That 10.97 would have given Issajenko the silver medal over East German Heike Drechsler (11.00).

"Angella made a tactical mistake, nothing physical," said Francis. "She tightened midway through the race and leaned back causing her to lose speed rather than accelerate.

"Still, I'm not happy about the outcome and I've pulled Angella from the 200 to save her for the 4x100 relay.

"I'll say this now: Issajenko will break Evelyn Ashford's world record of 10.76 for the 100. All her training and her recent performances point to a world record just as much as Ben's did."

While Johnson will reap the riches of being the world's fastest human, Francis is content to know his program is on track and Ben's performance could generate more private sector funding for Canadian track and field.

Francis, 38, a bachelor and former Canadian sprint champion, is intensely loyal to his athletes. Any talk of Issajenko not being in the same class as Johnson sets off Charlie's defence mechanism that is a key to the success of the Mazda Optimist Track Club based at York University.

"If you're not out to protect the interests of your athletes, then what are you there for? I have a responsibility and it's to those athletes. If I see or hear something that's not right and don't do anything, that's irresponsible."

Johnson, who didn't finish high school, will gross about $500,000 (U.S.) this year. Francis, with a degree in history from Stanford University in Calfornia, makes about $43,000 as Canada's national sprint coach.

"I'm not complaining," said Francis. "I like what I do. I'm certain Ben's success will make Canadians realize track is a high-profile sport and we deserve attention and funding. I'll be satisfied with that."

There are many coaches who share in their athletes' earnings, but Francis has never tried to swing on Johnson's star. During press conference he fades away and you have to search him out to get his commentary.

Francis has gone out and sold his athletes and his track club. Mazda came on board and will reap the benefits of Johnson's world record. Adidas has its Johnson posters plastered all over Rome and has a contract with Ben until the 1988 Olympic Games in Seoul.

It is not genetic good fortune that Johnson has remained free of major injuries, which could cut his career and income in the time it takes a hamstring to tear.

So Johnson gets the big bucks and the glory. But give Francis some credit. In the past 11 years since he has been coaching Johnson, Charlie must have done something right.

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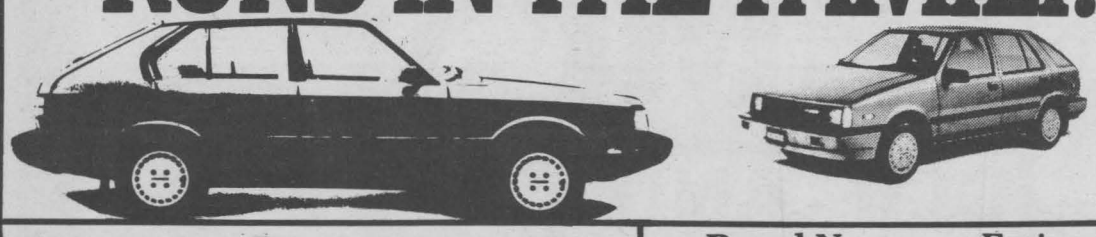

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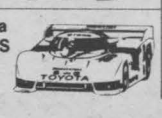
Toyota TOM'S 84C	

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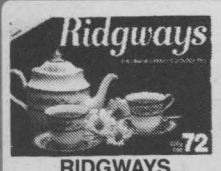

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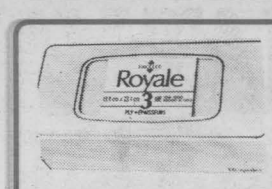

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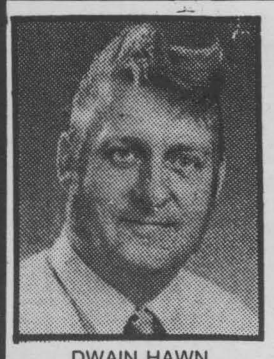

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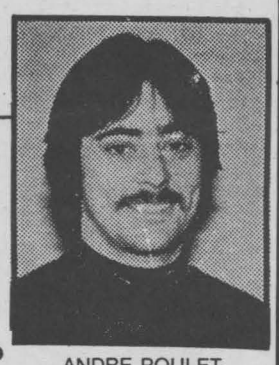

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1 Rearrange letters of the four scrambled words below to form four simple words.

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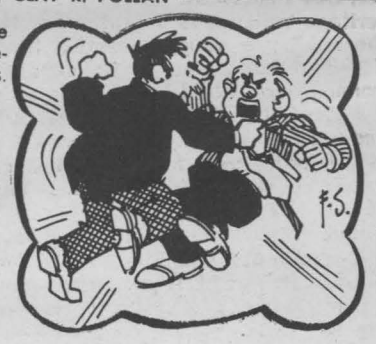
IGLAE
WROCN
THRLUE



© McNaught Synd., Inc. 8-5

One thing I found out very quickly: A word to the wise is often enough to start an --------.

4 Complete the chuckle quoted by filling in the missing words you develop from step No. 3 below.

2 PRINT NUMBERED LETTERS IN SQUARES | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

3 UNSCRAMBLE FOR ANSWER | | | | | | | | . |

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1983 Cordoba 2-dr., 6 cyl/auto. 7-476A
1983 Reliant 4-dr., 4 cyl/auto., low mileage. 7-475A
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1983 Cierra 4-dr., V6/auto., a/c. 7-433A
1982 Cadillac Deville 2-dr., V8/auto. Well equipped. 6-529A
1982 Fairmont 4-dr., 6 cyl/auto. A/C-Cheap. 7-260A
1982 6000 4-dr., 4 cyl/auto. 7-356A
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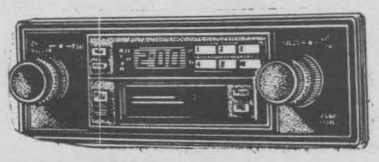

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*The Arthritis Society is holding a canvass for funds to help research, Monday, Sept. 14 until Sept. 30th.

*Over Fifties Fitness Club. Excercises will commence Sept. 15th. Registration at St. John's Church Hall, 2nd St. E. Sept. 9th, from 2-3 p.m.

*Cornwall Concert Series 1987-88 Season, Oct. 23/87 — National Arts Centre Orchestra, Nov. 15/87 — Trio Plus, Apr. 23/88 — Letter from Wingfield Farm, May 14/88 — Angela Hewitt-piano. Book now! Bookings: Adults $40, Students $35, Seniors $35. Send cheque or money order to: Cornwall Concert Series Assoc., Box 1933, Cornwall, K6H 6N6. Tickets also available at: Cornwall Regional Art Gallery, 164 Pitt St. Telephone 938-7387 or Mallette's Elegant Frame Centre, 214 Montreal Rd. 932-9614.

*Fun nights. Give square dancing a try with the Swinging B's on Tuesday, September 8 and Tuesday, September 15 at 8:00 p.m. at the Kinsmen School, 9th and McConnell. For information phone 933-1575.

*Alzheimer's Society will be sponsoring Bingo games at the Cornwall Bingo Centre, 26-2nd St. West. Sept. 3rd, 17th & Oct. 1st, 15th, 29th.

*L'Ordre Fransiscain Seculier St. Felix de Valois. Giant Yard Sale, 1102 3rd St. E. Sept., 17-18-19. From 9 a.m.-4 p.m. Pick-up clothes or articles. Call 932-3928 or 932-8428.

*Seaway Valley Dollcraft Guild, 8th annual doll show and sale. United Counties Museum "The Wood House", 731 Second Street West, Cornwall. Hand-created and collectible dolls. Thursday, September 24th to Sunday the 27th. 10 a.m. until 4:30 p.m. Daily.

*Cornwall Curling Club Registration: Monday Sept. 28th - Friday, October 2nd, 7:00-9:00 p.m. Wine and cheese party: Friday, October 2nd, 6:30-8:30 p.m. Curling clinic for new members: Sunday October 4th. Opening Bonspiel: October 12th-October 17th. For further information: 933-9384, 932-7825.

*United Way Campaign Kick-Off Breakfast. 7-9 a.m. Sept. 16/87, at Civic Complex.

*First Cornwall St. Columban's Beavers, Cubs and Scouts Registration night. Sept. 9th - 7 p.m. at St. Columban's School East.

*The Cornwall General Hospital Nurses Alumnae will hold a meeting on Wed. Sept. 16th at 8 p.m. at the home of Mrs. Dawn Shaver, 220 Pescod St.

*Heritage Valley Arts & Crafts Association will be holding a general meeting Monday, Sept. 28th at 7:30 p.m. at St. Columbans Hall. All members are asked to attend in order to finalize plans for our two Christmas shows. Limited booths available. New artists and artisans will be welcomed. For further information contact the president. June Woods, 933-2667, 622 Bedford St.

*"Square Dancing Club" invites all couples, every Thursday at 8 p.m. EL-PASO-DEN HALL (rear), 1119 Hebert St. If you require more information, please call 933-4389. Also we are looking for male dancing partners (no age limit). What could be a more pleasant way to enjoy the winter, make friends and have fun!

*Knox-St. Paul's United Church will hold its annual Mini Market, Saturday, September 19th, 1987 from 10:00 a.m.-2:00 p.m. Lunch served from 11:00 a.m.-1 p.m. Come on out for a day of fun, fellowship, and fabulous bargains.

*On Thursday, October 1st until Saturday October 3rd, three outstanding artists in their particular field will be visiting McCrimmons Antiques and Art at 104 Second St. W. (Time Square). Alfredo Capredoni (Glass Etchings), John Newby (Discoveries of Childhood), and John Petrella (Wildlife).

*The Cornwall Interagency Council on Smoking and Health will hold its Third Annual Speakers' Evening on Thursday, October 1, 1987 at 7:30 p.m. at St. Joseph's Villa, 14 York Street. The topic will be "Women and Smoking". For further information call 932-8247.

*The Cornwall General Hospital Community Psychogeriatric Service in association with the Alzheimer Society of Cornwall and District announces an upcoming training program developed by the Kingston Alzheimer Society under the sponsorship of the Kingston V.O.N. and funded by the Ministry of Community & Social Services. The Kingston Society is aware of the need in our area for appropriate educational opportunities as identified by members of the Community Psychogeriatric Service and local Alzheimer Society. It has kindly advised us of the training program and will receive registrations from Cornwall and district on a first come basis. A highly qualified staff will conduct this course, covering many aspects of the disease and the provisions of care. The subject of the program is: "LEARNING ABOUT ALZHEIMER'S DISEASE". The following topics will be dealt with: Sept. 14 — Medical Issues and Psychosocial Aspects of Alzheimer's Disease; Sept. 15 — Understanding and Managing Behaviour; Sept. 16 — The Family - The Other Victims; Sept. 17 — Activities, Programs and Community Resources. To be scheduled — Follow Up Day - before the end of 1987. This program will be held at the Ambassador Hotel in Kingston. For further information please call: 933-2061.

The Cornwall Ecumenical Choir is starting to rehearse for Christmas performances of Handel's Messiah. New voices are welcome. Choir practice Tuesdays at 8 pm at Knox St. Paul's Church.

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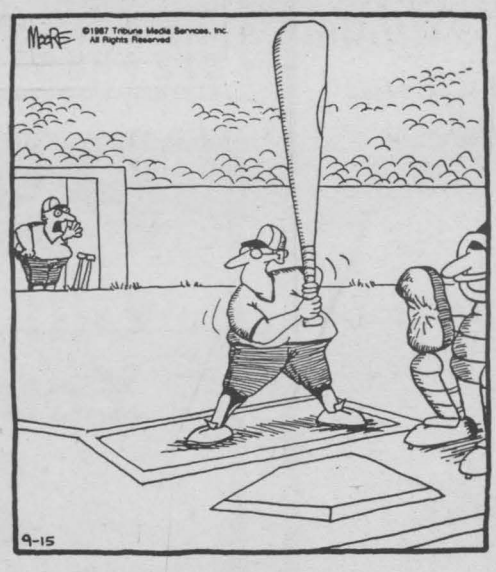

"Yo, Larry! Choke up a little!!"

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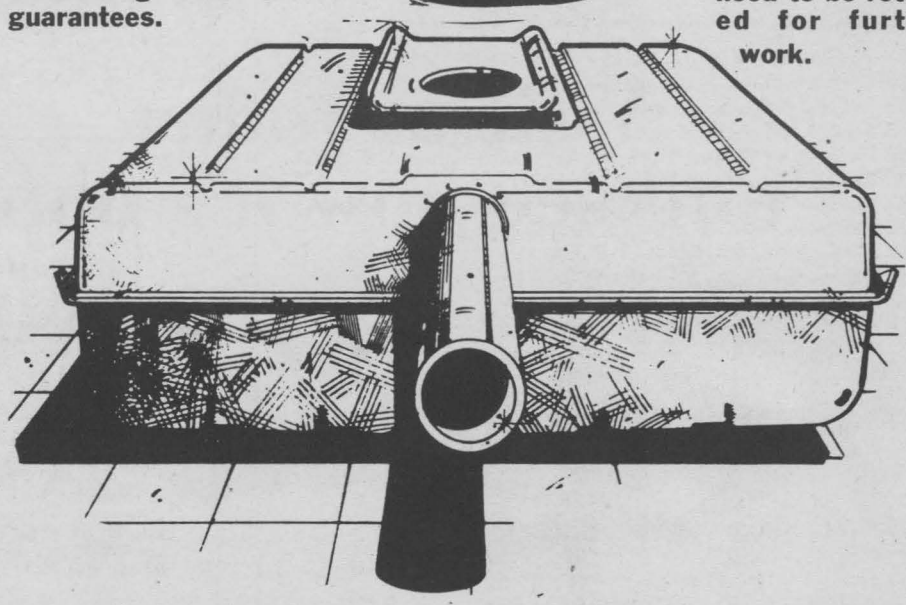

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cont'd from pg. 6

like Saab or Taurus controls - impressively logical and easy to work without taking your eyes off the road. Other car makers, please copy.

The radio design isn't so successful. It is low on the dash,

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Jazz-Tap-Baton
Gymnastics-Boy's Tap
Adult Tap & Fitness
(Non Aerobic)



Register For Fall Classes
6:30-8:30 p.m. 335 7th East
For Information Call
932-0867

and has the infamous proliferation of teeny-weeny buttons. It is a particular problem in the Mustang since the car has "tension-relieving" seatbelts. Lean over to adjust the radio, then sit back--and there's about 10 meters of slack in the belt. You have to tug on it to snap it back, and it doesn't always want to retract. Some people don't like the feel of belt firm against their body, but it sure beats the feel of your face against the windshield.

The "articulated sports seats" don't look very deeply contoured, but provide good support anyway, thanks in part to a grippy, textured fabric upholstery. Thigh support, often overlooked, is well taken care of with a moveable thigh rest that should handle the longest-legged among us. Manual adjustments for reach and rake plus a power lumbar support bladder and tilt steering allow dialing in a comfortable driving position.

The rear seat in the convertible is passable for two people on a short trip. At least, they can't complain about headroom. The back seat can also be used for luggage, and may have to be since the trunk is almost non-existent. Make sure that which ever you carry back there--people or luggage--is securely belted in because the wind blows like a tornado back there with the top down. Of course, that's the point--you'll have to put the top us soon enough so enjoy it while you can.

With the top up it isn't quite as much fun. The unlined top exposes the retracting mechanism; there's a lot of wind noise; and you'll have to deal with large blind spots in the rear quarters. The rear window is glass, so it won't discolor like plastic windows do, but it has no defroster.

The convertible mechanism is engineered and built by Cars and Concepts, an after-market firm that specializes in this sort of thing. Snap open two catches on the windshield header, push a button, and the sky's the limit. Erection of the top is the reverse of the above procedure. No sweat.

The fuel injected 5 litre engine is rated at 225 horsepower, but it's the 300 ft.-lbs of torque that provide the acceleration. If you work the strong, solid-feeling close-ratio gear box properly, you'll rocket away from stop lights in a most anti-social fashion. The shift lever is angled towards the driver, and the linkage seems to anticipate your needs, almost pulling the transmission into the proper gear.

The clutch is relatively light, considering the amount of torque it has to transmit. But in rush hour traffic, your left leg will get quite a workout before you even get to the squash club. Throttle tip-in is a little abrupt, so stop-and-go situations will be a bit jerky until you can get a better feel for the gas pedal.

If you'd rather putter about you can do that too, as the engine accepts full throttle at 1,500 r.p.m. without fuss, but without much forward thrust. Over-all, gearing is very tall, the engine turning just 1,600 r.p.m. in fifth gear at 100 km/h (96 m.p.h.) Top speed is over 225 km/h (140 m.p.h.)

— cont'd on pg. 27—

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SCRAM-LETS ANSWERS 8-5

Embark — Agile — Crown — Hurtle — ARGUMENT

One thing I found out very quickly: A word to the wise is often enough to start an ARGUMENT.

Kitchen Affairs

FALL 1987 COOKING CLASS SCHEDULE

15 Second St. E. 938-5451

DATE	CHEFS AND SPECIALTIES	FEE
Sept. 14	Kaaren & Rick Kalil -Lebanese Cooking	$10.00 Opening Spec.
Sept. 15	Kathleen Leroux-Wok Cooking	15.00
Sept. 21	Kathleen Leroux-Soups	15.00
Sept. 22	Alta & Claude Manigat-Haitian Cooking	20.00
Sept. 28	Sue & Dom Violi-Italian Cooking	20.00 Sold Out
Sept. 29	Sarah Elgazzar-Egyptian Cooking	20.00
Oct. 5	Gilles Lefebvre-French Cuisine	20.00
Oct. 6	Kathleen Leroux-Crepes	15.00
Oct. 13	Kathleen Leroux-Seafood	15.00
Oct. 19	Mike Anderson-Desserts	20.00
Oct. 20	Ray Tyo-The art of mixing drinks; Kathleen Leroux-Hors d'oeuvres	20.00
Oct. 26	Kathleen Leroux-Wok Cooking	15.00
Oct. 27	Janaki Wicks-Sri Lankan Cooking	20.00
Nov. 2	Mary Suranyi-Hungarian Cooking	20.00
Nov. 3	Kathleen Leroux-Desserts	15.00
Nov. 9	Joan Cashion-Cake Decorating	20.00
Nov. 10	Kathleen Leroux-Wines, Cheese & Pate	15.00

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- Apricots
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- Yogurt peanuts
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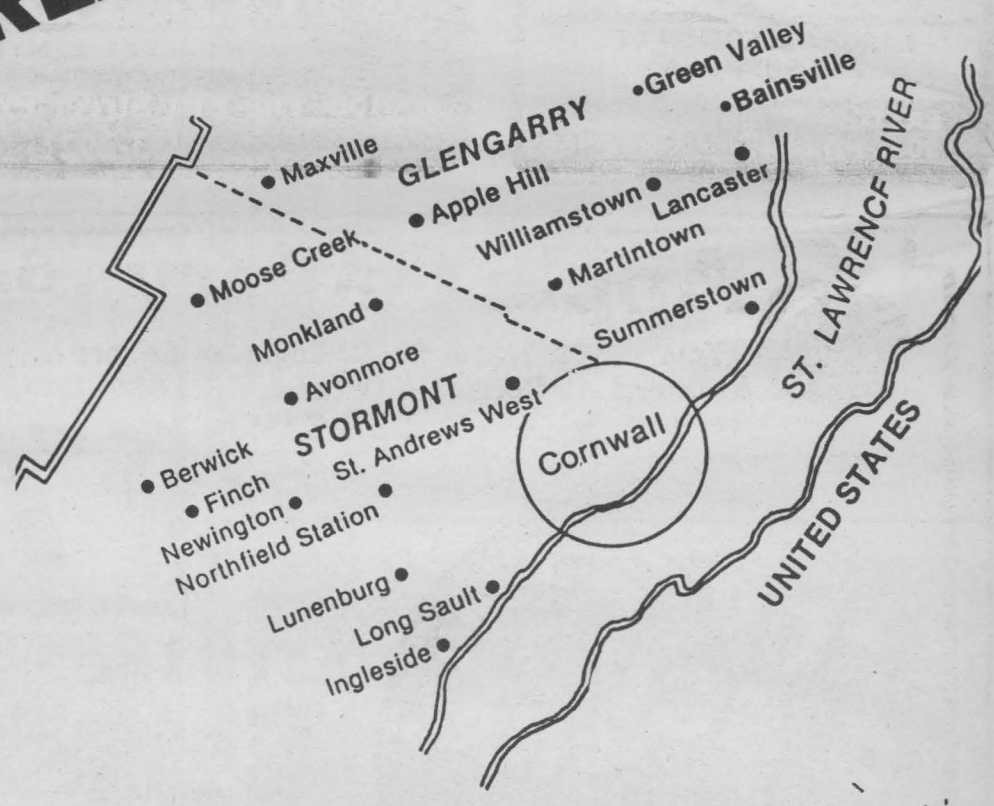



Sammy Saver

On September 17, the Seaway Shopping News will begin its third year of operation. Because of your continued support and suggestions, we have been able to bring you Cornwall's most exciting and readable weekly shopper. Our newest columns include finance, travel, sports, entertainment, lifestyles, home improvement, cartoons and jokes plus assorted other general interest features.

The management and staff would like to thank our advertisers and readers for their support over the past 2 years and we hope it will continue.

Watch for us next Monday.

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cont'd from pg. 24

according to a recent Motor Trend magazine road test and Jeff the Photo's personal observation (don't ask).

The exhaust note is that wonderful V-8 burble, music to the ears of those who grew up with it. My only caveat with this engine, usually thought of as being a reliable unit, comes from a reader who owns a 1986 Mustang GT that suffers from excessive oil consumption--one litre every 200 km--and he tells me he's not alone. I've called Ford's attention to this, but they haven't yet found an answer. Stay tuned.

A four-speed automatic is also available in the Cobra GT. Don't rule it out. In a high-powered car, keeping the both hands on the wheel isn't an all-bad idea, and the automatic works well with this engine.

But regardless of what the new car is called, what's to become of the old one? The factory tooling is almost 10 years old, and near the end of the line. Ford would have to spend a bundle to continue the rear-drive (i.e. real) Mustang much past the 1990 time frame, and the prognosis isn't good.

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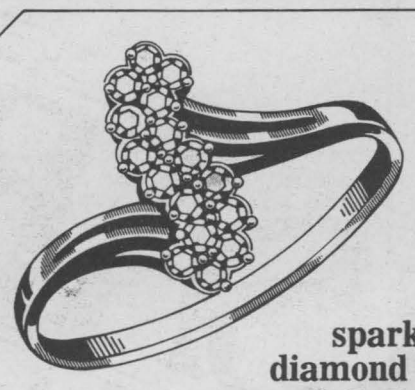

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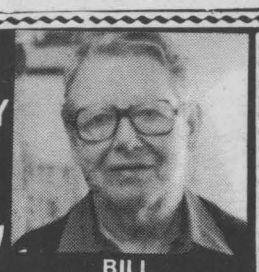
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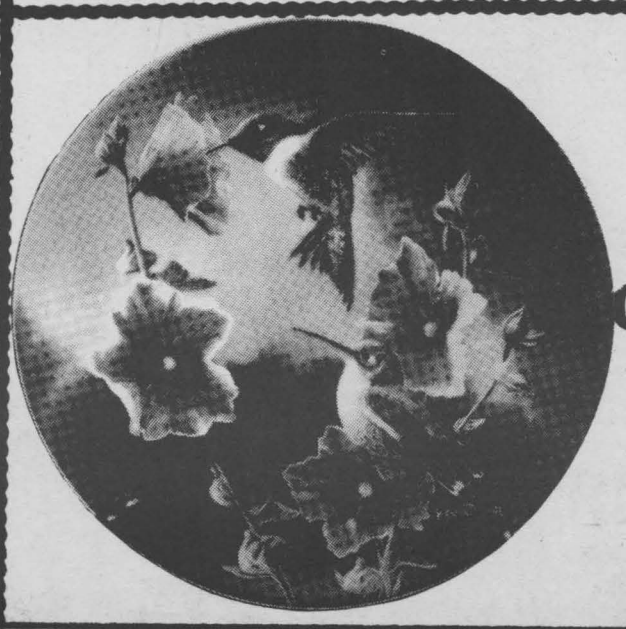

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