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SEAWAY NEWS

August 13, 1999 VOLUME 13, ISSUE 33 SERVING CORNWALL AND AREA

Taming The Wild Beast



Pictured in the Rotary Eco Park with Julie Flaro are Damian Rodriguez with his son Jared, helping in attempting to curb the future growth of Purple Loosestrife in the park.

Lythrum Salicaria, commonly referred to as Purple Loosestrife, may well be public enemy number one on public land in this country.

Loosestrife is present in most provinces and in over 26 states, covering approximately 400,000 acres and costs about $45 million a year in control costs and lost forage.

Purple Loosestrife is a herbaceous perennial with showy purple flowers and grows between 6 and 10 feet tall, dominating wetlands in summer.

In the early 1800s, Purple Loosestrife was brought to the northeastern U.S. from Eurasia. Since then it has taken over many temperate areas of North America and continues to expand its presence. This European native propagates by division or seed, often out competes natural vegetation, can seem almost indestructible and has no natural enemy in North America. A five year old plant will have produced about 2,700,000 seeds in addition to any progeny spawned through clipped, trampled or buried stems. Often, stands of Loosestrife can be thousands of acres in size and eliminate open water habitats. Many wetlands that used to have a rich diversity of native plants are now overrun by these dense stands which are inhospitable to native plants and wildlife. Purple Loosestrife has spread very swiftly due to a lack of natural predators and amazing reproductive capabilities. Because of this, it has come to be known as the "Purple Plague". The best defence is early detection and prevention of spreading. Educating the public about the dangers and discouraging use for landscaping purposes also helps. Small populations may be removed by hand and then burned, with follow-up removals in subsequent years.

"Once Purple Loosestrife starts to grow, it will invade the native vegetation and wetlands," states Julie Flaro, community liaison with the St. Lawrence River Institute of Environmental Sciences. Studies are currently being done with a non-native species of beetle which has been introduced to try and curb the spread of Loosestrife.

Story & photo by Aubrey Johnson

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KALEIDOSCOPE

By H.B. Kanters
SEAWAY NEWS

Repeat Offenders

In more than forty years of driving I have been tagged for traffic violations only on two different days. Pretty good record, right? Maybe I should mention that on those days it happened twice - two tickets for the same offense, two times, by a total of four different police officers. This did, however, happen nearly two years apart.

The first time was in 1976. I was driving a little VW bug convertible then. Not far from home was a four way stop. I shifted down as always and thought I had come to a complete stop, but the policeman in the hidden driveway of the abandoned little old schoolhouse off to my right thought otherwise. And I do not argue with the law.

While at the post office in town earlier that Friday morning I had met a teacher friend who asked me to supervise a dance at her high school that evening. After getting the ticket I went home and made preparations to go out later. All went well at the school and I was ready to leave sometime around midnight. I drove from the parking lot to the stop sign on the next intersection, had my right blinker on and shifter down, coming to a complete stop as I was supposed to. But that policeman also said I did not stop completely - and who is going to argue with the police at twelve o'clock on a Friday night? I did not tell him about the earlier ticket, either. And more than twenty years later here I am, still convinced I was stopped only because the convertible top was down and I did not have grey hair back then.

More than two years after that day, a friend and I were exploring the newly opened Carribean Market in Toronto and I got two parking tickets that day, about three hours apart. Each time I came back to put more money in the meter, but was too late, so I had no one but myself to blame.

Back in the early '70s this same friend had a two door, V8 Buick LeBaron, a powerful machine that zipped up and over the speed limit in no time. One fine summer weekend we drove from St. Catharines to Montreal to attend a conference. I went to spend time with my sister and her brood of four. My friend was stopped for speeding three times that day, the first time before we hit Toronto. It seemed incredible that she did not slow down. Each time after the encounter with the police she allowed me to drive for an hour or so, then the speed-demon got back behind the wheel and I could not stop her from doing it again. I obviously learn some things from others, because I have never been stopped for speeding. My younger sister, on the other hand, also received three tickets in one day on this same stretch of highway while taking our mother up to Montreal. She was driving a brand new car and said she couldn't help herself. My mother could have taken a limousine for less.

But the best repeat offender story happened not long ago, right here in beautiful eastern Ontario. A policeman friend stopped a car pulling a trailer without proper plates. The driver's excuse was "I'm just taking it over to my friend's place." Since the trailer also was not properly hitched up, a ticket was in order. When asked for his driver's license, the man said he had left his wallet at home. The officer, however, quickly established that his driver's license was suspended, so another ticket was in order. Was this the end of the encounter?

About three hours later the policeman had set up shop several kilometers further down the road and the unbelievable happened: the same car came along, pulling a different trailer, this one also unplated. Once again the officer pursued the offender, who now was sitting in the passenger seat - a friend was driving the car this time. When asked if he didn't learn anything from being stopped before, the dear man quietly said, "Sure, but we had to get this trailer to my place." Now the interesting thing is that the same man got a third ticket, because the car was registered in his name and he already knew that trailers must be plated and properly hitched up for safety reasons.

When my policeman friend told this story while we were having a corn roast in the backyard, we all took turns outdoing each other in the story telling department for several hours. It seems most of us have to make the same dumb mistake several times over before something goes click and we suddenly understand there is a better way.

When this happens at reasonable speed and on the ground, our mistake will most likely not have too serious a consequence and we end up telling stories about the adventure, as my friends and I did a few days ago.

JFK Junior and his companions did not have that chance and we will miss them.

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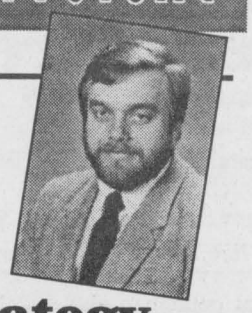
PLANNING YOUR FUTURE

By Mark McDermid



Dollar Cost Averaging A Winning Investment Strategy

Buy low and sell high. That's the aim of every investor. Yet no one has ever been able to predict exactly when to act--not even the experts.

They realize that short-and mid-term markets are impossible to predict, so they never gamble. They simply don't try to "time the market", hoping to hit the upswings and avoid the drops. After all, if they gambled and lost, it could be very costly.

Instead, savvy investors often use a strategy called dollar cost averaging. This is a simple, convenient, and disciplined way to buy shares over the long term.

Here's How It Works

Each month or quarter, you invest a fixed dollar amount in a mutual fund, regardless of the price at the time. Naturally, you'll be paying a lower price for some units than others, since prices fluctuate.

It also means that there will be some months when your fixed amount buys more units than in other months. Over the course of time, your average cost per unit will most likely be lower than if you had bought all your units at once, with a single lump sum investment.

Another advantage of dollar cost averaging is that you can invest small amounts each month. Taken together, these easy-to-manage amounts can add up to more than you could have invested with a single lump sum. Better yet, investors who take advantage of this disciplined approach tend to sleep better at night, never having to worry if they made their investment at "the right time".

Two Investors, Mr. Smith and Ms. Jones

In January, Mr. Smith invests $4,800. in a mutual fund. He buys 192 units at $25. each. Ms. Jones invests $44,800. too. But she invests $200. a month for 24 months.

Mark McDermid is an independent financial advisor sponsored by Balanced Planning Investment Corp.

New Principal of T.R. Leger School Gets Prepared For New Year

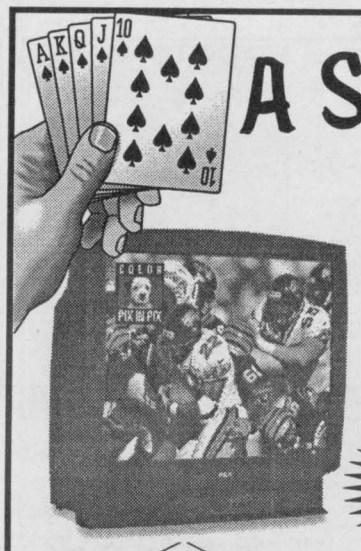
Brenda King, newly appointed principal of the T.R. Leger School is preparing for the new challenges which will be facing all of the 24 campuses of the school in September. The school provides educational services to over 4,000 adult and alternative students each year within the Upper Canada District School Board. The new principal is eager to take on the tremendous challenge of operating what has become the largest school in the Board.

Mrs. King was a former Dean of Program at the school from 1995 - 1998 before serving as an Education Coordinator at the Upper Canada District School Board office during last year. Returning to T.R. Leger is a well timed homecoming for the new principal since teachers will be facing more changes in curriculum than we have seen in Ontario schools for over 20 years. "The changes which will emerge as a result of Secondary School reform are significant for adult learners," King stated in a recent interview. "We have already set up a partnership with several other boards in the province to produce grade nine curriculum for adult and alternative students," she added.

The T.R. Leger School is moving into year two after a busy year of amalgamation. New campuses have been established at Kemptville and Prescott and others have had upgrades, while some are being refurbished this summer in preparation for the fall trimester. The Perth campus will have a Pentium computer lab by September and the Smiths Falls campus will be expanding in its existing building. Mrs. King commented that, "All of this expansion will mean better facilities and opportunities for adult and alternative students. We try very hard to create a professional environment so we can prepare our students for the workplace."

The school has become a twelve month operation with summer school operating at three regional campuses and with preparations for the fall already in progress. Registration begins at most campuses at the end of August and classes start up on Tuesday, September 7th.

For more information readers can visit the school's website at trleger.on.ca or phone toll free 1-877-trleger.



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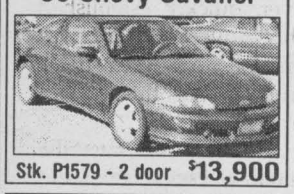
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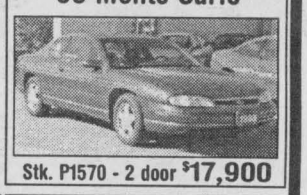
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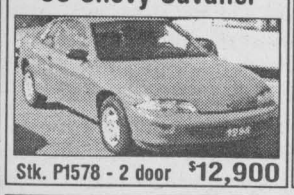
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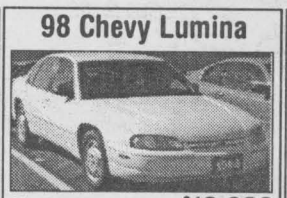
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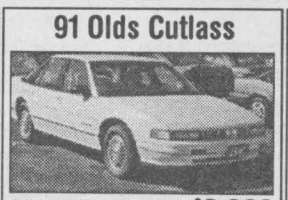
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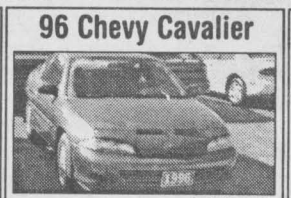
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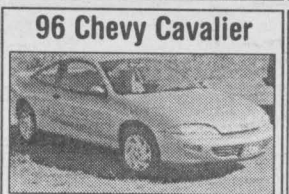
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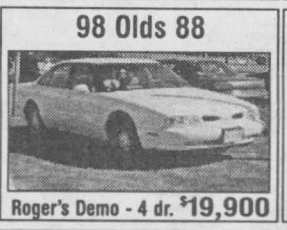
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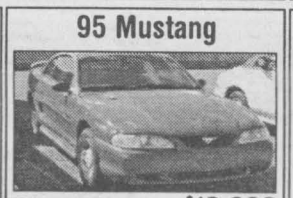
Stk. 9352A - 2 door $13,900

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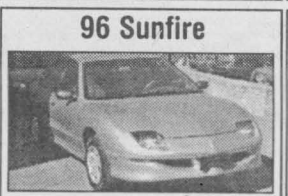
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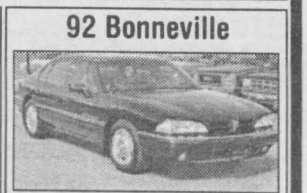
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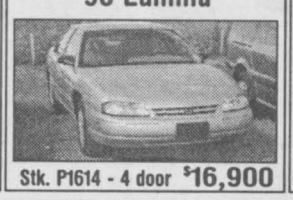
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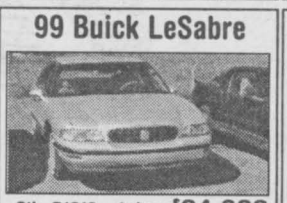
Stk. P1616 - 4 door $24,900

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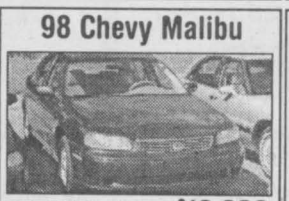
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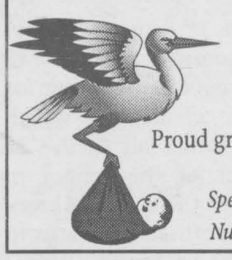
Michel & Jocelynne St. Denis are proud to announce the arrival of their first born, a handsome son,



Alexandre

born Wednesday, July 21st, 1999
weighing 5 lbs., 13 ozs.

Proud grandparents are Thérèse & Rhéal St. Denis and Mavis & Rolland Menard.

Special thanks to Dr. McCoubrey and the 6th Floor Nursing Staff at HDH, especially Nancy Ann Bush

Mixed Party

in honour of

Shelley Albers & Charley Watters

Saturday, August 14th, 1999 9pm-1am
Navy Club - Sixth Street East
D.J. ~ Light Lunch

Look Who's Good For Another 50 Years!

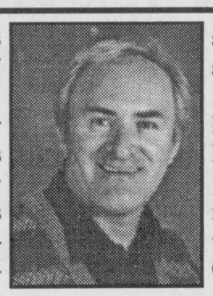


WAYNE
celebrating August 14th

Happy Birthday BeBe
♥ Sienna

MUSIC UPDATE

By Yvan Brunet



Paul Brandt "That's The Truth" REPRISE/WEA.

Canadian country artist Paul Brandt is back with a new album that bubbles over with hit material. Check out the self-penned title cut, a timely testimonial about what's important in a relationship and check out as well "The Sycamore Tree" concerning a child who hides from an abusing father by sitting in a sycamore tree. Great stuff!

Joe Diffie "A Night To Remember" EPIC.

Perhaps feeling he may have been getting stale, Tulsa, Oklahoma country artist Joe Diffie decided that super hot producer Don Cook (Brooks & Dunn/Wade Hayes) should be at the helm. Joe also eschewed anything but traditional country for this album and he co-wrote four of the new tracks (a first for him). There are moments!

Chely Wright "Single White Female" UNIVERSAL.

This is the album that reveals who country star Chely Wright is. Truly an entire lifetime of personal experience has been poured into its creation with the likes of Vince Gill and Trisha Yearwood helping out. Check out the title cut as well as "Picket Fences" written when feeling the ache of her parents' divorce. Fabulous!

Vanessa-Mae "The Original Four Seasons" EMI.

With her rendition of Vivaldi's "Four Seasons" and Tartini's "The Devil's Trill Sonata", violinist extraordinaire Vanessa-Mae has once again made an elegant and memorable splash. One is hooked after the opening track "Spring" and one is also more than willing to go on to whatever adventure lies in store for the rest of this generously filled program.

Lit "A Place In The Sun" BMG/RCA.

Lit is a band from Orange County, California whose influence runs the gamut from Iron Maiden to Elvis Costello. The key track is "My Own Worst Enemy" about regretting in the morning what one has done the night before. Other than that? Hmmmmm!

Various Artists "Austin Powers: The Spy Who Shagged Me" WEA.

A sequel to the 1997 Austin Powers comedy smash. The soundtrack returns to the Age of Aquarius as various musical icons remake classic pop hits from the '60s: Lenny Kravitz (American Woman), R.E.M. Draggin' The Line), Madonna (Beautiful Stranger) and the beat goes on!

OZMOZ "Soundtracks Volume 1" OZMOZ.

Seventeen frisky and friendly instrumental cuts featured in various movies and television shows from "Moving The Mountain" concerning the adventures of a Canadian-Chinese family to "It Could Never Happen To Me" concerning fire prevention. The main body of the album is freewheeling, wholly satisfying and cumulative in its impact. Grrrrreat!

Jeri Brown "I've Got Your Number/Justin Time.

Jeri Brown is one of the finest living jazz singers. Witness her new offering with guest vocalist Leon Thomas who duets on two cuts. The tracks titled "Softly As In A Morning Sunrise" and "Joy" sum it all up.

Various Artists "Lost & Found" Capitol.

A comedy about finding one's true love at any price, even if it involves a little dog-napping along the way. The soundtrack basically features hit songs from the past: Roger Miller (King Of The Road), Dean Martin (That's Amore) as well as a few nuggets from Zebrahead, Menthol and Kottonmouth Kings. A few highs and a few lows.

Happy 50th Wedding Anniversary

Neil & Elva Rupert

who were married at Mountain, Ontario on August 20th, 1949.

Best wishes from all your children



Happy 47th Birthday on Friday the 13th

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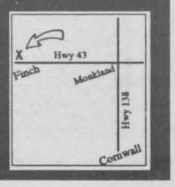

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Living A Sheltered Weekend August 20th to 23rd

For 72 hours four brave souls, including the associate minister from St. John's Presbyterian Church in Cornwall, Ontario will be living in a makeshift shelter in the Canadian Tire Parking Lot on 9th Street East to raise public awareness of the problem of substandard housing in the Cornwall area. They will be setting up the shelter at 9 am on Friday morning, and will be living in the shelter until 9 am Monday morning. Pledges are being accepted for Habitat Humanity Seaway Valley, to raise money to build Habitat homes in the Cornwall area.

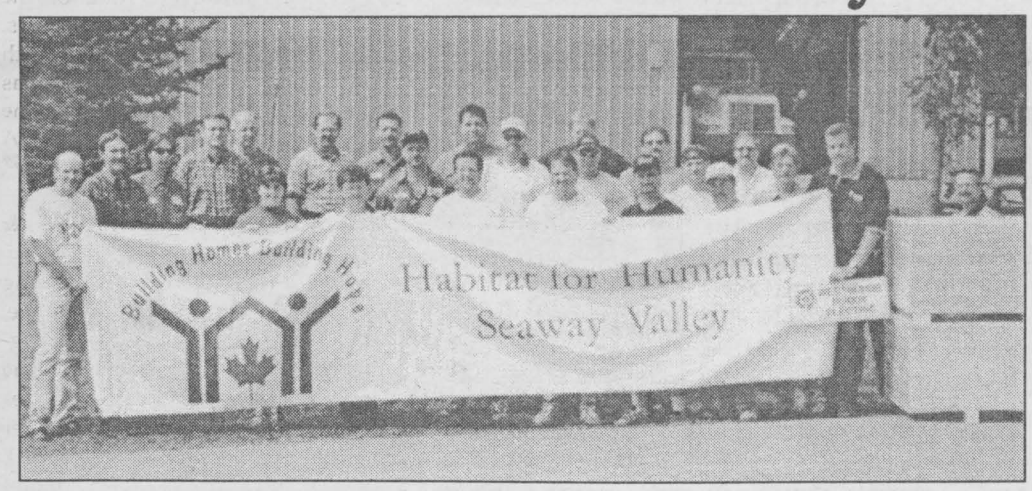
Habitat for Humanity is an independent, non-profit Christian housing program dedicated to the elimination of poverty housing by building homes in partnership with families in need. Homeowners contribute hundreds of hours of "sweat equity" to the construction of their own homes then repay a long term, no interest mortgage. Mortgage costs are kept low by the use of volunteer labour and the generous donations of funds and building materials.

Homeowners are chosen based on:

- their need for affordable housing
- their willingness to partner with Habitat for Humanity
- their ability to pay back a no-interest mortgage.

For more information, please contact Habitat for Humanity Seaway Valley at 937-8976. Your support is greatly appreciated.

Habitat for Humanity



A story that ran last week on Habitat for Humanity Seaway Valley stated that Johns Manville had donated $25,000 cash. The amount should have been $2,500. This was a typographical error and Seaway News apologizes for any inconvenience this may have caused.

Habitat for Humanity Seaway Valley is a local organization with the mission of eliminating poverty housing. Habitat for Humanity Seaway Valley's motto is giving people a hand up, not a hand out.

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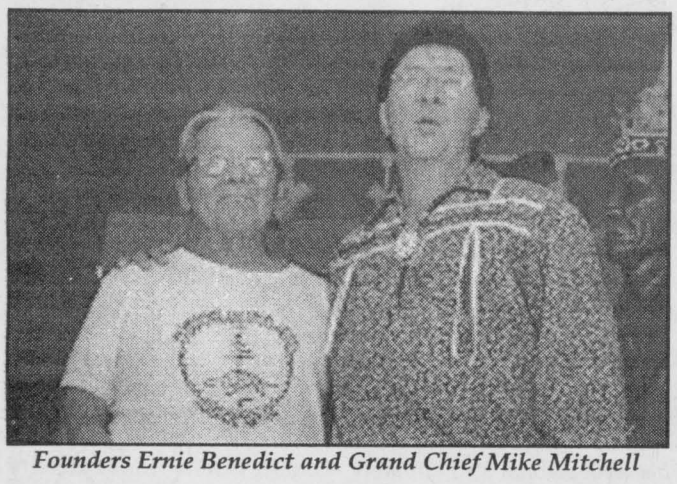
NNATC - 25th Anniversary

by Chantal Tranchemontagne

The Native North American Travelling College celebrated its 25th anniversary with pride, people and perfect skies on Sunday, August 1st.

The college opened the celebrations with a ribbon cutting ceremony for their new art gallery.



Founders Ernie Benedict and Grand Chief Mike Mitchell

"To mark today with the opening of a new gallery is further proof of the enthusiasm and the pride that the Mohawk Nation has in its past," said MP Bob Kilger in his congratulatory speech.

Mohawk Elder Ernie Benedict was on hand to cut the ribbon. The 81-year-old founder said he was pleasantly surprised to see so many people attend the event.

"It's much nicer than I could have imagined," said Benedict.

Before the NNATC was officially established 25 years ago, Benedict, along with other Elders, crafts people and artists, toured around surrounding communities to teach Native peoples about their own culture. This became the vision for the college.



Cindy Jock from Three Sisters Baskets

Grand Chief Mike Mitchell helped to carry on the ambition of educating others. He left a job with the National Film Board a quarter of a century ago to help set up the college.

"It's been a long dream that Mohawks wouldn't lose their culture and somehow we would find a way to protect it. Would we last? Nobody knew," chuckled Mitchell.

The art gallery is only one of the symbols of the college's success. Behind the main building, a stockade encircles a 25-foot-long by 20-foot-high long house, a traditional Mohawk dwelling and gathering site. In addition to these impressive structures, the gathering featured many artisans and people to demonstrate Native traditions such as basket weaving.

"I find this exciting and rich with history," said Rebecca Keenan, 26, who came from Ottawa to participate in the celebrations.

Performances ran throughout the day with the Jim Skye Dance troupe leading off. The group danced with fervour in fringed leather and beaded attire, crowned by impressive Kastowa or feathered head dress.

Elder and group leader Jim Skye told the audience that participation in cultural events such as the college's anniversary was a "means of learning of someone else's culture and sharing ours."

The spectators were treated to more performances by the Inuit Throat Singers and the Maori Dance Theatre from New Zealand.

"We came to see the dancers. We love the music. That's why we're here," said Beatrice Paul, 58, who travelled with her husband from Alexandria. Sitting under the shade having a bite to eat, Paul said it was their first time at the college. She added that they were impressed by everything they had seen.

It was a weekend of celebration for Carol Lafrance Ross who celebrated her 56th birthday the day before. With granddaughter Sara in tow, Ross, also a member of the board of directors, said that she is proud of the college's growth.

"I hope we get bigger and better," said Ross. "The possibilities are endless."



Members of the Jim Skye Dance Troupe



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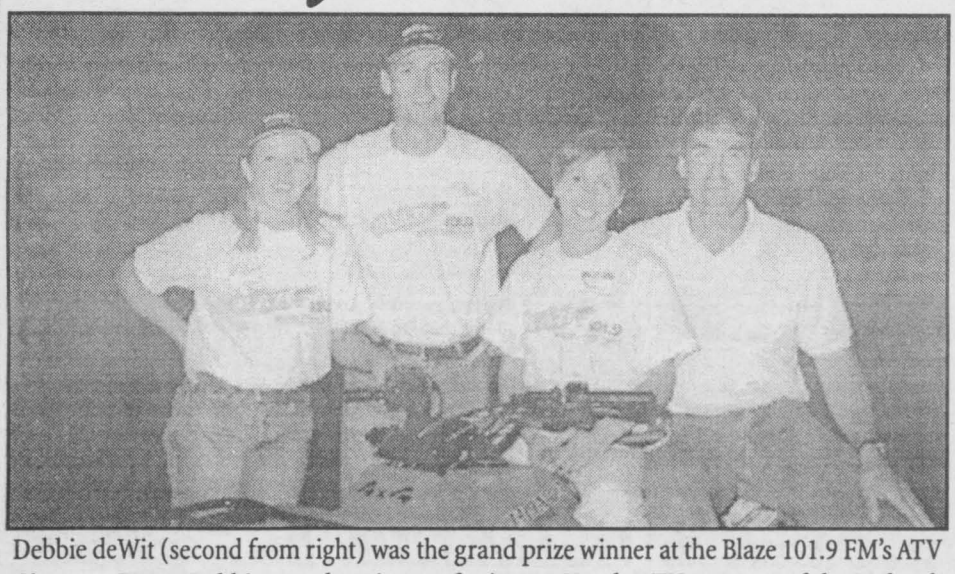

Debbie deWit (second from right) was the grand prize winner at the Blaze 101.9 FM's ATV Giveaway Party. Debbie was the winner of a $7,000 Honda ATV courtesy of the Mohawk Bingo Palace and The Blaze. She was one of 101 qualifiers chosen by the Blaze on the air over the last two weeks. All of the qualifiers won a prize, ranging from $25 to $125. From right is Bill deWit, Debbie, John Bolton (Blaze program director) and Sue Stewart (Blaze promotion's director).

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Music Revival To Happen At Upper Canada Village

Upper Canada Village is proud to present a 19th century Musical Revival weekend on August 14th and 15th. This special weekend will highlight Village musicians as well as special guests from throughout the country.

Throughout the weekend, Paddy Tutty, Clurichaune and Fresh Water Trade, will provide music and song reminiscent of the 1860s in the beautiful setting of Upper Canada Village.

Paddy Tutty, from Saskatchewan, is a multi-instrumentalist whose clear, pure voice brings veracity and vividness to the ballads, folk songs, and dance tunes that she has collected from Canadian, European and British sources. Clurichaune - if you know that Clurichaune is the guardian spirit of the wine cellar is that it is pronounced to rhyme with leprechaun, then you will undoubtedly be able to figure out that these western Ontario lads are proponents and purveyors of traditional Irish music. Fresh Water Trade, true to their name, will bring out the fiddle and flute to blend with their fine voices in songs and stories of the Great Lakes, canal and waterways of Canada.

These performers will be showcased throughout both days as well as participate in workshops (Saturday and Sunday).

1999 Chesterville Fair

The Chesterville and District Agricultural Society is delighted to present the 1999 Chesterville Fair, August 27th, 28th, and 29th.

This year's fair features three days of non-stop activities, entertainment and displays which will delight the entire family. Many new and exciting features are appearing along with some of the traditional favourites. In addition, affordable prices, clean and roomy grounds in a small town setting make the Chesterville Fair an ideal outing for families, seniors and just about everyone else.

Headline entertainment for 1999 will include the Imperial Hell Drivers Motor Madness Stunt Show on Saturday evening. This amazing spectacle will be followed by a dance featuring country-rock band Ambush. Sunday's big event will be the professional Rodeo always a huge hit for its excitement and danger.

Another major change this year is the addition of an exciting new Midway featuring bigger, better rides such as the Himalaya and other fun events like rock climbing and Laser Tag. Discount ride bracelets will be available for the serious thrill seekers.

Reflecting the Chesterville area as an agricultural community are a tremendous variety of shows and educational displays, many of which are interactive. Friday night's cattle show, for example will feature some of the finest examples of Holsteins in the world.

Other highlight events this year include a volleyball tournament, pet show, 5k run, classic car show and swap meet, talent show and much, much more. In fact, there is so much going on, you will find it hard to take in all of the exciting events. You should probably plan to spend more than one day enjoying the Chesterville Fair, the biggest little fair in Eastern Ontario.

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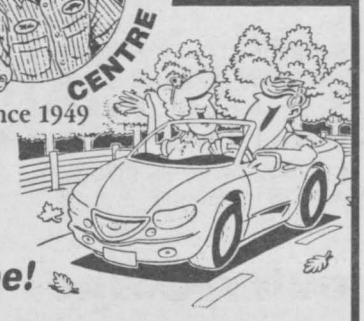

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EDITORIAL OPINION

PERSPECTIVE

My Catholic Church Critics Are Still (Deliberately?) Missing The Point



Bob
ROTH

Let me try to penetrate the wall of ignorance one more time.

As you know, I encourage readers to write in and disagree with me on any issue, but I do implore you to add to the debate by providing a new insight or a counter-argument. It does little good to simply heap insults on me without specifically responding to the questions I raise.

Let's move the debate forward, not try to stifle it.

Unfortunately, several letters-to-the-editor recently demonstrate that my critics either can't read or that they are old-time tyrants who just want to muzzle free speech.

Leading the pack is labor leader Mike Oliver, who demonstrates with every letter why he finished so poorly in the last municipal election.

Mike, you're just not logical.

In his letter a few months ago, Mr. Oliver rails at me for calling for Bishop LaRocque's resignation over the church's pathetic handling of child abuse allegations and hush-money payoffs.

I have listed several reasons for calling for the bishop's resignation, including his providing the public with wrong information on the "gag" clause that went with the hush money, and his most recent decision (after consulting "God," of course) not to rigidly enforce the diocese's new policy on child abuse allegations against Catholic clergy.

Mr. Oliver argues that I have "some sort of vendetta" against the bishop.

Why?

Did John the Baptist have a "vendetta" against the power structure of his day because he refused to shut up about sin, corruption and abuse of power?

Perhaps Mr. Oliver would like to go back to those good old days when the authorities could chop somebody's head off for challenging the status quo.

Or perhaps we could move forward a few centuries and make Mr. Oliver "Chief Inquisitor" and have me burned at the stake as a heretic. Or perhaps the church could excommunicate me or condemn me to hell for suggesting that the earth is round and circles the sun — as the Catholic church did to the astronomer, Galileo. (I'm sure the Mike Olivers of that era also staunchly defended the church's behavior — keeping us in the dark ages even longer.)

Mr. Oliver asks "why not let the courts deal with what are the courts."

Read my columns again, Mike. I have stated more than once that the legal questions must be decided by the courts. My key point is not a legal one, but rather a moral one.

The charges are one thing, but the way the hierarchy has responded to the whole situation is, in my view, where the real rot is to be found. People have been mislead, their offerings have been taken without their knowledge and used immorally (if not illegally), and now we have the same hierarchy making a mockery of the very guidelines that were designed to restore faith in the church.

That is the issue.

I am not standing in legal judgement of priests. I am, however, as a citizen in a free country passing judgement on the continuing abominable behavior of the church on the issue of child sexual abuse.

Mr. Oliver writes: "I tire of Roth's constant written dribble."

Well, take a nap, Mike.

And then, wake up and smell the coffee.

Because I'm not going to give you my head on a platter.



Letters to the Editor

Admit Error Was Made

Dear Editor:

How many city taxpayers watched the meeting on Channel 11 on Tuesday, May 25th re: 1993 by-law Sewage System, as new business, and was out voted, as six councillors did not want to hear about. Someday you people may feel like all of us taxpayers one day, and you will see what it is like to fork out thousands of dollars, when you have to dig in city property. Why do we pay taxes, water, sewage. For what?

The four councillors that listened and spoke our behalf tried to reason with the other six councillors to review the Sewage System by-law. These four councillors were voted to represent the city taxpayers and do their job well, and we will remember you when election day comes around. As for the other six it is time for you to get out, as there is no room for people like you, who cannot stand up and represent all the taxpayers. One councillor had a disgusted look on his face and also suggested meetings to be shorter! Why? Some councillors should not be so rude (and you know who you are). I made a video tape of this meeting when the clerk read the report on new business.

Chris Savard, you should be ashamed to say you did not vote for the Eamers Corner taxpayers, when this so called project was paid by the City of Cornwall. What is the difference with city property?

I agree that if there was help either the City pay all or half, (it is city property) it should date back to all the other taxpayers who also had to pay. Maybe a rebate on our so called taxes.

I understand times were hard and cuts had to be made, but admit you made an error.You should have to put extra dollars aside for emergencies and pay your share on city property, if not, then it is time we all pull together and voice our opinion.

It is time city hall looks around and cuts expenses. They got money from the government and some councillors did not know what to do with it, along with the sale of Cornwall Electric. Put some dollars aside to help the taxpayer. It isn't asking too much.

Let's hear from the rest of you taxpayers who had similar problems, and who feel the same way as us. Call 932-3991.

Furious with the system.

Yours truly,
Mrs. Marjory Brunette,
Cornwall, Ontario

Sad Points of Justice

Dear Editor:

How sad that so many people stood in the way of justice and Project Truth so long that not only have the guilty not been punished, now we have crazies coming in from all over with all kinds of accusations against innocent priests all to collect a dollar. Hey, that's how they do it in Cornwall.

Mr. Roth did not bring down the church. That happened on the 11 o'clock news one night when we realized the accused pedophiles were all Catholics and 90% French speaking. Even the dead ones! We are not so dense we could not figure it out for ourselves.

Why are the people who are trying so hard to defend the innocent always winding up proving their own innocence, even in the military?

Mr. Roth, Constable and Mrs. Dunlop, Mr. Kory Kennedy please keep up the good work. There is a God out there and surely you will be rewarded. Furthermore, if you don't we will not be living in Cornwall, Ontario much longer. Our address will read Cesspool, Ontario.

One concerned citizen.

Yours truly,
Rita Boulerice,
Cornwall, Ontario

Blood Donor Clinic A Success

To The Media:

Thank you once again for co-sponsoring the 1999 Mayor/Media Blood Donor Clinic.

As you are no doubt aware, the clinic was a huge success.

A successful Mayor/Media Clinic is dependent on getting the message out to donors in the days and weeks before the clinic to raise the awareness of the importance and urgency of giving the gift of life. By all accounts, you did achieve that objective.

Thank you for your continuing support.

Sincerely,
Brian Sylvester,
Mayor

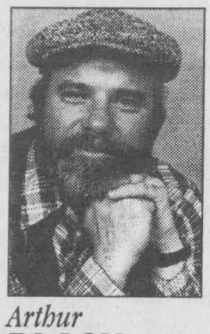
Seaway News welcomes letter to the editor. Letters should be no longer than 400 words, are subject to editing and must bear the writer's name, address and phone number for verification.

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

BASIC BLACK

A Good Walk Ruined

Very few blacks will take up the sport of golf until the requirement for plaid pants is dropped.
Anon.



Arthur
BLACK

Golf. What a peculiar way to spend one's leisure time. Hunting and fishing, I can understand. Birdwatching is reasonable. Stamp collecting, wildlife photography -- even train-spotting kind of makes sense.

But golf?? A pastime that encourages participants to dress like Moscow pimps, wear goofy shoes with thumb tacks on the bottom, and ride around in a motorized dustbin all afternoon in the heat of the midday sun whacking a little white ball until it disappears down a hole?

Golf. The very name sounds like a throat obstruction. The funniest thing I know about golf is how seriously some golfers take it. Your typical golf fanatic thinks nothing of rising at dawn and creeping from the house like a commando to make his/her way to the clubhouse, there to prepare the clubs and woods as carefully and reverently as Achilles selecting spears and arrows for the siege of Troy.

Committed golfers approach the first green like Montgomery surveying Alamein. They monitor the wind, the relative humidity. The amount of dew on the grass. The length of the grass. The nap of the grass.

Folks-- we are talking about knocking a ball into a hole using sticks, here. It ain't Quantum Physics.

But Hell hath no fury and humanity hath no stubbornness like a dedicated golfer. Last month (true story, folks) a golfer on the second hole of the Metrairie Country Club course was shot in a drive-by shooting.

No big deal. The second hole isn't far from a highway. Some redneck in a truck decided to take some target practice and drilled the guy as he was preparing to tee off. Shot him in the right hip. The news story contains a kicker: "The shooting did not stop other golfers en route to the second hole, who slowed to watch the scene, but then moved on."

That's how it is with truly dedicated golfers. Reminds me of the story of the golfer shipwrecked on a desert island for ten years, when suddenly one day -- a gorgeous woman washes ashore.

She was tattered and dishevelled, but she was clutching a watertight suitcase. Turned out she was the sole survivor of a cruise ship that had foundered on a coral reef. As grateful as she was to have survived, the woman was amazed at the golfer's story.

"You've been marooned here for ten years?" she marvelled. "It's true"admitted the castaway.

Did you used to smoke? she asked.

"You bet" says the man. "Why?"

"Well I'm pleased to offer you your first cigarette in ten years." With a smile, the woman pulled a package of Player's Filter from her bag.

"Wow! Thanks a lot!" says the man.

"And were you a drinking man?" asked the woman. "I've been known to enjoy a glass or two" said the man. "Here you go" says the woman, hauling a flask of five-star brandy out of her suitcase.

The guy takes a swig of brandy.

"Say" says the woman, "It must be ten years since you, uh....you know.

The golfer's jaw drops. His eyes bug out. "Don't tell me..." he gasps.

"You mean you've got a set of golf clubs in that bag?"

The Great Grocery Grab



The Blaze 101.9 recently held a "Great Grocery Grab" at Farmboy, 814 Sydney Street, where five lucky qualifiers from an on-air contest on The Blaze got the opportunity to race around Farm Boy shopping in the Great Grocery Grab. Up for "Grabs" was five hundred dollars worth of free groceries courtesy of Farm Boy. Pictured above (l to r) are: Diane Fournier (racing for the injured Marlene Barcier), Winifred Wilson, Robert Cooper, Joanne Brault and Isabelle Champagne. Marlene's team ended up taking the crown.

Millennium Program Honours Seniors

In the year 2000 there will be one in almost every community across the province - a centenarian, someone whose life spans the 19th, 20th and 21st centuries.

These are people who have seen an extraordinary amount of change in their lifetime - from the Model T to the Apollo spaceships, the birth of television to the development of the Internet. Now the provincial government wants to honour our most senior citizens for the work they've done to make Ontario one of the best places to live, work and raise a family. A special initiative has been established for Ontario residents who will turn more than 100 years old in the year 2000. It's part of Ontario 2000, the province's program to commemorate the new millennium. The program features a series of inclusive, community-based initiatives to involve everyone, of every age, in creating a meaningful legacy of this once-in-a-lifetime event. On July 13, 1999 Citizenship, Culture and Recreation Minister Helen Johns - also the Minister with responsibility for Seniors and Women - launched the Three Century Club at Toronto's Baycrest Centre for Geriatric Care. "We owe an enormous debt of gratitude to our seniors," Minister Johns said. "The dawn of the new millennium gives us a golden opportunity to honour them for their contribution to Ontario's growth, prosperity and diversity." It is estimated that there will be as many as 1,000 Ontarians eligible for induction into the Three Century Club during the year 2000. Members of the Ontario 2000 staff plan to identify as many of them as possible, as soon as possible, through a list of more than 4,000 seniors' healthcare and social organizations.

Behaviour Change Increases Lifespan

by Dr. Robert Reid

For the past four years, Canada has been ranked the number one country in the world to live. Clearly, Canadians believe in and are committed to longevity, prosperity and good health. We all know what it takes to be healthy. We know that exercising regularly, sleeping eight hours a night and eating breakfast everyday are integral to our health, yet so many of us have trouble changing unhealthy behaviours and following healthy habits.

Understanding why we can't follow healthy habits and how we can motivate ourselves to make positive changes, is what the emerging field of health psychology is all about. Over the past decade, behavioural scientists have focused on developing a variety of new approaches to understand how people can be motivated, encouraged and assisted to start and maintain important health habits.

Research suggests that people can successfully learn to regulate their own behaviour, but it helps to set the conditions. "People are more likely to change their behavior for good if they see important and immediate benefits, the change is integrated into their lifestyle, and they get the right kinds of support," says Dr. Robert Reid, Senior Consultant, Health Promotion at the University of Ottawa Heart Institute.

Health habits are also often interlinked. For example, the Heart Check Risk Factor Survey conducted at the University of Ottawa Heart Institute, found that 3,105 women between the ages of 30 and 69 surveyed, those who skipped breakfast had higher cholesterol levels, weighed more, and were less active than women who ate breakfast everyday.

Psychological principles, such as motivation, goal setting, problem solving, feedback and the relationship between behaviour and the environment, provide insight on how this can be done. Health professionals can be more effective in helping their patients achieve behaviour change goals if they utilize health psychology principles, says Dr. Reid.

Dr. Reid's own research over the past 10 years has focused on how people change important behaviours linked to the prevention of heart disease and cancer, such as eating, smoking, exercise and coping with stress. He offers the following tips on how to make successful changes to health habits:

Healthy Habits

• Think about why you want to change. Focus on what's important to you - not necessarily what you think other people expect. Make a list of the benefits you expect if you are successful.

• Keep track of the behaviour you want to change. For example, if you want to change your eating habits, monitor your intake for a few days. Make a note of the time and location of your meals. Look for patterns and specific things that can be improved.

• Talk to people who have already successfully made the change. Ask them what worked for them. Think about whether their ideas might work for you. For example, if the goal is to eat breakfast more regularly, it helps to understand what is considered a healthy breakfast and to establish concrete ways that will help to maintain this new habit, such as getting out of bed 15 minutes earlier.

• Make a firm commitment. Set a date not too far into the future (within one or two weeks) when you will get started.

• Set goals and monitor your progress. Larger goals should be broken down into smaller steps that can be accomplished in relatively short periods of time. For example, if your goal is to lose 15 pounds over a 10 week period, weekly weight loss goals of 1-2 pounds might make sense.

• Make a plan. Think about what might stop you from making the changes you want. Write out a strategy about how you will overcome the barriers to the change you envision. For example, if you plan to walk everyday at lunch, what will you do if the weather is bad? An indoor activity can serve as a back-up.

• Get help from other people. Health professionals, support groups, community organizations, friends, co-workers and family can provide support to give you new ideas to keep your healthy habits on track.



Letters to the Editor

Bob Roth's Perspective

Dear Editor:

This letter is in response to Bob Roth's opinion in the Seaway News on July 30th, 1999, titled, "Time To Clean House in the Canadian Armed Forces". I wonder how much media bashing the Canadian Forces must endure before the good news makes the papers.

Mr. Roth wrote about Canadian soldiers being exposed to contaminated soil and our Military's refusal to recognize the incident. This to me is reporting, but to single handedly target every member of the Canadian Forces as killers, Quote "Human beings were tortured and killed by our troops" Unquote, is simply outrageous.

Take a good look around, 1 person killed 9 co-workers at OC Transpo, 3 youths kill a Police Officer near Sudbury and the list goes on. You talk about Right-wing Racist Behaviour, Killing, Incompetence, Lies and Cover-ups. Does this not happen in the general public? I'm beginning to wonder what colour the sky is in your world.

I have completed 4 Overseas missions and I'm deploying on my 5th tour to Kosovo in December. In the 15 years of my career, 10 of which were in C.F.B. Petawawa, I have yet to see or encounter this type of behaviour. It seems the only good press the Military gets is "No Press." I invite you and other reporters to join me in Kosovo this winter and dispel the myths.

If you're going to write about a topic at least do your homework. The airborne Regiment was not disbanded because of what happened in Somalia, but down-sized like the rest of the Canadian Forces, it just so happened that both instances occurred at the same time. In case you didn't know Jump Companies still exist in each of the 3 brigades.

As for our role as peacekeepers, to this day Canada is still the most respected of all the United Nations Countries. Once again if you'd have done your homework you would have seen that Soldiers like myself and numerous others have received citations and or Medals for their work above and beyond the call of duty. So Mr. Roth if you choose to trash the Canadian Forces first get your facts straight. Second be careful what you print, somebody could read it.

MCpl. Charles I.R. Smith
2 Service Battalion
C.F.B. Petawawa

The Fishing Situation As I See It

Dear Editor:

Let us forget for a few moments about the controversies of City Council, and let us talk about something that is important to each of us in S.D.&G., as well as Cornwall. (1) Promotion of Tourism. (very important). (2) Remember our people. Not only the politicians, but our fishermen, our boaters, our hunters, of Cornwall and area, who have paid taxes and promoted our city, and our people for years and years.

Let us discuss the famous Harris government and all its representatives.

For years our sportsmen have been begging and appealing to governments to help our citizens to stop the commercial group from buying licenses to allow the netting of our perch in Lake St. Francis and St. Lawrence River. Taking and selling Perch (regardless of size) to Quebec dealers many ending up as cat food. What a shame. By the ton and making thousands of dollars at the expense of our fishermen and their families.

Don't forget what has happened over the years to our Cod situation, a condition that has been ignored by our federal government and its lack of proper legislation and control. Where is our Cod population now?

Many of these people who legislate our rules and regulations, never have fished or hunted, also seem to care less. But they tell us what we should do.

Give the ordinary taxpayer an opportunity to participate as well as being heard. Many of which are experts, but most of the time not listened to, nor the suggestions they might make, to help resolve the problems as they truly exist.

Politicians please eliminate the privilege of commercial fishing netting, regardless of perch spawning time, or anytime. Make these people catch their limits like all of us do, if we are lucky enough.

They add thousands of dollars to their bank accounts, at the expense of our depleted perch population. Visit and speak to our sporting fishermen in our area and find out first hand that we are right. Help our people, help our perch population survive -- Please! Before it is too late.

Give the sporting fisherman and his family a fighting chance to obtain a fish roll, or an occasional fish meal.

Why not listen to the ordinary person once in awhile? Think of our younger generation's future of having available an opportunity to do a bit of sporting fishing at his or her disposal.

Perch are fast disappearing in Lake St. Francis, mainly due to the fact of the issuing of commercial net privileges to some people who are taking our fish out by the ton.

Cancel these net privileges of the commercial fishermen.

Help all our people, fishermen, boaters, sportsmen, our taxpayer, our younger sportsmen, giving them a chance.

Remember our Cod situation, do not let our perch population fall into the same trays or should I say NET.

Come down to Cornwall and see and hear for yourself the situation of which I speak in this letter. See if I am wrong. I dare you!

Sincerely,
A. Lebano,
Cornwall, Ontario

P.S. Now I am told you are considering, and probably approving fishing and hunting in our northern territories and wilderness parks. What is going to be left for your grandchildren when you arrive in Heaven or Hell?

Remember!

Will The Truth Ever Be Told?

Dear Editor:

I have never written a letter "To The Editor" before but I cannot let this $5.6 million dollar blunder go by without putting my two cents in. I have a couple of questions concerning Councillor Korey Kennedy's motion that I wish someone could answer for me.

First of all, I always thought that a motion had to have a seconder before it can be brought to the council table. Since this motion was defeated by a 9 to 1 vote, I don't see why Korey's motion was even discussed in the first place. The Mayor and the Councillors took this opportunity to take a jab at Korey Kennedy, so I guess the answer to this question is obvious.

Secondly, everyone at the council meeting told administration how much they trusted them and hoped that they weren't hurt by Korey's motion, yet Frank MacDonald was let go. Wasn't he part of Administration too?

Someone had to take the rap for this $5.6 million dollar blunder....Right?

To Korey Kennedy I say: "Keep up the good work". It's nice to finally have someone on council who speaks up for the citizens of Cornwall.

To the Mayor and Councillors, I say: "Thank you for making it easy for us to vote at the next municipal election".

Yours truly,
Mr. Calvin Tyo,
Cornwall, Ontario

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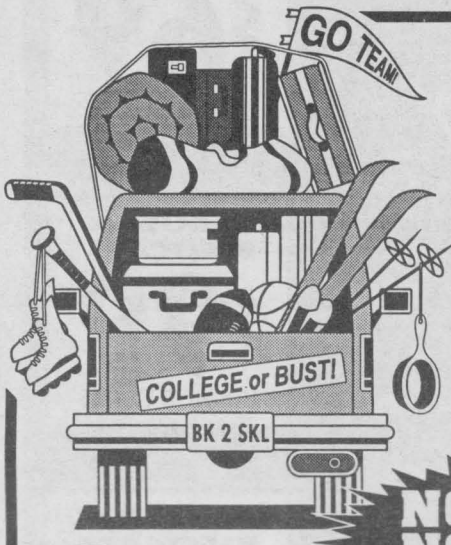

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INVESTING YOUR MONEY



By Jim Magie

Strike A Solid Investment Balance

Recent turbulence in the stock markets has reminded investors of the old adage that "what goes up, must come down." While it's important to remember that you're in this for the long term, you should regularly take stock of your portfolio, and fine tune it where necessary.

For example, you may have a higher percentage of equities in your portfolio than you're comfortable with, simply because the stock markets have provided much higher returns than investments such as bonds over the past few years. Or perhaps you're uncomfortable with that aggressive mutual fund you bought, and realize that your comfort, or risk tolerance, is actually lower than you thought.

Whatever you find in your own portfolio, some of you will likely decide that it's time to put money into more conservative investments. If you're looking for an alternative to pure equity mutual funds, here are some options to consider.

Bond Funds

These funds typically offer steady returns and regular income. Many investors hold a balance of bond and equity funds in their RRSP portfolios to reduce the volatility of their holdings - that is, the extent to which their returns fluctuate each year. Why? Because stocks and bonds tend to react differently to market and economic conditions. If stocks are doing well, interest rates are usually low, and bond returns will tend to be low. But if interest rates rise and the economy is uncertain, stocks, as a group, don't do as well as bonds.

You may have ignored bond or income funds in the last few years, as your equity fund returns have done so well. Or perhaps you're closer to retirement now, and preserving capital is becoming more important than double digit returns. If so, a bond fund may be the right choice for you.

Balanced and asset allocation funds.

Balanced and asset allocation mutual funds hold a mix of equities, bonds, and cash in one portfolio. Many fund companies use the names balanced fund or asset allocation fund interchangeably, but, in general, a balanced fund targets a fixed mix of assets - such as 50% equities, 40% bonds and 10% cash - while an asset allocation fund targets a range - such as 40% to 80% equities, 20% to 60% bonds, and 0 to 40% cash. You should read the prospectus or talk to your investment professional about the fund you're considering, to see whether it targets a fixed mix (balanced fund) or a range (asset allocation fund) of assets.

Many investors pick a balanced or asset allocation fund as a core fund in their retirement portfolios because they offer the convenience of instant diversification, or "one stop shopping", within your portfolio. Which one should you choose? That depends, of course, on your overall comfort level and time horizon.

An asset allocation fund gives the manager the ability to load up on equities or bonds if market conditions point to strong performance in one of these asset classes. You benefit from the professional investment expertise of the manager in choosing individual securities and asset classes. However, asset allocation funds can be more volatile than true balanced funds, because their performance may be tied more heavily to one asset class or to market conditions.

A true balanced fund that targets a fixed mix of assets is always well-diversified. That means that the returns will be steady and moderate. You benefit from the expert investment selection skills of the manager and the safety of a predictable asset mix.

Talk to your investment professional today for more information about balanced mutual funds.

This article was prepared by Fidelity Investments for James R. Magie, Vice President, Investments, who is an Investment Professional with Hunt Financial Services Inc.

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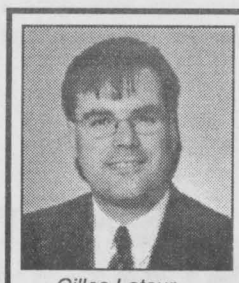

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United Way Helps with School Project



Pictured with Keith Jodoin and Elaine Myers are students Alyson Runions and Paul Gauthier.

The Cornwall United Way was selected as a possible charitable organization which would reap the benefits of the foresight of two St. Lawrence College students who were graduating from a three year Business Technology program. Their teacher, Cathy Simpson, discussed the possibility of suing the United Way in a community based project to upgrade the obsolete computer software presently being used by the local chapter. Using new computer program software to compliment the work being done by the United Way has resulted in a saving of over $8,000 and Keith Jodoin stated that, "the new software packages will be of great assistance for the upcoming fundraising campaign for the Millennium." This school project began in January of this year and ended in April and both students graduated in May with an "A" grade for their initiative. Alyson has found employment with Ryder-Shell at the lubricant plant where she will be involved with logistics while Paul will be employed with ADT Security in a computer oriented capacity.

Story & photo by Aubrey Johnson

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Director, Health Care Programs
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(416) 327-7345, by **September 13, 1999**

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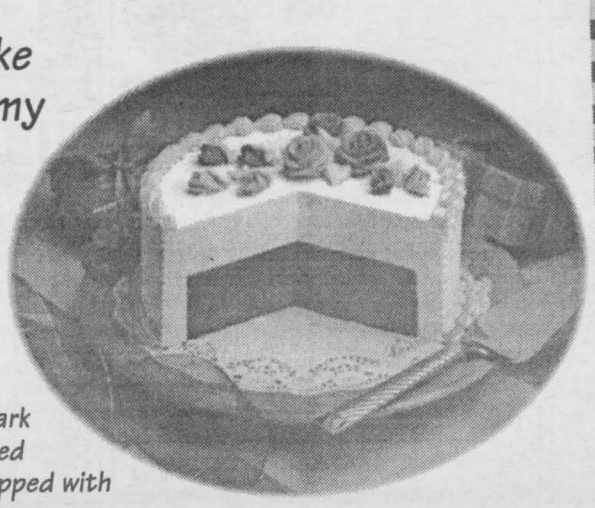

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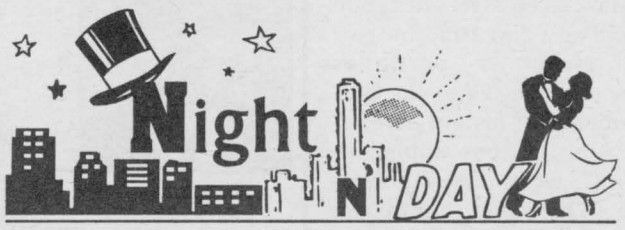

Entertainment - Special Events & Restaurant Review - By Bill Gallant

Had my first visit to Cornwall's newest dining establishment on the weekend. *DESTINY'S FAMILY RESTAURANT*, at the corner of 9th & Pitt Street, is now open and offer an impressive decor and menu. The service for the Sunday Buffet was quick & courteous, the food excellent and the owners have done a great job with creating a nice open atmosphere. There are several special night's planned and they include a Greek Night on Monday, Italian Night is Tuesday, and Wednesday will be Canadian Night. All three special evenings will feature three different food specials with an appetizer.The Lunch Buffet is open from 11:30am (Thurs. Fri.& Sat.), until 2:00pm (Thurs., Fri., Sat.) and the evening Buffet from 5pm-8pm from Thursday through Sunday. Welcome DESTINY as the new addition to the list of great places to dine in Cornwall and our compliments on a terrific menu.

Just days away from the annual *BIG BROTHERS AND BIG SISTERS GOLF TOURNAMENT* to be held at Summerheights Golf Links on Wednesday, August 18th. The event is sponsored by the Sylvester Group at Merrill Lynch and features a four person scramble format. Following the golf there will be a roast beef dinner served at *JAZZ MAGNOLIA'S* on Vincent Massey Drive. If there is still room for added registrations please call the Big Brothers Big Sisters Office at 933-8035.You may also just reserve for the dinner. Funds raised from this tournament will help the agency to continue its work of providing adult friendship and guidance to children from single parent families in Cornwall & S.D.&G.

There will be something new for the golfers attending the annual Tournament staged by the RCAF,Wing 424 this year. An extra trophy named for the late Rita Thompson, a long-time Wing member and the wife of a Past-President, Doug Thompson will become an annual award. Rita was a cherished member of the RCAFA Association, as well as an avid golf fan. The tourney organizer for many years, Dave Larkin created the new trophy award. The event will culminate with a steak feed and night of dancing at the Wing this Saturday. Members & guests' are also reminded that the monthly Birthday Party is scheduled for this Sunday beginning at 2pm.

There's quite a deal offered every Monday to Thursday this month at *MURPHY'S PUB & GRILL* on Second Street West. Its FREE Pizza with any beverage purchase between 11am-8pm. Also featured every Wed., Fri. & Sat. at Murphy's is the Karaoke.

Congratulations to the *CORNWALL OLDE CAR CLUB* on their showing at the A&W Drive-In parking lot last weekend. The public turn-out was great and everyone raved about the many olde autos on display. The owner/drivers were also dressed for the occasion in appropriate styles from their respective car era. There was a funtime also with the listening and dancing music from the 50's & 60's and literally a "trunk-full" of prizes awarded to the adults and children attending. It's an event that should receive much more media attention when it occurs. The organizers deserve high marks for their efforts in staging their many nostalgic events with those fine olde vehicles as the backdrop. Good Show Gang !!!!

It has been providing some entertainment as well as information for the past few weeks, but the Kennedy vs Council feud should now come to a complete halt. Surely a more positive, and yes even friendly, atmosphere should now become the focus as our civic leaders deal with the more important MILLIONS of our tax dollars that have been "mistakenly" lost. Take all the insults, arguments, slurs, jokes, finger- pointing, childish attitudes and the rest of this non-productive action and turn it into a serious search for some closure to it all. The search for the truth of what really happened should be on-going but in a more civilized fashion. Taxpayers don't care WHO wins.....just salvage some of our money and handle the rest of this debacle through normal channels.Chastise the guilty if necessary but GET BACK TO SOME SANITY PLEASE!!!!

And by the way.....have a G'Day and G'Night.

ASK THE CHEF



By Chef Gilles Gagnier
McIntosh Country Inn, Morrisburg

Pippins Pesto Salad

I am asked all of the time to recommend restaurants in other towns or cities. Of course, like anyone who dines out (and I do quite a bit) I have my favourite restaurants. There are probably only a handful of places (other than the Orchard Restaurant at The McIntosh Country Inn) that I feel entirely confident recommending. One of those very few is *Pippins* in Brockville. Chef/Owner Seth most certainly is knowledgeable and has a flair for elegant cuisine combined with a rather unique and very warm atmosphere. He was kind enough to forward the recipe for Pippins Pesto Salad, which is excellent. I like the idea of this recipe because it will teach you how to make a classic pesto that has many possible applications from pasta dishes to other salads, as well as teaching you the basic concept of making vinaigrette.

My culinary tip of the week:

Olive oils vary greatly in quality. Extra virgin being the best. A good quality olive oil is extremely important in these recipes. A little goes a long way so I would recommend that every serious cook should have a bottle of excellent quality olive oil at home, no other substitute will do. I know that here at The McIntosh, olive oil is one of the first things I check when placing an order. I couldn't imagine producing the high quality of food we do here without it.

Pippins Pesto Salad

Favourite Mixed greens
Mixed Greens vinaigrette:
1/4 cup rice vinegar
2/3 cup olive oil
3 tbsp. Lemon juice
2 cloves fresh garlic
1 1/2 tbsp. sugar
2 tsp. Fresh chopped basil (stemmed & washed)
1 tbsp. Dijon mustard
1 tbsp. Honey

Combine above vinaigrette ingredients in a jar with tight fitting lid and shake. Toss with favourite mixed greens leaving some vinaigrette to mix with Pesto.

Pesto

2 cups fresh basil (stemmed & washed)
1/4 cup pine nuts (almonds or pecans can be used)
3 cloves fresh garlic
1/4 cup Parmesan cheese
1 tsp. salt
Olive oil - enough to reach desired consistency.

Toast pine nuts in 350° oven for 5 minutes. In a cusinart (or other food processor) fitted with the blade attachment, puree basil for several minutes. Add garlic, toasted pine nuts, Parmesan and salt. Scrape sides of food processor and purree again adding olive oil in a thin stream (while machine is running) until you achieve the desired consistency which is a relatively thick paste.

French Chevre

Cut in 1/2 - 3/4 inch slices. Place on baking sheet and broil till golden brown. Serve on top of mixed greens dressed with Pesto vinaigrette.

Bon Apetit!

COOK'S CORNER

Lemon Broiled Chicken Breasts

INGREDIENTS:
1.Six fresh split chicken breasts.
2.Garlic powder.
3.Fresh ground black pepper.
4.Rosemary.
5.Marjoram.
6.Oregano if desired. [optional]
7. One lemon cut in half.
8. "Lowry's" seasoned salt.

INSTRUCTIONS: Wash the chicken in cold water and do not dry. Lay in a flat roasting pan skin side up. Season in this order with fresh black pepper, garlic powder, seasoned salt, rosemary and marjoram. Oregano is optional.

Turn chicken over and repeat the same process.

Place in a pre-heated oven set to broil or your highest setting with the rack close to the flame or element and let cook skin side down until golden brown. Turn chicken over with the skin side up and cook until dark golden brown. When finished pull rack with pan out and squeeze the fresh lemon halves all over the top of the breasts. Do not take the chicken out of the oven first, pull rack and squeeze while chicken is at it's hottest!

Place two chicken breasts on each plate with thin end facing each other and pour remaining juice all over each breast until circle at bottom of plate is just covered.

Serves six to eight.

Excellent with boiled new potatoes, quatered and topped with melted butter with parsley and a few sprinkles of course salt.

The "Nitty Gritty" of Y2K

The Y2K (year 2000) bug represents potential disruption in the delivery of some services. However, let's not lose sight of the fact that these disruptions are a temporary bump (or pothole) in the road - not the end of the world. The City of Cornwall Municipal Y2K Committee is working closely with agencies, businesses and various levels of government to ensure the safety of our citizens. The articles (which will appear until the new year) are to help you and your loved ones better prepare should something occur. For further information, contact the Emergency Planning Officer at 930-2787, ext. 372.

Different Emotional Phases of a Disaster

There is a certain predictability about the reactions of communities and individuals to disasters. It is important to note that while these reactions are talked about as "phases", this does not mean that they will occur for all people at the same time or in a sequential manner. The length of time of each of these "phases" will also vary and is not predictable.

1. HEROIC

The reactions described within the "heroic" phase will usually occur at impact and in the early stages immediately following the event. A sense of altruism is likely to be experienced as those involved at the disaster site become involved in a range of activities aimed at saving lives and material possessions.

2. HONEYMOON

As stated in the section on individual and community responses to disaster, strong bonds are likely to be formed by those members of the community who have experienced a dangerous event together. This sense of shared survival, together with the anticipation of help engendered through the promises and offers of assistance made through political, media and broader community interest in the event, are often referred to as a "honeymoon" phase.

3. DISILLUSIONMENT

As the recovery process progresses much of the initial euphoria at surviving and the anticipation of assistance diminishes. This often leads to a sense of ``disillusionment'' with feelings of anger, frustration and disappointment evident. Diminished support from the broader community, together with a realization of the enormity of tasks such as rebuilding and refinancing of homes, add to this sense of disillusionment.

4. RECONSTRUCTION

The "reconstruction" phase sees a realization that the ultimate responsibility for recovery lies with individuals and within the affected community. During this period the range of community restoration, physical reconstruction and community programs reaffirm the belief of those affected by disasters in themselves and in their community.

Excerpted from: "Community Responses to Disaster" by Rob Gordon and Ruth Wraith, The Macedon digest, Australia 1986-1988.

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The next information session will be held on Wednesday,August 18, at 10:00a.m. in M262

For more information, please contact: Louise Boulay at 613-933-4693, ext. 2153

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LIFESTYLES

KEEPING HEALTH IN MIND

Understanding Dementia

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

Understanding Dementia

The profile of dementia has been raised over the last few years through stories in newspapers and on television. However, as little of the information reported is definitive, it is not clear if the attention this condition is getting is confusing or clarifying things for the general public. This article may help by explaining some basics about dementia.

The term "dementia" can cause confusion. What does it mean? Simply put, the term refers to a group of symptoms that may have various causes and can take different courses. Although there are different types of dementia, they have a number of features in common, the essential of which is that it causes problems for the mind in processing information: a deterioration of intellectual functioning. It is in this area that the symptoms of dementia will first appear.

Dementia will involve an impairment of memory and may show in problems in the formulation of ideas whereby the individual will be unable to comprehend what they are reading or being told. Similarly, they may be unable to express their thoughts correctly either through speech or writing. Dementia may impair the ability to recognize objects or people for what or who they are. It may also lead to the individual getting disorientated or lost in a previously familiar place such as the house, the store or the immediate neighbourhood.

There are many forms of dementia. Alzheimer's Disease is the most common form and the most well known. However, mini strokes, Parkinson's Disease and chronic alcohol abuse are among the conditions that could lead to dementia.

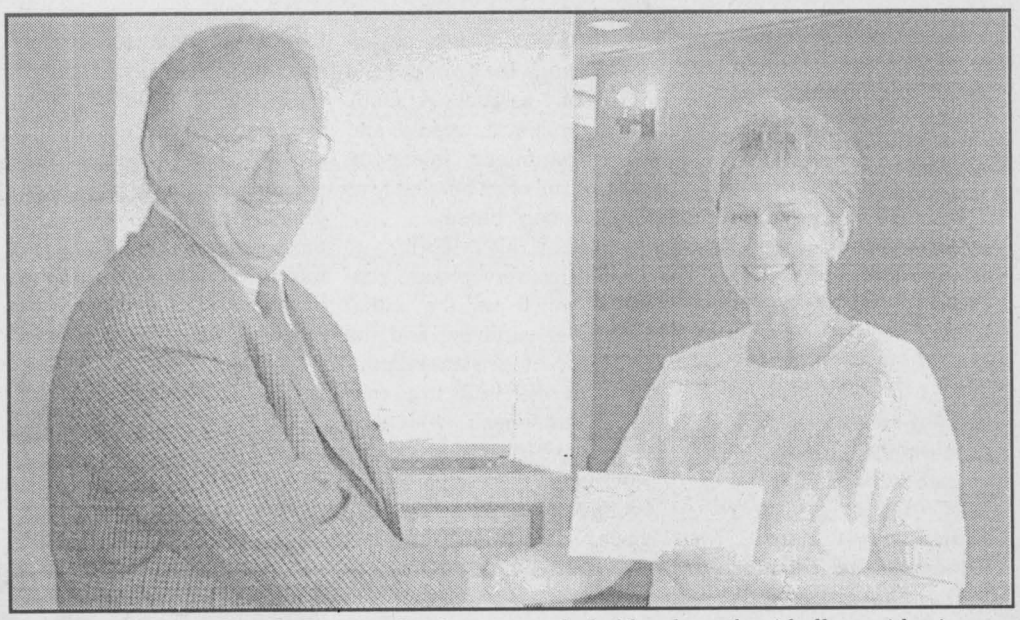
Do I have dementia? is a common question asked by people who may be suffering from memory problems. Remember, as diagnosis of dementia can only be made by a physician so if memory problems are worrying you, see your doctor. Most people have had a passing experience of failing memory at some time and for some reason. Keep in mind that although a dementia will lead to memory impairment, experiencing memory problems does not mean you necessarily have dementia.

It is a commonly held belief that dementia can only be accurately diagnosed after death. This may have been the case in the past but today there is over a 90% accuracy rate in diagnosing dementia in your doctor's office. On the other hand, pathologists have been estimated to disagree on the diagnosis of Alzheimer's Disease after death 20% of the time.

One thing about irreversible dementia that is true today and will no doubt be true tomorrow is that the rates are age dependent. Irreversible dementia is rare in people under age 60 but will affect an estimated 40% of the population aged 90 and over. As the population ages over the next twenty years there will be more people in their 80s, 90s, and over 100. The increasing number of people with dementia means we all should have an understanding of the term and an appreciation for what it means for those people suffering from dementia and their families. For more information on dementia, see your local chapter of the Alzheimer Society or your family doctor.

Greg McMillan, M.Sc. C.S.W.
Social Worker, Tri-County Mental Health Services

Agape Center Receives Donation



The staff of Nav Canada Training Institute recently held a draw for 4 balloon rides in conjunction with Lift Off '99. Six t-shirts were also given as consolation prizes. Pierre Jones, Director of Nav Canada is pictured presenting the donation of $200 to Sue MacDonald, Administrator of Agape Center.

High Blood Pressure - the Silent Killer

(NC)—If not treated, hypertension - sustained abnormally high blood pressure - is an extremely damaging condition over time. It injures key organs, including the heart, and blood vessels in many parts of the body as well. By damaging these vital areas, hypertension can lead to atherosclerosis (hardening of the arteries), heart disease and stroke. Hypertension usually causes no symptoms. So people can be hypertensive for years without knowing it - until serious, life threatening damage is already done. That fact has earned hypertension the nickname of the "silent killer".

Approximately 5 million Canadians are hypertensive. Twenty-six percent, or 1.3 million people, don't realize it and therefore aren't controlling their condition. But just as serious is the fact that 43% of those who know they are hypertensive do not regularly take their medication or change their habits according to their doctor's advice. That's almost 1.6 million Canadians who are knowingly increasing their chances of developing heart disease and stroke.

On the brighter side, high blood pressure is easy to identify in a quick, painless test. Through regular exercise, diet modification, smoking cessation and/or medication, high blood pressure can be controlled. Know your blood pressure. Ask your doctor if you think you may be hypertensive - this is usually the case if your blood pressure is regularly equal or greater than 140/90. And most important, do exactly as your doctor advises. You may feel healthy, but remember: by the time you begin to feel the effects of hypertension, it may be too late.

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Uniforms in Schools

by Faith Van Riel

Well it's nearing September and the old question keeps coming up "Should our children be wearing uniforms to school?"

In the bigger cities were are starting to see more and more of this being the norm. However, in our city we tend to want to test this agenda on our teenage population. Most cases we want to implement without asking them. Having two teenage girls, their opinions count tremendously. Many teenagers today have values set for them and in many ways are in the middle of crossing the line from childhood to adulthood. The opportunities of many of these teenagers allow them to work during the summer and after school, earning money to do what ... usually buy clothes. This is a symbol of who and what they represent as individuals. Being in tune to the fashion world allows them to "strut" their belongings to their friends where usually this will be in the school area.

Maybe we are starting in the wrong place. I remember going to a Catholic school in the country, where uniforms were mandatory. I was still excited every year knowing that I would receive two new uniforms, blouses and sweaters. Also two new pair of shoes to boot. One for sports activities and one pair for in the classroom. This was all through my elementary years.

I believe if we want to bring uniforms back, we need to pick a year, say the Millennium, September. Start with our Grade 1's. This would be implemented with both school boards participating to help support the need for recognizing diversity through our children's behaviours and now what they may wear. Make these uniforms "affordable". We could even have a "trade centre store" for uniforms that are still in great shape. This store could be kept right in the schools. Then each year that these Grade 1 students would advance we would gain a year behind them with uniforms. Make the first year students know that they are pioneers and feel special about what they are doing. Then we need to educate along the way with all the upcoming students as to what we are accomplishing. As our young people mature slowly and move into high school, the school's colours can help implement what colour of uniform will be worn. Maybe different colours for the different grade. Let the students pick out the fashion of the garment with maybe 3 fashion co-ordinates to choose from. As long as they are in a "uniform environment" let them help choose the "look". I am sure there is a uniform business somewhere close to offer an affordable and fashionable dress that high school students will wear. Elementary can remain basic but fashionable. This will give these upcoming students a uniform to look forward to when coming into high school.

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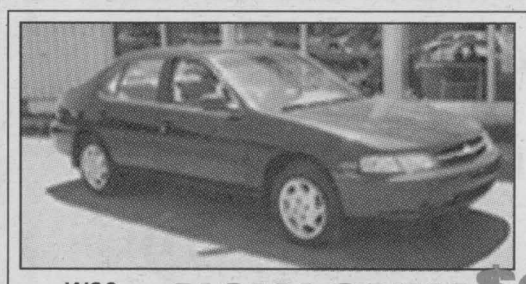

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Lease and finance offers are available, on approved credit, only through Honda Canada Finance Inc., for a limited time, while supplies last. Lease payments shown are for 48 months and include freight and PDE (585Ø) with 96,000 km allowance (10¢ /km exceeding 96,000 km applies). √ Based on a new 1999 CR-V LX, 5 speed/ Accord Sedan LX, auto/ Accord Sedan EX, auto (model RD174X.CG565X) $338/ $318/ $368 per month for 48 months (total lease obligation of $16,224/ $15,264/ $17,664). Down payment or equivalent trade of $3,050/ $3,400/ $3,350 required, plus first monthly payment and security deposit ($400/ $475/ $425). Zero down payment plans available. OPtion to purchase at lease end for $12,480/ $11,385/ $12,825 plus taxes. MSRP $26,000/ $25,000/ $28,500 ALR 6.79%/ 5.78%/ 5.78%. *5.8% conventional financing is available on all new 1999 Vicics and 4 door/ 4 cylinder Accords, (delivered by August 31, 1999) for 24, 36, 48 or 60 month terms. (Vehicles shown, Civic Sedan SE, auto/ Civic Hatchback DX, 5 speed/ Accord Sedan LX, auto/ Accord Sedan EX, auto models EJ661X/ EJ633X/ CG564X/ CG565X. ØMSRP $17,900/ $15,200/ $25,300/ $28,500 freight and PDE ($850) are not included. Financing example: $20,000 at 5.8% per annum equals $384.80 per month for 60 months. COB is $3,088.00 for an obligation total of $23,088. Down payment may be required. √*‡ Taxes, lixence, insurance, admin. and maintenance fees are additional. Dealer may lease/ sell for less. See your neighbourhood Ontario Honda Dealer for details.

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Cornwall

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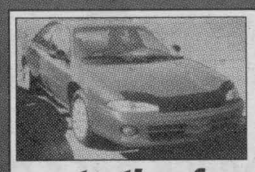

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97 DODGE NEON
38,000 km
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98 RAM 4X4
42,000 km
Reduced to $23,400



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69,000 KM
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now available LEASE RETURN VEHICLES released to dealer inventory



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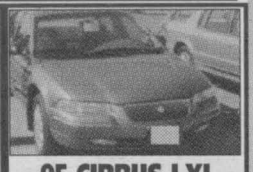

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ANDRE "BABINE" PARISIEN

Summerheights Champions

Pictured below are the Summerheights Champions for 1999.

Front row (l. to r.): Donna Villeneuve, "C" Class Winner; Cathy Riviere, Super Senior Winner; Elizabeth Marjerrison, "B" Class Winner; Denis Marion, Men's Club Champion; Nancy Loiselle, "A" Class Winner; Lois Gemmell, Senior Winner

Second row (l. to r.): Yvon Longtin, "B" Class Winner; Tyler Smith, Junior Club Champion, Alain Seguin, "A" Class Winner; Tom Aitken, Senior Winner; George Samson, Super Senior Winner; Butch Bouchard, "C" Class Winner; Helen Doll Greer, Ladies Club Champion.





Pictured at right are (l. to r.): Tyler Smith, Junior Club Champion; Helen Doll Greer, Ladies Club Champion; Denis Marion, Men's Club Champion.

Seaway Sports



SPEED ZONE

by David Murphy

Racing fans can say "thank you" to Mother Nature for last Sunday's rain-out at the Cornwall Motor Speedway. Not because it meant you missed a night of racing, but that makes this Sunday extra special. The "Race For The Children" fundraiser will now run alongside this week's complete racing program and the Powder Puff Race at Ron Morin's action track.

Modified drivers will also have a little something extra to race for besides the points championship. It's the final leg of the four feature race in the Doiron Engineering Cup. Sorel, Quebec's Luc Plante leads Iroquois driver Bill "Moon" Mullin by 20 points for the $1,000 cash bonus for winning the series. Danny O'Brien is third.

This Sunday's mod feature is also a qualifier for the Victoria 200 at Fulton Speedway later this summer. That race has the highest pay-out for small blocks on the dirt circuit.

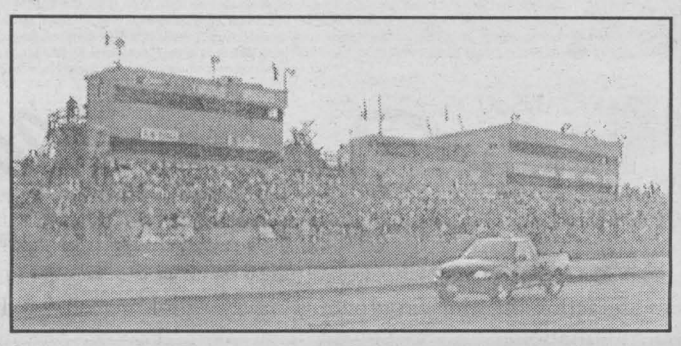
And if the modifieds don't entice you enough, then you can stick around and catch the late model, duke and rookie stock features later in the evening.

The first green falls at 7:00 pm.

See you at the races.

CORNWALL MOTOR SPEEDWAY

Due to persistent rain and lack of sunshine the track was unusable. The "Race for the Children" will be postponed until next week, August 15th. The races and points from tonight are cancelled and will not be held next week. August 15th will be a regular event with the Ladies "Powder Puff" race in the Duke series.



Point Standings

As of August 1st, 1999

Point Standings as of August 1, 1999

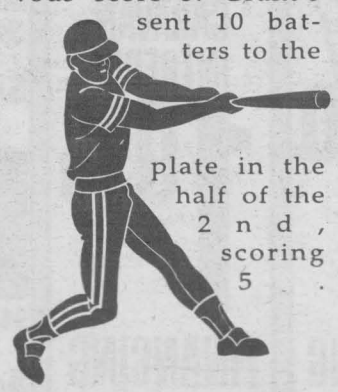
All results shown here are unofficial and subject to correction.

MODIFIEDS

Car#	Driver	Points	101	Buck White	413
17D	Dan O'Brien	596	88	Simon Marcoux	410
23	Laurent Ladouceur	536	84	Dave Heaslip	404
3	Bill Mullin	519	96	Keith Dingwall	403
40J	Joel Doiron	489	57C	Kevin Fetterly	383
1	Pat O'Brien	482	5	Graham Gorman	330
115	Stephan Lafrance	480	R70	Dan Jalbert	311
95	Mark Hitchcock	479	38	Chris Herbison	290
151	Brian McDonald	478	28A	Luc Angers	229
24	Luc Plante	414	124	Pierre Dagenais	226

Grant's Takes Series Lead

Grant Ready Mix started the best of 5 playoff series against Rendez Vous in Cornwall Commercial Ladies Softball League action on August 9th. After a week of rain delays, Grant's finished 2nd in the league while Rendez Vous was 5th. The first inning was scoreless but the 2nd inning saw Rendez Vous score 3. Grant's sent 10 batters to the plate in the half of the 2nd, scoring 5.



Grants added 3 more in the third and 1 in the fourth. Grant secured the win with 4 insurance runs in the 6th. The final score was 13-7.

Hot bats for Grants: Mitch Sabourin and Nicole Beauregard going 4/4, while Cathy Grant and Carole Blais went 3/4. Sue Laperle hit 2 triples in the 2nd and 3rd innings.

For Rendez Vous, Dominique Laroche went 3/4 and Karen Houle 2/2.

2 FOR 1

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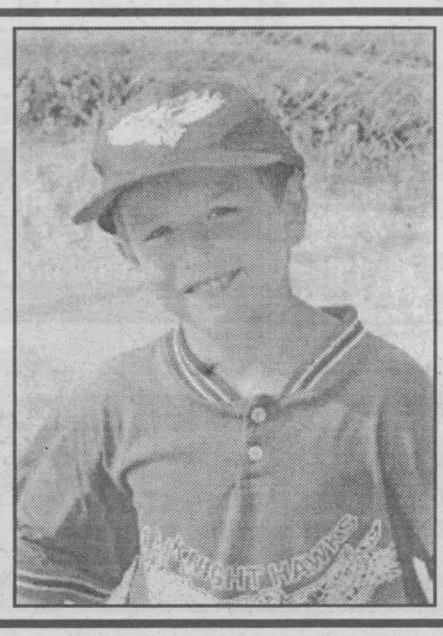

Mites Boys Travelling Team

TEAM: Filion Trophies

NAME: Jack Harris - No. 4

FAVOURITE PLAYER: Wayne Gretzky

FAVOURITE TEAM: Buffalo Sabres

HOBBIES: Judo, Nintendo

Cornwall Minor Baseball Team of the Week



The team of the week, for the week ending June 26, 1999 comes from the Pitching Machine Division. The Royals had a very tight schedule this past week. They played the Black Sox on Monday and lost in extra innings, and then with only one day rest played the Rookies on Wednesday. The split gives the Royals a good position in the standings, going into the playoffs.

The Royals are (front row L-R) Aaron Beaudette, Ryan Flaro, Coty Prieur, Nicholas Bombardier, and Scott McGill. (Middle row L-R) Steven Flaro, Kathleen Poirier, Courtney Terriah, Andrew McCullough, Nicholas Marion and Dominick Coyle. (Back row) assit. coach Robert Terriah. Missing from the photo are Steven Francis, Leinad Medina and coach Dan Bourgeois.

Five Star Hockey Trivia

BLUELINE HEROES

(NC) - In celebration of the 1998-99 hockey season, Seagram Canada has put together a Five Star Selection of facts and trivia questions on Canada`s most treasured sport. Here`s a question on some of hockey's top scoring defensemen past and present.

Who holds the record for the most goals by a rookie defenseman in one season?

A. Ray Bourque
B. Bobby Orr
C. Brian Leetch
D. Paul Coffey

Answer:

C. New York Ranger's defenseman Brian Leetch scored 23 goals in his rookie season immediately establishing himself as one of the top offensive defensemen in the NHL.

- News Canada

GOALTENDING GREATS

(NC) - In honour of our most treasured sport, Seagram Canada has put together a Five Star selection of hockey trivia questions for the 1998-99 season to challenge even the most avid hockey fans. This question focuses on hockey`s top goaltending Olympians.

Which three goalies were chosen to represent Canada on the 1998 Canadian Olympic team?

Answer:

Patrick Roy, Curtis Joseph and Martin Brodeur. Unfortunately for Canada it was Czech goalie and fellow NHLer Dominik Hasek who would ultimately be the difference-maker in the tournament as his incredible goaltending performance led his team to a gold medal victory.

- News Canada

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Gauvreau Takes Frogtown Pro Stock 50

HOGANSBURG, NY - Eric Gauvreau captured the win in the Massena Building Supply 50-lap Pro Stock Summer Championship, while Dave Heaslip won the Modified 20-lap First Time Winners Classic in action at the Frogtown International Speedway Saturday night. Duane Brainard and Marc Robertson split the two Semi-Pro features, while Kurtis McPhee got the double, winning both 4-Cylinder Bandit features. Ryan Phillips won the first Slick Track Enduro, while Steven Green and Tim Wilcox were both credited with the win the second Enduro.

Next Saturday, August 14th, is $20 ($25 CAN) a carload night presented by Village Hobby and Trophy. In addition to a full regular show of racing for the Modifieds, Pro Stocks, Semi-Pro and Bandits, there are make-up features for the Pro Stocks and 4-Cylinder Bandits as well as a 25-lap Slick Track Enduro paying $200 to win.

The Pro Stocks were the featured division Saturday night, with a 50-lap Summer Championship paying $500 to win. The race got off to a rocky start on lap one when Norwood's Mike Allen got turned sideways in front of the entire field. Bill King smashed into Allen, vaulted over the top of his car and flipped end-over-end, coming down to rest on Allen's car, which also flipped violently. Marc Therrien and Al Pitts also piled in, but after a few anxious moments, all the drivers walked away from the incident.

When the race resumed, Scott Kocher set the pace for the first four laps, with Steve Francis moving to the top spot for the next two circuits. John Greene moved to first on lap seven and held the lead until lap 13, when Francis again moved to the point. Meanwhile, Eric Gauvreau, charged to second and moved to the lead on lap sixteen. Gauvreau was not to be challenged for the rest of the event. Attrition played a major role in the event, with Gauvreau holding on for the win, with Francis second, Kocher third and Therrien fourth.

The Modified First-Time Winners Classic, a non-point event open to drivers who haven't yet won a feature at Frogtown this season, saw Brian McDonald set the early pace while Buck White fought off several challengers for the second spot. As the field raced two and three wide, McDonald opened up a good advantage over White, with Dave Heaslip moving up to third position.

Heaslip moved to the runner-up spot on lap 14 and easily reeled in McDonald. With 16 laps complete, Heaslip ducked to the low side going into turn three and pulled alongside McDonald. The two leaders battled side-by-side, with Heaslip pulling ahead on lap 18. McDonald was second, followed by Mark Hitchcock, White and Del LeGrow.

Double features for the Semi-Pro and Bandit divisions brought out large fields. In the first Semi-Pro feature, Jody Beckstead was the apparent winner but was stripped of the win for a chassis violation, handing the win to Autodrome Edelweiss standout Marc Robertson, who beat runner-up Duane Brainard to the line by half a car length. In the second Semi-Pro main, Duane Brainard held off Robertson and Richard Charbonneau to claim the win.

In the Bandits, yet again rules violations determined the outcome as Richard Brunelle appeared to win the first event but was stripped of the win because of illegal tires. This handed the win to Kurtis McPhee, who also won the second Bandit event; Bryan Loeb of Westville was runner-up in both Bandit feautres as well.

Frogtown International Speedway is in Hogansburg, NY, one mile east of the International Bridge to Cornwall, ONT. From Route 37, turn south onto Frogtown Road, next to the Mohawk Bingo Palace. For race day weather info, call 518-358-9017.

PRO STOCKS (50 Laps): ERIC GAUVREAU, Steve Francis, Scott Kocher, Marc Therrien, Dick Planty, Adam Chapman, Jody Swamp, Mark Denny, Sid Harmer, John Greene, Corey Tarbell, Benny Gladding, Mike Allen, Bill King, Al Pitts.

MODIFIEDS (20 Laps): DAVE HEASLIP, Brian McDonald, Mark Hitchcock, Buck White, Del LeGrow, Leon Gonyo, Bill Woodward, Dan Jalbert, Tom Jock, Francis McNeil, Matt Gonyo, Mike Reyell, Roy Tarbell.

SEMI-PRO (Make-up): MARC ROBERTSON, Duane Brainard, Greg Snyder, Louie Jackson, Mike Trombley, Jamie Martin, Andy Heywood, Reggie Castell, Richard Charbonneau, Keith Coughlin, Pete Backus, Brian Moulton, Gilles Pilon, Steve Johnston, Scott Sharp, Dave Hall, Charlie Thompson, Tim Allen, John Brainard. DQ: Jody Beckstead. DNS: Jeb Beeson, Gordon Derouchie, Marty Jock, Dana Drown, Roger Phoenix.

SEMI-PRO: DUANE BRAINARD, Marc Robertson, Richard Charbonneau, Tim Allen, Pete Backus, Andy Heywood, Keith Coughlin, Steve Johnston, Jamie Martin, Scott Sharp, Louie Jackson, Brian Moulton, Reggie Castell, Gilles Pilon, Greg Snyder. DQ: Jody Beckstead. DNS: John Brainard, Charlie Thompson, Dave Hall, Mike Trombley.

"AA" HOCKEY TRYOUTS
SEAWAY VALLEY "AA" RAPIDS MINOR HOCKEY ASSOCIATION

MINOR ATOM • BORN 1989		MAJOR PEEWEE • BORN 1986	
Sat., Aug. 28	8:00 am	Sat., Aug. 28	12:30 pm
Sat., Aug. 28	5:00 pm	Sun., Aug. 29	9:30 am
Sun., Aug. 29	12:30 pm	Sun., Aug. 29	5:00 pm
Tues., Aug. 31	5:30 pm	Wed., Sept. 1	7:00 pm
MAJOR ATOM • BORN 1988		**MINOR BANTAM • BORN 1985**	
Thurs., Aug. 26	7:00-8:00 pm ($5)	Sat., Aug. 28	2:00 pm
Sat., Aug. 28	9:30 am	Sat., Aug. 28	8:00 pm
Sat., Aug. 28	6:30 pm	Sun., Aug. 29	6:30 pm
Sun., Aug. 29	2:00 pm	Tues., Aug. 31	8:30 pm
MINOR PEEWEE • BORN 1987		**MAJOR BANTAM • BORN 1984**	
Sat., Aug. 28	11:00 am	Sat., Aug. 28	3:30 pm
Sun., Aug. 29	8:00 am	Sun., Aug. 29	11:00 am
Sun., Aug. 29	3:30 pm	Sun., Aug. 29	8:00 pm
Tues., Aug. 31	7:00 pm	Wed., Sept. 1	8:30 pm

ALL ABOVE TRYOUTS ARE AT THE CORNWALL CIVIC COMPLEX
THE COST IS $10.00 PER 1-1/2 HOUR SESSION
Except that due to ice time on August 26th, being 1 Hour Only the cost for Major Atom's first tryout will be $5.00
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Donna Huizinga

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Wine Kitz owner, Donna Huizinga, was born and raised in Cornwall. She previously worked in sales and service for a car dealership, and before that in foodservice management. A hobby winemaker for four years, Donna says she chose Wine Kitz because she "wanted the support of a franchise to back me up in my new business." "Plus the product is really wonderful, and it's guaranteed," she adds.

WINE KITZ

Donna will receive help in her store from husband Terry and daughter Christal, making the whole venture a real family affair. The Huizingas welcome home vintners who want wine and beer making supplies, and those customers who prefer to make their wine in Wine Kitz' meticulous 2,100 square foot winery. "They simply sprinkle in the yeast to begin the fermentation process. Over the next 4-8 weeks, we will take care of the racking, stabilizing, clarifying, filtering and degassing. Customers return when their wine is ready to be bottled. The total involvement from start to finish is only a couple of hours."



Supplies and kits for brewing beer, liqueurs, ice wines, ports and sherries are also available.

Wine Kitz is serving the Cornwall area from City Center, 812 Pitt Street. Call Donna Huizinga at 613-938-0125 for more information.

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LEASE FOR **$279**† a month for 36 months. Plus $3,500 downpayment or equivalent trade and $855 freight. No security deposit.
Or $0 downpayment for $377 a month

OR PURCHASE FOR **$24,988**††



1999 Chrysler 28D Extended Wheelbase Minivan

•3.3L V6 engine •4-speed automatic transmission •Tilt steering •Speed control •Dual sliding doors •Power windows, locks, mirrors •Power rear window quarter vents •AM/FM stereo with cassette •Air conditioning •Anti-lock brakes •Sunscreen glass •7 passenger quad-command seating •Easy Out Roller Seats™ •Next-Generation dual air bags •Child-protection rear door locks •Side-door impact beams •3 year or 60,000 km warranty

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OR PURCHASE FOR **$21,466**††



1999 Chrysler Platinum Series 26T Regular Wheelbase Minivan

•Special 15th Anniversary Platinum Series Badging •Exclusive Bright Platinum exterior colour •Sunscreen glass •3.0L V6 engine •4-speed automatic transmission •Tilt steering •Speed control •Dual sliding doors •Power windows, locks, mirrors •Power rear window quarter vents •Air conditioning •7 passenger seating •Easy Out Roller Seats™ • AM/FM stereo with cassette •Next-Generation dual air bags •Child-protection rear door locks •Side-door impact beams •3 year or 60,000 km warranty

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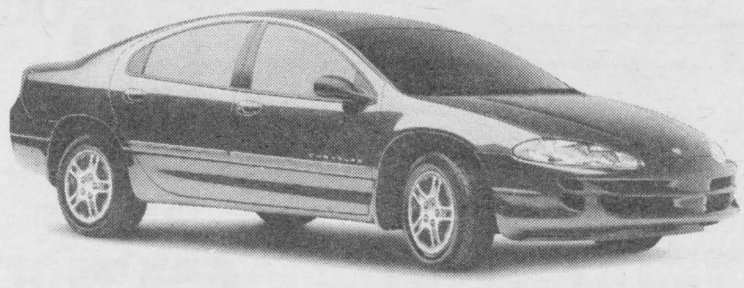
OR PURCHASE FOR **$22,288**††



1999 Chrysler Intrepid 22C

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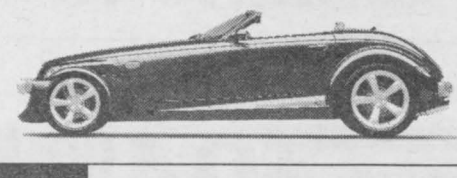
You could WIN Ω this 1999 Prowler Hot Rod.
No purchase necessary. Details at your Chrysler retailer.



Only at your neighbourhood Chrysler retailer.

Chrysler customers read the fine print: †, †† These are limited time offers which may not be combined with any other offers except Grad Rebate and apply to retail deliveries for personal use only on all new in-stock 1999 vehicles. Retailer may sell/lease for less. Retailer trade may be necessary. Leases/financing subject to approval by Chrysler Credit Canada Ltd. See retailer for complete details and conditions. † Based on a 36 month lease for 1999 vehicles equipped as described: Dodge Caravan/Plymouth Voyager Platinum Series 26T + GKD + AAA + AAF + RAS; Dodge Grand Caravan/Plymouth Grand Voyager 28D + AAA + CYS + WJB; Chrysler Intrepid 22C. Lease finance interest rates are: 1.8% Caravan/Voyager and Grand Caravan/Grand Voyager; 1.8% Intrepid. Total lease obligation: $12,556/12,663 with lease rate of $229/328 Caravan/Voyager; $14,399/14,427 with lease rate of $279/377 Grand Caravan/Grand Voyager; $14,319/14,519 with lease rate of $269/369 Intrepid. Leases exclude freight, licence, insurance, registration and taxes. Kilometres are limited to 61,200. Charge of $0.12/km for excess kilometres. †† Price excludes freight and includes factory to retailer incentives. * "1999 Most Fuel Efficient Full Size Car" – Based on Chrysler Intrepid with the 2.7L V6 engine and 4-speed automatic transmission (Source: Natural Resources Canada-Office of Energy Efficiency). Ω Contest closing date is August 31, 1999. Grand prize is a 1999 Plymouth Prowler – approximate retail value is $55,000. See your Chrysler retailer for full contest rules and regulations. ** Offer applies to select models excluding Dodge Viper and Plymouth Prowler. Rebate includes GST. Limited time offer applies to university and college graduates between October 1, 1996 and September 30, 1999. DaimlerChrysler Canada Inc. is a wholly owned subsidiary of DaimlerChrysler Corporation. Visit us today at **www.chryslercanada.ca**

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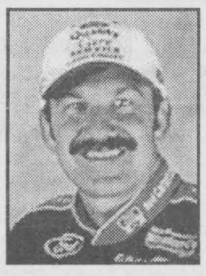
NASCAR Winston Cup NEWS



NASCAR Winston Cup Series

Jarrett runs away with Brickyard win

Jarrett, the driver of the Quality Care/Ford Credit Ford, ran away from Bobby Labonte and the rest of his challengers after the race restarted from its third caution period on lap 147 -- just 13 laps from the checkered flag -- to win the Brickyard 400 for the second time. He joined Jeff Gordon as the only drivers to win the event twice. In a nearly-flawless performance, Jarrett led 117 laps, an event record.



It was Jarrett's fourth win of the season and 17th consecutive top-10 finish. Jarrett started the season with a disappointing 37th-place finish after an accident in the Daytona 500 and then, two races later in Las Vegas, he finished 11th after running out of gas. He hasn't finished out of the top-10 since.

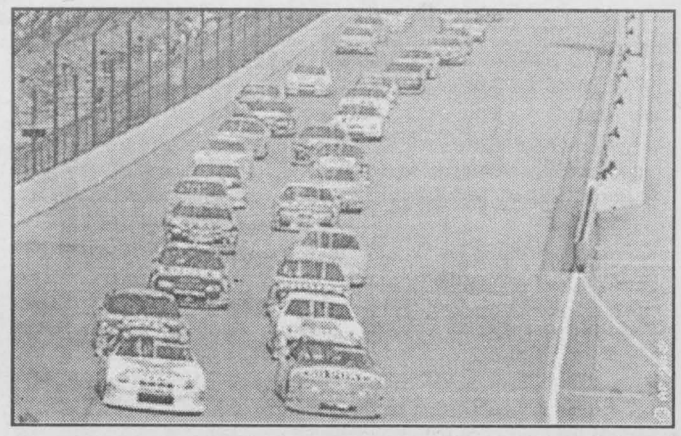
And he hasn't been out of first place in the NASCAR Winston Cup Series point standings since he moved into that position following a victory in Richmond in May. Jarrett now has 3,199 points, 274 more than Mark Martin.

The Indy victory was something of a redemption for Jarrett, who ran out of gas while leading last year. He lost four laps, and though he made them up, he could finish only 16th.

Jarrett took the lead for the last time on lap 118, after a series of green-flag pit stops. At that point, many figured the outcome of the race would be determined by gas mileage. Of the contenders, Jarrett and Labonte figured to go the distance. Gordon and Martin -- who had pitted four and three laps, respectively, ahead of Jarrett, could not.

With the running order Jarrett-Labonte-Martin-Gordon-Ward Burton-Jeff Burton, the final 42 circuits began. Jarrett began to pull away from Labonte, who was trapped behind seven lapped cars.

All the while, Jarrett pressed ahead unchallenged. He went on to win by more than three seconds over Labonte.



Labonte Keeps Coming Close

By all accounts, this is a coming-of-age season for Indianapolis Motor Speedway that have teased and tantalized him. After finishing second to Dale Jarrett, Labonte has now been runner-up at Indianapolis two of the last three years, and third the other time. When Dale Earnhardt finally won the Daytona 500 after 20 tries in 1998, there quietly behind him was Labonte, earning one of two runner-up finishes at Daytona that year.

Labonte's three victories this year have all come in the last eight races, including one at Dover and two at Pocono. With trophies to barter with, Labonte was in the mood for some swapping with Dale Jarrett Saturday.



"I'm not frustrated," said Labonte. "We'll get one (at Indy). Jarrett had the whole package and we just didn't have the whole package. We came up a little short to Dale Jarrett and beat the guys behind us. I can't complain about that, but I'd have traded Pocono with him. It's awfully tough to finish second, third and second. We're gaining on it. It's a tough race track. We're just thankful we were up front all day. I couldn't run like I wanted to at the end."

After the race, Jarrett gave Labonte quite a compliment by calling him a "modern-day David Pearson," rarely tipping his hand as to what kind of car he has until the very end of the race. Labonte returned serve by praising the driver of the No. 88 Quality Care/Ford Credit Ford Taurus.

"It's awfully tough to keep up with him every week," said Labonte of Jarrett. "He drives this track so well. I followed him lap after lap and he don't vary an inch it seems. The whole Robert Yates team did a great job and our Joe Gibbs Racing Pontiac finished second, so we'll go on to Watkins Glen.

"It could be a lot worse. We're just doing the best we can to keep up with him right now. If we do that we'll be okay. We'll just do the best we can.

You're disappointed with second, because if you weren't I don't think you'd ever be a winner."

One of these days, Labonte will be a winner in a high profile race such as the Daytona 500 or Brickyard 400. His distaste for second place will probably get him there.

NEXT RACE

Sun. Aug. 15
Frontier at the Glen
Watkins Glen International
ESPN 12:30 pm

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RESULTS

Race: Brickyard 400 Track: Indianapolis Motor Speedway

Pos	Car	Name	Sponsor	Points	Bonus	Winnings
1	88	Dale Jarrett	Quality Care/Ford Credit	185	10	712,240
2	18	Bobby Labonte	Interstate Batteries	175	5	270,950
3	24	Jeff Gordon	DuPont Automotive Finishes	170	5	262,800
4	6	Mark Martin	Valvoline/Cummings	165	5	222,450
5	99	Jeff Burton	Exide Batteries	160	5	193,240
6	22	Ward Burton	Caterpillar	150		157,210
7	20	Tony Stewart	Home Depot	146		162,635
8	2	Rusty Wallace	Miller Lite	142		140,435
9	10	Ricky Rudd	Tide	138		137,535
10	3	Dale Earnhardt	GM Goodwrench Service Plus	134		135,525
11	5	Terry Labonte	Kellogg's	130		129,160
12	31	Mike Skinner	Lowe's	127		111,410
13	28	Kenny Irwin	Texaco/Havoline	124		109,610
14	25	Wally Dallenbach	Budweiser	121		109,610

STANDINGS

After Brickyard 400 Indianapolis Motor Speedway
Race No. 20 / August 7, 1999

Pos	Driver	Pts	7	Dale Earnhardt	2601	14	Bobby Hamilton	2106
1	Dale Jarrett	3199	8	Terry Labonte	2378	15	Sterling Marlin	2032
2	Mark Martin	2925	9	Mike Skinner	2368	16	Ken Schrader	2032
3	Bobby Labonte	2906	10	Rusty Wallace	2341	17	Bill Elliott	2005
4	Jeff Burton	2819	11	Ward Burton	2339	18	Wally Dallenbach	2004
5	Tony Stewart	2711	12	Jeremy Mayfield	2231	19	Michael Waltrip	1947
6	Jeff Gordon	2692	13	John Andretti	2119	20	Kenny Irwin	1936

SEAWAY BARGAINMART

DEADLINE: WEDNESDAY 5 pm

933-0015

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

DEADLINE: Wednesday 5 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 5 pm Wednesday.

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

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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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

MALE, 61, RETIRED - Seeking lady, late 50's, non-smoker, social drinker, slim, sincere & honest, for secure & loving future. Recent photo a must & phone number. CC1946.

WIDOW, LATE SIXTIES, non-smoker, would like to meet a gentleman for a relationship. Sincerity & honesty is important to me. CC1947.

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security bldg., video surveillance
bachelors from $399 incl. util.
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96 PONT. TRANS SPORT VAN 7 pass., air,	SOLD
96 MAZDA MX3, 2 dr., 5 spd., 59,000 kms, silver	$13,995
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93 GMC SAFARI EXT. VAN, air, tilt, cruise, p.w., windows	$14,995
93 MAZDA 626 ES 4 dr., auto., loaded, V6 motor, 98,000km	SOLD
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02 - APTS FOR RENT

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APARTMENTS

*Marlb. St., Bach bsmt, apli & utilities, $300. Incl.
*7th St. W., Studio, main floor, apli, $360. Incl.
*Grand Ave., 1 bdrm. upst., stove/fridge, $350. Incl.
*Carleton, 2-1 bdrms., apli, front porch, parking, $325 incl.
*16 Sixth, 1-bdrm. main floor, parking, $350.+
*303 Carleton, 1bdrm., upst., apli., $325. Incl.
*412 Gloucester, 1 bdrm, apli, parking $390 +
*213-A Montreal Rd, 1 bdrm, upst. apli, $450 incl.
*521 Carleton, 2-1 bdr, apli, basement, $335 + lights
*410 1/2 Gloucester, 1 bdrm, apli, parking, $350 incl.
*228 4th St. W., 1 bdrm, upst., porch, parking, $400 incl.
*Moose Creek, 1& 2 bdrm, parking, yard, $525. Incl.
*Amelia, 2 bdrm, den, duplex, upst, parking, yard, $530 +
*1235 Daly, 2 bdrm, main floor, apli, parking, yard $525 +
*318 Carleton, 2 bdrm duplex, main floor, parking $400+
*2nd St. W., 2 bdrm, parking, porch, upstairs, $450 incl.
*521 Carleton, 2 bdrm., upst., apli. $437+lights
*316 Belmont, 2 bdrm, basmt, $425 Incl.
*107 7th St. W., 2 bdrm, upst., apli., parking, $475 Incl.
*23-A Lefebvre, 2 bdrm, apli, yard, parking $500 incl.
*328 Carleton, 2 bdrm, upstairs, parking, $400 incl.
* 1336-A Alfred, 2 bdrm., bsmt, parking, yard. $550+
*511 4th St. E., 2 bdrm, fully furn. bsmt, parking, $550 Incl.
*500 Walton, 3 bdrm, main floor, front yard, park, $600 +
*2153 Pitt, 3 bdrm, main floor, parking, yard, $625 +
*210 14th St. W., 3 bdrm, basmt, upst., pkg, $450-495 +
*Moose Creek, 3 bdrm, main fl, parking, yard, $625 Incl.

APARTMENT SECURITY BUILDINGS

RIVERVIEW COURTS
2-bdrm bsmt front $525.00 back $500 incl.
2-bdrm mn fl, front $600.00 bck $575.00 incl.
2-bdrm up flr, front $575.00 back $550.00 incl.
Appliances & Parking
FREE LAUNDRY & RECONNECTING FEES

425 11th St. West
2-2 bdrm, mn flr, balcony, security bldg, apli.,$575. incl.

805 MARLBOROUGH ST. N. (SECURITY)
Large 1, 2 & studio units $360.00 to $575.00
Utilities, appliances, parking included

HOUSES, TOWNHOUSES, SEMI'S
228 1/2 4th St. W., 3 bdrm, porch, parking, $500 +
25 7th St. E., 3 bdrm, semi, 1300 sq. ft., yard, park, $750 incl.
329 Brookdale, 2 bdrm semi, pkg, yard, $495.+
Summerstown, 3 bdrm house, parking, large yard, $600.+
211 St. Felix, 4 bdrm semi, hdwd floors, shed, yard, $650.+
325 11th St. E., 2 bdrm house, parking, yard, bsmt, $500.+

AVAILABLE NOW. Country setting. Quiet. 1 large bdrm apt. Fridge, stove & utilities included. Adult preferred. $450/mth. Call 931-2806.

3 BDRM APTS, immediate or Sept. 1st. 210-14th St. West, large, 6-plex, carpeted, laundry hook-ups, yard, parking, balcony. Nearby schools, bank, bus, medical clinic. 1 @ $450/mth, plus utilities. 1 @ $495/mth, plus utilities. Call Ace Property Management, 936-1533 or leave message.

SEPT. 1ST - West end, 33 Gulf St. 2 bdrm apt. 4-pce bath, enclosed front porch & yard, parking. $500/mth, plus utilities. 534-3932, evenings.

TWO 1-BDRM APTS, newly renovated. Centrally located. 720 Pitt St. Fridge, stove & heat included. $350/mth. Plenty of parking. Call 933-1000, ask for Tom.

1 BDRM UPSTAIRS apt. Avail. immed. or Sept. 1st. Fridge, stove, parking & storage included. No pets. $350/mth, pay own utilities. Call 936-0967.

NOW AVAILABLE 2 bdrm, 2-storey. Large shed, yard, 2-car parking. Utilities included. Washer/dryer hook-ups. Newly renovated. Across from park with wading pool. 938-3433.

FOR RENT/SALE - 213 Brookdale. 3 bdrm semi. Large kitchen, 4-pce bath, F.A.O. Parking in rear, washer/dryer hook-ups. $550/mth, pay own utilities. Price: $45,000. 938-1931.

LARGE 3 BDRM APT. Available Sept. 1st. Clean, good location. $685/mth. Heat, lights included. Washer/dryer hook-ups, parking. Call 937-4605.

INGLESIDE, AVAILABLE Sept. 1st. Freshly painted, 2 bdrm apt with fridge, stove & parking. Close to shopping centre. $470/mth, utilities included. Call 613-347-3247.

623 ST. FELIX, 1 bdrm upstairs apt, $400/mth, plus utilities. 621-A St. Felix, 1 bdrm basement apt, $425/mth, utilities included. No pets. References. Call 347-3248.

CLEAN, LARGE 2 bdrm apt. Washer/dryer hook-ups. Quiet building. Newly renovated. No dogs. Close to College. $550/mth, utilities included. 938-3936.

AVAILABLE SEPT. 1ST - 1 bdrm apt. clean, good location. $375/mth, heat & lights included. Fridge & stove. Parking. Call 937-4605.

AVAILABLE IMMEDIATELY, large 1 bdrm furnished basement apt. Large kitchen, bathroom & livingroom. Utilities included. Hwy. 2, east of Cornwall. Non-smoker, no pets. Very clean & cozy. Call 931-1061.

ONE & TWO BDRM APTS on Walton. Fridge & stove, 4-pc. bath. Available immediately. $450/mth & $475/mth, utilities included. No dogs. Call 936-6961.

1 BDRM APT. 44B Anthony. $450/mth, utilities included. Fridge, stove, washer/dryer hook-ups. Parking. Big yard. Close to bus stop & bike path. Call 937-0253.

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

COMPLETELY RENOVATED - 2 bdrm apt. Forced air/gas heating. Washer/dryer hook-ups. Private parking. One block from bike path. Avail. Sept. 1st. $350/mth, tenant pays own heat & lights. 933-9553.

115 EMMA. Available immediately. 1 bdrm basement apt. North end. Newly renovated. Maximum two persons, non-smoker, no pets. $500/mth, utilities included. Viewing on Sunday, Aug. 15th & 22nd, 6-8pm.

INGLESIDE - 2 BDRM basement apt. 1-1/2 bath, fridge, stove, laundry hook-ups. Available Oct. 1st. $350/mth, plus utilities. Call 534-2875.

AVAILABLE NOW, bright 2 bdrm upstairs apt. Quiet location, central, balcony, washer/dryer hook-ups. Newly painted & clean to move in. $430/mth, plus heat. 936-1889.

SECURITY BLDG. Apts for rent. Bachelor, $375/mth. 1 bdrm, $425/mth. 2 bdrm, $550/mth. Includes fridge, stove, heat, electricity, parking, laundry room in building. 933-9471.

1-1/2 BDRM BASEMENT apt. $420/mth, utilities included. Close to bus stop & Eastcourt Mall. Call 938-2982 or 930-1353 after 6pm.

1 BDRM, INGLESIDE $420/mth, includes utilities & basic cable. 2 bdrm apt in Riverside Heights, near Morrisburg, $500/mth, includes utilities. Call 932-0717, work or 543-3604, home.

RENT NOW & the twelfth month is free. 737 & 900 First St. East. Available immediately, 1 & 2-bdrm apts. $375. to $450/mth, utilities, fridge, stove included. References required. Call for appointment after 6pm, 931-2594 or 932-7055.

4 YARD/GARAGE SALES

781 SANDFIELD CRESCENT, Saturday & Sunday, Aug. 14th & 15th, 8am-3pm. Household items, some appliances, shuffleboard, etc.

VERSA CARE CENTRE Annual Yard Sale, Saturday, Aug. 14th, 201-11th St. East, 9am-3pm. Furniture, books, records, crafts & other treasures.

5 ARTICLES FOR SALE

SAVE ON YOUR computer needs. Pentium-II 333 only $749. We do: Upgrades, revive dying systems. The impossible. By appointment please. Crazy Horse, 932-6343.

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washers, dryers, fridges, stoves, furnishings
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VITAMASTER SKI exerciser, $25. Sears new angle grinder, $45. Two new Multi-Disc & Arbor, $15. 26" bike, suspension fork, with headset, $20. Call 936-1452.

KENMORE REFRIGERATOR with ice maker. Like new. Dressmaker manequin. Call 528-4717.

KROEHLER SOFA with matching chair. Avocado & tangerine colour. Excellent condition. $300. Call 938-3470.

FIREPLACE SCREEN 25"H x 36"W, small white sink for bathroom, Nintendo with Duck Hunt cassette, Super Mario Bros. like new. New black Paklite featherweight suitcase, 28x17x7 on wheels with accessible handles. 2 bowling shoe bags, 1-green, 1-brown, like new. Panasonic Omnivision VHS video cassette recorder, 1984 model w/french instruction manual, like new. Call 525-3349.

FUND RAISING - Local charities require Sales Outlets for Nevada tickets. Stores or restaurants wanting to make money and at the same time help some of our charitable or non-profit organizations are asked to call Jim Shea, Registered Gaming Assistant at 933-4157 or Fax 936-1137.

USED GOLF CLUBS & golf bags, men & women's. Also, new & used men's golf shoes, size 10. Call 932-4744, mornings or evenings.

DRUM SET, Rodgers', with Sabian cymbals. $400. Ready to play. Call 938-1029 between 5:30-6:00pm, best time.

USED FURNITURE - Fridges, stoves, dryers, chesterfields, dressers, kitchen sets, etc. Call Delage Used Furniture, 932-5689. We also buy yard sale leftovers.

WESTBURY DRUM SET, 5-pce, 1 cymbal, 2 stands, $400. Call after 6pm, 938-2144.

ARTICLES WANTED

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Prime Deer Hunting Area, old fishing lures & glass traps, old duck decoys
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9 FARMERS MARKETS

STRAW FOR SALE. Call 528-4734.

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13 AUTOS FOR SALE

1990 CHEV SPRINT, 4-dr, auto. 1990 Pontiac Grand Prix. 1989 Toyota. 1988 GMC Safari Van, certified safety. 1988 Honda Accord with safety. All vehicles certified. Gravel Motors, 407 Guy. Call 932-4850 or 932-4211.

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1992 OLDSMOBILE SIERRA, 4-dr, auto, V-6, fully equipped, 108,000 km, $5,300. safetied. 1991 Chev Cavalier, 2-dr, auto, black, good cond. 120,000 km, $3,400. safetied. Gerard Poirier Auto Sales. New location: 2 km east of Alexandria on Lochiel Road towards Glen Robertson. 525-1656 or after hours 874-2440.

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PARTS FOR 1988 Celebrity, 2.8 motor, 4 brand new tires 14", other parts also. Gravel Motors, 407 Guy St. Call 932-4850 or 932-4211.

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OVER 50 VEHICLES IN STOCK



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EARN $200.,$300.,$500. or more per week, assembling product in the comfort of your own home. Send self-addressed stamped enveloppe to: O.P.H., 6-2400 Dundas St. West, Suite 541, Ref. 671, Mississauga, Ont. L5K 2R8.

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FAMILY WANTED!
(M-MLS 0929) Immaculate & well-designed home with ceramic entrance, formal dining, fin bsmt, workshop, office area & 4 baths. All for $175,000. Call Judi today
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QUICK POSSESSION!
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(A-MLS 0891) Riverdale location, 3+1 bdrms., 2 baths, gas heat, central air & above ground pool. Won't last long!!
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3210 POIRIER AVE. $94,900
(A-MLS 0906) 1200+ sq. ft. all brick bung., 3+1 bdrms, large lot, countrysize eat-in kitchen, central air, finished rec room and fireplace
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1310 LASCELLE AVE.
(A-MLS 0919) Country style verandah welcomes you to this 2+1 bdrm brick bung, central air, ceramic flrs., gorgeous sunroom Call Today!!
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600-602 SURGENOR ST.
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NEW LISTING
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MOE LEMIEUX 932-9386

CENTRAL LOCATION $46,500
(A-MLS 0709) Quaint, 2-storey, 3 bdrm. hdwd. flrs., family rm., 200 amps & many recent updates
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MUST BE SEEN $57,900
(A-MLS 0745) 2-storey with completely renovated interior
JACK ROY 931-1290

SUMMERSTOWN WATERFRONT $104,000
(J-MLS 0727) 1-1/2 storey, Hwy 2 plus water lot with 2-stall boathouse on owned land
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REDUCED...$66,500 OWNER ANXIOUS
(J-MLS 0491) Completely renovated, nice view of St. Lawrence with River access. A Must See!
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OWNER SAYS SELL REDUCED...$65,900
(A-MLS 0807) Downtown location, approx, 1350 sq. ft., dining rm, 200 amps.
JOHN ABRAHAM 938-0215

MINT CONDITION REDUCED...$99,900
(A-MLS 0870) Immediate possession, retirement home, quiet crescent, oak cpbds, air exchanger, wood treated deck, nice landscaping
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613 ELEVENTH ST. EAST $85,000
(A-MLS 0901) Large 3 bdrm. home, gas heat, gar fireplace, garage. Must be seen.
TODD THOMPSON 937-0292

103 FENNELL CR. $67,900
(A-MLS 0861) 3 bdrm. bung., quiet area, finished rec rm, 1-1/2 baths
TODD THOMPSON 937-0292

440 GLOUCESTER ST. N. $62,000
(A-MLS 0926) Away from the turmoil of traffic, centretown location, gas heat, 3 bdrms., enclosed frt. & back porches, large lot
TODD THOMPSON 937-0292

DUPLEX $51,900
(A-MLS 0716) Great income property or live in one, rent the other
CHARLES SAYYEAU 933-1558

INCOME PROPERTY $229,000
(A-MLS 0715) Two 4-plex = 8 units. Great deal! Money maker!
CHARLES SAYYEAU 933-1558

1220 HENRY $88,000
(A-MLS 0764) 5 bdrms., dbl. drive, large garage, central air
A MUST SEE!
CHARLES SAYYEAU 933-1558

COMMERCIAL PROPERTY $110,000
(J-MLS 0637) Great location on Hwy 2, E. of Glen Walter, lot 300x636. 2 separate entrances, 2 buildings
ERIC PEDERSEN 938-9690

HOBBY FARM 74,900
(M-MLS 0893) Century old farm house, good condition, barn & 2 large outbuildings. Can be purchased with approx. 3 acres or 100 acres.
ERIC PEDERSEN 938-9690

GREAT VALUE $127,900
(A-MLS 0822) 3 bdrm split-level, quiet location, lg. treed lot 52x130
ERIC PEDERSEN 938-9690

OPEN HOUSE SUNDAY 1:00 - 2:30
Hwy. 2 - 1 Mile E.of Summerstown $79,900
(J-MLS 0649) Well-kept 3 bdrm., modern kit., large living rm, hdwd flrs., frpl, dining area
ERIC PEDERSEN 938-9690

A GREAT START $77,500
(A-MLS 0691) Extra kit. w/separate entrance to bsmt., all windows replaced, reshingled & electrical upgrades
HENRIETTA DUVALL 537-2638

INGLESIDE $102,500
(O-MLS 0747) 3 bdrm. brick bung., on lot 75x120 on quiet street
HENRIETTA DUVALL 537-2638

Century 21 SOLD

73 MONACO CR. $289,000
(A-MLS 0806) Indoor pool in this exec home in excellent condition
GERRY PILON 931-3555

SUMMERSTOWN $199,000
(J-MLS 0418) Exec. home. over 2300 sq. ft., 2-car garage, formal dining room., extra large master bedroom
GERRY PILON 931-3555

33-33A GULF $69,000
(A-MLS 0875) 2 bdrm. updated dbl tenement on full lot w/large yard
GERRY PILON 931-3555

226 PRINCE ARTHUR $57,000
(A-MLS 0848) Clean 3 bdrm on full lot w/garage/workshop, fenced yard
GERRY PILON 931-3555

(A-MLS 0786), **38 ST. LAWRENCE, INGLESIDE,** great view of the river, 4 bdrms., **$79,900**
(A-MLS 0853), **EMILY CRESCENT $47,000**
(Fully Serviced Dbl. Lots) East End location
(A-MLS 0819), **414 THIRD STREET EAST,** 3 bdrm., 2-storey townhouse **$64,500**
ROGER VIAU 932-1325

COUNTY RD. 18 $49,900
(O-MLS 0913) Just west of Osnabruck Centre, 3 bdrm. home, 1-1/2 car garage on beautifully manicured lot
MIKE DeBOER 938-7802

DAFOE ROAD, INGLESIDE $99,900
(O-MLS 0909) The one you've been waiting for. Hobby farm, 55 acres, good home, outbuildings, on paved road
MIKE DeBOER 938-7802

ST. ANDREW'S WEST TWP. RD. 38 $104,900
(M-MLS 0838) Only 6 yrs. young, this delightful bung has everything you'd need. Rec rm w/wdstve, all freshly redecorated, 24x32 dbl. door gar., insul., heated & wired
MIKE DeBOER 938-7802

INCOME PROPERTY
(A-MLS 0887) 4 units. Excellent return. Priced for a quick sale. Asking $44,900
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23-HOME SERVICES

RENOVATIONS, BUILDING & addition needs, roofing, siding, drywall, decks, sheds, garages, patios. Call Robert The Perfect Handyman, 525-2197. Free estimates & customer satisfaction.

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RILEY'S PAINTING. Drywall & ceiling repairs, water damage, wallpapering & odd jobs. Light truck available. 20 yrs experience. Reasonable rates. Call after 6 p.m., Residence, 938-8839. Pager#930-8851.

ERNIE'S CLEAN-UP SERVICE. Cedar hedge trimming, fencing, roofing, painting, snow blowing, yards, basements, lawn cutting, tree cutting. 938-1684.

WHEN YOU TRIM your cedar hedges, don't throw them away. Call me. I recycle. 938-2166 or 938-1736.

24 BABYSITTING

FIRST AID QUALIFIED mature mother will babysit in my home. Nutritious meals. Lots of attention & patience. Non-smoking. References. Reasonable rates. Call Debbie, 938-1025.

BILINGUAL MOTHER will babysit in my home starting September. Located beside Menard Park, 2 minutes from St. Peter's & Rose-des-Vents Schools. Call 938-1468.

BOATS/MOTORS

We Buy Merc Cruiser Engines and Mercury Outboard parts
also **- large selection of used parts in stock**
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34 HOUSES FOR RENT

END UNIT 2 BDRM townhouse for rent. Large fenced-in backyard, large paved driveway. With or without 4-appliances. Pets allowed. References. First & last month rent req'd. Located quiet east end suburb. Avail. Sept. 1st. Call 930-4953.

LUNENBURG - AVAIL OCT. 1ST. 3 bdrms, 2 baths, livingroom, diningroom, family room with fireplace, kitchen with dishwasher. $650/mth, plus utilities. Call 937-1761, after 5pm.

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Refinances, purchases and debt consolidations.
Pay off high interest loans & credit cards.
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UPPER CANADA MORTGAGE
930-2592

LARGE 3 BDRM BUNGALOW with 2 bdrm basement apt. Fenced yard, pool. Upstairs avail. Oct. 1st. Basement apt avail. Sept. 1st. First & last req'd. Utilities extra. Call 936-6878.

REAL ESTATE WANTED

Qualified buyer looking to purchase St. Lawrence River front residence or prime river lot. Within 10-15 min. east of Cornwall. Reasonably priced. Call 938-8839 (leave message)

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Highest quality products in the market to sell.
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Year one didactic training at Kingston General Hospital
Year two clinical training at Hotel Dieu Hospital, Cornwall
beginning September 7, 1999
Minimal Entrance Requirements:
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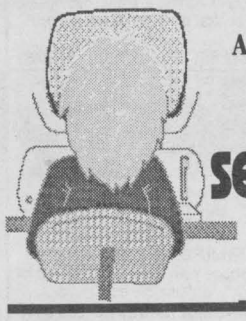

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SEAWAY NEWS
329 2nd St. W.
Cornwall
933-0014

35 HOUSES FOR SALE

NEWLY RENOVATED - 3 bdrm brick 2-storey single family home. New plumbing, electrical, flooring & walls, etc. 22 Race St. Must be seen. Open to offers. 933-5618.

HOUSE FOR SALE
Summerstown area
Immaculate 3 bdrm. home on 1 acre lot.
Paved driveway
931-1281
Call for an appt.

MOVE IN CONDITION. Might be cheaper to own than rent. 2 bdrms, 1-1/2 baths, large kitchen & livingroom. All renovated. Lots of new cupboards & closet, 2 enclosed porches, fenced yard. 2 sheds, private driveway. Includes fridge, stove, washer, dryer. $62,900. Call 936-0757.

WELL KEPT 3+3 bdrm raised bungalow w/attached garage. North end location. A price to sell. For additional information, call 938-3094.

AVAILABLE SEPTEMBER 1st



FOR RENT
storage, 1050 sq.ft., central, dry, cement floor, large garage door **$500** per month.
Call Mr. Aubry 933-0014

3 BDRM CENTURY OLD townhouse. Recent renovations include new roof, sofit & fascia, windows, doors, kitchen & bathroom, hardwood floors. Downtown. Close to shopping & buses. Asking $62,500. By appointment only, 938-0848.

PILON'S POINT - 3 bdrms, garage, paved driveway, back deck, pool. Asking price $60,000. Call Mitch, 931-1902 or 931-3441.

38 OFFICES/ STORES BLDGS.

COMMERCIAL SPACE - 2600 sq.ft. Available Oct. 1st at 8-6th St. East. Ample parking. Call 933-2828 for details.

STORE FOR RENT - approx. 1,000 sq.ft. Currently being used as Travel Agency. Excellent location. Reasonable rates. Call 528-4030.

41INCOME PROPERTIES

ROSS ST. Newer 4-unit apt bldg. Large 2-bdrm units. Good income. Price reduced. Owner anxious to sell! Asking $160,000. Latreille Real Estate Inc. 938-3800.

42 LOTS/ LAND

NEW PRICE - Approved building lot for sale. 2.76 acres on Hwy. #2, 1 mile west of Ingleside. View of the St. Lawrence River. Asking $13,000. Call Gilles for more details at 938-7071, leave message or E-mail: gilles@datacom.ca

45 SHARED ACCOMMODATIONS

SHARED ACCOMMODATION for a working person in a 2 bdrm upstairs duplex. $300/mth, utilities included. On Caswell Crescent for September. Call 933-6131.

53 FARM MACHINERY

CASE TRACTOR with front end loader PTO 3-point hitch. Good condition. Ford Econoline 300 cube van, 12' box, one-owner. Call 933-6919.

NOTICES

STATE OF RHODE ISLAND
AND PROVIDENCE PLANTATIONS,
PROVIDENCE, SC.

Office of the Clerk of the Family Court

July 13, 1999

WHEREAS, Barbara F. Hoppe, of 725 West Shore Road, Warwick, RI, has filed a Complaint in said office, demanding a divorce from Joseph A. Hoppe; permitting the Plaintiff to waive alimony; denying alimony to the Defendant; awarding the Plaintiff title and possession to all the personal property stored by her July 30, 1998, in the Cornwall Mini Storage, Inc., 33445 2nd Street East, Cornwall, Ontario, and denying the Defendant any interest in said items of personal property; awarding an equitable distribution of the marital assets pursuant to Section 15-5-16.1 of the Rhode Island General Laws and resume her maiden name of Barbara F. Fleck.

NOW, THEREFORE, you the said Defendant are hereby summoned to answer, if you shall see fit, before the Family Court, to be held at Providence, within the County of Providence, on the 16th day of September A.D. 1999, then and there to answer to said Complaint.

WITNESS, the Seal of the FAMILY COURT, at Providence, this 13th day of July, 1999.

George N. DiMuro
Administrator

UPPER CANADA District School Board

TENDER FUEL OIL

The Upper Canada District School Board, The Catholic District School Board of Eastern Ontario and Various Other Municipalities

invite tenders for the supply of Fuel Oils to public buildings throughout Eastern Ontario during the period September 1, 1999 to August 31, 2000.

Tender forms may be obtained from the office of the Upper Canada District School Board at:

25 Central Avenue West
Brockville, Ontario

Sealed tenders, submitted on the prescribed tender forms in specially marked envelopes, will be received by the undersigned until **3:00 pm local time, Thursday, August 19, 1999,** after which time no further tenders will be received. The lowest or any tender will not necessarily be accepted.

R.R. MacLaren
Comptroller of Purchasing Services
The Upper Canada District School Board
25 Central Avenue West
Brockville, ON K6V 5X1

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POWER SOURCE DJ's. Part of the professional group of D.J.'s. Specializing in stags, weddings & any other special occasions. Karaoke & lights available. Call Ray 938-1962/Rod 936-0652.

D.J. STEVE, a member of The Wedding Specialist Group. For all your wedding & party needs. Great tunes at a great price. 937-3499.

SOUND OF MUSIC DJ - Good variety of music. Professional service. Stags - Weddings - Parties. Competitive prices. Call 933-5618, ask for Jorge.

58 WEDDING PRODUCTS

CATHARINE'S CREATIONS. Invitations from .75¢ each. Rentals available - Arch, $85. Wishing Well, $25. Pillars, $60. Artificial cake with fountain, $85. Pew bows, $30. Cathy Orchard, 937-3521.

68 CARTING/MOVING /STORAGE

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AUSTRALIAN SHEPHERD puppies, ASCA Registered. Himalayan kittens, CCA Registered. All vet checked and 1st shots. Breeder direct. Call 931-2806.

FREE TO A GOOD HOME, Pitbull/German Shepherd mixed puppies. Approx. 8 wks. old. Call 534-8587.

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REGISTERED KEESHOND PUPPIES. Vaccinated & dewormed. Ready in 1 week. Call 931-2237 or 1-450-699-3382.

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PUREBRED GERMAN SHEPHERD pups for sale. 7 weeks old. Call 346-5423.

85 PERSONALS

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92 NOVENAS

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WANTED:
Housekeeper/Cook for family of 4. Live-In/Out. Must have references. Call 000-0000.



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OBITUARIES

THOMPSON - Tina Louise

Passed away at the Hotel Dieu Hospital, Cornwall on Thursday, July 15th, 1999.

Mrs. Tina Louise Thompson, age 38 years, born in Cornwall, of Wade Lafrance Memorial Drive, Snye, Quebec.

Dear daughter of Lawrence Johnson and Catherine Phillips.

Beloved wife of Francis Thompson Sr.

Loving mother of Francis (Fluggy) Thompson Jr., Joy, Ashley and Adrienne Thompson, all at home.

Dear sister of Samson (Sam) Johnson and Lawrence W. Johnson Jr., both of Snye; Jeffrey Johnson (Stacey) of Fort Blitz, Texas; Henry Johnson (Donna) of Hogansburg, New York; Cecelia (Mrs. James Jacobs), Tracy and Caroline Johnson, all of Snye.

Also survived by many uncles, aunts, nieces and nephews.

The funeral took place on Monday, July 19th, 1999 from Homemaker's Centre, River Road, Snye, to St. Regis Parish Church. Interment at St. Lawrence Cemetery. Reverend George Belgarde, S.J. of St. Regis Parish Church officiated.

The pallbearers were Jeff Thompson, Kevin Phillips, Marlon Johnson, Pat Johnson, Hank Cook and Teddy McDonald.

The funeral arrangements were under the care and direction of the Lahaie and Sullivan Cornwall Funeral Homes, West Branch, 20 Seventh Street West, Cornwall.

CUILLERIER - Elaine Leona

Passed away at the Brockville General Hospital, Brockville, Ontario on Friday, July 16th, 1999.

Elaine Leona Cuillerier, age 53 years, born in Cornwall, of 128 Marlborough Street North, Cornwall.

Dear daughter of the late John O'Neil and the late Laurientienne Lepage.

Loving mother of Robert Cuillerier (Dorothy) and John Cuillerier, both of Cornwall; Michael Cuillerier of Ottawa; Monique (Mrs. Robert Rozon) and Leona (Mrs. Pierre Laframboise), both of Cornwall and Joanne Cuillerier (Jean) of St-Clet, Quebec.

Dear sister of Norman O'Neil (Norma) and Lawrence O'Neil, both of Prescott; Gerald O'Neil (Claudette) and Gordon O'Neil (Lise), both of Cornwall; Ronald O'Neil (Anna) of R.R. #2 Martintown; Betty Stephenson and Doreen Boyd, both of Cornwall and Darlene Guy of Hawkesbury.

Also survived by eleven grandchildren.

The funeral took place on Wednesday, July 21st, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to the Memorial Chapel, followed by cremation.

GIRARD - Ernest Lucien

Passed away at the Cornwall General Hospital, Cornwall on Friday, July 16th, 1999.

Mr. Ernest Lucien Girard, age 88 years, born in Casselman, Ontario, of 506 Fifth Street East, Cornwall.

Dear son of the late Hermini Girard and the late Alphonsine Poirier.

Beloved husband of the late Agnes Girard (Carriere).

Loving father of Vivianne Panizzon of Glen Walter.

Loving grandfather of Mario and Paolo and great grandfather of Domenic.

Dear brother of Mrs. Marie-Reine O'Connor of Alexandria and Mrs. Gracia Lajoie of Cornwall.

Predeceased by two brothers, Aurele and Henri Girard and by one sister, Mrs. Fidelia Lalonde.

The funeral took place on Monday, July 19th, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Holy Cross Church. Interment at St. Joseph's Parish Cemetery. Reverend Gerald Poirier officiated.

The pallbearers were Gerard Lalonde, Gilles Girard, Gerald Lajoie, John Lalonde, Rheal Houde and Aime Decoste.

SAVOY - Romeo Joseph

Passed away at his residence on Saturday, July 17th, 1999.

Mr. Romeo Joseph Savoy, age 73 years, born in Campbellton, New Brunswick, of R.R. #1 St. Andrew's West, Ontario.

Dear son of the late Antoine Savoie and the late Alice Landry.

Beloved husband of Jean Marie Savoy (Brown).

Loving father of Claude Savoie of Cornwall and Elsie (Mrs. Jim Ayers) of R.R. #2 Chelmsford, Ontario.

Loving grandfather of Tina, Josee, Jason and Rachel.

Dear brother of Cyriacque and Donald Savoie, both of Atholville, New Brunswick; Omer Savoie of Toronto; Simone (Mrs. John Pacarar) of Montreal, Quebec; Geraldine (Mrs. Murray Arpin) and Claire (Mrs. Jacques Boudreau), both of Atholville, New Brunswick and Alexandrine (Mrs. John Levesque) of Chelmsford.

Predeceased by one son, Ronald Savoie and by one sister, Mrs. Rita McDavid.

The funeral took place on Monday, July 19th, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Andrew's West, followed by cremation. Reverend Robert McDonald of St. Andrew's Church officiated.

The pallbearers were Brian O'Duffy, Henry Doucet, Art Pyke, Lee Adams, Emerson Whitford and Jim Ayers.

HAWKSHAW - Sylvia Kathleen

Passed away in hospital on Monday, June 14th, 1999.

Mrs. Sylvia Kathleen Hawkshaw, age 73 years, born in Cornwall of Cornwall.

Dear daughter of the late Clarence Hance and the late Clara Rouselle.

Beloved wife of the late Russ Hawkshaw.

Loving mother of Donna Lenneau, Wayne Hawkshaw (Alice), Kathy Dingwall (Wayne), Robert Hawkshaw (France), David Hawkshaw (Denise) and Terry Hawkshaw (Stephanie), all of Cornwall.

Sadly missed by her grandchildren, Jodi, Tanya, Christopher, Tracy, Robert, Angel and Allan and by her great grandchildren, Tyler and Lindsay.

The funeral was conducted at 1 p.m. on Thursday, June 17th, 1999 for Liturgy of the Word in the Chapel of the M. John Sullivan Funeral Home, 341 Pitt Street, Cornwall, followed by cremation. Rite of committal in Woodlawn Cemetery on Saturday, June 26th, 1999.

PITTS - Garnet Roy

Passed away at the Ottawa Civic Hospital on Thursday, July 1st, 1999.

Mr. Garnet Roy Pitts, age 75 years, born in Cornwall, of Cornwall.

Dear son of the late John Pitts and the late Mary McNarin.

Beloved husband of Beatrice Grant (nee Lapointe) and by a previous marriage, the late Carmen Boulerice.

Loving father of Garnet John Pitts (Sue) of Ottawa; June Menard of Cornwall and Debbie Quantz of Finch.

Dear step-father of Barbara Bemish (Brian) of Ottawa and Wayne Grante (Freda) of Half Moon Bay, California.

Dear brother of Ivan, Joyce, Nina, Bessie and Flossie.

Lovingly remembered by his grandchildren, Jeffrey Menard, Hailey Quantz, Stephanie and Kristine Pitts and Tracie, Rod and Sean McDonald.

Predeceased by one brother, Ernest and by two sisters, Marion and Eadie.

The funeral services were conducted from the M. John Sullivan Home, 341 Pitt Street, Cornwall to St. Francis de Sales Catholic Church on Saturday, July 3rd, 1999 for Mass of the Resurrection with Commendation and Farewell at 11 a.m., followed by cremation. Father Victor Vachon Celebrated. Rite of Committal was held on Saturday, July 10th, 1999 at Notre Dame Cemetery Columbarium. Deacon Larry Gault presided.

The pallbearers were Travis Albers, Joey Sullivan, Herve Verville, Lester Adams, Charlie Bourget and Ronald Verville.

Mr. Pitts was a retired employee of Courtaulds; a World War II Veteran and a member of the Royal Canadian Legion Branch 297.

DEROUCHIE - Roy

Passed away at his residence on Saturday, July 11th, 1999.

Mr. Roy Derouchie, age 57 years, born in Cornwall, of Cornwall.

Dear son of the late Edmond Derouchie and the late Clara Gaines.

Beloved husband of Faith (nee Palmer).

Loving father of Edmond Derouchie (Paulette) and Rebecca Joubert (Philip), both of Cornwall and Christine Butler (Bruce) of Kingston.

Dear brother of Maurice Derouchie (Peggy), Albert Derouchie (Jean), both of Cornwall and Viola McNaughton (Archie) of Apple Hill.

Predeceased by five brothers and four sisters.

Funeral services were conducted from the M. John Sullivan Funeral Home, 341 Pitt Street, Cornwall for a Commemorative Mass of the Resurrection with Commendation and Farewell in St. Columban's Church. Rite of Committal was held in the Parish Cemetery. Reverend Kevin J. Maloney, Pastor of St. Columban's Parish celebrated.

Mr. Derouchie was a welder, formerly employed by Herdman Mechanical and a member of the Army Navy Club for 25 years.

McCORMICK-MORRISON Dorothy

Passed away at the Cornwall General Hospital on Saturday, July 17th, 1999.

Mrs. Dorothy McCormick-Morrison, age 88 years, born in Eastern Townships, Quebec, of R.R. #2 Martintown.

Dear daughter of the late Ernest Munkittrick.

Beloved wife of the late Murdo Morrison and by a former marriage, the late Leo McCormick.

Loving mother of Michael McCormick of R.R. #2 Martintown and Cathy Colligan of Montreal.

Survived by several sisters, brothers, relatives and friends.

Funeral services were conducted from the M. John Sullivan Funeral Home, 341 Pitt Street, Cornwall to the Chapel of the J.F. Wilson & Son Funeral Home, Verdun on Thursday, July 22nd, 1999, followed by cremation.

Mrs. McCormick-Morrison was a retired secretary with the Public School Board in Quebec.

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Classy, attractive, curvacious, SWF, 39, 5'8", with long dark golden blonde hair, is a kind, caring, generous and funny, a take charge type of person, who enjoys country music, is hoping to meet a SWM, 35-46, with similar qualities. Ad#: 5967

SPONTANEOUS
SWF, 28, 5'3", short brown hair, green eyes, with a nice smile, has a friendly appearance and likes to joke around alot, is seeking a caring, SWM, 26-35, N/S, who has their own life. Ad#: 3535

TRANQUILITY
Here is a SWF, 29, 5'6", blonde hair and blue eyes, is easygoing and enjoys many things. Searching for a SWM, 29-38, who would be honest, loyal, enjoys children and the outdoors. Ad#: 3792

TOP OF THE LINE
SWF, 37, 5'7", 140lbs., with brown hair, hazel eyes, has a great smile and personality, hobbies are walking, music, romance, is seeking a personable, SWM, 35-47, who enjoys life. Ad#: 3472

HERE SHE IS...
Good looking, SW mom, 32, 5'4", with hazel eyes, has an outgoing personality, likes joking around, enjoys working out, walks, movies and playing cards. Hoping to meet a SWM, 28-37, for friendship first. Ad#: 7905

GENTLEMEN...
If your a SWM, 21-32, then set up a time and day, and we'll discuss a possible long-term relationship. I'm a SWF, 26, 5'7", 135lbs., who enjoys long-walks, going to the movies and meeting new and exciting people. Ad#: 8211

LOVELY
Average built, 5', SWF, 22, with blonde hair, blue eyes, shy, honest, can be outgoing, enjoys sports, biking and walking, is seeking an honest, SWM, 20-30, N/S, who can communicate. Ad#: 7126

A LITTLE SHY
Friendly, SWF, 38, 5'2", with hazel eyes, hobbies are gardening, cooking and grooming animals, feels she will bring honesty to the relationship. Looking for an honest, true, SWM, 32-42, to get to know. Ad#: 1834

ALL YOU SINGLE GUYS...
Are you classified as a liar and a cheater? If so, then this may not be the ad for you, because this SWF, 38, 5'7", 118lbs., would like to meet an honest, kind and considerate, SWM, 35-40, for a possible relationship. Ad#: 6557

MEANINGFUL
...inally..a SWF, 35, with brown hair and brown eyes who ... professional who enjoys camping, swimming and ...occer. Looking for an open-minded, SWM, over 33, ...ho enjoys life and children. Ad#: 3622

SHY NATURED
Quiet friendly, easygoing, SW mom, 22, 5'8", 130lbs., with hazel eyes, enjoys walks, bowling and dancing, is seeking a fun loving, SWM, 20-30, to get to know. Ad#: 4300

CIRCLE THIS AD
She's an outgoing, medium-built, SWF, 30, 5'2", who enjoys walking, playing cards and spending quiet evenings at home. She's seeking a personable, SWM, 30-40, to share the various joys of life with. Ad#: 7879

ROMANTIC AT HEART
Do you like candle light dinners, good conversation, easy listening music, glass of wine, fireplace in the winters? Then call this N/S, SWF, 59, who also likes the blues, country western, dancing, golfing, traveling, for companionship, Brockville area. Ad#: 7117

CHASING A DREAM
Set the mood for this caring and loving, SWF, 21, 5'3", 140lbs., who enjoys sports, spending quality time with family and friends, by giving her a call. She's looking to meet a personable, SWM, 20-35, for a possible relationship. Ad#: 1722

SEARCHING
SWF, 50, is 5'7", who has a good sense of humor. Would like to spend quality time with that special someone who's a SWM, 45-55. Ad#: 2976

WHAT MORE DO YOU NEED?
Outgoing, friendly, SWF, 19, 5'6", 125lbs., with brown hair/eyes, loves singing, dancing, acting and cooking, will bring humor to the relationship. Seeking a fit, self-sufficient, SM, 20-26, who has it together. Ad#: 7137

TIRED OF BEING ALONE...
Then contact this hardworking, SWF, 25, who's interested in meeting a SM, 18-26, for a possible relationship. She enjoys honesty, the outdoors, socializing and sharing those special times with someone. Ad#: 2430

A RAY OF SUNSHINE
This SWF, 54, 5'5", 135lbs., has the seal of excellence and enjoys camping, boating, long-walks and living life. She's interested in meeting a kind, caring and personable, SM, 47-65, who shares similar interests, for a possible relationship. Ad#: 2841

SEEKING FRIENDSHIP
I'm a 59, retired DWF, 5', 105lbs, dark brown hair and eyes, I enjoy new places, drives, dancing, live theatre, movies, nature, and more. Prefer to meet someone 50-63, easy to get along with, intelligent, well groomed and not too heavy set nonsmoker. Ad#: 4054

HONEST & TRUSTWORTHY
Fun-loving, SWF, 29, 5'8", 145lbs., with hazel-green eyes, can be serious at times, enjoys running, nature, animals, traveling and photography, is seeking an interesting, fit, SWM, 27-37, who has respect. Ad#: 6056

NONE BETTER
5'6", SWF, 35, who is a warm and caring person, who enjoys rock concerts, camping and cuddling. Wants to meet a SWM, 35-40, who is honest and loving. Ad#: 4517

SO HOW ARE YOU?
Slim, SWF, 33, 5', with green eyes, described as being shy, can be very outgoing, caring, loving, hobbies are horseback riding, drawing and country music, is seeking a shy, trusting, caring, SWM, 29-40, who is fun to be with. Ad#: 5321

LOVE AT FIRST SIGHT
Open your heart to this down-to-earth, fun loving, SW mom, 23, 5'9", with brown hair and blue eyes, a N/S, non-drinker, who enjoys laughing and good conversation. She's interested in meeting an open minded, SWM, 25-32, for a possible relationship. Ad#: 7831

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

HEART & SOUL
SWF, 38, 4'10", 103lbs., with blonde hair, blue eyes, romantic, adventurous, spontaneous, loves traveling, camping, boating and swimming, is seeking a SWM, 37-45, who has the same qualities and interests. Ad#: 3428

AT THIS POINT IN MY LIFE
Sensitive, kind, caring, SWF, 38, 5'1", 110lbs., with brown hair/eyes, enjoys the outdoors, cooking and reading, is seeking a gentle, caring, emotionally stable, SWM, 32-45, with a good sense of humor. Ad#: 8260

READY TO SETTLE DOWN
Easygoing, SW mom, 26, 5'3", 150lbs., with brown hair and blue eyes, who likes trying new things, is hoping to meet a romantic, SWM, 22-28, who's willing to settle down. Ad#: 5596

GENTLEMEN...
Take notice that this quiet-natured, SWF, 29, 5'3", is single? She would like to meet a marriage-minded, SM, 30-40, for a possible life-long relationship. She enjoys dining out, children and spending quality time with that special someone. Ad#: 8099

CARING & SENSITIVE
SW mom, 27, 5'3", 140lbs., with brown hair, blue eyes, has an outgoing personality, likes having fun, is hoping to meet a respectful, SM, 28-32, who likes to cuddle. Ad#: 5121

CIRCLE THIS AD
The future looks bright if you give me a call. I'm a SW mom, 18, who's interested in a possible long-term relationship with a SM, 18-30. My hobbies include spending quality time with family and friends, living life to its fullest. Ad#: 1140

HONESTY IS MUST
I'm a 36 year old, employed single white Mom, I'm 5'1", 100lbs., I enjoy camping, gardening and slow pitch. I'm seeking an honest, romantic white male, 33-39, and wants to spend time with my daughter and myself. Brockville area. Ad#: 4933

CITY GIRL!
I'm a well-built, 5'10", SWF, 19, who's interested in meeting a SM, 20-29, for a possible relationship. I enjoy horseback-riding, the outdoors, reading and listening to music. Ad#: 2689

ENJOYS LIFE
She's an honest, sensitive, SW mom, 30, 5'7", 135lbs., with brown hair/eyes, who likes reading, spending time with her kids and going to the beach. She is seeking an honest, romantic, SWM, 30-38, who is a N/S. Ad#: 5941

DOWN-TO-EARTH
Attractive, fit, loyal, SWF, 38, 5'7", 118lbs., with blonde hair, blue eyes, who likes nature, horseback riding, motorcycles, is hoping to meet an honest, monogamous, SWM, 34-39, with integrity. Ad#: 6037

ON THE RIGHT TRACK
Your looking for a special kind of gal, like maybe this professional, SWF, 36, 5'8", 140lbs., who enjoys music and camping. If so, why look any further. If your a SWM, 35-40, your probably the man of her dreams. Ad#: 2283

WHAT A LADY!
Do you enjoy life and a good laugh? So does this SWF, 62, who's interested in meeting a SWM, 55-65, for a possible long-term relationship. Her hobbies include dancing, the outdoors, camping and picking wild flowers. Ad#: 4310

ELEGANCE BEYOND A DOUBT
Be true to me. I'm a kind and loving, SWF, 43, who would like to meet a kind and truthful, SWM, 40-50, to share the joys of life with. my hobbies include dining out, long-walks, gardening and most importantly enjoying life to the fullest. Ad#: 9298

LOOKING FOR MR. RIGHT
Fun-loving, open-minded, SWF, 18, 5'8", 150lbs., with blonde hair, green eyes, likes playing pool, bowling and hockey games, is seeking an outgoing, fun, SM, 19-23, for a possible long-term relationship. Ad#: 5474

HEAVEN IF YOU HEAR ME
SWF, 49, 5'8", 135lbs., with brown hair/eyes, has an easygoing personality, can be shy, enjoys camping, fishing, crafts and driving, is seeking an honest, upfront, truthful, SWM, 45-60. No head games. Ad#: 7432

SOULMATE SEARCHING
SW mom, 37, blonde, with brown eyes, have been told she's attractive, is hardworking, honest, emotionally stable, is seeking an honest, trustworthy, mature, SWM, 34-42. Her hobbies are crafts, reading, gardening and watching movies. Ad#: 2245

SIMPLY IRRESISTIBLE
Slim, SWF, 28, 5'9", with sandy blond hair, blue eyes, is a very positive, kind person, whose hobbies are painting, gardening and horseback riding, is seeking a tall, supportive, kind, trusting, SWM, 28-33, who is a N/S. Ad#: 1151

GOOD VIBES
This happy-go-lucky, positive thinker, SWF, 37, 5'6", 150lbs., has hazel eyes. She enjoys going for walks, playing with her family, gardening and more. Looking for a tall, honest, sensitive, SWM, 36-44, N/S, for a possible relationship. Ad#: 3357

THOUGHTFUL
Faithful, SWF, 32, with brown hair/eyes, who likes swimming., tennis, volleyball, is hoping to meet an honest, trusting, SWM, 33-43, who will not lie to me. Ad#: 4513

HERE'S YOUR OPPORTUNITY
End the single life with this kind and caring, SWF, 31, 5'4", 140lbs., who enjoys reading, cross-word puzzles and the outdoors. She would like to share life with an employed, SWM, 35-40, who's ready for a possible long-term relationship. Ad#: 1424

RADIANT PERSONALITY
She's a petite, SWF, 57, who's interested in meeting a SWM, 55-63, for a possible long-term relationship. She enjoys cooking, baking and spending quality time with that special someone. If interested, leave her a message today. Ad#: 8792

HAS EVERYTHING BUT YOU
I'm a professional, SWF, 29, 5'6", 145lbs., who enjoys the outdoors, the beach and spending quality time with that special someone. I'm interested in meeting a SWM, 25-40, for a possible life-long relationship. Ad#: 1437

BORED WITH TRADITION...
Then give this SWF, 34, 5'5", a call. She's looking to meet a kind and considerate, SM, 30-38, for a possible long-term relationship. She enjoys music, romantic walks, cooking and the great-outdoors. Ad#: 8403

REACH FOR THE STARS
Would you believe that this blue-eyed blonde SWF, 18, 150lbs., is single? She's interested in meeting a SWM, 18-23, for a possible long-term relationship. Her hobbies include shooting pool, socializing and meeting new and exciting people. Ad#: 7025

COMMON BOND
Retired, SWF, 67, 5'5", with dark, brown hair, who likes bingo, cards and dining out, is hoping to meet an easygoing, SM, over 65, with similar interests. Ad#: 8031

NO GAMES!
Out-going, SW mom, 26, 5'6", 140lbs., with long brown hair and blue eyes, likes to enjoy things as they come, hobbies includes anything outdoors, is seeking a "real", SWM, 27-38. Ad#: 6623

WALK INTO MY LIFE
Friendly, outgoing, SW mom, 45, 5'5", 128lbs., with blonde hair, green eyes, in good physical condition, likes cross-country skiing, fishing and biking, is seeking a mentally/financially stable, SWM, over 40, who is not afraid to show his feelings. Ad#: 7425

EASY TO GET ALONG WITH
Shy, SW mom, 35, 5'2", with brown hair, eyes, who likes watching movies, quiet evenings and camping, is looking for an employed, caring, SWM, 35-48, who knows what they want in life. Ad#: 4261

WIN ME OVER
SWF, 32 ,5'3" , 130Lbs., reddish-brown hair, green eyes, is a positive person , easygoing, life is very important. Enjoys swimming and walking. Seeking a SWM, 25-35, who is honest and knows what they want in life. Ad#: 6398

ONE PINK ROSE
SWF, 21, 5'3", 150lbs., with brown hair, green eyes, is fun, easygoing, honest and caring, who likes music, cooking, long walks, is seeking an easygoing, honest, sincere, SWM, 21-32, who do not play head games. Ad#: 3266

BE KIND TO MY HEART
If you believe in true love, then you might consider giving me a call. I'm a SWF, 21, 5'3", 150lbs., who enjoys the outdoors, meeting new people, music and cooking. I'm interested in meeting an honest and sincere, SWM, 21-30, for a possible relationship. Ad#: 6029

GENTLEMEN...
I appreciate honesty. I'm a SWF, 21, 5'3", 150lbs., who's looking to meet an honest, sincere, SWM, 21-30, for a possible relationship. My hobbies include the outdoors, living life, cooking, dancing, reading and meeting new people. Ad#: 9821

TELL NO TALE
Employed, SWF, 29, 5'2", 110lbs., with brown hair/eyes, who enjoys baseball, biking, skiing, is seeking a caring, responsible, SWM, 32-38, who is family-oriented. Ad#: 7118

DON'T PASS ME BY
Do you believe in love? If so, then you could be the perfect match for this soft-spoken, SWF, 56, 5'6", who enjoys dining out, dancing and just enjoying life. She would like to share her interests with a SWM, over 48. Ad#: 2768

GIVE HER A CALL
This fun-loving, easygoing, SWF, 21, 5'3", 165lbs., with brown hair and green eyes, N/S, social drinker, who enjoys walking, cooking, listening to music and having a romantic evening with that special someone, is seeking an honest, sincere, SWM, 21-28. Ad#: 1168

REACH FOR THE STARS
Outgoing, humorous, easygoing, employed, SWF, 47, 5'3", with brown hair/eyes, loves gardening, spending quality time with her children and much more. She is looking for an easygoing, honest, romantic, SWM, over 40. Ad#: 7063

HEART, MIND, BODY & SOUL
Attractive, medium built, 5'8", SW mom, 33, with brown hair/eyes, has a bubbly personality, who likes to laugh, hobbies are country music, camping and moonlight walks, is seeking an employed, stable, romantic, SWM, 35-45, who has a spiritual mind. Ad#: 2807

SYMPHONY UNDER THE STARS
Employed SWF, 36, N/S, 5'5", 115lbs, with brown hair/eyes, enjoys snowmobiling, horseback riding, working out, reading, and learning novel interests. She is looking for a sensitive, romantic, caring, helpful, talkative, SWM, 30-43. Ad#: 7762

PHONE ME NOW
SWF, 19, 5'4", with a medium build, is easygoing, tends to be serious, enjoys walking, aerobics, relaxing and watching t.v., is seeking a kind, generous, thoughtful, SWM, 21-26. Ad#: 7844

MY ONE TRUE LOVE
Outgoing, happy, bubbly, attractive, self-employed, SWF, 30, smoker, 5'7", 120lbs., with blonde hair, hazel eyes, loves rollerblading, scuba diving, working out, hunting, fishing and much more. She is seeking a secure, sensitive, SWM, 31-50. Ad#: 5195

LOVE AWAITS
A social, personable, N/S, 33, SWF, with a medium build, who enjoys walking in the moonlight, camping and country music, she seeks an open-minded, honest, N/S, SWM, 35-45, for a serious relationship. Ad#: 6716

HELLO, I'M...
Caring, honest, easy to get along with, SW mom, 30, 5'2", 125lbs, with brown hair/eyes, is seeking a caring, trustworthy, SWM, 36-38. Likes cooking, walking and spending time with her kids. Ad#: 7794

COUNTRY GIRL AT HEART
SWF, 38, 5'6", 118lbs., with blonde hair, blue eyes, playful, easygoing, enjoys her horses, antique and long drives, is seeking a gentle, attractive, SWM, 35-45, with a good sense of humor. Ad#: 3656

GRACE & ELEGANCE
The future looks bright if you leave a message with this SWF, 59, 4'11", who's waiting patiently to hear from a spontaneous, SWM, 58-63. She enjoys cycling, the outdoors and trying new and exciting things. Ad#: 2533

HOPES & DREAMS
Patience is a virtue...I'm a spontaneous, SWF, 28, 5'3", who's interested in meeting a SWM, 26-35, for a possible long-term relationship. My hobbies include playing sports, the outdoors and spending quality time with that special someone. Ad#: 3897

MULTI-FACETED
She's a blue-eyed blonde, SWF, 21, 5'3", 170lbs., who enjoys romantic walks, meeting new people and spending quality time with family and friends. She's looking for a SWM, 21-30, for a possible long-term relationship. Ad#: 3679

HEY YOU, CALL ME
SWF, 23, blond hair, hazel eyes, is out-going and fun to be with, enjoys walking, skiing, is seeking a spontaneous, SWM, 22-28, who likes to have fun. Ad#: 7543

ATTN. GENTLEMEN...
Open your heart to this fun-loving, honest and sincere SWF, 42, 5'3", 150lbs. She's interested in meeting a SWM, 39-49, for a possible long-term relationship. Her hobbies include a variety of crafts and spending quality time with that special someone. Ad#: 8144

LETS DANCE
Bubbly, employed, SWF, 50, 165lbs., tall, with brown hair/eyes, who likes country music, camping, reading, is in search of an humorous, patient, SWM, 40-60, who knows when to be serious. Ad#: 6544

FALL IN LOVE
She's a self-employed, SWF, 48, 5'2", with green eyes, who likes traveling and much more, She's hoping to meet a kind, lovable, SWM, 55-65, to share life with. Ad#: 3061

LONELY EYES
Give a call to this easygoing, humorous, SWF, 55, 5', 148lbs., with black hair and brown eyes, smoker, who enjoys fishing, travel, dancing, she is looking for an emotionally stable, affectionate, considerate, SWM, over 55, to spend time with. Ad#: 5444

To Respond to These Cornwall Singles

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Today's Listings Seaway SINGLES

MALES SEEKING FEMALES

TRUE BLUE
Outgoing, SWM, 40, 6'1", 230lbs., with blond hair, blue eyes, loves to laugh and is fun to be with, enjoys the outdoors. Seeking an honest, trustworthy, SF, over 19, for a possible long-term relationship. Ad#: 2858

SOFT HEARTED
Medium built, SWM, 60, 5'8", 175lbs., with salt/pepper hair, has an easygoing personality, enjoys working around the house, is seeking a small built, SWF, 46-54, who is easygoing and nice. Ad#: 8219

OLD FASHIONED GUY
Attractive, blond, blue eyed, SWM, 36, 6', 190lbs., hobbies are working around the house and dinner parties, will bring stability to the relationship. Seeking a secure, fit, SWF, 29-39, who is a romantic. Ad#: 7005

IMPECCABLE
160lbs., 6'1", brown haired/eyed, SWM, 19, is outgoing and has a great sense of humor. Likes cooking, spending time with family and socializing. Seeks a SWF, 18-25. Ad#: 5661

WORTH A TRY
Green eyed, SWM, 29, is outgoing, humorous and sometimes funny. Interests include rock climbing, archery and just the outdoors. Very honest and is looking for a SWF, 27-33, with similar interests. Ad#: 9549

SERIOUS REPLIES ONLY
Honest, SWM, 24, 5'9", 125lbs., with brown hair/eyes, fun to be with, likes music and playing darts, is seeking an honest, caring, SWF, 18-45, who doesn't play head games. Ad#: 4269

PHONE ME NOW
Green eyed, SWM, 19, 5'11", 165lbs., with a medium build, has a humorous personality, hobbies are biking, reading and drawing, is seeking a SWF, 19-23, with similar interests. Ad#: 1027

THOUGHTFUL
Long haired, 5'8", SWM, 24, is very caring and understanding. He likes candle light dinners, spending time with friends, long walks and much more. Seeks an attractive, thin, SWF, 20-26, for a long term relationship. Ad#: 8314

MOONLIGHT
SWM, 35, 6'2, blond hair and blue eyes, is loving and romantic. Enjoys movies, going to the park and would like to meet a SWF, over 18, who is honest and caring. Ad#: 3304

HONESTY IS THE KEY
6'3", brown haired, blue eyed, attractive, SWM, 44, enjoys boating, flying and fishing. Seeking a slim, SWF, 30-45, who knows what she wants in life. Ad#: 9034

RELIGION IS A PLUS
SWM, 50, 6'1", 215lbs, brown hair/eyes, well built, fit, hobbies includes table tennis, poetry and country life activities, is seeking an honest, loving, caring, SWF, 30-48, who's also intellectual. Ad#: 3742

MELODY OF LOVE
He's an easygoing, kind and caring, SWM, 36, 6', 190lbs., who's interested in meeting a life-loving, SWF, 26-38, for a possible long-term relationship. He enjoys country-lifestyle, meeting people and sharing special times with family and friends. Ad#: 8162

HERE'S YOUR OPPORTUNITY
Funny, humorous, SWM, 38, 6'2", 195lbs., with blue eyes, self-employed, interest includes movies, music, walks and nature, will bring sincerity to the relationship. Seeking a secure, honest, caring, SWF, who knows what she wants out of life. Ad#: 2475

WALK INTO MY LIFE
The time is right to call this good looking, SWM, 39, with a great personality. His hobbies include hockey, the outdoors movies, etc. Is looking for a SWF, 35-45, who is honest, humorous and fun. Ad#: 6311

MAKE IT POSSIBLE...
I'm a caring and honest, SWM, 39, 5'6", 150lbs., who enjoys sports and living each and everyday to the fullest. I'm interested in meeting a SWF, over 19, for a possible life-long relationship. Ad#: 5536

NO DEMANDS
SWM, 29, 5'7", with a medium build is outgoing and likes fishing, biking and long walks. Will bring open mindedness and caring into a relationship. Looking for a SF, 24-33, who doesn't play head games. Ad#: 6393

CALL ME
Shy at times, but sincere. This SWM, 33, 5'4", 190lbs, likes country music and is employed. Seeking a SWF, 30-37, no dependents, for a possible relationship. Ad#: 7210

EVERYTHING YOU WANTED
Shy, up-front, SWM, 60, 5'8", 175lbs., enjoys walking, bowling, camping and movies, will bring honesty to the relationship. Seeking a well mannered/groomed, SWF, 19-60, to get to know. Ad#: 4098

RESERVED
Employed, SWM 23, 6', with brown hair, blue eyes, who likes music, auto racing and much more, is seeking a trusting, SWF, 19-26, for possible relationship. Ad#: 5918

INTERESTED IN ME
Be part of my tomorrow. I'm a SWM, 31, 5'10", 210lbs., who would like to meet a SWF, 29-38, who enjoys dining out, listening to music, walks on the beach, fine wines and candlelit dinners, for a possible relationship. Ad#: 2799

FUN-LOVING
Open-minded, hardworking, SWM, 26, 6', 200lbs., with brown hair, blue eyes, who likes partying, camping and much more, is hoping to meet a faithful, SWF, 23-30, who enjoys life. Ad#: 4958

OPEN-MINDED
Easygoing, SWM, 33, 6'1", 212lbs., with brown hair, green eyes, machine operator, who likes fishing, long drives and the great outdoors, is hoping to meet an honest, thoughtful, SWF, 24-35, who is ready to commit. Ad#: 1865

THE DIFFERENCE
I'm a hazel-eyed, kind and personable, SWM, 24, who's interested in meeting a personable, SWF, 20-34, for a possible relationship. I enjoy sports, outdoor activities and socializing with that special someone. Ad#: 9408

COUNTRY LIVING!
I'm a brown-eyed, self-employed, kind and caring, SWM, 40, 5'9", 155lbs., who's interested in meeting a personable, SWF, 29-39, who enjoys life and living each and everyday to the fullest, for a possible, fun-loving relationship. Ad#: 5813

HIGH ON LIFE
SWM, 28, with blond hair and blue eyes, 6'3" and medium built. He is very spontaneous. Enjoys reading, television, bike riding with his daughter and camping. Seeks a SF, 20-32, who is laid back and likes children. Ad#: 7302

THE TIME IS RIGHT
5'10", SWM, 39, with a muscular build and brown hair enjoys life. His hobbies are reading, cooking, cycling and quiet evenings. He is looking for a SF, over 19, for a long term relationship. Ad#: 9685

CONTACT ME
SWM, 25, 5'10", blue eyes, with a slim build, friendly, outgoing, enjoys candlelight dinners, reading and running, is seeking a friendly, honest, outgoing, SWF, 18-24. Ad#: 9610

WALK INTO MY LIFE
Life could get interesting with this sociable SWM, 39, 5'7", who enjoys the outdoors, the theatre and in-depth conversation. He's interested in meeting a SF, 33-42, for a possible long-term relationship Ad#: 1642

STEP BY STEP
Outgoing, witty, employed, SWM, 26, N/S, 5'7", 140lbs., enjoys various activities. He would like to meet an easy-going, outgoing, friendly, fun-loving, SWF, over 21. Ad#: 3701

HEALTH-CONSCIOUS
Average, slim built, 5'9", 165lbs., SWM, 59, an intense, knowledgeable person, who enjoys talking, is seeking a SF, 35-60, with similar qualities, preferably a vegetarian. Hobbies are traveling and health. Ad#: 1940

SENSITIVE & CARING
Attractive, muscular built, SWM, 31, 6'3", 190lbs., with brown curly hair, blue eyes, active, likes joking around, can be serious, is in search of an employed, honest, mature, SF, 19-32, who isn't into head games. Ad#: 7821

ON THE RIGHT TRACK
Quiet, organized, SW dad, 33, 5'9", 170lbs., with brown eyes, hobbies are building, car engines, long drives and snowmobiling, is seeking an understanding, caring, SF, under 40, who is a good listener. Ad#: 6869

MAKE THE CONNECTION
SWM, 20, 6'4", 200lbs., with blue eyes, easygoing, social and serious when need be, likes sports, reading, is seeking a SWF, 18-28, who likes having a good time. Ad#: 1880

DON'T KEEP ME WAITING
SWM, 24, 5'9", 230lbs., with brown hair/eyes, has a great personality and sense of humor, likes camping, hockey, music, will bring trust to the relationship. Looking for an outgoing, SWF, over 19, who enjoys the outdoors. Ad#: 2064

WONDERFUL
Self employed, SWM, 48, 6'3", well built with blue eyes, is very easygoing and hardworking. Enjoys country music, singing and party. Looking to meet a SWF, 30-50, reliable, dependable and who likes to live life to it's fullest. Ad#: 4327

THE FUTURE LOOKS BRIGHT
Honesty tops my list. I'm a SWM, 74, 5'9", who would like to meet a SWF, over 19, for a possible life-long relationship. I enjoy socializing, dancing and meeting new and exciting people. Ad#: 3987

DESIRES OF THE HEART
Would you believe that this hardworking, SWM, 24, 5'10", 160lbs., is single? He enjoys the outdoors, in-depth conversation and just enjoying life. He's hoping to find a SF, 21-33, who shares similar interests. Ad#: 5656

EASYGOING
Hardworking, devoted, SWM, 32, 6'2", 210lbs., with reddish-brown hair, green eyes, who likes golfing, the outdoors , working out and much more, is in search of an honest, trustworthy, SF, 25-38, for a monogamous relationship. Ad#: 8441

FOLLOW YOUR HEART
Here is a SWM, 36, 6'4", 180lbs., who has a good personality and very giving. His hobbies are nature, gardening and fishing. Searching for a SWF, over 25, who is honest and trusting. Ad#: 2153

FRIENDSHIP FIRST
Retired, SWM, 63, 5'10", 180lbs., with blue eyes, loves life, who likes nature, travel, camping and much more, is hoping to meet a slender, humorous, SWF, 55-65, who enjoys life. Ad#: 5110

HELLO, IT'S ME
SWM, 45, 5'8", 160lbs., in good physical condition, enjoys life and is always in good humor, is seeking an honest, reliable, SWF, under 44. Ad#: 7889

HONESTY TOPS MY LIST!
SWM, 32, 5'7" with brown hair, hazel eyes, who's easy-going with great sense of humor, enjoys bowling, darts, bicycling. He seeks a SWF 28-35, who's honest, faithful, animals and candlelight diners. Ad#: 2820

SEE WHERE IT LEADS TO
Spontaneous, intelligent, joyful, retired, athletic, clean, SWM, 38, a smoker, who enjoys boating and a lot more. He would like to sail with a spontaneous, witty, outgoing, loving, good-hearted, caring, SWF, 19-38. Ad#: 7994

ATTENTION LADIES...
SWM, 36, 120lbs., 5'6", easygoing and loves to have fun, hobbies are fly fishing, model building, long walks in the park. Seeking a mature SF, 19-45, who loves anything and wants to have a good time. Ad#: 2306

Females Seeking Females

ONE STEP AT A TIME!
Are you classified as a liar and a cheater? If so, then this may not be the right ad for you, because this SWF, 34, wishes to meet an honest and faithful, SWF, 19-38, for a possible life-long relationship. Ad#: 2620

STILL LOOKING
This SW mom, 22, with brown hair and brown eyes, is outgoing and easy to talk to. She would like to meet a SWF, over 19, to be there for her. Ad#: 5972

FIND OUT TODAY
SWF, 26, wuth brown hair and brown eyes, is very easygoing and enjoys walking and socializing. Would like to meet a trustworthy, loving, SF, 19-45, to spend time with. Ad#: 8876

TELL NO TALES
Tall, 5'10", SWF, 26, with blonde hair, very friendly, outgoing person, enjoys basketball, baseball and working out, is seeking an honest, SWF, 19-29, who can share their feelings. Ad#: 5052

NONE BETTER
Outgoing, clean, full-figured, fun-loving, honest, employed, SWF, 23, smoker, 5'9", enjoys aerobics, swimming, socializing, singing and much more. She is seeking a fun-loving, understanding, loving, open-minded, SF, over 25. Ad#: 1835

I SHOULD HAVE TOLD YOU
Nice looking, full-figured, SWF, 23, is out-going, very easy to get along with, likes cooking, long walks, swimming and talking for hours, is seeking a clean, open-minded, pretty, SF, 25-50. Ad#: 2180

YOU CAN COUNT ON ME
Fun-loving, easygoing, SWF, 21, smoker, 5'10", with dark hair, enjoys reading, watching movies, and going out. She is in search of a sincere, honest, easygoing, SF, 19-30. Ad#: 5790

PASSION FOR JOYS OF LIFE
Call this easygoing, humorous, SWF, 28, 5'5", 167lbs., with brown hair and hazel eyes, smoker, social drinker, who likes to read, draw, and sports. She is searching for an easygoing SWF, 29-42, who is great with kids. Ad#: 6882

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

Males Seeking Males

IN SEARCH OF YOU
SWM, 39, 6'1", 170lbs., with brown hair/eyes, likes having fun, enjoys sports and music, feels he will bring safety to the relationship. Seeking an honest, SM, 25-55, to get to know. Ad#: 2336

FIND OUT
This SM, 23, 6', 195lbs, dark brown hair/eyes, enjoys playing pool, music, swimming, biking, more. Seeking an easygoing, honest, humorous SM, 19-35, to see what happens. Ad#: 5666

SHARE LIFE WITH ME
Focus on this SWM, 20, 5'9", 130lbs., with brown hair, hazel eyes, who is easygoing. He is looking for a trustworthy, honest and sincrere, SWM, 20-30. Ad#: 7268

OPENNESS & HONESTY
Well-organized, SWM, 24, 6'1", 170lbs., with brown hair/eyes, has a good sense of humor, who likes movies, walks, baseball and hockey, is seeking an outgoing, SWM, 18-30, who is fun to be with. Ad#: 5939

OUTGOING
This outgoing, humourous SWM, 24, 5'11", 150lbs, likes hockey, movies and much more. Seeking someone who is compassionate, outgoing, 18-22, who has similar interests. Ad#: 4343

MANY OPTIONS
5'5", SNCM, 29, 145lbs., with short black hair and brown eyes, is very outgoing, caring and romantic. He is looking for a SWM, 19-35, who is sincere, open minded and understanding. Ad#: 4197

HEAR ME OUT
SWM, 20, 5'10", 150lbs., with short black hair enjoys being outdoors. Spends time playing and watching hockey. Looking for a SWM, over 19, who is outgoing and confidential. Ad#: 1757

PLEASE CALL
Easygoing, employed student, SWM, 27, 6'3", 190lbs., with brown hair, green eyes, who likes sports, quiet evenings, is hoping to meet an honest, sincere, SWM, 21-50, who likes to talk. Ad#: 3613

HELLO, IT'S ME
SWM, 25, 5'10", 150lbs., has a great personality, likes swimming, baseball and hockey, considers himself to be outgoing, honest, is hoping to meet an honest, sincere, SWM, 19-23, for a possible long-term relationship. Ad#: 1704

SLEEPLESS NIGHTS
Outgoing, self-employed, SWM, 26, N/S, 6'2", 195lbs, with brown hair, blue eyes, enjoys woodworking and downhill skiing. He'd like to meet an honest, fun-loving, SM, 18-30. Ad#: 3424

HAPPY
Employed, SWM, 25, 220lbs., tall, with brown hair/eyes, who likes woodworking and much more, is seeking an honest, SM, 18-35, to get to know. Ad#: 9630

HOPES & DREAMS
Be true to me, I'm an honest and sincere, SWM, 22, 5'10", 150lbs., who enjoys a wide variety of interests. I'm interested in meeting a SM, 19-27, for a possible relationship. Ad#: 3307

LOVE IN FULL BLOOM
Set the mood for this friendly and honest SWM, 36, 5'8", 175lbs., who enjoys bowling, good conversation and meeting new and exciting people, by giving him a call. He would like to chat, with a SWM, 25-40, who's ready to build a foundation. Ad#: 1154

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

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

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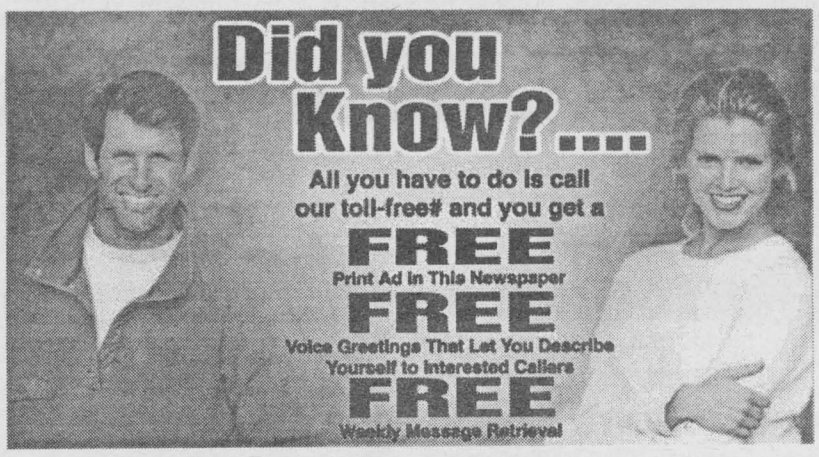

NEW OUTLOOK
Hardworking, SWF, 21, 5'5", 160lbs., with blonde hair, blue eyes, who likes spending time with friends, cooking and long walks, is in search of an easygoing, caring, trusting, SWM, 21-28. Ad#: 5798

LET'S MINGLE
Do you enjoy life and good conversation? If so, then you could be the perfect match for this somewhat-shy, SWF, 33, 5'7", who's looking to meet an honest and sincere, SWM, 29-40, for a possible relationship. Ad#: 5844

A SWEET MELODY OF LOVE
SWF, 18, 5'6", 160lbs., brown hair/eyes, fun-loving, open-minded personality, with a great sense of humor, she enjoys bars, music and spending time with someone, is seeking a smart, honest, SM, 18-28. Ad#: 1899

HELLO LOVE
SWF, 49, smoker, 5'3", 130lbs., who is fun and out going, enjoys life, sewing, reading, and traveling, is seeking, SM, 45-60, who likes to have fun, stable and loves animals. Ad#: 3192

ONE STEP AT A TIME
Physically fit, bubbly. professional, SW mom, 41, 5'2", 150lbs., who likes long walks with her dog, horseback riding, spending time with her daughter, is seeking an honest, caring, D

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



SEAWAY SMILE

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

MY FOOTSTEPS?

A physician told this story about her then-four-year-old daughter. On the way to preschool, the doctor had left her stethoscope on the car seat, and her little girl picked it up and began playing with it. Be still, my heart, thought the mother, my daughter wants to follow in my footsteps and be a doctor! Then the child spoke into the instrument: "Welcome to McDonald's. May I take your order?"

A WISE LITTLE GIRL

A certain little girl, when asked her name, would reply, "I'm Mr. Sugarbrown's daughter." Her mother told her this was wrong, she must just say, "I'm Jane Sugarbrown." The minister spoke to her in Sunday School and said, "Aren't you Mr. Sugarbrown's daughter?" She replied, "Well, I thought I was, but mother says I'm not."

That's Life ... the more a cosmetic costs, the tinier the jar it's sold in!

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Statistic note from our American neighbours ... did you know that each year 2.34 million Americans get married.

A huge bunch of sour grapes to the very rude and insensitive female, driving a red car, who was so impatient she had to cut into a funeral procession ... behind the hearse no less - leaving Trinity United Church in Ingleside. Shame on you for displaying such an appalling lack of respect and human decency. Your display of rude gestures and cranky attitude were unforgivable and marred what was already a very sad day. What goes around comes around ... and lady, have you got it coming!

A huge bouquet of roses to the many people in vehicles **who did display respect by pulling over to the side of the road or waited on the street until the funeral procession had passed.** That few seconds of sharing our sadness is very much appreciated by the families who have suffered the loss of a loved one, and certainly does not go unnoticed.

Grandpa's Boat
by James Lumbers

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Bug Off ... if you want to avoid summer's most annoying pest, check out the new Muskol Bug Forecaster Web site at www.muskol.com - it will provide daily forecasts on mosquito conditions in 100 cities and towns across Canada, including busy summer regions such as Banff and Algonquin Park.

You always know when Friday is here because you see the clouds rolling in and when Monday comes around, the sun comes out. C'est la vie!

Can anyone tell this frequent walker why the pedestrian crossing at the corner of Glengarry Boulevard and Second Street East never seems to work? *Walkers at this area always seem to have to cross against traffic.*

Domtar Workers: Please be more cautious when using the pedestrian crosswalk. When pushing the button for the flashing light, make sure that the cars can stop in time for you to cross safely ... or someone is going to get hurt!

A note to our local daily ... in the future could a more appropriate picture of Councillor Denis Carr be used when publishing articles regarding City matters. **The 'sunburned' look has got to go.**

According to a survey from Jericho Communications of New York, men work out primarily to improve appearance, while for women the biggest reason is health. It is not surprising then that men look in the mirror more often during their workouts.

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John arrives back from Hawaii on Monday. **Will that be enough time for him to catch up to the "boys"?** Big, big plans are afoot for the weekend of the 21st. Keep watching the corner of Ninth & Sydney. Something is in the air and Cornwall will be better for it. Teamwork for a better tomorrow. ***Check this column next week for the announcements. You too can be a part of it ...***

Bouquets to **Dan Laberge, Bob Longchamps, Ruth & Dave Brodie** and **Laurie & Bruce Seguin** for helping out at our bingo. A million thanks from the kids of the Cornwall Knighthawks.

Oops ... in response to the August 6th issue of Scuttlebutt regarding Bell ExpressVu, the number to call for further information **should have read 1-888-SKY-DISH ...** sorry about that!

Handy Tips: To keep your bananas from turning brown too quickly, wrap each one individually in newspaper (Seaway News, of course) and store them in the crisper compartment of your refrigerator. You'll find they last twice as long.

The addition of a new sports bar at Bob Auline's Restaurant is almost complete ... expect an early September opening ... looking good Norm!

Don't you just love those people who stop at the top of the escalator ... or stop to chat at a single entrance-way door!

Did you know that a blue whale's tongue is as big as and weighs as much as a full grown elephant.

If you want to check out the sites on the St. Lawrence River with its abundance of wonderful sites, **Cornwall Cruising is the way to go.** They have 2 to 8 hour tours available, departing from Marina 200. It's the perfect getaway for groups of all sizes. The gang at Seaway News would like to thank the owner/operator of Cornwall Cruising, **Jim Martell** for the very enjoyable evening cruise.

If you want to be like everyone else on your street and hang a set of the "Icicle" Christmas lights on your house, then you'd better act fast. A recent sale in Toronto had shoppers snapping up 20,000 sets in just two days.

Problems with train whistles? I hear more chip trucks than train whistles.

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HOROSCOPES

August 15-21

Aries – March 21/April 20
A loved one offers you constructive criticism about your personal life. Don't get defensive; just listen. He or she is looking out for your best interest. A close friend invites you out for a night on the town late in the week. Say yes, because it's sure to be a good time. Taurus plays an important role.

Taurus – April 21/May 21
While you're normally the strong, silent type, you turn into a chatterbox when you meet an interesting person this week, Taurus. Get to know him or her better — it definitely will be worth your effort. A loved one needs help with a home-improvement project. Do what you can for him or her.

Gemini – May 22/June 21
You have to do some quick thinking when it comes to a problem at work. A co-worker makes a costly mistake, and you need to come up with a solution. The higher-ups are counting on you. Your efforts will be rewarded. The person whom you've been seeing wants to take a break. Don't get upset. Time apart will do you good.

Cancer – June 22/July 22
When it comes to romance this week, Cancer, you're going to have to make the first move. The person whom you like reciprocates your feelings, but is too shy to ask you out. Take the initiative. It will be worth your effort! A business acquaintance confides in you about a problem. Be supportive.

Leo – July 23/August 23
Don't be shy when an acquaintance reveals his or her true feelings for you. Be yourself, and tell this person exactly how you feel. A loved one asks to borrow money. Don't automatically say yes. First, find out what the money is for. Something is suspicious about the whole scenario.

Virgo – Aug 24/Sept 22
You have an important meeting early in the week, Virgo. Don't be late for it. If you are, you could miss out on an interesting travel opportunity. A friend of a friend asks to meet with you. Get together with him or her; you could learn some intriguing information. Scorpio plays an important role on Tuesday.

Libra – Sept 23/Oct 23
Don't sulk over a minor disagreement with a friend. Neither of you means the things that you say. Just talk with him or her, and clear the air. Your relationship will be back to normal soon. A loved one gets you involved in a family problem. Even though you're upset about it, do what you can to help.

Scorpio – Oct 24/Nov 22
Keep your eyes and ears open this week, Scorpio. Something is going on at work, and it has everyone on edge. Try to find out what's happening. Co-workers are looking to you for answers. That special someone has a surprise for you late in the week. Enjoy!

Sagittarius – Nov 23/Dec 21
You run into an old friend early in the week, Sagittarius. Spend time with him or her; catch up on the gossip. You'll learn some interesting information. A loved one asks you to help him or her get ready for an important date. Do your best to keep this person calm and upbeat.

Capricorn – Dec 22/Jan 20
While you want to make your mark at work, don't do it at a co-worker's expense. Work diligently to earn praise; don't try to get it by making someone else look bad. That special someone has an important question to ask you. Be honest — even if you know that he or she doesn't want to hear what you have to say.

Aquarius – Jan 21/Feb 18
Don't bite off more than you can chew this week, Aquarius. A lot of people are asking you to help them, but you can't do everything. Set your priorities, and focus on what's most important. An intriguing person asks you to lunch late in the week. Say yes, because it's sure to be fun.

Pisces – Feb 19/March 20
Try to look at the bright side of things when a personal problem arises, Pisces. Things aren't as bad as they seem. Turn to loved ones for comfort. They always will be there for you. A close friend asks a favor of you. Do what you can to help.


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How Alcohol Affects Driving

(NC)—Driving puts demands on almost all our basic skills — perception, attention, judgment, decision-making, physical reaction — and our ability to coordinate these skills.

Alcohol affects these skills and, as a result, our ability to drive safely. About 1,350 people die in alcohol-related accidents in Canada each year. Thousands more are injured – many are permanently disabled.

The legal limit for Blood Alcohol Concentration (BAC) in Canada is .08 (i.e. 80 mg of alcohol in 100 millilitres of blood, or 80 mg%). Over that, you're driving legally impaired and there are increasingly stiff penalties for this criminal offence. In some provinces, drivers suffer non-criminal sanctions, such as losing their driver's licence, at .05 BAC.

Here's why alcohol and driving can be a lethal mix:

The ability to estimate distances between objects is reduced. Some drivers experience difficulties with BACs as low as .02, while virtually everyone's vision is affected at a 0.1 BAC. Driving at night adds to the problem, especially for older drivers, who don't see as well in the dark.

When driving, we usually make a conscious effort to scan the road for signs, traffic and pedestrians, while keeping the vehicle in the lane and maintaining an appropriate speed.

Impaired drivers tend to make fewer visual scans. They are also more likely to focus longer on one thing, such as lane markers or traffic signs. Consequently, their speed of scanning the total environment is much slower.

In simulated driving tests, drivers with BACs of about .09 steered and braked more slowly and used the brake pedal more roughly.

BAC depends on blood volume, which in turn, depends on a person's weight and his or her amount of fat or muscle tissue. Lower-weight, fattier people can more quickly reach higher BAC levels.

All in all, it's best not to mix drinking and driving.



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Car-Care Options for Ecology-Minded Passenger-Car Owners

(MS) — Government regulations and rising consumer awareness continue to drive the push for environmental improvements in the auto industry. Motorists do not need to wait for government intervention, however, to begin making earth-friendly car-care decisions.

Two of the biggest polluting byproducts of the automobile today are used motor oil and conventional antifreeze. Fortunately, ecology-minded car owners who think about the impact of their actions are discovering alternatives to their traditional car-care regimen.

The environmental problem of used motor oil

If one quart of motor oil can produce a two-acre slick and one gallon fouls a million gallons of drinking water, the damage being done by the current "change it as often as the seasons" habit is considerable. In the United States alone, more than 1 billion gallons of motor oil are consumed annually. According to some estimates, as much as 40 percent of this amount is discarded improperly, dumped in the ground or thrown out with the trash to end up in landfills, seeping into groundwater.

One way to significantly reduce the amount of used motor oil in America would be to make a motor oil that lasts longer and doesn't break down after 3,000 miles of severe service. In point of fact, such oils already exist. Instead of conventional petroleum-based products, the new synthesized motor oils last longer, perform better and offer a host of additional benefits as well.

In 1972, AMSOIL Inc. of Superior, Wis., developed the first American Petroleum Institute-rated synthetic motor oil for passenger-car applications. On its first can, AMSOIL proclaimed a 25,000 miles or one year oil drain interval. By adopting an extended oil-change interval of one year instead of every three months, motorists would produce 75 percent less motor-oil waste.

In addition to reducing the amount of waste oil, converting America's cars and trucks to synthetic motor oil would also significantly reduce the hundreds of millions of pounds of high-density polyethylene (HDPE) bottles that are used annually to package motor oil.

Although this concept of extending drain intervals and its environmental benefits was introduced by AMSOIL in 1972, the environmental significance only recently has been recognized by the mainstream.

Potential health hazards of antifreeze

The primary chemical in traditional antifreeze is ethylene glycol. Highly toxic, less than one-half cup is a lethal dose for the average-size human. Lesser amounts can cause serious kidney damage and central-nervous-system depression. What's worse, when spilled on driveways and roadsides, its sweet smell and taste attract wildlife and make it more likely to be consumed.

For this reason, several companies in recent years have introduced propylene glycol-based antifreeze products as a safer alternative. Propylene glycol antifreeze provides the same all-climate protection along with low toxicity and biodegradability. In preparing your car for winter, pay attention to the type of antifreeze you are putting in it. Is it safe?

Practicing good stewardship

Whether you use conventional petroleum products or synthetic lubricants, be sure to properly dispose of used motor oil. Nearly every community provides recycling centers or facilities for disposing of hazardous chemicals, including used motor oil.

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93 ASUNA SUNFIRE, 109,000 km, auto $5,800
93 CHRYSLER INTERPID, loaded, lease end $6,650
93 CAVALIER, 4 dr, auto., air, nice $4,800
92 BUICK REGAL LTD, 4 dr., fully loaded $6,850
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Schulman's TUXEDOS & JEANS

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 or visit their website at http://www.reuniting-in-cornwall.com

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

*BREAST CANCER SUPPORT GROUP will be holding their first meeting on Thursday August 19th, VON Office, 7:00p.m., 205 Amelia Street, Everyone welcome. Info: Sheila Airey 932-3451.

*CANADIAN COUNCIL OF THE BLIND hold meetings the first Monday of each month, at the Salvation Army in the basement, 7:30p.m. Info 936-1966.

*CENTRE CHARLES EMILE CLAUDE voyage épluchette de blé-d'inde et pommes à St. Eustache le 26 août. Départ à 1h30 de Zellers. Renseignements: 933-4422.

*CENTRE YORK CENTRE is looking for volunteers where children are cherished. Anyone who is interested may call Jen at 933-1253.

*CORNWALL OLDE CAR CLUB Cruise Night meetings: Friday Aug. 13th, Canadian Tire Parking Lot, 6:00p.m.; Wednesday Aug. 18th, 6:00p.m.; A&W, Vincent Massey Dr. Info: 931-2637.

*CORNWALL SENIOR CLUB #353 119 Pitt St., weekly activities: Monday: "Fitness Class", 9:00a.m.; "500" 1:00p.m. Tuesday: "Crib" 1:30p.m., Wednesday: "Euchre" 1:00p.m., Saturday: "Dance" 8:00-11:00p.m. Info: 932-0980.

*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

*CYCLE FOR AUTISM bike-a-thon will be held on Sunday Sept. 26th starting at Cornwall Civic Complex. Registration now taking place, wheelchair accessible. Registration 9:00a.m. Wrap-up festivities include: music, refreshments, food, allocation of prizes and acknowledgements. $20. fee (ages 12 & under $10.) to: ASO - UPPER CANADA CHAPTER, Box 343, Cornwall, Ont. K6H 5T1

*EUCHRE is being held on Friday August 20th, 8:00p.m., Seniors Room at the Avonmore Community Centre. Info: 984-0267. Everyone welcome.

*FAMILY CENTRE "Ensemble un pas à la fois" will be holding their 3rd annual Corn Roast, on Tuesday August 24th, 11:00a.m. at the Centre, 305 Baldwin Avenue. Everyone welcome. Call Guylaine or Céline at 938-2000 before August 16th to guarantee a place.

*HERITAGE HOUSE MUSEUM presents "The Margaret Ruhland Heirloom Lace Collection" until November 14th. Collection of textiles and lace. Open daily from 11:00a.m. to 4:30p.m.; located next to the Rideau Canal on Old Slys Road in Smiths Fall. Info: 613-283-8560.

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

*LA RESERVE NATIONALE DE FAUNE du Lac Saint-François, ouvert de mai á septembre; entrée gratuite. 22 éspèces d'oiseaux de nombreuses variétés de plantes. Info: 1-450-370-6954. Chemin de la Pointe Fraser, (Dundee, Quebec) accés par la route 132.

*LE CENTRE DE RESSOURCES FAMILIALES de l'Estrie souhaite rappeller à tous que quelques places sont encore disponibles dans nos service de garde pour enfants âgés de 0 à 12 ans. Pour information composer le 938-0836. *Des places subventionnes sont aussi disponibles.

*LOYAL ORDER OF MOOSE Cornwall Lodge 1367, 443 Eleventh St. West, presents Sunday Morning Breakfast served every Sunday, 8:30a.m. to 11:00a.m. Everyone welcome.

*NAVY CLUB Recreation Events: "Outside Summer Bar B Q", Saturday Aug. 14th, 11:00a.m. to 3:00p.m.; "Navy Summer Euchre", Sunday Aug. 15th, 1:45p.m. start. Everyone welcome. Info: 930-2060 code 6289.

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

*OUR LADY OF GRACE/ST. PIUS X PARISH Catholic Women's League will be holding the feast of St. Pius Barbecue on Sunday August 22nd, at the church in Long Sault, 4:00p.m. to 7:00p.m. Tickets available by calling the parish office at 537-2244, 537-2646, 984-0076 (local call).

*OUTDOOR GROUP upcoming August events: "Wilderness Camping & Canoeing in Adirondaks" August 20th-22nd; (leave Friday at 5:00p.m.); Info: 938-4949; "Moonlight Hike in Summerstown Forest" Friday August 27th, 8:30p.m. Info: 347-3677.

*OVEREATERS' ANONYMOUS hold weekly meetings at Knox St. Paul's United Church, Library Room every Monday & Thursday Evening, 7:30p.m. For more info call Louise at 937-3812.

*PARADISE TANNING & FITNESS CENTRE second annual 3 on 3 Basketball Tournament is being held on August 28th & 29th; 3 divisions: Under 19, Open-Mixed; Open-Men. All teams guaranteed at least 4 games. Call 930-2445 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.

* RESERVE NATIONALE DE FAUNE du lac Saint-François is open May to September; free admission. Guided tours by reservation by calling 1-450-370-6954. Come & observe 220 species of birds and numerous varieties of plants. Located at Chemin de la Pointe Fraser (Dundee, Québec), access by route 132.

*SEAWAY SENIORS, "Keenagers" upcoming schedule: Thursday August 19th, Glen Stor Dun Lodge, 2:00p.m.

*ST. LAWRENCE SENIORS holds Shuffleboard every Tuesday, at 9:00a.m., Cornwall Armouries. Contact Nelson Durochie at 933-4807. Parking at rear.

*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.

*UNION GAS will be holding a Car Wash on Saturday August 21st, 9:00a.m. in the parking lot at the Union Gas office at 1875 Brookdale Avenue. All proceeds to the United Way.

*WOMEN ENTREPRENEURS of Cornwall & Area next meeting will be held on Thursday August 19th, Ramada Inn. Registration: 6:00-6:30p.m. Reply by Monday August 16th; leave message with Marg Hogan at 930-2547.

*YE OLD ENGLISH FISH & CHIP SHOP will be donating $2.00 for every Fish 'N Chip sold on Tuesday August 24th, to the Cornwall & District Chapter of the Canadian Liver Foundation host of the Dave Ezard Memorial Walk.



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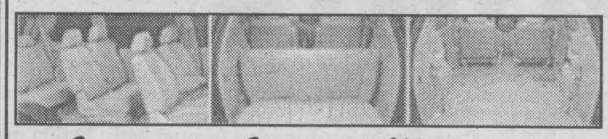

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fall to spring we will venture.
With love and trust together we will ride,
life and loves great waterslide.

Delightful, delectable, Darlene

Now we start on loves great quest,
to live and love before we rest.
Together we will tear asunder,
all the myths we live under.

Delightful, delectable, Darlene

Life flowers picked by special hand,
we'll live and love across this land.
Happiness we'll find abounds,
within ourselves and all around.

Delightful, delectable, Darlene

The fog of age did slowly creep,
down life's great stage where lovers weep.
When hope dims fast,
You think that was the last.
Then you make the final cast.

Delightful, delectable, Darlene.

The line falls softly the ripples spread,
you wait alone with mounting dread.
The souls you land are not to keep,
they only tend to make you weep.

Delightful, delectable, Darlene.

The last you land to this shore is rare,
the manner pleasing the look is fair.
Forgotten is the dread,
and loneliness down and dead.

Petals fall and leaves turn brown,
but with our love no thorny crown.
The only feeling we must endure,
loves sweet call there is no cure

Delightful, delectable, Darlene
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Taff

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