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SEAWAY NEWS

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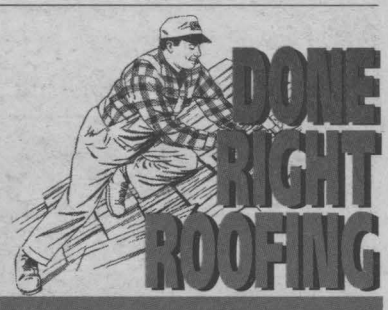
October 10, 2003 | Volume 19, Issue 4 | Serving Cornwall and Area | www.cornwallseawaynews.com

Wiggle Wagglin' At Gray's Creek



It was a cool and damp Saturday morning on October 4th, 2003 but that didn't stop area pet owners from showing up at Gray's Creek Conservation Area for the OSPCA annual Wiggle Waggle Walk, raising funds for the local animal shelter. Several thousand dollars was raised for the facility.

It was a hearty group that showed up Saturday morning for a walk through the woods with their pets. Left to right: Patti Carson of St. Andrews West with "Bailey"; 12 year old Sara O'Neil of Martintown with "Pippa"; Brian and Pierrette Legroulx of North Lancaster with "Monk" and "Phoenix"; 10 year old Bailey Lauzon of Long Sault with "Kaycee"; 12 year old Lindsey Alguire of St. Andrews with her pet ferret "Bear"; 11 year old Cora Lauzon of Long Sault and her mom Debbie with their pet dog, "Bear" as well. *(photo by John Divinski)*



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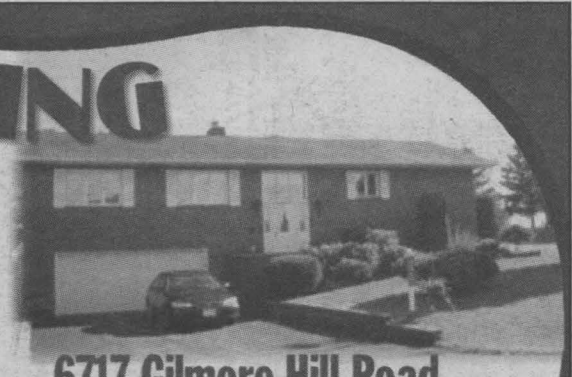
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LOCAL

Akwesasne Mohawk Casino Dream Home

In the largest promotion event in the near five-year history of The Akwesasne Mohawk Casino, thousands of players and new home hopefuls turned out to see who would be the lucky patron to win a brand new Dream Home!

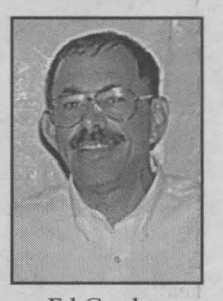
At 9:00 pm , it only took one draw from the bin to find the winner of the home. The winner was Bernice Lazore of Akwesasne. She was crowned "Queen of the House" and awarded the new home in front of hundreds in the Northern Lights Entertainment Complex and thousands on the Casino property who were waiting to see if they were the winners. There were estimated to be over 100,000 entries into the Dream Home promotion that began April 1st.

The home is a two-story modular from Commodore Homes of Pennsylvania, provided by the Wholesale Homes companies of Plattsburgh and Malone, New York. The Wakefield Model home that was awarded features over 2400 total square feet of living space with area for up to five bedrooms. It also includes two bathrooms and some of the kitchen appliances including the range and refrigerator/freezer have been added as part of the prize package.


Bernice Lazore

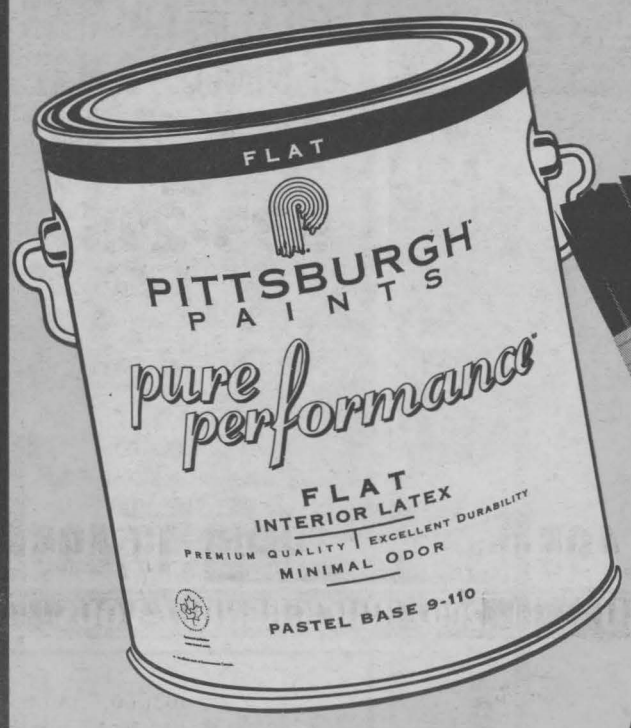

Diane Selleck

The winner of the monthly draw for the home workshop was Diane Selleck, of Winthrop, New York. Also added as a special draw prize was a game room provided by the Nova Gaming Company. The game room set was awarded to Ed Gordon of Potsdam, New York. In a rarely seen occurrence, more than one name had to be drawn for the two monthly draw prizes because the person who was selected was not present for the draw.


Ed Gordon

Still to come on the event calendar for The Akwesasne Mohawk Casino, the annual Halloween Parade and Costume Contest on Friday, October 31st with $2,000 total cash prizes and – the next big giveaway – Tuesday, December 16th at 7:30 pm, someone will win 25,000 dollars in the "Christmas Cash Giveaway!"

DOUG & MAGGIE'S SINCE 1979



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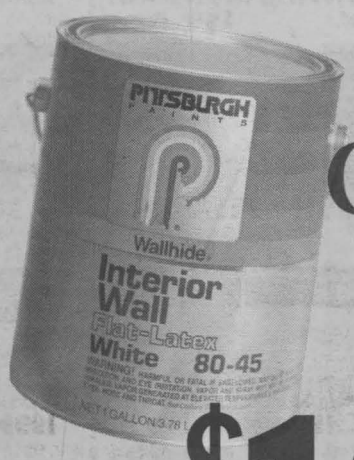

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Roger Dupuis has won 4 Ottawa Senator hockey tickets as part of the "Buy Now & Win" promotion. Pictured above are Larry Ducharme (Sales Rep), Roger Dupuis (Winner), Shawn Blanchard (Sales Manager), Dwain Spink (Marketing rep. Ottawa Senators)

PLUS Congratulations to Roger Gauthier who is going to see Detroit this weekend on winning tickets!



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The Importance Of Older Workers In Our Economy



Education

with Denis Thibault

If John Glenn can travel to space at the age of 77 and make an important contribution to mankind, how did we come to believe that older, experienced workers are not the most coveted of employees?

Why do many workers over 50 say they believe they have been discriminated against because of their age?

The truth is older workers are a tremendous resource in our community and employers with vision are beginning to make changes in their workplace to make room for more of them.

You've heard and read about it for years. We have an aging population and a declining birth rate. That is moving us towards some drastic changes in the makeup of our population and workforce. According to the Conference Board of Canada, this will bring about a shortfall of about a million workers in Canada in the next 20 years.

In the next ten years, the 55 to 64 age group will increase in size by more than 50%. That is because our Baby Boomers will be entering this age group. By 2010, the wave of Baby Boomers will head into the 65 and over age group. Federal government predicts that by 2015, 48% of the traditional "working age" population will be between 45 and 64 years of age. If we consider people over 45 to be experienced or seasoned workers, then almost half our workforce will be "older".

While their numbers are increasing, fewer older workers are participating in the labour force. People are living longer, so there are more people in the 75 and over age group, and only a small percentage of that group chooses to work.

Fewer younger workers entering the job market, combined with low participation by older workers' rate and huge growth in the number of older people all mean there will be some very drastic challenges.

But businesses will be feeling the heat of this changing population, and they may not be as prepared as they should. Some employers are already beginning to find it more difficult to recruit, train and keep skilled and experienced workers who will be needed to fuel their companies that keep our economy running.

And warm, working bodies are not enough. As our society becomes increasingly high tech, even traditional areas that were seen as strictly manual labour oriented, are requiring a higher degree of education or training.

The segments of the area workforce that will be hardest hit are management, Government, education, and health. We've already heard a lot about the challenges that these sectors will be facing in the coming years.

Perhaps the biggest opportunity lies in finding ways to encourage people to stay in the workforce beyond their normal retirement age. Whether you call them "older workers", "experienced workers", or "mature workers", the Boomers' age group is once again, because of their numbers, holding the cards. But they have much more than numbers. Their experience, skills and work ethic will be needed more than ever in the future.

The fact is, many employers don't realize the potential they have in experienced workers. Older workers may not be a "hot commodity" yet, but if employers don't take action soon, they may find themselves having great difficulty meeting their future workforce needs.

Job Zone in Cornwall and the Employment Services Centre in Hawkesbury are working to help employers, and workers for that matter, to understand the challenges they will face, and the actions they can take today and in the future to meet these challenges.

Clearly, there is much to be done to prepare businesses for the upcoming shortage of workers. If we can develop attitudes and programs that recognize and encourage age diversity, and if we can, in appropriate and appealing ways, call upon the skills and experience of workers of all ages, there is very much to be gained.

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November 1, 2003

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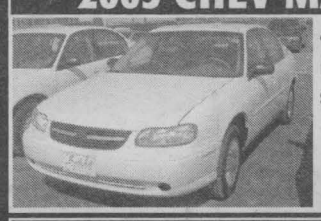
4 dr, V6, loaded, stk#A0246 starting from **$15,495**

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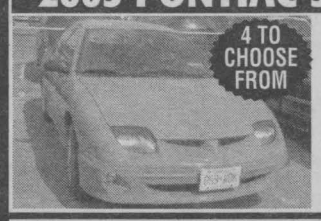
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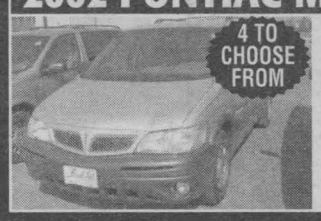
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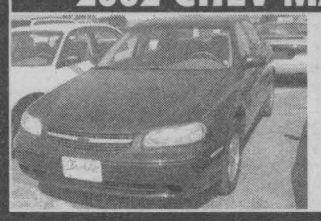
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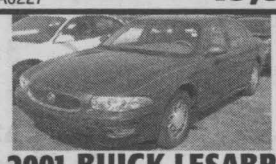
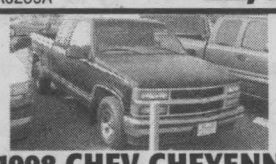
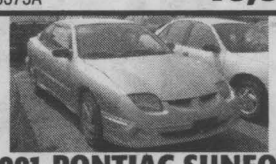
1999 FORD EXPEDITION Eddie Bauer, stk#A0239A **$22,495**


2000 PONTIAC GRAND PRIX GTP loaded, leather, stk#3375A **$16,995**

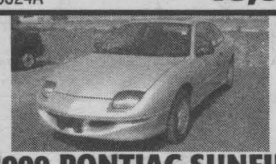

2001 BUICK LESABRE loaded, leather, stk#3241A **$17,495**


2001 GMC SIERRA ext. cab, auto, stk#3524A **$18,995**

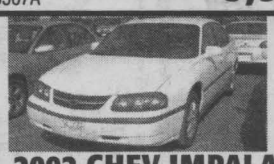

1998 CHEV CHEYENNE ext. cab, 8 cyl, stk#3113A2 **$15,995**


2001 PONTIAC SUNFORE 2 dr, air, stk#3567A **$9,995**


1996 CHEV CHEYENNE ext. cab, 4x4, 8 cyl, stk#3565Aa **$14,995**


1999 PONTIAC SUNFIRE 2 dr, silver, stk#A0179B **$6,495**


1996 PONTIAC GRAND AM 4 dr, auto, stk#3302A **$6,995**


2002 CHEV IMPALA 4 dr, loaded, V6, stk#A0086 **$15,995**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What Was Your Favourite Part Of The Fall Home & Harvest Show?



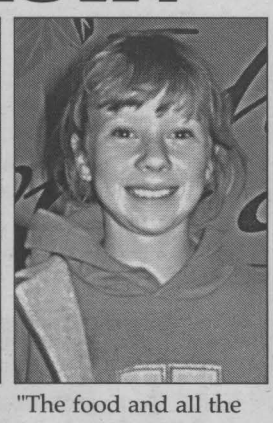
"I have never seen so many restaurants and groups involving food as this year. It was very good." - Jean Lalonde from Cornwall



"A lot of good things and everything was nice. I enjoyed the different vendors since I am planning some renovations at this time." - Simone from Apple Hill



"I really enjoyed all the food and wine tasting in the Salons this year." - Donna MacLachlan from Williamstown



"The food and all the free stuff. I really enjoyed looking at the hot tubs." - Emily MacLachlan (age 8) from Williamstown



"The exposure is awesome. We see anywhere from 8,000 - 10,000 people over the course of the weekend, greeting old friends and new customers. The addition of the Harvest section is a real big plus and has added to the whole weekend show." - Dan Allaire from Corus Entertainment's new Rock 101.9

Photos by Chris McPhee

Initiative Benefits Local Organizations

St. Lawrence College has developed a vehicle for connecting with and responding to the needs of local services, businesses and industries. Consultant Dianne Kuipers, recently hired by the College, has been conducting free needs assessments for companies in Cornwall, SD&G and Massena, New York and providing them with practical recommendations. Her findings have been presented to the College's Centre for Training and Development where common issues are looked at and programming developed accordingly. "Because of limited resources, many organizations do their planning for professional development without preliminary assessment," explains Kuipers. Now, every community service, business and industry, no matter how large or how small, can get a free needs assessment done before beginning the planning process." Kuipers has already assessed close to a dozen organizations while developing the initiative. "Their input helped improve the assessment tool and each new interview brought a new perspective to the process. The development process was challenging but we now have a meaningful assessment tool which is ready to go."

Although the program is still in its infancy, the move for change has already begun. "As a result of Dianne's findings, we've made several changes in the Continuing Education Department," says Deborah MacKay, Program Coordinator of Part-Time Studies. "We've added a new Project Management course to our Business Management Certificate Program and expanded our Business and Professional Development Workshop Series to include five new courses." The Centre for Training and Development has also increased its focus on health and safety issues and on matters of compliance. These changes are intended to meet the direct needs of those companies who were interviewed by Kuipers and are also relevant to a number of other organizations in the community.Companies who wish to take advantage of this new initiative can contact The Centre for Training and Development at the College by calling 933-6080, extension 2153.



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Mike's Karate School Has New Location



Mike's Karate School has moved to a spacious new location at 218 11th St. West in Cornwall. To celebrate, owner Mike Bissonnette held an open house that featured a demonstration by students and instructors. Pictured above is top row (l. to r.): Andre Rivette, Councillor; Pauline Bissonnette, Co-Owner; Mike Bissonnette, Owner. Middle row (l. to r.): John Callery, Sensei; Wayne Aubin, Sensei; Earl Ingram, Sempei; and Sylvie Lapensee, Sensei (in front). (submitted photo)

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Lauzon Wins Alliance Nomination



Guy Lauzon wins nomination.

St. Andrews resident, Guy Lauzon, won the nomination to be the Canadian Alliance Party Candidate in the upcoming Federal Election, expected in the spring of 2004.

Lauzon defeated fellow St. Andrew's resident, Ranald McDonell, before a crowd of approximately 250 people.

In his acceptance speech, Lauzon, who came within 2,900 votes of defeating incumbent Bob Kilger in the 2000 federal election, reiterated the excellent chance the Canadian Alliance Party now has of winning the Riding of Stormont, Dundas and Charlottenburgh in the upcoming election. He pointed to the 534 active, paid-up members that the Riding Association now enjoys.

The event was a very upbeat kick-off to what Lauzon believes will be a very successful campaign.

Guest Speaker, Canadian Alliance Member of Parliament, James Moore, enthused the crowd with a very informative update on what is happening in the current session of Parliament. During a question and answer period, the M.P. very candidly answered questions regarding the Alliance / Progressive Conservative merger. He informed the partisan crowd that the Alliance caucus would be considering a PC proposal during a three hour meeting scheduled for Wednesday, October 1st.

When Moore asked for a show of hands regarding an Alliance merger with the PC's, the crowd unanimously endorsed the prospect.

Volunteers Honoured

Six members of Encore Seniors' Education Centre were recently honoured during annual Ontario Volunteer Services presentations at the Ottawa Congress Centre.

The six include board members: George Atkinson, Joddy Campbell and Kathy Eveleigh. Atkinson has been associated with the Encore program since its beginnings in September 1994, and has served for many years as chair of the governance committee. Campbell, who is well known in Cornwall for her bridge expertise, has shared her knowledge with Encore students for more than five years. Eveleigh's special interest was the Encore travel program.

Bernie Carrière, Doug Hill and Vivian Julien were also recipients of the volunteer awards. Encore's philosopher king Carrière holds the program record for the number of study groups led, nearing 20 at last count. Hill has led many computer related study groups and workshops. He is an active member of the computer committee and is Encore's web master. Julien's association with Encore traces to the early years. She is a retired Board member and has led many study groups. As well, she tutors students attending St. Lawrence College.

Snow Storm At Benson



It was snowing at Benson on Monday, October 5th, 2003 or so it seemed. Actually the pile of snow was part of a promotion to remind motorists to get their snow tires. Pictured above is Mike Renaud and Pauline Roy of Benson Certified Auto Service.

(submitted photo)

Hope in Love

A non-profit organization dedicated to the enrichment of relationships is sponsoring a True Colours Workshop

Improving Family Relationships

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With Darnell Drouin

Saturday, October 18, 2003

9:00 am to 4 pm

(registration 8:30 am)

Admission $10.00 (includes lunch)

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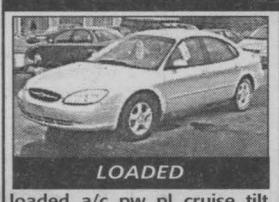

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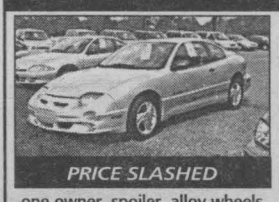

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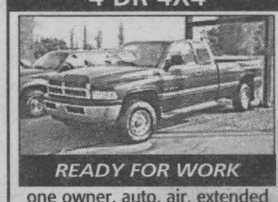

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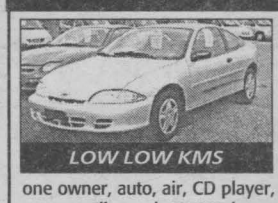

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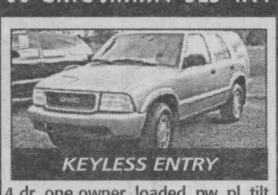

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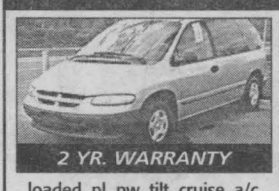

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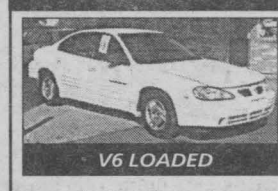

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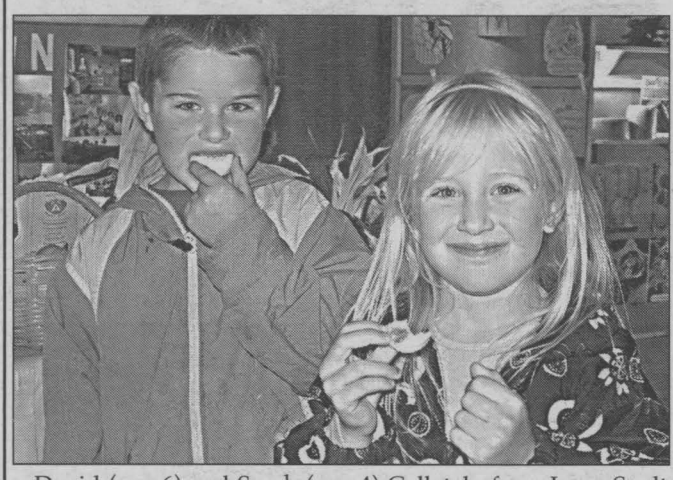
Encore Seniors Appointment

Jean Louis Rochette, President of Encore Seniors' Education Centre, announced the appointment of Lee Cassidy as Field Coordinator for the popular seniors' daytime academic program which operates out of St. Lawrence College, Cornwall Campus. As Field Coordinator, she will focus on development of Encore's outreach mandate, in particular expansion of the program into Alexandria and the North Glengarry area.

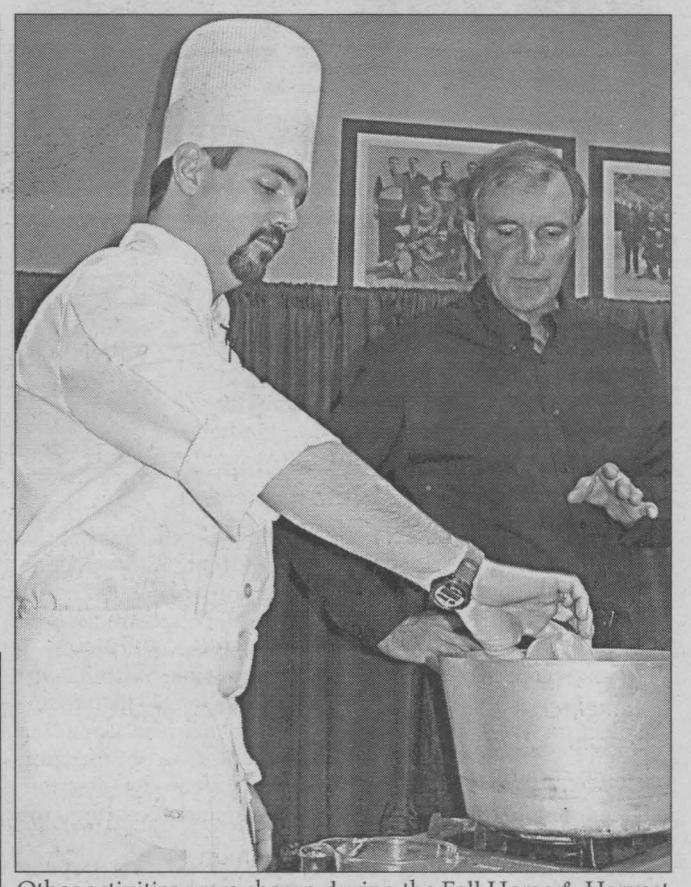
Cassidy is not a stranger to Alexandria, having been involved recently with Compass/ Boussole Career Fair. As well, through her long time involvement with the SD&G Historical Society, of which she is past president, she has many links with Glengarry's historical interests.

Her association with Encore since 1998 is part of a long time service commitment to the SD&G community. She has served as president of Encore's Board of Directors and contributed through various committees. An active member of the Cornwall Rotary Club, Cassidy is a winner of the prestigious Paul Harris Award given for outstanding service to the community.

Fall Home & Harvest Show



David (age 6) and Sarah (age 4) Gellately from Long Sault were just two of thousands who enjoyed the various foods and exhibitors of the Fall Home & Harvest Show held at the Cornwall Civic Complex from October 3rd - 5th. The two youths were enjoying a treat from Avonmore Berry Farm.
(photo by Chris McPhee)



Other activities were shown during the Fall Home & Harvest Show like Sous Chef Rob Lavigne from the Best Western Parkway Inn entertaining and informing people on how to make delicious pastry swans. Helping in the endeavour was Mike Metcalfe, Cornwall Chamber of Commerce.
(photo by Chris McPhee)



Over one hundred exhibitors were displayed during the Cornwall Chamber of Commerce's event with many of them participating and helping customers. One such helpful hand was Sherry Laponsee, a Massage Therapist with Cornwall Healing Arts Centre, giving free neck and back massages to visitors like Forrest Rietze.
(photo by Chris McPhee)



The Complex Salons were decorated in full Autumn colours during the Home & Harvest Show. Sitting in a carriage displayed in the foyer were Christine (age 8) and Emilie (age 10) Verville from Cornwall. (photo by Chris McPhee)

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Fully loaded stk#C03017 $17,900*

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01 ESCAPE XLT
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01 GRAND PRIX GT
42,000 kms, fully loaded, silver $19,900*

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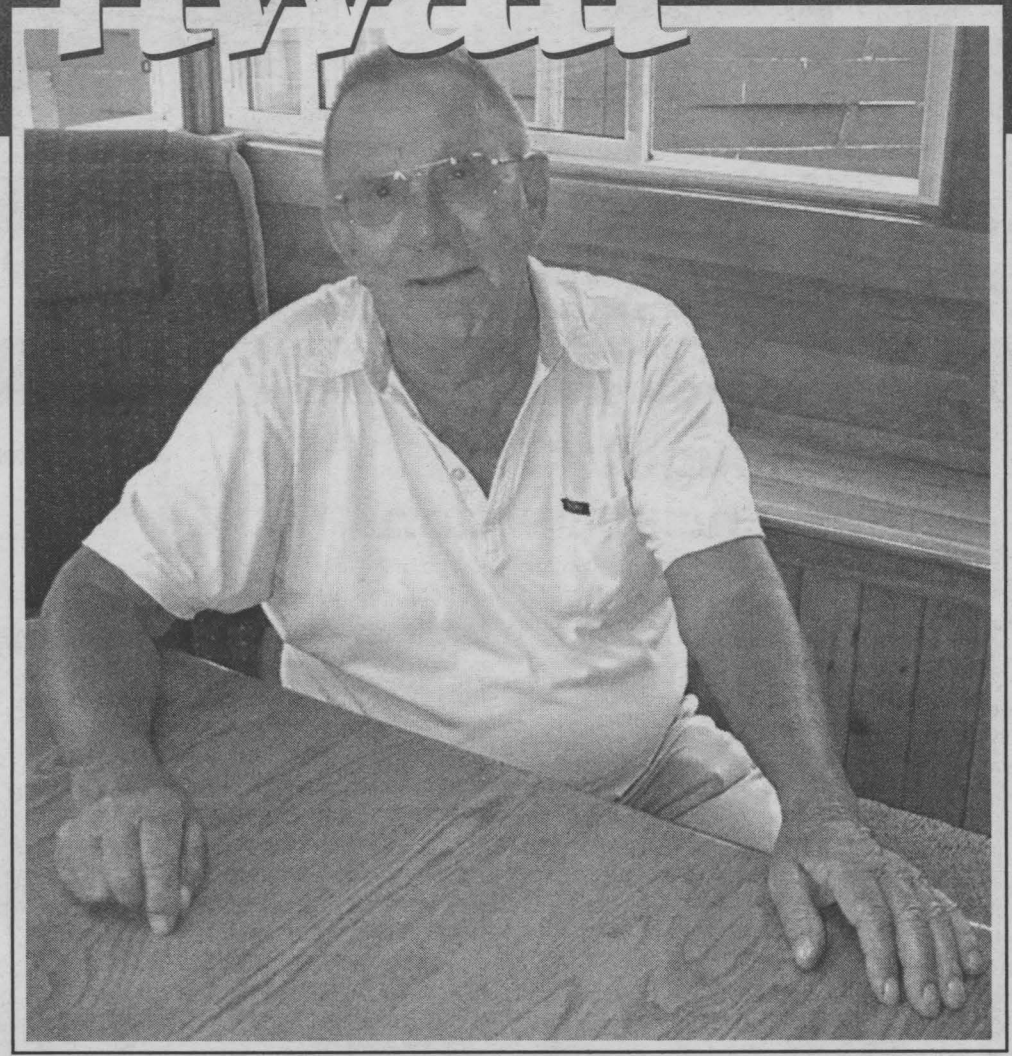
FOCUS Cornwall Q&A



Francis Guindon of Cornwall, is as feisty at 76 years of age as he was growing up in Maxville and eventually serving Cornwall as an alderman from 1966 to 1991. Seaway News caught up with the former employee of the Cornwall Street Railway and Power Company at his Norman Street home recently, where we talked about home life, public life and the future. Francis Guindon has opinions on them all.

S. N.: Most people from Cornwall who have been here for a while, likely remember your 25 years as alderman on city council. But what about your early life in Maxville?

GUINDON: We were a family of five boys and one girl and my dad passed away in 1938. My mother raised us on Mother's Allowance, $25 a month. We never owed a cent to anyone. We didn't eat steak every meal but we ate healthy food. Like everyone else in Maxville, we owned a cow, had some pigs and so on.

S. N.: Francis, you were just a child when you had these animals that were slaughtered for food. Did you ever become attached to these animals as young children do?

GUINDON: Yes, you did. We raised rabbits. I had banty hens and banty roosters, chickens. Actually, I would have liked to see my children raised in the same environment. My wife and I had a boy and girl; a boy and girl; and a boy and girl and I would have liked to have seen each and every one of my children have the same childhood.

S. N.: Where did you live in Maxville?

GUINDON: Mechanic Street West.

S. N.: Is your house still there?

GUINDON: It's still there and my late brother's wife still lives there.

S. N.: What else can you remember about your youth in Maxville?

GUINDON: I can remember that everybody below the track–that's north–were wonderful softball players, hockey players, lacrosse players, soccer players. I played everything that was going. I didn't have a father to fall back on and you had to fight your own battles. Respect was a big thing when I was growing up. Your grandfather, grandmother, mother, dad, aunts, uncles–you never called them by their first name. Respect has been lost in the generations, I would say, for the last 20 years or more.

S. N.: Francis, are you saying your kids don't show the respect?

GUINDON: Oh, no, they have it. Two things my dad instilled in us and I was only 10 when he died, my dad detested liars and thieves, and I instilled that into my children.

S. N.: Is it tough bringing up six kids in the era that you and your wife, Annette did?

GUINDON: No, not a bit. I was brought up the same way with my dad. My dad spoke once and you knew what would happen if he had to speak to you a second time. If I had to punish my children, I took away privileges such as taking away their bicycle for a week.

S. N.: Did you ever spank your children?

GUINDON: Never had to. My wife was a school teacher and if the children were misbehaving, she would say, "Wait till your dad gets home." I was the judge. The kids knew there was no lying. They knew that right from the start. I would take them aside after supper to get their story. Of course, I knew the whole story ahead of time anyway so there was no sense lying and I don't think my kids ever did. We are blessed with the way our kids have behaved and the way they respect people.

S. N.: You hear the phrase, "The good old days." Were the "old days" really good or is it better today?

GUINDON: Those old days were good. An example is city council. On city council, we were almost all veterans and the respect was there. You'd get the odd individual who would get cantankerous sometimes. Angelo Lebano and Aime LeBlanc were two warhorses. They'd get up off their seats and they were coming over to drive me one and I'd say, "you make damn sure you hit me good and hard because I'm gonna hit the second one."

S. N.: Have you watched a city council meeting recently?

GUINDON: I haven't seen a council meeting since I left in 1991, and my wife was proud of me for doing what I did, because she detested politics.

S. N.: But Annette had to put up with you in politics for 25-years?

GUINDON: She was a very understanding wife.

S. N.: What do you think of city council for the last three years?

GUINDON: It's the worst dysfunctional council in the province of Ontario!

S. N.: Why?

GUINDON: There is only one member of city council that I would vote for, Denis Carr. He is an honest man. I never ridiculed any of our department heads or staff. Again, it's the respect thing.

S. N.: So you think there is a lack of respect on council?

GUINDON: Completely. If I was sitting there as mayor, there would be one spokesman and I would be the spokesman of city council.

S. N.: You were an alderman for 25 years. Can you single out one significant accomplishment that you achieved or helped achieve?

GUINDON: Your regional Board of Health. The Eastern Ontario Health Unit. If it wasn't for myself and Aurele Clement, the unit wouldn't be where they are right now on Pitt Street. I'm the fella that got that land.

S. N.: In the 25 years of being an alderman, is there a "stinker" move that you made that in retrospect, you can say, I shouldn't have done that?

GUINDON: No, and this is why I was there 25 years. People always knew where I was coming from. They may not agree but you're entitled to say it.

S. N.: A few years back we had a 19 year old elected to city council. Is that a good age to be sitting on that body?

GUINDON: If you want to, say more or less, keep your mouth shut for a year and see what's going on. In politics, the street has to run two ways, to get things done. I'm the first guy that ever rapped on city doors in Cornwall so I could meet the people and ask for their vote.

S. N.: During your 25 years in politics, did you ever think about running for mayor?

GUINDON: No, because I could do more as an alderman than as a mayor.

S. N.: And yet, earlier in the interview you said if you were mayor, it would have to be your way or no way. You would be the spokesman and no one else would talk.

GUINDON: That's right, until I straightened them out. Now that's on press releases of council meetings.

S. N.: You will be 77 this year. Are you afraid of your mortality?

GUINDON: Not at all. I am prepared from a family point of view.

S. N.: Do you feel you have accomplished everything you have to accomplish?

GUINDON: Oh, no, no, no. I'm not superstitious, but I have a feeling I'm going to win big bucks in a lottery. Yes, I would give it to my family members but you can bet there would be strings attached. I'm a tough guy, but I'm a soft-hearted fellow. I have six kids, 13 grandchildren and one great grandchild.

S. N.: You've had a long and active life. If you had to rate it from 1 to 10 with 1 being the worst and 10 being the best, how would you rate your life?

GUINDON: I had a wonderful wife, Annette. I've got a great family. I've followed the Ten Commandments and I would say I've had a pretty fruitful life. I have served Cornwall well and I've never forgotten my roots in Maxville. I would say maybe an eight or a nine.



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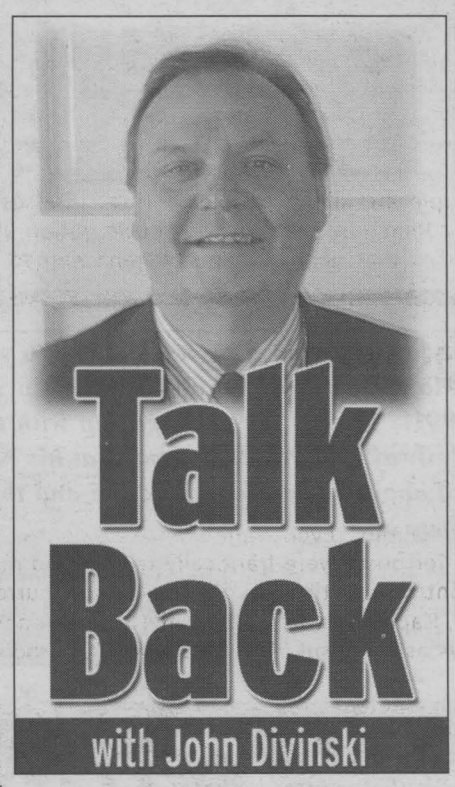
Thoughts On A Provincial Election



1. Just over 55% of the eligible voters in Ontario, chose to make an effort to elect the next provincial government. Pathetic! I don't begrudge the Liberal win, but it would have been a little more convincing if more people made the effort to "choose change."

2. In Stormont-Dundas-Charlottenburgh, according to the returning office, there were some 69,000 eligible voters. About 55% of them made an effort to cast their ballots on a day of miserable weather. Pathetic! I sure hope there is a better turnout for the local election on November 10th, but somehow, I doubt it. Oh well, on the positive side, I guess not voting at all is better than some idiot going to polls and casting an uninformed ballot. To the 45% who did not vote on October 2nd, not a peep for the next four years!

3. Even some local Liberals are saying, they're glad their party is the new government of the day in Ontario, but secretly, they would have preferred a bit more of an opposition party at Queen's Park as well. They say having carte blanche in government can make any party fat and lazy and they don't want that. Sound like any other government you know?

4. The Liberals didn't really win as much as the Progressive Conservatives lost. They were perceived as burning a lot of bridges along the way and there was no return (excuse the pun).

5. Locally, PC candidate Todd Lalonde's no-show at two local debates was the beginning of the end. It was simply a tactical error that no one could repair. The televised debate didn't help either. Mr. Lalonde should never have gotten into a argument with a constituent (Kaye Aldridge of St. Michel Street). It turned into a "he said-she said" exchange and was not professional. Nor were the bullying tactics against Mr. Brownell later in the debate.

6. Matt Sumegi's heart was in the right place. But the NDP candidate was terrified about expressing an opinion, that didn't come from a politically prepared book. Everytime he was asked a question at the televised debate, you could see him reading from a book as his index finger pointed out the words on a page. Voters are looking for a candidate with backbone to stand up for the riding, not a puppet that reads from a book.

7. Now that Green Party Tom Manley is finished with this election, I think he could get a job as a stand up comedian at Yuk Yuk's. He had the best lines of the any of the candidates throughout the campaign. Easy to listen to and easy to enjoy.

8. If 100% had voted, and that 45% that didn't vote, voted for independent candidate Gary Besner, he would be our MPP right now. Don't tell me your vote doesn't count!

9. If you think a provincial election just magically happens, you should make an effort to visit a returning office. The behind-the-scenes work is incredible. Thanks to all who gave of their time to make the democratic process a success.

10. The first item on Jim Brownell's agenda must be re-affirmation of provincial funding for our new Cornwall Community Hospital. If he can get that done before the end of the month, then he's doing his job.

11. Most of the provincial election signs came down quickly but just as quickly, the municipal election signs went up. Some of the incumbent councillors are certainly getting their money's worth from their old signs. Again, thanks to the volunteer workers who put them up and make sure they come down as well.

12. Thanks to Cogeco Community 11 Television staff for their fine work on election night. It made my job as election anchor, a snap. Looking forward to working with the team on November 10th as well.

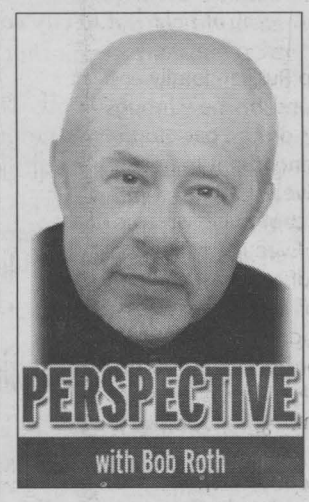
13. I hope the Liberal "Red" applies only to team colours and not to provincial finances. However, be prepared for the old "the-previous-government-has-left-more-debt-than-we-thought-there-was," ploy. It's traditional for the new government to issue this statement, unless of course, they're returning for a consecutive mandate. Then, everything is just ginger peachy.

14. Finally, a tip of the hat to all candidates. Not easy to let it all hang out for a campaign. It's too bad we can't get Mr. and Mrs. Don't-Give-A-Damn off their collective butts to take part in the process, like 55% of responsible citizens did.

I'm John Divinski



Gross Gorging by Public Figures



I've got to admit it - I'm hot under the collar this week with the latest news about waste of our tax dollars by politicians who spend our money as if it grows on trees. The arrogance that goes with this orgy of spending is even more obnoxious.

I speak, of course, about two major incidents of gross gorging by public figures - the outrageous expense account antics of former privacy commissioner George Radwanski, and Governor General Adrienne Clarkson's contention that she is "above politics" and doesn't have to account for her globe-trotting expenditures at public expense.

Radwanksi, as readers undoubtedly know, is fast becoming the worst example in recent history of how government officials squander our money.

Forced to resign in June, Radwanski actually received his government job immediately after having hundreds of thousands of arrears in income tax "forgiven." That's right folks - forgiven. What happens if you or I are even a few dollars short? We get notice after notice of harassing letters until we either cough up or get taken to court. But then, we don't have friends in high places - which seems to be how government jobs and contracts work in this country.

After this generous income tax forgiveness by the Canadian taxpayer, Radwanski then slipped into his new public job by indulging in a spending binge that went into the hundreds and hundreds of thousands of dollars.

A $500 hotel room for a trip to London and a $100 breakfast tab are only two examples of his extravagance.

But nobody can say Cap'n Radwanski didn't look after loyal members of his "crew" - he divided up the public's money as if it were pirates' booty. Among other expenses currently under investigation (even the RCMP is involved now) is about $200,000 worth of cashed-out vacation leave that Radwanski and three top officials took as time off and did not deserve.

The first, and obvious question is, why was someone who was so in arrears in income tax rewarded with a plum government position in the first place! Are we dealing with total incompetence here, or pure, unadulterated corruption?

Now for the Governor General. Clarkson has refused to appear before a government body to explain her lavish spending habits arguing that "I am above politics." She is even reported to be using the term "we" in her conversations, in the same fashion as Queen Elizabeth.

Clarkson has raised eyebrows and ire with her plan to take 59 of Canada's so-called literary and political elite on a "northern identity" trip to Finland, Russia and Iceland. Ironically, one of the people included in this multi-million-dollar junket is former NDP leader Bob Rae. (So much for socialism!)

Good god. Where does such arrogance come from? How do these people think they can get away with this waste and arrogance? I blame the people we elect to office. Ultimately the buck has to stop there. Unfortunately, because so many of them also have their hands firmly planted in the cookie jar, they don't want to criticize these excesses. I say, if you can't stand the heat, get out of the bakery. We elected MPs to protect and use our tax dollars wisely. If they don't want to do the job, get out the way and let somebody else do it. It's about time we elected some MPs who will take a strong broom to this waste and sweep the "House" clean of political spendthrifts.

Editor's Note: Letters To The Editor are always welcomed. Unfortunately, space is limited to print letters, therefore, please keep your letters to the point. Also, some issues and viewpoints change with time, therefore we will attempt to print all letters within 2 weeks. Letters dated after 14 days will not be printed.

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Guns 'N Grits: Owners Of Unregistered Rifles May Be In For A Nasty Surprise



Just as I was trying to decide whether to write about the Ontario election or the fascinating new statistics on gun crimes that came out the other day, shots rang out in Scarborough.

At a polling station. In a school. On voting day.

Talk about synchronicity.

The reported shooting closed the school and the poll for a few hours as police investigated, holding everyone inside. In the end, no weapon was found and no one was arrested. Still, it was disconcerting for the children and voters alike.

And it underlined the inextricable, inevitable link between crime stats, guns and politics.

The good news from Statistics Canada: gun murders in this country hit an all-time low in 2002. Murders overall were up slightly (4%, due mostly to the statistical anomaly of the serial murders of 15 missing women in B.C., which were recorded all at once last year), but the gun crime decline is part of a strong and steady trend.

Only 26% of all homicides were committed with firearms in 2002 - the lowest percentage since 1961, and well below the peak years of the 1960s and '70s when, StatsCan says, up to 50% of all murders were committed with guns.

The news put a smile on the faces of gun control advocates, who've been fighting a rising tide of public opinion against the federal government's wasteful and hopelessly botched firearms registry.

Although the Coalition for Gun Control's Wendy Cukier allowed it's still "too early" to attribute the drop to the new registry of rifles and shotguns, she was presumably highly gratified to find this new statistical weapon in her arsenal.

Look for the newly elected Liberal government in Ontario to parrot this same line every chance it gets, as it prepares to do what Ernie Eves' Tories would not: prosecute owners of unregistered long guns across the province.

The question is, are the figures really a vindication of gun control - especially the reviled long gun registry? Let's see.

Of the 149 shooting homicides in 2002, two-thirds (98) were committed with handguns, which have, of course, been subject to registration for more than 70 years.

What's more, of the murder handguns recovered by police since 1997, StatsCan says, the vast majority (72%) were not registered. Score one for registry opponents - violent criminals don't register their guns, most of which are believed to be smuggled here from the U.S.; ergo, registries don't work.

Still, StatsCan notes, "There has been a declining trend in the use of rifles and shotguns; they now account for only one-quarter of all firearm homicides" - 37 in 2002, compared to the previous 10-year average of 67. (The remaining 14 murders were committed with "other types" of firearms.)

That's ammunition for registry proponents - who love to trumpet that the billion-dollar boondoggle of the messed-up registry (which was supposed to cost only $2 million, remember?) is worth it "if it saves just one life." These stats, of course, show nothing of the kind - merely that fewer people are killing people, and fewer still are using long guns to do it.

What hasn't changed is that gangsters are our most trigger-happy killers.

"Gang-related homicides are more than twice as likely to involve firearms as those not involving gangs," notes StatsCan (and few gangsters pack rifles). Nationally, gang crimes were down in 2002, thanks to a sweeping crackdown on biker gangs in Quebec.

But in Ontario, as anyone who lived through Toronto's bloody summers of the past few years well knows, they were up sharply - the province had 19 gang-related murders in both 2001 and 2002, up from just five in 1999. This year is on a similar track, after yet another summer of shootings that prompted renewed calls for crackdowns on illegal handguns and gangs.

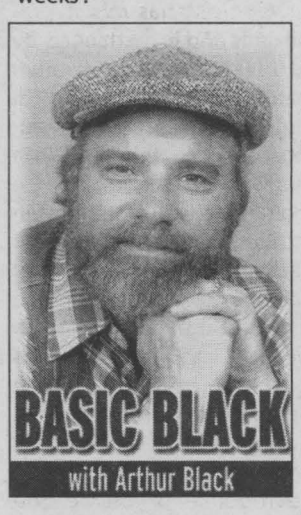
What does all of this have to do with Ontario's new Liberal government? Good question.

Beyond their promise on the hustings to enforce the feds' long gun registry, the Grits don't mention guns anywhere in their crime platform. No pledges to help get illegal handguns off the street, or to press their federal cousins on the obvious need for tougher sentences for gun crimes - although they do promise to fund "better intelligence" services to help cops fight gangs.

Plus, they promise to hire more cops to promote "safe communities." And more prosecutors.

Three guesses who they'll be prosecuting. If you've got an unregistered rifle, don't say you weren't warned.

Seven Days Makes One Weak



This is the greatest week in the history of the world since Creation!

U.S. President Richard Nixon, after the Apollo moon landing.

A week is a long time in politics.

British Prime Minister Harold Wilson

So how's your week been so far? I've spent a good chunk of mine musing over some of the many things we take for granted in this life. Things like, well, the fact that we divide our time into salami-like slices called 'weeks'.

Funny word, 'week'. Comes from an Old English word meaning 'change' or 'turn'. That's what happens, alright. We march like foot soldiers through the days of the week from Sunday to Saturday, and then like a well-drilled platoon we 'turn' and start all over again at Sunday.

But why do we make it a seven-day sortie? Other units of time - days, months and years - - make solid sense. The length of a day is dictated by the rising and the setting of the sun. The waxing and waning of the moon tells us how long any given month will be. A year is determined by the rotation of the earth. But a week? That's a man-made convention.

And evidently a popular one. We've been using the seven-day week unit faithfully for the past 1700 years. Before that, there were other attempts to subdivide that undifferentiated stretch of time between a day and a month, but none of them lasted. Historians say that some early West African tribes observed four-day weeks. The Type A Egyptians opted for a ten-day marathon. The ever-practical Romans split the difference and came up with the 'nundinae' - a nine-day week that conveniently ran from one market day to the next.

Then along came those meddlesome Christians with a whole new set of rules and regs beginning with The Ten Commandments. The fourth commandment decreed that once every seven days all folks hoping to earn a pair of angel wings should lay down their tools, quit drinking and dancing and 'observe the Sabbath'. King Constantine made it the law of the land around 300 A.D. and most of the Western world has been observing it ever since.

More or less. There have been one or two attempts to re-jig the week.

Back in the late 18th century, just after they'd stormed the Bastille and separated Marie Antoinette's head from the rest of her, rebels in Paris issued the first French Revolutionary Calendar. It included among other innovations, a ten-day work week but that was too radical even for the radicals. It disappeared faster than a dab of Brie on a baguette.

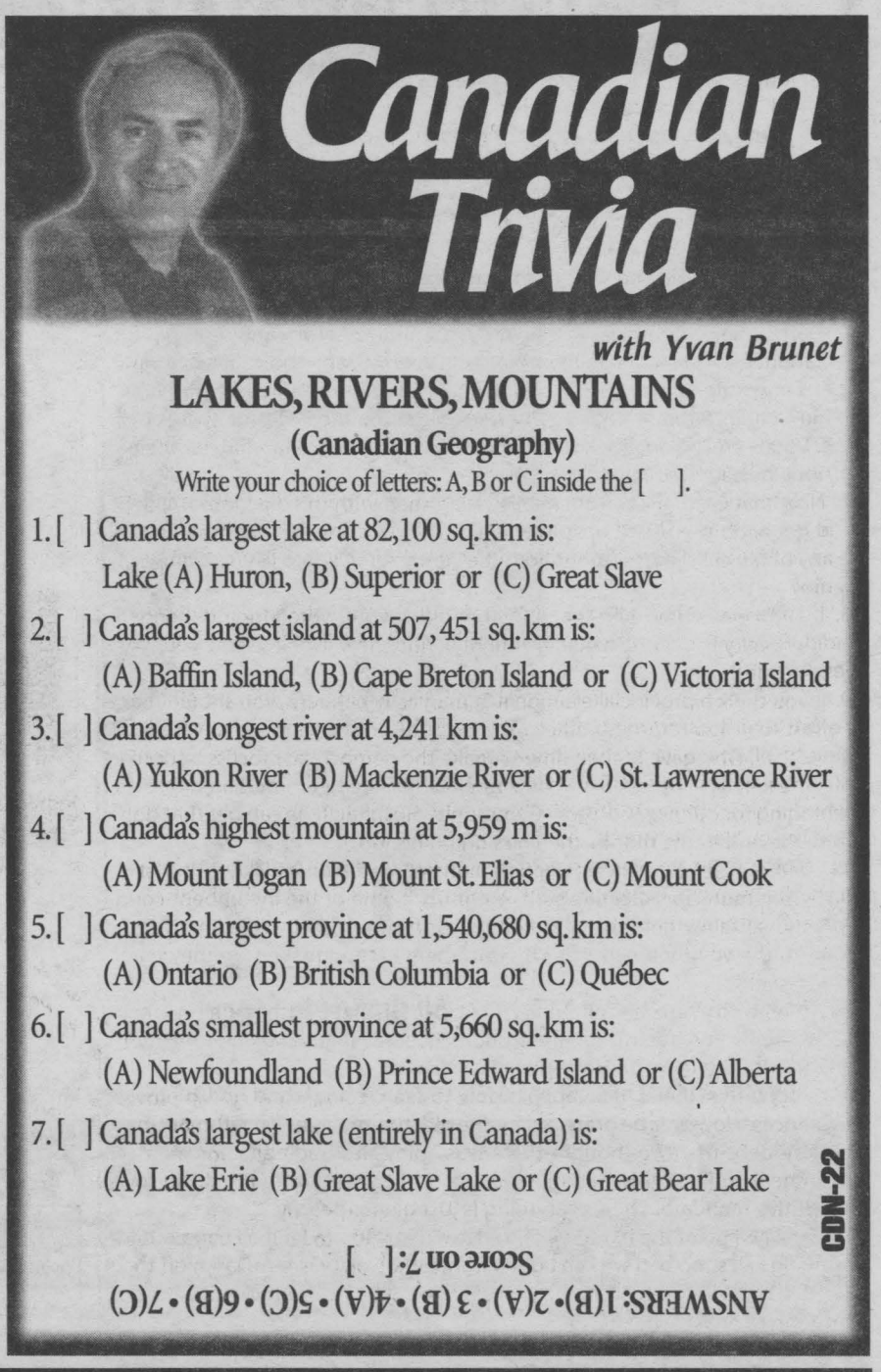
In 1929 the Russians took a shot at streamlining the week. The Kremlin declared that all comrades would observe a five-day week, in which each fifth of the work force had its own day off, with no common day of rest shared by all. This screwed up Russian family and civic life even more than Stalin and his henchthugs had already managed to. Russians drifted back to the seven-day week; the Kremlin pretended not to notice.

The ill-fated Communist offensive was the last official assault on the seven-day week, but that hasn't preserved it from further tampering. Even in my lifetime, the concept of Sunday as a day of rest has changed beyond all recognition. When I was a kid, there was no doubt when Sunday rolled around. The stores were closed. There were no baseball or hockey or football games. Movie theatres were dark. The only sounds were church bells tolling, kids whining about having to dress up for Sunday school and backsliding fathers snoring on the chesterfield. Today, aside from the lack of traffic jams, it's pretty hard to tell Sunday from any other day of the week.

It's certainly no longer a day of rest. It's now a day of lawn mowing, mall shopping and catching up on work that didn't get done during the previous five days.

Napoleon would have loved it. He was a workaholic. Even while France's Reign of Terrorists were frantically trying to introduce the Revolutionary Calendar, Napoleon was putting in 16-hour days as a Consul. "Do let's keep awake, citizens" he exhorted his colleagues as one meeting ground past the 2 AM mark. "We must earn our salaries."

"God made Bonaparte and then rested" purred one sycophant. Another, less enamoured councilor grumbled "God should have rested a little earlier."



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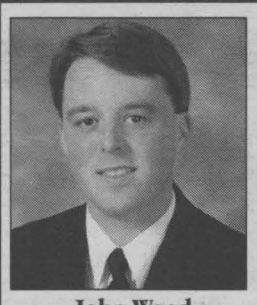
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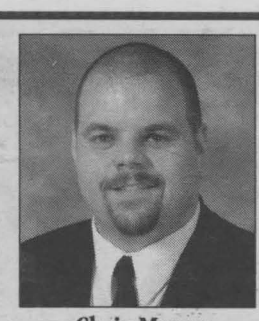
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letters TO THE editor

Risks!

Dear Editor,

The risks of hormone replacement therapy have been made public. Recently, the adverse effects of cholesterol-lowering drugs were discussed in the media. How long will it be before we learn about the dangers of formaldehyde, mercury and polyethelene glycol in the flu shot?

For the time being, we need to ask those who insist that we get an annual flu shot just what the accumulation of these toxins will mean. The childhood vaccines, which do not provide life-long immunity, also have toxic ingredients we should investigate.

Judging by the findings regarding the risks of hormone replacement therapy and cholesterol-lowering drugs (National Post, September 16th, 2003), it becomes more and more important that we educate ourselves before accepting the drugs and shots peddled by the phamaceutical industry --- and sadly, by the healthcare professionals.

Take the time to learn about the shots, flu or childhood, and alternatives to them.

H. Johl, Alexandria

We All Sin

Dear Editor,

To Mr. Chrétien and some of the political leaders of this nation, and children of disobedience.

The writings are strong evidence that you and your party have lsot the ability to take care of this nation. You publicly announced that you have denied your faith in our Creator.

It appears that you prefer to give in to people's desires of their flesh, which makes you (people pleasers) at the place of being a servant of your Creator and servants of all the people of this Nation.

I do wish to inform you people that your sins will find you out.

What people sow they will also reap. We all sin and come short of his glory.

Since the day that you have decided to laugh and mock your Creator in public, your sins will be exposed in public.

May our Creator award you repentance, which means a change of mind and direction. All human beings make errors and mistakes. My prayers for all of you is that you will have enough integrity in your hearts so you will not give this nation over to the spirit of the anti-Christ.

This is a Christian Nation.

A messenger and servant of Jesus Christ Our Lord and Saviour.

Simon Groulx Cornwall

Shame! Shame!

Dear Editor,

I would like to begin by publicly congratulating Jim Brownell on his victory to represent Stormont-Dundas-Charlottenburgh at Queen's Park. I would also like to commend all the other candidates on their hard work, party platforms and all that their repsected parties had to offer. A very special round of applause should also go out to the citizens who took the time to vote for their particular party or person.

As the former Independent candidate, I have the luxury as well as the sad task of telling all the non voters in Stormont-Dundas - Charlottenburgh "Shame on you!"

In 1999 more than 27,000 of you felt it wasn't worth your time to come out and cast your vote in that general election. This led me to believe that people had lost faith in government and that there wasn't enough different avenues open to finally get people out to vote.

So let's go forward to 2003. Not only are the 3 main parties back, all with good platforms and ideas, but the potential voter now has 2 new choices on the menu. First is the Green Party, led by the very capable Tom Manley, with fresh and revolutionary ideas, but, also by myself as an Independent with a totally different spin on government. In all, 5 new and invigorating choices that covered the whole spectrum of representation. So, even with all the choices, not only did we not get the 27,000 non voters out but their totals increased by at least 4,000 more to reach a new high over over 31,000 non voters. It has been said that the hardest thing to hear is the truth and, in this riding it is no different. People in this riding as well as in the rest of Ontario, stayed home not because of lack of choice, rather, because of laziness and a total lack of regard to a process people went to war to preserve.

Some countries have citizens willing to die so that the democratic process of their vote can take place. It's too bad we treat this special gift with such contempt. So to all the non voters in Stormont-Dundas-Charlottenburgh, "shame" on you for your treatment of this give in democracy.

Gary Besner Headline Road

Ask And Ye Shall Receive

Dear Editor,

Mr. Roth, ask and ye shall receive. On homosexuality, way back in Leviticus 18:22 the NIV bible says "Do not lie with a man as one lies with a woman, that is detestable." Good clean wholesome advice which surely won't get followed in many homosexual "hook-ups", I'd say and remember, advice in the first five books of our Bible is in the Muslim holy book too.

God drove those people away from the Israelites but in I King 14:24, we see people engaged in all the detestable practices mentioned in Leviticus 18. They set themselves in high places and even made male shrine prostitutes.

In the present situation, I liken marriage as high place for these people to seek to attain. Next I would imagine is an obviously phallic statue to symbolize where their minds wander so often.

In Leviticus 20, there is a list of punishments for sins for a number of sexual sins. Punishments of death were required for such things as incest, bestiality, adultery, and homosexuality.

Of course, we don't punish anyone with the death penalty and indeed, don't even feel obliged to at least tell alleged offenders that what they are doing is wrong, let alone jail them.

All of this Mr. Roth is from the Old Book. Surely there must be some on such an important topic in the New Testament and thank God there is.

I'm not going to write out the nearly 200 words of information found in Romans 1:24-32, but I'd love to if the space was available.

Highlights include "They exchanged the truth of God for a lie." "Even women exchanged natural relations." "Men were inflamed with lust for one another and committed indecent acts with one another." "They invent ways of doing evil."

The real kicker in the whole discourse to me, is the last line - "they also approve of those who practice them."

There is enough good advice on homosexuality in just the above four quotes from the Bible (Leviticus, Kings and Romans) for anyone to know what kind of behaviours God frowns upon.

God's words are pretty well available to all people now, surely to anyone who reads this letter. All that is left is for you to choose the paths you'll follow.

Most of all, you should remember that tolerating evil is in itself a sin which actually lumps you in with its practitioners.

Thank you for helping me to find these passages. I thoroughly enjoyed the exercise.

Raven Van Leishout Cornwall

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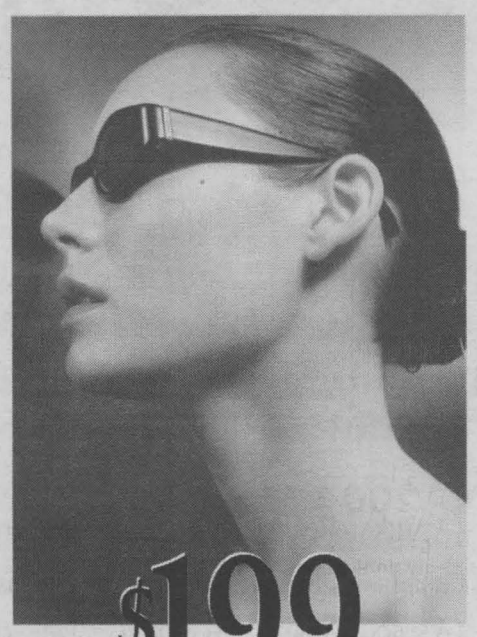

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I'm Not Emily Post, But .....



Emily Post, Dear Abby and Miss Manners have covered traditional matters of etiquette rather well, but I think I can make some more practical and up-dated additions to their preachings. This week I'll deal with matters concerning (in alphabetical order, of course) door holding, fast food ordering, grocery store check-outs, Laundromats, parking lots, service-giving, travelling abroad and wedding photography.

In regard to doors in public places, anyone of any sex and any age should hold the door open for the next person of any age, any sex. Yes, a woman can show that she's a gentleman, by holding the door open for a man. Manners is just being considerate of the next person, regardless of any positive or negative age differential that may exist between them.

Whenever a woman passes through the doorway that I've kept open for her, acting as if she were "The Queen Mary", not deigning to acknowledge my gentlemanly gesture in any way, as soon as she's passed by I shout out, "yer welcome, L-A-D-Y!"

Busy fast food places try to give fast service. I've seen people who started at the tenth in line position become startled to a state of semi-consciousness when finally asked for their order. "Well, let's see, I think I'll have. No, maybe I'll have some, what do you call it, some."

The appropriate response would be a prompt, "Take out: number 5, coffee, with one sugar, double cream and a small hot fudge sundae." Food presented to you: don't start searching through your pockets or purse for your money. Since the prices are clearly posted, as close to the correct amount of money should already be at hand.

At a grocery store check-out, be sure to observe the express lane limit. Go to the regular check out if you have 32 items. It's a really appreciated gesture if you invite the guy who has only one item (a tub of ice cream) to go ahead of you.

If I'm in the "Five Items or Less Line" and I see a person with 32 items in front of me, I start to point to items in their cart, counting in a stage whisper, "1, 2, 3, 4, 5. Number six makes 1 too many, 7 makes 2 too many, 8 makes 3 too many, 9 makes 4 too many." They usually get the hint and go to the appropriate line. I then say, "Thank you."

When in a Laundromat, it shows good up-bringing if you promptly remove your washed items as soon as they've been done. To indicate that the machine is available, don't forget to leave the lid of the washing machine in the up position. After you've run your clothes through the dryer, remove your lint from the screen.

As you've already learned from my "Ho, Hum - a Handicapped Spot Just for Me!" article of September 12, I get ticked off by so-called drivers who straddle more than one parking spot and non-handicapped (physically, that is) drivers who park in spots designated for the physically handicapped. I'm an equal opportunity harasser, delivering equal scorn upon flimsy Fiats and humungous Hummers. However, I must confess that there's more of an attitude problem with drivers of the up-scale and up-sized vehicles. Drivers of over-aged, under-powered and lower-priced ones tend to stay within the lines and limits.

If you are in any of the service industries, give service. Never say, "That's not my department." It's everyone's department to serve the customer. The appropriate response to any query or request, even if it's way out of your job description, the correct response is, "I'd be glad to find out for you; since that's beyond my field of expertise, I'll find the best person to meet your needs." Result: a satisfied customer.

How nice it is when a clerk says, "Sorry, but we don't sell that product, but I'll look up the address and phone number of a store that does." Your store hasn't lost any business; it's gained a future customer.

When travelling abroad, keep in mind that you may be in someone's back yard. Act accordingly when walking around or taking pictures. Would you want your picture taken by a complete stranger who's just poked his head over, through or beside your back yard hedge? When in Rome, don't be surprised if the Romans have the same sense of privacy as you do at home.

At weddings, don't jump out in front of the official photographer with your disposable camera the very moment he (or she) has just arranged the wedding party for their group portrait. It's just as lacking in couth to call out "Hey! Look over here!" just as the guy (or gal) who's trying to earn a living to click the shutter release.

In all cases, etiquette is nothing more than thoughtfulness toward others.

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Small Business Week

2003 Business to Business Showcase
Don't Miss This Event !!

October is Small Business Week in Cornwall and the Chamber along with Bell Canada, Business Enterprise Centre, Business Development Bank of Canada and the Ministry of Enterprise, Opportunity & Innovation presents its 5th annual Business to Business Showcase.

This is an outstanding event for up to 250 of Cornwall area's professional business community.

Here's what's on tap.

Luncheon

Special guest speaker, Steve Moorhead CEO ~ FORREC. A global leader in revitalization projects. The firm is currently developing an exciting concept for the City of Cornwall's Urban Core.

Great Breakout Sessions

Showcase

Join 200 of your business colleagues in a cocktail reception and networking event. Exchange ideas, renew old contacts, make new ones.

Over 25 exhibitors will be on hand to present products and services essential to a successful business venture. Discuss your needs. Get the inside track on what's best for your business.

The details

The Date:	Wednesday, October 22, 2003
The Place:	Ramada Inn & Conference Centre
The Time:	11:30 a.m. ~ 7:00 p.m.
The fees:	$20.00 (includes luncheon, breakouts)
Showcase	Complimentary with 2 business cards

Small Business Theme

The theme of the 2003 Small Business Week®, organized by the Business Development Bank of Canada (BDC), is YOU'RE THE POWER behind the Canadian economy, let's share the energy!

"You're", in this slogan, refers to Canada's entrepreneurs, the people for whom Small Business Week is designed.

Fired by innovative ideas, Canadian entrepreneurs are using their energy to create and grow a wide variety of small businesses in a multitude of sectors from coast to coast. They are taking ideas and turning them into solid businesses, and their commitment and hard work have made them the primary driving force for job creation across the country, the real power behind the Canadian economy.

Their experience has provided Canada's small business owners with invaluable knowledge and insight into what drives success. Small Business Week gives us an opportunity to share in that knowledge and learn how to use innovative methods to ensure that our businesses grow and prosper in today's fiercely competitive business environment.

Activities across the country will bring entrepreneurs together, harness their energy and provide a forum for sharing insights on how to tap into the enormous potential of the Canadian economy. By sharing innovative ideas, small business owners will learn from one another and enlighten us on the best methods and processes for powering entrepreneurial success in Canada.

There is no shortage of energy in Canada. Original concepts and creative ideas are fuelling the creation and growth of small businesses from coast to coast.

Small Business Week is an opportunity to salute those who have not only recognized an opportunity and seized it, but have taken the steps necessary to create a business that, with energy, they have then made grow and prosper.

BDC is devoted exclusively to the needs of small business and works to create an environment in which innovation can flourish in many different ways. In its role as a complementary institution, the Bank provides services to small businesses whose needs are not addressed by traditional financial institutions. An important part of its mission, given the vital contribution of small business to Canada's economic growth, is to share the risks associated with the launch and development of SMEs.

Canada's small businesses, as the driving force propelling job creation, are the backbone of the country's economy.

BDC loans are tailored to the needs of small businesses, and designed to support their innovation and growth at every stage of business development. The smallest micro-businesses, for example, can turn to the BDC Entrepreneurship Centres for loans of up to $250,000 while more established export-oriented manufacturing businesses can opt for a Productivity Plus Loan, to obtain the latest technological equipment, or Innovation Financing, to carry out R&D, develop new export markets or create a Web site.

The Bank's Venture Capital Group invests in innovative new ventures with potential, particularly in the high-tech field.

BDC, however, provides more than investment and financial assistance to its small business clients. BDC Consulting Group supports Canadian entrepreneurs in areas such as strategic planning, developing export strategies, achieving ISO certification and developing technology strategies.

Small Business Week provides Canadian entrepreneurs with an opportunity to celebrate their genius and the fruits of their innovative ideas. It also provides us all with a valuable forum for recognizing the benefits of nurturing innovative ideas and talent within Canada's small businesses.

Small Business Facts

Each year, a theme reflecting current interests is chosen for Small Business Week. This year's theme YOU'RE THE POWER behind the Canadian economy, let's share the energy!

As the theme suggests, Small Business Week 2003 focuses on the power within every entrepreneur who has taken an idea and used it as the foundation for building a business. It recognizes individual efforts and acknowledges the importance of financial and consulting assistance in support of innovative ideas that have potential and promise.

National Launch Of Small Business Week

The national launch of Small Business Week is held in a major Canadian city. This year, Halifax is hosting the event. Representatives from local businesses, governments, educational institutions and the media have been invited to attend.

BDC Young Entrepreneur Awards

The highlight of Small Business Week is the presentation of the Business Development Bank of Canada Young Entrepreneur Awards. These awards are given to 13 entrepreneurs, one from each province and territory, between the ages of 19 and 35. Winners are selected on the basis of their outstanding business achievements, innovative spirit and community involvement.

BDC's Ongoing Achievement Award

This year, a new award is being offered for the first time: the BDC Ongoing Achievement Award. The award will be presented to one of the winners of the Young Entrepreneur Awards between 1988 and 2002 whose company has shown sustained growth since the entrepreneur won the award.

This award, presented by the BDC Consulting Group, comes with a $20,000 grant. The winner will also get a free Growth Potential Assessment from the BDC Consulting Group. This consulting service, valued at $5,000 provides a detailed profile of the company's strengths and areas requiring improvement, and includes a written report on the business' ability to meet the challenges of future growth as well as advice on increasing profitability.

BDC Forum

BDC will be holding its second annual BDC Forum on Tuesday, October 21st, 2003. This event is a training and discussion day, designed for all YEA winners, where participants can obtain practical advice on general business matters, leadership and creativity. The Forum also offers winners an opportunity for sharing their ideas and developing an important network of North American contacts.

For more information, call 1-888-INFO-BDC (1-888-463-6232).

Small Business WEEK®

Business Development Bank of Canada

October 19-25, 2003

9th Annual
Cornwall Chamber of Commerce
BUSINESS TO BUSINESS
SHOWCASE ~ 2003

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The Cornwall & Area Chamber of Commerce, Ministry of Enterprise, Opportunity & Innovation, Canada ~ Ontario Business Service Centre, and Cornwall Business Enterprise Centre
invite you to

The 2003 Business to Business Showcase

If you plan to attend only one business event this Fall, mark your calendar for October 22. This year's Showcase is a jam packed affair with value for every area business professional.

Look what's on tap… Workshops and seminars • Great prizes • Business Showcase • Cocktail Reception • Products and services to give your business the edge*

Ramada Inn & Conference Centre ~ October 22, 2003
Welcome Luncheon - Keynote Speaker 12:00 - 1:30
Concurrent Workshops 2:00 - 4:00
Business Showcase and Reception 4:00 - 7:00

The Chamber invites all members of the business community and encourages them to attend
*To reserve exhibit space call 933-4004

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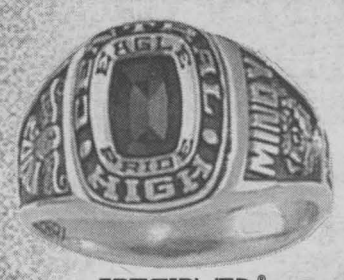

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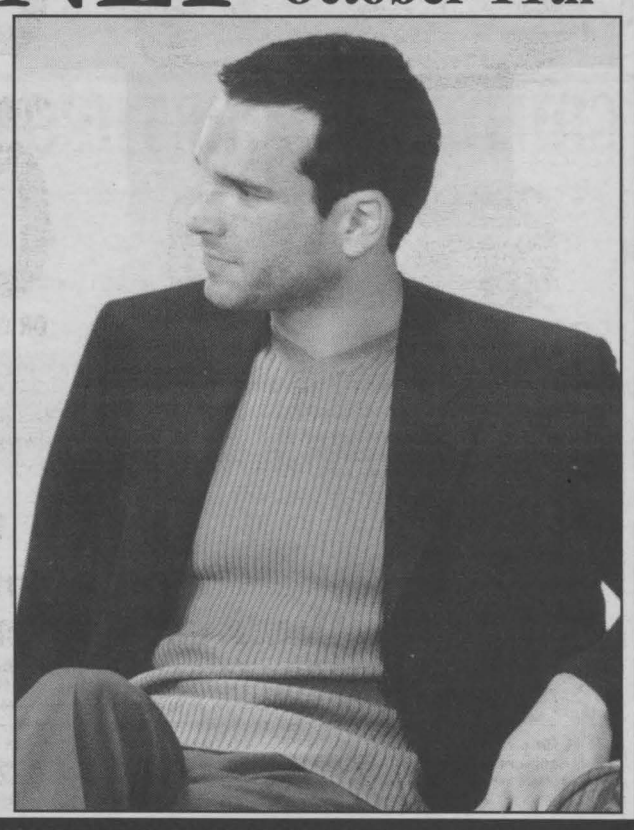

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Special Needs

with Joy Seguin

This column will be a desperate plea to parents, of children and young adults with developmental disabilities, who are not ready to consider a future safe and stable group home setting but realize the necessity. I understand your difficulty with making that first step. I really do. I was like you. I don't know any easy way to tell you this but to be completely honest. If you think for a moment that your child will be taken care of in the event of a family crisis, think again. The waiting list is indefinite. As well, the direction of our previous Ministry was to provide care for our children into foster-like settings. If we as biological parents who have the love and compassion for our children are unable to continue the 24 hour demands and the tireless care for our child, then how can complete strangers do any better? Given the best of foster-like families this is not the solution. These families will decide to retire, become ill, or become unable to care for our kids. Then what? Who is going to take care of your child? Perhaps your other more able children? Do you really want your other children and their family to become prisoners of their home as you are?

We currently have over 100 community families seeking residential placements for children and adults with developmental disabilities. This, not including the recent overwhelming response from parents who are not on a waiting list but have the courage to contact me to say, "Yes, I know my child will need a placement but I'm not ready to make that dreaded official call".

Now, with medical technology many of our children are medical miracles. What consideration was given for the future care and quality of life for our kids with a severe developmental disability who are very vulnerable and dependent? They are now surviving us, the parents.

The Ministry of Community, Family and Children's Services will be providing 205 housing spaces in 29 communities for the year 2003-2004. SD&G was not selected this year as one of the 29 communities. Our community alone needs more than half of the 205 spaces announced by the former Minister Brenda Elliot. These spaces do not mean building of group homes. In fact there is no intention to build any group homes in the future. Rather, eliminating group homes seem to be the fad. On September 4th, 2003, security goons in black boots (not unlike WWII Gestapo) startled 25 people with autism out of their sleep and closed down the agency. These people, albeit autistic with developmental disorders but still people with thoughts and feelings, lived in six Ottawa area homes operated by the Ottawa Valley Autistic Homes.

Do we wait for more tragedies to occur before our politicians take action? Sadly, last month, on September 15th, an 81- year old North York father strangled his 43 year old developmentally delayed daughter and then leaped from his 12th floor senior citizen building. Surely we haven't forgotten the Latimer case. Whose responsibility? I say both the government and the parents. The parents for not standing up and being counted and the government for subsidizing agencies who have proven to lack foresight, are blatantly negligent, and obviously incompetent by not seeking out the much needed government funding to serve the needs of our young/adult children with developmental disabilities.

Stand up and be counted. Please contact me if you haven't made that dreaded call for future placement for your child. You have my guarantee of confidentiality. There may be hope for our kids future with the newly elected government. Joy can be reached at seguin.vic@sympatico.ca.

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FrightLights® Help Fight Cystic Fibrosis

Victoria Whitaker is a hero. She fights cystic fibrosis (CF), a deadly inherited disease, every day of her life. Everyone has the chance to be a hero this Halloween by purchasing FrightLites® to support the Canadian Cystic Fibrosis Foundation (CCFF).

By purchasing a FrightLite®, a six-inch, non-toxic glow stick, children and parents are helping Victoria, and many other children and young adults across Canada to fight this terrible disease. Wearing FrightLites® can also help keep children safe because the glow makes them more visible to motorists while trick-or-treating. And, glowing in the dark is fun!

"I love FrightLites®!" says Victoria, a seven-year-old with cystic fibrosis. "They're cool!"

Foundation volunteers and CARSTAR Collision Repair Centres are selling FrightLites® in communities across Canada, and in Ontario, Mac's Convenience Stores Inc. will carry FrightLites® in all its stores. The glow sticks are available in five colours. They retail for $3 each, glow for eight to 12 hours, and are 100 percent safe for children. All proceeds from the sale of FrightLites® go to the CCFF to fund cystic fibrosis research and treatment.

CARSTAR, the title sponsor of the FrightLites® campaign, became involved with the cystic fibrosis cause when Victoria, the granddaughter of one of the company's franchise owners was diagnosed with CF.

Cystic fibrosis (CF), which attacks the lungs and the digestive system, is one of the most deadly inherited diseases affecting Canadian children and young adults. The Canadian Cystic Fibrosis Foundation is a Canada-wide health charity, with 52 volunteer chapters, which funds cystic fibrosis research and care. The CCFF is a world leader in the fight against CF. Canadians, funded by the CCFF, discovered the gene responsible for cystic fibrosis in 1989, and continue to play a leading role in the worldwide race to develop new treatments for the disease. With developments in research and treatment in Canada, the median age of survival of young persons with CF in this country has increased from four years in 1960, to over 35 years today.

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Donor Blood Need Continues To Increase

Canadian Blood Services is inviting Canadians to roll up their sleeves and donate blood in their communities, at least twice a year, every year. The need for blood continues to rise at a much greater rate than the increase in donations. In order for Canadian Blood Services to meet hospital demands for blood and blood products, we need more donors and we need them now! Your assistance in helping us reach this goal is greatly appreciated.

This clinic will be open to the community on Tuesday, November 4th, 2003 at the Cornwall Civic Complex from 1:30p.m. to 7:30 p.m. Our goal is to collect 180 units.

Cornwall Blood Services is a national, not-for-profit charitable organization that manages the blood supply in all provinces and territories outside of Québec and operates the country's Unrelated Bone Marrow Donor Registry. Canadian Blood Services operates 40 permanent collection sites and more than 15, 000 donor clinics annually.

CHILDREN'S SORE THROAT

A sore, irritated, dry throat often comes with a cold. To reduce the dryness, have your child drink lots of water and suck hard candies, if they are old enough not to choke. Gargling with salt water (1/2 teaspoons of salt in 1 cup. (250 ml) of warm water) will also help your child's sore throat, if your child can do this.

Some throat lozenges contain local anesthetics for relief of a very painful sore throat. These drugs act by numbing the involved area. If this type of lozenge is used for a child, make sure it is sucked slowly and wait 20 to 30 minutes before the child takes food or liquid. Very hot drinks or food should be avoided to prevent burning of numbed tissues.

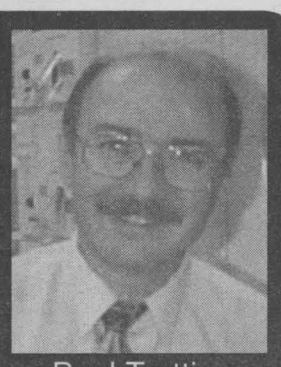
Sometimes in small children it is better to use acetaminophen to relieve sore throat pain.

A sore throat, with or without a fever, swollen glands or earache that lasts for more than a few days requires the attention of a physician.

It's your child's health - get to know your pharmacist by name and use one pharmacy for all your drug needs. You can talk to your pharmacist about yours and your children's health anytime.

For further information talk to your pharmacist.

ASK YOUR PHARMACIST



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The Basic Rules Of Fitness

Get Fit Cornwall



with Jason Christoff

The Basic rules of fitness are the most misunderstood!

1. Skipping meals can make you more prone to weight gain. - Long-term weight control is dependent on your stores of muscle tissue. The function of muscle tissue that most people are interested in is its unique ability to eat fat off your body while you rest. Muscle tissue demands huge amounts of proper nutrients and calories to survive. When deprived of these proper nutrients and calories muscle dies very quickly. When your muscle dies your metabolism slows down which in turn will facilitate weight gain.

2. Eating less can make you more prone to weight gain – similar to the above example muscle tissue needs a specific combination of nutrients and calories in order to survive. Eating below these levels will start the same muscle tissue destruction process as described in example #1.

3. Cardio exercise, on its own, is not an efficient option for long term weight control. Efficiency has to do with a person's goal and how easily that goal can be achieved. Although cardio exercise alone, can offer many other benefits, long-term weight control is not one of them. If a client has a goal of long-term weight control, resistance training is 10 to 20 times more efficient for the accomplishment of that particular goal in comparison to a regime consisting strictly of cardio exercise. Think about it in terms of savings, would you rather a 5% return or 100% return on money you invest?

Cardio exercises burn great amounts of calories, during the activity, but some of the weight being burned off is muscle tissue. Although cardio burns a good amount of calories, the end amount is dwarfed by what muscle tissue can burn off your body while it is at rest. The majority of weight control problems have their origins associated with an existing lack of muscle tissue. Therefore choosing cardio exercises, that destroy extra muscle, would not be considered an efficient way to address the goal of long-term weight control.

Get out there have fun and remember that getting in shape quickly has to do with only one factor, "knowledge".

Jason owns several fitness clubs and acts as a fitness coach and consultant at many clubs across Ontario. To find out more about health success e-mail Jason at get_fit_cornwall@hotmail.com.

Kraft Canada Donates To Agapè Centre

Thanksgiving has come early to the Agapè Centre Food Bank and Soup Kitchen in Cornwall, thanks to the employees of the Kraft Canada Cheese operations in Ingleside and Williamstown. The company handed over a $1,000 cheque to help stock up the shelves of food at the centre. According to Agapè Executive Director Judy Dancause, the upcoming thanksgiving season sees increased demands on their organization and the money from the local Kraft Canada Cares program will be a big help. "The money comes from head office but it's the local employees who decide where it will be donated locally," said John Hugh Munro of Kraft in Williamstown. Last month, Agapè Centre provided non-perishable food to 700 adults and children. The centre also serves about 85 people everyday in their soup kitchen.

Kraft Canada Cheese operations in Ingleside and Williamstown presented a $1,000 cheque to the Agapè Centre to help stock their food shelves for the upcoming busy Thanksgiving season. Left to right: centre board of director Chad Maxwell; Kraft quality cheese technician from Williamstown, John Hugh Munro; Agapè Executive Director Judy Dancause; Kraft calibration specialist Lori Cleary.

(photo by John Divinski)



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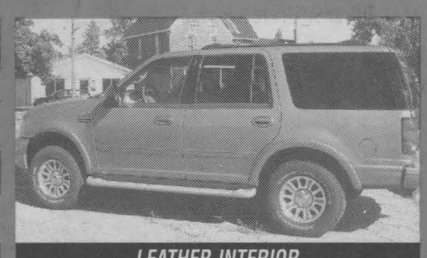

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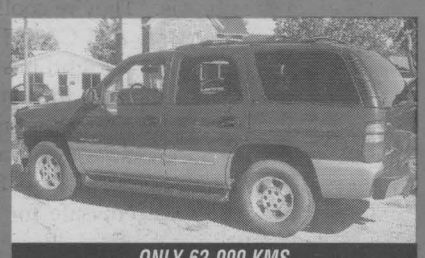

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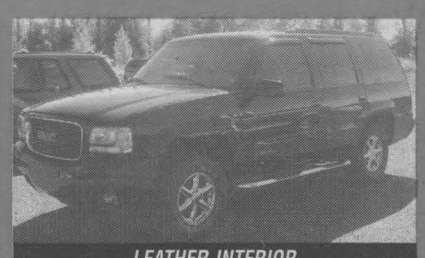
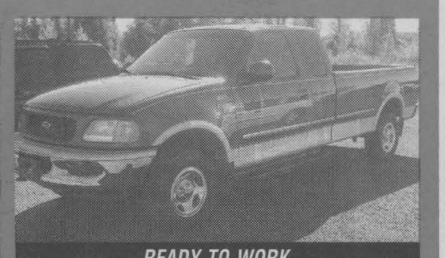
Rear air, 4x4, maroon & silver, 62,000 kms



LEATHER INTERIOR

99 GMC DENALI BLACK 4x4

Leather, sharp, only 106,000 kms



READY TO WORK

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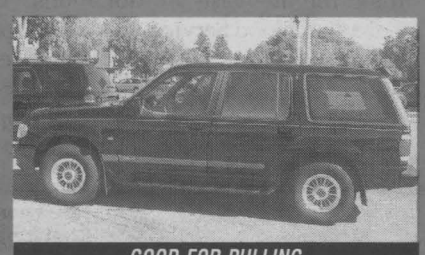
Ready to work, green & silver



GOOD FOR PULLING

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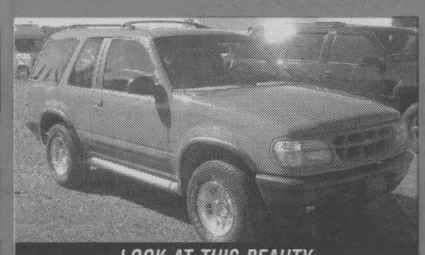
Powerful V8, good for pulling, equiped with 4x4, leather, air, tilt, cruise, power windows, power locks, power sunroof



LOOK AT THIS BEAUTY

96 FORD EXPLORER 2DR RED

Leather tan interior, air, tilt, cruise, power windows, power locks, only 69,000 kms



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98 FORD EXPEDITION BLUE 4x4 3rd ROW SEATS

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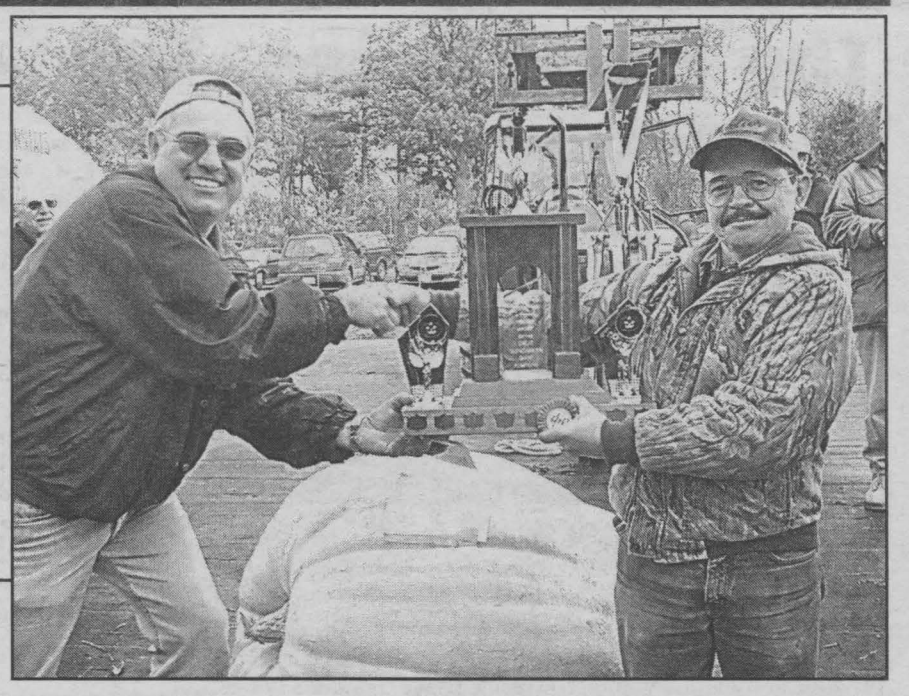
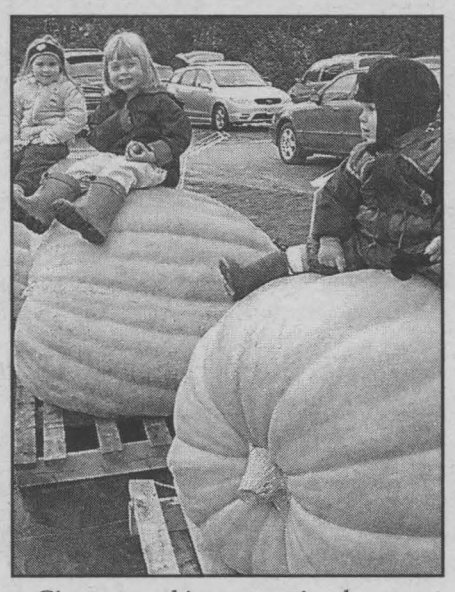
Pumpkins By The Pound

It was nothing but pumpkins of all shapes and sizes on Sunday, October 5th, 2003, at Marlin Orchards and Garden Centre in the Summerstown area. The occasion was the very first Great Glengarry Giant Pumpkin Weigh-off, sponsored by the Williamstown Green Thumb Horticultural Society. Organizer Ron Ouellette called the contest the result of "ultimate gardening" that allows the winner to have "bragging rights" for the next year. In this first edition of the contest, there were 15 entries with the ultimate winner belonging to Marcel Fortier of Long Sault, weighing in at 541 pounds. Fortier had two other pumpkins on display but they were for "show" only since he was only allowed one entry. The "show" pumpkins weighed in at 589 pounds and 581 pounds respectively. Ouellette says as big as the pumpkins are, they aren't very good to eat since they lack the sugar content that a small typical pumpkin has. By the way, although 541 pounds is a big pumpkin, the world's record belongs somewhere in New Brunswick where in the past week, one of the gourds kicked in at 1,356 pounds. Over 100 people gathered at Marlin's to take in the contest and the President of the horticultural society, Janet Bratsberg of Williamstown, complimented organizer Ouellette for his untiring work all summer in planning this event and with his help, she said, they'll do it again next year.

(photos by John Divinski)

The Great Glengarry Giant Pumpkin Weigh-off organizer Ron Ouellette (left) presents a trophy and congratulations to Marcel Fortier of Long Sault for his 541 pound pumpkin, the heaviest of 15 entries.



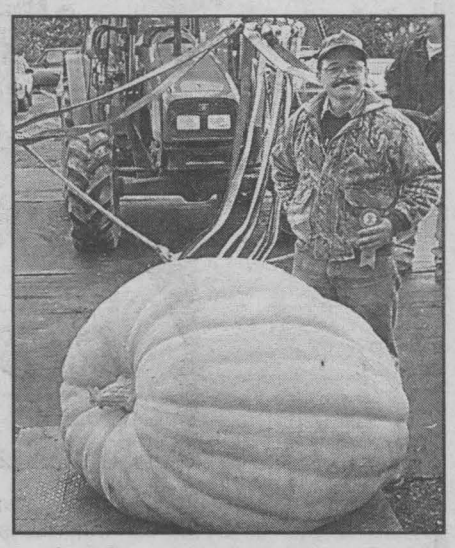


Giant pumpkins were simply meant to be climbed and sat on. The three big gourds offered by Marcel Fortier of Long Sault were "kid magnets." Front to back: 1 year old Joshua Fickes of Williamstown; 4 year old Franny Body of Martintown; 5 year old Alexandra Fickes of Williamstown, try the pumpkins on for size.

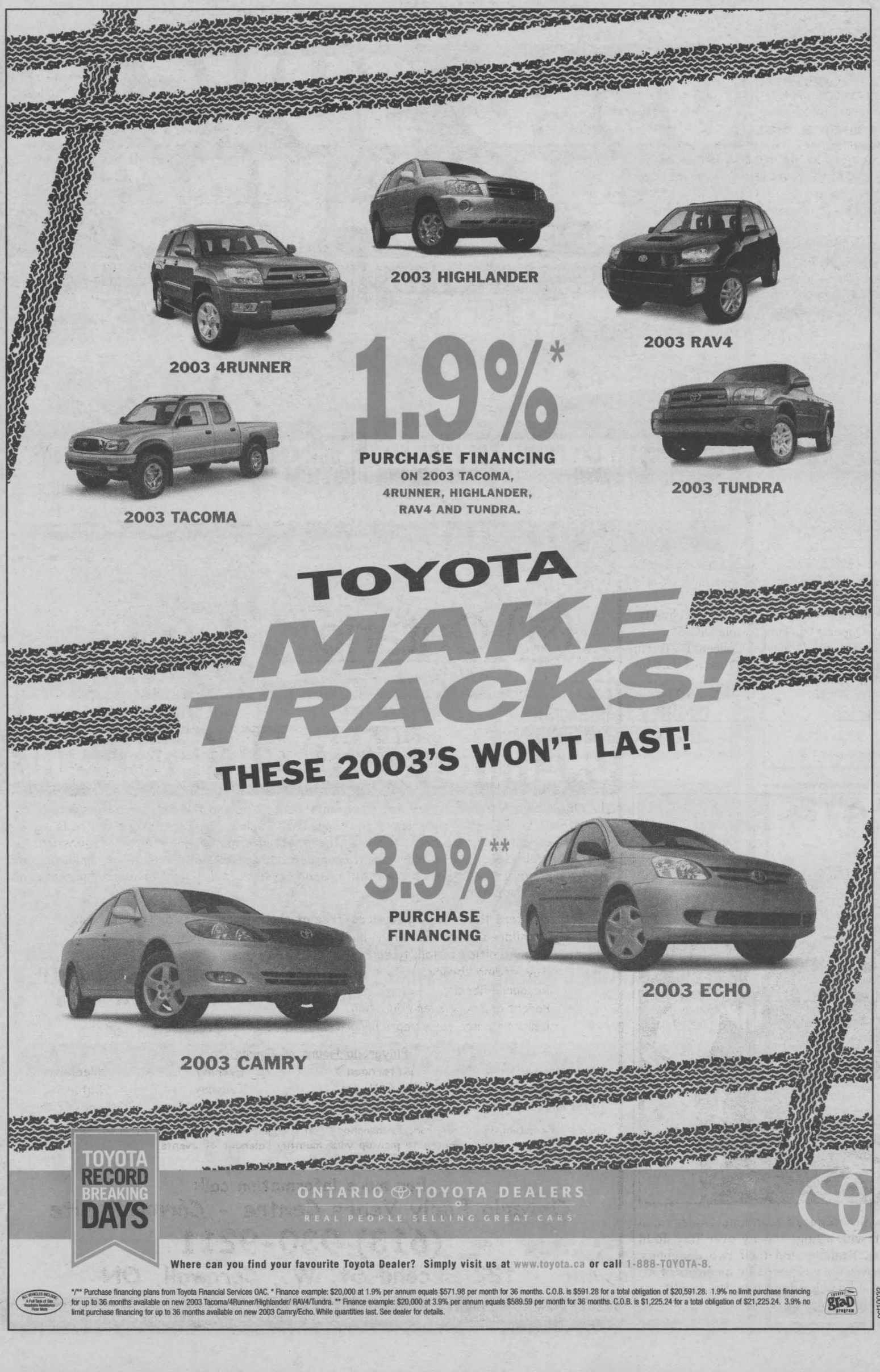


The biggest pumpkin of the day wasn't even in the competition. Weighing in at 711.5 pounds, it belonged to event organizer Ron Ouellette who entered it in the Ottawa competition on Saturday, October 4th, 2003 but most entries were over 1,000 pounds so he didn't finish in the money. Ron (right) holds on to 4 year old Franny Body of Martintown as she sits atop the giant pumpkin.

(photos by John Divinski)



The champion pumpkin for 2003 belongs to Marcel Fortier of Long Sault who is all smiles when the sign lights up to show his pumpkin weighed in at 541 pounds.



Sign A Cup ... Donate A Buck



Maynard's Your Independent Grocer staff and customers raised a total of $1,448.13 in the 2nd annual "Sign a Cup, Donate a Buck" campaign for the Alzheimer Coffee Break fundraising event. This was more than double the amount raised last year!

Bruce Maynard, owner, and Chad Maxwell, store manager, presented the cheque to Rachel Parker, Resource Development Coordinator for the Alzheimer Society of Cornwall & District. A basket of goodies was given to the cashier who sold the most cups.

(submitted photo)

Fall Musical Medley To Benefit Hospice

Donegal Fiddlers pianist Tibor Csaszar is returning to Morrisburg for an organ recital to the delight of local fans. The one performance will take place on Sunday, October 19th at 7:00 pm at Lakeshore Drive United Church. All proceeds from the show will be donated to hospice activities in South Dundas.

The Fall Musical Medley will feature light classical music, show tunes and a gospel music singalong. "The Donegal Fiddlers played a benefit concert for Lakeshore United Church earlier this year and they were wonderful," says organizer Elinor Jordan. "Tibor is generously returning for another performance, and this time the money raised will be used to support the personal needs and comforts for our friends and neighbours throughout South Dundas who benefit from hospice assistance."

Tibor Csaszar was born in Hungary and immigrated to Canada in 1958. He has been a pianist at the Quinte Ballet School for 23 years and a music teacher for 38 years. Tibor plays the accordion, guitar, bass, piano, organ and viola. His diverse music experience included big band, country rock, folk, light jazz and classical music. He also keeps busy entertaining elderly fans through an active program of nursing home visits - his motto is "we should share our gifts freely."

Tickets are available at Pier 31 in the Morrisburg Plaza or by calling June Perry at 543-3887.

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Please register before October 14, 2003
Telephone the "Encore" office - 937-1525
oct10031

Women's Entrepreneurs Of Cornwall And Area

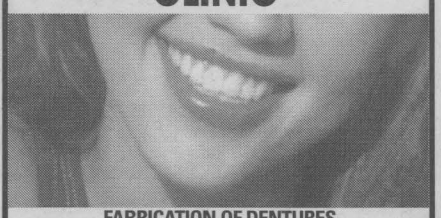


The members of the Women's Entrepreneurs of Cornwall and Area have elected their new Board of Directors.

Back Row (left to right): Vice-President, Susan Ramsay; Director, Claire Laverty; Secretary, Sharon Fisher; Director, Aline McDonald; Director, Carole DiCola

Front Row (left to right): Director, Carole Cyr; Director- Colleen E. Tyrell; Treasurer, Sheryl Bernier; President, Shari Rowland-Gaucher; Director, Barbara Collette; Director, Rita Pilon. Absent: Lise Parisien, Past President.

(submitted photo)

DENTUROLOGIST CLINIC

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OPENING OCTOBER 14th, 2003
The Ontario Early Years Centre invites parents, caregivers and their children ages 0 to 6 years to visit our Drop-in program at the times listed below. The Early Years Centre is a great place for parents and caregivers to meet others, get information and answers to questions regarding child development, learn about programs and services available in the community and to access programs, workshops, presentations, and resources designed to support parents and caregivers in their roles.
The Centre offers the following services, free of charge to parents and caregivers:
- A children's play area which includes early learning activities
- Opportunities to talk to early years professionals
- Toy lending library
- Resource library
- Parent and caregiver education
- Links to other early years programs in the community

Playgroup Hours of Operation

Morning	Afternoon	Evening	Weekend
Monday-Friday	Monday & Wednesday	Tuesday	Saturday
9:00 am-12:00 pm	1:00 pm - 3:30 pm	5:30pm - 8:00 pm	9:30 am - 12:00 pm

Note: A combination of English, Francophone and Bilingual drop-ins will be offered. Drop by the Centre to pick up your monthly calendar of events.

For more information call:
Ontario Early Years Centre - Cornwall Site
(613) 930-9211
122 Second St. W., Cornwall, ON
oct10033
Satellites Also At: Williamstown (613) 347-9983 · Morrisburg (613) 543-4114

All Smiles



Liberal candidate Jim Brownell swept the riding of Stormont, Dundas and Charlottenburgh in the Ontario election, with a huge victory over Tory Todd Lalonde. Jim is seen here with his wife, Paulette, and their two daughters, Jennifer Brownell and Alison Eamon. They were welcomed by members of his enthusiastic campaign team at his Montreal Road headquarters. The family was a picture of total joy as the final results were announced.

(submitted photo)

SMALL BUSINESS PROFILE

Sound familiar? A dingy, stained tub, out of date and cracking wall tiles, a floor whose colour and glossiness is a distant memory. If it does, your bathroom could be transformed a day later into a testament to your good taste - new glistening, inviting and clean.

A bathroom can be the best of places and worst of places especially when it comes to remodelling. Even if you're usually Ms. (or Mr.) Handy around your house, trying to remodel your bathroom can be a messy, difficult and not to mention costly, undertaking.

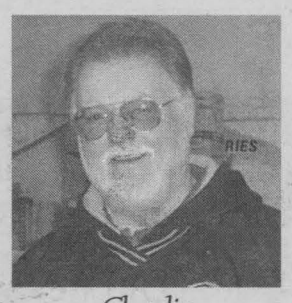
VTB Tub Liners
Bathroom Remodelling Alternatives

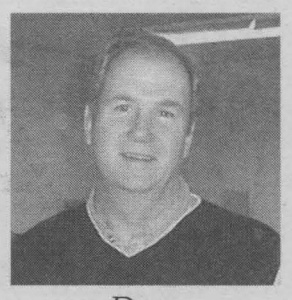
And it's rarely a one stop shop, because you're going to need specialty trades people like plumbers, carpenters and tile setters. Trying to coordinate all of them at the same time can be nearly impossible. But Charlie and Dave's 10-year strong company, VTB Bathtub Liners, can do a complete bathroom renovation in two to three days, or remodel your tub in less than a day.

Charlie and Dave recognized the need for a service like VTB Bathtub Liners, they were sold on the concept. Not only are tub liners superior to conventional tubs, there is no disruption to the floor, tile walls, or plumbing. Not only does your bathroom look better, but by installing a tub liner and beautiful matching acrylic surround over the existing tub, tiles, and ceiling, you not only cut out the mess, you cut your expense by 50%. With the extra money left over, you can easily redo your vanity, toilet, flooring, countertops and sink.

Tub liners, while being an affordable alternative to a new tub, leave nothing to be desired in terms of lasting quality and fine design. The days of peeling, dented conventional tubs are over - acrylic is colour-fast and exceptionally durable. And if you already have water damage, VTB Bathtub Liners will be sure to do any repairs necessary before installation. Each tub liner comes with a slip-resistant bottom and they fit almost all bathtub models. Custom showers are also available.

When your new bathroom is finished, test it out by taking a hot, luxurious bath. You'll notice that your new tub retains heat three times longer than porcelain. And it's so much easier to clean. Of course, VTB Bathtub Liners doesn't just do bathtubs, you can choose from a variety of attractive vanities, cabinets and matching accessories. If you have windows in the tub area, VTB Bathtub Liners will line them for you to make them waterproof.


Charlie


Dave

A local operated company, Dave and Charlie, their installers and the rest of the crew at VTB Bathtub Liners are all factory trained and licensed trades people. Dave and Charlie have had countless letters praising VTB Bathtub Liner's service, efficiency and workmanship and their growing clientele is largely a result of word of mouth.

So instead of struggling with drywall, mess and mishaps, call Charlie or Dave at VTB Bathtub Liners for a free estimate today at (613) 930-2135 or visit www.vtbholdings.com

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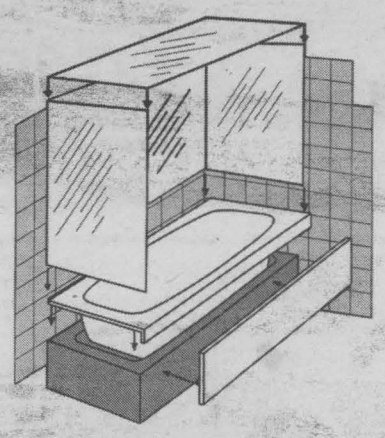
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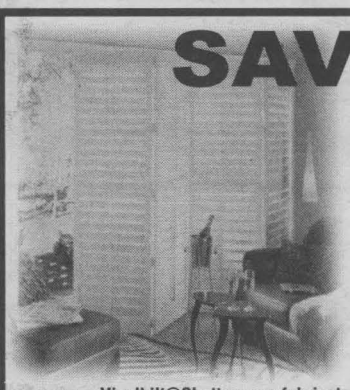
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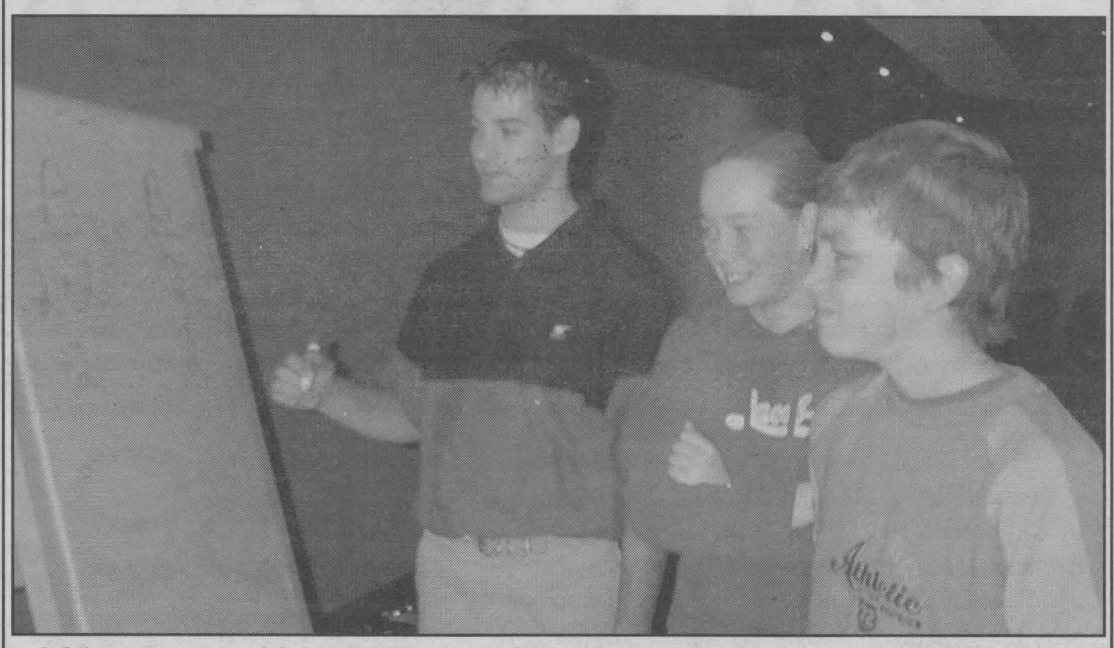
Minor Hockey Referees Ready For Another Season



While many moms and dads are getting their children signed up for another season of hockey, travel or house leagues another group connected to hockey gave up their Sunday, September 14th, 2003, to attend an all-day referee clinic at the Nav Canada Centre in Cornwall. It was a day of quizzes, discussions and exams as referees of all ages earned their ticket to officiate hockey in the 2003-2004 season. Left to right: Instructor André Lalande of Cornwall discusses the proper way to deal with coincidental penalties with Level One officials, 13-year-old Emily McIntosh of Martintown and 15-year-old Travis Samson of Cornwall.

Photo by John Divinski

Literacy Award Winners

Three unique people from different walks of life and regions of Ontario were recipients of Canada Post's Literacy Awards. The country's only national awards is dedicated to recognizing grassroots literacy initiatives and to celebrating the achievements of learners and the people who help them along the way. A celebratory ceremony honouring their truly outstanding achievements was held on Sunday, September 14th, 2003 at the Barrie "Road to Reading Festival," hosted by five Simcoe area literacy organizations.

Two Ontario winners were Françoise Cadieux, Individual Achievement French category; and Louise Lalonde of Centre Moi, j'apprends in the Community Leadership category. They are two of 32 winners chosen across Canada from some 230 submissions received this year.

In communities all across Canada, there are individuals who have demonstrated an outstanding commitment to improving their personal level of literacy or who have worked tirelessly to help others achieve that goal. The power of literacy is documented further in the countless hours of volunteer commitment and initiative shown by winners in the Community Leadership category.

As a child, Françoise Cadieux never went to school and lived in a remote village, hunting and fishing to help her family. Summoning up all of her courage, she went to school as an adult and has received her French diploma. Describing the weekend's events, Françoise exclaims, "This is a dream come true. I feel so happy and so incredibly proud of my efforts and my new skills, thanks to my teacher Madeleine Théoret. I will never forget the excitement of this weekend and winning the Canada Post Literacy Award in the Individual Achievement French category."

Louise Lalonde has been committed to the cause of literacy for more than 15 years. She is proud of her involvement with Centre Moi, j'apprends, a French literacy organization serving the community of Russell County. "We are committed to helping Francophones master their mother tongue and become fully literate in French. I have always been involved in education in some way and find it rewarding to help people make improvements in their lives through the development of their literacy skills."

Sinners!!



Cornwall's Glen Production of "Sinners," is not so much about who did it, but how many did it! The fall cabaret "is a twisted tale of deceit and hysterics." Written by playwright Norm Foster, "Sinners" will run October 23rd to the 25th and again from October 30th to November 1st at the Glen Building, located behind the Si Miller arena. All performances begin at 8pm. The comedy has a lot of twists and turns as we find a widower having an affair with the local reverend's wife. The police chief and his social climbing wife become involved in the skulduggery and we add in another betrayed wife just for good measure. On Monday, September 22nd, 2003, Seaway News visited a rehearsal of "Sinners" and even then, the laughs were many and the plot pleasantly riveting. The play is produced by Claire Lavallee and directed by Pauline Jodoin. Tickets for the Glen Production of "Sinners" are on sale now at the Seaway Valley Tourism office at 110 Pitt Street, (613) 938-4748. Director Pauline Jodoin hopes to have a sellout on opening night because "two dollars from every ticket sold will be donated to the Canadian Cancer Society for research into prostrate cancer."

Pictured above (left to right): "Sinners" cast, Melanie Lenneau portraying Monica Lloyd; Mike Petrynka as Peter Kramer; Rick Jodoin as Reverend Lloyd; Nancy Munro as Diane Gillis; Garth Wigle as police chief Roy Cavanaugh; and Sharyn Wigle as Carolyn Cavanaugh.

(photo by John Divinski)

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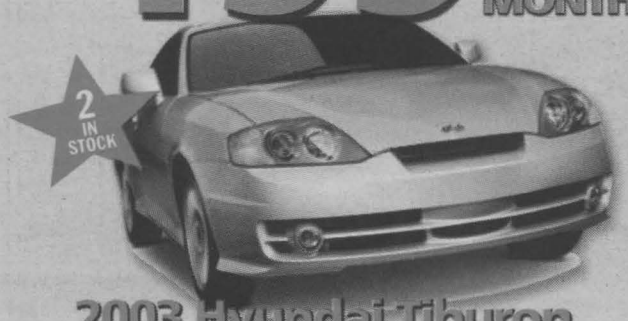

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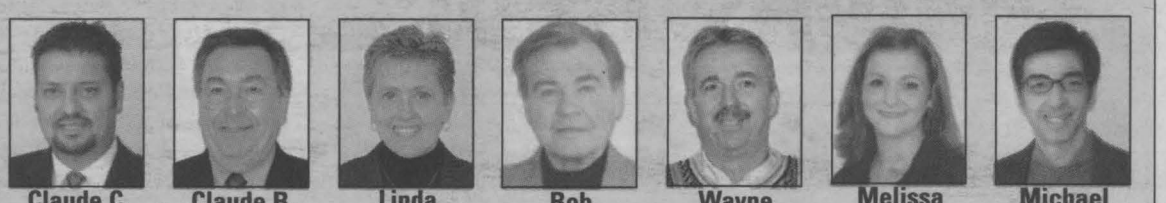

Claude C. Claude B. Linda Bob Wayne Melissa Michael

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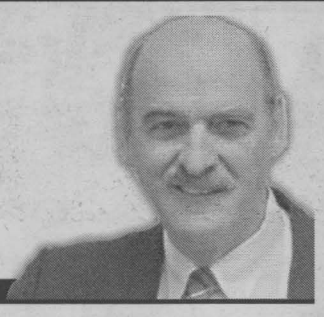
Sports Chips



with Bill Gallant

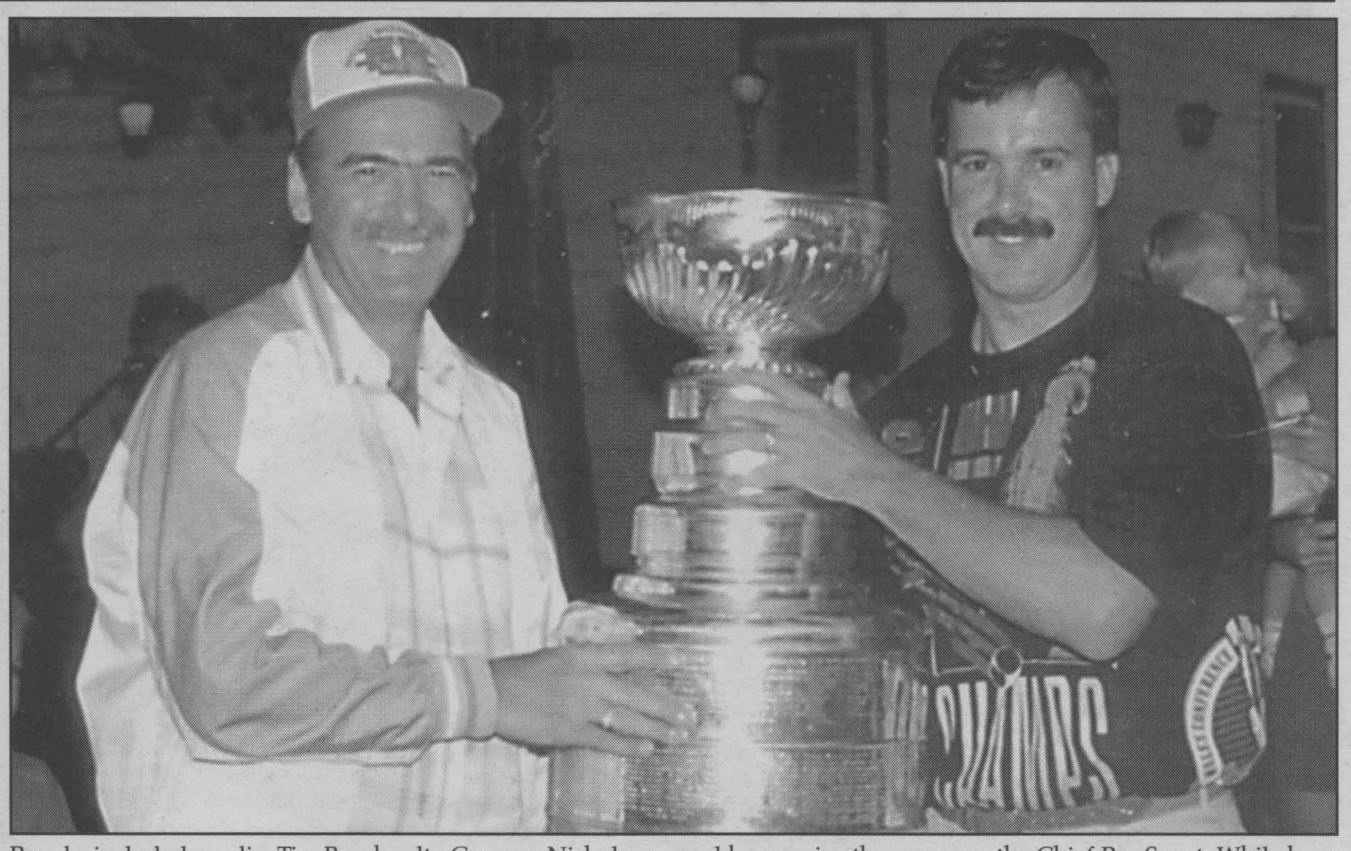
I was never so surprised at the reaction I got from last week's Sport Chips photo. It was a very old photo, loaned to me by Lawrence "Bob" Lalonde, but it immediately brought forward some phone calls. One call I got was from Carol Rouleau who helped me to identify at least one of the lacrosse players pictured.

Carol and others believe the gentleman in the middle of the three players in the front row is John B. Lemieux. When not playing lacrosse, John was a barber in Cornwall, as was his son Leo. We believe the photo to be from 1906 and John would have been 22 years old and was a goalie. He was also the grandfather of Moe Lemieux.

This week's photo is that of a good friend and one of the friendliest of all the hockey players that played out their junior careers here in Cornwall. Rick Paterson was in town on a visit last weekend.

Rick joined the Cornwall Royals as a 15 year old back in 1973-74 and was an outstanding forward with the team for 5 seasons. During that time he fashioned a terrific record for the team and was the Captain in his final year when he scored over 100 points. He played on a line mostly with Bob Crawford and Cam MacGregor.

Paterson also played on the Canadian Major Jr. Hockey All-Star Team during the World Junior Tournament, with games played at the Civic Complex in 1978. Other players from the



Royals included goalie Tim Bernhardt, Graeme Nicholson, Dan Geoffrion and coach Orval Tessier.

Rick was drafted by Chicago and spent 9 years with that organization, then moved to the Pittsburgh Penguins with Mario Lemieux and remained for over 5 seasons and won two NHL rings when he was assistant coach.

He took a head coaching job next in Cleveland of the IHL for 5 years, then went on to Tampa Bay as an associate coach and he remains there now as the Chief Pro-Scout. While here in Cornwall, Rick spent some time with his daughter, Brittany who is a student at CCVS.

While in Cornwall as a Royal, Rick played 342 games, scored 128 goals and amassed a total of 365 points. Those long bus trips we made to Chicoutimi and around the QMJHL, were made more enjoyable thanks to the many chats I had with Rick.

Kastner's

Major Peewee AA Rapids

After dropping a 5-0 decision in Nepean last Thursday night, the Kastner's Major Peewee AA Rapids bounced back with a decisive 3-1 win. Leading the way was Adam Wensink with the first 2 goals. Assists went to Tommy Lang and Joey Porporo. Lang rounded up the scoring by roofing a wrist shot in the top left hand corner. Stone McCauley was a wall in net, picking up the win. In Kastner's first game of the season, they dropped a 6-2 decision in Kanata. Justin Theriault and Lang each notched singled and assists went to Wensink, Ty Perry and Alex Bosse. In their home opener they lost a nail biter 5-4 to the Rideau Kings. Wensink had two goals, with singles from Colton Robinson and Bosse. Eric Chausse, Taylor Filion and Lang each picked up assists. Both Grant McNeil and McCauley have been outstanding in nets for the Rapids.

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Innovative Converting

Bantam "B" Royals

The Innovative Converting Cornwall Bantam "B" Royals hosted the Kemptville Panthers at the Si Miller Arena.

The Royals got on the board in the first minute of play on a goal by Paul Martel assisted by Zach Guindon.

The Royals second goal came on a penalty shot awarded to Dan Merpaw late in the third. Unfortunately, the Panthers scored seven times en route to a 7-2 victory. The Royals travelled to Alexandria to play the Glens the very next day. Goaltender Justin Leduc was strong in nets making many key saves in a 2-0 loss for the Royals.

Club 55+

by Lee Kirkey

The Racoons, captained by Simone Kearns were up for their games, rolling 1016-1073-1021 for a total of 3110.

It was also a good week for: Rene Laurin 330-712; Eleanor Fournier 211, 223, 203 - 637; Conrad Godard 272 - 623; Maurice Champagne 211, 200 - 609; Joe Arsenault 264 - 608; Ken Laperle 261 - 604; Jack Sheets 234; Betty Dunn 232; Peter Van Loon 230.

Attendance prizes: Bill Anderson, Marjorie McCoubrey, Wil Riley, Adrien Fournier, and Joan Eamer. Have a good week!

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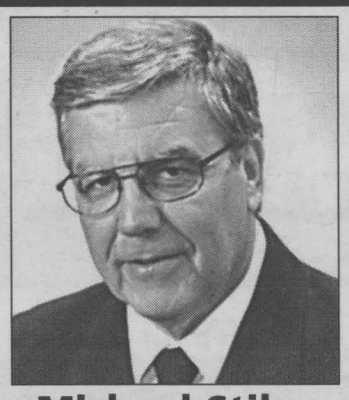

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Char-Lan

Bantam "B" Rebels

The Char-Lan Rebels won their first league game at home against the Kemptville Panthers 6-3. Scoring for Char-Lan were Alex Glasgow (2), Mike Robertson (2), Grant MacDougall (1) and Shawn Fontaine (1). Assisting were Dylan Munro, Shawn Fontaine, Will Lang, Steve Russell, Alex Glasgow and Jymie Jasper. Andre Gaucher had the win in nets.

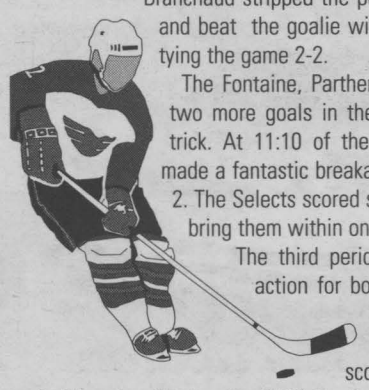
Cornwall Kia

Pee Wee "B" Royals

The Royals hit the ice for their second exhibition game against the Akwesasne Wolves at the Turtledome. The team worked hard and Nicholas Sanseverino scored the team's first goal of the season, assisted by Chad Parthenais and Shawn Fontaine.

The teams seem to be evenly matched through the second period but the Wolves scored two goals in the third putting the game out of reach for the Royals. The final ending up 4-1.

On Sunday, September 28th, 2003 the Royals faced the South Stormont Selects at the Si Miller. The team was all fired up and spent the first three shifts inside the Select's blueline. With all this pressure the Royals were able to capitalize with a goal from Shawn Fontaine. Assists went to Chad Parthenais and Nicholas Sanseverino. The Selects fought back scoring two goals making the score 2-1 for the Selects. Late in the first period Andrew Branchaud stripped the puck from the Selects defensemen and beat the goalie with a rebound on the blocker side, tying the game 2-2.



The Fontaine, Parthenais and Sanseverino line scored two more goals in the second giving Fontaine the hat trick. At 11:10 of the second period Nicholas Dilabio made a fantastic breakaway save keeping the score at 4-2. The Selects scored short handed late in the second to bring them within one goal.

The third period brought plenty of end to end action for both the fans and the goaltenders. The Royals got into some penalty problems and Selects managed to score ending the game with a 4-4 tie.

On Thursday, October 1st, 2003 the Cornwall Kia Peewee B Royals faced the Char-Lan Rebels in Williamstown.The Royals started strong scoring the first goal but suffered a 6-2 loss. Goals for the Royals were scored by Chad Parthenais and Reid Lepine. Assists went to Nicholas Sanseverino and Shawn Fontaine.

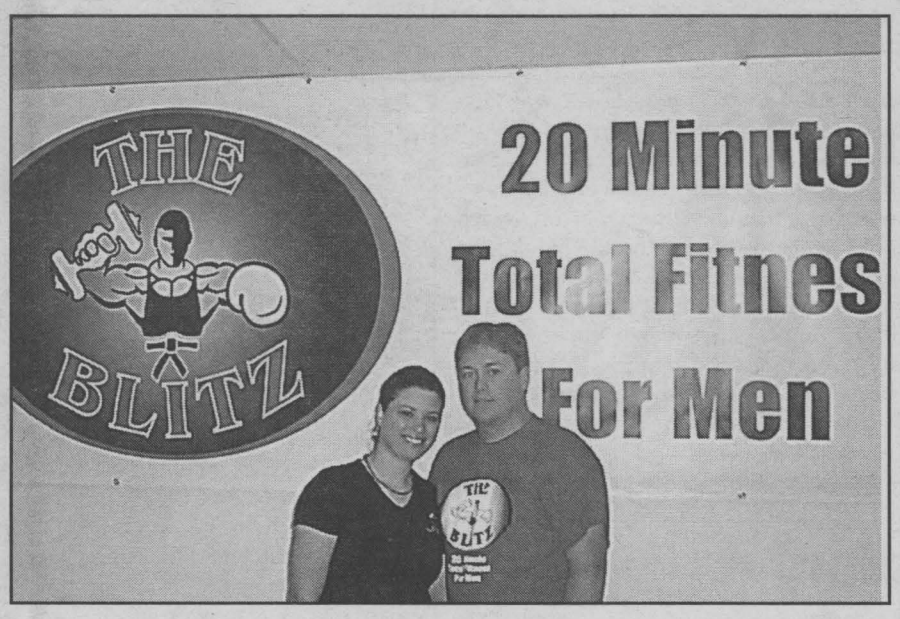
Then on Saturday October 4th, 2003 the Royals faced the Akwesasne Wolves once more at the Turtledome.The Royals got behind early but finished the game strong scoring two goals in the third. The final was 5-3 for the Wolves. Goal scorers for the Royals were Brock O'Connor, Reid Lepine, and Nicholas Sanseverino.

PCY Carriers

Bantam "A" Royals

PCY Carriers Bantam "A" Royals have finalized their roster and they are looking forward to having a good time this season. Their line up consists of having as forwards Patrick Levac, Ryan Wong, David Roy, Daniel Viau, Kyle Bouvier, Jordan Squire, Shawn Ladouceur, Kyle Legue, Brian Jans and Kurtis Cayer. On defense will be Scott Simpson, Shaun Harvey, Tyler Jones, Paul L'Ecuyer and Daniel Bissonnette. Confident in getting some great goaltending from Torry Bigtree and Jordan Konink. Behind the bench is Coach Ron Roy, Assistant Coach Gary Jans with Jim Konink as trainer and Marc L'Ecuyer/ Pierre Levac will take the managing duties. The Royals "A" take this opportunity to thank their major sponsors and all other players sponsorship for making it possible to give these players a boost in this teams success. We look forward to many tournaments with parents and players to interact together and have an enjoyable season.

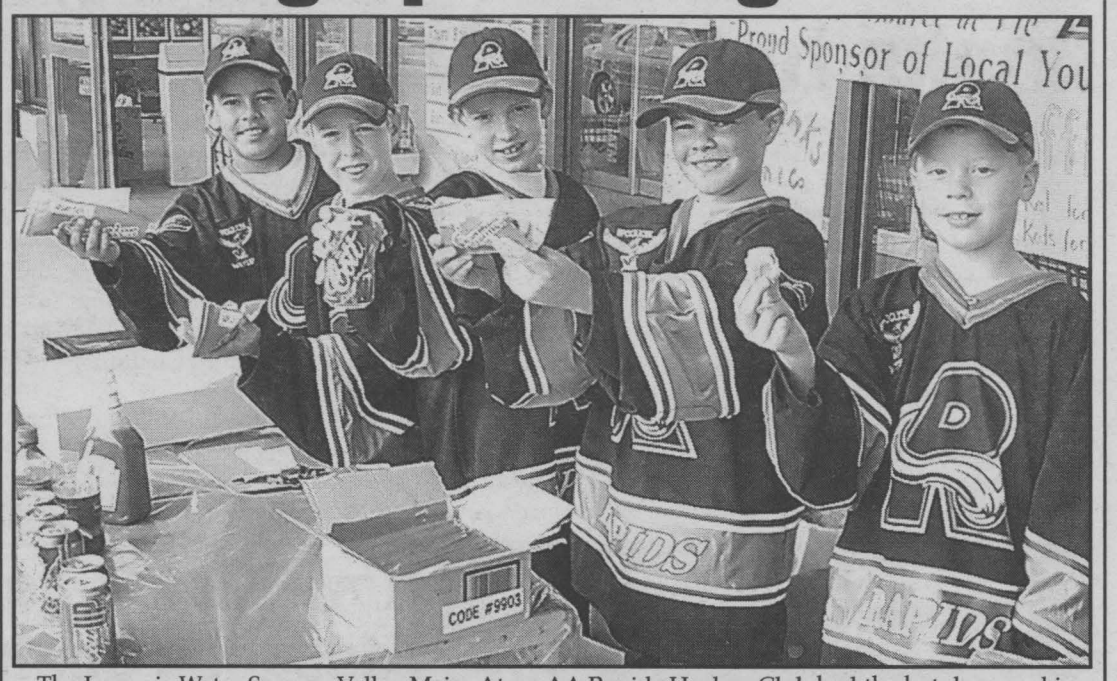
The Blitz Now Open



The Blitz, a 20 minute total fitness program for men is now open in Cornwall. The new fitness centre is located at 691 Brookdale Avenue in the International Business Park. Owners Rob & Cindy Lamarche (pictured above) state " Blitzing 3 times a week can help loose weight and reduce streess as well as reduce the risk of heart disease." For more info. call 938-0800.

(submitted photo)

Offering Up Hot Dogs



The Iroquois Water Seaway Valley Major Atom AA Rapids Hockey Club had the hot dogs cooking on the barbecue on Saturday, September 27, 2003, in front of Food Basics in the Brookdale Centre. Offering up hot dogs were, left to right: 10 year old Stevie-Ray Adams of Akwesasne (right wing); 10 year old Ryan Dewar of Cornwall (defence); 10 year old Jordan Graham of Ingleside (goalie); 9 year old Kevin Hope of Long Sault (right wing); 9 year old Oakley Thomas of Akwesasne (left wing).

(photo by John Divinski)

Champs Eastside Boxing Club

Champs Eastside Boxing Club was in action on the weekend of October 4-5th, 2003. On October 4th in Hastings, Ontario Luke Chislom (17 years old, 132 lbs) won a split decision over Showcat Ali (16 years old, 138 lbs) of the Cabbagetown Gym in Toronto. Luke used his jab to score points and outworked his opponent down the stretch. In a rematch from 3 months ago, Tony Luis (15 years old, 118 lbs) fought Steve March of Havenlock, Ontario (17 years old, 122 lbs). Tony Luis prevailed in a very large close technical fight over 4 rounds. Working Steve's corner was former Canadian Lightweight Champion and father Leo March, who is grooming his son to turn pro after the Athens Olympics. Tony used fast hands, good reflexes and a tight cover with shifty footwork to outscore Steve in the exchanges. The crowd was impressed with both boys.

On sunday, October 5th, 2003, in Laval, Québec, 2 boxers were in attendance. Joey Bowman (14 years old, 96 lbs) won a clear unanimous points decision over Québec Provincial Junior Champion Philip Barbeau of St. Hyacinthe. Joey used shifty footwork, combination punching, and angles for a very good performance. Joey impressed all in attendance with his speed, power and shifty moves.

Last but certainly not least was Mathew Veenstra (19 years old, 129 lbs) who lost a hotly contested and disputable decision to Sebastien Grenier of Laval, Québec. It was a see-saw battle with Grenier throwing more punches, but Mathew landing the harder, clean shots. Matthew administered tremendous body blows, and a good stiff job throughout the fight, causing 2 standing eight counts along the way. Unfortunately it was not enough and Mathew lost a points decision. It was Matt's 3rd fight and showed tremendous heart, and much improvement both offensively and defensively. He lost the battle but won the war. You certainly wouldn't think Mat was the loser by the looks of both boys after the fast-paced bout. Two tough cookies!

Next for Champs is on October 25th, 2003. Tony Luis and Joey Bowman have been invited to go to Hartford, Connecticut for a USA vs Canada meet. They were beckoned by Russ Amber (boxing analyst for both CBC and TSN, and President of the Québec Boxing Federation) to accompany a team of Québec boxers to fill out the team. Russ is highly impressed by both boys.

Next for Luke Chisholm and Matt Veenstra will be the Novice (under 10) Ontario provincials from October 31st-November 2nd, 2003 in St. Catherines, Ontario. Both boys are hard-working and are much improved in skill and conditioning. Coach Jorge Luis expects both boys to do well.

Look for Champs boxers in town soon as they are looking to promote a show either in Cornwall or Ingleside, either in November or December. Watch and come support local talent and youth for an entertaining and affordable evening of skilled and action packed boxing. Champs is located at 223 Jarvis, training Monday through Thursday 6-9pm. Contact head coach Jorge Luis at 936-6458.

Iroquois Water SVMHA

Major Atom AA Rapids

The SVMHA Major Atom AA Rapids met the Rideau St. Lawrence Kings on September 28th, 2003. The Rapids played a tough first period and kept the score at 0. The Kings got the edge in the second and third and scored a goal in each period defeating the Rapids 2-0. The Rapids next travelled to Kanata on September 29th, 2003 to meet the Blazers. By the end of the first, the fast skating Kanata team had taken advantage of a few lucky bounces of the puck and the score stood at 5-0. The Rapids persevered and came back in the second to get one past the Kanata goalie on a nice shot from Nick Quenneville. Alexandre Gendron assisted on the goal. In the third period, the Rapids managed to get a lucky bounce of their own on a shot at the net from Kevin Hope. Brandon Gilmour assisted with a nice pass up the ice. The Rapids lost 8-2. On October 5th, 2003 the Rapids visited Cumberland and suffered a 5-0 loss to a strong Cumberland team.

Cornwall Atom A Royals

The Cornwall Atom "A" Royals are prepared for a busy season. The roster has been set as follows: minding the net will be Brandon Ezard and Eli (Junior) Thompson; playing forward are Matt Bourassa, Jonathan Dunbar, Justin Lefebvre, Jayden Lemire, Mathieu Lemire, Derek MacDonald, Max Robertson, Nathan Sanseverino, and Jacob Swamp; patrolling the blue line are Connor Gabri, Clayton King, Brandon Labelle and Joel Marleau. The team will be coached by Dan Bourassa, Paul Marleau and Angelo Sanseverino.

Two exhibition matches have been completed, and the team played well as they develop as a group. The first game against Prescott-Russell, the Royals demonstrated team spirit and drive in a close game that resulted in a 5-4 loss. Scoring for the Royals were Connor Gabri, assisted by Jacob Swamp; Mathieu Lemire, unassisted; Derek MacDonald, assisted by Max Robertson; and the final goal for the Royals was unassisted by Clayton King. Good work team and good luck in league and tournament play.

John Warden Fuels

Char-Lan Atom B Rebels

John Warden Fuels Char-Lan Atom "B" Rebels are pleased to announce this year's team. Goalies: Robbie Chapman and Brent Small. Defence: Jason Rose, James MacLachlan, Thomas Sangster, Larson Payette, and Brandon Laplante. Forwards: Duncan MacDonald, Taylor Eamon, Hanan Fraser, Kyle MacDougall, Quinlin MacDonell, Nelson Cecereau, Justin McFarlane, and Stephan Smith-Dionne. Head Coach: Brent Laplante. Coaches: Chris Eamon, and Jacques Payette. Manager: Sheila Cecereau. First exhibition game against Vankleek Hill, the Rebs came out on top with a 5-1 win. Goals by Hanan Fraser from Nelson Cecereau and Taylor Eamon; Eamon from Stephan Smith-Dionne and Larson Payette; Duncan MacDonald from James MacLachlan and Eamon; Payette from Eamon and Jason Rose; Eamon from Cecereau and Fraser. The second exhibition game against Alexandria had the Rebs victorious with an 8-0 win. Eamon with 3 goals, 2 assists; Smith-Dionne with 2 goals, 2 assists; Cecereau with 1 goal, 1 assist; MacDonald with 1 goal, 2 assist; Brandon Laplante with 1 goal, 1 assist; Kyle MacDougall with 2 assists; Payette with 2 assists; MacLachlan with 1 assist; Fraser with 1 assist and Quinlin MacDonell with 1 assist. Brent Small earned the shutout in his first competitive game.

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Domtar Donates 500 Harry Potter Books to Local Schools

Domtar Inc. is pleased to announce that in order to highlight its participation as one of the manufacturers of the paper used to print J.K. Rowling's latest novel Harry Potter And the Order of the Phoenix, it will donate 500 copies of the book to community and school libraries in localities where it operates pulp and paper mills.

"The latest Harry Potter is a wonderful book. It will no doubt bring hours of pleasure to both children and adults. Domtar is very pleased to have been one of the core suppliers of paper for this fifth novel. As a token of gratitude towards all those who have helped us become a recognized manufacturer of quality publication papers, and in support of our commitment to literacy, we have decided to donate copies of the book printed in our stock. In doing so, we hope that this will enable more children to follow Harry in his new adventure", said George Kobrynsky, Senior Vice-President, Pulp and Paper Sales, Marketing and Customer Relations Group.

Domtar's Ottawa-Hull Mill in Ontario and its Nekoosa Mill in Wisconsin manufactured some of the paper for the first printing of Harry Potter and the Order of the Phoenix. The paper used for this new novel was custom-made for the publisher's very specific requirements. It is important to note that no trees from endangered forests were used as a source of fiber to make the paper on which the books were printed. Domtar stock was used to print another J.K. Rowling novel Harry Potter and the Goblet of Fire.

Domtar manufactures an extensive range of coated and uncoated papers. Its products have been used by publishers to print many novels from well-known authors such as Tom Clancy, Sue Grafton, John Grisham, James Redfield, Danielle Steel and others.



David Bowie "Reality" Columbia. The eleven track album was recorded in New York over the past few months with the highly acclaimed band that performed on Bowie's "Heathen" mini tour from last year. Mostly originals with the exception of a cover version of Jonathan Richman's "Pablo Picasso" and of George Harrison's lesser-known "Try Some, Buy Some". Great stuff.

Nickelback "The Long Road" EMI. Nickelback is back with its most accomplished effort to date. At once accessible, tuneful, honest, aggressive and even emotional. From the album's fiery lead single "Someday" to the strapping guitar riffs of "Throw Yourself Away" and the vibrant "Do This Anymore" the recording sees the Vancouver-based outfit focusing its signature crunch like never before. Grrrreat!!

Seal "Seal IV" WEA. After a hiatus of five years from recording studios, british singer-songwriter Seal (Sealhenry Samuel) is back with a stacked deck of hits: "Get It Together" (a Seal anthem), "Waiting for You", "Love's Divine", "Les Mots" (duets with French diva Mylene Farmer) and so on. Words which come to mind: laid-back, cool and groovy.

Simple Red "Home" Universal. Pop-soul singer/ songwriter Mick Hucknall (Simply Red) scored big on the charts in 1989 with his #1 "If You Don't Know Me By Now" which made women everywhere melt. Hot! Hot! Hot! here: "Lost Weekend", "Something For You" as well as cover versions of Hall & Oates' "Sunrise", the stylistics' 1974 mega-hit "You Make Me Feel Brand New" and oddly enough Bob Dylan's "Positively 4th Street".

The Sandro Dominelli Quintet "Cafe Varze Jazz" Varze. Edmonton's Sandro Dominelli is one of Canada's top jazz drummers as witnessed on this new album featuring heartfelt covers of the music of jazz virtuoso Donald Anthony Varze. The venturesome quintet ignite their new offering with well-thought-out arrangements of blues, bop and latin flavoured numbers. A thought provoking work which stands on its own merits.

Various Artists "The Best Flute Album In The World" EMI. The title of the double album says it all: James Galway (Mozart's Concerto For Flute & Harp), Susan Hoeppner (Handel's Arrival of the Queen of Sheba), Robert Aitken (Lully's Gavotte), Emmanuel Pahud (Debussy's Syrinx) ...

Fats Domino "Blues Kingpins" Capitol. Roly-poly, piano-pounding singer Antoine "Fats" Domino from New Orleans recorded the 18 tracks featured here in the early '50s, just a few years before releasing his smash hits "Ain't It A Shame", "Blueberry Hill", etc... These 18 mostly horn-leavened slow blues nuggets ("Poor Poor Me", "Please Don't Leave Me", "So Long" ...) are sure to appeal to all blues music afficionados.

Various Artists "A Flower Fairy Alphabet" Music For Little People. Included are 24 enchanting songs (featuring nature sounds as well as acoustic instruments from classical guitars to Celtic harps to transverse flutes to violas) based on the writings of poet Cicely Mary Barker. Singers, young and old portray perfectly what one might imagine are the voices of tender-hearted fairies. All in all, 18 lovely vignettes to feed a child's imagination.

New Encore Seniors Education Centre Open

Looking for a chance to practice some "mental aerobics" in a relaxed, friendly atmosphere. You'll soon be able to do that right here in Alexandria thanks to Encore Seniors' Education Centre and a proposed expansion into the North Glengarry area.

Find out what it's all about at an inaugural meeting and tea Thursday, October 16th at the new community building at Island Park, Alexandria between 2 and 4 pm. Encore field coordinator Lee Cassidy invites area seniors to bring their ideas, skills and talent and help lay the ground work for an Alexandria Branch of Encore Seniors' Education Centre.

Encore is an award winning daytime academic program for older adults and retirees run mainly by senior volunteers. Its popularity is reflected by a growing membership drawn from across SD&G. Enrollment in a diverse and varied selection of study groups and workshops has quadrupled since 1994 when classes were first offered at St. Lawrence College in Cornwall.

"Through their past participation, both as student members of Encore and in leadership roles, area residents have contributed to its development on the Cornwall campus. Now it is time to share this expertise with other communities, and in so doing encourage development of programs customized to local needs and wishes," explains Cassidy. "For this we need people who live in the community, and are prepared to share their ideas and talents."

"Establishment of Encore in Alexandria offers a further benefit to the community. It will make it more accessible to more people, in particular, those who have wanted to join our classes, but have been hindered by distance or mobility."

Support for outreach expansion comes from the Ontario Trillium Foundation. Funding from the Foundation will provide the opportunity to initiate partnerships in rural areas, encourage development of core local volunteer committees and draw on the rural seniors' community for leadership and assistance.

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Dance to Montreal's own
"Edelweiss"
a Bavarian band with an Oom-Pah, Pah sound until midnight.
Dinner & Dance $16.50 per person
For Tickets Contact 933-2362 or Callum at 933-2938
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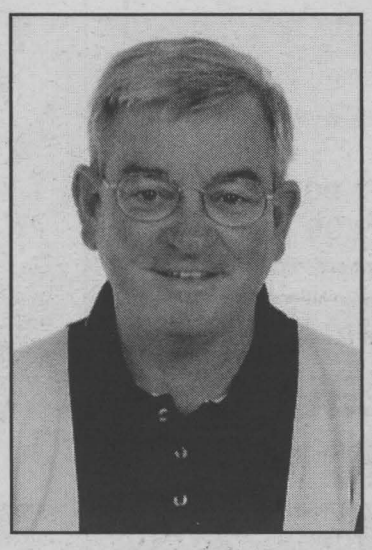

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Call 932-7311 today for your taxi and chance to win!

City Employees Help United Way



The coffers of the United Way of Cornwall and District grew by $12,000 on Thursday, October 2nd, 2003, when the 650 employees of the City of Cornwall presented their donation which was collected primarily through payroll deductions. The goal of this year's campaign is $550,000 which officials hope will be achieved by December 7th. Left to right: United Way fund raising vice-chair John Divinski accepts a cheque from Betty Cousins, Recruitment and Training Officer for the City of Cornwall, as Mayor Brian Sylvester looks on.

(photo by John Divinski)

Founding Meeting Of The Forestry Centre

Volunteers, the Eastern Ontario Model Forest, local clubs and the Stormont, Dundas, Glengarry (SD&G) Resource Stewardship Council have been working diligently at the Forestry Centre, located southwest of Apple Hill, in preparation for the Founding Meeting of the Friends of the Forestry Centre.

The Forestry Centre is comprised of a 40 hectare property located minutes from Apple Hill and Martintown, Ontario. When Domtar Inc. acquired the land, they created the concept of the Forestry Centre, a venue to promote awareness for natural resource management as well as a location where local groups could congregate for leisure activities. Since June 2002 the Resource Stewardship Council, Eastern Ontario Model Forest, and local volunteers have been working hard to reopen the centre. The Interim Friends of the Forestry Centre have designated October 5th, 2003 as the Founding Meeting for the Friends of the Forestry Centre, a not-for-profit organization that will govern the use of the land.

"We invite everyone to come out on Sunday October 5th, 2003 to enjoy a nice fall walk in the woods, on any of the five trails, and participate in the Founding Meeting, said Jim Hendry, Stewardship Coordinator.

The day will start with a family fun event celebrating Ontario Hiking Day from 11:00 a.m. 'til 2:00 p.m., followed by the Founding Meeting from 2:00 p.m. 'til 4:00 p.m.

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Esso Helps Local Minor Baseball



"Once again this year, Imperial Oil Esso as part of its Community Program has teamed up with local retailer Guindon Esso to help support the Cornwall District Minor Baseball Program. Shown making the presentation of the $2,000 donation at the Legion Park is Esso Retailer François Guindon (left) and CDMB President, Kelly Miller."

(submitted photo)

Company Fun Day



Benson's Auto Pak held their first sofball tournament on Saturday, August 16th, 2003. A BBQ was held for everyone and face painting was available for the children throughout the day.

Getting "Benson" painted on their foreheads to insects painted on their cheeks, face painting was a hit. From left to right: Dean McLaughlin, Deven McLaughlin, Mathieu Lortie and Zachary Dufresne.

(submitted photo)

corus ENTERTAINMENT presents The JEWEL Memories 1220 AM
12 Hour Dance Marathon
To benefit the Société Alzheimer Society of Cornwall & District
January 17, 2004 ~ Cornwall Civic Complex
• Ed Lumley Arena •
Schedule of Events
9:30 am to 11 am - Registration
11:30 am to 11:50 am - Opening Ceremonies
12 pm to 6 pm - Dancing (10 min. breaks hourly)
6 pm to 6:30 pm - Dinner for the dancers in Salons A, B & C
6:45 pm to 12 am- Dancing (10 min. breaks hourly)
12 am to 12:30 am - Awards & Presentations
This event will come complete with great music & live performances from Montreal & Ottawa, theme hours, fun people, good food, free foot massages, "Feel Good" Trade Show and a silent auction.
Bands Include
Jook Box
Taylor Made
Sticks n' Stones
Only Rock n' Roll
The Mick Armitage Band
Embark on an incredible journey by taking part in Dance Marathon 2004 on January 17th, 2004 at the Civic Complex, Ed Lumley Arena from 12 noon to 12 midnight
• Adults (age 19 & over), as solos, couples, or tag teams with co-workers, family members or friends (teams of 3 to 12 people), to dance for 12 hours to live bands, such as The Mick Armitage Band, Taylor Made, Sticks n' Stones Jook Box, all from Ottawa and Only Rock n' Roll from Montreal and more...
• Why not represent a business or organization to help reach your fundraising goals?
• Earn your Celebration points to win some wonderful prizes.
• Registration fee is $15 (includes a Dance Marathon T-shirt and a light lunch at 6:00 pm).
• Each participant must raise $100 in pledges.
• "Pampering" booths, trade show, canteen, silent auction dance prizes and beer garden.
• Registration begins on September 22, 2003; the deadline for registration is November 28, 2003
• Upon receipt of your registration fee, a Dancer Manual with rules and information will be sent to you and your team members.
• Observers & cheerleaders are welcomed at a cost of $5 each.
For More Information Contact
Rachel Parker
932-4914
Joan Gaudreau
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AGAPE CLINIC - Agape Centré. The VON will be holding a Free Nursing Clinic on Friday, October 17th from 11:00a.m. until 3:00p.m. A registered nurse will be available to give general health counselling. For an appointment call the Agapé Centre at 938-9297. Walk-ins also accepted.

ANNUAL FALL RUMMAGE SALE is being held on Saturday, October 18th, St. Andrew's-St. Mark's United Church, Johnson Crescent, Long Sault, 9:00a.m. until 12:00noon. Everyone welcome.

ARE YOU A CANCER SURVIVOR? You can make a significant difference in the life of someone newly diagnosed with cancer while enriching your own. Canadian Cancer Society's Emotional Support Training Session is being held on Thursday, October 16th, 9:45a.m. to 2:30p.m., Cornwall Unit. Call 932-1283 or 1-800-669-4181 and ask for Bernice or Jeanne to register. Training is free of charge and lunch provided.

ATTENTION COOKIE LOVERS! Girl Guides have the fall Chocolate Mint Cookies available October thru December. Contact Nancy at 936-1864 or Bertha at 933-4576 to find out where the cookies are being sold.

BOOK SALE sponsored by the Friends of the Library at the Cornwall Public Library, 45 Second St. East will be held on Friday, October 24th 9:30a.m. to 5:00p.m., Saturday, October 25th 9:30a.m. to 5:00p.m. and Sunday, October 26th, 1:00p.m. to 3:00p.m. Everyone welcome.

COMMUNITY CHOIR. The Choir of the Community begins its practice for the Christmas Season on Saturday, October 18th. Please join them for meaningful music and memorable fellowship. No charge. For further information please call Sybil at 936-0445. Sponsored by the Seventh Day Adventist Church, 2134 Pitt St. North.

CORNWALL & DISTRICT HORTICULTURAL SOCIETY will hold their next meeting on Tuesday, October 14th, 7:00p.m., at the Navy Club, 30 Sixth St. East. ***Guest Speaker: Jacqueline Milner of Image-Inc Photography.*** Everyone welcome. Information: Therese 933-8825.

CORNWALL & DISTRICT MULTIPLE SCLEROSIS support meeting will be held at Chateau Cornwall, 41 Amelia on Tuesday, October 14th, 7:00p.m. Information: 938-6777.

CORNWALL COMMUNITY MUSEUM in the Wood House in Lamoureux Park is now open for previewing every Saturday and Sunday from 12:00noon to 4:00p.m. The Archives are open every Wednesday from 1:00p.m. to 4:00p.m. Admission is free. Information: 936-0842.

CORNWALL OUTDOOR CLUB/CLUB DE PLEIN AIR upcoming event: ***"Weekend of Oct. 18th-19th "Cycling on Trail, Laurentains, Québec"***. For more information call Rose-Marie at 347-3677.

CORNWALL SENIOR CITIZENS CLUB, 119 Pitt St., have the following activities: ***Monday: "Knitting/Crochet Group" 9:30a.m.; "500 Cards" 1:00p.m., Tuesday/Thursday: "Arts/Crafts 9:30a.m., Tuesday: "Cribbage" 1:30p.m.; Wednesday: "Euchre" 1:15p.m.; Thursday: "Bingo" 1:00p.m., Friday: "Friendly Bridge" 1:00p.m., and Saturday: "Dance" 8:00p.m.*** Information 932-0980.

ENCORE SENIORS' EDUCATION CENTRE present ***"Mental Aerobics"*** on Thursday, October 16th, 2:00p.m. to 4:00p.m., Island Park, Alexandria. Register before Tuesday, October 14th. Telephone the "Encore Office" at 937-1525.

"FALL MUSICAL MEDLEY" featuring: Tibor Csaszar (the Donegal Fiddlers Pianist) will be presented on Sunday, October 19th, 7:00p.m. to 8:30p.m., Morrisburg Lakeshore United Church. Admission...$5.00 (proceeds to the needs of hospice clients). Tickets can be purchased at Pier 31 or by contacting June Perry at 543-3887.

FALL RUMMAGE SALE is being held at St. Columban's Parish Hall on Monday, October 27th, 8:00a.m. to 2:00p.m. Everyone welcome. Sponsored by Catholic Women's League St. Columban's Parish.

HARVEST DAY at McMaze Cornfield is being held on Monday, October 13th. Call 932-7630 for more details. Everyone welcome.

JOY OF LIVING next meeting will be held on Friday, October 10th, 7:30 p.m. at Holy Cross School, 124 Anthony St. Information: Aline 932-9959 or Roger Roy 984-1005.

LA LECHE LEAGUE offers information and encouragement to women who want to breastfeed their babies. Next meeting will be held on Tuesday, October 14th, 7:30p.m., at the Eastern Ontario Health Unit, 1000 Pitt St. ***"Topic: The Art of Breastfeeding and Avoiding Difficulties"***. For more information call Peggy at 984-0228. Children and infants are also welcome.

N.F.A.A. (NEW FRIENDS AND ACQUAINTANCES) have ***"Bowling"*** every Sunday, 6:45p.m., Nativity Hall, 301 McConnell, ***"Walking"*** every Monday to Thursday, (RCAF Boat Launch), 240 Water St., 6:30p.m. Sharp (look for NFAA Host) if rain in Civic Complex; ***"McMaze"*** 17049 Willy Allan Road, St. Andrews (off Hwy 138 N., few kms after Bonville, turn left at McMaze sign), Friday, October 10th 7:00p.m. For more information on any of these events call Barbara 933-5902 (days).

NORTH LANCASTER FIRE DEPARTMENT Fire Prevention Draw will take place at the fire hall on Friday, October 10th, 8:00p.m. Open House will take place on Saturday, October 11th, 11:30a.m. to 3:00p.m. Demonstrations will begin at 1:00p.m. Lunch provided free of charge. Everyone welcome. Information: Geoff 347-2255.

OUR LADY OF THE ANGELS PARISH, Moose Creek invite everyone to their annual ***"Harvest Supper"*** on Sunday, October 19th, 4:00p.m. to 7:30p.m., at the Moose Creek Recreative Centre on St. Polycarp Street. Everyone welcome.

PARKINSONS SELF HELP GROUP of Cornwall meet at the R.C.A.F. Wing 340, 240 Water St. West, Thursday, October 16th, 1:15p.m. Anyone interested in Parkinsons is welcome to attend. Information: Betty Bulloch at 936-9944.

SEAWAY TOASTMASTERS CLUB hold their next meeting on Tuesday, October 14th, 7:00p.m., at the Cornwall Armoury on Fourth St. East. Everyone welcome. Information: Gerry Flaherty at 360-5578.

SCHIZOPHRENIA SOCIETY OF ONTARIO S.D.G. Chapter will meet on Tuesday, October 14th, 7:00p.m., at Canadian Mental Health, 329 Pitt St. Everyone welcome. Information: 933-5845.

SQUARE DANCING. Learn Square Dancing with the Cornwall Swinging B's! A fun, easy way to exercise, socialize, make new friends. Free trial night Friday, October 10th, 7:00p.m. to 8:00p.m. followed by easy dancing until 8:30p.m. Gladstone Public School, 825 McConnell Ave., Information: 936-2831 or 537-8582 or just walk in.

"THANKSGIVING DINNER FOR SINGLES" on Saturday, October 11th. Tickets: Louise 632-0654. Dancestudios.ca Sunday, October 26th, carpooling Casselman Ottawa Singles Dance Society 1-613-762-7613. ***"Halloween Dance"*** music by Georgey on Friday, October 31st Cornwall Seaway Lions 938-0040. Glengarry Singles info/fall calendar John 675-2020.

VON BREAST CANCER SUPPORT GROUP can help ease the burden of dealing with Breast Cancer through a new Support Group. Meeting will be held on Thursday, October 16th at the VON Office 205 Amelia, 7:00p.m. For more information call the VON Office at 932-3451.


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LOCAL

Exporting Topic of Dinner Meeting

Members and guests of the Cornwall Business Association will increase their knowledge of exporting when Claude Rivet addresses their next dinner meeting, Tuesday, October 14th, 6:30 p.m. at the Best Western Parkway Inn. Rivet's topic will be "Steps to Export Readiness".

As the local Knowledge Based and Export Development Officer, Rivet has helped businesses in the counties of Stormont, Dundas, Glengarry, Prescott and Russell with their knowledge based and exporting initiatives. His mandate is to coach in the implementation of knowledge based solutions, to facilitate the export process of products or services, to assist the new to exporting companies through their first initiative and to help them troubleshoot through the difficulties of conducting business internationally. He accomplishes this by organizing and facilitating knowledge based information sessions and seminars and by meeting the company owners and decision makers one on one at their facilities and at their convenience, providing solutions tailored to meet their needs. In the last four years, Claude has helped companies in the five counties export to 21 countries generating more than 40 million dollars in revenue, resulting in the creation of over 100 full time jobs.

During the past 13 years, Rivet has mentored many local companies in the development of better business practices through various government programs. Through the Jobs Ontario program, he generated over 1500 new, full time jobs and secured many grants through his involvement in the Ontario Training and Skills Development program to help companies in the implementation of internal training and Quality Assurance Standards. Rivet has been instrumental in assisting small to medium size enterprises become more efficient by introducing such tools as strategic planning, situation analysis, troubleshooting techniques, human resource management and quality assurance implementation.

The CBA meets on the second Tuesday of the month at the Best Western Parkway Inn at 6:30 p.m. Meetings are informative yet informal, and guests are always welcome. For information on becoming a member of the Cornwall Business Association, call Gord Shaver at (613) 932-5180 Ext 246, or visit www.cornwallbusiness <http://www.cornwallbusiness/> association.com.

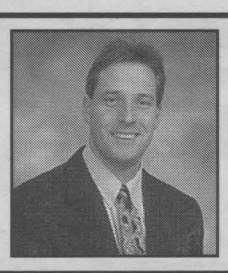
The Glengarry Bhoys Are "Back Home"

The Glengarry Bhoys return home to their roots in an all-new television special Sunday, October 12th at 7 pm on Cogeco11 Television.

For over 5 years the Glengarry Bhoys have been creating the energy that earned them the label, "the band that prevents you from being still." As a group, the band has taken 175 years of Celtic music in Canada and raised the bar to new heights, along with the roof on several occasions. Their blend of traditional and contemporary music has brought them international acclaim. The Glengarry Bhoys signature sound fuses the roots of their Glengarry heritage with the multicultural sounds of modern Celtic and contemporary music.

"Thanksgiving weekend is traditionally a homecoming weekend for a lot of families" states Cogeco11 Television Program Manager Calvin Killoran. "This concert taped this summer at the Williamstown Fair is a homecoming of sorts for the Glengarry Bhoys". Glengarry Bhoys drummer Ziggy adds, "We tour all over North America and always look forward to coming home to Glengarry, Cogeco viewers are in for a real treat."

Cogeco11 Television is available exclusively as part of the basic service of Cogeco Cable. From local information programming to sports action and event coverage, Cogeco11 Television brings truly local television into the homes of customers in Cornwall and the surrounding communities of Lancaster, Summerstown, Glen Walter, St. Andrew's West, Long Sault and Ingleside .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Economic Development Hosts Seminar

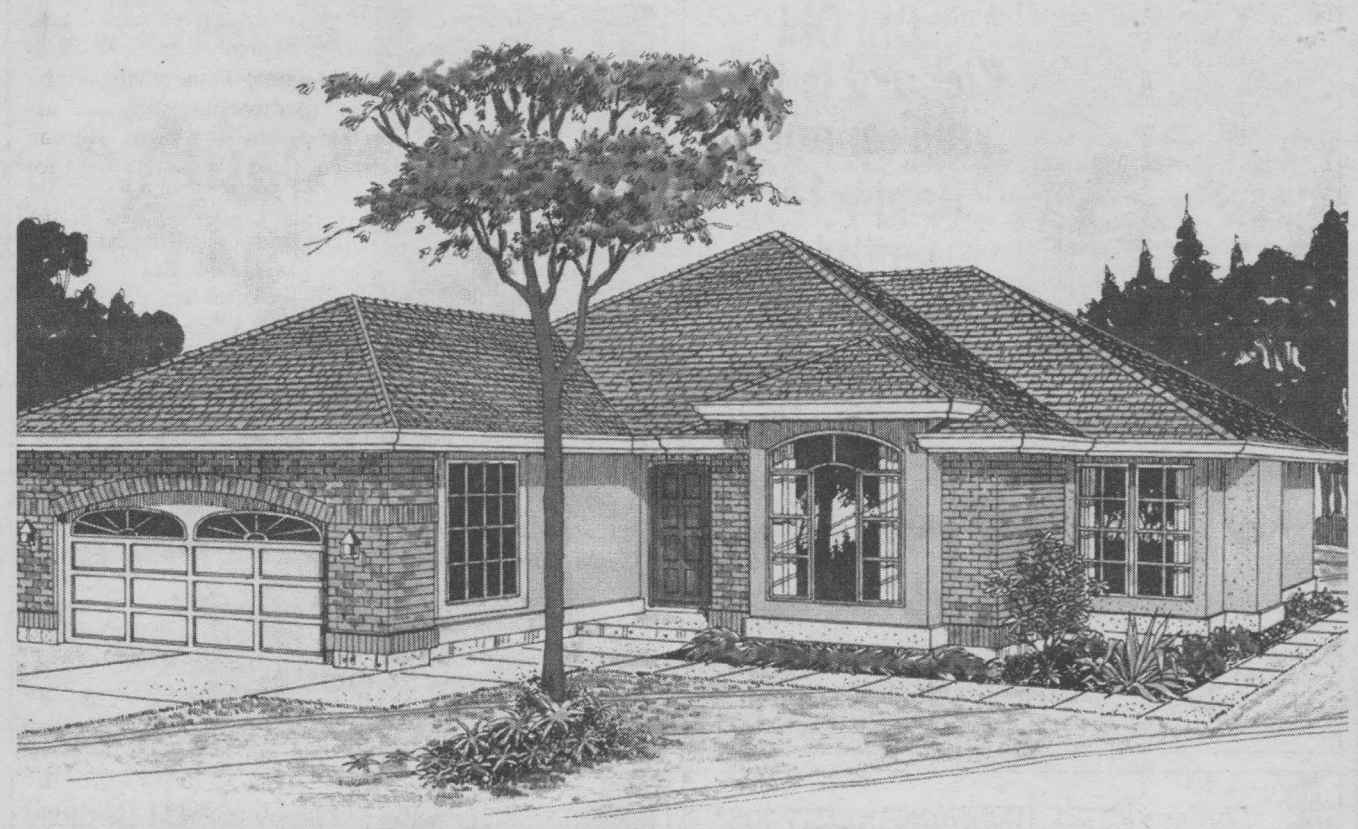
The Cornwall Business Enterprise Centre, a facility jointly sponsored by the City of Cornwall's Economic Development Department and the Ontario Ministry of Enterprise, Opportunity and Innovation along with the Business and Industry Training Services at St. Lawrence College are presenting a seminar for prospective entrepreneurs called "Preparing A Business Plan".

This presentation features information and advice from Mark Kulick, a Business Consultant with the Cornwall Business Enterprise Centre; David Dick, a local Chartered Accountant and Dennis Condon, Account Manager, RBC Royal Bank. The seminar provides pertinent data for anyone interested in establishing a business.

To pre-register, call the Business and Industry Training Services at 933-4693, ext. 2178 or the Cornwall Business Enterprise Centre at 932-7925 or 1-888-CORNWALL.

HOME of the WEEK

Elegance and Economy



PLAN NO: RSB006
WIDTH: 48'2"
DEPTH: 60'8"
©Copyright SELECT HOME DESIGNS

• Elegance and economy find partnership in this dazzling three-bedroom home.

• Columns announce both the living room and family room, the latter making creative use of angles ultimately eliminating wasted space.

• The well-equipped kitchen adjoins both the nook and the dining room while opening to the family room too.

• A full bath and laundry room are found in the abbreviated hall that leads to the two family bedrooms.

• The master suite boasts a private bath, walk-in closet and a window wall.

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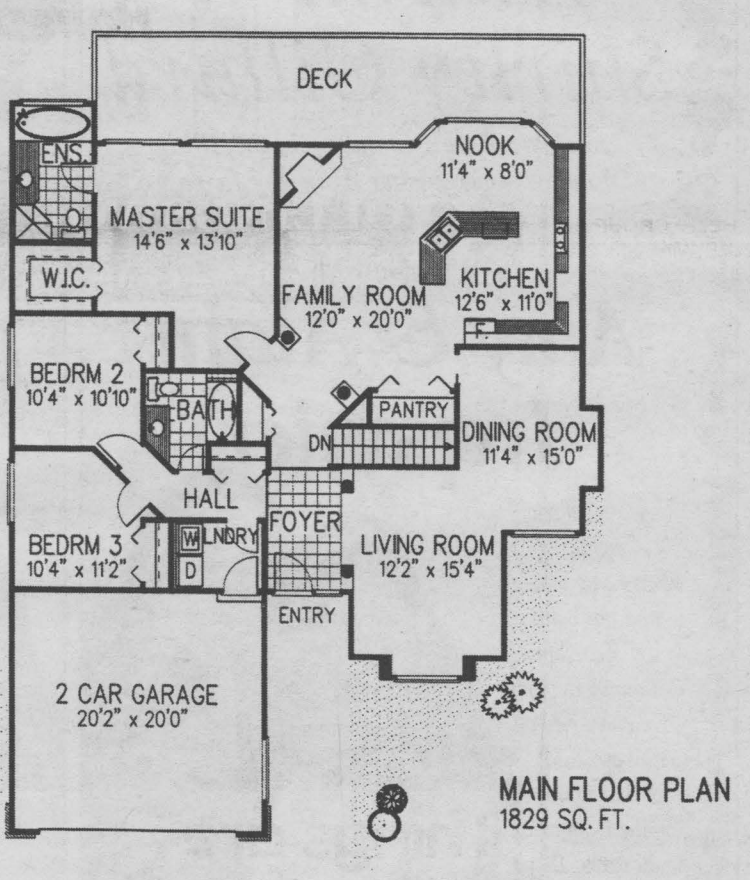

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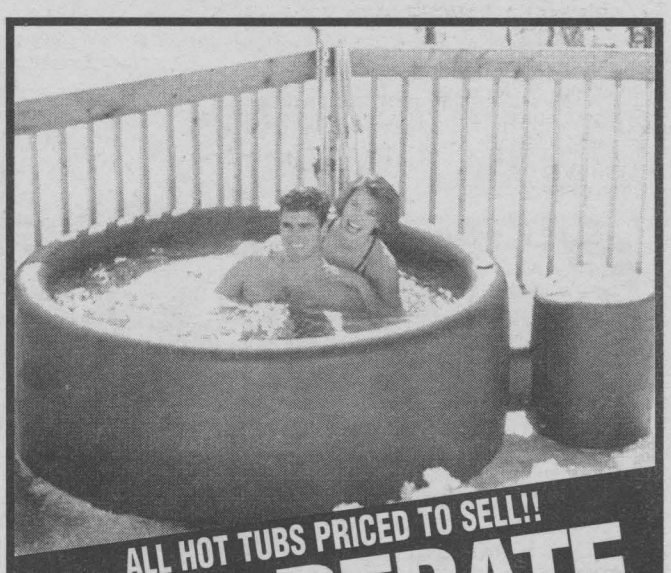

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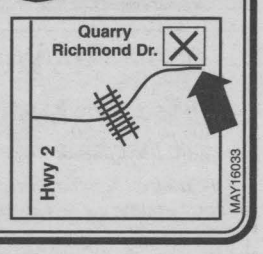
www.lafargenorthamerica.ca



MAY16033

Assessing Your Renovation Project

Whether it's upgrading old systems, repairing problems or just adapting your home to suit changes in your family's lifestyle, most homeowners will eventually need to carry out a renovation. With a little careful planning, you can make sure your renovation is a success, and make your home look better, work better, last longer – and be more comfortable.

If you're thinking about renovating your home, Canada Mortgage and Housing Corporation has a variety of questions you might want to ask yourself before you start work, like:

• Are there any significant underlying problems in the condition of your home that need to be addressed before or during your renovation project?

• How will changing a particular part or component of your home affect the performance of the house as a whole?

• For your foundation, are there any cracks, damage, damp spots, white or chalky stains, or blistered paint on the concrete, finished walls or floors?

• Are there any signs of moisture problems in the basement or attic, such as high humidity, water stains and dampness, mold or rot?

• Are your heating or cooling bills unusually high, or do you find your house too dry, too humid - or simply uncomfortable?

• Are the mechanical and electrical systems sufficient for both your current and future needs?

• Is there any water seepage around kitchen or bathroom fixtures, windows or toilets, or leaks from pipes, taps, toilets or the water heater?

• Are your floors or stairs springy, sagging, warped, squeaky or damaged?

• Do your walls or ceilings have any cracks, holes, bulges, water stains or peeling finishes?

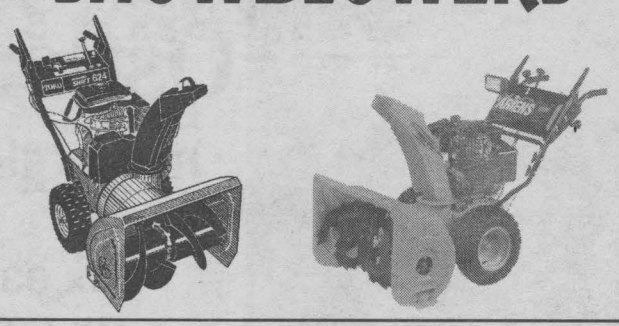
• Are any doors or windows drafty, broken, operating poorly or sticking?

• Does the roof have any curled or cracked shingles, bare patches, leaks, moss or damaged flashing?

• Finally, is there any blistered paint, rotted wood, buckled siding, stained or crumbled brick or damaged stucco on the exterior walls?

this winter... be prepared!

Pre-Season Sale On All In-Stock
TORO and Ariens
SNOWBLOWERS



B&D Small Engines Ltd.
1440 10th St. E., Cornwall 938-7745
oct3033

POET'S CORNER

Reach

Submitted by J. Ouimet

The pain was felt as I laid eyes on her
Knowing that this goodbye would be my last.
I silently prayed God to keep her soul
Knowing that I no longer could reach her.
She left the way she would have wanted to.

No pain, no fuss, just let me go my way.
Early that summer day in June gone by,
So sad for us grown children left behind
Where now to reach when her hand cannot touch
She left the way she would have wanted to.

The pain she felt without her lifetime love
The years she'd lived without his presence there
Although not long, for her it seemed too long
Her soul felt lost, her eyes tried hard to smile
To try to live when emptiness was life.

Her pain has gone it's now serenity
That's felt within as I look at her face.
I know with him is where she wants to be
Hoping she'll find her way, hoping she'll be
Fulfilled, content, happy, eternally.

Forget It Never

by Doris Irwin Taylor

Today I stood on the lot so empty and bare
Looking for a house no longer there,
The old creek a wetlands park has become,
In it a generation of wildlife has begun.

I looked to where the old shop once stood
The growl of motor bikes to hear if I only could,
All sounds and voices of the guys are now so still,
Forget it all, I never will!

Experience Makes A Difference!

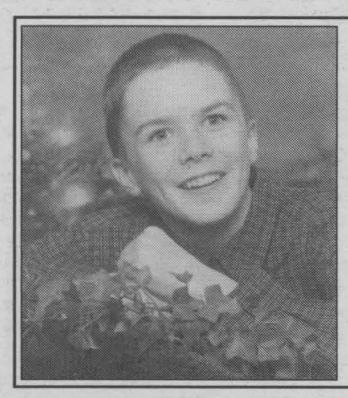


Fran Guindon

SN2

Cornwall TOYOTA

932-1106
353 PITT ST.



Oh! Oh! Richard is Now a Teenager!
Happy 13th Birthday
celebrating on October 11th
from your family & friends



Happy **28th** Birthday
& Happy Thanksgiving
to a wonderful son
"Paul T."
celebrating on October 13th
Love, Mom, Dad
& all your family
(Trinity & Bailey too!)

LET'S Celebrate

Each week, every Let's Celebrate ad will be entered into a draw for a Gedoro's Dining Card (Value $135.), courtesy of Seaway News.

WINNER
DON & DOREEN SEWELL
Pick up your prize at Gedoro's

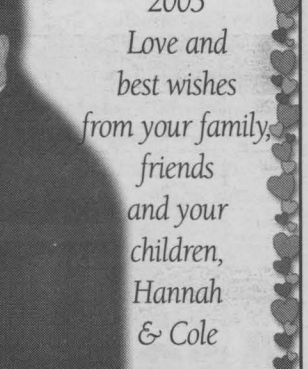
Gedoro's
Fine Dining in Casual Comfort
Early Bird Dinners from 4-6pm
See Our Great Selection of 2 Dinners for $19.84
Includes 2 Garden Salads & Bread Bar from 4pm
See restaurant for full details.
158 Pitt St. 938-2791

To Place Your Ad : Phone or Write Your Ad of 24 words or less and enclose $9.50 handling charge, plus $7.50 for a photo. Over 24 words, 25¢ per additional word, per week

DEADLINE: TUESDAY - 5 P.M.

25th Wedding Anniversary Party
in honour of
Luane & Mike Doyle
Saturday, October 11th, 2003 ~ 9pm-1am
Martintown Community Center
Music by The Brigadoons

Happy **25th** Wedding Anniversary
Brian & Shiela Tessier
(nee Wheeler)
married on October 7th, 1978
Congratulations from your loving children, Terri Lynn, Kimberly & Adam
Join us Sunday, October 12th, 2003 from 7-10pm
Quinn's Inn, St. Andrews



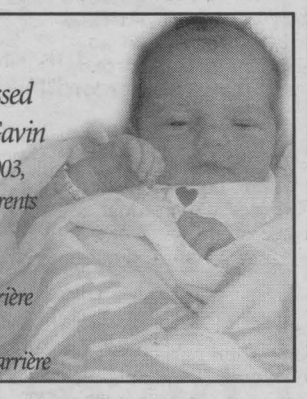
Happy 45th Wedding Anniversary
Dwayne & Shirley Gillard
celebrating on October 11th, 2003
Love & best wishes from the family

Happy **28th** Birthday
Shawn Eamer
celebrating on October 13th
Love Jennifer & Brew



Happy **50th** Wedding Anniversary
Mom & Dad
Don & Doreen Sewell
celebrating on October 10th, 2003
Love Blake & Diane, Scott & Michele, Janis & John and Jessica & Joel

St-André



Julie & Patrick St-André are blessed with the birth of their first child, Gavin born on Saturday, September 13th, 2003, weighing 6 lbs., 12 ozs. Proud grandparents are Gisèle & Bernard Carrière, Lise & Lucien St-André and great-grandmothers are Lucienne Carrière and Liza Yelle. Proud Godparents are André & Angie Carrière

We're Married!
Amy & Alain Trepanier



(nee McCullough) daughter of Sherry McCullough and Jim Bolton son of Suzanne & Ronald Trepanier were married on Friday, Sept. 12th, 2003 After honeymooning in the Dominican Republic, they are now residing in Cornwall.

Happy 5th Wedding Anniversary
Brooke & Scott MacCrimmon



celebrating on October 10th, 2003 Love and best wishes from your family, friends and your children, Hannah & Cole

Happy 102nd Birthday to our Wonderful Mom



Ruby Ostler
celebrating on October 10th, 2003
Love and God Bless You!
Your family
A big "Thank You" from Ruby, for the lovely family party held in her honour on October 5th, and for the many beautiful gifts she received.



Brenda,
they say looks
can be deceiving.
In your case, we know,
It's menopause after the big
4-0
Gotcha! Happy Birthday
celebrated October 9th

Put your high heels on
We're even takin' Shorty
(your mother)
We're gonna go dancin'
Cause you're gonna turn
"Forty"
Happy Birthday
Shelley P.
celebrating on October 13th
The Brats



Happy 45th Wedding Anniversary
Helen & Edmond "Moe" Cholette
(nee Villeneuve)
celebrating on October 11th, 2003
Best wishes, love you both Mom & Dad
Donna, Deborah, Michael and your eight grandchildren



Classifiedplus

Deadline: Wednesday, 12 noon

933-0015

MasterCard VISA Interac AMERICAN EXPRESS

Circulation: 34,818 copies
Deadline: Wednesday, 12 noon
classified@cornwallseawaynews.com

COMPANIONS CORNER

EDUCATED WORKING MALE, over 40, considered attractive. I'm looking for my soul mate. I'm not controlling & believe in having fun. Looking for educated female who likes to travel. CC2206.

FEMALE, MID 50's, N/S, fit & secure. Likes dancing, travelling, movies & dining out. Looking for healthy, honest man, 45-55 for friendship first & possible relationship. CC2207.

ATTRACTIVE, HONEST SWF, mid-thirties, seeks honest, caring SWM for friendship & possible romance. My interests include dancing, movies & long walks. CC2208.

ADULT ENTERTAINMENT
✓ Lingerie
✓ Adult Books
✓ Novelties
• Marital Aids • Lotions
• Video Tapes • Magazines
• CD's • DVD's **& MORE!**
EXOTIC EXPOSE
St. Lawrence County's Adult Centre
OPEN 12 NOON - 10 pm daily
Corner of Rt. #56 & Town Ridge Rd., Massena South 2 miles to Don's Orange Mini Mart
315-764-7145 sn4

TIRED OF DISASTROUS blind dates, singles dances, being the third wheel. Misty River Introductions can help. (613) 257-3531.

ADULT ENTERTAINMENT
New! Free Adult Items Colour Catalogue 18+
♥ Canada's Largest Mail-Order Adult Selection
♥ 100+ Erotic Items
♥ Best Prices
♥ Discreet Mailing
♥ Free Gift With First Purchase
OCT10034
1-800-567-8296
Ask for Dept. 04

2 APTS/CONDOS FOR RENT

418 MCCONNELL. Available Dec. 1st. Nice 2 bdrm main level w/basement, storage, fridge, stove, washer/dryer, shared backyard. $450/mth, pay own utilities. Call to view, 938-1962.

149 LEFEBVRE. Large 2 bdrm apt. Excellent condition. Appliances, parking, porch. Available Dec. 1st. Heated, $499/mth. Call 938-7444.

57 LEONIA, 2 bdrm downstairs apt. Fridge & stove, washer/dryer hook-ups, hardwood floor, $650/mth, plus utilities. Available immediately. Call 933-4780.

2 BDRM BASEMENT apt. Laundry hook-ups, parking. Available immediately. $500/mth, plus utilities. First & last req'd. References. No pets. Call 936-6932, after 5pm.

333 CUMBERLAND. Large 2 bdrm apt. Renovated, quiet, wood floors, stove, fridge, laundry hook-ups, porch, parking. $499/mth. Call 938-7444.

AVAILABLE DEC. 1ST, extra large 3 bdrm apt. L/R, D/R, kitchen & kitchenette, laundry room, large front porch. Upstairs from Bergeron Sleep Shop. $675/mth, plus utilities. 1005 First St. East. 932-2214.

WEST END, clean, 1 large room in basement. Bathroom, laundry facilities, parking. Available immediately. Responsible, working person only. Call 932-7854.

CHRISTIE ST. Available Nov. 1st. 1 bdrm large central upstairs apt. Fridge, stove, parking. $430/mth, utilities not included. Call 537-2015.

WATER ST. EAST, 2 bdrm apt. Available immediately. $575/mth, plus utilities. First & last. References req'd. Call Roger, 525-4692.

1220 HEBERT ST. 1 bdrm upstairs apt. Private entrance. Includes fridge, stove, parking, heat & hot water, (no laundry facilities), balcony. Suitable for 1 mature (40+) person. N/S pref'd. Sorry, no dogs. Available now. $375/mth, first & last. 933-2220.

SECURITY BLDG. Apts for rent. Bachelor, 1 & 2 bdrms, starting @ $410/mth. Includes fridge, stove, heat, electricity, parking, laundry room in building. No pets. Call Monday-Saturday, 8am-8pm, 933-9471.

23 LAWRENCE. Available Nov. 1st. Large 2 storey, 2 bdrm apt. Fridge, stove, washer/dryer hook-ups, basement, yard, large shed & parking. $495/mth, plus utilities. Call 534-8390.

RENTED

AVAILABLE IMMEDIATELY, 1 bdrm basement apt. Fully furnished, utilities included. Suitable for 1 quiet responsible person. Non-smoker. $485/mth. References. First & last req'd. 936-6584.

Bachelor or College Student
Small basement apt. situated at the college.
$350/month, includes heat, electricity, fridge, microwave & cable TV.
Call 936-0333 after 6 pm
oct10032

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

AVAILABLE DEC. 1ST, 2 bdrm upstairs apt. Newly carpeted throughout. Fridge, stove & utilities included. $800/mth. First & last req'd. Call 938-2381.

623 ST. FELIX. 1 bdrm upstairs apt. $410/mth plus utilities. Available Nov. 1st. No pets. Phone 347-3248.

Clean, Freshly Painted
Bachelor apt., fridge, stove & utilities included. $400/mth.
No pets.
Call 938-3936
oct5034

APARTMENTS FOR RENT
bachelor, 1&2 bdrm., utilities included
security bldg., video surveillance
call 932-7891
Mon. - Fri. 9:30 - 4:30
sn3

4 HOUSES FOR RENT

COZY 2 BDRM HOME for rent in Apple Hill. Big back yard, close to park. Available Nov. or Dec. 1st. Call 527-2927 or after 4pm 527-1659.

FURNISHED HOUSE for rent, Glen Walter. 2 bdrms. No pets. No smoking. Available Nov. 1st/03 to May 1st/04. $650/mth, plus utilities. Call 931-3226.

DETACHED BUNGALOW, approx. 1200 sq.ft. Roxborough Gardens, Monkland. 3 bdrms, 1 bath, full basement, recently renovated. New floating floor & ceramic, freshly painted throughout. $775/mth, pay own utilities. Available immediately. Call Joanne, (613) 987-2312.

3 BDRM SEMI, 3056 Northdale. Excellent condition. Gas heat, no pets. References. $800/mth, plus utilities. First & last req'd. Available Oct. 1st or Nov. 1st. Call 543-3963.

AVAILABLE DEC. 1ST, 3+1 bdrm semi, 8 Christy, 2 bathrooms, full basement, washer/dryer hookups. $725/mth, plus utilities. No pets. Call 932-6764.

8 REAL ESTATE

COMMERCIAL GARAGE in the city. Lots of land. Asking only $78,900. Terms can be arranged. Call Latreille Real Estate Inc. 938-3800.

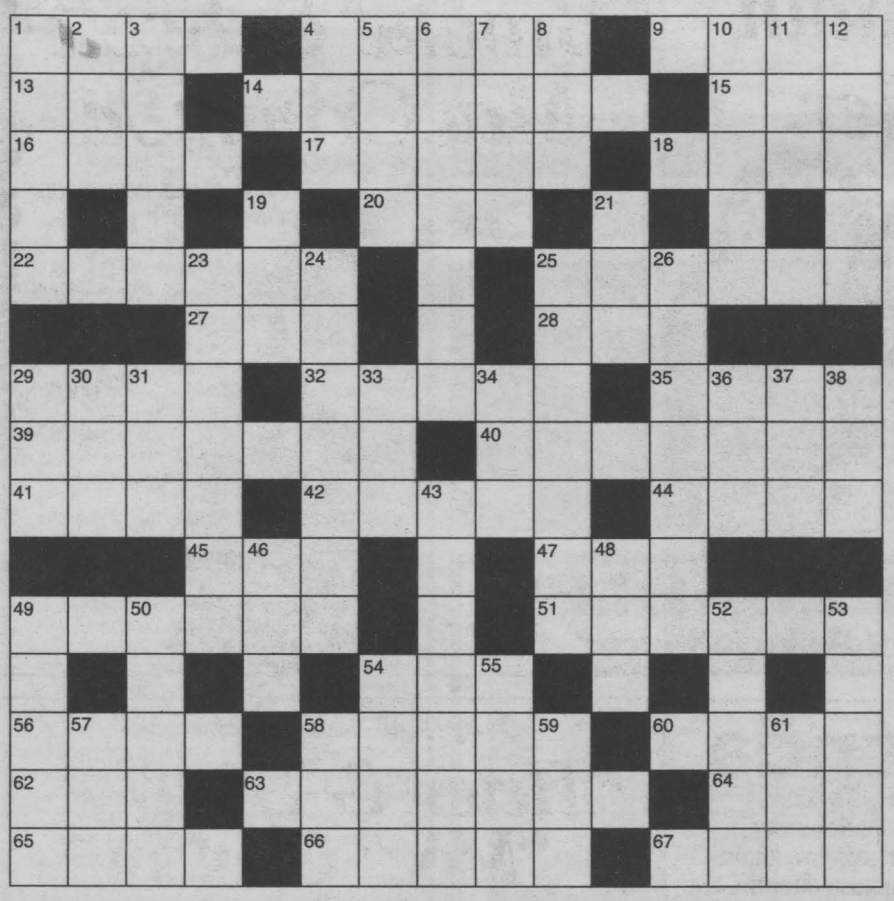
13 OFFICES/ STORES/BLDGS

STORE FOR RENT - Approx. 1,000 sq.ft. Available immediately. Le Village area. For more info, call 528-4030.

CROSSWORDS

CLUES ACROSS
1. Packs
4. Fresh water fish
9. An individual unit
13. Monetary unit of Macao
14. Small object
15. Division of geological time
16. The side upon which the use of a thing depends
17. Wanderer
18. At ease in talking to others
20. Sign of assent, salutation or command
22. Affectedly stylish
25. Spiritual torpor
27. Bulky grayish-brown eagle
28. Dismiss
29. Ratify
32. Snow house
35. Molten rock
39. Rayon, for one
40. Intestinal inflammation
41. Jan VanDer ___, Dutch painter
42. Suggest
44. Vice president (slang)
45. Potato state, abbr.
47. One and only
49. About finances
51. Unmasculine man
54. Color
56. Semitic fertility deity
58. About the sun
60. Outer coat, esp. of sheep and yaks
62. Brim
63. Body cavities
64. Rapid bustling movement
65. Paradise
66. Flight feather
67. Remain as is

CLUES DOWN
1. Iron-rich rocks
2. Eggs
3. Italian lawn game
4. Wrestler's victory
5. Dark olive black
6. Do over, as of a house
7. Adorned
8. Mortar trough
10. Having moderate heat
11. Before
12. An irrational motive for a belief or action
19. Chronicles, abbr. (Biblical)
21. S. American wood sorrel cultivated for its edible tubers
23. Having a center
24. The first letter of a name
25. One who assists
26. To make spirited
29. __ Adams, U.S. politician
30. Water in the solid state
31. Command right
33. A crystalline rock
34. Lube
36. Fed
37. Engage in a contest
38. Cobra used by the Pharaohs
43. Intellectual sustenance
46. Hit lightly
48. The center of a city
49. Legend
50. Flower-bearing stalk
52. German sub
53. Serf
54. Perfect
55. Freed from difficulty
57. Help
58. Title of respect
59. Nero Wolfe author Stout
61. A lyric poem



solutions on pg. 33

HOROSCOPES

Oct. 11th - Oct. 17th

ARIES – March 21/April 20
A friend's comments upset you early in the week, Aries. This person really hurt your feelings, and you need to tell him or her about it.

TAURUS – April 21/May 21
Don't be stubborn when it comes to a financial matter this week. You have to make an important decision, but you need to get all of the facts — even if that means asking for advice.

GEMINI – May 22/June 21
You have a long week ahead of you, Gemini. Even though you work diligently, it seems that you're unable to make any progress. Don't get discouraged. The person you've been seeing has a surprise for you.

CANCER – June 22/July 22
Even though it may seem as if people stop talking when you walk into a room, that is not the case. Everything is fine. A close friend asks for your advice about a romantic problem.

LEO – July 23/August 23
You finally get to take a long-awaited trip this week, Leo. Enjoy yourself, and splurge a little. You deserve it — and maybe a little romance with a sexy Scorpio!

VIRGO – Aug 24/Sept 22
Avoid making quick decisions when it comes to your personal life, Virgo. Wait until you have the time to consider all of the pros and cons.

LIBRA – Sept 23/Oct 23
You can't stick your head in the sand when it comes to a family problem this week, Libra. While it will be difficult, your level-headed nature is up to the challenge.

SCORPIO – Oct 24/Nov 22
You have an important business matter to take care of this week — stay focused on the task at hand. The person whom you've been seeing wants to intensify the relationship. Think carefully before you answer.

SAGITTARIUS – Nov 23/Dec 21
You make a great deal of progress at work on Monday and Tuesday, which leads to a significant bonus. However, there's still a lot to be done, Sagittarius. Don't get cocky.

CAPRICORN – Dec 22/Jan 20
Stand your ground when it comes to a disagreement with a close friend late in the week. You know that you are right, so just explain your position. However, don't be nasty.

AQUARIUS – Jan 21/Feb 18
It will be busy for you this week. You'll be introduced to someone on Thursday. Don't leave without getting his or her phone number.

PISCES – Feb 19/March 20
While you want to help an acquaintance with a problem, think before you act. Will this person appreciate your efforts, or will he or she blame you for all that has gone wrong?

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES
- $9.00/week 24 words or less, (25¢ each additional word per week).
- $16.50/2 weeks. 24 words or less, (23¢ each additional word per week.).

DEADLINE: Wednesday 12 noon before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisement.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $28.50 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 12 noon 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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Published weekly and distributed by Seaway News, 329-2nd St. W., Cornwall K6J 1G8. The Publisher will not be responsible for any errors in any advertisement after one insertion.

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

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

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

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

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

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

SEAWAY NEWS
Serving Cornwall and Area
~~~~~~~~~~~~~~~~~~~~~~~~~

CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

16 INCOME PROPERTIES

WELL LOCATED 4 unit apt bldg. 2 bdrms, approx. 800 sq.ft. each unit. Excellent income potential. Call Latreille Real Estate Inc. 938-3800.

17 LOTS/ LAND

BY OWNER, 5 wooded buildable properties from 2 to100 acres in Cornwall / Ingleside / Alexandria areas, starting at $12,000. Call 936-0223.

17 LOTS/LAND

5 LOTS FOR SALE, each 100'x150'. Roxborough Gardens, Monkland. Asking $12,000. each. Call Rejean, (613) 987-2312 after 6pm.

18 ROOMS

ROOM FOR RENT in Alexandria. Balcony, A/C, wood floors, lakeside view, fireplace. Ideal for student or working person. $325/mth. Call 525-0653.

21 YARD/ GARAGE SALES

MOVING HOUSE SALE, October 5th - 11th & Oct.12th - 18th, 9am-4pm, 330 First St. East (between Adolphus & Gloucester). Mainly new furniture, small appliances, household goods, electric organ w/double keyboard, knick-knacks or call 932-4519.

NO JUNK YARD SALE, Excellent prices, Saturday, Oct. 11th, 8 Ouellette Ave. Long Sault, 8am-3pm. Toys, videos, books kids & adults, dishes, glassware. Rain or shine.

21 YARD/ GARAGE SALES

MOVING SALE, Thursday & Friday, Oct. 16th & 17th, 9am-5pm, 340 Belmont. Pine diningroom set, washer & dryer, Duncan Phyfe dropleaf table, sofa bed, new Raleigh bicycle, golf clubs, 1 metre Dynasty doll & many other household articles. Everything in excellent condition.



21 YARD/ GARAGE SALES

ESTATE HOUSE SALE for Mrs. Percy Adams at Harrison's Corners (former Corner Store), Saturday, Oct. 18th, 8:30-5pm. Antique dressers & desks, walnut dining table with matching chairs, roll out couch, convertible sofa w/double bed, several kitchen aids, old glass salt & pepper shakers & dishes, wooden level & tools, kids games, books, costume jewellery, old clothing, coats, bow ties, etc. kitchen appliances, upright freezers, aluminum step ladders, treadle sewing machine, steamer trunks, beds & bedding, sealers, large crocks, muskrat traps. Terms: Cash or cheque w/I.D.

AUCTION SALES

REAL ESTATE AUCTION

at 24 Lindsay St. E., Alexandria
(North end - East of Main St.)

Saturday, October 18th - 1 pm sharp!

TO BE SOLD ON SITE: New house shell - framed and roofed. Some windows, doors, flooring, airtight wood stove, etc. Included but not installed. Surveyed lot approx. 75' x 160' - southern exposure. Vendor designed plan for a 2 bdrm home of approx. 1000 sq. ft. included.
This property **WILL BE SOLD** subject **ONLY** to a minimum bid of $10,000.
TERMS: $1,000 deposit, balance due on or before Nov. 28/03.

"Have Gavel Will Travel"
Carson Chisholm Auction Services
St. Andrews West 937-0201
OCT10034

AUCTION SALES

RESTAURANT BUSINESS AUCTION

at #1 Cornwall Centre Road
Eamers Corners
(between Rona Cashway and Stones Throw Pub)

Saturday, October 18th - 11 am sharp!

TO BE SOLD ON SITE: Excellent business known as "Cornwall Pizza and Subs". Lucrative business, equipment, chattels, goodwill and leasehold only. NO REAL ESTATE - very reasonable lease.
Personal health concerns forces sale.
This offering represents a superb opportunity to take over an exceptional business in a prime location. The vendor (with 35 years experience) is very willing to train the new owner, re: recipes, techniques, etc. if so desired.
This turn key opportunity **WILL BE SOLD** subject **ONLY** to a minimum bid of $30,000.
TERMS: $1,000 deposit, balance due on or before Oct. 31/03.
Note: Indulge yourself - try the pizza!

"Have Gavel Will Travel"
Carson Chisholm Auction Services
St. Andrews West 937-0201
OCT10034

REAL ESTATE REAL ESTATE REAL ESTATE

EXIT REALTY SEAWAY

506 Pitt Street, Cornwall Call 937-4445
www.exitrealtyseaway.com to view all our listings
SEPT26033



Ginette Campbell Sales Rep. 551-3321
Henrietta Duvall Sales Rep. 930-5372
Judi Auger Assoc. Broker 930-3536
Dawna Bamford Sales Rep. 937-0739



Ellen Ricker Assoc. Broker 937-4445
Ayn Burmeister Sales Rep. 937-4445
Theresa Mahaffy Sales Rep. 360-8560
Cynthia Joubert Sales Rep. 551-2496 www.cynthiajoubert.ca

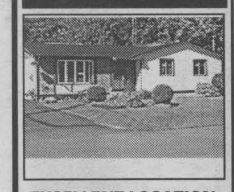


Mike Auger Sales Rep. 551-2469
Hana Novotny Sales Rep. 937-4445
JoAnne Riel Sales Rep. 360-1259
Tamara Lee Johnson Sales Rep. 551-3544



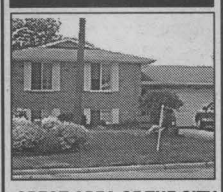
Francis Rounding Sales Rep. 551-2031
Brian Carter Sales Rep. 360-3494
Maggie Nuttall Sales Rep. 330-3449
Shelley Brown Sales Rep. 330-3954

GREAT NEW PRICE



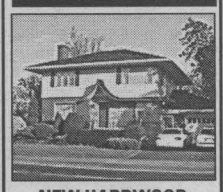
EXCELLENT LOCATION.
Three bdrm. bung., two car garage. Looking for a family. Call now before it's too late.
$139,000/ #1402
CALL FRANCIS 551-2031

PRICED TO SELL



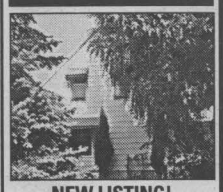
GREAT AREA OF THE CITY
Raised bungalow, 3 bdrms., finished basement. This home is waiting for just the right family.
$173,900/ #1342
CALL FRANCIS 551-2031

EXECUTIVE HOME CENTRALLY LOCATED



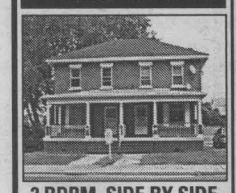
NEW HARDWOOD FLOORS IN 2002
Hardwood trim throughout in original condition. In-ground pool on a beautifully landscaped yard with change room and more.
$199,900/ #1419.
CALL FRANCIS 551-2031

4 BEDROOM HOME + 3 BACHELOR APTS.



NEW LISTING! 120 LAWRENCE ST.
3 apartments fully rented - great income! Live in house and have tenants pay your mortgage and taxes.
$104,900/ #1432
CALL CYNTHIA 551-2496

NEW LISTING 111-113 AUGUSTUS ST.



2 BDRM. SIDE BY SIDE
in great location.
Great for owner occupied as units have been extensively renovated. Great income as well.
$149,900/ #1429
CALL JOANNE 360-1259

MOTIVATED TO SELL



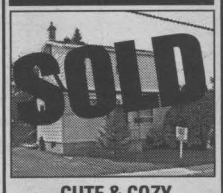
105 FIFTH ST. EAST
Price reduced to $240,000. Come and see this absolutely stunning large home which is also res. 15 for special.
#1399
CALL JOANNE 360-1259

COME AND JOIN THE COURT

EXIT Realty Seaway
BUILDING LOT

WHY NOT BUILD
your dream home in one of Cornwall's hottest spots? Waterview and great neighbourhood.
$49,900/ #1326
CALL JOANNE 360-1259

1616 AUBIN



CUTE & COZY
2 storey home in great area. Many updates which include central air, flooring, furnace, some windows, etc.
$64,900/ #1418
CALL JOANNE 360-1259

PROUD SUPPORTERS OF HABITAT FOR HUMANITY

EXIT REALTY GOES THE EXTRA MILE!
Thinking of Buying A House?

AUCTION SALES

Theresa E. Taylor & Associates AUCTIONEERING

ESTATE ANTIQUE & COLLECTABLE AUCTION

Saturday, October 18, 10:00 am
KNIGHTS OF COLUMBUS HALL, GLEN WALTER

ANTIQUES & FURNITURE: Horse Cutter, Buffalo Robe, School House Bell, Pine Furniture, Buffet Hutch, Display Case, Parlour Chairs, Old Baskets, Collection of Horse Bits, Cuspidors, Crockery, Oil Lamps, Milk Cans, Iron Bed, WMF Inkwell, Bakelite Handles, Copper Broiler, Lowrey Genie 88 Organ. **CHINA:** Royal Doulton Flame, Royal Doulton Figurines, Beswick, Cloisonne, Carlton Ware, Copeland & Garrett, Johnson Bros. & Paragon Dinner Services, Moorcroft, Coalport, Noritake, Limoges, Carnival Glass, Russian Icon, Chintz, Crown Derby, Royal Worcester, Wedgwood, Hummells, American Patterned Glass, Transferware, Nippon, Belleck. **TOYS & COLLECTIBLES:** Britons, Black Memorabilia, 1931 Evinrude Outboard, Fishing Tackle & Wooden Lures, Zenith & Philco Floor Model Radios, Bakelite Radios, Folk Art, Royalty Commemorative, Ashton Drake Doll Collection, **Sports Memorabilia,** (Baseball, Hockey, & Football cards, NHL Game Ready Stick), 1903-04 Lacrosse Cabinet Photo, Neon Sign, Ivorex, Advertising. Stamp Albums, Netsuke. **JEWELRY, CAMERAS & TIME PIECES:** signed costume, Perfume Bottles, Leica, Burke & James "Grover", Assortment of Bakelite & Metal Cameras, Cuckoo Clock. **ART, BOOKS:** Originals, Prints, Books; Sports, Children. **MISCELLANEOUS:** fiberglass Aircraft Floats, Aluminum Bike, Air Rifle, Gun Cabinet, Exercise Equipment, Computer, Goalie Pads & Trapper.
TERMS: Cash, Visa, Mastercard, Interac, or acceptable cheque. Canteen.
Partial Listing. Viewing at 8:30 AM. **Inquires Welcome**
Check Website for photos and last minute additions.
oct10032

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RESIDENTIAL - Commercial INSTITUTIONAL OC03034

IMPECCABLE!!

1329 Patricia Place



4 level split with double att. garage, eat-in kitchen w/oak cupboards, fireplace in family room, 3 bdrms., 4 pc. & 2 pc. bathrooms, large finished rec., electric forced air w/central air, new hardwood floors, new roof. **CALL CHRIS**

Price $204,900

FABULOUS VIEW!!

Waterfront Building Lot
Available in south Lancaster with sewer & water.
Price $179,900

Chris Bignell
Assoc. Broker
RE/MAX
CORNWALL REALTY INC.
649 SECOND ST. W.
938-8100
oct10034

AUCTION SALES

REAL ESTATE AUCTION

14 CEDAR STREET, NEWINGTON

Saturday, October 25th - 11 am sharp!

TO BE SOLD ON SITE: neat and clean 2 bdrm, 1-1/2 storey house and detached garage. F.A. oil het, 165 ft. frontage on quiet street. Great starter or retirement home.
This property **WILL BE SOLD** subject **ONLY** to a minimum bid of $20,000.
TERMS: $1,000 deposit, balance due on or before November 28, 2003

OPEN HOUSE
THURSDAY, OCT 16th 6 - 8 pm

"Have Gavel Will Travel"
Carson Chisholm Auction Services
St. Andrews West 937-0201
oct 10034

AUCTION SALES

ANTIQUE AUCTION SALE

ANTIQUES, TRACTORS & TOOLS
KEN & DOREEN DESLAURIER
2206 Joanisse Road
(1st farm north of golf course)
Hammond, Ontario
From Hwy 417 Exit 79 North on Cty. Rd. 5 east to Cheney North to Hammond
SATURDAY, OCTOBER 18TH - 10:00 AM

ANTIQUES: Cupboards including 2 door wardrobe with drawer; washstands; parlour tables; blanket box; small oak icebox; dressers; 4 poster cannon ball bed with rolling pin head & foot board; coal oil lamps including Bullseye & Amber Aladdin; many crocks & jubs including Ottawa Merchants; Carnival; pressglass including Green Press Brides Basket; china including hand painted vases; Radford, McCoy; Royal Winton; Nippon; Ironstone; frames & prints; lanterns including Railway; toys & dolls; violin & case; sad irons & trivets; table top radios; tins; Clark Dairy Milk cans; pine benches; church pew; oak barrels; floor grates; crockery butter churn by The Reliable Churn Co.; Patriot wooden wringer washer; Beaver sealer; walking wheel; wool winder; pressback & Windsor chairs; cast iron pots; mixing bowls; cheese boxes; other misc. articles.
MACHINERY & TOOLS: Case tractor with front end loader; International 340 utility tractor; snow plough; bailer; mower; hay elevator; rake; post hole auger; M.F. 160 manure spreader; 5 H.P. rotor tiller; scaffolding; ext. ladders; chain saws; mortar mixer; gas trimmer; 25 gal air compressor; Shop Vac; 10" Craftsman table saw; 12 volt battery charger; 12 ton jacks; 2 1/2 ton H.D. service jack; masonary tools; belt sander; 2 Hilti guns; 3/4 H.P. grinder; drill press; Stanley wood chisels; log spinner; cross cut, bucksaw & ice saws; signed broad axes; hay knives; wooden planes; Stanley planes; good selection of hand tools; other misc. articles.
Terms: Cash, VISA, M/C, Interac - Canteen

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Ingleside, Ontario 613-537-2925
www.theauctionfever.com
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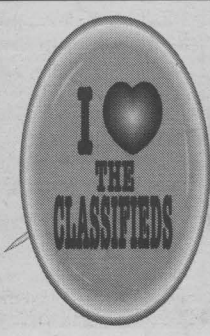
Refinances, purchases and debt consolidations. Pay off high interest loans & credit cards.
5 Year Mortgage 4.85%
UPPER CANADA MORTGAGE
930-2592
SN1



CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES

HOUSE SALE

ANTIQUES & HOUSEHOLD
LAURIER & BERNADETTE COUREVILLE
208 Anthony Street
(off 2nd Street - East of East Court Mall)
Cornwall, Ontario
WEDNESDAY, OCTOBER 15TH
8:30 AM - 6:00 PM

Gateleg dropleaf table; parlour chairs; marble top table; Oynx coffee table & chess set; lamp tables; cranberry hanging lamp; spinning wheel; large mirror; cedar chest; French Provincial sofa & chair; 1920 bedroom set; crystal; china; glassware; linen; oil paintings; quilts; tapestry; fridge & stove; bar fridge; washer & dryer; dehumidifier; Singer sewing machine & cabinet; 4 dr. filing cabinet; misc. chairs; microwave; kitchenware; Schwinn ex. bike; porch rocker; lawn mower; hand tools; other misc. articles.

Terms: Cash, Cheque, VISA, M/C, Interac

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REMINDER

AUCTION SALE

KUBOTA EQUIPMENT, 2000 GMC TRUCK
JON & DEL OXLEY
Civic No. 19720 Cedar Grove Rd.
2 kms North of Williamstown on the Johnson Rd. (Cty Rd. 19)
Williamstown, Ontario
SATURDAY, OCTOBER 11TH
Note Time 1:00 pm

Assortment of Machinery & Misc. Items.
AUCTIONEERS NOTE: Everything well maintained and in excellent condition. Be on time as there are very few small items. ***Note time.***
Terms: Cash, Cheque, VISA, M/C, Interac

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REMINDER

ESTATE ANTIQUE AUCTION SALE

OF THE LATE DONALD ALGUIRE AND THE CONTENTS OF KYTE'S OLD GENERAL STATIONERY & BOOK STORE
St. Mary's Centre, Williamstown
HOLIDAY MONDAY, OCT. 13TH - 10:00 am

Furniture, misc. household items.
General stationery, books & toys.
Terms: Cash, Cheque, VISA, M/C, Interac.
~ Canteen ~

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AUCTION SERVICES
Ingleside, Ontario 613-537-2925
www.theauctionfever.com
OC10033

RAY SMITH AUCTION

33 Queen Street, Crysler ~ 346-5483 ~ 361-0206

SATURDAY, OCTOBER 18th, 2003

Selling on behalf of our corporate client, a major hardware, home & garden store, a transport load of new product, including display product, damaged packaging, slight defect and some store returns, Sunbeam water coolers, fans, light fixtures, assorted electrical, accent lights, solar lighting, wine cooler, storage boxes, plumbing supplies, lawn furniture, Christmas lights and decorations, drop spreaders, 10 cu. ft. utility trailer, umbrellas, tool chest, moonray lights, bag chairs, and camp shelters. The skids were not open at press time, there are dozens of unseen items on them too numerous to mention.
A sale not to be missed, all new product, no junk. Bring a friend.

Terms: Cash or cheques acceptable to our cashier with suitable I.D.
Owner/ Auctioneer not responsible for loss or accidents however caused.
OCT10032

BUY IT SELL IT FIND IT IN THE CLASSIFIEDS

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Century 21 SHIELD REALTY LTD.

465 PITT STREET 938-2121

YOUR EXCLUSIVE PROVIDER OF AIR MILES WHETHER BUYING OR SELLING!

HAPPY THANKSGIVING TO YOU AND YOURS


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Sales Rep. 938-2121


WAYNE BANCROFT
Sales Rep. 938-4805


MAURICE DROUIN
Sales Rep. 933-6146


MOE LEMIEUX
Sales Rep. 932-9386


BROOKE MacCRIMMON
Sales Rep. 938-2121


SHERRY McCULLOUGH
Sales Rep. 938-2121

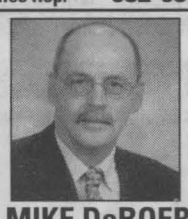

JAKE LEFEBVRE
Sales Rep. 938-2121

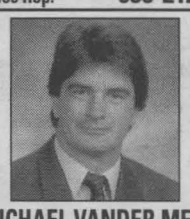

JOHN D'AMOURS
Sales Rep. 938-8888


JACK ROY
Sales Rep. 931-1290


ORVAL BROWNELL
Assoc. Broker 932-7061


ERIC PEDERSEN
Broker 938-9690


MIKE DeBOER
Broker 938-7802


MICHAEL VANDER MEER
Assoc. Broker 938-2121


4439 McGILLIS RD $64,900
(Formerly Cornwall Twp Rd 38) (M-MLS Z3598) 1100 sq ft., mobile on 120x202 lot. Move-in condition. Screened porch & many updates.
MONIQUE WILLIAMS 938-2121


18917 HWY 2, GLEN WALTER $61,900
(J-MLS Z3446) Waterview & water access. 2 bdrms, open concept bung, frpl & much more.
MONIQUE WILLIAMS 938-2121


11 AUGUSTUS $74,900
(A MLS Z1827) The possibilities are endless! Zoned central business district, 2 storey with 3 bdrms, & hdwd. flrs.
MONIQUE WILLIAMS 938-2121


410 BEDFORD $39,900
WHY RENT, WHEN YOU CAN OWN!
(A-MLS Z3102) Sgl family home with private drive & private yard for under $40,000. Start building on your future.
MONIQUE WILLIAMS 938-2121



17210 HWY 43
NEW PRICE - $38,000
(L-MLS Z2346) Cute & cozy 1 bdrm home on large lot. Det garage, near village of Monkland.
WAYNE BANCROFT 938-4805


CENTURY HOME $174,500
(L-MLS Z3705) Large modernized home, 3 bdrms, 3 baths, 2 mini barns, Avonmore area.
WAYNE BANCROFT 938-4805


208-A CARLETON
NEW PRICE - $49,500
(A-MLS Z1886) Good income. 2 bdrm. duplex with rear parking. Includes fridge & stove. Close to college & bus.
MAURICE DROUIN 933-6146


100 FORTIER $124,900
(A-MLS Z3775) Well-maintained bungalow with over 1000 sq ft, 3+1 bdrms, two 4pc baths, central air, central vac, gas frpl & spacious patio deck.
MOE LEMIEUX 932-9386



107 THIRD ST., WEST $88,500 - "A GEM!"
(A-MLS Z4049) Well-maintained 1-1/2 storey, 1250 sq ft home intensively renovated. 2+1 bdrms. Make a point to come & see this home. You won't be disappointed.
MOE LEMIEUX 932-9386

LOOKING TO BUY OR SELL?

Your home could be in this space next week! Dial Brooke this weekend and let's talk turkey.

BROOKE MacCRIMMON 938-2121


515 THIRD ST. WEST
$55,900
AUTUMN SPLENDOR
(A-MLS Z1947) Frost is on the pumpkin, but the family is warm & cozy in this 3 bdrm, 2 storey home. Close to all amenities
BROOKE MacCRIMMON 938-2121


319 PRINCE ARTHUR
$41,900
(A-MLS Z3880) Good things do come in small packages! Are you willing to do some homework? Call Sherry for details, you'll be thankful you did.
SHERRY McCULLOUGH 938-2121


16901 BEAVER DAM DRIVE
$294,900
HAPPY THANKSGIVING
(M-MLS Z3175) Feast your eyes on this home! A harvest of features too numerous to mention. Country feeling within city limits.
SHERRY McCULLOUGH 938-2121


318 FIRST ST. W. $62,900
(A-MLS Z3825) Entertain family & friends in this 3 bdrm bung in centretown location. Oak kit cabinetry, relax & enjoy coffee & dessert in the frt enclosed porch. Give thanks & call.
SHERRY McCULLOUGH 938-2121


1349 STORMONT DRIVE
$144,900
(A-MLS Z3619) Warm & inviting as mom's pumpkin pie! Open concept kit, living & dining rms exemplifies space. Invite a crowd without cramping your style. Call Sherry & let's talk turkey.
SHERRY McCULLOUGH 938-2121


1332 LOCHIEL $179,900
(A-MLS Z3544) Nature's colourful beauty surrounds this 4 bdrm, 2 storey home. Living & dining rms overlook city parkland. Call to view this cozy & welcoming home this Thanksgiving weekend.
SHERRY McCULLOUGH 938-2121


3502 MARYDALE AVE
$152,900
(A-MLS Z3963) A splash of colour on the trees makes this postcard setting for Thanksgiving weekend. Spacious 3 bdrm bung, 2 baths, & fin rec rm all nestled on a country-sized lot. Interested?
SHERRY McCULLOUGH 938-2121


808 KENYON CR.
NEW PRICE - $218,900
(A-MLS Z0619) A Norman Rockwell setting for Thanksgiving weekend. 5 bdrms, main flr family rm with gas frpl, oak kit cabinetry in U-shaped kit. All surrounded by mother nature's colour painted brushed trees and a harvest of features
SHERRY McCULLOUGH 938-2121


828 CHELSEA CR $189,900
(A-MLS Z3966) You'll be thankful you viewed this open-concept living/dining/kit. Gleaming hdwd & ceramic flooring. Spacious & gracious for entertaining the family Thanksgiving Dinner.
SHERRY McCULLOUGH 938-2121


26 AULT DRIVE, INGLESIDE
NEW PRICE - $116,900
(O-MLS Z3296) 3 bdrm brick bung on beautiful treed lot., hdwd flrs throughout, recently painted, gorgeous det triple garage.
JAKE LEFEBVRE 938-3185

OPEN HOUSE SUN 1:00 - 2:30 P.M.


334 JARVIS $114,900
(A-MLS 3763) Large1200 sq ft bungalow located in superb location; lots of beautiful hardwood flooring. 5 year old furnace & oil tank. Quiet area. Within walking distance to Zellers.
JAKE LEFEBVRE 938-3185


EAST OF LANCASTER
(G-MLS Z3546) 3 bdrm all brick bung. on approx 1.7 ac. Includes att garage, gazebo, horse barn, abv grd pool. Private country setting.
JOHN D'AMOURS 938-8888


MINI HOBBY FARM
$149,000
(O-MLS Z1340) 14635 Sandtown Road. House completely renovated, outbuildings & horse corral.
JACK ROY 931-1290


COMMERCIAL
MAIN ST., LANCASTER
(G-MLS Y1901) 3 bdrm apt plus 3 storefront units for rental.
JACK ROY 931-1290

BUILDING LOT IN NORTH END
NEW PRICE
$19,900
(A-MLS Z0620)
50'x100'. Water & sewer.
ERIC PEDERSEN 938-9690


338-338A SEVENTH EAST
REDUCED - $47,000
(A-MLS Z1620) Spotless 2-1 bdrm rental units with excellent tenants. Maint-free cement exterior, central location.
ERIC PEDERSEN 938-9690



SUNSET TRAILER PARK
$29,000
(A-MLS Z3990) Mobile home in very good condition. Includes fridge, stove, washer & dryer.
ERIC PEDERSEN 938-9690


FIFTH WEST $74,900
(A-MLS Z0149) Semi-det, 1160 sq ft with att garage, 3 bdrm, eff gas heat, paved drive. 2 available. Call now.
MIKE DeBOER 938-7802


WOODED SERENITY
$154,900
(I-MLS Z3020) 2.8 acres, open concept bung, only 2 yrs old. Oak kit with island, large deck, 8-man hot tub, all closets cedar-lined.
MIKE DeBOER 938-7802

9 INDUSTRIAL RD., INGLESIDE
NEW PRICE - $179,000
OWNER SAYS BRING OFFER
(O-MLS Z3882) Steel 5600 sq ft building with in-floor gas heat. Two 14' doors, 18' ceilings, some office space.
MIKE DeBOER 938-7802

CENTRAL $86,900
(A-MLS Z2418) 3 bdrm home, main flr family rm with frpl & patio to deck.
MIKE VANDER MEER 938-2121

LONG SAULT $99,900
(M-MLS Z4003) 3 bdrm home with large det garage, gas heat with central air. Well Maintained.
MIKE VANDER MEER 938-2121

COMMERCIAL ACREAGE - $207,000
(A-MLS Z1874) 7.4 acres with 639' frontage on Tollgate Road. Prime location close to 401 access and bridge to USA.
MIKE VANDERMEER 938-2121

CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

22 ARTICLES FOR SALE

Poppy's Pawns Plus



Top Prices Paid For Fine China, TV's, VCR's, CD's, Movies, Tools, Antiques, Small Furniture

We Pawn, Buy, Sell & Trade
224 Pitt Street 933-2333

5' ROUND HAY BALES FOR SALE
$16.00 per bale
Call 527-3431 (evenings)

DELAGE USED FURNITURE
406 Montreal Road
932-5689
26 Main St., Alexandria
525-4625

USED EQUIPMENT FOR SALE: Utility trailer, 22-ft. long, $200. Rotor tiller, 5-ft. w for 3-pt. hitch, $350. Stone rake, 6-ft. w for 3-pt. hitch, $350. Radial arm saw, $300. Concrete mixer c/w electric motor, $150. Call 933-9457 or 347-3222, ask for Helmut.

AIR HOCKEY TABLE, Sportcraft, 3.5' x 7', asking $150. Call 525-0854 & leave message.

100 NEW DVD MOVIES. Factory wrapped. Ready to sell. Drama, Action, Classical, Bruce Lee, John Wayne, Hitchcock & more. For collectors & reselling. 10 lots available. Call 936-8341.

SHILL CHAIN SAW, like new, $150. Exterior wood door w/frame & aluminum sill & hardware, 34"x80", $40. Heavy-duty pin lock, $50. Electric truck trailer coil line, like new, $40. Hummingbird fish-finder LCR-4 w/brackets & high speed transducer & manual, $75. Panasonic camcorder video w/bag & accessories, like new, $250. Prospector's tent 10x12, exc. cond. (great for hunters) $100. Call evenings, 931-2265.

TRUBADOR ACORN WOODSTOVE & blower w/scenic brass doors, $400. Dog house & run, $200. Nurses uniforms, size medium/large. Call 938-8839.

FREEZER, TV STAND, microwave stand, coffee table, electric baseboard heater, outside wooden doors. Call 346-2692, after 5pm.

MOEN BATHROOM FAUCETS, single handle, $25. & $40. Also, 24" silver bathroom towel bar, $5. All in excellent condition. Call after 5pm, 938-7071, leave message.

BARONET BEDROOM SET, $750. Brown velvet loveseat, $175. 5-pce. dinette set, $175. Call 932-3626.

HANDICAP CHAIR & Commode chair for sale. Call 938-6532, leave message.

BIRO 33 COMMERCIAL MEAT saw, $950. or B.O. Hobart commercial grinder 220V, $1,200. or B.O. Minute steak machine, $250. Call 534-8459, ask for Brian.

MEAD TELESCOPE, model 4550, 4.5" reflecting telescope complete with 2 eye pieces, viewfinder, tripod & software. Hardly used, like new. $325. or B.O. Call 938-1029.

MOVING SALE: Electric organ, Briscoe Harmony Chord w/bench, exc. cond. $50. Exercise bike, $20. Women golf clubs & bag, $25. Tweed loveseat w/matching rocker, exc. cond. $275. Loveseat "Decor-Rest, like new, $250. Baker's rack, oak finish, like new. $50. "Coventry" armoire, solid maple, garment rod behind mirrored doors, drawers, exc. cond. $150. Colonial sofa & rocker, rust, $50. Paintings, assorted lamps & etc. Call evenings, 931-2265.

6-PCE. DININGROOM table w/matching china hutch, dark oak. White aluminum screen door. Storm door w/side panel. 5-ft. patio door. Double stainless steel sink. Call 931-0938.

ARTICLES WANTED

WANTED



Old Fishing Lures & Wooden Duck Decoys
Old Blue Flower/Bird Crocks & Jugs, Traps
938-8839
apr04034

30 HOME SERVICES

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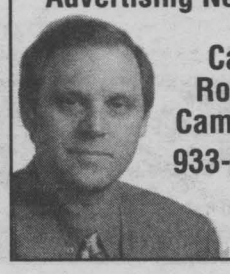

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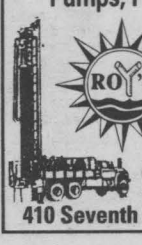

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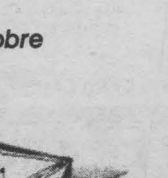

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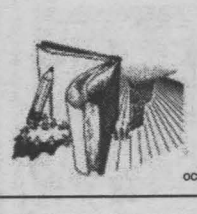

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AUTO CORNER

Prepare Young Drivers For Safe Winter Travel

(NC)—Many young drivers will venture onto the roads this winter season, some for the first time. In fact, there are almost three million drivers in Canada between the ages of 16 and 24. That's why it's important for parents to prepare teenagers and young drivers for the difficult winter months, by making sure their vehicles are properly maintained and they've been given helpful instructions and well-stocked emergency kits.

First and foremost, have their vehicles checked thoroughly. Belts, hoses, water pumps, batteries and spark plugs need to be properly maintained. Winter tends to magnify any problems a vehicle might have. One simple routine that helps maintain fuel efficiency and engine performance is spark plug maintenance. "Too many people underestimate the power and importance of a spark plug, but it's exposed to more severe stress than any other part of the engine," says Peg Campbelton, Brand Manager for Autolite.

A spark plug must deliver a high voltage spark within split second timing, thousands of times a minute and under extremely varying, always hostile, operating conditions. Campbelton suggests having the vehicle's spark plugs changed every 48,000 kilometres, or in accordance with the owner's manual. Using premium, platinum-tipped plugs, such as Autolite® Double Platinum spark plugs, is also a good idea.

Once a thorough under-the-hood inspection is complete, make sure your new driver checks their tire tread and windshield wipers as well as fluid levels like washer solvent and antifreeze/coolant. Many motorists are under the impression that antifreeze/coolant is only needed in the warmer season to avoid overheating, but the proper mixture is necessary to avoid engine freeze-ups in frigid temperatures. A recommended concentration of 50 percent Prestone solution protects your vehicle down to -36.8°C. Prestone antifreeze can be adjusted to give protection down to -64.4°C if it is required.

Windshield wipers and washer fluid are also vital. It's a good idea to switch to a winter wiper blade. They are more durable and designed to handle the snow and ice better than a regular blade. If wipers aren't working properly or if there's a lack of fluid in the reservoir, the combination of salt, ice and sleet may reduce the driver's ability to see other vehicles or objects in the road. Use a concentrated washer fluid additive designed specifically for cold weather driving, such as Prestone Windshield Heat De-Icer Concentrate Additive. Unlike many "blue" washer fluids that aren't as effective in extreme cold, this concentrated deicer melts frost and light ice and boosts the freeze protection of your regular washer fluid. It also guards against re-freeze on windshields. "For those who park outside, a concentrated windshield washer additive with a deicer product makes a lot of sense for those early morning drives to school in the late fall and into the winter months," states Megan Currie, Prestone Brand Manager.

Remind new drivers to turn on their headlights any time they use their windshield wipers. It will help improve visibility and allow them to be seen better by other drivers. Emphasize the importance of clearing off the entire car, not just a portion. If the entire vehicle hasn't been cleared properly, it creates hazardous situations for your child when they are driving, and for other motorists on the road. It is also a good safety precaution to keep more than a half tank of gas in the vehicle during the cold weather season. It'll be the only source of heat if somebody is stranded.

Although these preventative maintenance tips do help, they by no means serve as a complete deterrent to potential problems. Prepare for a roadside emergency with a special winter kit that includes:

- A cell phone - for calling you in case of emergency;
- A portable jump starter - in case of a dead battery, they won't be stranded alone in the cold;
- A flashlight and extra batteries;
- Emergency flares - so other motorists can see their vehicle;
- Sand bags - highly recommended for vehicles with rear-wheel drive;
- A tire inflator and sealer;
- Warm clothes and blankets;
- Extra de-icer washer fluid and a spray de-icer;
- Ice scraper with a snow brush;
- Tire traction product;
- Shovel.

Even though young people today are always on the go, emphasize the significance of these safety tips. It may change what could be a disastrous situation into a simple inconvenience.

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A Change For The Better? Just Ask Your Brakes

Changing the many fluids in a vehicle is always a change for the better. Dirty engine oil, transmission fluid or anti-freeze are bad news for a car. But what about brake fluid? Many motorists know that this fluid should be topped off, but changed?

According to the Car Care Council brake fluid in the typical vehicle can become contaminated in two years or less. This is because the fluid absorbs moisture, which works its way through the hydraulic system. Under heavy braking conditions, such as those encountered in mountainous or hilly driving or when towing a trailer, moisture in the overheated fluid vaporizes (boiling point of water is lower than that of brake fluid) and braking efficiency is reduced.

"Even under normal driving conditions this condition can develop if the brake fluid is seriously contaminated" says Rich White, spokesperson for the Car Care Council. "Not only is the fluid vulnerable to vaporizing, it also can freeze.

Brake fluid must maintain a stable viscosity throughout its operating temperature range. If it's too thick or too thin, braking action is impaired. Beyond the vaporization hazard, moisture creates an additional problem for owners of vehicles equipped with anti-lock braking (ABS) systems. Rusted and corroded ABS components are very expensive to replace.

How does a car owner know when to have fluid changed? The Council recommends replacement every two years or 24,000 miles.

"Certainly it should be included with brake pad or shoe replacement," White emphasizes. "In between, as a preventive measure, a professional brake technician should check the condition of the fluid with an accurate fluid test safety meter, which is inserted into the master cylinder reservoir to record the fluid's boiling point."

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What's With Those Noisy Lights?

(NC)—Not too long ago, you hopped in your car and turned the key. A couple of lights flashed for a second, the motor started and you were ready to go. Not true anymore. A modern car or truck has bells and whistles and flashing lights galore - most of which briefly light up or sound off, as you settle in and start the engine. So what do they all mean, and how much attention should you pay to them? Well let's find out. But keep in mind that not all vehicles will have the same type or number of lights, bells, whistles or computer generated voices. And before we start, there are a couple of key points to remember. All of these devices have the same basic purpose. To communicate with you. Sometimes this communication is about friendly advice; like your keys are still in the ignition. Most of the time, this communication is an important warning that you should acknowledge, respect and act upon. So let's start with leaving the vehicle.

•Ding, ding, ding or beep beep beep - You have just left the car, the door is still open and the car is talking to you. Most likely you have left your keys in the ignition or your lights are still on. Relax. It happens to everybody.

•Ding ding ding again - You're in the car and you've started the motor. For the next few seconds you hear the ding. Most likely that's because you haven't fastened your seatbelt. So buckle up right away. In fact, you should buckle up before you turn the key. This is one ding you should never hear.

•Lights Galore - When you first start your car or truck all sorts of lights flash and then you never see them again. Below, we are going to talk about those lights and how you should react to them. Which is great. But what is more important is that you read your owner's manual carefully. That way, you will know exactly which lights are which, and if your car is different in any way.

•Seat Belt Light - Pretty obvious. You didn't pay attention to the ding ding ding. Once again, don't do this. Fasten your seat belt for your own good.

•Airbag Light - Usually orange in colour, it flashes briefly as you start the car and often shows what looks like a person holding a beach ball. If this light comes on when you are driving, take your car to your dealer as soon as possible. Your airbag system might not be working properly.

•Brake Light - Usually red, it often shows a little round disk or the word "brake." It indicates that your handbrake is on and that you should release it before driving away. If the light does not go out after you have released the handbrake, it could indicate low brake fluid or a malfunction in the brake system. Call your dealer. Do not drive the car until this problem is fixed.

•Temperature Light - Often looks like a little thermometer. If it goes on when you are driving it means your engine might be overheating. This can be caused by not enough coolant (antifreeze and water) or not enough oil. Stop the car to let it cool down, then add coolant and/or oil if necessary, or call for help. Always use brand name coolants and high quality motor oils like Castrol GTX or Castrol Syntec. They provide superior protection for your engine.

•High Beam Light - Usually blue. Indicates that your high beams are on, which you should always be aware of. Remember, only use your high beams when necessary.

•Engine Check Light - This one is a little tricky as its function varies from car to car. But basically, it is part of your engine diagnostic system and is indicating that something is malfunctioning. This problem could be very minor, like a fuel cap not properly attached, or something potentially serious. The best idea is to drive carefully to your dealer as soon as possible. But not before you have got your haircut, finished your shopping, whatever. Just don't go on any trips.

•Alternator / Battery - You can drive with a dead battery and a good alternator or a good battery and a dead alternator. But not for very long. If this light comes on you have an electrical malfunction. It might be as simple as a loose engine belt, or something more serious. Attend to the problem quickly.

•Oil Light - This is one of the most important lights. It indicates that oil pressure is too low. If it goes on while driving, stop the engine as soon as possible and check the oil level. Add a high quality oil like Castrol GTX if necessary. If the light stays on when the engine oil level is normal, stop the engine immediately and call your dealer for service.

•ABS/Anti-Skid Light - This important light will normally flash when your ABS system is actually in use and remain off the rest of the time. Often the same light will flash if an anti-skid or traction control system is actually in use, and once again, remain off the rest of the time. If this light comes on during normal driving, your brake system might be malfunctioning and you should see you dealer as soon as possible. Note: In some vehicles you can turn off the ABS or traction control system, and the light remains on all the time.

•Big Brother Lights - These convenient little guys tell you what you should already know. Which means they are possibly the best loved lights of all. They include, in no particular order, lights that warn you about things like low fuel, low windshield washer fluid, doors that are ajar, trunks that are open, defoggers that are still on, heated seats that are still hot, brake pads that are almost worn and everybody's favourite, catalytic converters that refuse to convert.

•Sayonara - Some cars, trucks and SUVs aren't satisfied with beeping and dinging and flashing at you. They talk. And say things like "your fuel is low, your fuel is low, your fuel is low...". You get the idea. And being Canadian, they talk in French and English. On that note, sayonara.

Don't Be Singing Those Deep Woods North Star Blues

(NC)—You're 20 klicks from base camp and your snow machine just seized. Sure, you've got a little food and you know the terrain. But it's starting to get dark and the temperature is falling. So you'll be humping all night, with the North Star as a guide, if you want to make camp by morning. Unless it clouds over, and then you'll be singing the Deep Woods North Star Blues. The point of this story is simple. An engine or equipment failure on an ATV or snowmobile can be a serious problem. And the absolute best way to increase your odds is to properly maintain your machine. This includes lubricating all chains, belts and cables plus making sure that all filters are clean and fuel lines are free of dirt. It's also a good idea to use a high quality motor oil like Castrol Super Snowmobile. Quality oils are a bit more expensive but they provide superior lubrication, excellent oxidation control and low carbon formation, especially in demanding conditions. So do that maintenance and use good products. Then chances are you won't be singing the North Star Blues.

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94 PONTIAC GRAND AM SE,
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94 DODGE SHADOW,
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94 SUZUKI,
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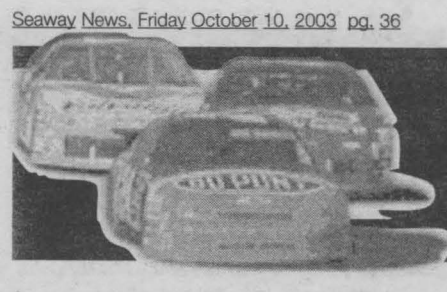

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Opponents question Newman's fuel mileage

No one would come out and say Ryan Newman has been cheating on fuel mileage, but it wasn't hard to read between the lines.

Newman went the final 117 miles of the Banquet 400 at Kansas Speedway on one tank of fuel. He held off Bill Elliott to win his eighth race of the season, and it wasn't the first time Newman won on fuel mileage.

Ever since the first guy to win a race on fuel mileage, folks have questioned the legality -- or lack thereof -- of the winner's fuel system. There's gotta be hidden lines, cynics suggested. Or the fuel tank is bigger than it should be, they whispered.

And now, the whispers are about Ryan Newman. On Saturday at Kansas, no one less than Jeff Gordon hinted that Newman was doing something, well, doing SOMETHING wrong.



Gordon

After Sunday's race, Gordon wasn't alone.

"I'm going to start buying fuel at their house," Tony Stewart said.

Kevin Harvick was a little more direct.

"I'm just pissed off that the 15th-place car wins the race and can go 15 laps farther on fuel than the rest of us," Harvick said. "If he can do that with his foot, then he's a magician, and I'll kiss his ass if he's doing it with his foot."

Ouch.

But there's more. Jeremy Mayfield, who also stretched his fuel mileage to finish third, said Newman's team was suspicious.

"When you make the horsepower that they're making and burning the fuel that everybody's burning, then you've either got more fuel or you're really good at saving fuel," Mayfield said.

"I don't know how they're doing it. We just barely made it through. At the end of the race, we were saving all of the fuel that we could just to make it to the end. He was sitting there doing burnouts on the frontstretch. I don't know if we could do that or not."

Mayfield was later asked if a smaller fuel cell would help eliminate fuel-mileage races. Instead of simply answering the question, he dragged Newman into it.

"If you run 30 laps on 10 gallons, he'd probably run 45 or 50," Mayfield said. "I don't think the solution is going to a smaller cell. It's probably figuring out how they're doing it. You've got to have so much fuel in there to make so much horsepower. They're certainly not giving up horsepower. I think you can see that."

Perhaps.

But Newman and crew chief Matt Borland said it's simply a matter of their Penske Racing engine builders being able to construct engines with good horsepower and good fuel mileage. And they repeatedly said they don't cheat.

"No, we just beat 'em," Newman said. "I can tell you firsthand we're not cheating. We don't cheat. They can take what they want, they can say what they want."

Newman was asked if he found it interesting that Gordon was one of the ones hinting that Newman cheats, and he responded with a terse, "No."

Borland said Gordon was accused of cheating when he was winning all those races and championships a few years ago.

"It didn't stop people then from saying that, and it doesn't stop them now," Borland said.

"We don't cheat, we've never cheated," Borland said. "We've probably had our car torn down more than anyone else. With the way Ryan qualifies and the top-fives we've had, we're torn down every week. We've never done anything and we never plan to."

Sunday, Newman said luck had as much to do with is victory than anything because he was able to run several caution laps, which helped save fuel.

And Borland cited some other times when Newman did run out of gas, like at Indianapolis.

Still, the criticism came anyway. Sour grapes, Newman said.

"It's hard when you're criticized for doing good," Newman said. "It's hard to have a smart answer for a dumb question. When you get told comments by other drivers, it's hard to put some of that stuff behind you. It's hard to be unwitty, I guess, about it."

Elliott frustrated by runner-up finish

Bill Elliott had his best race of the season Sunday, leading four times for 115 laps in the Banquet 400 at Kansas Speedway. But he came up short to Ryan Newman in his bid to win for the first time since last August at Indianapolis.

Maybe that explains why Elliott bolted early from the racetrack, blowing of a television interview and skipping the required post-press press conference in the media center.

"Knowing Bill, he's usually in a hurry to go anywhere," said Mike Ford, his crew chief. "He got out, and I'm sure he was a little bit frustrated. He was in a zone of his own this week. Coming here after our test, we all knew we had a car to beat. Finishing second is a little bit frustrating for him."

Elliott had the right to be frustrated. He had the best car Sunday but couldn't chase Newman down when it counted. Newman was playing the fuel-mileage game and Elliott the horsepower game, and Elliott came up short.

"It was a good day, but we just couldn't get there," Elliott said in a quote obtained by a Dodge public relations official. "We had a good car, but it was just one of them days. We didn't change anything."

By that he meant the car's chassis. Elliott and Ford tested at Kansas recently, and the test went so well that the setup on the No. 9 Dodge was nearly perfect.

Still, even though Elliott had the best car, he didn't win. Counting teammate Jeremy Mayfield's two runner-up finishes, Evernham Motorsports cars have finished second in three of the past five races.

Fiery end to Busch's race

Kurt Busch had to scramble out of his car after flames from the engine compartment shot inside the cockpit. Oil had been spraying inside Busch's car earlier in the race, and the engine finally let go on Lap 182.

"We had something going bad from the get-go with it, and it finally went," Busch said. "It's kind of a bummer deal."

Busch was trying to drive his car back to the garage area when flames starting shooting under the dashboard. Busch quickly turned the car to the apron and got out as quickly as he could.

"We've been practicing (getting out)," Busch said. "I actually practiced it here at the test at Kansas. Maybe I should've knocked on wood while I was doing it.

"I've blown a lot of motors, but I've never really had a fire inside the car. My spotter said to stop in Turn 2. I got the window net down and got my helmet hose pulled, and I was able to get out of the car."

2003 STANDINGS

WINSTON CUP SERIES
After: Banquet 400

Rank		Behind
1.	Matt Kenseth	Leader
2.	Kevin Harvick	-259
3.	Dale Earnhardt Jr.	-325
4.	Ryan Newman	-364
5.	Jimmie Johnson	-380
6.	Jeff Gordon	-420
7.	Bobby Labonte	-637
8.	Tony Stewart	-666
9.	Kurt Busch	-707
10.	Terry Labonte	-771

BUSCH SERIES
After: Mr. Goodcents 300

Rank		Behind
1.	David Green	Leader
2.	Scott Riggs	-21
3.	Brian Vickers	-46
4.	Ron Hornaday	-48
5.	Jason Keller	-59
6.	Bobby Hamilton Jr.	-266
7.	Scott Wimmer	-482
8.	Kasey Kahne	-511
9.	Johnny Sauter	-523
10.	Stacy Compton	-531

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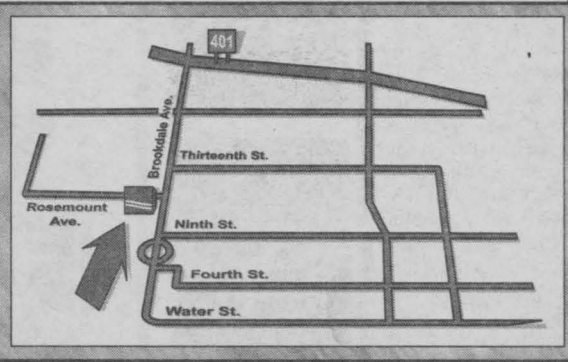

OCT10032
*Payments plus taxes and licensing, 36 month lease with $2000 down or trade equivalent, requires 1st payment and security deposit on O.A.C.

Coca-Cola And The Golden Rule

"Whatever you want men to do to you, do also to them, for this is the law and the prophets."

Matthew 7:12



In the book of Luke 6:31, a similar verse says it this way. "And just as you want men to do to you, you also do to them likewise." I've also heard it said, "do unto others as you would have them do unto you." There are two main commandments in the Bible. One is to love and obey God with all your heart, mind and soul, and the other is like it and it says to "love your neighbour as yourself."

The Bible refers to this as the "golden rule". Many, many years ago when I was in Grade 5 or 6, Coca-Cola company handed out thousands of rulers to all the kids from all the schools and probably throughout Ontario if not throughout Canada. Over the years, I've managed to collect 2 or 3 of these rulers as a reminder of this great Bible truth and how life used to be when even large corporations such as Coke promoted values in their ad campaigns.

Christianity is not only about going to church on Sundays. It is not about one church being right and others wrong. It's not about how much you pray or don't pray even though that's important. True Christianity is about loving God and how you treat your neighbour. It's about being there to help when needed; it's about caring for the good of others; it's about carrying someone else's burden and helping them cope. True Christianity consists of going to church and being spiritually nourished with fellow believers on Sunday or whenever, and then going out and practising on those around you. Jesus spent a lot of time and in fact most of it, touching people and meeting their needs.

Maybe on a sunday morning we should close all the churches and everyone who normally goes to church, choose rather a senior's home, a hospital, a shelter or whatever and spend that hour or two with some people and love on them. That would be the church in action and fulfilling God's call to "love your neighbour".

I recently heard that Boxing day, which is now a great shopping day, was originally the day that people would "box up" their leftovers from their Christmas meal and give the food boxes away to those in need. That was an expression of love and based on what we're talking about today.

Let me say as I close that it really begins with small gestures of caring at home or at work, or in the marketplace. Let someone go ahead of you in the grocery line if they have a few items; buy a co-worker a coffee if you know they are troubled; send flowers to a friend, sister or brother and show that you care. let God use you to love others as god loves you. Try to be less focussed on your own needs and look to help others with theirs. True Christianity is more than talking about love, it's being love to those around you. You'll be surprised how much joy will fill your own heart as you begin to practice this truth.

Remember as always, God loves you! He really, really does!

P.S. Sure would be nice to see Coca-Cola or some othe large corporation put out those rulers again, because we sure need them.

Second Thoughts

1. God hears more than words. He listens to the heart.
2. The better we know ourselves, the less we'll criticize others.
3. Obstacles are those frightful things you see when you take your eyes off God.

Things to be thankful for:

1. Products that work as advertised.
2. Ice-free steps.
3. Braided rag rugs.
4. Not have your cookie come apart when it's dunked in milk!

Our address: Amazing Grace is sponsored by New Life Ministries and you can reach us at P.O. Box 22036, Cornwall, Ontario, K6J 4P0, or e-mail us at amazinggrace@cnwl.igs.net.

OBITUARIES

BOGORA - Therese Adeline

Passed away at Glen-Stor-Dun Lodge, Cornwall, Ontario on Thursday, September 4th, 2003, age 77 years. Beloved wife of Alexander Bogora. Loving mother of Kenneth (Natty) and Ross (Avril) both of Ottawa, Ontario, Andrew of Cornwall, Ontario and Brian (Kimby) of Carleton Place, Ontario. Dear sister of Lionel, Lucien, Andre, Gabriel, Jacques, Jean-Louis, Rolande and Denise. Sadly missed by grandchildren, Jennifer (Sam), Stephanie, Philip and Kaylee. Rested at Wilson Funeral Home. Funeral services were celebrated by Pastor Paolo Ruscito in Fellowship Baptist Church on Tuesday, September 9th, 2003. Reflections and remembrances on the life of Therese were shared by her son Andrew. Musical tributes were performed by Whitney Hoekstra. Interment to take place at a later date in St. Lawrence Valley Cemetery, Long Sault, Ontario. The pallbearers were Bev Campbell, Walter Oeggerli, Gunter Schmeer, Ross Bogora, Philip Bogora and Ken Bogora. Funeral arrangements were under the care of Wilson Funeral Home.

ROTHWELL - Donald George

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Thursday, September 4th, 2003. Mr. Donald George Rothwell, in his 75th year, formerly of Cornwall, Ontario. Dear son of the late Harold Rothwell and the late Florence Stuart. Beloved husband of Geraldine (Geri) Peake. Loving father of Judith Rothwell-Mills (Joseph), John Rothwell, Dawna Rothwell and Robert Rothwell all of Cornwall, Ontario. Sadly missed by grandchildren, Tracey (Adam), Todd (Lise), Shawn, Christopher, Stephanie, Natalie and seven great-grandchildren. Predeceased by brother Ian Rothwell and sister, Elizabeth (Betty) White. Rested at Wilson Funeral Home. A Masonic memorial service was held during the visitation. Funeral services were held in the chapel of Wilson Funeral Home on Monday, September 8th, 2003. Reverend Peter Robillard of Long Sault Pentecostal Church officiated. Interment followed in Woodlawn Cemetery. The bagpiper was Robert Kitts. The pallbearers were sons John Rothwell and Robert Rothwell, grandsons Todd Rothwell, Shawn Rothwell, Christopher Rothwell, and son-in-law Joe Mills. Funeral arrangements were under the care of Wilson Funeral Home. Donald was the former owner of Midas Muffler for 11 years and Rothwell Automotive for 10 years, Member of Eastern Masonic Lodge No. 707 and Member of the Cornwall and District Navy Veterans Association.

BITZ - Mary Joan Loney, Reg. N.

Passed away peacefully at her residence and with her family by her side on Sunday, August 31st, 2003. Dear daughter of the late Charles Arthur Loney and the late Margaret Mary Sullivan. Beloved mother of Jane McMillan (Brian) of Iroquois, Ontario. Loved sister of Shirley Loney Dobson of Cornwall, Ontario and Patrick Loney of Sault Ste. Marie, Ontario. Cherished grandmother of Liam McMillan. Also survived by several nieces and nephews. Predeceased by brothers, Reverend Norman Loney and Collin Loney and sister, Agnes Loney. Rested at Wilson Funeral Home. The mass of the resurrection with commendation and farewell was celebrated by Reverend Gary Ostler, assisted by Monsignor Rejean Lebrun, P.H., Reverend George Maloney, Reverend Pedro Arana, Reverend Colonel Raoul Poirier Ret., Reverend Mr. Ernie Bellefeuille in St. Francis de Sales Roman Catholic Church on Thursday, September 4th, 2003. Rite of Committal followed in Precious Blood Parish Cemetery, Glen Walter, Ontario. The pallbearers were Norman Dobson, Timothy Dobson, John Digiosia, Greg Rourke, Frank Reilly and Patrick Smith. Funeral arrangements were under the care of Wilson Funeral Home. Mary was a retired Registered Nurse, Domtar Specialty Fine Papers.

BENTHAM - Ila

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Thursday, August 28th, 2003. Mrs. Ila Bentham, in her 82nd year, born in Westmount, Québec and formerly of South Lancaster, Ontario. Dear daughter of the late Horace Earl Pettingill and the late Jeannetta Holmes. Beloved wife of the late James Bentham. Loving mother of Kenneth Bentham of Lachine, Québec. Dear sister of Wilma Hoff of St. Petersburg, Florida and Myrtle Blair of Hamilton, Ontario. Predeceased by son, Douglas Earl Bentham. The funeral took place on Monday, September 1st, 2003 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with cremation at South Branch Crematorium. Reverend Gary Stokes of St. Andrew's Knox United Church officiated.

FIRN - Muriel Eleanor

Passed away suddenly on Monday, August 25th, 2003. Mrs. Muriel Eleanor Firn (nee Castleman), in her 85th year, formerly of Cornwall, Ontario. Dear daughter of the late John Castleman and the late Mary Bush. Beloved wife of the late Paul Raymond (Ray) Firn. Loving mother of John Firn (Carol) and Karen Wooding (Bob Petry) both of Cornwall, Ontario. Cherished grandmother of Heather of Ottawa, Ontario, Jennifer (Richard Unwin) of Brisbane, Australia, Matt and Christopher of Victoria, British Columbia, and Jessica of Cornwall, Ontario. Much loved aunt of Joan, Wendy, Bill and Harlan. Predeceased by brother Clayton and sisters, Olive and Maxine. Rested at Wilson Funeral Home. The funeral liturgy with a celebration of the Holy Eucharist was celebrated by Reverend Stephen Silverthorne in Trinity Anglican Church on Monday, August 25th, 2003. The lay reader was Don Henry and the organist was Merilyn Hickey. Interment to take place at a later date in St. Lawrence Valley Cemetery, Long Sault. The pallbearers were Bob Petry, Bill Kerson and members of the Wilson Funeral Home staff. Funeral arrangements were under the care of Wilson Funeral Home. Muriel was a member of Trinity Church, the I.O.D.E., the Cornwall Golf and Country Club and the Ladies Auxilliary of Cornwall General Hospital.

KYER - Alice Irene

Passed away at Parisien Manor, Cornwall, Ontario on Monday, August 25th, 2003. Mrs. Alice Irene Kyer, in her 96th year, formerly of Cornwall, Ontario. Dear daughter of the late Andrew Lefebvre and the late Hilda Lefebvre. Beloved wife of the late Ernest Kyer. Dear mother of Shirley Snider (Claude) and Sharon Antoine (Wayne). Loving grandmother of Stephen Snider (Lise), Shannon Griggs (Jeremy) and Matthew Antoine (Cathleen) and great-grandmother of Gregg Snider, Zoe and Benjamin Griggs. Predeceased by brothers, Eugene, Gordon, Lawrence and Roy Lefebvre, and sisters, Christena Parisien, Mildred Dunlop, Ela Carter and Myrtle Woods. At Alice's request there was no visitation. A private graveside funeral was held in Woodlawn Cemetery. Reverend Stephen Silverthorne of Trinity Anglican Church officiated. Funeral arrangements were under the care of Wilson Funeral Home.

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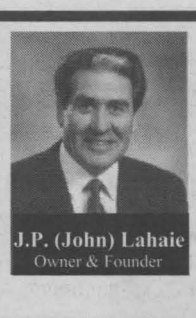
Footprints
Thinking of you
Charlene Rupert
October 3rd, 1964 - March 24, 2003
Just remember Char, I will carry your heart everywhere I go. I miss your smile, I miss your style and I miss you Charlene. Every night I see you in my dreams with your wings. Free! You are my special Angel with a peaceful smile! I miss you Charlene with all my heart.
Love Lise, Bossy, Starlet, family & friends



OC1003H

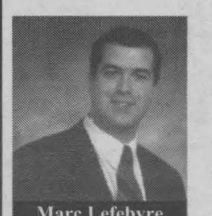
The one thing to do BEFORE applying for
● Senior Citizen Housing ● Rest Home Lodging ● Nursing Home Care
Don't risk it TURN TO A FRIEND,
write it down and Pre-Arrange Your Funeral



J.P. (John) Lahaie
Owner & Founder



Claudette R. Lahaie
Owner & Funeral Director



Marc Lefebvre
Branch Manager
Funeral Director

Today more and more people are making funeral arrangements in advance. Pre-arranging funerals is especially important to any considering - Senior Citizen Housing - Rest Home Lodging - Nursing Home Care. In addition to a set amount of cash assets, the Province of Ontario allows residents to pre-arange their funerals. We are always available to answer your questions at our offices or in the privacy of your home - without cost or obligation.

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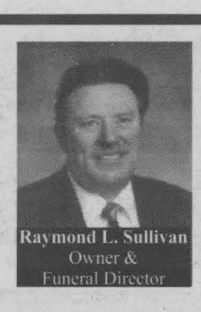
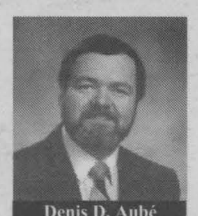


Raymond L. Sullivan
Owner &
Funeral Director



Claudette M. Lee
Administrator



Denis D. Aubé
Director of Services
Funeral Director

oct10031



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Please Note: The Mall will be closed Thanksgiving Monday

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Scuttlebutt

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Oops we goofed! Our apologies to Jackie Myers who was the tournament coordinator for the Ladies Nine Hole Championship. In the sports section of the October 3rd issue, we inadvertently left you out of the photo. Well, Jackie, here it is in its entirety.



Ferguson-Harding

It was a woman's worst nightmare dream come true. Rebecca Ferguson-Harding of Cornwall, attending the Great Glengarry Pumpkin Weigh-off on Sunday, October 5th, inadvertently walked over the weigh scale which digitally shows the weight on a big sign to everyone in attendance. An embarrassed Ferguson-Harding weighed in at 142 pounds according to the digital sign!

What's going into the Glengarry Square on Second Street, next to the Galaxy Cinemas. **Word on the street is a new franchise restaurant, Montana's or The Keg.** Of course, we've heard this before. Add to the mix now, a new Shopper's Drug Mart.

Last Sunday, Kristin was on the cash register at Maynard's Independent Grocer for the first time, unsupervised. **Kristin, you did a great job!** Thanks for the superb service.



Gunn

Cornwall Police Services board member Joe Gunn is back in hospital, this time for a shoulder operation. The "Gunner" has been a regular hospital customer lately and when they're done with him, he'll be the bionic man but for him, he says it will be worth it. Get well Joe.

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John Divinski should get his facts straight before stating that people on the left were against having a Casino at the Civic Complex. It was in fact the Catholic Church, the late Ron Martel, etc. that were most against it.

Nasty accident at York and Second Streets on Friday, October 4th, that some say was the result of a red light being run. On Sunday, October 6th, almost to the minute, an Intrepid, in a hurry, ran the red light. Another nasty accident waiting to happen. **Police could get rich at this intersection!**

To everyone who didn't take down their Christmas decorations yet this year, don't bother now ... **Christmas is only 75 days away.** It's almost time to start decorating again!

Happy Thanksgiving to everyone. Wasn't it just yesterday that the kids when back to school for their first day??

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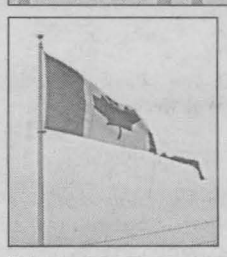
It's an insult to the Provincial and American flags and the people they represent. At the corner of Tollgate Road and Pitt Street, on the Bowling Palace property, these two flags are ripped and tattered. If you aren't going to replace the flags, at the very least, take the torn ones down. Strangely the Canadian flag is fine.



On the other hand, the Canadian flag flying above a storage business at the corner of Second Street and Boundary Road, is torn and tattered. It should be taken down now.

"Golden Moments"



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oct10034



Brownell

Congratulations to Jim Brownell on his election win in Stormont Dundas and Charlottenburgh last Thursday, October 2nd. That's one fight down and the next one begins at Queen's Park. At least he's on the government side of the house.

Pet Tip of The Week: Don't fall down on flea control. It may be sweater weather out there, but in most parts of the country, mid fall is still too early to let down your guard against fleas. It takes a strong freeze to kill off the season's fleas, not just a frost.

Now that fall has arrived, be on the lookout for head lice. It's important that parents examine their child's hair quite often. In need of a shampoo? Try "Tea-Tree Oil Shampoo" (preventative shampoo) available in most drug stores.

Another great Fall Show for the Cornwall Chamber of Commerce held last weekend at the Civic Complex. The 2003 Fall Home & Harvest Show had a steady flow of people checking out the more than 100 exhibits and information for homeowners preparing for the fall & winter season. Way to go Cornwall.

Gerry Samson signs are false advertising ... you can't re-elect him if he isn't currently on the school board.

There's a new Tim Hortons going up at the corner of Second Street and Glengarry Boulevard at the former Petro Canada gas station site. You probably don't realize it, **but this Tim Hortons will be unlike any you have likely seen, since it will be only the third of its kind in Canada.** Wait till you see the architecture involved. Owner Mike Moyer says it will be unique.

What a present! **Diane Parent of South Lancaster recently won $250,000 in the Encore jackpot from the September 19th draw, a day before her birthday.** "I had no idea my ticket was a winner, I had it checked at the store. The clerk put it through the machine and then he said to me "this is the biggest number that has ever appeared on my screen!" Then I saw the validation slip that said I had won $250,000 - what a shock!"

Mayoralty candidate Phil Poirier, former mayor Nick Kaneb and businessmen David Yee discussing strategies over coffee at the New Garden Restaurant on Friday, October 3rd. Maybe it was a post mortem on the provincial election.

Seaway News columnist John Divinski will moderate the upcoming Chamber of Commerce Mayor's debate on October 21st. Phil Poirier, Andre Rivette and Brian Sylvester are slated to take part.

Seaway News wishes everyone a "Happy Thanksgiving" ... and to our American neighbours, a safe Columbus Day weekend on October 13th.

"Buy It And They Will Come!"
So we did.
Wait until you see the finished product!
Cornwall TOYOTA
oct10032

A big bouquet to Chris Trembley of RC Automotive Parts, South Branch Road for going to the corner gas station, getting me some gas and getting me on my merry old way. Much appreciated and thank you.

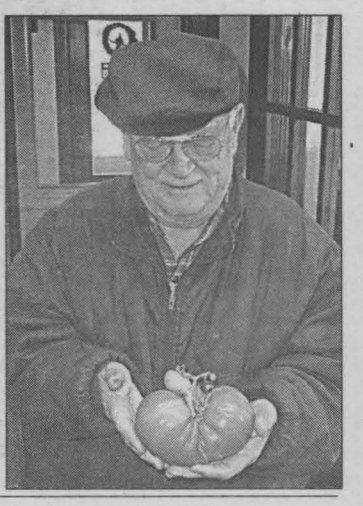
~Marjorie

The Standard-Freeholder has put the price of a marijuana plant at $1,000 (699 plants = $669,000). This follows from a seizure in North Glengarry.



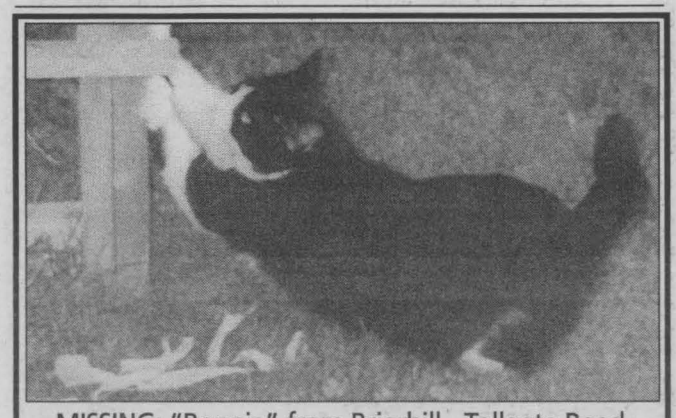
Check out this 14 foot sunflower. This plant was grown by Carl Conway of Jenkins Road in Long Sault.

(submitted photo)



While we're in the garden ... check out this huge Beefsteak Tomato ... weighing in at 1.06 kg. This tomato was grown by Bob Hollister.

(staff photo)



MISSING: "Bonnie" from Briarhill - Tollgate Road area since September 25th, 2003. Bonnie has a shiny black head and tail, white tummy, socks and cheeks. She has all her shots and a microchip. Bonnie is a much loved family pet, please call 932-3279

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Got Milk, Mommy?

To celebrate National Breastfeeding Week, October 1st to 7th, 2003, nursing women from the Cornwall region have enthusiastically shared their breastfeeding experiences with women considering following their example. Here are their insights.

Bonding is a favourite with mothers nursing their babies. This is what three women who are presently breastfeeding admitted when interviewed at the Watch Me Grow centre in Cornwall.



Pictured above are: Crystal Duranceau and her daughter Dinasty Lefebvre, 8 months old (left); Melissa Papineau and her daughter Emily who is 4 1/2 months (top right); and Sarita Anderson holds her 5-month-old daughter Meera (bottom right).

(submitted photos)

Although her own mother didn't breastfeed her children, Melissa Papineau was lucky enough to befriend a neighbouring mother who was nursing her babies and informed Melissa about breastfeeding. "My neighbour was really big on breastfeeding", she says. "I was able to get first-hand knowledge by watching her. When my own children were born, I already knew I wanted to nurse."

For Sarita Anderson, there really wasn't any other option for her when her two children were born. "My mother breastfed and my sisters breastfed", she explains. "I wanted to breastfeed and I knew it was the healthiest choice for them (her children)." Anderson adds that both Milan, her first born, and baby daughter Meera, presently being breastfed, get the best she has to offer for building up their immune system, their nutritional diet, their brain development, and their general health.

Crystal Duranceau, a new mother holding her 8-week-old daughter Dinasty Lefebvre, agrees: "Right from the start I wanted to breastfeed. I attended a prenatal class that was really informative. The presenter gave pros and cons on the subject of breastfeeding but there was no pressure." Duranceau made the right decision for her baby and herself. "From the beginning, everything went well. The baby latched on without problems. The midwife was impressed. It might be because I'm really relaxed and my baby is relaxed. But mostly, I give Dinasty all the credit."

The three women plan to breastfeed for at least one year to as long as 18 months. The proven benefits to both mother and child have convinced them: "Other than being the best food for my baby, it's convenient. I don't have to think about bringing formula and bottles. Plus, there's no expiry date on breast milk", adds Duranceau.

"Only I can do it (breastfeed)", says Papineau. "No one can take that away from me. I would not allow bottle feeding my baby even if there was breast milk in the bottle. The closeness and the bonding are too important to me."

The fathers are also an important presence in the breastfed babies' lives. From holding the baby to changing diapers, the mothers describe strong bonds between their partners and babies. "My partner likes to burp the baby", Papineau adds. "He also loves to cuddle her at night."

These mothers appreciate the benefits they gain themselves by breastfeeding. Other than lowering their risk of getting breast cancer, according to Anderson "it's great for weight loss".

The three women consider breastfeeding a great way for mother and baby to begin their relationship and would all nurse future babies. They have all recommended nursing to other women, whether they were pregnant or just planning parenthood. From convincing friends and acquaintances, to sharing the experience with their family and now with the readers, they agree that breastfeeding is, in the words of Duranceau "a boost for the beginning of my baby's life", but especially a quiet moment to spend alone, mother and baby, to get to know each other with minimum distraction. It's a bonding time.

Valspar Corporation Donates $3,000

The Valspar Corporation has presented a $3,000 donation to the St. Lawrence River Institute of Environmental Sciences building fund.

The funds have been given in support of the River Institute's $1.2 million research centre currently under construction at the Cornwall Campus of St. Lawrence College. The Centre is expected to be open in November, 2003.

"We are pleased that local industry supports the new research centre," states Tom Kaneb, President River Institute. "We have been working with local industries through the Cornwall Clean Air Committee and have developed a partnership that will serve to enhance our commitment to the community's environmental needs."

A key element of that commitment is the state of the art research centre. The Centre will create education opportunities for students throughout the region as well as research opportunities for scientists from across Canada.

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To all who were able to come from near & far, and help make our 4th Annual a great success/ To the participants of the Rod Show, congratulations & thanks for bringing such fine automobiles to share with us.
The four People Choice Awards were taken by:
- Mr. John Martel & his '63 Chev Impala SS, for "Most Outrageous Ride" -
- Mr. Jaques Allard & his '73 VW Karmann Ghia, for "Special Interests" -
- Mr. Ron Lemieux & his 70 1/2 Chev Camaro Z28, for "God, That's a Nice Ride" -
- Mr. Richard Bowden & his '80 Pro-Street Mercury Capris, for "Best Use of Applied Arts & Parts" -
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Encouraging today's youth

Nominations are now being accepted for the Ontario Junior Citizen of the Year Awards
Let's recognize the best of our young people. If you know a young person, aged 6 to 17, who is involved in worthwhile community service; a special person who is contributing while living with a limitation; a youth who has performed an act of heroism; or a "good kid" who shows a commitment to making life better for others, doing more than is normally expected of someone their age – help us recognize their contribution – nominate them today!
Nominations will be accepted until November 30.
Contact this newspaper or the Ontario Community Newspapers Association at www.ocna.org or 905-639-8720.
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Program sponsored by: Tembec Rising to the Challenge
Program run by: ocna www.ocna.org
ACCEPT THE CHALLENGE - NOMINATE SOMEONE TODAY!
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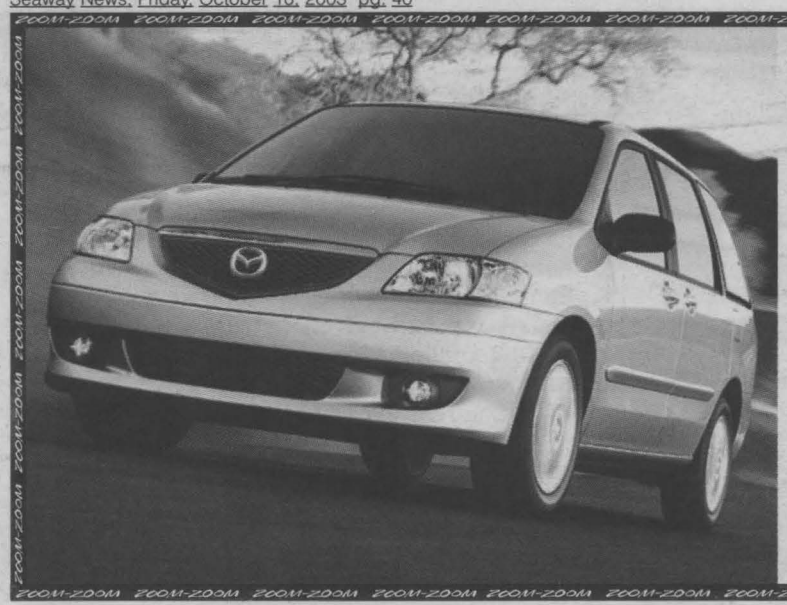

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From $21,995*
OR GET 0% PURCHASE FINANCING FOR 60 MOS.
*Freight, PDI, taxes extra. Special financing not applicable, in-stock units only

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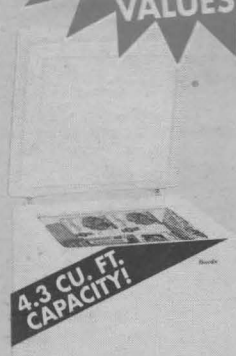

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• Our on-site warehouses mean fast local delivery to your residence.
• Our associates are knowledgeable and professionally trained to help you.
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HOURS: Monday to Friday: 9am-9pm
Saturday: 9am-6pm; Sunday: 11am-4pm

*O.A.C. All applicable taxes and a processing fee of $55 (Eg. $1500 purchase with $55 PF equals an APR of 2.93%) are due at the time of purchase. Balance is due January 2005. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. See store for delivery included areas. Set-up of RTA and electronics not included. Not applicable to previous purchases and markdown items. See store for other convenient payment options. †Custom orders require 25% deposit.