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SYLVIA'S SLANT

We keep hearing about the Federal debt, and the Federal deficit, but you know what's funny? Well, not really funny, but very strange, is the fact that the Federal Government stopped working on Dec. 24th, 1988 when the Free Trade Agreement was signed and declared Law. They are not going back to work until April 3rd, 1989. By that time the Federal Reps will have had 100 days of vacation. That's more than 27 percent of the year. Now if you were running a business and you knew you would be out of business for that long, wouldn't you lay everyone off and shut the place down. Of course you would.

But not the Federal Government, they know we won't scream and complain about having to pay hefty salaries to people to do nothing.

Mr. Wilson, by his own estimates places the Federal debt at

cont. on pg. 11

INSIDE TODAY

Jazzercise
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"Ces taux sont sujets a changements sans preavis."

Some comments on misfits and mismatches

By Jack McArthur

Here's some pointed comment on recessions, interest rates, gas tanks, Wayne Gretzky — and the misfits that populate Canada.

From an article in a publication from the Canadian Chamber of Commerce:

"A survey . . . found 49 per cent of the 10,361 small and medium-sized businesses polled identified labor or skills shortages as their Number 1 obstacle to growth."

Yet Canada has a million people classed as unemployed and a good many more who say they have given up looking for work.

Skill training

This is one more piece of evidence of our terribly destructive mismatch between what the nation is capable of producing and what its people are trained and willing to produce. No other major economy is so out of whack.

Tens of billions of dollars worth of output — and income — fail to appear. You might guess that at least a million Canadians are misfits in this respect. Possibly 2 million.

That would include many of the unemployed. And also many of those with jobs. They're employed because their employers can't find people qualified to do the job as well as it should be done.

Now you know why you've seen so many critical comments from both business and labor, charging that governments and corporations do far too little to help citizens acquire the education and skills that are needed; and that, indeed, many government programs seem to inhibit any such thing.

From Deliberations, the Ian McAvity market letter:

"There's a certain irony watching politicians talk about potential loss of competitive pressures in the retail gasoline business with the announced takeover of Texaco Canada by Imperial Oil.

"It was not many years ago that Ottawa under Trudeau was puffing up PetroCan with some overpriced acquisitions to take the dominant role in markets in Ontario and Quebec."

From the same source concerning the anti-inflation policy of the Bank of Canada:

"With the Canadian interest rate level so high in comparison with the U.S., it would appear that (John Crow, boss of our central bank) is giving himself a decent cushion to enable him to narrow the gap to soften the Canadian dollar and temper the inevitable weakness in the economy whenever that recession does get here."

Relevant to that last point, investment house Wood Gundy says:

"The coming recession should not be viewed as a brief episode after which life on the fast track can resume. Putting the two economies on a sustainable uninflationary track for the 1990s will involve persistent fiscal and monetary restraint over a number of years."

FINANCIAL PAGE



'Prospects favorable'

Who said recession? Many still won't, not for 1989 at least. Scotiabank says:

"Growth prospects are favorable. While business activity will moderate under the weight of higher interest rates and reduced momentum in the U.S., many industries will turn in solid performances.

"Business investment (in new construction and machinery) has accounted for over half of Canadian growth since the beginning of 1987 and will remain a dominant force through 1989.

"With the notable exception of the energy sector, resource industries will continue to benefit from tight global supply/demand conditions and high prices."

Karl Zinsmeister, writing in a publication of the U.S. Conference Board on the huge incomes of sports stars, makes points in which you'll find Canadian angles:

"For heaven's sake, Wayne Gretzky is being paid $2 million a year plus several million dollars' worth of bonuses to play hockey, a sport without a big enough audience even to appear on network television (in the U.S.).

"Okay, it's a free market. But here's what gets me: In this industry, where all the 'workers' get obscenely high salaries, and the owners make even more, somehow or other taxpayers — little guys, stiffs — are paying the biggest bills.

"Over the last 20 years, 50 state and local governments have spent a total of $6 billion to build and renovate public stadiums for sports moguls.

"At the moment, 22 additional new arenas are under construction with public funding. How about kicking these sports guys off the gravy train?"

Comment: This typifies the thoroughly modern pursuit of excellence which, in this case, requires a flight from excellence combined with the insistence that no such thing is going on.

If it keeps up, North America some day will have 100 teams each in big-league baseball and the National Football League.

Big-league brainwashing

Every city larger than Medicine Hat has to be world-class, right? And wants to lubricate the attempt with taxpayer bucks.

The sure result of this overwhelming demand — so enriching for the peforming types — will be to combine scores of players who'd normally be minor-leaguers with a smaller number of genuine big-leaguers.

They'll all go into one vast pot to supply greatly enlarged leagues which we'll pretend are "big."

That's the way supply and demand work. If it takes a bit of brainwashing about the doubtful quality of the product, that's no problem as long as the public — and the taxpayer — will continue to buy it.

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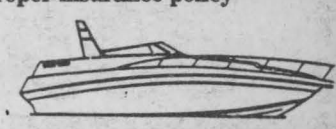

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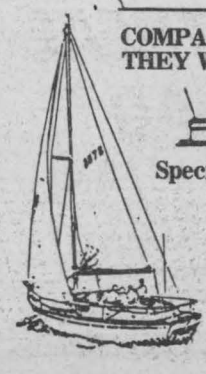

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For Readers: To respond to an ad send your letter to the appropriate C.C. number, c/o Seaway Shopping News Ltd., 8-6th St. E., Cornwall, K6H 2N4.

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ATTRACTIVE, SLENDER, affectionate female, 30's, enjoys outdoors, conversation, movies, shopping, wishing to meet same for friendship. Reply to CC 645

FEMALE, widow, would like to meet a tall gentleman (55-60) who enjoys going out to dinner and quiet evenings. Photo & phone number please. Reply to Cc 650. 4/3

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UNATTACHED, ATTRACTIVE 30 YEAR OLD MALE looking for an attractive female for a serious relationship. Must like the outdoors. Photo appreciated. Single mothers welcome. CC 651.

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SINGLE, ATTRACTIVE, 20 year old female. Looking for older, mature male for one-on-one relationship. Must be financially secure. Please send recent photo, phone number. Only serious enquiries please. Reply to C.C. 632.

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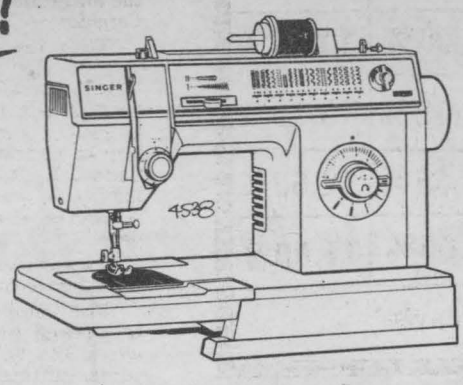

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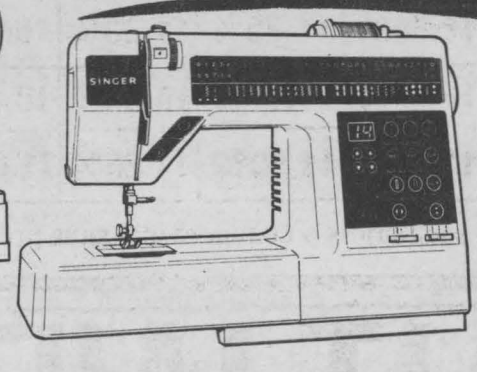

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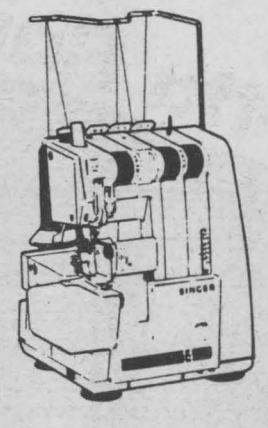

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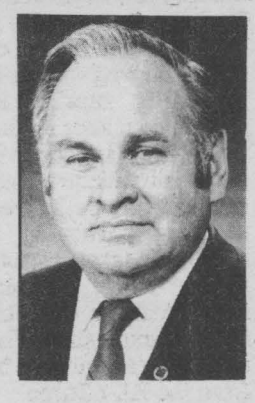

MEETING THE COST OF EFFECTIVE HEALTH CARE

Ten years ago, Ministry of Health expenditures in Ontario were just under $4 billion; this year our budget is an estimated $12.7 billion. A decade ago, the health care allocation in Ontario accounted for 27 percent of all provincial spending. Today, health ministry expenditures represent fully one-third of our entire provincial budget–that is the equivalent of $1.4 million an hour.

Yet, there are still some people who say that $12.7 billion is not enough. They argue that the system is underfunded and what is needed – among other things – is a massive flow of new funding, especially to the hospital and institutional health care sectors. In the past four years alone, hospital budgets have been increased by nearly 400 percent. Not one hospital has had its budget reduced--there have been only increases.

In recent years, we have witnessed what can only be described as a massive technological explosion in the health care sciences. We have seen major breakthrough in drug therapies and surgical procedures; we have witnessed a revolution in diagnostic services and equipment; and we now have at our disposal sophisticated new techniques in patient care and assessment.

We must manage technology so that the outcome is better quality care. Unmanaged technology might simply mean an increase in the quantity, not quality, of services and that's an outcome we cannot afford – in either financial terms or, more importantly, human terms.

QUALITY ASSURANCE

The issue of health service utilization and quality care has become of such concern to health care professionals and government that our premier–in association with the McMaster Centre for Health Economics and Policy Analysis–will be convening an international quality assurance symposium to be held in Toronto in the fall of 1989.

The Minister of Health has asked Ontario's 28 district health councils to take on a leadership role in preparing for our health care future. We have asked them to provide their expertise so that together we properly manage our precious health care resources.

Our priority is to see all health professionals – nurses, doctors, managers –working together so that we provide a continuum of care that responds effectively to the health needs of all of Ontario's people.

ON THE LOCAL SCENE

The Seaway Senior Citizens Club is presenting Showcase '89, a Music Hall Spectacular, on April 6, 1989, 7:30 p.m. at the Aultsville Hall Theatre, St. Lawrence College. Keep this date free as this promises to be quite a show.



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CORNWALL ROYALS GOODLUCK IN THE PLAYOFFS

Page From The Royals Playoff Notebook**

It was the most dramatic goal in Cornwall Royals' history.

The Royals and Peterborough Petes were deadlocked at two heading for overtime on May 11, 1980 in the Memorial Cup championship game at the Regina Agridome. The suspense didn't last long.

Early in the second minute of the extra session defenseman Robert Savard took off with the puck down the right side, starting deep in his own zone. He hit the red line and thought of dumping it in but the Petes defencemen backed up so he headed for the corner and looked for someone in the slot to pass to. "When nobody came after me I noticed there was lots of room, so I went in and shot the puck between the goalie's legs", recalled Savard who'd scored just four times during the regular season. "It was a dream come true, the biggest and best goal of my career".

Cornwall native Dave Ezard was honoured as the tournament's Most Valuable Player while Dale Hawerchuk garnered the George Parsons Trophy as the player best combining athletic ability with sportsmanship.

With a special assist from "The Frozen Stage", History of the Cornwall Royals, by Bill Gallant

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WELL-ROUNDED VAN

When car manufacturers design a van they're pretty much limited in what they can create. Vans primarily are utility vehicles and cannot really deviate from the one-box shape.

This hasn't stopped them from trying new ideas, however. Ford's Aerostar, with its steeply raked windshield, looks like a giant-sized dust buster; GM's Astro/Safari resembles a breadbox with wheels, and Toyota's Van LE looks like something out of Flash Gordon.

All are decent utility vans, but stylistically they're a little strange.

Mazda, arriving on the scene a little later than everyone else, has come up with a van that is easily the best looker in its class.

They call it the MPV (for Multi Purpose Vehicle) and it's a beaut.

Three versions will be offered: Two passenger, five passenger and seven passengers. As well, a four-wheel drive model will be marketed later in the year.

There are two engine choices: A 2.6 litre, four-cylinder developing 121 horsepower at 4,600 rpm, and a 150-horsepower three-litre V6. This latter powerplant is taken from the 929 luxury sedan. Both engines are fuel-injected, of course, and have MOT fuel economy ratings of 12.5L/100 km (23 mpg) and 14L/100 km (20 mpg) respectively, under city driving conditions equipped with the automatic transmission.

Best of all, the MPV is rear-wheel-drive and Mazda offers an optional trailering package with a 1,950 kilogram (4,300-lb.) capacity. Mazda is quite anxious to let it be known that the MPV will handle a large trailer, no problem. My advice to anyone contemplating this is to buy the V6 version.

During my test drive of the MPV one thing I couldn't help notice was the almost total absence of wind noise. Vans tend to be pretty loud and drafty on the highway but the MPV is quieter than a lot of cars I've been in. Mazda is claiming a drag co-efficient of 0.36 for the MPV, making it one of the most streamlined vans in its class.

The MPV is refined in a lot of areas. The suspension features anti-roll bars front and back, it can be had with an optional load-levelling packaging and the four-speed automatic transmission has three operating modes: Power, Economy and Hold. I have mixed feelings about this latter arrangment but it is interesting. The standard five-speed manual transmision, by the way, is taken from the RX-7 Turbo.

Some other interesting bits and pieces: separate ventilation/heat controls for front and rear passengers, a cargo area that can be enlarged by folding the back seat forward (as opposed to taking it right out of the vehicle, as is the case with most of the other mini-vans) and childproof side door locks.

The MPV, as well as being a good-looker, is the most civilized van I think I've ever driven. Fit and finish is superb, and the V6, four-speed automatic combination is a treat to drive. Once behind the wheel, you almost forget that you're driving a van.

MAZDA MPV...the best looker in its class and quieter than a lot of cars on the highway

---

Athletic Fashions, Footwear: Favorites Of Active Women

Women have shown that physical fitness is not a fad, but rather a way of life.

Women have incorporated exercise into their daily lifestyles, so it's not surprising that athletic wear has become so popular in women's fashions. Warm-ups, unitards and sweat pants are not only worn in gyms and dance classes, but at shopping malls, restaurants and grocery markets.

Athletic footwear has made an equal if not greater impact on the fashion scene. First joggers were a staple in every woman's wardrobe; now aerobic shoes are the hot selling items.

According to buyer Jack Bellini of Lady Foot Locker, a national chain of stores that specialize in athletic footwear and apparel, aerobic shoes are here to stay. "They're the number one sellers by far, and they will be for a long time," he tells.

With the surging popularity of athletic fashions, today's active women can keep comfortable while looking great.

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4/3

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4/17





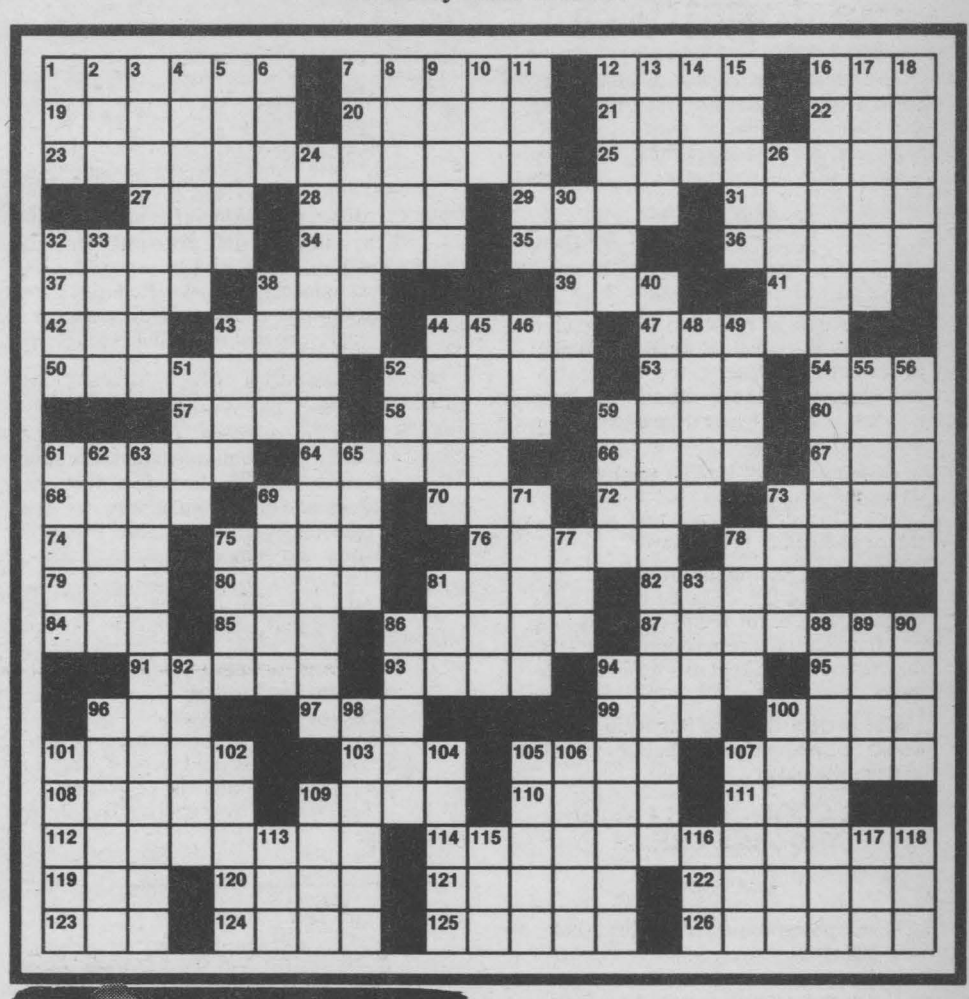
REMEMBER WHEN?
By Hank Harrington

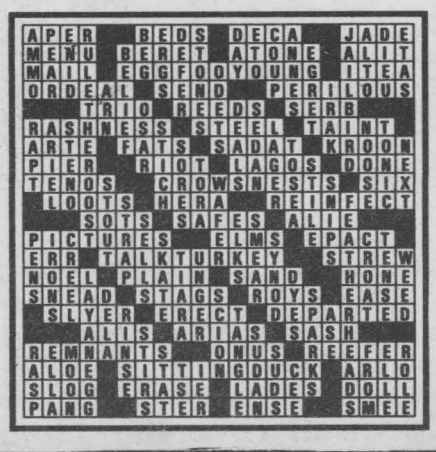
ACROSS
1 Blame
7 Tex. city
12 Ding companion
16 Alehouse
19 "The Mouse That —"
20 Burning
21 Toledo's lake
22 Sp. queen
23 Paving material of yore
25 Navigators' aids
27 Take it on the —
28 From one end to another
29 Matinee —
31 Sharpshooter Oakley of yore
32 NASA rocket
34 Evokes wonder
35 No longer working: abbr.
36 Trifled
37 Alencon
38 Genetic letters
39 Hope or Barker
41 Pop
42 Farrow
43 Deceitfully affable
44 Light color
47 Wash basin of yore
50 Unusual
52 Parade item
53 Dined
54 Fish
57 Favorable
58 Monthly outlay
59 Throb
60 A Gardner
61 Ne'er-do-well
64 Alan Ladd role
66 Bout outcomes
67 Noise
68 WWII coalition
69 DDE's domain
70 Cooled ember
72 Curve type
73 Twisted
74 TV diner owner
75 Butterine
76 Clan symbol
78 Matchstick of yore
79 Voice vote
80 Strike
81 Bull: Sp.
82 Brain canal
84 Capitol Hill person: abbr.
85 Spade
86 "In hoc — vinces"
87 Passage
91 Taunt
93 Green parrots
94 Close
95 Color or angle leader
96 Network letters
97 Fr. king
99 Half a fly
100 Smile
101 "March King" of yore
103 Travel systems: abbr.
105 Oriental nurse
107 Dinner fare
108 Soviet cooperative
109 Information
110 Kind of dancer
111 T-X splitter
112 Pocket piece of yore
114 Formal wear of yore
119 Single
120 Shake —! (hurry)
121 More tender
122 Sp. blanket
123 Patriotic gp.
124 Appellation
125 Long time
126 Teacher

DOWN
1 Electric spark
2 Dove talk
3 San Francisco transportation
4 Refined
5 Noted Ala. city
6 Neth. town
7 Lane
8 Ahead of, of yore
9 Less
10 Before: pref.
11 Teutonic gods
12 Sp. explorer
13 City on the Oka
14 Disallow
15 Put across
16 Entertainment centers of yore
17 Loosened
18 Stationed
24 Auto of yore
26 Battery part
30 First attempt
32 Charity
33 Walking manner
38 Excavates
40 Garage of yore?
43 — about
44 Ms Verdugo
45 Wagon of yore
46 Squealer
48 Aramis' sidekick
49 Neckline shapes
51 War god
52 Monastery man
55 Sheeplike
56 Poet Alighieri
59 Suit to —
61 Tibetan monks
62 Daisy type
63 Ash receptacle of yore
65 Garment of yore (with 86D)
69 Fitzgerald and Logan
71 Dilemma items
73 Char
75 Mountain in Thessaly
77 Also
78 Great deed
81 Cravat
83 Quiz answer
86 See 65D
88 Vaudeville prop of yore
89 Rainbow
90 Color
92 Chariot of yore
94 Actors of yore
96 Luminous circle
98 Mandarin
100 Rule
101 Palm starches
102 Northern highway
104 Insolent
105 Phobia starter
106 Van
107 Indian money
109 Per —
113 Palm leaf: var.
115 Digit
116 Dogma
117 Mil. address
118 Land: abbr.

THE Sunday Crossword

Edited by Herb Ettenson







DISC NEWS

by Chris Wilson
J&B Disc Break

One wag wrote many years ago that the Italian baroque composer Antonio Vivaldi wrote the same Concerto 499 times. Another wag much more recently remarked that Lou Reed has been writing the same song for forty years.

In which case New York is Lou Reed's apotheosis. On the back of the CD booklet he writes: it's meant to be listened in one 58 minute (14 songs) sitting a as though it were a book or a movie.

Which means no idle chatter during these soul-searching social critiques; these vignettes of life on the slimy side; these cynical world-weary observations which none-the-less uplift one to wishing, and hopefully doing better. Poor New York. Poor America. You never had it so bad.

Is it the ultimate in radical chic to sit back and listen to these lyrics on one's CD player? Well, the music is also available on LP and MC for those who have not yet "arrived".

In any configuration, there is Reed's rivetting voice and always the drive of his guitar and supporting musicians. This is not a disc for the faint-hearted, but it is a monument to the eighties from a street-wise person in the thick of it. (MCA/Sire Records)

Jesse Winchester has been around as long and as much as Reed. A draft resister who made Montreal his home in the Seventies, Jesse has made many warm and wise albums in a homely bluegrass manner, but never whining or despairing. After an eight year silence comes "Humour Me" from the Nashville Sound Connection Studio in an all-digital recording on the Sugar Hill Label distributed in Canada by Attic Records. As mellow as Jesse's personality, this is the other side of the coin of the human condition; still human and capable of love and warmth.

For a good party time there is nothing to beat Blast from the Bayou by Wayne Toups and Zydecajun. This vibrant and eminently danceable music from New Orleans will strike a particularly responsive note among lovers of folkloric and oldtime dancing who also likes good rock and roll. Ask for an in-store demonstration of this new Mercury release at your favourite record store!

Chris Wilson

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3/27

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Informal dinner recipes for small get-togethers

Everyone loves big lavish bashes and formal dinner parties, but organizing them—not to mention doing the cooking—can be time-consuming. And the problem with time is that we don't always have it.

As a result, it's too easy to postpone a large party forever, citing Scarlett O'Hara's philosophy: "After all, tomorrow is another day."

But there is no reason to feel pressured when giving a small informal dinner, and the tail end of winter is the perfect time for cozy get-togethers with friends. Keep it to just four, set a nice table and cook up some warming foods.

Bon Appetit, the leading food and entertaining magazine in the country, features a "Fireside Supper" that is hearty, robust and full of bright flavor.

While the elements are simple, the combination creates a meal that is quite special. None of the recipes requires long or complicated preparation, and last-minute cooking is kept to a realistic minimum.

The perfect finish to this main course would be an apple pie, either homemade or from the bakery.

PORK CHOPS WITH PAPRIKA AND SAGE CREAM

4 servings

- 2½ teaspoons imported medium-hot paprika
- ½ teaspoon salt
- ¼ teaspoon freshly ground white pepper
- 4 six to eight-ounce pork loin chops, 1 inch thick
- 2 tablespoons (¼ stick) butter
- 1 tablespoon vegetable oil
- 3 tablespoons minced shallots *or* green onions
- 2 teaspoons minced fresh sage *or* ¾ teaspoon dried, crumbled
- ½ cup dry white wine
- ¾ cup whipping cream
- Salt and freshly ground white pepper
- Fresh sage leaves

Combine paprika, ½ teaspoon salt and ¼ teaspoon pepper in small bowl. Spread half of mixture on pork chops, pressing into both sides. Reserve remaining paprika mixture for sauce.

Melt one tablespoon butter with oil in heavy large skillet over medium heat. Add pork chops and brown well, about three minutes per side. Reduce heat to medium-low and saute until just cooked through, about three minutes longer per side.

Transfer pork chops to heated platter. Cover with foil to keep warm.

Pour off drippings from skillet. Add remaining one tablespoon butter to skillet and melt over medium-low heat. Add shallots and cook two minutes, stirring occasionally. Add remaining paprika mixture and minced sage, and cook 30 seconds.

Add wine and boil until liquid is reduced by half, scraping up any browned bits, about three minutes. Reduce heat to medium. Stir in cream.

Simmer until thickened slightly, stirring frequently, about three minutes. Season with salt and pepper. Add any pork juices accumulated on platter.

Spoon sauce over chops. Garnish with sage.

MUSTARD GREEN BEANS

4 servings

- 1 pound green beans, trimmed
- 4 teaspoons butter
- 4 teaspoons coarse-grained mustard
- Salt and freshly ground pepper

Steam beans until crisp-tender, about five minutes. Drain thoroughly.

Melt butter in heavy medium skillet over medium heat. Stir in mustard. Toss beans in mixture to coat. Season with salt and pepper. Serve immediately. *P3895363*



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Victoria Morland decorates a cheerful country kitchen

Victoria Morland designs a cozy country kitchen as if she were preparing a picnic basket for a secret lovers' rendezvous on a sunny, summer day.

Until now Mrs. Morland has been one of the best kept secrets of an inner circle of international designers.

Mixing English historical documents with tantalizing touches of French Provence and hints of the British Raj, Victoria Morland creates an eclectic vision of English Country Decoration.

She approaches it with intuitive taste, in much the same way one gathers a beautiful bouquet of garden flowers, with a sense of proper texture, scale and colour.

For the walls, she gives us her "All in Clover" and "Clover Plaid" fabricated into flouncy window treatments and table covering accented with old lace, all coloured in acid shades of aquamarine, lime and raspberry.

The English pine hunt board and pine plate dryer quickly establish the cheerful informality of the room. The "All in Clover" and "Clover Plaid" patterns are accented by a simplistic stripe entitled "Plain Jane." Seat covers are in "Poppet" in palepink/applegreen/raspberry fool. Napkins are of "Kate" in palepink.

A new look in kitchens is created for Americans eager to incorporate the English flair for intimate conviviality with Victoria Morland's exclusive collection for Raintree Designs, Inc.

All the fabrics and wallcoverings are from the new *Book of English Country Decoration* from Raintree Designs.



A CONVIVIAL KITCHEN where the décor spice comes from Victoria Morland's patterns and colours from the new *Book of English Country Decoration*.

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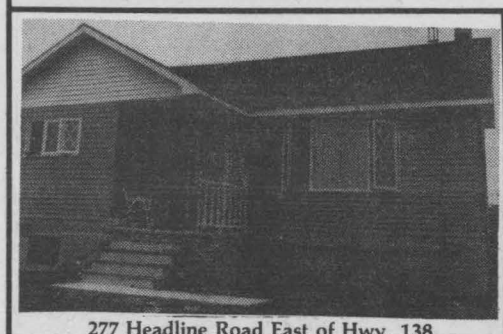

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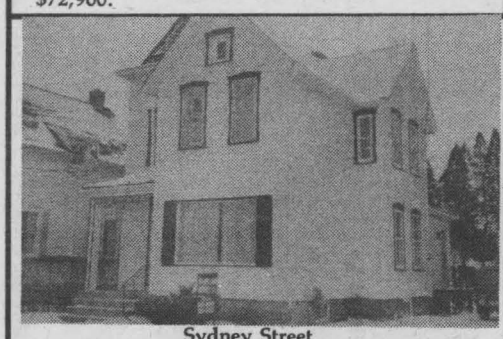
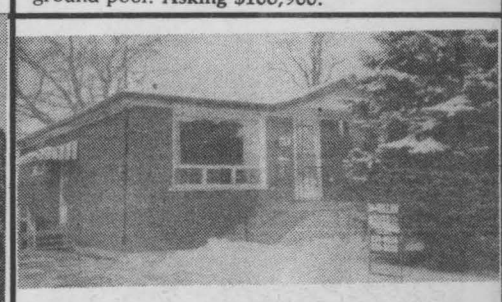
829 Haldimand Crescent
3+1 brick and aluminum bungalow with all hardwood floors. Large rec room and above ground pool. **Asking $106,900.**



Sydney Street
2 storey, 4 bedroom, 1 1/2 baths, 1860 sq.ft. of living space. **Asking $96,900.**



313 Anthony St.
Comfortable 3 bedroom brick bungalow with bright kitchen, hardwood floors. **Priced to sell at $86,800.**



455 Meadowvale
3+1 brick and aluminum split level, 1-4 pc. and 1-3 pc. bath and more for only $119,900.

6 Ouellette Street in Long Sault
3 bedroom large lot, dry bar in rec room, large workshop in basement, carport, etc. **Asking $95,500.**

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Amy Ward	347-2858	Myrna High	936-1137	Howard Broten	525-4597	Martin Nadeau	525-3737
Carol Fortier	933-2080	Lusia Jasiewicz	527-2044	Hugh McDonald	525-2844	Jo-Ann Trotier	525-2010

D.A. MacMillan, Broker

REAL ESTATE

Historically, real estate has been regarded as an attractive investment for the long run. The following reasons, among others, have been cited for its popularity: the probability of an increase in the value of the property and the yield.

The probability of an increase in value is certainly attractive to any investor. Over the long run the value of real estate has generally increased, at least at a pace which allowed the investor to maintain purchasing power against inflation. While the growth may have been attractive, it is not without accompanying efforts. If money is deposited in a savings account, no effort on your part is required. Conversely, a real estate investment may require a great deal of time and management. The increase in the value may be as much a function of the time and effort expended by the investor as it is of market forces.

The return on investment on real estate can be difficult to measure. Over a period of time, investors and brokers have developed an approximate rule of thumb which can be used to estimate the yield. The rule of thumb involves a formula which divides the net income from the property prior to interest and depreciation amounted to $20,000 and if the purchase price amounted to $200,000, the yield would approximate 10%.

Many people agree there are a number of disadvantages to real estate investments, including the following: poor liquidity and the costs of acquisition and disposition.

Real estate is not a liquid investment. It may take some time to dispose of the property for a reasonable price. As a result, real estate should be considered only by an investor who has ample liquid assets in other investments which will carry you through difficult times.

The costs of acquiring and disposing of real estate can be substantial.

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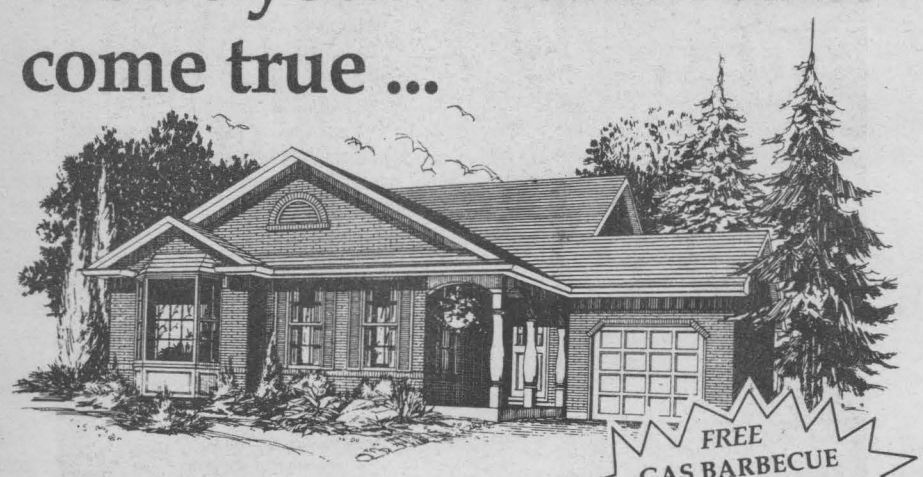

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Residential lot 72'x293' available. Septic and building approval available. C1161.



PERFECT STARTER
Well maintained 1-1/2 storey home featuring three bedrooms, just minutes from Cornwall and located on a large lot. **Priced at $54,500. C1146.**



A Great Place To Begin
This home offers an opportunity for the first time buyer. Partially finshed rec. room and spacious enclosed yard is located in Long Sault in a quiet and friendly neighbourhood. **Asking $62,500. (C-1115)**
All offers considered.

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North End
Nice three bedroom bungalow featuring spacious eat-in kitchen, above ground pool and deck. Situated in the north end close to amenities. **Asking $65,900. (C-1164)**

Lorraine Tomita, Sales Representative
Bus: 938-3860
Res: 932-8778

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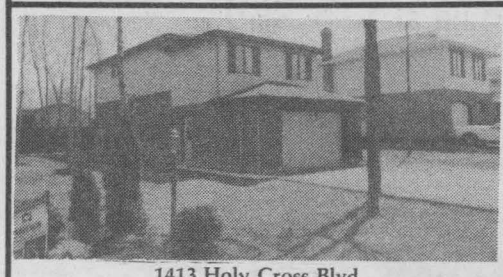

1413 Holy Cross Blvd.
3 bedrooms, 3 washrooms, living room, dining room, family room, eat-in kitchen, central air and central vacuum and much more. **$165,900. (C-975).**

Under Construction - Lynn St.
Be proud to lvie in a newly developed residential area in a quality built 3 bedroom 1155 sq.ft. split entrance bungalow built by Cornwall Community Construction Ltd. **Priced to sell quickly at $99,900.**



Just Listed
317 First St. E.
Convert your rent payment into a mortgage payment. This 2+1 bedroom maintenance free exterior is a great opportunity for a first home buyer. **Asking $48,500. (C-1157).**

Well Into Construction
2 Johnson Ave., Long Sault. This 2 storey, 2018 sq.ft., 4 bedroom home has so many extras, it is difficult to mention them all. This home is already well under construction and will be ready by spring. Make an offer now and take possession in spring. **Well priced at $145,000.**



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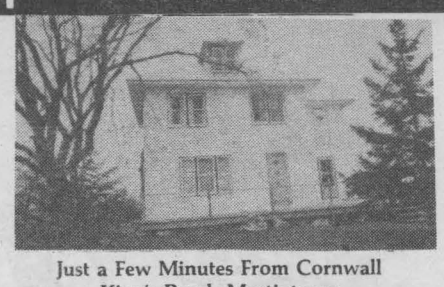
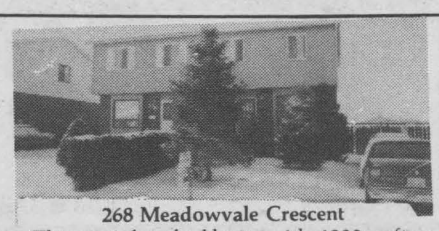


Just a Few Minutes From Cornwall
King's Road, Martintown
This 2 storey home has approximately 1600 sq.ft. with 4 bedrooms, 1 bathroom, hardwood floors and carpet, 1 detached garage, utility shed, all on a half acre lot. **Asking only $68,500. (C-1112) MLS.**



302 Meadowvale Crescent
This semi-detached 2 storey, 1100 sq.ft. home is in a mature residential area and has 3 bedrooms, 1-4 pc. bathroom, large bright eat-in kitchen, finished rec room, paved driveway, etc., etc. Owner is anxious to sell. **Just reduced to $78,500 (C-1135).**

RR 1 Summerstown
Lot 317'x116' on Paragon Road. **Asking $9,500.**



268 Meadowvale Crescent
This semi-detached home with 1200 sq.ft. has 3 bedrooms, 2 bathrooms, living room, family room, finished basement with bar, built-in fridge, and fireplace. Owner anxious to sell. **Asking $79,900 (C-1117).**

Hardeep Singh
Sales Representative
Bus: 938-3860
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1972 Concorde
Early possession, lovely 2 storey, 3 bedroom home with main floor family room, two washrooms, finished basement, attached garage, heat pump, and much more, owner says bring me an offer. **Asking $129,500. (C-990)**

309 Angela Crescent
This beautiful 4 bedroom, 1450 sq. ft. 5 level split is in perfect condition and waiting for your personal touch. Oak kitchen, oak railing, formal dining room, finished rec room, 3 bathrooms, garage, central air, survey. **Well worth viewing at $129,500. (C-1134)**

217 Bryden Ave.
New construction, 3 bedroom, 4 level split, 1725 sq. ft. with attached garage. Still time to choose carpets. **Priced at $129,000. (C-430) Open House Every Sun. 1-3 p.m.**

225 Dunbar
1200 sq. ft. 3 bedroom raised bungalow with attached garage. New construction. **Asking $105,000 (C-430)**

225 Bryden Ave. (Bellevue Homes)
Owner transferred and must part with this 3 plus 2 bedroom, 1100 sq. ft. home. 1-4 piece, 1-2 piece bath, large eat-in kitchen, patio doors lead to family sized deck. Landscaped, Hudac Warranty, 14 months old. **Asking $95,500 (C-1140)**

Juliette St. - Martintown
This gorgeous 3 plus 1, 1250 sq. ft. home is just waiting for your special touch. Warm solid oak kitchen and bathroom cupboards, formal dining room, finished rec room, garage, venmar, survey, Hudac Warranty. **Early closing. $92,900 (C-1065)**

101-103 Eleventh St. East
Double tenant in very good condition. 2 bedrooms each unit, live in one side and rent the other side. Asking $79,900 (C-1138)

117 Markell Crescent
This home is loaded. From a brick exterior, landscaped lot, fireplace, quality solid oak kitchen, skylights, whirlpool bath, venmar, B.L. survey, rec room, 4th bedroom, 2nd bath, garage, Hudac and lots more. Call for details - Adelard Tessier. Sales Rep.

142 Jobin Ave.
First time buyers looking for starter home, check this one out. 700 sq. ft. 2 bedroom home on large lot of 50'x200'. **Asking $39,000 (C-1114)**

27 Gulf
3 bedroom, 2 storey home, new furnace, hardwood floors throughout, fireplace, lot 60'x110', included: building location survey, 2 ceiling fans, washer and dryer. **Asking $63,900. (C-1089)**

For information on new homes or if you are thinking of buying or selling a home, give me a call. Adelard Tessier, Sales Representative 938-3860.

1981 MARQUIS FOR SALE. 301 Motor, 4-dr., new brake job. Very good condition. No rust. P/s, p/b, auto., safety check. $1,425. Call 527-2886.
3/27

living Styles

JAZZERCISE

By Judi Sheppard Missett



LIPOSUCTION

Q: I'd really like to lose some weight, but dieting and exercise take so long. What do you think of liposuction?

A: You're referring to a surgical procedure by which a doctor inserts a blunt tube beneath the skin, then sucks out fat cells. Doctors began performing liposuction in this country about five years ago, and since then, hundreds of thousands of people have had the operation.

Most of the people who undergo liposuction aren't obese. In fact, physicians often tell obese patients to return for the procedure after they've gotten their weight down to normal. Liposuction patients tend to be people who want to recontour their bodies. Women usually ask to have fat removed from their tummies, hips, and legs; men usually ask for slimmer waistlines. Many people are pleased with the results, for both the short and the long terms.

Doctors believe that each person has a set number of fat cells by the time he or she reaches adulthood. The cells expand with weight gain, and shrink with weight loss, but the number of fat cells remains constant. With liposuction, the cells are permanently removed, so theoretically, the adjustment is permanent.

But liposuction comes with quite a few negatives. First, it's not cheap: On the average, it can cost anywhere from $500 to $4,000. Moreover, there are serious risks: A few people have died after the surgery led to infection, and others have suffered considerable complications.

If you're eager to remove that "orange-peel" look from your flesh, liposuction's not for you. That look is caused by fat near the skin; liposuction vacuums out a much deeper layer of fat. And if doctors remove fat that's too close to the skin, or remove too much from one area, you can end up with a "washboard" effect.

You might also be displeased with the results if your expectations are unrealistic. A New York City plastic surgeon who does many knee liposuctions say women sometimes expect totally different countours to their legs. But what they might think is fat is actually bone and tendon, which won't change once the fat is gone. So the shape of a leg won't be much different when a job is done.

If you're convinced you want to explore the possibility of liposuction, make sure you're dealing with a reputable surgeon who has specific training in the technique. One place to start your inquiry is the Lipoplasty Society of North America, an organization of 700 plastic surgeons who have training in liposuction. It has a toll-free number: (800) 541-0900.

Or, you might want to reconsider the diet-and-exercise method of reshaping our body. That system has worked amazingly well for years, and it carries little risk.

* * *

PHOTO CAPTION

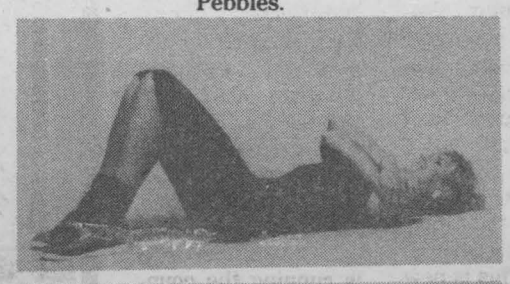
This muscle toning routine will help strengthen and firm up your abdominal muscles.

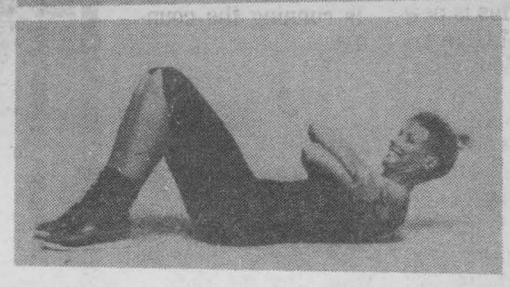
Photo 1: Lie flat on your back with your knees bent, feet together. Place your arms across your chest so that each hand is lightly holding the opposite shoulder.

Photo 2: Gently lift your head and shoulders off the floor, being careful not to strain your neck forward. You should feel a tightening within the abdominal muscles.

Repeat movements one and two a total of 50 times. Take "stretch breaks" as often as needed.

Suggested Music: "Girlfriend" by Pebbles.







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cont. from pg. 1

over $32 billion. He also says that Federal Government will cost $120 billion over the fiscal year and that has to absorb that 100 day paid vacation. Well now, I'm not a mathematician, but isn't 27% of $120 billion about $32.4 billion? So if we just think about it for a minute there is the solution to the debt.

So why didn't the Government do what any industry would do? Shut it down, and save the debt charges. What have the M.P.s done since Dec. 26th to earn their salaries, and the salaries of their office staff? What have the Senate done (what do they ever do?) to earn their salaries? Wouldn't you love to have a job that pays you for 100 days of holidays? Have you even thought what you have got for your share of that $32 BILLION since Christmas Day?

So you don't know how to figure it out. Come on people, we are smart enough to figure out Mr. Wilson's new, improved, yellow-highlined Income Tax Guide. Right?

You have all read through that mishmash of so-called Tax Reform. You only have to wade through 64 pages of the stuff. This is new and simple? Give me a break. How about those tax credits -how can you have a credit if it is non-refundable? Is this a bureaucratic way of saying if you are too poor to grab the credits then you are out of luck - again?

The Senior Citizens who carefully planned for their retirement years by going without luxuries, and carefully invested their hard-earned dollars, are no longer allowed the one thousand dollar interest deduction. Neither is anyone else, but it sure hits the Seniors the hardest. That deduction was often the difference between butter (or margarine) on their bread - now dry bread. Thank you Mr. Wilson. But I digress. Let's get back to what those 100 days are costing us.

100 days of Parliament (did nothing) $51,408,000.

100 of Senate (does nothing anyway) $9,114,660

100 days Privy Council Office (which no-one seems to know what they do) $45,843

Actually the last figures were for the above office $21,377,610.

You could go on and on - Royal Commissions, special committees, etc. At the very least the savings to the taxpayers (that's us) should have been over $73 million. The people at Revenue Canada, who have to answer thousands of 'phone calls from frustrated tax filers, and the people who issue the Pension and Family Allowance cheques deserve their pay and work very hard. But let's face it - why should we have to pay costly salaries to people who do nothing. How would you like to be elected to a job, then be given 5 to 6 months off - with pay - to get used to your new office? That's what the new M.P.s are enjoying. Oh yes the M.P.s are doing things for, and meeting with their constituents, but they can't make their voices heard in Parliament. If they are in opposition, they can't do anything about the issues that need to be debated. Mr. Mulroney is acting more like the Chairman of the Board than the leader of our country, which isn't what democracy is all about. The unheard voices of the M.P.s we elected must feel very frustrated. They have no way to express the views and concerns of the people who elected them. If the country can operate without the Government for 5 months or so, we have to wonder who is running the country.

If it is being run by Senior Civil Servants, then who needs the very expensive House of Commons and the overloaded and overpaid Senate. Is this the way to reduce Federal spending? I also wonder about the extra deficit that will be caused by having to pay all the liability claims for damage done to Canada and Canadians by U.S. missiles and U.S. planes and weapons on Canadian soil. Under the agreement signed with the U.S.A., we have to pay even if the damage is proven to be as a result of U.S.A. negligence. Strange isn't it? Do the Cruise Missiles and the weapons of the U.S.A. give us that much protection? Meanwhile I must get back to the Tax Guide and figure all those strange percentages - 17% of this and that, and carry over from line something to line something else, and all those non-refundable tax credits.

All the while I ponder the plight of His Honour Mr. Charles Gonthier, the Supreme Court Judge who says he can't live on $151,000 a year. Poor baby. It all makes me wonder if I am living in my beloved Canada or the Twilight Zone.

Sylvia Hall

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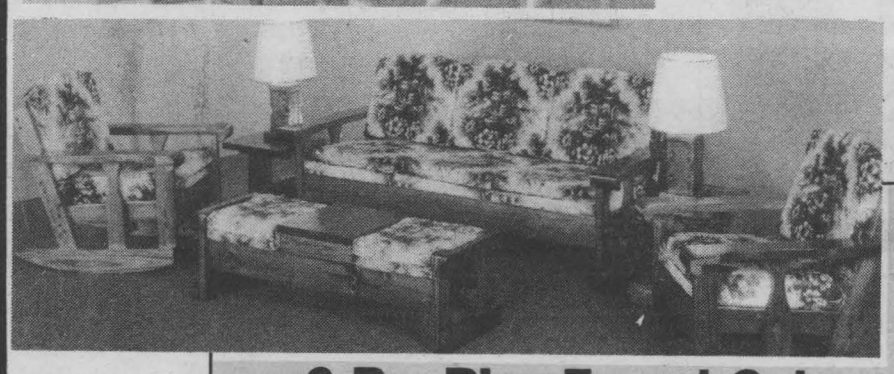

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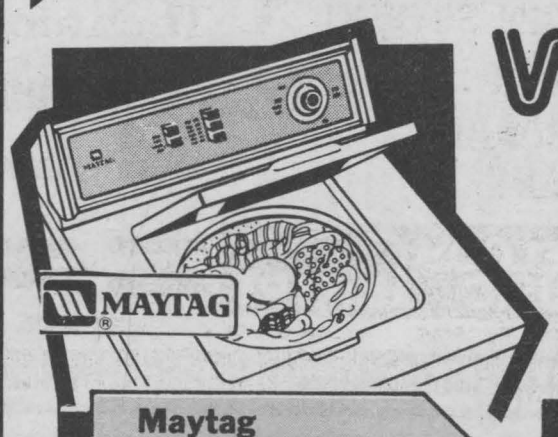

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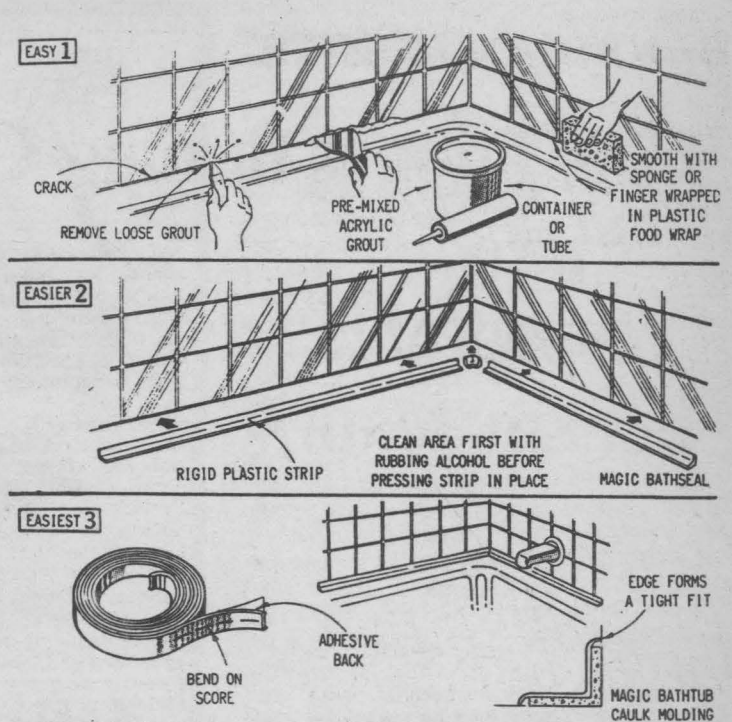

HOME WORKSHOP FILE

EASY WAYS TO REPAIR CRACKS AROUND THE BATHTUB

By Larry Eisinger

Bathtubs may last for generations but the joint between the tub and the wall usually shows signs of early aging in the form of a crack. The framing lumber shrinks, weight of the tub and water (especially the old cast iron tubs) may accelerate the crack or, if you have a cracking tile wall (and most homes do), the grout can shrink and open up a crack.

Another unsightly condition of the joint where the tub meets the wall is the growth of mildew that can leave a dirty, hard-to-clean crevice. Manufacturers have long been concentrating on how the homeowner can best cope with this problem and, thanks to new chemical formulations and manufacturing techniques, anyone can correct a tub crack problem with relative ease, depending upon the condition.

An easy way (Figure 1) is to dig out the loose tile with a beer can opener or ice pick and fill the crack with acrylic tile grout from either a container or a tube. Tube application is preferable because you can force the grout deep into the crack and smooth over the surface with a sponge or your finger tip wrapped in plastic food wrap. The grout cleans up easily and the job is not as messy as using silicone or regular water or latex mixed tile grout.

A still easier way to solve this problem (Figure 2) is to install special rigid plastic molding strips that come in kit form — three preformed straight pieces and two inside corners. The rear of the strip is adhesive backed so all you need to do is cut the strip to size, remove the adhesive protective paper and press it in place. White is still the most popular color but this strip is also available in other popular shades. No need to remove the old grout, either. Cost is less than $14.

The easiest way (Figure 3) is to press the preshaped plastic flexible molding directly over the crack. Cut three lengths to size with a utility knife or scissors, clean the surface, bend at right angle at the score, remove about the adhesive protective paper and press in place. It comes in a roll and each angular leg is about 3/8th of an inch wide so you need not remove the old grout. Cost is less than $4. Incidentally, the acrylic grout and the plastic strips are permanently mildew free.

As a reader service, Larry Eisinger has published two HARDCOVER books (No. 101) CARPENTRY AND WOODWORKING and (No.102) PLUMBING AND HEATING. With hundreds of photos and drawings, they will help you with everyday techniques. If you are not completely satisfied, your money will be refunded. The cost of either book is $3.95, plus 70 cents shipping. Send a cheque or money order for $4.75, payable to Eisinger Communications, Inc., to HOME WORKSHOP, care of your newspaper, Box 158, Staten Island, N.Y. 10314. Also available at a cost of $3.00 is an 8-page illustrated brochure on HOME TELEPHONE INSTALLATION TIPS.

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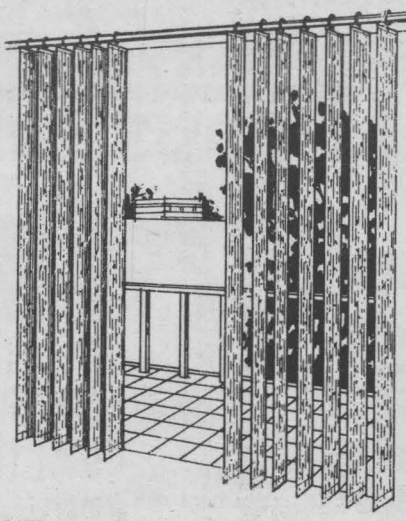

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CANADIAN SPORTS

Pat Quinn is turning Canucks into respectable hockey team

By Milt Dunnell

Pat Quinn has been so quiet recently that his many friends and admirers this side of the Rockies probably suspect he has caught up to that law degree which he had been pursuing since away back when he played for the Leafs in the Punch Imlach era.

They may be surprised to learn he is not counsel for the plaintiffs in mega-million divorce actions nor counsel for the defence of multi-national corporations accused of polluting the atmosphere.

His project is much more demanding and complex. He is turning the Vancouver Canucks into a hockey club. They once came to mind, out there on the Pacific Rim, when people spoke of pollution.

There was even a saying that anybody who couldn't play for the Toronto Maple Leafs probably could make it with the Vancouver Canucks, and vice versa. Which might have accounted for a certain amount of slave traffic between the two markets.

It may have been noted there has been less criss-crossing of the continent since Quinn settled in. This might even indicate he is more selective than were some of his predecessors.

He flattened Bobby Orr

That he has been quiet about it is not typical. As a Leaf, he became the greatest villain since George III in Boston popularity polls for knocking out Robert Gordon Orr during a hopeless invasion of the Boston Garden. As a coach of the Philadelphia Flyers he was fined $1,000 and suspended for three games on a charge that he incited a brawl which disrupted television for three-quarters of an hour. Think of the commercials that were wasted.

Then, of course, there was that terrible flap when he accepted $100,000 of Vancouver money as a signing bonus to become general manager of the Canucks before his coaching contract had expired at Los Angeles.

NHL president John Ziegler was so upset he fined the Canucks a total of $310,000. The Los Angeles club filled a claim of a million bucks for loss of Pat's coaching for half a season. No greater compliment ever was paid to the coaching profession.

The Supreme Court of B.C. overturned just about all of the Ziegler judgments, except the one that barred Quinn from coaching until the season of 1990-91. Since Pat already had decided his coaching career was behind him, this punishment he was able to bear.

He already had a man in mind for the Canucks' head coaching job — Bob McCammon. They had much in common. Both had been fired by the Philadelphia Flyers after what most hockey observers considered meritorious service. It developed they were on the same wavelength in their diagnosis of what ailed the Canucks.

"In the NHL, it's essential to have people who can move the puck out of your own end," McCammon observed recently when the Canucks paid one of their infrequent visits. "In our division (Smythe) that's especially true. If you can't move the puck you're liable to stay back of your own blue line for days. So we started overhauling the defence."

Quinn was a trifle more specific: "We had big, slow guys back of the blue line who were unloading the puck to little guys for the battle along the boards. We think we are better defensively. Now, we're looking to improve our offence.

"I didn't set any time frame for making the team competitive — three years, four years, five years. When you do that, you create an impression in the minds of the players that time is not important. The idea is to get the job done as quickly as possible. Another thing we had to do was let the fans see we were trying to turn the team around. They obviously appreciate that. They're coming back."

What Quinn found in Vancouver is what a succession of coaches have found in Toronto. There were too many players who couldn't get the job done. Since Quinn took over at the start of last season, only eight Canucks have survived.

"There is no easy way," Quinn concludes. "You've got to bleed at first before you start to see results."

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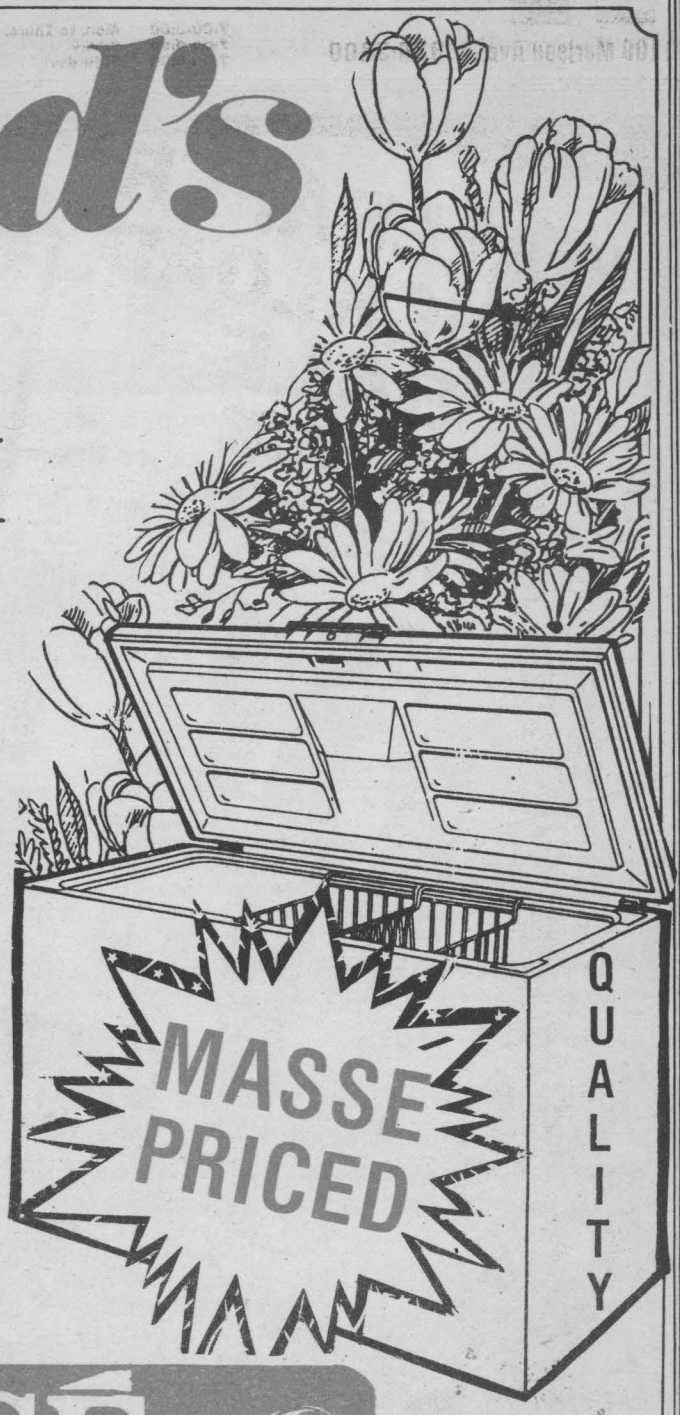

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SCRAM-LETS ANSWERS 8-12

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THAT DAILY PUZZLER SCRAM-LETS® WORD GAME

Edited by CLAY R. POLLAN



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

H	I	T	R	E	Z	1

L	I	P	E	M	
2					

G	O	N	I	J	
			3		

M	E	P	N	N	A	
	4		5			

8-12 © McNaught Synd., Inc.

My neighbor works at a day care center. One day I found her making a sign to be placed beside the sandbox. The sign read: "Mudpies — Organized -----."

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

2 PRINT NUMBERED LETTERS IN THESE SQUARES	1	2	3	4	5
3 UNSCRAMBLE ABOVE LETTERS TO GET ANSWER					

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SCUTTLEBUT



Holy shades of Green (peace)!...millions of dollars spent on pollution study of pulp & paper industry...who turns out to be greatest offenders/contributors (esp. La Belle Province Quebec) to air/water pollution...have done ziltch in "cleaning up their act"...and have received the most monies via gov't assistance. WHO do you HAVE TO KNOW?!?!?

According to the Canadian Bean Council, Canadians eat 7 to 8 pounds of canned beans a year...slightly more than North American average. One cup contains about 300-325 calories...one of the most nutritionally rich foods around...high-protein, cholesterol-free & low in fat & sodium content. "More beans, please"...

A critique on Canadian Cuisine (study by Simon Fraser U. geography professor)...from Quebec west...too much fat...too much salt...too much sugar...too much protein...not enough fibre!!

Belated "Happy Birthday" to Debbie Gordon ... making memories.

ON SALE TODAY By Carol Sherman



"Her driver's license says 'Eyes — blue; Hair Colo: — No. 213.'"

We've had several readers calling in, over some time, complaining about the lack of "listening music" in this area...considering the size of our population. Both stations basically catering to same format...rock & hock(ey)!! Montreal's CFQR/FM getting a lot of play!

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Girls at SSN can't wait for the 1st of every month, "The turning of Tara's Calendar, we can't wait for December"

Unique...interesting..and oooh soooo greeeen!! The new plant shop "Les Vraies Plantes - Real Plants" at Hodgins City Centre.

How was the swim Louis!!

Marc (Investor's Syndicate) Lefebvre...off to Singapore...the rewards of ranking 35th, in all of Canada, in sales. Congratulations you lucky guy!!

Uncle Don & Bob off to Mexico, this fall. Hope you have a good time! Because Nancy & M.J. are sure going to have a good time in Vancouver.



A Gift For A Gifted Secretary at BARBARA'S FLOWER BOUTIQUE
213 Cumberland St. 933-5902

Calling all dieters...maybe it's time to reconsider the "image" of those "low-caloried" salads. Canadian Meat Council's findings...a "hearty" sandwich with mayonnaise actually has less calories than a Caesar or any other well-dressed salad!! Make mine ham/or Montreal smoked meat on rye...& pass the mayo!!

Shades of Haight-Ashbury ... dig deep, ladies ... elephant pants are back along with the fashions of the 70's ... yuk!

My appreciation for the lovely "Florida home-coming" greeting...Toby!

If we don't start making sacrifices soon we'll end up "living in a hellish green house--" so says U.S. Environmental Protection Agency.

The staff at Seaway thanks Marion Weatherhead for the cookies.

All "shiny & new" & "looking spiffy" too...Mr. Sub...re-opened & ready to serve!

Came across a very interesting recipe "Flageolets" in zucchini boats...now, I won't have a problem with the zucchini BUT WHAT ARE FLAGEOLETS???

CORNWALL POLICE CLUB
FRIENDS OF THE FORCE SUPPORT GROUP
MEMBERS & GUESTS

Signs of spring in the air??...a deficit-reduction lottery...one of the latest "ideas" to reduce the elusive deficit...at least, it's imaginative!

Springtime is fix-up-time...so says Danielle! So much for Spring!!

Just one more little disappointment in our lives. We understand from several calls coming in, that the sugar bush at Upper Canada will not be open next year, due to Government "cut backs", the Government says they can't afford to keep it open. Oh, well, what else is new. This year the sugar bush was open only two weeks. Normally, it's open 4-weeks during the maple sugar run.

It's bad enough that the Public Works Dept wakes people up at 1:30 a.m. to clean the snow from the sides of the road, but to come back 3 hours later to finish the job?? Next time let me know and I'll get my shovel and do it quieter (and probably faster).

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Author! Author! "The Frozen Stage" (History of the Cornwall Royals) by Bill Gallant first published in 1981...makes for good reading & terrific gift-giving.

Bev Dobbyn recuperating from surgery in Ottawa. Get well soon Beverly.

Since the advent of the wheel...the only thing that seems to progress (with great regularity) is the deficit!!!

Bank profits of $1.1 billion looking awfully good to Federal Gov't as an extra source of revenue.

Don't break your engagement, ladies...price of diamonds on the rise! And to the guys...zircons starting to "look real good"!



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DEADLINE: Please bring/or mail your event by THURSDAY to appear the following week.

*The Association of Remotivation Therapists of Canada will hold a Psychogeriatric course on May 26, 27 and 28 from 9 to 4 daily at Macdonell Memorial Hospital, 211 Water Street West, Cornwall. The instructor wil be Harriet Sharkey, Vice President of Professional Development Association of Remotivation Therapy of Ontario.

*Royal Canadian Legion, Branch 297. Tues/Mar. 28, Ladies Aux. Darts, basement at 7:30 p.m. & Men's Darts, hall at 7:30 p.m. Wed./Mar. 29, Ladies Aux. Cribbage, basement at 1:30 p.m. Thurs/Mar. 30, Cribbage, basement at 7:30 p.m.

*Annual rummage sale at St. Johns Church Hall, 28-2nd St., E. Friday April 7 at 2 p.m. Sat. April 8th at 9 a.m. - 11 a.m. Auspices of St. Johns W.M.S.

*The Pacemaker's tourtiere dinner Friday, March 31/89 at 6:30 p.m. R.C.L. Branch 544 Lancaster. Door prizes and entertainment. Price $5.00. Tickets available at Branch 544 and from Pacemaker members. Adults only.

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—Hillcrest, 5th E., Marlborough, Adolphus
—Alice, Guy, Park, Walton
—Cooper, Roy, Paul, Rita, Larin
—Notre Dame, Cumberland, Churchill, Anne, 12th W.



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*The Church of the Good Shepherd at 1989 Marlborough St. & First are having a rummage sale on Thursday April 13/89 from 10 a.m./2 p.m.

*The Brown House Circle will hold its monthly meeting at St. Raphael's Parish Centre on Wednesday April 5, at 12:30. Lunch will be served following the meeting, cards and darts will be played. Everyone is welcome.

*Save The Children Canada. There will be a meeting of the Cornwall Branch Wed. April 5 at 7:30 p.m., 526 Sydney St. old & new members, please attend. Call 932-6432 for more information.

*Healthy Choices Cooking School. Come and learn through the presentation of films, slides, lectures, food demonstrations, and tasting, how to prepare, no cholesterol dishes, vegetarian entrees, hearty, wholesome & balanced breakfasts, desserts and much more. Course begins Sunday, April 2, and continues April 9, 16 and 23 from 1:30 to 5:00 p.m. at Jean XXIII School, 610 McConnell School, Cornwall. Cooking classes includes: handouts with proven nutritional facts and cookbook. Please call for information and pre-registration Sharon Price 528-4646 or Jeannine Meilleur, 534-2551.

*Blessed Sacrament C.W.L. will sponsor a Euchre Party on Wednesday, March 29, 1989 at 1:30 p.m. in the parish hall, Tollgate Rd. Prizes, lunch, all are welcome.

*The Trinity ACW — Stormont IODE Dessert Bridge will be held at Trinity Hall, 105 Second St. West on Wednesday, April 26, 1989 at 1:30 p.m. Mrs. Linda Kyte 932-4862 and Mrs. Darlene Dilamarter 534-2660 are accepting reservations.

*March 31st, 7:00 p.m., Bob Turner Centre . . . Cornwall Cycle Club general meeting. All members are invited to attend as well as anyone interested in joining the club are welcome. Schedule of activities, for coming year, will be reviewed and questions answered.

*The Cornwall Arts Development Committee are having "Arts Gala '89". Celebrate Cornwall's contribution to the Arts by attending Arts Gala '89, an award dinner to be held, Wednesday, April 19th, 1989 at the Best Western Parkway Inn. Each year the Cornwall Arts Development Committee honours a volunteer from the city of Cornwall who contributed significantly to the Arts. We have an Arts and Culture community worth bragging about and volunteers have made this all possible. Don't miss the chance to honour them by attending Arts Gala '89 by purchasing tickets though: The Sancturary 933-1071; Mallette's Elegant Frame Centre 932-9614; The Cornwall Regional Art Gallery 938-7387; or Karen Douglass Cooper 932-4422. Dinner entertainment will be provided by a local entertainer, Lyall Manson, who performs a hilarious one man show.

*The Cornwall Wesleyan Church, 105, 3rd Street West is holding Junior Youth every Friday night for girls ages 9 to 14 with crafts, games, singing, drama, puppets and devotinal. For more information contact: Mrs. Lana Gautreau at 938-2422.

*The thirty first Oratorical contest sponsored by the Optimist Club of Cornwall, on behalf of Optimist International, will be held on the 11th of April, 1989. This annual event is open to all entrants fifteen or under as of Dec. 31st, 1988. 932-2245.

*The Navy Veterans annual ball tickets will soon be on sale. The dance will be April 29/89. Ladies please help us on the lunch & prizes for this dance. Our auxiliary colors will be dedicated April 16/89 at Knox St. Pauls Church. Eva Watson will accept all donations towards the ball. For more info. call 933-8066.

*La Cooperative des petits de Cornwall t'offre a chaque semaine: -Matinee rencontre -Salle de jeux equipee -Animation pour enfants -Ateliers - causerie -Echanges de services -Cafe/jus. Viens te joindre a nous et profite de notre sortie du mois a la sucrerie d'Upper Canada Village le 29 mars prochain.

*Rummage Sale...The U.C.W. of St. Andrews United Church Long Sault plans their annual spring rummage sale on Sat. April 1/89 from 9 a.m. - 2 p.m.

*A meeting of the Arthritis Society will be held on Tuesday, April 18, 1989 at 7:30 p.m. in the First Baptist Church, cor. of Third & York. Speaker is Doctor Redda. Everyone is welcome. Lunch is served.

*The Department of Parks and Recreation Arts and Culture Section is thinking "Spring" with a series of classes and workshops for both adults and children.

For more information or if you have any comments or suggestions please contact Karen Douglass Cooper, Arts and Culture Coordinator, Parks and Recreation at 932-4422.

*St. Lawrence High School Committee presents an evening of small group discussions "You and Your Teenager", Wednesday, April 5, 1989 7:00 p.m. S.L.H.S. cafetorium. Topics range from parties to allowances to behaviour to family responsibiities - all are welcome.

*Eastern Ontario Health Unit: Dial-A-Dietitian; Carmen Ubbink, at the Eastern Ontario Health Unit, will take your calls during office hours at 933-1375 or 1-800-267-7120. Carmen Ubbink,

*The ladies auxiliary to the Long Sault volunteer fire dept.: McCormick's Art Studio presents an art show & sale April 1st and 2nd 10 a.m. - 6 p.m. at the Long Sault fire hall. 2-draws for original oil paintings. 1-draw painting by Jean McCormick. 2-draw painting by Bonnie Poirier. Demonstrations both days. Refreshments available. Proceeds to L.A.L.S.V.F.D.

*The Sea-Way Machine Knitters will be holding a meeting every last Tuesday of every month at 7:30 p.m. at the Bestview Health Care Centre, 201-11th St., E. For more info. call 932-7771.

*The S.D. & G. Highland Dancing Association is having a spring ceiligh (dance) on April 1, 1989, at the Bonnie Glen on Hwy. 43 from 9:00 p.m.-1:00 a.m. There will be of course highland dancing, pipers and featuring for the dance will be the ever popular "McMartin Fiddle".

*The Cornwall Regional Art Gallery is pleased to announce "My First Canadian Experience" a multi media landscape exhibition by Ron Zohar. Also at the same time, we are pleased to have "Earth Skins" an exhibition of paper sculptures by Sylvia Wagner.

*The next meeting of the Support Group for widows and widowers will be held at the Royal Canadian Legion, Second St. - upstairs, at 7:30 p.m., March 28, 1989. All ages are welcome. There will be a guest speaker in attendance. For further information call 933-4324 or 932-6113.

*Toastmaster Meeting every other Tuesday at St. Joseph's Villa, 14 York St. Cornwall. 7 p.m. - 9:30 p.m. Guest welcome. Call 931-1598 for more info.

*The Ladies Auxiliary to Br. 297 R.C.L. will be having an executive meeting at 7 p.m. on April 5/89. Pot luck supper at 6:30 p.m. so bring a dish of your choice. Then at 7:30 p.m. monthly meeting and election of 1988/89 officers, so please attend and support the ladies. Also ladies plan to attend the April 12/89 convention in Long Sault.

*"Carribbean Night" sponsored by Mount Carmel House Treatment Centre, Inc. Summer attire. The night consists of Cocktails, Supper, Show & a dance. It is being held at the Holiday Inn, Brookdale Ave., on April 1, 1989 form 6 p.m. to 1 a.m. $50 per person. Entertaining artists are Karen Young & Marie Alice Marcel. Orchestra is "Skippy" from Montreal.
"Spoiree Antillaise" organisee par Mount Carmel House Treatment Centre, Inc. Tenue d'ete, Cocktails, Souper, Spectacle et danse. Holiday Inn, Brookdale Ave. Cornwall Avril 1, 1989 de 6 p.m. to 1 p.m. $50 chacun.

*Revenue Canada is offering group information sessions for free to help you fill out your tax returns. At the Cornwall Public Library, Friday March 31, 1989 from 7:00 p.m. to 9:00 p.m. Register at 932-4796.

*No Fooling! On Saturday April 1st from 1:30 p.m. to 4 p.m. a sale of crafts, food and attic treasures will be held at Morningside Place apartments in Avonmore. This is sponsored by the Tenants Association. Everyone is welcome.

*You are invited to bring your Family Heirlooms - antique jewellery, silver, watches or ? along to the Stormont, Dundas and Glengarry Historical Society's Member's Night to be held on Wednesday March 29, in the library at C.C.V.S. from 7:30. The general public are welcome to bring along their treasures to be identified by such local experts as Earl McIntyre, Andre Pommier and other specialists. Admission to the meeting is free.

*Seaway Senior Citzens Club will present "Showcase '89", a music hall spectacular at Aultsville Hall Theatre St. Lawrence College on April 6/89 at 7:30 p.m. Admission is $4.00. Proceeds toward provincial senior citizen games. For more info. Call 932-3936.

*Members "L'order Franciscain Seculier". Organizing a huge garage sale at St. Felix De Valois Hall. (Behind Zeller's Mall) 620 Glengarry Blvd. Thursday & Friday, March 30 & 31, from 9:30 a.m. - 4 p.m.

*Meeting of the University Women's Club...The Cornwall & District University Women's Club will be holding next monthly meeting on Tues. March 28/89 at 8 p.m. The location will be in Lewis hall, Knox St. Paul's United Church, 105-2nd St. E. Cornwall. Our guest will be Frank Wiele who will be presenting selections of the classical guitar. For more info. Call Anne Nyland 933-6195 or Brenda Colebrook at 537-2923.



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CANADIAN SPORTS

A decline of goonery in hockey?

By Frank Orr

Glen Sather has stated often that if fist fighting were banned from the National Hockey League, the move wouldn't inspire a single sleepless night for him.

Serge Savard figures that fighting is about as much use in the game as wingers who can't check or defencemen who would be great if the game were not played with a puck.

Because Sather is president, general manager and co-coach of Edmonton Oilers, the Stanley Cup champions in four of the past five years, and Savard is managing director of Montreal Canadiens, owners of the best record in the NHL this season, the natural assumption would be that they would have large clout in shaping the opinion of their peers.

But when the GMs of NHL teams hold a meeting this week in Florida, where the weather undoubtedly will inspire a great hockey state of mind, the fact that, at least a century after just about every facet of life banned fighting with bare fists, hockey players are allowed — in some cases, encouraged — to smash each other in the face with their hands, probably won't be mentioned.

What safety valve?

The GMs plan to discuss how life has been in major league hockey for a half season under legislation that inflicts heavy punishment on players who, by design or accident, strike opponents around the head and ears with hockey sticks.

Ding a foe on the noggin with your gad and, especially if he spills a little blood, you will receive a five-minute penalty, a game misconduct or a match sentence, if it's serious enough, and if the available videotape of the incident receives only a one-star review from the league's movie critic, Brian O'Neill, you can be deemed unfit to associate with your kind on ice surfaces for as many as a dozen games.

Of course, the retention of fighting as what some owners claim is an integral part of the grand old game and the new stick rules contradict what the NHL has preached since Rat Portage was challenging for the Stanley Cup.

The high-toned "safety valve" theory long has been an NHL mainstay. It claims that if players aren't allowed to strike each other in the bazoo with their little fists when they're angry or frustrated or having woes with their ladies, then the wee devils will clobber each other on the cranium with their little sticks.

Obviously, the safety valve has not been precisely that. If fighting were a cure-all for stickwork, then the new, tough roles to halt stick fouls would not be needed. Or if fighting were a much-used alternative to stick fouls, then there would not have been such a large outbreak of penalties and suspensions for sadistic artistry with the stick but, instead, a heavy schedule of fistic encounters.

The GMs will discuss the new high-sticking rules and send a recommendation to the owners, who will be heading for the warm weather themselves soon for a meeting. Likely the only change to be suggested will be that the officials exercise a little more discretion and place more high-stick fouls in the accidental category. However, that defeats the "deprogramming" part of the legislation, the effort to inspire a general lowering of the sticks.

An assortment of games viewed in recent weeks — a random, not a scientific, highly personal check — has revealed a large decline in the amount of junk. Granted, few of the "goon" teams were involved and clubs from the Soviet Union participated in some matches but few fights occurred

cont. on pg. 21

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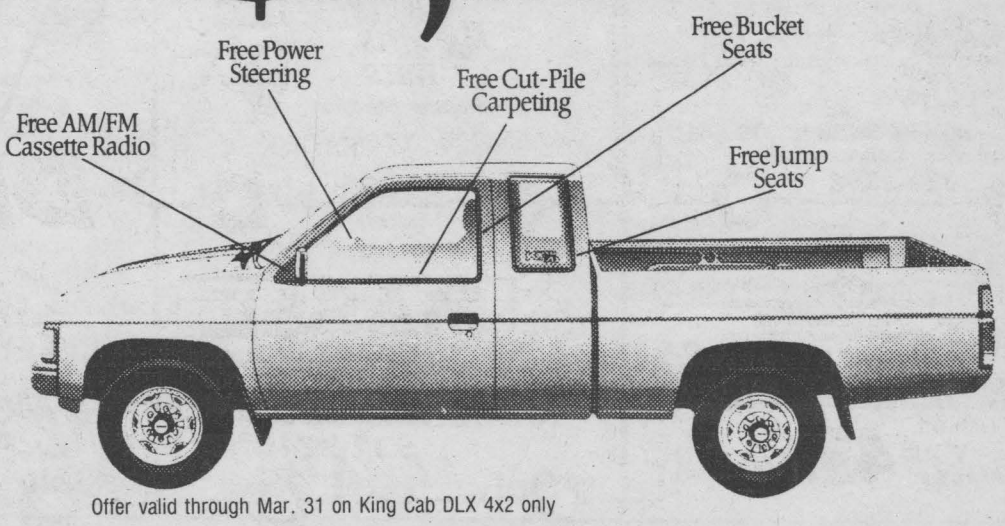

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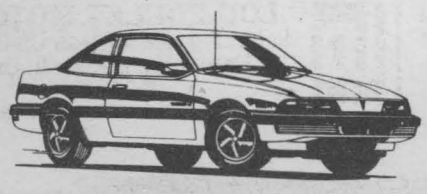

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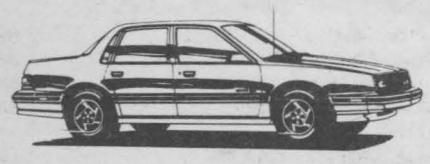

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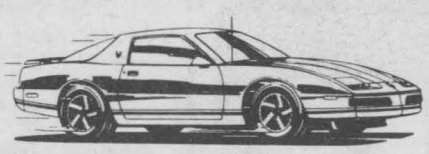

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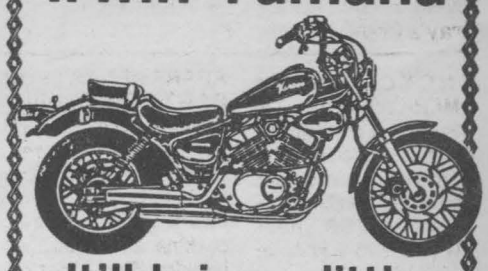

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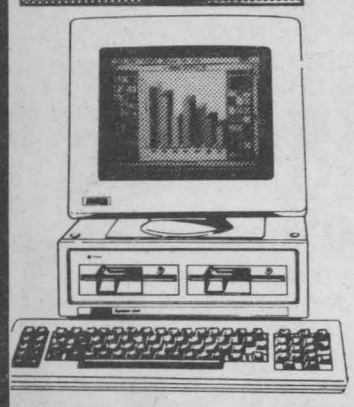

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Raisin Region Conservation Authority

CONSERVATION AUTHORITY APPROVES 1989 BUDGET

The Board of Directors of the Raisin Region Conservation Authority approved the 1989 Authority budget at their monthly meeting held March 9, 1989. The total budget for 1989 is $1,083,445.00 which represents an increase of only 0.97% from 1988. The ten member municipalities will contribute $428,355.00 or 1.58% more than 1988. The other two funding sources of the Authority are the Ministry of Natural Resources at $533,090.00 and other revenues such as the Gray's Creek Marina and equipment operation at a total of $122,000.

The Conservation Authority will again this year provide assistance to member municipalities in the areas of nuisance beaver control and aquatic weed harvesting. Work will continue on two on-going studies and construction will take place on 5 water and related capital projects.

General maintenance and development on the Authority's two principal conservation areas, Gray's Creek Conservation Area and Cooper Marsh Conservation Area, will also be undertaken in 1989.

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The Seminar is the first of a series of regular monthly "business seminars, sponsored by SECCES (Self Employment Counselling Course and Educational Service); and it will take place at 7:00 p.m. on Wednesday, March 22, 1989 at East Winds Small Business Centre, 150 Boundary Road, Cornwall, Ontario. Registration will be $5.00.

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BRANCH EVENTS APRIL 1989

Saturday	April 1	-Prov. Bowling - Hall - Dance	8:00 P.
Monday	April 3	-Lad. Aux. Exec. Meeting - Board Rm.	7:30 P.
		-Euchre - Hall	8:00 P.
Tuesday	April 4	-L.A. Darts - Basement	7:30 P.
		-Men's Darts - Hall	
Wednesday	April 5	-L.A. Cribbage - Basement	1:30 P.
		-Lad. Aux. Gen. Meeting - Hall	7:30 P.
Thursday	April 6	-Seniors Card Party - Hall	1:30 P.
		-Vimy Day	1:30 P.
		-Cribbage - Basement	7:30 P.
Friday	April 7	-Benefit Dance re Percy Paupst - Hall	8:30 P.
		-Bowlers Election & Party - Basement	8:00 P.
Saturday	April 8	-Darts - Singles & Doubles - Basement	1:30 P.
Sunday	April 9	-District Public Speaking - Hall	10:30 A.
Monday	April 10	-Euchre - Hall	8:00 P.
Tuesday	April 11	-Lad. Aux. Darts - Basement	7:30 P.
		Men's Darts - Hall	7:30 P.
Wednesday	April 12	-Lad. Aux. Cribbage - Basement	7:30 P.
		-Management - Executive Meeting	7:30 P.
Thursday	April 13	-Cribbage - Basement	7:30 P.
Friday	April 14	-Bowling Banquet - Hall	
Saturday	April 15	-Sports Day - Cards - Hall	2:00 P.
		-Darts - Basement	12:30 P.
Monday	April 17	-Euchre - Hall	8:00 P.
Tuesday	April 18	-Lad. Aux. Darts - Basement	7:30 P.
		-Men's Darts - Hall	7:30 P.
Wednesday	April 19	-Lad. Aux. Cribbage - Basement	1:30 P.
		General Meeting - Hall	7:30 P.
Thursday	April 20	-Cribbage - Basement	1:30 P.
Friday	April 21	-Rock & Roll Night	
Saturday	April 22	-District Convention - Kingston	
Monday	April 24	-Euchre - Hall	8:00 P.
Tuesday	April 25	-Lad. Aux. Darts - Basement	7:30 P.
		-Men's Darts - Hall	7:30 P.
Wednesday	April 26	-Cribbage - Basement	1:30 P.
Thursday	April 27	-Cribbage - Basement	7:30 P.
Saturday	April 29	-Single & Doubles - Darts - Basement	1:30 P.
		-Navy Veteran's Dance - Hall	8:30 P.

THOUGHT FOR THE MONTH

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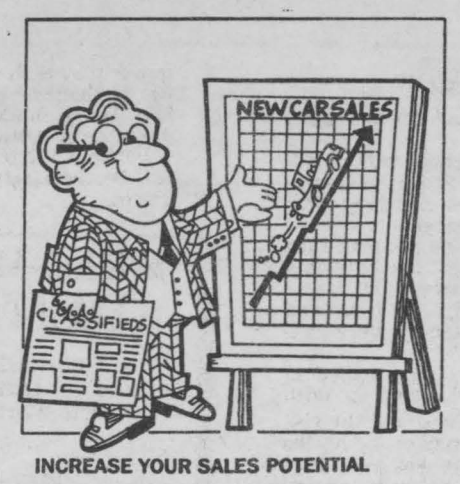

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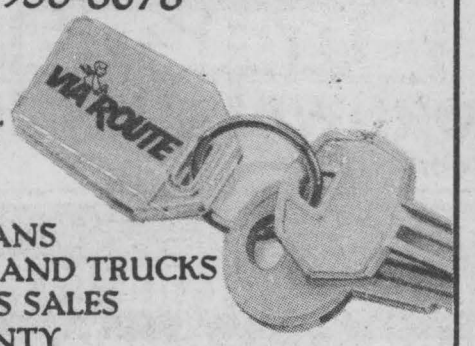

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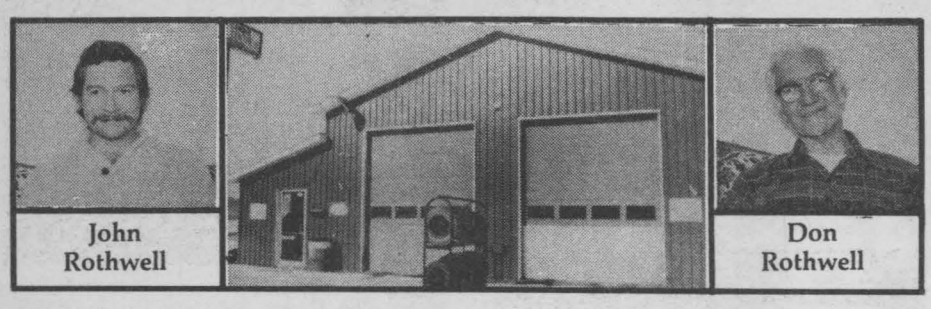

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SEAWAY SHOPPING LTD. NEWS

cont. from pg. 17

and sticks were used on the puck more than bodies.

Many hockey watchers undoubtedly would attach a dull tag to games lacking those features. But they were very good, even excellent, hockey games. For instance, no fan asked for his money back after the Saturday night match here between the Maple Leafs and Montreal Canadiens and only four minor sentences were called.

That few penalties were called in any of the games had zilch to do with the new high stick rules and the risk of suspensions. The risk of facing the opposition power play was a big part of the inspiration for not being chased for a cheap foul, especially a retaliation act or an attempt at intimidation by applying the cane or elbow sneakily.

Players and coaches from five different teams talked of a deliberate effort to keep penalties of the unnecessary variety at a bare minimum. The Canadiens are one of the leaders in that approach. They are among the most physical teams in the NHL but near the bottom of the penalty list.

"I'm not sure of statistics but I feel that more teams have good power plays now and the percentage of success with a manpower advantage is higher than it has ever been," said Canadiens veteran Larry Robinson.

"That means you have to watch carefully the penalties you take because the price can be high. The high-sticking major can be disastrous for a team. You can give up two or three goals with no trouble in the five minutes.

Bruins unchanged

"That's the reason why there hasn't been much garbage in the games we've played lately, except when we play the Boston Bruins. They haven't changed at all in trying to get some of our guys to retaliate and they still try to get things going during play stoppages. But I guess that's never going to change."

"If you're trying to settle your own little personal beefs and take penalties, it shows you're not really all there for the team," said Canadiens centre Bobby Smith. "You have to skate away."

"We can outwork most teams five on five, but we don't have a very productive power play," said Kirk Muller, captain of New Jersey Devils. "So if we give the team with a better power play than ours more chances to use it than we get, we're asking to lose. We've made a big effort to cut down our penalties."

Perhaps the power play, in reality, will be the safety valve the NHL requires.

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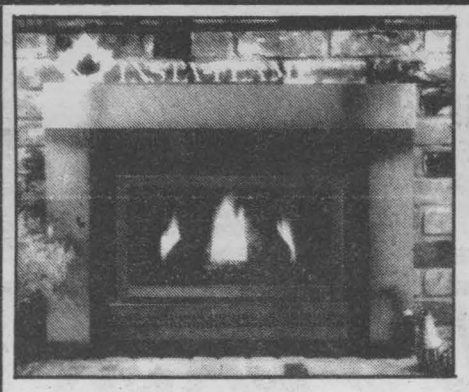

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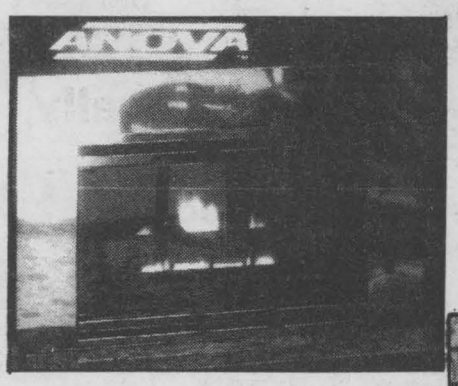

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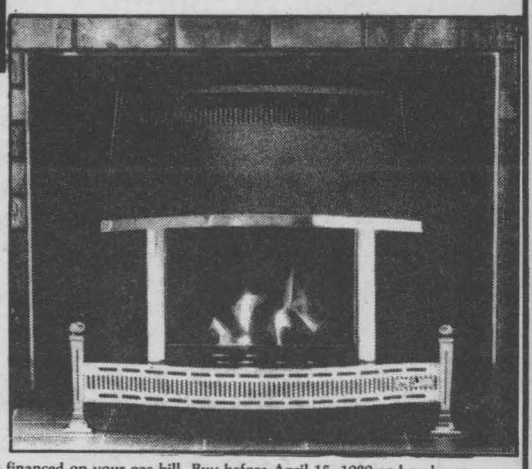

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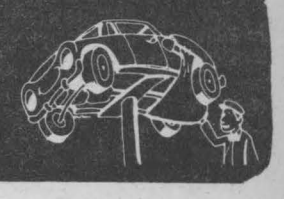
'89 Chevy automatic proves too noisy

ON CARS



By Bill Gardiner

□ In November, 1988, I bought a 1989 Chev Caprice sedan, 305 engine, with automatic overdrive transmission — current mileage about 1000 km.

After picking up the car, I immediately noticed a noise from the transmission that I can only describe as a high pitched hum, whine or whistle. It only happens in first gear. When it shifts into the higher gears the noise is gone. The shifting is smooth. When downshifting all gears are quiet until we hit first gear and the noise or hum starts again. There is no grinding or jerking.

Can you tell from the above if I have a transmission problem that will worsen and let me down on the road? The drive line is guaranteed for three years.

Patrick J. Shearing,
Fort Erie, Ont.

I believe the noise you are experiencing in your new car is originating from the planetary gear set in the transmission.

The problem is unlikely to worsen and shouldn't let you down but by the same token it won't go away either.

I can think of two cars I service regularly that have had particular ly noisy planetaries for six years that never got any worse or better than when I first noticed the noise.

Replacement of the planetary gear set is quite expensive, requiring removal and disassembly of the transmission and some rather pricy parts.

If you find the noise offensive then ask your dealer to rectify the situation under warranty while GM is still liable to pick up the tab.

Lamp's circuit breaker may be at fault

□ I own a well-maintained 1987 four-door Ford Fairmont. On this, or any other car, I have never experienced a total failure of a car's headlights while driving at night, until last summer. Because it didn't happen again I forgot about it, until just recently, when it happened again.

After driving for an hour or more with the highbeams on, they suddenly went dark, flickered on and off for a few more seconds, and then remained off. During the flickering period, I also lost instrument panel illumination.

After a short wait at the side of the road with parking lights on but headlights off, I was able to regain use of all the lights without flicker. However, the situation repeated itself if I attempted to use the high beams. By using only the low beams, I was able to complete my trip without incident.

There are certain facts and coincidences that I think you should like to know: The rest of the car's electrical system continued to function normally; I replaced the standard lamps with halogen lamps when the originals burned out a couple of years ago. I believe the replacement sealed beam halogen lamps generate more heat than the standard ones.

My guess is that there is probably some electrical component in the wiring circuit that is heat sensitive but I have no idea what it might be. All the fuses seem to be still okay and fit tightly in their holders.

I am reluctant to have a specialist run up a large bill trying to find some "gremlin" that only makes its appearance a couple of times a year. Could you offer some leads as to probable causes for such a phenomenon?

A Gordon Peck

Trenton, Ont.

The last Fairmonts built were the 1983 models so we are assuming you meant 1978 and not 1987.

You guessed correctly about a component in the electrical circuit being heat or load sensitive causing your problem. The fuses and fuse

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holders you noted as okay are not the problem in this instance.

The headlamp circuit of all domestic vehicles is protected by a circuit breaker and your car has a weak or defective circuit breaker, a very rare problem I might add. The circuit breaker is part and parcel of the headlamp switch and replacing the headlamp switch with Ford part number SW1369 will most certainly cure the problem.

Halogen headlamps, although much greater in candle power than conventional tungsten lamps, will not cause a problem for a headlamp circuit breaker that's in good shape. The headlamps themselves are the only items on that breaker, the parking, stop, tail and turn signal lamps all being on fuses located in the main fuse panel.

With a properly functioning headlamp switch/breaker, even a dead short at one of the lamps wouldn't completely cut out your headlamps, instead causing the breaker to alternately trip and reset rapidly, a situation that would produce flashing headlights but not a total loss of illumination.

Many import cars still use fuses to protect individual headlamps, a setup that could leave you dead in the water should a short develop in the lighting circuit. I have always wondered why domestic manufacturers didn't extol the virtues of their circuit breaker equipped lamp circuits, an important safety area where they are lightyears (pardon the pun) ahead of many imports.





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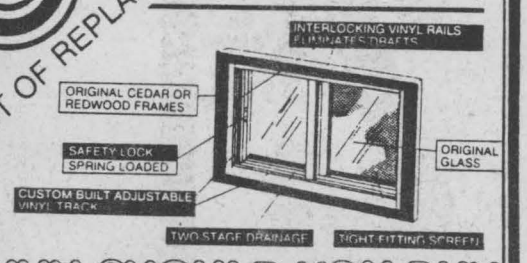

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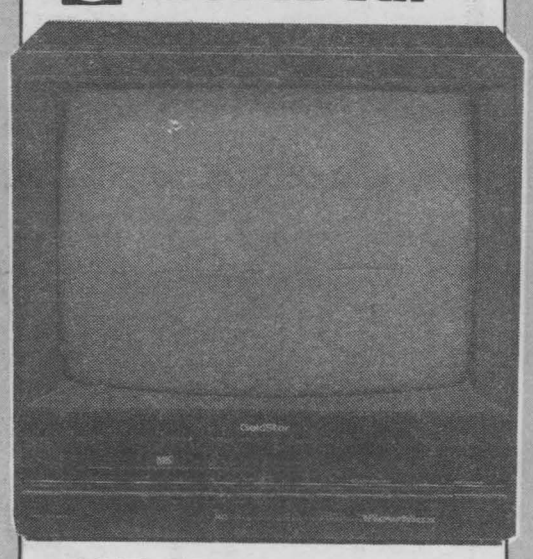

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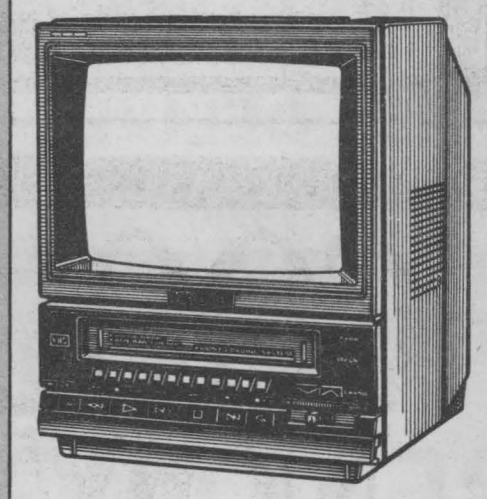

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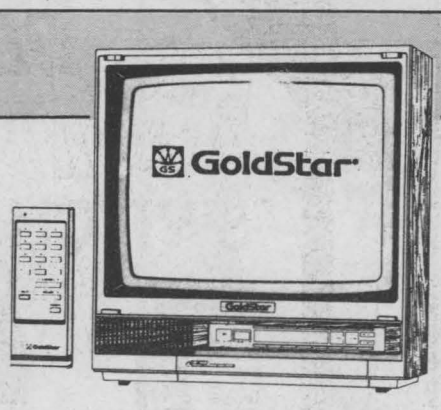

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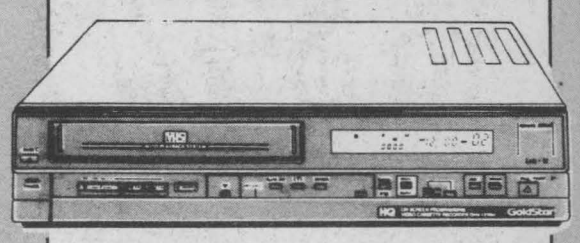

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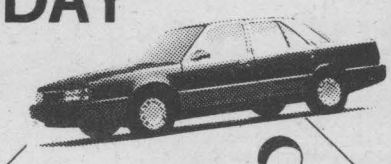

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