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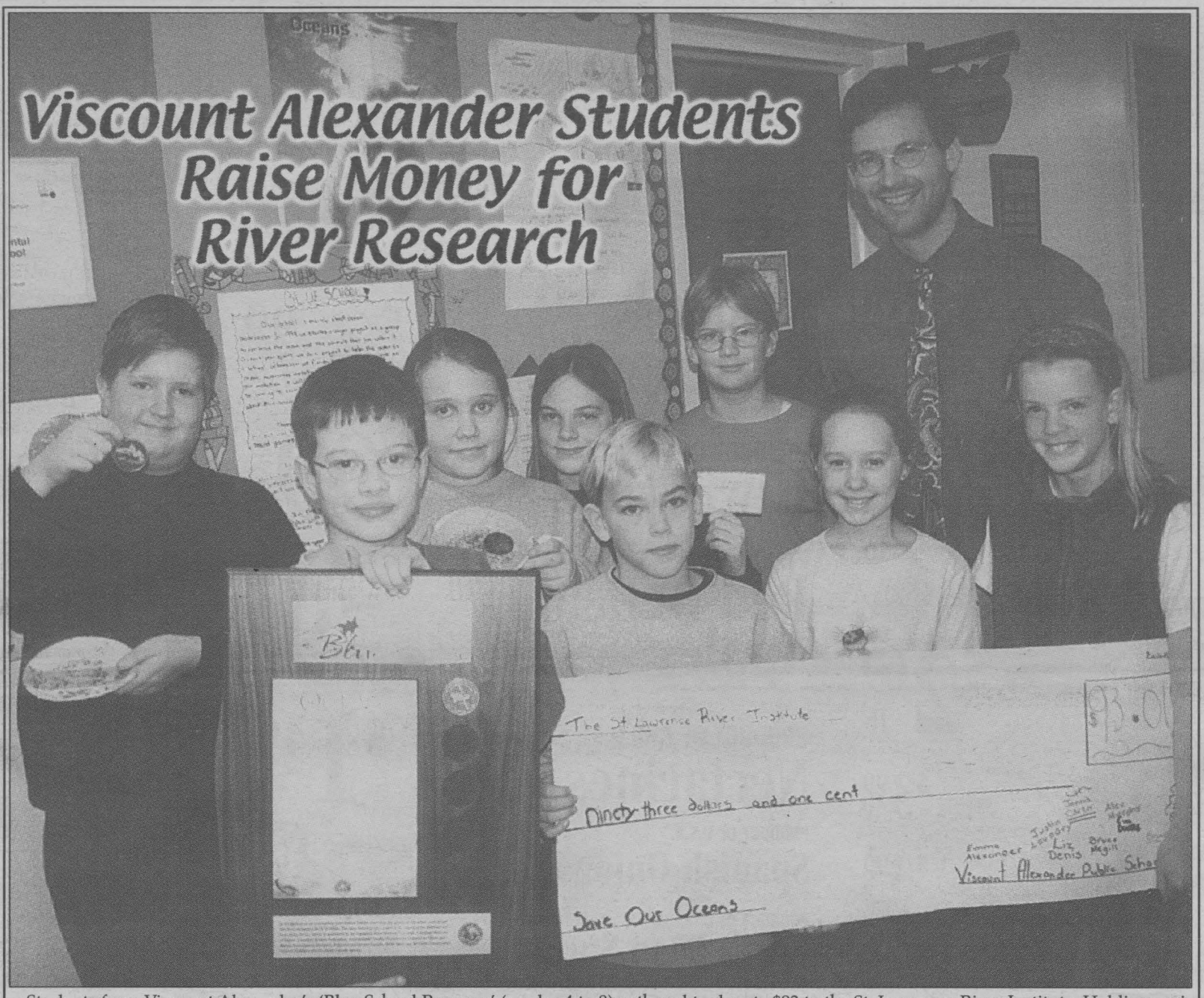
SEAWAY NEWS

January 5, 2001 VOLUME 15, ISSUE 1 SERVING CORNWALL AND AREA

Viscount Alexander Students Raise Money for River Research



Students from Viscount Alexander's 'Blue School Program' (grades 4 to 8) gathered to donate $93 to the St. Lawrence River Institute. Holding various medals and awards are (front row, from the left): Jordan O'Reilly, Alex Murphy, Catherine Hart and Brandi Atwell. In the back row (from left) are: Bruce Megill, Eva Dugas, Jenna Carter, Emma Alexander and Jeff Ridal from the River Institute. *See story on page 2.*

Photo by Chris McPhee

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Viscount Alexander Students Raise Money For River Research

Students at Viscount Alexander Elementary School had the St. Lawrence River on their Christmas list this year, as they provided a gift of $93 to the St. Lawrence River Institute of Environmental Sciences. The money was raised as part of the school's Blue School project, a national program for raising awareness and protecting our waters, and will be used by the River Institute in a research project on the river. The donation was presented recently by the Blue School team to Dr. Jeff Ridal, Manager and Research Scientist with the River Institute.

"Our students put a great deal of effort and enthusiasm into raising money for this year's projects, and we are proud to be entering our fourth year of the program," stated Mrs. Tina Kilbride, Blue School Coordinator. "The students enjoy the fact that they can make a difference in protecting our environment." The Blue School program is sponsored by several federal agencies including the Canadian Wildlife Service.

Part of the learning for these students involves being part of the 'Green Team.' This brings students from kindergarten to Grade 8 together to help our environment. Recently, Viscount Alexander reached Jade Status. Pictured at right are Preeti Phambri and Tina Kilbrode (teacher and coordinator) proudly showing off the emblem.

Photo & story by Chris McPhee



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VON Canada Celebrates 103 Years

The Victorian Order of Nurses (VON) for Canada has been providing high quality care to over 1,300 communities across Canada for 103 years! No other organization in Canada knows community health care better than VON!

Faced with external challenges such as the huge wage disparity between community and hospital nursing (in Ontario), managed competition and health care restructuring, the VON Canada Board of Directors, in coordination with branches across the country, are developing strategies for change which will ensure VON continues as a strong, vibrant and successful health organization well into the future. These strategies are designed to reduce overhead costs, improve our use of technology and create a more efficient organization so that we can successfully compete in the home and community care sector while continuing to provide high quality care.

VON believes that with our willingness to change to respond to the challenges that face us and with the support of Canadians we will continue the tradition of providing high quality care and services to people in need. We want to reassure all those Canadians who have supported us in the past and continue to support us, that VON is going to be around and meeting people's needs for a very long time.

"Recent reports of our demise are very premature," states Ambrose Hearn.

LOCAL

—GUEST EDITORIAL—

Economic Advantages Of The New Aquatic Centre



Aquatic Centre

Rachel **Parker**

I'd like to take this opportunity, on behalf of the Aquatic Centre fundraising team, to wish all of the readers a very Happy and Healthy New Year.

In my first editorial in December, I asked the question "Why An Aquatic Centre?" and I mentioned that there would be financial benefits and economic spin-offs from the construction of this new Centre.

The construction of the Aquatic Centre will provide a much needed boost to three areas of the local and area population: industry, retailers and the general public.

Effect on industry will be two-fold: industries will be drawn by the incentive of this new Aquatic facility and decide to choose Cornwall as their relocation site; established industry and businesses will have an opportunity to bid on tenders for the construction and supplies for the facility, as only local industries and businesses will be considered; population expansion will see an upsurge in construction for both houses and businesses, therefore increasing sales for many local industries and retailers.

Retailers have a perfect opportunity to use this new facility to their advantage: promoting their businesses in advertising space in the new facility; attracting tourists who are in the City to attend competitions, meets and special events; boaters stopping over at the Marina 200 will extend their visit to use the facility, and likely to result in a visit to Le Village or the downtown core; as mentioned previously, retailers will benefit from construction increases.

The general public stands to gain the most from this new facility. A state of the art, user-friendly swimming and play facility, for young and old alike to enjoy, will grace the waterfront. This Centre, both inside and out, will be easily accessible to all. Jobs will be created during the construction and in the operation of this facility. Health-related benefits will be obvious to all who use the pool regularly.

With all of the above in mind, we should also remember that an increase in usage of the Civic Complex would result in the full potential of this building being known. Also, as the Complex was initially designed to accommodate other possibilities, it is time to take advantage of it.

A facility such as this one will raise the community's profile to qualify in hosting sub-Olympic games or trails, and provincial meets. The City's image and visibility will be promoted through the televising of sub-Olympic competitions, again assisting in boosting tourism.

I'm certain that I've missed quite a few areas that will benefit from the construction of this Centre and that many of you could add to the list of economic spin offs.

If this editorial has your thoughts reeling as to the many benefits to be gained either personally or locally from this new Aquatic Centre, then it has served its purpose.

Should you have any questions or comments, please don't hesitate to make them known and we will attempt to address them.

"Humanity Fund" Assists Agape Centre



Pictured (left to right) are: Clifford Campeau, Joy Morin, Agapé Centre Food Bank and Steve Judd, President, Local 9343, United Steelworkers of America, representing employees at Morbern.

The "Humanity Fund" has again come to the assistance of the Agapé Centre in Cornwall at this most needy time. "The Agapé Centre operates a food bank and is finding it much more difficult to provide for an ever increasing number of needy in this community," said the Steelworkers Local 9343 President, Steve Judd. "The Steelworkers 'Humanity Fund' is today providing a further donation of $2,500 to the Centre in our continuing effort to offset increasing hard times for ordinary people, and increasing numbers of disadvantaged, under the current Provincial Government policies. This is the fifth year in a row we have earmarked money from our 'Humanity Fund' for Agapé."

Judd added that "With this year's donation, and including a special donation in the aftermath of the ice storm, the 'Humanity Fund' has donated a total of almost $16,000 to the Agapé Centre in Cornwall." The "Humanity Fund" is a national effort with charitable organization status. Proceeds are used for both international and domestic relief in a ratio of 85 per cent international to 15 per cent domestic. Its Director has received the Lester B. Pearson Award for humanitarian endeavour. The "Humanity Fund" is sponsored by Steelworker Union members across Canada who voluntarily agree to having one cent per hour dedicated from their pay, as part of their collective agreement. Some employers agree to match funds donated by their employees under those agreements. The fund works with its partners to turn every dollar collected into approximately three dollars worth of international relief. Local domestic donations, such as the $2,500 being donated here today come directly and solely from the "Humanity Fund." The Steelworkers Union has almost 800 members in the Cornwall area. Employees at Morbern Inc. are the largest local contributors to the fund.

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SEAWAY NEWS 34,207 HOMES EVERY WEEK

Death In The Kitchen
Nobody Could Understand Why Addie Gilman Would Kill Herself



Crime Flashback

Max HAINES

Seventy-three-year-old Addie Gilman had obviously committed suicide. On the morning of April 22nd, 1941, an immediate neighbour, George House, called on Addie and found her body on the kitchen floor in her apartment.

House, a retired police officer, immediately called authorities. The scene that greeted them was typical of suicide. Addie was lying on her back in front of her kitchen stove. Just behind her body was a kitchen chair. Her eyeglasses lay unbroken on the floor to the right of her head. The blue dress she was wearing was undisturbed.

The scene was a familiar one to New York police. Addie had sat on the chair inhaling gas fumes. As she lost consciousness, she had slumped forward, falling off the chair and on to her back, at the same time dislodging her glasses.

George House explained that his home was attached to Addie's. She owned her own residence, a two-family dwelling consisting of the ground-floor apartment she lived in and an upstairs apartment, which was presently vacant.

House's wife had heard a thud emanating from Addie's apartment at about 8:30 pm the previous evening. This coincided with the medical officer's estimate of the time of death. No doubt Mrs. House had heard Addie falling off the chair.

Police noted that the pilot light on the stove had been extinguished and that rags had been stuffed into the kitchen window cracks. Everything else in the apartment was as neat as a pin. Investigators observed that Addie was a meticulous housekeeper. Her purse, containing a few dollars, was in plain view in the kitchen.

Neighbours spoke highly of Addie. She was friendly, pleasant and always well-groomed. She had worn one of her better dresses in which to take her life.

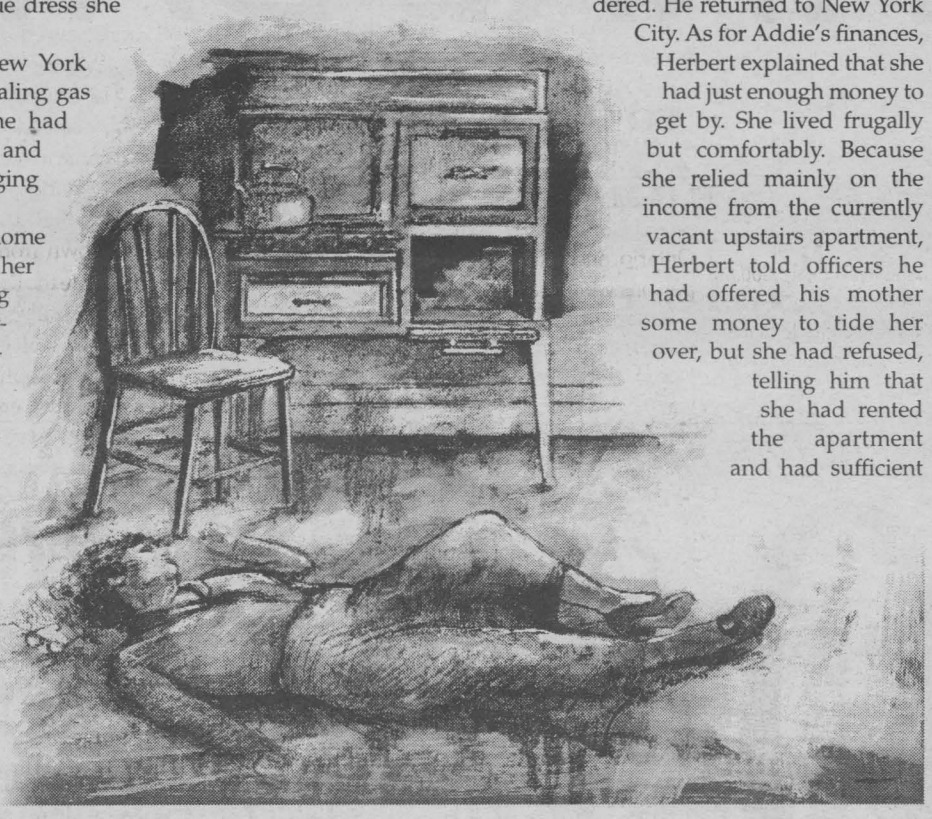
Addie kept a diary and had made a few entries only hours before her death. From the diary, police learned that she had a son, Herbert, and daughter-in-law, Edwina. Herbert, a university professor in upstate New York, and his wife had visited Addie over the Easter holiday. They had returned to their home on the morning of the day on which Addie died.

George House, a dear friend of Addie's, told police that after her son and daughter-in-law left, she appeared to be extremely despondent. Investigators assumed this to be the motive for the suicide. The entire episode of Addie's death came together in a neat parcel. A 73-year-old woman, depressed after a visit from her son, had killed herself. Officers notified Herbert Gilman of the tragedy, closed the apartment and left to write up their various reports.

The day after the untimely death an autopsy was performed on the body of Addie Gilman and all hell broke loose. She had not died from inhaling gas fumes, but had been strangled to death. Her hyoid bone was fractured, a sure sign of manual strangulation. Addie's blood contained the normal amount of carbon monoxide. Her killer had staged a suicide to get away with murder.

Homicide detectives took over. George was questioned again. He explained that Addie habitually swept the sidewalk in front of her house each morning. When he didn't see her, he decided to check. For the first time he was asked how he had gained entry to the apartment. He told detectives that Addie always kept a spare key under the mat on the porch. Other neighbours were aware of the spare key, as well.

Herbert was shocked to learn that his mother had been murdered. He returned to New York City. As for Addie's finances, Herbert explained that she had just enough money to get by. She lived frugally but comfortably. Because she relied mainly on the income from the currently vacant upstairs apartment, Herbert told officers he had offered his mother some money to tide her over, but she had refused, telling him that she had rented the apartment and had sufficient funds until the rent came due.



Police continued to study Addie's diaries, both old and current, desperately searching for some clue to the killer, who, with each passing day, seemed to have committed the perfect murder. One line, written only a few hours before her death, came under close scrutiny. She had written that she would straighten out matters after her son left.

When asked for an explanation of what needed to be straightened out, Herbert told police that the previous tenant of the upstairs apartment had been Jerry Croft and his pregnant wife.

Jerry had been raised in the house and had stayed on when his parents died. Addie treated him as a mother would a son.

When Jerry gave up his job and couldn't find another one, Addie loaned him money from time to time. Naturally, during this time, she wasn't collecting rent, which put a strain on her meagre savings. Finally, according to Herbert, his mother felt that Jerry wasn't making an honest effort to find work. She told him that he would have to move out.

Detectives felt they now had a motive for murder, but Herbert wasn't through. While he was visiting with his mother, Jerry's brother-in-law, Edward Thomas, had called on Addie. He overheard Edward ask Addie how much Jerry owed her.

His mother said she would have to add up the various loan amounts. They made an appointment to meet the following week. Edward was such a gentleman that he had urged Addie not to tell Jerry that he was arranging to pay off the debt. It would be embarrassing for Jerry to have his brother-in-law assume his debts.

Detectives questioned Jerry Croft, who convinced them that he hadn't known his brother-in-law was going to pay off his loans. In fact, he was incensed. Just when the investigation was heating up, an elderly neighbour reported that he had visited Addie on the evening of her death. He and Addie had been friends for over 40 years. She had told him she was expecting company. He decided to stay until the company arrived. When the doorbell rang, he left, brushing past a young man. He was certain Addie had greeted the man with the words, "Hello, Eddie."

Investigators now had a prime suspect. They contacted Edward Thomas and wanted to know why he was so anxious to pay off his brother-in-law's debts. Eddie admitted that he had been at Addie's apartment on the night of her death and it was he whom the elderly neighbour saw as he left.

Eddie said he went there as planned to find out the amount of Jerry's debts and had nothing whatever to do with her murder. He explained that his brother-in-law was a good fellow who had fallen on bad times. He was simply attempting to help out. It was a good story, but the investigating officers didn't believe him. They felt Eddie Thomas was their man.

The officers pulled an old trick. Under intense questioning, one of the detectives suddenly said, "Why did you do it?"

Eddie replied, "What?"

"Why did you choke her and choke her?" the detective asked.

"I didn't."

"Yes, you did, she wrote it in the diary," the detective lied.

"How could she? She was dead."

Eddie turned pale. His hand shook as he realized what he had said. The tense atmosphere lasted only a minute. Eddie broke down and confessed. He related that he had gone to the apartment to make arrangements to pay Jerry's debt. The total amount came to a little over $100. As he prepared to leave, he suggested that they round off the amount to exactly $100. Addie wouldn't hear of it.

She started reeling off every penny she had loaned Jerry and insisted the debt be paid in full. Eddie said he had lost control. He had started to choke Addie and couldn't stop. After she was dead, he went about faking her suicide.

On June 3rd, 1941, Eddie Thomas pleaded guilty to first degree manslaughter. He was sentenced to a term of 10 to 20 years in Sing Sing prison.

Eddie Thomas had come within an ace of committing the perfect murder.

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sn3

LOCAL

Babysitting Course For Teens!

A course in babysitting will be taught at the Cornwall Public Library on March 17th, 2001 for kids 10 years old and up (elementary school sector only).

Developed by The Red Cross Society, this practical babysitting course taught by instructor Julie B. Leduc will teach participants how to care for children, how to deal with emergency situations and how to develop a good relationship with kids. It will also help babysitters know their rights and responsibilities.

Kids must register in person at the Young Adult and Children's desk (on the second floor) with a parent or guardian and must bring in proof of age. Upon registration, participants will receive a study manual which they have to read before the course day. Registrations will be accepted only until March 1st, 2001. The study manual and course fee is $30. (non-refundable). We can only accommodate 25 kids, so register now. For more information, call 932-4796.

COMMUNITY DIGEST

***ADOPTEES-BIRTH MOTHERS, BIRTH FATHERS.** Do you need help or support in your search? Call Parent Finders at 933-9186-Carol or 932-3984-Donna or visit their website at http://www.reuniting-in-cornwall.com

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

***ATTENTION CROSS-COUNTRY SKIERS:** Friends of the Upper Canada Migratory Bird Sanctuary are holding a Moonlight Event on Saturday, January 6th, 7:30p.m. Guided cross-country skiers leave at 8:00p.m. sharp. Children must be accompanied by adult. Call 537-8230 after 6:00p.m. for more info.

***BEREAVED FAMILIES OF ONTARIO** Support and Share nights are held every second Thursday of every month. Anyone who is grieving the loss of a loved one is welcomed to attend. Info: 936-1455.

***BIRTHRIGHT.** Pregnant? Need help? Free pregnancy tests. Confidential. Counselling. Info: 938-2028.

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

***CANADIAN LIVER FOUNDATION** Cornwall Chapter holds support group meetings the 2nd Monday of every month (3rd Monday if 2nd Monday is a holiday). Meetings held at 216 Montreal Road, 7:30p.m. Info: 937-1781.

***"CHAMPS"** Canadian Weight Awareness-Champs Club Inc., is a non-profit weight loss support organization which meets weekly. Open to Men and Ladies who share a common concern of managing pounds sensibly. Info: Elaine 250-832-7671.

***COMMUNITY LIVING** are looking for used clothing and articles are needed for their Thrift Store opening soon at Leduc's Shopping Centre. To donate call Maurice at 938-9550.

CORNWALL GLBTQ is a support and discussion group for youth, aged 14 to 25yrs., who are, or think they might be gay, lesbian, bisexual, transgendered and their supporters. Meetings held every two weeks, on Thursday, 6:30p.m. at 533 Pitt St. Info: 1-877-874-4424.

***CORNWALL SENIOR CITIZENS CLUB** 119 Pitt St., activities for January 2001: Monday, "500" 1:00p.m.; Tuesday: "Crib" 1:30p.m.; Wednesday: "Euchre" 1:30p.m.; Thursday: "Bingo" 1:00p.m.; Friday: "Beginner Bridge" 1:00p.m.; Saturday: "Dance" 8:00p.m. Everyone welcome. Info: 932-0980.

*** FUNDRAISING BINGO** for Community Living is being held on Friday, January 12th, 10:00p.m. Nativity Hall, 301 McConnell. Everyone welcome. Info: 938-9550.

***LA LECHE LEAGUE** offers information and encouragement to women who want to breastfeed their babies. Next meeting is being held on Tuesday, January 9th, 7:30p.m. Eastern Ontario Health Unit. Topic: Nutrition & Weaning. Info: Peggy 984-0228. Children & infants welcome.

***MOOD DISORDER SUPPORT GROUP** "Over The Rainbow" hold meetings at 533 Pitt St., (The Starbright Centre) 7:00p.m. on the first Tuesday of each month. Info: 937-3703. Anyone who suffers from mood disorders, is welcomed to attend.

***"QUE VOUS SOYEZ RICHE OU PAUVRE",** heureux ou malheureux, on vous invite..Gens séparé(e)s ou divorcé(e)s, gens veuves ou veufs, à vous joindre au mouvement Joie de Vivre du Canada Inc. Secteur Francophone d'Alexandria-Cornwall pour y trouver l'amitié. Pour renseignements: Marcel (932-4615), Pauline et Yvon (938-7527).

***THE SCHIZOPHRENIA SOCIETY** of Ontario S.D. & G. Chapter will be holding their next meeting on Tuesday, January 9th at 7:00p.m.; Canadian Mental Health, 29 Second St. E. Topic: Canadian Mental Health Assoc., - Changes for 2001. Everyone welcome. Info: 933-5845.

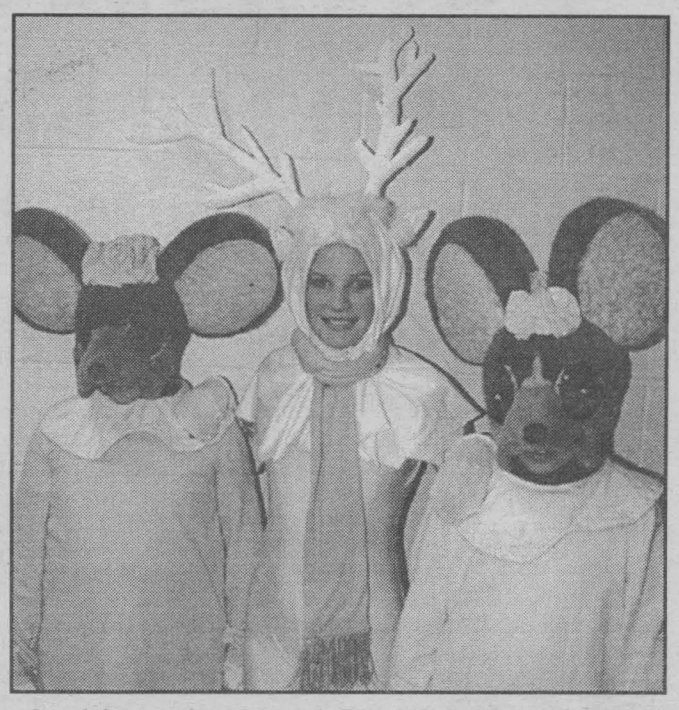
*** TOPS, ON4643** Long Sault, meets at Pentecostal Church, Bethune St. every Monday Night. Weigh: 6:30-7:00p.m. New members welcome. For info call Mary Ann at 933-2247.

***TRINITY BRIDGE CLUB** holds Bridge every Thursday at 1:00p.m., Trinity Church Hall. Everyone welcome.

***VON BREAST CANCER SUPPORT GROUP** can help ease the burden of dealing with Breast Cancer through a new Support Group. Meetings held every third Thursday of the month at the VON Office, 205 Amelia St., 7:00p.m. For more info call Sheila Airey, VON Office at 932-3451.

Three Local Dancers Perform In The Nutcracker

Three local dancers, Amy Lynn Desrosiers Oliver, Kayla March and Mireille Emond from Magoo's Dance Company were privileged to have had the opportunity to perform in Ballet Jörgen's rendition of "The Nutcracker" on December 20th at Aultsville theatre. The performance was a huge success and the audience was mesmerized by the wonderful costumes and stage props. The local talent from Magoo's were chosen because "during their years of dance with the company, they have proven themselves to be dedicated and hard working, willing to go that extra mile in class" states Patrick "Magoo" Cook, instructor and choreographer at the dance studio. Wife and director, Shana states, "These three individuals have exceptional talent and stage presence, we knew that they would shine on stage during "The Nutcracker." Shana goes on to say, "It was truly an honour to be asked to have local talent participate in the production. We thank Ballet Jörgen for contacting us and allowing the dance studio to be a part of their wonderful show!"



Local dancers from Magoo's Dance Company performed in the recent rendition of "The Nutcracker" at Aultsville theatre. Pictured from left to right are: Mireille Emond, Amy Lynn Desrosiers Oliver and Kayla March.

Drug Eradication Program A Success

The Ontario Provincial Police, in conjunction with its municipal policing partners across the province, the RCMP, and Crime Stoppers, seized a total of $87.8 million worth of marijuana plants during its three-month eradication program this year.

The largest hauls were taken in Central and Eastern Ontario (29,678 and 29,688 plants respectively, valued at $1,000 each) which accounted for approximately 68 per cent of the province's total.

In addition, a total of $385,425 worth of property was seized - $200,000 of which was confiscated in Eastern Ontario, and $165,925 in the northwest region. In all, 41 persons were charged.

Investigators are crediting a large part of this year's success to a $313,000 grant for the full-time use of a leased helicopter dedicated to aerial detection of the least visible growing locations and obscure marijuana plots around the province. In fact, the final tally indicates that for every hour flown by the helicopter, $241,000 worth of drugs was located.

The funding, provided through the Criminal Intelligence Service of Ontario, supported the crime prevention initiative with the assets of criminal organizations seized as a result of police investigations. In essence, the 'Eye in the Sky' was paid for by criminals.

The leasing of a helicopter dedicated to drug eradication allowed the OPP's two permanent helicopters to continue to focus on search and rescue services throughout Ontario.

Although the total figures for this year's eradication are down from the 1999 total of $120.7 million, police attribute the drop to a poor growing season and to growers of the illegal drug finally "getting the message."

The overall goal of the eradication program was to target large sophisticated growing operations and enterprise traffickers, making significant outdoor cultivation of marijuana as unattractive as possible.



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There's Nothing Like A Game Of Pick Up Hockey



Dances With Words

Nick **WOLOCHATIUK**

This narrative could have taken place in virtually any village, including Martintown or Mariatown, Lunenburg or Lougenbourgh, Flamborough or Perdough. It did take place last week, on one fine winter day during the week between Christmas and New Year's Day.

First, a bit of a downer. We went to Lancaster's Smithfield Park, in search of an opportunity to do some outdoor skating. We had tired of skating round and round in the counter-clockwise direction that seems to be rigorously enforced in just about every arena rink in the northern hemisphere. I'll have to ask my friends in Australia if they skate in a clockwise direction. You may have noticed that south of the Equator, due to the Coriolis effect on projectiles such as rockets, artillery shells and golf balls, and water flowing out of the kitchen sink drain, a deviation from their initial course occurs. In opposite hemispheres, the direction of go and flow is opposite. This year's opportunity to skate on the Raisin River was missed by one day, for just as its smooth black ice surface was almost thick enough, the first big snowfall of the winter arrived, Tuesday December 11th. Once or twice a decade, the early winter is cold enough and free of snow, so that one can safely skate all the way from Martintown, through Williamstown to South Lancaster, where the Raisin debouches into Lake St. Francis of the St. Lawrence River.

Back to Smithfield Park. The outdoor rink boards were in place, but only an accumulation of deeply drifted snow covered the brown stone chip base of the rink. No ice.

In the far corner was Al Lapierre, home for the holidays from his course in policing in Kingston. Armed only with a shovel, he was clearing the rink all by himself, in preparation for flooding it. We certainly couldn't do any skating, but we did volunteer 40 minutes of our time to help him out.

Aren't there any other people in Lancaster able to do some community service shoveling? If a group were to gather to do the shoveling, it could have been more like a party, one that could be celebrated with hot chocolate and a bonfire. Instead, it was just a solitary chore.

Better still, isn't there someone nearby that has a tractor or front end loader that could do the brunt of the grunt work? It would just take a few minutes that way.

Tired, and a bit down, we headed back towards Williamstown. Good news! At its community playing field outdoor rink the ice was ready! There was a game of pick up hockey in progress.

There are protocols to be observed in pick up hockey games. Since this game's participants ranged in age from 61 to two and a half, one must eschew all body contact.

For safety purposes, the two and a half year old, a little white American Eskimo miniature, was given the task of being goal judge from her safe vantage point atop the webbing of one of the goal nets.

The youngest player, a nine year old was allowed to handle the puck just as much and score just as many goals as the other players, male and female, who ranged in age and condition from early 20's physically fit, to 61 and often panting, with age 30 to 40 veterans in between. Actually, the youngster wasn't 'allowed' to star, he did star, on his own merit. There's another Lafleur or Gretzky on the way up.

In pick up games, there's no offsides, red lines or blue lines, whistles or misconducts. There's just fun. If the sides become mismatched, the number of players on each team is subtly adjusted.

If someone unfamiliar with the rules of pick up hockey tries to become a puck hog, a supersonic shooter or a scoring star, he may soon find himself all alone on the ice. When he leaves, or gets the point, the game and the fun resumes. On that day, and on most other days, no such embarrassing faux pas nor excommunication occurred.

Players are allowed to come and go as the need and desire dictates. Regardless of the shape of their stick and the shape they're in, everyone gets equal access to the puck, which is usually a relatively soft red one or a green tennis ball.

The final score of the Tuesday December 26th game was a hardly fought tie, 37-37, but that's subject to confirmation, as the solitary goal judge's ballots have been couriered to Dade County Florida for a judicial recount.

Hopefully, this absolutely true account has reminded you of similar sorts of experiences in your own village, whether it be wherever you are living now, or in your reminiscences of some other village many years ago, hundreds or thousands of kilometers distant from this present time and place.

If you are fortunate enough to have a pond or river that freezes over, and a community of ex and future skaters and hockey players, get together, get shoveling, get having some fun! There's no video game, no GameBoy, that can equal a game of pick up hockey and natural ice free skating.

The icing on the cake is a couple of benches or logs to sit upon while you're changing from boots to skates, or skates back to boots. A couple of other nice touches are a bonfire to thaw out noses 'toeses,' a pot of hot chocolate or home made soup to warm the innards and for a healthy and balanced diet, some wieners and marshmallows.

In closing, a tip of the toque to Al Lapierre of Lancaster who so generously worked at preparing the Smithfield Park rink for, as he put it, "Just for the kids of the village."

I'm always glad to hear about your village skating experiences, whether they be recent and local, or fondly remembered ones from Austria, Albania or Australia from years long past. My e-mail address is nuthill@glen-net.ca. My Post Canada Poste snail-mail address is R.R. # 2, Williamstown, Ontario, K0C 2J0.

Ontario

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Friendly Seaway faces

Carol Fleming

from Scotia Bank



To start the new year, our Friendly Seaway Face belongs to Carol Fleming. She is one of the tellers at Scotia Bank in the Brookdale Centre. She is married to husband Richard, and has been at the Scotia Bank for 26 years. She has one daughter named Kacey who is an Assistant Manager. Carol has lived in Cornwall for 43 years.

"The best part of my job is the people. If it wasn't for them, we wouldn't be here," said Fleming.

Story & photo by Chris McPhee

Corner Post

Elbert **van DONKERSGOED**

"Agriculture is one of the best examples of an old rural economy that is in the midst of re-tooling,"Peter Apedaile, a long-time member of the Canadian Rural Revitalization Foundation, told the annual convention of the Christian Farmers Federation early in December. He came to deliver a reality check to the 200+ CFFOers and their friends.

It's time to strategize about the future of our rural economy.

The old rural economy, the resource and commerce economy, the push-button, mechanical technology that replaced the need for brawny arms and sturdy backs, is in decline. Our urban wealth-creating engines are less and less interested in agriculture's ability to produce bulk-undifferentiated commodities. And the low, low prices urban consumers pay for commodities is re-enforcing that message again and again.

Do the agricultural and the rural economies have a choice other than reinventing themselves in the image of the new urban economy?

Consider.

The new urban economy is created by globalization. Create a new apparatus anywhere in the world; it will be here, yesterday. Let the genie out of the bottle in Japan: Canadians can't hope to put her back in. Even Cuba and North Korea are not able to resist the allure of the Internet. The technology of the new economy is global.

The new urban economy is enabled by new technology. Information technology has already jump-started a whole new economic sector. Biotechnology is not far behind.

The new urban economy is shaped by the state. Canada is scrambling to position itself in a high-stakes global competition for people with creative ingenuity, for market access and for right-on-time delivery systems. Our governments are focusing on policies, like tax cuts, that are believed to assist Canadian competitiveness, almost to the exclusion of all else. The new urban economy is not waiting for those not ready or unable to keep up.

Global publicly owned corporations execute the new urban economy. These corporate organizations have more financial resources than many countries.

Market restructuring paces the new urban economy. More precisely: mergers, acquisitions and leveraged buyouts are creating a massive concentration of market power.

Entrepreneurship drives the new urban economy. It's a quintessential characteristic of humans to want to make a difference, try something new or make things work just a little better. Encourage this quality of our human spirit and we'll look for yet another fresh contribution to the marketplace of goods and services. Economists describe the results as productivity gains.

So, this is how the new urban economy is created, enabled, executed, paced, and driven. Is it a good model for the new rural economy? Without a commitment to an alternate path, we'll succumb to this default future for rural Ontario.

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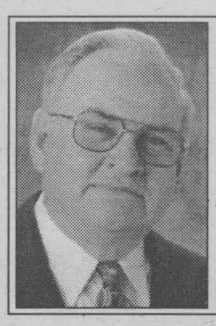

2000 In Review

John **CLEARY** *M.P.P.*

January is a time when people look back over the past year and reflect upon all that has happened. 2000 has been a busy year both at home in the riding and in Toronto at Queen's Park. There have been a number of different issues that have dominated the scene, some locally and some provincially.

Perhaps one of the most contentious issues on the local front was the controversial Bill 103, An Inquiry Into Police Investigations of Sexual Abuse Against Minors in the Cornwall Area Act, 2000 introduced by Conservative backbencher and MPP from Ottawa West-Nepean, Garry Guzzo.

I supported Bill 103 from the beginning, in fact, I presented a petition in favour of the Bill signed by over 12,000 people in the legislature and I also spoke during the second reading debate on the Bill. The Bill passed second reading and was referred to the Standing Committee on Justice and Social Policy for further consideration. At this time, Bill 103 is still on the Order Papers but it is unlikely that it will appear before the committee in the near future. For more information on Bill 103, including the transcript of the entire second reading debate, you can visit my website at www.johncleary.com

This spring, I received a number of calls from the community about the possible closure of the Kinsmen/J.S. MacDonald school. The closure of this school would have been a huge loss to the community since the school has been open since 1963 and has served the needs of students requiring special needs programs. In June, I was able to present a petition to the Legislative Assembly, signed by over 2,000 people, asking that the school remain open. Fortunately, the Upper Canada District School Board gave the Kinsmen/J.S. MacDonald school a two year reprieve during which time the Board will carefully study the future of the school before making a final decision.

On the agriculture front, many in the community were up in arms when the Harris government announced that local agriculture offices were to be closed. This ended front-line delivery service for farmers but it also took the heart out of many of our rural communities. I was very vocal about the negative effect these closures were going to have on the community and spoke in the Legislature on the issue a number of times.

Recently, I have heard from many farmers in the area about the crisis we are experiencing in agriculture. Low commodity prices, increased fuel costs and the poor quality crops produced by the unseasonably cold, wet spring have taken its toll on our farmers. I have spoken in the Legislature many times on this issue and at the time of this writing neither the provincial nor the federal government has stepped forward to help the farmers of this province with any additional funding.

Things to watch on a local front include the transfer of land ambulance services from the province to the municipality on January 1st, 2001. In most parts of the province, upper tier municipalities were to be the designated delivery agents for ambulance services but in our area, things are a bit different. The City of Cornwall was given the go-ahead by the province to become the delivery agent for land ambulance services for both the City and the United Counties. I know the City is currently trying to ensure a smooth transition.

Also, in the spirit of downloading, the municipalities will also pick up responsibility for social housing. The transfer will occur in stages with the first stage to begin in the New Year. As with the ambulance service, the City of Cornwall will be in charge of administering social housing in the area.

On the provincial front, the Legislature seemed to be dominated by issues dealing with privacy and privatization. Early in 2000, the media broke the story about the Province of Ontario Savings Office (POSO), and how the government had given out the names, telephone numbers, social insurance numbers and bank account balances of thousands of POSO clients to two private research agencies. Luckily, these agencies were discreet, and clients' personal information was protected.

Privacy is also the central theme of Bill 159 An Act Respecting Personal Health Information and Related Matters. Critics immediately labelled this the "Big Brother Bill," because this legislation would allow government workers access to your personal health information. Initially, there was even a clause allowing the police to access records if you were suspected of being involved with organized crime; this was later removed from the legislation. It only illustrates, however, what little regard the government has for your personal privacy.

This year, the Harris government has continued its agenda on privatization, even planning to turn over responsibility for prison management to the private sector.

2000 also saw post-secondary education placed on the privatization agenda. The government introduced - and passed - legislation to allow institutions from anywhere in the world to set up shop in Ontario. These private universities will be able to charge whatever tuition they like, and will not necessarily have to meet the same educational criteria as public universities. While the government keeps saying that private universities will not take any resources away from publicly-funded ones, this is not true; through programs like the Ontario Student Assistance Program (OSAP), funds will be redirected from the public system to the private sector. This loss of revenue will only be harmful to our colleges and universities.

The government's environmental record continued to haunt them this year. Water quality in the wake of the Walkerton tragedy was a much-discussed problem and instead of offering a viable solution the government played the blame-game. First, they blamed the former NDP government, and later had to retract. Then they blamed town officials, and then backtracked. Finally, the Premier blamed the municipality for not applying for money to upgrade their infrastructure. When it was pointed out that they had received funding, and upgraded their system, the Premier then blamed his staff.

Scandals and money mismanagement were another important aspect of this year's political landscape. It was discovered that the Ontario Realty Corporation may have brokered some shady land deals in which land developers made millions. In one, a developer put down $250,000 for land he bought for $1.27 million. Six days later, he sold the land for more than $4 million. Another developer bought land from the ORC and sold it seven months later for a profit of over $2 million. Yet another developer bought land in Toronto for $5 million, though appraisers have said it should have fetched over $10 million on the open market.

More money mismanagement was also brought to light when it became known that officials at AgriCorp, an arms length body of the Ministry of Agriculture, Food and Rural Affairs, had day traded with money entrusted to them by the farmers of Ontario. AgriCorp lost $325,000 in a two-week period before the practice of day trading was stopped. Unfortunately, day trading was not the only example of mismanagement at AgriCorp.

There were a few positive gems to emerge from legislation this year. Changes to the Pension Benefits Act allowed individuals faced with shortened life expectancy (due to terminal illness or physical disability) to access benefits early, and also allowed pension access to those facing financial hardship. Also the Human Tissue Gift Amendment Act was a positive step forward in streamlining the organ donation system and trying to increase the number of organ donors in Ontario. I hope that the government will continue with some of these positive initiatives in 2001.

This year, I spent much of my time dealing directly with constituents on a variety of issues. I am pleased to have helped so many over the course of the year. I look forward to being able to serve you all in 2001 and beyond.

Finally, my staff and I wish you all the best for a happy, healthy and prosperous New Year.



Music Update

Yvan **BRUNET**

Neil Young "Road Rock Volume 1" Reprise/WEA. From an overpowering 18-minute rendition of "Cowgirl In The Sand" to the previously unreleased "Fool For Your Love" to a duet with Chrissie Hynde on Dylan's "All Along The Watchtower," this double live album rocks and rules the road.

Our Lady Peace "Spiritual Machines" Columbia. The album title is taken from Ray Kurzweil's book "Age of Spiritual Machines - When Computers Exceed Human Intelligence." Lyrically, it's an album about focusing our energy towards people we care for rather than computers we are slaves to: "In Repair," "All My Friends"... There are moments.

Westlife "Coast To Coast" BMG. Second offering for this pop male quintet from Ireland. The album sports a fine assortment of ballads and upbeat material including "Against All Odds" with Mariah Carey and the single "My Love" with its anthem of strings. Grrreat!

Various Artists "Miss Congeniality" TVT/Universal. Sandra Bullock stars as Miss Congeniality in this Donald Petrie comedy film. The soundtrack features a few highs: "One In A Million" by Bosson, "She's A Lady" remix by Tom Jones and "Mustang Sally" by Los Lobos, and a big low with William Shatner's rendition of "Miss United States."

Murley, Bickert and Wallace "Live At The Senator" Cornerstone. When three of Canada's finest jazz musicians: bassist Steve Wallace, saxophonist Mike Murley and guitarist Ed Bickert team up to play some of their own creations as well as standard tunes from the likes of Cole Porter and Ray Noble, the results are tasteful.

Various Artists "Total Dance Party" WEA. Sporting 32 great dance anthems from Lou Bega's "Mambo No. 5" to Cher's "Strong Enough" to Technotronic's "Move This," this double album is uniquely positioned to appeal to a wide demographic.

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EDITORIAL

OPINION

Cabinet Making - The Inside Scoop

The prime minister quickly chilled talk about a much-altered cabinet for the first session of his third mandate. Nonetheless, as a topic the cabinet is too interesting to leave alone.



Doug **FISHER**

The election left Jean Chretien with merely two cabinet vacancies, neither of mighty import. Even partisan rivals would grant there is no dearth of quality talent fueled by ambition along the government's backbenches. The prospectus there, I think, is of abilities enough to stock two cabinets which could outmatch the one we have.

In a post-election chat, the PM told me how he dislikes taking resignations from ministers and how satisfied he has been with his "team." He made it clear that outside observers (journalists!) make too much of the impressions ministers make in the stagey House question period and its subsequent TV scrums but they know little of the contributions which a minister makes or fails to make in cabinet sessions or in mastering a portfolio and shaping his or her department. He outlined the factors he must consider when making even one cabinet change – region, religion, gender, ethnicity, age, expertise, speaking skills and loyalty to leader and party.

First comes the obvious geographical/provincial factor. If possible, each province should have at least one minister and, if possible, there should be ministers for several distinct regions in the three biggest provinces (e.g., Northern Ontario or east of Quebec City or beyond the lower mainland in British Columbia).

In this new House, the PM has such choices, although he is not over-endowed with MP's from Alberta (two out of 26), British Columbia (five out of 34), and Saskatchewan (two out of 15).

The gender factor in cabinet-keeping is far stronger now than it was in the first three decades after 1957 when the new Tory PM, John Diefenbaker, made Ellen Fairclough a minister. Today, as Chretien seems to read matters, he has had to have a proportion of female ministers a bit higher than that of female MP's to male MP's in his caucus.

I got the impression Chretien has been mildly disappointed with the work of his female ministers. My unsupported impression had confirmation of sorts in a speculative piece about the cabinet in another daily. It was clearly based on opinions flown by high-level "spinners" in the PMO. They marked seven ministers as "deserving of the boot." Four of the seven were women. Two were hardly a shock: Hedy Fry and Ethel Blondin-Andrew. Neither has had much positive notice after four and seven years respectively as a secretary of state. But the other two have been widely considered as cabinet work-horses: Anne McLellan, Minister of Justice, and Lucienne Robillard, President of the Treasury Board. Neither is much of a show horse, but more than adequate in jumping over opposition hurdles.

(The three males touted for the boot were Gilbert Normand, a Secretary of State for Science from downriver Quebec, Pierre Pettigrew, a Montreal dandy, and wondrously glib in the House as Trade Minister, and Bob Nault, the Indian Affairs Minister from Kenora.)

Now consider the multicultural or ethnic factor. It has the importance today that was given 50 years ago to religion. A PM like W.L. Mackenzie King would try to ensure that the bigger Protestant denominations – United, Anglican, Presbyterian, Baptist – had a minister and that the Roman Catholic ministers didn't outnumber those of other Christian denominations.

Of course, for Jean Chretien, ethnicity may double, even triple up, with a minister satisfying two or three factors – ethnicity, gender and "visibility." See female ministers Hedy Fry (black), Ethel Blondin-Andrew (aboriginal), Elinor Caplan (Jewish) and Maria Minna (Italian).

Two Openings

Timing is another factor affecting cabinet exits and arrivals. At the moment, the Liberals' strong electoral showing has meant just two open slots.

For example, if the PM is unhappy with Anne McLellan, might he take her resignation, and then appoint her to a high court position? This would be stupid, opening a byelection in a riding won so narrowly, and in one of only two Liberal ridings in Alberta. No, one may imagine the canny Chretien shifting McLellan to a lower profile department than Justice but not ditching her.

Chretien made the point to me how hard it is for him to drop a minister to being a mere MP, and what a terrible blow this is to the former minister's pride and his or her standing at home. (See cases of Diane Marleau and Christine Stewart.) Now, at a mandate's start, he could hardly derrick more than one minister right out of the House and into a well-paid honorific, like high commissioner to the U.K. or a slot in the Senate, without rousing cries of high-cost patronage.

So this column sets out why grand cabinet moves are so unlikely.

Do You Know What Your Doctor Earns? And Shouldn't You?

Excuse me, but do you know what your doctor earns?

Chances are, unless he or she has told you, you don't have a clue. Even though you're paying the bill.

Ontario, along with every other province other than British Columbia, will not release the OHIP billings of its doctors with names for publication. And now, it's starting to cause some consternation.



Meanwhile

Fred **SAGEL**

Doesn't it intrigue you to know whether OHIP billings are spent wisely? And if you're asking why, consider the fact that one unidentified Ontario physician billed the plan $l.6 million dollars last year and you will learn little else about that figure other than that.

There is too much secrecy across the country when it comes to health billings because those figures, together with the identities of doctors, are kept secret and taxpayers have no idea as to whether the $11.7 paid to doctors across the country is spent wisely.

It is only on Canada's west coast – British Columbia – where doctors' incomes are revealed. In that province, the names and billings of every doctor in the province are published every year, something that has been happening for the last quarter century. This year, it's even better because the information is put on the Internet.

There is a splendid attitude in the words of Jeff Gaulin, the spokesman for the British Columbia Health Ministry, who said last week: "I think that when we're spending taxpayers' dollars, there has to be a degree of accountability. You have to be open and that includes the money spent on physician services."

Hooray. A victory for openness.

The same idea does not permeate the corridors of the Ontario legislature nor that of any other province, where billings are all kept private. Doctors may like it that way, but it is worth remembering that every penny earned by those doctors comes from public funds raised through your taxes in one way or another.

The secrecy is so great that Ontario's provincial government spent a lot of time, effort and money fighting off The Globe and Mail's most recent request for details as to how one cardiologist in the province managed to bill $1.6 million – or roughly $6,224 a day based on a five-day week – to the fund. Even that big billing figure was revealed only after the paper obtained some documents under the Freedom of Information of Information and Protection of Privacy Act.

It turns out that a high-ranking official of the Ontario Government originally refused to give The Globe access to the location or medical specialty of the doctor who piled up that huge billing, saying "disclosure could unfairly damage the reputation of any person referred to in the record." But a subsequent appeal of that decision finally came up with the specialty and billings, but not the name or the city where the doctor lives.

What on earth is wrong with knowing what particular doctors bill to the publicly-funded OHIP plan? This is not a private business that doctors are conducting. It is a public business, funded by public money that should be every bit as accountable as other public monies.

These are gross billings, to be sure, and the amount of money that a doctor carries away in take-home income will be less, depending upon the amount of overhead that is racked up. In the average case, overhead usually totals anywhere between 30 to 60 per cent of that figure.

But nonetheless, taxpayers must make an effort to ensure that they know what their doctors are earning. If it is for good cause, so be it. If it is not, it will be revealed for what it is. But surely disclosure is warranted.

As Dr. Ahmed Bayoumi, a spokesman for the Medical Reform Group, found the $1.6 million figure a little hard to swallow, asked for a provincial review of the figure and seeks reform.

"Our health care system has limited resources," he says. "We need to make sure they are used effectively and fairly."

Not a bad idea.

Letters *to the* Editor

On Forgiveness

Dear Editor,

We hear a lot about forgiveness here in Cornwall. Like forgive and forget.

At the moment, I'm referring to Catholics who forgive their alleged pedophile priests for any possible wrong-doings, and cannot understand why alleged pedophile victims don't just do the same. Well, forgiveness is an interesting topic to me lately.

Forgiveness is a wasteful exercise when only one person is involved. Someone needs to admit guilt and show some remorse, to say, "I'm sorry."

The healing process can then begin as the victim can close the issue, and of course whatever penalties the justice system deemed necessary begin to be filled out.

Case in mind - the Windsor and London Ontario Roman Catholic priest who just finished pleading guilty to abusing eight boys from 1969 to 1984. A man these boys had to call Father. A man entrusted to counsel troubled youth. Not a man who 'slipped up' for a few moments in an otherwise distinguished life and career, but a perennial and habitual sinner.

Because he finally had a trial, and didn't die before the trial, perhaps these eight boys and their families and friends will begin to forgive and forget.

Thanks to justice served, he has time to deal with God before he dies.

No matter what people think, it is how God looks at all of this which should be this man of the cloth's biggest concern.

I wish him luck. However, for the alleged pedophiles around here who fooled us, the justice system and time itself, I only feel pity. I would hate to be in their shoes now.

Yours sincerely,
Mr. Raven P. Van Leishout
Cornwall

Seaway News welcomes Letters To The Editor. Letters should be no longer than 200 words. All letters are subject to editing and must bear the writer's name, address and phone number for verification. The views expressed by columnists, guest editorialists and/or Letters To The Editor are not necessarily the views of this newspaper or its publisher.

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Letters *to the* Editor

'More Than Pets Store' Moving

Dear Editor,

She's been a devoted caregiver at Cornwall Square for years and now she's moving her love for animals and her business just up the street to 12 Second Street West, next to the Bank of Nova Scotia. It's the opinion of her hundreds of customers that Cornwall Square's loss will be to the benefit of the downtown BIA.

Tina Mondoux and her More Than Pets store has become, in a short while, a landmark business and the saviour of animals throughout Cornwall and area. Why? It's been and will continue to be more than just a pet store for Tina and her customers.

Just ask anyone who has dealt with Tina and they'll tell you that when she takes on a task, she literally becomes a member of the family because it's more than just a job for her. It's a labour of love. She has done it all. In addition to providing pet supplies, Tina boards animals, grooms them and even has a pet cemetery that provides a final resting place for our furry loved ones when the time has come to say goodbye. She has names for the birds, animals, reptiles and even some of her fish. In-store pets like Merlin, Kiwi and Dusty and Don are now considered family and entertain the customers on a regular basis. Then there's the family cat who lays around urging you to pet her during your visit.

I can recall a few months ago our family had to bid farewell to a tabby of ours that we had nurtured for more than 15 years after he had found his way to our steps as a stray. The tender care Tina gave to that loved animal named Freddie, after his death, was just the attention we needed to recover from our period of grieving. She also provided him with a grave of his own.

Tina has also become a hero to thousands of students, seniors and members of the general public with her animal roadshow she takes free-of-charge to schools, churches and retirement homes. She entertains her audiences, as only Tina Mondoux can, because she loves these birds and animals as

much as if they were her own children. Someone once said it takes a special person to love and care for animals as Tina does, and in many ways she leads the pack with the personal care she gives.

To many pet store owners, it's a job. To Tina Mondoux, it's a life, a gift and a way of life. She has been called the adoptive mother of Cornwall areas pet world and few will disagree. There are few, if any, who can boast to providing the love and care Tina does.

Yes, it's without a doubt that Tina's move to 12 Second Street West on January 1st, 2001 will be a blessing in disguise for the economy of the downtown BIA. Tina says she has hundreds of customers who have promised they will follow her to her new location and show their thanks for the dedication she has shown others and their pets over the years.

Bill LaSalle



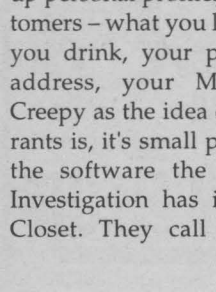
A City That Will Be Heard

Dear Editor

"Cornwall makes it's decision.End results-all candidates running with a platform for change beat down.It is evident Cornwall is not ready to air it's dirty laundry.Question? Will it ever be ready? This is unfortunate, because this needs to happen before we can truly change the atmosphere and grow. No change around the big table equals another three years of low paying jobs, closed government to the citizens, and the most important by far closed minds to the pedophilia that has preyed our innocent and will continue to do so.It is now up to us the citizens to stand up and yell no more these are our children, our neighbours children, God's children. We can not sit back and continue to allow there bodies and souls to be attacked.If you need to see the outcome of this abuse to our children, talk to a victim.It is not hard to find one, in this SMART CITY of cornwall. Ask them how they live with memories every everyday, ask them about there personal relationships, ask them about there trust, ask them about there confidence. And if you can't find a victim look closely to the people around you and you will find victims. Victims hidden in themselves afraid to tell there tale out of fear. Fear of harrasment, fear of shame, fear of hurting there family name. It's time for the victims to stand as well and realize there is nothing to fear, nothing to be shameful for.They must realize THEY ARE THE VICTIMS, and there are people waiting to support them. So my qustions is will the minority allow another three year of this? Or will we stand together and make far more of an impact than any council table. Now is the time for action, we have good people that have started the process, let us help break through the tip of this iceberg. If local government can't support this, we can and we will. For some of the canidates and there supporters who got beat down, you are the victorians. You see what most are not strong enough to see. You see the Big picture. And now we see each other . We can not let the campaigns end, they must continue, let's build stronger. let's turn this so called Smart City into an educated City. A City that will be heard, a city that will protect our youth, a city that say's NO MORE!"

Misty Price,
Cornwall, Ont.

Big Brother Is Downloading You



Basic Black

Arthur
BLACK

Not to be paranoid or anything, but do you ever get the feeling that you're being watched? You're not paranoid – just observant. Various agencies, governmental and otherwise, are taking an increasing interest in peeping over our shoulders to find out what we're up to. We've grown accustomed to the idea of cameras in banks watching for Stephen Reid wannabes. We don't bat an eye at cameras mounted over intersections to intercept speeders. But by God, I draw the line at omelette surveillance.

A recent report in The New York Times reveals that several high-end Manhattan restaurants have quietly installed digital surveillance cameras.

The cameras have zoom lenses for close-ups of what you're eating – or whispering to your date. They also have 'remote access' so that anybody from the maitre 'D to the coat check clerk can zero in on you and find out if you're enjoying the specialité de la maison. Or, for that matter if you're picking your nose. Why would restaurateurs choose to spy on their clientele? They claim that the cameras allow the kitchen staff to know when you're finishing your appetizer so they can send out the entrée on time.

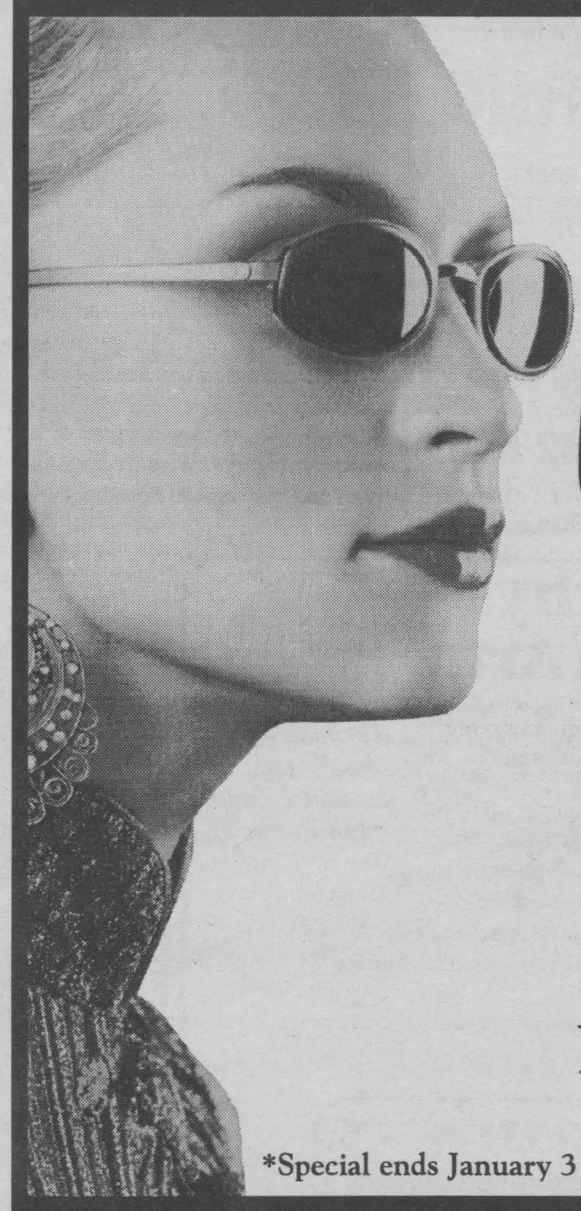
And since the whole system is computerized, some restaurants are taking advantage of vacant disc space to build up personal profiles of their regular customers – what you like to eat, how much you drink, your phone number, your address, your MasterCard number. Creepy as the idea of cameras in restaurants is, it's small potatoes compared to the software the Federal Bureau of Investigation has in its Sneaky Tricks Closet. They call it Carnivore, aptly enough. It's a kind of cyberspace vacuum cleaner software that virtually inhales millions of e-mails and extracts the 'meat' of them. The FBI can slap Carnivore onto any Internet service provider and glean whatever nuggets they're after. It means the Feds can monitor every e-mail coming to and going from that service. An FBI spokesman says using Carnivore is no more sinister than getting a wiretap. Sure. A wiretap that covers millions of people at once. Galloping busybodyism is not an American phenomenon. Over in Britain, an estimated 1.5 million closed circuit television cameras keep track of some 60 million citizens. You find the monitors in pubs, in grocery stores, in bus depots and train stations. Shoppers on Oxford Street may not be aware of it but there are 16 cameras trained on them – all connected to Marylebone police station.

Pity? Never in Canada, you say? Allow me to introduce you to Echelon - because your government sure as hell won't be telling you about it. Echelon is a new, hush-hush global satellite web run by the U.S., Britain, New Zealand, Australia – and Canada. Echelon can monitor phone calls, faxes and any Internet communications coming from your house or mine. There are all kinds of applications, from marketing surveys, to monitoring employees to eavesdropping on Internet chat rooms. The most chilling thing about Echelon, Carnivore and the other Cybersnoops is the rationale their defenders invariably offer. As one booster put it: "If you've done nothing wrong, you have nothing to worry about." Right. That's what Heinrich Himmler used to say when people complained about the Gestapo.

Paranoid? Could be. You know the old riddle: How many paranoids does it take to screw in a lightbulb?

Who wants to know?

Laurier Optical



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LIFESTYLES

Here's A Sure Cure For Cabin Fever Or Loneliness

If you find that the Christmas turkey calories just aren't going away, or that you're out of touch with the outdoors or that your social circle has become a dot, here's a suggestion. Why not hook up with a local group of fun-loving, active singles and marrieds?

This informal group, established by Rose-Marie Chretien, in memory of her late brother Tommy, goes by the name of "L'Echo De Tommy's Echo," Group De Plein Air Outdoor Group."



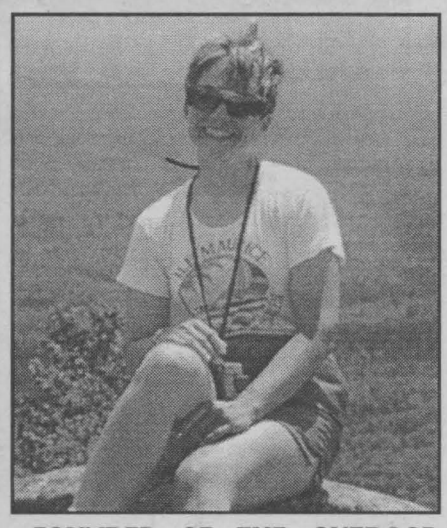
AZURE MOUNTAIN DAY HIKE - These are the members of The Outdoor Group that participated in an invigorating and enjoyable hike up one of the Adirondack's most accessible yet rarely visited peaks.

Photo by Nick Wolochatiuk

Here's a sampling of what's on tap for 2001. Moonlight Hike at the Upper Canada Wildfowl Sanctuary, January 12th. Bonfire, skating and pot luck dinner at a farm, January 19th. Activities outing at Ottawa's Winterlude, February 10th. Tobogganing and cross-country skiing in the Gatineau Park, February 17th. Overnight winter camping February 24th to 25th. There's many more activities planned. For specific details and contact numbers, get a copy of the current schedule of activities by dropping in to Barbara's Flower Boutique, 213 Cumberland, Cornwall.

In the past, the group has gone hiking in the Adirondack Mountains, had canoeing instruction, participated in a map reading seminar, went canoeing on the Galop Canal at Charleston Lake and did horseback riding and birdwatching. The adults are of all ages and varied levels of fitness, experience and abilities.

It's time to stop being a solitary couch potato or computer mouse potato. This is your invitation to get hooked up with The Outdoor Group!



FOUNDER OF THE OUTDOOR GROUP - In loving memory of her late brother Tommy, Rose-Marie Chretien established a way in which adults of all ages and abilities can socialize and enjoy a wide variety of outdoor activities.

Photo by Nick Wolochatiuk

Keeping Health in Mind

Tri-County Mental Health Services

Solutions For Caregivers

There may come a time in your life when you are a called upon to be a caregiver. Caregiving - defined as doing something for a family member or a friend without pay in order to help maintain or enhance a person's independence - touches us throughout our lives.

According to Canadian statistics, about 80 per cent of care is provided informally by family and friends. The majority of caregivers are spouses and children and the greatest proportion are women.

Caregivers often identify deteriorating health, poor sleep patterns and increased symptoms of anxiety and depression as well as financial burden since taking on a caregiving role. However, on a positive note, in a 1996 Statistics Canada survey, 64 per cent of caregivers reported that they nearly always felt that helping others strengthened their relationship with them.

As a caregiver, you may be faced with unexpected challenges in providing practical assistance with everyday activities as well as physical care and emotional support. You need information, skills and strategies for helping someone else while at the same time looking after your own physical and mental health.

A new publication, Canada's Family Guide to Home Health Care and Wellness SOLUTIONS is sure to be an invaluable resource. Feedback on the latest issue has been very positive.

This particular issue has articles on topics such as balancing caregiving responsibilities with other aspects of your life, effectively working with professional health care services such as those provided locally through the Community Care Access Centre, products to promote independence and make life easier, making the best transition from hospital to home and financial strategies to cope with the cost of care. In addition to feature articles, there are countless other tips to increase your knowledge and skill, as well as reassure you that you are not alone and that others are facing similar problems and looking for and willing to share "solutions."

SOLUTIONS is published twice a year and is apparently available free at certain pharmacies, or by subscription at a reasonable rate by calling (416) 421-7944 or writing to BCS Communications, P.O. Box 32222, Station BRM B, Toronto, Ontario, M7Y 5R1.

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

CHRA Receives Report Results

Cornwall Human Resource Association held a Luncheon Meeting on December 13th, 2000 to receive the results from a survey on "Compensation and Benefit Practices of Local Businesses," which was done by a local company named Nine Mile Solutions. A secondary topic called "Current Trends to Attract and Retain Employees" was also discussed by Marilyn Blackwood and Joanna Jasiewicz from Nine Mile.



The Cornwall Human Resource Association held a luncheon meeting to hear from speakers Joanna Jasiewicz (left) and Marilyn Blackwood on "Compensation and Benefit Practices of Local Businesses." The meeting, held at Jazz Magnolia's on Vincent Massey Drive, was the final meeting of the CHRA for the year. In the photo, Co-chair, Jim McLennan (centre), stands with the two speakers from Nine Mile Solutions.

Story & photo by Chris McPhee

"We started passing out the survey in early October to 140 local companies with more than 25 employees," said co-owner Marilyn Blackwood. "We had a very high percentage of returns. The survey did not conclude anything specific, but the information should be very vital to new local businesses."

The year-old Nine Mile Solutions is based in Martintown and has extensive experience in business and consulting. They specialize in Human Resource and Payroll Services. "We offer expert advice and professional services, with a wide range of associates in various fields," added Blackwood.

Homeopathy For A Broken Arm



Paulette Poirier
Homeopath

When Tod fell on his arm during a football practice he knew his arm was broken. The pain and tenderness was so intense he couldn't move. The swelling soon followed. His father took him to the hospital where X-rays were taken then the doctor set the broken bone and put a cast on.

That's when I got a call. *Arnica (Leopard's bane)* was given for trauma of this injury followed by *Symphytum (Comfrey-Knitbone)* in a low potency to assist in the knitting of new bone. Relief from the pain was fast in coming.

The young athlete didn't get to finish the football season but is looking forward to hockey starting up soon. Many athletes like Tod use homeopathy as a natural way to promote faster healing.

Keep in mind that Homeopathy treats the person and not the disease, so two people with the same problem may require different remedies.

QUESTIONS?

Paulette is available every Tuesday for more information between 2 pm - 5 pm

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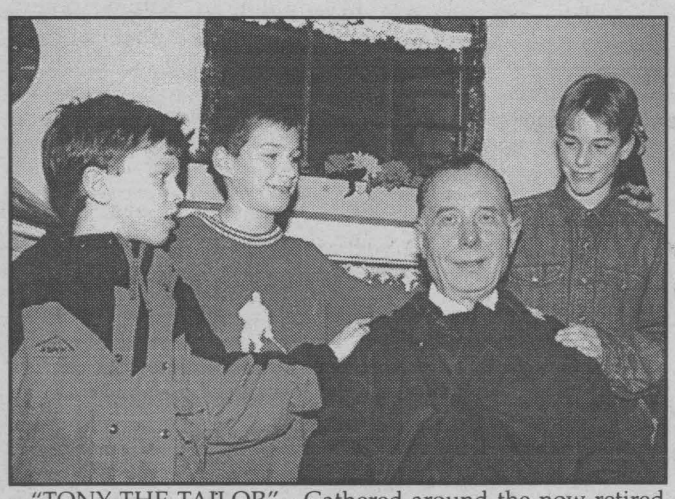
SEAWAY NEWS

LOCAL

"Tony The Tailor" Is Changing His Name!

Tony Spagnolo has been known as "Tony The Tailor" for over 25 years. As of Sunday December 31st, 2000, his 218 Pitt Street shop will no longer be the place where too long, too short, unhemmed or lost buttoned articles of fine clothing can come for alterations or first aid.

A retirement celebration was recently held at Pat's Home Cookin,' 229 Pitt Street. According to what was overheard at that cosy gathering of friends, neighbors, clients, relatives and business associates, Spagnolo may get a new nick-name or two, perhaps "Tony The Green Thumb" or "That Little Old Winemaker." Spagnolo intends to spend a lot more time in his garden (not this week, but starting later in the year), or in his wine cellar, making the best of the fruits of the vine.



"TONY THE TAILOR" - Gathered around the now retired Tony Spagnolo are a few of his many little relatives, Ryan McDonald (left), Geremie and Nicolas Spagnolo and Katherine McDonald. Tony's retirement celebration was held at Pat's Home Cookin,' 229 Pitt Street.

Photo by Nick Wolochatiuk

This is not the first time Spagnolo has experienced change. After apprenticing as a tailor in his hometown of Plati, Italy, at the age of 19, he decided to check out the rumours that Canadian pizza was even better than the Italian rendition.

His first home in Canada was with the family of his Uncle Guiseppe 'Joe' Zappia. It took Spagnolo six years to get up the courage to marry Elizabeth, another friend from Plati. They both agreed to stay with Canadian pizza.

Until 1975, Tony worked at Cornwall's Prince Clothing, better known to many as The Pant Factory. It was then he opened his own tailoring business, located in the Cornwallis Hotel. When it became the first parking lot on the south side of Second Street West, Tony had to move his business across the street to the Capitol Theatre Building.

That proved to be a bad move too, for after a long period of wrecking ball versus historical preservationists debate, it too, was levelled. For many years, the Capitol site was used as a training ground for practitioners' empty promises, rumours, cancellations and false starts. When the bulldozers finally did arrive, Tony was forced to head east. No, not as far as Italy. He stopped as soon as he got to a building adjacent to the Jade Garden Restaurant on Second Street East.

Then in 1990, Tony once again packed up his needle, thread, sewing machine and bolts of cloth. He moved to 218 Pitt Street, perhaps to be closer to Riley's Bakery or the Sanctuary book and stationery store. It was there he continued to give his customers, many of whom have become his friends, the dedicated, loyal and professional service that has made "Tony The Tailor" a local business landmark.

As Ken Kennedy, one of his clients and friends said at his retirement gathering, "Where else but at Tony's could you turn if you just had a last minute pre-party little tragedy - a popped button, a split seam? A few stitches from Tony and you'd be on your way. Tony would just smile, saying, 'It was nothing, it's okay now, no charge'."

Now Tony can busy himself at his other careers, being a loving husband, caring father, beloved grandpa and brother to his many siblings. He may even bring some of his homemade wine and some Canadian pizza if he some day goes back to Plati for a visit.

Legendary Hockey Heroes Tribute "The Rocket!"

When the Legendary Hockey heroes step on the ice at the Ed Lumley Arena, 6 pm, Saturday, January 13th, 2001 it will be in memory of the great Maurice "the Rocket" Richard. The Oldtimers Hockey Challenge will tribute Maurice Richard for his amazing career and the nine years he travelled with the tour. The Legendary Hockey Heroes will showcase the true skating ability, stickhandling and shooting skill that was seen with "the Rocket!"

The Law Enforcement Torch Team or Special Olympics are pleased to welcome back the NHL stars of the past in the name of family fun, entertainment and a good cause. The Oldtimers Hockey Challenge is the most successful tour of its kind in North America.

The Oldtimers Hockey Challenge team in Cornwall includes some of the greatest legends ever. Bobby Hull, Steve Shutt, Rick Nattress, Gaston Gingras, André Dupont, Marcel Dionne, Gilbert Perreault, Mark Napier, Dave Schultz and more!

Back by popular demand, 1962 World Figure Skating Champion Don Jackson will perform. Combine this with a Laser Show, Tyke Hockey Players and Autograph Sessions, the Oldtimers Hockey Challenge will be an event to be remembered.

The Law Enforcement Torch Team will take on the Legendary Hockey Heroes to benefit the Special Olympics. From every ticket sold, a portion of all proceeds will be donated to this worthy cause.

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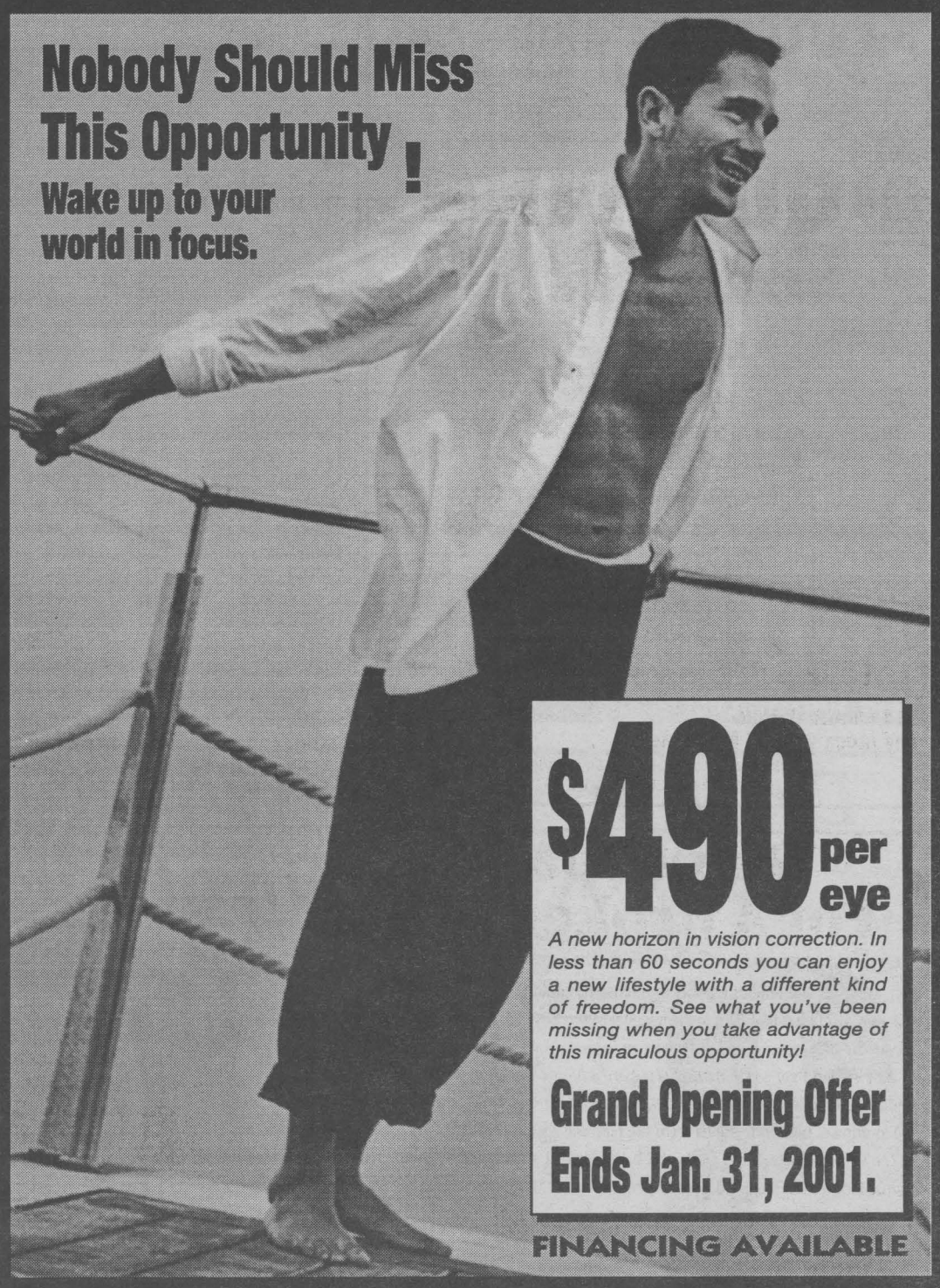

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Amazing Grace

Pastor Bob **BURGESS**
Pastor New Life Covenant Church

God loves you more than you will ever know and hopefully we will all come to realize this more and more in our lives.

"God loves you" is the message of the Bible, is the message of God, is the reason Jesus came to earth to reveal the Father's love to you and I at Christmas time.

One of the world's greatest theologians was asked on a television talk show, "What is the greatest truth of the Bible?" The elderly man leaned back, paused for a moment and simply said, "The greatest truth of the Bible is that Jesus loves me, this I know, for the Bible tells me so."

It's so simple and yet so profound that many people miss it. Some are looking for some deep, heavy, spiritual truth to tickle their knowledge when all the time it's simply that "God loves you." You mean God loves me just as I am? Yes, He does! But you don't know my past; I've been in jail twice, I've robbed, cheated and stole; I've been unfaithful to my wife and I haven't been to church in many years! No matter, God still loves you! How can He because I've broken every rule in His book, and I'm sure I've broken all of the 10 commandments! No matter, He still loves you! But how can He? That's the miracle of Jesus dying on a cross for you and me. Because Jesus paid the penalty for all your sins, God can now love you as His son and daughter.

Some of you are saying, "I'd like to believe what you're saying, but it's hard!" I know it is but if you ask God to come into your life and let Him love you, He has ways of showing Himself to you. Pray simply, "Father God, I need to know You! I want to be your child! Come into my life and reveal yourself to me. Help me to see and receive Your love. Amen."

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

Second Thoughts

1. Maturity is influenced by how well we respond to life's surprises.
2. It's been said about adaptable people that those who will bend will never break.
3. A steady diet of laughter is often enough to supply us with the essential nutrients for a healthy life.



Notes from Parliament Hill

Art
BABYCH

Alienating the alienated ...

Western malcontents watch out! Prime Minister Jean Chretien may use "tough love" on those boondockers who nag about petty little survival issues instead of what's good for Shawinigan ... er, all of the country. Word is that Intergovernmental Affairs Minister Stephane "The Terminator" Dion, is at this moment strapping on his guns to ride into uncharted Liberal territory out West (Say, isn't that how Ottawa "quelled" the Riel rebellion?). Clearly an expert on western issues -- having spent many years in the west Montreal riding of Saint-Laurent-Cartierville -- Dion is a protege of the late Liberal Prime Minister Pierre Trudeau. Saskatchewan farmers remember Trudeau as the shrugster who warmed the cockles of their hearts back in the '60s by singing the old tough love favourite: "Why should I sell your wheat?" But so much for how the West was lost. Dion, to his credit, at least visited a couple of ridings out West during the last election campaign. And who knows, the Prime Minister may even have waved to Calgarians as he flew overhead.

From tough love to rough love ...

Prime Minister Jean Chretien is under the gun to use some of his tough love with the Chinese government for its rough love treatment of Falun Gong practitioners. Followers of the spiritual movement were publicly beaten and dragged away from Tiananmen Square on New Year's Day for demonstrating against the ban on their meditations (Hey, we don't need any of that peace and harmony stuff here!) Ottawa West-Nepean Liberal MP Marlene Caterall wants the Prime Minister to use his trade trip the China in February to speak out on behalf of Kunlun Zhang, a Canadian Falun Gong follower who was jailed for practicing the banned meditation rituals in China. Liberal MP Irwin Cotler, the internationally known human rights lawyer representing Zhang, is also pressing his government to intervene in the case. Canadian trade in exchange for releasing Zhang and curbing human rights abuses in China? Now, THAT would really be tough love!

Grinched again ...

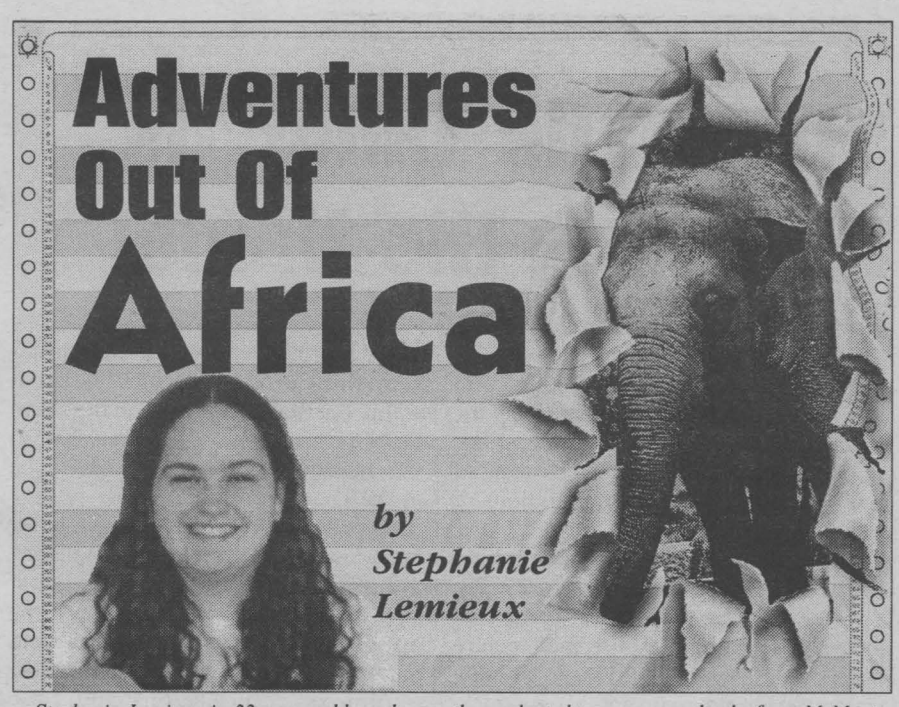
No, Virginia, "Santa Claus is Coming to Town" is not really a Christmas Carol. And the artificial trees speckled with red bows that line the corridors of the Centre Block on Parliament Hill do not recognize a religious event being celebrated at this time of year by more than 90 per cent of the population. After all, Virginia, secularism is the true religion of the state and we worship its leader, political correctness. Oops, have to run now. Must contact Senator Anne Cools, who allegedly sent out real "Christmas" cards again this year. Oh, by the way, Virginia. We're thinking of changing your name. God bless ... er, seasons greetings.

Gabriel blows his horn...

Canadian Alliance leader Stockwell Day and his wife, Valorie, are counting the Days. And they're increasing. The happy couple welcomed the birth of their fourth grandchild on Christmas Day. Instead of calling him Christmas, ("Chris" for short) thus sentencing the little tyke to a lifetime of teasing, the Day's eldest son Ben and his wife, Karen, gave their newborn old-fashioned Christian fundamentalist names: Gabriel Isaiah. What? Not Christian names, you say? Gabriel arrived at the time most infants prefer to come into the world – 3:00 a.m. The Day's youngest son, Logan and his wife, Juliana, are also expecting a child, their first, in the spring. But for the grandparents, at least for now, it's one Day at a time.

Lying in wait?...

Prime Minister Jean Chretien, in his "Holiday Message" (Gee, what holiday was that?) asked Canadians to "Reach out to those less fortunate (Stockwell Day?). "And dream of the bright future that lies (sic) ahead." Didn't we just go through an election campaign?



Stephanie Lemieux is 22 years old, and recently graduated summa cum laude from McMaster University in the Honours Anthropology Program in April of 2000. Prior to that, she was a student at La Citadelle where she participated in student government. She is the daughter of Paul and Diane Lemieux.

The plan to go to Africa was one that came out of a conversation she had with some of her friends at McMaster. Stephanie had been looking at the possibility of going into a Masters program, perhaps going into teaching. She had explored opportunities available for teaching overseas, in particular Japan, Thailand, South America, Mexico and various other places. One of her friends said, "I have an idea. Why don't we take a year off and go to Africa?" Stephanie and her friend Ann pursued the idea.

For about 10 months, Stephanie did intensive internet research, plugged into chat lines with travel groups and student travel services, plugged into various travel agencies and volunteer organizations to see what types of opportunities were available. Through her research she found what was needed and her trip was planned. Her trip to Africa over the next six months was complete.

Over the next few weeks, we will let you follow Stephanie and Ann's travel through Africa through her e-mails sent home.

Dear Mom and Dad,

Just emailing to let you know that I'm safe and happy! Sorry it's been so long since my last email, but internet access keeps getting harder (and more expensive!) to find. I'm now in Malawi, in a city called Mzuzu. We left Tanzania 6 days ago. I've sent you a letter in the mail, but I'm not sure how long it will take to get there. I also sent a package with Christmas gifts for the womenfolk (mom, Catherine, Virgenia), but when I told the lady at the post office it was for Christmas, she burst out laughing.

Apparently it will take three months or more to get to Canada! Anyway, it was cheaper to send one package than two, so I sent it to Anne's place in Toronto. We figure that our sisters can get together at some point and C. can pick up the package. Jason and Dad's gifts will be following shortly (ha ha ha!) from Malawi.

I have so many stories to tell, but this is so terribly expensive, so I'll save them for another time. It really sucks that I can't read my email right now, cause it's so darn slow (and I'm starting to get frustrated!).

So I really hope that everything's ok at home! I also hope I didn't worry you by being out of touch!

Anyway, I miss you very very much! Hopefully from Lilongwe, email will be cheaper and more accessible, but you definitely won't hear from me before then. We expect to arrive in Lilongwe in two weeks at the earliest.

Stephanie

Editors Note: Stephanie is now travelling where the internet access is not always available. We will continue the stories from her travels when her new e-mail messages arrive.

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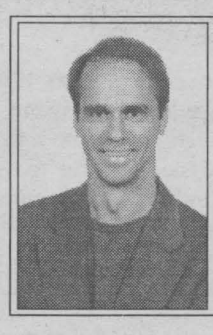
What Causes Tooth Sensitivity?



Ask The Dentist

Louis
CARDINAL
BSc, DDS, FAGD

Everyone has, at one time or another, experienced a sensitive tooth. Actually, some level of sensitivity is considered normal since teeth are enervated with pain nerves. However, when teeth become abnormally sensitive, a cause is usually detected. The most obvious source is dental decay which destroys enamel and dentine, causing pain when the irritants produced are liberated, reaching the nearby pulp nerves. Obviously, the treatment here is to remove the decay and replace it with a restoration (filling).

It should be stressed that teeth are often sensitive after being restored, since the process of removing the bacterial decay and placing a filling can temporarily irritate the pulp. Up to several months can sometimes be required to let the tooth heal itself.

Another extremely common cause is recession of the gingiva (gums). Brushing too vigorously, will lead to the eventual loss of some gingiva. In more serious cases, enamel is also lost, thereby exposing nerve endings in the root which creates acute sensitivity to cold air or liquids. This type of sensitivity is getting more common as people become more health conscious, resulting in excessive brushing. Take the precaution of only brushing with a toothbrush made of mild or medium bristles, and be certain that your brushing technique is correct.

Periodontitis (gum disease) is an extremely common source of sensitivity since this disease destroys the supporting tissue surrounding the teeth, which again exposes the roots. Another source of sensitivity occurs when enamel (which contains no nerves) is lost, thereby exposing the sensitive dentine below where nerve endings are present. As mentioned earlier, enamel can be lost from decay and excessive brushing but be aware that bruxing (night grinding) will also destroy enamel, again exposing underlying dentine. Furthermore, a diet too rich in acids such as carbonated beverages and most citrus fruit drinks will also dissolve enamel.

What can you do if you have excessive sensitivity? Brush and floss with a technique acceptable to your dentist or hygienist, and have your teeth treated for any decay and/or gum disease. Should sensitivity continue, your dentist can apply desensitizing agents such as fluoride, as well as other products which can help to decrease sensitivity. A toothpaste made to combat sensitivity and home fluoride rinses can help to some degree. Should these measures prove ineffective and the offending tooth remains intolerable, your dentist can always perform a root canal treatment (removal of pulp nerves) which would render the tooth completely insensitive to any hot or cold stimulus. If you presently suffer from sensitive teeth, only your dentist can evaluate your situation and provide a treatment specific to your needs.

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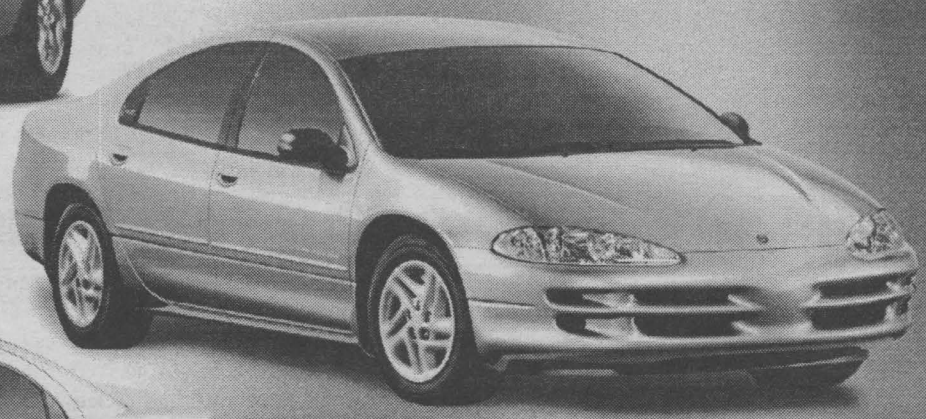

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CHRYSLER Dodge Dodge Trucks

Poets Corner

Darlene Primeau

Deb

Of all the girls I loved before
You certainly were never a bore
It kept me hopping to keep score
Of how many were in and out the door.

Of all the girls I loved before
You took the window not the door
Getting in on time was such a chore
And you got grounded all the more.

Of all the girls I loved before
You gave the 1st grandchild to adore
And now you're 30 and 10 score
I couldn't love you anymore.

by André A. Pettigrew

Do You Believe?

Are you, my good friend, a believer?
Or are you an Atheist,
An agnostic?
Do you believe, in the very least,
In your own self?
Is there a chance, however,
That, to be realistic,
Your beliefs, your Faith,
Are asleep only temporarily
And might just "reawaken" someday?

All humans need a source of energy,
To light up soul and body!
'Tis the fuel of life,
That separates Man from beast!
No man, no woman should be,
Without faith or cause,
Simply because,
Once, sadly, you're left without,
You've uttered your last shout!

by John D'Amours

The Son Rise

I am the eagle
Soaring through the sky
I grew these wings
But you taught me how to fly.

It seems only yesterday
That I ventured from our nest
And lost you to the stars
In your eternal rest.

Turbulent are these winds
In my sky of blue
But strong are my wings
And my memories of you.

My son rise in the horizon
And he too shall soar
I will teach him the way
Like my father before.

I am the eagle
Soaring through the sky
I will live forever
I will never die.

by J. Cadieux

The Mind Has Power

The mind can move mountains completely away
We can think ourselves well or the opposite way
It has so much power it can rejuvenate your body
By thinking positively it can turn your health to glory.

It has been known that keeping past hurts inside
Will make diseases if the mind nurtures it to reside
Laughter is a wonderful tool, it has a healing power
For a happy heart makes haste to negative thoughts endeavor.

We must clean the mind of useless and destructive thoughts
To reap and reach a sound mind and a sound body aloft
Living always in fear will create a chemical imbalance
It will give a sense of dread by smothering all prospects of talents.

Forgiveness is the key to unlocking the blockage of hate
Thus love flowing more freely at a rapid rate
Too many go around with a very heavy heart
Reminiscing the past with accumulated garbage they don't want to part.

The recipe is so easy by letting all past hurts go
Like a small mustard seed let good thoughts grow
Practice makes perfect with a continuity of good intentions
A reaping crop awaits you with a good cultivation.

by K.J.B.

Pastels

The trails
We beat,
On alien shores…
Though gone,
With glassy reflect…
Shorn,
From the place they grew…
Effervescent,
In August heat,
Trampled beetle bush.
And down along
The tepid shores…
Where rippling
Autumn pours…
We had hardly,
Left our mark.
Cold, chained dogs howl!
Where, once…
Summer time whimper…
Enshrined in the glow,
The final mascot passes…
Beyond,
Where wild pastels flow…

Mary Trottier

Our Four Seasons

Summer is beautiful with bright blue skies
White clouds drifting by
Autum is beautiful when leaves turn to red and gold
And the air is brisk and cold
Winter is beautiful when snowflakes fall from the sky
Cleans the air for you and I
Spring is beautiful when all nature comes to life
Green grass, trees and flowers
Here in Canada do we appreciate our four seasons
Or is it just for the beholder's eyes
When other countries have tornadoes and wind storms
And Canada has floods and ice storms
When satelights float through the sky
Could interference in the atmosphere be the reason why?

by Julie Kozak, age 15

The Journey

As I walk calmly amid the noise
And confusion I remember
What peace there is in silence.
The broken pavement beneath my feet
Reminds me of my life.

I scurry along the boardwalk
Carrying my entire life in my suitcase
I force myself through the cluster of people
And for once I feel like
I mix in with everyone else.

I light a candle in the back of my mind
As I climb aboard the no-name ship to freedom.
I leave China behind along with a hundred other people
Like myself and I feel comforted
Knowing we all share the same destiny.

Our journey across the ocean
Gives me time to collect my thoughts
And I ponder what my life will be like once I arrive
In Canada.

Our voyage across the moody waters
Makes me feel sick with nervousness.
Perhaps it is a forewarning of what is to come.
Little did we know our hearts
Would soon be filled with despair.

We arrive at the harbour
And there I am no longer free.
I am tied up with legal red tape.
The candle I had lit at the back of my mind
Suddenly fades into the darkness of my thoughts.

I begin to pray for a spark of hope
Just to keep me going
For I am a child of the universe,
No less than the trees and the stars,
I have a right to be here.

by Darlene Primeau-Jones

The Babysitter

You care for the kids like they're your own
Providing a safe place, "Home away from home"
This job requires nerves of steel
No matter how good or bad you feel
You handle your charges with loving care
Mom knows that you treat 'em fair
The smile on your face when they arrive
Is still going strong when it's well onto five
The kids have problems that you take in stride
Opening up to you, there's nothing to hide
Childhood emotions are safe with you
No matter what, you know what to do
You must get days when you feel low
But you keep going, you have to, you know
The kids need you while Mom's away
Happy to see her at the end of the day
Quiet again when they go home
You still got yours, you're not alone
God made "caregivers" where He couldn't be
You're a special person, we call "Debbie."

by Ken Boivin

Today

I will not always be …
What you wishfully want to see,
Afloat,
On the wings of the Gods …
Search not, then,
For momentous events,
Or instant guarantees,
But for room and space …
Brighter still,
Least of all,
Do not, from here
See miracles!
For what I tell you,
Is part of me …
Do not hover,
Or dote too much …
On this trail,
That's deep and worn
And a high ground
New, unknown and frail …

by Larry R. McCallum

Boyhood Memories

Childhood memories are a treasure. One day while reflecting on and remembering them, I took time to pen a few lines of gratitude to some of those who helped make my day.

The clouds in splendor high above
Drift by for all to see,
Reminding me of passing times
And how life used to be.

My mind drifts back to days gone by,
When I was just a kid,
With thoughts of all that happened then
And all the things I did.

Time slipped by so fast back then
Without my even knowing.
Each day piled high with carefree times
Was filled to overflowing.

My life has had its ups and downs
And I've often wondered why
That the best of times could not remain
As quickly, time passed by.

The memories of my boyhood friends
That often bring warm sighs,
To Welly, Ken, Norm, George and Jim
I want to thank you guys.

The days we spent together then
Are etched ever in my mind.
The thoughts that time cannot erase
Are forever and all time.

Carn*val 2001

Planning A Carn*val 2001 Event?

It's your last call to have it published!!

The official souvenir Carn*val 2001 program will soon go to press. In it will be published the schedule of events and activities across the City during Carn*val week.

Many local businesses and organizations have submitted their activities for the week whether it be a spaghetti supper, a relaxing hot punch in a local lounge or, public skating.



Time is running out! If your business, group or organization is planning an event or activity ... let the Carn*val 2001 Organizing Committee know. Your information must be submitted to the Cornwall Chamber of Commerce no later than Friday, January 12th, 2001.

For more information, contact the Chamber office at 933-4004.

The Carn*val 2001 Organizing Committee has announced the candidates for the Queen's Gala, along with their sponsors. It's the first activity of many that will culminate in the launch of Cornwall's exciting and most popular winter event.

Each of the candidates will be out in the community meeting and greeting people and selling Carn*val 2001 raffle tickets that come with the chance for some terrific prizes highlighted by an all expense paid first class trip for two, to anywhere on the VIA Rail Canada's Windsor to Quebec City Corridor.

Cornwallites will also be seeing plenty of little 'Bonhommes', Carn*val's new zipper pull fundraiser, as they travel around the city. The attractive and handy little zipper pulls of the Carn*val 2001 mascot will be available for sale at a number of locations including the Chamber of Commerce. Kids in particular will get a kick out of the zipper pull, and everyone wearing one will be a proud supporter of Cornwall's popular winter festival.



Corporate Sponsors include Terry Landon, Peter Gault and Jamie Cameron. Other sponsors will be announced shortly

CALLING ALL VOLUNTEERS!!

Help us to make Winter Carnival 2001 a **SUCCESS!!!**

Winter Carnival 2001 needs your help. Do you have some spare time to give us a hand in making the Carnival a huge success? Truth is – we can't do it without you!!

All volunteers should let us know what you want to do to help. We have everything from security to helping out with the children's activities.

Need more information? Give the Cornwall Chamber of Commerce a call at 933-4004 and leave a message for Luc.

WINTER CARNIVAL 2001 NEEDS YOU!!!



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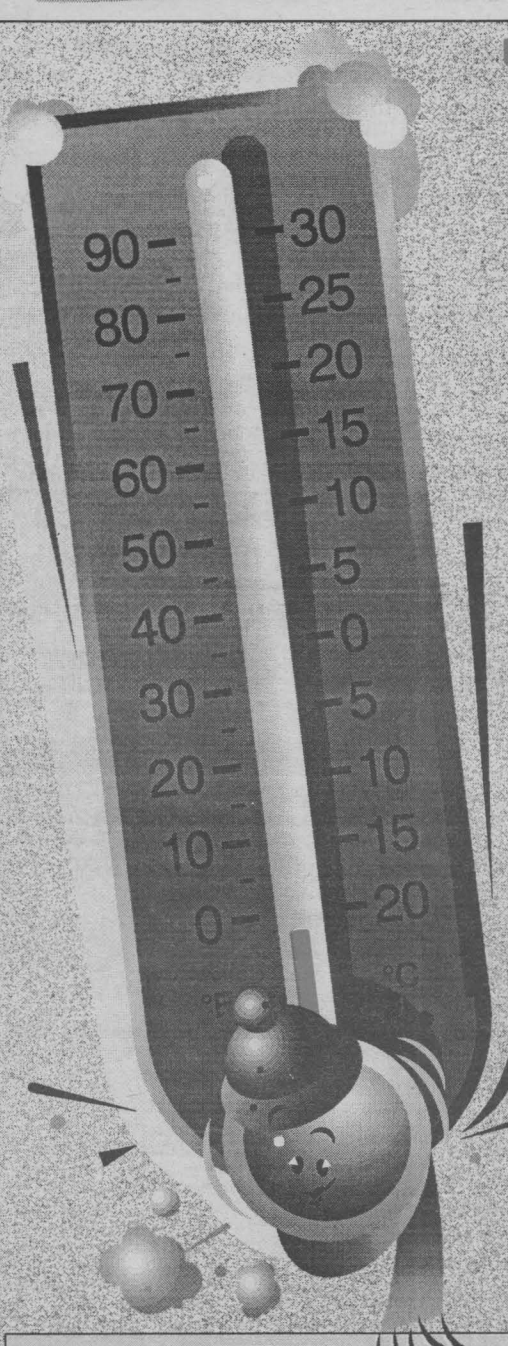

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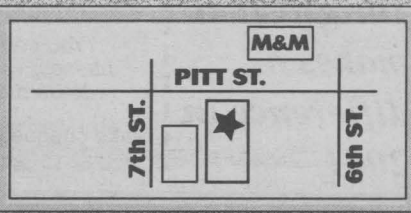

SEAWAY SPORTS

South Stormont Bantam C Selects

The South Stormont Bantam C Selects were successful in both outings recently. In an exhibition game in Long Sault, the Selects downed Massena 5-2. Marc Geneau led the offence with two goals, with singles going to Doug Alguire, Zach Grant and Matt Howard.

In league play, the Selects hosted Kemptville, with similar results. While outshooting the Panthers 41-13, the Selects got the offence rolling in an 8-5 win. Geneau, Ian Hickman and Tom Lafave all notched a pair, with Ryan McDonald and Ryan Groves adding singles.

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- √ viewing area
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- √ Be **accessible to all**
- √ Replace the aging Kinsmen Centre
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- √ Help attract new developments to our area
- √ Enhance our St. Lawrence River waterfront
- √ Celebrate the **NEW MILLENNIUM**

For more information please contact Rachel Parker, Fundraising at 933-8987

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(You could be the winner of one of 10 family passes, valid for 10 years & worth $2,310 each, to be drawn at next year's official opening.)

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Inside The Cornwall Colts

David **MURPHY**

Santa Claus was good to the Cornwall Colts. The Colts looked as dominating as ever in their last game (December 30th) before the New Year. Jeff Legue led the CJHL leading club with three points, including an incredible short-handed goal, as the Colts routed Nepean 8-2.

If you weren't at the game, you missed Matt Kenney getting his first start in goal as a Cornwall Colts player. That's right. The same Matt Kenney that was the thorn in the Colts side during last year's league final against Brockville. The same Matt Kenney that most other coaches in the league agree is one of the top two goalies in the CJHL.

In case you missed it, Kenney was picked up the week before Christmas for 17 year old Guillaume Lavallee and Colin Power. While the Colts give up youth, they pick up a proven winner in the CJHL. And that's not to knock the efforts of Lavallee or Sebastien Crete, but both goalies had problems stepping up and stealing the number one spot when they were competing with each other.

Crete is definitely a solid goaltender and that means the Colts are in the same boat as last year when they had Max Gauvin and Yann Danis manning the pipes. Head Coach Al Wagar has the enviable task of choosing between two of the top goalies in the league to help his team win a 2nd straight championship.

Yes, Santa was good to the Colts this year.

See you at the rink.

Here are your Cornwall Colts upcoming games ...
* Sunday, January 7th at Cumberland, 7 pm (pre-game on The Blaze at 6:55)
* Thursday, January 11th vs Lanark, 7:30 pm (on COGEGO TV)
* Friday, January 12th at Hawkesbury, 7:30 pm (pre-game on The Blaze at 7:25)
* Sunday, January 14th at Nepean, 2:45 pm (pre-game on The Blaze at 2:40)
* Thursday, January 18th vs Hawkesbury, 7:30 pm

Nesbitt Burns Rapids

The Seaway Valley Nesbitt Burns Rapids held their own tournament last Friday as five teams travelled to St. Isidore to compete in the one-day event. The Rapids started off strongly by defeating the Ottawa Sting 4-1. Kale Perry, Trent Thomas, Shane Kitchen, and Mac Mitchell each scored a goal apiece and Mitchell picked up the hustler of the game.

The Rapids continued their strong play as they defeated the Rideau St. Lawrence Kings 7-0. Brendan Trasuk led the way with a hat trick. Brock Bissonnette, Ryan Wong, Kitchen and Mackenzie added singles and Sean Rudy pitched in with four assists. Josh Loney recorded the shutout and was also chosen as hustler of the game.

These two wins were good enough to win the Nesbitt division and play the Burns division winner, the Ottawa Valley Titans. The Titans defeated the tired Rapids 8-2. Wong and Mitchell scored in the loss.

League play resumed on Tuesday night as the Rapids travelled to Ottawa to play the second place Southwest Storm. Josh Loney kept them in the game as he faced 12 shots in the first four minutes and the Rapids played to a hard fought 2-2 draw. Michaud and Wong both scored as Thomas picked up a pair of assists.

The Rapids are looking forward to competing in the Ottawa International Hockey Festival this weekend.

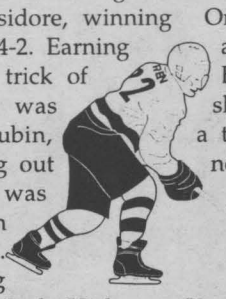
Cornwall Guindon Esso Atom "B" Royals

The Royals participated in the Clarence Creek Tournament over the New Years weekend and came away finalists in the "B" division. In their first match vs the team from Maniwaki, sudden death overtime 3 on 3 was needed to break a 0-0 deadlock, which saw the Royals defeated by a 1-0 score. The Royals outshot and outchanced and only a very strong goaltending performance prevented a victory which saw the Maniwaki team go on to win the "A" title. Torry Bigtree, the royal netminder was solid and received player of the game. In a replay from a previous tournament, the Royals faced the Nepean team and this time a strong team effort was rewarded with a 2-0 win with Travis Parisien recording the shutout. Goals by Justin Ladouceur and Jed Crowder, with assists to Serge Lafontaine, Taylor Bergeron and Zachary Guindon, led the offensive attack. Zachary Guindon was given the player of the game award. In the "B" final, the Royals faced off against the Rockland team and the game mirrored their opening game in which the Royals outshot and outchanced their opponent to only go down in defeat in sudden death, 3 on 3 overtime. The final score was 2-1, with Serge Lafontaine getting the only marker with assists to Justin Ladouceur and Brock Wilson. Justin Ladouceur received player of the game honours. The tournament saw the Royals give up only 1 regulation time goal. Coaches and parents were very proud of the strong effort put forth by the players in such close contests. Go Royals Go.

South Stormont Peewee 'C' Selects

The South Stormont Peewee 'C' Selects are on a roll, winning three of their last four games and tying the other one.

On Friday, December 8th, they played a home game against St. Isidore, winning that contest 4-2. Earning his first hat trick of the season was Brandon Aubin, and rounding out the scoring was Justin Coughlin. Earning assists were Josh Hickman, Brandon Baker, Kevin Sommers and Travis Ferguson.



On Saturday, the Selects played in Maxville against North Glengarry, earning a tie in that game. However, with only 42 seconds remaining in the third period, the Selects found the top corner of the net, the puck hit the mesh and came out but, unfortunately, the referee did not see this action, thereby ending the game in a 1-all tie. The lone goal came from Travis Ferguson at 8:22 in the third, assisted by Scott Walker and Chad St. Louis.

On Sunday, playing at home against Morrisburg, Ben Billiard and James Luciani shared in a shutout against a tough-hitting team opponent, winning 2-0. Opening the scoring in the second period for the home team was Kevin Sommers, assisted by Scott Walker and Brandon Baker. At 7:55 in the third, André Filliol, who played an excellent game in defense, put the game out of reach with an unassisted goal.

In their last four outings, the South Stormont Peewee 'C' Selects are 3-0-1, and are looking forward to playing their next game in Brockville this week.

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sn2

SEAWAY Scoreboard

Bridge Results

Independent Bridge Club - Dec. 27th, 2000

N/S
1. Terry Forsyth - Marjorie Raymond
2. Margaret Evans - Roy Parmalee
3. Lorraine Gauthier - Gloria Blanchard

E/W
1. Ben Bouvier - Madan Seth
2. Joyce Harrison - Jody Campbell
3. Carol Reus - Claudette Rousseau

Cornwall & District Bridge Club -Dec. 28th, 2000 (Overall)
1. Kirkwood Malette - Voytek Pomykalski
2. Jody Campbell - Margaret Evans
3. Margaret Campbell - Carol Reus
4. Kay Colbran - George Bissonnette

Cornwall Seniors Bridge Club - Dec. 29th, 2000

N/S
1. Mabel Chan - Pat Cunningham
2. Margaret Evans - Carol Reus
3. Yvonne Bergeron - Grace Leroux } tie
3. Muriel Smith - Joyce Haines } tie

E/W
1. Madan Seth - Ben Bouvier
2. Yolande Boutin - Bert Mosher
3. Mona MacPhee - Louis Rioux

Alexandria Bridge Club - Jan. 2nd, 2001

N/S
1. Joseph Freidberg - Albert Leonard
2. Francois & Bob Govan
3. Elizabeth Marjerisson - Jim Campbell

E/W
1. Mell Watt - Les Kimball
2. René Belanger - Michel Duplante
3. Lorna & Homer Grant

SEAWAY SPORTS

Cornwall CISL Wins Ottawa Indoor Soccer Tournament

A team representing the Cornwall Indoor Soccer League (CISL) won the Under-13 Girls division of the 7th Annual Coliseum Holiday Soccer Tournament at Lansdowne Stadium in Ottawa on December 28th, 2000.

Cornwall started the qualifying round with a 1-1 tie against Nepean Golden Hotspurs. Jaymie Baldree had the lone Cornwall goal.

In the second qualifying game Cornwall beat South Nepean Bulldogs 2-0. Jaymie Baldree scored both goals and Alana Brady had the shutout.

Cornwall lost their third game 3-2 to Gloucester Hornets. Andrea Montford and Andrea Hummel scored for Cornwall.

Cornwall ended the qualifying round in second place with a 1-1 tie against South Nepean Sky Bears. Christina Julien scored to send Cornwall into the final against first place Gloucester Hornets.

The final was close until Jaymie Baldree scored her fourth goal of the tournament with five minutes remaining to avenge the earlier loss to Gloucester and give Cornwall CISL a 1-0 victory and the championship. Alana Brady was solid with her second shutout.

The other players on Cornwall CISL were Alecia Derouin, Elisabeth Fraser, Ania Kowalski, Kayla Laframboise, Amy Larkin, Trista Lefave, Jessika Thompson and Katelyn Watkins. The coaching staff was Denis Laframboise and Chris Watkins.

South Stormont Atom "B" Hockey Tournament

Viau Mechanical Atom "B" Selects only played one season game this week against Potsdam on December 19th, 2000 for a 3-2 loss. It was a good game with two goals for DJ Cutler and an assist to Corey Jodoin. Colin McKay made nice saves for the Selects.

On December 27th, 2000, tournament day, the Selects played Cornwall in their first game for a 4-2 loss. It was very exciting to watch these young players trying to gain a spot for the "A" division. Cornwall came up being the winners with two goals by Justin Ladouceur who was also named hustler of the game and Billy Lalonde for the Selects. Scoring for the Selects was Daniel Bissonnette, his first of the season with a nice shot from the blue line and Mike Wheeler. Assists went to Corey Fleury and Nicholas Lefebvre.

Next game in the "B" division, we faced the N.G.S. Braves for another loss of 5-1 and were eliminated. The lone goal, scored by DJ Cutler assisted by Fleury and Lucas Cryderman, was not enough to even give us a chance to win. Brent Maxwell was chosen hustler. It was a disappointment to lose both games in our tournament. The goaltending was shared by McKay and Travis Couglin. The "A" Division Champs were Cornwall, defeating Ottawa West in a very exciting game in overtime 6-5 by a goal by sharpshooter Lafontaine who was also picked hustler. The "B" Champs were South Grenville against N.G.S. also in overtime.

The Selects' coaching staff, parents and players would like to take this time to thank the many sponsors for their great donations to make our tournament a big success. Many nice prizes were given out including a Huron Hockey School week draw from all participating team players. The Hustler award was a nice stick with the Selects logo and a hook to hang your medals appreciated by all. Thanks also to all parents and their kids who helped out during the day and manager Marty Fleury for running around all day making sure things were done. Many compliments were given for the day. Have a Happy New Year.

South Stormont Atom "C" Selects

The South Stormont Atom "C" Selects took a big step towards securing a playoff birth last weekend by defeating the North Dundas Demons by the score of 2-0. Scoring for the Selects were Chris Crawford with assists from Kyle Middleton and Zach Kroeze and Alex Murphy from Shane Herrington and Bennet Brown.

The shutout, their second of the season, was shared by Ryan Tinkess and Nathan Desnoyers.

Heading into the final six weeks of the season, the Selects are now tied with the Demons for the final playoff position.

Club 55+ Action

Roy Julien, with an average of 226.2, leads the pack in Club 55+ action at Olympia Bowl. Close behind is Harvey Barkley with 223.3, followed by Roma Amelotte with 221.4 and Harold Millward with 218.0.

For the ladies, Betty Dunn is out in front with 193.5, in second is Shirley Eastman with 192.5 and last year's leader, Simone Kearns, is trailing with 180.0.

Highs Rolled: Cliff Duquette 230, Raymond Menard 235, Bob Carter 223, Joe Arsenault 220, Cliff Merpaw, Jo Akkermans, Sid Pidgeon and Len Marleau 212, Simone Kearns, Lee Kirkey and John Peters 210.

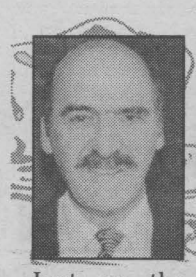
Cornwall Guindon Esso Atom "B" Royals

The Royals captured the A championship title in the annual South Stormont Atom "B" tournament held on December 27th, 2000. In the opening game vs the host Selects squad, the Royals skated to a 4-2 victory.

The second contest vs the Potsdam team was extremely exciting with the game ending in regulation with a 1-1 tie.

The final game saw the Royals squander a 3-1 lead and rebound with a late third period goal to even the score 5-5. A sudden death overtime of two minutes playing four on four was next for the Royals. Serge Lafontaine, with a nifty move on the defense and a great wrist shot, beat the Golden Knights goaltender .Leading the points parade for the Guindon Esso Atom "B" Royals was Justin Ladouceur with 5-1, Serge Lafontaine 2-3, Zachary Guindon and Daniel Merpaw each with 1-2, Francois Bruyere 0-3, Andrew Kaneb and Jed Crowder each 1-1, Taylor Bergeron 1-0 and Brock Wilson, Mathieu Bruyere, Bradley Prieur each picking up an assist. Players of the games were Justin Ladouceur, Brock Wilson and Serge Lafontaine each awarded souvenir game sticks. Mathieu Ladouceur and Kurtis Cayer were both instrumental in the final outcome and the Royals were led with strong goaltending from Torry Bigtree and Travis Parisien.

A salute to Sheldon Coughlin and the South Stormont Association.



ICE CHIPS

by Bill Gallant

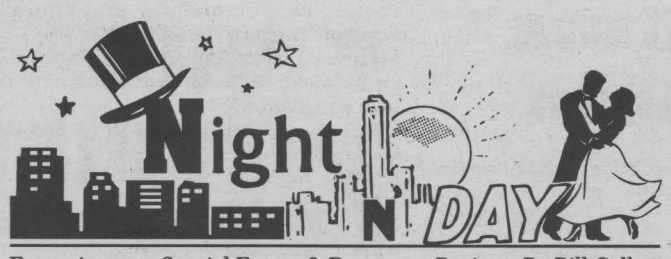
Just as the year 2001 begins with the dawning of a whole new era, so too did the Cornwall hockey season of 1969. The Cornwall Royals that season were about to take a giant leap into the junior hockey world. The late G.B. "Bunny" Markell said it best in July of '69 when he told an audience of hockey fans that, "We have a dream to bring a Memorial Cup to Cornwall." (See photo). Little did we realize that prognostication would only require two years to become a reality. Last week Ice Chips related the true "coming of age" for the Royals with players like goalie Billy Smith and Richard Brodeur, and other players like Blair MacDonald, Bob Murphy, John Wensink, Gerry Teeple. In just a two-year span the dream grew closer to reality with the Royals about to start their third season in the Quebec Major Junior Hockey League. Orval Tessier was named as the new Coach, Jim Larin was the GM, and the team's head scout, Gord Woods formed a talented new trio that would guide the Royals to new heights. Added to the roster were Stu Davison, Al Sims and the "Kingston Trio" of Gary MacGregor, Kevin Tracey and Bob Murray. Goalie, Tom Wynn arrived awhile later to make it a quartet and to provide some backup for Brodeur. The team soon added Dan Lupenette, Mark Smith and from the Cornwall minor system came Yvon Disotell and John Nazar.

January 1972 was a particularly winning time for the Royals as they led the QMJHL, a few points in front of the defending League and Memorial Cup Champs the Quebec Remparts. There were some individual "stars" too as Teeple joined the league's top five in scoring. The "Screaming Eagle" as he was dubbed, enjoyed scoring four hat-tricks over an eight-game stretch. The two "Mac's", Blair and Gary, were also adding to their goal-scoring stats. As the regular season drew to an end, the Royals had very high marks to brag about. They ended the schedule with 96 points, scored the most goals in the league with 361, and by allowing only 182 goals against, Brodeur was named the Jacques Plante Trophy winner, Bob Murray was chosen the QMJHL Rookie of the Year and Teeple, with 128 points, including 57 goals, won the Frank Selke Trophy as the MVP. But the best was still ahead! Their finest hour in the QMJHL came in the seventh and deciding game in the best of seven finals against the Quebec Remparts. It was at the WSA and Dave Johnson scored two goals to give the Royals a 4-1 victory, the QMJHL Championship, and the right to head to the Memorial Cup.

Our photo this week shows Royals Captain of that '71-'72 team, Bob Murray accepting his Rookie of the Year Cup from Montreal Canadiens great Aurel Joliat. The Royals went on to win the Memorial Cup that season, and next week we will re-cap that adventure!!



ENTERTAINMENT



Entertainment - Special Events & Restaurant Review - By Bill Gallant

"The hills are alive with the sound of music !" Music to the ears that is for the folks at Glen Productions. Their upcoming stage production of The Sound Of Music has a very popular following and ticket sales have been great. The show will be presented on February 9th, 10th, 11th and again on February 16th and 17th. You can call the Glen at 938-4748 or drop by the Cornwall and Seaway Valley Tourism Office on Pitt Street for tickets and information.

The Central Junior Hockey League is beginning to heat-up as teams head into the 2001 schedule. The Cornwall Colts will be in Cumberland this Sunday, January 7th and you can catch the action on the Blaze starting at 6:55 p.m. Good luck is also in order for our Canadian Juniors in their quest to capture a medal over in Russia.

By now you have read about the terrific "rescue" of our Carn*val 2001 by two major sponsors. Sharing the sponsorship are RE/MAX Cornwall and WEBtech, and with added help from other Cornwall and area sponsors, this year's event will surely be another hit with the wintertime crowd. Keep watching for news about the Carn*val Queen Gala and the rest of what the Festival's Organizing Committee have planned. You can help too by purchasing a raffle ticket for the VIA Rail Trip, and a "Zipper Pull" that you can proudly wear as a Carn*val supporter.

Looking for a great way to celebrate the New Year as it unfolds? The RCAFA, Wing 424 will be staging an old fashioned Sing-A-Long event on Sunday, January 21st. The "Songfest" will include printed song sheets to allow you to follow along with all the old favourites. The event will be held between 3 p.m. and 8 p.m. and will include a table of snacks. Members and guests are reminded to be at the Wing early to guarantee good seating.

John McDermott fans are reminded about the Robbie Burns day event happening in Nepean on January 25th and 26th, and comic Ron James will be appearing in Cornwall at the Aultsville Theatre on February 3rd. Both concerts are part of the Shantero Productions schedule of events for 2001.

Remember the Incredible Invisible Man? Well he's back folks! At least that's what a new video featuring Kevin Bacon in the starring role seems to have copied. They're calling this version Hollow Man and it's on the video shelves now. We should remind you that this 2001 version of the movie bears little resemblance to the original from 1933. We must warn you that it also contains some violent scenes and has an "R" rating. While on the topic of video rentals, I would suggest that you read the liner notes of several releases that are being billed as "new releases," when in fact they are just re-releases from many months back. There also seems to be an increasing number of low-budget films making their way onto the video store shelves. Renter beware!!

If Marc Cloutier gets his New Year's wish, there will be 150 anglers out on the ice on Saturday, January 27th this year. The 5th Annual Long Sault Walleye Ice Fishing Derby is set to go on that date and the boundaries are from Cornwall Hydro Dam to Iroquois Dam. There will be $300. cash prizes for every weigh-in hour during the derby. The event is based on attracting 150 entries and there will also be a special $500. cash prize and trophy for the largest walleye caught. Registration will be at the Riverfront Diner at the Long Sault Marina on Friday, January 26th between 6 p.m. and 7:30 p.m. For more information, call Marc at 936-1157. A similar event last year was a wash-out due to the warm, melting conditions. Let's hope Ma Nature will be more cooperative this year for both the fishing event and our Carnival! Until next week, G'Day and G'Night.

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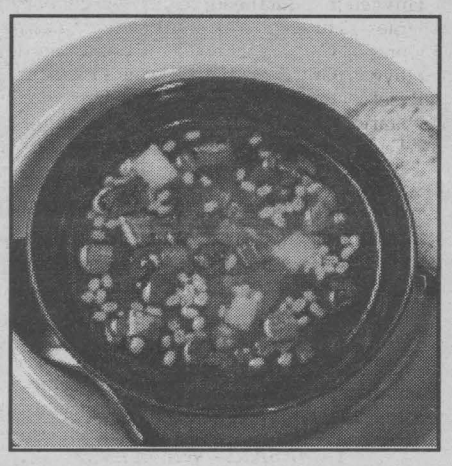
Hearty Veal, Vegetable & Barley Soup

Makes 4 servings.
Preparation time: 15 minutes
Cooking time: 50 minutes
(NC)-Use an inexpensive cut of veal to make this satisfying meal-in-a-bowl soup. Add a loaf of multigrain bread and a salad and dinner is done.
1 tbsp. vegetable oil 15 mL
12 oz stewing veal, 375 g
cut into small cubes
2 carrots, diced
2 stalks celery, diced
1 small onion, chopped
8 cups water 2 L
2 bay leaves
1/2 cup pearl or pot barley 125 mL
2 tsp. salt 10 mL
1/2 tsp. pepper 5 mL
1 cup diced potato 250 mL

In large pot, heat oil over medium-high heat; brown veal. Reduce heat to medium-low; add carrots, celery and onion. Cover and cook, stirring occasionally, for about 10 minutes or until softened, add 1 tbsp. (15 mL) water if necessary to prevent browning. Add water, bay leaves, barley, salt and pepper; bring to boil. Reduce heat and simmer for 20 minutes. Add potatoes and simmer for about 20 minutes longer or until vegetables and veal are very tender. Discard bay leaves. Season to taste with salt and pepper.

Tip: This soup can be doubled. If freezing, omit potatoes, cool and freeze in airtight containers. Cooked potatoes can be added when reheating.
For more recipes or cooking tips, visit the following web site, and serve veal this holiday season! www.ontariooveal.on.ca



Nutritional Information per serving:
509 Calories
30.5 g Protein
12.4 g Fat
69.1 g Carbohydrate
- News Canada

Everyday Veal Pot Roast

Makes 6 to 8 servings. Preparation time: 10 minutes
Cooking time: 2 1/2 hours.
(NC)- Add chopped carrots and potatoes during last hour of cooking if you like.
3 lb. boneless veal 1.5 kg shoulder roast, tied
1/3 cup all-purpose flour, 75 mL, divided
2 tbsp. vegetable oil 25 mL
1 onion, finely chopped
1 carrot, finely chopped
1 stalk celery,
finely chopped
1/2 tsp. pepper 2 mL
1/2 tsp. crumbled dried 2 mL
Rosemary
1 bay leaf
1 1/2 cups chicken stock 375 mL
2 tbsp. Balsamic or 30 mL
red wine vinegar
Pat roast dry and dust with flour; set aside remaining flour. In large Dutch oven or pot, heat oil over medium-high heat; brown roast, turning to brown all sides. Transfer to plate. Reduce heat to medium; add onion, carrot, celery, pepper, rosemary and bay leaf to pot. Cook, stirring, for about 3 minutes or until softened. Sprinkle with remaining flour; cook, stirring, for 1 minute. Pour in stock and vinegar; bring to boil, scraping any brown bits stuck to pot. Return roast and any accumulated juices to pot; cover and bake in 325°F (160°C) oven for about 2 hours, turning roast every half hour, or until roast is fork tender. Transfer roast to cutting board; tent with foil and let rest for 15 minutes. Bring to boil. Reduce heat and simmer for about 10 minutes or until gravy is thickened. Strain if desired; serve over slices of roast.
-News Canada

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OBITUARIES OBITUARIES

ARSENEAULT - Adele

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Thursday, October 19th, 2000.

Mrs. Adele Arseneault, in her 83rd year, born in Saint-Leon-le-Grand, Quebec, formerly of Sandfield Place and formerly of 176 Marguerite d'Youville, Cornwall, Ontario.

Dear daughter of the late Jean Martel and the late Alice Rioux.

Beloved wife of Alfred Arseneault.

Loving mother of Jean-Guy Arseneault (Rejeanne) of Tracadie, New Brunswick, Gisele MacMillan of Ottawa, Ontario, Carmen Arseneault of Stouffville, Linda (Mrs. Donald Perry) and Diane (Mrs. David Mitchell) both of Cornwall, Ontario.

Dear sister of Lucien Martel of Montreal, Quebec, Gonzague (Louis) Martel (Germaine) of Halifax, Nova Scotia, Mrs. Marie Laflamme and Adrienne (Mrs. Jules Chabot) both of Montreal, Quebec, Rita (Mrs. Douglas Lagace) of Ottawa, Ontario and Mrs. Lucienne Goyette of Val d'Or, Quebec.

Sadly missed by 8 grandchildren and 8 great-grandchildren.

Predeceased by her son, Wilfred Arseneault, and brothers, Romuald, Maurice, Theodore, Paul and Adrien Martel.

The funeral took place on Monday, October 23rd, 2000 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Ste. Croix Church with cremation at South Branch Crematorium. Rev. Rene Dube of Ste-Croix Church officiated.

The pallbearers were Robert Perry, Daniel Perry, Dave Mitchell, Carol Henderson, David McMillan and Don Perry.

HUYGEN - William (Bill) Sr.

Passed away at his residence on Monday, October 23rd, 2000.

Mr. William (Bill) Huygen Sr., in his 66th year, born in Heukelum, Holland, Netherlands and formerly of 148 Ellen Avenue, Cornwall, Ontario.

Dear son of the late Leendert Huygen and the late Aartje Huygen.

Beloved husband of the late Agnes Huygen (nee Vink).

Loving father of Jeff Huygen and William Huygen Jr. (Anita) both of Cornwall, Ontario, James Huygen (Jocelyn) of Minesing, Ontario, Gregory Huygen at home, Shirley Huygen (Guy Potvin) of Orleans, Ontario and Roseley (Mrs. Douglas Allum) of Barrie, Ontario.

Dear brother of Elias Huygen and Mrs. Jacoba Kaake both of Meaford and Rika (Mrs. Bill Hartley) of North Bay, Ontario.

Sadly missed by 11 grandchildren.

The funeral took place on Friday, October 27th, 2000 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Blessed Sacrament Church with burial at Notre Dame Cemetery. Rev. Allan MacDonald of Blessed Sacrament Church officiated, assisted by Deacon Marcel Brunet.

The pallbearers were the Nativity Guards.

YAMASAKI - Vernon Akira

Passed away at his residence on Monday, November 6th, 2000.

Mr. Vernon Akira Yamasaki, in his 66th year, born in Vancouver, British Columbia and formerly of Cornwall, Ontario.

Dear son of the late Sorato Yamasaki and the late Kinu Tanaka.

Beloved husband of Yolande Marchand.

Loving father of Susan Yamasaki and Kathleen Chan (Basil) of Montreal, Quebec.

Dear brother of Roy Yamasaki and Donald Yamasaki.

Cherished grandfather of Nicholas.

A private Family Memorial was held in the chapel of the M. John Sullivan Funeral Home, 341 Pitt Street, Cornwall on Saturday, November 11th, 2000.

Mr. Yamasaki was an avid golfer and retired Mechanical Engineer employed by ICI.

KUNO - Mary Theresa

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Thursday, October 19th, 2000.

Mrs. Mary Theresa Kuno, in her 89th year, born in Maynooth, Ontario, formerly of 424 Marlborough St. North, formerly of 1037 Augustus Street, Cornwall, Ontario and Morewood, Ontario.

Dear daughter of the late August Linkie and the late Alvina Cyke.

Beloved wife of the late Walter Kuno.

Loving mother of Harold Kuno of Northfield Station, Ronald Kuno and Eileen (Mrs. Wilmer Marquardt) both of Eganville and Stella (Mrs. Joseph Poirier) of Cornwall, Ontario.

Sadly missed by 15 grandchildren and 33 great-grandchildren.

Predeceased by her brothers, Max, Leonard, Alex, Edward, Henry, Frank, Amell and Rudolph Linkie and sisters, Mrs. Ida Franskie, Mrs. Bertha Fellober, Mrs. Emma Felski, Mrs. Martha Lindsay and Mrs. Helga Grant.

The funeral took place on Monday, October 23rd, 2000 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with burial at Union Cemetery. Rev. Peter Hincke of St. Matthew's Lutheran Church officiated.

The pallbearers were Barry Marquardt, Garry Marquardt, Scott Tracey, Jack Seguin, Trevor Archambault and Ronald Archambault.

BELLMORE - Anthony (Tony) Joseph

Passed away at the Versa Care Centre, Cornwall, Ontario on Monday, October 23rd, 2000.

Mr. Anthony (Tony) Joseph Bellmore, in his 78th year, born in Alexandria, Ontario and formerly of 310 Eighth Street West, Cornwall, Ontario.

Dear son of the late Donald William Bellmore and the late Hattie Michaud.

Beloved husband of the late Delia Bellmore (nee Tyo).

Loving father of Arthur Bellmore (Sharon), Lloyd Bellmore (Linda), Theresa (Mrs. Donald Lauzon), Shirley Michaud and Cathy Riviere all of Cornwall, Ontario and Robert Bellmore of Toronto, Ontario.

Dear brother of Leo Bellmore (Eddie) of Windsor, Ontario, Mrs. Pauline Lalonde and Mrs. Jeannette Cardinal both of Cornwall, Ontario and Shirley (Ernest Quinn) of St. Andrews, Ontario.

Sadly missed by 25 grandchildren and 19 great-grandchildren.

Predeceased by his brothers, Alex, Donald and John Bellmore and sister, Mrs. Josephine Benoit.

The funeral took place on Wednesday, October 25th, 2000 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with burial at Notre Dame Cemetery.

The pallbearers were Andrew Bellmore, Joshua Bellmore, Nicholas Bellmore, Danny Tyo, Shawn Michaud and Hubert Bellmore.

VACHON - Laurelle Marie

Passed away at her residence in Cornwall, Ontario on Monday, November 6th, 2000.

Mrs. Laurelle Marie Vachon, in her 82nd year, born in Cornwall, Ontario and formerly of 1430 First Street East, Cornwall.

Dear daughter of the late Mitchell Bourgon and the late Eva Russell.

Beloved wife of the late Raymond Vachon.

Predeceased by her brothers, Vernon, Albert (Bert) and Maurice Bourgon and sister, Mrs. Pearl Taillon.

The funeral took place on Wednesday, November 8th, 2000 from Lahaie and Sullivan Cornwall Funeral Homes East Branch with cremation at South Branch Crematorium.

MEYER - John Wesley

Passed away peacefully in Cornwall, Ontario on Thursday, October 19th, 2000.

Mr. John Wesley Meyer, in his 76th year, born in Metcalfe, Ontario and formerly of Cornwall, Ontario.

Dear son of the late Herbert Meyer and the late Sadie Marshall.

Beloved husband of Muriel Meyer (nee Russell).

Loving father of Wesley Meyer (Glenda), Jennifer Adams (John), Susan (William Macaulay), Leah (Rod McCuaig) and John Meyer (Kim).

Dear brother of Doug (Jo) of Georgia, U.S.

Sadly missed by grandchildren Kerry (Katherine), Laurel, Colin, Rowan, Iain, Owain, Kelty, Heidi, Taylor and Tyler.

Predeceased by his former wife, Eileen (Crosier), brothers, George, Ken, Fred, Gord, Cliff and Bert and sister, Annie Ritchie.

The funeral took place on Monday, October 23rd, 2000 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with burial at Woodlawn Cemetery. Rev. Randy McCooeye of First Baptist Church officiated.

The pallbearers were Kerry Adams, Jim Meyer, Colin Macauley, Randy Meyer, Jim Payette and Eric Moke.

Mr. Meyer was a carpenter and a long time Howard Smith Papermaker.

LANDRY - Maxime Jean

Passed away accidentally on Saturday, October 21st, 2000.

Mr. Maxime Jean Landry, in his 28th year, born in Cornwall and formerly of 500 Montreal Road, Cornwall, Ontario.

Dear son of Roger Landry and the former Huguette Payette of Cornwall, Ontario.

Dear friend of Annie Bergevin.

Loving brother of Christine Landry of Cornwall, Ontario.

Cherished uncle of Philippe.

Dear grandson of Mrs. Laurentia (Bourdeau) Landry of Cornwall, Ontario.

Predeceased by his grandparents, the late Hector Landry and the late Rosalia Roy and the late Alphonse Payette.

The funeral took place on Tuesday, October 24th, 2000 from Boulerice Funeral Home Ltd., 218 Montreal Road, Cornwall, to Nativity Co-Cathedral. Interment in Notre Dame Cemetery. Msgr. Rejean Lebrun, Rector of Nativity Co-Cathedral officiated, assisted by Rev. Mr. Maurice Poirier.

The pallbearers were Marcel St. Jean, Andre Lamarche, Stephane Charbonneau, Kyle Graveley, Fred Esford and Mike Contant.

Mr. Landry was the owner of Max's Pawn Shop in Cornwall.

POWNEY - Maryan Elaine

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Saturday, October 28th, 2000.

Ms. Maryan Elaine Powney, in her 45th year, born in Montreal, Quebec and formerly of 6253 Marleau Road, Bainsville, Ontario.

Dear daughter of the late Charles Edward Powney and the late Hilda Thompson.

Loving mother of Tara (Mrs. Jimmy Lavallee) of St. Hubert, Quebec.

Survived by her former husband, Raymond Pepin.

The funeral took place on Monday, October 30th, 2000 from Lahaie and Sullivan Cornwall Funeral Homes West Branch with cremation at South Branch Crematorium.

FITZPATRICK - Bonnie

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Saturday, October 21st, 2000.

Mrs. Bonnie Fitzpatrick, in her 48th year, born in Toronto, Ontario and formerly of 10 Leduc Circle, Cornwall, Ontario.

Dear daughter of the late William James McKinney and the late Ruby Dennie.

Beloved wife of Shane Fitzpatrick.

Loving mother of Ryan Ringer of Toronto, Ontario, Aaron Ringer (Melissa), Casey Ringer and Sarah Fitzpatrick all of Cornwall, Ontario.

Dear sister of David McKinney (Lonnie) of Merrit, British Columbia, Mark McKinney (Carmel) of Pickering, Ontario, Frank McKinney (Chu) of Vancouver, British Columbia, Michael McKinney (Valerie) of Calgary, Alberta, Steve McKinney of Toronto, Ontario, Rose Best (Bert) of Surrey, British Columbia and Cathy Topping of British Columbia.

Sadly missed by grandchildren Brandy and Damon Ringer.

Predeceased by her brother, Daniel McKinney (Sandra).

The funeral was held from the M. John Sullivan Funeral Home on Thursday, October 26th, 2000 to Trinity Anglican Church followed by cremation. Archdeacon Ross Moulton officiated, assisted by Rev. Christine Piper.

Members of the Cornwall Sunrise Rotary Club and the Cornwall Rotary Club formed the Guard of Honour at the Funeral Service.

The pallbearers were the M. John Sullivan Funeral Home Staff Bearers.

Bonnie was an Associate Broker at RE/MAX Cornwall Realty and a member of the Cornwall Sunrise Rotary Club.

O'BYRNE - Gerald Daniel Joseph

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Monday, October 23rd, 2000.

Mr. Gerald Daniel Joseph O'Byrne, in his 69th year, born in Cornwall, Ontario, formerly of 128 Eighth Street East and formerly of 340 Sixth Street West, Cornwall, Ontario.

Dear son of the late Patrick O'Byrne and the late Greta Gates.

Beloved husband of the late Fabiola Marguerite O'Byrne (nee Tyo).

Loving father of Gordon O'Byrne (Elaine), Melvin O'Byrne (Shirley), Tammy O'Byrne (Paul), Wendy (Mrs. Harry Prieur) and Lisa (Mrs. Mark Ladouceur) all of Cornwall, Ontario, Todd and Terrance O'Byrne both at home.

Dear brother of Raymond O'Byrne (Helen), Lawrence O'Byrne and Maisie (Mrs. Paul Lafleche) all of Cornwall, Ontario.

Sadly missed by 9 grandchildren and 8 great-grandchildren.

Predeceased by his son, Michael O'Byrne and brothers, Floyd and James (Mickey) O'Byrne.

The funeral took place on Thursday, October 26th, 2000 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. Francis de Sales Church with cremation at South Branch Crematorium. Rev. Gary Ostler of St. Francis de Sales Church officiated.

The pallbearers were Harry Prieur, Paul Legault, Jerry Derouchie, Norm Stead, Dale O'Byrne and Mark Ladouceur.

TYO - Claudette Marie

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Sunday, October 29th, 2000.

Mrs. Claudette Marie Tyo, in her 68th year, born in Massena, New York and formerly of 211 Water Street West, Cornwall, Ontario.

Dear daughter of the late John Major and the late Florence Brunet.

Beloved wife of the late Clifford Joseph Tyo.

Loving mother of Bonnie Kelly, Debbie Depatie, Clifford Tyo, Joanne Pouliot all of Cornwall, Ontario, Stephen Tyo of Thunder Bay, Ontario, Brenda Tyo of Woodstock, New Brunswick, Holly Merkley of Chesterville, Ontario and Heather Zulinski of St. Andrews West, Ontario.

Dear sister of Robert Major (Carmen) of Cornwall, Ontario and Denis Major (Adele) of Montreal, Quebec.

Leaves many grandchildren and many great-grandchildren.

The funeral was held from the M. John Sullivan Funeral Home on Thursday, November 2nd, 2000 to St. Columban's Catholic Parish followed by cremation. Rev. Kevin Maloney celebrated, assisted by Rev. Tom Villeneuve, Pastor of St. Mary's Church, Williamstown, Ontario, and Rev. George Maloney, Pastor of St. Peter's Church.

The pallbearers were Mark Zulinski, Steve Marks, Kevin Major, Jason Tyo, Pat Shallow and Christian Pouliot.

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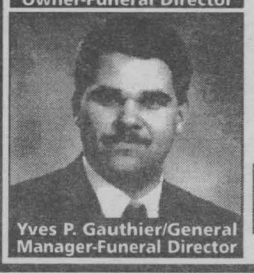
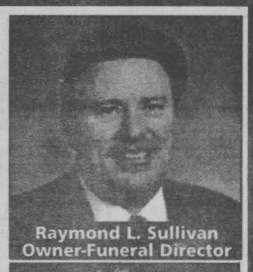
J.P. (John) Lahaie
Owner and Founder



Claudette R. Lahaie
Owner-Funeral Director



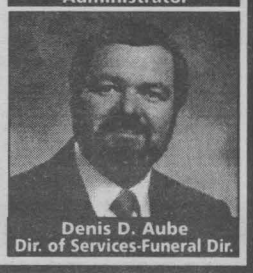
Yves P. Gauthier/General Manager-Funeral Director



Raymond L. Sullivan
Owner-Funeral Director



Claudette M. Lee
Administrator



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Dir. of Services-Funeral Dir.

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Wouldn't it be an improvement in photo developing if the month and year were printed into the border of each photo!

Did you know ... that in a mere ten minutes, a hurricane releases more energy than all the world's nuclear weapons combined?

Seems Cornwallites were out in full force taking advantage of the Boxing Day sales. ***So, were they really finding bargains or buying for Christmas 2001??***

Our friends, Iain and Florence, attend choir practice Wednesday evenings and often head for a restaurant afterwards with their fellow choir members. Florence soon noticed that every time she had a glass of wine, it was followed by a severe migraine headache. Iain agreed with her that it might be better is she abstained, and so she did.

On one postchoir occasion, however, Florence decided, after some hesitation, to order a glass of wine. Some time passed with no untoward consequences. Then she waved happily across the big table where her colleagues all sat and announced in a loud voice, *"Iain, I don't have a headache tonight!"*

Travel Fact: Nestled between Cuba and Jamaica in the Caribbean Sea, the Cayman Islands are about 460 miles south if Miami.

For some reason, when winter came, my husband tended to place the garbage bags a couple of feet in from the curb. Some time later I gave up trying to get him to put them closer to the edge, but I think the note put in our mailbox on a garbage day must have been more persuasive: "Please put your garbage bags by the curb. We've noticed they have been moving in about 2ft. per week. Soon we'll be in your kitchen for Christmas dinner. The Slingers".

Hey kids ... Cornwall Public Library offers great after-school programs. Give them a call.

Did anyone ever stop to think that after 29 years of "New Year's Rockin' Eve", **Dick Clark still looks the same!**

ENTER A TEAM NOW! The Big Brothers & Big Sisters Bowl For Millions is coming up. Team entry forms and sponsor sheets can be obtained by contacting the office at 933-8035.

Another Tim Hortons on its way ... soon at the new Brookdale Centre.

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Quote of the Week: Cherish yourself like a fragile, first snowflake ... shimmering, beautiful, infinitely different.
Esther Kent.

Do you really think that the "harsh" new pictures on cigarette packages will really make people quit smoking??

Write it down!! You're 50% more likely to remember it.

Blue Box Heroes: Old pop cans ... recycled into new pop cans. Every beverage can helps build a better recycling program. Don't let a single can get away. Recycle them in your blue box.

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After 33 days in release, "The Grinch That Stole Christmas" has taken in $216.4 million dollars (U.S.) topping M:I-2 at $215.4 million (which took 4 months to hit).



Scuttlebutt

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

Madonna's Highland Fling ... estimated cost - $4 million dollars.

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A daring thief who stuffed a pair of live lobsters in his pants learned that crime doesn't pay when the frisky creatures gave him a vasectomy.

Police say the 24 year old shoplifter was leaving a Bristol, England supermarket when he removed the lobsters from their tank and shoved them in his trousers. The man sprinted past stunned checkout girls, but came to a screeching halt when he felt the lobsters clutching on his manhood.

The thorny creatures were finally removed when emergency medics pried them loose with pliers. Doctors say the thief will fully recover from his frightening tangle with the lobsters, but he will never be a daddy.

The thief's painful prank landed him in the hospital, where he is expected to remain for three or four weeks. But thanks to a kindhearted supermarket manager, he will not be charged with any crime.

"The guy's gone through enough pain," said the store manager. "I think he has learned his lesson. I doubt if he'll ever steal again."

Happy Retirement to **Senior Constable Hugh McClements** after 30 years of service with the O.P.P. Lancaster detachment.

Okay, so how many of you have made New Year's resolutions ... and how many of you have already given up??

Will Power: A will is the last chance that the deceased has to drive the living nuts. Here is a true-life example: Ms. Eleanor Ritchey, the unmarried granddaughter of Quaker State Oil founder John Bayer, died in 1968. She left an estate valued at $12 million. In her will she left over 1,700 pairs of shoes and 1,200 boxes of stationary to the Salvation Army. The rest of her estate went to the dogs.

Really.

She had adopted over 150 stray dogs as pets. Her will set up a trust that permitted the dogs to live in the lap of luxury for up to 20 years. At the end of that period ... or upon the death of the last dog - the rest of the estate would go to Auburn University. In 1984 Musketeer, the richest dog in America and the last of the 150 dogs, died, and Auburn got its money.

Reader wants to congratulate **"The Jewel"** on great music. Brings back lots of great memories.

During the winter months, if your pet stays outside, please make sure they have proper shelter, food and water. **If you are cold, so are they.** If you need any information, please call the O.S.P.C.A. at 936-0072. They will be happy to answer any questions you may have.

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SEAWAY SMILE

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

A MASTER CELLS MAN

Submitted by V.I. Barbetta

There are several men sitting around in the locker room of a private club after exercising. Suddenly a cell phone on one of the benches rings. One of the men picks it up, and the following conversation ensues:

- "Hello?"
- "Honey, it's me. Are you at the club?"
- "Ummm, yes."
- "Great! I am at the mall two blocks from where you are & I just saw this beautiful mink coat. It's absolutely gorgeous!! Can I buy it, please?"
- "What's the price?"
- "Only $15,000.00."
- "Well, OK, go ahead & get it, if you like it that much..."
- "Ahhh..... & I also stopped by the Mercedes dealership & saw the brand new 2001 models. I saw one I really liked & spoke with the salesman & he gave me a really good price.....& since we really need to exchange the BMW that we bought last year....."
- "What price did he quote you?"
- "Only $60,000..."
- "Well, OK, but for that price I want it with all the options."
- "Great! But before we hang up, just one more thing....."
- "What's that ?"
- "Now this might look like a little bit much, but I was reconciling your bank account & ..... ummm..... well, I stopped by the real estate agent this morning & saw that house we had looked at last year. It's on sale!!

Remember? The one with a pool, English Garden, acre of park area, beachfront property..."

- "So, how much are they asking?"
- "Only $850,000 - a magnificent price.....& I see that we have that much in the bank to cover..."
- "Well, then go ahead and buy it, but just bid $820,000. OK?"
- "OK, sweetie...Thanks! I'll see you later!! I love you!!!"
- "Bye...I do too..."

The man hangs up while slowly shaking his head & closes the phone's flap.

Then he holds the phone up & asks to all those present: "Hey, does anyone know who this phone belongs to?"

Crash on Delivery: We loved our century-old house and had over the years repaired, papered and painted it. My husband paid the mortgage off as fast as he could and finally the day arrived when our mortgage release was delivered with the mail. I showed it to my daughter and said: "Look! Isn't this wonderful? The house is ours!" At that very second, we heard a tremendous crash - the hall ceiling had fallen down.

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

Gedoro's
Fine Dining in Casual Comfort

Join us for your 1st celebration of the Millennium and receive ... • free cake • free photo card and a chance at our monthly draw!!

MONTHLY DRAW
Each month all celebrant's names will be put in a draw for a $100 Snack Party plus a Dining Card Value $235.

This week's winner PETE EMBLING pick up your prize at Gedoro's!

TO PLACE YOUR AD
Phone or Write Your Ad of 24 words or less and enclose $8.50 handling charge, plus $7.50 for a photo. Over 24 words, 25¢ per additional word, per week

DEADLINE: 5 PM TUESDAY

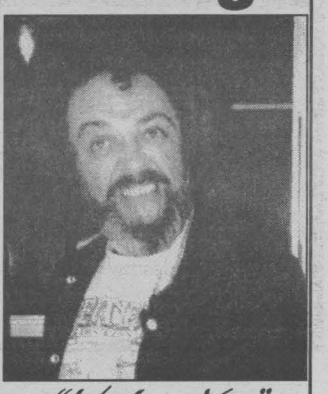


Happy 44th Birthday
Constable Rowe
celebrating on January 5th
with love from your family & friends
xoxo

Happy 39th Wedding Anniversary
Dave & Yvette Parette
celebrating on January 5th
LOVE THE KIDS & GRANDKIDS!

Happy Birthday
Shannon Denneny
who celebrated on January 4th
Love your friend Kelly

PETE EMBLING
Jan. 04, 2001
No Poem Necessary
50 Years Young

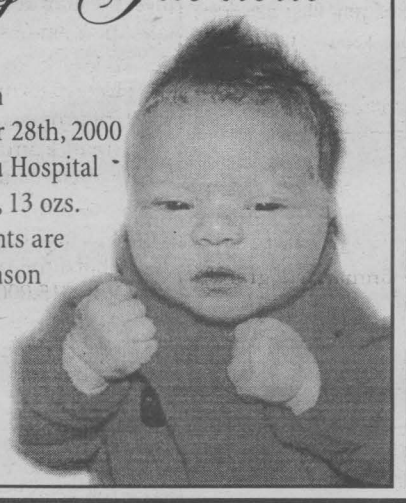


"We Love You"

BENSON
Al & Tammy (nee MacDonald) wish to announce the birth of their daughter

Kamryn Mary Gabrielle

born on Tuesday, November 28th, 2000 at the Hotel Dieu Hospital weighing 8 lbs., 13 ozs.
Proud grandparents are Ken & Andrea Benson of Cornwall and John & Lise MacDonald of Alexandria.
Insured



Congratulations to
Mr. & Mrs.
Ray
celebrating their 23rd Wedding Anniversary on January 7th
from their sons & niece



Happy Birthday to
BRANDON MAYER
who celebrated on January 2nd!
Love Aunt Jennifer, Angus, Kevin & Scott

HAPPY 11th BIRTHDAY
"POUNNIE"



"Double Whammy"
SHAUNA MURPHY
celebrating Saturday, January 6th, 2001
Love Mom, Dad & Fluffer xoxoxo

Things That Might Do Us In This Year - Or Maybe Not

Kaleidoscope

H.B.
KANTERS

We have much to be thankful for as this new year begins, even though 2001 can't possibly be as exciting as the past year has been. No Olympic Games for a long time, those patriotic memories of Trudeau's funeral have faded, and we can't have another federal election. Whatever will we do for excitement in the coming months?

We can look at predictions, that's what. Especially after we just had an eclipse right in the middle of Christmas Day which won't happen again for about three-hundred years. And did you know a huge asteroid flew over London, England, exactly at midnight on Christmas Eve? I am told these things are of great astronomical and astrological importance.

New Year's predictions are an honourable tradition, and I took it upon myself to check some out. I typed the word "predictions" into the computer's search engine to find out what's in store for us. Most noticeable are all the different ways we'll be done in sooner or later. According to reliable sources, there's a good chance of a much larger asteroid actually hitting the earth around 2030. That is unless an alien invasion takes place earlier, because then The New Masters will have the technology to avert the collision. ET to the rescue in the nick of time.

It's also possible that accelerated climate change in conjunction with violent natural disasters will produce plagues more devastating than those of the Middle Ages. This will greatly reduce the world's population which then becomes a blessing in disguise. But only for those who're left behind.

On the other hand, most reputable forecasters predict an increase in a probable nuclear disaster leading to World War III purely by accident. It seems mankind has developed enough insight not to blow us up on purpose. Does this make a difference in outcome?

Psychic Fred has other ideas, he says Saddam Hussein has three missiles loaded up with chemical warheads ready to be fired now. Two of these will land in the ocean where saltwater will render the poison ineffective (thank goodness), but the third will hit New York City on November 13th or 17th - the exact year must remain a secret, says Fred, to avoid global panic. He is, however, allowed to give us a hint: there will be increased sightings of Mother Mary, the Angel Gabriel and an Extra Terrestrial trying to warn us so New York can prepare for the attack. The guy from outer space will stay on earth. Oprah will invite him to live on her farm, but he doesn't accept dogs as furry little people and insists on living in the White House as special advisor to the President. But Oprah gets to interview him with Stedman at her side and the benevolent alien will write an advice column for the Oprah Magazine.

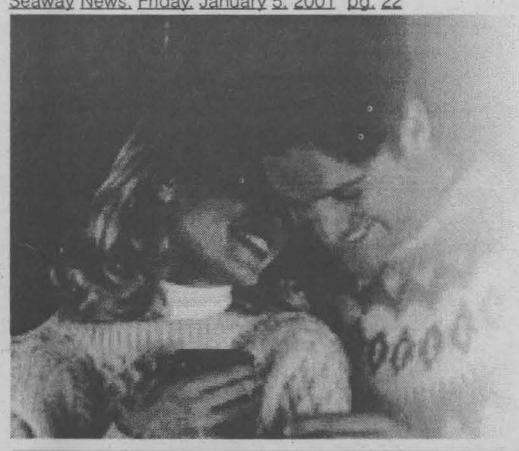
One forecaster singled out Mexico, saying the Mexican people must be allowed to express their innate nature which is very Mother Earth oriented. He goes on to explain that Mexico may experience severe disasters because its government is steeped in ancient, puritanical morality. But then the underlying natural spirituality of the people will be allowed to come forth and this will save the land. No mention of handsome new President Fox or his cowboy hat and boots, which suggests this psychic doesn't keep up with mundane political happenings in the real world.

Another site features a Canadian astrologer who talks about our newly re-elected Prime Minister. Did you know Jean Chretien is a Capricorn with Mercury rising, just like Boris Yeltsin and Mao Tse Tung? He even has a Mercury Pluto adverse aspect like those two, which makes him somewhat dictatorial. I sure hope Mrs. Chretien knows all this. This wise man also says that within two years, our fearless little leader will develop sudden health problems and relocate to a warmer climate. So much for those who think Chretien is indestructible and will never leave office. I would e-mail this article to my friend Sarah who hates the man with a passion, but she's on her annual vacation in Arizona and won't be back until Valentine's Day.

After all this doom and gloom out there in cyberspace, I was comforted to look at a special Christmas card I get every year. It's from a woman I met almost 30 years ago, and every year she sends me a handwritten account of the past 12 months: how wonderful her children are, how nice her neighbours are, how good her pastor's wife is to her, how much she loves watching all these signs and wonders on Christian television. And the card Miss Emma sends always has an angel on the front, and on the inside, this 92-year-old little lady always writes her own prediction: Pray to the Lord for he is coming soon.



It seems to me Miss Emma's got just as valid a grip on things as all those learned psychics and astrologers and futurists on the information super-highway. Come to think of it, I'll take her reality over theirs any day.



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IMPECCABLE!
5'8", SWF, 23, with brown hair/eyes, attractive, enjoys computers, rollerblading, movies and much more. In search of a SWM, 23-28, who is honest and good-looking. Ad#: 5913

FAMILY LIFE COUNTS
I'm a shy, yet friendly and caring, SWF, 40, who would like to meet a caring, trustworthy, SWM, 38-48. My interests are the outdoors, movies, walking and my children. Ad#: 1804

DISCOVER ME
Humorous, fun, 5'2", SWF, 49, with auburn hair, enjoys animals, my children, homelife and more. I am looking for an honest, SM, 45-59, who loves life, nature and ecology. Ad#: 3721

YOUNG AT HEART
I'm a caring, generous and friendly, SWF, 70, 5'4", who enjoys gardening, traveling and the simple things in life. I'm seeking a caring and affectionate, SWM, over 63. Ad#: 4384

ONCE IN A LIFETIME...
I'm an outgoing, loyal, friendly and generous, SWF, 18, who enjoys water-sports, the outdoors and music. I'd like to meet a fun-loving and honest, SWM, 18-25. Ad#: 6267

FAMILY-ORIENTED
I'm a SWF, 21, who is told to be loving, caring and easygoing. In my spare time I enjoy swimming, reading, dancing and spending time with loved ones. In search of a loving, caring, SM, 20-25, who is a great listener. Ad#: 7519

LET'S CUDDLE
Bubbly, SNCF, 45, 5', 135lbs., with brown hair/eyes, hobbies are walking, movies and crossword puzzles, I'm looking for an honest, SWM, 44-50, who can make me laugh. Ad#: 1786

WHAT DO YOU WANT IN LIFE?
I'm a SBF, 21, 5'4", brown curly hair and green eyes, funny, adventurous and witty. I enjoy camping, sports, dancing, reading, time with my son and more. I'm seeking a well-educated, SWM, 23-30, who is responsible, mature and enjoys similar interests. Ad#: 1250

SOFT-SPOKEN
I'm a funny, outgoing and adventurous, SWF, 21, who would like to meet an honest, even-tempered, SWM, 20-25. My hobbies are working out, biking, occasionally drinking and romantic walks under the moonlight. Ad#: 4756

PINK ROSES
SWF, 21, short, brunette, with blue eyes, fun-loving, trustworthy, kind and compassionate. Hobbies are shopping, cooking, baking, and I am an attractive, average built, SWM, 18-26, who is humorous, honest, kind. Ad#: 5727

FEEL AT EASE
Fun-loving, caring and giving, SWF, 41, with auburn hair, hazel eyes, seeking a trusting, honest, good looking, SWM, 35-47. I enjoy dancing, singing and homecrafts. Ad#: 8980

WHAT A LADY!
Short, blonde haired, SWF, 43, blue eyes, fun-loving and a great personality, I like swimming, biking, skiing and walking my dog. I'm looking for a SWM, 35-50, who is spontaneous, humorous and honest. Ad#: 1615

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

NO SECRETS
I'm a fun, easygoing, faithful, single white female, 19, with auburn hair and bright blue eyes, looking for a faithful, humorous, single male, 20-35, who likes children, for a long-term relationship. Ad#: 5459

CANDLELIGHT DINNERS
Funny, SWF, 28, 5'5", with red hair brown eyes, hobbies are swimming, biking and horseback riding. I'm seeking an honest and trustworthy, SWM, over 25, who loves kids. Ad#: 1168

ENTIRELY YOURS
I'm a SWF, 40, 5'2", who would like to meet an honest, SWM, 40-50. I enjoy dining, dancing, walks and movies. Ad#: 8303

HOPELESS ROMANTIC
SWF, 33, 5'3", 135lbs., with hazel eyes, funny, hobbies are watching movies, reading and listening to music. I'm hoping to find a romantic, SWM, 29-37, who enjoys cuddling, candlelit dinners and much more. Ad#: 8818

FABULOUS
Hello, I am a SWF, 39, with blonde hair, shy, easygoing and honest, I sometimes enjoy reading, movies, going for long walks and dining out. I'm interested in meeting a SM, under 48. Ad#: 3077

SHARE MY WORLD
SWF, 34, 5'3", 130lbs., with blonde hair, green eyes, easygoing, intelligent and personable, seeking an honest, fun-loving, SWM, 34-48. My interests include camping, reading and the great outdoors. Ad#: 7059

SEE THE WORLD WITH ME!
I'm a SWF, 46, 5'3", brown hair, green eyes, loyal, fun-loving, and unique. I enjoy trying new things, live theater, reading, the outdoors, music, and poetry. I'm looking for a SWM, 46-60, who is honest, enjoys life to the fullest. Ad#: 9872

FULL OF ENERGY
I am a fun, intelligent and communicative, SWF, 41, 5'4", 120lbs., with blonde hair, blue eyes, who is desperately seeking a sincere, personable and affectionate, professional, SWM, 35-55. Is it you? Ad#: 4093

RADIANT PERSONALITY
I'm a SWF, 33, who is told to be bubbly, ambitious and adventurous. I like traveling, water-sports and movies. I'm seeking a spontaneous, fun and dynamic, SWM, 30-38. Ad#: 1562

FRIENDSHIP FIRST
5' tall, SWF, 55, who is petite, very outgoing, friendly and caring. I would like to meet a SWM, over 55. Some of my interests are knitting, walks, the sunshine and country music. Ad#: 4617

NOW MEET THE BEST
I'm an easygoing, outgoing and fun-loving, SWF, 20, 5'2", who enjoys working, long walks, quiet times and spending time with my children. I'm seeking a hardworking, responcible, SM, 22-26, who enjoys children. Ad#: 6690

VERY LOVING
Short, SWF, 19, who is nice, funny and very outgoing. Some of my hobbies include swimming, sports and much more. Seeking an honest, romantic, SM, over 20. Ad#: 5887

DREAM DATE
5'5", SWF, 18, with short blonde hair who is very sweet, shy and quiet. I like music, long walks, drawing and painting. Looking fo a loving, caring, SWM, 18-23, for a possible relationship. Ad#: 1571

NIGHT LIFE
I'm a SWF, 20, outgoing, down to earth, and humorous. I enjoy singing, dancing, art, music, and more. I'm looking for an outgoing, SM, 19-25, who is honest, attractive, and enjoys going out for a good time. Ad#: 9757

ROMEO, ROMEO!!!
I'm a SWF, 23, easygoing, and caring. I enjoy biking, hiking, dancing, movies, and romantic evenings. I'm looking for a humorous, easygoing, trustworthy, SWM, 23-30. Ad#: 7432

CINDERELLA'S BALL
I'm a SWF, 29, 5'6", blue eyes and red hair, who friends say is kind, caring, compassionate and humorous. In search of a tall, SWM, 30-45, who enjoys animals, children and the country. Ad#: 5836

LOVE'S MAGIC
Quiet at first, SWF, 19, 5'2", with blue eyes, brownish-red hair, likes rollerblading, horseback riding and clubbing. I'm seeking a SWM, 22-29, to get to know. Ad#: 8385

WONDERFUL
I'm an attractive SWF, 57, humorous, and a great personality. I enjoy swimming, camping, crafts, dancing, the beach, romance, and spending time with loved ones. I'm looking for a SWM, under 65, who is caring, understanding, N/S, affectionate, romantic. Ad#: 1429

SHARE MY DREAMS
SWF, 33, 5'5", 150lbs., with long brown hair/eyes, has an easygoing personality, likes having fun, hobbies are dancing, movies and long walks. I'm seeking an honest and caring, SM, 19-40, who loves children. Ad#: 9019

LET'S MEET
SWF, 31, 5'4", who is described as very responsible, dedicated and a hardworker, enjoys sketching, walks, reading and visiting. Seeking a SM, 30-40, for companionship and friendship. Ad#: 9855

UNFORGETTABLE
Outgoing, friendly, open-minded, SWF, 37, 5'7", slender, with light brown hair and hazel eyes. I'm hoping to meet an honest, caring and trustworthy, SWM, 34-45, preferably over 6', who enjoys children. Ad#: 7864

MAKE A FRESH START
I am a N/S, SWF, 33, 5'2", who is shy, happy and honest. Some of my hobbies include playing darts, bowling, movies and going for walks. I would like to meet a SWM, 39-45. Ad#: 9144

VERY GENUINE
N/S, SWF, 60, 110lbs., 5'1", with long brunette hair. I love dancing, cooking, barbeques, movies and entertaining. Hoping to meet a SWM, 55-65, who is honest and likes dancing. Ad#: 7155

GOOD LISTENER
SWF, 49, brunette and friends say I am bubbly, fun to be with and compassionate. I enjoy dancing, canoeing, bowling, working out, etc. Searching for a SWM, 47-55. Ad#: 6134

INCREDIBLY CUTE
I'm an understanding and outgoing, SWF, 21, with brown hair/eyes, 5'9". I enjoy working out, walking, quiet times and more. I'm seeking a SWM, 19-25, with a great personality. Ad#: 6182

WIN YOUR HEART
SWF, 21, 5'6", 125lbs., with long brown hair/eyes, crazy, spontaneous and outgoing, seeking an attractive, tall, fun, SWM, 23-29. Honest and straightforward, I enjoy reading, long drives/walks, being outdoors. Ad#: 8466

FALL IN LOVE
Fun, humorous, SWF, 49, 5'1", with short black hair, brown eyes, hobbies are camping, dancing, crafts and crocheting. I'm in search of an honest and trustworthy, SWM, 45-55, who likes having fun. Ad#: 6610

VERY LOVING
SWF, 35, 5'2", with brown hair and blue eyes, has a very nice personality. Some of my hobbies are biking, country music, slow dancing and playing cards. Very honest, I'm seeking a SWM, 29-37. Ad#: 3432

AGE IS JUST A NUMBER
Hoping to meet an honest, thoughtful, SWM, 75-80, I am a kind, friendly, compassionate, WWWF, 75, retired, with white hair and blue-green eyes. Hobbies are card games, sports, traveling and computers. Ad#: 1697

COMPASSIONATE
5'3", SWF, 50, blonde hair, my personality is fun, bubbly and very easygoing. I like golfing, nature, traveling and socializing. Seeking a slim, honest, SWM, 45-55, for a possible relationship. Ad#: 7845

SIMPLY ALLURING
I am a tall, SWF, 34, brunette, with brown eyes, who is confident, outgoing and easygoing. Hobbies are reading, walking, karaoke, and I'm seeking a friendly, SWM, 25-35. Ad#: 8502

BE PART OF MY TOMORROW
I'm a fun-loving, SWF, 35, who's interested in meeting an honest, SWM, 34-40, for a possible relationship. My favorite activities include dancing, long walks, movies and country music. Ad#: 1015

HONESTY TOP MY LIST
I am a funny, crazy, SWF, 40, 5'3", 110lbs., with blue eyes, who enjoys reading, walking, dancing and knitting. I'm hoping to meet an honest, SWM, 41-42, with similar interests, for companionship. Ad#: 2444

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

LOTS OF LOVE
SWM, 25, 5'7", with long blonde hair and brown eyes, considered romantic, spontaneous and open-minded. I'm interested in meeting a SM, 25-40, who is friendly, outgoing and full of surprises! Ad#: 4927

YOUNG AT HEART
Outgoing, honest and caring, retired, SWF, 65, 5'2", medium built, blonde, blue eyes. My hobbies are the arts, crafts, gardening, traveling and much more. I'm looking for a loving and caring, SWM, 59-69. Ad#: 2324

LOVES LIFE
SWF, 51, 5'6", blonde hair, hazel eyes, outgoing, has a zest for life. Some of my interests are dancing, long walks, traveling and sports. Seeking a SWM, 42-50. Ad#: 7120

ONE ON ONE
I'm a tall, honest and humorous, SWF, 18, looking for an honest, cheerful and caring, SWM, 18-23. My hobbies are bowling, walking, rollerblading and more. Ad#: 6848

SIMPLY ALLURING
I am an outgoing, friendly, sensitive, SWF, 45, tall, with brown hair and blue eyes, who enjoys others. I'm hoping to find a tall, communicative, SWM, 40-60, who enjoys traveling and quiet times. Ad#: 7795

SENSITIVE & CARING
Outgoing, spontaneous, SWF, 55, who enjoys life to the fullest. I am searching for a SWM, under 65, who is also spontaneous and creative. Ad#: 4182

NO HEAD GAMES!
Honest, fun to be with, SWF, 44, 5'6", with blonde hair, enjoys walking, movies and my dog. I'm hoping to meet a SWM, 40-65, for friendship first. Ad#: 2186

LET'S CUDDLE
SWF, 43, I am 5'1", with brown hair/eyes. My personality is very pleasant and fun-loving. I like bingo, camping, swimming, long walks and more. I am hoping to find a SWM, 40-48. Ad#: 3349

SOCIABLE LADY
5', SWF, 39, who is bubbly and loves having fun, hobbies are playing darts, gardening, boating, camping, dancing and much more. Very sincere, I'm looking for a SWM, 40-50, who is fun-loving and honest. Ad#: 2933

COUNTRY AFFAIR
I have a bubbly personality, and I am a SWF, 50, 5'3", full-figured, with blonde hair, brown eyes. Hoping to meet a sensitive, funny and honest, SWM, 40-60, who loves country music. Ad#: 4646

WAITING FOR YOU
SWF, 20, 5'9", fun, honest and caring, enjoys dancing, singing and walks. Looking for a SM, 20-30, who is compassionate, honest, loves art and music. Ad#: 8420

GENUINE
I'm a 5'2", SWF, 50, with curly hair and brown eyes. I'm told I am bubbly, sincere, honest and attractive. I would like to meet a sincere, SM, 45-65, who will build a relationship on honesty and trust. Ad#: 2417

CHEMISTRY
SWF, 26, 5'4", with blonde hair, blue eyes, enjoys camping, long walks and having fun with friends. I'm seeking a SM, 27-31, with similar interests. Ad#: 3239

EXQUISITE
I am a brown haired, hazel eyed, SWF, 23, who is open-minded and passionate. Some of my interests are socializing, music and fun. I would like to meet a SWM, over 20, to spend quality time with. Ad#: 5709

LOVELY LADY
I'm a SWF 57, who enjoys reading and the theater, I love animals and people, but not very interested in sports. Seeking a SWM, 50-67, who shares the same interests, and I expect the person to give just as much as I do. Ad#: 1657

DELIGHTFUL
I'm a SWF, 34, brunette, tall, friendly, outgoing and very confident. I like romantic walks, dancing, shooting pool, reading, watching movies, sports and camping. I'm very honest and looking for a sincere, attractive, employed SWM, 25-35. Ad#: 2106

HONESTY TOPS MY LIST
I'm a humorous, friendly, talkative, retired SWF, 60, seeking a kind-hearted SWM, 59-65. My hobbies are camping, fishing, walking and traveklling. Ad#: 2159

FEEL AT EASE
Hello, I'm a caring, loving, SWF, 38, 5'7", with brown hair and hazel eyes, hobbies are walking, reading, visiting friends and family. I'm looking to meet a tender, loving and caring, SWM, 40-50. Ad#: 7563

DAZZLING
I am a SWF, 27, 5'10", with blonde hair and blue eyes. Easy to get along with and I enjoy walking, cycling and working out. Seeking a SWM, 25-32, who is loyal and trustworthy. Ad#: 5814



RADIANT
Active, sociable, retired, SWF, 56, 5'2", attractive, with brown hair, hobbies are biking, walking and going to the gym. Sincere and honest, I'm seeking an attractive, true, outgoing, SWM, 48-60, who can express himself well. Ad#: 2103

QUITE THE ROMANTIC
SWF, 38, 5'3", with blonde hair, brown eyes, kind, caring and compassionate. I'm in search of a SWM, 34-44, who has a beautiful soul. Ad#: 5685

TO THE POINT
Honest, good humored, SWF, 50, 5', with hazel eyes and red hair, she enjoys all types of sports, seeks an honest, trustworthy, SWM, under 60, who's family-oriented. Ad#: 1295

HEAR MY WORDS
SWF, 50, 5'5", with dark brown eyes, has an pleasant personality, easygoing and intelligent, enjoys biking, crafts, horseback riding. I'm seeking an honest, adventurous, SWM, over 45, for a possible monogamous relationship. Ad#: 5636

MEANINGFUL
SWF, 38, 5'7", with brown hair, my personality is fun to be with, caring and respectful. I am looking for a SWM, over 35, for a possible relationship. Ad#: 7869

SERIOUS REPLIES ONLY
I'm a brown haired, SWF, 42, 5'1", who's outgoing and easy to get along with. I enjoy going to bingo, long walks, dining out, the outdoors, movies and stock-car racing. I'm seeking an honest, good looking, SWM, 36-48, who loves children. Ad#: 2428

THERE WHEN YOU NEED ME
I'm looking for a humorous, loving, caring and gentle, SBM, 18-19. I'm a short, funny, SWF, 18, who enjoys sports, walks on the beach, camping and more. Ad#: 2411

DOWN-TO-EARTH
I am N/S, SWF, 36, who is interested in meeting a SWM, 34-40. I am 5'6" with hazel eyes and a bubbly personality. I love the outdoors, biking, camping and swimming. Ad#: 3884

PRETTY & PERFECT
I'm a SWF 30, I'm easygoing and fun. I'm interested in sports, and playing the guitar. I'm seeking a SWM 28-37, who is honest, loving, not afraid to speak there mind, and enjoys the same things I do. N/S please. Ad#: 9459

EXQUISITE
SWF, 40, 5'4", with dirty-blonde hair, outgoing, good humor, enjoys life to the fullest, hobbies are skiing, biking and the wilderness. I'm seeking a supportive, fun, SWM, 19-48, who is sports-oriented. Ad#: 4254

ONE SWEET DAY
Kind, sensitive, SWF, 30, 5'9", slim, with blonde hair, blue eyes, enjoy gardening, horseback riding and spending time with family. I'm seeking a tall, N/S, SWM, 29-36, who enjoys the simply things in life. Ad#: 8728

TRUE...AND ALL FOR YOU
Others find me a quite friendly, outgoing, bubbly, SWF, 60, 5'1", slim, with auburn hair and brown eyes. Retired, I'm hoping to find a N/S, SWM, 56-65, who loves the outdoors, dancing and theatre. Ad#: 9702

GENEROUS AT HEART
Fun, happy, easy going, SWF, 40, 5'8", brown hair and eyes. My hobbies are cooking, pool, walks and much more. I'm looking for a SWM, 40-45. Ad#: 2647

VERY DEPENDABLE
Fun, loving, caring, kind, honest SWF, 35, dark hair/eyes, 5'6", full-figured. My hobbies are golfing, swimming, reading, dancing and much more. I'm looking for a working SWM, 33-42. Ad#: 8096

DELIGHTFUL
N/S, SWF, 19, looking for a a SWM, 19-23, for a possible relationship. I'm 5'2", funny, outgoing and I enjoy skiing, camping, hiking, horseback riding, dancing and more. Ad#: 9932

HONESTY, CARING & LOVE
I'm a blonde, blue eyed, fit, SWF, 39, who is told to be sponataneous, humorous and sensitive. My hobbies are working out and spending quality time with that special person. I'm looking for an open-minded, SWM, 36-49. Ad#: 9040

END THE SINGLE LIFE
I'm an emotional, average-looking, SWF, 31, 5'2", who's seeking a SWM, 29-40, for a possible committed relationship. My hobbies include a variety of crafts, reading, the outdoors, computers and gaining new knowledge. Ad#: 7527

ROMANTIC HEART
I'm a SWM, 19, 5'11", kind, fun, intelligent, and romantic, who enjoys sports. I'm seeking a SF, 19-32, who is romantic, kind, respectful, nice and attractive. Ad#: 8431

I'M A GEMINI
SWM, 45, feel like 30, slim, blond hair and blue eyes. Straightforward, I enjoy staying active, the outdoors, country life, playing pool, etc. I would like to meet a SWF, over 25, for a sincere relationship. Ad#: 4308

JUST BE YOURSELF
I'm a SWM, 29, 5'7", blue eyes, brown hair, outgoing and kind. I enjoy hockey, going to the mall, for coffee and more. I'm seeking a non-judgmental, SF, over 19, who cares about others feelings. Ad#: 9564

A RAY OF LOVE
I'm an easygoing and personable, SWM, 42, 5'8", who enjoys movies, dining out, walking and sports. Seeks an honest, sincere, SWF, over 26. Ad#: 3705

COMPATIBLE
I'm a SWM, 32, who's personality is fun-loving. Some of my hobbies are bowling, dancing and the outdoors. I'm seeking a generous, kind-hearted and fun-loving, SWF, 28-32. Ad#: 5011

ANGELS WELCOME
I'm a shy, outgoing and humorous, SWM, 32, 5'7", who would love to meet a friendly, easy to get along with, honest and faithful, SWF, 25-45. My interests are working out, movies and spending quality times with the girl I love. Ad#: 5140

TENDER HEART
SWM, 40, 5'6", 155lbs., with short hair, goatee, honest, compassionate and romantic, seeking a fun-loving, SF, 19-45. I enjoy cooking, fishing and watching movies. Ad#: 9467

WHAT A GUY
SWM, 36, who is considered to be very friendly, respectful and humorous. Some of my hobbies include movies, walks, going to the races and dining out. Seeking a SWF, 25-58, lovable and caring. Ad#: 8489

JUST THE TWO OF US
People describe me as being an outgoing, caring and spontaneous, SWM, 40, 6', with brown hair, blue eyes, mustache. You should be a slim/average, SF, 20-38, who will make my children and I happy. Ad#: 1700



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Males Seeking Females

DON'T PASS ME BY
6' tall, SWM, 45, attractive, warm, spontaneous, sensitive and fun to be with. I love children and animals. I'm seeking a SWF, 35-45, who likes outdoor activities and sports. Ad#: 3224

TRUSTWORTHY
SWM, 40, 5'6", with brown hair/eyes, well-trimmed beard and mustache, I'm a very nice, easygoing guy, who likes bowling, camping, dining out, concerts and long walks. Seeking a SWF, 34-42. Ad#: 6665

EARN MY TRUST
I'm a gentle, loving and easygoing, self-employed, SWM, 52, 5'8", who enjoys gardening, fishing, dancing, horror movies, long walks and quiet times at home. I'm seeking a kind and loving, SF, 40-50, for a serious relationship only. Ad#: 4236

LAST CHANCE OF HAPPINESS
May be older, but definitely young at heart! SWM, 78, 6'3", 200lbs., in good physical condition. Is seeking a SWF, 45-65, sweet and sincere, who enjoys cooking and gardening, as he does. Ad#: 6331

LOVE & COMMITMENT
I'm a loving and down-to-earth, SWM, 18, 5'10", who enjoys sports, music and movies. I'm in search of a sincere, SF, 18. Ad#: 7796

A ROMANTIC AT HEART
Widower, 69, secure, active and healthy, enjoys homelife, biking, traveling and good conversation. I'm interested in meeting an affectionate, caring lady, over 55 years, for friendship and possible relationship. Ad#: 1174

THIS IS IT!
Tall, SWM, 33, my personality is spontaneous, funny and charming. Enjoys building models, gardening, skiing, sports and more. I would like to meet a caring and trustworthy, SWF, 25-33. Ad#: 2822

FOCUS HERE
56 year old, 6' tall, SWM, who is very happy and pleasant. I enjoy socializing, sports, skiing, woodworking and reading. I am hoping to meet an easygoing, SF, under 56. Ad#: 3305

VERY ACTIVE
N/S, SWM, 21, I am 5'10", with brown hair, blue eyes, funny and social. I am hoping to meet a SWF, 19-25. I enjoy clubbing, movies, sports and working out. Ad#: 7685

A TOUCH SHY
I'm a SWM, 27, 140lbs., 5'9", fun, easy to get along with, and helpful. I enjoy camping, fishing, darts, pool, and the outdoors. I'm seeking a SWF, 24-32, who is slim, ambitious, easygoing, and employed. Ad#: 6890

LET'S MINGLE
Easygoing, SWM, 30, 5'10", with dark hair/eyes, goatee, has a great personality, hobbies are old cars, motorcycles and playing cards. I'm in search of an outgoing, personable and hardworking, SF, 20-33, who will be there. Ad#: 1743

UP FOR NEW IDEAS
Witty, humorous, easygoing, SWM, 42, 5'6", fit, with brown hair, blue eyes, hobbies are golfing, camping and long walks. I'm in search of an honest, trustworthy and bubbly, SWF, 19-45, to share good times with. Ad#: 9625

ALL WE NEED IS LOVE
Easygoing, happy-go-lucky and kind, SWM, 46, 5'8", medium built, with brown hair, blue eyes, hobbies are dining out, playing guitar, concerts. Joyful and humorous, I'm seeking an honest, trustworthy, understanding, SWF, 34-48, to get to know. Ad#: 9479

CONTACT ME
Caring, spontaneous, SWM, 23, who is looking for a funny, caring, SWF, 22-33, for a possible relationship. I enjoy going to movies and dining out. Ad#: 2878

CLASS ACT
I'm a SWM, 61, 5'6", average build, humorous, friendly, and caring. I enjoy theater, writing, photography, nature, and classical music. I'm looking for a SF, 45-64, who is easygoing, outgoing, enjoys theater, nature, and the good things in life. Ad#: 8594

HOPLESS ROMANTIC
I'm a SWM, 50, brown hair and eyes, friendly, easygoing, and loyal. I enjoy playing music, the outdoors, dancing, cooking, and movies. I'm looking for a SWF, 35-40, who is attractive, caring, and enjoys cuddling up on the couch with a good movie and me. Ad#: 4982

AT THIS POINT IN MY LIFE
Humorous, easygoing and joyful, SWM, 39, 5'9", attractive, with blonde hair, blue eyes, in good shape, enjoys skiing, dining out and going to the movies. I'm seeking an attractive, SF, over 19, who is honest, pleasant and bubbly. Ad#: 5860

ALWAYS ROMANTIC
I'm a good-looking, funny, sensitive, 5'9", SWM, 25, interested in meeting a SWF, 22-25, who enjoys racing cars, movies, long walks and much more. Ad#: 2074

UNBREAK MY HEART
I'm an open, trustworthy and caring, SWM, 27, who enjoys working out, quiet evenings and more. I'm seeking a caring, loyal and nice, SWF, 19-35. Ad#: 2877

HERE HE IS....
If you are a SWF, 29-36, who is attractive, caring and communicative, call me. I'm a tall, dark haired, spontaneous, easygoing and caring, SWM, 32. I enjoy hockey, stock car racing, camping, etc. Ad#: 4345

UNDER THE SILVER MOON
I'm an energetic, athletic and supportive, SWM, 21, 6', who enjoys skate boarding, dirt bikes, movies and relaxing. I'm seeking a SF, 19-40, who is willing to committ into a loving and honest relationship. Ad#: 8372

ALWAYS THERE!
SM, 27, 5'9", athletic, straightforward and responsible. My hobbies include working out, rollerblading, music, movies, etc. Seeking a SF, 23-35, honest, ambitious and outgoing. Ad#: 1352

UP TO LIFE'S CHALLENGES
SWM, 41, 6'1", with blue eyes, brown eyes, trustworthy, fun to be with and funny, hobbies are golfing, camping, traveling. I'm looking to meet a caring and trustworthy, SWF, 32-42, with similar likes. Ad#: 4146

GAMBLE ON ME
I am an easygoing, fun-loving and sensitive, SWM, 39, 5'7", 190lbs., with brown hair, hazel-green eyes. I'm in search of an attractive, fit, SWF, 28-45, who is open, warm and has a positive outlook on life. Ad#: 9930

HE'S YOUR GUY
If you are a SWF, who is looking for a SWM, 28, call me. I'm 5'9" with blond hair, blue eyes, funny, witty and very sociable. My interests include hockey, movies, rollerblading and dancing. Ad#: 1570

COMPASSIONATE SOUL
I'm a SWM, 43, who is seeking a caring, relaxed and easygoing, SF, 30-52. I'm 5'9", with brown hair and blue eyes. Friends say that I'm serious, quiet and humorous. My hobbies are walking, music, movies, reading, concerts, bowling and trying new things. Ad#: 1467

EXTRA NICE
SWM, 45, 5'10", I am very caring, humorous and I am hoping to meet a SWF, 45-55, who is honets and loves having fun. I enjoy boating, traveling, walks, drives and golfing. Ad#: 9253

HOPING YOU HEAR MY WORDS
SWM, 26, tall, with brown hair, blue eyes, friendly, outgoing, hobbies are weight-lifting, reading and movies. I'm looking for an honest, caring and happy, SWF, 18-26, to do things with. Ad#: 1630

HELLO LOVE
SBM, 40, 5'11", with brown eyes, black hair, nice, personable, hobbies are movies, theatre and quiet evenings at home. I'm in search of a pretty, SF, 20-39, who is self-assured and independent. Ad#: 8159

VERY STABLE
5'9", SWM, 27, with long brown hair, easygoing, I have a variety of interests and hobbies to share with a SWF, 24-32. Ad#: 6390

Females Seeking Females

CHOOSE ME
5'2", SWF, 18, is outgoing, friendly and very kind. I enjoy skiing and music. I would like to meet a SWF, 18-25, kind, honest and will always be there! Ad#: 7497

AFFECTIONATE
My personality is described as being happy, light-hearted, loving, and I am a SWF, 50, 5'7", 150lbs., with blue eyes, blonde hair. Seeking a mature, responsible, SWF, 49-58, who is financially secure. Ad#: 5741

GIVE ME A CALL!
SWF, 23, 5'7", with blonde hair, blue eyes, outgoing, fun to be with and honest, seeking a caring, compassionate, truthful, SWF, 20-30. I enjoy soccer, playing darts, music and dancing. Ad#: 1726

GENUINE
5'7", blonde haired, blue eyed, SWF, 31, who is kind and honest. Long walks, movies and friends are a few of my interests. Searching for a kind-hearted, SWF, 25-31. Ad#: 5000

PERSONABLE
Call me..I'm a SWF, 25, 5'5", with blue yes, sandy brown hair and I have a great personality. I am looking for a SWF, 27-30. I like dancing, walking, biking, romance, movies and more. Ad#: 9219

HUGS & KISSES
I'm a SWF 34, I enjoy sports, singing, dancing, movies, and long walks. I'm seeking a SWF 19-30, who shows there feelings, and shares the same interests as I do, and likes children. Ad#: 5169

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

NONE BETTER
Outgoing, clean, humorous, full-figured, fun-loving, honest, SWF, 25, smoker, 5'9", enjoys aerobics, swimming, socializing, singing and much more. She is seeking a fun-loving, understanding, loving, open-minded, SF, over 19. Ad#: 1835

LOOKING FOR A FRIEND?
Easygoing, humorous, SWF, 29, 5'6", with brown hair and hazel eyes, enjoy music, sports and dancing. I am seeking a SWF, over 19, for a friendship first. Ad#: 5784

JOYS OF LIFE
I am a N/S, SWF, 27, 5'3", who is generous, caring and kind. I enjoy walking, gardening, camping, music, hockey and more. I would like to meet a SWF, 26-35, who has similar qualities. Ad#: 2887

TO THE POINT
Caring, honest, loyal, single white female, 22, looking to meet a single Asian female, 18-35, who enjoys reading, music and hanging out with friends. Ad#: 7562

Males Seeking Males

ALL FOR YOU
I'm an honest, compassionate and affectionate, SWM, 35, 120lbs., who enjoys sports, walking, movies, music and spending time with my loved one. I'm looking for an honest, compatible, SM, under 35, who also enjoys spending time with the person they love. Ad#: 1602

A WONDERFUL LIFE AWAITS
I'm a fun-loving, honest and clean, SWM, 35, 5'11", who is seeking an honest and caring, SWM, 32-45. My hobbies are collecting antiques, dining out and movies. Ad#: 8440

COMMUNICATION
Outgoing, caring and romantic, SWM, 46, 5'6", 138lbs., with brown hair, blue eyes, honest and sincere, enjoys movies, walks, romantic nights. I'm seeking an understanding, SWM, 25-40, who can talk his problems out. Ad#: 9206

HOPES & DREAMS
Be true to me, I'm an honest and sincere, SWM, 22, 5'10", 150lbs., who enjoys a wide variety of interests. I'm interested in meeting an attentive, SWM, 18-30, for a possible relationship. Ad#: 3307

TO THE POINT
Easygoing, SWM, 42, 5'7", with reddish hair, brown eyes, seeking an honest, fun, SM, over 19. My hobbies are raising horses, reading and watching movies. Ad#: 4365

HAPPY
Well-adjusted, single white male, 34, tall, with brown hair, enjoy skiing, biking and jogging. I am seeking an honest, single white male, over 24, with a good sense of humor. Ad#: 9519

ONE STEP AT A TIME
SWM, 20, 6'1", 140lbs., with brown hair, green eyes, describe as being passionate and funny, likes military, soccer and more. I would be interested in meeting a SM, 19-28, who is fun to be with. Ad#: 3419

HERE'S THE OPPORTUNITY
The future looks bright if you leave a message with this SWM, 23, 5'10", 145lbs., who's a hardworker, honest and extremely sincere. He's interested in sharing the joys of life with a SM, over 19, who's interested in a committed relationship. Ad#: 1817

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

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

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

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

M- Male, B - Black, D - Divorced, F - Female, EI - East Indian, C - Christian, W - White, A - Asian, S - Single, WW - Widowed, N/S - Non-smoker, NC - Native Canadian

Questions? Customer Service 1-800-437-4175 Customer Service Hours: Mon. - Fri., 8 a.m. - 10 p.m. Sat. - Sun., 2 p.m. - 10 p.m or e-mail us at help@drm-net.com Service provided by DRMOC

1/2/01

SEAWAY BARGAINMART

DEADLINE: WEDNESDAY 5 pm

933-0015

Circulation: 34,257 copies

MasterCard VISA

Ontario Community Newspaper Association

BLANKET CLASSIFIED ADVERTISING

ALL ONTARIO INSERT
188 Newspapers, Min. Cir. 1,499,490

CROSS CANADA INSERT
590 Newspapers, Min. Cir. 4,623,738

CALL FOR DETAILS
SEAWAY NEWS Tel.: (613) 933-0014
Fax: (613) 933-0024
e-mail: info@cornwallseawaynews.com

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

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 5 pm Wednesday.

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

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

SEAWAY NEWS
Serving Cornwall and Area

COMPANIONS CORNER

IT'S TIME TO MAKE plans for the New Year - to meet someone new! Call Misty River Introductions at 613-257-3531.

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 sn4
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

2 APTS/CONDOS FOR RENT

AVAILABLE NOW - Centrally located. 2 bdrm, 2 storey apt. Large shed, yard, 2-car parking, washer/dryer hook-ups. Newly renovated. $615/mth, utilities included. Across from park. Sorry no dogs. 938-3433.

1235 DUNKIRK ST. 3 bdrm upstairs apt. available immediately or Feb. 1st. Includes stove, fridge, washer/dryer hook-up. Parking. $550/mth plus utilities. Call 932-2877.

APARTMENTS FOR RENT

bachelor, 1&2 bdrm. security bldg., video surveillance bachelors from $399 incl. util. **call 932-7891** Mon. - Fri. 9:30 - 4:30 sn3

BACHELOR APT. Furnished, $375/mth utilities included. Also, 1 bdrm, ground floor, fridge, stove, $450/mth utilities included. Call 938-3936.

2 BDRM DOWNSTAIRS apt. Quiet, very reasonable rent. Parking. No pets. Ideal for quiet single or couple. References req'd. Call after 1pm 932-2135.

202 PRINCE ARTHUR, downstairs 2 bdrm apt, fridge & stove, $310/mth, pay own utilities. Very clean & in excellent condition. No parking. 933-4780.

AVAILABLE FEB. 1ST - 3 bdrm apt in Ingleside. Spacious, main floor, large deck, parking. $585/mth, plus utilities. Call 537-9749.

AVAILABLE MARCH 1ST. Renovated 3 bdrm apt. Washer/dryer hookup, parking, front and back balcony. $525/mth plus utilities. Apply 54 Leonia or phone 932-4070.

BACHELOR APTS AVAILABLE - 331 Second St. W. Furnished. Mature person preferred. Call 938-6131, ask for Peter.

CONVENIENT WALKING to downtown & bus stop. 1 & 2 bdrm apts available in clean quiet bldg. Fridge, stove, heat, hot water included, hardwood floors throughout. First & last required. (613)543-2401.

COUNTRY LIVING within city limits. Large two bdrm apt. Washer/dryer hookups, parking, Express Vu. Available Feb. 1st. Please call 933-4985, leave message.

2 BDRM APT, central Cornwall. $540/mth, includes parking, heating, hydro, balcony, laundry room in security bldg. References req'd. Call 525-0829 or 363-0040.

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

JOBIN, 2 BDRM APT, $585/mth, includes utilities & basic cable. Also, 2 bdrm apt, Riverside Heights, near Morrisburg, $500/mth, includes utilities. Call 543-3604.

UPSTAIRS 1 BDRM apt. Washer/dryer hookup. Fridge, stove, porch, gas heat. $325/mth pay own utilities. Call 930-9242.

AVAILABLE IMMEDIATELY 1 bdrm. house. Electric heat, fridge and stove. Furnished if desired. Close to bus stop. $475/mth heat and lights included. No parking. Call 936-1330.

413 WATER ST. E. Small main floor 2 bdrm apt. Just renovated. No appliances or furniture supplied. $400/mth, utilities included. Available anytime. Call 933-7516.

ONE BDRM APT. Available anytime. Newly renovated. Centrally located. 720 Pitt St. Fridge, stove & heat included. $350/mth. Plenty of parking. Call 933-1000, ask for Tom.

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

2-2 BDRM APTS. - 112 Emma. Heat paid, $565/mth and $525/mth. Available immediately. Call 936-0903 or 932-9590.

EAST END. 2 & 3 bdrm apt on Race St. Now available. Washer/dryer hookups. $495/mth, plus utilities. Call 932-4376.

ACE PROPERTY MANAGEMENT 936-1533
"Let us find you a place at no charge!"

APARTMENTS

BACHELORS
Newly Renov. Appli, parking, patio $395 Inc.

ONE BEDROOM'S
North End, bsmt, appli, A/C, new kit $525 incl.
99- 1/2 Race St. 1 bdrm upst, $400 incl. Immed
29 4th St. E., mnflr, 1 bdrm, $425 Included, Immed
233 Carleton, main flr, appl. $360 incl. Feb '01
218 McConnell, 1 bdrm bsmt, $400 incl. Immed.

TWO BEDROOM'S
140 4th St. W. mn fl, no appli, $550 incl., avail Jan.
453 B 2nd St. W, 2 bdrm, no appli, $400 Incl.
521 Carleton, 2 bdrm upsts., balcony, $485 incl., Dec/00
324 -A 1st St. W., 2 bdrm upst, $560 incl. immed.
42 Anthony, lrg, upstrs, no appli, parking, $450+

THREE BEDROOMS
14th St. W. lrg. 3 bdrm, bsmt, no appli, hkup, $500 +

SECURITY BUILDINGS

805 MARLBOROUGH ST. N. (SECURITY)
1 & 2 bedroom units, $475 to $575 /month
utilities, appliances, parking included
coin operated laundry

HOUSES, TOWNHOUSES, SEMI'S
Summerstown, 3 bdrm, prk, yard, $550+Immed.
Gillespie Ave, 2 bdrm, appli, prk, yard, $525+Dec
708 Glengarry 3 bdrm yard, prk, attach garage $650+
Williamstown 2 bdrm single home rec room $650+

COMMERCIAL
Sydney St, Downtown, Office Space 1000 sq. ft., $650 +
sn4

4 HOUSES FOR RENT

NEAR AVONMORE. 3 bdrm. Wood oil furnace. $650/mth including hydro. First and last month required. Available Feb. 1st. Call 346-2458.

FRONT HALF OF farm house. 2 bdrm apt overlooking St. Lawrence. Parking, large lot, patio, storage shed. $500/mth, plus utilities. Appliances incl. Avail. now. 931-1251.

13 OFFICES/ STORES/BLDGS

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

OFFICE SPACE FOR RENT
on Pitt St. N. 12ft. by 14ft. w/ waiting room entrance. Ideal for small business start - up $300.00/per mos includes all utilities. Telephone **932-0063** sn2

18 ROOMS

LARGE FURNISHED ROOM for rent in quiet west-end home. Private bathroom & private entrance. Only quiet person need apply. Call Cecile at 932-7854.

CALL 933-0014 TO ADVERTISE!!

PAUL'S PICK OF THE WEEK
97 PONTIAC SUNFIRE

2DR., AUTO, BLACK



may not be exactly as illustrated

$8,995

00 MAZDA, ext cab, 4dr, 6cyl, auto, black, 4000 km	$20,800
99 CHEV ASTRO VAN loaded, AWD	$15,995
98 CHEV MALIBU 4dr., loaded	SOLD,995
98 PONTIAC TRANSPORT VAN loaded,	$12,995
98 DODGE CARAVAN 4dr., air, low km's	$13,995
98 DODGE NEON, 4 dr., platinum, auto, air, 64,000 km,	SPECIAL $8,995
98 PONTIAC SUNFIRE, 2dr., black, 5spd., 29,000 km,	SOLD,995
97 CHEV EXT CAB, 8cyl., short box, 67,0000 km	$16,995
97 CHEV 4X4, P/U, regular cab, 5spd,	$14,995
97 CHEV REG CAB, P/U, auto, air, 6cyl	$13,995
97 HONDA ACCORD EX, 4dr., loaded,	SPECIAL $12,995
96 DODGE RAM, ext, cab, 4x4, P/U, sport	$18,995
95 CHEV LUMINA, 4dr. fully loaded,	$8,995
95 FORD F-150 XL, ext cab, short box, 2wd,	$13,995
95 PLYMOUTH NEON, 4dr., auto, air	SOLD6,995
95 CHRYSLER INTREPID, 4dr., loaded,	$8,995
95 MAZDA MX3, 2dr, auto, red,	$8,995
94 FORD AEROSTAR VAN, auto., air,	$5,995
94 EXPLORER, 4dr., air, 4x4, blue,	$9,995
94 DODGE DAKOTA, ext. cab, 2wd, P/U	$8,495
94 JEEP GRAND CHEROKEE, 4x4, loaded,	$10,995
94 MERCURY VILLAGER, van, loaded, very clean	$7,995
94 CADILAC SEDAN DEVILLE, white, loaded,	$12,995
94 PONTIAV GRAND AM, 4dr., 6cyl., loaded,	SPECIAL $6,995
92 OLDSMOBILE CUTLASS SUPREME 4dr., fully loaded,	SOLD,995

BANK FINANCING AND EXTENDED WARRANTIES AVAILABLE

FITZGERALD MOTORS LTD.



PAUL

125 Cornwall Centre Rd.
Cornwall
932-4514

HOROSCOPES

January 7 - 13

Aries – March 21/April 20
While a loved one's comments upset you early in the week, Aries, don't stay mad at this person. He or she doesn't mean to hurt you. Just tell him or her how you feel, and move on. Don't make a big deal out of this. A close friend wants to take you out late in the week. Say yes, because it's sure to be a good time.

Taurus – April 21/May 21
Don't be stubborn when making plans with close friends. You don't always have to get your way. Compromise this time. Besides, you're sure to have fun with these people no matter what you do. A business associate wants to get to know you better. Say no, because it is sure to complicate your professional life.

Gemini – May 22/June 21
You have to be patient this week, Gemini, while waiting for a loved one to answer an important question. Don't pressure this person into making a decision. If you do, you're sure to get the answer that you don't want to hear. That special someone asks a favor of you. Do what you can for him or her.

Cancer – June 22/July 22
Your sense of humor wins you a new admirer when out with friends late in the week. Get to know this person better, because he or she could be the one for you. Don't let this opportunity for romance slip through your fingers. A loved one asks for your advice about a personal problem. Be honest.

Leo – July 23/August 23
A business associate introduces you to an interesting person on Tuesday. If you just be yourself, you're sure to make a good impression and gain a new friend. A loved one offers you some constructive criticism. Listen to what this person has to say, because it can help you. Libra plays a key role.

Virgo – Aug 24/Sept 22
You are on the go this week, Virgo, and that's just how you like it. There is a lot to do. So, stay energized, and get moving. You're sure to accomplish everything on your list if you just work hard. On Tuesday, that special someone needs a shoulder to cry on. Be there for him or her.

Libra – Sept 23/Oct 23
Don't believe everything that you hear this week, Libra. An acquaintance is trying to pull a fast one on you. Don't let him or her get away with it. Check with others to see if this person is telling you the truth. Cancer plays an important role.

Scorpio – Oct 24/Nov 22
Don't keep your feelings bottled up inside this week, Scorpio. Instead, share them with that special someone. He or she can help you deal with these emotions in a productive way. Don't be afraid to open up. A loved one asks a favor of you on Tuesday. Do what you can for him or her.

Sagittarius – Nov 23/Dec 21
Keep your temper in check when an acquaintance steps on your toes early in the week, Sagittarius. This person doesn't mean to upset you. Try to realize this. A family friend needs your help with a personal matter. While you're reluctant to get involved, do what you can for this person. Your efforts will be appreciated.

Capricorn – Dec 22/Jan 20
Don't be shy when it comes to getting something that you want, Capricorn. No one is going to hand it to you on a silver platter. So, take the initiative, and go after it. If you work diligently, you're sure to attain this goal. A loved one takes you out late in the week. Enjoy yourself!

Aquarius – Jan 21/Feb 18
Don't make a hasty decision when it comes to your love life this week, Aquarius. Before committing to someone, make sure that he or she is the person for you. It will save you a lot of heartache in the end. A business associate offers you some advice. Listen to him or her.

Pisces – Feb 19/March 20
Don't be too eager to get involved in an important project at work this week, Pisces. While it looks like a good opportunity, it really isn't. Those involved don't know what they want, and they're sure to revamp things several times.

Hurry only 5 days left
0.9% financing
Ends Jan. 10th

FRANCINE LOSEY
SALES & LEASING
NEW & USED
CMS CORNWALL MOTOR SALES
sn 2 Brookdale Ave & Hwy. 401 933-3000
~~~~~~~~~~~~~~~~~~~~~~~~~

22 ARTICLES FOR SALE

AT LOW PRICE! Buy now, pay in June. Offer effective on purchases of $500. and more paid cash, on credit approval. First quality materials, unbeatable prices. Floating floor: 15 year warranty 1.19ft, 20 year warranty 1.49 ft. Ceramic: .99, Preglued tiles: .34.30" lauan door: 23.99. MDF mouldings: casing 1.19, Baseboard: 1.59, Toilet: 79.95. Effective January 8-13th, 2001. Bargain Building Materials 613-527-5090.

SOFA, LOVE SEAT, and Recliner in good condition. 1 year old. Call 932-9630.

FIREPLACE SCREEN 25"H x 36"W. Call 525-3349.

SUPER MATTRESS DEALS

39" mattress only $99

SOVEREIGN 5 yr. warranty		CHIRO PRINCESS 15 yr. warranty	
39" set ...reg. $299 .	$179	39" set ...reg. $489 .	$299
54"set ....reg. $369 .	$199	54"set ....reg. $699 .	$399
Queen set reg. $439 ..	$269	Queen set reg. $799 ..	$499

BERGERON SLEEP SHOP & HOT TUBS
1005 FIRST ST. E. SN3 932-2214

4-GOODYEAR ULTRA GRIP 13" winter tires with less than 1,000 km. $60. each new, will sell for $40. each. Call Tom @ 933-9584 after 4pm.

GIRL'S WHITE BED w/drawers $75; matching dresser $75. Multi-coloured Sofa-Bed $75; matching chair $30. Call 938-0723.

10FT. SATELLITE DISH including receiver. Programming paid until April, 2001. New arm and motor. $500. or best offer. Call 534-8407.

4 CAPTAIN SEATS. 7" chimney, 16-ft. GM 1/2 ton rear step bumper. Batteries & charger, 9.6 V. Makita drill. Wine making equipment w/corker, $75. Call 930-9864.

Poppy's Pawns Plus SN3
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

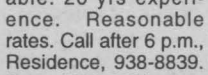
FOR SALE
BLACK ELECTRIC GUITAR WITH AMPLIFIER
CALL 932-1057

HUNTER EDUCATION and Canadian Firearms Safety, FAC courses and tests. Call 346-1289.

HARDWOOD ASH-TRAY stand w/brown ashtray, 24" high. Call 525-3349.

DELAGE USED FURNITURE SN3
327 Montreal Road
932-5689

ARTICLES WANTED

WANTED

Old Fishing Lures & Wooden Duck Decoys SN4
938-8839

26 FARMERS MARKET

JANUARY HAY SALE. 4x5 round bales. Regular $15. bales for $12. and $12. bales for $10. Please call ahead 346-2382. Open 7 days a week.

BUY NEXT YEAR'S WOOD at last year's prices. Ash & Elm. Call 932-8623.

DRY FIREWOOD. Pine & cedar lumber. Joint & pine flooring. Cedar rails & posts. Hardwood flooring. Robertson's Sawmill, Martintown. Call 528-4262.

30 HOME SERVICES

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

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

HANDI LADIES - Time is ticking. Get your house gleaming. Heavy duty cleaning, walls, floors, windows in & out and much more. Great gift idea anytime. Keep it, you may need us. 936-9362 or 936-9150.

MIKE'S TREE PRUNING, cutting & removal, general yard work & cleaning. Will do demolition. Eavestrough, chimney cleaning & repair. Carpentry work & painting. Free estimates. Call Mike 931-1251.

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

GENE'S COUPLES COUNSELLING - Is your relationship in crisis? Major marital problems? Need help? Call Gene, 933-7720.

J.R. RESTORATION - Roofing, chimney repairs, doors, windows, siding, brickwork, bathrooms, family rooms, painting, ceramic tiling. For all your renovation needs, inside or out. Call J.R. 613-938-7742.

STRIPALL - Furniture stripping, refinishing & repairs. Staircases, floors, doors, archways, No job too big or small, antique or not. Free estimates. Long Sault, 534-8494. Visit our website www.stripall.com Try our industrial stripper $30. gallon.

35 BUSINESS OPPORTUNITY

E-MAIL PROCESSING company looking for e-mail processors immediately, to sustain explosive growth. Earn $2,000.-$4,000. part-time and $5,000.-$8,000. full-time monthly. Free start-up, not MLM, no experience necessary. Reply to: payday103@yahoo.ca

38 HELP WANTED

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

AUTO PARTS CONSULTANT required. Competitive wage and benefit package. Some experience required. Positive attitude a must. Bilingualism an asset. Please send resume to Miller Hughes Ford Sales, 711 Pitt St., Cornwall, Ont. K6J 3S1. Attn: Gary Rose.

40 AUTOS FOR SALE

VEHICLE FOR SALE - Tired of being offered second rate vehicles, especially with a credit problem. Call Car-o-line Auto's, local 613-448-2488 or long distance 1-877-820-5598. Over fifty 90's vehicles to choose from.

1992 GMC SAFARI Van. 1990 Cavalier, 4-cyl, auto. 1989 Cadillac Sedan Deville, auto. All vehicles sold certified. Gravel Motors, 1404 Pitt St. Call 932-4850 or 932-4211.

57 DJ'S

POWER SOURCE DJ's. Part of the professional group of D.J.'s. Specializing in stags, weddings & any other special occasions. Karaoke & lights & 10-person trailered Hot Tub available. Call Ray 938-1962/Rod 936-0652.

26 FARMERS MARKET

IT'S STILL APPLE TIME!! sn4
Many varieties available, also Cider - Apple Products
• Pies ready for the oven
• Gift baskets ready made or made to order and a uique gift shop
Smyth's Apple Orchards Dundela
Home of the McIntosh apple
8 km North of Morrisburg on Hwy 31 to flashing light in Williamsburg - West 4 km to Dundela
Open 7 days a week at 8am
652-2477

AUCTIONS

Ray Smith Auction
33 Queen St., CRYSLER, ONTARIO
We are now accepting consignments for our up coming sales. Complete or partial households, large or single items
For information call
613-346-5483 sn2

SEAWAY NEWS business card DIRECTORY

ADDITIONS & SUNROOMS
We Provide A Free Estimate
932-5565 ext. 129
MENARD BROS. & ASSOCIATES LTD.
1100 Marleau Ave.
www.menardbros.on.ca
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• Residential • Interior
• Commercial • Exterior
FREE ESTIMATES
Cornwall, ON 936-9047

INTERIOR DECORATING
• In Home Consultation
• Colour Matching
• Paint & Wallpaper
Suzanne Roy Int. Decorator
MENARD'S RONA Home Centre Since 1974
1100 MARLEAU AVE. 938-3300

Labrador
SPRING & DISTILLED WATER & ACCESSORIES
FREE DELIVERY Serving Cornwall & S.D. & G.
931-2234

HANDYMAN
Gary C. Lefebvre
Residential & Commercial Renovations, Repairs & Maintenance - INSURED
2241 Pitt Street Cornwall, Ontario K6K 1A5
Tel: 613-933-0978
Pager: 613-937-5317

WELL DRILLING SINCE 1956
Energy Efficient Heating & Cooling
Water Heat Pumps
Pools & Spas
410 Seventh St. W. Cornwall 933-0411

~Christa~
Psychic, & Medium
Tarot Readings
933-3907

VALLEYWOODSHOP
#18413 South Branch Road, Cornwall
SIX-YEAR WARRANTY ON KITCHEN CABINETRY
FREE ESTIMATES
BOB & MIKE
"Family Owned"
Phone/Fax (613) 931-3437

Donnelly's Automotive Repairs & Services
REPAIRS & SERVICES starting at $29.99
Professional ~ Reliable ~ Honest
Donnelly's Automotive Inc.
3330 2nd St. East 936-9002

D&D TREE SERVICE
• Treecutting • Pruning • Trimming • Stump Grinding & Removal • Shredding • Clearing • Backhoe & Trucking Service • Septic Installation & Repairs
• Water & Sewer Installations & Repairs
• Bulldozers & Hoe Ram & Shovels
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932-8238 Fax: 932-6669

SEAWAY NEWS
Committed To Our Community Since 1985
For Advertising Call 933-0014
Rick - Robin - Arlene - Bill

CROSSWORD PUZZLE

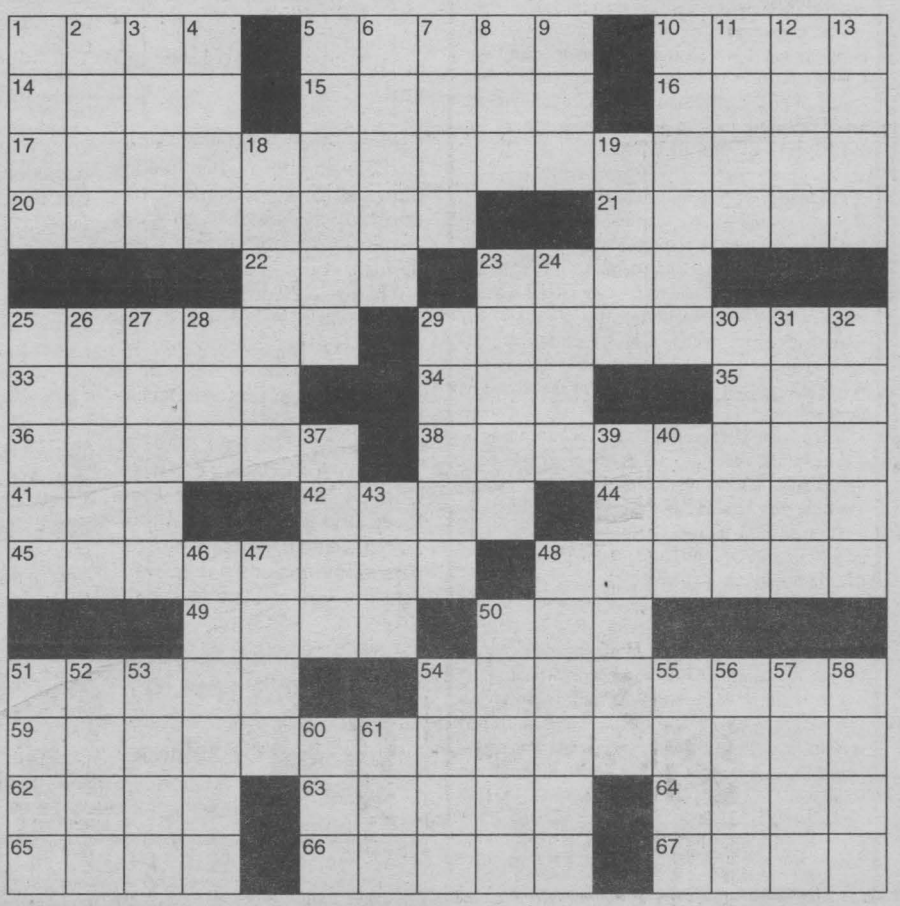
CLUES ACROSS

1. Tramp
5. Trainee
10. Questions
14. Winged
15. Comic or grand ____
16. Grandmother
17. 1956 winners
20. Personal backgrounds
21. Rhizopodan (var.)
22. Type of tube
23. Many blood vessels
25. Bench
29. Migrants
33. Bitter chemical
34. Equal (prefix)
35. Sound of disgust
36. Spears
38. Flour
41. Fed
42. Detroit suburb
44. Covered with marks
45. Greenwich, for one
48. Terminates
49. Artificial diamond
50. Blackball
51. Puff adder genus
54. Nakedness
59. 1944 winners
62. ____ Frank's diary
63. Machine for shaping wood
64. Flightless bird
65. Metric weight units (abbr.)
66. Blends
67. Formerly (archaic)

CLUES DOWN

1. Used to have (Scottish)
2. Stew with chickpeas
3. Low voice
4. Minerals
5. Adjoin
6. Opposite of starboard side
7. H2Os
8. Before
9. Seaman
10. Type of instinct
11. Former East German state
12. Ornament
13. Capital of Yemen
18. Church council of A.D. 325
19. Thomas ____, American cartoonist
23. ____'s Rebellion, slave uprising
24. Minute particle
25. ____i, spicy sausage
26. Lift up
27. Used in laser printers
28. Twitch
29. Stone parsley
30. Poems
31. Leopold von ____, German historian, 1795-1886
32. Daniel ____, rebel of 1786
37. Commotion
39. Can or bottle ____
40. Mauna ____, Hawaiian volcano
43. Tell on
46. Waders
47. Measured portion
48. Menus (French)
50. Cleanse
51. ____ Pitt
52. Private school in New York
53. To seize or hold
54. Sandwiches
55. Atom bomb
56. Ruler
57. Cuts
58. Vexation
60. Radio frequency
61. ____ de cologne

SOLUTIONS ON PAGE 25



40 - AUTOS FOR SALE

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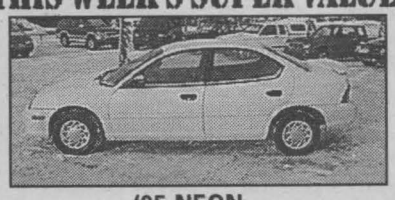

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68 CARTING/ MOVING/STORAGE

U-DO-IT STORAGE. Save money on heated storage by renting a room & handling your own goods. A division of St. John's Transfer, 950 Boundary Road. 933-1495.

69 COURSES/ LESSONS

MUSIC LESSONS: New Year's resolution? Guitar. Violin. Banjo. Bass. Mandolin. Hawaiian-Steel-Dobro. Teacher with lots of patience for beginners. Open for booking, 932-1347.

FREE Self-Defence Lessons. Monday and Thursday Nights for two weeks at 7:45p.m. Bushido Karate Club, St. John Bosco School, Eighth St. West. Wear loose clothing.

71 HALL RENTALS

HERITAGE HALL - 333 Second St. East. Newly renovated, 210-capacity. Fully licensed & air conditioned. Banquets, receptions, parties, etc. Catering & kitchen facilities available. Call Carl or Kathryn, 613-932-2184.

CORNWALL SEAWAY LIONS CLUB HALL, 123 Fortier St. Available for banquets, parties, showers, anniversaries, weddings, meetings funerals. Services available: catering service, podium, over-head projector, VCR, T.V. Fee: $50/event, free if bar sales exceed $500. For reservations, call Lion John Dewar, 613-932-1631 or leave message, 938-0040.

75 MEETINGS

ARTISTS' GUILD being formed in Ingleside for professional development, group exhibits, etc. Call 537-8659 or e-mail: caldwell@cnwl.igs.net First meeting February.

76 PETS/ LIVESTOCK

ADORABLE PUPPIES: Tiny Maltese, Mini Pinschers, Mini Schnauzers, Shih-Tzus, Pekinese, Toy Italian Greyhounds, vaccinated, dewormed, $200. & up. Call 527-3246.

BEAUTIFUL PUPPIES: Pomeranians, 3 months old, vaccinated, dewormed, $75. Call 527-3246.

92 NOVENAS

MAY THE SACRED HEART of Jesus be praised, adored and glorified throughout the whole world forever and ever. Amen. Say this prayer 6 times per day for 9 days. By the 9th day your prayer will be answered. Publication must be promised. Thank you Sacred Heart of Jesus for favour received. B.C.

THANK YOU TO Holy St. Anthony for favours received. T.D.

CROSSWORD SOLUTION

SOLUTIONS ACROSS

1. Hobo
5. Cadet
10. Asks
14. Alar
15. Opera
16. Nana
17. Eisenhower-Nixon
20. Dossiers
21. Ameba
22. CRT
23. Vasa
25. Settee
29. Settlers
33. Aloin
34. Iso-
35. Pah
36. Lances
38. Semolina
41. Ate
42. Troy
44. Pocky
45. Meridian
48. Ceases
49. Bort
50. Ban
51. Bitis
54. Bareness
59. Roosevelt-Truman
62. Anne
63. Lathe
64. Kiwi
65. Dags
66. Fuses
67. Erst

SOLUTIONS DOWN

1. Haed
2. Olio
3. Bass
4. Ores
5. Cohere
6. Aport
7. Dews
8. Ere
9. Tar
10. Animal
11. Saxe
12. Knob
13. Sana
18. Nicene
19. Nast
23. Vesey
24. Atom
25. Salam
26. Elate
27. Toner
28. Tic
29. Sison
30. Epics
31. Ranke
32. Shays
37. Stir
39. Opener
40. Loa
43. Rat
46. Ibises
47. Dose
48. Cartes
50. Bathe
51. Brad
52. Iona
53. Tong
54. BLTs
55. Nuke
56. Emir
57. Saws
58. Snit
60. VLF
61. Eau

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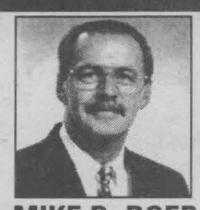
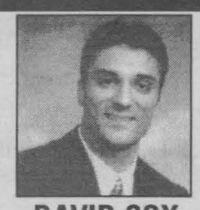
Sales Rep. 931-1290



ERIC PEDERSEN
Broker 938-9690



MIKE DeBOER
Broker 938-7802



DAVID COX
Sales Rep. 930-9251



SHERRY McCULLOUGH
Sales Rep. 937-0891



MICHAEL VANDER MEER
Assoc. Broker 938-2121



BE YOUR OWN BOSS! $159,000
(M-MLS 0171) St. Andrews Confectionary Store with living quarters, post office & pizzeria. Great potential.
JACK ROY 931-1290



REDUCED...$85,500
(A-MLS 1192) Established 2-bay fully equipped garage, centretown area with good parking & extra income from rented house
JACK ROY 931-1290

OPEN HOUSE SUNDAY 1:00-2:30PM



PARKWAY ESTATES $139,900
(O-MLS 0012) Just west of Long Sault,1472 sq. ft. brick bung, 2-car garage, hdwd flrs, serviced lot 100x200.
ERIC PEDERSEN 938-9690

PARKWAY ESTATES
Just West of Long Sault
BUILDING LOTS
100'X200' - $39,900
(O-MLS 0028) Paved roads, municipal water, excavation & backfill of foundation. Installation of sewage disposal system, sod front yard & top soil.
ERIC PEDERSEN 938-9690



6610 VIVIAN CIRCLE BAYVIEW ESTATES NEW PRICE $124,900
(J-MLS 0149) Large pie shaped lot with dbl car garage, 3 bdrms, 2 baths, large elevated patio deck.
ERIC PEDERSEN 938-9690



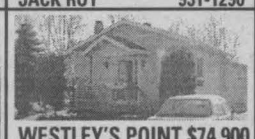
1317 CHURCHILL $89,900
(A-MLS 0188) 3 bdrms, hardwood floor in living rm, rec rm, central air, lot 50x135
ERIC PEDERSEN 938-9690



INCOME - 4PLEX $118,000
(A-MLS 0190) 4x2 bdrms. Updated electrical, new roof & verandahs. Excellent condition.
ERIC PEDERSEN 938-9690



LONG SAULT $84,900
(M-MLS 0051) 3 bdrm bung features garage, rec rm, close to beaches & park
MIKE DeBOER 938-7802



WESTLEY'S POINT $74,900
(J-MLS 0178) Many updates on this 3 bdrm. bung, modern kit. with lazy susan, 2 decks, 14x30 insul. garage with wdstve. Extra lot with boathouse across road incl.
MIKE DeBOER 938-7802

BUSINESS & COMMERCIAL BUILDINGS $159,900
(P-MLS 0183) Great potential, 2 Quanset buildings 3200 sq. ft. each & 1 of 7200 sq. ft. situated on approx. 20 acres located near Morrisburg. Business has been operating many years. For details call
MIKE DeBOER 938-7802 OR MOE LEMIEUX 932-9386



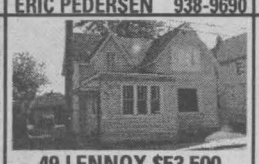
$49,900
(A-MLS 0099) 2-2 bdrm. apts. CLose to many amenities. Let the tenant pay your mtg.
DAVID COX 930-9251



25 GULF AVENUE REDUCED... $47,00
(A-MLS 0033) Rejuvenated area & home. Siding, windows, doors have all been replaced
DAVID COX 930-9251



18561 DUNDAS ST. MARTINTOWN $119,000
(J-MLS 0118) Come to the village where streets wind & nerves unwind! 4 bdrms, 2 baths, all nestles on a large lot
SHERRY McCULLOUGH 937-0891



49 LENNOX $53,500
(A-MLS 0103) Are you happy renting? If not, dial us now to possibly own this well-decorated home, close to all amenities
SHERRY McCULLOUGH 937-0891



14 PINE LANE $65,500
(A-MLS 0157) Snuggle in...for Winter! Cozy & comfy 3 bdrm, 1-1/2 storey located on quiet lane, close to centretown; features gas fireplace
SHERRY McCULLOUGH 937-0891

Moose Creek - Serviced lot, open to offers, ...$9,900
Long Sault Area - 148x167 lot, water, gas & cable, ..$18,900
Chapel Rd - 4 acre cedar lot, paved rd, ...$19,900
Cty. Rd 18: 1.9 acre treed lot, Ingleside, ...$9,000
Sandtown Rd., 1.92 acre lot, paved road, ...$9,900
Finch: 1 acre country lot with well, ...$14,900
Finch: Serviced lot 131' frontage, ...$19,900
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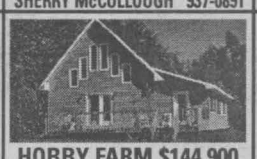
MINI FARM REDUCED... $74,900
(M-MLS 0172) Large 3 bdrm. home with det. garage & small horse barn on almost 2 acres
MIKE VANDERMEER 938-2121

WE HAVE THE KEY TO YOUR NEW HOME!



INGLESIDE $93,900
(O-MLS 0122) A 1400 sq. ft. bung with sunken living rm, large bath with whirlpool, beautiful river view from deck & more
MIKE VANDERMEER 938-2121



HOBBY FARM $144,900
(M-MLS 0116) A-frame style home on 18 acres with dbl. garage & small horse barn. Very unique property
MIKE VANDERMEER 938-2121



INGLESIDE $84,900
(O-MLS 0036) 2+2 bdrm brick bung. with attached on hedged lot. Great value for the money
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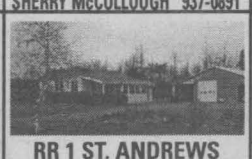

RR 1 ST. ANDREWS $97,500
(M-MLS 0166) Bung. on 1 acre with triple car garage & sunroom addition. Shows very well.
MIKE VANDERMEER 938-2121



CTY RD. 18 $97,900
(M-MLS 0206) Nicely decorated 4-level split, rec rm with wdstove, great country location
MIKE VANDERMEER 938-2121



LONG SAULT $79,900
(M-MLS 1213) Spacious 3 bdrm raised bung with carport, home was built in 1989 & is priced to sell
MIKE VANDERMEER 938-2121



INGLESIDE $89,900
(O-MLS 0108) 3 bdrm bung, large rec rm with wdstve, patio door to deck
MIKE VANDERMEER 938-2121



LONG SAULT $99,900
(M-MLS 0181) 3 bdrm brick bung, enclosed carport, gas fireplace, cathedral ceilings
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LONG SAULT NEW PRICE...$64,900
(M-MLS 1129) 3 bdrm home with main flr family rm on large lot just on the edge of town
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WATERFRONT $59,900
(J-MLS 0182) 2 bdrm bung with attached garage & new 60' dock
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CORNWALL $54,900
(A-MLS 0098) Ready to move in. 3 bdrm. with att. garage, very neat & clean
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DOUBLE TENEMENT $49,900
(A-MLS 0155) Large 3 bdrm unit plus 2 bdrm to help pay the mortgage, overlooks ball park
MIKE VANDERMEER 938-2121



COUNTRY $89,900
(L-MLS 0176) North of Avonmore you find this 1567 sq. ft. brick bung on large lot with det garage & large shed
MIKE VANDERMEER 938-2121





MOOSE CREEK AREA $109,900
(L-MLS 0197) 3 bdrm bung with fin rec rm on approx 3 acres with large barn used as warehouse
MIKE VANDERMEER 938-2121

CAREERS/ EDUCATION

How much computer do you need?

(NC)-With all the exciting things you can do with computers, it's easy to get sidetracked when trying to decide how much computer you'll actually use. Do you really need that DVD player if you have no intention of watching movies or videos on your PC? Will you really run out and buy a digital camera to take photos of your son 's wedding and then place them on the Web?

We all have grand ideas, but we don't always have the time to follow them through.

Or perhaps you're sitting at the opposite side of the spectrum and think you'll only need a bare-bones computer because you think you'll just use it to type letters to your mother. Think carefully before buying a very low-end model, however. You could find-very quickly-that you'll actually want to do a lot more with it.

And don't forget to consider how many people will be using the computer. More users mean you'll need a more robust machine.

Use our simple chart to make quick decisions when considering how much computer you want and need.

Interviewers

Job Location:
Cornwall Area

Terms:
Willing to work days, evenings, Saturdays and Sundays - approximately 10 - 20 days per month.

Qualifications:
Strong interpersonal, communication and organizational skills. Must be Canadian resident, 18+, be able to pass an aptitude test and work with minimum supervision within restricted time frames. Aptitude working with a computer laptop and ability to learn survey concepts and procedures. Must be fluently bilingual, knowledge of other languages an asset.

Other Requirements:
Valid driver's licence with appropriate insurance and own vehicle. Private space in home and use of private phone line. Must pass enhanced reliability check.

Duties:
Conduct surveys through door to door and telephone interviewing on laptop computer and/or paper.

Hourly Wage:
$10.48 + vacation allowance. Kilometre and meal allowance when applicable.

Please e-mail résumés and references, by Jan. 22, 2001 to:
catherine.puopolo@statcan.ca
Only those candidates selected for an interview will be contacted.

Statistics Canada Statistique Canada — Canada

Intervieweurs

Lieu de travail :
Région de Cornwall

Conditions :
Doit travailler les jours, soirées, samedi et dimanche - environ 10 à 20 jours par mois.

Exigences :
Savoir communiquer, être débrouillard, et posséder un bon sens d'organisation. Doit être un résident du Canada, 18+, être capable de passer un test d'aptitude et de travailler avec un minimum de supervision. Avoir la capacité de travailler avec un bloc-notes et d'apprendre les concepts d'enquêtes et les procédures. Doit être bilingue, la connaissance des autres langues est un atout.

Autres exigences :
Permis de conduire valide et véhicule avec assurance appropriée. Espace privée dans son propre domicile, avec ligne privée. Faire l'objet d'une vérification approfondie de la fiabilité.

Fonctions :
Mener des enquêtes par interview par l'intermédiaire du porte à porte et interview téléphonique sur ordinateur portatif et/ou sur papier.

Salaire horaire :
10,48$ l'heure + indemnité au lieu de vacances. Indemnité de kilométrage et repas, lorsque approprié.

Envoyez par courriel votre curriculum vitae et vos références au plus tard, le 22 janvier, 2001 à :
catherine.puopolo@statcan.ca
On ne communiquera qu'avec les candidats choisis.

Statistics Canada Statistique Canada — Canada

What Is The Internet?

(NC)-Although it has been around since the 70s, in the last few short years, the Internet has taken the world by storm. Did you know half of all Canadians have surfed the Net at least once in the last year? That number is growing all the time.

So what exactly is the Internet? The Internet is nothing more than the world's largest network of computers - much like the telephone is the world 's largest network of voice communications devices. When you get online,you're accessing millions upon millions of other computers all around the globe and all the information they contain.

A lot of people mistakenly call the Internet, the "Web." Actually, the two words are not interchangeable. Web sites are only one element of the Internet. There are also other components: e-mail, electronic bulletin board systems and chat groups. Most people who want to access the Internet need it for e-mail and for surfing the Web.

E-mail. It has never been easier to go online! Simply find an Internet Service Provider (ISP) that you either dial up using your telephone line,or via cable. You'll then have an opportunity to assign yourself an e-mail address -first-name.lastname@ISPname.com. Once you have the address,you can send and receive electronic mail -text, photos, or even music. You'll be connected to family members, friends and business associates who also have e-mail addresses.

The Web. The Worldwide Web,as it used to be called, is one of the major forces of our time. An incredible amount of information is literally at our fingertips 24 hours a day,seven days a week. Want to know the date the first Charlie Brown cartoon strip ran in the newspaper? You can use one of the many search engines out there, such as AltaVista, Excite,Yahoo or MSN, to look for information on that subject. (By the way,the date was October 2, 1950. How do we know? We searched the Web, of course!)

The Internet is a complex topic -but not necessarily a complicated one. In other words, you can take advantage of the Net without really understanding why or how it works. Trust us on this, you'll be amazed how quickly you catch on. After all, you probably know a few young children who love to surf the Internet. If they can do it, so can you.

To find the Compaq authorized reseller nearest you, call 1-800-567-1616, or visit the Compaq Canada website at www.compaq.ca.

- News Canada

What To Do If You Need Help

(NC)-So you've read all the instructions carefully and followed them,but are still having difficulties setting up your computer... Or, it's a few months later and right before you're ready to print an important document, you experience a glitch. Don't panic!

There are a number of things you can do to rectify the problem.

First things first, if you're having a problem turning your computer on, check the outlet and the light on your power bar. If it's out, you might have blown a fuse, or the power bar has malfunctioned.

If your computer is frozen, nine times out of 10, if you restart your computer - simply turn it off and then back on -the problem will correct itself. Another solution might be checking the cables. Maybe one is loose.

Sometimes you can also find the way to fix your computer 's problem by logging on to the Net and finding a program that can be downloaded onto your computer. Perhaps you 're trying to upload a Web site and you don't have the required software to run it properly. By downloading the relevant software,you could be up and running in as little as a few minutes.

Another reason why you might be having computer problems? Viruses. A virus is a small computer program that your computer has picked up from either a contaminated disc or Internet file. Always make sure you have virus protection. If your computer does not come with the software, run, don't walk, and buy it yourself.

If all else fails and you can't fix the problem yourself, call your computer company's technical support. You'd be amazed at just how many problems and glitches can be corrected by a qualified, properly trained technician over the phone.

Just one more reason to buy a name brand computer. Without that company's support, you're on your own if bad things happen to your computer.

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sn3

College Preparatory Program

Looking to improve your Math, English, and Science Skills?
Need additional courses to start College in September?

St. Lawrence College offers both evening and daytime classes for adult upgrading.

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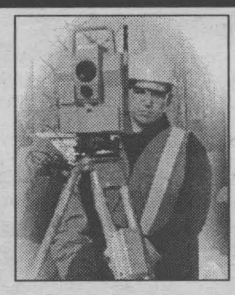

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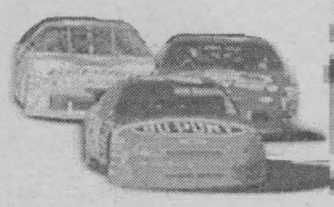

NASCAR Winston Cup Series



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Daytona International Speedway

There's no way to describe the experience fans have at Daytona. Daytona International Speedway has hosted the "Great American Race," the Daytona 500, and the "Mid-Summer Classic," the Pepsi 400, annually since 1959.

Each year the "World Center of Racing" hosts a two-week festival of speed known simply as Speedweeks. Every February, Speedweeks culminates with one the world's premier sporting events, the Daytona 500, the "crown jewel" of the NASCAR Winston Cup Series. The 2000 Daytona 500 will take place Feb. 20.

Other Speedweeks' events include the premier races in many different types of racing disciplines and series. They include sports car racing's Rolex 24 At Daytona, NASCAR's all-star Bud Shootout At Daytona, the Gatorade 125-Mile Qualifying Races and the NASCAR Busch Series' NAPA Auto Parts 300, and the Daytona 250 NASCAR Craftsman Truck Series race, new for 2000.

In July, one the sport's most anticipated NASCAR Winston Cup Series events takes center stage at Daytona, the nighttime running of the Pepsi 400. "Daytona at the Speed of Light" will commence with pole qualifying for the Pepsi 400 on June 29. The 2000 Pepsi 400 is scheduled for July 1.

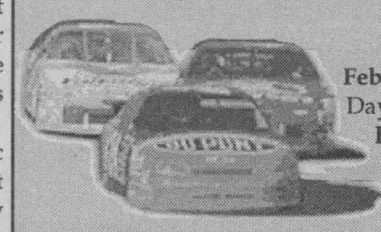
Daytona International Speedway's grandstands have moe than 165,000 permanent seats.

DAYTONA USA, "The Ultimate Motorsports Attraction," and the official attraction of NASCAR, is also located at the world-famous speedway and is open daily. Daytona Beach has an international airport adjacent to the speedway, and full visitor information is available through the Daytona Beach Convention and Visitors Bureau by calling (800) 854-1234.

Location: Four miles from the Atlantic Ocean in the city of Daytona Beach. It is just east of I-95 on U.S. 92 and approximately two miles from the eastern terminus of I-4.

TRACK INFO

DAYTONA INTERNATIONAL SPEEDWAY
Distance: 2.5 Miles
Front straight: 1,900 feet
(from turn to middle of tri-oval)
Back straight: 3,800 feet
Banking: 31 degrees



SCHEDULE

February 11th - Bud Shootout
Daytona Int. Speedway - FOX Sports Network
February 15th - Gatorade 125s
Daytona Int. Speedway FOX Sports Network
February 18th - Daytona 500
Daytona Int. Speedway FOX Sports Network



YOUR AUTO CORNER

What Kind Of Tire Do You Need?

The Canadian winter is not the same all over the country. In some areas, there is a lot of snow, in others, almost none. In some cities, it is colder than anywhere else in the world. In others, it barely ever freezes. That means that for some drivers, a very efficient winter tire is needed while for others, the original all-season tire is sufficient.

In some of the most southern areas of Canada, it barely ever snows. Most of the time, the roads are clear and except for a few little patches of ice here and there, there is no need for a true winter tire. Most drivers of such areas will keep their all-season tires on their vehicles. These should be sufficient as long as they still have a good well-defined tread to them. But the moment they are used up, it is time to change them. Naturally, if the odd snow storm hits the region, it is best to stay home. But what would happen if you are already out?



Modern winter tires are more effective than ever.

Today, tire companies make some of the most advanced winter tires ever produced. The older belief of treads with big knobs being better than finely detailed grooves is long gone. Today's new tires don't need those large grooves. They use advanced technology where the rubber contains silica to get better grip on the ice and where the tread design has been studied to grab the snow and throw it away, leading to a much better traction than ever. And since most new cars are front-wheel driven, this also helps traction in the snow.

Some areas get icier roads than elsewhere. This is where studded winter tires come in very handy. But not every province allows studded tires and yet, those who do usually apply restricted dates to such a practice. Many manufacturers also produce a sophisticated winter tire that does not need studs to give traction on the ice. This could be a better choice.

Nowadays, major tire manufacturers suggest winter tires for general purposes, performance winter tires for very fast cars and special winter tires specifically designed for sport-utility trucks. And recently, a couple of tire makers began producing a winter tire that does not deflate if punctured by a nail. Which one to choose depends on your individual needs. Still, it is better to contact your local tire dealer and remember to always check your tire pressure at regular intervals.

Keep Tires In Shape When Cold Weather Hits

Tires are designed and built to provide thousands of miles of excellent service. However, for maximum benefit, they must be maintained properly – especially during cold weather.

Here are things everyone should know about cold-weather driving.

Every time the outside temperature drops 10 degrees Fahrenheit, the air pressure inside tires goes down about 1 pound per square inch. Therefore, check tire pressures frequently during cold weather, and add the necessary air to keep them at the recommended levels of inflation at all times.

Never reduce tire pressures in an attempt to increase traction on snow or ice. It doesn't work, and tires will be so seriously underinflated that driving will damage them.

If one of the drive wheels becomes stuck, the centrifugal force created by a rapidly spinning tire can cause an explosion by literally tearing the tire apart. Never exceed the 35-mile-per-hour indicated speedometer speed or stand near a spinning tire.

In snowy areas, many cities and counties have "snow emergency" regulations, which are invoked during heavy snowfalls. Check with authorities for the rules in a particular area. Under some rules, motorists are subject to fines if they block traffic and do not have snow tires on their vehicles.

Avoid this by equipping a vehicle with snow tires marked with "MS," "M&S," "M + S," etc., on the sidewall. If changing to snow tires, be sure they are the same size and construction type as the other tires on the vehicle.

Snow tires should be used in pairs (or as duals) on the drive axle or on all four wheel positions. Never put nonradial snow tires on the rear if radials are on the front, except when the vehicle has duals on the rear.

In areas where heavy snowfalls are frequent, many drivers carry chains for use in emergencies or have their tire dealer apply studded snow tires. When studded tires are mounted on the front axle, studded tires must also be placed on the rear axle.

Most states have time limits on use of studs or ban them altogether. Before applying studded tires, check the regulations. When using chains, make sure they are the proper size and type for the tires. Otherwise, they may damage the tire sidewall and cause tire failure.

Cold weather presents many driving hazards. So, follow these tips, and stay safe this winter.



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Beach Club Tanning Holds Open House

Beach Club Tanning and Pampering held an open house on November 15th, 2000 at 262 Pitt Street. The event was to let new and old customers get acquainted with their facilities, after the facilities were reopened by owner Allan McGimpsey. The different services offered at Beach Club are individually owned by their technicians and brought under one roof for the customer's convenience.

"We offer services in Swedish and Aroma-therapy Massage, an esthetician, tanning, nail care, and our new Relaxarium Bed," said manager, Joanne Smith. "Each of our Technicians work with all-natural products."

Beach Club's new Relaxarium Bed is to help you relax and sweat. "The bed is basically a dry sauna that you can use to get a good sweat, but your head stays out of the heat, so you're more comfortable," added Smith.

They also carry a full line of swimwear, exercise clothing, sunglasses, and much more. "We have a current customer base of over 150 people and we are looking forward to increasing that in the near future. There is a slight possibility we will expand, if things keep going well," stated Smith.

Beach Club Tanning and Pampering held an open house for customers to become acquainted with the facility and the staff. The helpful staff gave a very informative tour and offered refreshments and cake. The busy staff paused here for a photo. In front are: Terri Lynn O'Byrne (nail technician) and Vivianne Allaire (massage practitioner). Along the back (from the left) are: Jessica Hyderman (co-op student), Joanne Smith (manager) and Melissa Denneny (esthetician).

Story & photo by Chris McPhee



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