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SYLVIA'S SLANT

You know who I really feel sorry for? The Royals. Not the hockey team (though they do have my sympathy), but the Royal Family. They are hounded by magazine and newspaper writers, who seem to delight in Royal bashing, knowing that the Royals can't answer back. Prince Charles upsets them when he speaks his mind about the awful architecture. They neglect to praise him for his hard work on behalf of urban renewal, his concern about the environment and work for charities. It's a no win situation. Princess Di is criticized because they say she is too thin, acts like a coy shy teen-ager, unbecoming to a mother of two. They also think she spends too much time and money shopping for clothes.

Now they have the Duchess of York (affectionately called Fergie) to bash. They say she is too fat, too brash and when she is heckled she answers back. They have met their match. This is no shy, blushing, quiet little thin maiden. That's what the writers don't like. She wears loud clothes, laughs out loud, flies a plane and a helicopter and goes skiing when she's pregnant. Wowee!

cont'd on pg 15

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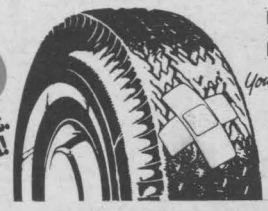
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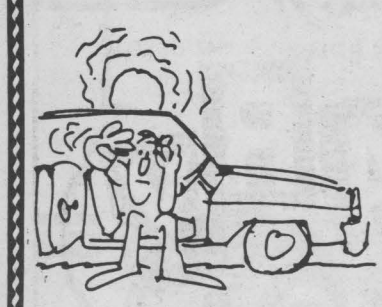

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BASIC BOAT HANDLING

Most boaters at one time or another, have experienced the odd sensation of trying to manoeuvre a boat away from a dock...at which point, the vessel seemed to be out of control. No matter how the steering wheel was manipulated, the craft went exactly the opposite way to the anticipated direction...how unlike an automobile.

If that experience taught you a valuable lesson in basic boat handling, and you now know how to correct such a situation...well and good. If you still do not know what happened...read on.

Most boats have steering wheels to control direction, just as they have motors for propulsion. But, here the similarity between driving an automobile and handling a boat ends. Nowhere is the difference between the two more prominent than in the methods and principles involved in steering.

An automobile, under normal conditions, steers with its front wheels, the rear wheels following the same direction.

However, if you attempted to make a sharp turn on a slippery road...say to the left, what happens...the front wheels turn slightly to the left, the rear end swings widely out to the right. This is precisely what happens when making turns with a boat. A boat steers from its stern...not its bow...neither does the stern follow the path of the bow...it scribes a far wider arc when turning.

Similarly, an automobile leaving a curb position is controlled by a simple turn of the steering wheel in the required direction. Not so a boat. To leave a position parallel to a dock by the same automobile method, would result in the stern banging against this same dock.

Why is this? There are several reasons for this seemingly difficult manoeuvre. First, boats change direction by means of a rudder...a vertical blade on a pivot located at the rear of the craft. This same vertical blade can be an outboard motor.

As the blade is swung, water pressure forces the stern of the craft to change direction. When the blade is swung to the left (by left rudder action), the stern is thrown to the right. Conversely, with right rudder the stern moves in the opposite direction.

Secondly, there are two forces working on the rudder which are responsible for its change of direction...the flow of water which is created by the movement of the craft...the current of water called the screw current which is created by the propellor turning. The propellor propellor then acts like a pump sucking water from the front, and producing a stream which is thrown out to the rear. This effect gives a boats its propulsion. There are other factors, of course, which come into being, some of which vary with the individual boat, but to have complete control over the craft, it is necessary to balance these two effects.

Actually, it is a matter of "feel" and understanding of the principles involved. The importance of knowing what is going to happen when you turn the steering wheel cannot be over-emphasized: it becomes a matter of safety both to yourself and your family.

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5/23

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5/30

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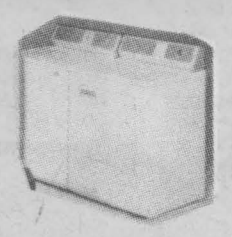

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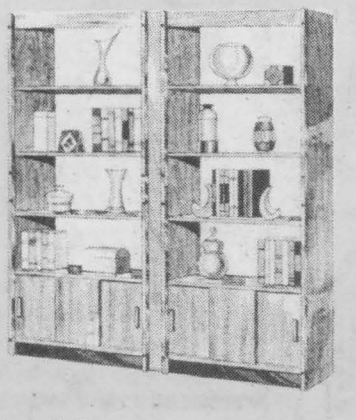

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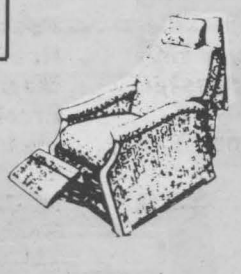

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5/16

THAT DAILY PUZZLER **SCRAM-LETS®** WORD GAME
Edited by CLAY R. POLLAN

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

T	O	W	I	U	T
1			2		

V	O	T	E	C	
	3			4	

U	T	T	O	R	
	5	6			

N	E	M	R	I	V
		7	8		



3-19 © McNaught Synd., Inc.

"One good thing about being a procrastinator," lectured the old man, "is that you always have something to do --------."

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

2 PRINT NUMBERED LETTERS IN SQUARES	1	2	3	4	5	6	7	8	
3 UNSCRAMBLE FOR ANSWER									

SCRAM-LETS ANSWERS 3-19

Outwit — Covet — Trout — Vermin — TOMORROW

"One good thing about being a procrastinator," lectured the old man, "is that you always have something to do TOMORROW."

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PAY TV SHOWCASE
By Blake Fowler

If you've got the full range of pay-tv channels you can glean two very different viewpoints over a 40-year span would be hard to find.

To be fair, we point out that one of these treatments, a seven-part series which begins on the Arts & Entertainment Network this week, was produced during the peak of America's involvement in WWII. The other, a 1987 film, has the benefit of retrospect over the shame many Americans felt over Vietnam and the growing anti-nuclear movement.

A & E begins this unique odyssey with Why We Fight on May 18 at 10 p.m., repeated May 21 at 11 am. Director Frank Capra did his bit for the Allied war effort by supervising this group of seven War Department films detailing, in America's eyes, the reasons for World War II.

Actor Walter Huston narrated this war record that every member of the American armed forces was required to see before going overseas.

The series was compiled entirely from existing documentary and newsreel films, fictional films made in Hollywood and enemy archival footage. Why We Fight, an in-house soft propaganda effort between the War Department and Hollywood, is a unique example of wartime documentaries.

On the other hand, we have Amazing Grace and Chuck. Starring Gregory Peck, it speaks volumes about the separation in ideas and morals between the American military and the glitz factories of Hollywood since those glory days of WWII.

It is a fable about a young boy who is so horrified by a visit to a missile silo that he gives up playing that most American of games-baseball-to protest against nuclear weapons. His little-league protest eventually inspires a global disarmament movement.

Hey, we did say it was a fable, eh?

The military establishment, apparently, was not 100 percent behind this film. In fact, the makers of Amazing Grace had to build a mock missile silo after the defence department refused their request to film a real one.

Amazing Grace and Chuck premieres on First Choice on May 23 with repeats May 27, 29 and 31.

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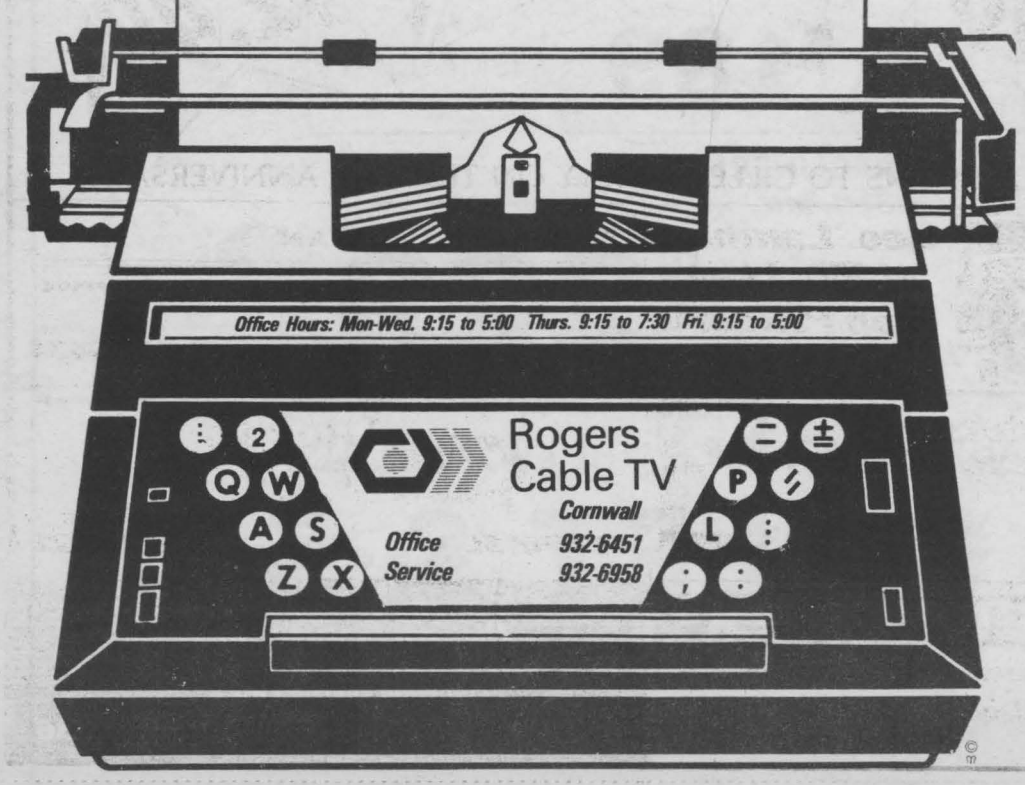

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MONDAY



Jean Smart, as Charlene, meets Bill Stillfield (guest star Doug Barr), a handsome Army officer, and dreams about the U.S.O. in "Designing Women", Monday, May 16, on CBS.

FOR COMPLETE LISTINGS READ ENTERTAINMENT TYMES EACH WEEK

John Cleary M.P.P. Reports



PROGRAMS FOR SENIORS IN ONTARIO

The Province of Ontario provides a wide range of programs and services for senior citizens.

Seniors in Ontario are eligible for full OHIP premium assistance. In addition, an Ontario Senior Citizen Privileges Card is issued to all seniors in Ontario. The card entitles senior citizens to free prescription drugs under the Ontario Drug Benefit Program. The cost of the Drug Benefit Program in 1987-88 is estimated at $590.9 million and the program benefits an estimated 1.5 million senior citizens.

The Government of Ontario guarantees that the income of anyone 65 or older will not fall below a specified minimum level. Seniors in financial need may be eligible for the GAINS-A Program which provides a top-up of $83 a month to OAS/GAS recipients. As of April 1988, the maximum GAINS guarantee for a single person is $9,220 a year and for a married couple is $15,325 a year.

The GAINS-A Program is estimated to cost $119 million in 1988-89 and benefit an average of 162,000 seniors.

To offset the burden of property and retail sales taxation to seniors, the Ontario Government provides the Ontario Tax Grants for seniors; the Property Tax Grant and the Sales Tax Grant.

In the 1987 Budget, the Treasurer increased the maximum Property Tax Grant for seniors from $500 to $600 annually. This change will cost about $60 million for 1988-89. For 1987, about 670,000 seniors will receive property tax grants totalling $385 million.

The Sales Tax Grant provides $50 annually to seniors. For 1987, about 1 million seniors will receive sales tax grants totalling $50 million.

The One Stop Access Program provides the elderly and the disabled a single point of access to a range of community health and social services. The Province initiated three pilot projects in 1987-88 and has allocated $1.5 million for two additional pilots in 1988-89.

The Capital Access Fund provides assistance in capital renovations to improve access for senior citizens and disabled persons. The cost of this program is estimated to be $2.4 million for 1988-89.

The One Stop access and the Capital Access Fund programs are funded by the Office for Senior Citizen's Affairs. During 1987-88, the Office for Senior Citizen's Affairs spent a total of $4 million on programs for seniors. For 1988-89, this figure is expected to increase to $9 million, an increase of 125 per cent.

The Treasurer of Ontario announced, in his 1987 Budget, that an additional $100 million would be provided by the Province over six years to the Homes for the Aged Capital Program to upgrade and expand facilities for seniors. The Provincial contribution will be matched by municipalites and Charitable Homes for the Aged. (Total expenditures $200 million).

For 1988-89, the Province has allocated $18 million to the Homes for the Aged Capital Program.

ON THE LOCAL SCENE

Central Public School organized an exchange of grade 6 students with students from Quebec. Diane Earle from my office represented me at the Welcome dinner and gave out Ontario pins to our visitors.

Wing 424 of the Royal Canadian Air Force Association held their 38th Annual Dinner and

cont'd on pg. 21

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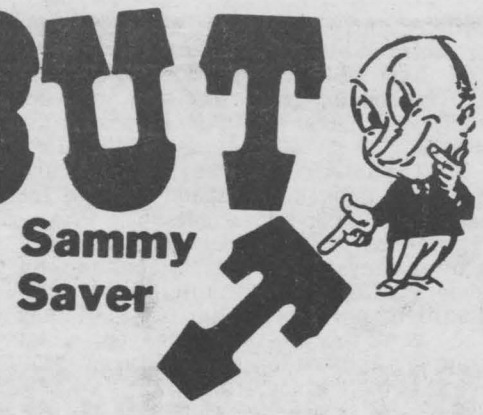
Wonder why that dollar bill was pinned to Mrs. Gravely's blouse?

Who was that masked man rounding third during Tuesday night's slow pitch game. I understand he is now going to wear suspenders.

Gary Smith back to work at Smith's Meats at the Leduc Shopping Mall.

Brownie's waiter Ken certainly helped make a 17th wedding anniversary a real pleasure last Saturday night.



John Muir has decided to run for alderman.

Sue Backs is also running.

Last week we gave you Doug Grenkie, Dick Aubry and Paul Burns as possibles for the Federal P.C. nomination. You can add to the list Grant Campbell and Dennis Carr as maybes.

Cathy Tripp is opening "Tripp's Treasures" in the Long Sault Shopping Centre, May 20/88.

Good luck to Don Belanger on his new endeavours. I'm sure Remax will miss you.

On these beautiful sunny days the Pitt St. Mall is sure a pleasant spot to browse and stroll.

Understand that Toronto Dominion Bank has just signed a two year lease to stay on the Pitt St. Mall, wonder what they'll do with their lot on Second St.

John Flanigan umpiring softball this year instead of playing. If you umpire John as well as you play you'll do an excellent job.

Murray Arthur gone to Myrtle Beach again last week and going again in two week's time---keeping a keen eye on business down there.

Osnabruck Township is off and running with the ball season. Good luck to Leonard O'Neil our local Texaco man in heading the organization.

We can't mention any names but her birthday is May 17, she's 5'4", short brown hair, drives a blue Mazda, married to Marcel & works at the Seaway Building.

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Chateau St. Jerome Now Open. Cornwall's newest Bar-B-Q Chicken and Rib Restaurant opened last week on Brookdale Ave. Pictured above L to R, Gloria Lamoureux Anita Pilon, Debbie Reynolds, Larry Pilon, Susan Pilon, Mayor Brian Lynch, Mike Pilon and Sam Raina.

Ken Doucet at Electrolux reports a super week after lst week's sale. Watch this paper for something next week.

Case Van Manaan Dean of Business at St. Lawrence College is pulling the plug this fall. Case is going to get an early start on retirement.

There sure is a lot of talent in S.D.& G. as was apparent at the Kinsmen Music Festival which concluded this week-end at Aultsvile Hall.

Shane Eitzen newly elected President of Kinsmen Club of Cornwall--Congrats Shane!!

Guess what!? It was close, but the "Legend" got elected.

Ahtlete of the year Cathy Lalonde in Osnabruck Township will coach this year's Senior Squirt team in Ingleside.

Have you every wondered what's the difference between a ton and a tonne?

Dave Watson has retired from Moviola!!

Letter to Sammy

Dear Sammy Saver

Regarding tidbits appeared in Scuttlebutt April 26 and May 2 (local horsemen father & son etc.). The first April 26th was cute and funny, but after reading May 2nd edition, I think it was a low blow considering the information was not entirely true. I believe that an apology is needed by way of a neon flashing sign.

"A Friend of the Two Horsemen"

Congrats to Dick Simpson (Simpson's Video) Dick received his 30 year watch just recently.

Not-to-be-missed! Original Circa 1920, restored, caboose. The only one between Kinston and Montreal now open to the public at the United Counties Museum. See "Community Events" for days & hours.

Did Joe Gunn recently make an announcement for Brian Lynch?? New campaign manager Brian??



MEDIA QUIZ

(For Business People)

According to Canada Post figures there are 18,131 homes in Cornwall.

What proportion of these homes subscribe to the Daily Standard Freeholder?

a) 60 out of 100
b) 69 out of 100
c) 74 out of 100

ANSWER: 12,416 City Subscribers according to Sept. 1987 ABC report which is 68.5% or 69 out of 100.

Township of Cornwall minor baseball's first games to be held on May 28--trying to get an early start to beat the summer rains.

The new restaurant Chateau St. Jerome packed on Mother's Day...Good first week Larry!!

Seems like Thursday nights at 6:30 is the designated time for the R.I.D.E. program in Long Sault.

Mark McDermid going to head office in Winnipeg to make a speech. Nice to be successful eh Mark?

Good luck to Ray Trottier on his move to Great West Life.

Keep that blood pressure down Tara. Stop looking at the boys!

Shirley and her big toe are doing fine.!


It's Our Anniversary

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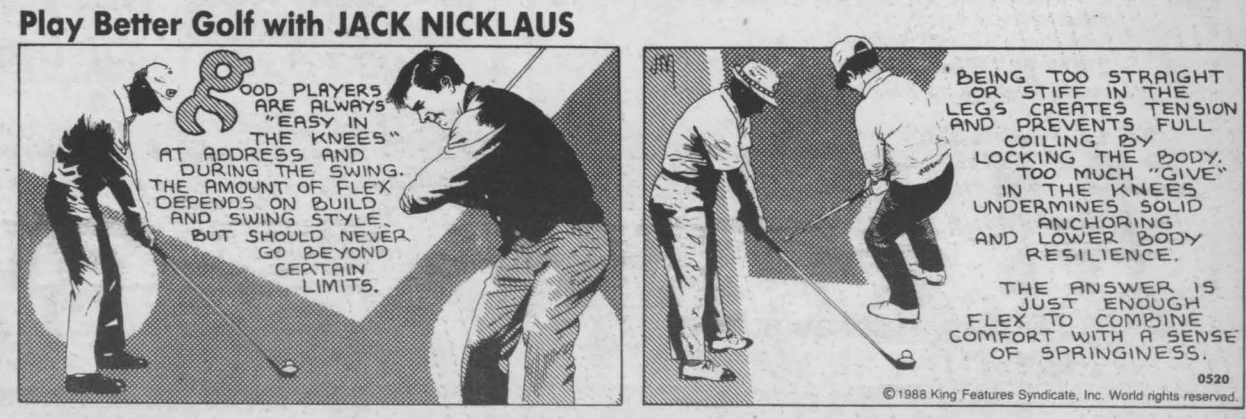

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Ontario Electrical League Ron Eamer, Cornwall Electric Elected President

The Board of Directors of the Ontario Electrical League are proud to announce the election of Mr. Ronald F. Eamer to the position of President. Mr. Eamer is a resident of Williamstown and an employee of Cornwall Electric.

Mr. Eamer was elected by his peers from across Ontario to sit on the Board in 1984. Last year he was elected by the Board, which has representatives from all segments of the electrical industry.

Mr. Eamer has played an active role in the league, first with the Local Chapter in Cornwall (Seaway Valley Chapter), then as the Eastern representative on the League's Chapter Committee.

The Ontario Electrical League is a non-profit association which acts as a forum for the entire electrical industry in this province. It has representatives from all segments of the industry; manufacturing, distributing, utilities, electrical contractors, and manufacturing, distributing, utilities, electrical contractors, and maintenance electricians. There are currently 320 utilities that belong to the League, 145 electrical manufacturing companies, 20 electrical distributors, and all their branches, as well as over 2000 individual members which are presented in 45 Local Chapters across the province.

TUESDAY



Lily Tomlin is among the top nominees in "The American Comedy Awards", to air Tuesday, May 17, on ABC. The 16 categories were voted on by the nation's comedians.

FOR COMPLETE LISTINGS READ ENTERTAINMENT TYMES EACH WEEK

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ADS FROM OUR PAST

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Prominent among the merchants of Cornwall is Mr. Arthur Chevrier, whose store is located opposite the Court House. Mr. Chevrier, sole owner of Chevrier Brothers, wholesale grocers, first began business in 1899 with J. E. Chevrier, who was then operating a retail grocery in the St. Lawrence Block. In 1914 he acquired this business along with his brother, J. A. Chevrier, and it was known to the public under the name of Chevrier Brothers. This explains the origin of the name the store now has. In 1918 Mr. Chevrier left the retail grocery to devote himself entirely to the wholesale business. This he began on the premises he now occupies, and which were then known as "The Duffy Stand." Mr. Chevrier has recently purchased this property from the Estate D. B. MacLennan. He has completely remodelled it, and it now offers to the public eye a smart looking appearance.

Year after year this business has, like the town, gradually developed and matured. Public confidence has been gained through the quality of the goods handled.

Mr. Chevrier has, moreover, been secretary of several local organizations. He takes a keen interest in sports, and has been for many years intimately connected with all movements of the Board of Trade.

Quality and satisfaction have been the keynotes to Mr. Chevrier's success.

Ads From Our Past is a feature of Seaway Shopping News. If you have an old ad in an old book or journal you'd like to share with our readers, please drop if off to us at 8-6th Street East, 933-0014.

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1987	Honda Accord EXi, 4-dr., auto., loaded, 47,000 km. Great condition.
1987	Dodge Omni, 4-dr., hatchback, standard shift, 12,000 km. Like new.
1987	Honda Prelude, 5 spd., sunroof, cass., red, mint, 20,000 km.
1987	Honda Civic, 2-dr., hatchback, 5 spd., am/fm stereo cass., 20,000 km. Balance of 5 yr. warranty. A real steal.
1986	Honda Accord LX, 4-dr., 5 spd., stereo cass., 42,000 km. Super clean.
1986	Dodge Aries SE, 4-dr., auto., a/c., 15,000 km. Super clean.
1986	Olds Cutlass Calais, 4-dr., auto., a/c, cruise, cass. stereo, 23,000 km. Mint.
1985	Hyundai Stellar GSL, auto., a/c., p/w., stereo cass., undercoated, extended warranty, 43,000 km.
1985	Honda Prelude, auto., sunroof, stereo cass., 57,000 km.
1985	Honda Accord LX, 4-dr., 5 spd. Excellent condition.
1984	Mercury Capri, 2-dr., hatch, auto., 6 cyl. p/s, p/b, 23,000 km. A gorgeous car.
1983	Mercury Capri, 2-dr., hatchback, 5-spd., sunroof. Nice clean car
1981	Buick Electra Park Avenue, 4-dr., sedan, fully loaded including power sunroof, 68,000 km. Show room condition.

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Dr. Ruth Westheimer

Ask Dr. Ruth

Widowed Mom Has Right to Love

Q. My husband died tragically while quite young and left me with two children. He was an only child and his parents lived for him. They have always been lovely to me and the children, always having us for Christmas and taking my daughter and son whenever I ask them to, whether for an afternoon or a week. Not just when it suits them, but very gladly when it helps me.

Now I have a new man and that has made a difference. I am going to marry him and there was strain over Christmas because I wanted him with us and my in-laws would not have him as part of our celebration. He understands but in the future this will be very difficult. I want my husband to share our family life and he wants to do that himself. My son, 12, really enjoys him. My oldest child, 15, liked him until her grandparents set her against him. Now she wants to go away to school as part of avoiding my new marriage — very difficult as he wants to be a good stepfather, has offered to adopt the children and in all ways accepts his ready-made family. What can I do?

A. Whatever responsibilities or ties you have to these grandparents, you have the absolute right to a new happiness. Let me say that first. That is something you as well as the children must understand, and the grandparents have to face it too. But, with that stated clearly, let us also understand the feelings of your late husband's parents. You and the children are all they have left of their son except grief and memories, and since he left no brother or sister they have no other outlet for their devotion. It is painful to them to think of their son's widow putting that early marriage behind her, no matter how much you try to do it respectfully, with affectionate memories and without disruptions.

As for your daughter, even if her grandparents had done nothing to influence her, still she would have feelings against a replacement for her real father. She has grown up into adolescence as his daughter. That is her identity. She as well as her grandparents would very naturally react against the adoption, the taking of another man's name. I think you should talk to your fiance and get his agreement to defer the adoption and certainly any name change for the children.

If he is really understanding he will see that, as part of caring for real children (not picture-book youngsters but individuals with developed loyalties and valuable ties to those grandparents), he has to help them through this change in their lives.

Very predictably the 15-year-old is the less ready to accept him as a new parent. I take it that the boarding school idea is practical for you, so far as the cost is concerned. I would explore that idea with her, giving plenty of care to the selection of the school, because otherwise she may, instead of being grateful for being allowed to go, end up in a school unsuited for her and feeling that she has been exiled instead of treated with consideration.

If she and her grandparents see that you are going to do all you can to keep that relationship, her sense of being the child of her real father without forcing any "new daddy" on her, that has to help. Instead, let him be an understanding and helpful new person in your lives, someone she, as a near-grownup, can accept but keep at some distance without offense. It should ease the situation a great deal.

Do not expect miracles like total acceptance, or Christmas spent all together with the grandparents, but a realistic compromise. Some families may want Christmas in their home, not the grandparents' home — but they can see to it that certain parts of the holiday are spent with the grandparents. Christmas Eve sharing, or having the grandparents come to the parent's house on Christmas, is often the way, or having most of the unwrapping of presents in the parent's home and going to dinner with Grandma and Grandpa. You can work out some nice plan like that.

You don't mention your own parents, but where there are two sets of grandparents, some separating and new patterns of sharing have to be worked out, even when no sad loss has occurred in the family. What you have to do about dividing and sharing family occasions is done in most families, to some extent. We have to think of the ways we make concessions to family life. Perhaps for the present you have to be the most diplomatic and understanding person in your family situation, but I think you can expect the others to see it your way in time if you give them consideration. If your daughter or her grandparents never come around to your viewpoint, too bad, but you have to live your life and sometimes accept that others refuse to see that important fact.

In the past you have relied on your in-laws to take care of the children when that helped you. This help may be less readily available just for now, but probably will be there again in a little while. After all, it has been a pleasure for those grandparents as well as a duty, and they will still want it. And it will not only help you out but also that new husband, who will want you to himself sometimes, or to share business trips or whatever. So I see very good signs for a good agreement among all of you in the future, without your giving up your right to have a new marriage.

SAFER SEX

To my readers, if you have any questions about AIDS or condoms or having safer sex, I have written a pamphlet which deals with these issues.

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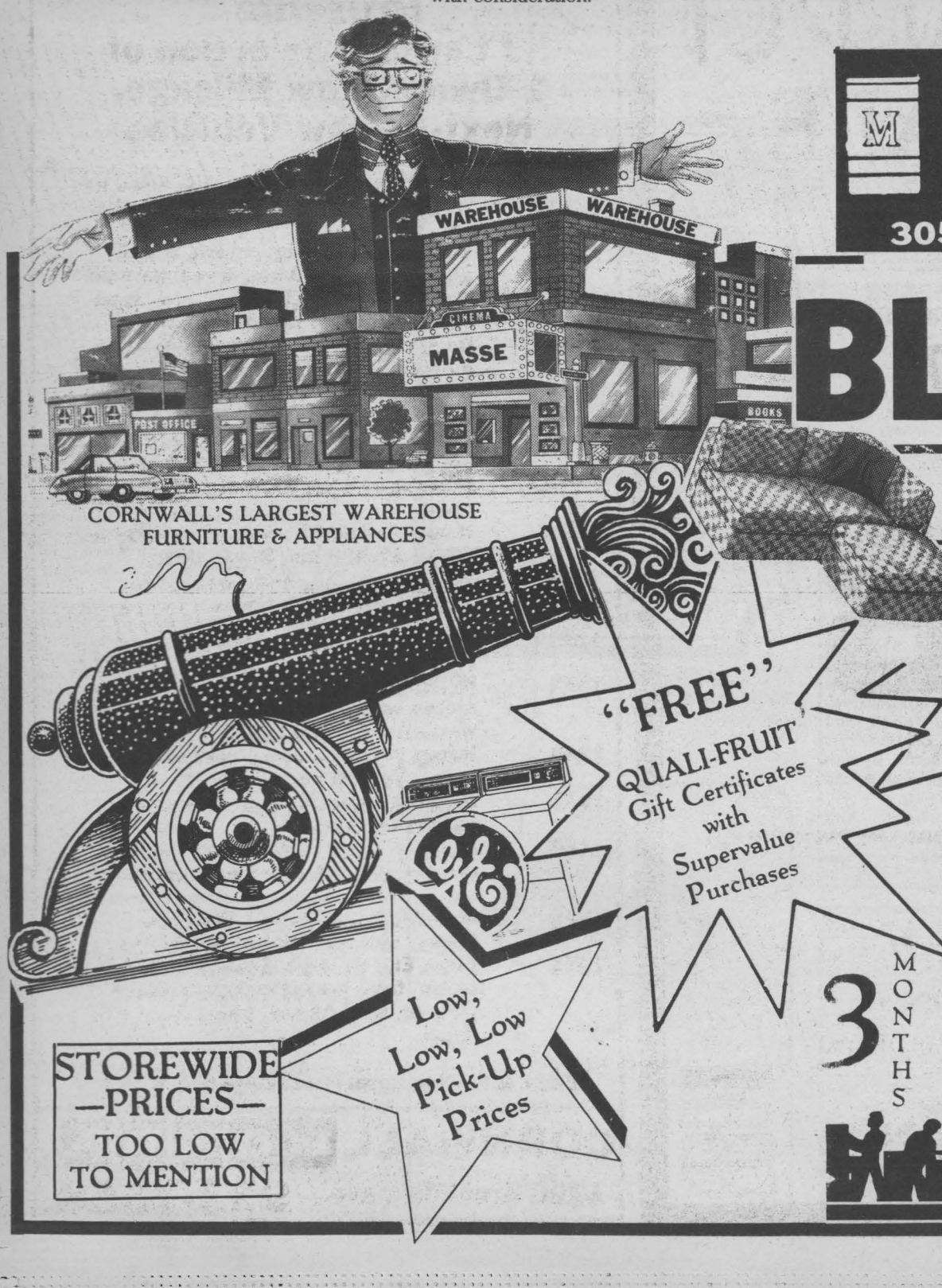

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FINANCIAL PAGE

CANADIAN BUSINESS

Pay isn't nurses' problem, it's the health-care system

By Jack McArthur

There's no true shortage of nurses in Canada. If you were to list the nation's 10 most wasteful activities, in fact, one would be the expense of training far more than are needed.

There is a serious problem, though. Staggering numbers of nurses steadily choose not to stay in the work in which they've become expert at considerable cost in time, money and effort.

As a result, we constantly agonize about a serious lack of nursing skills that cripples effective health care and the full use of hospitals — that prevents us from getting the services we need and want.

We're told there are several thousand too few nurses, that important surgery has to be delayed, critically ill patients transferred from hospital to hospital and even city to city.

But the most useful comment leading to solutions is from a former hospital nurse: "It was a lousy job."

Nursing talent

Why is there so much bitterness among nurses about the manner in which they are utilized and paid? The illegal strike of 11,000 in Alberta — startling in its stubbornness, worrying in its implications — is just one example.

It's important to understand the peculiar economics of this problem. Otherwise, we may react the wrong way, expend much money for misguided purposes, set up more studies that skate around the truth and further delay useful change.

Any economist can tell you what's the matter. Too many nurses don't get enough return to keep them at work.

It's guessed Canada has five nurses not employed in that occupation for every 10 that are. This allows for the immensely large number that only work part-time — another highly significant peculiarity.

Whatever the precise number, most of us realize there's a vast amount of nursing talent that has forsaken the field. Think about how many people you know in that position.

Some are housewives. Great numbers have gone into other work.

It makes no sense to "solve" this "shortage" by training many more than needed in the hope that enough will stay in the field to enable the health system to serve us well and efficiently.

That's a terribly costly approach. It would be like making 50 per cent more new cars than will be bought, junking the excess.

Whenever you get this kind of hidden surplus of skilled personnel, the reason is sure to be that the rewards for their efforts are too little.

A key here is a realization that the reward from work isn't just money. There's a psychic return that can be as important as dollars. How happy or unhappy are people in their work?

Proof enough

This seems a special difficulty in nursing — has been for years, as almost everyone must now know.

Nurses do think they're underpaid, or would be if they could use their abilities fully.

But, unlike most other groups, they also persistently complain that those skills are inefficiently used or hardly used at all; that they often work in an environment in which they are treated poorly and which, in general, they feel is badly, wastefully managed.

Again, you don't need more studies. Few would demand more proof that nurses, by and large, do not get great satisfaction from their work, especially if employed in hospitals.

The fact that many decide to get out is proof enough.

Listen to almost any hospital nurse. You get allegations of bad management, poor organzation, wasted money, employment at non-skill tasks, refusal of bosses and doctors to listen to nurses and enlist them productively in a co-operative effort to do a better job.

One problem often alleged, and not just by nurses, is that doctors are powerful in hospital affairs yet are mostly poor managers. Most haven't the interest, time and training that would make them good at running large organizations and creating a favorable work environment.

One doctor says: "The first thing you should learn is to stay on the right side of the nurses," the implications being: Many doctors fail at that, yet nurses can make or break the health-care effort.

There's no point in quibbling about this threatening problem.

No doubt some nurses are troublemakers, complain too much and aren't very good at their jobs. Such faults are found among members of any large group.

Deep dissatisfaction

But let's not miss the point. When there's so much job dissatisfaction over a broad cross-section of tens of thousands of people — and when so many simply can't stand it after a while and go elsewhere — something is terribly wrong.

Any well-managed corporation would long ago have declared an emergency and reorganized to raise levels of satisfaction, motivation and worker participation.

The Alberta strike should boggle your mind. Here was a group barred by law from striking and not much inclined to such action anyway. Yet it walked off the job pretty solidly; stayed off in defiance of law, management and public opinion; paid big fines for contempt of court.

If you think that was all about whether nurses should make an average $33,000 a year instead of $30,000, you must believe in the tooth fairy.

It has been obvious for many years that working life must be made more attractive for many nurses or they'll say goodbye.

More money will be part of the formula. It has been tempting and relatively easy — till now at least — to restrain pay-rates as governments choose among ways of holding down health costs.

But this is a career in which nonmonetary matters are important causes of disillusion.

Does it just happen to be heavily populated by professional malcontents?

No. The numbers involved make that statistically impossible. We have to conclude that its circumstances are such that other Canadians would react with the same disfavor.

That means you have to change the system, not mindlessly train more who will later opt out.

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ON CARS

How automatic shifts to use power

By Bill Gardiner

☐ I have a 1985 Oldsmobile Cutlass Supreme with a V-6 3.8 L, two-barrel carburetor, with no cruise control. This car has a torque converter clutch, only 32,000 km (20,000 miles) on the car. When going for a quick pass, my car will drop to passing gear at 80, 89 and 97 km/h (50, 55, 60 m.p.h.), which I find to be dangerous. Do you have any suggestions on how to correct this. D. Shaw

The 1985 3.8 L V-6 engine in your Olds develops maximum horsepower of 110 at 3,800 r.p.m. and maximum torque of 190 foot-pounds at 1,600 r.p.m. Maximum fuel mileage occurs at the engine torque peak (in this case 1,600 r.p.m.) in high gear. At the 80 to 100 km/h speeds, the car is fighting load, rolling resistance and considerable aerodynamic drag.

Let's assume that you have reached that cruising speed and are maintaining it with a steady part throttle. Your automatic transmission will have upshifted into high gear and the torque converter clutch will have locked up to provide maximum fuel economy and minimum engine noise and wear. At this point the engine would be turning in the vicinity of 1,600-2,000 r.p.m. (revolutions per minute).

Should you wish to reach higher speeds quickly, downshifting the transmission is necessary to bring engine speed up closer to the point of maximum horsepower and here's how it happens. When you depress the accelerator slightly, a vacuum switch causes the torque converer clutch to unlock, which causes an approximate 5 per cent increase in engine speed. Further depression of the pedal or wide open throttle can, depending on vehicle speed cause the transmission to downshift to a lower or "passing" gear and those higher engine r.p.m. that you find alarming.

The situation that you describe sounds perfectly normal to me but you could verify this by having a transmission shop perform an adjustment check on the throttle valve cable. This cable runs from the throttle linkage on the carburetor down to the transmission valve body and controls hydraulic pressures, shift points, shift feel and downshifting.

A point that may ease your mind somewhat: Engine damage is far more likely to occur from lugging than from running at high speeds. A lugging condition exists when the engine will not respond to further throttle opening and that's exactly the condition you would experience if your car didn't downshift.

Caprice's tire thump may mean faulty tire

☐ Re my 1984 Chevrolet Caprice Classic with two Arrivas on front and Goodyear snow radials on rear. There is a thumping noise when driving at 65 km/h (40 m.p.h.) and up. The dealer replaced the following: rear axle

cont'd on pg. 17

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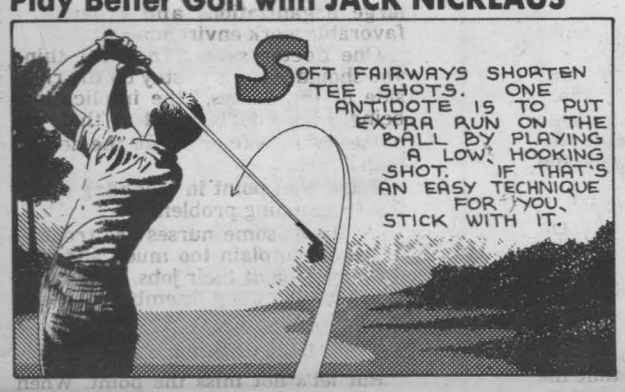



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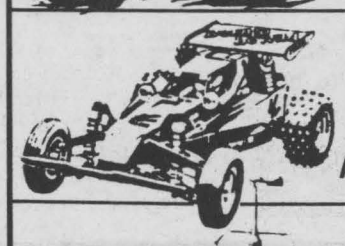

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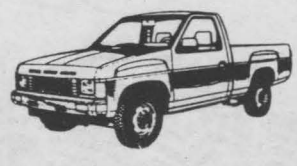

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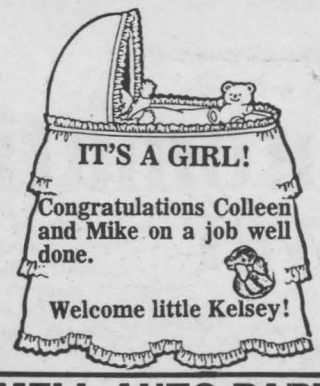

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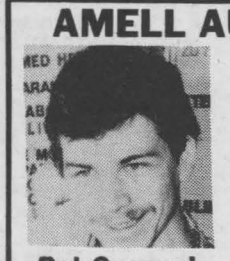

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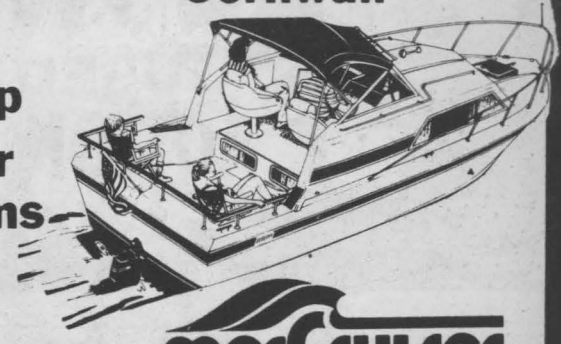

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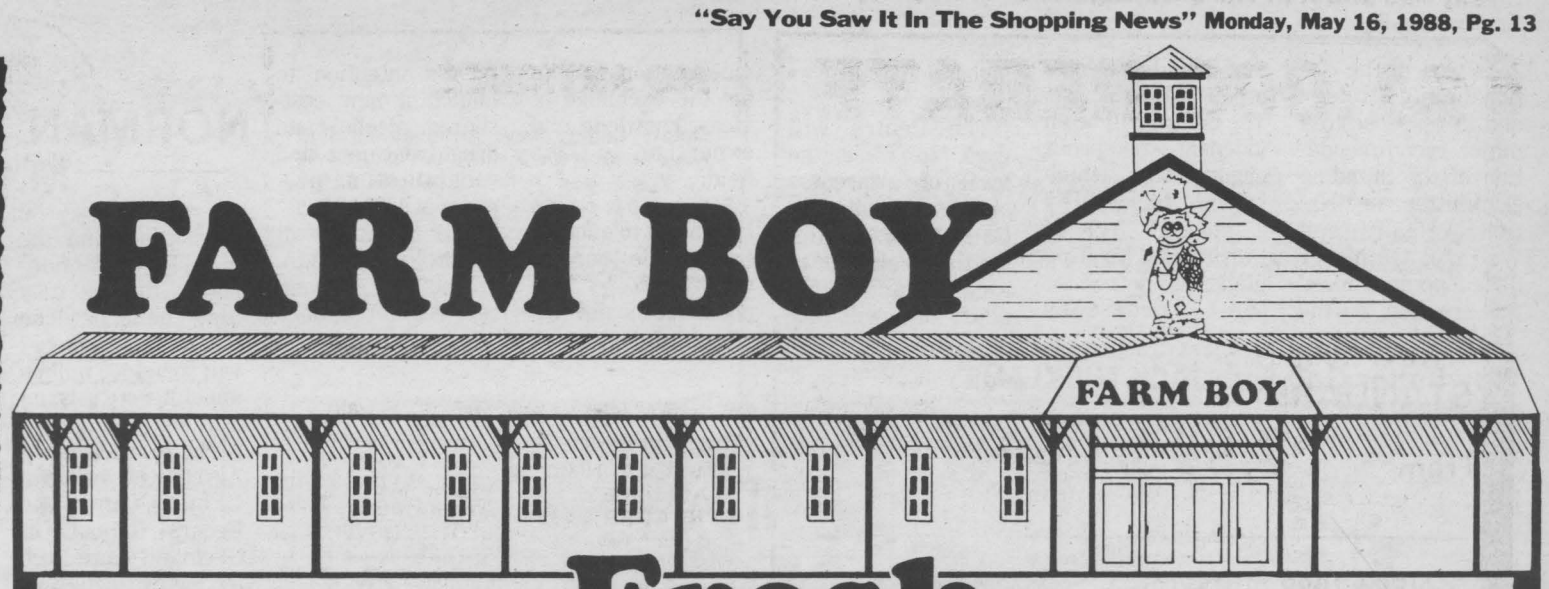

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As part of the National Drug Strategy and in response to a major recommendation of the Standing Committee on National Health and Welfare, Minister Jake Epp announced the creation of the new Canadian Centre on Substance Abuse. The Centre will be an indepent, non-profit organization which will be established by a special Act of Parliament. Mr. Epp plans to introduce the necessary legislation as soon as possible.

The Centre will work to raise the level of awareness and participation of Canadians in activities related to alcohol and drug abuse and will provide a national forum for the exchange of ideas, knowledg and expertise in this field.

Mr. Epp also responded to another Committee recommendation by announcing the government's intention to launch a new cost-shared alcohol and drug treatment and rehabilitation program in 1988-89.

The objectives of the program is to increase and expand services for groups at risk including the elderly and non-status Indians may also benefit. The federal government will spend $20 million annually on this initiative.

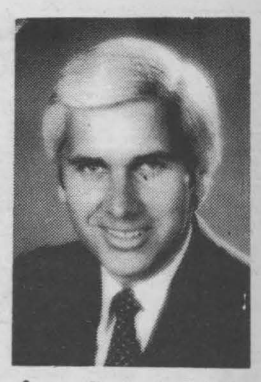
The Social Security Agreement between Canada and the Federal Republic of Germany came into force April 1, 1988.

The Agreement covers Canada's Old Age Security program, the Canada Pension plan and the German programs which provide retirement, disability and survivor's benefits.

Under the terms of this Agreement, persons who reside or have resided in Canada and in the Federal Republic of Germany will be able to combine periods of residence and/or contributions in both countries to satisfy minimum eligibility conditions for benefits from one or both countries.

Once a person's eligibility for a benefit is established each country will calculate the amount payable in accordance with its own legislation, and will pay that amount directly to the beneficiary.

NORMAN WARNER M.P.



LOCALLY

On Wednesday May 4th, students from Central Public School along with their CEVEC twins from Mistassini, Quebec, enjoyed their day in the Nation's Capital including a brief visit to the Parliament Buildings.

Saturday evening, the RCAF Association held its 38th Annual Dinner. Elizabeth and I attended this event and enjoyed guest speaker Lt. Col. Guy Ruston.

On Monday, I was in Oshawa with fellow Members of Parliament to visit General Motor's new plant.

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5/16

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WEDNESDAY



Richard Jordan, as Hurley Gage, investigates the case of a woman (Katherine Cortez,) who is haunted by psychic visions on "The Equalizer", Wednesday, May 18, on CBS.

FOR COMPLETE LISTINGS
READ ENTERTAINMENT TYMES
EACH WEEK

cont'd from pg 1

There seem to be many men who feel threatened by exuberant, assertive women. Not just the Royal women, but any woman. They approve of females teaching large classes of noisy, and sometimes unruly children all day, but they don't want them making speeches. It's alright for a woman to drive a school bus of those same noisy, unruly children, but they don't really want them (even when they are fully qualified) to drive semis and the big rigs. It's alright for their wives to carry 30 lb. toddlers up and down stairs and lift them in and out of their cribs, but they don't want them to go in for hammer or discus throwing.

When they take their wives out, they don't want them to dress flamboyantly, be opinionated or dominate the conversation. They don't want them to be boisterous or tell a joke. The women are supposed to sit quietly, speak softly and be demure. The women are to blame too. Most of them want to be like Princess Di. They want to be thin, and they don't want to be thought of as loud in case they are labelled by the menfolk as opinionated, odd, peculiar or vulgar.

Yet when men behave in an outgoing manner they are praised. Somehow I don't think motherhood will change 'Fergie' I hope not. She'll probably be flying jets. We need colourful, assertive, exuberant women with a sense of humour. If only to give the magazine writers and newspaper reporters something to worry and write about.

Women have come a long way in their quest for equality. Maybe 'Fergie' will help them to be even more assertive, and help to overcome the 'pale-helpless-demure-little-woman' image created by writers who feel threatened and executives who don't want them striding down the corporate corridors.

So clap hands here comes 'Fergie'.

Sylvia Hall

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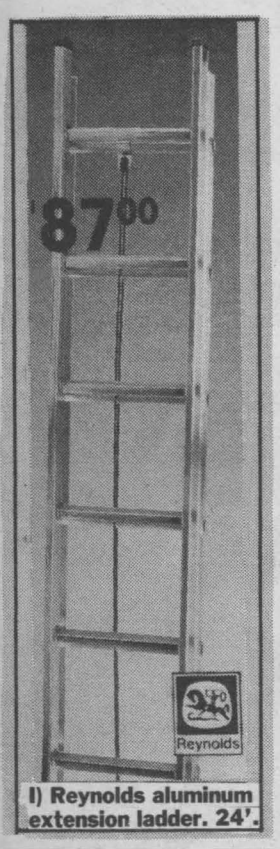


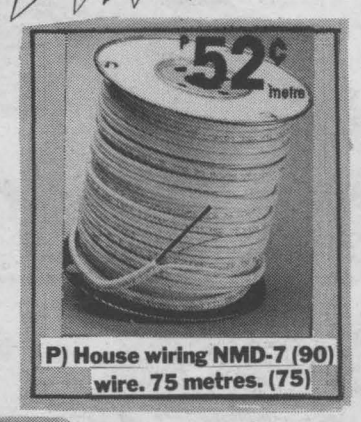
I) Reynolds aluminum extension ladder. 24'.



D) Novico paint cleaner.... 1 L.
E) Novico latex primer. White....4 L.
F) Novico semi-gloss latex. White...4 L.



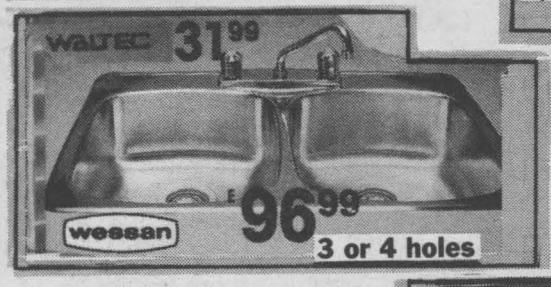
J) Novico tape rule. 3/4" x16'

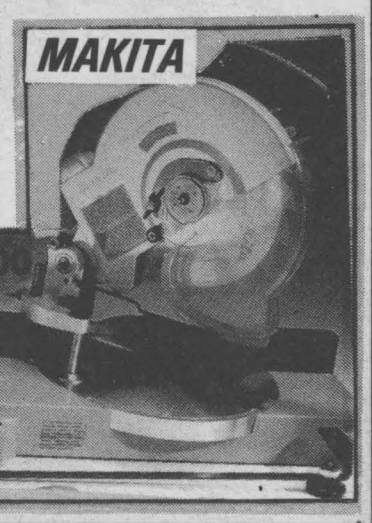


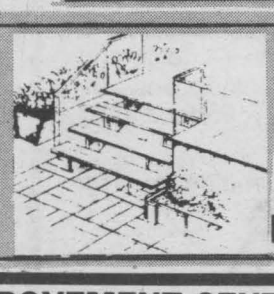
P) House wiring NMD-7 (90) wire. 75 metres. (75)











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CANADIAN SPORTS

What does future hold for Flames?

By Frank Orr

EDMONTON — The club which many NHL watchers will be scanning with interest in the 1988-89 season is Calgary Flames.

Not that the Flames didn't attract a heavy following in the past season, when they were the National Hockey League's best club (105 points) over an 80-game schedule and owned some of the league's top individual stars.

Granted, their problems with Edmonton Oilers in the Smythe Division final of the Stanley Cup playoffs have tarnished some of the lustre of that excellent campaign. But the Flames remain a sound, talented team with some excellent players young enough to improve and a solid core of veterans, most of whom are not old enough to go into a big decline.

But where the Flames go from here will be a point of much interest next season. All signs suggest they will be a major contender for the next few seasons, but history says the future for a team in its position is a tossup.

In the past dozen seasons, only three teams have won the Cup championship: Montreal Canadiens did it five times, New York Islanders won four and the Oilers took three. On their way to the throne room, all three teams encountered a crushing defeat or two. The positive way they rebounded from those losses to resume the march ahead was the important factor.

Tough to come back

But during those 12 terms, several clubs that made a good run at the crown but fell short never were able to get back to that plateau.

Notable among the teams that took a good run at the laurels before falling back into the pack were: Buffalo Sabres, who lost the final in '75 to Philadelphia Flyers and, despite a roster of excellent young players, never challenged again; Boston Bruins, losers in two finals and one semifinal to the Canadiens in the late '70s, who then fell by the wayside when their roster aged; New York Rangers, finalists in '79, who fell to the back of the field; and Minnesota North Stars, who seemed to have everything but maturity in an '81 advance to final but have been in a steady decline ever since.

Even the Flyers, losers to the Oilers in the '85 and '87 finals, have demonstrated no signs of regaining that splendor without a major reconstruction job.

"The step from being close to going all the way to the Stanley Cup is a very, very big one; that's why so many teams don't make it," said Scotty Bowman, who coached the Canadiens to five Cup wins in eight years in the '70s and then was unable to build the Sabres into a contender in the '80s.

The way a team rebounds from a crushing defeat is the decisive factor. Both the Islanders and Oilers had ego-smashing losses along the way to the title, but the bad experiences seemed to inspire growth in the two teams.

The basic Islanders roster that backboned those four Cup winners was taking shape when the team lost first to the Maple Leafs in '78 and to the Rangers the next year, in series they were favored heavily to win.

Instead of panic, the men at the Isles' controls allowed their young players to mature, filled the holes and weaknesses in the roster and won their first of four in '80, beating another good Flyers team that couldn't take the next big step.

In their second NHL season (1980-81) the Oilers served notice of what was ahead when they eliminated the Canadiens and extended the Islanders to six games. But the next spring, after a 111-point season, the cocky Oilers were ousted by Los Angeles Kings.

The critical spring for the Oilers came in '83, when they advanced to the final and were swept in four games by the Islanders.

After that set the men at the Oilers' controls wondered if the club could ever win a Cup coming out of the Smythe Division, which offered little competition to them at that point.

"We would really like to play a season in a tough division like the Adams or Patrick because it would harden us enough to be a serious Cup contender," said one Oilers official.

Paying the price

Fortunately for the Oilers the Smythe sector, notably the Flames and Winnipeg Jets, toughened considerably over the next two seasons.

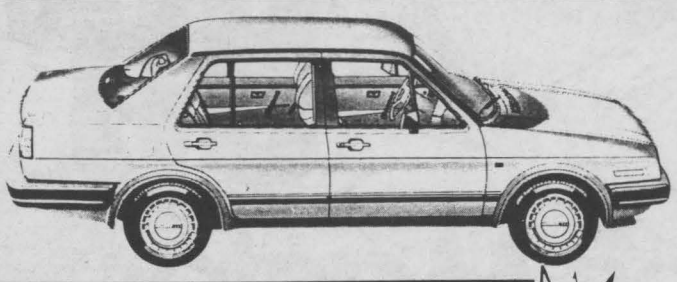
Wayne Gretzky, the key man for the Oilers, claims the lessons learned in that '83 series with the Isles shoved the Edmonton club over the top.

"After we lost the fourth game on Long Island, we were on the plane heading home when we realized we were healthy and carrying no scars and bruises while the Islanders were hurt, battered, cut and marked," Gretzky said.

"That told us something very important: The Islanders had paid the price to win, and we hadn't. They had gone into the corners like they really wanted the puck and drove hard for the net, the places where you get hammered hard.

"The next season we started to pay the price, and when we beat them in the finals in 1984 we had a lot more bruises than we did the year before."

Now the Flames are the club that must go through that sorting process and figure out the spots where they must pay a little higher price to win. The feeling is they have the talent on their roster to do it, but their fate will be decided by development of the intangibles.



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cont'd from pg. 11

carrier bearing and rear axle C-locks and the noise is still there. It was there before the snow tires went on. Now at another place the tires were all balanced on the car, driveshaft was okay, but the thump is still there. Any help? J. Niemietz

That thumping noise is most likely one of several possible tire related problems. I suspect that one or both of your front tires have a broken steel belt or a cupped treadwear condition, both of which will cause a thumping noise.

Overloading, defective manufacture, or striking objects, pot holes, etc., with the tires overinflated can cause broken belts. Misaligned wheels, imbalanced wheels, worn shocks or failure to rotate wheel position can cause a cupping condition to develop in the tread.

No method of balancing will compensate for either condition so replacing the offending tire(s) is required.

If you don't already have your snows mounted on wheels, consider buying a pair of new wheels and have the snows mounted and balanced to those wheels. You now have a pair of tire/wheel assemblies that can be substituted to any wheel position including the front for test purposes in order to confirm defective tires.

Aftermarket 15 x 6 inch steel wheels would cost you about $50 each and you could then run a full size spare year round if you wish. If tire cupping was your problem, be sure to inspect front-end components and alignment to ensure the condition will not reappear on the new tires.

Switching to unleaded a workable choice

☐ **What are the effects if you use unleaded gas in an engine that would normally use leaded? Also, in order to have lights on at all times when driving, is it better to 1) have the headlights wired through the ignition switch so they won't be left on when parked? Or 2) have auxiliary lights installed and wired through the ignition switch, and use the headlights as usual? George Lynn**

You don't mention the specific vehicle or engine but as a rule of thumb, any domestic car and most imports built after 1973 should not experience any adverse effects when operating on lead-free gasoline.

As a bonus, running on lead-free will keep your oil cleaner and reduce spark plug and muffler wear. Trucks, industrial and marine engines and farm machinery are a different story and many require leaded gasoline to protect their valves and valve seats from burning out.

If in doubt you should consult the operator's manual of the engine manufacturer for specific recommendations.

Concerning the headlamp situation: In either plan you mention the headlamps would be on during any engine cranking and with starters and batteries as marginal as they are today (in the name of weight reduction) it's not a real good idea.

Under ideal conditions it's not a problem, but during subzero weather a car that is started and stopped frequently could experience problems.

Several aftermarket kits are available to provide lights on operation after the engine has started. They range in price from $35 to $50 and contain all hardware and instructions required for installation.

Various methods are used to "latch" the relays in these units. Some are triggered by selecting or passing through reverse on automatics or depressing the brake pedal on standards while others use a pickup on the Number 1 spark plug wire and others use ignition on signal as you suggested but with a built-in delay.

The three major units I looked at all had fused circuitry to protect the relay and wiring in the event of a short. However, without the vehicle's headlight switch actually turned on, the desirable protection of the circuit breaker incorporated in the car's headlight switch itself is lost. Your second proposal takes care of that potential problem.

☐ *If you have a problem with your car, you can write to: Bill Gardiner, Toronto Star Syndicate, One Yonge St. Toronto M5E 1E6.*

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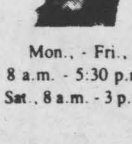

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HOME WORKSHOP FILE

The House You Dream About

(S.O.P.) If you decide to purchase a house from a contractor, or builder, you must consider the practicalness of its site, the convenience of the model, and the qualities of the construction.

Yous must assure yourself that this house will be strictly according to your particular needs, and also that this purchase is a sound financial move.

Your must keep in mind that the house you want to purchase must meet the specifications required by your family, for years to come. Is the actual disposition of the house sufficient for all your present requirements? Will there be enough rooms for the next ten years?

Will you need more furniture, or will the furniture you now have on hand be sufficient to complete the furnishing for all the rooms in this new home?

Will this house be easy to heat? Is it located where the winds can make a considerable change' in heating? Will it be agreable to live in this house during the rainy and the windy season? Will the members of your family find it easy to adapt to this type of house, and the area in which it is located? The actual disposition of the house itself may influence the living fashion of your family, and it is important to know if the members of the family will be able to adapt.

Try and find exactly what you want, and do not accept too many compromises; search until you find the house you want, at the price you want, and in the area you are interested in moving to.

If you are visiting houses under construction, you do not have to be an expert to examine them carefully. And look into the house you want to buy. When a house is completed, it is difficult, even for an expert to have a look at the various details of this house, such as the areas under the finished floors, or inside the walls. There are, however, several things you may look for, when examining your future home; and from these one can obtain a very good opinion of the rest of the work.

THE FINISHED PRODUCT

Just by noting the way in which the house has been completed will give a very good idea of how the house has been built.

If you find that there are a number of unfinished sections, which can be easily examined, and are quite accessible, and should have been completed in proper fashion, you may rest assured that the other areas, which are not so easy to examine, may very well have been rather poorly completed.

The consciencous builder will be proud to show you around, and he will show you around, and he will show you himself the hard-to-reach areas, and invite you to examine those sections which normally would be hidden to the eye.

You should also give considerable attention to the plumbing facilities, and make sure that the water pipes and such accessories have been properly fixed. The heating systems, the lighting fixtures, and other essential apparatus, such as the kitchen facilities and the bathroom must all be constructed solidly and securely.

To begin with, if the house has been built with a loan from the Central Housing and Mortgage Corporation, you may be sure that this plan has been approved and that construction has been inspected at various stages during the building. The standards demanded by this organisation leave nothing to chance, and the client is well protected.

There still are several things that must be watched for, even if the CHMC inspectors have been visiting the building site regularly as they must do. Is the plan you have chosen from a recent design, by an architect who has done other work in the vicinity? Why not try and find out where other houses designed by this same architect, and built by the same builder are located?

Try and visit these, and also try and find out from the people who live there presently, how the house feels? Is it comfortable?

Has it any particular disadvantages? What is most practical and what are the features that these people find awkward, in the home they live in? You will have more than likely the same problems and difficulties when you move into a similar house built by the same builder, from the same plan.

Do hesitate in purchasing a house from a builder whose main interest is in building quickly very many houses and selling these at some considerable profit, more than trying to satisfy his customers.

Find out about his reputation, and make sure that you visit the homes he has built previously. If the builder is a member of a recognized organisation you may be quite satisfied with the work he will do. There is always the chance that there might be certain things to watch for, but by complaining to the Association, this member will readily be brought before the proper committees and the required changes will be completed. The builder must abide by a severe code of ethics, or he may otherwise find himself fined, or even dismissed by this Association.


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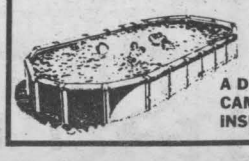
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SEAWAY SHOPPING LTD. NEWS

INDUSTRIAL SLOW PITCH LEAGUE

NEXT WEEK'S SCHEDULE

Next Week's Schedule

Day	Date	Time	Diamond	Visitors		Home
Mon.	23	7:45	1	Pitt Stop Rest.	vs	Bolger Steel
Mon.	23	7:45	3	Stradwick	vs	Last Resort
Mon.	23	9:15	1	C.U.P.E.	vs	Corn. Speedway
Mon.	23	9:15	3	General Hosp.	vs	G.L. Photos
Tues.	24	7:45	1	Mitchell of Can.	vs	Skidder Const.
Tues.	24	7:45	3	Lauzon Const.	vs	Commins Recon.
Tues.	24	9:15	1	Simmons	vs	Hotel Dieu Hosp.
Tues.	24	9:15	3	Libo's Rest.	vs	Charlie's Sports
Wed.	25	7:45	1	Skidder Const.	vs	Hotel Dieu Hosp.
Wed.	25	7:45	3	Charlie's Sports	vs	Lauzon Const.
Wed.	25	9:15	1	Simmons	vs	Mitchell of Can.
Wed.	25	9:15	3	Libo's Rest.	vs	Commins Recon.
Thurs.	26	7:45	1	Pitt Stop Rest.	vs	C.U.P.E.
Thurs.	26	7:45	3	General Hosp.	vs	Stradwick
Thurs.	26	9:15	1	Corn. Speedway	vs	Bolger Steel
Thurs.	26	9:15	3	Last Resort	vs	G.L. Photo
Fri.	27	7:45	1	G.L. Photo	vs	Commins Recon.
Fri.	27	7:45	3	Skidder Const.	vs	C.U.P.E.
Fri.	27	9:15	1	Charlie's Sports	vs	Stradwick
Fri.	27	9:15	3	Bolger Steel	vs	Simmons

SEAWAY SLOW PITCH LEAGUE

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A.N.A.F. Club	1	1	0	2
Round Point Construction	1	1	0	2
Murphy's Inn	0	1	1	1
	0	1	0	0

South Division

Travelways				
Johnny Mac's Tavern	2	0	0	4
Huron Hockey School	2	0	0	4
Le Village Sports	1	0	0	2
Ray-Co Team Sports	0	1	0	0
Cashway Lumber	0	2	0	0
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COMMUNITY EVENTS

Let everyone know what's happening. Community Events is free and is open to all non-profit clubs and associations to publicize meetings; teas; bazaars and the like. Notices should be typed or printed and sent or dropped off to us by noon on Thursday.

*May 14/88 Angela Hewitt-Piano. Born into a musical Ottawa family, Angela began studying piano at the age of 3. In May 1985 she won first prize in the Toronto International Bach Competition. In 1986 she was named artist of the year by the Canadian music council. For more information call Cornwall Regional Art Gallery, 164 Pitt St., Tel: 938-7387.

*Summer Group Exchange Program" SEVEC is sponsoring a student exchange for Stormont, Dundas and Glengarry students to encourage the use of a second language. This is open to students between the ages of 13 an 18 years. S.D.&G students will participate in the exchange with a group from Rimouski; Quebec and the exchange will run from July 4-30. Various recreational activities have been planned and all are geared towards the learning of a second language whether it be French or English. For more information contact Andre Charlebois, Program Co-ordinator at 652-4701 (home), 543-3166 (school) or Julie Martin, monitor 938-6890.

*The U.C.W. of St. Andrew's United Church, Long Sault will be holding their Mother's Day meeting Tuesday May 17, 1988 at 8 p.m. at the home of Shirley Mongomery, 7 Johnson Crescent, Long Sault.

*"Glen Productions" will be presenting a three act comedy "The Odd Couple" (female version) directed by Claude Jesmer on May 19,20,21 at the Glen Building behind the community arena $5.00 per person. Tickets available at Sportec, 124 Second St. W. No reservations.

*May 25, Wed. at 7:30 the Arthritis Society is holding a meeting in the lower hall of the Knights of Columbus. Dr. Redda will be having a slide presentation and Hilary Blackburn will be the guest speaker. Everyone welcome.

May 16th & May 30th. The S.D.&G. Humane Society will be holding bingo games at the Cornwall Bingo Centre at 7 p.m. Proceeds go to the shelter.

*The Golden Triangle Quarter Horse Club, general meeting May 17 1988 at 8 p.m. at Avonmore Agriculture Building, Guest speaker to talk on the importance of confirmation related to soundness. Call 346-5686 or 346-5658 for more information.

*The Cornwall Carousels Round Dance Club are having a "Fun Night" on Tuesday, May 17th at 7:30 p.m. at our Lady of Grace Hall in Ingleside. This is an introduction to Round Dancing. There is no admission fee and you are under no obligation to join. If enough people are interested a summer class will be held in Ingleside this year. The regular fall season will begin in September in Cornwall. For more information Call 537-2391. After 6 p.m. Call 932-1353.

*Seaway Valley Summer Hockey are holding their spring tournaments at the Cornwall Civic Complex. May 20, 21, 22 - Novice, Atom Major, Bantam Major. May 27, 28, 29 - Atom Minor, Minor and Major PeeWee. Admission $3.00 a day. $2.00 Friday Nights.

*Cornwall & District Branch of the Canadian Diabetes Association. General meeting on Monday, May 16, 1988 at 7:00 p.m. at Winchester & District Memorial Hospital. Everyone welcome. Guest speaker - Dr. S. Khan, Ottawa Endocrinologist specializing in diabetes. Door prizes. Refreshments available.

*Have your yard sale with us: The Friends Of The Force Support Group are planning a huge swap meet at the C.P.A.C. ground situated at the South end of Marlborough St. next to the Water on Sunday May 29th/88 from 10 am - 5 pm. Don't be disappointed reserve your spot now. Turn those unused items into ready cash. Household, shop items, trailers, boats, etc. There's plenty of room for everything. Make it a family affair, snack-bar facilities on site. For further information call Shirley or Tubby at 937-0382.

*Inverarden Regency Cottage Museum was constructed in 1816 for nor'wester, John McDonald of Garth. It is now restored to its former grandeur, and open as a museum. Admission: Free. Groups are welcome. Location: Montreal and Boundary Roads (the eastern end of Cornwall). Highway 401 Exit 796. Open: Monday to Saturday, 11 a.m. to 5 p.m. including holidays, Sunday 2 p.m. to 5 p.m. April 1st to November 21st. Other times by appointment, weather permitting. For more information write or call: The Curator, Inverarden, Stormont, Dundas & Glengarry Historical Society, P.O. Box 773, Cornwall, Ontario, K6H 5T5, (613) 938-9585

*May 18th, Wed., 8 pm. Cornwall Centennial Choir will be presenting its Annual Spring concert at Aultsville Hall. Choir is under the direction of Mr. Brian McCartney. Tickets are available from choir members or at the door on the evening performance.

*A rummage sale at the Christ Chruch, Long Sault on Sat. May 28/88 from 9 a.m. - 2 p.m.

*The Jolly 50's Club of Lancaster are having an open Euchre on May 16th at 8 p.m. In Smithfield Hall. All are welcome to attend.

*The Arthritis Society is showing films on Channel 11 on May 12 and 19th,1988 at 6 p.m.

*The Friendly Neighbour Club of Williamstown are sponsoring an open Euchre on Thursday May 26th, at 8 p.m. at St. Mary's centre. Everyone welcome.

*May 20th, Fri. Royal Canadian Legion, Branch 297, are featuring the "Michael Mitchell Band" at the Legion Hall. 3 hours of entertainment. 7:30 to 10:30 pm. Limited number. "Book early". Members/Guests. Tickets $5.00 each.

*The Cornwall Seaway Lioness Club are having a Rummage and Bake Sale Saturday June 4, 1988 at the Lion's Den at 123 Fortier Avenue (Turn off Tollgate Rd. near Voyageur Bus Station). From 11 a.m. to 3:30 p.m. Something for everyone.

*Showcase "88" on May 20/88 members of the musical community of Cornwall will be putting on a night of various entertainment for the benefit of open hands group homes for developmentally handicapped children and adults. Some of the performers who will be appearing are Debbie Fernandez Ledon, Carey Grant, Angie D'Alessio, Monique Boyer, Bryone McGillis, Christy Summers, Scoundrel, David Runions and many more. The night will take place at the Porto Bello and will be hosted by Joe Aiello.

*The Tri-County Literacy Council will hold its annual general meeting at 7:00 p.m. on Wednesday, May 25/88 in room 201 of St. Columban's Parish Hall (40-5th St. W.). All interested persons are welcome to attend.

*General Meeting of the Remotivation Therapists Cornwall Chapter on May 18/88 at 4:00 p.m. at Community Nursing Home, 92-Centre Street, Alexandria, Ontario. Agenda: Business meeting- 4:15 - 4:30 p.m., Speaker: Susan Girardet- 4:30 - 5:00 p.m. Nursing consultant, Elizabeth Bruyere centre. Let's have a good turn out for this meeting. Anyone wishing a ride call Joanne Iverson 933-3052 on or before May 16/88.

*Knox St. Paul's United Church will hold their Spring tea on Wed. May 18/88 the theme being "Spring Fantasy". The Bazaar tables in Lewis hall will open at 1:30 p.m. and tea will be served in St. Paul's hall from 2:00 to 4:00 p.m. The cost of the tea is $2.50. A nursery will be provided from 1:30 to 4:00 p.m. Helen Chisholm, Vice President, Region 2 of the Seaway Valley will officialy open the event. For reservations, call 932-4958 or 932-3098.

*"The Parkinson's Self Help Group of Cornwall will meet on Tuesday May 17/88 in the craft room, St. Joseph's villa, 14 York St. Friends and relatives are invited to attend. For further information calll 931-1903 or 932-7271, daytime only."

*A meeting of the Cornwall General Hospital Nurses Alumna will be held at the residence of Dawn Shaver, 220 Pescod St. at 8:00 p.m. Wed. May 18/88. The annual dinner will be held at the Masonic Temple, 333-Second St. W. on Friday, June 17/88 at 6:00 p.m.

*Cornwall Senior Citizens-119 Pitt St. are having a bus trip to Montreal May 27/88 Friday, at 9:00 p.m. to visit Botanical Gardens and Cote Vertu Shopping Centre. Tickets-$15 for members and $20 for non-members. Come to the club for more details.

*Seaway Valley "AAA" Summer hockey minor atoms, are putting on a super teen video dance, Saturday May 21/88 Cornwall Civic Complex Salons "ABC". It's a 3-hr. big screen video. Light and sound blowout all video's by request. Admission $5.00 at the door. No alcoholic beverages permitted.

*The SLHS Concert Band presents: Spring Concert '88 Wed. May 18/88 SLHS cafetorium 7:30 p.m. General admission $2.00. Tickets available at the door. L'harmonie ESSL presenter Spring Concert '88 le Mercredi, le 18 Mai/88 au cafeteria ESSSL a 19 hr 30. Billets: $2.00 a la porte.

*A-must-see! Original Circa 1920, restored, caboose. Has seen over 5 million miles of track. The only one between Kingston & Montreal now open to the public at the United Counties Museum.

*The Ontario Iroquois-history through Archaeology, an exhibit of artifacts on loan from the Royal Ontario Museum will be on display daily at Inverarden Museum until May 27/88. Admission to the museum is free. Info. 938-9585.

*Have you hugged your Teddy Bear today? Young and old alike are invited to attend Inverarden Regency Cottage Museum's first Teddy Bear picnic to be held on Monday May 23/88 from 2 p.m.-4 p.m. Prizes will be awarded for the youngest participant, the oldest, and the person who brings the most bears. Winners of various games, such as the bear race will also receive prizes. Certificates will be given to all who attend, along with free drinks, bear cookies and a grand prize. Along with the games there will be a teddy bear sing-a-long and parade. Admission is free, bring your lunch, rain or shine. Information 938-9585.

*The Arthritis Society is holding a meeting at the Knights of Columbus, lower hall at 7:30 p.m. Wed. May 25/88. Dr. Redda will be showing slide demonstration & Hilary Blackburn will be guest speaker.Lunch will be served. Everyone welcome.

*The Arthritis Blue Bird Club are having a meeting on Tuesday May 17/88 at 7:30 p.m. at First Baptist Church, corner 3rd & York St. Speaker will be Claude Shaver, he will be speaking on stress. Lunch will be served. All are welcome.

*Chalmer's United Church at Finch will hold their annual turkey supper on Tues. May 31/88, in the upstairs hall Finch arena. Serving from 4:30 to 8:00 p.m. (or until all are served) Adults $6.00 5 yrs. to 12 yrs. $3.00 Preschoolers free.

*The Cornwall Regional Art Gallery proudly presents the Stormont, Dundas & Glengarry Secondary School Art Exhibition from May 17/88 to June 6th at the Gallery, 164-Pitt St. Mall. Each Secondary school participating will have five pieces of artwork on display and awards of excellence will go to each school. These award winning pieces will be on loan to the county school board office in Cornwall for the period of one year. Awards will be granted to students who show control of artistic fundamentals and techniques as well as a consistent high quality of creativity. In addition all students participating in the exhibition will receive certificates of appreciation. The opening reception will be on Tuesday, May 17 from 7:30-9:30 p.m.

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cont'd from pg. 5

Awards night on Saturday. Elizabeth and I enjoyed the dinner and Award Ceremony where the guest speaker was Lt./Col. Guy Ruston.

On Sunday, the Inverarden Committee of the Stormont, Dundas and Glengarry Historical Society held an Official Opening of "Between You and Me", an exhibit featuring memorabilia from the Seaway and the City of Cornwall's former Mayor Archie Lavigne. This exhibit is interesting and well worth viewing.

Congratulations to Chris Hickman and Bryan Deruchie of St. Josephs High School. Chris won the district final of the Optimist Club's Oratorical Contest and Bryan won the regional Cartoon and Poetry Competition.

The Long Sault Ontario Provincial Police Auxiliary Unit held their Annual Inspection at the Cornwall Armoury on Monday. My wife Elizabeth attended in my absence, as I was in Toronto. The inspection was followed by a buffet, which Elizabeth reports was excellent.

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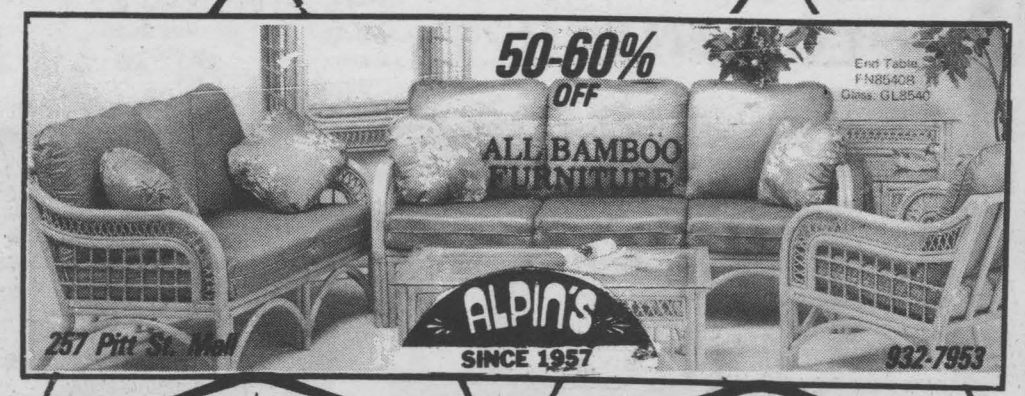

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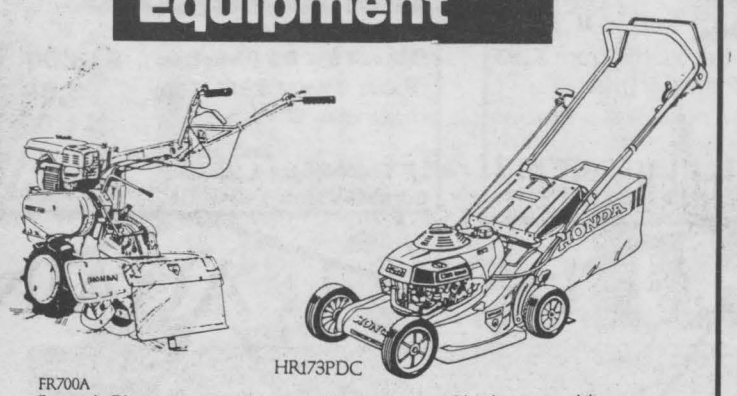

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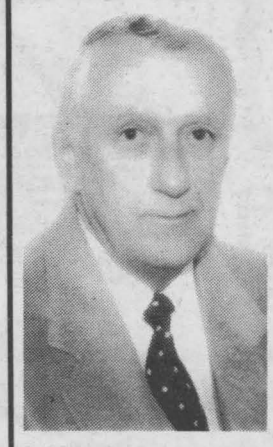

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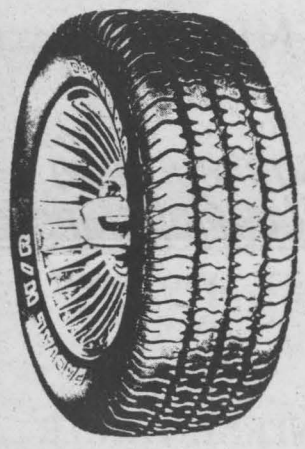
Montez nos Thorobreds

DAYTONA RADIAL HR



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SIZE	PRICE
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P20560HR14	106.80
P21560HR14	112.50
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- H rated (210 km/hr) performance tire.
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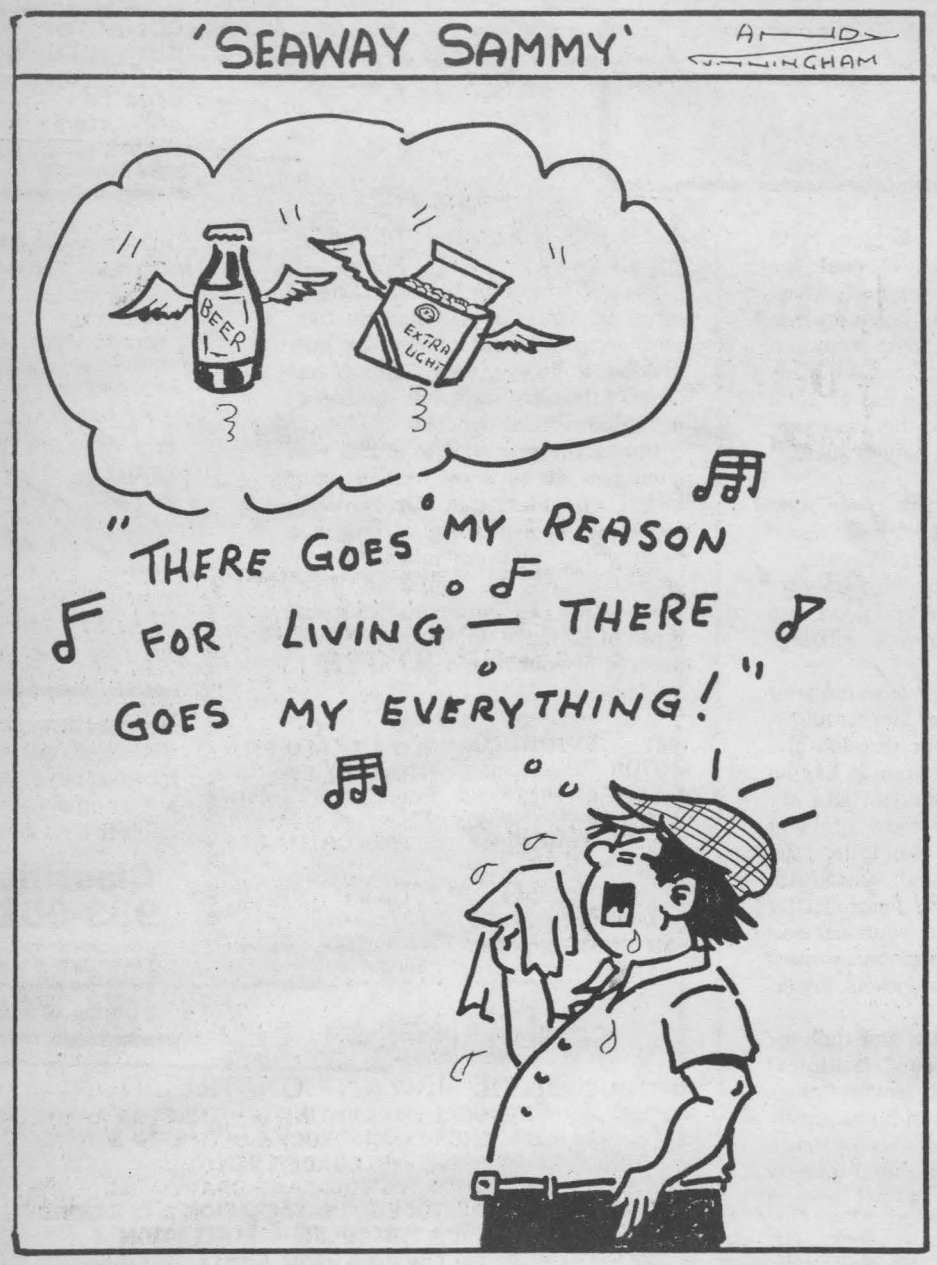

TRI-COUNTY WRITER'S CLUB FORMED

After a lengthy gestation but relatively easy delivery, the founding members of the Tri-County Writer's Club are pleased to announce it's birth.

Local writers are invited to come and have a look at the new arrival. Though still small, like any new-born, the immediate family is confident that with nurturing and tender-loving care it will grow and become an asset to the literary community.

Requirements for becoming part of the extended family are simple—sincere and serious attitude about writing. Writers of both fiction and non-fiction, published and unpublished, are welcome and in fact needed to ensure that this venture survives infancy.

Visiting hours are as follows: May 12, May 26, June 9 and June 23 in the arts & crafts room of St. Joseph's Villa, 14 York Street, Cornwall, Ont. at 7:30 p.m. For addition information call or write S. Cooper, Box 9 Williamstown, Ont. K0C 2J0. 347-3501 or G. Eden, Lunenburg, Ont. K0C 1R0. 534-2552.

SERVICE WE HAVE. Plexiglass cut same day. Order before eleven, ready after two. Small credit card order shipped next day. Plastics of Ottawa, 216 Pretoria. 235-1465. 5/16

BOAT, MOTOR and TRAILER 14', 20 h.p. $1,500. Motorcycle honda 400, new tires, mufflers, battery, $825. Air conditioner, electrahome 8000 B.T.U. $250. Call 932-3016.

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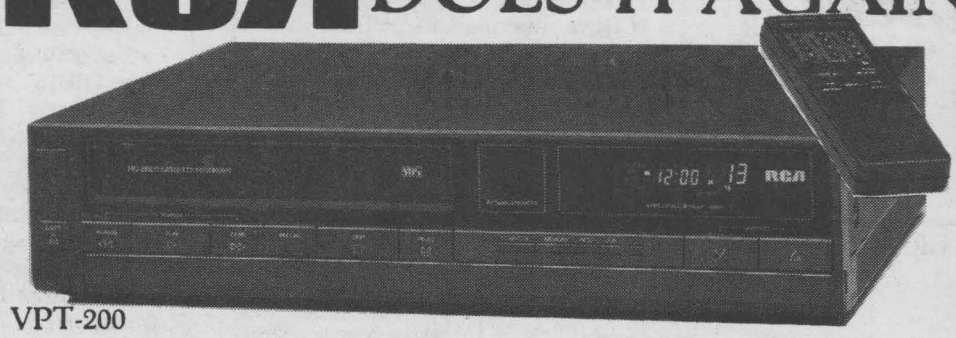

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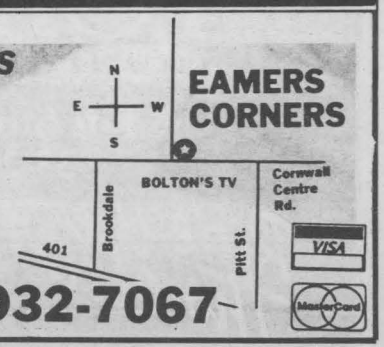

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1 7:00 & 9:00 p.m.
FRIDAY THE 13th PART VII
Restricted

2 7:00 & 9:00 p.m.
BRIGHT LIGHTS BIG CITY
Michael J. Fox
AA Warning: Drug & Alcohol Use

3 LAST WEEK!
7:00 & 9:00 pm
PARENTAL GUIDANCE
BEETLEJUICE
Horror Comedy
Warning: Frightening Scenes

TUES. NIGHTS $3.50

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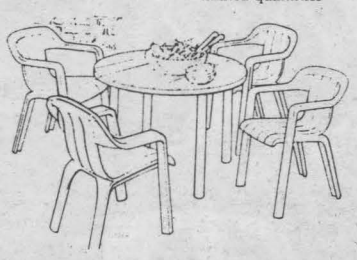

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40 Pucks

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BUY 2 GET 1 FREE 4 L. Chemex Algaecide

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JAZZERCISE

BY JUDI SHEPPARD MISSETT

OLIVE OIL

Q: Many people need to reduce the amount of fat they eat. So how come so many people say that olive oil is OK?

A: Olive oil comes to us from the Mediterranean region of Europe, where people enjoy not only a delicious cuisine, but also a very low rate of heart disease. There's a connection.

Olive oil is a fat, but keep in mind that all fats are not created equal. The saturated fats are the worst offenders, the ones that deposit cholesterol on your artery walls. Polyunsaturated fats aren't quite as damaging as saturated, and they can lower total serum cholesterol. And then there are the monounsaturates, which include olive oil.

Monounsaturates also lower total serum cholesterol, but they possess a unique capability as well: They distinguish between high-density lipoproteins (HDLs), which do you good, and low-density lipoproteins (LDLs), which do you harm.

LDLs carry cholesterol around your body, but they act like sieves, allowing cholesterol to filter through and settle where you don't want it, like on your artery walls. Because HDLs are more dense, they are more efficient transporters: They don't let the cholesterol slip through. Naturally, you want fewer LDLs and more HDLs, to prevent clogging in your arteries. Olive oil and other monounsaturates lower your LDL levels without lowering your HDL levels.

Dr. Scott M. Grundy, the director for the Center for Human Nutrition at the University of Texas Health Center in Dallas, is an expert in fat research. He's gone so far as to suggest that a diet rich in monounsaturated fat may be superior even to a diet low in overall fat. In his experiments, Dr. Grundy found that a high-mono diet knocked down the LDLs by 21 percent. The low-fat diet brought the count down by only 15 percent. And the mono diet left the number of HDLs unchanged, while the low-fat diet actually brought the HDL number slightly lower.

Even if you don't like the taste of olive oil, you can still include it in your recipes. Manufacturers are now making a "light" olive oil that has none of the olive taste, but still has all of the nutritional benefits.

But before you start to guzzle vast quantities of olive oil to help your heart, consider that Dr. Grundy recommends a mixture of fats in a healthy diet. And remember, olive oil is a fat, and the American Heart Association recommends that all types of fat make up no more than 30 percent of your diet.

* * *

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BOAT/MOTOR/TRAILER. 1986 "Northwin" Deep-V Fibreglass hull, 19-1/2 ft.long. 1983 "Mercury" 70 h.p., elect. start w/power tilt. 1986 single axle trailer. Lots of extras. $10,800. Serious enquiries only. 933-0978 or 938-2639.

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1979 BON-AIR TENT TRAILER, sleeps six, excellent condition. 1983 Chev. Celebrity, cruise control, Air conditioning, p/s, p/b. Excellent condition. Apply at 421 Guy St.

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Ladies, here's your " golden" opportunity to speak out on any issue that may interest you. We're looking forward to hearing the ideas and opinions of the women of Cornwall & area. We will only print first names to allow greater freedom of speech, if you wish, but you must give us your full name.

We would like to hear your opinion on some of the following topics:

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-Single Life vs Married Life
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-Advantages & Disadvantages of Children
-Dealing with Divorce

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THURSDAY



Rosanna Arquette and Judge Reinhold star as Alice and Larry Parker, who sought to heal their diabetic son through prayer, in "Promised a Miracle" Thursday, May 19, on CBS.

FOR COMPLETE LISTINGS READ ENTERTAINMENT TYMES EACH WEEK

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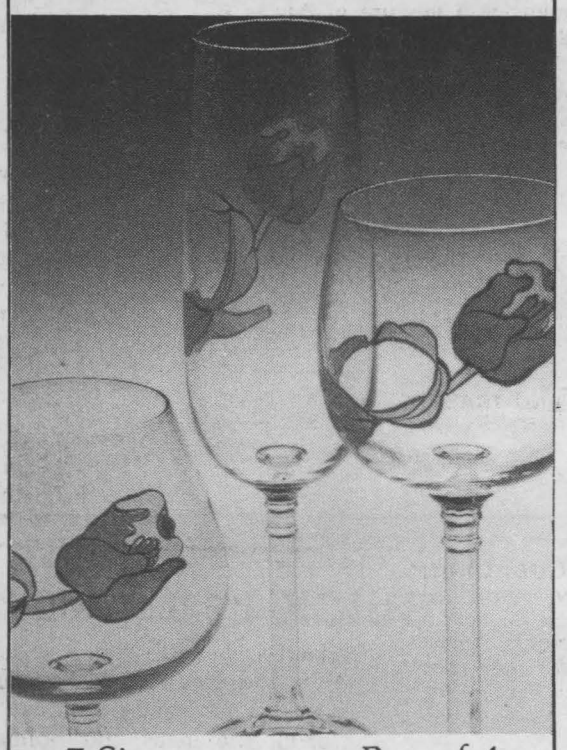

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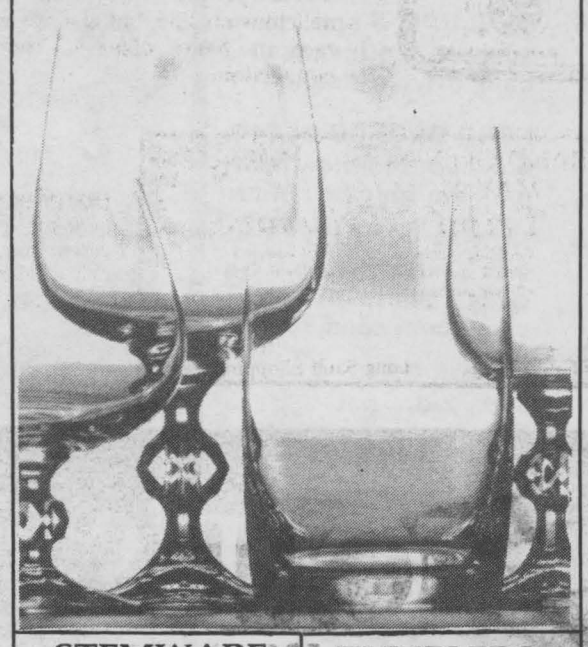

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Robert Bateman -

GREAT CRESTED GREBE $200

950 s/n* (No. ABC64) Published from an acrylic painting
Overall Print Size: 12 1/2"x15" Image Size: 8 3/4"x11 1/2"

The great crested grebe is one of the more spectacular European water birds. Similar to North America red-necked and western grebes, great crested grebes are much more evident to the general public since they have adapted to the rivers, lakes and canals of areas inhabited by man.

Grebes are among the most primitive of all birds. Scientists have classified them as closely related to their reptilian ancestors. They are weak flyers but excellent swimmers. For efficient swimming, their feet are placed very far back on their bodies. This means, however, that they cannot walk. Their nests have to be within inches of the water's edge. When they do move about on land, they slide on their bellies, using their feet as pushers.

I particularly enjoy the strong color patterns and spectacular headdresses of great crested grebes when I see these birds on my trips to Britain and Europe.

Apple Gallery
(div. of Rob McIntosh China Inc.)

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FOR SALE-1976 27 ft. "Master Coach" CAMPER. Price $8,000. Call 932-6464.
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CONTACT PAT LANDON at
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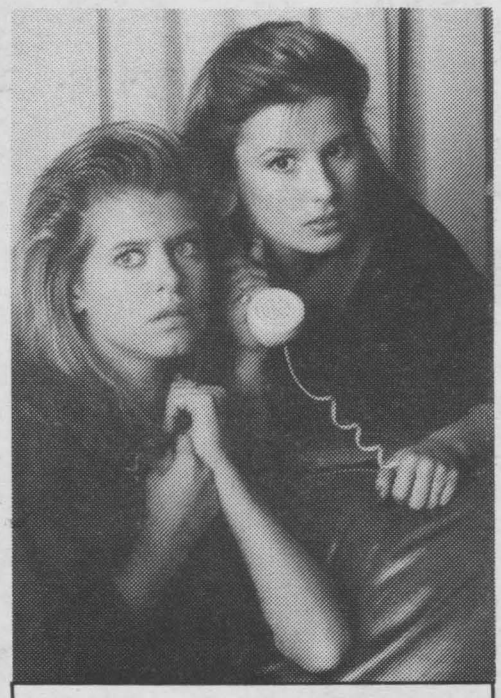
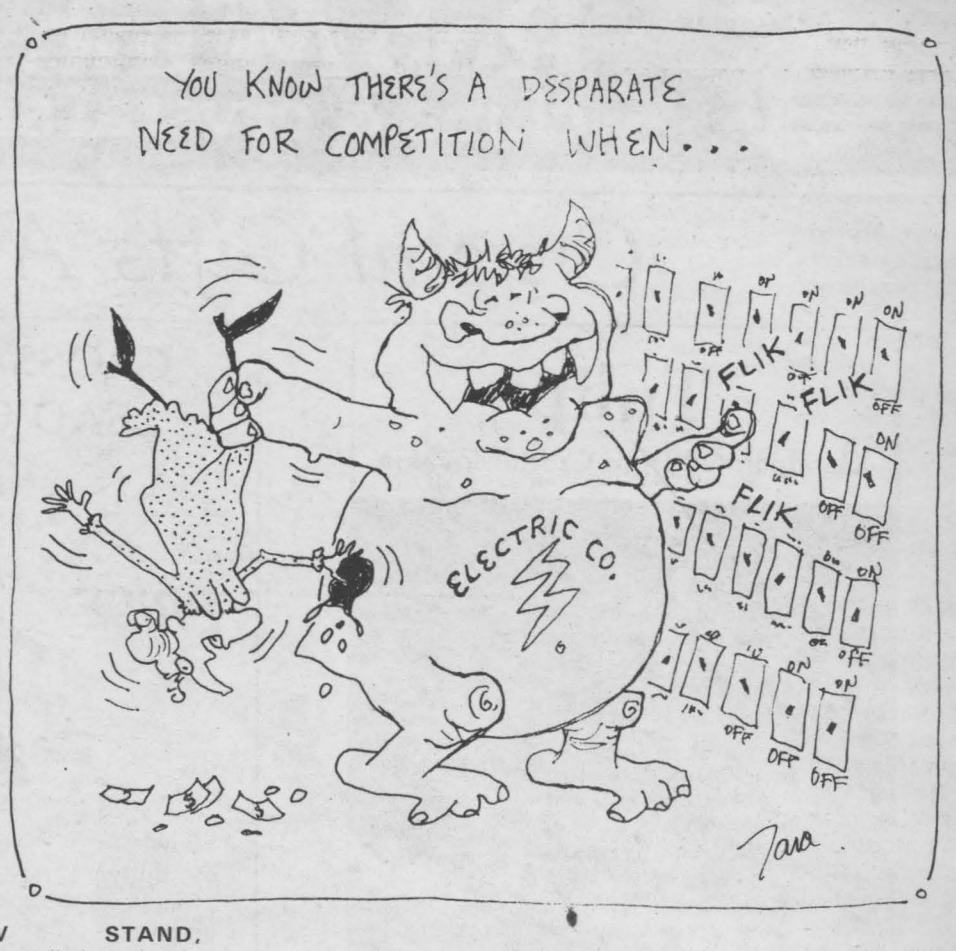
FRIDAY



Shawnee Smith and Tammy Lauren, from left, see what happens when a telephone prank turns into a night of terror in "I Saw What You Did", Friday, May 20, on ABC.

FOR COMPLETE LISTINGS READ ENTERTAINMENT TYMES EACH WEEK



TV STAND, brown/beige drapes (10ft.x95 in.), wicker cradle, kitchen table, odd chairs, elect. wok, Kirby vac., umbrella clothesline, office chair. 933-1513.
5/16

1980 VENTURA CAMPER, Deluxe Model. 3 way stove/frig., sink. Sleeps 6. Hardtop tent. Patio screen room. Good condition. 932-6923 after 5.
5/23

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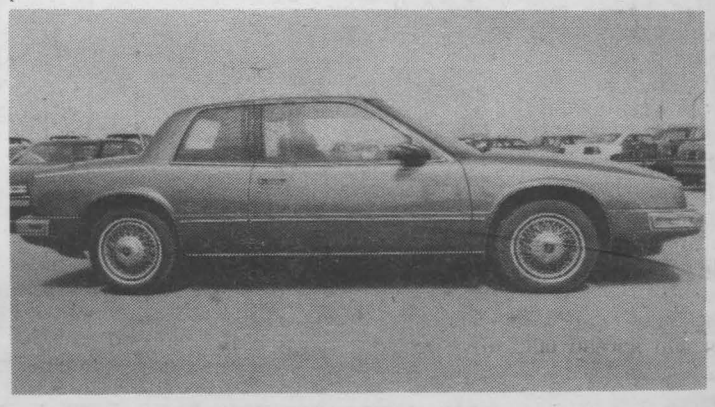

USED CAR OF THE WEEK
1986 Buick Riviera, 2-dr. coupe, 37,855 km., blue w/matching interior, a/c, tilt, cruise, p/s, p/w, power locks. Loaded including sunroof.

1236 Brookdale Cornwall **932-1724**

HELP WANTED: The Family Home Program is seeking relief homes to provide short term care for developmentally handicapped adults. Call 937-3072 or 1-800-267-1724.
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1980 HONDA SCOOTER, 80 cc. $440. Handmade afgan quilt $25. Toy microwave oven $7. Craft lamps (popsicle sticks) $10. Call 938-3893.
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WHITE LINEN TABLECLOTH. Excellent condition, 12'x6'. Also new padded underlay for same. Total value $200. Will sell for $60 or best offer. Call 347-3441.
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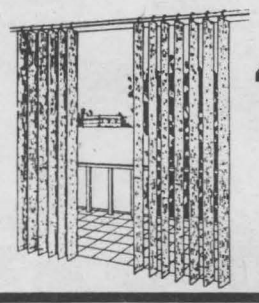

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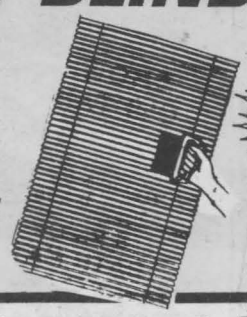

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NEW FASTENING DEVICES DO A BETTER JOB

By Larry Eisinger

Do you have occasion to hold electrical wiring, conduit or even a PVC pipe against a wall or ceiling? And are you planning an outdoor project-perhaps building a dock, a deck, fence, etc., that calls for a long weatherproof screw? If so, these new products will be of special interest to you:

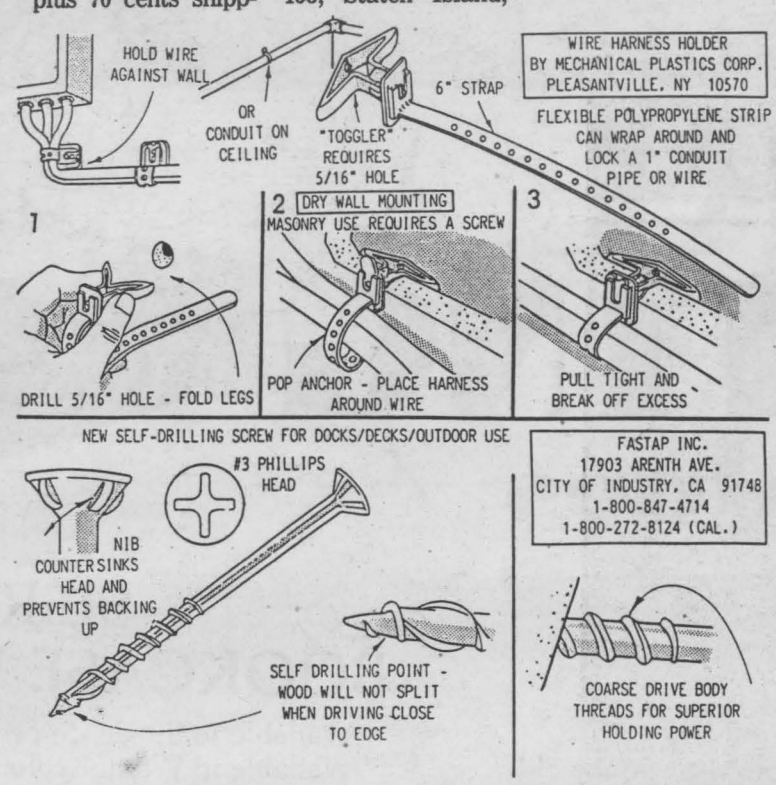
WIRE HARNESS HOLDER:

In previous years the usual way to anchor electrical wiring conduit and pipe to a wall or ceiling was to use the age old U-shaped strap with a screw holding each leg. This is still a good solution in some cases but there are certain situations where it is not the best answer--strapping an electrical line over wallboard or on a masonry wall (requires two hangers), holding a pipe against a finished wall, etc. The polypropylene "Toggler" anchor illustrated does a better job much faster; merely drill a 5/16 inch diameter hole, squeeze the legs together and drive the anchor into the hole. If you are mounting an anchor on a hollow wall the legs will spread out and hold it from the rear; if you set the anchor in masonry the screw provided pushes the side of the plate against the wall to hold it secure. Then merely wrap the flexible strip around the wire or pipe, tighten it and break off the excess. It is as simple as that!

NEW SCREW DRILLS ITS OWN HOLE:

When driving long screws--especially a 6-inch screw-a pilot hole is usually required. But not with the screw illustrated. This unique screw appropriately called "Fastap Plus" has a special point that removes wood just like a drill as the screw is driven. But the self-drilling feature is only part of the story; the coarse threads prevent possible backing out and the protrusions (called nibs) on the underside of the flathead scoop out the wood to countersink the head and also help lock the screw in place. Designed initially for use in dock construction the screw is case hardened. It is more weatherproof than hot dipped galvanized screws because of the special polymer and zinc coating. Application of this coating, referred to as "Dactrotizing," leaves a smooth finish which also makes the screw easy to drive. Available at home centres, hardware stores, etc., in many sizes up to 6 inches long.

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



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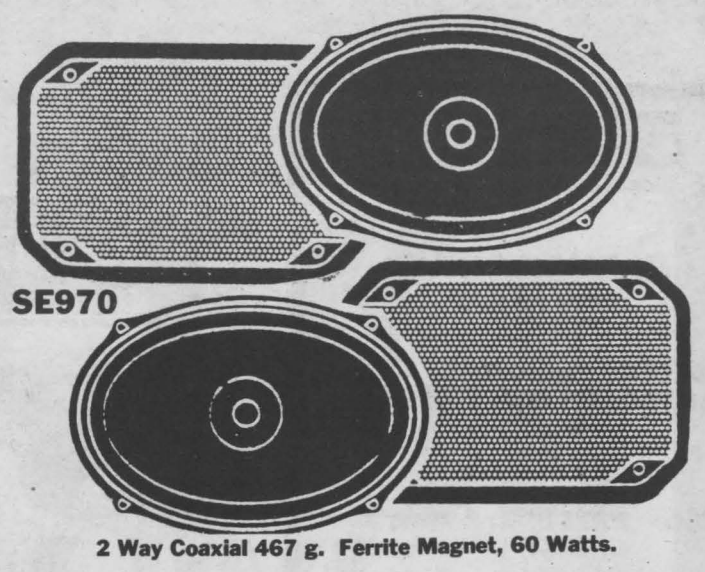

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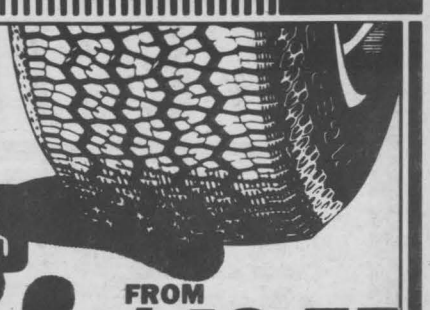

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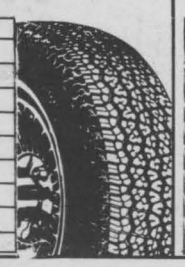

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P215/75R15	$90.39
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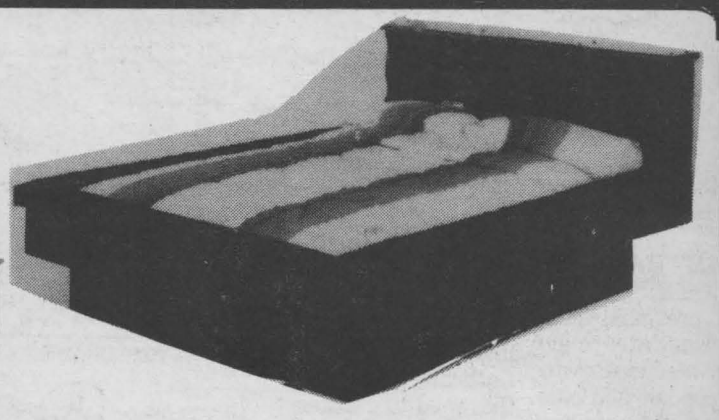



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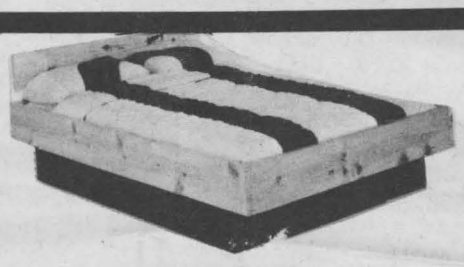

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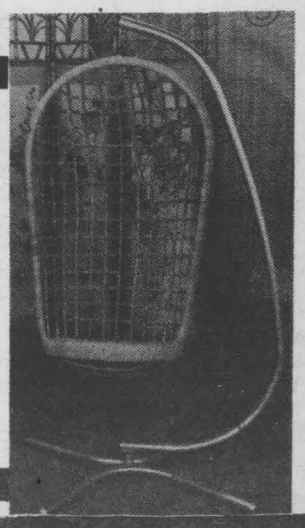

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