SEAWAY NEWS

SEPTEMBER 27, 1993 VOLUME 7, ISSUE 39 SERVING CORNWALL AND AREA

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Cornwall Beginning Economic Recovery

The City of Cornwall, like the rest of Canada, the USA and most of the Western world, has faced considerable economic challenges over the last few years. Much attention has been focussed on our community, with many of the resulting media reports being rather one sided and dealing solely with negative issues.

With this in mind, we would like to highlight just a few of the more significant accomplishments that this community has witnessed in the past three years.

• Ridgewood Industries has just undertaken a major expansion this year, adding over 150 new jobs and investing a significant amount in new machinery.

• Since 1990, the workforce at Levi Strauss has grown from 300 to their current levels of 440, representing an increase of 45%.

• Canadian Fluorescent Industries has more than tripled their workforce since 1990, now at 113 from 35.

• Champlain Industries has almost doubled their workforce in the same period, now at 65 from 35.

• GM Plastics (formerly Plastalene) has almost doubled their workforce now at 41 from 23 in 1990.

• All in all, close to 20 local and area industries have expanded in the last three years, creating over 600 new jobs.

• Cornwall has also welcomed over 10 new industries in the past three years, creating over 200 new jobs and representing mil-

cont. on pg. 3



Pictured above at the opening of the Muscular Dystrophy headquarters are (l. to r.): Kathy Charlwood, Chapter Resources Coordinator Ont. Div. Toronto; Mary McKay, Eastern Ont. Regional Coordinator of Services, Ottawa; Mayor Martelle; Heather Wharton, Assistant to Eastern Coordinator, Ottawa; and Karen Torrie Racine, President Cornwall Chapter. The phone number at the headquarters is 938-4785 and they will provide any information you need and accept any donations you would like to make.

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BASIC BLACK



By Arthur Black
SEAWAY NEWS

I don't know about your situation, but my take-home pay is definitely not keeping up with the times.

We live, after all, in an age when an amiable young thug by the name of Wendell Clark makes a million bucks a year as captain of a gang of shinny players called the Maple Leafs.

That's more than I make.

We live in an age when a pigskin-toter by the name of Rocket (The Dud) Ishmail scammed approximately ten million bucks from his employers in return for not playing all that well for less than three seasons.

That's a lot more than I make.

We live in an age when a journeyman like Bruce Willis can command - and get - 12 million dollars to star in a movie. And this is after a string of cinematic duds from which the faithful movie going public stayed away in droves.

That too, is a lot more than I make.

We live in an age when Michael Jackson, a squeaky-voiced androgynous wuss who likes to dress up in bellhop uniforms and have his hair ironed and his skin bleached - gets $65 million dollars from Sony Corporation to make a tour of Japan.

That's more than the GNP of several Third World countries.

I'm not complaining, mind you. I make enough to keep shingles over my head and shoe leather between my bunions and the sidewalk.

As a matter of fact, I probably make just about all the dough I can comfortably handle. It may be failure of imagination on my part, but I'm not sure how good I'd be if somebody suddenly dumped $65 million or $12 million or even a measly million bucks in my lap.

Such numbers are nuts! Nobody needs that much money. What's Bruce Willis going to do with another $12 million - get a face lift for his smirk?

And Michael Jackson needs another $65 million? For what - to buy more Ferris Wheels and Merry Go Rounds for his 2700 acre kiddies ranch in California?

We've got our money priorities way out of whack - and not just the greedheads at the top of the pyramid either. Let's face it - the money I make may be chump change to Michael Jackson or Bruce Willis or Wendell Clark - but I'd qualify for aristocracy in Bosnia, Ethiopia, or Haiti.

And then there's Theodore Major. Chances are extremely good that you've never heard of Theodore. He's a wizened little gnome of a man, 85 years old, who lives in a shabby brownstone house in Wigan, England. Theodore Major's health is failing, and that's too bad because last month he found himself in trouble with the law.

The problem is the house right next to Theodore's. Theodore bought it 16 years ago, and uses it to display his paintings, free of charge to anyone who cares to come in and look at them.

Theodore Major is a painter, you see. As a matter of fact, according to John Berger, a respected art critic, Theodore major is "among the best English painters of our time."

He's also a bit of a curmudgeon. When the local town council ordered Theodore to pay a poll tax of nearly $4,000 on the house of paintings, Theodore told the town council to go jump in the canal. The town council sued to have Theodore committed to prison.

At the trial, it was revealed that Theodore Major was living on a state pension of $150 a week.

But, the magistrate rumbled, surely as one of the country's best painters, Mister Major had merely to sell off one or two of his canvasses, pay the fine and retire on the profits.

Theodore Major drew himself up and replied "Not to the people who want them, the rich people. I painted these pictures for ordinary people to see, and they do come. I never paint for money - I never have. I am an artist and I paint for people."

The magistrate was so impressed that he ordered the charges dropped and came down from the bench to shake Theodore Major's hand and wish him good health.

Amen, Milord. An artist who performs for the people. What a concept.

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cont. from front page

lions of dollars in new investment. Some of these new industries, such as Northern Globe, Roe Lee and NuMed continue to expand and grow.

• Finally, and certainly not least, Domtar recently announced a $75 million investment and 30 new jobs in Cornwall, with the development of the world's first cardboard to paper recycling plant. This development places Cornwall on the world map and will prove to be the catalyst to a number of major projects that will help the environment. The fact that this investment was made in Cornwall, and not anywhere else, proves that Cornwall has a future and is attractive to new projects.

Equally important, we believe, are the number of projects that are currently underway on a number of fronts:

• British Gas and TransCanada Pipelines have confirmed plans to begin construction of a multi-million dollar electrical cogeneration plant that will benefit the community for years to come.

• Hundreds of thousands of dollars have been invested in the community over the last three years by the retail and service sectors. Most notably this investment includes the major renovation project recently completed in the Le Village BIA, the revitalization of the Pitt Street Promenade and several new businesses and entrepreneurs that have started up.

• The Province has finally confirmed plans to build an office building in the downtown core, which will certainly provide a catalyst for other development.

• The Quebec Nordiques and the American Hockey League teamed together with the City of Cornwall to bring professional sports to the community. This will not only bring considerable economic benefits to the area, but will help to enhance the City's image.

• La Cité collégiale/St. Lawrence College undertook major expansions this year, resulting in the investment of over $7 million in the local economy.

• Several projects are underway to help improve the City's tourist and visitor business. The major waterfront development effort, the Heritage Murals project, and existing and proposed festivals all contribute to enhancing our community.

One could go on forever about the number of positive stories that are continuing to occur throughout Cornwall. The above examples are just a small sampling of recent events.

Cornwall is a community with a future. It has a number of advantages and benefits as a business location that match up well with any other community in North America. The citizens of Cornwall will see that position proven true as the national and provincial economies improve, and Cornwall see more than its fair share of development and growth as a result.

We invite anybody interesting in learning more about Cornwall to contact the City's Economic Development Department and request a copy of Cornwall's Community Profile.

For more information, please contact: Bob Peters, Development Officer, Cornwall Economic Development, (613) 933-0074.

Take Back The Night

All women and children are invited to attend the annual Take Back the Night Rally, March and Coffeehouse on Thursday, September 30, 1993. It will start at 6:00 p.m. in front of the Justice Building (340 Pitt Street).

After the March, there will be a Coffeehouse with performers and refreshments at the Civic Complex.

Take Back the Night is a women and children only event because it is women and children who are not safe to walk the streets at night. It is women and children who are the targets of most of the violence in this society. We march at night to make the point that it is only in numbers that we are safe from violence.

We can reimburse individuals for transportation and childcare on request. For futher information, please call the Sexual Assault Support Services for Women of S.D.G. & A. at 1-800-461-8192 or 932-1603 (Cornwall only).

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BRIDGE RESULTS

The Independent Bridge Club - Sept 15/93

N/S
1.Jean Forbes - Marian Gagnon
2. Grace Leroux - Rita Miller
3. Kay Barlow - Brunelle McDonald
E/W
1. Dorothy Rivier - Freena Robertson } tie
2. Ruth Edgerton- Margaret Laviolette
3. Hermine Ladouceur - Percy Page

Friendly City Bridge Club Sept. 15/93

N/S
1. Mildred Cleary - Mildren Morin
2. Margaret Evans- Jean Guy
3. Mabel Chan - Terry Forsyth
E/W
1. Florence Bergeron - Rhea Petry } tie
2. Carol Reus - Muriel Smith
3. Kathryn & Robert Zacios

Seaway City Bridge Club Sept. 16/93

N/S
1.Evelyn McPhail - Isobel Piche
2. Georgette Lauzon-Brunelle McDonald } tie
3. June Anderson - Jean Stokes
E/W
1. Pat McIntosh - George Piche
2. Yolande Boutin - Joan McGillis
3. Alma Carter - Jeanette Lavigne

Cornwall & District Bridge Club - Sept. 16/93

N/S
1. Dora Barrington - Charmaine Quenneville
2. Audrey Blair - Suzanne Hazlett
3. Gordon Lanctot - Madan Seth
E/W
1. Jean Forbes - Claudette Rousseau
2. Denise Fournier - Brian McCartney
3. David Kalil - Bert Mosher

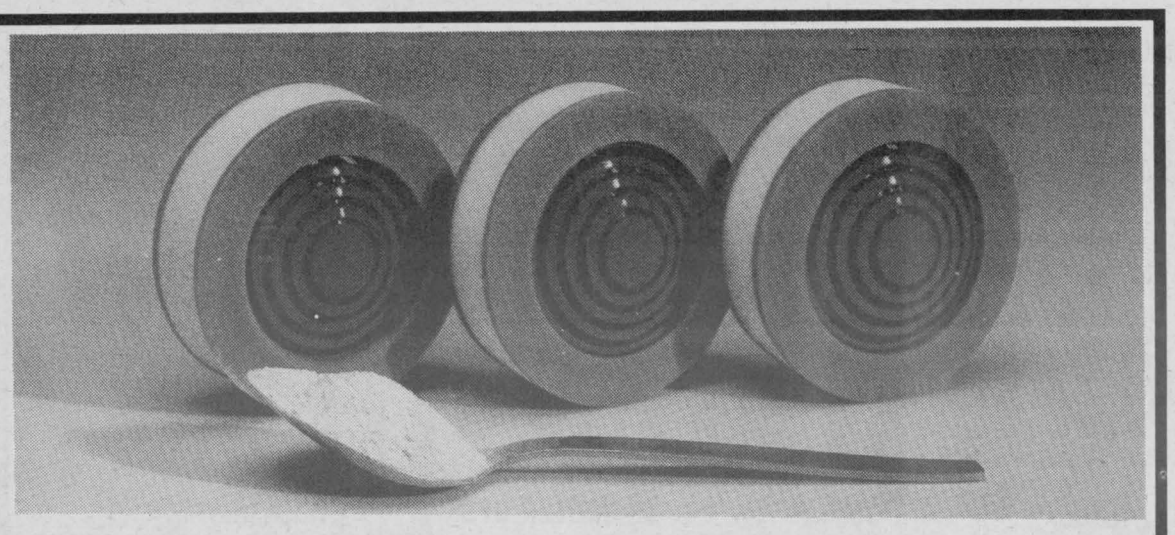
Senior Citizens Bridge Club - Sept 17/93
Dorothy Donihee Trophy

1. Dora Barrington - Audrey Blair
2. Carol Reus - Bert Mosher } tie
3. Jean Forbes - Eva Kittle
4. Charmaine Quenneville - Claudette Rousseau
5. Florence Bergeron - Rita Struthers
6. Georgette Lauzon - Harry Chan

Cornwall Community Bridge Club Sept. 20/93

Section A
N/S
1. Margaret Campbell - Carol Reus
2. Ron Jenne - Steve Lassner
3. Gabrielle Dupuis - Bruno Carriere " } tie
4. Charles Lawn - Voyteck Pomykalski
E/W
1. Jocelyn Campbell - Charmaine Quenneville
2. Joanne & Robert Mattot
3. Denise Fournier - Sharon Tessier

Section B
N/S
1. June Anderson - Marian Lloyd
2. Marian Gagnon - Mildred Morin
3. Florence Bergeron - Eva Kittle
E/W
1. Marion Lawn - Doris Roussy
2. Vera Boland - Roy Parmalee
3. Jim Barlow - David Grieve



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Re-usable Laundry Discs activate water to dissolve dirt and flush it out, leaving clothes clean without adding anything on their own.

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Pre-treat stains, shirt collars and children's socks by your favourite method. Place all three discs into your washer together with your dirty laundry. Put machine through its usual cycles. Watch your waste water carry away the dirt from your clothes until your final rinse comes clear. Results are closely related to water temperature; while TRI-CLEAN works well in cold water, warm water is even better. Re-use discs until they eventually wear out, which will be 2 years or longer under normal use.

If you do your laundry by hand and without a machine, place discs into your laundry tub and agitate as usual. Rinse until water stays clear. For best results air dry clothes.

Note: When first using TRI-CLEAN you may notice soapy foam in your water. This is detergent residue from previous conventional laundry loads and will disappear after washing several loads with TRI-CLEAN only.

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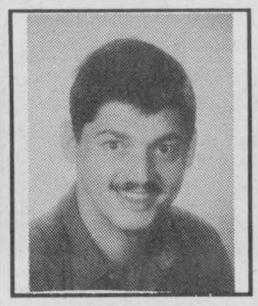
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We have gained recognition throughout the motor repair industry, are active members of EASA (Electric Apparatus Service Association) which is recognized world wide, and currently service the manufacturing industry within a 100 mile radius of Cornwall.

My current duties are President of A&R Electric, head of shop and repair personnel, responsible for all aspects of quality control and custom designing. I shall always look forward to these responsibilities.

Now that you have a brief description of who I am and what I do, please read on and learn of the new business adventure which I am undertaking.

Welcome to: ENVIRODYNE.

ENVIRODYNE is a new and unique company to this area which will have a main goal of supplying you, the individual, and the manufacturing industry with the latest in environmentally friendly products. These products will range from the very simply to the more elaborate such as TRI-CLEAN LAUNDRY DISCS for home laundry without using laundry detergent, to containment and clean-up supplies for toxic spills.

The first product available, TRI-CLEAN, is a very new concept to a very old task of doing laundry. I have personally made my own washing tests with this product and found that it gave me equally cleaning results as obtained with laundry detergent. This product is PATENTED and its claims have been verified in independent testing laboratories. The manufacturer has provided excellent explanation of how TRI-CLEAN works and simple instructions on how to use it for your laundry, at the bottom of this page. Should you wish to purchase this new product you will also find an order form for your convenience. The health benefits, the environment benefits and also the money savings you will enjoy by not using detergents will greatly benefit us all. If, for any reason, you are not completely satisfied with this product within 30 days of purchase your money will gladly be refunded. Any concerns or enquiries of products available for your needs can be answered by simply writing or faxing your request to:

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I wish to thank all of you for taking the time to read my announcement and look forward to helping you make our environment a better, safer and healthier place to live.

Yours Truly,
Wayne Abraham

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CCVS NEWS

by Lara Smiltnicks

This year at CCVS a suave new guy roams the bustling hallways, flashing his Kevin Costner grin at all the chickas and acknowledging all the dudes in that friendly-guy style; so confident and mature is he. Just for the moment, let's call him "Raider Sauvé". At lunchtime, he can be sighted at any one of the plethora of tables - this guy's a social butterfly. He doesn't give a hootin" galloot how good looking, or smart, or young, or old you are, or whether you have poutine remnants encrusting your chin - he'll stop to chit-chat anyway. Raider doesn't really fit into any one clothes-category; he's a pretty versatile guy. On an ordinary day you can catch him wearing baggy pants and brown Doc-like shoes, such as are all the rage for the young people of today. At the dance, though, Raider showed up copping a Billy Ray Cyrus look: button-down shirt, slim Jim jeans and cowboy boots. At least Raider had the decent fashion sense not to wear acid-wash. Well now, you're probably all dying to know the true identity of our virile Raider man. (Hint: it's not Mads, the exchange student who every girl is flipping over). It's - it's Mr. Lemire, our dashing debonair new vice-principal! Not since "Head of the Class" has a high school been so lucky.

On Tuesday we had our very own Terry Fox run/walk/bike/rollerblade derby at 11 o'clock. Vast multitudes of students, including all the preppy grade nines, hustled their way down the bike path to the end of the course where they received free McDonald's orange drinks and hustled all the way back again. In total $1300 was raised for cancer research. Way to go!

Wednesday, an assembly was held for all OAC students regarding university applications, scholarships, etc. University Day , when representatives from all the Ontario universities will be on hand to answer your questions, will be held in the near future. Well, that's it for now. Until next week then, chin-chin, chow-chow.

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Ask the experts

(NC)—Everyone knows about the emergency services that are out there in our community, such as the police, fire and ambulance departments.

But it's important to know that many, if not all, police and fire departments also offer non-emergency services, such as fire inspections and advice on crime or fire hazards. This expertise is invaluable.

It is also important to become aware of other community services that are available: crisis or counselling centres for domestic violence, sexual assault, drug or alcohol abuse, poison control, 24-hour "help lines", etc. As well, there are less emergency-oriented services, such as Neighborhood Watch or Block Parents, that may be available in your community.

Knowing the resources at your disposal benefits everyone and many of these services are supported by tax dollars—so make the most of your investment.

This information is sponsored by the Ontario Nurses' Association, the voice of about 50,000 registered staff nurses in the province.

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BIRDS OF A FEATHER

by Debra Gillet

Have you ever been out on a warm summer night and heard a strange booming sound coming from the sky? If you have, don't panic ... it probably isn't a UFO, but just a diving goatsucker.

A wha-a-at?? Before you ready that straight jacket, please read on! The term "goatsucker" has been given to the common nighthawk. There is an old belief that these birds could suck milk from goats as they grazed in pastures. This came from the fact that nighthawks were actually seen flying above the animals (probably feeding on the insects stirred up by the grazers), and that their mouths open back under the ears.

The booming noise you may hear in the evening is the sound the bird's wings make when nearing the bottom of a nose-dive. When pursuing insects the nighthawk will execute these dives. They feed "on the wing", and are soundless in flight due to their soft feathers. their voice is a harsh nasal "peent". In one night's feeding a nighthawk can eat as many as 500 mosquitoes - one bird was discovered to have 2,175 flying ants in its stomach. They will also eat beetles and grasshoppers. Oblivious to city life these birds will hover over streetlamps, feeding on insects attracted to the lights. They have adapted quite well to our environment. During the day they will perch lengthwise on a branch, fence-post, ground, or on a flat roof. Their eyes are large and, like their relatives the owls, they have nocturnal vision. The nighthawk's feathers are also similar to an owls.

The common nighthawk has long wings, and a slightly forked tail. Their stomach and sides are barred. A lack of bristles on the sides of their mouth distinguish them from other goatsuckers. There are four other species in Canada; the lesser nighthawk, common poorwill, chuck-will's-widow, and the whip-poor-will.

Males are black on top, with marbled and spotted feathers of gray, white, and buff. There is a white spot across the middle of 4 or 5 primary wings, and a white stripe across the end of the tail. A white band across the throat goes back to below the ear holes. The underneath and sides are white and barred with black. Females are alike but without the white tail patch. The white on the primary feathers are smaller and the throat band more buffy white. Juveniles have no white throat markings, and their primary feathers have thin white lines at the ends. They are recognized by the large white spot on both wings as they fly.



The common nighthawk is 9 inches long, with a wingspan of 23 inches. Their head is flat, with a tiny beak.

They breed across Canada south throughout the United States. There is no actual nest - the eggs are laid on bare ground, sand, rock, gravel, and even the flat roof of a building.

Two eggs are laid. They can be white, olive-gray, or olive-buff, and are spotted with grays, browns, and black. The female will incubate them for 19 days.

As for most of our feathered creatures, it is illegal to harm this bird. Because of the amount of insect pests it consumes, the nighthawk is of great value to us. However, many other species have "gone the way of the Dodo", because of our selfish attitudes ... let's hope it doesn't happen again.

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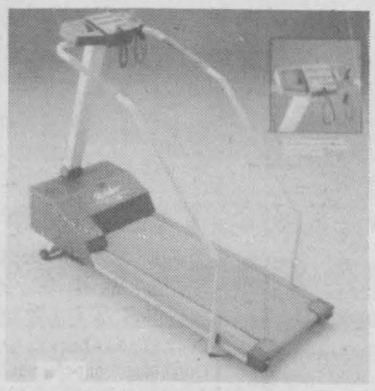
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Gloria Charbonneau

Do you know a Junior Citizen?

Every week, the pages of this community newspaper, and hundreds like it throughout Ontario, are filled with heartwarming stories of the people who are the heartbeat of our communities.

Especially uplifting are those stories which recognize the accomplishments of young people. Through acts of kindness, bravery, compassion and determination, these young people set an example of service and leadership for the entire community.

As Ontario's ambassadors of good-news, community newspapers have for the past 12 years been paying special recognition to Ontario's finest young people through the Ontario Junior Citizen of the Year Awards.

Coordinated by the Ontario Community Newspapers Association, and with Bell Canada as the patron, the Junior Citizen of the Year Awards are presented each spring to 12 young people between ages 6-18 who have led by example, and in doing so have made their community an even better place in which to live.

Award recipients and their families are guests of honour at the Junior Citizens luncheon, where the awards are presented by the Lieutenant Governor of Ontario during the annual convention of the Ontario Community Newspapers Association.

Nominees for the Junior Citizen Award include those who contribute to community life while living with a physical or psychological limitation. Other nominees have faithfully volunteered their time and energy in community service work, or have responded unselfishly in a moment of crisis or emergency. Many others are honoured as Junior Citizens because they exemplify the characteristics of a 'good kid' -- the helpful, courteous kind you'll find in each and every community within Ontario.

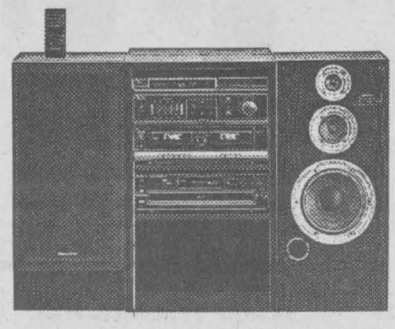
You are invited to nominate deserving young people for a Junior Citizen Award by obtaining a nomination form from this community newspaper or by contacting the Ontario Community Newspapers Association at (416) 844-0184. Nominations will be received until October 31, 1993.

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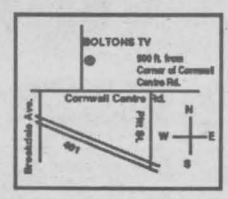
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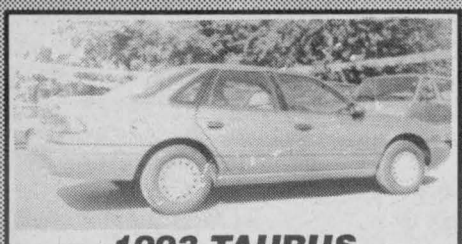
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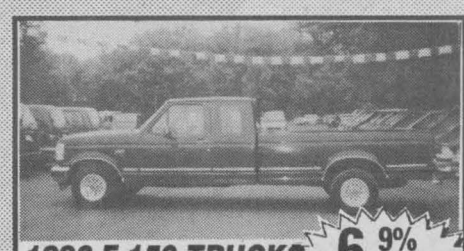
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PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Bob Kilger: "Quiet" Man; Ron Martelle: "Noisy" Man

It's amazing how the same people can elect two completely different political personalities.

At the same time Mayor Ron Martelle was denouncing smuggling and making headline news in the press the electronic media, the Ottawa Citizen was conducting a survey on Ottawa-area MPs showing Liberal incumbent Bob Kilger to be one of the quietest people on Parliament Hill.

The Citizen examined MPs' performance by checking the index of Hansard, the minutes of the House of Commons, between May 1991 and February 1993.

The paper found that Kilger spoke on only seven bills during that period, compared to 41 by Glengarry Prescott Russell Liberal MP Don Boudria.

Boudria also asked 60 oral questions during that time, compared to eight by Kilger.

The Citizen checked the record of 14 Ottawa-area MPs and only three spoke fewer times on bills than Kilger.

Kilger's political style is described as "quiet", whereas Boudria's style is "muckraker".

The results of this survey will not sit well with voters who believe their MP should be active in the House, putting forward constituents' views.

On the other hand, it is a fact of life that speeches by backbenchers are seldom effective (Boudria is a notable exception) in affecting, or drawing attention to, government policy.

The other point that must be kept in perspective is the fact that many MPs serve voters in other ways through constituency work. Because an MP doesn't sound off in the House, doesn't mean he or she isn't working.

Still, the ideal, in my view, is to have an MP who does both well.

Now back to Mayor Martelle, whose political style - if Kilger's is "quiet" - can only be described as "noisy".

Is there ever a week that goes by that this man is not in the news? He has certainly outdone himself this week by going into hiding.

Martelle is clearly one of the most colourful political figures in SD&G, if not all of Eastern Ontario. The man, whatever you think of his politics, is a master of publicity. Remember those photos of him pumping gas so he could talk to the ordinary folk? Or the spectacle of him out personally sweeping the city streets? Pure theatre - all of it. He plays the press like a fly fisherman playing a trout.

There is always a touch of tension between journalists and politicians because the former hate being manipulated. And Martelle is a master of media manipulation. He simply creates situations - both verbal and visual - that no reporter can resist. Sure, the journalists can get their digs in on the editorial pages, but as for the news pages - they belong to Ron.

If this man doesn't have higher political ambitions, I would be very surprised. This is a man to watch.

CLAIRE HOY

By Claire Hoy
SEAWAY NEWS

It's like this:

Kim Campbell is a "new-style" political leader.

Vivacious, energetic, exciting, brilliant, and most of all, new.

Jean Chretien, apparently over-the-hill at age 59, is "old-style".

Old, tired, captured in the past.

This contrast, of course, comes right out of the Tory campaign playbook and, to be fair, you'd expect the Tories to be pushing this line.

After all, what else do they have?

They can't very well run on their own record of massive tax increases, unconscionable unemployment levels, unbridled corruption and record-breaking patronage.

So what else is left for them apart from attempting to discredit and demean their main opponent?

What is disappointing, however, is the way the mainline media has been uncritically accepting the Tory propaganda during this campaign.

Routinely, we are told that Chretien and his programs are old-fashioned, designed for the needs and aspirations of the '70s and '80s. Campbell, we're told, is the leader for the '90s.

Well, that may be.

But it says here people still want jobs in the '90s, they still want to be safe in their own neighbourhoods, and they still don't want to see taxes going through the proverbial roof.

Not so according to the Tories and the sycophantic scribblers covering Campbells' campaign.

Campbell consistently says she will be a leader for the '90s - leaving Chretien and the others back in the old days - without explaining, or being asked to explain, precisely what she means by that.

The best answer we get from Campbell is, "trust me".

That's what Brian Mulroney said. And look where that got us.

Campbell, essentially an elitist snob who found herself in the right place at the right time, seems to really believe that Canadians are not interested in jobs or job creation.

She event went to Atlantic Canada last weekend to say that governments don't really create jobs, people do.

This is quite a departure from her previous boasts during the recent Tory leadership campaign about how many jobs her government created over the past decade. But there you have it.

Campbell, who has never had the experience of worrying about her own economic health - although she worries about her current position for sure - told Atlantic Canadians that money isn't the answer. Instead, she said, they have to break the old cycle of dependency and reallocate their resources?

How do they do this? Naturally, she doesn't say.

Trust me.

These people already know they have economic problems. There's the old element here of blaming the victim, the unspoken charge in Campbell's words that somehow Atlantic Canadians are voluntarily stuck on the cycle of dependency.

No wonder her reception was cool.

They want hope from their leaders, not academic polemics.

She then went to Moncton to pronounce - in what could be the most telling quote of the campaign - that Canadians like her not just because she is a woman, but, well, because she is just so darned terrific.

"What really pleases them is to see a woman whose competence and resolution and strength is beyond question," she said. "And I think that gives them an enormous sense of price, and I'm very pleased about that."

No humility there, eh?

Here's somebody with Pierre Trudeau's arrogance but without Trudeau's intellectual credentials.

Perhaps she may wish to explain how she will eliminate the deficit in five years while at the same time offering no new hope for the jobless and flirting with the notion of cutting social services.

So far, Campbell has run a simply dreadful campaign, despite the considerable help she's enjoying from an essentially sycophantic, er, sympathetic national media troupe.

this should come as no surprise to anyone who saw her seemingly insurmountable lead in the spring Tory leadership campaign shrink to a tight race because of her incompetent campaigning.

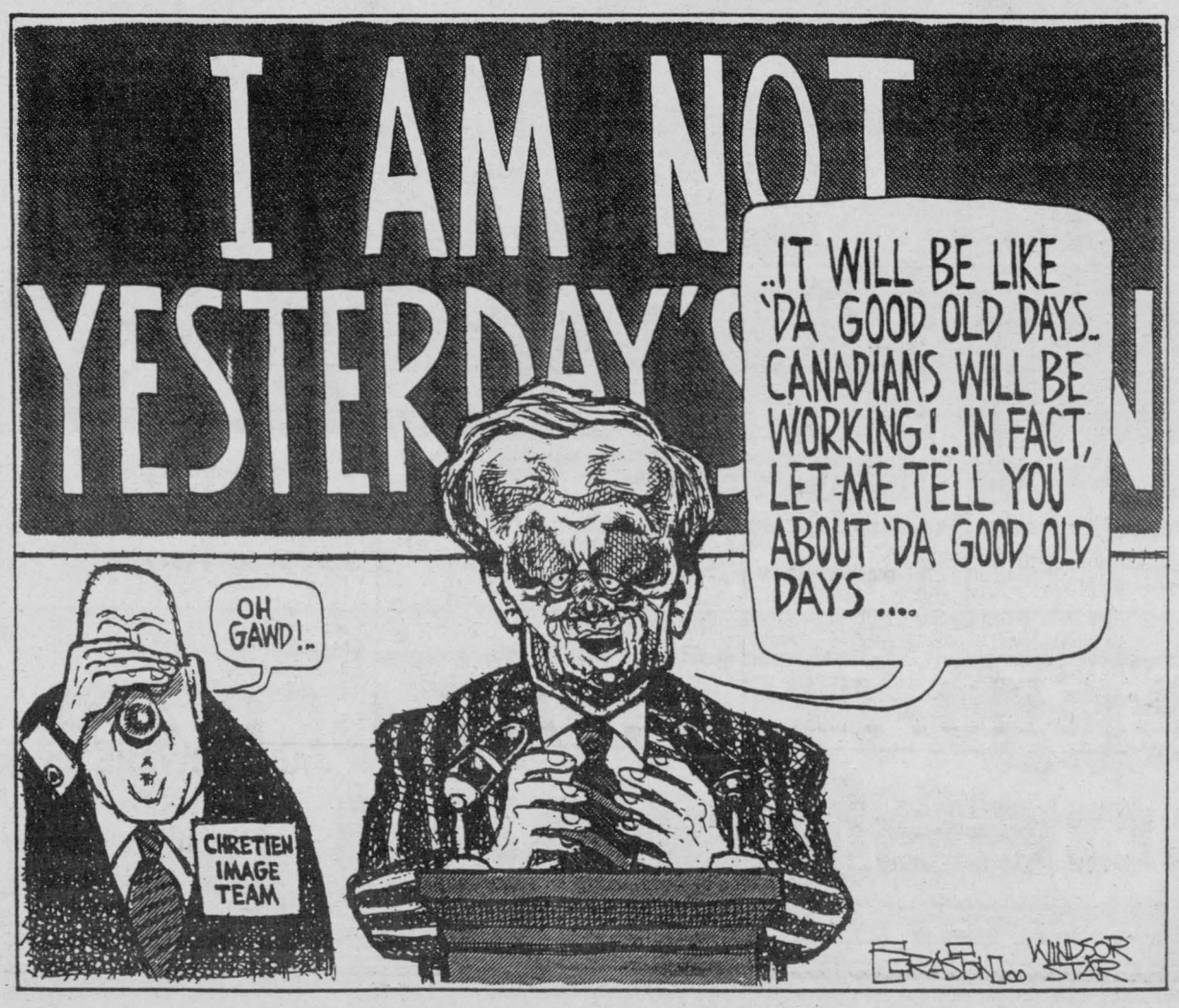
Fact is, her campaign to date is so confused and amateurish, she's making Chretien look slick.

Still, many journalists, having acted as her unofficial emissaries leading up to the convention, have still not realized that this flashy, new face on the federal scene is a living example of one of her own famous quotes: that charisma without substance is a dangerous thing.

She was speaking of Bill Vander Zalm at the time.

But, based on her record so far, she could have been looking in the mirror when she said it.





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SEAWAY NEWS
LETTERS TO THE EDITOR

Dear Editor:

Will the joke be on us again? In 1993 we have a federal election. Democracy in action, right? Remember how we got fooled in 1988?

The 1988 government buzz word was - Free Trade! The Conservative government said "Free Trade = Jobs, Jobs, Jobs". The truth? Sure, but not all the truth. The government didn't say the jobs would be in Canada or for Canadians. So other workers somewhere else got all those Free Trade jobs.

In 1988 the Canadian business community spent in one effort over 2 million dollars on a 4 page insert in the national newspapers praising and urging Free Trade. They said, "Free Trade is good, good, good!" The truth? Sure, but not all the truth. The corporations didn't say it would be good for Canada's workers, but they also didn't say it would really only be good for corporations.

In 1988 the public relations' spin doctors and government wordsmiths told us Free Trade was super, super, super! The truth? Sure, but not all the truth. Our tax dollars paid handsomely for these people to shout the message believably. Of course this was super for the P.R. firms. As a result they became access specialists to government power. They benefited, workers didn't.

Remember the old saying, "Fool me once, shame on you. Fool me twice, shame on me." Did you as a Canadian citizen get fooled in 1988? If we get fooled in 1993, then shame, shame on us.

Yours Truly,
Sheila Trudeau-Clifton
Cornwall

Dear Editor:

Please allow me space to briefly comment on what I believe are the two major issues in this election.

1. Parliamentary and Election reform. The system must be changed so that the elected Representatives represent the people and their wishes, and not the wishes of the elite of any Party. Election dates should be predetermined so that we don't have the spectacle of a host of media following behind a non-elected Prime Minister begging for a tid-bit of information regarding the date of the election. Major decisions affecting the nation (GST, NAFTA, capital punishment, etc.) should be placed before the people in the form of referenda. We cannot assume that the people are "too civically stupid" (to quote Ms. Campbell) to make the right decision. Only when we make Canadians responsible for the actions of their Government, and elected representatives accountable to their constituents, will we get responsible government.

2. The deficit. Governments cannot create wealth, they can only spend it. Neither can they create jobs. It is the private sector that creates wealth. We need to eliminate the demand of Governments for enormous amounts of money to finance their overspending. In other words eliminate the deficit. That capital ($35 billion/year) would then become available to free enterprise, at significantly reduced interest rates, to work to create wealth and wealth creating jobs.

Remember a year ago? We had a referendum and the "people" won? Well this year, except for the name and the date the story's going to be the same one.

This time I will do something that I have never done before. This election, for a change, I am going to vote Reform.

Yours Truly,
Richard Mitchell,
Iroquois

Dear Editor:

Things I would like to ask for my own benefit.

When is Rickey Henderson going to play baseball to his full potential and start earning the high salary Toronto Blue Jays are paying him?

As for Joe Clark Carter whom I adore as a person and ball player, but on two different occasions he tossed the ball away on the assumption there were three players out but unfortunately for him and the team there were only two players out. Is that good team work for a guy being paid millions of dollars?

Last year when Pat Gillick signed a pitcher named Cone he got all the credit for doing it and rightfully so as it worked out well for all concerned, but this year he (Mr. Gillick) went for Rickey Henderson instead of a decent pitcher. Toronto might have got two pitchers for the money they are paying Henderson. But that's what hindsight can do for a person, and although Mr. Gillick won't admit he was in the wrong, he should because Rickey Henderson has not helped Toronto out as much as was expected, if at all.

For awhile recently before the Jays broke their losing streak, I thought the team as a unit were inventing new ways to lose, such as squandering a six run lead and/or allowing their opponents to win in the last innings of the game. From what I am writing would you believe that I am a Jays fan but not a fanatic?

To change the subject a little, if everybody is doing their job as far as the environment is concerned, why am I picking up so many discarded cans from driveways, parking lots, etc? And I am sure there are more people like me. Are we taking the brunt for the guys that throw their empty cans away? Sort of let George do it.

Just don't take it for granted that my name is George.

Respectfully Yours,
Fred Upton
Cornwall

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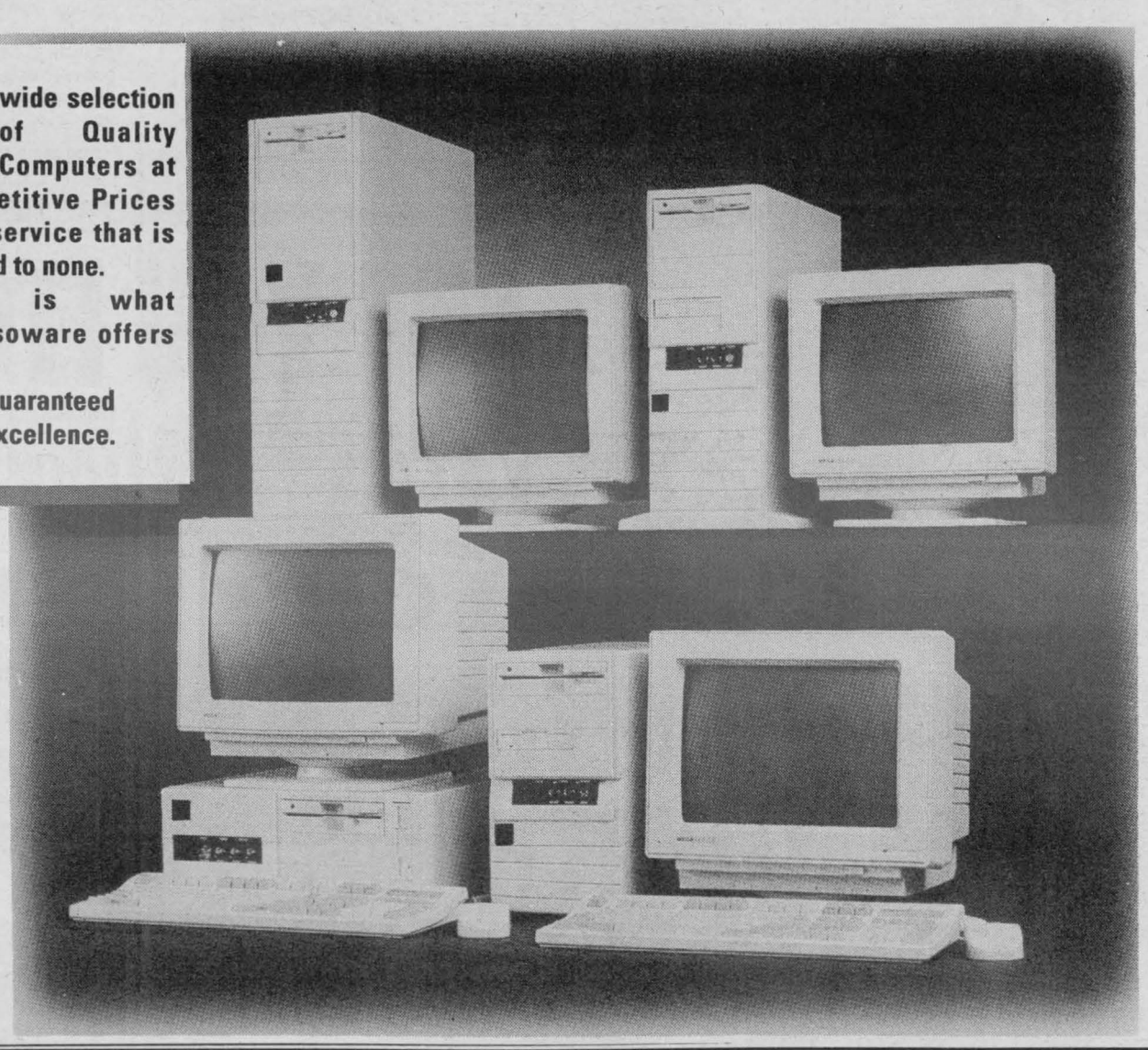
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When you think of an expandable home design, you probably think of something like a high ranch with an unfinished basement. When you need the space, you grow down. But Guildcrest Homes, a modular home builder with its factory in Morewood, Ontario, has developed an innovative design called the Tiger Lily that actually allows owners to grow up - upgrading it from a starter-size one-storey home to a full two-storey family home.

Couples looking for the perfect starter home who plan on starting a family down the road, now have the option of building a home they can easily stay in for the long tern. When they're ready, the Tiger Lily can grown from a comfortable 999 square foot three-bedroom, two-storey home featuring a main floor family room, a home office, an eat-in kitchen and two full baths.

Roy Mills, the Guildcrest dealer in the Ottawa area, explains the reasoning behind the Tiger Lily's design. "during these tough times, most young couples are finding the house of their dreams just out of reach financially. They like the look and feel of a larger home, but don't want to have to move later on to achieve that goal. Guildcrest has recognized this need for a home that is easily expandable."

According to Mills, the second storey of the Tiger Lily is fully insulated with the stairs, electrical conduits and plumbing lines for the second floor already completed. "This allows us to quickly and inexpensively finish the second storey, without having to remove and replace the roof or exterior walls. As well, the first floor plan has been carefully designed to work just as well after expansion as before - an innovation we believe people will be very interested in."

Mills foresees Guildcrest doing well with the new design. "Much depends on how the marketplace reacts," he said, "but there's no reason why it won't do well. It's an idea whose time has come.

For more information contact:
Mr. Roy Mills
Guildcrest Homes
Box 10, 20 Mill Street
Morewood, Ontario
KOA 2RO
Tel: 613-448-1190
Fax: 613-448-1106



Talking Trash at Tagwi

If you've got something to say about where SD&G garbage should go, Tagwi Secondary School near Avonmore is the place to be Saturday, October 2.

The SD&G Waste Management Master Plan kicks off Waste Reduction Week (October 4-10) with the October 2 workshop on what's important about finding a site for a new landfill. The Master Plan is the co-operative long-term plan to come up with ways to divert and dispose of SD&G waste and is jointly shared by the United Counties' 20 municipalities.

The Tagwi workshop will present proposed criteria to be used as guides in looking for new landfill space after the public has had a chance to comment, make suggestions for changes, or to include items, says co-ordinator Anne MacGillivray. The free workshop runs from 9:30 a.m. to 4 p.m. Small group sessions will be a part of the day.

The Master Plan has followed the same procedure in asking residents about what was important to them in diverting waste, and the results of those meetings and workshops are available through MacGillivray in the Diversion Strategy Report, released last April, through Open Houses in each County. "We think it's just as important for SD&G residents to know the 'how's' of landfill siting as it is the 'what's' -- this is a chance to have a say in the guides the consultants will eventually be using to look for new landfill space in SD&G."

"Asking people to give up a Saturday is hard," says MacGillivray, "but with families working during the week, and with evening meetings for so many other things, it's the best we can do. We really would like to hear from residents as this gets underway. Everyone is most welcome."

In any case, says MacGillivray, the public will continue to be kept informed through the media about the ongoing process. For workshop information, call MacGillivray at 938-6112 or if that's long-distance toll-free at 1-800-267-2538.

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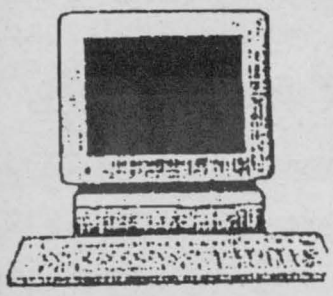
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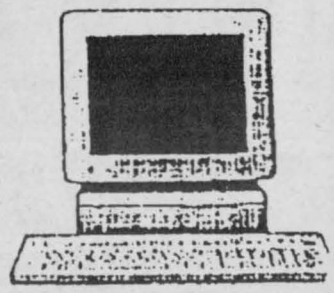
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MPP REPORTS



By John Cleary
SEAWAY NEWS

NDP Government Has Master Plan For More Tax Hikes

By now, the impact of the NDP government's $2 billion tax grabbing budget, which was announced on May 19, has been felt by almost every resident of the greater Cornwall area. Additionally, Bob Rae's Social Contract has borne down on the financial situation of a great many public service employees in our region. Bob Rae has pilfered through the pockets of Ontarians, and it is evident that he has exhausted taxpayers and businesses abilities to pay.

Amazingly enough, however, I have learned that Bob Rae and his NDP caucus are continuing to scheme over how else they may gather money for the provincial purse. Specifically a secret NDP cabinet document leaked to my caucus outlines the government's master plan for the next two years, and listed among the 113 pieces of priority legislation were items marked as "1994 Budget Bills" - a strong indication that the government intends to bring in a number of new tax bills.

While I am uncertain what specific initiatives the NDP may be considering, I am concerned abut the implications of this reference to more tax hikes. In addition to anticipating more direct taxation, there have been reports that the government is considering new and inventive ways of squeezing even more money out of Ontarians through something called non-tax revenues, as outlined in an internal government memorandum dated July 19.

Non-tax revenues are derived from sources such as fines, penalties, royalties, and registration and licence fees; these items currently account for $5 billion on the government's annual income. It has been suggested that the NDP is planning to double that amount by asking all ministers to consider money-making options available through their individual ministries. Any new fees that may arise as a result of this strategy would be in addition to the 35 fee hikes, worth $220.9 million in extra revenue, that the NDP just introduced in their spring budget.

For the people of Ontario, already under the strain of unprecedented unemployment figures and exorbitant increases in amount and number of taxes paid, this is just more bad news. The NDP has tried to down-play these two leaked documents, but they appear to be in-depth briefing papers that were prepared for the NDP cabinet retreat weekend of September 7, 1993.

In addition to creating fear over direct taxation and non-tax fee increases, the master plan document provides insight into what we may expect in the upcoming legislative session, which is scheduled to resume on September 27, 1993. It appears that the House will commence with debate on the Environmental Bill of Rights and Bill 80, the construction component of their controversial Labour Relations Act.

As for 'non-priority', the paper suggests that the NDP will not be proceeding with a number of bills until after the next election while completely shelving 53 other pieces of legislation. Among the delayed bills are the Environmental Protection Act and education reform. Bills that the NDP will likely be trying to drop entirely include Whistle-Blower Legislation, Open Government Legislation, Safe Drinking Water Act, the Pollution Prevention Act, and the Food Safety Law.

One thing that the document does not contain, which causes me great concern, is a reference to legislation that would help to create an environment to promote private sector investment and job creation. This is completely incomprehensible, particularly as the latest Statistics Canada unemployment figures reveal that almost 350 people have lost their job every single working day since Bob Rae became Premier.

These are difficult times, and the government must address the number one concern of the day: jobs. I am astonished that, given the economic climate in Ontario, the NDP government could be considering plans to raise taxes even more, without any sound economic strategy for getting Ontario back to work. I firmly believe that we should be supporting job creation and plans to encourage investment that will get people working again, not driving jobs away with more taxes.

I and my caucus will be using the upcoming session and every other opportunity to push the NDP government to hold the line on taxes, control government spending, reduce government red tape and regulation, eliminate the job-destroying provisions in their labour legislation and put forth effective programs to get Ontarians back into the workforce.These actions combined would create confidence in the private sector and encourage a return to a healthy and vibrant economy.

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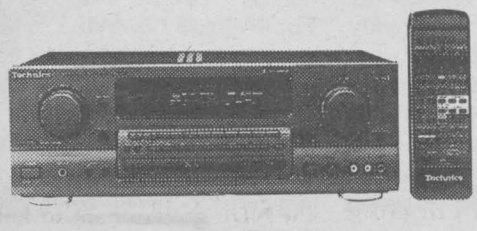
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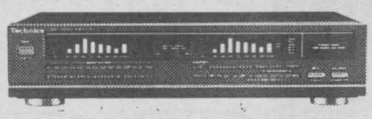


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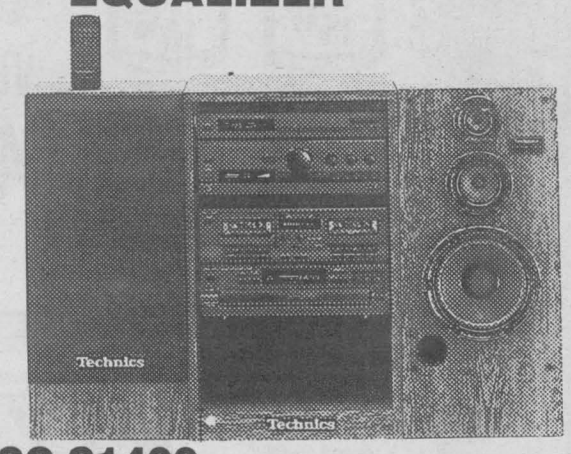
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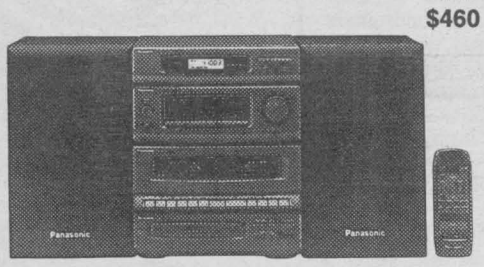
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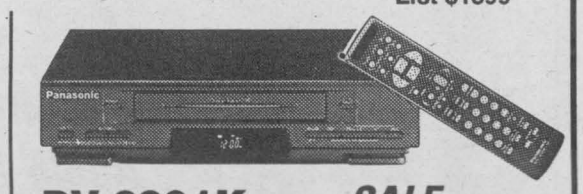
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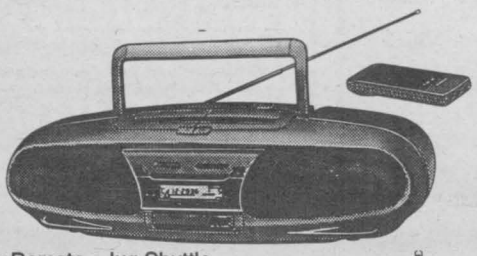
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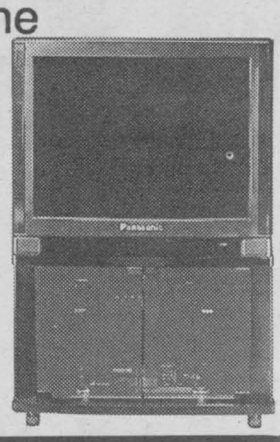


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Haley's Handy Hints



Today we're going to deal with a rough subject, in a non-abrasive way!

Whether you own a complete workshop or merely a toolbox, today's tips are just for you! Firstly, most of us find we have to trim our sandpaper to smaller more manageable pieces. But did you know that while you were cutting that sandpaper the scissors you were using were being sharpened at the same time? And not only is sandpaper great for sharpening scissors, it also works well for sharpening your sewing machine needles. Simply push the needles through a sheet of fine sandpaper several times and your needles will be as sharp as ever.

Now, if you've ever had to hang a heavy item on the wall and needed to locate the wall studs and you don't have a stud finder, you're gonna love this next tip. Many would-be do-it-yourselfers have rapped their knuckles raw trying to detect the solid sound of an elusive wall stud. But you don't have to. In place of a regular stud finder, I've heard that a common compass works almost as well. Simply draw the compass across the wall and you should find the needle will be attracted to the dry-wall nails. Neat huh?!

Finally, this last tip comes under the "why didn't I think of it before" category. When I heard about it that's exactly what I thought. It seemed so obvious. Picture this, you're up on a ladder holding your hammer in one hand, your screwdriver in one pocket, your screws in another pocket and your nails in your mouth. Been there before? ... Well no longer. The top rung of your ladder, if you follow the cardinal rule of not standing on it, is normally obsolete. However, if you cut some leftover moulding to size and nail it around the edge of the top rung this will create a handy hold-all for your nails and screws, etc. And it saves you having to climb up and down all the time, unless of course, you need the exercise!

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The consumer voice at CSA

(NC)—CSA standards are developed through a consensus approach. At CSA Standards Committee meetings, volunteer representatives from key interest groups—government, industry or professional associations, and consumers—exchange views and agree on requirements for products, processes and services. CSA was the first standards organization in Canada to invite Consumer Representatives to participate on standards committees; it remains one of the few international organizations with this representation. Currently, Consumer Representatives voice consumer concerns and needs on over 200 CSA Committees. Many of these Representatives are also members of the Consumers' Association of Canada, a strong national consumer advocacy group.

SETTING STANDARDS

CSA also gains consumer input through the efforts of five Consumer/Community/Campus Advisory Panels (CAPs), located in Vancouver, Winnipeg, Toronto, Montréal and Halifax. Each Panel meets four times a year to discuss CSA-related topics and prepare recommendations for changes and improvements to CSA standards. These recommendations are often forwarded to Standards Committees, regulatory authorities, producers, and manufacturers throughout Canada for consideration.

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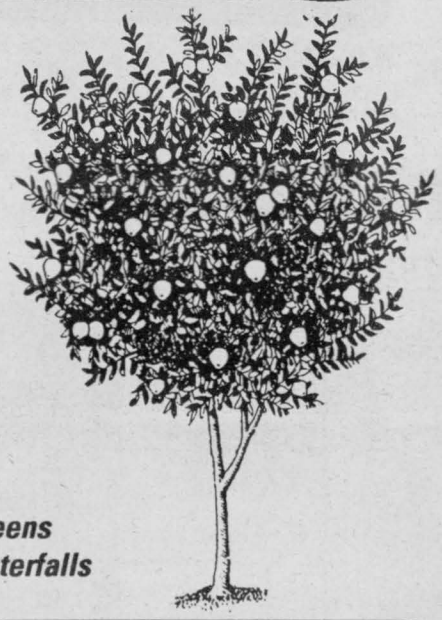
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Worm probes declared a hazard

(NC)—The U.S. Consumer Product Safety Commission is urging consumers to stop using worm probes, devices that use electrical current to shock earthworms to the soil surface so they can be gathered for fishing bait. The Commission is aware of at least 28 related electrocution deaths in the U.S., some involving children and passer-by as well as worm-probe users. Fortunately these devices are not certified for use in Canada.

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Let's Plan It ... Let's Make It Happen in 1994

The Cornwall Regional Visitor & Convention Bureau is hosting a one day Tourism Planning Conference on Wednesday, October 13, 1993 and invites all tourism operators and businesses in Cornwall and the Seaway Valley to register and attend.

Janet Parisien, Executive Manager of the Bureau suggests that this first time, but soon to be annual conference will provide participants with an opportunity to network, share information, and then, together develop a focus of tourism marketing and advertising activities to attract potential visitors in 1994.

The highlight and a key part of the day's program will be an opportunity for local and area tourism operators to network with publishers of various tourism related publications. The "Advertising Opportunities Tradeshow" will include exhibitors whose publications target various tourism markets. Examples of those markets include boating, fishing, car racing, conventions, bus tour, U.S., Ottawa and regional visitor guides as well as information on those "free" advertising opportunities that everyone can take advantage of.

The conference program is presently still being developed, with the help of Cornwall and area tourism operators and area tourism organizations, including the Eastern Counties Hotel, Motel and Restaurant Association, Seaway Valley Tourism, the Cornwall Chamber of Commerce and the City and Counties Departments of Economic Development. The Bureau will be sending out details to the tourism industry in the area soon, but suggests that if interested in attending, you mark your calendar now - Wednesday October 13, 1993 - the conference theme: "Let's plan it ... Let's make it happen in 1994."

The formula for next year's and future tourism successes: start with a VISION ... create a PLAN ... include PARTNERS ... work TOGETHER ... achieve RESULTS.

United Way of Cornwall & District Kick-Off Breakfast



The Kick-Off Breakfast for the United Way of Cornwall & District was held recently. Kazi Marouf (right) receives cheques of $40,000 from Glen Grant (left) on behalf of the Domtar staff & Locals 212 & 338 and Mike Edwards (centre) in the amount of $9,500 on behalf of the Domtar staff Local 68.

(photo by John Schaeffer)

THE BEST OF TIMES

Understanding Type 2 Diabetes

Over 90 percent of people diagnosed with diabetes fall into the type 2 category which affects nearly 1 in 20 people.

With type 2 diabetes, the body produces insulin, but isn't able to use it to produce energy. The result is that glucose builds up in the body which could result in some damage. Diabetic symptoms include extreme fatigue, slow healing of sores and infection, numbness or tingling in the feet, unusual thirst, frequent urination. In addition to the above symptoms, women may suffer from recurrent vaginal or yeast infections.

Most people with type 2 diabetes can control the condition through weight loss, exercise and diet. Only a few will require medication.

Taking good care of yourself and changing some lifestyle habits gradually over time can help keep type 2 diabetes in check. For additional information, contact your local chapter of the Canadian Diabetes Association.

This column is provided by the Investors Group Inc. in collaboration with the Canadian Fitness and Lifestyle Research Institute.

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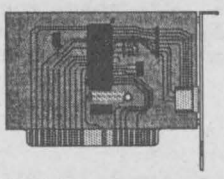
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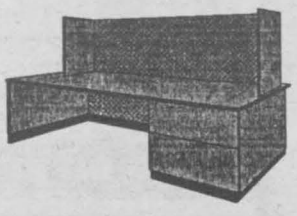
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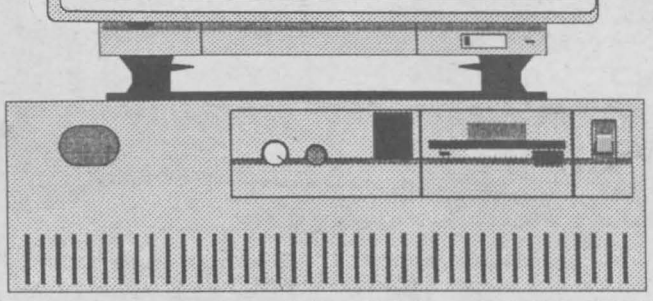
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Computer World
by T.A. Steynor

It's a Zoo Out There

The microcomputer world is getting more and more confusing with the proliferation of new operating systems that actually control how your computer works. IBM is introducing a new version of the DOS operating system for personal computers. Microsoft Corp. has a new version of Windows. IBM is also introducing a new version of their OS/2 operating system.

Apple Computer and IBM are also promoting a new generation of PCs based on the Power PC they built with Motorola. To further muddy the waters IBM and Apple are introducing a new operating system for the Power PC. And not to be outdone, Intel which produces the central processing chip for most IBM compatible computers has just released their powerful new Pentium processor.

Everything is new but nothing's different. It's the same old story about PC technology, bigger, faster, smarter, buy, don't buy.

This year on the hardware side we will see a dramatic improvement in PC performance. In the past eleven years, we have become accustomed to incremental improvements as the technology moved from the first Intel 8086 porcessors through the current 80486 chips. On the Apple side, the Motorola 68000 chips have evolved to the current 68040 processors that power the Apple Macintosh systems.

The next generation of computer processors - the Pentium and Motorola Power PC - will deliver performance improvements in the order of 200 to 300 percent.

Secondly, many of us will be saying goodbye to MS-DOS, the Macintosh System 7, and OS/2. A new generation of computers will require new operating systems.

Microsoft will replace the ancient and outdated MS-DOS with a faster people-oriented operating system that uses Windows as its user interface. Power PCs are promising to run everything - including DOS, Windows, and Mac applications - by imitating those operating systems with software.

What is going to happen is that we will see all new hardware and all new software. The down side to this, of course, will be the forced obsolescence of our current systems.

This poses a major problem for anyone looking to replace or upgrade their existing system in the near term. I have always believed that a computer investment should be good for at least three years.

With so much change in the works, the purchasing decisions made in the last half of 1993 will have more risk potential than ever before in the history of the personal computer.

So what do you do if you have to buy today? What decisions can you make to protect that investment? Yes, I know that prices have dropped dramatically in the last 18 months, but you still owe it to yourself not to throw your money away on a system that will be obsolete in the next two years.

My advice is to go for the windows platform running on a 486 machine with a speed of at least 33 MHZ and preferably 66. (MHZ is how we define the operating speed of a computer). No matter what happens, you can bet that Microsoft, with their windows environment, will be part of it. Moving to the windows platform will protect your software investment with upgrade paths to the software as it is released.

The new application software in both windows and DOS has demanded more memory and huge amounts of disk storage space and this trend is not going to be reversed. The new Pentium processor will make more speed available and demand more memory and storage. This translates into buying the most powerful hardware you can afford.

Digital processing chips included in forthcoming Macintosh models will help alleviate some of the power demands. However, the new Power PC technology that will be the wave of the future for Apple will have large power requirements. On the positive side, the ability to run a variety of operating systems is a real plus. It should be 2 to 3 times faster than the current Mac Quadras and be very competitive from a price point.

Yes, it is a zoo out there but if you think abut it, that's really been what life has been all about in the PC world. A little bit of thought when you are buying new systems will go a long way towards giving you a system that will last you well into the middle of this decade.

T.A. Steynor, CPC, is President of T.A. Steynor Consultants Inc.

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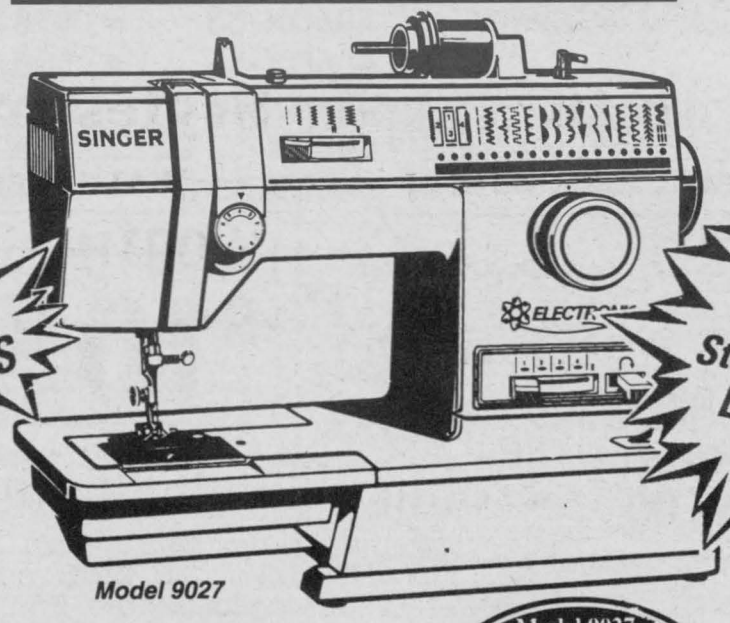
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IN OTHER WORDS
BY MICHAEL A. TEDESCO T.M.

The solutions to the word-clues are names, places, or general words. To solve them, replace each of the words that appear in the groups below with other words. Use synonyms (different words that mean the same thing) — antonyms (words that mean the opposite) — or analogous/related words that spring to mind.

Example: **Faucet-Donkey-Sapling Tap-Ass-Tree**

Answer: **TAPESTRY!**

DUO — ONE — CRAPS..... (General Word)

CARTON — MADAME..... (General Word)

LITTLE DEVIL — ATMOSPHERE — SICK.... (General Word)

SMUDGE..... (First Name)
WINTER HATS — PRICKLY SEED — ABOUT.. (Last Name)

ANSWERS:
PAIR-A-DICE
PARADISE
BOX-SIR
BOXER
IMP-AIR-ILL
IMPERIL
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HOROSCOPES

Sept. 26-Oct. 2

ARIES – March 21/April 20
Money could slip through your fingers much too quickly, especially if a forgotten debt suddenly catches up with you. Before jumping into a major business venture, get the advice of a professional. A friend wants to clear the air with you over a recent misunderstanding.

TAURUS – April 21/May 21
If you want to look your best for an important function at work this week, you should go shopping for some new clothes. A new outfit will make you look and feel better. This is an especially good time for love and romance. Do something special and creative for your mate.

GEMINI – May 22/June 21
Relationships, both business and personal, will be particularly active. You may be involved in various lengthy discussions at work as well as at home. Distinctive opportunities are growing for you to promote your thinking with others, enlarging their ideas and scope of vision.

CANCER – June 22/July 22
Your busier-than-usual schedule is driving you nuts. It's time to relax and take a break. Consider a weekend getaway at a tropical place. Don't let your emotional side get the best of you after a disagreement with a loved one. Everything will work out for the best.

LEO – July 23/August 23
Emotional affairs could dominate many of your thoughts and actions for most of this week. If this is the case, steer clear of business and financial decisions. You may find yourself in an embarrassing situation at work. A visit from an old friend will put you in a good mood.

VIRGO – Aug 24/Sept 22
You've probably had little or no time to spare for hobbies during the past week, so it will give you all the more pleasure to turn to them this weekend. Your working environment will be more pleasant than it has been in months. A Scorpio of the opposite sex is interested in you.

LIBRA – Sept 23/Oct 23
Keep your head out of the clouds. Realistic goals are the only ones you should be setting. You just can't have your cake and eat it too. Small decisions will be especially hard for you. You may find yourself agonizing over what to have for lunch. Plans for an upcoming event are going more smoothly than you may have thought.

SCORPIO – Oct 24/Nov 22
During the weekend a friend may upset you by taking sides — not yours — in an argument. Your peace of mind will not be regained until some apologies have been offered. You will be spending a lot of time focusing on domestic matters. It's a good time to purchase furniture.

SAGITTARIUS – Nov 23/Dec 21
Your time will be in great demand this week. You will have to be extremely organized to complete all you set out to. There may be trouble in paradise, too. Your partner or mate may be angry with you over something you think is unimportant. Try to see both sides.

CAPRICORN – Dec 22/Jan 20
This may be a difficult week emotionally. You may be criticized unfairly for work you've done. Stick to your guns, and don't brood. Instead, plan an evening out. Go to a show or visit your favorite restaurant with someone you love. This will put your mind on what really counts.

AQUARIUS – Jan 21/Feb 18
This will be a great week. You will be very excited about meeting with a friend you haven't seen for some considerable time. A career opportunity will come your way. This could be very good for your future. Keep sight of where you want to be in the next five years.

PISCES – Feb 19/March 20
Cooperation between you and coworkers brings beneficial results. An embarrassing situation could be avoided by checking details on an important project. You may be in a sulky sort of mood throughout the week, but there really is no reason for feeling this way.

YOUR BIRTHDAY THIS WEEK
The next 12 months:
This will be a year of personal growth. You will find out a lot about yourself and start changing the things you don't like. A few hard times this winter will make the rest of the year seem like life in paradise. You'll realize that you're stronger than you thought. Casual friendships will evolve into tighter bonds. You will probably end up with a new "best friend." Finances will be no cause for concern, except during the holidays. You — or someone close to you — will reach a milestone. There will be reason for celebration. You might enjoy keeping a diary to look back on from time to time.

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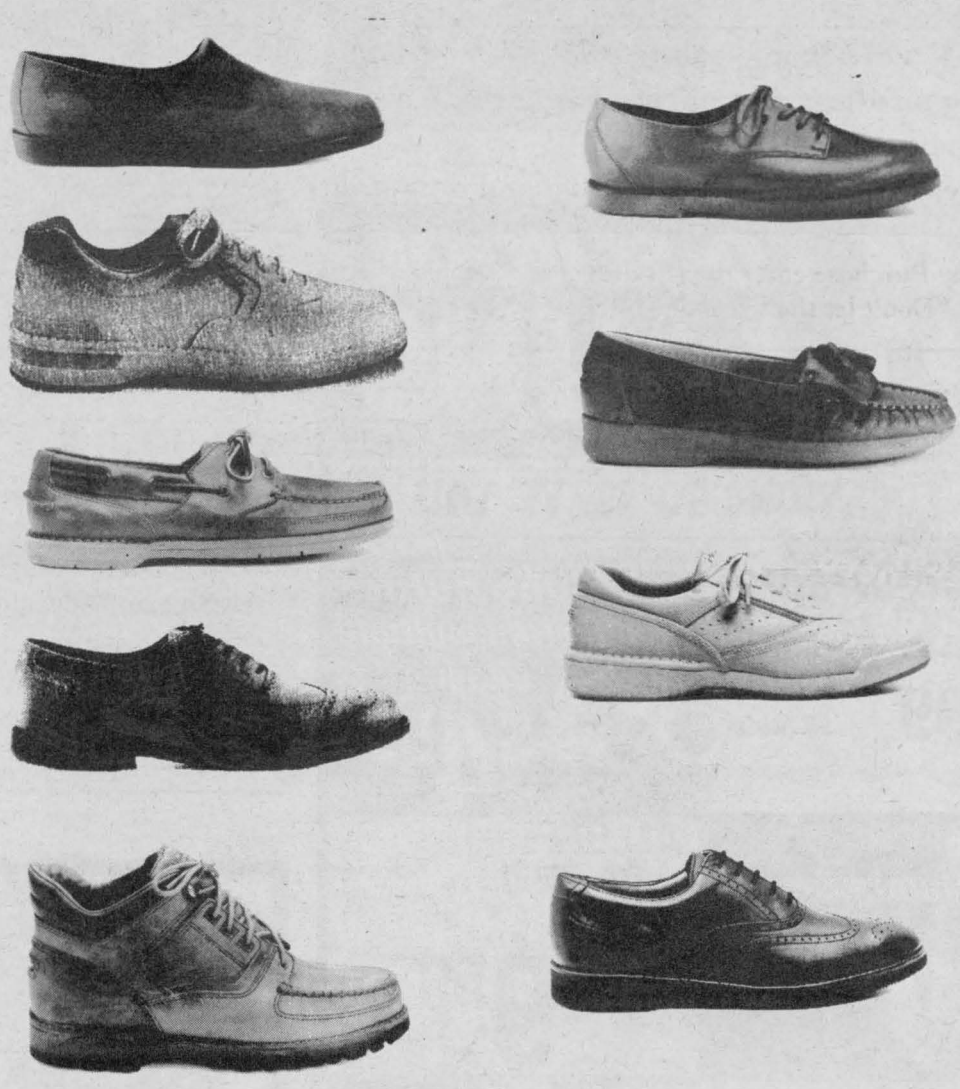
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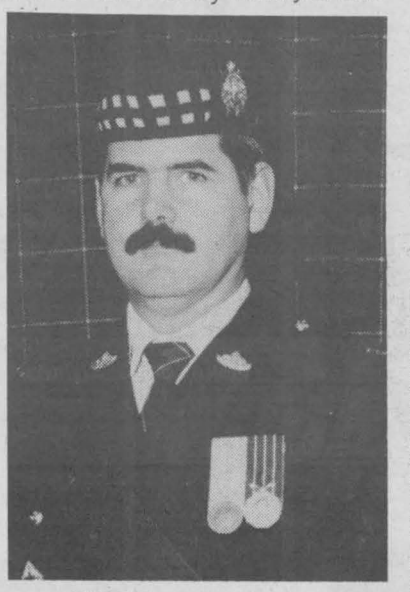
Highlanders Get New Regimental Sergeant Major

At 1500 hours on Oct. 02, 1993 in the Cornwall Armoury, the SD&G Highlanders will have a change of Regimental Sergeant Major.

CWO Roy Clarke, CD will turn over the Regimental Sergeant Major position to CWO Vince Colgan, CD. The Commanding Officer of the SD&G Highlanders LCol. R.J. Brooks, CD will preside.

CWO Roy Clarke is a foreman at Domtar Specialty Fine Papers. He first joined the SD&G Highlanders as a private in 1974. He has served six months with the United Nations Peacekeeping Force in Egypt in 1976. He was born in Stockport, England. He is married to the former Debra Derochie of Cornwall. They have two children, Nancy 14 and Nelson 12.

CWO Vince Colgan, CD is employed with Air Canada for the past twenty years and is presently Inventory Controller for the Airbus A320 Aircraft. He was born May 13, 1953 in London, England. He joined the Royal Montreal Regiment as a private in Sept. 1969. He attended the annual Fly-Over exercise in Germany from Jul.-Oct. 1973. He served as Regimental Sergeant Major of the Royal Montreal Regiment from June 1984, until May 1988 and then transfered to District #1 Headquarters, Secteur de L'Est. Following one year as the District Shoot to Live Coordinator in May 1989, he became District Sergeant Major. He completed his term as the District Sergeant Major in February 1992. He is married to the former Carole Spenard of Chateauguay, Quebec. They have three children, Anthony, Gerald and Isabelle.

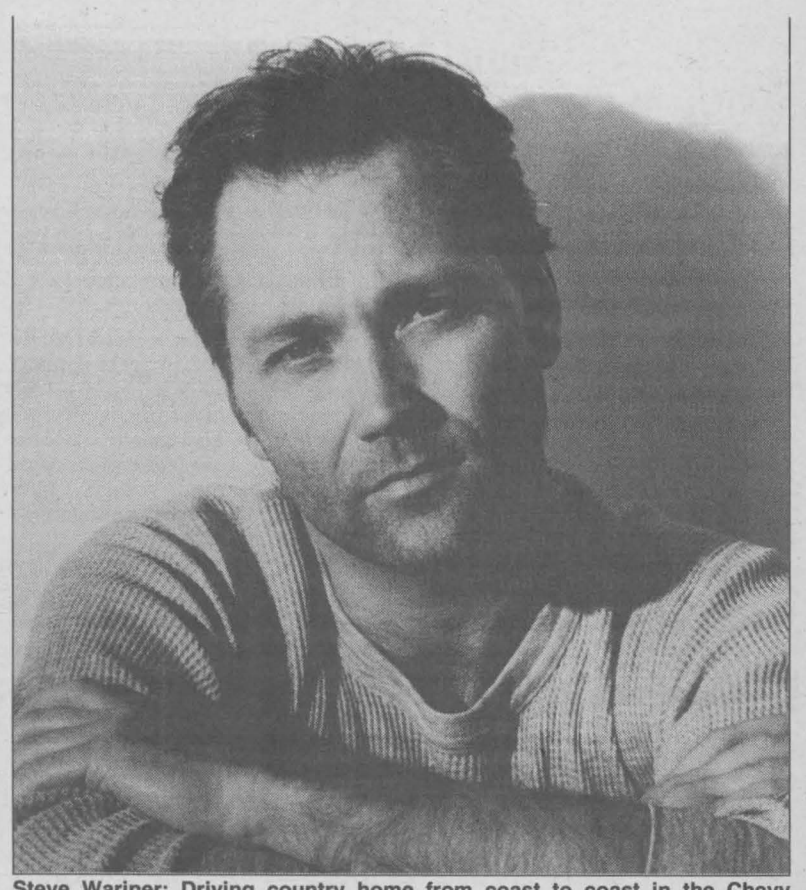


CWO Roy Clarke, CD



CWO Vince Colgan, CD

Chevrolet Truck announces country music concert tour



Steve Wariner: Driving country home from coast to coast in the Chevy Drive Tour this fall.

(NC)—General Motors of Canada's Chevrolet Truck division has announced details of its upcoming cross-country "Chevy Drive Tour" country music concert tour. The featured performer will be Steve Wariner, who just released his "Drive" album, which includes the hit, "If I Didn't Love You."

The tour will include 16 cities across Canada, with three shows in late September, and 13 shows in early November. Scheduled to appear for the three September shows will be Toby Keith, and the 13 November shows will feature Larry Stewart, former lead singer of "Restless Heart," who has just released his "Down The Road" album.

Appearing with Steve Wariner on all dates will be one of Canada's most popular songwriters and singers, Cassandra Vasik.

This is the first time for GM of Canada to sponsor a major music event on a national basis in Canada. A Chevrolet Truck spokesperson says that the explosion in popularity or today's contemporary country music and the association or trucks and country music make this concert tour a "natural fit."

Part of GM of Canada's decision to sponsor this tour was based on showcasing one of Canada's hottest new country singers, Cassandra Vasik. "Canadian talent was essential for our interest in any national tour," says the spokesperson. "We're very pleased to be featuring Cassandra Vasik, a great performer."

AUTO FACTS

The concert tour's headliner, Steve Wariner, has 12 Number One hits to his credit along with dozens of Top 20 hits over the last 10 years. He is considered one of Country Music's best guitarists and songwriters. Even Hollywood has tapped his musical talents. He wrote and sang the original theme for the TV series, "Who's The Boss?"

The schedule also includes Saskatoon (Oct. 31—Centennial Auditorium); Regina (Nov. 1—Saskatchewan Centre for the Arts); Winnipeg (Nov. 2—Walker Theatre); Thunder Bay (Nov. 3—Community Auditorium); Kitchener, Ont. (Nov. 5—Centre in the Square); and Hamilton (Nov. 6—Hamilton Place).

Also included are Toronto (Nov. 8—Massey Hall); Ottawa (Nov. 9—Congress Centre); Montreal (Nov. 10—Spectrum); St. John, N.B. (Nov. 12—Civic Centre); Moncton (Nov. 13—Moncton Coliseum); Sydney N.S. (Nov. 15—Centre 200); and Halifax (Nov. 16—Metro Centre).

Please note that these dates are tentative and may be subject to change. For more information, contact your local Ticket Master outlet.

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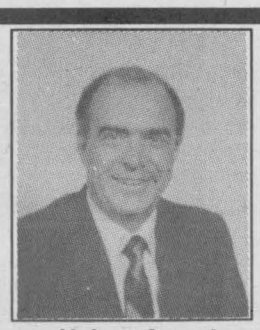
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Taking the starch out of starch

(NC)—Starch has long been considered an enemy agent in the battle of the bulge. But it's now beginning to take on the role of nutrient star of the 90s.

Starchy foods like white rice, pasta and potatoes may be more nutritious than previously thought. The key seems to he quantity, rather than quality.

Normally, sugars and starchy foods are digested in the small intestine. However new research shows that about 10 per cent of the starch we eat may be resistant to digestion. The result is compounds with "anti-cancer" properties believed to protect the lining of the colon.

Commitment to LIFE ONA

In the Orient, where rice and noodles are staples, the incidence of bowel disease is four times lower than in North America, while starch consumption, at about 300 grams per day, is twice as much. This translates into 10 to 12 one-ounce or one-half cup servings a day of breads, cereals and so on. Combine these with lots of fruits and vegetables and you'll fill your daily starch and fibre quota.

This information is sponsored by the Ontario Nurses' Association, the voice of about 50,000 registered staff nurses in the province.

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Liberals Open Campaign Office



The Liberals recently opened their campaign office on Montreal Road. Pictured above (left to right) are Joe Fobert, Campaign Manager; Gilles Metivier, Office Manager; Bob Kilger and his wife Bernice.

(photo by John Schaeffer)



BEAUTIFUL YOU

Allied Beauty Association

You and your hairstylist

(NC)—What do you say to a hairdresser after you say "Hello"?

Many hairstylists believe in a consultation on the first visit. This, they feel is important to enable you to explain what you want, if you are planning a change and why, and talk about your lifestyle.

If you don't know the technical language, don't worry. Be yourself. Just explain how your hair behaves. Don't forget that hairdressers want to please. They want you to come back. For your first visit don't do anything drastic like turning into a redhead or having your long hair cut short. Have a shampoo and set and take a few days to think over the stylist's recommendations.

Be ready to try new styles. Accept a different stylist in your salon if your usual one is out for the day. You will be better ready to try a new hairdresser when you find yourself in another city. Everyone needs a change. Don't be rigid.

Colouring your hair is, of course, a big decision but not as earthshaking as it once was. A mistake can be quickly corrected.

Once you have found your hairstylist, trust him.

When you change your hair colour, you may have to also change your make-up. There again, you will have to rely on a specialist to advise you.

If you are having a permanent, be sure you and your stylist mean the same thing when you say, wavy, soft or curly. Ask to see an example or a picture.

Don't be shy about discussing money. Ask how muck it will cost before you have anything done. When you have eliminated that question, there will be a good and relaxed relationship between yourself and your stylist. Most likely a pleasant style, a good perm or a flattering colour will be the result.

Tips are part of the hairdresser's earning. Don't be embarrassed, if you are pleased, to give a tip and don't give any if your are not pleased. In general tips range between 15% and 20% of the cost of services.

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MONEY SENSE

By Phil Hale

Independent Financial Advisor

Registered Retirement Savings Plans

Some invetors only look at the short term tax break that an RRSP can provide. They are usually younger investors who are not yet concerned with their retirement.

The smart investor, on the other hand, also sees the long-term benefits of accumulating assets in a tax-sheltered plan.

Investing in an RRSP over a long period of time makes sense: the longer the money stays sheltered from taxes, the greater the earning power of your investment. How many investments allow you to do that?

Consider what an RRSP can do for you. Suppose you contribute $1,000 a year to your RRSP for the next 30 years and earn on average 10 percent compounded annually. In 30 years, you would have accumulated $165,000. At 12 percent, your investment would be worth about $240,000.

Had you invested outside of an RRSP, your nest-egg would be worth much less. Your $30,000 principal invested at 10 percent compounded annually would accumulate only about $79,000. Even if your average rate of return was 12 percent, you would only accumulate about $98,000, assuming a tax rate of approximately 40 percent.

There's a reason for the dramatic difference. Assuming you are in a 40 percent tax bracket, the $1,000 you invest each year outside of an RRSP is worth only $600. Furthermore, your 10 percent return is in reality only 6 percent because you are also taxed on the interest.

The RRSP's strength is its compounding effect over a long period of time. Coupled with a high rate of return, a tax-sheltered investment such as an RRSP will play a major role in guaranteeing an investor has enough savings to support their financial needs during retirement.

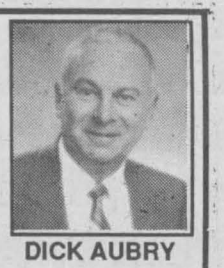
When considering an RRSP, the smart investor will seek out a high-yielding investment. While guaranteed term deposits, guaranteed investment certificates or Treasury bills offer low rates of return. The best bet lies in equity or growth of mutual funds, such as those offered by Trimark Investment Management Inc. They are professionally managed, diversified and liquid. While it is almost impossible to predict the performance of equity funds, they have historically performed far better over the long term than more conservative investments.

The chart below demonstrates the value of saving as much as you can at a high rate of return over a long period of time - 30 years.

Obviously, the sooner you begin investing in an RRSP, the longer and faster your money will grow. Talk to your financial planner or stock broker today to find a fund that meets your financial needs and goals.

Annual Contribution	5%	10%	15%
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Announcement



Rodger Grant is pleased to announce the appointment of Mr. Brian Strachan as PARTS MANAGER of Rodger Grant Toyota. Brian brings to the position an extensive background in Toyota and extends a welcome to his existing clientelle. Brian looks forward to providing the same degree of knowledge and service to his new customers at Rodger Grant Toyota.

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The reason: the skilled money management of Mackenzie, coupled with lower income tax payable on the dividends and capital gains which form part of the fund's quarterly distribution.

The lesson: for the full story on better returns - before and after tax - from a portfolio more than 75% invested in securities which are fully guaranteed for principal and interest payment by the federal government, you should speak with your independent financial advisor. Today.

Mackenzie
The Industrial Group of Funds
Brightside Financial Services Inc.
504 Pitt St., Cornwall, Ont. K6J 3R5
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Phil Hale

Important information about this offering is contained in the Fund's simplified prospectus. Obtain a copy from us and read it carefully before investing. Unlike GICs, unit value and investment return for mutual funds will fluctuate. The indicated rates of return to August 31, 1993 are the historical annual compounded total returns, including changes in unit value and reinvestment of all distributions, and do no take into account sales, redemption, or optional charges payable by an investor which would have reduced returns. Past performance is not necessarily indicative of future returns.

YOUR MONEY

Ignoring tax instalments could cost you money

By Patrick Fellows

☐ I understand that Revenue Canada may forward instalment remittance forms if one has income tax deducted from less than 75 per cent of one's net income.

I am currently working and receive dividends as well as interest income.

If I make an instalment payment to bring my total income tax for the year up to 75 per cent, will I be free from any penalties?

For this I would only have to remit another $1,000. I am only in a 23 per cent tax bracket.

Some people have told me to ignore an instalment request as Revenue Canada is really after people who owe an enormous amount of money. What do you suggest? V. D.

☐ If the tax department asks for instalment payments, it will cost you money to ignore the request.

The interest charge on unpaid amounts varies (currently 7 per cent) but is designed to discourage tardiness since it is usually greater than what you can earn after tax by putting the money somewhere else.

If you get a notice to pay by quarterly instalments, it must mean that a fair proportion of your income comes from investments because your job would involve source deductions.

As you spell out in your opening sentence, instalments are payable if tax is deducted from less than 75 per cent of net income. Revenue Canada will advise you on the methods you may use to avoid penalties.

If you haven't had notice, get ahead of the game by asking the taxation office for the pamphlet Paying Your Tax by Instalments and perhaps the Instalment Payment Calculation Worksheet.

When you say you are in a 23 per cent tax bracket, do you mean you pay 23 per cent of your income in tax? This would not be a tax "bracket," which is the tax rate on the top layer of income, or the "marginal" rate.

Giving up

☐ I have a couple of hundred shares of Bramalea Ltd., bought years ago at $30 a share.

They are now worth only about 16 cents. I have no broker or other investments and plan none in the future.

I have accepted my loss and just want my name off the share records. What is the easiest way to get rid of this stock?

A sale might not even pay the commission. Can I have the shares cancelled? D. L.

☐ This is an unwelcome loss, but our first thought is that maybe you are too easily disillusioned. A seasoned investor is one who has losses to his score card as well as gains.

Our attitude at this stage would be to keep the stock because it's not worth selling.

Its downside potential is very limited; the upside is anywhere.

If you really want out, there's nothing to stop you giving it away, but for tax purposes at fair market value and having the transaction recorded by the transfer agent (small fee maybe).

However, don't let disgust get the better of you. Attend a few investment seminars (watch for ads) and perhaps you will acquire a more constructive approach.

Employment in the future — choose a degree carefully

By Robert G.H. Menzies, CA

(MC) — University grads hitting the job market in the spring of 1992 suffered a rude shock. In some graduating classes, only five to ten per cent of them got a job.

MONEYCARE

And as any chartered accountant will tell you: The recession lives, but there is room for optimism. Believe it or not there are still top jobs going begging.

Two recently released international reports point to a relatively rosy employment future for Canada. The Paris-based Organization for Economic Co-operation and Development calls Canada a "recovering" economy along with the United States and Australia and predicts a 1.8 per cent rise in employment for 1993.

Consensus Economics Inc. out of London calls for employment growth in Canada to be significantly faster than in any other G7 country over the next five years, averaging 2 per cent between 1994 and 1998.

Unfortunately, this is a good news/bad news scenario. The good news is that there are going to be more jobs; the bad news is we are not sure where they are going to be. How do you pick the hot ones?

In a recent *Maclean's* article four areas were touted as the places to be in the future: health care, information technology, environmental consulting and design technology. As these areas grow, plenty of talented people will be needed.

These are probably great places to be, based on today's economy. But if you really want a jump on the future, try to imagine fields which do not even exist now.

Giant global alliances are taking place linking high technologies such as AT&T's fibre optics to the software capabilities of a Microsoft and the distribution network of an entertainment giant such as Time-Warner or Sony. This is a brand-new field defined by the delivery of information and entertainment.

The career variations in this field could be vast. Start with the customers. How will they get the information/entertainment package delivered — cable or phone lines? It is not clear at this point which technology will be the big winner. The point is: telecommunications will be hot.

Next is the software needed to deliver the product. All the way from switching to processing, somebody has got to be telling the computers what to do. This could be you.

There is the product itself, the preparation and the thinking behind it, the writers, artists, managers, agents. The market for your fine arts degree may open up in way unimagined today.

And finally there is the business itself. It needs managers. These will be highly paid jobs, but the qualifications are steep. More and more you are being asked to marry your undergraduate degree in arts, library science, computer technology or engineering to an MBA, law or accounting degree.

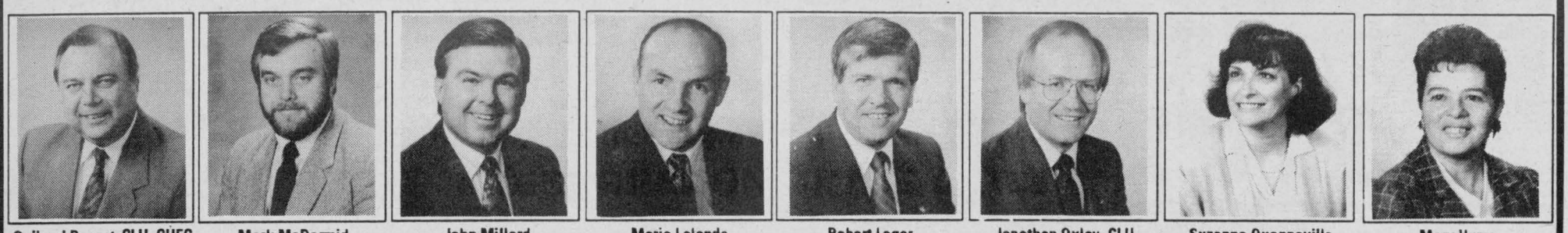
In today's world inter-disciplinary studies may just be the ticket. Don't paint yourself into a corner with a narrowly defined education which may be obsolete as soon as you graduate.

Although the next decade may not see the job growth and the labour shortages of the boom times, one constant will remain: the best and the brightest will be eagerly sought.

Whatever program you enter, strive to excel. Jobs have not disappeared — there are simply fewer of them. And in most cases they are better. Make the right choices, head for the top third of the class and be in one of them..

Moneycare is general financial advice by Canada's chartered accountants. Robert Menzies is a management and educational consultant based in Toronto.

You can't pay the bills with get-well cards.



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Lant On Business - Finance - Taxation

To the readers of this column, please note that said write-ups are normally written about two weeks in advance of the publication date. Therefore at times, some information could be a little out-dated. However, I will certainly try my best to keep this column current.

Further to my last column , I raised the subject of a "Flat Tax", which Dennis Mills (Liberal MP) has been promoting, since 1989. It is very encouraging to know, that the Tories may look at a flat tax. Revenue Minister Garth Turner has not admitted that it's about time for a top-to-bottom review of the income tax system - including a look at the idea of a flat tax. Turner said the following: "People think that the tax system is complicated and they feel that taxes are extremely high." Further remarks that Turner made: "I think it's getting very close to the time for a review of the total income tax system." "A flat income tax -with one rate for everyone and almost no deductions - is worth considering."

The big problem for Canadians, will be the forthcoming Federal election, and which party will form the next government. A lot of promises will be made, but once elected to office, how many of these promises will be kept and implemented? Figures compiled by the new Government Services department show the number of federal bureaucrats increased by almost 14,000 or 5.6% last fiscal year. You will be interested in noting that despite salary freezes, the federal payroll grew by more than $100 million, to a provisional $19 billion for 1992-93. Government Services, formerly Supply and Services, is paymaster to the bureaucracy. In the fiscal year which ended March 31st of this year, it showed it had more than 263,000 accounts. To say the least we now have a bigger bureaucracy.

Now with the fall season almost upon us, Canada's snowbirds will be thinking about returning to their winter roosts. If you are thinking about heading south for the winter, one should remember to check the rules of your provincial health care plan to see what coverage one may have while in the United States and also how long one can stay away without losing benefits. For Ontario residents it is very important to note that The Windcroft Report, may have OHIP coverage cancelled if you are out of province for more than six months in any twelve month period. (Don't forget that visits to other provinces are counted toward that six months). However, a time extension may be granted in some circumstances.

As stated in my first column, during the month of October, I will be dealing with finance and in the month of November, what else but taxation. It is very important for me to hear from you, the readers of this column. My final thought for this week's column comes from a quote from the late John Ciardi who said "gentility is what is left over from rich ancestors after the money is gone."

For a happy and satisfying retirement: "don't do nothing"

By John Withrow, CA

(MC) — "Don't do nothing" may sound like bad grammar, but it's good advice—especially when it comes to retirement.

MONEYCARE

And it's advice that holds good for retirement planning as well as for your retirement activities themselves.

As any chartered accountant will tell you, the best time to start planning for your retirement—no matter how far off—is right now. So start planning, if you haven't already.

First of all, and well before you intend to retire, get all your personal and financial affairs in order. Figure out your net worth, for example—total assets minus total liabilities. At the same time, set out a retirement budget, and remember to make provision for inflation. And implement your plan today.

In other words, make your maximum Registered Retirement Savings Plan contributions—you'll be glad you did in years to come.

Also, take a close look at your investment mix—fixed income versus equity investments. You might want to put more emphasis on fixed income as you get closer to retirement age.

Aim to cut down your debts. If you have a mortgage, car loan, or other personal loans, and large credit card balances—get rid of them as soon as you can. The idea being to go into retirement debt free.

And what about a place to live? You might decide to stay put, or move to a smaller house or apartment instead of a large home. You may even plan on moving to cottage country, or start thinking about a warmer climate.

These are all things to look at—and plan for. But look at them carefully. It's an important decision. And it's a good idea to try before you make the final move. A cottage may be great in summer, but what about mid-winter. Also, Florida looks wonderful in winter, but what's it like in July when all the Canadians have gone home!

But no matter what you decide, the idea is to get ready now. Consider your hobbies, for instance. Could they be developed? If you're a woodworker, consider going to night school and learning to be a cabinet maker. Not so far fetched.

And give some thought to possible sources of part-time income, which can be important. Do you have a special talent you can use to earn some dollars? This all comes under the heading of planning.

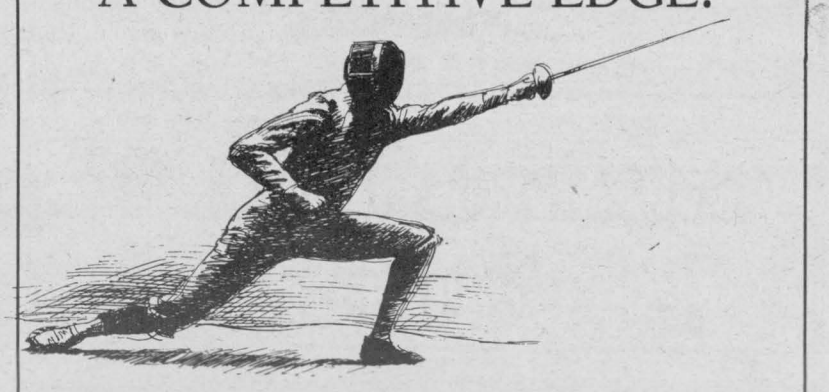
Then when you're into retirement your plans are in place. You've prepared for a satisfactory income and satisfying activities.

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Calendar of COMMUNITY EVENTS

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Oak St., Lancaster
CASINO NIGHT
Friday Oct. 1/93 7 pm
Ham & Turkey Draws
All Welcome
DART LEAGUE WEDNESDAYS
8 pm - Season Begins Sept 29/93
Info: 347-3286

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* **FRIENDS HELPING FRIENDS** is in need of volunteers for Van Drivers, Furniture Movers, Store Organizers, Poster Designers. Info: 936-1888 Mon-Fri. from 10-5:00pm.
* **CORNWALL ECUMENICAL CHOIR** practices every Tuesday at 8:00pm at Knox-St. Paul's Church. New members welcome. No audition necessary. Info: 933-1915
* **FRIENDS HELPING FRIENDS** will have a SALE on ladies clothing until Sept. 30th at 1106 Cumberland St. Info: 936-1888
* **THE CANADIAN LIVER FOUNDATION, CORNWALL CHAPTER**, is sponsoring an afternoon bingo every Thursday at 2:30pm. Doors open at 1:00pm at the Cornwall Bingo Centre.
* **MOUNT CARMEL HOUSE PHASE 2 FOLLOW-UP-AFTERCARE PROGRAMS** are held on Wednesday evenings at 7pm for past residents and families at M.C.H.T.C.
* **THE LUNG ASSOCIATION** presents "Freedom from Smoking" on Wed's at 8:30pm at the office on 240 2nd St. E. if you want to BE/STAY Smoke Free. Info: 932-4999
* **HOLY CROSS GOLDEN AGE CLUB** will hold a card party every Tuesday at 7:30pm. Everyone welcome. Info: 937-3717
* **THE SEAWAY M.E./F.M. GROUP** meet the last Wednesday of the month at 7:30pm at the Cornwall Seaway Lions Club, Fortier St. This is a support group for anyone with fibrositis, fibromyalgia and chronic fatigue syndrome. Info: 933-8601 or 933-2738
* **SCOTTISH COUNTRY DANCING** is held every Wednesday at the Armoury on 4th St. E. at 7:30pm. Don 't forget soft-soled shoes. Info: 933-3634.
* **MILLTOWN CULTURAL LANDSCAPES** a satirical look at Cornwall through paintings by local artist Rene Price as well as old photographs of Cornwall will be on display at the Inverarden Museum daily until Oct. 10th. Admission is free. Info: 938-9585.
* **CANADIAN FEDERATION OF UNIVERSITY WOMEN CORNWALL & AREA** will hold a pot-luck supper at 6:30pm, Tuesday, Sept. 28th. at the home of Carol Smith , 1135 Stokes Drive. Info: 938-2404 or 932-8510. New members welcome.
* **S.D. & G. GENEALOGICAL SOCIETY** meeting on Sept. 28th in the Choir Room, Trinity Anglican Church Hall, 105 2nd. St. W.
* **BLOCK PARENTS OF CORNWALL** will meet on Tuesday, Sept. 28th at the Police Station, 340 Pitt St., at 7:30pm. New members welcome. Info: 933-2885 or 932-8857.
* **EASTERN ONTARIO HEALTH UNIT** presents a series of six free weekly smoking cessation workshops starting Tuesday, Oct. 5th at 6:30pm at the Health Unit Office. Information or to register call 933-1375, Ext. 275.
* **CORNWALL PUBLIC LIBRARY** presents Organic Gardening, Part 11, on Wed., Sept. 29 from 7-9:00pm at the K of C , upstairs hall. Admission free, everyone welcome. Info: 932-4796.
* **LA MONTEE D'ELLE** Family Violence Resource Centre. ANNUAL GENERAL MEETING will be held Sept. 29th at 7:00pm at the Sacred Heart Hall , 255 Principle St., Alexandria. Everyone welcome.Info: 525-5338 or 1-800-461-1842
* **ST. MATTHEW'S LUTHERAN CHURCH, 1509 2nd. St. W.** Fall Yard and Plant Sale will be held on Oct. 1st from 8-4pm & Oct. 2nd from 8am-12pm.
* **THE TOWNSHIP OF CORNWALL ARENA FUNDRAISING COMMITTEE** will be holding their regular "Midnight" Bingos at the Cornwall Bingo Centre, 26 2nd St. W., on Friday, Oct. 1. Have fun while helping the Fundraising Group reach their goal.
* **FRIENDS HELPING FRIENDS** late night Bingo at the Cornwall Bingo Palace on Oct. 2. Info: 936-1888
* **ST. FRANCIS DE SALES PARISH C.W.L.** are hosting a yard & rummage sale Saturday, Oct. 2nd from 9am-3:00pm rain or shine. Everyone welcome.
* **CFLG, 104.5 FM** presents a **HARVEST MOON BALL** to celebrate the 10th Anniversary of the Carm Aubé Big Band. Treat yourself to an evening of dancing to the big band era on Saturday, Oct. 2nd, at Nativity Hall, 301 McConnell from 9pm-1:00am. Info: 933-2211
* **ST. RAPHAEL'S PARISH CENTRE** will hold a Euchre at the Parish Centre on Oct. 3rd.
* **OUR LADY OF THE ROSARY PARISH** , annual supper will be held on Sun., Oct. 3rd.from 4:30-7:30pm in the Crysler Community Centre..
* **K OF C 9695 NATIVITY, EVENTS FOR OCTOBER**: Oct. 3rd, Sunday of Roses; Oct. 11, Meeting of executives; Oct. 16th, Special mass at Nativity Co-Cathedral of the B.V.M. in honor of 90th Anniversary of the K of C in Cornwall at 5:00pm; Oct. 18th, General Meeting at 7:30pm; Oct. 28th, First Degree of S.S. Marty's Canadiens at 7:30pm; Oct. 30th, Evening of jubilaires.
* **MENTAL ILLNESS AWARENESS WEEK** from Oct. 4th-10th. You are invited to participate, at no cost, in a 2-hour workshop entitled "The Myths & Realities of Mental Illness" on Wed., Oct. 6th, 533 Pitt St., 7-9pm. Limited registration. Info: 933-5845
* **THE MOCCASIN RAILROAD CLUB** will hold it's regular meeting on Wed., Oct. 6 at 7:30pm at the Nativity Hall (downstairs), 301 McConnell Ave., behind Massé Furniture. New members welcome.
* **MARTINTOWN HOMECOMING,** Thanksgiving Weekend October 8-10th. Financial donations welcome. Everyone welcome. Info: 931-3110 or 528-4532
* **BEREAVED FAMILIES OF ONTARIO-CORNWALL CHAPTER** will hold their monthly Support & Share Night on Oct. 14th in the Library at C.C.V.S. School , 437 Sydney St., from 7-9pm. Also, Your Independent Grocers is offering $1.00 to the charity of your choice for every $100.00 purchased. Save your grocery tapes and bring them to the next meeting and/or drop them off at the office at 437 Sydney St. Info: 936-1455.
* **THE CORNWALL TELEPHONE PIONEERS** will be having a used book sale on Fri., Oct. 15th at the Brookdale Mall to assist the needy at Christmas. If you have books to donate Call 938-8032, 933-7075 for book pickup.
* **CORNWALL CHORAL WORKSHOP '93** will be held Nov. 5-6 at Knox St. Paul United Church. Registration free. Info: 932-2334 or 936-1161.

DEADLINE: Wednesday at 3:00 pm

ATTENTION: RE COMMUNITY EVENTS NOTICES. Deadline: Wed. prior to Sun. publication, 3 pm. Copy must be legible (printed or typed). Text to contain only "basic" information (Who, What, Where, When & telephone contact if required). Minimum wording, please! Notices can be mailed in, or brought into the office or faxed (933-0024). Notices will not be taken over the phone. Thank you. Short & sweet makes better reading. Please Note: Only one week per insertion, permitted.

CFLG 104.5 FM presents
A Harvest Moon Ball



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Saturday October 2, 1993 9 pm - 1 am
Nativity Hall, 301 McConnell

treat yourself to an evening of dancing to the nostalgic sounds of the big band era "live music"

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Cider: What's New Is Old Again

With its recent popularity, many may think that cider is a relatively 'new' beverage without much history behind it. Quite the contrary! Made from fermented apple juice, cider is one of the oldest beverages in the world. While the actual origins of cider are unknown, historians believe it was a common drink among the Greeks, the Romans and the Hebrews. First introduced to Europe by the Romans, cider is now a popular beverage in France, Switzerland, Germany, Holland, Great Britain, Australia and in many parts of Canada.

Historical Facts

Canada's largest cider producer and the makers of Canada's number one cider, the Okanagan Cider Company from Westbank, B.C., has prepared some historical facts about cider:

- The first cider ever made was likely made from wild apples - commonly known today as crab apples.
- Celtic mythology explains that the apple was a sacred fruit and an apple god was worshipped by the Celts.
- The word cider has several origins. In Greek, *sikera*, means intoxicating drink, in Medieval English, *seider*, means ancient drink made from apples, while in Hebrew, *sekar*, means strong drink.
- Cider making can also be traced to the primitive tribes of Gaul. During Charlemagne's reign, France had laws that promoted and controlled the proper manufacturing of cider.
- Historians tell us that in the 11th and 12th century, cider was more popular than beer and wine throughout Europe.
- Cider became a welcomed substitute for French wine during the Hundred Years' War when supplies of wine were cut off.
- Monastic documents of the Middle Ages make reference to cider; a drink evidently enjoyed by Medieval monks.
- From the 17th century onward, references to cider are common in English literature. Several Shakespearean sonnets and plays refer to cider - including *A Midsummer Night's Dream*.
- Cider was first brought to North America by the English and French settlers. Apple seeds were transported from England and France by the settlers and small orchards began to grow among the settlements and communities.
- Captain Cook, during his exploration voyages, carried cider aboard his ships to help prevent scurvy.
- Until the late 19th century, cider was often viewed as a home-cure tonic for almost every ailment known to man.
- President John Adams, the second President of the United States, reportedly drank a tankard of cider every morning before breakfast until the end of his life. (President Adams lived to be 91 years old!)
- Until the early 1930's cider was the most popular beverage in the U.S. - even more popular than all fruit juices, including orange juice.
- While the principal cider-producing regions in the world today are France and Great Britain, cider is now being produced in large quantities in British Columbia's Okanagan Valley.
- Apple orchards were first planted in the 1860's in the Okanagan Valley by father Charles Pandosy, an Oblate missionary. Undoubtedly cider has been made since that first crop of apples were harvested.

The three Okanagan Cider flavors–Genuine Dry, Peach and Appleberry–are now available at most Liquor Control Board of Ontario (LCBO) stores throughout the province in four-packs for $7.50 each. Alcohol content for Genuine Dry is seven per cent by volume while the two fruit flavored ciders–Peach and Appleberry–contain four per cent alcohol each.

Eggs. The magic solution

(NC)—As part of a healthy diet, eggs provide protein so high in quality it forms the standard by which other protein foods are judged. Eggs are a good source of vitamin A, folate, pantothenic acid and an excellent source of vitamin D, riboflavin, vitamin B12 and iodine. Besides being so nutritious, they also taste great. Try this delicious crustless quiche and see for yourself.

MAGIC PIE

1/2	1/2	pkg. (300g) frozen chopped broccoli, thawed and drained
1 cup	250 mL	shredded Swiss cheese
1	1	can (7 oz./199 mL) corn, drained
1/2 cup	125 mL	finely chopped onion
4	4	eggs
1 1/2 cups	375 mL	milk
2/3 cup	150 mL	biscuit baking mix
1/4 tsp.	1 mL	each: salt and pepper
Dash	Dash	nutmeg

Lightly grease a 10-inch (25 cm) quiche pan (or deep-dish pie plate). Sprinkle broccoli, cheese, corn and onion evenly in prepared pan. In blender, process eggs, milk, baking mix and seasonings at high speed for 1 minute. Pour over broccoli mixture.

Bake at 375°F (190°C) for 1 hour or until knife inserted near centre comes out clean. Let stand 5 minutes before serving. Makes 6 servings.



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SEAWAY NEWS

ENTERTAINMENT

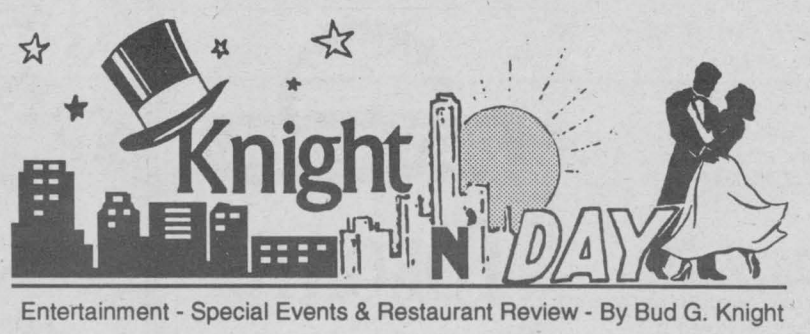
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Entertainment - Special Events & Restaurant Review - By Bud G. Knight

I am sure it's the fall season because I caught a glimpse of the harvest moon. Not in the sky but on a poster I received announcing the *TENTH ANNIVERSARY* of the *CARM AUBE BIG BAND* and the *HARVEST MOON BALL* that will celebrate that event. It's planned for Saturday October 2nd at Nativity Hall at 301 McConnell. Here's a chance to enjoy an evening of dancing to the nostalgic sounds of the big band era from 9 pm to closing. Admission is $15.00 per couple and $8.00 per person and tickets are available at Nativity Hall, Melody Music Centre, Aube Freres, Jack MacDonell Motor Sales and Gedoro's. The "Big Band" has added new musicians and vocalist and they plan to have some spot dances and fun for everyone.

While on the topic of "Bands" they recently staged a Battle of the Bands at Roxannes' Night Club in Hull, Quebec and *"RITUAL"* a rock group comprised of four local musicians of the Cornwall Musicians Guild took the big prize. Sean Harley, Jason Collis, Joel Labrosse and Daryl Kiviaho battled long and hard to eventually win the $1000.00 grand prize. Those "Battles" are usually tough with plenty of great competition, so congrat's to the Ritual gang in their winning.

We'll tell you about other bands from the area later but let's switch to the movie scene next and the film fare for this week at the Brookdale Cinemas. Held over for another run in Cinema-1 is *THE FUGITIVE* at 7 pm and 9:20 pm, *HOCUS POCUS*, with Bette Midler, is showing in Cinema-2 and another holdover, *STRIKING DISTANCE* is in Cinema-3. The weekend matinees will be *FREE WILLY, HOCUS POCUS,* and *ALADDIN* in Cinemas 1, 2, 3 respectively.

From the screen to the stage and the Upper Canada Playhouse is staging *A SEAWAY STORY* until October 3rd. The play is mainly about the 35th anniversary of the flooding of the St. Lawrence Seaway. Call the box office for info. and tickets during the day at 543-3713.

And from the stage at Aultsville Theatre in Cornwall, the next big show from Shantero Productions will be *THE RANKIN FAMILY,* recent country music awards winners, on October 26th. You're in for a rare treat with this show. Great humour, a lilting Gaelic tongue, dazzling step-dancing and plenty of terrific talent in concert at Aultsville. Tickets available at *RAN-GAL PHOTOFINISHING* at the Brookdale Mall or call 938-7779.

Now for some news about more of the "Bands". Six of them to be exact and they will be participating in a *MUSIC MADNESS DAY* on Sunday October 3rd at the *A.N.A.F. CLUB* at 14 Marlborough Street from 2:30 pm in the afternoon to 10 pm. The fun kicks off with *WINDFALL* (2:30-3:30) then *VINTAGE WINE* (3:45 4:45), *ANTRIM* is next (5pm-6pm) then *COUNTRY WANDERERS* (6:15-7:15), *GERRY O'NEILL & MICHAEL McANANY* (7:30-8:30) and the "Madness" ends with *BARTOON'S ACADEMY* (8:45-9:45). This event is sponsored by Cornwall Musician's Guild and A.N.A.F. Club. Sounds like fun so make your plans now to be part of the *MUSIC MADNESS DAY* too ....

Here's another "tip of the hat" to the bands but for quite different reasons. At a recent show and dance in the Finch arena, a very sparse gathering danced and listened to a great array of country music talent like Bruce Golden, Borderline, Terry Carisse and Lawanda of the Browns fame. Despite the poor turnout everyone there said it was a tremendous show and the real losers were the area people who failed to buy a ticket that night. What happened Finch? Anyway thanks to Bruce, Terry, Lawanda and the Band for performing as though the crowd was greater in number. True troopers, gang.

Gotta go. G'Day and G'Knight.

Last Week:

- Bullets fired at complex from river are a message says Mayor Martelle.
- Fall Home & Trade Show sold out.
- Smuggling related charges against school board trustee & former Morrisburg reeve William Dillabough stayed as witness fails to show.
- Act of vandalism at Char-Lan District H.S. is a first in its history.
- City police could face restructuring as discussion continues with Solicitor General's inspection team.
- Martelle goes into hiding as police institute around the clock protection.
- Hockey fans to pay $3 parking fee to attend Aces' games.
- Bishop LaRocque makes incorrect statements in letter to editor of Glengarry News.
- City police as well as RCMP, OPP & Akwesasne police are also at receiving end of death threats say Police Chief Shaver.
- Cold spring will result in poor apple crop.
- Ridgewood Industries to receive $800,000 training grant.
- CCVS teacher, Dave Moss, acclaimed as NDP candidate.
- First candidates' debate set for Monday at Chumps.
- Dieu closing 94 beds.
- Feature article comparing Cornwall to Brockville in local paper sparks controversy.
- Volunteers open MS Society's first permanent local office.

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SEAWAY SPORTS

CANADIAN SPORTS

NHL unlikely to plan further English trips

By Damien Cox

LONDON — The NHL will return to Europe, but England is another question.

The tepid response of the public and media to games between the Maple Leafs and New York Rangers seemed to provide little evidence that Londoners are interested in the National Hockey League.

Neither game in the 8,000-seat Wembley Arena was a sellout, although the second was close. The games weren't carried live on British television, and there was virtually no coverage in English newspapers. Other events, such as a hockey demonstration with Wendel Clark and Mike Krushelnyski at busy Covent Garden, drew small audiences.

"This wasn't in one of our hardcore markets, so it's a slower build," NHL commissioner Gary Bettman said. "If we were starting from scratch, I might want to start somewhere else."

The Leafs-Rangers games, both won by the New Yorkers, who pocketed $50,000, are the only matches the league will export this season. In recent years, the NHL has gone to the former Soviet Union and Germany, but there are no set plans for next year.

Bettman said he'll sit down with NHL Players Association chief Bob Goodenow to review international game plans, which are joint ventures involving the league and the union. But he downplayed the chance of moving regular season games to Europe in the near future.

"More than pre-season games may be a bit ambitious right now," Bettman said. "I'm not ready to take the risk quite yet of playing regular season games in Europe."

Former NHL president John Ziegler was a key proponent of games in London, but the British Ice Hockey Association has been at best unenthused, and at worst violently opposed. The British league scheduled a full slate of games directly opposite the NHL exhibition on Saturday, and had no presence at all during the week.

Scandinavia, Italy and possibly Japan are markets that seem to have captured the NHL's imagination, and a return to Germany is likely.

"In a natural hockey market, the impact will be bigger," Bettman said. "Last year, a Winnipeg-Los Angeles game was carried live on Finnish television and it was a huge success. So if we were to bring the Jets to Finland, I'm certain it would be a big deal."

Leafs general manager Cliff Fletcher said the players and teams enjoyed England, and the fans were excited by the product, "but I don't know if the NHL will be back in England. But I do think we'll forge ahead with other international games."

Fletcher also said the $50,000 appearance fee for each team must be increased substantially to lure clubs overseas.

JR. "A' HOCKEY CLUB

Colts Season Tickets On Sale Now

by Ken McLaughlin
Colts Director of Public Relations

The air is cooler, the CJHL regular season has begun, and now's the time to make your move and support Cornwall's Jr. "A" Hockey team by buying Colts season tickets. Our 28 regular season game package is by far the best entertainment deal in the Seaway Valley. Adults catch all the taction for $150.00 (under $5.00 per game). Students and seniors get in for $120.00 (under $4.00 per game). Children 12 & under see their heroes play for only $30.00 (under $1.00 per game). The Cornwall Colts are keeping area youth in the game! Season tickets also offer many advantages besides a dramatic savings over single game admission. Your specific seat is reserved for the season or our general admission tickets can be used for any game (no date on ticket), no lines to wait in, your tickets are reserved for the playoffs and there's no price increase. Not to mention you're supporting a locally owned business that uses local players and employs local people. You make a statement that you support a team that is actively seeking a move up to major junior hockey in the future. Not to mention the fact that the Colts are playing in the refurbished Water Street Arena. There's not a bad seat in the house, the atmosphere is great, and you can be a part of history as Jr. "A" Hockey returns to its original Cornwall home for the first time in 17 years. As you can see, there are so many positive reasons to make the Colts the team to support this winter. Our office, in the Water Street Arena is open Monday to Friday from 9 am to 5 pm. Any one of the Colts friendly staff will be glad to help you with your season ticket selections.

After our first two regular season games, last Thursday in Kanata and last Saturday in Cumberland, your Colts face two more road games this week. On Wednesday, September 29, we're in Ottawa to face the defending CJHL champion Senators. On Friday October 1, we travel to Gloucester to play the Rangers. After these two games it's time to prepare for the Colts return to Cornwall as we'll host our number one rivals, the Hawkesbury Hawks, on Thursday October 7 at 7:30 pm at the Water Street Arena. We'll have special guests on hand to drop the puck and the Cornwall Figure Skating Club will put on a special display. It should be a great night as Junior "A" Hockey returns to Cornwall for another season. I'll have more details on this very special night next week.

Thanks for your support and we'll see you in two weeks at the Water Street Arena.

MOVIOLA CAFE SPITFIRES

Spitfires Return from Scarborough

Moviola Cafe Spitfires Women's Soccer Club were eliminated from the 4th annual Toronto Cup Soccer Tournament held in Scarborough, Ontario. The Spitfires dropped by one point in goals for & goals against to advance in the next round. The Cafe were tied for second place in the tournament. Moviola Cafe played with only twelve players in this tournament and that changed the Spitfires playing format to a passing game.

Julie Gallinger scored from the 24 yard line to tie their first game against North York 1-1.

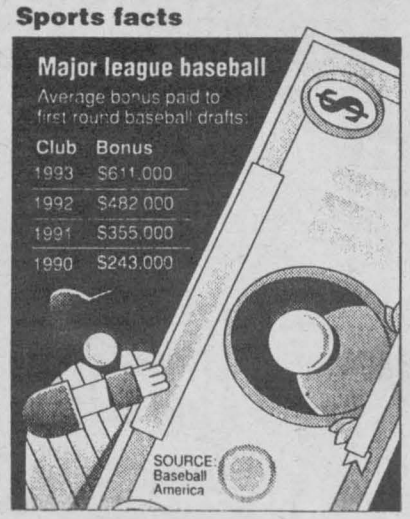
West Lincoln near Niagara were a tougher team to beat in the second game, beating the Spitfires 2-0. Spitfires coach Paul Stefik admitted that his team looks for great challenges like this one. The strongest competition is really in the Toronto area.

The third & final game of the Spitfires proved to be a true test of endurance, as the Cafe won 2-1 against Woodbridge. Angela Laviolette scored on a feed pass from Claire Lebrun to score the first goal, then Angela Laviolette made a back pass to Kelly Forrest who dropped a beautiful kick in. The game was all Angela's as she also received a yellow card for a scuffle with one of the Woodbridge players. This was also the Spitfires first yellow card of the 1993 soccer season. On Saturday night at the Karaoke night held at the Holiday Inn in Scarborough, Sheri Richer performed the song "The Rose" in front of a full house. After the performance the crowd gave Sheri an outstanding applause. The soccer tournament was the Spitfires best soccer performance of the 1993 soccer season.

Sports facts



Sports facts



WORLD RECORD

PARKING LOTS: The world's largest is the one in the West Edmonton Mall, Edmonton, Alberta, Canada, which can hold 20,000 vehicles. There are overflow facilities on an adjoining lot for 10,000 more cars. In fact, the mall increases yearly.

The Guinness Book of Records

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Bantam Rapids Shake Up Kings, Barons

In the second chapter of their home-and-home games against Rideau-St. Lawrence and Cumberland, the Seaway Valley Minor Bantam "AA" Rapids edged the Kings 4-3 in their Prescott castle but played gracious hosts and bowed 6-4 to the Barons in Maxville.

The Kings caught Seaway by surprise, turning on the goal light just seconds after jumping out of the gate. Capitalizing on a power-play opportunity, Kurt MacDonald one-timed a pass from Bubba Ferguson and wiped out the meagre lead. A well-tagged Pierre Tranchemontagne high corner shot then stamped the Rapids' name on the first period.

In the second period, penalties proved costly to both teams. Stephane Loyer found the mark with a hard screenshot only to see the Kings cut the Rapids' lead to one goal within minutes. Tranchemontagne, however, closed the frame with what eventually proved to be the winning goal.

The fast-skating Cumberland Barons scored early but a short-handed goal by Yves Ruest and an against-all-odds backhanded shot by Pierre Tranchemontagne, both set up by linemate Miguel Lafleche, fired up the Seaway squad.

In the third frame, their backs against the ropes after three unanswered Cumberland goals, the Rapids struggled to come from behind as Tranchemontagne and Nick Grady tallied in turn.

What with the visiting squad's relentless onslaughts, goalies Gerry Goulet and Jared Gray and defenseman Jeff McKercher and Bubba Ferguson were key to keeping the final score to a respectable 2 goal gap.

Racing Show Big Success

Track Record, the Cornwall produced racing highlights show on CJOH-TV Ottawa, has just wrapped up its 1993 season and what a season it was! CJOH received summer ratings numbers from A.C. Nielsen last week which report viewership of 31,000 people a week for Track Record.

The show's producer, Sean Ropchan of Chandos Television Productions in Cornwall, was quite pleased with the results. "We increased viewership in the Sunday 10AM time slot by 300%, " says Ropchan. "CJOH didn't think twice about having us back for next season," he adds. And with good reason. Track Record's 31,000 weekly viewership make it the most watched show on Sunday morning's in the Eastern Ontario television market.

Track Record features Dirt modified racing highlights from Edelweiss Quebec, Brockville and Cornwall speedways. "Next year, we're adding Drummondville, Granby, and the new Cumberland Speedway near Ottawa to the show," says Ropchan. "We'll also be seen on CFCF Montreal as well as CJOH which will give us coverage of most of Ontario and all of Quebec."

Ropchan says the sponsors played a big part in the success of this year's program. "Guindon Tire, Alba Automotive, Castrol, Miller-Hughes Ford, Youngs Speed Shop; they all threw 100% support behind the program helping out with in-store promotion of the show, and they're eager for next year." Ropchan, and the rest of the Chandos marketing team (Craig Hall-Mic haels and Brian Mulligan) are already in the process of rounding up support for the 1994 season which begins May 22... stay tuned!

Sports Hall of Shame

by Nash & Zullo



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REGULAR AND RESERVE

Being bad paid off for Junior

By Milt Dunnell

Fathers once took their sons to the woodshed, where justice was served for misdemeanors. Then North America ran out of woodsheds and the kids started calling their lawyers. So George Kenneth Griffey commenced taking his kid to Yankee Stadium and putting a bat in his hand. The result of this novel experiment shows up in the *Encyclopedia of Baseball* where George Kenneth Griffey, who toiled for 17 seasons in the bigs, including exemplary service with Sparky Anderson's Big Red Machine, is introduced as "Father of Ken Griffey."

The father of Ken Griffey is now Ken Griffey's coach with the Seattle Mariners, who may be the worst thing that has happened to the Blue Jays since the pratfall of 1987. It wouldn't be unfair to say Griffey the elder is somewhat amazed at the results of his punitive program.

If you must have an example, Kenny the kid, who used to come to New York so his dad could re-read the rules of the Griffey household to him, hit 27 home runs and had 103 RBIs for the Mariners at age 22. Griffey the elder was a decade in the majors before he hit 21 homers. Junior was a professional ballplayer at 17 and the first pitch he hit for money went over the fence.

"Of course, I soon caught on to what his thinking was," Griffey the elder reflected the other day back of the batting cage at the dome. "He realized that if he annoyed his mother she would get on the phone to me in New York and say: 'I think it would be good for Kenny to spend a few days with you.'

"He knew what the routine would be once he got to New York. We'd go out to Yankee Stadium early. I would throw batting practice for him and I always made sure I wouldn't tell him what the pitch was gonna be. By the time he was 13, maybe 14, I was throwin' to him as hard as they threw batting practice in the major leagues. He had such good mind and eye co-ordination that it was hard to strike him out."

Griffey Sr., like any other old pro, wouldn't want you to go away with the idea that Griffey Jr. does everything better than his father did. He even likes to see certain skills that have been passed along.

"There definitely are similarities in the swing," he says. "I had a line drive stroke; Kenny's stroke has more power. He stays in there (at the plate) more than I did, but I had more speed. That's why I hit second so much. They knew my speed would keep me out of double plays.

"With the Yankees, though, I hit all the way from first to ninth and I didn't care. If I got away down in the order, I knew I'd get two or three hits in a few games and I'd move up."

The Mariners made Junior their first pick in the 1987 draft. They knew they had something special but didn't expect to prove it quite so soon. When they invited Junior to the big league camp in 1989, it was as a non-roster player — an opportunity to sample the big league atmosphere.

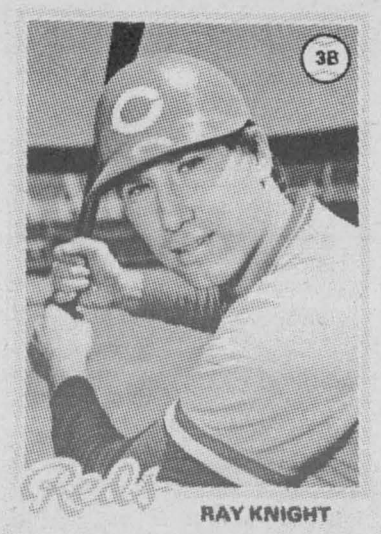
He decided to stay — batted .359 with a couple of homers in 26 games. The Mariners couldn't send him down. In his first major league time at bat he hit a double off Dave Stewart, now with the Blue Jays. In August of 1990, both Griffeys were in the same lineup. Only one stayed and he's likely to be there for a long time.

"As a coach, what I see is that he gets stronger and more mature," Griffey Sr. tells you from back of the cage in which Junior is slamming pitches toward the distant seats. "I always knew he might hit 30 or more home runs in the big leagues. The only question was how much time it was gonna take."

He wasn't quite prepared to see Junior in a home run battle with Juan Gonzalez of the Texas Rangers, Frank Thomas of the White Sox and Albert Belle of the Cleveland Indians. Griffey might be considered the favorite because of his attitude. He clowns around the batting cage with his cap turned backward, ribbing friend and foe. To him, baseball is still fun.

Maybe he can't help remembering how he conned his mother into dictating a system of family discipline that has made him one of the best young players in the game. Forgot to mention that he wins Gold Gloves, too.

THE CARD CORNER by Phil Erwin



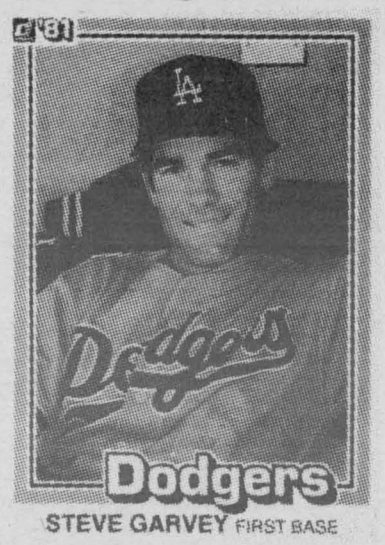
RAY KNIGHT

This 1978 Topps card shows a rookie who was getting ready to replace a legend ... **RAY KNIGHT** had the unenviable task of taking over for Pete Rose for the Cincinnati Reds the next season ... Ray responded by batting .318 in his first full season ... He was later traded to the Astros, and then to the Mets ... Knight became the Comeback Player of the Year in 1986, when he hit .298 for New York ... That fall he was the MVP in the World Series, scoring the winning run in Game 6 and hitting the decisive home run in Game 7 ... Ray is married to golfer Nancy Lopez ... His rookie card, shown here, is #674, worth about $2 ...

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THE CARD CORNER by Phil Erwin



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Ottawa	2	1	1	0	11	15	2	-
Cornwall	0	0	0	0	0	0	0	-
Hawkesbury	2	0	2	0	12	14	0	-
Cumberland	2	0	2	0	7	21	0	-
Yzerman Div.								
Kanata	2	2	0	0	19	6	4	-
Pembroke	2	1	1	0	15	11	2	-
Nepean	2	1	1	0	11	17	2	-
Brockville	0	0	0	0	0	0	0	-
Smiths Fall	0	0	0	0	0	0	0	-

BP-Bonus Points

Game Scores - Sept. 15- 19

15/09	Haw	7	at	Ott	8
16/09	Pem	1	at	Kan	7
17/09	Ott	3	at	Glo	8
	Nep	6	at	Haw	5
18/09	Glo	7	at	Cum	3
19/09	Cum	4	at	Pem	14
	Kan	12	at	Nep	5

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Ready to quit quitting?

More than 5.4 million Canadians smoke. However, studies show that most smokers want to quit. But as every smoker who has tried to quit knows, giving up cigarettes is a very difficult thing to do. This is why, over the years, so many methods of quitting have been developed to help smokers kick the habit. But from acupuncture to aversion therapy, hypnosis to laser therapy, few have proven to be long-term successful aids. One of the most popular ways of quitting is actually "cold turkey" -- without any stop-smoking aid -- but while it is successful for some, others find it too difficult due to the unpleasant withdrawal symptoms.

New help for withdrawal symptoms

Irritability, anxiety, restlessness and headaches are all symptoms that people who are addicted to the nicotine in cigarettes experience when they try to quit. But new help is now available. The Health Protection Branch recently switched mint flavoured Nicorette† 2 mg (nicotine polacrilex) chewing pieces from prescription to non-prescription, "behind the counter" (BTC) status. So now, if you are a smoker who wants to quit, real help is as near as your neighbourhood pharmacist.

Nicorette chewing pieces have been available by prescription since 1979 and work by releasing small amounts of nicotine into the body. Nicorette helps fight the addiction to nicotine by reducing the physical cravings that are experienced when quitting, without the harmful effects of tar, carbon monoxide and other chemicals found in cigarettes.

Who will benefit from Nicorette?

Smokers who are most likely to benefit from Nicorette are those who are dependent on nicotine -- people who smoke more than 20 to 25 cigarettes per day, or who have their first cigarette within 30 minutes of waking.

Anyone who smokes more than 30 cigarettes per day, or who has their first cigarette within a few minutes of waking is likely to be highly dependent and would benefit more from a stronger nicotine replacement aid, such as PrNicorette† 4 mg chewing pieces or the new PrNicoderm® patch (nicotine transdermal system), which are both still only available by prescription from a doctor.

Quit tips

Of course, even if you are a good candidate for Nicorette 2 mg, your motivation is still critical in quitting -- you have to truly want to quit. Then, health care professionals recommend choosing a specific Stop Date -- this is the first day you don't have a cigarette.

It also helps to keep a positive attitude and reward yourself along the way. And to resist temptation, learn to recognize the things that trigger you to smoke -- such as drinking alcohol or coffee, emotional stress, finishing meals, or seeing others smoke. Either try to avoid these things or make plans to cope with them. And finally, if you think you might need more help, consult your doctor or pharmacist.

Your pharmacist can help

With the Nicorette 2 mg switch to BTC status, more than 3,500 pharmacists across Canada have prepared themselves for questions from smokers by participating in a seminar on smoking cessation counselling. The "Butting Out For Life" program, which was developed by an expert advisory board of pharmacists, physicians and educators, funded by an educational grant from Merrell Dow Pharmaceuticals (Canada) Inc. and endorsed by the Canadian Pharmaceutical Association, has equipped pharmacists with the tools to help their smoking clients kick the habit.

So when you visit your pharmacist to enquire about Nicorette, be sure to ask about any consumer education materials that are available. As part of the "Butting Out For Life" program, a consumer brochure and video were produced to help smokers better understand their habit and nicotine addiction, as well as to provide them with tips on how to quit. These are freely available from your pharmacist in English, French and five other languages.

In addition to these printed materials, there is also a toll-free "Nicorette Information Line" to answer questions about Nicorette. You can call the bilingual number 1-800-561-4000 seven days a week, 24 hours a day.

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THE SEAWAY NEWS
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- Tabagie St. Denis
- Tabagie Alexandria

APPLE HILL:
- Apple Hill Mini Mart

AVONMORE:
- Barkley's Store

BAINSVILLE:
- Creg Quay
- Sangster's

BERWICK:
- Gardener's Conf. & Gas Bar

BONVILLE:
- St. Lawrence Meat Market

BROWN HOUSE CORNERS:
- The Brown House

CHESTERVILLE:
- Sears
- Seaway Valley Pharmacy

CRYSLER:
- Benoit General Store
- Beau Mini Mart

FINCH:
- D & D Market
- Finch Variety Store
- Red & White
- MacEwen

GLEN WALTER:
- Olco
- Marty's

HIGHLAND RD & HWY. 43:
- A.J.K.

INGLESIDE:
- Becker's
- Food Town
- Stewarts Home Hardware
- Bad Habits

LANCASTER:
- Big Dipper
- Max's Mini Mart
- Freshmart

IN CORNWALL AT:

Becker's	Eamer's Corners
Bill's Smoke Shop	Pitt St. at 3rd St.
Carl's Smoke Shop	Pitt St. at 3rd St.
Downtown Convenience Store	2nd & Pitt
Denny's Smoke Shop	Montreal Rd.
Esso	Marleau Avenue
Gilles' Quick Stop	Cumberland at 11th W.
Mac's Milk	2nd E. & Glengarry Blvd.
Mag's Milk	McConnell & 11th E.
Mitchell's	Pitt St. N.
Quickie	Brookdale at 14th W.
	Montreal Rd. at Belmont
Shortline	2nd St. W.

LONG SAULT:
- Becker's
- Van Hal Meat & Groc.
- Kyer Garden & Conf. (Headline Rd E.)
- Talk of the Town
- Long Sault Motel

LUNENBURG:
- Merkley's Big M

MARTINTOWN:
- K-Cees Video
- Nell's General Store
- Warden's Gas
- Sauve's Corner Store

MAXVILLE:
- Scott's Conv.
- Maxville Market

MONKLAND:
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- Campbell's

MOOSE CREEK:
- Hooper's General Store

MORRISBURG:
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- Pharmacy
- Mr. Grocer
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NORTHFIELD:
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- Wereley's Garage

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SUMMERSTOWN STATION:
- Bougie Mini Mart

WILLIAMSTOWN:
- A.L. MacDonald Groc.

If You Have A Question Call
933-0014

SEAWAY NEWS

DOUG & MAGGIE'S CORNER

Doug & Maggie Fobert of St. Clair Paint & Wall Paper

September is here and the cooler weather that fall brings yields ideal interior painting conditions. If you are thinking of painting a room or two or three, here are some things to remember about paint and painting.

Always use quality brushes and rollers, and quality paint. The few dollars saved on cheap applicators and paint is not worth the extra time, work and poorer results they will produce. Not only that, cheap paint will only mean that you will be repainting much sooner because cheap paint means low quality paint; it just won't last. What have you really saved?

When working with latex paints, the temperature and humidity in the room in which you are painting has a big influence on the ease of application and final quality of the job. A cool temperature and high humidity are ideal conditions for painting because they slow down the drying time of the paint. The final result will be much better because the slower drying time not only gives you more time to do a better job, but also cuts down on the possibility of lap marks and blotchiness.

Avoid painting a wall which has sunlight directly shining on it. This may heat the wall to the point where the paint dries as it is rolled on. The result will be vertical streaks and blotching. Even if the walls warmed up just a bit it can cause the paint to become tacky before you back roll which will produce an unacceptably rough, textured surface. So if the sun is streaming in a window, block it off soon enough for it to cool off before you paint that wall.

One last thing when working with latex paints, avoid the temptation to open a window that will blow air directly across the surface that you are painting. The breeze which blows in clears the air but once again it also speeds up the drying time of the paint and produces streakiness and blotching.

Always apply two coats of paint. The one coat paints can give a reasonably acceptable look but will never equal the depth of colour, overall evenness, and good looks of two coats. Also a two coat job will last much longer; after all, the paint film on the wall is twice as thick.

If you have an oil base paint to paint over and wish to use a latex paint, sand lightly but evenly to completely remove any sheen. Then wash the surface with Surface Prep to remove all sanding grit. Just spray it and wipe it off; rinsing is not necessary. This will clean the surface to be painted thoroughly to make sure that the latex paint adheres properly.

When comparing the durability of latex paints to oil base paints there is generally nothing to choose between the two as long as they are the same sheen and quality. Latex paints, though, are easier on the environment.

Sheen refers to the amount of light the paint film reflects or if you will, how shiny it is. There is satin, satin lustre, semi-gloss and high gloss sheens to choose from.

Satin lustre is the most popular paint sheen due to its good scrubbability combined with relatively low shine. Use it throughout most areas of your house. Semi-gloss, because of its high scrubbability, is recommended in higher traffic areas such as the kitchen, bathroom or entrances, and on doors, baseboards and woodwork. Satin paints should only be used on walls in low traffic areas such as living rooms, dining rooms, adult bedrooms and dens. Satin paints have a beautiful, luxurious low sheen finish but deliver low washability, scrubbability.

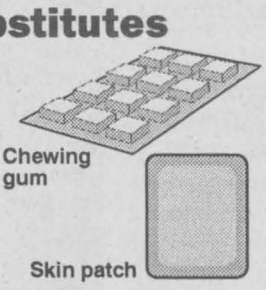
Previously unfinished surfaces, whether they are wood, metal or drywall, should be appropriately undercoated to ensure proper adhesion of your finish coat.

LifeLine

Nicotine substitutes

by Dr. Pauline Pariser

If you've tried to quit smoking, you know the struggle with psychological and physical withdrawal. Until new routines are in place, the temptation to slip back is overwhelming. Substitutes can help.



Remember to plan

Neither patch nor gum is a substitute for a good quitting plan:

- Pick a target date.
- Change routines.
- Get support from family, friends or support group.

NICOTINE GUM

Effectiveness: Better than placebo or behavioral therapy alone.
How it works: Small quantities of nicotine released. Must be chewed slowly, pausing between chews. Carry with you at all times. Available in two strengths. Use over three months.
Side effects: Bad taste, but most people adjust to it. Upset stomach, sore mouth.

NICOTINE PATCH

Effectiveness: 40% of users are smoke-free after three months. Reduces craving, irritability and inability to concentrate.
How it works: Worn 24 hours a day, applied to back, chest or arm. Releases steady amount of nicotine. Start with 21 mg patch for 4-6 weeks, 14 mg for a few weeks, then 7 mg for a few weeks.
Side effects: Skin irritation. Insomnia – usually first week only. *Do not use if pregnant, under 18 years, history of heart disease, or sensitive skin.*
DANGERS: Never smoke with patch on as this could provoke nicotine overdose. Dispose of carefully, out of reach of children and animals.



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It's a "happening" .... the Martintown "Homecoming" taking place Thanksgiving weekend (Oct.8-10). Your contacts are: Bev Runions/931-3110 or Dave Irwin/528-4532.

Congrat's ... Gilbert Depatie who placed 3rd in the 1st heat at the Fireball Enduro Race, for street cars, at the Motor Speedway on Sept.19 ... & this ONLY after your second time racing ... not too shabby!

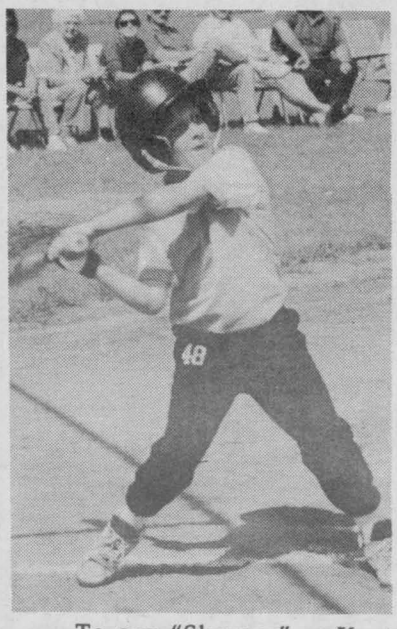
Don't think that every woman who appears "down in the dumps" is crying the blues because she's loved & lost ... in reality, she may have married (or moved in with) the bum!

Did you see the ad in the Ottawa Sun "promoting" Cornwall? ... "Cornwall" (as in Mz.), the former XXX film & mag Star! Ah, what price notoriety!

The nights should be less noisy on the river after Oct.1st ... that's the date by which smugglers must have "modified clips" for their guns ... to comply with Kim's Gun Control Regulations, says this caller.

Little boy to mom ... "What ... wash my face with these dirty hands?"

SCUTTLEBUTT



To our "Slugger" ... Kent Miller. Congrat's on a great baseball season with the Pirates & winning the M.V.P. Award. With lots of love from: Mom, Dad, Colin, Grandma & all your Aunts, Uncles & Cousins!

Fleeing Ont.'s sagging dollar, taxes, "social contract" ... Ont. doctors continue to leave the province being lured by bigger salaries in southern U.S. ... "& that's what I love about the south" (so sang Phil Harris)!

The irony of it ... according to this Dr. in a last Friday interview on local radio station ... studies indicate that Germans may have been "good for the health" of some wartime survivors. By confiscating their livestock & forcing people to survive on grains, fruits & veggies ... lowered their cholesterol levels. However, Sammy adds, those benefits may have been replaced by a "higher stress" level!

Worth repeating on the subject of politics ... "Not only do we have to teach our kids to read ... we have to teach them to read between the lines!" Don Latreille of Latreille Real Estate.

A caller reacted to the item on student littering ... there are other schools in the immediate area & we were wrong to accept & assume that it might have been a student of GVSS. There is truth in that, however the "real" issue still remains ... "littering" ... regardless of what school or students are involved!

According to a new study ... male monkeys can pass on their aggresive behaviour onto their offspring without ever having spent time with them. It has to do with having lower levels of a brain chemical called "serotonin". *So,, what's your excuse?*

I wish to thank the Seaway News for having the recipe competition which enabled me to win a lst & 2nd prize. Special thanks to Loeb IGA for the gift certificates & Home Hardware for the convection oven. Elva Rupert, Lunenburg.

Service clubs, or groups, out there that might be in need of a refrigerator truck for your event ... are encouraged to call Rolland (932-5703) R & L Distributor.

A Canadian is just an unarmed American with a health card!

Local MP suffering from "hoof & mouth" ... admits smuggling being caused by high taxes but then says the U.S. should raise its taxes to solve our problems! Bob, they've had their elections stateside ... you're running in Canada ... we've got enough troubles says this gent.

Welcome back ... Ann (Do-It-Yourself Crafts) Winters of L.S. (see Class. 68).

In a Tokyo shop: Our nylon stockings are costly but ... best in the long run!

An erroneous item appeared in last week's Let's Celebrate concerning an "engagement". We apologize for any embarassment this may have caused ... & we also apologize on behalf of the person(s) with the "distorted" sense of humour who submitted the item.

A 13 year legal battle of ownership continues to rage over the monstrous Pearl of Allah ... a 14 lb. lump pried from a giant clam in 1934. It's value ... $42 million in one appraisal!

Quebec patients laid 30 complaints against their MDs, last year, compared with 144 in Ontario. Critics say that's because there's little faith in professional corporations in that province.

Denise Givogue (932-1703/res., 938-9550/off.) & Brenda (938-6278) sending out a call ... to all those citizens of Cornwall, who express an interest in saving the 2 satellite branches of the library, to attend Monday's (Sept.27) council meeting at 7pm, City Hall.

Our "myths" continue to crumble in these days of political correctness ... now their working on the image of the "dumb jock". Is nothing sacred??

Japan continues to register the lowest birthrate in its history (1.57 child per female) due to the reluctance of Japanese women to marry. Women rule ... making the singles scene a real jungle for men. "These guys are such clods using the same exact pickup line ... *'How old are you, friend?"* ... & that's supposed to get you interested in talking to them" snorted Wakako Kobayashi, a 28-yr.-old "O.L." (Office Lady).

Congrat's to ... Steven Depatie for your outstanding 83 laps of Sun., Sept.19. Proud of you ... Rejean & family.

Prepared to spend a cool $31,000 on your next CD player ... as an aficionado, you won't bat an eyelash at this latest in kid-leather & wood"high-end" high tech piece of equipment.

If it's nostalgia, it must be the Harvest Moon Ball ... join Carm Aubé & his sounds of the big band era as they celebrate their 10th anniversary on Sat., Oct.2nd. Ticket outlets: Nativity Hall, Melody Music Centre, Aubé Frères, Jack MacDonnell Motor Sales & Gedoro's.

This taxpayer sending along "Congrat's to Sam McLeod for opening the issue of schoolboard grants. Shame on St.Aubin who had the audacity to feel he has the right to close the books &, arrogantly, commented ... 'Some self-appointed parents will feel free to comment on it'. We pay & we have the right to know. There's too much under the rug as it is! As taxpayers we have a greater right than he to react & respond!"

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"Dreams Come True" ... Since June, Sacred Heart School has been looking "forward" to Sept. & the start of school. After all these years ... children will get to enjoy the "first piece of playground equipment" that was installed this summer! This "piece of magic" was the result of a successful "team effort" among students, teachers & the P.T.A. all co-ordinated by Past President ... Linda Rivière. "Hooray" for Sacred Heart!

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Let's Celebrate

- **Birthday's**
- **Anniversaries**
- **Announcements**
- **Births**

Send Yours In By 5 pm Wednesday to: "LET'S CELEBRATE EDITOR"

Due to the popularity of Scuttlebutt, we have started a new column "Let's Celebrate". This is your column to share your "special days". There is a $5.00 charge for those annoucements with photos. We cannot guarantee quality of poor photos. No refunds. Cash, Visa, Mastercard, M.O.'s accepted. Include copy information particulars (name, date, age, year of ... etc.) Also include your name & phone number for information purposes. Deadline Wed. 5:00 pm. You may claim your photo after publication.

One little piggy went to market. One little piggy celebrated a 40th on Thurs., Sept. 23rd &, THEN, that little ... got roastedat Papa's on Sat. Our succulent ... Kevin Wilson.

Angeliqua, Jonas & Jenny sending birthday wishes wrapped in love to ... Pete!

Happy Sept. 28th to the #1 Blue Jay Fan ... Shelley Dumoulin! Mom, dad & all your friends at S.N.

Claude Belisle celebrated his birthday on Sept.10 ... not too far behind, Doug McNaughton on Sept.11 ... Martin Gervais on Sept.21 ... Allan Robertson, Sept.21

And good wishes going out to Paul Baine (Sept.26) ... Raymond Darveau (Sept.29) ... Joel Pelletier (Sept.30).



HAPPY 30TH ... STEFAN (on Sept.26). Weclome to "the club"! Have a happy day. Sis ... Chris!

Happy "50th" ... Tina Davis on Sept.28. From "A Happy Face"!

"Salute" *Italian* **"Your Health"**

BABIES•BABIES•BABIES

Roxanne & Luc Emmell sharing the news of the the arrival of daughter ... Katreena, born Aug.27th/93.

Brandon Alexander Joseph arrived Sept.13th to Mandy & Gord Pechie. Mona & Gord Pechie & Judith Legallais are the ecstatic grandparents!

Welcome to Ashley Diane Aitken born Aug.12th/93 ... to beaming parents Jean & Linden.

Congratulations & best wishes going out to ... Mr. & Mrs. Roger Cuillerier of Apple Hill, who exchanged vows on Sept.18th/93. From all your friends & loved ones.

Anniversary Waltz Time: Grant & Marjorie Sheridan danced on Sept.6th. ... Ernie & Helen Pain celebrated on Sept.11th ... while Mary & Denis Empringham did some toasting on Sept.14th ... and Bea & Gordon Fairweather cut cake on Sept.20th. Happiness to all.

Speaking of anniversaries ... Ottawa Kiwanis Club celebrated its 75th year on Sept.10.

GAUTHIER

***Welcome Matthew Gauthier** born Sept. 10/93 at Hotel Dieu Hospital. Proud parents, Heather & Alain Gauthier of Bainsville and another grandson for Rene and Pierriette Gauthier of Curry Hill. First time grandparents are Laurette Box and Jack Darling.*



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Noble Villeneuve
M.P.P. Reports
S.D.&G.

Great Concerns In Eastern Ontario on Community Safety

At the Cornwall public forum of the Mike Harris Task Force on Crime, Justice and Community Safety, hosted by Noble Villeneuve, MPP for Stormont, Dundas, Glengarry and East Grenville, area residents were quite vocal in raising local issues which are resulting in a diminished sense of community safety.

Cigarette smuggling was the main issue. The task force heard how the OPP now refuse to patrol the water at night because it is becoming too dangerous. Inspector Henry Kennedy of the RCMP told the audience that they are presently initiating a new approach to the problem, which will hopefully reduce smuggling in the next few months.

Local residents suggested lowering the taxes on cigarettes, bringing in the Coast Guard or Navy to patrol the water, and having police sell seized cigarettes and use the money to fight crime.

One area of concern for local residents living in rural areas such as SDG & East Grenville was the diminishing resources for local OPP Detachments.

Young offenders are a major concern for a number in the audience. Many felt it necessary to institute stronger sentences. Both local lawyer Pierre Guindon and Inspector Kennedy indicated that longer mandatory sentences are not the answer in every case. The system has to be able to recognize between those youths who can be rehabilitated, and those who cannot.

There was unanimity that the real answer for decreased crime and increased community safety is a stronger sense of responsibility by all members of the community. Parents must play their part at home by setting a good example.

Local Industry Expands

NuMED Canada announced a significant expansion of its operations today, a move that is expected to more than triple the size of the company.

"NuMED products are in ever increasing demand throughout the world," stated Nick Gray, Vice-President of NuMED Canada Inc. "This demand has required a significant expansion of our research and manufacturing facilities in Cornwall, and has created an additional 8 full-time jobs."

"Biomedical products, by the very nature of their designed use, require highly skilled workers working in a clean and tightly controlled operation," noted Mr. Gray. "Our expansion represents a considerable investment in monitoring equipment and other technology. Fortunately, we have an excellent and enthusiastic workforce that has proven to be very adaptable."

NuMED Canada was established in Cornwall, Ontario in 1990 by NuMED Inc., a world leading designer and manufacturer of angioplasty catheters and other medical devices. NuMED Inc. is located in Hopkinton, NewYork, about 30 minutes south of Cornwall. NuMED Canada was created to handle Canadian and international demand for NuMED products.

"The growth of NuMED Canada is directly related to an increase of export sales over the last several months," added Mr. Gray. "We have seen sales increase by 800% from the last fiscal year, and almost all sales are export oriented."

"NuMED is a relatively small firm in a young and growing industry dominated by huge multinational firms," noted Mr. Gray. "Our success is based upon the innovative expertise of our founder, Mr. Allen Tower, and our ability to be flexible, move quickly and accommodate new designs and ideas immediately. As a result, our research and design teams are constantly coming up with new products that are being used in ground breaking medical procedures around the world."

"It is my sincere pleasure to congratulate NuMED Canada on their recent and future success," stated Mayor Ron Martelle. "I would especially like to express the community's appreciation to Mr. Allen Tower, Mr. Gray and his staff, for having the faith and confidence to continue to invest in the City of Cornwall."

"NuMED Canada is a perfect example of the potential of the biomedical industry in Canada," commented Bob Peters, Development Officer for the City of Cornwall. "Products carefully produced in Cornwall are successfully competing with American and European made products, and a new set of skills is being developed in the community. Hopefully, NuMED's success will help us to convince other biomedical firms of the advantages of locating in Cornwall."

For more information, please contact: Nick Gray, Vice-President, NuMED Canada Inc. (613) 936-2592 or Bob Peters, Development Officer, Cornwall Economic Development (613) 933-0074.


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Traditions and technology for tomorrow

(NC)—Hans Matthews had heard it so many times—employers complaining that it was impossible to find qualified Aboriginal engineers and natural scientists. Yet his own experience, and that of many of his friends and co-workers, proved otherwise. It was obvious to the geologist from the Chippewas of Rama First Nation that there simply was not enough awareness or understanding of Aboriginal people's potential to fill science and engineering positions.

Matthews set out to rectify the situation.

His previous work in Arizona made him aware of the American Indian Science and Engineering Society (AISES), an organization that promotes science, engineering and technology education to Aboriginal youth.

International Year of the World's Indigenous People

A New Partnership

Matthews was impressed by the fact that where there are AISES offices on campus, enrolment rates of Aboriginal students are high and drop-out rates remarkably low. He set out to establish a similar organization in Canada.

In October 1992, with financial support from the federal government, he and Merv Dewasha of the Assembly of First Nations made a presentation to AISES in Colorado. They asked for AISES's support to develop the Canadian Aboriginal Science and Engineering Association (CASEA). It became a reality in January 1993.

The non-governmental, non-profit organization hopes to significantly increase the number of Aboriginal scientists and engineers in Canada. It also hopes to develop technologically informed leaders while maintaining a respect for traditional ethics and protection of the environment.

As important as it is to support and encourage the existing network of professionals, CASEA believes the greatest hope lies in the next generation. That is why its overriding objective is to increase the prospects for the Aboriginal youth in Canada to participate and excel in science and engineering careers. The long-term goal is to develop the talents of tomorrow s technological innovators so they can return to improve their communities.

CASEA believes in beginning early by working with elementary school children through science and math camps, teacher training and mentorship programs. This will strengthen Aboriginal students' educational background in pure sciences to prepare them for the challenges of secondary and post-secondary education.

"Science is universal, technology is universal, the ability to work in these fields is universal explains Matthews. "What we have to do is break down the attitudinal barriers that are holding us back."

CANADIAN CANCER SOCIETY
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Safety tips for tourists

The rash of killings of foreign tourists in Florida has led Alamo Rent a Car and Travel Agent magazine to offer this travel advice:

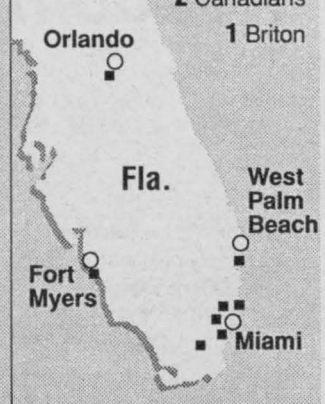
Nine tips for safety

- Ask for specific directions to your destination.
- If you get lost, drive to a well-lighted place such as a service station or restaurant.
- If you suspect you are being followed, drive to a well-lighted public area and call police.
- Lock luggage, purses, wallets and other valuables in trunk.
- Keep doors locked and windows up when driving and parked.
- Familiarize yourself with the car's safety equipment before leaving rental yard.
- Always park in well-lighted areas.
- Do not pick up hitchhikers.
- Drive to a well-lighted public place and call police if anyone yells, honks and points at your car as if something is wrong, motions and asks you to stop, flashes headlights at you or bumps your vehicle from behind.

Who the Florida victims are

At least eight foreign visitors have been killed in Florida since last fall.

■ Where they were killed



Who visits Florida

Almost 6.8 million foreign tourists visted Florida in 1992. Top groups, by nationality:

Canadians	2.5 million
Caribbeans	474,000
Germans	454,000
Brazilians	255,000
Mexicans	232,000

SOURCES: Florida Department of Commerce, AP; research by PAT CARR

Guide to 'kidspeak'

KIDSPEAK *(noun)*: a new language sweeping the nation; words often used when kids try an Elmer's® GluColors™ FunKit for the first time.

Parents and teachers may use the following translation guide to understand what children are really saying...for example: "I'm *jammin'* with my new *boss* FunKit. It's the *freshest* thing for me and my *cuzs*...

Bogus:	An expression of absolute disgust
Boss:	Cool
Chill Out:	Relax; calm down
Crib:	A person's home
Cuz:	Friend
Def:	Fresh, cool
Dissed:	To be disrespected
Dudical:	The combination of dude and radical
Fly:	Hip or groovy
Foul:	Rotten
Freshest:	Latest
Hot or Rad:	Cool
Jammin':	Having an exceptionally good time
Stupid:	Very cool

Usage hint for adults: Don't try these words on kids; they'll probably dis you and make bogus sounds. *TA938431*

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CABLE NOTES

Monday September 27
6:00 Working In Ontario
6:30 Sacro Pop Choir in Concert
7:00 A New Environment - Season Premiere
7:30 Cornwall City Council - Live

Tuesday, September 28
6:00 CHIP Talk
6:30 Kinsmen TV Bingo - Season Premiere
7:30 Nellam Ghar #3
8:00 Optimist Minor Football (Atom Game) presented by Industrial Alliance

Wednesday September 29
6:00 Scarboro Foreign Mission 75th Anniversary: "A Community in Mission"
6:30 Working in Ontario
7:00 Q&A - Questions & Answers: Season Premiere - Live
8:00 German Diary TV

Thursday September 30
6:00 The Mayor's Hotline
7:00 Nellam Ghar #3
7:30 A New Environment
8:00 Optimist Minor Football (PeeWee Game) presented by Industrial Alliance

Friday October 1
2:00 Cornwall City Council of September 27th
4:00 Working in Ontario
4:30 CHIP Talk
5:00 German Diary TV

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is added. 2. Hat is removed. 3. Hand is raised. 4. Napkin holder is moved. 5. Name is changed. 6. Beard is missing.

Progressive Conservative Team Introduced



The Progressive Conservative team was introduced at the Civic Complex recently. Pictured above (left to right) are Leslie Ault; Assistant Campaign Manager Paul Lefebvre; and Campaign Manager Ken McLennan and (photo by John Schaeffer)

'Freedom of the City' this Saturday

As part of the Stormont, Dundas & Glengarry Highlanders year-long celebration of its 125th Anniversary, the Regiment will be exercising its "Freedom of the City" on Saturday, October 2, 1993 at 1:00 p.m. The 'Glens' will march along Second Street to the steps of City Hall where a short ceremony re-affirming the right will take place. The Regiment will then return to their Armoury along Fourth Street where it will witness a change of Honorary Colonels and Regimental Sergeants Major (RSM).

This honour of "Freedom on the City" was granted the Regiment on May 27, 1968 by the City of Cornwall in grateful recognition of duty bravely performed from 1868 to 1968 in causes dear to the Citizens of Cornwall and to commemorate the Regiment's 100th anniversary.

The practice of granting "Freedom of the City" is steeped in tradition and dates back to the middle ages when armies were hired to protect cities. Armies sold their services to the highest bidder and would often turn on the cities they were hired to protect. This resulted in the armies being locked outside city walls and not being permitted inside even for pay.

Permission to bear arms within the city walls was a carefully guarded privilege which would sometimes be given to an army that had special ties to the community it was defending. This granted them the right to enter the city with Colours flying, drums beating, bands playing and bayonets fixed. Communities showed great trust and faith in the recipients of this honour.

It is with great pride that the Regiment has included this right as the focal point of its 125th Anniversary and invites all the citizenry of Cornwall to witness its re-affirmation on October 2, 1993 at City Hall.

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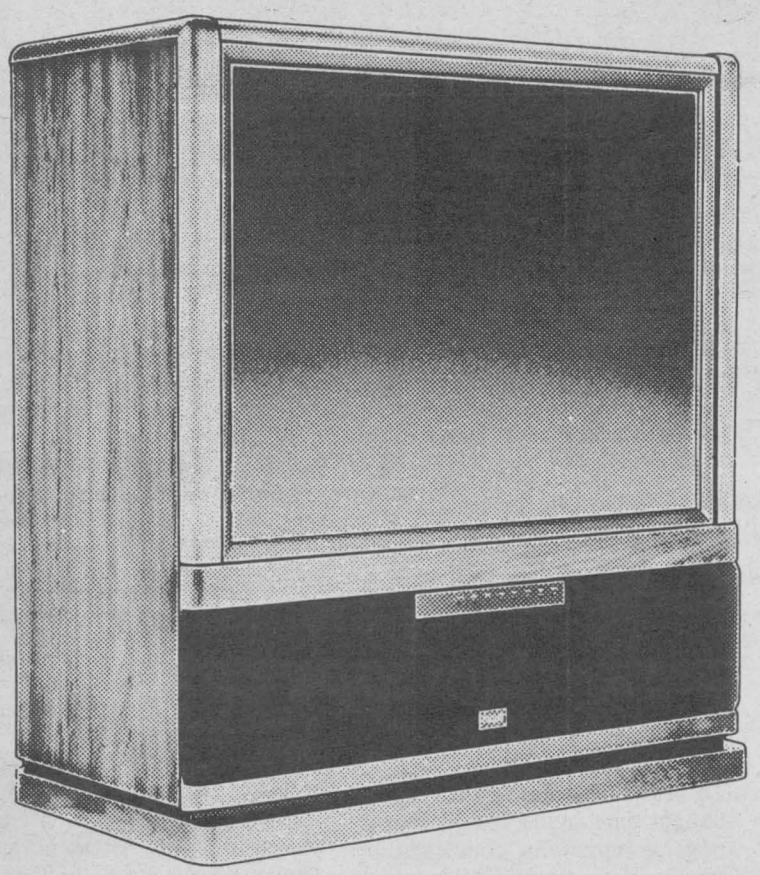
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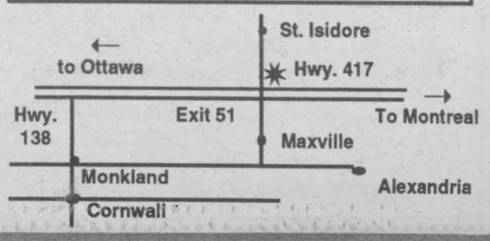
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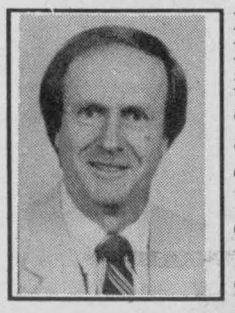
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Sat. 9-5; Sun. 10-5



United Way Announces Industrial Co-ordinator



Mr. Kazi Marouf is pleased to announce the appointment of Mr. Bill Dickie as Chair of the Educational Section in the forthcoming campaign.

In this Division, Mr. Dickie will be responsible for the various levels in the Education system and the Community Colleges.

Mr. Dickie has served in this position for the past three years and under his guidance there has been a substantial growth in this sector of the campaign.

Mr. Dickie is a member of the Cornwall Golf & Country Club, Cornwall Curling Club, Ontario Council for Adult Educators, Continuing Education School Board Admin. Assoc. and the Ontario Alternative Education Association.

HERITAGE HIGHLIGHTS

"Every man, carry a man"

The padre hero of the day that will not die

By Marsha Boulton

DIEPPE, FRANCE, AUGUST 19, 1942 — What winner of the Victoria Cross during the Second World War joined the ill-fated Canadian troops on the pebble beaches of Dieppe as a stowaway?

If you knew that Honourary Captain John Foote, chaplain of the Royal Hamilton Light Infantry was so determined to accompany his unit into battle that he stowed away with only the tacit consent of his superiors, you may also know that although he could have left the horror — he decided to stay!

Foote was a 35-year-old Presbyterian minister in Cobourg, Ontario when Canada officially entered the Second World War on September 10, 1939. In the following month of recruiting, Canada's forces grew to 70,000 from a professional nucleus of fewer than 10,000. Foote was among the earliest to apply.

When it became apparent that Canadian troops were to finally be sent into battle on the secret mission dubbed "Operation Jubilee," Foote's commanding officer suggested that the popular padre stay in England since he might be needed more than ever after the raid.

"I'll make my own arrangements, and if you see me on the beach you can order me off," replied Foote.

Along with close to 5,000 Canadian troops, Foote joined in the early morning landing at the chalk cliffs off the small port and gambling town of Dieppe. It was the first time most of the men confronted combat, and it was the first time the Allies had determined to test their ability to launch a large-scale amphibious raid on Hitler's continental fortress.

The battle lasted for nine savage hours during which the troops faced constant, deadly fire.

Foote attached himself to a Regimental Aid Post on the beach and set about helping the wounded, constantly exposing himself to the hail of bullets. When evacuation efforts began,the burly padre carried wounded men from the exposed beach to the cover of landing craft. "Every man, carry a man," Foote shouted to all who could hear him. He may have saved as many as 30 lives and his courage set an inspirational example.

As the last boat departed, Foote returned to the beach. "The men ashore would need me far more in captivity than any of those going home," was his belief.

Nine hundred were killed at Dieppe and nearly 2,000 were taken prisoner. Padre Foote and medical officer Captain D. Clare, both chose to be voluntarily imprisoned with the captured men and they led the grim column of captives on the march to prisoner of war camps where they stayed until the end of the war.

Despite the squalid conditions, Foote organized social activities, including an orchestra in which he played a mean trumpet. He conducted regular church services, and also used the church to conceal men who were escaping. Despite threats to his life, the padre harassed the Germans for better treatment for the men.

John Foote was awarded the Victoria Cross for his heroism at Dieppe, as was another brave Canadian, Vancouver's Colonel Charles "Cec" Merritt of the South Saskatchewan Regiment. Of the thousands who served their valour and courage was singled out, but they were not unique.

There were many acts of heroism at Dieppe, and many more would follow, each one deserving of the everlasting gratitude of all Canadians.

THE BECKER FOUNDATION HERITAGE PROJECT

Watch for the Heritage Minutes on your local television station.

For more information about the Heritage Project call 1-800-567-1867.

Refunds of land transfer tax available to first-time homebuyers

If you are a first-time homebuyer, you may apply for a refund of the land transfer tax (LLT) you pay when you buy your home. This refund is available through the Land Transfer Tax Refund Program for Ontario Home Ownership Savings Plan planholders.

You may be eligible if you meet the following conditions:

* you or your spouse opened an OHOSP prior to registering your Deed;
* you or your spouse received an OHOSP tax credit in either of the past two years OR you meet the income requirements to qualify for an OHOSP tax credit in the year you buy your home (your net income is less than $40,000 if you are single, or less than $80,000 if you are married);
* your name is on the title/deed to the home;
* you lived in the home for at least 30 days; and
* your home cost $200,000 or less (the amount of your refund depends on the price you pay for your home).

The LTT Refund Program makes it easier for first-time buyers to invest in a home. Although some homebuyers have been investing in OHOSPs for a number of years, you may still qualify for an OHOSP tax credit even if you open a plan in the same year that you purchase your home.

The flexibility of the program also allows you to get a refund if you buy a home jointly with one or more individuals. If more than one name is on the title/deed to the home, each of you may qualify for a partial LLT refund, provided that you each have an OHOSP. The refund will be based on your share of ownership in the home. This can include couples who bought their home **before** marriage, common-law couples and family relationships such as parent-child or brother-sister.

If you bought your home **after** you were married, and only one of you is an OHOSP planholder, you could get a full LLT refund, as long as the applicant's name is on the deed to the home.

To ensure that you receive your LLT refund as quickly as possible, fill out the "Application for Refund of Land Transfer Tax to OHOSP Planholders" which is available from all Land Registry Offices as well as the Ministry of Finance and return it along with copies of:

* the Ontario Home Ownership Savings Plan Home Purchase Declaration; and
* the Transfer/Deed of Land.

Make sure that you mail all the supporting documents and the application to the address shown on the application form or your refund will be considerably delayed.

A more detailed information guide on the OHOSP and LTT Refund programs is also available by calling the Ministry of Finance Information Centre toll-free:
All areas - 1-800-263-7965
French language enquiries - 1-800-668-5821
Telecommunication device for the Deaf (TDD) - 1-800-263-7776.

Don't get boiling mad— check your rad!

by Walter Smith

(NC)—We've all seen them, cars stranded by the side of the road with their hoods open and steam coming out. That's what can happen to you if your coolant is not in shape and you get caught in a slowdown on a hot day.

Don't let rad problems wreck your summer fun. Have your engine cooling system checked now—any good mechanic can easily do it. You should know that there is now a choice you can make when you have your car's rad serviced. I recommend you choose a mechanic who uses recycling techniques, rather than one who flushes your system and then dumps the antifreeze. Used antifreeze is hazardous and is destructive to our lakes and rivers.

UNDERSTANDING YOUR CAR
TIPS FROM Walter



There are two advantages to recycling. First, antifreeze disposal problems are eliminated because the antifreeze from your car is rejuvenated and reused—nothing goes down the drain. Secondly, antifreeze/coolant recycling systems eliminate the need to use valuable resources to produce new antifreeze. The protection you get is every bit as effective as a conventional radiator drain and refill with virgin antifreeze.

I also suggest that you check with your technician to ensure that the shop uses a coolant recycling system that is approved by the automotive manufacturers. That way, you'll know it's safe for your car.

So, I recommend you have your cooling system checked today to make sure it won't get you all steamed up. But please, go to a shop that practises antifreeze recycling.

Walter Smith is technical advisor for Wynn's Canada. Call 1-800-668-5626 for more information.



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Leslie Anderson Stidwill: Portraiture Sept. 27th - Oct. 9th
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- Fine Arts and Crafts Exhibition and Sale (Oct. 27th - Nov. 26th)
- Photo Contest Exhibit "Images of Cornwall and the Seaway Valley" presented in association with the Cornwall Regional Visitor & Convention Bureau (Oct. 11th-23rd)
- Elaine Hutchinson (Oct.23-Nov.6)
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Thinking About Colouring Your Hair?



MONTREAL, 1993 -- While choosing a new shade of lipstick or blush is less complicated than changing haircolour, haircolouring - with a little planning and a little help - is not really all that difficult and it can make a wonderful difference.

Haircolour is an almost instant solution to great-looking hair and a great-looking you. Just as make-up can bring out your best features, changing your haircolour can improve on nature with added shine, texture and volume. Your colour can gleam... and so can you, with new self-confidence.

Where To Start?

Before you choose your colour, let the experts at Clairol Canada help. Sit down and ask yourself these questions.

- What colour or effect do you want to achieve?
  Lighten? Darken? Cover/Blend Grey? Add Highlights?
- What kind of product do you want?
  A product that washes away, leaving your hair the way it was before you coloured?
  Or, a product that is long term and will not wash out?
- How much time can you/are you willing to spend on your hair every month?

What's Right for You?

The colour effects you can achieve are dependent on two basic types of haircolour products: those that wash away and those that will not wash out.

Products that **shampoo out (or short-term haircolour)** can cover grey, blend grey or turn it into highlights. They also can darken or enrich your natural hair colour. Short-term haircolour options can be divided into three sub-groups: temporary, semi-permanent and demi-permanent products. Clairol's most popular semi-permanent haircolour is Loving Care Lotion or Mousse. Another is Flirt Gel Hair Blush. Or try Lasting Colour by Loving Care, Clairol's newest demi-permanent that offers the gentleness of a semi-permanent with longer colour wear.

Products that **don't shampoo out can be called long-term colour** and come in two types: all-over colour and highlighting products.

All-over colour products are applied over the entire head of hair to achieve an overall or total colour effect. Clairol's all-over colour group includes Nice 'n Easy, the most famous name in haircolour, Miss Clairol, L'Image and Clairesse. The second group, highlighting, refers to products that lighten or colour only selected strands of hair through the use of a cap, such as Frost & Tip or with a special brush as in Quiet Touch.

Products that don't shampoo out can cover grey, blend grey or turn it into highlights, and darken or enrich your colour. These products can also lighten your haircolour.

NEED MORE HELP?
Call the Clairol Hotline
1-800-223-5800
1-514-282-5645
(Montreal Only)
1-800-363-3930
(Province of Quebec, excluding Montreal)

Vitamins For Health

Do women diet too much?

(NC)—These days, many health professionals discourage rather than encourage dieting. But Dr. Kelly Brownell, a professor of psychology at Yale University, New Haven, recently told a Toronto gathering of nutritionists and health care workers that it's no use "having a strident position on dieting" whether you're pro or con.

"These days, some people are claiming that no one should lose weight. I don't believe that's true. Other people adopt the opposite stance and say that everyone who is overweight should lose weight for health reasons. I also say that's not true," said Brownell.

Brownell said that the disenchantment with dieting has surfaced for a number of reasons—one is the perception that "dieting itself may contribute to the prevalence of obesity, and I'm a partial believer in this stance."

The other is the fear among health professionals that dieting can lead to serious eating disorders such as anorexia nervosa and bulimia.

Brownell cautioned his audience not to divorce themselves completely from counselling the obese. Serious overweight remains a health hazard and deserves treatment and support from health professionals.

On the other hand, he said, "Dieting should be discouraged in individuals who are close to normal weight. At least half the people on diets are not overweight by anyone's health standard. Dieting offers these individuals no benefits and exposes them to medical risks," he emphasized.

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- Fold Down Rear Seat.
- Power Antenna.

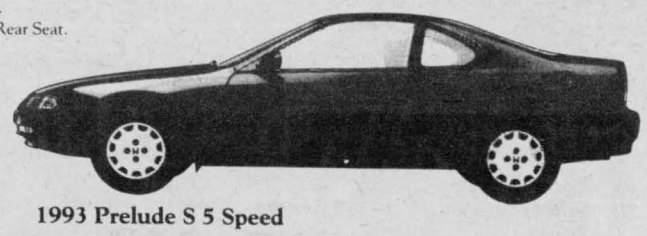
$13,888



1993 Civic Hatchback Si.

- 1.6 L 125 HP ENGINE.
- 5 Speed Man. Trans.
- Power 4-Wheel Disc Brakes.
- Power Steering.
- Sport Wheel Covers.
- Power Sunroof.
- Dual Power Mirrors.
- 14" Performance tires.
- Driver's Side Airbag.
- Tilt Wheel.
- Intermittent Wipers.
- Rear Wiper/Washer.
- Tachometer.
- Fold Down Rear Seat.

$13,888



1993 Prelude S 5 Speed

- 2.2 L 135 HP ENGINE.
- Power Steering/Brakes.
- Wheel Covers.
- Power Heated Mirrors.
- Cruise Control.
- 14" Performance Tires.
- Power Sunroof.
- 4 Wheel Disc Brakes.
- AM/FM Stereo/Cassette with 4 Speakers.
- Tilt Steering.
- Front/Rear Stab. bars.
- Driver's Side Airbag.
- 4 Wheel Ind. Suspen.

$18,588



1993 Accord EX Sedan 5 Speed.

- 2.2 L 125 HP ENGINE.
- Air Conditioning.
- Driver Side Airbag.
- Centre Console Armrest.
- Cruise Control.
- Coffee Cup Holders.
- Pwr. Wind./Locks/Ant.
- Tilt Steering.
- Rear Seat Armrest.
- AM/FM Stereo Cass.
- Dual Remote Power Mirrors.

$18,588

$13,888 applies to model CB7141 and EH3181, $18,588. Applies to model BA8141 and CB7551, all freight, P.D.I., license and taxes extra. Offer for a limited time only at participating dealers. While quantities last. Cannot be combined with any other offer or previous sale.

25 YEARS HONDA

5 YEAR WARRANTY ROADSIDE ASSIST

ONTARIO HONDA DEALERS

Possibly, the best Car Dealers in the World.

"18 Years of Quality Service"

CORNWALL HONDA

"The Dealer Who Cares About You"

1200 Brookdale Avenue **933-7558 1-800-268-6571**

SEAWAY BARGAIN MART

DEADLINE
Thursday 4 pm
933-0015
NOTE: Late ads (if taken) will be placed at the end of the classified section)

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015
Classified Advertising (G.S.T. included)
CASH RATES
- $7.00/ wk 24 words or less, (21¢ each additional word).
- $12.00/ 2 wks. 24 words or less, (19¢ each additional word).

DEADLINE: - Thursday 4 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 occured, 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 advertisment.

NOTE TO CLASSIFIED ADVERTISERS
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.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 25 words or less and enclose $24.00 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 25 word, 19¢ per additional word. Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8. Mail pick up, no charge. Mailed replies: $5.00

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.

22 YR. OLD GENTLEMAN, likes going to movies, dining out, shopping & quiet times. Looking for a slim, attractive woman (20-25). Friend first, hopeful relationship. Phone number & photo appreciated. CC 1487.

ACTIVE, single male, early 60's. Affectionate, sincere, honest. Loves dancing, hide-a-way weekends. Seeking petite lady, 50-60 to share trip to Florida. A special lady looking for a lasting relationship. CC 1485.

ATTRACTIVE, TALL SLIM WIDOW, (49) with sense of humour who enjoys dancing, walking, travelling. Looking for gentleman 50-65 with similar interests (non-smoker pref.) CC 1488.

MALE, 32, tall, brown hair, hazel eyes. Looking for that "special" girl to share pleasant times together. I enjoy good conversation & friendship. Please include photo. CC 1486.

1 NOVENAS

MAY THE SACRED HEART of Jesus be praised, adored & glorified now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Helper of the Hopeless, pray for us. Say 9 times a day for 8 days. Promise publication. L.G.

MAY THE SACRED HEART of Jesus be praised, adored & glorified now & forever. Sacred Heart of Jesus, pray for us. St. Jude, Helper of the Hopeless, pray for us. Say 9 times a day for 8 days. Promise publication. L.G.

ST. JUDE NOVENA. May the Sacred Heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Worker of the Miracles, pray for us. St. Jude, Heart of the Hopeless, pray for us. Say this prayer 9 times a day for 9 days. By the 8th day your prayer will be answered. Publication must be promised. Thank you to St. Jude. H.R.

THANK YOU JESUS, St. Jude, St. Joseph for favour received, with promise to publish. S.M.

PRAYER TO THE HOLY SPIRIT. You who made me see everything and shows me the way to reach my ideals. You who give me the divine gift to forgive and forget all that is done to me and you who are in all the instinct of my life with me. I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desired may be. I want to be with you and my loved ones in your perpetual glory. A person may pray this prayer three consecutive days without asking for their wish. After the third day, their wish will be granted no matter how difficult it may be. Promise to publish this dialogue as soon as your favour has been granted. Thank You. D.C.

THANK YOU to the Sacred Heart of Jesus for favour received. L.M.

2 APTS/ CONDOS FOR RENT

2 BDRM. APT. on Alice St. Large living room & kitchen. Parking. Avail. immed. 932-2135.

7TH ST. WEST AREA. 2 bdrm. apt. incls. fridge & stove. Avail. Oct. 1. $409/mo. + util. 1-673-2514.

AVAIL. IMMED. 1 or 2 bdrm. apts. $325-$430/mos. + util. Fridge, stove, parking incl. Call for app't after 6 pm 931-3374/931-2594.

AVAIL. NOV. 1. 2 bdrm. upstairs apt. Renovations done. New energy efficient gas furnace. Fridge & stove. Close to bus, shopping, schools. $400/mos + util. Quiet mature couple preferred. No pets or parking. 933-3022 leave msg.

AVAIL. NOV. 1ST 3 bdrm., downstairs apt. w/full basement. Washer/dryer hook ups. $495/mos. incl. heat. Leave msg. & I will return your call. 938-7681.

CLEAROUT
ALL COLOURED
Frost Free FRIDGE & STOVE SETS *KITCHEN SETS* starting at $79
from $399 set


GERARDS USED FURNITURE & APPLIANCES
Mon. - Fri. 9-6
Saturday 9-5
427 4th St. W. Cornwall
936-9300

AVAIL. NOV. 1st. Recently renovated downstairs 2 bdrm. apt. $330 RENTED ay own util. 1st & last months. 225-A Guy. No pets. 932-3530.

BACH. 1 & 2 BDRM. APTS. for rent. For more information call 11 am - 5 pm 936-8948.

BRIGHT, MODERN, CLEAN. 1 & 2 bdrm. apts. in small building; convenient, quiet, pollution free location. Coin-operated laundry, locker space & parking. Very reasonable rents. 931-2633.

CLEAN 1, 2 & 3 BDRM. APT.S First & last months rent required. Ph: 932-6386.

CONVENIENCE STORE PLUS 1 BDRM. APT. located at 1300 Montreal Rd. $590/mo. heat included. Ph: 938-6165.

EAST END. 1 bdrm. apt. Wall to wall carpet, fridge, stove, parking, utilities paid. $400. No pets. 932-4376.

FURNISHED 1 BDRM. APT. Elect. heat, pay own util. Parking. Avail. now. 938-0456.

GLOUCESTER ST. NORTH. Downstairs 2 bdrm. Supply own fridge & stove. Washer/dryer hookups. $465/mos. + util. References & first/last month req'd. 938-0802.

ONE BDRM., newly renovated, 15' covered deck, fridge, stove, hot water incl. Avail. Nov. 1 $410/mo. plus utilities. No pets. Mature adults only. Ph: 932-8965.

PLEASANT 1 BDRM. APT. avail. now. Apply Long Sault Motel, 1/4 mi. east of Long Sault.

SENIORS 10% DISCOUNT. Bachelor apt., fridge, stove, heat, lights, air cond., incl. Laundry facilities avail. Now available. Security building, central location. Ph. 938-2576 between 9 - 5 p.m., Mon. - Fri.

SMALL 1 BDRM. HOUSE. East end. Clean. Ideal for one person, pensioner. Avail. immed. $325/mos. excluding util. 932-8192 or 938-0480.

4 YARD/GARAGE SALES

GARAGE SALE. Everything & anything you want or need. Every Sat. & Sun. starting Sept. 12. Household furniture, etc. MacIntosh St. (3rd house), St. Andrews. For info. 933-5387

5 ARTICLES FOR SALE

16 CU.FT. HOTPOINT FRIDGE, almond, 3 yrs. old. Asking $375. Ph. before 8:30 pm 933-8204.

1978 FORD LTD 4 dr., ex. condit. No rust. Utility trailer, 2 wheel with plywood box. men's Rawleigh 10 spd. bicycle. Ph: 534-2461.

2 UTILITY TRAILERS, 2 doors/pine, TV aerial. Sheds: 1 steel & 2 wood. Man's bicycle, lawn mower, table saw, 30" gas stove. 537-2318.

3 HOUSEHOLD OIL FURNACES. 85,000 BTU, $200 ea. One natural gas hot water tank, 80 gal., $50. Cascade 40 hot water tank, $60. Ph: 932-1546.

3.8 LITRE, V6 engine and transmission for rear wheel drive. Complete. $250. Call 931-2302.

5 PC. COLONIAL DINING ROOM SET. Like new. One dbl. bed with brass headboard. Phone 930-2149.

Published weekly and distributed by Seaway Shopping News Ltd., 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
Locally Owned

You were spotted shopping at LOEB CLUB PLUS™ Seaway. You're a winner!

WIN
A LOEB Pizza Large, Deluxe 14" Regular Crust


YOU'RE A WINNER

Check this week's photo. If you are in one of these photos, clip out this ad and bring it to the Ready Wall at LOEB CLUB PLUS™ at 1400 Vincent Massey Drive. You will receive a LOEB Pizza, Large, Deluxe, 14" Regular Crust compliments of LOEB CLUB PLUS™ and Seaway News.
Open Mon. - Sat.
8 a.m. - 10 p.m.

CLUB plus™ LOEB Seaway

52' SELF SUPPORTING TOWER. Channel Master heavy duty rotator. Channel Master preamplifier. 30' TV tower w/antenna & rotator. After 6 pm 537-2548 or leave msg.

9 PIECE ANTIQUE WALNUT dining room set. Includes table, 6 chairs, sideboard & hutch. Asking $1500. Please call 931-1604 after 4 pm.

ANTIQUE OAK DRESSER with mirror, $125. Bunk bed with mattress, $100. Phone 932-2524.

APPLIANCE BLOW OUT! Super clean. Written warranty. Every day low prices. 2 dr. fridges, $195 up. Large stoves, $145 up. Large washers, $145 up. Large dryers, $95 up. Colour TV's, $95 up. Also couches, beds, tables & other furniture. Akar's Used Appliance, TV-Furniture. 12-6th St. East. 938-1355.

ATTENTION ALL BIRD LOVERS, now in stock many new bird feeders of all kinds & prices. Many different wild bird seed mixtures; squirrel feeders & food; charts, books, birdbaths, heaters, bird carvings; bird feeder & house kits; suet & holders & many great gift items for all bird lovers at Wild Bird Emporium, 407 Water St. East, Cornwall. 936-8088.

BATH TUB, shower doors & sink, in good condition, $100. 48" bed, $50. Ph: 537-8787.

BEES WAX CANDLES, ceramics, gold, jewellery, crafts & much more at Bonville Flea Market, every Sunday from 10 am to 5 pm. Booths available. 937-FLEA.

CHALEREAUX AIR TIGHT wood stove. Asking $200. After 5 pm 528-4260.

CHAMPION 24' FLYBRIDGE BOAT. Also for sale shuffleboard, juke box, video game, pool table, humidifier. 933-5006.

COMPUTERS IBM COMPATIBLES. Bought, sold, rented. Complete systems: XT/$500, 286/$775, 386/$814, 486/$976. Programs, $2.50/disk. Blank disks, 45¢ each. Deal with the owner. Dealers welcome. By appointment please. Crazy Horse, 1247-2nd St. West. 932-6343.

DINING TABLE, 4 chairs & china cabinet, $800. King size waterbed with bookcase headboard, $400. Sofa, loveseat & footstool, $395. Electric organ, $1925. Rowing machine, $50. Phone 347-1754 after 5:30 pm.

ELECTRIC TYPEWRITER. Commercial IBM. Excellent condition. $100. Call 932-4005.

FREE PICK UP of unwanted fridges, stoves, washers, dryers, freezers, colour TV's or furniture for recycling (depending on model & location). 932-8023.

FREE PICK UP of unwanted lawn mowers, snow blowers, skidoos, chain saws or any small engine (running or not) for parts & recycling. 534-2508.

FREE PICK UP of unwanted trophies for inside parts. 936-0176.

FROST FREE FRIDGE good condit. $175. Phone 527-2886.

G.E. AIR CONDITIONER, 10,000 B.T.U. upright, $300. Accordian, "Titano" combo, $300. 3 pc. Colonial sofa, chair, ottoman, $225. Phone 932-5273

GENERAL ELECTRIC WASHER. Perfect working cond. Asking $225. Ph: 931-2105.

KENMORE DRYER and stove, and GE fridge for sale. All good condition. Call 933-6778 or 937-3115 after 5 pm.

MARSHALL SUPER LEAD 100 W amp, $300. Rokmitter FM wireless, Marantz 2020 FM tuner, GBX 104G driver, Cerwin Vega cabinet (15"). For more info. 938-8572.

MEN'S GOALIE EQUIPMENT. Chest & arm protectors, pants, pads. Ex. condit. 936-1914.

MINIATURES! MINIATURES! MINIATURES! Many new items in stock now and also many wooden dollhouses to choose from starting at $39.95. Come in & see all the great selection at Mrs. G's Dollhouse Shoppe, 407 Water St. E., Cornwall. PH: 936-8088.

MOVING BOXES & moving supplies for sale. St. John's Transfer, 725 Boundary Road. 933-1492.

MOVING, MUST SELL, VERY GOOD CONDIT. 5 pc. bdrm. suite; dble. headboard, triple 9 drawer dresser w/2 mirros, tall chest w/5 drawers, 2 night stands. $600 or B.O. Also Schonbek 5 lamp crystal chandelier. Richly dressed w/13 crystal drops, $175 or B.O. Call Iroquois 652-2118.

NUTONE STOVE FAN, green, 450. Children's single box spring matt., $60. Several brass lamps. 1974 Mercury Comet, running condit., B.O. After 7 pm 938-1965.

ORGAN LOWREY "Geni 98". Excellent condition. $2,000 or best offer. Call 931-3415.

WAYNE GRETZKY ROOKIE CARD also other cards, hockey, baseball, etc. Call 936-0620.

"RAILROAD TIES" ideal for flower beds, garden plots, driveways, posts, etc. 8' lengths, $3 each. Switch ties also available. 2 miles north of Harrison's Corners on Avonmore Rd. 346-5574.

SEALY POSTURPEDIC electric adjustable single bed w/massage. Paid $1600, asking $900. As new. Old piano $50. Reclining chair, $25. Vibrating lazy boy, $25. Evenings 938-2744.

SLIPPERS FOR SALE. Women & men/ $4.00. Children & babies/ $3.00. 836 York St., Cornwall anytime or phone 932-8225.

SMALL WOOD STOVE 20"L x 12"Wx20"H, $90. Can be seen at 1252 Hebert or call 534-2074.

TEMPERED GLASS, 2 sheets 40-1/2"x84"; thermal pane window, 43-1/2"x82", $50 each. 30" circular blade. Swivel rocker, $125. Press-back high chair, $135. 2 Victorian chairs, $75 ea. Small antique buffet & hutch, $625. Lincoln rocker, $150. Ph: 534-8423.

TWO BEAUTY SALON, commercial hair dryers with chairs for sale. Asking $100 each. Please telephone 933-4659 for any further information.

VILLAGE HOBBY & TROPHY SHOP has quartz clock movements, pendulums, for the do-it-yourselfer. 335 Montreal Rd. 936-0176.

WANTED: MEN'S SMALL OR MEDIUM HOCKEY shoulder pads. For sale: boy's hockey skates, sizes 2-6. $8.00 pr. Ph: 936-2090.

6 ARTICLES WANTED

BRIO, PERIGO or Criss-Cross carriage (with large wheels) that will convert to stroller. 346-2683.

TOP DOLLAR paid for your fridges & stove depending on make, model & condition. 936-9330.

WANTED OLD CAMERAS. Will pay from $5 to $10 a piece for old obsolete folding Kodak or box cameras. Wanted for parts. Ph: 347-3393.

8-FLEA MARKETS

BONVILLE FLEA MARKET
OPEN SUN. 10 a.m. - 4 p.m.
Hwy. 138 at Bonville
Vendors Welcome
937-FLEA

9 FARMERS MARKETS

FREEZER BEEF, cut, wrapped, delivered. Angus beef. 2.20 lb. Halves only. Ph: 534-2931.

MacDONELL'S INN FARMERS MARKET, Pitt St. North open Saturday and Wednesday mornings 7 am 'til noon. Featuring fresh local produce. Established over eleven years. Info: 932-7980 or 347-3121.

PREVOST ORCHARDS. Apples now available. 3rd conc. off Charlottenburg Fallow Field Rd. Watch for signs on Hwy. 34/ Johnson Rd. Mon.-Fri., 9 am - 6 pm. Sat./Sun. from 9 am - 5 pm. info: 347-1697.

WOOD SPLITTER FOR RENT. Excellent working cond. Efficient. $45 per day. Small delivery fee. Phone 931-2105.

WANT ADS
work WONDERS!
CALL 933-0015
to place your ad

13 AUTOS FOR SALE

1968 VW BEETLE, auto., from Utah. First paint job since new. very gd. condit. $2500. 1970 VW Karmann Ghia, solid body. Collector's or sun lover's unique sports car, $2500. 1979 Volvo 244 DL. Great shape. Driven daily. 4 spd. w/o.d. Very solid/safe car, $2000. 346-2421.

1975 CHEV 1 TON CAB & chassis, body completely redone, $1650. 1973 GMC 5 ton 2-car carrier. Runs & works well, $5500. 1984 Plymouth Relaint, as is, $300, runs well. 1980 GMC 1/2 ton, new body & paint. 1 owner. $3250 safetied. Larry at 534-2096 before 5 pm or 534-2626 after 5 pm.

1981 CAMARO Z-28. T-top, blue int. w/white ext., black louvres & bra. Never winter driven. Well maintained. Call 938-6073 after 5 pm.

1983 DATSUN 280 ZX TURBO. Very good shape. Winter stored. T-bar, p/w. Asking $5000. Serious enquiries only. 936-6819.

1984 ACADIAN SCOOTER. 30 mil. to the gal. Good running condit. Can be seen anytijme. $1200 certified. Call & leave msg. 932-1198.

1986 HYUNDAI STELLAR, auto., fully equipped. A-1 condit. Rebuilt motor & new paint job. $1800 w/safety. 1981 Dodge camper van, safetied, $2500. Phone 932-1546.

SEAWAY NEWS PROFESSIONAL GUIDE

CHIMNEY SERVICE
Have you checked your chimney/fireplace lately?
Need repairs? Broken flue?
Bad flashing? Cleaning?
Free Estimate
J.R. RESTORATIONS
938-1465

DAY CARE
TRINITY DAY CARE
is now accepting
Winter Registrations,
ages 2 - 5 yrs.
Licensed, qualified teachers w/a knowledge of sign language.
Subsidizing also available.
Non-denominational
105-2nd St. West, Cornwall
936-0847

FLOWERS/ FRUIT BASKETS
Fresh & Silk flowers for any occasion.
Fruit & Gourmet baskets for home, hospital & business gifts.
Wedding Specialists.
BARBARA'S FLOWER BOUTIQUE
213 Cumberland
933-5902

FOUNDATIONS
JOE'S FOUNDATIONS
Chipped, cracked, leaking, unfinished foundation?
For repairs & parging call "Joe" Sauve at
932-8160
• Reasonable Rates
• Free Estimates

FOUNDATIONS
LYN'S RENOVATIONS
All foundation repairs: cracks, weeping tile, pardging.
Interlocking bricks.
Sidewalks.
Roofing. Vinyl siding & windows.
Work guaranteed.
Free estimate.
10% discount
Call John 936-8482

KARATE
* Chito-Shin-Kai (Traditional & Competition Style) Karate
* Jr -Int.-Sr Classes
* Mon.-Wed. 5:30-7 pm Jr (Novice) 8:30-10 pm Sr
Tues.-Thurs. 10-11:30 am Sr
*Tues.-Thurs. 5:30-7 pm Jr (Advanced) 8 pm-10 pm Sr
* Sat. 10-noon (Novice/Adv.) noon -2 pm Kumite
* Compare! 5 hrs. ea. week for less $$$ per class
TRI-COUNTY KARATE & SELF DEFENSE
145 Montreal Road
"With Your Best Interests At Heart"
937-1769

LOG HOMES
GENERAL LOG HOMES & Solar Electric Products
Kiln-Dried Quality
Pre-Cut /Lifetime Warranty
Save $$$ During Our "Time is Money Sale"
Free Delivery & Presorting
Call now
613-575-2277
Mon.-Sat. 9:00 am - 9:00 pm
Authorized Kuhns Bros. Builder/Dealer

MASONRY
FRED'S MASONRY
Cement work • pointing • parging • foundation repair • chimney repair • sidwalks • walkways
Free Estimates
Call 936-2483

MASONRY
LYN'S RENOVATIONS
All foundation repairs: cracks, weeping tile, pardging.
Interlocking bricks.
Sidewalks.
Roofing. Vinyl siding & windows.
Work guaranteed.
Free estimate.
10% discount
Call John 936-8482

NURSERY SCHOOL
CHILD'S PLACE
is now accepting registrations for our half day classes which begin in September. Qualified staff provide a stimulating child-centred program full of arts and crafts, stories, music activities and creative learning. Visit our centre at **412 5th St. East** or call **933-1910** to see the quality of care we provide.

PLASTERING
J.R. PLASTERING
Experienced in plastering, drywall and painting.
Free estimates.
Call Jr. **525-0112**

PRESSURE CLEANING
"Under New Management"
CANADIAN RESTORATION SERVICES
Exterior cleaning of brick, wood, aluminum, etc.
Graffiti removal.
Garage & industrial floor degreasing. Clean & seal interlocking brick. Insured.
Free estimates & demo.
932-9113
A division of Gerald Menard Renovations

RENOVATIONS
ROOF BUSTERS & RENOVATIONS
Shingle roofs, drywall, patio decks, siding, etc.
Work guaranteed.
Free estimates
Richard Longtin
936-2713

BONUS
BUY 5 WEEKS GET 1 WEEK FREE

CLASSIC CARRIAGES

Restoration and Performance Parts for Muscle Cars

- Body Panels
- Decal
- Weather Stripping
- Interior
- Carpets
- Emblems
- Stripe Kits
- Seat Covers
- Engine

Authorized Dealer For Over 45 Suppliers

Service For Your Classic

- Engine Detailing
- Interior Dye
- Chassis Work
- Alarms Installed
- Body Detailing
- Show Preparation

3007 Pitt St., Cornwall 930-2361

1988 BUICK LESABRE fully loaded. Air, cruise, etc. landau roof. 92,000 km. Very good condition. Asking $9,000 or B.O. Leave msg. 528-4254.

1989 ACCORD LX. 5 spd. standard, Am/Fm cass., cruise, tilt steering, 4 dr., 79,000 km. $8400 or B.O. Ph: 936-1171.

'93 TAURUS SEDAN - 20,000km, ABS, V6, auto., dual air bags, loaded.
'93 TAURUS WAGON - 13,000km, ABS, V6, auto, loaded, dual air bags
'92 CIVIC LX SEDAN - Black, spoiler, wheel covers, AM/FM stereo cass., 47,000km.
'91 CIVIC SEDAN - 4 cyl., auto., 39,000km, lots of factory warranty remaining.
'90 CHEV LUMINA APV VAN - Loaded, 7 pass., V6, auto., priced to sell.
'92 ACCORD EX SEDAN - Auto., 18,900km, air, tilt, cruise, p.w. p.d.l.
'92 ACCORD EX SEDAN - Auto., 21,800km, air, tilt, cruise, p.w., p.d.l.
'90 FORD F150 LARIAT - Loaded, V8, auto, air, 63,000km, cap.
'92 CAVALIER - 2 dr., sport coupe, auto., cass., ABS, red
'91 FORD TEMPO - 47,000km, air, auto, 4 dr.

ALEXANDRIA HONDA

525-4900 • 1-800-267-2333

GERARD PORIER AUTO SALES, 129 Kenyon St. West., Alexandria, Ont. 1-874-2440 OR 525-1656. 1988 Toyota Tercel, 2 dr., 5 spd., 135 km's, good condition, $3300. 1987 Tempo, 4 dr., 5 spd., air, black, good condition, $1600. 1985 Mazda 626 LX, 2 dr., 5 spd., lots of options, charcoal w/red int. Very good condition, $1800.

ONE OWNER 1989 Sonata, white with blue interior. 2.4 litre, four door, air/c, power sunroof, 5 speed overdrive, cruise control, fully loaded. $5900. 534-2149.

STEEL TRAILER, heavy duty, tandem axle, electric brakes, size 5x9, cap 6000 lbs. $1300. One gas engine, Briggs 3 hp geared, $75.00 Set of truck rails for long box Ford or GM, $60.00. One GM carburetor, 350, 2 barrels, Delco, $125. All items good cond. Ph: 933-5178.

UP TO 40% OFF TIRES. 30% paid on U.S. Funds. 1500 new & used tires in stock. Tire repairs, $5.00 & up, while you wait. New & used truck caps bought & sold. 138 Motor Sales. 938-4865.

18 BUSINESS OPP.

UNIQUE NETWORK MARKETING PROGRAM of the '90s. 1,000's of dollars on part-time basis. No sales quota, or inventory required. Meeting, Murphy's Inn, every Tuesday 7:30 - 9:00 pm. Parking at school. Contact 938-5459.

19 CAREERS

RESUMES - PROFESSIONAL AND EFFECTIVE. Seeking a career change, or that new job? Let Calpré Enterprises create an effective resume to best sell your individual skills & experience. Resumes developed from scratch after consultation & interview; functional; functional/chronological; chronological & other formats; restructuring &editing; powerful cover letters matched to individual & resume; job search & interview advice; confidential service. Call 613-938-8521 for free consultation or leave message on machine. "Satisfaction guaranteed."

20 EMPLOYMENT WANTED

ANYONE NEEDING CLEANING, laundry, groceries, errands, or house sitting. Reasonable rates. Ph: 932-2223.

SECRETARY/RECEPTIONIST available on Tuesdays & Fridays for Cornwall area. Seven years experience. Can use Wordperfect 5.0 & 5.1. Beginners Lotus. Unilingual. Two years Federal Government experience. Ph: 936-6878 (home) or 933-0014 (work).

21 HELP WANTED

ALASKA JOBS! Earn up to $30,000 in 3 months fishing salmon. Also construction, canneries, oil fields plus more! For immediate response, call 1-504-641-7778, extension K-506 (24 hours).

The Indisposables Cotton Diapers

The Indisposables Cotton Diaper Company is currently looking for a distributor in this area to market their quality diapers and accessories. For more information on this part-time at-home business opportunity please call
BRENDA REISCH
(613) 731-6103

ROUTES AVAILABLE

CORNWALL

- N/A

COUNTRY

- Long Sault
- South Lancaster
- Ingleside
- Avonmore
- Finch

If Interested In One Of The Listed Routes Please Call Tom at

933-0014

ALERT! STAY HOME make money! You assemble Canadian products & earn up to $627. per week! Amazing recorded message reveals details. Call 705-739-7184 (ext. 15).

EARN UP TO $346.00/WEEK to assemble Christmas and holiday decorations year round, at home. Work available across Canada. For more info. send a self-addressed stamped envelope to Magic Christmas - 130 Slater St. ste 750, ext. 401, Ottawa, Ontario, K1P 6E2.

EARN UP TO $500 assembling products at home. No selling, easy work. Fully guaranteed. No experience. Call 1-504-641-1114, ext. H-1124, 24 hours.

EXCITING OPPORTUNITY for hairstylist. Full time position available. For more information, call Mary 936-9283 or 931-3320.

GET PAID FOR reading books! Up to $100 per title. Books sent free. Write today. FREE Report: Gateway Publico, Dept. SN1, #150-1857 West 4th, Vancouver, B.C. V6J 1M4.

LOOKING FOR A CHANGE? Prepared to work hard for a career opportunity? No experience necessary. Call 937-4499.

MALE, FEMALE NEEDED until Xmas. Salespersons, canvassers, closures, shop assembly for electronic - automotive, home lighting co. High commission. Phone 932-4838 or 938-5458.

VOLUNTEERS NEEDED to drive visually impaired individuals to local medical appointments. It only involves one or two trips a month. Please call CNIB at 936-2300.

WORK AT HOME making crafts. Earn $300+/wk. Tell us about yourself. P.O. Box 47008, Denman Place, Vancouver, B.C. V6G 3E1.

22 HOME SERVICES

CHIMNEYS CLEANED, any size. Now is the time before the snow flies. Call Dave at 937-3706 anytime.

COMPUTER SERVICE offering resumes, business letters, reports & family history. 933-2455.

DAVE'S RENOVATION, Electrical, Painting, Plumbing, odd jobs. Reasonable rates. 938-2045 or 932-1090.

ERNIE'S CLEAN UP SERVICE. Basement,s garages, yards. Painting. Drywall. Roofing. Also will do moving. 938-1684.

MIKE'S CHIMNEY REPAIR & foundation parging. Also brick repair. Free estimate. After 5 pm 933-5829. .

PAINTING - RECESSION SPECIAL! $40 per room per coat plus paint. Free estimates. 20 years experience. Will also do minor renovations. Now booking. Call after 6 pm 938-8839. Discount booking for outside work.

REPAIRS TO ELECTRIC motors, household appliances, power tools, etc. Free estimates. Dallas McIntosh, Apple Hill 527-2894.

RICHARD'S RENOVATIONS. We do all types of work like siding, roofing, decks, patios, verandahs, garages & sheds. Inside work: hardwood flooring, drywall, joints, decorative mouldings, doors & bifolds etc. Free estimates. Call Richard, 8 a.m. - 6 p.m. (613) 525-1415.

THE PERFECT HANDYMAN. Builds patio decks, verandahs, sheds, garages, additions etc. Sheds: 8'x8'/ $900; 8'x10'/ $1150; 8'x12'/$1350; 10'x12'/$1450; 12'x12'/ $1750. All finished w/vinyl siding, shingled roof & dble. Doors from 32"-72". Also specializing in vinyl siding, roofing. Free estimates. Guaranteed customer satisfaction. References available. Call Robert 525-2197 or (613) 932-3496.

WATKIN'S QUALITY PRODUCTS, famous since 1868. Concentrated health/personal care & home care products. Susan Robertson, Independent Representative. After 4 pm 938-7865. Free catalogue available.

WORKERS ARE AVAILABLE for odd jobs including snow shovelling, yard work, lawn mowing, garage & basement cleaning. Contact Employment Support Services & ask for Diane 938-9550.

25 BOATS/MOTORS

14' FIBREGLASS BOAT w/1986 Mariner 45 hp motor, also fish finder, $3300. 932-5854.

28 TRAILERS/ CAMPERS

1988 GITAN 19' light weight w/3 pc. bath, 3 way fridge, furnace, stove w/oven, water heater. Ex. condit. Asking $8500. No GST. 938-1716, leave msg.

ONE WEEK ONLY!! Tent trailers. 6 & 8 sleepers (rental units). Ex. condit, at wholesale prices. Starting $1300 & up. For appt. 534-2149 or 932-7306.

34 HOUSES FOR RENT

EXCEPTIONAL. Ingleside. New luxurious, executive 3 bdrm. beautiful house. Appliances, central vacuum, spacious living room with fireplace, eat-in kitchen, automatic garage & much, much more. $995 plus utilities. For further details please call 936-1488.

35 HOUSES FOR SALE

4 LEVEL, 7 yr. old bungalow. Cornwall east end, prime location. Will trade for both sides of semi-detached, double tenement or bungalow w/inlaw suite/apt. Private sale. 936-0333.

AFFORDABLE. 2 bdrm. bungalow on 2 lots, $55,700. Roxborough.
2-1/2 ACRES on Hwy. 43, only $9,300. Commercial
COUNTRY LIVING. Only $28,000 for this 3 bdrm. mobile.
JUST LISTED & won't last long. 44 acres, good bush, maple & cedar, attractive 3 bdrm. farm home, barn, etc. Only $69,000. Roxborough.
LAND. 25 ac[SOLD]00. Cty. Rd. 18.
VIEW OF ST. LAWRENCE. Reduced to $99,400. Renovated 4 bdrm. home, garage, large lot. Ingleside.
2 DUPLEXES in Cornwall for $80,000.
REDUCED TO $23,500. Approx. 26 acres, frontage on 3 roads.
BUNGALOW on 35 acres with new barn. $92,000. Avonmore area.
OSNABRUCK[SOLD]res. $10,000
ASK TO SEE THIS beautiful 3 bdrm. home, tastefully renovated. Large barn & shed on 50 acres. $153,000.
BUILDING LOTS from $10,000

buying or selling call
HERB or GERRI SCHWARTZ
346-5721 or 346-2377
representing
Sauve Real Estate Ltd.



FOR SALE OR RENT@ $875/mos. + util. 10 min. from Cornwall, country house. 3+2 bdrm. w/air-tight wood stove on 3 acre lot. Att. garage. Tower 35'. Paved road. Nice location to start business. No down payment. Call for appt. 936-2313.

There's only one way to come out ahead of the pack.

QUIT

Improving your odds against Canada's #1 killer

CONTACT US FOR MORE INFORMATION

REAL ESTATE AUCTION

SATURDAY OCTOBER 2
11 am sharp!
Hay Road, Summerstown Station

To be sold: 10.19 acres of vacant land - zoned future development - in the Hamlet of Summerstown Station. Easy access to Hwy. 401.
This property **WILL BE SOLD** on site subject only to a minimum bid of $7,500.
Terms $1000 deposit - balance due on closing Oct. 29/93

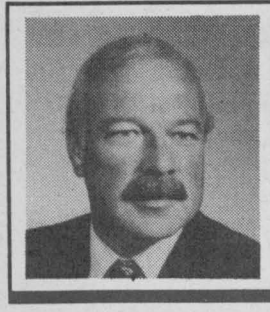
Realty Broker/ Auctioneer
Carson Chisholm Auction Services Ltd.
St. Andrews West **937-0201**

AUCTION

WEDNESDAY SEPTEMBER 29 7 pm
GARDEN OF EATIN' RESTAURANT

Business, equipment & leasehold only. Excellent location with an entrance on 1st Street and 105 Pitt St. 1660 sq.ft. Licensed for 79 persons. A super opportunity to run your own business. Sale is subject only to a minimum bid of $35,000.
Terms: $1000 deposit, balance due on closing Oct. 29/93.

Realty Broker/ Auctioneer
Carson Chisholm Auction Services Ltd.
St. Andrews West **937-0201**



ROYAL LEPAGE

RENE REYNEN
Sales Representative
534-8177

$69,900
Ingleside
Duplex, 2 bd. each unit good rental. Lot 80 x 150. First time buyer or investor.

$89,000
Long Sault
3 year old, 3 bd., carport, central vac, open concept. Fenced lot 50x100 & more. Priced to sell.
OPEN HOUSE - OCT. 3

$94,900
Ingleside
4 bd. brick bungalow, family rm., att. garage, ab. g. pool, fireplace. Lot 75x122. Call on this one.

$92,500
Long Sault
5 bd. brick bungalow, family rm., central air, fireplace, 2 baths. Lot 60x125. Good area.

$124,500
Long Sault
4 bd. 2 storey, maintenance-free, 1500 sq. ft., 2 baths, hardwood floor, fireplace, family rm. garage, pool, good location.

NEW CONSTRUCTION. 3 bdrm. bungalow, 2201 Tollgate Rd. West. Brick & siding. Patio. City sewer & water. Basement dry-walled. $92,000 incl. GST. Cal 932-3530.

WANT ADS
work WONDERS!
CALL 933-0015
to place your ad

REAL ESTATE AUCTION

SATURDAY OCTOBER 2, 1993 4 PM SHARP
GROCERY STORE, LONG SAULT

Solid, modern 4,000 sq.ft., air conditioned building with walk-in coolers. Could easily be split into 2 separate businesses. High traffic area in the strip mall.
This property **WILL BE SOLD** at public auction on the above date. Subject only to a minimum bid of $100,000.
Terms: $5,000 deposit with balance due October 29, 1993.
DON'T MISS THIS ONE!!



Realty Broker/ Auctioneer
Carson Chisholm
Auction Services Ltd.
St. Andrews West **937-0201**

PRIVATE SALE. 1200 sq.ft., 2 bdrm. bungalow with 2 car garage, large private treed lot. Serious enquiries only. $89,500. No agents. After 7 pm only 931-1231.

STARTER HOME, private sale. 2 bdrm. at 514-5th St. West. Enquiries 938-1775.

NEW LISTING - 2 bdrm. mobile with large addition & all new D/W, lights, siding, 12x20 deck, flooring, etc.
RR 1 LONG SAULT - 2 bdrm. bung.
VILLAGE HOME - 1300 sq.ft., 2 baths. $54,900. 1-1/2 storey garage.
CENTER TOWN - 2 bdrm. bung.,
RENOVATED - 3 bdrm. near Long Sault. $69,900. Large lot & garage.
NEW CONST. - 3 bdrm. bung., lot 136x300. $79,900.
NEW CONST. - Cornwall Center Rd. $96,000. Includes G.S.T.
COUNTRY - 3 yr. old raised bung. on 1 acre. $114,900. Double car garage.
REMODELLED - bung. in St. Andrews. $119,900. Approx. 2 acres
4 PLEX - Annual income $20,064
RR 1 LONG SAULT - 3 bdrm., in-law suite. $129,900. Attached garage.
NEW CONST. - 1322 sq.ft. brick bung. $132,000. Attached garage.
LONG SAULT - 4 level split.
A-FRAME - on 4.14 acres with creek.
REDUCED - log home, must be seen.
Buying Or Selling CALL
Michael Vander Meer
938-2121 (Office)
534-2950 (Home)
CENTURY 21 SHIELD



38 OFFICES/ STORES BLDGS.

4000 SQ.FT. BUILDING located in Long Sault Shopping Plaza Can be split into 2 units. Sep. electrical. Air conditioned. Lease $6/sq.ft. Great location, great area. 534-8177.

Looking for Reasonably Priced Office Space?
Give us a call at
CITY CENTRE PLAZA
812 Pitt St.
938-2576

950 SQ.FT. OF PRIME RETAIL or wholesale space plus 400 sq.ft. of att. warehouse space. High traffic area, private entrances & loading doors. All this for only $725/mos., everything paid. Ph: 10-5 pm 936-8088.

OFFICE 1200, 1625 & 3000 SQ.FT. Ready for occupancy. Heated & air conditioned. Carpet & drapes furnished. Located at 408 & 410 Pitt St. Call 938-4877 or 933-1907. WAREHOUSING. 1,000 to 2,000 sq.ft. Retail/wholesale or manufacturing. Plenty of parking. Receiving & shipping at truck level. Apply 218-11th St., West or tel. 938-4877.

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501 Montreal Road
New Turnkey
Air Conditioned Office
Furnished/Unfurnished
CALL MARCEL
938-3838

39 OUTSIDE CANADA

FLORIDA RETREAT Retired couple seek a couple to share a large condo w/pool, near golf course, ocean. Secured area. From Oct. to April. $50 U.S./wk. 514-267-1068.

41INCOME PROPERTIES

764-766 YORK ST. Duplex. Owner's unit approx. 1000 sq.ft. Large lot. Have tenant help you buy! REDUCED $74,900. Call Latreille Real Estate, 938-3800.

+ DUPLEX + 309-309A Carleton. Clean, maintenance free. $9,300 annual income. Asking $69,500 and will finance with $7,500 down payment. Call 932-4005 for more information.

PRIVATE SALE: TRIPLEX on Alice St. Gross income over $14,000 per year. Tenants pay their own utilities. Vendor will take back first mortgage. 932-2135.

REDUCED 3 PLEX. 711 Amelia. Ideal owner residence with main floor, 3 bdrm apt. (1500 sq.ft.), 2 upstairs, 2 bdrm apts. Washer & dryer, room for upstairs apts. Annual income $18,120. Private sale. Call 933-2828

REDUCED 4 PLEX. Baldwin & 2nd St. E. All 2 bdrm units with washer & dryer hookup. Separate utilites. Annual income $22,200. Private sale. Call 933-2828.

42 LOTS/ LAND

ATTENTION BUILDERS! 6 acres, St. Andrews area. Possibility of 5 lots. Bush & creek. Asking $25,500. Financing avail. Call Latreille Real Estate 938-3800.

BEAUTIFUL, CLEAN, FILLED residential building lot. Glendale subdivision, Park St. Lot size 120x125. Paved roads. Priced $20,500. Phone Roy or Sue at 931-2105.

43 ROOMS

2 FURNISHED ROOMS includes all util. $190/mo. & $235/mo. Seniors & pensioners welcome. Quiet area. Close to college. 938-3510 or 932-0482.

45 SHARED ACCOMMODATIONS

AVAIL. OCT. 1ST. Male with clean, 2 bdrm. apt. to share. Close to Eastcourt Mall. Fully furnished. Washer, dryer, cable & utilities incl. $275/mo. Call after 6 pm 932-8610.

46 REST/NURSING HOMES

VILLA MOOSE CREEK REST HOME. 24 hour supervision with R.N.A. For more information call Mrs. A. Lanthier, Administrator. 538-2844.



Fishing For A Real Deal?
CHECK THE CLASSIFIEDS
Call 933-0015 to place your ad!!

48 COMMUNITY SERVICES

ADDICTED? ALONE? AFRAID? Want to quit but need help? Cornwall Detox Centre, 305 Montreal Rd., Cornwall. THE FIRST STEP, 24 hr. service. 938-8506.

ALZHEIMER SOCIETY of Cornwall & District need more members, more volunteers, more donations & more involvement. Drop into our office at 12 York St., 3rd floor or tel: 932-4914. In Hawkesbury/1-632-4349.

BIRTHRIGHT CORNWALL. Pregnant? Unsure? Need someone to talk to? Call 938-2028. All our services are free & confidential.

COMMUNITY LIVING - Stormont County is currently looking for volunteers to support individuals with developmental disabilities in a variety of activities. Please call Pam McIntosh at 938-1702.

DOES YOUR MOTHER/ FATHER'S DRINKING bother you? You are not alone. Call 937-4880 for "Alateen" or join us every Thursday nite at 7 pm at 101 Anthony (basement of Holy Cross Church Hall).

EMOTIONS ANONYMOUS have meetings every Tuesday from 8 - 9 pm. For more info. 938-2952.

HAS SOMEONE'S DRINKING been affecting you? You are not alone. Call 937-4880 for information meetings.

HIV &/OR AIDS. Are you concerned or afraid? Do you need help in coping or just afraid? No name, no address required. Please call 10 am to 8 pm at 1-800-267-7432 or write U-Cap, Box 362, Cornwall, K6H 5T1.

IF YOU ARE INTERESTED in forming a parent support group through "Tough Love" for Morrisburg and surrounding areas, beginning Aug. 25, call Susan at 543-2675.

TROUBLED BY YOUR TEEN'S BEHAVIOUR? You are not alone! Come to a parent support group "Toughlove". Meetings every Thurs. 7 pm at Bob Turner Centre (upstairs). For more info. Susan at 937-3407 (evenings) or 933-8030 (days).

VOLUNTEERS NEEDED. A.B.L.E. A service provided to assist individuals with developmental handicaps in meeting the "needs" for friendship. For further information, please call 936-6780.

50 MOTORCYCLES

1979 GOLDWING GL 1000 with Vetter front fairing. 59,000 km. Very good cond. Many new parts. Easily safetied. $1400 or B.O. Call after 8 pm 347-3707.

1983 YAMAHA RZ350 Mint condition. Well maintained, recent tune up. Low kilometers. $1500 safetied. Helmet included. Please phone 938-9646 for information.

1990 HONDA CBI 400 motorcycle. 3600 km.s' Between 5 & 6 pm 932-7662

MOTORCYCLES. 1987 Suzuki RM 125. Ex. condit. $1200. Will accept trades. 1986 Yamaha XT 600. Like new condit. Spare chain, sprocket & brake shoes. $1500. Ph: 931-3491.

WANT ADS
work WONDERS!
CALL 933-0015
to place your ad

52 MACHINERY

BULLDOZER CRAWLER-LOADER John Deere 440. Good tracks, clutches, John Deere loader, 2 cyl., gas rebuilt engine. Ready to work. $3500. Phone 346-2323.

53 FARM MACHINERY

JOHN DEERE #34 HARVESTER. New knives. Very good condit. Always stored inside. Call 347-3141.

54 ANTIQUES

JOHNSON'S ANTIQUES on Hwy. 138 always interested in purchasing antique furniture & collectibles. Single items or complete estates. Will even buy furniture that needs repair. Phone 932-0766 or apply at shop, Hwy. #138, Cornwall .

56-USED FURNITURE

DELAGE USED FURNITURE
Fridges, Stoves, Washers, Dryers, Chairs, Wall Units, etc.....
207 Pitt St. **936-8948**

57 DJ'S

GREAT MUSIC FOR DANCING. Weddings, anniversaries. Music of all kinds. Call & book now. Call your D.J. at 932-6661.

POWER SOURCE DJ's. Professional, mobile, DJ's. Specializing in stags, weddings & any special occasion. Also featuring karaoke. Power Source DJ's - big enough to serve you better. Call now. Ray: 938-1962 or Rod 936-0652.

59 LIVE ENTERTAINMENT

CORNWALL'S LEADING BAGPIPER. From the World Championships in Scotland to piping for parliament in Finland. Call for weddings, funerals, lessons, cassettes or special occasions. Call, anytime, Bruce Bateman at 937-3975.

60 MUSICAL NEEDS

WANTED: MATURE BASS PLAYER w/own equip. for occasional bookings w/country rock band Vocals an asset. 937-0154.

67 CARTING/MOVING/ STORAGE

CHRIS' MOVING SERVICE. Good worker. Low rates. 932-2214.

MOVING? CALL PAYLESS Moving & Storage Local & long distance Low, affordable rates Don't be disappointed Book early. 933-6470 or 1-800-463-2768.

U-DO-IT STORAGE. Save money on heated storage by renting a room & handling your own goods. A division of St. John's Transfer, 725 Boundary Rd 933-1492

CLASSIFIEDS REALLY WORK.... CALL 933-0015

68 COURSES/ LESSONS

COMMON SENSE, Money Management & Craft Work Shops will be held on Nov. 13 at Roxmore Public School, Avonmore, Ont. Plan to attend. Men & women welcome. More details to follow.

COMPUTER LITERACY.
Upgrade your skills.
ACADEMY OF LEARNING
OPEN
EVENINGS & WEEKENDS
936-8973

DO-IT-YOURSELF CRAFTS will re-open Oct. 5th. Classes will run Tues., Wed. & Thurs. from 7-9:30 pm. Register now. $5/class + materials. Craft supplies avail., Tues. to Thurs., 1-5 pm at 5 Johnson Cr., Long Sault or phone 534-8894.

FRENCH LESSONS. Realize your full potential with french lessons at night. Basic or intermediate call 938-0416 and ask for Gaétan.

PIANO LESSONS: bilingual, experienced teacher accepting new students. graduate of Royal Conservatory of Toronto, Masters of Education. Children & adults welcome. Please call 937-4791.

71 HEALTH/DIET/ BEAUTY

ELECTROLYSIS by certified Electrologist. 10 min. $9.00; 20 min, $15.00; 30 min. $20.00; 60 min. $35.00. Wed., Fri. & Sat. 9-5, Thurs. 'til 8 pm. Evening appointments available. Free consultations. Please call 936-9071.

73 LOST & FOUND

REWARD FOR LOST SHIHTZU, Briarhill Subdivision (cor. Tollgate & Brookdale). Sun. Sept. 19. Beige/white in colour, long-haired, small, extremely friendly. Children's pet & friend. 933-3500.

75 PETS/ LIVESTOCKS

BEAUTIFUL PUPPIES. Poodles, Toy Pomeranians, Shelties, German Shepherds others. Boarding. Bridlewood Kennels, Hwy.#43, second farm east of Highland Road. 527-2074.

FREE 7 WEEK OLD CALICO KITTEN. Litter trained. Also 1-1/2 year old female Calico cat, enjoys the outdoors. Country home would be suitable. 936-1889.

HUMANE SOCIETY. Right now the Humane Society has cats looking for a good home. Give us a call and pick up a "friend". 936-0072.

KING DOBERMAN PUPS to sell. Blk/tan, 4 months, 1 male & 1 female. Approved homes only. Also 6x8 dog run, paid $300. Best offer. Call 936-0620.

LABRADOR PUPPIES. Best breeding. Excellent ir confirmation, temperment CKCK registered, vaccinated. Ready mid Sept. 932-1161.

SEAL POINT HIMALAYAN KITTENS, $350 ea. Three female, 1 male. Vaccinated, dewormed & registered with a non-breeding contract. Ready to go Oct. 1. Ph: 938-0941.

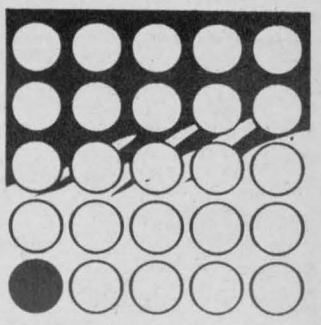
TO GIVE AWAY, 2 dogs to a good home. Shepherd/lab & one small brown & white. 932-2762.

TO GIVE AWAY to good home. 4 kittens, approx. 2 months old. After 4 pm call 575-2256.

78 BIRTHS

AITKEN, ASHLEY DIANE arrived on Aug. 12th/93 at 1:30 pm. Proud parents: Jean & Linden. Many thanks to Drs. McCoubrey & PUranik and the 6th floor staff of the Hotel Dieu Hospital.

EMMELL. Roxanne & Luc are pleased to announce the arrival of KATEREENA, born on Aug. 27th/93 & weighing 6 lbs., 10 oz. & 21" long. Proud first-time grandparents: Doug & Ginette Jarvo & Rheal & Alicia Emmell.



Did you know that 1 in 25 Canadians is a carrier of a defective gene causing cystic fibrosis? Chances are 1 in 4 that a child born of two parent carriers will have CF. Support CF research.

Canadian Cystic Fibrosis Foundation

PECHIE, BRANDON ALEXANDER JOSEPH born Sept. 13th/93 at Winchester Memorial Hospital. Proud parents: Mandy & Gord. Proud grandparents: Mona & Gord Pechie. Ecstatic grandmother: Judith Legallais.

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Brightside Financial Services

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82 NOTICES

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84 PERSONALS

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86 CARDS OF THANKS

SEGUIN-BRUNET. The family of the late Mrs. Elizabeth Seguin Brunet would like to thank all of our friends and loved ones for their beautiful flowers and cards. Your attendance at the funeral parlour was deeply appreciated. We would also like to thank the staff members at the Lahaie & Sullivan Funeral Home, Parisien Manor, Hotel Dieu Hospital 5th Floor North, as well as the Ladies of St. Anne, the Ladies' Auxiliary and Lena Lemieux from Social Services. Special thanks to Father Claude Halle for all his support, and to Father Laurier Rivet for his kind words at the funeral service at St. John Bosco Church. These acts of kindness will forever be remembered by us.

Sincerely, The Seguin Family.

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Global Perspectives

(NC)—For people with disabilities, it may be easier to earn an income in some developing countries than in industrialized countries such as Canada. The reason: innovative income-generating programs launched in these countries in recent years.

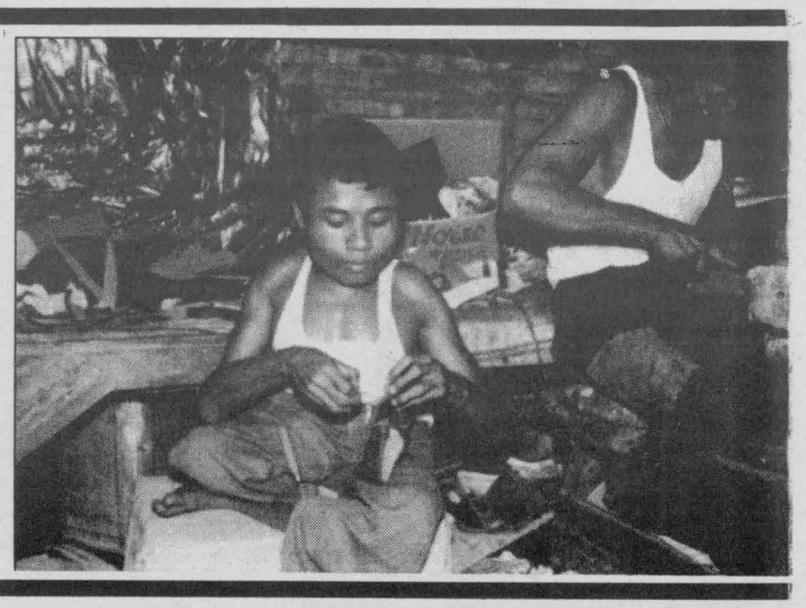
Some 500 million people around the world have visual, hearing, mobility or cognitive impairments. Everywhere, they are most likely to earn less money, have less education, participate less in society, and have a hard time finding jobs.

Industrialized countries try to solve this problem by creating sheltered workshops and launching affirmative action programs. But still, fewer than 50 per cent of all disabled persons are employed and fewer than 3 per cent of those are self-employed. An international study coordinated by the University of Calgary found, for example, that there were only five projects in all of Canada that systematically promoted self-directed employment.

In Africa, Asia, the Caribbean and Latin America, the study identified 76 projects in 31 countries that enabled people with disabilities to earn a living through self-employment. The strategies ranged from creating markets for worker cooperatives to establishing organizations that created money-making enterprises such as wood products factories and supermarkets.

Soon to be published, the study's results should assist both developing and developed countries devise better employment strategies for people with disabilities. The Ottawa-based International Development Research Centre, (IDRC) funded the study.

Back a Fighter with Easter Seals

Obituaries

ANTOINE
Reginald (Reg)

Passed away at the Hotel Dieu Hospital on Monday, September 13th, 1993. Mr. Reginald (Reg) Antoine, in his 62nd year, born in Cornwall, of 1133 Hebert Street. Dear son of Garnet Antoine and the late Pearl Taillon and the former Isabelle Casselman. Beloved husband of the late Gwendlyn Wilkins. Loving father of Kimberly (Kim) Antoine and Karen (Mrs. Luc Desnoyers), both of Cornwall. Dear brother of Harold Antoine (husband of Lillian Seguin) and Lorraine (Mrs. John Kennedy), both of Cornwall, Kethleen (Mrs. Rene Lalonde) of Long Sault and Joan Vivarais of Golden Lake, Ontario. The funeral took place on Thursday, September 16th, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to the Memorial Chapel, interment in Woodlawn Cemetery. The pallbearers were Claude Piette, Derrick Sallery, Gerry Lajoie, Brian Harrop, Luc Desnoyers and Shawn Gannon.

LABONTE
Roger Joseph

Passed away peacefully on Saturday, September 11th, 1993. Mr. Roger Joseph Labonte, in his 67th year, born in Ottawa, of 303 Twelfth Street West. Dear son of the late Amedee Labonte and the late Cora Potvin. Beloved husband of the late Veronica Tyrell. Dear friend of Reina Guay. Loving father of Beverley Robertson, Linda (Mrs. Neil Cameron) and Karen Labonte (companion of Richard Lascelle), all of Cornwall. Loving grandfather of Catherine, Cory, Patrick and Marley and great grandfather of Curtis and MacKenzie. Dear brother of Mrs. Annette McNamara, Mrs. Priscilla Quesnel and Lucienne (Mrs. Rene Beauregard), all of Cornwall and Jeanne (Mrs. Lorenzo Seguin) of London, Ontario. Predeceased by one brother, John Labonte and by one grand daughter, Jennifer Lascelle. The funeral took place on Tuesday, September 14th, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to Ste. Therese de Lisieux Church, Cornwall, followed by Cremation. Reverend Rheal Bisaillon of Ste. Therese de Lisieux Church officiated. The pallbearers were Donat Beauregard, Michael Guay, Neil Cameron, Ron Cameron, Douglas King and Rejean Gingras. Mr. Labonte was a former employee of Courtaulds Canada and was a veteran of the 2nd World War.

LEGER
Joseph Leo Edouard

Passed away at the Hotel Dieu Hospital on Wednesday, September 8th, 1993. Mr. Joesph Leo Edouard Leger, in his 84th year, born in Montreal, Quebec, of Bestview Health Care Centre. Dear son of the late Amedee Leger and the late Elizabeth Caron. Beloved husband of the late Rose Allaire and by previous marriages the late Aurore Houle and the late Marguerite Gauthier. Loving father of Donald Leger (husband of Jeannine Binette) of Avoca, New York, Conrad Leger (husband of Lucie Lemire), Marcel Leger (husband of Rita Martin), both of Cornwall, Mrs. Pauline Bouchard of Brampton, Romeo Leger (husband of Lise Moise), Nicole (Mrs. Gaetan Lafleche - Nicky's Cake Supplies, Cornwall), Raymond Leger (husband of Sheila Gunn) and Edouard (Eddy) Leger, all of Cornwall. Loving grandfather of twenty-one grandchildren, twenty-two great grandchildren and one great great grandchild. Dear brother of Gerald (Gerry) Leger and Mrs. Aurore Ayotte, both of Cornwall and Laurette (Mrs. Benoit Delage) of Montreal, Quebec. Dear father-in-law of Mrs. Rosanne Leger of Toronto. Predeceased by one son, Claude Leger, one daughter, Therese Leger, three brothers, Rheal, Amedee and Wilfrid Leger and by six sisters, Etherina and Lucia Leger, Mrs. Yvonne Piquette, Mrs. Antonia Delorme, Mrs. Imelda Allaire and Mrs. Leona Struthers. The funeral took place on Saturday, September 11th, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, East Branch to Holy Cross Church, Cornwall, interment in Nativity Parish Cemetery. Reverend Laurent Lecavalier of Holy Cross Church officiated. The pallbearers were Tony Leger, Marcel Leger Jr., Donald Leger Jr., Claude Leger Jr., Andre Leger and Danny Bouchard. Mr. Leger was a former employee of Courtaulds Canada.

MARTEL
Rheal Armand
President - Betty Brite Cleaners Ltd., Water Street, Cornwall.

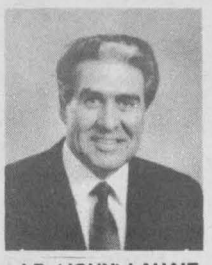
Passed away at the Hotel Dieu Hospital on Friday, September 10th, 1993. Mr. Rheal Armand Martel, in his 65th year, born in Embrun, of 1119 Fifth Street East. Dear son of the late Cleophas Martel and the late Agnes Beauvais. Beloved husband of Rejeanne Labelle-Desforges and by a previous marriage the late Joyce Anne Fobert. Loving fahter of Nicole (Mrs. Michel Ruest) of Cornwall, Richard Martel (husband of Susan Bush) of Russell, Denis Martel (husband of Micheline Davidson) and Daniel Martel, both of Cornwall. Dear step-father of Joan (Mrs. Steven Clift) of Cornwall and Nadean (Mrs. Michael Lafave) of Martintown. Loving grandfather of thirteen grandchildren. Dear brother of Rita Martel and Lillian (Mrs. Maurice Robinet), both of Cornwall, Yvonne (Mrs. Richmond Montpetit) and Beatrice (Mrs. Leo Leduc), both of Valleyfield, Quebec. Predeceased by one sister, Mrs. Lucille Hourihan. The funeral took place on Monday, September 13th, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, East Branch to St. Felix de Valois Church, Cornwall, foliowed by Cremation. Reverend Romeo Major of St. Felix de Valois Church officiated. The pallbearers were Arnold Fobert, Michael Lafave, Raymond Lepage, Steven Clift, Maurice Robinet and Daniel Hurteau.

WATTS
Eileen Arlie Mae

Passed away at the Cornwall General Hospital on Monday, August 30th, 1993. Mrs. Eileen Arlie Mae Watts, in her 69th year, born in Carleys Corners, Ontario, of 210 Augustus Street, Apt. #407, formerly of 226 Meadowvale Crescent and 37 Third Street East. Dear daughter of the late Clair Baldwin and the late Pearl Mackey. Beloved wife of Kenneth N. Watts. Loving mother of Mark Watts (Lynn) of London, Ontario, Donald Watts (Kay) of Calgary, Alberta, Gary Watts (Joan) of Perth, Marilyn Watts of Nepean, Gail (Mrs. James Meyer) of Fredericton, New Brunswick and Diane (Mrs. Roger Labelle) of Ingleside. Loving grandmother of fourteen grandchildren and two great grandchildren. Dear sister of Mrs. Leafa Mason of Listowel, Ontario. The funeral took place on Wednesday, September 1st, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to First Baptist Church, Cornwall, interment in Maple Ridge Cemetery, Chesterville. Reverend Gordon Finaly of First Baptist Church officiated. Mrs. Watts was a member of the First Baptist Church and a life member of Lulu Hollister Mission Group.

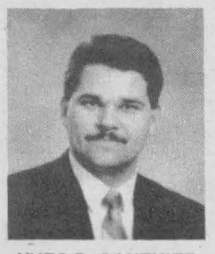
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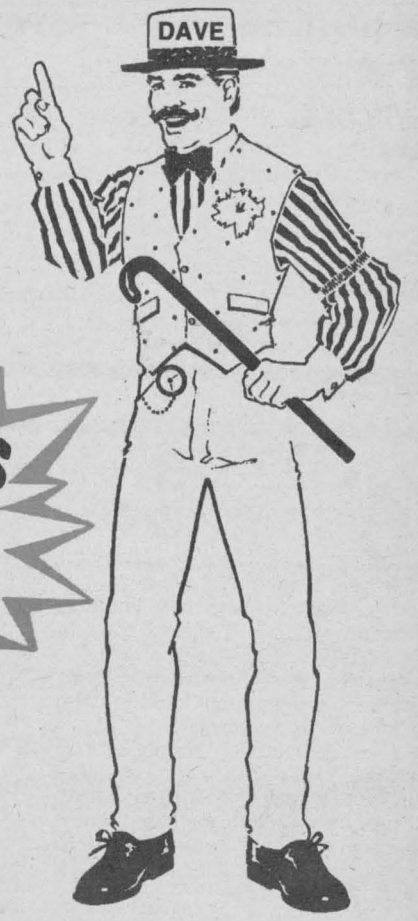

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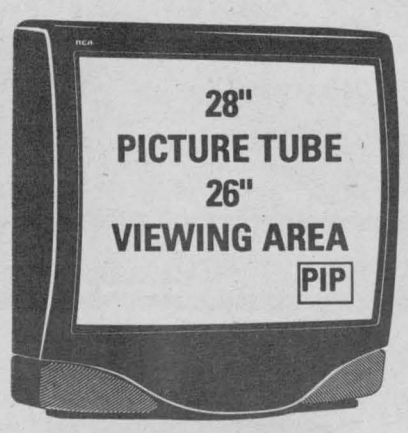

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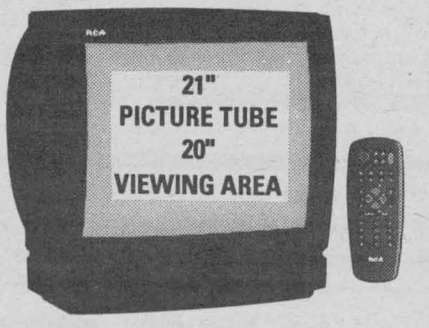


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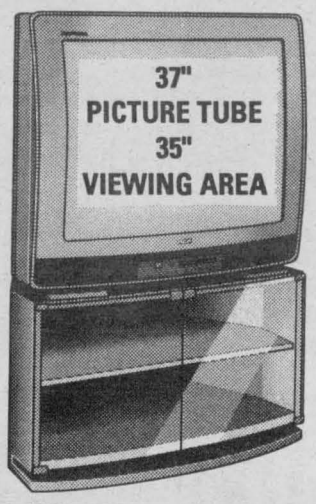
RCA 20" Colortrak Plus™ Television

- Master Touch® Universal Remote (37-Button)
- On-Screen Clock, Sleep and Alarm Timers
- Commercial Skip
- Channel Labeling
- Closed Caption Capability
- AutoProgramming/181-Channel Tuning Capability[1]

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RCA Model F20601SE



RCA 35" Home Theatre™ Stereo Monitor-Receiver

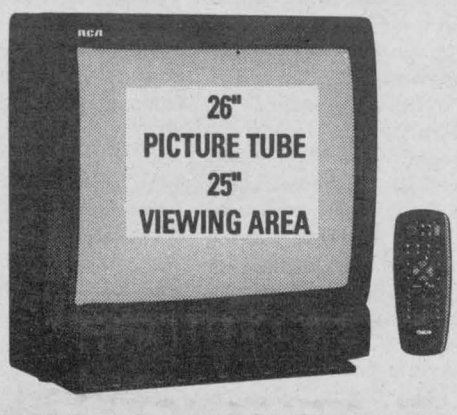
- VHP (Very High Performance) Picture Tube
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RCA Model F35700SB



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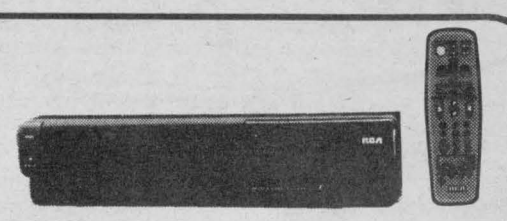
- Scan Remote (8-Button)
- On-Screen Channel Display
- AutoProgramming/181-Channel Tuning Capability[1]

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RCA 4-Head Mono Video Cassette Recorder "Performance Series"

- Master Touch® Universal Remote
- Simplified On-Screen Programming
- 181-Channel Tuning Capability[1]
- 8 Event/1 Year Programmable Timer
- VHS Index Search System
- Digital Auto Tracking
- On-Screen VCR Setup Menu
- Elapsed-Time Counter

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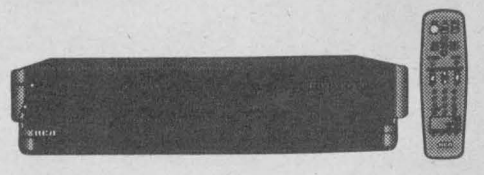


RCA Model VR510A

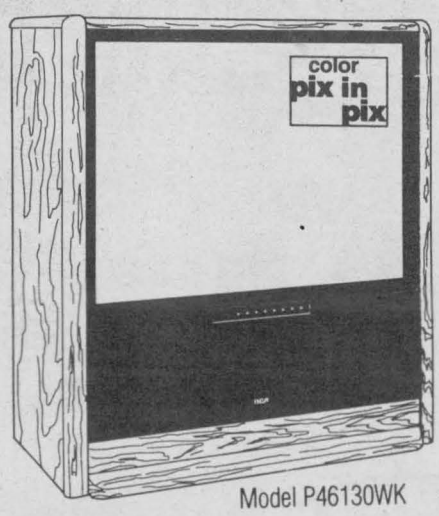
RCA 2-Head Mono Video Cassette Recorder "Entertainment Series"

- Simplified On-Screen Programming
- 181-Channel Tuning Capability[1]
- 4 Event/1 Year Programmable Timer
- Master Touch® Universal Remote
- VHS Index Search System
- Digital Auto Tracking
- On-Screen VCR Setup Menu

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RCA ModelVR321



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- Channel Labelling
- Broadcast Stereo with dbx+Noise Reduction

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Model P46130WK

RCA

RCA 4-Head Hi-Fi Stereo Video Cassette Recorder "Home Theatre™ Series"

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- 181-Channel Tuning Capability[1]
- 8 Event/1 Year Programmable Timer
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- Time Search
- Digital Auto Tracking
- On-Screen VCR Setup Menu
- On-Screen Elapsed-Time Counter

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