SEAWAY NEWS

NOVEMBER 29, 1993 VOLUME 7, ISSUE 47 SERVING CORNWALL AND AREA

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Ontario Firms Garner Safety Laurels

A local company is among six Ontario plants who have earned the 1992 CN Safe Handling award for their pristine record shipping regulated commodities in rail tank cars. The awards spotlight Canadian firms with extraordinary safety records.

The six Ontario 1992 Safe Handling award winners are: ICI Forest Products (Cornwall); Novacor Chemicals - Corunna Plant; Polysar Rubber (both from the Sarnia area); Canadian Mist Distillers (Collingwood); Du Pont Canada (Maitland); and Falconbridge (Sudbury and Kidd).

CN North America, which sponsors the awards, is consistently one of the safest railways in North American. Its Safe Handling Award honours industry employees for exemplary commitment to loading safety.

"CN customers load and unload more than 300,000 tank cars of regulated goods each year," explained Al Deegan, CN's vice-president, Great Lakes Region. "The Safe Handling Award recognizes that their efforts have a direct bearing upon the safety of the products that move on our rail lines."

According to Mr. Deegan, the six companies' award-winning achievements were all the more remarkable, given the excellent safety records of provincial shippers in general.

"The people who load regulated commodities day in-day out do a superb job ensuring the highest safety standards are maintained in Ontario," said Deegan. "There is a strong industry commitment to zero emissions and perfect loading and unloading practices. These six companies exemplify the achievement of those elements of that safety and environmental policy and are being recognized for their faultless record in this respect."

All firms in Canada that load more than 100 tank cars of regulated goods are eligible. CN has singled out 36 of them as exceptional in avoiding even the slightest leak or overload during 1992.

Deegan explained that CN selected the award winners by carefully collecting and reviewing non-accident release and car loading data. "Not even the smallest flaw was shown in securing tank cars," he added. "They were perfect records - even the smallest drop in a railway yard would disqualify the plant."



ICI of Cornwall Earns Award

CN North America honours the company and their employees for their perfect safety record for 1992 in the handling and loading of regulated commodities. ICI loaded 236 tank cars in 1992 without the slightest incident. Pictured above are some of the men who made it happen.
(photo by John Schaeffer)

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CLAIRE HOY

By Claire Hoy
SEAWAY NEWS

Don't you just love John Sopinka?

Our self-promoting Supreme Court justice, firmly entrenched in his judicial robes for the next 15 years - at a current salary of $185,200, plus a car and driver and various other perks - keeps making the point that judges shouldn't be afraid to get political.

Not that Sopinka has done that recently, but it comes to mind because of a front-page weekend piece written by Globe and Mail justice reporter Sean Fine. Fine quotes Sopinka from a speech last month at Montreal's Concordia University saying: "The final attack on free speech comes not from the state nor from special interest groups, but from self-imposed restraint by the judiciary."

Apart from indicating the level of Sopinka's personal conceit - after all, he says, what could possibly be more important to free speech than judicial statements? - it also underscores a stunning hypocrisy in one of this country's top judges.

Sopinka may not subscribe to the traditional view that judges should keep their peronal views to themselves in order to preserve public confidence in an impartial judiciary.

But he also opposes an American-style system of judicial appointments whereby potential appointees have to answer questions on their political views in a public forum before being appointed.

It's one thing to argue that judges have personal views too.

Of course they do.

But Sopinka, alas, wants it both ways: the privilege of having appointments protected from public scrutiny before the swearing-in, followed by the privilege of mouthing off freely once in office.

How nice for him.

The Globe piece, in detailing several examples of judges speaking out on controversial subjects, mentions the Supreme Court's Madam Justice Claire L'heureux-Dube publicly challenging what she described as the myth of "false memory syndrome", a theory which argues that some people who remember being abused as children are talked into it by professionals and never were abused. This raises some serious issues.

If, in fact, L'Heureaux-Dube thinks this theory is bunk, then pity the defendant who must appear before her if his defense is that the accusation arose from a case of this syndrome.

One must also ask what he opinion is based upon? Does she have the exepertise to make such a judgement?

I think not.

In that respect then, her opinion is as valid as mine, or yours.

The difference is, we will never find ourselves in a position to decide a person's guilt or innocence of a serious crime which could revolve around the validity or otherwise of false memory syndrome.

Most Canadians will recall the furore caused in 1981 by former B.C. Surpreme Court Justice Thomas Berger - who subsequently resigned after being censured by the Canadian Judicial Council for arguing publicly that Canada's new Constitution should have included native rights.

There is no doubt that the Charter of Rights and Freedoms has forced judges to decide political issues in a way they never had to ponder before.

But it's one thing to come down on one side or the other in a judicial context, it's quite another, as Sopinka argues, to prance around the country giving blatantly political speeches on issues of public importance.

It is obvious to anybody who thinks about it for a minute that judges have opinions.

Indeed, I have often argued that it is for this very reason Canada should get away from the current closed-door appointments system whereby the prime minister and a few senior people work a deal with the judiciary and the results are not made public until the new justice is named.

If, as Sopinka argues, judges should enter the political fray, why not enter it before they get the job so that the public will at least know what to expect in advance and may, if they wish, stop the appointment?

If Sopinka really believes what he says, you have to wonder why he lacks the guts to say it before he got the job rather than after?

His pleadings for free speech would be easier to take under those circumstances.

$700 Donation to Heart & Stroke Foundation



The Sears Employees Charity Fund recently donated $700 to the Heart and Stroke Foundation. Pictured above accepting a Certificate of Appreciation from Bruce Tessier on behalf of both management and employees are Steve Larkin (centre) and Mona Latour.

The money was donated through the payroll deduction plan and the employees can (specifically) designate which charity receives their charitable donation.

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Arrests In Telphone Fraud Investigation

Investigators with "Project Phonebusters", a joing forces operation, have laid fraud charges against four Quebec residents in connection with telephone solicitations between May 1, 1991 and September 30, 1993.

"Project Phonebusters" involves members of the Ontario Provincial Police anti-rackets branch; the Royal Canadian Mounted Police; Montreal Urban Police; Industry and Science Canada; the Ontario Ministry of Consumer and Commercial Relations; Alberta Housing and Consumer Affairs; and the Canadian Bankers' Association.

It is alleged that through misrepresentation over the telephone an estimated 1,000 victims across Canada lost a total of $1 million, including approximately 350 Ontario residents who forfeited an estimated $350,000. Typically, a person would be told they had won a vehicle, but to claim it they had to send a cheque to cover the cost of taxes, shipping and handling. Investigators refer to this as the "car pitch".

Charged with one count each of fraud over $1,000, and conspiracy to commit fraud are: Darrel Alan Dorsey, 36; Marghit Lackman, 43; Herbert Joseph Dorsey, 34; and Terry David Dorsey, Jr. 20, all of Montreal, associated with four companies: Ivans Endeavours; Fantasy Productions; Great Dane Promotions; and a numbered company, 2827654 Canada, Inc.

Investigators estimate that telemarketing fraud, which comes in many forms, nets unscrupulous operators millions of dollars per year. Companies centred mainly in Montreal and various U.S. cities routinely target Canadians with a variety of pitches.

Police say that persons contacted by telemarketers they suspect of being fraudulent should forward information to Det./S./Sgt. Barry Elliott, North Bay O.P.P., 320 Airport Road, North Bay, P1B 8W9. A statement oulining what was promised and what (if anything) was received should be sent to police, as well as any original documentation.

Caution Recommended When Dealing With Telemarketers

Investigators readily agree that not every telemarketer is a scam artist, however, the difficulty for someone receiving a phone call is distinguishing between a legitimate sales person and someone attempting to make quick money at another's expense.

Here are the important DON'Ts to remember when the phone rings:

- don't believe that everyone calling with an exciting promotion or investment opportunity is trustworthy, especially if you do not know them, or their company.

- don't be fooled by a promise of a valuable prize in return for a low-cost purchase.

- don't disclose information about your bank or credit card, not even a credit card expiry date.

- don't be pressured to send money to take advantage of a "deal"

- don't be afraid to hang up the phone.

- don't purchase or invest without carefully checking the product, the investment and the company.

Aladdin Coming

Memory Lane young people's theatre is getting ready for their second season of theatre. The troupe's next production and Christmas show will be the popular play and movie, Aladdin on Dec. 4 and 5 at Aultsville Hall. The show will have much magic, music and comedy. The dynamic cast ranges in age from 7 to 19. The cast comes from all over the three united counties.

The troupe was organized by a group of senior citizens that put up two thousand dollars so the group could present last year's play Beauty and the Beast. The troupe are already planning their spring show. Over three thousand teachers and students are already planning to attend a special presentation of Aladdin from various schools in SD&G, and the group is anticipating a quick response from the general public. "The response in the last year is remarkable," states producer Vern Etherington. "We are finding that more and more students want to get involved, and even more families want to come and see the shows."

"We are lucky to have with us this year Jason Lager, who has just completed his studies at Disney Studios in make-up and special F.X. The show is being directed by Andy Griffiths, and the sets are being designed by Ron Zohar. The cast will feature fine performances by Jimmy Malyon, Lynn Villemaire, Angela Schlievert, Tim St. Louis, Mari Gerl, Jaymi Bougard, Mike DeWolfe, along with an energetic cast of over thirty people.

The troupe is always looking for people to get involved in their productions. We are looking for as many adults as children to keep this worthwhile organization alive. Many parents and city officials feel that this project is long overdue. Many have stated that it is surprising that Cornwall has gone without a young people's theatre for this long.

Right now we are looking for any adult who would like to help keep this group alive. For more information call Artistic Director David Runions at 932-3510.

Please note: this version of Aladdin is done in the English pantomime style, a play with dialogue and role reversal, i.e. a girl playing the role of a boy, and a boy playing the role of a girl.

Questions & Answers

Diane Sims, the Eastern Ontario Health Unit director who blew the whistle on the Unit's discretionary spending will appear on the next edition of Q&A: Questions and Answers.

The live phone-in broadcast hosted by Craig Hall-Michaels and analyst Claude McIntosh of the Standard-Freeholder, will deal with the issue of abusive spending of tax dollars by various levels of government.

Bob Roth, Seaway News Columnist will also appear. Roth is on the agenda of the Health Unit Board's next meeting December 2 to present a petition for the passing of a by-law against discretionary spending.

If you are concerned about how your tax dollars are being spent, watch and phone-in. The "Pigs At The Trough" episode of Q&A: Questions and Answers airs this Monday, November 29 at 6 pm.

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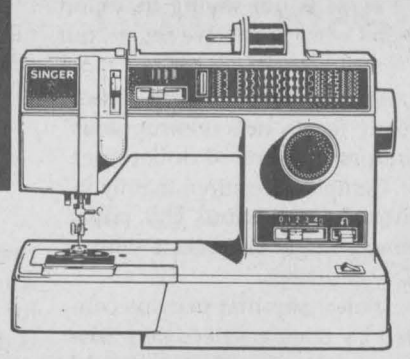

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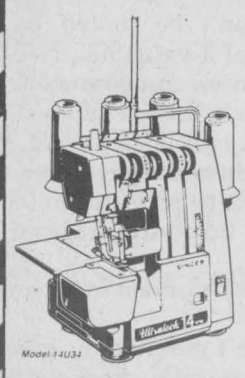

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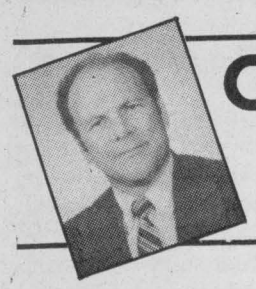


Christianity Alive

by Bob Burgess, pastor
New Life Covenant Church
(A Spirit-Filled New Testament Church)

"Charge them that are rich in this world, that they be not high-minded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy."

What a tremendous scripture in 1 Tim. 6:17. The Bible warns us to be careful about riches of the world. Why would God say such a thing in His Word? Because He knows that riches have a way of making us proud, arrogant, and self sufficient. People believe that because so and so has 3 cars, 2 boats, a house, a cottage and a large bank account, that he/she must be secure in life. Nothing could be further from the truth and this is one of the things this verse is saying. Security does not come from things, but from God. Some people are rich in things, but poor in life. They are poor in the things that really count such as joy, peace, harmony and love. These are the true riches and they alone come from God and this verse also says that God wants to give us these things to enjoy.

This verse tells us to be careful where we have our security. The verse is not saying that God doesn't want us to have things, but to simply guard ourselves from allowing those things to become our security instead of God Himself. Verse 18,19 which follow the above verse suggests that those people who are rich, that they do good to others, that they be rich in good works, ready to help others and to distribute to those who are in need. Verse 19 tells us in doing such things, we are pleasing God and that they are receiving riches that will endure forever.

Where is your security today? Is it in God or in what you own? Is it in your job or your bank account? God alone must be our security and we must learn to put our full trust in Him.

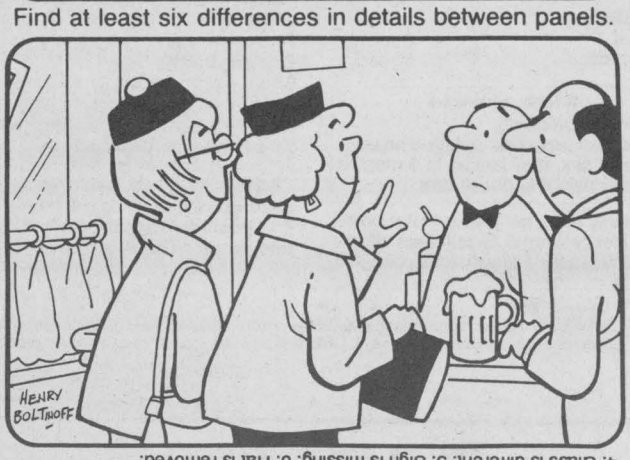
Remember as always, God loves you, He really, really does.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



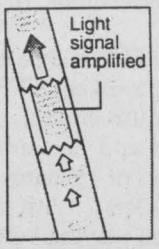
Differences: 1. Curtain is added. 2. Hats are switched. 3. Handbag is larger. 4. Glass is different. 5. Sign is missing. 6. Hat is removed.

Fast fiber optics for sending information



What it is

Erbium-doped fiber optics (erbium is a rare-earth metal) contain in their core atoms that absorb and convert light energy into an amplified signal. Light energy carries information along fiber-optic lines.



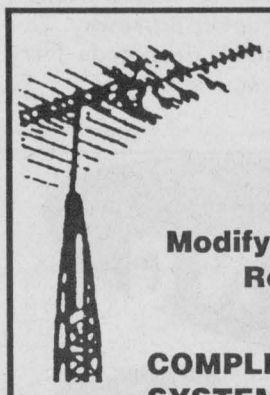
What it does

By splicing erbium-doped fiber optics at various locations along a traditional fiber-optic network, light signals can be amplified without first being converted into electrons. This allows for an increase in the transmission speed of information without increasing errors.

What it means

Newer software applications — like virtual reality — need to be able to send volumes of data over long distances and need networks that can process information at a billion bits per second. Erbium-doped fibers make this possible.

SOURCES: Scientific American, news reports



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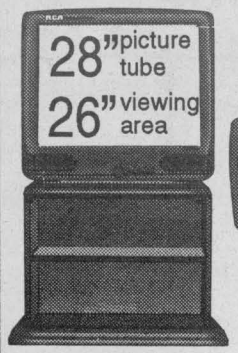

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Music Theatre North Announced 1994 Summer Season

Music Theatre North announced it s 16th season of professional musical theatre recently. Everett Kent, Executive Producing Director, stated that the selection of musicals this year was designed to have broad popular appeal featuring a blend of the old and the new.

The season will open with the longest running musical ever, the bittersweet musical "The Fantasticks". Most everyone is familiar with this musical which is still running Off-Broadway. This was the show that made Jerry Orbach a star singing "Try To Remember". Mr. Kent has produced this musical several times and brings to Music Theatre North his experience in having worked closely with the original director, Word Baker.

The second musical will be the London success "Stop The World, I Want To Get Off". This musical premiered in the 60's and starred Anthony Newley singing the popular song "What Kind of Fool Am I". This is one of the more interesting examples of 1960's leading edge musicals which combined mime, dance and music structured around a circus motif. Other musical numbers include "Gonna Build A Mountain" and "Once In A Lifetime".

"Stop The World" will be followed by "Damn Yankees". This famous musical will remind us all of Gwen Verdon and her show stopping rendition of "Whatever Lola Wants Lola Gets". With the New York Yankees playing better than ever these days this musical is very topical and should bring audiences to their feet much as it has done for years on the straw hat circuit. We understand that Damn Yankees will also be revived on Broadway next season so North Country Audiences can enjoy this show before everyone in New York City. Musical numbers include "You've Gotta Have Heart", "Two Lost Souls" and "Shoeless Joe from Hannibal, Mo."

Production number four is the show that Rosalind Russell made popular and is one of Leonard Bernstein's early successful works. "Wonderful Town", set in New York City in the 1940's, reflects all the unique and interesting things about the Big Apple. Lots of strange Village characters, great song and dance numbers with songs like the popular hit "Ohio" (Why Oh Why Oh Why O Did I Ever Leave Ohio?).

The final two productions represent two of the newest musicals available at this date. "Fame, The Musical" and "City of Angels" will complete the season.

"Fame, The Musical" is the stage version of the original movie and successful TV series. It has played in a number of cities around the U.S. and is currently a long running success in Stockholm, Sweden. Producer, David De Silva, expects that a production will be mounted for Broadway in the fall of 1994 after having played a short national tour, much like many recent successful B'way bound musicals. The Music Theatre North production will be a New York State premier. Music Theatre North hopes to involve the creative team of FAME in the summer production. Negotiations with producer DeSilva are currently underway. MTN is also working on a special arrangement with the High School of the Performing Arts (the FAME school) for this New York State Premier.

"City of Angels", set in 1940's Hollywood, will close the season. This Tony Award winning musical, which recently completed it s Broadway run, features an intriguing duel story of a writer and Sam Spade type detective as the playwright creates a story where we see both the action behind a movie and the movie itself. The music features the Angel City Four (a Manhattan Transfer type scat group) and music ala the big band era. Frank Rich of the New York Times called City of Angels "The Funniest American Musical in Years".

Tickets will go on sale within the next few weeks so watch the mail, newspapers, or call Music Theatre North at (315) 267-2755 for information and tickets.

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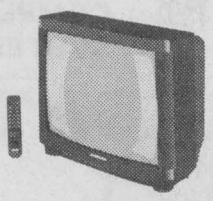

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LifeLine
by Dr. Carolyn DeMarco

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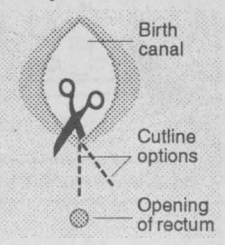

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WHAT YOU CAN DO

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- Tone up pelvic floor (Kegels exercises).
- Practise breathing that stops pushing (pant and blow type) so that you can better control birth.
- Find midwife and sympathetic doctor.

During birth:
- Choose semi-upright or squatting position, allowing gravity to help you.
- Let baby's head and shoulders come out as slowly as possible.

When it may be needed:
- **Forceps delivery; breech baby.**
- **To speed delivery if baby's heart rate drops or if premature.**

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Dr. Carolyn DeMarco is a general practitioner specializing in women's health and complementary medicine. We regret letters cannot be answered personally. LifeLine is a general guide; always consult your doctor.

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NUTRITE
LE TRAITEMENT DES PROS
FERTILISATION

Music Notes

by Morley Seaver

Blue Rodeo - Five Days In July (Warner Music)

Some advance reviews for this record have not been favourable. The critics have said that the band is too laid back and that the songs are average. All I can say to that is blow it out your ears, dimwits. This is an outstanding record! Blue Rodeo is the pearl in the oyster that is the Canadian recording industry. This is an acoustic-based record, true, but it is far from a yawner. The writing of Greg Keelor and Jim Cuddy has just reached another plateau. Every song is a winner. The Toronto band is aided by more supreme Canadian talent in the forms of Sarah McLachlan, Anne Bourne and Colin Linden. Essential.

Frank Sinatra - Duets (EMI)

Over 30 years since he left, Frank Sinatra returned to Capitol Records Studio A earlier this year for a new record. The result is an entertaining record of duets with a variety of popular vocalists. This list includes Liza Minnelli, Barbara Streisand, Tony Bennett, Gloria Estefan, Aretha Franklin, and Bono from U2. Despite the fact that the bed tracks were recorded live with Sinatra and the guests vocals were added after, the end product is quite good. Despite rumours about ill health of late, 'Ol Blue Eyes is in good voice. If you are a Sinatra fan, this is a must have.

The Breeders - Last Splash (Mercury/Polygram)

The Breeders is that "sometimes" band assembled by Kim Deal (ex of The Pixies) and her twin sister. Like that band, this music is mostly high energy, aggressive material. Sort of a less raw Ramones. Good stuff for first thing in the morning.

Crash Test Dummies - And God Shuffled His Feet (BMG)

Well, it's the big test. Winnipeg's Crash Test Dummies were the darling of Canada two years ago when they released their debut, with the monster hit, "Superman Song". Could they repeat? The answer is yes. They do not have a huge single in the set, but then again, there was much more to the first record than "Superman" anyway. Brad Roberts, as well as possessing the deepest voice this side of Barry White, can't be accused of writing everyday lyrics. There is a wealth of interesting material here, most quite odd indeed. If there is any sort of justice in the world, this band will repeat its initial success and you should be hearing from them for a long time. You can't go wrong with "And God Shuffled His Feet".

Melissa Etheridge - Yes I Am (Island/A&M)

Melissa Etheridge is no shrinking violet. Her music is condident and tough. "Yes I Am" her fourth record is, once again, a great set of songs that are full of the bristling rock and roll that has made her a platinum selling artist and Grammy winner. There are many high points on this record but no more than "All American Girl", as well as the title track. Great stuff.

Ric Ocasek - Quick Change World (Reprise/Warner Music)

The ex leader of The Cars has been missing in action for the last couple of years, following the public yawn which greeted his last release. Fortunately, he has rebounded in a big world. This is a terrific record that should put little dents in the charts as it elbows its way up the charts. One by one, each song is great, and they are sung in Ocasek's non-singing voice which somehow turn out in a way that you can't imagine anybody else singing.

Rush - Counterparts (Anthem/Sony)

The thinking man's metal band, Rush, refuses to take things easy, after ruling the rock world for almost 20 years. This band is an extremely tight, cohesive band. Like Neil Young, Rush are neither creaky, nor stagnant. Their newest record, "Counterparts", is a great collection of songs. I am proud to announce the return of Geddy Lee, missing in action for a while. Though every Rush record features Lee's walking (I mean running) bass style, there are several songs that give notice that one of rock's premiere bassists has not lost his speed. ("Animate" and "Alien Shore"). Drummer and lyricist Neil Peart is once again thoughtful and reflective with songs like "Nobody's Hero", a song about AIDS. This band doesn't get older, just better.

Weird Al Yankovic - Alapalooza (Attic/A&M)

The Weird Al saga continues with his newest release. Twisted as ever, Al combines lyrics about Jurassic Park to the tune of "MacArthur Park". Billy Ray Cyrus is skewered on "Achy Breaky Song", as is Aerosmith on "Livin' In The Fridge". A Weird Al record wouldn't be complete without a few polka tunes so this time Queen's "Bohemian Rhapsody" is turned into "Bohemian Polka". Not to be missed.

Glass Tiger - Air Time (Best Of) (EMI)

People tend to forget what a great band Glass Tiger is. With this compilation, they should be back in the people's eye soon. This set features 17 songs and with a few exceptions, all are massive hits. There are two new songs here, both great. Actually they're old outtakes, but fans have demanded their inclusion. Alan Frew is a great vocalist and front-man and the band is full of great song-writers. Excellent stuff.

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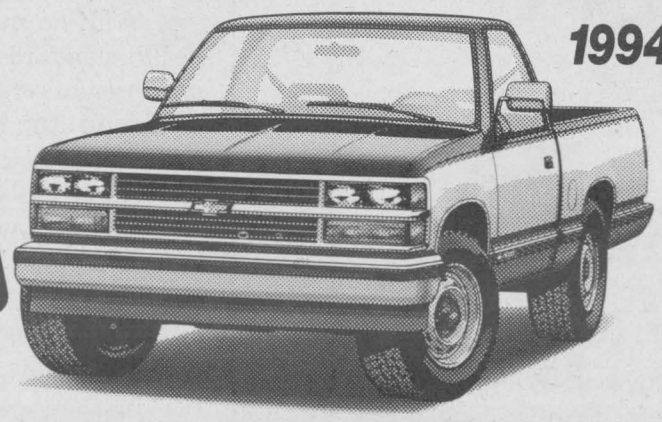

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SEAWAY NEWS
LETTERS TO THE EDITOR

Dear Editor:

After watching the council meeting on Monday night (Nov. 22) on Cable 11, I could not believe some comments made by certain city council members.

In my opinion the Cornwall Electric board members made a responsible presentation on why they were asking for a rate increase of 3.67 per cent (about $2.67 per month), effective July 1, 1994. A contract had been signed and the rate must increase gradually every year or it will take a larger increase in the future to catch up. Just look at what happened to Ontario Hydro. If we don't have a gradual increase, we, the taxpayer, will be faced with larger increases later. I can't, for the love of me, understand why some council members cannot see the reasoning behind this, unless they are preparing for the next election. Do they think everyone is stupid?

They claim they have the taxpayers' interest at heart. Yet, these are the same people who made a secret deal to get a hockey franchise here. Some members of council asked Cornwall Electric members to go back to the drawing board. It seems to me they should have when they were contemplating the hockey deal.

We, the taxpayers, still do not know what the cost will be in the future. I'm a hockey fan but I don't believe Cornwall can support a pro team. I don't want to be negative, only realistic.

For example, what happened to the Royals? Who is going to make up for lost revenue due to cancellation of the parking fee? Even that was not thought through. They were only charging hockey fans. And what about the deal now whereby the season ticketholder is paying more to take his family to the game than the non-season ticket holder. How much thought was put into this? What happened to the "open-door" policy?

Taxpayers are in no mood for all this secrecy. It's time for council to answer some questions. Council members argue that it is good to have a hockey franchise, that it puts Cornwall in the spotlight and helps the business community. No doubt it does. But try telling that to the unemployed, the seniors trying to scratch out a living on a meagre pension, or the people that are working and just making ends meet.

What about the council member on the health board who did not think anything wrong with spending the taxpayers' money for a Christmas party... outside of Cornwall at that! And, at the same time, health unit employees were informed their hours were to be cut down to same money. Is this responsible thinking?

I believe the Cornwall Electric board members did their homework... but some council members did not.

Shame! Shame!

There is an election coming.

Yours truly,
Ken Laperle
Cornwall

Dear Editor:

I am writing in reference to an article I read in the Nov. 15 issue of the Seaway News.

I must say that I am appalled, mortified, and maybe even ashamed at the amount of tax dollars, (any tax dollar for that matter) being spent on Christmas parties for the Health Units' directors each year.

I telephoned the Seaway News' office and they informed me that they have received so many calls about the article that they had to hire someone just to answer the telephone. The people who are calling are supporting Ms. Sims' efforts to impose a bylaw to end tax dollars being spent on directors' fun and games.

With this fact in mind it is quite clear that 'Mr. and Mrs. General Public' are unhappy with the way certain directors are spending their tax dollars.

Due to the fact that 'Mr. and Mrs. General Public' are taxpayers, and it is their taxes that pay your salary, I am certain that every outraged citizen would like to see you support a bylaw that states that our tax dollars, which are designated to the health unit, are spent solely on the services the Health Unit provides and to keep it running efficiently, not on lavish parties for its' directors, or on anything else not designated for the good of the public. After all, it is our money and we should be able to have a say on where it is spent.

For all who agree, may I suggest you write Ms. Grier and inform her of the fact that you would like to see her support Ms. Sims' proposal of such a bylaw.

Sincerely,
Ms. Lynn Burelle
Martintown

Dear Editor:

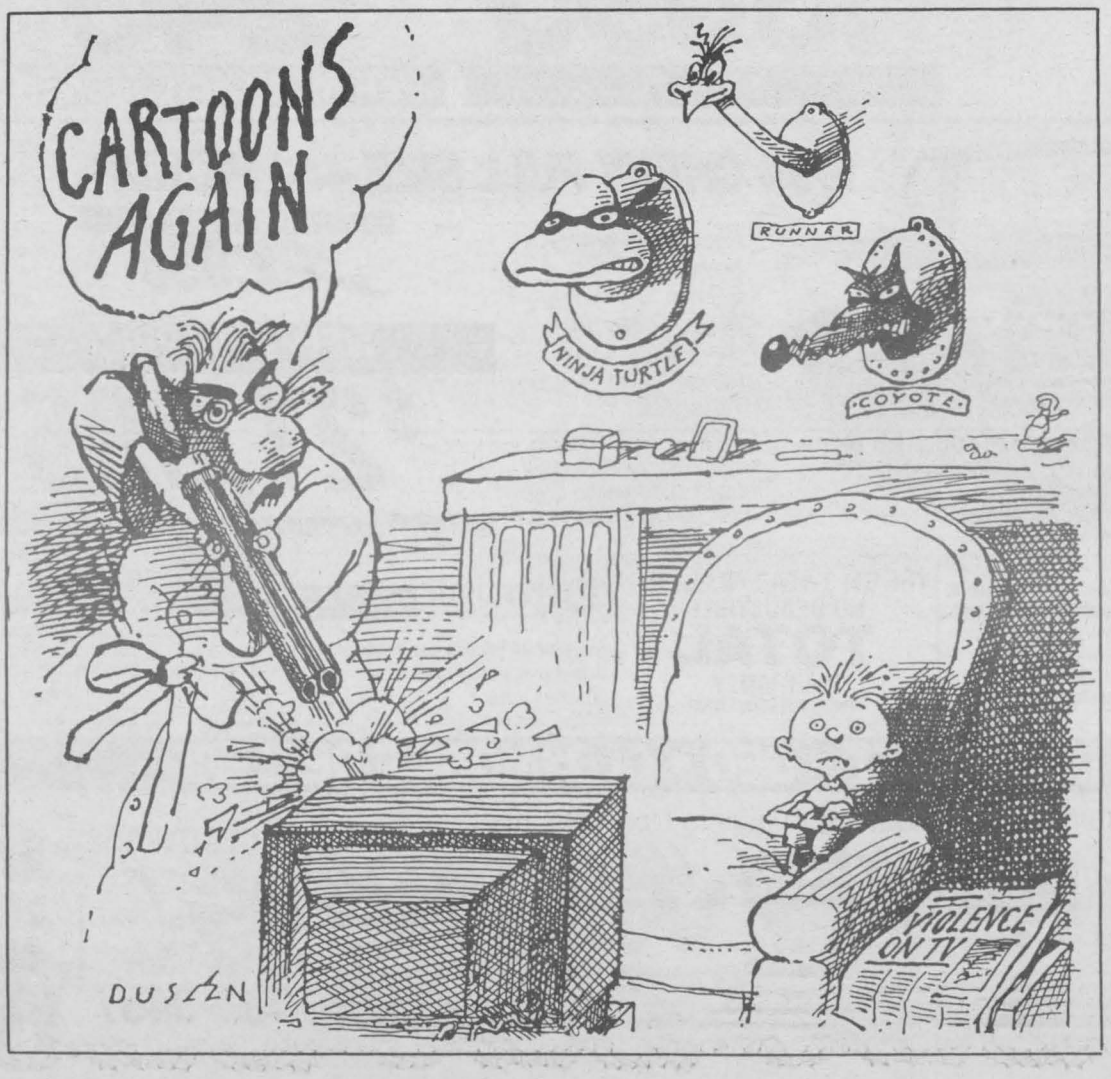
On behalf of the members of the Indo-Asian Association, I would like to express our gratitude and thanks to the Seaway News, Standard Freeholder, CJSS/CFLG and Roger's Cable 11 for publicizing our appeal for funds to help the victims of the earthquake in India. It is difficult to comprehend the magnitude of death and suffering caused by this disaster. Reports indicate that about 30,000 people lost their lives and hundreds of thousands became homeless.

Citizens of Cornwall and surrounding area were touched by the suffering and have generously donated funds for the relief of the victims. This is very satisfying, especially when you think of the recession and how hard these people have been affected. We are very pleased with the way the contributions have come in, helping us achieve our goal of $10,000. This, along with the contributions made by Canadians in other parts of the country, will help provide for rehabilitation of the victims. All funds collected have been channeled through the Red Cross.

We would like to publicly thank all those who contributed to this worthy cause, particularly the Sunrise Rotary Club of Cornwall, Ingleside-Osnabruck Rotary Club, Hindu Puja Samaj and the Muslim Association.

Your sincerely,
Shachi Bhargava
President,
Indo-Asian Association

The views expressed by columnists and/or letters to the editor are not necessarily the views of this newspaper or its publishers.



MEANWHILE...
Fred Sagel



Belt Tightening Has Just Begun

I have some advice for public sector unions, Canadian autoworkers and anybody else who's still whining about Bob Rae's social contract.

Get yourself a tape of the February 28, 1993 CTV program W5. It's about New Zealand and what happened to the country when it ran out of credit in 1984.

What happened makes Ontario's social contract look like child's play. It turned a country that had the world's third highest standard of living (behind the U.S. and Canada) into one which is now 22nd in the world.

And since Canada's current debt problem rivals what New Zealand's was in 1984 , it suggests that the social contract is just the tip of the iceberg — and the real cuts are yet to come.

Figure it out. Even with Mr. Rae's supposedly severe medicine, Ontario is facing an annual deficit in the $10-billion-plus range. Canada's external debt stands at 44 per cent of GNP compared to New Zealand's 47 per cent in 1984.

This country is headed down the same road and Canadians are about to discover that universal social programs are not a birthright, that they can't go on borrowing money to preserve a privileged lifestyle when people in other countries are working two to three times harder and producing better quality products.

When crisis hit New Zealand because it had borrowed too much and couldn't find any new lenders, the International Monetary Fund stepped in and forced the country's government to make radical spending cuts virtually overnight.

The state railway cut its workforce from 22,000 to 6,000. Interest rates soared, real estate crashed, the GST was bumped to 12.5 per cent and the currency plummeted to 50 cents. The country that had 650 unemployed in 1974 now has 200,000 jobless.

New Zealand's social programs (it had Medicare 30 years before Canada) lost their universality status in the blink of an eye. It now costs a person $31 to see a doctor, $50 a day for a hospital bed and $15 for each prescription drug.

People on unemployment insurance are now cut off if they turn down two jobs. Singles under 25 on social assistance are limited to $100 a week. Single mothers must look for work or face severance of government assistance once their youngest child reaches age seven.

Government pensions were rolled back to 65 from 60 and the well-to-do — meaning those with incomes over $40,000 — were cut off altogether.

With no money to repair infrastructure or monitor health standards, raw sewage now flows into gardens in posh neighborhoods and a baby hippo born in the new Auckland Zoo had to be shot because the government had no money to expand the hippo pen.

All of this was caused by massive government overspending and we're well on the same road ourselves. It will be only a few years before we get there unless governments take tough measures to reduce expenditures including the pay of public employees.

The public sector unions, being the greedy crybabies that they are, will try to tell you otherwise. And even many politicians, most of whom have their heads in the sand, will deny there's a real problem. But the evidence says otherwise.

After watching the W5 tape, I have to give the Rae government credit for at least having the courage to start to do what's right.

Unfortunately, Mr. Rae didn't go far enough. Confronted by a union movement that still refuses to accept that we are on the doorstep of a foreign exchange crisis, he played politics — and pussyfooted around with the social contract.

The real pain is still to come. Wait and see. It's only a matter of time.

PERSPECTIVE

By Bob Roth
SEAWAY NEWS

Whining School Trustees Demonstrate The Attitude Problem In Local Politics

The recent whining by some SD&G Public School Board trustees over a strategic planning session held in Cornwall recently underscores the fact that too many of our local political leaders just don't realize what leadership means today.

This was the first time in several years that the trustees stayed in Cornwall for the planning session. And some made it clear they didn't like it.

In past years the sessions have been held in posh Quebec resorts where deluxe accommodation and haute cuisine were available to compensate for the tedious drudgery of having to serve the public.

While most trustees conceded that the actual daytime planning sessions held in Cornwall this year were productive, some trustees lamented that there wasn't enough "social time" as in the past. In other words, they were not being kept in the manner to which they had become accustomed.

Trustee Rick Forrester said "there's no question about it - the evening activities were non-existent. Several hours of meaningful dialogue didn't exist."

Daniel Morin, chairman of the board's French panel, is quoted as saying:

"I know I didn't like it. It's not necessarily Cornwall. Normally when we're out of town we stay together, eat together, etc. But on Saturday night we weren't all at the dinner table. It's not the same at all."

No, Daniel, it's not the same. And it shouldn't be. I'm sorry that you all couldn't sit down together over canapes and share some bubbling banter at the dinner table - but we can't afford it any more. Taxpayers are having trouble setting their own dinner tables these days. Such comments demonstrate that too many of our local political leaders just don't get the message yet. Times are tough. And taxpayers are worried about bigger things than curing school trustees' Saturday night fever. To put it bluntly, the trustees' comments are extremely insensitive.

The irony in these comments is that they are being made at the same time that those same trustees are looking at reducing or altering service to the public to meet budget problems.

Areas being explored include staggered schools hours in rural schools, alternate full-day junior and senior kindergarten and a four-day school week.

Does it not occur to our political leaders that restraint must start at the top? Do they really have no comprehension of how thoughtless it is to complain about the quality of their social life when people in our community are being laid off almost weekly? Are they that out of touch with the ordinary citizen?

Fortunately, some trustees do have a grip on the times. One of them is Bill LaSalle who gave the whole issue of "social time" short shrift.

"You're there to compare notes, not to socialize."

Precisely.

And those trustees who find that fiscal restraint cramps their social lives should do what countless other Canadians have had to do in recent years - suffer in silence.

Tourism workers upgrade skills for changing market

(NC)—With thousands of tourists each year making their way to British Columbia, the tourism sector continues to show a steady growth in employment opportunities.

Between now and 2001, the average annual growth rate in the province's tourism-related industries will be 2.6 per cent—one-and-a-half times greater than the projected increase in B.C.'s general rate of employment.

But tourism, like the entire economy, is undergoing change. The industry needs well-trained workers who can take advantage of a growing industry with more specialized needs.

That's why Human Resources and Labour Canada is working in partnership with the B.C. and Yukon Hotels' Association and other hospitality industry associations to help tourism meet the demand for skilled workers—and to help unemployed tourism workers upgrade their skills to return and stay in the workforce.

A total of 316 participants in this past year graduated in the Hospitality Professional Development Training Project in Vancouver, with 72 per cent finding employment.

The training project, funded by Human Resources and Labour Canada for $374,000, enabled unemployed tourism workers to take specific courses while collecting their UI benefits.

"The course taught me a lot of communication skills," says Lisa Redpath, 25, who took the three-week Advanced Guest Services Program, designed to improve skills for people dealing directly with the public.

Redpath had worked in a hotel for three years before being laid off because of the recession. She says the course helped her land her current job in advertising, and she is now completing courses for a certificate in business administration.

The project also includes a Tourism Supervisory Development Certificate Program aimed at helping unemployed workers with supervisory experience consolidate and expand their skills.

"It's an excellent course," says Susan Simchak, 44, who had managed a dining room in Vancouver before the recession cut back on business and resulted in her being laid off.

Simchak says the 15-week certificate program provided her with a solid base for courses in both hotel/restaurant management and food/beverage management.

"I'm keeping all my books from the course because they are excellent for reference purposes," she added.

The training project, which first began in 1992, had 173 participants, with 64 per cent of graduates finding employment. This year, a six-week English as a Second Language (ESL) component was also added to the program.

"The key to this year's success is the virtual one-to-one, mentoring relationship between instructors and students in the classroom. It also helps that the courses are delivered by knowledgeable people in the tourism and hospitality industry," says Shelly Berlin, Manager of Tourism Consulting Services at Price Waterhouse, the consulting firm managing the project.

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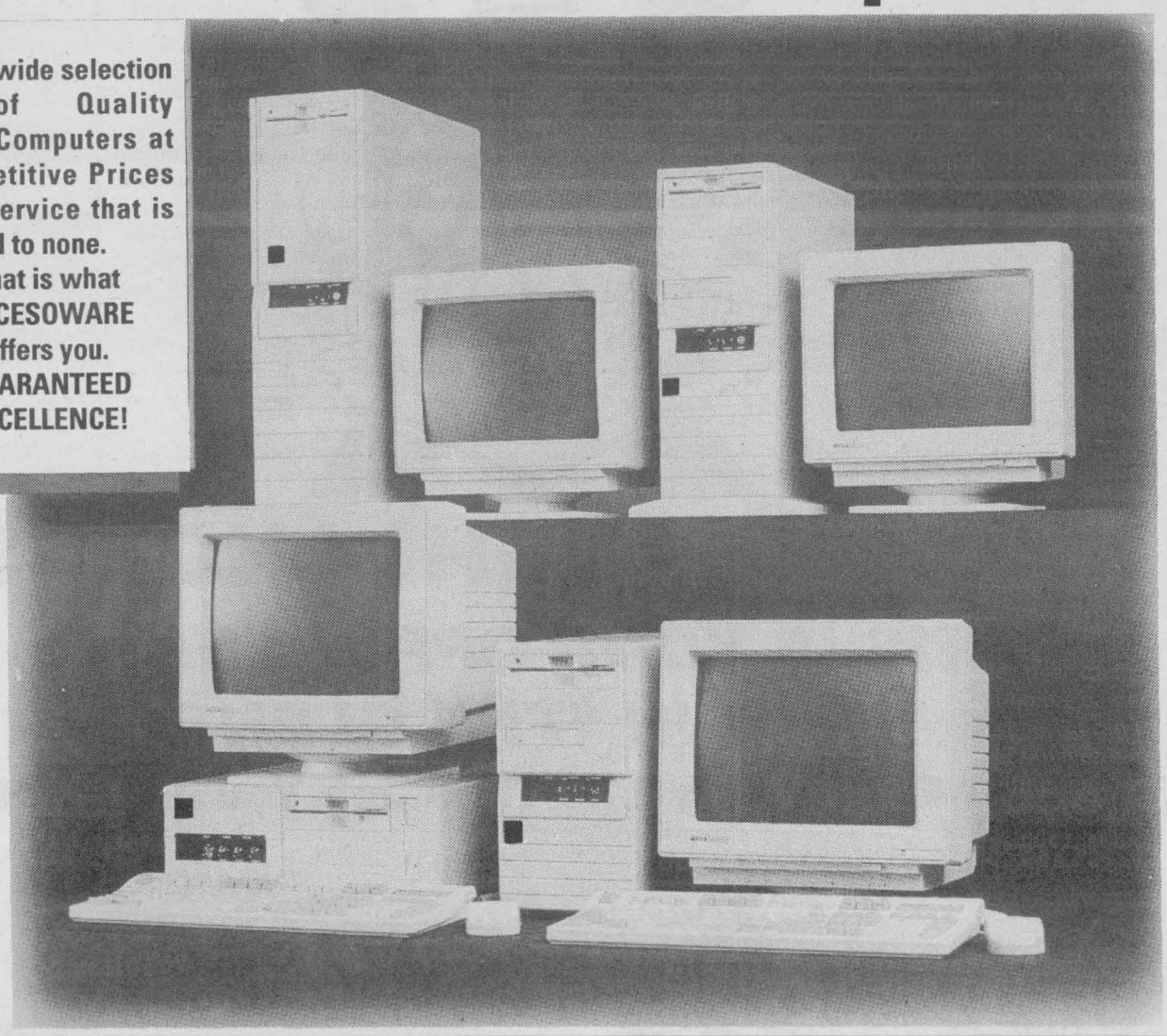

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- MS DOS 6.0
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- 101 Enhanced Keyboard
- SVGA Colour Monitor 14 in. .28 DP
- Serial Mouse & Pad
- Mini Tower or Desktop Case
- 2 year Warranty

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- 3.5 in. 1.44 meg Floppy Drive
- 4 meg RAM, with CPU Cooling Fan
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- MS DOS 6.0
- 250 meg Hard Drive
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- 101 Enhanced Keyboard
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- Mini Tower or Desktop Case
- 2 year Warranty

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BIRDS OF A FEATHER

by Debra Gillet

Feeding Our Winter Birds Part 2

Feeding wild birds offers us an inside view of their lives. It's amazing how such tiny - and seemingly fragile - creatures can withstand this country's harsh winters.

Besides offering us entertainment, the feeding of birds can also provide competition. It has involved my family in one-upmanship. For example, my father wasted no time in calling my sister and proudly boasting about the White Breasted Nuthatch that was feeding in his yard. Without skipping a beat, she fired back, "So? I've always had those birds in my yard!" Needless to say, war was officially declared, and each of us now tries to out-do the other. Actually, I was the first to attract a nuthatch to my feeders, but hey - no big deal!

By the way, I must correct a terrible oversight on my part, before continuing. In a previous editorial I described how much my children enjoyed feeding wild birds right out of their hands. However, I failed to explain where this feeding technique originated from (may lightning strike me down for it!). My father - who the family recognizes as being omnipotent - is the vessel of knowledge responsible for this enlightened bit of lore. I therefore throw myself (figuratively speaking) at his feet, and beg his forgiveness.

Now ... on to the important stuff. Choosing what to feed birds is entirely up to the individual. What you do offer, however, may control the number of species to visit your feeders.

Chickadees are one of the easiest and friendliest, birds to attract. They seem to enjoy watching us humans, and often sit within touching distance, while we refill the feeders. I've discovered that these cheery little birds have a preference for sunflower seed bells. Chickadees put on quite a comical show by often hanging upside-down from them, busily chipping away at the seeds. This bird is the cousin of the Titmouse (yes, that is the name of a bird). Along with sunflower seeds, it enjoys nuts, peanut butter, and suet. Like a squirrel, they will often hide the food, and munch on it at a later date.

Woodpeckers are frequent visitors to feeders. They enjoy nuts, suet, peanut butter, and various seeds. I have had one on my seed bells as well.

The Red Cardinal, which my family and I will vigorously compete for this winter, is a member of the Grosbeak family. They received their name because of their heavy bills. It is the only non-migratory grosbeak that resides here year-round. The other two species of grosbeak native to our area are the Rose-breasted grosbeak, and the Indigo Bunting. The cardinal prefers seeds, fruit and sap.

The Cedar and Bohemian Waxwing will visit your yard for apples, berries, raisins, prunes, and dates. Since both species usually migrate in the fall, chances of seeing one could be slim.

A very "nervy" little bird is the Junco. They usually make an appearance in late fall, or after the first snowfall. They will eat various types of seeds, crumbs, and sometimes peanut butter and suet. Against a background of snow, they're easy to see, because of their slate-coloured back.

Pine grosbeaks are actually members of the finch family. These birds will often winter in the northern part of our province. They will accept sunflower seeds, or dried berries and fruit.

The Goldfinch - or what many call a wild canary - often go unnoticed because of their molting process. The males lose their bright yellow plumage in the fall, and take on the olive-brown colour of the female goldfinches. These active little birds will jostle for position at a feeder, enjoying thistle, finch, and other small seeds.

House sparrows ar the little "tough-guys" at feeder stations. They will take almost anything that you offer, including table scraps, breadcrumbs, and nearly all kinds of seeds.

This is only a partial listing of our winter birds, and their food preferences. For further information, contact your local distributor of wild bird products.

Next time, I'll give you some great recipes for suet, bird pudding, and decorating a Christmas tree for them. Meanwhile, happy birding!

Poinsettias At Christmas

Please take care of me... and here's how...

Your naturally-grown Poinsettia is a part of the Christmas season. It's the perfect gift. It can grace your home or office until late spring when you can place it outside in a garden setting.

Your Poinsettia has been grown in Ontario for Canadian conditions. Plants are available in different sizes, types and colors. Bring home Ontario in bloom with a naturally-grown Ontario Poinsettia.

It is easy to care for your Ontario-grown Poinsettia.

- Place your plant in a bright area. Avoid drafts and warm areas such as the top of your television set. The heat will dry out the soil and the roots of the plant thus reducing its' life.
- Water the plant thoroughly when the soil surface is dry to the touch.
- Allowing water to collect in a receptacle below the pot is not recommended. Always discard excess water.
- The day temperature should not exceed 72° F. during the day. Save energy by dropping the temperature to 65° F. at night.
- Poinsettias are friendly, not poisonous. This is a myth that has been proved to be incorrect.

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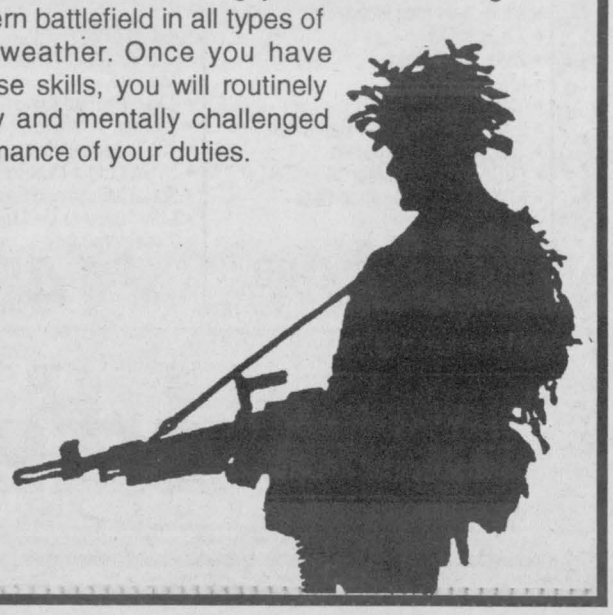

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BRIDGE RESULTS

The Independent Bridge Club - Nov. 17/93

N/S
1. Claudette Rousseau - Jean Stokes
2. Jean Forbes - Marion Gagnon
3. Yvonne Bergeron - Alma Lauzon

E/W
1. Rose Gallinger - Lydia LeGault
2. Vera Boland - Hermine Ladouceur
3. Grace Leroux - Jeannine Leroux

Seaway City Bridge Club Nov. 18/93

N/S
1. Peggy Seymour - Marjory Summers
2. Yolande Boutin - Cecile Leroux
3. Hermine Ladouceur - Marjory Raymond

E/W
1. Evelyn McPhail - John Montgomery
2. Georgette Lauzon - Jeannine Leroux
3. Alma Carter - Jeanette Lavigne

Cornwall & District Bridge Club - Nov. 18/93

N/S
1. Barbara Taylor - Voyteck Pomykalski
2. Margaret Campbell - Denise Fournier
3. Margaret Evans - Carol Reus

E/W
1. Tamia & Greg Doll
2. Richard Baird - Fernando Llano
3. David Kalil - Bert Mosher

Senior Citizens Bridge Club - Nov. 19/93
Open Pairs Championship

1. Dora Barrington - Lydia LeGault
2. Florence Bergeron - Rita Struthers
3. Mildred Cleary - Marion Gagnon
4. Vera Boland - Exarie Kinnear } tie
5. Kay Colbran - Mildred Morin }
6. Alice Brennan - Pat Tilton

Cornwall Community Bridge Club Nov. 22/93 A.C.B.L. Charity Game

N/S
1. Jeana Reilly - Charles Parent
2. Carol Reus - Jim Barlow
3. Nelsa Kalil - Mary Rudden

E/W
1. Richard Baird - Brian McCartney } tie
2. Bob Dalgleish - Steve Lassner }
3. Jocelyn Campbell - Bert Mosher

Section B
N/S
1. Jean Forbes - Charmaine Quenneville
2. Marion Gagnon - Mildred Morin
3. Velma McDougall - Lucille Sabourin

E/W
1. Gloria Blanchard - Alice Marleau
2. Dora Barrington - Kay Barlow
3. Marty Davies - Ruth Edgerton

Battery Facts

• Never throw used batteries into a campfire, as they may explode, spraying hot cinders and possibly corrosive substances on those nearby.

• Keep spare batteries, and battery-powered devices dry at all times. If batteries do get wet, dry them thoroughly with a cloth. Never hold them over a campfire or open flame.

• Carry spare batteries in their original packaging, as this will keep them dry and preserve freshness. The battery package that is also a tester is a good idea, as you can test if your problem is really a weak battery, or a defective bulb or some other problem.

• Alkaline batteries can last up to five times longer than regular batteries, making them a desirable choice for camping. **NC**

Lung Statistics

• One in five Canadians has a respiratory problem

• Over one million Canadians suffer from asthma.

• Over 500 Canadians will die from asthma this year.

• Disease of the respiratory system rank as the third leading cause of death among Canadians.

• Over 29,000 Canadians die each year as a result of diseases of the respiratory system.

• Approximately 40,000 Canadians die each year from tobacco related illnesses.

• Over 60% of asthma deaths among those aged 15-34 occur suddenly, outside hospital.

• Tobacco smoke is a major source of indoor contamination.

• Exposure to environmental tobacco smoke increases the incidence of lung cancer among non-smokers by approximately 30%.

• The main source of environmental tobacco smoke is "sidestream smoke". Sidestream smoke is the smoke that is emitted from the tip of a burning cigarette. It contains much higher concentration of many toxic and cancer causing chemicals than mainstream smoke.

• Over 600,000 Canadians suffer from chronic obstructive lung disease.



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Big Changes For School Board

As a result of deliberations to-date the Finance and Facilities Committee has presented a series of recommendations to the Board and the Board has adopted all of the recommendations as presented.

Consequently, the Stormont, Dundas and Glengarry Public School Board will be moving forward efficiently to meet the increasing demands for student spaces in the City of Cornwall.

The following directions have been adopted by the Board:

• Administration has been asked to complete a needs assessment for the number of students places required for the effective operation of our French Language Elementary Public School system in the City of Cornwall and Administration will be reporting back to the Finance and Facilities Committee at its December meeting.

• Gladstone Public School which is experiencing phenomenal growth will see renovations undertaken and proceeded with in 1994 and in a related move, renovations will be amde at Kinsmen School in 1994.

• A plan is being developed for the addition of portable classrooms at St. Lawrence High School and at Horizon-Jeaunesse.

The above proposals in the area of capital investment will allow the Board to further undertake the following in relation to students and program offerings.

• Kinsmen School students will be relocated to the Curriculum Resource Centre (formerly John Sandfield MacDonald Public School) effective September, 1994.

• Gladstone Public School will operate its Junior Kindergarten through to Grade 2 classes at Kinsmen School commencing in September, 1994.

• The Curriculum Resource Centre will be relocated, effective September 1994.

• St. Lawrence High School will be designated as a secondary school for Immersion and French as a First Language programming, commencing September 1994 with the intake of Grade 9 students. This program move will not affect any students currently attending St. Lawrence High School.

The Board feels very strongly that these initiatives meet the immediate program and service needs of our students and the Board remains committed to dialoguing with our educational community as it further develops and expands programs and services to meet both student growth patterns and student needs.

While the Board is delighted with the student growth it is experiencing, it remains committed to a rationalization of the use of its facilities as well as to a methodical and cost conscious capital development of facilities.

GVSS Report

by Senta Smiltnieks

Report Cards!! I'll bet money that many students are cringing at those eleven letters, three syllables and two words. Now friends, please don't hide my article so that your parents don't remember the mid-term Thursday. The truth will have to come out sooner or later!

The GV band is travelling the elementary schools at the moment. As always, they're putting on a wonderful show.

Now ... goodness gracious, I saved the best for last! When the bus full of Interact Club members arrived in Middleburgh, New York last weekend, I never expected to have the greatest time of my life ... and no, I'm not exaggerating in the least. When Mrs. Miller, GV's guidance counselor and Interact Club advisor, asked me how my trip went, I could tell she wasn't expecting me to jump up and down. We had the best time and the people there were so warm and friendly. The activities they planned for our club were wonderful: the dance their school held to meet us, their Canadian friends; the visit to Cooperstown and the Baseball Hall of Fame; the pizza party; and the hike up Vreman's Nose. I've never felt such a warm friendship within a group of friends before. I can honsetly say that going home was the last thing I wanted to do. Actually, I was the last students to get on the bus.

I never want to (literally) let go of the special people I met there. I would have never met the amazing people in Middleburgh if it wasn't for Mr. Bob Degray, Mrs. Miller and Mr. Warner. Thank you all ever so much for the memories that will last me a lifetime.

P.S. - SSJJ ...MAT.

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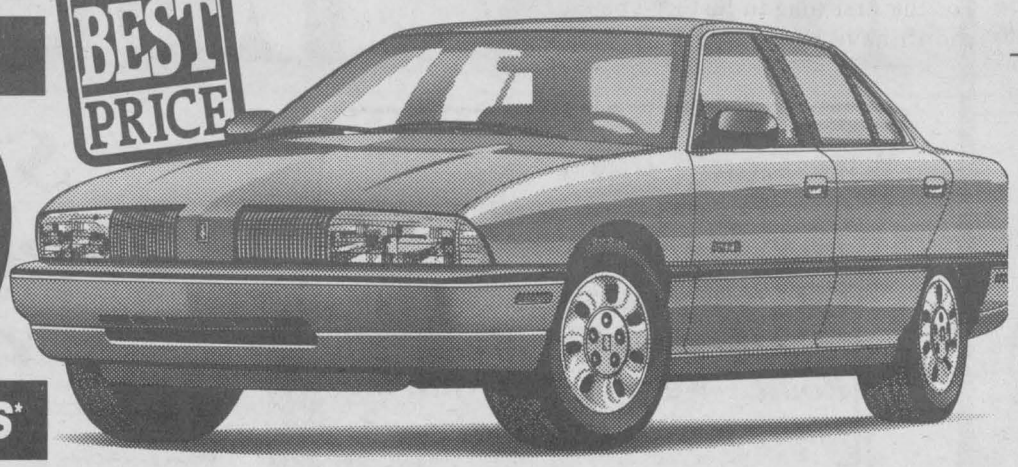

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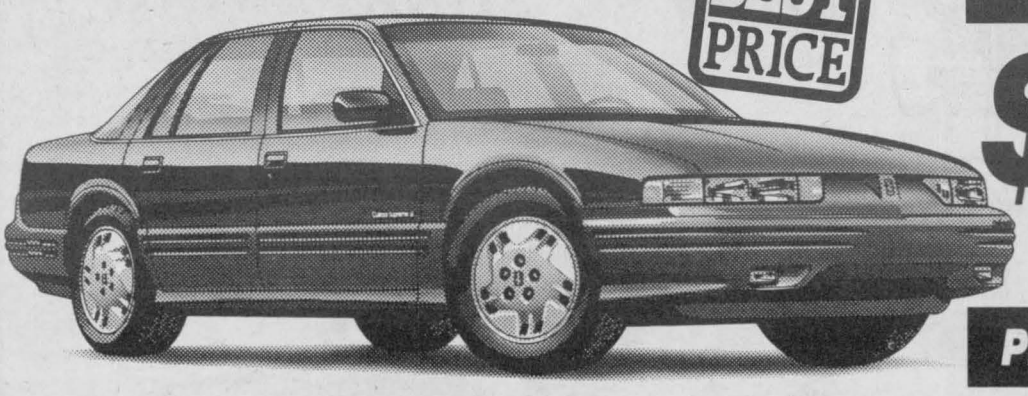

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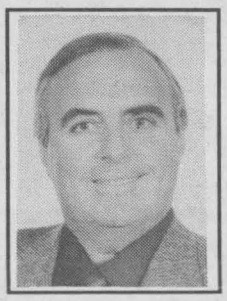
United Way Announces Chairman of the Government Sector



Mr. Kazi Marouf, , is pleased to announce the appointment of Mr. Hugh McAlear as Chairman of the Government Sector for the 1993 fundraising campaign.

This area covers the Federal, Provincial and Municipal Governments. He has handled this area of responsibility for the past four years and under his leadership there has been a significant growth in this sector. Mr. Marouf said he is pleased in making this announcement to have a person with Mr. McAlear's qualifications on this fundraising team.

Mr. McAlear is a member of: Cornwall Blazers Soccer Club; Employment and Education Resource Centre (board of governors); Career Exploration Centre (Advisory Board); Career Apprenticeship Program for Students (Advisory Board); Stay in School Initiative (at risk students); I.A.P.E.S. International Association of Personnel in Employment Security.

BASIC BLACK



By Arthur Black
SEAWAY NEWS

The 1993 Canadian Federal Election results are already growing mould on the sanitary landfill site called History ... and already I'm filled with regret.

Not because the new gang of SOB's are turning out to be no better than the old gang of SOB's. I wasn't expecting miracles.

What's made me sad is the realization that I will probably never again hear from the Natural Law Party. They were big in the past federal election. They fielded some 230 candidates from Bella Coola to Bonavista. The Party spent untold hundreds of thousands of dollars on newspaper, magazine, radio and television ads. They vowed that, once elected, they would end war, pestilence, disease, poverty, crime, the deficit and waxy yellow build-up overnight.

They didn't, alas, elect a single candidate.

Canadian voters detected something a little fuzzy in the Natural Law Party Election Platform. Perhaps it was the utter lack of detail from the Natural Law candidates, who dismissed all skepticism with the explanation that the Natural Law had been "scientifically proven". Maybe it was the stated plan to replace our Armed Forces aircraft with 7,000 meditating disciples levitating cross-legged in harmonious formation.

Canadian voters may be naive. (We did hoist Mulroney into the saddle two terms in a row) - but we're not bone stupid. The Natural Law Party never (ahem) got off the ground.

And that's a pity. We need all the comic relief we can get. We always have. Each decade has given humankind at least one predominating fad or folly to take our minds off our troubles. Back in the Roaring Twenties we had dance marathons and flagpole sitting. In the Dirty Thirties somebody invented miniature golf and bathtub gin to help us forget that the country was broke and so were we. For the more adventurous there was goldfish swallowing, wherein the hero (often after having been over exposed to the aforementioned beverage) took it upon him or herself to lower live and wriggling goldfish into their throats and down their gullets.

In the 1940's some fiend invented the rotary powered lawn mower while some other fiend came up with Weed and Feed, the first combination fertilizer/herbicide that made lawns grown like Sumatran Jungles. The Cult of the Lawn was born and North American weekends were ruined forever more.

What did the 50's bring us by way of diversion? In the immortal word of the businessman to Dustin Hoffman in The Graduate ...

plastic.

Specifically, the credit card. For the first time in history you didn't have to have wampum, beaver pelts, gold dust or cash on the barrel. All you had to have was a wafer of plastic and sufficient linguistic dexterity to pronounce the words "charge it." The rest was magic.

At least until the end of the month.

In the 70's, it was horoscopes. It became difficult to meet someone and not be greeted with "Hi, what's your sign?"

It was annoying, but it propelled us to the 80's. Which were really a pain in the astrology department - or rather its related offshoots of crystal therapy, harmonic convergence and the chance to be "channeled" by the ghost of some 8,000 year-old Mayan priest who knew no better way to spend eternity than to help you and Shirley MacLaine get to know your "real" selves.

Which got us to the 90's, a decade which showed real promise, what with the Natural Law Party looking to take over 24 Sussex.

Alas, no such luck. The Party appears to have vanished more thoroughly than one of magician Doug Henning's stage elephants.

So what now? Well, I hate to raise false hopes, but there's a rising young religion in Japan right now called Taisokyo. It only has one tenet. Its disciples must laugh. At everything.

House burn down? Snort. Your loved one kick the bucket? Chortle. Famine? Flood? Nuclear War? Stop it, you're killing me.

"Laughter is the way to God" says a Taisokyan spokesman. "There is no reason for sorrow. Only selfish people think about their own loss."

Do I see a place for Taisokyo in the Canadian Parliament? Don't see why not. It's got all the attractiveness of the Natural Law Party - plus a sense of humour.

At the very least, it'll be good for a laugh.

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SEAWAY NEWS

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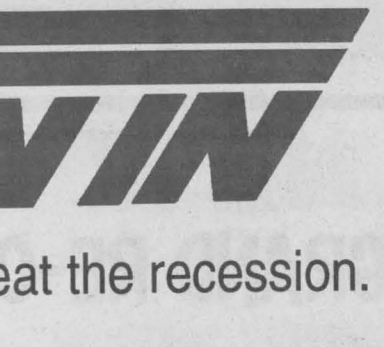

Every basket is hand made with each piece of fruit hand selected to assure only the finest, fanciest and freshest fruits are chosen. Each piece is then carefully placed to bring out its maximum beauty and variety of colour. We then wrap it carefully and select an elegant bow to give it that special effect. It can then be delivered anywhere in Cornwall. Because we buy such large quanities of fruit and cheese without an expensive middleman, you'll be surprised at how low our prices on fruit baskets are.

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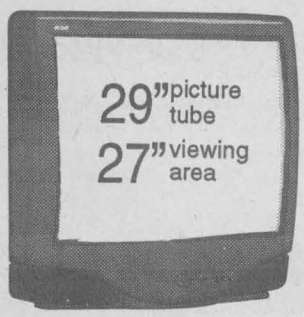

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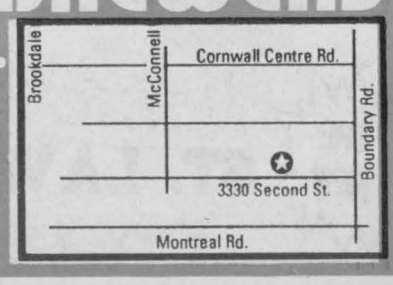

Science

by Edward Willett

November's science anniversaries begin with a first that was also a last: the 20th anniversary of the launch of Mariner 10, the first interplanetary probe to Mercury - and the last Mariner.

The main purpose of Mariner 10, launched November 4, 1973, was to photograph Venus, which it did from 5,770 kilometres on February 5, 1974. But while planning the Venus flyby, scientists realized Mariner 10 could be given an orbital period around the sun exactly twice as long as Mercury's, which meant it could visit the innermost planet over and over, every second time Mercury went around the sun.

Before its fuel ran out, Mariner 10 studied Mercury three times, on March 29 and September 21, 1974 and March 16, 1975. As you might expect in that part of the solar neighbourhood, Mercury turned out to be a pretty dismal rock, but with a few surprises: an unexpected magnetic field, a very, very thin atmosphere, and cliffs apparently formed by the wrinkling of Mercury's skin as the plant contracted, a feature seen on no other planet.

Twelve days after Mariner 10 went up, NASA launched Skylab 4, the final Skylab mission. Gerald Carr, Edward Gibson and William Pogue's main task was studying Comet Kohoutek, touted on Earth as the "comet of the century". It wasn't, but the Skylab crew still gathered a ton (er, tonne) of new data about comets. They splashed down February 8, 1974, after 2,017 hours in space, still a record for American astronauts.

Speaking of big splashes, this year marks the 60th anniversary of Nessimania. Although sightings of something strange in Loch Ness go back to at least 565, it was in 1933 that a couple driving along the lochshore noticed " an enormous animal rolling and plunging." "Nessie" has been in the spotlight ever since - or would have been, except spotlights, telescopes, cameras, sonar and even submarines have never quite managed to confirm it exists. There are a few fuzzy photographs, however, and the first was taken November 12, 1933.

From Scotland, leap to the Caribbean for the 80th anniversary of the opening of the Panama Canal (though it wasn't quite finished yet) on November 17, and the 500th anniversary of Christopher Columbus's arrival on the island the Taino Indians called Borinquen, but he called San Juan Bautista. We know it better by the name Juan Ponce de Leon gave it in 1508: "Rich Port" - Puerto Rico.

Many still consider the Panama Canal the greatest engineering feat of the modern age. It connects the Atlantic and Pacific Oceans across the Isthmus of Panama. Sixty-four kilometres long from shoreline to shoreline, it shortens the trip from ocean to ocean by 11,270 kilometres.

The idea of a canal surfaced in the early 1500s, but technology didn't match imagination for 300 years. A French company headed by Ferdinand de Lesseps, who built the Suez Canal, tried to build a sea-level waterway in 1881, but malaria, yellow fever and tough terrain took their toll and the company went bankrupt.

In 1904, the U.S. government (having negotiated an agreement with the newly independent Panama after tacitly supporting its rebellion against Colombia) began work on a lock-type canal (where boats wait in locks while the water is adjusted to the level of the canal's next stage). Ten years and $336,650,000 later, chief engineer George Washington Geothals finished the task. The canal remained the property of the U.S., but a 1978 treaty turns it over to Panama in 2000.

Finally, two birthdays: November 18, the 70th birthday of Alan Shepard, the first American into space (and the first man to golf on the moon, during the Apollo 14 mission) and November 29, the 190th birthday of Christian Johann Doppler.

Doppler, an Austrian, figured out why the pitch of a sound changes as an object moves toward or away from a listener (as when a train speeds past). The more sound waves that hit the eardrum per second, the higher the pitch. As the source and listener get rapidly closer, the sound waves between them are scrunched up, increasing the number of waves reaching the listener. As the source and listener move apart, the waves spread out, lowering the pitch. This also applies to electromagnetic waves: distant galaxies hurtling away from Earth appear reddish because the light. waves reaching us are spread out.

Oh, yeah, and the "Doppler effect" is also the principle behind police radar guns.

Gee, thanks a lot, Doppler.

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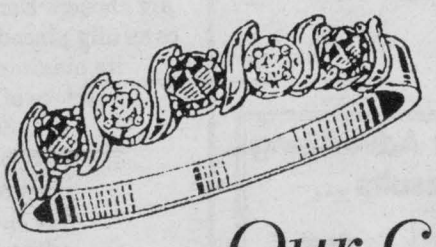

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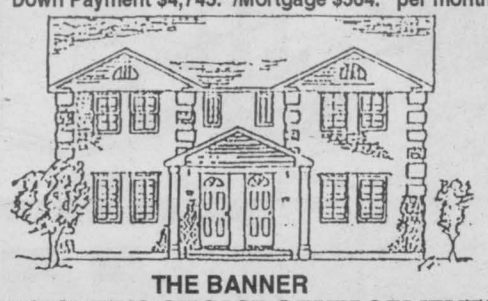

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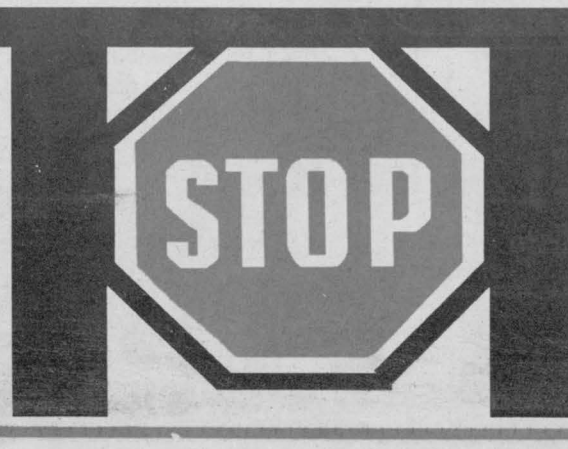

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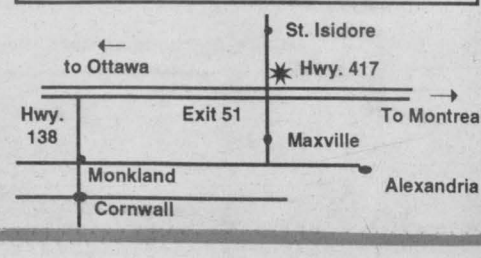

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SEAWAY NEWS
DOUG & MAGGIE'S CORNER

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

Little things can make a big difference. We're pretty good at ignoring little things. It's human nature, I guess. Some of us, however, are more human than others. Unfortunately, those little things that are easy to ignore, all too often are, and then given the right set of untimely circumstances, will make a difference in a negative direction. I can think of many when it comes to painting and wallpapering.

Without doubt failing to wash and rinse walls before painting or wallpapering is the number one little thing that is ignored by most people.

The consequences for wallpapering can mean that your wallpaper doesn't stick. Oh, it will stick for the most part, but those areas of the wall that may have been particularly dirty, the wallpaper just may not stick to. Or if it does, it may not last long and edges or seams let go, or a bubble appears. In severe cases, strips of wallpaper start to peel off. Wallpaper paste doesn't adhere to dirt, grease or grime very well.

If you paint over dirty walls, the dirt may bleed through the paint, and you will have discolouration on various areas of your newly painted walls. Or it may cause a variation of sheen so that some places on the wall will have a patchy look to it. If there are areas where there are grease spots, the paint won't stick, it will peel. These greasy areas can happen as innocently as leaning on a wall with a sweaty hand. This will leave skin oil and paint does not adhere to it.

A little thing that can make a big difference when wallpapering is using the correct smoother. A lot of people like to use a sponge or a cloth to smooth when wallpapering, and it works a lot of the time, but it can cause problems. If the paper is a bit difficult it is very easy to stretch the paper. The result is that the pattern doesn't match properly, or the seams open when the paper dries because it shrinks back to its normal size.

Another very significant little thing a lot of people ignore, is to read the instructions that come with wallpaper each time they hang wallpaper. The reason that they have successfully wallpapered in the past, and if they do everything the same way each time they will always have success. Wrong! Different papers have various hanging characteristics such as soak times, water temperatures and length of bookending. Always check before you start.

And talking about book ending wallpaper, how many do it every time they hang wallpaper? It is the single easiest little thing you can do that will make hanging paper easier.

When painting, a little thing people like to do is to use the absolute cheapest roller or brush they can lay their hands on. The result is a poorer looking job that takes more time and effort to achieve and needs to be redone sooner. Even if you do use quality applicators, be sure they are matched to the paint.

Use high pile rollers (10mm pile) for Satin and Satin Lustre paints, and low pile (6mm pile) for Semi-Gloss or Gloss paints. Use pure bristle brushes for oil base paint, varnishes and stains; polyester or nylon for latex.

Here's a list of things to do each time you re-paint a wall. Wash walls with T.S.P., Gres-Off or Surface Prep, and rinse (no rinsing required with Surface Prep). Spot prime with primer, any areas that have been patched or repaired. Sand the entire wall with fine sandpaper. Sand evenly and thoroughly to uniformly scuff it, but don't sand deeply. You don't want to sand through the paint film. On previously unpainted wood or drywall, use one coat of primer and two coats of finish coat. Use quality paint and quality applicators. It doesn't cost much more.

My list for wallpaper is: wash, rinse (same recommendation as above), and Redi-Prep the walls; read the instructions on the wallpaper label before starting; always bookend three to five minutes unless the instructions say otherwise; use a product called Hangrite in the water trough (it doubles the adhesive strength of the paper); rinse each strip with clear water after each is hung; use a trim guide and a proper wallpaper knife and change blades frequently.

And my final recommendation whatever project you are doing: get everything together before you start; make sure you know exactly how to do what you are doing; ask questions first, not after the problems begin; DON'T SKIP THE LITTLE THINGS!

Haley's Handy Hints



Got a heavy hand with the salt? Try the apple solution!

Many recipes call for adding salt to taste. Unfortunately, they don't stipulate just whose taste! So, if you find that your soup or stew is too salty for your liking, let me tell you about the fruit and vegetable solution! Over-salted food can often be saved by cutting a couple of wedges of apple or potato and dropping them into the pot. Let the wedges cook along with the food for about 10 minutes and then remove and throw away. And if you find that's not enough, adding a touch of sugar should help! And if that makes it so sweet, adding a touch of salt will help ...no, no just kidding!

Now, if you've planned a large dinner party, and you're concerned about whether you have enough cooking elements to go around, here's a handy hint I heard about. When cooking your vegetables ... let's take for example cauliflower and beans ... retrieve your wire strainer from the cupboard and set it aside. Place the cauliflower in the pot with your water and then pop the strainer into the pot on top of the cauliflower. Throw your beans into the strainer and what you end up with is a double-duty cooking pot. Not only will this save you time but your vegetables will be ready together!

And finally, don't you hate it when the phone rings and you're right in the middle of preparing the evening meal. You do your best to be polite to the person on the other end but before you know it, you detect the smell of burning rice. Uh oh ... what do you do now? Well the first step is obvious ... you remove the pot from the element. The next step is not quite so obvious. Take a slice of bread and lay it on top of the rice. Replace the lid and leave to stand for about ten minutes or so. The bread should soak up most of the burned taste. All you have to do next is remove the rice carefully so as to leave the burned rice on the bottom of the pot. And the final step is to invite that person on the other end of the phone over to clean the pot.

To order Graham Haley's 120-page "Home Reference Book" send ... $9.95 cheque or money order (+$2.00 ea. tax & shipping) to:
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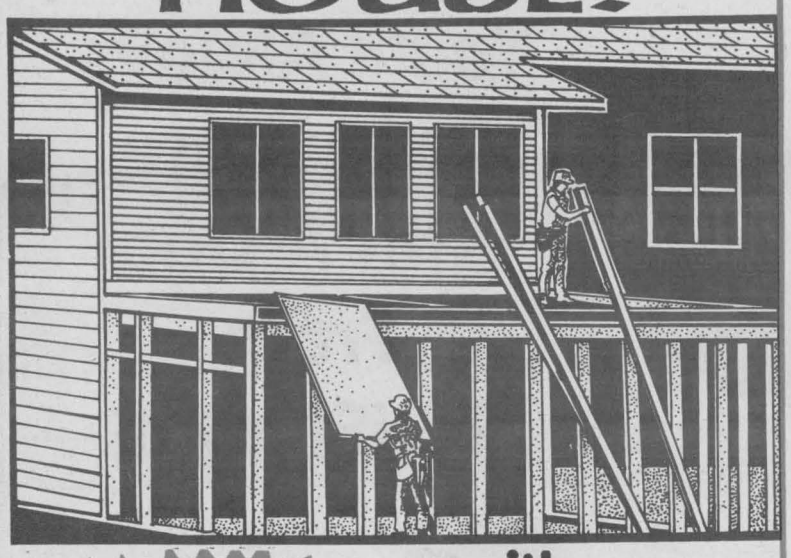

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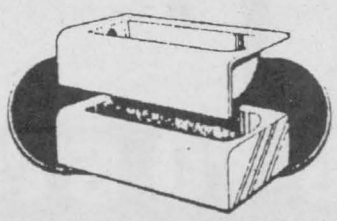

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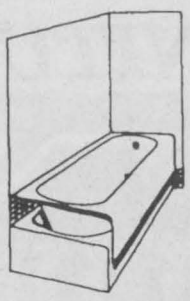

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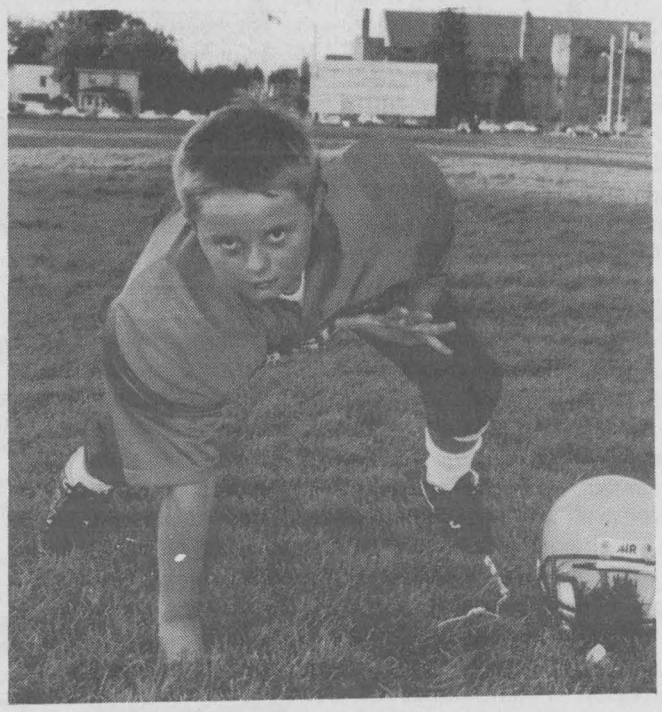
Carrier Profile: David Price



Featured in this profile is 10 year old David Price. He was born in Edmonton, Alberta on April 20, 1983 and has been a Seaway News Carrier for 2 years on Route #75. David attends Eamers Corners Public School and is in grade five.

David is a good student, sportsman and house league referee. At the Cornwall Optimist Football League banquet held on Nov. 14th at the Civic Complex, David was voted top offensive lineman and his team, the Eagles under head coach Tom McKay, were league champions. David is a four year veteran of the C.O.M.F.L. He is also an avid baseball player with the Cornwall Minor Baseball Association and a student of martial arts at Art Levert Karate Schools.

David is a fan of the Cornwall Wildcats and the Toronto Blue Jays.

He enjoys video games, his dog Patch and his job at Seaway News. Currently he is recovering from a broken wrist suffered during the final game of the football season.

His goals: a position on the 1999 Wildcats, a black belt in karate, and continued success in school.

CABLE NOTES

Monday November 29
6:00 Q&A: Questions and Answers - Live
7:00 CPR Awareness
7:30 Bereaved Families Special - Live
8:00 The Kiwanis TV Auction Preview Show
9:00 Royal Commission on Learning - Part 1

Tuesday November 30
6:00 Community Connections
6:30 Kinsmen TV Bingo
7:30 Nellam Ghar
8:00 Colts Talk - Live
8:30 The Leeds Grenville Secondary Schools Association Football Final: Optimist Wildcats vs Thousand Islands Secondary School Pirates

Wednesday December 1
6:00 Kiwanis TV Auction Preview Show
7:00 Rogers Connection
8:00 German Diary TV
9:00 Royal Commission on Learning - Part 2

Thursday December 2
6:00 Bereaved Families Special (Repeat)
6:30 Colts Talk
7:00 The 1993 Santa Claus Parade presented by the Howard Smith Credit Union
8:30 Q&A: Questions & Answers

Friday December 3
2:00 Optimist Minor Football - Bantam Final
3:30 Kiwanis TV Auction Preview Show
4:30 Community Connections
5:00 German Diary TV

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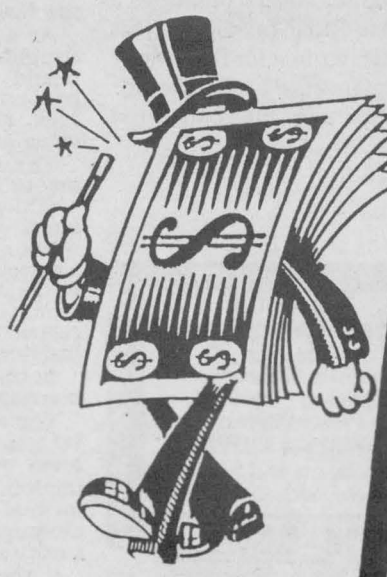

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- Karen McMurray
- Shawn Seguin
- Lionel Mayer
- Ray Lefebvre
- L. Boucher
- Jean Morin
- Denise Roy
- Pauliune Poirier
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Lant On Business - Finance - Taxation

As I continue with my column on Taxation, I will be dealing with some of the major tax filing errors. It is very important to note that if you have missed credits or deductions for past years, Revenue Canada's new "fairness program" allows you to re-open your returns as far back as 1985. It is my own personal opinion, that many taxpayers are not taking advantage of this "fairness program". The publication, Preparing Your Income Tax Returns, which is published by CCH is the general public's most comprehensive tax reference and a useful source of information all year long.

I find that a number of taxpayers ar not making use of transferable tax credits. There are certain tax credits that can be transferred to others if you do not need them to reduce your tax to zero. The pension and age tax credits can be shifted from one spouse to the other. Also the disability tax credit can be transferred to any supporting individual. The education and tuition credits can be transferred to a parent, spouse or grandparents.

The one credit that deeply concerns me is the disability tax credit. This could be worth more than $1,100 in tax savings. However, many people are reluctant to claim it because they do not think of themselves as disabled. Requirements for this claim is outlined in the T1 general guide. If you require further details get interpretation bulletin IT-519 or a Revenue Canada pamphlet called "Tax Information for People with Disabilities". Please call the District Taxation Office, in Ottawa. The toll free telephone number is as follows: 1-800-267-8440.

Another major credit that is overlooked is not claiming the equivalent-to-married tax credit. This is most often mentioned in regards to single mothers with a dependent child. However it is far broader. It can apply to those who are divorced, separated, single or widowed who support a relative living with them. As well as a minor child, that could be a parent, grandparent or a mentally or physically infirm adult child. Since space is limited, I will go into greater detail in some future column now that common-law couples are treated the same as those legally married.

One of the most overlooked tax deductions is moving expenses. This can be a "gold mine" for those moving at least 40 kilometres closer to a new job. Along with the obvious transportation costs, you can write off the real estate commission on the home you sold an legal fees and land transfer tax on the home you bought at the new location. Revenue Canada has a pamphlet called "Are You Moving?" It contains the form you must complete and also a list of the expenses you can claim. In the publication, Preparing Your Income Tax Returns it notes the move does not have to take place in the year you change jobs - just within a "reasonable" period. There is a 1989 court ruling allowing a taxpayer to claim moving expenses five years after he started a job. The taxpayer showed that he had intended to move earlier but had to delay it for both financial and health reasons. In a future column, I will deal with students who many also be able to claim moving expenses.

In next week's column, I will try and allow some space, to continue dealing with major tax filing errors. It is most important to remember the "fairness program". Also Revenue Canada publishes a Pension and RRSP Tax Guide. This free booklet, written for the general public explains the basic rules for registered pension plans, deferred profit-sharing plans RRSPs and RRIFs. It will also show how RRSP contribution and RRIF withdrawal limits are calculated. This booklet can be obtained, free of charge from the District Taxation Office - Ottawa.

My final thought for this week's column comes from a quote from the late George Bernard Shaw who said "We learn from experience that men never learn anything from experience."



On the Money
with Gordon Pape

PAPE'S TIP: *"Find out how you'll be charged before making a decision."*

Where to get financial advice

When looking for advice, talk to the right person. Just because someone knows about one aspect of money management, it doesn't necessarily mean they know much about other areas.

THE FIVE P'S

Personality. You want someone you can communicate with.
Philosophy. Make sure they're on your wavelength. If you're conservative with your money, pick an advisor who is as well.
Patience. Find someone who will devote time to work personally with you.
Prudence. Your advisor should treat your money as if it were their own.
Profits. The first four P's are important, but if your advisor isn't making money for you, keep looking.

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Broker		●			Commission on sales
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Where to find them
Recommendations from relatives, friends or business associates; professional association listings. As a last resort, Yellow Pages – ask for references.

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Gordon Pape is a financial author and broadcaster. On the Money provides general information on money management. For specific advice, consult an appropriate financial professional.

Contract may protect gift

By Patrick Fellows

Q: As an owner of a rented home, I see my capital gains deduction shrinking and in the next budget disappearing entirely. I would like to dispose of the property and yet retain control of it.

I could transfer it to my married daughter but don't want her husband to be a part-owner. Are there other ways to trigger a disposition?
V.K.

A: The transfer of the property to your daughter as a gift or sale should be reasonably simple. Her husband need not be involved in that particular transaction. Ontario family law, however, is waiting to impinge itself on this asset if the couple should separate or divorce.

Family law is most protective of the individuals involved where the matrimonial home is concerned, but in this instance we would assume the couple would not live in the house.

As a property acquired by your daughter during the marriage, it would be excluded from family property, says lawyer David Botnick, but only to the extent of its value at acquisition.

The exclusion would not include any subsequent increase in value or any income received from the property.

Your son-in-law could, if he's agreeable, sign a waiver of any rights he has to the property under family law. Such a waiver would be restricted if the house became the matrimonial home.

Botnick says he recommends a marriage contract.

You apparently feel that the capital gains exemption will be done away with in the next budget. We think the current phase-out process for real estate profits will continue, although budgets are famous for surprises.

If the property carries a mortgage, your daughter could be liable for land transfer tax.

Handling joint accounts

Q: If two elderly spouses have significant savings accounts and simple investments such as GICs, what is the simplest way to achieve joint ownership to avoid probate if one dies?

It was suggested that a jointly held savings account, with a few thousand dollars contributed by each spouse, would be appropriate.

As for income taxes, our trust company says only one name can appear for one account. How can the earnings be divided for tax purposes?
E.A.

A: A jointly held savings account need not necessarily be contributed to by each of the parties concerned, although for income tax purposes, interest earned should be attributed to depositors in proportion to amounts contributed.

The probate process requires no such attribution. Simple joint registration on the contract document will normally ensure that full ownership of an asset is automatically assumed by the survivor without probate.

You can easily have joint-tenant names attached to a savings account. If there is any problem with unmatured instruments, you might have to wait until renewal date to make the change (as with Canada Savings Bonds).

It's up to the individual to apportion investment income from a jointly owned asset at tax-filing time. Only one person might be named on the tax slips issued by the institution, but only the holders know how much each has contributed to the account.

Short of a Revenue Canada audit, the honor system prevails.

Universal problem

Q: My 75-year-old widowed aunt lives in Portland, Ore. As a direct result of the savings-and-loan debacle, she has been forced to sell her large house and buy a compact condominium. As a result she has a large cash balance.

The S & L situation has left her terrified of investing her money. Can you recommend a safe vehicle?
M.L.

A: We can't suggest what your aunt might do in the United States. It's a different jurisdiction and different guidelines may apply.

But if she stays with the banking system for savings or certificates of deposit, she will have deposit insurance that is somewhat more generous than the basic $60,000 offered at the federal level in Canada.

She should seek advice locally or write for information on deposit coverage to the Federal Deposit Insurance Corp.,25 Ecker St., San Francisco, Calif. 94105.

The universal problem, of course, is that high security for one's investments comes at the price of income or growth.

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How To Help Ourselves Through The Holidays

From Bereaved Families of Ontario.

There are many holidays or "special days", such as birthdays, anniversaries, graduations, weddings and Easter, to name a few. These are all difficult days for the bereaved but, for many, the most difficult holiday of the year is Christmas. This day more than any other means "family together". They are synonymous and it is at this time we are so acutely aware of the void in our life.

For many, the wish is to go from Dec. 24 to Dec. 26. We continually hear Christmas carols and people wishing everyone "Merry Christmas". We see the perfect gift for our loved one who has died, and suddenly realize they will not be here to enjoy it.

Eventually, the Christmas season will not be so difficult. This statement may not seem possible to those newly bereaved, but grief will soften and you will begin to enjoy life again, including Christmas.

- Shop early.

- Family get-togethers may be extremely difficult. Don't set expectations too high for yourself or for the day.

- There is no right or wrong way to handle the day. What you choose the first year, you don't have to do the next.

- Keep in mind the feelings of your children or family members. Try to make the holiday season as joyous as possible for them.

- Be careful of "shoulds"... it is better to do what is most helpful for you and your family.

- Set limitations.

- Once you have made the decision on how you and your family will handle the holidays, let relatives and friends know.

- Don't allow baking and cleaning the house to get out of proportion.

- Try to get enough rest.

- If you used to cut down your own tree, consider buying it already cut this year. Let your children, other family members, neighbouring teens, friends, or people from your church help decorate the tree and house.

- One possibility for the first year may be to visit relatives, friends, or even go away on a vacation.

- How do you answer "Happy Holidays"? You may say, "I'll try" or "Best wishes to you".

- If you are accustomed to having dinner at your home, change and go to relatives; or change the time (instead of 2 pm, make it 4 pm).

- Try attending Christmas services at a different time and/or church.

- Some people fear crying in public. You should be gentle with yourself and not expect so much of yourself. Worrying about crying is an additional burden. Let go and cry, you probably will feel better.

- Consider cutting back on your spending.

- Do something for someone else. Ask someone who is alone to share the day with your family. Provide help for a needy family. Donate a gift or money in your loved-one's name.

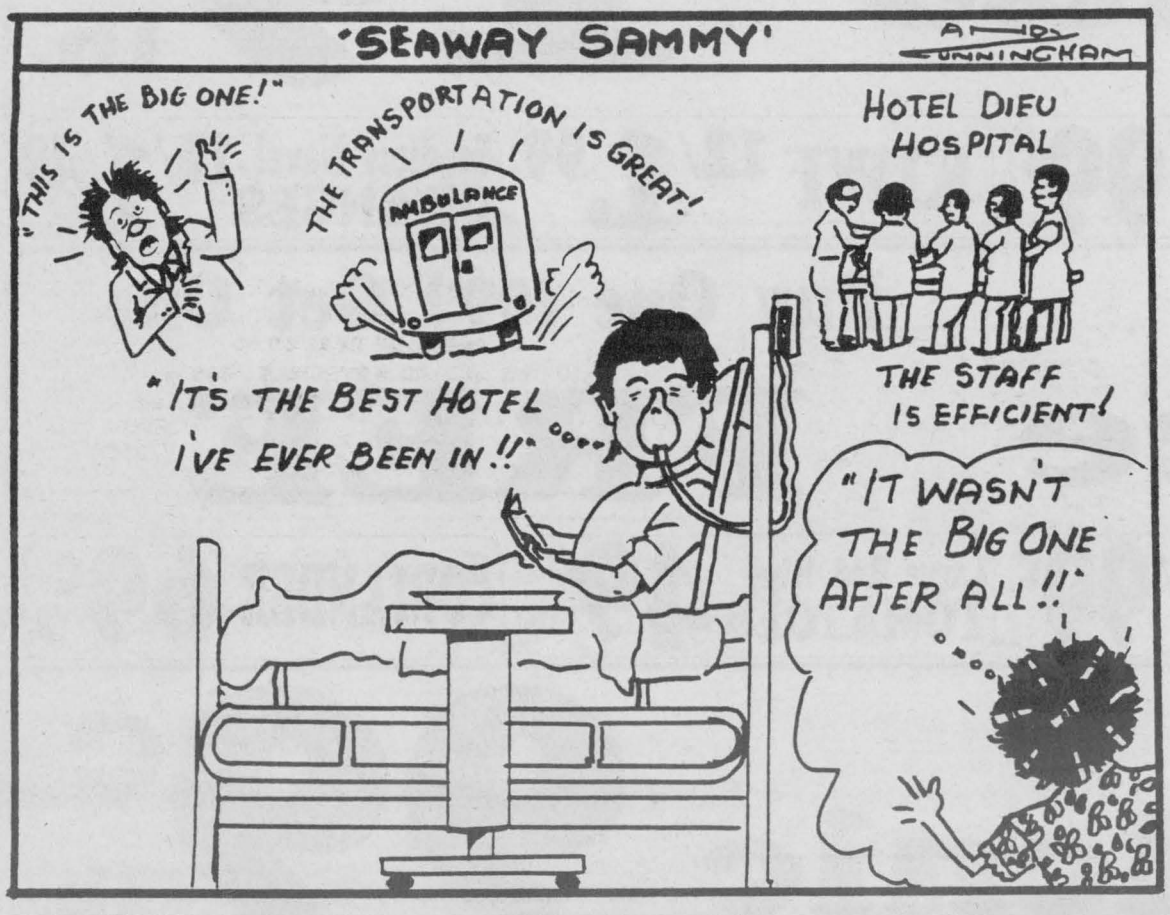
- Share your concerns, feelings, apprehensions, etc., as the holidays approach, with a relative or friend. Accept their help.

- Holidays often magnify feelings of loss of a loved one; to block such feelings is unhealthy. Keep the positive memory of your loved one alive.

- Often after the first year, the people in your life may expect you to be "over it". We are never "over it", but the experience of many bereaved is that eventually they enjoy the holidays again. Hold on to HOPE.

- Don't forget: "Anticipation of any holiday is so much worse than the actual holiday".

Although you and your loved one will be apart, may the spirit of Christmas comfort your heart and may it's message of peace be with you each day to help and guide you along life's way.



Beta-Carotene reduces DNA damage caused by smoking

(NC)—According to a new study published in the British Journal of Cancer, one of the earliest markers of lung cancer in smokers is damage to the DNA. The good news is that Beta-Carotene supplementation can significantly reduce this damage and possibly help to prevent the development of lung cancer.

DNA is considered to be the "control centre" for the development of cells. When DNA fragments are spotted in the sputum of smokers, it usually indicates that some damage has already occurred in the surrounding tissues.

In this study, the sputum of 114 smokers was analyzed for DNA damage. Then, 53 smokers were administered 20 mg of Beta-Carotene daily for 14 weeks, while 61 smokers received a placebo. At the end of the experiment, the sputum of the smokers who had received the Beta-Carotene supplementation showed 27% less DNA damage compared to the placebo group.

Beta-Carotene is a non-toxic form of vitamin A that is present in dark green leafy vegetables and deep orange vegetables and fruits.



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ARIES – March 21/April 20
Don't let a period of doubt and uncertainty damage a good relationship. A heart-to-heart conversation will probably help clear things up. This is a good week for making travel arrangements of any kind. Finances will be an issue throughout the week. A good time for negotiations.

TAURUS – April 21/May 21
There is reason for a family celebration. News of a pregnancy or birth is likely to be the reason. This will make you feel happy and hopeful for the future. An ideal week to ask for a salary increase or promotion. Your social life expands and influential people come your way.

GEMINI – May 22/June 21
You will gain a new outlook on life this week. Day-to-day matters will seem easier and much more enjoyable than they have in the past few weeks. Social activities abound. Too many late nights could affect your health, however. Be sure to get plenty of rest and relaxation.

CANCER – June 22/July 22
Good news is on the way. One phone call could clear much of the confusion you've experienced in the past few months. The future won't seem as hazy anymore. If partnership relationships are not going smoothly, better communications may be necessary. Learn from your mistakes.

LEO – July 23/August 23
A family argument can be settled if you use diplomacy and keep an open mind. An organized approach in business is the best way to stay ahead. You may have to put in a few extra hours this week. Romance is looking good. A Scorpio of the opposite sex wants to get to know you better.

VIRGO – Aug 24/Sept 22
Money will be an issue throughout the week. A solid financial plan is what you need. It would be wise to seek the advice of a professional. Now is the time to lay the groundwork for an anticipated move. A friendship may become strained. Your sarcasm will not be appreciated in this situation.

LIBRA – Sept 23/Oct 23
Plans for the future will become more clear. You will be able to forge ahead in your career path. The future looks much brighter now. Love and romance are the highlight of the weekend. You will feel a great deal of warmth from your partner. Don't give out too much information about your personal life — especially at work.

SCORPIO – Oct 24/Nov 22
A family member requires extra emotional support this week. A few kind words from you would be helpful. You may be asked to attend a seminar of some sort. Be sure you know what you're getting yourself into before you commit to anything. A past love consumes your thoughts.

SAGITTARIUS – Nov 23/Dec 21
It's business as usual for most of this week. You will be very productive and will accomplish more than you had expected. Your efforts won't go unnoticed, either. A phone call from a friend in a faraway place will evoke special memories. Keep a close watch on spending.

CAPRICORN – Dec 22/Jan 20
Frustrations at work may cause you to start thinking of other options in life. You may even consider a change in residence. But before making any major decisions, you should think things through first. A loved one is in need of your acceptance. Be sensitive to this person's feelings.

AQUARIUS – Jan 21/Feb 18
There's only so much you can do when you see a friend making a mistake. "Live and let live" is the saying you should subscribe to. A loved one may feel smothered by your affections. Try to keep your distance from temperamental family members. Unexpected expenses may surface.

PISCES – Feb 19/March 20
A lucky week for Pisces. Play any lottery or contest you come across. Conflict over the scheduling of social engagements may be the cause of stress for you. Just be sure not to make promises you know you can't keep. A friend's behavior will surprise you. Keep an open mind.

YOUR BIRTHDAY THIS WEEK
The next 12 months:
In many ways, this will be a complex year. At times, your life will seem like it's going in slow motion. You'll feel as if you're going nowhere fast. You may even feel sorry for yourself during these periods. But when things start to pick up, they'll feel like they're going too fast. In order to keep balance, you must not go with the flow. Instead, keep sight of what you want and where you want to be, and everything should work out fine. Single Sagittarians should expect to start a significant new romance. This person is likely to be a Pisces or an Aquarian. A change in residence is very possible.

"Changing of the Guard" Breakfast

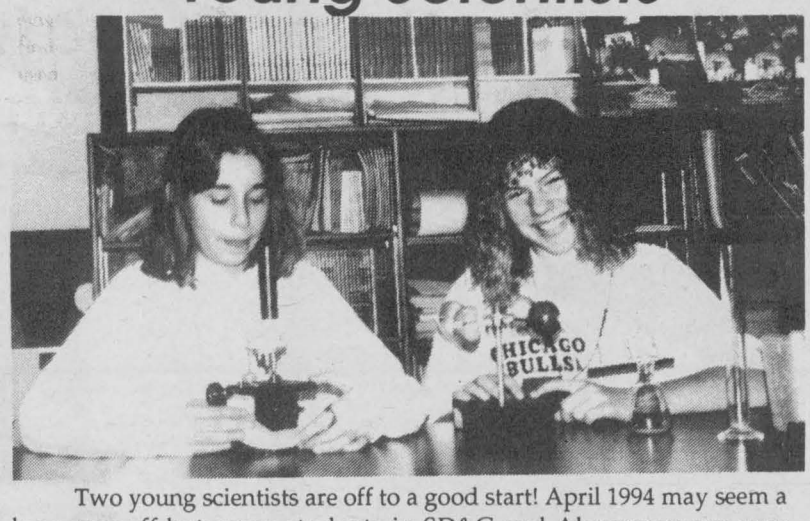
The Cornwall Chamber of Commerce will be holding their next breakfast meeting on Wednesday, December 1st, 1993 at 8 am at Backstage Restaurant.

The guest speaker is Mr. Bob Kilger, Stormont-Dundas MP. The meeting topic is "Changing of the Guard - Preview of a New Liberal Administration".

Don't miss out on the opportunity to hear Mr. Kilger speak, and to network with other members of the community.

Please call the Chamber office at 933-4004 to reserve. The cost for members is $8.00, and non-members $10.00.

Young Scientists



Two young scientists are off to a good start! April 1994 may seem a long way off but many students in SD&G and Akwesasne are now beginning to choose a project for the United Counties Science Fair. here Kayla Julien and Laura Lalonde are busy planning a project. The Science Fair Committee is also busy and always interested in new members. If interested please call 528-4467.

(photo by St. Andrew's Photo Club)

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93 PONTIAC GRAND AM, Stk. #6315B 4 dr., 4 cyl., auto., red, 11460 km
93 OLDSMOBILE CUTLASS S, Stk. #6352A 4 dr., auto., V6, air, burgundy, 27822 km
93 OLDSMOBILE CIERA S, Stk. #6393A 4 dr., 6 cyl., auto., air, loaded, silver, 18183 km
93 OLDSMOBILE CIERA S, Stk. #6392A 4 dr., 6 cyl., auto., air, loaded, gray, 17709 km
93 CHEVROLET LUMINA, Stk. #6379A 2 dr., 6 cyl., auto., loaded, blue, 20410 km
93 CHEVROLET CAVALIER, Stk. #6422A 4 dr., 4 cyl., auto., air, white, 24748 km
93 CHEVROLET CAVALIER, Stk. #6404A 4 dr., 4 cyl, auto, air, tilt, cass, burg., 27370 km
93 CHEVROLET CAPRICE LS, Stk. #6382A 4 dr., auto., V8, loaded, burgundy, 14526 km
93 CADILLAC DEVILLE, Stk. #6401A 4 dr., auto., air, V8, loaded, white, 25635 km
93 CADILLAC DEVILLE, Stk. #6400A 4 dr., auto., air, loaded, V8, lea., gray, 25635 km
93 CADILLAC DEVILLE, Stk. #6398A 4 dr, auto, air, V8, loaded, leather int, gray, 16336 km
93 CADILLAC DEVILLE Stk. #6383A 4 dr, V8, loaded, burgundy, 34000 km

1992
92 OLDSMOBILE CUTLASS CIERA, Stk. #6377A 4 d., V6, auto, air, loaded, burg., 28537 km
92 OLDSMOBILE CIERA S, Stk. #6360A 4 dr., V6, air, loaded, auto., white, 27606 km
92 OLDSMOBILE CIERA S Stk. #6272A 4 dr, V6, auto, air, white, 23200 km
92 CHEVROLET LUMINA, Stk. #4012A 4 dr., V6, auto., air, loaded, dk. red, 38238 km

1991
91 OLDSMOBILE SURPREME S, Stk. #4079A 4 dr., V6, auto., loaded, air, red, 61178 km
91 OLDSMOBILE DELTA 88, Stk. #4059A 4 dr., auto., air, 6 cyl., loaded, blue, 68257 km
91 OLDSMOBILE DELTA 88, Stk. #3202A 4 dr., auto., V6, loaded, gray, 77000 km
91 PONTIAC SUNBIRD, Stk. #6423A 2 dr., 4 cyl., auto., air, tilt, cruise, white, 79306 km
91 CHEVROLET CAVALIER, Stk. #6424A 4 dr., auto., 4 cyl., blue, 40860 km

1990
90 OLDSMOBILE SUPREME SL Stk. #6418A 4 dr., V6, auto., air, loaded, gray/slv, 83165 km
90 OLDSMOBILE CIERA SL, Stk. #6375A 4 dr., auto., loaded, V6, gray, 57000 km
90 CHEVROLET LUMINA, Stk. #3431A 4 dr., auto., air, V6, blue, 73000 km

1989
89 OLDS. 98 REGENCY, Stk. #3553A 4 d, 6 cyl, auto, air, load, brougham, white, 104585 km
89 CHEVROLET CAPRICE CLASSIC, Stk. #4090A 4 dr., V8, auto, loaded, grey, 112003 km

1988
88 CHEVROLET CAVALIER Z24, Stk. #6417A 2 dr., V6, auto., air, gray, 77313 km

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93 CHEVROLET 3/4 TON VAN, Stk. #6380A V8, auto., 3/4 car, gas, white, 21047 km

1992
92 CHEVROLET CK 2500 3/4, Stk. #4042A V8D, 4x4, auto., air, cap, red/slv, 45286 km

1991
91 GMC RALLY STX, Stk. #3567A V8, auto., loaded, 15P 1T0, van, blue/wht, 29798 km
91 CHEVROLET S-10, Stk. #6413A P/U, V6, auto., air, black/si, 30459 km
91 CHEVROLET ASTRO VAN, Stk. #3554A auto., V6, air, 8 pa., gray, 50701 km
91 CHEVROLET C1500 P/U, Stk.#6387B 2 dr., 8 cyl., auto., 2wd, air, blue, 113574 km
91 CHEVROLET ASTRO VAN, Stk. #3515A V6, auto., loaded, 8 pa., black, 60324 km

1990
90 FORD AEROSTAR VAN, Stk. #3473B, V6, auto., air, loaded, 7 pa., beige, 48257 km
90 GMC SIERRA SLE, Stk. #4134A 4x4, V8, auto., air, red, 61072 km

1988
88 FORD AEROSTAR VAN, Stk. #6406B V6, auto., air, 7 pa., red/bei., 162056 km.

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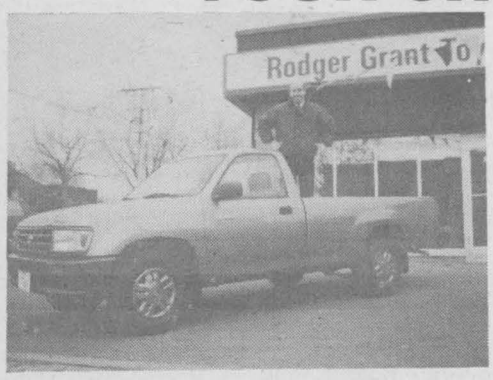

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MPP REPORTS



By John Cleary
SEAWAY NEWS

Liberals Force Government To Introduce Anti-Smoking Bill

As I reported recently, the Liberal caucus has established a Task Force on Cancer Care which has been travelling to the seven Regional Cancer Care Centres in Ontario to hear views of specialists, patients and their families on how the Ministry of Health must better exepend its' shrinking health care resources. I will have the opportunity to hear first hand how cancer services are stretched to the limit when I participate in this task force at the Princess Margaret Hospital hearings in Toronto later this week.

In an effort to respond to warnings from these and other health care experts, the Liberal caucus tabled a private member's bill last week to encourage the NDP government to reduce the number of young people starting to smoke in this province. Ottawa-area MPP Dalton McGuinty presented Bill 118, the Children's Tobacco Protection Act for first reading in the Legislative Assembly.

The goal of the legislation is to raise the age for the legal purchase of tobacco from 18 to 19 and prohibit smoking in elementary and secondary schools and daycare centres. Also contained within Bill 118 is a provision that would ban the sale of five cigarette "kiddie packs", by demanding that tobacco companies increase the minimum package number to 20 cigarettes. Finally, the last important element in the proposed legislation is a requirement that cigarette vending machines be supervised.

The Liberal Bill presented in the Legislative Assembly would effectively prohibit smoking in enclosed areas where children's activites take place, such as day-care facilities, nursery schools, children's camps and schools. A $5,000 fine would be levied for individuals violating the law and $25,000 for corporations. Cigarette vendors convicted of selling tobacco to children could be forbidden from selling cigarettes for up to two years.

More than ever, it is essential that the government put forward a set of prohibitive policies, so that children and youth will not begin smoking. A recent report showed that 3,000 young people, between 11 and 15 years of age, start to smoke every month. In addition, a leaked list of the government's legislative priorities had revealed that the NDP had shelved the Tobacco Control Act that they had been promising since April of 1991.

In response to mounting pressure from the Liberal caucus and health groups, Health Minister Ruth Grier on Monday introduced a government bill which somewhat resembles Mr. McGuinty's earlier bill. While I was disappointed that the NDP did not follow their original time table of introducing the bill in January of 1993, I am pleased that the government has finally reinstated this legislation on its priority list. I do, however, have some outstanding concerns about the government's bill.

The Health Minister has included in Bill 119 a controversial provision which would ban the sale of tobacco products in all Ontario pharmacies. As soon as the bill was introduced, some pharmacies stated that a legal challenge could be launched, centering around the constitutionality of any law that prohibits some retailers of selling legal products, while prohibiting others from doing so.

In addition, as Liberal Critic for Agriculture and Food, it is imperative to ensure stable future for farmers of all commodities; therefore, the government must examine ways to support those tobacco farmers who wish to leave the tobacco market. Notwithstanding the future of tobacco farming, I remain convinced by the medical evidence that has shown, time after time and study after study, that smoking is hazardous to health. For children, the issue is one of preventing bad habits before they start smoking.

While the extensive human costs of addiction to tobacco are very well known, the economic impacts of smoking are also compelling. 1991 figures showed that the total hidden cost of smoking to our health care system was $26.4 billion, including smoking-related cardiovascular, cancer and respiratory problems.

As well, since the all-party Finance Committee is now studying the underground economy and how to reduce smuggling and profits from the illegal cigarette trade, I hope that the anti-smoking measures introduced by the Health Minister will be accompanied by a strong provincial effort to eliminate smuggling. Since Ruth Grier has indicated that she hoped that the anti-smoking bill would become law by next spring, it is my hope that the federal government will have by then consulted fully with the provinces and will have also implemented measures, such as the export tax, that would serve to reduce smugglers' profits.

If you would like a copy of either bill or if you would like to comment on them, please feel free to call my office at 933-6513 or write to me at 404 Montreal Road, Cornwall, Ontario K6H 1B7.

TAKE A BOW

Because of you, newspaper and flyer insert recovery in households with Blue Box service is an incredible 75%. Because of you, those newspapers – 250,000 tonnes of them – didn't end up in landfill. How much money did that save Ontario municipalities last year? Millions of dollars. Add that to the more than $6 million revenue generated from the sale of a quarter of a million tonnes of old newspapers, and the cost of collecting newspapers through the Blue Box is more than covered. Surprised? Well, now that you know, take a bow.

Recycling newspapers and flyer inserts is a real Ontario success story. Thanks to you.

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The Newspaper Publishers of Ontario

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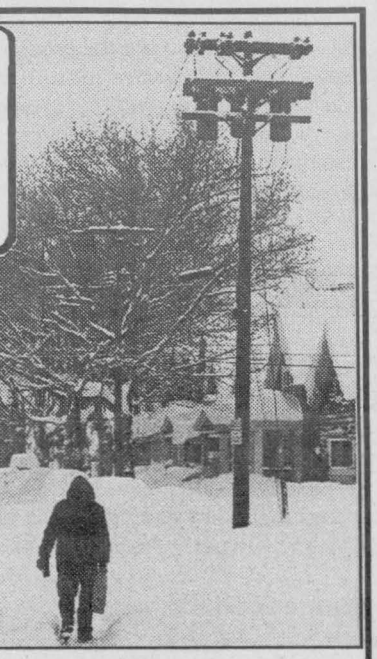
DARN IT!!!
I Knew I Should Have Had That Tune-Up At Roy's!



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It's the M & M Santa Generation ... Santas at Toronto malls are fat, jolly & ... every-colour-under-the-sun.

What's the best way to start the holiday season? Why ... everyone knows! It's the Annual Paediatric Group's **Wine & Cheese** on Dec. 4th, 6:30-8:30 pm (suggested donation: $14 pp). For a guaranteed good time & good treats mark that date on your calendar!

Coming soon ... to Alexandria ... a Beverly Hills Diet Centre satellite.

Here's a common customer complaint that pops up every-so-often. The store that advertises a **50% off sale** & tries to lead consumers to believe that the price tag on the article is the "sale price" ... when the customer saw that same price a week before the sale. *"Who Do You Think Your Fooling?"* ... I thought that was a song by Carley Simon. (It is also against the law!)

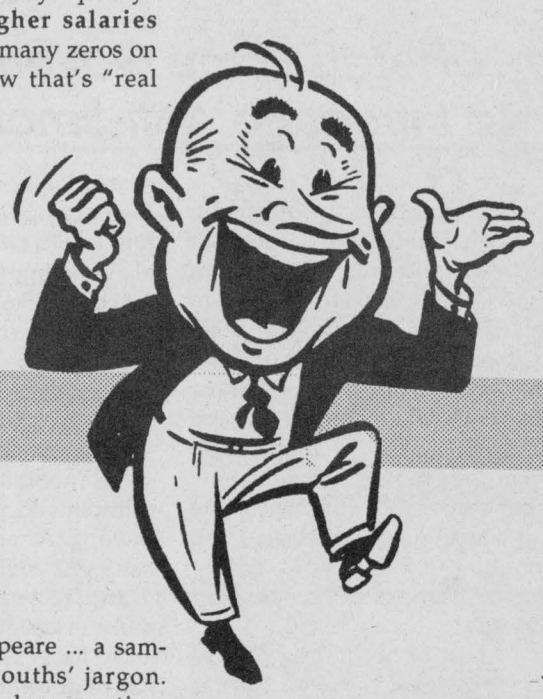
Ooops ... **Gerry Kirkey & Clayton Disotell** are "co-owners" of Rack-Em Up Billiards! Sorry, guys (& gals)!

Here's a caller sending along a "bouquet" to Debby over at the SPCA on Boundary Rd., who recently came to the aid of an injured squirrel."*The TLC they give willingly & freely is deserving of public recognition*".

A man in Newton, N.C. shot himself dead when he was awakened by the phone ringing on his beside table. By mistake he grabbed his .38, which discharged when he drew it to his ear. And the moral of the story is ...?

... that old argument of **higher salaries** attracting people with brains & ability to seek public office (politicians, school boards etc) may have carried some weight in the past. Today's reality is that it doesn't work & it's simply throwing good money after bad to continue with this Polyanna-pie-in-the-sky philosophy. The only "quality" the promise of **higher salaries** brings out is ... how many zeros on that paycheque, now that's "real dedication"!

Congrat's to Big Sister **Norma Lucas** ... returning for her 2nd year as chair of the annual Bowl for Millions taking place Sat., Feb. 5/94.



SCUTTLEBUTT

On the subject of "smells" ... did you know that the original purpose of "parfume" was to "camouflage" body odors? Back in the days of Marie Antoinette & "let them eat cake" ... society wasn't into bathing. "Sauces" were also created to "camouflage" ... enhancing & giving flavour to the poor quality of meats. *Don't you just feel better knowing that, booby?*

A legitimate complaint ... those carts strewn about the shopping malls & left to the vagaries of high winds ... smashing into parked cars or blown onto traffic lanes. In the beginning, the 25 cent stipened would ensure the cart's return ... must be time to "increase the price" ... making the Loonie useful!

Christmas Gourmet Fruit Baskets



The Perfect Gift To Send This Holiday Season To The Person Who Has Everything Or Is Hard To Buy For

Deadline For Ordering Baskets Dec.18/93

Poinsettias Send The Joy of Christmas with the Christmas Plant.

BILINGUAL SERVICE

BARBARA'S FLOWER BOUTIQUE

213 Cumberland St. 933-5902

"There's a fair amount of cynicism about people in politics being self-serving. We have to have some parliamentary reform including reform on the perks", newly elected Liberal MP Andrew Telegdi from Waterloo. This in reference to the "easy money" on Parliament Hill as MPs prepare to "oink-oink" on their long list of subsidies. It's difficult to put a number as to "how much" taxpayers are forking out for these goodies ... because some of the costs are **buried** in larger budgets, but we will now be witness to 205 "new" members joining 90 returning MPs queuing for the subsidies ranging from "free air travel" to "cut-rate massages" ... courtesy of the taxpayers who sent them there!

To inform readers of Chas. Lant's column ... No, Charles has not left town ... his articles appear when space is available.

Reminder: Eastern Ont. Health Unit board meeting ... Thurs., Dec. 2nd, 7 pm at the Health Unit, 1000 Pitt St. *"See you there"!*

Royal Commission "surprised" by the "low turnout" of parents during their one day stint in Cornwall. For as many years (far longer than the "age" of some of its' panel members) parents' wishes & warning alarms have been ignored ... staying with the basics (the 3R's) & not bowing to every "new fad" (open concept classrooms, as one example) & "experimenting" rather than sticking with the "tried & true" (discipline) has brought us to a system that not only "does not work" but has made schools "unhealthy" (violent) for our children. The Royal Public is not amused ... & the low turnout screams the public's attitude of a system that is the most costly & yet ranks 6th in world performance!

And here are some fine examples of "passing the buck" while abrogating responsibility ... as the Public Board School Board "goes public" looking to everyone & his uncle in their desperation for "answers" to making the educational system work & hoping someone-out-there will come up with the answers! Meanwhile ... Ecole Notre Dame proudly proclaims that they have "trained" 10 students to to act as referees (of sorts) during recess & lunch to prevent altercations ... (while teachers safely ensconced in lunchroom??).

In the meantime ... North York's board told the **"Royal Commission"**, *"Parents should always know how their children are doing & how the school is doing"* ... & favours **provincewide testing for students**.

Signs of that olde "Christmas spirit" ... as this delighted caller shares her story about the female customer who offered to shop for & hold some special toys that were on sale (& going fast at an east end store) permitting her husband & child to scoot off for 10 min. to attend another errand. *What a nice, nice gesture!*

Impress them with the gift that shows your generosity and originality

Order now to avoid delays



Your thoughtfulness and creativity come through when you choose the inventive gift basketry of

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Politicians are often regarded as "hogs at the trough" ... wallowing in perks & privileges the rest of us pay for but don't get to enjoy. When it comes to **pensions** for former MP's ... they all have their snouts in the trough. Retirement for an MP is "hog heaven". Basic rule of thumb is: get yourself elected to a 2nd term & ride the gravy train for life! Public cynicism has reached dangerous proportions as Canadians watch their living standards decline & real after-tax incomes fall & are forced to make more & more sacrifices ... they expect their elected representatives to do the same. The CFIB (Cndn. Federation of Independent Business) has the right idea. Scrap the MPs' Cadillac pension plan & replace it with a group RRSP like many other Canadians carry!

Mark Arian



The Stereo Viewer

Stop In & See Our Applejack Limited Editions

• PRINTS • CUSTOM FRAMING
• FINE COLLECTIBLES

LOGAN'S GALLERY LOGAN'S

A gallery like no other ...

224 Pitt St.
938-3629

The hackles are up ... as callers "confirming" that there is *"much truth* to partying-at-taxpayers-expense going on in Osnabruck Twnsp. Some flatly called it "stealing from the public coffers"!

And this from a 4-year resident & Concerned Citizen of Osnabruck Twnsp. who has the distinct impression that the dirt roads which get the most attention (grading & conditioning) appear to be*"those roads in the area of the elected councillors ... example,, a stretch of road along Councilor Bruning's farm"*. In the meantime, since the retirement of Reeve Hart, residents have noticed a definite decline of road maintenance along Hart Rd.

JOB OPPORTUNITY

If you like animals, I have a great job for you.

932-6656 for more info.



It had to come ... "Transgenders" (the "others" who don't fit traditional gender categories) want protection under the law & say immigration rules are discriminatory. These people with hairy arms & hairy legs but wearing a skirt, want to see the category broadened to "gender identification". *My only concern is ... between gays, lesbians & now transgenders ... which bathroom do I use?* ***His, Hers, Ours, Others??***

Just a reminder that the **Lights of Hope** campaign is in full swing. Donations can be made at Farm Boy & the Hotel Dieu Hospital or to: P.O. Box 94, Cornwall, K6H 5R5. *Help light our trees & light up a child's life!*

Forwarned is forarmed ... prepared for your "daily dose" as The Queen's Loyal Opposition prepares to capture the media's attention with its crusade for a sovereign Quebec? According to BQ whip, Gilles Duceppe ..."*Quebec independence will be a daily theme*".

It's not Shakespeare ... a sampling of today's youths' jargon. **McJob:** a low-pay, low-prestige, low-dignity, no-future job in the service sector. A satisfying *career* choice by people who've never had one. **Narbo:** a square. **Jet:** leave, split. **Nuch:** not much. **Face Time:** face to face communication. **Scoop:** to watch someone in an admiring way. **Abbs:** weirdos. **Tripping:** lying.

The Staff of Beverly Hills Weight Loss Clinic taking this opportunity to "congratulate" their clients ... who have been working very hard to lose & maintain their weight. *"Keep up the good work!"*

Solace for the father-of-the-bride who just mortgaged his home ... the average Japanese wedding costs $103,000 (up $3,470 from last year). Many "couples" *pay for their own weddings* & many will travel to Canada to have their wedding. Even with travel costs, it's still cheaper to hold it here with B.C. being the favoured province.

The Coaching Staff, Parents & Cornwall Bantam 'B' Hunt Insurance Royals sending along a major *"thank you"* to those who contributed to the Bike/Roller Blade-A-Thon fundraising event held in Oct. The event was a tremendous success. "With thanks" also to **Carol & Gary Vachon** who prepared & served a terrific picnic lunch. (We regret Faxed pix unusable)

Jack Lynch (first) & **Mrs. Mildred McDonald** (second), both of Cornwall, were recent winners in the raffle draw of Nov.17/93 held by the A.C.W. Trinity Church Craft Circle.

Hey Grandparents!
Here's A Christmas Idea!!

Have you ever thought about an ongoing gift. For as little as $100.00, you can start a savings plan for Education, Savings, or Retirement.

For more information, please call Ruth Brodie at Industrial Alliance 932-7495

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Let's Celebrate

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

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

PROST/PROSIT (German) *..."Your health" ...*

To **David Shillito** ... celebrating Nov. 28th. *Enjoy!*

"Gone but not forgotten" (sounds like a title to a song) ... **Brian Coleman**, who turns **"40-forty-40"** on Dec. 3rd.

Also celebrating a birthday, this year ... **Peter Rabbit**. Beatrix Potter's creation of 1893. **Peter** turns **100**!

And it's a *Golden Anniversary* for ... Mr. & Mrs. **Philippe Viau** (Eva Leger) of Cornwall on Nov. 27th 1993. From daughter Claudette & grandsons Roch & Luc.



"Good Luck to the Northwind Band" ... **Steve Stang, Don Stang, Marc Lalonde, Steve Hanes, John Richard** ... on the upcoming nominations, in 6 categories, at the Canadian Bluegrass Awards being held in Lindsay, Ont. on Dec. 4th. Wishing you "luck" ... your Families, Friends & especially your #1 Fan!

HAPPY **50th** BIRTHDAY
to
CAROL COLEMAN
on December 3rd, 1993
from D & the girls!

Poison Plants



(NC)—Many household plants can be poisonous. Be especially aware of:
- Dieffenbachia (elephant ear)
- Philodendron (all varieties)
- Bulbs e.g. daffodil, amaryllis
- Christmas Cherry Plant
- English Ivy
- Umbrella Plant

Know what these plants look like and keep them out of the reach and the mouths of small children.

St. John Ambulance



Christmas Photo Specials!

Family Portrait
11"X14" ~~$17.99~~ **$15.99**

Family Portrait Package 1 - 8X10", 2 - 5X7", 4 - 1½X2½" **$29.99**

Family Portrait Package 1 - 11X14", 3 - 5X7", 6 - 1½X2½" **$39.99**

Reprints 4X6"..... 59¢ 3½X 5"..... 49¢

24-hour service - Black & White

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Mon.-Sat., 9:30-5:30

25-35% off all albums & frames In-stock only.

Christmas is the time of "Giving"



Give the gift of better health and a new outlook to someone you love.

- Medically Screened
- Safe Easy Weight Loss
- Food Bought From The Grocery Store
- Guaranteed Weight Loss
- No Pre Packaged Food

HOURS: Mon. - Fri. 9 a.m. - 7 p.m. Sat. 9 a.m. - 1 p.m.

GIFT CERTIFICATES AVAILABLE FOR "NEW & EXISTING CLIENTELE"

CALL TODAY FOR YOUR FREE CONSULTATION

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1916 PITT ST. N.
HERITAGE PLAZA
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SAVE UP TO 50% off

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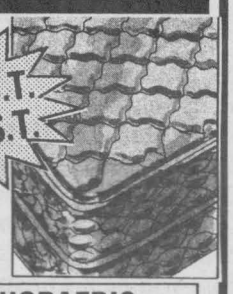

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- 5-Speed Manual Transmission
- 4-Wheel Double Wishbone Suspension
- Power-Assisted Front Disc/Rear Drum Brakes
- Remote Hatch and Fuel Filler Door Release
- Split fold-Down Rear Seatback
- Children's Safety-Seat Anchors • Rear-Window Defroster
- Rear Wiper/Washer • Driver Side Airbag (SRS)
- Dual Remote Mirrors • Adjustable Steering Column
- Body Side Mouldings • Mud Guards
- Honda AM/FM Stereo Cassette

Civic LX Sedan Model EG 854P



- 1.5 Litre 102-Horsepower SOHC 16-Valve Engine with Multi-Point Programmed Fuel Injection (PGM-R)
- 5-Speed Manual Transmission
- Power-Assisted Rack-and-Pinion Steering
- Power-Assisted Front Disc/Rear Drum Brakes
- Adjustable Steering Column
- Remote Trunk and Fuel Filler Door Release
- Fold-Down Rear Seatback
- Child-proof Rear Door Locks
- Children's Safety-Seat Anchors

Civic DX Coupe Model EI 214P



- 1.5 Litre 102-Horsepower SOHC 16-Valve Engine with Multi-Point Programmed Fuel Injection (PGM-R)
- 5-Speed Manual Transmission
- 4-Wheel Double Wishbone Suspension
- Power-Assisted Front Disc/Rear Drum Brakes
- All-Season Radial Tires
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- Remote Trunk and Fuel Filler Door Release

*Last 1993 models. P.D.I., transport and taxes extra. **60 month lease, upon approved credit, with $1,000 down, security deposit of $250, first payment ($199), P.D.I. and transport ($795), and taxes. 120,000 km, included (0.10¢ per extra km.) Optional buyback. AVAILABLE AT CORNWALL HONDA ONLY.

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Canadian Cancer Society SD & G Unit
VOLUNTEER OF THE WEEK



Lorette Fournier is a very special volunteer not only to the Canadian Cancer Society but to Nativity Church, Daughters of Isabella and others. Her volunteer work with these organizations keep her busy each and every day of the week. Lorette has been with our society for over 20 years. She began by making dressings for local ostomy patients and coordinated this service for many years. Lorette is now part of our health promotion committee and offers to help at various other events throughout the year in fundraising. We're sure many others will join us in saying, "Thanks Lorette".

MERCI BEAUCOUP, LORETTE!

Memory Lane Theatre presents....

Aladdin



NEXT WEEK

December 4th & 5th 1:00 pm Aultsville Hall
Children - $2.00 Adults - $3.00
For Further Information Call 932-3510 or 932-3936

Tickets Available at
Downtown Convenience Store - Pitt & Second St.

The Pediatric Group of the Auxiliary to the Religious Hospitallers of St. Joseph Health Centre of Cornwall cordially invites you to join us in welcoming the yuletide season at our annual

Wine & Cheese

to be held in the Loggia area of the Hotel Dieu Hospital
Saturday December 4th, 1993 from 6:30 to 8:30 pm
Minimum suggested contribution $17.00 per person
Complimentary hors d'oeuvres and canapes

Pizza Hut

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Pizza Hut

KNIGHTS OF COLUMBUS

ANNUAL TURKEY SHOOT





Fri. Dec. 3/93

Main Hall, Glen Walter

LOTS OF GAMES & FUN FOR EVERYONE

DOOR PRIZES

1 TURKEY DRAWN EVERY 10 MIN.
from 8:30 - 10:30 pm

FREE ADMISSION

Calendar of COMMUNITY EVENTS

Community Events Sponsored by

Canpage Communications

24 Hr. Answering Service & Pager Rental

408 Pitt St., Cornwall 938-3867 Fax: 938-9645

* **THE INTERLINK PROGRAM** is looking for senior singers. Interlink brings together older adults and children through a celebration of words and music. Make new friends and develop a caring relationship with a young child. Info: 933-5845
* **CENTRE YORK CENTRE** is in need of Christmas decorations to help bring the festive season to those who are using our facilities. If you have any new or used Christmas decorations that you would like to donate , please call 933-1253. Arrangements can be made for pick up and deliveries.
* **BESTVIEW HEALTH CARE CENTER** is looking for anyone interested in volunteering to be drivers on outings, assisting with daily activities, and making crafts with the residents. Weekdays, weeknights, and weekends are available. Info: 933-7420
* **SEAWAY TOASTMASTERS** meet every Tuesday evening from 7-9pm at TCTI on Montreal Rd. Visitors welcome. Info: 936-2945
* **ST. COLUMBAN'S CATHOLIC WOMEN'S LEAGUE** will hold a euchre every Friday afternoon in the parish centre. Prizes, refreshments, everyone welcome.
* **KNIGHTS OF COLUMBUS COUNCIL NO 10974** hold bingo every Wednesday afternoon from 2:30-4:30pm at the Cornwall Bingo Palace. Info: 933-6390
* **CORNWALL MEALS TO WHEELS** day away for Seniors provides door to door transportation, nourishing meals, crafts and activities every 1st and 3rd Wednesday of the month. Info: 930-9292
* **GLEN-STOR-DUN-LODGE** needs volunteers for Day-Away Program, Activity Assistant, Day Away Volunteer, Telephone Assurance Program and Bingo Helpers. If interested call between 8-4pm, Mon-Fri. at 933-3384
* **OVEREATERS ANONYMOUS** meet every Wednesday at 7:30pm at Milles Roches Hall, 801 4th St. E., Room 111. Info: 932-1936
* **TRI-COUNTY LITERACY COUNCIL** offers free reading groups in Crafts, Student Newsletter and a series of mini-workshops on topics such as psychology, first-aid, budgeting and more. To register or for info: 932-7161
* **THE LADIES AUXILIARY BRANCH 423 ROYAL CANADIAN LEGION**, Alexandria will hold euchre on Monday, Nov. 29 and a Christmas euchre on Monday, Dec. 13th at 8pm. Everyone welcome.
* **THE LEARNING DISABILITIES ASSOCIATION** , Cornwall and the United Counties Chapter will meet Monday, Nov. 29th at 7:30pm at General Vanier Secondary School, Library. Storm date: Wednesday, Dec. 1st. A presentation by the Kids on the Block group prior to the panel discussion.
* **PARENTS KEEPING FAMILIES TOGETHER,** support group meeting will be held Nov. 30th at 7:30pm . For information and location call 932-7796. New members welcome.
* **CORNWALL SENIOR CITIZENS CLUB 353** will hold a Christmas tea, craft and bake sale on Tuesday, Nov. 30th from 12:30-3pm. Everyone welcome.
* **EASTERN STAR REBEKAH LODGE # 48** will hold a euchre at 7:30pm on November 30th at 305, 13th St. W. Prizes and good lunch.
* **S D & G RESOURCE CENTRE FOR INJURED WORKERS** are holding a membership meeting on Nov. 30th at 7pm at the Nativity Hall , 301 MacConnell Ave. All injured workers are invited. Info: 938-91111
* **CAROUSEL ENTERTAINMENT FOR CHILDREN** welcomes all interested in bringing live family entertainment to Cornwall at its next meeting on Wednesday, Dec. 1st, 7pm at 586 Jo-Anne Crescent, Cornwall. Info: 938-3628 or 537-2540
* **BONVILLE LIONS CLUB** will hold a euchre on Dec. 1st. Prizes and Lunch. Everyone welcome.
* **BLESSED SACRAMENT, C.W.L.** will sponsor a euchre on Wednesday, Dec. 1st at 1:30pm in the parish hall, Tollgate Road. Prizes, lunch, all are welcome.
* **THE AVONMORE SENIOR CITIZENS** craft show and sale will be held on Saturday, Dec. 4th from 11am-4pm at the community centre. Lunch available. Free admission. Everyone welcome
* **CHRIST CHURCH,** Mille Roches Road, Long Sault, will hold a tea and bake sale on Saturday, December 4th from 2-4pm.
* **ST-ANTHONY/ST-MICHAEL'S PARISH** , Apple Hill, will hold a Christmas Tea on Sunday, Dec. 5th from 2-4:30pm. Everyone welcome.
* **S.D. & G. HISTORICAL SOCIETY** will present Christmas at Inverarden on Sunday, Dec. 5th from noon to 4pm. The Stormont Handweavers and Spinners Guild will display their works while members of the Centennial Choir lead in Christmas Carols from 2-3pm. For children 5-12 there will be a Christmas tree ornament workshop. While the concert and show are free, admission to the workshop is a can or box of food for the Agape Centre. Info: 938-9585
* **WOMEN OF THE MOOSE CORNWALL CHAPTER 145** will be holding a euchre on Sunday, Dec. 5th and Sunday, Dec. 12th at 2pm followed by a supper at 443 11th St. W., Moose Lodge, Cornwall.
* **MEALS ON WHEELS** will hold its regular monthly meeting on Monday, Dec. 6th at 1:30pm in the Board Room of Knox St. Paul's United Church. everyone welcome
* **RED CROSS BLOOD DONOR CLINIC,** December 7th from 1-8pm at the Civic Complex, Salons A, B, & C. Don't forget I.D.

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. Please Note: Only one week per insertion, permitted.
Community Events is not intended to supplant paid advertising, and inclusion is restricted to non-profit charitable organizations. Events should have a "Community Wide" appeal to all segments of our readership. All items submitted will be reviewed by the advertising department. The Seaway News offers a very reasonable advertising rate for charitable organizations who wish to place a display advertisement.

A healthy diet: Variety versus deprivation

(NC)—The principle message of the new Canada's Food Guide to Healthy Eating is to "enjoy a variety of foods every day". But, how many consumers are following this suggestion to vary their diet and what happens when they don't?

Researchers at the City University of New York recently conducted a study to address this very issue. They used data taken from a sampling of 4,160 men and 6,264 women, ages 25 to 7[illegible] years, who were interviewed as par[illegible] of the First National Health an[illegible] Nutrition Examination Survey undertaken between 1971 and 1975.

The study determined variety or die[illegible] diversity by the number of food groups the subjects consumed each day. Each food group contributed one point to a maximum dietary diversity score of five. The food groups were:

1) dairy—all milk and milk products
2) meat —both animal and plant protein sources
3) grain—all grain products except cakes, pies, cookies and pastries
4) fruit—except fruit drinks
5) vegetables

What did the results show? The lower the dietary diversity score, the higher the risk of death for both men and women. Men who consumed two or fewer food groups daily had a 50% higher risk of death and women a 40% higher risk.

More than 90% of these men and women did not eat fruit and more than 80% did not eat either dairy or vegetables. In addition, individuals who did not select foods from each food group daily were less likely to eat a diet that provided all the nutrients essential for health and well-being.

Frequently health professionals emphasize messages to "reduce fat intake" and "increase fibre intake" while underplaying the message to "choose a variety of foods". Unfortunately, these messages to "cut back" are often misinterpreted by consumers; recommendations to "reduce" are often translated to mean "eliminate". Foods themselves are often misclassified as "good" foods and "bad" foods. Eating or not eating specific foods becomes associated with the prevention or cause of very specific health problems.

Consumers need to be encouraged to exercise their "freedom of choice" to select a wide variety of foods, including different foods from each food group and different foods from within each group.

Nutrition EQUALS HEALTH

This includes choosing higher of lower fibre foods, higher or lower fat foods, and occasionally allowing a nutrient-poor food choice.

For long-term health considerations, a diet with variety is more important than one which eliminates specific foods.

Meat adds up to value

(NC) - Great taste and essential nutrients are not the only benefits of Canadian meat and meat products. A look at the economic value the meat industry brings to Canada provides the evidence:

• In 1989, industry shipments of $8.7 billion placed the meat and meat products industry in fifth place among Canada's leading manufacturing industries.

• Both the beef and pork industries export to more than 50 different countries.

• The meat processing industry employs close to 33,000 (1990 figures), people with a payroll of just over $9 million.

• The value of meat and meat products shipped in 1990 was $9 billion. During the same year, the industry used $7.0 billion in materials and supplies.

• 1992 total farm cash receipts for the livestock industry reached $11.3 billion, up from $10.7 billion in 1991.

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SEAWAY NEWS

ENTERTAINMENT

WHEW ... I didn't think we would make it! But the final month of 1993 is about to begin and judging from all the positive commentary one hears these days we are on the brink of a better and brighter new year in '94. Great, we can use all the good news that the seers and politicians are telling us.

There are several exciting events planned for the next couple of weeks and the rest of December though, so let's look at a few. Starting with the movie screen and some new movies at the tri-screens at ***BROOKDALE CINEMAS*** at the Brookdale Mall. Robin Williams has a new movie called ***MRS. DOUBTFIRE*** that has all the markings of a big hit. The film opens this week in Cinema-One with shows at 7 pm & 9:15 pm. ***THE THREE MUSKETEERS*** is the Cinema-Two feature at 7 pm and 9:05 pm, and it's also the weekend matinee. In Cinema-Three they are introducing a new movie starring Clint Eastwood & Kevin Costner called ***A PERFECT WORLD***. Showtimes are 6:45 pm and 9:15 pm and the weekend matinee will be ***BEVERLY HILLBILLIES***.

The City of Cornwall will play host to a very special art exhibit from the People's Republic of China during the month of January when the municipality sponsors an exhibit of folk paintings and bronze sculptures at the Cornwall Regional Art Gallery.

These special works of art are on loan from the People's Republic of China through the Chinese Embassy in Ottawa and will be on display at the Gallery from January 5 through the 28th.

The theme of these original oil paintings from China's Shandong Province is country life & portrays the lives of Chinese farmers and fishermen.

The reproductions of Chinese bronzes represent works from the Beijing Palace Museum. Bronze artwork appeared in Chinese society close to 5000 years ago.

The Gallery is located at 164 Pitt St. For more information please call the Parks and Recreation Department Arts Office at 932-4422 or the Gallery at 938-7387.

If you read this early enough you can catch a special St. Andrew's Day celebration at ***QUINN'S INN*** at St. Andrews West featuring the celtic music of Gerry O'Neil. The date is Tuesday, Dec. 30th. By the way, ***QUINN***folks, we would like to hear how the past weekend's ***BEACH PARTY*** turned out. ***QUINN'S*** has ***THE ROCKABILLY BOYS*** this weekend.

Congratulations this week on the appointment of ***CHRIS SAVARD*** as the new GM for the Cornwall Police Association Club. We look forward to sharing the entertainment news from the ***POLICE CLUB*** here in this space. Good luck Chris.

This is week number two of the Karaoke Contest at ***CHEZ LOUISE*** on Montreal Road. Catch some new competitors, along with Maestro Rod Rivette, this Thursday December 2nd. The top twelve winners from all the Karaoke sessions will be featured on December 16th and there is a $300 top prize at stake. ***LOUISE AND MIKE*** will be at ***CHEZ LOUISE*** this Thursday, Friday and Saturday for your entertainment and ***CANDY RUTLEDGE*** is there on Sunday December 6th.

THE CORNWALL ECUMENICAL CHOIR is busy these days preparing for their presentation of ***LAUD TO THE NATIVITY*** on Sunday, December 5th at 8 pm at Knox-St. Paul's United Church. Hear some terrific solo voices, mixed chorus and instrumental ensemble with Christmas Carols, directed by Michael Goodwin. Tickets are $5.00 per person and for information call 938-7114.

THE AULTSVILLE HALL THEATRE production Down Memory Lane and ***ALADDIN CHILDREN'S PRODUCTIONS*** appearing on December 2, 3, 4 & 5th at 10 am and 1 pm. Call 937-1511 for more info.

TOKYO ROSE will be atin the largest club just west of Cornwall on Dec. 4th. People are anxiously awaiting the arrival of this fine band to the ***LAKESIDE INN***. Tokyo Rose will be followed by ***ROCK STEADY, ILLEGAL LIMIT*** and on New Year's Eve, ***CATCH 22***. Although licensed for over 200, judging from the overwhelming interest, the Lakeside Inn will be packed by young people, so come early in order to avoid disappointment at the door. There will be a $4 cover charge.

Before ending this week's ramblings ***BUD*** has a very sad story to relate. My spies tell me that Cornwall may have accidentally lost another potential major tourist attraction. Is it true that, while excavating for some sewer work at Lamoureux Park area, "someone" discovered an underground tunnel leading under the old canal? I'm told the "tunnel" was then filled-in with dirt and I guess just forgotten. ***WHAT A FIND!!*** Is anyone going to follow-up on this historic discovery? Gotta Go? G'Day and G'Knight.



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

Last Week:

- Anti-smuggling joint task force seizes $1.3 M in first month ending Nov. 17th.
- Loose-lipped leaks by city employees upsets mayor & chief administrator.
- Business community joining forces to fight property assessment increases.
- Bomb blast rips up building for second time in less than a month.
- City will pocket $12,000/year with end to free coffee for all city employees.
- Mayor suggest bombings are smuggling related.
- Local electricity rates rise 3.67%.
- Crysler community marches on bank in protest of proposed closure.
- Cornwall '93 Winter Games has $70,000 surplus.
- Wild turkeys return to Seaway Valley after over a century of absence.
- Long Sault residents told not to expect quick ruling over toxic waste site.
- Police Chief Shaver rules out connection that bombings linked to drugs.
- This year's Snowsuit Fund goal increased by $8,000 over last year to $80,000.
- Failed joint school board's committee may meet after 2 years to talk on sharing services. Committee was originally formed to save taxpayers money.
- SLHS to be totally immersion French school beginning Sept. 1994.
- Mayor chastizes police chief over comments & Grand Chief Mitchell accuses mayor of acting irresponsibly.
- Ontario's credit rating downgraded.

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SEAWAY SPORTS

Hunt Toughing It Out

In a regular season outing, the Bantam "B" Hunt Insurance Royals lost 8-0 to the South Grenville Rangers in Prescott.

Strong goaltending by Joel & Darryn bombarded by 29 shots, kept the score respectable.

On November 19, the Hunt Insurance Royals edged Canton 5-4. The Royals first goal was scored by Jason Cholette on a nice pass from Nick Dixon. Canton tied it at the 5:37 mark of the first period.

In the second period, Cornwall came out strong scoring another goal at 13:08 by Shawn Labelle.

Canton scored twice to take the lead 3-2, but once again Cornwall battled back on one goal by Dan Peltier and eventually broke the knot on a goal by Randy Rogers, assisted by Labelle.

Canton scored with 21 seconds left in the second to make it 4-4.

Adam Vachon scored for the Royals with only 5:33 seconds remaining in the game to record the win.

Great performances from both goalies, Darryn McPhail and Joel Peterson.

The Hunt Insurance Bantam "B" Royals attended the Potsdam Tournament on Nov. 20th and in their first game Cornwall played the Maxville Braves and lost by the score of 6-1.

Jason leduc gave the Royals a brief 1-0 lead in the first period assisted by Mat McKinnon and Jonathan Pitt. Joel Peterson had a strong game in nets.

In their second game, Cornwall defeated Malone 3-0. Cornwall led 1-0 after one period on a marker by Adam Vachon and then increased their lead to 2-0 after two periods of play on a goal by Shawn Labelle, assisted by Chad Nixon and Randy Rogers. A Nick Dixon goal, assisted by Jason Cholette finished off the scoring to give Cornwall the win and advance them to the "B" Championship Round. The Royals dropped a 4-2 decision to Potsdam. Both teams played strong in the first period allowing no goals.

In the second period, Potsdam scored two unanswered goals. Cornwall, with two quick goals of their own in the third by Jason Cholette, with Pat Herrington and Rob Lapensee assisting, tied it with 3:54 left in the third.

The Royals, down by one with 1 minute remaining, pulled their netminder for an extra attacker, but could not prevail.

Potsdam scored into the empty net, preventing any hope the Royals had.

Pee Wee "A" Royals Lose Out

The Cornwall Peewee "A" Royals participated in the 9th Annual Pembroke Regional Silver Stick Tournament on the weekend and lost their three games, but provided stiff competition against some tough teams. The games were much tougher than the scores depict.

In their first game, Cornwall matched up with a team they have not seen as of yet and played very well. They lost to Napanee by the score of 4-2. Napanee opened the scoring in the first period, but Markin Dornan replied for the Royals to tie it up at 1-1. The Royals took a brief lead on Terry Tillaart's nice blast from the top of the circle midway through the second and missed on numerous other opportunities to increase their lead. However, Napanee battled back and squeaked out the victiory. Jamie Ross played well in nets for the Royals.

In their second game, the Royals met up with the South End Capitals and came away on the losing side by the score of 5-0. Once again the game was much closer than the score appears. South End came out strong to score two quick goals in the first for a 2-0 lead. After that, Cornwall hung in and outplayed the Capitals for much of the play, but once again could not capitalize on their chances and were beaten by some unlucky bounces. Leigh Bourbonnais was strong in the nets for the Royals.

In their third game, Cornwall expected some tough competition in the East Ottawa Voyageurs and the Royals were able to hold in there for most of the game, but fell apart late in the contest. East Ottawa won by the score of 6-0. The first period was scoreless and most of the second until the Voyageurs finally solved the superb netminding on Jamie Ross with only 3 minutes left in the period. In the third period, Cornwall kept coming strong, but fatigue was settling in along with some untimely penalties and shaky refereeing. A disputed goal led to the onslaught and the departure of one of Cornwall's hustlers in Scott Chenier who suffered a broken arm in the game.

The coaching staff would like to congratulate the players on a well improved team effort and providing some great competition, despite only playing with 2 lines and many injuries.

CORNWALL COLTS JR. "A' HOCKEY CLUB

Skate With Your Colts This Saturay

by Ken McLaughlin
Colts Director of Public Relations

Calling all Colts fans, young and old! Bring your skates for a day of healthy activity, fun and prizes. This Saturday, December 4, the second annual skate with the Colts will take place at the Water Street Arena. From 3 pm to 4:30 pm, fans can skate with all favourite players. Autographs will be available and don't forget to bring your camera for a picture. There will be a draw for Colts game tickets and refreshments will be available. This event is co-sponsored by your Colts and the Cornwall Colts Booster Club. All the players are looking forward to meeting you!

The Ottawa Jr. Senators visit the Water Street Arena this Thursday, December 2, at 7:30 pm. The first two meetings between these two teams have produced some very emotional, hard hitting hockey. In Ottawa, the Jr. Senators won 4-3. One week later in Cornwall, the Colts won 6-5. The two teams are very evenly matched, it should be a great game. This game is sponsored by Rookie Season Sports Card Shop at 353 Montreal Road in Cornwall. Tickets are on sale now at the Colts office in the Water Street Arena.

The first part of this home and home series goes on Wednesday Dec. 1 at the Sandy Hill Arena in Ottawa at 7:30 pm. It will set the stage for the big rematch the next night in Cornwall.

Be sure to tune into Rogers Community 11 this Tuesday, November 30 at 8 pm for Edition #5 of Colts Talk. I'll bring you up to date on all the latest Colts news and information as well as a review of our recent games. We encourage fans to call in with your questions and comments. All callers will have a chance to win two tickets to our December 2 home game against Ottawa. Don't forget this Tuesday at 8 pm.

As you come in the Water Street Arena this Thursday, be sure to buy a program to play Colts Bingo, sponsored by Ron's Appliance Service Repair. You can win up to $25 by playing Colts Program Bingo at each and every home game.

We'll see you this Thursday at the Water Street Arena for our Robinson Division battle with the Ottawa Jr. Senators and then this Saturday for the Second Annual Skate With The Colts.

Remember, Colts hockey at the Water Street Arena, you can't get any closer to the exciting action.

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TUESDAY DECEMBER 7 Smiths Falls Bears 7:30 pm
Game sponsored by Cornwall Square
THURSDAY DECEMBER 9 Gloucester Rangers 7:30 pm
Game sponsored by Rookie Season Sports Card Shop
THURSDAY DECEMBER 16 Pembroke Lumber Kings 7:30 pm
Game sponsored by Rookie Season Sports Card Shop
TUESDAY DECEMBER 21 Nepean Raiders 7:30 pm
Game sponsored by Rookie Season Sports Card Shop
THURSDAY DECEMBER 30 Cumberland Grads 7:30 pm
Game sponsored by Downtown Business Improv. Assoc.
Adults $6 Students/ Seniors $5 Children (12 & under) $1
Tickets On Sale At The Colts Box Office in The Water Street Arena
Mon. 9 am - 5 pm; Tues. (game day) 9 am to game time; Wed. 9 am - 8 pm; Thurs. (game day) 9 am - game time; Fri. 9 am - 5 pm; Sat. closed; Sun. closed

Rapids in Slump

The Seaway Valley Healy Motors "AA" Minor Bantams paid their actuarial dues on the weekend, losing 1-4 to the Gloucester Rangers and 2-3 to the South Ottawa Canadians.

On home ice, an ongoing battle with the flu forced the ailing Rapids to do double duty on lines coach Germain Lafleche had no choice but to scramble. Nevertheless, by dint of sheen stick-to-itedness, Seaway managed to keep the Rangers at bay through the first two periods. Late in the second frame, in a shorthanded situation, forechecking Pierre Tranchemontagne plowed his way through two defensemen, dropping the puck for linemate Yves Ruest who rushed solo to score the lone Rapids marker.

The Gloucester panzers proved too much for the tired Seaway troops in the third period as the Rangers wiped out their deficit with a vengeance.

In the Canterbury Arena, Kurt MacDonald got his team on the board with a well-timed rush on a Stephane Loyer set up. Three South Ottawa powerplay goals came in quick succession, all in the first period.

While no penalties were meted out as Yves Ruest and Nick Poitras went down after getting kneed and cross-checked, the Rapids played shorthanded through most of the third period. A last-ditch effort by Stuart Rutherford and Nick Grady gave Kevin Wright the opportunity to rifle a slap shot by the Rangers' goalie with only 26 seconds left in this frustrating contest.

Grady Does Trick For Healy Bantams

Nick Grady's hat trick fired up the Seaway Valley Healy Motors Minor "AA" Bantams as they beat the South Ottawa Canadians 7-3 at the Cornwall Civic Complex. With four assists each to their credit, linemates Stephane Loyer and Kurt MacDonald were key playmakers for the Motormen.

Yves Ruest got help from Jeff McKercher and later from Miguel Lafleche to tally twice. Stuart Rutherford drilling in a smoking shot from the blue line and Nick Poitras drove in the last spike with a backhand shot from an impossible angle into an empty net in the final minute of the game.

Seaway didn't fare as well in their late-night game against the visiting Rideau-St. Lawrence Kings. The goal light never went on through the first two periods, thanks only to an alert performance by Gerry Goulet in the nets and to the Kings' failure to grab the golden opportunities too often proffered.

In mid-third period, there was a flicker of life as the Loyer-Grady line neutralized within seconds the powerplay goal the Kings had just dumped in. With a penalty in the last minute and a clearing shot that didn't quite make it past the blue line, Seaway made their opponents an offer not even a King could refuse. With a final open net goal, the Rideau-St. Lawrence royal party took home the 3-1 spoils.

Par-T-Golf Opens League Play

Par-T-Golf started their second season of league play with two close matches in team play. Rod Rivette pared the final hole on the Ryder Cup course, to Belfry, to help his team, Showtime Ent. salvage an 8-8 tie with Bank of Montreal. Andy Briffet fired a solid 78, but his bogey on the last hole cost him his match against Rivette. Tom Ayerst, of the Bankers, also shot an excellent 77 on the St. Mellion course in Cornwall, England but lost his match on the 17th hole to Denis Sauve, who shot 86.

Gaits Landriault with a steady 91, and Todd Papineau salvaged the tie for the Bankers as they defeated Kirk Penell and Adam Lauzon respectively, of Showtime.

In the other match of the evening, Larry Ducharme and Dan (Premiere Etoile) Robidoux each fired 92 to lead Transcontinental to a 9-7 victory over the Body Shop. Matt Lambert, with a 93 on the Quinta Da Lago course defeated Gord Kelly to pick up the only victory for the Body Shop. John Mason, with a gutsy 92 on Pebble Beach, managed to tie his match with Steve Kelly, as each player picked up 2 points for their respective team.

CJHL
CENTRAL JUNIOR "A" HOCKEY LEAGUE

STATISTICS AS OF NOVEMBER 22, 1993

Standings	GP	W	L	T	GF	GA	PTS	BP
Robinson Div.								
Gloucester	22	13	8	1	138	97	27	-
Cornwall	22	9	10	3	118	124	22	1
Ottawa	24	9	13	2	108	105	21	1
Cumberland	23	8	14	1	105	145	18	1
Hawkesbury	23	7	14	2	94	106	18	2
Yzerman Div.								
Pembroke	25	15	10	0	144	121	30	-
Kanata	24	14	9	1	124	115	30	1
Smiths Falls	21	13	6	2	107	86	30	2
Nepean	23	12	11	0	121	138	25	1
Brockville	23	9	14	0	105	127	21	3

BP-Bonus Points

Game Scores -Nov. 15-Nov. 21

16/11	SF	5	at	Cor	5 (ot)	20/11	Haw	7	at	Cum	3
	(Cor wins shootout 1-0)						Kan	2	at	SF	5
17/11	Pem	2	at	Ott	7	21/11	SF	-	at	Bro	-
18/11	Bro	3	at	Kan	11		(PPD due to ice unavailability)				
	Cum	6	at	Cor	7 (ot)		Glo	3	at	Pem	7
19/11	Pem	5	at	Glo	7		Cor	3	at	Nep	7
	Kan	4	at	Haw	1						
	Nep	6	at	Bro	7 (ot)						

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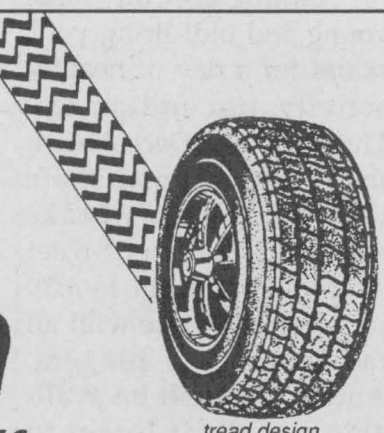

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Cornwall PeeWee A Royals Win One in Tournament

The Cornwall PeeWee A Royals participated in the 8th Annual Cornwall Invitational Peewee Tournament on the weekend and skated away with one win and two losses in three games.

In their first game, Cornwall lost 6-1 to Massena in a penalty filled game. The only goal for the Royals was scored by Nolan Garrow. Cornwall's penalty killers did a great job in the game, along with Scott Chenier who was named most valuable player for Cornwall in the game.

In their second game, the Royals started out strong against a tough Port Credit team, but could not hang in and lost by the score of 6-2. Cornwall came out flying, taking a 2-0 lead before the game was even three minutes old. The goals were scored by Joshua Labelle and Terry Tillaart. The Royals just simply could not control the Port Credit team, who battled back to eventually regain momentum and post the victory. Terry Tillaart was named most valuable player for Cornwall in the game.

In their third game, the Royals met up with their namesake counterparts from Kemptville and skated away with a hard fought 3-2 win. Cornwall trailed twice in the game, but battled back both times to tie the score after two periods of play at 2-2. The goals for Cornwall were scored by Stefane Champagne and Nolan Garrow. In the third period, tenacious forechecking by the Royals led to the eventual winner by Justin Wheeler who was left all alone in front of the Kemptville netminder. Nolan Garrow was named most valuable player for the Royals in the game. Jamie Ross also played very well to pick up the win in nets.

Sub Bay Royals Submit To The Blazing Kanata Blazers

On Monday night at the Jack Charron Arena in Kanata the Sub Bay Bantam A Royals had the Kanata Blazers fans' speechless until late in the third period when the Blazers managed to take the lead with 2 minutes remaining in the game. It was the closest the 12-0 Blazers came to losing their first game this season.

Within 3 minutes of the opening period the Royals were ahead 2-0 on goals by Jean Greggain and Jason Bourgon. Dan Dupuis and Emanuelle Leo teamed up for the Greggain goal, while Corey McAllister and Travis Young combined for the Bourgon hit. At the 12 minutes mark the Blazers got on the board but Jamie Herrinton's unassisted goal 1 minute later kept the lead at two. Jamie Herrington got his second of the night as he took a neat pass from Alain Lefebvre to end the period with a 4-3 lead. The Blazers tied the game with 2 minutes remaining in the second and hoisted their thirteenth straight win with two minutes remaining in the game. Shawn Martelock played a strong game in nets for the Sub Bay Royals.

At the Water Street Arena on Sunday, with the Sub crew on extended shore leave, the Sub Bay Royals were defeated 7-2 by a strong Papineau team. Dan Dupuis and Travis Young got the markers for the Royals while Jean Greggain and Dupuis earned the assists.

Chumps Major Atoms Dump Ottawa South

In case no one was paying attention, the Chumps Rapids Seaway Valley "AA" Major Atoms served notive that they intend to make the playoffs... and then some. On the receiving end of the message were Ottawa West who had previously beaten Seaway 9-2 in a tournament and 7-4 in league play. The new look Chumps took charge quickly as Jonah Leroux took the opening face-off down the ice and rang a shot off the post about 10 seconds into the game. Ottawa West got the only goal of the period with just 55 seconds left, but the Chumpls crew tied it at the midway point in the second as Jeremy Leroux banged one in on a feed from B.J. Pelkey and Marc Forget. This goal turned out to be the first of 5 unanswered as Jonah Leroux came up with the natural hat trick in the third period with Cory Hector getting the only assist on the hat trick. Louis King rounded out the scoring for Chumps with a late goal unassisted. Final score 5-1 for Seaway.

Rapids Note: Jonah Leroux narrowly missed turning his "Hat Trick" into a "Platinum Sombrero" as he hit the post on 1 shot and missed on 2 breakaways. Jeff McIntyre was solid in goal turning away 22 of the 23 shots he faced.

Pee Wee Flyers

The South Stormont Pee Wee Flyers made it to the semi-finals in the Cornwall Pee Wee Tournament by winning their first game against Prescott with a score of 6-1. Chris Kelly was outstanding with a hat trick and an assist. The other goals went to Greg Rombough, Myles McPhail and Jason Lavallee. Assists also went to Jeromy Alguire and Kevin McCue each with a pair and McPhail and Michael Dewar each adding a single.

In game two, South Stormont won against Potsdam with a score of 5-3 with a pair of goals going to Jason Lavallee and singles going to Myles McPhail, Kris Kelly and Carson Runions. Kelly also added a pair of assists with the others going to Greg Rombough, Luc Clement and Chad Dingwall.

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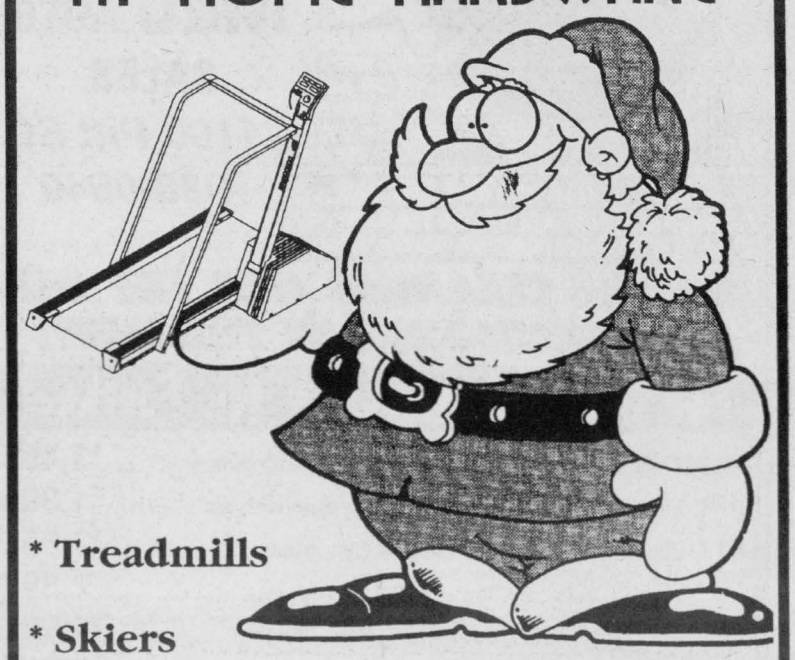
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New Concepts Highlight Par-T-Golf's Second Season

Local C.P.G.A. pro Bob Flaro brings his talents to Par-T-Golf this winter as he will be participating in the Monday night men's league with International Discount Golf as well as being available for lessons on the simulator throughout the week (by appointment only).

There are still openings for 1 team on Monday and Wednesday evenings in our winter league. All teams participating in league play are eligible for a free 4 person golf package to Myrtle Beach next fall. For more information on league play, lessons or regular tee off times, call 937-4653.

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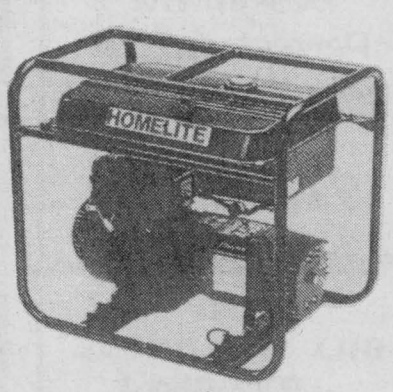

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Too Many "As Is" Cars To Mention
DROP BY & SEE SCOTT OR JIM

Cars sold "As Is" or "Safetied". All prices negotiable. Also, car wash available.

Walker Contractors Defeat Papineau

The Walker Contractors Atom "A" Royals skated to a 5-2 victory over Papineau in a home contest at the Water Street Arena. Papineau opened the scoring with a goal late in the first period. Cornwall forwards Miguel Delisle and Shawn Chartrand combined with two goals within eight seconds at the end of the first frame for place the A's in the lead. Delisle fired two additional markers to round out the hat trick with a helper from Marc Banville. Papineau attempted to catch the local squad, however, a late goal from Chartrand clinched the win. Goaltender Greg Fargo registered the win behind a strong defensive corps of Banville, Stephane Mainville, Marc Lemire and Stephane St. Denis. Cornwall outshot Papineau 18-14.

Pee Wees Split 3 Games

Johnston's Antiques, Seaway Valley Minor Pee Wee, tied Rideau 2-2.

Kurt McSweyn and Kyle MacAllister each scored one goal and assisted on the other.

Cumberland won the next game 6-1. Nigel Newland scored the Seaway goal on a pass from Ben Smith and Kurt McSweyn.

It was disappointing for Seaway Valley to return to Cornwall after a 2-1 loss to Kingston. The Seaway Valley team had 36 shots on the Kingston goalie (who earned first star). Kyle MacAllister was the only player to score.

The Seaway Valley team worked hard against the first-place Nepean team. Trailing 8-0 when the third period started, Seaway's Donnie Patenaude scored when he was set up by Jeff Legue and Nigel Newland. This goal was quickly followed by another scored by Travis Albers,

Eastern Ontario Jr. B. Hockey League St. Lawrence Division

	G.P.	W	L	T	Bonus Points	G.F.	G.A.	Points
Char-Lan Rebels	18	14	4	0	3	145	92	31
Alexandria Glens	18	13	5	0	0	132	110	26
Winchester Hawks	18	11	7	0	1	116	107	23
Morrisburg Lions	18	10	8	0	1	112	98	21
Kemptville 73's	18	3	15	0	0	86	136	6

Weekend Results

Wed. Nov. 17	Char-Lan	10	vs	Morrisburg	5
Fri. Nov. 19	South Grenville	6	vs	Alexandria	5
	Kemptville	5	vs	Morrisburg	3
Sat. Nov. 20	Winchester	10	vs	Gananoque	8
Sun. Nov. 21	Winchester	9	vs	Alexandria	7
	Char-Lan	11	vs	Kemptville	3

Upcoming Games

Fri. Nov. 26	Alexandria	at	Morrisburg	8:30-
	Winchester	at	Westport	8:15
	Athens	at	Kemptville	8:30
Sat. Nov. 27	Gananoque	at	Char-Lan	7:45
Sun. Nov. 28	South Grenville	at	Winchester	2:15
	Kemptville	at	Alexandria	7:30
	Char-Lan	at	Athens	7:30
Wed. Dec. 1	Morrisburg	at	Brockville	7:45

Char-Lan Jr. "B" Rebels

Name	Games	Goals	Assists	Points
Denis St. Jean	18	35	32	67
Pete St. Jean	18	13	49	62
Marc Bellemare	18	31	30	61
Bobby Bowles	16	6	25	31
D.J. Zaluski	16	7	9	16
Paul Rozon	18	3	13	16
Robert Curran	16	10	5	15
Terry O'Farrell	18	6	8	14
Mads Pedersen	10	11	2	13
Jason Chilton	15	1	12	13
Dan Desjardins	15	5	7	12
Chris Petry	18	1	10	11
Corey Payment	17	4	3	7
Dan Carriere	18	0	6	6
Kyle MacDonnell	14	1	3	4
Andreas Andreasen	13	0	4	4
Evan Thompson	6	1	1	2
Dan Methot	15	0	2	2
Ian Laplante	16	0	1	1
Jeff Cicchini	4	0	1	1

Navy Vets Have Tough Start

PeeWee "B" Royals played back to back games against Kemptville. The Royals got off to a bad start with Kemptville outskating the Royals 6-2 by the first 8 minutes. After several goaltending changes Chad Prevost finally solved the Kemptville onslaught which sparked the rest of the team to play much better over the last 2 periods and not allowing any more big scoring changes. Kristian Longtin and Chris Lavergne had the goals while Joshua Lebrun and Shawn Banville both had a strong game.

On the rematch the Royals were alive and ready. They should have come up with a tie when the scoring chance was there in the third period, but it hit the crossbar and the rebound just wasn't there. Kemptville then took up ice. A scramble in the corner left two men alone in front of the net which left Prevost defenceless, allowing the assurance goal through his pads at 2:59. The final score was 5-3.

Kristian Longtin, Joshua Lebrun, Patrick Johnson were the lone scorers. Prevost faced 37 shots in the game.

Teenage Armed Robbers Sought By Crime Stoppers

STORMONT - Cornwall

Crime Stoppers needs your help in solving an arson at the Alternative Club at 369 Montreal Road at approximately 1:00 a.m. on Saturday, October 23rd, 1993. Sometime prior to 1:00 a.m., someone entered the club and rifled through the cash register, drawers and cupboards and then set fire to the club.

DUNDAS - Matilda Township

Crime Stoppers needs your help in solving a theft of tools from a storage trailer at Fetterley's Quarry at L1, C1, Matilda Township. The theft occurred over the weekend of November 13th to 15th, 1993. Stolen property includes the following: 2 heavy duty batteries, model HD4, commercial type; 20 lb. propane tank (barbeque type); 2 oxygen cylinders; 1 Acetelyn tank; Harris torches with 50 feet of hose; 8 gals. of antifreeze; 120 feet HD black extension cord; Honda 5 HP 2" pressure gas pump, 1/2 HP McDougall electric pressure pump, 3/4 hp Myer electric pump; Cat high pressure washer. Some of the property engraved "7AFCP".

GLENGARRY - Lancaster

Crime Stoppers needs your help in solving a robbery at the Top Value Gas Bar in Lancaster at 12:05 a.m. on Saturday, November 20th, 1993. 4 teenage males entered the Top Value Gas Bar with one of them armed with a baseball bat. The subject armed with the bat demanded the money. The 4 males then fled the scene in an older model white Chev. type car. Suspect 1: white male, 5'9", slim build, 150 - 160lbs., clean shaven, blondish hair, age 17-18, english speaking. Suspect 2: white male, 5'6", skinny 130 - 140 lbs., clean shaven, acne, short dark hair, age 17-18. Suspects 3&4: 17-18 yrs., 5'6", no other descriptions.

SEAWAY VALLEY CRIME STOPPERS

Crime Stoppers will pay up to $1,000 cash for information leading to the arrest of persons responsible for these crimes or any other unsolved case. Callers do not have to reveal their identity or testify in court.

Crime Stoppers Can Be Reached By Calling 534-8477 or 1-800-265-8477

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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.

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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.

ATTRACTIVE FEMININE, CARING lesbian looking for same. Age 26-32. I am a sincere, independent, stable, and serious person looking to develop a caring friendship or relationship. Photo & number appreciated. Serious inquiries only. Discretion assured. CC 1517.

CC1443, CC 1482, CC 1484, CC 1501, please arrange to pick up your mail.

EUROPEAN LADY. Tall, blonde. Great sense of humour. Likes theatre, intelligent conversation, movie, walks, birking and having fun. Loves life. Seeking gentleman 50's something. Photo please. CC 1518.

I AM AN AFFECTIONATE, gentle, kind hearted, separated lady looking for an affectionate, gentle, kind hearted gentleman (45-60). Must like the outdoors, dining and dancing. CC 1516.

NICE, ATTRACTIVE LADY 50-60 sought by kind, attractive, fit, active, retired country gentleman. Reply with phone number to Box 27, Alexandria, K0B 1A0

SINGLE DAD, 46, non-smoker, well educated professional, affectionate, honest. Seeks compatible lady for possible long term relationship. Photo appreciated. Kids no problem. CC 1515

2 APTS/ CONDOS FOR RENT

1 BDRM. APT. avail. Nov. 1. Fridge & stove incl. All util. paid. Parking. Quiet area. Close to bus & shopping. 936-2508.

1 BDRM. APT. on Walton. Avail. immed. Fridge & stove. $450 incl. util. First and last month's rent. 347-2593.

1 BDRM. FOR LEASE. Central. Close to all ammenities. Ample parking. references required. Leave msg. 932-8588.

2 BDRM. ON WALTON. Avail. Dec. 1st. use of backyard. Large front balcony. $375 plus util. First and last month's rent. 347-2593.

2 BDRM. UPSTAIRS APT. w/large kitch. & livingroom. $450 + util. Avail. immed. No pets. 932-2135.

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749A GLOUCESTER. 2 bdrms., clean, bright, large, upstairs apt. with parking & storage. $450/mo. plus utilities. Avail. immed. Ph: 936-1048, leave message.

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AVAIL. IMMED. 1 or 2 bdrm. apts., 737 and 900 First St. E. $300 - $400/mo. plus util. Fridge, stove & parking avail. Arrangments can be made for utilities. Call after 6 pm for appointment. 931-3374 or 931-2594.

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.

SMALL 1 BDRM. APT. w/basement. Parking. Close to college. Avail. Jan. 1/94. $255/mos. + util. Call 9-5, Mon. to Fri. 938-2576.

5 ARTICLES FOR SALE

10 HP HEAVY DUTY TRACTOR, with snow blower and 42 inch mower, chains and wheel weights. Reasonable. Apply: 3321 Poirier Ave., Cornwall.

12.2 CU.FT. FREEZER Brentwood, $150. Stove and fridge, $400. Washer & dryer, $350. All items approx. 10 years old. Prices are firm. Computer. Phone 933-9008.

15 CUL.FT. FROST FREE FRIDGE. 600 watt generator for motor home or camper. 1985 5th Ave. Chrysler, ex. condit. 1978 Ford Camper Van, fully equipped. Raised roof. Never winter driven. 984-2626.

16 FT. CAR SHELTER, $250. Blue bathtub, toilet & double basin, $100. Zenith stereo, $75. New tire P235/75-15, $75. Bionaire humidifier/ purifier, $50. Call 931-1312.

2 IMITATION FUR COATS (size 14 & 16), $65 each. Sunbeam mix master, $20. Real lamb jacket, w/mink collar (size 10), $50. Two mounted radial tires 155-13, $25 for two. After 6 pm 931-1168.

7 PC. BLACK PEARL export series drum set w/high hat crash & ride cymbals. Ex. condit. 933-0014.

AMEUBLEMENT DE CHAMBRE (4 pièces), salle à diner, 2 ameublements de salon, 2 chaises, 2 tapis 8x12 - déménagment. Bedroom set (4 pieces), dining room set, 2 living room sets, 2 chairs, 2 carpets 8x12, moving. 938-3930.

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BLACK PERSIAN LAMB lightweight coat w/black mink collar. Worn only 2 winters. Size 14-16. Ph: 932-2910.

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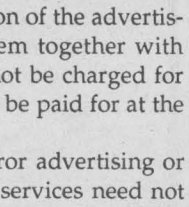

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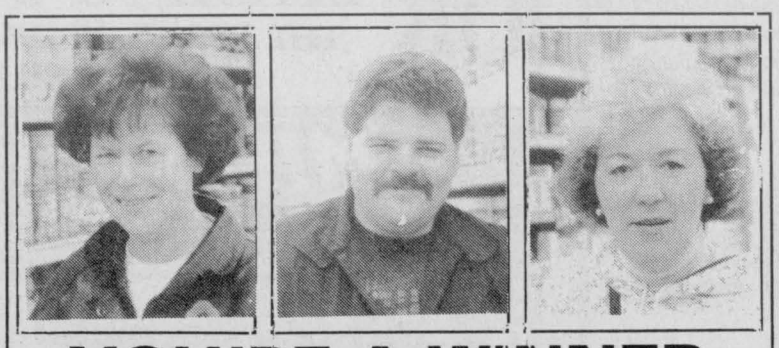

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CLUB plus™ LOEB Seaway

FRIDGE, $180; stove, $50; pedestal sink with tap set, 6 mos. old, $70; stereo amp., $100; bathtub, 1 yr. old, $40. Ph: 938-8888.

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Everything Goes
DRASTIC REDUCTIONS
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166 Montreal Road
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Open 10 am - 9 pm
6 Days A Week

GREEN CHRISTMAS TREE, 6' SOLD ghts and decorations, also outdoor lights. Ph: 932-7276.

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LOOKING FOR GOOD BARGAINS? Come see these. Good, clean household furniture, lots of other misc. items. 500 Augustus, see sign on front door, Dec. 1-2, 9 am to 7 pm.

SOFA HIDE-A-BED. $25 takes it. 938-4776.

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NINTENDO CHALLENGER game set w/2 controllers & 4 games. Super mario Bros., Mario 2, Mario 3 & Life Force. $125. Call 932-6661.

PORCH SALE. Wardrobe, oak single bed, play pen, stroller, big wheel bike (new), rocking chair, professional dart board & access., toys & more. Call 932-8435 9 am to 3 pm or 936-9411 3 pm to 9 pm.

"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.

REALISTIC 40 WATT HOME STEREO system, with tape deck, CD player, radio, speakers, $500 or will trade down for smaller system plus cash. Ph: 932-7147.

RUSTY RACOON FUR COAT, size 13 to fit 5' to 5'2" person, ex. condit. Comforter, bed skirt & 2 pillow shams in Dusty Rose for dble. bed. Ex. condit. For more information 937-0219.

SECTIONAL CHESTERFIELD, one year old. Will sell half-price. Good cond. After 6 pm call 937-3299.

SELF SEALING TIRES. USE FLAT FREE. The reliable tire sealing system that guarantees permanently fixing flat tires as they happen. Peace of mind while driving alone. Call 613-931-2345 for more information.

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

TIRE MACHINE & wheel balancer. $1900 firm. Coke machines, $400 firm. All in excellent cond. Ph: 936-0678 or 933-5030 after 5 pm.

VILLAGE HOBBY & TROPHY SHOP now as "bugs" for ice fishing. 335 Montreal Rd. 936-0176.

ZENITH COLOUR TV'S. 25" cabinet, 17" console, 13" portable. Also 10 cu.ft. fridge, QS waterbed. 933-3781.

6 ARTICLES WANTED

ANTIQUES WANTED. Will buy large estates or single items. Anything and everything. Also Red Rose tea figures. Call or apply to Johnson's Antiques, Hwy. #138. Open daily 9-5 pm. Ph: 932-0766.

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

7-AUCTIONS

AUCTION SALE
Tractor: Tools & Household
Norman Rumer
Presbyterian Church Hall
Ingleside, Ontario
Saturday Dec. 4 10:00 am

Machinery: Oliver Super 55 /Hydraulic; 16 hp John Deere 48" cut hydrostatic; rotor tiller; wood splitter; 6' blade rotates; bucket; snowblower; wood lathe; bench grinder; 10" radial saw; 6" jointer; mechanics tool chest; shelving unit on wheels; 9" record vice 5"; scaffold; hand tools; MacCullough chain saw; water pump; cement mixer; gas welder; ladders; hand tools; other misc.

Antiques & household: hall table; Queen Anne footstool; 36" & 24" brass pie crust Indian tables; dishes; glass; lamps; 2 love seats; coffee tables; pine reproduction dough box; dry sink; buffet & hutch; sideboard; brace back chair; rod back chair; assort. of brass; single bed; dresser; night stands; high boy; prints; collector plates; a good assort. of small and other misc. articles.

Terms: cash or acceptable cheque
Lunch
Flora Grant Dumouchel
Auction Service, Ingleside 537-2925

13 AUTOS FOR SALE

1975 CHEV 1 TON CAB & chassis, body completely redone, $1650. 1973 GMC 5 ton 2-car carrier. Runs & works well, $5500. Larry at 534-2096 before 5 pm or 534-2626 after 5 pm.

1979 MONARCH, for parts. Best offer. Call Ken after 5:00 pm. 938-1775.

1979 VOLVO, 264DL, V6, 4 spd., with electric overdrive, moon roof, A/C, PS, PB, AM/FM cass. $200 as is or B.O. Call 346-2219.

1984 DODGE. 932-6785.

1986 DODGE MINI PANEL VAN. 2.2 lt., 4 cyl., 4 spd., 120,000 km. Excellent cond. Asking $1675 or B/O. Ph: 525-2192.

1988 CORSICA, 5 spd., man. 1986 Mustang, 4 spd. man. Safetied. After 4:30 pm 931-1538.

1988 HYUNDAI XL. Standard, 56,000 km. Warranty on motor. Certified. $3000 or B.O. or will trade down. Small car plus cash. Call in afternoon 932-7147.


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

SEAWAY NEWS
PROFESSIONAL G·U·I·D·E

AESTHETICS
Pedicures, Tips
Make-up, Waxing,
Aromatheraphy
... by appointment only ...
Products by Laboratoire
Dr. Renaud
"November Special"
Free Manicure With Facial
including vial & peeling
Gift certificates avail.
SUE'S AESTHETIC BOUTIQUE
113 Augustus **936-9374**
"for that gentle & prof. touch"
Sue Newton R.E., R.N.A.
w/footcare course

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

HAIR STYLIST
DONNA'S HAIR STYLING
In the comfort of your home or mine. Qualified hairstylist, professional products, reasonable prices. By appointment only, Mon.-Fri.
Ph: 938-3760

KARATE
TRI-COUNTY KARATE & SELF DEFENSE
Traditional Style Karate
* Chito Shin Kai
Nat. Certified Instructors
over 23 yrs. experience
* Children's Competition Karate
* Women's Karate Classes coming Jan. 94 (incl. S.D.)
* Day & Evening Classes for Men & Women
* Fully Equipped 2500 sq.ft. Martial Arts Facility
145 Montreal Road
"With Your Best Interests At Heart"
937-1769

MASSAGE THERAPY
The Perfect Christmas Gift
Gift Certificates Available
Kathy MacGregor, R.M.T.
Maximum Fitness & Squash Club
Ph: 933-9969

NURSERY SCHOOL
CHILD'S PLACE
is now accepting registration for our 1/2 day programs. 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.

BONUS
BUY 5 WEEKS GET 1 WEEK FREE

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.
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A division of Gerald Menard Renovations

RENOVATIONS
LYN'S RENOVATIONS
All foundation repairs:
Interior painting, drywall & plastering, basement repairs.
Roofing. Vinyl siding & windows.
Work guaranteed.
Free estimate.
No GST for seniors before Christmas
Call John 936-8482

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

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Delivered to your door
* Spices, extracts, cleaning products, personal care, more
* Practical and delicious Christmas gifts for everyone
For FREE catalogue call
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Sue Robertson
938-7865

YOU CHOOSE THE MOST AFFORDABLE
1993 AEROSPORT
$6,827.82
OR

DRIVE FOR ONLY $271.72* mo.
- 3.0L V6 ENGINE
- AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- TWO TONE PAINT
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PAY HALF NOW, THE REST *TWO YEARS LATER!*
OR *LEASE TO OWN* AND COMBINE THE PRIDE OF OWNERSHIP WITH THE AFFORDABILITY OF LEASING
MILLER HUGHES Ford
*Dealer Exchange May Be Necessary. *2 YR Prepaid Lease, Tax, License & Dealer Handling Extra. *See Dealer For Details.
711 Pitt St., Cornwall **932-2584**

1992 FORD TAURUS GL, 4 dr., 3.8L, V6, auto., cruise control, air cond., Premium JBL stereo system, power windows and door locks, 4 wheel ABS brakes, driver and passenger air bags, 15" aluminum wheels, 6 way power drivers seat, remote fuel and trunk release, power outside mirrors, 140,000 kms. Asking $11,000. Call 984-2881.

4 WH. FORD 250 p/u truck w/2 way hydraulic angle blade 7' Western plow. A-1 condit. Very low mileage. $4000. Ph: 932-1546.

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 OPPOR.

ATTENTION CRAFTERS! Do you enjoy making crafts at home? Then why not make more money than you are now! I can help you get started with all the information you need to make your crafts profitable. From wholesale contacts to craft shows to licensing. Plus much more helpful information & hints. Just send $5.00 cheque or money order to: Shawn Vincun, Box 8038, c/o Seaway News, 329 2nd St. West, Cornwall, K6J 1G8.

WANTED: to lease idle lands within 20 miles of Cornwall for tree plantations. Call Domtar Forestry Services at 938-4664 (Cornwall).

19 CAREERS

CAREER OPPORTUNITY

A Canadian financial institution, in business for over 100 years, is expanding, due to it's continued growth in the Cornwall area.
We are presently accepting applications for **two** highly motivated persons.
We offer a full benefit package, complete training and unlimited income potential.
For a confidential interview, please forward your resume to:

Seaway News
329 2nd St. W.
Cornwall, ON K6J 1G8
Attn.: Box #7495

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."

ROUTES AVAILABLE

CORNWALL

- 5th E., Marlborough, Hillcrest, 6th E.
- Seymour, Pine, Maple, Elm, 2nd W.
- Pitt N., Wellington, George, Fortier, Edgar
- Dundee, Donald, Laflin, Westgate Court

COUNTRY
- Chesterville
- Ingleside

If Interested In One Of The Listed Routes Please Call Tom at 933-0014

21 HELP WANTED

$370 WEEKLY possible. At home. Simple, easy, pleasant work. Info: $1 & self-addressed stamped envelope to: G. Ingram, 220 12th St. E., Cornwall, Ont. K6H 3B8.

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.

GET PAID for reading books! Up to $100 per title. Books sent free. Write today. FREE report: Gateway Publico, Dept. SN2, #150-1857 West 4th, Vancouver, B.C. V6J 1M4.

HOME TYPISTS! Great income opportunity. $200-$500 weekly! For details 1-504-646-4507, (Ext. T-506), 24 hours.

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

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.

22 HOME SERVICES

RESIDENTIAL SNOW BLOWING CALL 938-1560

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

DRYWALL, REPAIR taping & painting. Free estimates. Call 933-8407.

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

HANDY LADIES: READ ME! Treat yourself or someone you know to a house cleaning. Heavy duty cleaning walls, ceilings, floors, cupboards, windows inside/out. Will do general cleaning weekly. Will also do yard maintenance. Don't be shy, give us a try! 936-9362 or 938-8673.

HANDYMAN. Clean yard, paint, repair roof, fences, siding. Odd jobs or small projects around homes or cottages. Call 938-1982.

MAN W/ PICK UP TRUCK for hire. Will do household moving jobs. After 5 pm 932-9844.

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

NOR CONSTRUCTION & RENOVATIONS. 1100 Pitt Street. Painting, framing, drywall, flooring, siding, window & door installation, decks. Satisfaction guaranteed. Free estimates. Fully insured. Call 937-4649.

PAINTING RECESSION WINTER SPECIAL. $40 per room per coat plus paint. Free estimates. 20 years experience. After 6 pm 938-8839.

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 am - 6 pm (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.

CLASSIFIEDS WORK CALL 933-0014

WOMEN DO- IT-NEATER Need painting or wallpapering done before the holidays? Don't wait until the last minute. Call Lesley 937-0955.

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.

23 BABYSITTING

MOTHER OF 3, fully bilingual, will babysit children of any age in our home, Meadowvale area. For further information 932-3423.

24 CHILD CARE

RIVERDALE AREA. Will keep children in my home. Close to schools, parks. 936-0101 for more info.

25 BOATS/MOTORS

26' CHRIS CRAFT mahogany cabin cruiser. 347-1324.

27 RV'S/MOTOR HOMES

USED CLASS "A" & CLASS "C" MODELS avail. Some units are bank repossessions. Try your offer. After 5 pm call 938-3664.

THE SEAWAY NEWS

IS AVAILABLE AT THE FOLLOWING FINE STORES

ALEXANDRIA:
- Glengarry Pharmacy
- Lalonde Pronto
- Tabagie St. Denis
- Tabagie Alexandria
- Becker's

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:
- 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:
- Max's Mini Mart
- Freshmart
- Denise Country Kitchen & Deli

LONG SAULT:
- Becker's
- Kyer Garden & Conf. (Headline Rd. E.)
- Talk Of The Town
- Long Sault Motel
- Martins Pick & Run

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:
- Mary's Restaurant
- Campbell's

MOOSE CREEK:
- Hooper's General Store

MORRISBURG:
- Becker's
- Pharmacy
- Mr. Grocer
- Mac's Milk

NEWINGTON:
- Duff's Grocery

NORTHFIELD:
- Four Corner Store

NORTH LANCASTER:
- Marché Yvan Desautels Mkt.

OSNABRUCK CENTRE:
- Stewart's Store

SOUTH LANCASTER:
- Wereley's Garage

ST. ANDREWS:
- Good Neighbour Conf.

SUMMERSTOWN:
- Martin's Store

SUMMERSTOWN STATION:
- Bougie Mini Mart

WILLIAMSTOWN:
- A.L. MacDonald Groc.

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 St.
- Denny's Smoke Shop	Montreal Rd.
- Esso	Marleau Ave.
- 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.

If You Have A Question, Call 933-0014

CLASSIFIEDS WORK ... FAST ... CALL 933-0015

34 HOUSES FOR RENT

2 BDRM. TOWNHOUSE, Jan. 1/94. Large master bdrm., whirlpool bath, fenced backyard, patio, finished basement. First & last months rent. $650 utilities extra. 933-9008.

RENT TO OWN
AVAILABLE IMMEDIATELY
2 bdrm. mobile located near Moose Creek on a large leased lot. Rent for $650 per month for 3 years and then you own. Land is leased at $108 per month which includes taxes. Lease is included in the rent. Also available for straight sale at $16,900 or straight rental at $500 per month.
CALL 346-2675 or 534-2950

AVAILABLE JAN. 1/94. 2 bdrm., storey & a half house & garage included. 4 appliances. First & last months rent. $600 mo., pay own util. No pets. Info: 932-5614.

INGLESIDE house for rent, avail. Jan. 1/94. Gas heat. $575/mos. + uti.. 723-5574.

35 HOUSES FOR SALE

2 BDRM. HOUSE. Quiet location. For more info. call Ken after 6 pm 938-1775.

28 ACRES with barn& well $29,900. Cornwall Twp.
TWO BDRM - mobile. V.T.B.
MOOSE CREEK - 3 bdrm., 2 baths
LONG SAULT - 3 bdrm. $83,000
CITY - new 3 bdrm., $96,000.
20 LOT SUBDIVISION $99,000
BUNG - on Raisin River $105,000
SPOTLESS - 3 bdrm., 3 yrs. old. $119,900. Heat pump, 2 baths.
IN-LAW - house with apt. $129,900
SPLIT - 4 finished levels $129,500
BRICK BUNG - new 3 bdrm. $133,500. Double attached garage.
LONG SAULT - 3 bdrm. $134,900
LOG HOUSE - rare find $159,000
A-FRAME - 4.14 acres, garage
SPECIAL - new 3 bdrm. bung. on 1.79 acre lot located approx. 20-25 min. north of the city. Ideal for commuting to Ottawa. Price of $84,500 incl. G.S.T.



Buying Or Selling CALL
Michael Vander Meer
938-2121 (Office)
534-2950 (Home)
CENTURY 21 SHIELD

REDUCED TO $23,500. Approx. 26 acres, frontage on 3 roads.
MONEY MAKER. 4 rental units in Cornwall. Motivated seller. Asking $80,000. **VIEW OF ST. LAWRENCE.** Reduced to $99,400. Renovated 4 bdrm. home, garage, large lot. Ingleside.
BUILDING LOTS from $10,000
2-1/2 ACRES on Hwy. 43, only $9,300. Commercial
Are You Motivated?
Are You Thinking of Buying or Selling?
call HERB or GERRI SCHWARTZ 346-5721 or 346-2377
representing
Sauve Real Estate Ltd.



WANTED to lease, idle lands within 20 miles of Cornwall, for tree plantations. **Call Domtar** Forestry Services at **938-4664** (Cornwall).

FOR SALE OR RENT@ $875/mos. + util. 10 min. from Cornwall, country house. 3+2 bdrm. w/airtight wood stove on 3 acre lot. Att. garage. Tower 35'. Paved road. Nice location to start business. No down payment. Call for appt. 347-2577

INGLESIDE: bungalow, 2 large bdrms. up and one down. Large lot. One & half baths, fireplace finished basement. Asking $92,900. Ph: 1-530-2755.

38 OFFICES/ STORES BLDGS.

400-2200 SQ.FT. 2nd floor office space avail. on Pitt near 1st. Will remodel to suit. Leave message 932-8588.

4000 SQ.FT. BLDG. for rent - lease - sell. Ideal for small business. Ample parking. Central location. Call 933-9457.

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

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.

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.

41INCOME PROPERTIES

2 STOREY, 8 APT. BLDG. 236 Marlborough St. N. area of Cornwall General Hospital. Excellent condition. New roof, elect. utilities, well insulated, parking, 7.5x 37,300 revenue. After 6 pm 514-665-2901.

764-766 YORK ST. Duplex. Large owner's unit, approx. 1000 sq.ft. Large lot. Have tenant help you buy! Private parking. $11,400 possible gross income. Price reduced $74,900. Call Latreille Real Estate, 938-3800

43 ROOMS

AVAIL. IMMED. Completely furnished rooms. All appliances & util. incl. $190/mos. 938-3510 or 932-0482.

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 and Thursday from 8 - 9 pm. For more info. 938-8325.

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.

51 SNOWMOBILES

WANTED TO BUY. 1979 and up Skidoo. Must be in running condition. Willing to pay $100. Call 933-8108.

54 ANTIQUES

M & G ANTIQUES Christmas Special. GST and PST will be paid by owner on the entire stock now untilDecember 24/93. Hwy. #138, south of Monkland. 8:30 am - 5 pm 346-5768.

57 DJ'S

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

LEROY'S D.J. SERVICE. "New to Cornwall". Specializing in parties & wedding.s Accepting bookings now. Book early for the holidays. 936-2090.

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.

SOUNDS SPECTACULAR. Professional mobile D.J. and light show. Still a few dates left for Christmas parties. (Book now for 94 and save $$). Call Steve or Melissa at 936-2191.

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.

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

68 COURSES/ LESSONS

MUSIC LESSONS. Guitar. Violin. Banjo. Mandolin. Bass. Also for sale, one Echoplex, was paid $436, now $150. Telephone Lee at 932-1347.

73 LOST & FOUND

FOUND: NEARLY NEW car seat. To claim, identify. 933-1875.

75 PETS/ LIVESTOCKS

APPALOOSA HORSE, 2 yr. old mare for sale. Well trained. Also German Shepherd, 1 yr. old. Very good with kids & on the yard. 932-6785.

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

BUDGIES, very young, locally bred, assorted colours, $15 each. 931-2633.

FOUND: Nov. 24, Gen. Hosp. area. Black & white male cat. 937-3117.

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.

LOOKING FOR A GOOD HOME for four kittens, 9 weeks old, litter trained. Ph: 527-5566.

PURE BRED ROTTWEILER PUP for sale on register. Asking $300. Great Xmas gift. Call 932-3554.

PUREBRED GERMAN SHEPHERD. 2 mos. old. $125. For information ph. 534-8250.

80 ENGAGEMENTS

HOLIDAY HOME BAKING. $25 package includes 3 loaf cakes (chocolate, spice, pound), 1 coffee cake, 4 doz. each of 3 types of cookies. 347-1540.

84 PERSONALS

A LOOK INTO THE FUTURE with Mona. Tarot cards & teacup readings. For more information on this, telephone 937-0219. Reasonable & bilingual.

EXPERIENCED BAKER will do all kinds of homemade baking. Call 936-6824.

LADY DRIVING TO FLORIDA for month of January/94. Room for one person or couple. References required. Write to box 2910 c/o Seaway News, 329-2nd St. West, Cornwall, K6J 1G8.

90 NOVENAS

HOLY SPIRIT you who solve all problems, light all roads so that I can obtain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances, in my life, you are with me, I want in this short prayer to thank you for all things as I confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy towards me & mine. The Person must say this prayer 3 consecutive days. After 3 consecutive days, the request will be granted. This prayer must be published after the favour is granted. J.L.

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. R.L.

THANK YOU FOR FAVOUR from the Holy Spirit. M.M.

THANK YOU ST. JUDE for answering my prayers. R.E.C.A.

THANK YOU TO THE BLESSED Sacred Heart of Jesus for prayers answered. N.H.

THANK YOU TO THE BLESSED VIRGIN for favours received. D.S.

THANK YOU TO THE SACRED HEART of Jesus and St. Jude for prayers answered. AMH

THANK YOU TO THE SACRED HEART of Jesus & St. Jude for favour received. L.M.

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Children at risk

(NC)—As the season of parks and playgrounds, pools and beaches approaches, this is a reminder that every child is vulnerable to the leading childhood health problem: injuries.

Although most families' worst fears focus on illnesses such as leukemia, diseases actually cause fewer child deaths than falls, burns and other mishaps. While it is impossible to watch children every minute, adults may have to consider changing the environment to allow small children to explore without paying a penalty.

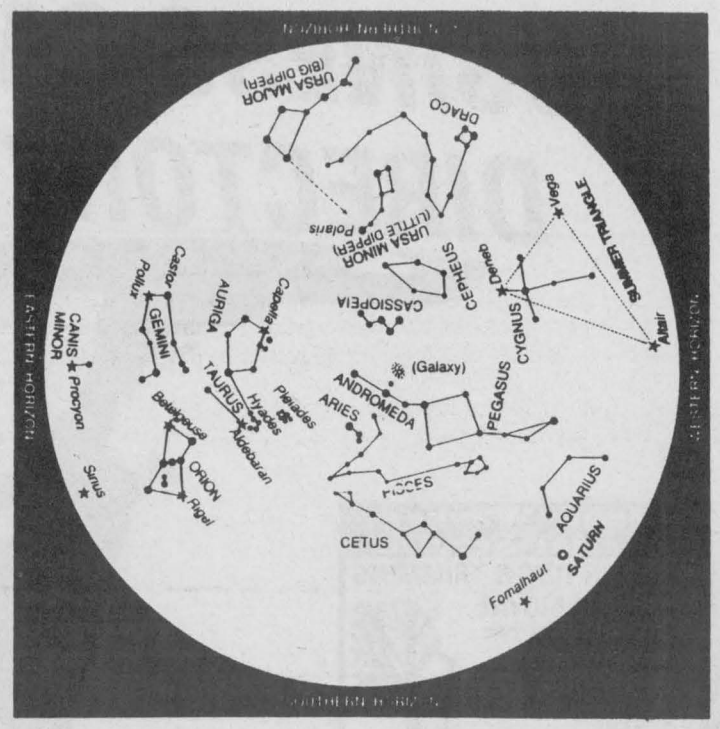
Along with following familiar safety practices such as locking up household poisons, installing smoke alarms and fastening seat belts, other helpful reminders include: prohibiting rides on all-terrain vehicles, putting guardrails at least five inches high on bunk beds, turning down the water heater, fencing in swimming pools on all sides, forbidding use of fireworks and making sure that automatic garage doors reverse immediately if they meet resistance when closing.

Commitment to LIFE ONA

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



STARGAZING DECEMBER



Should I Buy a Telescope?

Every December, thousands of small telescopes are bought as Christmas gifts for sons, daughters and spouses. Although a telescope might seem to be the ideal gift for someone with a budding interest in astronomy, most veteran amateur astronomers instead recommend binoculars and a guidebook with introductory star charts.

"A telescope isn't much good if its owner doesn't know where to point it," says Randall Brooks, astronomy curator at the National Museum of Science and Technology in Ottawa. "There is a common misconception that *any* telescope will reveal hundreds of celestial objects in glowing splendour." True, a typical department-store telescope (usually in the $100 to $300 range) will show the Moon's craters, Jupiter's four largest satellites, and Saturn's rings. Apart from that though, you are farther ahead with binoculars.

Binoculars cost less than telescopes and are much easier to use. "You don't have to own a telescope to be an amateur astronomer," Brooks emphasizes. "Binoculars will reveal an amazing variety of cosmic sights."

Binoculars allow the comfort of two-eye viewing while providing wide, bright, right-side-up images. The recommended sizes for astronomy are 7 x 50, 10 x 50, 7 x 42 and 8 x 40. The first number in these designations is the magnification, the second is the diameter of the main lenses in millimetres. Good quality glasses cost $100 to $200.

A useful accessory for astronomy is an adapter for attaching the glasses to a camera tripod. One type of adapter (about $15) is L-shaped with a bolt at the top of the L that screws into a threaded hole at the front of the binocular's focusing bar. The base of the L attaches to the tripod like the base of a camera. When buying binoculars, ensure that they have the threaded receptacle—not all do.

What celestial sights can binoculars show? Here's an abbreviated list:

• The brightest star clusters, like *Pleiades* and *Hyades* (see chart) are seen in their entirety—telescopes (with their smaller fields of view) can show only portions of them.

• Fantastic detail on the Moon, including at least 100 craters, mountain ranges and flat plains that seventeenth-century astronomers thought were seas.

• Thousands of stars in the Milky Way and elsewhere in the sky that are invisible to the unaided eye.

• Star colours become more evident with binoculars than without. Besides plain old white, stars range from sapphire blue to deep orange.

• The Andromeda Galaxy, a huge city of stars larger than our entire Milky Way Galaxy, is plainly seen as an oval smudge overhead at this time of year.

If the urge to take the plunge is irresistible, here are a few basic rules for telescope shoppers: (1) Don't pay any attention to claims about high magnification; even large telescopes seldom require more than 200 power. (2) If there is a choice, select the telescope with the sturdiest mount and tripod. (3) The telescope should have a finderscope (a miniature telescope for sighting) with an aperture of at least 30 mm.

Planets

Observers of early morning skies will be able to see Mercury, Venus and Jupiter. Both Mercury and Venus will be difficult to find but, on the 12th, Mercury is 5° N of *Antares*. Venus will be below Mercury. Jupiter will become progressively easier to locate as it passes from Virgo into Libra and climbs higher from the eastern horizon. Saturn will be easily visible by evening observers; it is due south at sunset and sets in the west about five hours later. Small telescopes will reveal the atmospheric bands of Jupiter and the rings of Saturn.

Calendar

d	*h*	*(Universal Time)*
6	16	LAST QUARTER
10	08	Jupiter 4° N of Moon
13	09	NEW MOON
14	00	Geminid meteors peak
20	22	FIRST QUARTER
21	20	WINTER SOLSTICE
23	01	Ursid meteors peak
28	23	FULL MOON

To convert from Universal Time to local standard time, subtract the appropriate number of hours as shown below:

NST 3 h 30 m EST 5 h MST 7 h
AST 4 h CST 6 h PST 8 h

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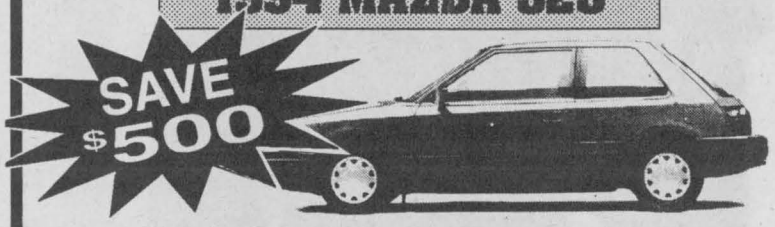

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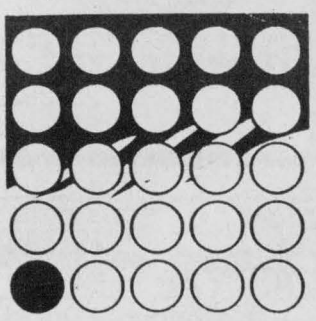

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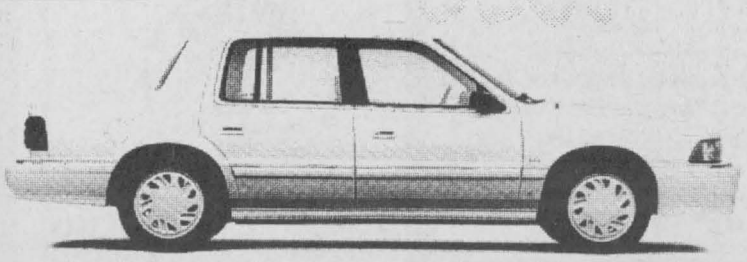

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Button Has A Hit

Marshall Button, the Artist Director from the Upper Canada Playhouse, has just returned from an east coast tour with the sequel to his very successful Canadian play "Lucien". His sequel "Lucien's Labour Lost" has been receiving great reviews. The play opened this past weekend to not only a sell out crowd, but to a sold out run.

The play itself is hilarious. From the beginning there is an air of anticipation that something special is going to take place. The setting is a small town bar, that anyone in the audience could relate to. It seemed to bring the actor and the audience a little closer together, and bridge the invisible line that seems to be drawn with most productions. I am one of a small group that has never seen the first Lucien. I thought that I was not going to enjoy the show as much as someone who has seen the original play. I was incorrect.

This play really is a fine example of art imitating life. Although the play makes for a great evening of fun and laughs there is an underlying serious side. Between falling off you seat from a succession of jokes and amusing antidotes, the work makes you think. It makes you think that a man in his early forties, who may have worked loyally for his company for eighteen years, could very likely be laid off within a days notice. It makes you think about relationships, and what holds them together. It makes you think whether or not it is better to be your own boss. This is certainly one of the funniest plays I have ever seen, but on the same side it gave me an uneasy feeling of the uncertainties of life, and yes this play certainly made me think.

There has been a few rumours and accusations floating around the community regarding this play, and I must say that they are all true. Button does sing in this production. Richard Marx's job may not be at risk at this point, but what Button lacks in vocal talent he makes up for with his energy on stage, demonstrating a classic and hilarious karaoke scene. This sold out play will certainly be a great evening for the lucky people that bought their tickets ahead of time.

Carver's Show

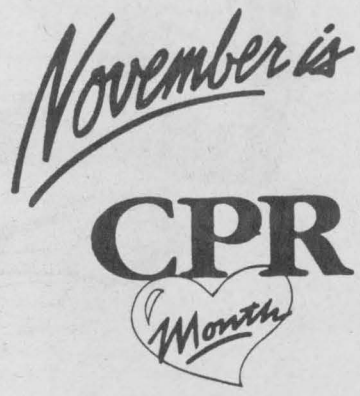
The Cornwall Carvers' second annual carving show and sale will be held Friday Dec. 2 from 12 noon 'til 9 pm and Saturday Dec. 4 from 9 am to 9 pm at the Brookdale Mall, Cornwall.

Whittlings and wildfowl abound at the second annual Cornwall Carvers show and sale. Award winning local carvers will be on hand to share their love of all things wooden and demonstrate the various techniques, tools and carving mediums.

Decorative wildfowl, busts, songbirds and wildlife carvings will be on display at this region's largest gathering of carvers.

Of interest to all, this event will of special interest to art patrons, wildlife fanciers and potential carvers interested in this art form.

Raffle tickets for four superior pieces (mallard, cardinal, wood duck and blue bill) will also be sold. Draw to be held on Saturday December 4, 1993.



Obituaries

EAMER
Grace Alice Maude
Registered Nurse

Passed away at the Cornwall General Hospital on Saturday, November 13th, 1993. Grace Alice Maude Eamer, in her 82nd year, born in Cornwall, of 1117 Second Street West, Apt. #4. Dear daughter of the late Alexander Solomon Eamer and the late Alice Cooper. Dear companion of Mark Ward. Dear aunt of Mrs. Jean Hilborne Coady of Cornwall and great aunt of Peter Hilborne, Jonathan Coady, Elissa (Mrs. Brian Mertz), Alexander and David Eamer. Predeceased by two brothers, Sterling McLean Eamer and Gordon C. Eamer and by one sister, Mrs. Florence Melson.

The funeral took place on Thursday, November 18th, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, East Branch to the Memorial Chapel, followed by Cremation. Reverend Father Dean Purdy of the Church of the Good Shepherd officiated.

Miss Eamer was a graduate of the School of Nursing, Ottawa Civic Hospital and was also a member of the R.C.A.F. having served in the capacity of a Registered Nurse.

LEBRUN
Rene

Passed away at the Cornwall General Hospital on Saturday, November 13th, 1993. Mr. Rene Lebrun, in his 69th year, born in Bourget, Ontario, of 645 Glengarry Blvd., Apt. #103. Dear son of the late Hilaire Lebrun and the late Albina Brunet. Beloved husband of Ida Dube. Loving father of Serge Lebrun and Lise (Mrs. Rolland) Champagne), both of Cornwall. Loving grandfather of Kris and Scott Champagne. Dear brother of Hector Champane of Alfred, Ontario, Mrs. Fernande Laplante of Bourget, Mrs. Marie-Anne Jolie of Bourget and Mrs. Anoulia Cronier of Ottawa. Predeceased by one brother, Rheal Lebrun.

The funeral took place on Tuesday, November 16th, 1993 from the Boulerice Funeral Home Ltd. to St. Felix de Valois Church, Cornwall, interment in Bourget Cemetery, Bourget, Ontario. Reverend Romeo Major of St. Felix de Valois Church officiated. The pallbearers were member of the Nativity Guards.

LECOURS
Gabrielle R.

Passed away at the Cornwall General Hospital on Sunday, November 14th, 1993. Mrs. Gabrielle R. Lecours, in her 76th year, born in St-Ludger, Quebec, of 613 Carleton Street. Dear daughter of the late Louis Hamel and the late Celine Lavertue. Beloved wife of Hercule Lecours. Loving mother of Renald and Bernard Lecours, Richard Lecours (husband of Mandy Marsolais), Muriel (Mrs. Claude Carriere) and Doris Carriere, all of Cornwall, Gerald Lecours (hsuband of Rachel Breton) of Orleans, Donald Lecours (hsuband of Karen Dempsey) of Kingston, Jean-Francois Lecours (husbnad of Christine Kennedy) and Laurence (Mrs. Lucien Lemarre), both of Ottawa. Loving grandmother of eleven grandchildren and two great grandchildren. Dear sister of Alcide, Conrad and Henri-Louis Hamel, all of St-Ludger, Quebec, Mrs. Yvonne Parent and Jeannette (Mrs. Armand Bouchesne), both of Sherbrooke, Quebec. Predeceased by three sisters, Mrs. Louisa Parent, Mrs. Alda Hardy and Mrs. Dorea Dallaire.

The funeral took place on Wednesday, November 17th, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, East Branch to Nativity Co-Cathedral, interment in Notre Dame Cemetery. Reverend Marc Piche of Nativity Co-Cathedral officiated. The pallbearers were Gerald, Renald, Bernard, Jean-Francois, Donald and Richard Lecours.

PREVOST
Alderic (Derek) Joseph

Passed away at his late residence on Monday, November 15th, 1993. Mr. Alderic (Derek) Joseph Prevost, in his 90th year, born in Summerstown Station, of R.R. #1 Paragon Road. Dear son of the late Moses Prevost and the late Alexina Glaude. Beloved husband of the late Donalda Laplante. Loving father of James Prevost (husband of Marion McCosham) of Ottawa, Dolores (Mrs. Florent (Flo) Laperle) of Orleans, Rosanna (Mrs. Frank Kiernan) of Ottawa, Eva (Mrs. Rejean Meloche) of Ingleside, Leo Prevost (husband of Gloria Redmond) of Edmonton, Alberta, Sister Lillian Deschamps of San Salvador, Bahai, Brazil, Armand Prevost (husband of Valerie Dunning) of Cornwall, Florence (Mrs. Richard Watters) of Hamilton, Mary (Mrs. Marcel Levac) of Green Valley, Alfred Prevost (husband of Millie Padbury) and Arthur Prevost (husband of Anita Menard), both of Cornwall and Patricia (Patsy) (Mrs. Richard Portant) of Brockville. Loving grandfather of thirty-three grandchildren and twenty great grandchildren. Dear brother of Frank Prevost of Cornwall. Predeceased by two sons, Charles and Bernard Prevost, two daughters, Rita and Theresa Prevost, two brothers, Oliver and Raoul Prevost and by four sisters, Mrs. Rose O'Brien, Mrs. Josephine Andre, Mrs. Florence Mayer and Miss Mary Prevost.

The funeral took place on Wednesday, November 17th, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to Precious Blood Church, Glen Walter, interment in Precious Blood Cemetery. Reverend Denis Vallancourt of Precious Blood Church officiated, assisted by Msgr. Michael O'Brien. The pallbearers were Howard McEvoy, Richard Portant, Frank Prevost, James Prevost, Kevin Prevost and Cal Prevost.

Mr. Prevost was a retired farmer and former emloyee of the Cornwall Golf and Country Club.

TOWNDROW
Pearl Irene

Passed away at the Cornwall General Hospital on Tuesday, November 9th, 1993. Mrs. Pearl Irene Towndrow, in her 80th year, born in Cambridge, England, of 565 Joyce Street; formerly of Port Rowan, Ontario. Dear daughter of the late Ernest Edward Unwin and the late Rose Irene Pettit. Beloved wife of the late Albert Towndrow. Loving mother of John Towndrow (husband of Susan Rieger) of Cornwall and Patricia (Mrs. John Buckwalter) of Ringoes, New Jersey. Loving grandmother of Lee and Kerry Towndrow and Ann and Tom Buckwalter. Dear sister of Ronald Unwin of Port Rowan, Edward (Ted) Unwin of Bexhill, Sussex, England and Mrs. Iris Hook of Ashford, Kent, England. Predeceased by one sister, Mrs. Sybil Steer.

A private funeral took place on Saturday, November 13th, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch, followed by Cremation. Reverend Bryan Girling, formerly of Cornwall and Reverend Steven Hendry, Pastor of St. John's Anglican Church officiated.

Mrs. Towndrow was a member of The Women's Institute of Port Rowan as well as an active member of St. John's Anglican Church in Port Rowan.

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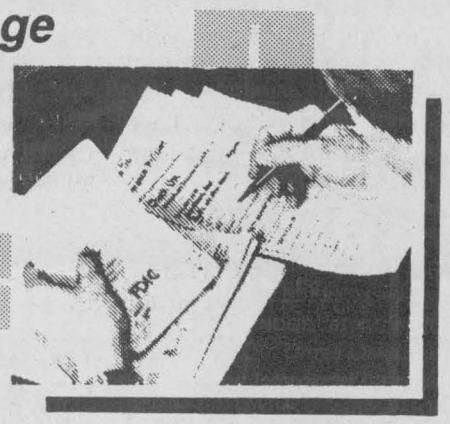

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LETTERS TO SANTA



Dear Santa:

How are you? I have been a good boy. For Christmas I would like 2-XL robot and video painter and Sega Genesis with Game Genie.

Love
David Spence

Dear Santa:

My name is Candelyn Hutt. I am 5 years old. I am trying to be a good girl this year for my mom. I would like some dolls, Barbie Doll, car & vans. Also I would like a doll carriage and grocery cart for Christmas. Could you also bring something for my big brothers Matthew & Jeffery. We will leave lots of goodies for you and your reindeer "Santa". Thanks for all the presents last year.

Love
Candelyn Hutt

Hi Santa:

My name is Steven G. Tyo. I'm 5 years old. thank you for the gifts last year. They were beautiful and wonderful. This year I am very anxious for Christmas.

For Christmas this year I would like: Batman Sound Book; Sonic Dump Truck; Perfection game; Sonic Towing Truck; Batman figure.

Daddy & Mommy said that I was a pretty good boy this year. I will be leaving you some cookies and hot chocolate and some sugar for the reindeers.

I love you Santa.
Steven G. Tyo

Hi Santa:

My name is Ashley-Lynn Tyo. Thank you for the gifts last year. They were beautiful and wonderful. This year I am very anxious for Christmas.

For Christmas this year I would like: Polly Pocket; Aladdin Tape; Scattergories game; Beauty Beast Book; Water Baby.

Daddy & Mommy said that I'm a good girl. I will be leaving you some cookies and hot chocolate and some sugar for the reindeers.

I love you Santa.
Ashley-Lynn Tyo

Dear Santa:

My name is Jeffery Hutt. I am 7 years old. I am being a good boy. I would like a Turtle Van, Batman Set, Turtle Sewers, Crash Dummies, a Police Race Car Set; and big trucks and cars. Could you bring something for my big brother Matthew and my little sister Candelyn. We will leave lots of goodies for you and your reindeers. Thanks for all the presents last year.

Love
Jefferey Hutt

Dear Santa:

My name is Matthew McRae. I live in St. Andrews. My birthday is just a few days after Christmas and I will be 3 years old. I try to be a good boy for mommy and daddy but sometimes it's hard.

I would like a Ninja Turtle, James The Toy Engine, a guitar so I can play rock and roll and anything else you can spare.

I will leave you a peanut butter ball and glass of milk and sugar & water for your reindeer.

P.S. Daddy says he will clean the ashes in our fireplace and he won't light the fire Christmas Eve. Also don't forget all the people I love.

Thank You Santa,
Your True Friend,
Matthew
xxoo

Dear Santa:

My mom is helping me to write this letter to you because I am only 4 years old. My name is Derek Hawn and my mom's name is Eileen. I also have a big sister whose name is Eileen too. She is 14 years old. We live on Lourdes Ave. in Cornwall. Mommy says I've been a good boy. I would really like for Christmas a game boy and a Barney movie. My sister would like CD's or the movie the Addam's Family or any Friday the 13th movies. Santa, we won't ask for too much because we know that there are a lot of other kids out there that you bring gifts for too. Oh, Santa, my sister said to tell Grant when you see him that she said Hi! and could you say Hi! to my dad Roger for me? We will leave cookies and milk for you and sugar for your reindeers. Mom is not asking for anything this year, but she said she'll say Hi! to you when she sees you on Christmas Eve.

Thanks Santa,
Love Derek & Eileen Hawn
hugs & kisses, love you

Dear Santa Claus:

I love you, Santa. You're my best friend. I've been a good girl this year.

This year, I would like a Vanity Set, McDonald Snack Set, Bug Play-Dough, Ice Tickle Bear, Sweet Heart Barbie, Jasmin & Aladdin Dolls, Doll House, Baby Yes & No, Make-Up Set, Musical Instrument, Talking Dinosaurs.

Love,
Christine Shaver
4 yrs. old

Dear Santa:

I love you. I hope you can deliver all the toys. How's Mrs. Claus? I would like Talking Dinosaurs, Princess Krystal, Make-Up Set, Pony Surprise, Guitar, Sally Secret, McDonald Snack Set, Ring-Around-The-Nosy, See & Say Storyteller, Lady & Tramp Book & Tape, Video Painter, Snow White Magic Mirror, Ice Tickle Bear.

Love,
Kelli Shaver
6 yrs. old

Dear Santa:

I am 3 years old. I've been a good girl this year. I hope you are well. If there is room on your sleigh, I would like some Magic Meadow Ponies, a play kitchen, a Play-Doh Fun Factory, some dinosaurs, and a Pony Surprise. A few little surprises for my stocking would be nice too. I will leave a treat for you, Rudolph and the other reindeer on Christmas Eve. Thanks Santa. I love you.

Nicole Dufraine
xoxo

Dear Santa:

I am 17 months old and my mom says I've been really good this year. I just want a few new toys such as a Care Bear, a nice doll, maybe a farm with animals and any other toys you think I would like. I do everything my older sister does so I will probably be able to play with some of her new toys. I love you Santa.

Stéphanie Dufraine
xoxo

Dear Santa:

My name is Ty Kinstler and I am 2-1/2 years old. I have been a very good boy! I am very excited for Christmas to come this year.

Thank you for my gifts from last year. This year I would like a farm set, some tractors and some cars and trucks. Mom thanks you for her new Jeep but says no, I can't drive it!

P.S. Don't forget Ruckus and Corky

Love Ty
xoxo

Hi Santa:

My name is Emily Kinstler and I am 1 yr. old. Mom tells me I'm a little sweetheart so that must mean I'm good.

Thank you for my presents from last year and I'm sorry I cried when I saw you at the mall.

This year I would like some new bathtub toys and anything else you think I might like.

We will leave treats for you and your reindeer.

Thank you Santa,
Love Emily
xoxo

Dear Santa:

Merry Christmas! My mommy's helping me write this. I'm leaving you some crackers and lemonade for a snack on Christmas. For Christmas, can you get me a helicopter, an airplane, a convertible, tools, and a play washer and dryer? Mommy will get me the rest. Can you say Hi! to the elves, Rudolph and the rest of the reindeer? I'm leaving crackers for them too. I love you Santa.

Jonathan Cosby
xoxoxox

Dear Santa:

Hello, my name is Michael Brunette and I'm 4 years old. Thank you for last year's presents.

This year I would like a Kitchen Center, Robot, Battle Trolls, Tape Recorder, Tool Box, Dr. Kit and anything else you would like to bring. I will leave cookies for you and carrots for the reindeer.

Love Michael

Dear Santa:

My name is Chelsea Brunette and I'm 18 months old.

For Christmas I would like soft toys to cuddle, and activity toys to keep me busy and out of trouble.

Love Chelsea

Dear Santa:

My name is Joey. I am 5 years old. My Christmas wish is for everyone to have peace and to share Jesus' birthday with family and friends. Could you please bring me a remote control car for Christmas? My brother Toma would like a video game and my brother Edward would like a game genie for Christmas. We will leave you and the reindeers a snack for your long journey.

Love Joey, Edward and
Toma Gravelle

Dear Santa:

My name is Jamie Brunette and I am almost 7 years old. Thank you for last year's presents.

This year I would like Super Nintendo, Mighty Max, Crash Dummies Car and Figures, all 4 Road Ready Vehicles, Stone Protectors and anything else you care to bring.

I will leave milk and cookies for you and carrots for the reindeer.

Love Jamie

Letters To Santa

ATTENTION CHILDREN

Santa's preparing his list and checking it twice to make sure he doesn't forget anyone this year. So, let's get your letter in to him as soon as possible.



Letters To Be Published
November 29
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Letters To Santa
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