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INSIDE

Today's Paper
In & Around Cornwall.....2
SLHS Spotlight.....5
Ask The Ombudsman 12
Amazing Grace 18
Inside The Colts.....23

SPECIAL FEATURE
City Hall Bulletin
pages 10 & 11

Leon's Luau Sale
BIG FUN! BIG SAVINGS!
The Big Kahuna Says
"Don't Miss It!!"
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SEAWAY NEWS

FEBRUARY 15, 1998 VOLUME 12, ISSUE 7 SERVING CORNWALL AND AREA

Winter Carnival '98 ... A Huge Success!



Blue Skies, shining on me, nothing but blue skies do I see ... Winter Carnival fever hit Cornwall this week with events and sights for all ages. The junior kindergarten group from St. Columban's West took advantage of the great weather conditons on Tuesday and along with monitor Mrs. Yvonne Bakker and Youth Services Canada rep. Shauna Dunne enjoyed themselves at the site of the great Ice Palace.
(photo by Carol Munday)

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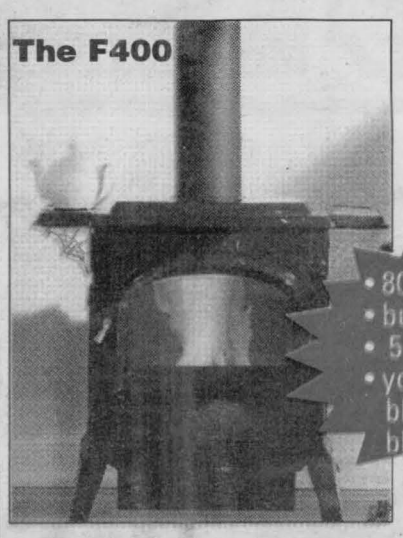
Our Oil Stoves DO NOT Need Electricity To Keep You Warm & Cosy
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F400 11,400 Btu (min.) .....0.3 litre/hr.
35,400 Btu (max.) .....1.2 litre/hr.
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48,900 Btu (max.) .....1.5 litre/hr.
GUINDON-GLENOCO
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In & About CORNWALL

Aquatic Centre Possible in Millennium

Project 2000, the city's aquatic centre venture has been slated as a possible project for the millennium. While stating that the project is a possibility for the future, city council is cautioning that there is no set date for the project and it will depend on the availability of funds. Because it has become an Official Millennium Project, the committee can now apply for provincial and federal funding under any grant programs set up to commemorate the new millennium.

ALASKA CRUISE GROUP



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This elegant ship has 2 swimming pools (1 outdoor, 1 covered), 6 whirlpools, jogging track, sports area, Golf Ahoy!®; Fitness centre; spa and sauna. Excellent dining & shows & this remarkable itinerary on a FIVE STAR SHIP MAKES THIS A DEAL OF A LIFETIME

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Tuesday: Skagway, 7 a.m. - 4:45 p.m.
Wednesday: Glacier Bay, 8 a.m. - 5 p.m.
Thursday: Ketchikan, 7 a.m. - 3 p.m.
Thursday: Misty Fjord, 6 p.m. - 8 p.m.
Friday: Cruising
Saturday: Arrive Vancouver, 8 a.m.



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Father Jacques Labelle: 932-9616

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Industries Invited to Showcase

The SD&G Community Development Corporation would like to encourage all area industries to participate in an industrial showcase this spring. The Ontario East Showcase is the first event of its kind linking businesses from throughout the region with procurement officers from private industry , government trade officials and other key corporate contacts, as well as each other. "It's an excellent opportunity," said James dePater, Executive Director of SD&G Community Developmment Corporation, "for industries to meet other key industrial figures, target VIP guests as well as trade commissioners." The showcase, which will be held at the Ottawa Congress Centre on April 14 - 15, 1998 will promote over 100 Eastern Ontario industries with opportunities to form strategic partnership and alliances while networking with the many visitors. Exhibitors will have a chance to meet one on one with these guests to discuss partnerships, capacity building, alternative source of suppliers and other business opportunities. The Ministry of Economic Development, Trade & Tourism and the Department of Foreign Affairs and International Trade are supporting this event and making connections with business and trade consulate staff around the world to promote the event.

VON Cancer Support Network Art Contest

The VON Cancer Support Network and the Palliative Care Volunteer Program are pleased to announce an Art Contest in recognition of the $10,000 worth of books and resources given to the Cornwall Public Library. The Art Contest rules have been sent to all SD&G High Schools and students grade 9-10 will have an opportunity to win the $200 award for the best picture showing cancer or life-threatening illness in a kind, caring way. The rules have also been sent to all SD&G High School students in grades 10-OAC. These students have an opportunity to win a $300 prize for the best work. The adult with the best piece of work will be awarded a $500 award. The Cornwall Regional Art Gallery will be showing the pictures during Cancer and Palliative Care month in April. The date of the judging will be on April 23rd at the Art Gallery. Anyone interested in picking up a contest entry form please call VON at 932-3451 and ask for Sheila Airey or Sue MacDonald or drop into the Cornwall Regional Art Gallery at 164 Pitt Street.



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Ice on Display



Walking through the downtown core to view the unique ice sculptures on display in front of merchant's stores, ending their stroll at the magnificent Ice Palace in Lamoureux Park, visitors and locals alike echoed the same sentiments about Cornwall's visionaries, those enterprising volunteers who brought everyone this year's festive Winter Carnival ... "B BRAVO!!"

Pictured at the entrance to Lamoureux Park are Lynn Cameron and daughter Chelsea; Gisele Struthers; Agnes Villeneuve and friends.

(photo by Carol Munday)

Ice Storm Affects T.R. Leger

The January ice storm has backed up the beginning of T.R. Leger's Trimester 3 Day School. The revised start date is Monday, March 23 following the March break. The school is currently taking early registration for adults wishing to return to school. By applying now you can ensure a seat in one of the many high school credit courses including the "Eden" courses which allow students to use the Internet to complete high school credits on-line. The school is currently piloting these new, information age courses. Also, a new teacher led Parenting course for moms and dads is being offered at 119 Fourth Street East, during the day. Learn more about what motivates your child and how to cope with stress. For more information call Kathy at 937-0120.

New Social Club for Kids

The Canadian Council of the Blind (CCB) has officially started a special group for visually-impaired children in the area - and the first event was held last Monday at the Olympia Bowl. Children were given the chance to send bowling balls down the lane at the Olympia. Local CCB Clubs are active in over 90 communities across Canada. The local children's group holds monthly meetings and is hoping to raise awareness and funds to bring in guest speakers and hold other events.

Food Bank Full Again

The shelves at the Agape Centre are full once again, thanks to donations locally and also from the Canadian Association of Food Banks. Five transport truckloads of food were unloaded at the Centre during the ice storm to replenish supplies. Food supplies have now returned to normal and should now remain stable. The Agape Centre also operates a soup kitchen and donates clothing and second hand furniture to the needy.

Winter Carnival Events

There are still many events scheduled for this weekend of Cornwall's Winter Carnival. The last weekend of the carnival features a three pitch tournament on Saturday at 9 am, the Royal Bank Children's Park and Tent with Shriner's clowns, horse drawn sleigh rides from 11 am to 3 pm, a hockey game between Cornwall Colts and Law Enforcement at 11 am at the Complex, and dog sled races at 1 pm. Also in the park will be the Polar Bear Dip at 12 pm behind the RCAF building. This event will raise funds for the United Way. The Carnival events continue on Sunday in the Park with the last event being Fred Penner on Monday night. Tickets are still available for the Fred Penner show.

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LOOKING BACKWARD



By Stuart L. Manson

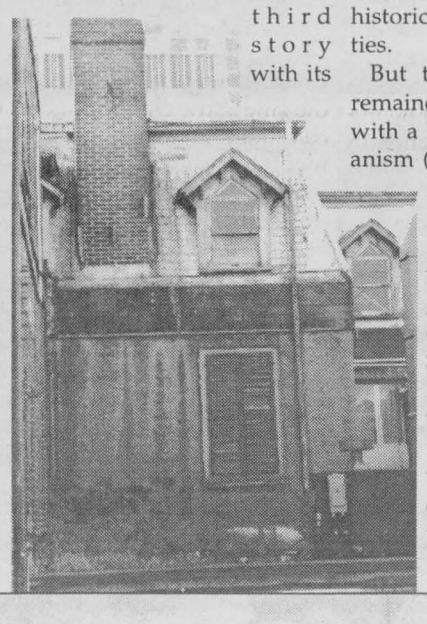
The King George Hotel: Hidden History

Before the great fire of 1997, at first glance the King George Hotel looked like a dreary product of the 1950's. Its facade was modern, uninspired and largely forgettable. However, buried deep beneath that superficial mask were the architectural remnants of a 170 year old building, some visible to the determined historian.

First, some context. The King George Hotel began its life as the home of Dr. Noah Dickinson in the 1820's. It was subsequently used as a courthouse, militia barracks and other sundry applications. In 1869 it was converted into a hotel by Samuel Cline, son-in-law of Dr. Dickinson. Shortly thereafter, Cline added the third story with its notable Mansard roof and dormer windows.

The 20th century and its uncanny ability to destroy things of beauty did not spare the King George Hotel. Various modern additions were inflicted upon the Georgian and Second Empire building, covering most of its historic and attractive qualities.

But the original structure remained and could be found with a little creative pedestrianism (and the climbing of a few fire escapes). A few months before the fire, this is exactly what I did to photograph the surviving elements of the hotel. Sections of the Mansard roof, dormer windows and the original 1820's brickwork were still there, as evidenced by the accompanying photographs.



This circa 1910 postcard (below) clearly shows the overall massing and intricate details of the old King George Hotel. The top floor was added in about 1869 and the tower shortly thereafter. The photograph at right was taken a few months before the disastrous fire and shows the architectural evidence that the old King George Hotel was still there, despite being enveloped by modern additions. (photos/ SD&G Historical Society and Manson)



Retirement Gift Presented



Mr. Dick Aubry was recently presented with a commemorative lamp on the occasion of his retirement from Cornwall Electric's Board of Directors on which he served for more than ten years. Pictured above are: (seated l. to r.) Ernie Jackson, Dick Aubry, Ron Bergeron; (standing l. to r.) Hugh McAlear, Mayor Brian Sylvester, Tim Bertrand, Kazi Marouf, Claude Poirier, Robert Winn.

ATTENTION
~ SNOWMOBILERS ~

CAUTION

Hazardous situations exist throughout our service area as a result of fallen poles and wires caused by the recent ice storm.

You are advised to exercise extreme caution while snowmobiling as these hazards may be hidden by snow and ice.

Many of these conditions will prevail until we can effect a full scale clean-up in the Spring.



Cornwall Electric

Customer Service...Our Priority

932-0123

1001 Sydney Street

Vitamin C: Get The Facts

(NC)—Vitamin C is one of the most commonly used supplements. The daily recommended intake for adults ages 25 to 49 is 40 mg for men and 30 mg for women. Smokers may require a higher dosage.

Sources: Natural sources of vitamin C include: citrus fruit, cantaloupe, strawberries, cauliflower and tomatoes. But remember that vitamin C is water soluble and may be reduced if vegetables are overcooked. Vitamin C is also available as a supplement in both chewable and non-chewable forms.

Benefits: Vitamin C is an essential component of bones, teeth, skin and proper wound healing. It is also considered an antioxidant which is thought to minimize free radical damage in the body, thus reducing the chance of developing cancer, heart disease and stroke.

Caution: Doses greater than 1000mg can cause nausea, abdominal cramps and contribute to kidney stone formations. Chewable Vitamin C tablets can contribute to tooth decay, so be sure to rinse or brush after use. Always consult with your doctor, dietitian or pharmacist when selecting vitamin products.

The Disaster Relief Committee and The Insurance Brokers Association of SD&G

Mr. Peter Morgan, Chairman of the Cornwall Disaster Relief Committee and Mr. Brendon Hunt, President of the Insurance Brokers Association of Stormont, Dundas and Glengarry, announced the mechanism for presentation of claims for loss or damage which was not covered by insurance policies.

Mr. Morgan indicated that the Cornwall Disaster Relief committee, comprised of local citizens, have advised that Preliminary Damage Estimate forms will be available and the offices of select member insurance brokers, and emphasized that the value of the fund available to compensate city residents has not yet been established, however, it is is essential that anyone wishing to claim for loss or damages not covered by their insurance policy, complete one of these preliminary information gathering forms.

Mr. Hunt stated "the member insurance brokers of our association present a logical choice of the committee for assistance in completion and presentation of both these preliminary, and final claims forms when they become available in the future. As we are strategically located within various bilingual areas of the city and are fully conversant with the claims gathering and presentation process, we will provide a value added component to the Disaster Relief Committee in particular, and the citizens of Cornwall at large." In addition, Hunt emphasized what he termed the "uneven playing field" amongst insurance carriers, and by involving members of the Insurance Brokers Association, he is confident that the much needed funds can be expeditiously distributed to those in necessity.

Mr. Hunt estimated that there are over 50 insurance carriers represented within the local trading corridor, each with their own specific contracts, terms and conditions. In addition, most insurers have 3 or 4 various types of home and tenants policies, with a multitude of riders, endorsements and deductible options. This combination and permutation alone presents a formidable challenge to the insurance broking community says Hunt, however, when combined with the constant liberalization and reinterpretation of policy wordings and claims protocols, one can certainly appreciate the professional counsel of their insurance broker in this natural disaster, the magnitude of which has never been experienced in this area.

Citing specific examples, Hunt indicated that some insurers are waiving deductibles, assisting in the purchase or rental of generators which mitigated the damages to the insurance companies, waiving of losses emanating from this ice storm from the clients claims records, amongst other individual company initiatives. Mr. Hunt did emphasize that although his association diligently attempted to obtain consensus of the insurance companies respecting the handling of ice storm losses, each carrier has their individual and unique sets of benefits and options, which makes for a competitive, free-enterprise marketplace.

Mr. Morgan accentuated the fact that all preliminary claims forms can only be obtained at member insurance broker offices and must be completed by a registered insurance broker, whether or not the claimant has insurance in force. If there is no insurance in effect, a notation will be made by the insurance brokerage, and the preliminary claims form will be sent to the Disaster Relief Committee along with all other claims forms.

Mr. Hunt indicated that his membership have volunteered their time and office staff to assist both insured and non-insured citizens, and that member brokerages have "stepped up to the plate, in order to provide extra ordinary service to the disadvantaged in this extra ordinary time of disaster." Hunt also suggested his membership will extend identical assistance to the citizens of the Three United Counties and hopes to meet with members of that Disaster Committee very shortly.

According to Mr. Morgan, the Disaster Relief Committee has a two-pronged mandate from the Province: to apply judicious application of relief funds within certain mandated parameters, which will be forthcoming within the next week, as well as soliciting funds and donations. Charitable contributions can be made at any branch of the Toronto-Dominion bank. For their part, Hunt indicated that he is spearheading a fund raising effort amongst the insurance community and to date, the local Insurance Brokers Association has been successful in obtaining over $20,000 in donations, goods and services.

Notices outlining some of the salient points of the Disaster Relief compensation plan and names of member insurance broker offices will be forthcoming in local newspapers, and Morgan reiterated that all claims forms, both preliminary and final, when available, must be obtained and completed in conjunction with members of the insurance brokers association, who will facilitate the claims with the Disaster Relief Committee and not City Hall.

If you are expecting your first baby, expect us to help.



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S.L.H.S. Student in the Spotlight

Tom Moori

by Jen Leap

I took a walk, one night, with a very unique person, Tom Moori. He showed me an unknown world full of excitement and wonder. A world where Bad Religion reigns over all.



I think "fanatical" would describe Tom to a tee. I have never known a person who loves a band as much as Tom loves Bad Religion. He enjoys their music because they have intelligent views on life. Warning: his constant quoting from songs can become tiring after a while.

When Tom grows up, he would like to be an assistant ferry boat captain. I laughed when he told me that and asked him his real intentions. He shrugged and could not answer me. He intends on going to university, but after that, anything could happen.

With Tom, that is no overstatement: anything can happen. One night, I found myself stranded in Ottawa for a couple of hours ... with Tom. Tom starts popcorn fights in movie theaters and powder fights in doughnut stores. Also, peanut butter and jelly sandwiches have a habit of disappearing when left alone in Tom's presence.

Tom's favourite pastime is sleeping, though he has many other things that fill his time. He is on the school soccer team for the fifth year and also plays soccer on the Cornwall City Two team during the summer. He is a grocery clerk at Food Basics (if you see a little person in a green shirt wearily pushing carts along, please do not try to run him over). Tom also enjoys playing ping-pong, bowling, reading fantasy novels and collecting CDs.

Tom is the pinnacle of energy and youthfulness. He never, ever wipes the silly grin from his face. He walks around his house early in the morning carrying his cuddling pillow in one hand. He never seems to stop moving and always fidgets. He jumps around my room singing and refuses to listen until the song is finished. His face looks like that of a wounded puppy dog when his feelings are hurt. Sometimes I think of him as a child rather than a young man. That, though, is part of his charm.

One night, "I took the road less traveled by and that has made all the difference."

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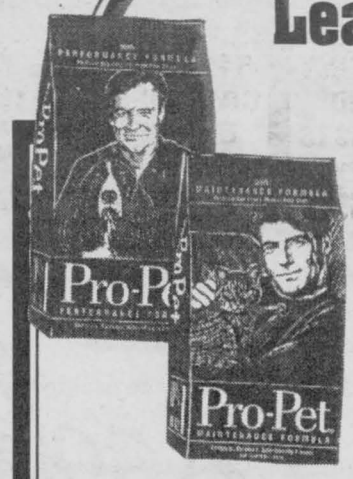

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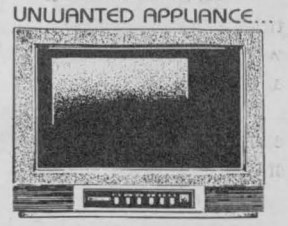

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War of Words Widens:

COGECO Announces Broadcast of Debate Blow by Blow

A local debate between opponents and supporters of Tory education policies got a boost on Wednesday when COGECO announced that it will supply gavel to gavel coverage of the event, even as changes in the players continued. The debate will be televised at 8 pm on Tuesday, February 17th, exactly twenty five hours after the live debate will be taped.



SAGEL

The move to broadcast the debate so quickly after the event is seen as an indication of the growing public interest in the town hall type event to be held at St. Lawrence High School in the Cafetorium.

"There is a very high level of interest both in the education community and in the wider community," said Greg McGillis, chief administrative officer of the recently amalgamated OSSTF District 26 and organizer of the event. "People are worried about education. Many of them think that the government has gone too far with its changes to schools and school boards. While many people are realizing that there are profound changes contained in Bill 160, they aren't sure how it affects them or their children. They're expecting that this debate will help to define the issues and help them decide whether the government is justified in what has become the largest power grab by an Ontario Government in our history."

It now appears that John Divinski, CJSS/CFLG's well-known open line show host, will moderate the debate. Divinski had initially not been acceptable to Fred Sagel, the controversial columnist for the Seaway News. But after a number of prominent citizens had declined to take the moderator's job on, both sides were able to agree on Divinski. The panel will now include Marc Pilote from CFLG/CJSS, Tom Swift from the Standard-Freeholder and prominent educational gadfly, Joe Gunn. A fourth panelist is possible and talks are continuing between Sagel and McGillis.



GUNN

Debate Will Collect For Ice Storm

New Panellist Selected

The debate between Paul Inksetter, vice president of OSSTF, and Fred Sagel, a syndicated columnist with the Seaway News, took a new, unexpected twist recently when OSSTF District 21 President Greg McGillis announced that donations for ice storm relief would be collected at the door. "We're still not charging," said Greg McGillis, OSSTF District 26 CAO, "but in keeping with the community spirit of the event, we wanted to take this opportunity to help out in whatever way we can."

The event, broadcast on COGECO Cable 11 on Tuesday at 8 pm, will also have a new panellist: Cathy Thompson of the Morrisburg Leader. "Both Fred and I agreed that Cathy's background would round out the panel nicely. She's one of the reporters from the weeklies who has covered education extensively and in depth. She will bring some real balance to our team on the panel." John Divinski will moderate and the panel now includes three journalists along with Joe Gunn. The three journalists are: Marc Pilote, Cathy Thompson and Tom Swift.

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Taking Care Of Yourself

(NC)—If you have HIV infection, you may feel, look and act just fine.

But you need to start taking care of yourself as soon as you find out that you have HIV. This is the key to delaying the onset of more serious problems.

Try to keep a positive outlook. Hope is very important. Every day there are new drugs and treatments being developed. For example, a new generation drug called d4T doesn't have the molecular flaw that its better know predecessor AZT has, which makes it more effective in fighting HIV, plus it's easier to take. Each time you visit your doctor be sure to ask about new treatments and clinical trials (research projects) in which you might participate.

Try not to worry. Worrying can lead to stress and stress weakens the immune system. Take steps to reduce stress. Breathing exercises, leisure walks, reading, meditation, community activities, massage...whatever does the trick.

The following tips may also help you to stay healthy longer:

- Get immunization shots to prevent other infections
- Avoid exposure to infection - for example, people with colds, other illnesses, and human or pet waste.
- Eat healthy foods and exercise regularly to stay strong and fit.
- Get enough sleep
- Finish all your medications, even if you feel better after only taking half of them.

If you experience numbness, sores in your mouth, changes in eyesight, or shortness of breath, be sure to tell your health care provider right away.

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Wish I May, Wish I Might,...

(NC)Childhood was intended to be one of the happiest times of our lives, but for children who suffer from a high risk life-threatening illness, happiness becomes an elusive dream. The Children's Wish Foundation of Canada continues to touch the lives of these very special children diagnosed between the ages of 3 and 18 years. The number of children who have received wishes will be well over 5,000 by the new year.

Founded in 1984, the Foundations fundraising goal becomes increasingly challenging every year. The holiday season is always a time of great financial pressure for The Children's Wish Foundation of Canada. The emotional aspect of not knowing how many Christmases a child will see, brings many more families to the organization at this time of year. From British Columbia to Newfoundland, the provincial Chapter offices strive to raise the funds necessary for the realization of every wish. The costs continually rise whether it is to fly a child to meet their favorite celebrity, to visit the Disney theme parks or even to purchase a computer.

Speaking from the Foundations National Headquarters in Ajax, Ontario,the National Executive Director, Laura Cole, is optimistic, the love for children is universal, the Canadian people will continue to dig deep and give to our children. Through the generosity of corporations, schools and individuals , we will continue to grow in spite of any tough economic times.

The Children's Wish Foundation of Canada made a commitment to these children 13 years ago and has no intention of failing them now! They are trusting that the public will continue to aid them in keeping their promise to every child afflicted with a high risk life-threatening illness.

Anyone interested in supporting the Foundation may obtain additional information by calling this toll free number. 1-800-267-9474

Bell Canada Announces 1-888 Number Connecting Ontarians to Olympic Athletes in Nagano

Beginning on January 26th, 1998, people across Ontario will be able to leave messages of encouragement for Canadian Olympic athletes through a special 1-888 number created by Bell Canada.

The Olympic Connections Line, 1-888-439-TEAM (8326), prompts callers to leave a message for their favourite athlete on Canada's Olympic Team. Message will be transcribed and sent via the Internet to special e-mail addresses created for athletes and accessed at the Olympic Village in Nagano.

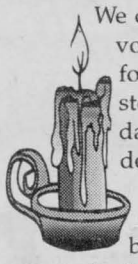
"The Olympics are special for everyone," says Bruce Barr, Bell's Group Vice President, Marketing Communications and Retail Sales. "We're proud to lend our services to help the people of Ontario share the Olympic spirit directly with our athletes in Nagano."

A series of advertisements helping to build awareness of the line will begin today and run throughout the Olympic Games. The ads will feature five members of the Canadian Olympic team, including Canadian Women's Hockey Team member Lesley Reddon, figure skater Jeff Langdon, bobsleigh team member Chris Lori, biathlete Nikki Keddie and long track speed skater Ingrid Liepa. In addition to the general mailbox for all Canadian Olympians, each featured athlete will have an individual mailbox on the 1-888 number.

"Bell is committed to connecting people to things that matter," says Barr "Our 1-888 number will help Ontarians directly experience and share the emotion of the Olympics with Canadian athletes."

Bell Canada is an official sponsor of the Canadian Olympic Team for the 1998 Olympic Winter Games in Nagano, Japan. The company actively supports amateur and professional sport, from local teams and tournaments to its title sponsorship of the Bell Canadian Open. Bell is the largest Canadian telecommunications operating company and markets a full range of state-of-the-art products and services to more than seven million business and residential customers in Ontario and Quebec.

STORM NOTES



We can never repay our neighbours, friends and the volunteers from the Newington Fire Department for their help and kindness during the recent ice storm. We were 10 days without power and 12 days without a phone and it is impossible to describe it unless you were living through it.

Our family were all in the blacked out triangle in Quebec, but thanks to our friends and neighbours, we were not alone.

A result of the storm caused my husband to have a serious fall, so thanks again to Brian and Dave from Finch Ambulance 4508 and our neighbours, he was delivered to the care of the Cornwall General Hospital. We especially thank all the nurses at the emergency department for the wonderful care he received during his stay.

Thank you to all the kind and caring people.

Gloria Milley
Lunenburg.



St. Lawrence Centre Arena to Hold Free "Thank You" Skate Night

The St. Lawrence Centre Arena will hold a special "Thank You Free Skate Night" for local organizations and volunteers to express the gratitude of the Mall, the Arena and Massena residents for extraordinary efforts made by organizations and their employees and volunteers during January's ice storms. Among the companies/ organizations invited to enjoy free skating admissions on Friday, February 27th from 7:30 - 10:00 pm are Massena Electric, WMSA Radio, the Red Cross, The Neighbourhood Centre, the Massena Police Department and the Massena Volunteer Fire Department, but all volunteers from other organizations are also invited to participate.

Jim Kenney, general manager of the Arena, said he knows first hand how important the efforts of these workers were during the storms.

"Everyone suffered and everyone pulled together," Kenney said. "But we think there were certain people who went above and beyond. The Massena Electric folks worked round the clock; WMSA Radio was especially dedicated to helping out; the volunteers of the Red Cross and the Neighbourhood Center provided comfort and resources for hundreds of desperate people; and it's obvious how important the police and fire departments were. We at the St. Lawrence Centre appreciate their efforts and want to personally say "thank you" to them and all the other volunteers who worked so hard and long."

Kenney admitted that inviting people who had to battle ice storms for so long to come ice skating might sound a little odd, but hopefully, it will be a good time.

"We know these people are sick of ice. We're sick of ice storms, too. But here at the Arena, we have what we like to call "nice ice". It stays put, it stays smooth, and you don't have to do anything with it but glide on skates ... then drive home and leave it behind!'

Free passes will be provided to the organizations mentioned, but those without passes may also attend.

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AROUND the Counties

Bank Robbery in Lancaster

The Bank of Montreal in Lancaster has been robbed again by a lone gunman who walked in on February 5th on 12:25 pm, pointed a small handgun at a teller and demanded money. The suspect fled in a small, light green motor vehicle, described as a Cavalier or Neon. He is described as english speaking, 5'9" to 6', 160 to 180 lbs. and was wearing dark track pants, a dark jacket, white running shoes and a dark balaclava. Anyone with any information is asked to call Lancaster OPP at 347-2499 or 1-888-310-1122. This is the second time in two years that the Lancaster Bank of Montreal has been robbed.

St. Lawrence Centre To Hold Spring Antique Show

St. Lawrence Centre will be holding its Spring Antique Show on Saturday, March 7th from 10:00 am - 9:00 pm and on Sunday, March 8th from 11:00 am - 5:00 pm. Local dealers will be on hand showcasing and selling their finest antiques and collectibles. Space is limited, but still available.

Home Improvement Show

St. Lawrence Centre is pleased to host a Home Improvement Show, February 20th - February 22nd, presented by the Home Builders Association of St. Lawrence - Jefferson - Lewis Counties. Area businesses will be on hand throughout the mall showcasing their products, services and ideas to help update your living space or renovate your home. Hours are Friday and Saturday, 10:00 am - 9:00 pm and Sunday 11:00 am - 5:00 pm.

Youth Choir To Start in South Dundas

The Morrisburg Lions are looking at sponsoring a South Dundas Youth Choir. The Lions have been mulling this idea over for a while and now with the amalgamation there is a wider area to select a choir from and also with the millennium coming closer, a youth choir is an excellent idea. The Lions feel it is important to encourage the arts and have promised financial and moral support. Stephen Kenward, who has been studying music at Sir Wilfrid Laurier University has been approached by the Lions to help out. Kenward is conductor of the Seaway Valley Singer and renaissance Voyces. Choir rehearsals will be held every Tuesday evening from 6 to 7:30 pm starting the first week in March. The age range is from Grade 3 to Grade 8 and a maximum of 40 children will be accepted.

Snowarama Raises Funds

The Easter Seals Snowarama was held recently in Chesterfield, and although there was nearly half the number of participants as last year, they still raised more than $6,400 for disabled children, that's about $100 more than last year. About 24 machines took part in the 80-100 kilometre ride. Over the last four years, the Snowarama has raised over $20,000. The funds help families with disabled children pay for equipment such as wheelchairs, braces and artificial limbs.

Storm Cleanup Jobs

A federally funded program in partnership with New Beginnings for Youth, an Ottawa based charitable organization has made possible 20 jobs for ice storm cleanup duties in Eastern Ontario. The 35 hour a week jobs pays a net weekly stipend of $200 and are only open to those between 18 - 29 years of age. Those who complete the six month contract will qualify for bonuses up to $2,000 and will automatically receive a $500 bonus. The 20 people hired must be willing and able to work outdoors and will receive first aid and CPR training. The work will begin in local sugarbushes and then will go wherever they are most needed.

Alexandria Carnival Begins

The Alexandria Winter Carnival begins on February 14th with an outdoor hockey tournament at Champion's on Saturday. There will be a Star Night talent contest, sponsored by the Alexandria Optimist Club, at Glengarry District High School on February 17th and a Carnival Queen Dance on February 20th. Next weekend features an indoor soccer tournament on Saturday, February 21st, as well as a catch and release ice fishing tournament from 10:00 am -4:00 pm on Mill Pond. There will also be a bonfire at 6:30 - 9:00 pm. On February 22nd, there will be a parade at 12:30, and then a family day in the park.

Disaster Relief Committee

The SD&G Disaster Relief Committee at a recent meeting, appointed Charles Barkley to the Eastern Ontario Claims Committee. This group will work on criteria for claims and on official forms. The Canadian Red Cross has now joined the umbrella committee. One and a half million dollars of 8.1 million donated dollars were spent on food and supplies during the emergency; one million is a hold back for further relief; the remaining millions will be allocated to the three affected areas of Eastern Ontario, Southern Quebec and New Brunswick when needs have been finally assessed. Over 12,000 damage estimate forms have been distributed and roughly one thousand have already been received. The proposed date of return, February 24th, will be extended to allow for estimates of damages that may not be apparent until spring. Locally, individuals and organizations are asked to send donations to the SD&G Disaster Relief Fund Pointing out that with provincial matching, a loonie grows to five dollars, twenty dollars to one hundred. The address is SD&G Disaster Relief Fund, 20 Pitt Street, Cornwall, Ont. K6J 3P2.

Tourism Business Opportunities

On October 17th, KPMG consultants, on behalf of the St. Lawrence Parks Commission and the Ministry of Economic Development, Trade and Tourism, advertised a Request for Expressions of Interest and Qualifications (RFIQ) for a variety of existing, new business and development opportunities at the "Parks of the St. Lawrence". Upper Canada Village, in Morrisburg, and Fort Henry, in Kingston were not included in the RFIQ.

A total of 32 responses were received for the St. Lawrence Parks Commission. An assessment was conducted by the Ministry, the Commission, two other tourism agencies and by KPMG, the coordinating consultants. Having met the RFIQ criteria, 17 respondents were selected to proceed to Stage 2, the Request for Proposal (RFP) stage.

Although no specific date has been determined for the second stage, it is expected to begin within the near future. The RFP evaluation process is not expected to be completed in time for the successful proponents to begin operations in the 1998 season. All Commission activities and attractions are to be operated for the upcoming season (as per 1997) subject to final budget approval by the Ministry of Economic Development, Trade and Tourism.

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Opinion

SEAWAY NEWS
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Welcome to Hoserville (A.K.A. Cornwall)

PERSPECTIVE



By Bob Roth
Seaway News

Instead of constantly bemoaning the fact that Cornwall is an economic black hole compared to the rest of Southern Ontario, it's about time voters did something about it. The first place to start is getting rid of politicians who bring up the same, tired, old, ineffective ideas year after year.

Two issues over the past couple of weeks have raised my ire. The first is the suggestion by city Councillor Andre Rivette that the municipality give preference to city residents in hiring for municipal jobs. The second issue is the so-called "muzzle" bylaw proposed by SD&G's Public School Board (the action seen by some as an attempt to put the gag on Gunn).

To the credit of City Hall, council did vote down Rivette's proposal to turn Cornwall into an ancient Greek city-state, but I remain appalled that someone elected to public office in this day and age could still come up with such a bone-headed idea in the first place. To suggest making local residency a requirement for a municipal job is to deny history, geography and the law.

Rivette, who polled very high in the election results, is an anachronism - the kind of politician who only gives the city its continuing image as the Hoserville of Ontario.

Is this the best the city can produce for leadership? No wonder Cornwall is the tail on the Ontario dog.

What if every municipality had a local hiring policy? We have enough problems with inter-provincial commerce. Don't Cornwall residents work in Long Sault? Don't Long Sault residents shop in Cornwall? The concept of walled cities went out with the middle ages. The fact that Counc. Rivette clings to such antiquated and parochial notions demonstrates just how out of touch he is with the modern economy. The city will never prosper with attitudes like this. Thankfully, he's not in the majority.

This brings me to the gag Gunn campaign. Although it has not been explicitly stated, it is difficult to believe that the procedural bylaw proposed (at press time) at the Upper Canada District School Board is not aimed at the outspoken Trustee Joe Gunn.

Bad enough that the bylaw would limit a trustee's speaking time to five minutes (regardless of the complexity of an issue), it would also allow the thin-skinned to banish a trustee for being too abrasive.

To be sure, abrasive is definitely a word one could associate with Joe Gunn. He does "rub" some people the wrong way. But there are times that the scouring pad of straight talk is needed to remove the scum of complacency that can ring the tub of local politics. If the cleanser of vigorous debate leaves a rash on the tender pink backsides of the overly sensitive, too bad.

Gunn certainly infuriated his colleagues last summer when he publicly criticizes fellow trustees for handing out raises to senior administrators after telling teachers that money at the board was as scarce as an Ethiopian chicken.

He mad so much abrasive noise - during a time of education cutbacks - that the province ordered the pay increases rolled back.

Free speech - as annoying as it may be to some people - is the crucible of truth. No institution should recognize this more than our school system - where such values should be epitomized, not eviscerated.

SEAWAY NEWS
LETTERS TO THE EDITOR

An Open Letter To The Editor

Dear Editor:

I am writing in reference to the Ottawa Citizen article commenting on the adequacy of the funding for disaster relief in Eastern Ontario.

The Government of Ontario has repeatedly committed to help with the immediate financial needs of disaster victims, and to make further assistance available as the full extent of damages becomes known.

Further to this commitment, the Government of Ontario has already made available an initial $50 million with unprecedented speed. That money was a way to flow instant help to those facing emergency need. It was not a limit on Provincial commitment - it was a down payment.

Now, the process will change to reflect changing circumstances. As we move out of emergency response to the longer term repair of storm damage, individuals will submit claims for repair of essential items to their Local Disaster Relief Committees (Local Committees).

The Local Committees will have two streams of funds to satisfy these claims. The first stream comes from a Federal Provincial program called Disaster Financial Assistance Arrangements (DFAA). This program has established guidelines and was the primary vehicle for assistance in such other emergencies as the Red River and Saguenay floods. Under this program, claims will be paid up front by the Province of Ontario, even though they will ultimately be cost shareable with the Federal Government. Provided that claims meet the program guidelines, there is no limit on the availability of funds to settle these claims.

The Ontario Disaster Relief Assistance Program (ODRAP) is the second stream of funds. ODRAP covers losses which are not eligible for the DFAA. The funds from ODRAP will be raised locally and then matched by a Provincial contribution of up to 4:1.

The needs of individuals will be met by these two programs in the weeks and months ahead.

The article also raises the issue of assistance to municipalities. The Province of Ontario will deal directly with municipalities on their infrastructure losses. Their claims will have no bearing on the activities of the Local Committees or the funds they raise. The funds raised by the Local Committees are to help individuals, small businesses, and farmers.

I trust that this will clarify the Provincial commitment to help those in need as a result of the ice storm. Notwithstanding this commitment, it is important to stress that these government programs are not a substitute for personal insurance coverage. Individuals are reminded that they should turn first to their own private insurer, to have the benefit of the coverage that they paid for, before turning to community and government assistance.

If you would like further details, please feel free to contact Assistant Deputy Minister Elizabeth McLaren at (416) 585-6427.

Sincerely,
Al Leach
Minister



Is The Church Above The Law?

Dear Editor:

Congratulations to Bob Roth for his letter supporting Cornwall Police Const. Perry Dunlop. He seems to be one of the very few journalists to have caught the play re: the coverup of the "alleged" pedophile ring operating in the area.

He rightfully states that a full apology from Bishop Eugene Larocque and the Catholic Church is warranted because of all the subsquent charges (and apparently more pending). However, the odds of that apology forthcoming are about as good as the chance of Elvis giving a concert at the Civic Complex on April 1/98.

Mr. Roth poses the question "Is the church above the law?" The bishop has already stated that he answers only to God. Ain't he special.

A concerned Catholic
Carson Chisholm

In Support of Const. Dunlop

Dear Editor:

In response to Bob Roth's most recent article concerning Constable Perry Dunlop I would like to express my opinion.

Perry Dunlop and his family have suffered enormously over the past several years for the cover up and eventual payoff of $32,000 to the alleged victim according to Roth's article. It is unconscionable to think that the Catholic church would do this to keep the alleged victim quiet.

I think that Constable Dunlop deserves some sort of award from the community, even a statement saying that he showed tremendous courage by taking the first step in exposing what appears to be a 'sexual abuse ring' in the community.

It's unfortunate that the unfolding of such stories tarnishes the positive image of Cornwall upon which we are trying to build.

Kevin Parkinson
Cornwall

Celebrating 50th Anniversary

Dear Editor:

I am writing in the hope of reaching those readers who have a personal connection to the early history of Hotel Dieu Hospital in St. Catharines, which is celebrating its 50th anniversary this year.

To help mark this proud achievement, Hotel Dieu is planning a special and historic reunion for all those associated with the original maternity hospital, which operated from 1948 to 1953. The reunion will be held on Saturday, June 20th and is being planned especially for those who were born at the hospital, their parents and families, as well as those physicians, nurses and other staff who together played a central role in this special part of Hotel Dieu's history.

On behalf of the 50th anniversary organizing committee, I invite all maternity hospital "alumni" to contact us to let us know who and where you are so that we can extend to you a personal invitation and provide you with more information about this festive occasion. Whether or not you are able to attend, we would still appreciate hearing from you. Please contact the Development and Public Relations office at Hotel Dieu Hospital at 905-687-3703 or by fax at 905-687-3720.

I would urge you to mark June 20th, 1998 on your calendar and plan on taking a walk down memory lane.

Sincerely Yours,
Robert Edgar
Chair,
50th Anniversary
Committee
Hotel Dieu Hospital,
St. Catharines

National Flag Day

Dear Editor:

Several months ago, (how time does fly), Mr. Fred Sagel, lawyer and Prof. Emeritus, took aim and let go with a salvo in Seaway News. "Lack of Canadian Patriotism" told it like it is. With Nagano, Japan, Fred's article hits a bulls eye now in February, 1998. I had saved this column and after re-reading it, I declare Mr. Sagel is way ahead of Jo Jo Savard. How can Sheila Copps and Stéphanne Dion succeed in promoting Canadian Unity, with Canadians being so dull about their country? What will it take to encourage all Canadians (Quebec also) to love and display proudly the Canadian flag?

In the year 2000, our flag will be 35 years old. A strong and very healthy age to be. We've got the greatest and the most handsome flag in the whole world. So why not demonstrate it?

On February 15th, 1965, the P.M. of Canada, Lester B. Pearson and Gov. General Georges Vanier, hosted a ceremony wherein our national flag was hoisted for the very first time. Now, P.M. Jean Chrétien has declared February 15th our National Flag Day although it's not a paid holiday. Come on now, all Canadians, let's show our pride for flag and country, okay?

André A. Pettigrew
Bainsville

Chretien: Master of Doublespeak

Pardon me for saying this, but is there no point at which the Chretien government will ever stop being so hypocritical?

The worst federal government in memory (except of course, for Paul Martin's deficit reduction plans) has once again reversed course and shown that very little it says can be trusted.

Latest case in point: Prime Minister Chretien's declaration that Canada will participate in the planned American military strike against.

Nothing wrong with that, for sure, but what has gotten into Mr. Chretien to take this stand? He and his Liberal cohorts were the ones, you will remember, who so vigorously opposed any Canadian action in the Persian Gulf War in 1991. Now, with even weaker grounds to rest upon, he supports it. What's changed?

Nothing, except for sheer opportunism.

Just over seven years ago, Mr. Chretien did not want Canada getting pulled into the U.S. - led war against Iraq. He said the flimsy backing for any use of force among the United Nations allies was reason for Canada not to participate in the war and noted, in his traditional habit of doublespeak: "Our troops should be called back if there is a war, unless we decide to be in a war."

What nonsense that was then. And what greater nonsense it is now.

John Turner, a Liberal leader who did have some vision, fortitude and guts, did the right thing in 1991 and told Mr. Chretien to take a hike. He publicly broke ranks with the Liberal caucus and made a speech in the House of Commons that now seems to be the very document Mr. Chretien speaks from now.

Listen to what Mr. Turner said then: "The whole history and tradition and commitment of the party to which I have belonged for 35 years has been in support of the United Nations." Brave words - but they caused people like Sheila Copps to cringe.



Earlier this week, Mr. Chretien reverses course and argued for Canadian involvement in the gulf. Yet he now has a weaker case than seven years ago, because we're no longer talking about seven or eight or nine countries taking part in the war effort, but four.

How can he possibly justify such logic?

Simple answer: he can't. He is playing the same old game he started after he assumed power in 1993: say anything while in Opposition to get elected and then completely do the opposite. Talk about opportunism.

It's sometimes worthwhile for governments to change their minds, because that is a legitimate political option in the proper circumstances. But what Mr. Chretien persists in doing is downright ridiculous and makes a mockery of the political process.

He was the one who lied about the GST, lied about free trade, misled voters about the helicopters, on constitutional recognition of Quebec and on fiscal policy. Now he does the same thing with the Gulf War.

And yet, amazingly, voters don't seem to rise up in revolt. A little, maybe, but not much. Although he had his fingers slapped in the June 1997 election, it wasn't enough of a penalty for all of the lies and deceptions he has inflicted on the Canadian people.

For all that you can say about Brian Mulroney and his Conservative government - and there was plenty to criticize when you consider that he failed to bring the debt under control as promised - at least he stuck to his guns and did the courageous thing by passing free trade and the GST. He was punished for it, but it was the right thing to do and Mr. Chretien knows it. Too bad he doesn't have any political courage.

With people like Mr. Chretien around, no wonder people are cynical of their politicians. History will not look kindly on him. How can it? He does not aid the cause of people who run for office on ideas. He flaunts the whole idea. It certainly doesn't set a good example.

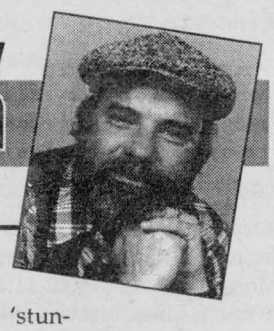
* * * * * *

I'm looking forward to coming to Cornwall on Monday evening to debate Paul Inksetter, a vice president of the OSSTF, on the merits of Bill 160. I happen to believe that the bill, which was totally misrepresented by the teachers' unions, will aid the cause of education in Ontario and that it marks the start of badly needed education reform of a failing public school system.

Mr. Inksetter, of course, will argue the opposite and hopefully, the dialogue will help people understand the issue better.

We're slated to begin at St. Lawrence High School at 7 pm.

BASIC BLACK



By Arthur Black
SEAWAY NEWS

LOVE IS A FOUR-LETTER WORD
April is the cruelest month, breeding Lilacs out of the dead land, mixing
Memory and desire....
The Wasteland

T. S. Eliot wrote that, and for my money, T.S. Eliot was all wet. April isn't the cruelest month. The wettest month maybe, but not the cruelest.

That honour goes to the one-twelfth of the calendar Canucks are currently slogging through: February. Now there's a cruel month for you.

February: the Waiting-For-Godot Month. The As-Bad-As-It-Gets Month. The merry roisterings of Christmas and New Years are but a distant memory, a thousand shovelsful of snow behind us. And what's to look forward to? Spring. Sometime. Eventually. We hope.

Which is what makes St. Valentine's Day so important for our mental health. St. Valentine's -- February 14th -- 24 hours of frivolity in a vast sea of slush and frost and frozen car batteries.

Herewith two tales of love, one bitter, one sweet, to get you over the hump from Yule to Spring:

The grim one first. It concerns a sprightly, five-foot-two harbinger of love by the name of Tracey Lyn Sargent. I haven't met Tracey, but I have it on good authority that she is a 'stunning' blonde, elfin and captivating, more than capable of snatching the average man's heart and playing a brisk game of Ping-Pong with it.

She certainly did that last year with four Toronto businessmen, from each of whom the whimsical Ms. Sargent managed to extract tens of thousands of dollars. These guys were all successful, savvy business men, looking for a little romantic 'action on the side'. They called up a Toronto Escort Service, were introduced to Tracey Lyn Sargent and got taken to the cleaners.

Well, they certainly had their bank accounts vacuum-cleaned courtesy of Tracey.

The men weren't dummies. One was a doctor, another was a crown attorney. The other two were self-made businessmen. Hard nosed guys, one would think, and yet a petite blonde who weighed maybe ninety-eight pounds soaking wet, had these guys falling all over themselves in their rush to give her their money. Tracey didn't use a gun. Or threats. Or blackmail.

All she used was a pair of lethal baby-blues.

As one of the guys summed it up later: "Love is stupid."

Well, maybe. But there is the story of Bill Gottlieb. Bill wanted to propose to his sweetie, Emily, in the worst way.

Actually, make that in the 'words' way.

Emily is a crosswords puzzle freak. She never misses The New York Times brainbuster. She does it even when she's with Bill at lunch. She was puzzling her way through the January 7th edition over brunch with Bill at a restaurant.

The theme of the puzzle was A Modest Proposal.

But it was a weird puzzle, even by New York Times standards. For one thing, Emily found her name in one of the answers. Then she found Bill's first name in another. Scooting down to 38 across, she read the clue: 1965 Gary Lewis and the Playboys Hit was the clue.

That was easy. Emily filled in This Diamond Ring.

Then she got to the clue for 56 Across. It read 1992 Paula Abdul hit.

Well, Emily knew that had to be Will You Marry Me?

Her name. Bill's name. A Modest Proposal. A wedding proposal. All these matrimonial clues....Emily scrunched up her nose the way Bill loved as she looked across at him munching on a bagel. "Bill," she said, with a sense of bafflement, "this puzzle...."

And Bill just took her hand -- the one with the ball point pen in it, looked at her and said "Will you marry me?"

That's when Emily realized that this guy had gone to the trouble of getting the Crosswords Puzzle editor of The New York Times to let him propose marriage to her -- in a crossword puzzle.

Not surprisingly, her response was the same as the answer to 57 Down: a three-letter word indicating agreement.

Love is....what's a six-letter word for love?

'Stupid' would fit, for sure.

But so would 'lovely'.

An Open Letter To The Citizens of South Stormont

Dear Citizens:

Council for the Township of South Stormont wishes to extend sincere thanks to all citizens of South Stormont who gave of their time, talents and prayers as the community worked to overcome the adversities which resulted from Ice Storm '98. As we recognize and show appreciation to the thousands of citizens who reached out to help one another, we thank God for his protection to all citizens who worked in various capacities throughout the community during the ice storm and to all those who overcame many obstacles in order to survive. As a community, we can count our blessings that no lives were lost as a result of this emergency.

As a newly amalgamated municipality, we witnessed thousands and thousands of acts of citizenship and kindness throughout the community. Volunteerism was central to the community's ability to cope and we thank each and every citizen who volunteered time and talent. You powered generators, pumped basements, trimmed trees, cooked meals, provided warmth and hot water to those without and countless other tasks. Your acts of kindness will never be forgotten by those who required assistance.

From the outset, our fire departments were front and center in the planning and delivery of emergency services. Firefighters from Newington, Ingleside, St. Andrews West and Long Sault departments, constantly supported by spouses, friends and community volunteers, provided protection to properties in many ways. The service provided by Cornwall firefighters, through mutual aid, was appreciated, too.

To the many volunteers who worked in our shelters, namely Woodland Villa, Lancer Centre and city facilities, sincere thanks for your commitment and service to your community. Many volunteers served meals, entertained children and provided love and support to the seniors who were forced to seek help and care in our facilities. Without naming names, we thank you all for this vital support to the community. As well, we thank all citizens and organizations, both locally and across Ontario and Canada, who provided food, blankets, cots, etc. for these shelters. In true community spirit, many industries in our area contributed wages to many of our volunteers. We thank you for your assistance. You provided the necessities for these "homes away from home."

We thank the Ontario Provincial Police for their service to the community and for their compassion and care to those who were forced to leave home. You provided the security to our community in its time of need and we are grateful for your commitment to all the security details provided to our citizens. As well, we salute and commend the military forces which served our community with distinction. These fine women and men from New Brunswick and Western Ontario came to our community in peace time (although it did look like a combat zone), provided outstanding service to the community and its citizens and left us with fond memories and lasting friendships. Through this disaster, bridges were built. Hats off to you all!

We salute and thank the staff, employees and volunteers from the newly amalgamated Township of South Stormont for the leadership shown and commitment to details which were shown on a daily basis. For those who worked in any capacity during this emergency, you know that it took a team effort in order to cope with what nature had thrown at us. You all worked as an outstanding team and proved that the Township of South Stormont was focused and ready as a new community in Ontario. Your acts of leadership and kindness will never be forgotten by those served.

Lastly, and as we cope with the aftermath and the cleanup from Ice Storm '98, we ask for the patience and understanding of all citizens of the community. We have all been severely tested by this event, however we can all build from it through patience and prayer. As we work to achieve the fairest compensation possible through the Disaster Relief Committee, let us all be mindful that the citizens of South Stormont showed true compassion, care and understanding to those requiring help during ice Storm '98. Let these traits continue to be central to our community's fibre in the future. God bless you all.

Council,
Township of
South Stormont

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

To ensure publication, submissions should be no longer than 350 words and include a title.

OSSTF Accepts Challenge

Debate on Bill 160

between

Paul Inksetter, Vice President of the Ontario Secondary School Teachers' Federation

and

Fred Sagel, Columnist for Seaway News



Monday, February 16, 1998
at 7:00 p.m.
St. Lawrence High School Cafetorium

Format to be announced



CITY HALL

News for Residents & Businesses

Lifeguard Recruitment

Looking For A Summer Job?

Cornwall Planning and Recreation Services will be offering the following courses to be a certified lifeguard and instructor at the Kinsmen Municipal Centre (412 5th St. East).

RED CROSS ROYAL LIFE INSURANCE COURSE will be offered May 15, 16, 17 and May 29, 30, 31

Must provide a photocopy of the following prerequisites:
- birth certificate (16 yrs. of age by the last day of the course)
- Bronze Cross, Red Cross Leaders • 10 hours of apprenticeship teaching

ROYAL LIFE NATIONAL LIFEGUARD COURSE will be offered April 3, 4, 5 and April 17, 18, 19.

Must provide a photocopy of the following prerequisites:
- birth certificate (16 yrs. of age by the last day of course)
- Bronze Cross • CPR recommended

RECERTIFICATION

NATIONAL LIFEGUARD RECERTIFICATION COURSE:

Course #1: Sunday, May 24th Course #2: Sunday, June 7th

RED CROSS INSTRUCTOR RECERTIFICATION COURSE:

Course #1: Sunday, May 3rd Course #2: Sunday, June 14th

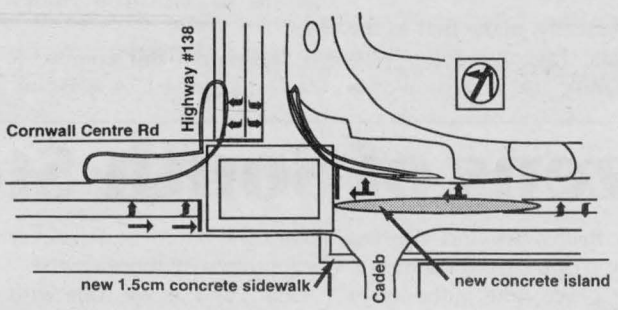
REGISTRATION DATES: Registration starts March 2nd at the Kinsmen Centre from 8:30 am to 10:00 pm and on going until classes are filled. Photocopies of qualifications and birth certificates will be required upon registration. City of Cornwall residents will have an opportunity to register from Monday, March 2nd until Friday, March 13th. Starting Saturday, March 14th, out of town candidates may register. Call 933-3585 for more information.

Traffic News

Cornwall City Council, at its regular meeting of October 14, 1997, approved the installation of traffic control signals at the intersection of Cornwall Centre Road and King's Highway #138.

To accommodate the signals, a median island will be constructed on the east approach to this intersection (see drawing) which will effectively prevent left turn access and egress from Cadeb Avenue to Cornwall Centre Road and vice-versa. The construction of this island is necessary to protect the capacity and overall safety of this intersection. These works are presently scheduled for the spring of 1998.

If you wish to express any concerns, comments, or questions relating to these modifications, please do not hesitate to contact the city c/o:
Ken Gauthier, P. Eng.
Traffic Engineer
930-2787, ext. 231
or 933-8567 fax



Ontario Building Code Seminar 1998

The Ministry of Municipal Affairs & Housing in co-operation with The City of Cornwall Building & Permits Office are offering a

ONE DAY SEMINAR

WHEN: Thursday, March 5, 1998
WHERE: Cornwall Civic Complex
100 Water Street East, Galleries I & II
TIME: 1:00 pm until 10:00 pm
WHY: New amendments to the 1997 Ontario Building Code which comes into effect March 16, 1998

THE COST IS FREE

PROPOSED AGENDA

1:00 pm - 2:45 pm	Changes to Part 3
	Coffee Break
3:00 pm - 4:00 pm	Changes to Part 2
4:00 pm - 5:00 pm	Changes to Part 7 (plumbing)
	Dinner Break (on your own)
6:30 pm - 10:00 pm	Changes to Part 9 (houses & small buildings)

**schedule times may vary*

This Seminar is open to Municipal Inspectors and Code Users, Architects, Engineers, Designers, Plumbers and Plumbing Contractors, Builders and Building Contractors, and other related agencies.

For Further Information you can call:
Barry Coleman at (613) 930-2787, ext. 364
or Bert Parthenais at (613) 930-2787, ext. 343
R.S.V.P.

Leisure Arts Programs at the Kinsmen Centre

Upcoming WORKSHOPS and CLASSES

YOUTH PROGRAMS

Parent/ Tot Funspot ($30/6 week session)
for 2-4 yr. olds with parent or caregiver
Tuesday class: March 3rd - April 7th from 9:30 am - 11:00 am
Wednesday class: March 4th - April 8th from 9:30 am - 11:00 am

Saturday Morning Craft Club (ages 6-9 yrs) $30/6 week session
March 7th - April 11th from 10 am - 11:30 am

Weeknight Craft Club (for 8 - 12 yr. olds) $30/6 week session
Wednesday, March 4th - April 8th from 6:00 pm - 7:30 pm

Art Stew: Introduction To Various Artistic Mediums and Techniques
(for 8 - 12 yr. olds) $20/5 week session
Tuesday, March 24th - April 21st from 6:30 pm - 8:00 pm

Upcoming WORKSHOPS and CLASSES FOR ADULTS

Pottery ($50/6 week session)
for levels beginner to advanced
Morning Class: March 11th - April 22nd from 9:30 am - noon
Evening Class: March 11th - April 22nd from 7:00 pm - 9:30 pm
*Please note: there will be no class on March 18th due to the school March break

Years Bread Baking ($25 + ingredients)
Adults can learn to make homemade bread and buns with lots of samples to take home
Saturday, February 21st from 10:00 am - 3:00 pm

Pre-registration is required for all classes and can be done at the Kinsmen Municipal Centre at 412 Fifth Street East. Registration is on-going until the classes fill up. Some classes may be cancelled due to insufficient enrollment. For additional information contact Jeff Hughes at 933-3586.

Big Ben Ski Centre



Big Ben Ski Centre is open Wednesday, Thursday and Fridays 5:30 pm - 9:00 pm, Saturdays and Sundays from 10:00 am - 4:00 pm for public skiing. Admission fee: $6 adults, $5 teens, $4 children.

Big Ben Ski Hill also has a skating rink, Chalet and snack bar. Introduction to snow boarding - small and large groups are welcome. Come join us at the "HILL".

March Break Madness!



March 16th to March - 20th

The Planning and Recreation Services department will be offering, once again this year, a variety of programs for youth during the school March Break.

Programs offered: Synchronized Swimming, Children's Stroke Improvement, Games on Ice (Skating), Hockey (with Huron Hockey staff), Basketball, Floor Hockey, Dancing, Painting, Sculpting, Beading, Baking and Crafting.

Registration for all March Break Madness will be taken in person at the Kinsmen Municipal Centre from February 23rd to March 6th.

Cots: $8 per workshop except for: Games on Ice ($5), Skills & Skating ($12), and Children's Stroke Improvement ($4).

Aqua Sport Camp

Aqua Sport Camp will be held March 16th to 20th from 9 am to 4:30 pm for boys and girls aged 6 to 12 years. Activities offered include swimming, basketball, soccer, floor hockey, skating, arts & crafts. The cost for Aqua Sport Camp is $80/week, $18/ day or $9/ half day.

BULLETIN

from the City of Cornwall

Council Meeting

MONDAY, FEBRUARY 23rd, 1998 at 7:30 pm

Become informed on YOUR local government.
Available on Community Channel 11

PLANNING ADVISORY COMMITTEE
MONDAY, FEBRUARY 16th, 1998 at 7:30 pm

City Hall Council Chambers

Preparing A Business Plan Seminar

The Cornwall Economic Development Self-Help Office and the Centre for Business and Industry Service are presenting a "Preparing A Business Plan" Seminar on Wednesday, February 25th, 1998 at 6:30 pm at St. Lawrence College, Moulinette Hall, Room 264.

Guidelines and good advice on making your business a success will be discussed. The fee is only $20.00. Book early. Limited seating.

To register call (613) 933-0074
or 1-888-Cornwall or 933-4693, ext. 2256.

Sponsored by:

Cornwall Economic Development

St. Lawrence College Saint-Laurent Brockville Cornwall Kingston

REQUEST FOR QUOTATIONS

QUOTATION NO. 98-Q05 — **Internal Cleaning & Inspection of Sanitary Sewers**
Closing Date: March 2, 1998 @ 2:00 pm

QUOTATION NO. 98-Q06 — **Supply of Hardware & Safety Supplies**
Closing Date: February 20, 1998 @ 2:00 pm

QUOTATION NO. 98-Q07 — **Supply of Bristol Board/Paper Stock**
Closing Date: February 27, 1998 @ 2:00 pm

QUOTATION NO. 98-Q08 — **Supply of First Aid Products**
Closing Date: February 27, 1998 @ 2:00 pm

QUOTATION NO. 98-Q09 — **Supply of Trousers**
Closing Date: March 4, 1998 @ 2:00 pm

QUOTATION NO. 98-Q10 — **Supply of Workshirts**
Closing Date: March 6, 1998 @ 2:00 pm

Persons interested in bidding are requested to obtain the necessary Quotation Documents from the Purchasing Department, 340 Pitt Street, 2nd Floor, Cornwall, Ontario or by telephoning (613) 932-6252, extension 320

PUBLIC TENDERS

TENDER NO. TOWO1-98
Cornwall Police Services Board Towing and Storage Services Compound Facilities
Closing Date: March 17th, 1998

A bid deposit in the form of a certified cheque in the amount of $5,000 is required. The successful bidder will be required to provide a Performance Bond in the amount of $5,000.
Tender documents are available during regular business hours at Cornwall Police Service Headquarters, Reception Desk, 340 Pitt Street, Cornwall, Ontario K6H 5T7. Inquiries should be directed to: L. Silmser, Quartermaster, 613-933-5000, ext. 466.
The lowest or any Tender may not necessarily be accepted.

TENDER NO. 98-T10
Manhole Rehabilitation, Testing & Sealing of Joints & Laterals of Sanitary Sewer
Closing Date: March 10, 1998

The work for this project involves the testing and sealing of approximately 5000 meters of asbestos cement and concrete sewer pipes, as well as the rehabilitation of approximately 30 manholes.
A copy of the Contract Documents may be obtained from the Engineering Records Office, 1255 Ontario street, Cornwall, Ontario on payment of $50.00 in the form of cash, certified cheque or money order, payable to the City of Cornwall. This deposit is non-refundable.
A set of plans and specifications will be available for viewing at the Engineering Records Office, 1225 Ontario Street, Cornwall, Ontario.
A certified cheque or bid bond, payable to the City of Cornwall in the amount of ten (10%) percent of the total amount of the Tender Bid Price must be enclosed in the Tender envelope.

PUBLIC TENDERS

TENDER NO. 97-T01
Supply of Waterworks & Sewer Material
Closing Date: February 24, 1998

TENDER NO. 98-T02
Supply of Bedding Plants & Hanging Baskets
Closing Date: February 17, 1998

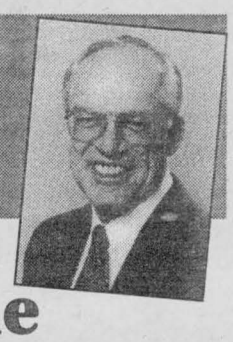
TENDER NO. 97-T03
Supply, Plant & Maintain Trees & Shrubs at Rotary Eco Garden
Closing Date: February 24, 1998

TENDER NO. 98-T06
Supply of Ready Mix Concrete
Closing Date: March 10, 1998

TENDER NO. 98-T07
Supply of Gravel & Crushed Stone
Closing Date: March 10, 1998

A copy of the Tender Documents may be obtained from the Purchasing Department, 340 Pitt Street, 2nd Floor, Cornwall, Ontario K6H 5T9. Sealed bids addressed to the City Clerk will be received at 360 Pitt Street, Cornwall, Ontario no later than 11:00 am on the closing date.

ASK THE OMBUDSMAN



By Verne McKay

Understanding the Collections Process

Most people who borrow from financial institutions usually make payments on their loans promptly and routinely. But some clients can run into problems that require action by their lenders. Royal Bank's Ombudsman, Verne McKay has some valuable information on the collections process.

Q: What happens if someone is late with a payment? What does the bank do?

A: Much depends on the client's credit history. If there is a delay of only a couple of days, the bank will monitor the client's designated payment account and when funds are available the bank will automatically make a withdrawal for the payment on behalf of the client. If there are not sufficient funds, the bank will send the client two reminder letters within three weeks, and provide a toll-free telephone number that the client can call for further information. After that, the bank will telephone the client to see if there's a problem.

At this stage, it is wise for the client to be open and honest with the bank so there is a clear understanding of the circumstances. If the client is experiencing financial difficulties, the bank may ask for an updated statement of income and disbursement along with current assets and liabilities. The client's employment situation and any related factors should be discussed candidly so that the best advice can be given by the bank and appropriate solutions reached.

Q: What happens if the client is ultimately unable to make payments?

A: The bank must begin a series of actions to protect its interests. This will include a written notice to the client that the loan is due in full in 10 to 15 days after which the bank may realize on any collateral security. If there is a short fall, the bank may issue a legal Statement of Claim. This document summarizes the bank's view of the problem. The client may propose a rebuttal and the matter could go to court, giving the client and the bank an opportunity to explain their cases.

If the court determines the loan is to be repaid, the bank is given access to wages, bank accounts and properties. Any remaining debt, interest and costs could be assigned to a collection agency. The client has an opportunity to propose a settlement at any stage of the process. An independent credit bureau maintains a record of the client's debt history and settlement.

Q: If clients realize they have problems making payments, what can they do to avoid a conflict with the bank?

A: Arrange a meeting with a local bank representative so that the circumstances of the problem can be reviewed. If the problem relates to a mortgage problem, for example, the client could ask about the Royal Bank's "Skip A Payment" program, which usually allows clients to miss one payment per year if the mortgage is not in arrears. Any branch will provide details of this program.

Verne McKay is Senior Vice President and Ombudsman of Royal Bank Financial Group, Canada's leading provider of traditional banking services, investment banking, investment management and securities custody. One of North America's largest financial institutions, group members include Royal Bank, Royal Trust, RBC Dominion Securities, RBC Insurance and Royal Bank Action Direct. Royal Bank Financial Group is a member of the Canadian Banking Ombudsman Inc.

Business and Industry Training Services

ATTENTION:
Gas & Propane Fitters
(Technicians)

Fuel Safety Workshop

Certification from this 24 hour course is now required for license renewal as a Gas Fitter. Fuel Safety is mandatory for current certificate holders who do NOT hold endorsements in BOTH gas and propane.

Training will be offered in room M262 at the Cornwall Campus of St. Lawrence College, from 6 to 10 pm, starting Wednesday, February 18.

Cost is $249. per person and includes exam, recognized for recertification with the Ministry of Consumer and Commercial Relations.

Call Annette, (613) 933-6080, ext. 2256 for information or to register.

ST. LAWRENCE COLLEGE SAINT-LAURENT
BROCKVILLE CORNWALL KINGSTON
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ASSOCIATION OF CANADIAN COMMUNITY COLLEGES
ASSOCIATION OF COLLEGES OF APPLIED ARTS AND TECHNOLOGY OF ONTARIO

Saint Lawrence High School
Adult Continuing Education

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MONDAYS & WEDNESDAYS	TUESDAYS & THURSDAYS	TUESDAYS & THURSDAYS
7:00-10:00 pm	7:00-10:00 pm	9:00am-12:00pm

Material Fees Vary Depending On Projects

FOR MORE INFORMATION OR TO REGISTER
Call 933-8410

UPPER CANADA
District School Board
Cornwall Office
902 Second Street West
Cornwall, Ontario
K6H 5S6

JUNIOR & SENIOR KINDERGARTEN REGISTRATION

WAS YOUR CHILD BORN IN 1993-94?

The Upper Canada District School Board, Cornwall Office, will be holding registration for Junior and Senior Kindergarten programs for the 1998-1999 school year. Programs for the coming year will operate on an alternate day, full day basis and will be available for all 4 and 5 year olds.

All those wishing to register a child should contact their local school, or the Cornwall Office at 933-6990 ext. 253. Registrations will take place at each of our schools until March 31, 1998.

Children who come through a carefully planned process of early education gain significantly in competence, coping skills and in positive attitudes towards learning.
-- Royal Commission of Learning --

DUNDAS COUNTY

CHESTERVILLE P.S.
Principal: Glenn MacLeod
Telephone: 448-2224
DIXON'S CORNERS P.S.
Principal: Gerald Morrell
Telephone: 652-4922
ELMA P.S.
Principal: Frank Hummell
Telephone: 448-3334
INKERMAN P.S.
Principal: James Shaw
Telephone: 989-5739
IROQUOIS P.S.
Principal: Dick Turner
Telephone: 652-4580
MOREWOOD P.S.
Principal: Larry Berry
Telephone: 448-2622
MORRISBURG P.S.
Principal: Brooke Leightizer
Telephone: 543-3166
NATIONVIEW P.S.
Principal: Jack Barkley
Telephone: 989-2600
WINCHESTER P.S.
Principal: George Hollingdrake
Telephone: 774-2607

STORMONT COUNTY

EAMER'S CORNERS P.S.
Principal: Delores Green
Telephone: 933-0644
EAST FRONT P.S.
Principal: Terry Tuppert
Telephone: 932-5318
GLADSTONE P.S.
Principal: John Irvine
Telephone: 932-5650
LONGUE SAULT P.S.
Principal: Brian Loucks
Telephone: 534-2415
MEMORIAL PARK P.S.
Principal: Susan MacDonald
Telephone: 932-5084
NEWINGTON P.S.
Principal: Peter MacGregor
Telephone: 346-5941
NORTH STORMONT P.S.
Principal: Janet Gibson
Telephone: 984-2061
ROTHWELL/OSNABRUCK
Principal: Susan Lopez
Telephone: 537-2454
ROXMORE P.S.
Principal: David Irwin
Telephone: 346-5502

STORMONT COUNTY

VINCENT MASSEY P.S.
Principal: Pauline Sicard
Telephone: 932-5673
VISCOUNT ALEXANDER P.S.
Principal: Ivan St. John
Telephone: 932-4131

GLENGARRY COUNTY

LAGGAN P.S.
Principal: Maureen Hart
Telephone: 525-3112
MARTINTOWN P.S.
Principal: Garry Atchison
Telephone: 528-4423
MAXVILLE P.S.
Principal: Margaret Armour
Telephone: 527-2195
S.J. MCLEOD P.S.
Principal: Huntly McDonell
Telephone: 347-2648
WILLIAMSTOWN P.S.
Principal: Grant Edwards
Telephone: 347-3461

June Timmons
Chair

Art Buckland
Vice-Chair

James W. Dilamarter
Interim Director of Education

KALEIDOSCOPE

By H.B. Kanters
SEAWAY NEWS

Revenge of the Household Appliances

A power surge hit my place about three weeks ago and sent the micro processor in the microwave oven into microwave oblivion. So much for poking fun at machines that tend to run our lives now that being connected means the latest electronic hardware, not people of influence.

So here I am without the convenience of one of those single purpose appliances western civilization has become addicted to. They snuck up on us one after another and now we think we can't manage daily life without the latest invention of an ancient way of doing things. There now is a waffle iron, only four inches thick, with designer lid and handles, and it becomes a kitchen wall hanging when not plugged in. My appliance repair guru, Stanley, says I should not complain about the microwave oven, since I got almost ten year's use out of it, and he'll take it to his son's high school shop and let the kids fool around with it. His fool around time is worth thirty five dollars an hour, and I am better off getting a new appliance. I agree with Stanley, but before I leave I remind him that he still hasn't fixed the rotor that turns my TV antenna. He assures me he'll get to it as soon as he finds the box with all the other broken control boxes in it. But if he can't replace the broken gear wheel in my rotor box, he'll be happy to order a brand new one and that will be just a bit over one hundred dollars.

Until I was stuck with the TV antenna stuck in one place and then only a week later having the microwave oven go on the blink, I didn't even realize how depedent we have become on these single purpose gadgets. With the microwave oven gone, I suddenly have space for the toaster oven I bought two years ago because it was on sale, but then the kitchen counter looked too cluttered and so I never used it. Now I have discovered it's fairly good at making toast, but not that great at heating up the single chicken-wiener my little dog gets every day after he's done his business outside.

When my friend Sarah called for our weekly long-distance chat, I told her all about my troubles and she asked whether this means I finally had the dryer fixed so both heating elements work. Oops, I said, forgot about that, must be because I'm quite used to having the clothes take a long time to dry. Then she wanted to know if the VCR now records or still only plays the rental videos: I totally forgot about that also, and actually recorded Star Trek was never that important in the first place.

The Singer sewing machine I bought back in the '60s stopped working properly many years ago and I never replaced it because other interests took precedent, but when the vacuum cleaner broke I bought a new one right away and this one just seems to keep going and going and going. Every once in a while I look at the vacuum cleaners of the 90s, space age design and colours, they almost look as if they could sprout wings and take off. These machines are meant for the helpful husbands who would never do kitchen chores, but the roar of the vacuum cleaner is a macho thing and men brag about using it to their fishing and hunting buddies.

All this started back in the '50s when TV commercials first began to show beautifully dressed women dancing around in their kitchens, singing about the glory and easy execution of housework. Doing the laundry became a sexy thing to do and men rushed home to their wives and marvelled at all this shiny newness and cleanliness. Those were the good old days. Husbands had it easy in those days, for buying your wife a new appliance for her birthday or for Christmas was perfectly acceptable back then. There was nothing chauvinistic about it, women treasured these work savers, they could polish and show off to their friends. Nobody questioned the fact that men were meant to be providers back then, because the economy of the times made this possible.

Even though I am temporarily inconvenienced with having access only to channel eight from Ottawa and the CBC, and my little dog has to be happy with a wiener that has been sitting in hot tap water for ten minutes, I am not complaining, because I have already picked out a new microwave oven at Wal-Mart and I know Stanley will fix that rotor sooner or later.

Maybe there's a conspiracy going on here and appliances go on the blink in bunches so that we stop and think about how depedent we have become. Actually it isn't just kitchen and cleaning tools we've become addicted to owning. Most people's bathrooms have an assortment of grooming tools in various stages of working order. Hall closets in most homes hold boxes of exercise equipment or musical instruments that seemed to be an absolute necessity when we saw it in the store, but once we got it home, the urge to use it had left. We are addicted to the getting of new stuff and the advertising industry thrives on this, it was designed around this knowledge about our true nature. We all love to own shiny new things and that is that.

Computer scientists tell us about intelligent machines that can almost think like we do, so the idea of machines taking it out on us isn't so strange. Besides learning to be careful what I poke fun at, I learned something else during that power surge while peeling potatoes that day. Surge protectors are a good thing, yes they are. When I first got a computer, two modems went into the cyber graveyard before I got smart and used a power bar with surge protection. Now I have three of them, and all my favourite electronic gadgets are safe. And that beautiful black little microwave oven I've got picked out will share the surge-protected power bar with the fancy food processor I bought last month. I can only afford a new toy once every four weeks, and I have firmly convinced my self that I really need these things.

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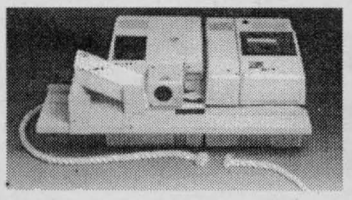

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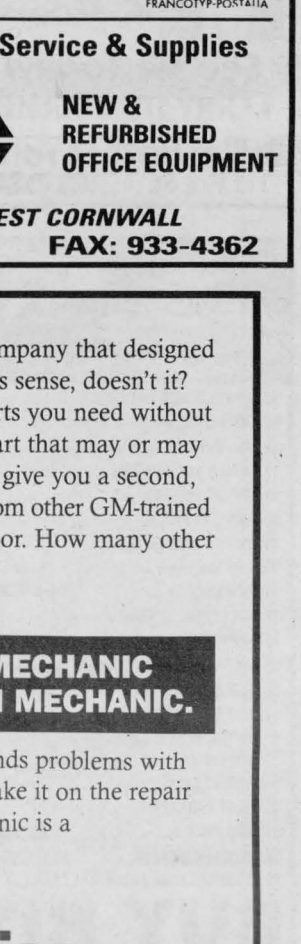

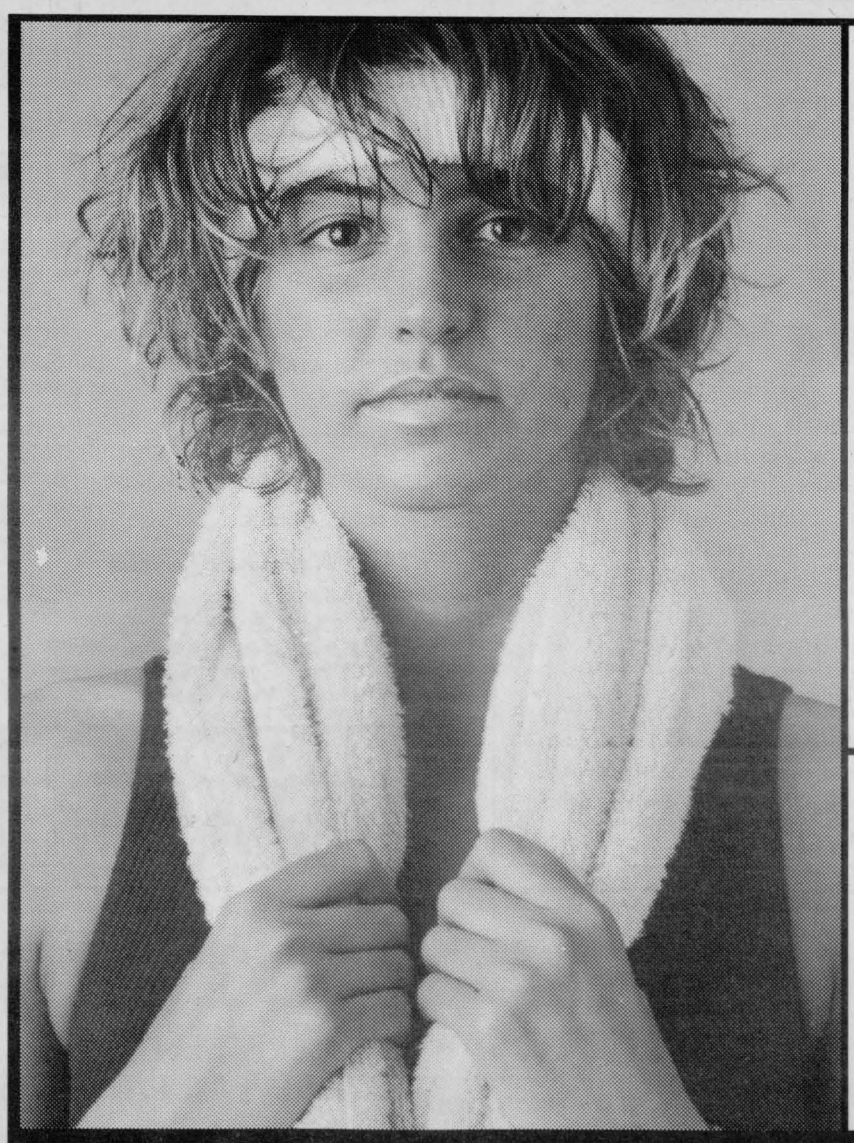

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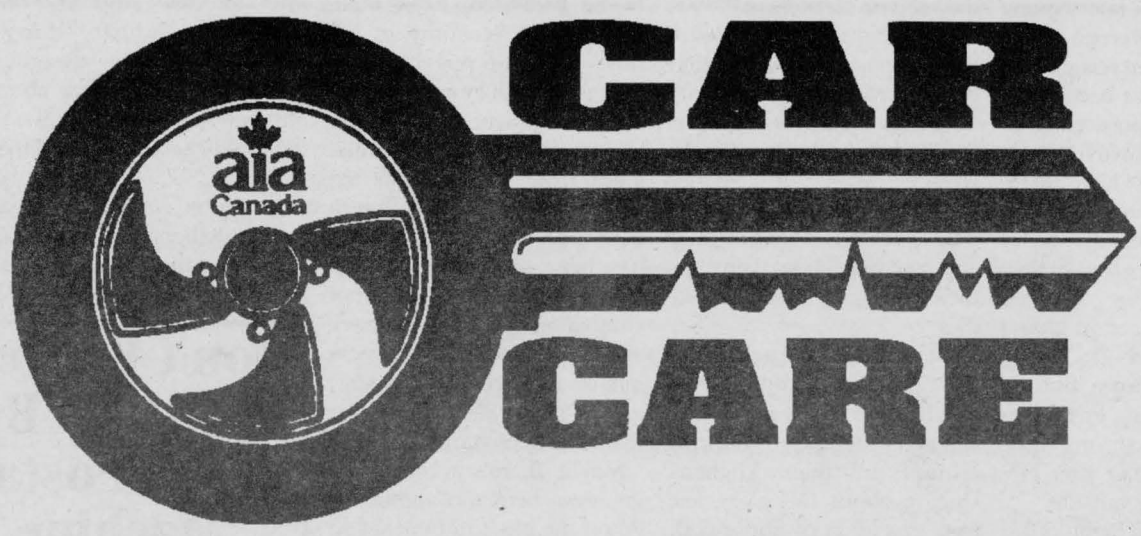

New Tire System Helps Drivers Make Smart Decisions

(MS) — Tire failure contributed to more than 35,000 automobile accidents in 1994, according to the National Highway Traffic Safety Administration.

Imagine a system that could alert a driver when the air pressure in one or more tires was getting dangerously low, a system that actually could give an advance warning of a possible flat tire. It's not some future vision — it's available now with the SmarTireSM Wireless Pressure Monitor System.

SmarTire provides motorists with security and peace of mind and helps protect their tire and wheel investment by simplifying tire maintenance through a convenient means of monitoring tire pressure and temperature. Also, the owner can optimize a vehicle's performance and handling with proper air-pressure maintenance.

The system relies on state-of-the-art sensor and wireless radio technologies to continuously monitor the pressure and temperature of each tire on a vehicle while it is in motion. Sensors mounted on each wheel, inside the tire, transmit tire pressure and temperature data to an interactive display module located inside the vehicle.

The display alerts the driver to pressure and temperature changes and also provides a convenient means to manually check values from inside the vehicle. The display module has several automatic alerts or warning levels to increase the driver's awareness in advance of a total pressure loss.

This technology is suitable for a wide range of transportation applications, including passenger cars and light trucks, motorcycles, recreational vehicles, buses, commercial trucks, and even heavy construction equipment.

The system can be used with virtually any standard tubeless tires, but is especially important for use with "run flat" or "continued mobility" tires. These types of tires do not exhibit the typical "flat" appearance when underinflated or completely deflated.

The product is covered by a three-year/50,000-mile limited warranty and is available at select tire dealers nationwide. It installs in about the same time it takes to mount and balance a set of tires.

For more information, call toll-free 1-888-982-3001, or visit the SmarTire Web site at http://www.smartire.com.

THE CAR DOCTOR

Peter Millard



Tire Pressures

(NC)—We have a 1990 Nissan Sentra sedan and we just think it's a great car for our lifestyle. We are seniors, we travel a little during the year and put on an average of 11,000 miles a year. I was never satisfied with the standard tires and when the time presented itself, I purchased a pair of Motomaster SK110 Touring Edition tires size F175/70 R13. They have given us all that we hoped, more comfort, stability, and better road feel, but what should the correct tire pressures be? The previous tires were front 20 psi and rear 26.

Ron Cole
Surrey, B.C.

The vehicle manufacturer's recommended tire pressures should be used regardless of the tire make you have on the car. The 29 front and 26 rear pressures you indicated are correct for your Sentra equipped with the Motomaster SK110 tires.

Steering Sickness

(NC)—In one of your past columns, a reader wrote about a problem with stiff steering, first thing in the morning, on his 1985 Oldsmobile Cutlass Ciera. I own a 1986 Oldsmobile 98 Regency with over 200,000 kilometres on it and have experienced the same problem.

My question is: does this faulty component require replacement?

R.T.—Calgary, AB

A steering fluid flush will buy you some time before the steering rack starts sticking again, or you can do what many other owners are doing: live with the problem. But the only sure cure is to replace the rack.

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ASK THE DENTIST



Louis Cardinal, BSc, DDS, FAGD
SEAWAY NEWS

What is Pregnancy Gingivitis?

Pregnancy gingivitis is the term used to describe the gum inflammation that many women get during pregnancy. The signs and symptoms are red puffy gums, bleeding and redness, combined occasionally with bad breath as well as discomfort. These symptoms are the same as any gingivitis but the difference here is that the gingivitis can occur from a very small amount of plaque. In other words, this individual would probably not have gingivitis if she was not pregnant. Why does this occur? During pregnancy many hormonal changes occur which are obviously needed to produce a healthy delivery. However, some of these hormones lower a womans resistance to plaque, so that a level of plaque not normally a problem, may become enough to cause gingivitis.

Studies have shown that increased gingivitis most commonly begins during the second and third month of pregnancy and increases in severity through the eighth month and begins to decrease in the ninth month.

Signs & Symptoms of Pregnancy gingivitis.

1. Swollen gums.
2. Bleeding gums
3. Red inflammed appearance.
4. Painful
5. Bad odor(halitosis)
6. Begins during pregnancy
7. Bad taste

If an individual is already suffering from gingivitis (or worse, periodontitis), before the pregnancy, this change of hormones will often aggravate the existing condition, resulting in a flare-up which often creates enormous discomfort, to an individual who is already coping with being pregnant.

Therefore every woman who is pregnant should make sure that her oral hygiene is impecable, which means brushing and flossing meticulously on a daily basis. This also means that you should brush more often and more diligently and keep a close watch on your diet.

Furthermore, you should schedule to see your dentist during your pregnancy, in order to have the health of your dentition assessed, and to receive a thorough cleaning. There are no contra-indications to having your teeth scaled and cleaned during a normal healthy pregnancy. Your dentist will be happy to assess the health of your dentition.

Remember to see your dentist regularly!

"Dr Cardinal accepts any inquiries at tel:938-8451 or fax:938-7647 and welcomes you to visit his webb site at www.netcom.ca/~cardina3 for other dental topics."

Have Computer Will Travel

British Columbia

(NC)—We first received word of Emerson's wish through Sharon the Oncology Social Worker at B.C. Children's Hospital. This was followed by a long and detailed letter from Emerson himself. He had decided he would like a laptop computer for his wish as he explained he had been away from school for all of 1996. In September, Emerson would be starting grade 8 in a whole new environment, and he wanted to do his assignments on the computer. Therefore, should he miss any school, he could keep in touch through his modem.

Emerson is a thoughtful young man. He researched all aspects of his wish and sent along a list of the types of items he would like to have included. We put together a terrific package and delivered it to him on a bright sunny day.

As with many children in his situation Emerson's condition is totally unpredictable. Once again he entered the hospital to undergo a bone marrow transplant. The computer however, has been a tremendous asset to him.

Emerson and his mother both sent beautiful letters; their words really communicated the meaning of his wish. From Emerson: "...I am going into the hospital for a bone marrow transplant and am glad I have my laptop so that I can still communicate with the outside world." His mother added, "Your gift of a laptop computer and all of the additional pieces have enhanced Emerson's life. I have watched him focus and direct his energies to increase his knowledge and computer competency. He has even enlarged his peer group... Your marvelous granting of this wish continues to be a central part of his life experiences." Emerson even enclosed his "business" card with his new e-mail address. We know his wish will bring him endless hours of entertainment and contact with his friends.

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New Tire System Helps Drivers Make Smart Decisions

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For more information, call toll-free 1-888-982-3001, or visit the SmarTire Web site at http://www.smartire.com.

Put an End to Unsightly Oil Leaks

(MS) — From leaky faucets to cars that leak, unpleasant headaches like these often arise when least expected. With the winter season fast approaching, it's a good idea to get your car in top shape for long winter drives. If your car has an oil leak, that can mean unsightly black stains in your driveway and costly repair bills. In many cases, it could be that engine seals are dried out and need to be rejuvenated. Now, with the recent introduction of STP® Engine Stop Leak, a motor oil additive that helps stop minor leaks and conditions engine seals, drivers may no longer need to incur expensive repairs.

Common oil leak sources range from front and rear main bearing seals to pan and valve cover gaskets, as well as timing covers. STP Engine Stop Leak is formulated with a special agent to rejuvenate shrunken, dried-out polymer seals and gaskets damaged by the heat of normal engine operation. Not only does it help stop the loss of oil, but it also helps fortify a car's motor oil with a viscosity index improver.

"Ordinarily, when car owners see signs of leaking motor oil, they fear the worst," explains Greg Mostoller, STP product manager. "In some instances, oil leaks can be treated directly by car owners, alleviating the need for major mechanical work."

Compatible with regular and synthetic motor oils, STP Engine Stop Leak contains no solids to clog filters or inhibit oil flow. The product will not harm oxygen sensors or catalytic converters.

To condition dried oil seals, experts at STP recommend pouring an entire 14.5-ounce bottle into the crankcase and running the automobile for 15 minutes immediately following to ensure proper circulation.

Campaign Urges Motorists to 'Brake and Steer'

(MS) — Record numbers of Americans drive cars equipped with anti-lock braking systems (ABS), and with the challenges of winter driving ranging from rain-slicked streets along the Gulf Coast to snowy highways in the Northeast, it's more important than ever for drivers to understand how to maximize the advantage of ABS.

In response to this need, the ABS Education Alliance sponsors the America Brakes for Safety campaign to help drivers better understand anti-lock braking systems and how to maintain control of their vehicles in emergency braking situations.

"Cars are made to steer; they shouldn't skid," says Rosemarie Kitchin of the ABS Education Alliance. "And, that's what ABS does — it lets the drivers steer their cars even in emergency situations under the worst of road conditions.

"Conventional braking systems require that drivers hit the brakes, remember to pump the brake pedal if the wheels start to lock and steer into the skid if they start to slide. That's a lot to remember in a few seconds," she continues. "But, with ABS, it's simple: Brake and steer. That's a big benefit in a panic situation."

Still, the alliance recognizes that anti-lock brakes can make a greater difference in enhancing safety on the road when even more drivers understand how they work and the way they should be used.

The idea behind anti-lock brakes is simple. ABS eliminates the need to pump the brakes, because it pumps automatically at a rate of up to 18 times per second anytime a sensor detects the start of wheel lock. Because the vehicle's wheels are kept from locking up on slippery roads, the driver can continue to steer.

There are two kinds of anti-lock brakes: four-wheel ABS, found on passenger cars and some newer light trucks, and rear-wheel (RWAL) ABS, found primarily on light trucks. The difference lies in the way drivers operate the brakes. With four-wheel-ABS-equipped cars, drivers must maintain firm pressure on the brake and steer.

RWAL-equipped vehicles are designed to maintain directional stability and prevent the back end from swinging out in emergency braking situations. RWAL systems modulate the braking pressure of the rear wheels only, which prevents wheel lock of the rear wheels and keeps the vehicle moving in a straight path.

To maintain steering control with a rear-wheel anti-lock vehicle, the driver must control front-wheel braking to prevent front-wheel lock. The driver should apply the brake pedal with just enough force to stop the vehicle without locking the front wheels. The driver then can maintain steering control while rear-wheel ABS prevents the vehicle from skidding sideways.

Once drivers learn to "brake and steer," they're halfway there. It is just as important for drivers to understand that ABS technology has limitations and cannot replace safe driving practices.

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Chrysler and its dealers are proud to sponsor our Canadian Olympic athletes. Their quest for gold mirrors Chrysler's drive for excellence in design, engineering and customer service. That's why we invite you to our dealerships to see our new '98 vehicles, including the next level of cab forward sedans.

1998 Dodge/Plymouth Neon 23N
- 2.0L 16 Valve 150 hp DOHC engine
- 5-speed manual transmission
- AM/FM stereo cassette w/6 speakers
- Rear decklid spoiler
- "Power bulge" hood
- Cast aluminum wheels
- Tilt steering
- "Next generation" dual air bags
- Side impact beams
- 3 year or 60,000 km warranty
- Fuel efficiency◊: City 9.1L/100km, 31 MPG; HWY 6.1L/100km, 46 MPG



$149† GOLDKey LEASE a month for 30 months. Plus $1,720 downpayment or equivalent trade and $630 freight. **NO SECURITY DEPOSIT.**

OR $13,988*

1998 Dodge/Plymouth Neon 22D
- 2.0L 16 Valve 132 hp engine
- Automatic transmission
- Air conditioning
- AM/FM stereo
- Tilt steering
- Centre console
- Side impact beams
- "Next generation" dual air bags
- Plus 36 standard features
- 3 year or 60,000 km warranty
- Fuel efficiency◊: City 10.1L/100km, 28 MPG; HWY 6.7L/100km, 42 MPG



$169† GOLDKey LEASE a month for 30 months. Plus $1,645 downpayment or equivalent trade and $630 freight. **NO SECURITY DEPOSIT.**

OR $14,888*

$750** GRAD REBATE

CHRYSLER FIVE STAR SERVICE ★★★★★

Plus complimentary tank of fuel†† with every purchase.

ONLY AT YOUR LOCAL CHRYSLER DEALER.

Go Canada Go Chrysler

†,* These are limited time offers and apply to retail deliveries of 1998 models for personal use only and may not be combined with any other offers except Graduate Rebate. Dealer order may be necessary. Prices/leases for vehicles equipped as described: Dodge/Plymouth Neon 23N, Dodge/Plymouth Neon 22D. Prices/leases exclude $630 freight, licence, insurance, registration and taxes. Dealer may sell/lease for less. See dealer for details and conditions. † Based on a 30 month lease. Total lease obligation: $6,820 Neon 23N; $7,345 Neon 22D. Kilometres are limited to 51,000. Charge of $0.09/km for excess kilometres. Subject to approval by Chrysler Credit Canada Ltd. These are closed end leases with no buyback requirement. * Prices reflect factory to dealer incentives on selected models. ◊Fuel efficiency ratings determined using approved Transport Canada Test Methods. ** Offer applies to select models excluding Dodge Viper and Plymouth Prowler. Rebate includes GST. Limited time offer applies to 1997, 1996 and 1995 university or college graduates. †† A full tank of fuel with every purchase or lease of a new 1998 (Retail or Fleet). ✻Official mark of the Canadian Olympic Association. Visit us today at **www.chryslercanada.ca**

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CHRYSLER | CHRYSLER

Getting Ready For a Pet

(NC)—Having a pet is a long-term commitment and there are some things you should think about before you adopt.

• ***Your lifestyle.*** Do you work outside the home? Or travel frequently? Dogs, especially puppies, require a lot of attention. Be sure you have someone who is reliable to take care of them in your absence, you'll want to find a good kennel or pet sitter. And consider a cat. They can be more self sufficient than dogs and bring just as much joy to your household.

• ***Your family.*** Make this a family decision. Discuss proper pet care, from how to hold a puppy or kitten, to walks and grooming. Some breeds of dogs and cats get along better with children than others. If you go to a shelter for a pet, you will want to take your children with you. And ask pet adoption center employees for assistance in choosing an animal good with children.

• ***Training.*** Make sure you and your pet get off to a good start. Bad habits are hard to break. It's easier to cultivate good ones. There are many books you can read, videos to watch and classes to attend about training your dog or cat. Check your local library or bookstore for resources.

• ***Your living space.*** Do you live in a house or an apartment? This may impact the size or type of dog or cat you select. If you rent, be sure your landlord will allow pets. Dogs in particular need outdoor space. If you don't have your own backyard, look for nearby parks for walking and running.

• ***Health.*** You'll need to get your pet the necessary vaccinations and have it spayed or neutered. A way to maintain your pet's health as he or she grows is through regular visits to the veterinarian and good eating habits. It's important to feed them nutritionally balanced premium foods, high in meat-based proteins.

Human Resources Development Canada
Développement des ressources humaines Canada

http://www.trainingiti.com

In search of training in the Stormont-Dundas-Glengarry Counties? Twenty-five public and private trainers have registered their courses and programs onto Internet to better serve the community.

You will find a selection of over 200 training courses and programs as well as personal interest courses right at the tip of your fingers!!

Visit the Human Resources Development Canada Interactive Training Inventory at the following address:

http://www.trainingiti.com

Training Providers who did not have a chance to register on-line as yet are given the opportunity to do so at the same Internet address. It is a free, far-reaching marketing tool!

AMAZING GRACE



By Bob Burgess; Pastor New Life Covenant Church

Amazing Grace, how sweet the sound, that saved a wretch like me!

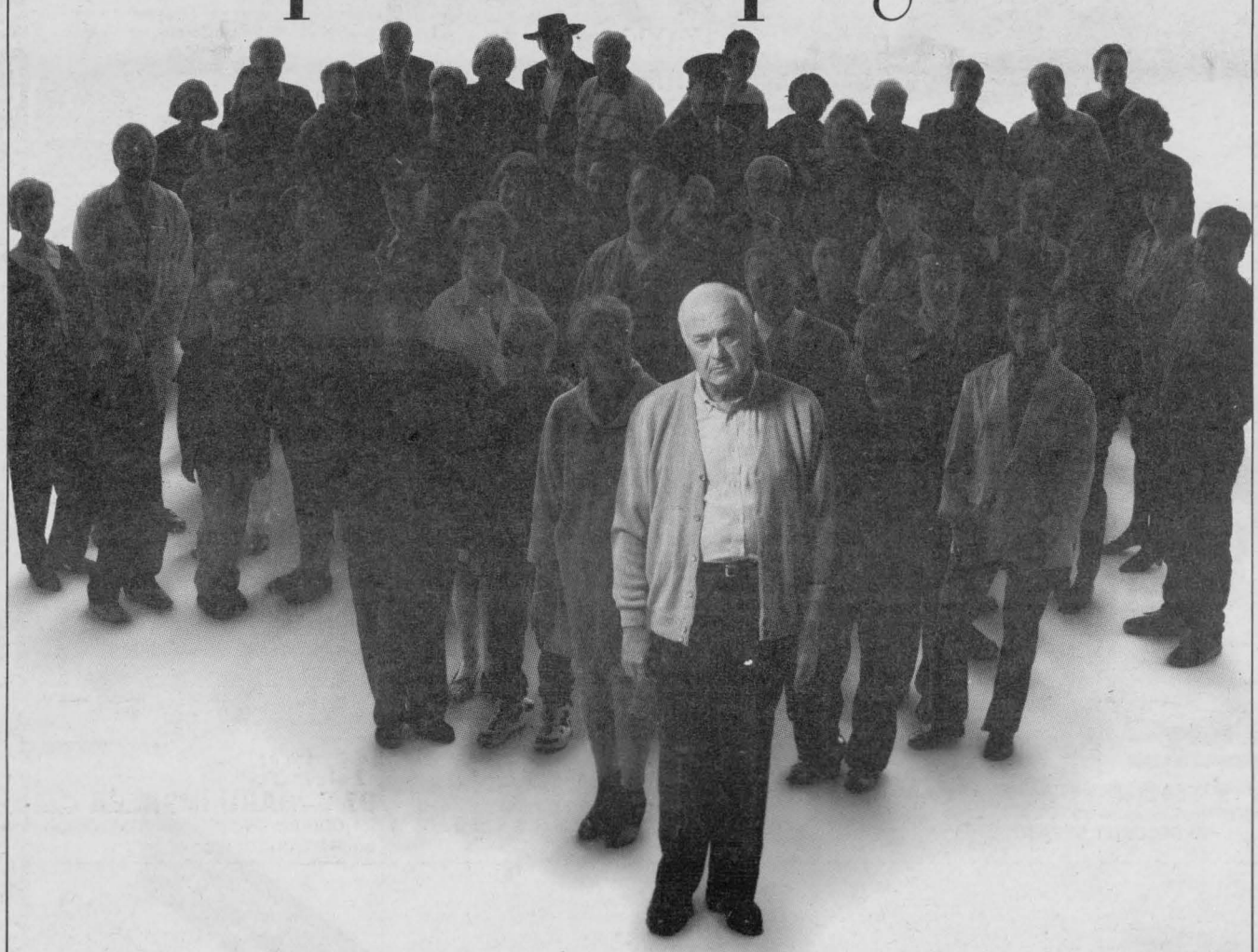
This song, "Amazing Grace" is probably the most famous and popular hymn ever written! It is sung and played at weddings, funerals, social gatherings, in bars, clubs and has been played by rock bands, military brass groups, bag pipe groups, etc., ... to name a few. There is something at the heart of this song that appeals to us and grabs our attention!! What is it? Let me begin by telling you a bit of background. It was written by a boat captain named John Newton (1725-1807). He was a notorious drunken sailor who transported black slaves from the coast of Africa to America and was noted for his drinking and raging violence. Historians tell us that his shipmates had to cage him at night as he would be so violent and was a danger to himself and everyone else. On one of his many voyages, a minister happened to be on board and told John about the power of God to set him free and to save him from his life of sin and drunkenness. John Newton, in desperation, believed the words of the preacher, asked God to help him and John Newton became a born again Christian and wrote this famous song, *"Amazing Grace, how sweet the sound that saved a wretch like me. I once was lost but now I'm found, was blind but now I see."* John Newton had been awakened to the love and power of God in his life. John Newton was set free and released from his wretched life.

Can this same thing also happened to you? It can! Yes, God's power is greater than your condition! Yes, there is someone who cares for you! Yes, God is on your side and through the miracle of the cross of Jesus Christ, His son, you too can find this Amazing Grace just as John Newton did. This Amazing Grace and power that can and will change your life!

Open your hearts today to God's power and soon you also will be singing this same awesome song, *"Amazing Grace, how sweet the sound that saved a wretch like me. I once was lost but now I'm found, was blind but now I see.*

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

If He Only Knew How Many People Are Helping Him



Behind every person with Alzheimer Disease, there are hundreds of people dedicated to helping. The Alzheimer Society is a nationwide network of provincial organizations, local chapters, support groups and volunteers committed to providing help – for those with the disease and their caregivers. Through on-going programs and funding for research, the Alzheimer Society is making progress and keeping its promise: to provide help for today, hope for tomorrow.

Please Help The Alzheimer Society

Contact the Alzheimer Society in your area or the Alzheimer Society of Canada at 1320 Yonge Street, Suite 201, Toronto, Ontario M4T 1X2 (416) 925-3552 www.alzheimer.ca

Generously supported by: Bayer, Bowen Pinstock, Hoechst Marion Roussel, NOVARTIS, Pfizer

Kicking The Weed: A Problem of Chemistry As Well As Habit

Countdown ... At last, a program to help you "kick the habit" once and for all. The Lung Association's Countdown program is really two programs in one: A group program and a self-help program. If you are like most smokers you have tried to quit at least once before, but weren't too successful. That's because most people are not prepared for the physical withdrawal symptoms. "Getting through physical withdrawal is only half the battle" says Catherine Sabourin of The Lung Association. "Overcoming the psychological and behavioural aspects of smoking can be equally difficult" she says. Doctors say nicotine addiction is as difficult to kick as addiction to drugs and alcohol. "Nicotine manipulates and pollutes the system. Moreover, it changes brain chemistry" says Dr. Pierre Ernst, Director of the Respiratory Epidemiology unit at McGill University. Countdown helps you overcome these problems. "Knowing what to expect and how to handle those difficult situations is the only effective method of quitting smoking and continuing life as a non-smoker" says Sabourin.

And that's just what this program has to offer. Consisting of seven, one and a half hour sessions spread over a four week period, the program will help you understand your habit, prepare you for withdrawal systems while your body goes through an adjustment period and teach you coping techniques so that you are encouraged, and successful in quitting smoking. As an increasing number of public places, businesses and private homes go smoke-free, smokers are becoming more motivated to quit. It is difficult, but it is possible. Many who have had the determination to quit and who are interested in a healthier lifestyle are now proud to say ... "No thank you, I don't smoke!" For those interested, The Lung Association is offering the Countdown program February 23rd to March 18th. Pre-registration is a must. A nominal fee will apply to cover course outline materials. For those not able to take the program and who simply want a quit smoking guide The Lung Association also offers the "Get On Track" program which is a booklet offering common sense advice and guidelines to help you through the quitting process in the privacy of your own home. For information on lung disease and programs and services offered in your area call The Lung Association, Eastern Counties at 932-4999 or 1-800-450-5202.

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$15,995
96 SUNFIRE GT
20,000 km, fully loaded, electric sunroof, GM warranty



$13,495
95 STRATUS
30,000 km, fully loaded, Chrysler warrranty



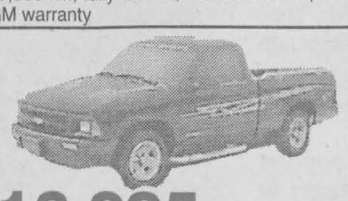
$11,995
96 SATURN SLI
25,000 km, cassette, 5 spd. Balance of Saturn warranty



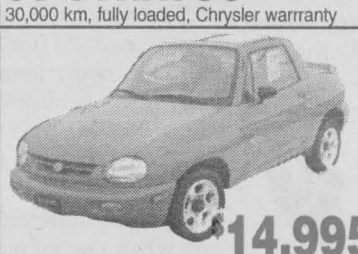
$23,495
96 MUSTANG CONVERTIBLE
19,000 km, auto., fully loaded, Ford warranty



$14,995
96 MYSTIQUE GS
6 cyl., auto., fully equipped, CD player, aluminum wheels. Ford warranty. (1 in stock with leather interior)



$13,995
96 CHEV. S-10
20,000 km, **ground effects**, 5 spd., cass., GM warranty (also king cab in stock)



$14,995
96 SUZUKI X-90 4x4
20,000 km, auto., T-top, well equipped. Suzuki warranty.



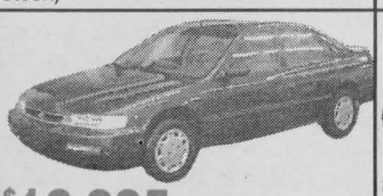
$18,995
97 SIDEKICK SPORT 4x4
24,000 km, well equipped, Suzuki warranty



$17,995
95 AEROSTAR XLT EXTENDED 4x4
35,000 km, 4.0L, fully equipped. bucket seats. Ford warranty



$15,495
96 GRAND AM SE
32,000 km, V6, fully equipped, GM warranty (also 4 door in stock).



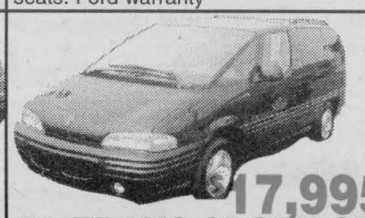
$16,995
96 HONDA ACCORD LX
29,000 km, air, cruise, tilt steering, AM/FM cass., Honda warranty



$18,995
96 AVENGER ES
19,000 km, 6 cyl., auto., fully equipped, balance of Chrysler warranty (finance repossessed)



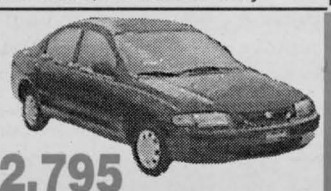
$13,995
95 VOYAGER
36,000 km, air cond., cruise, cass., 7 pass., 4 bucket seats. Chrysler warranty,



$17,995
96 TRANS SPORT SE
28,000 km, 3.4 litre, 7 bucket seats, air cond., cruise, cass., rear heater, GM warranty. (also 96 APV in stock) polymer body



$17,995
96 WINDSTAR GL
36,000 km, 7 pass., 3.8L., fully equipped. Ford warranty



$12,795
96 MAZDA PROTEGE SE
29,000 km, 5 spd., AM/FM cass., tilt steering, tinted windows,Mazda warranty



$13,695
97 TERCEL
15,000 km, auto., cass., Toyota warranty. (also 2 dr. in stock)

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$11,695
95 SENTRA XE
17,000 km, auto., air, cruise, tilt, cassette.
Nissan 6 year warranty

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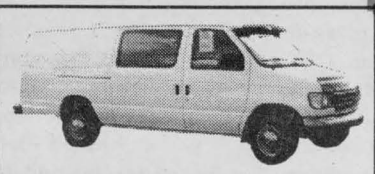
$25,995
95 EXPLORER SPORT
28,000 km, 4x4, fully equipped. Ford warranty



$28,995
96 EXPLORER XLT
30,000 km, 4x4, fully equip., elect. seats, CD player, console. Ford warranty



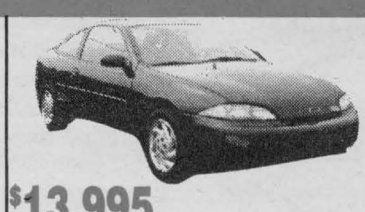
$19,995
96 ECONOLINE EXT.
21,000 km, 3/4 ton, Ford warranty



$16,995
96 CIRRUS LX
30,000 km, V6, fully equipped. Chrysler warranty



$13,995
97 SUNFIRE GTX
5,000 km, CD player, spoiler, GM warranty



$13,995
97 CAVALIER Z-22
8,000 km, AM/FM stereo/cass., rear spoiler, GM warranty



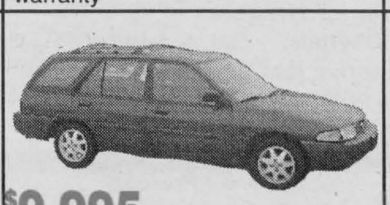
$17,995
96 VOYAGER
22,000 km, 7 pass., air cond., cass., tinted windows. Chrysler warranty (also extended model in stock)



$18,995
96 VILLAGER GS
34,000 km, fully loaded, Ford warranty



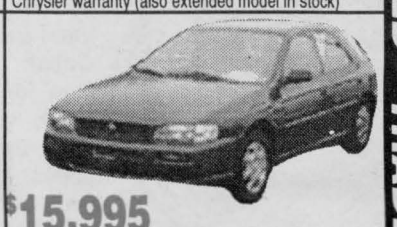
$9,495
96 FIREFLY SEDAN
13,000 km, 4 cyl., sun roof, stripe package, GM warranty



$9,995
95 ESCORT STATION WAGON
37,000 km, 5 spd., air cond., cass., power windows, elect. mirrors,Ford warranty



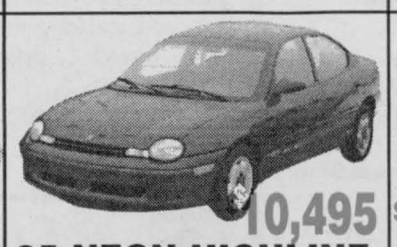
$17,995
97 GMC SONOMA
King cab, 12,000 km, auto., 4.3L., liner, balance of GM warranty



$15,995
97 SUBARU IMPREZA 4x4
24,000 km, 5 spd., AM/FM stereo cass., Subaru warranty.



$13,995
95 AEROSTAR XLT
35,000 km, 7 pass., air cond., tinted windows, Ford warranty



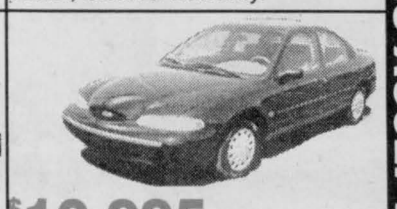
$10,495
95 NEON HIGHLINE
23,000 km, AM/FM cass., auto., air cond., Chrysler warranty



$12,495
96 RANGER
21,000 km, 5 spd., Ford warranty



$10,995
95 BERETTA
21,000 km, 5 spd., spoiler, air cond., GM warranty



$10,995
95 CONTOUR GL
32,000 km, AM/FM stereo.Balance of Ford warranty (finance repossessed)

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Sat. 9 - 2 pm

* some models not exactly as illustrated

SEAWAY NEWS ENTERTAINMENT



Entertainment - Special Events & Restaurant Review - By Bill Gallant

All systems were go and Nite-Flite 424 embarked on its maiden voyage as planned last Saturday at 8:00pm sharp. Over 40 passengers and a crew of six remained aloft and enjoyed the four hour imaginary flight with the cargo of music for dancing & listening. NITE-FLITE is Cornwall's newest "getaway" where patrons can enjoy candlelight, conversation with friends, and if you wish to dance to a wide variety of old favourites the Honorary Flight Captain will accomodate, including your personal requests. Next Flight will be on Saturday, March 7th at 8:00pm.

Read this early enough and you too can take your "sweetheart" out dining or dancing this Valentine's Day.The folks at Masonic's Heritage Hall on Second Street will be holding their annual Valentine's Dance this Saturday, February 14th. There will be a hot and cold buffet served at approx. 11:30pm, together with spot dances and some special musical valentines.

The Valentine celebration at ***GEDORO'S*** on Pitt Street will be on until Sunday, February 15th. They are offering a great Sweetheart Dinner for two this weekend. Listen to this menu - Relish Tray, Surf & Turf Platter, 2-6oz. Filet Mignon, 10 garlic Shrimp, 10 oz. Lobster Tail with the usual fresh vegetables and bread bar. Plus the a La Carte Menu.

Congratulations to the International Olympic Committee's recent decision to return the Gold Medal to one of our Canadian competitors. The "Games" have been very exciting and will no doubt get some extra boost once the Hockey battles begin in earnest. If you want to catch the Team Canada Men's opening action you will have to get up very early to watch the Live TV coverage. It will be Team Canada and Team Sweden at 4:30 a.m. on Saturday and then at 11:45pm the Canadian squad will meet the Team U.S.A. lineup of super stars.

Congratulations to the organizers of the ***CORNWALL CARNIVAL '98***. A good start to what surely will be a popular annual event. The artistic sculptures along Pitt Street were particularly eye-catching. I expect that each ice sculpture was financially supported by the adjacent business and that we can expect some similar efforts to be city-wide next year.

Anyone planning to treat their Valentine's to some fine dining this weekend should remember to call first. This is a popular and busy time at our local and area dining establishments so don't be disappointed and place that call early to reserve a table. And don't be sorry if you aren't able to find a spot, remember you can enjoy your own romantic setting with a little imagination at home. We suggest you do some advance planning for this too by picking up a bottle of choice vino, be sure you have candlight, fixin's for a good meal, mebbe some flowers and/or chocolates and some romantic background music. Of course fellas you could go the route of the Redneck Happy Heart Special. That's a couple burgers, your favourite glass of suds, turn on the TV and watch a re-run of Hee-Haw or the Daytona 500. Somewhere during that time we hope you will pucker up and exchange both an appropriate kiss and a very Happy Valentine wish for your understanding Sweetie Pie. Please don't add "Roses are Red,Violets are Blue..... bring me another beer honey, cause I do this just for YOU."

FRED PENNER is bringing his sing-a-long concert to town this Monday, February 16th. The show will feature Nancy Beaudette, a local folk singer, and all proceeds will go to the Tri-County Literacy Council. The concert will be held at St. Joseph's Auditorium starting at 6:30pm. The main sponsor is Creg Quay as an added Carnival '98 event. You can call the Civic Complex for tickets and information.

The members of R.C.A.F.A. will be getting together again to celebrate Members Birthdays this Sunday afternoon starting at 2pm. There will be the usual lineup of music, dancing, cake and sandwiches and members and guests are welcome to join the fun at the RCAF Hall on Water Street West. Speaking of birthdays the folks at Chateau Cornwall will enjoy a similar event this coming Friday, February 20th at the Chateau Residence. The fun there also starts at 2pm with specially selected Birthday songs for those celebrating a birthday this month.

Still three more performances of ***CRAZY FOR YOU*** remaining at Aultsville Theatre, St. Lawrence College. The dates are February 19, 20 & 21 at 8:15pm. Call the GLEN between 10am-6pm Monday-Friday for info.

Cape Breton's fiddling sensation, Natalie MacMaster will be performing at Aultsville Theatre on Tuesday, March 17th. You can call the Civic Complex Box Office for tickets and information.

Until next week, G'Day, G'Night and HAPPY VALENTINE'S DAY.

Chase Away the Winter Blues...Safely

(NC)—Winter doesn't mean that you have to hibernate for the snowy months. Try winter sports. Not only do they keep you in shape, but they also help you chase the winter blues away. You can enjoy physical activity in the chilly temperatures just as much as you do in the warm summer months—as long as you are prepared for the cold. Your local Canadian Tire Associate Store has many items to help keep your winter activities fun and safe.

Snowmobiling is a popular winter sport. Don't forget to bring those little extras with you when you go out:

- extra spark plugs and drive belt (if you're renting, ask if spares are included).
- strong tow rope.
- duct tape for temporary repairs.
- clear tube for siphoning fuel from one sled to another in case of emergency.
- plastic grocery bags to line wet boots and big garbage bags for rain protection.
- bring a toque to prevent heat loss when you remove your helmet during breaks.

Cross-country and downhill skiing are great ways to keep in shape, but make sure you protect yourself against the elements with:

- chemical hand and foot warmers.
- layered clothing.
- sunglasses (not just a fashion statement, they also help prevent 'snowblindness').
- snacks (trail mixes or granola bars are a good idea. Skiing burns up a lot of calories and you don't want be caught far from home without energy for the return trip).
- suntan lotion and lip balm (a burned nose isn't fun...).
- flask filled with hot chocolate.

Ice fishing, isn't necessarily a physically demanding sport, but, with nothing to shield you from biting winds and thin ice, you need extra safety gear on a lake more than anywhere else. Equip yourself with:

- a flotation suit—provides warmth and floatability.
- ice cleats for your boots.
- an emergency ice pick.

One last thing that's always a good safety idea when having winter fun far from home—a cellular phone. Many phones are now free if you sign up for a budget-fitting term package. Wherever you go and whatever you do, make sure you're well prepared against the cold to keep the winter months fun-filled.

A Picture Is Worth A Thousand Words

(NC)—Every time a child reads a book, new ideas sprout, imaginations run wild, and new worlds spring to life. TELETOON, the Animation Station, wishes to celebrate the greatest and truest heroes of children's literature, and breathe into them new life for the pleasure of kids and parents alike.

A brand new Canadian series, exclusive to TELETOON, features one such literary heroine who is unique, funny, highly imaginative and sometimes a bit mischievous! Pippi Longstocking drops off her horse, monkey and luggage and makes Villa Villekula her new home. Well-known for her red pigtails and her freckled face, she invites Annika and Tommy, her new neighbours, to share her many adventures. Left alone to care for herself while waiting for her father to reappear from a shipwreck, Pippi lives her life on her own terms, capturing the admiration of kids, and invoking the fury of the town's people.Pippi Longstocking is the central character in a series of books created by the well-known Swedish author Astrid Lindgren. The first stories of Pippi were written as a birthday present for Lindgren's daughter in 1945 and one year later, the book was published and won the award for Best Children's Book from the Swedish publishing house Raben & Sjogren. The author continues to write and has to date, published over 50 children's books, which have been translated into over 60 languages. Not only is she prolific, Astrid Lindgren is also an award-winning author who has won prestigious international prizes, such as the Leo Tolstoy Gold Medal and the Albert Schweitzer Medal.

The Pippi Lonstocking series can be seen on TELETOON, the Animation Station, every Sunday at 7 p.m., with repeats on Mondays at 8 p.m., Thursdays at 7 p.m. and weekends at 11:30 a.m.

GLEN presents
"Crazy For You"
Directed by: Rod Carley
Musical Director: Luc Groulx
Choreographer: Amy Wright
Place: Aultsville Theatre, St. Lawrence College
Date & Time: Feb. 13th & 14th, 8:15pm.
Matinee Sunday, Feb. 15th, 2:00pm
Feb. 19th, 20th & 21st, 8:15pm
Price: $16, $14, $12, Matinee $12, $6 Children
All Seats Reserved
Box Office: 10:00am-6:00pm
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6:30 to 7:00 pm Anti Pasta Table and a Cash Bar
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7:30 pm Time for a little magic from the very talented Denis Benoit
8:15 pm Le pièce de résistance our Main Course **Osso Buco** on a bed of noodles and served with a freshly baked **Baguette**
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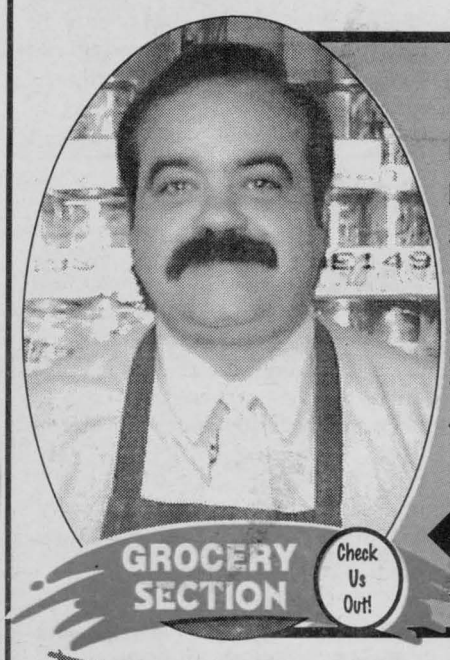

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South Stormont Atom II Selects

South Grenville travelled to Long Sault and the Rangers stomped the Selects 7-2 to take home the win. Getting back into the regular season schedule, the Selects timing was off. Matt Leroux faced a storm of shots as the Selects tried to defend their goal. Scoring in the first minute of play was Jordan Swerdfeger unassisted. Scoring in the final minute of the game, Emile Booyink did some fancy stick handling to give the final goal unassisted.



On Sunday, February 1st, 1998, the Selects invited the Cornwall Typhoons girls team for an exhibition game. Playing an early morning draw, the Selects were victorious. Scoring in the 2-1 win was Jordan Swerdfeger unassisted, and Kory Willard who scored the winning marker, assisted by Brendan Timmers.

On Tuesday, the Selects hosted the Akwesasne squad to an exhibition game. Playing some defensive hockey, the Selects held the game tight until late in the third when the Akwesasne squad put the final marker in to win 2-1.

In regular season play the Selects travelled to Kemptville to see a lot of action. With the penalty box busy a number of Selects viewed the game from a different side. Downing the Panthers 1-0 on a goal from Andrew Beaulieu on a pass from Troy Cryderman, the Selects outshot the Panthers 20-1. Max Millar didn't see much action.

Golden Age Bowling

Upset of the week in the Olympia Golden Age league saw Bill MacPherson and his Elk slow down the Jaguars in their climb to the top with a 2-1 win.

For the win, MacPherson rolled singles of 277 and 203 for a triple of 664.

In a losing effort, Eric McCartney singled 253 and 204 for a cross of 645. John Wood and Gerard Ouimet chipped in with singles of 206 and 203 respectively.

Highlight of the day saw Aline Givogue and Bill MacPherson receive the bowler of the month crest awards for January. MacPherson was the only bowler to receive the 100 plus pins over average awards crest for January.

Attendance winners were: Rheal Allaire, Simone Kearns and Veronica Beauleau.

HIGHS ROLLED: Tony Wheeler, 229; Alice Amelotte, 227; Gabe O'Brien, 223; Cecile Trottier and George Belmore, 219; Thelma Goulet, 217, 207; George Beaudette, 213, 203; Bob Eamer, 209; Aline Givogue, 204; Cliff Merpaw, 204; John Tyo, 201; and Elmer Sauve, 200.

McDonald's Invitational Girls Basketball Tournament

The McDonald's Invitational Girls Basketball tournament, hosted by the Cornwall United Counties Basketball Association is scheduled for February 13th - 15th, 1998. This is the 16th annual girls tourney and there will be a total of 30 teams participating in the event. All local travelling teams will participate as will teams from western Quebec, Ontario and nothern New York State.

Minor - Bantam Schedule

Teams: Cornwall Lions, Gloucester Wolverines, Kemptville Warriors, Canton Hoopsters, Brushton BMC Biddy, TBA

Saturday, Feb. 14, 1998				
Cornwall	vs	TBA	ESLC	8:30 am
Gloucester	vs	Canton	ESLC	10:00 am
Kemptville	vs	Brushton	SLHS	10:00 am
Canton	vs	Cornwall	ESLC	12:00 pm
Brushton	vs	Gloucester	ESLC	1:30 pm
TBA	vs	Kemptville	ESLC	3:00 pm
Cornwall	vs	Brushton	ESLC	4:30 pm
Gloucester	vs	TBA	ESLC	6:00 pm
Kemptville	vs	Canton	ESLC	7:30 pm

Sunday, Feb. 15, 1998				
fifth place	vs	sixth place	SLHS	10:00 am
fourth place	vs	third place	SLHS	11:30 am bronze
second place	vs	first place	SLHS	1:00 pm gold/silver

Midget Division Schedule

Pool A: Cornwall Lions, Brookwood Angels, Hamilton Selects, Kemptville Warriors

Pool B: Goulbourn Stingers, Belleville Spirits, Scarborough Roadrunners, Kanata Cavaliers

Friday, Feb. 13, 1998				
Cornwall	vs	Brookwood	GVSS	5:30 pm
Goulbourn	vs	Belleville	GVSS	7:00 pm

Saturday, Feb. 14, 1998				
Hamilton	vs	Kemptville	GVSS	8:30 am
Scarborough	vs	Kanata	GVSS	10:00 am
Cornwall	vs	Hamilton	GVSS	11:30 am
Goulbourn	vs	Scarborough	GVSS	1:00 pm
Brookwood	vs	Kemptville	GVSS	2:30 pm
Belleville	vs	Kanata	GVSS	4:00 pm
Cornwall	vs	Kemptville	GVSS	5:30 pm
Brookwood	vs	Hamilton	SLHS	5:30 pm
Goulbourn	vs	Kanata	GVSS	7:00 pm
Belleville	vs	Scarborough	SLHS	7:00 pm

Sunday, Feb. 15, 1998				
4th in A	vs	4th in B	GVSS	8:30 am
1st in A	vs	2nd in B	GVSS	10:00 am
2nd in A	vs	1st in B	GVSS	11:30 am
3rd in A	vs	3rd in B	GVSS	1:00 pm
bronze medal game			GVSS	2:30 pm
gold & silver game			GVSS	4:00 pm

Juvenile Division Schedule

Pool A: Cornwall Lions, Scarborough Roadrunners, Belleville Spirits, ABCD Terrebonne

Pool B: Brookwood Flames, Kemptville Warriors, Kingston Magic, St. Bruno Cougars

Friday, Feb, 13, 1998				
Cornwall	vs	Scarborough	GVSS	8:30 pm
Brookwood	vs	Kemptville	SLHS	8:30 pm

Saturday, Feb. 14, 1998				
Belleville	vs	Terrebonne	SJSS	10:00 am
Kingston	vs	St. Bruno	SJSS	11:30 am
Cornwall	vs	Belleville	SJSS	1:00 pm
Brookwood	vs	Kingston	SJSS	2:30 pm
Scarborough	vs	Terrebonne	SJSS	4:00 pm
Kemptville	vs	St. Bruno	SLHS	4:00 pm
Cornwall	vs	Terrebonne	SJSS	5:30 pm
Brookwood	vs	St. Bruno	SJSS	7:00 pm
Scarborough	vs	Belleville	GVSS	8:30 pm
Kemptville	vs	Kingston	SJSS	8:30 pm

Sunday, Feb. 15, 1998				
4th in A	vs	4th in B	SJSS	8:30 am
1st in A	vs	2nd in B	SJSS	10:00 am
2nd in A	vs	1st in B	SJSS	11:30 am
3rd in A	vs	3rd in B	SJSS	1:00 pm
bronze medal game			SJSS	2:30 pm
gold & silver game			SJSS	4:00 pm

Bantam Division Schedule

Pool A: Cornwall Lions, Gloucester Wolverines II, Norwood-Norfolk Lady Flyers, Kingston Hoyas

Pool B: Brockville Blazers, Orleans Xcel, Kemptville Warrriors, Trenton Kiwanis Blues

Friday, Feb. 13, 1998				
Cornwall	vs	Gloucester	SLHS	5:30 pm
Brockville	vs	Orleans Xcels	SLHS	7:00 pm

Saturday, Feb. 14, 1998				
Norwood	vs	Kingston	CCVS	8:30 am
Kemptville	vs	Trenton	CCVS	10:00 am
Cornwall	vs	Norwood	CCVS	11:30 am
Gloucester	vs	Kingston	SLHS	11:30 am
Brockville	vs	Kemptville	CCVS	1:00 pm
Orleans	vs	Trenton	SLHS	1:00 pm
Cornwall	vs	Kingston	CCVS	2:30 pm
Brockville	vs	Trenton	CCVS	4:00 pm
Gloucester	vs	Norwood	CCVS	5:30 pm
Orleans	vs	Kemptville	CCVS	7:00 pm

Sunday, Feb. 15, 1998				
4th in A	vs	4th in B	CCVS	8:30 am
1st in A	vs	2nd in B	CCVS	10:00 am
2nd in A	vs	1st in B	CCVS	11:30 am
3rd in A	vs	3rd in B	CCVS	1:00 pm
bronze medal game			CCVS	2:30 pm
gold & silver game			CCVS	4:00 pm

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U.13 - born in 1985 U.14 - born in 1984
U.15 - born in 1983 U.17 - born in 1981

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U.13 - born in 1985 U.14 - born in 1984
U.16 - born in 1982 U.17 - born in 1981
U.18 - born in 1980 U.19 - born in 1979

For further information, please contact Henry Flipsen at 931-3342

Player Development Program
Location: St. Lawrence College
Dates: February 20 - April 17
Time: 6:00 to 7:30 pm or 7:30 to 9:00 pm
Cost: $35.00 per participant
Registration can be made through Henry Flipsen at 931-3342 or at St. Lawrence College at the gymnasium entrance on Saturday, February 14 between 11:00 am and 1:00pm

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Lancaster Freshmart Atom "B" Royals

On January 25th, Cornwall hosted the first place North Dundas team who were unbeaten in league play and dropped a close 2-0 decision. Cornwall then had to play 4 games in 4 days, tying 3 and losing 1. In back to back games versus Kemptville, our Royals tied twice by scores of 1-1 and 3-3. Also in back to back games, Cornwall tied Alexandria 3-3 at home, but lost on the road 7-2. Scoring for Cornwall were Matt Rose (3) with single markers going to Ryan Campeau, Troy Burns, Joel Lalonde, Shane Caskenette, Ryan Legue, and Eric MacPherson.

Rosedale Winter Carnival Day

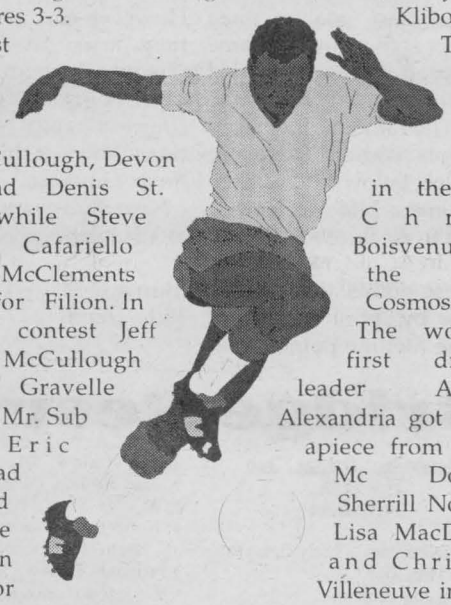


The Rosedale Reccreation Association held their First Annual Winter Carnival Day on Sunday, February 8th in Rosedale Terrace at MacLennan Park. Friends and neighbours were entertained by games, races, a snow sculpture competition all topped off by a sleigh ride. The event raised approximately $500. The committee would like to take this opportunity to thank the following businesses for their generous donations to the event. Mr. Jim Hill of Tim Hortons Donuts, Kyer Gardens, Sky-Hi Greetings and 138 Convenience Stop.

Since September the committee has raised enough money to purchase a school portable and erect rink boards. Their future plans include paving of the rink and installing basketball nets. Future fundraising events to be held over the next few months are currently in the planning stages. Pictured driving the sleigh is Bernie Paquette.

Cornwall Indoor Soccer Results

Filion Trophies and Mr. Sub Hellenic played a double-header against each other in Cornwall Indoor Soccer League Men's first division. They tied both games with identical scores 3-3.



In their first game Mr. Sub got goals from Ron McCullough, Devon Morgan and Denis St. Germain, while Steve Gale, Mike Cafariello and Shawn McClements connected for Filion. In the second contest Jeff Heard, Jon McCullough and Andre Gravelle were the Mr. Sub scorers. Eric Vachon, Chad Beauregard and Gabe Gratton replied for Filion.

Kleran Kennedy with five goals led Rudi Payer Sports to a 14-2 victory against Wolfclan Truckstop. Garry Benson had a hat trick, Ben Pregent and Jason Struthers each scored a pair and singles were added by Ben Pye and Greg Deschamps. Brian and Rob Phillips scored for the Wolfclan.

The Strikers outlasted Backstage Restaurant 9-4. Shawn Montroy (four goals), Dan Menard (two), Jason St. Denis, Sean Henderson and Jason Charbonneau accounted for the Strikers scoring. Chico Teodoro (two), Zoltan Mori and Warran Marleau scored in the loss.

La Maison won its game against Char-Lan II by default.

Doug Winters hat trick led Hardy Seeds Sonics past the Motard Advertising 6-5 in the men's second division. Steve van Bruinessen with a pair and Don Vreman fired the other goals for Sonics. Kiril Dolapthiev had three goals, Andrew Belmore and Frank Spagnola scored for Motard.

Harvey's Restaurant edged St. Lawrence Sharks 3-2. Mike Bedard (two) and Than Vu registered for Harvey's. Jacques Lavoie had both Sharks goals.

The division leader Winners dumped Cosmos 6-1. Eddie Osmar and Chris Merkley each scored two goals and singles were added by John Kliboer and Terry van Allen in the win. Chris Boisvenue had the lone Cosmos goal.

The women's first division leader Atlantic Alexandria got a goal apiece from Diane Mc Dougall, Sherrill Norman, Lisa MacDonald and Christine Villeneuve in a 4-1 decision against the Ray-Co Strikers. Lynn Struther scored in a losing cause.

The more experienced Blasers U-19 beat the Blazers Red Hots 5-2. Helen Karitsiosis and Laura Anderson each had a pair, singles going to Julia Esposito in the win. Vanessa van Sleaven and Laura Scruggs scored for Red Hots.

Minimax Heart and Raisio Chemicals ran in a 3-3 tie. Melanie Chartrand (two) and Lauren MacPherson had the Minimax markers. Julie Truelove notched in a hat trick for Raisio.

Anita Bessette connected four times and Nancy Dalton fired in three goals in women's second division, leading the Freeman's Spitfire to an 8-3 victory against Bold Bright Signs. Pamela Delaney had the other goal for Freeman's. Kimberly Robertson (two) and Tatiana Melrose answered for Bold Signs.

Bergeron Electric Chargers defeated L'Heritage Dragons 2-1. Marie-France Rioux and Hannah Papp scored for Bergeron. Francine Fitzimmons had the Dragon's lonely goal.

Healy Motors won by default against St. Lawrence Sharks.

INSIDE THE CORNWALL COLTS

By David Murray

What a week!! The Colts continue to sway between a team that looks like they can win the Central Junior Hockey League Championships and a club that might not make it out of the division come playoff time.

Case in point - a 6-2 loss to Robinson Division leading Gloucester at the Ed Lumley Arena. The Rangers dominated the game from start to finish. The Colts were thumped everytime they tried to mount an attack. However, you've still got to give the Rangers their due. They played well.

But then, three nights later in Pembroke, Cornwall scored at will, lighting the lamp a season high nine times. Yes, they gave up seven goals, but it was the Colts who controlled the tempo of the shootout style game.

The real Colts are somewhere between the two games, but more than likely closer to the team that reeled off seven games without a loss in January. And while they have struggled at times this year, what team isn't going to have problems winning in a 56 game schedule.

It's way too early to push any panic buttons. The Colts come playoff time, will not be one of the favourites to win the CJHL Championship for the third time in the nineties.

And that's the bottom line.

Rink Rat Info.

Don't forget that the game against Cumberland originally scheduled for January 8th will be made up this Friday (February 20th) at the Ed Lumley Arena ... also the game against Hawkesbury from December 30th has been rescheduled for Saturday, February 28th ... all tickets from both games will be honoured on their respective rescheduled dates ... Jamie Herrington, the Colts first 30-30 man this year (reaching 30 goals and 30 assists with a five point night in Pembroke) ... Brent Lauzon and Andrew Gardner might have some company in the 12 goals and 100 penalty minute department. Lindsay Campbell is eight penalty minutes away (Don Cherry's kind of players) ... it's official!!! David Bennett will be going to Princeton (way to go) ... thank you Law Enforcement All Stars for letting me get my clock cleaned against the Colts in a charity game on Saturday ... all money raised went to the Easter Seals ... every Colts player who took part in "Racing Against Drugs" at the Cornwall Armouries has a new respect for slot car racing.

Here's a look at your Cornwall Colts upcoming games:

Thurs. 19th vs Hawkesbury 7:30 pm

Fri. 20th vs Cumberland, 7:30 pm

Sun, 22nd at Ottawa, 7:30 pm (7:25 on 1220 CJSS)

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CORNWALL MINOR SOFTBALL ASSOCIATION

IMPORTANT NOTICE FOR KNIGHTS SOFTBALL PLAYERS

Due to the mail strike and ice storm,the Cornwall Minor Softball Association Executive has decided to extend the Early Registration Deadline to February 15th, 1998. Regular registration, open to the general public will be starting in March, and will be first come, first served. Parents, please remember that early registration is the only way that your child is guaranteed a spot in the upcoming 1998 softball season.

If you have any questions regarding this matter, you may contact the Registration Director at 938-8732

Cornwall Indoor Soccer Youth Division

The Youth program kicked off again after the Ice Storm, each team playing two games.

Blizzard restarted the season with two wins in the Best Western Division. In the first game, Chad Chenier led the attack with a hat trick in a 5-2 win against Impact. Adam Meldrom and Shawn Larivier had the other Blizzard goals. Melanie Sammers had both Impact goals.

In the second contact, Adam Meldrom and Steve Esposito each scored two goals in Blizzard's 4-1 victory over Spitfire. Matthew Macmahon replied for Spitfire.

In their second game, the Spitfire flashed a high flying offence, romping past the Lasers 9-2. Matthew Mcmahon four, Troy Bronzan and Adam Verrett each with two, Juliana Rechard were the Spitfire scorers. Garret Harell and Jody Sareau scored in the loss.

Impact doubled the lasers 4-2. Dino Goltsios two, Chantal Lafevre and Melanie Sammers netted goals for Impact. Garrett Harell replied with two goals for Lasers.

In Mr. Sub Division, Stingers got goals from five different players in a 5-1 decision against Hotspurs. Shawn Struthers, Corey Leduc, Karina Hummed, Bradley Flipseau and Amy Sammers scored for Stingers. Zachary Smith had the Hotspurs score.

Eric Collin fired in three goals, leading the Rangers to a 5-3 win against Hornets. Amber Hanson and Malcom Watt had the other markers for winners. Patrick Fraser, Melanie Bingley and Christopher Van Dekamp scored for Hornets.

In their second contest, Hornets edged the Hotspurs 5-4 in a very exciting game. Patrick Fraser doubled, Mathiew Plourde, Owen Randlette and Kristy Laframboise singled in the win. Andrew Bundes Hyden had a hat trick and Zachary Smith a single in the loss.

Stinger and the Rangers battled to a 4-4 tie. Bradley Flipson two goals, Amy Sammers and James Breaux had the Stringers goals. Malcom Watt, Shane Caron, Josie MacDonald and Jamie Lee had the Rangers marker.

Very close games were played in the Atom Division. Rowdies edged Rockers 4-3. Kayla Framboise scored twice and singles were added by Nathan Myers and Paul Randlett for Raiders. Alain Legros had all three goals for Rockers.

Cougars won also 4-3 against Raiders. Joel Martheau two, Jaymie Baldree and Corbin Moquin had scored for Cougars. Danielle Desgroseillers notched in a hat trick for Raiders.

Raiders had an easy 4-1 win against Rowdies. Danielle Desgroseillers with another hat trick and Joshua Geneau led the Raiders attack. Missy Glover scored in the loss.

Rockers got two goals from Chad Hunter and a single from Allan Rankin in a 3-2 win against Cougars. Joel Martineau and Jaymie Baldree had the Cougars markers.

Midget Girls Basketball

Cornwall Lion's Midget Girls Travelling Basketball team won one of two games on Sunday in Cornwall. The first game against Brockville was a real nail-biter with Tracey Bradley scoring the winning basket with 2 seconds left on the clock in overtime. Brockville led by 16 to 15 at halftime but allowed Cornwall to take the lead in the third quarter. Brockville's foul shooting allowed them to tie the game at the end of regulation time. Cornwall took the lead again in overtime, but fouls allowed Brockville to tie the game again with 14 seconds left on the clock. Cornwall took the ball out of bounds, passed it to Lisa Plamondon who quickly moved it up the floor and passed it off to Bradley who sunk the game winner. Bradley was the leading scorer with 13 points followed by Jennifer Baker with 9, Robyn DeGray with 5 and Lisa Plamondon with 4. Robyn DeGray had 5 rebounds followed by Bradley and Terri Lalonde with 4 each.

The second game was much tougher with Goulbourn beating the Cornwall Lions 32 to 14. The leading scorers for Cornwall were Tracey Bradley with 5 and Michelle Daigneault with 4. Sheena Butt had four rebounds for the Lions.

The Lions will play in their 16th annual 30 team tournament this weekend in Cornwall.

Ray-Co Sharks

On Sunday, February 8th, Ray-Co Senior Women's hockey team played at the Canterbury Arena against the Ottawar More Valkyries. Ray-Co got back on the winning track with a 2-0 victory. At 07:34 of the first period, Ray-Co's Sandy Roy scored, assisted by Shelley Lebrun and Dominique Laroche. Ray-Co added their 2nd goal at 09:16 of the 2nd period, when Dominique Laroche scored an unassisted goal. Lisa Cook played a big game in nets for Ray-Co.

Ray-Co played their first game of a best of 3 provincial play down games, February 9th at the Bob Turner Arena against the Brockville Angels. Only one Senior "A" team from this district gets to go to the provincial championship. Ray-Co's Lisa Cook got the start in net and played an outstanding game, stopping all but one shot. Brockville scored at 09:21 of the first period. Ray-Co battled back, applying great pressure through the game. Coach Doug Delage pulled Ray-Co's goalie for the extra attacker with a minute remaining. Shawna Spowart almost tied the game with 00:19 remaining, with a hard one timer shot, but Brockville's goalie came up big. The game ended 1-0 for Brockville. Cornwall plays their second play down game on February 19th in Brockville.

CORNWALL BRIDGE

By Bert Mosher

Like most sports and recreational activities, bridge has a rating system for members of the American Contract Bridge League (ACBL). ACBL members accumulate points by placing at games conducted at clubs and tournaments. The points are coloured. Black points are earned at the club level, Silver at sectional games, Red and Gold points at major tournaments.

The primary goal of most members is to enjoy the game of bridge. If points are earned along the way, so much the better. The rankings are based on points earned. There are five levels below Life Master. To become a Life Master you need 200 Black, 40 Silver, 25 Red and 25 Gold. Needless to say, these points are not easy to come by. As of the end of 1997 the lifetime points accumulated by some of the local players are worthy of note.

Voyteck Pomykalski - 2221
Richard Baird - 1668
Margaret Campbell - 1472
Brian McCartney - 1005

Congratulations to all four for a stellar performance over many years. They all have one thing in common, they are all ever willing to help those of use who are well down on this ladder. However, this does not mean they "teach" at the table, but if you ask them a question, sensible or not, you will get a courtesy reply, except sometimes Voyteck throws in a little dry humour.

Next week - regular games at all clubs.

Coming events - sectional tournament at Ottawa, Feb. 19th - 22nd.

Bridge Results

Independent Bridge Club
Feb. 4/98
Section A

N/S
1. Margaret Evans - Terry Forsyth
2. Joyce Harrison - Georgette Lauzon
3. Evelyn McPhail - Jean Stokes

E/W
1. Marian Lloyd - Mona MacPhee
2. Rona Maynard - Pauline McKinnon
3. Lisette Desjardins - Janice Keen

Section B

N/S
1. Adelaide Hunter - George Bissonnette
2. Yolande Boutin - Hermine Ladouceur
3. Kay Barlow - Brunelle MacDonald

E/W
1. Marjorie Raymond - Roy Parmalee
2. Yvonne Bergeron - Rita O'Brien
3. Helen Alguire - Fern Blain

Cornwall & District Bridge Club
Feb. 5/98

N/S
1. Kirk Malette - Voyteck Pomykalski
2. Margaret Campbell - Barbara Taylor
3. Gisele Baird - Jeana Reilly

E/W
1. Dora Barrington - George Bissonnette
2. Richard Baird - Ron Jenne
3. Lydia LeGault - Claudette Rousseau

Senior Citizens Bridge Club
Feb. 6/98
Section A

N/S
1. Mabel Chan - Terry Forsyth
2. Jeanine Alain - Margaret Evans
3. Diana Macaulay - Maurice Roussy

E/W
1. Lydia LeGault - Claudette Rousseau
2. Marian Lloyd - Roy Parmalee
3. Fleurette Brunet - Adelaide Hunter

Section B

N/S
1. Nelsa Kalil - George Bissonnette
2. Kay Barlow - Marjorie Raymond
3. Jean Boileau - Pat McIntosh

E/W
1. Hermine Ladouceur - Lyette Ladouceur
2. Yolande Boutin - Fern Blain
3. Georgette Lauzon - Marian Lemieux

Seaway City Bridge Club
Feb. 9/98

N/S
1. Eva Kittle - George Bissonnette
2. Ruth Edgerton - Margaret Kennedy
3. Yolande Boutin - Jessie Boyd

E/W
1. Florence Bergeron - Georgette Lauzon
2. Kay Barlow - Diana Macaulay
3. Laurette Brosseau - Fernande Cardinal

Cornwall Community Bridge Club - Feb. 9/98
1. Nelsa Kalil - Lydia LeGault
2. Carol Reus - Ron Jenne
3. Richard Fawthrop - Voyteck Pomykalski
4. Denise Fournier - Steve Lassner

Seaway Seniors
Feb. 4/98

N/S
1. Dorthey Bourdon - Mary Fobert
2. Grace & Ken McDonell
3. Joan Owen - Allen McLeod

E/W
1. Masie Collette - Marie Lemieux
2. Gerry Johnston - Henry Rzepczyk
3. Ethyl Bingley - Ken Graham

Martintown Bridge Club
Feb. 3/98

N/S
1. Audrey Blair - Bert Mosher
2. Lorraine Billard - Evelyn Warren
3. Margaret Kennedy - Isobel Quail

E/W
1. Jean Murray - Jane Troop
2. Bill Henderson - John Roulston
3. Allen McLeod - Henry Rzepczyk

Super/Duplicate
Feb. 6/98 (Team Game)
1. Dorthey Fawthrop
Joan Owen
Terri Vendette
Bert Mosher

SEAWAY NEWS



Best Western Winner's Sports Bar

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TOP 100 LISTING

RK	Name	G	ASS	TP	DF
1.	Allan Lalonde	330	411	741	45
2.	Harvey Litalien	281	435	716	43
3.	Lyn Anderson	296	412	708	40
4.	Paul Beaulieu	238	458	696	40
5.	Ryan Germain	300	396	696	40
6.	Brian McMillan	287	408	695	42
7.	Daniel Bourgeouis	270	425	695	31
8.	Mario Litalien	295	400	695	47
9.	Kelly Ratayczak	282	411	693	55
10.	April Taylor	309	381	690	44
11.	Sandra Pettem	284	405	689	45
12.	Eric Landon	306	382	688	42
13.	Douglas Anderson	269	419	688	41
14.	Janet MacDonald	251	433	684	42
15.	Gerry Gillissie	283	401	684	43
16.	Brad Lalonde	297	385	682	46
17.	Gates Lalonde	290	392	682	40
18.	Tom Baker	303	379	682	49
19.	Bernie Larue	288	394	682	46
20.	Barry Gordon	303	378	681	44
21.	Malcolm MacDonald	270	411	681	39
22.	Bernie Sommers	259	422	681	43
23.	Brian Deschamps	313	368	681	37
24.	Larry Tyo	290	389	679	52
25.	Jim McDonald	283	395	678	43
26.	Berny Dirven	273	404	677	35
27.	Claude Gauthier	333	344	677	38
28.	Anne Lalonde	298	377	675	34
29.	Fern Bourdon	285	390	675	48
30.	Brian Laframboise	284	390	674	40
31.	Yvon Brunette	291	382	673	42
32.	Andre Amyotte	247	426	673	37
33.	Jeff Laperle	279	392	671	41
34.	Jerry Sauve	287	384	671	42
35.	Viola Lalonde	255	415	670	41
36.	Sandra Taillon	245	425	670	38
37.	Jonathon Hill	280	390	670	33
38.	Ann Loney	283	387	670	39
39.	James Payette	287	383	670	38
40.	Jacqueline Emburg	227	441	668	38
41.	Armand Bissonnett	272	396	668	42
42.	Morris Lamer	260	408	668	44
43.	Eric Gordon	294	373	667	44
44.	Michel Bissonnett	280	387	667	40
45.	Jason Racine	256	411	667	33
46.	A.J. Kennedy	281	386	667	39
47.	Peter Dirven	298	369	667	32
48.	Gary Belmore	297	369	666	44
49.	Ron Duchesne	268	397	665	35
50.	Randy Lafave	299	366	665	39
51.	Loretta Bourgeois	291	373	664	39
52.	Ronald A. Lalonde	274	389	663	32
53.	David Steele	301	362	663	37
54.	Dorothy Campbell	242	421	663	35
55.	Wayne D. Horne	306	357	663	35
56.	Shana McGlyon	273	389	662	37
57.	Pete Bowen	254	408	662	40
58.	John Collison	254	408	662	37
59.	Marty Landon	290	372	662	31
60.	Mark Ratayczak	290	372	662	45
61.	Marc Appleton	263	398	661	31
62.	Roderick Burson	278	383	661	44
63.	Shelley Merpaw	272	389	661	31
64.	C. Villeneuve	283	378	661	40
65.	Lee Sauve	286	375	661	41
66.	Danny Gillard	292	368	660	38
67.	Eric McCartney	258	401	659	43
68.	Ray Bourdon	265	394	659	40
69.	Rene Boisvenue	300	359	659	40
70.	Alex MacDougall	265	394	659	34
71.	Joel Lalonde	270	388	658	40
72.	Lee Leblanc	284	374	658	39
73.	Shannon Anderson	265	393	658	42
74.	Jessie Lemire	282	376	658	47
75.	Shelly Lamer	253	404	657	41
76.	Bill Makinson	260	397	657	37
77.	Paul Bourgeouis	265	392	657	43
78.	William Mitchell	293	363	656	43
79.	Lois Emburg	258	397	655	32
80.	B. Denneny	312	343	655	42
81.	Patrick Massia	261	394	655	40
82.	Robert Collins	226	429	655	42
83.	Jeannine Duval	274	381	655	36
84.	Sam Gordon	279	375	654	36
85.	Colleen Villeneuv	265	389	654	36
86.	Ron Gendron	246	408	654	36
87.	Dave Merpaw	282	372	654	41
88.	Chris Renaud	280	374	654	36
89.	Steve Allen	294	359	653	34
90.	Miki Agh	267	386	653	33
91.	Pam Bowen	268	385	653	34
92.	Jason Leger	264	388	652	36
93.	Roger Lamoureux	269	383	652	34
94.	Bernie Lemire	253	399	652	37
95.	Danny Coillard	267	385	652	47
96.	Rita Trudell	247	405	652	35
97.	Timmy Brunet	265	387	652	33
98.	Floyd Emburg	249	403	652	37
99.	Sean Amelotte	273	379	652	36
100.	Jocelyn Savard	277	375	652	44

Biggest Gain 55 by Kelly Ratayczak in 9th.
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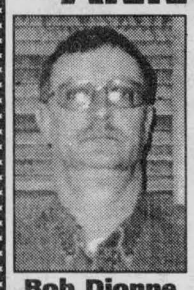

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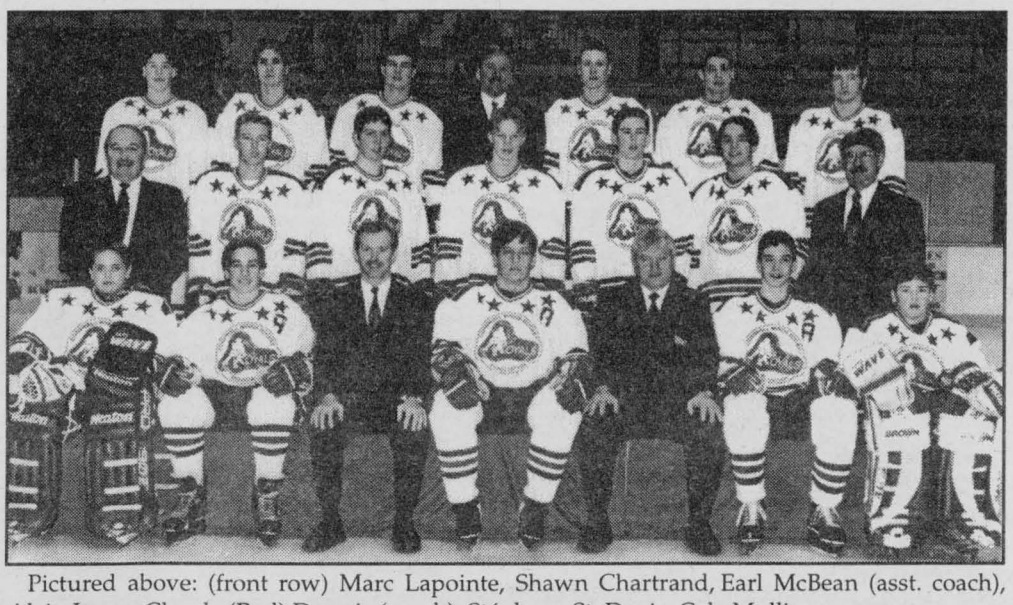
Cornwall Tire Bantam "A"



Pictured above: (front row) Marc Lapointe, Shawn Chartrand, Earl McBean (asst. coach), Alain Leger, Claude (Red) Dupuis (coach), Stéphane St. Denis, Cale Mulligan.

(2nd row): Dick Mulligan (manager), Marc Forget, Matt McBean, Andrew Banville, Joshua Bulloch, David Carry, Don St. Denis (manager).

(3rd row): Scott Champagne, Nick Dubé, John Pecore, Joe Bulloch (trainer), Jamie Leger, Patrick Smith, Dale Ferguson

Seaway Valley Major Bantam AA

The Cornwall Tire Seaway Valley AA bantams restarted the regular season following the "Ice Storm" mid-season break on January 28th when they travelled to Gatineau to meet the league's third place team, the Outaouais. During the initial part of the first period, Seaway applied good pressure in the Outaouais end, but a momentary lapse left an uncovered man in the slot and Outaouais took a 1-0 lead. Mid-way through the period Outaouais increased its lead to 3-0 with a power play goal and a two on one break.

In the second period, Seaway's Danny Lafave spoiled the shut out with a power play goal from the blue line. The assist went to Stephane Mainville. Outaouais restored the two goal margin at the end of the period with a quick feed to from behind the Rapids net to make the score 4-1.

The only scoring in the third period went to Outaouais on a breakaway at 3:57 for a final score of 5-1.

On January 31st, the Rapids played a back-to-back double header with Rideau-St. Lawrence to make up for lost games. In the first game, Seaway emerged with a 2-1 lead at the end of the first period with goals scored by B.J. Pelkey (assisted by Mike King) and Graham Carbonneau (assisted by Luc Lanthier and Adam St. John). A disastrous second period, however, resulted in three unanswered goals by Rideau. In the third period, after Rideau increased their lead to 5-2, Seaway pulled their goalie with 4-1/2 minutes left but was unable to score.

One and one half hours later, the two teams squared off again with nearly identical results. This time Rideau emerged with a 5-1 victory. The lone Seaway goal was scored by B.J. Pelkey, assisted by defenseman Stephane Mainville and Adam St. John.

On February 1st, the Rapids faced the Ottawa Ice, a strong, fast team that previously had no difficulty containing Seaway. At the beginning of the first period, it appeared that the Ice would continue when they scored first. Seaway goalie Craig Helmer, however, began to shut the door, robbing Ottawa of several close in scoring chances. Late in the period, B.J. Pelkey evened the score at 1-1 on a power play goal. The assist went to Adam Beehler.

At the 12:51 mark of the second period, the Rapids were caught with too many men on the ice and Ottawa promptly cashed in the power play opportunity to take a 2-1 lead. Seaway stepped up their forechecking which eventually allowed Pelkey to score his second goal of the night when the Ottawa defense coughed up the puck deep in their own end. Assists went to Graham Carbonneau and Beehler.

The third period saw gritty, determined play by Seaway and a sparkling performance by goalie Helmer. The end result was a total shut down of the high scoring Ottawa machine and Seaway emerged with a 2-2 tie and its first points in a long time.

Seaway was in action again the next evening, February 2nd, when they travelled to meet the Gloucester Rangers. In effect, the Rapids had to play with one hand tied behind their backs. Three forwards were out of action with the flu and midway through the second period Carbonneau's skate blade broke, putting him out of action.

So the first period began with Seaway following a predetermined strategy - slow down the game, forecheck and bodycheck hard and force turn overs. The Rangers, however, got off to a quick first goal at 12:27 of the first period, but goalie Jessie Kirady started to shut down the Ranger offense as goalie Helmer had done the night before. With Seaway sitting out a penalty, the Rangers increased their lead to 2-0 on a power play goal. However, nothing more was to come from the Ranger side.

In the second period, Seaway's strategy began to click and Dominic Decoeur put the Rapids on the board. Assists went to Mike King (who was flying all night) and defenceman Adam St. John. Meanwhile, at the Seaway end, nothing was going to get past Kirady, whose hot glove was pulling everything out of the air that the Rangers could shoot.

The third period started with the Seaway bench reduced to four defensemen and five forwards. Determined play by a team that would not give up, resulted in Adam Beehler netting an unassisted goal mid-way through the period to tie the score at 2-2. The Rangers threw everything they could at Kirady, but several spectacular saves coupled with smart clearing of the puck from the defensive zone by the defense preserved the tie and Seaway walked away with another hard earned point.

Broomball Leagues Forming At St. Lawrence Centre Arena

Are your turned on by watching the Olympic hockey games, but afraid to venture out on skates yourself? Well, the St. Lawrence Centre Arena has just the solution for you and all other "non-skaters".

It's called Broomball and it starts at the Arena on March 22nd.

Broomball is played on the ice, but on sneakers rather than ice skates. And instead of a hockey stick, players use brooms to whack the ball down the ice. There are still goals, and many of the rules are the same as hockey, but this exciting competitive sport is a great choice for those who find hockey a little intense or who are just looking for a good weekly work out.

The co-ed broomball league now being formed at the Arena will feature 6 teams with a minimum of 10 players per team. The teams will play 40 minute games (two 20 minute periods with an intermission) on Sunday evenings from March 22nd through April 26th, with playoffs on May 3rd. The cost is just $240 per team or $4 per game per participant. Broomball players only need sneakers (not black soled ones) and long pants to play. Helmets and sticks will be provided by the arena. Knee pads and elbow pads are optional and must be provided by the participants.

For more information or to sign up for the league, please call the Arena at 315-764-0684.

WIN-terlude Champs

After having been denied two January tournaments by Ice Storm '98 (Lasalle & Cornwall) the Cornwall Tire Bantam "A" team was not about to come home empty handed from the Gloucester Winterlude Tournament.

In a penalty filled first game against their neighbours from Massena, the Cornwall team set the tempo early in the first period with goals from Scott Champagne and Stéphane St. Denis. In the second period, Andrew Banville added two with Nick Dubé and Scott Champagne scoring singles. Alain Léger finished off the game in the third period with a blistering shot from the point to complete a convincing victory of 7 to 0. Assists on the goals went to Alain Léger (1), Nick Dubé (2), Andrew Banville (1), Stéphane St. Denis (2), Matt McBean (1), Mario Bissonnette (2) and Scott Champagne with 1. The defensive squad played a solid game in front of Cale Mulligan, who would not be denied another shut out.

The second game, once again penalty filled, saw Marc Lapointe take over the goaltending and earn a shut out of his own as Cornwall defeated Valley East Rebels (Sudbury) 4-0. Mario Bissonnette (affiliated from the Cornwall Bantam "B" team) led the way with one goal and one assist. Other goals went to Nick Dubé, David Carry and Scott Champagne with assists going to Patrick Smith and Champagne. Alain Léger and Matt McBean used their size and strength at the blue line while Dale Ferguson showed the opposing team he could be rugged in the corners.

After being lectured by the coaching staff on unnecessary penalties, the team came out ready against a fast skating and determined team from West Nipising who never let up and gave th goalie team of Mulligan and Lapointe their share of work in keeping Cornwall on the winning side of a 5-4 game. Goals went to Stéphane St. Denis, Nick Dubé, Mario Bissonnette, and Scott Champagne with two. Assists went to Andrew Banville (1), Champagne (2), David Carry (1), Dubé (2) and Bissonnette (2). Josh Bulloch and Marc Forget played a solid game on defence.

Going into the 4th game knowing that they had already won the division, the shortened bench of only 12 players knew they had to keep the momentum going for the next day's finals. They came out of that game beating the Toronto Eastenders 3-2 with goals going to Jamie Leger and Shawn Chartrand with 2. Assists went to Nick Dubé (2).

Being winners of their division with a convincing 4 wins, Cornwall skated into the semi final game against the home town team of Gloucester. With an affiliated player by the name of Korey St. Louis solid between the pipes (from Cornwall Bantam "B") Cornwall played a seesaw first two periods, but broke the game open in the third to win it 7-4. Goals went to Scott Champagne, Andrew Banville, Nick Dubé (2), Stéphane St. Denis, Jamie Leger and Mario Bissonnette. Assists went to Marc Forget (3), Dubé (3), St. Denis (1), Matt McBean (2), Patrick Smith (1), Jamie Leger (1) and Champagne (2). Patrick Smith's speed on defence was put to good use as he showed he could play as an offensive defenceman.

Five hours later, the Cornwall squad was once again on the ice of the championship game against a Kitchener "Kombines" team who had scored 32 goals and only give up 4 during their previous 5 games. With Cale Mulligan in goal, Cornwall game out flying and got on the scoreboard with only 2-1/2 minutes played. Playing a very disciplined game, Cornwall led 4-1 after the first period, but Kitchener wasn't about to give up. When the second period was over and the team went to the dressing room for a break, the game was far from over with the score being 5-3. The coaching staff of Claude (Red) Dupuis and Earl McBean got the team firing on all pistons as they motored through the third period to a convincing 8-4 victory and earn the championship. Goals went to Andrew Banville with 3, Shawn Chartrand (2), Nick Dubé (1), Jamie Leger (1), and Mario Bissonnette with 1. Assists went to Al Leger (2), Dubé (2), Marc Forget (2), Banville (1), Scott Champagne (1), Stéphane St. Denis (2), Chartrand (1) and David Carry (1).

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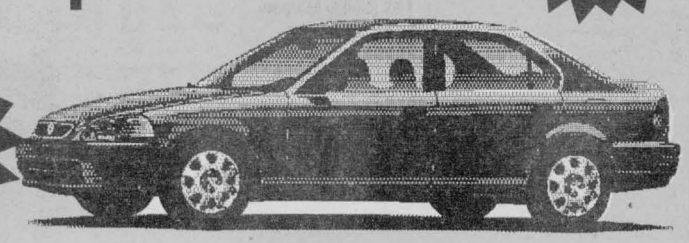

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(NC) Whether you're buying your first or fifth house, there are some additional costs that can really add up to a rather unpleasant surprise. These "extras" are over and above your downpayment and could run anywhere from 1.5 to 3.5% of the cost of your home:

Appraisal-provides the lender with an appraisal of your property's value.

Inspection-often a wise safeguard that helps identify any potential problems.

Property Survey-a "map" of your property indicating boundaries, measurements and access points.

High Ratio Mortgage Insurance-choose from a basic fee or an application and appraisal fee.

MONEY TALK

Home Insurance-insures both your home and its contents.

Land Transfer Tax-in some provinces you'll pay a percentage of the purchase price in taxes.

Interest Adjustments-the difference in interest between the closing date and the first mortgage payment.

Prepaid Property Tax and Utilities-reimbursing the previous owner for any payments already made.

Legal Fees-a real estate lawyer is a wise investment.

Taxes-check if GST or Sales Taxes apply to your purchase.

Moving-hiring movers or renting a truck or van

Service Charges-utilities or telephone activation fees.

Immediate repairs-anything that's urgent.

Appliances-most often they don't come with a house.

Decorating-painting, new carpeting or curtains might be required right away.

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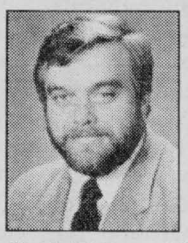

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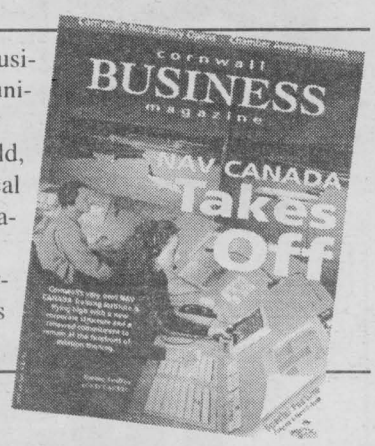

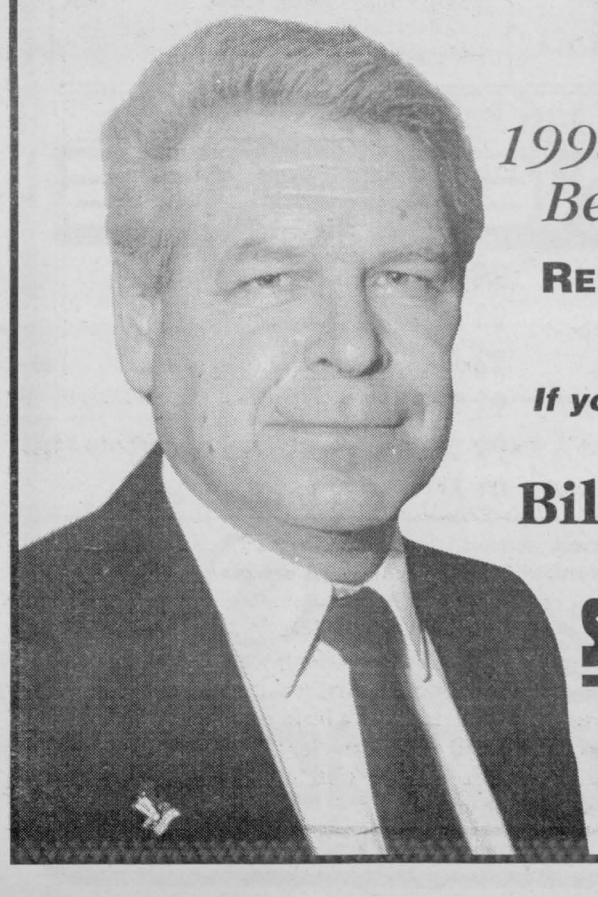

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SEAWAY NEWS

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Successful Investing with Patrick McKeough

TIP OF THE WEEK:
"Your RRSP is an expensive place to find out if you have a talent for stock trading."

RRSP losses are double

Successful investors put only their safest investments in their registered retirement savings plan. If they indulge in penny stocks, stock options or short-term trading, they do so outside their RRSP. That way, they avoid the risk of a double loss and can use any losses they do suffer to offset taxable capital gains.

HOW RRSPs WORK

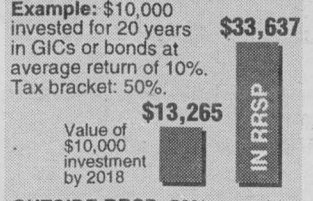
- RRSPs are similar to other investment accounts, except that you get a tax deduction for the money you put in.
- You can put up to 18% of the previous year's earned income (to a maximum of $13,500) into an RRSP, and deduct it from your taxable income. (Lower limit for pension plan members.)
- You pay taxes on your RRSP investment, and the investment income it earns, only when you make a withdrawal. Withdrawals count as taxable income the year you take the money out and are taxed accordingly.

If you make money: Investment gains in an RRSP are a double profit. Instead of paying up to 50% of your profit to the government in taxes and keeping 50% to work for you, you keep 100% of your profit working for you.

If you lose: The result is a double loss. You lose your money, and you lose the opportunity to have that money grow in a tax-deferred environment for years – if not decades – until you take it out.

The RRSP advantage

Example: $10,000 invested for 20 years in GICs or bonds at average return of 10%. Tax bracket: 50%.



OUTSIDE RRSP: 50% tax paid on $10,000 leaves $5,000. Since investor is paying 50% tax on the interest, investment only grows to $13,265 by 2018.

INSIDE RRSP: Investment worth $67,275 in 2018. After 50% tax at withdrawal, investor still has $33,637.

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Patrick McKeough is an investment author, consultant and editor of The Successful Investor, a monthly investment newsletter. For further information, call 1-800-579-4246 or visit **http://www.thesuccessfulinvestor.com**

FINANCIAL FUTURES



By Tim Ming

Take Charge of Your Retirement Today

Today, more than ever before, individuals are recognizing the need to take charge of their own retirement. With government programs being cut back and widespread corporate restructuring, Canadians are rethinking their financial future. One result is a dramatic shift in spending and savings patterns. Another is closer monitoring of the progress and growth of their RRSP's and the way in which they are invested.

Many of us are taking our future more seriously than ever before, having lived through an era in which many lost jobs, double-digit unemployment rates prevailed and the concept of career security has disappeared. Despite an economy with interest rates at 40 year low and inflation at an almost negligible level, consumers have not resumed the pattern of spending that has characteristically followed a recession. It's no wonder with the ratio of personal debt to household income at an all time high and growing concerns surrounding the future of government pension plans.

Together with these large issues, historically low levels of interest rates have significantly altered what investors can expect to earn on their retirement capital. For many the reduced returns on guaranteed investments means that basic financial goals and retirement plans are in jeopardy. The priority of many this RRSP season should be to review your RRSP and revisit or develop your investment strategy before making your annual contribution. You will probably want to take a longer term view and be sure that growth oriented investments form a more significant part of your portfolio. It may also be time to consolidate your RRRSPs to better manage, monitor and control your wealth since the growth of your RRSPs will be more critical to your long term financial health than ever before.

Mutual funds with their wide range of options and outstanding flexibility continue to be the investment of choice for a whole generation of RRSP investors. Their many advantages including a wide range of choices, professional management and diversification have truly solidified mutual funds as the vehicle for building the majority of Canadians wealth for the foreseeable future. One word of caution; with over 1400 different mutual funds to choose from the selection process is more complex than ever before. Independent Professional Advice can ensure that you get the proper type and combination of top performing mutual funds to secure your financial future.

Timothy Ming is an Independent Financial Consultant affiliated with FundEX Investments Inc. He operates his own financial consulting practice in Cornwall, Ontario and is committed to providing the finest service and financial advice to his clients.

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When You Can't Breathe, Nothing Else Matters.

YOUR INVESTMENTS



By Luke Bedard

Match Mutual Funds To Your Personal Needs

When mutual funds first caught Canadians' attention a decade or so ago, investors' choices were limited.

Today, Canadians can choose from more than 1,300 mutual funds, each with its own investment objective. For the average investor, having so many funds available makes it difficult to make decisions. You can make the right choice by matching mutual funds to your personal needs.

To find a mutual fund that is right for you, you'll need to choose a mutual fund category and a mutual fund manager.

Mutual funds can be categorized by what they provide and what they invest in. They provide:

- income
- a balance of income and some growth
- growth

What they invest in is determined in turn by what they aim to provide:

- income funds invest in fixed-income investments, including bonds, treasury bills, and mortgage-backed securities
- balanced funds invest in a combination of fixed-income investments and equities (share of companies)
- growth funds invest in the stocks (shares or "equity") of a company. Equities offer no guarantee, but your money can grow over time. For example, the stock market fluctuates from day to day, but stocks have outperformed all other investments over the long term.

Funds can also be categorized as Canadian or international. This is an important distinction because Registered Retirement Savings Plans (RRSPs) are limited to a specific amount of foreign content.

Once you have chosen the mutual fund category that matches your needs, you will need to choose a mutual fund manager and a specific mutual fund. You should evaluate a mutual fund on the basis of several criteria before buying:

- the fund's objective and risk level
- the manager's investment style and performance track record
- the various options the mutual fund company offers, including pre-authorized chequing plans and systematic withdrawal plans.

You can get a wealth of information from your financial adviser, mutual fund companies, financial books and magazines, and the mutual fund section of newspapers. You should also carefully read the prospectus you receive when you buy your mutual fund. It contains important information about the fund's investment objective, any fees and expenses, and how to buy and sell your units.

Invest some time before choosing who will manage your investment. By doing so you can control part of the risk and gain an opportunity to achieve greater rewards.

Why a Woman Should Have Her Own Will

FUTURE TALK

(NC)-Making a will is a sensible and worthwhile task that everybody, whatever their age or financial status, should do.

However, there are some special reasons why Canadian women should be sure to make a will of their own.

1. Women usually live longer than their husbands. It's a good idea for each of you to have your own will when you're both alive. After the death of one spouse, changing circumstances may mean you want to write a new will, but having a will in the first place is an important step.

2. Planning for young children or other dependents is something that women usually want to pay special attention to.

3. Taxes and legal concerns (especially if there was a previous marriage or other dependents) should be looked at.

4. Many women will want to make special arrangements for the disposition of family heirlooms, jewellery, items of historical or sentimental value, and their own property.

5. Continuing the support for groups and organizations that many women generously helped during their lifetime may be a consideration in the preparation of a will.

A will lets you decide

With a properly prepared will, you can ensure that:

- property will be distributed exactly as you would have wished, and not on an arbitrary basis
- you can name your own executor to administer your estate
- guardians of children will be named the way you want
- personal items, such as heirlooms, art, jewellery and antiques will be handled the way you intend
- individuals, organizations and good causes, such as health charities and environmental groups like Greenpeace, will receive the support you had always intended for them.

Prepare a will now!

If you do not have a will, NOW is the time to prepare one. While a will does not need to be a complicated document, it is always advisable to contact a lawyer or trust company to help you. The peace of mind that comes from ensuring there are no small mistakes or omissions which will cause difficulties in future years is well worth the cost of such services.

What to do

1. Renounce any previous wills to avoid possible confusion later.

2. Name an Executor-the person who will carry out your instructions as you would wish.

3. Make preparations to take care of your dependents-provide for your immediate family first.

4. If you have children under 18 years of age, consider naming a guardian.

5. Consider whether you want to include specific gifts of money or items to friends, relatives or charities and non-profit organizations.

6. Decide who to give whatever remains of your estate after all other family and friends are taken care of.

7. Leave instructions for your funeral arrangements.

Can I change my will?

Yes, you can always change your will, either completely, or by means of a codicil, which is a document that adds to or alters your existing will. You should seek legal advice to do this as legal requirements vary from province to province.

Should I leave money to a good cause?

The tradition of leaving money to organizations that benefit society and your community is many centuries old. Today, people at all income levels support charities and non-profit organizations through their wills.

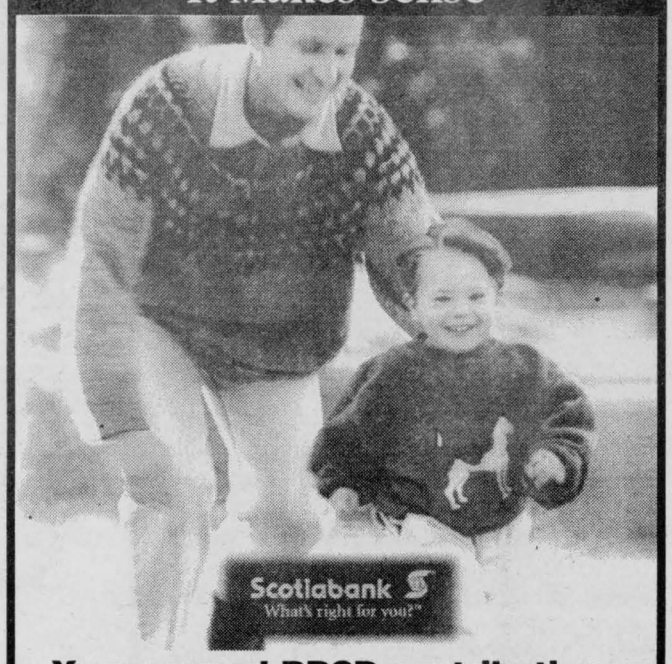
Such bequests are a vital source of funds for a number of organizations, including Greenpeace Canada, and stand as a lasting memorial to the donor.

For individuals who feel they cannot afford to make a large donation to a cause they support during their lifetime, a bequest in a will can be a good way to make a lasting contribution.

For a free copy of the booklet "A Gift to Future Generations" which discusses this topic in more detail, please write to Greenpeace Canada, 1726 Commercial Drive, Suite 200, Vancouver, B.C. V5N 4A3.

The Scotia RRSP Catch-Up™ Loan

Borrow money to save money. It Makes Sense



Your unused RRSP contributions don't expire.

That's right. Just because you haven't taken advantage of all your RRSP contributions doesn't mean you can't. Any unused contributions, beginning with your 1991 contribution limit, can be carried forward indefinitely. But the sooner you use them the better. (Think *compound earnings*). So why not maximize your contribution this year, and take advantage of all your unused contributions at the same time?

Here's how it works.

This is one time where borrowing really makes sense. And it's simple, and easy. Here's an example.
The following illustrates the benefit of borrowing $15,000 to invest in your RRSP with the intention of repaying it over a 10 year period at a loan rate of 6%. However, you'll note that if you apply your tax refund against the loan, the loan can be paid off in just over 5 years.

1. Borrow $15,000. (or as much as $50,000‡ at rates as low as Prime*)
2. Get back $6,000 on your tax return and pay down your loan (Assumes a 40% tax bracket. Yours might be different)
3. Pay back $167/month. (Seems possible? If need be, you can take up to 15 years to repay.)
4. Watch your RRSP grow to $22,909 in 5 years and 6 months, when your loan is paid out. In 25 years, you'll have $102,727.

Here's how you can start to Catch-Up.

Arranging a Scotia RRSP Catch-Up Loan is simple. Just call **1-800-575-8888** right now and talk to a Scotiabank representative. **Call 930-2002** or drop by Scotiabank at **14 Second Street West** and talk personally with one of our investment representatives.
They're available to answer your questions about the Scotia RRSP Catch-Up Loan, and can offer other alternatives to help you achieve your individual investment goals.
Wouldn't it be nice to have a little more gold for your golden years? And just a little less to worry about today? Think about a Scotia RRSP Catch-Up Loan. It could be what's right for you.



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Community Update

*ADOPTEES-BIRTH MOTHERS- BIRTH FATHERS. Do you need help or support in your search? Call Parent Finders at 933-9186 or 931-2916.

*AL-ANON/ALATEEN If someone you love or are dependent on has a drinking problem, you can see what it's doing to them; if you're also concerned about what it's doing to you, call 937-4880.

*ALCOHOLISM IS A DISEASE, help is available. If you want to drink that's your business, if you want to stop that's ours. Phone AA today at 613-938-1984.

* ALEXANDRIA CANCER SUPPORT NETWORK meets every third Tuesday, 7:00p.m., Glengarry District High School (front entrance). Peer support for cancer survivors and their supporters. Info: call the V.O.N. Office at 525-1214. Next meeting Tuesday Feb. 17th.

*ATV & SNOWMOBILE ENTHUSIASTS are invited to participate in a 50km "Snowride" on Saturday Feb. 28th sponsored by the Glendaler's Winter Sports Club. Proceeds to the C.N.I.B., Cornwall Office. For info call Germaine at 936-2300, 931-2315, or Debbi 933-1570.

*BLOCK PARENTS OF CORNWALL will meet on Thursday Feb. 19th, 7:30p.m. at the Police Station, 340 Pitt St. Volunteers needed. Info: 933-2885.

*C.N.I.B. presents their annual Lip Sync Contest on April 11th, Nativity Hall. Proceeds to C.N.I.B., Cornwall. For info call Marilyn 933-2764 or Bob 932-4320.

*CANCER SUPPORT NETWORK meets every third Thursday of the month at Central Public School (Amelia St. entrance) 7:00p.m. For more info contact Sheila at VON Office 932-3451. Next meeting Thursday Feb. 19th.

*CENTRE CHARLES-EMILE CLAUDE invite les personnes de toute âge a leur causeries gratuites sur la santé le Jeudi 19 Février, 1:30p.m. Pour enregistrement appelez 932-1035 entre 9:00h et 4h.

*COOPER MARSH is holding a Winter Fun Day on Sunday Feb. 22nd, 11:00a.m to 4:00p.m. $5. vehicle admission fee. Rain Date Sunday March 1st. For more info call Rose-Marie at 347-1332.

*CORNWALL MEALS ON WHEELS needs volunteers to fill vacancies in its delivery system. If you have two free hours a month between 11 a.m. and 1 p.m., please come and help us. Call 534-8883.

*CORNWALL OLDE CAR CLUB are having their general meeting on Wednesday Feb. 18th, 8:00p.m., A&W Restaurant, Vincent Massey Drive. For info call 931-2637.

*CORNWALL QUILTERS' GUILD will meet on Monday Feb. 16th, 7:00p.m. at the King George Park Club House. Anyone interested in quilts or quilting is welcome. For more info call Katherine at 347-2986.

*CORNWALL SENIORS CLUB 353, 119 Pitt St., invite everyone to their Pancakes & Sausages on Tuesday Feb. 24th, 10:00a.m. to 1:00p.m. For more info call 932-0980.

*CORNWALL WHEELS TO MEALS Day Away for seniors providing door-to-door transportation, nourishing meals, crafts and activities. Every 1st and 3rd Wed. of each month. Info: 930-9292

*EASTERN ONTARIO HEALTH UNIT presents an educational program for caregivers called "Understanding Aging: Coping with Caring" beginning Monday Feb. 16th, 6:00p.m. to 8:00p.m. for 6 to 8 weeks. If interested call Louise at 933-1375 ext. 234.

*EMOTIONS ANONYMOUS a self-help support group meet on WEDNESDAYS only from 7:30-8:30 p.m. at St. John Bosco School, 113-8th St. West.



Dave Minor is a professional counsellor and serves as the elder on the Board of Minister's Fellowship International (MFI) in Portland, Oregon. He has been involved for a number of years in the area of counselling and has been married to Dorothy for 45 years. They both bring a wealth of knowledge and experience on the topic of marriage.

Friday and Saturday
February 20th & 21st

Friday - 7:00 pm
Saturday 10:00 am & 1:30 pm (lunch served at church)

Cost: $20.00 per couple
(includes coffee breaks & lunch on Sat. & all handout materials)

New Life Covenant Church
150 Boundary Road, Cornwall

To register for the conference, call the church office at 938-3262 or sign up before the first session on Friday night or Saturday morning

*FELLOWSHIP OF NARCOTICS ANONYMOUS is holding a Unity Day Saturday March 14th, Trinity Church, 1:30p.m. Speakers Dinner. For more info call Ted 936-0302 or Kelly 933-9865.

*GLEN STOR DUN LODGE has many volunteer positions open to individuals who are interested in giving a couple of hours a week to assist in recreational activities, dining and exercise programs. Orientation & Training provided. Please call the Volunteer Dept. at 933-3384.

*GLENGARRY WALKING CLUB If you're looking for a partner or would just like to walk with a group, there are regular walks every Wednesday night at 7 p.m. starting at the Alexandria Island Park.

*HOPE IN LOVE/REFLET-LUMIERE, a non-profit organization in support of couples who wish to nurture their relationship, have weekly meetings Wednesday evenings, 8:00 pm, Centre j'aime apprendre, 305 Baldwin Street, Info: 937-0829 or 938-6364.

*KNIGHTS OF COLUMBUS 11531, St. Francis de Sales Church, upcoming events: Thursday Feb. 19th, Bingo at Nativity Hall, 7:00p.m., proceeds to charity, Shrove Tuesday Pancake Supper, Tuesday Feb. 24th, 5:00-7:00p.m. in the parish hall. All welcome. For info call 936-8718.

*LONG SAULT LEGION BR. 569 is having a Valentine Day Red &White Dinner/Dance, Saturday Feb. 14th, 8:00p.m., "Breakfast", Sunday Feb. 22nd, 8:00a.m. to 12:00noon. For more info call 534-2235.

*LOOKING FOR REALLY MEANINGFUL VOLUNTEER WORK? The VON Palliative Care Volunteer Program may be for you. You will be given a FREE 9 week course to prepare you to help people afflicted with terminal illness. Course begins in early March. Call Sue at VON Office 932-3451.

*"OVER THE RAINBOW", Mood Disorders Support Group meets every 1st & 3rd Tuesday of the month at the Starbright Centre, 533 Pitt St., 7:00p.m. Next meeting: Tuesday Feb. 17th. For info call 938-9681.

*PARKINSON'S SELF HELP GROUP of Cornwall meet at the RCAF Assoc. Bldg. (Wing 424) on Water St. W. on Tuesday Feb. 17th, 1:15 pm. Anyone interested in Parkinson's Disease is welcome. For more info call 936-1790 or 933-2193.

*PROSTATE CANCER SUPPORT NETWORK meetings are held every second Thursday, 7:00p.m. Central Public School (Amelia St. entrance). For info call Sheila Airey at 932-3451.

*ROYAL CANADIAN LEGION BRANCH 297 upcoming events: Sunday Feb. 15th Ladies Auxiliary Roast Beef Dinner, Sunday Feb. 22nd , Ladies Auxiliary Roast Pork Dinner, Saturday Feb. 28th, Legion Garage Sale, main hall. Everyone welcome.

*SD&G DEVELOPMENTAL SERVICES CENTRE is in need of volunteers to assist individuals with physical and/or development challenges towards meeting their needs for friendship and recreational activities within the community. Info 937-3072

*SEAWAY SENIORS 205 Amelia Street, activities: Monday's T'ai Chi 9:00a.m., Tuesday's Euchre 1:30p.m., Wednesday's Bridge 1:00p.m., Thursday's Darts 1:30p.m. For info call 932-4969.

*ST. LAWRENCE SENIORS CLUB Smoke Free Bingo and Euchre at St. Joseph Villa Auditorium. Bingo every Monday & Friday 1:15p.m., Euchre every Thursday 1:15p.m. Wheels to Meals every second Wednesday of the month. Doors open 10:00a.m. Info call Mary 938-2215.

*T.R. LEGER SCHOOL is beginning DAY SCHOOL registration now for Trimester 3 which begins on March 23rd . Full time and part time programs available for people out of school and out of work. Ages 16 up. Tuition Free. Call Kathy at 937-0120.

*TRINITY ANGLICAN CHURCH is holding a Pancake & Sausage Supper with Real Maple Syrup on Tuesday Feb. 24th, 4:00p.m. to 7:00p.m. For more info call Helen Miller 933-1282.

HOROSCOPES

February 15-21

Aries – March 21/April 20
A minor problem at work escalates into a serious situation. Work with your superiors to calm everyone down. Your efforts will be recognized. Loved ones rely on you a lot this week. They need your help to organize a family gathering. Capricorn and Scorpio play important roles on Thursday.

Taurus – April 21/May 21
Don't be stubborn when it comes to a romantic relationship this week, Taurus. You're not the only person involved; think about what your special someone wants and needs. A heart-to-heart talk will solve a lot of problems. A friend needs your help. Be supportive, and do what you can.

Gemini – May 22/June 21
There are so many things going on this week, Gemini, that you don't know which way to turn. Clear your thoughts, and organize your priorities. It's the only way to get everything done. The weekend will offer you a lot of time to relax. Do something special for yourself. A loved one has a surprise for you. You're going to love it.

Cancer – June 22/July 22
Keep your temper in check early in the week, Cancer, even though many people will be asking for your assistance. Do what you can to help them, because they need your expertise. A family friend offers you a lucrative business opportunity. Look at the facts before making a decision. There's a lot of potential here.

Leo – July 23/August 23
This is your week to roar, Leo. You finish an important project ahead of schedule and make great strides in a personal relationship. That special someone finally responds to your advances. Now is the time to show him or her how much you care. Plan a romantic evening for the two of you.

Virgo – Aug 24/Sept 22
Your opinion is the deciding factor when it comes to a business proposition, Virgo. Don't agree to do anything that you're not comfortable with. You need to think about your own welfare. The person you've been dating doesn't call. Don't get upset. He or she just has a lot going on.

Libra – Sept 23/Oct 23
A business associate asks your advice about a personal problem that he or she is having. Try to help, but don't get too involved. Mixing business and personal matters can lead to a lot of difficulties. A close friend lets you in on a secret. Keep it to yourself. He or she only told you because you are so trustworthy. Virgo plays a key role early in the week.

Scorpio – Oct 24/Nov 22
You're seeing red early in the week, Scorpio. Everything seems to upset you, and you don't know what to do. Take some time for yourself. Clear your mind, and try to relax. It's the only way you'll get anything done this week. That special someone calls it off. Don't brood over what could have been. He or she wasn't right for you.

Sagittarius – Nov 23/Dec 21
You don't know what you've got until it's gone — unfortunately, this adage applies to you this week, Sagittarius. Someone whom you take for granted doesn't want to see you anymore. Only now do you realize how much he or she means to you. Turn to loved ones for support. They are there for you.

Capricorn – Dec 22/Jan 20
You have a difficult decision to make on Monday. The "wrong" choice could anger a lot of friends, but don't let this influence you. You have to do what is best for yourself. A close family relationship becomes strained, and you don't know why. Talk to this loved one, and work out the problem.

Aquarius – Jan 21/Feb 18
A problem in the workplace takes up most of your time this week, Aquarius. You have to cancel some personal plans in order to remedy the situation. Don't worry — your loved ones and friends will understand. You meet an interesting person during the weekend. Be yourself.

Pisces – Feb 19/March 20
You feel like you're swimming upstream early in the week. Everything that you try to do backfires. Don't get discouraged. Your efforts will pay off in the long run. That special someone wants to take you out for a night on the town. Say yes.

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Seaway Valley Rapid Midget "AA"s Undefeated

The Seaway Valley Midget AA's brought New Year's in with a blast with a stellar performance at Sault St. Marie's Steel City International Tournament.

Game 1 against Sudbury Sports City Red Wings ended in a 1-1 tie. The single marker was scored by Derek Wintle with asissts by Peter Pelletier and John McCourt in the first period. Goalie, Jonathan Leroux was selected as MVP after a solid game.

Game 2 against the Root River Rangers resulted in a 3-3 tie with goals scored by Derek Wintle and Jeff St. Denis in the first period and Marc Bourget in the third period. Assists went to John McCourt, Kirk Andrew, Greg Rombough, Nigel Newland and Joey Sullivan respectively. Kirk Andrew was selected MVP.

At this point the Seaway Midgets and the Sudbury Red Wings were tied for points with exactly the same scores and points.

By sheer luck alone, Sudbury advanced to semi finals because of having scored the first goal in their game against Seaway.

Meanwhile the Seaway midgets went on to win their third match with Denver University Youth by 4-3. Goals were scored by Kirk Andrew, from Jeff St. Denis, marc Bourget from Nigel Newland and Greg Rombough from Peter Pelletier.

Greg Rombough was selected as MVP. Way to go Seaway Midgets.

On a special note. During a December Midget AA Ottawa West All Star Game, the Seaway Midgets AA's were represented by Nigel Newland, Terry Tillart and Adam Cameron. Kudos to Nigel Newland who was selected MVP for the East Division.

On Jan. 15th a mightly battle was fought against the Outouais Majors. Having weathered the recent ice storm of the century, the Seaway Valley Midget AA's braved blizzard conditions to travel to Gatineau by bus for their first match since the Sault Tournament.

The score was 1-1 after the first period, the first goal being scored by Nigel Newland, assisted by Joey Sullivan.

Seaway battled on and picked up two more markers in the second, both goals being scored by Greg Rombough, assisted by Nigel Newland (twice) and Jeff St. Denis. It was Outouais 5, Seaway 3 at the end of the second.

The final Seaway goal was scored by Derek Wintle assisted by Terry Tillart. The score at the end of the third was 5-4 for Outouais. Seaway had few penalties and played an overall skillful game. Great goaltending by Jonathan Leroux.

Shalteck Atom "A" Royals

Shalteck attended the Gloucester: Winterlude Tournament on February 5th - 9th, having some very positive results. The Royals went 2 wins, 1 tie and 1 loss.

The Shalteck team opened the tournament Thursday evening losing to the host team. Gloucester coasted to a 4-1 win, at the Orleans Sportplex, as the Royals started out to a slow start. Chris Matte's "knuckle ball" from the point saved the Royals from being shutout. Helping out on the play were Janick Lalonde, Cory Gove and Joel Langlois. Joshua Ingram faced 12 shots in the Shalteck net.

Shalteck regrouped and returned to the tournament for a noon hour appointment Friday and were ready to rumble. A tremendous team effort resulted in a 4-3 win against Syracuse "AA". Corey Bough, Pierre Luc Marleau, Janick Lalonde and Cory Gove each earned singles for Shalteck. Earning assists were Cody Legue, Joel Langlois, Ian Boots (2), Glenn Belmore and Joshua Brownlee. Chris Gadbois posted the win in net.

Things really began to get hot over at the Potvin Arena on Saturday as Shalteck took a pounding to West Nipissing, posting a 7-5 score. Things started slow with both teams spotting each other a goal at the end of the first. Scott Cameron (2) collected the opener with the help of Gove (1), Cody Legue, Matte and Langlois.

Things started to happen in the second with West Nipissing taking a 5-3 lead. Shalteck outshot the visitors 11-6 in the period. Matte answered the call and connected for Shalteck (unassisted). Boots also narrowing the deficit with help from Legue, Cameron, Belmore and Brownlee.

Shalteck took advantage of a major penalty issued to West Nipissing and pumped 4 third period goals winning the match 7-5. Recording the third period goals were Boots (2) from Sebastien Chollette (1), Marleau, Brownlee and Belmore. Marleau ties the game from Gove (2), Chollette, Bough. Scott Cameron (2) gets the game winner from Boots (3), Legue, Brownlee and Belmore. Marleau's second goal of the game put a finish to West Nipissing. Ingram posted the win in net stopping 14 shots while Shalteck fired 34.

Later Saturday afternoon Shalteck fought it out with Assabet Valley to a 2-2 draw. Boots picked up a single with the help from Marleau, Chollette, Matte and Langlois. The other single went to Gove from Lalonde, Brownlee, Belmore and Legue. Unfortunately Shalteck were knocked from the tournament with still some very strong results.

Cornwall Tire Novice

The Cornwall Novice Royals weathered Ice Storm '98 quite well and returned to action in strong form after a two week lay off. Their first game was played in Morrisburg with a strong defensive effort in the team posting a 4-1 victory on goals from Christopher Ayotte, Jesse Corriveau, Eric Lemire and Cory Thomas with assists going to Ayotte, Lemire, Corriveau, Cory Piché and Vincent Quesnel. The team then travelled to Kemptville and posted a 4-3 victory on goals from Ayotte, Lemire, Devin Brunet and Cory Thomas with assists going to Ayotte (2), Lemire, Thomas, Mario Bissonnette and Pat Mainville. The team then hosted Char Lan and defeated them 3-2 with goals going to Ayotte, Corriveau and Lemire with assists to Mainville (2), Scott Gallant and Corriveau. The rust was finally burned off the next week when the Cornwall Novice team outscored their three opponents 14-2 in posting a 4-0 victory over South Stormont, 5-1 victory over Morrisburg and Alexandria. Scoring for Cornwall were Eric Lemire (3), Chris Ayotte (4), Jesse Corriveau (3), Vincent Quesnel (2), Devin Brunet (2), with assists going to Lemire (4), Ayotte (3), Corriveau (3), Scott Gallant, Brook DiGiosia (2), Cory Thomas (2), Mario Bissonnette, Cory Piché (2) and Pat Mainville (2).

The goaltending team of Pat Quenneville and Nick Filion have been playing strong between the pipes and are posting a combined 1.88 goals against average for the year. The team's most improved players Nick Gaudet and Jarret Racine have allowed the team to continue its good play as it gets ready for the playoffs.

Sombre Mood at Char-Lan

The Char-Lan Indoor Soccer league Monday night after the ice storm had caused the league schedule to be interrupted for 3 weeks.

It was a sombre mood that the players brought with them as only this past week they lost one of their own. Most had heard of the devastating loss, to his family and friends, of Toni Boos. Each game started with a minute of silence as a mark of respect for one of the leagues best players.

In the opening game, the Stars face the Hellfish. It was an uphill fight for the Stars as they were without substitutes. Jon Hamelin scored the opening goal in the first half after the Stars were put under heavy pressure by the Fish. Julien Leroux equalized early in the second half and as the Stars tired, it looked more and more like a Hellfish win. In the space of 3 minutes in the last 10 minutes, the Stars found the legs to mount a couple of counter attacks after sitting back and absorbing all that the Hellfish threw at them. Jon Hamelin and Cameron Lajoie scored the goals that knocked the wind out of the Hellfish.

In the Hellfish's second game against the Zone, they played well but were no match for the Zone. Midway through the first half, the Fish had their best chance as they had a 5 minute power play but could not take advantage of the extra man. The Zone, scoring 2 in each half, ran out comfortable winners 4-0, that after missing 2 penalty shots for hand ball in the area. Jason St. Denis recorded the shutout between the pipes for the Zone. The Zone got their goals from Dan Menard, Gab Gratton, Ben Pregent and Chad Beauregard.

The last game of the night saw the Nomads without regular goalkeeper, John McNaughton. He is sidelined for at least another 3 - 4 weeks after an operation on his left arm. Rudi's won this in a canter as they scored 3 in each half and the closest that the Nomads would come was when they scored their lone goal just after the interval to narrow the score to 3-1. The Nomads were another team that missed a penalty shot early in the game. Rudi's got goals from Gary Benson (2), Jason Struthers (2) and singles from Derek Werley and Taffy Pye.

United Counties Ladies' Basketball

results from Feb. 5th, 1998

Game #1

Laframboise	44	Rats Nest	25
Top Scorers Laframboise:	Vicki Lalonde		
	Rosanne Rosenberg		
Top Scorers Rat's Nest:	Rachel Cook		
	Karen Houle		

Game #2

Ray-Co Sports	42	St. Lawrence College	28
Top Scorers for Ray-Co:	Angela Martell		
	Sue McGillis		
Top Scorers for SLC:	Maureen Benton		
	Tammy Manwell		

Game #3

Star Gazers	66	Emard Brothers	18
Top Scorers for Star Gazers:	Karen Francis		
	Heather Durant		
Top Scorers for Emard:	Shannon Bergeron		
	Audrey Johann		

Game #4

B&M Motors	40	Cornwall Gravel Pits	29
Top Scorers for B&M:	Paulette Poirier		
	Tara Laflesh		
Top Scorers for Pits:	Donna MacGregor		
	Sandy MacDonell		

Standings	Pts.	Top 5 Scorers	Pts.
B&M Motors	22	Sandy MacDonell	192
Star Gazers	16	Paulette Poirier	191
Ray-Co Sports	14	Catherine Gagnon	120
Cornwall Gravel Pits	13	Maureen Benton	117
Bill's Sports Bar	12	Susan McGillis	113
Laframboise	9		
Emard Bros.	8		
Rat's Nest	7		
St. Lawrence College	3		

Eastern Ontario Junior "C" Hockey League

as of February 2nd

	GP	W	L	OTL	Pts.
Cassleman	24	19	5	0	38
Russell	25	16	8	1	33
Rockland	25	16	8	1	33
North Stormont	24	10	12	2	22
St. Isidore	24	9	13	2	20
Vankleek Hill	24	6	16	2	14
Long Sault	26	6	18	2	14

TOP SCORERS

	Team	Goals	Assists	GGA
Proulx, Chris	L.S.	35	27	62
Reimer, Mike	N.S.	19	33	52
Perth, Stephane	CAS	26	23	49
Paquette, Alain	ROCK	16	31	47
Cadieux, Carl	VAN	14	32	46
Lavergne, Mike	ROCK	23	19	42
Gualtieri, Nick	RUSS	21	19	40
Menard, Nathan	RUS	15	23	38
Azzie, Peter	N.S.	12	25	37
Longtin, Etienne	ST. IS	15	21	36
Lalonde, Sylvain	ROCK	13	23	36

Seaway Scoreboard

Watch for the standings of your favourite team every week in the Seaway Scorboard!

Cornwall Indoor Soccer

Men's Division I	W	L	T	GF	GA	PM	PTS
Rudi Payer	12	0	1	106	17	89	25
Mr. Sub	9	3	1	77	34	43	19
Filion Trophies	9	3	1	62	38	24	19
Strikers (M)	8	5	1	102	67	35	17
La Maison	7	4	2	50	42	8	16
Wolfclan	2	10	0	50	82	-32	4
Backstage	2	11	0	26	97	-71	4
Char Lan II	0	13	0	17	93	-76	0

Men's Division II	W	L	T	GF	GA	PM	PTS
Winners	12	2	0	96	37	59	24
H.S. Sonics	10	3	1	61	29	32	21
Motard's	9	5	0	87	60	27	18
OSN. Cosmos	5	7	2	45	50	-5	12
Harvey's	2	10	2	46	80	-34	6
St. L.C. Sharks (M)	0	11	3	30	112	-82	3

Women's Division I	W	L	T	GF	GA	PM	PTS
Atlantic	8	4	1	33	27	6	17
Minimax	7	5	2	46	34	12	16
Blazers U-19	7	4	2	41	31	10	16
Ray-Co Strikers (W)	4	6	4	25	36	-11	12
Red Hots	4	8	2	37	51	-14	10
Raisio Chemicals	3	6	3	23	26	-3	9

Women's Division II	W	L	T	GF	GA	PM	PTS
Freeman	11	3	0	60	30	30	22
Bergeron Elect.	8	2	3	49	23	26	19
Bold B. Signs	8	4	2	49	37	12	18
Healy Motors	3	8	3	22	41	-19	9
St. L.C. Sharks (2)	3	9	1	29	50	-21	7
Dr. L'Heritage	3	10	1	28	58	-30	7

It's All In The Cards:

The History of Valentine's Day Messages

On February 14th, Canadians are expected to exchange approximately 70 million cards, making Valentine's Day the second largest card-sending holiday of the year. But how did the custom of exchanging Valentine's begin? Kendall Wigoda, Director of Corporate Communications for Carlton Cards, provides some insight into the history of this popular tradition.

According to Wigoda, the oldest known valentine was written by Charles, Duke of Orléans in 1415. It was mailed to his wife while he was imprisoned in the Tower of London, following the battle of Agincourt. "The next recorded valentine was sent in 1667, when Englishman Samuel Pepys gave his wife a home made card on blue paper," she says. "It also featured her name in gold letters."

In early North America, home made valentines flourished. At first, designs were simple, highlighted by fine pen and ink workmanship. Later, styles became more elaborate. For example, "Puzzik" cards took the form of a puzzle which the receiver had to solve. The "Daguerreotype" featured a reflective plate in its center. "Reubus" cards featured verses with illustrations in place of certain words. "Watch Papers" were cards sized to fit into a man's watch pocket.

During the 1700s, the custom continued with "writers" or booklets containing an assortment of verses on decorative paper. By the 1800s, commercial valentines were flourishing and by 1840, mechanical designs were all the rage. Cards with honeycomb pop-outs and three-dimensional features were also popular.

In reaction to the straight-laced morality of the time, the 19th century also saw the rise of humorous valentines. The "Vinegar Valentine" was sarcastic in nature, while "Penny Dreadfuls" sold for a penny and featured insulting messages and artwork. Says Wigoda, "These cards were often sent C.O.D., forcing the unsuspecting receiver to pay postage."

Today, valentines reflect modern trends as well as past traditions. Humorous designs are the fastest growing segment of the Valentine's Day card market and the demand for styles commemorating today's special family relationships have increased significantly. "We are seeing a return to more traditional values and a renewed interest in nostalgia. Consequently, demand for valentines that depict the warmth of the family or replicas of Victorian designs are growing," says Wigoda.

Carlton Cards is the leading manufacturer of social expressions products in Canada. The company markets a broad range of greeting cards and accessories under the brand names of Carlton, Forget Me Not, and for the French speaking market, Entre Nous. The company also operates two plants in Ontario and employs more than 2,000 people across Canada.

LET'S CELEBRATE

Bonus Every Let's Celebrate Ad will be entered in a draw and a weekly winner will win a

Gedoro's
Fine Dining in Casual Comfort

DINNER CLUB CARD
PLUS ... A GEDORO'S MUG!

This Week's Winner: Casey & Carrie Leger

Congratulations to
Casey & Carrie Leger
on the arrival of
Malorie Ann

born on February 6th, 1998
weighing 5 lbs., 15 ozs.

1st grandchild
for Barbara Collette and
Garry & Christine Taillon

RAN-GAL PHOTOFINISHING
Did You Know Ran-Gal Offers
12 exposures for $3.95, 24 exposures for $5.99,
36 exposures for $8.95.
AGFA Nothing Escapes AGFA Film
Located At
BROOKDALE MALL

Happy Valentine's Day to my very best friend and love of my life

Happy Valentine's Day!

Gilles

from Diane
I Love You T.B.T. XOX

Thinking of You ...

"Roses are red, violets are blue
sugar is sweet, and so are you"
To Guy, Jamie & Caroline
from Julie

Maybe Someday There Will Be A Way

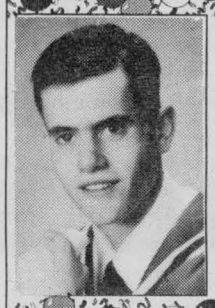
I don't mean to make life harder for you but I know that I sometimes do.

Maybe someday I'll get better at dealing with the problems and avoiding the rough spots along the paths of our lives.

Maybe someday we'll both have more peace and quiet times, more serenity and sunshine, more you and me, and fewer outside complications taking up our time.

Maybe someday I'll be able to make it easier for you. That's one of the things in my life and within my heart ~ that I'd like to be able to do.

Carole



Happy Birthday to our son

STEFAN

celebrating on February 19th

Keep your great sense of humour and loyalty and keep up the artwork.

Love Mom, Dad, Angèle, Andrea, your grandmother and Shakespeare.

The Great World Traveller ...

Rheal G.



AS COMFORTABLE IN PARIS



AS HE IS IN EGYPT!

He's celebrating another birthday on February 18th ... Rumour has it, he might make a brief stop right here in Cornwall!! From all your friends, in-laws (especially your favourite sister-in-law!)

Happy 14th Birthday

Megan



celebrating on February 19th

Nifty Nifty ...

NANCY CLEARY

turned 50!

Happy Belated Birthday on February 13th

Love your family and friends!

Happy Valentine's Day to my #1 son

PAUL T.

Love, Mom XOXOX

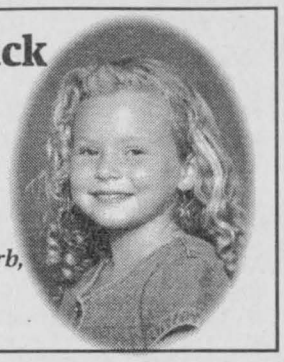
LOOK WHO TURNED 8 ON FRIDAY THE 13TH!

Nothing Bad Luck About Her!

Happy Birthday

Brittany

Love Mom, Brian, Dad, Barb, Lindsay, Devon and Brandon



Happy Birth day to Joel

(son of Rheal G.) celebrating his birthday on February 22nd.

Another world traveller perhaps!?!?

Love all!!



Happy 16th Birthday

Meagan Champagne

celebrating on February 15th.

Love, Mom, Dad, Adam, Bailey & Morgan

Happy Valentine's Day to my Sweetheart

Dianne Blais

Je t'aime mon amour, Love Todd

HAPPY Birthday!

TO A WONDERFUL MOTHER

Ethel Heard

who celebrated on February 11th
Love your family!

Happy Valentine's Day to our very special

Aunt Eileen

We Love You ~ Gilles, Diane, Paul & Ginger too!

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



SCUTTLEBUTT

Hey ... Check out our Web Page on the net at seawaynews.on.ca

Quotable Quote: Councillor **CHRIS SAVARD** on the fact the City won't have a budget until the end of March ... "We're running a multi-million dollar business without a budget."

SEAWAY SMILE

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

40 Signs That You're Over The Hill

submitted by I. Rivelis

You're sitting on a park bench and a boy scout comes up and helps you cross your legs.
You keep repeating yourself.
Lawn care has become a big highlight of your life.
You tune into the easy listening station ... on purpose.
You light the candles on your birthday cake and a group of campers form a circle and start singing "Kumbaya."
Someone compliments you on your layered look ... and you're wearing a bikini.
You keep repeating yourself.
You start video taping daytime game shows.
You wonder why you waited so long to take up macrame.
Your insurance company has started sending you their free calendar ... a month at a time.
At cafeterias, you complain that the gelatin is too tough.
Your new easy chair has more options than your car.
When you do the "Hokey Pokey" you put your left hip out ... and it stays out.
One of the throw pillows on your bed is a hot water bottle.
Conversations with people your own age often turn into "dueling ailments."
You keep repeating yourself.
It takes a couple of tries to get over the speed bump.
You discover the words, "whippersnapper", "scalawag" and "by-cracky" creeping into your vocabulary.
You're on a TV game show and you decide to risk it all and go for the rocker.
You begin every other sentence with, "Nowadays ...".
You run out of breath walking DOWN a flight of stairs.
You look both ways before crossing a room.
You keep repeating yourself.
You come to the conclusion that your worst enemy is gravity.
You go to the garden party and you're mainly interested in the garden.
The waiter asks how you'd like your steak ... and you say "pureed."
You start beating everyone else at trivia games.
You frequently find yourself telling people what a loaf of bread USED to cost.
Your back goes out more than you do.
You keep repeating yourself.
You refer to your $2500 stereo system as "the hi-fi."
You make it a point to attend all the RV shows that come to town.
You realized that a stamp today costs more than a picture show did when you were growing up.
Your childhood toys are now in a museum.
Many of your co-workers were born the same year that you got your last promotion.
The clothes you've put away until they come back in fashion ... come back in fashion.
All of your favourite movies are now revised in colour.
The car that you bought brand new becomes an antique.
You keep repeating yourself.
You find this list tasteless and insensitive.

Temptations I Can't Resist:

- To stick my finger into coin-return slots in pay phones to see if by chance someone left a quarter there, which so far hasn't happened.
- To feel houseplants to find out whether they're real or not.
- To answer a ringing telephone even though I'm already 20 minutes late for an appointment.

While waiting for a pizza on February 9th, between 5 p.m. and 5:30 p.m. at a **local pizza parlour on Second Street East**, I was disgusted to see two employees and one child behind the counter. No one was wearing hairnets, etc. The child, was standing head level with a pizza waiting to be put into the 'by the slice' heater and was licking, biting and breathing all over it while having a conversation with the two working. Both saw what she was doing yet chose to ignore it. **Definitely will NOT be ordering from there again.** At least not until the health inspector gives them a look-see first.

The boys that go to the cottage want to wish **AIME LEBLANC** a speedy recovery.
Aime, the boys said they would clean the clubs for you.
Just drop them at city hall.
the boys

Caller would like to offer some advice regarding **the new channels that are "free for 3 months".** Seems that the caller already pays for those channels on a regular basis, while people who only have basic cable are receiving those same channels for "free". She would like to thank the cable company for crediting the three months to her account while relaying to others information she received from a representative that ***"unless people call in they won't issue any credits".*** Might be something to look into.

JEANETTE BEAUPRE and MORRIS SHAVER ... I am of the impression that you won't call me. Would you please prove me wrong.
J. Desormeaux.

Did you know ... The lyrics to Elton John's "Candle in the Wind '97" (tribute to Princess Diana) recently sold for **$400,000.00 U.S.** at a charity auction. The proceeds went to a Los Angeles non-profit group for children.

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My husband is a generous but practical man. One time he and our son were shopping for a Valentine's Day gift for me. "But Dad," protested our son," if Mom wants a diamond bracelet, *what are we doing in small appliances?"*

Congrat's to **BILL CARTER** of RBC Dominion Securities who retied on December 31st, 1997. Good luck Bill!

Thought for the week ... Don't forget the world is round and so the place which may seem like the end may also be only the beginning.
Ivy Baker Priest.

Did you know ... On February 13th, 1759, at a session of the Nova Scotia legislature, the first vote by secret ballot was held in the British Empire.

Wife to husband: "Our vacation isn't a total loss, dear. *Most people go a lifetime without ever seeing icicles on palm trees."*

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Collegeville, Minnesota (AP) Matt Zelen dived into the pool to start the 100-yard butterfly then remembered something. He forgot to tie his racing suit.

When the St. John's University junior felt his suit sliding off, he decided to kick it off and finish the race.

Zelen, a contender for the Sydney 2000 Olympics would have won the race at the college of St. Benedict University earlier this month by more than two seconds. But he was stripped of more than just his suit - he was disqualified for violating a uniform code.

Zelen was laughing so hard he forget to breath the whole first length.

"It was hilarious, but it's too bad so many people were there," Zolen said. "I wish it could have been a nice quiet duel meet with nobody there."

As long as he can keep his suit on, Zelen is already in shape for the Olympic trials, a first for the university according to coach Pat Haws.

Although Zelen swam other events during the competition, he continued only because it was the butterfly.

"If it would have been the back stroke, I would have stopped," he said.

At Long Sault Arena last Wednesday evening: **CHRIS RACINE** fired a blistering shot and scored a goal that brought the fans to their feet. The goalie never knew what hit him! Word is that Coach Ron is going to present Chris with a laminated copy of the game sheet. ***Your team mates are proud of you Chris!!***

Caller **not pleased with a local doctor** who brought her daughter to the General Hospital on February 8th, who apparently received "first" treatment. This caller had waited for sometime with her 1 year old daughter only to be "bumped" by the doctor ***... is this standard policy??***

A telephone technician who worked with my husband was sent to an apartment to repair a woman's phone. When she asked for proof of his identity, he realized he had left it at home. The only documentation he had was his payroll stub, so he slipped it under the door.

"For cryin' out loud!" she said. "No wonder our phone bills are so high."

"76" years ago this month, insulin was discovered, giving hope to thousands of people worldwide who suffered from diabetes. The research team consisted of Dr. Frederick Banting, biochemist James Bertram Collip, physiologist Charles H. Best and Dr. J.J.R. MacLeod.

Manners are the happy way of doing things.

Here is one kitchen tip you might enjoy. Freeze beef and chicken broth in ice cube trays, then store the cubes in plastic bags. When a recipe calls for a small amount of broth, you can remove just the amount that you need.

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PARA-TECHS Ontario
Authorized Provider of the Canadian Red Cross

On behalf of the animals and the Ontario S.P.C.A., S.D. & G. Branch, *we would like to thank everyone in the community for their kindness, generosity and support during the Ice Storm.*

The Animal Shelter was without power for 4 days, during which time many blankets, cages, candles, food and generators to heat the shelter were donated. Once again the wonderful caring people in the community came through for the animals.

Heard through the grapevine that our neighbour celebrated the **"Big One"** on February 12th. Keep smiling **GISÈLE**. You're only as old as you feel!!

Don't know what to do with the **baby's safety gate** once it's not needed - try using it to **drip dry delicate clothes** on. Just sit it right over the bathtub. It's ideal for drying sweaters, pantyhose and other delicates.

When was the last time you got the "RED CARPET TREATMENT?"
Carpet/Upholstery Cleaning
933-9303

What a guy and what luck ... **SI MILLER** didn't have to skate at all to win $5,000 from Brookshell Pontiac Buick GMC ... Enjoy Si!!

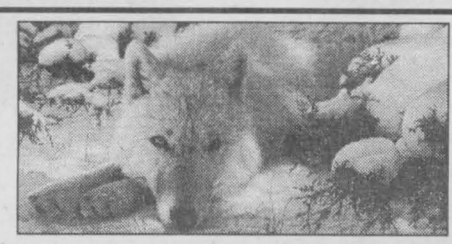
As a senior of the community of South Stormont, I was very thankful for the hot meals given at the Long Sault Fire Department. But I was very surprised at our firemen, sitting around playing cards at a time of an emergency. *Talked to other seniors and their fire departments were run off their feet helping their communities.*

Our phone rings Friday evening around 9:30 p.m. and the person at the other end starts singing Nah Nah Nah Nah, **MAYOR BRIAN** requested fireworks for my birthday. What did he do for yours? We live on Fourth Street East, and **my mother-in-law lives right next door and was celebrating yet another birthday**. The firework display was very visible from our living room window. She was taken aback when told that the fireworks were for Carnival '98, not her birthday.

Happy Birthday Eileen, from your family and Mayor Brian.

Hare today ... while waiting in a lineup at the "Peace Arch" border crossing in Surrey, British Columbia, my wife and I noticed a small wild rabbit eating grass. Several weeks later at exactly the same location we saw what we thought to be the same rabbit. "That proves it," my wife said. "He's a cross-border hopper."

...Hope everyone had a great Valentine's Day!!


MIKE LOGAN
LOGAN'S GALLERY LOGAN'S GALLERY

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94 SUZUKI SWIFT, racing red, M/T
93 CHEV. CAVALIER, blue, auto., A/C
91 GRAND PRIX, silver, loaded
91 FORD ESCORT, white, A/C, 5 spd.
92 TOYOTA 4 RUNNER *Medallion Edition,* green, loaded
91 MAZDA PICK UP, silver, M/T

Delaney Bus Lines Midget "A" Royals

The long bus ride to Pakenham must have taken its toll on the players or maybe it was just too much rich food over the holidays. Anyway, for lack of a better excuse, the Delaney Bus Lines Midget "A" Royals went down in defeat to the Caps by a score of 5-2. Pat Johnson and Rodney Wilson scored for Cornwall with assists on both goals coming from Carson Runions.

The following night, the Goulbourn Rams came to Cornwall in the hopes of taking another win home but this was not to be. They held the Delaney Royals to a one goal lead in the first period but Cornwall came back in the second with 4 goals to their two. Scoring for Cornwall were Dean Chatterton, Carson Runions, Mike MacDonald and Donnie Patenaude. The third period was just as eventful with 3 goals by the Rams and two for Cornwall, coming from Martin Hébert and Rodney Wilson. This contest ended in a 6-6 tie.

Back on track after ice storm '98, the Delaney Bus Lines Midget Royals were able to travel once again and headed to Gloucester to meet the Rangers. They did not fare well in this contest losing by a final of 8-3. Scoring for Cornwall were Carson Runions with a pair and Rodney Wilson with a single.

The next scheduled game against the Osgoode Senators produced better results for the Cornwall team. At the end of the first period, both teams tied 1-1. Donnie Patenaude scored the lone goal. The second period saw Cornwall jump ahead by 4-2 and end this contest at 7-3 at the end of the third period. Dean Chatterton and Jeff Legue each had a pair with singles coming from Chris Lavergne and Carson Runions.

At home to the Nepean Raiders, the Delaney Bus Lines Royals once again were successful in their bid for a win. It was back and forth kind of action with a final for this one at 5-4. Donnie Patenaude and Jeff Legue each provided a pair of goals in the contest with a single from Carson Runions.

The next afternoon, the Delaney Midget Royals met up once again with the Gloucester Rangers. The Cornwall team was down by 2-1 at the end of the first period but rallied in the second and third and posted a win of 7-3 in this match. Leading the Cornwall team was Jeff Legue with 5 goals and singles coming from Donnie Patenaude and Rodney Wilson.

Navy Vets Royals

The Navy Vets Cornwall Peewee "B" Royals started the new year with a tournament in Stittsville. Their first game saw them matched up against the Nepean Raiders. The boys in blue put forth a solid effort, but came out on the short end of a 3-1 final score. Scoring the Royals goal was Brandon Mason with a lone assist to Matt O'Connor. The defence led by the strong play of Kyle Forrester, were merciless on opposing players in front of their net. In the second game, a must win situation, the Royals played a well disciplined game, as goaltenders at both ends of the rink turned in solid performances. The only goal of the game came with 26 seconds left in the second period and was scored unfortunately, by the West Carleton Warriors. Bradley O'Connor and teammates Kevin Castor, Marc-Andre Cuillerrier and Jay Caron played solid two way hockey in a losing effort.

In an exhibition game at the friendly Si Miller arena, the Peewee "B" Royals hosted the Long Sault Selects. Both Cornwall goaltenders Sylvain Savard and Chris Kaddie played well, as did forwards Brandon Mason, scoring the lone goal, Matthew Sauve and Jason Jeeves. Defensively Billy Cooper and Marc Brulotte played their usual strong game.

Finally, three weeks into January, the Royals played their first league game of the year against the Brockville Warriors. The final score of 5-2 was in no way indicative of the game. The Royals skated stride for stride with the first place Warriors, and tested their sizzling hot goaltender with many a shot. Scoring for Cornwall were Brandon Mason and Brad O'Connor with assists going to Brad O'Connor, Brandon Mason, Patrick Sauve and Steve Viezel. Forwards Kevin Hebert and Patrick McLeod were relentless in their forechecking.

Regular Season Ends on a Busy Note for Lally Blanchard

Friday, February 6th, the Seaway Valley Major Pee Wees met the Cumberland Barons and tied 2-2. Scorers were Nathan Beausoleil and Nicolas Dasneves. Steven Owens and Peter Barnett got the assists. The next day, the Rapids played against the Ottawa Valley Titans and lost 4-1. Mike Lauzon got the unassisted goal. On Sunday, they had a double header. The first game was a 2-0 victory against Rideau St. Lawrence. Nathan Beausoleil and Timothy Owens got the goals while Steven Stewart got an assist. They then went on to play the 1st place team District 111 and lost by a score of 5-0. Monday night, the Rapids once again met District 111 and were victorious with a score of 3-1. Mike Lauzon got the first goal in less than 20 seconds into the game. He was assisted by Patrick Turcotte. Then, Timothy Owens scored the unassisted winning goal. Dylan Graveley scored into an empty net to clinch the victory. Bryan O'Shaughnessy played an outstanding game in net. Now, the boys are getting ready for the first round of playoffs against Kingston. Good luck guys. You can do it.

cornwall BUSINESS magazine

Cornwall Business Magazine, ia a general interest business publication that profiles the local business community with a distribution of over 30,000 copies.

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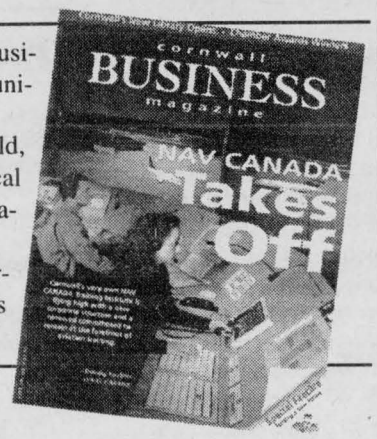


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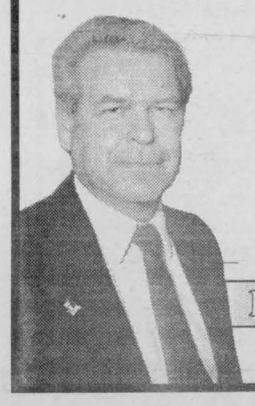
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1998 Edition Will Be Out Soon!!

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If you own a business, call today!

SEAWAY NEWS

933-0014

329 Second St. W., Cornwall

South Stormont Atom II Selects

On December 22nd, the Selects were teated to an early Christmas present. Expecting to play an exhibition game against an Ottawa team, they were surprised to find that team was their fathers. The game took place at the Corel Centre. A huge thank you to the Kirkey family for a great time and a lifetime memory.

It was South Stormont day at the Jacques Lemire Arena in Montreal. Five South Stormont teams were invited to play. Showing the Montreal team (Lascelle Jaguars) some fine hockey, the Selects came home with a 2-1 loss. Scoring the goal was Kory Willard with assists going to Corey Tinkess and Alex Briere.

With the New Year came a Mega Tournament in Winchester/Chesterville on January 2nd, 3rd and 4th.

Playing their first game against the Blackburn Stingers the Selects held tight 'til the end of the second, but were shut out by the sting of the squad 6-0.

In their second game of the day, the Selects played the Cornwall Squad of Kinsmen Girls. With equal teams and both teams eager for a win, it was anybody's game. The girls opened the scoring at 3:12 of the first as they squeaked one past Max Millar. The Selects played some tight defence and kept their offence shooting when finally in the third, Jordan Swerdfeger scored, assisted by Adam Kirkey. Going to a shoot out, Matthew Leroux held off the girls as the Selects outshot them to win.

In Chesterville, the Selects were up against the Kanata Blazers. Opening the scoring was Adam Kirkey on a pass from Corey DeRooy. In the second period the Selects connected again, from Alex Briere on a great play with Corey Tinkess and Shawn Wells. Playing with a number of penalties, the Blazers warmed up and took the lead on a power play. Trying to tie and regain, the Selects lost with am empty net goal. With a point/period the Selects came home short.

As ice storm '98 passed and allowed hockey to get back on track, the Selects returned to play in South Grenville. The Rangers hosted their tournament on January 25th in Spencerville. With everyone anxious for the normal to return, the Selects focused on some serious hockey. In game one against the squad from Gananoque, the break in play certainly didn't affect the team as they held pressure and played together to hold off the opponent 1-0. Scoring the lone goal was Corey DeRooy on a pass from Tyler Galindo. Matthew Leroux held the posts as the Selects outshot Gananoque by 21-5.

In game two of the day, the Selects faced off against the mighty Muskrats. Max Millar played exceptional between the pipes as the Muskrats outshot the Selects 25-2. Holding the Cobden team at bay, the Selects took a penalty and short-handed opened up the crease with 1:52 remaining and the Muskrats cashed in. The Selects took the 1-0 loss after some fine work. As January was a short month for hockey, the team looks ahead to a busy month for February.

SEAWAY BARGAINMART

DEADLINE: THURSDAY 4 P.M.

933-0015

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Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.

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

LET THE BUYER BEWARE.

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

SEAWAY NEWS

Serving Cornwall and Area

COMPANIONS CORNER

EXTRAORDINARY SWM, caucasian, 42, 6 feet tall. Good looking, fit, down to earth & possesses high integrity. Looking to meet extraordinary female who is tall, fit, 30-45 and of Catholic faith, interested in fine arts, travelling, older generation, outdoor sports. Please reply to: P.O. Box 1121, Cornwall, Ontario, K6H 5V2.

WIDOW LOOKING FOR widower, late 60's - early 70's, love, companionship, dining out weekends, quiet evenings for T.V. Reply with phone number. Also, sophisticated. CC1824.

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EXOTIC EXPOSE

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OPEN 12 NOON - 10 pm daily
Corner of Rt. #56 & Town Ridge Rd.,Massena
South 2 miles to Don's Orange Mini Mart
315-764-1954

SINGLE MALE, 33, looking for young lady, 20 to 35 for friendship and companionship. Please write to: c/o S.L., 1118 Cumberland St. Apt.#5, Cornwall, Ont. K6J 4K4. Please send photo.

SINGLE MALE, 34, looking for single female, 26-36, who likes outdoors, movies, fishing & down-to-earth. CC1823.

SWM, 37, BILINGUAL, employed, no dependents, various interests. Seeking a special, romantic, faithful lady, 25-40, to share quality time with, leading to L.T.R. Children welcome. Photo appreciated. CC1825.

WIDOWER, GOOD HEALTH, enjoys fun in general, dining, dancing, sports, travel, companionship. Interested in meeting sociable lady, perhaps to early 70's. CC1821.

ATTRACTIVE, HANDSOME single male, seeking female for friendship & fun relationship. All replies answered. Reply to: P.O. Box 42011, RPD St. Laurent, Ottawa, Ont. K1K 4L8.

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TWO 2 BDRM APTS. Washer hook-up. Close to bus. 104 Jobin. No pets. Apt. 1, $475/mth. Apt. 3, $460/mth. Utilities are extra. Call Janet 933-5846.

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Mon. - Fri. 9:30 - 4:30

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REASONABLE RENT. Main floor 2 bdrm apt. Close to college. Parking, pay own utilities. Quiet tenants preferred with references. Phone 932-2135.

INGLESIDE, Dickinson Drive, 2 bdrm apt with fridge, stove, electric & heat included. Close to shopping centre. $460/mth. Available immediately. 347-3247.

3 BDRM APT on Jobin, $695/mth, includes utilities & cable. 1 bdrm apt, Ingleside, $420/mth, includes utilities & cable. Large 2 bdrm apt in Riverside Heights near Morrisburg, $545/mth, includes utilities. 543-3604.

AVAILABLE MARCH 1ST, 2 bdrm apt. Centrally located. Heat & lights included. Washer/dryer hook-ups. Private parking. Call 933-9553.

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92 FORD F150XL P/U SOLD 8 cyl, auto, air, tilt, cruise, 110,000 km **$11,800**
91 GRAND MARQUIS, 4 dr, air, tilt, cruise, 96,000 km **$6,995**
94 SILVERADO 4X4 SOLD X-tended, 350, loaded, 102,000 km **$18,995**
96 PONTIAC GRAND AM SE, V6, loaded, 4 dr, 54,000 km **$14,995**
95 FORD RANGER XLT, X-tended, V6, loaded, 40,000 km ... **$15,995**
92 CHEV BLAZER 4X4, V6, loaded 4 dr., 106,000 km, ... **$13,995**
92 TOYOTA PASEO SOLD 2 dr., auto, 86,000 km **$8,995**
96 DODGE RAM P/U, Ext. cab, loaded, V8, 68,000 km. ... **$23,995**
91 FORD F150 XL, 5.0L, tilt, cruise, 83,000 km, ... **$7,995**
94 FORD TEMPO GL, 4 dr, auto, air, 62,000 km, ... **$6,995**
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SWF, 34, auburn hair, brown eyes, sense of humor, enjoys crafts, biking, sports, volunteer work, seeking serious, trustworthy SM, who likes children. Ad#.6949

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Retired SWF, 58, 5', light brown hair, blue eyes, humorous, enjoys walking, rollerblading, country drives, seeks compatible SM, with a good sense of humor and similar interests. Ad#.6318

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SWF, 31, 5', 145lbs., blonde hair, blue eyes, humorous, full of life, employed, enjoys swimming, biking and baseball, seeks a honest, trustworthy SM. Ad#.9910

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SW mom, 22, physically fit, student, enjoys time with her daughter, outdoor activities, reading, movies, seeks honest, sincere SM, with a good sense of humor. Ad#.5980

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Attractive SWF, 45, blondish hair, green eyes, fun-loving, considerate, intellectual, professional, enjoys crafts, travel, languages, seeks sincere, truthful, witty SCM, who likes nature. Ad#.5181

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Personable, quiet SWF, 42, 110lbs., long brown hair, employed, enjoys cooking, baking, watching hockey, dancing, seeking personable, respectful SM. Ad#.9819

STILL SEARCHING
SWF, 32, 5'5", 125lbs., brown hair/eyes, open-minded, enjoys playing billiards, movies, going out with friends, sporting events, seeking non-judgmental, humorous SM. Ad#.8920

SHARE MY TIME
SWF, 41, 5'4", blue-eyed blonde, pleasant personality, enjoys flea markets, going out with friends, seeking handsome SM. Ad#.5102

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Humorous, fun-loving SWF, 25, 5'3", strawberry blonde hair, blue eyes, enjoys dancing, long walks, movies and spending time with family and friends, seeking outgoing SM. Ad#.2560

DANCE THE NIGHT AWAY
Attractive SWF, 34, 5'5", blondish hair, big brown eyes, smoker, professional, enjoys decorating, squash, skiing, seeks employed, tall, handsome SM, N/S. Ad#.3897

WALK HAND IN HAND
Friendly SWF, 26, 5'6", 125bs., loves fishing, nature walks, reading, biking, looking for secure, honest SM, who enjoys being around family and friends. Ad#.6168

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SWF, 28, brown hair/eyes, fun-loving, honest, sincere, employed, enjoys country living, the outdoors, animals, seeks honest, trustworthy, fun-loving SM, who has a carefree attitude. Ad#.8149

GREAT LEGS
Fun-loving SWF, 28, 5'10", shy, employed, enjoys dancing, reading, movies, seeks trusting, honest, stable, respectful, attractive SM. Ad#.1587

DAZZLING LOOKS
Energetic SWF, 43, 5'3", 135lbs., brown hair, blue eyes, shy-natured, likes downhill skiing, auctions, swimming, seeks honest, considerate, easygoing SM. Ad#.8779

ARE YOU MY TYPE?
SWF, 43, 5', black hair, hazel eyes, humorous, happy, enjoys Bingo, camping, boating, animals, kids, seeks honest, compassionate, dependable SM. Ad#.9745

LIFE IS FULL OF WONDERS
Quiet, shy-natured SF, 22, 5'7", brown hair, enjoys dancing, music, interested in meeting honest, sweet SM, who likes animals and country life. Ad#.9394

HEAR ME OUT
Humorous, kind, caring SWF, 31, 5'9", 150lbs., brown hair, blue eyes, employed, enjoys playing darts, pool, baseball, watching hockey, would like to meet an honest SM. Ad#.6058

STOP HERE FIRST!
Friendly, cute SWF, 27, N/S, outgoing, humorous, fun-loving, employed, enjoys photography, playing guitar, sports, seeks nice SM, who is easy to get along with. Ad#.9836

LET'S MEET FOR COFFEE
SWF, 32, 5'9", brown hair, blue eyes, humorous, sensitive, caring, employed, enjoys playing darts, shooting pool, baseball, seeks honest, caring, sensitive SM, with similar interests. Ad#.6848

QUIET MOMENTS
Cute SW mom, 36, 5'3", 110lbs., brown hair/eyes, fun-loving, employed, enjoys long walks, cooking, movies, outdoor activities, seeks fun-loving, faithful SM, who's serious about a relationship. Ad#.9326

IMPECCABLE
Sensitive SWF, 33, 5'2", 120lbs., blonde hair, green eyes, enjoys music, reading, dining out, taking walks, seeks honest, humorous, tall SM, for possible relationship. Ad#.7650

WILLING TO LISTEN?
Caring, trustworthy SWF, 45, 5'5", 122lbs., blonde hair, gray eyes, employed, enjoys quiet evenings, walks, learning new things, seeks humorous, open, honest, romantic SM. Ad#.1213

FAIRY TALE ROMANCE
SW mom, 40, 5'6", 145lbs., sincere, loyal, faithful, enjoys fishing, camping, dancing, movies, seeks family-oriented, commitment-minded SM, with similar qualities. Ad#.9545

STRAIGHTFORWARD
SWF, 39, tall, good-looking, employed, hobbies include crafts, biking, walking, golf, seeks honest, outspoken, up-front, fun-loving, smart SM, 5'10"+. Ad#.1221

GLEAMING EYES
SWF, 41, 5'7", brown hair, blue eyes, easygoing, enjoys outdoor recreation, playing cards, dancing, seeking honest, humorous SM, with good qualities. Ad#.5287

LOVES FINE DINING
Happy-go-lucky, romantic SWF, 39, 5'2", nice smile, can be serious, loves joking around, walks, cooking, crafts, seeks intelligent, caring, stable, good-looking SM, with no dependents. Ad#.2855

Males Seeking Females
Call 1-900-451-3959 Ext. 12
$2.19 per minute
You must be 18 years of age or older to use this service.

NO HASSLES
SWM, 38, 6', 165lbs., physically fit, self-employed, witty, fun-loving, enjoys the outdoors, playing golf, spending time with his kids, seeking a genuine, sincere, attractive SF. Ad#.9924

WARM AND FRIENDLY
Inquisitive SWM, 38, 5'9", 160lbs., light brown hair, blue eyes, employed, enjoys nature walks, playing billiards, working out, music and movies, seeking a non-judgmental, romantic SF. Ad#.6582

LEAVE A MESSAGE
SWM, 40, 6'2", 220lbs., long brown hair/eyes, fun-loving, enjoys dancing, candlelit dinners, traveling, gardening and NASCAR, seeking an active, compatible SF. Ad#.8436

HEY, YOU NEVER KNOW
SWM, 33, kind, gentle, thoughtful, student, enjoys long romantic walks, movies, quality time, seeks kind-hearted SF, who is a good listener. Ad#.1093

TIRED OF BEING ALONE
Self-employed DWM, 53, 5'6", 160lbs., blue eyes, happy-go-lucky, enjoys watching TV, going out, seeks nice, pretty, honest SF, to spend time with, no liars or cheaters. Ad#.6270

SHARE MY LIFE
SWM, 38, 5'8", 165lbs., brown hair, greenish-brown eyes, friendly, humorous, employed, enjoys biking, fishing, golf, seeks faithful, loyal SF, who can commit. Ad#.4545

BE MY SOUL MATE
Employed SWM, 31, 5'7", short brown hair, hazel eyes, humorous, likes throwing darts, bowling, seeks faithful, trustworthy, honest SF. Ad#.9765

DOWN-TO-EARTH
Handsome SWM, 39, 5'8", 195lbs., humorous, employed, enjoys sports, shooting pool, dining out, seeks honest, sincere SF, to share life with. Ad#.6085

NEW HORIZONS
Handsome SWM, 34, 6', 170lbs., short blond hair, green eyes, adventurous, employed, enjoys sports events, watching movies, seeking mature, attractive, open-minded SF. Ad#.9096

SPEAK YOUR MIND
Agreeable SWM, 53, 5'6", 150lbs., blue eyes, enjoys dining out, movies and music, quiet evenings at home, family time and more, seeking an honest, loving SF, 5'2"-5'6". Ad#.7183

JUST YOU AND I
Handsome, comical SWM, 30, 6', light brown hair, blue eyes, employed, loves movies, playing cards and visiting with friends, in search of a nice, honest SF, who likes to cuddle. Ad#.4967

A REALIST
Open-minded, adventurous SWM, 36, enjoys new adventures, sports, dining out and movies, seeking an attractive SF, for possible relationship. Ad#.3531

MARRIAGE-MINDED
Employed SWM, 35, 6', 180lbs., easygoing, happy, enjoys horseback riding, playing hockey and watching movies, seeks an attractive, kind-hearted SF. Ad#.3468

LOVES TO CUDDLE
Good-looking SWM, 27, 6'2", 175lbs., honest, sincere, trustworthy, employed, enjoys wrestling, volleyball, camping, fishing, seeks attractive, caring SF, to spend time with. Ad#.6455

KIND-HEARTED
Employed SWM, 31, 5'10", 170lbs., black hair, green eyes, muscular, toned, easy to get along with, enjoys canoeing, hiking, camping, seeks happy, attractive SF, with a good sense of humor. Ad#.6298

TELL ME MORE ABOUT YOU
Attractive SWM, 28, 6', 180lbs., brown hair/eyes, easygoing, employed, enjoys movies, spending time with friends, relaxing, seeking open-minded SF, for fun and special times. Ad#.3348

OPTIMISTIC ATTITUDE
Humorous SWM, 37, 6'2", 185lbs., brown hair, bluish-green eyes, enjoys reading, writing, long walks, nature, good conversations and more, seeking compatible, honest SF. Ad#.2423

I'LL MAKE YOU LAUGH
SWM, 27, 5'10", 185lbs., brown hair, green eyes, kind-hearted, good sense of humor, enjoys biking, watching sports and movies, seeks honest, caring SF, who is ready to settle down, no game players. Ad#.8365

FALL IN LOVE AGAIN
SWM, 35, 6', 170lbs., dark hair, happy, active, enjoys snowmobiling, horses, hockey, seeks SF, with mutual interests. Ad#.4292

I KNOW WHAT I WANT!
Hardworking SWM, 35, 6', 190lbs., blue-eyed blond, enjoys working around the house, dining out and cooking, seeks stable, trustworthy SF. Ad#.9373

HEAD OVER HEELS...
Attractive SWM, 39, blond hair, blue eyes, fun-loving, loves the outdoors, country walks, candlelit dinners, seeks honest, trustworthy S/DF. Ad#.9955

LIKES TO JOKE
Handsome, personable, sensitive SWM, 29, 5'8", 200lbs., enjoys collecting sports cards, reading comic books, woodworking, seeking attached WF. Ad#.5360

CUDDLE BUNNY
SWM, 25, great shape, long brown hair/eyes, easygoing, enjoys outdoor activities, movies, dining out and dancing, looking for a SWF, to settle down and enjoy life with. Ad#.1645

LET'S HAVE FUN
Easygoing SWM, 45, 5'10", dark hair, green eyes, self-employed, likes long walks, movies, seeks honest, easygoing SF. Ad#.4980

WORTH A TRY
Happy SWM, 38, 5'10", 190lbs., employed, likes music, collecting sports cards, seeks honest, trustworthy SF, N/S. Ad#.1056

HONESTY IS KEY
SWM, 25, long brown hair/eyes, outgoing, romantic, enjoys watching movies, dining out, camping, motor crossing, swimming, seeking SF, who is ready to settle down. Ad#.9417

LET'S PAIR OUR LIVES
Good-humored SWM, 35, 5'8", 187lbs., laborer, enjoys music, art, photography, and reading, looking for SF. Ad#.7806

READY TO SETTLE DOWN
Physically fit SWM, 25, long hair, easy to get along with, enjoys motorcross, drawing, the outdoors, seeks honest SF, for friendship first. Ad#.8613

LET'S GO FOR COFFEE
SWM, 27, 5'10", 185lbs,. brown hair, green eyes, humorous, enjoys watching sports, fishing, the great outdoors, seeks honest SF, who likes to cuddle, movies and going for walks. Ad#.7142

READY TO SETTLE DOWN
Average looking, happy SWM, 33, 5'10", 185lbs., short blond hair, blue eyes, employed, enjoys working on cars and motorcycles, fishing, snowmobiling, seeking active, honest, caring SF. Ad#.8916

LOVES TO TALK
Witty, charming DW dad of twins, 38, 6'1", 170lbs., self-employed, enjoys walking, biking, hiking, seeks loving, caring, slender SF, who looks for inner beauty in a person. Ad#.7295

OUTDOOR MAN
Easygoing SWM, 44, semi-retired, enjoys fishing, camping, writing, movies, seeks honest SF, for friendship, laughter, maybe more. Ad#.3738

DO YOU FIT THE BILL?
Easygoing, SWM, 37, 6'1", 155lbs., calm, cool, collected, enjoys camping, fishing, dancing, seeks trustworthy, honest SF, with similar interests, for possible relationship. Ad#.7877

CHECK THIS OUT
SWM, 25, 5'8", 165lbs, brown hair, green eyes, enjoys long hikes, sporting events, especially hockey, dining out, movies, the outdoors and more, seeking friendly, kind SF, for friendship, laughter, possibly more. Ad#.4180

TRUST IS A MUST
Good-looking SWM, 46, 5'5", compassionate, loving, employed, enjoys music, writing songs, seeks devoted, faithful, loyal SF, to share interests and goals with. Ad#.1878

READY TO SETTLE DOWN
Easygoing SWM, 46, 5'10", 160lbs., employed, enjoys woodworking, car rides, swimming, sports, seeks sensitive SF, with similar interests, to share life with. Ad#.3191

LEAVE A NUMBER
SWM, 49, 160lbs., 5'8", brown hair, hazel eyes, fun-loving, honest, sincere, self-employed, enjoys crafts, gardening, camping, seeks SF, to share life with. Ad#.6746

SOMEBODY SPECIAL
SWM, 49, 6'1", 185lbs., brown hair/eyes, friendly, loving, kind, employed, enjoys good conversation, dining out, quiet times with friends and family and more, seeks happy, articulate SF, to share good times with. Ad#.9776

HAS A SERIOUS SIDE
SWM, 41, 5'9", 165lbs., brown hair, blue eyes, humorous, employed, enjoys dancing, shooting pool, movies, seeks honest SF, with a good sense of humor, to fall in love with. Ad#.8364

END MY SEARCH
SWM, 37, 6'2", 185lbs., brown hair, blue eyes, mustache, humorous, honest, enjoys reading, the outdoors, volunteer work, seeks SF, for monogamous relationship, children welcome. Ad#.2424

DO YOU QUALIFY?
Handsome SWM, 36, 6'1", 180lbs., brown hair, blue eyes, employed, enjoys working out, painting, playing guitar, singing, seeks intelligent, attractive, warm-hearted SF, 20-28, for long-term relationship. Ad#.6674

EASY TO GET ALONG WITH
SWM, 27, 5'10", 160lbs., brown hair/eyes, fun-loving, easygoing, employed, enjoys bowling, sports, outdoor activities, building models, seeks SF, to spend time with. Ad#.8096

AM I YOUR WISH?
Fun SW dad, 37, 6', 170lbs., brown hair, blue eyes, mustache, hobbies are fishing, snowmobiling, hunting, fishing, looking for a mature, caring, trustworthy SF. Ad#.6546

LOOKING FOR MS. RIGHT
Fun-loving, outgoing SWM, 49, 5'3", 160lbs., enjoys watching movies and going dancing, seeks a SF, who is a good conversationalist. Ad#.7740

ANSWER MY AD
SWM, 26, 6', brown hair/eyes, good sense of humor, employed, enjoys listening to country music, reading, watching movies, seeking compatible, talkative SF. Ad#.5329

FUN TO BE WITH!
SWM, 37, 5'11", blond hair, blue eyes, enjoys going to hockey games, having romantic dinners, dancing and seeing movies, seeks an honest, trustworthy SF, with a big heart. Ad#.5973

YOUR INTERESTS?
Hardworking SW dad, 32, 6'1", 190lbs., brown hair/eyes, employed, enjoys long walks, biking, time with his daughter, movies, seeking caring, honest, fun-loving SF, who enjoys children. Ad#.3345

NO GAMES, PLEASE
Humorous SWM, 48, 5'8", heavyset, brown hair, blue eyes, moustache, enjoys good conversation, gardening, long walks, seeks honest, faithful, straightforward, humorous SF. Ad#.1314

OUTGOING & HUMOROUS
Fun-loving SWM, 40, 5'9", 175lbs., blue-eyed blond, likes sports, biking, skiing, playing ball, seeks honest, caring SF, for companionship. Ad#.4678

PLEASANT APPEARANCE
SWM, 48, blue eyes, neat, secure, sensible, retired, has a variety of interests, seeks intelligent, trim, independent, mature SF, for friendship first, maybe more. Ad#.8535

WORTH A TRY
Honest, caring, affectionate SWM, 39, 5'7", 150lbs., brown hair, green eyes, enjoys motorcycles, traveling, the beach, seeking faithful, easygoing SF. Ad#.9230

CHEMISTRY?
Good-humored SWM, 35, 5'2", employed, enjoys bodybuilding, quiet evenings, time with the family, seeks open-minded, spiritual, outgoing, sensible SF. Ad#.7374

ZEST FOR LIFE
Physically fit SWM, 40, 6', blond hair, blue eyes, easygoing, understanding, communicative, enjoys golf, skiing, martial arts, seeks outspoken, open-minded, adventurous SF, 5'4"+, N/S. Ad#.9019

AVAILABLE
SWM, 33, 6',175lbs., blond hair, green eyes, attractive, open-minded, mature, adventurous, employed, lives in Brockville area, likes sports, movies, seeks SF, with similar traits. Ad#.7098

HAPPY-GO-LUCKY!
Tall SWM, 38, blue-eyed blond, outgoing, likes to joke around, enjoys darts, volleyball, camping, seeks honest, trustworthy, humorous S/DF. Ad#.4066

HONEST & SINCERE
Easygoing, laid-back SWM, 34, 5'10", 160lbs., brown hair, blue eyes, employed, enjoys baseball, bowling, music, seeks trustworthy SF, with similar interests, for long-term relationship. Ad#.9510

FRIENDSHIP FIRST
SWM, 35, 6'2", 190lbs., blond hair, N/S, enjoys country life, nature, outdoor activities, seeks SF, 23-35, who is honest, romantic and caring. Ad#.7478

TRUE HAPPINESS
Fun-loving, honest SWM, 36, 6'2", 185lbs., light brown hair, greenish-blue eyes, enjoys nature walks, movies, fine dining, good conversation, seeks trustworthy SF, kids welcome. Ad#.2024

BIG TEDDY BEAR
SWM, 33, 6'4", 270lbs., blue eyes, adventurous, honest, enjoys sports, comforting times, TV, seeks outgoing, straightforward, caring, bashful, witty SF. Ad#.5415

GOAL-ORIENTED
SW dad, 30, 6'2", 125lbs., brownish-blond hair, blue eyes, easygoing, employed, enjoys time with son, walks, movies, seeks easygoing, funny, happy SF, who likes kids. Ad#.6456

ADVENTURESOME
Professional SWM, 48, 5'10", 210lbs., humorous, outgoing, enjoys motorcycling, camping, the outdoors, seeks honest, friendly, spontaneous SF. Ad#.8158

LIFELONG HOPES
Shy-natured, sensitive SWM, 40, 5'9", 135lbs., romantic, enjoys sports, model building, seeks honest, affectionate, loving SF, to relate with. Ad#.3797

Females Seeking Females
Call 1-900-451-3959 Ext. 12
$2.19 per minute
You must be 18 years of age or older to use this service.

UP TO DATE
SWF, 30, 5'5", 180lbs., brown hair/eyes, friendly, enjoys movies, staying home, dancing, seeking honest, caring SF. Ad#.8066

CAN YOU RELATE?
Cute professional SWF, 45, interests include singing, sports and outdoor activities, seeks honest, trustworthy SF, for possible relationship. Ad#.9419

GOAL-ORIENTED
SWF, 20, 5'5", 135lbs., outgoing, happy-go-lucky, likes music, playing guitar and piano, skiing, hockey, seeks funny, contented SF. Ad#.9648

UPBEAT AND POSITIVE
Blue-eyed blonde SWF, 34, 5'6", 145lbs., good sense of humor, hobbies are sports, reading, long walks, movies, searching for a compatible, truthful, funny, sincere SF. Ad#.8445

FRIENDS FIRST
Slim GWF, 23, green-eyed blonde, funny, outgoing, homemaker, enjoys walking, dining out, snuggling, seeks honest, sincere, trustworthy SF. Ad#.3761

Males Seeking Males
Call 1-900-451-3959 Ext. 12
$2.19 per minute
You must be 18 years of age or older to use this service.

HURRY & CALL
SWM, 48, 5'7", 168lbs., outgoing, fun-loving, self-employed, enjoys movies, dining out, painting and dancing, seeking SM, with similar interests. Ad#.8737

LOVES TO LAUGH
SWM, 22, brown hair, blue eyes, easygoing, employed, enjoys country walks, snowmobiling, seeks trustworthy SM, to spend time with. Ad#.8236

SOUND INTERESTING?
SWM, 28, 5'6", 150lbs., dark hair, easygoing, employed, enjoys sports, building models, cooking, seeks SM, who is easy to talk to. Ad#.3903

DAY BY DAY
Spontaneous SWM, 35, 5'11", brown hair, green eyes, employed, hobbies are watching sports, seeking honest, humorous, adventurous SM Ad#.9345

DESCRIBE YOURSELF
Athletic, physically fit, SWM, 18, blue-eyed blond, humorous, fun-loving, enjoys singing, weightlifting, having fun, seeks down-to-earth SM. Ad#.6849

ATTITUDE IS IMPORTANT
Self-employed SWM, 42, 6', 200lbs., hobbies include fishing, dirt biking, playing cards, anything sports-related, looking for fit SM. Ad#.7318

DO YOU FIT THE BILL?
SWM, 20, 6', 190lbs., brown hair/eyes, ambitious, honest, adventurous, employed, likes sports, music, good conversation and more, desires trustworthy, spontaneous, goal-oriented SM. Ad#.1676

MUST BE PERSONABLE
SWM, 45, 6', employed, enjoys playing guitar, crafts, music, movies, seeks sincere, loyal, dependable SM, with a good sense of humor. Ad#.4639

MIRROR IMAGE
Athletic, fun-loving SWM, 30, enjoys reading, movies, long walks, romantic evenings, seeking a caring, honest, humorous, compassionate SM. Ad#.6941

WELL-BUILT
Attractive, shy SWM, 22, 6', 180lbs., student, enjoys weightlifting, running, sports, seeks attractive, open-minded, adventurous SM. Ad#.8097

GOING MY WAY?
SWM, 24, tall, 210lbs., brown hair/eyes, initially shy, employed, likes sports, hoping to meet honest, sincere SM. Ad#.6020

TOTAL HAPPINESS
SWM, 19, brown hair, green eyes, student, enjoys sports, playing guitar, seeks personable, physically fit, slim SM, with similar likes and dislikes. Ad#.9061

I KNOW YOU'RE OUT THERE!
SWM, 19, 145lbs., blonde, blue eyes, easygoing, enjoys a wide variety of interests, seeks honest, trustworthy, understanding SM. Ad#.9538

VALUES INTEGRITY
SWM, 32, 6'6", 265lbs., blue-eyed blond, quiet, humorous, enjoys golf, boating, camping, hiking, movies, seeks honest, communicative SM. Ad#.8057

SWEET VOICE
Comical, fun-loving SWM, 30, 5'11", 186lbs., long brown hair, employed, hobbies are reading, music, movies, seeks honest, exciting SM, for friendship. Ad#.4210

GET TO KNOW ME!
SWM, 23, 6'1", 165lbs., brown hair/eyes, easygoing, understanding, enjoys sports, movies, the outdoors, seeks serious, trustworthy, humorous SM. Ad#.3465

COMPASSIONATE
Well-built SWM, 30, 5'7", outgoing, humorous, gentle, artistic, open-minded, hobbies are playing guitar and swimming, seeks understanding, witty SM. Ad#.9010

LEAVE ME A MESSAGE
Pretty shy SWM, 24, 220lbs., brown hair/eyes, employed, enjoys fishing, seeks honest SM, who has direction in their life. Ad#.5983

GOOD TO KNOW
Good-looking SWM, 25, 5'10", employed, enjoys biking, taking walks, movies, hanging out with friends, seeks down-to-earth, honest SM. Ad#.8326



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- Enter 3 if you already have an ad on the system or confidential mailbox and are picking up your messages or system matches.

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2 - APARTMENTS FOR RENT

VERY LARGE, clean 2 bdrm apt. Washer/dryer hook-ups, gas heat. $630/mth w/utilities included. Also available, 2 studio/bachelor apts. Fridge, stove & utilities included, $350/mth & $395/mth. 938-3936.

LARGE UPSTAIRS 2 bdrm apt. Sitting room, washer/dryer hook-ups, parking. $455/mth, utilities not included. References. Mature quiet couple preferred. Avail. Mar. 1 or Apr. 1. 613-389-7544.

2 BDRM MAIN FLOOR apt. Available March 1st. Freshly painted, clean, basement storage, parking. Front porch with dryer hook-up. $490/mth, including utilities. 938-6200.

AVAILABLE NOW. 2 bdrm apt. Downstairs, 4-pc. bath, laundry hook-ups, parking. 539 Amelia. References, no pets. $460/mth, plus utilities. 931-2635.

TWO BDRM UPSTAIRS apt. $250/mth, pay own utilities. Parking included. Please call 933-3901, ask for Clara.

WEST END, 2 bdrm upstairs apt. Washer/dryer hook-ups & parking. Available immediately. Please call 534-2932.

2 BDRM MAIN FLOOR apt. Close to Hotel Dieu Hospital. $450/mth, plus utilities. Call Adelard, 938-3860.

SPACIOUS MAIN FLOOR 2 bdrm apt. Quiet location near water & park, 19 Louisa. Laundry hook-ups. No pets. $450/mth, heated, pay own electricity. Phone 931-1041.

ATTENTION SENIORS. 2 bdrm ground floor apt. Fridge, stove, laundry room. Professionally managed. Great location. $650/mth, plus utilities. Contact Markell Properties, 938-3886.

625 ST. FELIX, freshly painted 1 bdrm upstairs apt. $400/mth, plus utilities. 712-B Marlborough, upstairs 1 bdrm apt, $420/mth, utilities included. No pets. References. 347-3248.

DARN NICE 1 & 2 BDRM APTS. Available now. Spacious, clean, quiet. Parking, laundry facilities. Rents starting at $299/mth. Call 931-2633.

NEWLY RENOVATED 1 bdrm upstairs apt. Washer/dryer hook-ups. Parking. Gas heat. $325/mth, plus utilities. Call 930-9242.

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

INGLESIDE, AVAIL. IMMED. Newly renovated large one bdrm apt. Fridge & stove supplied. Parking. $350/mth, pay own utilities. Please call 534-2875.

AVAILABLE IMMEDIATELY, large upstairs bachelor apt. Fridge, stove & utilities included. No pets. $400/mth. Call 931-2806.

5 ARTICLES FOR SALE

POOL TABLE, 5X10. 3 sets of balls, lights, & accessories. Excellent condition. $1,800. Call 932-0379.

1980 YAMAHA 250 single cylinder plus double ski doo trailer. New wheels, springs. Must sell $950 or best offer. 4" Oremark Ice Hand Auger, $25. Kenmore garbage compactor, $75. 932-9883.

CUSTOM-BUILT PORTABLE hydraulic motorcycle & ATV lifts for sale. $300. Call 936-1521.

TONER CARTRIDGE Laser 15 Plus Universal EP Kit. Fits Data products LZR 1500 + 2000 series; Compaq Pagemarq 15 + 20 series; Genicom 7150 + SunPics Newsprint 20.

STEEL BUILDING DISTRESS SALE

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MIXED DRY FIREWOOD for sale. Cut 2 yrs ago. 4'X4'X8'=$120. picked up. 16"X4'X8'=$50. picked up. Call 938-3403 or 933-9536.

8'X24' CHIP STAND for sale. Fully equipped. Must be moved. Asking $12,000. Call 528-4003 or 932-8822.

NEW COLEMAN, 5000 watt generator. Power Mate model with front panel & extended run 5 gallon fuel tank. Price $900. Phone 938-7875.

DRIED HERBS of all kinds. Lavender, rose, chamomile, etc. Competitive prices. For a catalogue, send $1.00 to: Soothing ScentSations, P.O. Box 1775, Alexandria, Ontario, K0C 1A0.

FIREPLACE INSERT

pellet stove plus 40 bags pellets for sale

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1 NEW TAN FABRIC vertical blind, 56" wide X 36" long. $50. Phone 938-8301.

WANTED: GARDEN tractor with snowblower. Any condition. Please call 938-3664 after 5:00 pm.

AUCTIONS

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Thurs., Feb. 19th and Fri. Feb. 20th

8:30 am - 5:00 pm

Antique dining room set including table, 6 chairs, buffet and china cabinet; Bustle chair; Gone With The Wind lamp; parlour chairs; desk; mantle clock; mission oak child's rocker; misc. chairs; 1 dr. cedar chest; linens; dishes including Myotts "The Crowning" King Edward VIII (May 12, 1937) place setting for 8; Fiesta ware; 2 antique telephones; sofa bed; double bed, vanity & stool, dresser & night stand; 1880 oil painting; Maple Leaf ten cent registered bank; Flying Scotsman cast iron engine; 2 Waltham pocket watches; Imperial Tobacco and Nielson's Chocolate collector cards including railway engines; series of automobiles, Scout series; baseball cards including Eddie Roush, Normal Boeckel, Earl Hamilton; 1920 letter from Santa; children's books; doll house; Reliable doll "Peggy" antique tools; wooden advertising boxes; diamond saw; antique tools; fridge, stove, washer, dryer; ladies golf clubs and carts, other misc. articles.

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AUCTIONS

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SATURDAY, FEB. 21

10:30 am

Over 60 pieces of furniture many refinished: elm high back bed, harvest table, Duncan Fife drop leaf table, oak pedestal table, dressers, washstands, small show case, children's toys, quilts, books, Royalty book, oil lamps, carnival, depression, pressed glass, limoges, blue iron stsone, R.S. Prussia, silver tea service. Many unlisted items.

TERMS: CASH

Auctioneer: Harold Ball

448-3161

13 AUTOS FOR SALE

1987 CHRYSLER LEBARON, 2-dr, silver grey, cruise, air. Sold as is. Call 936-1427.

1988 MERCURY COUGAR XR7. Mint condition, loaded, 302, 116,000 km. White ext./blue interior, Never winter driven. Call 931-3299, after 5:00 pm.

1993 CHEVROLET CORSICA, 4-dr, blue, automatic, 3.1 L, V-6, air, low mileage. Excellent condition. Call 932-3760.

VEHICLE FOR SALE. No established credit. On a pension. Limited income. Bankrupt or starting a new business. We can help with finance or leasing. You choose the vehicle. Private or dealer sale, and we buy it. Call for details, 613-448-2488.

1991 FORD AEROSTAR, V-6, 7-passenger, very good condition, 130,000 km, fully equipped, $4,200. safetied. 1989 Beretta, V-6, auto, good condition, $2,300. safetied. 1987 Mercury Tracer, 2-dr, 5-spd, 160,000 km, very good condition, no rust, $1,600. safetied. 1987 Ford Aerostar, V-6, 7-passenger, good condition, $1,100. as is. 1990 Caravan SE, V-6, 7-passenger, fully equipped, $3,200. safetied. 1989 Pontiac Bonneville SE, V-6, fully equipped, $2,500. safetied. 1989 Taurus GL, V-6, auto, fully equipped, $1,800. safetied. Gerard Poirier Auto Sales, 930-0467 or after hours 874-2440.

1992 HONDA ACCORD. Must sell. 168,000 highway miles. New tires, water pump, and timing belt. Very well maintained. Reduced $500. to $7,500. Call Brian 613-562-0281.

1991 MAZDA 323, SE model. Great shape, well maintained. Call Dan at 930-9201.

MUST SELL, 1988 Buick Skyhawk, 2.0 L, cruise, air conditioning, 2-dr, white, sporty, auto. New tires, exhaust, tuned-up. Only $1,400. Call 931-3521.

1973 PONTIAC FIREBIRD Formula, 350, 4 speed, good condition. Hasn't been driven in 7 years. $4,500. or best offer. Ph: 931-3299

21 HELP WANTED

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23 HOME SERVICES

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ROBERT THE PERFECT HANDYMAN- Reg. Looking to renovate or build. Look no further. We specialize in siding, roofing, drywall, garages, decks, garden sheds & much more. No job too small or too big. We also secure tin roofs. Call Robert at 525-2197 or Numeric Pager #930-8720. Free estimates & work guaranteed. References available.

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B & E PAINTING, roofing & small repairs, etc. Call 936-1757. Free estimates.

MIKE'S TREE PRUNING, cutting and removal, general yard work, eavestrough and chimney cleaning. Free estimates. Call Mike 931-1251.

HOME REPAIRS: Inside & out, drywall, plaster, paint, wood application, decks, outbuildings, doors, windows, siding, roofs. A problem solver. Good rates. Bondable. Call 932-9640.

J.R. RESTORATION, Landscaping Division. Let a certified expert assess your tree damage. We do pruning, tree trimming & limb removal. Free estimate. Call J.R. 613-938-7742.

ERNIE'S CLEAN-UP SERVICE. Snow removal, painting, yard, basement clean-up and more. Call 938-1684.

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NEEDED: CHILDCARE in my home. West end. Non-smoker preferred. 2 children. References required. Contact Janet, 932-4891, after 5:00 pm.

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1988 LARSON SENZA, 175, V-8 OMC Cobra, sport interior, clean & fast. $10,500. with trailer. Call 528-4038, leave message.

29 REAL ESTATE

PRICES SLASHED! North end. 2 properties. 3+1 bdrm bungalow. Many extras! Also, 4-unit apt bldg, large 2 bdrm units. Must be sold! Call Don @ Latreille Real Estate, 938-3800.

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BOTH PRICE REDUCED! Private sale.Triplex on Alice, partly renovated. Also, 4 bdrm brick house, good location, 537 Adolphus. $3,000. downpayment from qualified buyers. 932-2135.

WEST END, single starter house, 3 bdrm, lot 33'X88', garage, fenced-in, 4-pce. bath, 3-car parking, back yard. $28,900. cash or rent $550/mth. Call 932-4376.

MOVING SALE: 3 bdrm semi detached, east end, built in 1992. Also, 2 yr. old furniture for sale. Call 937-0841.

House For Sale



Riverdale area, 3 bdrms, hdwd floors, 2 driveways, Natural gas heating, clothes dryer & hot water tank. Asking $94,800
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HOBBY FARM - 3 bedroom, 2 storey home on 50 acres, all new services since 1994. Small barn, drive shed. Priced to sell at $72,000

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38 OFFICES/ STORES BLDGS.

STORE FOR RENT, divided in 3 rooms. Corner of Pitt & Third. Parking. Ideal location. Available immediately. Phone: 932-2135.

51 SNOWMOBILES

1976 ARCTIC CAT Jag 3000, 340 cc., plus tarp. Asking $600. Fair condition. For more information, call 933-7275 after 4 pm weekdays.

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COMPUTER TRACTOR PAPER, 14-7/8"X8-1/2", 3,500 sheets/box nonperforated. Call Tom 933-0014.

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CORNWALL SEAWAY LIONS CLUB HALL, 123 Fortier St. Available for banquets, parties, showers, anniversaries, weddings, meetings funerals. Services available: catering service, podium, overhead projector, VCR, T.V. Fee: $50/event, free if bar sales exceed $400. For reservations, call Lion John Dewar, 613-932-1631 or leave message, 938-0040.

76 PET LIVESTOCKS

GOLDEN RETRIEVER puppies for sale. $250. each. Born Jan. 10/98. Dewormed. Health guaranteed. Ready to go March 1st. Phone 1-613-938-3666 Cornwall.

HAND-FED BABY LOVE Birds. Black masked, $50. Peach faced, $40. Call 346-5615.

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3115 NORTHDALE
$79,900
(A-MLS 0130) 5 yr. old Markell built townhome, end unit, 3 bdrms., fin. rec rm w/office, laundry rm.
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32 BERGIN $174,900
(A-MLS 0127) Commercial building for sale or lease. Ideal for medical clinic, private club, community centre, land assembly or training facility, 3700 sq.ft., parking for 14 cars
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$70,900
(A-MLS 0005) Unit 308. 1 bdrm. recently renovated condo. w/fridge & stove
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314 CLARKE AVE.
$79,900
(A-MLS 0002) 2+2 bdrm. brick semi. Possibility of fin. 2 bdrm. in-law suite.
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BLDG LOT
$7,500
(O-MLS 5295) 1-1/2 acres just west of Centre Commons on Otto Rroad. Organic soil, great location for shrub or tree nursery
HENRIETTA DUVALL 537-2638

INGLESIDE
$125,000
(O-MLS 5207) commercial 6000 sq.ft. steel siding bldg, located on 1.2 acres
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127 MARLBOROUGH
$77,000
(A-MLS 5052) 5 bdrms., gas heat, frpl., beautiful interior
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$159,900
(J-MLS 0110) spacious home with great waterview. Close to golf course
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(A-MLS 0072) Live up, rent down and minimize your mtg. payments
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$154,900
A-MLS 0140) 5 level split, main floor family, formal dining room
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306-A-B BELMONT
$59,900
(A-MLS 5073) maintenance free, very clean triplex with 3 bdrm., owner's unit. Tenants pay own utilities.
MAURICE DROUIN 933-6146



334 GUY $62,900
(A-MLS 0020) maintenance free 3 bdrm. with kitchen washer/dryer hookups, det. garage
MAURICE DROUIN 933-6146



MAXVILLE $89,900
(I-MLS 5299) 1271 sq.ft. all brick bungalow
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2270 TOLLGATE RD. W.
$66,900
(A-MLS 0007) mint condition, finished bsmt. end unit.
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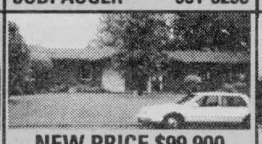
$86,900
COUNTRY LOCATION
(M-MLS 0064) 10 min. from Cornwall. Bung. w/garage, sat dish as bonus.
ROGER VIAU 932-1325



NEW PRICE $99,900
433 DANIS
(A-MLS 0108) North of 2nd Street. 1575 sq.ft. ranch style bung., no basement.
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$209,000
(A-MLS 0058) Quality throughout, over 2,400 sq. ft., gas heat, C/A, large eat-in Kit., covered patio & much more.
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$17,000 + STOCK
(A-MLS 0038) Smoke Shop & Lottery Centre. 10-Year, turn-key operation.
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DUPLEX $55,900
(A-MLS 4982) 2+2 bdrms. each, gas heat, 2 elect. panels, new roof
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141 GLEN OAKS
$129,500
(A-MLS 0092) Raised bung on quiet crescent, large pie-shaped lot, in-law suite, separate entrance
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NEW PRICE!!!
2343 EMILY CR. $96,500
(A-MLS 0099) "Keep Warm" in this cozy 3 bdrm. semi, 2 baths, 2 frpls., FAG heating, att. garage
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SOUTHERN EXPOSURE
(J-MLS 5292) Mabec siding, absolutely breathtaking concept, 13 acres of land, 3 bedrooms, indoor pool.
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851 KENYON CR. $169,900
(A-MLS 5253) Exec. 3+1 bdrm., 2-storey, 3 baths, fin. family rm., dbl. att. garage
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220 2ND ST. W. $115,000
(A-MLS 5257) Need special uses 20 Zoning? Professional office on Main FL., 2 bdrm. upstairs apt., home is only a staircase away.
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521 CARLETON $184,000
(A-MLS 0043) North of 2nd Street, over $30,000 gross inc., retrofit approved, 6-units, no vacancies.
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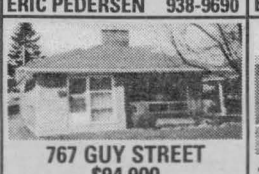

767 GUY STREET
$94,900
(A-MLS 0075) 3 bdrm. backsplit behind hospital, FAG heating, oak kit, C/A, frpl
SHERRY McCULLOUGH 937-0891



31 TRINITY AVE. $76,900
(A-MLS 0047) Centretown, 2 bdrm. raised bung., oversized garage/workshop.
SHERRY McCULLOUGH 937-0891



5 ADOLPHUS $64,900
(A-MLS 0049) Spacious, Centretown, 3 bdrm. semi, hardwood. floors, formal dining room, eat-in kitchen.
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AVONMORE $73,500
(L-MLS 0126) 3 bdrm. split on spacious private lot.
MIKE VANDERMEER 534-2950

ST. ANDREW'S $74,900
(M-MLS 4940) 3 bdrm. bung., main floor laundry.
MIKE VANDERMEER 534-2950

NEW CONSTRUCTION
$136,000 GST INCL.
(M-MLS 0034) Headline Rd., 1400 sq. ft., brick bung., on large lot with dbl. att. garage.
MIKE VANDERMEER 534-2950

LANCASTER $42,000
PRICED TO SELL!
(G-MLS 0100) Priced to sell! Repossessed 1 bdrm. home, fully remodelled.
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DOWNTOWN $79,900
(A-MLS 0078) 5 bdrm. home, many renovations. Reduced to Sell Now!
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$49,900
(A-MLS 0030) 4 bdrm. main unit & full bsmt. & 2 bdrm. upstairs unit
MIKE VANDERMEER 534-2950

FINCH TOWNSHIP
$49,900
(N-MLS 0093) Conc. 8/9 Rd., handyman special with unfinished addition on 1acre lot.
MIKE VANDERMEER 534-2950

NEW LISTING $72,900
CORNWALL
(A-MLS 0118) 3 bdrm. brick bung., with garage, good North End location
MIKE VANDERMEER 534-2950

INGLESIDE
(O-MLS 0142) Large 2 bdrm. bung., hardwood. floors, sunroom, fireplace & more
MIKE VANDERMEER 534-2950

NEW LISTING $84,900
CORNWALL CTR. ROAD
(M-MLS 0136) 4 bdrm. bung., new windows, garage, rec rm.
MIKE VANDERMEER 534-2950

NEW LISTING $89,500
(J-MLS 0121) Lawrence St., Glen Walter or retirement home, built to R2000 standards in '95, whirlpool tub, cathedral ceilings.
JACK ROY 931-1290

SOLD

504 CARLETON
(A-MLS 5297) Maint.-free, 2 bdrms., large lot w/garage, hdwd. floor in dining area.
JACK ROY 931-1290

REDUCED $59,900
411 11TH STREET EAST
(A-MLS 0098) This 3 bdrm. bung. can be yours. No question about it! Great location. "A Must See!"
DIANE BENOIT 930-4880

226 8TH STREET EAST
$75,500
(A-MLS 0125) Looking for a home in move-in condition, this 4 bdrm. could be yours. A Must See!
DIANE BENOIT 930-4880

NOW ONLY $52,900
242 8TH STREET EAST
(A-MLS 0089) Just across Park, large well-maintained 3 bdrm. home. Sure beats paying rent.
MIKE DeBOER 938-7802

BRAND NEW $132,900
CHERRY AVE., LONG SAULT
(M-MLS 0112) Large lot, 1-1/2 baths, main fl. laundry, some hdwd. flrs., Eff. gas heat, new home warranty.
A good place to call home.
MIKE DeBOER 938-7802

907 RIVERDALE AVE.
$169,900
(A-MLS 5298) large family wanted! 5 bdrms., eat in kitchen, formal dining rm, wood burning frpl in family rm, spacious foyer. Solid home.
MIKE DeBOER 938-7802

NORTH OF INGLESIDE
$99,900
(O-MLS 0036) 2 yr. old raised bungalow, 1232 sq.ft., paved road, 2.3 ac. coral for horses, oak kitchen & more
MIKE DeBOER 938-7802

Obituaries

BOULET - Mildred (Millie)

Mrs. Mildred Rose (Millie) Boulet passed away at the Hotel Dieu Hospital, Cornwall, on Monday, January 5th, 1998, age 64 years, of Cornwall, co-owner of OLCO Gas, Glen Walter.

Beloved wife of Rolland (Rolly) Boulet.

Loved mother of Peter Boulet (husband of Robin) of Glen Walter.

Sadly missed by two grandchildren, Katie and Joey.

Dear sister of Ada (Mrs. Derwood Archer) of Oshawa and Thomas Munroe of Bellville.

Dear aunt of many nieces and nephews.

Funeral services were held in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall. The Venerable Archdeacon Ross Moulton of Trinity Anglican Church officiated. Rite of Committal at a later date in Belleville, Ontario.

FORBES - Alexander (Alex)

Passed away at the Woodland Villa, Long Sault, on Tuesday, January 6th, 1998.

Mr. Alex Forbes, age 83 years, member of the Cornwall Club; member of Wales Masonic Lodge #458.

Beloved husband of Jean Forbes (Eamer).

Dear son of the late James Forbes and the late Betsy Falconer.

Loving step-father of Bill Carter (Diane) of Long Sault and father to Susan Forbes of Regina, Saskatchewan; Nancy Fahnrich (Heinz) of Long Sault and Donald Forbes (Laura) of Almonte.

Dear brother of Jim Forbes (Pauline) of Cornwall; May MacGillivary of Cornwall and Daisy Meek (Elmer) of Williamstown.

Sadly missed by six grandchildren.

Predeceased by brothers Doug and Gordon and sisters Bessie and Roy.

A Memorial Service was held in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall. Reverend Katherine Gregory of Knox-St. Paul's United Church officiated.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

FRASER - Leonard James

Mr. Leonard Fraser passed away at Versa Care Health Centre, Cornwall, on Tuesday, December 23rd, 1997, age 96 years.

Loved son of the late Donald William Fraser and the late Catherine Masterson.

Dear uncle of Katherine (Mrs. Dalton McAlear) of St. Andrew's West; and Mrs. Mary Spink of Coquitlam, British Columbia.

Predeceased by his brother James Alexander Fraser; step brothers John D. Fraser, Joseph D. Fraser, George Fraser, Dan J. Fraser and step sister Janet Wilkinson.

The Mass of the Resurrection with Commendation and Farewell was celebrated in St. Peter's Roman Catholic Church by Reverend George Maloney. Rite of Committal at a later date in St. Andrew's Parish Cemetery.

The pallbearers were friends of the family.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

GORDON - Gladys (Gladdie Bettle)

Mrs. Gladys Gordon, formerly of Belleville, Ontario, passed away peacefully at the Sandfield Place, Cornwall, Ontario, on Monday, January 12th, 1998, in her 89th year.

Beloved wife of the late James Gordon.

Dear mother of Miles Gordon (Fran) of Perth, Ontario and Lorraine Norkett (Earl) of Dorval, Quebec.

Loving grandmother of Leonard, Jim (Wendy), Glenn (Penny) and Greg and great grandmother of Stephanie, Jennifer, Carly, Robyn, Christopher and Kyle.

Dear sister of Lu Ganong of Bloomfield, New Brunswick.

Predeceased by her parents, Judson Bettle and Annie Farmer; her brothers, Ed, Cecil, Walter and Mose Bettle.

A memorial service was held in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

Our appreciation to the Sandfield Place Nurses and staff for their kind and loving care.

GREGORY - H.G.W. (Greg)

Passed away at the Winchester District Memorial Hospital, on Monday, January 12th, 1998.

Mr. H.G.W. (Greg) Gregory, age 79 years; member of the Masonic Order, Montreal-Kilwinning Lodge #20.

Beloved husband of Patricia Stevens.

Dear father of Sharon Gregory (Andrew), Liane Gregory and Paul Gregory, all of Toronto.

The funeral services were celebrated in St. James Anglican Church, St. Mary's Ontario. Reverend Glenda Mekin celebrated. Interment in St. Mary's Cemetery, St. Mary's Ontario.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

SABOURIN - Gerard

Mr. Gerard Sabourin passed away at Riverside Hospital, Ottawa, Ontario, on Saturday, January 10th, 1998, age 62 years.

Dear father of Donald (Geri), Patrick, of Cornwall and Karen (Mrs. Claude Houle) of Moose Creek.

Dear brother of Melba and Yvonne Cornwall.

Predeceased by Mabel, Armand, Oscar, Albert and Alfred.

The Liturgy of the Word was celebrated in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall. Rite of Committal at a later date in St. Columban's Parish Cemetery.

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BIERWORTH - William Christopher Herman

Mr. William Christopher Herman Bierworth passed away at Parisien Manor, Cornwall, on Saturday, January 10th, 1998, age 86 years.

Beloved husband of the late Catherine Milne.

Loved father of Anne (Mrs. Brian Blois) of Cornwall and Jean (Mrs. Robert Fortier) of Kanata, Ontario.

Dear brother of Mrs. Elsie McLennan of Hanover, Ontario.

Sadly missed by seven grandchildren, Tanya (Ian), Michael, Steven, Susan, Elizabeth, Neil and David.

Predeceased by three brothers, John, Herman, Pat and by four sisters, Pauline, Hilda, Laura and Marie.

A memorial service was held at Knox-St. Paul's United Church, Cornwall by Reverend Terry Dunlop.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

MYERS - Basil

Mr. Philip (Basil) Myers passed away at the Woodland Villa Nursing Home, Long Sault, Ontario, on Friday, January 9th, 1998, age 82 years.

Beloved husband of the late Audrey Beatrice Robinson.

Dear son of the late Cyril Myers and the late Ethel McLaren.

Loved father of Dwayne Myers (husband of Carole) of North Bay, Ontario; Marilyn (Mrs. Garnet Gibson) of Metcalfe, Ontario; Sandra (Mrs. Hank Verway) of Belleville, Ontario; Gloria (Mrs. Jack Major) of Newington, Ontario; Connie (Mrs. Guy Charlebois) of St. Andrew's West, Ontario; and Sharon (Mrs. Kevin Darling) of Chesterville.

Dear brother of Gladys Archambault of Cornwall and Grant Myers (Edna) of St. Andrew's West, Ontario.

Sadly missed by fourteen grandchildren, Marianne, Heather, Bryan, Henrietta, Bruce, Carol, Jacqueline, Joey, Steven, Sandra, Tracy, Amy, Philip, Mathew and eight great grandchildren, Kayla, Ryan, Brandon, Lindsay, Kevin, Caitlyn, Austin and Brittany.

Predeceased by one sister, Kathleen Brydges and by two brothers, Lawrence and Lindsay.

The funeral was held in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall. Reverend Terry Dunlop of Knox-St. Paul's United Church officiated. Interment at a later date in Woodlawn Cemetery, Cornwall.

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&
Stacey Bigley

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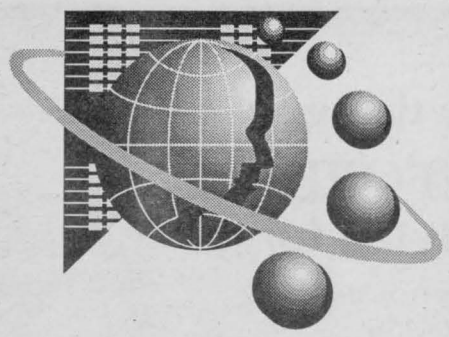

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The Immune System and HIV

(NC)—Our bodies are defended by an immune system. White blood cells called lymphocytes (B cells and T cells) protect the body from viruses, bacteria, parasites and fungi. When germs are detected, B cells and T cells are activated to defend the body.

Acquired immunodeficiency syndrome (AIDS) hinders this process. AIDS is a disease in which the body's immune system breaks down. AIDS is caused by the human immunodeficiency virus (HIV). When HIV enters the body, it infects special T cells, where the virus grows. As more and more T cells die, the body's ability to fight infection declines.

Thanks to in part to advanced treatments (d4T, a new generation drug has, for example, proven to be more effective at attacking HIV than its predecessor AZT) a person with HIV may remain healthy for many years. People with HIV are said to have AIDS when they become sick with serious illnesses and infections. These illnesses tend to occur late in HIV infection, when few T cells remain. Even before HIV causes AIDS, it can cause health problems. Learning about how the virus can affect the body and getting care early before health worsens is key to living longer disease-free lives.

POET'S CORNER

Stephen Gill

Mother of an AIDS-Ridden Son

He developed thrush in his mouth
and a lesion in one ear
that seriously damaged his hearing.
He got pneumonia in both lungs.
His every breath became a battle.
The disease slowly
destroyed the body,
attacking his spinal cord
and central nervous system.
Cataracts filming
his eyes,
made every movement more difficult.
He was beginning to hunch
as the disease ate him.
His shaving kit bulged
with containers of pills:
he took thirty-six a day.

He was a throw-away person --
pale, weak and lonely;
for his mother,
the rotting disease
was taking away her dreams.

Both knew time was short
but hung on hopes
for a cure.
During the first three months
it was hard for them to deal with
the death sentence --
Doctors gave him six months.

She constantly comforted him
as they discussed
flowers for funeral
with tears in their eyes --
carrying a pain
that tore her insides.

In such days
of anger and despair
she was still bonded with her son.
She quit working
as resources dwindled.

She is not wonderful
as some letters suggest --
only a mother.
She gave him months of her love
as she watched
the horror of his dying.

She wants to hold him
in her arms once more.
She has now
sorrows and memories to own.

She did not cry
rather was deeply mad
because of how he became infected
and mad at the lifestyle
he was forced to live
and mad because every minute
a hemophiliac in the world dies.

André A. Pettigrew

I Touched An Angel ...

I touched an angel
And instantly
I became a better person ...
Must have been the bit of goodness,
The cheerfulness, the selflessness
That rubbed off on me! ...

An angel touched me
And left on me its mark,
Its message of charity, of charisma
And courage and hope
For all of Humanity,
For all of Eternity! ...

In that angel I recognized somebody
Someone familiar to me;
Could it be? Yes, perhaps,
There's a definite possibility,
That Angel might be you! ...

Andre Carrier

Memories of a Kiss

Behind closed eyelids,
The vision of a waterfall
Like a dream, casted its image upon my mind.
And in this dream, the sun's rays pierced
Through the clouds and rainbows climbed high to the heavens.
In the distance, tall blades of grass danced with the wind,
While soaring birds sang ballads written by mother nature.
Our lips parted and upon opening my eyes
I wished our kiss had never ended;
So I closed my eyes and gazed once again
Upon a waterfall.

LESSONS/ COURSES

UPPER CANADA
District School Board

At its first Regular Meeting, District School Board members selected a name for the new amalgamated School Board which replaces the four existing Boards of Prescott-Russell, Stormont, Dundas & Glengarry, Lanark and Leeds & Grenville.

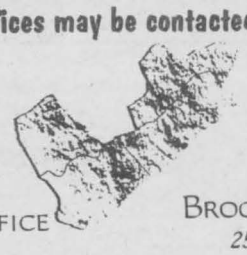
The amalgamated Board will be known now and into the next millenium as:

Upper Canada District School Board

For the time being, the Upper Canada District School Board will maintain four offices in various strategic centres while plans are developed for consolidation of services.

The four offices may be contacted as follows:

PERTH OFFICE
INTERIM HEAD OFFICE
15 Victoria Street
Perth, Ontario
K7H 2H7
1-800-267-7131
1-613-267-4210



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Cornwall, Ontario
K6H 5S6
1-800-267-7131
1-613-933-6990

HAWKESBURY OFFICE
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Hawkesbury, Ontario
K6A 3E8
1-800-267-7131
1-613-632-0144

BROCKVILLE OFFICE
25 Central Avenue West
Brockville, Ontario
K6V 5X1
1-800-267-7131
1-613-342-0371

For the time being, members of our educational community should contact their local school or the office of the Upper Canada District School Board nearest them.

June A. Timmons, Chair
Art Buckland, Vice-Chair
James W. Dilamarter, Interim Director of Education

Travel Healthy - Don't Take Risks

If you, like most Canadians, look forward to your vacation and start planning months before you leave, there is one thing you should think of adding to your list of plans – your health. Sure, no one likes to think about getting sick, but planning ahead may help you avoid getting sick while on vacation.

With more Canadians travelling to exotic locations for business and pleasure, the risk of getting sick while away is higher than ever before. Medical experts agree that most travel-related illnesses, such as hepatitis A and B, can be prevented by following some common-sense rules, and where appropriate, by getting vaccinated.

According to Statistics Canada, Canadians are increasingly travelling to more exotic regions of the world. With more than 1.3 million Canadians travelling to developing countries in 1996 (37 per cent of all travel to countries other than the United States), there is a growing risk of contracting hepatitis A and B. It is recommended that travellers to Africa, Asia, the Far and Middle East, and parts of South America, the Caribbean and the Mediterranean receive protection from hepatitis A and B prior to travel. This includes many travellers – short- and long-stay, and frequent tourists, some business travellers and even backpackers. There is also a trend to travel to high-risk areas on "adventure holidays." This can increase the risk of contracting hepatitis A or B, or other serious illnesses.

"New vaccines, such as TwinrixTM, a combined hepatitis A and B vaccine, represent an important advance in the fight against viral hepatitis of which A and B are two of the most highly infectious diseases worldwide," said Dr. Jay Keystone, Professor of Medicine at the University of Toronto and staff physician at the Toronto Hospital's Centre for Travel and Tropical Medicine. "It's important to seek pre-travel advice from a health care provider to help protect against possible vacation health disasters."

Common Travel-Related Diseases

Hepatitis A, commonly referred to as a "traveller's disease," is a virus that attacks the liver and is transmitted through contaminated food and water. It is commonly passed by infected individuals who don't wash their hands properly after using the bathroom and then prepare food for others to eat.

Hepatitis B is also a liver disease and is highly contagious – 100 times more infectious than HIV. It is spread by sexual contact, exposure to blood or blood-containing fluids, contaminated needles or syringes and close contact with infected persons.

The risk of infection for any travel-related disease increases with the duration of stay, mostly because the longer travellers stay, the more likely they are to encounter situations in which they might come into contact with contaminated water, blood or body fluids. According to some studies, many travellers are more adventurous while abroad which may lead them to be less cautious and more likely to choose a high-risk sexual partner especially when they are under the influence of alcohol. While travelling, a major risk activity for Hepatitis B is unprotected sexual activity.

To Vaccinate or Not?

How do you know if you should get vaccinated prior to travel? Make the decision, in partnership with a health care provider, based on your destination and the potential risks. Think about the length of your stay; the potential to undergo medical, dental or other treatments; the likelihood of coming in contact with infected food, water or fluids; and your desire to participate in recreational activities where risk of injury or transfer of bodily fluids is high.

Dr. Keystone has some tips that people should think about before they travel and things to keep in mind while they are away.

Before You Go:

- Consult with a health care provider before you travel to check if you should take along certain medications or need special advice.
- Consider getting vaccinated to protect against hepatitis A and B, two of the most infectious diseases in the world.
- Seek medical attention if you have underlying medical problems before you travel. It's better to receive protective measures at home, than to require treatment in a foreign destination where there is greater risk of contracting disease from contaminated equipment.
- Ask your doctor about obtaining an anti-diarrheal and a prescription for an antibiotic for self-treatment of traveller's diarrhea.

While You're Travelling:

- Always drink commercially bottled beverages that have a secure seal.
- Although everyone wants to have fun on vacation, try to avoid dangerous, high-risk situations which could result in injuries that may require local medical treatment.
- Use sunscreen to prevent sunburn which predisposes skin to cancer and premature aging.
- Use insect repellent and other personal protection measures to protect against diseases such as malaria and dengue fever, which can be transmitted by insect bites.
- Always use condoms to protect against sexually transmitted diseases, including hepatitis B.

Before you travel, don't just remember your passport and traveller's cheques, remember to keep in mind that your health needs a little pre-planning too.

Five Ways To Prevent Cold Injuries

1 Dress for the weather and your activity

Before you go into the cold, know the weather forecast and be prepared for the worst possible conditions. Physical activity makes you sweat, and this makes you wet, causing heat loss. Learn how to dress for specific activity, and avoid overactivity.

2. Stay dry

Being wet is a leading cause of heat loss and hypothermia. If there is rain or snow in the forecast, bring a waterproof layer of clothing. If you're not prepared for wet weather, take shelter before it turns wet. Stop physical activity before sweating dampens your clothing. Change your socks as they get damp and before your feet get cold.

3. Stay safe

When weather conditions are extreme, shorten the time you'll be outside. Use the "buddy" system and check on each other often for signs of cold injuries.

4. Nourish yourself

Bring high-energy foods with you—raisins, dried fruits, nuts and candy bars are good choices. Also bring plenty of liquids for drinking to prevent dehydration. Hot sweet drinks, weak tea and herbal teas without caffeine are best. Cool water is also a good choice. Avoid eating snow as this contributes to heat loss. Never drink alcohol (or use tobacco)—these add to heat loss.

5. Keep your furnace running

The best way to make your body generate more heat is to use your big muscles—the muscles in your legs, buttocks and arms. Jog on the spot, do knee bends or swing your arms to generate heat. When exercising to warm up, tighten your collar and cuffs to prevent the warm air inside your clothing from escaping. And remember that to exercise, your body needs fuel—don't forget to eat and drink. Wear several layers of loose-fitting clothing made of fabric that breathes, and keeps you warm even when it is wet.

A. wicking layer against the skin to "wick" moisture off the skin and to the next layer.

B. light insulating layer that insulates even when wet—wool and polyester are good choices, cotton is a poor choice.

C. heavy insulating layer(s) to keep you warm in the specific conditions — wool sweater, synthetic fleece are good choices.

D. windproof/waterproof layer to protect you from the elements—choose a fabric appropriate for your activity.

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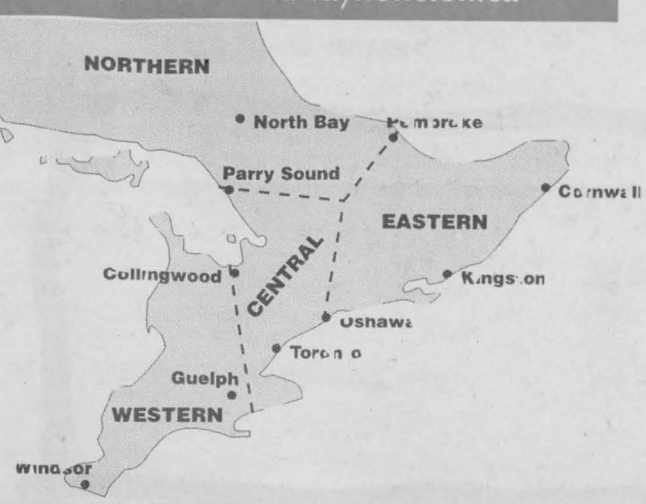

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