SEAWAY NEWS

MARCH 20, 1995 VOLUME 9, ISSUE 12 *SERVING CORNWALL AND AREA*



Practise, Practise, Practise

The Choristers from Down Memory Lane are photographed above rehearsing at the Chateau Cornwall with Renée Piché, their choral director. The group is made up of volunteers who enjoy getting together and singing. Pictured above are: (front l.-r.) Myrna Elderbroom, Gae Ayotte, Theresa Lefebvre, Willy Dion, & Renée Piché; (back l.-r.) Anne Simone Desjardin, Lucille Desjardin, Gloria Bourbonnais, Gertrude Stang, Mike Culhane, Bernadette St. Louis, Frank Nevin, Lucien Filion, Vern Etherington and Fred Pytura. Missing from photo are Georgina Sharp, Jeanine Kirkey and Agnes MacDonald.

(photo by Roxanne Emmell)

Parole Board Must Be Accountable pg. 4



Cleary

Is The Japanese Way Better? pg. 8



Sagel

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Ontario Government Invests $280,000 in Two Cornwall Firms

The Ontario government is investing $280,000 in two Cornwall companies, Economic Development and Trade Minister Frances Lankin announced recently.

The ODC term loans of $40,000 will allow Transformation Technologies Group Inc. to expand its business in Cornwall, and a $150,000 loan will help Waterville Textiles Inc. establish its operation.

"This investment by the Ontario Government will help the companies grow, create jobs and help ensure Ontario's economic renewal, their viability and strengthen their competitive positions," as Ms. Lankin said. "With this support we recognize the important role small and medium-size companies play in product innovation and job creation."

Transformation Technologies LaserNetworks re-manufactures laser printer cartridges and repairs laser printers. The EODC loan will be used to expand its production space and purchase new equipment.

Waterville Textiles processes waste fibre from textile and carpet mills in Quebec's Eastern Townships and Eastern Ontario, U.S.A. and Europe to produce recyclable material. They are one of the few recyclers to specialize in wool. The loan will help the company relocate to a single location in Cornwall closer to its existing customer base.

A Crown agency of the Ministry of Economic Development and Trade, EODC encourages industrial development, economic growth and job creation by providing loans and loan guarantees to Ontario-based manufacturers and exporters. This support often helps companies reassure traditional lending institutions to provide additional financing.

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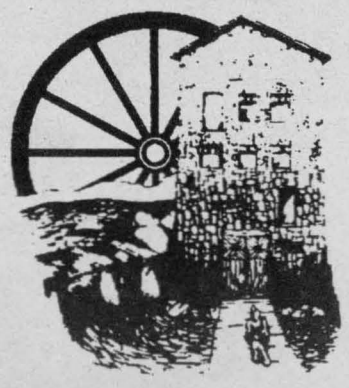




The village VET

Dr. Paul McCutcheon



Canine parvovirus

Parvovirus is a highly infectious disease in dogs and often fatal in puppies. It is transferred via saliva and feces.

The virus does not affect humans, but it can be carried on shoes that have stepped in dog feces or clothes that have been licked by an infected dog. Your pet may also catch parvovirus by stepping in infected feces and then licking its own paws. The virus can survive extreme high or low temperatures.

Symptoms

Onset generally sudden – incubation period 3 to 12 days:

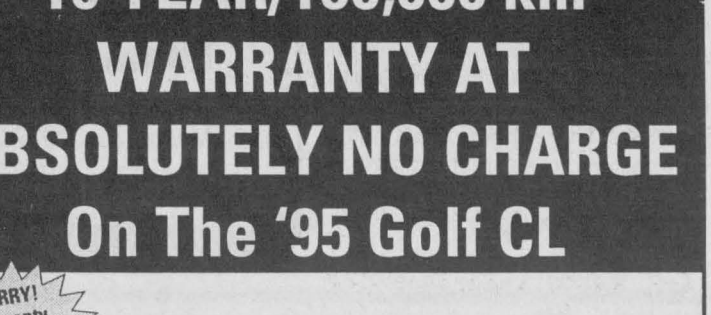
- Vomiting
- Severe diarrhea, often mucous-filled or bloody.
- Lack of appetite.
- High fever.
- Depression.

PREVENTION

- Make sure your puppy or dog is vaccinated.
- Avoid contact with strange dogs.
- Clean feces from soles of shoes with water and bleach solution.
- Disinfect suspected areas or areas frequented by dogs with water and bleach solution.

TREATMENT

- Withhold food.
- Treat with intravenous fluids and intestinal protectants. Antibiotics for secondary bacterial infections.
- No drugs will kill the disease – early detection is crucial for the dog's survival. Take animal to your veterinarian if you suspect your pet has been exposed.



Cheap Thrills



Lee Ann Lalonde of the Eastern Ontario Health Unit puts her best foot forward for the health unit's new Walking Clubs. The clubs, which are now being organized throughout the five counties, are offering free memberships and an ideal opportunity to boost personal fitness.

Quick. Name one activity the whole family can enjoy, is cheap, easy, requires no special equipment and isn't limited to one season.

If you said walking, you win - and if you actually do it, you're a real winner. That's the message the Eastern Ontario Health Unit is trying to pass on with the upcoming launch of community-based walking clubs.

"Walking appeals to a wide variety of people," explains Julie Larocque EOHU. "And with so many demands on people's time and budgets, this really does make sense for many of us."

Walking, she says, doesn't demand a large cash layout for equipment, registration fees, clothing, accessories, extravagant membership dues or gym or green fees.

"All you really need is a sturdy, well-cushioned pair of walking shoes with adequate heel and arch supports and the desire to boost your fitness levels," says Larocque.

And there's an environmental bonus to walking.

Says Larocque, "Walking isn't only the cheapest way of getting around, it's also environmentally friendly. Your body is the best mode of transportation. And when you're walking, you're better equipped to really enjoy the scenery than if you're whipping by in a car."

Anyone interested in joining or helping to organize a community based walking club is asked to call EOHU at 933-1375 or 1-800-267-7120. The clubs will be officially launched in May.

Snowmobiles Hot Items

CRIME STOPPERS

STORMONT AREA

Crime Stoppers needs your help in solving thefts of snowmobiles from Stormont County.

Since January there have been several thefts of snowmobiles reported from Stormont County. Some of the stolen snowmobiles are as follows:

1) 1993 Polaris XLT, black/maroon in colour, VIN #2057341.

2) 1995 Polaris Indy, black in colour.

3) 1994 Polaris Indy, black/purple in colour, VIN #09407672233959.

Several other snowmobiles have been stolen since the beginning of January.

DUNDAS

Crime Stoppers needs your help in solving a break, enter and theft at two Henderson Street, Winchester Residences.

Sometime around the 6th of March the suspects gained entry to one of the residences through the garage door and once inside the house stole a VCR, CD player, as well as several CD's. The second residence was broken into by a back door and it is unsure what was taken due to the owners being out of town.

GLENGARRY AREA

Crime Stoppers needs your help in solving a break, enter and theft at Vogel Fine Meats in Lancaster Township.

Sometime between March 4th and 6th, 1995 unknown suspects gained entry to the meat freezer section by prying and cutting the steel sheating and once inside stole approximately 1700 pounds of pork, beef and deer.

Total value of stolen property $5,360.00.

This is the second time this business has been broken into, the first break and enter occurred in December.

If you have information on this or any other crime you may be eligible for a cash reward of up to $1,000. Remember we don't want you name, but please give us your information. Call Crime Stoppers at 937-8477 and for long distance calls 1-800-265-8477.

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BASIC BLACK



By Arthur Black
SEAWAY NEWS

The headline said it all: *Brit PM A Major Jerk To Lover* it read. The story - yet another in the never ending revelations of British hanky panky - alleges that British Prime Minister John Major, despite his Woody Allenesque facade, is a ruthless love 'em and leave- 'em type.

The U.K. edition of Esquire magazine claims that as a stripling, Major pitched passionate woo at a divorcee who lived next door. When his political fortunes took an upward swing, so the story goes, Major gave his inamorata the gate.

Now this story may or not be true. But even if it was, it makes Britain's PM....what?

Ungallant, for sure. Rude, - even heartless perhaps.

But a "major jerk"? I think not.

It takes more than that to attain the mantle of Major Jerkdom.

Aleister Crowley. Now there was a major jerk. Crowley (a Brit as well) lived from 1875 to 1947. He wrote books with titles such as "The Confessions of Aleister Crowley" and "The Diary of a Drug Fiend." When he wasn't scandalising society by filing his front teeth to points and appearing at society balls with an artificial butterfly pinned to the front of his trousers, he called himself "the wickedest man in the world" and none of his contemporaries disputed it.

And he didn't think much of Canucks, folks. In his autobiography, Crowley dissed our favourite Urban World Class Wannabe as follows:

"Toronto as a city carries out the idea of Canada as a country. It is a calculated crime both against the aspirations of the soul and the affections of the heart."

I don't care if he did hate Toronto - Aleister Crowley's still a jerk.

But a dead one. Fortunately there are a few living breathing jerks to carry on the species. Donald Grump is a card-carrying jerk. Mohammar Khaddafi has a reserved niche in the Jerk Hall of Fame. As does the Mother of All Buffoons, Saddam Hussein.

Whatever happened to that guy, anyway?

Do I see people out there pointing my way and muttering accusations of "sexist jerk"? Nonsense. Jerkdom knows no gender.

I nominate Madonna. And Tonya Harding.

And of course, Roseanne.

My nomination for World Champion Living Jerk? No contest. Ladies and gentlemen, I give you Vladimir Zhirinovsky, Clown Prince of What's Left of Russia. Zhirinovsky is the self-proclaimed leader fo the ultranationalist Russians and he's the kind of dolt that makes Ernst Zundel look suave. On a diplomatic mission to Germany, Zhirinovsky spat on demonstrators. He routinely dismisses world leaders like Clinton and Mitterand as cowards and liars.

Recently on encountering a (female) American journalist Zhirinovsky announced "We'll understand one another better if you undress right now." Zhirinovsky went on to suggest sexual twosomes, threesomes and foursomes with his bodyguards. "I love to watch more. Plus I'm lazy. It inspires me to the passion of youth."

Now that's the kind of world-class jerkdom people like George Steinbrenner can only have wet dreams about.

Canadian Jerks? Well, there was Harold Ballard, the long-time resident arena troll of Maple Leaf Gardens, but he's gone. And we don't have Joey Smallwood or Bill VanderZam to kick around any more. I was kind of fond of Howie Young, there for a while, back in the 60's. Howie was a marginal pro hockey player more famous for his feats off the ice than on. Howie drank a bit, and got a little boisterious when he did.

Such as the night he was walking through a restaurant in Detroit and he spied a tasty-looking sausage on a strangers plate.

Howie being Howie, he snatched the sausage, popped it in his mouth and kept walking.

But not too far. The guy who's dinner he'd plundered turned out to have no sense of humour whatsoever.

But a black belt in karate.

Howie got his clock cleaned. And not long after than he gave up hockey and booze and he even got religious.

Too bad that doesn't happen to more jerks more often.

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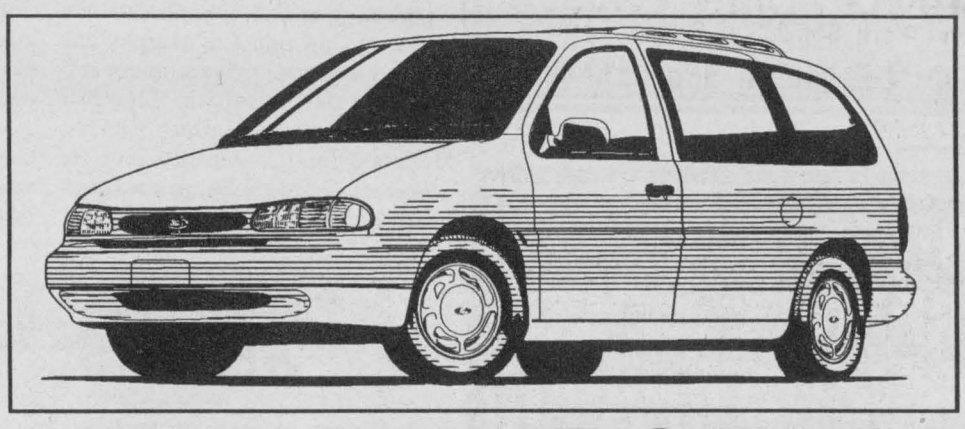

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All submissions become the property of the Committee.

You can fax your designs to 932-5765 or mail them to:

Family Violence Coordinating Committee
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Cornwall, Ontario
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If more information is needed please write to the above address.

Submit before: April 7th, 1995.

MPP REPORTS



By John Cleary
SEAWAY NEWS

Parole Board Must Be Accountable

It is undeniable that people's fears about crime are heightened, even in our area. One concern I have often heard is that potentially dangerous criminals must not be released back into society and that Ontario's Parole Board system needs to be reformed.

The need for parole reform was reinforced in a recent government report, which criticized the Ontario Parole Board's decision to release a man later convicted in the murder of an OPP officer. While police had actively opposed paroling the man, who had been convicted of several assaults, the Parole Board granted his release in August 1993. Within two months, he murdered a Sudbury OPP officer during a routine traffic stop.

The Solicitor General reacted to this particular case by dismissing the chair of the Ontario Parole Board. However, accountability is something that must be built into the system, not administered arbitrarily. Steps must be taken by the government to hold Parole Board members accountable for their decisions.

To that end, Liberal Solicitor General Co-Critic Tim Murphy has introduced two private members' bills on parole reform. One bill would allow the Attorney General to launch an investigation into the conduct of Parole Board members and the second addresses victims, setting out several procedures to involve victims in parol board decisions, including:

- the right to be notified of parole hearings and the date of an inmate's release;
- permitting victims, family members, mental health professions, police officers and Crown Attorneys to make oral statements before the Parole Board when requested by the victim, in cases where the offender has been sentenced to more than 12 months.

In order for these two Liberal bills to receive consideration, the Legislature must be recalled. Under the Standing Orders, the Legislature may resume as early as March 20, but NDP Premier Bob Rae has not yet confirmed his intention to call the House back. Analysts are speculating that Rae is weighing the legislative schedule against the most opportune time to call an election.

Despite Bob Rae's failure to announce when the Legislature will get down to business, my caucus is anxious to develop measures to tighten the parole system and make our homes, schools and streets safer. In May of 1994, we released our Safe Communities policy paper which outlines our commitment to:

- urge the federal government to allow the immediate re-arrest of offenders who are in violation of parole;
- ensure that all members of the justice system responsible for making decisions about the rehabilitation, custody or release of an offender have all relevant information about that offender, including any past record of violent behaviour;
- ensure that appointments to Parole Boards are made on competence and merit;
- provide strong support for community-based policing;
- implement crime prevention measures such as neighbourhood safety audits;
- ban the sale of vicious images, such as slasher films and serial killer cards.

We must eradicate increasing concerns over crime and violence and never flag in assessing parole. The Parole Board must be properly equipped and accountable to ensure that potential repeat offenders are not given the opportunity to commit further crimes. In addition, we must restore our sense of safety and work as a community to ensure that our streets, schools and homes are secure. Public safety has to be the paramount consideration.

If you would like a copy of the Lyn McLeod Commitment to Safe Communities, please contact my office at 404 Montreal Road, Cornwall 933-6513. Your comments are, as always, welcomed.

ANNOUNCEMENT



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BRIDGE RESULTS

Independent Bridge Club
March 8/95

N/S
1. Jean Forbes - Mona MacPhee
2. Yvonne Bergeron - Yolande Boyer
3. Lucille Sabourin - Gabrielle Tremblay

E/W
1. Dina Beaulieu - Ruth Edgerton
2. Jim Barlow - Louie Rioux
3. Jocelyn Campbell - George Bissonnette

Seaway City Bridge Club
March 9/95

N/S
1. June Anderson - Anna Paulin
2. Gloria Blanchard - Reina Drouin
3. Adelaide Hunter - Margaret Laviolette

E/W
1. Betty Argyle - Barbara Phelp
2. Marion Lloyd - John Montgomery
3. Fern Emerton - Lucille Sabourin

Cornwall & District Bridge Club
March 95

1. Margaret Campbell - Ron Jenne
2. Richard Fawthrop - Brian McCartney
3. David Kalil - Gordon Lanctot
4. Gisele Baird - Fernando Llano
5. Lydia LeGault - Claudette Rousseau
6. Bob Dalgleish - Steve Lassner

Senior Citizens Bridge Club
March 10/95

Section "A"
N/S
1. Yolande Boutin - Marjorie Raymond
2. Yolande Boyer - Hermine Ladouceur
3. Brunelle MacDonald - John Montgomery

E/W
1. Florence Bergeron - Rita Struthers
2. Georgette Lauzon - Marion Lemieux
3. Dora Barrington - Doris Roussy } tie
4. Fern Emerton - Anne Paulin } tie

Section "B"
N/S
1. Louie Rioux - Madan Seth
2. Mabel Chan - Terry Forsyth
3. Marion Lloyd - Evelyn McPhail } tie
4. Jean Forbes - Joyce Harrison } tie

E/W
1. Maureen Walker - Jim Barlow
2. Carol Reus - Bert Mosher
3. Kay Barlow - Mildred Cleary

Cornwall Community Bridge Club - March 13/95

N/S
1. Margaret Campbell - Fernando Llano
2. Jean Forbes - Claudette Rousseau
3. Joyce Harrison - Evelyn McPhail

E/W
1. Marie Godard - George Bissonnette
2. Dora Barrington - Louie Rioux
3. Mildred Cleary - Jim Barlow

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Children need to be taught how to survive a residential fire

(NC)—More than 70 per cent of children who die in home fires are under age five, according to the Ontario Fire Marshal's Office. Many adults mistakenly believe that children will run or call for a parent in the event of fire. Young children often hide under beds or in closets thinking they are safe, while older children think they can control the fire.

"Parents should teach their children to escape a house fire," says Jim Hind, general manager of BRK Brands Canada, makers of *First Alert* home and fire safety products. "To help prevent these needless tragedies from occurring, we have put together a list of tips."

First Alert recommends that parents and caregivers prepare children to increase their chances of surviving a residential fire by following these helpful fire safety tips:

***First Alert's* Child Safety Tips**

• Have a working smoke alarm on every level of your home and in every sleeping room. Test each smoke alarm monthly. Change the batteries at least once per year and never remove them except when changing.

• Teach your child what the smoke alarm sounds like and what to do when it goes off. Plan two escape routes out of the home and practice fire drills with the children until they can escape the home from every room, especially bedrooms.

• If children are too young to escape on their own, designate family members to be responsible for them. This is also a good plan to follow for disabled or infirm family members.

• Since most residential fire deaths occur between 10 p.m. and 6 a.m., practice fire drills at night. Teach children that fire and smoke are black, and they won't be able to see; try practicing a fire drill at night with all of the lights out.

• Explain that in a fire it is extremely dangerous to stand up because of the toxic smoke and intense heat. Teach children to crawl along the floor to safety.

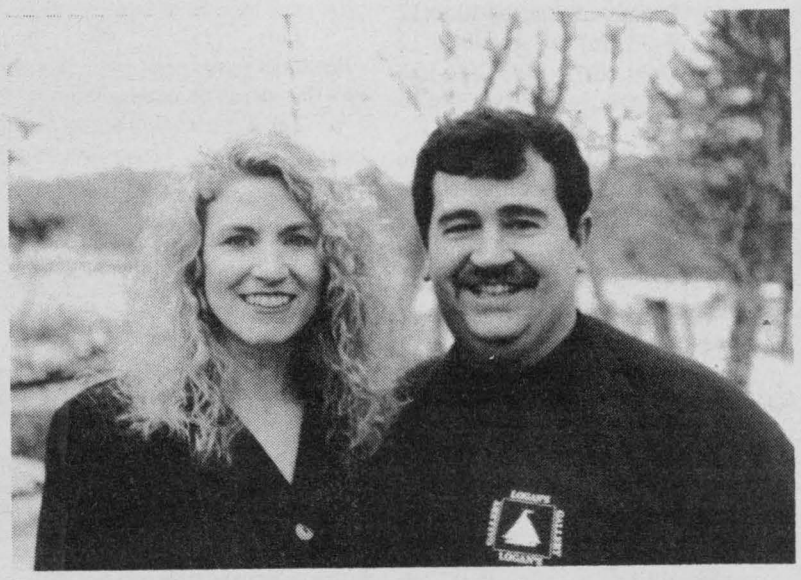
• Teach children to touch doors before opening them and to use an alternate exit if the door is hot. If they exit through the door, teach them to close it after them: this could help save other family members.

• Designate a meeting place outside the house such as a tree, street lamp or neighbour's house. Teach children never to re-enter a burning building.

• Take children to a local fire station so they will recognize fire fighters as sources of help in a fire. Many fire stations have fire safety education classes for children.

FIRE SAFETY TIPS FOR PARENTS

Artist Selects Logan's Gallery To Frame Original



Featured International Wildlife Artist with Applejack Publishing, Judy Larson, recruits Mike from Logan's Gallery during their recent visit to Vermont, Applejack's Corporate Headquarters. Larson lives in a valley in Southern California which has an abundant wildlife population. Her fondness for wildlife and love of her own horses, inspires her to paint her favourite subjects. Her trademark is the subtle way she camouflages hidden images into every one of her paintings, adding a spiritual feeling to her pieces such as "The Phantom Riders", "In Spirit Only" and "In The Company of Wolves". Her most recent painting called "Family Tree", which is the first in a series, depicts an adult male grizzly and his hidden family. Larson's original, will be on display at Logan's Gallery until mid-April, allowing Mike to design the appropriate framing and to promote the launching of her print of the same name.

Larson's technique used to create her fine pieces, is called scratchboard method, which involves removing ink from scratchboard, a clay-coated illustration board. Bit by bit, she scratches the board with an exacto-blade until the darkness finally permits magnificent animals to step forth into the light.

All are invited to visit the Gallery and view Larson's original painting and to see all of her other fine works.

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ONLY TWO WEEKS LEFT!!

ONLY TWO WEEKS LEFT!!

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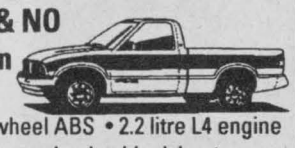

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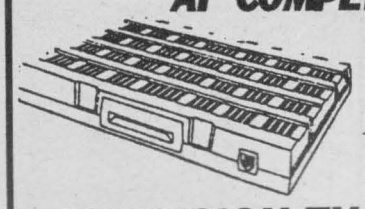

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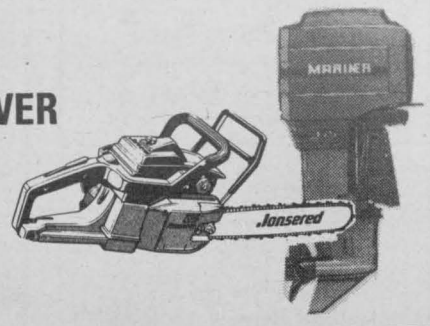

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GARDENER'S ROW



By Lois Hole

Early Bloomers Brighten Spring

Our country is renowned worldwide for its winters, but for many Canadians, the season that is most eagerly awaited is spring.

Winter is wonderful; I particularly love those crisp mornings when the world outdoors is etched in white frost. But in most parts of Canada, our celebrated season does last a long time. Towards it end, most of us are pretty tired of winter, and beginning to yearn for longer days and warmer temperatures. The swelling of buds on tree branches above melting snow becomes an event awaited with great anticipation.

For me, one of the most revitalizing experiences is the sight of spring's first flowers. Bulbs such as glory-of-the-snow (Chionodaxa), snowdrops (Galanthus) and snowflakes (Leucojum) bloom weeks earlier than do tulips. Earliest of all is winter aconite (Eranthis), with yellow buttercup-like flowers that pave the garden in sunshine almost overnight.

To offset spring-flowering bulbs, I like to grow early-blooming perennials. The delicate flowers of trout lilies (Erythronium montanum) appear as the aforementioned spring-heralds finish their show. Nodding, white blooms with an orange base, reflexed petals and protruding stamens rise above mottled green leaves.

Trout lilies are bulbs too, but they have a curious trait of digging themselves deep into the soil - as far as 3 feet (90 cm) underground! If you ever plan on relocating your trout lilies, place a piece of plywood at the bottom of the hole when first planting, or else you will be unlikely to find the bulbs again. (They'll bloom each year, but the best time to move them is during the dormant stage.)

These woodland wildflowers grow 8 to 12 inches (20-30 cm) tall and wide, and like other bulbs, disappear from the garden after blooming. Grow trout lilies in a moist, partially shade site.

Prairie gardeners are familiar with pulsatilla, the wild prairie crocus that paints hillsides purple when it blooms in spring. Pulsatilla is also known as pasqueflower, for it blooms at Paschal or Easter-time in many part of Europe. And from Europe comes "Papageno", a sensational new strain of pasqueflower, with larger flowers than other types.

Most pasqueflowers bloom only in spring - in our area at about the same time as early tuilips - but "Papageno" blooms twice each season, in spring and again in fall, with fringed, semi-double flowers in white, pink, red or shades of purple. "Papageno" grows 10 to 12 inches (25-30 cm) tall and 8 to 12 inches (20-30 cm) wide. Give it a sunny to partially shaded site in your garden.

As mid-season tulips come into bloom, so does Bethlehem sage (Pulmonaria saccharata). "Regal Ruffles" is a new variety, with soft purple, ruffled flowers of a larger size than other cultivars. This undemanding perennial has attractive, silvery-spotted foliage that brightens shady gardens all season. It grows 10 to 12 inches (25 - 30 cm) tall and 18 to 24 inches (45-60 cm) wide.

For the spring finale, I depend on primroses. Siebold's primroses (Primula sieboldii), also known as Japanese star primroses, produce masses of flowers in large clusters. These pretty flowers bloom in various shades of pink, purple and white, often with deeply notched petals. Plants are about 12 inches (30 cm) tall in bloom, and spread 12 to 15 inches (30-38 cm) wide, with more and more flowers each year.

Primroses look best planted in groups rather than singly. Folliage perennials such as hostas, Bethlehem sage and elephant-ears (Bergenia) provide a leafy background to best show off primrose's flowers.

Lois Hole's new book "Perennial Favourites" will be available this month in local bookstores.

For a free mail order catalogue, contact Hole's Greenhouses & Gardens Ltd. at 101 Bellerose Drive, St. Albert, Alberta, T8N 1M9. Fax: (403) 459-6042. Long distance callers, phone, toll-free 1-800-459-6498.



Spring Break!

. . . And what a break it was. Milder temperatures and warm sunshine found T-shirt and shorts-clad people outside enjoying the almost-summer weather. Top, left to right, Richard Caron taking a break from his bartending job at TCTI to practise his golf swing. Cute, three-year-old Chelsea from Maxville, had her Mom pull into the Dairy Queen here in Cornwall to cool off with a refreshing cone. Bottom photo, left, Eric Gould shares a Banana Split with daughter Farran and wife Brenda; and bottom right, Kevin keeps his parents waiting as he savours his ice-cream treat.

(Photos by Chris Brown)

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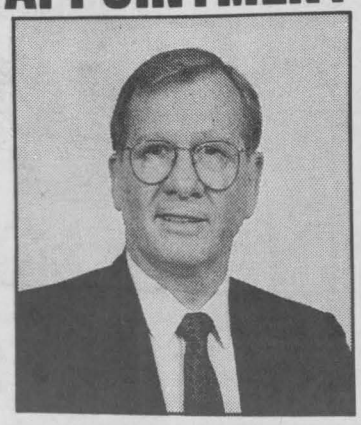

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Sunday, March 19

10:00 am Enfantaisie #2-3
10:30 am Jesus Rassemble Son Peuple 94/07
11:30 am The Aces Contact Show
12:00 pm Video CHOD
12:30 pm The Outdoor Adventure Show - Walleye in Long Sault

Monday, March 20

10:00 am See 3/19/95 - 10-10:30 am /11:30 am - 1:00 pm
6:00 pm Video CHOD
6:30 pm Don Boudria MP Report
7:00 pm Clips - Talk 90's
8:00 pm Colts Talk "Playoff Edition"

Tuesday, March 21

10:00 am See 3/20/95 - 6:00-8:30 pm
6:00 pm Enfantaisie #2-3
6:30 pm Kinsmen TV Bingo
7:30 pm Family Violence Coordinating Committee of SD&G: "Family Ties: A Different Story"
8:00 pm Cornwall City Council of March 13/95

Wednesday, March 22

10:00 am See 3/21/95 - 7:30-10:00 pm
6:00 pm German Diary TV - Focus on Europe/Drehscheibe Europa 176
7:00 pm The Aces Contact Show
7:30 pm Aces Hockey Live on Rogers - vs St. John's Maple Leafs

Thursday, March 23

10:00 am Aces Hockey on Rogers - vs St. John's Maple Leafs
6:00 pm The Outdoor Adventure Show - Walleye in Long Sault
6:30 pm Don Boudria MP Report
7:00 pm Video CHOD
7:30 pm Primetime Sports Cards presented by Fantasy Realm Comics and Cards

Friday, March 24

10:00 am See 3/23/95 - 6:00 -8:30 pm

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Is The Japanese Way Better?

by Fred Sagel

I have just spent a considerable amount of time with a marvellous teacher who spent a year teaching English in a Japanese high school.

What he told me was fascinating because I learned a great deal about why children in the Japanese school system do so much better than children in Canada.

"There's no question about it, " said the teacher. "Their system is so much better. But not for the reasons you think."

This man had taught in Ontario for just over 25 years. He has been in both the public school system and in the private schools. While he thinks the private schools are much better, he also believes that the public schools can be brought up to snuff if some hard-headed changes are made.

"The bureaucracy in our public school system is stifling. It's killing initiative. You've got more superintendents falling over each other and spending more money than you could shake a stick at. And they just keep asking for more money. You think that's going to help the system?" he asks.

He believes that if parents could see the Japanese schools, they'd be impressed. He also thinks we could improve our own schools enormously if we took some features from the Japanese and adapted them to our own system.

"And don't let anybody tell you this doesn't work," he says. "It does. It's only those who don't know much about the Japanese who will tell you all sorts of negative things. And you'll also hear negative talk from the public school bureaucracy. And you know why? They don't want to change things. They just want to keep their jobs as they are."

MEANWHILE...

Fred Sagel



Some of the Japanese measures challenge the very basics of our beliefs, including:

• Class size: It is almost an unquestioned assertion in Canada that reducing class size and increasing teacher-to-pupil ratios are necessary for improving students' academic performance. Japanese schools contradict this assertion.

The average size in a Japanese junior high school is 46 students, 50 per cent higher than in Canada and 100 percent higher than most parents and teachers would like to see.

Despite this, classrooms in Japan are orderly and the results remain good. Schools use regimented seating plans, strict dress codes and rigorous work schedules to ensure that students continue to learn

• Local control: Local and regional school boards have almost no power in Japan.

Classroom curriculum, entrance exams and annual budgets are all controlled by the Ministry of Education in Tokyo.

The nationalized control of education frustrates some teachers but the trade off in terms of equality is clear. The spending in each district—unlike Canada—and the results per school are the same from one end of Japan to the other.

• Parental involvement: The Canadian public school system is based on the assumption that schools will teach curricular activities—reading, writing, arithmetic—while families and churches will teach them values.

The Japanese differ. Japanese parents have given certain child-rearing duties to government. Schools teach things such as how to obey traffic rules, how to pour tea, even how to bow.

Schools do these things because government doesn't trust parents to give children the skills needed to be productive later in life. What this does is reduce the disparity between children who receive strong moral guidance at home and those who, for whatever reason, do not.

We certainly don't have to adopt the Japanese system into ours holus-bolus. But there are certain things that we can learn. Our public school system needs repair; it needs major changes if it's ever going to be successful in preparing children for the 21 st century.

"You'd be impressed," says my friend.

Blue Box Program A Misguided Effort

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

It's been some years now since I've commented on the short-sighted and politically motivated blue box recycling program Ontario has forced municipalities to embrace.

I am once again moved to put pen to paper as a result of a recent article in the Cornwall daily wherein it was stated that the Cornwall blue box program could end up costing local taxpayers $170,000 a year if the provincial government stops funding the program - not a totally unlikely scenario considering all of the other cutbacks.

Currently the blue box program is breaking even, according to waste reduction coordinator Bill de Wit. But Alderman Dick Aubry has correctly suggested that we take a hard look at this program in view of what is happening around the province.

Other municipalities - faced with cutbacks and an unstable market for recyclable trash - have found their costs increasing. In at least one municipality (I believe it is London) a huge pile of plastics that were methodically sorted, cleaned, de-labelled and put in blue boxes by dedicated homeowners will now be buried in a landfill site because there is no market for the plastic.

Ontario government officials brashly quote statistics on just how much domestic waste is being diverted from landfill by the blue box program. What they don't tell you is that domestic waste counts for a minority percentage of the waste going to landfill. Most of our landfill garbage comes from industrial and institutional sources. In other words, the blue box program barely puts a dent in the overall garbage problem. Until we grasp and respond to this reality, the waste problem will not be solved and the blue box program will be nothing more than a cynical exercise in public relations.

In espousing the guilt-laden philosophy that "we are all responsible for the garbage problem", government is downplaying, if not misleading us. While we may "all" be somewhat responsible, it is not individuals but industry and institutions that are primarily responsible for waste production. That is where the effort should have been directed years ago.

As de Wit noted, the Ontario government is "considering" a "green tax" on manufactures who benefit from recycling programs to force them to contribute towards recycling programs.

The manufacturers, in turn, are trying to keep the government's hand out of their pockets by looking at ways to help municipalities directly, without use of a tax.

de Wit is also candidly quoted as saying that industrial and business participation in recycling programs is still weak.

"But we only just approved a ban on some types of waste at the landfill last year. This will be the first full year for the bans. That will have an impact."

One of the problems with this strategy, however - a negative rather than positive strategy - is that it simply shifts the burden back to someone else. Such a strategy, as well as the other popular strategy of huge increases in dumping fees, can promote illegal waste disposal practices.

As I stated in my earlier column, the real solution to the garbage problem is to produce less garbage. That means creating laws requiring all bottles to be returnable (if the beer companies can do it, why not the distilleries and condiments industries?) It would also mean banning "blister packages" - e.g. having one battery wrapped up individually in plastic and mounted on a single piece of cardboard (what's wrong with a bin full of batteries?).

In other words, the solution to garbage lies in attacking it at the source, not the end. That is the singular philosophical issue that has been lost with the blue box program.



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SEAWAY NEWS
LETTERS TO THE EDITOR

Gun Control or New Money Grab?

To Mr. Bob Kilger:

Here we go again! After the gun rally in Winchester, Bob Kilger argues that it's not so easy to separate the good guys from the bad guys (March 3, 1995, Standard-Freeholder).

Well, let me tell you how, Bob! The good guys are all the citizens of Canada, including the hunters, collectors and target shooters that do not commit crimes. Their hand guns are already registered.

The bad guys are the criminals who commit crimes with a weapon. The people who steal and sell illegal guns are the criminals. These people are not our average Canadian citizen.

Last summer we had a young man being interviewed on CJOH-TV during the peak of the cigarette and booze smuggling crisis. This man proudly announced that he also had hand guns. Two weeks ago the police had evidence that this man was part of the robbery in Montreal where 400 handguns were stolen. This man was only a stones throw away from our fair city. It was later reported that this man is now in Arizona. Bob, I would like to know why? He should have been arrested, he certainly wasn't a good guy.

Last month a local convenience store was robbed. The criminal used a butcher knife as a weapon. Will we now have to register all kitchen knives?

I agree with increasing the penalty for crimes committed with weapons. But, why only 4 years maximum? Why not 10 years? You know the first time offender will not get the maximum sentence anyway!

I know it is much easier for you to go after the law abiding citizens of this country, than it is to go after the criminals, but it is time for you to make a stand on our side (the voters).

P.S. I don't know where you got your statistics stating that 90% of the people want gun registration. I've talked to several people that don't own guns and they also see this as a new money grab.

Now that you've been to a few rally's concerning this matter, I hope you will change your mind and vote against this money grab.

A Concerned Voter
P.D. Latrielle
Cornwall

Cleaning Sidewalks Is Not A Taxpayers Job

Dear Editor,

re: Article about residents and taxpayers to clean city sidewalks (March 10/95 S-F)

It's funny, I thought the Mayor was the only one on council who made comments without thinking. Now I find that Alderperson Susan Carter belongs in the same category.

She wants people like disabled pensioners, elderly pensioners, etc. that are homeowners and taxpayers, to go out there and shovel the sidewalks, while our city employees, both staff and hourly paid personnel, spend their time waiting in the offices or around the workshops for the next storm, which probably won't happen for another week or so.

Also, why do you need two persons to drive a plow when there is only one steering wheel? (send it to my place, I'll lend him a shovel to do the sidewalk).

Now you say that the snow clearing budget is very expensive. On that point I agree with you, but Ald. Carter, it is very easy to make that budget less expensive, especially with the kind of winters we've been having lately.

Why does the city pay private individuals and companies with equipment (trucks, snowblowers, plows, etc.) a flat fee of $450 a week per piece of equipment just to be on call, besides paying them (correct me if I'm wrong) approximately $50 an hour extra per hours worked? Wouldn't it be wiser to pay them a little more per hours of actual work and save that on call pay, which the equipment owners are probably pocketing anyway because their operators are probably paid for actual hours worked (part-timers).

The city employees could operate like any other workers. They could work shift work based on a 7 day operation, so that you could minimize the overtime pay and maximize the production. This way the equipment that the city owns would probably be enough to do the work (not all the streets or sidewalks have to be cleared within an hour after the storm). And you would eliminate a lot of private companies costs, thus saving the taxpayers who are your employers, some hefty expenses.

While we are talking about saving expenses, I hope that you and the rest of the council will think twice before you grant any money (as was mentioned recently in a newspaper article) to the Flying Club in Summerstown Airport, which caters only to the wealthy who can afford their own planes; and also to Marina 200 which also caters to the wealthy of this community who can buy expensive yachts and use the taxpayers money to subsidize their expenses for leisure time. I never read or heard that the city council agreed to pay for a golfer's green fees, or a ball player's gloves or bats, or a hockey players sticks. So why should we pay for those wealthy individuals?

I hope my letter will not offend you and council, but rather be beneficial in helping to make recommendations and decisions when it comes to distributing the taxpayers' dollars.

Yours Truly,
Yvon Brunette
A Concerned Citizen
and Taxpayer

Updated Information Re: RRSPs

Dear Editor:

I was pleased to see the need for parents to plan specifically for their children's post-secondary education finally addressed in a financial column (cf. Phil Hale's "Money Sense" column, Seaway News, Feb. 27, 1995, p. 18). At a time when practically everybody seems to know only about Registered Retirement Savings Plans (RRSPs) it was especially interesting to read an article encouraging parents to consider accumulating education savings in a Registered Education Savings Plan (RESP).

While Mr. Hale's explanation of how an RRSP works appears, at first glance, to be quite accurate, it is based on incomplete and outdated information:

(1) Referring to RESPs sponsored by non-profit foundations such as the International Scholarship Foundation (a.k.a. University Scholarships of Canada), Mr. Hale fails to point out the unique features of these plans - guaranteed return of your principal, investment of your savings in government-guaranteed or insured instruments, higher return on your investment - but chooses instead to highlight the possibility that your child may choose to join the ranks of the drop-outs, the unskilled, the unemployed rather than go to attend a technical school, college or university. This leaves the reader under the false impression that this is a very risky investment.

(2) Mr. Hale is obviously not familiar with the University Scholarships of Canada Family Education Savings Plan (U.S.C. FESSP), recently introduced and designed precisely to address the concerns of parents who want their children to benefit from the very generous scholarships offered by U.S.C. but prefer a more flexible plan in terms of transferability, payout format, length of schooling, etc. The flexibility of this plan is unmatched in the industry. (It even addresses the dreaded possibility of "What if she/he doesn't want to go to college? Will I lose all my interest?") And your investments are safe and secure: the money will be there when you need it.

I agree with Mr. Hale that, although your children may still be in their infancy, or in elementary school, the time to begin planning for their future is now. Enrolling your child in a scholarship plan (such as the U.S.C. Education Savings Plan or the U.S.C. FEESP) represents indeed the gift that will last a lifetime.

Clem Tranchemontagne
Cornwall

Should Taxpayers Subsidize The Federal Parties?

Dear Editor,

Jean Charest, PC leader has been on the move lately, crossing Canada on a fundraising tour leading up to a leadership review later this month. The PC party is not recognized in our present House of Commons. Reduced to two lone seats which is 10 short of party recognition, in the last federal election, this party should not exist for income tax purposes. Contributors get $75 back on a $100 donation. Our government can no longer afford this. Brian Mulroney ran this party into the ground... he should be the one to finance its rebuild. Former PC'ers who preached "don't tax the rich ... it takes away their incentive to work" will notice that the Liberals looked after th same interests quite readily in the latest budget.

Neither the federal NDP or the PC party should be subsidized by Canadian taxpayers.

Glen Runions
Cornwall

Port Credit Reunion

Dear Editor,

I would like to extend an invitation to some of your readers who are Port Credit High/Secondary School alumni. On May 4-6, 1995, we are celebrating our 75th reunion. Many activities have been planned to ensure that participants relive their wonderful memories. Some registration packages are still available from: PCSS Reunion, 70 Mineola Rd. East, Mississauga, Ont. LG5 2E5. Telephone: 905-278-3594, Fax 905-278-8936.

Thank You,
Peter Toller
Co-Chair

The Cost Of Official Bilingualism

Dear Sir:

The week before the budget was due to come down, I considered writing to say it would be very surprising if any cuts would be made to the cost of Official Bilingualism. Then I changed my mind thinking that, with the state of the country's finances, and even though a referendum on separation is due in Quebec, the Liberal government could not possibly ignore making some cuts to the enormous cost of Official Bilingualism. I was wrong, of course, because so far we have not even heard the word bilingualism mentioned with regard to the budget. And here was an opportunity to make some enormous savings.

The annual cost of official bilingualism is now running at $2-1/2 billion. The annual cost of bilingual bonuses is $50 million. ($43 million of which is paid to Francophones, most of whom never have to use the language).

You may remember that when protests were made about the cost of bilingual labeling on packaging, Trudeau scoffed about "the price of French on a package of Corn Flakes". Well now the annual cost of bilingual labeling on Corn Flakes and everything else amounts to $2 billion.

The cost of official bilingualism for the 19 years, 1974 to 1992, was $49 billion, just about the amount of the annual budget deficit. These costs will continue to rise as bilingualism is forced onto the majority of Canadians by the minority, and will not cease until the population wakes up and stops the tail wagging the dog!

Long Live Canada,
John A. McDonald
Cornwall

Racism Charge Against Police Sounds Fishy

Dear Mr. Roth:

I thought that I should not let this article go by without letting you know that I think it was very appropriate that you wrote this article at this time. It is very timely, and I believe you hit the nail right on the head.

It was splendid!

Many Thanks,
Joseph Kokus
Alexandria

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



CONSUMER BEAT

Groceries



Careful grocery-purchase planning can help you end up with a fridge full of savings.

Most people are anxious to find ways to stretch their food dollar. If buying a book of product coupons from a major food manufacturer can reduce your bill at the check-out counter and win you a fabulous luxury prize, so much the better.

"Maybe not," says Marilyn Gurevsky, the ministry's Consumer Issues Manager. "Special store offers and contests can make available some real bargains on quality merchandise and some grocery chains and major grocery manufacturers may give away terrific prizes," she says.

However, Gurevsky cautions, all these offers have one thing in common. They never require a contest winner to send money upfront to claim a prize or make a purchase.

The ministry says anyone who receives an offer by telephone or mail for very low-cost goods or "free" luxury prizes if they pay a deposit or buy a coupon-book for products should immediately check to find out whether the deal is legitimate. Call your local police department or Poject Phone Busters at 1-705-495-8501.

"Scams aside, most people spend more money than they need in the supermarket," says Gurevsky. "Although groceries account for about 15 to 20 percent of the money we spend, very few consumers bother to take stock of their buying and food use habits."

Ontario's consumer ministry has worked together with food and nutrition specialists from the Ministry of Agriculture, Food and Rural Affairs to come up with some tips that can help you save on food bills.

Shoppers who take the time to track the purchases they make now, how much the goods cost and which items they're wasting, can set up a grocery budget that will mean more money in their pockets at the end of each month.

First, calculate your current spending, by saving all your receipts ... including those from convenience and specialty stores ... for a month.

Then add up how much you spend on each grocery category, including basic food items, such as flour, sugar, bread and milk, convenience foods, meats, poultry and fish, vegetables (include whether fresh, frozen or canned), non-edibles (cleansers, detergents and paper products) and pet supplies.

Look at your lists carefully and make some comparison shopping trips to a few grocery stores, specialty shops, bulk stores and farms to get a better picture of overall prices. You may be surprised to find that store brand products may be a lot cheaper or more expensive than national brands.

Don't forget to compare ingredient lists on the labels, to find less expensive goods with the same content and quality of your usual brand.

When it comes to quality, consider how you want to make use of the product. No doubt that beautiful "Grade A" turkey you cooked when all the family was coming for the holidays was great - but for every day use the "Canada Utility" bird that lost a wing when being packed is just as serviceable, tasty and nutritious.

Similarly, cans of peas may be graded Canada Fancy (highest quality, uniform size), Canada Choice (slightly older vegetables, less uniform size) or Canada Standard (sizes vary, some broken pieces). If you're using the peas to add contrast to a dinner party vegetable platter you may want the highest grade - but Canada Standard might be a better choice to get the same food value at a lower price if you're making a stew or casserole.

Of course, anyone who owns a freezer - most experts say that if it is carefully stocked, a family of four will save the purchase cost within three years - or takes the time for home-canning has the best of both the high quality and low prices of fresh in-season fruits and vegetables.

However, the experts remind shoppers who don't have a home freezer that canned vegetables and fruits can be as highly nutritious as those we prepare from fresh produce ourselves.

Reducing food costs means learning to get the most from what you buy, in terms of nutritional value, convenience and appetite. The biggest bargain in town isn't one if the product ends up in your garbage. To improve your grocery shopping savy, keep a list that includes more than bread-eggs-meat entries.

Keep a shopping list of:

- the things you want to buy made in conjunction with a meal-planning menu,
- two new recipies designed to use leftovers,
- anything you think you bought on impulse,
- advertised specials,
- items you didn't like or use,
- products you'd like to try in future.

When you shop, armed with the list, menu and coupons in hand keep these tips in mind:

- it's true - never shop on an empty stomach. You'll arrive home to find you've picked up some items you wouldn't normally buy;
- plan to buy enough of everything so you don't have to shop often. Making fewer trips to the store reduces impulse buying;
- when you have to go to a large store for just a few items, plan a course through the isles. If you need potatoes, eggs and butter, for example you'll probably have to go around the entire store. But if you're planning to cut down on snack food you should organize your trip to avoid the aisle with the chips;
- whenever possible, shop alone. Children and spouses encourage impulse buying;
- look at the middle shelf last. Items placed at eye level are there because the store wants to promote them. They may be a good deal, but check the top and bottom shelves first;
- don't look at the aisle-end specials until you've finished your other shopping, then compare prices carefully. Many people think items at the end of the aisles are always on sale, which isn't the case.

Anyone who wishes to receive a free copy of the Ministry of Agriculture, Food and Rural Affairs fact-sheet Budget Wise Food Shopping is invited to write to the ministry's information centre at 801 Bay St., Toronto, Ontario M7A 2B2.

To receive a free copy of a chart listing uses for all major food groups titled "What To Do With Leftovers", call the Ministry of Consumer and Commercial Relations enquiry unit at (416) 326-8555 in the Toronto area or 1-800-268-1142 from other parts of the province. The TDD line for use by the hearing and speech impaired is available at (416) 326-8566.

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1995 Annual Meeting of Big Brother/Big Sisters

Bill Roddy, outgoing President of the Big Brothers and Big Sisters of Cornwall and District told the annual meeting of the agency held on March 9, at the Ramada Inn, that the past year has been an exciting and challenging year for the local agency.

Roddy in his report, indicated that the agency has increased its matches and service to children on the waiting list, recognized its volunteers and supporters, undergone a successful review of its operations, increased its profile in the community, and conducted a very successful Bowl For Millions.

Roddy saluted the Big Brother and Big Sister volunteers whom he called "heroes and heroines to our Littles".

Roddy also paid tribute to his fellow directors, committee volunteers, the Recreation Association, and the dedicated staff for their work in enriching the lives of the matches, guaranteeing a stream of volunteers, and ensuring funding.



LYNCH

Executive Director, Brian Lynch reported that the agency staff had made 47 new matches in 1994 bringing the total number of matches at the end of the year to 116, including 23 in the three United Counties of S.D. & G.

Lynch indicated that because of the large waiting list which stood at 114 children at year end, the agency last fall started the Big Bunch program for children on the waiting list. He explained: "To date, we have had 4 Big Bunch groups in operation allowing us to serve another 16 children who take part in recreational and leisure activities twice a month with approved Big Brother and Big Sister volunteers."

Lynch stated that the review of the agency's operations in April 1994 concluded that the agency is providing a valuable and important service in the community in a caring and professional manner. The review also pointed out the need to develop another annual fundraising project in addition to the successful Bowl For Millions as other traditional sources of revenue decline. Lynch said that the fundraising committee has explored a number of fundraising activities, has expanded Bowl for Millions to Alexandria and area, and is now in the process of organizing a golf tournament for later this year.

Lynch concluded: "I remain optimistic that with excellent community support we will continue to provide a valuable service to children from single parent families in Cornwall and S.D. & G."

Cornwall lawyer, Paul Lemieux was elected as the new President of the Big Brothers and Big Sisters of Cornwall and District succeeding Bill Roddy who will continue to serve on the executive committee as the immediate Past President. Elected to serve as first Vice-President was Hermann Rogalsky; Second Vice-President, Sue Thompson; Treasurer, Joe St. Denis; Secretary, Carol Beamer.



ROGALSKY

Also elected to serve on the board of directors for the coming year were Mike Belisle, Bob Crump, Sue Marcino, Julia Meldrum, Denise O'Brien, Lorraine Sharron, Micheline Villeneuve, Bill Willis.



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LifeLine
by Dr. Carolyn DeMarco

Exploring inside the uterus

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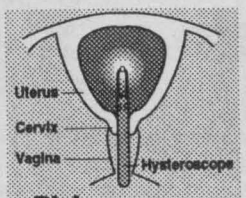
HOW IT'S DONE

- The scope is inserted into the vagina, through the cervix and into the womb.
- Salt or sugar solution, or carbon dioxide gas is injected to expand the womb so it is easier to see inside.

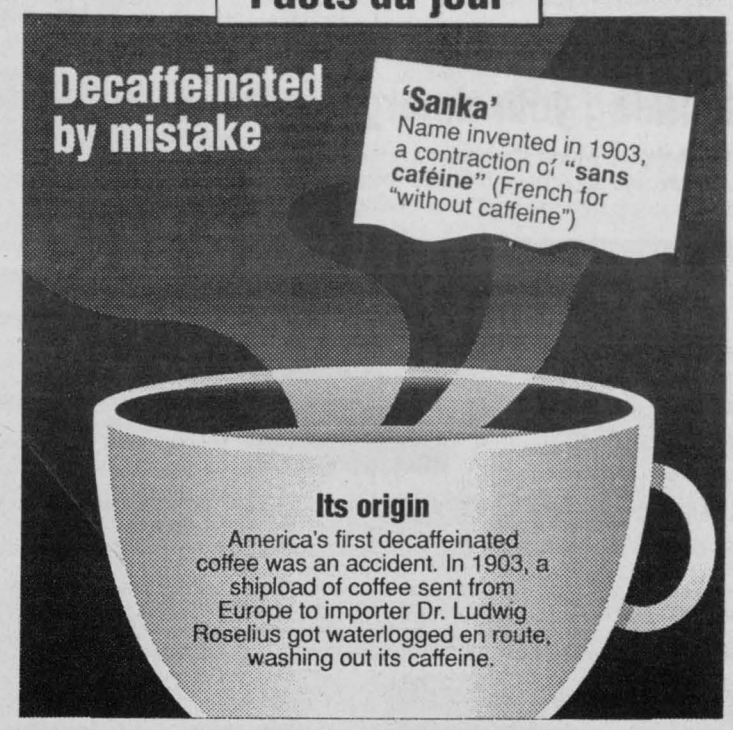
A short procedure (five to 15 minutes) can be done in the doctor's office without anesthetic. General anesthetic is required for longer and more complex operations.



Risks
- Fluid overload and heart failure.
- Gas may cause shoulder tip pain or irregular heart beat.
- Gas in bloodstream may cause blockage.
- Scarring of uterus.

Useful for
- Identifying cause of excessive or irregular bleeding.
- Diagnosis of uterine fibroids (benign tumors), cancer or overgrowth of the lining of the uterus.
- Diagnosis of uterine and cervical polyps (benign tube-like protrusions).
- To check structure of uterus in infertility cases.
- To find and remove a misplaced IUD.
- To remove polyps and small uterine fibroids (larger fibroids must first be shrunk with drugs).
- To destroy the lining of the uterus in women with severe bleeding – instead of hysterectomy.

Facts du jour



SOURCE: "The Book of Answers," New York Public Library

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Best not to sell those losing funds

By Patrick Fellows

Q: Having been assured of total safety in AGF Canadian Bond Fund by my broker, I reluctantly agreed to invest $65,000 last April at $5.24 per unit. It is now $4.75. I also have $25,000 in Fidelity Emerging Markets Bond Fund, purchased at $9.05 and now $7.89.

Just how "safe" are these funds? If there are huge redemptions will my units be worthless? Should I "wait it out" or take the loss and buy T-bills. I am retired and will need the income in three years.

H.G.

A: If your broker told you that your mutual fund investments were "totally safe" he should be disciplined. However, we were not privy to the conversation so can't say whether you might have misunderstood.

We have said many times that mutual funds (money market funds aside) are for investors who are prepared to go for the long term. If the funds can't go down, they can't go up, so why buy them when almost riskless GICs are available?

The stocks and bonds to which the funds direct their money are volatile instruments subject to the moods of the market place. In the long haul, they do advance, but the road can be rocky. Young investors are better equipped to take the short-term risks.

We doubt whether you will be ahead by selling your units now. There are good yields on GICs, but you would have a lesser amount to invest.

Since you are not in a rush for income, holding on to these funds has a good chance of being productive. A total market loss on a Canadian mutual fund is virtually impossible.

One at a time

Q: We own a mortgaged home and a mortgage-free cottage. We plan to buy another house so as to be closer to our family and would prefer to rent out the present house since we will soon retire and need supplementary income.

Can the interest on our current mortgage be deducted as an expense?

Can I declare the house as my principal residence and my husband declare the other house to avoid capital gains tax if one of them is sold?

M.T.

A: f you turn your current home over to income production, you will be able to deduct expenses, including mortgage interest, but they should not be excessive in relation to income (not for long anyway).

As a family unit, you can have only one principal residence at a time, but there's a bonus year where one house is sold and another purchased in the same year. So no purpose is served by "designating" properties separately.

You can continue the principal residence status of the present home for up to four years after you change its use so long as you don't claim capital cost allowance (depreciation).

But you can't at the same time treat the new house as your principal residence. It's one or the other.

An alternative to renting your home is, of course, to sell it and invest the proceeds, especially if you can show a decent capital gain.

This might be preferable in a real estate market gone flat and avoids the possible pains of being a landlord.

For your protection

Q: I am 63 and last October lost my job. In March, I will be broke except for what is in my RRSP, but the government refuses to let my bank release the money to me.

They tell me they are "protecting" me in my old age. I have my MP looking into this, but he appears to going nowhere.

M.E.

A: You obviously have what is known as a LIRA (locked-in retirement account), formerly called a locked-in RRSP.

As a lump sum, it remains unavailable to you because by law it must be paid out as a pension.

However, at your age, you can convert it into a life annuity or Life Income Fund (LIF).

You don't say whether the bank told you this or whether the issue you raised simply concerned a lump sum withdrawal.

The funds were accumulated under pension rules, which prevail.

Asking for easy access to these monies is the same as asking for unlimited withdrawals from a pension plan, which nobody does.

For a person who would normally retire at 65, a LIRA can be converted to income as early as age 55.

Questions on money and investment matters may be sent to Your Money, The Toronto Star Syndicate, 1 Yonge St., Toronto M5E 1E6. Not every question can be answered, but all will be considered for use in the column.

SEMINAR

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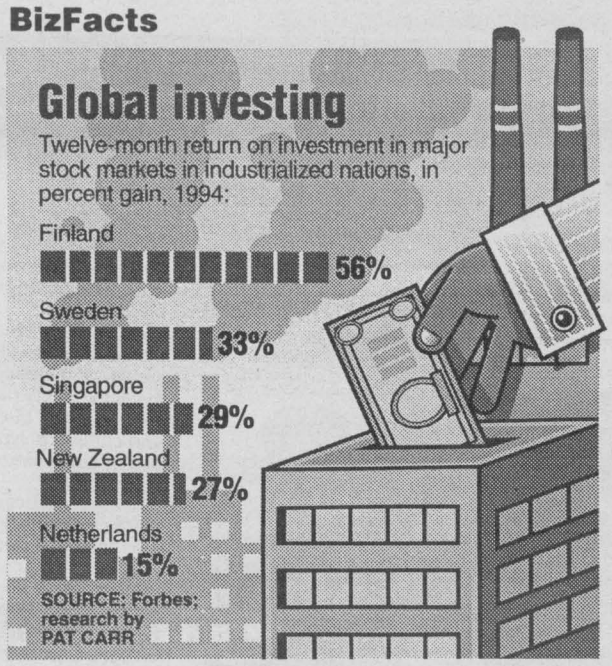

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On the Money
with Gordon Pape

PAPE'S TIP: *"Make sure you have enough in reserve for at least three months."*

Building your emergency fund

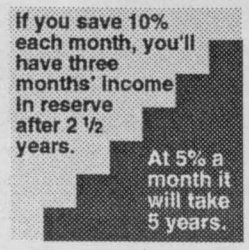
An emergency fund should be a financial priority of every family, but most people don't have one. Our consumer society encourages us to save money with the goal of spending it, not preserving it.

WHAT TO DO

1. Aim for three months' take-home pay. If you lose your job, it may take this long to find a new one.

2. If you have trouble saving, set up a pre-authorized savings plan where you bank. Put aside 5% to 10% of your income each month.

3. Hold emergency funds in a separate account and make it difficult to access. Joint signature or savings accounts are good; personal chequing accounts are not.



Once you have a sizeable amount, invest it conservatively: money market funds, term deposits, Canada or provincial savings bonds, or treasury bills. Avoid long-term GICs which you can't access in an emergency.

If you're young...

- Build your emergency fund inside your RRSP. You'll get a tax rebate, which can be added to your fund. Plus, the money grows faster because it's tax sheltered. Allow extra to cover for tax withheld if you have to make a withdrawal.

When your income changes...

- If your income goes up, add more to match three months' salary. If the fund grows too large, trim it back and invest the excess, or use it to pay down your mortgage.

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

Music Notes

by Morley Seaver

Gary Moore - Ballads & Blue 1982-94 (Sony)

Gary Moore's scorching guitar work has been heard in a variety of settings. From his early work with Colliseum, Thin Lizzy, and Greg Lake to his own solo stuff, people have recognized him as a guitarist par excellence. Along with his hard-bent direction, Moore has also explored the blues alleys and some softer stuff as well. Here it all is on one disc. This is great stuff and it also showcases his excellent singing voice, similar to ex-Purple, Glenn Hughes. For the die-hards, there are also three new unreleased cuts, as well as some singles versions of a few songs.

Richie Kotzen - Mother Head's Family Reunion (MCA)

Kotzen recently spent a year in Poison and due to a romantic entanglement with the wrong gal, was ceremoniously booted from the band. Kotzen has released several previous solo records on the Metal Blade label, but this new one is a surprise. This is a groove laden disc that sounds more comfortably couched in 70's style Philly-funk/soul than anything else in this decade. Pretty fair singing and tunes make for a nice set. In a Sly Stone mode with a bit more aggressive guitar? Here's lookin' at ya, kid.

Brooks & Dunn - 3 (BMG)

When they first burst on the scene, back in 1992, a new phrase was coined to describe their music. "Turbo-Tonk" they called it, and it fit perfectly. Their upbeat country music was electric on record and down-right dangerous in concert with Kix Brooks and Ronnie Dunn levelling spectators everywhere they played. Three records on, they show no signs of slowing down. The songs are all great, testament to the fact that first and foremost they are songwriters.

John Hiatt - Comes Alive At Budokan (A&M)

John Hiatt is the American version of David Wilcox. Only with better songs. Hiatt has been churning out great records for over 20 years and this is his first live record. Recorded in various U.S. sites (despite the title), this shows Hiatt with his new energy-filled band that worked with him on his "Perfectly Good Guitar" disc. This great set features some of his well known songs that were hits for others like, "Angel Eyes" (Jeff Healy), and "Thing Called Love" (Bonnie Raitt).

Peter Criss - Criss (Polygram)

It's great to see true warriors rise from the ashes to once again do battle. Peter Criss, ex KISS drummer, was out of the scene in the 80's. His solo records were poor and his drug and alcohol battles were getting the better of him. Criss rebounded several years ago and began putting this project together. Criss, the record, gets better with every listen. Peter comes from a jazz/swing background and that's reflected in his music. He's more Top 40 than any of the recent KISS records. Peter does most of the lead vocals on this record, turning over the chore to Mike Stone on some cuts. The songs are all strong. Picks are "Bad Attitude", "Blue Moon Over Brooklyn" and "The Truth". Also included is a version of "Beth" the huge KISS hit, that Criss wrote in 1975. This is a great record that should put Peter back into his rightful spot of the top of the hard-rock pile. Of course, in this grunge-ridden, punked out music environment, that probably won't happen.

Queensryche - Promised Land (EMI)

Fans have come to always expect the unexpected. With their debut EP, they were a ringer for Jusas Priest. Their first full-length disc, "The Warning" baffled listeners with their minor-key compositions. Subsequent records showed the band growing, maturing and covering new ground. 1990's "Empire" was the breakthrough record for the Seattle band. With "Promised Land", the musically adventurous quintet has gone even further astray. Always lyrically challenging, Queensryche has delved into family relationships, and personal evaluation. Musically, they cover the gamut of sonic colours. "Promised Land" is not a hit-laden record, looking to be the next Billboard #1. Instead, it is a disc of majesty and wonder. Give it a few spins and it will become a favourite.

Ethanol Investors Continue Run On Shares

Investor support in Seaway Valley Farmers Energy Co-operative (SVFEC) and its ethanol production plant moved past $700,000 last week.

The equity total includes funded subscription applications plus investors' purchase commitments. The investment campaign is raising equity for a new $40 million plus ethanol plant the Co-op is planning for Cornwall.

"Campaign momentum and the opening of the Co-op's Cornwall office will help push the campaign over the million dollar mark in short order," said Bud Atkins, president of SVFEC.

A second round of late-March/early-April rural and suburban investor meetings are being planned for eastern and central Ontario. Investors are choosing membership shares for voting power and plant value appreciation along with Preferred A shares for strong return on investment. The equity campaign target is $8 million.

Investors are asked to contact their area representative to subscribe or call 1-800-776-1603.

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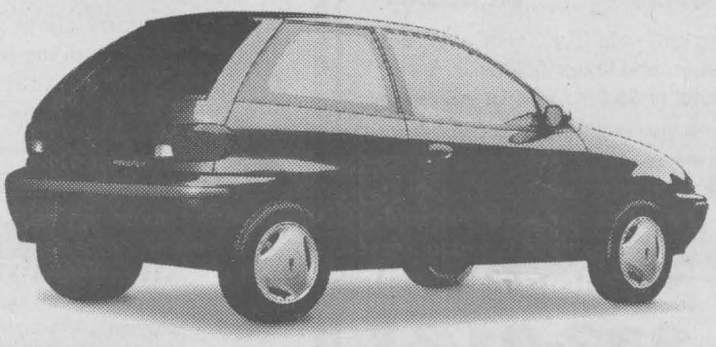

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DOUG & MAGGIE'S CORNER

By Doug & Maggie Fobert
St. Clair Paint & Wallpaper

Things can grow in the bathroom. It's warm and damp a lot of the time and this is the ideal environment for mildew. Mildew is that lovely stuff that gives a musty aroma and characteristic browny-black surface discolouration to places it finds hospitable.

The grout lines around ceramic tile are vulnerable to mildew growth as well as any other place in the bathroom that absorbs or can harbour moisture. Grout lines need special attention because tile grout is by nature porous. New grout must be sealed with a silicone liquid sealer.

If you have a problem because your grout wasn't sealed or the sealer has lost its repellency, a little elbow grease, a solution of bleach and water, and a product called Tile Guard will bring it back to like new. Or you may just want to restore the original like new whiteness to grout that has become mildly discoloured through use.

Start by washing the grout lines with a solution of T.S.P., or it's more environmentally friendly substitute Gres-off. Mix it at a rate of one tablespoon to a litre of water. Next wash the grout lines with a solution of bleach and water mixed at a rate of one part bleach to two parts water. The bleach and water solution kills mildew and bacteria while it cleans. Allow the grout to dry for 24 hours.

Your grout lines will be much cleaner now but not sparkling white. Tile Guard will restore that like new whiteness. It comes in an easy to use applicator bottle; just press the applicator onto the grout line and squeeze the bottle gently to start the flow. Apply it liberally to all of the grout lines, smoothing it on with the foam, bottle top, applicator. Don't worry about getting it on the tiles. When done, leave it to dry for 24 hours. Again, don't worry about the excess that got onto the tiles.

After the drying period, wipe the excess off of the tiles with a very damp cloth or sponge while avoiding excess pressure directly on the grout lines. Finish by polishing with a dry cloth or paper towel. If the grout was extremely discoloured, a second coat may be necessary.

If you have loose or missing grout, re-grout these areas with Poly Tile Grout before you start the procedure. Wherever tile meets - sink, tub, floor or counter - a bead of silicone caulk or Caulk Strips must be applied. This prevents moisture from getting into and behind these areas and promoting mildew growth. Prevention is much easier and cheaper than the repair in these areas.

Since we're in the bathroom, how about checking the sink, tub and toilet for chips or nicks. These are easily filled with a product from Dynamic called Heavy Bodied Porcelain Repair.

Because it is heavy bodied, one application can fill and repair even deep chips. Wash out the damaged spot with T.S.P., or Gres-off and water, then wipe it dry. Squeeze a small amount of filler into the chipped area and smooth with a plastic putty knife. Remove excess and smears with lacquer thinner or acetone immediately. Allow the repair to dry overnight before use.

Champion energy saver

(NC)—Bill Jackson is a champion energy saver. An electrician by trade, he has, over the past four years, spearheaded the city of Victoria's energy efficiency program.

During this time Bill and his team have implemented dozens of energy-saving initiatives which have saved taxpayers tens of thousands of dollars. To start with they conducted a detailed audit of energy costs. This served as the basis for a three-year energy management plan. They then got to work.

City buildings were retrofitted, recreational facilities modernized, and parkades upgraded. The intention was both to save money and to help improve Victoria's working and living environments.

So far the plan has worked very well. For example, the city purchased a $9,500 computer system which allows Bill to control heating and lighting for the VicWest YM/YWCA right from his office. The city now realizes about $2800 in annual energy savings (15% of the building's total energy bill). A similar system has been installed at the city's Crystal Pool. By fine-tuning the interactions between ventilation, heat reclamation and water temperature, the system, which cost $27,000, is expected to save the city more than $10,000 annually.

Bill's energy management efforts have received nothing but raves. "After all," he explains, "in saving the city money, I'm really paying my own wages!"

Work similar to Bill's is being replicated in towns and cities across the country. For more information about these energy-saving success stories, contact Energy Ventures, Natural Resources Canada, fax (613) 947-4121.



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100,000 BTU Furnace $1,607.32
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AJAC

SEAWAY SPORTS

A Sure Sign of Spring





More reliable than the first sighting of a robin, is the annual registration for the K.of C. Minor Mixed Softball League. Pictured above (l. to r.), Barbara Wales and Cathy Bisson sign up Carlos Read while mom, Monique Read looks on. Batter up!

Equipment Manager Rick McLean (bottom photo) ensures all players in the K. of C. Minor Mixed Softball League have a perfect fit for the long summer ahead. Player Richard Bisson couldn't agree more.

(photo by Roxanne Emmell)

Chumps Seaway Valley Minor Peewee Rapids

The Rapids ended the season with a 14-16-6 record. In the playoffs, the Rapids lost a tough battle with the Ottawa Valley Titans. In the first game the Rapids got off to a good start with a 3-1 win on Ottawa Valley ice. The Titans scored first, but that was short lived due to the play of Miguel Delisle who scored on a great pass from Mathieu Groulx. The second period was a scoreless one. In the third with only 5 minutes left in the game, Marc Forget scored the winning goal on a pass from Jeromy Leroux and Adam Beelher. Jesse Thompson added an empty net goal with just seconds left in the game. Jesse Kirady was outstanding in nets. In game two, the Rapids came out flat and were beaten 4-1. The lone goal for the Chumps Rapids was scored by Miguel Delisle on a great pass from defenceman Mathieu Groulx.

Game three was a see-saw battle. The Titans went up 2-0 before the Chumps Rapids tied it up on goals by Jason Vickers who scored twice with assists going to Delisle and Shawn Chartrand. The Titans scored and the Rapids quickly came back to tie it up on a goal from Miguel Delisle.

However, the Titans took advantage of a penalty and scored the 4th goal; the eventual winner. Greg Helmer kept us in the game right to the end. To sum it all up, it was a good series that could have went either way.

Colts Battle Brockville Braves

by Ken McLaughlin
Director of Public Relations

Just when you thought the action couldn't get any hotter at the Si Miller Arena, along comes the CJHL playoffs. Cornwall's grand old hockey home was rockin' last Sunday, as 1800 fans watched their Colts use a balanced attack to defeat Brockville 7-2 in Game #1. Game #2 featured a closer score, but more of the same dominance, as your Colts won 3-2 in Brockville. This series has been a chippy affair, as 236 penalty minutes have been handed out in the first two games.

If Game #5 of this series is necessary, it will be played Sunday, March 19 at 2 pm. Be sure to attend the last home game of the March break. The Colts ticket office will be open from 10 am. Game #6 will be played this Tuesday, March 21 at Brockville. Start time is 8 pm. Please note, this game was moved from Wednesday, March 22. If Game #7 is necessary, it will be played this Thursday, March 23 at the Si Miller Arena. The puck drops at 7:30 pm.



Gerry Cicciu

Ticket prices for all playoff games are: $7 for adults, $6 for seniors/students and $2 for children (12 and under). Our regular ticket office hours are Monday to Friday, 10 am to 5 pm. Call 930-9300 for information, or to order the best seats in the house. We invite you to join us for unmatched hockey playoff excitement from Cornwall's championship team.

The Cornwall Civics Sports Club will hold a fundraising bingo, in support of your Colts, this Wednesday, March 22, at Nativity Hall. Start time is 10 pm. Please join us for our first late night bingo of the season and you could take home the $1,000 jackpot.

We'll see you soon, as your Colts offer fast paced, hard hitting Jr. "A" Hockey for your enjoyment.

Colts playoff hockey at the Si Miller Arena, you can't get any closer to the exciting action.

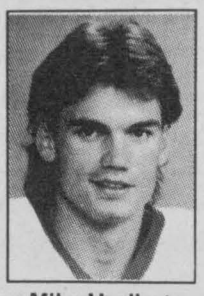
Exciting Events Taking Place in Aceland

All fans are invited to the Aces Team Photo and Autograph Night, on Sunday, March 19th, immediately following the game versus the Albany River Rats. The Aces will supply a special 8"x10" team photo, and the entire team will be available at ice level to sign autographs. Make sure you are at Sunday night's contest, and meet all your favourite Aces players.

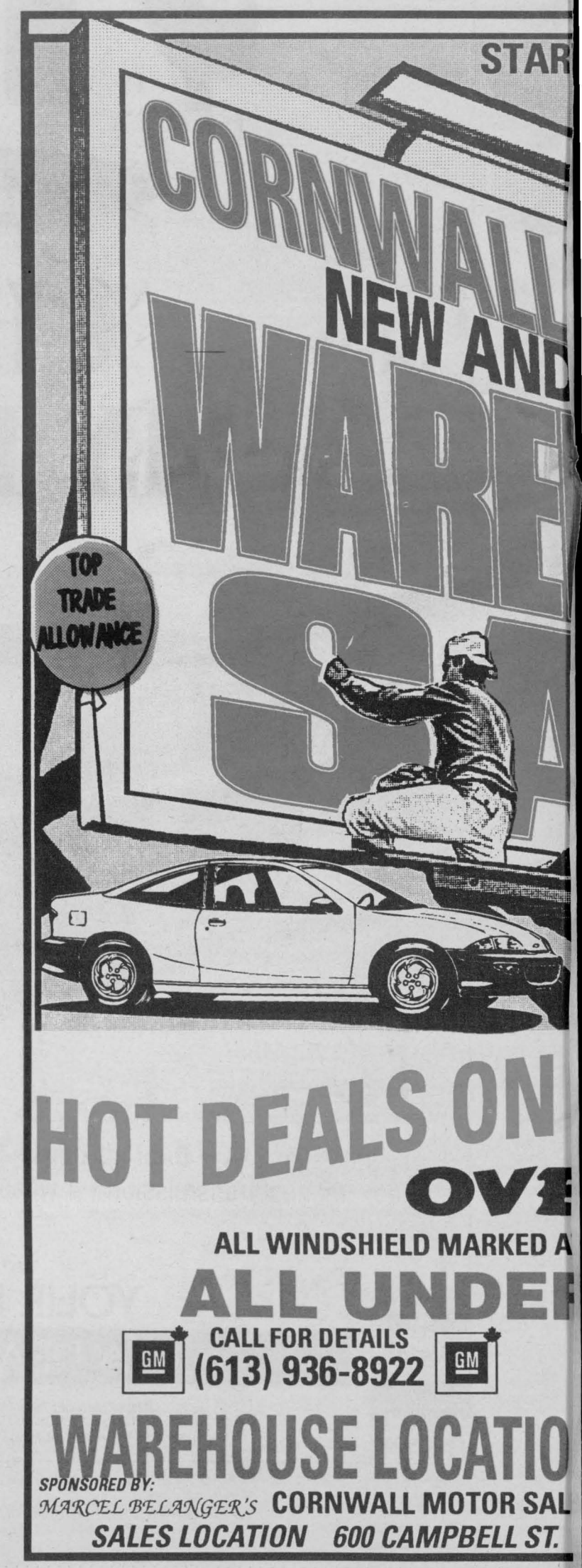
Mike Hurlbut has eight points in his last five games (1 goal, 7 assists), and is now the second leading scoring defenceman in the AHL with 52 points, only one point behind Providence's Jeff Serowick who has played in five more games.

Ed Ward has points in five of his last seven games (1 goal, 4 assists). Ed hit the scoresheet in four consecutive games from March 4 - March 11.

The Aces are second in power play percentage with 22.71%, scoring 77 times on 339 chances. 77 goals is the most power play goals of any team in the AHL.



Mike Hurlbut



Triggers Group Places Well At R.A. Winter Match

The Triggers delegation consisted of 8 people. Maurice Taillon, Richard Saucier, Jean-Guy Besner, Richard Caldwell, Todd Cote, Shawn Kirkey, Wendy Roderick and Jeff Branscombe. These keen eyed straight shooters won 8 positions.

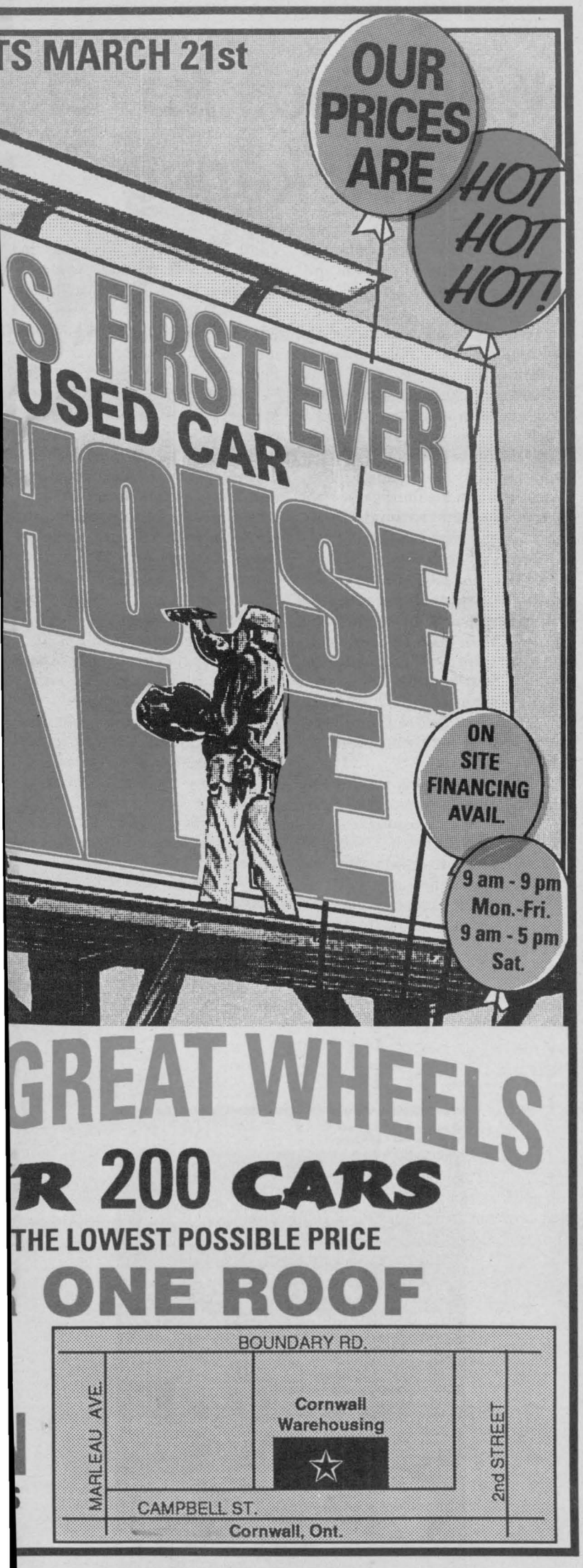
PISTOLS

Name	Place	Classification	Score	Maximum Score
Maurice Taillon	2nd	Sharpshooter	535	600
Richard Saucier	3rd	Sharpshooter	526	600
Jean-Guy Besner	1st	Marksmen	518	600
Richard Caldwell	2nd	Marksmen	495	600
Todd Cote	1st	Junior	530	600

RIFLE

Richard Saucier	1st	Marksmen-Men	493	600
Wendy Roderick	1st	Marksmen-Ladies	305	400
Jeff Branscombe	2nd	Junior	460	600

Congratulations on a job well done for a shooting club that is only 2 years old.



United Counties Ladies Basketball League

Game #1	Pts.
Ray-Co Sharks	58
Backstage	30
Game Stars for Ray-Co:	
Myrle Wheeler	13
Norma Lefebvre	8
Game Star for Backstage:	
Catherine Gagnon	11
Game #2	
Laframboise Mech.	36
St. Lawrence College	33
Game Stars for Laframboise:	
Trish Brown	12
Beth Armstrong	11
Game Star for S.L.C.:	
Maureen Benton	21

Playoff Format:

* St. Lawrence vs Backstage in Consolation Round
* Laframboise Mechanical & Ray-Co Sharks will play for A & B Championship against Cornwall Gravel Pits and Ralph's Bar.

Top 5 Scorers for 94-95 Season

1. Beth Armstrong	234
2. Carole Blais	225
3. Donna McGregor	215
4. Adele Gallant	213
5. Sandy Murray	189

Triggers Junior Airgun League

	Score	Ave.
Patrick Mullin	252	228.14
James Boulerice	217	220.19
Etienne Saucier	203	211.90
Jaime MacRae	147	187.11
Chris Poirier	204	180.10
Yearly High Score		
Patrick Mullin	252	
Weekly High Score		
Patrick Mullin	252	

1995 Winter Airgun League

Alain Legault	240	249.60
Justin Wheeler	209	203.70
Yearly High Score		
Alain Legault	277	
Weekly High Score		
Alain Legault	240	

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MINOR SHOWCASE

Kohler Novice Aces Second in Morrisburg

The Cornwall Kohler Novice Aces won 2 of 3 games in the annual Morrisburg Novice Tournament. Good team play and hard work brought the team to the final game against the host Morrisburg Lions.

The first game against the Osgoode-Rideau Senators saw the Aces get two goals in the first period on exceptional passing plays. Jason Leger opened the scoring midway through the period with assists to Billy Hyatt and Dan Roth. Mathieu Bergeron closed out the period scoring on a pass from Scott Bonneville. Forty seconds into the second period, Bergeron netted his second of the game with assists to defencemen Steve Viezel and Pat McLeod. The Senators finally scored one of their own halfway through the period but the Aces responded two minutes later with Bergeron getting his hat trick goal on a great centering pass from Roth. Osgoode-Rideau scored once more in the third but Bonneville put the game away on a close-in blast with assists going to Roth and Hyatt. Final score 5-2.

The second game pitted the Aces against league rivals South Stormont Selects. Although the Selects have been very aggressive and intimidating in the past, the Aces played their own game of fast skating and hard work to perfection. Scott Bonneville opened the scoring late in the first period assisted by Bergeron and the Aces never looked back. Bergeron added two more goals on assists from Roth and Hyatt in a penalty-filled second period. Plumber Shawn Pollard took over from there with some brilliant work between the pipes and extra help from defencemen Steve Viezel, Josh Legue, Kyle Gray, and Pat McLeod, who added to the offense with an end to end breakaway rush of his own to hold onto an emotional 3-0 shutout victory.

The Aces started slowly in the final game against Morrisburg. Down 2-0 after the first period, the boys gathered up the last bit of energy and managed second period scoring from Jason Leger and Matt Bergeron with an assist going to Scott Bonneville. The Lions added 3 second period goals of their own. The Aces stormed back in the third on goals from Bonneville and Dan Roth in a great final effort to bring the score to within one, but the Lions scored the insurance goal with two minutes left and won it 6-4. It was a great game by both teams, neither side giving up until the final siren. It was the Aces best tournament showing so far this year, largely due to the exceptional team play and persistence. Good work boys and best of luck in the upcoming Dollard International Tournament.

Delaney Bus Lines Midget "A" Aces Advance to Final

In the opening game of the semi-finals, the Cornwall Aces travelled to Nepean where the Raiders got off to a 3-0 lead in the first period. The Aces countered in the second period with two goals coming from Rodney Besner and Pete Barnes. The third period was all Aces again as they scored two more goals to put the game out of reach for Nepean. David Bruyere scored the third and tying goal with the winner coming from Dan Pelletier. The Aces win this one 4-3 and head home for Game 2 of the series.

The second game played at the Water Street Arena got off to a fast start with the first goal coming at 10 seconds into the game and scored by Greg Pedersen of the Aces. Eric Fontaine rounded out the scoring in the first period with a breakaway goal. In the second period, a lone goal was scored on a power play by Terry Lauzon. That ended the scoring for the game with the final score at 3-0. Jacques Lavoie played a strong game in nets for the Aces.

The Delaney Bus Lines Midget "A" Aces now advance to the finals against Gatineau starting Sunday, March 12, 1995.

Navy Vet Aces Season Ends

Despite a pair of losses to Alexandria, the Navy Vet Aces find many improvements in their play in the last 10 games. Plagued by injuries, the Cornwall team refuses to give up. Game after game the players dig deep to come up with strong performances to give their fans exciting hockey.

On Saturday, at the Si Miller Arena, the Navy Vets were on the short end of a 6-4 outcome. Dan Martin had a pair of goals for Cornwall with singles going to Alain Leger and Bobby Roy.

Sunday in Alexandria, the Aces lost 5-1. Alain Leger scored in the third period to spoil the shutout. Kail Mulligan, called up from the Atom "B" team, played part of the game. He made several good saves, but the Aces couldn't mount a comeback against the top team in the league.

OUT of BOUNDS



Tonight's your Chance

by Dr. Leo Marvin

Another boring Sunday with nothing to do? Well, the Rats are back in town to take on your Aces and there is no love lost between these two teams. Last Tuesday, they played to a 2-2 tie and although Albany is the best team in the AHL, the Aces and River Rats have played five of their seven games to within a one goal margin, including two ties. If invigorating professional hockey isn't enough, the Aces will be holding Aces Team Photo and Autograph Night courtesy of A&P Freshmart. The Aces will be giving away 3,500 special Aces Team photographs on Sunday night, and immediately following the game the entire Aces team will be on the ice surface to sign autographs and meet the fans. Make sure to tell your friends that tonight's your chance to be up close with Cornwall's favourite professional athletes. Don't forget start time on Sunday is 6:00 pm, so don't miss this great event.

Are you from the Maritimes? Have you ever visited the Maritimes? Are you curious about what goes on out there? Well, look no further than Wednesday night's game versus the St. John's Maple Leafs. On March 22nd immediately following the game with the baby buds, hang around the Complex for the Cornwall Aces Maritime Mayhem Bash! Mix with friends in the Salons of the Civic Complex and party to the tunes of the Brigadoons, Cornwall's best Maritime music. It's going to be one to remember if you can - and the only way to get through the door is upon presentation of your Ace's game ticket stub. So, if you're an Aces fan and a Maritimer or Maritimer wannabe - hold onto your ticket stub and use it as your gateway to Maritime hospitality. Wednesday night is the last time the Maple Leafs are in town this season, and the Happy Trumpeteer will be on hand for the occasion.

The Cornwall Aces are solidly in second place in the Southern Division and are winding down the season in preparation for the playoffs. Don't miss out on the best seats for the Aces Calder Cup run. Call 1-800-668-6162 or 937-2237 today and reserve your playoff 6 or 12 game packs. Qualify to win great prizes including 100 Cornwall Square Mall dollars to be given away at every remaining home game or one of many prizes in the Aces Treasure Chest. Get involved with Cornwall's only professional sports team. Together we can go the distance and continue to showcase our great city to the hockey world.

Whirlwinds Travel To Pickering

The Whirlwinds started against the Belleville team and came away with a 3-0 win. The shutout was provided by Sheree Pell and scoring was done by Dominque Laroche (2) and Rachel Denner. In game two, the Whirlwinds came up against the Cobourg team and again posted a 3-0 win. In nets was Caroline Hare, and scoring was done by Rachel Denner (2) and Leigh Ann MacDonald. In the third game they played the Peterborough Canac Kitchens and won 4-3. Scoring was Dominque Laroche, Cindy Laferriere and Rachel Denner (2). In the championship game, the Whirlwinds came up against the Stoney Creek team and won 2-0. Caroline Hare was in nets for the shutout. Scoring in the game was Rachel Denner and Dominque Laroche. The MVP of the tournament was Rachel Denner winning a new hockey bag.

This was the 5th tournament the Whirlwinds entered this season and was the 3rd time the team came home with the hardware. In the other two tournaments, the team was the runner-up.

In recent playoff action, the Whirlwinds came up with one of the biggest efforts with a win over the NCCP Midget "A" team, sending them for their first loss of the season. The Whirlwinds won the game 5-1, with scoring by Dominque Laroche, Melanie Bertrand, Sarah McCullough and Rachel Denner (2). Coming up with the biggest goaltending performance of the season was Sheree Pell.

The Whirlwinds played the Midget "B" team twice, playing once to a 3-3 tie and then coming back to win 2-0. Scoring in the tie game was Dominque Laroche (2) and Tricia St. Thomas. In the 2-0 win, Caroline Hare provided the shutout with scoring done by Tracy Zettler and Dominque Laroche.

In the Provincial Playdown game the Whirlwinds clinched a berth in the tournament on April 21-23. They had to play the Ottawa Midget "B" team and Belleville team twice. They beat the Belleville team 7-0 and 3-0. Scoring was done by Dominque Laroche (5), Rachel Denner (2), Tricia St. Thomas (2), and Tammy McSweyn. The scores against the Ottawa team were 3-3 and 2-0. Scoring was done by Dominque Laroche (3) and Tricia St. Thomas and Tracy Zettler.

The team now has the March Break off and then get right back into action against Brockville and the Ottawa Bantam "A" team. They need a win against one of these teams to make it into the final for the playoff in their league.

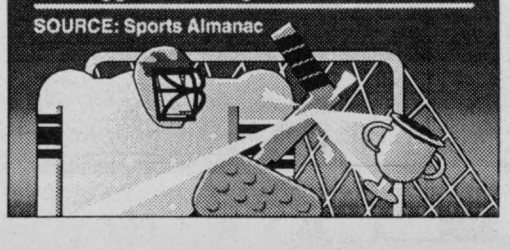
Sports facts

Pro hockey

Recent NHL goalies who had the lowest goals-against average in the league but did not win the Vezina trophy for outstanding goaltending:

	Goals-against avg.	Year
Felix Potvin, Toronto	2.50	1993
Mike Liut, Hartford/Wash.	2.53	1990
Brian Hayward, Montreal	2.81	1987
Bob Froese, Philadelphia	2.55	1986
Tom Barasso, Buffalo	2.66	1985
Pat Riggin, Washington	2.66	1984

SOURCE: Sports Almanac





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Close Matches Hi-Lite Tuesday Night League Play at Par-T-Golf

In Tuesday night play "Quinto De Largo" proved to be no problem to Todd Arbuthnot who shot a personal best of 83 to easily defeat John (Struggling) Lambert (95). Matt Lambert (91) made a long putt on the 18th hole to defeat Hilton Beauclair (82) as match play and handicaps seemed to come into play.

In the tightest match of the night, Wendel Benedict (67) was just a little short as Tom (Sandy) Ayerst came with an impressive 71. Toni Benedict (78) managed to put up the points as Mike Toupin (80) went down to defeat.

On the Belfry course we found Jack Kenton (73) defeating Mike Hurtabise (77) while Andre Cousineau and Charly (Dad To Be) Bilmer tied their match. If Andre had won his match it would have been a clean sweep for the Rejex.

In the other match of the night, the very narrow "St. Mellion" course proved tough to play as "Out Of Bounds" seemed the key word of the day. Reg Kelly (94) teamed up with Cliff (I Hate This Game) Ruest (105) to lose both their matches. Tracy Marceliais (91) teamed with Bob Fletcher (83) to take 6 points for the Rejex.

Point Standings:

Rejex	109
Bleachers	87
Red Devils	107
Kelly Heros	113

Kirkey's Red Hot Pistol Keeps Him On Top

Shawn Kirkey is setting the pace for Triggers Winter Airgun League. He has recently brought his average up to the expert level.

A group of three pistol shooters are threatening to break into the expert level soon. Maurice Taillon, Richard Saucier, and Todd Cote are coming up fast. The top 4 pistol positions are separated by a narrow margin of 1.7% on their averages. Therefore they are constantly jockeying for position.

Richard Prieur leads the next group of pistol shooters. He is the top Marksman but, Jean Guy Besner and Heather Marleau are breathing down his neck.

Agnes Caldwell is leading the Tyro category and these new shooters are all showing determination and are enjoying their newly activated passion.

The rifle section is also getting interesting. Richard Saucier leads the pack, but there are three shooters in striking distance just waiting for him to misfire.

The anticipation and pressure of this league will mount to an exciting and possibly explosive finish.

Triggers Airgun League

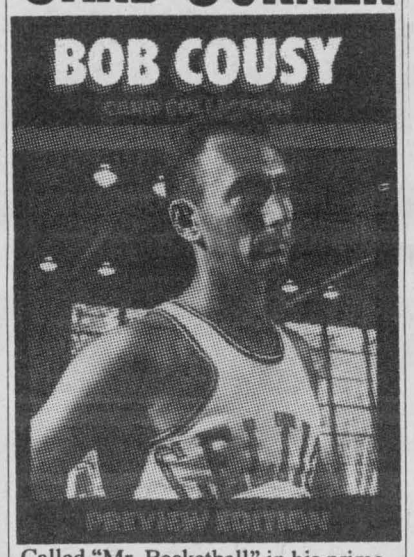
Pistol Shooters

Expert Class	Score	Total	Average
266.98-279.96			
Shawn Kirkey	263	1872	267.43
Sharpshooter Class			
248.96-266.97			
Maurice Taillon	276	1866	266.57
Richard Saucier	270	1862	266.00
Todd Cote	267	1860	265.71
Richard Caldwell	260	1815	259.29
Bert Branchaud	239	1715	245.00
Yearly High Score: 277 Shawn Kirkey			
Marksman Class			
225-248.97			
Richard Prieur	244	1725	246.43
Jean-Guy Besner	244	1882	240.29
Heather Marleau	239	1650	235.71
Dan Brodeur	200	649	216.33
Shawn Wattie	0	693	99.00
Yearly High Score: 262 Richard Prieur			
Tyro Class			
0-224.99			
Agnes Caldwell	203	1527	218.14
Rebecca Lapierre	178	1436	205.14
Allen Martin	191	1249	178.43
Ron Graham	178	1085	155.00
Nicky Murray	150	969	138.43
Yearly High Score: 229 Agnes Caldwell			

Rifle

Expert Class			
262.50-277.49			
Jack Burelle	0	1082	154.57
Yearly High Score: 275 Jack Burelle			
Marksman Class			
0-239.99			
Richard Saucier	242	1636	233.71
Jeff Branscombe	227	1535	219.29
Richard Prieur	186	1400	200.00
Wendy Roderick	227	1345	192.14
Peter Moody	183	1325	189.71
Sandra Beaudin	0	296	42.29
Yearly High Score: 252 Richard Saucier			

THE CARD CORNER by Phil Erwin



Called "Mr. Basketball" in his prime, **BOB COUSY** was one of the players who made the National Basketball Association into a successful league, with his crowd-pleasing play ... A master of dribbling, passing and shooting, Cousy developed his game at Andrew Jackson High in New York City and at Holy Cross College, where he was an All-American in the late 1940s ... Cousy's Boston Celtics teams won six championships ... He saw playoff action in all of his 13 Boston seasons, and was a first-team All-Star 10 straight years ... The card is from a 1991 set devoted to Cousy that is selling for around $10 in card shops today ...

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✓ Awards Ceremony ✓ Special Events

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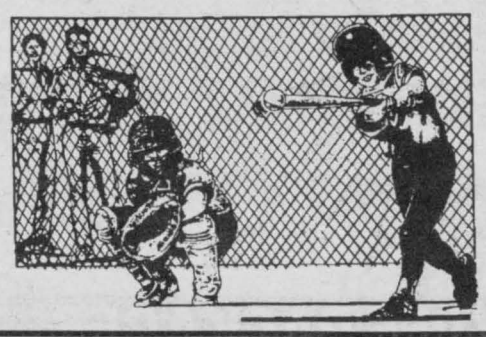

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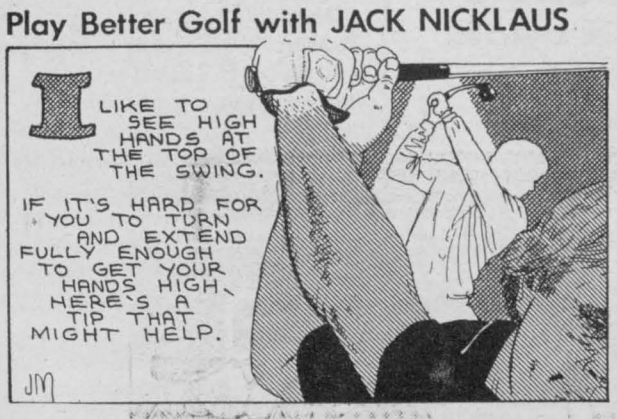

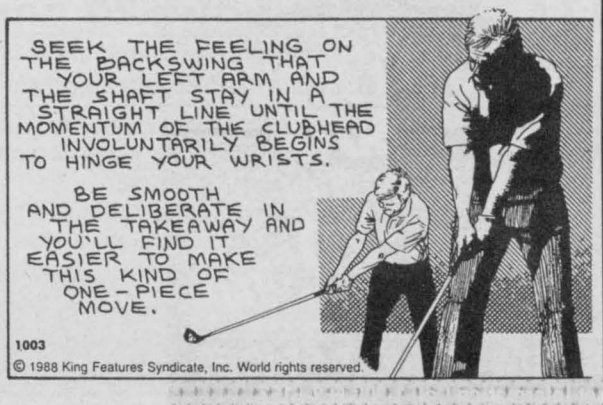

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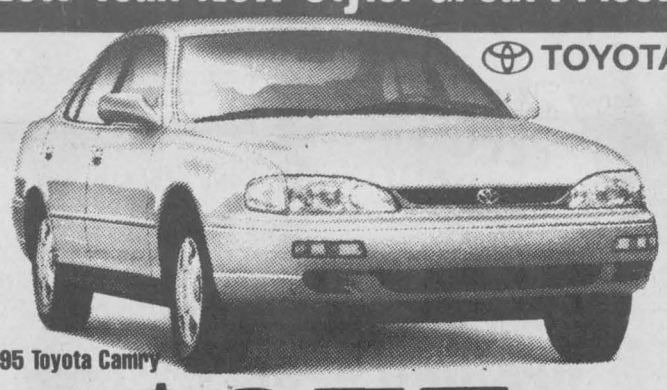
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Hockey Odyssey in Eastern Europe: An Unforgettable Experience

In the cathedral-like arena of the city of Oswiecim, Poland, the scoreboard proclaimed "Canada 10 - Unia-Oswiecim 4". This was Game 6 in the eight-game series which, from February 1 to February 19, took the Seaway Valley AA Major Bantam Rapids a.k.a. "The Team From Canada", to seven different cities in Poland and the Czech Republic. It is not with the final score of that game, however, that the name Oswiecim, will remain associated in the minds and hearts of these 15 boys or of Coach Mike Ruest, Assistant Coach Germain Lafleche, Liaison Person/Den-Mother Lusya Jasciewicz and the 18 parents who accompanied them. Rather, it is the horror of the Auschwitz-Birkenau (the Germanized version of Oswiecim-Brzezenka) death camps the group visited the same day that will remain etched in their memory.

This underlines the fact that it was more than a mere hockey series. Indeed, the tour proved an extremely valuable learning experience both on and off the ice. There certainly were many opportunities for cultural enrichment: visits to architectural and artistic and historical masterpieces in Wroclaw and Cracow, guided tours of a metallurgy plant and of a coal mine in Katowice, a trek to the top of the highest mountain in Poland overlooking the picturesque town of Zakopane, and always, always, the personal contacts with people who became instant friends despite the language barrier, people named Krystyna and Eva and Januzc and Piotr and Romen.

And playing hockey there, taught the boys a thing or two. The format of every game was impressive: picture this team of 15 year olds playing on an Olympic size rink, getting formally introduced and standing at attention facing the flags of Canada and Poland or the Czech Republic during the playing of the national anthems, before the start of three 20 minute stop-time periods of hockey. Imagine how overwhelmed they felt by the number of spectators: over 2,000 spectators in Havirov and Karvina (C.R.) for instance, and 3,000 in Cracow where a noisy segment of the SRO was closely watched throughout the game by a 10 man riot squad in full gear and ready to unleash the muzzled dogs they held at bay. The Rapids' appearance had been given advance billing in all local papers, and posters urged hockey fans to get their tickets ahead of time to see a Canadian team in action for the first time ever in their city.

The Rapids won the opening game, played in Katowice, against GKS Naprzod Janow 10-3. Blueliners Kevin Wright and Kacey MacDonell earned several questions from the host team's coach on "how to take the body". Shawn Martelock, who would alternate with Gerry Goulet, played nets first on the Old Continent.

The two games played in the Czech Republic afforded the Canadian lads an introduction to so-called European-style hockey: skate fast, pick a player, use your stick effectively. Even as his team went down 5-2 in Havirov, Gerry Goulet was impressive between the pipes. The Seaway squad turned in a strong performance in Karvina the next night, forcing the local team to draw on its "special reserves" to eke out a 6-6 tie on a powerplay in the last minute of a hard-fought contest. Offensive defenseman Nick Grady and Player of the Game Miguel Lafleche, whose speed and hustling ability turned a lot of heads, put in a particularly strong performance.

A strong regional All-Star Team or Kadra Slaska overpowered the Rapids 8-5 in Tichy, a city made famous by its Tiesky beer. Goal scorer Jeff McKercher and Player of the Game Kurt Macdonald headed the list in the checking department. The absence of Phil Richer, sidelined by injury, was more acutely felt in this game as the Kadra coach drew on a 22-player bench.

In the mountain city of Nowy Targ on the Slovakian border, Steph Loyer, who accumulated 10 goals during the series, tallied twice to lead the Rapids to a 7-3 win over the Podhale team. Jonathan Pitt's two goals and Player of the Game Yves Ruest's hat trick propelled Seaway to a 10-4 victory in Oswiecim.

Despite their 9-6 loss to Cracovia, the Rapids played arguably their best game in the series. Kent McDonell's hat trick, Pierre Tranchemontagne's two goals, and Bubba Ferguson's single came as a result of the whole squadron's fast skating, persistent forechecking, and consistent teamwork.

In was most appropriate that the Seaway visitors conclude their tour in Katowice, their "home" for two weeks, by playing their buddies on the Naprzod Janow team to a 7-7 tie. At the end of the game, the players exchanged sticks, autographs and a fond "Do widzenia".

Indeed, it is much more than hockey sticks that the Seaway Valley AA Major Bantam Rapids left behind. They left their hearts in Katowice. You can check it out.

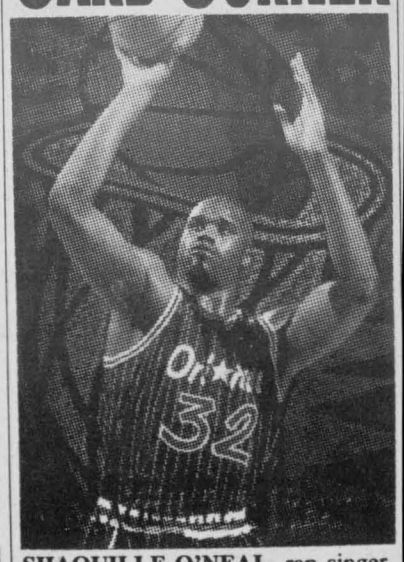
Sports facts

Pro hockey
NHL players who have lead in both goals and assists categories in a single season:

	Year
Mario Lemieux, Pittsburgh	1989
Wayne Gretsky, Edmonton	1982-85
Phil Esposito, Boston	1973
Gordie Howe, Detroit	1951, 1953
Howie Morenz, Montreal	1928
Punch Broadbent, Ottawa	1922
Newsy Lalonde, Montreal	1919


SOURCE: Sports Almanac

THE CARD CORNER by Phil Erwin



SHAQUILLE O'NEAL, rap singer, film star and product endorser, is the best-known current basketball star ... O'Neal's cards are dominating the basketball-collecting hobby ... In the current Fleer Ultra insert set known as "Scoring Kings," available only in hobby store packs, his card carries a $30 value, with the 10-card set listed at $100, steep for new cards ... "Shaq" left LSU after his junior year and started out with a bang in the National Basketball Association: He was Player of the Week in his first week! ... The 7-foot-1, 300-pound center seems destined for a long career, dominating as a scorer, rebounder and off-court celebrity ...

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It is our wish to serve you through the classifieds, however, Seaway News can't possibly verify the legitimacy of all ads. **DO NOT SEND MONEY OR GIVE YOUR CREDIT CARD NUMBER** to any company offering employment. Legitimate firms do not charge potential employees for a job. Opportunities to earn money at home by assembling products, etc. should be examined carefully. Check references of these companies. Do not send money or give your gredit card number until you are satisfied you are going to get what you bargained for. **LET THE BUYER BEWARE.**

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To Place Your Ad: write your ad of 25 words or less and enclose $24.00 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 25 word, 21¢ per additional word per wk. Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8. Mail pick up, no charge. Mailed replies: $5.00

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AVAIL. APR. 1, upstairs, 2 bdrms., balcony, large kitchen, central, near bus, shopping and park, quiet location, fridge/stove, $430/mo., pay own utilities. Ph: 936-1889

AVAIL. APRIL 1st, small 1 bdrm. apt. rent $300./mo. plus utilities. No parking. Close to St. Lawrence College. First & last month's rent. Ph: 933-6791

AVAIL. IMMED. 2 Bdrm. upstairs apt. Washer & dryer hook-ups. $350./mo., pay own utilities. Ph: 932-9820 after 4:30 p.m.

AVAIL. MAY 1st, 2 bdrm. upstairs apt., heated, washer & dryer hook-ups, close to bus stop and shopping, references please, no pets. Ph: 932-9225 and leave message.

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1987 OLDS CUTLASS Supreme Brougham, auto., 4 doors, air, power windows, locks & trunk, AM/FM stereo cassette, cruise, custom interior, 2.8L EFI engine. Safetied. Call 932-0456 or 537-8534 evenings.

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LET'S GO CAMPING
SW mom, 36, 145lbs., 5'7", waitress, brown hair and eyes, seeking caring SWM, 31-45, enjoys children and pets, for quiet evenings, cuddling, long walks, country music. Ad# 8653

AMBITIOUS WOMAN
SWF, 25, 5'4", 120lbs., red hair, blue eyes, smoker, enjoys going out, bars, relaxing at home, driving, seeking sincere, honest, attractive SWM, 25-32. Ad# 9321

NEW TO AREA
SWM, 24, 5'5", brown eyes, auburn hair, open, honest, shy, likes movies, music, camping, seeking sincere, honest, SM, 23-33, for friendship, leading to possible relationship. Ad# 3531

SINGLE MOM
SWF, 28, 5'4", two kids, enjoys music, cooking, outdoors, camping, seeking SWM, 24-40, with similar interests, sense of humor a must. Ad# 2524

♥ TWO FRIENDS
SWFs, blonde, hazel eyes, 5'4" & 5'2", seeking two SWMs, 28-40, enjoys dancing, dining out, movies, quite times. Ad# 5567

FULL-TIME MOM
SWF, 36, 145lbs., brown hair/eyes, enjoys country, oldies, movies, dancing, quiet times, seeking sincere, caring SWM, 31-45, honesty a must. Ad# 3500

MOM OF ONE
SWF, 27, sincere, honest, caring, seeking SWM, 26-35, to share time with, be happy with, get to know each other. Ad# 9080

LETS GET TOGETHER
SWF, 18, 5'2", 120lbs., green eyes, likes dining, romantic dinners, dancing, country western music, seeking a special SWM, 19-25. Ad# 9504

ATTRACTIVE
SF, blond, employed, seeks honest, sincere SM for fun, friendship, possible relationship. Ad# 9745

READ THIS AD
SWF, 19, S mom, enjoys movies, bars, dancing, seeks kind, gentle SWM, 19-22, who isn't afraid to express emotions, with similar interests. Ad# 9061

TIME WITH FRIENDS
SWF, 46, 5'7", reddish hair, hazel eyes, likes quiet evenings at home, long walks, home-cooked meals, seeking a SWM, 40-50 with healthy outlook on life. Ad# 1304

N 1995...
WF, 47, 5'7", red hair, blue eyes, likes kids, alks with the dog, cuddling, romantic eve-ngs, dining, dancing, looking to spoil a mar-age-minded SWM. Ad# 9726

ERY SPONTANEOUS
WF, 30, 105lbs., brown hair, green eyes, kes cooking, movies, animals, loves Mickey Mouse, seeking a sincere SWM to share quiet evenings, similar interests. Ad# 4471

AFFECTIONATE
SBF, 38, good sense of humor, loves cooking, seeking respectable, attractive SBM, for serious relationship, must be N/S. Ad# 9879

WORKING HARD
SWF, 5'10", blue eyes, brown hair, seeking caring, funny, loyal SM, friends first. Ad# 4519

CALL ME
WF, 45, 5'7", brown hair, blue eyes, N/S, employed, enjoys country music, movies, animals, seeking attractive, SWM, 40-55, with similar interests. Ad# 5247

LEAVE A MESSAGE
SF, petite, professional, enjoys outdoors, theatre, seeking SM who appreciates all life has to offer. Ad# 4555

CALL ME
SWF, 42, likes dancing, dining out, seeking companionship with a special SWM, 38-55. Ad# 7057

NOT INTO BAR SCENE
SWF, 5'6", dark hair, hazel eyes, mom of one, honest, sincere, likes cooking, dancing, friendship, animals, seeking a SWM with similar interests. Ad# 2608

SIMILAR INTERESTS?
SWF, N/S, independent, employed, likes music, cooking, dining, walks, quiet times, tennis, aerobics, seeking an open, sincere relationship with a SWM. Ad# 8945

PASSIONATE LADY
DWF, N/S, attractive, seeking a happy, healthy SWM, 35-45, preferably a Scorpio, to swim through life with. Ad# 9254

POSSIBLE RELATIONSHIP?
SWF, 18, 5'8", long dark hair/eyes, student, employed, smoker, likes alternative music, nights out, seeking a SWM to share interests with. Ad# 3454

LETS TALK MORE
SWF, 18, 5'8", long brown hair/eyes, medium build, likes music, camping, the outdoors, seeking a SWM with similar interests. Ad# 3064

OUTDOOR ACTIVITIES
DWF, 32, 5'2", 170lbs., two girls, affectionate, enjoys baseball, walks, hugs. Ad# 2329

HANG OUT
SWF, 19, 5'9", long dark hair, brown eyes, 1st year university, enjoys music, animals, playing sports, movies, seeking SWM to go to movies, bands with. Ad# 9425

ANYTHING IN COMMON?
SWF, 18, 5'9", dark red hair, weird sense of humor, likes alternative music, funny movies, playing sports, swimming, psychology, seeking a SM. Ad# 6625

VERY DEDICATED MOM
SW mom, 33, loves to laugh, music, dining, dancing, work out, seeking SWM to share our different interests together. Ad# 1677

CASUAL DATING
SF, 51, 5'2", smoker, a little heavy set, seeking understanding, sincere, honest gentleman, serious only. Ad# 8753

ENERGETIC, FUN-LOVING
SF, nanny, like movies, long walks, bars, dancing, seeking M, for friendship and sharing. Ad# 5847

BUBBLY PERSONALITY
SWF, 32, blonde, green eyes, mom of twins, employed, likes movies, plays, singing, family life, the beach, seeking a SWM, dads welcome, who likes kids. Ad# 9698

POSSIBLE RELATIONSHIP
SWF, 45, active, likes swimming, the outdoors, camping, dancing, biking, seeking a romantic SWM, 43-57 with similar interests. Ad# 8301

PSYCHOLOGY HOPEFUL
SWF, 18, unconventional, funny, enjoys bulldogs, cars, sports, skiing, seeking SM, athletic, average, 18-24, with similar interests. Ad# 8049

SLIM
SF, 5'5", dark hair, green eyes, enjoys movies, dining out, music, seeking SM, with similar interests. Ad# 9404

CALL ME
SWF, 27, 5'9", enjoys movies, music, cuddling, dining, outdoors, seeking SM, for friendship, possible relationship. Ad# 9375

CALL ME
SWF, 18, brown hair/eyes, enjoys music, rollerblading, skating, swimming, seeking tall, handsome SWM, 18-19 with similar interests. Ad# 1105

LIKE TRYING NEW THINGS?
SWF, 22, slim, employed, attractive, mom of two boys, seeking a romantic, affectionate SWM to sweep me off my feet, full of surprises and must like kids. Ad# 1398

DIFFERENT WAY OF MEETING
SW mom, 33, open minded, good humored, likes music, working out, dancing, seeking a fun-filled SWM for a possible relationship, interested? Ad# 1475

CALL ME
SWF, seeking sincere, sensitive, understanding SWM who likes having a little bit of fun, friendship first. Ad# 8658

GREAT LOVE OF LIFE
DWF, 38 looks 28, 5'7", auburn hair, green eyes, slim, great sense of humor, loves cooking, cuddling, exercising, seeking tall, fit, spontaneous, creative, honest, caring SWM. Ad# 8705

LETS GET TOGETHER
SWF, 18, brown hair, hazel eyes, N/S, enjoys skating, swimming, dancing, movies, country music, animals, seeking SWM, 18-23 with similar interests. Ad# 7740

THE GIRL FOR YOU?
SWF, 25, 5'2", 117lbs., blond hair, attractive, mom of one, enjoys dancing, sports, working out, seeking fit, good looking SWM, 26-31, interested? Ad# 4567

ARE YOU FOR ME?
SWF, 19, blonde hair, green eyes, good looking, enjoys parties, sports, working out, seeking attractive, fit SWM, 21-25 with a great smile and personality. Ad# 2206

KINDA QUIET
SWF, 24, mom of one boy, enjoys music, dancing, movies, quiet evenings, seeking funny, kind SWM for friendship, possible relationship. Ad# 5953

GIVE ME A CALL
SWF, young 40s, bi-lingual, in wheelchair, enjoys life, seeking quiet SWM for true friendship, thanks for reading. Ad# 9635

FRIENDSHIP FIRST
SWF, 5'6", attractive, active, secure, enjoys working out, travel, outdoors, dancing, theatre, time with friends, seeking sweet, honest, secure SWM. Ad# 4811

FOR WHO I AM
SWF, 18, 5'8", brown hair/eyes, enjoys football, movies, quiet times, concerts, seeking SM for friendship first, possible relationship. Ad# 3401

POSSIBLE RELATIONSHIP
SWF, late 50s, active, seeking good humored S gentleman with a variety of interests, friendship first. Ad# 1072

LETS MEET
DWF, late 40s, attractive, slim, artistic, enjoys music, art, theatre, meeting new people, seeking honest, attractive SWM with similar interests. Ad# 7829

CONVERSATIONALIST
SB mom, student, enjoys music, laughter, quiet times, meeting people, seeking mature, sincere SM for friendship first. Ad# 5300

GOOD NATURED, SPUNKY
Outgoing, SWF, 24, 5'2", 110lbs., brown hair/eyes, slim, healthy, college student, seeking N/S, employed SWM who enjoys Star Trek, hiking, movies, dancing, and food. Ad# 2222

QUIET, YET OPEN
SW mom, 31, 5'2", down to earth, honest, romantic, employed, enjoys nature walks, dancing, cooking, indoor/outdoor activities, seeking honest SWM. Ad# 6707

AND QUIET TIMES
SWF, 6', blonde hair, green eyes, slim, attractive, athletic, enjoys dance clubs, movies, music, seeking fun, energetic SM, over 25 and taller than me! Ad# 9312

CALL ME
SWF, 54, 5'1", blonde, hazel eyes, seeking honest, caring SWM for friendship, possible relationship. Ad# 2729

POSSIBLE RELATIONSHIP
SWF, 5'5", mom of one, enjoys dining, dancing, seeking special relationship with a SM, dads welcome. Ad# 1241

LONELY LIKE ME?
DWF, 63, lonely, retired, smoker, social drinker, enjoys quiet evenings, restaurants, seeking lonely, kind hearted S gentleman for companionship. Ad# 8452

KINDA QUIET
SB mom, 38, good humored, seeking attractive SM, N/S, dads welcome, who shares interests in movies, dancing, romantic evenings. Ad# 8809

IF YOU ARE OUT THERE
SWF, 47, enjoys country music, long walks, drives, romantic dining and evenings by the fire, conversation, seeking understanding SWM not afraid of commitment. Ad# 9335

WHAT'S IN THE HEART
That matters, SWF, 23, social drinker, loves to laugh, enjoys walks, dancing, seeking tall, caring, good humored SM, for fun times. Ad# 9535

NO MIND GAMES
WWF, two children, hard worker, likes evenings at home, seeking SM with a love for kids for possible relationship. Ad# 9410

FUN PERSON
SF, 23, good looking, enjoys skiing, sports, watching movies, seeking attractive SM for friendship first. Ad# 2551

SINGLE MOM
DWM, late 30s, smoker, social drinker, enjoys dining out, reading, quiet times, seeks SM with a good sense of humor for friendship first. Ad# 9324

ATTRACTIVE
SF, 5'2", 125lbs., long blonde hair, green eyes, mom of one, career minded, seeks SM for companionship. Ad# 8810

ECLECTIC
SC mom, 58, taste for the finer things in life, auburn hair, green eyes, nursing student, enjoys white water rafting, cooking, knitting, blues and classical music, seeking SF. Ad# 8405

MOM OF 3
SF, 41, little on chubby side, seeking SM, enjoys outdoors, walks, movies. Ad# 9469

NATURAL BLONDE
SF, 5'2", 130lbs., blue eyes, attractive, honest, sincere, employed, affectionate, clean, financially secure, seeking SM, 45-55. Ad# 6271

YOUTHFUL PERSONALITY
SF, enjoy country western music, dancing, quiet times, seeking SM, 40-50, with same interests for companionship. Ad# 9066

COZY NIGHTS
SF, enjoy walking, dining out, dancing and quiet evenings at home, seeking SM for friendship first. Ad# 7617

HONEST
SF, S mom, enjoy music, movies, quiet evenings, seeking understanding SWM, 27-35, for friendship first. Ad# 7706

MILITARY MEDIC
SF, 28, brown hair, green eyes, two children, enjoy horseback riding, target shooting, seeking SM for friendship. Ad# 4230

ANIMAL LOVER
SF, 38, 5'4", medium build, brown hair, green eyes, enjoy camping, skiing, music, long walks, seeking SM, N/S, for companionship. Ad# 9361

MOM OF 2
SF, 5'7", slender, attractive, N/S, enjoys skating, movies, dancing, fishing, camping, seeking SM with same interests. Ad# 6658

MOM, STUDENT
SF, 18, blonde, blue eyes, enjoys going out, sports, movies, dining out, picnics, seeking SM with similar interests, who likes kids. Ad# 9339

VALENTINES GIFT
SF, 56, well balanced Libra, blonde, blue eyes, active, affectionate, enjoys boating, swimming, skiing, seeking SM 48-66, financially and emotionally secure, N/S, social drinker. Ad# 9360

CALL ME
F, 38, son lives with me, seeking friendship and companionship to start off with, lets see what happens. Ad# 6129

ATTRACTIVE
SWF, 18, 5'6", long brown hair, green eyes, enjoy motor biking, bars, lakes, music, tattoos, seeking SWM, 19-29, attractive, with same interests. Ad# 8628

WARM AND INTELLIGENT
F, 48, loves life, seeking financially and emotionally secure M, 40s, who enjoys life on the water, boating, etc. Ad# 8227

LET'S HAVE COFFEE
DWF, 34, 5'9", brown hair and eyes, slightly overweight, social drinker/smoker, seeking tall SW gentleman for fun, caring friendship based on quality, not quantity time. Ad# 7305

♥ SMASHING FEMALES
Two SWFs, 18, not looking for commitment, just for fun, seeks attractive SMs, 23-30. Ad# 7777

OUTGOING FEMALE
SWF, 36, loves dancing, dining out, movies, seeks SWM, 33-40, for friendship, possible relationship. Ad# 8928

FULL FIGURED
Professional SWF, 36, N/S, casual drinker, enjoy quiet evenings at home, dining out, movies, theater, seeking honest SWM, 36-40, for friendship, possible long term relationship. Ad# 7421

TOTALLY SINGLE FEMALE
SWF, 20, two children, very attractive, seeking SNA/WM, who is fun, outgoing, romantic, 18-30. No head games. Ad# 7991

PROFESSIONAL CLASSY
SWF, 48, happy, fun-loving, loves, traveling, dining, quiet evenings, looking for Mr. Right, 45-48, unattached, attractive. Ad# 7592

TEDDY BEAR
S mom, 18, enjoy long walks, sports, cooking, quiet evenings, cuddling, seeking M, 19-25, for friendship, possible long term relationship. If interested, please call. Ad# 7978

ATTRACTIVE, HONEST, SINCERE
S mom, 30, 5'6", 140lbs., has two children, seeks honest, romantic, tall M, 30-40, for serious commitment. S dads welcome, enjoy outdoor/indoor activities. Ad# 8225

NOT SO SHY!
Unpredictable, hyper, unforgettable, attractive, slim F, with sense of humor, seeks open-minded M, 27-36, who works as hard as he plays. Cornwall. Ad# 6479

SHY AND ALONE
SWF, 19, 5'7", brunette, brown eyes. Interests include camping, long walks, quiet evenings. Seeking SWM, 19-25, with similar interests, for possible relationship. Ad# 6484

HAPPY BUT SHY
DWF, 33, full figured, mother of three, seeking D/SWM, honest, sincere, 30+, for friendship and companionship. Humor, adventurous preferred. Ad# 7797

ATTRACTIVE, SENSITIVE
SWF, dark brown hair, medium build, very shy. Seeks SWM, 20-25 for friendship. Ad# 8729

♥ TWO LADIES
Two SWFs, 24, blond hair, blue eyes, looking for hard working, stable SWMs, 25-30, who enjoy quiet evenings and have good senses of humor. Ad# 7261

BORN AGAIN CHRISTIAN
F, 53, 5'7", would like to meet a Born Again SM, for non-romantic friendship, to talk, share and an occasional dinner or outing. Ad# 7852

OUTGOING FEMALE
SWF, 22, fun, attractive, friendly, N/S, non-drinker, brunette, blue eyes, seeking friendship with SWM, 22-28, love sports, music, movies and quiet evenings. Ad# 6488

ATTRACTIVE, NATIVE LADY
Seeks real man, 45-110, sense of humor, variety of interests in music, food and activities. I'm social, friendly, affectionate, healthy. Cornwall area. Ad# 6570

SEEKING MALE FRIENDSHIP
Friendly SF, dark hair, eyes, slim, young 45, enjoys music, dancing, quiet times, good conversation. Humorous, spontaneous, honest . Seeking SM, 38-48, employed, stable. Ad# 6073

COUNTRY GIRL
SWF, 28, blond hair, brown eyes, enjoy horses, quiet evenings, candlelight dinners, long walks, seeking SWM, native, 25-38, with similar interests. S fathers ok. Ad# 6187

CORNWALL AREA
DF, 48, fun-loving, hoping to find Mr. Right, who enjoys traveling, dancing, rides in the country. Don't hesitate, call me. You won't be sorry. Ad# 6379

Men Seeking
To respond to ads, call 1-900-451-3959 Ext. 12

SEEKING IDEAL WOMAN
Shy SWM, 28, smoker, 6', 170lbs., black wavy hair, seeking SF, 24-34, similar interests, loves animals, movies, music, billiards, fishing, camping, cuddling. Ad# 8661

STARTING OVER
D father of two, 39, sandy blond hair, just moved from Alberta, N/S, seeking SWF, 18-40, who's not afraid of commitment, enjoys variety of activities, moms welcome. Ad# 6372

LIKES TO SMILE
SWM, 24, 5'11", enjoys sports, going out, movies, conversations, seeking SWF, 20-30, similar interests. Ad# 2001

DAD OF TWO
DWM, 39, 5'8", new to area, smoker, social drinker, likes time at home with special lady, seeking honest SWF, for serious relationship. Ad# 6472

LOVES SPORTS
SBM, 19, 150lbs., brown hair, blue eyes, enjoys dancing, going out, seeking SHF, with similar interests, for relationship. Ad# 2623

QUIET EVENINGS
SWM, 19, 142lbs., long brown hair, seeking SWF, enjoys sports, dining out, long walks. Ad# 9676

SINCERE, HONEST
SWM, 27, 5'8", 150lbs., attractive, enjoys long walks, romantic dinner, music, seeking honest, attractive SWF, 18-30, no games, kids ok. Ad# 8475

FILL THE VOID
SWM, 23, 6'1", 190lbs., enjoys movies, sports, dining out, seeking SWF, 19-27, honest, caring, similar interests. Ad# 3471

THAT CERTAIN LADY
SWM, 34, my other Ad# is 8360, you left me a message, I didn't get your number! Please call again, hope to hear from you! Ad# 1315

SKIING BUDDY
SWM, seeking an active SWF, 25-40 to share some fun times with. Ad# 6346

POSSIBLE RELATIONSHIP
SWM, 39, family oriented, likes golf, life in general, seeking a SWF to share special times. Ad# 5270

IN BROCKVILLE
SWM, 26, 5'11", slim, smoker, good looking, educated, employed, likes music, films, wine, travel, seeking a SWF with similar interests. Ad# 9130

INTERESTED?
WM, 40, 6', 160lbs., N/S, slim, athletic, dad of two kids, likes sports, the outdoors, quiet times, seeking an attractive, tall, slim SWF who might be interested. Ad# 8965

EASYGOING GUY
SWM, 40, employed, likes sports, nights out, dining, movies, parties, meeting new people, quiet evenings with a special SWF. Ad# 5062

FULL OF SURPRISES
SWM, 24, 5'11", 180lbs., sandy blond, likes walks, dining, movies, sports, drives in country, looking for an open-minded, spontaneous SWF. Ad# 6743

YOU BE THE JUDGE
SWM, 5'8", brown hair/eyes, fit, educated, secure, employed, loving, caring, sensitive, new to area, seeks SWF with similar interests in skiing, biking, rollerblading, etc. Ad# 1671

POSSIBLE RELATIONSHIP
SWM, 5'9", 170lbs., blondish hair, green eyes, fit, likes working out, sports, dining, seeking a caring, honest SWF, 18-23. Ad# 8980

ROMANTIC
SM, mulatto, in 30s, 6'1", 195lbs., fit, down to earth, honest, employed, likes working out, seeking a SF who likes music, pool, swimming, biking, etc. Ad# 5886

CALL ME
SWM, 29, dad, employed, seeking a SF who likes picnics, fishing, parties and the simpler things in life. Ad# 6731

POSSIBLE RELATIONSHIP
SWM, 21, 6', 170lbs., dark hair/eyes, likes country music, the outdoors, seeking a SF with similar interests. Ad# 3541

MANY LANGUAGES
SM, 23, 6', likes sports, movies, reading, seeking a nice SF with a variety of interests. Ad# 3644

FULL TIME DAD
SWM, 44, 5'10", 145lbs., kind, honest, employed, likes the country, camping, skiing, traveling, seeking a SWF, 35-43 with similar interests, friendship first. Ad# 9309

SEEKING SOUL MATE
SWM, 23, 5'9", 135lbs., dark hair/eyes, fit, romantic, trustworthy, seeking an honest, caring, loving SWF to share a variety of interests with. Ad# 1628

ROMANTIC AT HEART
DWM, 52, 5'4", secure, good humored, honest, likes country western music, camping, fishing, hunting, seeking a S/DWF, 40-51 for friendship first. Ad# 5829

CALL ME
M, 40, 6'3", 215lbs., brown hair/eyes, employed, easygoing, seeking SF, 30, height, weight unimportant. Ad# 1708

NO GAMES
SM, enjoys sailing, quality times, travel, seeking honest, sincere SF. Ad# 7337

BEDROOM EYES
SWM, 33, 5'9", brown hair, blue eyes, enjoys dancing, movies, romance, seeking SF with similar interests. Ad# 2702

REAL PEOPLE
SM, 36, 5'9", 145lbs., blond hair, blue eyes, loves outdoors, camping, fishing, music, seeking SF with similar interests. Ad# 3491

EMPLOYED
SM, 45, 5'7", 150lbs., brown eyes/hair, loves fishing, outdoors, dining out, movies, quiet time, kids, seeks SF. Ad# 8238

KINDA SHY
SWM, 33, 6', 185lbs., brown hair, hazel eyes, likes sports, dining, seeking a SWF for conversation and friendship first. Ad# 6548

IN BROCKVILLE AREA
SWM, 44, 5'10", brown wavy hair, blue eyes, employed, likes skiing, walking, camping, seeking honest, sincere, open-minded SWF, possible relationship. Ad# 5650

WELL EDUCATED
SWM, 24, 6', athletic, open-minded, seeking SWF, 18-28, who enjoys sports, music, camping, going out. Ad# 8160

SINCERE, NICE, GENUINE
SM, hard working, like animals, music, occasional parties, seeking F, for friendship. Ad# 1145

GOOD LOOKING
SM, 25, 5'11", 160lbs., mustache, humorous, love dancing, music, games, outdoors, seeking F, 19-40. Ad# 9230

PROGRAMMER, ANALYST
SM, 26, weekend DJ, seeking F, 24-28, who likes music, dancing, movies, playing pool. Ad# 8833

AMOROUS, IMAGINATIVE
SM, 28, 5'8", romantic, seeking F, for romantic dinners, cuddling, good conversation and outdoor activities. Ad# 6568

MAKE ME LAUGH
SM, 31, 5'8", enjoy gardening, camping, outdoors, seeking down to earth, spontaneous F, to share special moments with. Ad# 5524

PART TIME DAD
DWM, 6', N/S, enjoy going out, staying home, cuddling, dancing, seeking F, N/S, same interests. Ad# 9234

EASYGOING
SWM, 6', 190lbs., honest, good humored, smoker, like the simple things in life, seeking slim F, race unimportant. Ad# 2497

SINCERE
SM, 23, 135lbs., seeking sweet, lovable, long haired girl, who enjoys cuddling, going out, romantic times, for confident relationship. Ad# 6830

LITTLE MORE TO LIFE?
SWM, 33, 5'10", 160lbs., dad, seeking caring, affectionate, ambitious, intelligent, petite SWF who likes kids, camping and the outdoors. Ad# 2189

STARTING NEW BUSINESS
SWM, 50, educated, employed, seeking intelligent, mature, loving SWF for a possible serious relationship. Ad# 3698

GIVE ME A CALL
SBM, bi-lingual, likes sports, movies, dancing, seeking a SAF who shares similar interests. Ad# 3280

NIGHTS ON THE TOWN
SWM, 27, 5'10", dark hair/eyes, employed, likes playing sports, dancing, movies, dining, quiet evenings, cooking, seeking a SF who might be interested. Ad# 3487

FRIENDSHIP FIRST
SNAM, 32, seeking a blonde, blue eyed SWF around 24, who likes music, cooking, reading, animals and more. Ad# 3804

POSSIBLE RELATIONSHIP
SWM, 30, 5'9", 165lbs., blue eyes, likes sports, the outdoors, seeking an adventurous SWF over 20, who likes to travel, camping, biking, canoeing, etc. Ad# 9188

CALL ME
SM, 31, 6', brown hair, blue eyes, employed, likes sports, walks, quiet evenings at home, seeking SF, similar interests. Ad# 2792

LETS TRY THIS
SWM, 29, 5'11", 160lbs., long brown hair, hazel eyes, college student, seeking a SWF to share movies, dining out and more with. Ad# 1861

HOPE YOU'RE INTERESTED
SWM, 6'2", 185lbs., dirty blond, employed, likes outdoors, skiing, snowmobiling, seeking an honest, caring, loving SWF. Ad# 2522

NOT TOO HARD
SM, 39, 150lbs., good looking, honest, seeking slim SF, 25-30 who likes all activities and life in general. Ad# 7758

FRIENDSHIP FIRST
SWM, likes walking, dining, movies, seeking a SF with similar interests. Ad# 6072

NOT INTO HEAD GAMES
30, 5'9", brown hair/eyes, likes swimming, biking, walks, movies, seeking a SWF with similar interests. Ad# 7324

SENSITIVE & CARING
SWM, 36, 6', 195lbs., brown hair, green eyes, easygoing, likes working out, dancing, quiet romantic evenings with that special lady to brighten up my life. Ad# 8756

SINGLE DAD
SM, 5'9", blond hair, blue eyes, sense of humor, seeking SF 25-30, down-to-earth, warm-hearted, honest. Ad# 4650

OPEN-MINDED
SM, 30, 5'10", 180lbs., spontaneous, sense of humor, enjoy music, dancing, concerts, movies, outdoors, seeking SF with similar interests. Ad# 4676

LIKES TO TEASE
SM, 30, 5'9", long brown hair, blue eyes, enjoys movies, dancing, home-cooked meals, seeking SF 20-30, healthy, sincere, understanding, affectionate. Ad# 1415

NEW TO AREA
SM, 6'1", blond hair, blue eyes, enjoys going out, seeking SF for walks, talks. Ad# 9861

WHAT DO YA' THINK?
SWM, 20, 6', 190lbs., brown hair, blue eyes, likes sports, dining, movies, walks, seeking a SWF who might be interested. Ad# 1413

THAT'S ABOUT IT
SWM, 6'1", 180lbs., likes music, playing drums, seeking a SWF to settle down with. Ad# 2023

FRIENDSHIP FIRST
SWM, 30, blond, blue eyes, fit, secure, seeking an attractive, intelligent SAF, for possible long term relationship. Ad# 4466

ASKING TOO MUCH?
SWM, variety of interests, seeking companionship of a SF to share parts of life with. Ad# 5200

THAT'S ABOUT IT
SWM, 5'11", 165lbs., dark hair/eyes, enjoys hunting, fishing, hiking, seeking an outdoorsy kinda gal. Ad# 8264

NEW TO THIS
SWM, 18, 6'1", 170lbs., dark hair, hazel eyes, enjoys biking, camping, picnics and quiet evenings, seeking SWF, kids are welcome. Ad# 9561

WAIT FOR YOUR CALL
SWM, 28, 6'2", brown hair/eyes, seeking SWF with a sense of humor for long term companionship. Ad# 9780

CALL ME
SJM, 5'8", 160lbs., employed, chef, secure, likes golfing, seeking a good humored, quiet, warm SF who is looking for a sincere relationship. Ad# 1709

LETS GET TOGETHER
SWM, 35, 6'1", 180lbs., dark hair, mustache, trains horses, likes country western music/clubs, trying new things, meeting different people, like you-a SWF! Ad# 8169

FULL TIME DAD
WM, 6'4", 170lbs., fit, hard worker, likes cats, working out, activities with kids, movies, drawing, seeking caring, kind, considerate SWF for fun and friendship first. Ad# 9724

FUN-LOVING GUY
SWM, 40, straight forward, cheerful, good humored, looking for some fun times with a SWF, with similar qualities, possible relationship. Ad# 8255

ADVENTUROUS, TALL
Handsome, professional SWM, 6'2", 185lbs., athletic, reddish brown hair, blue eyes, enjoys music, dancing, quiet times, sports, travel, seeking active, slim 25 SWF, similar interests. Ad# 7876

PICNICS FOR TWO
SWM, 30, 5'10", 180lbs., brown, blue eyes, spontaneous, down to earth, likes dancing, movies, dining, swimming, cycling, skating, seeking SWF, 22-34, with variety of interests. Ad# 5756

NEW TO THE AREA
SWM, 30, hard worker, seeking honest, caring, giving, fit SWF for friendship first/long lasting relationship. Ad# 8436

ITS UP TO YOU TOO!
SWM, 18, 6', brown hair, seeking possible relationship with a nice SWF with a variety of interests. Ad# 9001

♥ DOUBLE DATER
2 SWMs, 19, like parties, movies, dancing and having fun with 2 SWFs for fun, friendship, possible relationship. Ad# 4034

NEW TO THE AREA
SWM, 30, 5'10", 175lbs., blond hair, blue eyes, professional, seeking honest, caring, giving, healthy SWF to build on a relationship together. Ad# 8730

WHO KNOWS
SWM, 32, professional chef, enjoys all sports, photography, sailing, movies, wind surfing, flea markets, seeking SF, similar an different interests. Ad# 6286

CALL ME
SM, enjoys movies, boating, romantic evenings together, seeking SF for companionship. Ad# 3879

FUN TO BE WITH
SM, 5'11", brown hair, hazel eyes, honest, sincere, enjoys dancing, dining, seeking SF for friendship first. Ad# 3402

HOW ARE YOU
SWM, 47, 5'8", construction manager, enjoys golf, curling, outdoors, seeking SF for dining, dancing, quiet times, getting to know each other. Ad# 1426

SEEKING HONEST
SM, 30, 5'9", 145lbs., brown hair/eyes, enjoys movies, swimming, seeking SF 21-36, employed, kids ok, no games. Ad# 2578

SEEKS SIMILAR INTERESTS
SWM, 35, 5'10", 160lbs., brown hair/eyes, employed, open minded, enjoys dining in/out, dancing, camping, fishing, seeking SF 25-35. Ad# 2867

KINDA NERVOUS
SWM, 33, 6'2", 190lbs., fit, attractive, likes quiet evenings, skating, seeking fun, energetic SWF for friendship, possible relationship. Ad# 9345

GET BACK TO ME
SWM, 27, seeking easy going SWF with a good head on her shoulders, who likes dining, dancing, travel, for a friendship, possible relationship. Ad# 5751

POSSIBLE RELATIONSHIP
SWM, 20, likes movies, concerts, plays, motorcycles, seeking a good humored SWF, for friendship first. Ad# 5144

FRIENDSHIP FIRST
SWM, 35, 5'10", blond, brown eyes, open-minded, employed, dad of one, loves kids, long walks, dancing, camping, seeking SWF, moms welcome, with similar interests. Ad# 8688

RESPECTFUL
SWM, 6'3", brown hair/eyes, likes walks, movies, seeking SF who knows how to treat others with a variety of interests. Ad# 9977

Q & A

Q: How do I get started?
A: You're going to be recording your voice greeting, be prepared, speak to the listener, describe yourself in a positive way. Be honest, creative and specific about what you are looking for. Call **1-247-7144, Ext. 12** enter option 1, you will be prompted to answer some questions about yourself and the type of person you want to meet. Your voice greeting will be screened for proper content and put on line within 24 hours. An effective print ad will be created from your voice greeting, which will appear in the paper in 7-10 days.

Q: What is an ad number?
A: The 4 digit number at the end of your print ad that allows singles to call and respond to your mailbox.

Q: What is an access code?
A: A confidential 4 digit code that only you know, that allows only you access to your mailbox.

Q: What are messages?
A: Voice messages from other singles who responded to your ad in the newspaper or through the browse. To listen to your messages, call **1-247-7144, Ext. 12** once every 7 days, or call **1-900-451-3959, Ext. 12** anytime.

Q: What are system matches?
A: Voice greetings from other advertisers whose matching criteria is the same or similar to yours. You can instantly listen to your system matches by calling **1-900-451-3959, Ext. 12.**

Q: What is Smart Callback?
A: When creating your mailbox you will be given the option of entering your telephone number for a callback to your number when you have new messages. You decide when and where. Numbers are confidential.

Q: What is Smart Browse?
A: A special feature that allows you to respond to other voice greetings that match the criteria you select. Call **1-900-451-3959, Ext. 12.**

Q: How do I respond to an ad?
A: Call **1-900-451-3959, Ext. 12**, option 1, the system will ask you to enter the 4 digit ad number at the end of the print ad. Press 1 to respond, press 2 to go on to the next ad.

Service provided by
Direct Response Marketing
2451 Wehrle Drive
Williamsville, N.Y. 14221
Customer service
1-800-273-5877

WW	Widowed	W	White
D	Divorced	H	Hispanic
S	Single	A	Asian
M	Male	N	Native
F	Female	N/S	Non-smoker
B	Black	♥	Double-Dater

Customer service, 1-716-633-3209

14 AUTOS WANTED

WANTED TO BUY good condition, late model G.M. white car, 4 doors, low mileage & reasonably priced. Ph: 933-3057

18 BUSINESS OPPOR.

CHIP STAND 1982, International bus with 3 months old equipment, 2 fryers, 36" grill, hot dog steamer, potato peeler, all new counters on angle iron stands with bathroom to meet today's standards. Asking $18,900. Must sell. Ph: 936-1463

HIGHLY PROFITABLE! Well priced! Lawn ornament business, includes cement mixer, fiberglass moulds, paint, turntables, shelves, etc. Start making money now with large stock included. 933-4207

20 EMPLOYMENT WANTED

AUTO MECHANIC APPRENTICE, 2nd year, looking for work. Call Ken at 938-1775

FRIENDLY, BILINGUAL woman, looking to do light housekeeping. Years of experience, references avail. For more info call 933-0981 after 5 p.m.

HARDWORKING MECHANIC'S HELPER, is looking for a full-time position. Phone Mark 938-8751

REWARD! DO YOU NEED a plumber, boilerman or steam heating for repairs. Reasonable rates. Ph: 933-1236

21 HELP WANTED

$200-$500 WEEKLY! Assemble products at home. Easy! No selling, you're paid direct, fully guaranteed. No experience necessary. Seven days a week call 1-504-641-7778 ext. 506-H-09

$$ CARRIERS WANTED for distribution of flyers on weekends. Ph: 938-9813 or 936-6459

EARN UP TO $475 by assembling 90 pairs of stylish beaded earrings, year round, at home. Info: send a self-addressed stamped envelope to: Acces Craft, 829 Norwest Rd., Ste 813, Ext. 4021, Kingston, ON, K7P 2N3, (613) 526-0908

GET PAID FOR reading books! Up to $100. per title. Books sent free. Write today. Free report: Gateway Publico, Dept. SN3, #150-1857 West 4th, Vancouver, BC V6J 1M4

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

WANTED LADIESWEAR SALES person. Must be experienced, reliable, serious, able to work independently, love working with people. Available Thursday to Sunday, Cornwall Flea Market. Call no charge 1-514-556-0489, leave number.

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WE ARE A GROWING LEADER in our field offering one of the best compensation plans available. Should management be your goal, that desire could be fulfilled. Sales experience an asset but not necessary, training provided. If you are positive, enthusiastic and ambitious, send your resume in confidence to Box 1203, Station Main, Cornwall ON. K6H 5V5

22 HOME SERVICES

APPLIANCE REPAIR SERVICES reasonable prices. Ph: 534-3797

APPLIANCE REPAIRS, all makes of microwaves, washers, dryers, etc. serviced. Free estimates. Witteveen T.V. and Appliance, 931-3518 or 448-2766

CUSTOM SIGNS make your home or business stand out. Sand-blasted cedar or redwood, carved or goldleaf. Visit our studio in Lancaster at 304 Main 347-7405

DO YOU HATE HOUSEWORK, or don't have the time to give it your all? Honest, mature woman will give your home the clean and polish it deserves. Will do all general house cleaning with pride at a reasonable price. Lots of references. Call 938-8478 after 7 p.m.

ERNIE'S CLEAN UP SERVICE. Basements, garages, yards. Painting. Drywall. Roofing. Fencing & patio decks. Also will do moving & snow removal. 938-1684

EXP. WELDER-FABRICATOR with shop & equip. Reasonable rates. Ph: 932-8473 and leave message.

HANDYMAN, Interior painting, plumbing, drywall, snow removal, lawn cutting, tree hedge trimming, odd jobs. Call Kirby 938-0348

R. LABELLE GRASS CUTTING. Book now for spring. Pay by season or weekly. Reasonable rates. Ph: 933-2835

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

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

SEAMSTRESS Are you looking for someone to do alterations on your clothes. Reasonable rates. Call anytime 933-0108

SPRING SPECIAL- PAINTING. starting at $40 per room per coat plus paint. Wallpaper removal, outside work. Free estimates. 20 years experience. Call after 6 p.m. 938-8839.

THE PERFECT HANDYMAN. Builds patio decks, verandahs, sheds, garages, additions etc. Sheds: 8'x8'/$1150; 8'x10'/$1400; 8'x12'/$1600; 10'x12'/$1700; 12'x12'/$2000. All finished w/vinyl siding, shingled roof & dble. Doors from 32"-72". Also specializing in vinyl siding, roofing. Free estimates. Guaranteed customer satisfaction. References available. Call Robert 525-2197 or (613) 932-3496.

WE'RE BACK! HANDY LADIES WE DO IT NEATER. A great gift idea. Walls, ceilings, floors, cupboards, and windows, inside & out. Also cottages and general cleaning. References available. Want it, need it, save it. 936-9362 or 938-8673

23 BABYSITTING

LOOKING TO BABYSIT children in my home, full-time or part-time, non-smoker, in Long Sault area. Ph: 534-2950

27 RV'S/MOTOR HOMES

1984 SUNLINE 5TH WHEEL, 25 ft. long, sleeps 6 with 1989 Ford F-150 XLT (loaded). Ph: 931-3039

29 REAL ESTATE

PRIVATE SALE, CONDO, 2 bdrm, 121 Water St. W., Unit 403, Cornwall, ON. Ph: 938-2140

34 HOUSES FOR RENT

FOUR BDRM. EXECUTIVE style bungalow, East end, central air, must be seen. Summer rental avail. May 1 to Sept. 1. To view call 933-3336 evenings.

IT'S NO PALACE OUTSIDE, but completely renovated inside. Small 2 bdrm. house, 309A Guy St., at the back, $375./mo. plus utilities. 936-8088

35 HOUSES FOR SALE

BEAUTIFUL CENTURY HOME, 1,400 sq. ft., completely renovated, forced air gas, central air, hardwood floors, whirlpool tub and many extras, plus workshop. To help pay your mortgage, 2 maintenance free apts. which have own driveway and yard. Asking $90,000. For appointment to view call 938-1050.

PRICE REDUCED, 5-1/2 ROOM house with porch on large lot, South Lancaster. Boat house included on Lake St. Francis. Asking $68,000. Call 347-2008

DOUBLE TEN. – West end, two 3-bdrm. $125,000
EAST END – 3+2 bdrm., attached garage, $119,900.
HOBBY FARM – bung., 10 acres. $117,900.
CTY. RD 18 – 3-yr.-old, 3-bdrm. $112,900.
COUNTRY – new 3-bdrm. on 1 acre. $109,900, GST included.
COUNTRY – Ingleside area, 4-level split. $105,900.
DUPLEX – bung. style. $99,900.
EAMERS CORNERS – 3-bdrm., C/A & pool, $96,900.
HOBBY FARM – 13 acres. $89,900.
COUNTRY – new 3-bdrm. bung. $86,900 GST included.
DUPLEX – has garage. $84,000
COUNTRY– 1300 sq.ft. bung., 3 bdrms., $76,900.
TOWNHOUSE – Eamers Corners, end unit. $67,900.
WEST END – 3 bdrms. $59,900.
COUNTRY – 2-bdrm. mobile, 15 acres & barn. $55,900.
MOBILE HOME – 3-bdrm. $33,900.
REDUCED – RR1 St. Andrews 1-yr.-old, 3-bdrm. bung., $89,900.
FEATURE HOME– 4-bdrm. central home, large lot with double garage. All original woodwork, fireplace. Major updates. Reduced to $124,900.
NEW LISTING – 33 First Street
LONG SAULT – 2+1-bdrm. with plenty of charm & character, only $79,900.

For a Viewing Or More Info Call
Michael Vander Meer
Associate Broker
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938-2121 (Office) 534-2950(Home)

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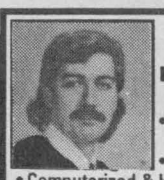
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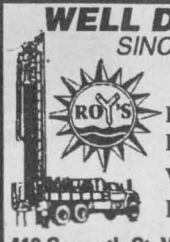
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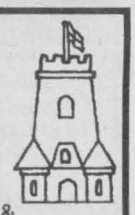
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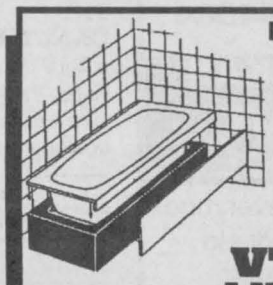
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- Will not disturb existing tub, tiles, plumbing fixtures or floor
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SEMI-DETACHED, 3 BDRM. house, private drive. One floor with full basement. $75,000. Call 930-9057, located at 792 Dundee Ave., Cornwall.

SEMI-DETACHED,, 3 yr. old home, 1,060 sq. ft., asking price $82,000. For more info. call 938-3640 after 5 p.m.

38 OFFICES/ STORES BLDGS.

CENTRAL COMMERCIAL LOCATION. Retail store; wholesale or storage space, 400 & 950 sq. ft., private entrances. Rent negotiable, long or short term. Ph: 936-8088

OFFICE 1200 SQ. FT., 1625 sq. ft., 3000 sq. ft. Carpet and drapes, furnished. Located at 408 and 410 Pitt St. Store at 220, 11 St., 6000 sq. ft. and 218, 11 St., 3000 sq. ft. Offices at 218, 11 St., parking. Zoned for manufacturing, wholesale or retail. Ph: 938-4877 or 933-1907

40 SUMMER PROPERTIES

LAKESIDE: THREE BDRM. winterized cottage, central heat, furnished, washer, dryer, freezer, microwave, linens, dishes, furniture, lawnmower, all mint condition. 55 mins. from Cornwall on Lake George, Ontario. Must be seen to be appreciated $88,000. 613-933-4518, 613-933-1072



41INCOME PROPERTIES

INCOME PROPERTY, two well maintained brick bldgs. on one title. 10- 2 bdrm. apts., 2-1 bdrm. apt. Spacious lay-outs, good tenancy, close to all amenities, ample parking. Assumable 1st mtge., vendor may carry 2nd mtge. (retiring). Space and zoning for an additional 12 unit bldg. Reduced to $545,000. Tel: 937-3291 for details.

CLASSIFIEDS WORK CALL 933-0015 TO PLACE YOUR AD

43 ROOMS

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45 SHARED ACCOMMODATIONS

FRENCH SPEAKING SENIOR gentleman would like to share my home or your home with french or bilingual speaking lady 30-50 yrs. old. Ph: 938-8694

48 COMMUNITY SERVICES

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

54 ANTIQUES

M&G ANTIQUES We buy, sell and trade. Also buy old hockey cards, large selection of quality antiques. Open 7 days a week. Heated bldg., Hwy. 138, South of Monkland. Ph: 346-5768

55 OFFICE EQUIP/ FURN.

THE COMPUTER SHOP: Repairs and upgrades. We fix your computer problems fast. Low prices. Also, VCR repairs, free evaluation. Best prices in town. Call 527-1390. Home service avail.

57 DJ'S

ABC MUSIC - MUSIC FOR ALL OCCASIONS. Look no further. Call your DJ (Emcee) with over 30 yrs. experience. Call 932-6661.

B J'S DISC JOCKEY SERVICES. Music for all occasions. Booking now for weddings and stags. Give us a chance to make you dance. Ph: 534-2174.

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

SOUND SPECTACULAR MOBILE DISC JOCKEY is celebrating its 10th anniversary. So call Steve or Melissa and ask about our anniversary specials. 936-2191

59 LIVE ENTERTAINMENT

NEW COUNTRY: We are the difference. Enjoy the sounds of Roch and Rick Filion. Weddings, mixed parties, special events. Call 932-1047, Rick. Thank you.

THE BEST OF BAGPIPES The 78th Fraser Highlanders, grade 1, World Champions offered me a position. For weddings, funerals, lessons, cassettes. Bruce Bateman 933-9317

THE THUNDERBIRD DANCE BAND, for affairs where dancing is important. Rates vary according to the size of show required. For booking info. call 936-8617

60 MUSICAL NEEDS

LOOKING FOR DEDICATED lead guitarist player and/or drummer to play country, rock and commercial music. Call Phil 938-1171 evenings 933-1488 or Maurice 346-2418

68 CARTING/MOVING /STORAGE

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

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Personal Storage Space

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

69 COURSES/ LESSONS

SEWING COURSES: Courses offered-Home Decorating/Applique and Design/Children's wear/Basic-Intermediate and Advanced sewing. Daytime and evening. Instructor: Margaret Victoria, Professional Designer. Limit of 5 persons per class for individual attention. Cost $15. per person per 3 hr. session. Register now. 219 Sydney St. 938-8606. Classes begin Feb. 20th

VIOLIN MAKING COURSE starting March 15th. Complete one-to-one instruction. Wheel chair accessible. Seniors welcome. Limited seats. For details by appointment phone 938-6370

76 PETS/ LIVESTOCKS

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MALE BLACK/WHITE Shih-Tzu 1-1/2 yrs. old, $150. Ph: 534-2984

CLASSIFIEDS WORK CALL 933-0015 TO PLACE YOUR AD

83 NOTICES

NEW NEW NEW! Tarot card party. For info please call Monic 347-1145 after 4 p.m.

SANDERS MAPLE PRODUCTS & Pancake House, Hwy. 43, Finch, ON, will be open for the syrup season, daily, starting Mar. 4th until Apr. 30th. Weekdays 9-5 p.m., weekends 8 a.m. - 6 p.m. Ph: (613) 984-2368



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

85 PERSONALS

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

CORNWALL 900 DATE LINE Great dates! Cornwall Girls & Guys. Voice personals. All lifestyles. Call now! 1-900-451-3099 ext. 158. 18+ Touchtone $3.29/min. Can. 900 Co. 702-593-0303.

MATURE CORNWALL WOMEN seeking single men 1-900-451-3696 ext. 152. 18+ Touchtone $2.99/min.

87 OPEN STAGS/ PARTIES

WEDDINGS, STAGS, PARTIES We can provide all your party needs. Balloons, streamers and fun. Power Party Decorating. 938-1962 or 933-2803. Power Source DJ. Music for all occasions. Specializing in weddings, stags and karaoke. 938-1962 or 936-0652

CALL 933-0015 to place your ad

92 NOVENAS

MAY THE SACRED HEART OF JESUS be praised, adored and glorified throughout the whole world forever and ever, Amen. Say this prayer 6 times for 9 days and your prayers will be answered no matter how impossible it may seem. Don't forget to thank the Sacred Heart of Jesus with a promise of publication. M.A.

O HOLY SAINT JUDE apostle & Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, the faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg you, to whom God has given such great power, to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause your name to be invoked. (Say 3 Our Fathers, 3 Hail Mary's, 3 Glory Be's for 9 consecutive days). Publication must be promised. This Novena has never been known to fail. D.H.

THANK YOU TO THE HOLY Spirit and St. Anthony for favour received.
H. & R. Girouard

93 MORTGAGES/ LOANS

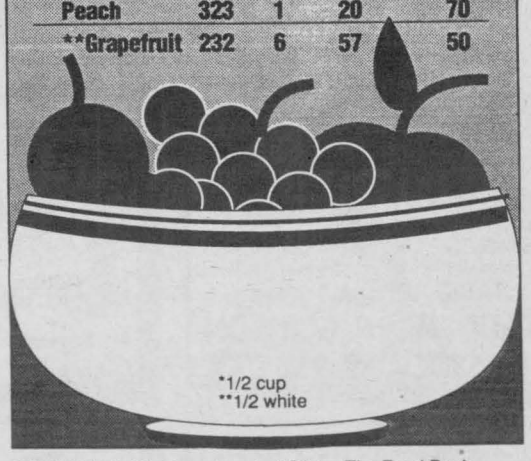
NO UP FRONT FEES, money to loan (OAC). Personal - Business - Debt consolidation - Car. Apply by phone 10 am - 8 pm 1-613-673-1875

NUTRITION

Snack smart

Fruit contains valuable vitamins and fiber and is low in calories and fat. Its natural sugars are a healthy way to satisfy cravings for sweets.

	Potassium (mg)	Fiber (g)	Vitamin C (mg)	Calories
Banana	515	3	15	120
Pear	212	4	10	100
*Grapes	258	2	9	85
Apple	157	5	6	80
Peach	323	1	20	70
**Grapefruit	232	6	57	50



*1/2 cup
**1/2 white

SOURCE: Florida Department of Citrus, The Food Book

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is now accepting Spring Registrations, ages 18 mos. - 5 yrs.
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Richard Longtin
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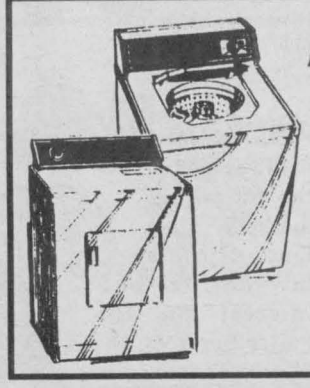

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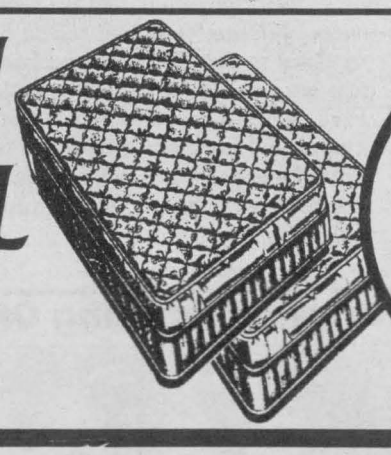

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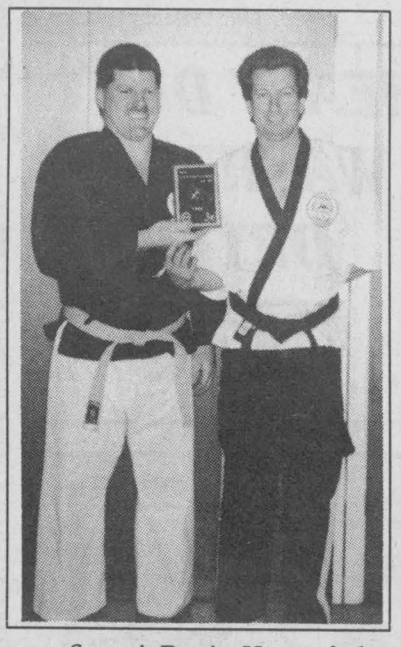
SCUTTLEBUTT



To Tony and Eugene of Ryber Productions ... wishing them Good Luck, Ad-Venture.

Congratulations to Mayor Ron Martelle and his stand on employment equity. He's right up there with Newfoundland's Rex Murphy and Senator Jesse Helms of North Carolina. *KEEP IT UP RON!!*



Sensei Denis Hart of the Eagle Karate Club in Berwick congratulates Paul Farley of Farley's Vinyl and Carpet on his third place in combat won in his first competition in Hull recently.

This is to the gentleman who had the little girl in Emergency, Hotel Dieu, on Saturday, March 11th in the a.m. YOUR ATTITUDE STINKS!! You complained about everything from the long wait, to what the vending machine didn't have. Just be thankful that we have such wonderful medical care when we need it. *If you are not satisfied with our medical care, perhaps you should move to a country where there are no doctors or where you have to pay cash for medical care.*

You're able to buy a lottery ticket at the Cornwall Information Booth but when it comes to reporting important information concerning safety, you are ignored.

A critic is one who finds fault without a search warrant.

CALLER LAST WEEK WAS MISINFORMED. Petro Canada at the corner of Glengarry and Second is not being sold, so if you need a mechanic(s), stop in. There's more than one!

CONGRATULATIONS GOING OUT TO RYBER PROMOTIONS!!

Didn't anyone ever tell Mayor Martelle and Bob Rae that you can catch more bees with honey that with vinegar.

A caller wonders why Filion Jewellers didn't install a door bell for customers to ring for service, just in case staff are too busy to notice if customers are waiting outside.

Seems it's the case of the pot calling the kettle black when it comes to conflict of interest on the Police Services Board. Mayor Martelle has a son that is a police officer here in town and Leo Courville, the Board Chair, is a City defense lawyer. **This callers feels both men are in a position to influence and should not be on the board.**

This taxpayer is thrilled to see City Council looking at privatizing the Marina 200 and Big Ben Ski Hill. **Now, if they would get out of the airport and hockey business as well, we might have a financially stable City Council.** These businesses belong in the hands of private entrepreneurs, not the tax payers.

Sammy wonders that with the troubles we have in the world today, doesn't it seem ridiculous for two countries to be competing over who has the world's tallest building. The cost of such ventures would be better spent on the needy all over the world, or some other worthy cause.

It's great to see our young people, such as Stacey McKee and Derek Lalonde of Saints-Martyrs Canadiens school standing up for the poor, at the Agape Centre, but perhaps the people who can't pay could get a pass from the Agape Centre that they could show to the Agape staff when they come for a meal. Unfortunately, we will always have people taking advantage of services they are capable of paying for.

Don't you think that the computer "Internet" program should be regulated so that only useful information is sent out and not just any old trash? It's supposed to be an information network not a medium to promote graphic pornography and lessons on "How To Commit Suicide", etc.

CLUB 1000

Cornwall General Hospital Auxiliary

Prov. Lic. #943031

Week #11- March 16

$1000 #0658 Verna Gannon Cornwall

$ 500 #0100 Janice Ostapchuk Cornwall

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A LADY CALLED TO SAY THAT PARENTS NEED TO REMIND THEIR KIDS OF BICYCLING SAFETY NOW THAT THEY HAVE THEIR BIKES OUT AGAIN. A young girl on Leitch was almost run over on Monday, March 13th, when she crossed the street on her bike, right in front of a car, then, when the car passed by, the car coming behind almost hit her when she suddenly turned to cross the street again.

Former bus rider says that "City Council" certainly hit a nerve with the residents of Cornwall this past week when they mentioned cutting out bus service at night. What about students and working people who use the busses at night to attend classes or need to shop or do other business? What about people who don't have cars, seniors or anyone who depends on the busses to visit at hospitals, attend meetings, Bingo, social clubs, etc. **IT'S BAD ENOUGH WITH NO SUNDAY SERVICE!!**

ATTENTION SENIORS!!

It's time to get your application renewed for the Guaranteed Income Supplement and the Spouses Allowance Pension Benefits. If you fail to do so you will lose these benefits or they will be greatly reduced. If your application didn't arrive in the mail you can get one by contacting your nearest Income Security Programs Client Service Centre.

The local "daily" must be feeling short-changed these days. We've learned from first hand experience that slugs are being used to purchase papers from the newspaper stands.

A friend says there are three ways to tell if you are getting old: first, a loss of memory, second ...

This caller would appreciate it if someone could establish a hardware store in the Le Village of Cornwall. We have had no hardware store for approximately four years and it's very inconvenient for people with no cars. Thank you.

Did you ever notice that the people who have stopped smoking and drinking haven't stopped talking about it?

Now that's the spirit!! Spotted on Thursday, March 16th, approx. 9:45 a.m., Eamer's Corners, a car owner decorated the front of car for St. Patrick's Day. It's nice to see some originality!!

CONGRAT'S TO WATERVILL TEXTILES ON SETTLING IN CORNWALL. A big applause to Remax Cornwall, Cornwall Warehousing and Cornwall's Economic Development Department for making it happen.

HELLO ... IS 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 call in your little anecdote or celebration. At the end of each month we will have a draw for all entries received ... and you can win a limited edition "You Were Butted In Scuttlebutt" golf shirt.

WEIGHT LOSS!

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Bonus: Add more years to your life!!

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Excludes Product & Enrollment Fee

It's amazing how lazy people are ... Last Thursday night in the Canadian Tire parking lot, there were at least three cars parked right outside of Blockbuster Video. The roadway isn't very wide there and those of us who are trying to get out onto Sydney Street don't appreciate the aggravation caused by lazy people! It was especially nice of the man in the brown Aerostar to ignore the fact that people were trying to get past him.

Lady called to say that she didn't realize how important saving the environment was until she attended the concert by the "Irish Descendants." The lead singer sang *"I'm the last of the great Whales" and dedicated it to Newfoundlanders, whose lives have been devastated by the closing of the cod fishery.* He reminded us how fragile our environment is and the devastation that can result if we don't take care of it.

COMING SOON

Cornwall Chamber of Commerce

HOME and GARDEN SHOW

FRIDAY, SATURDAY, SUNDAY - APRIL 7-8-9

CORNWALL CIVIC COMPLEX

MAKE PLANS TO ATTEND

BUDGET SESSIONS SHOULD BRING OUT IDEAS ... in that sense they're somewhat like brainstorming sessions. One of the first rules of brainstorming is to let the ideas fly. Often outrageous ideas are presented and a cardinal rule is not to laugh or denigrate, otherwise that person will clam up.

The Standard Freeholder, by its editorial overkill of Alderman Susan Carter's idea (shovelling sidewalks) **sends out the strong (and wrong) message that "you shouldn't get too far out of the mainstream" OR WE'LL RIDICULE YOU!**

Indeed for an organization (SF) that preaches open meetings ... they've just given Council a good reason to do more business behind closed doors where they won't be ridiculed.

Lady called to say that she was thrilled to receive an ad in her mailbox from two local teens listing jobs that they could do to employ themselves for the summer. ***These kids deserve a big bouquet for their initiative.***

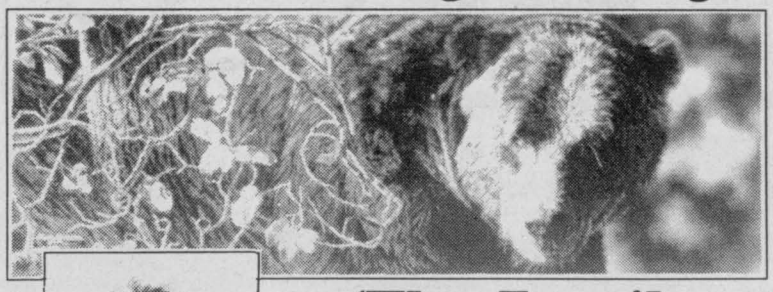
KEEPING TABS ON THE "JERSEY FARMER" ... *seems his birthday celebration was extended throughout the weekend.* He was spotted at the Apple Hilton dancing up a storm with the bartender (or trying to). We'll keep you posted!!

Many thanks to all who helped me over the hump on my big "40". Thanks for the gifts, the party, the fun and humiliation (Ha Ha). Special thanks to Lori, Lisa and Pat. If wealth is measured by the number of friends you have, I'm rich!! Hey Steve, can you lend me a dollar ... Mike/Mark.

FOR SALE: One man's back support, call Fonzie.

DID YOU EVER WONDER WHY IT IS ... when husbands leave the house in the car, they seem to transcend into another world? ***IF YOU TRY TO GET THEIR ATTENTION IT EASIER TO GET RUN OVER!!!***

Come and See The Original Painting Of





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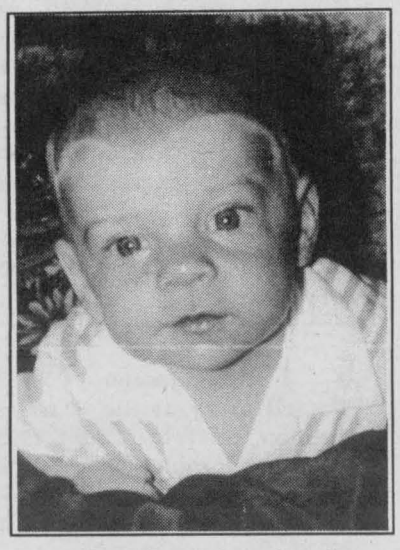
Mike Logan

LET'S Celebrate



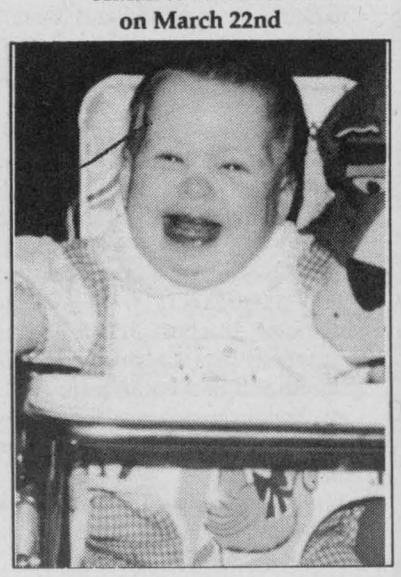
Raymond and Pauline McTaggart are pleased to announce the marriage of their daughter ***Lisa to Jeffrey***, son of **Cecil and Lorraine Robertson**. The happy event took place on February 16th, 1995 in Largo, Florida.

HAPPY 1ST BIRTHDAY TYRONE



celebrating on March 2nd.
Hugs & kisses
Memère & Pepère Robinson.

Happy 18th Birthday AMANDA ZERAM on March 22nd



You've come a long way baby.Don't be mad, just be glad we didn't put the one with you in your birthday suit. Ha! Ha! Love the family.

YOUR JUST AS SWEET AND JUST AS DEAR - that's why your loved all through the year. Happy Birthday **KAELA CARROLL** *from Nanny and Grandpa Carroll. XOXOX.*

HAPPY ANNIVERSARY TO REINA AND BILL CROSS celebrating on March 20th. Have a great day folks.

LORDY, LORDY, LOOK WHO'S 40. We know who you are so we won't say but Happy Birthday ____. *Love Paul.*

HAPPY BIRTHDAY TO BRIAN BENTON celebrating on March 22nd ... so you're forty-something now???

HAPPY BIRTHDAY TO JENNIFER GIBALDI celebrating on March 21st. Hope you had lots of fun.

Bonne fête à Mathieu Lalonde qui a célébré le 17 mars; 1995. Un job bonbomme de 11 ans. Maman, Papa, Kristine et toute la famille.

AEROBICS
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Bonus: Add more years to your life!!
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CALL TODAY: 933-3314

Mr. & Mrs. Claude Emard are happy to announce the marriage of *their daughter, Carole Emard to Roch Billard*, son of **Mrs. Claudette Billard** and the late Gerald Billard. The marriage took place on October 1st, 1994 at Nativity Co-Cathedral, Cornwall. The couple resides in Cornwall, Ontario.



AGNES C. SCOTT celebrating her 90th birthday on March 22nd and **ELIZABETH LALONDE** (McGillivray) celebrating her 85th on March 23rd. Happy Birthday ladies!!

HAPPY BIRTHDAY TO BETTY MILLS, on March 18th. You're our favourite Mom, Grandma and great Grandma. *Love all the family.*

FREE
COMPRESSOR CHECK-UP DAY
Sat., March 25/95
9 a.m. - 12 noon
You should have your compressor checked once a year to make sure the motor is running properly and the air pressure is adequate.
Bring your compressor in so that we can clean and check it. Coffee and Doughnuts, while you wait! See you then!!
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Obituaries

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Cornwall Ltd.

ITEMIZED PRICING SCHEDULE

Professional/Staff Services	
Consultation and arranging of funeral details	215
Direction of Funeral (Ontario Licensee) and Assistants	460
Funeral home staff and supervision (maintenance and staff services)	365
Documentation	
Procuring/completing, registration of documents including regulatory fees	125
Preparation and Embalming	
Embalming, hygienic cleansing and other professional duties	395
Transfer Services - Removal coach transfer from local place of death	170
Facilities & Equipment	
Use of funeral home and facilities for visitation	475
Use of preparation facilities (including hazardous waste disposal)	225
Memorial stationery - register book, acknowledgement cards, proof of death certificates	125
Transportation Services - Local	
Cortege escort - clergy/staff vehicle	165
Funeral coach	265
Optional Services	
Additional vehicles	each 165
Additional mileage	basic + $1.32/km
Prayer cards (100)	50
Organist	40
Cemetery equipment	165
1 hour visitation with chapel service	275
Use of chapel	100
Funeral home Pallbearers	100
Coordination & Attendants for spring burial	225
Coordination & Attendants for disposition of cremated remains	80
Minimal embalming	175
Protective body pouch (normal gauge)	70
Shelter of remains	$45/day
Possible Disbursements- at cost	
Clergy/church honourarium	
Press notices	
Coroners fees for certificates	
Cremation/Cemetery expenses	
CASKET/CONTAINER SELECTION	
Masterpiece - #700 Marsellus - 7 inch mahogany	14,365
Classic - #Z64 Batesville - 48 oz. solid bronze	9,980
President - #710 Marsellus - 3 inch plank mahogany	7,980
Statesman - #730P Marsellus - 3 inch mahogany, open state	7,920
Aegean - #Y39 Batesville - 32 oz. solid brushed copper	4,330
Pembroke - #7PM Batesville - solid cherry wood	4,365
India Star - #F63 Batesville - 16 gauge steel	3,990
Versailles - #4180 Previc - solid oak, full couch	3,770
Kennington - #CA7 Batesville - 18 gauge steel	3,590
Saratoga - #180 Marsellus - solid pine	3,590
Topaz - #J37 Batesville - 18 gauge steel, full couch	3,140
Primrose - #A40 Batesville - 18 gauge steel	3,085
Neopolitan - #A21 Batesville - 18 gauge steel	3,085
Sherwood - #56 Victoriaville - solid polished oak	2,930
Heritage - #50 Victoriaville - solid shaded oak	2,455
Rideau - #S48 Batesville - 20 gauge steel	2,045
St. Lawrence - #100 Cerco - solid elm	1,490
Cortland - #400K Bernier - presswood, plushette cloth covered	925
Lilly - #100K Bernier - presswood, cloth covered	765
Trillium - #19HP Bernier - (social services) presswood cloth covered	495
Pinecrest - #15 Bernier - presswood, cloth covered	390
Basic - #14 Bernier - presswood container, no finishing	225

NOTE: some caskets may not be present in the selection room from time to time.

OUTER CASKET BURIAL CONTAINERS

Concrete: (Wilbert Company)	
Wilbert Bronze	9,457.00
Bronze Triune	3,860.00
Copper Triune	3,325.00
Stainless Steel Triune	2,770.00
Venetian	1,850.00
Continental	1,525.00
Monticello	1,260.00
Steel (Previc Company) 16 gauge steel, open end state	1,100.00
Pine: rough box	225.00

This is a condensed list. Complete information as well as a list of cremation urns, is available upon request.
All prices and services are subject to change and revision without notice.
Effective January 1, 1995


Ronald Wilson
Director


David MacDougall
Director


Allan Wilson
Director

822 PITT ST. 938-3888

BELANGER
Floristine (Florence) Delia

Passed away at the Hotel Dieu Hospital on Sunday, March 5th, 1995. Mrs. Floristine (Florence) Delia Belanger, in her 84th year, born in Hawkesbury, Ontario; of St. Joseph's Villa; formerly of 540 Adolphus Street, Apt. #505.

Dear daughter of the late Raoul Proulx and the late Roseanna Gauthier.

Beloved wife of the late Omer Belanger.

Loving mother of Yvette (Mrs. Robert Belisle) of Cornwall.

Loving grandmother of Michel Belisle.

Dear sister of Ephrem Proulx and Fabiola (Mrs. Hubert Lalonde), both of Cornwall.

Predeceased by three brothers, Charlemagne, Armand and Mozart Proulx and by two sisters, Mrs. Jacqueline Quesnel and Mrs. Irene Brunet.

The funeral took place on Tuesday, March 7th, 1995 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. John Bosco Church. Spring interment in Notre Dame Cemetery.

The pallbearers were Andre Hurtubise, Michael Belisle, Denis Brunet, Phil Lalonde, Mike Lalonde and Bert Pomerleau.

An honour guard was formed by Les Membre Auxiliaires of St. John Bosco Parish.

Mrs. Belanger was a member of Les Membres Auxiliaires of St. John Bosco Parish.

BISSONNETTE
Rejean (Reg) Rene

Passed away at the Hotel Dieu Hospital on Saturday, March 4th, 1995. Mr. Rejean (Reg) Rene Bissonnette, in his 34th year, born in Cornwall, of 408 Mercier Avenue.

Dear son of Marie Blanche Marleau and the late Ernest Bissonnette.

Beloved husband of Joanne Goulet.

Loving father of Natalie and Lisa Bissonnette, both at home.

Dear brother of Marc, Robert (Bob), Rosaire, Francois and Jacques Bissonnette, Diane (Mrs. Robert Parthenais) and Carole (Mrs. Gilles Sabourin), all of Cornwall and Ronald Bissonnette of Orleans.

The funeral took place on Thursday, March 9th, 1995 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to the Memorial Chapel. Spring interment in Notre Dame Cemetery. Reverend George Bussey of Cornwall Pentecostal Church officiated.

The pallbearers were Marc, Bob, Rosaire, Jacques, Ron and Francois Bissonnette.

CARRUTHERS
Kathleen

Passed away at the Glen-Stor-Dun Lodge on Monday, February 27th, 1995.

Dear daughter of the late Watson Carruthers and the late Delia Saddlemyre.

Dear sister of Mrs. Greta Warring of Cornwall.

Dear aunt of William Warring of Cornwall, Helen Charleton of Montreal and Ralph Warring of Ottawa. Dear great aunt of Deanna Arthur of Summerstown and Winston Muir of Cornwall.

Predeceased by two brothers, Wilfred and Harry Carruthers, and by two nieces, Marjorie (Muir) McDonald and Irene Robertson.

The funeral was held on Wednesday, March 1st, 1995 from the McArthur Bros. & MacNeil Limited Funeral Home & Chapel to Maple Ridge Cemetery, Winchester. Reverend Terry Dunlop of Knox-St. Paul's United Church officiated.

Mrs. Carruthers was a resident at the Glen-Stor-Dun Lodge for nineteen years.

DEGAN
Albert Joseph

Passed away at the Parisien Manor on Friday, March 3rd, 1995. Mr. Albert Joseph Degan, in his 85th year, born in Cornwall, of 439 Second Street East; formerly of 1829 Shearer Avenue.

Dear son of the late Thomas Degan and the late Eugenie Bourget.

Beloved husband of Orpha Senecal.

Dear brother of Mrs. Florence Lalonde of Cornwall.

Predeceased by one brother, Maurice Degan and by one sister, Mrs. Eva Moquin.

He will be sadly missed by all his nieces and nephews.

The funeral took place on Monday, March 6th, 1995 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., East Branch to St. Peter's Church. Spring interment in Notre Dame Cemetery. Reverend George Maloney of St. Peter's Church officiated.

The pallbearers were the Nativity Guards.

HUGHES
Pierre (Peter) Aime
(retired employee of
Hotel Dieu Hospital

Passed away at the Hotel Dieu Hospital on Friday, March 3rd, 1995. Mr. Pierre (Peter) Aime Hughes, in his 60th year, born in Hull, Quebec, of 1401 Second Street East.

Dear son of the late Theodore Hughes and the late Antoinette Bruyere.

Beloved husband of Gabrielle (Gaby) St. Onge.

Loving father of Peggy (Mrs. Pierre Seguin) of Lunenburg and Carole (Mrs. Kirk Hamilton) of Virginia Beach, Virginia.

Loving grandfather of Ryan, Amanda and Sarah Hamilton.

Dear brother of Robert and Johnny Hughes, both of Ottawa.

Dear brother-in-law of Rheal and Stella Mainville of West Palm Beach, Florida; Ernest and Jeannette Gratton of Hull, Quebec; Lionel and Georgette St. Onge of Detroit, Michigan; Francois and Therese St. Onge of Cornwall; Sister Marie Therese St. Onge, C.N.D. of Montreal, Quebec; Jack and Monique Gallant of Cornwall and Mrs. Madeleine Hughes of Ottawa.

Dear friend of Hubert and Jacqueline Brunet.

He will be sadly missed by many nieces, nephews and friends.

The funeral took place on Monday, March 6th, 1995 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Nativity Co-Cathedral Church, followed by cremation. Msgr. Rejean Lebrun of Nativity Co-Cathedral officiated.

The pallbearers were Lionel Seguin, Francois Seguin, Andre Leger, Andre Paul Bourdon, Edmond Cholette and Jack Gallant.

MacARTHUR
Margaret

Area residents and friends learned with deep regret of the recent passing of Mrs. Angus L. MacArthur of Toronto, formerly of Renfrew and Alexandria.

She was the former Margaret Kelly, a daughter of the late Mr. and Mrs. M. J. Kelly of Renfrew, Ontario.

She taught for some forty years at the Alexandria High School and was married to Angus L. MacArthur who predeceased her.

She was highly respected and talented citizen and a much loved teacher. She took an active part in St. Finnan's Cathedral, was an active member of the CWL of the parish and was a talented entertainer having taken leading roles in many St. Patrick's Day Concerts in the Alexander Hall.

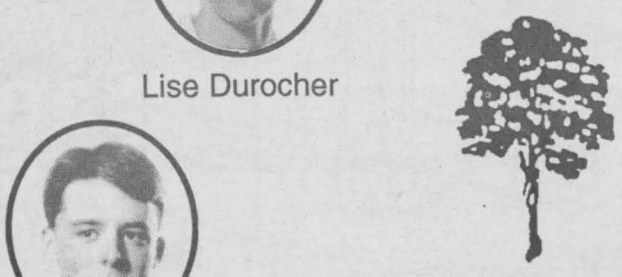
Mr. and Mrs. MacArthur moved to Toronto where he was employed with an Oil Co., and she was employed with the Education Department of the Provincial Government. She studied Braille and was a translator and wrote several Braille books.

Left to mourn her are several nieces and cousins and a host of


Donald Derry

Lise Durocher


Lori Hollingsworth



John Wood


John Sullivan

DERRY
Funeral Home
Inc.
326 Augustus Street, Cornwall, Ontario K6J 3W5
933-1411
"Dedicated and caring service"

old Glengarry friends and former pupils who join in sympathy and love for a very dear friend.

A Memorial Mass was held at the Blessed Sacrament Church in Toronto for the repose of her soul.

MacDONALD
Annie Violet

Passed away suddenly at her late residence in Montreal on Monday, March 6th, 1995.

Annie Violet MacDonald, in her 80th year, born in Alexandria, of Montreal, Quebec.

Dear daughter of the late Dan MacDonald and the late Flora McIntosh.

Loving mother of Elizabeth, of Montreal.

Dear sister of Mrs. Evangeline Kimble, of Montreal.

Predeceased by two sisters, Mary and Flora Belle and by four brothers, Alex, Peter, Donald Joseph and Angus.

The Liturgy of the Word was celebrated at the Armstrong Funeral Home Chapel, 1640 Cote Vertu (West of Decaire Blvd.) St. Laurent, on Thursday at 11 a.m.

MacMILLAN
Vera Lillian

Passed away at the Woodland Villa on Sunday, March 5th, 1995. Mrs. Vera Lillian MacMillan, in her 90th year, formerly of 24 Augustus Street, Apt. #912.

Dear daughter of the late Simeon Alguire and the late Bernice Derosier.

Beloved wife of the late William MacMillan.

Loving mother of Mrs. Betty Hopson (Norman) of Alplaus, New York; Mrs. Doreen Langstaff (Ted) of Cornwall; Darlene Granger (Ron) of Massena; Peggy Hodgson (William) of Hamilton; William MacMillan (Marlene) of Cornwall; Patsy Lambie (Charles) of Brighton; Ronald MacMillan (Ann) and Simeon MacMillan (Colleen), both of Cornwall.

Loving grandmother of nineteen grandchildren and twenty-four great grandchildren.

Dear sister of Queenie Chenier of Fort Myers, Irene Robeson (Vern) of Niagara Falls and Bill Alguire of Cornwall.

Predeceased by two sisters, Edrie Hayes and Helen Lefebvre.

A private funeral was held from the McArthur Bros. & MacNeil Ltd. Funeral Home & Chapel, 428 Second Street East, Cornwall.

QUENNEVILLE
Juliette Cecile Marie

Passed away at the Cornwall General Hospital on Sunday, March 4th, 1995. Mrs. Juliette Cecile Marie Quenneville, in her 67th year, born in Metcalfe, Ontario, of 1240 Hebert Street.

Dear daughter of the late Louis Faubert and the late Emma Amyotte.

Beloved wife of the late Albert Quenneville.

Loving mother of Ernest Quenneville (Dianne) of London, Ontario, Irene (Mrs. Michael Brunet) of Cornwall, Theresa Quenneville (wife of John Traversy) of Nepean, Anne Marie (Mrs. Michael Saull) of Carleton Place, Helen Quenneville (wife of John Fraser) of St-Lazare, Quebec and Susan Quenneville, at home.

Loving grandmother of eight grandchildren.

Dear sister of Ubald, Rheal and Ernest Faubert, all of Osgoode, Camille Faubert and Mrs. Annie Joubarne, both of Ottawa, Germaine (Mrs. Augustin Labelle), Mrs. Irene Walker and Mrs. Lisa Yelle, all of Cornwall.

Predeceased by one brother, Laurier Faubert.

The funeral took place on Wednesday, March 8th, 1995 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to Ste. Therese de Lisieux Church. Spring interment in Notre Dame Cemetery. Reverend Rheal Bisaillon of Ste. Therese de Lisieux Church officiated.

The pallbearers were the Legion Bearers.

STEELE
Madeliene

Passed away at the Cornwall General Hospital on Thursday, March 2nd, 1995.

Dear daughter of the late Clinton E. Bush and the late Stella E. McLennan.

Beloved wife of the late Donald Hugh Steele.

Loving mother of Duane (and his wife Helen) of Cornwall and Dale (and his wife Marjory) of Long Sault.

Dear sister of Victor and Lorne Bush.

Loving grandmother of two grandchildren and three great grandchildren.

Predeceased by one brother, Everett Bush and by two sisters, Kathleen Gaffney and Ruby Flanigan.

The funeral was held on Saturday, March 4th, 1995 from the McArthur Bros. & MacNeil Ltd. Funeral Homes to Trinity Anglican Church. Reverend Wayne Thomas of Trinity Anglican Church officiated, assisted by Reverend Joyce Blackburn of Trinity Anglican Church.

The pallbearers were Neil Stewart, Gerald Daley, Kent Jeaurond, Steven Bush, Brian Merpaw and Clinton Bush.

SUTHERLAND
Florence Evelyn

Passed away at her late residence on Wednesday, February 22nd, 1995. Mrs. Florence Evelyn Sutherland, in her 81st year, born in Hawkesbury, Ontario, of 500 Augustus Street, Apt. #201.

Dear daughter of the late Frederick G. Robinson and the late Elizabeth Williamson.

Beloved wife of William B. Sutherland.

Loving mother of Elizabeth Beach of Palo Alto, California, Angus D. Sutherland of Shawnigan Lake, B.C. and Jessica Sutherland of Dubai, United Arab Amirates.

Loving grandmother of Erin and Christopher Sutherland and Heather Beach.

Predeceased by one brother, James Robinson.

Rested privately at the Cornwall Funeral Homes, West Branch, 20 Seventh Street West, Cornwall.

SWAMP "SOTSIHOWANE"
Abraham

Passed away at the Cornwall General Hospital on Monday, February 27th, 1995. Mr. Abraham Swamp "Sotsihowane", in his 67th year, born in Akwesasne, of Akwesasne.

Dear son of the late Frank Swamp and the late Hattie Mitchell.

Beloved husband of Betty Ransom.

Loving father of Michael Swamp of Snye, Quebec, Lucy (Mrs. Bruce Roundpoint) of Cornwall Island and Hilda Swamp (Randy Jacques) of St. Regis Falls, New York.

Loving grandfather of Renee, Jason, Lindsay, Owen, Angela, Nolan, Carter, Christopher and Robert and great grandfather of Trevor.

Dear brother of Robert Swamp (Rita) of Akwesasne, Nancy Martin Cumins and Grace (Mrs. John Chubb), both of Hogansburg, New York.

Predeceased by one brother, Michael Swamp.

The funeral took place on Thursday, March 2nd, 1995 from the residence of his daughter, Lucy and Bruce Roundpoint, Tewesateni Road, Cornwall Island to St. Regis Church, St. Regis, Quebec. Interment in Long House Cemetery, Cornwall Island. Father James Delbel, Pastor of St. Ann's Church, St. Regis Fall, New York.

The pallbearers were Tommy Lazore, Art Swamp, Jimmy Lazore, Kelly Mitchell, Ricky Ransom and Andy Benedict.

The funeral arrangements were the care and direction of the Cornwall Funeral Homes Ltd., West Branch, 20 Seventh Street West, Cornwall.

TOTHFALUSE
Elizabeth (Betty)

Passed away at the Cornwall General Hospital on Tuesday, February 28th, 1995. Mrs. Elizabeth (Betty) Tothfaluse, in her 63rd year, born in Port Colborne, Ontario, of 1205 Hebert Street.

Dear daughter of the late John Nagy and the late Vera Nemeth.

Beloved wife of Andrew (Andy) Tothfaluse.

Loving mother of Bettyann Tothfaluse (fiancee of Michael Gallinger) and Bundy Tothfaluse (Yvette Bourdeau), both of Cornwall.

Loving grandmother of Brock and Kaylee Tothfaluse.

Dear sister of John Nagy (husband of Margaret Cahill) of Niagara Falls, Ontario.

The funeral took place on Friday, March 3rd, 1995 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to the Memorial Chapel, followed by cremation.

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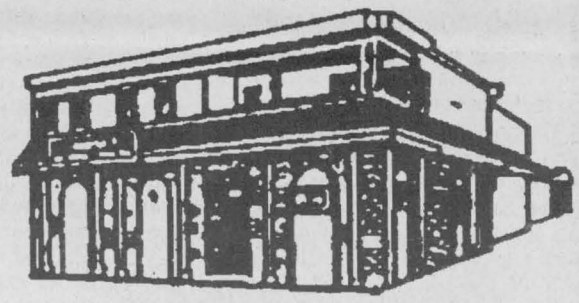

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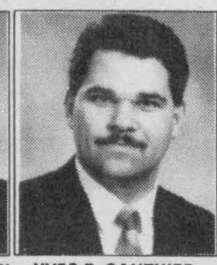
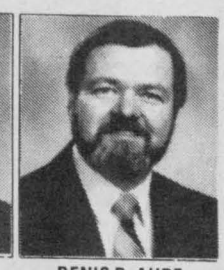

YVES P. GAUTHIER
General Manager and
Funeral Director


CLAUDETTE M. LEE
Director of
Administration


DENIS D. AUBE
Director of Services
and Funeral Director

HOROSCOPES

March 19-25

ARIES – March 21/April 20
A desire to go against the flow could make this an interesting week. While you are rocking the boat, you could find others who want to come on board. If you are purchasing travel tickets, be sure to check dates and times. Otherwise, you could find yourself in a sticky situation.

TAURUS – April 21/May 21
Self-reliance is the key to success this week as you find others unreliable. This is especially true in the workplace where you may realize that you are pulling most of the weight. Although this may seem unfair, you'll soon realize that rewards are waiting.

GEMINI – May 22/June 21
Dreams can produce real inspirations. Share creative ideas, and pool resources. Your active social life may make you somewhat careless with your cash around midweek, so try to set aside a reserve fund. This week, you'll find more pleasure from work than usual.

CANCER – June 22/July 22
Something that happens this week will support the old saying, "With every bad comes a good." Have an important appointment this week? If so, be sure to leave yourself extra time, or you could end up being embarrassingly late. The mail will bring a pleasant surprise.

LEO – July 23/August 23
It's a week for success. If you've been seeking new employment, this could be the week that things finally start moving. Happily employed Leos could find themselves up for a promotion. The social scene may be quieter than usual. Don't feel obligated to lend money to family.

VIRGO – Aug 24/Sept 22
Weekend visitors may disrupt your routine, but will add a lighthearted note to the week. A temperamental loved one may put your patience to the test this week. Instead of losing your cool, try to find out the real problem. Money matters will be an issue throughout the week.

LIBRA – Sept 23/Oct 23
You'll prove all the astrology texts wrong by being a swift decision maker this week. You'll realize that it's not the big decisions you have problems with, but the smaller ones, like what to have for lunch. Even if you're itching for a shopping spree, consult your savings account before pulling out the plastic.

SCORPIO – Oct 24/Nov 22
If you are in business or politics, this week could be very lucky for you. Your keen intellect and decisiveness will lead you to success. On the home front, try not to take frustrations out on loved ones. Instead, show your appreciation for what they've done for you.

SAGITTARIUS – Nov 23/Dec 21
It's an excellent week for getting things done. You'll be able to plow through piles of work that once seemed endless. A change in schedule on Thursday will be a nice diversion from routine. If you desire a change in your surroundings, try creative home improvements for a quick fix.

CAPRICORN – Dec 22/Jan 20
Don't let others sway your opinion when it comes to your personal affairs. Follow your instincts, and you're sure to make the right decision. A work associate's behavior may be the source of aggravation. Even though it may be frustrating, realize there's not much you can do.

AQUARIUS – Jan 21/Feb 18
Pay attention to your health. If you are overdue for a dental visit or physical examination, it's time to go. Accept last-minute invitations, especially if they are somewhat offbeat. You could be in for a pleasant surprise. A loved one wants more of your time and attention.

PISCES – Feb 19/March 20
Avoid charming salespeople offering "the deal of a lifetime." Remember, there's always a catch. In matters of love, don't wear your heart on your sleeve, especially if you're in a new relationship. A Libra friend will play a prominent role in the week's events.

YOUR BIRTHDAY THIS WEEK
The next 12 months:
The year may get off to a slow start, but things will start to pick up as the months progress. Your social life is one area that will dramatically improve. A friend from the past may move into your area, and a new friendship is likely to result. This person — probably a Leo or Scorpio — will get you to go out and have fun a lot more than you are used to. You might even like it. Problems at work could snowball if you're not careful. State your frustrations when they happen, not months later. You may consider starting your own business this year. Just be sure you have a solid plan before making financial commitments.

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LIFESTYLE TIPS

Our Relationship with Physical Activity

CFLRI: The Researchers in Active Living

Getting involved in physical activity is an ebb and flow process, much like a relationship. You start dating, you go steady for a while, you break up, you get back together, and on it goes!

Sport psychologists have studied our relationship with physical activity and have identified four main phases, along with precious tips to keep the relationship going at every stage. Find out where you stand and try some of the tips to motivate yourself to be active.

Starter phase
Court physical activity! Don't force the relationship.

Strive for regular, enjoyable encounters for a while. Try more moderate forms of convenient activity. Make gradual, comfortable changes in your lifestyle. Choose classes that provide prolonged and enjoyable warm-ups. This will prevent or at least minimize discomfort. Exercise with adults at the same level—it will build your confidence in your ability to do the same. Read about the benefits of activity. Enlist the support of friends and family. Focus on the mental and physical well-being you derive from your activity.

Growth phase
It's not time for a marriage proposal yet! Get to know your partner first.

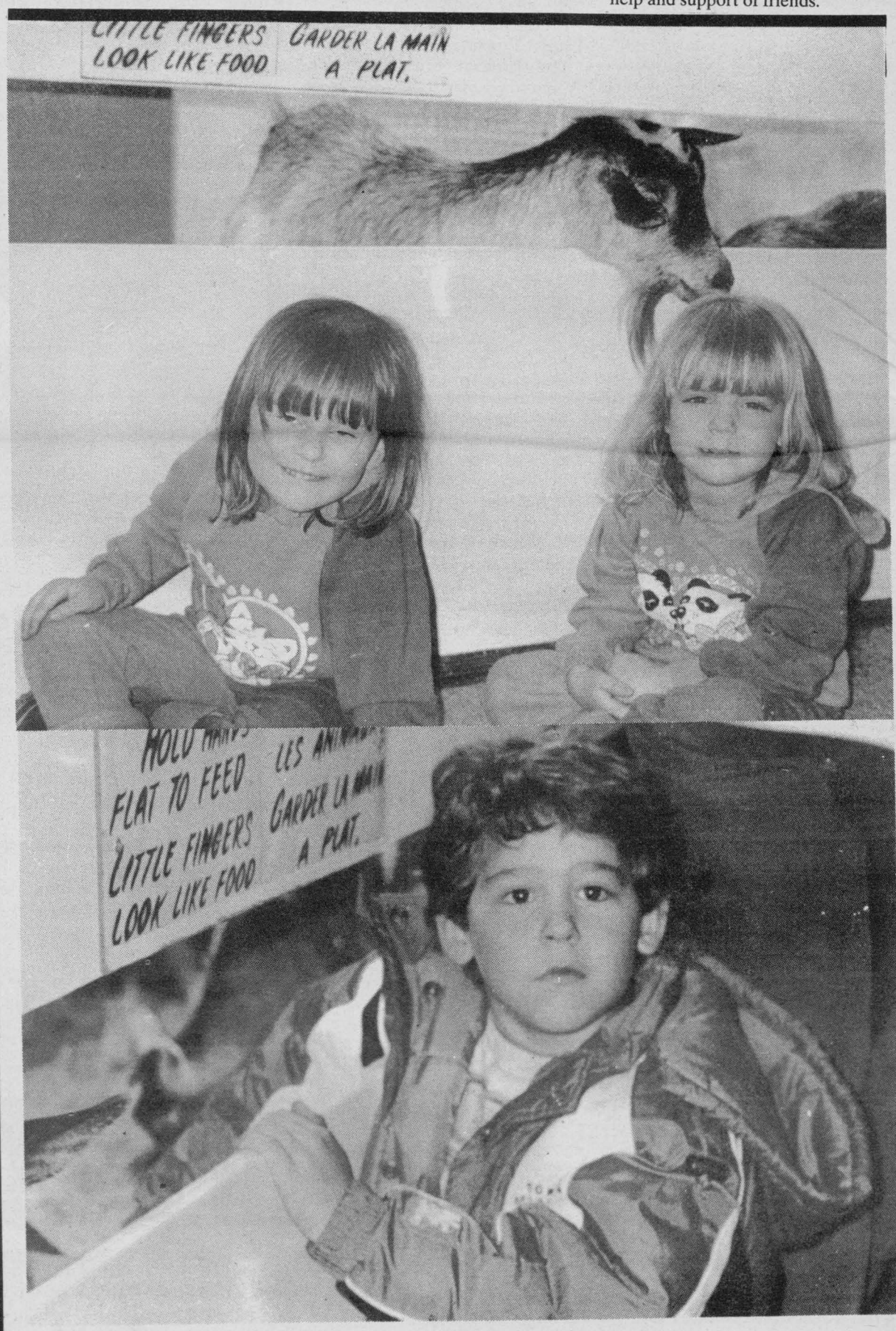
Stay focused on maintaining your new behaviour of physical activity. Keep fitness goals and other long-term goals such as weight loss on the back burner. Focus on the present and its benefits. Be wary about strict fitness guidelines. If they demand too much effort from you, you are likely to be turned off. Adherence is the key at this stage.

Maintenance phase
Marriage! Or at least a long-term commitment.

Day-to-day efforts and playfulness keep the relationship alive at this stage. Focus on maintaining a regular pattern of activity, which is most important for health benefits. Don't overload yourself with sports training principles. That's good for athletic performance. For health benefits, keep an enjoyable, recreational level.

Dropout phase
No, this is not divorce! Just a "communication problem"...

If you feel bad about dropping out, replace those guilt feelings right away. Turn them into positive statements. For example, instead of saying "I stopped because I am no good at sport and exercise," say "I don't have to be good to get involved." Learn from your setbacks. Identify what has caused the change. Write the problems down and figure out ways to reverse the situation. Sharpen your goal setting skills and set appropriate goals. Adjust your time management strategy. Enlist the help and support of friends.



Off to the Zoo

"Little fingers look like food"??? Then why does this goat seem to be having a buffet in three-year-old Haley's golden locks? Little Haley, and her four-year-old sister Jeanie, from Collingwood, Ont., were in town visiting Grandma and took in the Town & Country Petting Zoo at the Brookdale Mall. Below, Daniel Bissonnette, 4, was a little upset when the big goat ate the handful of food he intended to share amongst the smaller ones.

(Photos by Chris Brown)

Calendar of COMMUNITY EVENTS

Community Events Sponsored by
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Geoff M. Laurin 938-3867

*ATTENTION WOMEN! You are invited to a meeting on sexual abuse and sexual assault on MONDAY, MAR. 20th at 7 p.m. at St. Columban's Hall. Info 938-9575

*CORNWALL MEALS ON WHEELS need volunteer drivers and helpers. If you can spare 2 hrs. per month, please call Helen Irwin 932-4810

*DEPRESSIVE/MANIC DEPRESSIVE ASSOC. monthly meeting on TUESDAY, MARCH 21st at 7:00 p.m., Starbright Centre, 533 Pitt St. Info: 933-5845 Topic: Mental health reform and what it means for you. Everyone welcome.

*FRIENDS OF THE LIBRARY will sponsor a book sale at the Cornwall Public Library on SATURDAY, MARCH 25, APRIL 1st and 8th from 11 a.m. to 4 p.m.

*INTERLINK brings together older adults and children through a celebration of words and music. Please join us for this exciting program. You will make new friends, develop a caring relationship with a young child...and you will sing to your heart's delight! Info: 933-5845

*JOIE DE VIVREa support group for separated & divorced, hold weekly meetings in English at Holy Cross Parish Hall, Leonia St. every Friday at 7:30 pm. Info: Roger 984-2894

*LOYAL ORDER OF MOOSE will hold a Class Enrollment on TUESDAY, MARCH 21st at 7 p.m. General membership meeting will follow at 8 p.m. Also, Euchre on SUNDAY, MARCH 26th starting at 2 p.m. Lunch will be served afterwards.

*OVEREATERS ANONYMOUS Support Group meet every Wednesday at 7:30 p.m. at Milles Roches Hall, 801 Fourth St. E., rm 107. Info: 932-1936

*REFLET-LUMIERE a support group for separated or divorced couples, hold English meetings every Wednesday at 8:00 p.m. Info. Denise 932-6014 or 938-6364.

*ST. JAMES UNITED CHURCH in Avonmore will host a Special Spring Supper at the Avonmore Community Centre on Fairview Drive on WEDNESDAY, MARCH 29th from 4-8 p.m. Everyone welcome.

*ST. JOSEPH'S VILLA 14 York St. need volunteers for one-on-one visitation with the elderly or to share your abilities in crafts or ceramics. Call 933-6040

*ST. LAWRENCE REMEDIAL ACTION PLAN Public Advisory Committee Meeting TUESDAY, MARCH 21st, at 7:30 p.m. at General Vanier Secondary School, 1500 Cumberland Street.

*THE CANADIAN LIVER FOUNDATION will sponsor their 5th annual "Daisy Days" at the Eastcourt and Brookdale Malls, March 23rd, 24th and 25th.

*THE JOLLY 50'S SENIOR CLUB is having their Open Euchre on TUESDAY, MARCH 21st at 1:30 p.m. at the Smithfield Hall in Lancaster. All welcome.

*BIG BROTHERS & BIG SISTERS OF CORNWALL & DISTRICT is in need of volunteers, 18 yrs. of age and older, who can share a few hours a week as a friend to a child , 6 to 16 yrs. old, from a single family. Info: 933-8035

*CENTRE YORK CENTRE is looking for volunteers to assist with Supervised Visits. If interested, please call Anne Cadieux at 933-1253.

DEADLINE: Wednesday at 3:00 pm

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

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

Enjoying The Cultural Diversity of Food in Canada

by Andrea Corwin, EOHU

What is Canadian cuisine? Regional or provincial cuisines reflect particular products - such as B.C.'s salmon, P.E.I.'s potatoes and Quebec's maple syrup - as well as influences from Canada's multi-ethnic diversity. In addition to British and French staples, such as fish and chips, meat pie and cream sauces, we have as part of our diet accepted foods from other cultures. These are: pizza and spaghetti (Italian), perogies (Polish), squash and corn (Native) and tortillas (Mexican).

Ethnic food is enjoying a growing popularity: witness the greater choices of ethnic ingredients and prepared items in supermarkets. When eating out, Canadians' favourite choices are: Chinese, Italian, Mexican, Greek, German, Eastern Europe, Japanese and Middle-Eastern. Here's a guide to help celebrate the health and pleasure of three ethnic cuisines - whether eating out or cooking at home.

Italian

* Basic low fat staples: pasta, seafood, vegetables.

* Choose more often: pasta with red sauce (marinara); minestrone and fish soups; crusty Italian bread; lightly dressed salads; raviolis; tortellinis; mediterranean pizza; chicken cacciatore; fresh fruit and Italian ice.

* Go easy on: Fettuccini Alfredo and carbonara; garlic bread with butter; heavy cheese pizza; baked pastas and cheesy eggplant or veal parmigiana.

* At home: enjoy homemade or bottled red sauce jazzed with a little olive oil, garlic, veggies, lentils, lean meats, chicken or fish.

Chinese

* Basic low fat staples: rice and noodles.

* Choose more often: clear soups, stir frys and steamed rice.

* Go easy on: crispy coatings - egg rolls, fried won ton, chicken balls and deep fried meats and fish; sweet and sour sauces, ribs with sticky sauces and dishes with lots of peanuts or cashews.

* At home: try rice vinegar; fresh ginger and garlic instead of too much soy sauce and Monosodium Glutamate (MSG). Use only a small amount of vegetable oil in stir frys.

Mexican

* Basic low fat staples: beans and corn.

* Choose more often: plain tortillas; boiled black beans and rice.

* Go easy on: chimi-changas, tacos, chili rellenos, guacamole, poblano aioli, refried beans and tortilla chips and nachos.

* At home: try fat-free tortilla's crisped in the oven, fat-free refried beans, chili with lean ground beef or vegetarian style, home-made fajitas, grilled meats and baked tortilla chips with salsas.

And remember, ethnic light ... savour flavours without (all) the fat. If you would like more information contact your local health unit.

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SINGLES' DINNER & DANCE
Join Us For Dinner & Stay To Dance The Night Away!
Porto Bello
DINNER 6:30 - 7:30. Includes cover charge for dance. Dance: Doors open 8:30 pm - Dance 9 pm - 1 am. $6 cover charge. Appropriate attire required. NO denim or jogging suits. Must be 25 years old or over.
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WOODS MANUFACTURING COMPANY (OTTAWA) LTD.
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Brass Band
Saturday, March 25th – 8pm
Aultsville Hall, St. Lawrence College, Cornwall
Tickets $15 – on sale at
Melody Music Centre, 104 Pitt St., Cornwall
Davies The Family Butcher, East End Promenade, Morrisburg
SPECIAL GUESTS
Glengarry Pipe Band
Cheryl McHugh–Soloist– (flute & picolo)
Magic Jim



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SEAWAY NEWS
ENTERTAINMENT

THE HUB Restaurant & Pub
MAIN ST. & MILL SQ. ALEXANDRIA
525-4131

Congrats and Good Luck to the new owners/operators of *PIP'S RESTAURANT* at 1503 Pitt Street. They are open 7-days a week between 6:00am-3:00pm and feature early morning specials including a $2.99 Breakfast.*PIP's* also have daily luncheon specials. Good Luck to new owner Denis St. Jean & his crew. Hip-Pip-Hooray '

Coming to *AULTSVILLE HALL*, St. Lawrence College, on March 25th is a concert featuring the Woods Brass Band, Glengarry Pipe Band, Cheryl McHugh-soloist (flute & picolo) and Magic Jim. The concert is at 8:00pm on Saturday.

While we are sending out congratulations let's include our *CORNWALL COLTS* for winning the regular season CJHL championship.Well done team, and that includes everyone behind the scenes too, for an excellent season. Now the real excitement has begun with the first round of playoffs against Brockville. As we type, the Colts have a 2-0 lead in that series. Watch for the next home game at the Si Miller Arena and catch the action.

There is a big dance on March 25th in Salons A,B,& C at the Civic Complex featuring The *THUNDERBIRD DANCE BAND*. It's a planned Dinner & Dance affair and your ticket includes a delicious buffet. Proceeds to help raise funds for the upgrade & repair of the Brownie & Girl Guide District Summer



Entertainment - Special Events & Restaurant Review - By Bill Gallant

Camp. They strum, beat, thump, sing and pick 'n grin through 4-hours of music & fun every Saturday afternoon between 3pm-7pm. They are the "Fab Four" with Brian, Gaston, Enno & Doug and you can enjoy their music at the *ANAF CLUB* on Marlborough Street.

I fired an arrow in the air....where it landed I know not where! But, if you are a member of the *MEN'S CITY DART LEAGUE* you can bet it landed somewhere within the wires. The members will be having an annual awards night on April 29th. The night will include a dance at the Cornwall & District Navy Club on Sixth Street.

Pardon me if this next item sounds like a broken record but I have to try at least one more time. Do you think we could shake up anyone around City Council table and answer a question that concerns many of us: *WHEN IS THE CITY GOING TO INITIATE SOME SORT OF CELEBRATION OF CORNWALL'S 50TH BIRTHDAY?* After all it is 1995, and it is March. Is it just my observation folks, or does anyone else out there agree that we should begin acknowledging and honouring some of our deserving citizens who "created" this city in 1945 and shared in its growth the past 50 years. Surely one council member can show some initiative and start the promotional wheels in motion. Even a banner across Pitt & Second Streets or City Hall would be a nice beginning. If a committee has been formed please tell us about it.

THE PORT THEATRE on Montreal Road is showing *CANDYMAN-2* this week at 7pm & 9pm. The weekend matinee for Saturday & Sunday is *JURASSIC PARK* at 1:30pm.

This week's featured band at *LA MAISON* on Montreal Road will be *SAM HILL* with dancing from 9pm to closing on Thursday through Sunday.

They have completed the renovations at *CHAMPIONS ROADHOUSE* on Main Street in Alexandria. Also new are the many additions to the menu and some great entertainment coming up.

The *ELVIS* impersonator will be on stage on March 31st and *BOWSER & BLUE* is due in on April 1st.

Until next week G'Day and G'Night.

Wing Nights
Monday and Thursday
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NEXT HOME GAME
CORNWALL vs
ST. JOHN'S MAPLE LEAFS
Wednesday March 22 - 7:30 pm

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CALL BILL DOHERTY FOR DETAILS
SEAWAY NEWS

Last Week:

- Ald. Susan Carter makes recommendation that residents shovel city walks in bid to save city dollars.
- 31 employees of Canadian Holidays to be laid off April 30th.
- City council considering privatization of Big Ben ski hill.
- Michel Bourdeau awarded the prestigious Sister Cobey Award.
- 88 candidates make the grade after writing exams for city cop openings.
- Small attendance at bingo games results in 1994 deficit for Big Brothers & Big Sisters.
- $427,000. lawsuit filed by ex-editor of Akwesasne paper.
- Big Brothers and Big Sisters appoint Paul Lemieux as president for 1995.
- Participants at WCB hearings unanimous on need for reform.
- Mohawk family want inquiry into death of son killed 5 yrs. ago.
- Property tax increase in Maxville could be detrimental to majority of retired community.
- TCTI to be commercialized with ANS and become non-profit corporation.
- Cornwall Police Assoc. sponsor circus and raise $5,000. for spring Olympics.
- Health care workers banned from giving rides to seniors while on duty.
- Dr. Alan Davis appointed chief of staff at Cornwall General Hospital.
- Cornwall Police Services Board to request budget increase of $300,000.
- St. Lawrence River Institute lose $25,000. funding due to budget cuts.
- Council approves no tax increase for SD&G.
- City to study feasibility of establishing an economic development corp.
- Commissioner appeals ruling on police officer charged with wrongdoing in sexual abuse case.

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