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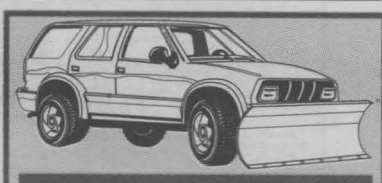
Birthdays Around The World



The seventh Cornwall Brownies and Sparks gathered at St. Peter's School on Tuesday, February 4th, 2003 to learn how some countries celebrate birthdays around the world. The children were shown uniforms from different countries, taught the Guiding promise from each country, sampled food from each country, and were instructed on how the children in Egypt, Germany, Korea, and Nigeria celebrate their birthdays. The 35 children who participated also had fun playing various games and crafts.

In the photo, Brownies and Sparks show off the various foods. From the left: Morgan Sylvester (age eight) holds couscous from Egypt, Marissa Forrester (age five) holds Nigerian treat, Paige Lapensee (age eight) shows a Korean pancake, and Sara Wood (age six) displays pumpernickel bread from Germany. *Photo by Chris McPhee*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LOCAL

Class Assignment Has Spin-Offs For St. George's Student



David Bagwell (left) of Ingleside stretches to point out his art work, "Raven Shadow" (top right), on display at the Cornwall Regional Art Gallery's Annual Juried Exhibit. "The Dragon" (bottom left) created by Katrina Renaud, was awarded an "Honourable Mention" in this year's showcase of artistic talent.

Photo submitted by D. Bagwell

A 10-year-old student at St. George's Catholic School in Long Sault has turned a class art assignment into a business opportunity. The drawing David Bagwell created for a Father's Day card was selected for display in the Cornwall Regional Art Gallery's Annual Juried Exhibition, and copies of the greeting card are now for sale in the Gallery's gift shop.

Last spring, teacher Aline Vachon instructed her class to design silhouettes using marker and chalk and make them into cards for Father's Day. Bagwell, who moved to Ingleside from northern Saskatchewan just over a year ago, chose to draw a bird on a tree, which he calls "Raven Shadow."

"First I drew the outline in pencil. Then I went over it with black marker," he says. To create the background, he used scissors to make shavings with brown, orange and purple chalk and "smudged it all over with a brown paper towel."

The Father's Day card was not only a hit with his Dad, but his Mom liked it so much, she suggested they scan it and make cards on their computer to send to family and friends for various occasions. These, too, generated a positive response, so Bagwell wanted to see what the judges at the art show would think of his work.

Not only was it selected for the exhibit, but when gallery director Sylvie Lizotte offered to sell his cards in the gift shop, this led to a whole new learning experience.

"I had to figure out the cost of the paper, and the ink, and what would be a reasonable price," says the young artist.

Although there is no specific category for children's art in the juried show, Lizotte said the entries this year warranted special recognition. The judges awarded an Honourable Mention and a monetary prize to Katrina Renaud for her crayon and wax piece, "The Dragon." Renaud is also 10 years old. She attends Eamer's Corners Public School.

The exhibit at 168 Pitt Street runs until Friday, February 28th, 2003. Gallery hours are Tuesday to Saturday, 10 a.m. to 5 p.m.

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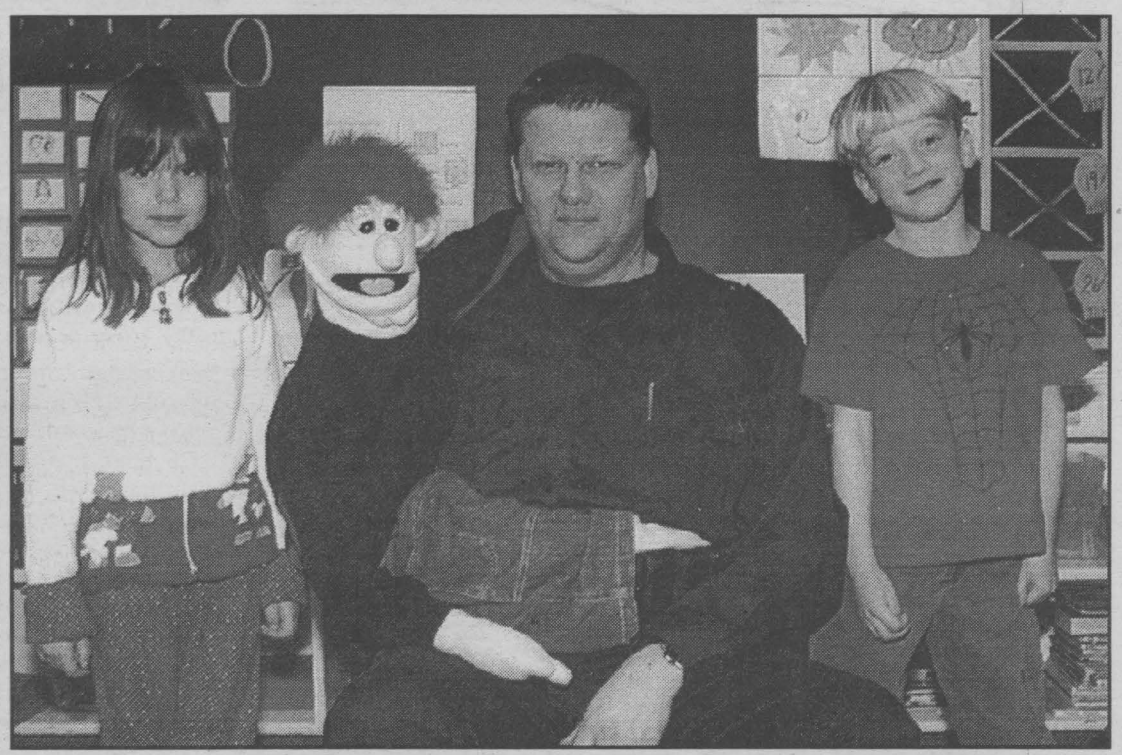
Mayor Proclaims Kinsmen/Kinette Week



Mayor Brian Sylvester signed a proclamation declaring Saturday to Friday, February 15th to 21st, 2003 Kinsmen/Kinette Week. The year 2003 celebrates 70 years for the Kinsmen Club of Cornwall and 61 years for the Kinettes. Also in the photo are: Kinsmen President Rick Shaver and Kinette President Cheryl McIntosh.

Photo by Chris McPhee

Bullying Is No Joke



Gary Leger from Cornwall Community Police Services visited St. Theresa School to talk and show a short video to students about bullying. Pictured here left to right are kindergarden student Brigitte Bourdon, "Bibo" the puppet, police officer Gary Leger and Jordan Plumadore, also in kindergarden.

Story & photo by Tracy Pare

Historical Society Heritage Day

Monday, February 17th, 2003, is "Heritage Day," and the Lost Villages Historical Society will hold its annual dinner meeting to celebrate the occasion.

President Jim Brownell and members of the Society invite members and friends to celebrate the rich history and heritage of Stormont, Dundas and Glengarry at this annual event, to be held at St. Matthews Presbyterian Church, Ingleside, Ontario on Monday, February 17th, 2003 with a social time beginning at 6 p.m. Dinner will be served at 6:30 p.m., and this will be followed by a presentation from Mr. Jim Bancroft, Mayor, Township of South Stormont.

Mayor Bancroft's presentation will focus on the historical society and museum's importance to the community, a reflection on the 25 years for the Society, and 10 years for the museum at Ault Park, South Stormont. A brief business meeting will conclude the "Heritage Day" celebration.

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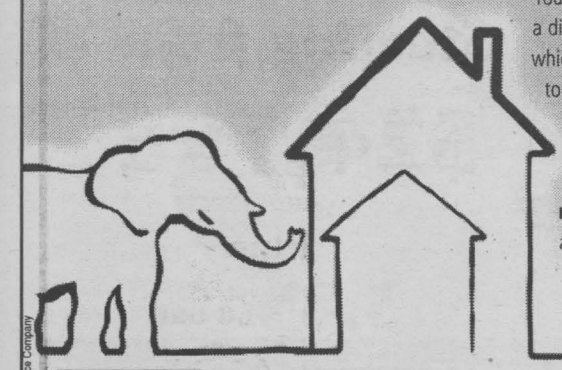

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Something Really Great From Anola, Manitoba

It's hard to know where to start this one. Oh well, I'll start with some of the things Al Simmons started with (arranged in a seemingly random order along three lunch room tables): several plastic shopping bags; a Juno Award; a music box without a box; two empty tin cans connected to a piece of string that's longer than a school stage is wide; a balloon; a harmonica; what was once a garden hose cut into about 10 different lengths then plugged with corks and duct-taped together; a turkey baster filled with water; a large repertoire of puns; several allusions to scientific principles; a musical instrument made up of a collage of components of virtually every type of brass instrument; two full lengths of PVC pipe; a construction helmet; an aluminum cooking pot; a broken bicycle pump; and a wide variety of clothing that was probably culled from a Salvation Army collection bin. I've missed more than several items, but that list is sufficient to get this column started.

Ah yes! Then fill an elementary school gymnasium (in this case, St. Andrews, located in St. Andrews West) with a couple hundred excited children. Within a few minutes, Simmons had them, all of them, and their teachers, and some visiting parents, figuratively eating out of his hands. What a master of crowd control!

For more than an hour, this amazing instrumentalist, illusionist, singer, orator, teacher and animator enthralled, captivated and entertained everyone in the audience. What a hoot!

If you get the impression I enjoyed this guy, you're right! Not all great entertainers come from Hollywood (and a lot of really pathetic ones do, too!) Al Simmons and his wife Barbara (nee Freundl) live in Anola, Manitoba when they're not on the road. That's 'Anola,' not Canola. Canola, formerly known as 'rape-seed,' is found in your margarine and cooking oil. However, Anola is found snuggled between Manitoba Hwy. 15 (Dugald Road) and the CN line, about 20 kilometres downwind of Portage and Main.

Places on Al's performing road have included Winnipeg (where he gave his first performance at age five with a harmonica on a table in his parents' back yard), birthday parties and department stores, Iqaluit, Hong Kong, Chicago, New York, St. Louis, Oklahoma City, Yellowknife, Philadelphia, Los Angeles, with a brief side trip in 1996 to pick up his Juno Award, then onto a wide variety of adult and children's audiences, including his most recent performance in St. Andrews West. To date, Simmons has not performed in Lougenbourgh or Perdough.



In my opinion, this guy is the most entertaining one-man show I have ever had the privilege to witness live. He deserves to be ranked as an equal with other performers such as Danny Kaye, Spike Jones, Jimmy Durante and Victor Borge.

What makes a son of Scottish and Romanian parents, a former wheel-abrader operator at Dominion Bridge and then a clerk at Manitoba Hydro, become a first-class entertainer? In his biography it states that he had "parents who nourished his creativity with their own love of storytelling, music and old-fashioned fun. Al's father, an eccentric collector of odds and sods, encouraged a young Al to explore and develop his own fascination for gadgetry and performing. His extended family was also made up of punsters, pranksters and eccentrics."

Perhaps the wide variety of pets he and his family influenced him, too. Simmons has lived with the following pets: chickens; rabbits; skunks; a dog named 'Bullet;' and two hamsters. The Simmons current pets are "a three-legged dog and a black cat that can wiggle its left or right ear on command."

Please do not let your school-age children read the following. Not only is this guy an entertainer, he is also a marvellous teacher. In his many asides and fits of puns, he illustrates and subtly explains many practical scientific principles. To encourage teachers to have some follow-up fun activities with their students, Simmons leaves behind a 20-page handout, written by himself, illustrated by Shannon D. Schultz.

I'm going to try to catch up with one of Simmons' future shows. According to his website, www.alsimmons.com, he's scheduled to appear in Vancouver with their Symphony Orchestra, then onto the states of Washington and Georgia, then the Tall Ships Festival in Chicago in August. If you find any airline tickets to those places just lying on the ground somewhere, please give me a call ASAP!

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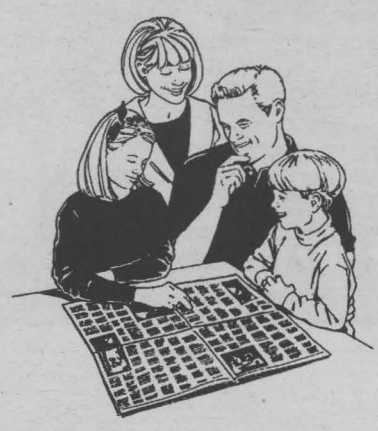

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Stephen Harper Visits Cornwall



Stephen Harper, Opposition Leader in the House of Commons and head of the Canadian Alliance Party, spoke in Cornwall Monday night, February 10th, 2003 to a full house of 250 people at the Ramada Inn. Harper told supporters the Alliance is the only viable opposition to the governing Liberals, and promised a more responsible government, less taxes, an end to the federal gun registry coupled with more support for police services, and more financial support for the Canadian Armed Forces. Guests included Cheryl Gallant, the Member of Parliament from Pembroke who is one of two Alliance MPs from Ontario, and Todd Lalonde who will be the Ontario PC candidate in Stormont-Dundas in the next provincial election.

Photos submitted by G. Shaver

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OFSC District One Sno-Ride 2003



Snowmobilers from District One of the Ontario Federation of Snowmobiles Clubs converged in Morrisburg recently for a 200 plus km ride. The four local clubs played host for the more than 80 riders that rode the groomed trails of Riverside Snowmobile Club, Seaway Valley Snowmobile Association, Glengarry Snowmobile Club and Nation Valley Snowmobile Association. The district ride was to promote camaraderie among the 33 clubs in the district with club members coming from as far away as Brockville and Ottawa. Special guests that attended were the President of the OFSC, Mr. Dennis Burns and the OFSC Sled Smart Team which was here promoting snowmobile safety. The McIntosh Country Inn as the host hotel provided the accommodations and the supper for the riders.

Pictured above from left to right are: John Boals, District One Manager; Lindsay Grenville, Sled Smart; Christine Herbert, Operations Director for District One; Caleigh Timmons, Sled Smart; Bruce Robinson, District One Governor; and Dennis Burns, President of the OFSC.

Photo submitted by J. Boals

Cornwall And Area's First Annual Bridal Fair

Three local business women, Carol Grant, Jocelyne Tremblay and Lisa Virtue, are responsible for the organization of Cornwall and area's first Annual Bridal Fair, a non-profit, community-oriented event. The Fair, being held on Sunday, March 9th, 2003 from 6 p.m. to 10 p.m. at the Ramada Inn in Cornwall will feature several of Cornwall and area's finest companies, gathered together under one roof which will allow future brides and grooms as well as their guests the opportunity to ask potential wedding vendors questions and learn more about their products or services.

Say the women, "Cornwall needs another Bridal Show. Many local brides as well as vendors have expressed an interest in the past about being involved in a community Bridal Fair but have never been given the chance to. This Bridal Fair is geared towards them and the brides who would like to comparison shop before their wedding."

More than $10,000 in door prizes, gift certificates and discounts will be drawn throughout the evening and refreshments will also be available as well as a cash bar. A fashion show is also one of the evening's main attractions. If you're a bride-to-be or know someone who is, please plan to attend this not-to-be-missed Bridal Fair. For more information, call Carol at (613) 528-1811 or toll-free at 1-866-528-1812.

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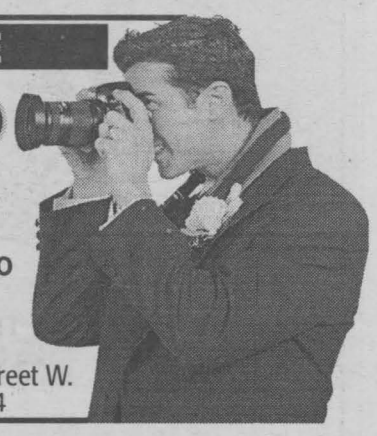

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SEAWAY NEWS 329 Second Street W. 933-0014

Kids Learn Winter Survival At Cooper Marsh

Surviving the harsh Canadian winter. That's what area young people will learn at the St. Lawrence River Institute of Environmental Sciences exciting Cooper Marsh Winter Fun Week. The camp, open to kids from ages six to 11 will be held during March break (March 10th to 14th, 2003).

"The kids will get fascinating insight into how plants and animals survive the extreme cold of our winters," reports River Institute biologist, Bruce Doran. "They will spend half of each day in the outdoors where they will learn how plants and cold-blooded animals survive the winter and to identify animals by their tracks. They will also be taught important winter survival tips. Not only that, each day will include indoor activities with crafts, mini-experiments and games."

"This year's winter camp will be a special one," continues Doran. "Because of popular demand, we're making the camp bilingual and so all activities will be done in both French and English. It will allow the children to participate and to improve their vocabulary, particularly in terms of the outdoors."

Other activities during the camp include snowshoeing and a variety of outdoor games. "It's a great way for kids to spend their March break," says Doran. "The recent extreme cold has kept many children indoors. The camp will get them out in the fresh air and they will learn important lessons about wildlife and personal survival."

For more information about the winter camp and to register, please contact the St. Lawrence River Institute of Environmental Sciences at (613) 936-6620. You can also get more information by visiting the River Institute website at www.riverinstitute.com.



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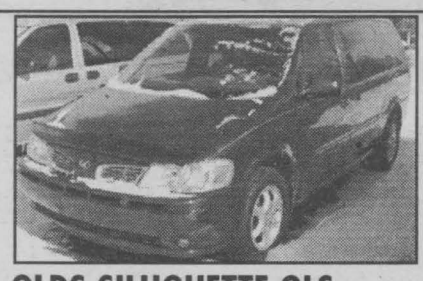

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Galaxy Brings In French Cinema

Galaxy Cinema held a gala premiere for its first French film in Cornwall on Wednesday, February 5th, 2003. Séraphin: un homme et son péché topped more than $7 million in box office totals since its debut in November. The story originated from a novel written by Claude Henri Grignon in 1933 and has since been a radio soap and a television series.

"We have been trying to bring French films to the Cornwall area since we opened," stated Galaxy Cornwall Manager, Tim Charron. "We know there is a demand here and we at Galaxy want to be a part of the community. The film will be here for the week and we have arranged special screenings for local schools and groups. This has been a very successful test."



Cornwall's French community gathered for the Galaxy premiere of Séraphin: un homme et son péché. The movie has been a great success in Québec. In the photo are: (left to right) Tim Charron, Galaxy Cornwall Manager; Anna Klimalanka-Leroux, Directrice Relations de Presse from Group Popcorn, an advertising firm from Québec; and Ken Prue, Marketing and Communications for Galaxy Entertainment.

Photo by Chris McPhee

Pierre Lebeau, Karine Vanasse, and Roy Dupuis starring in Séraphin: un homme et son péché who have all been nominated for a Jutra, which is the French Canadian equivalent of the Oscars, were present after the movie premiered at Galaxy to sign autographs. The film was directed by Charles Binamé and produced by Cité-amerique and Alliance Atlantis Vivafilm.

Police Board Monthly Meeting



The Cornwall Police Board holds an open session the first Tuesday of every month to discuss the many issues under their supervision like taxi licenses, statistics, and complaints. The board consists of: seated (left to right) Sheila Duncan, Mayor Brian Sylvester, Cornwall Community Police Chief Tony Repa, and Joe Gunn. Standing are: Andre Marchand, Brian Lynch, Danny Aikman, and Councillor Andre Rivette.

Photo by Chris McPhee

Bowl For Millions Raises $66,585

Cornwall Police Chief Tony Repa, chairperson of the Big Brothers/Big Sisters Bowl for Millions has announced that this year's Bowl for Millions raised a total of $66,585 in pledges.

The amount raised in Cornwall at Olympia Bowl, Nativity Lanes, and the Bowling Palace of Cornwall on Saturday, February 1st, 2003 was $53,051.

The Counties Challenge Cup at Chesterville Bowling Lanes on Sunday, February 9th, 2003 raised $9,247 in pledges and the Glengarry Challenge Cup at Alexandria Lanes on Sunday, February 9th, 2003 raised another $4,287 in pledges.

Chief Repa thanked Cornwall and SD&G residents for their continued support of the local Big Brothers/Big Sisters agency and, in particular, the bowlers and their sponsors, Honourary chairperson Tom Wallace, the committee members, the 40 volunteer workers, the bowling lanes, the local businesses and organizations who provided prizes and advertising, and the local media.

This year's Bowl for Millions attracted 230 teams made up of 1,203 bowlers. The top team overall in the Challenge Cup at the Bowling Palace of Cornwall was the Optimist Club of Cornwall. The top team overall in the Challenge Cup at Olympia Bowl was the SD&G Cornwall Shrine Club. The top team overall in the Challenge Cup at Nativity Lanes was the Cornwall Community Police Service - Blue Thunder and Lightning. The winning team in the Glengarry Challenge Cup at Alexandria Lanes was Archie Cousineau and family. The winning team in the Counties Challenge Cup at Chesterville Bowling Lanes was Betty Wheeler and friends.

The winners in the various divisions were as follows: service clubs - Knights of Columbus Council 755; celebrity - SD&G Cornwall Shrine Club; school staff - Williamstown Public School; professionals - Exit Realty Seaway; restaurants - Fifth Wheel Restaurant; financial - Howard Smith Credit Union; media - Standard-Freeholder - The Newshounds; social services - Big Brothers and Big Sisters #1; industrial - Laframboise Group; small businesses - Barbara's Flower Boutique; students - École Secondaire La Citadelle; health care - Heritage Manor; stores - Farm Boy; 10 pin - Optimist Club of Cornwall.

The Bowl for Millions committee also wishes to acknowledge the participation of StarTek, which entered 19 teams in this year's Bowl for Millions.

The bowler who raised the most money was Hermann Rogalsky, who brought in $2,862.

Bowlers who did not hand in their money at the bowling lanes to do so at the Big Brothers/Big Sisters office at 101 Third Street West, Cornwall by Tuesday, March 4th, 2003 in order to qualify for the various prizes.

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Helping Those In Need Of Comfort

Furry little animals rained down onto the ice of the Si Miller Arena on Thursday, February 6th, 2003 during the Cornwall Colts game in support of the non-profit organization called "Joshua's Bear Hugs." Colts fans purchased teddy bears and between periods donated these bears to "Joshua's Bear Hugs" by throwing them onto the ice.

"We want to thank everyone who donated a teddy bear to Joshua's Bear Hug," stated organization founder Brenda Jean-Louis. "The 300 collected bears will be put into packages, along with a throw blanket, and be given to children or families who, due to a crisis situation, could use a little spirit lift by receiving one of these Teddy Bear Packages."

The idea and name of the organization came from the untimely death of Brenda's nephew, Joshua Clement, who tragically died in a car accident on October 8th, 2001, Thanksgiving Day, at the young age of 16. At the scene of Joshua's accident, there was evidence that someone, a good Samaritan, had taken the time to try to comfort Joshua with a number of baby blankets.

"The thought that someone was there to give Joshua comfort, gave birth to the idea of making sure that no one in a time of need should feel alone," added Brenda Jean-Louis. "We at Joshua's Bear Hugs have dedicated ourselves to seeing that a person in need of the feeling of comfort are not left without in their time of need. Initially, our packages were provided by the generosity of family members. We hope that enough support can be raised through the generosity of our community and those who feel or understand the effect this gift can have on those who are in need."

The Teddy Bear Throw during the Cornwall Colts game was just one way Joshua's Bear Hugs are trying to raise funds. There are plans for future fundraising yard sales through the summer and jars have been placed throughout the city for support.

"We would like to not only thank those Colts fans who supported us, but our sponsors like Domtar, Cornwall BBQ, Maynard's Independent Grocers, CUPE Local 3451, Al and Brenda Wagar and the Cornwall Colts," continued Brenda Jean-Louis. "Without everyone's support we wouldn't be able to help so many people in distress."

People who are faced with a serious crisis, a parent who loses a child, a child who has been diagnosed with a life threatening illness or who has suffered some form of trauma can receive a package from Joshua's Bear Hugs by calling the Sap Bucket at 932-9590 or Brenda at 938-8905 for more information.



Board members of Joshua's Bear Hugs gathered at sponsor "The Sap Bucket" to organize the various bears for the first annual Teddy Bear Throw during a Cornwall Colts Game. From the left are: Deborah Leclair, Second Vice-chair of Joshua's Bear Hugs; Jay Lalonde, President and Owner of The Sap Bucket at 353 Montreal Road; Brenda Jean-Louis, Founder and Chair; and Pat Denneny, First Vice-chair.

Photo by Chris McPhee

Counties Support Business Enterprise Centre

The SD&G Community Future Development Corporation (CFDC) has once again demonstrated its support of the Cornwall Business Enterprise Centre (CBEC). As it did last year, the CFDC has approved $2,000 in support of the CBEC and its entrepreneurial activities. The funding will be used specifically to support two of its endeavours.

Business Plan Competition: each year, the Cornwall Business Enterprise Centre holds a competition for local high school students. One thousand dollars of the funding provided by the CFDC will be used as prizes in the competition.

Outreach Consultations: the CBEC provides business consultations to prospective and existing entrepreneurs throughout Stormont, Dundas and Glengarry Counties.

The SD&G Community Future Development Corporation provides economic development, professional services, and debt and equity investments throughout the area and is located at 26 Pitt Street in Cornwall.

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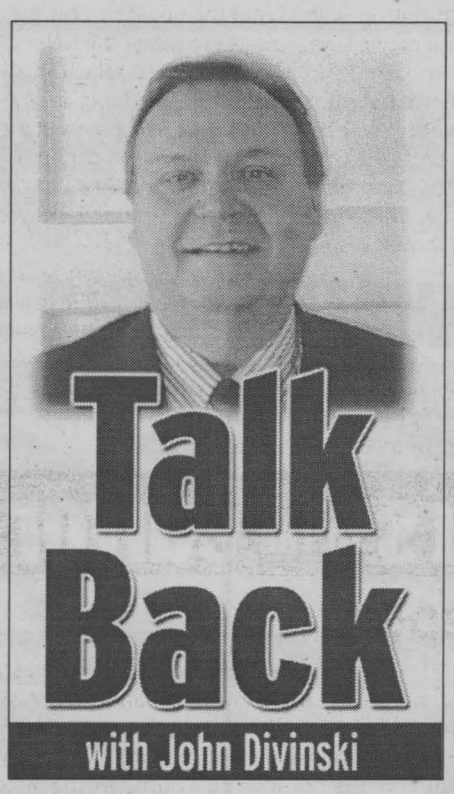
Cornwall's 2003 Budget



Cornwall's 2003 budget is in the books and taxpayers are looking at an increase of only 2.5 percent or $150 more on a house assessed at $100,000 when you factor in an assessment increase as well.

Whoop-dee-doo!

You know what bothers me? To the best of my knowledge, not one Councillor–not one–went into this year's sessions with a mind-set other than, "We'll have an increase." Perhaps it was inevitable, but if the mind-set is focused on an increase, you can bet your bippy that there will be an increase. By the way, don't buy into the fact that although there is an increase, your house is worth more because assessments are going up. That's just a smoke screen. An assessment going up pretty well guarantees you're going to pay more of the tax bill so your increase is above 2.5 percent which it will be even without an assessment hike and I'll explain that in a minute. Assessment is just what some bureaucrat thinks your house is worth. They call it fair market value. Ask any real estate agent about the house's assessed value and they will be quick to point out that your house is worth what the market will bear. Fortunately, right now, you should be able to get more than assessed value but that could change at a moment's notice.

If you followed the budget sessions at all, you know the really tough decisions were not made. Whenever a suggestion was made to cut back a service or two, there was some talk about it, but at the end of the day those tough decisions were left for another Council, another time. The fact is that we are on the cusp of cutting back that which we have enjoyed from City services. In our own lives, many of us have already cut back and eliminated some things that we have done or enjoyed for years. We have no choice. Money is tight and we had to make the tough decisions. Such is not the case in this year's budget and so we end up with a substantial increase.

It's not over. This increase represents the City's portion of your tax bill. You still have the education levy to endure and there could very well be an additional increase there. So, the $150 increase on a house assessed at $100,000 is the City's cut. How much will the education's cut be?

Now, if I ask you to tell me about four hot budgets, say the Public Library, where there was some controversy this year; the Fire Department; Public Works; and the Police Department, can you tell me what they asked for, what they got and how it compares to last year?

Chances are, you can't. Not everyone understands or has the opportunity to study all the budget sessions so I suggest City administration come up with a template graph that can be filled in as the budget sessions go along, or at the very least publish one at the end of the process. I don't know about the guys down the street, but I do know the Seaway News would publish the graph.

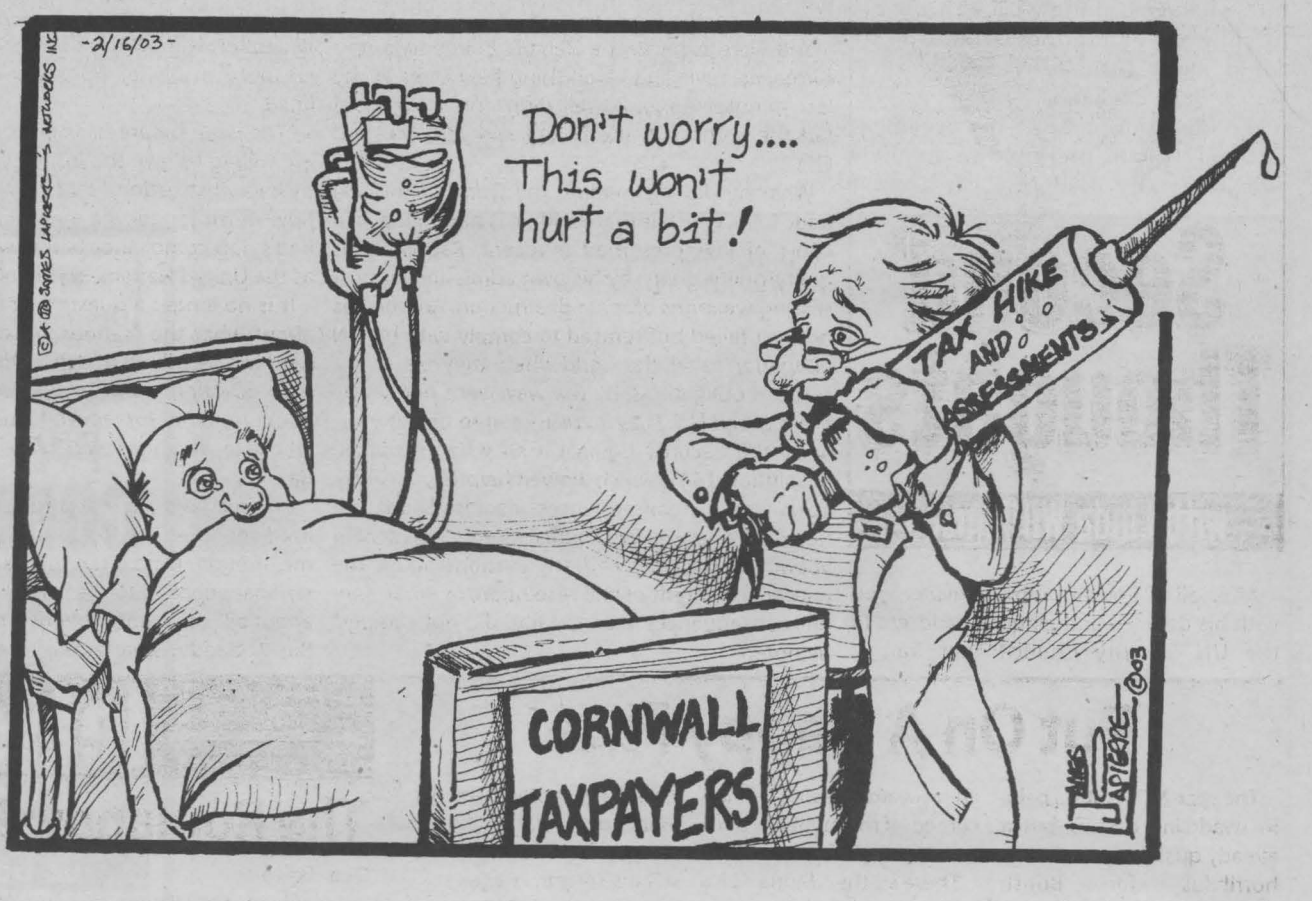
The graph would list the departments dealt within the budget; the amount of money they asked for; the amount they got; the difference in percentages and a space for additional comments. Other columns could be added but the four or five I've mentioned would give the taxpayer a capsulated overview of who asked for what and how the City dealt with it. I know some people would clip and save these graphs for future reference and might entice more people to become interested in what is happening with their dollars. I see the graph being so simple that it could be updated and published after each budget session, but if that's too much then at least one document at the end of the process. Then, if someone asked about the library budget story, one could refer to the graph and have a thumbnail overview of the issue.

Budgets are one of the most important things a public body can do on a yearly basis and unfortunately, for the masses, it's just too confusing. This, I believe, would help or at least be a start to getting more people involved.

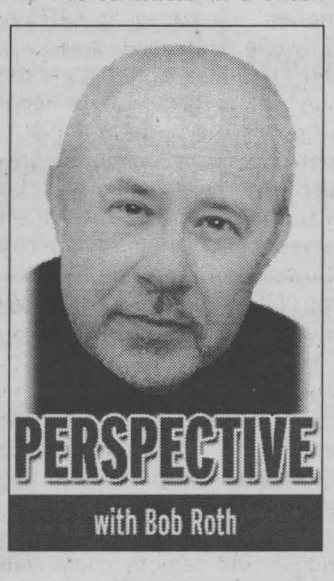
It wouldn't eliminate the increase but it might get more people questioning the cuts, and maybe down the road those elusive really tough decisions would be made.

Finally, on a personal note, hats off to everyone, including the Seaway News, who participated in last Saturday's Children's Treatment Centre dinner and auction. I had the honour of being the master of ceremonies for the event and it was a joy to see $34,000 raised in one night. Happy Valentine's Day to all.

I'm John Divinski.



Soft Sentence For Canadian Terrorist Unforgivable



Is Canada a safe haven for terrorists?

The debate will be legitimately opened up again following the outrageously light sentence given to Inderjit Singh Reyat by the Canadian justice system this week.

Singh, who helped build the bomb that killed 329 people on an Air-India jet in 1985, smiled as he was sentenced in a British Columbia courtroom to only five years for his part in the terrorist act - the worst mass murder in Canadian history.

Reyat had originally been charged with first-degree murder for his role in building the bomb, but the prosecution allowed him to plead guilty to the much lesser charge of one count of manslaughter and take the five-year sentence.

Many people, including families of victims of the fatal flight, are outraged.

Oh, and did I tell you that Reyat was still in custody after having served a 10-year manslaughter sentence for helping to build another bomb that went off only hours before the Air-India blast, killing two baggage handlers in Tokyo.

Reyat who is described in court documents as a "faithful and religious husband" fought extradition from England to Canada, proclaimed his innocence in the first trial, unsuccessfully appealed the conviction and even had the gall to launch a personal injury lawsuit against the British Columbia government for a whiplash injury he allegedly suffered when the car taking him to court was involved in an accident in the underground parking lot of the Vancouver courthouse.

And, by the way, his wife was recently convicted of welfare fraud.

Now ask me - do these people know how to use the system?

Reyat acknowledged working on construction of both bombs, but the Crown bought into his argument that he had no idea they would be used to kill anyone.

That's right folks! That was the argument! (However, to the best of my knowledge, neither the Crown nor defence provided a detailed list of socially useful purposes for placing bombs in the hands of known terrorists. No doubt we can now come up with a Canada Council grant for some academic to research the question.)

In fact, Reyat - a marine electrician from Duncan, BC - argued that he built the bombs thinking they would be sent to India and only be used "to blow up property such as a car, a bridge or something 'heavy'," court documents say. (Oh well, then. Ho-hum.)

All of this benevolent activity was done in the noble cause of creating an independent Sikh nation within India.

As one student of simple math pointed out, Reyat got less than a week for each person killed on the Air-India flight.

The first and obvious abomination is the Crown's acceptance of the implicit notion that we should treat terrorists the way we treat publishers of dirty books. We have "soft" porn and "hard" porn - so why not "soft" terrorism and "hard" terrorism.

Nobody can build a bomb designed to blow up something during a terrorist act without knowing that someone will be - or could be - seriously injured or killed. This whole gee-whiz-I-didn't-know-the-bomb-might-hurt-someone is an insult to both our intelligence and our sense of justice.

This has been a shameful day for Canada.

Oh, yes, there's more. Where are we going to send this bomb-building terrorist? To a "Club Fed" resort, of course.

Reyat will serve his sentence at a minimum-security facility, most likely the shrub-line Ferndale Institution where he can have his own room in a duplex-style home with access to telephones, cable TV and a patio with gas barbecue.

When he's not grilling burgers, Reyat can wile away the hours putting away on the golf course or shooting some eight-ball at the billiard tables.

I'm not kidding folks.

That's just how overboard we've gone in the penitentiary system trying to balance the joint goals of punishment and "rehabilitation."

Is there anything more we can do to put out the welcome mat for people who want to come to this country and use it as a home base for terrorism?

Editor's Note: Letters To The Editor are always welcomed. Unfortunately, space is limited to print letters, therefore, please keep your letters to the point. Also, some issues and viewpoints change with time, therefore we will attempt to print all letters within 2 weeks. Letters dated after 14 days will not be printed.

Seaway News welcomes Letters To The Editor. Letters should be no longer than 200 words.

All letters are subject to editing and must bear the writer's name, address and phone number for verification.

The views expressed by columnists, guest editorialists and/or Letters To The Editor are not necessarily the views of this newspaper or its publisher.

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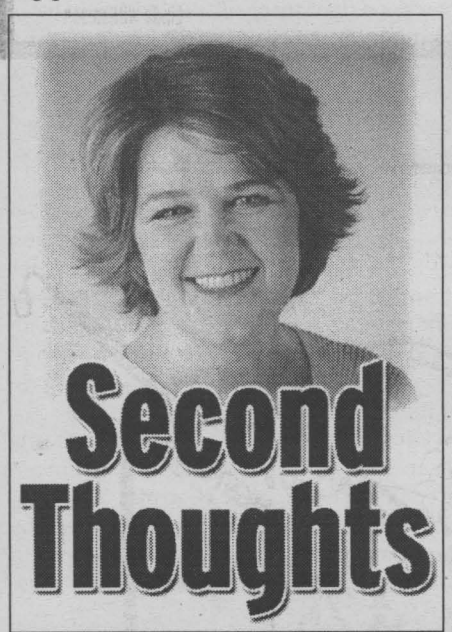
Smoked Out - Enough Already With Saddam's Lies And Deceptions



As U.S. Secretary of State Colin Powell put it Wednesday, February 5th, 2003, enough is enough. So could we please have a moratorium on the phrase "smoking gun"?

After all, if Powell didn't convince you with his detailed and eloquent address to the UN Security Council that Iraq is irrefutably in "material breach" of resolutions demanding it disarm, then you wouldn't recognize such a firearm if it was pointed right at you.

Which, in a manner of speaking, Saddam Hussein's dictatorship now is. At all of us. What are we going to do about it?

Powell himself admitted there would be no smo… er, you-know-what. Instead, he laid out a rich display of intelligence data, intercepted Iraqi military chatter and satellite photos, all adding up to a very persuasive case.

You were expecting a Hercule Poirot-style performance, revealing astonishing new clues at the last minute? Sorry. Powell didn't prove Saddam hid the anthrax in the library with Col. Mustard Gas.

What he did was remind the world of the real issue here, which is that Saddam is not on trial in a court of law, presumed innocent. Rather, he is guilty, guilty, guilty, by his own admission, of possessing weapons of mass destruction. And he has not just failed but refused to comply with his UN obligation to tell the world where they are.

Those obligations, by the way, were not set by the big, bad U.S. They were agreed to unanimously by the Security Council itself when it passed Resolution 1441, which, Powell helpfully recalled, vows "serious consequences" against Saddam if he doesn't disarm. "No council member present in voting on that day had any illusions about the nature and intent of the resolution, or what 'serious consequences' meant if Iraq did not comply," he noted.

Judging by some of the reaction to Powell's speech, however, some illusions are starting to surface now.

The most popular, of course, is that if UN weapons inspectors could only have more time to search Iraq, perhaps such "consequences" can still be averted. Staunchly anti-war France suggested the number of inspectors be tripled immediately. All very well, but nothing about this process so far - or in the past 12 years - suggests more time is going to do anything to thwart the pattern of deception and obstruction both Powell and chief weapons inspector Hans Blix have already outlined.

"The issue before us is not how much time we are willing to give the inspectors to be frustrated by Iraqi obstruction," said Powell, reasonably. "But how much longer are we willing to put up with Iraq's non-compliance before we, as a council, we, as the United Nations, say: 'Enough. Enough.'"

It is no longer a question of evidence now. It is about what the "serious consequences" will be, who will be willing to deliver them, and when. On that question, some supposed U.S. allies have been running for cover faster than the Iraqis whose taped voices were played by Powell yesterday.

I understand the deep reluctance among civilized countries ever to go to war. What astonishes me, though, is how fear of war has driven many rational people into the camp of the loony "it's all about oil" conspiracy theorists or the "it's all about Bush's daddy" smartasses. (The sort of folks who see U.S. President George Bush as morally equivalent to Saddam - and who don't have Nelson Mandela's excuse of being old and frail.) It's astonishing how some folks' anti-Americanism - I'm thinking of many Canadians here - has blinded them to the real threat against this world.

Forget, for a moment, America and all its warts. Put aside, if you insist, that little event from September, 2001 when a few planes crashed into buildings and a bunch of people died.

Iraq is indisputably a rogue, terror-sponsoring nation, with an armed and dangerous dictator, one of the worst human rights records in the world and which has repeatedly defied the UN. It must be dealt with.

Britain gets it. The U.S. gets it. And plenty of others - including Canada - are starting to get it. Now is not the time to wring our hands, saying we must await the will of the UN.

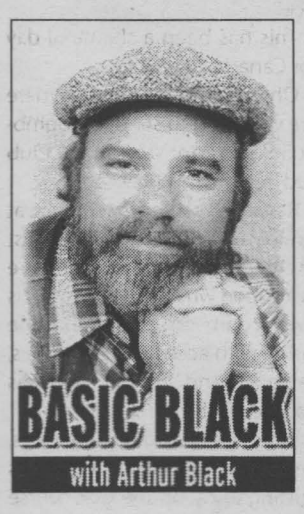
For heaven's sake, the UN - whose own warts make the U.S. look as unblemished as a baby's bottom - is not some distant, all-knowing body. We are the UN, and it depends on our input and leadership. If it, or at least the world's great democracies, won't enforce its resolutions, what's the point?

Yesterday's speech was not the ranting of a power-hungry leader driven by bloodlust or oil fever. It was an earnest call to those who support the noble causes on which the UN was founded.

"Why should any of us give Iraq the benefit of the doubt?" asked Powell. "I don't."

Me neither.

Put On A Happy Face



The year 2003 is still a babe in swaddling clothes, but it already qualifies as an annus horribilus for British Columbia's Premier, Gordon "One-for-the-road" Campbell. He's taken a lot of lumps for his high-octane bob and weave down that Maui highway - but one mistake he should be forgiven for is that goofy smile he wore in a couple of his police mugshots.

"I cannot bear it that our Premier had been arrested for drunk driving and he just stood there, laughing at the camera," sniped a Vancouver writer in a letter to the editor.

C'mon, lady - that's not a what-the-hell smile on Campbell's face. That's a sickly leer. A weak grimace. A hand-in-the-cookie-jar, oops I stepped in the cow poop smile.

Gordon Campbell may be an arrogant SOB in the rest of his life, but that is not an arrogant grin he's wearing in the photographs. That is a pathetic simper. A wheedling plea for mercy. Having put myself through a few ohmygawdwhatwasIthinking scenarios myself, I'd recognize it anywhere.

Strange critter, your garden variety smile. My dictionary defines it as "a change of facial expression involving an upward curving of the corners of the mouth," - but a smile is 'way' more than that.

There's the Mona Lisa smile, enigmatic, inscrutable, almost not there; and there's the maniacal, thousand-megawatt leer that transformed the face of Jack Nicholson in The Witches of Eastwick. There's the earnest, needy, nervous grin of sad sack salesman Willy Loman in A Death of a Salesman ("He's a man way out there in the blue, riding on a smile and a shoeshine…"); and there's the wall-to-wall grin of toothy Carly Simon, displaying more ivory than a Steinway Grand.

There are a lot of portraits of George Washington including the one on the US one-dollar bill - but you'll never see one that shows Washington smiling. Richard Nixon, on the other hand, was captured in a famous photo that showed him almost convulsing, mouth wide open, eyes bulging, tongue hanging out. The Nixon grin was so incongruous on the face of such a normally sullen man that for years, the magazine Esquire ran the photo once a year, with the caption "Why Is This Man Laughing?"

There's something about leaders and smiles and the uneasy tension that lies between them. Winston Churchill said that Russian Prime Minister Molotov had "a smile like a Siberian winter." French President François Mitterand described Margaret Thatcher as having "the eyes of Caligula and the lips of Marilyn Monroe."

The odd thing is, smiling for public consumption is a relatively recent social phenomenon. You don't see statues of Julius Caesar or Alexander the Great with big grins plastered across their pusses. For centuries, oil portraits of notable figures showed their subjects with serious, solemn visages.

Right up until 1787, when a French artist by the name of Louise Elizabeth Vigee-LeBrun painted a self-portrait that showed her pleasantly smiling back at the world.

The world was scandalized. One critic of the time sniffed, "An affectation which artists, art lovers and persons of taste have been united in condemning – is that in smiling, Mme Vigee-LeBrun shows her teeth. This affectation is particularly out of place in a mother."

And therein lies the reason our ancestors and predecessors look so grim in those paintings and photos - bad teeth. Up until the 18th century, Europeans had no toothbrushes, no tooth powder or paste and no concept whatsoever of dental care. Consequently, most of them had mouths full of rotten teeth by the time they were teenagers. George Washington didn't smile because he had a gobful of carved, discoloured wooden dentures. Smiling would have made him look like a beaver caught in mid-chew. And Mona Lisa, even when she smiled, was careful to show no teeth.

As a result of that one evening in Hawaii, Gordon Campbell has a lot of ironies that he'll live with for the rest of his life. Like the fact that he could have said to his hosts, "You know what? I'm hammered. Mind if I sleep on the couch?" Or the fact that calling out one four-letter word - "Taxi!" - would have spared him a world of grief. Or the fact that, if he'd had a worse set of teeth in his mouth, chances are he'd have looked better in those mug shots.

letters TO THE editor

The Romanow Report

Dear Editor,

I received, by request, a copy of the summary issued on the Romanow Commission Report recently. My primary interest lay, not in the report itself, which is probably well meant, but in the method of application which will be implemented through our special-interest driven, patronage-riddled, globally-compromised government.

In the last Federal election, the Liberals took 40 percent of the votes cast. Unfortunately, only 60 percent of the eligible voters cast their vote. This means our current leadership holds power through a 24 percent mandate. The problem with a 24 percent mandate is the excessive proportion of individuals who vote only because they expect personal gain from the transaction. This government seems expert at passing mandatory regulations on anything and everything. So why not mandatory voting? If voting were made mandatory it would at least add a facade of legitimacy to the process.

Getting back to the Romanow Report, a National Health Council has some potential for good, but more potential for becoming the great granddaddy of all bureaucracies. Limits must be imposed on administrative costs. To borrow a leaf from property tax assessments, administrative costs of one mil on a business of $100,000,000,000 amounts to $100,000,000. As we know, $100,000,000 can disappear very quickly in a patronage driven bureaucracy.

I saw no guidelines for guarding against possible conflicts of interest among appointees to the National Health Board and the Federal Drug Agency. Anyone accepting these responsibilities had better be squeaky clean in this regard. Let it be known we don't trust Big Brother.

Aboriginal and remote communities are fully entitled to health care and facilities equivalent to what is available in any other community. Note that I despise the practice of stripping third world countries of their best and brightest in order to avoid the cost of training professionals whose home location would be adjacent to the area in need. Education is an investment that pays dividends, rather than a cost. A system of scholarships could be made available through Federal and local municipal or band councils which would provide promising youths in these communities with the opportunity to become professional caregivers. The effect of providing hope for a better life should not be downplayed. Blanket welfare in these situations is counterproductive.

It is naive to believe that regulations under the criminal code would deter institutions or individuals from access to anyone's private health data. Interested parties, such as insurance companies and/or employers would laugh at any such restriction. Especially under this Fascist empire being established.

There is an albatross around the neck of the Canada Health Service which has not been addressed in this report. I refer to the international military-industrial-pharmaceutical complex. This monstrosity has certainly demonstrated a total lack of interest in any health issues beyond their respective bottom lines. The research provided by these creatures seems focused on making people sicker.

In 1933 the cancer rate was in the area of one in 16. Today, hundreds upon hundreds of millions of research dollars later, the cancer rate has progressed to the area of one in three.

Interestingly enough, tobacco consumption in those years was at least double, if not triple today's rate of consumption. Also, wood and coal were the staple fuels used for heat. There is something very wrong with a cancer rate of one in three in this day and age. Think about it.

A. Macdonell, Williamstown, Ontario

Statistics on the 1933 rate of cancer were provided by Charlotte Gerson (gerson.org). Ms. Gerson is associated with a successful Mexican clinic which uses natural therapies for the treatment of various forms of cancer.

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letters TO THE editor

War Is Not The Answer

Dear Editor,

President Bush says we are already winning this war with Iraq, yet no attack has even been made yet. In the previous war (a scant two years ago), it was the United States, the UK and Canada without UN support and so one sided that one side suffered practically no injuries. Just two years before that, the United States was bombing away in Kosovo, again with only UK support (and a Canadian pilot or two that could have gotten some action if needed).

Terrorist attacks in New York and Washington have not in any way been linked to Iraq, but many of those terrorists were linked to Saudi Arabia. North Korea is being largely ignored, but they are the real threat of weapons of mass destruction in the world today.

Military buildup continues on a daily basis as if there will be war in Iraq whether sanctioned or not. Canada does not need to support the United States by fighting with them. First of all, we don't have the might nor the interest as we are a peaceful nation and more valuable to the world as peacekeepers. Fact is, the United States refused to get involved in WWII in 1939 to support the allies against an obviously evil Hitler. Canada's Diefenbaker refused to join a US invitation to invade Cuba, and Trudeau refused to war against Vietnam with the United States. Such hard feelings easily blow over in time.

With hatred of Bush (not necessarily the United States), increasing worldwide as he threatens to undermine the authority and very value of the UN, as he prepares to attack a population which is mostly women and children, some wonder if there is racism (Mandela of South Africa). Both Russia and China are uneasy.

It was a war-weary desire for peace that expedited and culminated WWII. Quite different from the war-loving Americans just itching to destroy what they describe as evil. Iraq declares the US evil, while the US declares Iraq evil, but by what standards are these views made? Where is the peaceful, respectful moral debate?

Is the United States an angel of mercy when it has the highest prisoner rate per capita in the world? Millions of 'dead men walking,' prisoners awaiting the death penalty, yet reportedly 30 percent are actually innocent of the crimes they are convicted of.

Can training soldiers to kill and then wondering what to do with them when reintegrated back into civilian life be part of the problem?

War begets war and is used to spread the disease called hate. War is not a solution and only when those involved seek peace can things begin to get better.

Raven P. Van Leishout, Cornwall, Ontario

Dogs Aren't Dumb

Dear Editor,

Regarding Ms. Dobson's comment that dogs are dumb. Go to this website: www.dogsinthenews.com/issues/0109/articles/010915a.htm. Read the stories, look at the photos.

Ms. Dobson, think before you print.

Annie Boisvenue, Cornwall Ontario

Re Bey Blades

Dear Editor,

In response to the letter written by Danielle Aubie about Bey Blades. Get over it and go at lunch time!

John Bolton, Cornwall, Ontario

Sexual Crimes Against Children

Dear Editor,

"Expropriating someone's childhood in favour of adult pursuits is one of the subtlest varieties of soul murder."

-Sam Vaknin. PhD

This quote should be the basis upon which our Canadian judicial system sentences those who are convicted of sexually abusing children; pedophiles or those involved with child pornography. The penalties for these crimes should be considered on the same level as murder.

The amount of child pornographic material found recently in Toronto should be a wake-up call to our Justice Minister. The children involved in these pictures are real and this "adult pursuit" is unacceptable to our society. The strengthening of laws dealing with sexual crimes against children must become a priority for our law makers.

Perhaps the Canadian Bill of Rights should have as a subheading "All rights and freedoms are granted to the citizens of Canada except where the safety and security of Canadian children are at risk."

When will the adults of this country stand up and speak out against the murdering of the innocent souls of our most vulnerable and valuable…our children?

When will our laws protect society from these criminals?

When will our judiciary make it so?

Pat Ager, Bainsville, Ontario

Akwesasne Video Promotes World Peace

Dear Editor,

In the past few weeks we have seen more, and people locally and around the world speak about the importance of world peace. Peace is a fundamental right that we have (or should have) as human beings, and no other rights are possible without it. If peace is non-existent, what else really matters? More importantly, all lives have equal value and are all sacred. So, just as the "names of the seven former astronauts will be remembered in Heaven," then so should the names of all former citizens of Afghanistan, Iraq and other war torn countries.

I was so pleased to see that the students and staff of Kanatakon School in St. Regis have internalized the importance of peace and have produced a short but compelling video which underscores the native reverence for peace in the world. The video, called War Child, features artwork of the Akwesasne people along with scenes of students performing native dance and singing songs. The message of the video, that peace, is the only option we have and we must embrace it.

I applaud Director of Education, Peter Garrow of the Akwesasne Mohawk Board of Education and all the staff, students and members of the Akwesasne community who have been part of the production team for this video. Many of us will follow your lead by participating in the upcoming Rally for Peace to be held in Cornwall on Saturday, February 15th, 2003. I look forward to seeing many of you there.

Kevin Parkinson, Cornwall, Ontario

A Job Well Done

Dear Editor,

On behalf of the Big Brothers and Big Sisters Bowl for Millions Committee and all our Little Brothers and Little Sisters, I would like to congratulate the residents of Cornwall and SD&G for a job well done. $66,585 was raised during this year's Bowl for Millions.

Our thanks go out to the bowlers and those who sponsored them, to all our volunteers, to honourary chairperson Tom Wallace, to the businesses and organizations which donated prizes or paid for ads, and to the Rotary Club of Cornwall for again providing the $500 grand prize. Thanks also to the local news media for their excellent coverage and to the bowling lanes for their support.

We at Big Brothers/Big Sisters are pleased with this year's results and are grateful to all those who contributed to the success of this year's Bowl for Millions. Thank you.

Tony Repa, Chairperson - 2003 Bowl for Millions Committee

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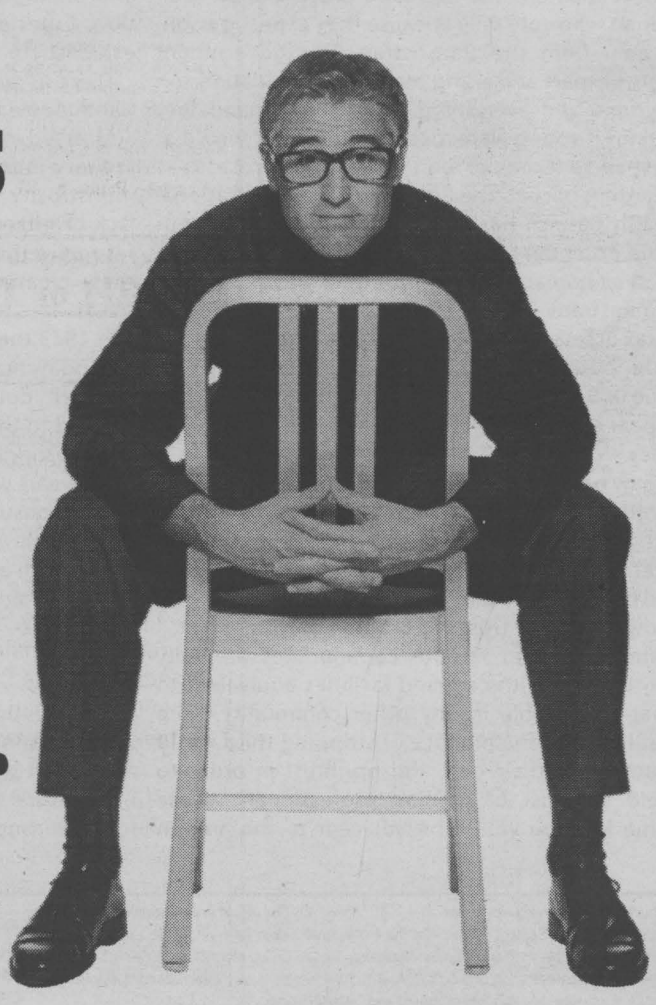

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Burger King Bey Blade Toy Incident

Dear Editor,

The is regarding a letter you published from me on January 31st, 2003. The letter was about how Burger King would not sell a Bey Blade toy to my six year old son. I would like to say the manager of Burger King contacted me shortly after the letter was published to apologize and say that this never should have happened. She has invited my family in for a free dinner and a free Bey Blade toy for my son, we plan to visit for dinner soon. I think this was very nice of her and I would like to give a big Thumbs Up to Kim at Burger King for contacting me which she did not have to do.

Danielle Aubie, Cornwall, Ontario

Mayor Bancroft Denies Non-Smokers Their Opinions

Dear Mr. Bancroft,

It was with great dismay and disbelief that we learned that the Council of South Stormont decided not to hold public meetings to allow its residents the opportunity to voice their opinions regarding the issue of smoking in public places. We were disappointed to see that you, sir, had cast the deciding vote on the issue. You have essentially cut off the 75 to 80 percent of the overall population who are non-smokers from voicing their opinions on the matter.

This is an important public health issue, one that affects anyone who enters a restaurant, bar or bingo hall, whether as a patron or as a worker. Patrons at least have the option to go elsewhere. The people who work in these establishments often do not. That second hand smoke constitutes a hazard to human health is not a debatable point. It is a very well established fact. We challenge you and the members of your Council to visit the wards of any hospital where patients with terminal lung cancer are wondering if their next breath will be their last. Visit the coronary care units as well and speak to the victims of stroke and coronary disease, if indeed they can answer you.

As citizens of South Stormont, we make every effort to patronize merchants and businesses in our community. We have decided, however, to avoid restaurants in South Stormont because none of them provide a smoke-free environment. We therefore travel to neighbouring communities such as Cornwall or Ottawa in order to enjoy a meal in a smoke-free establishment.

We are not avid anti-smoking campaigners. This represents the first ever public airing of our views on the issue. We do not condemn smokers. We respect their right to make their own choices but we draw the line at smoking in public places. Many years ago one of us decided to abandon the smoking habit, so we know firsthand how difficult it is to quit. But it was important for us to provide our family with a smoke-free home.

As elected officials, you, the members of Council must provide the leadership and show the courage to declare all buildings in your jurisdiction smoke-free. In so doing, you would be taking a giant step in providing our community with a healthy environment in which to live, work and play.

I agree with those who say that the federal and provincial governments should legislate on the issue and provide a uniform policy for the entire country. But why wait for them to do so? It is up to each and every community to say, "Enough! We are going to do something about it." To the residents of South Stormont we say this: write, call or visit the members of your Council to express your outrage at this latest attempt by some of them to duck this issue. We would like to congratulate Councillors Ray Fenton and Heine Bruining for their courageous stand on the issue.

Norm and Maryl Roy, Long Sault, Ontario

Fun Day at Gray's Creek

The Raisin Region Conservation Authority held a Winter Family Fun Day on Sunday, February 9th, 2003 at Gray's Creek Conservation Area. The outdoor event had numerous activities for residents to participate in and enjoy like snowshoeing, sleigh rides, tobogganing, skating and free hot chocolate donated by the local Heart and Stroke Society.

"The weather is great and we got a fresh blanket of snow," stated Project Coordinator for the event, Lissa Deslandes. "I would like to thank all the staff and volunteers from the RRCA and the JCP for their hard work and dedication."

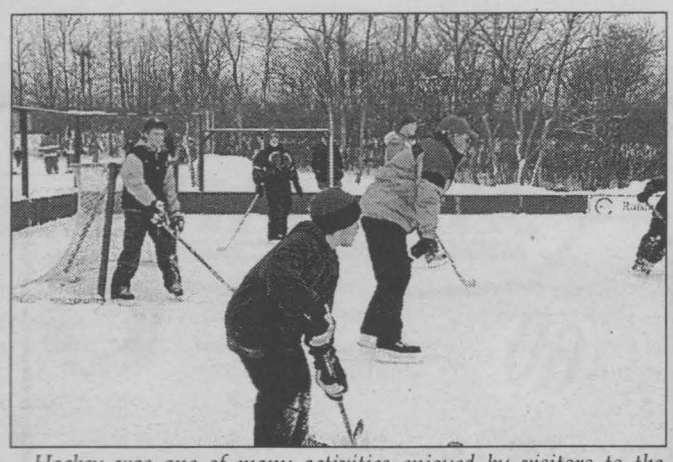
Photos by Chris McPhee



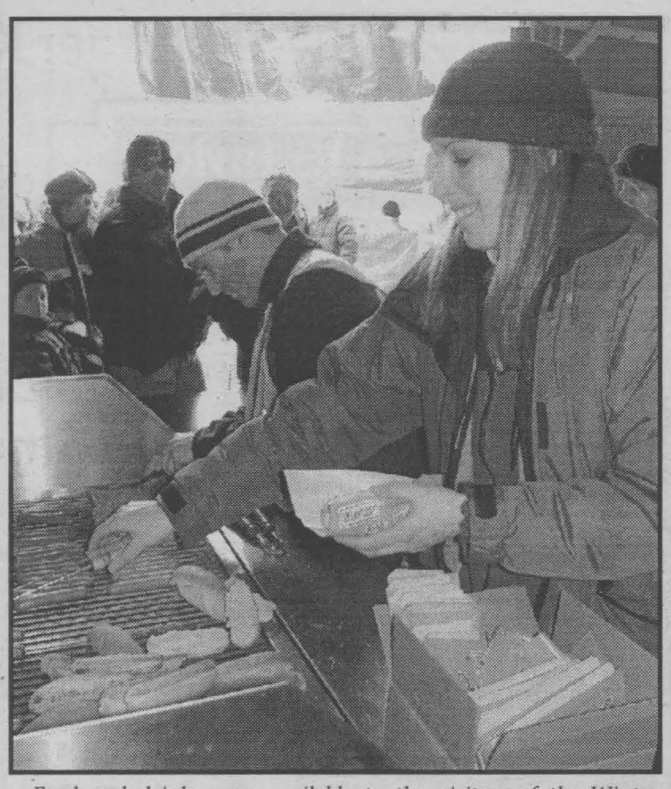
Many children had their faces painted while they visited the Winter Family Fun Day. In the photo, Josianne Sabourin decorated Tiffany Rocheleau (age seven) while her sister Tina (age six) looked on.



The day was filled with many different visitors. In the photo, Sparky gave a helping paw to Jessica Gladu (age eight) at the toboggan hill.



Hockey was one of many activities enjoyed by visitors to the Gray's Creek Conservation Area.



Food and drinks were available to the visitors of the Winter Family Fun Day by volunteers cooking. In the photo, Project Coordinator for the event, Lissa Deslandes helps out Dave Murphy at barbequing hot dogs to feed the masses.



Hot chocolate was on the agenda for these youngsters at the Winter Family Fun Day at Gray's Creek Conservation Area. Warming up after spending time on the toboggan hill were: (clockwise from top left) Sheila (age eight), Jessica (age eight), Taylor (age six) Madison (age two) and Tristen Pawis (age five) enjoyed a day out with their family.



The sleigh ride was a popular feature at the Family Fun Day at Gray's Creek Conservation Area. Antoine Percheron horses, from Langevin Farms in Lunenburg, gave visitors a short tour of the Conservation Area.

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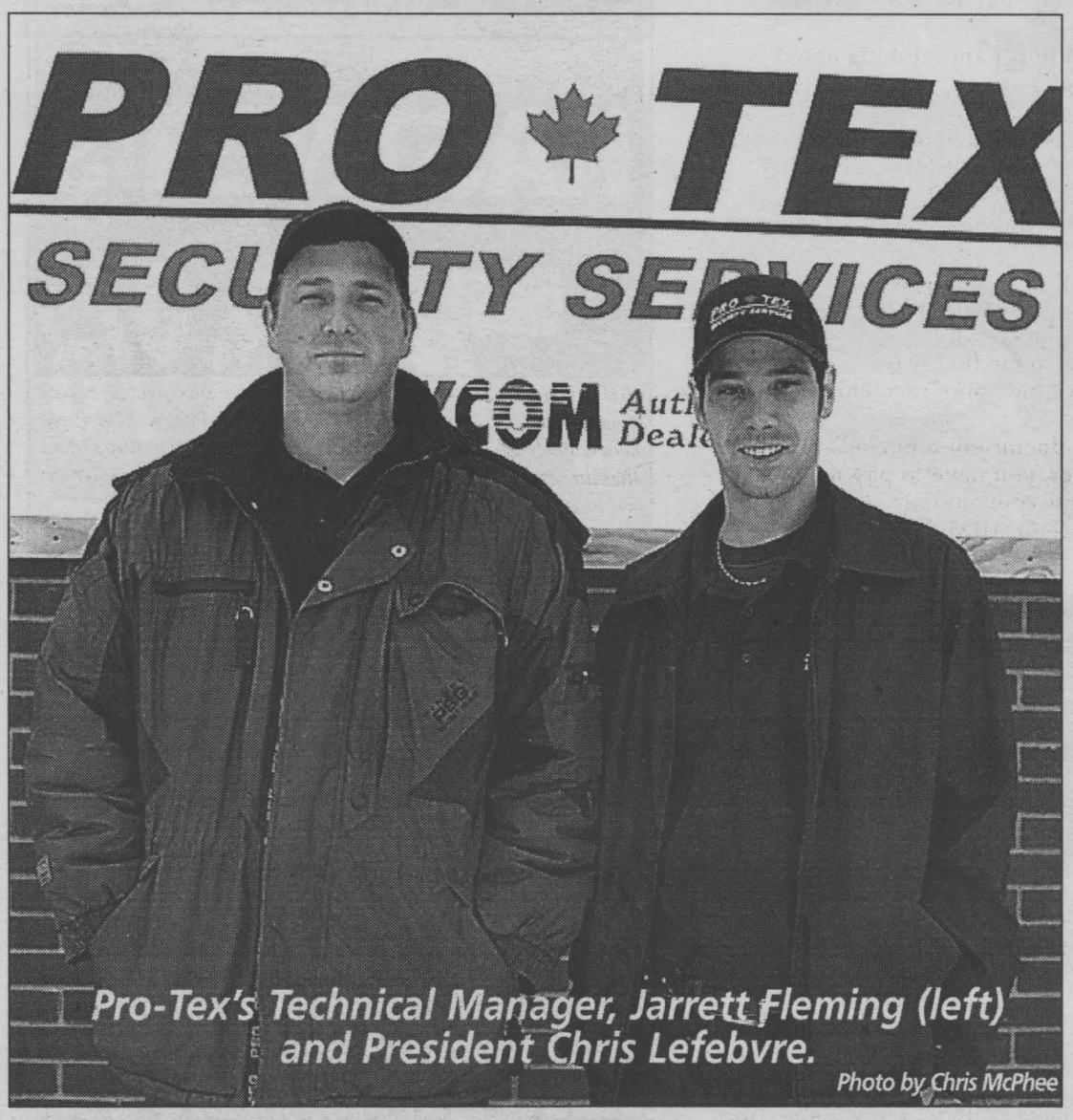
Pro-Tex Security Services Inc.



Pro-Tex's Technical Manager, Jarrett Fleming (left) and President Chris Lefebvre.
Photo by Chris McPhee

Founded by Chris Lefebvre in February 2002, Pro-Tex Security Services has grown to over 200 customers in just under 12 months. Pro-Tex is a division of locally owned VTB Holdings which is owned and operated by Charles Orr and David Pattinson.

Chris Lefebvre is a well seasoned Alarm Technician and Manager. With over 11 years experience accumulated through Alliance Security and ADT Security, he is now the President of Pro-Tex Security Services, and couples this vast experience with a national product of excellence provided by VOX-COM Security.

Jarrett Flemming brought his professionalism and experience to the team in the fall of 2002. He has spent over seven years in the alarm industry gained through both Aliance Security and ADT Security in the role of Technical Manager.

Bruno Grenon is the latest addition to the team with his completed degree in Law and Security. Bruno is the former Alarms Division Coordinator for Capital Security and Investigations. He is responsible for the security management of several community functions, most notably the Canada Day festivities in Cornwall. While he is capable of consulting and installing, his current role is to serve the area as the Sales Manager.

These three gentlemen join forces to provide a combined excess of 20 years experience to the Seaway Valley. Pro-Tex is now celebrating its first year anniversary by offering residents a state-of-the-art security system with no equipment or installation charges. You will be protected by 24 hour Underwriters Laboratory of Canada approved (ULC) monitoring. However, monitoring costs may vary according to the services you require.

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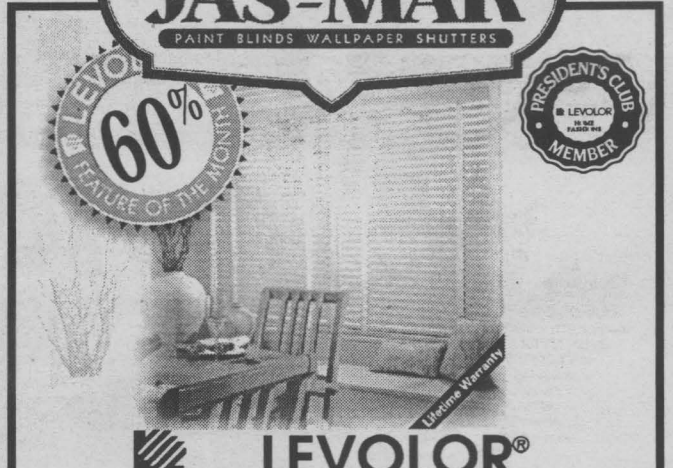

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AIDS Forum

with Pat O'Connor

Hello everyone. I have been away this past week visiting my Mom and Dad in Barrie. I am also going to the clinic to get some blood work done to see how my immune system is holding up. It will be great to see my parents as I haven't gotten to see them much these past six months. I am also taking Elmo (our dog) with me, who they may be happier to see than me!

I am leaving you with a poem written by River Huston which is in her book, A Positive Life, Portraits of Women Living With HIV. Her book can be glimpsed on her website at www.riverhuston.com.

This poem was provided by the Canadian AIDS Information Exchange (CATIE). You may contact them at 1-800-263-1638.

The poem is called A List of Things I Could Have Used When I Found Out I Was Positive On 5.15.90. I relate to the poem very much and the date could easily have read 1.05.86, the day I was told "your tests came back, you have HIV." Words you never want to hear...believe me!

Be well everyone and protect yourselves.

Pat is a local resident living with HIV. You may send in questions to Aids Forum here at the Seaway News address. Pat also does public speaking at no charge to any interested groups and can be reached through this newspaper or at his home.

"Seaway News... Helping to Educate Our Community."

A List Of Things I Could Have Used When I Found Out I Was Positive On 5.15.90

I am going to need a storage space, no,
a warehouse would be better,
somewhere large enough to hold
the shock and later to fit
in the anger, make that
rage.
I will smile and cope the best
I can as everyone asks,
"Does this mean you are just HIV
positive or do you have AIDS?"
I will need a place to put my emotions
as I calm you –
you being mother, father, daughter, son
friends, lovers.

I will need skin as thick as the doctors',
as each and every one will ask me,
"How did you get it?"
and even thicker skin if I am thinking about
dating or disclosing.

I will need an interpreter to help me understand
the language of treatment, activism, disability
HAART, NNRTI, AZT, PI, NGO, STI, CD4
this language will need to become second nature
so I can understand
what is expected
then I will need a hefty supply of No
No, I will not be a guinea pig,
No, you cannot talk to me that way,
No, you cannot have one more resident look
between my legs,
No, I need to see a doctor not a nurse,
No, I can't volunteer, you have to pay me,
No, I have not found your saviour,
No, I am not the face of AIDS,
No, I am not OK.

I will definitely need people who will
never tell me it is going to be OK
OK is over new game

I will need to gather all the reserves
each of us is born with
venture into that place reserved
for all those people
in the one moment before
they got hit by the bus

I am chosen now I need to decide victim/survivor
I will need lots of water, green grass, love,
cookies and milk, naps, small animals,
time to myself, sex (yes, you can still have it),
friendship, a full life, hope, faith,
forgiveness and a boost to get to that place where I am
able
to cut the ties that have bound me my whole life
I get a chance to let go
because I have been given a glimpse
of the horizon in three little letters: HIV.

- River Huston

Agape Centre Donations



The Agapè Centre received several donations over the past month. Two were exceptional in that Jenny Parisien (pictured above) made Christmas tree ornaments and sold them throughout the Christmas season with all proceeds going to the Agapè Centre. Jenny is 12 years old and wanted to help people in need!

Photos submitted by J. Dancause



Irwin Stanley, an elderly gentleman at 84, has had a very difficult life. For him, this is a very significant donation and he is very proud to give back to his community after so many years. He donated $200. In the photo are Judy Dancause, Agapè Centre and Irwin Stanley.

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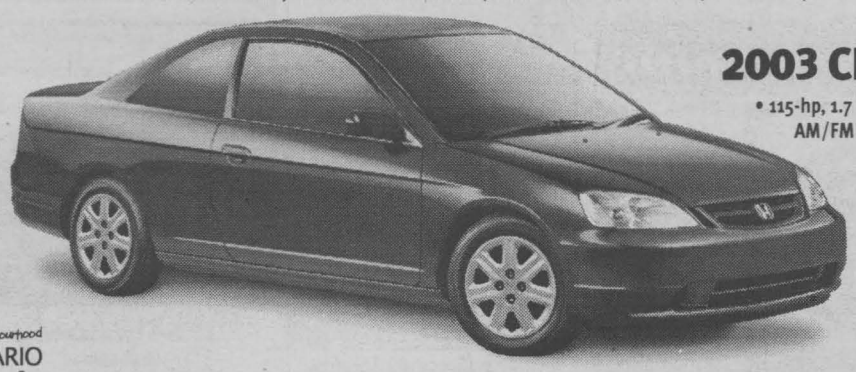

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First Aid Kit

Dear Dr. Greiver:

I'm organizing our family's medicine cabinet and trying to re-stock our first aid kit for the winter months. But I often get overwhelmed with the numerous over-the-counter medications and products to choose from. What are some of the essentials to have on hand?

J.D.

Dear J.D.

When it comes to the health of your family, it's a good idea to be prepared for the unexpected with a first aid kit, no matter what time of year it is. But selecting the right items is not always an easy task. That's why I usually suggest the following tips:

• Make a List. Before heading to the pharmacy, review the contents of your medicine cabinet. That includes taking a look at your existing first aid kit to see what's missing and what medications have expired. Many parents don't realize that even over-the-counter medications have expiration dates, and using dated or old medication can hinder the healing process.

• Read the Label. When in-store, read your labels carefully. As a family doctor, I'm often more comfortable recommending products that carry a 'doctor' or 'pharmacist' recommended seal, as I'm usually already familiar with the scientific data that back these over-the-counter brand names. But if you need a second opinion, just ask your pharmacist.

• Kit Contents. A first aid kit should be able to treat common, minor first aid problems such as cuts and scrapes, aches and pains, and even winter sunburns.

Minor Cuts and Scrapes: The first step in treating minor cuts is to cleanse the wound. So make sure soap and a small cloth are included in the kit. If you're not near running water, pre-moistened towelettes are a good option. Other essentials to add are an assortment of adhesive bandages, gauze, adhesive tape and an antibiotic ointment to prevent and treat infection. As infection is the number one concern for parents, I usually suggest ointments that provide protection against a broad range of bacteria, such as Polysporin Triple that contains three different antibiotics (Polymyxin B, Bacitracin Zinc, Gramicidin) to help speed healing. As skin cells thrive in a moist environment, it's also important to keep the wound moist. So this step helps move the healing process along.

Aches and Pains: Be sure to have both hot and cold compresses to ease a variety of symptoms. Generally, a cold compress is used for recent sprains, bruising, swelling and inflammation, but can also be used to cool fevers and relieve headaches. Hot compresses are affective to treat old injuries, muscle pain, rheumatic pain, menstrual cramps, boils, and toothache.

Sunburns: Many people forget to pack a sunscreen in the winter months. But remember although the temperature is cold, the sun's rays are still strong. So whether you're downhill skiing or skating, you need to protect your family's skin from damaging UVA and UVB rays. I always look for products with a sun protection factor (SPF) of at least 15. But as sunscreens come in a variety of gels, sprays and lotions and even children's formulas, ask your pharmacist for the best one for your family. And don't discount moisturizers with a sun protection factor. I keep a trial hand size of Lubriderm with SPF 15 in our family's kit just in case.


Sajida Inayat
Homeopath

Homeopathy and Sleeping

Josie came to me with a problem of not being able to sleep. She had been taking doctor-prescribed sleeping pills for the previous 10 years, and she was very depressed. I treated her with a homeopathic treatment and she was totally cured and able to get rid of her prescription sleeping pills. I saw her twice at one-month intervals and she was continually feeling better and having great success in sleeping.

Each person requires different medicine according to his or her psychology and their individual history. Homeopathy treats the cause.

QUESTIONS?
Sajida is available every Monday and Tuesday between 4 and 6 pm
PHARMACIE at EASTCOURT PHARMACY Guardian
1380 2nd St. East, Eastcourt Mall, Cornwall
937-0956
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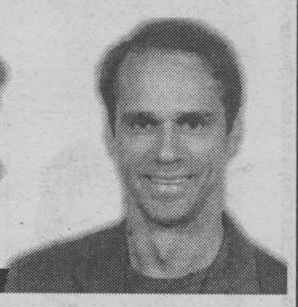
Dental Insurance

Ask The Dentist



with Louis Cardinal BSc, DDS, FAGD

The advent of dental plans several decades ago, has made it easier for millions of patients to receive dental work, and today most medium and large employers have dental plans included in their employee benefits. The combination of dental plans with an increased public awareness and demand for modern dentistry has dramatically improved the dental health of Canadians across the country.

It is important to understand that every plan is different and some may reimburse at 80 percent, others at 90 percent, while a few may reimburse at 100 percent. Worth noting is the fact that if you have a plan that reimburses 100 percent of 1996 dental fees, for example (because it was conceived in 1996 but never updated), you will not receive 100 percent of your claim in 1998. Furthermore your plan may have different coverage for different procedures. An example is a plan that covers 80 percent of fillings and extractions, but 50 percent of major treatments such as crowns and bridges. Such coverage is still quite satisfactory, and encourages the patient to be involved financially, which generates a greater sense of appreciation and value for the dental care received.

If your treatment will be extensive, your dentist will be pleased to provide the insurance with an estimate or your treatment plan (pre-determination), to confirm your actual cost and reimbursement, thereby enabling you to plan your finances before starting with treatment. Most plans have limits per calender- year which means that what you do not use at the end of the year cannot be carried over to the next year. Therefore be wise with the accounting aspect of your plan, and use what you are entitled to before the year-end.

Unfortunately there are always plans which are minimal and restrict the patient's choice of dentist and/or treatment. These plans insist that the patient attend a particular dentist(s) and restrict coverage and reimbursements. These types of plans are not recommended and I strongly encourage you to know your dental plan in order to avoid any disappointments.

It is important to note however that all plans are contracts between your employer, yourself and the insurance company. Your dentist does not participate in these negotiations and does not know the details of the numerous plans available. The dentist's only obligation is to provide the patient with a detailed claim form after the treatment is rendered, describing the work done and the fees charged. The patient then sends the claim form to the insurance company for reimbursement. You and your dentist may choose to have the insurance pay him/her directly (called assignment), but this arrangement still leaves you responsible for the entire balance, since most dental plans do not pay 100 percent of your dentistry. In fact, it is against the guidelines of the Royal College of Dental Surgeons of Ontario, for a dentist not to make reasonable attempts to collect the portion of the fee not covered by the insurance dental plan.

If you need help understanding your particular plan, call your insurance company for help. Should you need more information, your dentist will certainly be more than happy to help you.

Please remember that the dentist's responsibility is to diagnose the condition of your mouth, your dental needs and to offer a treatment plan that will best suit your needs, not the insurance company's.

A Healthy Makeover

Has your doctor ever prescribed a heart-healthy makeover? Heart & Stroke experts tell you what you need to do as you move through your 30s, 40s and 50s. But most agree on one piece of advice: start early.

Ask a typical group of thirty-something Canadians their top concerns in life and most would say kids, careers, mortgages and finding time for themselves. "Heart disease, one of the leading causes of death among Canadians, would not make most lists and that is a mistake," says Heart and Stroke Foundation spokesperson, Dr. Beth Abramson. "Women and men in their thirties must realize they're not immortal," says Dr. Abramson, a cardiologist. "They need to practice a heart-healthy lifestyle early to prevent problems later."

For starters, exercise at least three times weekly - 30 minutes per session - and hard enough to work up a sweat. Smokers should quit, and everyone should watch what they eat. Rosie Schwartz, a consulting dietitian to the Heart and Stroke Foundation, suggests lots of fruit, vegetables and whole grains and fewer fast foods and supermarket prepared foods.

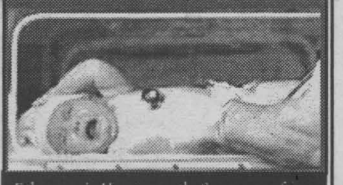
Once they've hit forty, men's risk for heart disease starts to increase significantly - on average seven to 10 years ahead of women, says Dr. Abramson. Visits to the family doctor for medical checkups should include tests for cholesterol levels and blood pressure and men should "know the numbers" used to measure both. Don't forget exercise and proper diet, Schwartz says. Both are very important in those years when men are losing muscle mass, their metabolisms are slowing down and they tend to gain weight around the mid-section, a factor in heart disease.

For women, the fifties are crucial years due partly to menopause and hormonal changes associated with it. Regular exercise and a low cholesterol diet are very important, says Schwartz, who offers two other pieces of advice: read food labels for the contents; and try to avoid fried foods, prepared snacks and commercially baked products. They all contain hydrogenated fats, which contribute to the buildup of cholesterol.

But for both men and women, the best advice is: develop a healthy lifestyle early and stick with it. "Heart disease is a major health threat as we age," says Dr. Abramson. "One of the best ways to prevent it is with good lifestyle habits."

To help you reach and maintain a healthy weight, log onto www.heartandstroke.ca/healthyweight for strategies, tools, tips and practical advice. You can also contact your local Heart and Stroke Foundation office or toll free 1-888-HSF-INFO (473-4636) for a FREE copy of the newly launched Healthy Habits, Healthy Weight - A Practical Guide to Weight Management.

If you knew how much it mattered, you'd give in a heartbeat.



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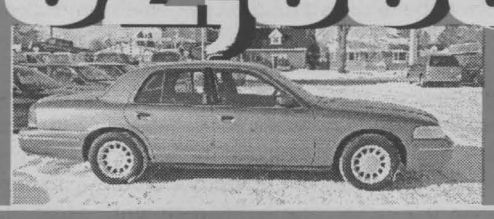

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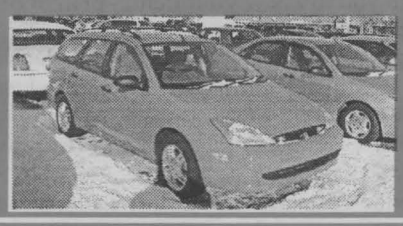

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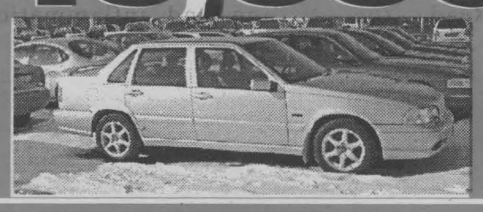

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ASK FOR DETAILS



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FOR DETAILS ASK FOR STEVE



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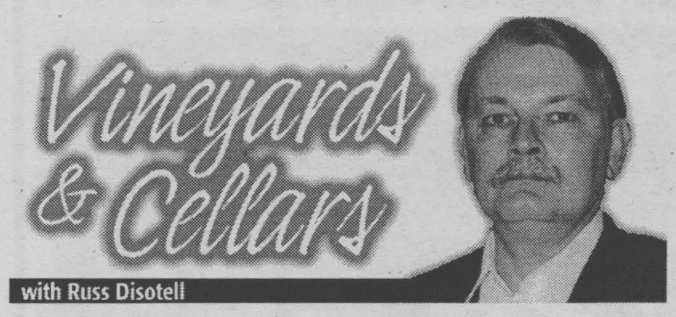


This column finds us still in the root cellar, albeit a root cellar with a door that opens onto Australia and some wine and food combinations that you might find outrageous. If we don't accomplish anything else, we'll kick the stuffing out of wine snobbery, have some fun and try some intriguing flavour matching. All you have to do is have a sense of adventure and keep an open mind.

Our lesson comes to us courtesy of Andrea Immer, one of the hot new wine writers on the scene. She takes an irreverent approach to wine and food, breaking lots of rules and having altogether too much fun on the way. We're going to take our cue from what she describes as her most enduring taste lesson, which she experienced early in her career. She was having a snack of microwave popcorn, when her boss handed her a wine glass and said, "Taste this." The wine was Lindemans Bin 65 Chardonnay (CSPC# 142117) and the combination was wonderful!

The wine and popcorn combination bring out the buttery, toasty, rich flavours they share, plus the subtle impression of sweetness. If the popcorn is buttered it brings out the butteriness in the wine. If the popcorn is plain it emphasizes the oaky toastiness of the wine. Big, oaky style Chardonnay, such as Australia is famous for, works best. Try it and you'll be amazed!

This affinity carries over into other corn dishes, such as corn bread, corn chowder, polenta, creamed corn, grits and corn on the cob. As well, the rich, nutty, toastiness of Australian Chardonnay wonderfully flatters earthy mushroom dishes such as mushroom risotto, cream of mushroom soup or grilled mushrooms.

Lindemans offers up fresh citrus fruit and light oak, wrapped up in a supple, creamy texture with a good finish. Jacob's Creek Chardonnay 2002 (CSPC# 286898) has great balance between its melon and citrus fruit, and light, toasty oak. It, too, is round and supple with a slightly spicy finish. Both of these wines are eminently quaffable and user friendly. They represent good value, entry level Chardonnay at an excellent price.

Stepping up a little in price we come to richer, full-bodied Chardonnay with an added level of complexity. These are the prototypical Australian Chardonnay. Black Opal Chardonnay 2001 (CSPC# 309450) is jam packed with rich melon, almond, honey and spicy flavours. These are balanced by fresh, toasty oak, with a firm, bracing acidity completing the package. The finish is long and flavourful, with just a hint of spice showing through.

Wolf Blass is famous for their blockbuster Chardonnay and their 2002 vintage (CSPC# 226860) doesn't disappoint. It's a brawny, full-bodied Chardonnay with ample melon, orange and citrus fruit, balanced by loads of toasty oak. If you love big, buttery Chardonnay, Wolf Blass is the one for you. The finish is excellent with great length and plenty of fresh spice.

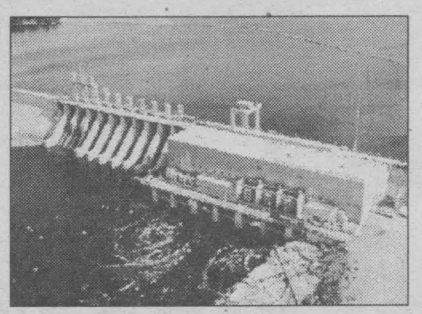
Partner any of these with your favourite corn or mushroom recipe for wonderful results. They'll also provide great enhancement for roast chicken. Or for some mid-winter entertainment gather some friends together, pop some popcorn, and have a tasting. See what different flavours the combination draws out of each wine, and the reaction of your friends to an invitation to a wine and popcorn party.

Something Fresh Is Coming

Farm Boy Inc. recently officially announced plans to open its newest location in Ottawa, a 22,000 square foot store set to open this spring in the Blossom Park Shopping Centre at 2950 Bank Street, Ottawa.

"We have had an impressive number of requests to open new stores from customers who appreciate the Farm Boy difference," says Daniel Bellemare, President of Farm Boy. "We are pleased to provide customers, especially in the Hunt Club and Blossom Park areas, with a fresh new experience, starting in early spring of this year."

Farm Boy specializes in quality produce, deli, cheese, meat, dairy and bakery products. The company was formed in 1981 in Cornwall by the Bellemare brothers, Jean-Louis and Normand. Expansion led to stores in Orleans, Nepean, Ottawa and Kanata. The Blossom Park store will mark the sixth store in the company and the fifth in the Ottawa region.



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That's why we're asking Ontario residents and visitors to stay clear of our hydroelectric stations and dams. They're unsafe places for recreational activities. Hydroelectric stations operate all year round and their operation affects water flows and ice conditions. Water flows can change quickly and without notice. Some dams have gates that might be remotely controlled and in just a few minutes, can change a dry and calm riverbed into a river with dangerous flows! This can lead to thin ice in winter and pose a threat to anyone who ventures too close! **So remember: ALWAYS stay clear of all hydroelectric power stations, dams and spillway channels...and STAY SAFE.**

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OPP Seeking Your Feedback

The Stormont, Dundas and Glengarry detachment of the OPP have recently completed the "Policing For Results" survey which is used to evaluate the level of service provided by police and to assess the responses required to meet the needs of our residents.

Residents are reminded that everyone has a voice in the operation of their police force, and are encouraged to contact us with your concerns, criticisms or praise by mail at: Ontario Provincial Police, Stormont, Dundas and Glengarry detachment, P.O. Box 430, 1 Mille Roche Road, Long Sault, Ontario, K0C 1P0.

You are also welcome to stop in at one of our local offices, or to contact one of our Sergeants at the following offices who would be pleased to speak with you on any matters related to the delivery of policing services in the Tri-Counties.

North and South Dundas – Sgt. Linda Bootsma, 774-2603, e-mail: Linda.Bootsma@jus.gov.on.ca

North and South Stormont – Sgt. Norm Marion, 534-2223, e-mail: Norm.Marion@jus.gov.on.ca

North and South Glengarry – Sgt. Brendon MacDonald, 525-1954, e-mail: Brendon.MacDonald@jus.gov.on.ca.

UPPER CANADA
District School Board
TAGWI S.S.
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An Invitation is extended to all
Grade 8 students and their parents to attend an
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Thursday, February 20th, 2003
7:00 - 9:00 p.m.
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Wise customers read the fine print: *, †, ††, ◆ These are limited time offers which may not be combined with any other offers except Graduate Rebate and apply to retail deliveries on most new in-stock 2003 vehicles. Retailer order/trade may be necessary. Lease/financing subject to approval by Chrysler Financial Canada. See retailer for complete details and conditions. * Cash purchase price excludes freight, license, insurance, taxes, registration and retailer administration charges and is applicable only to cash purchases of Dodge Caravan 28D + RBK and Grand Caravan 28H+XRV/RBU/GNC/CYS. If customer chooses 0% purchase financing, the negotiated price may be higher. Cash purchase price includes factory to retailer incentives. † Leases are based on a 48-month term. Lease finance interest rates are 2.3% Caravan; 3.3% Grand Caravan. Kilometres limited to 81,600; charge of $0.15/km for excess kilometres. Leases are for Dodge vehicles equipped as described: Caravan 28D+RBK, Grand Caravan 28H+XRV/RBU/GNC/CYS. Total lease obligation is: $17,513 Caravan; $20,428 Grand Caravan. †† 0% purchase financing on all 2003 Dodge Caravan models up to 48 months. Example: $25,000/$35,000 @ 0% APR/48-month term; monthly payment is $520.83/$729.17. Cost of borrowing is $0. Total obligation is $25,000/$35,000. If the 0% financing is chosen, the effective interest rate and the effective cost of borrowing is as follows for the following amounts: $25,000/$35,000: 4.29%4.02%; and $2250/$2950. Examples based on 0% purchase financing for 48 months. †† Purchase financing excludes freight. ◆, †, †† DaimlerChrysler will pay your first payment up to a maximum of $500 on all 2003 Caravan and Grand Caravan leases and on all 2003 Caravan and Grand Caravan purchase financing contracts up to 60 months. Purchase financing/leases exclude taxes, registration, license, insurance, and retailer administration charges. ∞ For full contest details go to www.daimlerchrysler.ca. Contest closes March 31, 2003. ** NHL and Stanley Cup are registered trademarks of the National Hockey League. © NHL 2003. All Rights Reserved. ▼ Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2003 model year Dodge Grand Caravan. Ω While supplies last. Limit two tickets per test drive. Valid only at participating Ottawa and Hull area retailers. Δ See retailer for complete details and conditions. ‡ Warranty valid for all new 2003 vehicles to 7 years or 115,000km, whichever comes first. Some conditions apply. See retailer for details. ® Jeep is a registered trademark of DaimlerChrysler Corporation used under license by DaimlerChrysler Canada Inc., a wholly owned subsidiary of DaimlerChrysler Corporation.

2003 Classic Achiever Semi-Finalist Winners

Wendy's Restaurants of Canada Inc. and their franchisees across Ontario proudly announce the selection of 72 semi-finalists in their 2003 Classic Achiever High School Scholarship Awards Program™.

From this group of semi-finalists, 12 finalists will be selected who will compete to become one of the two ultimate winners. Each 'Classic Achiever' winner will be awarded $6,000 in educational scholarships to the university or college of their choice. Ten finalists will be awarded $1,000 each in recognition of their academic excellence and their contribution to their communities.

Included in this group is Joshua Wensink, a student at École Secondaire L'Heritage in Cornwall.

In addition, the schools of the 12 finalists will each receive a $1,000 grant. Since the program's inception in 1996, Wendy's has awarded nearly $450,000 in scholarships and school grants across Ontario and the Maritimes.

The annual scholarship award winners are outstanding contributors to their schools and communities.

Each fall the search begins for Wendy's Classic Achiever. With the assistance of high school principals and guidance counselors, the program seeks to identify those students who demonstrate a commitment to academic excellence, an involvement in extra curricular activities and service to their community.

The high school scholarship awards program has touched some 7,000 outstanding students from schools across Ontario and the Maritimes. The awards will be presented at a special ceremony for the students and their schools that will take place on Saturday, May 24th, 2003 in Toronto.

Ken's FEATURE OF THE WEEK



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Charity Auction Has Another Successful Year

The third Annual Children's Treatment Centre Charity Auction, sponsored by Poirier Furniture, was held on Friday, February 7th, 2003 at the Best Western Parkway Inn. Ms. Theresa Taylor and Associates Auctioneering were the auctioneers for the event that was attended by 168 people.

We added a new feature to the auction this year," stated Julie McIntosh, Chair for the Auction. "We started the auction this year with a dinner and it proved to be very appealing as we had a sold out crowd."

The Children's Treatment Centre provides treatment to children who have been sexually and/or physically abused and their families in Cornwall, SD&G, and the community of Akwesasne. Since the Centre began six and a half years ago, the Centre has served 778 children from 630 families. The service provided by the Children's Treatment Centre is maintained through funds generated from donations and fundraising events such as the Charity Auction and Dinner.

"The community has been most supportive of the Centre from the very beginning," added Chair of the Treatment Centre's Board, Pierre Guindon. "This was evident once again this year with an impressive list of items that were donated by businesses and individuals for the auction. Our thanks goes to all the community members for their continual support."

The auction raised over $34,000 for the Children's Treatment Centre.



The third Annual Children's Treatment Centre Charity Auction was a huge success and brought in over $34,000 for the local centre. A few of the participants gathered around Auctioneer Theresa Taylor (seated) with some of the items that were auctioned off that night. Standing in the back are: (left to right) Mike Despatie, committee member; Ray Jette, from Poirier Furniture, who sponsored the event; Richard Allaire, Children's Treatment Centre Board member; and Julie McIntosh, Chair for the Auction.

Photo by Chris McPhee

ASK YOUR PHARMACIST

Your pharmacist is your medication expert and can provide advice and information on a wide range of health issues



Paul Trottier Pharmacist

Migraines

What is a migraine?

Migraine is a medical condition involving a complicated relationship between the blood supply to the brain and its nerve network. Migraines often go under-recognized and undertreated. Migraines affect anyone and everyone, but are most common in people between the ages of 20 and 50.

Symptoms

While symptoms are different for every individual and may change with each migraine, traditional symptoms include:

- throbbing head pain, often on one side of the head and aggravated by physical activity;
- sensitivity to sound, light and smell; and
- feeling sick to your stomach or vomiting.

Triggers

A wide variety of factors, including changes in the weather, can cause a migraine to set in. Sometimes stress or changes in sleep patterns can also trigger a migraine attack. Some foods are believed to trigger migraines. In women, hormonal factors can trigger migraines, including:

- the onset of puberty;
- menstruation, menopause and ovulation;
- pregnancy and post-pregnancy;
- hormone replacement therapy; and
- birth control pills

Treatment and medication

Various methods of treatment help different people in different ways. Some sufferers use a cold compress on their head and lay down in a quiet dark room. Some over-the-counter pain medications have been proven to help relieve migraine pain and accompanying symptoms. Remember to follow package directions and not exceed recommended doses.

Severe sufferers should see their physician who may recommend prescription medications, such as beta-blockers or triptans.

Other options include biofeedback, meditation, yoga, acupuncture, massage relaxation therapy and psychotherapy.

Discuss these options with your doctor if you think you suffer from migraines.

For more information contact your pharmacist.

For more information ASK YOUR PHARMACIST

JEAN COUTU

5 9th Street East 938-7339

feb14034

Wingfield Unbound Starring Rod Beattie

Fun with farmin' in good ole Persephone Township comes to Cornwall with the nationally acclaimed comedy Wingfield Unbound March 25th to 29th, 2003. Starring Rod Beattie as the smog-smothered City Slicker who trades his cell phone for a spade, Wingfield Unbound is farming life in the raw - but with plenty of chuckles and no chores.

Harken to the tale of man-of-the-soil Walt Wingfield, the Bay Street broker who quit the metropolis for a hundred acre farm equipped only with the desire to embrace a less complicated world. Rod Beattie is well-known for his appearances at the Stratford Festival, the National Arts Centre Ottawa, The Great Canadian Theatre Company and for his popular TV series. Written by Dan Needles and directed by Douglas Beattie, the Walt Wingfield saga will make you laugh 'til you cry. But buy your tickets in advance. Tickets to Wingfield Unbound sell out fast from coast to coast. Reserve tickets for all shows at The Weave Shed in advance.

RAISIN REGION CONSERVATION AUTHORITY

OFFICE DE PROTECTION DE LA NATURE DE LA REGION DE RAISIN

The Raisin Region Conservation Authority would like to take this opportunity to thank everyone who supported the 5th Annual Winter Family Fun Day

Algonquin Travel, Cornwall Square
Antoine's Percherons/ Langavin Farms
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B&D Small Engines
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Chateau Cornwall
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Cornwall Costume Shop
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0% up to 36 months $0 down

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LEASE FOR ONLY $189 per month



0% up to 36 months $0 down

2003 HYUNDAI ELANTRA GL

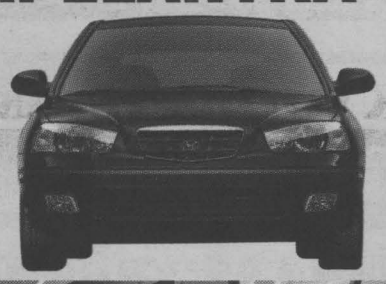
LEASE FOR ONLY $179 per month



0% up to 48 months $995 down

2003 HYUNDAI ELANTRA GT

LEASE FOR ONLY $219 per month



0% up to 36 months $1495 down

2003 HYUNDAI SONATA GL

LEASE FOR ONLY $239 per month



0% up to 36 months $1995 down

2003 HYUNDAI TIBURON

LEASE FOR ONLY $249 per month



0% up to 36 months $1995 down

2003 HYUNDAI SANTA FE

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0% up to 36 months $2995 down

2003 HYUNDAI XG350

LEASE FOR ONLY $379 per month



1.9% up to 36 months $3995 down

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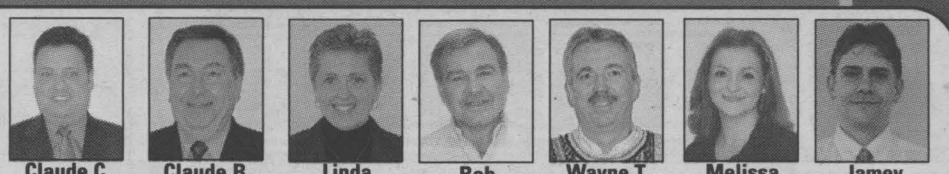
CORNWALL HYUNDAI



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KIA

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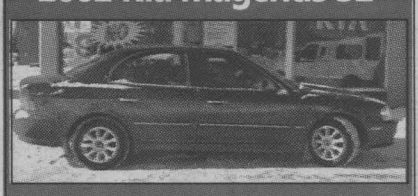
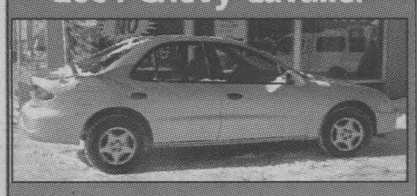
2002 Kia Magentis SE



Leather, sunroof, fully loaded

$17,995

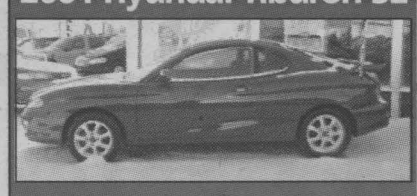
2001 Chevy Cavalier



auto, 50,000 kms

$11,995

2001 Hyundai Tiburon SE



standard, fully loaded, 29,000 kms

$15,995

2000 Kia Sportage



auto, air, fully loaded, 59,000 kms

$16,995

2000 Chevy Tracker



auto, 65,000 kms

$15,995

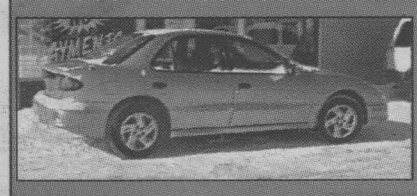
2000 Honda Odyssey



fully loaded, 79,000 kms

$25,995

2000 Pontiac Sunfire



auto, 39,000 kms

$10,995

2000 Pontiac Sunfire



auto, air 49,000 kms

$11,995

2000 Chevy Venture



auto, air 96,000 kms

$13,995

99 Grand Cherokee LTD.



V8, fully loaded,

$24,995

98 Ford F-150 XL



Club Cab, auto, air, 49,000 kms

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97 Grand Caravan



auto, air

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Fully Loaded, 4 cyl.
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$339 Per Month
48 Month Lease



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CORNWALL KIA

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SEAWAY SPORTS

South Stormont

Atom HL Wolves

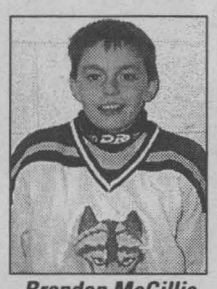
The South Stormont Atom Wolves travelled to Spencerville on Saturday, February 8th, 2003 for a tournament and came away champions.

The Wolves came to win and showed it with a 10-0 romp over South Grenville Team #4. Every player had a hand in the Wolves' victory in this game. All of the scoring for the Wolves was done in the first and second periods. Graeme Markell and John Cleary each had three goals in the game with other goals going to Martin Maloney (2), Kevin Hope (1) and Ryan Ward (1). Assisting on the goals were Graeme Markell (3), Steven Beaudoin (3), Brandon McGillis, Andrea Maloney, Kevin Hope and John Cleary. The Wolves players showed tremendous control in what became an extremely rough played game. Brandon McKenzie had another shutout in nets.



Everett Markell

The Wolves faced Osgoode next and once again came out strong in a 4-0 win. Kevin Hope had two goals in this game and was assisted by Everett Markell. Also scoring for the Wolves were John Cleary and Cody Krol. Also picking up an assist was Graeme Markell.



Brandon McGillis

This win put the Wolves in the final game against South Grenville Team #2. The Wolves were not going to let this opportunity slip past them and they focused on the game. Scoring for the Wolves was taken care of by Kevin Hope (2) and Graeme Markell. Assisting on the goals were Martin Maloney, Brandon McGillis, Steven Beaudoin and Andrea Maloney. The Wolves won the game 3-1 and were tournament champions.

Cornwall

Midget "A" Royals

The Cornwall Midget "A" Royals concluded their regular season schedule recently by picking up five points in their last three games. The Royals finished the season in first place boasting a record of 18-6-6. Their last defeat came on December 4th, 2002. Since then, the red hot Royals have gone undefeated with 10 wins and two ties. They lead the league with 3.9 goals per game average while they were a close second in goals allowed, giving up 2.4 goals against per game.

Cornwall vaulted over the Prescott-Russell Roadrunners following a home and home series. On Monday, February 3rd, 2003 at the Si Miller Arena, the Royals edged their opponents by a score of 3-2. Early goals by Chris Sommers and Joey Thompson gave Cornwall a 2-0 lead. Prescott-Russell replied early in the second. Pat Sauve's goal 30 seconds later extended Cornwall's lead back to two goals. The visitors tallied their second goal early in the third period. From that point on, it was a barn-burner with the officials allowing both teams to play. Time and time again, Cornwall's netminder, Jacob Rodrigue was called upon to shut the door.

The two teams were back at it two nights later in Hawkesbury. The Royals fought their way to a 2-2 draw, in front of 300 fans. Cornwall got off to an early lead on a goal by Jeremi Synott, assisted by Chris Sommers and Marc Andre Piette. The Road Runners replied with two goals, the first during a two man advantage, while the second was on a breakaway. Kyle Pierce tied the game late in the second period on a pass from Troy Cryderman. Stefan Guindon was strong in nets for Cornwall.

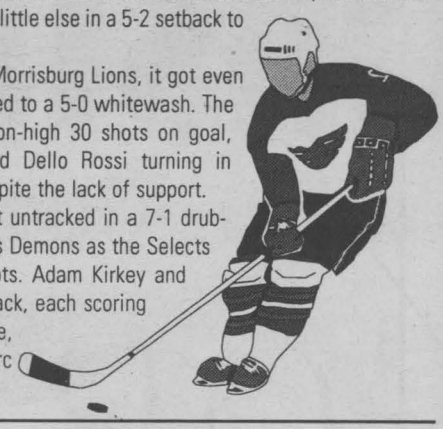
The Midget "A" Royals' last game was at home on Saturday, February 8th, 2003 against the Kanata Blazers. The Royals thrashed their opponents by a score of 12-0. The attack was led by Chris Sommers' hat trick. Jeremi Synott and Kyle Pierce each picked up a pair of goals. Singles went to Pat McLeod, Julian Moffat, Pat Sauve, Kurtis Thomson and Thomas Mondoux. Stefan Guindon picked up his third shutout of the year.

South Stormont

Midget HL Selects

It was a case of the defence providing the offence as the South Stormont Midget HL Selects lost back-to-back games in UCMHL play for the first time this season.

Defensemen Travis Bouchard and Zach Grant each scored, but the visiting Selects could muster little else in a 5-2 setback to the Alexandria Glens.



At home against the Morrisburg Lions, it got even uglier as the Lions romped to a 5-0 whitewash. The Selects allowed a season-high 30 shots on goal, with James Luciani and Dello Rossi turning in strong performances despite the lack of support.

The offence finally got untracked in a 7-1 drubbing of the North Dundas Demons as the Selects held a 38-8 edge in shots. Adam Kirkey and Jesse Moise led the attack, each scoring twice, while Doug Alguire, Marc Brunet and Marc Geneau tallied singles.

South Stormont

Novice HL Team #3

On Sunday, February 2nd, 2003, the South Stormont Novice House League Team #3 played Team #2 and won the game 3-1. After a losing streak, Team #3 had lots to celebrate. Hot between the pipes was Liam McDonald, who saved some great shots. Scoring for Team #3 was Dakota VandeGlind with cousin Henry VandeGlind assisting his goal. Coming in on a long shot was Cory Hart, who shot in the second goal. Jamie Hollister scored the final goal and Jordon Chisholm assisted. Team #2 played a great game! Scoring the lone goal was Tanner Smith as Joel Price and MacKenzie Fraser assisted Smith's goal.

On Saturday, February 8th, 2003, Team #3 travelled to Williamstown to play the Char-Lan Rebels team Blue. Team #3 continued their winning streak with another win of 3-2. Liam McDonald earned the win, stopping many shots. Ryan Dunbar played a great, fast game and he was the affiliate player. Scoring for Team #3 were Dakota VandeGlind and Jordon Chisholm with two goals. Assists were Jamie Hollister, Justin Rutley and Andrew Pidgeon.

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Registration Dates
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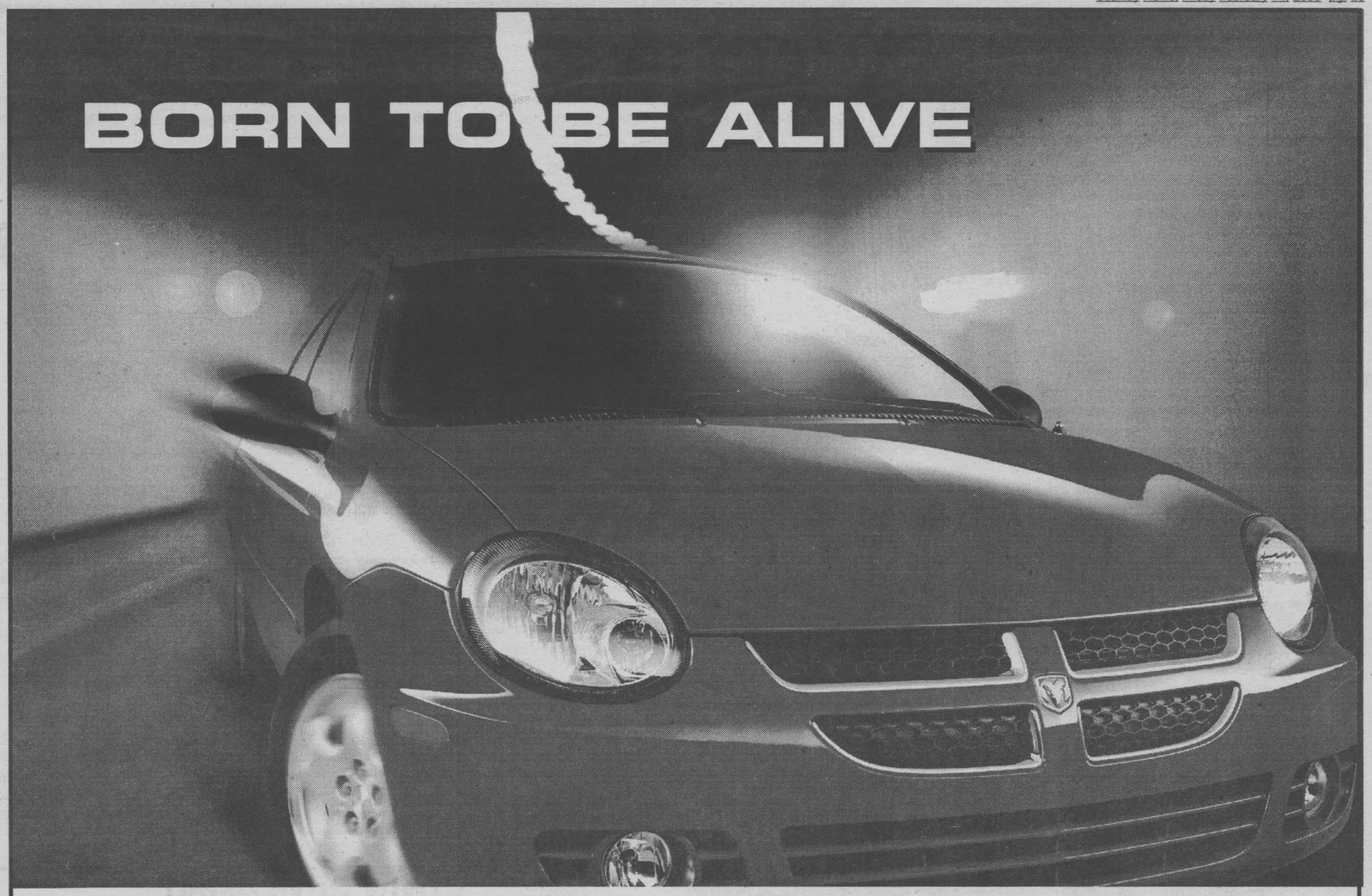

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Dodge SX 2.0 customers read the fine print: *, **, † These are limited time offers which may not be combined with any other offers except Graduate Rebate and apply to retail deliveries on selected new in-stock 2003 vehicles. Retailer may sell/lease for less. Retailer order/trade may be necessary. See retailer for complete details and conditions. Cash purchase price/lease excludes license, registration, insurance, taxes and retailer administration charges. † Based on a 60-month lease for 2003 Dodge SX 2.0 21D (shown with optional rims). Total lease obligation is $12,691 with $2,130 down, $12,841 with $1,100 down, $12,980 with $0 down. Lease finance interest rate is 6.3%. Kilometres limited to 102,000; charge of $0.15/km for excess kilometres. Subject to approval by Chrysler Financial Canada. * Cash purchase price excludes freight and is applicable to cash purchase only of the Dodge SX 2.0 21D and includes factory to retailer incentives. ** DaimlerChrysler will pay your first payment up to a maximum of $500 on all 2003 SX 2.0 leases and all 2003 SX 2.0 purchase financing contracts up to 60 months. Ω While supplies last. Limit two tickets per test drive. Valid only at participating Ottawa and Hull area retailers. Δ See retailer for complete details and conditions. ‡ Warranty valid for all new 2003 model year vehicles, to 7 years or 115,000km, whichever comes first. Some conditions apply. See retailer for details. ® Jeep is a registered trademark of DaimlerChrysler Corporation used under license by DaimlerChrysler Canada Inc.; a wholly owned subsidiary of DaimlerChrysler Corporation.

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SEAWAY SPORTS

Upper Canada Mortgage

Major Peewee "AA" Rapids

The Upper Canada Mortgage Major Peewee "AA" Rapids played a home and home series with the Ottawa Sting and both teams won on their home ice. On Thursday, February 6th, 2003, the Rapids travelled to Ottawa and came out on the short end of a 3-2 score. Shane Kitchen scored on a beautiful set up from Josh Lapierre and Kale Perry added an unassisted goal. The Rapids bounced back to defeat the Ottawa Sting 3-1 on Sunday, February 9th, 2003 in Maxville. Mac Mitchell scored twice in the win as Brett Michaud added the single. Brett Conway chipped in with two assists. The victory assured the Rapids of a place in this year's playoffs.

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South Stormont

Atom HL State Farm

On Saturday, February 8th, 2003, the South Stormont Atom House League State Farm Team 4 played the South Stormont Team 2 and put in a strong team effort to earn the victory. The Farmers got out to a fast start scoring three goals in the first period to take a 3-0 lead and then traded goals the rest of the game to win 8-5. Leading the way for the Farmers were Clark Veenstra, who put in another solid effort with three goals and two assists, Drew Veenstra and Ben Pyper each with a pair and Mathew Sullivan. Other assists went to Mathew Sullivan (3), Nathan Eamer (2), Andrew Duval, Jeremy Stang and Troy Veenstra. Steven Kuipers playing his first game in nets this season earned the victory with a good effort.

Computer Sense

Char-Lan Rebels

The Computer Sense Char-Lan Rebels Atom travelling team had a busy week playing three games in UCMHL action. The Rebels started off on a positive note taking command of the South Stormont Selects by the score of 3-2. Kevin Veilleux, Ramsey Wheeler and Mackenzie Roy hit the net for the winners. Wheeler also collected an assist. Other assists went to Duncan MacDonald with two and Justin McFarlane and Nelson Cecereu with one helper each. Robbie Chapman was brilliant in net for the computer crew.

Back at home, the Rebels suffered their first loss in four games falling to the Cornwall Royals for the first time this season by the score of 6-4. In a losing cause, Kevin Veilleux scored twice while Jacob Dawson registered a goal and an assist. Mackenzie Roy completed the scoring. Justin McFarlane collected an assist.

On the road to face the league leading Massena, the Rebels did everything perfect but winning. Inspired by a brilliant performance from their goaltender, Massena won the contest by the score of 2-1. Ramsey Wheeler was the only one to capitalize for the computer crew. Robbie Chapman was solid in net for the Rebels.

Phil's SPECIAL OF THE WEEK
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301 V6 engine, automatic, overdrive, power windows, locks, cruise, tilt, AM/FM CD, 70/30 split rear seat, alum. wheels, remote trunk release, vanity mirrors, intermittent wipers, 60,000 kms 6 months 10,000 km comprehensive warranty, stk# B05014
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Cornwall Air Gliders And Free Spirits Of Akwesasne Trampoline Clubs

The Cornwall Air Gliders and the Free Spirits of Akwesasne Trampoline Clubs attended their second Ontario Cup Championship in Orangeville, Ontario on Saturday and Sunday, January 25th and 26th, 2003.

Coaches Jean Juneau and Patrick Legare have much to be proud of from the results of the competition which are as follows:

National Novice, female: Gabrielle Martin, finishing tenth out of 21 competitors.

Provincial Level One, female, 10 and under: Emilie Gauthier, finishing first out of 12 competitors.

Provincial Level One, female, 11 years: Natalie Adams, finishing fifth (Free Spirits of Akwesasne) and Ashley Thompson, finishing 11th (Free Spirits of Akwesasne).

Provincial Level One, female, 12 and over: Mikaela Masnyk, finishing 11th.

Provincial Level Two, female, 14 and over: Stephanie Page, finishing third out of 13 competitors.

Provincial Level One, male, 11 and under: Alexandre Juneau, finishing first out of 18 competitors, Tanner Thompson, finishing third (Free Spirits of Akwesasne) and Brady Lucyshyn, finishing seventh.

Marie Josee Ryan, who normally competes in the Provincial Level Two, female 14 and over was unable to attend the competition due to an injury.

All competitors have qualified to attend the Provincial Championships. Another job well done by all. Congratulations!

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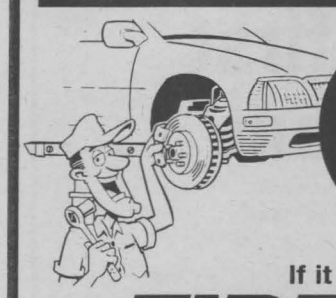
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SEAWAY Scoreboard

editorial@cornwallseawaynews.com

Bridge Results

Williamstown Bridge Club, Feb. 5th, 2003
N/S
1. Luke Bryan - Ted Coulter
2. Rhea Collette - Hanz Schulz
3. Isobel Quail - Jean Campbell
E/W
1. Audrey Pasco - Lydia Johnson
2. Gerrie Tibbals - Ron Allison
3. Françoise & Bob Govan

Terri's Bridge Club, Jan. 27th, 2003
N/S
1. Kay Colbran - Carol Reus
2. Brunelle MacDonald - Mona MacPhee
3. Georgette Lauzon - Gerry Johnston
E/W
1. Jessie Boyd - Ben Bouvier
2. Fern & Stephanie Blain - Joyce Harrison
3. Emma Farlinger - Fern Carriere

Feb. 3rd, 2003
East Section
N/S
1. Peggy Seymour - Betty Snetsinger
2. Georgette Lauzon - Gerry Johnston
3. M. Raymond - H. Ladouceur
3. Rita Watzenboeck - Evelyn Warren
E/W
1. Rita Struthers - Florence Bergeron
2. Elnora Churchill - Con Keenan
3. Rona Maynard - Pauline McKinnon
West Section
N/S
1. Claudette Rousseau - Janice Keen
2. Norma Daigle - Mona MacPhee
3. Maureen Walker - Carol Reus
E/W
1. Ruth Orkin - Joyce Egan
2. Claudette Ladouceur - Gail Dugas
3. Pat Cunningham - Inez Hatfield

Charmaine's Bridge Club, Feb. 5th, 2003
N/S
1. Muriel Contant - Joyce Harrison
2. Myrna Carpenter - Nicole Lemieux
3. Yvonne Bergeron - Jeanine Leroux
E/W
1. Janice Keen - Lisette Jesmer
2. Joyce Egan - Ruth Orkin
3. Fern Cuerrier - Pauline McKinnon

Cornwall Seniors Bridge Club, Feb. 7th, 2003
Section A
N/S
1. Mabel Chan - Pat McIntosh
2. Margaret Evans - Joyce Haines
3. Margaret Campbell - Carol Reus
E/W
1. Lydia Legault - Claudette Rousseau
2. Ben Bouvier - Mona MacPhee
3. Luci Lalonde - Sue Payette
Section B
N/S
1. George Bissonnette - Adelaid Hunter
2. Marjorie Raymond - Yoland Boutin
3. Joyce Harrison - Peggy Seymour
4. Marie Godard - Rita O'Brien
E/W
1. Roy Parmalee - Lyette Ladouceur
2. Rita Struthers - Florence Bergeron
3. Jeannine Leroux - Fern Cuerrier
4. Jean Boileau - Inez Hatfield

Audrey's Bridge Club, Feb. 7th, 2003
1. Luke Bryan - Ted Coulter
2. Bob & Françoise Govan
3. Jean & Jim Campbell

Martintown Goodtimers Duplicate Bridge, Feb. 11th, 2003
1. Joan Owen - Gordon Snook
2. Audrey Blair - John Roulston
3. Jim Campbell - Don Bond
4. Estelle Brazeau - Shiela Pickett.

Bingo Bridge winner was Ruth Edgerton. Good strong coffee, tea, cookies, Bingo and the Brigadoons make this the greatest little Bridge Club in the County. There was even a suggestion this week to have cocktails and dancing after bridge.

United Counties Ladies Basketball

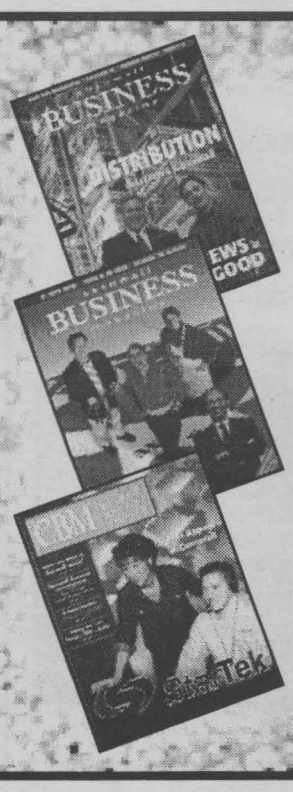
Feb. 6th, 2003 - St. Lawrence Intermediate School

Cornwall Gravel	**40**	**Grower Direct**	**27**
Angela Wilson	19	Barbara Montour	10
Catherine Gagnon	16	Leslie Ouderkirk	10
Heather Hebert	3	Debbie Handy	3
Star Gazers	**69**	**Golf Zone**	**38**
Laura Rhodes	28	Chantal Pinard	10
Geraldine Jacobs	20	Tanya Jodoin	9
Arlene Thomas	9	Shana Muree	8
Rayco Sports	**45**	**Laframboise**	**28**
Angela Martel	12	Vicki Lalonde	8
Norma Lefebvre	11	Kerry Martell	6
Susan McGillis	10	Gail MacDonald	4
		Helen MacIsaac	4

Seniors Curling

Coleman-Munro Trophy - Cornwall Curling Centre
Standings - February 7th, 2003

No.	Skip	W	L	T	Pts	TPF	TPA	Diff	GP
Division "A"									
8	Roger Guevremont	4	0	0	8	37	18	19	4
1	Norm Daigle	2	0	0	4	16	6	10	2
4	Joe McLean	2	1	0	4	26	18	8	3
3	John McMahon	2	2	0	4	28	22	6	4
5	John Gilligan	2	1	0	4	19	19	0	3
9	Leo Emond	1	3	0	2	25	29	-4	4
2	Garry Stover	1	2	0	2	18	24	-6	3
6	Gilles Cadieux	1	3	0	2	26	33	-7	4
10	Eugene Villeneuve	1	2	0	2	15	30	-15	3
7	Dave Witherspoon	0	2	0	0	9	20	-11	2
Division "B"									
16	John Callan	3	0	0	6	29	15	14	3
19	Larry Gabri	2	0	1	5	27	16	11	3
15	Don Eastop	1	1	0	2	20	13	7	2
11	Peter Sutherland	1	0	0	2	7	6	1	1
20	George Moss	1	1	0	2	12	12	0	2
13	Roger Shaver	1	2	0	2	22	26	-4	3
14	Duane Steele	1	2	0	2	17	25	-8	3
18	Darwin McEwan	1	2	0	2	13	28	-15	3
17	Randy Cameron	0	0	1	1	7	7	0	1
12	Jack Henderson	0	3	0	0	20	26	-6	3
Division "C"									
24	Eric Riviere	2	1	0	4	24	14	10	3
28	Earl Fourney	2	0	0	4	19	8	11	2
23	Jim Robinson	2	1	0	4	24	22	2	3
26	Clarence Couture	1	1	0	2	13	18	-5	2
27	Neil Stewart	1	0	0	2	4	0	4	1
25	Bernie Levere	1	1	0	2	16	14	2	2
29	Ron Lalonde	1	2	0	2	13	17	-4	3
22	Al MacRae	1	2	0	2	17	22	-5	3
21	Eric Dafoe	0	1	0	0	6	10	-4	1
30	Wayne McIntosh	0	2	0	0	7	18	-11	2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There have been some discussions recently about the condition and future of the Si Miller Arena. This led to some research about Cornwall's rinks. Thanks to some very helpful material from a good friend, everyone's favourite bartender, Jake Daley, here is a brief review of the history of our city's arenas.

The first was the Victoria Arena. It served citizens very well for a number of years back in the 1930s. As a matter of fact, it was 1933 when we lost the grand building to a disastrous fire.

In May 1935, a group of public-minded citizens including a former Mayor, W. Parisien toured the Province of Ontario looking at other rinks and gathering data. Upon their return, the group still couldn't decide on a proper location for a new arena. What followed was a revised group of concerned individuals to pick up the task. The renewed interest was led by the 1936 Mayor, Aaron Horovitz and soon the ball was rolling again. The new committee organized a fundraising campaign that raised over $60,000 in April 1936.

Committee members during that time included Mayor Horovitz as Chairman, Vice-Chairman W.A. Dingwall, Secretary M.S. Dunn, and Treasurer W.A. Houston. On the campaign committee were D.B. Robb, Norman Teare, A Muir, J.G. Miron, A. Miller, Dr. J.A. Tallon, Rev. Brother Kevin, A. Dover, A. Fetterly and several others. Funds were collected mainly from Cornwall's industry, merchants and professionals as well as the community at large.



Everything was falling into place and the architects were chosen - John Archibald Associates, and their plans approved on July 20th. A contract to begin construction was awarded to the Hodgins Lumber Company of Cornwall and a firm from Montréal was to do the refrigeration work. The actual construction began on August 10th and three months later, on November 14th, 1936, Cornwall welcomed the new arena structure. Seating was for 1,800 with an additional 1,000 or more standing room. It is interesting to also note that no smoking was the order of the day in the new building (1936).

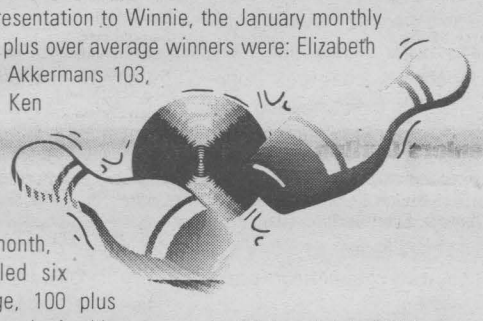
Staff that were to run the Cornwall Arena Company were then hired. The Managing Director was M.S. Dunn, Assistant Manager Billy Boucher, Engineer D.L. Turns and ice maker Howard Cameron. Soon the Cornwall Flyers and the Cornwall Canadiens and other hockey teams, skaters, lacrosse teams and many other attractions kept the new building bustling.

We have included a photo showing the inside of the WSA upon completion. Please watch for many ensuring stories and photos of our grand old "barn" as it has been dubbed by many fans. I still believe that a few thousand dollars would do wonders to upgrade the structure and give it a facelift!

Club 55+ Action

By George Belmore

Club 55+ highlight of the day was the presentation of a special award and congratulations to Winnie Wragg, who was celebrating her 90th birthday.



Following Eric's presentation to Winnie, the January monthly awards for 100 pins plus over average winners were: Elizabeth Peters 100, William Akkermans 103, Ovila Samson 118, Ken Laperle 120, Thelma Goulet 150 and Lawrence Markell 181.

Bowler of the month, Thelma Goulet rolled six games over average, 100 plus once, one 300 game and raised her average by 3.2 for a total of 14.2.

Ovila Samson, nine games over average, 100 plus once and raised his average by 7.7 for a total of 19.7.

Highs Rolled: Ovila Samson 250-201, Norma Major 230-202, Vernon Eastman 258, Maurice Champagne 252, Tom Fagan 228, Simone Kearns 226, Conrad Godard 225, Art McCrae and Anita Bissonnette 221, Rene Laurin 219, Wilson Dalley 218, Wilf Tyo 211, Ron Currie 210, Alex Robinson 209, George Beaudette 207, Jack Sheets 203, Theresa Dubeau 201, Earl McCullough 200.

Attendance Winners: Jean Eamer, Anita Lemaire, Claudette Titley, Earl McCullough.

Could This Be True: "We are judged by how we finish, not by how we start." Some bowler must have thought of that one.

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Summer Box Lacrosse Program
REGISTRATION will be held at the
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Sat., Feb. 1st and Sat., Feb. 15th, 2003
from 10 am 'til 2 pm
Note: Cost for anyone wishing to register after February 15th increases to residents $120 and non-residents $135
Cost: residents $75 and non-residents $90
Deadline for anyone wishing to apply for a coaching position is February 28th, 2003. Please send resumes along with team and age group preferences (e.g. Pee-Wee, House or Rep.) to:
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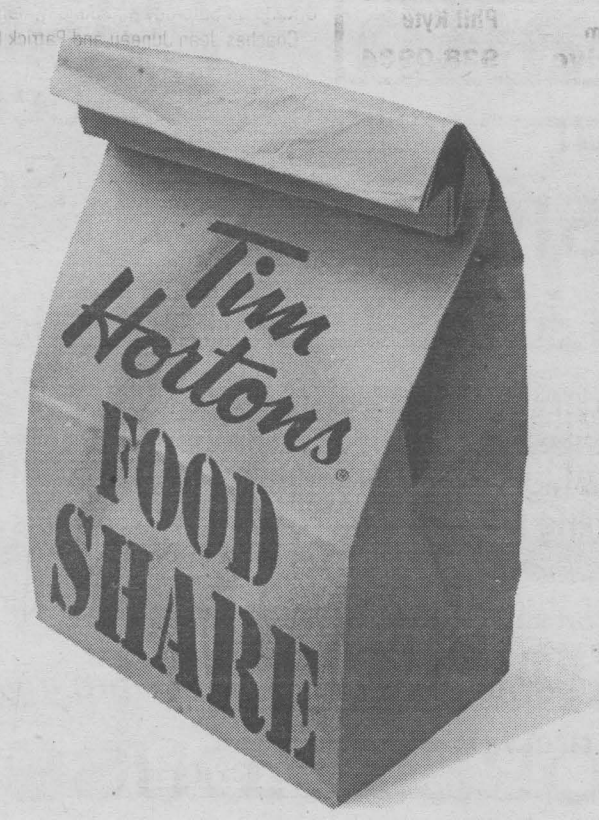

You can help fill our community with hope and happiness. Look for your Tim Hortons Food Share donation bag in today's issue of Seaway News. Then just fill up the bag with non-perishable food donations and drop them off at your participating Cornwall Tim Hortons by February 28th.

SEAWAY NEWS
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Munro Agromart

Peewee "B" Rebels

The Munro Agromart Peewee "B" Rebels are nearing the end of their regular season and were successful in their last three contests. The first was against the Alexandria Glens and was a 5-0 win for the Rebels. Scoring by Colin Poirier, Grant MacDougall, Steven Rose, Max Ming and Kevin McLeod. Helpers from Max Ming, Colin Poirier, Steven Rose, Danny Hincks, Thomas Lang and Shane Laframboise. Ben Boyd got the shutout.

Their second game against the Morrisburg Lions also earned the Rebels two points after winning 5-1. Getting two goals and two assists was Captain Grant MacDougall, Steven Rose with one goal and two assists, Thomas Lang with one goal and two assists, Colin Poirier with a goal and Max Ming assisted. Taylor Servais was solid in net. Their third game was against North Dundas in Winchester. The score was 3-0. Scoring for the Rebels were Steven Rose (2) and Thomas Lang. Assisting were Grant MacDougall (2), Ryan Delorme (2) and Jonathan Jasper.

UPPER CANADA
District School Board

TAGWI S.S.
SIMUL DISCEMUS

An Invitation is extended to all Grade 8 students and their parents to attend an

ORIENTATION NIGHT

Thursday, February 20th, 2003
7:00 - 9:00 p.m.
at Tagwi Secondary School in the Cafeteria

EVERYONE WELCOME

"The Meeting Place"

feb14032

David McDonald UCDSB Chair | Mildred Craig Vice-Chair | *Learning Together* | Gino Giannandrea Director of Education

South Stormont

Pee Wee "B" Selects

The Selects played a great week of hockey with a season tie on Friday, February 7th, 2003 to South Grenville 1-1. Daniel Viau scored the single goal assisted from Brent Maxwell in this exciting game to the end. Jordan Konink was outstanding in goals, and the team played some great defence to manage a point against one of the top teams in the league.

The next day, Saturday, February 8th, 2003, the Selects were in the Morrisburg tournament and played some impressive hockey getting "B" champs. Their first game to Kemptville for a 2-0 loss sent them in the "B" division. It could have gone either way with Matt O'Neill stopping some sure goals. The Selects could not take advantage of a five-on-three situation for a full two minutes. Then it was all decided on an empty net goal with little time left in the game. Hustler of the game was Joel Stang. Their next game was against Brockville for a 4-2 win and a spot in the finals. Beautiful plays resulted in nice goals by Daniel Viau, Brent Maxwell, Zach Kroeze from a play that fooled the goalie from behind the net and did a great wrap around. They each also added an assist. The other goal by Daniel Sullivan was his first of the season and he worked hard to get it and also got the Hustler of the game. Patrick Gilmour and Stephane Beaupre each picked up two assists and one to Kyle Middleton. Jordan Konink pulled in the win. The "B" finals to Carleton Place ended in a 4-0 win having Daniel Viau with a great tournament lead the way with two goals and an assist. Brent Maxwell, using his super slap shot in the top corner, also added two assists and got Hustler of the game. Daniel Sullivan and Joey Gallately singled out on setting up some goals. Matt O'Neill and Jordan Konink were very sharp in nets getting the shutout, being outshot 28-11. Great tournament Selects, and congratulations on making your parents proud.

Bischoff Extends Invitation To Stone Cold

Eric Bischoff may have indeed found a way to shake up RAW and save his job. During RAW on Monday night, the general manager made two shocking announcements. Bischoff stated that everyone has been made aware of Vince McMahon's point of view regarding the departure of Stone Cold Steve Austin, but nobody has heard what the Texas Rattlesnake has to say. Therefore, Bischoff said, he has stopped the presses of RAW Magazine and will give Austin an open forum to present the story as he sees it.

But that's not all. Bischoff went so far as to extend an invitation to Stone Cold to return next month at No Way Out! Fans leapt to their feet upon hearing this invitation, making it obvious that Bischoff has gotten off to a good start in his efforts to avoid being replaced by Shane McMahon.

The Dudley Boyz hadn't even had 24 hours to celebrate winning the World Tag Team Championship from William Regal and Lance Storm when Chief Morley thrust the duo into a return match. Unfortunately, Regal and Storm had already ambushed the Dudleys and put Bubba Ray through a table! When the opening bell sounded, all Regal had to do was cover up Bubba Ray and watch referee Nick Patrick slap out a reluctant 1-2-3 to take back the championship gold.

Stacy Keibler found herself in the wrong place at the wrong time during Test's match against Chris Jericho. A chairshot from Y2J missed its target, causing the steel to slam into Stacy and knocking her cold! Test was reduced to tears as EMTs attended to Stacy and carried her off. Even Jericho was aghast at what had happened. Stacy's condition was still unclear when the show ended.

A powerful faction appears to be in the making on RAW. As Scott Steiner battled Batista in singles action, he suddenly found himself fending off attacks from his opponent, Triple H, Ric Flair and Randy Orton. After beating Steiner into a bloody mess, all four men triumphantly showed off Big Poppa Pump's mangled face as the highlight of their celebration!

Brock Wins Rumble, Earns Shot At Angle

Brock Lesnar earned a trip to WrestleMania Sunday night by winning the 30-man Royal Rumble Match at the FleetCenter in Boston. Lesnar won the final entry into the Royal Rumble Match at the start of the event by defeating the Big Show in a brutal grudge match. Lesnar finally managed to put Big Show away with a powerful F-5. He made an immediate impact after making his entry at the No. 29 spot. Brock simultaneously eliminated Charlie Haas and Sheldon Benjamin, then tossed Matt Hardy outside the ring with an F-5!

Brock earned himself a title shot at WrestleMania 19 against Kurt Angle, who prevailed in his title defense against Chris Benoit. Benoit and Angle were expected to show off their tremendous in-ring abilities, but nobody could have been prepared for the action that erupted in this match. Benoit was inches away from winning the title on several occasions. He landed a thundering swan dive head butt off a leap that covered nearly the entire ring! Benoit later had Angle ready to tap from the Crippler Crossface, but the WWE Champion somehow reversed into the ankle lock! Benoit twisted away several times, but Angle locked the finisher on and hung on until Benoit had no choice but to tap out! After the match, the fans gave Benoit a standing ovation for his incredible in-ring effort.

Chris Jericho thought he had gotten the best of Shawn Michaels when he made HBK the first man eliminated from the Royal Rumble Match. But HBK foiled Y2J's plan to go down in history by racing to the ring later on and hurling Jericho over the top rope!

Scott Steiner gave Triple H fits in their showdown for the World Heavyweight Championship. The Cerebral Assassin finally decided to play it safe and get disqualified in order to keep the title intact. But referee Earl Hebner refused to issue a disqualification for a count out or even after The Game shoved him. Finally, Hebner called for the bell after Triple H nailed Steiner with a sledgehammer! Big Poppa Pump wouldn't let Triple H get away that easy, though. The Big Bad Booty Daddy got several good sledgehammer shots of his own in on the champion!

In other action, the Dudley Boyz upset William Regal and Lance Storm to win the World Heavyweight Championship. While Chief Morley argued with the referee, Regal produced a set of brass knucks. Regal fell victim to a 3D, however, and D-Von used the knucks on Storm to get the pinfall!

Also, Torrie Wilson appeared to have gotten some closure in the saga between herself and Dawn Marie. Torrie soundly defeated her stepmother in an emotion-filled match.

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A school with a difference

Grade 8 students and their parents are invited to an

OPEN HOUSE

Grade 9 Information Night

St. Joseph's Catholic Secondary School
1500 Cumberland Street, Cornwall
(613) 932-0349

Tuesday, February 18, 2003
7:00 p.m. to 9:00 p.m.

Program
7:00 p.m. - Short presentation in the auditorium
7:45 p.m. - Tour of school facilities
Teachers will be available to answer questions on the school's programs and activities.

LEAP TO NEW HEIGHTS WITH THE PANTHERS!

PANTHERS

CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN ONTARIO

Ronald Eamer Chair **Charles Adams** Vice-Chair
Greg McNally Director of Education

friendly **seaway** *faces*



Chad Hanes
from
Mac's Tavern

This friendly Seaway face has been in the bartending business for eight years. Chad Hanes has been a bartender at Mac's Tavern in the McIntosh Country Inn in Morrisburg for the past five months. He comes from a long line of bartending family members. He is married to Anita and they have one daughter.

"I really enjoy my job," stated Chad as he poured another one from the tap. "I really enjoy the atmosphere and the people. Everyone is always in a good mood and we all get along very well."

Story and photo by Chris McPhee

Classified plus

Deadline: Wednesday, 12 noon

933-0015

MasterCard VISA

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COMPANIONS CORNER

HONESTY IS THE KEY - Friendly, sensitive, trustworthy SWF, 43, 5'6", black hair, brown eyes, enjoys travelling, dining out, dancing, quiet times. Hoping to meet honest, understanding SWM, 38-50. Send photo. CC2174.

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2 APTS/ CONDOS FOR RENT

CLEAN DOWNSTAIRS 2 bdrm apt at 23 Lawrence, Cornwall. 4-pc. bath, washer/dryer hook-ups, large porch, 1/2 basement, parking. $395/mth, plus utilities. Available March or April 1st. Call 534-8390.

INGLESIDE, 1 bdrm apt w/utilities, fridge, stove & parking. Freshly painted & very clean. Ideal for retired person. $425/mth. No dogs. Available March 1st. Call 931-1188.

1 BDRM APT in Ingleside. $430/mth, includes utilities & basic cable. Call 543-3604.

COMPANIONS CORNER

LARGE 1 BDRM APT. Available March 1st. $500/mth, heat & lights paid. Parking, washer/dryer hook-ups, 4-pce bath. Call 933-3463.

APARTMENTS FOR RENT
bachelor, 1&2 bdrm.
security bldg., video surveillance
bachelors from $399 incl. util.
call 932-7891
Mon. - Fri. 9:30 - 4:30
feb7033

23 ARTHUR, Two 2-bdrm apts. 1-upstairs & 1-mainfloor. Fridge & stove. Newly renovated. $650/mth, all inclusive. Available immediately or Mar. 1st. Call 938-7286.

LARGE ONE BDRM upstairs apt. 229 Prince Albert St. near college. Fridge & stove included. Electric heat. $350/mth, plus utilities. No pets. Pay first & last mo. in advance. Call 933-0560.

113 NINTH ST. W. 1 bdrm apt. Quiet bldg. Fridge, stove, utilities, parking, storage incl. No pets. $535/mth, first & last, references req'd. Avail. Apr. 1st. Call 936-1502.

SECURITY BLDG. Apts for rent. Bachelor, $395/mth. 1 bdrm, $450/mth. 2 bdrm, $575/mth. Includes fridge, stove, heat, electricity, parking, laundry room in building. 933-9471.

SPACIOUS 1 & 2 BDRM APTS. Clean & quiet. Reasonable rents, locker space, parking, coin-operated laundry. References required. Call 931-2633.

23 ARTHUR, 3 bdrm apt. Fridge & stove. $700/mth, everything inclusive. Available immediately or Mar. 1st. Call 938-7286.

2 - ONE BDRM APTS - 2 & 2A Danis Ave. Parking, washer/dryer hook-ups. Utilities included. References req'd. Upstairs, $450/mth & downstairs, $550/mth. Call 938-6685, after 5pm.

APARTMENT FOR RENT at Charlie's Go Karts. 3 bdrms, country living. Fridge & stove, hook-ups. First & last month req'd. $400/mth. Call 931-1173.

Classified plus

VACATION HOMES FOR RENT

NEW CHALET for rent in St. Agathe. Sleeps 6. Fully furnished. Available weekends, weekly or monthly. 10 minutes from ski hill & many outdoor activities. Call 933-9155 or 938-3281.

4 HOUSES FOR RENT

COUNTRY LIVING. Semi-detached on Summerstown Rd, near Williamstown. 2 bdrms, large yard, washer/dryer hook-ups, patio, semi-finished basement. Available Apr. 1st. $575/mth, plus utilities. References req'd. Call 347-1171, leave message.

AVAILABLE MARCH 1ST. 2-storey semi-detached, 3 bdrms. Ideal for working couple. No pets. First & last month req'd. $595/mth, plus utilities. References. 936-0184, leave message.

2 BDRM MOBILE HOME on Airport Rd. $500/mth, plus utilities. Oil heated. Available April 1st, possibly sooner. Call 931-2474.

5 HOUSES FOR SALE

PRIVATE SALE - 3 bdrm older home in north end, 1123 Hebert St. Lot 50'x230'. Cheaper than rent. Presently vacant. Asking $46,900. Call 932-0518 after 5pm or leave message.

18 ROOMS

NORTH END, private kitchen, bathroom & entrance. Parking. 3 min. walk to Wal-Mart. Non-smoking. Quiet gentleman pref'd. No pets. Call 932-0518 after 5pm or leave message.

LARGE BRIGHT furnished or unfurnished room. Kitchen privileges, 4pce bath, satellite optional, utilities paid. Bus service at door, on the hour, every hour. Security building, elevators, pool. Available Mar. 1st. For viewing call 933-3965.

22 ARTICLES FOR SALE

WOODEN WINE RACK, holds 10-bottles, excellent condition. Call 525-3349.

SOFA & TWO coordinating love seats. Call 932-9751.

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Circulation: 34,818 copies
Deadline: Wednesday, noon
SEAWAY NEWS
classified@cornwallseawaynews.com

COMMUNITY DIGEST

CORNWALL QUILTER'S GUILD will meet on Monday, February 17th, 7:00p.m. at the Cornwall Seaway Lions Club, 123 Fortier St. Anyone interested in Quilts or Quilting is welcome. Information: 932-6693.

DINER'S CLUB LUNCHEON FOR SENIORS will take place at the Martintown Community Centre on Wednesday, February 19th, 12:00noon. Reservations by Monday, February 17th. All Seniors welcome. Call Lan-Char Seniors Support Centre at 347-1175 for more information.

ENCORE SENIORS are holding their first Computer Club meeting of the season on Monday, February 17th, 1:00p.m. to 3:00p.m. at the Children's Aid Society location on Boundary Road in the Computer Room. ***Topic: Digital Photography presented by Doug Hill.*** Information: Andy Trasuk at 938-2329.

FRIENDS OF THE UPPER CANADA MIGRATORY BIRD SANCTUARY'S Moonlight Event is being held on Saturday, February 15th, 7:30p.m. Weather and trail conditions permitting. Cross Country ski and snow shoe hikes through the Sanctuary are planned. Further information call Connie at 537-8230.

JOY OF LIVING a Catholic based support group for persons living alone due to a separation, divorce or death of a partner. Meeting will be held on Friday, February 14th, 7:30 p.m. at Holy Cross School, 124 Anthony St. Information: Cecile 932-6383 or Roger 936-1502.

NAVY CLUB are hosting ***"The Great American Race Tailgate Party Daytona 500"*** on Sunday, February 16th, 1:00p.m. Free Chili. Come and see the race on big screen television at 30 Sixth St. East. For more information call 938-0285. Everyone welcome.

NEW FRIENDS AND ACQUAINTANCES (N.F.A.A.) is an association for unattached people in Cornwall and Area. Upcoming activities: ***"Valentine Karaoke"*** is being held on Friday, February 14th, 10:00p.m. to 2:00a.m. at Augustino's Restaurant, 1195 Second St. West., ***"Bowling"*** on Sunday, February 16th, 6:45p.m. at the Bowling Palace (corner of Pitt and Tollgate). ***"Walking"*** every Monday, Tuesday, Wednesday, Thursday, and Saturday at the Civic Complex, 7:00p.m. sharp. For more information on any of these activities please contact: Barbara 933-5902, Doug 938-6851 or Paulette 525-3285.

NURSING CLINIC presented by the Victorian Order of Nurses (VON) will be held at the Agapé Centre, McConnell Avenue on Friday, February 21st, 11:00a.m. to 3:00p.m. A registered nurse will be available to give general health counseling. For appointment please call 938-9297. Walk-ins also welcome.

PARKINSONS SELF HELP GROUP of Cornwall meet at the RCAFA Association Building (Wing 424) on Water St. West, Thursday, February 20th, 1:15p.m. Anyone interested in Parkinsons is welcome to attend. Information: 936-9944 or 933-2193.

PRO-LIFE SPAGHETTI SUPPER is being held at the Knights of Columbus Hall, Amelia Street on Sunday, February 23rd, 4:00p.m. to 7:00p.m. Adults.....$7.00; Children Under 12....$3.00. Everyone welcome. For information please call 937-0536.

SOUTH STORMONT CHAMBER OF COMMERCE next meeting will be held on Wednesday, February 19th, 7:30p.m. at the Rothwell-Osnabruck School Library on College Street in Ingleside. ***Guest Speaker: Linda Bowers, Chair of Cornwall and Seaway Valley Tourism.*** Information: 537-2739.

UPPER CANADA MIGRATORY BIRD SANCTUARY, Visitor Centre, in Ingleside is open every Saturday and Sunday from 12:30p.m. until 4:00p.m. Manned by the Friends of the Sanctuary. Everyone welcome. For more information call 537-8230.

WOMEN'S MINISTRIES are presenting a weekly lecture consecutively for the next five weeks entitled ***"A Look At Five Biblical Women".*** Next session will be held on Monday, February 17th, 7:00p.m. to 8:30p.m., at Maynards Independent Grocer (Upstairs Room). Call 346-0222 to leave your name and phone number. They will confirm.

VON BREAST CANCER SUPPORT GROUP can help ease the burden of dealing with Breast Cancer through a new Support Group. Next meeting will be held on Thursday, February 20th, at the VON Office, 205 Amelia St., 7:00p.m. For more information call 932-3451.

COMMUNITY DIGEST
$9.00 PER WEEK
Up to 24 words.
Drop off or fax to Seaway News
Deadline - Wednesday 12 noon

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PHONE: 933-0015

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- $16.50/2 weeks. 24 words or less, (23¢ each additional word per week.).

DEADLINE: Wednesday 12 noon before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisement.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $28.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 12 noon Wednesday.

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

Mail pick up, no charge.

Mailed replies: $6.00

For Readers:

To respond to an ad, there is "no charge", just send your letter to the appropriate CC number, c/o Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.

COPY CHANGES

Customers are allowed one copy change prior to ad publication. Copy changes, after the ad has been published, are treated as a "new ad" and will be paid for accordingly. On "sold" items, no credits are issued. However, in the case of cancellations, once an ad has been placed and paid. There is no refund or credit given.

NOTICE

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 credit card number until you are satisfied you are going to get what you bargained for.

LET THE BUYER BEWARE.

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Published weekly and distributed by Seaway News, 329-2nd St. W., Cornwall K6J 1G8. The Publisher will not be responsible for any errors in any advertisement after one insertion.

Advertising is accepted on the condition that in the event of a typographical error, that portion of the advertising space occupied by the erroneous item together with reasonable allowance of signature will not be charged for but the balance of the advertisement will be paid for at the applicable rate.

In the event of a typographical error advertising or services at the wrong price(s), goods or services need not be sold. Advertising is merely an offer to sell. The offer may be withdrawn at any time.

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The views of contributing writers are not necessarily the viewpoints of this newspaper or its publishers.

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

SEAWAY NEWS
Serving Cornwall and Area
~~~~~~~~~~~~~~~~~~~~~~~~~

22 ARTICLES FOR SALE

98 Formula III 600

Reverse, 120 studs, 4,100 miles, nice shape Ski-Doo tarp included.

$4,500. OBO.

528-4962

CHILDREN'S ENCYCLOPEDIA, The New Book of Knowledge, 20 volumes, 1970 Grolier Inc. $40. Call 938-8301.

STEEL DOOR, white enamel with hardware. 34"w X 79" tall. Call 933-6278.

5-PCE. DININGROOM SET with hutch. Glass top on table & hutch. Asking $900. Call after 5pm, 932-7854.

TWO BOXES of antique Mecano accessory outfit engineering for boys of all ages. Made in England. Very good condition. Call 525-3349.

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Top Prices Paid For Fine China, TV's, VCR's, CD's, Movies, Tools, Antiques, Small Furniture

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AT LOW PRICE! Imperfect materials ... perfect prices! Floating floor Clic, .99¢sq.ft. Spruce, 2x3x8, .95¢, 2x4x8, $1.45, 2x6x8, $2.05. Waferboard, 7/16 $7.49. 5/8 $8.99. Plywood 1/2" $13.99, 5/8" $15.99. Interior doors: Lauan $11.99. Colonial $14.99. Solid doors $14.99. Valid from February 16th-22nd, 2003. Bargain Building Materials 613-527-5090.

5-PCE. BEDROOM SET, dark oak colour, glass tops, queen size box spring & mattress. Very clean & excellent condition. Asking $800. or B.O. Call after 5pm, 932-7854.

ARTICLES WANTED

WANTED



Old Fishing Lures & Wooden Duck Decoys
938-8839

26 FARMERS MARKET

APPLES: Many varieties, also cider & a variety of sugar free & regular fruit spreads. Gift baskets & more. Smyth's Apple Orchard, Dundela, Hwy. 31 north of Morrisburg. Open daily, 9am to 5pm. 652-2477.

FIREWOOD FOR SALE. Green wood, $55/cord delivered. Dry wood, $65/cord delivered. Call 938-8839.

2 CORDS OR MORE of mixed firewood picked up or delivered. Call 938-2962.

FIREWOOD, split & delivered. Cedar & pine lumber. Hardwood lumber. V-joint Pine & Cedar siding. Hardwood flooring. Specialty orders. Cedar trees for hedges. Robertson's Sawmill, Martintown. Call 528-4262.

30 HOME SERVICES

SECOND SET OF HANDS - Home maintenance & repair. Renovations, repairs, painting, window cleaning, spring clean-up. No job too small. Free estimates, good rates. Brian, 534-2875 or 363-4818.

SEAMSTRESS / COUTURIERE: Alterations. All zippers. Modifications. Call Denise at 938-6532.

STRIPALL - Furniture stripping, refinishing & repairs. Staircases, floors, doors, archways, No job too big or small, antique or not. Kitchen cupboards completely restored & refinished starting @ $1,500. Free estimates. Long Sault, 534-8494.

RILEY'S PAINTING. Now specializing in new homes. Drywall & ceiling repairs, water damage, wallpapering & odd jobs. Light truck available. 20-yrs. exp. Reasonable rates. 938-8839. Pager#930-8851.

The PERFECT HANDYMAN - Renovations, building & addition needs, roofing, siding, drywall, decks, sheds, garages, patios. Call Robert The Perfect Handyman, 525-2197. Free estimates & customer satisfaction.

MIKE'S TREE PRUNING, cutting & removal. Chimney, eavestrough, cleaning & repair. Hardwood for sale, $55/cord, minimum 2 cords delivered. Free estimates. Call Mike 931-1251.

HOME RENOVATIONS. Big or small. 25-yrs. experience. Reasonable rates. Free estimate. Call Patrick, 938-9231.

CLOTHING REPAIRS, Alterations & Lettering. Also, little girls handmade dresses, size 2 & up. Tall mens housecoats, $30. + material cost. For all your sewing needs, call Leo at 933-7995.

ERNIE'S CLEAN-UP SERVICE. Cedar hedge & tree trimming, fencing, house painting, snow blowing, yards, basements, lawn cutting. Call 938-1684.

BASEMENT LEAKING? Call the experts. Waterproofing from inside, no costly digging. Cracks sealed by injection. Interior weeping tile for block walls. All work guaranteed. Free estimates. J. Craig. 1-800-631-4323. Serving all Eastern Ontario.

HOROSCOPES

February 16th - 22nd

ARIES – March 21/April 20
You have a good head on your shoulders, Aries. Don't let anyone pull the wool over your eyes early in the week. Stand up for yourself. Be prepared, because Cupid is going to strike!

TAURUS – April 21/May 21
Speaking your mind only will make things worse, this week. A close friend needs a shoulder to cry on. Be there for him or her. Leo plays a key role on Tuesday.

GEMINI– May 22/June 21
Don't sulk over a minor disagreement with a friend. Things will be back to normal very soon. That special someone forgets an important date. Forgive and forget!

CANCER – June 22/July 22
Don't make an important financial decision without looking the facts. Listen to a loved one's advice; it's in your best interest. A colleague asks for your opinion about a personal matter. Be honest with him or her.

LEO – July 23/August 23
Don't hold a grudge against a loved one this week. He or she didn't mean to upset you. An old flame comes back into your life. Get reacquainted with him or her. It's worth the effort.

VIRGO – Aug 24/Sept 22
You are about to take a very important step in your personal life this week. Don't be nervous. You know what you're doing. A loved one needs your help with a family problem.

LIBRA – Sept 23/Oct 23
Don't let a tense situation at work get you nervous. Stay optimistic. Try to find out the facts, instead of just getting upset. The person whom you've been seeing wants to get serious. Say yes.

SCORPIO – Oct 24/Nov 22
Don't keep your emotions hidden when it comes to a discussion with a friend this week. Let him or her know how you feel. A co-worker wants to get to know you better. Be careful!

SAGITTARIUS – Nov 23/Dec 21
Don't be scared when it comes to a confrontation early in the week, Sagittarius. A lot of people are supporting you. That special someone finally agrees to go out with you. Just be yourself.

CAPRICORN – Dec 22/Jan 20
You have a busy week ahead of you, Capricorn. Don't get stressed out. If you need a little help, don't be afraid to ask. A loved one gets into trouble late in the week. Be there for him or her.

AQUARIUS – Jan 21/Feb 18
Don't overanalyze a friend's actions early in the week — he or she only wants to help. The person you've been dating may be calling. While your ego is bruised, you know that this really is for the best.

PISCES – Feb 19/March 20
No matter what happens this week, Pisces, keep your sense of humor. People are going to demand a lot from you. Virgo plays a key role.

REAL ESTATE

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EXIT REALTY SEAWAY
937-4445



Tamara Lee Johnson
Sales Rep.
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WHEN ARE YOU PLANNING TO MOVE?
WITHIN THE NEXT TWELVE MONTHS?
CALL FRANCIS or TAMARA TODAY

SELLING? Call for a FREE market evaluation.
BUYING? Call for a FREE home buyer's guide.
WE'RE LOOKING FOR WORK. ***WE NEED YOU!***
"LISTEN FOR US KNOCKING AT YOUR DOOR"
FRANCIS & TAMARA - FOR ALL YOUR REAL ESTATE NEEDS

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Ginette Campbell
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Judi Auger
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Brian Carter
Sales Rep. 360-3494

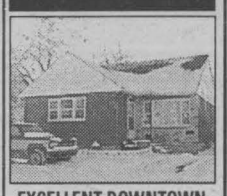
BUYERS

I have people who are ready to buy! Country properties are a hot commodity at this time.

If you have one to sell

CALL THERESA AT 360-8560

36 YORK STREET



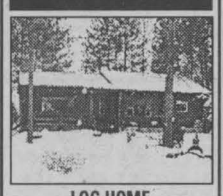
EXCELLENT DOWNTOWN LOCATION
features 3 baths, finished basement (could be in-law suite), recent updates, 3+1 bdrms, alarm system, walking distance from downtown.
$89,900/ #1135
CALL GINETTE 551-3321

1418 CUMBERLAND



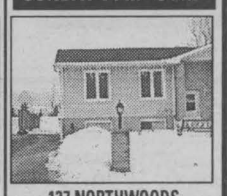
CLEAN RAISED BUNGALOW
Features 2+1 bdrms., finished basement, large lot, garage, private driveway, gas fireplace, fenced yard, newly painted.
$84,900/ #1147
CALL GINETTE 551-3321

NEW LISTING



LOG HOME
on edge of city. 1280 sq.ft. of character & charm nestled privately among trees. Screened in porch & fabulous shop 20x25.
$154,000/ #1170
CALL HENRIETTA 930-5372

OPEN HOUSE SUNDAY 1 PM - 3 PM



137 NORTHWOODS
3-1 bdrms. semi with finished basement.
$89,900/ #1165
CALL LANA 551-3545

EXIT REALTY GOES THE EXTRA MILE!

Thinking of Buying A House?

Get Your Mortgage **PRE-APPROVED** Mondays between 1 pm and 4 pm at our office by **JOAN LOCEY**, Bank of Montreal Mortgage Specialist

Drop in Monday to see her.

REAL ESTATE

BAYVIEW ESTATES • 18246 Laura Ave.



1800 sq ft, lrg. oak kitchen with center island, formal dining room, double sky lighted living room, jacuzzi tub, 2 pc. en suite off master bdrm., patio doors to deck & above ground pool - all on approx. 1 acre lot. With min. down - *mortgage payments as low as $750/month. Owner may be willing to help first time homeowner with down payment.*
Call 931-1518

SAVE MONEY NOW!
Refinances, purchases and debt consolidations. Pay off high interest loans & credit cards.
5 Year Mortgage 5.30%
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930-2592
feb17031

FIRST ANNUAL



February 28th 6-9 pm

RAMADA INN Brookdale Ave.
The Ontario Room

Francis Rounding is hosting an Evening of Appreciation for the past year and Anticipation for the coming year.

Francis welcomes his clients, associates, friends and family.



Francis Rounding
Sales Rep.

For More Info.
551-2031

EXIT REALTY SEAWAY feb14033

CROSSWORD

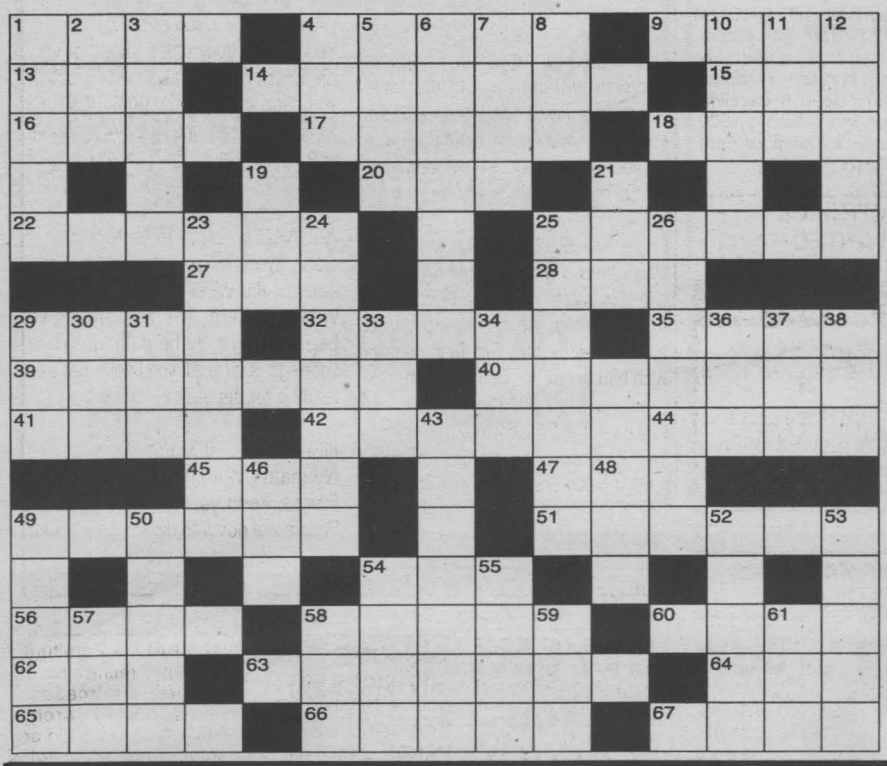
CLUES ACROSS

1. Commotion
4. Bestow a privilege
9. Foretell
13. Express pleasure
14. Instrumentality
15. Clay product
16. Ridge over the eye
17. Fabric of jeans
18. Rectangular pier
20. Posed
22. Gives
25. Tap
27. Rapid bustling movement
28. Monetary unit of Albania
29. Resident of Belgrade
32. S. China seaport
35. Bone of the forearm
39. Referees
40. Language of Padua
41. Cougar
42. Classical music for the stage
44. Tense
45. Bronze
47. "My ___ Sal"
49. Wipe out
51. Excrement
54. Moray, for one
56. A block of soap or wax
58. Hawk's nest
60. Swedish rock group
62. Go quickly
63. Earl's jurisdiction
64. The winged goddess of the dawn
65. Used when listing items
66. A synthetic silklike fabric
67. Exhort

CLUES DOWN

1. Domestic cat
2. Paddle
3. Wild Asian dog
4. The central bank of the US
5. Square measures
6. Containing the element V
7. Leave out
8. Outer edge
10. Perfidious
11. Illustrative craft
12. Establish by law
19. Not divisible by two
21. Reordered ani
23. Lipshaped
24. Individual
25. Buoyancy
26. Hawaiian guitar
29. Dine
30. Large Australian flightless bird
31. Rotational speed
33. Viper
34. Atmosphere
36. Protects from weather
37. Annoy constantly
38. Some
43. Ardently
46. Fed
48. Deteriorate
49. Russian country house
50. Bodies of water
52. Cavalry sword
53. Lower in esteem
54. Jaguarundi
55. Venice beach
57. To be unwell
58. Cauliflower, for one
59. Long period of time
61. Sink in

solutions on page 32



35 BUSINESS OPPORTUNITY

EDELWEISS PASTRY & DELI. Well established, 35-years. Selling due to health. Some experience preferred. Will train. Please call 937-3364.

TRY WATKINS! All natural gourmet foods, spices, extracts, liniments, salves, personal, homecare, weight loss & more. Catalogue available. Distributors needed!! Call toll-free 1-877-872-9364.

38 HELP WANTED

MATURE PART-TIME CASHIER wanted for approx. 15-20 hrs/wk, days & evenings. Avonmore area. Will train. Call 346-1588 or 937-4817.

SHORT ORDER COOKS required, part-time & full-time. Call 936-1996, ask for Ruby.

Classified plus

38 HELP WANTED

38 HELP WANTED

38 HELP WANTED

38 HELP WANTED

MODELS WANTED

Renaissance School of Fine Arts and Maudite Mode, a Toronto Fashion House are in need of volunteer male and female models between the ages of 18 & 35 for a Fashion & Fine Arts Show. Experience not needed - We will train.

Auditions at Gladstone Public School, 825 McConnell Avenue
February 22 from 1pm-3pm
For more information call (613) 938-2730 email:mauditemode@hotmail.com

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and Community Digest

Deadline
- 12 noon Wednesday -

24 AUCTION SALES

24 AUCTION SALES

ANTIQUE AUCTION

SATURDAY, FEBRUARY 22ND 9:30 AM
to be held at the Osnabruck Centre Hall
From Hwy. 401 Ingleside exit, travel north approx. 1.5 km

THIS SALE IS COMPRISED OF MANY QUALITY ANTIQUES FROM SEVERAL LOCAL ESTATES

2 door early jam cupboard, original finish; blind door pine cupboard, original paint; pine wash stand; oak sideboard; claw foot parlour tables; Tiffany table lamp; hanging lamp; early oil lamps; rare Vienna regulator clock; good selection of collectibles - glass & china, decoys; & much, much more.

Owner & auctioneer not responsible for loss or accident.
Terms: cash or cheque with proper I.D.
NOTE: A sale not to be missed.

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24 AUCTION SALES

24 AUCTION SALES

ESTATE HOUSE SALE

OF THE LATE
ERNEST & CAROL BELLMORE
ANTIQUES & HOUSEHOLD
& MACHINERY & BUGGY

Osnabruck Centre
Wed., Feb. 19th & Thurs., Feb. 20th
8:30 am - 5:00 pm

ANTIQUES & HOUSEHOLD: Glass door china cabinet & matching buffet; wash stand; antique dressers; 2 mission desks; sofa table; lamps; repro. light oak dining room set including harvest table, 6 chairs, buffet & hutch (in excellent condition); piano stool; pictures; pine trunk; reclining sofa; queen size box spring & mattress, chiffioneer, ladies dresser & 2 night stands; single bed; heavy duty Singer leather sewing machine; wicker baskets; dishes; glass ware; crocks; tobacco cutter; milk cans; horse bells; school desk & chair; Woods full fridge; electric stove; new Kenmore washer; dryer; small kitchen appliances; repro. Flow Blue wash bowl & pitcher; wrought iron shelving unit; 4 drawer filing cabinet; bedding; wardrobe; Sharp photocopier; Findlay Quebec heater; other misc. articles.

MACHINERY & BUGGY: Horse drawn buggy; combination Lincoln generator stick weld power arc 4000; International 1190 hay bind; draw blade; drag type snow blower; hay wagon; utility wagon; Sulky 18 HP, 46" cut Lawn Flite lawn mower; 10" mitre saw; table saw; garden cart; garden tools; tree trimmer; Ford 4x4 with extended cab as is; other misc. articles.

Terms: Cash, Cheque, Visa, M/C

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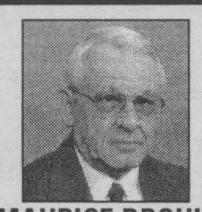
MICHAEL VANDER MEER
Assoc. Broker 938-2121



MAURICE DROUIN
Sales Rep. 933-6146



SHERRY McCULLOUGH
Sales Rep. 938-2121



JAKE LEFEBVRE
Sales Rep. 938-3185



JOHN D'AMOURS
Sales Rep. 938-8888



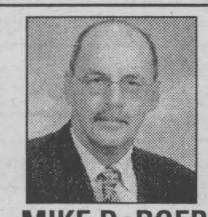
JACK ROY
Sales Rep. 931-1290



TODD THOMPSON
Sales Rep. 938-2121



ERIC PEDERSEN
Broker 938-9690



MIKE DeBOER
Broker 938-7802

OPEN HOUSE SAT. 1:00 - 2:30 P.M.

NEW LISTING



1006 OAK CRESCENT $179,900
(A-MLS 0890) Executive, 2-storey, all brick home on large pie-shaped lot, quiet Riverdale Crescent, dbl att. garage, inground pool.
JOHN D'AMOURS 938-8888

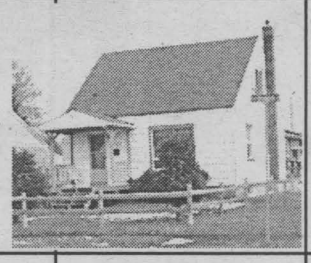


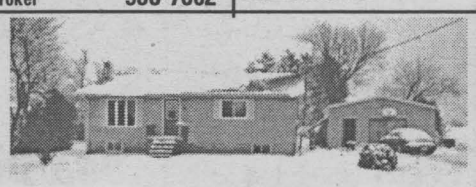
18274 ANGEL RD $159,900
(I-MLS 0848) Dream property. Almost 17 acres, 3+3 bdrms,1977 sq. ft. up & 1200 sq. ft. down of finished living space.
MONIQUE WILLIAMS 938-2121



26-26A DUNBAR $88,900
(A-MLS 0883) Well-maintained 2-2 bdrm duplex, 2 frt verandahs, 2 encl back porches. Full lot, many recent updates, super location.
MOE LEMIEUX 932-9386

1127 DUNKIRK $67,900
(A-MLS 0849) Central convenient location, new 3 pc bath, gas frpl on main flr, fin bsmt. Perfect starter.
JAKE LEFEBVRE 938-3185





APPLE HILL $79,900
(I-MLS 0834) 2-2 bdrm bung on large lot. Alternate wood/oil heat, large kit & living rm, rec rm, patio door.
MAURICE DROUIN 933-6146

NEW LISTING



18426 SOUTH BRANCH RD.
(J-MLS 0884) Quality! 1 year old! Hilltop setting, 164x318 lot, 3 bdrms, main flr laundry, walkout bsmt.
MONIQUE WILLIAMS 938-2121



506 SECOND WEST $53,500
(A-MLS 0737) Looking for office space? Purchase this 832 sq. ft. bungstyle office in a high traffic central location. Ready to move in.
SHERRY McCULLOUGH 938-2121



301 BROOKDALE $66,500
(A-MLS 0871) Stroll to everything! Cozy 3 bdrm, 2-storey home with country kit, main flr family rm & laundry.
SHERRY McCULLOUGH 938-2121



1208 CUMBERLAND $56,500
(A-MLS 0879) Costs less to buy and very little to keep up this charming 2 bdrm bung.
SHERRY McCULLOUGH 938-2121



93 KINGSLEA CR $156,900
(A-MLS 0878) Well! Well! Well! Well located, well-built & well maintained! Come home to the quiet life.
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WANTED!
3 bedroom bungalow or semi-detached, east end, close to St. Lawrence High School.
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421 THIRTEENTH W.
(A-MLS 0819) A good investment for the right person with the right ideas!
SHERRY McCULLOUGH 938-2121



COMMERCIAL MAIN ST., LANCASTER
(G-MLS 0706) 3 bdrm apt. plus 3 storefront units for rental.
JACK ROY 931-1290



6618 CHEVRIER RD, WATERFRONT $289,000
(J-MLS 0863) 100' frontage, 2-storey home, open concept, rustic look, many updates, present owner for 25 yrs.
JACK ROY 931-1290



1201 SECOND EAST $96,900
(A-MLS 0807) Excellent 3 unit, owner-occupied 3+2 bdrm, main unit with fully finished bsmt
TODD THOMPSON 937-0292

NEW LISTING



4 ACRE HOBBY FARM $119,900
(O-MLS 0880) Lunenburg. 2 bdrm bung, barn, 1200 sq. ft. shop. Great property.
TODD THOMPSON 938-2121



HOBBY FARM $128,800
(O-MLS 0854) Ingleside area. 5 bdrm century home, 30 acres, barn.
ERIC PEDERSEN 938-9690



INCOME + WORK GARAGE $123,500
(A-MLS 0859) Triplex or could be converted to 5 bdrm home. Heated garage 25x60, lot 66x157.
ERIC PEDERSEN 938-9690



FIFTH WEST $74,900
(A-MLS 0866) Semi-detached, 1160 sq. ft. with att garage, 3 bdrms, eff. gas heat. Paved driveway. 2 available. Call now.
MIKE DeBOER 938-7802

NEW LISTING



27-33 ARTHUR $129,000
(A-MLS 0881) 2 single homes & 1 dbl tenement on large lot, great potential income.
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LOTS & LAND

CORNWALL TWP - 3.8 ac lots	$10,900
ROXBOROUGH - Nice high bldg lot. Priced to sell	$5,900
MOOSE CREEK - 2.3 ac serviced lot	$39,900
WALES VILLAGE - 119x225 treed building lot	$29,900
AVONMORE RD. - Private 4 ac treed lot	$24,900
LONG SAULT AREA - 148x167 lot	$19,000
COUNTY RD. 18 - 11 acre lot	$24,900

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COUNTRY $84,900
(M-MLS 0887) 3 bdrm bung built in 1995 on a 2.85 acre lot. Priced for quick sale, immediate possession available.
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DUNVEGAN $58,900
(I-MLS 0626) Spotless 3 bdrm home loaded with original charm & character. Move-in condition
MIKE VANDERMEER 938-2121

NEW LISTING



COUNTRY $77,700
(L-MLS 0888) 2 bdrm bung on a 1.73 acre lot with 30x90 shop.
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40 AUTOS FOR SALE

VEHICLE FOR SALE - Tired of being offered second rate vehicles, especially with a credit problem. Call Car-o-line Auto's, 613-448-2488, long distance toll free 1-877-820-5598. Over 50, 90's vehicles to chose from. Now on line www.car-o-line.com

40 AUTOS FOR SALE

1996 TAURUS, 4-dr, auto, emission tested, good cond. $3,500. safetied. 1995 Ford F150, good cond. emission tested, $4,200. safetied. 1994 Voyageur, V-6, emission tested, good cond. 7-pass. $2,900. safetied. 1993 Mazda Protege, 4-dr,

40 AUTOS FOR SALE

emission tested, very good cond. $3,500. safetied. 1992 Ford Escort Wagon, 5-spd. good cond. emission tested, $1,700. safetied. Gerard Poirier Auto Sales, 2 km east of Alexandria on Lochiel Rd. towards Glen Robertson. 874-2440 or 551-2926.

40 AUTOS FOR SALE

1987 CHEV CARGO VAN. $1,700. as is. Call 938-0485.

1992 FORD MUSTANG, 4-cyl. $1,500. as is. 1998 Yamaha on-off-road Motorbike, $2,500. Hardtop trailer, sleeps 6, $2,000. Call 534-2932.

40 AUTOS FOR SALE

1992 TOYOTA COROLLA LE, dark blue, 147,000 km. New tires, bit of rust, very good mechanical. $3,500. Call 347-7730.

40 AUTOS FOR SALE

2000 CHEVROLET VENTURE, 7-pass. 4-dr, metallic blue, keyless entry, remote car starter, P/S, P/L, ABS, 3.4, 6-cyl. CD, air. 49,000 km. Balance of warranty. Roadside Assistance, 2 front & 2 side air bags, cruise. $15,500. Call 936-9977.

41 BABYSITTING

AVAILABLE AROUND Moose Creek area, in my home. Shiftwork. Receipts. References. Call Linda, 538-2576.

BABYSITTER WANTED: Looking for a responsible teenager for occasional evenings & weekends in our home. Babysitting course an asset. Call France, 938-2484.

51 SNOWMOBILES

1993 FORMULA Grand Touring skidoo, Rotax 580. In excellent condition. Heated handles, electric start & back rest. Trailer also available. $1,899. Call 936-6327.

2000 SKIDOO FORMULA Deluxe 500 with R.A.V.E., L/C, electric start & reverse, H/T warmers, Flex skis, dual mirrors. 2003 Trail Pass. 2,400 km. Mint condition. $4,600. or B.O. Call 346-0770.

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Community Health Services
Services de santé communautaires
Canadian Red Cross

EXPERIENCED COMMUNITY SUPPORT WORKERS/ATTENDANTS NEEDED FOR GLENGARRY COUNTY 40 HOUR/WEEK POSITION

IF YOU...

- possess a Personal Support Worker Certificate or equivalent
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- have access to transportation
- are flexible to work a variety of hours, including evenings and weekends, on a rotational basis

WE WOULD LIKE TO HEAR FROM YOU

Candidates are asked to submit their résumé to:
Manager, Community Health Services
The Canadian Red Cross Society
205 Amelia St., Cornwall, ON K6H 3P3
Fax: 932-8106 or 1-888-314-4408

We thank you for your interest but only those applicants considered for an interview will be contacted. An equal opportunity employer.

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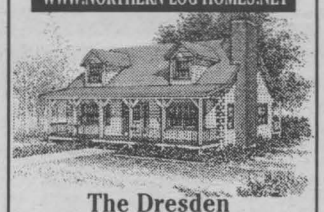

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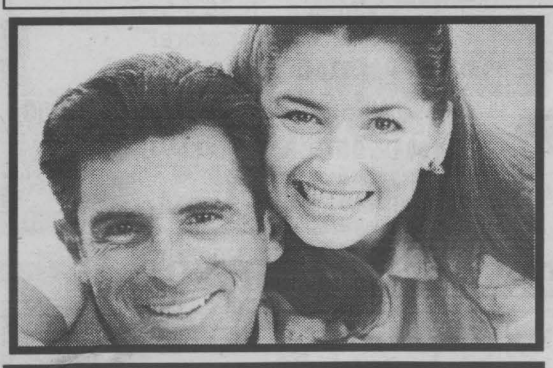

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The Personals

Females Seeking Males

POSITIVE PEOPLE
I'm a SWF, 35, 5'7", with brown eyes. I like movies, dancing, biking and the outdoors. Seeking a SM, 30-45, who is honest. Ad#: 6994

ARE YOU KIND
58 year old SWF, enjoys quiet drives, country music and socializing. Seeking a SWM, over 58, who is kind, honest and enjoys quiet times. Ad#: 4034

LET'S GO DANCING!
Fun-loving, easygoing, humorous SWF, 29, blue-eyed brunette. Enjoys family activities, singing and long walks. Looking for an honest, caring SWM, 29-32. Ad#: 7322

LET'S DANCE
SWF 57, 5', short brown hair with glasses. Good sense of humor, easygoing, fun to be with. Semi-retired her hobbies include, walks, traveling, socializing and more. Would like to meet a considerate, loyal 60 year old SWM. Looks don't matter. Ad#: 5444

NO GAMES
She's a SWF, 30, 5'11", with blue eyes. She likes darts and playing with her daughter. Seeking a SWM, 30-37, who is honest. Ad#: 7356

FINER THINGS
She's a SWF, 36, 5'6", with hazel eyes. She likes children, guitar, cooking and the outdoors. Seeking a SWM, over 32, who has similar interests. Ad#: 5985

INTERESTED?
She's an outgoing SWF, 35, 5'3", with hazel eyes. She likes dogs, walks, computers and the outdoors. Looking for a honest SWM, 33-39, N/S, who is easy going and has similar interests. Ad#: 9471

SERIOUS REPLIES ONLY
Quiet-natured, fun, SWF, 25, medium build, long dark hair, brown eyes. Hobbies include music, dancing and spending time with her children. Looking for a SM who is fun-loving, supportive and who likes children. Ad#: 9146

GENTLEMAN ONLY
Kind, honest, considerate SWF, 55, 5'5", average build, blondish hair, hazel eyes. Enjoys volunteer work, music, the outdoors, playing cards and crafts. Looking for a caring, sincere, communicative SM, 53+, N/S. Ad#: 4721

ATTRACTIVE BLONDE
45, 5'6", 105lbs., slim, very fit, pretty, intelligent, employed, affectionate, outgoing, spunky and straightforward. Enjoys children, camping, dogs, exercising and cycling. Seeks A fit, attractive, affectionate, active, honest, sincere, single male. Ad#: 7817

A LOVE TO LAST FOREVER
Quiet-natured, SWF, 19, tall, blue-eyed blonde. Enjoys swimming, playing pool and sharing time with that special guy. Looking for a gentle, honest, SWM, 21-28. Ad#: 3706

MAKE THE CALL
35 year old, N/S, SWF, 5'9", easygoing and fun to be with. She enjoys swimming, skating, playing pool and family activities. Seeking a tall, slim, SWM, 29-39, with a good personality. Ad#: 8551

SHARING
SWF, 57, 5'1", brown hair, 130lbs., bubbly, reliable and honest. I enjoy music, singing, camping, fishing, long walks and more. I'm seeking a SWM, 50-65, who is honest, loving, humorous, friendly, compassionate and affectionate. Ad#: 6045

LOOKING FOR YOU!
Affectionate, friendly, honest, easygoing, SWF, 18, 5'4", long brown hair, brown eyes. Enjoys movies, shooting pool, long drives and cuddling. Looking for a romantic, faithful, SWM, 21-27, blue eyes preferred. Ad#: 2554

KIND FRIEND
SWF, 36, with brown hair and blue eyes. Interests are movies, cuddling, playing pool, long drives, etc. Looking for a SWM, 33-38, who is honest, caring and has a warm heart. Ad#: 2809

HEART OF GOLD
She's a SWF, 23, 5'8", with blue eyes. She likes movies, pool, dancing and music. Seeking a SWM, 22-30, who has similar interests. Ad#: 9384

TAKE ME FOR ME
Fun, easygoing SWF, 41, 5'1", copper/blonde hair, blue/green eyes. Enjoys car racing, ski-dooing and much more. Looking for the man of my dream: laid-back, good-hearted, SWM, 42-45, who loves to laugh. Ad#: 9589

MAKE & SHARE DREAMS
Easygoing, fun-loving, SWF, 33, blue-eyed blonde, 5'7", 115lbs. Enjoys horseback riding, bowling, picnics, camping and country drives. Looking for a loving, open-hearted SWM, 33-40. Ad#: 1717

DOWN-TO-EARTH
This 23 year old SWF is seeking a SM, 22-30, who is caring, honest and who likes children. She is 5'4", blue eyes and brown hair, jovial, caring, honest and generous. She enjoys family time, long walks, good conversation, volunteering and going out. Ad#: 7412

SOUND LIKE A MATCH?
Easygoing, trustworthy, SWF, 34, 5'5", 140lbs., dark hair/eyes, with two children, loves to laugh. Enjoys reading, walking, biking and family activities. Looking for a loving, fun, SWM, 32-40. Ad#: 8490

LOYALTY
SWF, 37, tall, brown hair, green eyes, a good listener and compassionate. I enjoy movies, dancing, music, cuddling and more. I'm seeking a SWM, 35-42, who is honest, loyal, sincere, communicative and enjoys time with family. Ad#: 4621

LET'S TALK FIRST
Easygoing, relaxed, funny, SWF, 49, 5'9", brown hair/eyes, with great sense of humor. Enjoys Looking for a trustworthy, down-to-earth, good-humored, affectionate, SWM, 45-60. Ad#: 9771

REAL LOVE
I'm a outgoing, personable SWF, 46, 5'4", who enjoys the outdoors, walking, sports and more. I'd like to meet an honest, humorous, SWM, 35-50. Ad#: 9073

ALL THAT & MORE
Active and attractive, SWF, 37, 5'8", blonde hair and blue-green eyes. I enjoys bowling, golf and much more. Seeking a SWM, 28-54. Ad#: 2862

REQUIREMENTS:
Honesty, trust and humor! Witty, funny, compassionate, dependable SWF, 40, 5'8", long longs, hazel-eyed brunette. Loves horses, hockey, playing cards, boating and more. Looking for an open-minded, spontaneous, active SWM, 36-44. Ad#: 8082

HEAVENLY LADY
I am a 45 year old SWF, 5'7", with brown hair and green eyes. I am quiet, honest and easygoing. I love the outdoors and animals. I am seeking a SWM, 40-55, who is Catholic, honest, caring and reliable. Ad#: 2019

UNDERSTANDING & TRUTHFUL
This SWF is searching for a SWM, 39-49, who is trustworthy, honest, for a serious relationship. She is 5'11", with brown eyes, auburn hair, enjoys the outdoors, animals, traveling, volunteer work and more. Ad#: 8688

FRIENDS FIRST
SWF, 39, 5'5", whose personality is humorous, easygoing and adventurous. She enjoys playing piano and the outdoors. Looking for a SWM, 35-45. Ad#: 1408

HUMOROUS & CREATIVE
SWF, 28, 5'4", 140lbs., with brown hair/eyes. Interests are dancing, working out, crafts and more. Looking for a SM, 25-34, who is down-to-earth, caring and not into head games. Ad#: 1343

Males Seeking Females

JUST THE TWO OF US
SWM, 46, 5'6", 140lbs., brown hair, green eyes, good listener. Searching for a SBF, 21+, with a beautiful personality. Ad#: 3030

GOOD LAUGHS /GOOD TIMES
SWM, 45, 6', fit, blue eyes, grey hair, jovial, supportive, a good listener and enjoys keeping fit and active, roller blading, the outdoors and long walks. Seeking a SWF, 33-48, who is a good listener and conversationalist, understanding and supportive. Ad#: 3662

WHAT ARE YOUR DREAMS?
Fun-loving, goal-oriented, trustworthy SWM, 27, 6', average build, brown hair, blue eyes. Enjoys the outdoors, restaurants and much more. Looking for an open, affectionate, motivated, family-oriented SF, 19-32, who's done with the games in life. Ad#: 7599

VERY ROMANTIC GUY
Tall, blond, tan, SWM, 49, with a great sense of humor is romantic and social. His hobbies include gardening, reading, sports and being with friends. Seeking a SWF, 38-52. Ad#: 5112

DOWN-TO-EARTH
He's a SWM, 27, 5'7", with black hair and blue eyes. He likes bowling, woodworking and farm life. Seeking a SWF, over 18, for friendship first. Ad#: 4399

LOVES TO TRAVEL
SWM, 71, 5'8", brown hair, gentle, loving and kind. I enjoy wood-working, travel, movies, walking and more. I'm seeking a SWF, under 70, who is kind, loving, humorous, warm and affectionate. Ad#: 6580

YOU WON'T BE SORRY
Widower, 69, secure, active and healthy, enjoys home life, biking, traveling and good conversation. I'm interested in meeting an affectionate, caring lady, over 55 years, for friendship and a possible relationship. Ad#: 1174

NEED A FRIEND?
Loyal, sincere, sensitive SWM, 44, 6'3", fit, brown hair, hazel eyes. Enjoys skiing, home improvements, motorcycling and more. Looking for a communicative, honest, sincere, attractive SF, 35-48, slim, N/S. Ad#: 3211

LOOKING FOR LOVE
I'm an outgoing, open SWM, 51, who enjoys a wide range of interests. Seeking an intelligent, easygoing, open and honest SWF, 45-60. Ad#: 3822

QUIET LIFESTYLE
Caring, loving, kind SWCM, 26, enjoys long drives, cuddling, movies, gospel music and church. Looking for a God-fearing SWCF, 21-35, N/S, N/D. Ad#: 9033

ARE YOU THE ONE FOR ME?
Funny, loving, trustworthy SWM, 21, tall, medium build, dirty blond hair, blue eyes. Enjoys ski-dooing, playing pool and swimming. Looking for a peronable, good-humored SAF, 18-25. Ad#: 1614

WHOLESOME
40 year old, SWM, 5'8", brown hair and blue eyes with a great smile. Witty and I enjoy having fun, the outdoors, boating, etc. In search of a SF, 22-50, who is likes the outdoors and more. Ad#: 5843

FUTURE POSSIBILITIES
This 74 year old man is seeking a SWF, 55-65, who is reserves, easygoing and some what jovial. He is medium height, with brown hair and blue eyes, easygoing and laid back. He enjoys golf, boating and quiet times at home. Ad#: 6856

TRUSTWORTHY
SWM, 37, 5'10", 160lbs., with dark hair and blue eyes. Interests are time with his kids, movies and more. Looking for a SWF, 30-40, who is outgoing, honest and fun to be with. Ad#: 6200

I HOPE TO HEAR FROM SOMEONE
Lovable, honest, good-humored SWM, 22, 5'6", medium build, black hair and blue eyes. Enjoys music, my dogs, dancing and living life to the fullest. I'm seeking a fun-loving SWF, 20-33. Ad#: 2486

EMOTIONALLY ACCESSIBLE
Laid-back, kind, caring, respectful SWM, 39, 6'1", 242lbs., brown hair, green eyes, two children. Enjoys reading, motorcycles, movies, socializing and church. Looking for an easygoing, warm, communicative SWF, 36-45. Ad#: 4442

IT'S ALL IN THE EYES
Witty, perceptive, SWM, 41, 6'+, 200lbs., light brown hair, blue eyes. Enjoys nature, reading, good movies, astrology and cooking. Looking for a fair, understanding, SF, 29-46. Ad#: 4004

LOOKING FOR LONG-TERM
Pleasant, secure, laid-back, loving, SWM, 53, 5'7", 165lbs., brown hair/eyes. Loves fishing, hunting, bowling, playing cards and nature walks. Looking for a good-humored, easygoing, SWF, 45-55, N/S. Ad#: 5076

UP AND AWAY
He's a fit, SWM, 54, 6'0", with brown eyes. He likes sports, the stars and camping. Seeking a SF, 30-46, who enjoys life and is honest. Ad#: 5108

LET'S SEE WHAT HAPPENS
Fun-loving, energetic, goal-oriented SWM, 30, 5'10", 190lbs., brown hair/eyes. Enjoys pool, sports, dancing, quiet nights home and children. Looking for an honest, caring SF, 22-32, for friendship first. Ad#: 7268

A HEART THATS TRUE
Respectful, laid-back, fun-loving, SM, 24, 5'6", 125lbs., tan complexion, brown hair/eyes. Enjoys sports, writing, reading and fishing. Looking for a communication SF, 18-30. Ad#: 5314

MAKE ME LAUGH
SWM, 23, 5'7", brown hair, green eyes, 150lbs., loyal, loving and honest. I enjoy sports, biking and more. I'm seeking a SWF, 19-23, who is honest, loving, humorous and sincere. Ad#: 3337

ARE YOU THE ONE?
Single white male, 40, 6', 205lbs., fit, brown hair, green eyes, enjoys laughting, the outdoors, quiet and romantic evenings. Seeking affectionate, honest, employed, single female, 30 and over, non-smoking, enjoys outdoors, long walks, romantic evenings. Ad#: 2196

A LIFETIME OF LOVE AWAITS
This 35 year old SWM is seeking a SF, 30-40, who is warm-hearted, faithful, loves children and warm-hearted. He is slim, career-oriented, humorous, fun-loving, caring, warm-hearted and loves children, cars and making that special someone happy. Ad#: 8776

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SWF, 33, 5'4", blonde hair, hazel eyes, very warm, very caring and loving and enjoys long walks, the outdoors, keeping fit, reading, movies and dancing. Seeking a SWF, 30-45, who is open-minded and wants good companionship. Ad#: 7365

IMPULSIVE
She's a SWF, 46, 5'3", with hazel eyes. She likes teaching, travel and the outdoors. Seeking a SWF, 40-50. Ad#: 1327

PASSIONATE
SWF, 23, 5'2", 95lbs., red hair, brown eyes, spontaneous, outgoing and cheerful. I enjoy camping, hiking, swimming, sports and more. I'm seeking a SWF, 20-32, who is friendly, honest, caring, fun-loving and adventurous. Ad#: 4626

GOOD SENSE OF HUMOR
This SWF, 25, would love to meet a SWF, 21-30, who is caring and trustworthy. She is 5'7", with blonde hair and blue eyes. Interests are walking, time with friends, conversation and quiet times at home. Ad#: 7239

KIND-HEARTED
SWF, 42, 5'2", red hair, loving and caring. I enjoy knitting, walking, my pets and more. I'm seeking a SWF, 40-50, who is loving, caring, supportive and enjoys the same. Ad#: 2107

POSSIBLE RELATIONSHIP
I'm an outgoing, honest, SWF, 21, 6', who would like to meet a romantic, SF, 22-30. Hobbies include sports, music, basketball and more. Ad#: 1554

WILL YOU JOIN ME?
SWF, 29, 5'8", blonde hair, blue eyes, fun, outgoing and pleasent. I enjoy the outdoors, reading, movies, time with my children and more. I'm seeking a SF, 25-35, who is honest, loving, pleasent and confident. Ad#: 5700

ARE YOU INTERESTED?
SWF, 5'5", 140lbs., 24, fair complexion. My hobbies include long walks, movies and spending time with my children. I'm looking for a SWF, who is easygoing and lots of fun to be with, 19-30. Ad#: 8455

LOTS OF FUN
Sweet, nice, good-looking, SWF, 19, tall, blue eyes, long brown hair. Looking for a SWF, 18-19, with similar interests. She enjoys dancing, playing pool, swimming and tanning. Ad#: 7417

POSITIVE ENERGY
Hobbies are drawing, reading and watching movies, I am a funny, easygoing, honest, SWF, 24, 5'5", with brown hair/eyes. Seeking a SWF, 18-30, who has a great sense of humor and a beautiful smile. Ad#: 1431

Males Seeking Males

LET'S MEET
Quiet and compassionate SWM, 48, 5'4", 120 lbs, brown hair. Hobbies include long walks, movies and quiet nights at home. Looking for a honest and sincere SWM, 30-45. Ad#: 8983

HONEST & LOYAL
Humorous, outgoing, active SWM, 31, 6'3", 220lbs., fit, blond hair, hazel eyes. Interests include movies, working out, hiking, biking and more. Looking for a SM, 22-35, N/S, who is decent, caring and monogamous. Ad#: 8147

GOOD HUMORED
SWM, 27, 5'10", with brown hair and blue/gray eyes. Interests are ATVing, snowmobiling and the outdoors. Looking for a SM, 18-35, who has similar interests. Ad#: 8780

RELATIONSHIP
SWM, 35, brown hair/eyes. Is a funny, easygoing person. Likes to play sports and likes the outdoors. Seeking a SM, 28-40, who is honest, loval, caring and outgoing. Ad#: 7637

OPEN TO NEW THINGS
Funny, SWM, 22, 5'8", long hair, medium build. Hobbies include movies, friends and the outdoors. Looking for a outgoing, SM, 18+. Ad#: 3143

BUILDING ON FRIENDSHIP
Fun, honest, caring, dependable SWM, 28, 6'4", 180lbs., blond/brown hair, blue eyes. Enjoys long walks at night, movies and much more. Looking for a reliable SWM, 18-30. Ad#: 5769

TELL ME ABOUT YOU
Fun, outgoing SWM, 23, 5'9', blondish/brown hair, hazel eyes. Looking for a trustworthy, honest, outgoing SM, 18-35. Interested? Ad#: 4836

BEGIN WITH FRIENDSHIP
Easygoing, humorous, open SWM, 37, 5'9", 180lbs. Enjoys working on cars, the gym and movies. Looking for an open-minded SM, 25-50. Ad#: 2611

THE RIGHT STUFF
Funny and easygoing SWM, 19. Hobbies include late night movies, long walks and reading. Looking for a honest and open SWM, 18-40 with similar interests. Ad#: 8123

TOGETHER
I'm a quiet, honest, trusting, caring SWM, 36, 5'2", who would like to meet a caring, loving and sincere SM, 20-50. Enjoys walking, quiet times, movies, sports, biking and hiking. Ad#: 1660

WIN ME OVER
Easygoing and open-minded, SWM, 30. My interests include camping, hiking, working out and sports. Seeking an easygoing, open-minded and honest, SM, 18-33. Ad#: 2364



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NOTICES

NOTICES

Township of South Stormont
Public Works Department Employment Opportunity

The Township of South Stormont Public Works Department is seeking applicants for part time Equipment Operator/Truck Driver/Labourer positions. A complete job description is available upon request.

Experience operating a combination sander/plow truck would be an asset.

The Township offers comparable hourly rates.

Please respond in confidence with a full resume by **3:00 p.m. on February 20, 2003.**

Township of South Stormont
Mr. Dan L. Pilon, Public Works Manager
PO Box 340
4949 County Road 14
Ingleside, ON K06 1M0
Phone: (613) 537-2362

We thank all applicants for their submission, however only those individuals chosen for an interview will be contacted

feb12032

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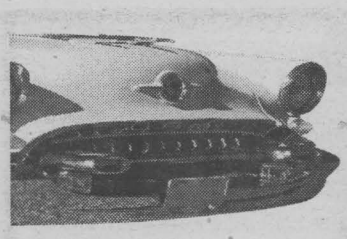

AUTO CORNER

Inject A Shot Of Cleen To Keep Your Fuel Injectors Clean

Brushing your teeth for good dental health is common knowledge. For like-new engine performance, regular fuel injector maintenance should be common knowledge, too.

But unlike your dentist, your mechanic probably doesn't send you a "Reminder" card that a fuel injector check up is needed. But that doesn't mean that your vehicle's fuel injectors don't need regular attention. They do! Without it, you'll pay the price-poor driveability, reduced fuel economy, higher emissions and overall poor performance.

What Do Fuel Injectors Do? These components inject gasoline into the engine's cylinders where it's burned to power your vehicle. Their job is to spray the gas in a specific pattern and exact amount to give your vehicle proper ignition and maximum power.

What Gunks Them Up? Over time, deposits build up on the injector nozzles, changing the sprayamount and pattern. These deposits come from gasoline additives. All gasoline has additives-you can't avoid them. Gasoline burns in an engine cylinder but the additives don't. Instead, they melt and bake onto hot surfaces, like your fuel injectors.

Each time you drive, a little more gunk builds up forcing the injectors to spray fuel a little bit differently. Because this happens over time, most drivers don't notice a change in a vehicle's performance. But as injectors get clogged, your vehicle might hesitate, stumble, suddenly lose power or experience hard starts or rough idling. In addition, dirty injectors can mean a substantial drop in a vehicle's fuel economy.

Keeping Them Clean: Remove the deposits and your fuel injectors work like they should.

Keeping your fuel injectors clean takes a team approach-you and your trusted NAPA Auto Care service technician.

The technician has the tools and cleaning products to remove deposits. To minimize build-up in between cleaning, NAPA Auto Care dealers recommend Cleen™ Fuel Injection Cleaner. It's made from the same strength formula the professionals use. Using Cleen every 5,000 miles and having the injectors professionally cleaned every year to remove stubborn deposits will keep injectors operating at peak efficiency for thousands and thousands of miles.

Will Your Car Outlive Its Engine?

Cars are lasting longer, much longer. It's not unusual, with proper preventive maintenance, for a vehicle to run 200,000 miles or more having needed no major repairs. The first big expense often is the engine, which may begin burning oil, clattering, losing power, rendering Old Faithful undependable.

Temporary measures can delay the need for major work, but eventually overhauling the engine or installing a remanufactured replacement is necessary if the owner intends to keep the vehicle. The latter, a quality "reman," is a popular option.

The costly process of getting into an engine for valve, piston or bearing service often makes it more practical to have the old engine replaced with a factory remanufactured and warranted engine, says the Car Care Council. A valve job, for example, can cost $1,200 or, on some models, even more.

How does an owner determine the extent of repairs needed? The first indications are high emissions, oil consumption, noisy operation and poor performance. These clues usually lead to a consultation with a professional. An experienced technician's procedure may involve either the "old fashioned" compression check, cylinder by cylinder or, electronically, with an engine analyzer.

If the engine needs valve work, piston rings and/or other internal parts, a remanufactured engine may be the answer. Under controlled, factory conditions, it will have been restored to original equipment specifications. Further, thanks to improvements added by the remanufacturer, it can be better than a new engine of the same type.

Among new components in a quality remanufactured engine are piston and pins, piston rings, connecting rod, main and camshaft bearings, the timing gear and chain, valve lifters, oil pump, gaskets and seals, freeze plugs and pushrods. Valves, springs and guides, along with crankshaft and connecting rods are either remanufactured or replaced. Cylinder heads are cleaned and resurfaced, cylinders are bored and valve seats are resurfaced.

If your car is about to outlive its engine, don't give up on it until you've consulted your service dealer. This professional can provide valuable information concerning your decision, and perhaps save years of expensive, new car payments.

You Auto Know

Question: True or false?

Your vehicle's radiator has a pressure cap which maintains the cooling system pressure between 20 and 22 pounds per square inch.

Answer: False

A range of seven to 16 pounds is typical, according to the Car Care Council. A hotter running engine, within specified limits, is more efficient. The pressurized cools system makes this possible. Operating on the same principal as a pressure cooker, which allows water to boil at a temperature higher than the normal 212°F.

The pressure cap, which serves as a safety valve, should be checked periodically to be sure it's keeping the system within range.

Are you worried about that puddle under your car?

It could have come from one or more of a number of fluids, including engine oil, antifreeze, transmission, brake or power steering fluid and others. In hot weather the most common source: condensation from the air conditioner, a normal, harmless condition.

When a tire loses contact with the pavement on a rain-covered road surface, the driver can lose control. Known as hydroplaning, this condition can be common on vehicles with badly worn tires.

SUV Safety And Winter Driving

(NC)–The 2002 Goodyear Safety Survey revealed 40 percent of Canadians think SUVs pose a greater hazard on the road than cars. Fifty seven percent of those surveyed felt SUVs are not safer in winter driving conditions than cars. These attitudes probably have more to do with the people operating the larger SUVs than the vehicles themselves.

In some ways, an SUV can improve your safety in wintertime. A higher seating position gives the driver a better view of what's ahead. Better visibility is key to enhanced safety on the road. Then there's the added option of four-wheel drive, which can get SUV owners out of some sticky situations.

Nevertheless, the first vehicle you see up against the guardrail on the year's first heavy snow storm is often an SUV. Here are some tips for safer winter SUV driving:

- Whether you drive a compact or a full size SUV in winter, slow down. Use four wheel drive as a feature to keep you moving, but keep your speed down, especially in traffic.
- Avoid sudden braking or acceleration. Because of the larger size of SUVs they're particularly sensitive to sudden movements.
- Tires are the most important ingredient in the winter safety story. Buy the best tires you can afford. Consider buying winter tires for your SUV if you live in a snowy area. Or, as an excellent alternative, Goodyear makes an all-season tire especially for luxury SUVs called the Fortera, which improves the ride and handling.

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Want To Know? Read The Bible

"And that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus. All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work." 2 Timothy 3:15-17.



The Bible is one of the most read books and yet at times often misunderstood by millions of people.

Some say that it is a book written only by men and others say that it's full of contradictions and for others, the Bible has become their love, their life and their connection with the Creator, God.

Different groups have their own interpretations of certain passages, some claim that only their interpretation is correct and others don't read it at all and quite frankly are confused by all the rhetoric and divisions in churches who quote and use different Bibles all claiming to be "the truth."

Let me try in a few words to help you remove some of the confusion. The Bible is a collection of 66 smaller books divided into two main groups. The Old Testament (39 books) and the New Testament (27 books). The entire Bible has only one main theme and that is to show God as the creator and sustainer of life and that His Son, Jesus Christ, is the redeemer, saviour, and rescuer of mankind lost in the quagmire of sin and his own lusts. This story of redemption for mankind is a progressive unfolding throughout the Bible and demonstrates God's compassion, justice and love for His creation.

No matter what group or church you belong to (or don't), every teaching, every scripture, every word of the Bible must be seen through this central truth. The problem comes when people take scriptures out of the context of this truth and apply or interpret it wrongly, sometimes to suit their means and ends and their own theologies. Again, all scriptures must be interpreted through the theme of God's love and salvation through His Son, Jesus Christ.

The Bible is a book of "amazing grace" on the lives of ordinary people such as you and I. The purpose of the Bible is that you and I would come to understand and receive the redemption purchased by Jesus Christ on Calvary. It's all about you and I becoming children, sons and daughters of God and receiving His wonderful love as revealed in Jesus Christ. The Bible is as well a love letter! How, you ask? Because the Bible is written to those who have a relationship with God and want to know Him as their Heavenly Father. Many people don't understand the Bible because it can only be understood in a relationship with the author, God Himself. Let me assure you that as you read the Bible, it will begin to read you and you will soon discover its author, God Himself.

Pray with me today: "Dear God, I'll admit that I don't know You the way that I want to. Help me and come into my life and show me Your ways and Your love letter to me, the Bible. Open my heart and mind to understand Your plan of salvation for me as revealed in the Bible. Amen."

Note: Ten churches have pulled their resources to present an awesome seminar of the Old Testament at the Ramada Inn on Friday and Saturday, February 21st and 22nd, 2003. I want to encourage you to make time for this seminar and get to know the God of the Bible. For more information, contact Angel's Bookstore at (613) 933-9027. It takes place Friday night, February 21st, 2003 from 6:30 p.m. to 9:30 p.m. and Saturday morning, February 22nd, 2003 from 9 a.m. to 12 noon. Hope to see you there.

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

Second Thoughts

1. What you are is God's gift to you. What you make of yourself is your gift to God!
2. The best way to lose weight is to eat everything you don't like!
3. It is far better to know our own weaknesses and failures than to point out those of others!

Things to be thankful for:

1. Freedom from hiccups!
2. Someone to kiss good night!
3. The comfort of pulling on a favourite pair of well worn jeans!
4. Erasers!

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LABELLE - Marie Gracia (Grace)

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Monday, January 6th, 2003. Mrs. Marie Gracia (Grace) Labelle, in her 88th year, born in Marionville, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Napoleon Legault and the late Agnes Lanois. Beloved wife of the late Aurel Labelle. Loving mother of Rheal Labelle (Madeleine) of Red Deer, Alberta, Pauline (Mrs. Roger Rivet) and Jacqueline Theoret both of Cornwall, Ontario. Dear sister of Ubald Legault of Cornwall, Ontario. Also survived by seven grandchildren and 10 great-grandchildren. Predeceased by son, Raymond Labelle, step-mother, Lea Lavictoire, brother, Royal Legault and sisters, Mrs. Annonciade Marion, Mrs. Lea Laurey and Mrs. Irene Lavictoire. The funeral took place on Thursday, January 9th, 2003 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Ste-Croix Parish Church with burial at Notre Dame Cemetery. Rev. Rene Dube of Ste-Croix Parish Church officiated. The pallbearers were Norman Carbonel, Robert Legault, Robert Rivet, Gerald Rivet, Donald Rivet and Roy Rivet.

ROZON - Rolland

Passed away at the Ottawa General Hospital, Ottawa, Ontario on Friday, January 31st, 2003. Mr. Rolland Rozon, in his 72nd year, born in Glen Nevis, Ontario and formerly of Cornwall, Ontario. Dear son of the late Adelard Rozon and the late Georgina Pilon. Beloved husband of Jeanne Beauchamps. Loving father of Suzanne (Mrs. Bruce Surgeson) of Navan, Ontario, Ronald Rozon (Claudette Lalonde) of Los-Gatos, California, Marcel Rozon (Maureen Currier) of Cornwall, Ontario and Michel Rozon (Chantal Villemaire) of Kingston, Ontario. Dear brother of Leonide Rozon of North Lancaster Ontario, Maurice Rozon (Agathe) of Coteau Landing, Québec, Rose (Mrs. Rheal Theoret) of Alexandria, Ontario, Jean D'Arc Rozon of Dorion, Québec and Mrs. Adrienne Amyotte of Lachine, Québec. Also survived by eight grandchildren and one great-granddaughter. Predeceased by brothers, Henri, Edmourd and Aurele Rozon and sisters, Mrs. Blanche Goulet, Mrs. Antoinnette Brasseur and Mrs. Eva Rozon. The funeral, officiated by Rev. Marc Piché took place on Monday, February 3rd, 2003 from Boulerice Funeral Home Ltd. to Sainte-Thérèse-de-Lisieux Church, followed by cremation. The pallbearers were Bruce Surgeson, Rolland Currier, Bill Glover, Lucas Russell, Daniel Landry and Eric Surgeson.

BENOIT - Jeanne

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Thursday, January 30th, 2003. Ms. Jeanne Benoit, in her 84th year, born in Crysler, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Ferdinand Benoit and the late Alpheda Levesque. Dear sister of Donat Benoit and Lucienne (Mrs. Ernest Patenaude) both of Orleans, Ontario, Roch Benoit (Alice) of Montréal, Québec, Mrs. Alice Quesnel and Bernadette (Mrs. Rolland Dagenais) both of Vermont, Mrs. Therese Lacroix and Florence (Mrs. Lucien Vezina) both of Ottawa, Ontario and Rita (Mrs. Olivier Courville) of Crysler, Ontario. Predeceased by brothers, Lucien, Ernest and Laurent Benoit. The funeral service, officiated by Msgr. Rejean Lebrun and assisted by Deacon Marcel Aube took place on Monday, February 3rd, 2003 from Boulerice Funeral Home Ltd. to Nativity Co-Cathedral. Spring interment will take place in Notre Dame-du-Rosaire Cemetery, Crysler, Ontario. The pallbearers were members of the Nativity Guards.

LAURIN - Richard

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Wednesday, January 29th, 2003. Mr. Richard Laurin, in his 72nd year, born in Cornwall, Ontario and formerly of Cornwall. Dear son of Victor Laurin of Cornwall, Ontario and the late Laurica Gauthier. Beloved husband of Maxine Wells. Dear brother of May (Mrs. Robert Boyer), Eva (Mrs. Maurice Barrette) both of Cornwall, Ontario, Ernest Laurin of Ottawa, Ontario and Patricia (Mrs. Allan Hardiman) of Charbot, Ontario. The funeral service, officiated by Rev. George Maloney took place in the Memorial Chapel of Boulerice Funeral Home Ltd. on Saturday, February 1st, 2003 followed by cremation.

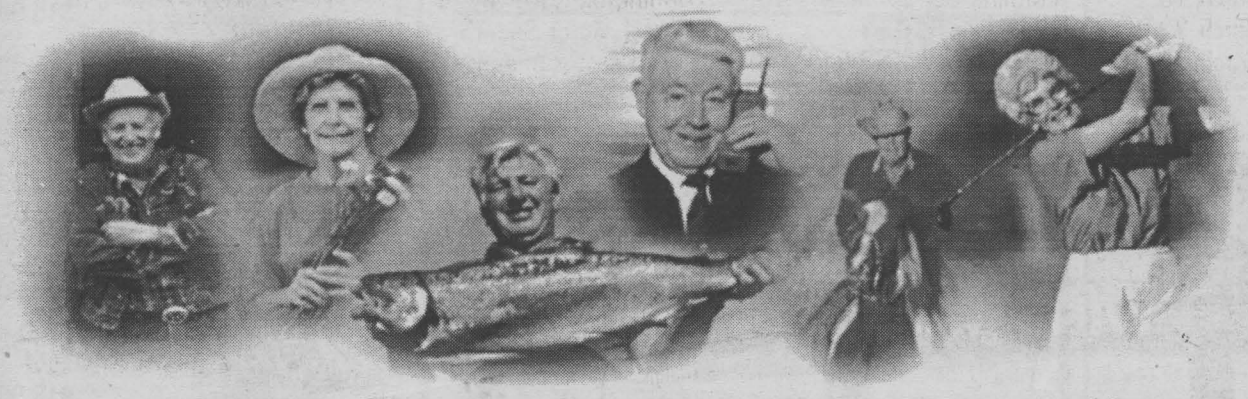
MALLETTE - Gilberte

Passed away at the Versa Care Centre, Cornwall, Ontario on Wednesday, January 29th, 2003. The former Gilberte Bray, in her 80th year, born in Cambridge, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Elzear Bray and the late Regina Bisson. Beloved wife of Clarence Mallette. Loving mother of Larry Mallette (husband of Suzanne Banville) of Cornwall, Ontario. Dear sister of Mrs. Berthe Villeneuve, Yvette (Mrs. Jean-Marie Charlebois), Georgette (Mrs. Jean-Marie Fraser) and Jeannine (Mrs. Rheal Ruest) all of Cornwall, Ontario. Dear sister-in-law of Mrs. Pearl Bray and Mrs. Aurore Bray of Cornwall, Ontario. Predeceased by brothers, Dorece, Rene and Aurele Bray and sister, Aurore. The funeral service, officiated by Rev. Laurier Rivet took place on Friday, January 31st, 2003 from Boulerice Funeral Home Ltd. to Saint Jean Bosco Church, followed by cremation. The pallbearers were members of the Nativity Guards.

JOHNSON - Dorothy Annie

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Tuesday, January 28th, 2003. Mrs. Dorothy Annie Johnson, in her 78th year, born in Renfrew County, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Caleb Moore and the late Laura Hawthorne. Beloved wife of the late George Thomas Johnson. Loving mother of Sandra Johnson of Ottawa, Ontario, Douglas Johnson (Suzanne) and Colleen (Mrs. Luke Dupuis) both of Cornwall, Ontario. Dear sister of Mrs. Leraine Bancroft of Cornwall, Ontario. Sadly missed by 14 grandchildren and seven great-grandchildren. Predeceased by son, George Thomas Johnson (husband of the former Pamela Brennan-Lavigne), infant daughter, Cindy, brothers, Ira, Kenneth and Douglas Moore and sister, Mrs. Ethel Bisson. The funeral took place on Friday, January 31st, 2003 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Memorial Chapel with burial at St. Lawrence Valley Cemetery. Pastor Robert Burgess officiated.

If no two people are alike...
why should their funerals be?



They shouldn't, at least we don't think so. To be truly memorable, a service should reflect the tastes and performances of the person who has died. Which is why we believe in offering a boundless variety of service options. You can even add your own personal touch.

Just as no two people are alike, we believe no two funerals should be alike.

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LEASE FOR $199.00 $0 Down
per month for 60 months
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2003 Camry LE



- 2.4 Litre, 4-cylinder, 157 HP, VVT-i engine
- 4 speed automatic with overdrive • Air conditioning
- AM/FM cassette CD with 6 speakers
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- Power windows, locks & mirrors
- 60/40 split folding rear seat • Keyless entry

LEASE FOR $299 Per month for 48 months with $3612 down (or equivalent trade)
$24,800 MSRP
5.9% PURCHASE FINANCING

2003 RAV4



- 2.0 Litre, 148 HP, VVT-i engine • Air conditioning
- 5 speed manual transmission • Cruise control
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2003 Toyota Corolla CE



- 1.8 Litre, 4-cylinder, 130 HP • 4 speed automatic transmission
- Air conditioning • Power door locks • Remote keyless entry
- AM/FM CD with 4 speakers • Power remote mirrors
- Intermittent wipers • Tilt steering and more...

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feb14032





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Mondays... from 5 - 9 pm
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Pork Ribs
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Fine Dining in Casual Comfort
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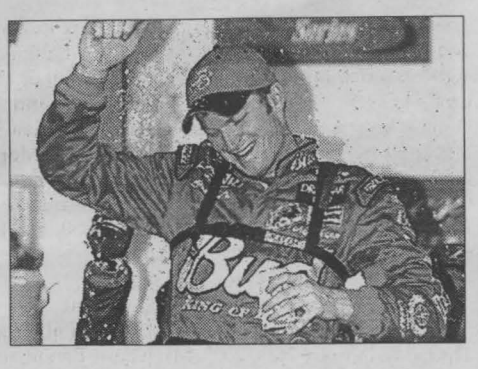
feb7031

Dale Jr. outruns Gordon, wins Budweiser Shootout

Dale Earnhardt Jr. powered past Jeff Gordon five laps from the end Saturday night and held off the four-time Winston Cup champion to win the Budweiser Shootout.



Earnhardt appeared able to wheel his red No. 8 Chevrolet to the front any time he wanted, staying at or near the lead throughout the 70-lap made-for-TV event at Daytona International Speedway.

With Gordon, a two-time Shootout winner, leading at the start of lap 66, Earnhardt, with some drafting help from Ryan Newman, took the outside line on the high-banked 2.5-mile oval and charged to the front.

There were 13 lead changes among seven drivers in a race that featured considerable two- and three-wide racing and passing in the pack on nearly ever lap.

Quick pit stop gives R. Gordon 125-miler win

Robby Gordon beat Jeff Green out of the pits on lap 31 of the first Gatorade 125-miler qualifier and held on to win the 50-lap event.

Green, who led most of the way, had to settle for second. Ricky Rudd was third.

Gordon and Green pitted together on lap 31, but Green had the car of Jeff Burton directly in front of his pits, allowing Gordon to beat Green out.

Casey Mears rallied to finish 15th and score the final transfer spot for Sunday's Daytona 500. Brett Bodine finished 20th, making a spot in the Daytona 500 unlikely. Also in serious jeopardy of missing the race are David Green and Larry Foyt.

Earnhardt Jr. wins second Gatorade 125

Dale Earnhardt Jr. took just gas on the race's only pit stop and went on to win the second Gatorade 125-mile race.

Teammate Michael Waltrip finished second. Todd Bodine was third, and Rusty Wallace was fourth.

Kurt Busch spun out on pit road in the race's only incident. Busch shot onto pit road at the last second, trapping him on the outside, and turned into Kevin Harvick.

Harvick suffered damage and had to pit under green later in the event and finished 25th, 10 laps down.

Twin 125 Results

	Gatorade125 Race 1		Gatorade125 Race 2	
1	#31	Robby Gordon	#8	Dale Earnhardt Jr.
2	#30	Jeff Green	#15	Michael Waltrip
3	#21	Ricky Rudd	#154	Todd Bodine
4	#40	Sterling Marlin	#2	Rusty Wallace
5	#99	Jeff Burton	#20	Tony Stewart
6	#88	Dale Jarrett	#48	Jimmie Johnson
7	#24	Jeff Gordon	#43	John Andretti
8	#25	Joe Nemechek	#9	Bill Elliott
9	#22	Ward Burton	#38	Elliott Sadler
10	#42	Jamie McMurray	#09	Mike Wallace

Daytona 500 Line-Up

Pos.	Car	Driver	Make	Sponsor
1	#30	Jeff Green	Chevrolet	America Online
2	#8	Dale Earnhardt Jr.	Chevrolet	Budweiser
3	#31	Robby Gordon	Chevrolet	Cingular Wireless
4	#15	Michael Waltrip	Chevrolet	NAPA Auto Parts
5	#21	Ricky Rudd	Ford	Motorcraft Quality Parts
6	#154	Todd Bodine	Ford	Army National Guard
7	#40	Sterling Marlin	Dodge	Coors Light
8	#2	Rusty Wallace	Dodge	Miller Lite
9	#99	Jeff Burton	Ford	CITGO
10	#20	Tony Stewart	Chevrolet	Home Depot
11	#88	Dale Jarrett	Ford	UPS
12	#48	Jimmie Johnson	Chevrolet	Lowe's
13	#24	Jeff Gordon	Chevrolet	DuPont
14	#43	John Andretti	Dodge	Cheerios
15	#25	Joe Nemechek	Chevrolet	UAW/Delphi
16	#9	Bill Elliott	Dodge	Dodge Dealers
17	#22	Ward Burton	Dodge	Caterpillar
18	#38	Elliott Sadler	Ford	M&M's
19	#42	Jamie McMurray*	Dodge	Havoline
20	#09	Mike Wallace	Dodge	Miccosukee Indian Gaming
21	#23	Kenny Wallace	Dodge	Stacker 2
22	#19	Jeremy Mayfield	Dodge	Dodge Dealers
23	#7	Jimmy Spencer	Dodge	Sirius Satellite Radio
24	#18	Bobby Labonte	Chevrolet	Interstate Batteries
25	#32	Ricky Craven	Pontiac	Tide
26	#0	Jack Sprague*	Pontiac	NetZero
27	#16	Greg Biffle*	Ford	Grainger
28	#6	Mark Martin	Ford	Viagra
29	#41	Casey Mears*	Dodge	Target
30	#49	Ken Schrader	Dodge	1-800-CALLATT
31	#29	Kevin Harvick	Chevrolet	GM Goodwrench Service

2003 SCHEDULE

February 16	Daytona 500	Daytona Int'l Speedway	FOX/MRN/Noon
February 23	Subway 400	North Carolina Speedway	FOX/MRN/12:30 p.m.
March 2	UAW-DaimlerChrysler 400	Las Vegas Motor Speedway	FOX/PRN/2:30 p.m.
March 9	Atlanta 500	Atlanta Motor Speedway	FOX/PRN/12:30 p.m.
March 16	Carolina Dodge Dealers 400	Darlington Raceway	FOX/MRN/12:30 p.m.
March 23	Food City 500	Bristol Motor Speedway	FOX/PRN/12:30 p.m.
March 30/03	Samsung/Radio Shack 500	Texas Motor Speedway	FOX/PRN/12:30 p.m.

1997 HONDA CIVIC
Manual transmission, air conditioning, cassette, tilt steering, rear folding seat, green, (stk#220393) 88,000 kms
$285* per mo.

2002 CHEVROLET CAVALIER
2 door coupe, automatic, CD, spoiler, rear folding seat, blue, (stk#230024A) 49,000 kms
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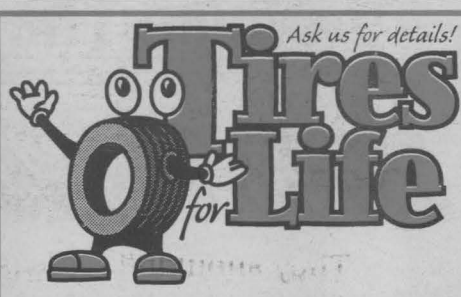
1999 FORD WINDSTAR
Air conditioning, captain's chair, rear air conditioning, tilt steering, cruise, power windows, power door locks, green, (stk#220002A) 67,000 kms
$345* per mo.

1997 HONDA CRV
Automatic, air conditioning, power windows, power door locks, tilt steering, cruise, cassette, green, (stk#220420A) 127,000 kms
$367* per mo.



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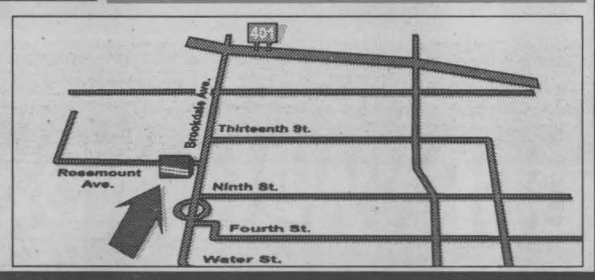

*Based on 7.55% payment 60 mos. Includes taxes, lic. extra, on approved credit.

jan17032



Shopping for a Little Romance?

You can't miss at
Cornwall's Premier Shopping Complex!

Enter Our "Enchanted Evening" Contest!

You and Your Valentine will be treated to a one night stay in a luxury suite with fireplace & hot tub at the Best Western, also includes dinner & breakfast for two at Peppermills!

Contest runs February 7 - 14

cornwall square
The Centre of Our City!

For Every $20 You Spend ($5 at the Food Court) Receive One Ballot!



Scuttlebutt

After my wife had an operation, a friend at church asked her how she was doing. "I'm coming along nicely now, thank you," she answered. I added that I was glad I didn't have to do the cooking and shopping anymore, and couldn't wait till I didn't have to do the cleaning either.

My wife piped up, "Oh, I'll never become well enough again for that!"

Birdie kisses to **Aunt Eileen** for a wonderful Valentine's Day! Love Goldie!

Clarification: Last week, Scuttlebutt had an article about **Hermit Crabs.** Phone calls were received about the pet store at Eastcourt Mall but **Berry Pet Food** do not sell these crabs because they do not sell animals. They sell pet food and accessories only and have been selling supplies and food for over 10 years at all locations. Sour grapes should be aimed at another store.

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DEMPSTER'S Frameworks
SN4

Test Your Knowledge: Do you know...what appears once in a minute, twice in a moment and not once in 50 years? (Answer further down.)

Seaway Pet Corner



Kitty and Kally are just too "pooped to pop" after the holidays.
Submitted by Andrea Manuel & Paul Colbourne

Bring in your favourite pet photo along with a small caption and we'll publish it so all our readers can enjoy it too!

Drop in to our office at 329 Second Street West.

DEADLINE IS TUESDAY 5PM

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• Automatic Transmission • Air Conditioning
• AM/FM CD • 4 Speaker 100 Watt Stereo
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& Much More for Only

$300.00 PER MONTH OAC*

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Zero Down Taxes Included

Even The Plates

2003 Nissan Sentra



*Financing by Caisse Populaire de Cornwall Inc. only approved credit based on 84 month term with no money due on delivery, interest cost $5508 based on financing $19,691.73 @ a rate of 7.29%. Price based on full MSRP of $17,798 - $1000 Nissan Canada cash back $1,071.54 dealer discount. Nissan Canada cash back is in liew of subvented rate.

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The **Bereaved Families of Ontario** would like to thank all the following supporters and friends of their organization who recently helped support our programs and services: **Nancy Beaudette and the Celebration Choir, St. Peter's Church, Carl Richards, Sandy McIntosh, Kraft Foods, Cornwall Square and staff, Wendy's Restaurant and Memory Tree volunteers.**

Pet Tip of the Week: If your dog has snow, ice or frozen mud caked on its paws, you should clean them off immediately. Your pet can get frostbitten so be sure to watch for signs of scaling or skin that turns reddish, white or grey.

Did You Know: During the Second World War, the paint roller was invented by Norman Breakey of Toronto. Unfortunately, he did not have the financial resources to defend his idea with patent infringement suits and he died without reaping any financial benefits from the invention.

Answer to "Do You Know:" The letter M.

KISS CABLE GOODBYE



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Bell ExpressVu Model 3100 $149.99
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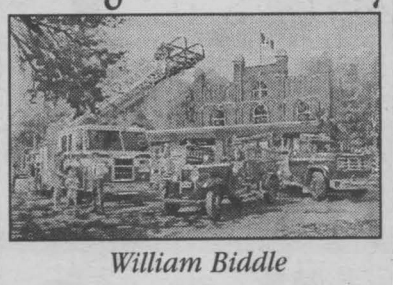
938-0485

In his Saturday, February 8th, 2003 "Coffee Break" column, **Claude McIntosh** writes: "Yes, smokers are stricken with cancer. But many more non-smokers become cancer victims. Will somebody please explain to this cancer victim - a non-smoker by the way - why the cancer rate in this community has skyrocketed while the number of cigarette smokers declined."

I would like an answer to that question. For years it's been said that Cornwall has one of the highest cancer rates in Ontario. Why is that? We have a right to know, our very lives are threatened.

We pay medical professionals at our Health Unit to keep us informed and protected from health hazards. They know the cancer statistics for our city. They also know the source of the problem. They are obliged to tell us!

Serving The Community



William Biddle

LOGAN'S GALLERY
Gift Shop

A Gallery Like no Other
204 2nd St. E. 938-3629
FEB07033

I was at a fair selling the wooden toys I make as a hobby. The most popular is a teddy bear that plays a tune when its heart is pressed.

A young woman was interested in buying, and the first heart she pressed played "The Teddy Bears' Picnic." As she listened to another, I asked, "Do you recognize the tune?"

"No," she said.

"'Let Me Call You Sweetheart'," I replied.

She backed away, looking at me strangely, saying: "Oh, no. No!" and left. It took me a while before I realized she had taken me literally.

"No matter how little money and how few possessions you own, having a dog makes you rich." Louis Sabin



OSPCA NEWS

Lu-Lu, seen here, is approximately four months old. Her owner, Mary Jane Proulx, has fostered her during this time and is returning her shortly to the OSPCA.

To adopt Lu-Lu, please call the OSPCA at (613) 936-0072.

Thinking of buying a Vehicle? Let me help!



Fran Guindon

SN2

Cornwall TOYOTA

932-1106
353 PITT ST.

Last week, Scuttlebutt reported that **crows** were **hovering around the skies** in Cornwall and referred to a huge flock at **Ninth and Pitt Plaza and YIG.** Readers have let us know that these birds are seen regularly around the city and seem to pick a spot at random each night. The stop at YIG Plaza was just that, and rest assured that the heating and ventilation systems referred to in last week's piece are or were not affected by the birds landing. As a matter of fact, there are no vents on the roof so there would be no health hazard, and as Scuttlebutt should have known, in the latest renovations to major buildings including this one, they take precautions in their design to assure no health hazards occur from the sky.

CCB White Cane Week



The C.C.B. (Canadian Council of the Blind) recognized White Cane Week, Monday, February 3rd to Saturday, February 8th, 2003. As part of White Cane Week, they work with the CNIB and give out a Certificate of Appreciation. Leo Givogue is this year's recipient of the certificate which was presented to him at their monthly meeting which coincided with the start of this year's White Cane Week. Pictured above at the presentation are (from left to right): Terry Brouillet of the CNIB, Leo Givogue and Anette LeBlanc, President of Cornwall's CCB.

Photo submitted by A. LeBlanc

Seaway News would like to wish a **Happy Valentine's Day** to all our customers and readers.

When I look in my rear view mirror and all I can see is a glow ... that's means you are following *way to close*. Back off!!

February is the month of "love." What "love" means to a six-year-old:

"Love is when you go out to eat and give somebody most of your french fries without making them give you any of theirs." *Chrissy*

Smart Tip of the Week: Eyeglass tip: Insert an address label on the inside of your glasses case. That way, if you lose your glasses, whoever finds them will be able to reach you.

Thought of the Week ...

"Some people are making such thorough plans for rainy days that they aren't enjoying today's sunshine."

LET'S Celebrate

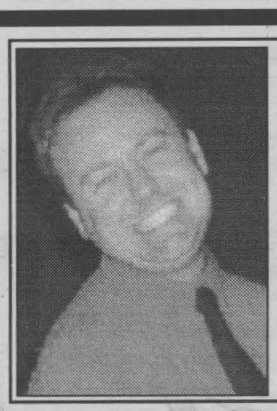
Each week, every Let's Celebrate ad will be entered into a draw for a Gedoro's Dining Card (Value $135.), courtesy of Seaway News.



Gedoro's
Fine Dining in Casual Comfort
Center-Cut Pork Side Ribs $9.95 from
So tender & juicy the meat falls from the bone!
158 Pitt St. 938-2791

To Place Your Ad : Phone or Write Your Ad of 24 words or less and enclose $9.50 handling charge, plus $7.50 for a photo. Over 24 words, 25¢ per additional word, per week

DEADLINE: TUESDAY - 5 P.M.



Still Wild & Crazy at "30 Something"

John D'Amours

celebrating on February 16th
Love Brenda, Kyla and Jenessa

Mixed Party
in honour of
Sarah Parisien
&
Michel Therriault
February 15th, 2003
Murphy's Inn • 9pm-1am
DJ-Power Source ~ Light Lunch





To our beautiful Mother/Grandmother

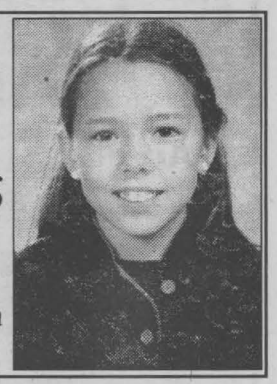
Orma Bingley

who turned
"80 Years Young"
on February 13th
Wishing you much happiness and good health from your loving family

Happy 30th Birthday

Chantal Deschamps

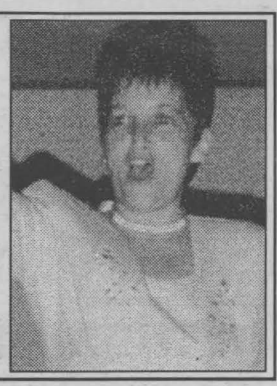
celebrating on February 15th
"Still as beautiful as ever"
Love, Greg, Ryan & Sebastien
X♥X♥

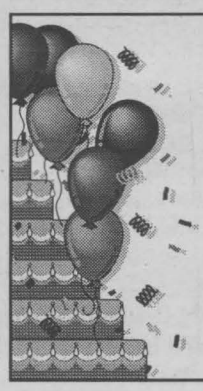


Nifty, Nifty

JOAN MENARD is 50!!

on February 16th
Love Mom & Betty





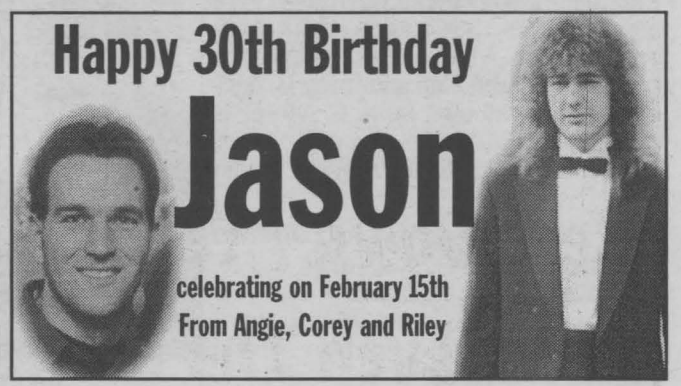
Happy 70th Birthday
Valentine Boy

ERNIE "HOPPY" GALLANT

of Alexandria ... Love Denise & family

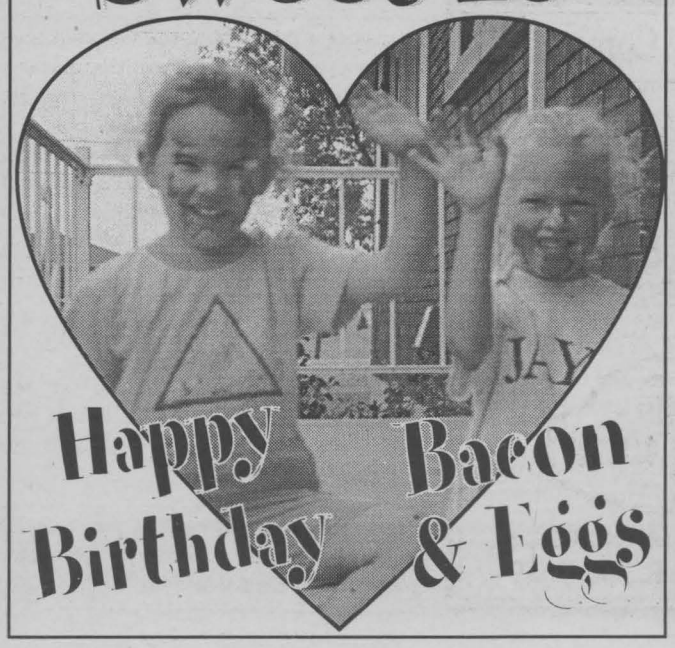
Happy 30th Birthday

Jason



celebrating on February 15th
From Angie, Corey and Riley

Sweet 16



Happy Birthday Bacon & Eggs

Happy 65th Birthday Mom

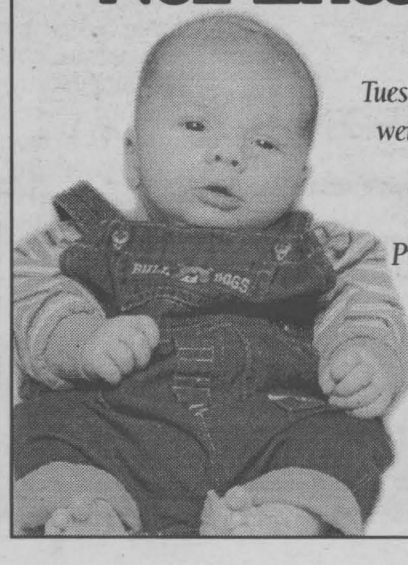


celebrating on February 18th
Love Jo, Norm, Rick, Lauri, Dee, Dan, grandchildren & great grandchildren

Laframboise

Eric and Maureen(nee Benton) are delighted to announce the arrival of their son

Neil Ericsson



born on Tuesday, Dec. 3rd, 2002 weighing 7lbs., 10oz.

A little brother for Dara

Proud grandparents are Eric & Pat Laframboise and Neil & Hilda Benton

THE BUZZ

Vol. 9 No. 6
contactthebuzz@yahoo.com

CHARTS

HOT 20 SONGS

1. **Still Waiting** - Sum 41
2. **Jenny From The Block** - Jennifer Lopez ft. The Lox
3. **Movie Star** - Rascalz
4. **I'm With You** - Avril Lavigne
5. **Family Portrait** - Pink
6. **Weapon** - Matthew Good
7. **Don't Believe It All** - Treble Charger
8. **Work It** - Missy Elliot
9. **Cochise** - Audioslave
10. **Die Another Day** - Madonna
11. **Cry Me A River** - Justin Timberlake
12. **Beautiful** - Christina Aguilera
13. **Honestly** - Zwan
14. **Shook** - Shawn Desman
15. **Breath** - Swollen Members ft. Nelly Furtado
16. **Legal** - Snow
17. **Always** - Saliva
18. **Don't Walk Away Eileen** - Sam Roberts
19. **Gossip Folks** - Missy Elliot ft. Ludacris
20. **I'm Gonna Getcha Good** - Shania Twain

BOX OFFICE

1. The Recruit
2. Final Destination 2
3. Biker Boys
4. Kangaroo Jack
5. Chicago
6. Darkness Falls
7. Lord of the Rings: The Two Towers
8. Catch Me If You Can
- Shanghai Knights *New*
- How To Lose A Guy *New*

ON VIDEO

1. The Bourne Identity
2. Master of Disguise
3. Serving Sara
4. About A Boy
5. Banger Sister
6. Signs
7. Blue Crush
8. Undercover Brother
- Sweet Home Alabama *New*
- Formula 51 *New*

PICK HITS

READ IT
MEET THE STRANGERS

North American customers have proved they are eager to discover what comics from Europe have to offer, and fan-favorites ***Jean-Marc*** & ***Randy Lofficier*** have earned a vast international following for their many comics, stories, and articles. In March, they'll add to their reputations by bringing a group of intergalactic heroes across time, space, and the Atlantic Ocean in Strangers, a new tale coming to Canadian audiences from France via Image Comics. Strangers #1 will introduce the alien-possessed NASA physicist Homicron, the fugitive slave Starlock, the mysterious Futura, the telepathic spy Jaleb, and the deadly killing machine Jaydee as they are brought together by the future being known as Tanka, who is charged with guarding the present from destruction. The book is scheduled to ship on March 26.

AT THE MOVIES
SHANGHAI KNIGHTS

After taming the Wild West in the comedy Shanghai Noon, Chon Wang (***Jackie Chan***) and Roy O'Bannon (***Owen Wilson***) are back in the saddle. When a Chinese rebel murders Chon's estranged father and escapes to England, Chon and Roy make their way to London with revenge on their minds. Chon's sister, Liu, has the same idea, and uncovers a worldwide conspiracy to murder the royal family. With the help of a kindly Scotland Yard Inspector and a 10-year-old street urchin, the acrobatic Chon gives Britain a kick in the pants as he attempts to avenge his father's death and keep the romance-minded Roy away from his sister. This is The Apple Dumpling Gang if ***Tim Conway*** knew kung fu, and like those cheesy Disney classics, Shanghai Knights is just cornball fun.

ON VIDEO
THE MASTER OF DISGUISE

Widely panned during its release, ***Dana Carvey*** plays Pistachio Disguisey, a sweet-natured Italian waiter who works at his father Fabbrizio's (***James Brolin***) restaurant. Pistachio can't figure out why he compulsively mimics his customers and wants to change his appearance. What he doesn't know yet is the Disguisey family secret: a long legacy of masters of disguise who can become almost anyone or anything by harnessing the great power known through the ages as Energico. This talent gets Fabbrizio and Pistachio's mother kidnapped by his former archenemy Devlin Bowman, a criminal mastermind. Now Pistachio must learn to make the most of his inherited gift, track down Devlin and save his parents. Silly and stupid, but fun for the younger kids.

THE BUZZ...

Metallica has rumored plans for a stadium tour with ***Limp Bizkit*** and ***Linkin Park*** for this summer. Limp Bizkit and Linkin Park will be touring in support of new spring releases. Linkin Park's sophomore album, Meteora, is scheduled for release on March 25th and Limp Bizkit's forthcoming album, Less Is More, is expected to hit stores on April 1st. A release date for Metallica's new studio effort has yet to be set.

American Idol semifinalist ***Jaered Andrews*** got the boot after a Fox background check revealed that the singer was a former member of Youngstown-based hip-hop band ***Ordinary Peoples***.

Eminem's new music video Superman from the Eminem Show album will only be available to fans on the 8 Mile DVD on sale March 18. The Universal release will also contain 25 minutes of outtakes from the film's rap contests.

The fourth installment of ***Mel Gibson***'s Mad Max: Fury Road, will hit theaters July 23, 2004.

Vince Neil's stint on the reality series "The Surreal Life" and bassist ***Nikki Sixx***'s ***Brides of Destruction*** project aren't stopping Mötley Crüe from putting out records, or at least, re-releasing them. According to the band's Web site, the Crüe have inked a deal with Universal Music to reissue their entire catalog, with bonus tracks, on April 1. The band will also release another greatest-hits album (March 4) and a box set later in the year.



JANE MILLIONAIRE?

Diehard Joe Millionaire fans think they've figured out the twist that's sure to come at the end of this reality series, and it puts brunette ***Zora Andrich*** in the control seat. Everyone knows Fox's publicized premise for the show – the male star ***Evan Marriott*** is looking for love by telling a group of 20 he's worth $50 million even though he's really dirt poor. But how about this for an ending. What if Andrich is really a millionaire instead? And what if the whole show has been scripted by her and she's actually testing Marriott to determine his true feelings?

He breathed new life into noir thrillers with "Memento," and now Warner Bros. is asking ***Christopher Nolan*** to do the same for their stalled Batman franchise. The acclaimed writer/director will helm the caped crusader's next movie, but there's no word yet who'll play the superhero or which of the many scripts will be used.

Zakk Wylde cleaned up on the 2003 Guitar World Reader's Poll earning #1 Most Valuable Player, #2 Best Metal, and 1919*Eternal came in at #3 for Best Metal Guitar Album respectively.

Deftones will contribute an as-yet-undetermined new song to the Matrix Reloaded soundtrack, due out this spring. The band's contribution will be culled from the group's self-titled fourth album, which is expected to surface in May via Maverick Records.

Following Saturday's Columbia disaster, Paramount Pictures has yanked its latest promo for the studio's upcoming sci-fi thriller The Core because it contains a scene depicting an imperiled NASA space shuttle trying to make an emergency landing.

Just days after getting dissed by The Bachelorette, ***Greg Todtman*** was busted at New York's John F. Kennedy airport and charged with trying to smuggle drugs onto his American Airlines flight to Los Angeles.

An as-yet-untitled, three-CD box set of the ***Billy Idol***-fronted vintage punk band Generation X is due in stores April 8. The package will include a compilation disc of Gen X's singles and B-sides, a live performance recorded in Japan in 1978 and the band's unreleased, lost album, Sweet Revenge.

Carson Daly will host the first-ever TRL Awards, which take a wacky look at celebrity appearances on MTV's Total Request Live.

Don't forget to watch the new Teenage Mutant Ninja Turtles cartoon which debuts this Saturday at 10:30 AM on the Fox Cable Network's Fox Box!

Cow Patti Theatre



The Cow Patti Theatre Company, in its seventh season, will be staging another professional dinner theatre show entitled "Cookin' With Gus," a romantic comedy by Jim Brochu. The show will take place from Friday to Sunday, February 14th to 16th, 2003 and from Wednesday to Sunday, February 19th to 23rd, 2003 at the Ramada Inn in Cornwall.

On Wednesday, February 12th, 2003 they staged the show as a benefit on behalf of the Cornwall General Hospital for their dialysis machine. On Wednesday, February 19th, 2003 they will be having a second benefit for Big Brothers and Big Sisters of Cornwall. On Sunday, February 16th, and 23rd, 2003 the shows will be in a brunch matinee format beginning at 11:30 a.m. and the show will go at 1:15 p.m. The evening shows will be a sit down dinner with cocktails starting at 6 p.m., dinner at 7 p.m. and the show at 8:15 p.m.

Call the Ramada Inn at (613) 933-8000 to make your reservations. For more information, call Anna Marie Lea at (613) 938-8068.

Pictured are the actors for the dinner theatre (from left to right): Rona Waddington, playing the role of the Gypsy Carmen; Garfield Andrews playing the role of Walter Richardson; Anna Marie Lea playing the role of Gussie Richardson; and Sheldon Davis who will appear as Bernie. Doris Bellsmith (not pictured here) is stage manager.

Story & photo by Tracy Pare

Festival On The St. Lawrence

The Festival on the St. Lawrence invites you to attend our Cornwall area public information session. This meeting will provide an update on the Festival initiative and allow interested people, presenters, business groups, future sponsors and volunteers to express their interest in this project. Future meetings for arts and musicians will be posted at a later date.

The meeting is scheduled for Tuesday, February 18th, 2003 at 6:30 p.m. in the River Room of St. Lawrence College, Cornwall Campus. Refreshments to follow. For more information or to RSVP, please contact (613) 933-6080 extension 1359.

Best Of Contemporary Christian Music

CDs

1. WOW Hits 2003 - Various Artists
2. Worship Again - Michael W. Smith
3. WOW Christmas - Various Artists
4. All The Time In The World - Jump 5
5. Touch - Delirious
6. Worship - Michael W. Smith
7. Almost There - Mercy Me
8. Spoken For - Mercy Me
9. Prelude: Best Of - Charlotte Church
10. Christmas Shoes - Newsong

SINGLES

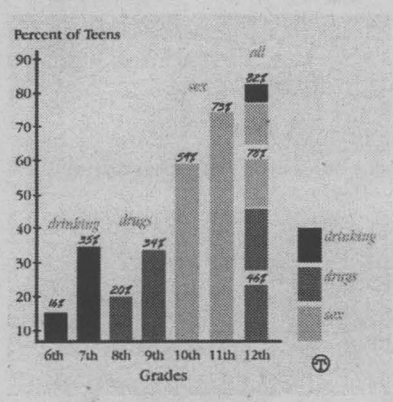
1. Spoken For - Mercy Me
2. The Christmas Shoes - Newsong
3. Friend For Life - Watermark
4. I Can Only Imagine - Mercy Me
5. With Me - Ginny Owens
6. Who You Are - 4 Him
7. Greater Is He - Janna Long
8. To Ever Live Without Me - Jody McBayer
9. My Hope - Tommy Coomes
10. Happy Birthday Jesus - Brooklyn Tabernacle Choir

As heard every week on "Best of Contemporary Christian Music with Harry Gadbois," on CISD radio 107.7 FM.

TEEN TOPICS

Drinking, Drug Use and Sex: Helping Teens Make The Right Decisions

(NAPS)-By twelfth grade, more than three-fourths of all teens are drinking and engaging in sexual activity, and almost half report using drugs, a new national survey reveals-while offering some time-targeted strategies that parents can use to help keep their children safe from such destructive behaviours.



A new survey takes parents beyond the "whats" to the "whens" and "whys" of teen behaviour.

Providing a rare glimpse into the thinking of today's teens, the "Teens Today 2002" survey identifies key "decision points" as adolescents mature:

- Drinking increases significantly between sixth and seventh grade.
- Drug use increases significantly between eighth and ninth grade.
- Sexual activity increases significantly between tenth and eleventh grade.

"This is compelling information that takes parents beyond the 'whats' to the 'whens' and 'whys' of teen behaviour," said Stephen Wallace, chairman and chief executive officer of the national SADD (Students Against Destructive Decisions/Students Against Driving Drunk) organization. "It's a road map that identifies the dangerous intersections and some alternative routes to avoid them."

The new research conducted by SADD and Liberty Mutual Group, one of the largest multiline insurers in the property and casualty industry, confirms many parents' fear: young people have easy access to alcohol, drugs and sex. Good decision-making thus becomes the last, best line of defense for teens. Understanding what factors influence those decisions can help parents best prepare young people to avoid trouble:

- Mental states-depression, anxiety, stress, boredom, curiosity.
- Personal goals-to feel grown up, to fit in, to take risks.
- Potential outcomes-Are others doing it? What are the chances of getting caught? What are the potential consequences?
- Significant people-parents, friends, siblings, clergy.

Despite what many teens might have adults believe, engaging in destructive behaviour is not just about "having fun" or "feeling good." Key drivers of decisions may also include anger, peer pressure and stress.

Other key findings from "Teens Today 2002":

- Close friends are teens' number one influence to make destructive decisions.
- Parents are teens' biggest influence not to drink or make other destructive decisions (followed by close friends), regardless of the age of the teen-but that influence declines as teens mature.
- Younger teens are more likely than older teens to be influenced to use drugs by "external" goals-e.g., to fit in. Older teens are more likely than younger teens to be influenced to use drugs by "internal" goals-e.g., to feel good.

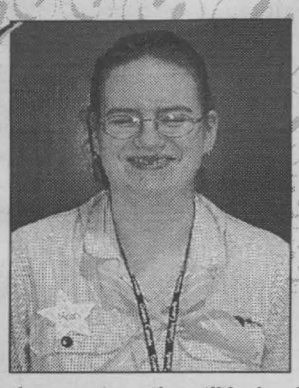
Teens who report regular, open communication with their parents about important issues say they are more likely to try to live up to their parents' expectations and less likely to drink, use drugs or engage in early sexual behaviour. Parents can:

- Educate teens about the physical and emotional risks of sexual behaviour and discuss mutually caring, respectful relationships.
- Stress how drug use adversely affects health, grades and athletic performance.
- Provide alcohol-free outlets for recreation, socialization; demystify use of alcohol through discussions of its use in society.

"Parents are the key to helping young people make smart choices," says John Conners, executive vice president and manager of Liberty Mutual's personal insurance operations. "The evidence is mounting that adults who recognize the choices that children face every day and who are prepared to intervene with age-appropriate guidance are our best weapon against self-destructive behaviour among young people."

Friendly Seaway faces

Sheena Eamer



This friendly Seaway face has been involved with Guides for the past 12 years. Sheena Eamer is a Cadet with the Senior Branch and currently in Grade 12 at CCVS. She is a straight 'A' student who works part-time. She will be heading to the International Academy of Design and Technology in October for their Interior Design program.

"I love volunteering my time with the Brownies and Sparks," stated Sheena. "The girls are great and I think I learn more every night than I do in school."

Story and photo by Chris McPhee

Music Update



with Yvan Brunet

Teenage Fanclub "4760 Seconds" Columbia. Teenage Fanclub has followed 2001's "Howdy!" with a snappily titled "4760 Seconds." All in all, a collection of the finest moments from a career spanning over a decade (21 tracks, singles, album favourites plus three new songs): "Everything Flows," "Mellow Doubt," "Planets," "The Concept," etc. A treat for diehard fans.

Ry Cooder and Manuel Galban "Mambo Sinuendo" Nonesuch/WEA. For this new offering, guitarist Ry Cooder teamed up with Cuban master guitarist Manuel Galban (the famous string-bender for the 60s doo-wop group Los Zafiros). Unlike previous Cooder recordings, this one sports bolero stylings as well as an electric sound reminiscent of Santo and Johnny from yesteryears. Cuban music aficionados should check this one out.

Various Artists "A Tribute To The Ramones" Columbia. New York's Ramones were not the first punk rock band per se (1976 debut recordings), however they are inarguably the most influential. On this brand new CD, some of the biggest and brightest stars pay homage to the band's legendary career: Red Hot Chili Peppers (Havana Affair), Metallica (53rd and 3rd), U2 (Beat On The Brat), KISS (Do You Remember Rock 'N' Roll Radio) and the like.

Richard Whiteman "Solo Piano" Cornerstone. Jazz pianist Richard Whiteman recorded this album recently in a church in Beaconsfield, Québec. The set boasts 14 tracks of jazz standards from Parker's "Marmaduke" to Kern and Hammerstein's "The Song Is You" as well as two Whiteman originals. One can look at this somewhat as a road trip through various wordless fantasy landscapes. Well done!

Various Artists "Gods and Generals" Sony Classical. This soundtrack of Ron Maxwell's new Civil War film features a haunting John Frizzel and Randy Edelman music score with violinist Mark O'Connor adding a personal touch. Included as well is a new song by Bob Dylan (Cross The Green Mountain) and by Mary Fahl (Going Home) which feel as fresh as a morning sunrise. As a whole, the soundtrack brings to life not only the Civil War's legendary leaders, but also the legions of anonymous soldiers who fought courageously for their vision of freedom.

Web Watch



(NAPS)-According to Judith Cahill, executive director of the Academy of Managed Care Pharmacy, patients should understand their plan's coverage before they get their first prescription filled. The Academy of Managed Care Pharmacy is a professional association of managed care pharmacists who serve patients and the public by the promotion of wellness and rational drug therapy. For more information, visit the Web site at www.amcp.org.

With age, communication becomes increasingly important in maintaining relationships, says Dr. Judy Kuriansky. The more transitions women experience in their bodies, career, with children leaving home, loved ones getting ill or dying, the more they need to share feelings and decisions. It can help to avoid traps such as blaming, criticizing or nagging. Instead what can work is giving compliments and telling your mate what you like. To read other articles by Dr. Judy, visit www. matureamerica.org/just_for_women/.

The ThermaCare Menstrual Patch has been demonstrated in a clinical trial to provide comparable pain relief when compared to Ibuprofen, the active ingredient in Advil. In addition, ThermaCare recently earned the Good Housekeeping Seal, an American icon representing the Good Housekeeping Institute's limited two-year satisfaction warranty. To try ThermaCare, look in the pain reliever aisle of grocery stores, supermarkets, drug stores, club stores or mass merchandisers. For more information on the benefits of heat therapy and ThermaCare, visit www.thermacare.com.

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