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When we are born, we all get what we are dealt with, whether it be looks, brains or allergies. Some of us are more fortunate than others. Vanna White got fantastic legs, Liz Taylor got violet eyes (and seven husbands). There are others who are less fortunate.

You have all met them, the children who are labelled "special slows" or "retarded. They are usually bigger and larger than the so-called "normal" people. Have you noticed that they have the sweetest smiles, and the most trusting natures? They are naive and the true believers. Because of this they become the butt of everyone's jokes.

It's so easy to tease them and play jokes on them. Children can play very cruel jokes on each other, and pick on these people. It doesn't take long to discover that these "special" sweet children don't fight back, in spite of their superior size and strength. Left to themselves the children will get along very well together. We have all been faced with these special people. We feel embarrassed, and we feel pity. We, who can talk to most people, don't know how to act or communicate. We either gush or ignore them.

Our children notice

con't on Pg. 20

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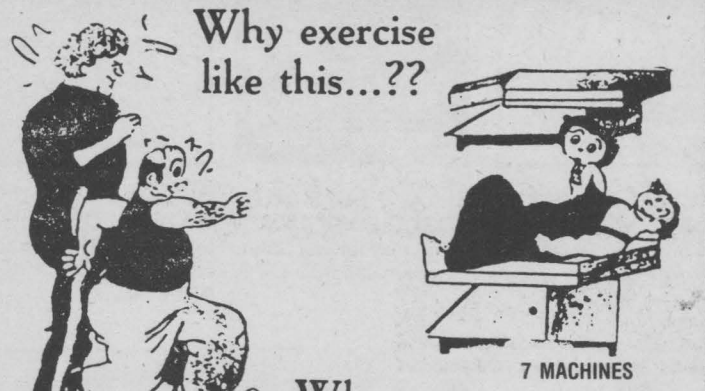

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CANADIAN BUSINESS

Takeovers have been causing grief for many unlucky stock investors

By Jack McArthur

This is a time of many messy episodes in the takeover game. They include large numbers of bids that fail or otherwise prove to differ depressingly from what was expected.

That means an investor can lose unusually large chunks of money — and do it unusually rapidly if he or she isn't ultra-cautious and quick to act. It helps a lot to be blind lucky, too.

This indicates two things.

One is a hardnosed attitude among the many bidders for control of corporations. That was born of the takeover disasters of the early '80s — which caused some buyers to go broke — and the memory of last fall's stock market crash.

The other factor: some belief by acquisitors that, ready or not, they'd better contrive to act now, before any new moves are made by companies or governments to protect minority shareholders or bar certain takeovers.

The messiness isn't usually a matter of legalities — though quite a few takeovers have been taken to court or to securities regulators, occasionally with success as in the case of Canadian Tire.

Come to grief

It's more often a matter of:

Confusion and complexity beyond the uncertainty normal to such things; a degree of risk beyond the usual; takeovers done in ways radically different from the expected, the promised or intially offered; a great many false starts, changes of mind by those involved and comments by major players that turn out to be wrong.

A great many takeovers also are bitterly contested at length. Examples: Polysar's winning war to extract a much higher price for itself from Nova; Campeau's victory in its multi-billion-dollar struggle to swallow Federated Department Stores.

Many deals, too, are not the final chapter. Will the acquisitor sell big portions of what has been purchased? Will it be able to command prices that make the takeover look good — or bad?

With so much of this going on, large numbers of investors have come to grief. It's hard enough just to keep up with the news, much less figure what may be coming.

Which is why there's a new wariness this year about speculating on takeover situations.

Investors have been shaken badly by the messiness concerning many well-known companies, among them Steinberg, Laidlaw Transportation, Oakwood Petroleums and Texaco Canada.

The last has been the subject of a succession of off-again-on-again rumors caused by the rumors and troubles flurrying around its embattled parent company in the U.S. That brand of lengthy uncertainty exists in many cases.

The Canadian Tire situation has zigzagged along for about two years. It's still as clear as mud.

One takeover plan was rejected by regulators and the courts as grossly unfair to owners of non-voting shares. They'd have been left out in the cold without the premium-priced offer they'd been led to expect.

Other bidders for Tire are in the wings if and when there's more clarity about who can do what among its major owners. And whether they will do it.

That hangs a question-mark over investing in Tire shares. There are a lot of those in the market these days.

There's Dome Petroleum, too. It's arguably the messiest of all. Here, though, anyone should have guessed there had to be many twists and turns before Amoco could pocket it.

Still in oil, the Bow Valley takeover supposedly couldn't happen. It surely seemed to investors that it was Ottawa's policy to prevent Bow Valley's acquisition by British Gas. They were misled. It wasn't.

After a period of uncertainty and a "restructuring" of the deal, British Gas bought control for more than $800 million. There was only a modest payoff for the public and, indeed, its members face a potentially large dilution of their stake in ownership.

Ocelot Industries

Ocelot Industries is an example of another difficult judgment for investors. It wasn't taken over as many thought it would be. Instead, the company sold large chunks of its assets. Others have taken the same route.

You begin to get the impression that shares of some takeover possibilities, far from attracting many investors, will be avoided as too chancy, both as to timing and the eventual fate of the company.

Among the lesser-known, there has been takeover-related complexity for such as Canbra Foods — with a succession of deals falling through — CB Pak, Vulcan Packaging and muffin-seller Treats Inc., for which three bids were rejected by regulators before the battle ended.

There also have been some bids for the public's shares at little or no premium to recent market prices, or even at less. This shakes a person's faith in the profitability of takeover plays.

So do the many offers that, as at Canadian Tire, are carefully tailored to acquire control from one or a few main owners with no offer for the shares of others.

That's what slashed the price of the B stock of large Laidlaw Transportation by as much as $7.13 in May — a plunge of 34 per cent. After the big owner said he wanted a bid to all owners, he eventually decided he had to change his mind. He settled for selling most of his shares to Canadian Pacific.

The stunned reaction in the market was to knock more than $1 billion from the total quoted value of Laidlaw shares within a few days.

A classic of investor confusion centres around that large retailer, Steinberg.

It's impossible to detail the bouncing around during the past six months of the stock, investor moods, and the attititudes of major owners, the company, possible buyers, its labor unions and the Quebec government.

Since it became known there was a deep split within the controlling family on Steinberg's future, rumor and comment from interested parties have rattled back and forth among many possibilities — outright takeover of all shares, bids for some shares, sales of varied amounts of major assets, store closings and corporate restructuring, deals with labor in return for a promise of no takeover or big sell-out.

The latter now seems a good bet. The result is a drop in the stock to about $32 since a successful bid to shareholders appears unlikely.

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John Cleary M.P.P. Reports



Report of the Interministerial Committee on Visiting Homemaker Services

The Interministerial Committee on Visiting Homemaker Services was established by the Ministry of Community and Social Services to respond to critical issues which were threatening the ability of the not-for-profit sector to provide homemaker services.

Four key areas were identified to be addressed by the Committee: 1) Training programs and resources for homemaking. 2) Low wages paid to homemakers 3) Annual agency rate setting process 4) Homemaker agency rate structure.

Training

While provincial training costs will be high in the short-term, it is anticipated that by increasing the attractiveness of the occupation e.g., better wages and working conditions, staff turnover rates will drop significantly thus reducing the demand for training.

The Committee recommends that there be a requirement for homemakers to be trained to a Provincial standard.

The reality is that the purchasers of homemaking will need to support the bulk of training over

con't on Pg. 28

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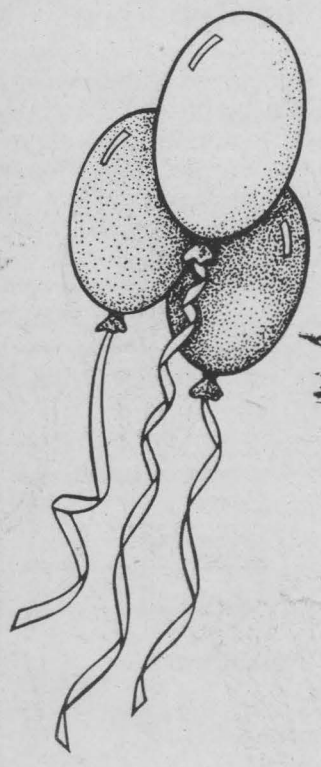

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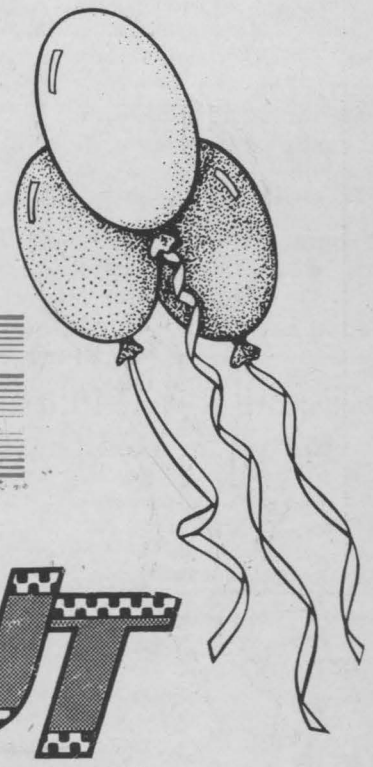

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SCUTTLEBUT



Sammy Saver

Cathy Tripp's grand opening was last week. On hand were John & Elizabeth Cleary, Dorothy & John Moss. Ann Winters and Christina Groulx both work for Cathy at her store in Long Sault. Guess who didn't show up???

Congrat's to T. MacDonald on the birth of a bouncing baby filly. That makes Doreen a grand-mother, Tammy an aunt, etc...

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Must be a Federal election coming soon Brooke McNabb at CJOH has a new hair-do

Mark Wells wife didn't appreciate the location of her husbands' picture, last week's, that is, next to the classified ad—"Male 28, 6' considered attractive.. etc. Mike received a lot of comments & he had a good chuckle.

A reader reports that a Joe's Roofing truck driving along Water St. last Tues. night was dropping garbage all over the road.

Al "crazy legs" Loynachan recuperating after his brief come back from retirement. Up in Ingleside area the workmen are still filling in the hole made when Al decided to make a mad dash around the baseball diamond. His cleats stopped but his body wouldn't.

Good luck to Howard Miller on his move from Sears into the teaching ranks at St. Lawrence College.

I wonder when the tables and chairs are gonna be out on the patio at the Old Fort?

Does Gilles really make more money than a certain other ball team does, all put together??

Word out of Moose Creek ball tournament has it that Emmanual is still smiling and about to be married.

Fireworks were great last week. Congratulations to Eric Harps and the organizers.

Louis Latulippe and Monique Villeneuve recently started with Remax in Cornwall. Best of Luck.

June 19th was Gailand Poapst 10th Anniversary with Great West Life. Congratulations.

Congratulations to the organizers of the Moose Creek slow pitch tournament this past weekend. A well run tournament.

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Gerry Beauclair getting into the real estate business with Carleton Realty. Good luck Gerry.

Face lift going on at Wilson's Funeral Home. Looks good.

Does Blake Trudel need to wear suspenders or a tighter belt? Seems he has trouble keeping his pants up.

Brian Goff describing Canadians on Canada Day "No veneer, but a lot of depth."

That howling, shrieking, "Right on, Right on" Sheila Copps is a national embarrassement.

Talk about a weird wedding gift! Ask Yves & Denise Roy of Interior Design what you need for a stronger relationship?

Some 4,400 paying patrons were at the complex to see the recent wrestling. By the sound of it they were enjoying themselves. Sports writer Kelly reported it was a rip-off and that the attendance was 3,500. Negative, negative--Thumbs Down on Tim.

Seaway Valley "AAA" Summer Hockey minor atom coaching staff, Bob Boisvenue and Dan Brunet from Alexandria, and some player's dads while out for a walk down the famous Yonge St. in Toronto at 1:00 a.m. Sunday July 3rd were surprised to meet 3 guys cruising down Yonge St. that they knew, Eugene Bergeron, Dan D'aoust and Cornwall Royals trainer Steve Ouderkirk. Just never know who you might meet in the Big City. On a promising note the boys were runners up in the championship game.

Congrat's & best wishes to Norma & Diane up on North Augustus St., their new place is called "Woolen Wear", they also have crafts.



"Old MacDonald Had A Farm, ei, ei oh". This old MacDonald is hard at work, mucking out the barn. That is when she is not working at the Upper Canada Playhouse.

Reg Campbell having a smooth year with the industrial slow pitch league. No major headaches to date.

Industrial slow pitch league annual tournament coming up early August. Should be a good one.

Recently city council took another giant step forward, regarding our aquatic centre. Let's keep the ball rolling. Our children could be off and married in another 15 years!

Good Luck to Glen Summer Theatre.

Its been a long time since we were last at a provincial park. Went to Rideau River, Provincial Park July 1st weekend, it was just excellent. Hey there are even showers, now!

Kinsmen Annual pool party, to wrap up another successful year, was held at John B's last week.

Word is out that Jeannette Tyo (from Bendix Avelex Inc.) turned the BIG 4-0...this past week. Hard to keep a secret, isn't it?? Many happy returns!

An idea too advanced for its time? "Cart Merchants" on the Pitt Street Mall. Merchant vendors, hot dog stands, artisans etc. etc. Certainly would add colour, pizzaz and couldn't "hoit".

A little bit of Europe in the heart of Cornwall. Lunch on Papa Gedoro's Patio...while "watching all the girls go by". And for the girls..."all the guys go by".

Patsy Fry (Miller's Funeral Home) enjoying the "pleasures" of summer.

And speaking of pleasures...try the Garden of Eatin'. Good food, good music, good crowd. Makes for a nice evening.

Ed and Karen Kupczyk recently took up the country life...seeking "fresh air"...you mean there still is such a thing?

Wayne Thompson at VIA route, and Kevin Wilson from Advantages Advertising have been seen out on the golf courses a lot lately practicing for their big golf game on the 15th of July against the McDermid boys, Mark & Wayne.

HAPPINESS IS.



Georgia & Nicholas (Milano's Restaurant) really cooking! A beautiful baby boy on July 2nd-Congratulations!!

Beautiful bouncy Joanne. Happy 24th birthday.

Kelly back home.

Happy birthday to Wayne McDermid

Visiting the nice folks at Dwyer Glass

Belated B'Day wishes to Angela Major. We also hear another big day is not far off.

Happy Wedding Anniversary to Rejeanne & John Paul Proulx.



WHITELAND, Dennis & Wendy (nee Collins) are thrilled to announce the arrival of their daughter CRYSTAL MARA, 6 lbs. 14 oz., at Brockville General Hospital on JUNE 15, 1988. A little sister for Jason. Proud grandparents: Ronald & Eva Collins of Cornwall. Reginald & Georgina Whiteland of Brockville.

PAY TV SHOWCASE
By Blake Fowler

The scariest thing about River's Edge is that you'll swear you ran into these kids at the Mall last week. They were nasty, obscene and, frankly, more than just a little dangerous.

That feeling isn't helped by the fact that most of the actors in this dark movie are unknown. Maybe it WAS them in the Mall last week.

River's Edge, a film that many people tried to keep from North America's movie screens, premiers this week (July 16, 20, 25) on First Choice pay-tv.

It is an uncomprising look at the bleak landscape of adolescent life in America. Based on a true story, it tells the tale of a young man who rapes and murders a girl for, it would appear, no particular reason. Worse, his friends decide to protect him from prosecution-not because of any principles-but because of the loyalty to the pack.

Daring and original, River's Edge shows us kids who are part of a numbed generation. The teenagers in this film are monsters, plain and simple. One of the most telling performances is by Joshua Miller who portrays a 12-year old pipsqueak who is really 35.

These are not kids who are just going through a difficult time. If you can stand it, you might agree with some of the critics who called it one of the greatest American films of the decade.

But be warned, it is not a "fun" film.

It behooves me, after that dismal start, to tell you some good news.

The good, old Canadian Football League returns to the airwaves this week on TSN. Yes, it has fallen on hard times lately, but we'd be, I feel, a much sorrier country without the likes of the Argos, Ti-Cats, Eskies, Lions and two kinds of Rough Riders.

July 14 marks the start of TSN's 13-game tv package with the 1987 Grey Cup champion Edmonton Eskimos hosting the resurgent Calgary Stampeders.

Game time is 7:30

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WHEEL OF FORTUNE

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By Linus Maurer

RULES 1. You have a different time to solve each puzzle. Fill in the correct letters to complete the puzzle. 2. Each day more clues are added to each puzzle. On the third day, the answer is revealed.

120 seconds — today's puzzle 82 PLACE

		H							

H			

90 seconds — puzzle 81 QUOTATION

N			T	H										

	O			O	W			N	O					

		N	D											

60 seconds — puzzle 80 TITLE

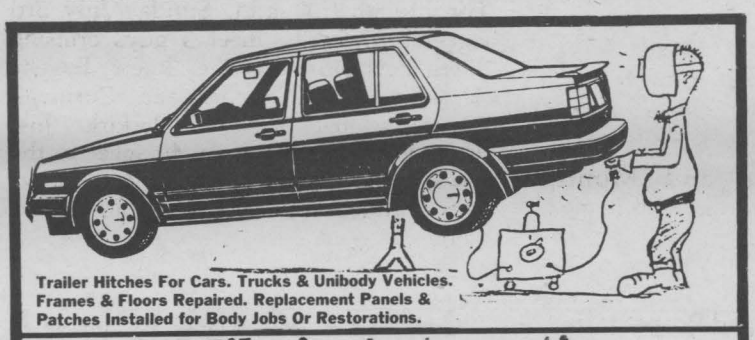
		N	E			T	H							

T	H	E			N									

answer to puzzle 80 GONE WITH THE WIND

5/27





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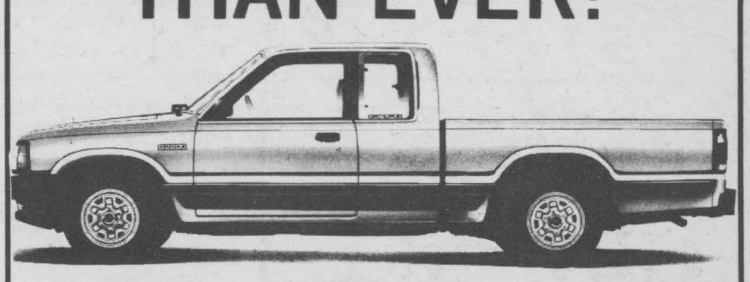

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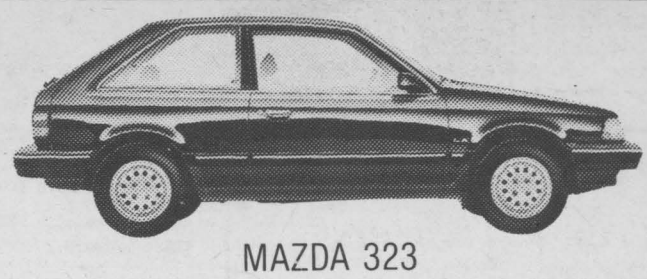
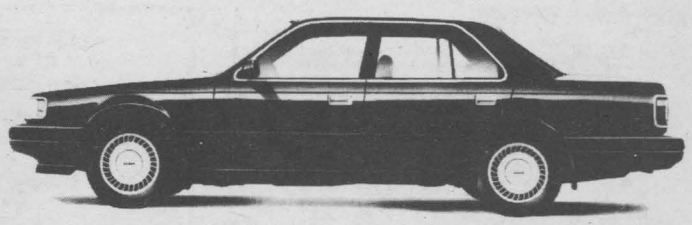


MAZDA 323



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1983 THUNDERBIRD V6, air conditioned. Bucket seats. Finished in Charcoal. Stock No. 8493A	**1983 ARIES K** Sunroof, a/c. Family economy. Maroon in color. Stock No. 8493A	**1983 CUTLASS SUPREME** Top of the line. Pampered vehicle. Finished in Platinum. Stock No. 8501	**1984 OLDS DELTA BROUGHAM** Loaded. Premier quality. Finished in Royal Blue. Stock No. 8359A	**1986 CHEVETTE** Ready to go. Proven economy. Red in color. Stock No. 8306A

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COMMUNITY EVENTS

Let everyone know what's happening. Community Events is free and is open to all non-profit clubs and associations to publicize meetings; teas; bazaars and the like. Notices should be typed or printed and sent or dropped off to us by noon on Thursday.

*The Cornwall Regional Art Gallery is registering children for a variety of summer classes. July and August for students aged 10 to 15 beginning with a watercolour technique by Alan Bain starting July 4th until July 8th. Then for toddlers and parents working together, Margaret Bremner will be covering colour, shape & exploration of art form from July 11th until July 15th. Mrs. Bremner will also be teaching children from the ages of 6 to 8 basic techniques of drawing geared to children of this age group.

*Upper Canada Village near Morrisburg have announced a 5:00 p.m. closing time to be in effect throughout the 1988 season.
In addition, the Crysler Park Marina near Morrisbug will move its summer closing time from 8:00 p.m. to 7:00 p.m. Those requiring additional information can call 543-3704, Ext. 278 or any Ontario Tourist information Centre.

*The Sea-Way Machine Knitters will be holding meetings every last Tuesday of every month at 7:30 p.m. at the Best View Health Care Centre, 201-11th St., E. Cornwall. For more informaiton call 932-7771.

*Mirror Images, an exhibit of prints, mixed-media drawings, and fabric sculpture by Linda Szabad-Smyth and Lor Pelton, will be on display at the Cornwall Regional Art Gallery from July 2nd to July 29th. The exhibit represents a visual journey into the self exploring the concept of self on emotional, cultural, spiritual and physical levels. Linda Szabad-Smyth is presently completing her Masters in Art Education at Concordia University and has exhibited in Montreal, Cornwall and Toronto. Lor Pelton has been exhibiting since 1981 and is a member of the Ontario Society of Artists. Both artists have won several awards in the CRAG Annual Juried Shows. Gallery hours ar 9:30 to 4:30, Monday through Saturday.

*Stormont I.O.D.E. plum puddings are being mixed and steamed during late August with pick ups to be made mid. September. All orders must be made by Aug. 1st at the present 100 pudding will be made. Price 19 ozs. (540 ml.) at $5.00. Call Marion Weatherhead 534-2627 or 933-4298 to place your orders.

*Glen Productions summer theatre will be presenting a three-act comedy "Last Of The Red Hot Lovers", artistic director, Claude Jesmer on July 14, 15, 16, 21, 22 and 23 at the Glen (air-conditioned building) $5.00 per person. Tickets available at Sportec, 124 Second St. W. No reservations.

*For you visitors & tourists, to the area, don't overlook the Woodhouse Museum on Second Street West, directly opposite Domtar Fine Papers Inc. Hours-Weekdays, 10 a.m.-12 noon & 1 to 5 p.m. (including holidays). Sundays, 2 p.m.-5 p.m. Off-street parking is available on the East side.

*Bingo at the Bingo Palace will continue every second Sunday. Next Bingo is July 17/88 t 6:30 p.m.

*"Community Contacts" connecting people to people is what our services are all about. At present, we are looking for individuals who would like to volunteer their time for social and recreational activities to a developmentally handicapped person residing at Woodland Villa in Long Sault. If interested in becoming a volunteer or friend, please contact Michelle or Christine at: 938-1702.

*"Half Price Sale"-continues at the 'Nearly New Shop' at Trinity Parish Hall, 105-2nd St., West. Hours-2-4 p.m. & 7-9 p.m. Everything, in stock, at half price. Everyone welcome. Bring a friend.

*July 31, 2-7 p.m. St. Raphael's Annual Galorama. There will be music & entertainment as well as sports & games. A variety of food booths & booths offering handcrafted articles for sale. There will be a draw for $1,500 in prizes as well as a quilt & other prizes. Picnic tables will be available for those bringing their own lunch. Admission is $2.00 & children, under 12, are free.

*The S.D.& G. Branch of the Ontario Humane Society is seeking volunteer assistants to help at Bingo games held every second Monday at the Cornwall Bingo Center. For more information call Rita Filion at 932-3674. The Society also requires volunteer agents to respond to calls concerning the welfare of animals. Must be available and have transportation, training will be given. If you can help call Debbie Boulerice at 933-3542.

*3rd Annual Glengarry Heart & Stroke Golf Tournament (18 holes) Sat. Aug. 6 at 8:00 a.m. to 8:00 p.m. Supper & Golf $50. Just supper $15. (around 6:00) everyone welcome. See many NHL V.I.P.S. Sign up now to help support Heart & Stroke Research. For more info. call 525-1885 or 525-4007.

*S.I.B.A., Sharing Information on Birthing Alternatives, is a parent's support group concerned with increasing awareness necessary for healthy childbirth in hospital and at home. We share books, support and experience. Our next meeting will be held in Williamstown on Tuesday July 12. For the directions or informations please call 932-9963 or 931-2777.

*July 22, 23, 24—Avonmore Fair featuring the "Midway". Fri., admission $4.00. Bobby Lalonde Band. Sat., admission $4.00. Horse & cattle shows. Evening "beach" party. Sun., admission $5.00. Highland dancing, horse shows. Also Mason & Mason children's show. Hot air balloon rides. Mercy Bros. Elementary school children are free. Free daily parking.

*The next meeting of La Leche League will be held on Wednesday, July 13 at 7:30 at 2057 Pitt St. North. Babies are always welcome. The discussion will include suggestions about nutrition for nursing mothers, as well as information about weaning the breastfed baby. For information, please call Cathy at 932-2956 or 528-4462.

*Annual Pig & Beef Roast, August 6th. Cornwall Police Club. Adults $10, Children under 12 $5. Meal at 5 p.m. Everyone is welcome. Tickets available at club. Featuring Perry Dunlop Band. Music 2 p.m.-5 p.m., 8 p.m.-1 a.m..

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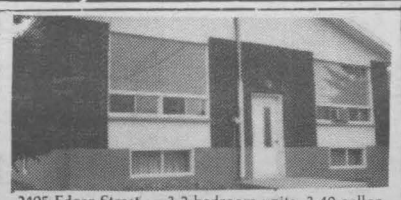
Fantastic Lake View — good old home on 1.4 acres, 300 foot frontage on Hwy. 2, just east of Summerstown. Asking $87,500 M.L.S.


2405 Edgar Street — 3-2 bedroom units, 3-40 gallon hot water tanks owned, 400 amp service, brick exterior, 63'x150' lot, quiet area. Gross income $16,812 per year. Asking $134,900 owner anxious.
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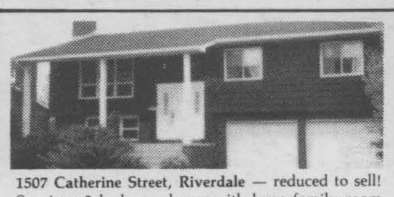
1507 Catherine Street, Riverdale — reduced to sell! Spacious 3 bedroom home with large family room featuring a brick fireplace and patio doors to an outdoor living space, 2 baths and double garage. Built by Chester Leclair in 1976. Available immediately. Now asking $137,500 MLS.
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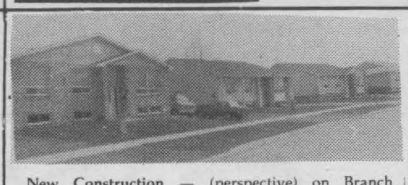
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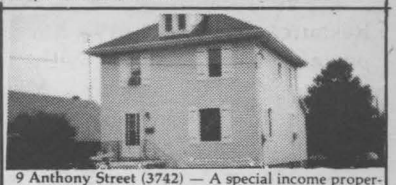
9 Anthony Street (3742) — A special income property. Large duplex completely renovated, main unit 1200 sq.ft. with 4 bedrooms, 2 4pc. baths, ample parking, large lot, great family home with income. Don't miss this one. $99,000
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913 Laflin (3734) — Semidetached bungalow with 1,050 sq.ft. living area. Carport, rec room, 2 baths, large lot. $79,900.
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742 Killarney Ave. — Just listed on quiet avenue, 3 bedroom, two storey home on lot 40' x 69'. Master bedroom with ensuite bathroom. Has garage and maintenance free exterior. Asking $69,900.
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New 3 bedroom brick and vinyl home — on a large treed lot. Toll Gate Road W. Owner is relocating. Asking $496,900 MLS.
A water front lifestyle and super view — can be yours when you choose this charming 4 bedroom brick home at 1200 Montreal Road. $139,900 Excl.
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Headline Rd. — Well maintained 3+1 bedroom bungalow with above ground solar heated pool, double garage, patio doors, finished basement. Well worth looking at. Asking $85,500 (C-968)
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RR 3, Ingleside (3581) — Custom built, brick bungalow. Built-in stove and oven, hedge around lot, many trees, patio length of house. Asking $87,000 MLS.
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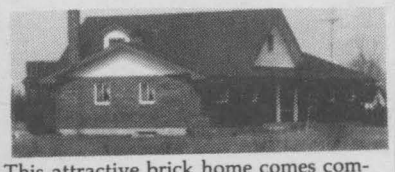
TIMELESS QUALITY

This attractive brick home comes complete with main floor family, dining, living and laundry room. Large eat-in kitchen features solid wood cabinetry, 5 built-in appliances and wall to wall patio doors leading to a screened 10x20 deck. Masterbedroom is complimented with its own 5 pce. ensuite, walk-in closets, linen closet, patio door and deck! Some of the other features you will discover: 2 wet bars, finished basement, 3 more baths, 6 seater sauna, oversized double car garage, all firmly built on a 1 acre landscaped lot. Now listed at $149,900. It would be my pleasure to show you through this gorgeous home.(C-924)
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Long Sault Village, 23 MilleRoches Road — renovated 3 bedroom home features new 200 amp. electric, new drywall, restored hardwood floors. Main floor family room with fireplace. Detached garage and separate work shop.
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1522 Aubin St. — 3 bedroom bungalow on lot 61' x 84'. Large eat-in kitchen, fireplace in living room. Close to all schools. Asking $74,500 Excl.
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A special water front property — with over 600 feet of frontage and a spectacular view. 100 acres. 12 room mansion, two living rooms, 5 bedrooms, 4 bathrooms, a large barn, tennis court, boat house and much much more. Listed at $435,000 Excl.
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Design Plus — new three bedroom split entry, all brick, executive styled, a must to view, living room with cathedral ceiling and fireplace extending to ceiling, paved driveway, F.A.E. Northwoods Glen Subdivision $139,900.
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3220 McConnell Ave. (3680) — Executive 5 bedroom home. Features extra large main floor family room with fireplace, many kitchen built-ins, inground pool, terrific setting, and more. $178,900 MLS.
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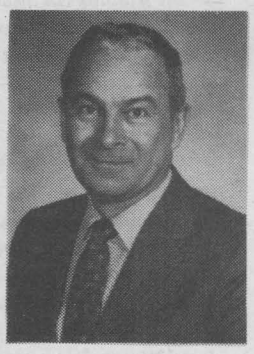
AUBRY SEEKS MAYORALTY



Dick Aubry veteran city alderman announced on Fri. July 8/88 that he would contest the Mayoralty this fall.

I am anxious that the work of this council and that the direction of the past 16 years for Cornwall should continue.

"The goal of making Cornwall a better place to live, work and play is as valid now as it was when I sat on my first council with Mayor Gerald Parisien," said Aubry.

We can pursue our goals by ensuring that policies are in place that will make it happen.

Policies and programs that improve our environment...that improve facilities---that support groups with the same objectives.

Policies that continue to encourage the broadening of our tax base, attracting more diversified firms & industries; expansion of the industrial park; and more commercial growth.

We need policies that promote consistency in planning and zoning matters.

Thus we need a committment and an awareness on the part of our citizens that these are important issues.

We need a council, a management group and a work force that is committed to these goals & objectives.

We've made significant changes over the past few years in our management team. We now have the kind of administrative leadership necessary to carry us into the 90's.

Mr. Cook our new CAO has clearly set, as his goals,---moving from crisis management to strategic management and improved team work and pride in the services we perform. The Council supports his goals.

We've recently hired a new Human Resources Manager. We have some important work to do with respect to employee relations. Mr Kivahoe was hired with that in mind, as well as job evaluation and pay equity.

As Mayor I will institute a "hot line show" in co-operation with Cable 11, to improve dialogue with the citizens. I visualize a monthly or Bi-Monthly phone in program—Co-hosted by the Mayor and one Alderman on a rotation basis. The media could also participate in that format along with regular news conferences.

The leadership of the council is best placed in an acknowledged leader and someone with municipal experience. I believe having been elected 6 times, to municipal council, having been chosen by my colleagues to chair important committees such as PAC indicates that I have the leadership and experience necessary to do the job.

I will be a full time Mayor...spending the time it takes, probably about 50 hours per week. I have made an accommodation with the College to teach 8 hours per week.

"The aldermen will play a much bigger role in this administration than in previous ones in terms of committee work and the ceremonial parts of the job," said Aubry.

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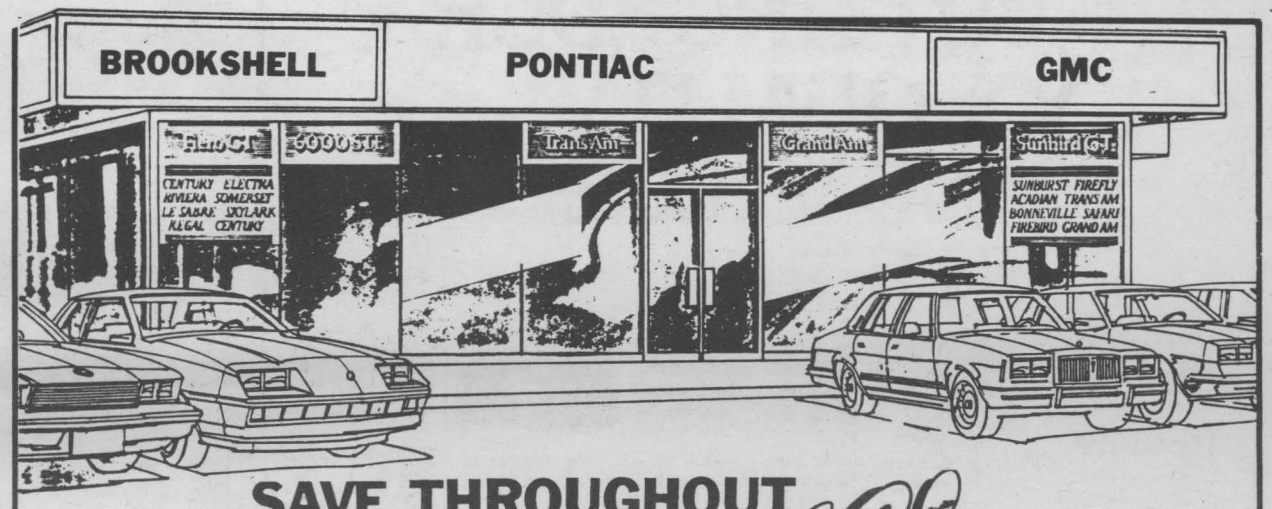

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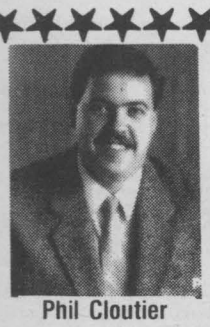
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1985	BUICK SKYLARK, 4-dr., a/c, cruise. Light beige	$7,150
1984	DODGE CARAVAN, 7 pass., a/c., cruise, auto., am/fm cass.	$8,995
1983	F100 PICK UP, 6 cyl., auto.	$6,850
1982	FORD LTD. CR. VIC. White, loaded	$5,250

ON CARS A turbocharged engine is under greater stress

By Bill Gardiner

☐ I travel 68 miles (110 km) per day to and from work. I am looking for a four-cylinder, five-speed, small car.

Can you give the advantages or disadvantages of a turbocharged motor in comparison to the regular motor?

I would most certainly appreciate your comments. Thomas Carey

Turbocharging is one method of raising "volumetric efficiency" and thereby wringing tremendous power out of a small displacement engine.

Turbochargers are compressors that force-feed the air/fuel mixture into the cylinders under a pressure controlled by the waste gate.

Exhaust gases are routed around so that they strike the turbine blades in the turbocharger unit, spinning the turbine to speeds well in excess of 100,000 r.p.m. At the other end of the same turbine shaft is the compressor section where in take air is compressed and forced back into the engine's intake manifold.

The tremendous heat and r.p.m. these units must endure dictates some rather exotic (read: expensive) materials and more importantly, from your standpoint, care and strict maintenance.

The highest octane fuel, although not mandatory, is advisable to control the destructive force of detonation or "knock." Proper maintenance of the cooling and lubricating system is very important with much more frequent oil change intervals required.

Engine oil with the highest possible flashpoint — the new SG-rated oils would be a top choice — is required to protect the journal bearing in the turbo, and priming the oil system after an oil and filter change is usually required. This priming procedure involves cranking the engine (with the ignition system disconnected) until the engine shows some oil pressure then reconnecting the distributor and starting the engine.

On the pro side, the turbo allows the engine to attain a sort of Jekyll and Hyde personality: small-engine fuel economy at low and cruising speed, and big engine power (and fuel consumption) when the driver demands it.

For everyday, year-round transportation in our climate, I would advise choosing a slightly larger displacement, normally aspirated (non-turbo) engine. For enthusiasts the turbo engine offers high spirited performance and power levels of the normally-aspirated engines twice the size without all the weight and handling penalties of larger heavier powerplants.

'82 Olds Toronado stutters at speed

☐ I am driving a 1982 Oldsmobile Toronado, with a 5 L engine and 85,000 km.

There seems to be a stutter in the speed — a feeling of power (fuel?) going on-off. At times the engine warning light goes on. After checking all fluid levels, I found all levels as per manufacturers specification.

If I increase fuel supply or ease off accelerator the light goes out. My garage mechanic cannot ascertain the cause.

Could it be a fuel pump problem or an electrical fault. Max Gellman

The fuel or ignition system could contain defects that might cause cutting out or stalling.

Have the fuel pump pressure checked at the carb inlet for 5-to-7 p.s.i., readings below this range would indicate a worn-out fuel pump.

The small pleated paper fuel filter at the carb inlet could be plugged and should be checked or replaced. Partially broken leads on the ignition pickup coil inside the distributor can cause the "on-off" feeling you describe.

To confirm this, disconnect and plug the hose to the distributor vacuum advancer and road-test the car. The performance will now be sluggish with the vac advancer crippled.

If the power flow is not smooth (no stuttering or cutting out) you have confirmed broken pickup coil wires. The distributor must be re moved to replace a defective pickup coil and the distributor shaft removed from the distributor housing to gain access to the pickup coil assembly.

☐ *Bill Gardiner appears weekly on TSN's Motoring 88.*

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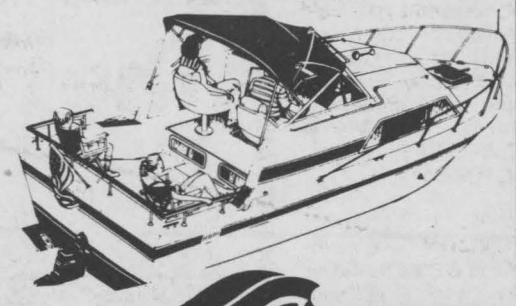
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JAZZERCISE —

BY JUDI SHEPPARD MISSETT

BABY BOOMERS' SYNDROME

Q: I used to be quite an athlete in high school and college. I thought I could start right up again, but ouch! Granted, a few years have passed since then, but I thought my body would remember.

A: You sound as if you're among a growing number of people who are providing physical therapists with a lot of business. Those professionals say that aging baby boomers are coming in with what's known as "overuse syndrome," which is pain that results from participation in an activity for which the body is not prepared. Although anyone can suffer this syndrome, people closing in on middle age are especially vulnerable. Therapists say that's largely due to a decrease in elasticity of muscles and tendons that usually begins around age 30, coupled with inadequate conditioning.

In fact, physical therapists are seeing so many people with "overuse syndrome," they've compiled a profile of the typical victim — a high-achieving professional man or woman, mid-30s and up, who spent the last 10-to-15 years concentrating on career goals. In all likelihood, the last time such a person exercised regularly was during school. So when he (or she) starts up again, he expects his body to behave as if it were 18. Then he sees all the ads promoting fitness and athletic gear, endorsed by perfect physical specimens, and off he goes, headed for almost-certain injury. Men usually experience trouble with shoulders, elbows, feet, and ankles. Women are more prone to problems of the hip, knee, and shin because of their wider, angled hip alignment.

To avoid further trouble, follow these suggestions by the American Physical Therapy Association. Work up to your activity slowly, or you'll end up with trouble that could last the rest of your life. Establish realistic goals, and don't use professional athletes as models. Keep in mind that a pro spends a lifetime in training to achieve his expert level. You can't expect to get there on occasional weekends.

Choose a sport or activity that suits your body type and potential. If your activity doesn't feel good, choose something else.

If you experience pain, stop. Trying to train through pain makes no sense. Tab Blackburn with the APTA puts it bluntly: "'No Pain, No Gain' is an axiom for idiots!"

Vary your activity, which will help decrease the likelihood of trauma that occurs with repetitive motion.

Don't get sucked into an overly competitive frame of mind. If you're too intense about your sport, it ends up being more like work than play. Exercise is supposed to be fun, not drudgery. If it's not fun, find another activity you can enjoy more.

But above all, the APTA offers a simple formula for maturing baby boomers: good conditioning and moderation. The association warns not to take up sports to get in shape; instead, get in shape to take up sports.

* * *

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The age of the electronic car

(S.O.P.) The 80s have seen the proliferation of electronics in just about every car model. Moreover, these electronic components have proven robust and high performing. Thanks to electronics, cars are less powerful and therefore, more economical.

Motorists' awareness of electronics in cars usually stops at gadgetry, such as digital speedometer or computerized cruise control; but there is a lot more to it than just a "talking" car.

An elaborate control system on the motor sends more than 8,000 messages per second in answer to data provided by probes placed throughout the propulsion group. As a matter of fact, these on-board computors are responsible for the fuel efficiency of today's cars, their higher performance and the proliferation of turbo motors. Surprisingly, these motorized computors are quite powerful. For instance, the dashboard of a Corvette is controlled by a Motorola microprocessor which has a memory of 6,000 words and reacts to 300,000 instructions per second... We've come a long way from the Model T.

Transistors and diodes are not exclusive to the anti-pollution and fuel injection systems. New braking systems that don't lock the wheels allow drivers to come to a sudden stop without loosing control, even on the most slippery surface. Moreover, because the wheels don't lock, braking distances are considerably shorter... Mercedes and BMW were the first to introduce these new brake systems.

UNDERNEATH IT ALL...

Although there seem to be only advantages to electronic systems in cars, disadvantages have yet to be discovered. For instance, it is presently impossible to determine exactly what their longevity is, as they've only been on the market a few short years. Also there is no telling what adverse effect our climate will have on the delicate probes and captors placed in the motor.

Last but not least, this new technology means that mechanics have had to constantly update their knowledge. Far from saying that mechanics don't have the skill to absorb all the changes, but electronics are transforming the car repair profession at a pace that might be difficult to keep up with. Also, this high technology requires very sophisticated diagnostic machines that are very costly.

In short, despite the advantages of electronics in the automobile field, in terms of reliability and performance, keeping it simple enough for mechanics to perform fast and effective maintenance or repairs would be ideal.

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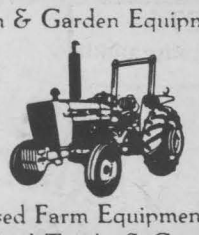

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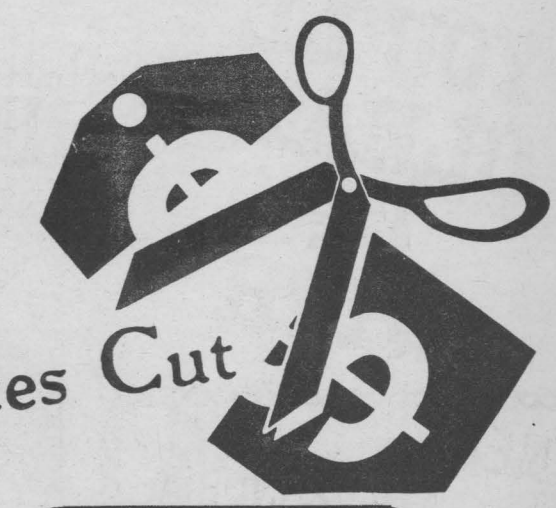

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USE YOUR CANADIAN TIRE ACCOUNT

YELLOW TAG clearance sale
Buy Now! While Selection Is Good
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CANADIAN TIRE
VISA MasterCard

Use your card or get 4% Cash Bonus Coupons

CANADIAN TIRE

CLAUDE L'HEUREUX
Holdings Inc.

A Canadian Tire Associate Store

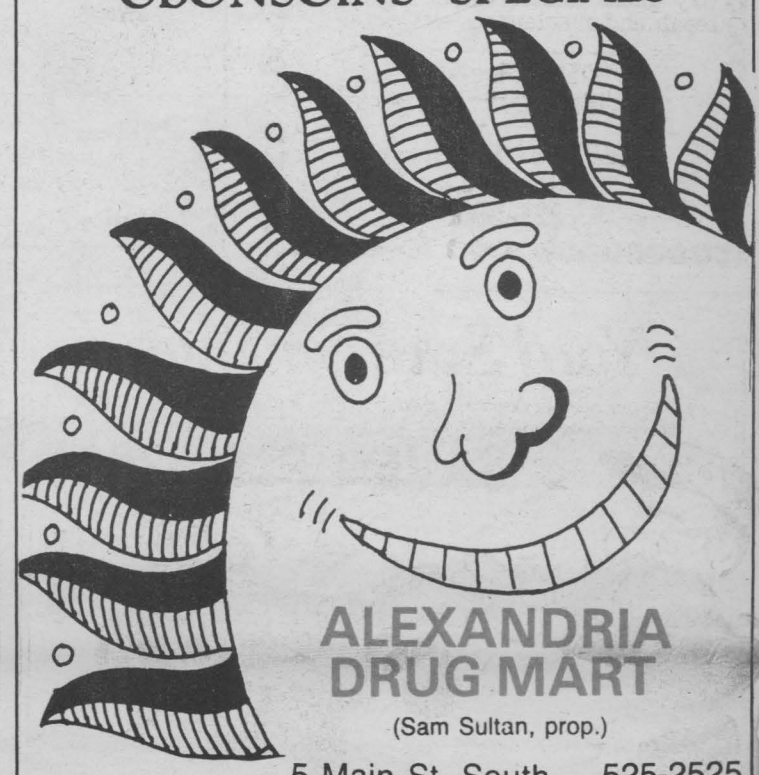
The Right Choice Has Never Been So Clear

400 Main St., South Alexandria 525-3454

OBONSOINS

SUNSHINE SALE

FOR ALL YOUR SUMMER SUPPLIES AND OUR GREAT OBONSOINS' SPECIALS



ALEXANDRIA DRUG MART

(Sam Sultan, prop.)

5 Main St. South 525-2525

TRAFFIC STOPPER SIDEWALK SALE

Carpets (Short Rolls) ..... **1/2 Price**

Peel & Press Tiles.....**69¢** ea.

Cushion Floor starting from .. **$4.95** sq. yd.

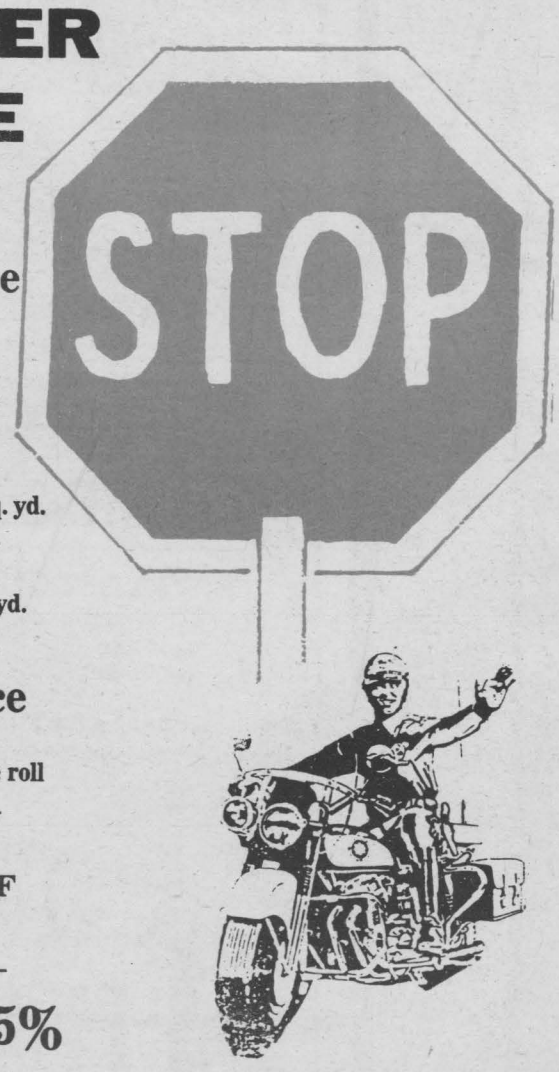
Carpet from ..... **$5.95** sq. yd.

Wallpaper.....**1/2 Price**
starting **$5.00** dble roll

Vacuum Cleaners .....**$100** OFF
Eureka

Ceramic Tiles ..... **Less 25%**

*All Instock Items



Tapis RICHARD RANGER Carpet Inc.
360 Main St. South Alexandria
525-2836 or 525-2916
Near L.L.B.O.

MasterCard VISA

Lalonde's Ladies' Wear

VISA MasterCard

24 Main St., S. Alexandria 525-3162

Sidewalk Sale Specials

SAVE SAVE SAVE

JULY 14, 15, 16



All Summer Merchandise

1/2 Price

Plus Special Racks at $5.$10.$20

Come In And Browse

YOU'LL CLEAN-UP WITH

NEW IN ALEXANDRIA

LAJOIE MEDICAL PRODUCTS

Offering a vast selection of Homecare needs including wheelchairs, walkers, canes, tires, batteries, van lifts, driving aid installations, genito-urinary and ostomy drainage supplies, home stair-way glides and elevators. All round repair and maintenance service, etc.

75% Discount with A.D.P. Forms

564 Main St., South
Alexandria
525-5050

Our Bargains



ALEXANDRIA
FLORIST & CERAMIC

offers

Large Selection Of CERAMICS at

10% off & more



*Wedding Accessories
*Green Plants
*Giftware
*Exotic Flowers (arrangements)

Your full service florist
24 hours a day—7 days a week
13 Main St. Alexandria 525-3852

THE CHUCKWAGON

SALE SPECIAL

1 Pogo
1 Small Fry
1 Juice
(grape, orange, lemonade, apple)

FOR **$2.59**

Mill Sq. at Main St.

Sunday-Wed. 11 a.m.-10 p.m.
Thurs-Sat. 11 a.m.-11 p.m.

For Delivery
525-5066

Yard Sale Savings

See our outdoor display of specially-priced Yard-Man tractors, mowers, tillers and attachments.



SAVE UP TO 30%



Limited Time Savings
In Effect 'Til July 16

Trottier Sales Centre
LAWN & GARDEN EQUIPMENT
Hwy. 34, Alexandria

ON-THE-SPOT FINANCING

3 YEAR LIMITED CONSUMER WARRANTY YARD-MAN

YARD-MAN 525-1925

PHILIPS

THIS CLEARANCE IS HOT

We're breathing fire to bring you the lowest prices on Microwaves, T.V's and Video Equipment.



SIZZLING SPECIALS

14'' Color T.V. Electronic Olympic Model **$225**

20'' Color T.V. Electronic Olympic Model **$359**

20'' Color T.V. Fully Remote **$449**

VRP 25 VHS on SCREEN PROGRAMMING **$425**

Unadvertised specials throughout the store!

WALKMAN'S $24.95 & up

CASSETTES $9.99 & up

ALBUMS $4.99 & up

MIRON ELECTRONIC-TV Sales and Service

We Service What We Sell In Our Shop
421 Main St. South Alexandria 525-4007



SALE
UP TO 75% OFF

Sale does not apply to nylons or shoe care products

THE BOOTIQUE SHOE STORE
25 Main St. S. ALEXANDRIA
525-2934

Alexandria's Annual

SIDEWAL



ALL SUMMER YARNS

30% to 50% OFF

Bizarre

•ART MATERIAL •FRAMING
•CRAFTS MATERIAL •GIFTS & MORE
•WOOL

44 Main St. N. Alexandria 525-1598

Come visit your friendly Alexandria merchants for summertime values that can't be beat!

SIDEWALK SALE

JULY 15, 16 ONLY

1/3 to 1/2 OFF Selected Summer Merchandise

Barbara's MEN'S WEAR

29 Main St., South Alexandria 525-1554



How to wind down a fun-filled shopping spree



Pick a spot on our sunny terrace

Join Our "Mid-Summer" Patio Party Thursday, July 14
starting at 9:00 p.m.

PRIEST'S MILL RESTAURANT & PUB

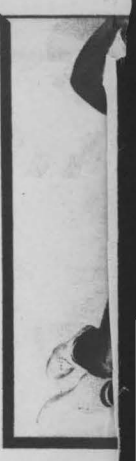


Mill Square & Main Street
Alexandria, Ontario

613-525-4131

JUMP IN To This Sidewalk SALE

Drastic Reductions 50% OFF & MORE



Boutique Chez François
Men's Clothing and Shoes

52 Kenyon St. W. *Alexandria*



OOPS!

You've Missed Our Mid-Summer Sale Here's Another Chance



30% OFF All Summer Fabrics

TISSUS MICHELINE FABRICS

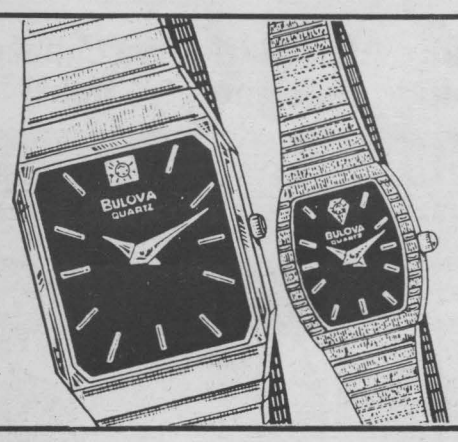
OPEN: Mon.-Thur. 9-5:30, Fri. 9-7; Sat. 9-5

46 Main St. N. Alexandria 525-4399

K-SALE!

Thursday, Friday, & Saturday

July 14, 15 & 16

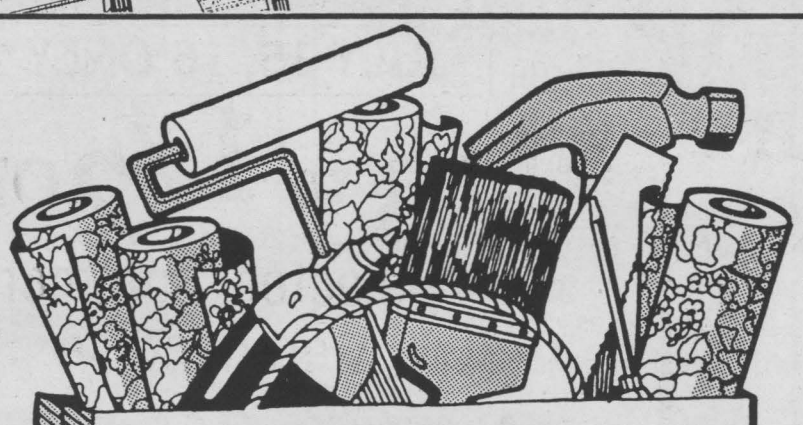


BULOVA Watches 20% OFF

1/2 Price

Table of Selected Merchandise

DESROSIERS & HOPE
JEWELLERS & GIFTS
49 Main St. S. 525-2339



A SHOPPING BAG FULL OF SAVINGS



PAINT SALE From $18.99 4 L.

CARPET-Low Pile, Rubber Back From $4.95 sq. yd.

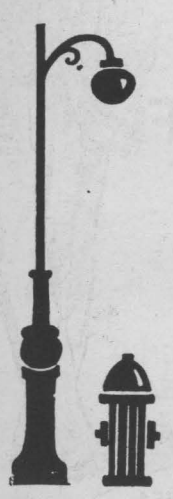
Bull Dog Grip CAULKING $3.95

MANY IN-STORE SPECIALS

MasterCard **PHJ BUILDING SUPPLIES**

Lumber, Insulation, Hardware, Siding, Floor Covering, etc.

294 Main St. North (at the tracks) 525-3446 or 525-3485





525-1400

HOPE'S AUTO PARTS

Complete Line of Auto Parts & Accessories



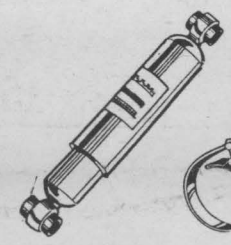
OILS, GREASES, FILTERS, PLUGS, GATES, RADIATOR HOSES & BELTS

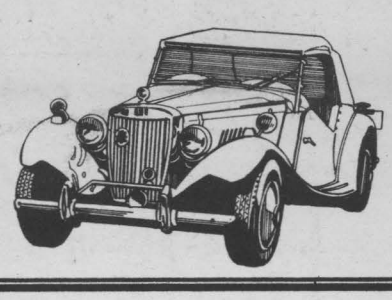






Complete Line of Automotive Tools





Main St., Alexandria 525-1330 525-1331



LEAP OVER TO OUR

PARKING LOT SALE!

BASEBALL	GOLF	TENNIS
-Gloves -Shoes -Batting Gloves -Bats	-Shoes -Carts -Clubs -Gloves -Bags	-Rackets -Balls -Accessories
SOCCER -Shoes -Shinpads -Balls -Accessories	**25% OFF**	**ALL SUMMER CLOTHING 30-50% OFF**
ALL SPORTS BAGS	**BICYCLE ACCESSORIES** -Pumps -Waterbottles -Baby Seats -Etc.	**BALLS** -Footballs -Soccer Balls -Basketballs -Volleyballs

SIDEWALK SPECIAL
-Special Racks $5.00 $10.00 $15.00
-Shoes $5.00 - $10.00 a pair

ALL REGULAR SHOES 20% OFF
Reebok, Adidas, Nike, Foot-Joy

GIROUX SPORT
55 Main St. S. Alexandria 525-3688



SHELLEY'S UNISEX HAIRSTYLING

Shelley Vachon, Prop.



A salon that will take the time to find the right style for your face, lifestyle and personality

- Perms $30-35
- Tints $18
- Highlights $25
- Ear Piercing $8
- Haircuts $8
- Children's Cuts $4-6
- Wash, Cut, Style $12
- Set & Style $8

Open 6 days a week. Appointment not necessary

41 Main St. S. (across from Hope's) 525-5033



DROP IN & TAKE ADVANTAGE OF OUR SPECIAL

20% OFF



ALL GREEN PLANTS

GLENGARRY
FLOWERS AND GIFTS

43 Main St. S. Alexandria 525-1660

A Parade Of Values



Side Walk SALE

CLEARANCE

STOCK ITEMS ONLY
VERTICALS, VENETIANS
LIGHT FIXTURES,
CHILDREN'S WALLPAPER
REDUCED TO CLEAR

Large Selection Of Carpeting, Vinyl Flooring, Bathroom Accessories & Bedspreads (by Order)

HURRY IN!

ALEXANDRIA
DECOR CENTRE
152 Main St., Alexandria
525-4856

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SCOTTISH GIFT SHOP

Main St. Maxville, Ont. K0C 1T0
Main St. Alexandria, Ont. K0C 1A0
HOURS DAILY 10-5

- Tartan by the yard
- Sweatshirts
- Fairisle and Lambswool Sweaters
- Lace Blouses
- Ties and Scarfs
- Records and Cassettes

CLAN JEWELLERY - BOOKS
WALL CRESTS - SOUVENIRS
CAPS AND HATS - PRINTS
CHINA AND POTTERY
PIPING SUPPLIES

In our Maxville Workshop We Specialize In...

MADE TO MEASURE:
—VELVET VESTS
—KILTS —PLAIDS
—SKIRTS
All Dancers Outfits
And Bring Us Your Ideas!



Highland Regalia
BELTS, JACKETS, BROGUES
KILTS, SPORRANS, HOSE
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Rent a Kilt Service
We Sell The Famous Hullachan Shoe For Dancers

MAIL ORDER SERVICE
Enquiries Welcomed
Prop. Dave and Julia Danskin
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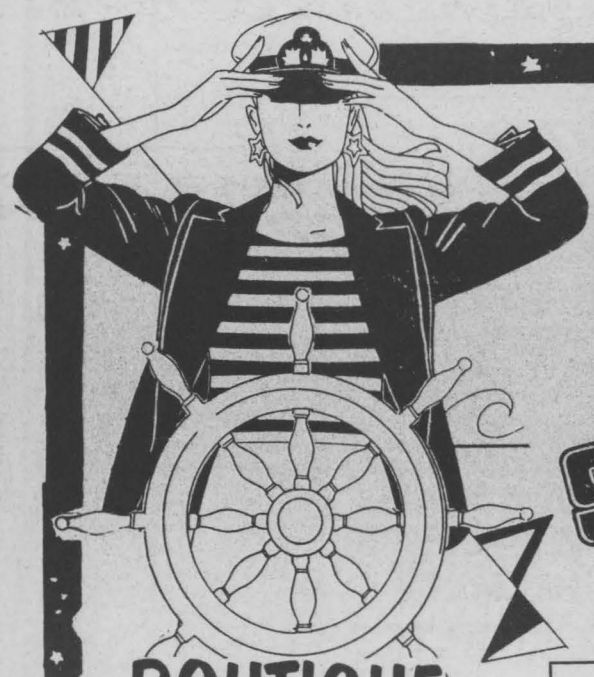


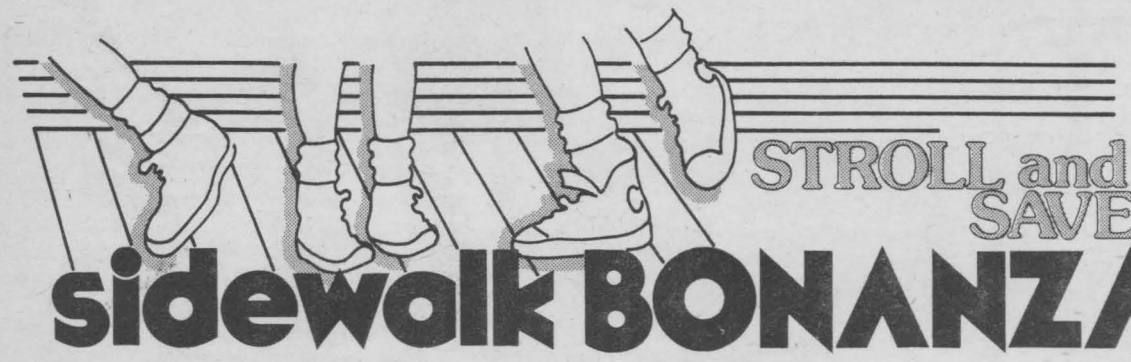
BOUTIQUE MARGO
Ladies' Wear & Footwear
(Formerly Menard Fairway Center)
We carry sizes 4 to 24-1/2

DRESSES 1/2 Price or Less from $15.00 & up	BATHING SUITS 1/2 Price or Less from $9.00 & up	OUR BETTER SWEATERS by Magnolia-Kabri-Bonnie & Bill - Ms. Sheryl etc 1/2 Price
		SHORT SLEEVE BLOUSES 1/2 Price
		LADIES' PLASTIC SANDALS $3.00
		LADIES' JOGGERS 1/2 Price
48 Kenyon W. Alexandria, Ont. 525-2207	HOURS Mon.-Thurs. 9-5:30, Fri. 9-9, Sat. 9-5	MEN'S SANDALS $5.00 & up
		LADIES' SHOES 1/2 Price

SAVE! 50% & MORE

DROP IN TODAY FOR BEST SELECTION

GRAB TABLES BARGAIN-BARGAIN



Thursday, Friday & Saturday
July 14, 15 & 16

Come To Alexandria

Thursday, Friday & Saturday



•Car Radios
•Custom Striping
•Sun Roofs
•Van and Truck Accessories

•Auto Glass
•Vinyl Tops
•Seat Covers
•Car Upholstery

SUNROOF
15x30 Sunscreen
2 yr. warranty
$199 *Installed*

Alexandria Auto Glass & Trim Inc.
FREE MOBILE SERVICE

West Boundary Rd.
(Beside G.T.L.)
Alexandria, Ont.
K0C 1A0

Richard Picard, Prop.
Tel. (613)525-2481

Get the Scoop



on these great buys!

SUPER SPECIALS
On
Summer Supplies
Suntan Products
First Aid Needs
& Much More

GLENGARRY PHARMACY
Safwat Milad Pharmacy Ltd.
14 Main St., N., Alexandria
525-3882

UPTOWN
HAIR DESIGN

Perm Special
Reg. $50.00
SPECIAL $35.00

Call Suzanne Ladouceur or Joanne O'Connor Danaher
9 Main St. S. Alexandria 525-4921

NOW TO SERVE YOU BETTER WE OFFER A 2nd LOCATION



30% OFF
'TIL JULY 15

Senior Special Rate
Wednesdays $5.00

Slender You
FIGURE & TANNING SALON

MONDAYS
MEN ONLY
AT
OUR VICTORIA
LOCATION

128 Main St. S.
Alexandria
525-1765

Our 2nd Location
24 Victoria St. W.
(Behind the Dairy Queen)
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ALSO OFFERING
SAUNA MASSAGE
BODY WRAP
Call For More
Information

HAPPY SALE HUNTING
Drop In & See Us
We're here for your convenience



Mack
99 Main St. N. Alexandria 525-1155



Wishing all my customers a successful Summer Clearance Sale. I'll drop in to see you during the Sidewalk Sale to take advantage of your Super Specials & telling everyone "Don't miss these Super Buys"...

DANIELLE
933-0014

P.S. Happy Birthday Mom. I Love You.

SEAWAY SHOPPING LTD.
NEWS
8-6th St. E.
Cornwall

SHEPHERD'S
SUPER SIDEWALK SPECIALS

83 Main St. N Alexandria **525-1402**

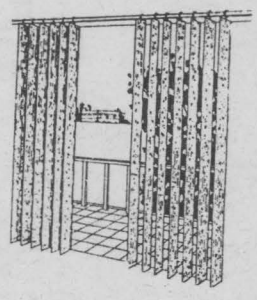
ALL ADIDAS & NIKE FOOTWEAR	ALL FISHING TACKLE-BOXES RODS to REELS	NORCO BICYCLES REDUCED BY	SOCCER SHOES PADS-BALLS
20% OFF	20% OFF	20%	20% OFF

25% OFF GOLF SHOES—BAGS—CLUBS
20% OFF MOTORCYCLE HELMETS
25% OFF ON LEATHER MOTORCYCLE JACKETS & GLOVES



VERTICAL BLINDS

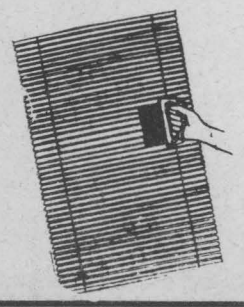
"AT SAME AS FALL '87 HARD TO BEAT PRICES"



- 2-5 Day Delivery
- Custom Made at Store

FREE INSTALLATION ON PREPAID ORDERS

ALUMINUM MINI BLINDS



20% off

- 14 SIZES
- 8 COLOURS
- 18 inch to 60 inch Width

CORNWALL DECOR

Next to Cashway Lumber
Eamers Corners
938-2219

MasterCard VISA

HOURS:
Daily 8:30-6:00
Fri. 'til 9
Sat. 'til 5

con't from Pg. 1

our re-actions and are puzzled. They tend to reflect our attitudes and then they treat these people as "different". Bigotry, and the fear of difference to what we consider as normal is something we teach our children by our attitudes. We don't even realize we are doing it. What a shame! So many of these so called retarded people have proven to be artists, musicians and very good animal trainers. Animals don't care about your I.Q. or if you are too big, awkward and walk funny.

We are all different to some degree, whether it be colour, race, religion or handicapped. Surely we can accept people for what they are-not what we want them to be. We should be teaching our children tolerance, acceptance and kindness instead of bigotry and fear of people who are "different".

The retarded child or adult has a lot to offer. Their loyalty, love and trust is an example to us all. Their frustrations and the slights and insults they have to endure would probably be too much for so-called "normal" people to suffer.

The next time we hear, or see "All things bright and beautiful, all creatures great and small", let's include the beautiful retarded and the special slows and all the other handicapped people. They got what they were dealt with. They didn't ask to be born. They often wish they hadn't been. There is a high rate of suicide among these people. Only HE will judge which of us are the most bright and beautiful, great or small.

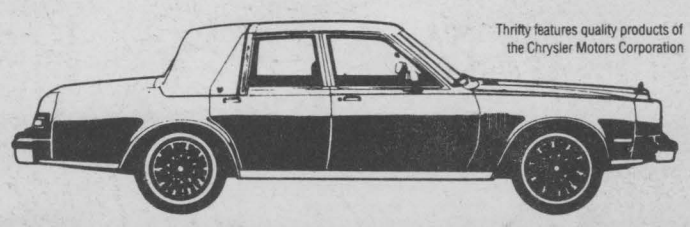
In the meantime you only have to look into their eyes and see their wonderful smiles. Will they see that the same true belief when they look into ours?

Sylvia Hall



CELEBRATE THE WEEKEND IN STYLE!

IN A CHRYSLER FIFTH AVENUE



What's the occasion? Birthday? Anniversary? Special date? Or maybe you just want to spoil yourself for a weekend.

Whatever the occasion, a luxurious Chrysler Fifth Avenue says it's special. The look, the feel, all for a low, Thrifty weekend rate. Call the local Thrifty rental center and celebrate your weekend in style. For a Fifth Avenue in other cities, call **1-800-FOR-CARS** today.

LOU POULET MOTOR SALES LTD
105 Emma Street
Cornwall, Ont. K6J 5C7
(613) 937-0033, 937-0180

Thrifty Car Rental

PRIVATE SALE: (Low down payments, vendor will take back mortgages, quick sale.) No. 1-4 bdrm. house on Adolphus. Brick, paved driveway, garage. Ideal location. Recently renovated. $73,500. No. 2-Triplex on Alice St. Sep. meters, garage. Annual income over $16,000. Price $85,500. No. 3-Duplex on 3rd St., West. Sep. meters. Annual over $9,000. Price $62,500. Phone 932-2135.

7/25

BUYING "WADE" T-Figures. Paying 50c each. Also any woodenware, bowls, sock stretchers, butter moulds & paddles. Also general line of antiques etc. Phone or apply: Johnson's Antiques, between Cornwall & St. Andrews on Hwy. 138. 932-0766.

8/11

APT. FOR RENT 444 Augustus. 1-bdrm., parlour, 3-pc. bathroom, kitchenette & dining room. Please apply to The Butcher Shop, 218-11th St., West.

x

1979 CHEV. MALIBU CLASSIC, safetied. 2-tone green. In good condition. $1,800. Also 1968 Ford 3/4 w/15" wheels. 302 motor. Motor good. No safety. Noon or after 5 p.m. 534-2378.

7/18

25" COLOUR TV. Console model. A-1 condition. Reasonably priced. After 5 p.m. 938-6963.

A.B. DICK 970Z COPIER. In excellent condition. 2 yrs. old for only $2,200. 932-2135.

NOW AVAILABLE. Large, upstairs three bedroom. Newly renovated, all facilities, central location, parking. No pets, references. Call 932-1765 before 6 p.m.



SUMMER CLEARANCE

Stock up now while the season is still young

At The MOOSE CREEK MALL CONTINUES



SAVINGS up to 70% OFF

Chez-Therèse—Vimi Shoes
Boutique Des Enfants
Richard's Men's Wear



SHOP EARLY FOR BEST SELECTION

MOOSE CREEK MALL

VISA MasterCard

MAIN STREET
MOOSE CREEK, ONTARIO
STORE HOURS: Mon.-Tues. 9-6, Wed. 9-5
Thurs. 9-9, Fri. 9-9 Sat. 9-5

Worldfest Festimonde Cornwall 88



Tickets Available
Cornwall Civic Complex
Box Office

Tickets Available
Cornwall Civic Complex
Box Office

An international folk dance, song and music festival

with groups from

• Poland • France • Soviet Union • England
• Israel • Mexico • Haiti • Greece • Quebec • Ontario

AULTSVILLE HALL

Wednesday July 20th
8 p.m.

Folkdance, Song & Music by Poland and MacKinaw

Thursday July 21st
8 p.m.

Folkdance, Song & Music by U.S.S.R. and Mexico

Tickets $6.00 $5.00 Seniors and those under 18

CORNWALL CIVIC COMPLEX

Friday July 22 8 p.m.
Israel, England, Haiti and Greece

Saturday July 23 8 p.m.
France, Poland, U.S.S.R. and Mexico

Tickets: $6.00 Adults $5.00 Seniors under 18

Sunday July 24 8 p.m.

Tickets: $8.00 Adults $6.00 Seniors & 18 under

GRAND FINALE
performance by all international groups

Sponsors:

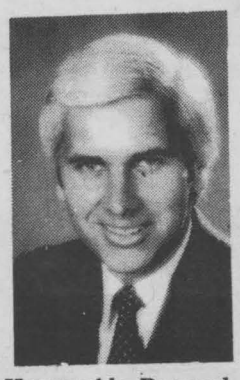
City of Cornwall/Ville de Cornwall

Province of Ontario, Government of Canada, Canpage Communications Ltd., Xerox Canada Ltd., Shell Canada Ltd., Valley Bottling of Canada, Bell Canada, Carling O'Keefe, Glen Vending

Festival Services: Canadian Legion, Domtar, MacMillan & Howes Real Estate, St. Lawrence College Saint Laurent

APPLICATION FORMS:
FOR COACHES, MANAGERS & TRAINERS
Cornwall—Seaway Valley "AA" Minor Hockey Association
Persons Interested
Contact R. Schryer
1450 1st E., Cornwall
932-6910
BEFORE JULY 15th

NORMAN WARNER M.P.



Honourable Bernard Valcourt, Minister of State (Small Business and Tourism).

A new program was announced this week to make it easier for small businesses to secure federal government contracts. "Access Small Businesses" a series of initiatives aimed at increasing small business' access to contracts, was announced jointly by the Honourable Otto Jelinek, Minister of Supply and Services, and the Honourable Bernard Valcourt, Minister of State (Small Business and Tourism).

This program will create more competition for contracts while making it less costly for smaller firms to deal with the government. It will be a great step forward for entrepreneurship and the development of small businesses.

Under "Access Small Business" prime contractors, where appropriate, will be required to submit a Small Business Sub-Contracting Plan on contracts between $10 million dollars and $100 million dollars. This will ensure that smaller firms will receive a greater portion of sub-contracts on larger federal projects.

Further, all industrial benefit packages on major crown projects over $100 million will now include both small business sub-contracting plans and supplier development plans. These will be considered as part of the bid evaluation criteria.

A further initiative will be the Automated Vendor Rotation System (AVRS) which will increase competition for contracts under $25,000. Smaller firms will be automatically invited to bid on a rotational basis thereby giving all businesses listed with the Department of Supply and Services an opportunity to bid. This is going to mean at least 100,000 more opportunities a year for small businesses.

To register with the department telephone 1-994-5367. Other administrative enhancements include improved publications on how to do business with the government, expanded use of standards and qualified products lists, and a Contract Information Centre in Ottawa.

The program also includes placement of small business advocates within the product groups of the Department of Supply and Services to promote small business participation in government procurement. Their role would be: to identify opportunities for supplier development, to ensure that benefits to small business from the sub-contracting initiative are maximized, and to assist the business community in understanding the federal procurement process.

LOCALLY

On Wednesday Joan Bordeleau, my executive assistant, and I were pleased to meet with the Board of Directors of Techni-Therm Inc. This new plant, which is currently under construction, will produce a rigid thermal insulation board. The opening will take place later this fall.

Later in the day, I attended the Cornwall Regional Art Gallery's Paint-O-Rama. I was happy to participate in this event and paint a picture which reflected the theme "Your favourite pastime". Area high schools held their annual graduation ceremonies on Wednesday and Thursday evening. I would like to extend my congratulations to all graduates and offer them my best wishes for continued success in their future endeavours.

The village of Chesterville recently celebrated its 150th Anniversary. Many events were held in recognition of this momentous occasion. I was pleased to take part in the Anniversary Parade which was held on Saturday. Congratulations to organizers and to all residents of Chesterville.

Congratulations to Alcide and Jeanne Lamoureux who celebrated their 50th wedding anniversary July 2nd.

Hiram and Mary Flanigan held a family renunion for their children and relatives on July 1st weekend. Five generations of the Flanigan family were represented by relatives from all parts of Canada and from as far away as Los Angeles.

Residents from Long Sault and Ingleside held their Celebration 30 on the weekend. Events were held to commemorate the flooding of the Lost Villages thirty years ago, and the creation of both Long Sault and Ingleside. Congratulations to all those who made the celebration a success.

STATIONERY
WE HAVE UNCOVERED

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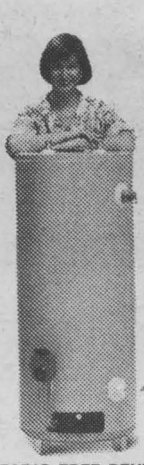
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HOME WORKSHOP FILE

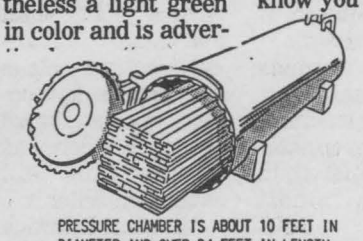
PRESSURE TREATED LUMBER

By Larry Eisinger

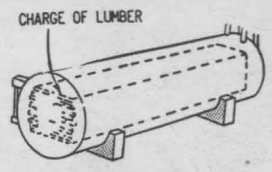
Pressure treated lumber is widely used for decks, outdoor stairs, fences, etc., because it provides a longer lasting structure against weathering, decay and possible infiltration by termites. Life can be anywhere up to or even greater than 40 years depending upon the type of wood, how and with what it was treated and, equally important, where the wood was used. Most of pressure treated lumber we homeowners use is tinted a light green which reflects the type preservative used, called CCA, the abbreviation for Chromated Copper Arsenate. This chemical is literally forced into the cells of the wood under extreme pressure.

How do you know if the pressure treated lumber contains the amount of preservatives needed for your particular application -- your deck, posts, stairs, railing, etc.? You don't unless each piece of lumber is labeled! Pressure treated lumber is processed in over 300 plants and one of the major brands is Koppers with their Wolmanized label which you can recognize by the blue diamond identification tag stapled to the end of each plank. Another is Osmose which has a bright yellow tag stapled to each plank that also indicates the amount of preservatives used and the suggested use of the lumber. Lumber from different mills is pressure treated at these plants and each piece of lumber carries both the name of the lumber mill, and the treatment plant.

Suppose you come across lumber that does not have a clear label but is nevertheless a light green in color and is advertised as "pressure treated." How do you know you are buying the correct penetration for your particular use? Well, you don't because you have no way of knowing the amount or depth of penetration of the preservative or even if the preservative was applied according to industry standards. The lumber could have been merely dipped or sprayed which would give it the common greenish hue but not the life. And it is for the extended life you pay approximately 30 percent more for pressure treated lumber!

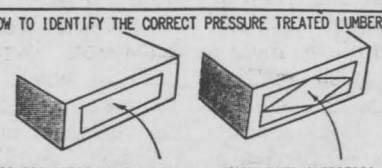


PRESSURE CHAMBER IS ABOUT 10 FEET IN DIAMETER AND OVER 24 FEET IN LENGTH



AFTER CHAMBER IS LOADED AIR IS PUMPED OUT AND REPLACED BY WATER MIXED WITH THE PRESERATIVE

HOW TO IDENTIFY THE CORRECT PRESSURE TREATED LUMBER FOR YOUR PROJECT



OSMOSE PROCESSED LUMBER WITH YELLOW TAG ON EACH PIECE OF LUMBER

WOLMANIZED (KOPPERS) LUMBER WITH BLUE TAG ON EACH PIECE OF LUMBER



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* PCF--POUNDS OF CCA PER CUBIC FOOT OF LUMBER

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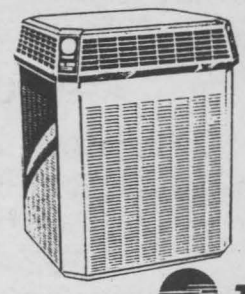
B AMERICAN WOOD PRESERVERS BUREAU TRADEMARK OR TRADEMARK OF THE AWPB CERTIFIED AGENCY
C THE PRESERVATIVE USED FOR TREATMENT
D THE APPLICABLE AMERICAN WOOD PRESERVERS BUREAU QUALITY STANDARD
E TRADEMARK OF THE AWPB CERTIFIED AGENCY
F PROPER EXPOSURE CONDITIONS
G TREATING COMPANY AND PLANT LOCATION
H DRY OR KDAT IF APPLICABLE

WHY SUFFER THRU SUMMER WITHOUT AIR CONDITIONING



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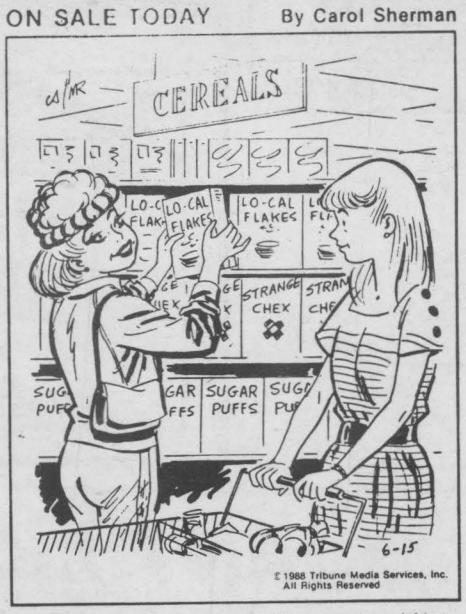
ON SALE TODAY By Carol Sherman



"My diet counselor calls this the *breakfast of losers.*"

Worldfest Festimonde Cornwall 88

ONTARIO'S LARGEST INTERNATIONAL FOLK FESTIVAL
JULY 19 - JULY 24, 1988

Worldfest/Festimonde/Cornwall began in 1985 as a three day event hosting the six countries of Italy, France, the Dominican Republic, Romania, Denmark and Greece. Since its beginnings, the Festival has attracted thousands of spectators to its nightly performances as well as the daily events at the Rendezvous "Big Top" Tent and city wide performer animations.

This International Folklore Festival showcases the best folklore performers from each of the participating countries. The festival offers an opportunity for tourists and Cornwall Residents to experience the excitement, talent and beauty of the music, song, dance and costumes of countries from around the world.

Worldfest/Festimonde offers daily events for festival goers, along with the nightly performances hosted at the Cornwall Civic Complex, and Aultsville Hall. Many committees organize activities for the duration of the festival.

PROPOSED SCHEDULE
(Subject to change)

Tuesday July 20/88 Time: 19:30 hrs	Parade of Nations featuring International Local Dancers and Musicians. Opening ceremonies at Band Shell, weather permitting (Civic Complex). All international groups should prepare a three to five minute show for the opening. Rendez-Vous Tent opened to the public. Admission: $2.00 Worldfest Button.
Wednesday July 20/88 Time: 11:00 to 15:30 hrs. Time: 20:00 hrs. Aultsville Hall	Youth Day activities at Civic Complex Peformances by Poland and Mackinaw Dancers
Thursday July 21/88 Time: 20:00 hrs. Aultsville Hall	Performances by Soviet Union and Mexico
Friday July 22/88 Time: 12:00 to 16:00 hrs.	"Salute to Seniors' Day" in Rendez-Vous Tent at the Civic Complex
Time: 20:00 hrs. Civic Complex	Performances by England, Haiti, Israel and Greece
Saturday July 23/88 Time: 20:00 hrs. Civic Complex	Performances by Poland, Soviet Union, France and Mexico.
Sunday July 24/88 Time: 20:00 hrs. Civic Complex	Grand Finale performances by all groups

Once again this year as part of our Worldfest/Festimonde Celebrations we will be holding our second annual Youth Day on Wednesday July 20, 1988. The day at Lamoureux Park involves many activities for the youth of Cornwall and surrounding areas.

Here is a tentative schedule for the day's events: (There is no cost!)

11:00 - 11:40	Performances by one or two of the participating countries in the Rendez-Vous Tent.
11:40 - 12:45	Lunch and Dunking Tank with well-known Cornwall people inside.
12:45 - 3:30	10 Various play stations which include: Water Balloon Toss, Shoe Game, Simon Says, Rest & Drinks, Tug-O- War, Potato Sack Races, Potato Spoons, 3-Legged Races, Leap Frog & Wet Sponge Game

This day will not only be enjoyable for the children but will also be a great cultural learning experience.

For more information about Youth Day contact Chris Savard at the Worldfest Office at 933-1111.

Worldfest/Festimonde Cornwall is hosting a "Salute to Seniors Day", Friday, July 22 at the Rendez-Vous Tent in Lamoureux Park from 12:00 noon-4:00 p.m. The afternoon will be filled with entertainment. Cake and Tea will be served to all Seniors. Admission is the purchase of a Souvenir Button. ($2.00)

Everyone is welcome.

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This Week's Feature
Oysters Rockefeller

24 large oysters, shucked
1 1/2 cups lightly packed fresh spinach
1 tbsp. parsley
3/4 cup finely chopped scallions
1 tsp. chopped onions
1 small clove garlic, crushed
1/2 lb butter
1 anchovie
tabasco
1 cup bread crumbs
1/2 cup white wine
salt and pepper

Method:
-Drain oysters, reserve and strain the liquid.
-Scrub and dry deep halves of shells and place on pans.
-Place an oyster in each shell.
-Put vegetables through a food grinder or purée them.
-Melt butter over low heat and saute vegetables for 5 minutes along with garlic and anchovie.
-Add tabasco and bread crumbs.
-Cook stirring until well mixed.
-Add oyster liquid or more bread crumbs to adjust thickness.
-Add white wine and season to taste.
-Spread sauce over the oysters.
-Bake in preheated oven 450° for about 5 minutes and serve at once.

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Dr. Ruth Westheimer

Ask Dr. Ruth

No-Headache Girlfriend a Nympho?

Q. What qualifies a woman as a nymphomaniac? I'm not asking out of idle curiosity — my girlfriend has never, ever said no to me in over two years. Would you call her a case of nymphomania?

A. Not me — I never called any woman that, because the word is meaningless to me. You may like to think of her that way — it makes you feel proud and lucky, like the man whose girl is pretty and good-natured and fun and never makes him jealous and also owns a golf course. If it gives you pleasure to think how much your girlfriend likes sex, and how you seem to have that wonderful girlfriend all to yourself, that may be the nicest use of the word nymphomaniac I ever heard.

All too often a man calls a woman that because she likes a lot more sex than he does, or wants more out of the sex they share. One man calls a woman a nympho because she wants sex several times a night, another because she would like sex twice a week, another because sex every single month seems outrageous to him. Women have been called nymphos because they don't have orgasms and want to have them. There is almost nothing but unfairness in the use of that unhelpful word.

The word has no usage in psychosexual therapy. Sometimes in my practice I have a couple with different levels of sexual appetite. If the wife wants more sex, that doesn't make her a nymphomaniac but a woman who has to work out a loving arrangement with her man. There is no "normal" number of times to have sex in a month or in a marriage.

So your girlfriend has never had a headache! Let the aspirin makers worry about that. Does she ever start a sexual encounter, or is that always your job? I'm not trying to make trouble. Only sometimes men say a woman is a nympho because she is sexually forward. Yours, it seems, just has a way of always saying yes. If that bothers you, you could try not asking her — see if she just calmly does her crossword puzzle instead. Would you like that?

And I have this to say — don't start asking her more and more often in order to find out if she will ever say no! Don't push your luck. Don't spoil your good fortune by turning it into grinding research! So far as I can see, you are a lucky guy, the only cloud being that sometime she will say no and then you have to understand, for the first time, what other lovers learn sooner — that everybody has the right to say no without the sky falling.

LOST—BOY'S "PANTHER" BIKE, white. In front of Mac's Milk, Eastcourt Mall, Wednesday afternoon, July 6th. Come to 728 Glengarry Blvd. or call 938-7827. Reward offered.

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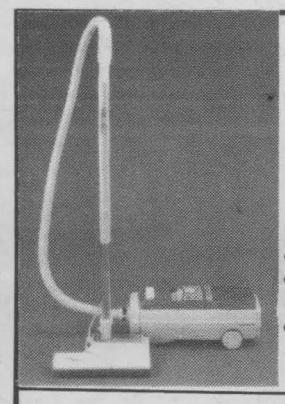

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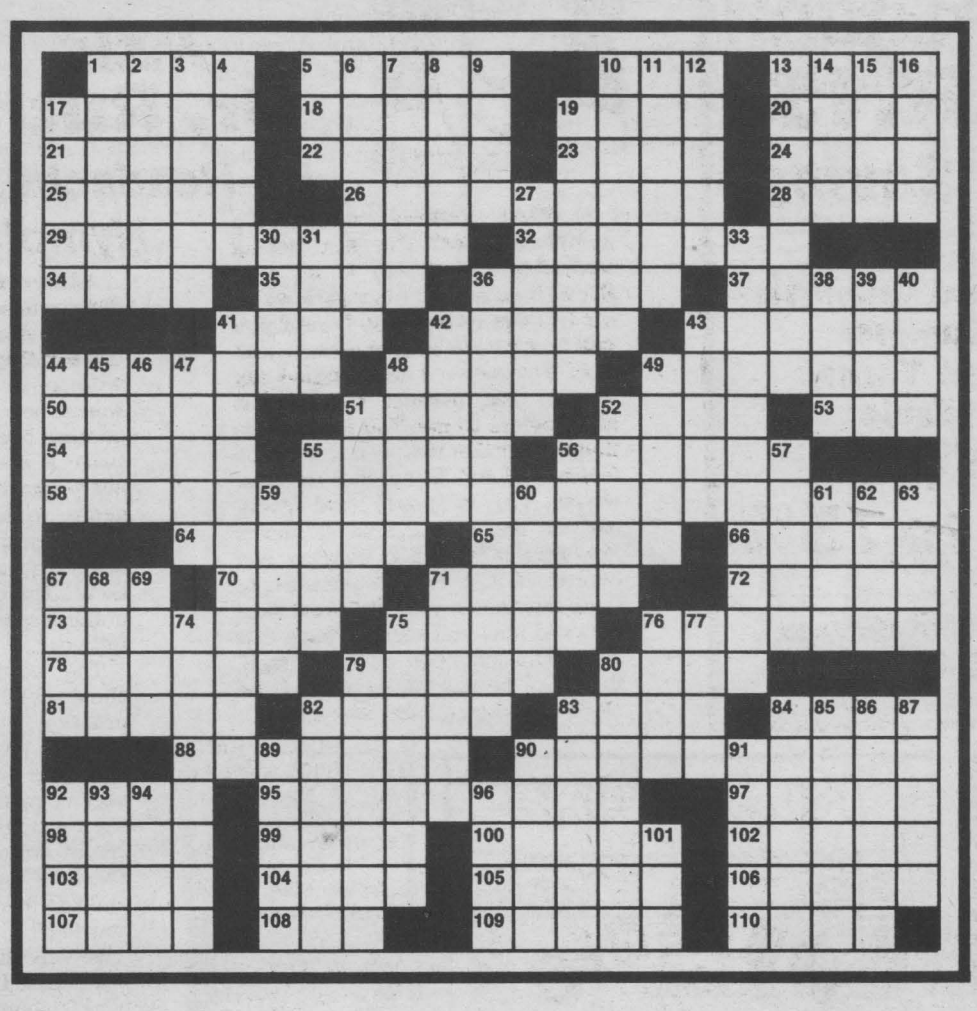
BEASTLY EXPRESSIONS
By Olive A. Dunn

THE Sunday Crossword

Edited by Herb Ettenson



ACROSS

1 Healing sign
5 Receive
10 Undermine
13 Object of worship
17 Play for time
18 Trim
19 — boy!
20 Speck
21 Legal right
22 — firma
23 Cole and Pendleton
24 Malayan boat
25 Forearm bones
26 Sense perfidy
28 Candid
29 Feign sleep
32 Snares
34 Uraeuses
35 Plaintiff
36 Caterwauls
37 Useful once
41 Young salmon
42 Blood vessels
43 Made amends
44 Showy display
48 Butcher's stock
49 Expressed contempt
50 Spiny-leaved succulents
51 Can. cape
52 Gab
53 — pro nobis
54 Grooves
55 Tunics for Caesar
56 Propels a sled
58 Deal boldly with danger
64 Bakes eggs
65 Shelters
66 T.S. —
67 Pizazz
70 Actress Lanchester
71 Performs a household chore
72 Prima —
73 Friendly
75 Parasitic insects
76 "— what's become of Sally?"
78 Orange or lemon
79 Demesne
80 Projecting rock
81 Loft
82 Stroke of a letter
83 Evening: Fr.
84 Ditto in footnotes
88 Comedian Red
90 Bargain shrewdly
92 Yielding
95 Act with unrestrained enthusiasm
97 Fr. sculptor
98 Inter —
99 Gr. contest
100 Calla lily e.g.
102 Metal bar
103 Bed support
104 Family men
105 Slowly in music
106 Pullulates
107 Cloy
108 Office holders
109 Gardener's implement
110 Slips

DOWN

1 Photo prints
2 Forty winks
3 Mitigates
4 Censor sound
5 Clever
6 Bureau
7 Low, continuous sound
8 Legal phrase
9 Greenish blue
10 Alarm
11 Essences
12 Fettucini or linguini
13 Fraud
14 Hamlet
15 Indian
16 Gaunt
17 Monument to Buddha
19 Biblical prevaricator
27 Shack
30 Glacial ridges
31 Positive
33 Make a show of elegance
36 Evade an obligation
38 Division word
39 Lupine look
40 Icelandic tale
41 Shift blame
42 Corruptible
43 Flavoring herb
44 Secure
45 — breve
46 Remote spot
47 Entertains
48 Sorcerer
49 Former Persian rulers
51 Ringhals
52 Animal shelters
55 Laconic
56 Vesicles
57 Wise lawgiver
59 Mounds
60 More ignoble
61 Cheese coating
62 Zero
63 Top performer
67 Tailless rodent
68 Issue
69 "The Great Commoner"
71 Feasting
74 Awned
75 Isolates
76 Spring bloom
77 Silver or glass follower
79 Techniques
80 Slow-burning powder
82 Motto
83 Goodbye
84 Mangle
85 Nag
86 Dialects
87 Fender mishaps
89 Medit. islands
90 Engaged
91 Ordinary
92 Lip
93 — podrida (mixture)
94 Decree
96 Welt
101 Beetle

SOLUTIONS OF LAST WEEK'S PUZZLE

M	A	T	T		S	T	A	M	P		F	R	E	S	H		E	A	S	Y
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1 7th WEEK
7:00 & 9:00 p.m.
"Crocodile" DUNDEE II
PAUL HOGAN LINDA KOZLOWSKI
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Mature Theme PARENTAL GUIDANCE

2 7:00 & 9:00 p.m.
Who framed ROGER RABBIT
PG Mat. Sat. & Sun. 1:30 p.m.

3 5th SMASH WEEK
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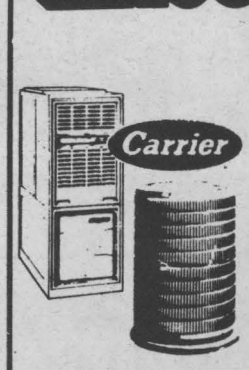

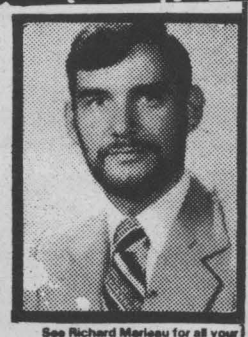

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con't from Pg. 3

the next few years.

It is also important that the funding allow homemakers to continue to receive the same wages while they are being trained.

Wages

Their review found that pay was generally found to be low ($5.25/hr. average) and few benefits were provided. Although travel is a requirement to the job, few agencies paid for travel time between cases.

The main conclusion arrived at by the Committee was that increasing homemakers' wages is the single most important factor in ensuring the on-going viability of the visiting homemaking system. The inability of agencies to recruit enough homemakers has meant an inability to provide much needed services to elderly and disabled persons in the community. The only alternative for many of these people is institutionalization which carries with it high personal and financial costs.

It is viewed by the Committee as being the purchasers' responsibility to intervene to raise wages to an approximate market value as determined by the wage comparison study (at least $7.00 per hour plus 20% benefits, agency scale and regional variations).

On The Local Scene

The Official Kick-Off for the Agape Food Bank was held at the Justice Building on June 27th. My assistant Lorraine Lauber represented me at this event, and on my behalf, congratulated the organizers for their efforts in seeing to the needs of the less fortunate in our community.

The villages of Long Sault and Ingleside hosted Celebration 30 last weekend. Three days of activities were attended by hundreds of people. The organizers of the parade, dance picnic, and other events are to be commended for their efforts, and should be proud of their success.

Congratulations to Alcide and Joannne Lamoureux on the occasion of their 50th Wedding Anniversary. I was pleased to present a plaque to Alcide and Joanne on behalf of Premier David Peterson.

The organizing committee of Canada Week is to be congratulated for an extremely successful week despite the adverse weather conditions Elizabeth and I especially enjoyed the spectacular fireworks display.

GROUND FEED, shelled corn oats, barley, wheat mixed. For dairy, beef & poultry. $8.00/hundred. Your bags. George Crites 527-5393.

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Product of Can. LOCALLY GROWN WAXED BEANS 88¢/lb.

Cut from Canada Gr. A Beef T-BONE STEAKS $5.49/lb.

Product of USA SANTA ROSA PLUMS 69¢/lb.

Cut from Canada Gr. A Beef SIRLOIN STEAK $4.79/lb.

Product of Can. LARGE SIZE CAULIFLOWER 99¢/ea.

Product of Can. LARGE SIZE ROMAINE LETTUCE 49¢/ea.

Regular Ground BEEF $1.29/lb.

Cut from the hip CUBE STEAK $3.49/lb.

Product of Morocco VALENCIA ORANGES $1.99/5 lb. bag

Product of USA BING CHERRIES $1.49/lb.

Cut from Canada Gr. A Beef BONELESS RUMP or SIRLOIN TIP ROAST $3.49/lb.

BONELESS SMOKED TOPEI HAM Halves $2.29/lb.

Product of USA WATERMELON 25¢/lb.

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CHOCOLATE CREAM ROLLS $1.99/ea.

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FRESH COD FILLETS $2.99/lb.

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From our Service Meat Counter

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LARGE ALL DRESSED STOREMADE PIZZA $6.19

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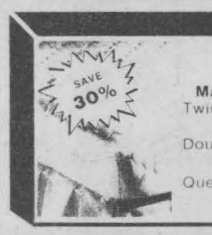

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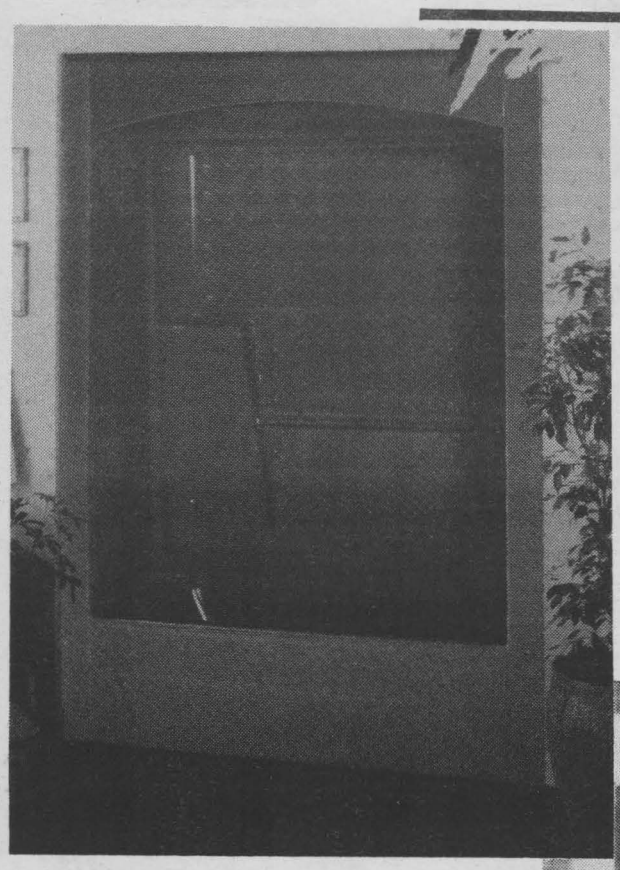

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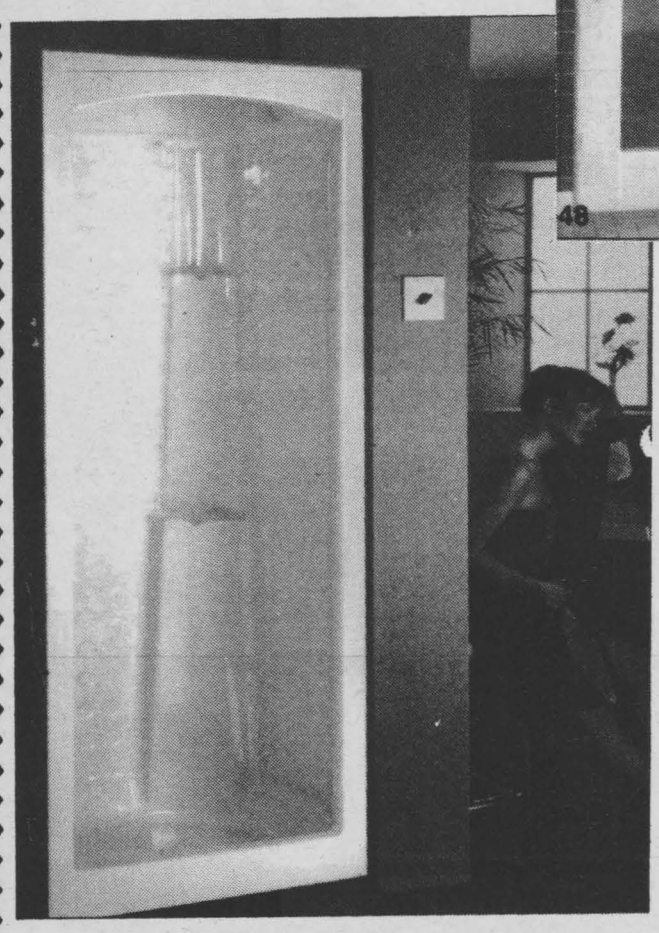

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To Place Your Ad: Write your ad of 25 words or less and enclose $10.00 plus your name, phone and proper mailing address (postal code) (this is only for our records.) This will be for 2 insertions. Mail to Companions' Corner, Seaway Shopping News Ltd., 8-6th St. E., Cornwall, K6H 2N4.

For Readers: To respond to an ad send your letter to the appropriate C.C. number. c/o Seaway Shopping News, 8-6th St. E., Cornwall, K6H 2N4.

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INDUSTRIAL SLOW PITCH LEAGUE

Next Week's Schedule

Day	Date	Time	Diamond	Visitors		Home
Mon.	18	7:45	1	Pitt Stop Rest.	vs	Cummins Recon.
Mon.	18	7:45	3	G.L. Photo	vs	Mitchell Can.
Mon.	18	9:15	1	Libo's Rest.	vs	Bolger Steel
Mon.	18	9:15	3	Charlie's Sports	vs	Simmons
Tues.	19	7:45	1	Last Resort	vs	Skidders Const.
Tues.	19	7:45	3	Hotel Dieu Hosp.	vs	Stradwick's
Tues.	19	9:15	1	General Hosp.	vs	Corn. Speedway
Tues.	19	9:15	3	C.U.P.E.	vs	Lauzon Const.
Wed.	20	7:45	1	Pitt Stop Rest.	vs	Simmons
Wed.	20	7:45	3	G.L. Photo	vs	Libo's Rest.
Wed.	20	9:15	1	Bolger Steel	vs	Mitchell Can.
Wed.	20	9:15	3	Lauzon Const.	vs	Stradwick's
Thurs.	21	7:45	1	Corn. Speedway	vs	Skidders Const.
Thurs.	21	7:45	3	Cummins Recon.	vs	General Hosp.
Thurs.	21	9:15	1	C.U.P.E.	vs	Hotel Dieu Hosp.
Thurs.	21	9:15	3	Charlie's Sports	vs	Last Resort
Fri.	22	7:45	1	Stradwick's	vs	Mitchell Can.
Fri.	22	7:45	3	Simmons	vs	Last Resort
Fri.	22	9:15	1	Libo's Rest.	vs	C.U.P.E.
Fri.	22	9:15	3	Hotel Dieu Hosp.	vs	G. L. Photo

SEAWAY SLOW PITCH LEAGUE

Standings

North Division

Teams	GP	W	L	T	P
R & L Dist.	12	10	1	1	21
Roundpoint	13	6	6		13
Murphy's Inn	11	6	5		12
U.A.P. Auto-Pros	12	6	6	0	12
A.N.A.F.	12	5	7	0	10
Gordon's Hubs	12	5	7	0	10
T.C.T.I Widebodies	14	2	12	0	4

South Division

Teams	GP	W	L	T	P
Le Village Sports	12	10	2	0	20
Travelways	13	10	3	0	20
Huron Hockey School	11	9	2	0	18
Cashway	12	5	7	0	10
Johnny Mac's Tavern	12	5	7	0	10
Ray-Co Team Sports	12	3	9	0	6
Vet's Taxi	13	3	10	0	6

CORNWALL RESIDENTS WANT MORE RECREATIONAL FACILITIES

Cornwall residents expressed a desire for more recreational facilities in a telephone survey undertaken by the Eastern Ontario Health Unit. Results of the survey carried out in the Fall of 1987 have just been released.

Almost half (49%) of those surveyed believed that people in the Cornwall area do not get enough physical exercise, and the same proportion were not satisfied with facilities for sports and physical fitness.

Only 27% of the respondents were involved in playing a sport. A similar percentage (32%) were actively involved in a physical fitness program. Thirty two percent of those not participating in either at the time of the survey had taken part in a fitness event at some stage of their lives.

The survey was carried out by telephone in the local Cornwall dialing area. It involved 100 people-50 males and 50 females-over the age of 18. A sample of this size is considered accurate within a margin of plus or minus 4%, 19 times out of 20.

John O. Darbyshire Ph. D.
Health Promotion Consultant

FITNESS QUESTIONNAIRE

Frequencies in Percentages

1. Do you think that people in the Cornwall area get enough physical exercise.?
a) Yes 17
b) No 49
c) Not sure 34
2. Are you actively involved at present in playing any sports?
a) Yes 27
b) No 73
3. Are you actively involved in a physical fitness program?
a) Yes 32
b) No 68
4. Since your high school years have you ever played a sport or been in an exercise program?
a) Yes 52
b) No 48
5. Do you think Cornwall has enough facilities for sports and physical fitness?
a) Yes 39
b) No 49
c) Not sure 12

COLONIAL TABLE & 6 CHAIRS w/buffet & hutch. Maple finish. In good condition. Ideal for cottage. $500. After 3 p.m. 932-5836. 7/18

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CORNWALL INDUSTRIAL SLOW PITCH MEN'S TOURNAMENT

Date: July 22-23-24th
Place: Bob Turner Centre, Cornwall.
Entry Fee: $150 per team includes insurance.
Prizes based on 28 team registration.

"A" DIVISION
Champs-$500 plus 15 OV Jackets
Finalist-$300
Semi-Fin.-$100

"B" DIVISION
Champs-$300 plus 15 Club OV Bags
Finalist-$200
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Send Entry Fee To:
Reg Campbell, 1364 Mary Street, Cornwall, Ontario. K6J 5A1.
Or call 933-4211
DEADLINE—JULY 12, 1988
Refreshments available
NOTICE-If men's quota not reached an 8 team mixed division to be added.

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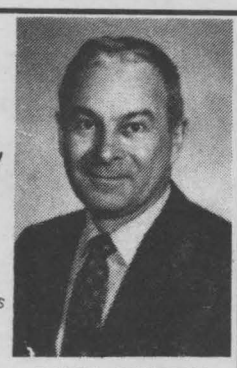

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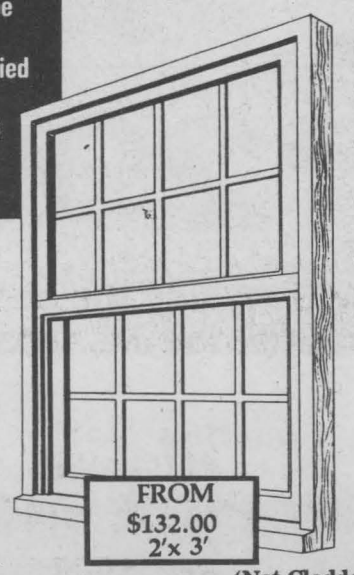

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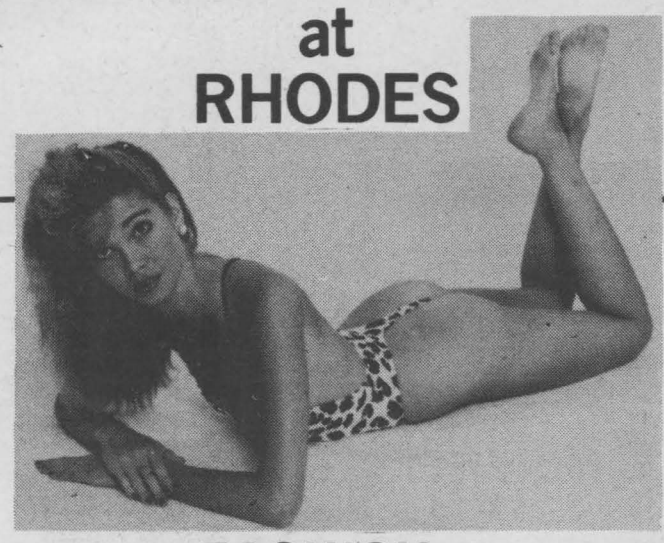

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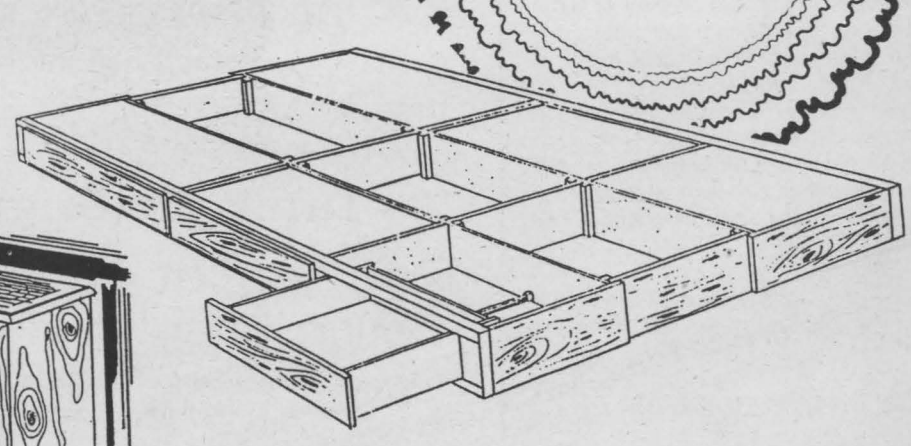

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