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SEAWAY NEWS

February 9, 2001 VOLUME 15, ISSUE 6 SERVING CORNWALL AND AREA



Red-Nose Day at M&M

Denise MacDougall and Louise Laplante 'yuck' it up with one of their customers during Red-Nose Day. The two employees of M&M Meat Shops brought a smile to Connor Carrier's face. The idea for the annual event is to help laugh away those dreary winter blues.

On February 1st, M&M Meat Shops franchises and product consultants held their annual Red-Nose Day. The reason for this fun is to show their customers that even with all the snow shoveling, grey dismal days, nasty cold nights and being only half way to spring, there can still be that unexpected chuckle with some old fashioned "clowning around." M&M Meat Shops are Canada's largest chain of specialty frozen foods. They are celebrating their 20th anniversary this year.

"We just like to cheer everyone up," said Denise MacDougall. "It's fun to see the people smile."

Story & photo by Chris McPhee

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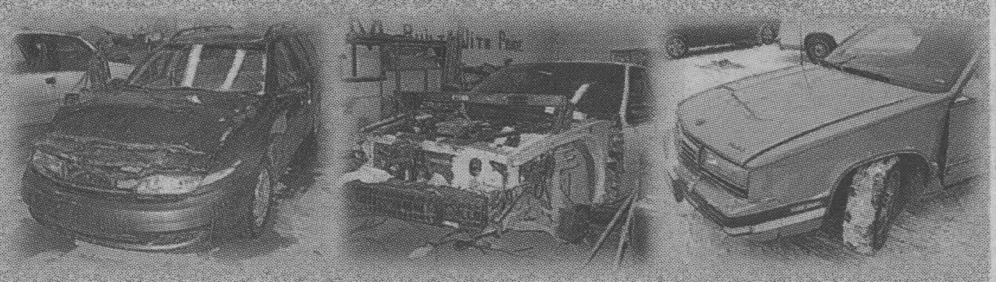

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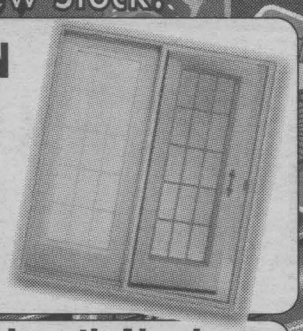

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Cornwall and Area LAW and ORDER

Ontario Provincial Police

Charges Laid In Assault Complaint

Investigators with the SD&G OPP detachment, with the assistance of the OPP Regional Crime Unit, have charged four youths in connection with the assault of a North Stormont Township high school student.

The charges stem from an investigation into a complaint received from the parents of a 16-year-old boy Jan. 11/01 that he had been assaulted while he was attending school. The charges relate to an assault which occurred on Nov. 16/00 when the boy was 15 years of age.

Four males, three aged 14 years, and one 15 years, who cannot be identified under the provisions of the Young Offenders Act, are charged with assault, contrary to the Criminal Code, in connection with a single incident on that date. They are scheduled to appear in Youth Court in the City of Cornwall on Mar. 05/01 to respond to the charges. The investigation is continuing.

Abandoned Vehicle

-Feb. 02/01: At approximately 4:30 p.m., police responded to an abandoned vehicle complaint on a ski-doo trail north of the Village of Winchester.

The investigation revealed one set of footprints leading westward from the vehicle into a wooded area on the trail.

The vehicle, a 1986 Dodge 600, 4-door, blue in colour, was believed to have been in the possession of a male person described as 6' tall, in his 20's, slender build, brown hair, short, spiked on top, an overbite, he had burns to his right hand and was wearing a blue jacket and running shoes. Suspect went by the first name of Donald and was French speaking

Police immediately launched a grid search of the area using K-9, snow machines and officers on foot in an attempt to locate this person. The search continued into the morning of Feb. 03. Cold temperatures and blowing snow were experienced during the search.

Police are asking for the public's assistance in this investigation. Anyone having information related to this occurrence, the vehicle or a person matching the description of "Donald," are asked to contact the SD&G OPP at 534-2223 or 1-888-310-1122.

The investigation into this matter is continuing.

Charges

-Feb. 03/01: Charges of assault are pending against a 37-year-old Chesterville man following an investigation by members of the SD&G OPP into a domestic related incident which had occurred in North Dundas Township.

-An investigation into an unrelated domestic incident which occurred on Feb 03/01, in North Dundas Township, has resulted in pending charges of assault against a 33-year-old Chesterville man.

-Charges of Personation (two counts) and Breach of Probation (two counts), both contrary to the Criminal Code, are pending against an 18-year-old North Dundas man in connection with two traffic related incidents which occurred in Dundas County. The charges arise from an investigation into false identification being provided during the initial traffic investigations.

-A routine traffic stop for a speeding offence along Hwy. 401 on Feb 03/01, has resulted in charges of possession of marijuana pending against four 18-year-old males from western Ontario.

The four men from Cambridge, Dundas and Burlington are scheduled to appear in Provincial Court Cornwall on Mar. 12/01 to respond to their charges.

The driver in this incident was also charged with speeding and possession of a radar warning device.

Ride Update

In the past week, 65 vehicles were checked during RIDE spot checks in Stormont County. The checks resulted in three roadside tests being administered, and one 12-hour driver's licence suspension being issued. Two warnings were also given for traffic related infractions under the Highway Traffic Act.

Common Sense Prevails - Use Caution

With the above average snowfall received this winter, SD&G OPP are urging motorists to use extra caution when on the roads.

More intersection-related accidents are occurring due to slippery surfaces and higher snowbanks at intersections.

Drivers should reduce speeds and increase braking time when approaching intersections. Drivers should also keep more distance between them and the vehicle ahead.

The combination of defensive/alert driving and a well winterized vehicle will result in fewer mishaps, perhaps tragedies.

Stolen ATV/Generator - North Glengarry

-Feb. 05/01: SD&G OPP attended an Aberdeen Rd. residence in North Glengarry to investigate a theft of an all-terrain vehicle and a generator from a shed near the residence. The incident took place shortly after the lunch hour. A GMC pickup truck, stolen from Ottawa was also recovered approximately one kilometre from the scene.

The stolen property is described as a 1997 Honda 4-Track, red in colour, licence number RV404 and a Homelite generator, 4400 watts, red in colour. The value of the items combined is $5,000.

Crime Stoppers

Each week, Crime Stoppers spotlights a crime that has been committed in the area.

This week Crime Stoppers is asking for your help in solving the following crimes:

-The theft of a snowmobile from a South Glengarry residence. The incident occurred on Jan. 4/01. A 2001 snowmobile, black in colour, licence 884932, serial number 4XASB8AS11C137554 was stolen.

-The break and enter at Mustard's Variety Store in Iroquois. The incident occurred on Dec. 29/00 at approximately 4:20 a.m. The culprits removed a number of scratch lottery tickets and a Nintendo 64. The Nintendo 64 was in a black carrying case.

-On Nov. 5/00 at approximately 3:05 a.m., police attended 1 Water St. E. in response to an arson complaint. Upon arrival, police found the automated teller had been set on fire. Investigations have revealed the following description of two suspects: Suspect no. 1: medium height, medium build, light coloured ball cap (possibly with a dark coloured peak) on backwards, appeared to be wearing a dark coloured shirt, baggy, multi-coloured bomber jacket with striping on the sleeves, also was wearing baggy light coloured pants, possibly in his late teens. Suspect no. 2: appeared to be in his late teens, medium height, medium build, short dark hair (clean cut), wearing dark coloured sweater or jacket and dark coloured pants.

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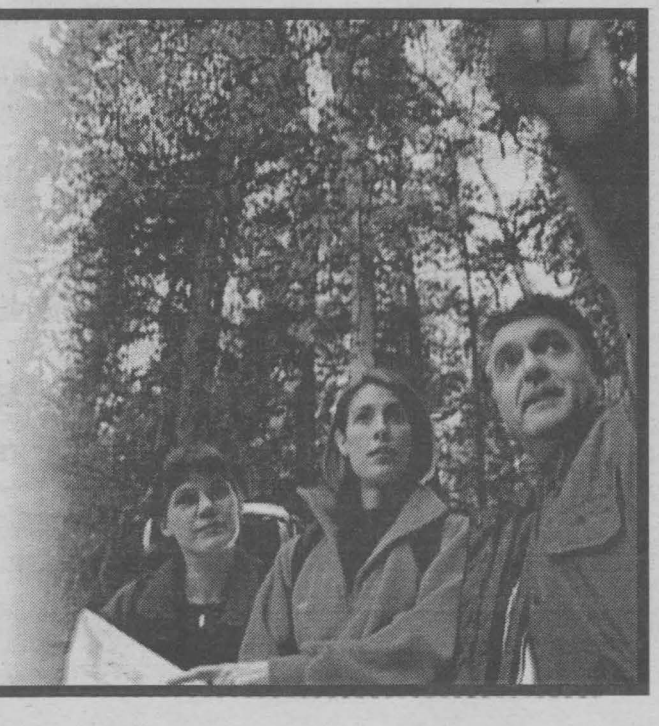

GUEST COLUMNIST

Is There A Doctor In The House?



Health Care

Murray **Halkett**

We all probably remember a scene from television or a good book where a medical emergency occurs, say on an airliner, and a frantic call goes out, 'Is there a doctor on board?' Unfortunately, the same question is being asked today in Canadian hospitals with an increasing frequency! How could this be?

Most of us know there is a worldwide shortage and shuffle of doctors. The U.S. takes from Canada. Canada takes from Britain and South Africa and they from Cuba and other countries. Cornwall is not immune to this problem, but to a lesser extent. Actually, I believe we are doing better than many communities, but doing better does not mean we are free of problems. While we have never been without emergency room doctors in Cornwall, there have been times we have gone without an orthopod, ophthalmologist and a pediatrician. Some of the other specialties - internists, obstetricians/gynaecologists, psychiatrists, radiologists, anaesthesiologists have provided continuous call coverage, but it has been difficult. Some of these specialties only have one representative and others may have only two or three. So if you are the only one in a specialty, does that mean you should be ready to come in and see emergency patients seven days a week/24 hours a day? I don't think anyone expects that. Then how often should a doctor be available if the call goes out? Should they work every second, third, fourth or tenth day? Before answering that question, let's examine what being on-call involves. It means:

- you can't go further away than about 30 minutes travelling time – that rules out the ski hill, shopping or concerts in Ottawa or Montreal;
- you are woken up several times in the middle of the night – sometimes you have to go in;
- you have to learn to sleep between calls;
- you have to work a full normal day – after a night of little sleep;
- you cannot consume a small glass of wine with your dinner;
- you miss important family events – concerts, birthdays, etc.;
- special occasions are ruined because you have to go.

The above can be accepted once in a while, but every second or third day! No wonder most physicians consider "call" a tether – a ball and chain. But, you may say – that's their problem – they chose to go into medicine and anyway, they get paid the "big bucks." Certainly, doctors earn more than most of us. But after you deduct their overhead to run an office (35 to 40 per cent) and consider the hours they work, the amount paid is not exorbitant and is far less than a professional athlete. I don't think most of us begrudge the money doctors earn. But, did you know that being on-call is not always financially rewarding. Most doctors are paid on a fee for service basis (i.e. do work, get paid). However, there are some specialties that are on-call but do not get called very often so they make personal sacrifices without any compensation. No union would accept that.

At this point, there's probably a reader who is saying – but that's their duty, they took the Hippocratic Oath. I wonder how many readers have read this oath. I anticipate most have not – they only think they know what it says. Further, the original Hippocratic Oath and the one taken at "some" medical schools may be different. There are parts of the original oath that are not relevant today. So then, what does one of the modern oaths have to say? Here is the version approved by the American Medical Association (the Canadian Medical Association does not have one, rather it has a Code of Ethics).

"You do solemnly swear, each by whatever he or she holds most sacred

That you will be loyal to the Profession of Medicine and just and generous to its members;

That you will lead your lives and practice your art in uprightness and honour;

That into whatsoever house you shall enter, it shall be for the good of the sick to the utmost of your power, your holding yourselves far aloof from wrong, from corruption, from the tempting of others to vice;

That you will exercise your art solely for the cure of your patients, and will give no drug, perform no operation, for a criminal purpose, even if solicited, far less suggest it;

That whatsoever you shall see or hear of the lives of men or women which is not fitting to be spoken, you will keep inviolably secret;

These things do you swear. Let each bow the head in sign of acquiescence;

And now, if you will be true to this, your oath, may prosperity and good repute be ever yours; the opposite, if you shall prove yourselves forsworn."

You will observe the oath contains many important values, but nothing about service to anyone, at anytime (i.e. to be on-call). It has been a tradition for doctors to be on-call because it is obvious that if they were not, serious hardship would occur. We are fortunate that as a profession they have adopted a standard to provide on-call services every fourth day. Some doctors, including many in Cornwall, work a call schedule of one in two or one in three. This is a concern because while it offers good service in the short term, in the long term it may burn them out; no wonder many doctors opt for larger communities where they can work a one in ten call schedule.

Currently, as a possible remedy, doctors through their association, have worked out an on-call reimbursement plan with the province. That doesn't solve the problem of being on-call, but it at least recognizes some of the problems with a financial reward. Unfortunately, this reimbursement plan is becoming more of a problem than a solution; it is almost five months late and apparently less than what was agreed to.

On-call is a hot issue with doctors today. I trust this article will give the public some insight into the problem. Hopefully, when and if you need a specialist in Cornwall and one is not available, you will understand why there is not a doctor in the house.

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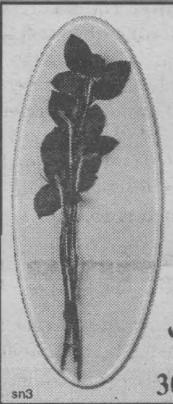

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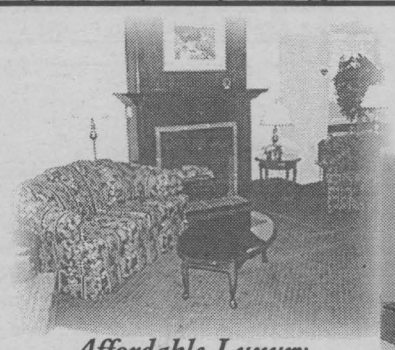

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Railway Employees Made A Horrific Discovery In The "Left Luggage" Office

English murderers have developed a peculiar propensity for cutting up their victims and scattering the various parts hither and yon around the countryside. I suppose it is only fitting that immigrants to that otherwise civilized bastion of law and order have acquired the very same distasteful habit.



Crime Flashback

Max **HAINES**

On April 5th, 1968, when the 12:52 p.m. train pulled into Wolverhampton Station, someone left an olive green suitcase aboard. Two railway employees going off duty were the last to leave the otherwise empty carriage. They decided to take the suitcase to the "left-luggage" office. Here it was opened by Leslie Stevens, who recoiled in horror as he stared down at the upper torso of an Asian woman.

The torso in the suitcase was clad in a blue dress, cotton vest and a white bra of Indian manufacture. The relatively new suitcase had been manufactured in England. The contents of the suitcase had been wrapped in a swath of green cloth.

Scotland Yard detectives found out the train had been thoroughly cleaned at Euston before departing at 10:40 a.m. for Rugby, Coventry, Birmingham and Wolverhampton. It was reasonable to assume that the suitcase had been placed aboard at one of those stops.

Detectives began the painstaking task of questioning ticket-sellers, ticket-takers and passengers on the train that day. Fortunately, William Faux had been the only ticket-taker on duty at Euston the day the gruesome cargo was placed on the train. Due to the light traffic, Faux remembered a dark-skinned man who inquired if he could preboard the train. Faux had informed him that he could not. The man was carrying an olive green suitcase.

When the train was in position to depart, the man with the suitcase presented Faux with a ticket to Wolverhampton. He boarded the train, but a few minutes later disembarked. He was not carrying the suitcase.

While Scotland Yard was still in the initial stages of its investigation, a second portion of the body showed up at Ilford. A woman crossing a bridge over the River Roding spotted a suitcase partially submerged in shallow water.

She called police. Inside the suitcase they found the legs and lower torso of a woman. These were transported to Wolverhampton, where it was positively established that the two suitcases held the remains of the same individual.

Pathologists estimated that death had occurred no more than 12 to 24 hours before the first suitcase was found on the train. They estimated the woman's age to be between 18 and 30. Gynecologist Dr. H. J. Fisher felt that the woman had never had a full term pregnancy, nor had she ever given birth, but he did ascertain from his examination of the body that the victim may have aborted a pregnancy of shorter duration.

Detectives scoured the railway tracks and frogmen dragged the River Roding in an attempt to recover the victim's head. As this segment of the investigation was proceeding, a Photofit picture of the man described by Faux was published in the newspapers, together with a descriptive list of the dead woman's clothing.

Members of the Indian community assisted police by coming forward and identifying some of the clothing as originating in the Punjab district of India north of Delhi. The suitcase found in the river was traced to a Delhi manufacturer.

A month passed before the woman's head was found at Wanstead. A man on a bicycle was crossing Wanstead Flats when he spotted a blue duffel bag lying on the ground. He stopped, lifted up the bag and out rolled a woman's head. Doctors later discovered that the skull had two large fractures



which had probably been caused by blows from a hammer.

While these new discoveries were taking place, detectives were following up the lead that the victim had at one time aborted a pregnancy. This information led to the victim's identification.

A woman of the same nationality, and closely resembling the murder victim, had called at Barking Hospital, Upney Lane, Barking, on November 20th, 1967.

Her name was Sarabjit Kaur. At that time, Dr. Joan Ellen Watts had examined Sarabjit and informed her she was pregnant. It was the doctor's opinion that her patient was far from pleased with the pregnancy and was planning an abortion. She never returned to the hospital, but officials were able to provide police with her last known address.

A check of the address revealed that Sarabjit had rented a room there sometime in November, 1967. The landlady informed police that the young woman had moved away from her rented room with the help of her father. It was the landlady's impression that Sarabjit wanted to marry a boy living in India.

Her father strongly objected to the match.

Sarabjit's father was located living at Fanshaw Ave., Barking. He was a 39-year-old Punjab Sikh named Suchnam Singh Sandhu. He proved to be uncooperative, stating that he had no idea his daughter had been pregnant.

He also refused to identify her clothing and swore he didn't know where she lived. Two days later, he changed his tune and insisted on making a full confession.

Suchnam's confession is one of the most heartless, horrific narratives ever taken down by Scotland Yard. He related that his daughter had not lived at home for years, but would periodically drop in and spend a few days with her parents. On one of these visits, she told him of her desire to marry a man in India who was already married. Father and daughter argued. He picked up a hammer and struck Sarabjit twice on the head. She fell to the floor.

Suchnam then walked to Ilford, where he purchased a hacksaw. A half hour later he returned, changed into his pyjamas and proceeded to dismember his daughter. As he started to decapitate his victim, Sarabjit, who was still alive, unbelievably attempted to grasp at the hacksaw. She didn't succeed.

When he was through with his grisly task, Suchnam threw his bloody pyjamas and hacksaw in a dustbin. He later tossed the hammer away in a vacant lot.

The heartless killer packed his daughter's remains in the two suitcases and the duffel bag. As the police had surmised, he was the dark man who had purchased the ticket at Euston. He had placed the suitcase on the train and had disembarked. The next morning, he travelled by bus to the bridge, where he threw away the second suitcase. He then dropped off the duffel bag containing his daughter's head on his way to work.

While relating his confession, Suchnam talked in a calm, matter-of-fact manner, no doubt believing that the detectives would surely understand that a daughter who had become pregnant without the benefit of marriage deserved such treatment.

An English jury took only 90 minutes to find Suchnam Singh Sandhu guilty of murder. He was sentenced to life imprisonment.

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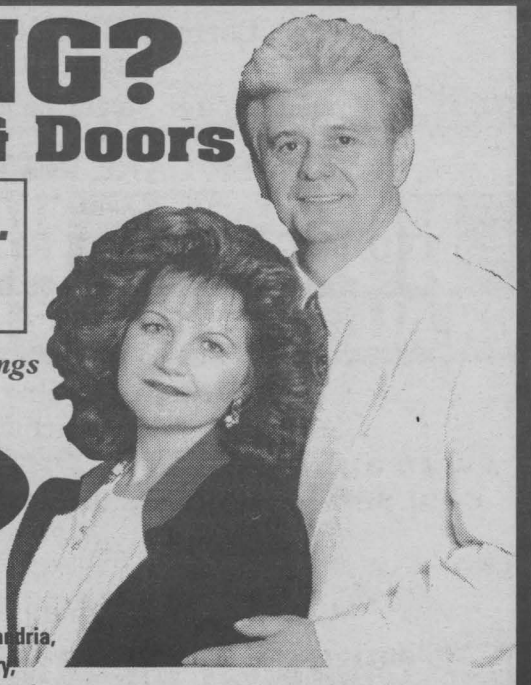

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LOCAL

Carn*val 2001 Volcano Blasts Record

Look out Winterlude, Cornwall's Carn*val 2001 is on a roll. Its giant volcano has just set a record for the tallest sculpted snow structure in Eastern Ontario. At 10.4 metres, (that's 34 feet for the metrically challenged), Cornwall's Carn*val 2001 volcano eclipses the previous record set at Ottawa's Winterlude.

World renowned snow sculptor Paul Dawkins from The Sculpture Connection is creating the huge smoking volcano in the City's spectacular waterfront Lamoureux Park focal point of Carn*val 2001. According to Dawkins, who has carved similar structures for a number of winter festivals including Winterlude, the Cornwall snow structure is the tallest ever fashioned for a winter festival in the region.

"Lamoureux Park is fast becoming a winter fantasyland," reports Organizing Committee Chair Rick Shaver. "Along with the huge volcano, there are skating rinks, slides, all sorts of food vendors along with music and entertainment for the whole family. It's shaping up to be a fabulous show."

Along with the activities in Lamoureux Park, the Pitt Street Promenade and Le Village are sparkling with the beautifully carved ice sculptures created by another world class artisan, Laurent Godon.

"Carn*val 2001 is a huge community event," says Shaver. "Organizers have put in hundreds of hours to make sure that people throughout the Cornwall region can enjoy a week of fun and festivities for the whole family. And don't forget to check out the Carn*val 2001 website for all the details. It's www.cornwall-carnival.com."

Carn*val 2001 Is Off And Running

Carn*val 2001 is here! Cornwall's favourite winter festival officially started on Tuesday, February 6th, and for the next six days, Cornwall will come alive with the sights, sounds and glittering magic of Ice Age Rocks, the theme of this year's event.

Thousands of people are expected to throng the entire City to enjoy the sights, sounds, activities and most of all...the fun. Besides the volcano and Brontosaurus, Lamoureux Park is alive with ice castles and skating rinks along with food vendors and musical entertainment.

Carn*val Chair, Rick Shaver is anticipating huge crowds. "The entire City is geared up for a great week," he stated. "Families will have a wonderful time visiting the various sites and the children will especially enjoy the slides on the volcano and the giant Brontosaurus. Our hats are off to the sponsors, organizers and volunteers who helped make the event a huge success."

Royal Bank Becomes Guardian Angel

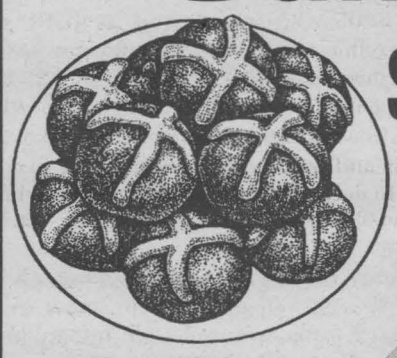
The vandalism incident with one of the Pitt Street Promenade ice sculptures brought an immediate response from the Royal Bank. It announced recently it will provide funds to cover the cost of security for the duration of Carn*val 2001.

"This is wonderful news," states sculpture coordinator Jo Ann Langstaff. "The merchants have shown their support for Carn*val 2001 by purchasing the beautiful sculptures and we're pleased that Royal Bank is going to make sure they remain undamaged."

Officials from the bank read the article about the vandalism in Friday's Freeholder and immediately contacted Langstaff at Jay Gee Shoes. They offered to pay the cost of providing security guards to cover the Pitt Street area.

The glittering works of art dot the entire Promenade from City Hall to Cornwall Square and were crafted by world-renowned sculptor, Laurent Godon and his team.

Hot Cross Buns



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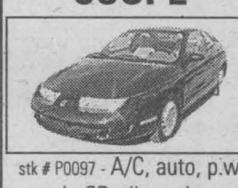	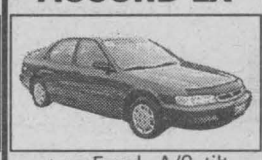		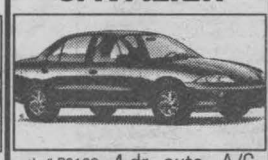
stk # P0097 - A/C, auto, p.w, p.l., CD, tilt, cruise, 42,000 km	stk # - 5 spd., A/C, tilt, cruise	stk # P0119 - auto., A/C, cassette, 55,000 km	stk # P0126 - 4 dr., auto., A/C, cassette, 58,000 km
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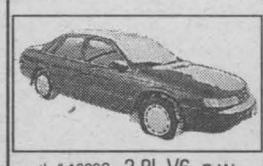			
stk # 1068C - 3.8L V6, p.w., p.l., tilt, cruise, 100,000 km	stk # 737A - V6 engine, auto, CD, 42,000 km	stk # P0099 - p.w, p.l., tilt, cruise, 7 pass., A/C	stk # P0106 - A/C, tilt, cruise, 59,000 km
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AIDS Forum

Pat **O'CONNOR**

Hello everyone. I don't know where to start, it has been so long since I have written. I guess "Happy New Year" would be in order and a thank you to those who sent me cards and prayers over the holiday season. The holidays, though difficult for me, went well and I had a great New Year's with Faye and family members.

What has been happening with me since has not been so much fun as I have been on a heavy dose of medications. The meds make me feel really bad and don't allow me to do much as I feel sick almost daily. This, along with the weather, has had me fighting off depression for the past month. I am so sick of being sick (or feeling sick) that sometimes I could just throw all the pills away and see where the cards fall. I doubt they would fall in my favour, so again I do not really have a choice.

I was quite upbeat before Christmas as my CD4 counts (which measure how strong your immune system is) went up to 325. This was encouraging and when I went for more blood work in mid-January, I was expecting them to be the same or higher. I was very disappointed to learn they had dropped to about 280 which sent me further into a tailspin.

After a few days of getting over the anger and disappointment, I again started taking all my pills on a regular basis. This hit me hard and kept me inside for a good week. I would then have a good day and think the worst was over, only to awaken the next day with severe cramps and numerous visits to the bathroom. I am still having good and bad days, but the majority are not very good. I am trying to feel better, but it is difficult.

I have recently joined the gym which I have been meaning to do for almost 10 years. Again, it is sometimes impossible to get there, depending on how I feel. It feels good to use some of the muscle groups I do not use in the winter time, but I must admit to being a little apprehensive at first about going. I actually had a dream last night of someone asking me not to come back as other patrons were not comfortable with me being there. Everyone has been fine with me and I really think there will be no problems, though I'm sure some people have noticed me there. I'm sure some people at the gym could use some education on HIV/AIDS and how to protect themselves when having sexual relations. Another story for another day.

It was January 5th, 1986 when I found out I was HIV positive, and on that date this year, I was amazed at how long ago that was, and at how long I have been dealing with this disease. I contracted HIV in June of 1985 on my wedding day through tainted blood, so this June it will be 16 years. That's a long time. No one ever thought I'd live this long, especially me.

There is a potent new protein out there that can prevent HIV infection by blocking its entry into human cells. The 5-Helix protein is able to prevent a wide range of HIV strains from fusing to the cell membrane. The protein could serve as the basis for a new class of drugs against HIV. The study, called a promising advance in the war against AIDS, will be reported in the Journal of Science. As usual, no side effects were given.

There is one little boy I have been following these past few months. His name is Nkosi Johnson who is 12 years old and lives in South Africa. His imminent death may accomplish what 19 million others could not. That would be to convince South African President Thabo Mbeki that HIV causes AIDS. On February 4th, Nkosi turned 12 but was unable to attend his birthday party because he was so ill. He is unable to speak or eat and after being born with HIV, collapsed in December with AIDS-related brain damage and viral infections. Doctors could do nothing more for him and he was taken home to be more comfortable. In January, he had several seizures and has not spoken since.

Nkosi was born with HIV by an infected mother who passed it on through the birth canal. How she came to have HIV is unclear, but in Sub-Saharan Africa, AIDS is primarily a disease of women and children, not the scourge of homosexuals and drug users. A workforce where men leave their rural villages for months at a time, they pick up the disease from an extensively infected network of prostitutes then bring it back to their spouses. Other reasons are more culturally complex, including the belief in many regions that sex with a virgin will cure a man with AIDS.

President Mbeki, appointed by former president Nelson Mandella, clings to the foolish notion that AIDS is not caused by HIV. He insists that poverty and poor living conditions must somehow be the common denominator behind HIV/AIDS in that part of the world. Tuberculosis thrives in such unsanitary conditions, so it is often listed as the cause of death, not AIDS.

Nelson Mandella quoted last summer, "A tragedy of unprecedented proportions is unfolding in Africa. It is creating more victims than flood, famine, drought and wars. AIDS is one of the greatest threats that humankind has ever faced, certainly after the great wars of the previous century."

In a continent where the odds are greater a child will contract AIDS by the age of 15 than learn how to read, Nkosi is a freak of nature. He is well spoken, clever, mischevious, brave and challenging. He challenged President Mbeki to turn his stance on HIV and the cause of AIDS through the media. When Nkosi spoke during the recent AIDS conference in South Africa, President Mbeki left the auditorium.

President Mbeki has refused to accept the offer from five major pharmaceutical companies willing to provide newly discounted anti-retrovirals, such as AZT that would reduce mother-to-child transmission. He also rejected an offer of one billion in annual loans that might buy anti-AIDS drugs. And he won't visit the dying Nkosi.

My hand is sore and it's time for a pile of pills. Thanks to Paul Bellefeuille of St. Georges in Long Sault for having me in to speak to Grades 7 and 8. The questions were excellent and it felt good to do some good again. I am having many calls to speak so call soon as dates are being filled.

I know many of you ask about my column and your concerns and thoughts are appreciated. Tomorrow, I am off to Kingston to have a pin removed from my ankle which has started to come through my skin. This will require some Factor IX (blood product) before surgery to help with the bleeding, and thoughts still run through my mind to that day in January of '86 when I was told I had HIV. It's hard to write sometimes as so many things in my life have changed, and sometimes, most times, I feel real crappy.

To those readers who recently lost mothers, I am so sorry for your losses. All mothers are so special, give yours a hug or a call today.

Be well everyone and be smart...protect yourselves.

To Nkosi - who may have died by now, or may still be fighting for his life, thank you for your inspiration.

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

Homeopathy and Weight Loss



Paulette Poirier
Homeopath

So many people out there are looking for a miraculous way to lose weight. For many the increase is gradual, i.e. 1-2 lb.s per year over a 20 year period, and they are looking for a quick way to lose those pounds. It doesn't work like that.

Set yourself a goal - a realistic goal. Now start by changing or adapting your lifestyle, don't just think about it, do it. Making some dietary changes along with some exercise is a good idea. You're less active now than you were 20 years ago, so cutting down on the quantity of food is a must.

Once you're fully committed, Homeopathy can help you attain your goal in a reasonable time frame, and yes, keep it off. Expect 6-12 months to lose 20 - 30 lbs. The correct homeopathic remedy can vary enormously depending on your cravings, your dislikes, your mood/ temperament, your energy. Here are some common Homeopathic remedies for weight loss: Graphite, Calcarea Carbonica, Antimonium Crudum.

Keep in mind that Homeopathy treats the person and not the disease, so two people with the same problem may require different remedies.

QUESTIONS?

Paulette is available every Tuesday for more information between 2 pm - 5 pm

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To apply or to find out more about this program, please contact your nearest Human Resources Development Canada office or call 1 800 935-5555.

Internet: **www.hrdc-drhc.gc.ca**

* Please note that the application deadline for the Northwest Territories and Nunavut is April 6, 2001.

Human Resources Development Canada / Développement des ressources humaines Canada — Canada

LOCAL

Tickets To Dinner Anyone?



Plans are well under way for the first College Alumni dinner which will take place at the Best Western Parkway Inn on March 1st, 2001. It's a kick-off event for the Cornwall Branch of the St. Lawrence College Alumni Association which hopes to rekindle the "College days of yore" spirit which the alumni remember with such fondness. "We've formed a new executive," says President Rick Shaver. "We have an office on campus, and we're moving forward in a way that St. Lawrence College alumni have never seen before! We're really excited about that!"

The majority of the planning committee members for the Alumni dinner is representative of the '70's. "We're searching for the '80 and '90 graduates," says Vice-President Bob Laperle. "We'd love to see a few recent graduates get together to represent their era." Currently, the majority of tickets have been sold to the older crowd. They're filling tables of eight quite easily and are planning a great night of "catch-up" with their old buddies. "Tickets are only $30 and we're promising a great evening of fine food, entertainment, displays and prizes," says Laperle.

The planning group is also looking for Nursing grads to get together with their former classmates. "The nurses have always kept close ties with their classmates and we'd really like to see them represented at this event," explains Shaver. As for the younger crowd, the message is one of opportunity. "The more recent grads can really benefit from developing new alumni contacts," he explains. "It's always beneficial to know people who have the same background and who are working in your field."

If you're trying to locate your long lost classmates, the Alumni Association can help. Log on to the Alumni Web Directory at www.sl.on.ca or contact the "Grad find" Service at Alumni@sl.on.ca. You can also call the College Alumni Office at 933-6080, extension 1617.

Tickets are available at the Customer Service Centre in Aultsville Hall at St. Lawrence College from 8:30 a.m. to 7:30 p.m. Monday to Thursday, and from 8:30 a.m. to 4 p.m. on Fridays, or call Diane Clement at 933-6080, extension 2221.

COMMUNITY DIGEST

***AL-ANON-ALATEEN.** Has your life been affected by someone's else's drinking and behaviour? If you want help and support call the Al-Anon Line at 937-4880.

***"AN EVENING FOR PRAISE".** Evening of gospel music with a variety of singing and musical talent will be presented from Montreal, Ottawa and local area on Saturday, February 17th, 5:00p.m. Hosted by the Cornwall Christian Academy, 2134 Pitt St. N. Everyone welcome. Info: 937-0205.

***ASSOCIATION FOR THE NEUROLOGICALLY DISABLED** is a registered charity offering in-home stimulation and rehabilitation to brain injured adults and children. For information on this service call 1-800-561-1497.

***CENTRE CHARLES-EMILE CLAUDE** "Partie de Cartes", le 11 février, 7h30. Info: 932-1035.

***"CHAMPS"** Canadian Weight Awareness-Champs Club Inc., is a non-profit weight loss support organization which meets weekly. Open to Men and Ladies who share a common concern of managing pounds sensibly. Info: Elaine 250-832-7671.

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Truck owners with their own crew or helpers are required to distribute telephone directories to the localities of Cornwall, Alexandria & Hawksbury. Distributions will start on February 23, 2001. Candidates must be available during the day. For more information: Please call 1-866-881-0490, (Ref-5053)

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EDITORIAL

OPINION

Educating John Manley



Doug FISHER

Foreign Affairs Minister John Manley has led a charmed political life. As industry minister (1993-2000) he received little criticism – and a fair measure of praise – for promoting Canada's high-tech industry and handing out subsidies to Bombardier and other aerospace/defence companies.

Bookish, bright, but hardly a "live wire," Manley replaced Lloyd Axworthy at Foreign Affairs shortly before the election call. Alas, seven years at Industry were not enough to prepare him for the organization he must ride herd on. Consider the department's shenanigans following the January 27th incident in which a seemingly inebriated Russian, Andrei Knyazev, ran down two women in the capital, killing one, Catherine MacLean, and then claimed diplomatic immunity from prosecution.

Responding to the mood of his home town, where people were sickened by the notion of a killer going free on a technicality, Manley immediately asked Russia to waive immunity, noting that the 1961 Vienna Convention was intended to protect diplomats in the course of their work – not to shield them for crimes unrelated to their duties. As he was saying this, his officials opined that the Russians were unlikely to accede to the request, and were perhaps right to apply diplomatic immunity: after all, we wouldn't want our diplomats in similar circumstances to be subject to, say, Russian justice, would we? As it happens, the Minister was asked the very same question. His response: "I can tell you, I wouldn't feel a lot of sympathy for them in that case."

That the department and the Minister were not singing from the same song sheet should have set off alarm bells, and led to some tough questions to the Deputy Minister about just what the department's take was on drunken diplomats driving cars. Had there been previous incidents? If so, what was the department's role in them? The Minister might also have clarified what he and the Canadian public expected of the department: full disclosure and a tough stand on criminal diplomats.

We don't know what questions Manley put to his officials, but we do know that the answers he received were wrong, self-serving from the department's perspective, and left the Minister looking like a fool.

Denied Accusations

Four days after the tragedy, Manley denied opposition accusations that his department had not only been aware of Knyazev's drinking and driving, but had given the Russian diplomat a letter apologizing on behalf of Canada for his treatment at the hands of the Ontario Provincial Police (who had handcuffed him – a violation of the Vienna Convention) during a previous incident, and had returned his driver's licence, which police had suspended.

Unfortunately, the Minister's critics were better informed than he was, and while departmental officials subsequently disputed some of the details offered by the police, these protests were undercut by the fact the cops seemed to have documents the department could not find.

By the end of the week, a humiliated Manley acknowledged: "I am not satisfied yet that I have all the relevant information…which is why I'm really seeking from my Deputy Minister a complete report…so that we can be satisfied as to whether or not departmental officials acted adequately…to protect the safety of Canadians."

One hopes the report will answer the following: who was originally responsible for the files regarding Knyazev and the police; how did these disappear; why were those involved in the Knyazev incidents not immediately contacted once it became apparent the files were not available; who gave the minister false information in the absence of the files; and, finally, who was responsible for allowing Knyazev to stay here when it was clear he was a risk to public safety?

The most worrisome aspect of all this is that had the police not retained their files and spoken up, we might still be unaware of how casually Foreign Affairs treats its responsibility to protect Canadians from dangerous diplomats, and of how it puts its own interests (i.e. those of its personnel serving overseas) ahead of the public's security. Yes, our diplomats deserve the protection of their government – but so do the rest of us.

The Tories have never trusted the mandarinate. In contrast, the Liberals have maintained a close relationship with the bureaucrats – witness the eight senior public servants who've been chosen to serve in Liberal cabinets – and have generally benefitted from the association. But such familiarity can also breed contempt – not only for each other, but for public accountability. Catherine MacLean paid the price for this. So, in a different way, has Manley.

One can only hope he sticks to his guns, gets a full accounting, and disciplines those involved, not because they embarrassed him but because their actions were stupid, self-serving, and in the wake of an innocent woman's death, look suspiciously like deliberate deception.

Is "Temptation Island" An Invitation To Sex Or Just Bad TV?



Meanwhile

Fred SAGEL

Is it just me, or has television deteriorated badly in the last little while?

Take that latest program on FOX TV, "Temptation Island," where four couples are sent off to a tempting Caribbean island, surrounded by extremely attractive members of the opposite sex, to see if they will cheat on their significant others.

What on earth is this all about?

We've seen trashy TV, we've seen bad TV, we've had our fill of sitcoms. But this show takes the cake. Apparently, enough people like it enough that filling up the 30-second ad spaces isn't going to be all that difficult.

FOX TV isn't much better.

This is the network, you may recall, that brought us the show where a group of single women engaged in a bidding war over a bachelor. That whole little event turned out to be a disaster for FOX because things didn't turn out exactly the way they were supposed to. Instead of true love, the millionaire and his bride (who got married on television after meeting each other for a few minutes) didn't like each other and became embroiled in a nasty on-air matrimonial battle.

Now we have more of the same, just in a different form. A worse one.

What is so wonderful about tempting other people into cheating? It happens enough in real life that you have to consider the role of television in modern life. What kind of message does it send to others in our society, especially the young?

I gave up watching sitcoms years ago. My television diet these days is restricted almost entirely to CNN and CNBC where there is something engrossing and engaging to be found. Although I tune into "The Practice" and "Who Wants to be a Millionaire?" as well as "Nightline" and the "Tonight Show," that's basically all I watch.

But I was intrigued enough by "Temptation Island" to actually tune into a little bit of the first show recently. It took about five minutes before I lost complete interest in this boring adventure.

The whole thing is absurd. On the one hand, you have a multi-million dollar corporation selling sex to young adults (who comprise the main audience) and, on the other, the U.S. government is spending about $100 million in an effort to teach young people the art of abstinence.

Just what gives?

A lot of evidence is floating around that suggests young people are enormously confused about the whole sexual experience. When you should have sex? What should you do? In fact, what is "sex" anyway? Does it include oral sex, a definition that President Clinton strayed away from?

Parents who are trying to create some sort of sexual sanity for their kids find this whole trend disturbing. And it doesn't help when networks like FOX, who do stand to make a fair bit of money, air shows that are mindless, intended to distort moral values and mix up kids' minds.

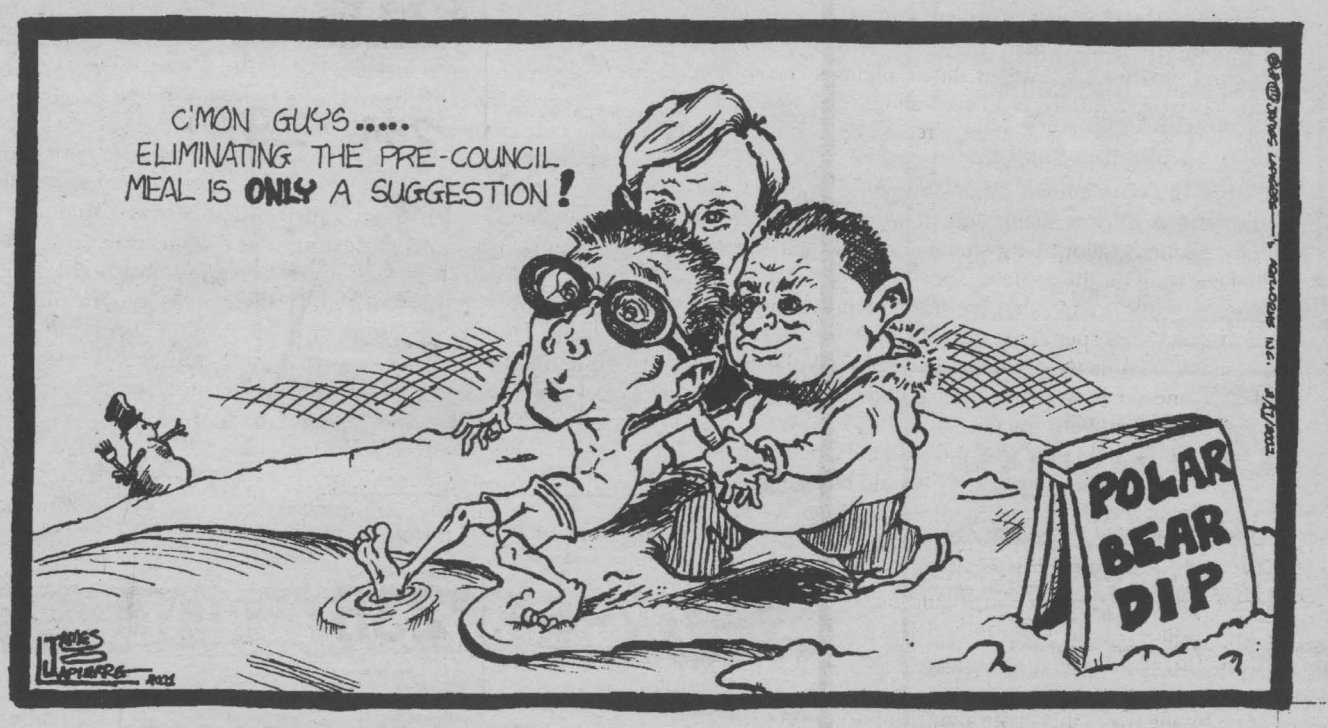
Of course, I'm aware of the fact that most parents have had premarital sex themselves. Fully 80 per cent of them have admitted it, and it's not that they're strictly opposed to the notion. What they're hoping for, I can see, is that kids stay away from sex until they're at least 18 years old.

Shows like "Temptation Island" don't make that an easy task.

It would be wonderful to censor this show, but that won't work. Once you get into the whole notion of censorship, the evils of taking something off the air far outweigh the content of the program itself. It is a slippery slope that leads nowhere.

If you object to shows like this, maybe you ought to let the sponsors know. Don't buy their products. Write them a letter. There is nothing like money to make television networks sit up and listen.

But surely this isn't the kind of drivel you should judge our society by. Or is it?



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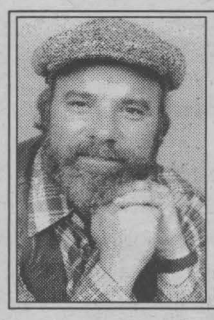
Things Go Weirder With Coke!



Basic Black

Arthur
BLACK

I have seen a lot of bizarre things in my time, but one of the most abiding mysteries of the age has to be Coca-Cola. Hundreds of thousands of human beings – from truck drivers to advertising executives – get their pay cheques from Coca-Cola. Countless millions drink the stuff. You can buy a Coke in Tienanmen Square and Timbuktu; on the Champs-Elysee and at the Esso station in Sheep Butt, Wyoming. Coca-Cola is the economic backbone of Atlanta, Georgia, but its financial clout doesn't end at the city limits. It is a multi-billion-dollar worldwide concern. A genuine global industrial juggernaut.

And all it is – is flavoured water.

I never thought much about Coke until I bought a can of the stuff in Spain one time. Took one swig and spat it out. "Gah! What's wrong with this," I croaked. An American nearby explained that in Spain, Coke was made with sugar cane, which was more to the taste of the locals. For me, it was false advertising – I bought the familiar red and white can expecting the familiar taste.

Same package. Different product.

But I've always been bewildered by the beverage. Take Coke's voodoo pricing structure. I can go to the corner store and buy one can for about a buck – or I can buy a six-pack for $2.99. Sure, it's marked 'special' - but it's been 'special' at my corner store for at least two years. And just when I'd convinced myself that Coke was the biggest con job perpetrated on the public since Fabio, the Office Wag hands me an e-mail entitled 'The Multiple Uses of Coke.'

1. The citric acid in Coke will remove stains from vitreous china.

2. To clean corrosion from car battery terminals, simply pour a can of Coca-Cola over the terminals and the corrosion will bubble away.

3. Stubborn grease stains in clothing? Empty a can of Coke into a load of greasy clothes, add detergent and run through a regular wash cycle. The Coke will help loosen grease stains.

4. To remove rust spots from chrome car bumpers, rub the bumper with a crumpled piece of aluminum foil dipped in Coke.

5. Coke is also good for removing blood stains – which may explain why in many U.S. states, Highway Patrol cars carry two gallons of the stuff for swabbing down highways after an accident.

6. To bake a moist ham, pour one can of Coke into the baking pan; wrap ham in aluminum foil, and bake. Thirty minutes before the ham is done, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.

7. To clean a toilet bowl, pour a can of Coke into the toilet, let it sit for one hour, then flush.

Any truth to these claims – or are they just as bogus as the notion that Things Go Better With You Know What?

Well, I'm not prepared to risk shorting my battery, and I sure don't want to take a chance on ruining a fine ham, but I tried the toilet thing - dumped in a can of Coke Classic, waited an hour and flushed. Whiter than Stockwell Day's teeth.

Let's see now, bottle of Sani Flush: $4:95. Can of Coke: 98 cents. I can do that math.

But keep this under your hat. If the Coke tycoons find out their product is actually good for something, they're bound to jack up the price.

Letters *to the* Editor

Gone Bonkers

Dear Editor,

For years, Fred Sagel has come across as a highly intelligent commentator with sound judgement of the subjects he covered and has left the impression that he had done his homework and research on whatever he wrote about. His latest opinion on the 16-year-old literary giant from Avonmore is totally out of context. He is barking up the wrong tree.

The kid was not jailed for his writing, he was locked up for threatening others and declaring that he would blow up the school. From what is known, his parents left for their vacation after the boy was placed in custody. Hopefully the parents enjoyed their vacation while the authorities were baby sitting their angel offspring.

Insulting the police and blāming everybody in this world for the problems this boy has created for himself and others is not worthy of Mr. Sagel. Hopefully the disease called brain loss is only temporary with him.

John Schaeffer
Cornwall

Sorry To Disappoint You, Mr. Sagel!

Dear Editor,

I take great offence to the article written by Fred Sagel entitled "Cops Are Born Without Brains." I have been a police officer for 14 years and in that time have been assaulted, watched occupants of motor vehicle collisions die, and attempted to console innocent victims and their families of violent crime during traumatic incidents they will never forget.

If you think this job is about state bullying - you should really walk a day (or night) in an officer's shoes. Your ignorance of law enforcement and the personnel hired to do a job you probably would not want is appalling.

Before you question the actions by police in the case at hand, why don't you spend some time at your local high school and educate yourself about why students attend their learning institutions fearing for their safety.

Why not conduct an extensive study on how much police time and resources are spent ensuring our kids are safe at school and how many assaults we get called to weekly. (While you are at it - conduct one on how many Young Offenders receive a consequence for violent behavior).

Maybe you should purchase and read the Criminal Code. I suppose you think child pornography should be legalized as well?

Your article is typical of many of the offenders we deal with on a daily basis – poor little me for breaking the law, it must be the fault of the police officer that arrested me!

It would be regretful if you should ever require police assistance in our "demented" world as our time could be better spent elsewhere.

And by the way - this controlling, bullying, close-minded female officer has a University Degree...sorry to disappoint you!

Constable Hampson
OPP Rockland Detachment

Fred Sagel Was Born Without Brains

Dear Fred Sagel,

After reading your article about cops, I have lost all respect for your ability to be a responsible columnist/writer. I would like to know how anyone in his right mind can dream up such an irresponsible and stupid set of arguments to excuse a potential nutcase that uses literary expression as an excuse for writing a potential volatile and subversive essay.

I guess he was only suggesting to blow up an empty school building, but that is a very normal way of a child expressing his frustrations in your book, isn't it?

What do you expect the reaction will be from the normal and sane people particularly after so many killings and shootings involving schools as we have seen in the last few years?

I agree that Cornwall has a vast number of highly irresponsible Police officials, school teachers, principals, preachers, judges and lawyers, the child molesting and the Hooters incidents have proven this without a doubt, but you, after producing this garbage loaded article should be called Seagull rather than Sagel, then there is an excuse for your birdbrain behaviour.

Mr. Sagel, you should go after the kid's parents, who are the blame for his behaviour and the feeble minded old men called judges and the crooked lawyers who will be excusing this sick puppy and send him back to society to undoubtedly try again and maybe succeed. Who will you blame then, Mr. Sagel, yourself?

I am 65 years old and during this period, I have only had a very limited number of encounters with the, as you call it "power hungry cops" and you know, Mr. Sagel, I broke the law in every occasion and they reminded me of this fact. Remember, only people that break the law or have something to hide should fear the police.

You referred to the Hitler cops. I was five years under Hitler's cops. Please don't write about things you have no knowledge of, it makes you look even more stupid.

I hope you are man enough to write an apology to those police officers that are out there protecting your useless butt, day and night and put their lives on the line time and again, and please call them police officers and if you can't spell it, try Cops (capital C).

Charles Robert
Lunenburg

Stop Printing Sagel's Column

Dear Editor,

Last week, Fred Sagel's column allowed us, the unfortunate readers, to learn that Fred hates, not only the teachers of Ontario, but the police officers of Ontario as well.

Fred is not impressed by the way the police handled the investigation and detainment of a 16-year-old high school student. Fred went on to describe the police officers as: "born without brains," "wacky," "some of the most closed minded and uneducated people."

Had the police not acted and something terrible happened, I'm sure Fred would have blamed the police for seeing all the signs of trouble and not reacting.

I can understand that Mr. Sagel probably is not a huge fan of the Police in Ontario ever since he was charged and handed a conditional sentence for repeatedly biting a paraplegic woman during a sexual rendezvous, after meeting the woman earlier that day through the Internet. This fact only makes me wonder, with much trepidation, why he does not have any respect for the teachers of Ontario?

I thank the police for having the best intentions, for I'm sure they have the public's safety in mind.

It would be a welcome change to open the Seaway News and read a positive column written by a local person, in place of the continual negative bashing presented by Fred Sagel. I would like to ask the Seaway News to please stop printing Fred Sagel's column. The column is not only insulting to hard working people of all stripes, but it also lowers the integrity of your paper.

Jim Danaher
Bainsville, Ontario

Seaway News welcomes Letters To The Editor. Letters should be no longer than 200 words. All letters are subject to editing and must bear the writer's name, address and phone number for verification. The views expressed by columnists, guest editorialists and/or Letters To The Editor are not necessarily the views of this newspaper or its publisher.

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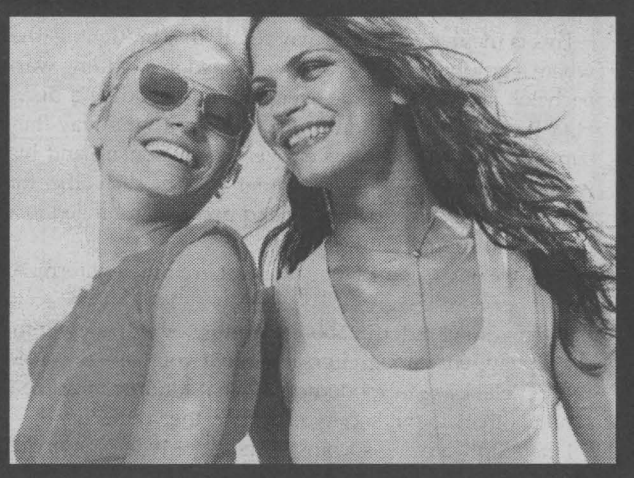

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Notes from Parliament Hill

Art **BABYCH**

Word for word...

In the beginning was the word...and it went on and on and on. Although the Throne Speech read by Governor General Adrienne Clarkson revealed very little, it took 5,500 words and the better part of an hour to reveal it. Not to be outdone, the leaders of the five political parties in the House took the speech and expanded on it, proving the old saw that when all is said and done more is said than done. NDP leader Alexa McDonough got top marks for brevity, using only about 2,000 words in her reply to the Throne Speech. Tory leader Joe Clark came in second with 2,500 words and the bronze medal went to Bloc Quebecois leader Gilles Duceppe who used 3,000 words (after translation from French to English). The Prime Minister could have been the hands-down winner in the brevity contest had he simply reiterated his initial reaction on Throne Speech day: "Good speech." Instead, he used just under 5,000 words to say the same thing. Trailing the pack was verbose Canadian Alliance leader Stockwell Day who racked up a whopping 8,800 words in his "Where's the Budget?" reply to the Throne Speech.

From Baywatch to Marathon Man in a few short weeks.

Poetry in a motion ...

Senator Jerahmiel Grafstein again moved second reading of a bill to establish a parliamentary poet laureate. "We could be godfathers and godmothers to a simple literate counter-revolution," he assured potential godparents in the red chamber. Grafstein first introduced the bill in late 1999 but it died a slow, agonizing death after being handed off to the "Other Place" (poetic justice?). The proposed poet laureate would receive an "honorary stipend" of about $25,000 a year for bringing a little culture and decorum to Parliament. Let's see now, what rhymes with "oink, oink?" According to Grafstein, poetry can provide a reality check on "the confusing image chaos and information fog rampant in our civic society." To help lift the fog, we provide our own poetic offering and await the arrival of our $25,000 reality cheque.

Sir Wilfrid's Laureate...

A Liberal and a lawyer (nobody's perfect!),
By history, Laurier was smitten;
He would study all night,
To get it just right;
Too bad it's all being re-written.

Keeping Bad Company...

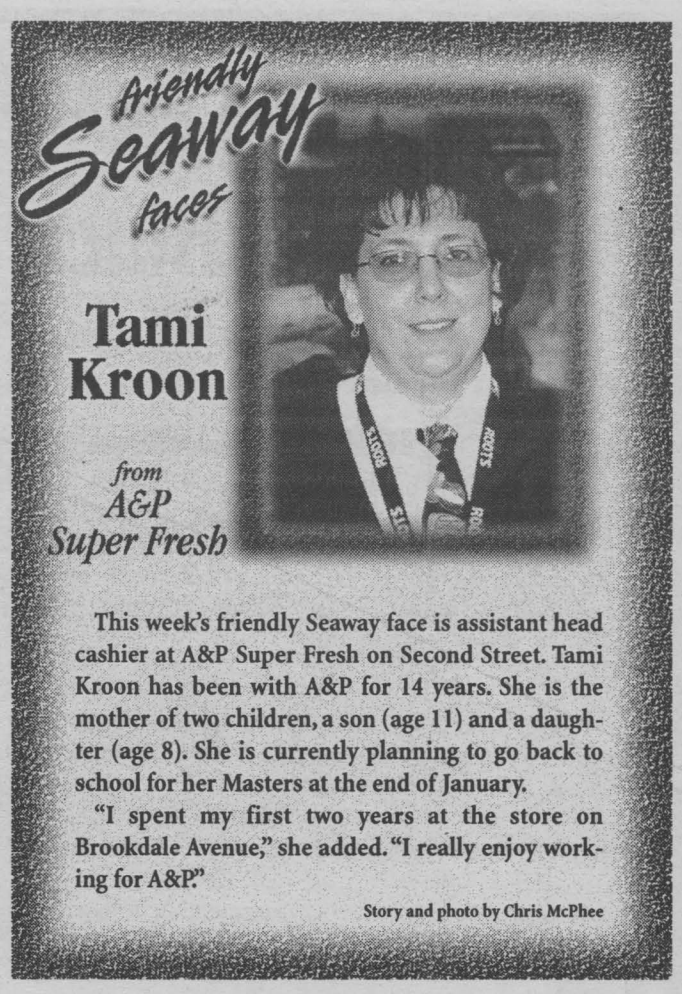
Industry Minister Brian Tobin, the former Newfoundland premier who parachuted into the federal cabinet during the last election campaign, acknowledged a lapse of sorts in the House of Commons. He was taken to task by Tory Peter MacKay, who complained to Speaker Peter Milliken that Tobin characterized his question to the Prime Minister "as a false and misleading statement." The verbose Tobin backed off the remarks explaining he had been in a "far gentler House" for the last five years, "a gentle place full of gentlemen and gentlewomen." The former federal Liberal cabinet minister realized he had "returned somewhat to old form" on his first day back in Ottawa, issued a semi-apology and said – just a tad too late – that he wanted to make a good start. Gentlemen (and gentlewomen), start your engines!

Toques Off To The Homeless...

Don Valley West MP John Godfrey reminded the House of Commons on "Toque Tuesday" that "homelessness is one of the greatest social problems of our time." Thousands of Canadians across the country were donning toques to draw attention to homelessness, said Godfrey. "Sadly, we are accustomed to people sleeping in shelters and on the street." If only Godfrey's party were in power and able to do something about it. Hey, wait a minute! It is!

Human Rates Abuses...

The Team Canada trade mission to China, led by Prime Minister Jean Chretien, is off to a good start. In exchange for a room for one night at the Island Shangri-La hotel in Hong Kong, delegates are trading over $500 in Canadian currency. Too bad they can't bring the room back with them. Sleep well!



This week's friendly Seaway face is assistant head cashier at A&P Super Fresh on Second Street. Tami Kroon has been with A&P for 14 years. She is the mother of two children, a son (age 11) and a daughter (age 8). She is currently planning to go back to school for her Masters at the end of January.

"I spent my first two years at the store on Brookdale Avenue," she added. "I really enjoy working for A&P."

Story and photo by Chris McPhee

Alzheimer Society Of Cornwall & District

Sick of digging out from all the snow that Old Mother Nature has dumped on us? The Alzheimer Society of Cornwall and District has the perfect way to help you beat the Winter Blahs, by helping you to dream of Spring. And what comes with Spring? Why, lobster season of course!

In an exciting new promotion with Delaney's Fine Fish and Seafood, the Society is selling raffle tickets, giving you the chance to win a Backyard Lobster Blast, featuring 100 pounds of fresh lobster, cooked right in your backyard, and even featuring live East Coast Maritime music, thanks to local singer Barry Williams. The feast will include all the bibs, lobster crackers, fresh butter, and side fixings needed to fill 30 to 40 lucky bellies. The side fixings, as well as a second prize of dinner for four, were supplied by Joey's Only Seafood Restaurant, a long-time supporter of Alzheimer initiatives.

"Gary came to us about a month ago with the generous offer to donate 100 pounds of fresh lobster, which translates into 120-130 succulent lobsters, valued at over $1,000, to sell through raffle tickets at his store," recalled Society Education Coordinator Craig Smith. "We asked Gary if we could take the prize to the next level, and hype it up as a 'You bring the friends and the backyard – We bring the feast' kind of grand prize. He enthusiastically said 'YES!'" Now the word is starting to get out, and everyone seems to be really excited about the idea.

"I think anyone would be thrilled to win this grand prize," offered Delaney. "And we're going to have some fun promoting the raffle over the next few months." The draw date is set for April 30th, 2001, and the winner can hold their party on any of the Sundays in May, except Mother's Day. "The long weekend of Victoria Day would be perfect for the party," stated Smith. Tickets are just $2 each, or three for $5, and are available at Delaney's, located at 812 Pitt St.; Joey's Only, located at 714 - 14th St. West; and at the Alzheimer Society office at 55 Water Street West.

"We've got some great volunteers, as well," Smith offered, "and they have volunteered to get out into the local malls and community to sell for us." If you would like to help by bringing tickets into your workplace, feel free to call the Alzheimer Society at 932-4914.

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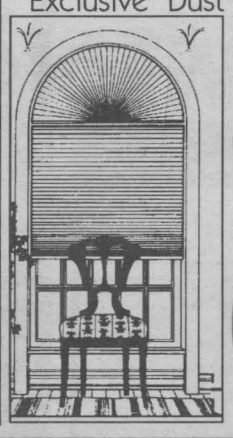

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Equities Are For The Long Run



The Bottom Line

Tim **MING**

Financial Advisor

Many of us are aware that we should invest our longer-term money into ownership of businesses (i.e. equities) rather than lend it to the Bank (GIC's) or to the Government (Bonds). But why are some of us uncomfortable with that notion? Well a recent book full of statistical data written by an unbiased credible source should help investors to better understand.

Most investors with a long time frame should use stocks as their primary investment class, states Prof. Jeremy Siegel of the Wharton School of Business. Prof. Siegel, the author of Stocks for the Long Run, rated by Fortune magazine as one of the top ten investment books of all time, makes a compelling case:

1) When you look at U.S. equities going back to 1802, they have shown an annual after-inflation return of 7 per cent annually. As a result, one dollar invested in 1802 would have purchasing power today of $671,000. In that same period, government bonds have had an annual after-inflation return of 3.5 per cent, exactly half that of equities. As a result, that same dollar would have purchasing power of $932, less than two per cent of what the stock return would have provided over that time period.

The return from T-Bills was even lower, at $284. And an investment in gold during that time frame would have actually lost money after inflation.

2) While equities have traditionally been recognized as providing superior returns, this has been seen to come at the expense of substantially higher volatility. But volatility or risk cannot be measured or discussed without looking at time frame. For holding periods of one to five years, the volatility of equities is in fact substantially greater than bonds or T-Bills, both positively and negatively. The one-year volatility for equities is actually twice that of other asset classes.

When holding periods go on for 10 years or longer, however, the volatility of equities is no greater than that of bonds. In fact, it is substantially lower than bonds when holding periods are looked at beyond 20 years.

3) In one of his recent speeches, Prof. Siegel states that one of the unique characteristics of equities has been the consistency of their return. Not only have they substantially outperformed alternative asset classes but no other asset class has delivered their returns with the same consistency.

4) Prof. Siegel also addresses concerns about the valuation of today's U.S. equity market, focusing on today's price-earnings multiple (PE) of 30, more than twice the historical average of 14 times PE, and the highest on record. In particular, he compared today's market to that of 1964 which had similar characteristics of low inflation, low interest rates, a long economic expansion and an extended bull market.

The Bottom Line

With the media frenzy around day-to-day market performance, it is easy for investors to get distracted by short-term developments. For people with a truly long-term time frame of 10 years or more, equities appear to be the unequivocal winner as the foundation for their long-term portfolio. Even in today's times, facts should still prevail over emotion. This is best summed up with the conclusion of Prof. Siegel's book which reads as follows, "The stock market is exciting. Its daily movements dominate the financial press and record the flows of billions of dollars of investment capital. But the stock market is far more than the quintessential symbol of capitalism or the organization through which investors can stake a claim on the economy's future. It is the driving force behind the allocation of the world's capital and the fundamental engine of economic growth and technological change. As the proliferation of stock markets around the world attests, stocks hold the key to enriching the lives of all peoples everywhere."

Exciting Day At Lincien College

It was truly an exciting day at Lincien College as they officially opened their new campus at 835 Campbell Street. The facility quadruples the College's floor space to 35,000 sq. ft.

The official opening coincided with a special announcement on the training partnership recently completed between Expertech Network Installation Inc. and Lincien College. The partnership will allow both parties to expand operations and address the current shortage of skilled individuals in the field.

Lincien College is firmly entrenched in the Canadian marketplace, having recruited students and corporate clients from across the country. In the coming months, International recruiting efforts will begin, as there is a need for qualified employees globally.

Lucien Lalonde, CEO of Lincien College states, "The telecommunications industry has experienced phenomenal growth and as a result, there is a tremendous need for qualified graduates," adding, "the demand for our graduates extends beyond the borders of Canada, virtually guaranteeing our students a position upon graduation.

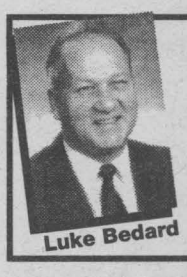
On hand during the ceremonies was Mr. Jon Babulic, President and CEO of Expertech. Mr. Babulic noted the high standards implemented at Lincien College as a main factor in its decision to partner with Lincien College, stating "Our relationship with the College started three years ago, and from the beginning, their attention to detail and quality has remained a top priority, making this partnership a win-win situation for Expertech and Lincien College."

Linda Lalonde, President of Lincien College noted that their success is in no small part due to their quality of instructors and administrative staff. "Along with a top notch staff, we have been able to keep on top of market demands and trends, allowing our students to gain certificates in marketable skills and have employers literally waiting to hire them upon graduation."



Exciting day at Lincien College. Pictured during opening ceremonies at Lincien College's new campus (l-r) are: Elaine Smith, Executive Assistant; Lucien Lalonde, CEO, Lincien College; Mayor Brian Sylvester; Jon Babulic, President and CEO, Expertech Networks Installation Inc.; Linda Lalonde, President, Lincien College and Robin Waller, Instructor, Lincien College.

Staff photo: R. Cameron



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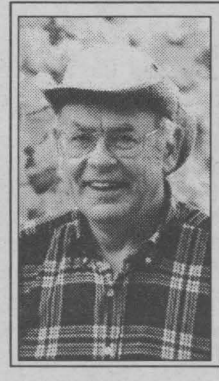
Here's Absolutely Undeniable Proof Of The Process Of Evolution



Dances With Words

Nick **WOLOCHATIUK**

After reading this week's column, it will be absolutely impossible for you to not believe in the undeniable truth of the process of evolution. No, I'm not going to discuss the supposed evolutionary process of man (or woman), nor of any species of bird, fish, mammal or dog. This week's "Dances With Words" will deal with the many evolutionary stages of the second best thing since sliced bread - the pickup truck.

Some years after the last Ice Age, some fan of "Tool Time" must have taken out his hacksaw, cut off the rear end of the family sedan, then attached a wooden crate on top of the then exposed part of the chassis.

"Voila!" he (or she) must have exclaimed. "Now we can take the load of horse manure to the Friday farmers' market (for the Sabbath in those pre-Christian days would have been on a Saturday) without it smelling up our potatoes and cut flowers." That was the beginning of the evolutionary process that eventually resulted in the most practical, affordable, utilitarian vehicle ever known to man (or woman).

Unknown to most, that momentous day, formerly known as "Pickup Day," was commemorated on February 30th of each year. Unfortunately, with the revision of the Julian and Gregorian calendars, that significant date was lost, but remnants of it still remain, under the name of the patron saint of pickups, Sadie Hawkins.

Even the word itself, 'pickup,' went through an evolutionary process. It started as a 'pick up' truck, then became a 'pick-up' truck, and now it is just a 'pickup.'

Once upon a time, long long ago, the earliest of pickups probably had but place for the driver, with a bucket for him to sit upon. It was strictly a work vehicle. Starting with the late Medieval Period, as the Protestant Work Ethic took hold, the Saturday farmers' markets increased in magnitude and scope. Commerce flourished. That necessitated the pickup's box becoming larger.

Eventually, a helper would have been needed to help with loading and unloading of the increasingly large amounts of manure being brought to market. A second seat, another bucket, was added, but the design geniuses in the automotive factories realized that sitting on one bench would be better than sitting on two buckets. Thus the two buckets became a bench seat, providing enough room for a second helper.

Sawmills started producing 50.8 by 101.6's by 2438.4's (known as 'two by fours by eights' - before we became metricated). Technological advances in the construction industry created sheets of plywood and Gyproc, which most often come in the 1219.2 by 2438.4 size (known as 'four by eight' sheets - before we became metricated).

Thus the basic test of the pickup box's size is its ability to carry sheets of plywood, Gyproc (called 'sheetrock' on the other side of the St. Lawrence) and 2438.4 mm long lengths of studs (the house-building kind of studs - not the other kind).

The hard-working pickup truck crews began spending more and more time on the road, so they needed a secure place for their lunches: peanut butter sandwiches and boxes of Timothy Hurtin' doughnuts (that was in the Olde Days, before there were the present-day nine Timothy Hurtin' donut outlets in Cornwall). There was also a perceived need for a place for TLWD to sit in the pickup.

Thus came the 'extended cab,' also known as the 'cab plus.' The Chrysler Corporation and the people of Crysler, call it the 'Club Cab.'

Then came The Cold War of the late 1940's. The Strategic Air Command of the USAF issued a requirement for a vehicle that could carry the fully-suited flight crews (and their boxes of road maps of the USSR) from the pool halls and Dunking Doughnut Shoppes to the flight lines, where their nuclear bomb equipped Boeing B-47 Stratojets were at the ready. Thus the full four door, two rows of bench seats pickups were born. They were appropriately called 'crew cabs.' Henry's company calls it their 'Super Crew' model. Chrysler uses the term 'Quad Cab.' General Motors refers to it as the "Fourth Door" model. In Cornwall, there's a construction company that operates a white six-door super-duper crew cab pickup.

The Teutonic peoples were not to be outdone. The VolksWagen Werke of Germany produced their own version of a pickup called the 'Transporter.' Its box featured fold-down side panels to facilitate loading and unloading. It had a full crew cab. Unfortunately, its puny 1,200 cc air-cooled engine didn't produce enough heat to allow any of its occupants to avoid the same fate as the dinosaurs during the Ice Age, so exports to Canada stopped soon after the first winter.

In 1934, the Dionne Corp. of Quintland, Ontario (founded by sisters Annette, Cecile, Emilie, Marie and Yvonne) were considering marketing an even larger cab pickup called the 'Quintup Cab,' but other career demands shelved that project.

Another ingenious evolutionary development of the basic pickup is the dump box that can be installed in the bed of some larger pick-ups, such as the one that can be seen at the 138 Gardening Centre at Cornwall Centre Road.

I've seen the American social phenomenon called 'tailgate parties' flourish in parking lots of football and baseball stadiums. I've seen those same tailgates transformed into work benches by having vises and miter boxes affixed to them. Such versatility!

I've thus traced but a small part of the wondrous evolution of the pickup truck. What started as a bucket and a box for picking up has evolved into the pickup. In later episodes of "Dances With Words," I hope to add even more facts and tales about this marvelously evolved piece of transportation technology.

By now, you must believe in the process of evolution!

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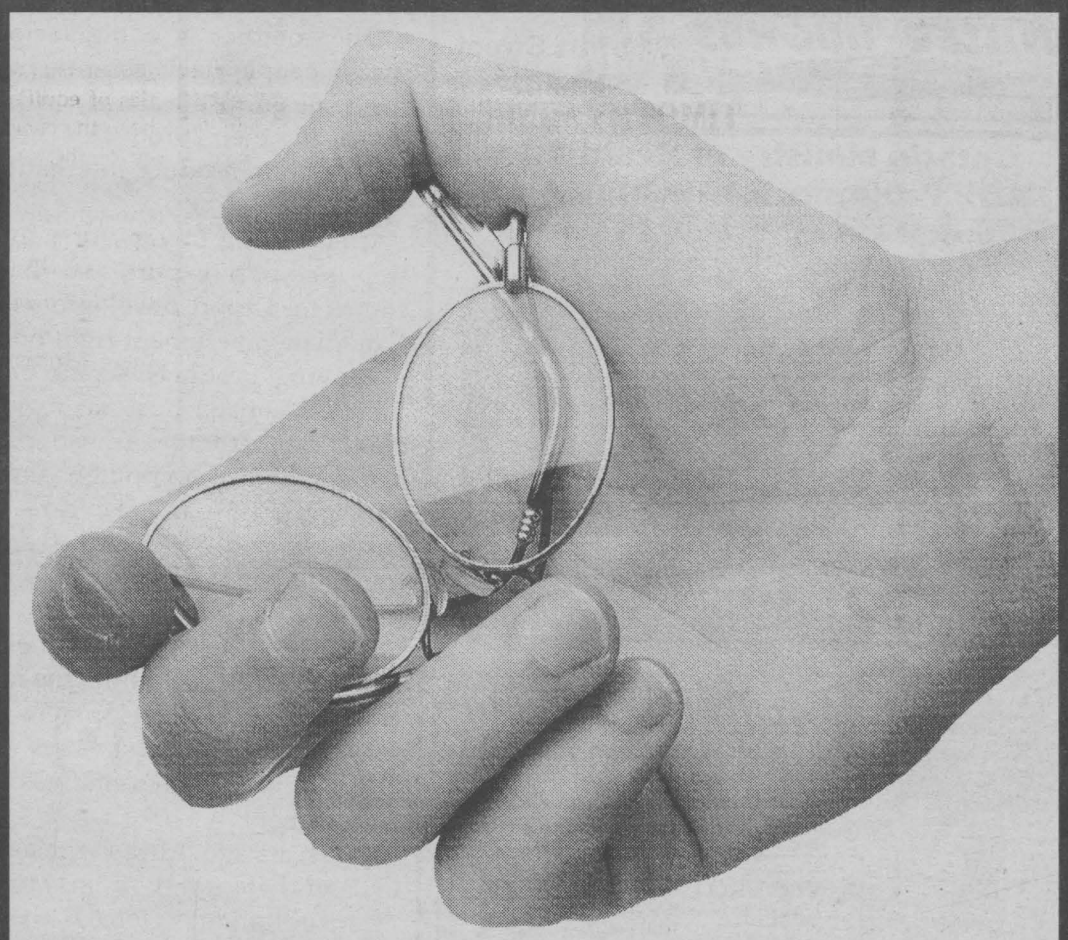

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Women IN BUSINESS

A Monthly Review of Entrepreneurial Women in Cornwall and Area

Nahsila Freight Services

You produce, manufacture, bale, stack, etc....now what? You sell it to someone. The question is, how and by whom?

"There are a lot of products, i.e. agricultural equipment, plastics, finished products, textiles, machinery, that you could market," says Alice Ferguson, owner of Nahsila Freight Services and Alishan Transportation Inc. of Cornwall. She says instead of using your valued time trying to make arrangements to import/export your freight, she'll help you do it and free up your time which you can spend on marketing your product.



"The Internet is a big factor," says Ferguson. "Most people have computers and if they don't, they can go to the library. All they have to do is search for their 'product.' The market that comes up for your product internationally is phenomenal."

After finding buyers for your product, the next step is import/export, and that's where Ferguson comes in. Export development "is very big in the Canadian government right now," she says.

"Moving products across international borders involves Canada Customs regulations, i.e. point of entry/exit, storage, transportation, warehousing and method of shipping," she says. "Well, that's my specialty - to take care of that for them," Ferguson said. "I will take care of the transportation for them...and facilitate all ways of exporting/importing their products."

"If anyone wants to have their products, whatever they may be, penetrate the international market, well, the export development people are wonderful to connect with," she says. "I am working hand in hand with representatives from the Canadian Government."

Five years ago, Alice Ferguson moved her company and her family from Montreal to Cornwall. "Transportation is global," says Alice, "but the new technology means that I don't have to live in a major urban centre to do business. Cornwall is ideal. It's not only close to Dorval airport and the seaport of Montreal, it's also a family-friendly community that I feel good about raising my daughter in."

Last year, Alishan/Nahsila Freight Services Inc. received the Cornwall Chamber of Commerce Business Excellence Award as Small Business of the Year 1999.

Alice has involved herself in many activities and agencies, including Cornwall Chamber of Commerce, the Rotary Club of Cornwall, Cornwall Heart and Stroke, and the Parish Council of Trinity Anglican Church. She is co-founder and past Secretary of the Women Entrepreneurs of Cornwall and Area, Corporate Sponsor for the Cornwall Bantam 'A' Typhoons Girls Hockey and currently sits as Co-Chair of the Cornwall General Hospital Foundation.

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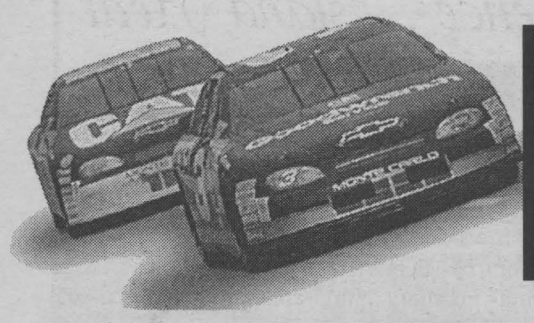

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Jarrett, Rudd Back At Daytona For More Glory

DAYTONA BEACH, Florida, (February 5th, 2001) – Robert Yates Racing dominated Speedweeks 2000 at Daytona International Speedway.

The two entries from the Robert Yates Racing stable, the No. 88 Ford of Dale Jarrett and the No. 28 Ford of Ricky Rudd, took almost every significant piece of hardware away from the "World Center of Racing."

Not only did Jarrett collect his third Harley J. Earl trophy for winning the Daytona 500, he also captured the Bud Pole award, the qualifying race of the Budweiser Shootout and the main event of the Budweiser Shootout. His only shortcoming was his Gatorade 125-mile qualifying race, where he finished second to Bill Elliott.

Rudd wasn't left out of the Robert Yates Racing victory party. He completed the Yates front row sweep for the Daytona 500 by capturing the outside qualifying position and followed his qualifying run with a victory in one of the Gatorade 125-mile qualifying race.

Jarrett will have a hard time improving his performance during Speedweeks 2001 and the February 18th Daytona 500.

"We're obviously not going to be in the Budweiser Shootout qualifier, so that's one less victory," Jarrett said. "I guess we'll have to make that up. We finished second in our 125-mile qualifying race. Maybe we can win that. That's the only thing. That was really a perfect day too, other than we just didn't get into Victory Lane. We finished second to Bill Elliott."

Jarrett's 500 win wasn't easy. He got involved in a minor incident during "Happy Hour" (the last practice session before the 500) with Dale Earnhardt, Bill Elliott, Tony Stewart and Jeff Gordon. His crew, including three body specialists flown in Saturday night, replaced the nose, front bumper, the left-front fender and the rear bumper in addition to tweaking the engine.

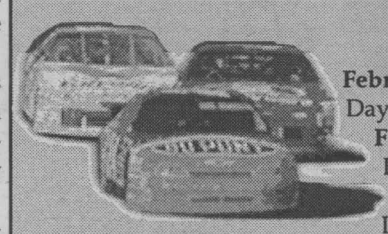
"That's the proudest moment I've ever had as a crew chief," said crew chief Todd Parrott. "The results, the reward we got that day. A lot of work and effort went into making that car look good when we rolled it out on the line for the 500."

The pride showed for Parrott and his crew when they began an impromptu ceremony with crew members autographing the hood of the car in Victory Lane.

"This team always likes to do something a little different," Jarrett said. "It was a very proud day. I was very proud of all of our guys and especially Todd Parrott for his leadership in making all this happen."

Parrott made sure that every team member signed the car. If it had not been signed in Victory Lane it was signed in the garage later as the car was prepped for the short trip to the Gatorade Victory Lane exhibit at DAYTONA USA, where the car has been on display all year long. The winning No. 88 will be returned to the team on the morning of the Daytona 500.

"When we get that car back in 2001 that hood or that car will go in a museum somewhere," Parrott said. "It was something different. Something to add a little spice to the sport and to DAYTONA USA, and it gives all the guys who work so hard some sort of reward. Their names were on display the whole year."



SCHEDULE

February 11th - Bud Shootout
Daytona Int. Speedway - FOX Sports Network
February 15th - Gatorade 125s
Daytona Int. Speedway FOX Sports Network
February 18th - Daytona 500
Daytona Int. Speedway FOX Sports Network

Heritage Week

Cornwall LACAC (Cornwall Architectural Conservation Advisory Committee) will launch Heritage Week (February 19th to 24th, 2001) in a big way this year with a giant Heritage Fair all day Saturday, February 17th at Cornwall Square, and the dedication of the first of a new series of heritage plaques to the Cornwall Public Library at 1 p.m. on Sunday, February 18th. Local and area dignitaries have been invited and the public is also urged to attend.

The plaque provides a brief summary of the unique architectural style of the building which was why the City designated the Library under the terms of the Ontario Heritage Act. LACAC Chairman Dennis Carter-Edwards observed, "It is important that the library be the first building to be recognized with this new plaque since it is a fine example of protecting the community's historic properties by finding new uses for them. It was also a joint effort between the city and the senior levels of government. Everyone benefits from having a first class library facility in a gracious historic building."

Similar plaques are expected to be presented over the next few years to recognize local buildings that have been designated for their heritage value. Cornwall LACAC, being the official city advisory committee for such matters, got approval from city council to present the plaque. A number of other city buildings are expected to be honoured in a similar fashion over the next few years.

The heritage fair at Cornwall Square on the Saturday will include more than 20 Cornwall and area groups. Included on the list are Cornwall and Area Seaway Valley Tourism; Cornwall LACAC; Cornwall Township Heritage; Glengarry Heritage; Cornwall's newest radio station, The Jewel; The Sanctuary (Formerly Kytes); SFOHG Regionale St-Laurent; Cornwall Electric; the St. Lawrence Branch of the United Empire Loyalists; Lost Villages; Railways of SD&G; the SD&G Genealogical Society; The Glengarry Historical Society; the Save The Train Group; The Martintown Mill Group; the McIntosh Heritage Group; the individual heritage properties of Ransom Ledoux and Robert Kitchener and the Williamsburg Historical Society. Others are expected to confirm their attendance later.

The SD&G Historical Society sponsored the fair up until last year when it was taken over by Cornwall LACAC. The fair site was moved this year from Brookdale Mall to Cornwall Square and is expected to be larger than ever.

It begins at 9:30 a.m. Saturday morning and runs until 4 p.m. It is expected to cover most of the main floor of the Square.

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Perry Dunlop Awarded

Perry Dunlop, former Constable of the Cornwall Police Service in Cornwall was awarded the Ethical Courage Award on October 13th, 2000 at the Center for Law Enforcement Ethics' 9th Annual Ethics Conference which was held in Plano, Texas. The conference brought together an internationally prominent group of authorities in the area of criminal justice ethics.

Over the course of a law enforcement career which began in 1983, Constable Perry Dunlop worked in patrol, criminal investigations and the drug unit for the Cornwall, Ontario Police Service and was twice selected Cornwall Police Officer of the Year (1987 and 1991).

In 1994, Perry was charged with illegally revealing police information to a source outside his agency. Specifically, after learning of a case of child sexual abuse in which the abuser was permitted to pay the victim in lieu of criminal charges, Dunlop reported it to the Children's Aid Society. He was cleared of wrongdoing, and a special task force was formed to probe allegations of widespread child sexual abuse. Because of his outspoken stand against official silence and inertia, Perry and his family were harassed and ostracized both in the community and within his police agency. He resigned from the Cornwall Police Service in July, 2000.

On October 13th, 2000, Perry Dunlop received an Ethical Courage Award in recognition of his enduring demonstration of character and integrity.

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Sylvester Appointed to AMO

Mayor Brian Sylvester, City of Cornwall, has joined the Board of Directors of the Association of Municipalities of Ontario (AMO). As a member of the Board, Brian will help set policy for the Association and serve as a key municipal leader in the province.



Mayor Brian Sylvester

"I am pleased to have such a dedicated and competent individual as part of the 2000-2001 Board team," said Ann Mulvale, President of AMO. "We need individuals like Brian to help shape the municipal sector's policies."

"I am delighted with this opportunity," said Mayor Sylvester. "AMO's mandate is to support and enhance strong and effective municipal government in Ontario. There are many challenges facing municipal government, and I look forward to being a member of this team. Bringing forth the concerns we have in this City will help us find solutions for all of Ontario."

As part of Mayor Sylvester's duties as Board member, he will serve on the Large Urban Caucus Committee.

The Association of Municipalities of Ontario (AMO) of which the City of Cornwall is a member, is a non-profit organization with member municipalities representing 98 per cent of Ontario's population.

It's Heart Month

CORNWALL: Volunteers across Ontario are getting together to "Paint the Town Red" during February, Heart Month. Businesses, schools and members of the community will participate in a range of activities to raise funds for life-saving research into heart disease and stroke.

The goal for Heart Month 2001 is $5.4 million from all activities combined. The money raised will help support the 270 world-class research teams in hospitals and universities across the province.

Heart Month 2001 includes:

• Paint the Town Red (January 15th to February 14th) - a high-profile community-based program that encourages restaurant and business-owners to sell red paper hearts and hang them up for a spectacular display of bright red hearts. Paper hearts are available for a $2 donation.

• Person to Person (February 1st to February 28th) - a community-based program in which thousands of dedicated volunteers go door-to-door to request donations and distribute important health promotion information.

The Heart and Stroke Foundation of Ontario is a community-based volunteer organization whose mission is to reduce the risk of premature death and disability from heart disease and stroke by raising funds for research and health promotion.

Mohawk Bingo Palace Winners

The Mohawk Bingo Palace recently announced the winner in their On-Line Bingo Game Room. One lucky winner from Massena, New York won $18,240.95 on their popular Rocket Bingo.

So far this year, the Mohawk Bingo Palace has had a $2,572.14 on their newest member to their On-Line Game Room, Flash 21 on January 5th, 2001, and again on January 17th, 2001 they had a winner of $16,454.80 on their most popular Mega Mania.

These three winners will add to the start of another great year at the Mohawk Bingo Palace.

Hydro One To The Rescue

Tuesday, December 12th, 2000 saw almost 160 Hydro One lines staff and mechanics in 60 trucks make their way to areas near Buffalo, New York and Erie, Pennsylvania to assist in power restoration following severe storms that knocked out electricity supply to hundreds of thousands of people.

Hydro One staff received requests for assistance that afternoon from Niagara Mohawk and General Public Utilities, and quickly mobilized staff from across the province. Convoys of trucks started crossing the border at Fort Erie and Gananoque about 6:30 p.m.

All costs of the restoration efforts were paid by the host utilities requesting the assistance.

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City of Cornwall

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St. Columban's East
50-50 French Immersion
344 Adolphus Street
932-0611
Principal: René Carrière

Immaculate Conception
50-50 French Immersion
600 McConnell Avenue
932-3455
Principal: Helene Periard

St. Columban's West
50-50 French Immersion
323 Augustus Street
933-3113
Principal: Natalie Cameron

Sacred Heart
Core French Program
1424 Aubin Avenue
933-3337
Principal: Joe Meehan

St. Paul's
50-50 French Immersion
721 Eleventh St. East
938-1368
Principal: Beverley Bellefeuille

St. Anne's
50-50 French Immersion
607 Surgenor Street
933-4615
Principal: Deborah Zabloski

St. Peter's
Core French Program
1811 Second Street East
933-1007
Principal: Hubert McDonell

Glengarry County

The Alexander
Core French Program
46 St. Paul Street
Alexandria
525-2842
Principal: Carole Legros

Iona Academy
50-50 French Immersion
R.R. No. 2
Williamstown
347-3518
Principal: Charlotte Rouleau

St. Joseph's
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525-4274
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Stormont County

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Amazing Grace

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Pastor New Life Covenant Church

"The eyes of the Lord are upon the righteous and His ears are open unto their cry." Psalm 34:15.

Prayer is a subject that one never fully learns. The great spiritual giants of all ages have been people of prayer, yet learning more about prayer all the time. However, you can read about prayer and not really learn much because it's only in putting prayer into practice that makes it real.

When I was a boy, I was puzzled about the fact that so many prayers could be given to God at one time. I thought, there must be thousands upon thousands around the world...yes, millions of prayers in any given moment ascending to Heaven in hundreds of languages and dialects. How could God possibly hear each one and yet keep the babble of voices separate? And how could He answer those prayers when one person might ask for rain and another for sunshine...both on the same day?

Now that I've grown older, the problem no longer troubles me, even though I still can't explain how God does it. He is omniscient and omnipotent, and His wisdom and power are beyond comprehension. Therefore, I find no difficulty in believing that He can hear and answer millions of prayers at one time. We don't have to take turns coming to Him, nor must we wait for just the right opportunity. At any time and in any place we can lift our voices to the Lord with full assurance that He will hear us. And He does more than merely receive our requests...He comprehends; He understands; He perceives exactly what His children ask for in faith. The Bible tells us in Matthew 6:8, "Therefore do not be like them. For your Father knows the things you have need of before you ask Him."

Has God heard you yet today? He invites us to make our requests known to Him. What a tragedy that so many go through the day without uttering a single prayer to the One who takes pleasure in the petitions of His children! The Bible says in Philippians 4:6&7, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

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

Food For Thought:

1. The harder we try to become something we're not, the more discouraged we become!
2. Our neighbour is the next needy person God brings across our path to love!
3. There are plenty of unique opportunities all around us to love and help people if we simply notice them!

The Magic Words: "Gee! On By! Hike, Hike, Hike!"

Up until December 12th, there wasn't enough snow around here to run a sled, whether it's being pulled by eight or nine tiny reindeer – or four enthusiastic dogs. That didn't stop Williamstown's Rose-Marie Chretien from taking a ride behind Jessie, Ti Lune, Chemong and Cutie, her eclectic collection of sled dogs.

Her brother Francis used his farm welding skills to make a wheeled gig for Rose-Marie, so she and her little band can hit the road all year round. "That's how I can keep my dogs in shape and prepare them for the winter sledding season," Rose-Marie explained.

The gig has no steering wheel, no accelerator and a very basic braking system – but it does have an excellent air conditioning system.

She explained some of the commands she uses to harness the enthusiasm of her team. "Some are just like what farmers used for their work horses. 'Gee!' means right, 'Haw!' means left. 'Gee over!' tells them to get over, 'On by!' tells them to not take a turn at the intersection. I use 'Hike, hike, hike!' where most drivers say 'Mush!'"

To get the dogs' engines ready, all it takes is an "Are you ready?" With that, another eight to ten kilometer run begins, on dusty gravel roads behind a gig, or when conditions permit, with a spume of snow behind a more traditional winter sled.

Story & photos by Nick Wolochatiuk



ON THE RUN - Rose-Marie Chretien's gig enabled her four-dog team to be in shape when the December 12th first major snow of winter finally arrived. The gig has turned the dogs into a team for all seasons.



READY TO ROLL! - "On Jessie, on Ti Lune, on Chemong and Cutie!" It's not Santa's tiny reindeer, it's Rose-Marie Chretien's team of four, ready to hear the "Hike! Hike! Hike!" that will send them along Glengarry's Fraser Road.

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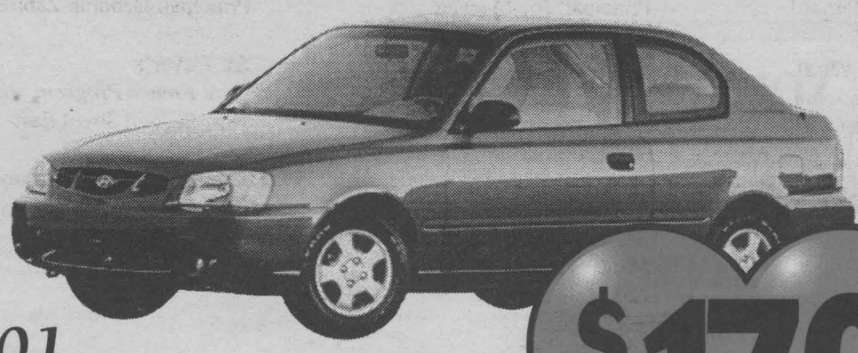

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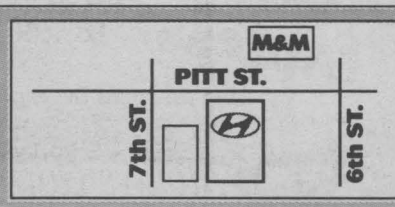
LINDA LAVIGNE


CLAUDE BOURGON



SEAWAY SPORTS



Inside The Cornwall Colts

David **MURPHY**

Last week, we looked at how the Colts stack up against the Robinson Division and the conclusion was that, outside of the Ottawa Junior Senators, the Colts shouldn't have any problems flying through the division. It's time to take a look at how Cornwall's CJHL entry compares with the Yzerman Division.

This is a division that's really changed since the beginning of the year. The early pre-season favourites to take top spot seemed to be the Kanata Valley Lasers. While Archie Mulligan's squad sits a couple of points out of first, they're facing stiff competition from Pembroke and Nepean. If the Lanark Thunder didn't have such a brutal start, they'd be right behind all three teams.

As for the Colts, they have the ability and depth to beat any team in either division in a best of seven series. The Raiders seem to play the Colts the toughest. With a spread out offence (18 players have at least 10 points) and a decent goaltender in Dustin Traylen, the Raiders could be cause for concern for Al Wagar's troops. But they'll have to worry about facing Kanata or Pembroke.

The Lumber Kings have the type of team that could explode for offence in a short playoff series. The talented Michael Radwanski complements a veteran-laden team. Rob Croft, Steven Gilchrist and Dan Venne lead up front with Troy Barnes quarterbacking the offence from the blueline. Pembroke's only problem is suspect goaltending. Tyler Murray has put up solid numbers this season but can be inconsistent while Bryn Davies backs up.

When it comes to the Lasers, they have offence (led by Dimitry Yashin, Marc Boisvert and Jordan Webb), grittiness (former Colts Matt Collins and Travis Albers) and a decent goaltender in Ryan Armitage. The Lasers also won two of three against the Colts in Kanata.

As for the Thunder, Michael McLean has made several trades this year to revamp his hockey club. They've worked! The Thunder are now considered a contender despite their .500 record. They play in a small rink (smaller than the Si Miller), and will get in your face and have the "do what it takes to win" mentality that could lead to an upset or two in the post season.

But when you add up all the stats and throw in the intangibles, the Colts should be able to best any Yzerman Division team they might face along the way to another CJHL Championship. Remember, "Should" doesn't always mean will.

See you at the rink.

Here are your Cornwall Colts' upcoming games:

- Sunday, February 11th vs Kanata, 7:30 p.m.
- Wednesday, February 14th at Ottawa, 7:30 p.m. (pre-game on 101.9 FM at 7:25 p.m.)
- Thursday, February 15th vs Pembroke, 7:30 p.m.
- Saturday, February 17th vs Brockville, 7:30 p.m.

Seaway Valley Minor 'AA' Atom Rapids

The Nesbitt Burns Rapids hosted the Outaouais Intrepide in a battle for fourth place. The Rapids came up on the short end of a 4-3 score. Shane Kitchen, Josh Lapierre, and Sean Rudy each scored in the loss. Josh Loney had a strong game in nets as the Intrepide fired 35 shots towards Loney in the Rapids net.

The Rapids have a busy four days ahead as they play the Gloucester Rangers twice and the Ottawa Valley Titans once.

Club 55+ Action

Club 55+ statistics at Olympia Bowl as of Week number 18 - it's close.

Lynx and Elk tied for first with 34 points. Moose and Cheetah 30, Leopards, Elephants and Jaguars 29, Lions 28, Panthers 27, five clubs, Bison, Raccoons, Rhinos, Camels and Deer 26, Caribou and Rabbits 25, Wolves and Foxes 21, in 19th, Tigers 21, and in 20th spot, the Bobcats with 19.

Highs rolled: Don Slimser 224-218, Bea Duquette 223, Lawrence Markell 220, Simone Kearns 219, Tom Fagan, Maurice Desrosiers and Ray Byers 212, Cliff Duquette 210, Betty Dunn 209, Gladys Roy 206, Tony Wheeler and Fred Kennedy 202 each, John Peters 201 and Ron Branchaud 200.

South Stormont Novice C Selects

With playoffs just around the corner, the South Stormont Novice C Selects are turning up the heat with a pair of wins. The Selects pulled out a convincing 9-4 win against the North Dundas Demons. Drew Smith was solid in goal, stopping 12 of the 16 shots on net. Ryan Winkenweder had three goals while Troy Gove had two and Dylan Fleury, Devin Coughlin, Cole Tate, and Kyle Maloney each contributed a goal.

Their next win was not as easy. At home against the North Dundas Demons, the Selects won 5-3. Drew Smith was a standout in goal, holding the Selects in the game. Goals came from Cole Tate, Brandon Brisbois, Devin Coughlin, Ty Kinstler and Ryan Winkenweder.

SEAWAY Scoreboard

Bridge Results

Cornwall & District Bridge Club, Jan. 29th, 2001 (Overall)
1. Voytek Pomykalski - Richard Fawthrop
2. Steven Lassner - Brian McCartney
3. Margaret Campbell - Myrna Carpenter

Feb. 1st, 2001 (Overall)
1. Voytek Pomykalski - Kirkwood Mallette
2. Margaret Campbell - Maureen Walker
3. Carol Reus - Barbara Taylor

Independent Bridge Club, Jan. 31st, 2001

N/S
1. Adelaide Hunter - George Bissonnette
2. Dora Barrington - Gaby Bouchard
3. Lorraine Gauthier - Evelyn Warren

E/W
1. Lyette Ladouceur - Bert Chaussé
2. (tie) Ben Bouvier - Louis Rioux
2. (tie) Gail Dugas - Claudette Ladouceur

Williamstown Bridge Club, Jan. 31st, 2001
1. Hanz Schultz - Homer Grant
2. Elizabeth Marjerrison - Jim Campbell
3. Jean Campbell - Jean Murray

Kinsmen Centre Social Duplicate Bridge Club, Feb. 1st, 2001

N/S
1. Marilyn Dorman - Bev Sherwood
2. Nicole Smith - Reid Campbell

E/W
1. Tom Swift - Alan Mills
2. Marilyn Barry - Marie Savoie

Cornwall Seniors Duplicate Bridge Club, Feb. 2nd, 2001

Section A

N/S
1. Barbara Taylor - Carol Reus
2. Joyce Harrison - Keith Walker
3. Mabel Chan - Terry Forsyth

E/W
1. Jody Campbell - Lydia Legault
2. Maureen Walker - Margaret Campbell
3. Janice Keen - Roy Parmalee

Section B

N/S
1. Helen Alguire - Rita Watzenboeck
2. (tie) Dora Barrington - Bert Chaussé
2. (tie) Rita O'Brien - Gerry Johnston

E/W
1. Claudette Ladouceur - Gail Dugas
2. Marie Godard - Gloria Blanchard
3. Kay Barlow - Carl Riley

Terri's Duplicate Bridge Club, Feb. 5th, 2001

N/S
1. Janice Keen - Lucille Sabourin
2. Marian Lemieux - Rita O'Brien
3. (tie) Joyce Harrison - Ben Bouvier
3. (tie) Jeannine Leroux - Grace Leroux

E/W
1. Bert Chaussé - Fern Blain
2. Lorette Brosseau - Eileen Beaudette
3. Terri Lalonde - Gerry Johnston

Alexandria Bridge Club, Feb. 6th, 2001

N/S
1. Elizabeth Marjerrison - Jim Campbell
2. Bob Lemieux - Don Crawford
3. Joan & Gilles Laporte

E/W
1. Norah Ruth - Rhea Collette
2. Kay McCormick - Dot Burnett
3. Madeleine Laporte - Gracia Seguin

United Counties Ladies Basketball

Feb. 1st, 2001 - St. Lawrence High School

Game #1			
Rat's Nest	**54**	**Grower Direct**	**41**
Top Scorers:			
Susan Shannon	19	Theresa Gibson	12
Genevieve Tibi	11	Shiela Cecerue	10
Shannon Mangillo	8	Sam Schuler	8
Game 2			
Star Gazers	**38**	**Cornwall Gravel Pits**	**32**
Karen Francis	18	Catherine Gagnon	8
Geraldine Jacobs	9	Carole Blais	6
Arlene Thompson	4	Michelle Sabourin	6
Game 3			
Laframboise	**38**	**Rayco Sports**	**25**
Vicki Lalonde	20	Frances Spagnolo	12
Helen MacIsaac	7	Angela Martell	7
Kerry Martell	5		

Cornwall Seniors Shuffleboard Club 2000

"Floor" 3520 Hwy. 138 Eamer's Corners End Of Season Playoff Winners

"A" Team:
Jean Dougan - Rodolphe Mainville
Candide & Lucie Quenneville

"B" Team:
Bernice Ouellette - Alain Soulillon

New Season - Winners, Jan. 30th, 2001

Barb & Denis Ducharme
Candide & Lucie Quenneville
Jean Dougan - Rodolphe Mainville
Gertrude Hunter - Omea Sutherland
Dorothy & Alvin Gallinger

Winners, Feb. 6th, 2001

Candide & Lucie Quenneville
Jean Dougan - Rudy Mainville
Denis & Barb Ducharme
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Alvin & Dorothy Gallinger

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Thurs. Feb. 15th
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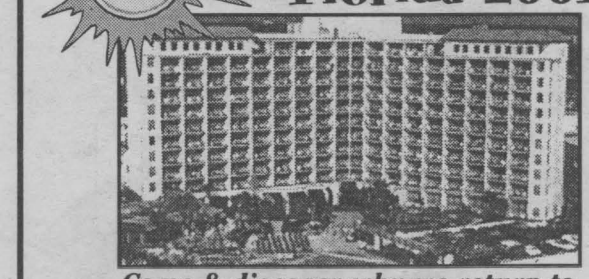

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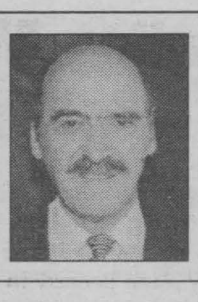
SEAWAY SPORTS



Sports Chips

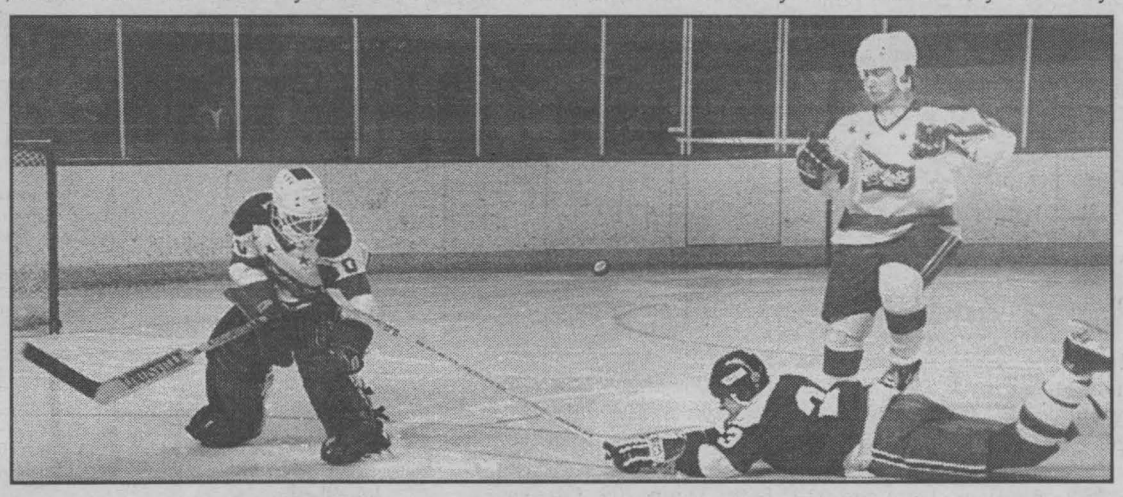
Bill **Gallant**

With the sport of Lacrosse making a big comeback in places like Toronto and Ottawa, it seemed appropriate that we re-visit one of Cornwall's popular and successful Junior Lacrosse teams of a few years ago.

The Paquette Glass sponsored team played some exciting Lacrosse in the Si Miller Arena, then known as the WSA, and we are happy to include as this week's photo that team of familiar faces. Starting with the back row (left to right): Shawn Burgess, Blake Denneny, Miles Amelotte, Dek Denneny, Marty O'Shaunesey, Alex Herrington, Mike Lloyd, Ron Charlebois, Mark McDonald and Jules Desrosiers. Next row starts with trainer, Rick Shaver, Paul Forbes, Geoff Guildbeault, Claude Giguere, Willy Sinfield, Simon Cretien, Mark Clement, and Abbey Burgess, trainer. Goalie, Rene Desrosiers, J.C. Blanchard, Rolly Paquette, Jack McLennan (coach), Sonny Herrington, Roger Paquette, Butch St. John, Wayde Lloyd (goalie). Three of the four stick boys in the front are: second from left, Gerry Herrington, Dave McDonald and Mike Clouthier. Unfortunately, we couldn't identify the youngster at the left in the front row, the second from the right in the top row and the player fourth from the right in the next row.

Our second photo is also appropriate as the Dave Ezard Memorial Walk is almost upon us again. There will be a kick-off breakfast on Thursday, February 15th at Jazz Magnolias Restaurant between 7:30 a.m. and 9:30 a.m. There will also be a silent auction for some hockey memorabilia items, and the Walk is a Canadian Liver Foundation fundraiser. The actual walk will take place on March 15th at the Civic Complex. Dave was a personal friend during those exciting years he played the blueline with the Cornwall Royals. He is one of Cornwall's finest hockey heroes and is sadly missed by everyone who knew him. We urge you to join the kick-off breakfast and be ready to march in March in memory of Dave and in support of the Cornwall and District Chapter of the Canadian Liver Foundation.





Viau Mechanical Atom "B" Selects

The Selects had a big week finishing the season, getting two ties and a win.

On Wednesday, January 31st against Potsdam, a 1-1 tie with lots of action up and down the ice and some great goaltending by both teams. Travis Coughlin was in nets for the Selects keeping his team in for the tie. The lone goal was from DJ Cutler, assisted by Corey Jodoin and Daniel Bissonnette.

On Friday, February 2nd they were in CharLan for a 3-3 draw with teams playing hard near the end of the season for a playoff spot. Scoring for the Selects was a beautiful slap shot by Lucas Cryderman with the helper going to Corey Fleury. A good effort by Mike Wheeler for a nice goal assisted by Billy Lalonde. Nicholas Lefebvre scored the third goal with Daniel Viau and Cryderman for a good passing play. Colin McKay played well in nets for the Selects.

Then on Tuesday, February 6th, our last season game, a must-win situation to gain a spot in the year end playoff, the Selects were in Cornwall for an always exciting game to play and watch. The Selects ended with a 2-1 win but it could have been a higher score if not for the many nice saves by both goaltenders and Coughlin for staying hot through the tough time when Cornwall applied the pressure to tie the game. Getting the goals were Lalonde with good stick handling and Lefebvre. Picking up the assist were Lefebvre, Scott Simpson and Jodoin. Nice teamwork and "good luck" in the playoff ending with 28 points and a 12-8-4 record.

This is a good time to have all the players of every team say 'Thank You' to all your coaching staff for being there all year, on their own time, not getting paid, and helping you enjoy the love of the game and learning new skills.

Dave's Reliable Signs Novice "B" Royals

The Dave's Reliable Signs Novice "B" Royals played in a three-team tourney in Lakeshore on Saturday and finished in first place. Goals and assists were recorded by Tyler Barnhart (2-1) (SD&G Concrete), Colin Poirier (Roy's Studio) and Mathieu Rochon (1-1) (Midway Motors). Dominick Coyle (Dave's Reliable Signs), Tyler Legue (D'Alessio Exporting) and Patrick Lemire (WEBtech) recorded singles for Cornwall. Assists were notched by defensemen Tyler Prieur, two (CIBC), and Taylor Filion, one (Praxair).

On Sunday, the Royals played a league game in Alexandria and won 3-1. Legue, Poirier and Prieur each scored a goal with assists going to Mathieu Denis (Denchem Ltd.), Lemire and Joey Porporo (Malyon Excavation).

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2001 CAMRY
LEASE FOR $339 PER MONTH $3,125 down
FINANCING from 3.9%
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Corner Post

Elbert
van DONKERSGOED

Is it my imagination or has there been a dramatic shift in our federal government's vision for the future of Canadian agriculture? Or am I hoping for too much as I decipher this week's Speech from the Throne?

The one lone paragraph about agriculture is significant for what it does not say. There's nothing about farmers needing to become more competitive. There's no commitment to help agriculture double food exports. There's no claim that Canadian farmers are the most efficient in the world. There's no rhetoric about waiting with solutions to Canadian farm problems until all our trading partners have agreed to lower their food subsidies to more modest Canadian levels. There's no blaming our trading partners for failing to open up their markets to our lower-cost production. And…there is nothing about the glorious future that would emerge if only Canadian farmers bought into strategic alliances and vertical coordination.

Has the federal government lost the farm-talk vocabulary that dominated the last decade?

What was in the Speech from the Throne?

"Research in life sciences will benefit all of Canada, particularly our agricultural and rural economies. The Government will help Canada's agricultural sector move beyond crisis management - leading to more genuine diversification and value-added growth, new investments and employment, better land use, and high standards of environmental stewardship and food safety."

I'm skeptical that research in life science will revolutionize Canadian agriculture during the next five to ten years, but moving beyond crisis management - now that has dramatic implications.

What a contrast to the pitched rhetoric already dominating the new administration in the U.S. Their vision of a farm sector less dependent on subsidies – contained in their 1996 Freedom to Farm Bill – has long since crashed and burned. The Clinton administration's approach to crisis management resulted in mega-cash top ups for U.S. farmers. Key farm voices are already demanding that many of these higher levels of support become permanent in the new Farm Bill due next year.

But even in the U.S., a new farm-talk is emerging. Newly elected Republican, Bryan Sievers, quoted in the Iowa Farmer Today, muses about replacing the farm bill with green payments. Another Republican is proposing counter-cyclical payments – just like our Canadian safety nets.

U.S. crisis management has destabilized Canadian agriculture for the past decade. Has our Federal government decided to demonstrate to the Americans that there is a better way than crisis management – a way that involves genuine diversification, value-added, new investments and employment, better land use, and high standards of environmental stewardship and food safety?

I hope so.

LET'S CELEBRATE

Bows

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

Gedoro's
Fine Dining in Casual Comfort
Join us for **Big Thursdays**
158 Pitt Street 938-2791

Celebrate your birthday and/or anniversary with us. Bring your family and friends and you will receive: free cake; free photo & card; free $15.00 discount coupon for your next visit. Please call 24 hours ahead for your cake

This week's winner **PAM COTE** pick up your prize at Gedoro's!

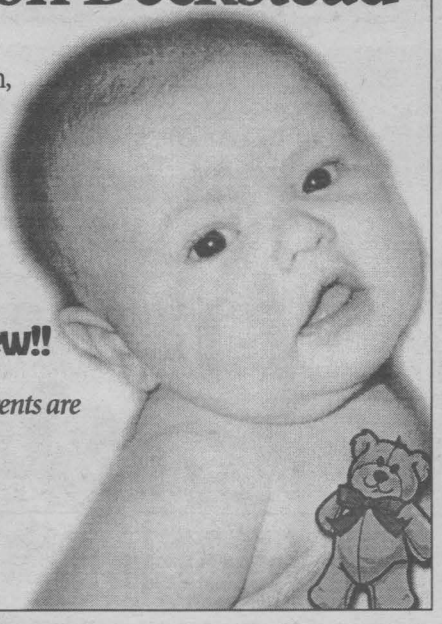
TO PLACE YOUR AD
Phone or Write Your Ad of 24 words or less and enclose $8.50 handling charge, plus $7.50 for a photo. Over 24 words, 25¢ per additional word, per week

DEADLINE: 5 PM TUESDAY

Krista (nee Benton) and Brad Beckstead
are thrilled to announce the birth of their son

Cole Davis Benton Beckstead

born on Tuesday, Nov. 28th, 2000
weighing 9 lbs., 19-1/4" long



A little brother for Andrew!!

Proud grandparents are Neil & Hilda Benton and Milly & Duane Beckstead

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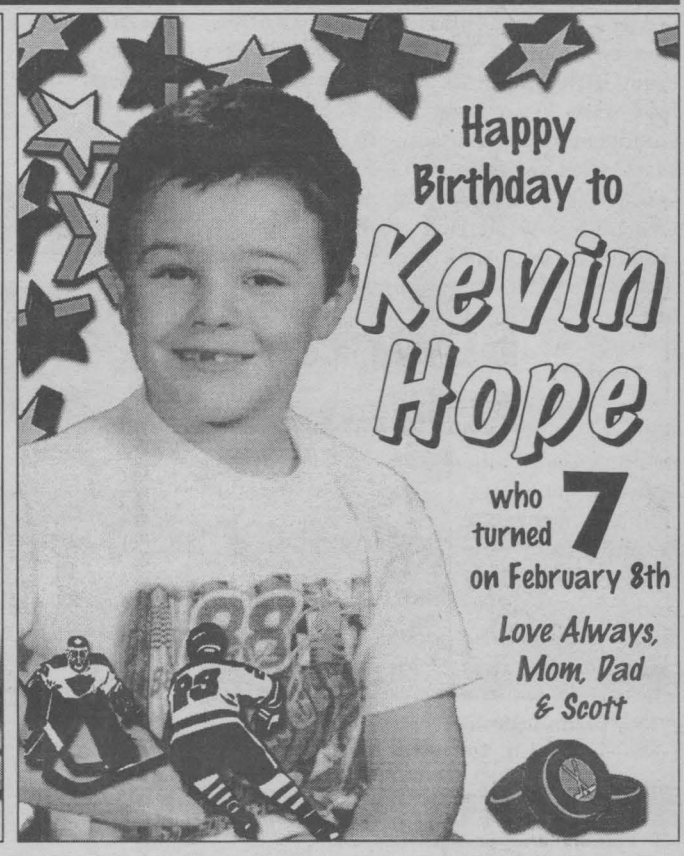

Happy Birthday to Kevin Hope

who turned **7** on February 8th

Love Always, Mom, Dad & Scott

Happy 40th Birthday to my Mom

Brenda Théôret

celebrating on Wednesday, February 14th, 2001
Love Patrick
XOXO



Okay, so you had a bad hair day last year. This is how beautiful you are the rest of the year.

Happy Valentine's Day

Theresa

Diane, Daniel and Danick and the family.

MATTHEWS

Susanne and John are thrilled to announce the recent birth of their first grandchild

Hannah

Both feisty and precious, she is the first great grandchild for Jean Matthews of Brampton and third great grandchild for Cecile and Leo Poirier of Cornwall.
As well, our three kilogram package is the first American-born Norwegian-Canadian on either side of the family.
Oh yes, the actual parents are Dr. Trine Celius and Jason Matthews of East Lansing, Michigan

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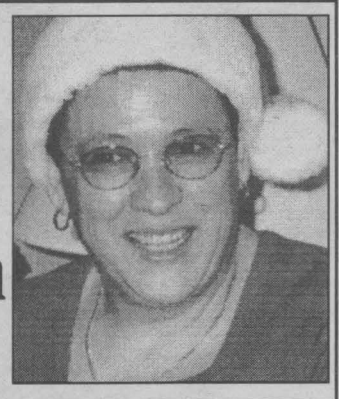
Happy 50th Birthday Teresa McLennan



celebrating on February 9th
Love, your family



Happy 11th Anniversary

Linda & Pete Emblin

celebrating on February 14th
Love Mom, Ed, Ben, Clinton, Larry, Linda & family



Mixed Party in Honour of

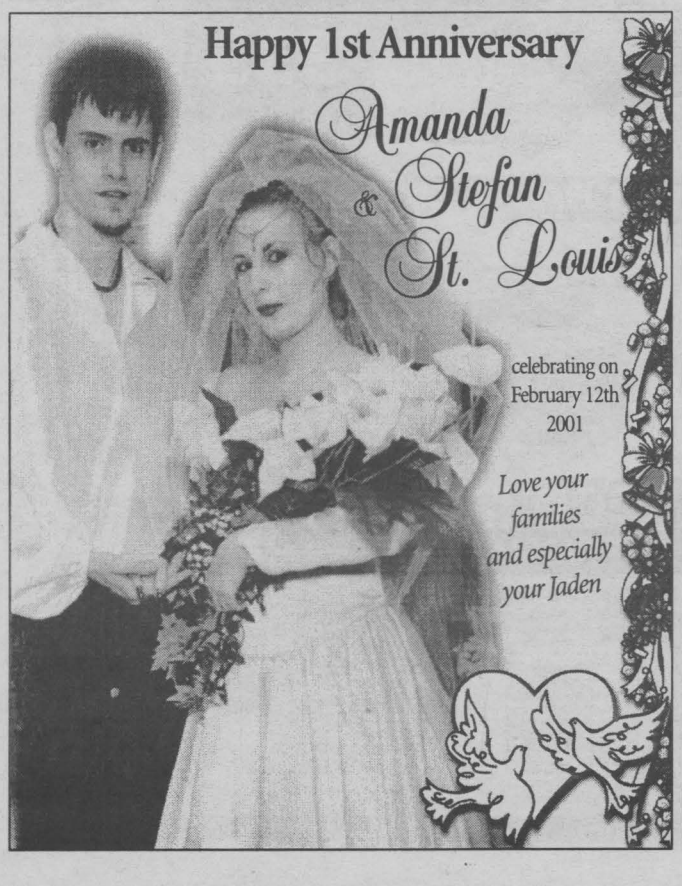
Chantel Lafrance

daughter of Roger & Laurette Lafrance
&
Shawn Boucher
son of Ron & Heather Boucher

February 17th, 2001 9pm-1am
Knights of Columbus (upstairs)
Music: Johnny B. Good
Light Lunch ~ Everyone Welcome

Happy 1st Anniversary

Amanda & Stefan St. Louis



celebrating on February 12th 2001

Love your families and especially your Jaden



Birthday Wishes from Apple Hill

PAM COTE

who celebrated on February 6th
Still looking as good as ever!
Love Mike, Genny, Ashley and Josh

CONGRATULATIONS TO

Melanie Massia and Jamie Cole

on their recent engagement
Love your family



Loreen Hagey

celebrating a birthday!!
Just thought you'd like to be reminded before you go on holidays.
from your family & friends





Happy "Valentine" Birthday

BRENDA

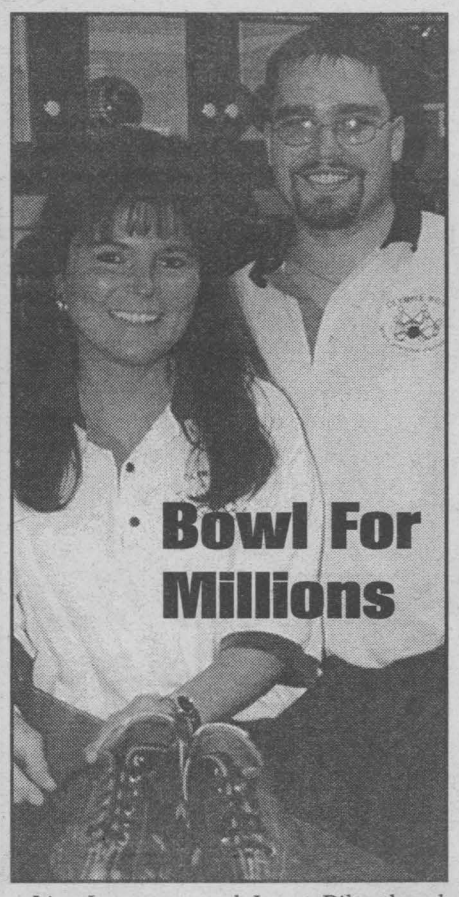
Life begins at 40…
so sit, relax and enjoy!
from your family

COMMUNITY DIGEST

***AL-ANON-ALATEEN.** Has your life been affected by someone's else's drinking and behaviour? If you want help and support call the Al-Anon Line at 937-4880.

***"AN EVENING FOR PRAISE".** Evening of gospel music with a variety of singing and musical talent will be presented from Montreal, Ottawa and local area on Saturday, February 17th, 5:00p.m. Hosted by the Cornwall Christian Academy, 2134 Pitt St. N. Everyone welcome. Info: 937-0205.

***ASSOCIATION FOR THE NEUROLOGICALLY DISABLED** is a registered charity offering in-home stimulation and rehabilitation to brain injured adults and children. For information on this service call 1-800-561-1497.



Lise Lapensee and Jason Riley hand out shoes for the Big Brothers/Big Sisters "Bowl for Millions."

***CENTRE CHARLES-EMILE CLAUDE** "Partie de Cartes", le 11 février, 7h30. Info: 932-1035.

***"CHAMPS"** Canadian Weight Awareness-Champs Club Inc., is a non-profit weight loss support organization which meets weekly. Open to Men and Ladies who share a common concern of managing pounds sensibly. Info: Elaine 250-832-7671.

***CORNWALL & DISTRICT BRIDGE CLUB** meet every Thursday at the Masonic Temple at 7:30p.m. Call 932-3498 for information.

***CORNWALL & DISTRICT HORTICULTURAL SOCIETY** are holding a meeting on Tuesday, February 13th, 7:00p.m., Navy Club, 30 Sixth St. E. Guest Speaker: John Munro on water gardens, pond health, plant ideas. Everyone welcome. Info: Connie 931-3452.

***CORNWALL NEWCOMERS CLUB** is hosting a "Dessert Club", on Thursday, February 15th, 8:00p.m. Info: Angela 534-4136.

***CORNWALL SENIOR CITIZENS CLUB** 119 Pitt St., activities for February 2001: Monday, "500" 1:00p.m.; Tuesday: "Crib" 1:30p.m.; Wednesday Feb. 14th: "Euchre" 1:30p.m.; Thursday: "Bingo" 1:00p.m.; Friday: "Beginner Bridge" 1:00p.m.; Saturday: "Dance" 8:00p.m. Everyone welcome. Info: 932-0980.

***GAMBLERS ANONYMOUS** hold meetings Friday evenings, 7:30p.m., Knox St. Pauls United Church. Info: Brian 938-2150.

An Evening For Praise
An invitation is extended to all to enjoy a spaghetti dinner and a memorable evening of gospel music at its best.
Saturday Feb. 17 at 5:00 pm
A variety of signing and musical talent will be presented from Montreal, Ottawa and our local area.
Freewill donations accepted for Christian education
Hosted by the Cornwall for Christian Academy
at 2134 Pitt St. N.
sn1

You Are Invited To
Faith Apostolic
United Pentecostal Church
"If We Didn't Have God We Wouldn't Want Church Either"
3026 Pitt St., Cornwall, Ont. ~ 932-4100
Rev. G.W. Christophersen
SN2

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DENTURIST
Immediate Appointments
Dental Repair Complete, Partial & Soft Plates
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50 Ste. Catherine
St. Polycarpe, P.Q.
1-450-265-3332
sn4

***"KEENAGERS"** with Larry Keen, of the Seaway Seniors, will be performing at Chateau Cornwall on Monday, February 12th, 2:00p.m. Everyone welcome.

***LEGION OVER 60 CLUB** are holding an Open Euchre on Thursday, February 15th, 1:30p.m.; Royal Canadian Legion Auditorium. Everyone welcome. Info: 932-4696.

***LIP SYNC CONTEST** sponsored by Wal-Mart will be held on Saturday, April 7th. Individuals or groups are needed to participate in the event. Proceeds go to the C.N.I.B. For more info contact Marilyn Ladouceur at 933-2764.

***NANCY BEAUDETTE & THE CELEBRATION CHOIR BENEFIT CONCERT** is being presented on Wednesday, February 14th, 7:30p.m., St. Joseph's Secondary School in the auditorium. Proceeds to SJSS Mission Trip to the Dominican Republic. Info: Terri 932-0349.

***NICOTINE ANONYMOUS** for people who have quit smoking or have the desire to quit smoking. Call 937-3593.

***OVEREATERS ANONYMOUS** hold meetings Monday evenings, 7:30p.m., at Knox St. Pauls United Church. Info: Georgette 938-1311.

***P-FLAG** is a mutual aid group for those who wish to show support for their gay/lesbian, bisexual or transgendered family members and friends. Meetings are held every two weeks, on Wednesday at 7:30p.m. Info: 1-877-874-4424.

***PEER SUPPORTS GROUP** open to individuals who have experienced mental illness or mental health problems and who are looking for information, peer support and sharing of coping skills and strategies. Monday evenings 6:00p.m.; 29 Second St. East. Info: 933-5845.

***PERSONNE SEPAREE, DIVORCEE,** vivant seule..Risque de te joindre au mouvement "Joie de Vivre du Canada Inc., secteur francophone" pour une vie latéressante, de partage et d'amitié, où tu seras accepté. Les recontres tous les vendredis soirs à 7h30 au 305 Baldwin, et le troisième jeudi du mois á la sacrastie de l'Eglise Sacré-Coeur, 225 rue Principale, Alexandria. Info: Marcel (932-4615), Pauline/Yvon (938-7527).

***PROFESSIONAL BUSINESS INTER-ACTIVE WORKSHOP** presented by Women Entrepreneurs of Cornwall & Area is being held on Thursday, February 15th, 6:00p.m., Ramada Inn. Info: Marg Hogan 933-8863.

***SEAWAY SENIORS** 205 Amelia Street, activities: Monday: "Tai-Chi" 9:00a.m.; "Beginner Line Dancing" 10:15a.m.; "Cribbage" 1:30p.m.; Tuesday: "Advanced Line Dancing" 9:45a.m.; "Euchre" 1:30p.m.; Wednesday: "Yoga" 10:45a.m.; "Scrabble" 1:00p.m.; "Whist & Knitting" 1:30p.m.; Thursday: "Keenagers" 9:30a.m.; "Chess" 10:00a.m. "Darts & Skat", 1:30p.m. Info: 932-4969

***SEMINAR** on the topic of "Spiritual Hurts & Marital Healing" will be held on Wednesday, February 14th, 7:00p.m., in the Community Adventist Hall, 2134 Pitt St. N. Info/registration call 937-0205. Everyone welcome.

***ST. LAWRENCE SENIORS CLUB** Smoke Free Bingo every Monday & Friday 12:15p.m.; Euchre every Thursday 1:15p.m.; St. Joseph Villa Auditorium; Wheels to Meals every 1st and 3rd Wednesday of each month. Door opens at 9:30a.m. Info: 933-6040 ext. 108.

***TCF (THE COMPASSIONATE FRIENDS)** hold monthly meetings every third Wednesday of each month at 7:00p.m., St. John Bosco School (west side entrance). Info: 938-7570.

***THE SCHIZOPHRENIA SOCIETY** of Ontario S.D. & G. Chapter will be holding their next meeting on Tuesday, February 13th at 7:00p.m.; Canadian Mental Health, 29 Second St. E. Topic: Community Care Access Centre. Everyone welcome. Info: 933-5845.

TOPS, ON4643 Long Sault, meets at Pentecostal Church, Bethune St. every Monday Night. Weigh: 6:30-7:00p.m. New members welcome. For info call Mary Ann at 933-2247.

***VALENTINE EUCHRE PARTY** hosted by St. Peter's C.W.L. is being held on Sunday, February 11th, 7:30p.m. Everyone welcome. Info: 933-3427.

***VICTORIAN ORDER OF NURSES PROSTATE SUPPORT GROUP** meet every second Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St. E. Information and discussion for Prostate Cancer patients, newly diagnosed and their loved ones. Info: 932-3451.

Beach Club
Tanning & Pampering
MASSAGE
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262 Pitt Street,
Cornwall 932-3007
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WE'LL PAY YOUR FIRST MONTH ON LEASE OR PURCHASE FINANCING.▲

2001 Pontiac Sunfire Sedan SLX

48 MONTH SMARTLEASE $218* $1,999 down payment, $730 freight and $300 security deposit required
OR
48 MONTH SMARTLEASE $262* $0 down payment, $730 freight and $300 security deposit required
LEASE RATE 1.9% up to 48 months*
OR
PURCHASE FINANCING 1.9% up to 60 months‡

- 5-Year 100,000 km Powertrain Warranty
- 4-Speed Automatic Transmission with Traction Assist
- Air Conditioning
- Remote Keyless Entry
- Power Door Locks
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2001 Pontiac Grand Am SE Sedan

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OR
48 MONTH SMARTLEASE $326* $0 down payment, $795 freight and $375 security deposit required
OR PURCHASE FINANCING 2.9% up to 36 months‡
OR CASH PURCHASE $19,998† excludes freight of $795

- 2.4 Litre Twin Cam 150 HP Engine
- 4-Speed Automatic Transmission with Enhanced Traction System
- 4-Wheel Anti-Lock Braking System
- 4-Wheel Independent Suspension
- Air Conditioning
- Power Door Locks



CHOOSE 2-DOOR OR 4-DOOR

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OR
48 MONTH SMARTLEASE $377* $0 down payment, $895 freight and $450 security deposit required
OR PURCHASE FINANCING 3.9% up to 48 months‡
PURCHASE PRICE $25,498** excludes freight of $895

- 3.1 Litre V6 175 HP Engine
- 4-Speed Automatic Transmission with Enhanced Traction System
- 6-Passenger Seating with Quiet Interior
- 6-Way Power Driver's seat
- Air Conditioning
- Power Door Locks/Windows
- Cruise Control



2001 Pontiac Montana

48 MONTH SMARTLEASE $258* $4,800 down payment, $940 freight and $300 security deposit required
OR
48 MONTH SMARTLEASE $365* $0 down payment, $940 freight and $425 security deposit required
OR PURCHASE FINANCING 1.9% up to 60 months‡
OR CASH PURCHASE $25,428† excludes freight of $940

☆☆☆☆☆
FIVE STAR SAFETY RATING.
Pontiac Montana holds a 5-star driver seat rating in side-impact tests.‡‡

- 3.4 Litre V6 185 HP Engine
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- Air Conditioning
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OR DON'T PAY FOR 90 DAYS AND NO DOWN PAYMENT REQUIRED.††
GENERAL MOTORS PAYS YOUR INTEREST FOR 90 DAYS ON PURCHASE FINANCING.

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We'd like you to know more: Come visit us at your local dealer, on our website at **www.gmcanada.com** or call us at **1-800-GM-DRIVE.** ‡‡Tests conducted by the US National Highway and Traffic Safety Administration (NHTSA). ▲††Offers apply to 2001 Pontiac Sunfire, Pontiac Grand Am, Buick Century and Pontiac Montana. ▲General Motors will pay first month's GMAC purchase finance or lease payment up to $500.00 inclusive of taxes. *Offers based on Sunfire Sedan SLX R7Z/Grand Am SE Sedan R7X/Century Custom R7Z/Montana RWB R7A. Annual cost of borrowing 1.9%/4.9%/5.4%/3.9% per annum. Annual kilometre limit of 20,000 km, $0.12 per excess kilometre. Option to purchase at lease end is $7,918.00/$8,867.30/$11,413.50/$12,461.40 (Sunfire Sedan SLX R7Z/Grand Am SE Sedan R7X/Century Custom R7Z/Montana RWB R7A) plus applicable taxes. Other lease options available. *†**Freight (as indicated), licence, insurance, P.P.S.A., administration fees and taxes not included. Dealers are free to set individual prices. †The SMARTLEASE monthly payment and the GMAC purchase finance rate are not available with and are not calculated on the "Cash Purchase Price" shown. The difference between the price for the SMARTLEASE/GMAC Purchase Finance offer and the "Cash Purchase" offer is deemed under provincial disclosure laws to be a cost of borrowing, whether or not the same represents actual interest, and is required to be expressed as an actual percentage rate which is 6.57%/4.05% (Grand Am SE Sedan R7X/Montana RWB R7A). ‡Financing on approved GMAC credit only. Example: $10,000 at 1.9% APR, the monthly payment is $174.84 for 60 months. Cost of borrowing is $490.40. Total obligation is $10,490.40. $10,000 at 2.9% APR, the monthly payment is $290.37 for 36 months. Cost of borrowing is $453.32. Total obligation is $10,453.32. $10,000 at 3.9% APR, the monthly payment is $225.34 for 48 months. Cost of borrowing is $816.32. Total obligation is $10,816.32. Down payment/trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. *†‡**Offers apply as indicated to select 2001 new or demonstrator models equipped as described, and to qualified retail customers in the Ontario Pontiac Buick GMC Dealer Marketing Association area only. Limited time offer which may not be combined with other offers. Dealer order or trade may be necessary. See your Dealer for conditions and details.

PONTIAC BUICK GMC GM

SWEET VALENTINE'S DAY SPECIALS

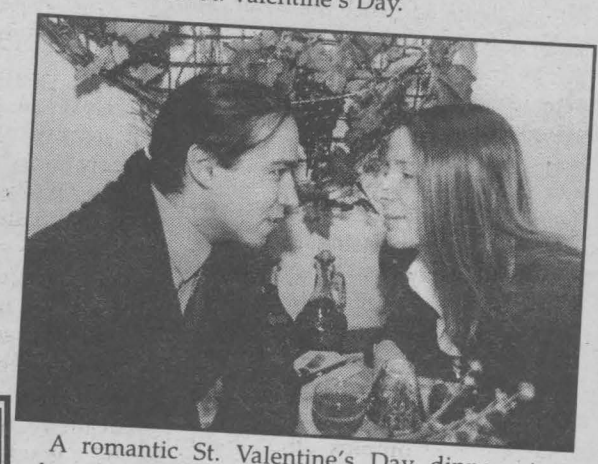
Remington's
Restaurant, Deli & Bar
Valentine Special February 10th, 11th & 14th
PLATTER FOR TWO
2 - 6oz Bacon Wrapped Filets and
10 - Butterfly Black Tiger Shrimp with Rice, Veg.
Appetizer Salad Included
$35.99
101 Montreal Road
Cornwall
933-7008

For the love of food

An intimate candlelit dinner is a wonderful way to get closer to someone. What could be more romantic than gazing into each other's eyes while dining on a succulent meal and sipping wine? Did you know that some foods and wine are considered to be aphrodisiacs? It's not surprising that many people celebrate St. Valentine's Day at restaurants.

Depending on your tastes, you can dine at an informal pub, a sumptuous chic restaurant, or at a charming country inn. Regardless, what's important is excellent quality food and service. Who knows where the pleasures of the meal will lead to later on?

Would you rather prepare a meal that will make your loved one's heart skip a beat? Be sure to include ingredients that will build up his or her appetite. You most likely have ingredients in your cupboard that will add a touch of pleasure to your favorite meals. Add soft music, dimmed lights, wine and flowers and you're all set for a romantic St. Valentine's Day.



A romantic St. Valentine's Day dinner at a charming restaurant.

Cornwall & Areas Authentic
Ye Old English Fish 'n Chip Shop
SATURDAY FEB. 10TH
1/2 Roast Chicken
served w/ Potato, Veg. & Homemade soup
$7.99
SUNDAY FEB. 11TH
Roast Pork Dinner
Served w/ Applesauce, Potato, Veg. & Homemade Soup
From 2-7 pm
$7.99
Eat In - Take Out
Free Delivery
($10.00 min. order)
Owned & Operated by
Ray & Clara Henstock
Featuring A Line of Products from Britain
Irn-Bru, Tizer & More
HOURS:
Mon.-Fri. 11-8
Saturday: noon-8
Sunday: noon -7
9, 1st St. E. (near Pitt & 1st St.) sn4 933-6411

CHINESE BUFFET
Wing Hing
Wed. Feb. 14th
Take Your Valentine Out for Lunch or Supper
LUNCH BUFFET $5.50
SUPPER BUFFET $9.50
1315 Second Street East, Cornwall
For Reservations Please Call...
L.C.B.O. (613)938-6688 SN2

TANDER BUFFET RESTAURANT
Start your Valentines Day Early
with our famous ALL you can eat Chinese Buffet
includes salad bar, Ice cream & desert
Lunch Buffet $4.99
Supper Buffet $6.99
Valentine Specials Start February 9th
PICK UP & DELIVERY AVAILABLE CALL FOR RESERVATIONS
2130 Vincent Massey Drive sn2 938-8738

St-Hubert
Valentine Day Special
Wednesday, February 14th
Your choice of
• QUARTER LEG OR
• QUARTER BREAST OR
• 4 FILLETS
All You Can Eat Coleslaw, Buns & Sauce
with
JUICE (Tomato or V8) or
SOUP (Vegetable, Rice, Cream or Noodle)
and DESSERT (any dessert from menu)
~ plus ~
1/2 litre of HOUSE WINE Red or White..... $28.00 per couple
— or —
1 litre of HOUSE WINE Red or White..... $33.00 per couple
Wed Feb. 14 only ~ 11 am- closing
705 Brookdale Avenue
937-0132
St-Hub café·bar sn3

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ALL YOU CAN EAT
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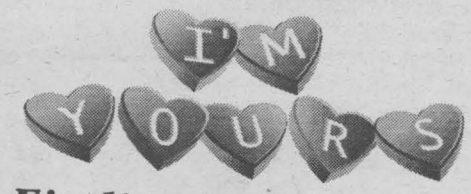
Who is St. Valentine?

St. Valentine was a Roman priest who died a martyr in 270 AD. He was buried in Via Flaminia near Terni, where a basilica bearing his name existed in the eighth century. The festival of St. Valentine, which is celebrated on February 14, has been confused with the pagan love festival.

The touching story of this priest justifies that his name should be associated with a day dedicated to love and affection. On his execution, Valentine sent a message to his jailer's daughter, who he had healed and become attached to. He signed it: 'from your Valentine', which later became famous.

Over time, the festival of St. Valentine was celebrated in many ways. During one era, male and female Valentines were united by their first chance meeting of the day, or through a sort of draw.

Today we are more practical and choose our own loved ones. Emphasizing our love and affection this February 14 is a way to tenderly strengthen these links with the past.



Finding The Perfect St. Valentine's Gift

St. Valentine's Day is special and everyone wants to find that perfect little something that will surprise, delight and arouse love. To find the perfect gift for someone who already has everything, ask yourself what would make him or her happy, and try to make it a surprise. Here are some suggestions:

- A subscription to a specialized magazine
- A book about a favourite hobby or subject
- Clothing
- An electronic planner
- New software program
- An excellent bottle of wine
- A cook book
- A book about love
- A box of tissues embroidered in hearts
- Boxer shorts or a tie covered in kisses or hearts
- A bouquet of heart-shaped balloons
- A diary filled with love letters
- An assortment of heart-shaped toiletries
- A locket containing your photo
- Earrings or a brooch
- A much-admired article of clothing
- A magnificent floral arrangement
- Last but not least, the old classic – a box of chocolates!

Happy St. Valentine's Day!

ENTERTAINMENT

Night 'N' Day

Entertainment - Special Events & Restaurant Review - By Bill Gallant

With so many eating establishments around these days, it's sometimes difficult to decide where you want to go to enjoy a quick snack. Because of an overwhelming urge to sit down to a couple of baked potatoes, I decided on a return visit to *WENDY'S* on Brookdale Avenue. It was a good decision and there was a bonus of meeting up with some old friends. Wendy's gets my vote as the leading place for baked spuds. It was also a nice surprise to be treated to a sampling of a new menu item from their dessert column. It was a creamy, soft parfait and will surely become a big hit for the summertime.Watch for it!!

Enough already with the "white stuff"! Hopefully we will have a very successful winter carnival and the temperature will remain cold enough to keep all those wonderful, artistic creations intact for days to come. But once this weekend is over, I don't think anyone would mind if we got a warming trend. To tell the truth, it's not been too pleasing to have to shovel out every day from Ma Nature and the snowplow's embankments.

Now we can partake of the many events planned over the next couple of days. If you wish to combine a nice meal with a 50's and 60's dance, then head to the Civic Complex this Saturday, February 10th. The event features the Fabulous Bel-Airs and the crowning of the Carn*val Queen. At noon hour on Saturday, you can head for the St. Lawrence River, just in back of the RCAF building, for the annual Polar Bear Dip. Then stick around the Lamoureux Park area for the Snowman Building competition in the afternoon. Or you can enjoy a sleigh ride, snack foods and other activities all within a leisure walk. The fun continues on Sunday with an early morning breakfast, a winter golf competition, face-painting, snowboard challenge, and much more.

This weekend will also be filled with *THE SOUND OF MUSIC*, on stage at the Aultsville Theatre. The evening start time is 8:15 p.m. for Friday and Saturday, and there is a Sunday Matinee at 2 p.m. You can pick up tickets at the Seaway Valley Tourism office on Pitt Street.

Here's a nice way to combine the Carn*val's weekend and to include an early Sweetheart Dance event. There will be a Pre-Valentine's dance this Saturday at St. Columban's Hall. It's a Knights of Columbus sponsored event that will feature a full evening of big band and old favourite music selections. The same romantic setting will be repeated on Sunday, February 11th with a Sweetheart dance, combined with a spaghetti feed at the RCAFA, Wing 424. This will also be a good opportunity to all the members and guests to view the new look at the RCAF Building. The fun begins early afternoon until late evening.

It is clearly a very busy weekend and it may be hard to squeeze all those events into your agenda. So here's a reminder about the mid-week celebration on Valentine's Day. It is a terrific, combined card-playing and dance event for the Seniors at the Knights Of Columbus Hall on Amelia Street on Wednesday, February 14th. Everyone is asked to arrive anytime after 4 p.m. and remain for a full evening of musical valentines to follow.

They are still taking reservations for the Night Of Romance planned for the *PORTO BELLO* on Saturday, February 10th. It is to be a Valentine's Dinner and Dance with live entertainment by The Noblemen. Call ahead for reservations at 932-0070.

This is also a weekend to reminisce to the sounds of The Beatles. Well, they look and sound like the Beatles and this will be their only performance here this year. HELP is playing at *BUBBA'S TEXAS DANCE HALL AND GRILL* this Saturday, February 10th. Or if you read this early enough, you can enjoy Gil Grand on Friday, February 9th at Bubba's.

THE MURRAY HILL MOTEL is proud to announce that their bar is opening on Friday, February 9th. They need your help to rename the bar. The contest will start this Friday for a chance to win a free dinner from Pizza Pizza. Check out their 'Poor Folks' night, every Friday night. Lots of prizes to be given away all through the night. Listen to the music you want to hear, by Power Source D.J.'s, every Friday and Saturday night.

All in all, it's a busy entertainment calendar and we wish everyone lots of fun and an early Happy Valentine's Day. Until next week, G'day and G'nite.

Heart And Stroke Health Show Hits The Airwaves!

Hosted by Dini Petty and airing on the Global CanWest Network, the Heart and Stroke Health Show was launched on Sunday, February 4th, 2001 for a 26-week run. The whole world of heart and stroke was there - physicians, patients of all ages, caregivers, family members, volunteers and researchers. It's an absorbing and fascinating series, one that opens doors to experiences, struggles and triumphs that all of us at heart and stroke have heard about but never like this – never before with the personalities up front, with the human face of heart disease and stroke unforgettably delineated.

Among the topics covered in the half-hour program are: women, heart disease and stroke; the future of research; nutrition; love and sex; heart and stroke drugs; quitting smoking; and surviving the impossible. And, that's just a sampling of the informative and entertaining subject matter. There are lots of tips for Canadians who want to protect themselves from heart disease and stroke. People and their loved ones who are living with these diseases will find stories of hope, courage and advice that will enhance their quality of life.

ROSIE MAGOO'S BAR & GRILL
LIVE BANDS
Thursday, Friday & Saturday
Sunday - (3pm - 9pm) - Karaoke Twins
Wed - (9pm - 1pm) - Karaoke
18 THIRD ST. E. 937-1787

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Great Country Home Cooking
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Freddy's Roadhouse
ON TOUR Yuk Yuk's STAND-UP COMEDY
Yuk Yuk's Comedy Cabaret
Every Tues. 8pm
This week
MC: Lisa Tremblay
Headliner: Tony Krolo
RESERVATIONS RECOMMENDED
Every Wednesday 15¢ wings
PLEASE DON'T DRINK & DRIVE
348 Montreal Rd. 933-0602 sn3

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You'll be loved forever when you select a lasting gift from our terrific selection of Guitars, Pianos, Wind and Brass Instruments, Drum Sets and the full range of Accessories.
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Murray Hill MOTEL
NAME OUR BAR CONTEST
You could win a FREE dinner from Pizza Pizza just for naming our bar draw Fri. Feb. 17th at 11:00 pm
DJ Fri. & Sat.
New atmosphere same old prices
Open every Fri. & Sat. 9:00 pm to 2:00 am starting Feb. 9th
sn2

FEB. 15TH FREE
Spaghetti & Meatballs TO THE FIRST 75 PEOPLE between 8:00 - 9:30
BUBBA'S TEXAS DANCE HALL & GRILL
BIGGEST COUNTRY BAR IN EASTERN ONTARIO
Where everything sizzles
February No cover charge
THURSDAY & FRIDAY
Steaks Only $6.95
(AAA Alberta Rib Steak)
* Reservations required
FEB. 23RD "SAVE US" HYPNOTISM
Reserve your tickets
Coming March 10th Little Rock
BUBBAS BEACH PARTY w/2 Spas
$300 PRIZE FOR THE BEST BIKINI OR THONG
FEB. 15TH, 16TH & 17TH "THE OUTLAWS" country rock
Thurs. $2.50 night
Mar. 31st "LACE" their only appearance this year
FREE SHUTTLE FREE TAXI FRI. & SAT.
HOURS; Mon., Tues., & Wed.: 3:30pm - 12am
Thurs., Fri., Sat. & Sun.: 11am - 2am
Hwy #2 & Wales Road 534-3817 Fax : 534-2501
sn2

meet me at DQ Dairy Queen
for a little slice of love!
Curl up to a sweeter Valentine's Day with a DQ® Frozen Cake.
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SN2
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Find the Perfect Valentine at Cornwall's Premier Shopping Complex!

Over 70 Stores and Services including a Food Court!

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cornwall SQUARE

The Centre of Our City!

www.cornwallsquare.com

Enjoy the Carnival!
Warm up between events at Cornwall Square

When I was younger, I hated going to weddings ... it seemed that all my aunts and the grandmotherly types used to come up to me, poking me in the ribs and cackling, telling me, *"You're next."*

They stopped that after I started doing the same thing to them at funerals.

Valentine's Day arouses thoughts of Cupid and love. The heart has become the symbol for the day and for love. Another symbol or memorial to love is the Taj Mahal in India. In the seventeenth century, Emperor Shah Jahan ordered the construction of the magnificent building as a memorial to his wife who died in childbirth. To preserve her memory, the towering edifice graces a site on the banks of the Jumna River. More than 20,000 workers laboured nearly 22 years. Since its completion the gleaming white structure with its graceful towers and domes has intrigued visitors. People are moved by the beauty of the building and are touched by the love that built it.

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50% OFF LAMINATION
25% OFF CUSTOM FRAMING

Hours: Mon. -Sat. 11-3;
CLOSED Wednesday & Sunday

1007 Montreal Rd. 938-7265

DEMPSTER'S Frameworks

sn4

So this is how it went down. Tom Green is looking for his golf ball near the creek's edge. He's ahead of his sister-in-law, who now proceeds to shoot her ball. As the ball screams towards Tom's head he decides to bail out. Unfortunately, bailing out at this point means bailing into the water. *Net result ... one wet Tommy, one ripped pair of trousers and one very bruised ego ... priceless!*

Management and staff of Seaway News wish a Happy Valentine's Day to all our customers and readers.

Caller would like to know, why is it that City Council members are using her tax dollars to grab a quick bite to eat when she often makes do with a sandwich between two jobs? Break it down - average amount spent on food per meeting is a little less than $200. **Figure it out folks, $4,700 per year at 2 meetings a month.** Caller is not happy!! Who else agrees with me??

Penny Pinching Ideas: Always request a discount on bruised fruit and vegetables. Simply remove the bruised area before cooking and serving.

Hey, City Councillors, wouldn't a box of donuts be cheaper??

Thought of the week: An optimist can always see the bright side of the other person's misfortune.

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The Crafter's Market has re-opened with 40 new crafters and a whole group of new people on the 2nd floor.

Treats in Cornwall Square now re-opened ... was previously closed due to renovation.



Scuttlebutt

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

City Council's appointment to the Cornwall Police Board is none other than Bryan Lynch, former Councillor and Mayor.

Wedding by Phone: A winter storm may have forced Angela Sutherland, 18 and Michael Hearn, 19, to cancel their church wedding in Smyrna, Georgia, but it didn't squash their desire to get hitched. Instead, the savvy and much-in-love couple, who met when they worked together at a local restaurant, got married by phone. "This was the day we wanted to get married, and we didn't want to wait," explains Sutherland. So they called the preacher and he performed the ceremony over the phone from his home. "I'm just glad the storm didn't bring down the phone lines," adds Hearn.

Don't forget that special person in your life on Wednesday, February 14th. A box of chocolates, a red rose, a special romantic candlelight dinner-for-two or just a little note saying, "I Love You" and "You're Special to Me."

Thanks to the driver in the white car on Friday, February 2nd at 4 p.m. on Second Street, between Bedford and York. **You have cost me over $10. for cleaning my clothes.** Where were you going in such a hurry??

A senior citizen

St. Columban's St. Vincent de Paul's food bank is the recipient of the proceeds from the New Year's Eve lobster draw held at Delaney's Fish Market. Jackie Sherry, a member of St. Columban's Parish drew the winning ticket. The winner of the lobster is Jean Marc Viau of Bainsville. Gary Delaney, owner of Delaney's said the response to the draw was overwhelming.

Puppy kisses to Aunt Eileen for a wonderful Valentine's Day! Love from Ginger (...Mommy, Daddy & Goldie too!)

News Flash: What's your favourite candy? A new survey shows our favourite is the Snickers bar, followed by M&M's and Hershey's Almond.

Whoever came up with the idea that Cornwall needed another Tim Hortons? I'm wondering if they could now come up with an idea of what Cornwall can do about all the Tim Hortons coffee cups that are lying all over the streets & roads?

We do have great people in our community. An appeal went out last week for volunteers for the new Befriending Program with VON and **the response has been amazing.** Lots of very caring and dedicated people out there. Welcome on board!

When taking your pets with you on holidays, remember to keep their identification tags on them at all times. *If they get lost in a strange environment, you can be contacted.*

Attention phone users: When using the phone in the wee hours of the morning, please **be more attentive when dialing those numbers.** Caller did not appreciate being awakened so early!

Did you know ...

- Thomas Edison was born on February 11th, 1847.
- Abraham Lincoln, 16th President of the United States of America was born on February 12th, 1809.

TRISHA ROMANCE



"HOME BAKERY"
For Valentines, surprise that special someone with her first Trisha Romance!

LOGAN'S GALLERY Gift Shop

A Gallery Like No Other

sn4

204 2nd St. East 938-3629

Should be a lot of fun this weekend at Lamoureux Park. Family from Peterborough and Toronto that were here last year marked it on their calendar and are here again this year to enjoy the festivities. Lots of work done by volunteers, corporate sponsors and a big hand to the organizing committee of Winter Carn*val 2001.

Note to all pet owners: Every dog that spends any time outside alone in cold weather should have a well-insulated doghouse, sized just for him. As for cats, it's best to keep them indoors (... and yes, they can be kept indoors).

The big 50 has hit one of the girls from the "Group of Seven" gang. The story goes that the little old lady didn't want to celebrate this magical year ... so her husband Paul took her to San Francisco. Hope it was a good time ... but you are now Fifty!

SEAWAY SMILE

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

Telling The Weather

To tell the weather, go to your back door and look for the dog.

If the dog is at the door and he is wet, it's probably raining.

But if the dog is standing there really soaking wet, it is probably raining really hard.

If the dog's fur looks like it's been rubbed the wrong way, it's probably windy.

If the dog has snow on his back, it's probably snowing.

Of course, to be able to tell the weather like this, you have to leave the dog outside all the time, especially if you expect bad weather.

Sincerely, The Cat

A short message for Ms. Donna Hawkshaw of Cornwall from André A. Pettigrew, Bainsville, ON.

Dear Donna, thanks lots for your nice compliment. I'm happy that you enjoy Poet's Corner. Sure hope to see some of your poems in there soon. Take care and see you one of these days.

André.

So who was Saint Valentine? *Was he a real person - or just a greeting card myth?* One legend says that the holiday is named in memory of Saint Valentine of Rome who died in A.D. 269. Emperor Claudius II arrested Saint Valentine for helping Christian martyrs. After refusing to give up his Christian faith, he was beaten and beheaded by the prefect of Rome on February 14th.

Another legend is that in A.D. 270 Emperor Claudius II banned new marriages, believing that married men made for ineffective warriors. In defiance of this order, Bishop Valentine began marrying young lovers in secret. When the emperor learned of his actions, he had the bishop arrested and eventually stoned to death on February 14th.

A young Frenchman, Charles, duke of Orleans, started the tradition of sending valentines. From his confinement in the Tower of London after the Battle of Agincourt in 1415, he sent several poems or rhymed love letters to his wife in France.

About 1723, the number of American valentines began to grow with the import of the valentine "writer" from England. A writer was a booklet containing an assortment of verses and messages that could be copied onto gilt-edged or decorative paper.

Today Valentine's Day is one of the most popular American holidays. In terms of the number of greeting cards sent, it ranks second to Christmas.

Things not to do when you're feeling blue:

- Don't get a haircut.
- Don't open a box of chocolates.
- Don't weight yourself.

SEAWAY BARGAINMART

DEADLINE: WEDNESDAY 5 pm

933-0015

Circulation: 34,257 copies

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

DEADLINE: Wednesday 5 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisement.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $28.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 5 pm Wednesday.

Mail to Companions' Corner, Seaway News,
329 Second St. West, Cornwall, Ontario
K6J 1G8.
Mail pick up, no charge.
Mailed replies: $6.00

For Readers:

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

COPY CHANGES

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

NOTICE

It is our wish to serve you through the classifieds, however, Seaway News can't possibly verify the legitimacy of all ads. **DO NOT SEND MONEY OR GIVE YOUR CREDIT CARD NUMBER** to any company offering employment. Legitimate firms do not charge potential employees for a job.

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

LET THE BUYER BEWARE.

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The Publisher reserves the right to edit, revise, classify or reject an advertisement.

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

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

SEAWAY NEWS
Serving Cornwall and Area

COMPANIONS CORNER

MAYBE YOUR MOTHER is right - you should meet someone nice and settle down. Call Misty River Introductions, Ontario's traditional matchmaker, 613-257-3531.

ADULT ENTERTAINMENT
✓ Lingerie
✓ Adult Books
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• Marital Aids • Lotions
• Video Tapes • Magazines
• CD's • DVD's & MORE!
EXOTIC EXPOSE
St. Lawrence County's Adult Centre sn4
OPEN 12 NOON - 10 pm daily
Corner of Rt. #56 & Town Ridge Rd., Massena South 2 miles to Don's Orange Mini Mart
315-764-7145

I'M A SHY, yet friendly & caring 41-yr-old SWM, N/S, 5'6", attractive, 190-lbs, loyal & honest. Looking for a SWF, 30-42, to treasure for always. CC2038.

2 APTS/CONDOS FOR RENT

CENTRE TOWN upstairs 2 + 1 bdrm apt. Washer/dryer hook-ups, garage, yard. Available Mar. 15th. $400/mth, plus utilities. Call 933-8069.

WEST END - 2 bdrm apt. Washer/dryer hook-ups, private parking. Close to all amenities. $460/mth, plus utilities. Available March 1st. Call 936-9048.

APARTMENTS FOR RENT

bachelor, 1&2 bdrm. security bldg., video surveillance
bachelors from $399 incl. util.
call 932-7891
Mon. - Fri. 9:30 - 4:30 sn3

202 PRINCE ARTHUR, downstairs 2 bdrm apt, fridge & stove, $325/mth, pay own utilities. Very clean & in excellent condition. No parking. 933-4780.

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

INGLESIDE, avail. Feb. 1st, clean, spacious 3 bdrm apt w/deck & parking. Also, 2 bdrm apt w/utilities. Exceptional good rent. Call 347-3247.

413 WATER ST. E. Small main floor 2 bdrm apt. Just renovated. No appliances or furniture supplied. $400/mth, utilities included. Available anytime. Call 933-7516.

44B ANTHONY ST. 1 bdrm apt. $500/mth, heat, lights, cable. Available immediately. Fridge, stove, parking, microwave. Quiet area. Call 932-0968.

2 BDRM BASEMENT apt in Cornwall. Private entrance, parking, washer/dryer hook-ups, large yard. Available March 1st. $395/mth, plus utilities. Call 537-8974.

SPACIOUS 2 BDRM apt, 2nd floor. Quiet location near water & park, 19A Louisa. Laundry hook-ups. No pets. $490/mth, with utilities. Call 931-1041.

1206 WALTON - Available now. Upstairs 2 bdrm apt. Laundry room, 4-pce bath, parking. $475/mth, pay own utilities. Call 528-1148 or 936-7088.

400 BLOCK OF ALICE ST. Large 2 bdrm apt. Washer/dryer hook-ups, parking. $400/mth, plus utilities. No pets. First & last req'd. Available March 1st. Call 933-5300.

236 MARLBOROUGH. Close to General Hospital. Available now. 1 bdrm apt, main floor, 4-pce bath, fridge, stove, laundry facilities, parking. $400/mth, plus utilities. 936-1927.

2 BDRM APT, Jobin, $595/mth, includes utilities & basic cable. Aslo, 2 bdrm apt, Williamsburg, $560/mth, includes utilities. Call 543-3604.

FRED LEFEBVRE CO. LTD. Realty Division. 1 bdrm apt, $375/mth, all utilities. Security bldg. Available immediately. Call 933-0602.

AVAILABLE MARCH 1ST - 50 Danis. 2 bdrm downstairs apt. Heat included. Washer/dryer hook-ups. $460/mth. Please call 937-0847.

LARGE 2 BDRM APT. Washer/dryer hook-ups, parking. $550/mth, heat & electricity included. Available immediately. 9th & Bedford St. area. Call 938-0097 days.

AVAILABLE IMMEDIATELY - 23 Arthur St. 1 & 2 bdrm units. Fridge, stove, coin-operated washer/dryer. Call 938-7286 between 5pm-9pm.

BACHELOR APT. $375/mth utilities included. Also, 2 bdrm, ground floor, fridge, stove, $575/mth utilities included. Sorry no dogs. Call 938-3936.

1 & 2 BDRM APTS on Walton. $350. & $375/mth, plus utilities. Fridge & stove. Backyard. No dogs. Call 936-6961.

2-2 BDRM APTS. - 1-upstairs, 1-downstairs. 112 Emma. Clean, plenty of parking. References req'd. Available March 1st. Call 936-0903 or 932-9590.

SECURITY BLDG. Apts for rent. Bachelor, $375/mth. 1 bdrm, $425/mth. 2 bdrm, $550/mth. Includes fridge, stove, heat, electricity, parking, laundry room in building. 933-9471.

3 BDRM DUPLEX available at 25 Marlborough St. South. Large kitchen, diningroom & sitting room. Gas heating. $550/mth, plus utilities. Immediate occupancy. Call 534-2958 or Danielle at 933-4133.

5 HOUSES FOR SALE

1132 CARLETON ST. 4 bdrms, new garage w/recroom, skylight, 200-amp, re-insulated, central air, pool, new roof, cupboards galore. Quiet neighbourhood. 6.5% mortgage. $79,900. Call 932-3819.

13 OFFICES/ STORES/BLDGS

STORE FOR RENT - Approx. 1,000 sq.ft. Available immediately. Le Village area. For more info, call 528-4030.

17 LOTS/LAND

ATTENTION BUILDERS - Fully serviced city lot 56 x 104. Nice location. Leger St. N. Beautiful mature trees. Asking $26,500. Call 936-2949 or 937-4797.

ACE PROPERTY MANAGEMENT 936-1533
"Let us find you a place at no charge!"

APARTMENTS
FURNISHED ROOMS
Amelia St. avail immed $250 & 300
BACHELORS
Newly Renov. Appli, parking, patio $395 Inc.
ONE BEDROOM'S
North End, bsmt, appli, A/C, new kit $525 incl.
99- 1/2 Race St. 1 bdrm upst, $400 incl. Immed
29 4th St. E., mnflr, 1 bdrm, $425 Included, Immed
233 Carleton, main flr, appl. $360 incl. Feb '01
218 McConnell, 1 bdrm bsmt, $400 incl. Immed.
410 Gloucester, 1 bdrm upstairs, appli April $350
TWO BEDROOM'S
453 B 2nd St. W, 2 bdrm, no appli, $400 Incl.
521 Carleton, 2 bdrm upsts., balcony, $485 incl., Dec/00
324-A 1st St. W., 2 bdrm upst, $540 incl. immed.

SECURITY BUILDINGS
805 MARLBOROUGH ST. N.
Studio's, 1 & 2 bedroom units, $475 to $575 /month
utilities, appliances, parking included
coin operated laundry
425 ELEVENTH STREET W.
2-bdrm dr., patio appli, laundry, prking $575 Incl.
HOUSES, TOWNHOUSES, SEMI'S
708 Glengarry 3 bdrm yard, prk, attach garage $650+
Williamstown 2 bdrm single home rec room $650+
5th St. E. Six bdrms home fin bsmt (pool) $800+
THREE BEDROOMS
1300 sq. ft. hardwood floors, parking, 600 +
COMMERCIAL
Sydney St, Downtown, Office Space 1000 sq. ft., $650 +
sn4

ROOM FOR RENT

ROOM FOR RENT
Furnished with bath.
Fridge & stove
331 Second St. W.
Call Peter
938-6131 sn3

4 HOUSES FOR RENT

UPPER DUPLEX, 3 bdrms, parking, private basement entrance, $450/mth, pay own utilities. References req'd. Call 936-2466.

PAUL'S PICK OF THE WEEK
96 PONTIAC BONNEVILLE SE
4DR., AUTO, LOADED, LEATHER

Not exactly as illustrated
$13,995

98 CHRYSLER INTREPID
4dr., loaded $15,495
98 PONTIAC SUNFIRE GT
auto, loaded, 52,000 km $11,995
98 CHEV VENTURE,
air, tilt, cruise, 80,000kms, ... $13,995
98 CHEV MALIBU,
4dr., auto, 6cyl., 60,000 km $13,995
98 PONTIAC GRAND AM SE
4dr., red, loaded, 6cyl. $10,995
98 GMC JIMMY
2dr., loaded, 4x4, 63,000 km ... SOLD $18,995
98 GMC REG CAB P/U,
6 cyl., 5 spd., 49,000 kms, ... $13,995
98 DODGE NEON,
4 dr., platinum, auto, air, 64,000 km, ... SPECIAL $8,995
98 CHEV VENTURE,
3 dr., green, auto., air,, ... SOLD $11,995
98 FORD ESCORT,
4dr., red, 5spd, ... $8,995
97 CHEV EXT. CAB 4X4,
diesel, 3/4 ton, ... $25,995
97 CHEV 4X4 1 TON DUALLY
diesel, ... SOLD $19,500
97 MERCURY SABLE,
loaded, 4dr., red., ... $8,995
97 SUNFIRE,
2dr., 5spd, black, 70,000 km $8,995
97 CHEV MALIBU,
4dr., auto, air $9,995
96 DODGE NEON,
4dr., 5spd., red $6,995
96 CHEV BLAZER,
4dr., loaded, 4x4, loaded, 4x4 ..... $14,995
96 CAVALIER Z22,
2dr., 5spd $7,995
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Ext. Cab, loaded, ... SOLD $10,995
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4dr., air, blue, ... $9,995
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HOROSCOPES

Feb 11 - 17

Aries – March 21/April 20
Speak your mind when a business associate says something hurtful to you early in the week. Don't let this person get away with being so cruel. Let him or her know that you won't tolerate such actions. You'll be respected for standing up for yourself. Scorpio plays an important role.

Taurus – April 21/May 21
A loved one turns to you for support when he or she gets into a difficult situation on Thursday. Be strong for this person, and help him or her to figure out a way to rectify the problem. You really can make a huge difference in this case. That special someone has a surprise for you this weekend. Enjoy, because you deserve it.

Gemini – May 22/June 21
You have to be patient this week, Gemini, when it comes to learning the outcome of a personal situation. Pressuring those involved to tell you their opinions only will complicate matters. Just bide your time. Things will work out the way that you want. Libra plays a key role in all of this.

Cancer – June 22/July 22
Don't let your emotions get the better of you when loved ones ask for help with a family matter. You need to stay calm and focused if you want to rectify this situation. These people are counting on you; don't let them down. An interesting person asks you out on Friday. Say yes, because it's sure to be a good time.

Leo – July 23/August 23
Bite your tongue at work this week, Leo. Complaining about an incompetent associate only will make you look bad. So, keep quiet, and focus on your own work. It's the best way to make it through the week. A loved one asks for your help on Friday. Do what you can for him or her.

Virgo – Aug 24/Sept 22
While you just want to be alone this week, Virgo, you're not going to get your wish. It seems as if everyone wants something from you. Do what you can for these people — especially those who really need your help. Your efforts will be appreciated. Don't worry about relaxing; you'll have plenty of time to yourself this weekend.

Libra – Sept 23/Oct 23
A close friend asks for your help early in the week, Libra. While you're not sure what advice to give, listen to this person. He or she really just needs to talk. That special someone calls it quits. While you're upset, you know that he or she isn't the one for you.

Scorpio – Oct 24/Nov 22
Don't let a business associate coax you into doing something that you don't agree with. Stand your ground, and do what you know is right. Those around you will be impressed with your determination. A loved one turns to you for financial advice. Steer him or her in the right direction. Pisces plays an important role on Friday.

Sagittarius – Nov 23/Dec 21
Think before you speak when in an important meeting early in the week, Sagittarius. Saying something ridiculous will make you look bad and cost you a potentially lucrative opportunity. You certainly don't want that to happen. A close friend reveals his or her true feelings for you on Tuesday. Let this person down gently.

Capricorn – Dec 22/Jan 20
There is a lot to get done this week, Capricorn. So, don't let those around you distract you from the tasks at hand. You need to stay focused if you want to make progress. Others will be impressed with your efforts. A loved one offers to help you with a personal matter. Say yes.

Aquarius – Jan 21/Feb 18
Don't overanalyze an acquaintance's friendliness this week, Aquarius. This person isn't trying to make any moves on you. He or she just wants to get to know you better. Be open to this, and you're sure to gain a close friend. Leo plays a key role.

Pisces – Feb 19/March 20
While you would like to help a business associate who gets into trouble early in the week, don't. This person is in quite a sticky situation, and you don't want to get involved in that. If you do, you're sure to lose the support of your higher-ups.

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red, fully equipped with sunroof
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22 ARTICLES FOR SALE

4-GOODYEAR ULTRA GRIP 13" winter tires with less than 1,000 km. $60. each new, will sell for $40. each. Call Tom @ 933-9584 after 4pm.

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FORECAST LUGGAGE, 1 set, green, 17"x25" and 15"x20-1/2" plus carry-on pouch & make-up kit. $50. Call 936-8784 after 6pm or leave message.

FUNK & WAGNALLS standard reference encyclopedia. Volumes 1-25 plus Volume I of Young Student encyclopedia. $35. Call 938-8301 after 6pm.

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MIKE'S TREE PRUNING, cutting & removal, general yard work & cleaning. Will do demolition. Eavestrough, chimney cleaning & repair. Carpentry work & painting. Free estimates. Call Mike 931-1251.

26 FARMERS MARKET

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4 BR. BUNGALOW WITH CARPORT SITUATED ON WELL LANDSCAPED LOT, FEATURES INCLUDE FAG/CA, ABOVE GROUND POOL, 2-4 PC BATHS, HARDWOOD, FIREPLACE
$109,900

435 HILLCREST
3 BR BRICK SPLIT, CENTRE TOWN, FAG/CA, ATTACHED GARAGE, FENCED YARD
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MOVE RIGHT IN! 417 WATER STREET
ACROSS FROM BIKE PATH, 3 BR, 2 STY MAINTENANCE FREE, 20X24 GARAGE. MUST SEE!
$74,600

17189 HEADLINE RD.
CUSTOM BUILT, 3BR BRICK BUNGALOW, JUST OUTSIDE CITY LIMITS, FEATURES INCLUDE FA OIL/CA, CENTRAL VAC, ATTACHED DOUBLE GARAGE, 28X40 WORKSHOP
$196,000

1701 DONALD ST.
OVER 1900 SQ. FT. OF LIVING SPACE, LR, DR, 3 BR, GARAGE, END UNIT, 1-4 & 1-2PC
$94,500

1325 LOCHIEL ST.
LOVELY 3BR BRICK SPLIT LEVEL FEATURES WELL LANDSCAPED LOT 3 BR., LR, DR, BECKERMAN KITCHEN, HARDWOOD FLOORS, ATTACHED DOUBLE GARAGE.
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UNIQUE EXECUTIVE 4BR 3 BATH HOME, ON A LARGE PROFESSIONALLY LANDSCAPED LOT
$225,000 EXCL

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Location, Location, Location
1701 Donald, Cornwall
Over 1900 sq. ft. of living space in this spacious end unit townhouse, located in residential area.
LR, DR, 3BR with 1-4 & 1-2 pce bath & attached garage. Immediate occupancy.
$94,500
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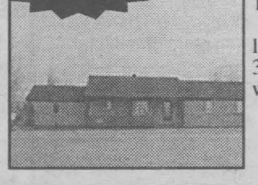
GREAT INVESTMENT
Marleau Avenue.
11 acres of industrial land. Great high traffic location for a business. Features new development in area. A real must to see. Owner would consider some financing.
NEW LISTING
For serious inquiries call Ginette

19132 PARAGON ROAD
COZY

Come view this 1600 sq.ft. brick bungalow. Beautiful country setting, features lot size 150x300, pool, garage, 3 bdrms, new updates, whirlpool, central vac, much more.
$149,900
Call Ginette
#53000189

1163 MONTREAL RD.
OPEN HOUSE - Sun. 1-2:30

NEW LISTING
Beautiful brick bung., featuring gas heating, full size lot, 3 bdrms, some ceramic clors, framed & insulated bsmt., rough-in for 2nd bath, 1200 sq.ft., patio deck 12x12, more
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Hostess: Dawna Bamford
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321 IVAN CRESCENT
Spotless & cute

Come view this 4 year old home, gas heat, garage, paved drive., hdwd flrs, whirlpool tub, 3+1 bdrms, lots of cupboards, survey, owners will install gas fireplace.
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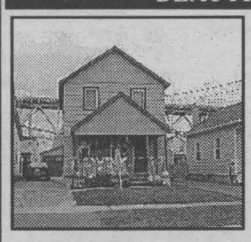
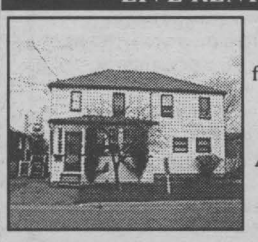
Diane Benoit
Sales Rep.

BEAUTIFUL

1-1/2 storey home, updated kitchen, windows, flooring, detached garage, owner will help with financing.
Asking only $62,500
Call Diane
#53000202

LIVE RENT FREE

Looking to live rent free? 4 rooms upstairs rented out, live on main floor. Separate entrances.
Asking only $59,900
Call Diane
#53000208

Beautiful lots on outskirts of city. Most lots have river view, city services. Reserve your lot today. Builders available.
Call Diane

SMALL BUSINESS OWNER

This property is perfect for a small business owner who would love to live next door. Commercial building 30 x 40. Home has 3 bdrms., north end of city
Asking only $144,900
Call Diane
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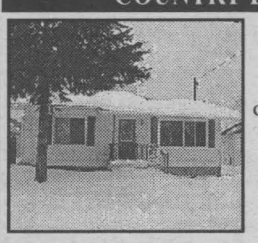
Looking for country living, but want city services? Call Diane on this 4 bdrm. home, 10 minutes from Cornwall
Call Diane
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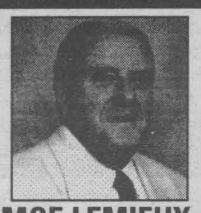

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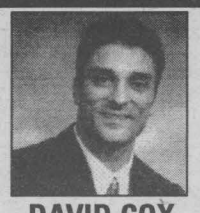

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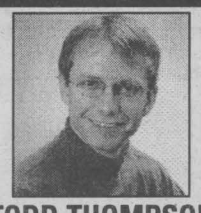

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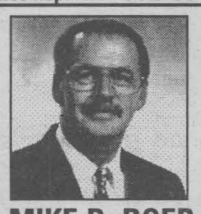

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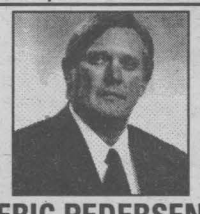
Broker 938-7802



MICHAEL VANDER MEER
Assoc. Broker 938-2121



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WANTED
3 bedroom bungalow
$70 to $75,000
in Finch or
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LONG SAULT $84,900
(M-MLS 0162) 3 bdrm. bung. features garage, rec rm., close to beaches and park.
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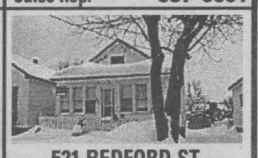

521 BEDFORD ST.
(A-MLS 0249) Great beginnings! Begin Here! At this price, this home won't last long on the market.
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A LITTLE BIT COUNTRY IN THE CITY $125,000
(A-MLS 0233) Sip mint julips on the veranda of this stately century old home. Gardeners paradise, many fruit trees, lot size 100x150
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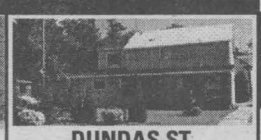

DUNDAS ST. MARTINTOWN
(J-MLS 0118) The perfect home for your treasured antiques. Love big old homes? Enjoy the luxury of large sized rooms.
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3512 HWY. 138 $155,000
(L-MLS 0235) Beautifully renovated century home on 1 acre with a 3000 sq. ft. heated barn. Ideal for commercial business. A must see!
TODD THOMPSON 938-2121

WANTED
Open concept bungalow in secluded area.
Home must be in very good condition.
ASK FOR TODD
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Call Us Today For A Complete Listing of Homes For Sale In The Area



534 MARLBOROUGH $84,900
(A-MLS 0167) If space is what you need, this is the perfect house for you. 1485 sq. ft., large yard, det garage & many updates. Call to view
MONIQUE WILLIAMS 932-7196

OPEN HOUSE SUN. 1 - 2:30



19167 GORE RD. NEW PRICE...$116,900
(J-MLS 0238) Say goodbye to city cramp, say hello to country. Minutes from the city. Call to view
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3123 NORTHDALE DR. $73,900
(A-MLS 0123) You'll fall in love with this home. Make all your dreams come true!
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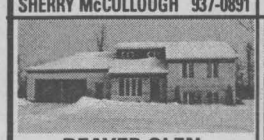

BEAVER GLEN SUBDIVISION
(J-MLS 0226) Well! Well! Well! Well-located, well built & well maintained. Once you come in, you won't want to leave.
SHERRY McCULLOUGH 937-0891



245 ADOLPHUS $54,900
(A-MLS 0229) 2 properties on same lot, both rental units reshingled. Electrical update at 308 Third St. E.
MOE LEMIEUX 932-9386



EXCELLENT STARTER $56,900
(A-MLS 0054) Well-kept 2 bdrm starter home with possible 3rd bdrm, loads of closet space, spacious kit. w/lots of cpbds, many updates. A must see!
MOE LEMIEUX 932-9386



105 DICKINSON DR. INGLESIDE NEW PRICE...$265,000
(O-MLS 0082) Well-established truckstop with restaurant, truck & car wash, rented warehouse. Restaurant has 2556 sq. ft., lot size 150x500
MOE LEMIEUX 932-9386



$87,500
(A-MLS 0221) 3 bdrm bung., 2 baths, carport, above ground pool, hardwood floors
DAVID COX 930-9251



FIRST TIME HOME BUYERS $47,000
(A-MLS 0207) Detached garage. Many renovations
DAVID COX 930-9251



142 CARLETON $54,500
(A-MLS 0239) Maintenance free brick 2 storey with sgl. det. garage situated on a corner lot. Great 2 bdrm. starter with hdwd flrs.
DAVID COX 930-9251



WESTLEY'S POINT $74,900
(J-MLS 0178) Many updates on this 3 bdrm. bung, modern kit. with lazy susan, 2 decks, 14x30 insul. garage with wdstve. Extra lot with boathouse across road incl.
MIKE DeBOER 938-7802



INCOME - 4PLEX $118,000
(A-MLS 0190) 4-2 bdrm units. Good condition. 4 electric panels, new roof
ERIC PEDERSEN 938-9690



HWY 2 EAST OF GLEN WALTER
(J-MLS 0224) Great location for business ... lot 300x636 with 2 entrances & 2 buildings
ERIC PEDERSEN 938-9690



6610 VIVIAN CIRCLE BAYVIEW ESTATES NEW PRICE $124,900
(J-MLS 0149) Raised bung with 2-car garage, raised patio deck, main floor entrance to rec room.
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GREAT FAMILY HOME $107,000
(A-MLS 0213) Large 3+1 bdrm. brick bung. close to all amenities. 2 baths, rec rm, air cond., fireplace.
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SUNSET PARK
(off Power Dam Dr.) $33,500
(A-MLS 0059) Affordable mobile home with large kitchen, 2 bdrms, patio deck, 2-car driveway
ERIC PEDERSEN 938-9690



PACKAGE DEAL! $99,900
(A-MLS 0141) 140-144 Belmont. Good 2-storey home & 4-plex. Good condition.
JACK ROY 931-1290



JUST REDUCED $85,500
(A-MLS 1192) Established fully equipped, 2-bay garage, centre-town area with good parking & extra income from rented house
JACK ROY 931-1290

BUSINESS & COMMERCIAL BUILDINGS $159,900
(P-MLS 0183) Great potential, 2 Quanset buildings 3200 sq. ft. each & 1 of 7200 sq. ft. situated on approx. 20 acres located near Morrisburg. Business has been operating many years. For details call
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HOBBY FARM $99,900
(M-MLS 0245) 3 bdrm. home on 10 acres with good barn. Great setup for horses,
MIKE VANDERMEER 938-2121



MINI FARM REDUCED...$74,900
(M-MLS 0172) Large 3 bdrm. home with det. garage & small horse barn on almost 2 acres
MIKE VANDERMEER 938-2121



LONG SAULT $79,900
(M-MLS 0241) Spacious 3 bdrm raised bung with carport, home was built in 1989 & is priced to sell
MIKE VANDERMEER 938-2121



INGLESIDE $89,900
(O-MLS 0108) 3 bdrm bung, large rec rm with wdstve, patio door to deck
MIKE VANDERMEER 938-2121



COUNTRY $89,900
(L-MLS 0176) North of Avonmore you find this 1567 sq. ft. brick bung on large lot with det garage & large shed
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INGLESIDE $89,900
(O-MLS 0122) A 1400 sq. ft. bung with sunken living rm, large bath with whirlpool, beautiful river view from deck & more
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LONG SAULT $99,900
(M-MLS 0181) 3 bdrm brick bung, enclosed carport, gas fireplace, cathedral ceilings
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LONG SAULT $126,900
(M-MLS 0196) 3 bdrm home with att garage on a fully serviced lot in newer subdivision
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STRIPALL - Furniture stripping, refinishing & repairs. Staircases, floors, doors, archways, No job too big or small, antique or not. Free estimates. Long Sault, 534-8494. Visit our website www.stripall.com Try our industrial stripper $30. gallon.

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VINYL FENCING & Deck Dealers needed in your area. Attention fence, deck & renovation contractors. Country Estate Fence is looking for dealers in your area to join in the fast growing business of vinyl fencing, decks & railings. No start-up costs. Contact Greg @ 519-666-2900.

26 FARMERS MARKET

sn4

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ABSOLUTELY FREE INFO. Own a computer? Put it to work. $350-$1,000/wk. Visit: www.myezincome.net

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Required Immediately for busy Ford dealership. Must be customer oriented. Please submit resume to:

MILLER HUGHES FORD
Att: Debbie Piette
711 Pitt St.
Cornwall, On.
K6J 3S1

sn3

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Hair Stylist required
Bring resume to:
Cuts n' More
720 14th St. W.
936-0664
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EARN ONLINE INCOME!
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ABSOLUTELY FREE INFO. Earn on-line income, $2,000 - $5,000/mth. www.get-set-now.com

EXPERIENCED HAIRSTYLIST wanted. Call Claire Roger Hair Care Centre, 1138 Pitt St. Cornwall, 932-0503.

$300., $500. OR MORE per week assembling jewellery at home. No experience needed. Send a self-addressed stamped envelope to: Bucci, 6-295 Queen St. East, Suite 274. Ref: 158, Brampton, Ontario, L6W 4S6.

40 AUTOS FOR SALE

1989 CHEVY S10, needs engine work, good condition, $600. or B.O. 1988 Celebrity, certifiable, air, good condition w/parts car, $1,700. Call 936-8050.

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Sales & Service
Mike's Automotive
Carmikel System
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Surplus Home Furnishings
All New Merchandise

36" Buffet and Hutch. Birch Solids and Veneers, maple finish	$649
3pc Sklar Occasional Table Grouping, beige laminates	$399
Roxton Solid Maple High Back Chairs, 4 sides, 2 arms, 6 pc.	$1199
Loveseat, floral on beige background	$299
Sectional Style Living Room, teal green	$799
Single Pedestal Round Table (40") and 4 Windsor Style Chairs, wht/mat	$399
Twin Bed Esemble, bkcs HB, frame, mat and foundation, 4 pc.	$299
Therafoam Queen Sleep Set "gentle" firm, 2 pc.	$399
Simmons Twin Beautyrest Sleep Set, extra firm, 2 pc.	$499
Roxton Solid Cherry Oval CoffeeTable.	$359
Berkline Rocker Lounger Chair, green cover	$299
Decor-Rest, Sofa and Loveseat, green velvet cover. 2 pc	$1399
Twin Size Brass Headboards. While they last!.	$19
All Lamps, Pictures, Accessories	1/2 list price (or less!)

All items subject to prior sale.

FOR INFORMATION OR APPOINTMENT TO VIEW 984-2051

The Furniture Loft
sn2 Hwy #43, Finch

AUTOS FOR SALE

HOLIDAY'S ARE OVER BACK TO CAR BUSINESS

CARS

1997 BUICK LESABRE
custom, 4dr., V6, full load, 69,000 km's,

1997 PONTIAC SUNFIRE
4dr., auto, air, cruise tilt, p-locks, remote start, 1 owner, 68,000 kms

1996 FORD T-BIRD
2dr., auto, full load, 1 local owner, p-seat, 90,000 km's

1996 EAGLE VISION ESI
4dr., V6, loaded, 115,000 km's auto-temp, air

1996 OLDS DELTA LS
4dr., v6, fully loaded, p-seat, local owner, 90,000 km

1996 FORD TAURUS WAGON
V6, loaded, auto, 180,000 km

1996 TOYOTA CAMRY
4 cyl., 4 dr., auto, full load, 94,000 kms

1996 DODGE NEON
4dr., 4 cyl, auto, air, cass, 73,000 km's, 1 owner

VANS

2001 GR. CARAVAN
V6, dual sliders, 1 power, power lift gate, 500 km

1998 PLY. VOYAGEUR
V6, air, cruise, tilt, p. locks dual sliders, 46,000 kms

1997 PONTIAC TRANSPORT
extended, full load, power slider, modular seating, p-seat, 2-tone, 78,000 km, dual sliders

TRUCKS

1997 GMC JIMMY SLE
V6, 4dr., loaded, power seat, 59,000 km

7 months, 11,000 km., power train warranty included

sn2

Image Motors Quality New & Used Cars
1 km west of Long Sault on Hwy #2
(613) 534-3940

1997 CHEV SILVERADO, ext. cab, 3-dr, all equipped. 1994 Nissan. 1994 Tempo. 1992 Caravan, air. 1992 Sundance, 4-dr, auto. 1992 GMC van, V-6, x-Bell. 1989 Escort, 4-dr, standard, $1,295. as is. 1989 GMC S-15, ext. cab, V-6, $995. as is. Also, van ladder roof racks. Apply Bill's, 17-Sixth St. West, 932-6481.

1997 PONTIAC TRANSPORT ext. van. 1-owner, clean, new X-One Michelin tires. 74,000 km. Well maintained, fully equipped. Asking $14,800. Call 933-9553.

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Cornwall's USED CAR DEPOT
933-9883
"Affordable Certified Cars. Vans & Trucks From Only $2,800"
THIS WEEK'S SUPER VALUE



'90 TOYOTA COROLLA
25th Anniversary edition only 130 k., auto, fully loaded
Only $4,650
5757 Hwy 138, Cornwall
sn2

1996 MONTE CARLO - Owned by Class A Mechanic. Show room & fully loaded. $12,000. safetied. Apply at Roger Perras Garage, St. Andrews, 938-1718.

AUCTION SALES

Restaurant Business AUCTION
Saturday, February 17th
8: pm sharp!
at "Zips" - #4 - 1916 Pitt St.
Cornwall in the Heritage Mall
(Pitt St. & Tolgate Road)

TO BE SOLD ON SITE:
Business, equipment, signage, goodwill chattels & leasehold - No real estate, very popular, well equipped, 50 seat going concern, turnkey operation, lots of parking - could easily have a drive thru in the rear.
This income property, **WILL BE SOLD** subject **ONLY** to a minimum bid of $5,000
TERMS: $1,000 deposit-balance due on or before March 30th, 2001

OPEN HOUSE
SATURDAY, February 10th 1 - 3 pm
Realty Broker/Auctioneer sn4
Carson Chisholm Auction Services
"Have Gavel Will Travel"
St. Andrews West 937-0201

HOUSE SALE

ANTIQUES & HOUSEHOLD
(former home of Dr. Pollock)
JOHN & LILY WORRALL
15 Main Street, Avonmore, Ontario
WED. FEB. 14 & THURS. FEB. 15
8:30 am - 5:00 pm

Curved front china cabinet with 3 drawers 5'9" high x 46" wide; double pedestal dropleaf table & 6 Lyre back chairs; single pedestal drop leaf table& 4 Lyre back chairs; Jungham mantle clock; Gingerbread clock; large antique mirror in lovely frame; Dominion pump organ with candle stands; good selection of pictures; brass rubbing; brass easel; 3 drawer dresser with tear drop handles; wicker rocker; parlour table; 12'x20' Oriental type carpet - 9'10" x 5'x 2" carpet; 1/2 moon hall table & mirror; King size bed; sofa & chair; Doulton including 2 large Pied Piper character jugs; Carleton ware: Royal Winton Tray; Limoge; Wedgewood; cups & saucers; Crystal end of day; S.P. pcs including sugar bowl; sugar & salt & pepper castors and dog and parrot napkin holders; quilts including double wedding ring; collector plates: good assort. of linen including hand crocheted samplers; Damask tablecloths; needlepoint pictures; frames with bubble glass; bedding; vintage clothing; books; Christmas dec.; trunks including wardrobe trunk with ironing board; crocks; dress makers maniquin; sewing table; entertainment centre; bookshelves early Apollo 16mm sound projector; Cine-Kodak Royal 16mm movie camera; Durst 730 photographic enlarger; 10" bench saw; shop vac; 1/2 ton of coal; book shelves; Aero Trek; tool kits; flower pots; carpenter's box; other misc. articles.
Terms: Cash or Acceptable Cheque

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42 CHILD CARE

CHILD CARE - All ages welcome. Mother of 3 growing children willing to care for your children in my home. Home-cooked meals, clean & happy environment, lots of play area in & out. Located on Eaman Road between Long Sault & Ingleside. For info., call Michelle, 537-2296. References available.

AUCTIONS

Auction Sale
Wed. Feb. 14th 6:30 pm
Household furniture, glass collectables, coins, currency, sports cards, box lots of misc. item, consignments arriving daily
Ray Smith Auction Hall
33 Queen St., Crysler, Ont
Owner/Auctioneer
Not Responsible for Loss or Accidents
Terms: Cash
For info. or to consign
613-346-5483 sn2

57 DJ'S

POWER SOURCE DJ's. Part of the professional group of D.J.'s. Specializing in stags, weddings & any other special occasions. Karaoke & lights & 10-person trailered Hot Tub available. Call Ray 938-1962/Rod 936-0652.

60 MUSICAL NEEDS

PIANO TUNING & minor repairs. Call 613-443-0001.

68 CARTING/ MOVING/STORAGE

U-DO-IT STORAGE. Save money on heated storage by renting a room & handling your own goods. A division of St. John's Transfer, 950 Boundary Road. 933-1495.

71 HALL RENTALS

HERITAGE HALL - 333 Second St. East. Newly renovated, 210-capacity. Fully licensed & air conditioned. Banquets, receptions, parties, etc. Catering & kitchen facilities available. Call Carl or Kathryn, 613-932-2184.

72 HEALTH/DIET/ BEAUTY

AUGUSTA HAIR CARE now has Seniors Day on Mondays, 10% off perm & tints. Open Mondays only by appointment. Call Gloria, 933-2627, 127 Augustus.

WANTED: PARTICIPANTS to test bath & skin care products in the privacy of your own home for 3-days. Must be willing to complete questionnaire. 1-877-229-0051.

76 PETS/ LIVESTOCK

BEAUTIFUL PUPPIES: Terri-Poo, $100. Cock-A-Poo, $175. Tiny Yorkie-Poos, $200. Tiny Chihuahua, $175. Vaccinated & dewormed. Call 527-3246.

ADORABLE PUPPIES: Tiny Teacup Maltese, Pekinese, Shih Tzus, Mini Pinschers, Mini Schnauzers, Italian Greyhounds. Vaccinated & dewormed. $200. up to $450. Call 527-3246.

85 PERSONALS

TAROT CARD READINGS + free Tea Cup/Crystal Ball. Past energy blocks alleviated. Clear away wreakage of the past. Spiritual Counselling optional. Phone Psychic Elantis 938-6199.

92 NOVENAS

THANK YOU ST. JUDE for answering my Novena. E.L.



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SEAWAY NEWS

POETS CORNER

by Ken J. Boivin

Ice-Time

That little shack,
By winter's withered shore,
Is true haven...
In mind and spirit...
An always pass before...
It has been said,
Or tossed about...
As simply,
Thick-tongued gossip...
Or booze-inspired rumour...
That we had come,
This way before.
This little shack,
In blustery countenance...
Yet lit bright,
By windowless passages,
This was our world view...
Without compensating rue,
And,
In the final burst,
Thaw through
Dormant views,
Of winter's rage...
And import,
Gentle spring.

APTS. FOR RENT

SEAWAY Property Management SERVICES

APARTMENTS FOR RENT
- 59 Lefebvre St., 2 bdrm, $460. inclu.
- 303 2nd St., 2 bdrm, $525. incl.

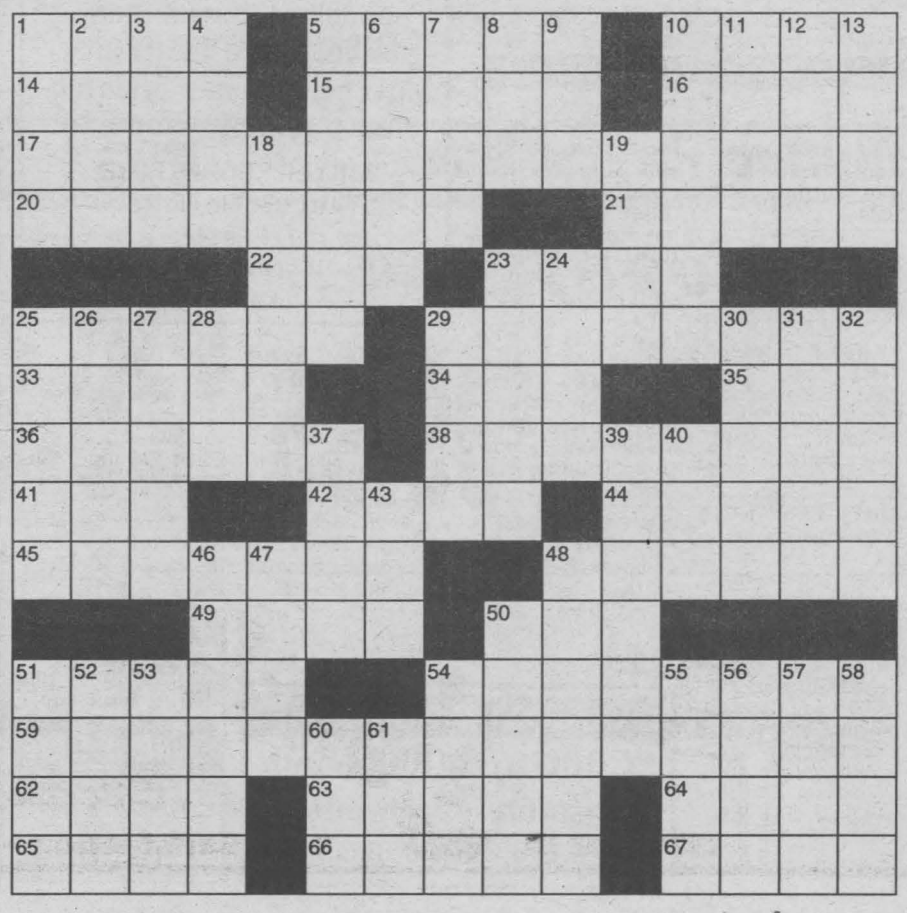
ATTENTION LANDLORDS!
Are you paying too much for Property Management Fees & Labour?
CALL ME - LOWEST PRICES GUARANTEED!
DAN LANDRIAULT 938-1574
sn 4

CROSSWORD PUZZLE

Clues ACROSS
1. 27th U.S. president
5. Show off
10. ____matic, practical
14. Quick tempo (abbr.)
15. Metrical units
16. Contest of speed
17. Presley hit
20. Vertebrates
21. Siskel and ____, critics
22. Commie
23. Withered, especially vegetation
25. Mississippi and airline
29. Strokes
33. Blaring
34. ____ Lilly, drug company
35. Civil or martial
36. Hard, aromatic seed of an East Indian tree
38. Alter the original state
41. Tokyo
42. Belonging to the Office of Population Affairs
44. "Inferno" poet
45. Brewery in Montana
48. Searched
49. Bullfighting maneuver
50. Complete
51. Indonesian island
54. Red and gray
59. Billy Ray Cyrus hit
62. You
63. Being of use or service
64. Soluble ribonucleic acid
65. Came in contact with, in a way
66. Presidential candidate
67. Despot

Clues down
1. Wild goat
2. Away from wind
3. Become flustered
4. Civil wrong
5. Sacred texts
6. Paddled
7. Research labs
8. Helps little firms
9. Expression of disappointment
10. Explorations
11. Rank
12. Dicot genus
13. Money (informal)
18. Violent denunciation
19. Present
23. Clearances and closeouts
24. Emerald Isle
25. Olympic discus champion
26. Fudge
27. Plant (Greek)
28. Stomach
29. Spanish right-wing organization
30. Hurled
31. Ground
32. Food rich in sugar
37. Departs
39. ____ Simon Ochs, publisher
40. Follows sigma
43. Before (prefix)
46. Altered
47. Sweet person
48. Killer
50. Joint
51. Carrie Chapman ____, suffragist
52. Resound
53. Syngman ____, Korean president
54. Talked
55. Persistently annoying person
56. Auricles
57. Ribosomal ribonucleic acid
58. Leading actor
60. Have a disposition to do something
61. 7th letter of the Greek alphabet

SOLUTIONS ON PAGE 31



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NOTICE

NOTICE
Residents of South Stormont Waterworks Quarterly Report

AVAILABILITY
Tuesday, February 6, 2001
Municipal Office, Ingleside, Ont
and TRG Canada Inc., Cornwall, Ont.

The Township of South Stormont, in co-operation with TRG Canada Inc., would like to inform the residents of Rosedale/ St. Andrews, Ingleside, Long Sault, Newington, and the communal well users of Osnabruck Centre, that copies of the Waterworks Quarterly Report for October, November and December are now available to be viewed at the Township Office and at TRG Canada Inc.

For additional information please contact:
Township of South Stormont
4949 County Rd. 14, P.O. Box 340,
Ingleside, Ont, K0C 1M0
(613) 537-2362
Attn: Betty de Haan, Clerk/Administrator
or
TRG Canada Inc.
1345 Rosemount Ave., Cornwall, Ont K6J 3E5
(613) 933-5602, ext. 278
SN2

YOUR AUTO CORNER

Problem Solving "What To Do"

At home or in the workplace; if you're human, you have problems. As a Service Advisor, it's part of your job to deal with customers' problems, and that can be difficult if you can't deal with your own. Whether they are small or large, nagging or infuriating, problems that go unresolved can literally, "get the better of you." It's crucial that you take the initiative and become solution-oriented.

Psychologists agree that problem solving, like any other important task, can be simplified by using a systematic approach. The following is a set of steps that will help you to "manage" major dilemmas:

1. Awareness & Identification

It's important to tackle problems honestly, specifically and one at a time. You may sense that there's something wrong and not know what it is. Spend a little time thinking about it and pin it down. Is it a personal problem that you've brought with you to work? Is it a procedure you disagree with? In as few words as possible, name it and write it down.

2. Monitoring

Next time you find yourself angry, frustrated or disappointed, note when, where and with whom the incident occurred. Again, be specific, because you may find a pattern that will point to a solution later. Note too if your relationships or your work have been suffering.

3. Match the Solution to the Problem & take Action

By this stage, you will probably already know what action to take. If it's a persistent conflict with someone in your dealership, arrange to speak with that person calmly and in private, and concentrate on specific differences you have with him or her. "Strike a deal" with him to resolve the problem. Give yourself a realistic timeframe for working things out, but if the situation doesn't improve, mutually, seek out an objective person to "arbitrate." Remember, it's your manager's job to see that the operation runs smoothly and that includes helping you to manage your problems and improve your performance. There are likely to be co-workers with whom you have problems in common. Ask others how they deal with an angry or dissatisfied customer.

When you diagnose a car problem, a rational, appropriate solution will usually come to mind. It's the same with your problems at work. You are already a problem solver: experienced and skilled at identifying, monitoring, and solving problems. Why not apply that discipline to yourself and others?

Shift Stuck In Park

When Frank got back into his car he tried to shift into reverse, but soon found that the shift was stuck in park. While parking on an incline, he had shifted into park before applying his hand brake. Naturally, the car rolled backward and the parking gear cog locked in a transmission gear.

The solution to this problem is easier than it might seem. Had a neighbour been available, Frank might have asked him to drive his car up behind the "stuck" vehicle and gently make contact with the bumper. As Frank's car nudged forward, its weight would come off the cog in the transmission, freeing up the shifter. The car would then have been put in reverse with ease.

Without a second vehicle, the men could have used a post or an old two-by-four board to lever the car forward from the rear and take the strain off the transmission. Or, had a block and tackle been handy, they might have attached it to the front bumper, run it to a sold object, and pulled the car forward momentarily, allowing the shifter to move.

Locked Bumpers - Problem

It had just started to rain as Bob left work. Traffic was building steadily and the roads had become quite slick.

As Bob approached an intersection, another vehicle pulled out, forcing Bob to apply his brakes quickly. Then, Bob heard the unmistakable, scary sound of a car sliding into his rear bumper.

There was no apparent damage to either car, but the two vehicles weren't going anywhere yet. Their bumpers had locked.

Under some circumstances, the bulky bumpers on some older cars will still lock into each other. When this happens, both cars are stopped in their tracks until someone finds a way of releasing them.

In the past, people have risked damage to themselves and their vehicles by getting atop a bumper and bouncing up and down until the bumpers unhooked.

What would you recommend a person do in this predicament?

So there they are, two cars with their bumpers locked. What did you recommend? The most sensible and sure way to free the bumpers is by using "jacks."

These cars both probably have jacks. The jacks can be placed on either side of the bumper, and with two people jacking at the same time, the top car will be raised and the bumpers will unlock. Both cars will be free.

UNBEATABLE

99 PLYMOUTH VOYAGER
loaded, extra clean, sharp!
$12,900
not exaclty as illustrated

98 CHEV LUMINA LS, 4 dr., auto., mint,	$10,700
98 FORD TAURUS WAGON, auto	$9,450
98 MXZ 670, skidoo, 5k, priced to sell	$4,500
98 PONTIAC SUNFIRE GT, loaded.	$9,995
98 CHEV CAVALIER,4dr., auto, air	$9,495
98 PONTIAC SUNFIRE, 4dr., auto, A/C	$9,450
97 PONTIAC GRAND AM,2dr., loaded, V6,	$9,250
97 FORD TAURUS, 4dr., auto, super clean	$9,950
97 SATURN WAGON WAG, loaded, auto.	$9,500
97 CADILLAC CONCOURS, full load.	$22,900
97 CADILLAC SEDAN DEVILLE, loaded.,	$21,900
97 FORD ESCORT, 4 dr., low kms	$8,900
96 FORD CONTOUR, 4dr., a	SOLD 950
96 PONTIAC GRAND AM	SOLD 600
96 PONT GRAND AM, 4dr., loaded, extra clean	$8,900
95 MAZDA MX3, sport, cle	SOLD 850
95 PONTIAC GRAND PRIX S.E.,Full load	$6,995
95 BUICK REGAL CUSTOM.,4dr., loaded	$6,995
94 CHEV LUMINA EURO, 4 dr., auto., low kms,	$7,500
94 OLDS. CUTLASS, 4dr., auto., air,	$5,495
94 PONTIAC SUNBIRD, 2dr., stick, good shape.	$4,495
94 CHRYSLER LHS, 4 dr., loaded, mint,	$10,900
94 BUICK REGAL CUSTOM, loaded,	$4,995
94 PONT GRAND PRIX, 4dr., loaded, mint	$5,650
94 MERC SABLE., 4dr., loaded, dbl pwr.	$5,250
93 MERC GRAND MARQ., 4dr., loaded, mint	$5,900
92 LUMINA EURO, 3.4 litre, V6, good shape,	$3,750
92 PONTIAC SUNBIRD GT	$2,000
92 PLYMONTH ACCLAIM	SOLD 750

TRUCKS & VANS

99 FORD WINDSTAR LX, loaded,	$14,900
99 PLYMOUTH VOYAGER, full load, mint,	$12,900
98 CHEV CHEYENNE,ext.	SOLD 900
98 PATHFINDER CHILLKOOT TRAIL, full load, V6, mint	$16,900
98 G.M.C. SIERRA, 1500, auto	$11,900
97 FORD EXPLORER XLT,	SOLD 900
97 DODGE RAM, reg. cab, auto, excellent conditi	SOLD 950
97 DODGE RAM, Reg Cab, auto., great shape,	$9,950
96 DODGE RAM, 2dr., cab,	SOLD 950
95 CHEV ASTRO VAN.,Full load, nice	$8,495
95 FORD AEROSTAR SPORT, low kms	$6,500
95 FORD AEROSTAR AWD, ext. Eddie Bauer	$6,995
94 PLYMOUTH COLT VAN, loaded	$6,495
94 CHEV LUMINA APV, full load,	$7,995
94 FORD RANGER, 2dr., stick, reg cab	$5,995
93 DODGE DAKOTA, auto.	SOLD 995
92 GMC SAFARI, full load	SOLD 995
91 DODGE RAM 150, 5spd	SOLD 995

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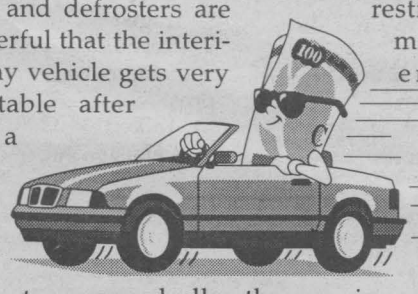
Ease It Up!

(NC) – Modern car heaters and defrosters are so powerful that the interior of any vehicle gets very comfortable after only a few minutes. So it is useless to wear bulky parkas and heavy boots to wearing warm clothes in a warm car can cause sleepiness. It is much better to wear layers of clothes and adjust to the ambient temperature in the car.



drive. Heavy garments can restrict movement in an emergency manoeuvre and prevent you from regaining control of the car in a skid. Also,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Your Choice Of Vehicle Can Deliver Big Savings

(NC) – Purchasing a big car, van or SUV when you could get by with an economical sub-compact isn't going to win you kudos for good financial management. But there's more to fuel efficiency than cost savings. For every litre of gasoline used, the average car produces about 2.4 kilograms of carbon dioxide, the principal greenhouse gas contributing to climate change, as well as other pollutants.

Before falling in love with a big vehicle in the dealer's showroom, think carefully about your needs. If you regularly carry three or more passengers, a four-door mid-size sedan makes sense. On the other hand, if you usually travel alone, a two-door sub-compact car might fit the bill. Instead of a mini-van or pickup truck, why not consider a hatchback or small station wagon?

Even after determining the category of vehicles that meet your needs, compare the fuel consumption of the different models in that category. You will be surprised that it can vary dramatically from model to model.

Comparing the fuel efficiency of different models has been made easy with the introduction of the EnerGuide label for vehicles. Posted on all new cars, vans and light-duty trucks sold in Canada, the label shows the vehicle's city and highway fuel consumption ratings and estimated annual fuel costs.

Fuel consumption ratings are also available in the Fuel Consumption Guide, published annually by Natural Resources Canada.

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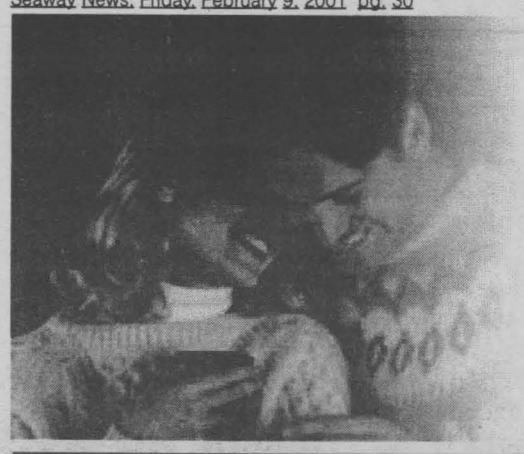

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Females Seeking Males

FABULOUS
Hello, I am a SWF, 39, with blonde hair, shy, easygoing and honest, I sometimes enjoy reading, movies, going for long walks and dining out. I'm interested in meeting a SM, under 48. Ad#: 3077

VERY OPEN-MINDED
I'm a funny and outgoing, SWF, 19, 5'4", who would love to meet a funny, outgoing and caring, SM, 18-25. My interests include rollerblading, swimming and taking care of my child. Ad#: 7781

OLD-FASHIONED VALUES
SWF, 43, 5'5", whose personality straightforward, with a positive attitude. I like music, dancing and spending time with a mature, educated, SWM, 43-54. Ad#: 9445

FASCINATING LADY
5'4", SWF, 50, blonde, with green eyes, is caring and loves socializing. Some of her interests are reading, live theatre and animals. She is seeking a SM, 45-65. Ad#: 9560

FOREVER
Others say that I am a SWF, 40, 5'3", who enjoys smowmobiling, biking and swimming. I'm seeking an honest and sincere, SWM, 39-55. Ad#: 5385

KIND & HONEST
SWF, 28, 5'3" and friends say she is fun and adventurous. Some hobbies include walks, rollerblading, dancing, etc. Seeking a SWM, 28-30, to be friends first. Ad#: 1573

SENSITIVE & CARING
Outgoing, spontaneous, SWF, 55, who enjoys life to the fullest. I am searching for a SWM, under 65, who is also spontaneous and creative. Ad#: 4182

HAPPY IN LOVE
SWF, mother, 23, 5'4", funny, outgoing, caring and fun to be with. I'm hoping to meet a caring, outgoing, open and romantic, SM, 25-35, who is good with children, a good listener and is easy too talk to. Ad#: 7173

ALLURING PERSONALITY
Call this petite, 5'3", blonde, blue eyed, attractive, SWF, 56, whose personality is easygoing, bubbly, interests are dancing, walking and knitting. I'm seeking a trustworthy, fun-loving, affectionate, SWM, 50-60. Ad#: 8340

CRY FOR LOVE
I'm a SWF, 42, 5', hardworking, humorous and outgoing. I enjoy time at home, dining out, kids and more. I'm seeking a SWM, under 55, who is honest, understanding, affectionate and spontaneous. Ad#: 9507

SOMEONE LIKE ME
I'm a SWF, 31, 5'6", slim, fun-loving, humorous and loves to laugh. I enjoy photography, camping, reading, movies, time with my kids, and quiettimes. I'm seeking a SWM, 32-40, who is romantic, sincere, respectful, honest, and affectionate. Ad#: 3079

TOUCH OF CLASS
I'm a SWF, 20, 110lbs, brown hair, blue eye, outgoinig, fun and energetic. I enjoy clubs, time with friends, camping and more. I'm seeking a SM, 20-28, who is outgoing, kind, friendly and talkative. Ad#: 3320

NO SECRETS
I'm a fun to be with, SWF, 19, mother, who is in search of a humorous, easy to get along with, SM, 19-25, with dark hair/eyes, who enjoys children. Ad#: 5459

HONEST & FAITHFULL
I'm a SWF, 44, 5'4", light brown hair, haze eyes, shy, easygoing and friendly. I enjoy dancing, camping, having fun and quiet evening at home. I'm seeking an honest, faithfull and fun SWM, 38-46, for a loving relationship. Ad#: 7321

NATIVE BEAUTY
SNCF, 47, honest, reliable, caring and trustworthy. I'm in search of an easygoing, calm, trustworthy, pleasent and easy to get along with, SNCM, 40-49, who is family-oriented. Ad#: 9358

PEOPLE PERSON
N/S, SWF, 44, 5'6", 140lbs., with blonde hair, blue eyes, outgoing, social and easygoing, seeking an honest, attractive, intelligent, N/S, SWM, 41-55. I love dancing, outdoor activities and reading. Ad#: 5269

HOPELESS ROMANTIC
SWF, 33, 5'3", 135lbs., with hazel eyes, funny, hobbies are watching movies, reading and listening to music. I'm hoping to find a romantic, SWM, 29-37, who enjoys cuddling, candlelit dinners and much more. Ad#: 8818

SIMPLY ALLURING
I am a tall, SWF, 34, brunette, with brown eyes, who is confident, outgoing and easygoing. Hobbies are reading, walking, karaoke, and I'm seeking a friendly, SWM, 25-35. Ad#: 8502

IMPECCABLE!
5'8", SWF, 23, with brown hair/eyes, attractive, enjoys computers, rollerblading, movies and much more. In search of a SWM, 23-28, who is honest and good-looking. Ad#: 5913

FAMILY LIFE COUNTS
I'm a shy, yet friendly and caring, SWF, 40, who would like to meet a caring, trustworthy, SWM, 38-48. My interests are the outdoors, movies, walking and my children. Ad#: 1804

YOUNG AT HEART
I'm a caring, generous and friendly, SWF, 70, 5'4", who enjoys gardening, traveling and the simple things in life. I'm seeking a caring and affectionate, SWM, over 63. Ad#: 4384

ONCE IN A LIFETIME...
I'm an outgoing, loyal, friendly and generous, SWF, 18, who enjoys water-sports, the outdoors and music. I'd like to meet a fun-loving and honest, SWM, 18-25. Ad#: 6267

FAMILY-ORIENTED
I'm a SWF, 21, who is told to be loving, caring and easygoing. In my spare time I enjoy swimming, reading, dancing and spending time with loved ones. In search of a loving, caring, SM, 20-25, who is a great listener. Ad#: 7519

LET'S CUDDLE
Bubbly, SNCF, 45, 5', 135lbs., with brown hair/eyes, hobbies are walking, movies and crossword puzzles, I'm looking for an honest, SWM, 44-50, who can make me laugh. Ad#: 1786

WHAT DO YOU WANT IN LIFE?
I'm a SBF, 21, 5'4", brown curly hair and green eyes, funny, adventurous and witty. I enjoy camping, sports, dancing, reading, time with my son and more. I'm seeking a well-educated, SWM, 23-30, who is responsible, mature and enjoys similar interests. Ad#: 1250

SOFT-SPOKEN
I'm a funny, outgoing and adventurous, SWF, 21, who would like to meet an honest, even-tempered, SWM, 20-25. My hobbies are working out, biking, occasionally drinking and romantic walks under the moonlight. Ad#: 4756

FEEL AT EASE
Fun-loving, caring and giving, SWF, 41, with auburn hair, hazel eyes, seeking a trusting, honest, good looking, SWM, 35-47. I enjoy dancing, singing and homecrafts. Ad#: 8980

A SWEET MELODY OF LOVE
SWF, 18, 5'6", 160lbs., brown hair/eyes, fun-loving, open-minded personality, with a great sense of humor, she enjoys bars, music and spending time with someone, is seeking a smart, honest, SM, 18-28. Ad#: 1899

CANDLELIGHT DINNERS
Funny, SWF, 28, 5'5", with red hair brown eyes, hobbies are swimming, biking and horseback riding. I'm seeking an honest and trustworthy, SWM, over 25, who loves kids. Ad#: 1168

ENTIRELY YOURS
I'm a SWF, 40, 5'2", who would like to meet an honest, SWM, 40-50. I enjoy dining, dancing, walks and movies. Ad#: 8303

SEE THE WORLD WITH ME!
I'm a SWF, 46, 5'3", brown hair, green eyes, loyal, fun-loving, and unique. I enjoy trying new things, live theater, reading, the outdoors, music, and poetry. I'm looking for a SWM, 46-60, who is honest, enjoys life to the fullest. Ad#: 9872

FULL OF ENERGY
I am a fun, intelligent and communicative, SWF, 41, 5'4", 120lbs., with blonde hair, blue eyes, who is desperately seeking a sincere, personable and affectionate, professional, SWM, 35-55. Is it you? Ad#: 4093

RADIANT PERSONALITY
I'm a SWF, 33, who is told to be bubbly, ambitious and adventurous. I like traveling, watersports and movies. I'm seeking a spontaneous, fun and dynamic, SWM, 30-38. Ad#: 1562

FRIENDSHIP FIRST
5' tall, SWF, 55, who is petite, very outgoing, friendly and caring. I would like to meet a SWM, over 55. Some of my interests are knitting, walks, the sunshine and country music. Ad#: 4617

NOW MEET THE BEST
I'm an easygoing, outgoing and fun-loving, SWF, 20, 5'2", who enjoys working, long walks, quiet times and spending time with my children. I'm seeking a hardworking, responcible, SM, 22-26, who enjoys children. Ad#: 6690

VERY LOVING
Short, SWF, 19, who is nice, funny and very outgoing. Some of my hobbies include swimming, sports and much more. Seeking an honest, romantic, SM, over 20. Ad#: 5887

DREAM DATE
5'5", SWF, 18, with short blonde hair who is very sweet, shy and quiet. I like music, long walks, drawing and painting. Looking fo a loving, caring, SWM, 18-23, for a possible relationship. Ad#: 1571

NIGHT LIFE
I'm a SWF, 20, outgoing, down to earth, and humorous. I enjoy singing, dancing, art, music, and more. I'm looking for an outgoing, SM, 19-25, who is honest, attractive, and enjoys going out for a good time. Ad#: 9757

ROMEO, ROMEO!!!
I'm a SWF, 23, easygoing, and caring. I enjoy biking, hiking, dancing, movies, and romantic evenings. I'm looking for a humorous, easygoing, trustworthy, SWM, 23-30. Ad#: 7432

CINDERELLA'S BALL
I'm a SWF, 29, 5'6", blue eyes and red hair, who friends say is kind, caring, compassionate and humorous. In search of a tall, SWM, 30-45, who enjoys animals, children and the country. Ad#: 5836

LOVE'S MAGIC
Quiet at first, SWF, 19, 5'2", with blue eyes, brownish-red hair, likes rollerblading, horseback riding and clubbing. I'm seeking a SWM, 22-29, to get to know. Ad#: 8385

WONDERFUL
I'm an attractive SWF, 57, humorous, and a great personality. I enjoy swimming, camping, crafts, dancing, the beach, romance, and spending time with loved ones. I'm looking for a SWM, under 65, who is caring, understanding, N/S, affectionate, romantic. Ad#: 1429

SHARE MY DREAMS
SWF, 33, 5'5", 150lbs., with long brown hair/eyes, has an easygoing personality, likes having fun, hobbies are dancing, movies and long walks. I'm seeking an honest and caring, SM, 19-40, who loves children. Ad#: 9019

LET'S MEET
SWF, 31, 5'4", who is described as very responsible, dedicated and a hardworker, enjoys sketching, walks, reading and visiting. Seeking a SM, 30-40, for companionship and friendship. Ad#: 9855

UNFORGETTABLE
Outgoing, friendly, open-minded, SWF, 37, 5'7", slender, with light brown hair and hazel eyes. I'm hoping to meet an honest, caring and trustworthy, SWM, 34-45, preferably over 6', who enjoys children. Ad#: 7864

MAKE A FRESH START
I am a N/S, SWF, 33, 5'2", who is shy, happy and honest. Some of my hobbies include playing darts, bowling, movies and going for walks. I would like to meet a SWM, 39-45. Ad#: 9144

VERY GENUINE
N/S, SWF, 60, 110lbs., 5'1", with long brunette hair. I love dancing, cooking, barbeques, movies and entertaining. Hoping to meet a SWM, 55-65, who is honest and likes dancing. Ad#: 7155

GOOD LISTENER
SWF, 49, brunette and friends say I am bubbly, fun to be with and compassionate. I enjoy dancing, canoeing, bowling, working out, etc. Searching for a SWM, 47-55. Ad#: 6134

INCREDIBLY CUTE
I'm an understanding and outgoing, SWF, 21, with brown hair/eyes, 5'9". I enjoy working out, walking, quiet times and more. I'm seeking a SWM, 19-25, with a great personality. Ad#: 6182

FALL IN LOVE
Fun, humorous, SWF, 49, 5'1", with short black hair, brown eyes, hobbies are camping, dancing, crafts and crocheting. I'm in search of an honest and trustworthy, SWM, 45-55, who likes having fun. Ad#: 6610

VERY LOVING
SWF, 35, 5'2", with brown hair and blue eyes, has a very nice personality. Some of my hobbies are biking, country music, slow dancing and playing cards. Very honest, I'm seeking a SWM, 29-37. Ad#: 3432

AGE IS JUST A NUMBER
Hoping to meet an honest, thoughtful, SWM, 75-80, I am a kind, friendly, compassionate, WWWF, 75, retired, with white hair and blue-green eyes. Hobbies are card games, sports, traveling and computers. Ad#: 1697

COMPASSIONATE
5'3", SWF, 50, blonde hair, my personality is fun, bubbly and very easygoing. I like golfing, nature, traveling and socializing. Seeking a slim, honest, SWM, 45-55, for a possible relationship. Ad#: 7845

BE PART OF MY TOMORROW
I'm a fun-loving, SWF, 35, who's interested in meeting an honest, SWM, 34-40, for a possible relationship. My favorite activities include dancing, long walks, movies and country music. Ad#: 1015

HONESTY TOP MY LIST
I am a funny, crazy, SWF, 40, 5'3", 110lbs., with blue eyes, who enjoys reading, walking, dancing and knitting. I'm hoping to meet an honest, SWM, 41-42, with similar interests, for companionship. Ad#: 2444

TRANQUILITY
Here is a SWF, 29, 5'6", blonde hair and blue eyes, who is easygoing, honest, and enjoys many things. Searching for a SWM, 29-38, who would be honest, loyal, enjoys children and the outdoors. Ad#: 3792

LOTS OF LOVE
SWM, 25, 5'7", with long blonde hair and brown eyes, considered romantic, spontaneous and open-minded. I'm interested in meeting a SM, 25-40, who is friendly, outgoing and full of surprises! Ad#: 4927

SIMPLY ALLURING
I am an outgoing, friendly, sensitive, SWF, 45, tall, with brown hair and blue eyes, who enjoys others. I'm hoping to find a tall, communicative, SWM, 40-60, who enjoys traveling and quiet times. Ad#: 7795

NO HEAD GAMES!
Honest, fun to be with, SWF, 44, 5'6", with blonde hair, enjoys walking, movies and my dog. I'm hoping to meet a SWM, 40-65, for friendship first. Ad#: 2186

LET'S CUDDLE
SWF, 43, I am 5'1", with brown hair/eyes. My personality is very pleasant and fun-loving. I like bingo, camping, swimming, long walks and more. I am hoping to find a SWM, 40-48. Ad#: 3349

SOCIABLE LADY
5', SWF, 39, who is bubbly and loves having fun, hobbies are playing darts, gardening, boating, camping, dancing and much more. Very sincere, I'm looking for a SWM, 40-50, who is fun-loving and honest. Ad#: 2933

COUNTRY AFFAIR
I have a bubbly personality, and I am a SWF, 50, 5'3", full-figured, with blonde hair, brown eyes. Hoping to meet a sensitive, funny and honest, SWM, 40-60, who loves country music. Ad#: 4646

RADIANT
Active, sociable, retired, SWF, 56, 5'2", attractive, with brown hair, hobbies are biking, walking and going to the gym. Sincere and honest, I'm seeking an attractive, true, outgoing, SWM, 48-60, who can express himself well. Ad#: 2103

QUITE THE ROMANTIC
SWF, 38, 5'3", with blonde hair, brown eyes, kind, caring and compassionate. I'm in search of a SWM, 34-44, who has a beautiful soul. Ad#: 5685

TO THE POINT
Honest, good humored, SWF, 50, 5', with hazel eyes and red hair, she enjoys all types of sports, seeks an honest, trustworthy, SWM, under 60, who's family-oriented. Ad#: 1295

WIN! $500.00

Ladies, place a FREE personal ad. Then place your lips here



Ladies place a kiss in the space provided above or on a separate sheet of paper and you can Win $500.00. We have thousands of single men

WOW!
The Response Has Been Terrific!
All Lips Are In.
Voting Begins Next Week Thank You!

...purchase necessary. Must be 18 years of age or older to play. Employees of DRMOC and this newspaper are not eligible.

...gals, get ready to vote and a chance for you to Win $500.00. Keep watching for details on how to vote for the best lips and win.

YOUNG AT HEART
Outgoing, honest and caring, retired, SWF, 65, 5'2", medium built, blonde, blue eyes. My hobbies are the arts, crafts, gardening, traveling and much more. I'm looking for a loving and caring, SWM, 59-69. Ad#: 2324

LOVES LIFE
SWF, 51, 5'6", blonde hair, hazel eyes, outgoing, has a zest for life. Some of my interests are dancing, long walks, traveling and sports. Seeking a SWM, 42-50. Ad#: 7120

SHARE MY WORLD
SWF, 34, 5'3", 130lbs., with blonde hair, green eyes, easygoing, intelligent and personable, seeking an honest, fun-loving, SWM, 34-48. My interests include camping, reading and the great outdoors. Ad#: 7059

ONE ON ONE
I'm a tall, honest and humorous, SWF, 18, looking for an honest, cheerful and caring, SWM, 18-23. My hobbies are bowling, walking, rollerblading and more. Ad#: 6848

HEAR MY WORDS
SWF, 50, 5'5", with dark brown eyes, has an pleasant personality, easygoing and intelligent, enjoys biking, crafts, horseback riding. I'm seeking an honest, adventurous, SWM, over 45, for a possible monogamous relationship. Ad#: 5636

MEANINGFUL
SWF, 38, 5'7", with brown hair, my personality is fun to be with, caring and respectful. I am looking for a SWM, over 35, for a possible relationship. Ad#: 7869

SERIOUS REPLIES ONLY
I'm a brown haired, SWF, 42, 5'1", who's outgoing and easy to get along with. I enjoy going to bingo, long walks, dining out, the outdoors, movies and stock-car racing. I'm seeking an honest, good looking, SWM, 36-48, who loves children. Ad#: 2428

SHY AT FIRST
Outgoing, funny, SWM, 38, 5'11", with brown hair, blue eyes, hobbies are movies, long walks and hockey. Offers honesty to a relationship, I'm seeking a romantic and affectionate, SWF, 33-43, who likes to communicate. Ad#: 4397

VERY FAITHFUL
My personality is kind, considerate, outgoing, humorous, fun-loving, and I am a SWM, 29, who enjoys the outdoors, weights and walking. I'm hoping to find a faithful, N/S, SWF, 23-30, who can communicate. Ad#: 5279

FOCUSED
I'm an easygoing, SWM, 23, who woould love to meet a loving, caring, compassionate and really nice, SWF, 18-25. My interests are sports, music, signing and playing the guitar. Ad#: 2743

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Males Seeking Females

A ROMANTIC AT HEART
Widower, 69, secure, active and healthy, enjoys homelife, biking, traveling and good conversation. I'm interested in meeting an affectionate, caring lady, over 55 years, for friendship and possible relationship. Ad#: 1174

MAKE A FRESH START
SWM, 30, I am tall with brown hair/eyes, with a great personality. His hobbies include playing pool, movies and relaxing at home. Searching for a SF, over 18, who is honest and humorous. Ad#: 4670

AMAZING
SWM, 43, whose personality is very friendly and outgoing. Some of his hobbies include sports, reading and working out. In search of a fit, caring, SWF, 33-40. Ad#: 4082

NONE BETTER
SWM, 42, quiet, easygoing and laid-back. I enjoy trying new and exciting things. I'm hoping to meet a SWF, 25-50, who is fun-loving and sharing. Ad#: 4065

VERY STABLE
5'9", SWM, 27, with long brown hair, easygoing, I have a variety of interests and hobbies to share with a SWF, 24-32. Ad#: 6390

FOR KEEPS
I'm a fun-loving, SWM, 39, 5'10", who would love to meet a loyal, caring and trustworthy, SWF, 30-42. In my spare time, I enjoy movies, good conversations and long walks. Ad#: 4137

ALL THE GOOD THINGS
Funny and crazy, SWM, 40, 6'2", who enjoys the outdoors, reading, fine dining and more. I'm in search of a SWF, 25-45, who has beautiful eyes. Ad#: 1796

THIS IS LOVE
SWM, 42, 5'6", very honest, sincere and affectionate. I'd love to meet a SF, 32-45, who loves to laugh, be outdoors and take walks. Ad#: 5893

UNCONDITIONAL LOVE
SWM, 37, 5'7", 145lbs., with blond hair, blue eyes, open, honest and caring, seeking a loving, understanding, SBF, 18-36. I enjoy shooting pool, walks and going out for coffee. Ad#: 1681

WHY NOT ME?
SWM, 42, 6'2", 240lbs., with long brown hair, beard, mustache, glasses, trustworthy, easygoing, sincere and relaxed. I'm in search of an affectionate and romantic, SWF, 25-40, to do different things with. Ad#: 1293

ONE-WOMAN-MAN
Hello, I am a 5'8", SWM, 24, who enjoys music, long walks, long bike rides and air-brushing. I am looking for an honest, loyal, SF, under 30, for a monogamous relationship. Ad#: 3693

A REAL GENTLEMAN
SWM, 44, 5'10", easygoing, kind-hearted and loveable. I'm in search of a loveable and honest, SF, 29-44, who has a great personality. Ad#: 9056

UNDERSTANDING GUY
43 year old, SWM, 6' tall, his personality is shy, quiet and conservative. Hobbies include going to the gym, sports, socializing and more. He would like to meet a SWF, 40-45, who is honest and sincere. Ad#: 6544

EXTRA NICE
SWM, 45, 5'10", I am very caring, humorous and I am hoping to meet a SWF, 45-55, who is honets and loves having fun. I enjoy boating, traveling, walks, drives and golfing. Ad#: 9253

SICK OF BEING SINGLE?
Honest, straightforward and dedicated, SWM, 45, 6', 230lbs., with brown hair, hazel eyes, enjoys renovations, writing short stories and cooking. Open-minded, I'm seeking a mature, outgoing, SF, 35-50, who is willing to share herself and her opinions. Ad#: 2360

BRUTALLY HONEST
I'm a SW dad, 37, 5'10", blue eyes, 172lbs., easygoing, fun, friendly and witty. I enjoy time with my kids, the outdoors, darts and more. I'm seeking a SF, 30-43, who is affectionate, fun to be with, very honest and upfront. Ad#: 8685

NO HASSLES
I'm a SWM, 43, 5'10", blue eyes, black hair, kind, generous, easygoing, who enjoys fishing, hunting, horseback riding and more. I'm seeking a SWF, 29-43, who is kind, affectionate and is good with kids. Ad#: 2771

HOLD ON TO YOUR HEART
I'm an outgoing and easy to get along with, SWM, 39, 5'5", who enjoys soccer, shooting pool and more. I'm in search of an easy to get along with, SWF, 30-45. Ad#: 3530

NOT TOO LATE
SWM, 23, 5'11", fun-loving, my hobbies are skating, sports, hockey and more. Looking for a SWF, 20-26, who enjoys having fun. Ad#: 6065

WONDERFUL LIFE AWAITS
I'm a trustworthy and honest, SWM, 35, 5'10", who enjoys camping, fishing, my daughter, sports and more. I'm in search of a loyal, honest and trustworthy, SWF, 19-32. Ad#: 8798

DON'T PASS ME BY
6' tall, SWM, 45, attractive, warm, spontaneous, sensitive and fun to be with. I love children and animals. I'm seeking a SWF, 35-45, who likes outdoor activities and sports. Ad#: 3224

TRUSTWORTHY
SWM, 40, 5'6", with brown hair/eyes, well-trimmed beard and mustache, I'm a very nice, easygoing guy, who likes bowling, camping, dining out, concerts and long walks. Seeking a SWF, 34-42. Ad#: 6665

EARN MY TRUST
I'm a gentle, loving and easygoing, self-employed, SWM, 52, 5'8", who enjoys gardening, fishing, dancing, horror movies, long walks and quiet times at home. I'm seeking a kind and loving, SF, 40-50, for a serious relationship only. Ad#: 4236

LAST CHANCE OF HAPPINESS
May be older, but definitely young at heart! SWM, 78, 6'3", 200lbs., in good physical condition. Is seeking a SWF, 45-65, sweet and sincere, who enjoys cooking and gardening, as he does. Ad#: 5331

LOVE & COMMITMENT
I'm a loving and down-to-earth, SWM, 18, 5'10", who enjoys sports, music and movies. I'm in search of a sincere, SF, 18. Ad#: 7796

ROMANTIC HEART
I'm a SWM, 19, 5'11", kind, fun, intelligent, and romantic, who enjoys sports. I'm seeking a SF, 19-32, who is romantic, kind, respectful, nice and attractive. Ad#: 8431

I'M A GEMINI
SWM, 45, feel like 30, slim, blond hair and blue eyes. Straightforward, I enjoy staying active, the outdoors, country life, playing pool, etc. I would like to meet a SWF, over 25, for a sincere relationship. Ad#: 4308

JUST BE YOURSELF
I'm a SWM, 29, 5'7", blue eyes, brown hair, outgoing and kind. I enjoy hockey, going to the mall, for coffee and more. I'm seeking a non-judgmental, SF, over 19, who cares about others feelings. Ad#: 9564

A RAY OF LOVE
I'm an easygoing and personable, SWM, 42, 5'8", who enjoys movies, dining out, walking and sports. Seeks an honest, sincere, SWF, over 26. Ad#: 3705

COMPATIBLE
I'm a SWM, 32, who's personality is fun-loving. Some of my hobbies are bowling, dancing and the outdoors. I'm seeking a generous, kind-hearted and fun-loving, SWF, 28-32. Ad#: 5011

ANGELS WELCOME
I'm a shy, outgoing and humorous, SWM, 32, 5'7", who would love to meet a friendly, easy to get along with, honest and faithful, SWF, 25-45. My interests are working out, movies and spending quality times with the girl I love. Ad#: 5140

TENDER HEART
SWM, 40, 5'6", 155lbs., with short hair, goatee, honest, compassionate and romantic, seeking a fun-loving, SF, 19-45. I enjoy cooking, fishing and watching movies. Ad#: 9467

Females Seeking Females

THE LOVE
I'm a funny, intelligent, SWF, 28, 5'10", who enjoys working out, volleyball and baseball. I'd like to meet a fun-loving, SWF, 29-35. Ad#: 9892

SIMPLY ALLURING
SWF, mother of 2, 22, 5'4", medium built, honest, caring and very fun to be with. I'm hoping to meet a soft, gentle, honest and caring, SWF, 22-26, who is willing to try new things. Ad#: 9511

CHOOSE ME
5'2", SWF, 18, is outgoing, friendly and very kind. I enjoy skiing and music. I would like to meet a SWF, 18-25, kind, honest and will always be there! Ad#: 7497

AFFECTIONATE
My personality is described as being happy, light-hearted, loving, and I am a SWF, 50, 5'7", 150lbs., with blue eyes, blonde hair. Seeking a mature, responsible, SWF, 49-58, who is financially secure. Ad#: 5741

GIVE ME A CALL!
SWF, 23, 5'7", with blonde hair, blue eyes, outgoing, fun to be with and honest, seeking a caring, compassionate, truthful, SWF, 20-30. I enjoy soccer, playing darts, music and dancing. Ad#: 1726

GENUINE
5'7", blonde haired, blue eyed, SWF, 31, who is kind and honest. Long walks, movies and friends are a few of my interests. Searching for a kind-hearted, SWF, 25-31. Ad#: 5000

PERSONABLE
Call me..I'm a SWF, 25, 5'5", with blue yes, sandy brown hair and I have a great personality. I am looking for a SWF, 27-30. I like dancing, walking, biking, romance, movies and more. Ad#: 9219

HUGS & KISSES
I'm a SWF 34, I enjoy sports, singing, dancing, movies, and long walks. I'm seeking a SWF 19-30, who shows there feelings, and shares the same interests as I do, and likes children. Ad#: 5169

I SHOULD HAVE TOLD YOU
I'm a nice looking, full-figured, SWF, 23, outgoing, very easy to get along with, likes cooking, long walks, swimming and talking for hours. I'm seeking a clean, open-minded, pretty, SF, 25-50. Ad#: 2180

NONE BETTER
Outgoing, clean, humorous, full-figured, fun-loving, honest, SWF, 25, smoker, 5'9", enjoys aerobics, swimming, socializing, singing and much more. She is seeking a fun-loving, understanding, loving, open-minded, SF, over 19. Ad#: 1835

LOOKING FOR A FRIEND?
Easygoing, humorous, SWF, 29, 5'6", with brown hair and hazel eyes, enjoy music, sports and dancing. I am seeking a SWF, over 19, for a friendship first. Ad#: 5784

Males Seeking Males

AT HEAVEN'S DOOR
SM, 20, passionate, funny and outgoing. I'm in search of a fun to be with and humorous, SM, 18-27, who is compatable. Ad#: 6904

ALL FOR YOU
I'm an honest, compassionate and affectionate, SWM, 35, 120lbs., who enjoys sports, walking, movies, music and spending time with my loved one. I'm looking for an honest, compatible, SM, under 35, who also enjoys spending time with the person they love. Ad#: 1602

A WONDERFUL LIFE AWAITS
I'm a fun-loving, honest and clean, SWM, 35, 5'11", who is seeking an honest and caring, SWM, 32-45. My hobbies are collecting antiques, dining out and movies. Ad#: 8440

COMMUNICATION
Outgoing, caring and romantic, SWM, 46, 5'6", 138lbs., with brown hair, blue eyes, honest and sincere, enjoys movies, walks, romantic nights. I'm seeking an understanding, SWM, 25-40, who can talk his problems out. Ad#: 9206

HOPES & DREAMS
Be true to me, I'm an honest and sincere, SWM, 22, 5'10", 150lbs., who enjoys a wide variety of interests. I'm interested in meeting an attentive, SWM, 18-30, for a possible relationship. Ad#: 3307

TO THE POINT
Easygoing, SWM, 42, 5'7", with reddish hair, brown eyes, seeking an honest, fun, SM, over 19. My hobbies are raising horses, reading and watching movies. Ad#: 4365

HAPPY
Well-adjusted, single white male, 34, tall, with brown hair, enjoy skiing, biking and jogging. I am seeking an honest, single white male, over 24, with a good sense of humor. Ad#: 9519

ONE STEP AT A TIME
SWM, 20, 6'1", 140lbs., with brown hair, green eyes, describe as being passionate and funny, likes military, soccer and more. I would be interested in meeting a SM, 19-28, who is fun to be with. Ad#: 3419

HERE'S THE OPPORTUNITY
The future looks bright if you leave a message with this SWM, 23, 5'10", 145lbs., who's a hardworker, honest and extremely sincere. He's interested in sharing the joys of life with a SM, over 19, who's interested in a committed relationship. Ad#: 1817

OPENNESS & HONESTY
Well-organized, SWM, 24, 6'1", 170lbs., with brown hair/eyes, has a good sense of humor, who likes movies, walks, baseball and hockey, is seeking an outgoing, SWM, 18-30, who is fun to be with. Ad#: 5939

OUTGOING
This outgoing, humourous SWM, 24, 5'11", 150lbs, likes hockey, movies and much more. Seeking someone who is compassionate, outgoing, 18-22, who has similar interests. Ad#: 4343

MANY OPTIONS
5'5", SNCM, 29, 145lbs., with short black hair and brown eyes, is very outgoing, caring and romantic. He is looking for a SWM, 19-35, who is sincere, open minded and understanding. Ad#: 4197

M- Male, B - Black, D - Divorced, F - Female, EI - East Indian, C - Christian, W - White, A - Asian, S - Single, WW - Widowed, N/S - Non-smoker, NC - Native Canadian 2/6/01

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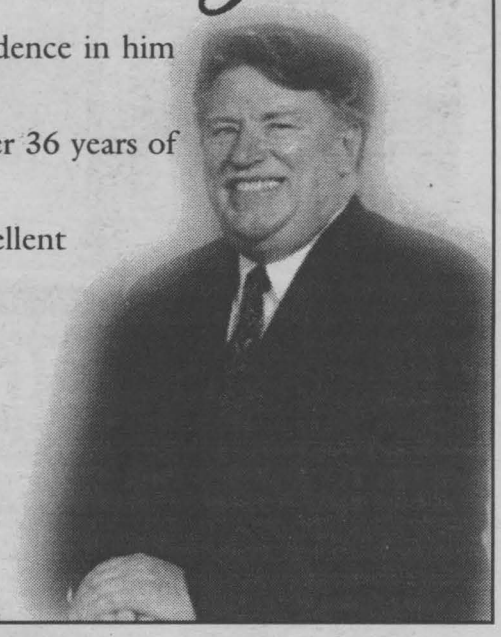



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OBITUARIES

MacMILLAN - Ewan Joseph

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Friday, November 3rd, 2000.

Mr. Ewan Joseph MacMillan, in his 81st year, born in Mille Roches, Ontario and formerly of Cornwall, Ontario.

Dear son of the late John Allan MacMillan and the late Julia Campbell.

Beloved husband of Mary MacMillan (nee Smith).

Loving father of Nancy Munro, Lorna Lenneau and David MacMillan (Jan) all of Cornwall, Ontario.

Cherished brother of John MacMillan (Olive) of Cornwall, Ontario.

Dear grandfather of Todd, Chad, Erin, Mark, Jennifer and Kimberley, and great-grandfather of Jacob, Abby, Delaina, Logan and Jesse.

Predeceased by his son, Robert MacMillan, brothers, Donald, Lorne, Allan, Campbell and Alexander (Alex) MacMillan and sisters, Mrs. Olive Toner, Grace and Lorna MacMillan, Mrs. Anna Mills and Mrs. Christina (Tina) Marshall.

The funeral took place on Tuesday, November 7th, 2000 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. Columban's Parish Church with burial at St. Lawrence Valley Union Cemetery. Rev. Godwin Iheke of St. Columban's Parish Church officiated.

The pallbearers were Paul Lenneau, Kilby Jarvo, Steven Mallory, James Mallory, Chad Hyland and Todd Hyland.

THÉORET - Geneviève Vivian

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Saturday, November 4th, 2000.

Mrs. Geneviève Vivian Théorêt, in her 80th year, born in Greenfield, Ontario and formerly of Cornwall, Ontario.

Dear daughter of the late Eugene Sauvé and the late Georgina Phillips.

Beloved wife of Henri A. Théorêt.

Loving mother of Françoise (Desrosiers) (Mrs. Pierre Doyon), Carolle (Mrs. Laurier (Luigi) De Serres), Adèle (Mrs. Claude Constantineau), Johanne (Mrs. Gordon R. Bryan) and Pierre Théorêt (Louise) all of Cornwall, Ontario, Gaetan Théorêt (Laurie) of London, Ontario and Sylvie Théorêt of Orleans, Ontario.

Dear sister of Renald Sauvé (Lisette) and Juanita Sauvé Laderoute both of Montreal, Quebec.

Sadly missed by grandchildren Andrea, Élise, Yvan, Josée, Joël, Carine, Pascal, Tarra, Bernard, Alain and Renée.

Predeceased by her brother, Oran Sauvé and sister, Mrs. Alda Cuerrier.

The funeral took place on Tuesday, November 7th, 2000 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Ste-Thérèse de Lisieux Church with Burial at St-Grégoire de Nazianze Cemetery, Vankleek Hill, Ontario. Rev. Gerald Poirier of Ste-Thérèse de Lisieux Church officiated.

The pallbearers were Josée De Serres, Élise Desrosiers, Pascal Constantineau, Bernard Grenier, Alain Grenier and Yvan Desrosiers.

EMPEY - Gladys Cecilia

Passed away at Sandfield Place, Cornwall, Ontario on Friday, November 10th, 2000.

Mrs. Gladys Cecilia Empey, in her 77th year, born in Barnoldswick, England and formerly of Cornwall, Ontario.

Dear daughter of the late Thomas Oates and the late Annie Walsh.

Beloved wife of the late Richard Bruce Empey.

Loving mother of Deborah (Debbie) (Mrs. Albert Labelle) of Cornwall, Ontario, Doreen (Mrs. Roger Cholette) of Ottawa, Ontario, Reginald Empey (Jane) of Cornwall, Ontario and Ian Empey (Billy) of Toronto, Ontario.

Dear sister of Florence (Mrs. Lawrence Leger) and Joyce (Mrs. Percy Leger) both of Cornwall, Ontario.

Cherished grandmother of Timothy Labelle (Susan) and Laurie Labelle (Monica), Sherri-Lynn, Kimberley, Johnna, Greg, Craig, Brian, Cindy and Sheldon.

Sadly missed by several nieces, nephews and great-grandchildren.

Predeceased by her loving companion, Benjamin Adams, sons, Gary and William Empey, brother, Freddie Oates and sister, Mrs. Anne Ogden.

The funeral took place on Tuesday, November 14th, 2000 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with burial at Hammond Protestant Cemetery. Rev. Peter Hincke of St. Mathew's Lutheran Church officiated.

The pallbearers were Timothy Labelle, Laurie Labelle, Reginald Empey, Ian Empey, Sheldon Empey and Barry Clouthier.

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