SEAWAY NEWS

OCTOBER 11, 1993 VOLUME 7, ISSUE 41 SERVING CORNWALL AND AREA

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Local Students Get A Head Start in Business

For the second year in a row, students in the SD&G area are running their own businesses. They decide on a product, research marketing strategies, raise funds for production, begin distribution, and then they liquidate. This may sound like a typical business plan, but it's not. It is actually a lengthy year long project for students involved in the Junior Achievement Program. Junior Achievement (JA) is a non-profit organization aimed at encouraging entrepreneurship and teaching elementary and high school students relevant business principles.

Junior Achievement of SD&G was formed in 1992 and is recognized by Junior Achievement of Canada. JA offers two different programs to enhance a student's curriculum, the Company Program and Project Business. Both programs involve partnering students with the business community throughout most of the school year, with regular weekly meetings to enable the business "expert" to guide the students. In the first year of operation, 10 schools participated in Project Business and there were 4 Company Programs.

Project Business is geared towards students at the grade 8 level. A business "consultant" from the area is teamed up with a grade 8 teacher, and develops a business course into the regular curriculum. The consultant volunteers one hour a week for 12 - 18 weeks to go into the classroom and provide business insights and lessons to their assigned class.

The senior program, the Company Program, is an after school activity for high school students. This program is a little more involved, as the students are aided in forming their own business. Groups of students, along with their business advisors, select a product or service that they would like to offer in their company. The students operate their company throughout the year with weekly meetings being held to the middle of spring, when liquidation begins.

Many other events are held throughout the year to supplement the JA programs. There is an annual banquet with special student business awards and scholarships, students may also attend regional, provincial and national Junior Achievement conferences.

JA is organized by many local business people who volunteer their time to maximize the success of Junior Achievement programs and are dependent upon the many generous volunteers who act as business advisors to the Company Program and business consultants for Project Business.

Another important aspect of the JA programs is funding. Since JA is a non-profit organization, all

cont. on pg. 4



WHAT'S IN A NAME

They may be called "Meet the Candidates", they may be called "Forums" or they may be called "Debates". Whatever they're called, these platforms afford the candidate & public the opportunity to meet as pictured above as candidates get grilled by students of CCVS.

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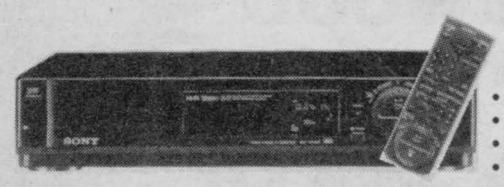

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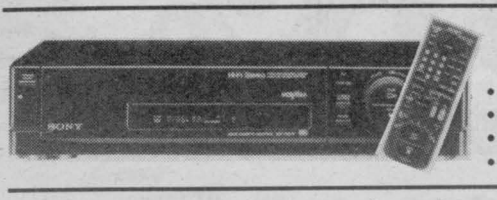

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Music Notes

by Morley Seaver

Andy Childs (BMG)

Andy Childs is a country singer from Memphis with a bright future ahead of him. He has a rock side to him that will attract the new audience but he is country enough to hold the die-hards. Good voice and great songs make the package complete.

Con Funk Shun/ Cameo/ Kool & The Gang - The Best Of (Mercury/ Polygram)

If you like a bit of groove in your tunes, check our Mercury records latest collection of "Best Of" tapes. They introduced a set called Funk Essentials and initially released four tapes by some of funk's best. Kool & The Gang are forerunners of bands like Parliament, Earth Wind & Fire and others. All their hits like "Hollywood Swinging" are here. The excellent Bar-Kays, Con Funk Shun and Cameo set are all required listening for dance fanatics.

Doughboys - Crush (A&M)

Doughboys hail from Montreal and 1993 might finally be the year they break big-time. After forming in 1987, they garnered a legion of admirers but never experiencing any major success. "Crush" is full of the band's trademark ballistic pop. It's a draining experience listening to this set. The songs are all high energy yet not forsaking quality. Great stuff.

Robin Zander (Warner Music)

Robin Zander has been the vocalist for Cheap Trick for the last 16 years. With the band on break, this is his first opportunity for a solo record. A quality record, it moves Zander from the power pop that is often associated with Cheap Trick. The songs are all winners. "Reactionary Girl" and "I've Always Got You" are great pop movers. A duet with Maria McKee on her "Show Me Heaven" is superb. The list goes on. A who's who of the music world helps out.

Mark Chestnutt - Almost Goodbye (MCA)

With a strong, clear voice and good songs, Mark Chestnutt is staking out the country charts as his hunting ground. No one will confuse this guy with Billy Ray Cyrus, as he is "country". His latest record "Almost Goodbye" is hit bound. "Woman, Sensuous Woman" will be a winner on most charts. And "Almost Monday" will be a great concert tune. With all of the country artists out there lately, this is one that delivers a good record from beginning to end.

The Rankin Family - North Country (Capitol)

WOW! What a difference a year makes. Many thought Cape Breton's own The Rankin Family were peaking with their last record, "Fare Thee Well Love". IN fact, they were just scraping the surface. "North Country" has just been released (partly because of the extended success of "Fare ...) and it's simply fantastic. The record is just brimming with confidence. Jimmy Rankin is emerging as a superior songwriter. The first single, "North Country" is excellent. In fact, all of the songs are excellent. I think the song that spotlights the confidence is "Mull River Shuffle" which features a riveting spoken intro by Jimmy. The girls' voices are sublime as ever, and the production is crystal clear. The best Canadian recording so far this year.

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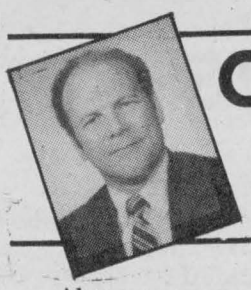

Christianity Alive

by Bob Burgess, pastor
New Life Covenant Church
(A Spirit-Filled New Testament Church)

Almost everyone, at one time or another, has gone through a period in their life when they felt utterly forsaken by the world, and even misunderstood by family and friends. It's hard to fight back the terrible loneliness that threatens to overwhelm you, when you feel you're facing your problems alone and no one cares.

God, however, isn't fickle like people sometimes are. God loves us with a perfect love - a constant love. In Hebrews 13:5 God says, "I will never desert you, nor will I ever forsake you." (NAS)

I heard a story once that illustrates this beautifully:

A man fell asleep one night to dream he was walking along the shore of an ocean. As he made his way down the beach, he could see clearly the various events that made up his life sketched in the sand before him.

The further he walked, though, the more puzzled he became over a curious detail he didn't quite understand. It seems that for most of the walk, there were two sets of footprints embedded in the sand along the course of his life. But during times of painful crisis or periods of bleak despair, there was only one set.

"Lord," the man finally asked, "What do these footprints mean?"

The Lord answered him, saying, "My child, those footprints are yours and mine, for I've been walking beside you all of this way."

This baffled the man even more. "But Lord," he again questioned, "Why weren't you there when I was going through the hardest times of my life? Look! There's only one set of footprints beside the roughest periods. Why did you leave me when I needed you the most?"

The Lord laughed gently and replied, "But you don't understand, My son. I was still there. True, there is only one set of footprints at times. But those were the times I was carrying you."

Isaiah 41:10 promised, "Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand." (NAS)

If you're going through some personal crisis right now, and you can only see one set of footprints in the sand, remember - those footprints belong to God, not you. You are never alone.

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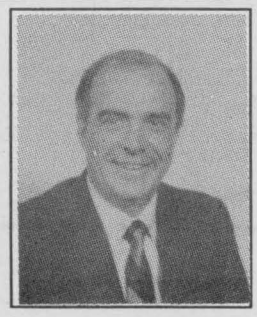

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JUST BREW IT TODAY!

cont. from front page

funding must be raised in the community. Funds collected are applied to Junior Achievement programs such as Project Business and the Company Program, students awards and scholarships, attendance at conferences, the annual banquet, along with some minimal operating costs. There are different levels of funding, you may be interested in becoming a $1000 founder, a $500 Presidents Club member, a $200 benefactor, or maybe you choose to support a particular school or program: Project Business is $500 per school, the Company Program is $1000 per school, or $400 to send a student to the provincial conference.

The current sponsorship goal for 1993/94 is $30,000, which will increase the number of the two JA programs to be offered throughout SD&G. Charitable status tax receipts will be issued to all sponsors. For more information on how to invest in the business future of SD&G by supporting JA, call the Junior Achievement Co-director, Linda Bowers, at 543-4558.

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6:30 Kinsmen TV Bingo
7:30 Cornwall City Council - Live

Wednesday October 13
6:00 A New Environment
6:30 Harvest Moon - Music Special featuring the Carm Aube Band
7:00 Q&A - Questions and Answers: All Candidates Debate - Live
8:30 German Diary TV

Thursday October 14
6:00 Primetime Sports Cards presented by Fantasy Realm Comics and Cards
7:00 Rogers Connection - Live
7:30 Alternatives: A 30 Minute Special featuring the Candidates from the National Party, Natural Law Party and the Party for the Commonwealth of Canada
8:00 Neelam Ghar #5
8:30 A New Environment
9:00 The Federation of Agriculture All Candidates Debate With the Candidates From Glengarry, Prescott, Russell

Friday October 15
2:00 Cornwall City Council of October 12th
4:00 The '93 Vote: Free Time Broadcast With the Candidates From Stormont-Dundas
5:30 German Diary TV

The bucks stop here

Nov 15

Slowpokes, dawdlers and dilly dalliers take note, if you've been thinking about converting to economical Natural Gas, now is the time to do it. **Sign up to switch between October 4th and November 15th, 1993** and we'll put some cold hard cash in your pocket.

Here's the deal. Just switch to clean burning Natural Gas as your home's primary heating source and you'll get **$250 cashback.** This means Natural Gas mid-efficiency furnaces, fireplaces, space heaters, or wall furnaces.

Choose a high efficiency Natural Gas furnace and get a bonus of **$100 cashback**. With furnace efficiencies of over 93%, you will squeeze the most heat from your heating dollars. Natural Gas high-efficiency furnaces are simply more efficient and installing one gets you **$350 cashback**.

Or, don't pay a cent or interest for 12 months. By financing your Natural Gas heating system on Centra Gas' Convenience Purchase Plan you don't pay for a full year after installation.†

That's not all. If you convert your water heater to a Natural Gas rental tank at the same time, you'll get up to 12 months deferred rent.†

The rules? You must live in Cornwall, Ingleside, Long Sault, or St. Andrews West. Your house must be on a street with a Natural Gas service main and you must **sign up to switch to Natural Gas between October 4th and November 15th, 1993**. Pretty simple.

It's easy to switch to Cornwall's most economical home energy system.
Just follow these 4 simple steps.

1 Call the Centra Gas "Switch-to-Gas" Hotline at 933-0385. Let us know you're interested and we'll point you in the right direction.

2 Choose your Natural Gas heating contractor. Shop around. Many manufacturers of Natural Gas heating systems are offering big bonuses this fall too! So make your best deal and add any one of theirs to one of ours.

3 Get connected to the main Natural Gas line. This is done free of charge*, and we promise we will restore your lawn!

4 Call your contractor to install your new Natural Gas heating system. Then, sit back, relax and decide how to spend your cashback money.

You'll be saving big bucks for a long time.

Let's talk about something that's close to everyone's heart. Money. Natural Gas homeowners will tell you that the biggest savings they experience in their home energy costs is in heating their home. Current Natural Gas homeowners in Cornwall are saving up to 49%‡ on their heating expenses. Even with new bill increases expected this winter you'll still be saving handsomely.

Don't delay, sign up before November 15th. Call the Centra Gas "Switch-to-Gas" Hotline at 933-0385, Monday to Friday, 8 to 8, Saturday, 8 'til noon or contact one of the Participating Dealers listed below.

These dealers promise to get back to you within 48 hours.

*Contact Centra Gas for terms and conditions.
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‡Percent cost savings based on conversion from electric system or converting fuel oil system to a high efficiency Natural Gas system in 1993 in Cornwall. Save 23% if converting from a high efficiency fuel oil to a high efficiency Natural Gas furnace.

Switch to Natural Gas before Nov. 15 and get $250 cashback.

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BASIC BLACK



By Arthur Black
SEAWAY NEWS

The world has benefitted greatly from the Hebrews. They gave us the Torah and Doctor Seuss. They also gave us Albert Einstein and Lenny Bruce; Yehudi Menhuin and Bob Dylan; bagels and lox.

But I think the greatest gift the Hebrews bestowed upon us was the concept of the scapegoat.

You can read about it in the Bible. It tells us that on the Hebrew's Day of Atonement, Aaron selected two goats. One was slaughtered ritually as a sacrifice to the Lord. Then Aaron turned to the other goat and said something like: "You! Look at you! You call yourself a goat? You're a joke! A disgrace to goatdom! not only that but I hereby saddle you with all the sins and transgressions my people have committed in the past year. My people are now pure and innocent. You on the other hand are a mess. Now get outta here already!"

And the goat was banished. Driven into the wilderness.

Which personally I think is a helluva lot preferable to having your throat slit on an altar, but that's not the point. The point is: the Hebrew ritual gave the world the principle of the "scapegoat" - picking some poor schnook out of the crowd and blaming him, her or it for everything that's bad.

Humankind has been using scapegoats ever since. The English treated the Highland Scots and the Irish as scapegoats. The Nazis did the same to the Gypsies and the Jews.

On a less bloodthirsty scale we all use scapegoats. The Newfie joke, the Mulroney dartboard, the Toronto Maple Leafs -- all variations on the scapegoat theme.

Trouble is, good scapegoats are getting hard to find. The Toronto Maple Leafs are beginning to play respectable hockey. Brian Mulroney is mercifully off the front pages and out of our lives. And Newfie jokes just ain't funny.

It is no longer politically correct to wax lighthearted about ethnics, gays or women. Hell, you can get in trouble telling jokes about folks who are short or bal ... oops - I mean follically challenged.

As a matter of fact there's a politician in Albany, New York who is trying to get a law passed "banning weight bigotry". If Assemblyman Daniel Feldman has his way, any employer who refuses to hire someone as ... oh, say a ballerina or a fashion model or a trapeze artist just because said person weighs as much as and is built like a Dodge Minivan - well, that employer would be subject to prosecution.

As I said, it's getting tough to find a decent scapegoat these days.

But I think I've managed to turn one up. A scapegoat, I mean. I found it in the pages of Harpers Magazine.

It was an ad for a new book by one June Stephenson. The ad copy says "Why do so many boys grow up to be criminals? Whether it's murder, rape or the S&L scandal, crime costs $300 billion a year. Prison inmates are 94 percent male. Why is crime essentially a male pursuit? Read MEN ARE NOT COST EFFECTIVE: Male Crime In America."

There you have it kiddies. The perfect patsy. No question of race or religion, or custom or belief or short or tall or fat or skinny. Just ... man, the fall guy. Half the human race ready, waiting and practically crying out to be pronounced Guilty As Charged.

Hey, don't laugh. It's already happening. The Lingo Police are out there as I write, scouring the English tongue to eradicate every filthy foxhole of male-tainted language. We've got personhole covers in the streets now. We've got chairpersons and fisherpersons and if you think I exaggerate, go look it up.

In your Herstory book.

Man. The ultimate scapegoat.

I'd whine some more but I've gotta go. I promised I'd meet my buddies out in the Wilderness for a couple of beers.

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The program will stress hands-on maintenance of plumbing, electricity, groundskeeping and general building needs as well as developing Blueprint Reading, Fire Prevention and Fire Fighting abilities, small motor/generator maintenance, and minor repairs.

CLASSES BEGIN: October 18, 1993

For more information, please call St. Lawrence College, Business Industry Services at 933-6080, ext. 2256, or see your Counsellor at Employment & Immigration Canada; Social Assistance - Service

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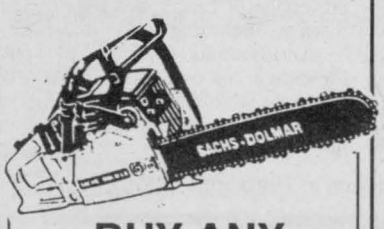

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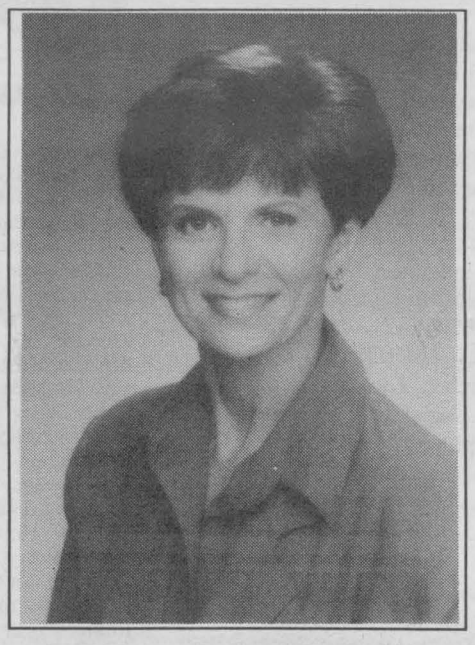

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MPP REPORTS



By John Cleary
SEAWAY NEWS

There has been a considerable amount of discussion and discontent over Quebec's discriminatory trade rules which affect the construction industry by limiting non-Quebec construction contractors and workers from job sites in that province. As a result of these barriers, only 300 Ontario tradespeople are permitted to work on Quebec construction projects but, in contrast, it is estimated that over 4,000 Quebecers cross into Ontario each day for employment.

This is, undeniably, an outstanding and damaging issue for our province's construction industry, particularly in Eastern Ontario and, as I have heard a significant amount of concern over this inequitable situation from individuals in our area, I though I would take this opportunity to provide some comment on the Ontario government's recent effort to combat Quebec's rules, as well as problems of the past and future.

Interprovincial trade barriers have existed between Ontario and Quebec as far back as the 1930s, but it was only in the mid-1970s that Quebec closed their province to outside construction workers. It is my understanding that the restrictions, imposed through the requirement that workers have 'competency cards' and contractors be licensed with the province, were implemented largely as a result of the Cliche Commission which reviewed illegal activities in Quebec's construction industry.

So, while this is certainly not a recent development, it continues to plague Ontario. While I do not have unemployment figures specifically for our area's construction sector, it has been reported that construction unemployment in the Ottawa Valley runs from 25 per cent on average, and up to 60 per cent for some trades. For that reason, I was very surprised and disappointed there was nothing in the NDP government's leaked list of legislative priorities that revealed they would be taking action on the issue.

The Liberal caucus has realized that Quebec should not be able to continue with this discrimination, and we have called upon the NDP government time and again to respond to the situation. Most recently, on September 17, we recommended measures to show Quebec that Ontario means business and force them to lower their trade barriers.

Specifically, we suggested that Ontario launch a legal challenge to test the validity of Quebec's legislation that requires permits for construction workers, and our Leader, Lyn McLeod, called for the Legislature to return with an emergency debate on this interprovincial dispute.

Economic Development and Trade Minister Frances Lankin responded on September 27 by announcing her intentions to introduce barriers similar to that which Quebec has in place. Specifically, Ms Lankin announced that the province will be duplicating Quebec's legislation and regulations which exclude Ontario residents from all construction sites in the province, whether public or private.

Ontario also plans to exclude Quebec-based contractors, subcontractors and Quebec-produced construction materials from Ontario government projects, and will encourage private individuals and firms to likewise favour Ontario labour and construction materials. As well, the Transportation Ministry will be discouraging Ontario municipalities from purchasing Quebec-made buses.

Of course, Ms Lankin's trade bans do not resolve the discontent of trade barriers between Ontario and Quebec. In fact, Ottawa-Carleton Region Chair Peter Clark has said that labour force and input restrictions will likely increase the cost of construction projects ... a sentiment that local business people have shared with me as well. Further, residents in northeastern Ontario have stated that this plan does no begin to appease their difficulties with Quebec contractors coming into Ontario to work as loggers and truckers.

Ms Lankin responded that, while the province will proceed with negotiations on remaining trade issues, Ontario may retaliate with additional barriers for the logging and trucking industry if significant progress is not made over the coming months. While I well appreciate that the situation is intolerable and that Ontario must react, I am not convinced that increasing trade barriers is the best and only resolution.

My personal preference would be for Quebec to reform its' policies, rather than mounting and increasing barriers on our side. Already, Quebec manufacturers have admitted that our move to shut them out of Ontario may cost them tens of millions of dollars in lost business and Quebec's Labour Minister has released proposals to eliminate two of the major obstacles, namely, residency requirements for workers and contractors.

Therefore, it is my hope that, between Ontario's retaliatory action combined with on-going negotiations and the efforts of the "Ontario-Quebec Parliamentary Association", we can all move towards eliminating unfair and exclusionary practices. After all, the best business is that which is fair and equitable to all players.

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THE BEST OF TIMES

Exercise Is Always Good For You

Many people over 50 may want to become more physically active–but feel it is just too late to start.

The concepts of aging are changing–and many older adults are enjoying active, healthy lives with plenty of physical activity. Exercise and a physically active lifestyle can benefit you at any age. The secret is to start slowly and build on your progress. For example, if you have not played a strenuous round of tennis in several years, you will not want to get out on the court and challenge yourself to an aggressive match. But you can play tennis again. Simply start with a sensible warm-up that stretches and limbers your muscles. Take it easy and have fun.

The same goes for waking, cycling, hiking, swimming and gardening–go ahead and try it. Don't let yourself get too overworked or strained and build up your level of physical activity gradually.

Exercise–and a physically active lifestyle–are good for your body and mind at any age. If you have any concerns about exercise, consult with your physician or health care provider first. If you are in good health, you should have no trouble easing into an enjoyable pattern of regular physical activity. Remember these key guidelines: Do what you enjoy and take it easy.

This column is provided by the Investors Group Inc. in collaboration with the Canadian Fitness and Lifestyle Research Institute.

Vitamin E intake of Canadians not great

(NC)—A survey of Nova Scotians has shown that some Canadians are borderline in their vitamin E consumption. When people in this part of the country were asked to relate what food they had consumed in the last 24 hours, the results showed that men were getting about 9.5 mg of vitamin E, while women were getting about 6.3 mg.

Recommended Nutrient Intake (RNI) for vitamin E is 10 mg for men and women. The results of this survey are virtually identical to the results of a Nutrition Canada survey conducted 20 years ago.

Vitamin E is one of the antioxidant vitamins (the others are vitamin C and Beta-Carotene) now linked with the prevention of cancer and certain chronic disease:, including heart disease.

Antioxidants work by preventing the dangerous oxidation of fats within the body which, if left unchecked, can lead to tissue damage associated with these diseases.

Source: Vitamin Information Program of Hoffmann-LaRoche Limited

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Flanagan Pop Quiz

By Mike Flanagan

Ever wonder how TV and radio news folks pronounce tricky people and place names?

It's a secret writing that shows words as they should sound. Emphasized syllables appear in capitals. It's RIL-ee pret-tee EE-zee wuns yew get the hang us it. But with today's news, anything goes. Identify the correct way - according to The Associated Press - to say the following

PRONOUNCERS '93

1. Yasser Arafat a) yes-SIR AIR-uf-at b) YAH-sehrAH-rah-faht c) YOW-sehr ah-rah FAHT d) yah-SEHR ARAFT-aht

2. Joey Buttafuoco a) joy bud-ah-foo-OH-ko b) jo-ee BOOT-ah-FOOK-uh c) CHO-eeBUDDY-few-ko d) JO-eee butta-FOOK-oh

3. Bosnia and Herzegovina a) BAHZ-nee-ah and hurts-uh-goh-VEE-nah b) bahz-NEE-uh and hurts-ah-GOVE-nee-ah c) boz-nya and HURTS-ah-guv-nyah d) BOSE-en-uh and HERZEE-gove-nee

4. Boutros Boutros-Ghali a) BOOT-roast BOOT-roast gol-lee b) BOOT-ah-rohsBOOT-ah-rohsGAHL-ee c) BOO-trohs BOO-trohs KHAH-lee d) buh-tress buh-tress khak-LEE

5. Radovan Karadzic a) RA-doh-van-KA-ra-dich b) ray-doh-VAHN CAR-ROT-sik c) ra-DOH-vun KAR-odd-zik d) rah-doh-veen kar-AD-zhik

6. Yitzhak Rabin a) EET-zohk RAY-ban b) IT-sock row-BEAN c) YEET-sok rah-BIN d) YIT-sakh rah-BEEN

7. Mogadishu a) moe-gud-ISH-you b) moh-gah-DEE-shoo c) MOH-god-ish-yoo d) moo-goo-DISH-yew

8. Alija Izetbegovic a) AHL-yuh ee-zeht-BEG-oh-VITCH b) al-EE-yuhEYE-zit-BEH-oh-vik c) ALLEY-jah eye-ZUT-bee-goh-rick d) el-EE-jah eez-ett-beh-GO-vik

9. Hosni Mubarak a) HOAZ-nee MOOB-a-rahk b) HAHS-nee moo-BAH-rahk c) HAH-znee moo-BAHR-ik d) hahs-NIMUR-brahk

10. Shimo Peres a) shih-MOHN PEHR-ehs b) SHEE-moan pur-EX c) see-MOON PAIR-ihs d) SHY-muhn pahr-EES

11. Slobodan Milosevic a) SLOB-oh-dawn MEET-lohs-EE-vijk b) slow-BOW-duhn MEE-loz-SEV-ich c) SLAH-boo-doonmee-luh-SAY-yik d) SLOH-boh-dahmmee-LOHSH-uh-vich

12. Sheik Omar Abdel-Rahman a) sheek oh-MAHR ub-DOOL-uh ROK-mahn b) shayk oh-mur ahb-DOLRAH-mahn c) shayk OH-marhAHB-dehl rah-MAHN d) sheek HO-mur ahb-DELL roh-MOHN

Superbad: Provide a pronouncer for Lani Guinier.

Answers: 1-b) 2-d) 3-a) 4-c) 5-a) 6-d) 7-b) 8-a) 9-b) 10-a) 11-d) 12-c

Superbad: LAH-nee gwih-NEER.

IN FACT:

The fun thing about pronouncers is that they are constantly changing. Currently, it is correct to say "uh-PAHR-tayt," "bay-JEENG," "chow-SHES-koo," "PUUL-uht-shhr" and "MOS-koh."

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CCVS NEWS

by Lara Smiltnicks

Last Tuesday, all seven Stormont-Dundas candidates graced our humble cafeteria with their presence for a little forum, organized by our student council. All the candidates presented opening speeches as well as closing statements and also answered questions from the four high school reps. and fearless audience members who questioned their credibility. The F-word ripped up the hallways afterwards: FRUSTRATION. It sums up perfectly the way most of us felt, I think.

The vocal ensemble had its own elections for their executive recently. Elisa and Heather G. were elected by their respective classes to be class reps. (Note: Maggie came in an ultra-close second in my class, and that's why Tim went a little bit insane in the membrane there for a sec and forgot who actually won). By the way, September 30 was a birthday-o-rama with both Maggie and Alison Kyte celebrating on the same day. Isn't that koo-koo? A-hem. Back to the vocal ensemble again, appointed to the exec. were Erin M., Christie S., Kayley M., and Carrie P.

Our senior boys volleyball team won 3/3 games against Tagwi and 2/3 against GVSS ... uh ... two Thursdays ago as you read this. Woo! Way to go guys!

Carleton University reps will be here on Oct. 18 to do a presentation on - you guessed it - Carleton! All curious cats in OAC are invited to attend. Sign up at student services.

O.U.I.P., the Ontario Universities info session will be held on Oct. 12 at 7 pm at St. Lawrence High School.

Well, there you have it: the lastest muck on C.C.V.S. Hope y'all have a happy Thanksgiving complete with a cornucopia and fresh "dindon". Gobble, gobble!

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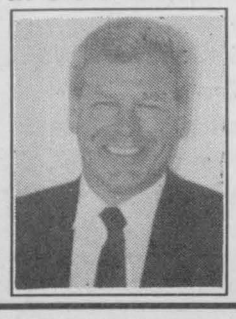

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PERSPECTIVE



By Bob Roth
SEAWAY NEWS

The Debates: Poor Format, Poor Candidates, Poor Us

For the past two federal elections, the leaders' debates have been a pivotal point of the campaign. Not this year. Instead, the debates confirmed what many Canadians were already fearing - there is nobody out there worth voting for.

The format was partly to blame. Instead of having a formal debate set-up where one speaker speaks and then another rebuts, we ended up with this silly yelling match where one candidate couldn't get more than 10 words out before being interrupted and heckled by the others. It was like question period.

Then came the segment where the hand-picked audience of "ordinary' Canadians got to ask questions. The problem with these "ordinary" Canadians is that they were just that. Some of them could barely get their questions out and others clearly had no comprehension of the issues they were asking about. There were some good questions, but the politicians simply slithered around them because the format did not allow for follow-up questions. One good example was the question directed to Kim Campbell over her continued assertion that a Conservative government could wipe out the deficit in five years. The questioner asked: "If it's so easy, why didn't the last Conservative government do it?" Campbell never answered the question; she just yammered on about what she intended to do.

Chretien for the most part confirmed how terrible his English is. I am told his French leaves something to be desired, too. He was anything but inspiring. His answers were predictable and even trite. He is not a Pierre Trudeau.

Preston Manning was plodding. He spent too much time asking the others questions and not enough time outlining his own vision. Unfortunately, his schoolmaster look and style are not traits that propel people (except for the already converted) to their feet with wild applause. Still, if I had to pick a winner, it would be Manning. He as least distinguished himself by being the only candidate who did not act like a complete boor by getting into screaming matches with his opponents.

Audrey McLaughlin was herself - sincere (although shrieky, at times), but she is so handicapped by the Ontario NDP's performance that it is difficult to take her party seriously. (When you join the Ontario NDP party, you automatically become a member of the federal party. That means the very same people who are talking about protecting workers rights are exactly the same people who have destroyed collective bargaining in Ontario. The contradiction between theory and practice is simply too great. How can you believe anything that comes out of their mouths?)

But the most outrageous part of the debate format was the presence of Bloc Quebecois leader Lucien Bouchard. National Party leader Mel Hurtig, a well-respected Canadian nationalist, whose party is running candidates from coast to coast, was denied access to the leaders' debates. Why then, did a party which is running candidates in only one province got the privilege of being in on the premier media event of the campaign?

It is a sad commentary on politics in this country when a man dedicated to destroying Canada is given this privileged forum, while a man who passionately wants to keep us together is banned. In most countries, Bouchard would be arrested and tried for treason; in Canada we give him prime time.

In short, the debates symbolize everything that is wrong with Canada today. We have broken up into warring fragments based on region, ethnicity and special interests. There is no leader left who can claim to represent a Canadian consensus.

I fear for the future of Canada. On October 26 we could be faced with a Parliament in which 40 or 50 MPs are actually dedicated to making Canada fail (as McLaughlin noted).

This is where the "politics of diversity" has brought us. For decades, our leaders have been running around extolling the virtues of the "Canadian mosaic", promoting the wonders of "multiculturalism" and uttering such nonsense as "unity in diversity". For some reason, it escaped their attention that even a multi-pieced mosaic needs a common glue to hold it together. In the absence of that common bond, all you have is a pile of loose tiles. And that pretty well sums up the state of Canadian politics today.

CLAIRE HOY

By Claire Hoy
SEAWAY NEWS

Who would have thought it?

Right there, on the front page of Montreal's La Presse newspaper, the headline shouted that Jean Chretien dominated the French-language election debate.

Jean Chretien? The man Quebec's intelligentsia loves to scorn for his supposed sell-out of Quebec interests in the 1981-82 constitutional debates.

Things are indeed looking up for the Liberals.

Not that Chretien's strong performance will translate into a Liberal sweep of Quebec.

Far from it.

But what he seems to have done, barring some major gaffe between now and election day, is consolidate his strength there and increase the chances of winning a few seats outside the Liberal-dominated English-speaking ridings. Unlike the 1984 and 1988 debates, where there was a clear winner - Brian Mulroney in 1984, John Turner in 1988 - the French-language debate wasn't that decisive.

Still, Chretien likely gained the most, followed by Bloc Quebecois boss Lucien Bouchard and then, alas, by Kim Campbell.

Somebody wound Campbell up into Pit Bull Terrier mode, which worked for a while but ultimately left her looking like a barroom brawler and Chretien being very prime-ministerial riding above it all.

But the defining moment of the debate in Quebec terms came during a showdown sparked by Campbell's attack on Bouchard.

Campbell began well, pointing out that Bouchard's position has a "basic contradiction" for a guy who on the one hand wants to separate, but on the other is running for federal office.

Unfortunately for Campbell, who never seems to know when to stop, she didn't stop.

Instead, she went on to suggest that because Bouchard is a separatist he's not entitled to run for federal office, a charge which allowed Bouchard to indignantly ask if Campbell wouldn't recognize BQ winners.

Face it, it's one thing to argue the merits and/or demerits of Quebec voters sending the BQ to represent them in opposition. It's quite another thing, however, to suggest that Quebecers aren't entitled to elect them.

Quebecers, like any other Canadians, are entitled to elect who they want.

That's what democracy is.

In any event, this prompted Chretien to object to Bouchard's claim that the Liberal leader should be running outside the province because he's not a real Quebecer.

Chretien, quite properly, pointed out that he is indeed a Quebecer, and asked if this is the kind of intolerant society Bouchard envisions in a separate Quebec.

Bouchard, for his part, resurrected Chretien's role in the 1981-82 constitutional process.

So what we had then, at that moment, was the definition of the two distinct visions of Quebec.

The one, Chretien's view of Quebec as an integral part of Canada.

The other, Bouchard's view of Quebec as a separate country albeit with strong ties to Canada.

The problem for Campbell and the Tories is that these competing visions leave her and them out in the cold.

Where, pray tell, does she fit into this equation?

Campbells' great difficulty in Quebec, and in this debate, was that she had to convince many people who are now leaning to the Bloc to stick with the Tories.

She didn't do that.

After all, the Bloc is gobbling up Tory strongholds, not Liberal seats, so all Chretien had to do was preserve his Liberal strength, which he clearly did.

Chretien's task, in logistical terms, was easier than Campbell's.

So too was Bouchard's.

Coming into this week of the campaign, both the Bloc and the Liberals are moving upwards, while the Tories continue to slide.

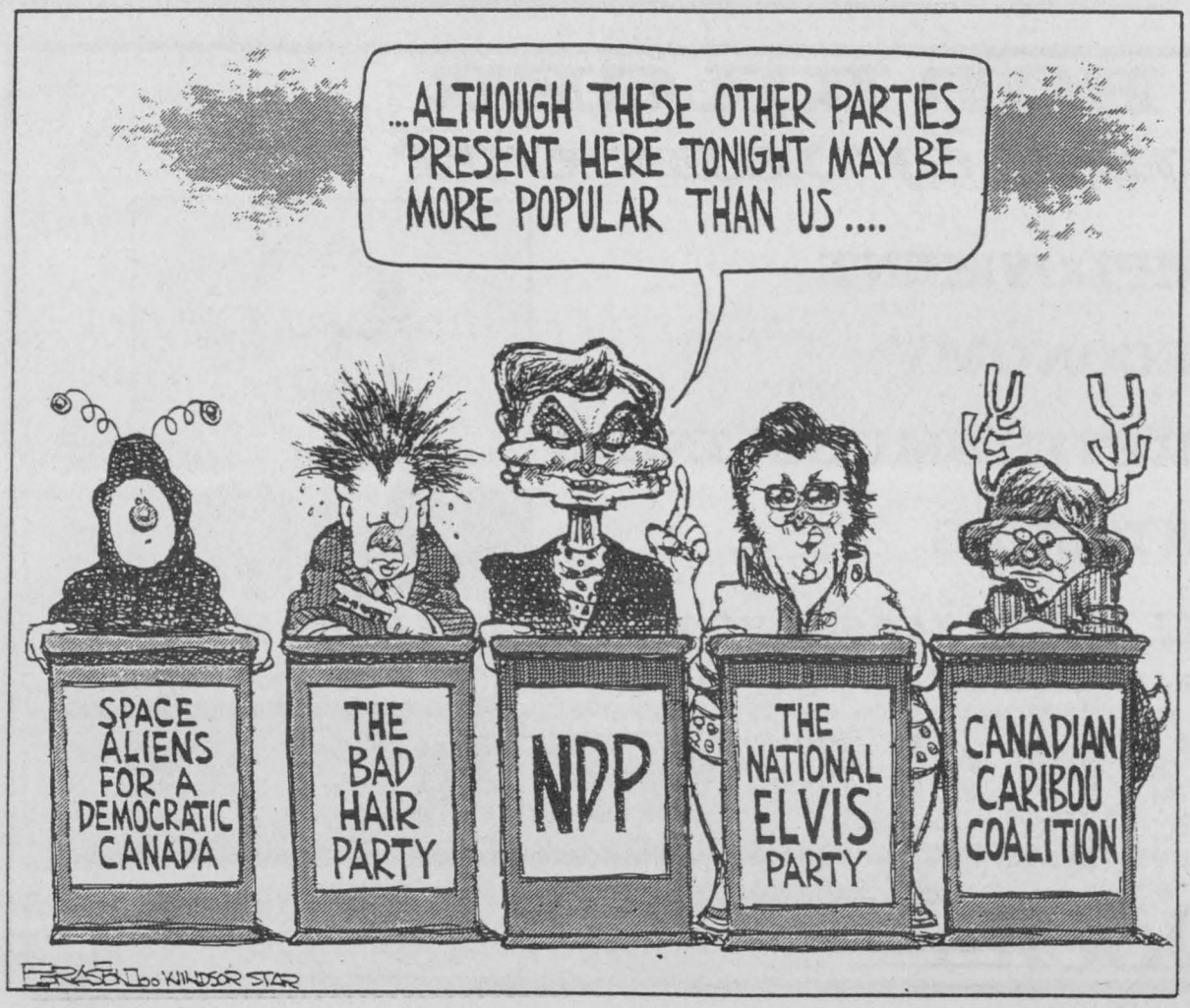
No doubt the Tory braintrust decided in advance that Campbell would come out snarling to avoid any suggestions that she is weak.

No doubt the strategy was to provoke Bouchard's well-known temper, make the Bloc chief lose his cool.

Campbell certainly snarled enough, and while Bouchard was on the defensive a bit, overall he emerged unscathed.

The danger of Campbell's attack-dog strategy is it would make her look anything but prime ministerial.

Which is, alas, precisely what she is.



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SEAWAY NEWS
LETTERS TO THE EDITOR

Open Letter to Dave McDonald, Reeve of Charlottenburgh:

Somehow your municipal government found a way to resolve our local garbage problem without continuing the million dollar surveys and consultants analysis. The simple solution you found for a small community like Charlottenburgh is to continue burying the garbage. This may not be a 100 year solution but it certainly satisfies today's needs.

And I think the lessons from the garbage issue should be applied to Martintown's water problem.

It must be awful tempting to accept the Ontario governments offer to pay 85% of the M.S. Thompson Assessment fee of $125,000. Ontario taxpayers (us, we) are borrowing from Japan or Germany in U.S. dollars to "grant" Charlottenburgh $106,250 and all Charlotttenburg has to pay is $18,750 to put $125,000 worth of business in the consultants hands. This "grant" is not free and if this generation doesn't pay it then our children will have to.

Money coming into our community from Queen's Park in Toronto is not free.

It will be even more tempting to go for the Ontario governments "gift" from its' new Water and Sewer bureaucracy. It is offering to pay 85% of the estimated $3,000 sewer job for Martintown's 150 homes ($20,000 each). And all Martintown residents have to pay directly is $3000 to have sewers (15% of the cost).

There will be a consequence if we allow your bureaucracy to proceed. The consequence is that we must pay $20,000 per household now or sometime in the future.

Notwithstanding the projected high costs of sewers for little Martintown, why are we going into all this analysis at all?

You, as leaders of our community must guide us.

Martintown's water is safe! Occasionally it needs bleach treatment or even a new well or some other modification like diversion of septic or farm runoff.

And I don't think we need engineers or consultants to point this out to us. So, please keep it simple. No big sewer project right now. No more public debt! No more consultants reports! And no more pretending that Ontario grants are "free". And most important, no more high pressure sales jobs from bureaucrats and politicians. No more scare tactics.

Sincerely,
Stan Body
Martintown

Dear Editor:

In support of Long Sault Parkway Lodge.

In 1988, a member of our family suffered a stroke and required constant health care in a health facility.

After much searching for suitable accommodations, a husband and father was welcomed to the above Lodge, in a pleasant and cheerful manner.

For a year, my parents lived and were cared for by the staff here.

During the entire time, we could not have asked for, nor found, more caring and capable people than Elizabeth Kirkey, Mike Ansell and their staff.

Daily visits were made to the Lodge. We were very aware of, and alert to, the routines there and the care and consideration, not only given to our family member, but to all residents.

From our experience, on a first-hand basis, we can attest to the compassion shown and the care given on a twenty-four hour a day vigil with patience, empathy and cheerfulness.

We feel we are in a knowledgeable position to comment positively on behalf of the Lodge, having spent so much time there.

We received the best of care, in a comfortable, home-like atmosphere, and would highly recommend this facility to anyone.

It has distressed us greatly to have witnessed the publicity regard to this Lodge, and felt we must comment from "front row" experience.

Sqd. Isobel Feeley (wife)
Sqd. Jean Sullivan
(daughter)

Dear Editor:

On Friday, September 4th, 1993 Jean Chretien spoke to a small crowd at Toronto's Bainsville Subway Station. He was confronted by Jim Conrad, a duly elected Liberal riding candidate for Etobicoke Centre. Conrad complained that Chretiens refusal to sign his nomination paper was undemocratic.

This underlines Chretiens arrogance and disdain for ordinary citizens. It helps us to understand the misuse of Caucus Solidarity. The elitist group in power continually try to consolidate power for their own benefit.

The Liberal party is not alone in forsaking principles of fairness. Some weeks ago the Stormont Dundas N.D.P. riding association was instructed to call another nomination meeting. The Party whips in Ottawa did not think the prospective candidate David Moss was suitable, as he is an able bodied white male. The viable candidate should be a visible minority member or a woman.

No wonder citizens' opinion of politics and politicians is at an all time low. Is this undermining of the democratic due election process another ploy to create more apathy? It sure looks like it!

On a number of past occasions the Organization of Concerned Canadian Citizens has gone to considerable work and expense to encourage voters to become aware and involved in the democratic process. We received no support from the Chamber of Commerce and other high profile fraternities. To be fair, our local politicians certainly appeared concerned. They did support our information and candidate nights. However, our community groups are doing their community, province, and country a grave disservice in not encouraging their members to be responsibly active in municipal, provincial, and federal processes of governments, who should be furthering the welfare of all citizens, not serving special interest groups.

Our organization believes that each Canadian citizen regardless of race, creed or gender, or party affiliation has an inherent right to equal opportunity. Thus this right must not become secondary to collective rights as they are in Quebec. Governments of today do not represent all of our people and are preoccupied with the aspirations of lobbyists, therefore candidates picked by the party leader can not represent all of the electorate since their loyalty will be to party interest rather that public interest.

The organization of Concerned Canadian Citizens believe each voter should scrutinize candidates not solely for cleverness but for integrity, not solely for station in life but for morality. Not solely for party affiliation but for a God-fearing conscience.

The election of irresponsible governments only result in the procuring of billions of dollars for the elitists and debts not only for our generation but interest bearing debts and economic slavery for our children and the children of generations to follow.

We owe it them to be careful where we place that X on October 25th.

Sincerely,
John B. Tyrell,
President,
Concerned Canadian
Citizens

Dear Editor:

In the Monday, Sept. 20th, 1993 edition of the Seaway News, Mr. Varin brought up several issues concerning waiting in the Emergency Department. His long wait was not caused by uncaring physicians. Instead, other issues related to the underfunding of the health care system by the provincial government in Ontario were to blame.

There is a severe shortage of physicians in Cornwall. This is a serious problem, which is going to worsen. The existing family doctors are working 50 - 60 hours a week and feel that they cannot take on any more. Recent reductions of the number of physicians being trained in medical schools, and the barring of any new physicians coming into the province will make it even more difficult to get a physician in the future. These policies originated as cost saving measures of the Ministry of Health. This shortage of physicians results in the overloading of the emergency departments with patients who have health problems, but cannot gain access to a family doctor in Cornwall.

Other causes for long waits include underfunding of hospitals. This results in the closure of beds, and the loss of staff. There are fewer hands to do the work in the Emergency Department, and more work to do as many patients admitted to the hospital must stay in emergency.

Waits can also occur because the doctor and nurses are busy treating life threatening problems such as heart attacks, breathing problems and trauma. These patients need immediate treatment to prevent death or disability.

Mr. Varin was also concerned about the charge for his sons visit to the hospital. Physicians only charge for patients that are seen and treated, and therefore there was no bill for the initial visit to the hospital.

The physicians and other staff at both Cornwall hospitals care about Mr. Varin's son and all the other patients who present at their doors. Long waits can occur, and though we apologize for the inconvenience, we are working as hard as we can with the difficult conditions that exist in the health care at this time.

Sincerely,
Dr. Jacqueline van Hees,
Chief of Emergency
Medicine,
Cornwall General Hospital.

Dear Sir:

Alderman Dick Aubry, a man of action, is not only courteous but very efficient.

We, in Cornwall, should be justly proud to have him represent us. I know I am.

I have contacted Mr. Aubry on several occasions with some concerns and he has responded and acted in record time to resolve them. I'd just like to thank Mr. Aubry publicly and say that you are a truly fine gentleman and one who keeps his word.

Here's to the man of action and the doer of good deeds. Bless your heart, sir.

Yours truly,
Audrey Sevigny
Cornwall

Dear Friends,

Last week a powerful earthquake struck central India. As you are aware about 30,000 people have died and hundreds of thousand people have been injured and left homeless.

We know how everyone has been moved by this great tragedy. Enquiries have been forthcoming as to how concerned citizens can participate in helping in the huge task of providing medical help and rehabilitating thousands of families.

Indo Asian Association of Cornwall in cooperation with the Red Cross Society is sponsoring a fund drive to give a helping hand to the victims. We urge you to give generously to this worthy cause and help the people in real need.

We are committed to see that 100% of your contributions are directed to this cause. Donations of any amount are welcome. Please make your contribution cheque payable to the Red Cross Society for Indian Earthquake Fund. Cheques should be sent to Red Cross Society, 41 First St. E. or Indo Asian Association, 1623 Blakely Drive. It also may be dropped off at Algonquin Travel, Cornwall Square or Personal Touch Physiotherapy Clinic, 1012 Montreal Road.

Red Cross will issue receipts for tax purposes.

Should you require more information, please call 938-6260 or 933-8298.

Thanking you!
Yours sincerely,
Shachi Bhargava
President
Indo Asian Association

Dear Sir:

People across Canada are wondering who to vote for in the coming election. Which candidate can lead Canada out of these depressed times?

Looking back to when the Liberals were in power, nearly ten years, they put Canada into terrible debt. Then with renewed hope the Conservatives were in with full power for nearly ten years, and brought the people and Canada to near bankruptcy.

Now Conservatives, by changing their stripes think they can again return to a full power Government. The Conservatives pockets are now lined with gold and the Liberals pockets are bare.

Canada needs a complete change of menu. Which is Audrey McLaughlin, NDP leader. As she said, "Canada really is a rich and wealthy country."

A Senior,
Peter J. Van Leishout
Cornwall





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

Computer World

by T.A. Steynor, CPC

The New WordPerfect 6.0

The new WordPerfect 6.0 for DOS represents WordPerfect Corp.'s attempt to maintain its dominance in the DOS word processing market. Modelled on the windows version of WordPerfect, the results are dazzling. It adds dozens of new features to an already powerful program.

New features include both graphical and text interfaces, button bars, a ruler, on-screen WYSIWYG page display and a thumbnail page view. General enhancements include the ability to open nine active documents, a collapsible outliner, and UNDO command that lets you undo your last operation, built-in grammar checker and new page numbering styles. There are new merge commands, the program is fax and E-mail enabled and can handle sound effects. It will even generate all your envelopes after you have completed a mail merge operation.

The product installs easily and can now handle both expanded and extended memory. A .PIF file is included for launching the program from within Microsoft Windows.

For new users, the new WordPerfect Coaches features is like having a personal instructor I the room with you. When you need a helping hand, you are only a keystroke away from an interactive dialogue that will guide you step-by-step through the new WordPerfect features and many of the old. You can even create your own Coaches.

A character-based windowing mode is the default setting, but a full graphical interface is easily selected. This is probably the most striking new feature in the program. Gone is the archaic function-key command structure both loved and hated by WordPerfect users. The function key interface survives, but it invokes the new graphical menus that are much more logically organized.

New to WordPerfect 6.0 is the editable page display mode. Text and graphics are fully editable while you are seeing the actual finished page layout on your screen.

Font handling, always among WordPerfect's strongest suits, is even better. The program now supports TrueType, Adobe Type 1, Speedo, and Intellifont Fonts. The new font series guarantees font compatibility between WordPerfect for DOS and WordPerfect for Windows.

The old limit of two open documents has been eliminated. You can now have up to nine windows open at once. These can be cascaded or tiled, as in the Windows version.

An enhanced tables feature now lets you build a table with up to 64 columns and 32,000 rows. More than 100 spreadsheet functions let you create formulas to handle calculations. You can now import spreadsheets from Lotus 1-2-3, Excel or Quattro Pro.

If you have a fax board you can send and receive faxes directly from WordPerfect 6.0. The program supplies the necessary drivers for Çlass 1, Class 2, or CAS compliant fax devices. Another great feature is that your fonts and graphics are preserved in the transfer, so the print quality of outgoing faxes is limited only by the capabilities of the receiving fax machine.

Built in to WordPerfect 6.0 is the popular Grammatik, grammar checker. Now, with one click or keystroke, you can check your documents for proper grammar usage and punctuation. You can select from 10 business styles, including business letter, memo and fiction to find an appropriate grammar style for each document.

Finally, the new QuickFinder solves the tedious problem of searching directories for file names, words and phrases. The QuickFinder technology makes searching directories a quick and painless task. QuickFinder indexes selected files from any directory, sub-directory or disk and rapidly searches for key words and phrases. You can even search multiple drives and directories (both local and network) at the same time.

Is WordPerfect 6.0 perfect? Unfortunately no. Its hidden formatting codes survive as a reminder of the past. A lot of users will think that the new graphical interface is slow. However, for the over 10 million uses of WordPerfect for DOS around the world it represents another milestone in functionality for the world's most popular word processing program. With the computer world moving to the graphical Windows environment, this could very well be the last DOS upgrade for WordPerfect. That's the bad news. The good news is that WordPerfect 6.0 contains enough enhancements to satisfy most DOS users for a long time to come.

T.A. Steynor, CPC is president of T.A. Steynor Consultants Ltd.

Taking care of toothaches

(NC)—The common toothache can be caused by may things, including an infection of the gums or tooth, a crack in the enamel of the tooth, irritation from food trapped between two teeth or a sinus problem.

Sugar, heat, cold or pressure on a tooth can also bring it on.

If gentle flossing or rinsing with warm water doesn't bring relief, try one of the following time-tested antidotes:

- soak the painful tooth in alcohol or salty water
- apply oil of cloves or chew on a whole clove
- suck on an ice cube
- hold a cold pack to your cheek
- take a mild analgesic

Commitment to LIFE — ONA

Try this one on for size: massage the soft "V" between your thumb and forefinger with an ice cube to confuse the pain message from your tooth.

Ultimately, you should see your dentist.

This information is sponsored by the Ontario Nurses' Association, the voice of about 50,000 registered staff nurses in the province.

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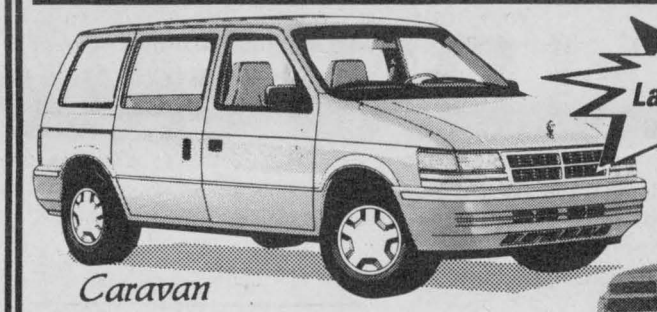

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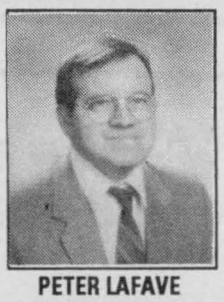

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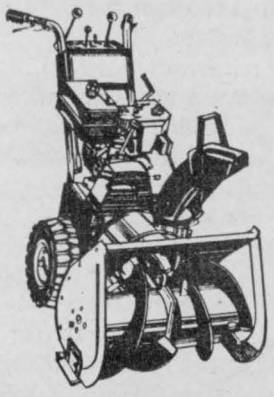

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BRIDGE RESULTS

The Independent Bridge Club - Sept 29/93

N/S
1.Brunelle MacDonald - Pauline Pinard
2. Hermine Ladouceur - Claudette Rousseau
3. Geraldine & Bob Wilkes
E/W
1. Jean Forbes - Pat Tilton
2. Gerry & Saul Schulman
3. Vera Boland - Roy Parmalee

Friendly City Bridge Club Sept. 29/93

N/S
1. Mabel Chan - Marion Gagnon
2. Lucienne Brasseur - Terry McGillis
3. Audrey Blair - Key Guy
E/W
1. Carol Reus - Muriel Smith
2. Margaret Grieve - Bob Dalgleish
3. Ben Bouvier - Joe Robertson

Seaway City Bridge Club Sept. 30/93

N/S
1.Peggy Seymour - Marjory Summers
2. Yolande Boutin - Marjory Raymond
3. Georgette Lauzon - Jean Stokes
E/W
1. Margaret Laviolette - Pauline Pinard
2. Yolande Boyer - Hermine Ladouceur
3. Adelaide Hunter - John Montgomery

Cornwall & District Bridge Club - Sept. 30/93

N/S
1. Richard Fawthrop - Brian McCartney - 71.6%
2. Richard Baird - Bob Dalgleish
3. Denise Fournier - Sharon Tessier
E/W
1. Eva Kittle - Doris Roussy
2. Dora Barrington - Charles Lawn
3. Rita Struthers - Jim Barlow

Senior Citizens Bridge Club - Oct. 1/93

Section A
N/S
1. Marion Lawn - Mel Colbran
2. Charmaine Quenneville - Claudette Rousseau
3. Muriel Smith - Maurice Roussy
E/W
1. Krystyna & Robert Zacios
2. Harry Craig - Max MacMaster
3. Jim Barlow - Ken Guy

Section B
N/S
1. Mabel Chan - Terry Forsyth
2. Jean Forbes - Mildred Morin
3. Emma Farlinger - Charles Parent
E/W
1. Pat Cunningham - Percy Page
2. Adelaide Hunter - Margaret Laviolette
3. Georgette Lauzon - Harry Chan

Cornwall Community Bridge Club Oct. 4/93
Canadian National Pairs

1. Charles Lawn - Voyteck Pomykalski
2. Richard Baird - Fernando Llano
3. Margaret Campbell - Denise Fournier
4. Mabel Chan - Carol Reus
5. Ron Jenne - Steve Lassner

Section B
N/S
1. Terry Forsyth - Ken Guy
2. Sharon Tessier - George Bissonnette
3. Dora Barrington - Eva Kittle } tie
Margaret Evans - Kay Colbran
E/W
1. Therese Carriere - Jeana Reilly
2. Lydia LeGault - Charles Payne
3. Jocelyn Campbell - Charmaine Quenneville



Interlink Program Looking for Senior Singers

The Canadian Mental Health Associaion is trying to organize an Interlink Program.

Interlink brings together older adults and children through a celebration of words and music. They form their own choirs and rehearse separately and eventually come together in song.

Long before they meet each other the youngsters and adults are paired off and exchange pen pal letters in which they share life experiences. While music is the link, extra special relationships can develop and the generation gap disappear.

Only a hour or two a week of very fullfilling time is required and rehearsals go on until June with a big public performance.

Senior singers are badly needed to start up this program. Please contact the Seaway Seniors at 932-4969 and give your name for Interlink.



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Lilac Festival Gets $3,000

Lilac Festival Committee chairman Naresh Bhargava announced that the local chapter of the Friends of the Environment Foundation has donated $3,000 to the lilac committee for planting lilacs this fall. The funds will be used exclusively to purchase 54 varieties of lilacs.

Canada Trust has established the non profit Friends of the Environemtn Foundation with the objective of supporting worthwhile environmental projects.

The lilac festival committee in cooperation with the City's Parks and Recreation Department is proposing to plant over 200 lilacs in the vicinity of Marina 200, Legion ball diamond, and Civic Complex. The planting will be done in the third week of October.

The lilac festival committee sold 1700 lilacs in May and is planning to offer citizens the opportunity to plant more lilacs in the spring of 1994.

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SCUTTLEBUTT

Have you seen Barbara's lately? Loooking goood! Had a little "uplift"! That's Barbara's Flower Boutique ... & Barbara isn't looking so bad either!

This is for the lady who called requesting info on **Carousel** Entertainment for Children ... showtime Sat., Nov. 13, Aultsville Hall & tickets avail. at Le Book Stop, 167 Pitt. Also see this week's Knight n' Day back page.

Tom Kaneb ... Universal Terminals receives "Oil Heat Marketer of the Year" honours for the company's outstanding Kilobuster program ... "Spreading the word to customers on the benefits of oil heating".

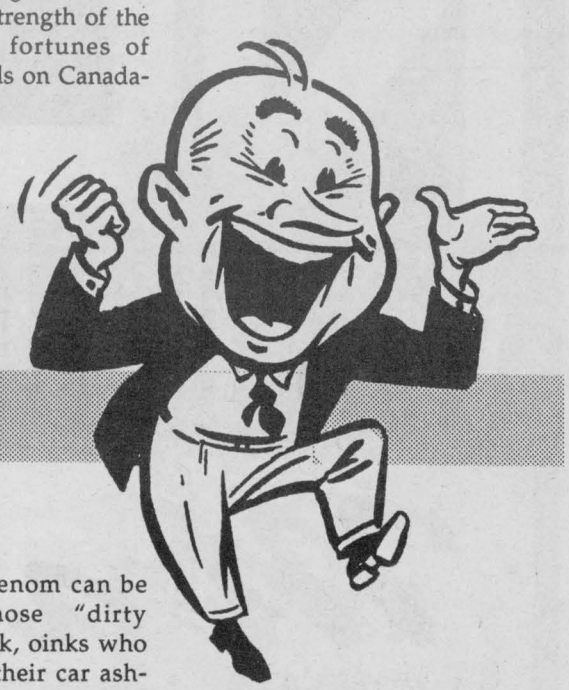
S-y-l-v-i-a-a-a-a! Is it "fixed" yet? Your fans have been driving us crazy ... phoning & phoning & phoning ...

The days of dropping out & finding a good job are gone ... how long before Chrysler demands college? And yet, society can no longer afford post-secondary schooling for all. The rising costs of higher education have created a Catch-22 situation.

"Everyone knows" ... it's Diane Lunan & Marlin Orchards.

Campbell's Conservatives may have succeeded in making more Cndns. worry about the national debt ... but the Reform Party is getting better mileage out of that issue according to a recent Gallup. Meantime, strength of the Bloc & the rising fortunes of Reform casting clouds on Canada-U.S. trade picture.

Medical Dictionary time: "Dilate": To live long. "Enema": Not a friend. "Fibula": Small lie. "Fester": Quicker. "Hangnail": Coat hook."Rectum": Nearly killed 'em.



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It's settled. For the time being anyway. Your normal, healthy infant should be placed on its side or back when put down for sleep. Do not, unless you are specifically instructed, put your child on its tummy. For reasons still unknown, SIDS deaths are more common in the winter, perhaps it has to do with overheating (suggesting you keep the room cool & do not "overdress", "over-bundle", over-wrap your baby at sleep times). There has been a 50% reduction in deaths since the agreed change in sleep position!

"The danger of prolonged economic weakness is greater than inflation right now", Robert Hormats (Goldman Sachs & Co.). The most visible sign of the prolonged economic weakness is stubbornly high unemployment ... more than 10% in most of Western Europe & close to 7% U.S. & even once-immune-Japan is laying off workers. Analysts see at least another 3 years of belt-tightening.

J.C. "Thanks bro, for your help". MFC. "Thanks J.C. for your help", love F.


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Would you believe those Russians?? ... "viewing" the war on their White House from the sidelines like it was some gaming sport?

She'll be the best "shod" broad in the slammer. Imelda Marcos, charged with corruption & sentenced to 18-24 years. Do you think they'll find room for her shoes?

"Quebecers should make no mistake about what they'll be voting on in this election. Strong support for the Bloc will send a big signal to the rest of Canada ... the perception being that they want to separate. This is a dangerous situation." Gene Prophy, former Montreal resident.

According to the "latest" from MPP Noble Villeneuve ... the NDP gov't intends to put an end to "free" policing in rural areas who will now be expected to shell out $100 per capita, annually! As an example: Roxborough (pop. 3,203) will have to find $320,300 per year for police coverage. Tiny Finch (419 residents) will have to fork over $41,900 ... "a large sum for such a small community"!

Montreal & New England's tourist industry looking to get shot in the arm at opening of Montreal's new Casino ... New England tour operators have seen a steady decrease in the number of visitors to Montreal since 1988.

This caller seeking satisfaction. An expensive bed cover (purchased at Alpin's) was entrusted to Able Cleaners in Chesterville for "dry cleaning", which they did not do but, rather ... "washed" & shrunk (by a good foot) the article. According to others, this business has many complaints against it &, adding insult to injury, the owner rudely ignores customer's calls refusing to accept any responsibility & brazenly says "you can't do a thing to me"! (Sammy suggests some possibilities ... report it to your local Chamber of Commerce & the Consumer's Assoc. in Ottawa, this way it will be on record OR put a call out to all those other "disatisfied customers" & picket the shop!)

As witness on Mon., Oct. 4 at YIG's Cornwall Square. A ditzy, young female opening & "sniffing" the contents of the sour cream containers ... then resealing & returning them to the shelf! This caller says she won't be buying **any** dairy products until some health policy institutes "sealed" containers (the way they did with baby food)! Yuk!

"Seems to me", says this caller, "that mere author Orwell had a better view of the future than any economist of the 90's. People fighting for food, water, space & Big Brother everywhere. Why, I remember when I was in school I was told that we'd be working shorter weeks & deciding how to spend our leisure time would be a problem. Hell, not only do we have high unemployment ... you have many families with, at least, 2 wage earners! Leisure, my dupa!"

Your country, your enemy? Who import foreign computer programmers while North Americans pound the pavement job hunting. At least one leader, Clinton, is pushing to have laws changed to "hire Americans first AND at the prevailing wage"!

Not enough venom can be spewed upon those "dirty dumpers" ... the oink, oinks who insist on emptying their car ashtrays on the streets or public parking lots. How dare smokers talk about "their rights" ... isn't it enough you're fouling the air without fouling the streets, too?!?

Deputy chief warden of California's prison system, commenting on the installation of a lethal electric fence at state's Calipatria prison ... "You touch the fence & you die. I think it's an appropriate 20th-century device, after all, we live in an electronic age."


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Remember "J.D." (former handsome Cndn. tv-newscaster) who went south to CBS. *Well, dearies* ... he now has his own spot on CBS Sunday Morning ... they've dropped the "J.D.", now it's "John" ... AND gone are those cute spaces between his lower teeth!

Innovative American ingenuity ... fedup with foreign diplomats who routinely ignore tickets & traffic fines, the lawmakers decided to deduct the amount of fines owing (totalling millions $$$) PLUS a 10% penalty from foreign aid! Revenue Canada ... Laughren ... wake up!

Benefit Breakfast For Cabbie

A benefit breakfast will be held Tuesday, October 12th at Ruest's Restaurant starting at 8 a.m. All monies collected will be donated to Adrien Delage, a local taxi driver who was severely beaten and stabbed last Wednesday evening by a passenger. The 61 year old cabbie who has driven a cab for 42 years, suffered a broken nose, lacerations on the right side of his neck, a cut to his hand and multiple bruises to his face and head.

Please come out and support Adrien Tuesday morning from 8 a.m. at Ruest's Restaurant - 208 Montreal Road.

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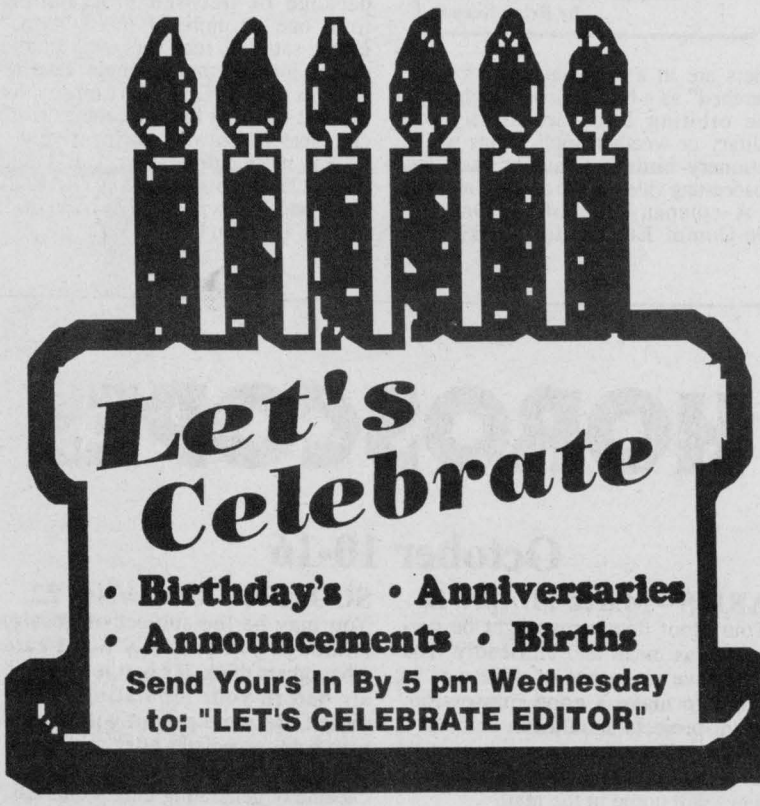
"Truffles" (restaurant at 4-Seasons Hotel in Toronto), became the **1st Canadian establishment** to make it onto the list of the 10 best hotel restaurants in the world! Won't that just prick a few pessimistic-egotistical-epicurean-Toronto-bashing balloons!

"Thank You" ... to 3 volunteers of Centre 208 (youth drop-in centre) who professionallyhandled two potentially dangerous situations! **Terri Glover, Karen MacIntosh & Pam Contant** are the 3 committed volunteers ... keep up the great work!!

Congrat's ... **Jon Schaepper** (a Sr. student at GV) who placed FIRST in the annual SD&G High School Golf Tournament held on Sept.24th.

What's the difference between a pigeon & a stockbroker? A pigeon can still make a deposit on a BMW.

Why aren't there any pools in Mexico? Because all the Mexicans who can swim are already in the U.S.!



A votre santé*TO YOUR HEALTH* ...

Oct. 3rd celebrants ... **Bruce Sixsmith** ... **David Fraser**. Followed by **Kelly Kennedy** (Oct. 5) ... **Katie McMillan** (Oct. 7) ... **Dwayne Fox** (Oct.10).

Happy 18th ... **Chris Longtin** who celebrated Oct. 6th. Gottcha ... all the staff & your co-workers of the Green Spot Restaurant!

Happy birthday **Cream Puff**, on Oct. 13th. From "Sweet Pea" & "Tiger"!

Happiness is ... **Robine Sabourin & Mark DeSerres** as they joined hearts on Oct.9th/93 at Knox St. Paul's United Church. Much happiness from Gaile, Jim & Christopher.

Surprise, surprise ... **Adam Roach**, caught turning *thirteen* on Oct.15th! With love from your family, friends & fans.

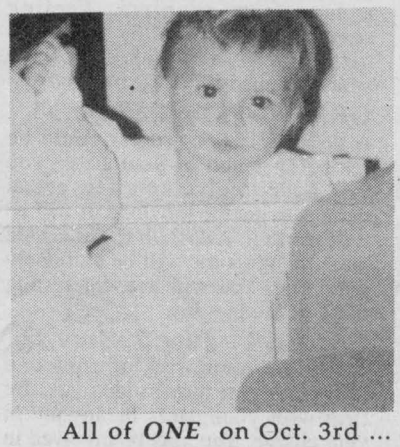
Dean Furniss ... joins the 30's crowd! Not 30+, just ***30*** on Oct. 16th. Remembering you, with love. Mom, Dad & Kelly.

Anniversary celebrants ... **Gary & Gail McDougall** (Sept. 29) ... **Rene & Corrine Decaire** (Sept.30).

"How much do I love thee ... let me count the ways" ... which is what **George** will be doing on Sun., Oct 10th as he & **Dawn Shaver** celebrate *THIRTY-NINE YEARS.*



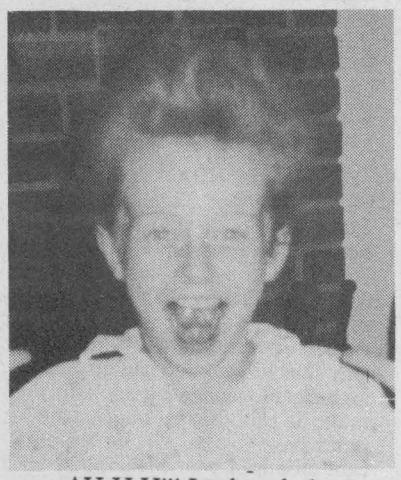
Happy birthday to our little "Cookie Monster" ... **Katherine Legros**, celebrating her*"first"* on Oct. 11th Thanksgiving Day! Mommy & Daddy sure have a lot to be "thankful" for. Remember, we love you ... always.



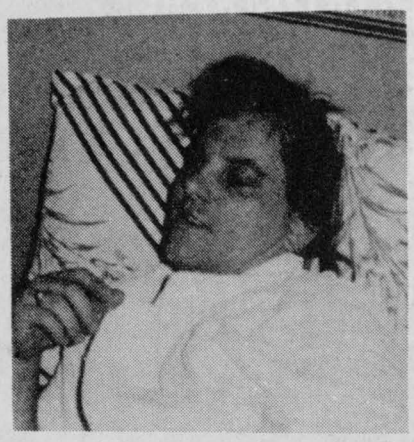
All of ***ONE*** on Oct. 3rd ... Always love you & keep you in our hearts, God Bless our ... **Cheyenne Kwanita Fenn**. Mother (Rachel), Grandmother (Lil), uncle Mike & aunts Donna & Sandra.



*HAPPY **9th*** to our "Muffinburger" ... **Tara Cameron** on Oct. 10th. Hope your day is as "special" to you as you are to us! Lots of love & many Happy Birthday kisses from Mom, Dad & Todd.



AH-H-H!!! Looks who's entering the 2-digit-age-zone! A great big *HAPPY **10th*** birthday going out to our very own ... **Kelly** on Oct. 15th. Love from Mom, Dad, Tiffanie, Dreyfus & Chelsea. Hugs & Kisses.



Unconscious he ain't ... **Mike Rivet** was just "reminded", by Joanne & Deanna, that he's celebrating his ***36th*** on Oct. 12th.

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United Way Announces Chair of Services Sector



Mr. Kazi Marouf is pleased to announce the appointment of Mr. Tom Heard as Chair of the Service Sector. This area includes Financial Institutions, Real Estate, Insurance, etc. Mr. Heard has chaired this division for the past number of years and under his leadership there has been a steady growth year after year.

In making the announcement, Mr. Marouf stated he is pleased to have a Captain of Mr. Heard's caliber on his campaign team.

Are there live *"Birds"* in space?

SkyTRAK TV
NEWS AND VIEWS
by Brian Keenan

(NC)—The crew aboard spaceship Discovery recently had the task of recovering a dead "bird" from space. Let me explain. There are hundreds of "birds" in space, but they are not the normal chirping, pecking, feathered friends we know on earth. They are man-made satellite "birds" put into orbit above earth by scientists and engineers.

People with backyard satellite dishes are often heard asking another dish owner, "What birds are you watching?" or "Have you seen the new programming on the E2 or G5 birds?" E2 is one of Canada's Anik satellites and G5 stands for the fifth satellite in the Galaxy series built by Hughes Aerospace.

Some satellites orbit the earth while others are in a stationary position, or "perched" as a bird watcher might say. The orbiting birds are mostly for military or weather applications while stationary birds are mainly used for broadcasting video, audio and data signals.

A company in Milton, Ontario, Tee-Comm Electronics, makes its living off these "birds" in outer-space. The company's new TCI Home Entertainment division sells and rents systems that provide subscribers with a package of licensed programming from one or more of these "birds". Using satellite receivers and smaller dishes locked onto a single satellite, such as E2 or G5, the company has made it possible for someone to rent a complete system very inexpensively.

For more information, call 1-800-363-2225 or write to the SkyTRAK TV News and Views Editor, 775 Main St. E. Milton, Ontario, L9T 3Z3.



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Oct. 19th, 1993 7 p.m.

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REFORM

Authorized by Emma Code
Agent for Annette Turner

HOROSCOPES

October 10-16

ARIES – March 21/April 20
Your aloof demeanor might be perceived as mean and unfriendly. You will have to go out of your way in order to make a good impression. Work projects should run smoothly. Taking that extra few minutes to look things over will pay off. Good news will come in the mail.

TAURUS – April 21/May 21
A misunderstanding with a loved one could be settled if you're willing to see both sides. A new friend will give you some valuable insight into a long-term problem. Feeling stressed-out lately? Why not take a trip? A break from work is probably what you need for peace of mind.

GEMINI – May 22/June 21
A creative work project could be taking up much of your time. You may have to give up a few social outings to get the job done. It will be well worth it. Although the hours are long, the outcome will be extremely gratifying. You will hear interesting news on Wednesday.

CANCER – June 22/July 22
Nostalgic memories of someone from your past may sadden you. Be firm with youngsters or anyone in your charge. You may be involved in conversations about science. Others will be impressed with your knowledge. Delving into a favorite hobby will lift your spirits this weekend.

LEO – July 23/August 23
Hobbies and group gatherings will be the focus of the week. A good time to network and make new contacts. An acquaintance will be grateful for a recent kind gesture on your part. A valuable lesson will be learned at work. Your partner will have a pleasant surprise for you.

VIRGO – Aug 24/Sept 22
Put cares behind you and focus your attention on positive things. An exceptionally good weekend for indulging in pleasures you've been putting off. Socializing will be a good escape. Friends will help you put your ideas into action. You will run into an old flame.

LIBRA – Sept 23/Oct 23
A Scorpio of the opposite sex will try to charm you. Proceed with caution; Scorpios can be quite intense. Don't take on too many work projects at once or you may find yourself putting in a lot of long hours. A chance meeting with an old friend could lead to an important change for the future. Watch your diet!

SCORPIO – Oct 24/Nov 22
You may be the subject of gossip. Although you probably don't care what others think, it's best to clear the air before your reputation is tarnished. Be more patient with family members, especially after mid-week, when you'll be more irritable and capable of generating family quarrels.

SAGITTARIUS – Nov 23/Dec 21
You'll have to curb spending a bit if you want to make ends meet. Feeling lonely lately? Good news — romance is in store for single Sagittarians. Keep a look out for Leos or Aries of the opposite sex. Social outings will lift your spirits. Get in touch with old friends.

CAPRICORN – Dec 22/Jan 20
Teamwork is the key to success this week. You will be able to depend on others for help and support. This will reinforce your energy and self-confidence. A good time for settling the terms of any joint financial commitment. In areas of love, let your feelings be known.

AQUARIUS – Jan 21/Feb 18
You should not find yourself short of company. Your social life will be quite busy this week. Just be sure not to schedule too much at once. Both married and single Aquarians can look forward to romance this weekend. The simple things in life are what will make you happiest now.

PISCES – Feb 19/March 20
Confusion over plans can spoil a night out. Best to check all details before embarking on a social outing. You might receive an interesting offer from a distance that may change your plans for the weeks ahead. Be sure you know what you're getting yourself into.

YOUR BIRTHDAY THIS WEEK
The next 12 months:
Many aspects of your life that have been put on hold for some time will finally come together this year. You'll be quite busy and will accomplish a great deal. An excellent career opportunity will come your way this winter. You can also expect significant financial gain. This will make it possible to make a major purchase. August will be a significant month in your life. You — or a family member — may reach a milestone. Marriage or children are big possibilities. Travel is also likely during that month. An important friendship with an Aquarius or Gemini will be formed this year.

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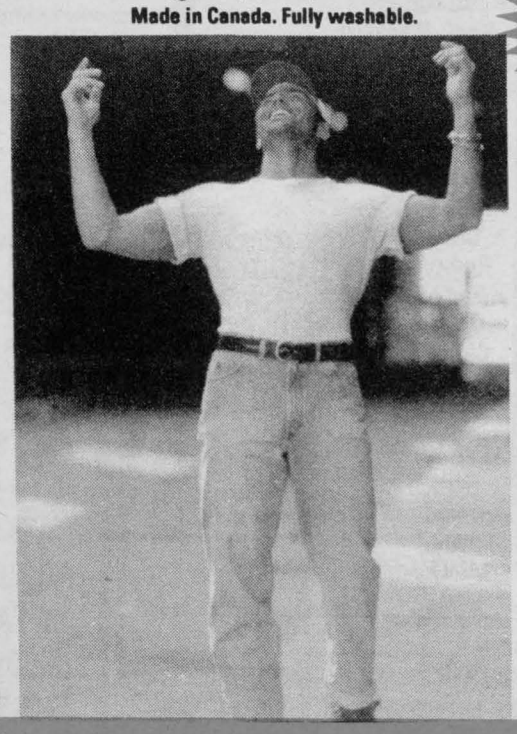

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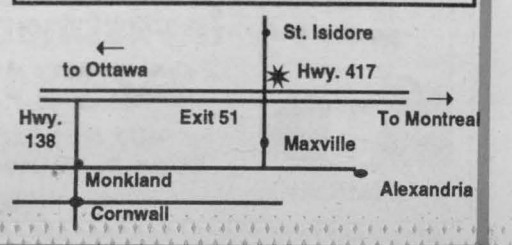



MONEY SENSE

By Phil Hale
Independent Financial Advisor

Registered Education Savings Plans

Although your children may only be of preschool or primary school age, the time to begin thinking about their post-secondary education is now.

Recent estimates have placed the cost of a four-year university education, with expenses such as tuition, books, food and lodging, at almost $40,000. With funding cutbacks and expenses on the rise, that figure could be closer to $100,000 by the time your children reach university age.

Fortunately there are several ways for parents to attain the financial goals necessary to pay for a post-secondary education.

A traditional method of saving for future educational costs is to invest a small amount on a monthly basis in Canada Savings Bonds (CSBs).

A monthly investment of $30.00 in CSBs, compounded for 18 years at five percent (the average rate of return for CSBs over the last 10 years), will be worth approximately $10,400 by the time your child is ready for university. If your child attends a local university, this money could go a long way to financing the majority of their education. But if he or she decides to attend an out-of-town school, a necessity for many Canadians without a local university, the money you've saved will not meet the cost.

An alternative method for accumulating education savings exists in Registered Education Savings Plans (RESPs). An RESP is a government-approved plan that enables parents to save for their children's post-secondary education. Unlike a Registered Retirement Savings Plan (RRSP), in which contributions are tax deductible, contributions to an RESP are made with after-tax dollars so you are not allowed to claim any deductions. But like an RRSP, earnings within the plan are sheltered and compound tax free.

You can buy an RESP from one of several non-profit organizations such as the Canadian Scholarship Trust Foundation. Accumulated contributions, usually made on a monthly or annual basis, form the principal which finances the first year of education at a university, technical institute or college. Accumulated interest on the principal creates a kind of scholarship that pays for each subsequent year of study.

However, your child may decide not to attend post-secondary school or choose not to return to school after their initial year of study. If that happens, the scholarships are lost and the child will receive only the principal. Only those students who continue their education will benefit from this type of RESP.

An RESP, such as the type offered by Trimark Mutual Funds, offers greater flexibility and the potential to build a larger pool of savings. You can make contributions at any time of the year, up to a maximum limit. The current maximum limit on contributions is $1,500 a year for 21 years, for a cumulative maximum of $31,500 for each beneficiary.

In the event that the child, on whose behalf you have established the RESP, decides not to attend either university or college, the funds can be used to assist another child, relative or even you or your spouse should you decide to return to school to take a course or a degree. Unlike a scholarship trust, you can even sell the growth in your plan if you are unable to use it.

Once the RESP grows in value to $10,000 or $15,000, some parents transfer the plan to a self-directed RESP, perhaps selecting a low-risk money market fund or bond strip coupons. Strip coupons can be timed to mature when your child is expected to enroll in a post-secondary institution.

An alternative to strip coupons is to invest in high-growth equity mutual funds. They might be your best option. Mutual funds generally provide historically higher rates of return over the long term, which is advantageous since your child's needs will only be realized in several years' time.

If the annual rate of return is 10 percent, an investment of $1,500 a year at the beginning of each year would be worth $18,869 after eight years. After 21 years, the RESP would be worth about $105,604 - approximately what you will need to finance your child's post-secondary education.

The trick is to begin saving as soon as possible so that you and your child can benefit from compound growth within an RESP. An investment now in an RESP is an investment in your child's future.

Large CSB issue matures this fall

IF YOU bought Canada Savings Bonds in 1986, there's a nice surprise coming your way Nov. 1.

This is the year that Series 41 comes due and it's a big one — worth more than $2 billion in principal alone. A $100 Compound Interest Bond of this series will be worth $181.11 at that time.

"So don't forget to cash them," says Larry Grand, a Sault Ste. Marie stockbroker, who also acts as a representative for the CSB Payroll Savings Plan.

"You'd be surprised how many people do forget. Don't be one of them."

After Nov. 1, these bonds will no longer earn interest. It's the same story for all other CSB issues that have matured. Once a bond reaches maturity, your money stops working for you.

"So whatever you do, get to your bank, check your safety deposit box and if you hold any bonds that have matured — Series 1 to Series 41 inclusive — cash them in as soon as possible."

Grand also noted that as in past years, a big chunk of this money will be reinvested in the new issue.

That's why special arrangements have been made to enable holders of maturing bonds to go wherever they bank or invest before Nov. 1 and do all the paper work associated with the redemption of their maturing bonds and the purchase of this year's issue.

Bondholders can do this as early as Oct. 18 — the first day the 1993 issue goes on sale.

Similar arrangements have been made for holders of Regular Interest Bonds who may want to use their interest cheques to purchase this year's issue as well.

Other suggestions:

❑ CSBs are valuable documents and should be kept in a safe place.

❑ Never endorse your interest cheques or bond certificates before presenting them for payment.

❑ Keep a separate record of the complete bond numbers and the exact name in which each of your bonds is registered. This comes in handy if your bonds are either lost or stolen. The bond number appears on the face of your bond near the top (such as RS41Z1234567H).

"Above all," says Grand, "keep a list of the maturity dates of every bond you hold. CSBs are a great investment. This way you can ensure that you're always getting a good return on your money."

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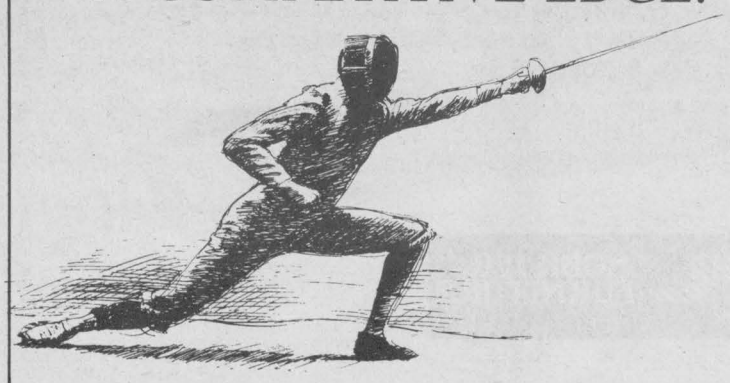

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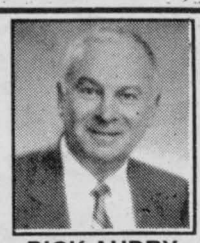

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SEAWAY SPORTS

CANADIAN SPORTS

Schedule, realignment a challenge for Leafs

By Jim Proudfoot

A friendly schedule contributed no end to the wonders achieved by the 1992-93 Maple Leafs, a dizzying eighth in the National Hockey League after countless winters of failure.

Now a much more difficult calendar of games is going to complicate their task in the season soon to begin, intensifying the challenge to do as well.

For example, the expansion team from Tampa Bay was placed in the Leafs' division and lost seven of nine to the Toronto side. And the Leafs won all three meetings with the other new club, from Ottawa.

The whole setup is different now, and not nearly as easy. The Leafs have only seven dates with the newest entries — two in Anaheim and two here against the Mighty Ducks, home-and-home with the Florida Panthers and a third encounter in Hamilton. They face the Tampa Bay Lightning thrice and Ottawa Senators twice. Both will have improved, presumably.

The Winnipeg Jets are replacing Tampa Bay in the Leafs' section of the NHL, now termed the Central Division. And the Jets happened to be 34 points better than the Lightning last term.

Within that precinct, the Leafs play three at home and three away against each of the other members — the Jets, the Detroit Red Wings, Chicago Blackhawks, St. Louis Blues and the old Minnesota North Stars, now in Dallas.

"You'll notice only Detroit is in the same time zone as Toronto," says Pat Burns, the Leafs coach. "With the others, there's a one-hour difference and I've found that really affects you the day after you get back. You got no pep at all."

What's more, the Leafs get one extra trip (for a total of five) out west this year including a swing that covers Anaheim, L.A., Edmonton and then Vancouver in a five-day span. The addition of Anaheim is to blame, of course.

"Over the entire season," Burns notes, "we lose 15 practice days that we had last season. That'll hurt."

Another angle to be considered is that the Leafs' 1992-93 campaign represented a sort of maximum. Nobody expected them to end up as one of the top 10 in the NHL. And they were a surprise in the Stanley Cup playoffs, too, eliminating St. Louis and Detroit in seventh matches and reaching another Game 7 before losing the semifinal round to L.A.

"Everything fell into place so beautifully last season," says Max Offenberger, the Leafs' staff psychologist. "This is something the players have been discussing a lot since training camp started. Just about every guy had a career year. There wasn't a really serious injury problem. The guys seem very aware of how tough it'll be to repeat or improve.

"I've pointed out that it's good to be aware of the possible pitfalls. But the confidence factor is important, too. The level of self-esteem is a lot higher as a result of last season. Several people have better opinions of what they can do. The team has good reason to believe in itself."

In short: The Hockey Hall of Fame logged 200,000 visitors from the time it opened in June through Labor Day, well ahead of projections. . . . Detroit coach Scotty Bowman has moved Sergei Fedorov to right wing alongside Steve Yzerman. Dallas Drake is the left flanker. . . . Washington Capitals got 80 goals from defencemen Kevin Hatcher, Al Iafrate and Sylvain Cote last season. But they may be forced to deal one of them to strengthen their forward lines.

Minor Bantam Rapids Win Opener

The Seaway Minor "AA" Bantam Rapids opened their Ottawa District Minor Hockey League season by chalking up a 7-4 triumph over the Gatineau Ambassadors in the Maxville Osie Villeneuve Arena.

Jamie Lemire staked the Rapids' claim to the game midway in the first period, one-timing a Stephane Loyer pass through heavy traffic. Shortly after, Pierre Tranchemontagne capitalized on a Ruest-Lafleche set up.

The second frame was signed Nick Poitras, as the daredevil winger performed a Savard-style spinnaroo after getting the puck from Sylvain Campeau and smoked a shot past a dazed Gatineau goalie. Later, Poitras rushed to the Ambassadors' blue line, drew both defensemen to him, and made a well-timed pass to Miguel Lafleche who scored. The Rapids' fifth unanswered goal came from the Yves Ruest-Nick Grady combo.

The first twelve minutes of the third period were sheer agony for the 3-player-short Rapids as the Ambassadors crowded netminder Gerry Goulet's crease, cutting Seaway's lead to two goals. Ruest finally broke the spell with a well-earned goal, however, and Tranchemontagne deliverd the coup de grace in the dying seconds of the game.

JR. "A' HOCKEY CLUB

Colts Prepare For Braves and Lasers

by Ken McLaughlin
Colts Director of Public Relations

This week sees your Colts play two more home games at the Water Street Arena. This Thursday, October 14, the Brockville Braves visit the Water Street Arena for a 7:30 pm start. The game is sponsored by Rookie Season Sports Card Shop. Be sure to buy a program to get in on all the great prizes.

On Sunday, October 17, the defending Yzerman Division Champions, the Kanata Valley Lasers, visit the WSA at 7:30 pm. Your Colts opened the season in Kanata and were beaten 7-1. This won't happen on home ice as visiting teams are quickly finding out, when you visit the WSA, a victory isn't easy to achieve. This game is also sponsored by Rookie Season Sports Card Shop.

In between these two home games, we travel to Smiths Falls on Friday Oct. 15 for an 8:30 pm start with the Bears. Smiths Falls is a greatly improved team and they have yet to lose a game this season.

Congratulations to Colts player Dru Burgess who was selected the CJHL Player of the Week for Sept. 27 to Oct.. 3. Dru had 6 goals and 1 assist in the Colts thrilling 10-8 come from behind victory in Gloucester on October 1. Cornwall was trailing 7-2 with 13 minutes left in the third period when the comeback began against the powerful Rangers. What a way to get our first win of the season!

Thanks to all fans who attended our first two home games. Your support is greatly appreciated.

Next week, your Colts will make two big public appearances. On Tuesday, February 19, we'll be at the Public Library on Second Street for autographs from 7 pm to 8 pm, and on Saturday Oct. 23rd the entire team will be at the Brookdale Mall for the First Annual Meet the Colts Day. There will be some great giveaways, with autographs and pictures available to all fans. Come out and meet "The Future of Jr. "A" Hockey". I'll have more details next week.

See you this Thursday and Sunday at the historic Water Street Arena. Colts Jr. "A" Hockey, catch the fever!

Catch The Exciting ACTION
at the Water Street Arena

OCTOBER HOME GAMES

THURSDAY, OCTOBER 14 Brockville Braves 7:30 pm
Game sponsored by: Rookie Season Sports Card Shop
SUNDAY, OCTOBER 17 Kanata Valley Lasers 7:30 pm
Game sponsored by: Rookie Season Sports Card Shop
THURSDAY, OCTOBER 21 Nepean Raiders 7:30 pm
Game sponsored by: Rookie Season Sports Card Shop
THURSDAY, OCTOBER 28 Gloucester Rangers 7:30 pm
Game sponsored by: Rookie Season Sports Card Shop

Adults $6 Students/ Seniors $5 Children (12 & under) $1
Tickets On Sale At The Colts Box Office in The Water Street Arena
Mon.-Tues. 9 am - 5 pm; Wed. 9 am - 8 pm; Thurs. (game day) 9 am - game time
Fri. 9 am - 5 pm; Sat. 10 am - 3 pm; Sun. (game day) 11 am - game time

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Cornwall Peewee "A" Royals Fall Short To Start New Hockey Season

To start off the 1993-94 hockey season, the Peewee "A" Royals met up with Osgoode in an exhibition match. Cornwall was outshot 67-8 in their season opener and lost the game by the final score of 13-0.

In the second game, the Peewee "A" Royals bounced back in an exhibition game versus the Gloucester Rangers and played a splendid defensive match in front of the netminding duo of Jamie Ross and Leigh Bourbonnais to earn the shutout. Cornwall won the tight checking game by the score of 2-0. The Royals goals were scored by Terry Tillaart and Nolan Garrow.

In their regular season opener, Cornwall was bombarded by a big, strong Kanata team and lost 11-2. Jamie Ross played well in nets for Cornwall despite letting in 11 goals. Jamie made 58 saves as the Royals were once again outshot 69-3. The Cornwall goals were scored by Rodney Wilson and Ryan Trew.

The Peewee "A" Royals next home game is on Sunday October 10th at 1:40 pm versus Gatineau. The game will take place at the Water Street Arena.

CJHL
CENTRAL JUNIOR "A" HOCKEY LEAGUE

STATISTICS AS OF OCTOBER 4, 1993

Standings	GP	W	L	T	GF	GA	PTS	BP
Robinson Div.								
Gloucester	6	5	1	0	51	26	10	-
Ottawa	7	2	3	2	31	38	7	1
Cumberland	6	2	3	1	29	39	5	-
Hawkesbury	6	2	4	0	40	32	4	-
Cornwall	4	1	3	0	17	27	2	-
Yzerman Div.								
Kanata	6	4	2	0	43	29	8	-
Pembroke	6	4	2	0	35	29	8	-
Smiths Fall	4	3	0	1	23	13	8	1
Nepean	6	2	4	0	22	48	4	-
Brockville	5	1	4	0	22	32	3	1

BP-Bonus Points

Game Scores - Sept. 20 - Oct. 3

29/09 Cor 3 at Ott 4
30/09 Bro 7 at Kan 3
01/10 Cor 10 at Glo 8
Cum 5 at Haw 4
Pem 5 at Bro 4 (ot)
Ott 4 at SF 4 (ot)
(SF wins shootout 2-0)
02/10 Ott 4 at Cum 4 (ot)
(Ott wins shootout 3-1)
03/10 Bro 2 at Haw 12
Kan 7 at Pem 5

*** CJHL PLAYER OF THE WEEK ***

Sept. 27-Oct. 3 - DRU BURGESS (Cornwall) scored 6 goals and 1 assist in a 10-8 Cornwall win over Gloucester on Friday October 1.


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Sub Bay Bantam "A" Royals Tie Aylmer In Season Opener

The Sub Bay Bantam "A" Royals of the Ottawa District Minor Hockey League played Aylmer Quebec to a 2 all tie at the Water Street Arena on Sunday evening in the Ottawa A League season opener.

Aylmer opened the scoring at the 17 minute mark of the first period. However, on a tic tac toe play 30 seconds later, Chris McLeod tucked the puck away on a neat setup from Jason Bourgon and David McNally. Royal's defensemen Tim Graham and Jamie Ladouceur kept the front of the net clear for Tommy Payment to make several good saves to keep the score tied.

In the second period the Sub Bay Royals' lean line of Jean Greggain, Daniel Dupuis and Alain Lefebvre were robbed several times by Aylmer's hot goal tender. With the Royals not capitalizing on the good scoring chances, Aylmer took the lead at the 10 minute mark of the period.

The third period saw an aggressive Aylmer team take four penalties which provided the weaving line of Jamie Herrington, Corey McAllister and Emanuelle Leo many good power play chances. But it wasn't until late in the period when Jason Bourgon tied it for the Royals with a rebound from a hard shot from the point by Travis Young setup by Bill Dennis.

In exhibition play a week earlier, the Sub Bay Royals defeated the Casselman Braves 4-3 with Bill Dennis, Jamie Ladouceur, Corey McAllister and Tim Graham getting the markers for the Royals. Shawn Martelock played a strong game in nets for the Royals.

A special thank you to Sub Bay for sponsoring the Bantam "A" team from coaches Claude Dupuis and Victor Martelock; Manager Tony Leo; parents and players of the Sub Bay Bantam "A" Royals.

Seaway Valley Major Peewee ""AA" Rapids

The Seaway Valley Major Peewee "AA" Rapids lost their first game and won the second game of the season.

Their first lose came when they hosted the team from Nepean. Nepean scored two goals in the first period. The Rapids came back in the third with one goal but Nepean quickly added three more goals by the end of the game.

David Dumont had the only goal in the game with a pass from Adam Nelson.

In the second game of the season, the Rapids hosted Gloucester.

Nicholas Brunet scored first, assisted by David Dumont and Eric Fontaine. Gloucester also scored one goal in the first period.

Brunet scored again in the second period with assists from Kevin Amelotte and Christian Cadieux.

The third goals came in the third period with 0.45 seconds left as Eric Fontain, defenceman for the Rapids, skated through the opposite defence and backhanded a goal.

Johnson's Antiques Win

Johnson's Antiques Minor Peewee started the season with a big win over the Ottawa Valley Titans Monday night. Kyle McAllister led the scoring with two goals, Jeff Legue scored once and assisted once while Travis Albers contributed two assists to the win. With one player hurt and out of the lineup for a few weeks, everyone on the team pitched in and played good clean hockey. Greg Robidoux played a strong game in nets.

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SEAWAY NEWS
DOUG & MAGGIE'S CORNER

Doug & Maggie Fobert of St. Clair Paint & Wall Paper

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

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

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

Start by washing the grout lines with a solution of T.S.P., or its more environmentally friendly substitute Gres-off. Mix it at a rate of one tablespoon to a litre of water. Next wash the grout lines with a solution of bleach and water mixed at a rate of one part bleach to two parts water. The bleach and water solution kills mildew and bacteria while it cleans. Allow the grout to dry for 24 hours.

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

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

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

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

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

Haley's Handy Hints



Did you know you can make your packaging even more fun than the package?

Do you find that your kids don't take the time to appreciate the birthday wrapping paper you took the time to choose? Why don't you try a tip I received from one of my readers. Take the local road map and identify with a marker, familiar landmarks ... like his school, friend's house and of course his own home, etc. Include a tiny game piece, preferably in the shape of a car and you'll find he'll have almost as much fun with the wrapping, as he will with the gift. And he'll be familiarizing himself with his neighbourhood at the same time.

Now, know the old saying "the worse the medicine tastes, the better it is for you?" Just try convincing your kids of that! Not easy, huh? Well here's a way to help them swallow that bitter pill, and it doesn't involve a straight jacket! Simply give them a flavoured popsicle to suck on first. The cold popsicle will help to anaesthetize their sense of taste long enough to make the swallowing easier.

And here's something else you can make easier for your child. Sooner or later they're going to cut themselves on something. Apart from the usual precautions, there's very little we can do about that. However, we can make the experience a little less traumatic for them, by using this clever idea I heard about. Make sure you use a dark coloured or a red face cloth when first dabbing the cut. This way the child will not be alarmed by the sight of their own blood.

And finally here's another quick first aid tip. If you're having difficulty locating a sliver in your child's finger or foot, take some iodine from your medicine chest and apply it over the general area. You'll find that the iodine exposes the sliver and makes your task of removing it a lot easier.

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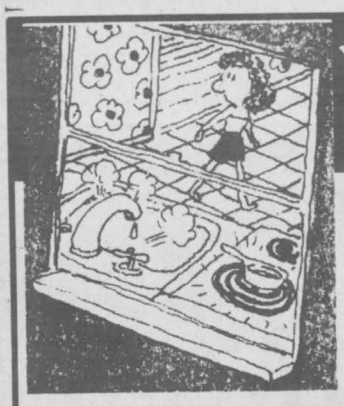

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Customers are allowed one copy change prior to ad publication. Copy changes, after the ad has been published, are treated as a "new ad" and will be paid for accordingly. On "sold" items, no credits are issued.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 25 words or less and enclose $24.00 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 25 word, 19¢ per additional word. Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8. Mail pick up, no charge. Mailed replies: $5.00

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.

ATTRACTIVE MALE, early 40's, dependable, honest & caring w/varied interests. Interested in meeting slim, 30's-early 40's, female for a solid, loving, sincere relationship. CC 1492.

ATTRACTIVE MOM (33), long brown hair & dark eyes. Seeking special man to develop a meaningful friendship based on mutual respect. If you enjoy classic rock 'n roll, nature walks, movies, dining out, send your photo & phone #. CC 1491.

ATTRACTIVE, tall family man, 46, caring, gentle, somewhat shy, good sense of humour. Wishes to meet a gentle lady, over 40, for sharing. CC 1494.

COUPLE 30's, attractive fit, open minded, seeking female for friendship and intimate times. Phone and photo appreciated. All replies answered. CC 1489.

PETITE LADY, honest with old-fashioned morals. Enjoys fishing, dancing, nature. Seeking an honest gentleman to enjoy the little things in life with. Starting with friendship. Photo appreciated. CC 1493.

SINCERE FEMALE, 30, looking for sincere male who knows where he is going in life. I enjoy dining, dancing & family life. Photo, phone number appreciated. CC 1495.

SINGLE MALE, 30, tall, thin. Looking for female companion who likes horseback riding, downhill skiing, going for walks. Likes soft rock and dining out. Phone number & photo appreciated. CC 1490.

1 NOVENAS

HOLY MARY MOTHER OF GOD please grant me this favour. Publication will be promised. One Our Father, 10 Hail Mary's, One Glory Be for 9 days. Amen. J.L.

READ THE CLASSIFIEDS WEEKLY
CALL 933-0015
TO PLACE YOUR AD

WANT ADS work WONDERS!
CALL 933-0015 to place your ad

O GLORIOUS SAINT THERESE, thou whom Almighty God has raised up to aid and counsel mankind, I implore thy Miraculous Intercession. So powerful art thou in obtaining every need of body and soul, that not without reason does Holy Mother Church proclaim thee "A Prodigy of Miracles ... The Greatest Saint of Modern Times." Fervently I now beseech thee to answer my petition and to carry out thy promises of spending Heaven doing good upon earth ... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill thy plea "to be made known everywhere" and I will never cease to lead others to Jesus through thee. Amen. Rolland Seguin.

PRAYER TO THE HOLY SPIRIT. You who made me see everything and shows me the way to reach my ideals. You who give me the divine gift to forgive and forget all that is done to me and you who are in all the instinct of my life with me. I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desired may be. I want to be with you and my loved ones in your perpetual glory. A person may pray this prayer three consecutive days without asking for their wish. After the third day, their wish will be granted no matter how difficult it may be. Promise to publish this dialogue as soon as your favour has been granted. Thank You. S.G.

OVER 150
FRIDGES - STOVES
WASHERS - DRYERS
TO CHOOSE FROM
ALL PRICED TO GO
Guaranteed Lowest Prices
We'll meet or beat any written estimate.
The Oldest Established Dealer in Cornwall



GERARDS USED FURNITURE & APPLIANCES
Mon. - Fri. 9-6
Saturday 9-5
427 4th St. W. Cornwall
936-9300

PRAYER TO THE HOLY SPIRIT. You who made me see everything and shows me the way to reach my ideals. You who give me the divine gift to forgive and forget all that is done to me and you who are in all the instinct of my life with me. I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desired may be. I want to be with you and my loved ones in your perpetual glory. A person may pray this prayer three consecutive days without asking for their wish. After the third day, their wish will be granted no matter how difficult it may be. Promise to publish this dialogue as soon as your favour has been granted. Thank You. J.D.

2 APTS/ CONDOS FOR RENT

1 & 2 BDRM. FOR LEASE. Central. Close to all ammenities. Ample parking. references required. Leave msg. 932-8588.

1 BDRM. APT. avail. Nov. 1. Fridge & stove incl. All util. paid. Parking. Quiet area. Close to bus & shopping. 936-2508.

1 BDRM. APT. w/access to 11 acres of land. Cathedral ceilings. Can be furnished if preferred. 15 min. N. of Cornwall. Util. incl. $350/mos. 346-5510.

1 BDRM. AVAIL. IMMED. Fridge, stove, util. incl. Parking. $375/mos. Tel: 9 am - 5 pm 933-9457 days or evenings 933-8239.

1 BDRM. MODERN APT. Avail. Dec. 1. 22-B Christy. Parking. Stove & fridge incl. $409/mos. Util. not incl. 537-2015.

2 BDRM. APT. on Alice St. Large living room & kitchen. Parking. Avail. immed. 932-2135.

AVAIL. IMMED. 1 or 2 bdrm. apts. $325-$430/mos. + util. Fridge, stove, parking incl. Call for app't after 6 pm 931-3374/931-2594.

AVAIL IMMED. Bach. apt. on Anthony St. 3 pc. bath, kitch., fully furnished. Laundry facil. All util. paid. No pets. $335/mos. 936-6692.

AVAIL. NOV. 1. 2 bdrm. upstairs apt. Renovations done. New energy efficient gas furnace. Fridge & stove. Close to bus, shopping, schools. $400/mos + util. Quiet mature couple preferred. No pets or parking. 933-3022 leave msg.

BACH. 1 & 2 BDRM. APTS. for rent. For more information call 11 am - 5 pm 936-8948.

BRIGHT, MODERN, CLEAN. 1 & 2 bdrm. apts. in small building; convenient, quiet, pollution free location. Coin-operated laundry, locker space & parking. Very reasonable rents. 931-2633.

CONVENIENCE STORE+ 1 bdrm. apt., 1300 Montreal Rd., $590/mo. incl. heat. Also 2 bdrm. at 1 Lefebvre. $405/mos. everything incl. 938-6165.

LARGE FURNISHED BASEMENT APT. located btwn. 2nd & 3rd Sts. on Alice; near La Citadelle School. Parking, close to bus stop & Eastcourt Mall. Util. incl. Avail. Nov. 1st. After 6 pm 938-8301.

ONE BDRM. APT. east end, furnished, fridge & stove, chesterfield, kitchen set, red wall to wall carpet. Utilities paid. No pets. $425/mo. two bdrm. apt., fridge & stove. Parking. No pets. Avail. immed. $550. Ph: 932-4376.

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

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

There shall be no liability for non-insertion of an advertisement beyond the amount paid for such advertisement.

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

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

SEAWAY NEWS
Serving Cornwall and Area
Locally Owned

You were spotted shopping at LOEB CLUB PLUS™ Seaway. You're a winner!

WIN
A LOEB Pizza Large, Deluxe 14" Regular Crust



YOU'RE A WINNER

Check this week's photo. If you are in one of these photos, clip out this ad and bring it to the Ready Wall at LOEB CLUB PLUS™ at 1400 Vincent Massey Drive. You will receive a LOEB Pizza, Large, Deluxe, 14" Regular Crust compliments of LOEB CLUB PLUS™ and Seaway News.
Open Mon. - Sat.
8 a.m. - 10 p.m.

CLUB plus™ LOEB Seaway

PARTLY FURNISHED ONE BDRM. for rent. Stove, fridge, table, couch, four piece bath, etc. On Marlborough St. Very clean. Available immediately. Call 938-0480 or 932-8192.

PLEASANT 1 BDRM. APT. avail. now. Apply at Long Sault Motel.

RENOVATED ONE BDRM. APT. in residential area. Close to Pitt St. Wall to wall cupboards, good size living room, four piece bath, parking, utilities included in rent. Ideal for quietly working person, fridge & stove supplied. Available on or before Oct. 15th. Call 938-0480 or 932-8192.

SENIOR OR RETIRED CITIZENS. Apts. fro rent at La Casa Apts., close to Moose Creek Medical Centre. One-two bdrm. with utilities, $470/mo. One-one bdrm. with utilities, $415/mo. After 6 pm call 538-2851.

SENIORS 10% DISCOUNT. Bachelor apt., fridge, stove, heat, lights, air cond., incl. Laundry facilities avail. Now available. Security building, central location. Ph. 938-2576 between 9 - 5 p.m., Mon. - Fri.

4 YARD/GARAGE SALES

GIANT GARAGE SALE, Oct. 9th, 10th, 11th 9 am - 4 pm. 612 Virginia St., Rosedale Terrace. Used kitchen cabinets, plumbing material, baseboard heaters, door, window, baseboard mouldings. tools, chain saw, much, much more.

5 ARTICLES FOR SALE

16' CU.FT. CHEST FREEZER, white. Ideal for fish/meat. $175. Ph: 937-0586.

16 CU.FT. HOTPOINT FRIDGE, almond, 3 yrs. old. Asking $375. Ph. before 8:30 pm 933-8204.

2 PC. FR. PROVINCIAL living room set. Curio cabinet, corner display cabinet, misc. household items. 932-0945.

26" QUASAR solid state cabinet colour TV with Phillips remote converter. Perfect cond. Only $200. Apply 407 Water St. E. between 10 am & 5 pm.

3 HOUSEHOLD OIL FURNACES. 85,000 BTU, $200 ea. One natural gas hot water tank, 80 gal., $50. Cascade 40 hot water tank, $60. Ph: 932-1546.

40 CHANNEL CB w/upper & lower sideband. 16' base antenna, magnet mount car antenna. 2 sets of 40' cable, regulated 12 volt DC power supply. New $620, asking $300. Ph: 936-2127.

ANTIQUE WALNUT DINING ROOM TABLE, six chairs and sideboard. Please call 931-1604 after 4 pm.

APT. SIZE WASHERS & DRYERS. Dehumidifier, $60. Tempo 9x14, $300. Noma snow shovel, $85. Ph: 932-6764.

APPLIANCE BLOW OUT! Super clean. Written warranty. Every day low prices. 2 dr. fridges, $195 up. Large stoves, $145 up. Large washers, $145 up. Large dryers, $95 up. Colour TV's, $95 up. Also couches, beds, tables & other furniture. Akar's Used Appliance, TV-Furniture. 12-6th St. East. 938-1355.

APT. SIZE PIANO. $1200. Ph: 933-0381.

ATTENTION ALL BIRD LOVERS, now in stock many new bird feeders of all kinds & prices. Many different wild bird seed mixtures; squirrel feeders & food; charts, books, birdbaths, heaters, bird carvings; bird feeder & house kits; suet & holders & many great gift items for all bird lovers at Wild Bird Emporium, 407 Water St. East, Cornwall. 936-8088.

BARGAIN! NO PST - NO GST. Wall unit (walnut) 48"w x 60"h x 18"d. Realistic cassette player, Realistic turntable, various albums, various light fixtures. Tel: 932-9422 after 5 pm.

BEES WAX CANDLES, ceramics, gold, jewellery, crafts & much more at Bonville Flea Market, every Sunday from 10 am to 5 pm. Booths available. 937-FLEA.

BLACK LEATHERETTE chesterfield & arm chair, $150. 4 strong kitchen chairs, $40. Sm. antique armchair, $35. Glass shower door, $75. Solid wooden door (34x82), RH opening, $50. Ph: 932-3936.

CAR STEREO. Pioneer w/Alpine speakers, 2 amps, $275 or B.O. Also bench press & weights, $90 or B.O. 537-8725.

CARPETS, CARPETS, CARPETS. As low as $4.95 sq.yd. Also carry large selection of vinyl flooring. Stain Magic carpeting, 52 colours available. Reg. $14.95 sq.yd. Sale $11.95 sq.yd. 20 oz. commercial carpeting, 10 year wear warranty, 18 colours available. Reg. $8.95. Only $6.95 sq.yd. Call for free shop at home service. City Carpets 938-0480 or 932-8192.

COMPUTERS IBM COMPATIBLES. Bought, sold, rented. Complete systems: XT/$500, 286/$775, 386/$814, 486/$976. Programs, $2.50/disk. Blank disks, 45¢ each. Deal with the owner. Dealers welcome. By appointment please. Crazy Horse, 1247-2nd St. West. 932-6343.

CRAFTSMAN RADIAL ARM SAW for sale, $300. Phone 938-0485.

DBLE. STROLLER, high chairs, play pen, crib & infant car seats. 936-1458.

DIAMOND SOLITAIRE RING, $300. Humidifier, $50. Ph: 932-7951.

DINING TABLE, 4 chairs & china cabinet. King size water bed with bookcase headboard. Sofa, loveseat & footstool. Electric organ. Rowing machine. Size 10 white mink coat. Ph: 347-1754 after 5:30 pm.

EXERCISE BIKE, humidifier, 32x80 wh. aluminum door, garage door opener, rural mailbox, toilet & sink (gold), toboggan, sleigh, ski racks, typewriter, play pen, swing, crib, stroller, walker, gate, sleigh, doll stroller, highchair, carriage, child's rocking chair. "Advance" indust. vac., bird cage, tennis table, cart for water dispenser jugs. After 5 pm 534-8298.

FIREPLACE INSERT, thread mill, chain saw and electric furnace. Ph: 932-1297.

FREE PICK UP of unwanted fridges, stoves, washers, dryers, freezers, colour TV's or furniture for recycling (depending on model & location). 932-8023.

GREY PERSIAN LAMB COAT, size 10, $400. Black fox hat, $50. Silver fox collar, $50. Silver fox muff, $35. Ph: 938-7241.

LOOKING TO REMODEL, repair or build new. Electrical, plumbing and painting. Call J.L. Construction for all your needs. Big or small. Free estimates. 933-9898.

MOVING BOXES & moving supplies for sale. St. John's Transfer, 725 Boundary Road. 933-1492.

MOVING SALE. Solid oak dining room set, 12 cu.ft. freezer, Kenmore heavy duty washer & dryer, 2 boats, 2 motors, 2 trailers. Call 932-5468.

PIANO, C.W. Lindsay Ltd. Very good condit., $750. Two combine tires (23.1 x 26). Like new. $700 or B.O. After 6 pm 538-2851.

"RAILROAD TIES" ideal for flower beds, garden plots, driveways, posts, etc. 8' lengths, $3 each. Switch ties also available. 2 miles north of Harrison's Corners on Avonmore Rd. 346-5574.

RECORDS! 70's - 80's - 90's - rock. Over 300. $3 each. 932-0730.

ROOF TRUSSES. 40' lg. 4/12 pitch; 32' lg. 5/12 pitch. Valley Comfort woodstove, $300. Quantity used tin. After. 8 pm 346-2120.

SEALY POSTURPEDIC electric adjustable single bed w/massage. Paid $1600, asking $900. As new. Old piano $50. Reclining chair, $25. Vibrating lazy boy, $25. Evenings 938-2744.

SLIPPERS FOR SALE. Women & men/ $4.00. Children & babies/ $3.00. 836 York St., Cornwall anytime or phone 932-8225.

SOFA & MATCHING LOVE SEAT. Good condition. Light beige, $250 firm. Single sofa bed, $150 firm + chairs. 525-3260.

VILLAGE HOBBY & TROPHY SHOP has dart supplies & acces. Dart cabinets w/your name engraved on it. 335 Montreal Rd. 936-0176.

6 ARTICLES WANTED

TOP DOLLAR paid for your fridges & stove depending on make, model & condition. 936-9330.

WANTED: SET KITCHEN CUPBOARDS w/counter top (if possible). 938-8839.

WANTED: USED SET OF DRUMS for beginner. After 5 pm 984-2727.

8 FLEA MARKETS

BONVILLE FLEA MARKET is expanding and needs more vendors. Booths avail. at $12.50 per day. Ph: 937-FLEA.

BONVILLE FLEA MARKET
OPEN SUN. 10 a.m. - 4 p.m.
Hwy. 138 at Bonville
Vendors Welcome
937-FLEA

9 FARMERS MARKETS

FIREWOOD FOR SALE. 10 cords, seasoned. $35/cord. 938-0543.

FIREWOOD, pulpwood, hardwood, $75/ cord delivered. After 6 pm 932-5061.

MacDONELL'S INN FARMERS MARKET, Pitt St. North open Saturday and Wednesday mornings 7 am 'til noon. Featuring fresh local produce. Established over eleven years. Info: 932-7980 or 347-3121.

13 AUTOS FOR SALE

1975 CHEV 1 TON CAB & chassis, body completely redone, $1650. 1973 GMC 5 ton 2-car carrier. Runs & works well, $5500. 1980 GMC 1/2 ton, new body & paint. 1 owner. $3250 safetied. Larry at 534-2096 before 5 pm or 534-2626 after 5 pm.

1981 CAMARO Z-28. T-top, blue int. w/white ext., black louvres & bra. Never winter driven. Well maintained. Call 938-6073 after 5 pm.

SEAWAY NEWS PROFESSIONAL G·U·I·D·E

CHIMNEY SERVICE
Have you checked your chimney/fireplace lately?
Need repairs? Broken flue? Bad flashing? Cleaning?
Free Estimate
J.R. RESTORATIONS
938-1465

DAY CARE
TRINITY DAY CARE
is now accepting Winter Registrations, ages 2 - 5 yrs.
Licensed, qualified teachers w/a knowledge of sign language.
Subsidizing also available.
Non-denominational
105-2nd St. West, Cornwall
936-0847

FLOWERS/ FRUIT BASKETS
Fresh & Silk flowers for any occasion.
Fruit & Gourmet baskets for home, hospital & business gifts.
Wedding Specialists.
BARBARA'S FLOWER BOUTIQUE
213 Cumberland
933-5902

FOUNDATIONS
JOE'S FOUNDATIONS
Chipped, cracked, leaking, unfinished foundation?
For repairs & parging call "Joe" Sauve at
932-8160
• Reasonable Rates
• Free Estimates

BONUS
BUY 5 WEEKS GET 1 WEEK FREE

HAIR STYLIST
DONNA'S HAIR STYLING
In the comfort of your home or mine. Qualified hairstylist, professional products, reasonable prices. By appointment only, Mon.-Fri.
Ph: 938-3760

KARATE
* Chito-Shin-Kai (Traditional & Competition Style) Karate
* Jr.-Int.-Sr. Classes
* Mon.-Wed. 5:30-7 pm Jr. (Novice) 8:30-10 pm Sr.
Tues.-Thurs. 10-11:30 am Sr
*Tues.-Thurs. 5:30-7 pm Jr. (Advanced) 8 pm-10 pm Sr.
* Sat. 10-noon (Novice/Adv.) noon -2 pm Kumite
* Comparel 5 hrs. ea. week for less $$$ per class
TRI-COUNTY KARATE & SELF DEFENSE
145 Montreal Road
"With Your Best Interests At Heart"
937-1769

LOG HOMES
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Pre-Cut /Lifetime Warranty
Save $$$ During Our "Time is Money Sale"
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MASONRY
FRED'S MASONRY
Cement work • pointing • parging • foundation repair • chimney repair • sidwalks • walkways
Free Estimates
Call 936-2483

NURSERY SCHOOL
CHILD'S PLACE
is now accepting registrations Qualified staff provide a stimulating child-centred program full of arts and crafts, stories, music activities and creative learning. Visit our centre at **412 5th St. East** or call **933-1910** to see the quality of care we provide.

PRESSURE CLEANING
"Under New Management"
CANADIAN RESTORATION SERVICES
Exterior cleaning of brick, wood, aluminum, etc.
Graffiti removal.
Garage & industrial floor degreasing. Clean & seal interlocking brick. Insured.
Free estimates & demo.
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Free estimates
Richard Longtin
936-2713

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Restoration and Performance Parts for Muscle Cars
• Body Panels • Interior • Stripe Kits
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Authorized Dealer For Over 45 Suppliers
Service For Your Classic
• Engine Detailing • Chassis Work • Body Detailing
• Interior Dye • Alarms Installed • Show Preparation
3007 Pitt St., Cornwall 930-2361

1983 CHEV. CAVALIER. 2 dr., 2.2L. Good gas mileage, new paint. As is. In mint condition. $1500 or B.O. 932-0923.

1986 CHEVETTE. Great winter or second car. Safetied. $1300. Great shape & clean. Ph: 537-2803.

1983 MAZDA, 2 door. Needs new brakes and shocks. Body in excellent cond. Great buy for anyone at $500 (firm) as is. Call 932-6661.

1988 HYUNDAI EXCEL, 2 dr. hatchback, auto. $2500. Ph: 347-3501 or 932-6620 ext. 347.

Cornwall Has The Aces
We Have The FIVE ACES in VANS
1989 VOYAGEUR S/E, 7 pass., auto., air, maroon
1988 DODGE CARAVAN, 5 pass., 94 km, auto., maroon
1987 TOYOTA 4x4, 7 pass., 81 original km, auto.
1986 VOYAGEUR LE, 7 pass., 93 km, auto., silver
1985 VOYAGEUR LE, auto., loaded, incl. air & luggage rack, woodgrain
Call JOHN, MOE or LUC at
GREGOIRE AUTO PLAZA
628 Pitt St., Cornwall 936-6660

1984 FORD T-BIRD, P.S., P.B., Am/Fm, as is $749 or B.O. Call 9-5 pm, 543-2967.

1986 HYUNDAI STELLAR, auto., fully equipped. A-1 condit. Rebuilt motor & new paint job. $1800 w/safety. 1981 Dodge camper van, safetied, $2500. Phone 932-1546.

1986 CELEBRITY EUROSPORT. 6 cyl., blue exterior & interior, p/w, air cond. Good cond. $3000 or B.O. As is 346-2066.

CLASSIFIEDS WORK
CALL 933-0015

1988 FORD MUSTANG LX. 5.0, 3 spd., auto. Pioneer stereo. Asking $7500 safetied. 938-6966.

MILLER-HUGHES Ford

93 TAURUS GL sedan, loaded	$17,995
93 GMC 1/2 TON P/U V8, auto	$15,595
92 AEROSTAR, 7 pass., air, tilt, cruise	$15,995
92 FORD F-150 P/U, V8, loaded	$17,995
92 CROWN VICTORIA, mint cond.	$19,995
91 FORD TEMPO. 4 dr., air, auto.	$8,290
91 TAURUS LX sedan, loaded	$12,995
91 FORD FESTIVA, 3 dr., 5 spd.	$5,700
90 AEROSTAR, 7 pass., air, tilt, cruise	$11,990
89 TOPAZ, 4 dr., auto., air, cass.	$5,995
88 AEROSTAR, 7 pass., air, tilt, cruise	$10,995
86 HYUNDAI EXCEL, 5 dr., 5 spd.	$3,650
83 COUGAR, 2 dr., coupe, 78,000 km	$3,995
AS IS	
88 COUGAR, air, tilt, cruise	$6,450
87 CHEV BLAZER, 4x4	$3,900
85 RELIANT K, 4 dr., auto.	$1,700
85 OLDS CUTLASS, 2 dr., diesel	$2,900
79 FAIRMONT, 4 dr., 6 cyl., auto.	$1,500

* ON THE SPOT FINANCING *
711 Pitt St., Cornwall 932-2584

1988 FORD TAURUS (GL) stn. wgn., air, auto. $3900 or B.O. 1989 Pontiac Sunbird (SE), auto., sunroof, spoiler, mags, cruise, $4300 or B.O. 936-6650.

1992 FORD TAURUS GL, 4 dr., 3.8L, V6, auto., cruise control, air cond., Premium JBL stereo system, power windows and door locks, 4 wheel ABS brakes, driver and passenger air bags, 15" aluminum wheels, 6 way power drivers seat, remote fuel and trunk release, power outside mirrors, 140,000 kms. Asking $11,000. Call 984-2881.

LICENSED MECHANICS. Safety inspections. Exhaust special. Mufflers, $32.95 installed + tax on most vehicles. Oil change & lube, $15.95 + tax. $30/hr. labour. Custom Bending. Ph: 933-8850.

UP TO 40% OFF TIRES. 30% paid on U.S. Funds. 1500 new & used tires in stock. Tire repairs, $5.00 & up, while you wait. New & used truck caps bought & sold. 138 Motor Sales. 938-4865.

18 BUSINESS OPPOR.

RUN YOUR OWN BUSINESS preparing income tax returns. Excellent seasonal income. Full training and support. No franchise fees. For info. call 416-398-2937.

UNIQUE NETWORK MARKETING PROGRAM of the '90s. 1,000's of dollars on part-time basis. No sales quota, or inventory required. Meeting, Murphy's Inn, every Tuesday 7:30 - 9:00 pm. Parking at school. Contact 938-5459.

WE'VE FOUND THE BUSINESS OF THE 90's! Canadian company seeking bright, energetic people wishing to make a serious income (full or part time). Call 537-8989 for 24 hr. recorded message.

19 CAREERS

RESUMES - PROFESSIONAL AND EFFECTIVE. Seeking a career change, or that new job? Let Calpré Enterprises create an effective resume to best sell your individual skills & experience. Resumes developed from scratch after consultation & interview; functional; functional/chronological; chronological & other formats; restructuring &editing; powerful cover letters matched to individual & resume; job search & interview advice; confidential service. Call 613-938-8521 for free consultation or leave message on machine. "Satisfaction guaranteed."

20 EMPLOYMENT WANTED

ANYONE NEEDING CLEANING, laundry, groceries, errands, or house sitting. Reasonable rates. Ph: 932-2223.

BILINGUAL R.N., with experience in working with the elderly, handicapped & children. Looking for work in your facility or your home. Avail. any time. Ph: 932-8575 ask for Francine.

EXPERIENCED, EMPLOYED, honest, hard working, conscientious couple desire change of position. Seek employment as superintendents or assistants in apartment building or Seniors' complex. Will consider janitorial or custodian position. Prefer Cornwall area but would relocate. Reply to Box 9362 Seaway News, 329 - 2nd St. W., Cornwall, K6J 1G8.

SECRETARY/RECEPTIONIST available on Tuesdays & Fridays for Cornwall area. Seven years experience. Can use Wordperfect 5.0 & 5.1. Beginners Lotus. Unilingual. Two years Federal Government experience. Ph: 936-6878 (home) or 933-0014 (work).

21 HELP WANTED

MALE/FEMALE RETAIL SALESPERSON needed for electronic company. Salary plus commission. Automobile necessary. Ph: 932-4838 or 938-5458.

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

22 HOME SERVICES

CHIMNEYS CLEANED, any size. Now is the time before the snow flies. Call Dave at 937-3706 anytime.

DAVE'S RENOVATION, Electrical, Painting, Plumbing, odd jobs. Reasonable rates. 938-2045 or 932-1090.

ERNIE'S CLEAN UP SERVICE. Basement,s garages, yards. Painting. Drywall. Roofing. Also will do moving. 938-1684.

HANDY LADIES: READ ME! Treat yourself or someone you know to a house cleaning. Heavy duty cleaning walls, ceilings, floors, cupboards, windows inside/out. Will do general cleaning weekly. Will also do yard maintenance. Don't be shy, give us a try! 936-9362 or 938-8673.

ROUTES AVAILABLE
CORNWALL
- Hillcrest, 5th E., Marlborough, 6th E.
- Danis, Lefebvre, Montreal Rd.
- Daly, Caswell, Fennell, 11th, Pitt
- Alice, Guy, Lasalle, Haldimand
COUNTRY
- Avonmore
- Finch
If Interested In One Of The Listed Routes Please Call Tom at
933-0014

EARN UP TO $346.00/WEEK to assemble Christmas and holiday decorations year round, at home. Work available across Canada. For more info. send a self-addressed stamped envelope to Magic Christmas - 130 Slater St. ste 750, ext. 401, Ottawa, Ontario, K1P 6E2.

IMMEDIATE OPENING for hairstylist. With or without clientele. Salary + comm. For more information, call Mary 936-9283 or 931-3320.

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

HANDYMAN. Clean yard, paint, repair roof, fences, siding. Odd jobs or small projects around homes or cottages. 938-1982.

MIKE'S CHIMNEY REPAIR & foundation parging. Also brick repair. Free estimate. After 5 pm 933-5829.

PAINTING: RECESSION SPECIAL OFFERING NEW PRODUCT. Now available. Odorless, pollutant-free, ozone friendly! $40 per room per coat plus paint. Free estimates. 20 years experience. After 6 pm 938-8839.

QUALIFIED ELECTRICIAN for hire. $12 per hour with you as my helper. Phone 932-7951.

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

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

THE PERFECT HANDYMAN. Builds patio decks, verandahs, sheds, garages, additions etc. Sheds: 8'x8'/ $900; 8'x10'/ $1150; 8'x12' /$1350; 10'x12' /$1450; 12'x12' / $1750. All finished w/vinyl siding, shingled roof & dble. Doors from 32"-72". Also specializing in vinyl siding, roofing. Free estimates. Guaranteed customer satisfaction. References available. Call Robert 525-2197 or (613) 932-3496.

WOMEN DO-IT-NEATER. Need painting or wallpapering done before the holidays? Don't wait until the last minute. Call Lesley 937-0955.

WORKERS ARE AVAILABLE for odd jobs including snow shovelling, yard work, lawn mowing, garage & basement cleaning. Contact Employment Support Services & ask for Diane 938-9550.

23 BABYSITTING

BABYSITTER WANTED. Bilingual. To keep children in my home. Mon.-Fri. 8;00-4:30. North end of town. Near bus stop. Call after 5 pm 938-7118.

LONG SAULT. Wanted: mature sitter in our home, 4 days/wk. Our 4 mos. old enjoys walks & activities. Light housekeeping. Non-smoker. 534-8505.

MOTHER OF TWO WILL BABYSIT one child (aged 1-4), my home, full time. Fenced in yard, playroom, baby-proofed home. For information please telephone 933-9781.

25 BOATS/MOTORS

14' FIBREGLASS BOAT w/good 50 hp Evinrude motor & trailer. Also incl. 4 life jackets, 2 gas tanks, anchor. $1400. After 3:30 pm 534-2315.

27 RV'S/MOTOR HOMES

USED CLASS "A" & CLASS "C" MODELS avail. Some units are bank repossessions. Try your offer. After 5 pm call 938-3664.

CLASSIFIEDS WORK ... SELL ANYTHING
FAST ... CALL 933-0015
WANT ADS work WONDERS!

34 HOUSES FOR RENT

2 BDRM. HOUSE avail. now. One mile from Maxville on 2 acre lot w/pond. Recently renovated. 2 wood stoves. After 6 pm and before 8:30 pm 1-527-2389.

3 BDRM. BRICK bungalow. Avail. Nov. 15. Dining & living rooms, kitchen. Laundry facilities. $850/mos. incl. util. Contact Bob 930-2323 leave msg.

EXCEPTIONAL. Ingleside. New luxurious, executive 3 bdrm. beautiful house. Appliances, central vacuum, spacious living room with fireplace, eat-in kitchen, automatic garage & much, much more. $995 plus utilities. For further details please call 936-1488.

FOR RENT/FOR SALE. Two storey house in Maxville, 2-1/2 bdrms., kitchen, living room, dining room, bath, full basement, parking. Rent $435/mo. Ph: 527-2072. Avail. Nov. 1.

TWO BDRM. HOUSE for rent on Marlborough St. Very clean. Basement, washer & dryer hook up, carpeted, 4 piece bath. Call 938-0480 or 932-8192.

CANADIAN CANCER SOCIETY / SOCIÉTÉ CANADIENNE DU CANCER

Please Give Generously

AUCTION

SATURDAY OCT. 16 - 11 am SHARP!

PREVIEW FROM 10 AM

CHISHOLM AUCTION BARN

4 miles west of St. Andrews
on Cty. Rd. 18 to the 7th Conc.

Brand new portable stereo & CD player with double cassette deck; good '82 Pontiac Gran Lemans, 4 dr.; New Holland 66 bailer; "Jotul" airtight wood stove; 10" Makita mitre saw (like new); 2 personal computers with printers; 2 colour TVs; 2 fridges; 2 dryers; 22 cu.ft. freezer; 1 stove; small appliances; lawn mower; baby carriage; beds; shop vac; weight lifting set.

Antiques in excellent condition - i.e. - 9 pc. walnut dining rm set, 6 drawer dresser, kitchen cupboard, 3 drawer chest secretary (beautiful). Books from 1826, coal oil lamp, 2 dozen music rolls for player piano, 55 lb. black marble mantle clock, violin, bow & case, trunks, lovely carved wood & velour sofa, rocking chairs, terrarium, 15 pc. hand painted Nativity set, pictures, prints, needlepoint, amber decanters & glasses, candy dishes in iridescent reds & blues, blacksmiths forge, deacons bench, church pew (6 ft), pony cart & harness & lots more coming in.

Note - supporters of Pro-Life Cornwall are also donating merchandise for this sale. All proceeds go to the Pro-Life Office.

Everything goes - without reserve.

Terms: Cash or acceptable cheque. Canteen on site.

Realty Broker/ Auctioneer
Carson Chisholm
Auction Services Ltd.
St. Andrews West **937-0201**

35 HOUSES FOR SALE

FOR SALE OR RENT@ $875/mos. + util. 10 min. from Cornwall, country house. 3+2 bdrm. w/airtight wood stove on 3 acre lot. Att. garage. Tower 35'. Paved road. Nice location to start business. No down payment. Call for appt. 936-2313.

FOUR BDRM. BRICK HOUSE w/garage on Adolphus for sale. Vendor take back. Quiet area. Ph. 932-2135.

NEW LISTING - 3 bdrm. bung. on Power Dam Drive. Only $67,500.
2 BDRM. remodelled mobile. $29,900
28 ACRES with barn. $29,900.
50 ACRES - St. Andrews area.
COUNTRY - 2 bdrm. bung. $45,000
MOOSE CREEK - 3 bdrm. $54,900
CENTER TOWN - 2 bdrm. bung.
LUNENBURG - updated, neat & clean, 3 bdrm. home on large lot.
NEW CONST.- 3 bdrm. bung. in city. $96,000 G.S.T. incl.
COUNTY - Custom built 3 bdrm. bung. on 1 acre with double garage.
ST. ANDREWS - Remodelled bung.
4 PLEX - $20,064 annual income .
4 LEVEL SPLIT - city limits $129,900
LONG SAULT - 4 level split $134,900
LOG HOME - custom built $159,000
A-FRAME - 4.14 acres with garage
ATTENTION - new const. 3 bdrm. brick bung. with double car attached garge, sunken L.R., formal D.R., large kitchen with eat-in nook, ensuite bath, high eff. gas furnace & HWT, heat recovery ventilation Venmar & more. Just about completed but still time to choose colours, flooring & lighting. Asking $132,000

Buying Or Selling CALL
Michael Vander Meer
938-2121 (Office)
534-2950 (Home)
CENTURY 21 SHIELD



COZY COTTAGE on Renshaw Island, 90' water frontage with sandy beach, all furniture and motor boat included in sale. $25,000.
HOBBY FARM near North Lancaster, 10 acres with large barn and renovated log home. $129,000

ROYAL LEPAGE
JACKIE SMITH
Sales Representative
301 Military Road Lancaster **347-1469**

REAL ESTATE AUCTION

SATURDAY OCT. 23 - 11 am SHARP!

1/2 mile east of Hwy. 138 at Bonville

To be sold:

Cosy 2 bdrm. home approx. 1100 sq.ft., shed/workshop 12'x20' - lot 100'x150'.

This property **WILL BE SOLD** at public auction subject only to a minimum bid of $10,000.

Terms: $1000 deposit - balance due on closing November 5,1993.

Realty Broker/ Auctioneer
Carson Chisholm
Auction Services Ltd.
St. Andrews West **937-0201**

A TOUCH ABOVE AVERAGE NEW CONSTRUCTION



AVAILABLE WITHIN 10 WEEKS

This attractive 1200 sq. ft. 3 bedroom bungalow will offer unique features one would only expect in a much more expensive home: such as, carport, partly finished basement, sky lights, main 4 pc. and 1- 2 pc. en suite washrooms. Cathedral ceilings, oak or european style cupboards and a brick exterior. House only. $75,900 (Includes GST) A list of lots are abailable To preview, call

Ray Seguin
Bus: 938-3860
21 Water St. W.Cornwall



Canada Trust Realty Network
M. JEAN CAMERON REAL ESTATE LTD.
Independent Broker Affiliate

REDUCED TO $23,500. Approx. 26 acres, frontage on 3 roads.
BUILDING LOTS from $10,000
JUST LISTED & won't last long. 44 acres, good bush, maple & cedar, attractive 3 bdrm. farm home, barn, etc. Only $69,000. Roxborough.
AFFORDABLE. 2 bdrm. bungalow on 2 lots, $55,700. Roxborough.
2-1/2 ACRES on Hwy. 43, only $9,300. Commercial
COUNTRY LIVING. Only $28,000 for this 3 bdrm. mobile.
VIEW OF ST. LAWRENCE. Reduced to $99,400. Renovated 4 bdrm. home, garage, large lot. Ingleside.
BUNGALOW on 35 acres with new barn. $92,000, Avonmore area.
2 DUPLEXES in Cornwall for $80,000.

buying or selling call
HERB or GERRI SCHWARTZ
346-5721 or 346-2377
representing Sauve Real Estate Ltd.





GLENDALE HICKORY ST.
Fresh Country Air Close To City
Attractive raised bungalow, breezeway and garage, two floors completely finished, 3 bdrms., plus 2 extra in basement, rec room, fireplace, 2 full baths, lot 120x136. Asking price $117,900.
Call Bud Arthur, Assoc. Broker
Office 936-2020 **Res: 931-2004**

38 OFFICES/ STORES BLDGS.

400-2200 SQ.FT. 2nd floor office space avail. on Pitt near 1st. Will remodel to suit. Leave message 932-8588.

Looking for Reasonably Priced Office Space?
Give us a call at
CITY CENTRE PLAZA
812 Pitt St.
938-2576

740 sq.ft.
Office space
Whole or part
Turnkey ready
A/C, heat
CALL MARCEL
938-3838

4000 SQ.FT. BUILDING located in Long Sault Shopping Plaza Can be split into 2 units. Sep. electrical. Air conditioned. Lease $6/sq.ft. Great location, great area. 534-8177.

WANT ADS
work WONDERS!
CALL 933-0015
to place your ad

REAL ESTATE BY AUCTION

WHY WAIT 3 MONTHS TO 1 YEAR TO GET YOUR PROPERTY SOLD?

Today the auction method is more popular than ever and is becoming the real estate marketing alternative of choice because **IT WORKS!!**

Auctions create satisfied buyers and sellers because they set fair market value in a timely manner.

A professionally managed **REAL ESTATE AUCTION** can achieve the highest price in the lease amount of time under vendor's terms and conditions.

Book you **REAL ESTATE AUCTION NOW!!**

Unconditional **CASH OFFER** 30 - 60 or 90 day closing

Realty Broker/ Auctioneer
Carson Chisholm
Auction Services Ltd.
St. Andrews West **937-0201**

950 SQ.FT. OF PRIME RETAIL or wholesale space plus 400 sq.ft. of att. warehouse space. High traffic area, private entrances & loading doors. All this for only $725/mos., everything paid. Ph: 10-5 pm 936-8088.

OFFICE 1200, 1625 & 3000 SQ.FT. Ready for occupancy. Heated & air conditioned. Carpet & drapes furnished. Located at 408 & 410 Pitt St. Call 938-4877 or 933-1907. **WAREHOUSING.** 1,000 to 2,000 sq.ft. Retail/wholesale or manufacturing. Plenty of parking. Receiving & shipping at truck level. Apply 218-11th St., West or tel. 938-4877.

41INCOME PROPERTIES

4 PLEX. Brick. 20 yrs. old. Maintenance free. Parking. Revenue $20,500/yr. Asking $149,800. Central. Private sale. 537-2015 no agents.

764-766 YORK ST. Duplex. Large owner's unit. Private parking. $11,400 possible gross income. Tenant helps you buy! Price reduced $74,900. 938-3800

+ DUPLEX + 309-309A Carleton. Clean, maintenance free. $9,300 annual income. Asking $69,500 and will finance with $7,500 down payment. Call 932-4005 for more information.

PRIVATE SALE: TRIPLEX on Alice St. Gross income over $14,000 per year. Tenants pay their own utilities. Vendor will take back first mortgage. 932-2135.

42 LOTS/ LAND

ATTENTION BUILDERS! 6 acres, St. Andrews area. Possibility of 5 lots. Bush & creek. Asking $25,500. Financing avail. Call Latreille Real Estate 938-3800.

BEAUTIFUL HIGH 5 acre building lot. Lots of mature trees. Private, peaceful & serene. Priced for quick sale $19,000. Ph: 937-0201.

43 ROOMS

FURNISHED ROOM includes all util. $190/mo. Seniors & pensioners welcome. Quiet area. Close to college. 938-3510 or 932-0482.

46 REST/NURSING HOMES

VILLA MOOSE CREEK REST HOME. 24 hour supervision with R.N.A. For more information call Mrs. A. Lanthier, Administrator. 538-2844.

48 COMMUNITY SERVICES

ADDICTED? ALONE? AFRAID? Want to quit but need help? Cornwall Detox Centre, 305 Montreal Rd., Cornwall. THE FIRST STEP, 24 hr. service. 938-8506.

ALZHEIMER SOCIETY of Cornwall & District need more members, more volunteers, more donations & more involvement. Drop into our office at 12 York St., 3rd floor or tel: 932-4914. In Hawkesbury/1-632-4349.

BIRTHRIGHT CORNWALL. Pregnant? Unsure? Need someone to talk to? Call 938-2028. All our services are free & confidential.

COMMUNITY LIVING - Stormont County is currently looking for volunteers to support individuals with developmental disabilities in a variety of activities. Please call Pam McIntosh at 938-1702.

DOES YOUR MOTHER/ FATHER'S DRINKING bother you? You are not alone. Call 937-4880 for "Alateen" or join us every Thursday nite at 7 pm at 101 Anthony (basement of Holy Cross Church Hall).

EMOTIONS ANONYMOUS have meetings every Tuesday and Thursday from 8 - 9 pm. For more info. 938-8325 or 938-2952.

HAS SOMEONE'S DRINKING been affecting you? You are not alone. Call 937-4880 for information meetings.

HIV &/OR AIDS. Are you concerned or afraid? Do you need help in coping or just afraid? No name, no address required. Please call 10 am to 8 pm at 1-800-267-7432 or write U-Cap, Box 362, Cornwall, K6H 5T1.

IF YOU ARE INTERESTED in forming a parent support group through "Tough Love" for Morrisburg and surrounding areas, beginning Aug. 25, call Susan at 543-2675.

TROUBLED BY YOUR TEEN'S BEHAVIOUR? You are not alone! Come to a parent support group "Toughlove". Meetings every Thurs. 7 pm at Bob Turner Centre (upstairs). For more info. Susan at 937-3407 (evenings) or 933-8030 (days).

VOLUNTEERS NEEDED. A.B.L.E. A service provided to assist individuals with developmental handicaps in meeting the "needs" for friendship. For further information, please call 936-6780.

50 MOTORCYCLES

4000 SQ.FT. BLDG. for rent - lease - sell. Ideal for small business. Ample parking. Central location. Call 933-9457.

52 MACHINERY

BULLDOZER CRAWLER-LOADER John Deere 440. Good tracks, clutches, John Deere loader, 2 cyl., gas rebuilt engine. Ready to work. $3500. Phone 346-2323.

53 FARM MACHINERY

165 M.F. DIESEL TRACTOR w/loader. 932-3320.

54 ANTIQUES

JOHNSON'S ANTIQUES on Hwy. 138 always interested in purchasing antique furniture & collectibles. Single items or complete estates. Will even buy furniture that needs repair. Phone 932-0766 or apply at shop, Hwy. #138, Cornwall.

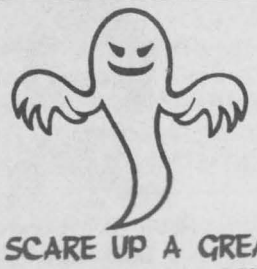
WE BUY ANTIQUES of all kinds. Toys, 1950's or older. Dishes, furniture, dolls, tools, guns, jewellery, advertising signs, old golf sticks, we also buy complete household and clean-out everything. M & G Antiques, Hwy 138, South of Monkland. Ph. 346-5768

56-USED FURNITURE

DELAGE USED FURNITURE

Fridges, Stoves, Washers, Dryers, Chairs, Wall Units, etc.....

207 Pitt St. 936-8948



SCARE UP A GREAT DEAL IN THE CLASSIFIEDS
Call 933-0015

57 DJ'S

GREAT MUSIC FOR DANCING. Weddings, anniversaries. Music of all kinds. Call & book now. Call your D.J. at 932-6661.

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

59 LIVE ENTERTAINMENT

CORNWALL'S LEADING BAGPIPER. From the World Championships in Scotland to piping for parliament in Finland. Call for weddings, funerals, lessons, cassettes or special occasions. Call, anytime, Bruce Bateman at 937-3975.

67 CARTING/MOVING/STORAGE

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

MOVING? CALL PAYLESS Moving & Storage. Local & long distance. Low, affordable rates. Don't be disappointed. Book early. 933-6470 or 1-800-463-2768.

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

WANTED: INDOOR STORAGE for boat. Must have 12' high door opening. Also portable 1400 watt generator, brand new, for sale. $700. Ph: 933-6492 or 932-1838.

WINTER STORAGE. Cars, boats, motorcycles. 936-1458.

68 COURSES/ LESSONS

DO-IT-YOURSELF CRAFT CLASSES for Oct. 12, 13, 14: Covered vanity basket. Oct. 19, 20, 21 & 26, 27, 28 (2 week project): Full circle fan. Craft supply shop open Tues.-Thurs., 1-5 pm. To register call 534-8894 or 5 Johnson Cr., Long Sault.

COMPUTER LITERACY.
Upgrade your skills.
ACADEMY OF LEARNING
OPEN
EVENINGS & WEEKENDS
936-8973

PIANO LESSONS: bilingual, experienced teacher accepting new students. graduate of Royal Conservatory of Toronto, Masters of Education. Children & adults welcome. Please call 937-4791.

ADVERTISING IS MORE THAN JUST LUCK



call **BILL DOHERTY** for rates & info.
SEAWAY NEWS
933-0014

BEWITCHING DEALS CAN BE FOUND THIS MONTH!
Call 933-0015 to place your ad in the classifieds





71 HEALTH/DIET/ BEAUTY

ELECTROLYSIS by certified Electrologist. 10 min. $9.00; 20 min, $15.00; 30 min. $20.00; 60 min. $35.00. Wed., Fri. & Sat. 9-5, Thurs. 'til 8 pm. Evening appointments available. Free consultations. Please call 936-9071.

75 PETS/ LIVESTOCKS

BEAUTIFUL PUPPIES. Poodles, Toy Pomeranians, Shelties, German Shepherds others. Boarding. Bridlewood Kennels, Hwy.#43, second farm east of Highland Road. 527-2074.

BUDGIES, very young, locally bred, assorted colours, $15 each. 931-2633.

HUMANE SOCIETY. Right now the Humane Society has cats looking for a good home. Give us a call and pick up a "friend". 936-0072.

LABRADOR PUPPIES. Best breeding. Excellent in confirmation, temperment. CKCK registered, vaccinated. Ready mid Sept. 932-1161.

LOST: MALE MINIATURE COLLIE. black with white paws & chest. Answers to "Mickey", wearing brown collar, medical attention needed. Approx. 8 yrs. old. Reward offered. Ph: 932-8575.

WANTED TO BUY:small dog. Must be white, good w/children. Possible poodle or terrier for country home. Lots of love to give. 931-3412.

84 PERSONALS

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

ADOPTEE COLLEEN Arpil 2, 1963, Cornwall. Seeks birth family information. Write Colleen Joyce, 72 Glenview Heights, Cornwall, ONt. K6H 2X3

TO WHOM IT MAY CONCERN. Mr. Bill Beattie, last known address 206 Riverdale. Please be advised as to our last talk, your car left at Ray Stata Motor's will be sold for the amount of repairs and storage owing.

CANADIAN CANCER SOCIETY / SOCIÉTÉ CANADIENNE DU CANCER
Please Give Generously

The Best Deals are at CORNWALL MAZDA

Save Big on Remaining 93's

1993 323
- automatic overdrive
- power steering
- am/fm cassette

SAVE $1250
$9,995*



1993 626 ES CRONOS



SAVE $3000
- V6
- fully equipped
- automatic overdrive
- 165 h.p.

$20,595*

1993 MPV
- V6 • air • 7 passenger

SAVE $3300
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Come & See The New Mazda Trucks
Bigger, Stronger & More Powerful
Starting At $10,795* Short Box Base

* Plus Freight, PDI, Taxes & Lic.
Serving Cornwall for 25 Years
One of the best full warranties. 3 Yr./80,000 Km bumper bumper 5 Yr.100,000 Km. major components. No deductibles

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$75.00 value
Windshield Replacement
INS. PRICES (in shop only)
We pay the $50. deductible
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PRO
We will adminster your claim for you
AUTO GLASS and TRIM

Announcement



Rodger Grant is pleased to announce the appointment of Mr. Brian Strachan as PARTS MANAGER of Rodger Grant Toyota. Brian brings to the position an extensive background in Toyota and extends a welcome to his existing clientelle. Brian looks forward to providing the same degree of knowledge and service to his new customers at Rodger Grant Toyota.

Rodger Grant
TOYOTA
353 Pitt St.
Cornwall 932-1106

New Brochures On Schizophrenia Tackle Sensitive Issues

When 14 year old Susan sees a movie with her older brother, Matthew, she steels herself for the theatre-goers' stares. Because she knows Matthew, who has schizophrenia, will probably shout at someone only he can see or respond to voices only he can hear. He's also been known to create a disturbance in the restroom.

Susan is one of thousands of people across the province who will benefit from a new brochure offering advice on how to deal with this kind of bizarre behaviour in a schizophrenic relative. Produced by Ontario Friends of Schizophrenics (OFOS), "Embarrassing Behaviour" is one in a new series of brochures called "Family to Family."

Each brochure offers advice on an area commonly facing families of people with schizophrenia; most important, the advice comes from families of people with schizophrenia. The series also includes Failure to Take Medication, What To Do In A Crisis, Signs of Relapse, and Risk of Suicide.

OFOS is a family-based organization that provides public education about this biological brain disease, advocates better services and supports families of people with schizophrenia. "Families of schizophrenics are often ill-prepared to deal with the common, rather unique symptoms of schizophrenia," says June Conway-Beeby, OFOS executive director.

"Take embarrassing behaviour for example," she says. "Although it may be difficult for some to make the comparison it's really like getting flustered because a family member - sick with a bad cold - sneezes in public," she says.

"These brochures are the first of their kind," maintains Beeby. "Because they approach these sensitive subjects with honesty, compassion and practicality. And all the advice is offered by people who've been there."

ONE STOP SHOP FOR HOME OR OFFICE

- Furniture & Office Equipment
- Stationery Supplies
- Arts & Crafts
- Party & Entertainment
- Specialty Papers & Cover Stocks
- Classroom Aids

PLUS MUCH, MUCH MORE ! !

- FORM BOARD, BRISTOL BOARD, COROPLAST - Up to 48" X 96"
- IN-HOUSE CUTTING & HOLE PUNCHING SERVICES
- COMPUTER & TYPEWRITER RIBBONS (All makes & models)
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- FACIAL TISSUES, ROLL TOWELS
- TOILET TISSUE, GARBAGE BAGS
- DISPOSABLE PLATES, GLASSES, KNIVES, FORKS, SPOONS

BUSINESS HOURS: MON.-FRI.; 7:30-5:00; **SAT.: 8:00-12:00**

GLENAN STATIONERS LIMITED
34 EIGHTH ST. WEST, CORNWALL
FAX; 613-933-5483
TEL.; 613-933-4853

Women who have given birth to a large baby (over nine pounds or four kilos) are at greater risk of developing diabetes. If you've had a large baby, please discuss this with your doctor.

For more information about diabetes, contact the Canadian Diabetes Association.

So much can be done.

CANADIAN DIABETES ASSOCIATION | ASSOCIATION CANADIENNE DU DIABÈTE

THE Diabetes CAMPAIGN

Business Card Directory

WELL DRILLING
SINCE 1956
Energy Efficient Heating & Cooling
Water Heat Pumps
Pools & Spas
410 Seventh St. W.
Cornwall 933-0411

Phil Hale
Independent Financial Advisor
Free Consultation - No Obligation
Business 938-7782
Residence 931-1753
Investment Alternatives
504 Pitt Street, Cornwall, Ontario K6J 3R5
Brightside Financial Services

Windows • Doors
• Siding • Patios and Decks
• Drywall • Plastering
• Painting Interior & Exterior
NO JOB TOO BIG OR TOO SMALL
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Special Discounts For Seniors
WE DO IT BETTER
CORNETT Renovation
15 Years Experience
ALL WORK GUARANTEED

D&D CONSTRUCTION
DEMOLITION
NEW HOMES | RESIDENTIAL
ADDITIONS | COMMERCIAL
RENOVATIONS | INDUSTRIAL
Patios - Cement Breaking - Drilling - Finishing
Fully Insured - Free Estimates
For Prompt Efficient Service Call
932-8238 - Dwight Poitras
Financing Available
"1 Call Does It All"

THE COMPUTER SHOP
- UPGRADES -
286 to 386 SX33 $289
286 to 386 DX40 $359
286 to 486 SX25 $419
386 to 486 SX25 $349
9 Main St., Maxville 527-1390

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Let Casey Clean Your:
• Apartment Building (Halls & Stairs
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Lant On Business - Finance - Taxation

I continue with my column on Finance. Medical care can certainly be a major drain on one's finances. Therefore if you are about to head south for the winter, it is very important to check the rules of your provincial health care plan to see what coverage one may have while in the United States. Also you need to know how long you can stay away without losing benefits. It is very important for Ontario residents, according to The Windcroft Report, that they may have OHIP coverage cancelled if one is out of province for more than six months in any twelve month period. The report states that one should not forget that visits to other provinces are counted toward that six months. However a time extension may be granted in some circumstances. The bottom line is that you check your medical care coverage, well in advance before leaving the Province of Ontario.

As a result of our present economy, many individuals now find themselves unemployed, or having to take a major pay cut. Whether it is boom or bust, the pillar of most financial lives is debt. For those who are experiencing financial problems, there is an excellent book that Charles Long has written, titled "How To survive Without A Salary." There is no doubt that economic insecurity is the big theme of the 1990s. Author Charles Long begins with the premise that nobody has a secure future these days. If you are one of the many who have either been laid off or left disgruntled by the system, don't despair. This book has been recently revised and thus the newly revised edition takes the recession as its starting point. The writer makes it clear that living without a salary should be a personal choice, not an act of desperation. Also the book provides a few pointers on what to do if you are short of cash. The most important step, Long says, is to foster a so-called "conserver lifestyle". Instead of buying the first available consumer item, you should think of alternative solutions to spending money. Avoid purchasing big-ticket items, get rid of all your debts, cut up your credit cards and draw up a budget. Try finding casual employment and contract work. The bottom line, according to Long, most of all enjoy yourself. Another important point is that of rejection or failure. Setbacks, frustrations and failures are all just part of learning. Remember to turn those stumbling blocks into stepping stones. For most of us the forty-year career is dead. We certainly can no longer expect to learn a job at twenty and retire from it at sixty. Please remember that the economy has flip-flopped through a bewildering maze of changes. At the moment, the economy appears to be biting its nails, relieved at current low interest rates but worried about what might happen next. Again the bottom line is that there will be winners and losers. My sincere thanks to Jim, who suggested quite strongly to me that since I had read the book I should give a brief outline in my column on Finance, as I have faced many of these problems personally. Whether you aim at a more independent lifestyle as a matter of personal choice, or as a possible necessity that looms with the next economic cycle, the means of preparing yourself remains the same.

I deeply regret that my columns on "Taxation" will not begin until the month of November. I am well aware of your concerns and I thank you for your telephone calls. There are just so many topics that I could write on but space is limited. If you find my columns of help to you, please let the Seaway News know. My final thought for this week's column comes from a quote from Carolyn Wells who said "Of two evils choose the prettier." In my next column I will try to deal with "Rebate" credit cards, showing how costly these cards can be.



Obituaries

CHEESMAN
William (Bill) Philip

Passed away at the Sandfield Place on Thursday, September 30th, 1993. Mr. William (Bill) Philip Cheesman, in his 87th year, born in Cornwall, of Sandfield Place. Dear son of the late Thomas Cheesman and the late Gertrude Gallinger. Beloved husband of the late Roxie Price. Loving father of Daryle (and his wife Grace) of Cornwall, Fred of Cornwall and Gertrude Cheesman of Cornwall. Loving grandfather of three grandchildren and three great grandchildren. Predeceased by one brother, Thomas Cheesman and the late Evelyn MacDougall. The funeral was held on Saturday, October 2nd, 1993 from the Chapel of the McArthur & MacNeil Ltd. Funeral Home and to Woodlawn Cemetery. Reverend Fred Rennie of St. John's Presbyterian Church officiated. The pallbearers were Bill and Adam McDonald, Scott, Fred and Daryle Cheesmand and Thomas MacDougall.

COURNEYEA
Muriel Marie

Passed away at the Cornwall General Hospital on Sunday, September 26th, 1993. Mrs. Muriel Marie Courneyea, in her 68th year, born in Tweed, Ontario, of 1450 1st Street East, Apt. #501, Cornwall. Dear daughter of the late Bernard (Barney) Dufresne and the late Flora Leroux. Beloved wife of the late Joseph Gerald Courneyea. Dear sister of Mrs. Beatrice Hebert, Mrs. Margueite Crowder, Therese (Mrs. Emerson (Eddy Watters), all of Cornwall and Doloris (Mrs. Francis McCormick) of Alexandria. Predeceased by one brother, Romeo Dufresne and by two sisters, Mrs. Georgette Arcand and Mrs. Yvonne Fraser. The funeral took place on Wednesday, September 29th, 1993 from the Lahaie and Sullivan Cornwall Funeral Home Ltd., West Branch to St. Peter's Church, Cornwall and Notre Dame Cemetery. Reverend George Maloney of St. Peter's Church officiated. The pallbearers were the Nativity Guards. Mrs. Courneyea was a former employee of Cornwall General Hospital.

DARVEAU
Benoit

Passed away at the Hotel Dieu Hospital on Tuesday, September 28th, 1993. Mr. Benoit Darveau, in his 66th year, born in St. Lambert, Quebec, of 104 McConnell Avenue. Dear son of the late Alfred Darveau and the late Aurore Perron. Beloved husband of Alice Blanchard. Loving father of Andre (husband of Nicole Borris), Ronald (husband of Marlene Sauve) and Raymond Darveau, all of Cornwall. Loving grandfather of five grandchildren. Dear brother of Laurent Darveau of Ville LaSalle, Quebec, Gaetan Darveau and Leo Darveau, both of Normetal, Quebec and Miss Armande Darveau of Dupuis, Quebec. Predeceased by one sister, Miss Fernande Darveau. The funeral took place on Friday, October 1st, 1993 from the Boulerice Funeral Home Ltd. to Nativity Co-Cathedral, followed by Cremation. Reverend Marc Piche of Nativity Co-Cathedral officiated, assisted by Reverend Claude Halle. The pallbearers were members of the Knights of Columbus, Council 9695, Clement Charette, Claude Villemaire, Jacques Chartrand, Rejean Duquette, Gilles Bilodeau and Claude Seguin.

GRANT
Hilda Mary

Passed away at the Cornwall General Hospital on Monday, September 20th, 1993. Mrs. Hilda Mary Grant, in her 92nd year, born in Bromley, Kent, England, of Sandfield Place, Cornwall. Dear daughter of the late William Hodgkin and the late Ella Greenbrook. Beloved wife of the late A. Stanley Grant. Loving mother of Rita (Mrs. Leslie Higgins) of Cornwall and Archie Grant (husband of Audrey Miller) of Wellington, Ontario. Loving grandmother of six grandchildren and ten great grandchildren. A private funeral took place on Wednesday, September 22nd, 1993 in the Memorial Chapel of the Lahaie and Sullivan Cornwall Funeral Home, East Branch, followed by Cremation. Reverend Jim Megill of Trinity Anglican Church officiated.

THOMPSON
Roderick Jerome
"Kaherakeron"

Passed away at the Toronto General Hospital on Monday, September 20th, 1993. Mr. Roderick Jerome Thompson "Kaherakeron", in his 32nd year, born in Cornwall, of R.R. #3 Cornwall Island. Dear son of Louis Thompson and Audrey Point. Loving companion of Christina Smoke. Loving father of Martika Alina Smoke-Thompson, at home. Dear brother of Darrell, Vincent, Melvin, Barry, Warran and Sheryl Lynn Thompson, all of R.R. #3 Cornwall Island. Predeceased by one brother, Clayton S. Thompson and by one niece, Trista Lee Sunday. The funeral took place on Saturday, September 25th, 1993 from the residence of his parents, Louis and Audrey Thompson, R.R. #3 Cornwall Island to Long House, Cornwall Island and Long House Cemetery, Hogansburg, New York. Mr. Richard Mitchell officiated. The pallbearers were Steve Smoke, Robert Smoke, Neil Mitchell, Barry Montour, Romaine Mitchell and Brian David. The funeral arrangements were under the care and direction of the Cornwall Funeral Home, West Branch, 20 Seventh Street West, Cornwall.

TYO
David Phillip

Passed away at the Cornwall General Hospital on Saturday, September 18th, 1993. Mr. David Phillip Tyo, in his 73rd year, born in Dunvegan, Ontario, of 1332 Marc Street. Dear son of the late Emile Taillon and the late Valentine Lalonde. Beloved husband of Rena Hill. Loving father of Linda Day (former wife of James Day) of Cornwall and Ann (Mrs. Robert Richards) of Fredericton, N.B. Loving grandfather of Jamie, Trina, Meghan and Michael. Dear brother of Ernest Taillon of Toronto, Lionel Taillon of Hull, Quebec, Rene Taillon of Dunvegan, Florence (Mrs. Guy Saumure) and Mrs. Jeanne Patenaude, both of Ottawa and Victoria (Mrs. Laurier Ouimet) of Oshawa. Predeceased by one brother, Alcide Taillon and by three sisters, Mrs. Alice Daly, Miss Lilias Taillon and Mrs. Bertha Ouimet. The funeral took place on Wednesday, September 22nd, 1993 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to Blessed Sacrament Church, Cornwall, interment in St. Lawrence Valley Union Cemetery. Reverend Kelvin Maloney of Blessed Sacrament Church officiated. The pallbearers were Robert Richards, Jamie Day, Allen McKane, Claude Taillon, Floyd Carson and Bill Costello. The Honourary Bearers were Gerry MacPherson, Rene Presseault, George Sawinski and Art Brand.

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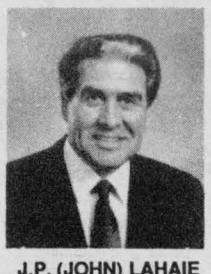
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Calendar of COMMUNITY EVENTS

Community Events Sponsored by
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* **THE EASTERN ONTARIO HEALTH UNIT** is sponsoring a series of six weekly smoking cessation workshops running on Oct. 12, 19, 26, Nov. 2 & 9 at 6:30pm at the Eastern Ontario Health Unit. Info: 933-1375, Ext. 275
* **SCOTTISH COUNTRY DANCING** Wednesdays at the Armoury on 4th St. E., 7:30pm. Don't forget soft-soled shoes. Info: 933-3634
* **HOLY CROSS GOLDEN AGE CLUB** card parties every Tuesday at 7:30pm . Everyone welcome. Info: 937-3717
* If you want to BE/STAY SMOKE FREE, the **LUNG ASSOCIATION** presents "Freedom From Smoking" on Wednesdays, 8:30pm at the office on 240-2nd St. E. Info: 932-4999
* **MOUNT CARMEL HOUSE PHASE 2 FOLLOW-UP** Aftercare Programs held Wednesday evenings, 7pm for past-residents and families at M.C.H.T.C. Info: 347-3887
* **THE CORNWALL CHAPTER OF THE CANADIAN LIVER FOUNDATION** sponsoring an afternoon Bingo every Thursday, 2:30pm at the Cornwall Bingo Centre. Doors open at 1:00pm. Everyone welcome. Info: 931-3227
* **CORNWALL ECUMENICAL CHOIR** practices every Tuesday, 8pm at Knox-St. Paul's Church. New members welcome. No audition necessary. Info: 933-1915.
* **FRIENDS HELPING FRIENDS** needs volunteers for Van Drivers, Furniture Movers, Store Organizers, Poster Designers. Info: 936-1888 Mon-Fri. from 10am-5pm.
* **K OF C NATIVITY, 9695** Activities for October: Executive Meeting Oct. 11th, 7:30pm; Oct. 16th, 5pm Special mass at the Co-Cathedral Nativity of the B.V.M. in honour of the 90th Anniversary of the Knights of Cornwall; Oct. 18th, 7:30pm General Meeting; Oct. 28th, 7:30pm First Degree of S.S. Marty's Canadiens; Oct.30th Evening of Jubilaires.
* **CORNWALL SENIOR CITIZENS CLUB 353,** 119 Pitt St., will hold a general meeting on Tuesday, Oct. 12th at 10:30am. All members welcome. Lunch.
* **CORNWALL CHRISTIAN WOMEN'S CLUB** will meet at the Potro Bello Restaurant, 1710 Vincent Massey Drive, for dessert & coffee on Oct. 13th at 7:30pm. Reservations essential. Fashion show featured. Info: 936-2055
* **LA LECHE LEAGUE** meeting Wed., Oct. 13th, 7:30pm, 1756 Brookdale Ave. New and expectant moms are welcome. Info: 931-3146 or 534-8414
* **THE BROWNHOUSE CIRCLE** is planning a bus trip for Oct. 13th to visit Massena, NY. Bus leaves St. Raphael's Parish Centre, 9:00am & returns at 5:00pm. Seats still available. Info: 525-2428, 525-1869 or 347-2353
* **BEREAVED FAMILIES OF ONTARIO, Cornwall & Area Chapter** monthly Support & Share Night, Oct. 14th in the library of C.C.V.S., 437 Sydney St., Cornwall from 7-9pm. Info: 936-1455. Also, Your Independent Grocers is offering $1.00 to the charity of your choice for every $100 purchased. Save your grocery tapes and bring to the next meeting and/or drop off at the office, 437 Sydney St.
* **THE TOWNSHIP OF CORNWALL ARENA FUNDRAISING COMMITTEE** regular "Midnight Bingo", Cornwall Bingo Centre, Oct. 15th. Help the fundraising group reach their goal.
* **THE CORNWALL TELEPHONE PIONEERS** used book sale Fri., Oct. 15th, Brookdale Mall to assist the needy at Christmas. To donate books call 938-8032 or 933-7075 or 932-9735 or 347-3602 for book pick-up.
* **FULL GOSPEL BUSINESS MEN'S FELLOWSHIP** will hold a dinner at the Porto Bello Restaurant on Friday, Oct. 15th at 7pm. Info: 933-2465
* **ROYAL CANADIAN LEGION "OVER 60 CLUB"** is holding a dance in the main hall on Friday, Oct. 15th from 9pm-1am. Light lunch served. Everyone welcome.
* **ST. JOHN'S CHURCH, 2ND ST. E.** , will hold a rummage sale on Friday, Oct. 15th from 1-4pm and Saturday, Oct. 16th from 9am-11am.
* **MAXVILLE UNITED CHURCH** Anniversary Turkey & Ham Supper, Church Hall, Sat., Oct. 16th , 4:30-7:30pm. Everyone welcome.
* **FRIENDS HELPING FRIENDS** late night Bingo, Cornwall Bingo Palace, Oct. 16th. We thank you for contributing to our cause. Info: 936-1888.
* **LEARNING DISABILITIES ASSOC. OF CORNWALL & THE UNITED COUNTIES CHAPTER** will hold a Workshop on Sat., Oct. 16th from 9:30am-Noon at Sacred Heart School, Rm. 206, 1424 Auburn Ave., Cornwall. If you wish to attend please call the office at 933-6990, ext. 277, and leave your name and phone number.
* **SALEM UNITED CHURCH,** Summerstown, is holding their annual big event on Sat., Oct. 16th from 10am-3pm. Refreshments available. Free admission.
* **COMMUNITY LIVING'S INDIVIDUALIZED SUPPORT SERVICES** will hold a B.B.Q. on Oct. 16th from 11am-6pm at LOEB-IGA.
* **WOMEN OF THE MOOSE CORNWALL CHAPTER 145** euchre on Sunday, Oct. 17th, 2:00pm followed by a supper at 443 11th St. W., Moose Lodge, Cornwall.
* **ST. MARY' S CHURCH,** Williamstown annual Roast Beef Harvest Supper, Sunday, Oct. 17th from 4-7:30pm at St. Mary's Centre Hall. Everyone welcome.
* **ST. RAPHAEL'S PARISH CENTRE** will hold a euchre, Oct. 17th at 8:00pm.
* **THE GLEN-STOR-DUN-LODGE AUXILIARY** will hold the October meeting on Monday, Oct. 18th at 1:30pm in the Lodge. New members welcome.
* **TRI-COUNTY HARD OF HEARING CLUB** will hold the October meeting on Mon., Oct. 18th at 7:30pm in the R.C.A.F.A. Wing, Water St., Cornwall. Please note that this meeting is one week early.
* **REIKI: THE GENTLE ART OF HEALING,** a technique for stress reduction and relaxation will be held on Oct. 19th from 7-8:30pm at the K of C, 205 Amelia St., downstairs hall. Free admission. Info: 933-9166
* **ST. COLUMBAN'S CATHOLIC WOMEN'S LEAGUE** will hold a rummage sale on Oct. 28th from 9am-7pm in the Parish Centre.
* **CORNWALL CHORAL WORKSHOP '93** at Knox St. Paul's United Church, Nov. 5-6th. Registration fee. Info:932-2334 or 936-1161.

DEADLINE: Wednesday at 3:00 pm

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

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One-study wonders can mislead

Nutrition EQUALS HEALTH

(NC)—Both the media and the medical community are not yet sure of how to deal with the growing importance of nutrition research. As a result, "one-study wonders" involving nutrition are being reported by media as fact and are going unchallenged by medical authorities. These authorities would be quick to criticize such flimsy results in other areas of medicine.

A case in point: the oat-bran study published a few years ago by the New England Journal of Medicine. In this study, researchers used young female dietitians with normal serum cholesterol levels. The dietitians were fed their normal diet, which was not adjusted for fat intake, plus oat bran for six weeks. Then for the following six weeks they were again fed a regular diet plus cream of wheat.

When there was no significant difference between the women's cholesterol levels at the end of the two six-week periods (and in fact, no difference should have been expected under these circumstances), it was concluded that oat bran had no effect on cholesterol levels.

Despite its many flaws, this study's conclusions were accepted by many, especially the media. Some people with significantly elevated cholesterol levels were thereby persuaded to abandon oat bran despite previous evidence that water-soluble fibre such as oat bran can be useful in helping to lower cholesterol levels.

In a similar vein is a study which claimed that walnuts possess cholesterol-lowering properties. In this research, a group of nine participants was placed on the American National Cholesterol Step I diet (a fat-reduced diet) for four weeks, followed by four weeks on the same diet, but with 20% of the calories supplied by walnuts. Another group of nine subjects was fed the diets in reverse order.

In the end, the study determined that the walnut diet reduced total cholesterol by 12.4% over the Step I diet. These results appear exciting until you discover that the 20% of calories in the Step I diet (supplied by walnuts in the second diet), came mostly from foods high in saturated fat.

In other words, the "walnut diet" could just as easily be called a saturated-fat reduced diet. And credit for the cholesterol reduction could be attributed just as readily to lower saturated fats as to high walnut intake.

The moral of the story: don't take any single nutrition study which uses a small number of subjects as proof of anything. It needs to be reproducible to be believable.

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Simple, New and Creative Turkey Recipes

RAISED TURKEY AND HAM PIE

PASTRY
INGREDIENTS

2 1/2 cups	plain flour	450 g
2 tsp	salt	10 mL
4 oz	lard	100 g
1/2 cups	milk	150 mL

FILLING
INGREDIENTS

1 1/2 lbs	bacon or ham, chopped	700 g
8 oz	turkey breast, chopped	225 g
1	small onion, finely chopped	1
2 tsp	mixed herbs	10 mL
	salt and pepper	
1	egg (plus 2 tablespoons water, for glazing)	
2 tsp	DAVIS Gelatine	10 mL
1 1/4 cups	hot chicken stock	300 mL

PASTRY

Sift flour and salt into a large bowl and make a well in the centre. Melt lard, with milk and water, boil and pour into the well. Mix to make a fairly soft dough; knead until smooth. Cover with a damp cloth and rest for 10 minutes. Line an 18 cm springform pan with the pastry, reserving some for the topping.

FILLING

Mix together the bacon, turkey, onion, herbs and seasoning and pack into the pastry case. Roll out the reserved pastry to make a top, dampen the edges and place over the pastry case and filling, seal all of the edges together. Make a hole in the middle, then decorate with pastry leaves. Glaze with beaten egg and water. Bake at 200° C/400° F for 1/2 an hour, then at 180° C/350° F for 1 1/2 hours until cooked. Cool for 10 minutes, then remove from pan. Cool completely. Add gelatine to hot stock, stir briskly until dissolved. Cool, then using a funnel pour through the hole into the pie. Chill for 2 hours to set.

Serves 8-10.



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LifeLine
by Shirley Blain, RN NP

Power nutrition for teens

Half a person's growth occurs in their teen years. Girls usually shoot up in height between age 10-14, while boys' growth spurt takes place from age 12-15.

The body generally needs more than 50 nutrients for energy and function. Teens especially need: **protein**, **vitamins** and **minerals** (iron and calcium).

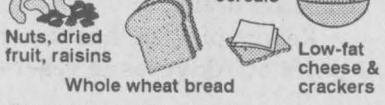
NUTRITION BY NUMBERS

For a balanced diet, remember 4244 for the number of servings each day:

- **4** **Milk, yogurt, cheese** (for calcium, riboflavin, protein)
- **2** **Meat, fish, chicken, soya** (protein, niacin, iron, thiamin)
- **4** **Fruit, vegetables** (Vitamins A & C)
- **4** **Grains, bread, cereal, rice** (carbohydrate, thiamin, iron, riboflavin)

POWER FOODS

Keep plenty of high-energy, nourishing foods on hand for snacks...



Tips for a healthy diet

- Don't skip breakfast.
- Cut down on fast foods.
- Include more veggies, fruit and milk.
- Buy food and prepare more meals at home rather than eating out.
- Limit "empty" snacks: foods with high sugar (cookies, chocolate) or fat (fries, doughnuts, potato chips).
- Read food labels.

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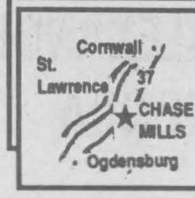

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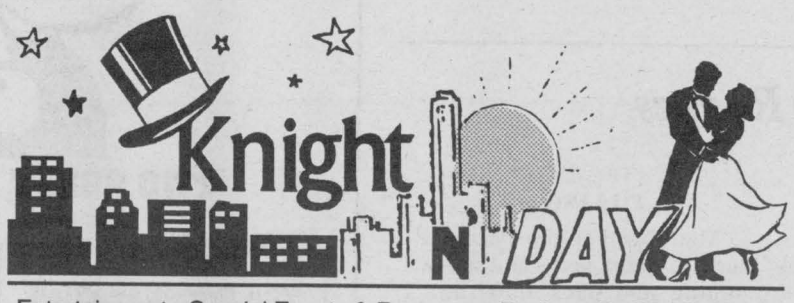
Good news! All *"RANKIN FAMILY"* fans will be delighted to learn that the immense popularity of this group has necessitated the addition of a second show in Cornwall. This down east group offer terrific fiddle playing, step-dancing and beautiful vocal harmonies and they will now be appearing at Aultsville Theatre on October 26th and again on the 27th at 8:00 pm. Tickets are on sale now at Ran-Gal Photofinishing at the Brookdale Mall or call 938-7779.

While at the Brookdale Mall you may wish to take in a movie, so here is the schedule for this week at *BROOKDALE CINEMAS. COOL RUNNINGS* is still running in Cinema-1 at 7 pm & 9 pm and the matineee on the weekend,. Sylvester Stallone's newest, *DEMOLITION MAN,* is on at Cinema-2 at 7 pm and again at 9;10 pm with *HOCUS POCUS* as the Saturday & Sunday matinee. Two feature films in Cinema-3 with *MR. NANNY* with Hulk Hogan at 7 pm and the matinee feature and then it's the new Bruce Willis action flick, *STRIKING DISTANCE* at 9 pm.

Last week we told you about the 1993-94 Carousel Concert Series coming to Aultsville Hall in Cornwall. The first in the series will be *"SOMETHING'S FISHY AT CAMP WIGANISHIE"* with Al Simmons. This wacky, multi-talented musician, singer, comedian, magician and inventor will be here for an afternoon performance on November 13th. But you may also wish to jot down the dates for the next two concerts in this series. Coming in January for an afternoon show is a Canadian Content Theatre production of *"LISTEN TO THE BONES"*. It features mime, dance, storytelling and music and all surrounding prehistoric times and "dinosaurs". Then on March 5th in '94 get set for the *JOIN HANDS PUPPETEERS*. We tell you about these concerts now in order for you to plan ahead as they are popular concerts. It is expected we will detail each in the series with more data and photos as we near the actual performance dates. Keep tuned.



Entertainment - Special Events & Restaurant Review - By Bud G. Knight

Knight N' Day finally got around to calling a few old friends in the restaurant business and was happy to learn that Laurier and the "Gang" are still dishing out the food and fun at *CHEERS TOO* at 117 Seventh St. West, next to King George Park. The hours have been slightly altered to allow some rest time for the crew with Breakfast and Lunch available each day from 6:30 am until 2 pm and they are open every Friday night until 1 am. Friday is chicken wing and egg roll time with "wings" at 20¢ each and the meat sauce rolls are 3 for $2.00. Still a happy atmosphere at *CHEERS TOO* along with free popcorn and they are licensed. Drop by someday soon and don't forget to tell them that "Bud" sent ya.

WING NIGHT, is being held Thursday Oct. 14th with *MIKE McANANY* on stage from 8 pm - 12 pm at *LAKESIDE INN.* Wings are still 15¢ a piece.

Can you clap, tap, snap or rap? Play spoons, kazoo, bassoon? Paint, sew, do make-up, tell a joke, make a sandwish or even hang a poster? *SEAWAY SENIOR CITIZENS CLUB* #1201 have th "call" out and are getting ready for 94's *THERE'S NO BUSINESS LIKE SHOW BUSINESS* & need your talents. Bring a friend ... join the fun (932-4969). Go ahead & break a leg.

THANKSGIVING DAY is upon us and a great time to get all your family & friends together and enjoy a dining-out experience at any of Cornwall's fine restaurants. Pick a favourite place and enjoy. Happy Thanksgiving to everyone. Gotta go. G'Day and G'Knight.

Last Week:

- Over 100 women & children participate in "Take Back the Night" march.
- Smugglers' Alley activity forces Lancaster OPP back to 24-hr. patrols.
- City defers plan to ban skateboards.
- Meridian Richmond Die Casting move from Summerstown to Long Sault means 50 to 75 new jobs.
- General Hospital CEO say proposed layoffs to affect only 3-4 persons.
- Life Chain rally draws 2-3,000 participants.
- Lack of volunteers may force closure of environment centre.
- Heart & Stroke Foundation raises record $421,486.
- Smuggling not on agenda of discussion when tourism conference meet.
- Gas price war spreads throughout city.
- Cornwall will have key role at Kingston conference.
- 61 year old city cab driver stabbed & beaten.
- Report of 1,000 health-care ripoffs at Akwesasne reserve kept secret.
- Menard Structures winning bid to build arena in Long Sault equates into $100,000 savings for Twnsp.
- Popularity of Rankin Family forces second Cornwall show.
- Moose spotted in north end of city.

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