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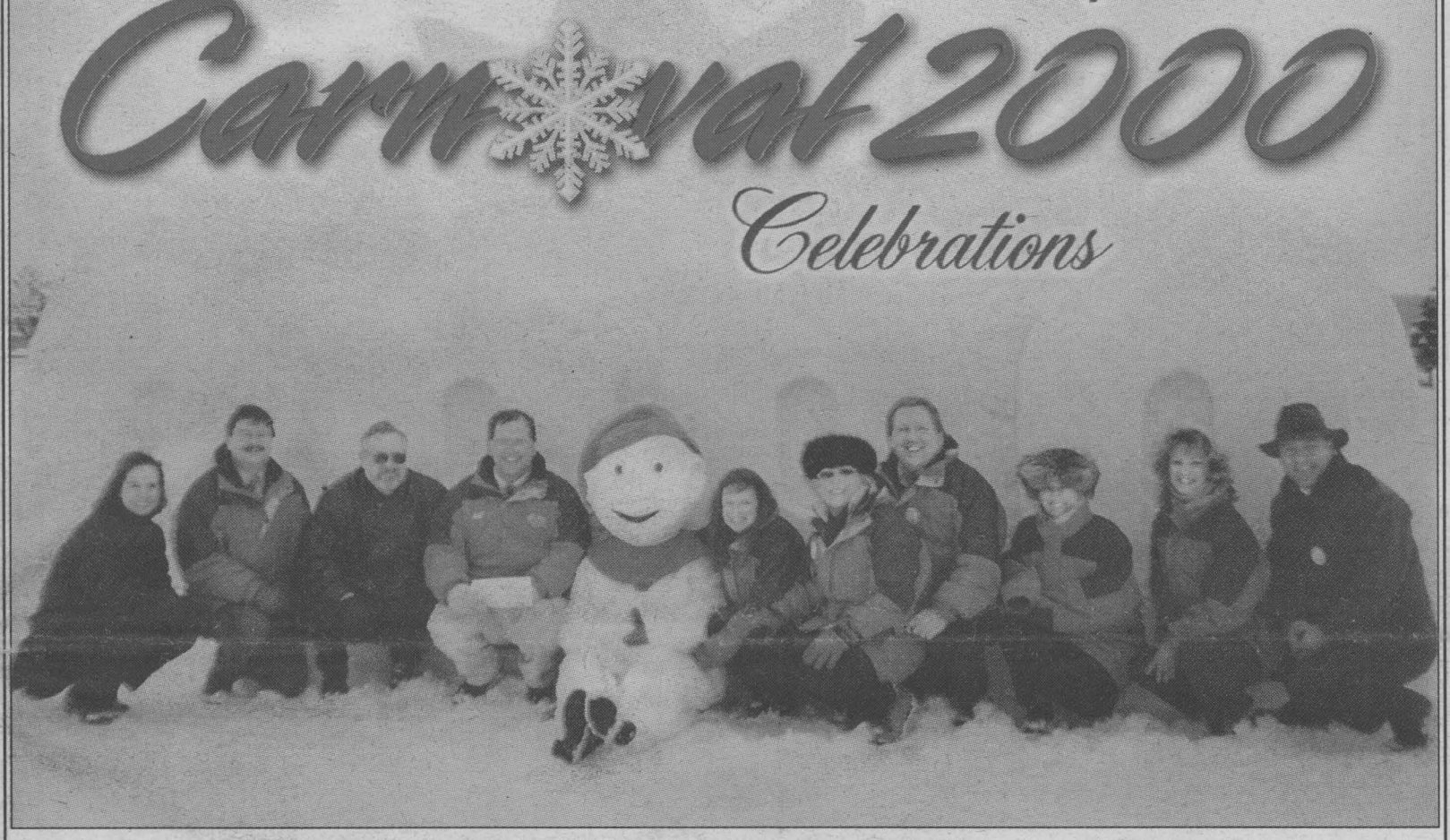
# SEAWAY NEWS

February 4, 2000 VOLUME 14, ISSUE 5 SERVING CORNWALL AND AREA

## Millennium Committee to Sponsor Carnival 2000 Celebrations



At a press conference held on Tuesday, February 1st, 2000 in Lamoureux Park (the site of the Winter Carnival), the City's Millennium Committee announced that it will sponsor the Carnival's 'Celebrate 2000 Ceremonies' to be held on Friday evening. Councillor Chris Savard, who is also Chair of the Millennium Committee, presented a cheque to Cindy Rowe, Chair of the Carnival's Organizing Committee. On hand at the Press Conference were members of the media along with Millennium Committee members and representatives of the Carnival Committee.

Mr. Savard explained "the Millennium Committee is pleased to partner with the Winter Carnival to sponsor the Celebrate 2000 Ceremonies. The Millenniums sponsorship will cover the special Celebrate 2000 Show to be performed by world renowned ice sculptor Laurent Godon. He will defend his own title as fastest sculptor in the world. The show will also include music, lights, fireworks and special effects."

The Cornwall Millennium Committee has completed a number of projects including a special fireworks display and unveiling of Cornwall 2000 sign at the bandshell during the 1999 Canada Day celebrations. The Committee also sponsored the Mayor's Levee held January 1st, 2000. More individual and partnered are being planned, and details will follow as they become available.

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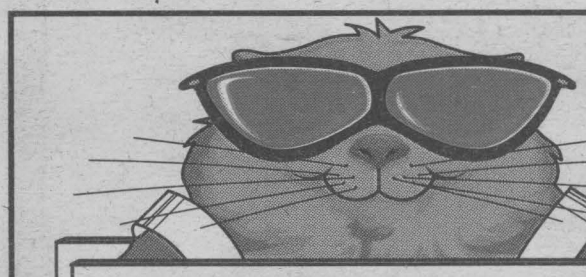
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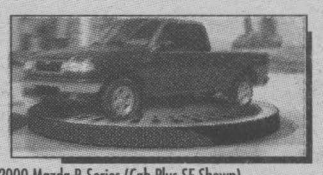
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**Neilson**
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**Bulk - Caesar Croutons** ..... $1.99 lb.

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**Product of U.S.A.**
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# In the Name of Tradition



The Cornwall Kiwanis Club is a service club, composed of business and professional people, and was founded to promote better business and professional standards within the community.

The name is derived from the Indian word keewanis ("to make oneself known"). The club motto is "We build."

The club is very active in the community, supporting and promoting good citizenship.

Part of its sponsorship is found within the ranks of the Royal Canadian Air Cadets Cornwall Kiwanis Squadron 325, co-sponsored with the RCAFA Wing 424.

Air Force "tradition" was upheld recently at their annual Christmas Mass Dinner, held at the Navy Vets Club on Sixth St., as the youngest cadet in the squadron, 12 year old Krista Torrance, traded dress uniform for the evening with Commanding Officer, Captain Ian Baitz.

During this special function and meal, the rank structure is symbolically set aside as cadets and officers converse and mingle without the necessary military saluting and orders being yelled out.

The meal is a traditional one served to military protocol which gives the cadets a better understanding of military tradition and history of the air force.

Pictured are Cadet Krista Torrance with Captain Ian Baitz.

*Story & photo by Aubrey Johnson*

# H.W.C.

There are stories that are told but never written, passed on by word of mouth like bits of mythology, leaving you to wonder about their validity. This is such a story but I have written it, allowing a much larger audience to enjoy the tale. To those of you who believe in love, the story may be true. To those of you who do not, let it simply be.

On the day they were wed, he placed a gold pendant around her neck with the initials H.W.C. She asked what it meant and he looked at her and smiled, "It's just a reminder my love."

Years passed and occasionally she'd inquire about the initials and he'd smile and say, "It's just a reminder my love."

Fifty years passed and the man she had so loved lay helpless in a hospital room, death waiting at his door. She looked deep into the eyes of the man she so loved and she remembered the day they were wed and the pendant he had so long ago placed around her neck. She looked at the initials carved upon the piece of gold. They had faded some but were still quite distinguishable. She asked one last time what the initials meant and a tear ran down his cheek as he said, "My love, it was always a reminder, to Handle you With Care."

By Andre Carrier

# Local Smokers Can Win Twice With Quit Smoking 2000 Contest

CORNWALL - Smokers in SD&G who are counted among the 1.6 million Canadians who an Angus Reid poll indicates will try to quit smoking in the year 2000 are being targeted as ideal participants in a province wide contest to help smokers stop smoking for the month of March.

Quit Smoking 2000 is sponsored by the Council for a Tobacco-Free Ontario (CTFO) in partnership with local Health Units, chapters of the Cancer Society, Heart and Stroke Foundation and Lung Association. It is backed up with educational support materials and cessation tips to help people succeed.

"We know how difficult it is to stop smoking," says Julie Dyke, chair of the Council for a Tobacco-Free SD&G (CTFSD&G)."The contest is structured to help people work up to quitting. We're launching the contest now and asking people to set March 1 as their quit date. That gives them about six weeks to work through the stages that lead to successful quitting."

Julie Dyke says a smoker who wants to stop should begin by thinking about why they smoke, why they want to quit, and how they will cope with the urges they will get along the way. The contest requires participants to enlist the help of two support buddies who will be willing to help when the going gets tough. These buddies become eligible to win prizes too.

"It may take you one, two or even five tries before you succeed, but each time you try you are one step closer to success," says George Rouleau, member of the CTFSDG. "You can't force someone to quit if they aren't ready, but you can encourage them and provide them with incentives to help them move to the stage of being ready to quit. That's the goal of the contest."

Smokers can register to participate in the Quit Smoking 2000 Contest by February 24 by bringing their registration forms at the local Eastern Ontario Health Unit in Cornwall, Alexandria and Winchester. Smokers must quit smoking no later than March 1 and must remain smoke free until April 3 to qualify for the contest prize draws.

Registration forms can be picked up in Cornwall at the Eastern Ontario Health Unit, the Lung Association, the Canadian Cancer Society, Heart and Stroke Foundation, le Centre de santé communautaire de l'estrie, Eastcourt Pharmacy and Addiction Services of Eastern Ontario. Prizes include a Caribbean cruise, a diamond necklace, three TV/VCRs, a weekend getaway in Toronto, Ottawa or Montreal and regional prizes.

"Everyone who enters the contest and quits -even if it's only for a month - will come out a winner whether or not their name is selected in the draws," said Julie Dyke.

For more information about the contest or to get an entry form call Health Line/Appelsanté at 1 800 267-0852 or log on the contest's web site at www.opc.on.ca/ctfo.


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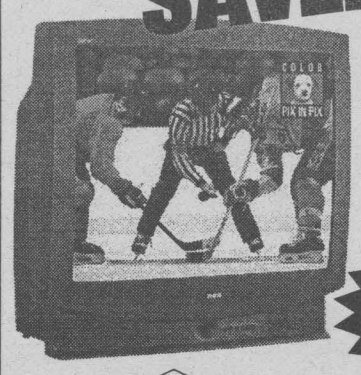

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# The Best Of Fame

The popular play Fame will be coming to Cornwall's own Fame School CCVS soon. This will certainly be the show to open the millennium in this area. First came the smash hit motion picture, then the long-running popular TV series and now Fame is a popular red-hot, emotionally charged, spectacular stage show. This show will feature over 45 of the best young and dynamic performers. Fame focuses on the hopes, dreams and aspirations of a group of students attending New York's High School of Performing Arts on West 46th Street. The musical chronicles their four year odyssey from audition to graduation at the school whose unofficial motto is "Fame costs and this is where you start paying." The mix of strongly motivated students-rich and poor, black and white give the story its passion and dramatic tension.

Fame premiered 15 years after the MGM motion picture "Fame" was released, which received four Academy Award nominations. The film was followed by the highly successful TV show starring Debbie Allen and Janet Jackson which ran for six years on network television and in syndication. The TV show received numerous Emmy awards and has been seen in sixty-eight countries.

"The show is one of the strongest shows we have ever produced" states director Cathy Parent Doyle. "Earlier in the year we decided to stage Fame as a light weight vehicle to get some new blood into the troupe. We were hoping for a good show but were pleasantly surprised at the end results. The acting skills are no less then breathtaking! This show has so much energy that the cast wanted to open a week early."

This show is hot. Ron Thomson is known by many as a great basketball player and coach, but when on stage as the angry young man Leroy Johnson people will remember him as a strong and dynamic actor as well. Francine Hart and Cathy Durham add a splendid touch as mother and daughter with many funny moments. Kevin St. Denis (Ralph) plays the tragic comedian who is helped to over come his personal problems with friend Matthew Gray (Montgomery) Penny Bedard portrays Coco. The girl that has set her sights on the highest of Fame. Adam Nisula plays the musical genius (Bruno). This is not a big stretch for this young and talented man. Just these few young players give more then an explosion of youthful energy. This cast has more energy to light up the skies at nights.

What A Show!

These young actors sing and dance as if there were no tomorrow. If you've been feeling a little blue with the weather being the way it is. This show has it all. A true and touching story that will enable us to take a step back in time to those Wednesday nights for the Fame show to come on. Well it's on now. Live on stage at CCVS. Dream Maker Productions has a cast of young and even a few not so young people that will send you home singing. Tickets are on sale at the Standard Freeholder or at the door. Fame opens on Feb. 3-4-5-10-11-12. For more information call 932-3510.

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LOOK FORWARD TO WEATHER WARNINGS

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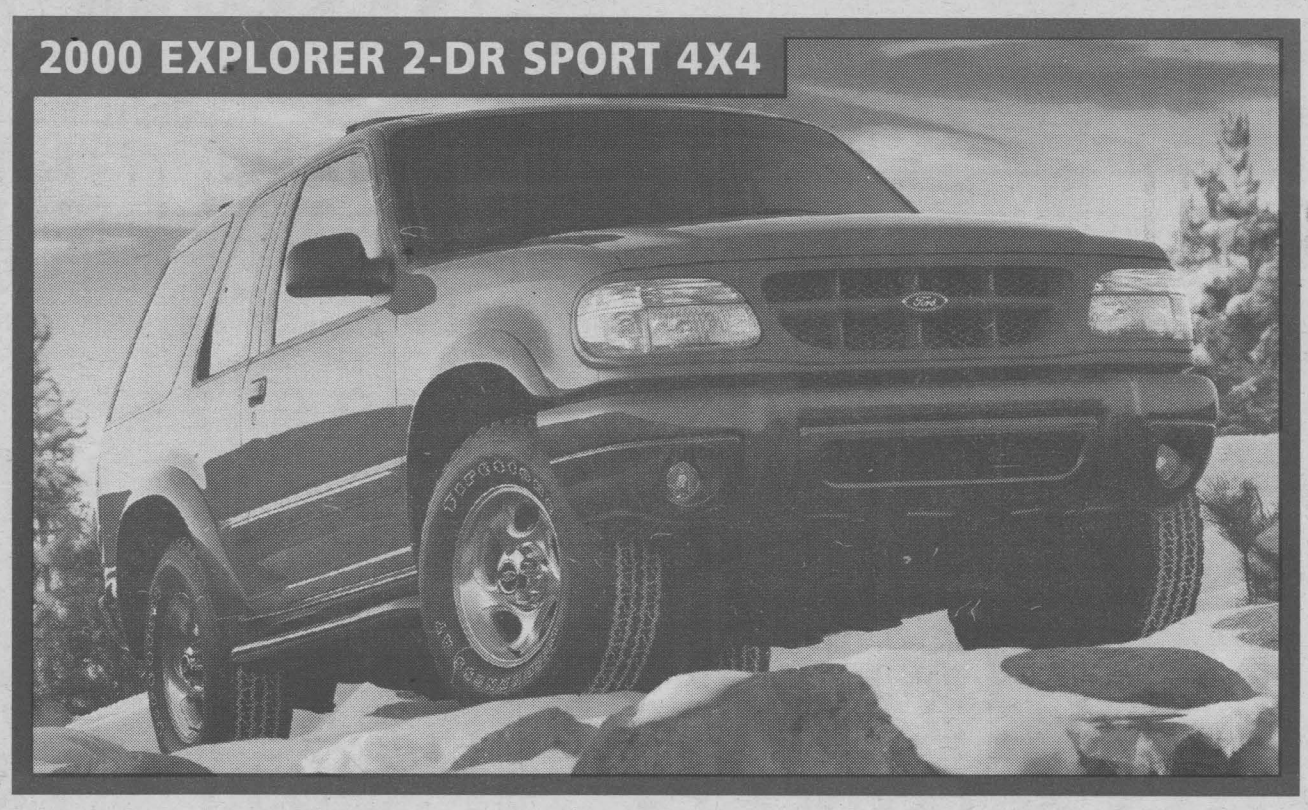

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## High Fibre Diet Lowers Risk of Prostate Cancer: Study

University of Toronto researchers have discovered more evidence that high-fibre diets, specifically those high in soluble fibre such as oat bran and legumes, protect against prostate cancer.

In a study published in the January issue of the *Journal of Urology*, the researchers found that men on a diet high in soluble fibre for four months had lower levels of prostate specific antigen (PSA) – an indicator of prostate cancer risk – in their blood than men on high insoluble fibre diets. Insoluble fibre is contained in foods such as wheat bran cereal and breads.

"Prostate cancer is a hormone-dependent cancer, which means it may be modified if there is a reduction in the male sex hormones that stimulate tumour growth," says lead author Professor David Jenkins of the department of nutritional sciences. "The hormones, which are produced from cholesterol, circulate through the body and a proportion of these steroids are excreted through the digestive process. Soluble fibre increases the output of steroids in the feces and we hypothesized that it would also result in a greater loss of hormones, which would reduce the stimulation of the prostate and therefore lower the PSA level. Although we found greater fecal losses of total steroids, the hoped-for reduction in circulating hormone levels was not observed. Thus our overall hypothesis that soluble fibre may have an effect appears to be correct though we do not have an exact indication of the mechanism yet."

Prostate cancer is the most frequently diagnosed cancer in Canadian men, with one in eight expected to suffer from the disease in his lifetime, according to the Canadian Cancer Society. "Though it remains to be seen whether over the course of a lifetime this dietary factor makes an important difference, these results go along with existing advice to eat more vegetable foods and less animal products in the prevention of prostate cancer," Jenkins says. "It is further reinforcing what has been general advice about fibre, but perhaps gives another reason for taking it."

DANCES WITH WORDS

# Southerners' Snow Vocabulary



*Nick*
**WOLOCHATIUK**

Let's start off with a few facts. First of all, where we live, our annual snowfall amounts to at least five times what falls in northern places such as Resolute, Iqaluit (Frobisher Bay) and Inukjuak (Port Harrison); secondly, those places aren't on Highway 401 or 417; thirdly, we outnumber the residents of the Arctic thousands of times to one.

Those facts alone should make us the mitts down winners in the category of having the more eloquent vocabulary in regard to being able to name and describe the different kinds of snow. It is said that the Innuit have many words for snow, but we southerners, both urbanites and rural folk, probably have many times more. Here is a selection from my personal collection.

Let me start with the 'first' snow of the winter. Some call it the 'Oh my God!' snow, especially those people whole live on the Last Concession, and who have a driveway that's as long as two dozen school buses parked end to end. (By using the school bus units, I don't have to use the metric system units, which still utterly befuddle most of our readers, nor do I have to use 'feet' or 'inches', units that spill over the longest undefended border in the world.)

We attack the 'Oh my God!' with energy and gusto, in a matter similar to how the Germans defended the beaches of Normandy on the sixth of June, 1944. We meticulously sweep, shovel, plow and blow it aside in the vain hope that will be able to keep our sidewalks and driveways white stuff free all winter.

Children below the grade six level call it the same, but they say it with glee rather than with horror. By the end of first recess time, they have created snow forts, 'snowangels' and 'snowpeople', even though the snowfall is barely deeper than a Nike sole. Due to political correctness, only the Catholic school children are allowed to make 'snowangels' and 'snowmen' are forbidden everywhere. In frustration, some children resort to crafting 'fishers' out of snow.

Students above the grade six level, and especially the secondary school ones, have to be pushed outside when it snows, except the smokers, who huddle in tight circles on the sidewalk, similar to the way the muskoxen form a defensive ring. The only difference is that the high school people face toward the centre, to maximize the second hand smoke effect.

I've had several interesting personal experiences with the 'Oh my God!' snow. When our now 25-year old son Kyle saw his first snow in 1976, he blinked at it, then stuck out his tongue at it. I thought he was expressing his disgust, but as his arms and hands were confined by his bundle bag, I now realize he was trying to taste it, to see if it was the right kind for snowboarding. For the last six years he has been living out west, first in Banff, now in Whistler.

In November 1997 I was on a NorthWest Airlines DC-10 flight from Los Angeles to Detroit. A two-year old Hawaiian child was on that flight, which had originated in Honolulu. As we broke through the overcast on our final, the toddler saw his first snow. I'm not familiar with Hawaiian, but I think what he uttered was his equivalent of 'Oh my God!'

My most recent 'first snow' experience with a first snow reaction was with Keesha, my little white dog, code-named 'LWD2'. ('LWD2' is our code name for her, 'Little White Dog, number Two). Being an American Eskimo miniature, she too is a fan of snow. November, 1998 was when she experienced snow for the first time in her present life. She looked at it, sniffed it, pawed at it, then rolled in it and tunneled through it with her sharp snout. She must have been an Arctic fox in her first life. Something deep in her Arctic roots must have told this little creature that this thing called 'snow' was good, to be savored and enjoyed. She hasn't look back since. Her most recent Adirondack winter hikes have been a New Year's Eve overnight on Azure Mountain, and Lyon Mountain, January 29, 2000.

In Kyle's and Keesha's Book of Genesis, it probably says, "...and on the seventh day, He created snow, and it was good!"

At the opposite end of our southerners' snow vocabulary is what is called 'This must be the last' snow! Most just trudge over it in disdain, firm in the belief that a promised thaw will send it running into the culverts, drainage ditches and streams. Neither broom nor shovel is lifted against it.

At that time of year, Dalhousie Mills weather observer G. Hambleton is frequently consulted by the local daily newspaper, in the hope that his meteorological records will bear out our hope that it will be the last snow of the winter.

In the beginning of this essay I had promised to enumerate all our southern terms for the distinct varieties of 'snow', but I don't have time right now. Our "Nut Hill" driveway, which is about eight school buses long, is filled in with #!*>#!&!! snow, my truck is stuck half way along it, my snowblower drive belt burnt out last night, and I have to get to Carol Monroe's Vankleek Hill grade one and two class by 8:30 a.m. I promise to write "Snow Vocabulary, Part Two" sometime later, perhaps in July, when you'd enjoy a respite from the heat of summer.

In the meantime, all Innuit should feel free to send their comments, suggestions and personal recollections about that four letter word, 'snow'. If you like licking postage stamps, my address is "Nut Hill", RR #2 Williamstown, K0C 2J0". If you're into E-mail, send a file or an attachment to 'nuthill@glen-net.ca".


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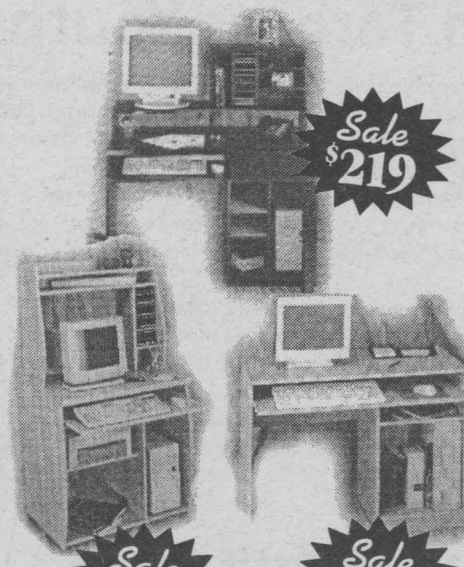

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# Small Buildings Have Big Stories To Tell

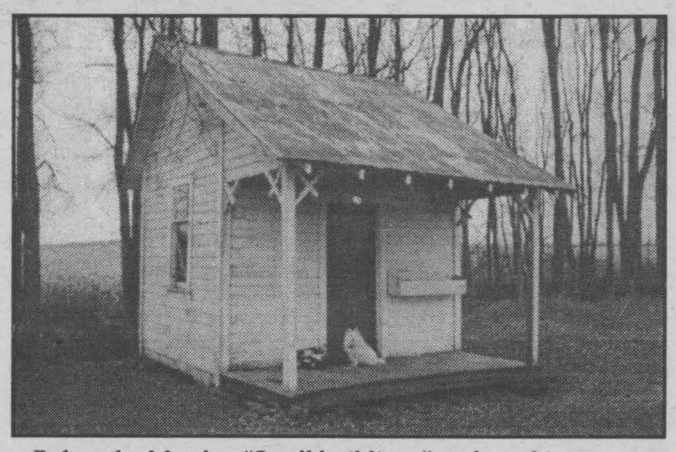


*Nick*
**WOLOCHATIUK**

You may have played in one as a child, built one as a teen, or taken refuge in one as an adult. Perhaps your present-day job involves designing, manufacturing, servicing or using some sort of 'small building'

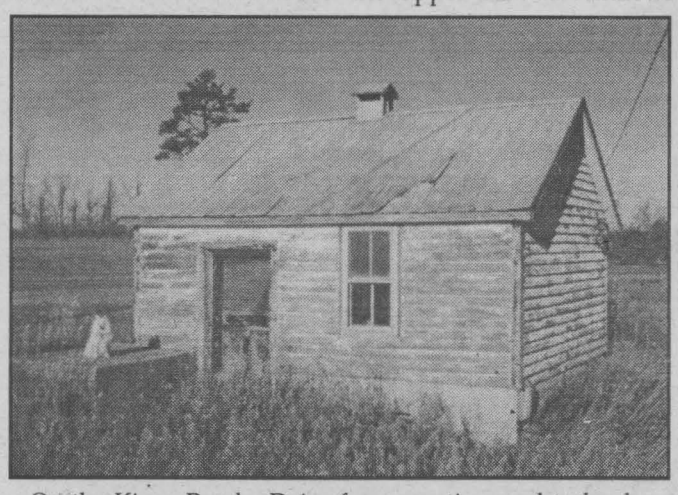
Think of the many 'small buildings' you've encountered as this century prepares to meet the vaunted Y2K Bug.

Let me enumerate some of them to help twig your memory, and start you off on a ramble down 'Memory Lane'. There's the outhouse on the old farmstead, the classic three-sided Adirondack shelter, the now-deserted milk house at the end of the dairy farm lane, the woodshed that sometimes became the place where discipline was meted out, the forest ranger's look-out cabin perched atop a tower in the LaRose Forest, the control tower 'cab' at a busy airport, the children's school bus shelter at the end of a long farm lane, the sugar shed snuggled in a mature maple forest, the water level metering station on the banks of the Raisin River, the ice hut at Hoople Creek, the viewing blind at the Upper Canada Wildfowl sanctuary, the chicken coop that provided eggs and income for a struggling family, the snug little tourist cabins that preceded today's plush motels, the little brick building that still stands at the long abandoned WWII training base at St. Eugene.



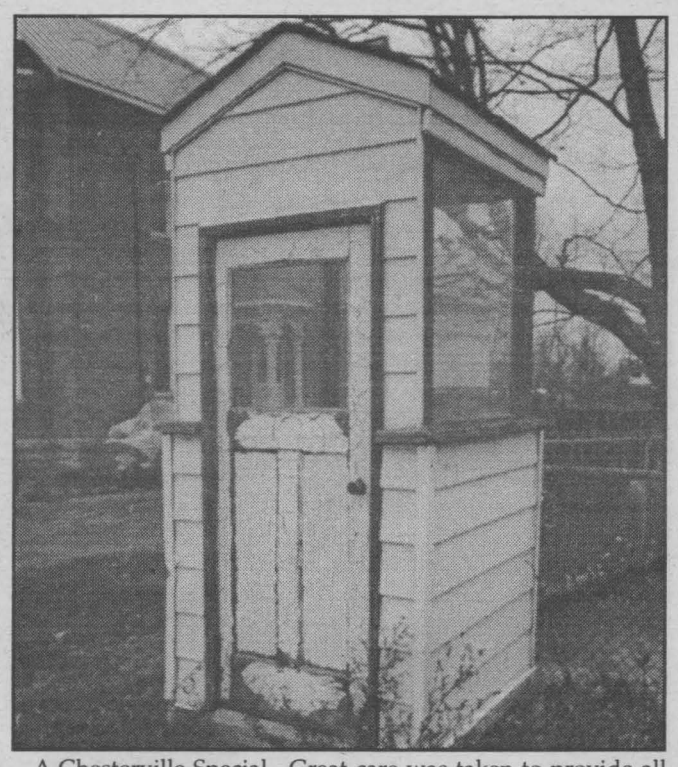
Before the Motels - "Small buildings" such as this one were once common sights along the roadsides of Ontario. Fortunately, a few have been saved, adapted to new uses.

(photo by Nick Wolochatiuk)



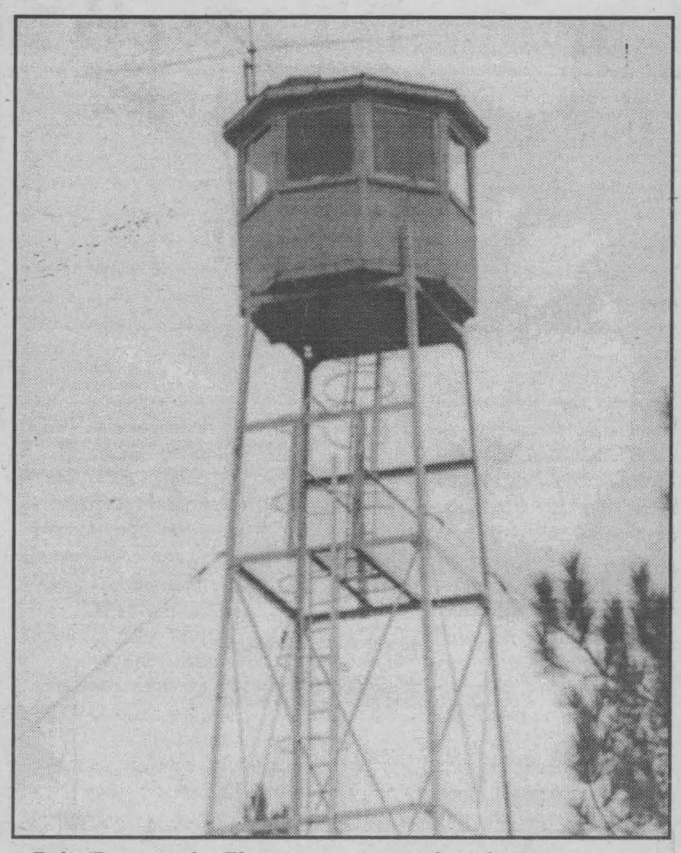
On the Kings Road - Dairy farm practices and technology have changed remarkably in the last 50 years, putting "small buildings" such as this one to pasture. Are we preserving any? Are their stories being adequately documented?

(photo by Nick Wolochatiuk)



A Chesterville Special - Great care was taken to provide all the basics for the occupant of this "small building". Can you tell us what this structure guards?

(photo by Nick Wolochatiuk)



Relic Preserved - The view is great, the job was important. Towers topped by "small buildings" such as this still exist in Northern Ontario and Quebec, and atop Adirondack mountains such as St. Regis, Azure, Hurricane and Pok-o-Moonshine.

(photo by Nick Wolochatiuk)

At this time of year, thoughts of many turn to a certain inn's stable in a distant land, almost two thousand years ago - or miniature renditions of that stable..

Let's remedy the unfortunate fact that the only the 'big buildings' get to tell their stories, especially since those texts sometimes go on ad nauseam. We know all about The SkyDome, The Empire State Building, St. Joseph's Oratory and The White House, but what documentation of the 'small buildings' exists?

This article was intended as an invitation to reminiscence about your experiences with any of the 'small buildings' that have been part of your life. Perhaps you'll recognize one of the 'small buildings' in the photographs. Perhaps the photographs may bring recollections of a similar one. Once again, I invite you to contact me at (613) 347-3160. We can arrange to get together to allow you to share your memories or knowledge about the many 'small buildings' that are part of our past and part of present lives.

## OUR MISSION

*The Healthy Rhythm coalition will support individuals and communities in adopting/engaging in heart healthy lifestyle choices while keeping with the bilinguall culture of Stormont, Dundas, Glengarry, Prescott and Russell.*

*For information call Johanna Jennings at 774-2739*

## Heart Health Targets Youth

Over the past two years, the Healthy Rhythm heart health coalition has been working with the groups of people throughout SDG interested in improving the cardiovascular health of their communities. The coalition is presently receiving funds from the Ministry of Health to promote and develop healthy eating, active living and tobacco use prevention policies in different sectors of the community i.e. schools, workplaces, general community.

Much of the interest in the SDG communities is for youth programming. Teen Cornwall received funding to establish a permanent outdoor volleyball court and to organize their annual youth volleyball tournament. They had 22 youth and business teams register for a day to volleyball, social networking and fun. They are presently confirming a site to establish the permanent volleyball court.

Teen Cornwall's goal is to create an opportunity to link youth with the business community in a healthy positive environment. Denis Gadbois, together with 3 skateboarders, decided to organize a skateboard competition to highlight local skateboarders and to promote the new skate park. They had over 200 spectators and 24 participants come for the day.

The nutri-congé committee in Glengarry organized a day of nutrition and physical activity during the march break for elementary school students. Grade 7 and 8 students were bussed to a local school where they participated in nutrition experiments in the morning and physical activities in the afternoon. The students enjoyed learning how to cook some of their favourite meals as well as learning new recipes.

Au Rythme du Coeur
Healthy Rhythm



Liz Waterfall set-up a Moms 'n Tots exercise group in Winchester. She has 12 mums and 15 children exercising twice a week. The program was set up to help removed some of the obstacles women face when attempting to get into or back into shape after having children. With her program structure, Ms. Waterfall is lowering barriers by providing active child care, trained exercise instructors and safe, appropriate equipment and space.

Healthy Rhythm applauds the efforts of people who are interested in improving the health of the community and who have put in many volunteer hours to plan and organize their projects and activities.

**We strongly encourage anyone who takes his or her community's health to heart to contact Johanna Jennings, coordinator of the Healthy Rhythm Heart Health Coalition at 613-774-2739.**

## Cornwall Seminar On How To Live Longer

Joseph L. Roche, internationally known health care expert, will be the featured speaker at a free seminar on "Maintaining Independence and Planning For Future Security" being sponsored by Manoir McConnell Manor, Cornwall's newest independent living retirement community.

At the seminar Mr. Roche will discuss a "dramatic seven step plan for maintaining one's independence as aging occurs" during which exciting new evidence from Tufts University concerning how to slow down the aging process will be presented. The seminar program is being offered on six different occasions over the three-day period of Sunday, February 6th, 2000 through Tuesday, February 8th, 2000.

Attendees at this informative seminar will learn:

- What lifestyle changes you can make to enhance your health and reduce the risk of a nursing home stay for you or a relative.
- What major steps you should take to increase your odds of staying in control of your life as you become older.
- How costs compare between an "entrance fee" and a "rental" retirement community.
- How to convert home equity into housing which also offers dining, housekeeping, transportation and personal care services.
- How to put your new knowledge into action.

Mr. Roche, the featured seminar speaker, has been chosen on many occasions to deliver presentations before the American Health Care Association, The National Association of Senior Living Industry Executives, The American Association of Homes and Services For The Aging and numerous health care and senior housing trade associations across North America. In 1998, Mr. Roche was one of only two North American speakers chosen by the Australian Senior Living Industry to keynote an international conference in Sydney on "Health Care and Aging In The New Millennium".

At the seminar attendees will also have the opportunity to learn first hand about the plans for Manoir McConnell Manor, the first full-service, independent living community for older adults offering a distinct, on-site assisted living program in the greater Cornwall area. Seminar participants will have a chance to view plans for Manoir McConnell Manor, which will be offering a home movie theatre, a chapel, lounges, laundry rooms, a library and a beautiful dining room with an atrium. Also highlighted will be the planned social, recreational and wellness programs of Manoir McConnell Manor.

For more information call Joel Cote, Marketing Director at (613) 933-3887.


## Homeopathy health therapy for every individual

Homeopathy is a safe and effective alternative way of treating illness as well as improving your health. It improves the general level of health of the whole person, emotionally as well as physically, by boosting the body's vitality. Homeopathy is highly effective in curing a wide range of illnesses, from minor health problems to very serious conditions. The concept of treating the 'whole person' is an essential element of classical Homeopathy. The basis of this is that symptoms, diseases or pains do not exist in isolation, but are a reflection of how the person as a whole is coping with stress. Not just the physical but also the mental and/or emotional bodies are important. The homeopath looks beyond the 'presenting complaint', beyond the label of disease for example 'tonsillitis' or 'migraines') to the 'totality of symptoms' a person experiences, because every individual reacts in his own way to different pathological agents. Chronic illnesses are called chronic because the patient has not been treated properly. The preparation method for Homeopathic remedies consists of extracting the purest part of the medicinal substance, rendering it more subtile and more penetrating, thus become more efficient in restoring health.

Dr. Daniel Faierstein Godin, M.D. is a Doctor of Homeopathic Medicine and can help you regain your Health with the use of effective natural Homeopathic remedies. The Natural Health and Nutrition Center located at 407 Pitt St., Cornwall. For appointments please call (613) 936-1940

# IN & ABOUT CORNWALL

## Critter Bits and Bites!

Come out to the Domtar Forestry Centre on Sunday, February 13th, 2000 between 10:00 a.m. and 3:00 p.m. for an entertaining Family Fun Event. Join us to make valentine treats for our local birds and forest critters, that you can take home.

Josée Lavoie and Tammy Dunbar will highlight the various types of foods that appeal to our forest friends and the best methods to prepare an appetizing fare.

"Who knew there were so many different ways to spoil our favourite creatures." Says Sue DeRochie, Communications Co-ordinator. "Join us for a tasty event!"

Sessions will begin on the hour every hour, with all materials provided **free of charge.** To ensure available supplies and to confirm event proceeding as scheduled, please call ahead at 613-528-4430. **Allergy Alert: Peanuts and peanut products will be used in the confection preparation.**

## Murder Mystery For The Scholarship Fund In Memory Of Amanda Standing

The Cornwall Cruise Line is up and running once more! The original night of February 12th was a sell-out, so a second performance night has been added. The crew of the "ship" are ready to greet you and serve you in the Bourbon Hall of Jazz Magnolias. This production is an encore Standing Hug production of "The Captain's Dinner"--Part Two. The original murder mystery was produced in November of 1998. Amanda Standing was the writer and the director of the original play. Amanda was killed in a tragic car accident in August, 1999. Amanda's parents are setting up a scholarship fund in her name. This event will be a fundraiser for the scholarship fund.

Some of the original cast members are back in action on board the "S.S. Minow". Reviving her role as Magnolia Maguire is Danielle Roy-Gervais. Also returning is Gabriel Graham as pursor Rocky Gondolay, Francis Loughheed as Doctor Benjamin Gaye, Denis Moquin as Sam Caruso, Stephanie Johnston as Veronica Caruso, and Mary Ann Hug as Thelma. Mary Ann Hug is also directing and producing.

New cast members include Mike Petynka as Captain Edward J. Smith, Casey MacGregor as ship's photographer Luigi Papparrozzi, Laurie Bingley as Chef Martha Stewart, Jo Ann Villenueve as lounge singer Melena Bourdeau, Corey Disotell as the rich man from New York, Thurston Warbucks III, Penny Meth as Louise, Adam Manzer as Lurch, the waiter, and Nancy Munro and Allen Price as the newlywed Texas couple, Jethro and Ellie May Bodine.

All proceeds are going to the scholarship fund in memory of Amanda Standing. Please call 937-3535, Jazz Magnolias, for further details and to reserve your seats.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## Donation to Baldwin House



Debbie Horton (right) is pictured presenting a Christmas hamper of assorted products to Debbie Fortier of Baldwin House. The Cornwall Chapter regularly donates necessary items as well as cash to the local women's shelter.

## Local Talent To Perform

Recently Thérèse Motard received a grant from the Canada Council of the Arts to produce a concert series of classical music. The project entitled *Riverdale Chamber Music Series 2000* will be held at the Weave Shed on February 13th and May 14th at 2:00 p.m. Louise Andrée Baril and Thérèse Motard, co-musical producers of the series will also be selling their new release entitled *Song of the Birds - Cello Favourites,* which has been highly acclaimed thus far. This recording is quite elegant and very appropriate for Valentine's Day.

**Riverdale Chamber Music Series 2000**

A group of professional musicians who are originally from the City of Cornwall are presenting a chamber music concert series in the year 2000. The musical directors are Louise-Andrée Baril, pianist and Thérèse Motard, cellist. The intention is to bring together musicians who were born, grew up and studied in Cornwall and to make chamber music (classical) accessible to the area and to enhance the cultural scope of the area. We also want to bring new music to the attention of a somewhat fearful audience, (fearful of music their ears are not accustomed to) and to involve the youth. To announce the *Riverdale Chamber Music 2000 Series* we will invite guests from Montreal who will join Louise-Andrée and Thérèse for an evening at the opera. The actual series (Riverdale Chamber Music Ensemble 2000) will comprise of 4 concerts. Each one of these concerts will include Canadian compositions by Otto Joachim, who in the 60s and 70s came regularly to Cornwall to coach the Riverdale Ensemble whose members played most of his music. Arrangements will be made by some of the members of the ensemble. These Concerts will also include local groups such as: Les copains du St. Laurent directed by Maurice Lafontaine, Cornwall Moo Kwang Taekwondo's Children's demo team directed by Rodney Degray and others. These invited guests will participate in each event by performing prior to the actual concerts.

Since the Riverdale Ensemble gradually abandoned its activities in the late 70s, there has been no such ongoing tradition and development wherein young talent can flourish. We hope that by rekindling the interest in classical music and involving the youth of the area, that the cultural scene in these deprived small towns will begin anew. Remember that, from this small Ontario town (in the late 60s and 70s) at least 10 professional musicians have been formed and are successfully earning a living in different parts of the world.

All of these performers who are professionally active in various parts of the world have participated in several recordings and perform regularly for the CBC and la SRC.


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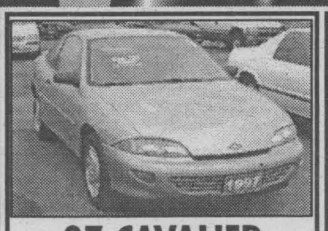

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# EDITORIAL OPINION

## PERSPECTIVE

# Looks Like The Same Old Political "CCRAP" To Me



*Bob* **ROTH**

Last weekend, Reform Party delegates voted overwhelmingly to form a "united alternative" of "the right wing" in Canadian politics. In my view, this is the final indication that Reform has lost its ideals and is about to become a mainline party, replete with all the compromises that go with such capitulation.

Even the name the group selected for the new party says it all — the Canadian Conservative Reform Alliance Party. That's right folks, CCRAP.

As readers will know, I have tried to be very open-minded about the Reform Party, actually praising some of its policies and approaches in this very space.

I was, for example, extremely pleased to see a party rise up which not only spoke for the voiceless in the West, but also challenged the dominant Canadian ideology of "two nations" based on "official bilingualism." I was particularly impressed with a party that would actually challenge the hypocrisy and double-standard going on in Quebec with its unilingualism and language police.

With the presence of Reform in the House, we were able to get some good debate on the excesses of bilingualism, "special status," ridiculous grants going to Quebec ridings and a host of other sacred cows that needed to be put under the cleaver.

I knew, however, that it wouldn't last.

The history of Western protest parties (with the exception of the CCF-NDP) has been that they rise up quickly and then either disappear or join with one of the other mainline parties (e.g., when the Progressives joined the Conservatives to form the Progressive Conservative Party).

Essentially, that's what's happening to Reform. While it's true that Joe Clark of the federal PC Party has refused to join the united alternative, Ontario PC leader Mike Harris has indicated he is much more open to the prospect of aligning himself with CCRAP at the federal level. Many outraged Reform Party stalwarts have argued (I believe rightly) that the party — and Preston Manning in particular — have become too interested in power over principle.

Three major incidents over the past few years have convinced me that we are seeing a protest party becoming an establishment party.

The first symbolic indication that Manning was being seduced by the power and privilege of Ottawa came when he broke his long-standing promise not to move into the luxurious Stornoway residence if he became leader of the Official Opposition.

Guess where he's living.

Secondly, although Reform policy opposed the gold-plated pension plan of MPs, Reform MPs watered down their position after they realized that they, too, could benefit from the public purse.

Thirdly, at last weekend's convention, the new united alternative formerly accepted "official bilingualism" as party policy.

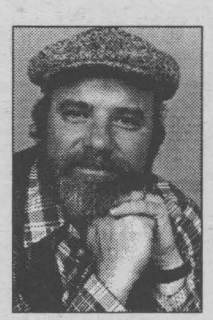
Reform organizers, particularly those from Ontario, had said the party could not establish itself as a truly "national party" without getting support in Quebec and Ontario — and official bilingualism was one of the dominant ideologies that would have to be adopted.

Yep, it's the same old CCRAP.




## BASIC BLACK

# Here's To Your Health, Har, Har!



*Arthur* **BLACK**

Hey folks, we hit the big time. Canada, I mean. Yep, got ourselves a four-column, nearly full-page spread on Page Three of the Sunday New York Times. Why, the editors even added a little Map of Canada insert, so that readers of the paper would have a good idea of where Canada is.

And what got us the attention of the most influential newspaper in the English-speaking world? Was it a story about our prodigies - Gretzky? Dion? McCluhan? Nope.

Was it a story about Vancouver being the only North American city to be voted best burg in the world? Nope.

It was a story about our Health Care System. In case you haven't run afoul of it lately, you need to know that Canada's Health Care System is a joke. Even the readers of the New York Times know that now. Actually, I jest. Everybody knows Canada's Health Care System is pathetic, an international laughing stock. Everybody, save it seems, a few elected officials in Ottawa.

How did this happen? It wasn't so long ago that our Universal Free Health Care system was the envy of the world. Hell, Americans came up here to see how it worked and how they could copy it. But then the government bean counters moved in, carrying fire axes. Hospital beds were, as they like to say, downsized. New medical equipment was put on hold, and as many employees as they could slash were put on ice. Care to hear the numbers? In the last few years, four thousand, eight hundred doctors and nurses were bought out, given early retirement. Nearly five thousand medical pros - and folks that's only in the province of Quebec. Same story all over the country. In Ontario, 44 hospitals closed. In Montreal, the waiting lists for chemotherapy treatments for breast and prostate cancer victims now stand at four months, if you're lucky. In British Columbia nobody knows exactly how long the wait list - but if you join the queue you will find 670 people ahead of you.

Are Canadian medical professionals discouraged? Sure are - the ones that are left anyway. In the last few years more than one thousand Canadian doctors and six thousand overworked nurses said The Hell with it, packed their bags and went south. Hard to guess how long the remaining medical staff can last. To say that they're overworked is a cruel understatement.

Two weeks ago, 23 of Toronto's 25 hospitals turned ambulances away. Hospitals turning away ambulances. Even a mordant satirist like Joseph Heller would never have come up with that.

And how has this played out for the American medical system, which Canadians used to tut-tut and dismiss condescendingly? Like gold-plated bedpans dropping from the sky. In Canada, our hospital corridors are clogged with patients there's no room for. In the States, they're reaping the benefits of a medical system in freefall.

A couple of years ago, the hospital in Plattsburg, New York was about to close its cancer unit. Not enough customers. Then Montrealers, fed up with the constipated dog's breakfast that is our Health Care system, began crossing the border, streaming south, wallets in hand. The hospital in Plattsburg has just invested a half a million dollars in new equipment to handle the snowbirds.

I have only one question for the Chretiens and the Martins, the Ralph Kleins and the Mike Harris's: when you started cashiering doctors and nurses, mothballing hospitals, getting rid of beds, cutting the number of spaces for students in our medical schools - just what the hell did you think would happen?

Hard to guess whether the politicians thought much about it at all. Last month, an apologist for our National Health Fiasco told reporters quote "the social equity of our health system reflects our Canadian values." Know who said that? Allan Rock, Canada's Federal Health Minister. Anatole France wrote: "the law, in its majestic equality, forbids the rich as well as the poor to sleep under bridges, to beg in the streets and to steal bread."

Not much of a silver lining on this commentary - maybe we can take a little comfort from the ingenuity some of our fellow citizens have shown in making what's left of our Health Care system work. One beleaguered patient in Ontario recently grew weary of waiting month upon month for the magnetic resonance imaging tests he needed. So he checked around, found out that veterinarians are exempt from the burial shroud that Canada's health safety net has become. Veterinarians can operate privately. For cash. Outside the system.

Which is how our patient finally got the magnetic imaging test he needed. He reserved a session for himself∑at a private animal hospital. The name he wrote on the hospital admission form?

Fido.

You know what folks? We paid for this joke of a Health System you and I. With our taxes. In good faith.

And we wuz robbed.

MEANWHILE

# What A Time This Is



*Fred* **SAGEL**

I'm in New Hampshire the day after the first U.S. primary, a few hours from Boston where I teach a university course for a full day each month and it's quite clear to me that politics and the excitement that surrounds it are just beginning to get interesting.

Not only did I get to meet Sen. John McCain - the winner of Tuesday's Republican primary and the first real presidential candidate to get me excited since Bill Clinton ran in 1992 - but I also had a chance to attend the founding convention of the new Conservative-Reform Alliance in Ottawa last weekend.

What a time this is.

I hadn't planned on going to the Conservative-Reform shindig, but I got an invitation from an old acquaintance of mine, an Ontario Conservative who was attending in the hopes of starting a new party that would finally put the boots to the federal Liberals who have mismanaged Canada for so long.

But first, to the American events that have found me so fascinated.

The McCain win was an impressive sight: here was a candidate with great ideas, bucking the establishment, ready to do battle against all the vested interests - corporations and unions alike - and a genuine war hero to boot. Mr. McCain had served in Vietnam and was captured for five years in hostile conditions, refusing to leave until every one of the men under him had been freed.

He has wonderful ideas on the state of the American economy and he promises to give Gov. George Bush a good run for the money.

Equally exciting is the Conservative-Reform Alliance. This is a party, I think, that may do very well in the next federal election. It has ideas that should be attractive to many Canadians, especially those in Ontario, that will result in less government, more disposable income and fewer taxes.

The federal Liberals, who lied their way into power in 1993 and who cut the deficit on the backs of the provinces by reducing money for health care and education, might do well to start shaking in their boots.

The new alliance promises to cut taxes and institute a flat tax of 17% across the board. This is an idea whose time has come.

Two thirds of the expected $150 billion fiscal surplus over the coming five years would, under an Alliance government, be devoted to income tax cuts in the form of a flat tax. And get this: the $100 billion scheme would eliminate income tax for those making less than around $20,000 a year while imposing a rate of 17 percent, currently the lowest tax bracket, on everybody else.

The tax isn't purely flat - there are basic, spousal and child deductions - but it's pretty close.

This would finally free us from tax slavery which the Liberals started and continued to perpetuate for a long time. The Alliance would eliminate the financial support for multiculturalism, immediately deport illegal immigrants, stiffen penalties for people smugglers, eliminate the five percent income surtax, take the poorest off the tax rolls, raise RRSP limits, bring in balanced budget laws and make government smaller.

These are fantastic ideas, ones that would benefit the average person and make the country a better place to live in. They fly in the face of what the Liberals and even the Progressive Conservatives under Brian Mulroney have done, substituting big government spending with initiatives for hard work.

Just think: a 17 percent flat tax. The more you work, the more you make. Isn't that what it's all about? At the same time, the very poorest of Canadians - those with an income of under $20,000 would be taken care of because they would pay no taxes.

There is hope in the air, both with Senator McCain's victory and with the Conservative - Reform Alliance's bold and brave new ideas.

It restores some of your faith in electoral politics.

NOTES FROM PARLIAMENT HILL



*Art* **BABYCH**

**No caviar for at least a month**

Fisheries Minister Herb Dhaliwal has confirmed that "disciplinary action" will be taken in the lobster-gate scandal aboard the icebreaker J. E. Bernier near St. John's, Nfld., last September.

The coast guard vessel was reportedly used for a "hospitality cruise" by public servants who dined on lobster tails shipped in from Nova Scotia, bacon-wrapped scallops and tiger prawn appetizers -- washed down with a ration of Jamaican rum, no doubt. But the party, which cost taxpayers $6,600, isn't the only reason someone may have to walk the plank. A spot audit showed the ship violated three federal safety rules (leaving port without an adequate supply of ice tongs wasn't one of them). About half of the 24 guests on board were public servants from Corrections Canada, revealing that the pay in the public service may not be so good but it has one heck of a benefits package.

**Ode de toilette**

Tired of being dumped on only a couple of days after proposing a new political party with the acronym CCRAP -- for the Canadian Conservative Reform Alliance Party - United Alternative officials plan on reversing "Conservative" and "Reform" so that the moniker becomes an unpronounceable "CRCAP." Too bad. The first acronym would have been a great title for an album by Preston and Sandra Manning's rock musician sons, who already have cut two CDs. "CCRAP" has a certain ring to it.

**And the winners are**

Ottawa Citizen columnist Lawrence Martin is the hands-down winner of last month's Master of the Metaphor contest. In waxing eloquent on the $1 billion-and-counting scandal in the Human Resources Department, Martin, in just a few paragraphs, managed to write about "Huge wads of taxpayer money," great sums being "ladled out in apparent drunken-sailor fashion," and the fact that "nobody was minding Big Rock Candy Mountain." While "some scandals rely on media hype," he wrote, this one is backed up by an audit of no less than 459 projects, suggesting that the media and the facts are finally dancing to the same tune -- metaphorically speaking of course. The understatement of the month award went to Prime Minister Jean Chretien for his keen observation on the misplaced billions: "The accounting has not been done according to the best standards." And still with awards, Heritage Minister Sheila Copps attended last week's Genie Awards in Toronto. No word on whether the theatre was over-sold and if she was forced to take an earlier booked seat.

**There goes the neighborhood**

The crime-busters are swooping down around Parliament Hill these days. The local constabulary is cracking down on all those wild and crazy pedestrians who take their lives into their own hands by crossing streets between intersections or by darting between stopped vehicles. Also targeted are members of those dangerous pedestrian cartels who traverse streets against red lights (you know who you are!). Seemingly ignored in the crackdown, however, are the Transpo buses that run red lights and the taxis that make U-turns in the middle of Wellington Street. And still on the crime-fighting theme, you can cancel your "Take back the night" marches, ladies, thanks to the Ontario government. Now that the Safe Streets Act is in force, Ottawa streets will become 24-hour-a-day crime-free zones. Police are empowered to make a clean sweep of all those street-corner squeegee kids and "aggressive panhandlers" that threaten modern civilization as we know it. Can Utopia be far off?

LETTERS TO THE EDITOR

## We Are Not Turkeys!

Dear Editor,

I guess lots of people in Cornwall know what a wild turkey looks like now. One of three I used to see has set up shop on Power Dam Drive.

About six were reintroduced back into the "wild" last year. Why they chose Cornwall for their little piece of wilderness, I don't know.

Natives didn't like to eat turkeys because they were dumb. I guess it was that old adage you still hear - "You are what you eat."

Immigrants had no qualms about eating the tasty meat, even revering it for special occasions. They almost hunted them to extinction like the delicious tortiere bird which is long gone.

While calling someone a turkey is a popular insult to this day, the turkey insult of the century has been exposed as a fraud.

Evolutionists had concluded that the missing link had been found, showing a dinosaur becoming a bird.

They claimed to have the skeleton and feathers of a "turkey" with a T-rex's teeth and tail. A missing link.

Found in China and named Archaeoraptor Liaoningensis, a model was displayed in October of 1999 at a news conference.

The November National Geographic magazine ran with the story. An exciting 11 page spread shows fossils, a baby T-rex with feathers and mommy with none. You can view pages 97 to 107 at the public library (reference section).

Come the third week of December, it was suddenly announced that this was not the real deal.

The scientific community is highly embarrassed and creationists are sure to have heydays over this for years to come.

For those of us quite sure in our own minds that we do not come from monkeys, we can now be sure we weren't turkeys either.

Raven P. VanLeishout
Cornwall, Ont.

P.S. The handsome birds depicted on my mother's fine china puts to shame the bizarre painting of the silly looking "missing link" painted up for National

more letters on page 10

*Seaway News welcomes letter to the editor. Letters should be no longer than 400 words, are subject to editing and must bear the writer's name, address and phone number for verification.*
*The views expressed by columnists, guest editorialists and/or letters to the editor are not necessarily the views of this newspaper or its publisher.*

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LETTERS TO THE EDITOR

# Nature Is Wonderfully Complex

Dear Editor:

At home, I frequently have the job of taking the kitchen compost bucket to the garden composter. When I dump it-it smells. It has a sour nauseous smell, not unlike that described by Cathy Bradshaw in her "Looking for Answers on Biosolids" Letter to the Editor January 28 ,2000. Does the smell mean that my kitchen scraps are toxic and unsafe to put on my garden? I don't think so.

As pointed out by Dr. George Lazarovits of the Southern Crop Protection and Food Research Centre. Agriculture and Agri-Food Canada, in London, Ontario "any organic product breaks down into odorous material. The source of the odours are fatty acids-(a group of compounds related to rancid butter)-the same ones that give you B.O. or smelly socks. It's simply a fact of life."

As to bacterial and fungal counts in the Domtar Soil Conditioner, one needs to remember that bacteria and fungi are all around us, and yes inside of us too. On average, each of our bodies contain about 2 kg of bacteria. We cannot survive without them. One teaspoon full of soil, any soil, contains 100 million to a billion bacteria and 100,000 to a million fungi. Fungi such as those mentioned by Ms. Bradshaw are found throughout nature. In fact, Aspergillus fumigatus is one of the most common fungi on the planet and is found in Domtar Biosolids, as well as in manure and in my garden composter.

Nature is wonderfully complex and so are the workings of the Domtar Soil Conditioner which is an entirely natural material. There is not enough room on your editorial page to discuss the questions being raised by Ms. Bradshaw about Domtar Soil Conditioner in detail. In most cases, Domtar has the answers to the questions people including Ms. Bradshaw have (we have issued over 50 reports on the topic.) When we don't have the answer, Domtar is prepared to make the necessary inquiries of experts in the field or conduct research to get the answers. However, this approach only works if people are forthright with their questions and open minded enough to believe factual answers. By the way, I emailed Cathy Bradshaw on January 17th, offering to put her in touch with independent experts to help answer her questions. I have had no reply, so I can only assume it's not answers she's looking for.

George Velema
Manager, Waste Management
& Land Application
Domtar Communication
Papers.

# United Way Says Thanks

Dear Editor,

The United Way of Cornwall and District would like to take this opportunity to say "Thank You" to the residents of this area for their outstanding financial support to the "1999" fundraising campaign. The objective of the campaign was to raise $500,000 to support the sixteen (16) member agencies that provide vital and needed services to our area. When the campaign closed on December 31, 1999, we had donations of $583,305 or 16.7% more than our campaign objective. This surplus money will be made available to our member agencies to assist them financially with special projects to provide improved services to our citizens in the area. Over the past number of years our member agencies have been held to lower allocations because of economic conditions that existed and our inability to raise the amount of money that they required.

The Board of Directors will be reviewing this surplus at their February meeting and they will decide on the method and plan for the distribution of these additional funds.

We are pleased to advise our supporters and friends that four (4) new organizations have made application to become member agencies for the "2000" Campaign. Our continued success will encourage additional agencies to apply for membership thus reducing numerous community fundraising activities. The purpose of a community United Way is to consolidate as many agencies under their umbrella of financial support and reduce the multiplicity of fundraising in the area served by the United Way. We are now in a position to fulfill this mandate.

We would also like to thank our volunteers, those groups and individuals who sponsored "Special Events" for us and the many, many people that assisted us in one way or another during this past year.

On behalf of our Board of Directors and our Member Agencies, a sincere thanks.

Tim Kirkby,
1999 Campaign Chair, &
Ray Lalonde,
President
Board of Directors,
United Way of
Cornwall & District
Cornwall, Ont.

# 105th Haviland Family Reunion

Dear Editor,

The 105th Haviland Family Reunion will be held on July 15th, 2000 at Waterford Lakes, Waterford, Ontario.

Saturday's events will start at 11:00 a.m. with registration, followed by a 12:00 p.m. pot luck buffet meal. There will be afternoon games for all ages, renewing acquaintances, genealogy sharing, viewing group photographs and the "Canadian Haviland Family Genealogy" book, baseball and swimming.

Captain John Haviland, a United Empire Loyalist, having served the British as an artificer in the American Revolution, moved from New York and settled in 1803 at Townsend Township, Norfolk County, near Brantford. Descendants have held a reunion annually since 1896.

For information, contact: David Haviland, 3950 West Graham Place, London, Ontario N6P 1G3, telephone 519-652-5995, fax 519-652-5994.

David Haviland
London, Ont.

# Government Hypocrisy

Dear Editor:

Government Hypocrisy become so widespread that political solutions to problems are no longer possible or expected. History could tell us the climate is ripe for revolution but nobody ever learns anything from history unless they're hit over the head with it. So what can I do about it? Never having learned to go with the flow under any circumstances I'm afraid I must continue my efforts to ridicule the two faces of government.

Western farmers are facing bankruptcy, foreclosure, ruin and buckpassing at all levels of government. I'm mystified by this exercise since the Federal Government guarantees all loans through the Farm Credit Corporation. The F.C.C. was partially privatized in the 1980's but as far as I know the Feds are still on the hook for loans that go sour. The privatization process was more in the nature of a screen to insulate political elites from the messy business of foreclosure. I doubt if the Meagre Assistance being offered the farmers would come anywhere near the cost of defaulted loans. Are we seeing another facet of corporate ambition through the potential elimination of the family farm?

Closer to home the local pub was hit with a $2,000.00 dollar fine through the auspices of an undercover agent who claimed to have seen money passed around in the area of the entertainment machine. I don't know if this was a crimestoppers initiative or the product of an enforcement agency. Gambling is no longer a sin. It is now a government monopoly.

Another small business came under attack via the same route. A somewhat scruffy individual with three days of sprouting beard was sold a package of cigarettes without being asked for proof of age. Apparently the individual was old enough to go to war but not old enough to smoke. Are entrapment laws no longer in force?

In both these businesses government returns are at least ten times the amount retained for the owners livelihood. At the same time the other face of government must maintain the high moral ground by stigmatizing the image of small business. A strange world indeed.

Alan A. MacDonell
Williamstown, Ont.





Legal: Leasing/Financing plans from Toyota Credit Canada Inc. O.A.C. Offers valid on new 2000 models leased and delivered by February 29, 2000. License, registration, insurance and taxes are extra. Lease includes a maximum of $750 for freight & P.D.E., Freight and P.D.E not included in M.S.R.P.

***Based on 48 mos. walkaway lease at a rate of 6.3% on Echo** (model BT123M-B) with down payment of $1,700 or trade equivalent. First payment and security deposit of $250 due on delivery. Total lease obligation of $11,204 and purchase option price of $7,271.60 based on a maximum of 96,000 kms. Additional km charge of $0.07 if applicable. M.S.R.P. for Echo (model BT123M-B) $14,840.

***Based on 48 mos. walkaway lease at a rate of 6.2% on Corolla VE** (Automatic model BR12EP-B/Manual model BR12EM-B) with down payment of $2,400 or trade equivalent. First payment and security deposit of $275 due on delivery. Total lease obligation of $12,912/$12,240 and purchase option price of $8,499.95/$8,029.95 based on a maximum of 96,000 kms. Additional km charge of $0.07 if applicable. M.S.R.P. for Corolla VE (models BR12EP-B/BR12EM-B) $18,085/$17,085.

***Based on 48 mos. walkaway lease at a rate of 5.8% on Camry CE** (model BG22KP-B) with down payment of $2,900 or trade equivalent. First payment and security deposit of $350 due due on delivery. Total lease obligation of $17,252 and purchase option price of $11,532.20 based on a maximum of 96,000 kms. Additional km charge of $0.10 if applicable. M.S.R.P. for Camry CE (model BG22KP-B) $25,070.

***Based on 48 mos. walkaway lease at a rate of 6.8% on Sienna** (model ZF19CS-B) with down payment of $3,250 or trade equivalent. First payment and security deposit of $425 due on delivery. Total lease obligation of $20,002 and purchase option price of $14,382 based on a maximum of 96,000 kms. Additional km charge of $0.10 if applicable. M.S.R.P. for Sienna (model ZF19CS-B) $28,200.

***Based on 48 mos. walkaway lease at a rate of 4.8% on Tundra** (model BT441S-B) with down payment of $5,000 or trade equivalent. First payment and security deposit of $525 due on delivery. Total lease obligation of $26,600 and purchase option price of $19,732.30 based on a maximum of 96,000 kms. Additional km charge of $0.10 if applicable. M.S.R.P. for Tundra (model BT441S-B) $40,270.

# Why Are Your Hospitals Jammed?

*by Murray N. Halkett,*
*Chief Executive Officer*
*Cornwall General Hospital*

Every year, it seems Emergency Departments across this country are jammed with patients. Why does this happen? Can't plans be made to avoid it happening next year? By and large most people do not worry about hospital care until they need it. However, when either they or someone in their family requires hospitalization, anger and frustration can surface as they may encounter delays and long waits.

First, why is it that every winter we have this problem in our Emergency Departments and in our hospitals? There are a number of contributing factors.:

•Hospital beds have been reduced.

The reduction of hospital beds has occurred across Canada as it has been identified that proportionally more care can be given in the community. Unless there is some form of active treatment going on, the majority of patients can recover at home, the presence of pain or not feeling well is no longer a reason to be in a hospital.

However, the reduction in beds is not the answer in itself. I can recall 30 years ago when there were many more beds in the system, and over-crowded hospitals in winter still occurred.

•Flu Season

There is no question that the appearance of influenza is a significant and a contributing factor to our annual problem. Further, as our population ages there are proportionally more people susceptible to ailments which come with influenza.

•Proportionally, Cornwall is the third oldest community in Ontario. Further, we have a health profile which has a significantly higher number of patients with heart problems, respiratory problems, and cancers. It is interesting to note, that the funding we receive from the Ministry of Health does not take our health profile into consideration; the Ministry's funding assumes all patients are average, regardless of where they live.

•Hospital Budgets

Hospital budgets have not had a significant increase for well over six years. During this period, inflation had to be absorbed and for two years reductions in excess of 10% were implemented by the Ministry. There was the theory that care could be moved to the community but the funding reductions were made before any increased resources were placed there.

•No Family Doctor

There are many people in Cornwall who use Emergency as their first point of contact because they cannot find a family doctor. Hopefully, these numbers will decline as more people become familiar with the Health Line. This 24 hour service (1-800-267-0852) has registered nurses ready to give you advice about your problem which may mean a visit to Emergency is unnecessary.

•The Federal Government's healthcare funding cuts have had a major impact. If Federal funding was restored to its previous level, this would make a significant difference.

•Shortages of staff, particularly nurses.

When flu season arrives, we cannot open up beds because we do not have the staff to treat the patients in these new beds. In the past, we tried to open beds, ignoring the fact we cannot afford it, but is was never possible because of the unavailability of nurses. That is not to say the nurses could not have been recruited in the longer term, if we could assure them they could have predictable hours of work.

•7 and 24

In the healthcare system, the hospital Emergency is the only outlet available 24 hours a day, 7 days a week. We cannot shut our doors and say "no more" the way some providers do. Often, other providers refer after hour patients to the nearest hospital's Emergency Department. There are many community health agencies that do not have 24-hour service on weekends.

When a complex patient comes to the hospital, often the easiest decision is to admit the patient to a bed rather than try to put together the complex supports required to maintain that person in the community.

•Patients who are at risk.

There are a number of patients in hospital who no longer require our acute expertise but they are either too frail or at risk to be sent home. Our system does not easily accommodate people who are at risk. If there are no family supports or minimal family supports, community agencies will not accept these patients and accordingly they remain in hospital because there is nowhere else for them to go.

•No Flexibility

Since last winter, we knew another peak would occur in 12 months time. While we have implemented numerous improvements to help deal with the influx of patients, and they have helped, the fundamental problem still exists-no flexibility. We are funded and staffed for 90 beds and we do not have the budget nor the staff to open additional beds when peaks occur.

Now having established the causes, what can be done to correct it. Obviously money, but the answer is more complex than that. I will address the solution in a future article. Until then, the Public Relations Committee of the Cornwall General Hospital is interested in any observations from the public in response to this article.


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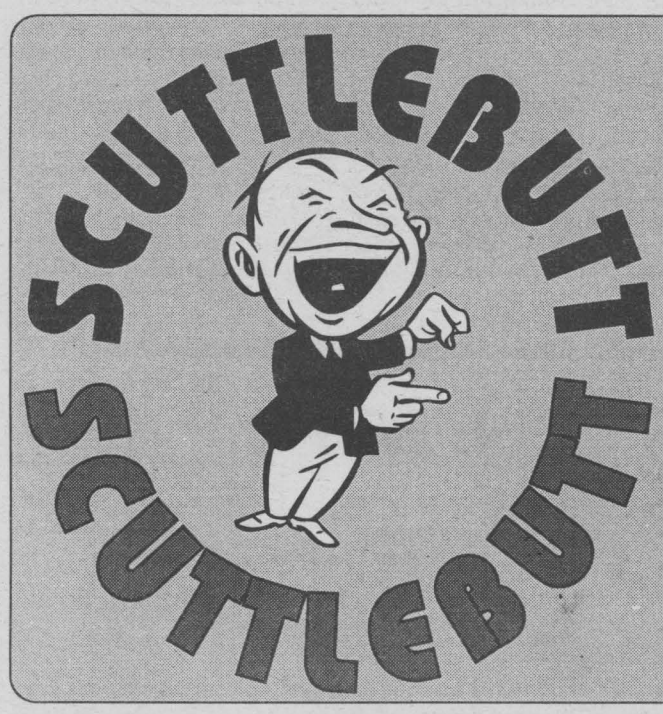
PONTIAC BUICK GMC








**HELLO ... IS THERE ANYONE OUT THERE?**
We want to remind everyone out there that **THIS IS YOUR PUBLIC FORUM** ... we need to hear from you, so mail, fax or drop off your little anecdote or gossip to:
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I would like to take this time to **thank the pharmacist over at the Pitt Street Pharmacy** for all the great services he provides for his customers. On behalf of all your customers, we would like to say thank you and keep up the great job!

*The Snider family.*

Cornwall had some proud winners last week at the 2000 Canada Special Olympics in Ottawa. Included were **Steven Martin and Robert Darling, both winning Gold!!**

Special thanks to the staff at **Jas-Mar Paints** for their extra work last week. They took note of what I was looking for and called me two days later with exactly the right border for my room.

Congratulations to all the **'wee little dancers'** that displayed their excellent talent at the January monthly birthday party at the Maxville Manor; also to the piano player. They were all students of **Colleen Murray School of Highland Dance.** Keep up your good work.


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A tip o' Sammy's hat to **Mike Moyer and committee** for their great job in Snowarama 2000. More than $6,500 was raised.

If your looking for great looking second hand books go to **Save on Books** on Montreal Road. They have great prices and **excellent customer service** which is hard to come by these days. Keep up the great job your doing.

*B.A.H. Snider*

Seaway News would like to wish a **"Happy New Year" to our Chinese community** on February 5th. This year is the "Year of the Dragon."

The Victorian Order of Nurses (VON) sends a big bouquet of flowers to **Cornwall Square Shopping Centre** and **Ouellette Independent Grocer** of Alexandria for allowing us to hold blood pressure clinics in their facilities during VON week.


*If Only...*
*by James Lumbers*

LOGAN'S GALLERY Gift Shop
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**Jean Chretien did it again!** Now he's playing post-secondary students as the fools. Just before Christmas "deserving" students who had qualified for O.S.A.P. (Ontario Student Award Program) loans in excess of $7,000 were awarded $3,000 in millennium scholarships (Millennium Scholarship Funds). However, the feds strike deals with the provinces to hand out the money. Any Ontario students already receives a grant for monies received on O.S.A.P. over $7,000 (thanks to the provincial government). Therefore the student now has his millennium grant reduced by the amount of O.S.A.P. grant over $7,000. Many Ontario students won't even see this money. To top it off, the administrators of the Millennium Scholarship Fund sent the "deserving" students a draft press release and encouraged the students to send this info along with a photo to their local daily. A big thank you to the federal government. *You give it to us in one hand and take it away with the other.* **A big help you are!!** (Refer to Ottawa Citizen, January 26th edit., pg. 3 for more info.)

**JC Primeau** wishes his son **Mark Lauzon** great success and all the best with his new job, skating with Disney on Ice-Toys story 2 and will be travelling with the ensemble thru New Jersey-Washington-California and Puerto Rico for the next 6 months. Good luck and hope you have a great future in the Figure skating world. *Also, he will be missed by all his friends in Cornwall and Ottawa.*

Stop by and see **Donna Tessier** at the new drive-thru window at the Medical Arts Pharmacy on Thirteenth Street East.

**When is the City of Cornwall going to do something about our water?** You can smell the chlorine in it coming out of the tap. I doubt if this is neither healthy to drink nor fit to wash with. If the water is going down to the St. Lawrence River, no wonder the fish are disappearing. Maybe the City should consider giving homeowners a rebate on the water bills for the purchase of bottled water!!

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

To all the drivers who demonstrate "road rage" ... take a pill before you sit behind the wheel of your vehicle. Life's too short and the stress is not worth it. You just end up with ulcers.

*Did you know that car insurance was first issued on February 1st, 1898??*


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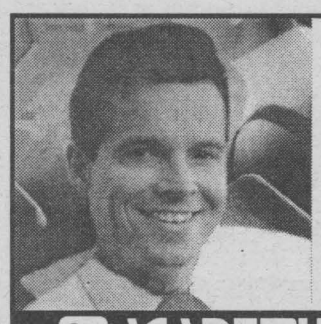
Congratulations to **Josee Sanscartier,** Carnival 2000 Queen, sponsored by Accesoware Services.

Can someone tell me if the speed limit on our Cornwall streets is **higher for cab drivers** than it is for regular drivers? I have noticed in the past few months that at least three times, I have almost been run down by a cab. Are they in such a hurry to make a dollar that they lose all common sense? Maybe if they see their taxi number and licence number in the paper, this might make them realize that we also have places to go and things to do and we abide by the speed limit. What is their excuse?

Good luck to all the teams set to bowl for the **Big Brothers and Big Sisters Bowl for Millions** next weekend.

A four-seater plane carrying performers Ritchie Valens, J.P. (The Big Bopper) Richardson and Buddy Holly took off after 1 a.m. en route to Fargo, North Dakota on February 3rd, 1959. A few kilometres from the airport, it plunged into a cornfield in Iowa. All three died.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Dear **"Music Lover"** ... I also enjoy Celine Dion and I can't believe how people are reacting to her decision to take a break. Celine said she wasn't going to record music or go on tour for a minimum of two years. Never did she say she was going to fall off the face of the earth. The Beatles haven't done anything in years and they are still in the spotlight now and then. She will of course still be interviewed and be seen in celebrity gatherings. Celine does not have to clear with you or anyone else what kind of marriage she wants to have or how she should spend her money. She already donates plenty of money to various charities and if the tables were turned, I'm not so sure that you would donate money yourself.

*From a 'true' fan.*

Bake some Nestlé Toll House treats from scratch 'cause February is "Celebration of Chocolate" month.

*Old Proverb ... "He that has no children brings them up well."*

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



**Paul Connelly,** President of the Cornwall Chamber of Commerce says he has his speech ready for the annual Business Excellence Awards being held on Saturday night. Sources says it will be a compact dynamic and ***short*** speech ... wait and see!!

With all the speeders and reckless drivers, this caller wonders - **WHERE ARE THE POLICE?** People are passing on Brookdale, Water Street and other streets ... there should be a turning light from Montreal Road onto McConnell Avenue and also at the Fifth Wheel.

**Dawna Bamford** ... now working at Exit Realty Seaway.

## SEAWAY SMILE

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

### *MIRACLE THERMOS*

*submitted by Hank E.*

One day Mikey is sitting in his apartment when the doorbell unexpectedly rings. He answers the door and finds a salesman standing on his porch with a strange object.

"What is that?" Mikey asks. "It's a thermos," the salesman replies. "What does it do?" asks Mikey. "This baby," th salesman says, "keeps hot things hot and cold things cold."

After some deliberation Mikey bought one, deciding it would really help his lunch situation. The next day he arrives at the plant where he works. Sure enough, all the other men were curious about his new object. "What is it?" they asked.

"It's a thermos," Mikey replied.

"What does it do?" they asked.

"Well," Mikey says in a bragging manner, "It keeps hot things hot and cold things cold."

"What do ya got in it?"

To which Mikey says, "Three cups of coffee and a Popsicle."

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We hear **Ron Eamer** of **Cornwall Electric** was in Chicago a few weeks ago making a presentation on the Efficiency Team. Way to go Ron!! Keep telling our success story and keep showing how customer service is important to the community.

To **"Music Lover"** who complained last week about Celine Dion - *shouldn't she be able to do whatever she wants with her money?* After all, she earned it!!

With today's technology we can put a man on the moon so ***why can't we synchronize the traffic lights on Water Street?*** Small job for a Smart City!

Ziarko's Enigma: Paint applied according to the manufacturer's instructions lasts three months. A drop on your shoe lasts forever.

A special thanks to **Dave Bradley** who was kind enough to stop and help me and give me a ride home after my car slid off the road on Monday, January 31st. Your help was greatly appreciated. Many thanks.

*C. Bourdeau.*

*Norman Rockwell was born on February 3rd, 1894.*

Kyle's Football Forecast ... the two best games will be broadcast opposite each other.

Good Luck to **Guy Lauzon,** fundraising coordinator for the City's Aquatic Centre Committee.

Thanks to **Dave McDonald** who worked so hard at bringing the **Flying Fathers** to Cornwall a few weeks ago ... great show!!

***Speaking of great shows ...*** congrat's to **Cindy Rowe and committee** for a great ice show last Tuesday at the Civic Complex ... 1500 people attended.

Will **Keith Jodoin** jump on Saturday or not? Stop by the **Polar Bear Dip** and find out at 12 Noon.

If you're having a hard time getting the adhesive bandage off your child, try blowing warm air from a hair dryer on it for a few minutes. The heat will melt the adhesive, making the bandage easier to remove.

Did you see Celine Dion's wedding extravaganza? *Weren't you just a little bit embarrassed by the amount of overkill ... and bad taste??*

Congrat's to **Rene Berthiaume,** re-elected as President of the Glengarry-Prescott-Russell Liberal Association.

*Stephan Sage has relocated!!*

**Shame to the Ninth Street business ... for the tattered and torn Canadian flag,** which has been flying for sometime. It's time to replace it!!

Great truths about life that adults have learned ...

- My mind not only wanders, sometimes it leaves completely.
- If you can remain calm, you just don't have all the facts.

**Nice tan Pete!!** New type of windows or just a holiday??

February 4th is the day we are halfway through the winter!! Yahoo!!

With **Brookdale Mall** becoming an open air power centre, we wonder who will be next with major changes.

**Kelsey's Bar & Grill ... coming so to ...?**

**Thought for the week ...** Remember that one cannot be envious and happy at the same time, so why be envious?

*Ballet was introduced to the United States in 1827.*

Reader calls to say the new large print directory is **missing fax numbers and some telephone numbers.**

## LET'S CELEBRATE

Baaws

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


Gedoro's
Fine Dining in Casual Comfort

Join us for your 1st celebration of the Millennium and receive ... • free cake • free photo card and a chance at our monthly draw!!

MONTHLY DRAW
Each month all celebrant's names will be put in a draw for a $100 Snack Party plus a Dining Card Value $235.


This week's winner LOUISE RUFFO pick up your prize at Gedoro's!

**TO PLACE YOUR AD**

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

**DEADLINE: 5 PM TUESDAY**

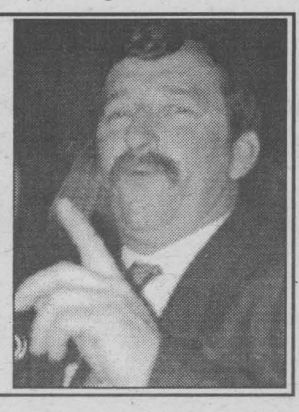
Oh! Oh! Richard is 5-Oh!

Happy Birthday

**Richard Valade**

celebrating on February 10th, 2000

*Love Mom, Carm, Denise, Roger & Irene*



Happy 13th Birthday

**Tyler Moise**

celebrating February 10th

*Welcome to the Teenage Years!!*

Love Mom, Shawn & Eric

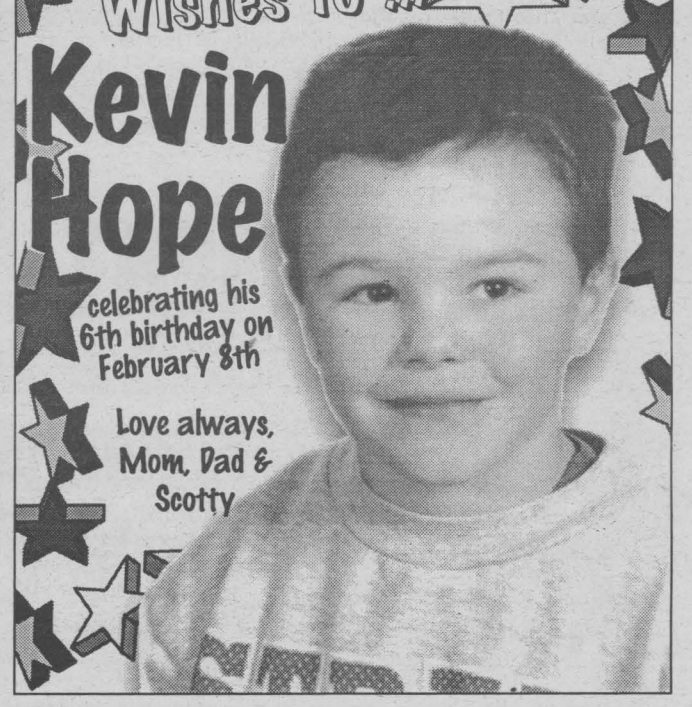


Special Birthday Wishes to ...

**Kevin Hope**

celebrating his 6th birthday on February 8th

Love always, Mom, Dad & Scotty



Happy 38th Birthday

*Lynne Joyal*

celebrating on February 6th

Love always, John, Kristina & Emily xoxo



**Wedding Reception**

in honour of

*Amanda Hazen*

*daughter of Deborah & Glen Hazen of Toronto*

*and*

*Stefan St. Louis*

*son of Dwight & Bernadette St. Louis of Cornwall*

Saturday, February 12th, 2000

8:30 p.m. - Murphy's Inn - Music by D.J. Source

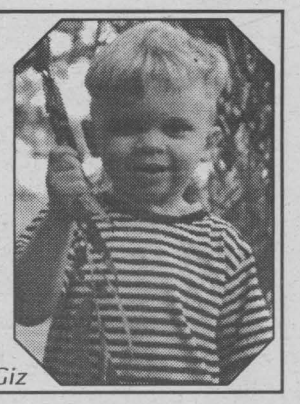
***Our Little Man is Turning 3!***

Happy Birthday

**Brandan Robinson**

on February 8th

*Love Mommy, Nanny, Poppa (in heaven), Aunt Bonnie and Uncle Giz*



## IT'S A BOY!



**Lori (nee Rankin) and Ian Yates** are happy to announce the arrival of their son

***Ethan Samuel***

born on Monday, January 24th, 2000

weighing 7 lbs., 6 ozs.

**A little brother for Abigail**

Thanks to Dr. McCoubrey, Joanne, Phyllis, Karen and the rest of the 6th floor nursing staff

Happy Birthday

**BATMAN!**

70 Years Young!

**ROBERT CAMPBELL**

celebrating on February 8th

Love Cindy, Shawn, Eric and Tyler



**Connor Keith Lough**

born on Saturday, January 22nd, 2000

weighing 7 lbs., 12-1/2 ozs.

A little brother for Harold

**Proud parents are Brian & Trudy**

*Grandparents are Art & Jan Buckland and Brenda Lough*

# LOCAL PEOPLE SERVING OUR LOCAL AREA

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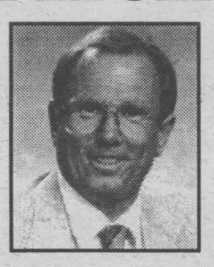
Phil Williams
Sales Manager


Chuck Axcell
Business Manager


Ken Green
Sales Associate


Keith Green
Sales Associate


George Williamson
Sales Associate


Bev Butcher
Sales Associate

CHECK OUT OUR WEEKLY SPECIALS

2205 Vincent Massey Drive 938-0934 HOURS: Monday to Thursday 9-8; Saturday 9-3


## AIDS FORUM


Pat O'CONNOR

Hello everyone. Things seem to be going better for myself lately. My headaches have basically disappeared and I only notice them once in a while when I take too many of my pills at once. I still must concentrate on spreading out my pills during the day, so I do not end up taking 3 or 4 at a time. That's when I end up with cramps and headaches.

The dreaming at night does not seem so bad either. This could be due to the fact it's been two months since being back on my medication. I am careful not to get too excited about feeling well, as things can crash very quickly.

I was asked to remind our community teenagers that HIV is still out there and being spread around. It seems some young people (and older) are reading all the great news about new drugs and treatments, and seem to think there is a cure for HIV/AIDS. There is no statement further from the truth.

Not having sex is obviously the sure way to stay away from HIV and other STDs (sexually transmitted diseases). If you and your partner are sexually active, or you are considering becoming sexually active, with a new partner or someone you have been seeing, you should be discussing condom use. Condoms not only help protect both of you from STDs they will also help curb unwanted pregnancies.

If two young people are thinking about sex, one of you should be responsible enough to suggest protecting you both. If you are not that responsible, then you probably should not be having sex anyway.

Do you know of your partner's sexual past? Do you know if he or she used intervenous drugs? You must *protect yourselves!* Insist on your partner wearing a condom.

Women are still the highest group of new infections in North America. It's simple girls, *no condom, no sex!!*

Please be careful and if your "man" does not carry them, get your own.

I was quite surprised at some people and their racist remarks lately. I wonder how our youth are supposed to learn about caring for our fellow man when adults speak in such ways. It makes me think after, I hear one of their tasteless jokes, what they say about people with AIDS after I leave the bar or the room? I have no use for you people. You make fun at the expense of others, because of the colour of their skin? Please get a life!

That's it. That's all. As it says in a local bar's women's washroom stall, "Don't be silly ... put a condom on that willy." I know what your asking!

Be well everyone and please be safe!

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

"Seaway News... Helping to Educate Our Community."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# Kicking It In 2000

New millennium= new shot at kicking the habit? Improve your chances...and maybe even win some great prizes. The Quit Smoking 2000 Contest, sponsored by the Eastern Ontario Health Unit, The Council for a Tobacco-Free SD&G, and community partners, encourages smokers to quit in steps. Smokers who quit for at least one month are can win a variety of prizes, including a Carribean cruise for two. No cost to enter, and includes free tips and support. Registrations forms available at the Cancer Society, Addictions Services of Eastern Ontario, Heart and Stroke Association, Centre de santé, Lung Association, Eastcourt Pharmacy and your local Health Unit. For more info, call Health Line/Appel-santé at 930-7080 or 1-800-267-0852.

## KEEPING HEALTH IN MIND

# Yakkity-Yak, Please Talk Back


*JoAnne Hurrel, R.N.,B.Sc.N., CPMHN(C)*
*Community Mental Health Nurse*
*Tri-County Mental Health*


•[a] Services*Keeping Health in Mind is a monthly newspaper column made possible with the help of Seaway News and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall General Hospital.*

Self talk is a constant stream of silent thoughts going on in our heads like conversations. What we say to ourselves (self talk) when we interpret a situation has a strong influence on our feelings and moods.

One event, that is exactly the same, can invoke very different responses from two people as a result of what they say to themselves. Imaging if you will being stuck in rush hour traffic. The first person thinks to themselves "why did I come this way? I knew better. I should have left earlier. I just can't stand this waiting." The more this person talks to themselves this way, the more anxious and frustrated they get. Another person in the same traffic jam just sits back and says "I can take this time to relax and unwind," or "this is a good opportunity to listen to my new tape". In this case it's a chance to relax and catch up which produces a more calming effect and acceptance.

The biggest key to feeling happier and more satisfied with yourself is realizing that you are responsible for how you feel- what you say to yourself affects your reactions. Many times self talk is so automatic or quick that you don't realize the connection between your thought and your mood changes.

There are several different types of self talk: the worrier, the critic, the victim and the perfectionist.

The worrier causes anxiety by imagining the worst, creating a catastrophe or over estimating that something terrible will happen. They can be identified by their use of "what if" statements.

The critic judges and evaluates one's self negatively causing low self esteem. It points out our weaknesses rather than emphasizing your positive qualities. A favorite expression of a critic would be "Boy that was a stupid thing to do," "I'm so stupid."

The victim puts huge obstacles up so that they cannot obtain their dreams, making everything in their world hopeless and helpless. "I will never be able to do..." is an expression or a theme that is used constantly by the victim.

The perfectionist constantly pushes himself/herself into doing more, with the idea that they are only worth something if they do the best job. This negative self talk is characterized by the use of statements like "I should", "I must", "I always."

Self talk is usually irrational and if you could say it out loud to yourself or someone else, you would hear what it really sounds like. However, you don't, so it goes unchallenged or unquestioned. Negative self talk is a habit, one that you are not born with, but develops over your lifetime. Since it is a habit, in this case a bad one, it can be replaced with healthier, more positive self talk.

First, realize you are doing it. This increases your awareness of situations that likely bring about negative self talk. Stop yourself. Ask yourself "What am I saying to myself? Do I really want to upset myself like this?" Lastly, challenge your negative self talk. Replace it with positive, self supportive statements. In other words talk to yourself like you would talk to a best friend or someone you love. Ask yourself, "Am I a worrier, a critic, a victim or a perfectionist?"

For more information or to receive the French version of this article, or to seek professional advice, please call 932-9940 or 1-800-465-8061. Free, confidential services are available in French and English to residents of Dundas, Stormont and Glengarry through their offices in Winchester, Cornwall or Alexandria.

# Homeopathy And How It Can Help Your Family


*Paulette Poirier*
***Homeopath***

Mr. R., a fiftyish engineer had a digestive problem for 1-1/2 years. There was discomfort, bloating, gas, feeling of constant fermentation in the stomach. He decided to consult in Homeopathy after the third specialist said all the tests showed there was nothing wrong with him physically, so the problem must be all in his head.

I saw Mr. R. twice, at a one month interval; by then his problem was solved. He couldn't believe how homeopathy helped him - without side effects.

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

***QUESTIONS?***

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

*at* ***Jean Coutu, Cornwall***
**5 Ninth Street East (at Pitt)**
*938-7339*

# Tickets Now On Sale

Tickets for the latest Glen Production, Jesus Christ Superstar are now on sale in downtown Cornwall.

Glen officials have changed the usual site for ticket sales from the Glen building to the Cornwall & Seaway Valley Tourism office 100 Pitt Street. Officials feel that the location will be more central for everyone considering the expected huge demand for tickets.

Further information can be had by calling the tourism office at 938-4748 or for outsiders at 1-800-937-4748.

Organizers of this latest super musical are excited by the expected success because of the numbers of students involved. There are more than 60 people, young and old in the cast but many are students of schools throughout the United Counties.

The music is by Andrew Lloyd Webber with lyrics by Tim Rice. The local director is veteran Brenda Quesnel while musical director this time around will be Gilles Levac. ReikoWaisglass will handle choreography.

The production is slated for Aultsville Hall on March 3, 4 and 5 and March 10 and 11.

All seats are reserved so those interested in seeing this masterful production are advised to get their tickets early.


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22D Package Includes: • 2.0-litre 132HP engine • Automatic transmission • 4-Wheel fully independent suspension • Air conditioning • AM/FM stereo cassette with six speakers • Full length centre console • Tilt steering • Next-Generation dual air bags • 5 year/100 000 km powertrain warranty • Complimentary tank of fuel[Ω]

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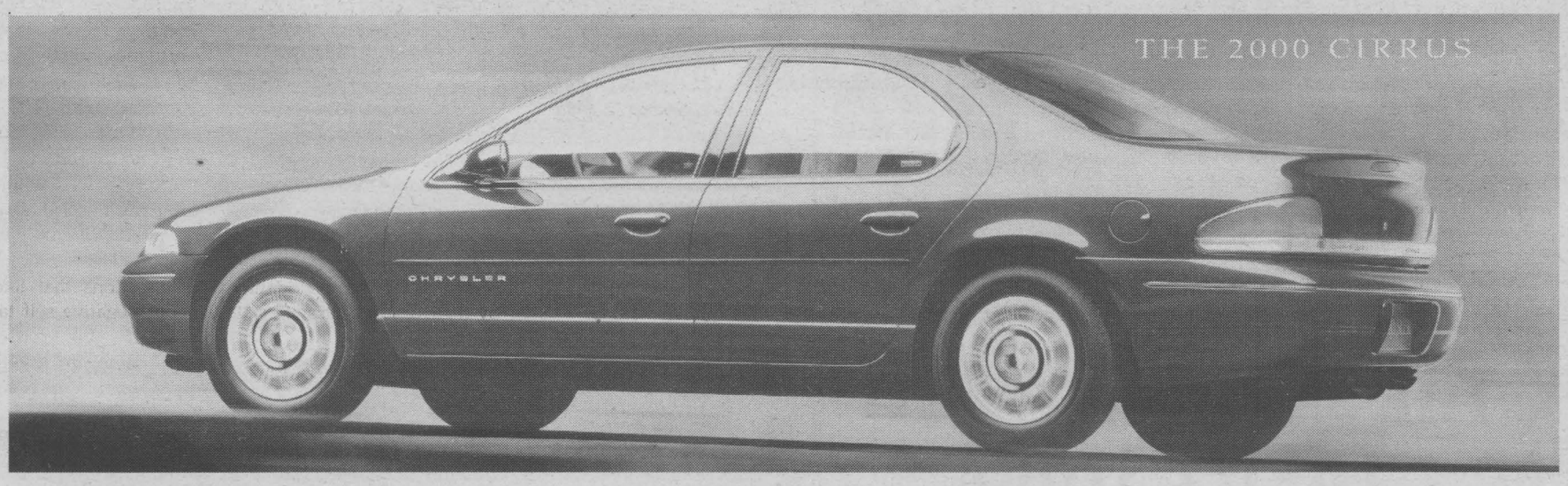


24B Package Includes: • 2.4L 16-valve engine • 4-Speed automatic transmission • Next-Generation dual air bags • AM/FM stereo cassette with six speakers • Air conditioning • Full length centre console • Power windows, locks, mirrors• Side-door impact beams • Tilt steering • Speed control • 3 year or 60,000 km warranty • Complimentary tank of fuel[Ω]

PURCHASE PRICE $19,888 ††

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22C Package Includes: • 200 HP aluminum 2.7L V6 engine • 4-Speed automatic transmission • AM/FM stereo cassette • Air conditioning • Power windows, locks, mirrors • Tilt steering • 16" wheels • 4 Wheel disc braking system • Speed control • Next-Generation dual air bags • 3 year or 60,000 km warranty • Complimentary tank of fuel[Ω]

PURCHASE PRICE $22,688 ††

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INVESTING YOUR MONEY

# Equities for Growth

Many investors avoid equities, because they misunderstand the stock market. The press heightens the confusion with headlines more designed to sell papers than to educate. The key is not to sacrifice long-term investment goals by fixating on short-term volatility.

The reality is that for the average Canadian, the best investment strategy toward a successful retirement lies in professionally managed equity mutual funds.



*Jim* **MAGIE**

While the short-term performance of the stock market (and hence the equities invested in it) can be extremely volatile - stocks have consistently outperformed bonds, GICs and CSBs over the longer term. A thousand dollars invested in Canadian companies 15 years ago would be worth $6,264. today. The same investment in CSBs would only be worth $3,511.*

Successful equity investing, like any form of investing, is made easier through diversification. You should invest in various types of equities, both conservative and aggressive, domestic and foreign.

Canadians have a wide array of equity mutual funds from which to choose. Consider investing in a well-established family of funds which offers a broad selection of equity investments, such as the AGF Group of Funds. With a selection of 23 equity funds, AGF likely has one designed to meet your investing goals, while providing the level of comfort you demand.

*Source: Globe Hysales, April 30, 1997.

*This article was prepared by AGF Investments for James R. Magie, Vice President, Investments, who is an Investment Professional with Hunt Financial Services Inc.*


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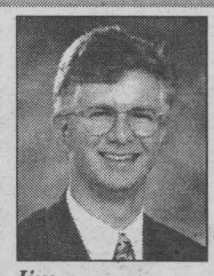
INVESTING - PLANNING & MORE

We have been talking about five essential steps to help get higher returns from your investments with lower risk over the long term. Step #1 was to start with a plan. Step #2 was to put money away ever month. This week is Step #3.



*Jim* **WATSON**
*Personal Investment Plannner*

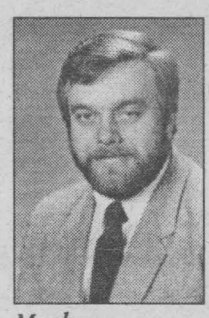
Take Your RRSP Contributions To the Max. RRSPs are the easiest way to reduce your taxable income. Every year you contribute you pay less income tax. And when the time comes to retire and access the money that has been growing tax-free, your income requirements (and your tax bracket) will probably be less. Meaning you pay less tax. So it really makes a lot of sense, and dollars, to contribute to the max. If you fall short of funds to maximize your RRSP contribution, consider a loan. It's an economical way to borrow that can put you much farther ahead in the long run.

PLANNING YOUR FUTURE

# Equity Funds - What Affects Price?

Equity mutual funds usually have a short-term history of going up and down, but most investors learn to withstand temporary volatility for significant long-term gains.

"Canadian Stocks, Bonds, Bills and Inflation: 1950-1987", a study written by Dr. James Hatch and Dr. Robert White, compared various investments over time. For one-year periods within their time frame, stocks did not provide significantly greater returns than bonds or T-bills. However, for ten-year periods, which included the 1987 tumble, stocks outperformed bonds and T-bills in 29 of the 32 periods from 1950 to 1991.



*Mark* **McDERMID**

As well, the compound annual return on stocks from 1950 to 1991 was 10.8%, well ahead of the 6.6% for bonds and the 6.4% for T-bills. The study suggested that an investor's potential returns on stocks will exceed the potential returns on bonds and T-bills as long as the investor holds the stocks for at least five years.

What factors influence the price of stocks, and therefore the value of equity mutual funds? There are several fundamental factors: expectations, external events, fiscal and tax policies, government spending, monetary policy, inflation, and business cycles. Technical factors include: the condition of securities markets, price movements, trading volume, and supply and demand.

Fundamental factors include everything outside the security markets themselves which might influence price. Because market security prices are negotiated between buyer and seller, future expectations help determine price. Present information helps determine future expectations but, because people have different access to information and interpret information differently, buyers and sellers are usually able to strike a deal.

External events such as wars, earthquakes, and crop failures can have major impacts on equity prices because most equities, unlike bonds, have no fixed terms or returns.

Government fiscal policies may influence stock prices. At its simplest, government spending is usually stimulative, and will support the stock prices of certain industrial or social sectors, as long as it is not too inflationary. Tax increases tend to dampen consumer spending and business profitability while tax cuts may spur the economy and boost profits and common share prices.

As well, the levels and targets of government spending can affect business profitability and share prices. Governments can direct spending to assist specific economic sectors. Import policies may help or hurt particular industries, and policies such as the dividend tax credit may encourage share ownership. Monetary policy may be directed toward restraining the growth of money and credit during excessive economic expansions, and vice versa during contractions. This has an effect on the activities and expectations of businesses, and their share prices. Market participants may change their interpretations of future Bank of Canada policy, thus altering their expectations and the price they are willing to pay for common shares.

Inflation tends to create uncertainty, increase inventories, and drive up labour costs, all of which usually depresses common stock prices. Also, since depreciation allowances are pegged to the original cost, not replacement cost, true costs of doing business in inflationary times are usually understated. The tax burden of corporations increases because pre-tax profits become overstated. This will serve to reduce share prices.

Inflation also drives up interest rates, either as a matter of government policy or as an "inflation premium" demanded by lenders to compensate them for a future decrease in purchasing power. This increases the cost of loans, decreases business profitability, and decreases share prices.

Business cycles, irregular increases and decreases in economic activity, also have an influence on stock prices. There are many theories about what causes business cycles. Some say technological innovations or political events create expansions and contractions in business activity. Others argue that imbalances between production and consumption create the cycles; growth is caused by consumer demand which causes manufacturers to expand their production. Eventually, production exceeds demand, businesses cut back, unemployment increases, and demand falls until consumers can no longer postpone new purchases, at which point growth begins again.

Broad changes in common stock prices generally coincide with business cycles, but it is very difficult to predict when cycles will begin and end, and which stocks will be affected. It is generally best for most equity investors to practice dollar-cost averaging or rely on a good mutual fund manager to make specific market decisions.

Over the long term, equity investments usually outperform other investment types, providing you can weather occasional volatility. Knowing some of the factors which influence equity prices can prepare you for the ups and downs.

Like on a boat cruise, equity investors sometimes have to withstand a queasy stomach to get anywhere.

*Mark McDermid is an independent financial advisor sponsored by Balanced Planning Investment Corp.*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FINANCIAL ADVICE

# Will I Ever be Able to Afford to Retire?

(NC)—A generation ago the question many people asked themselves was, "How many more years until I retire?" Aging Canadians expected to work until they were 65, and then retire comfortably with a healthy CPP (Canada Pension Plan) and perhaps even a corporate plan to support them. Today, for an increasing number of Canadians, the question has become, "Will I ever be able to retire?"

Lower values for the Canadian dollar, decreasing government support for pension as well as health plans, and the very real prospect of living well into one's 80s have older Canadians worrying about their future years.

"That is why it is so important to put a good financial plan into place now," says Maureen Loweth, Vice President of the Fidelity Institute. "With a plan to follow, it will be much easier to predict exactly how much income you'll need to have access to, at the age when you hope to retire."

Loweth says that some wise investments now will be well worth your time. If you need to have ready access to cash, or prefer no element of risk, invest conservatively in such vehicles as GICs (Guaranteed Investment Certificates). But if you can tolerate some risk, take a serious look at mutual funds. The greater the risk, the better the chance of bigger rewards – but choose this option only if it suits your future needs.

"Independent financial advisors can help you set up a financial plan, based on the goals you've set for yourself," says Loweth.

To get you started, fill out the worksheet below. It will give you an idea of how expensive your retirement lifestyle is likely to be. Check off the appropriate expense category, adding a check mark under the "Moneysaver" category if your plans result in reduced expenditures, compared to your present-day lifestyle.

Then make an appointment to sit down with your financial advisor to discuss the income you'll need to carry you through the retirement years you are hoping for.




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## Canadians Enter New Year As Confident And Sophisticated Investors

Financial FOCUS

(NC)-One of the most significant trends in the financial attitudes of Canadians during the 1990s was their growing sophistication and confidence. Industry insiders expect this trend to continue this year.

"There is no question that the level of commitment to personal investment is increasing dramatically," says Sandra Metraux, senior vice-president of Marketing for Investors Group, Canada's leading financial services company. "Canadians are demonstrating themselves to be confident, long-term investors. They're taking responsibility for their own financial futures and planning carefully for long-term security."

For example, participation in RRSPs is at an all-time high, with 61% of Canadians owning RRSPs (in 1992 just 39% had RRSPs), according to a recent survey conducted for Investors Group by Gallup Canada.

Canadians are demonstrating more sophistication today, and becoming serious consumers of financial products. Participation in mutual funds continues to rise (40% this year, up from 15% in 1991), making these the most sought-after investment vehicles for Canadians.

Metraux says that as Canadians become more sophisticated investors, they are asking more questions. "Our level of education about personal finance is growing rapidly. And we're seeing more people consulting professionals for help in managing their finances. More than a third of us now have a written financial plan, for example."

The Investors Group Gallup survey also showed that Canadians are serious investors who don't take risks with their long-term financial security. For example, two-thirds of Canadians consider their investment style to be "very conservative" or "somewhat conservative."

Metraux notes that Canadians are also exhibiting a great deal of optimism about their own financial situation. More than half predict that their personal circumstances will improve in this new decade, and only 20% think their situation will be worse.

"Another very strong trend is an unprecedented level of confidence today. When we asked what Canadians did in response to periodic volatility in the stock markets, we found that a strong majority - about 65% - did not alter their financial strategy at all. They didn't panic, or redeem investments, for example."


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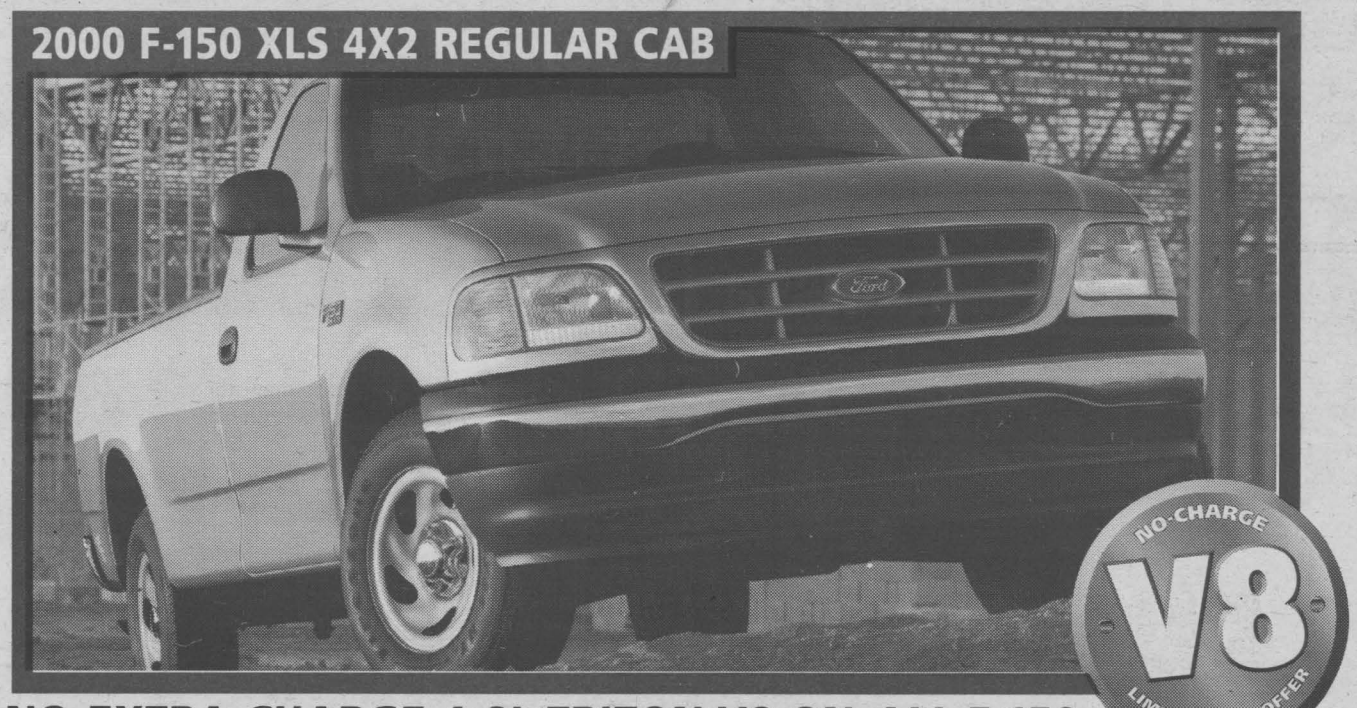


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YOUR INVESTMENTS

# Fixed-Income Investments Have a Lot To Offer

If you're looking for a place to invest your money, but don't want a great deal of risk, GICs and CSBs aren't your only options – and not necessarily the best ones, either. While the principal and interest of GICs are insured up to a point, these investments may not provide you with the return you want for your hard-earned cash.



*Luke* **BEDARD**

Fixed-income mutual funds are an excellent investment option for cautious investors. While the principal and return of fixed-income funds aren't guaranteed, fixed-income funds do provide the opportunity for higher returns.

Investors with a long-term outlook shouldn't be overly concerned about short-term fluctuations in return. They know the benefits of mutual funds over GICs and CSBs – such as historically more attractive rates of return, flexible redemptions, and the ability to purchase virtually any amount – outweigh temporary price fluctuations.

A variety of fixed-income funds are available – each exposing you to varying degrees of risk and reward and designed for different investment horizons. Some funds are composed of high-quality government securities, while others invest in lower-rated corporate bonds. Some focus on the short term and are ideal for "parking" your money while deciding where to invest for the long term. Others are suitable for long-term objectives. Some may be volatile, while with others, investors face little risk of capital loss. Most fixed-income funds have moderate to high short-term risk, moderate to high income potential, and moderate long-term growth potential.

Fixed-income funds may be managed by an individual professional money manager, or by a team. These fund managers research, analyze and make investments in a number of companies, industries and countries on your behalf. And fixed-income fund managers may work closely with equity fund managers to share information and apply their knowledge to corporate bonds. They ensure the fund works towards its objectives, while the fund company ensures your account is accurate and up to date, and that you're kept aware of how your investment is performing.

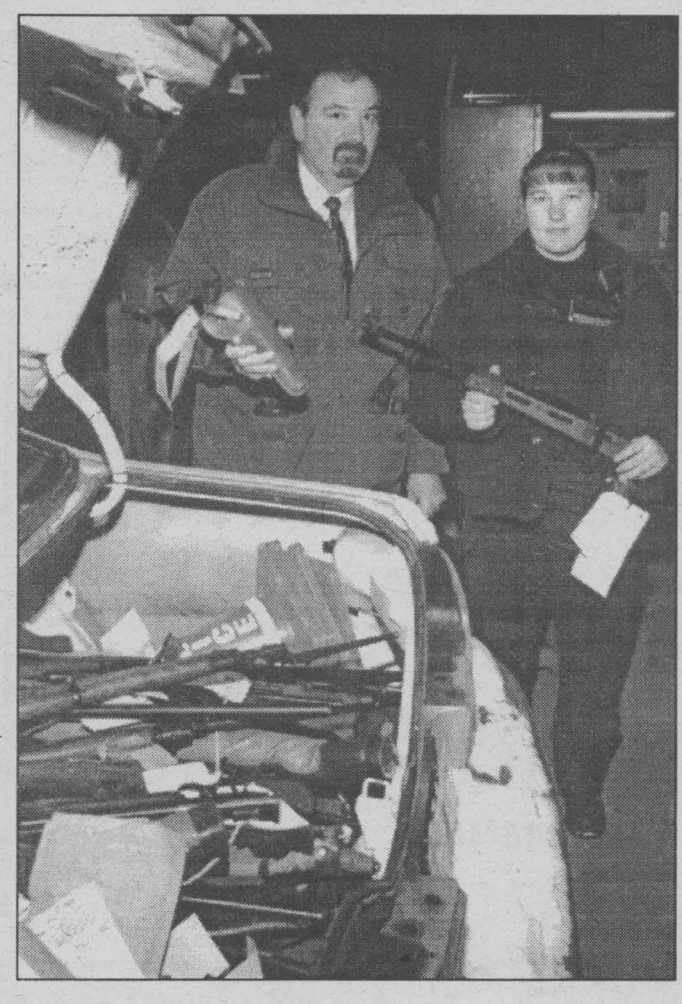
So if you think GICs and CSBs are the best means to securing your financial future, think again. You may be forgoing the opportunity for more growth.

# Europe Is Priced Right

(NC)-German manufacturing orders are rising at their fastest pace in a decade. French consumer confidence is at unprecedented high levels. Italian unemployment has reached a four-year low, and in the United Kingdom, consumer and financial household confidence are near a ten-year high. It would appear that the monetary union and the creation of the singular market, Euroland, is starting to reap its rewards.

Coupled with this improved economic outlook is the fact that across the broad sectors, "continental Europe resides on the cheap side of global fair value, "says Joe Evershed, who manages the Dynamic Europe Fund, "and that means that right now, there are ample opportunities to buy stocks at meaningful discounts to true value."

# Destroyed and Recycled



The people who live, work and play in a community like Cornwall, generally understand their area's resources, problems, needs and capacities.

The ripple effects of crime in the Tri-County area for example, are felt in a broad range of sectors including health, social services, education, labour and employment.

Crime in Canada has traditionally been dealt with primarily through reactive measures, the apprehension, sentencing, incarceration and rehabilitation of offenders. According to Statistics Canada estimates (1994-95), almost $10 billion a year is spent by governments on Canada's criminal justice system (i.e., police, courts, and corrections). However, this amount represents a small portion of the total costs of crime.

If the personal and physical costs associated with pain and suffering of victims or lost productivity-are included, the annual cost of crime in Canada may be as high as $46 billion. Crime hurts people and makes them feel unsafe; it decreases quality of life and changes the faces of our communities.

In Canada, mandatory minimum sentences of four years for violent crimes committed with a firearm are in force. All handguns with a barrel shorter than 105 millimetres, all .32 and .25 caliber handguns, all fully automatic machine guns, any firearm with a sawed-off barrel and some military rifle models such as AK 47 and their variants, are prohibited in Canada.

Yet, every year, police services throughout Canada either find, have turned in to them or seize weapons which have either been implicated in nefarious crimes, or are simply given up by families who have found them or have inherited them from a family member.

This year, Cornwall Police Services destroyed over 80 weapons, as per the Police Services Act. Working closely with Bolger Steel, Cornwall police Service's yearly ritual of coordinating the destruction of these collected weapons, furthers their mandate of ensuring the safety of the citizens they have pledged to protect. In order to prevent crime, action must take place at the community level!!!

Pictured at Bolger Steel with weapons which were destroyed as per the Police Services Act are Acting Inspector Richard Carter and Cornwall Police Services Constable Tracey Foley.

*Story & photo by Aubrey Johnson*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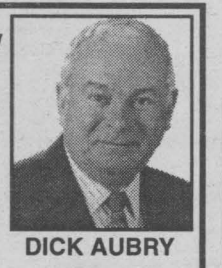

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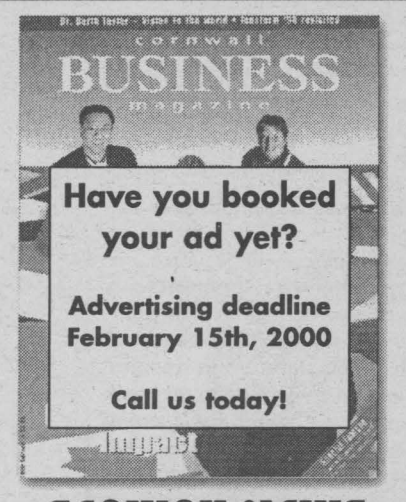


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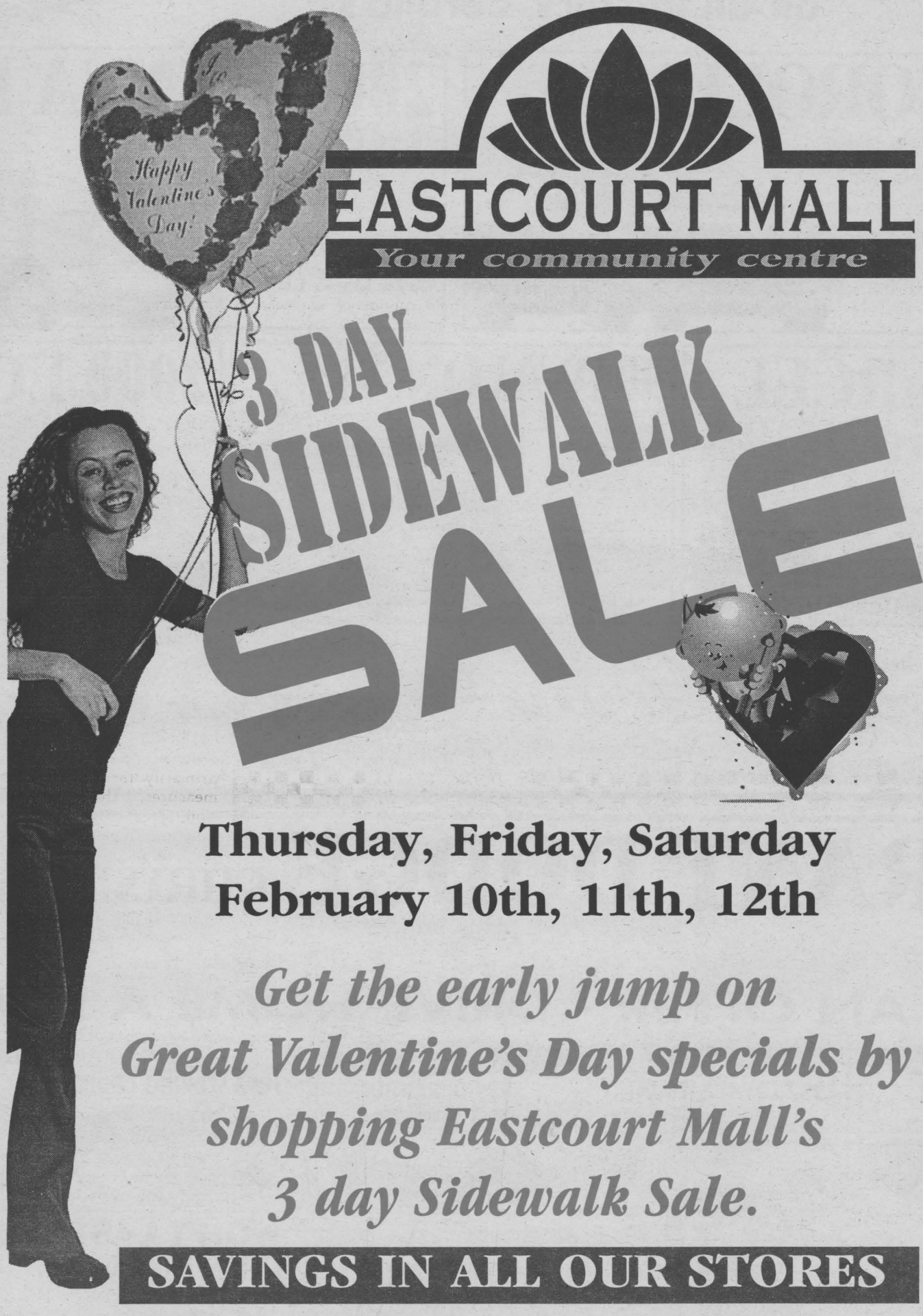


EASTCOURT MALL
Your community centre

3 DAY SIDEWALK SALE

Thursday, Friday, Saturday
February 10th, 11th, 12th

Get the early jump on Great Valentine's Day specials by shopping Eastcourt Mall's 3 day Sidewalk Sale.

SAVINGS IN ALL OUR STORES

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A Better Place For You
Jean-Paul (J.P.) St. Pierre
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NETTOYEURS Daigneault CLEANERS
Thursday-Friday-Saturday (10,11,12)
50% off ALL RED GARMENTS
Dry Cleaned
Applies to invoices dated Feb. 10,11,12/00 only
The name you trust since 1929

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Call Today 936-8435

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Valentine's Day selection of
• Cards • Chocolates
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MAXI DEPOT
LOWEST PRICES IN CORNWALL ON BRAND NAME TOYS
CORNWALL'S BIGGEST LIQUIDATION CENTER

Jean-Marc Brunet LE NATURISTE
PURCHASE A BOX OF HERBAL TEA PLUS A MUG for only $4.99 Reg. $9.99

T-SHIRTS
FRAMED PHOTOS
and more
located next to LE NATURISTE

Edelweiss Pastry & Bakery
Muffin & Coffee $1.50 plus tax
"Quality Counts"
Owners: Frank & Carole Sliepenbeek
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Gates Crafts & Supplies
Come and visit our Gift Boutique
10% OFF any $25.00 purchase of in-stock merchandise

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"Making sure you are always in touch"
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Leather Case & Car Charger (for most popular cell phones)
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EASTCOURT MALL ONLY
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Sunday Brunch 6.95
"All You Can Eat" 10am-2pm
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DAILY SPECIALS!!
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over 20,000 items
DOLLARAMA THE #1 DOLLAR STORE IN CORNWALL

RESPIR CARE
YOUR COMPLETE HOME HEALTH CARE CENTRE
• Wheelchairs • Walkers
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24 HOUR SERVICE
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Zellers
Everything for Valentine's Day

ROYAL BANK
BANQUE ROYALE

BIGGEST NEVADA CENTRE IN TOWN!!
EASTCOURT LOTTO

PHARMACIE EASTCOURT GUARDIAN PHARMACY
PRESCRIPTIONS DAILY
1380 Second St. E., Eastcourt Mall

# RELIABILITY? SAFETY? COMFORT? TOYOTA!!!

*free at no charge*

**72 MONTH/ 160,000 KM ROADSIDE ASSISTANCE & POWER TRAIN WARRANTY on all in-stock Corolla's**

offer extended

## 2000 COROLLA VE

125 HP, VTTI 1.8 lt. engine, automatic, air conditioning, AM/FM/CD, floor mats, mud guards, VIP card & much more



LOW FINANCE & LEASE RATES
IN HOUSE OFFERS
ENDS JANUARY 31,2000

## 2000 SIENNA LE demo

4 bucket seats, privacy glass
AM/FM/ CD, dual air & more

PRICED TOO LOW TO MENTION

Give Us A Call



## 1999 TERCEL

auto., AM/FM cass., 60/40 rear split

$13,900*



only 3 left

## 99 AVALON XLS

leather interior, power sunroof, automatic, climate control, heated power seats, AM/FM/CD cassette, full, full load

*blow out price*

$37,600*



LAST ONE

## 2000 ECHO

auto, AM/FM/CD 4 speakers, 60/40 rear split seat, lots of interior room

$15,840*



Rodger Grant TOYOTA

353 Pitt St.,Cornwall

*prices plus freight, PDI, air & gas tax & admin. where applicable.

613-932-1106

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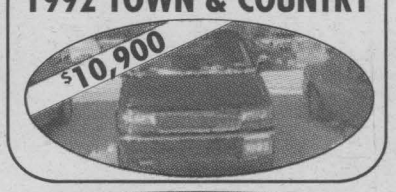
*Write Your Own Deal Event*

**MAKE AN OFFER - DRIVE HOME A DEAL!!!**

**GREAT DEAL**
1994 ACCLAIM
$9,900



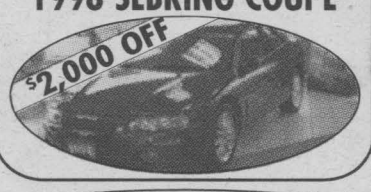
**LUXURY**
1992 TOWN & COUNTRY
$10,900



**4X4**
1999 DURANGO
$34,900



**CASH BACK**
1998 SEBRING COUPE
$2,000 OFF



**DEMO**
1999 INTREPID
$19,900



**NICE CAR**
1997 INTREPID
$16,900



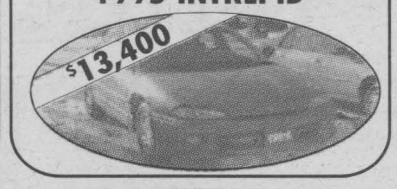
**4X4**
1998 RAM 1500
$25,900



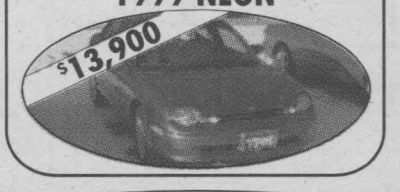
**LIKE NEW**
1999 VOYAGER
$19,000



**WON'T LAST**
1995 INTREPID
$13,400



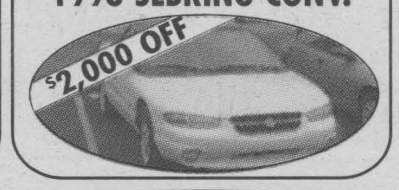
**DEMO**
1999 NEON
$13,900



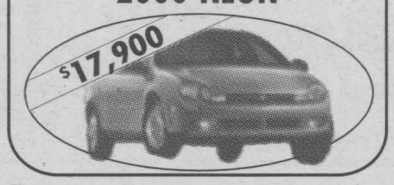
**SHARP**
1994 EXPLORER 4x4
$15,900



**DEMO**
1998 SEBRING CONV.
$2,000 OFF



**DEMO**
2000 NEON
$17,900



**LOW KMS**
1997 CARAVAN
$17,800



**LOW KMS**
1998 STRATUS
$2,000 OFF



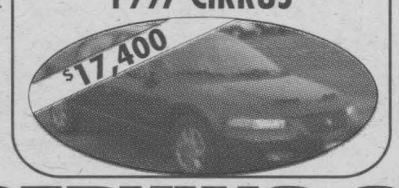
**MINT**
1988 NEW YORKER
$6,900



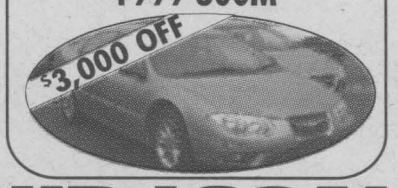
**FUN!!!**
99 SEBRING CONVERTIBLE
$30,900



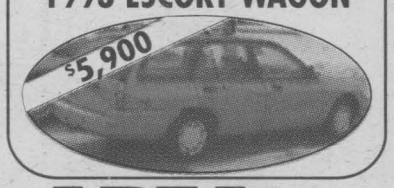
**LOADED**
1997 CIRRUS
$17,400



**DEMO**
1999 300M
$3,000 OFF



**JUST IN**
1993 ESCORT WAGON
$5,900



**LOCAL PEOPLE SERVING OUR LOCAL AREA**

2205 Vincent Massey Dr.

HOURS: Mon. to Thurs. 9 - 8; Fri. 9 - 6; Sat. 9 - 3

938-0934

some vehicles may not be exactly as shown

# ROLE MODELS FOR THE NEW MILLENNIUM

NISSAN DRIVEN

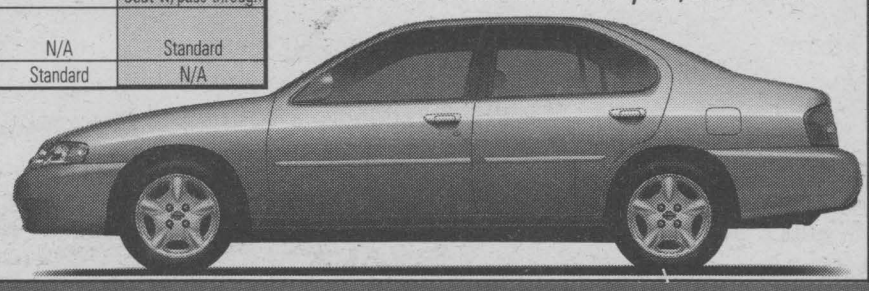
## The Nissan Altima GXE blows Accord and Camry off the chart for about $1,200 less.

| All vehicles compared are model year 2000 | Nissan Altima GXE | Toyota Camry CE | Honda Accord Sedan LX |
|---|---|---|---|
| Price | $23,798 MSRP | $25,070 MSRP | $25,300 MSRP |
| Auto/ Air Cond. Cruise Control | Standard | Standard | Standard |
| Engine Block Heater | Standard | Accessory | Accessory |
| Horsepower | 155 HP | 136 HP | 150 HP |
| AM/FM/CD | Standard | Standard | Optional |
| Remote Keyless Entry | Standard | Accessory | Accessory |
| 15" Wheels | Standard | 14" wheels | Standard |
| P205 Tires | Standard | P195 | P195 |
| Front Centre Console w/ Dual Level Storage | Standard | N/A | N/A |
| Woodtone Interior Trim | Standard | Accessory | Accessory |
| 8 Way Adjustable Drivers Seat | Standard | N/A | N/A |
| 60/40 Split Folding Rear Seat | Standard | Standard | Full Fold Down Seat w/pass through |
| Rear Seat Immobilizer Key System | Standard | N/A | Standard |
| Pretensioner Front Seat Belts | Standard | Standard | N/A |

*Plus* FINANCING RATES AS LOW AS **2.8%**

or $298/mo.

Lease for 48 months. Only $1,500 down



NISSAN DRIVEN

## 2000 Maxima GXE

• 222 HP 3.0 litre V6 engine • automatic tranmission • automatic climate control air conditioning • power windows, door locks and mirrors • 120 watt premium AM/FM/CD with cassette audio system with 6 speakers • anti-theft system • remote keyless entry with vehicle immobilizer system



$398/mo. lease for 48 months. Only $3,000 down

or finance rates starting at 5.8%

purchase price $31,600

## NEW 1999 MODEL CLEARANCE

| YR | MODEL | STK # | EQUIP | MSRP | SALE |
|---|---|---|---|---|---|
| 99 | SENTRA | 3493 | auto, A/C | $18,714 | $15,943 |
| 99 | ALTIMA | DEMO | auto., A/C | $25,800 | $21,921 |
| 99.5 | PATHFINDER LE | 3500 | auto, A/C, leather | $42,672 | $36,935 |
| 99.5 | PATHFINDER LE | 3501 | auto, A/C, leather | $42,672 | $36,935 |
| 99.5 | PATHFINDER XE | used | auto, A/C, leather, 700 km | $37,487 | $30,400 |

DISCLAIMER: Smart people always read the fine print. And they always wear their seatbelts. Limited time offer. 48 month lease on 1999 Sentra XE. ALR 7.75% with down payment or equivalent trade of $380. 1999 Altima GXE ALR 7.75% down payment or equivalent trade of $980. 48 month lease on 1999.5 Pathfinder XE. ALR 7.75% with down payment or equivalent trade $4,075. 1st payment and security deposit due at lease signing. Sentra, Altima and Pathfinder leases based on maximum of 96,000 km with excess km charged at $0.06/km. Available at participating dealerships. All offers are O.A.C and exclude acquisition fees, destination and delivery, license, insurance and taxes. Dealers free to set individual selling price. See your Nissan dealership for details. Based on Canpasearch stats January - December 1998.

# GRANT NISSAN

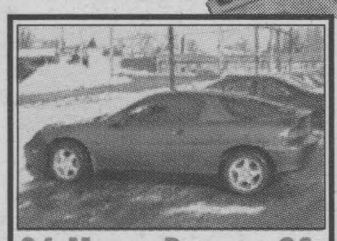
NISSAN DRIVEN

700 Rosemount Ave. 933-7555

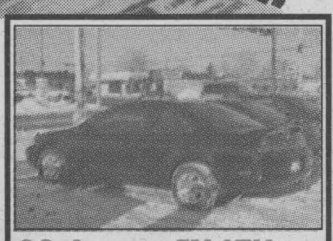


# STOP

## Need a New or Used Honda?? Then Look No Further



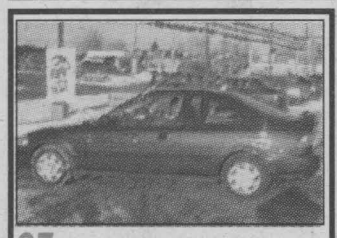
**94 MAZDA PRECIDIA GS**
stk # H4539A
V6, 5 spd., cass, cruise, tilt, p. mirrors, new P205/55R/15 tires, alum. mags, mint condition, 1 owner, trade
**$8,995**



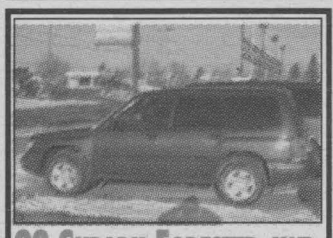
**98 ACCORD EX LTH,**
stk #H4259A
2 dr. coupe, auto, A/C, CD, power sunroof, spoiler, in black, only 24,000 km. Lots of warranty
lease for only **$374*/mth**



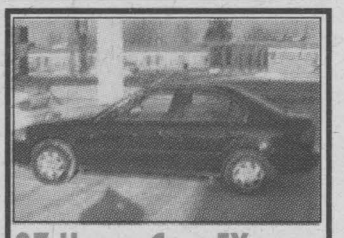
**94 PONTIAC SUNBIRD LE**
4 dr., auto, A/C, cass, 1 owner trade, only 65,000 km, mint cond., 6 mth, 10,000 km warranty
now only **$7,995**



**97 HONDA CIVIC SI**
stk #4514A
2 dr. coupe, auto, A/C, p. windows & locks, p. sunroof, only 55,000 kms, warranty 'til 100,000 km
lease for only **$274*/mth**



**98 SUBARU FORESTER AWD**
stk #3475A
auto, cass, p. windows & locks, cruise, tilt. Balance of factor warrany 'til 100,0000 km
lease for only **$394*/mth**



**97 HONDA CIVIC EX,**
stk #PUH407A
4 dr., auto, A/C, ABS, power windows & locks, cruise, tilt, Honda warranty 'til 100,000 km
lease for only **$264*/mth**

## *New 1999 Model Clearance*

| STK. # | MODEL | EQUIP. | MSRP | SALE |
|---|---|---|---|---|
| H4373 | CIVIC DX | SOLD 2 dr., 5 spd. | $17,418 | $15,552 |
| H4450 | CIVIC SI | 2 dr., 5 spd. | $20,018 | $17,994 |
| H4280 | CIVIC LXG | 4 dr., 5 spd., A/C, ABS | $18,818 | $16,776 |
| DEMO | CIVIC EX | SOLD 4 dr., auto, A/C, ABS | $21,438 | $19,341 |
| H4383 | ACCORD EX | SOLD 4 dr., auto, A/C, ABS | $26,618 | $24,040 |
| H4451 | ACCORD EX | 4 dr., auto, A/C, ABS | $29,887 | $26,913 |
| H4454 | ACCORD EX | 4 dr., auto, A/C, ABS | $29,887 | $26,913 |
| DEMO | ACCORD EX | V6, 4dr., auto, A/C, ABS | $33,117 | $29,983 |
| DEMO | ACCORD EX | V6, 4 dr., auto, A/C, ABS | $32,482 | $28,495 |
| H4428 | ACCORD EX | V6, 4 dr.; auto, A/C, ABS | $32,482 | $29,153 |
| H4510 | CRV AWD LX | 4 dr., auto, A/C, P.W. | $28,673 | $25,247 |
| H4365 | CRV AWD LX | 4 dr., auto, A/C, P.W. | $28,673 | $25,247 |
| H4528 | CRV AWD LX | 4 dr., auto, A/C, P.W. | $28,673 | $25,488 |
| H4529 | CRV AWD EX | 4 dr., auto, A/C, P.W. | $29,542 | $26,292 |

*all prices include freight & PDI plus no charge security system. (Value $299)*

30 DAY EXCHANGE POLICY some restrictions may apply see dealer for details

Cornwall

1200 Brookdale Ave.

HONDA

BUILT WITHOUT COMPROMISE

933-7558

Card • Quote V.I.P.

VIP Card with every sale ($300 value)

* 36 mth lease, 15,000 km/ann., $1000 or equivalent trade down plus 1st payment, security deposit. Admin & taxes 9.25 % APR 10¢ per excess km

# Local Efforts Mean Healthier Body Tailor Made Just For You

"The cheque's in the mail."

"It probably just needs a little adjustment."

"Allow 4-6 weeks for delivery" "One size fits all."

You've probably heard them all before, and shrugged in disbelief. A local health coalition isn't promising any miracles with the first three sayings, but it,s ready to tackle that last one.

"One size does not fit all. Bodies aren't balls of socks that you can squish into one sock drawer regardless of size or shape," explains Louise Simmons of the Eastern Ontario Health Unit which is spearheading the new weight management program, Tailor Made, along with the Healthy Rhythm Coalition.

"Tailor Made just for you is designed with real people in mind-individuals who want a say in their own weight management."

The program, launched this month throughout the five counties, encourages long-term health decisions.

*TAILOR MADE JUST FOR YOU*

What,s in it for you:
(and it's all FREE)
In-store health tips
In-store contest
with monthly draws
"Healthy" Bookmarks
Mediacoverage of
campaign events and tips
Grocerypad list
Exerciselog book
Waist measuring tape


**Conseil des écoles publiques de l'Est de l'Ontario**

***L'école publique de langue française : un milieu d'épanouissement individuel.***

**INSCRIPTIONS AUX ÉCOLES SECONDAIRES PUBLIQUES DE LANGUE FRANÇAISE**

**SOIRÉES D'INFORMATION**

Le Conseil des écoles publiques de l'Est de l'Ontario vous invite à des soirées d'information aux écoles secondaires publiques pour présenter :

- la réforme de l'éducation au secondaire
- le système de crédits
- le répertoire des cours
- le processus d'inscription
- les programmes spéciaux
- les activités parascolaires
- et pour répondre à vos questions

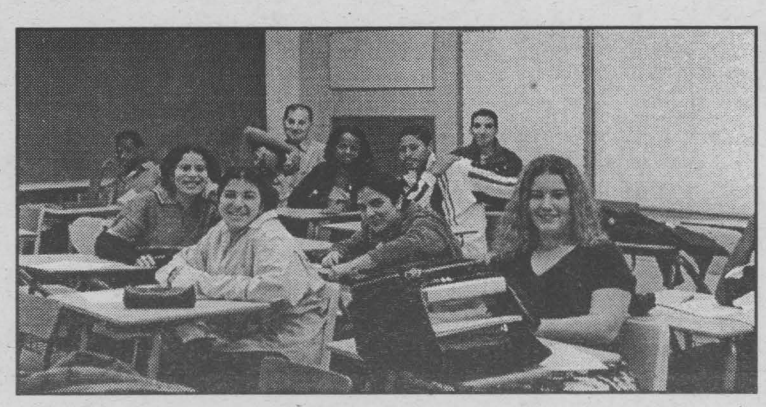
On demande aux parents et aux élèves de 8e année de noter la date, l'heure et l'endroit de ces rencontres. Un prospectus expliquant les programmes et les services de chacune des écoles secondaires publiques sera remis à tous les élèves de 8e année. Vous pouvez également vous en procurer un exemplaire en communiquant avec les écoles de votre choix.

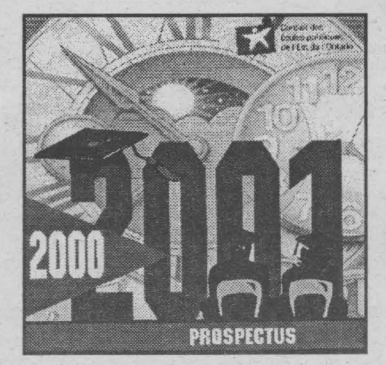
**le mercredi 9 février 2000 à 19 h**
École secondaire Marc-Garneau
83, rue Marmora (Trenton)
N° de téléphone : 394-0617
Site Web : www.marc-garneau.cepeo.on.ca

**le mardi 22 février 2000 à 19 h 30**
École secondaire publique De La Salle
501, ancienne rue Saint-Patrick (Ottawa)
N° de téléphone: 789-0053
Site Web : www.de-la-salle.cepeo.on.ca

**le mercredi 16 février 2000 à 19 h**
École secondaire L'Héritage
1111, chemin Montréal (Cornwall)
N° de téléphone : 933-3318
Site Web : www.heritage.cepeo.on.ca

**le mercredi 23 février 2000 à 19h**
Module de langue française
École secondaire Tagwi
Route 43 (Avonmore)
N° de téléphone : 346-2122
Site Web : www.mlf-tagwi.cepeo.on.ca






**le mercredi 16 février 2000 à 19 h 30**
École secondaire Mille-Îles
164, promenade Van Order (Kingston)
N° de téléphone : 544-7252
Site Web : www.mille-iles.cepeo.on.ca

**le mercredi 23 février 2000 à 19 h 30**
École secondaire publique Louis-Riel
1655, chemin Bearbrook (Gloucester)
N° de téléphone : 837-2216
Site Web : www.louis-riel.cepeo.on.ca

**le mardi 22 février 2000 à 19 h**
École secondaire publique de Vankleek Hill
50, rue Queen (Vankleek Hill)
N° de téléphone : 678-6786
Site Web : www.mlf-vankleek-hill.cepeo.on.ca

**le jeudi 24 février 2000 à 19 h 30**
École secondaire publique de l'Ouest d'Ottawa
1303, rue Fellows (Ottawa)
N° de téléphore : 820-0992
Site Web : www.ouest.cepeo.on.ca

**Date limite pour s'inscrire : le 10 mars 2000**

Daniel Morin
Président

Denis S. Chartrand
Directeur de l'éducation et
secrétaire-trésorier

***POUR UNE ÉDUCATION DE QUALITÉ!***

# ENTERTAINMENT

Organizers for ***CARNIVAL 2000*** must be very pleased with this year's event. Likewise the many folks who have been attending the festivities since the kick-off on Tuesday. Old man winter left us an ample supply of snow and Ma nature added the cold temps to create the ideal conditions for a successful carnival. This weekend is your last opportunity to visit the many attractions at Lamoureux Park, including the beautiful ice sculptures, and to participate in a full program of events. You can watch those brave Polar Bear Dippers as they plunge into the frigid waters of the St.Lawrence River at 12 noon on Sat.Feb.5th.The location is adjacent to the dock at the rear of the RCAF building. There is a full day of events at the Gray's Creek Winter Activity Centre, a Chili Cook-Off at the Cornwall Square (11am-2pm),wheels-on-ice races at the Park starting at 1pm, a Seniors Tea at the Civic Complex starts at 2pm.until 4pm, you can enjoy hot dogs, hot chocolate, hot soup, pop-corn,candy floss and all those other tasty snackery items.The event will wind down on Sunday, February 6th with several Carnival-closing activities, including the Carnival Breakfast at the Nativity Hall.

*BARBARA'S SINGLES DANCES* will feature a Dress Red For Heart Valentine Dance at the Navy Club on Sixth Street on Saturday, February 5th. Also planned is the regular dance on the 19th and a Dress-Down-Denim night on Feb.26th.

Other Valentine dances include the Pair Of Hearts Dinner & Dance to be held on Sat.Feb.12th, between 6pm-10pm at Akwesasne Casino. There will be live music featuring "Rhythm of the Night"and an elegant meal that will include a bottle of champagne, appetizers, filet mignon with lobster tail or grilled salmon, chicken and desssert.

The special Valentine Dance for members and guests'of the Masonic will begin at 6pm with a social gathering followed by a pasta dinner and then dancing until late evening.Coffee and dessert will be served at 11pm and there will be special "Musical Valentines"and spot dances.

A Sweetheart Dance is planned for Sunday, February 13th at RCAF,Wing 424. It will start during the afternoon and will feature a spaghetti supper and plenty of dancing with spot dances.

The folks at *GLEN PRODUCTIONS* are busy these days preparing for the stage presentation of Jesus Christ Superstar. It will be presented on the first two weekends in March. You can purchase advance tickets at the Seaway Valley Tourism office at 100 Pitt Street. For more information call 938-4748. Performance dates will be March 3rd and 4th and again on March 10th and 11th starting at 8pm.

Hockey is entering the exciting homestretch of their regular season these days. The Cornwall Colts and the CJHL schedule will conclude on March 9th. The Colts have been enjoying a break from their schedule and will be back on the ice at the Si Miller Arena for the last Cornwall visit by Ottawa on Thursday, Feb.10th at 7:30pm. Following that game the Colts will only have four home games and six road games to complete the regular season. It doesn't appear that anyone will be able to catch the Colts in the standings and that will mean an impressive first place finish atop the CJHL.They can complete the schedule with a possible 97 points by winning those remaining games,but we expect they will lose a couple so they should take the Robinson Division with something just past 90pts. and a possible 275 goals scored!!!! That will be a record worthy of a full house for the upcoming play-off round for every game at the "Miller" !!

It was great to see the large number of fishers participate in the recent Long Sault Walleye Tournament. Close to 150 braved the cold weather, although most were probably in a warm ice-hut,to make the event one of the largest in a long while. We are told that the elusive winter walleyes were not around in great numbers but several were hooked and the event was a big success !!

Until next week, G'Day and G'Night .

Night N' Day

Entertainment - Special Events & Restaurant Review - By Bill Gallant

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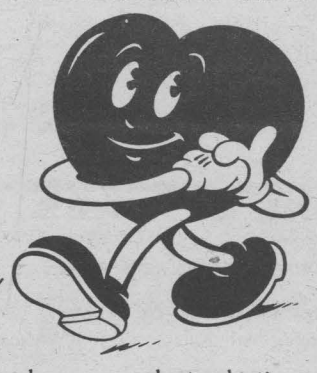

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# CARNIVAL 2000

## CORNWALL
## FEBRUARY 1st - 6th

### Friday, February 4th

**Celebrate 2000 Ceremonies - 6:30 pm - 9:00 pm -** A Special Evening of Fantastic Fun and Entertainment to Kick Off The Year 2000!

**Ice Palace 2000 -** Meet the Carnival Queen 2000 and her princesses, Bonhomme and the parade of Mascots including the Shriner Clowns.

**Junkyard Symphony Show -** Stomp type show with lots of flair, energy and radical synchronized rhythms.

**Ice Carving Show 2000 -** Presented by Cornwall 2000 Millennium Committee. Laurent Godon, the World's Fastest Ice Carver will transform two blocks of ice simultaneously and join them into one piece. Music, lights, fireworks, special effects and magic are all a part of this special show.

**Evening Entertainment -** starting after the ceremonies and continuing 'til the fireworks. At the Bandshell provided by Variety 104.5 Today's Hits and the Best Variety and the Blaze 101.9 the Valley's Hottest Country.

**Fireworks -** begins 8:30 pm .

**Smoked Meat & Remington's Beavertails -** Remington's Deli and Bar. Contact Cathy 933-7008

**Coffee & Hot Chocolate -** Rotary Club - Roy Perkins 938-3300

**Wieners on Wheels -** Hot Dogs, Cold Drinks,etc. Wayne Pyke 932-9123

**Hot Soup & Apple Cidar -** Centre Familial and Centre des Jeune - Suzanne Lemieux 930-9156

**Houle's Bounce Rentals-** Candy Floss,Popcorn, Whip Ride and Balloon Ride

**Humpty Dumpty Hummer Vehicle and Mascot -** Sampling

**Kraft "Chill-Out" Break Patrol - -** Sampling new refrigerated Jell-o

KINSMEN KINETTE

**The Kings Kids Company Puppets -** Contact Les and Karen Schwabe at 931-2092.

**Scouts Canada Winter Camp Out -** Contact Merv Larstone at 933-0440.

**Spaghetti Supper -** Trinity Church Hall. All you can eat. $5.00 per person. 5 - 8 pm. Sponsored by the Sunrise Rotary Club.
Contact Fred Carriere at 938-9480.

**Apres Ski Coffee and Pastries -** Best Western Parkway Inn Hops and Barley Lounge.
Complimentary Coffee and Pastries between 2 - 4 pm.

**Gray's Creek Winter Activity Centre -** 9 am - 9 pm. Family Skating Rink, Hockey Rink and Slide. Contact Roger Houde at 938-3611.

**Big Ben Ski Centre -** 2 - 4 pm; 5:30 - 9:00 pm. All Lift Tickets 1/2 price. Free Hot Chocolate, Outdoor Rink.

**Public Swimming -** Kinsmen Municipal Centre, 7 - 8 pm. Theme Swim. Contact Gayle Sinfield at 933-3586.

**3rd Annual Teen Cornwall Much Music Video Dance Party -** 9 pm. Cornwall Civic Complex Salons. Tickets sold in advance at the Complex Box Office, sponsored by Cogeco Community Television, Blaze 101.9 the Valley's Hottest Country and Variety 104.5 Today's Hits and the Best Variety. Contact Diane Wallace at 933-4004.

### Saturday, February 5th

**Polar Bear Dip -** 12 noon - RCAF Lot-Water Street - Proceeds to United Way

**The Kings Kids Company Puppets -** Contact Les and Karen Schwabe at 931-2092.

**Gray's Creek Winter Activity Centre -** 9 am - 9 pm. Family Skating Rink,Hockey Rink and Slide. Contact Roger Houde at 938-3611.

**Crokinole and Checkers Retiree Program -** 1 pm - 3 pm. Domtar Forestry Genre Apple Hill. Come and relax by our fire while playing a match of Crokinole or Checkers. Contact Tammy Dunbar at 528-4430.

**Chili Cook Off -** 11 am - 2 pm. Cornwall Square. Kinsmen Club of Cornwall.

**Public Swimming -** 2 pm - 3 pm. Kinsmen Municipal Centre; Contact Gayle Sinfield at 933-3586

**High School Ice Sculpture Challenge-** 9am. Sponsor-Logans Gallery - Mike 938-3629

**Crokinole and Checkers Retiree Program -**1-3 pm Domtar Forestry Centre Apple Hill. Tammy 528-4430 for Info.

**Arts and Culture Workshop -** 1 pm - 4 pm. Civic Complex, Children's Event. Contact Jeff Hughes at 938-9400.

**Wheels On Ice -** 1 pm in the Park. Race/ Sled Pulls/ Trials. Contact Allan McGimpsey at 932-1906.

**Coffee & Hot Chocolate -** Rotary Club - Roy Perkins 938-3300

**Seniors Snowflake Tea -**The Seniors Snowflake Tea will be held from 2pm - 4pm in Salon B Civic Complex. All community seniors invited. Hosted by the staff and residents of Glen Stor Dun Lodge. Bring your grandchildren

**Children's Carnival Party-** Planning and Recreation Dept. is hosting a Children's Carnival Party and Workshop in Salon B from 1pm-4pm. Children can warm up with hot chocolate and learn to make snowflake reef and enjoy numerous activities that will be provided. Both seniors and children of the community can enjoy each others company and celebrate Carnival 2000 in a warm and cozy atmosphere.

**Debbies Fries-** Beaver Tails,etc. Rachel Paquette 527-3370

**Smoked Meat & Remington's Beavertails -** Remington's Deli and Bar. Contact Cathy 933-7008

**Wieners on Wheels -** Hot Dogs, Cold Drinks,etc. Wayne Pyke 932-9123

**Hot Soup & Apple Cidar -** Centre Familial and Centre des Jeune - Suzanne Lemieux 930-9156

**Houle's Bounce Rentals-** Candy Floss,Popcorn, Whip Ride and Balloon Ride

**Humpty Dumpty Hummer Vehicle and Mascot -** Sampling

**Kraft "Chill-Out" Break Patrol - -** Sampling new refrigerated Jell-o

**Snowman Building Contest -** 12:30 pm. Eastern Ontario Health Unit, Family Teams to sign up at booth in the park. Prizes to be won. The friendly competition will demonstrate how active living can be achieved in a family atmosphere, while enjoying the outdoors. Contact Diane Patenaude at 933-1375.

**The Kings Kids Company Puppets -** Contact Les and Karen Schwabe at 931-2092

**High School Ice Sculpture Challenge -** 9 am. Sponsor Logan's Gallery. Contact Mike Logan at 938-3629.

**Annual Business Excellence Awards-** Best Western Parkway Inn. Contact Diane Wallace at 933-4004.

### Sunday, February 6th

**Houle's Bounce & Rentals -** Candy Floss, Popcorn, Whip Ride and Balloon game. Contact Yves Houle at 932-6426.

**Carnival Breakfast -** 9 am - 12:30 pm. Chevaliers de Colomb Nativity/ Nativity K or C. $4.00 per person. Breakfast buffet includes scrambled eggs, sausage, bacon, home fries, beans, toast, pancakes with juice, coffee. Contact Michel Lecuyer at 932-1724.

**Coffee & Hot Chocolate -** Rotary Club - Roy Perkins 938-3300

**Wieners on Wheels -** Hot Dogs, Cold Drinks,etc. Wayne Pyke 932-9123

**Hot Soup & Apple Cidar -** Centre Familial and Centre des Jeune - Suzanne Lemieux 930-9156

**Humpty Dumpty Hummer Vehicle and Mascot -** Sampling

**Kraft "Chill-Out" Break Patrol - -** Sampling new refrigerated Jell-o

**Snow White Golf -** 1 pm in the park. Sponsored by Cornwall General Hospital Foundation. Contact Manon Thompson at 936-4629.

**3rd Annual Big Ben Snowboard Challenge -** 10 am - 4:30 pm. Prizes and awards. BBQ sponsored by Simon and Cherrols No Frills. Lift tickets only $1.00. Skate on our outdoor rink. Proceeds from lift tickets and BBQ sales to be donated to the United Way of Cornwall. For more information contact the Ski Centre at 933-6377.

**Public Swimming -** 2 - 3 pm. Kinsmen Municipal Centre, Public Swim. Contact Gayle Sinfield at 933-3586.

## INSIDE THE CORNWALL COLTS



*David* **MURPHY**

Injuries are a part of hockey. That's a fact that players and coaches at every level know and it depends on how they deal with it shows whether or not a team has what it takes to win it all. The Cornwall Colts are going through a little rough spot when it comes to injuries right now. Etienne Germain has played all but 6 games this year because of shoulder problems, before he was sent home, Matt Simpson suffered a concussion, Joel Bergeron is suffering the effects of Mononucleosis and Derek Wagar is recovering from an off ice foot injury. Last Sunday, the Colts beat the Nepean Raiders with 15 skaters. That might sound like a full team but that's 3 players short of a full squad. That's a full line. No call ups because they were all playing. The Colts knew they were going to be in tough against the Raiders but they buckled down and played a sound game. That's what separates the winners from the also-rans.

Colts Notes:

Cornwall started the week 4th overall in Canada with an .830 winning percentage...after beating Gloucester 6-2 on Tuesday. The Colts don't play again until Thursday. Tim Vokey picked up 4 assists that game. Francis Cloutier scored 2 goals and added an assist. Max Gauvin is in the top 20 nationally, in 3 categories. The Colts have outscored the opposition 248-140. Quick math makes that a plus 108 for Cornwall. C-J-H-L stats...Colts are 3rd on the power play. 1st in penalty killing. Good thing too, Cornwall averages 47.6 penalty minutes per game. Kanata is the next closest on the list with a PIM average of 37.7. Luc Paquin is 3rd in C-J-H-L defenceman scoring. Vokey and Cloutier are 2nd and 3rd in rookie scoring. Gauvin and Yann Danis are 1st and 2nd in goaltending average.

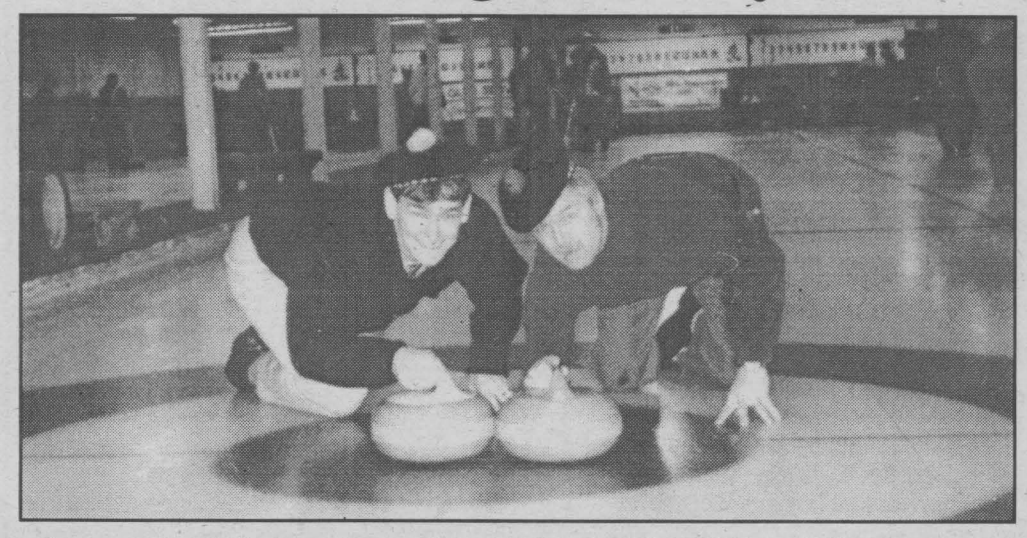
See you at the rink.

Your Cornwall Colts upcoming Games:

Thurs. 10th vs Ottawa, 7:30p.m.

Fri. 11th at Hawkesbury, 8p.m. (on 101.9 FM, The Blaze at 7:55p.m.)

# Curling Fun Day



Come one, come all, to watch a fun day of curling Saturday, February 5th from 1 pm at the Cornwall Curling Club. It's the 2nd Annual Corporate Curling Challenge, with proceeds going to the Alzheimer Society of Cornwall and District. Pictured above are Craig Smith, Education Co-ordinator for the Society, and Alfred Heim, of Cameron Real Estate, one of the corporate sponsors of the bonspiel.

# Challenge To Sports Teams

How would you and your teammates like to spend an evening at an Ottawa Senators Hockey game? This prize comes complete with thirty tickets and the bus ride to and from the Corel Center.

The Cornwall Chapter of the Canadian Liver Foundation's Fourth Annual Dave Ezard Memorial Walk Committee would love to give this to your team. We are offering this prize to the Old Timer's Sports Team who brings in the most pledges for the Walk. Simply register as a team, in advance, by calling 937-1781 or faxing 937-3199. All teams are invited to participate in this challenge.

The Dave Ezard Memorial Walk for Liver Disease Research is held annually at the Cornwall Civic Complex. This year's walk will be held on March 19th, 2000 and your help is needed for us to reach our goal.

Dave Ezard was a well-known Cornwall hockey player. He played with the Cornwall Minor Hockey Association and continued on to be a key player for the Cornwall Royals. Unfortunately, Dave's life was cut short when he died after a liver transplant.

Funds raised are used for much needed liver disease research. There are over 100 known liver diseases, many of which do not have cures as of yet, but with your help, this can change. *You can make a difference* and win a fun night out at the same time. Please accept this challenge and *good luck!*

For more information please feel free to contact Gerard Bingley, Co-Chair of the Dave Ezard Memorial Walk 2000 at 933-6133 or at 534-2719.

# SEAWAY Scoreboard

### United Counties Ladies Basketball

JANUARY 27th, 2000

*Game #1*

| | | | |
|---|---|---|---|
| Laframboise | 47 | St. Lawrence College | 32 |
| *Top Scorers:* | | *Top Scorers:* | |
| Vicki Lalonde, Debbie Pucci | | Tammy McDonald, Tina Bond | |

*Game #2*

| | | | |
|---|---|---|---|
| Cornwall Gravel Pits | 66 | Ray Co Sports | 38 |
| *Top Scorers:* | | *Top Scorers:* | |
| Catherine Gagnon, Carole Blais | | Angela Martell, Marilyn Grant | |

*Game #3*

| | | | |
|---|---|---|---|
| Grower Direct | 41 | Star Gazers | 30 |
| *Top Scorers:* | | *Top Scorers:* | |
| Suzanne Sinclair, Sam Schuler | | Karen Francis, Geraldine Jacobs | |

Game #4

| | | | |
|---|---|---|---|
| Team USA | 100 | Rat's Nest | 41 |
| *Top Scorers:* | | *Top Scorers:* | |
| Carolyn Lapage, Paulette Poirier | | Lisa Chafee, Natalie Eamon | |

### Eastern Ontario Junior C Hockey League

| Team | GP | Won | Lost | OTL | G.F. | G.A. | Pts |
|---|---|---|---|---|---|---|---|
| Casselman | 27 | 27 | 0 | 0 | 184 | 64 | 52 |
| Vankleek Hill | 26 | 21 | 5 | 0 | 204 | 93 | 42 |
| Embrun-Russell | 26 | 16 | 10 | 0 | 119 | 98 | 32 |
| Rockland | 27 | 13 | 14 | 0 | 108 | 125 | 26 |
| Maxville | 27 | 10 | 15 | 2 | 98 | 156 | 22 |
| Long Sault | 27 | 3 | 24 | 0 | 78 | 198 | 6 |

### Bridge Results

**Martintown Duplicate Bridge Club**
**Tues., 25th January 2000.**

N/S
1. Marg Wolynec - Sam Wolynec
2. Joan Owen - Claude Marion
3. Margaret Kennedy - Isobel Quail
4. Audrey Blair - John Roulston

E/W
1. Joan Turner - Penny McLeod
2. Allan McLeod - Henryk Rzepczyk
3. Charles Thompson - Bob Evans
4. Garnet MacDougall - George MacDougall

**Alexandria Bridge Club Results**
**Tues., Jan 25/00**
**Howell Movement**

1. Bob and Francoise Govan
2. Jean-Pierre and Claire Claude.
3. Pat Graham and Danielle Martineau.
4/5 (tie) Yvonne Roussin and Estelle Brazeau and
Les Atkinson and Viviane Campbell

**Audrey's Supper Bridge Results**
**Jan 28/00**

N/S
1. Homer & Lorna Grant
2. Audrey Blair - Garry O'Connell
3. Jean Murray - Jane Troop

E/W
1. Audrey Pasco - Lydia Johnson
2. Luce Lalonde - Sue Payette
3. John Roulston - Rhea Colette

**Senior Citizens Bridge Club**
**Jan. 21/2000**

Section A
N/S
1.Jean Stokes-Eileen Beaudette
2.Yvonne Bergeron-Emma Farlinger
3.Helen Alguire-Rita Watzenboeck

E/W
1. Janice Keen-Marion Lemieux
2.Rita Struthers-Lyette Ladouceur
3.Fleurette Brunet-Adelaide Hunter

Section B
N/S
1.Margaret Campbell-Claudette Rousseau
2.Pat Cunningham-Dora Barrington
3.Lydia Legault-Terry Forsyth

E/W
1.Nelsa Kalil-Carol Reus
2.Muriel Smith-Mona MacPhee
3.Rhea Petry-Jody Campbell

**Independent Bridge Club**
**Jan. 19/2000**

N/S
1.Lydia Legault-Terry Forsyth
2.Evelyn McPhail-Rita Watzenboeck
3.Eilen Beaudette-Helen Alguire

E/W
1.Muriel Smith-Mona MacPhee
2.Marjorie Raymond-Yolande Boutin
3.Roxanna Danis-Agathe Rozon

**Seaway City Bridge Club**
**Jan. 24/2000**

N/S
1.Kay Barlow-Keith Walker
2.Yvonne Bergeron-Jean Boileau
3.Jean Stokes-Roy Parmalee

E/W
1.Rita Struthers-Adelaide Hunter
2.Rhea Petry-Peter Anderson
3.Pat Dean Loch-Sylvia Girard

**Kinsmen Centre Sociable Duplicate**
**Jan. 27/2000**

1.JulieLafleur-Marie Savoie
2.Lorna Snow-Roxanna Danis
3.Tom Swift-Reid Campbell
4.Myrna Carpenter-Joddy Campbell

**Team Game**

Team #3-Bev Sherwood
MarilynDorman
Nancy Lamoureux
Estelle Loney

Team #4-Marie Savoie
Val Shannon
Freda Tamowski
Reid Campbell

### Industrial Curling League

DIVISION 1

| Name | WIN | TIE | LOSS | PTS |
|---|---|---|---|---|
| Lyn Perkins | 3 | 0 | 1 | 6 |
| Don Kennedy | 3 | 0 | 1 | 6 |
| Mark Hyatt | 2 | 0 | 2 | 4 |
| Dan Mano | 2 | 0 | 2 | 4 |
| Randy Cameron | 1 | 2 | 1 | 4 |
| Bernie Levere | 1 | 1 | 2 | 3 |
| Kiyo Oka | 1 | 1 | 2 | 3 |
| John Dilabio | 1 | 0 | 3 | 2 |

DIVISION 2

| Name | WIN | TIE | LOSS | PTS |
|---|---|---|---|---|
| Claude Morin | 3 | 0 | 1 | 6 |
| Jack Henderson | 3 | 0 | 1 | 6 |
| Gary Bingley | 3 | 0 | 1 | 6 |
| Kirke Dupuis | 2 | 1 | 1 | 5 |
| John Baird | 2 | 0 | 2 | 4 |
| Richard Bingley | 1 | 1 | 2 | 3 |
| Steve Burns | 1 | 0 | 3 | 2 |
| Rick Jodoin | 0 | 0 | 4 | 0 |

# Rayco Ties

On January 30th, 2000, Rayco's Women's Hockey Team tied the Ottawa More Valkyries 1-1 at the Canterbury Arena.

Rayco got on the scoreboard in the first with a great second-effort goal by Melanie Prince, assisted by Shawna Spowart. More Valkyries tied the game at the 2:00 mark in the second period.

Lisa Cook, Rayco's goalie, played an outstanding game for Rayco keeping her team in the game.

# Grant Dodge Bantam "B" Royals

The Royals recorded 2 wins and 4 losses in regular action play.

North Dundas blanked the Royals 6-2. Marc Andre Cuillerier scored the first goals with help from Luc Langlois and Steph Quenneville. Andre Lalande fired in the second goal from Jason Leger and Kevin Castor.

The Royals then blanked South Stormont 3-0. Quenneville, Leger and Kyle Pierce scored the goals with help from Patrick Sauve, Matthew Lemire, Billy Cooper and Lalande.

Pierce scored the lone goal in a losing cause against Potsdam on January 24th. The next day, the Royals skated against Char-Lan in a 3-2 victory. Markers went to Steph Quenneville and Luc Langlois (2). Andrew Gibson, Marc Andre Cuillerier and Jay Caron earned the assists.

With seven players missing, the Royals suited up against Alexandria and were defeated 5-3. Goals were scored by Billy Cooper and Patrick Sauve (2). Assists went to Pierce, Lalande, Cooper and Gibson. Call-up goaltender Sylvain Savard was steady in nets. NGS then blanked Cornwall 4-0 in a penalty filled game with an already too short bench.

The Royals are looking forward to getting back on track this weekend at their upcoming tournament.

For hockey at its best, you can be entertained Thursday Feb. 3rd at 7:30 where the Royals will suit up against Massena at the Si Miller.

Willowdale will be their next opponents at 4:45 on the 4th (Si Miller) and then Canterbury at 9:45 a.m. at the Bob Turner on te 5th.

### MS FACT #1

Canada has one of the highest rates of multiple sclerosis in the world.

**Multiple Sclerosis Society of Canada**

1-800-268-7582

# Cornwall Pee Wee "B" Hockey

Over this past weekend the Bill's Sports Bar Pee Wee "B" Royals overpowered Franklin County 4-1 at the Si Miller Arena. Goals scored for Cornwall were from Josh Brownlee (2), Tyler Kyte and Kyle Piche. The superb performance in front of the net was matched by good solid goaltending from Paul Randlett.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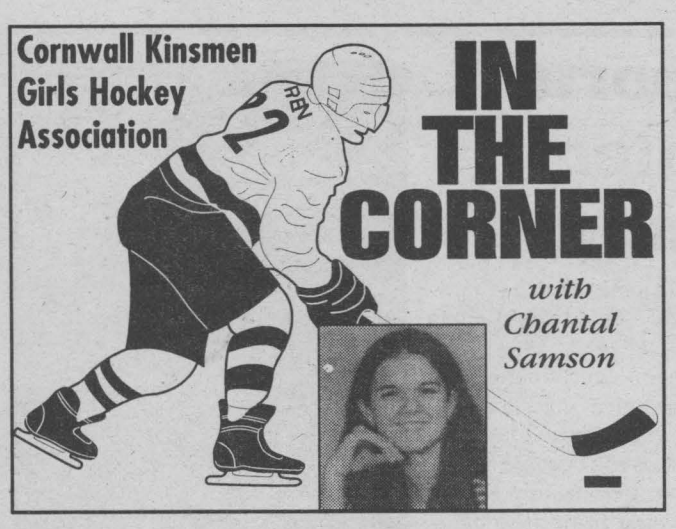


Hello all you hockey fans! Yes, I'm finally back after a long break during the holidays and exam time. But now that all the stress is over, I can finally write my articles again! For my first article of year 2000, I'd like to acknowledge the hockey moms and dads. I would like to point out just how much dedication it takes to support a daughter hockey player. First of all, most girls can't drive themselves to the arena, therefore; the parents have to go to the arena an hour before the game starts. Now this wouldn't be so bad if most arenas weren't colder then being outside! However, hockey moms are often seen with blankets and pillows to sit on. Hockey dads on the other hand spend a small fortune on arena coffee (no dads I know in particular, ha ha!). If the girls are playing out of town, the team usually meets to drive up together. Unlike the boys, the girls aren't privileged with having a nice bus to drive them to their away games. Normally when the team meets up before leaving it results in car pooling. The parents who drive have to put up with two or three laughing girls who are trying to talk over the loudness of the radio, tuned to the girls' choice of station of course! Most hockey moms are good for reminding their daughters to be responsible. In our house the words "Pick up your hockey equipment girls!" are often heard. Then you've got the typical hockey dads who are constantly checking their daughter's equipment to make sure it still fits. They wouldn't want daddy's little girl to get injured! Most dads are asked by their young hockey daughters to please tie their skates. With a smile and a few sweet words like "nobody ties them like you do!" the hockey dads usually give in. Also on out of town tournaments, the girls' families have to put up with the odour of hair bleach when the whole team decides it would be fun to bleach their hair (ha! ha! Bantam A Typhoons). Now if being a hockey mom or dad or a devoted spectator isn't enough already some actually volunteer to coach, be an assistant coach, be the team manager, the dressing room mom, a trainer or help run practises. And trust me, we appreciate it! Now of course being a hockey fan isn't so bad at all. Most parents actually like devoting themselves to the game as much as their daughters do. But that's probably because it's also very rewarding to be a hockey parent. It's nice to go game after game and see your daughter improve. My hockey dad never misses a chance to give my sister and I pointers on how to improve our game. What parents want to miss their daughter score her first goal? Parents love to be their to celebrate with their daughter's team after winning a game, or even being their to support them after a heartfelt loss. Being a hockey parents is a very rewarding role.

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## Cornwall Mini Storage Atom Selects

As the regular season winds down, the South Stormont Atom Selects are playing aggressive hockey. In a very competitive 10 team league where only 12 points separate first from last, a determined effort is required.

This week the Selects secured three of a possible four points.

On Tuesday, the Selects travelled to Char Lan where they tied the Rebels 2-2. Sheldon Wells scored both goals. The first was on a successful wrap around and the second on a play from Corey Fleury.

On Friday night at home, the Selects defeated the South Grenville Rangers 3-1. Sheldon Wells opened the scoring from Corey Fleury and Corey Jodoin. The Selects have been attacking the net well and this tactic has paid off as both of the other goals resulted from rebounds. Corey Jodoin snapped home a rebound from a Billy Lalonde point shot and Adam Jodoin buried one after a Sheldon Wells scoring attempt.

## Nesbitt Burns Cornwall Novice B Royals

The Nesbitt Burns Cornwall Novice "B" Royals had a quiet week playing only 2 games. The first, against the NGS Braves ended in a 9-0 victory. The second was against a very determined South Stormont team. The Selects played hard and deserved their 4-1 win. Scoring for the Royals this week were Trenholm MacDonnell 3-2, Brett Michaud 2-2, Ryan Wong 0-4, Trent Thomas 1-2, Mack Mitchell and Brendan Trasuk 1-1, Zack MacInnis 1-0, Justin Ingram and Jeremie Spagnolo were 0-1. Josh Loney picked up the shutout win. Brett Conway, Jeffrey Hebert and Brock Bissonnette played solid defence. Matthew Jacobs skated hard, playing good two way hockey.

## The Guindon Esso Atom B Royals

Guindon Esso Royals hosted Alexandria at the Si Miller Arena winning the match 3-2, with Christian McCartney between the pipes. Goals were scored by 1-Mat Chausse, 2nd-Zachary Guindon from Chad Lapensee, 3rd-Chad. Shots were 14-10 in Cornwall's favour.

The Lions played host to the Royals in Morrisburg in a hard checking game. The Lions won the match, 2-1. Joel Mainville faced 11 shots from the Lions, while Cornwall got off 10, with the lone goal scored by Chad Lapensee from Cary Soares and Justin Ladouceur.


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| 2000 CAVALIER COUPE NO SURPRISE LEASE GUIDE | |
|---|---|
| MONTHLY PAYMENT (36 mo/60,000 km) | $188 (plus tax) |
| CASH DOWN (Includes Freight of $710) | $2,250 |
| GAS TAX | $75 |
| PRE-DELIVERY INSPECTION | NO EXTRA CHARGE |
| PST/GST (Incl. Tax On Payment) | $377 |
| SECURITY DEPOSIT | $300 |
| TOTAL AMOUNT DUE ON DELIVERY | $3,190 |

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $253 (plus tax) - $677 due on delivery.

SMARTLEASE $188 OR PURCHASE FINANCE 1.9% UP TO 48 MONTHS.
WITH 1.9% LEASE RATE UP TO 36 MONTHS.
CASH PURCHASE PRICE OR $15,608▼
INCLUDES FREIGHT OF $710.
(Licence, Insurance and Taxes extra.)

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FEATURES:
Venture has the Best Fuel Economy in its class† • 3.4 Litre 3400 185 HP V6 Engine • 4-Speed Automatic Transmission • 4-Wheel ABS • Next Generation Driver/Front Passenger Front and Side Air Bags • Dual Sliding Doors with Child-Security Door Locks • Power Door Locks • 7-Passenger Seat Configuration with Flip and Fold Seating • Air Conditioning
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Chevy Venture is the first vehicle* ever to earn 5 stars (the top safety rating) for both driver and rear-seat passenger in side-impact testing**.

| 2000 CHEVY VENTURE NO SURPRISE LEASE GUIDE | |
|---|---|
| MONTHLY PAYMENT (36 mo/60,000 km) | $238 (plus tax) |
| CASH DOWN (Includes Freight of $915 and Air Tax of $100) | $3,920 |
| GAS TAX | NOT APPLICABLE |
| PRE-DELIVERY INSPECTION | NO EXTRA CHARGE |
| PST/GST (Incl. Tax On Payment) | $624 |
| SECURITY DEPOSIT | $300 |
| TOTAL AMOUNT DUE ON DELIVERY | $5,082 |

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $352 (plus tax) - $830 due on delivery.

SMARTLEASE $238 OR PURCHASE FINANCE 1.9% PER MONTH/36 MONTHS. UP TO 48 MONTHS.
CASH PURCHASE PRICE OR $22,998▼
INCLUDES FREIGHT OF $915 AND AIR TAX OF $100.
(Licence, Insurance and Taxes extra.)

### Chevrolet Malibu



FEATURES:
3.1 Litre 170 HP V6 Engine • 4-Speed Automatic Transmission with Overdrive • 4-Wheel ABS • Next Generation Driver and Front Passenger Air Bags • PASSLock Theft-Deterrent System • AM/FM Stereo with CD Player • Tilt-Wheel™ Steering • Air Conditioning • 166,000 km Between Tune-ups

| 2000 CHEVROLET MALIBU NO SURPRISE LEASE GUIDE | |
|---|---|
| MONTHLY PAYMENT (36 mo/60,000 km) | $268 (plus tax) |
| CASH DOWN (Includes Freight of $750 and Air Tax of $100) | $3,500 |
| GAS TAX | $75 |
| PRE-DELIVERY INSPECTION | NO EXTRA CHARGE |
| PST/GST (Incl. Tax On Payment) | $576 |
| SECURITY DEPOSIT | $325 |
| TOTAL AMOUNT DUE ON DELIVERY | $4,744 |

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $372 (plus tax) - $964 due on delivery.

SMARTLEASE $268 PER MONTH/36 MONTHS. PURCHASE FINANCE 2.9% UP TO 48 MONTHS.
PURCHASE PRICE $22,588
INCLUDES FREIGHT OF $750 AND AIR TAX OF $100.
(Licence, Insurance and Taxes extra.)

### Chevy Blazer 2-Door 4x4



FEATURES:
Vortec 4300 190 HP V6 Engine • 4-Speed Automatic Transmission • 4-Wheel Disc Brakes with ABS • Next Generation Driver and Front Passenger Air Bags • Off-Road Suspension Package • Locking Differential • Power Door Locks/Windows/Mirrors • Tilt-Wheel™ Steering • Cruise Control • Air Conditioning • AM/FM Stereo with CD Player

| 2000 CHEVY BLAZER 2-DOOR NO SURPRISE LEASE GUIDE | |
|---|---|
| MONTHLY PAYMENT (36 mo/60,000 km) | $298 (plus tax) |
| CASH DOWN (Includes Freight of $785 and Air Tax of $100) | $4,950 |
| GAS TAX | $400 |
| PRE-DELIVERY INSPECTION | NO EXTRA CHARGE |
| PST/GST (Incl. Tax On Payment) | $847 |
| SECURITY DEPOSIT | $350 |
| TOTAL AMOUNT DUE ON DELIVERY | $6,845 |

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $445 (plus tax) - $1,497 due on delivery.

SMARTLEASE $298 PER MONTH/36 MONTHS. OR PURCHASE FINANCE 1.9% UP TO 48 MONTHS.
CASH PURCHASE PRICE OR $29,858▼
INCLUDES FREIGHT OF $785 AND AIR TAX OF $100.
(Licence, Insurance and Taxes extra.)

### Oldsmobile Alero GL Sedan



FEATURES:
2.4 Litre 150 HP Twin Cam Engine • 4-Speed Automatic Transmission • Enhanced Traction System • 4-Wheel Disc Brakes with ABS • Next Generation Driver and Front Passenger Air Bags • PASSLock® Theft-Deterrent System • Power Windows/Door Locks • Remote Keyless Entry • AM/FM Stereo with CD Player • Air Conditioning

| 2000 ALERO GL SEDAN NO SURPRISE LEASE GUIDE | |
|---|---|
| MONTHLY PAYMENT (36 mo/60,000 km) | $278 (plus tax) |
| CASH DOWN (Includes Freight of $750 and Air Tax of $100) | $3,500 |
| GAS TAX | $75 |
| PRE-DELIVERY INSPECTION | NO EXTRA CHARGE |
| PST/GST (Incl. Tax On Payment) | $578 |
| SECURITY DEPOSIT | $325 |
| TOTAL AMOUNT DUE ON DELIVERY | $4,756 |

Licence, P.P.S.A. & Admin. Fees Extra

SMARTLEASE $278 PER MONTH/36 MONTHS. PURCHASE FINANCE 2.9% UP TO 48 MONTHS.
PURCHASE PRICE $23,508
INCLUDES FREIGHT OF $750 AND AIR TAX OF $100.
(Licence, Insurance and Taxes extra.)

### Chevy Silverado Regular Cab



FEATURES:
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| 2000 CHEVY SILVERADO V6 REG. CAB NO SURPRISE LEASE GUIDE | |
|---|---|
| MONTHLY PAYMENT (36 mo/60,000 km) | $288 (plus tax) |
| CASH DOWN (Includes Freight of $960 and Air Tax of $100) | $3,250 |
| GAS TAX | NOT APPLICABLE |
| PRE-DELIVERY INSPECTION | NO EXTRA CHARGE |
| PST/GST (Incl. Tax On Payment) | $531 |
| SECURITY DEPOSIT | $350 |
| TOTAL AMOUNT DUE ON DELIVERY | $4,419 |

Licence, P.P.S.A. & Admin. Fees Extra
With $0 down, monthly payment is $387 (plus tax) - $895 due on delivery.

SMARTLEASE $288 PER MONTH/36 MONTHS. OR PURCHASE FINANCE 2.9% UP TO 48 MONTHS.
CASH PURCHASE PRICE OR $23,578▼
INCLUDES FREIGHT OF $960 AND AIR TAX OF $100.
(Licence, Insurance and Taxes extra.)

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# Club 55 Plus

Upset of the week at Olympia Bowl in Club 55 Plus action saw the Rhinos, Grace Trickey, Bill Owen, Douglas Gordon, Margaret Tyrell, Stan Bilmer and Hilda Elliot put together an excellent team effort to win a 2-1 decision over the Lynx.

Gordon tossed a 223 single for the win. Top keglers for the Lynx were Simone Kearns 219, 241 and John Tyo 220.

Other highs rolled: William Akkermans 248, Jim Hughes 247, Eric McCartney 224, Clarence Stang 217, Val Currie and Seymour Boileau 215, Cliff Merpaw 214, Joy Konynenberg 209, Alice Amelotte 206, Thomas McHarg and Bob Hart 204, Rose Martel 201, Clarence Bethune, Albert Amelotte and Orlando Nice 200.

Attendance winners: Theresa Arsenault, Tony Wheeler and Margaret Donais.

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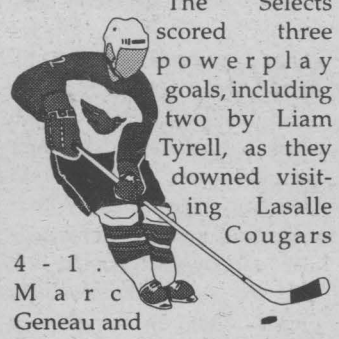
## South Stormont Peewee Selects

The South Stormont Peewee Selects played a couple of exhibition games on the weekend, continuing their winning ways in the process.



The Selects scored three powerplay goals, including two by Liam Tyrell, as they downed visiting Lasalle Cougars 4-1. Marc Geneau and Colin Mackler rounded out the Selects' scoring. Max Millar and Matt Taillon shared the goaltending duties.

The effort was the same, with the outcome slightly different, as the Selects travelled to Malone. Despite outshooting their hosts 27-8, the Selects ran into hot goaltending and were held to a 0-0 draw. Millar and Taillon shared the shutout.

The Selects host their annual tournament this Saturday in Long Sault.

## CUCBA Lions Bantam Boys Basketball

CUCBA Lions Bantam Boys Basketball Team split a pair of games on Sunday against the visiting Nepean Excels and Kanata Cavaliers.

In the first game against the Excels, Mike Rasenberg scored 19 points in a losing effort, 53-39.

In the second game the Lions revenged last weekend's loss to the Cavaliers, coming out on top 68-57. Pat Coristine led Cornwall with 16 points, with Mike Rasenberg adding 13 points and Martin Durivage 12 points.

At CCVS on Saturday, our Cornwall Lions Minor Bantam Boys Basketball Team won both of their league games. They defeated the Gloucester I Team 43-29. Top scorers were Nick St. John and Jordan Amelotte with 8 points each, followed by Bruce Swinden and Eric Viau with 7 a piece. Adam Kroon hit for 6.

In their second match-up, Cornwall defeated Gloucester II 45-20. This time Adam Kroon hit for 8 while Shaun MacDonald and Eric Viau each added 6 points. Scott DeGray was a big rebounder and Jimmy Seymour and Joel Lariviere both played tough defense, limiting the opposition's scoring opportunities.

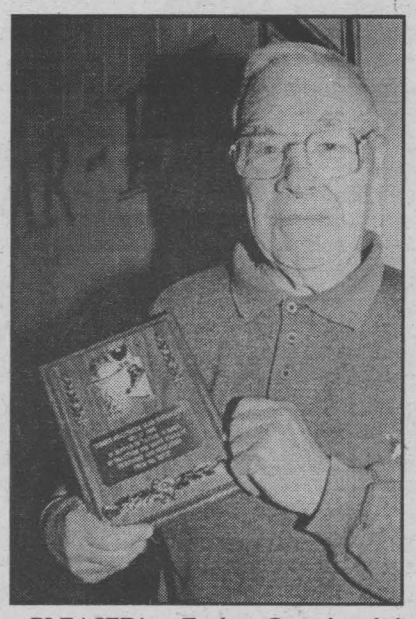
# Local Sports Promoter Honoured

It is said of Taylor Coombs, "He took a bunch of farm boys who'd never seen a basketball before and turned them into a team."

Taylor Coombs retired as physical education teacher at Char-Lan in 1982, but his involvement in local sports didn't stop there. Since 1963, a Christmas holiday time basketball tournament for the grads has become a local tradition in the Williamstown gymnasium. They choose to gather together, returning from the jobs or studies that have taken them away from home. Once again, they enjoy the camaraderie that's associated with getting that ball into the basket.

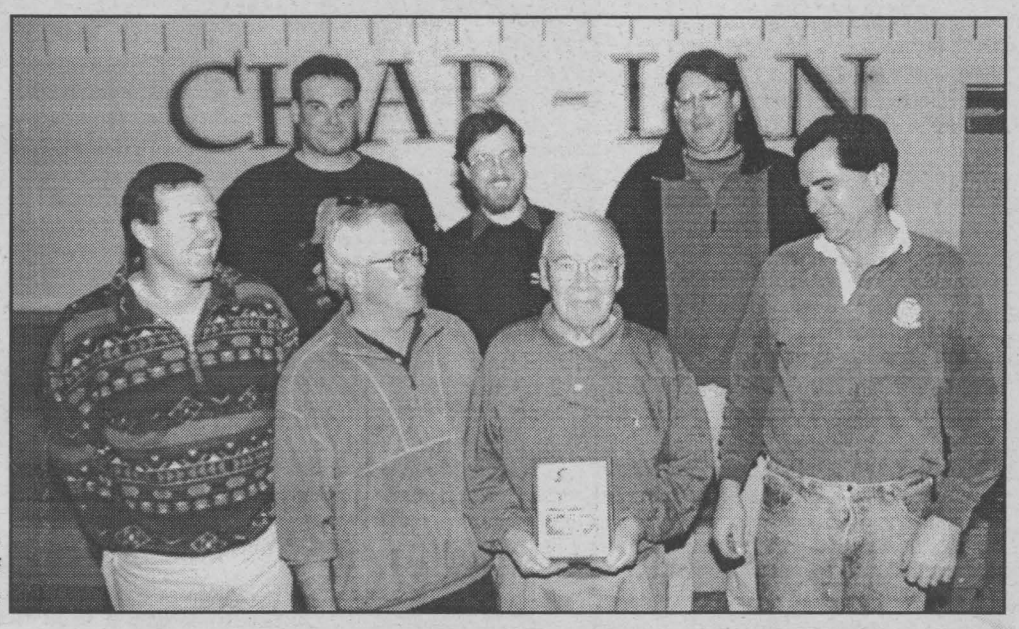
This year, they gathered to honor Coombs for the contribution he has made to local sport. Even after his retirement, Coombs continued his coaching of a girls' basketball team.

Why? "There are great kids here", he explained. "They keep me young." This 82-year old great grandfather bears testimony to the belief that if you continue to use it, you won't lose it."



PLEASED! - Taylor Coombs did not stop his sports activities when he retired in 1982. The Char- Lan grads presented him with this plaque of appreciation at the annual Christmas holiday basketball tournament.

(Photo by Nick Wolochatiuk)




GATHERING IN GRATITUDE - Taylor Coombs (with plaque) has been recognized for the role he has played in developing an enthusiasm for sport, especially basketball, at Char-Lan High School. Gathered around him after the annual Christmas tournament are (left to right, front to back) John Gagne, Malcolm Fraser, Ian Cumming, Ellery Lafave, Laurie Gordon and Randy Larocque.

(Photo by Nick Wolochatiuk)

# Lancaster Freshmart Pee Wee "A"

On Tuesday, January 18th, 2000, the Royals dumped Ottawa East 2-0 on Ottawa's home ice. Goals from Corey Fontaine and Joel Langlois was the break Cornwall needed.



Sunday night, January 23rd, Ottawa returned to Cornwall for a back to back game to beat the Royals 2-1. Eric MacPherson finally was able to end his dry streak as he was the only goal getter for Cornwall.

Monday night, January 24th, at the Si Miller with Cumberland in town, Cornwall beefed up it's defensive end with players like Mondoux, Gillis, Tyrell, Wells, Matte and Baldree as Cornwall tried to keep a playoff spot open. Cumberland over Cornwall 2-1. Cornwall's goal was scored by Scott Cameron.

Sunday, January 30th at the Si Miller, Cornwall vs Kingston City. The Royals beat the Limestone City Team 4-1. Goals from Liam Tyrell, Corey Fontaine and a pair from Andrew Cameron was too much for Kingston to mount any kind of a charge to get back in the game. Assists for Cornwall came from John Julien Kupczyk, Tim Hebert, Chris Matte and Shawn Wells.

Players of the Week: Scott Cameron, Jason Gillis and Thomas Mondoux.

## Cornwall Radiator Seaway Valley Major Pee Wee AA

The Cornwall Radiator Major Pee Wee's with two games this past weekend came up a little short in both games, losing to Outaouais 4-1 and 5-2 to South West Storm.

In both games the team started strong and were well on their way, but by the middle mark of each game the opposition had broken down their game plan and pulled away.

In the game against Outaouais, Patrick Lemay scored from Ian Boots and Josh Legue.

On Sunday against the Storm, Brent Lariviere and Brent Liscomb fired the goals for Seaway, with assists going to McBride and Charbonneau.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***ADOPTEES-BIRTH MOTHERS, BIRTH FATHERS.** Do you need help or support in your search? Call Parent Finders at 933-9186-Carol or 932-3984-Donna or visit their website at http://www.reuniting-in-cornwall.com

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

***BARB'S SINGLES DANCE** will be celebrating the Winter Carnival by holding a dance on Saturday February 5th, 8:30p.m., Navy Club, 30 Sixth St. East. Info: 933-5903.

***BEREAVED FAMILIES OF ONTARIO**Cornwall Chapter, will hold its Support and Share Night on Thursday February 10th, 144 Pitt St., 7:00p.m. Guest Speaker: Barbara Ann Zummach; Topic: Addressing the physical symptoms of grief. Info: 936-1455.

***BIRTHRIGHT.** Pregnant? Need help? Free pregnancy tests. Confidential. Counselling. Info: 938-2028.

***BLOOD DONOR CLINIC** is being held on Thursday February 10th, 2:00p.m to 8:00p.m., and Friday February 11th, 8:30a.m. to 11:30a.m., at Ecole Secondaire La Citadelle. By appointment: 1-800-264-0680. Sponsored by : Caisee populaire de Cornwall, Ecole Secondaire La Citadelle, and Centre de santé communautaire de l'Estrie.

***CENTRAL PUBLIC SCHOOL** Council is holding their next meeting on Monday February 7th, 7:15p.m. in the school library. Info: 933-2429.

***CHEVALIERS DE COLOMB 9695** Déjeuner du Carnaval, avec l'aide des épouses, le 6 février, apres les messes de 9h et 11h, Salle Nativité. Info: Yvon 938-7527.

***COLLECTE DE SANG** Jeudi 10 février, 14h à 20h et Vendredi 11 février 8h30 à 11h30, Ecole Secondaire La Citadelle. Sur rendez-vous: 1-800-264-0680. Parrainée par: Caisee populaire de Cornwall, Ecole Secondaire La Citadelle, et Centre de santé communautaire de l'Estrie.

***CORNWALL & DISTRICT** Horticultural Society will be holding their next meeting on Tuesday February 8th, 7:00p.m. at the Navy Club, 30 Sixth St. East. Topic: Roses. Everyone welcome. Info: Ginny 528-4679.

***CORNWALL SENIOR CLUB #353** 119 Pitt St., weekly activities: Monday: "500" 1:30p.m. Tuesday: "Crib" 1:30p.m., Wednesday: "Exercise" 10:00a.m. & "Euchre" 1:30p.m., Thursday: "Bingo", 1:00p.m., Saturday: "Dance" 8:00p.m. Info: 932-0980.

***CRITTER BITS AND BITES!** Come out to the Domtar Forestry Centre on Sunday February 13th, between 10:00a.m. and 3:00p.m. Make valentine treats for local bird and forest critters. Sessions on the hour every hour, materials free of charge. Reserve by calling 528-4430. Allergy Alert: Peanuts and peanut products will be used in the confection preparation.

***GLEN PRODUCTIONS** presents "Jesus Christ Superstar" at Aultsville Theatre, March 3rd, 4th, 10th, & 11th, at 8:15p.m. Matinee March 5th, 2:00p.m. Ticket information call 938-4748.

***HOPE IN LOVE/REFLET-LUMIERE,** a non-profit organization in support of couples who wish to nurture their relationship, have weekly meetings Wednesday evenings, 8:00 pm, Centre j'aime apprendre, 305 Baldwin Street, Info: 937-0829 or 938-6364.

***KNIGHTS OF COLUMBUS, COUNCIL 11347,** St. John Bosco Church, 847 York St. are holding their monthly breakfast, Sunday, Feb. 6th, in the Parish Hall, after the 9:30am & 11:00am masses. Everyone welcome.

***KNIGHTS OF COLUMBUS COUNCIL 9695** Carnaval Breakfast is being held on Sunday February 6th, after the 9:00a.m. and 11:00a.m. Masses at Nativity Hall, 300 McConnell Ave. Everyone welcome, Info: Yvon 938-7527.

***MOOD DISORDERS SUPPORT GROUP** is an information group dealing with those individuals who experience anxiety, depression, etc. Meetings are held every first and third Tuesday of each month, 7-9p.m., 533 Pitt St. Info: 933-5845.

***SCHIZOPHRENIA SOCIETY OF ONTARIO** S.D.G. Chapter, next meeting will be held on Tuesday February 8th, 7:00p.m. in the library at General Vanier. Guest Speaker: Cathy McArthur. Topic: Third South Inpatient Psychiatric Unit at Cornwall General Hospital. Everyone welcome. Info: 933-3546.

**SEAWAY TOASTMASTERS:** *would you like to improve your Public Speaking & Leadership Skills? The next meeting will be held on Tuesday February 8th, Murphy's Inn, 7:00p.m., Monday February 7th,Toastmasters International meeting at McIntosh Inn, Morrisburg, 7:00p.m. Info: Bob Kikkert at 938-0953.

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

***ST. PETER'S CWL** is holding a Valentine Euchre Party in the parish hall on Sunday February 6th, 7:30p.m. Everyone welcome.

***SWEET HEART DANCE** at Matilda Hall, Dixon's Corners, Ontario on Saturday February 19th, 8:00p.m. Proceeds to C.H.E.O. (Children's Hospital of Eastern Ontario). Info: Steven at 613-774-0956 (fax).

***"TAKE BACK YOUR HEALTH"** series of free public information sessions continues on Thursday February 10th, 7:00p.m. Topic: "From Back Pain to Wellness" , Murphy's Inn. Info: Jennifer at 932-1611.

***TRI-COUNTY PHOTOGRAPHIC SOCIETY** will be having its monthly meeting on Tuesday February 8th at St. Lawrence High School, 7:00p.m. in the Cafeteria. New members welcome. Bring camera and film. Info: 938-6278 or Dan 938-2489.

***TRINITY BRIDGE CLUB** holds Bridge every Thursday at 1:00p.m., Trinity Church Hall. Everyone welcome.

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

# Comedian Lorne Elliott **Madly Off On Tour**

Tickets are now on sale for an evening of humour, storytelling and music by *Lorne Elliott*, the popular host of



C B C Radio's *Madly Off in all Directions*. For this tour, Elliott brings to the theatre his well-known stage persona – a contrast of crazed intellectual and extravagant fool – and weaves a thought-provoking, witty and fast-paced contemporary satire.

In 1974, Elliott began performing in eastern Canada as a folk musician, while continuing to pursue a long-standing interest in writing fiction, songs, monologues and one-liners. Eventually the two callings merged, and Lorne Elliott found his niche in musical comedy. Not only has he performed his one-man show in theatres, universities and comedy clubs from Newfoundland to New York City and Australia, he has also appeared regularly at the *Just for Laughs* festival in Montreal, and shared the stage with Rodney Dangerfield and Jay Leno. He is a critically-acclaimed playwright, and has written and starred in numerous TV comedies, skits and revues.

Of Lorne Elliott's theatrical comedy and music, the critics say: "Fast, foolish and lots of laughs! ... a most enjoyable evening of genuine wit and humour."... "delightfully quirky and unrelentingly hilarious"... "Nothing short of brilliant"... "a solid stand-up comic with a squeaky-clean set"... "scores of good jokes, an endearing way with stories, a sharp ear, nimble fingers for musical comedy and enviable reflexes."

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# ASK THE DENTIST

## What is Nitrous-Oxide?

Nitrous oxide also known as "laughing gas" is a odourless gas which affects the central nervous system. It has been used in medicine and dentistry for many years and is considered one of the safest forms of sedation available. For patients who are anxious and uncomfortable about their dental treatment, nitrous oxide can provide them with enough sedation to make their treatment more comfortable. The benefits of using nitrous oxide are numerous, one being that you remain conscious and fully aware during treatment. It is administered through a nosepiece and the depth of sedation can be varied at will by the dentist as well as the patient, since breathing through your mouth as opposed to the nosepiece will decrease the dose; if you wish to increase the dose you can concentrate on breathing through your nose. During sedation all your protective reflexes are intact which means you will respond normally to any stimulus and remain in control. Furthermore your dental treatment will progress more smoothly, since it helps eliminate fear and reduce anxiety, by helping you relax. Individual patients experience it's effects differently, but generally, as the depth of sedation increases, you will experience tingling and numbness in your hands and feet, warmth, numbness in your legs, tongue and other soft tissues of your mouth. Many experience a feeling of euphoria with sounds becoming more distant. Your extremities may feel heavy or light depending on your individual response. One advantage of nitrous oxide sedation is that it can be discontinued at any time, should you feel it is not pleasant. When terminated, your dentist will make you breath 100% oxygen to rid your body of nitrous-oxide, then dismiss you. One common misconception about nitrous oxide is that no injections of local anaesthetic will be required. Unfortunately, due to the mild level of sedation provided by nitrous oxide, an injection of lidocaine is still required, except for minor procedures. Please remember however, that if you have an unusual fear of injections, receiving the local anaesthetic after the nitrous-oxide, can drastically reduce your anxiety. For some patients, this justifies the use of nitrous oxide. Please do not hesitate to ask your dentist if this mode of sedation could be beneficial to you.



*Louis*
**CARDINAL**
*BSc, DDS, FAGD*

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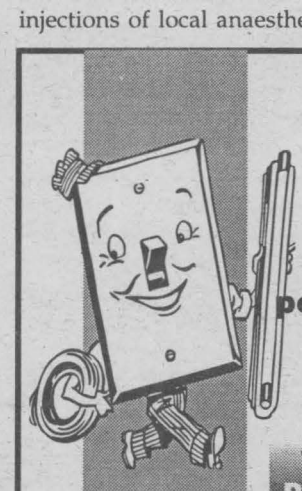



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# Cornwall and Area LAW and ORDER

## Crime Stoppers

Each week Crime Stoppers spotlights a crime that has been committed in the area. Crime Stoppers would like to remind you that we need information on all crimes not just the crime of the week.

This week Crime Stoppers is asking for your help in solving a break, enter and theft at the Pentecostal Church on Second Street East. The incident occurred between the 22nd and 23rd of January, 2000. Once inside the culprit(s) removed a quantity of acoustic equipment including the following:

- a VHF wireless receiver, serial no. 101138219
- a Yamaha effects machine, serial no. 112892
- two amplifiers, make unknown, serial no. FACA699072193 and serial no. CE1000A673636
- a Yamaha electric guitar
- a disk player, make unknown, serial no. 8124755
- a Fisher 28" television
- a Peavy base amp head
- a Philips VCR
- an RCA camcorder
- a Tape deck
- a Roland keyboard

We need your information, not your name. You will remain anonymous. You will not have to appear in court and you may be eligible for a cash reward. Crime Stoppers, it's your program.

If you have any information on this or any other crime, please call Crime Stoppers at 937-8477 or for long distance callers 1-800-265-8477.

## Cornwall Police Service

A 26-year old Long Sault man was arrested and charged with mischief under $5,000. on the 27th of January, 2000. It is alleged that he kicked the vehicle belonging to his ex-girlfriend during an argument that erupted between the two. The incident took place at a Brookdale Ave. parking lot where the two met on the 21st of January, 2000. He was released to appear in court on the 28th of February, 2000.

Angus Bailey, 46 of Marlborough St. was arrested and charged on the 27th of January, 2000. It is alleged that he attended a Second St. East store, selected merchandise and then left the store without making any attempt to pay for the items. The items valued at over $11. were recovered. He is charged with theft under $5,000. and breach of probation. He was released to appear in court on the 28th of January, 2000.

Carrie Poirier, 28, of Fourth St. East was arrested and charged on the 27th of January, 2000. It is alleged that she attended a Water St. East store, selected merchandise valued over $269. and then left the store without making any attempt to pay for the item. When police attended the store with regards to the theft, it is further alleged that she gave a false name and address to the police. She is charged with theft under $5,000. and obstructing police. She was released to appear in court on the 28th of January, 2000.

Patrick Ranger, 44, of Carleton St. was arrested and charged with breach of undertaking on the 30th of January, 2000. Police on general patrol found the man laying on the roadway near the intersection of Montreal Road and Alice St. shortly after 1 a.m. on the 30th of January. It is alleged that he was intoxicated and thus was in breach of his condition of abstaining from consumption of alcohol. He was taken into custody and later released to appear in court on the 28th of February, 2000.

Francois Cote, 34, of Guy St. was arrested and charged with theft under $5,000. on the 30th of January, 2000. It is alleged that he attended a Second St. East store and removed a vacuum valued at over $399 from the store without making any attempt to pay for the item. He was released to appear in court on the 6th of March, 2000.

A 27-year old Cumberland St. male was arrested and charged with breach of undertaking and possession of a narcotic shortly after 1 a.m. on the 31st of January, 2000. Police attended a First St. East residence as a result of an unwanted person. They arrived to find the 27-year old male allegedly passed out in the hallway. A police check revealed that he was in breach of his undertaking by attending the residence. It is further alleged that he was in possession of substances believed to be marijuana and hash. He was held in custody for a bail hearing later the same day.

A 1999 flatbed 48' trailer was stolen from the Fifth Wheel Truck Stop parking lot sometime between the 30th and the 31st of January, 2000. The trailer, red in colour, was loaded with 2'x4' spruce lumber.

A Pitt St. business was broken into at 10:47 p.m. on the 31st of January, 2000. The culprit(s) smashed the glass door to gain entry and once inside they removed five Partner Quick cut cutting tools. The tools are valued at over $1,200 each. Serial numbers for the tools are 88491488, 88491489, 88491490, 88491491 and 88491497.

A 28-year old Danis Ave. male was arrested and charged with breach of undertaking on the 31st of January, 2000. It is alleged that he breached a condition of his undertaking by attending the workplace of a 25-year old female that he is not to have any contact with. He was held for a bail hearing on the 1st of February, 2000.

An 18-year old Cornwall male was arrested and charged on the strength of a warrant for being unlawfully at large on the 31st of January, 2000. It is alleged that the male failed to return to his open custody residence in October, 1999 and a warrant was subsequently issued. He was held in custody for a bail hearing on the 1st of February, 2000.

A 55-year old Alice St. male was arrested and charged with two counts of breach of probation on the 31st of January, 2000. Police were called to an Alice St. residence when the male became verbally abusive with his 39-year old common-law spouse. It is alleged that he breached conditions of his probation by consuming alcohol and not keeping the peace and being of good behaviour. He was taken into custody and later released to appear in court on the 28th of February, 2000.

Cornwall Police Service executed a Drug Search Warrant on January 30th, 2000 at a Lefebvre Ave. residence. During the investigation two people were arrested and charged with a total of 8 drug and criminal code related charges. The total value of seized drugs and property is estimated at a value of over $4,000.00.

The investigation by the Cornwall Police Service's Drug Unit focussed on allegations of street level trafficking of a controlled substance. The total amount of controlled substance seized was, over 58 grams of substance believed to be cocaine.

Persons charged include the following:

Guy Fortier, age 33, of Lefebvre Ave. Possession of a controlled substance for the purpose of trafficking. Possession of a controlled substance, proceeds of crime, conspiracy to Traffic.

Claude Fortier, age 32, Lefebvre Ave. Possession of a controlled substance for the purpose of trafficking, possession of a controlled substance, proceeds of crime, conspiracy to Traffic.

Both were held in custody for a bail hearing on January 31st, 2000.

A 1987 Mercury station wagon, brown in colour was stolen from a Laflin St. parking lot sometime overnight on January 31st, 2000.

The 1999 flat bed 48' trailer stolen from the Fifth Wheel Truck Stop parking lot on January 31st, 2000 was recovered empty and abandoned by the Boisbriand Police Service in Quebec on February 1st, 2000. The trailer was valued at $48,000.00 and its load of spruce lumber was valued at $17,000.00. The investigation into the theft continues.

A counterfeit Canadian $20.00 bill was found in the general cash of a local bank on February 1st, 2000. The bill was of very poor quality and is blurry.

## STATS

### THEFT OF VEHICLES

- Jan. 29, Laflin St. parking lot; 1989 Plymouth. Vehicle was returned to same parking lot approx. 12 hrs later. Investigation ongoing.
- Jan 19, Danis Ave. residence; 1996 Buick Regal stolen was located abandoned in ditch on South Branch Rd. on Jan. 28th. Investigation continues.

### BREAK, ENTER & THEFT

- Jan. 27 to 28, Leduc Circle business; 2 GT mountain bikes, 1 grey & 1 red stolen.
- Jan. 27 to 29; Eleventh St. East business; cigarettes, ice-cream, bacon, hamburger, frozen fish, case of wine, case of Nevada tickets, stereo & cash register stolen.
- Jan. 27 to 28, Montreal Rd. business; VCR taken.
- Jan. 28, Alice St. residence; Sony VCR, green suede jacket, brown tan jacket and jewellery stolen.
- Jan. 29 to 30, Pitt St. business; large quantity of frozen meat stolen.
- Jan. 28, Guy St. confectionary; Lone white male, 5'7", wearing a blue winter jacket, black toque and black ski tube entered the store and demanded money.
- Jan. 29, Concession St., Crysler, North Stormont; one 1991 galvanized Snowking trailer with galvanized shield stolen.
- Jan. 28, Headline Rd.; tools stolen from vehicle.

### ASSAULTS & THREATS

- Jan. 28, local high school; 15-year old female arrested and charged with assault. It is alleged she punched the victim and pulled her down to the ground by her hair. She is to appear in court on Feb. 28. Victim did not sustain any injuries.
- Jan. 30, Leonia St.; Michael McCormick, 22, arrested and charged. It is alleged he uttered a death threat towards a 23-year old male that owed him money.
- Jan. 30, Prince Arthur St.; Armand Richer, 37, was arrested and charged with uttering a death threat and assault.

### MOTOR VEHICLE ACCIDENT

- Jan. 30, County Road 2, South Stormont; Carolyn Russell, 55, from Ingleside, was eastbound on Cty. Rd. 2 near Aultsville Rd. when a deer crossed in front of her vehicle. She struck the deer but she was not injured.
- Jan. 30, Hwy. 138 St. Andrews; older pick-up truck, dark colour, southbound on Hwy. 138 approaching green light, suddenly braked, causing a black Honda Civic to run into back of pick-up. Honda sustained considerable damage. Pick-up left the scene, travelling westbound on County Road 18.

## Ontario Provincial Police

At 10:50 hrs on January 29th, 2000, Andre Morest, age 41, was driving a Peterbuilt tractor trailer rig carrying a 38,000 lb. load. He was westbound on Hwy. 401 approaching Boundary Road in Stormont when he deliberately ran a 1994 Mazda 626 off the highway causing the Mazda to hit the steel guard rail, bounced across two lanes on Hwy. 401 and hit the centre steel guardrail and then being hit by a second tractor trailer.

The Mazda is totalled. The driver of the Mazda, Mr. Oscar Cressaty, age 62, was treated for minor injuries at the scene.

Morest was arrested and charged with Dangerous Operation of a Motor Vehicle, Section 249(2) CC, and Criminal Negligence Causing Bodily Harm, Section 221 CC.

His first court appearance is on the 14th of February, 2000 in Cornwall. Pol. Const. Weekes is investigating.

On the 30th of January, 2000, SD&G O.P.P. began to investigate a theft which occurred on McConnell Ave. in South Stormont where it was found that unknown culprits took 100 planks (2"x10"x10'). These were taken from behind a storage compound. Total value is $2,000. The theft occurred sometime on the 27th of January, 2000.

During the evening of January 28th, 2000, culprit(s) entered a computer store in Alexandria by dismantling the alarm system then forcing their entry into the building. Once inside the culprit(s) stole computer monitors, computer cases and printers. Value of stolen property: $7,000. Sr. Prov. Const. Gilles Ruest of the Lancaster office of the SD&G O.P.P. is investigating.

Anyone with information can call the O.P.P. at 1-888-310-1122 or Crime Stoppers at 1-800-265-TIPS.

The SD&G O.P.P. would again like to warn seniors that we have been receiving complaints of high pressure salesmen going door-to-door.

You may think that to get rid of them you'll pay cash or write them a cheque, then cancel the agreement later. Well it doesn't work that way. The salesman may say you have a couple of days to think it over, but you have just purchased the item.

*Remember - Buyer Beware!* It is hard but you have to say NO in a positive manner.

We have videos and literature available to assist in addressing frauds. If you, your organization or group needs assistance, do not hesitate to call the SD&G O.P.P. for assistance at 1-888-310-1122.

On the 30th of January, 2000 at approx. 7:00 p.m., a red 1998 Dodge van was northbound on Purcell Road when it left the roadway entering the east ditch and collided with a 2000 Chevy pick-up truck and a 1998 Chevy Blazer that were parked in a private driveway.

Sr. Prov. Const. Gilles Ruest of the SD&G O.P.P., upon arrival, arrested the driver of the red Dodge van for impaired care and control of a motor vehicle, contrary to the Criminal Code of Canada.

The driver, Gilles Gaudet, 38, of R.R. #1, Cornwall, has been released on a promise to appear in Alexandria Criminal Court on March 9th, 2000. He is charged with the criminal offence of impaired care and control of a motor vehicle and with the highway traffic offence of failing to drive in a marked lane.

Damages: 1998 Dodge van - severe to front end; 2000 Chevy - moderate to right rear; 1998 Chevy Blazer - moderate to right front corner.

On January 30th, 2000 at approx. 7:15 a.m., officers of the SD&G O.P.P. were called to a residence in Glen Robertson on a complaint that a 27-year old female had been assaulted by her 36-year old common-law husband.

Police found that the common-law husband was under the influence of alcohol. The male was breaching conditions of his probation that he had been released on.

The female did not require any medical treatment as a result of the assault.

The male is presently in custody and will appear in Cornwall Criminal Court on the 31st of January, 2000 at 2:30 p.m. He is charged with assault and two counts of breach of probation.

Investigating officer is Prov. Const. Dan Morin of the Maxville office of the SD&G O.P.P.

During the evening of February 1st ,2000 person(s) were successful in dismantling the alarm system to a restaurent in Lancaster, then forcing their way in. Once inside the culprit(s) stole an undisclosed amount of cash. Damage to property is placed at approximately $300.00.

Anyone with information is requested to contact the Investigating Officer, Prov. Const. Marc Clement of SD&G OPP at 1-800-310-1122 or Crimestoppers at 1-800-265-TIPS.

On February 1st, 2000 at approximately 0915hrs, Eustace Roberts, age 31 of Nepean, was southbound on Avonmore Rd. in North Stormont, when he lost control of his vehicle due to the icy road and ended up in the ditch. Roberts was not injured.

On February 1st, 2000 at approximately 0750hrs. Jill Stewart, age 34 of Long Sault, was on Cty Rd 12 in North Stormont, when she lost control of her vehicle due to the snowy road. Driver was not injured.

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Mail to Companions' Corner, Seaway News,
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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.

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

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

**LET THE BUYER BEWARE.**

~~~~~~~~~~~~~~~~~~~~~~~~~

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

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

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

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

**SEAWAY NEWS**
*Serving Cornwall and Area*

## COMPANIONS CORNER

**SWM, LATE 30's,** med. build, motivated by my work, play & socializing. My dream girl is petite, 25-35, enjoys camping, movies, quiet evenings, cuddling. Not into bar scenes. Serious inquiries only. CC1984.

**SWM, 34,** 5'4", N/S, quiet, fun loving, easy going, good sense of humour. Seeking SWF, enjoys-the great outdoors, easy going, of similar qualities. CC1986.

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**SWM, 38.** I am looking for an average looking lady who is romantic & fun. Age or nationality do not matter. Since Valentine's Day is coming, will you be my Valentine? CC1985.

**DWF, YOUTHFUL 60,** petite, seeks N/S gentleman friend, 55-65, with sense of humour & intelligence. Enjoys live theatre, drives, movies, animals & more. Well-groomed & not too heavy set. CC1983.

**WIDOWED/RETIRED MALE,** 60, likes theatre, environment, outdoors, long walks, C.Music. Like to meet lady, 40-60, with similar interests. Photo if possible. CC1981.

**SWM, 54, 5'10",** 155 lbs. Seeking sensitive, sincere, unpretentious lady for friendship & hopefully more. Am flexible to a point, romantic, enjoy treating a lady as such. Enjoy cosy evenings, romantic dinners, outdoor activities, monogamous relationship. Have many interests: gardening, cooking, hiking, keeping fit. I'm looking for slim lady, fitness oriented, without children at home. Too much to ask for? RSVP with photo. CC1982.

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NEW STEEL BUILDINGS....Go Direct and Save. 4:12 roof pitch. 25 x 30 $3,900.00. 25 x 40 $4,900.00. 30 x 40 $6,500.00. 35 x 50 $7,600.00. 40 x 60 $10,800.00. 45 x 80 $18,400.00. Others. Pioneer....1-800-668-5422.

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**PAUL'S PICK OF THE WEEK**

**97 FORD TAURUS** auto., air
only $249/mth
$0 down
OAC financing over 60 mths 9.25%



**QUALITY PRE-OWNED VEHICLES**

**THIS WEEK OVER 7 CARS, TRUCKS or VANS SOLD**

**2000 FORD EXCURSION LTD.**
diesel, 4X4, loaded, leather ..... $59,995
**99 FORD WINDSTAR**
fully loaded, only 10,000 kms ..... $20,500
**98 GMC JIMMY SLS**
4 dr., loaded, 4X4, only 29,000 kms ..... $22,995
**97 EAGLE VISION**
4 dr., loaded, very clean ..... $14,995
**97 CHEV CAVALIER**
2 dr., auto., air, 79,000 kms ..... $8,995
**97 CHEV CHEYENNE 3500**
service truck, diesel, dually ..... $23,995
**97 CHEV CAVALIER**
4 dr., auto., air, 90,000 kms ..... $6,995
**97 CHEV. SILVERADO**
3rd door ext. cab, 4x4, loaded ..... $25,995
**97 SATURN SW1 WAGON**
4 dr., auto., 4 cyl. ..... $10,500
**97 LINCOLN CONTINENTAL**
4 dr., loaded, 8 cyl., white, 33,000 kms ..... $24,995
**97 BUICK SKYLARK**
4 dr., loaded, only 68,000 kms ..... $12,500
**96 DODGE NEON**
4 dr., auto., air, 63,000 kms ..... $7,995
**96 FORD 3500 CUBE VAN**
16 ft. box, diesel motor ..... $21,995
**96 GMC YUKON**
4 dr., 4X4, fully loaded, leather, blue ..... $24,995
**96 FORD CONTOUR**
auto., loaded, 55,000 kms ..... $9,995
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short box, 305 motor, loaded ..... $17,995
**95 DODGE CARAVAN**
7 pass., air, 74,000 kms, safetied ..... $8,995
**95 CHRYSLER CIRRUS LXI**
4 dr., 6 cyl., loaded, black, only 48,000 kms ..... $10,500
**94 CHEV CHEYENNE EXT CAB**
Short box, 4X4, 305 motor, ..... $10,995

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Cornwall
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~~~~~~~~~~~~~~~~~~~~~~~~~

## 02 - APARTMENTS FOR RENT

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

### APARTMENTS

*Marlb. St., Bach newly renovated bsmt, apli & utilities, $300. incl.
*7th St. E., 1 bdrm, bsmt, prk, no appl., $415. incl.
*Race St., 1 bdrm., main fl., garage, yard; no appl., $450 incl.
*Carleton, newly reno., 1 bdrm., gas heat, porch $425 incl.
*29-C 4th St. E., 1 bdrm., main floor, apli., parking $450 incl.
*North End, lrg. 1 bdrm. bsmt 4 appli. centra air, new kit $525 incl.
*116 Sydney, 1 bdrm., upst., apli., parking $380 incl., avail. April
*West-end, 2 bdrm units, $500 - $525 incl. Free Laundry
*6th St. E., 2 bdrm upst., apli., prk., $495+
*205-A Easton, 2 bdrm., upst., apli., parking $500. incl.
*116 Sydney, main flr, 2 bdrm, $665 incl.

### APARTMENT SECURITY BUILDINGS

**RIVERVIEW COURTS**
Large 2 bdrm., storage, balcony, appli., prk, laundry rm. $500 to $575 - incl. or $400 to $475+

**425 11th St. West (SECURITY)**
Large 2 bdrm. , bsmt, appli, parking, laundry rm., BBE - $510 incl.

**805 MARLBOROUGH ST. N. (SECURITY)**
Large 1, 2 & studio units $360.00 to $575.00
Utilities, appliances, parking included

**HOUSES, TOWNHOUSES, SEMI'S**
23-7th St. E. 3 bdrm., semi, 1200 sq ft., parking, $750 incl.

**1 BDRM BASEMENT** apt. Very clean. Fridge & stove. $375/mth, utilities paid. Avail. Feb. 1st. 127 Belmont. Close to College. Call 932-5850.

**217 BELMONT** - 1 bdrm downstairs apt. Front & back verandah, washer/dryer hook-ups, gas heat, parking. $350/mth, pay own utilities. Call 930-9242.

**33 GULF ST.** Available March 1st. 2 bdrm apt with indoor porch, parking, washer/dryer hook-ups. $500/mth, plus utilities. Call 932-4257 or 361-2377.

**3-BDRM APT,** $645/mth, includes heat, fridge & stove, carpeted. For quiet couple. Call 932-4485.

**NOW AVAILABLE** - 2 bdrm, 2-storey, large shed, yard, 2-car parking. $615/mth, utilities included. Washer/dryer hook-ups. Newly renovated. Across from park with wading pool. 938-3433.

**3 BDRM APT.** 4-pce bath, carpeted, fridge & stove, parking. $485/mth, plus utilities. Call 937-4198.

**QUIET & PEACEFUL** - Security building. Large 1 bdrm, $550/mth. Large 2 bdrm, $650/mth. Fridge & stove, laundry facilities, heat & lights included. Parking. Ref. req'd. Call 932-2331.

**AVAILABLE MARCH 1ST** - main floor 2 bdrm apt, Caswell Cres. Yard, parking, verticals, washer/dryer hook-ups, storage shed. $640/mth, utilities included. Elderly couple or person preferred. Call 933-6635 or leave message 933-2917.

**CONVENIENT WALKING** to downtown & bus stop. 1 & 2 bdrm apts available in clean quiet bldg. Fridge, stove, heat, hot water included, hardwood floors throughout. First & last required. (613)543-2401.

**LEONIA - UPSTAIRS** 2 bdrm apt. Gas heated, hardwood floor, parking, ideal for couple or senior. No pets. $375/mth, plus utilities. Call 932-6866 or leave message.

**221 MARTIN ST.** Available March 1st, 2 bdrm basement apt. Very clean, 3-pce bath, lighting, heating, fridge, stove included. $450/mth. Call 932-8909.

**AVAILABLE MARCH 1ST,** 2 bdrm apt. Anthony St. Laundry hook-ups, parking & storage. $550/mth, heat included. Call 931-2806.

**SEAWAY Property Management SERVICES**

310 St. Felix,2 bdrm, $400 incl.
316 Marlborough, bachelor, $310 incl.
100 Carleton, 1 bdrm, mn. fl., $425 incl.
102 Carleton, 2 bdrm House, $575 incl.
610A First East, 2 bdrm House, $425 plus
616 Ridley Ave., 2 bdrm., $575 plus
**CALL DAN LANDRIAULT 938-1574**

**INGLESIDE VILLAGE.** 1 & 2 bdrm apts. Fridge, stove, carpeted, laundry room, security bldg, plug-in parking. References. Call 933-8404.

**LARGE 3 BDRM** apt in Cornwall. Fireplace, deck, private driveway, washer/dryer hook-ups. $585/mth, plus utilities. Available March 1st. Call 537-8974.

**3 BDRM APT,** immediate or Feb. 1st. 210-14th St. West, large, 6-plex, carpeted, laundry hook-ups, yard, balcony, parking. Nearby schools, bank, bus, medical clinic. $495/mth, plus utilities. Call Ace Property Management, 936-1533 or leave message.

**2-2 BDRM UPSTAIRS APTS.** 210 & 214 McConnell, north of Montreal Road. Parking. $395/mth, plus utilities. Being renovated. Available Feb. 1st. Call 933-4347

**510 BURTON AVE.** - One bdrm bachelor apt. Modern kitchen, 4-pce bathroom, fridge & stove supplied. Ample parking & storage. $350/mth. Available now. Call 932-4781.

**AVAILABLE FEB. 1ST** - Small upstairs apt. 2 bdrms, 4-pce. bath, laundry hook-ups, heat, lights, parking, back yard. Require mature individual or couple. $500/mth. 539B Amelia. 932-2844.

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*18 houses listed in 10 days!*


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NEW LISTING
**Three Wishes!**
0078 - Comfort, convenience & quality. Move-in condition and lots to offer. $123,900
Ask for Judi.


NEW LISTING
**Want Low Maintenance?**
0070- This 2+1 bdrm. semi has 4 levels, includes 2 baths & rec room with gas fireplace only 3 yrs. old. $104,900.
Judi says call!

NEW LISTING
**Turn Key Auto Repair Business**
0077- Perfect for the mechanic who wants his own business. Includes all equipment, training and built-up clientele
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**Henrietta Duvall**
Sales Rep.


**Getting Married?**
0038 - Give yourself a head start by owning a home for less than you can rent. $66,200. North End. Call Henrietta to view.


**Take A Closer Look**
0041 - 3 bdrm.home with kitchen overlooking main level family room. Large lot backing onto park. $124,900.
Call Henrietta to view.


**Settled For Life**
0020-That's what you'll be in this 4 bdrm. home with 2 incomes and a view of the river. $199,000.
Call Henrietta to view.


**Ginette Campbell**
Sales Rep.

NEW LISTING
**333-335 McLean Ave.**
0073 - Ginette says come view this well maintained double tenement, featuring 2 bdrm. units, hardwood floors, fenced yard, garage, great income, and more. A real must to see. $79,900.

**1009 Montreal Road - CHIP STAND**
0049 - Ginette says this commercial lot with chipstand is priced to sell fast. It features excellent road traffic, owned land, fully equipped chip stand ready for business. Owner will finance to qualified buyers. $26,900.
Call Ginette today

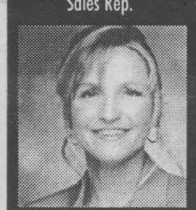

**RR 1 St. Andrews - County Road 38**
0056 - Excellent bungalow with 3 bdrms, oak cupboards, oil heating, acre lot, minutes from Cornwall and only 3 years old. $89,900. Ginette says call now for your private showing.


**Dawna Bamford**
Sales Rep.

NEW LISTING
**1129 Ontario Street**
0076 - Perfect starter or retirement home. 2 bdrm.s, rec room with woodstove. Large garage. $78,900.
Call Dawna today 937-0739

**5025 Morgan Road - Ingleside**
0080 - 1 year old raised bungalow. Open concept. 1 acre lot. $96,900.
Call Dawna today 937-0739

**Hardwood and Ceramic Only!**
0015- Spacious bedrooms, open concept design, custom designed, 1 yr. old home. $149,900. Speak to Judi.


**Marguerite Tessier**
Broker/Owner


**Lana Barnes**
Sales Rep.

**Why Pay Rent?**
0026 - Great office space on major artery with lit signage, parking. Commercial zoning. Available now. $77,500.
See Judi for details.

**Are You Shrewd?**
0019 - Value abounds in this lovely home. 2 baths, screened in porch & garage/ workshop at $109,900. Call Judi.

**www.exitrealtyseaway.com**

**EXIT ANNOUNCEMENT**

Maggie Tessier and The Team at **Exit Realty Seaway** would like to take this opportunity to welcome **Dawna Bamford** to their sales force.

**Dawna** invites her family, friends and past clients to contact her at **Exit Realty Seaway**.

If you are ready to buy or sell, call Dawna for honest, dependable service at 937-4445 or 937-0739


*Dawna Bamford*
*Sales Representative*

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## 02 - APARTMENTS FOR RENT

**TWO BDRM APT** on Walton. $375/mth, plus utilities. Fridge & stove. Also, one bdrm apt, $350/mth. No dogs. Use of backyard. Call 936-6961.

**MONKLAND AREA** - Available immediately. 2 bdrm upstairs apt in farm house. $500/mth, utilities not included. Call 346-1113, leave message.

**227 FIRST ST. WEST** - Available March 1st, large 3 bdrm apt, kitchen, livingroom, diningroom, 2 bathrooms, hardwood floor, laundry hook-ups, parking. $630/mth, pay own utilities. Call after 5pm, 932-6841.

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

**2 BDRM APT,** Jobin, $585/mth, includes utilities & basic cable. 1 & 2 bdrm apts, Ingleside, $415/mth & $515/mth, includes utilities & basic cable. 1 & 2 bdrm apts, Riverside Heights near Morrisburg, $445/mth & $460/mth, includes utilities. Call 543-3604 home or 932-0717 work.

**INGLESIDE - MODERN** 1 bdrm apt. Lots of windows & great view. Available March 1st. Laundry facilities. $350/mth, plus utilities. Call 534-2875.

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

**LARGE 3 BDRM** apt. Front & back entrances, backyard storage shed, carpeted, washer/dryer, fridge & stove hookups. References. $585/mth, plus utilities. Call 933-8404.

**CENTRAL LOCATION** - Move in now, pay March 1st. 2 bdrms, wall-wall carpet, laundromat in bldg, security, utilities paid, large rooms. $600. Ideal for working people. Call 534-4600 or 360-5366.

## 5 ARTICLES FOR SALE

**DININGROOM SET,** can also be used as kitchen set. Table with 6 chairs, buffet, hutch. Green & natural wood in colour. Brand new. Reasonable price. Call 933-3310.

**WOULD LIKE TO TALK** to anyone out there that collects or knows anything about stamps and stamp collecting. Call Dick at 933-0014 or evenings 933-3561.

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## 6 ARTICLES WANTED

**5-PCE ENTERTAINMENT CENTER,** preferrably oak. Also, oak bedroom set. Large oak Deacon's bench w/back. Roofing tin. Old fishing tackle. Call 938-8839.


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## 9 FARMERS MARKETS

**DRY FIREWOOD.** Pine & cedar lumber. Cedar rails & posts. Hardwood Flooring. Robertson's Sawmill, Martintown. Call 528-4262.

**CEDAR KINDLING** - Fine split. Large bag-2 cu.ft. + $10/bag + PST. Call 874-2347 for delivery. Toll free to most area numbers. Moose Creek Cedar.

**MIXED FIREWOOD** for sale. $35/cord, picked-up. $45/cord delivered. Cornwall & surrounding area. Minimum 2 cords for delivery. Call 937-4817.






## 13 AUTOS FOR SALE

**1990 MERCURY TOPAZ,** 4-dr, auto, 4-cyl., $1,695. certified. 1990 Cavalier RS, $2,695. with safety. 1989 Chev S10 4X4, auto, $3,800. certified. 1988 Chrysler Daytona, Sports model, $1,395. w/safety. Gravel Motors, 1404 Pitt St. Call 932-4850 or 932-4211.

**CREDIT PROBLEM** & tired of being offered second rate vehicles. Call Car-o-line Auto's, 613-448-2488.

## 16 CAR POOLS

**PASSENGERS WANTED.** Daily commute Cornwall to Ottawa, Monday to Friday. Call 937-4481.

## 18 BUSINESS OPPOR.

**2000 IS HERE.** Are you aggressive, caring, motivated? Looking for impressive residual income? Incredible patented health related products from Japan. Still need leaders. Doctors welcome. 930-1837 or 933-3843.

**SOMEONE TO RENT** 3 chair hairstyling shop with many extras. Great potential. Call 534-2646. If no answer, leave message.

## 21 HELP WANTED

**GROWING COMPANY** specializing in Organic property maintenance looking for a business oriented partner. Very lucrative business with franchise potential. MIN. INVESTMENT $25,000. Serious inquiries only.
**Call 938-9804 after 6 p.m.**

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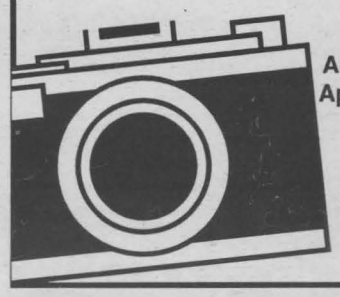

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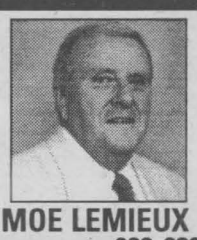

**MOE LEMIEUX**
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**ST. ANDREW'S $72,900**
(M-MLS 1029) 3 bdrm. raised bung. with main fl. laundry, large deck, woodstove
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**MOOSE CREEK $74,900**
(L-MLS 0939) Renovated 3 bdrm home on large village lot with 3 car garage/shop, local improv for water paid in full
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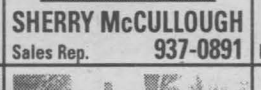
**MOOSE CREEK $76,900**
(O-MLS 1051) Large family home, dbl lot on quiet street, large det. garage, main flr laundry with 2pc. bath, pellet stove in large living rm
MIKE VANDERMEER 938-2121

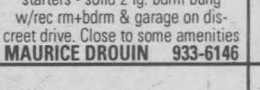


**COLONIAL DRIVE**
(O-MLS 0944) Country charm & character on large lot with workshop /garage. Great location
MIKE VANDERMEER 938-2121

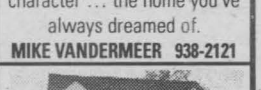


**CENTRAL $89,900**
(A-MLS 0935) totally renovated 3 bdrm home with 28x30 garage on well landscaped lot with pool
MIKE VANDERMEER 938-2121

**COMMERCIAL $124,900**
(A-MLS 1033) Commercial duplex on 75x150 lot on busy intersection zoned CBD. Lots of paved parking
MIKE VANDERMEER 938-2121



**COUNTRY $99,900**
(M-MLS 1018) Almost new 3 bdrm bung on 1 acre lot minutes north of the City
MIKE VANDERMEER 938-2121



**SIDE BY SIDE NEW PRICE ... $79,000**
(A-MLS 1068) 2 bdrms each unit; one has garage, large lot. Central location. Great rental investment property
MIKE VANDERMEER 938-2121



**AVONMORE $74,900**
(L-MLS 1007) Large century home on dbl. village lot with dbl. car garage. Potential galore!!
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**HOBBY FARM $77,900**
(L-MLS 1040) 72 acres with 4 bdrm home in the Avonmore area
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NEW LISTING



**INGLESIDE $104,900**
(O-MLS 1085) 3 bdrm bung., fenced lot, C/A, gas heat, gas woodstove & much more
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**REDUCED TO $1,500/MTH FOR LEASE 621 PITT ST.**
(A-MLS 1038) 2800 sq. ft., commercial property.
TODD THOMPSON 937-0292



**419 THIRD ST. E. $51,500**
(A-MLS 1078) Good starter with many updates. Centrally located
TODD THOMPSON 937-0292

NEW LISTING



**1015 COOPER $84,900**
(A-MLS 1081) 4 bdrm., 2-storey, gas heat, 1450 sq. ft., built-in appliances
TODD THOMPSON 937-0292

NEW LISTING



**214 6TH ST. $69,900**
(A-MLS 1084) Excellent starter. C/A, built-in appliances. Move-in condition
TODD THOMPSON 937-0292

**FAMILY BUSINESS**
(A-MLS 1039) Video store, fully equipped laundromat + 3 bdrm. apt.
ERIC PEDERSEN 938-9690



**INCOME & COMMERCIAL PROPERTY 933 MARLBOROUGH ST.**
(A-MLS 0971) 3 apts. + commercial space. Very good location
ERIC PEDERSEN 938-9690



**511 BLOSSOM PARK NEW PRICE ... $95,900**
(A-MLS 0946) quiet crescent, lot 55x125, 3 bdrms., rec room
ERIC PEDERSEN 938-9690



**15 MINUTES FROM CITY $79,900**
(J-MLS 1073) 3 bedroom home, large modern kit., hdwd flrs., frpl.
ERIC PEDERSEN 938-9690



**155 ELSIE**
(A-MLS 1009) 2+1 bdrms., 2 baths, woodstove, workshop. Mthly payment $525 principal & interest
MOE LEMIEUX 932-9386



**58 LEONIA $79,500**
(A-MLS 1082) 1000 sq. ft. bung., hdwd flrs., recent FAG furnace, wdstve, garage, fenced yard
MOE LEMIEUX 932-9386

NEW LISTING



**EXECUTIVE RESIDENCE ON QUIET CRESCENT**
(A-MLS 1074) 2300 sq. ft., 4 bdrms., frpl & above ground pool
MOE LEMIEUX 932-9386



**$59,900 FOR SUPER SAVERS!!**
(A-MLS 0926) Near schools, bus route, hospitals & shopping
SHERRY McCULLOUGH 937-0891



**112 EMMA**
(A-MLS 1061) Low interest means high investment
SHERRY McCULLOUGH 937-0891



**14929 OTTO RD. $89,900**
(A-MLS 1064) If it's green you're likin', here's 72.5 acres!
SHERRY McCULLOUGH 937-0891

NEW LISTING



**115 JOBIN AVE. $69,900**
(A-MLS 1079) End unit townhouse, 2 bdrms., 2 baths, fin rec rm., large lot - 249.97' deep
SHERRY McCULLOUGH 937-0891

NEW LISTING



**1844 BELVEDERE CR.**
(A-MLS 1091) Beautifully decorated 2+2 bdrms., 2 baths, oak kit., dbl. tier deck, backs onto park. Close to schools & churches
SHERRY McCULLOUGH 937-0891

**EXCELLENT BUSINESS OPPORTUNITY**
(A-MLS 1088) Well-established restaurant & bar for sale under $70,000. Call Sherry for info on your new venture for the 21st century
SHERRY McCULLOUGH 937-0891

**DAIRY FARM**
(J-MLS 1035) 294 ac, nice setting, dairy barn w/pipeline & stable cleaner + yearling & calf barn, 3 silos, good house & machine shed
MICHAEL DeBOER 938-7802



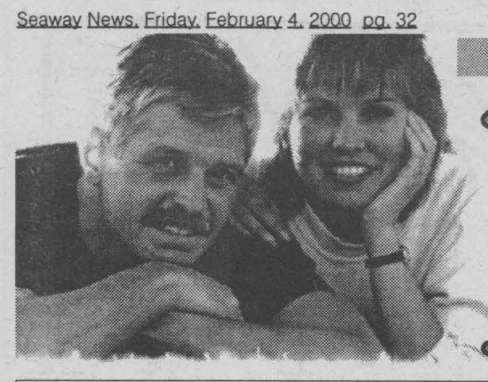
**COMM BLDG. $169,900 OR FOR LEASE**
(M-MLS 0972) Good location on Hwy 138, over 4000 sq. ft., 12' ceilings, great retail or other uses or combination, gas heat, great shape
MIKE DeBOER 938-7802



**LONG SAULT $62,900**
(M-MLS 0952) 1400 sq. ft. of family living space, main flr family rm, 3 bdrms, gas heated, nice lot 60x125, great starter
MIKE DeBOER 938-7802



**7 UNITS ONLY $75,000**
(A-MLS 1006) 5-1 bdrms, 2-2 bdrms, central location. Little work - could be a money maker!
MICHAEL DeBOER 938-7802



# MEET SEAWAY SINGLES WITH SEAWAY NEWS AND DATEMAKER

**To place your FREE ad and be matched instantly with area singles, call**

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## Today's Listings Seaway SINGLES
## FEMALES SEEKING MALES

### A SWEETHEART
I'm an old-fashioned, kind and sensitive, SWF, 46, 4'11", 140lbs., who enjoys cooking, fishing, knitting and relaxing at home. I'm seeking a SWM, 50-60, for a possible relationship. Ad#: 3972

### DESERVING
I'm a personable, easygoing, SWF, 33, who enjoys shooting pool, swimming, the outdoors and family-oriented activities. I'm seeking a tall, outdoorsy, SWM, 29-36, who shares similar interests, for a possible relationshiop. Ad#: 3292

### SO HOW ARE YOU?
I'm a slim, DWF, 34, 5', with green eyes, who's described as being shy, can be very outgoing, caring, loving, hobbies are horseback riding, drawing and country music. I'm seeking a shy, trusting, caring, SWM, 29-42, who's fun to be with. Ad#: 5321

### WONDERFUL
Hi, I'm a 5'5", SWF, 54, who is a N/S, with brunette hair and hazel eyes. Retired and I enjoy volunteering, the theatre, dancing and nature. I am interested in meeting a SWM, under 60, financially independent and honest. Ad#: 1452

### WHY NOT?
A shy, friendly, caring, kind, single white female, 39, 5'1", 115lbs., brown hair and eyes, with a good sense of humor. I am looking for an intelligent, secure, single white male, 32-45, for a friendship first. Ad#: 4618

### ALLURING PERSONALITY
Call this 5'2", blonde, blue eyed, attractive, SWF, 56, whose personality is easygoing, interests are knitting, watching hockey and staying in shape. Seeks a trustworthy, fun-loving, affectionate, SWM, 50-60. Ad#: 8340

### APPLE OF MY EYE
I'm a 5'8", SWF, 29, 150lb., with blue eyes and brown hair, hobbies are cooking an computers. I'm hoping to meet an honest, faithful, single male, 35-40. Ad#: 3919

### NO GAMES PLEASE!
I'm a hazel-eyed, SWF, 27, 5'7", who would like to meet a kind and caring, SWM, over 30, for a possible relationship. I enjoy quiet- times at home, the outdoors, children and occassionally dining out. Ad#: 9737

### NO SECRETS
I'm a fun, easygoing, faithful, single white female, 19, with auburn hair and blue eyes, looking for a faithful, honest, single male, 19-30, for a long-term relationship. My hobbies are reading, swimming and going for long walks. Ad#: 5459

### IN GENERAL
SWF, 40, 5'3", 150lbs., with light brown hair, blue eyes, kind-hearted, funny and sensible, likes music, knitting, dancing. I'm hoping to meet an sincere and honest, SWM, over 39, who loves to laugh. Ad#: 3738

### SUNNY DAYS
I am a compassionate, blonde, SWF, 33, 5'3", 115lbs., who enjoys going to antique auctions, photography and cooking. I'm seeking a compassionate, non-smoking, SWM, 35-50, who would like to start a family. Ad#: 4171

### IS THERE ROOM FOR ME?
Others say that I'm a sociable, caring, single white female, 37, full-figured, tall, enjoy crocheting and being around people. I'm looking for an understanding, 36-40, for possible relationship. Ad#: 7197

### LIVES FOR ADVENTURE
SWF, 19, 5'8", blue eyes, long brown hair, friends say that I'm funny, outgoing and adventurous, hobbies are horseback riding, going to the bar and having fun. Seeking a fun, outgoing, good looking, SWM, 18-24, to share fun times with. Ad#: 6599

### LOVE SWEPT
I am a sensitive, caring, SWF, 19, 5'6", 135lbs., with brown hair/eyes, hobbies are horseback riding, karate and playing pool. I'm seeking a respectful, loving, SM, 19-26, to share interests. Ad#: 7075

### RICH IN LOVE
I am a bubbly, jolly, SWF, 32, 5'4", full-figured, with hazel eyes, who has a beautiful voice. I'm seeking a very romantic, secure, SM, 30-45, who loves children and music. Ad#: 2488

### MAGIC IN THE AIR
Open, romantic and outgoing, SWF, 18, 5'10", with blonde hair, blue eyes, enjoys moonlit walks, sports and hanging with friends. I'm looking for a sweet, employed, SM, 18-25, to get to know. Ad#: 2250

### SERIOUS REPLIES ONLY
I'm a blonde, SWF, 42, 5'1", who's outgoing and easy to get along with. I enjoy going to bingo, movies and spending quiet times at home. I'm seeking an honest, good looking, SWM, 30-47, who loves children and would like a long-term relationship. Ad#: 2428

### ONE YELLOW ROSE
Outgoing, SWF, 20, 5'7", with brown hair/eyes, I like doing exciting things, my hobbies are movies, swimming, dancing and country music. Seeking an honest, sincere, SWM, 20-30, who likes children. Ad#: 9914

### MOVIE FANACTIC
Hazel eyed, 5'6", single white female, 18, who enjoys movies, comedy and reading. I am seeking a single white male, 18-19, who has same interests. Ad#: 8554

### DREAMS DO COME TRUE
Brown hair, hazel eyed, single white female, 34, fit, easygoing, hobbies are reading, long walks and trying new things. I would like to meet a soft spoken, confident, single male, 27-42, who likes travel and children. Ad#: 3548

### SHARE HER DREAMS
I'm an outgoing and strong, SWF, 18, 5'4", with red hair, blue eyes, who is seeking a compatible, SWM, 20-26, who's willing to be an equal partner in the relationship. My hobbies are walking, drawing and horseback riding. Ad#: 6005

### LET'S GET TOGETHER!
This very outgoing, hardworking, SWF, 23, 5'5", with blond hair and brown eyes, slim, who enjoys movies, bingo and more. I'm searching for an honest, outgoing, faithful, SWM, 23-32, who will not play head games and likes children. Ad#: 7066

### TRUE...AND ALL FOR YOU
Others find me a quite friendly, outgoing, bubbly, SWF, 60, 5'1", slim, with auburn hair and brown eyes. Retired, I'm hoping to find a N/S, SWM, 45-65, who loves the outdoors, dancing and theatre. Ad#: 9702

### THIS IS IT
SWF, 21, 5'3", with long brown hair, blue eyes, my hobbies are going to the bar and karaoke. I'm seeking a caring, fun-loving, SWM, over 30. Ad#: 2579

### HELLO, IT'S ME
Intelligent, single white female, 18, like walking on the beach, talking on the phone and cooking. I would like to meet a tall, muscular, blue eyed, single white male, 18-20, who is very caring. Ad#: 6220

### ATTENTION GENTLEMEN...
My interests include ski-dooing, listening to music, tattoos, and I'm a skeptic, loving, SWF, 18, 5'5", with short auburn hair, green eyes. I'm seeking a good looking, nice, SWM, 18-20. Ad#: 6488

### SERIOUS REPLIES ONLY
I am a serious, honest, SWF, 41, 5'5", with brown hair/eyes, who enjoys long walks, reading and going to movies. I'm seeking an easygoing, SWM, 38-49, with similar interests. Ad#: 1036

### FRIEND FIRST
I'm an easygoing, fun, SWF, 22, 5'5", 123lbs., with dark hair, blue eyes, who hobbies are dancing, reading and watching movies. I'm looking for an honest, loyal and truthful, SM, 25-30. Ad#: 6927

### ADVENTUROUS
I'm a short, SWF, 19, with brown hair and hazel eyes, who enjoy dancing, walking and socializing. I'm looking for an honest, understanding, SM, 19-24, with a nice smile. Ad#: 5386

### EVERYDAY GETS BETTER
Don't pass me by..."I'm about a 5'3", hazel eyed, SWF, 30, with a medium build, just a vision of loveliness I tell you. I'm very outgoing, humorous and you should be an easygoing, SWM, 27-35, who enjoys sports. Ad#: 1252

### READ THIS AD!!
Green eyed, 5'7", single white female, 39, enjoys gardening, animals and music, seeks an easygoing, single white male, 37-41, who enjoys the country and children. Ad#: 5747

### MAKE IT POSSIBLE
Fun, practical, caring, SWF, 19, 5'6", 135lbs., with changing eyes, hobbies are rollerblading and the outdoors, will bring humor to the relationship. Seeking a spontaneous, adventurous and honest, SWM, 20-32. Ad#: 2937

### MELODY OF LOVE
Quiet, funny and silly, SWF, 20, 5'4", 100lbs., with brown hair, likes writing, dancing and trying new things, is seeking a fun, secure, stable, SNCM, 19-35. Ad#: 8163

### NICE CHANGE
She's a SWF, 22, 5'4", who enjoys music and helping others in time of need. She's interested in meeting a life-loving, SWM, 21-25, for a possible long-term relationship. Ad#: 5709

### END THE SINGLE LIFE
I'm an emotional, average-looking, SWF, 31, 5'2", who's seeking a SWM, 29-40, for a possible committed relationship. My hobbies include a variety of crafts, reading, the outdoors, computers and gaining new knowledge. Ad#: 7527

### PERFECT MATCH
The following lines may change your life...I'm a SWF, 33, 57", blonde, blue eyed, has a great smile, who's fun and enjoys life. My hobbies are movies, music and dancing. I'm hoping to meet a tall, sensitive, N/S, SM, 29-43, enjoys animal/children. Ad#: 2142

### ONE SWEET DAY
Meet this personable, SWF, 31, 6', with brown hair, blue eyes, who enjoys crafts, walks and dining out. She seeking an accepting, non-judgmental, SWM, 19-40, for a possible relationship. Ad#: 4268

### HONEST TO A FAULT
Full-figured, attractive, SWF, 34, with a honest, spontaneous, outgoing personality. Enjoys spending time with family, golfing and playing pool. In search of you...a honest, employed, SWM, 32-40, for friendship and chemistry. Ad#: 1554

### FRIENDSHIP AND...MORE
Blonde, blue eyed, SWF, 5'4", 150lbs., 56, considered to be attractive, outgoing, bubbly, enjoys swimming, traveling, flowers/romance, and more. Would like a N/S, SWM, over 40, with similar qualities and interests. Ad#: 8408

### MAKE THE CONNECTION
I'm a 150lb., SWF, 18, 5'8", who enjoys laughing, cycling, reading, sports and the outdoors. I'm seeking a life-loving, SWM, 18-22, for a possible long-term, committed relationship. Ad#: 5992

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

### REACH FOR THE STARS
Would you believe that this blue-eyed blonde SWF, 18, 150lbs., is single? She's interested in meeting a SWM, 18-23, for a possible long-term relationship. Her hobbies include shooting pool, socializing and meeting new and exciting people. Ad#: 7025

### CHASING A DREAM
Set the mood for this caring and loving, SWF, 21, 5'3", 140lbs., who enjoys sports, spending quality time with family and friends, by giving her a call. She's looking to meet a caring and loving, SWM, 20-30, for a possible relationship. Ad#: 1722

### STRAIGHTFORWARD
Honest, caring, SWF, 20, 5'2", 115lbs., with green eyes, enjoys camping, swimming and going for walks, is seeking a trustworthy, SM, 22-26, to get to know. Ad#: 2109

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

### COMMUNICATOR
She's a very easygoing, quiet, employed SWF, 55, 4'9", 100lbs., with short auburn hair and green eyes, N/S, non-drinker, who enjoys golf, biking, skiing, is searching for just the right honest, open-minded, affectionate, gentle SM, 52-65. Ad#: 2304

### JUST TO BE CLOSE TO YOU...
I'm a personable, SWF, 56, 5'6", who's seeking an honest and caring, SWM, 48-50, for a possible relationship. I enjoy dining out, dancing, the outdoors and living life to the fullest. Ad#: 4544

### LET'S MINGLE
Fun-loving, caring, outgoing, SWF, 23, likes going out and having fun. Would like to meet a SWM, 26-30, who enjoys having a good time and loves children. Ad#: 4873

### THE SWEET MELODY OF LOVE
Fun-loving, affectionate and loyal, SWF, 49, 5'5", 120lbs., with blue eyes, brown hair, hobbies are working out, walking, traveling. Seeking a kind, caring and sincere, SWM, 45-55, who will not play head games. Ad#: 4934

### THE SEARCH IS OVER
Slim, SWF, 42, 5'5", 138lbs., with brown hair/eyes, outgoing, fun, honest, hobbies are sports and the outdoors, is seeking an honest, sincere, secure, SWM, 38-45, who loves children. Ad#: 9860

### TO THE POINT
Honest, good humored, SWF, 50, 5', with hazel eyes and red hair, she enjoys all types of sports, seeks a honest, trustworthy, SWM, 50-65, who's family-oriented. Ad#: 1295

### VIVACIOUS
Active, outgoing, SWF, 39, 5'4", 130lbs., with brown hair, dark blue eyes, enjoys dog-sledding, dancing and the outdoors. Hoping to find a caring, sincere, SWM, 36-49, with a good sense of humor. Ad#: 8605

### READY TO SETTLE DOWN
Full-figured, SWF, 30, 5'4", has a caring personality, likes having fun, hobbies are baseball, walking and volleyball, is seeking a compassionate, accepting, SWM, 29-40. Ad#: 8907

### ROMANTIC MOMENTS IN TIME
Medium built, SWF, 33, 5'5", with blond hair, brown eyes, warm, compassionate and fun-loving, enjoys crafts, horseback riding, the outdoors, is seeking a SM, 28-45, with similar qualities. Ad#: 3341

### HOLD ON TO YOUR HEART
I'm a hazel-eyed, sweet and romantic, SWF, 18, 5'7", who's seeking a life-loving, SWM, over 30, to possibly share the joys of life with. My hobbies include going to the beach, socializing and occassionally dining out. Ad#: 2301

### FIND OUT TODAY
Funny, outgoing and very honest, SWF, 22, likes sports, good conversation and candlelight dinners. Is looking for a SM, 22-28, who likes children and can make her laugh. Ad#: 6084

### CLASSY LADY
SWF, 40, 5'4", with blonde hair, freckles kind, caring and generous, interests are gardening, long walks, movies, music. Searching for a SM, 35-45, who is honest and compassionate. Ad#: 9155

### CUDDLY & LOVEABLE
Blonde, blue eyed, SWF, 44, 5'3", with a medium build, has a great sense of humor, enjoys the outdoors, cooking and baking, is seeking an easygoing, hardworking, SWM, 30-45. Ad#: 5865

### MATTERS OF THE HEART
Medium built, SWF, 38, 5'9", with brown hair, hazel eyes, outgoing, understanding, compassionate, enjoys meeting new people and making new friends. Seeking an honest, SM, 28-45, who is full of life. Ad#: 6721

### TYPE "A" PERSONALITY
I'm a somewhat-shy, outgoing and reliable, SWF, 24, 5'9", who's seeking a kind and considerate, SM, 24-32, for a possible relationship. I enjoy long-walks, the outdoors and sharing special times with family and friends. Ad#: 1560

### NO GAMES!
Outgoing, SW mom, 26, 5'6", 140lbs., with long brown hair and blue eyes, likes to enjoy things as they come, hobbies includes anything outdoors, is seeking a "real", SWM, 27-38. Ad#: 6623

### MAKE THE CONNECTION
I'm a blue-eyed, vivacious, SWF, 48, 5'3", who's interested in meeting a kind and caring, SWM, 48-60, for a possible relationship. I enjoy life, the outdoors, in-depth conversation and playing cards. Ad#: 6849

### VIBRANT
Find the time to call this SWF, 22, who has blue eyes and is outspoken, fun-loving and she enjoys camping, swimming, and reading. Seeking an exciting, humorous, SM, 20-35. Ad#: 5980

### FRIENDSHIP FIRST
SW mom, 23, 5'3", 175lbs., with a medium build, fun to be with, outgoing and funny, enjoys camping, walking, movies, is seeking a SWM, 26-30, who loves kids and has similar interests. Ad#: 6453

### A RAY OF SUNSHINE
Call this fun, humorous, single white female, 44, describes herself as 5'4", brown hair, green eyes, enjoys reading, gardening, and the outdoors. Seeking a single white male, 39-49, who has similar characteristics. Ad#: 4488

### HILARIOUS
Medium built, SW mom, 23, 5'3", 170lbs., with brown-red hair, easy/outgoing, fun to be with, likes walk, movies and dining out, is seeking an outgoing, fun, SWM, 26-30, who can take a joke. Ad#: 3963

### SOLID VALUES
I'm a brown-eyed, SWF, 25, 5'1", who's fun-loving, kind and caring. I'm interested in meeting a life-loving, SWM, 24-29, to share the joys of life with. I enjoy romantic dinners. Ad#: 2126

### SERIOUS INQUIRIES ONLY
Find out more about this fun-loving, single white female, 19, 5'7", 150lbs, seeking an easy going single white male, 18-24, to share a lifelong relationship with. Ad#: 8757

### DETERMINED
Ambitious, outgoing and hardworking, SWF, 34, 5'7", with brown hair, green eyes, enjoys long walks, movies and skiing, is seeking a hardworking, SWM, 32-42, who loves family and country life. Ad#: 8201

### HAPPY-GO-LUCKY
Honest, outspoken and caring, SW mom, 36, 5'2", 155lbs., with blonde hair, green eyes, likes camping, walks and baseball, is hoping to meet an honest, giving, SWM, 36-45. Ad#: 9142



## Today's Listings Seaway SINGLES
## MALES SEEKING FEMALES

### HONESTY A MUST
SWM, 48, 5'8", 150lbs., outgoing personality, enjoys hiking, swimming, canoeing, tennis, watching sunsets. Offers honesty, trustworthiness and sensitivity. Looking for an active Lady, 46-56, with similar qualities, for a lasting relationship. Ad#: 8472

### EARTH ANGEL
I'm a medium-built, brown-eyed, SWM, 22, who's fun-loving and enjoys a good laugh. I enjoy video games, dining out, dancing and living life to the fullest. I'm seeking a fun-loving, SWF, 18-29, for a possible relationship. Ad#: 2486

### DESERVING
I am a good looking, SWM, 38, 5'11", with brown hair/eyes, good-hearted, very good- natured, enjoys music and outdoor activities. I'm hoping to meet an attractive, athletic, SWF, 26-42, who is caring and honest. Ad#: 6450

### MOVE QUICKLY
44 year old, SWM, I am honest, trustworthy and can make friends easily. My interest are hockey, the outdoors, staying fit and dining out. Very romantic and seeking a SWF,30-44, who is petite, honest and sincere. Ad#: 9859

### HONEST IS MY ONLY POLICY
Shy at first, easygoing, SWM, 55, 5'5", 170lbs., N/S, with blue eyes, hobbies are gardening, movies and bowling. I'm seeking a romantic, affectionate, SWF, 19-50, and I feel I will bring sincerity to a relationship. Ad#: 8101

### DESERVING
SWM, 35, I am 5'5", with brown hair and brown eyes. Very humorous, adventurous and I like the outdoors, live entertainment and movies. I'm seeking a SF, over 19. Ad#: 9049

### TIL WE MEET
I am a SWM, 19, 5'6", with brown hair/eyes, glasses, seeking a compatible, SWF, 19-25. I enjoy movies, long walks and going to bars. Ad#: 4515

### THE TIME IS RIGHT
SWM, 39, I am 5'6", with blond hair and blue eyes. My hobbies include cars, winter sports, swimming and working out. Very romantic and seeking a SWF, 25-35, who enjoys quiet evenings by a fireplace. Ad#: 8009




### GENTLEMEN...
Be part of my tomorrow. I'm a 5'1", 110lb., WWF, 59, who's seeking a kind and caring, SWM, 55-63, for a possible relationship. My hobbies include living life, the outdoors, woodwork, sewing and going to the movies. Ad#: 8895

### NO HEAD GAMES!
SWF, 21, 5'5", 190lbs., with brown hair, green eyes, fun, easygoing, honest and caring, is in seaarch of a caring, sincere, SWM, 21-38. She enjoys long walks, romantic dinners and music. Ad#: 3808

### LET'S MINGLE
Do you enjoy life and good conversation? If so, then you could be the perfect match for this somewhat-shy, SWF, 33, 5'7", who's looking to meet an honest and sincere, SWM, 28-40, for a possible relationship. Ad#: 5844

### VERY INDEPENDENT
Medium built, SWF, 23, 5'7", with brown hair/eyes, reliable, honest, doesn't play head games, enjoys long walks, conversations and movies, is seeking a mature, honest, SWM, 23-30, who is employed, for friendship first. Ad#: 3751

### ELEGANCE BEYOND A DOUBT
Share the joys of life with me. I'm a SWF, 19, 5'6", who's seeking an outgoing, SWM, 18-23. I enjoy socializing, dancing, reading and occassionally going to a party. Ad#: 5320

### HEART OF GOLD
I'm considered to be a patient, fun-loving and caring, SW mom, 26, who enjoys meeting new people and living life to the fullest. I would like to meet a SBM, 26-35, who enjoys children and knows how to treat a lady right. Ad#: 6793

### TOP OF THE LINE
SWF, 37, 5'7", 140lbs., with brown hair, hazel eyes, has a great smile and personality, hobbies are walking, music, romance, is seeking a personable, SWM, 35-47, who enjoys life. Ad#: 3472

### HERE SHE IS...
Good looking, SW mom, 32, 5'4", with hazel eyes, has an outgoing personality, likes joking around, enjoys working out, walks, movies and playing cards. Hoping to meet a SWM, 28-37, for friendship first. Ad#: 7905

### GENTLEMEN...
If your a SWM, 21-32, then set up a time and day, and we'll discuss a possible long-term relationship. I'm a SWF, 26, 5'7", 135lbs., who enjoys long-walks, going to the movies and meeting new and exciting people. Ad#: 8211

### LOVELY
Average built, 5', SWF, 22, with blonde hair, blue eyes, shy, honest, can be outgoing, enjoys sports, biking and walking, is seeking an honest, SWM, 20-30, N/S, who can communicate. Ad#: 7126

### A LITTLE SHY
Friendly, SWF, 38, 5'2", with hazel eyes, hobbies are gardening, cooking and grooming animals, feels she will bring honesty to the relationship. Looking for an honest, true, SWM, 32-42, to get to know. Ad#: 1834

### PLEASE CALL
Fun to be around, SWM, 26, 6'1", with brown hair, blue eyes, who likes skiing, cycling, and much more, is in search of a SWF, 19-30, to share hobbies and interests. Ad#: 7288

### DON'T PASS ME BY
6' tall, SWM, 42, is attractive, warm, spontaneous, sensitive, loves children, animals and is fun to be with. Seeking a SWF, 35-45, who likes outdoor activities and sports. Ad#: 3224

### ALL AROUND CRAZY GUY
I am a funny, caring and loving, SWM, 24, 6', 185lbs., with brown hair, hazel eyes, hobbies are spending time with my daughter, fishing. I'm in search of an outspoken, SWF, 20-26, who can listen. Ad#: 6334

### STILL LOOKING
SWM, 26, 5'9", with blond hair, blue eyes, humorous, hardworking, likes dancing, movies and dining out. I'm seeking an attractive, SWF, 19-35, who is fun-loving, caring and compassionate. Ad#: 1509

### HELLO, IT'S ME
I am an outgoing, funny, SWM, 28, tall, with dark hair, brown eyes, who enjoys sports, walking and quiet nights at home. I'm looking for a SF, over 19, who is fun to be with. Ad#: 5084

### PASSIONATE & ROMANTIC
Professional, single white male, 39, 5'9", considered attractive, fit, humorous, enjoy working out and dining out. I'm seeking an attractive, open, fit, secure, single female, over 19, no games! Ad#: 8122

### SHY AT FIRST
Outgoing, humorous, SWM, 31, 5'9", 165lbs., medium build, with brown hair/eyes, enjoys fishing, camping and computers. Caring and considerate, I'm in search of an outgoing, SWF, 26-36, with similar likes. Ad#: 9843

### ONE OF THE FINEST
My personality has been described as easygoing, laid-back, sensitive, and I am a SWM, 42, average looking, 5'7", 170lbs. with blond hair, hazel eyes. I'm seeking a slender, SWF, 35-46, who is caring and enjoys romance. Ad#: 2739

### GEMINI
Active, 49, 5'8", 155lbs, acts like 35, who likes fishing, camping, nature and music. Seeking very fit, active, caring, open minded person for serious relationship, SWF, under 45, children okay. Ad#: 2866

### PRINCE CHARMING
I'm a blue-eyed, shy and reserved, honest and caring, SWM, 19, who's seeking a SWF, 18-22, for a possible relationship. My hobbies include in-depth conversation, meeting new people and trying new things. Ad#: 8665

### VERY SINCERE
5'7", 130lbs., blond hair, blue eyed, I am a shy and quiet, SWM, 47, who enjoys country music, camping and bowling. I am seeking a SF, under 50, to spend quality time with. Ad#: 8047

### SHARE MY LIFE
I am a very romantic, creative, SWM, 35, who enjoys writing, reading, music and much more. I will bring stability into a relationship. Looking for a SWF, 19-30, who is old fashioned and knows what they want in life. Ad#: 4846

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### SOMETHING DIFFERENT
I am a N/S, SWM, 39, 5'9", 175lbs., athletic, with brown hair and eyes, reserved, yet personable, is searching for a SF, 26-38, who enjoys the outdoors, sports, woodworking and spending time together. Ad#: 8816

### VERY LOYAL
SWM, 51, 5'10", muscular and my personality is easygoing, and humorous. I would like to meet an attractive, SWF, 35-51. My interests are long walks, swimming, dining in or out and spending time with someone special. Ad#: 9147

### VERY SINCERE
I am a 6'2", SWM, 39, who is funny and very outgoing. I like astrology, movies, nature and walks. Looking for an honest, SF, over 19, who has great eyes and honest. Ad#: 9744

### HAS EVERYTHING BUT YOU
I'm an outgoing, SWM, 42, tall, with brown hair/eyes, who enjoys listening to music, comedy and playing dungeon & dragons. I'm in search of an honest, caring and giving, SF, over 19. Ad#: 2744

### DON'T MISS OUT
Fun, easygoing, single white male, 38, 5'10", brown hair and eyes, like golf, horseback riding and long walks. I am hoping to meet a single female, 28-40, who enjoys the same things that I do. Ad#: 8648

### END THE SINGLE LIFE
Handsome, SWM, 39, 5'10", 225lbs., with green eyes, hobbies are bingo, biking and horseshoes. I'm looking for an honest, shy, SWF, 19-39, a capricorn, for friendship and possible relationship. Ad#: 3657

### FRIENDLY & HONEST
I'm a quiet, shy, SWM, 32, 6', with brown hair, blue eyes, who is seeking an intelligent, SWF, 19-35, who is a good conversationalist. I enjoy reading and movies. Ad#: 6315

### NONE BETTER
Contact me..I'm a fun-loving, romantic, cuddly, SWM, 20, who enjoys biking, fishing, children and moonlight walks. I'm seeking a personable, affectionate, SF, 19-30. Ad#: 8276

### SINCERELY YOURS
I am a N/S, single white male, 40, 5'10", brown hair and eyes, easy to get a long with, hobbies sports, reading, movies and dancing. I am seeking a honest, single black female, 20-36, for friendship and a possible relationship. Ad#: 3105

### WORTH A TRY
5'9", SWM, 35, and I am a very honest, compassionate and caring. My hobby is working out and I am seeking a SWF, 27-39, for a long-term relationship. Ad#: 1934

### SEEKING LOVE, HERE'S YOUR MAN
I'm a brown-eyed, well-mannered, SWM, 44, 6', 240lbs., who's seeking a life-loving, SWF, 29-39, for a possible relationship. My hobbies include in-depth conversation, the outdoors, coffee-clutching and meeting new people. Ad#: 6744

### BUILD A FOUNDATION
I'm a clean-shaven, kind and caring, SWM, 29, 6'1", who's interested in meeting a personable, SF, 19-45, for a possible relationship. I enjoy cycling, long-walks, computers and the great-outdoors, Ad#: 9510

### HEAVEN IF YOU HEAR ME...
I consider myself to be an easygoing, SWM, 52, 5'7", 170lbs., semi-retired, my hobbies include fishing, golfing and romantic moments at home. I'm seeking a SF, 50-60, with similar interests. Ad#: 2476

### FILL MY EMPTY HEART
I am a funny, trustworthy, single white male, 25, looking for a single white female, 20-28, who's not into head games. I enjoy going to movies and spending time with that someone special. Ad#: 7129

### MEANT TO BE
If you are looking for a very honest SWM, call me..I'm tall, attractive and 39 years old. My interests are the outdoors, boating and dining out. You are a SWF, over 30, who loves to laugh and cuddle. Ad#: 3596

### FOLLOW YOUR HEART
I'm a kind-hearted, SWM, 33, who's confined in a wheel-chair. I would like to spend quality time with a caring and understanding, SWF, 29-33, for a possible relationship. I enjoy a wide variety of interests and wish to share them with you. Ad#: 1256

### ARE YOU THE LOVING TYPE?
Honesty tops my list. I'm a personable, SWM, 44, who enjoys camping, long walks, going to the movies and spending quality time with that special someone. I'm interested in meeting a SF, 34-42, for a possible long-term relationship. Ad#: 1067

### VOYAGE TO ETERNAL LOVE
Jolly, likeable, SWM, 50, 5'10", 200lbs., with brown hair/eyes, is easy to get along with, hobbies are hunting, fishing and watching movies, is seeking an easy-going, happy, SWF, 45-52, who likes to laugh. Ad#: 7652

### WHAT A GUY!
I'm an easygoing, outdoorsy, SWM, 20, who enjoys watching the sunset over the lake, in-depth conversation and spending quality time with that special someone. I'm seeking a SWF, 18-28, who's interested in a long-lasting relationship. Ad#: 3894

### IF ONLY YOU KNEW
Caring, active, SWM, 42, 5'9", 190lbs., with blue eyes, who enjoys sports, feels he will bring honesty to the relationship. Hoping to meet an attractive, SWF, 33-38, N/S, for quiet evenings together. Ad#: 3641

### STILL LOOKING
Shy, hardworking, fit, SWM, 37, 6', 205lbs., with brown hair and hazel eyes, feels he will bring honesty to the relationship, is seeking a hardworking, SF, 30-40, who enjoys working out, the outdoors and quiet romantic evenings. Ad#: 2196

### FIND OUT TODAY
Funny, easygoing, SWM, 34, 5'9", with brown hair, blue eyes, likes having a good time, hobbies are movies, snowmobiling and sports, feels he will bring good times to the relationship. Seeking a SWF, 23-35, to spend time with. Ad#: 1673

### NO HEAD GAMES!
Easygoing, somewhat shy, SWM, 21, 5'7", 110lbs., with brown eyes, enjoys clubbing, working around the house and spending time with family, is seeking a nice, sincere, SF, 19-24, to get to know. Ad#: 5767

### NEVER A DULL MOMENT
Single white male, 20, 5'6", 150lbs., brown hair, green eyes, with a carefree attitude, likes biking, seeking a compassionate, single white female, 18-21. Ad#: 8672

### MATTERS OF THE HEART
SWM, 38, 5'11", 180lbs., with dark hair/eyes, kind, caring, considerate and honest, is seeking a compatible, SWF, 19-38. He enjoys working out, golfing and more. Ad#: 4013

### PLEASANT
Outgoing, honest, SWM, 33, 5'8", 150lbs., with black hair, green-brown eyes, enjoys the outdoors, hockey and downhill skiing, feels he will bring understanding to the relationship. Seeking a compatible, intelligent, SWF, 22-35, with similar interests. Ad#: 8167

### ONE STEP AT A TIME
Shy, quiet, humorous, tall, employed, SWM, 28, 6', 160lbs, enjoys watching sports, fishing, going on tours, and much more. He seeks an honest, caring, SWF, 19-28. Ad#: 2856

### LIFE, LOVE & LAUGHTER
I'm a SWM, 42, 5'6", 215lbs., who's looking to meet a SWF, 30-42, for a possible relationship. My hobbies include the outdoors, meeting new people, camping, movies and the arts. Ad#: 3181

### MOONLIGHT
SWM, 35, 6'2, with blond hair and blue eyes, is loving and romantic. Enjoys movies, going to the park and would like to meet a SWF, over 18, who's totally honest and caring. Ad#: 3304

### HERE HE IS..
Make a fresh start with easygoing, loving, friendly, SWM, 33, who has blondish-brown hair. He likes long walks, camping, and watching movies. You should be a very kind, SWF, 30-35. Ad#: 8116

### LOVES ON THE WAY
I'm a caring, loving and compassionate, SWM, 37, 5'7", 170lbs., who's looking to meet a SWF, 28-38, for a possible relationship. I enjoy dining out, the outdoors and socializing. Ad#: 9349

### HERE'S YOUR CHANCE TO MEET A..
Single white male, 26, 5'8", with brown hair and blue eyes, would like to meet a single female, under 40, with similar interests. His hobbies are working out, various sports and more! Ad#: 1912

### LOVE AWAITS
SWM, 41, 5'2", 180lbs., with brown hair/eyes, outgoing, straightforward, likes fishing, playing cards and long walks, is seeking a truthful, caring, SWF, 30-40, with similar likes. Ad#: 2392

### COMMUNICATION
Brown hair and eyes, 5'7", fit, good looking, easygoing, SWM, 41, likes dining out, spending time with family and skiing. Seeking a special SF, 19-43, if you think you're compatible...leave me a message! Ad#: 2671

### SEARCHING
Athletic, SWM, 22, 6', 175lbs., with brown hair, blue eyes, caring, funny, hobbies are sports and cute girls, is seeking a pretty, SF, 18-25, who likes having fun. Ad#: 9736

### WHY NOT ME?
Large built, SWM, 38, 6'2", funny, caring, intelligent and compassionate, likes reading, writing, the internet. Disabled, is seeking an honest, SWF, 30-44, who has a great sense of humor. Ad#: 9344

## Females Seeking Females

### PERSONABLE
I'm a 5'6", fun-loving, SWF, 25, who would like to meet a SWF, 19-21, for a possible relationship. My hobbies include going to the movies, dining out and spending quality time with family and friends. Ad#: 9219

### TO THE POINT
Caring, honest, loyal, single white female, 22, looking to meet a single Asian female, 18-35, who enjoys reading, music and hanging out with friends. Ad#: 7562

### HOOKED ON LOVE
Caring, sensitive, SWF, 29, 5'2", with brown hair/eyes, has a great sense of humor, hobbies are sports, reading and quiet dinners. Looking for an honest, caring, SF, 19-45, who doesn't mind listening. Ad#: 5007

### MINUTES AWAY
N/S, non-drinking, SBF, 20, 6'1", is sweet, romantic and enjoys classical music and the violin. Looking for a SM, who is charming and sharing. Ad#: 1520

### ONE STEP AT A TIME!
Are you classified as a liar and a cheater? If so, then this may not be the right ad for you, because this SWF, 34, wishes to meet an honest and faithful, SWF, 19-38, for a possible life-long relationship. Ad#: 2620

### STILL LOOKING
This SW mom, 22, with brown hair and brown eyes, is outgoing and easy to talk to. She would like to meet a SWF, over 19, to be there for her. Ad#: 5972

### FIND OUT TODAY
SWF, 26, wuth brown hair and brown eyes, is very easygoing and enjoys walking and socializing. Would like to meet a trustworthy, loving, SF, 19-45, to spend time with. Ad#: 8876

### NONE BETTER
Outgoing, clean, full-figured, fun-loving, honest, employed, SWF, 23, smoker, 5'9", enjoys aerobics, swimming, socializing, singing and much more. She is seeking a fun-loving, understanding, loving, open-minded, SF, over 25. Ad#: 1835

### I SHOULD HAVE TOLD YOU
Nice looking, full-figured, SWF, 23, is out-going, very easy to get along with, likes cooking, long walks, swimming and talking for hours, is seeking a clean, open-minded, pretty, SF, 25-50. Ad#: 2180

### YOU CAN COUNT ON ME
Fun-loving, easygoing, SWF, 21, smoker, 5'10", with dark hair, enjoys reading, watching movies, and going out. She is in search of a sincere, honest, easygoing, SF, 19-30. Ad#: 5790

### PASSION FOR JOYS OF LIFE
Call this easygoing, humorous, SWF, 28, 5'5", 167lbs., with brown hair and hazel eyes, smoker, social drinker, who likes to read, draw, and sports. She is searching for an easygoing SWF, 29-42, who is great with k

## 21 - HELP WANTED

**Business Manager - Sales Manager**
**Directeur(trice) des affaires - Directeur(trice) des ventes**

The #1 Hyundai dealership of the area is looking for people with career orientation for immediate openings.

**$36,000 et plus/and up**

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**UPPER CANADA**
District School Board

**Applications are currently being accepted for a pool of**
**INSTRUCTIONAL ASSISTANTS**
**for T.R. Leger School**

**SCHOOL:** **T.R. LEGER SCHOOL CAMPUSES:**
**Akwesasne, Alexandria, Almonte, Brockville, Carleton Place, Elgin, Gananoque, Kemptville, Morrisburg, Perth, Prescott, Smith Falls, Winchester, Cornwall.**

**QUALIFICATIONS:** Candidates must process a post-secondary diploma. Preference will be given to applicants who meet the following criteria: college diploma or university courses. The employee is expected to have good attendance and work in a healthy and safe manner.

**RESPONSIBILITIES:** Instructional Assistants will assist teachers with tutoring individual students and marking independent learning materials.

All positions require the ability to work co-operatively with the teaching and support staff and community partners. The successful candidate will have excellent interpersonal and communication skills in addition to being creative and resourceful. The ability to maintain confidentiality is of the utmost importance.

**HOURS:** up to 30 hrs/wk, 10 months

Written application (including covering letter, résumé, qualifications and indication of preferred T.R. Leger campus) will be accepted until **4:00 P.M., February 9, 2000** and should be addressed to:

Sheila Hyatt, Human Resources Department, Upper Canada District School Board
25 Central Avenue West, Brockville, ON K6V 5X1
Fax: 1-613-342-9459

Personal information and any supporting material is used in accordance with the Municipal Freedom of Information and Protection of Privacy Act, 1989. All applications will be considered; however, only those to be interviewed will be contacted. Thank you for your interest in this board.

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## 23 HOME SERVICES

**J.R. RESTORATION,** Doors, windows, siding, brickwork, bathrooms, family rooms, painting, ceramic tiling. For all your renovation needs, inside or out. Call J.R. 613-938-7742.

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

**RENOVATIONS, BUILDING &** addition needs, roofing, siding, drywall, decks, sheds, garages, patios. Call Robert The Perfect Handyman, 525-2197. Free estimates & customer satisfaction.

**RILEY'S PAINTING.** Drywall & ceiling repairs, water damage, wallpapering & odd jobs. Light truck available. 20 yrs experience. Reasonable rates. Call after 6 p.m., Residence, 938-8839. Pager#930-8851.

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

## 32 FARMS WANTED

**LOOKING FOR COMPLETE** Dairy Farm. Good buildings. Good land. No agents please. Send replies to: Box 251, c/o Seaway News, 329 Second St. West, Cornwall, Ont. K6J 1G8.

## 34 HOUSES FOR RENT

**2 BDRM MOBILE HOME** near Avonmore. Available immediately. Call 346-5444.

**2 + 1 BDRMS** - Available March 1st. Located at 906 Tollgate Rd. West. Large lot adjacent to Archie's Golf Course. $590/mth, plus utilities. Interested parties, call 932-9341.

**DUPLEX SIDE-BY-SIDE** 3 bdrm house. $600/mth, heat & electricity not included. Stove & fridge, parking. Available March 1st. Call 937-4285.

## 35 HOUSES FOR SALE

**5 + 2 BEDROOMS,** 2 baths. Potential income from basement. Close to all amenities. 102 Fennell Cres. Priced under $90,000. Reason for selling - illness. Call 932-1302.

**PRIVATE SALE** - Riverdale. 2 storey, 4 bdrms, den, finished basement w/bedroom, recroom, washroom, wet bar, library, cedar closet, intercom security system, ceramic floors, skylights. Call 932-2137 evenings & weekends.

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**HOBBY FARM - 11 -3/4 ACRES**
4 bdrm. home, 2 bathrooms, interior completely renovated, 3 car garage plus workshop attached to house. 1-40'x100' large insulated bldg.; 1-40'x70' steel bldg; 1-2 car garage, all concrete floors. Bainsville Ontario. Only 35 minutes from West Island: $249,000. Call Mario
**613-347-7688 or 514-453-0215**

## 36 APT. BUILDING FOR SALE

**STRONG STRUCTURAL** 4-unit apt. building for sale, each with 2 large bedrooms. Quiet location. Good income. Asking $80,000. Call 931-1041.

## 41INCOME PROPERTIES

**NORTH END.** Excellent income property. Reduced to sell! 4 large 2 bdrm units. Possible gross income $27,720. Call for details, Latreille Real Estate Inc. 938-3800.

## 42 LOTS/ LAND

**THINKING OF BUILDING THIS SPRING?** Why not check out this partly treed 2.76 acre lot on Hwy. #2, 1 mile west of Ingleside. Great price. Call for more details 938-7071, leave message.

## 57 DJ'S

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




## 68 CARTING/MOVING /STORAGE

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

## 71 HALL RENTALS

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

**CORNWALL SEAWAY LIONS CLUB HALL,** 123 Fortier St. Available for banquets, parties, showers, anniversaries, weddings, meetings funerals. Services available: catering service, podium, over-head projector, VCR, T.V. Fee: $50/event, free if bar sales exceed $500. For reservations, call Lion John Dewar, 613-932-1631 or leave message, 938-0040.

## 72 HEALTH/DIET BEAUTY

**LET US HELP YOU** look your best. Let Gloria, Karen or Sue give you a perm, tint, trim, scalp massage or waxing. Gift certificates available. Call for appointment. Walk-ins welcome. Augusta Hair Care, 127 Augustus St. 933-2627.

## 74 LOST & FOUND

**FOUND: MALE ROTTWEILLER** on Tuesday, Feb. 1st on Curry Hill Road in Bainsville. Owner may claim by calling 347-1553.

## 76 PET LIVESTOCKS

**BEAUTIFUL FUPPIES** & adult dogs. Shih Tzu's, Shelties, Terri-Poos, German Shepherds & others. Bridlewood Kennels, Hwy#43, second farm east of Highland Road. 527-2074.

## 85 PERSONALS

**YES YOU CAN MEET** someone nice for Valentine's Day. Call Misty River Introductions - Cornwall's traditional matchmaker, 613-257-3531.

**TAROT CARD READINGS** Tea Cup, Crystal Ball. The mind suffers & the body cries out. Spiritual Counselling, Reiki Relaxation, Balance, Chakras, Gift Certificates. Elantis, 938-6199.

## AUTOS FOR SALE

**AUTO LOANS**
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- YES to disability income.
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**We Can Help You Re-Establish Your Credit**
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*SPECIAL OF THE WEEK*
**REVERSE AUCTION**
**1996 PONTIAC BONNEVILLE SE**
*V6, loaded, 99,000 km, auto temp air, steering wheel controls*
**$13,888**
*Price will be reduced $200 per week (next week price will be $13,688)*
**CAN YOU AFFORD TO WAIT?**

**1999 CHRYSLER INTREPID**
*6 cyl, air, cruise, tilt, p-wind, p-locks, p-seat, 15,000 km, remote start*

**1998 FORD CONTOUR GL**
*4 cyl, 4 dr, loaded, 39,000 km*

**1998 CHEV MALIBU**
*4 dr., V6, auto., loaded, 44,000 km*

**1997 CHRYSLER INTREPID**
*4 dr., fully equipped, p. seat, remote entry, 46,000 km*

**1997 CHEV LUMINA LS**
*4-dr., V6, loaded, 54,000 km.*

**1997 PLYMOUTH BREEZE**
*4 cyl, auto, loaded, CD player, 61,000 km*

**1996 PONTIAC GRAND AM**
*4 dr., V6, fully equipped, remote entry, 58,000 km*

**1996 CHRYSLER CIRRUS LX**
*loaded V6, CD, 82,000 km.*

**1996 CHEV CAVALIER**
*4 dr., 4 cyl., auto, air, p. locks, CD, 88,000 km, local owner*

**1995 CHEV CAVALIER**
*2 dr., 4 cyl., auto, cassette, 87,000 km, local owner*

**1994 FORD TAURUS**
*4 dr., loaded, 125,000 km*

**1994 MERCURY TOPAZ**
*4 dr., 4 cyl., AT, air, 117,000 km*

**1994 OLDS. DELTA 88**
*4-dr., loaded, remote entry, 90,000 km.*

**1994 PONT. SUNBIRD**
*4-dr., 4-cyl., auto, air, p-locks*

**92 MERCURY TOPAZ**
*4 dr., 4 cyl., auto, air, 113,000 km, local owner*

***VANS***

**1995 DODGE GRAND CARAVAN LE**
*3.3 L,6-6, fully loaded, local owner*

**1994 DODGE CARAVAN**
*V6, auto, air, 1 owner, 133,000 km*

**1994 FORD AEROSTAR SPORT**
*V6, auto, full load, 108,000 km*

***4x4 SPORT UTILITY***

**1996 CHEV BLAZER LT**
*V6, auto, fully loaded, p. seat, leather, 83,000 km*

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**1991 MAZDA PICKUP**
*4 cyl., auto, PS, PB, tonneau cover*

**TRADES WELCOME**
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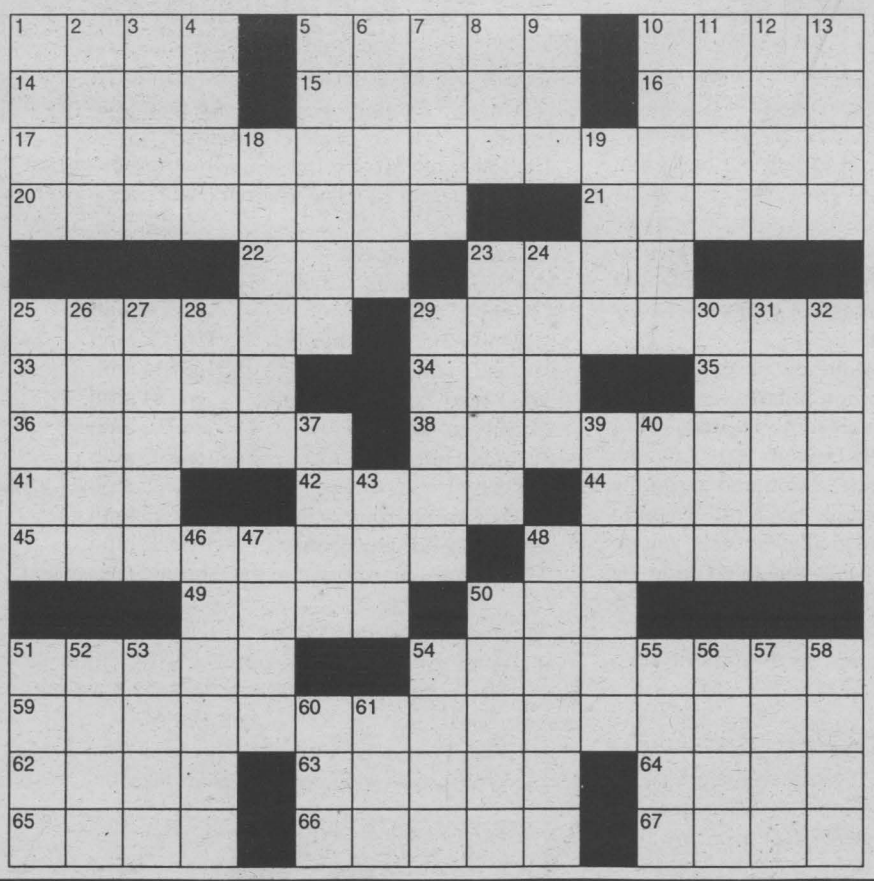

# CROSSWORD

**Clues ACROSS**
1. Broad horizontal band across a shield
5. Johann ____, Martin Luther's antagonist
10. Excited
14. Image
15. Feel deep affection for
16. Perform an action
17. Wallflower's cousin
20. Trouser flap
21. Play
22. Cathode-ray tube
23. Lonesome
25. Moves
29. Strokes
33. Town in New York state
34. Type of leaf
35. Malaysian Isthmus
36. Shoat
38. Spelling
41. European money
42. Cloths
44. Della ____, singer
45. Takes a breath
48. Hurtings
49. Spiritual being
50. The corporate exec.
51. Stimulate
54. Merge
59. Single's bloom
62. Upon
63. Fall
64. Crisp
65. Dry land
66. Starlings
67. Robert ____, poet

**Clues down**
1. Exchequer
2. Repeat
3. Flight of mallards
4. Clip
5. Those who wage
6. Act
7. Partition
8. Work unit
9. Bulgaria
10. Feels deep affection for
11. Celebration
12. WordPerfect's home
13. Clog
18. From Nicaea
19. Shiftless
23. Business enterprise
24. City
25. Does drugs
26. ____ Walker, The Color Purple
27. Beverage
28. Baseball iron man
29. Musical endings
30. Cross country, for one
31. Max ____, Dadaist painter
32. Gurus
37. Veggie
39. Brass
40. Herb
43. Mount
46. Pity
47. Where computer nerds meet
48. Member of U.S. Navy
50. Riblike part of a plant or animal
51. Black
52. Way
53. Behaves
54. Cubic content unit
55. Make into a print
56. Greek portico
57. Beverage
58. Extreme points
60. Go away
61. Faith

solutions on page 34

AUCTIONS


**REAL ESTATE AUCTION**

**Saturday, February 19th - 11:00 am sharp**

228-228-A St. Felix St., Cornwall

**TO BE SOLD ON SITE:** renovated 2+2 bdrm. duplex - gas heat and hot water. Separate services, fridge & stove incl. Positive cash flow. Downstairs tenant (3 yrs.), pensioner pays $500 mo. wants to stay. Upstairs unit just vacated - was $475. Clean, new paint, etc. Perfect for owner. Live in - basically cost free. A solid investment.

This property **WILL BE SOLD** subject **ONLY** to a minimum bid of $29,000

**TERMS:** $1,000 deposit. Balance due on or before March 31st.

**OPEN HOUSE:**
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92 NOVENAS

**THANK YOU TO ST. JUDE** and the Sacred Heart of Jesus for favours granted. L.N.

**ST. JUDE NOVENA.** May the Sacred Heart of Jesus be adored, glorified, loved & preserved through the world now and forever. Amen. Thank you for my favour received. D.L.

**MAY THE SACRED HEART OF JESUS** be praised, adored and glorified throughout the whole world forever and ever, Amen. Say this prayer 6 times a day for 9 days and your prayers will be answered. A promise of publication. P.D.

**THANK YOU SACRED HEART** for prayers answered. BST.

**ST. JUDE NOVENA.** May the Sacred Heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Worker of the Miracles, pray for us. St. Jude, Heart of the Hopeless, pray for us. Say this prayer 9 times a day for 9 days. By the 8th day your prayer will be answered. Publication must be promised. Thank you to St. Jude and many thanks for other prayers also answered. N.H.

**ST. JUDE NOVENA.** May the Sacred Heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, Worker of the Miracles, pray for us. St. Jude, Heart of the Hopeless, pray for us. Say this prayer 9 times a day for 9 days. By the 8th day your prayer will be answered. Publication must be promised. Thank you to St. Jude and many thanks for other prayers also answered. M.M.

**THANK YOU TO ST. JUDE** and all the Angels and Saints for interceding to God for my prayers that were answered in Jesus' name. Amen. L.M.

## DELORME



In loving memory of a dear husband, father and grandfather,
**Telesphore**
who passed away one year ago on January 24th, 1999.

*He is gone but not forgotten,*
*And, as dawns his first year,*
*In our lonely hours of thinking,*
*Thoughts of him are always near.*
*Days of sadness will come over us,*
*Many think the wound is healed,*
*But they little know the sorrow,*
*That lies in the heart concealed.*

*Sadly missed by your wife and all your family.*

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# CROSSWORD SOLUTIONS

SOLUTIONS ACROSS

1. Fess
5. Tezel
10. Agog
14. Icon
15. Adore
16. Dare
17. Shrinking violet
20. Codpiece
21. Drama
22. CRT
23. Sole
25. Dances
29. Caresses
33. Olean
34. Ola
35. Kra
36. Piglet
38. Denoting
41. ECU
42. Abas
44. Reese
45. Respires
48. Smarts
49. Aeon
50. CEO
51. Elate
54. Coalesce
59. Bachelor's button
62. Onto
63. Abate
64. Cold
65. Ness
66. Minae
67. Haas

SOLUTIONS DOWN

1. Fisc
2. Echo
3. Sord
4. Snip
5. Takers
6. Edict
7. Zone
8. Erg
9. Lev
10. Adores
11. Gala
12. Orem
13. Geta
18. Nicene
19. Idle
23. Sales
24. Oran
25. Doper
26. Alice
27. Negus
28. Cal
29. Codas
30. Skier
31. Ernst
32. Sages
37. Taro
39. Ormolu
40. Tea
43. Ben
46. Pathos
47. IEEE
48. Seabee
50. Costa
51. Ebon
52. Lane
53. Acts
54. Cran
55. Etch
56. Stoa
57. Cola
58. Ends
60. Lam
61. Obi

# HOROSCOPES

## February 6-12

**Aries – March 21/April 20**

You run into an old friend early in the week, Aries. Spend time catching up with him or her. However, don't tell this person too much, because he or she won't keep what you say private. A loved one needs a shoulder to cry on during the middle of the week. Be there for him or her.

**Taurus – April 21/May 21**

Don't be stubborn when it comes to a disagreement at work. Your way isn't the only way to get something accomplished. Listen to what others have to say, and try to reach a compromise. The higher-ups are watching how you react to this situation. Be careful. Libra plays an important role late in the week.

**Gemini – May 22/June 21**

You have a lot going on this week, Gemini. So, try to stay calm and in control. That's the only way to get things done. Turn to a loved one if you need some advice on handling everything. He or she is sure to build up your confidence. The person whom you've been seeing has a surprise for you. Enjoy!

**Cancer – June 22/July 22**

Keep your sense of humor about you this week, Cancer, because things are going to get hectic. If you take everything seriously, you'll upset yourself. Just try to laugh at things, and stay calm. If you do, you're sure to make a lot of progress. The person whom you've been seeing has a question to ask you. Be honest with him or her.

**Leo – July 23/August 23**

Don't hold a grudge against a co-worker who makes an honest mistake. This person doesn't mean to cause you any trouble. So, don't take it personally. Just try to keep things running smoothly. Make an effort to talk with a friend whom you haven't called in quite a long time. This person will be glad to hear from you.

**Virgo – Aug 24/Sept 22**

Don't worry about a minor problem at work. You're not involved in the situation, and those who are certainly can handle it. There's no reason for you to get upset. The person whom you've been seeing wants to call it quits. Don't be sad, because you know that he or she isn't the one for you.

**Libra – Sept 23/Oct 23**

Even though you don't really want to, you have to make an important decision early in the week, Libra. You can't put it off any longer. Just look at the pros and cons, and do what you think is best. Everything will work out in the end.

**Scorpio – Oct 24/Nov 22**

Don't get mad when a close friend insults you early in the week, Scorpio. This person is upset and is lashing out at the first person whom he or she sees. That just happens to be you. Instead of getting angry, try to find out what is upsetting this person. He or she really needs someone to talk to. Be there for him or her.

**Sagittarius – Nov 23/Dec 21**

You run into an old flame this week. While romantic feelings start to flare up again, don't try to rekindle your relationship. Deep down inside, you know that this person isn't the one for you. A loved one needs your help with a personal matter. Do what you can for him or her.

**Capricorn – Dec 22/Jan 20**

Don't be shy when you meet an interesting person early in the week. He or she really can help your career. So, get to know him or her better. Just be yourself, and you're sure to make a good impression. An acquaintance needs some financial assistance. Do what you can for him or her.

**Aquarius – Jan 21/Feb 18**

Don't get suspicious when a co-worker offers to help you with a problem. This person doesn't have any ulterior motives; he or she just wants to be there for you. This could be the beginning of a close friendship. Pisces plays an important role in your love life late in the week.

**Pisces – Feb 19/March 20**

Even though you want to help a loved one in need this week, don't. He or she is in a difficult situation, and your involvement only will make matters worse. So, stay out of it. That special someone wants to take you out for a night on the town. Say yes.


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NASCAR Winston Cup Series

# GM Test Concludes At Daytona

DAYTONA BEACH, Fla. (Jan. 18, 2000) The pressure on a rookie driver to make the Daytona 500 is tremendous. This year, rookies Dale Earnhardt Jr., Matt Kenseth, Mike Bliss, Dave Blaney and Scott Pruett will be feeling the heat when they arrive for Speedweeks at Daytona International Speedway. The pressure will be on to make the biggest race of the year on the NASCAR Winston Cup circuit - the Daytona 500. If they're lucky, they'll find themselves in the same position as last year's Raybestos Rookie of the Year Tony Stewart.

Stewart found himself on the front row next to reigning Winston Cup champion Jeff Gordon in last year's "Great American Race." "It was an awesome feeling," said Stewart about his star in the 1999 Daytona 500. "Anytime you can come here in your rookie season and sit on the front row and have all the pressures taken off of you to try and make the race, you know that everything you do past qualifying is just practice. Being able to go on to the 125s and use that race as basically practice for the 500 was a big weight lifted from our shoulders."

Stewart was one of 30 drivers testing at Daytona International Speedway this week. His fastest lap today was 184.695 mph. Sterling Marlin posted the fastest lap of the day in the No. 40 Chevrolet at 187.153 mph. Stewart and his team were working hard to squeeze more RPMs out of the No. 20 Home Depot Pontiac. "We're still doing everything we can to find hundredth of a second here and there, but it's different from the standpoint that we have a whole different aero package than what we had last year."

The following are the top ten fastest speeds posted in today's GM test at Daytona International Speedway:

| Car No. Driver | Speed |
|---|---|
| 40A Sterling Marlin/Chev. | 187.153 mph |
| 4 Bobby Hamilton/Chev. | 186.908 mph |
| 31A Mike Skinner/Chev. | 186.858 mph |
| 91 *Andy Hillenburg/Chev. | 186.834 mph |
| 36M Kenny Schrader/Pontiac | 186.784 mph |
| 7A Michael Waltrip/Chev. | 186.772 mph |
| 91 Andy Hillenburg/Chev. | 186.703 mph |
| 42 Kenny Irwin/Chev. | 186.625 mph |
| 8A Dale Earnhardt Jr./Chev. | 186.513 mph |
| 43A John Andretti/Pontiac | 186.382'mph |

*Hillenburg's time posted in the morning test session.

All other times posted in the afternoon session. Rusty Wallace, Jeff Burton, Dale Jarrett, Darrell Waltrip, Ricky Rudd, Jimmy Spencer, and Elliott Sadler are among the drivers scheduled to participate in Ford's testing for NASCAR Winston Cup at Daytona on Friday. Grandstand access is free and open to the public during testing.

## OBITUARIES

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**SAMSON - Adrien Joseph**

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Monday, December 20th, 1999.

Mr. Adrien Joseph Samson, age 78 years, born in Bainsville, Ontario, of 410 Prince Arthur Street, Cornwall, Ontario.

Dear son of the late Josephus Samson and the late Lea Lalonde.

Beloved husband of Laurette Samson (Brisson).

Loving father of Denise (Mrs. Serge Pilon), Nicole (Mrs. Jacques Bourget) and Carole (Mrs. Roger Periard), all of Cornwall.

Loving grandfather of Chantal, Brigitte, Martin, Dominique, Melanie and Mathieu.

Dear brother of Romuald Samson of Cornwall; Mrs. Irene Theoret of St. Zotique, Quebec; Mrs. Marie-Ange Labelle and Mrs. Yvette Patenaude, both of Cornwall.

Predeceased by one brother, Remi Samson and by four sisters, Marie-Rose, Blanche and Dora Samson and Mrs. Cecile Lavoie.

The funeral took place on Thursday, December 23rd, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Nativity Co-Cathedral. Interment at Nativity Parish Cemetery. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated, assisted by Reverend Gary Ostler.

The pallbearers were the Nativity Guards.

Mr. Samson was a retired Domtar employee and an honourary member of the Knights of Columbus, Council #755.

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**WHITE - Laura Cecilia**

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Monday, December 20th, 1999.

Laura Cecilia White, age 84 years, born in Oka, Quebec, of R.R. #3 Cornwall Island, Ontario.

Dear daughter of the late Philip White and the late Mary C. White.

Loved aunt of Philip White (Shirley) and Jean White, both of Rochester, New York; Bruce White, John White (Marsha) and Cyrus White (Sharon), all of Cornwall Island and Colleen (Mrs. Fred Hurtle) of Massachusetts.

Predeceased by one brother, Clifford L. White and by one one nephew, Jason White.

The funeral took place on Thursday, December 23rd, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to the Memorial Chapel, followed by cremation at the South Branch Crematorium. Reverend Anna Becker of Hogansburg Methodist Church officiated.

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**MacRAE - Gertrude Anne**

Passed away at the Hotel Dieu Hospital, Cornwall on Wednesday, December 22nd, 1999.

Mrs. Gertrude Anne MacRae (nee Cameron), age 94 years, of Cornwall, formerly of Williamstown and Kingston.

Beloved wife of the late Archie MacRae.

Loved mother of Margaret (Margo) (Mrs. Gordon Johnston) of Kingston, Ontario; Charlotte Arnett of Burlington, Ontario; Barbara (Mrs. Alan Jaatinen) of Thunder Bay; Lynne (Mrs. John Crook) of San Francisco.

Dear sister of Phil Morin, Marg Raymond (Doug), Evelyn Fleming (Steven (Sparky) and Carrine (Toots) (Mrs. John Butler).

Sadly missed by grandchildren Douglas Johnston (Louise), Gregory Johnston, Mary-Patricia Lemon (Sam) and Jeffrey Crook.

Predeceased by her parents, George Morin and Isabel Cameron; two daughters, Jean and Sandra; three brothers, Reg, George and John; three sisters, Sadie McNeely, Muriel McWhirter and Lenore Glover and by her son-in-law, Bernard Arnette.

The Mass of Resurrection with Commendation and Farewell was celebrated by Reverend Thomas Villeneuve, assisted by Monsignor D.B. MacDougald V.G. in St. Mary's Roman Catholic Church on Tuesday, December 28th, 1999. Rite of Committal to take place at a later date in St. Mary's Parish Cemetery, Williamstown.

The pallbearers were Doug Johnston, Greg Johnston, Tom McNeely, Cameron McWhirter, Larry Conliffe and Larry Butler.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

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**KADDIE**
**- Anthony (George)**

Mr. Anthony **(George)** Kaddie passed away at the Cornwall General Hospital on Wednesday, December 22nd, 1999, age 70 years.

Beloved husband of Phyllis Jones.

Loved father of Mark Kaddie (Patricia) of Cornwall; Shelly Mintz (Dr. Donald Mintz) of Vancouver; Lana Jordon (John) of Prescott; Tami Watson (Steve) of Guelph; Donna Julien (Bernard Marion) of Martintown and Lori Kaddie of Cornwall.

Dear brother of Arnold Kaddie (Dorothy) of Brockville and Theresa Rouleau of Cornwall.

Also survived by eleven grandchildren.

Predeceased by his parents, Ralph and Mary (nee Woods) Kaddie.

A private funeral service was held in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall, Ontario on Thursday, December 23rd, 1999. Rite of Committal to take place at a later date in St. Columban's Parish Cemetery.

Funeral arrangements were under the care of Wilson Funeral Home, 822 Pitt Street, Cornwall, Ontario.

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**CHARTRAND**
**- Florence Liza**

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Wednesday, December 22nd, 1999.

Mrs. Florence Liza Chartrand, age 70 years, born in Alexandria, Ontario, of 301 Fifteenth Street West, Cornwall, Ontario.

Dear daughter of the late Wilmer Fournier and the late Anna Brunet.

Beloved wife of Dozilva Gilbert Chartrand.

Loving mother of Gilbert Chartrand (Joanne), Suzanne (Mrs. Ward Dawson) and Nicole (Mrs. David Michaud), all of Cornwall.

Loving grandmother of Jeffrey, Jennifer, Matthew, Brigitte, Michele, Scott and Todd.

Dear sister of Theresa (Mrs. Leo Leroux) of Cornwall.

Predeceased by one granddaughter, Alyssa Michaud.

The funeral took place on Friday, December 24th, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to Ste. Therese de Lisieux Church. Interment at Notre Dame Cemetery. Reverend Denis Vaillancourt of Ste. Therese de Lisieux Church officiated.

The pallbearers were Michel Chartrand, Denis Marion, Gilbert Chartrand, Jeffrey Dawson, Ward Dawson and David Michaud.

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**MACDONALD**
**- Angus Malcolm**
**Q.C., KSJ., LL.B., B.A.**

Mr. Angus Malcolm Macdonald passed away in Fort Lauderdale, Florida on Thursday, December 23rd, 1999, age 69 years; former Crown Attorney for the City of Cornwall and the United Counties of Stormont, Dundas and Glengarry.

Member of the Knights of Columbus Bishop Brodeur Assembly #0877 and Past Grand Knight of Ontario Council #755.

Beloved son of the late Edward Joseph Macdonald and the late Mary Charlebois.

Dear brother of Gertrude (Mrs. Ronald Johnson) of Cornwall.

Also survived by his nephews Colonel Michael Johnson (Ret.) and his wife Julie; Ronald Johnson; Robert Johnson and his wife Juanita; his niece Heather Boosamra (Peter); by his grand nephews Scott and Trevor and grand niece Tracy.

Predeceased by five brothers, Moran Macdonald, Edward John Macdonald, Captain William G.A. Macdonald CD (Ret.), John MacDonald, Douglas Macdonald and by one sister, Molly Danby (Brigadier General E.D. Danby).

A Knights of Columbus 4th Degree Honour Guard was present during the visitation as well as at Church and a Knights of Columbus prayer service was held during the visitation.

The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Kevin Maloney, assisted by Monsignor Rudolph Villeneuve, Reverend Gary Ostler and Reverend Mr. Ernest Bellefeuille in St. Columban's Roman Catholic Church on Thursday, December 30th, 1999. The bagpiper was Laurie Macdonald. The Rite of Committal to take place in St. Columban's Parish Cemetery at a later date.

The pallbearers were Michael Johnson, Ronald Johnson, Robert Johnson, Scott Johnson, Peter Boosamara and Gerry Gillesie.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall, Ontario.

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**LALONDE - Roger**

Passed away at the Hotel Dieu Hospital, Cornwall on Thursday, December 23rd, 1999.

Mr. Roger Lalonde, in his 53rd year, born in Cornwall, formerly of 512 Belmont Street, Cornwall.

Dear son of Antoine Lalonde and Aurore Leger of Cornwall.

Dear brother of Royal Lalonde (husband of Gisele Poirier) of Orleans and Leo Lalonde (husband of Carole Brisson) of Cornwall.

The funeral took place on Tuesday, December 28th, 1999 from the Boulerice Funeral Home Ltd., 218 Montreal Road, Cornwall to St. Felix de Valois Church at 11 a.m. Spring interment in Notre Dame Cemetery, Cornwall. Reverend Roger Desrosiers, Pastor of St. Felix de Valois Church officiated.

The pallbearers were Danny Andrews, Victor Andrews, Raymond Desormeaux, Richard Lalonde, Marc Lalonde and Gerard Paquette.

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**GAGNON - Arthur Eugene**

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Thursday, December 23rd, 1999.

Mr. Arthur Eugene Gagnon, age 87 years, born in Limoges, Ontario, of 9 Fourth Street West, Cornwall, Ontario.

Dear son of the late Alexander Gagnon and the late Anne Emard.

Beloved husband of the late Flora Gagnon (Tremblay).

Loving father of Richard Gagnon (Denise) of Cornwall; Maurice Gagnon of Morrisburg; Michael Gagnon, at home and Lorie (Mrs. Charles Belanger) of Cornwall.

Also survived by eight grandchildren and five great grandchildren.

Predeceased by four brothers, Leo, Charles, Joseph and David Gagnon and by two sisters, Mrs. Anne Sauve and Mrs. Alice Tyo.

The funeral took place on Monday, December 27th, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Nativity Co-Cathedral. Interment at Notre Dame Cemetery. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated, assisted by Reverend Gaetan Deschamps and Reverend Rheal Leveque.

The pallbearers were the Nativity Guards.

Mr. Gagnon was an inductee in the Cornwall Sports Hall of Fame for Boxing.

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**LAPIERRE - Elizabeth Ruby**

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario.

Mrs. Elizabeth Ruby Lapierre, age 102 years, born in Lancaster, Ontario, of R.R. #1 Summerstown, Ontario.

Dear daughter of the late Joseph Lalonde and the late Christina Richardson.

Beloved wife of the late Alexander Lapierre.

Loving mother of Gerard Lapierre (Yvonne), Keith Lapierre (Jeannette), Warren Lapierre (Jean), Aletha (Mrs. Marcel Bougie) and Leona (Mrs. Alcide Periard), all of R.R. #1 Summerstown; Joyce (Mrs. Artel Poirier) of Williamstown; Patricia (Mrs. Mario Gareau) of Lancaster and Faith (Mrs. Aurele Lefebvre) of Bainsville.

Also survived by twenty-seven grandchildren, forty-two great grandchildren and five great great grandchildren.

Loved sister of Mrs. Merna Currier of Greensborough, North Carolina; Mrs. Lily Tully of Cape Cod, Massachusetts and Jessie (Mrs. Roy Spurling).

Predeceased by one son, Mervyn Lapierre; seven brothers, Arthur, Allen, Joseph, Bud, Christopher, Dawson and Richard Lalonde and by four sisters, Mrs. Eileen Lambert, Mrs. Isabelle McLaughlin, Mrs. Mamie Wesley and Mrs. Janet Levac.

The funeral took place on Tuesday, December 28th, 1999 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Mary's Parish Cemetery. Interment at St. Mary's Parish Cemetery. Reverend Thomas Villeneuve of St. Mary's Parish Church officiated, assisted by Monsignor Donald B. McDougald.

The pallbearers were Kevin Bougie, Terry Lapierre, Denis Lapierre, Mark Gareau, Mervyn Poirier and Ronald Lefebvre.

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# WHEN IT'S IMPORTANT

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## TURN TO A FRIEND,

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The time following death of a family member is extremely emotional causing people to forget wishes discussed earlier. Simply telling a relative or friend your preferences about casket selection, clothing, burial, cremation, etc. is not enough.

Don't take chances. Scheduling the time now to discuss pre-arrangements, writing them down with us, and having a copy made for your family is one of the most loving things you can do.

Besides, a Lahaie and Sullivan pre-arrangement plan is a tax shelter (all interest earned is income tax free), freezes the price at the current level, and allows you to make easy installments to suit your budget.

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Yves P. Gauthier, General Manager, Funeral Director
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Claudette M. Lee, Administrator
Denis D. Aube, Director of Services, Funeral Director
Raymond L. Sullivan, Owner, Funeral Director

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# Driving for Better Fuel Economy

Drivers will improve the fuel economy of their automobile by using these economic driving techniques.

Remind your customers to drive their car at a constant speed because if they accelerate and break and accelerate and break, they consume more gasoline that if they had maintained a constant speed-uneven acceleration wastes fuel.

Accelerating quickly also wastes fuel. A gradual increase in speed will produce higher fuel performance.

In stop-and-go driving, accelerate slowly to the speed limit. Many traffic lights are set for the speed limit so that cars will move efficiently. Fuel efficiency could be increased if your customers stop-in-go techniques are improved.

For instance, decelerating may often take the place of braking if they are not speeding. When anticipating a turn, your customers should decelerate well in advance of the turn, and thus only a slight braking action will be required to take your customers safely around the turn.

Automatic transmissions can be used to save fuel as well. By easing up on the gas pedal at 35 to 40 kilometers an hour, the transmission shifts into a higher gear more easily, and since higher gears cause less engine strain less fuel is consumed.

Did you know that left turns can use more gas than right turns because the car usually idles at 0 kph while your customers wait for traffic to clear and thus left turns should be avoided in order to improve fuel economy.

Since "U-turns" involve stopping and starting, more gas will be consumed than if your customer had driven around the block.

By streamlining your car when travelling, gasoline will be saved because of less wind resistance. Using a small trailer instead of a roof-rack will streamline the wind, for the trailer travels in the "wake" of the car, producing less wind resistance than a roof-rack. Trailers are also disconnected right after use whereas customers tend to leave their roof-racks on their car.

Wind resistance can be reduced by closing side car windows. Remind customers to use the interior vents and the vent windows whenever possible.

Radial tires can also save fuel. Tires should be correctly inflated. Snow tires should be removed when the spring weather arrives because they consume more fuel than regular tires.

Remind your customers to have their brakes checked regularly. In addition to obvious safety reasons, a poorly adjusted brake will drag while the car is moving. The brake linings wear more quickly and more fuel is consumed. Wheel bearings should also be checked because they will cut fuel mileage in the same way.

A heavy car can be significant as well. Extra passengers and weight will both increase fuel consumption.

A final tip you can pass on to your customers. Gasoline, like everything else, expands with heat. When the temperature gets hot in the summer, encourage your customers to fill up in the early morning or late in the evening when the temperature is cooler. In this way, their gasoline tanks will hold more fuel.

Saving gasoline and money involves many factors. By passing on these tips, your customers will save on fuel costs and consumption.

# The Hydraulic Brake System

Brakes are the most important system on your car. A failure could be a life or death situation. Manufacturers have designed the dual reservoir brake system to help avoid this situation. even if one reservoir empties, the other reservoir can still stop the car.

the master cylinder contains two fluid reservoirs. the primary reservoir provides hydraulic pressure to the front right and left rear brakes, while the secondary reservoir supplies pressure to the remaining two brakes.

If the primary reservoir develops a leak, only half of the system would operate, but the car could still be brought safely to a stop.

A pressure-differential valve senses pressure difference. If the pressure drops in one of the reservoirs, the unit shifts to one side. If a leak occurs and the piston moves off centre when the brakes are applied, a warning light is also activated on the dashboard.

When disc brakes have been installed on a vehicle, a proportioning valve is used that proportions the pressure between the front and the rear brakes.

Most large late model cars come equipped with a combination valve (or control valve) that is located below the master cylinder. This device is a pressure differential valve, a metering valve, and a proportioning valve all in one.

# Former Motor Trend Editor Endorses Synthetic Motor Oils

(MS) — Mike Anson, former editor of Motor Trend magazine and co-host of radio's "America On The Road" automotive talk show, is a strong proponent of synthetic motor oils. He is also a race-car driver. His Lola T-492 Sports 2000, a recent winner of the America Double Regionals, is lubricated by AMSOIL Series 2000 Synthetic 20W-50.

"America On The Road," a nationally syndicated hour-long radio program directed at mainstream motorists, addresses a wide range of automotive issues and features high-profile guest interviews with industry giants like Lee Iacocca, Robert Eaton, A.J. Amatuzio, Al Unser Jr., Mario Andretti and Carroll Shelby.

Anson believes car care begins at home. "We have many listeners who were active car enthusiasts in the past, but who have become disillusioned by regulations. We feel it is important for car owners to be empowered again and not yield to the temptation to let other people make all the decisions because things are too complicated today," he says.

Carried by more than 300 stations, the talk show is now in its eighth year on the air.


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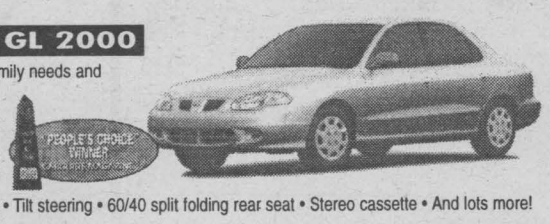

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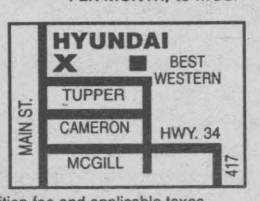


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# AUTO MART

# Alternate Energy Sources for Today's Automobiles

The gasoline which keeps our vehicles moving may soon no longer exist. Some experts have predicted that petroleum, from which gasoline is derived, will become scarce within the next 15 to 25 years. They predict that alternate fuels will have to be used to operate the family car.

Many experimental car engines have been designed and produced to address this eventuality, but the most likely solution would be to develop alternate fuels for existing engines.

So far many alternate fuels have been developed: petroleum refined from shale oil, synthetic gasoline and diesel fuel, methyl or ethyl alcohol, liquid propane gas. (LPG), synthetic natural gas (SNG), methane gas, and gaseous hydrogen. Petroleum can be extracted from oil shale and from tar sands. The cost, however, of the heat treatment plants and the environmental damage caused by strip mining shale and sand, are deterrents to producing this energy source.

A synthetic gasoline and diesel fuel can be produced from coal. this process is more complex and more expensive than extracting petroleum from shale or tar.

Some of you might have heard of gasohol. This mixture of up to 10% alcohol with gasoline can be used in modern engines without adverse side effects.

Some race cars use engines which run on 100 percent alcohol, although adapting these engines for public use could cost a fair amount of money. After the modifications to an existing gasoline engine, power output can increase by 20 percent.

Fuel economy may suffer slightly when using an alcohol blend because it has only one-half to two-thirds the energy content of gasoline. The benefits of the blend include an increased octane rating compared to regular gasoline.

Research shows that alcohol burns leaner than gasoline. A blend of more than 10% could cause hard starting, hesitation, and bucking in some lean-running, pollution controlled engines. Alcohol is also more volatile than gasoline and may give an added boost to a winter grade of gas.

Two types of alcohol fuel are methyl alcohol (wood alcohol) and ethyl alcohol (grain alcohol). Methyl alcohol (methanol) can be produced from coal, natural gas or garbage, but this type of fuel causes plastic fittings and flexible hoses to corrode.

Methanol also has other disadvantages: pollution would increase when more aldehydes are emitted and only half the fuel economy would be achieved.

On the other hand, ethanol, produced from grain, does not corrode plastic or rubber-it has a much higher energy content and offers slightly better fuel economy than methanol, and fewer pollutants are emitted.

Propane and natural gas have been used for some time. Fuel consumption increases by 10 to 20 percent with liquid propane gas, and the cost of the fuel is 30 percent less, but only 2,000 dealers in North America can fuel a car with propane or natural gas.

Methane can also be used to fuel an internal combustion engine. Produced from fermenting sewage and manure, methane can be used to supplement supplies of natural gas.

Hydrogen, a non-polluting fuel, can be produced from water or coal. Since all the common methods of producing Hydrogen require a large amount of heat and electricity, this fuel has not yet been developed to a practical state. Experiments are still being conducted to make this fuel more usable.

For some time electricity has been available as an alternate energy source for cars, but the speed and range of these vehicles is limited. Heavy lead-acid batteries occupy most of the cargo space. An overnight charge would allow a vehicle to travel about 160 kilometers and would meet 90 percent of North America's driving needs.

Solar energy has also been used experimentally for a few years to power vehicles. Perhaps someday this technology will be advanced enough so that every car can make use of this silent, non-polluting energy.

Scientists around the world continue work on an alternative energy source as a replacement for gasoline.

So, if your customers are complaining about the rising cost of gasoline and excess pollution, tell them about alternate energy sources. By the year 2000, alternate fuels may eliminate widespread use of gasoline.


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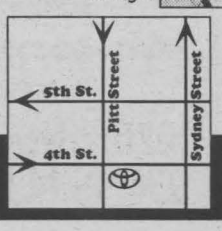



Rodger Grant TOYOTA 353 Pitt Street, Cornwall • 932-1106

# VALENTINE'S DAY DINE OUT

## Entertaining for two

### Valentine dinner and wine

- News Canada

(NC)-The offer of a special meal at home is a romantic gesture in itself so imagine what a treat it will be once you add a few personal touches of your own, like:

Surprise your Valentine with a bottle of bubbly. Chill it in a bucket and serve it with a strawberry in each flute glass. Tried & True Suggestions: Piper Heidseick Brut, or Asti Fontanafredda.

Finger foods by the fireside are often just as romantic as a gourmet meal. Start with grapes & cheese, or with strawberries dipped in sour cream and brown sugar. Then offer smoked oysters, pickled herring, shrimp cocktail, and always a loaf of fresh French bread. Serve olive oil or herb butter as accompaniments. Dessert can include souffle, chocolate fruit fondu, fresh nuts and Brie, coffee and liqueurs.

Even the simplest home cooked meals can be sent from cupid if you give them special names and announce each course, like Heartbeet Soup, Passion Fruit Cocktail, Steaks in Love, Cooing Hens, and for dessert, Sweet Surrender. Serve coffee with Baileys Irish Cream, or Godet Belgian White Chocolate Liquor, or the classic Grand Marnier which could quite rightly be called, Coffee Ecstasy.

Light candles everywhere. Everything is more alluring by candlelight.

Serve your Valentine's favourite wine then for each bottle write the date and place on the cork and keep them in a pretty straw basket. Sparkling and blush suggestions: White Zinfandel, Peller Estates French Cross Blush, Moraitis Rose.

Or, put a bottle of sparkling wine, Champagne, or blush wine on ice, prepare a cheese and pate plate, and have picnic in a more cozy part of the house. Suggestion: Freixenet Brut Rose.

Play harp or classical guitar music before dinner, jazz during dinner, and soft piano music to slow dance after dinner.

And after dinner, perhaps well after dinner, surprise your Valentine with a Champagne breakfast.

Entertaining for two

Champagne and other tasty treats

(NC)-When it comes to creating a romantic evening, champagne may be the first thing that comes to mind, but there may be other taste treats that are equally imaginative. On Valentine's Day, here are a few of many gift bottles that disappear first off the LCBO shelves:

Alize Red Passion. This is a refreshing aperitif that blends cranberry, exotic passion fruit and French cognac. Its perfect on the rocks, with a splash of sparkling water, or mixed with other spirits to create classic cocktails with a twist.

Tequila Rose. This smooth-tasting easy to drink liquor combines the vibrant taste of strawberries with rich cream plus a hint of Tequila. It's delicious chilled on its own, over ice, or as part of a mixed cocktail.

Tropico. This liqueur is an excellent balance of Bacardi Gold Rum and exotic fruit juices including mango, passion fruit, guarana and carambola. It is most enjoyable served chilled on its own or with ice. Or try adding your favourite fruit juice for a delicious cocktail.

Godet Belgian White Chocolate Liquor . It combines the luxurious taste of Belgian white chocolate, rich cream and fine aged cognac. This liquor is smooth and delicious served chilled or with ice.

Amarula Cream Liquor. This is a pure and precious blend from Africa and features fresh cream and the mysterious taste of the wild marula fruit.

Sheridans Original Double Liquor. If Valentine's Day is about chocolate then this vanilla cream liquor blended into a dark coffee chocolate liqueur is the perfect gift.


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NEWS FROM THE SANCTUARY

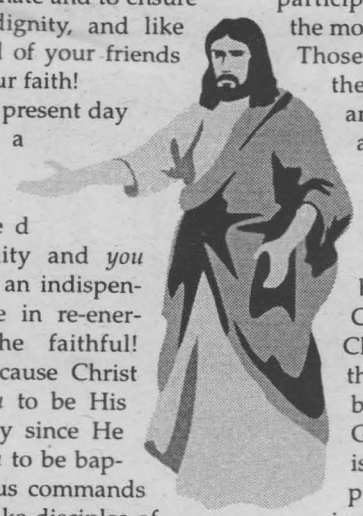
# Do You Care About Being Catholic? If So, Read This Thoroughly!

As Roman Catholics, we know that there is nothing better in life than to have a personal relationship with Jesus. We have faith in the visible Church precisely because we know that the God who cares for each one of us established one, Holy, Catholic, and Apostolic Church. In all that we do in life, we strive to reach the Father, through the Son, in the Holy Spirit.



*Father Allan*
**MacDonald**
*Blessed Sacrament Parish*

The Church is not some dry, dusty, institutional hierarchy. It is the living Bride of Christ, the Holy Spirit, and precious human life, but we only realize this when we give to it our conscious, active, and fruitful participation! If you attend Mass each week simply to fulfill an obligation, chances are you won't feel the power of Christ in your life. But when you realize that Mass – and the Eucharist most especially – is a *celebration* of Christ's unending love for *you*, then all at once you'll feel the peace and the power! You'll come to know that divine *celebration* is not some abstract idea, but something that stems from actual events – like going to Mass with a community of fellow believers, like the sacramental grace all those baptized into the Catholic Church receive, like answering the call to help the less fortunate and to ensure human dignity, and like telling all of your friends about your faith!



But the present day is also a time of unsurpassed opportunity and *you* will play an indispensable role in re-energizing the faithful! That's because Christ chose *you* to be His missionary since He called *you* to be baptized. Jesus commands us to "make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit" (Matthew 28:19; see also Mark 16:15). Pope John Paul II constantly reaffirms the "permanent mission of bringing the Gospel to the multitudes – the millions and millions of men and women – who as yet do not know Christ the Redeemer of humanity" (Apostolic Exhortation *Christifedelis Laici, 35).*

As Christ taught, the first way to evangelize is to love all people, and always offer hope through faith in God. When people ask, "what is truth?", we can never deny Christ and His Bride – the Catholic Church – by replying, "whatever you want my friends!" For when we neglect our responsibility to evangelize, our inaction sends the clear message that we either don't really believe what we claim to believe or that we don't care about others enough to share our faith with them.

If you ever find church boring or cold, the only person missing out is you! Anyone who spends time with a recently converted Catholic fresh out of the RCIA program can tell you that the Catholic Church does embody the splendor and power of Christ. Those who educate themselves on the Catholic faith, like the RCIA participants, are always the most excited about it. Those who give of themselves to God and others are always the ones who receive the most in return. Those who help the Almighty bring others to Christ and His Church are always the ones who are brought closer to God in the end. It is only those people who put nothing into their faith that get very little out of it.

But many of us are averse to evangelizing because we associate it with arrogance or religious fanaticism. But if we believe – really believe – that God exists, that Christ loves everyone, that He established a Church that is so strong "the gates of the netherworld shall not prevail against it" (Matthew 16:18), and which is the "pillar and foundation of truth?" (I Timothy 3:15), then evangelism is the natural choice. Someone must have converted either you or your ancestors at some point in time, and aren't you glad?

This article is a summary of a pamphlet entitled, "Do You Care About Being Catholic? If So, Read This Thoroughly!" For a free copy of this pamphlet or for a whole series of free pamphlets on the Catholic Church and Her teachings phone Blessed Sacrament Parish at 932-2996. Just give us your name and address and we will gladly send you these pamphlets free of charge. God Bless You!

# AMAZING GRACE

*"The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: He leadeth me beside the still waters. He restoreth my soul: He leadeth me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: Thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord for ever." - Psalm 23*



*Pastor Bob*
**BURGESS**
*Pastor New Life Covenant Church*

This Psalm is probably the most quoted Psalm in all of the Bible. It is used at weddings, funerals, retreats, etc.... and has been quoted by Poets, and Musicians for hundreds of years.

But what does it really mean? David who wrote the 23rd Psalm was himself a Shepherd and had come to a place in his life when he realized that he himself needed a Shepherd. In the same manner that he took care of sheep, he came to realize that he was also in need of someone to take care of him. That's essentially what being a Christian is all about. When one's life becomes unmanageable and when one realizes that they have messed up their lives, they need help, they need a Shepherd as David realized.

We live in a very complex age with technologies that on the one hand enhance our lives, but on the other seem to make everything so complicated.

Perhaps you've come to see your need of a "Shepherd." Let me assure you that God is ready to shepherd you and if you will let Him into your life, He will guide you beside the still waters, He will restore your soul, He will be with you.

Open your life today to the Chief Shepherd and remember, God loves you! He really, really does!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# Which of These Costly Homeseller Mistakes Will You Make When You Sell Your Home?

Cornwall - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their home and become disillusioned when they put their home on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your free copy of this report, call 1-800-865-0177 and enter ID 2201.

You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out how you can get the most money for your home.

This report is courtesy of (Henrietta Duvall, Exit Realty Seaway). Not intended to solicit properties currently listed for sale. Copyright©

# Alzheimer Disease – Caregiving Statistics

- Over 70% of informal caregivers are women, mostly wives and daughters.
- 30% of informal caregivers in the community are employed.
- Work disturbances due to caregiving responsibilities were twice as frequent among employed, informal dementia caregivers than among caregivers of non-demented seniors.
- Depressive symptoms were nearly twice as common in dementia caregivers living in the community as caregivers of non-demented seniors.
- 36% of all informal caregivers in the community are over the age of 70.
- People with dementia have fewer friends and relatives to count on beyond the primary caregiver than do seniors without dementia.


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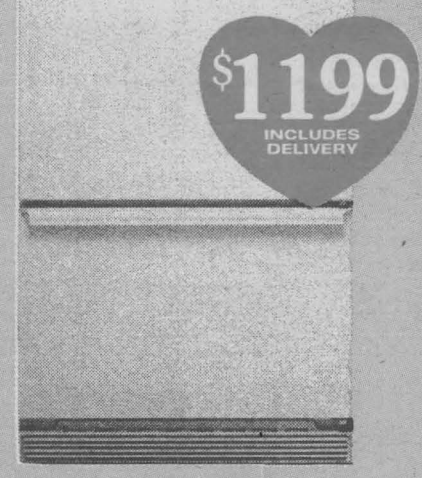





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