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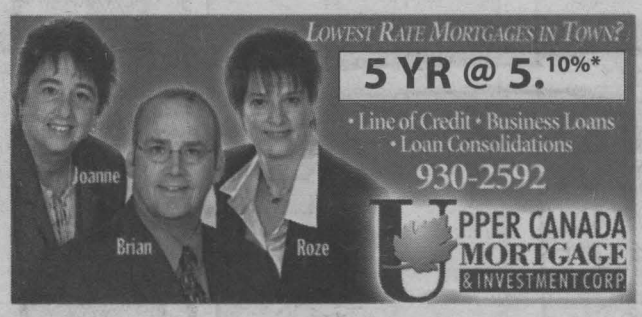

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SEAWAY NEWS

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October 24, 2003 | Volume 19, Issue 6 | Serving Cornwall and Area | www.cornwallseawaynews.com

New Community Partner For Aultsville Theatre

Susan Carter, Chair of the Aultsville Theatre Volunteer Management Committee, is pleased to announce that Perkins/Caron Rona Home Centre has just become a community partner with Aultsville Theatre. The generous donation from co-owners, Roy Perkins and Marcel Caron, of $1,000 in materials toward the upkeep of the theatre is greatly appreciated.

One of Aultsville Theatre's continuing goals is to upkeep the theatre so that it is a showcase venue for artists and patrons alike. To accomplish this, they have recently had the theatre painted for the first time ever since its construction, repaired soon-to-be re-upholstered seats, and replaced curtains, lighting and sound equipment. Support from Perkins/Caron Rona Home Centre will provide much needed funding to maintain the facility.

"Aultsville Theatre had a need and we were glad to provide the materials to meet that need. The theatre has a history in this region and the Rona Home Centre is more than happy to become a community partner with the facility," said Roy Perkins.

Susan Carter said, "Community partnerships like Perkins/Caron Rona Home Centre contribute to the theatre arts in our community. Aultsville Theatre is a cultural hub for much of Cornwall and we always encourage community partnerships with our theatre."

Aultsville Theatre, on the Cornwall Campus of St. Lawrence College, was scheduled to close six years ago, but was successfully saved from mothballing by a group of concerned local citizens. Aultsville Theatre volunteer Management Committee now manages the theatre on a non-profit basis. Currently, a year-long marketing strategy program is underway at Aultsville Theatre, partially funded by Human Resources Development Canada through its Job Creation Partnerships Program.

Pictured at right, Susan Carter, Chair of the Aultsville Theatre Volunteer Management Committee is ready to pick some colours for the latest painting job at Aultsville Theatre from Perkins/Caron Rona Home Centre assistant store manager, Mike Stefik.

Photo by John Divinski



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Low 2°C	Low 2°C	Low 2°C	Low 5°C	Low 9°C
High 5°C	High 12°C	High 11°C	High 12°C	High 8°C

North Glengarry Municipal Elections November 2003

The Chambers of Commerce of Alexandra and Maxville and District have formed an independent committee to sponsor and conduct All Candidate public meetings in Alexandria and Maxville and Kenyon. The dates and venues set for the meetings are as follows:

Maxville: Tuesday, October 28th, 2003, at the Maxville Sports Complex at 7:30 p.m.

Kenyon: Thursday, October 30th, 2003, Apple Hill Community Hall at 7:30 p.m.

Alexandria: Monday, November 3rd, 2003 at the Alexandria Sports Palace at 7:30 p.m.

Doreen Ashton Wagner will moderate all meetings.

The format of the meetings will include the following elements.

1. Each candidate will be given a five-minute time period to introduce himself or herself and state their platforms.

2. Three independently chosen questions that cover some of the important issues will be put to candidates by the moderator.

3. The floor will be opened to the public audience who will then have the opportunity to address questions and concerns to candidates.

All Candidates meetings are a long tradition in the Chambers' services to their respective communities and we look forward to a spirited and informative exchange.



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Kinsmen and Kinettes Conference Starts Today

District 6 Kinsmen start arriving in Cornwall today for a 3 day fall leadership conference being held at the Ramada Inn. Over 100 delegates will be attending meetings and workshops designed to help improve there communities and get new fund raising project ideas.


Kinsmen President Neil Benjamin

"Cornwall hoisted this conference last year and it was so successful we bid for it again this year. Registration is higher this year due to last years hosts "states Kinsmen President Neil Benjamin. Kinette President Krista Mano echoed Benjamin comments adding"its great to see members from Val Dor, Pembroke, Belleville, and the rest of the clubs in the district attending. We expect over 25 clubs to be here for business.

District reports, resolutions, financial reports and presentations will keep all the delegates busy on Saturday. Co-chair Kim Baird is the entertainment co-ordinator so the family of Kin is in for a good time.

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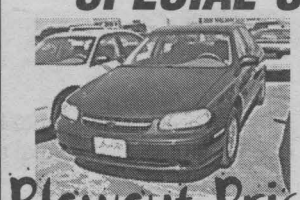

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Cornwall Youth Centre & Seaway News Announce New Project

The Cornwall Youth Centre is excited to announce their new project, the creation of a news page entitled "C'est la vie", thanks to the funding provided by Canada's Ministry of Justice and to the contributions and expertises provided by the Seaway News and le Journal de Cornwall.

The one year project consists of supporting youth in their creation of a collaborated bilingual monthly news page in the two community newspapers. The youth produced issues will encompass information and personal point of view articles, poetry, hidden word and trivia games, contests and prizes, original art work, comic strips, and particulars from various community partners such as l'équipe psycho-sociale, Child and Youth Counselling Services, Cornwall Community Police Service, Addiction Services of Eastern Ontario, Cornwall Community Fire Department, Job Zone d'emploi, Sexual Assault Support Services of SDG&A, Economic Development & Recreation Services of Cornwall, le Centre de santé communautaire de l'estrie, the Eastern Ontario Health Unit, and participating schools. This innovative project will provide youth with experiences and help them discover and learn more about their capacities and inner talents.

The Cornwall Youth Centre is very optimistic that youth, their family and friends, as well as the community will benefit from this initiative by learning more about crime-prevention issues and available resources available in the community. If you would like more information on this innovative project, please do not hesitate to contact Josée Delisle at 938-4999 or by email at teen_cestlavie@hotmail.com.

Community Newspapers are Being Read

If you are an avid reader of your community newspaper, you are not alone. The results of the world's most comprehensive print study are in, and the Canadian Community Newspaper Database Corporation (ComBase) study shows that 71.5 percent of English speaking Canadians read community newspapers! ComBase President Elena Dunn and board member David Stanger released national data in Toronto recently.

"For years the community newspaper industry has known Canadians read their community paper. Now we have the hard data to prove it," says Dunn. "Community newspapers have the highest mass reach of any medium - this is incredible data for our 326 founding member newspapers."

The community newspaper industry is a billion dollar business representing over 1,000 titles and 11.2 million copies per week. The study shows a 70 percent household penetration - a higher reach than any other medium. Community newspapers are read most in British Columbia, with 79 percent surveyed reading their last weekday issue, compared to just 63 percent reading the last issue of a daily newspaper. In each province surveyed, this study shows Canadians are reading newspapers. In an era of the internet and new media, newspapers are not only surviving - they're thriving.

In each province, at least 20 percent of readers surveyed were exclusive readers of community newspapers.

The ComBase survey is three years in the making and gives the most detail ever as to what newspapers Canadians are reading, how often they read them, and exactly who the readers are. The survey measures over 700 newspapers and magazines in more than 400 markets across the country, providing objective, third party readership information to media planners and buyers.

Seaway News will be presenting the results in the coming weeks.

Gauthier Represents United Way

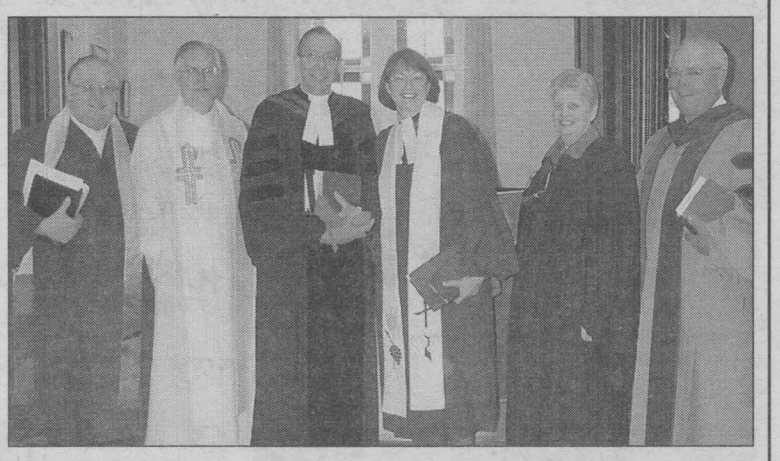


Yves Gauthier

The President of the United Way of Cornwall and District, Tim Kirkby, along with this year's fundraising chair, Kevin Wilson, are pleased to announce the appointment of Yves Gauthier of Alexandria as the new District Community Chair of the Alexandria-Lancaster area.

Yves Gauthier is President, co-owner and Funeral Director of Munro and Morris Funeral Homes Ltd. in Alexandria, Lancaster and Maxville.

A Special Celebration At St. John's Presbyterian Church



A special group of visitors shared the pulpit on Sunday, October 19th, 2003 as St. John's Presbyterian Church rededicated its sanctuary in a special service. Taking part, left to right are: Rev. Ian Victor of St. Giles Church in Ottawa, who delivered the sermon; Rev. Tom Rodger of Paterson Memorial Presbyterian Church in Sarnia, Ontario, who gave Thanksgiving and Intercession; Rev. Dr. Fred Rennie, retired, former Minister at St. John's who shared the rededication duties; Rev. Ruth Y. Draffin, current Minister at St. John's who also took part in the rededication services; Mary Duffin; first Deaconess of St. John's, who was responsible for the Doxology and Offertory Prayer; and Rev. Tom Gemmell, retired, who offered scripture readings. *Story & photo by John Divinski*

"What is old, is new again." With that being said, a packed congregation at St. John's Presbyterian Church in Cornwall showed up to be part of a special two-hour rededication service that has the sanctuary looking like it did when plans were first put down on paper in 1889. The major difference now is the congregation sits facing east again, whereas up until this summer, the congregation was seated facing south, a renovation change that was made in 1938. Going back to the original look has also opened up some windows on the southern exposure that had been covered. Meanwhile, the $250,000-plus project that has the church back to its original layout, came about as a result of a floor that needed to be repaired. Rev. Ruth Draffin, Minister at St. John's told the congregation, it started out as a plan to fix a floor problem, "but then a decision was made to renovate the church back to its original setup." The renovation program was carried out this past summer.

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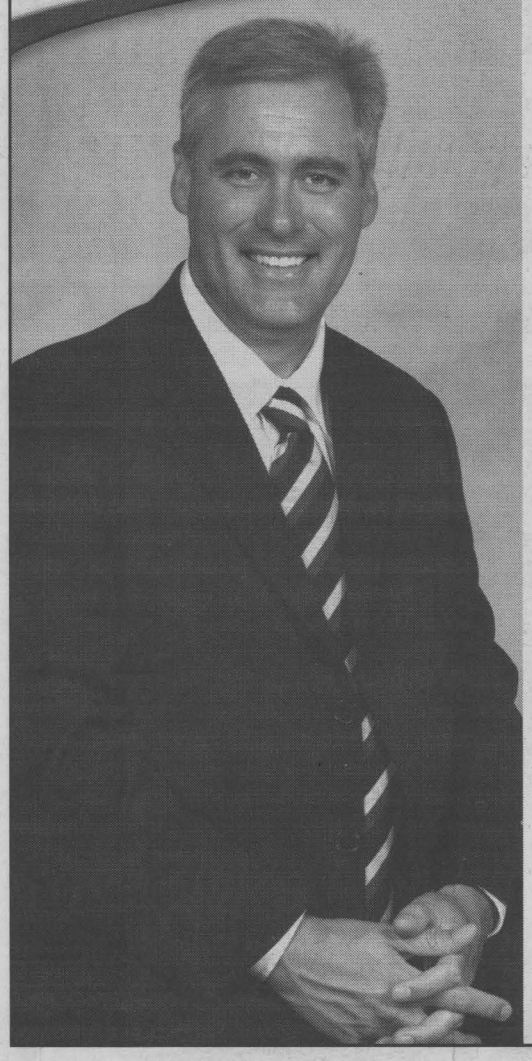

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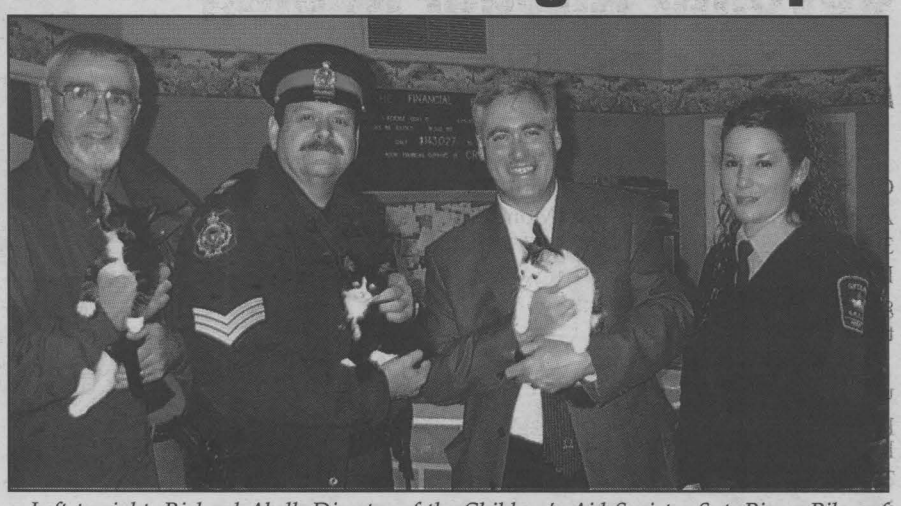
Local SPCA Looking For Help



Left to right: Richard Abell, Director of the Children's Aid Society; Sgt. Pierre Pilon of Cornwall Community Police Services; Mayor Brian Sylvester, cradle three seven-week-old kittens that were brought into the animal shelter in early September, after having fallen two stories from a Cornwall apartment building, and abandoned. A fourth kitten has already been adopted out. The three left behind have recovered and are healthy and ready for adoption. Looking on is Julie Banville (right) of the Ontario SPCA Investigations Department who looks into the abandonment and negligence of animals in this area.

Photo by John Divinski

The Ontario SPCA SD&G Branch Animal Adoption Centre, in collaboration with the corporation of the City of Cornwall and the Children's Aid Society, formally introduced a new educational outreach initiative Wednesday, October 15th, 2003 entitled, "Working for Your Community."

"With the development of our latest community outreach initiative, our goal is to strategically increase our profile throughout SD&G, and in the process, expand our existing donor base," states Marjorie Morrison, Branch Manager.

"Working for Your Community," a multi-component outreach initiative, will focus primarily on the work of the local Ontario SPCA Investigations Department during the month of October, a Department that does not receive any municipal or government funding to offset operational expenses. Under the direction of Ontario SPCA Agent Julie Banville, the local branch has seen a significant increase in the demand for investigations of suspected animal abuse, neglect or cruelty throughout the Counties. "With increased puppy mill operators, a dramatic rise in abandoned animals by irresponsible pet owners and ongoing cases involving inadequate food or shelter during extreme weather conditions, the need to educate the community regarding the role of the Investigations Department remains a priority," explains Agent Banville.

With a 2003 revenue total of $217,529 the Ontario SPCA SD&G Branch continues to work diligently to raise funds and secure community support.

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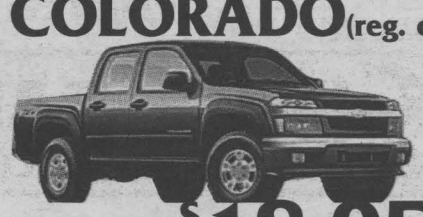
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Seventh Annual Racing Against Drugs

Over 1,700 grade six children from Stormont, Dundas and Glengarry will be participating in the Seventh Annual Racing Against Drugs that will be held Monday to Friday, November 3rd to 7th, 2003 at the Cornwall Armouries. Racing Against Drugs is a community based drug and alcohol awareness program developed by the Royal Canadian Mounted Police and the Ford Motor Company.

The primary objective of this drug education initiative is to utilize the sport of racing to capture the attention of young people and communicate with them through an exciting and high-profile sport - one with no tolerance for substance abuse. The program is sponsored by several local community organizations with the Royal Bank of Canada and the Mounted Police Foundation being their corporate sponsors.

Sponsors and participants gather at the Cornwall Community Police Station to remind everyone of the Seventh Annual Racing Against Drugs program to be held in early November. In the photo are: (from front left, clockwise) Kelly Mark Michaud of Cornwall (Honda Senior Champion in Karting for the Coupe de Montréal); Sr. Constable Gary Leger, Cornwall Community Police Service; Bob Lefebvre, Manager, RBC Royal Bank; Constable Jean Junneau, Royal Canadian Mounted Police; Gaetan Simard, Treasurer, Club Optimiste ami de la jeunesse; and Derek Michaud of Cornwall (Honda Junior Champion in Karting for the Coupe de Montréal).

Photo by Chris McPhee



Homeward Bound

Artist and writer, Joan Levy Earle, who is the former owner of The Sanctuary Bookstore in downtown Cornwall, will be showing her most recent paintings in an exhibition in Lancaster the weekend of Saturday and Sunday, October 25th and 26th, 2003.

This showing, her first in seven years, will feature several new landscapes in watercolour and oil, painted at her farm home near Maxville, Ontario.

The artist will be in attendance from 1 p.m. to 5 p.m. both Saturday and Sunday, October 25th and 26th, 2003. Joan's most recent publication, Hopelines; Thoughts For The 21st Century, will be available at this exhibition.

The exhibition will be held at Mitchell's Flower Market, 204 Main Street in Lancaster. For information contact Jennifer Mitchell at (613) 347-7481 or Joan Levy Earle at (613) 933-1071.

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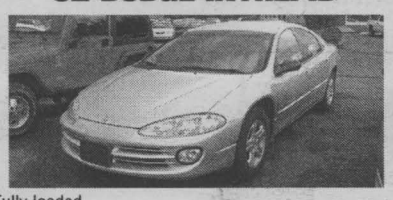
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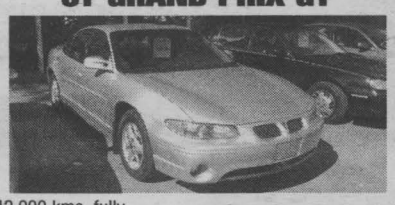
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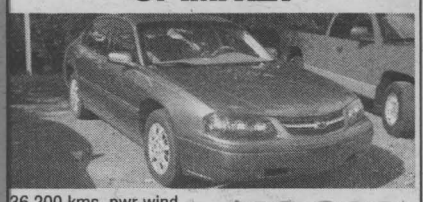
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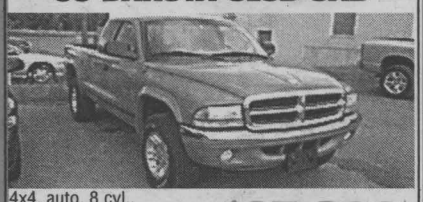
4x4, auto, 8 cyl., 67,959 kms, stk#C01003 $25,300*

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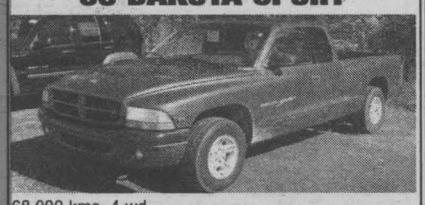
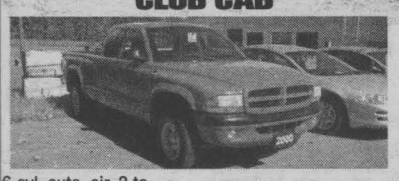

68,000 kms, 4 wd $20,900*

00 DAKOTA SPORT 2WD CLUB CAB

6 cyl, auto, air, 2 to choose from stk#C09007 & C09008 $18,900*

00 DAKOTA SPORT 2WD CLUB CAB

6 cyl, auto, air, 2 to choose from stk#C09007 & C09008 $18,900*

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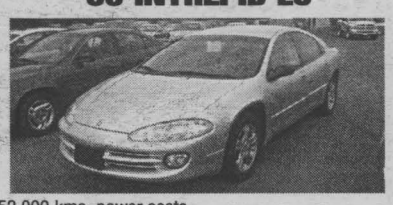
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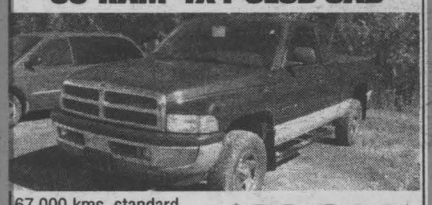
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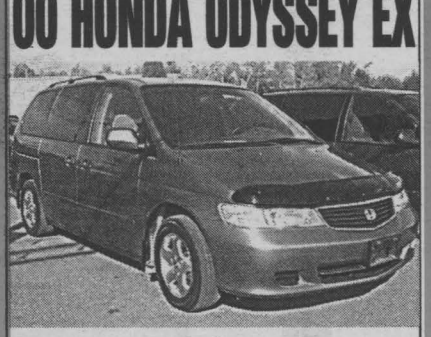
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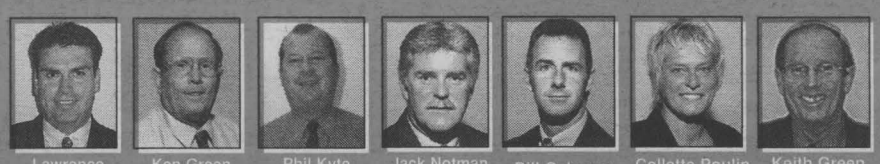
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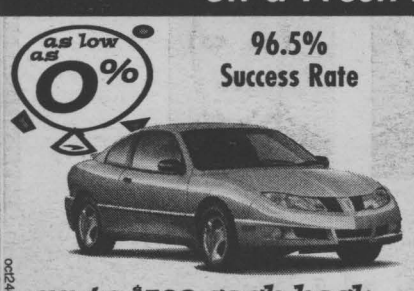

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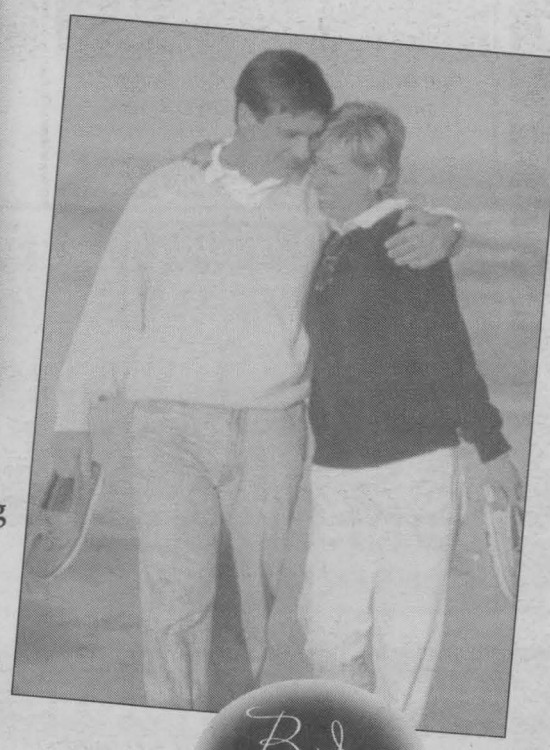

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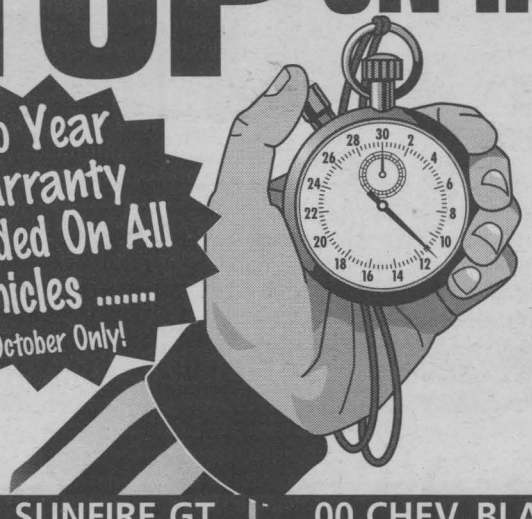

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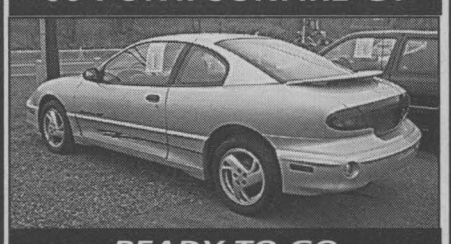

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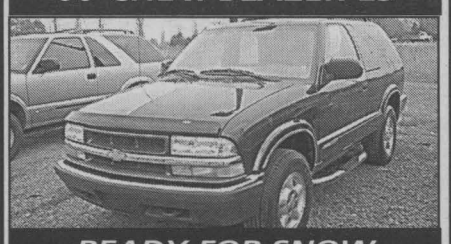

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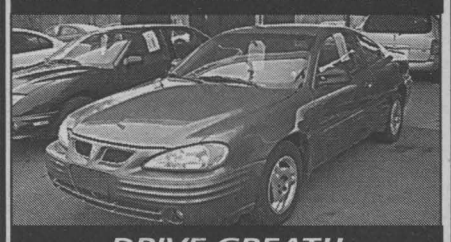

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The Job Of Saints

Maurice (Moe) and Gisele Delorme of Cornwall have been together for more than 25 years. Both have worked hard–Moe as a long distance trucker and Gisele, primarily with Canpage Communications–to raise a family of four, three girls and a boy. The results have been fruitful. They have 11 grandchildren to dote over. Moe and Gisele are both healthy, vibrant people who should be enjoying a well-deserved retirement, spoiling their grandchildren and doing the things that perhaps they had to forego when they were bringing up the family.

They are not.

For the past 12-years, Moe and Gisele have been foster parents and, in essence, have given up the thought of being retired empty-nesters with time and money on their hands. Instead, they have chosen to literally have a perpetually young family, growing up before their eyes. The Delormes have taken care of 20 foster children in the past decade or so, and right now have an 11-year-old girl and two boys aged eight and six, living with them. They are prepared to take in one more which is pretty well the limit the Children's Aid Society will allow a set of foster parents.

Foster homes are like "halfway houses" which allow children, who are up for adoption, to live in a home-like setting until they are matched with new full time parents. The reasons why these children end up in foster homes are many, ranging from neglect to abuse. Each story is a horror tale in its own right. Young lives being wasted, through no fault of their own. Foster homes and foster moms and dads are the "light at the end of a tunnel" that most children don't understand in the first place. But that foster home, for them, becomes "a safe place" as they begin that road to recovery.

Gisele says she continues to take on the responsibility because she feels she and her husband are "giving a chance to some of the children who might not have a chance otherwise. We want to see them happy."

The Delormes say the toughest thing about being foster parents is "letting go" when children are adopted permanently. "It breaks our hearts but there is satisfaction in knowing that the child is getting a second chance at a better and normal life."

I believe the Delormes but I can't possibly relate to the emotional turmoil they must have gone through over the past 12 years. The incredible thing is they do it over and over again. You have to be special people to be able to give your heart and soul to a tiny, young life that has no idea what he or she has done wrong not to be with their "real" mommy and daddy and to explain to them, at their level, what has happened. You gain their trust, their love and their confidence, knowing full well that one day, you will have to let go. The beauty of it is, when it does end, you will know in your heart that you have prepared that young human being to once again become part of a permanent family circle and that you have helped correct a terrible error fate has placed upon these innocents. So, it should be no surprise that Moe and Gisele have no intention of giving up the service they provide. They will continue as long as they are allowed and able to.

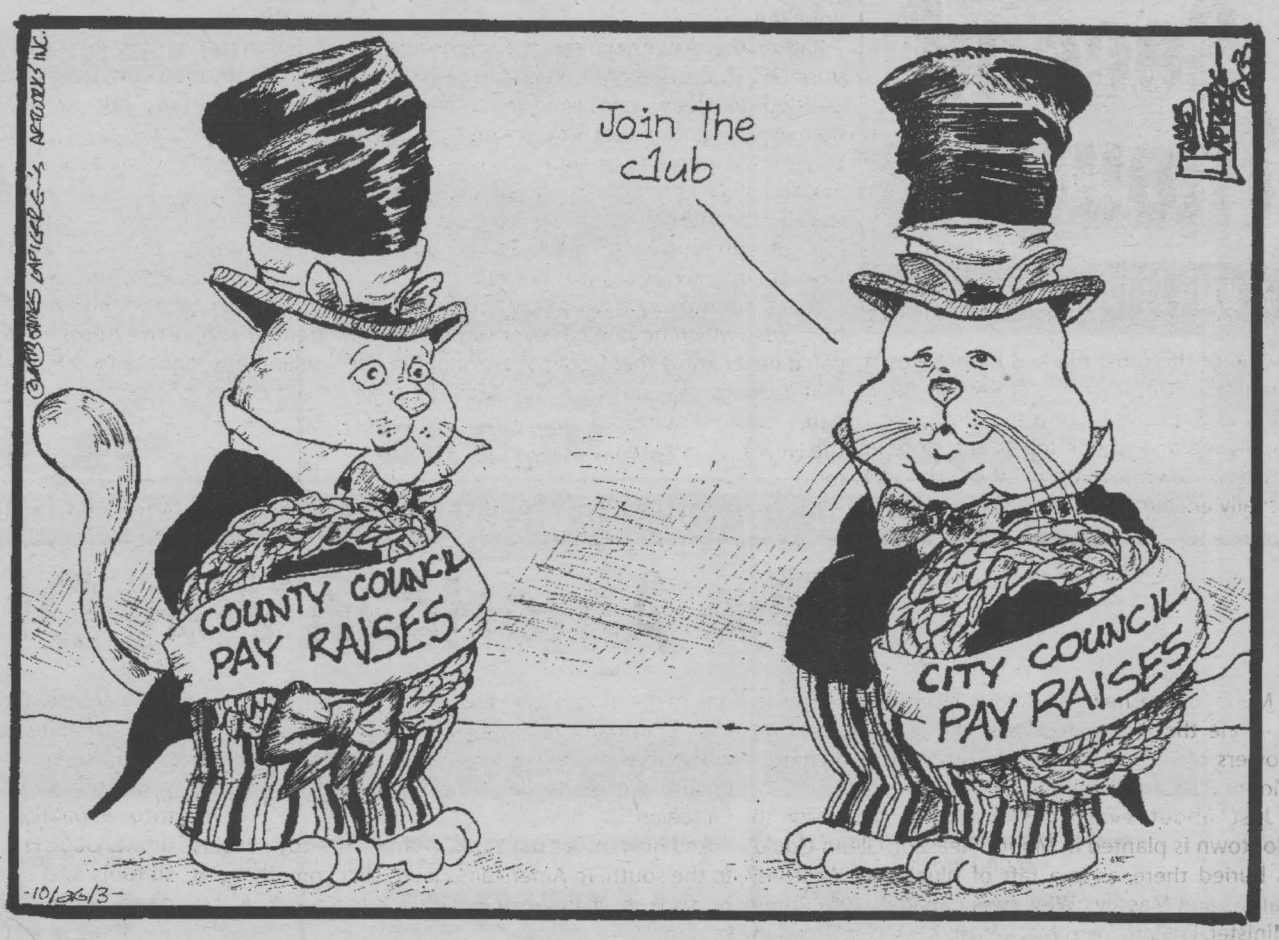
Knowing that more foster parents are needed in the area, Gisele suggests to any couples that are contemplating the move, to understand that you are going to "rebuild what's not there, that's the key thing. Enjoy the children and help them all you can is the advice I would give new foster parents."

Moe and Gisele are one of more than 120 sets of foster parents in SD&G doing this kind of work, and it's not enough. The Children's Aid Society is constantly looking for more foster homes and parents.

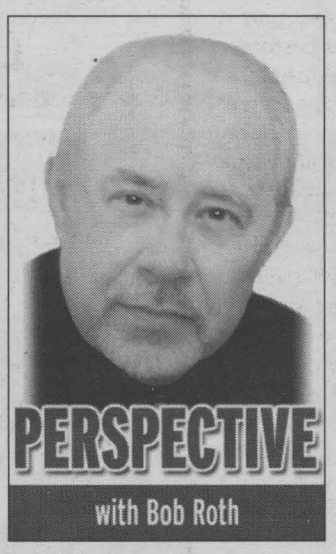
To the Delormes, although they have been part of the Foster Parent week activities which end Saturday, October 25th, 2003, foster parenting is not a job but a commitment. A commitment of dedication and a commitment of love. God bless those doing this very necessary and at times, thankless job and God bless the children.

I invite you to look elsewhere in this edition of Seaway News for a picture of Maurice and Gisele doing what they do best–spending time with their kids.

I'm John Divinski.



Thanks For Letters On Homosexuality, Now Let's Hear From The Other Side



I think I've died and gone to journalism heaven. Finally, an intelligent debate over homosexuality!

We printed two letters to the editor last week responding to the columns I have written on Bible-thumping and homosexuality. I can't remember exactly how long I've been writing this column (about 15 years or so), but I will say the two letters of last week were the most Biblically thoughtful I have ever seen on these pages. That's not to say there haven't been other good letters to the editor, but it is to say that this is the first time I have seen such an intelligent treatment of scripture.

Imelda Wheeler of St. Andrews West and Chris Helmkay of Williamstown deserve the entire community's gratitude for finally lifting the debate over homosexuality to the intellectual level it deserves and requires.

Both did an outstanding job of explaining why we follow some of the Bible's teachings "to the letter" and others we do not.

I was personally aware of the explanation about women being told to stay quiet in church (but didn't reveal it, hoping someone else would), but was unaware of some of the other issues and historical contexts in which "the Word of God" appeared. I want to thank both writers personally for their insights.

Imelda basically pointed out that many of the laws that appeared harsh in the Old Testament were, in fact, an improvement over older laws. Good point. But the laws were still not what we would consider to be morally correct. Why not, if they were inspired by God? For example, why did the "new" law still allow Jewish soldiers to take captive females as wives? Why didn't God ban this (in essence, legally-sanctioned rape) altogether? Could it not be argued that these were still man-made laws, reflective of a particular, patriarchal culture at a particular point in time - not the perfect creation of a perfect God?

I would further ask whether the "law" on homosexuality can further evolve from ancient times into a more lenient approach due to the mounting evidence that homosexuality is a biological and psychological drive - not a conscious choice. After all, we heterosexuals don't "choose" to be attracted to members of the opposite sex; it's a built-in drive.

Chris, in fact, deals with this argument by coming down on the side of sin - that is, homosexuality is morally wrong. You are free to agree or disagree. Chris notes the three categories of laws we find in the Old Testament - civil, ceremonial and moral - and concludes that the ban on homosexuality is a moral law. Moral laws dealing with basic questions of right and wrong "are unchanging and universal," Chris argues.

I would offer a couple of other thoughts to further this debate. I have heard it argued that homosexuality in the Bible is not the same homosexuality we are talking about today. The Bible talks much about lust and such, but nowhere does it contemplate the notion of a loving, committed same-sex relationship. In those days, that would have been virtually impossible - just as the notion of equal rights for women was unheard of in those days. Today, however, committed homosexual relationships are possible - they've even been endorsed by the courts. Is the Biblical condemnation of homosexuality a reflection of "moral" law or simply a particular culture's reaction at a particular time to something it didn't really understand?

I now believe the Biblical ball is back in the court of the same-sex marriage proponents. Those homosexuals who consider themselves Christians - and there are more than readers may realize - should now take up the kind and thoughtful challenge Imelda and Chris have offered. In other words, let's hear from the homosexual "Bible thumpers" now. Frankly, thanks to the exceptional efforts of Imelda and Chris, there will never be a better opportunity for a thoughtful, honest discussion on this issue than we have right now, right here, in the pages of this newspaper. Let's not miss the opportunity.

If They Can Do It There, Why Not Here? What Toronto Politicans Could Learn from New York's Homeless System



Whenever I visit this wonderful, thrilling city, I'm struck by just how similar it is to Toronto, and yet how different.

So close and yet so far.

One of the most marked differences is homeless people on the streets. In three days of traipsing around the Big Apple, I didn't see one. In one trip to the store in my downtown Toronto neighbourhood, I usually encounter at least three.

Yet whenever Toronto politicians are asked about New York's innovative and commendable approach to dealing with the homeless, they recoil as if it's the product of an evil regime from another planet. That tells you a lot more about how ignorant and close-minded our pols are than it does about what's really going on here.

The enduring myth is that New York "cleaned up" its homeless problem by locking up street people. The heartless Rudy Giuliani (pre-9/11, that is), banned homelessness, the story goes. We compassionate Canadians could never do that.

Trouble is, it's all a bunch of hogwash. Suggest to a New Yorker (as I did to the city's homeless department spokesman last year) that it's a crime to be homeless here, and they'll be appalled.

Rather, they'll tell you, the city imposed a law upon itself: Every single New Yorker is legally entitled to clean, safe emergency shelter on demand. Programs that encouraged people to stay on the street (e.g., soup and sleeping bag handouts, so common in Toronto) were disallowed. Oh, and city parks were locked at night and police "outreach" workers "encouraged" street people to move into shelters.

That's a long way from police locking up the homeless, which no one has ever suggested. But you'd never know that from the tenor of the current Toronto mayoral race. The leading candidates throw around old arguments about how the New York system is wrong, or at least wrong for us.

The latest was John Tory, who - despite having some good ideas and extensive knowledge of this subject - dismissed the New York model during a meeting with the Sun's editorial board this week. Suggesting it's not all it's cracked up to be, he said he'd recently read an article in the New York Times that reported the homeless problem had returned to pre-Giuliani levels.

RECORD HIGH

Well, I don't know what article Tory read, but I searched the Times' archives and what I found is this: The number of homeless in New York's shelter system did indeed hit a record high in June - 39,000, including more than 16,000 children (twice as many as five years ago). The economic downturn and 9/11 have clearly taken their toll on the city.

But none of this indicates a failure of New York's efforts to fight homelessness. On the contrary. Since its inception in 1993, the Department of Homeless Services has, unlike Toronto, made admirable progress not just in getting people off the streets (the results are visible to any visitor) but in moving them to longer-term housing.

Also unlike Toronto, the New York system requires all those who use its shelters to register (the better to track and help them into permanent or supportive housing) and undergo counselling appropriate to their needs. "Clients" also have a code of "responsibility" - no "destructive" behaviour, no staying in emergency shelters forever.

And it's not cheap, as even a brief glance at the DHS Web site (www.nyc.gov/html/dhs/home.html) and its wealth of statistics and studies indicates. It costs New York around $550 million a year or, as my colleague Sue-Ann Levy calculated last year, about $16,147 US per homeless person. But as Levy also noted, Toronto is spending more - an estimated $32,631 (Cdn) per person - and we have virutally no supportive housing and hundreds of people living on the street.

REAL NUMBERS

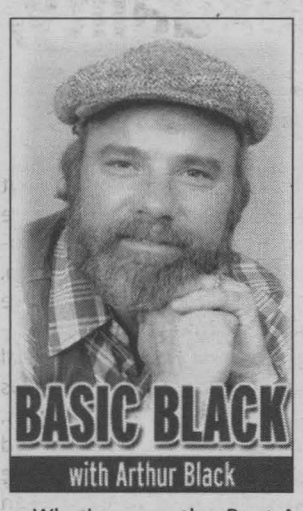
New York can tell you exactly how many people were in its shelters on any given night (this past Monday: 38,505), and uses data about them to study their needs, as well as to predict (and prevent) homeless trends.

Yes, some people still do sleep on the street. New York knows this because it counts them semi-annually. On the day of the most recent census, this past March, there were 1,780 "unsheltered" homeless adults on the streets and in subway stations (no children or families were found).

The main point is, New York has a vast, comprehensive system that is a world away from the unco-ordinated, wasteful and inhumane pastiche of homeless services in Toronto. It has years of experience with what works and what doesn't.

Toronto politicians, along with their federal and provincial counterparts (who seem so keen to embark on new public housing boondoggles), could learn a great deal from it. If only they were willing to look across the border. And listen.

The American Way Of Death



My favourite news story this month? No contest: the one that emanated from the leafy undulating bowers of Toronto's most famous marble orchard - Mount Pleasant Cemetery.

Just about everybody who was anybody in Hogtown is planted in Mount Pleasant. Glenn Gould is buried there, as is a raft of blueblood Westons, Eatons and Masseys. Why, even Canada's 10th Prime Minister, William Lyon Mackenzie King is interred in Mount Pleasant, and you're welcome to visit his gravesite.

But if you pull out a Kodak Instamatic to immortalize the moment, you'll be busted faster than you can say Svend Robinson.

Last month when two 10-year-old grade school kids tried to take a photo of King's headstone as part of a school history project, a security guard ran up and told them they were facing a fine of $150 if they pressed the shutter release.

What's more, the Rent-A-Cop's boss backed him up. Dennis Moir, Director of Cemetery Services for Mount Pleasant, told a reporter that it was company policy to 'protect the information' on headstones.

"The bylaw is to protect the people who are buried there," Moir explained.

Uh…Earth to Mister Moir: the permanent residents of Mount Pleasant no longer need to be shielded from unwelcome publicity. They're dead, Dennis.

Besides, it's not like Mackenzie King's gravesite is hidden from public view. There's a huge bronze plaque by the headstone, courtesy of the federal government, outlining King's accomplishments -- in both official languages. There's a photograph of Prime Minister King in his, well, prime. There's even a Canadian flag fluttering over his grave. The man was one of the most successful (and eccentric) politicians this country ever spawned, and the cemetery authorities are doing everything in their power to ensure we all forget him. How quintessentially Canadian.

And how unlike our Yankee Doodle Dandy cousins to the south. To Americans, death isn't something to be spoken of in whispers, it's a curtain call. A last hurrah.

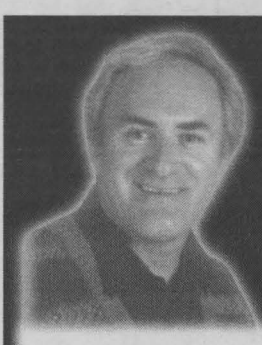
Consider Gene Roddenberry, the man who gave us the TV show, Star Trek. No mumbled prayers and an anonymous parking spot six feet under for Gene. He arranged to have his body cremated and the ashes tamped into a shotgun-shell sized aluminum tube. The tube was then slipped into a satellite launch vehicle and flung into space to orbit the earth for eternity.

There are other options for Americans. There's a firm in Georgia called Eternal Reefs where clients can have their mortal 'cremains' kneaded into an environmentally safe concrete ball and lowered into the Atlantic Ocean to become an integral part of reef rehabilitation. Eternal Reefs charges customers a little under $5,000 U.S. to swim with the fishes. Tick off the Jersey mob and they'll do the job for free - but you only get the cement galoshes.

Perhaps the most American send-off of all is available from a California concern called Celebrate Life. For as little as three grand, the folks at CL will take one's ashes, cram them into various roman candles, pinwheels, starbursts and blast them off over the ocean in a fireworks extravaganza as the sun goes down. Their brochure says "Fireworks are accompanied by favourite musical passages (of the deceased)…special effects include red-white-and-blue fireworks exploding to "Proud to Be an American"…also green fireworks lighting up "When Irish Eyes Are Smiling," etc. (Naw. If I was going to go out that way I'd want The Doors doing Light My Fire or Mick prancing out Jumpin' Jack Flash.)

And for those who don't want to be shot into space, dropped into the ocean or stuffed into a firecracker, there's always the Big Chill. A Swedish scientist by the name of Susanne Wiigh-Masak has been freeze-drying the corpses of pigs and cows. She immerses the bodies in liquid nitrogen, then she bombards them with sound waves to shatter the stiffs into a bazillion pieces. Wiigh-Masak points out that her method uses no fossil fuels and doesn't pollute the atmosphere with smoke. Plus, she says, the odourless powder that remains behind makes great potting soil.

I can see Mackenzie King going for that. As a guy who 'counseled' Ottawa hookers, asked his dead mother for political guidance and talked to his shaving mug, King was more than a little potty in real life.



with Yvan Brunet

CANADIAN MALE ATHLETES

Match the names of the Canadian male athletes with the names of the sports they excelled in. Write your choice of letters A-G inside [ ].

1. [ ] RAY ELGAARD (Alberta)
2. [ ] MIKE WEIR (Ontario)
3. [ ] GAETAN BOUCHER (Québec)
4. [ ] BRET HART (Alberta)
5. [ ] ELVIS STOJKO (Ontario)
6. [ ] AURELE JOLIAT (Ontario)
7. [ ] FERGUSON JENKINS (Ontario)

SPORTS

A. Famous Canadian Pro golfer.
B. Montréal Canadiens left winger.
C. 1984 Olympic speed skater (two Gold medals).
D. 1995 World Champion figure skater.
E. Famous Canadian WWF and WCW title holder.
F. Famous baseball pitcher (284 wins)
G. CFL Saskatchewan Rough Riders receiver.

CDN-23

ANSWERS: 1(G) • 2(A) • 3(C) • 4(E) • 5(D) • 6(B) 7(F)

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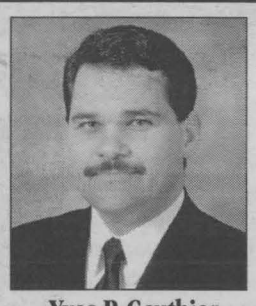
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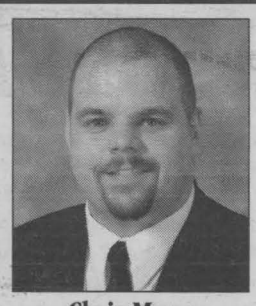
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Love, Honour And Cherish

Dear Mr. Roth,

Because of the article published in the Standard Freeholder, "Marriage is a Union Between Man and Woman," I have been asked: "How far should a woman walk behind a man?" by two different people.

All religions command that a man should respect a woman. In the Christian religion, a condition of marriage is that you love, honour and cherish her for as long as you live. The Bible also commands that you honour your mother and father. Would you ever insult or strike your father or mother? Other scriptures say to honour older women as mothers, exalt older men as fathers, treat younger women as sisters in Christ, treat each other as brothers, guide younger men in the way.

Scriptures about love: 1 Corinthians 13:1-13, Romans 13:8-14, Genesis 29:18-31, 30:3-5, 30:9-10, Song Of Solomon (Song Of Songs in some Bibles). Scriptures about marriage: 1 Corinthians 7, Ephesians 5:22-33.

During the Gulf War, in an interview with a holy man of the Islamic faith, a holy man said that the Koran commands "Don't ever hurt a woman, don't ever hurt a child."

In Hinduism, the story of the "The Three Sensitive Queens" gives an example of how women should be treated. There is also the Story or Rama and Sita.

The concept of religious oppression of women is nonsense. Most of these so-called oppressive rules are really protective rules. Some men apply a double standard to women. Some women apply a double standard to men.

In the end oppressive behaviour is caused by jealousy, not religious doctrine. Feelings of jealousy tells you that you need to treat someone better than you currently are. Religion is used for an excuse for all kinds of terrorism.

In Ireland, Catholics and Protestants kill each other in the name of God. In the southern U.S., Christians kill people because of the colour of their skin. At one time I honestly thought there were no Christians in the southern U.S. How could so much racism exist in this environment? What part of "Thou Shall not Kill" do they not understand?

Pierre Bourgon, Cornwall

Queen Street A Major Highway

Dear Editor,

Seeing that Queen Street has now become a major highway with full bus service, it's about time the city installed an "all way" sign at each of the 10 intersections before a serious accident occurs. The high speed of some of the cars and buses and the failure of some cars to ignore the existing stop signs using the present route are a definite hazard, particularly in view of the number of pedestrians and children that use the road.

Cyril Blizzard, Cornwall

New Blood Needed

Dear Editor,

As I was reading the paper this morning, I read the letter from Yvon Brunette. The man is right, we do need new blood around that table and lots of it. A couple of women wouldn't hurt, so I hope the people in this city will wake up on election day and do exactly what was just done with the Conservatives.

Raymond "Slim" Perrette, Cornwall

Aquatic Centre

Dear Editor,

The only councillor that is opposed to building the "Aquatic Centre/Curling Rink" is Korey Kennedy. I hope you will remember this on voting day.

It would be helpful to know whether the other candidates are "for" or "against" this project. I doubt we'll ever know!

John Evason, Cornwall

Homosexuality And Logic

Dear Mr. Roth,

I read your comments about the homosexuals' desire to marry, and if we evaluate their behaviour solely from a logical point of view, it is obviously a deviation from the biological evidence set before us. No such sexual practices are observable anywhere in the animal kingdom. Even if there was no written moral code given by a supreme being ("God") regarding homosexuality, correct reasoning requires us to accept only those human concepts and actions that contribute to the propagation and advancement of the human race. Government and law in a democratic society must reflect this. Democracy always flourishes when truth is held in the highest esteem. Disregard for truth always results in a nation's eventual downfall. The history books amply prove this to be so. Two members of the same sex are obviously incapable of propagating the race. Of course, there are many laws on the books that benefit the "gay" community. They have the right to be protected against violence. They should not be denied medical help in the event of an illness or accident. Even though their sexual practice is a deviation from the biological evidence, nevertheless, they do pay taxes. But bigamists also pay taxes, as do people who believe incest to be acceptable behaviour. Both of these types are presently unable to lawfully live out their beliefs. In the near future, will they also attempt to persuade the lawmakers to legislate in their favour? Ironically, they can produce offspring, so why shouldn't they have the "right" to marry?

Now, concerning your interpretation of Deuteronomy 21: 10,11. You quoted this out of context (hopefully not deliberately). Verse 12 tells us that the woman was to shave her head, which was an indication that she was renouncing her religious belief to embrace the jewish faith. Research this and see for yourself. Today, a Christian (either gender) is permitted to divorce because of marital infidelity, or unbelief. In the case of unbelief, God has given us the option of holding on and prayerfully interceding for their enlightenment, or letting them go when they abandon their partner (read 1 Corinthians 7: 10-16, in its context). Sadly, there are many mismatched couples that do break up.

In regards to the "drunkard son," you quoted the wrong chapter and verse. It's found in chapter 21:18-21. The God of the Old Testament shows us here that His standard for holy living is not to be taken lightly. These people had been delivered from Egypt in a most supernatural and visible way. Remember the cloud by day and fire by night leading? Remember the opening of the sea? Believers in the New Testament era are under grace, and because of Christ's death and resurrection, we can now bring our rebellious youth to God in prayer. Under the law, things were much more strict.

Mr. Roth, I am a Christian. I have been set free from hard drugs, pornography, and crime. I have a loving wife and children, and I love the Lord God. I don't expect you to print a retraction for having taken the Bible out of context. Of course, you could surprise us all by demonstrating integrity, and making the retraction. Whatever course of action you take, please be assured that there are lots of us "Bible thumpers" praying for you.

G. Davies, Cornwall

P.S. As for your belief that we "thump the Bible very selectively," with all due respect, we are answering you concerning this particular issue. Any Christian worth their salt theologically would be happy to spend time with you examining any other scriptures that you might find difficult to understand. Remember the golden rule: a text out of context is a pretext.

City Council Isn't Listening

Dear Editor,

I am writing this letter because city council is definitely not listening to the majority of the people about spending tax payers' money. According to council, the city has all kinds of money so let's spend it. We as tax payers pay the city so much money they want a raise to tell us how to spend our tax payers' money.

I listened to Tuesday night's (October 21st, 2003) council meeting and all I heard was the word pool which isn't built yet. Never did I hear of any money going towards the hospital, or towards Marleau Avenue. They have no idea where the money is coming for this. Well here are a few ideas from a non-educated person: call the Aquatic Centre "Gone With The Wind." Put the progress fund to good use: roads, hospitals, the things that benefit the city and everybody benefits from it. What we need are doctors, nurses, roads, water, and to repair parts of the city that have problems with basements that get flooded. Also new equipment to run tests at the hospital and personnel to run and read the tests. Will the museum or Aquatic Centre help get all the city's needs done or will it suck more money from the city?

Council and Mayor, do what is right for the people and the city. Screen your council and mayor questions and make your vote count. A new broom generally sweeps clean.

James R. Duval, Cornwall

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

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

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

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

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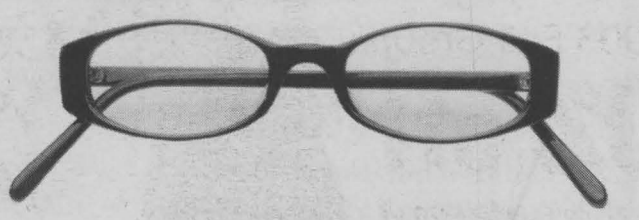

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Martintown Mill Gets A New Floor

The Martintown Mill takes a big step towards opening as repair and restoration of the first floor began recently.

Built in 1846, many of the mill's beams were heavily damaged by years of moisture and hard use. These old beams are being carefully removed and replaced with locally sawn hemlock. Then new two-inch pine tongue and groove planks will finish the floor.

The mill's stone structure was stabilized through several projects over the past 20 years. Restoration of the main floor is the first step towards opening the mill to the public. The mill is owned by a charitable organization, The Martintown Mill Preservation Society. Contractor for the project is D&J Laferriere Construction and beams were supplied by A.J. Robertson Sawmill. The project was financed through public donations and an Ontario Heritage Challenge grant.

First Single To Be Launched

After her busiest summer ever, teen singer Justena is very close to releasing her first single. The song is about a high school girl who comes home from school on Friday, anxiously and patiently waiting for her boyfriend to call on her. As the afternoon wears on into the early and late evening she endures a number of emotions only to find out her love has lost his life.

The song, co-written by her father/manager Kevin Bradshaw, and producer/recording artist Bob Windsor is on schedule to be released at Justena's Cornwall performance at Nativity Hall Saturday, November 8th, 2003. "As long as everything in the studio continues as scheduled and we encounter no delays, Justena will be performing the new single live at Nativity Hall on Saturday, November 8th, 2003," explains Kevin Bradshaw.



Submitted photo

Cornwall Public Library Board Appoints New CEO

The Board of Directors of the Cornwall Public Library is pleased to announce the appointment of Dawn Kiddell to the position of CEO/Chief Librarian effective Monday, October 20th, 2003. Ms. Kiddell is replacing Mr. Bill Manson.

Ms. Kiddell holds a Masters Degree in Library and Information Studies from McGill University as well as a Bachelor of Arts Degree. She has held the position of Head of Information Services since June 1996 with the Cornwall Public Library and has been acting CEO/Chief Librarian since March 2003.

Dawn has been active with the local Literacy Service Planning Committee, the Economic Development Strategic Planning Committee and the Municipal Accessibility Advisory Committee.

A strong background of progressively responsible library experience, familiarity with the unique needs of the community and hands on experience with almost all aspects of library operations will ensure a smooth transition. Literacy issues and increasing library usership are a few of the challenges Dawn looks forward to in her new position.

Cornwall Couple Collects $10 Million

As of Saturday, October 18th, 2003, Madeline Michaud and her husband Richard Corriveau of Cornwall are both unemployed and they couldn't be any happier. After discovering that they'd hit the jackpot and won $10 million from the Friday, October 10th, 2003 LOTTO SUPER 7 draw they have no reason to work again.

"I'm firing myself!" says Richard, 49, who is a self employed painter-plumber. Madeline, 45, didn't waste time contacting her supervisor at the Cornwall Standard-Freeholder and told her "I won't be back to work, I've just won the lottery!"

The Cornwall couple agrees that sharing their good news with family was very exciting. "We called our three children and no one believed us - then we took everyone shopping!" Madeline told staff at the Ontario Lottery and Gaming Corporation when they picked up their prize.

Madeline and Richard held one of three winning tickets that matched all seven winning numbers for the October 10th, 2003 LOTTO SUPER 7 $30 million draw, the other two were won in British Columbia and Saskatchewan.

The couple plans to share their windfall with their family, build a new house, take a trip to Africa, invest and Richard states, "I'm getting a Hummer!"

The winning LOTTO SUPER 7 ticket was purchased at AM PM 2000 Corner Store on York Street in Cornwall.



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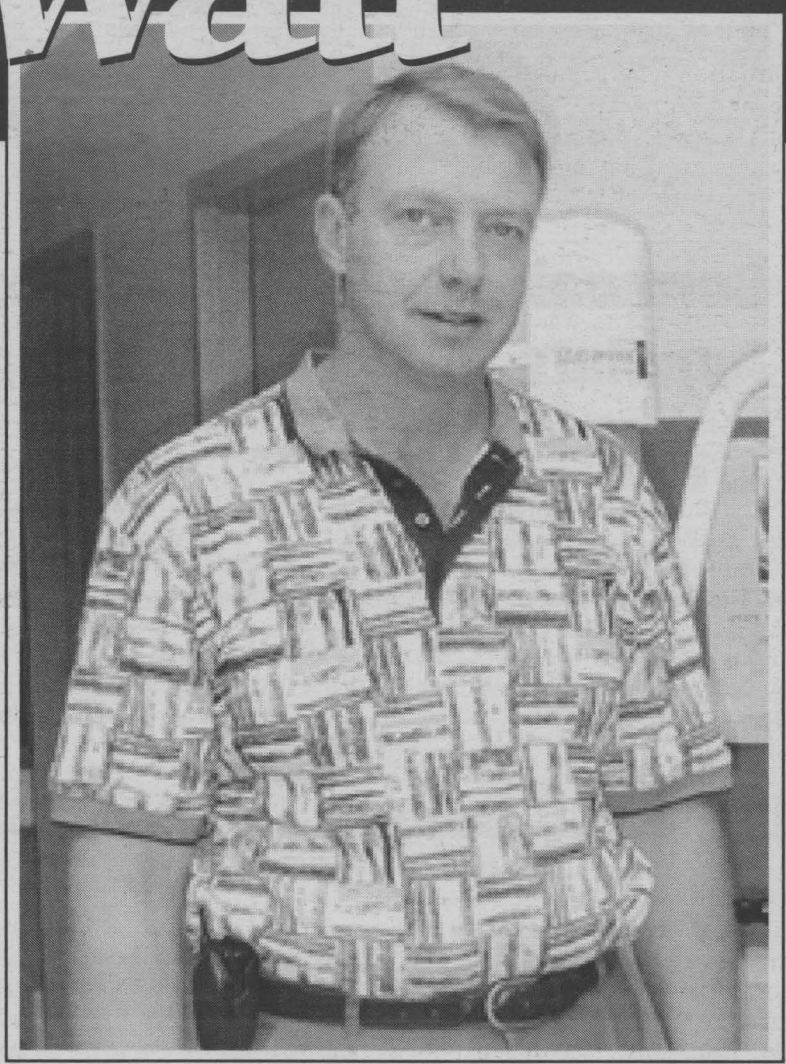

Our expected new Cornwall Community Hospital has a new board and they have hired their first employee, Andrew Neuner of Fort St. John, British Columbia, who becomes the first chief executive officer of the soon-to-be-built facility. The 41 year old Neuner is married to Pat and they have two children, 13 year old Marissa and 8 year old Brayden. Mr. Neuner will begin his job full time in Cornwall sometime after November 9th, however his family will follow at a later date. During the week of September 29, 2003, Andrew Neuner was in Cornwall meeting staffs of both hospitals. He sat down with Seaway News to discuss his life, his new job and the issues as he sees them.

S. N.: Firstly Andrew, welcome to Cornwall and SD & G as the CEO of the Cornwall Community Hospital. First question, we have a change in government in Ontario and the leader of the new government has given no indication that the funding for our new hospital will proceed. Do you view that with apprehension?

NEUNER: No, I have no apprehension. My understanding is the government wants to proceed with some sort of re-design of health services. The paperwork is all done. It's just a matter of having the right signatures in place and having it sit on the appropriate desk to make that happen. My understanding is that it rests more with Ministry of Health staff than it does, perhaps with politicians. The political decisions have been made and are binding.

S. N.: Your impressions of our health facilities and the respective staffs.

NEUNER: There's an awful lot of good work being done here. There's some good staff and a lot of eagerness to get on with things. I think with my arrival there is a bit of a positive indicator that things must be happening. We must be close and everyone is just waiting for the papers to be signed and then start with the redevelopment of, not just the site of Hotel Dieu but the long term care plans and have that all proceed as planned.

S. N.: What do you think of our facilities, physically?

NEUNER: Well, they certainly speak to their vintage. Outside there won't be much change, but inside is a different story. I think you'll see a renewed activity of sprucing up the areas we have now. Both facilities are very, very clean, but they need to be modernized especially in the maternity areas. We have the maternity areas of the 80's generation and there's a different way to provide that service and that needs to be improved. Psychiatry environs is another area that needs to be improved.

S. N.: What's your impression of Cornwall and SD & G?

NEUNER: I love the area. It has the old, it has the new. Its proximity to major centres. This will be the largest community I've lived in. I've tried hard not to congregate in a large city but there are lots of things a big city can offer. Yet, Cornwall has a good basic structure and good place to call home. Where I come from, Fort St. John, B.C., is smaller than Cornwall. It is an extremely busy area. It's the economic engine of the province of B.C, very busy in the oil and gas sector and it has tremendous growth year after year both in industrial and commercial size. It's a beautiful part of the country that not that many people get that far north to see.

S. N.: One of the major problems facing this region is getting enough doctors to practice in this area. Did you have that problem in Fort St. John and how did you go about solving it?

NEUNER: We certainly had the same issues as other communities. Northern B.C. is a place where other people in Canada recruit from, so that makes it doubly hard. There are many different ways of recruiting. Cornwall has tremendous advantages over a place like Northern B.C. I have talked with the staff and I have talked with the physicians about some of the ideas that I have and it's not that they are groundbreaking type of ideas but some real practical things when you want to add more like a close knit family as opposed to the cold approach. It's not just about the person we're recruiting but it's about the spouse and the family. We want to make sure this is a place they want to go, not a place they want to go through.

S. N.: Can you share one of the ideas with us?

NEUNER: On the recruiting side, I've shared one of the techniques we have used. When we bring candidates in, be they nurses, lab technicians or physicians, with our existing staff, we provide "bed and breakfast" as an alternative to staying in a hotel. We match up families and then pay our staff to provide "bed and breakfast." It's more cost effective for us and it creates a relationship and allows the candidate to have discussions on issues besides the work. Staff thought it was a great idea to try here, so I'd like to see that happen.

S. N.: Then we must assume that you agree with the local construction of amenities in our city, such as a new Aquatic Centre and curling centre.

NEUNER: Very much in agreement with that. Physicians that come to Canada, because we recruit a lot of foreign physicians, schooling is important and Cornwall offers a variety of educational opportunities and there are opportunities here for spouses as well.

S. N.: I suppose in your own family, you are dealing with issues of moving across the country. You have a 13 year old and an 8 year old who are about to lose their friends and comfort zone. How are you dealing with this personally?

NEUNER: It's not a problem but it's certainly a change. We've always enjoyed taking our kids to the city. Our kids are well adjusted and I think our kids see a bigger world than the backyard. I've got two very talented and very bright kids who I think will adjust just fine. We're not packing up and moving tomorrow. We're taking it very slowly being respectful of the timing of the move. Thirteen-year-olds have 13 year old issues and we're respectful of that. And the schooling system is somewhat different. She may come into the same grade that she is at home and it's almost like repeating a grade, so we need to learn more about that. And if there's good soccer and track and field opportunities, my 8 year old will be here in a heartbeat!

S. N.: You've mentioned "communication" with the staffs of the hospitals but you haven't mentioned "communication" with the community. Is that important to you?

NEUNER: It's important but it's also important to me that it be the role of the board (of governors). I would like to see the board very open with the community, discussing their visions, their views and translating that back to myself and the staff in order to give us a clear direction of the community's wants and needs. I really think it's important for a board to be visible in the community.

S. N.: What are you all about? What are your likes and dislikes?

NEUNER: I love to golf and will do as much as I can. I have a background in basketball and when people see me, they'll understand why that makes sense. (Editor's note: Mr. Neuner is six- foot-four.) One of the senior members of the staff here has quite an active life in the basketball world so we became immediate chums. Outside of work, I'm a pretty solitary person. I do a tremendous amount of education work. I do a lot of writing of papers and I get a lot of grounding in that. I think just watching my kids grow up is an important thing as well. I'm a Rotarian and I like what they do and I look forward to getting involved in that in Cornwall. I tend to avoid anything with a health focus outside of work because then it becomes an extension of the job.

S. N.: Everything about this amalgamation and building is new. Have you come up with what you think would be a good mission statement?

NEUNER: Mission statements are really important, but when you're going through a transition, I think a transition vision is also really important. One that speaks to how are we going to treat our staff as we go through this. There's always a sense of loss to some people and to some, a sense of new adventure ahead. For some people, it's a "honeymoon" experience, for others, it's a "forced marriage." I think it's important for the board to think about how are we going to treat each other during the transition and decide "what we want to be when we grow up."

S. N.: Is being a "people person" number one in your book?

NEUNER: Absolutely. Given all the technology and health care given around us, at the end of the day, the nurses' touch, is still the most important thing at the bedside and that's what people relate to.

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How Trusting Are You?



You probably have no accurate idea of how many times a day you are put in a situation where your trust in people and things is put to the test. Let's see how trusting you are in various everyday situations.

Let's start with shopping. When you buy a carton of eggs, do you open it up? Absolutely everyone I've watched does. I'm sure it's not to see if the hen actually did surrender a full dozen, but just to see if any are cracked. Do you also check the "best before" date? Few people do. If the line-ups at the cashier get any longer, you might end up paying for 12 chicks rather than a dozen eggs. Oh well, at least they'd be fresh! Then there's the sour cream's expiry date. Do you check it, too? Who would want sour sour cream?!

As you peruse the offerings as you wander along the aisles, do you trust the stated claims such as "on special," "limited time offer," "everything at half price," "25 percent more," and "50 percent better?"

When you get to the checkout counter, do you watch to see if the bar code scanner registers the proper price? Only when that system was first introduced did shoppers show any lack of trust in its accuracy. Today, few people check the price of the food products they're buying.

Are you able to tally the total price fast enough to compare it with the computerized cash register? Probably not. The last time you ever did any real addition was when you counted to make sure that all the kids were out of the pool - or when you were in grade three math class, or when you typed out an essay at university (before you had a computer that could do a word count).

Did the cashier have enough trust in you to cash a personal cheque? It's been a long time since I've seen a business that would trust me enough to accept a personal cheque. These days it's plastic, certified or cash.

Most local stores don't even have any trust in $100 bills.

People are not rushing as much as the internet businesses had hoped to make purchases on the WWW. I find it very difficult to trust a website with my credit card number. With all those spammers, hustlers, pimps and hackers out there, I feel that the WWW has become a very seedy neighbourhood.

When you travel afar (such as Montréal or Thailand), do you have any trust in that street corner stranger who's offering to sell you a Rolex chronometer or pure gold jewellery at a price that is ordinarily reserved for Timex and the baubles that are found at the bottom of a box of Krispy Krunch popcorn?

As you step out of your hotel in Paris, Stuttgart or Florence, you are likely to be approached by a guy who's keen on exchanging your American dollars into francs, marks or lire at a rate much better than the official one. Should you trust him? No way! The franc, mark and lire have gone the way of the dodo bird, having been replaced by the Euro.

By the way, if a woman then approaches you, offering a very special treat, I strongly suggest you don't trust her either. What you are likely to catch would not be a common cold.

Before you step off the curb in London, Dublin, Glasgow - or other places, ranging from Anguilla, Antigua, Australia to Virgin Islands, Zambia and Zimbabwe, don't trust your natural Canadian instinct of looking left to see if the way is clear. There are at least 77 places in the world where motorists drive on the left lane of the road.

Also, don't trust your natural instinct to make a right turn after stopping at a red light on Montréal Island. They still don't trust the intelligence of their motorists enough to allow right turns on a red light.

Next week I'll continue to explore the trust issue. My ruminations will include our trust (yours and mine), or lack of it, in the areas of driving, education, finance, health, politics, relationships, walking and water. Maybe aviation, too. Trust me!

By the way, the word 'trust' was used 19 times in this week's DWW. I wonder how many times it'll be used next week. Hey Mr. Guinness...

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03 SUNFIRE, 4 dr., only 13,000 kms
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03 IMPALA, 4 dr. sedan, custom interior $330/mthly*
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02 GRAND AM, white, stk#23-53PA, 92,000 kms $273/mthly*
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00 VENTURE, 7 passenger ..... SPECIAL $10,975
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92 LUMINA VAN

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C'est la vie

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This Month's Theme: Bullying

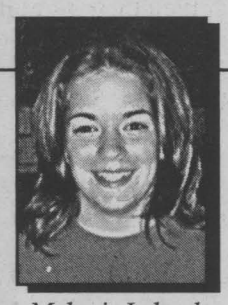
If you or someone you know needs support or assistance concerning this month's subject, please contact:
French: L'équipe psycho-sociale 938-7112
English: Child and Youth Counselling Services 932-1558

Cornwall Youth Centre Inc. / Maison des jeunes
499 Henry Street, Cornwall Ontario, K6J 5A2 Tel: 1-613-938-4999 Fax: 1-613-938-0549

Cornwall Youth Centre Inc. Studio 13-18 Maison des Jeunes

Looking Into The Eyes Of A Bully


Melanie Burgess


Melanie Lalonde

by: Melanie Burgess & Melanie Lalonde

Bullying has been around for ages. Victims can vary between the tall, short, skinny, overweight, unpopular or, in some cases the most popular people. Bullies often treat others badly because they themselves are afraid of being made fun of. Bullying affects the individual's self esteem and confidence in life. It can lead to even greater problems such as depression and in the worst case even suicide. An example of the tragic effects of bullying is displayed in the music video "Stole" by Kelly Rowland. In this video, a young boy commits suicide after being a victim of constant bullying. Bullying continues to be an issue with adolescents, perhaps because of problems at home, at school, anger management disorders or because of a lack of communication with parents. Without bullying, the world would be a better place where friendships dominate and differences don't matter.

Why I Bullied


Roxane Bouchard

by: Roxane Bouchard

As a child I was like any other kid. I was happy, had friends, and got along with almost everyone I met. I went to school at Saint Martyr. It was a small school where everyone knew everyone, which is one reason why I was happy there. I felt physically safe and emotionally secure. When I hit grade 4, I started comparing myself to the other kids around me. I started going through puberty first. I was short, pudgy, wore glasses, and I wasn't the smartest kid in my class but at that time no one else had noticed so it did not bother me. When I was in grade 5 I lost my security. Saint Martyr closed and I ended up at Jean XXIII. My first day there changed my life. I was in a crowded class for the first time and wasn't receiving the attention that was required from the teachers. To make matters worse my new classmates noticed my inadequacies and picked me out as an easy target. So to boost their ego, they ridiculed me. When I arrived home in distress my big brother basically told me the only way to get the other kids to leave me be, was to stand up for myself and to use physical force if needed. For the next few days he taught me to talk trash and how to defend myself. A few days later, when I went back to school enraged and ready to cause damage, I made the people who emotionally and psychologically hurt me feel the way I did. I used physical force. Due to the fact that the school was so crowded none of the teachers noticed my bad behaviour. After that day I was labelled an outcast. The only time anyone took the time to talk to me was to start an argument, which normally ended up in a physical confrontation. The adrenalin rush I got from hurting those who hurt me, consumed me. I became bitter towards everyone. In grade 7, Josée who was a lunch lady at my school, was the only person who noticed the pain I was going through. She convinced me to start going to the Youth Centre. The workers, volunteers, and other youths that attended helped me learn to control my violent outbursts and taught me how to have and keep a social life. My attitude has improved dramatically but to this day I still have a hard time controlling my temper. The reason I became a bully was due to the fact that I felt I had to. Our society supposedly believes in shielding the weak but in reality our everyday actions contradict this belief. Our society follows survival of the fittest. Our obsession with being bigger and better has gotten us nowhere and it is in us all. I believe that bullying will probably never go away.

Hidden Word Search

by: Kevin Burgess

S	E	L	F	E	S	T	E	E	M	P
C	K	W	E	A	K	A	K	B	A	R
H	T	I	S	O	B	L	I	U	B	O
O	A	B	N	C	U	L	C	L	U	B
O	L	L	L	N	R	I	K	L	S	L
L	L	E	S	A	Y	A	H	Y	E	E
Y	R	W	E	A	K	E	M	U	B	M
A	N	N	O	Y	I	N	G	A	R	S
R	S	T	R	U	G	G	L	E	D	T
D	O	V	E	R	W	E	I	G	H	T

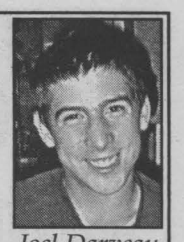
Bully, Sob, Weak (2), Overweight, Schoolyard, Struggle, Tall (2), Scram, Abuse, Self Esteem, Skinny, Problems, Annoying, Kick, Hurt

The secret message is... _ _ _ _ _ _ _ _ _ _ _ _ _ _ _.

Email us your answer to win a prize! teen_cestlavie@hotmail.com


Kevin Burgess

Bully Trivia


Joel Darveau

by: Philip Doyon, Natalie Francis and Joel Darveau

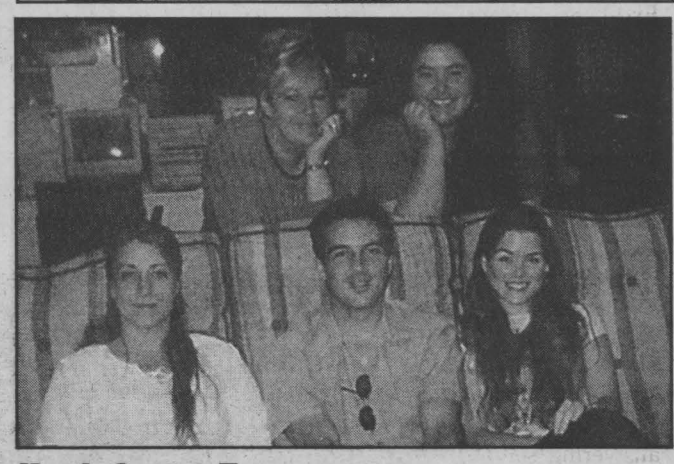
1. In schoolyard conflicts, there are usually bullies, victims, and...
   A) Referees B) Celebrities C) Witnesses D) Elephants
2. As opposed to physical violence, girl bullies use...
   A) Mind games B) Exclusion C) Scratching D) Their imagination
3. Physical bullies tend to...
   A) Hug B) Punch C) Shake hands D) High five
4. What personal reason do bullies have for bullying?
   A) Happiness B) Prosperity C) Strength D) Revenge
5. How do we prevent bullying?
   A) Avoid people B) Instigate the bully C) Violence D) Ignore them

Email us your answer to win a prize! teen_cestlavie@hotmail.com

Did you know...
- Bullies generally pick victims who are alone, so walk with a buddy when you can.
- The people in the best position to stand up to bullies are witnesses.
- Walking away from the situation tells the bully he is not interesting.



Tara Coon



Youth Centre Team: Bottom from left to right: Natalie Francis - Youth Facilitator, Phil Doyon - Project Leader, Katie Dennison - Project Leader, Top from left to right: Norma Rivet - Youth Worker, Josée Delisle - Coordinator.

Bullying 101


Gary Léger

by: Senior Constable Gary Léger

In the last five years, bullying has become a very popular topic. It is by far my most requested presentation. In this article, I will briefly outline what we know about bullying and what we can all do to prevent it and/or improve our situation.

What is a bully? A bully is someone who seeks the feeling of POWER by putting someone in DISTRESS. Generally speaking, there are three types of bullies. Physical Bully: This bully might push, punch, pinch or scratch the victim. Physical bullies may also mess with the victim's property. Verbal Bully: This bully might threaten or insult the victim. In some cases it may be a racial slur. Relational or Relationship Bully: The bully's goal in this situation is to exclude the victim from his or her group of friends. Girls are really good at using this method. Rumours are often used to accomplish this. The people who have the most influence on a bully's behaviour are the witnesses. As a witness, you can certainly tell the bully that his actions are not okay. If you don't feel comfortable enough doing that, then just don't laugh at his comments. You could also turn and walk away. This will send the bully a strong message of disapproval. This, of course does not apply to anyone getting seriously hurt. In that case I feel you have only two choices...Physically restrain the bully or get someone who can help.

Cornwall Youth Centre Bulletin Board

A bit about the Centre: The Centre open its doors in June 1998. We incorporated and became an official Charity in September 2001. The Youth Centre is a proud member of the United Way and Sears' charity of choice. Don't forget to buy "Celtic" the cat at Sears this Halloween season, each sold will give fifty cents to the Youth Centre for youth programs and activities.

Our Mission Statement: The Cornwall Youth Centre offers youths a place to meet where they can grow in a respectful, secure, and unprejudiced environment under the supervision of qualified adults.

Hours: 9 to 12 years: Monday to Friday from 2:30pm to 5:00pm and Saturdays from 9:30am to 12:00pm.
13 to 18 years: Tuesday to Friday from 6:00pm to 9:00pm and Saturdays from 1:00pm to 4:00pm

Upcoming Events: We are hosting a Haunted House Fundraiser on Friday, October 24th from 6pm to 9pm - Saturday, October 25th from 1pm to 4pm and from 6pm to 9pm and Sunday, October 26th from 1pm to 4pm and from 5pm to 8pm.The cost is $2 per person.



Canpage Honoured with National Award

Canpage Communications Ltd. of Cornwall has been honoured with the exclusive 2003 Award of Excellence for the 14th consecutive year. The award is presented annually by the Canadian Call Management Association (CAM-X), the industry's Trade Association for providers of call centre services including telephone answering and message delivery. Canpage communications was presented with the award recently at the CAM-X 39th Annual Convention and Trade Show held at the Delta Halifax in Halifax, Nova Scotia.

Independent judges are contracted by CAM-X to evaluate message services throughout Canada over a six-month period. The criteria for scoring include courtesy, response time, accuracy and overall service to their clients. If the company scores 80 percent or better in all categories, they are presented with the coveted Award of Excellence. The program is now in its 14th year.

"It is obvious that Canpage Communications has dedicated themselves to providing a consistently superior level of service to their clients, and to their clients' callers," says CAM-X President Barbara Bradbury. "The Award of Excellence serves as testament to their success in meeting their goals, and we congratulate their employees for their achievements."

Founded in 1964, CAM-X began as a national Trade Association representing live answering services. The Canadian Call Management Association now encompasses companies across Canada offering specialized and enhanced operator based services including: call centres, contact centres, inbound telemarketing (order entry), paging, voice messaging, emergency dispatch, fax and internet services among others.

Now a fourteen time winner, Canpage Communications earned the Diamond Award for 14 consecutive years. CAM-X extends its congratulations to the staff of Canpage Communications on their proven quality service to their customers.

Fitness Logic Guarantees Success



In most cases it is actually the way a person thinks about health, which is the largest factor in their success or failure. For example, health ranks very highly on most people's priority lists yet the budget of time and money is not usually equivalent to the health priority. The majority of people would rank their health within the top five on a priority list. If their health is a high priority, would it appear logical that a person's cable bill is higher than their monthly investment in their health? It is logically for a person to admit, "they do not have the time" for health investment but watch television six to 15 hours per week? Sound health investing only requires adequate knowledge plus two hours of participation every week. It has been demonstrated that simply revelling these small discrepancies in logic can actually help clients make better choices about their health in the future.

How many people reading this article have life insurance? If it cost only $30 per month the total would be approximately $16,200 by the time someone is 75 years of age. If your budget for a product that revolves around death is $16,000, what would be a logical investment in products that revolve around guaranteeing you live? Do you have products that prepare for death (life insurance, pre-arranged funerals) yet question products that are guaranteed to extend your life?

Without your health you have nothing. Your spouse, retirement fund, house and manicured lawn all take on a different view if your health starts to fail. Take the logic that is used for everyday successful maintenance of your house, car and lawn and apply it to your body.

Get out there, have fun and be logical with your health investment. Start today! You will only get out what you put in!

Jason owns several fitness clubs and acts as a fitness coach and consultant at many clubs across Ontario. To find out more about health success e-mail Jason at get_fit_cornwall@hotmail.com.

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SE model shown

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ENTERTAINMENT

The Nutcracker

Tickets go on sale this Friday, October 24th, 2003 for Ballet Jörgen Canada's classic rendition of The Nutcracker. For over 100 years - from its premiere production on December 18th, 1892 - families the world over have thrilled to the magic and splendour of Tchaikovsky's Nutcracker Ballet.

A timeless Christmas fantasy, The Nutcracker is the tale of Drosselmeyer's gift of the Nutcracker to Clara, and her dreams about the Snow Queen and the Land of Sweets, the Dance of the Snowflakes, the Waltz of the Flowers and so on. Whirling ballerinas, dazzling dancers, the battles, the drama, the excitement - from the opening chord to the final curtain call, the audience is left completely spellbound!

Joy of Living
A Catholic based support group for persons living alone due to a seperation, divorce or death of a partner.
Meeting will be held:
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Joy of Living - Cornwall
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Info: Aline 932-9959 or Helen 936-6697
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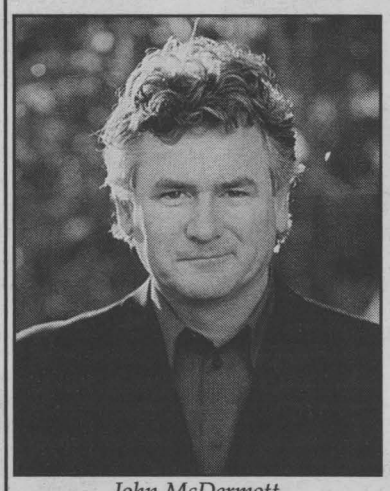
John McDermott "Christmas Memories"



John McDermott

Tickets went on sale Monday, October 20th, 2003 for a series of Ontario concerts with internationally acclaimed tenor John McDermott, performing with a select group of musical friends.

McDermott, who vaulted onto the scene with his 1992 release Danny Boy, continues to enchant audiences with his pure vocal delivery and roguish charm. For this tour, McDermott promises a potpourri of Christmas favourites, as well as samples from his soon-to-be-released CD, Stories of Love.

Reserved seating tickets are $38.50 and are available from the Civic Complex box office (613) 938-9400 for the Friday, December 19th, 2003 show at Aultsville Theatre, 7:30 p.m.

Vagabond Theatre's

Vagabond's newest production, "The Farndale Murder Mystery," opens at Aultsville Theatre Thursday, November 13th, 2003.

Bill Roddy is the Director, assisted by Rick Jodoin. Bill has appeared in many plays and musicals, and his directing credits include Waiting For The Parade and Jitters for Vagabond Theatre. His producers, Andy Trasuk and Gilles Lacelle, have produced many shows over the years. Trasuk for Glen Productions, and Lacelle for Vagabond. Pauline Jodoin as Stage Manager has been involved in local theatre for many years, as Producer, Director and Stage Manager.

"The Farndale Murder Mystery," known officially as "The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society Murder Mystery," is the story of the local ladies' attempt to put on their yearly show. They are a dedicated group but totally inept in putting on a show. This is our technical challenge - things go wrong, things break, but they have to go wrong and break at the right times. Mrs. Reece, the chair of the Dramatic Society, (Katie Burke), and her second-in-command, Thelma, (Kathleen Hay), welcome the audience, and very shortly things start going haywire. The other members of the Society are Audrey (Marion Barnes) and Felicity (Laurie Manzer). The stage manager, Gordon (Bruce Baker), is coerced into playing the part of Inspector O'Reilly. Naturally, the writer of the murder mystery, Mrs. Reece, writes the best parts for herself.

Doug Hill is the Technical Director for the show, so he is responsible for the set falling apart in the proper places. Doug has also built the set and looked after the painting. May Brown, our Costume Mistress, has provided the costumes. It sounds as if there are only five characters, but with the double and multiple parts, there are actually 19. It is surprising, but it is not confusing as to who is playing which part at any particular time. The sound has been a great challenge for Lori Taylor who has utilized all sources to provide the sounds which also must come in at the wrong times with the wrong sounds.

Evening play dates are Thursday and Friday, November 13th and 14th, Thursday, Friday and Saturday, November 20th, 21st, and 22nd, at 8 p.m. There will also be a matinee performance on Sunday, November 16th, 2003 at 2 p.m. This will be an experiment to guide us for the future. Tickets are on sale at the Cornwall and Seaway Valley Tourism Office, 100 Pitt Street. Tickets will also be available at the door.

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Daniela Nardi Trio "One True Thing" DNA Music. This is smooth, relaxed music in all of the time-honoured sense of light jazz, folk, Latin and related musical genres. Singer-pianist Daniela Nardi and her two essential partners, Steve Bright (bass) and Larry Crowe (drums) take Nardi's original material and explore it with respectful caresses to maximize its well-burnished pleasures: "Face Of The Moon," "Winter Birds," etc.

The Mavericks "The Mavericks" EMI. Sixth studio offering (11 tracks penned by frontman Raul Malo) from Grammy award winning artists The Mavericks. The twangy guitars and Malo's vibrato-laden vocals that have been The Maverick's trademarks are still present. Check out the finger snappin', toe tappin' lead track "I Want To Know" as well as "Time Goes By" with old Willie Nelson joining in. There's lots to enjoy.

Various Artists "Legends Of Country Blues" JSP. This superb five CD box set boasts no less than 104 pre-war tracks from such influential country bluesmen as Eddie House, Booker T. Washington White and Nehemiah James (better known as Son, Bukka and Skip respectively) as well as Delta blues shouters Tommy Johnson and Ishman Bracey. Words that come to mind: earthy, no frills, and down home. Grrrreat!

Gary Allan "See If I Care" MCA. Orange County, California cowboy-surfer Gary Allan is back with a fifth album. The aching torch ballad "Tough Little Boys" could possibly be the man's biggest hit yet. The production leaves in the rough edges, especially on the raucous honky-tonk "Drinkin' Dark Whiskey," the south-of-the-border Tex-Mex "Guys Like Me" and the sensuous "Nothing On But The Radio" with its sawing fiddle. Great stuff!

Bozo "Bozo and Pals" Music For Little People. Bozo, the world's most famous clown (aka Larry Harmon) has just released an eclectic album which features a variety of music genres played by stellar musicians with the likes of William Shatner (What Is A Bozo?), Tony Danza (A Couple Of Clowns Like Us), Rosie Flores (Toodleoo) and other guest artists joining in. Good, clean, family-oriented, innocent fun and quality entertainment.

Various Artists "The Ultimate Singer Songwriter Collection" WEA. Two CD compilation featuring 32 pop-folk nuggets composed and performed by the original artists themselves from Bob Dylan's 1965 "Subterranean Homesick Blues" to Paul Simon's 1975 "50 Ways To Leave Your Lover" to Eric Clapton's 1992 "Tears In Heaven" as well as Harry Chapin's 1972 "Taxi" and Jewel's 1998 "Hands." Lots to enjoy!

Ella Fitzgerald "The Best Of The Concert Years" Pablo. The 17 dynamic live tracks featured here (The Great Jazz At The Philharmonic Concerts) celebrate more than 30 years of collaboration between the peerless Ella Fitzgerald and some of the greatest jazz musicians of all time (from Tommy Flanagan to Ray Brown). Awesome performances from beginning to end. No wonder the great Duke Ellington called Ella Fitzgerald "beyond category."

Cornwall & Areas Authentic
Ye Old English Fish 'n Chip Shop
Saturday, Oct. 25th
Fisherman's Platter
(English fish, breaded sole, scallops & shrimp) served with rice & salad, homemade chowder
$11.99
Sunday, Oct. 26th
2 pm to 7 pm
Roast Beef
W/yorkshire pudding, potatoes & veg. with homemade soup & dessert
$10.99
NEW Daily Lunch Specials Monday-Friday Including soup, dessert & coffee
Eat In - Take Out
Free Delivery ($10.00 min. order)
Owned & Operated by Ray & Clara Henstock
Check out our latest products from England
HOURS:
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Saturday noon-8
Sunday noon-7
9, 1st St. E. (near Pitt & 1st St.)
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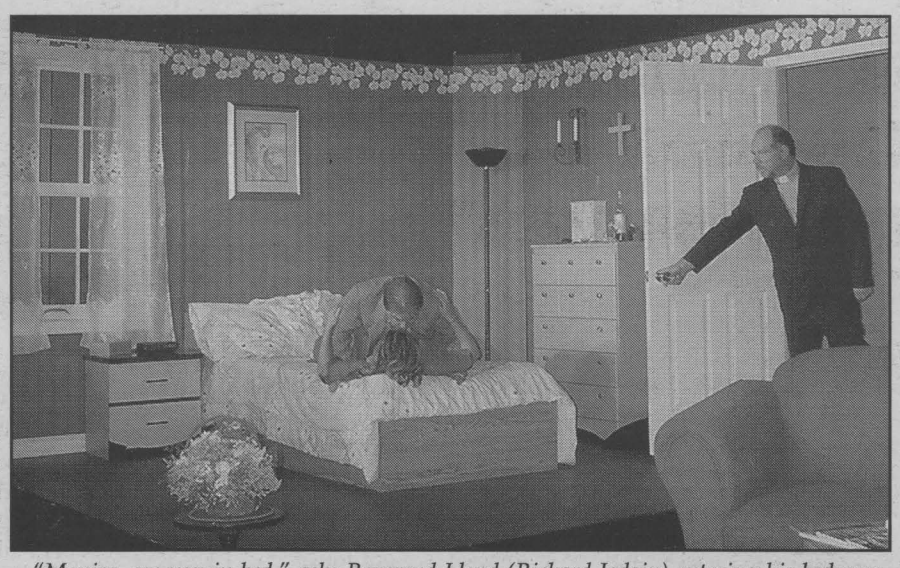
Andre Desjardins, proud owner and broker is pleased to introduce the "Ride & Win" program, to express his sincere appreciation for the continued support of loyal Vet's Taxi riders.
Over the next several weeks, when you call Veteran's Taxi, you will automatically have the chance to win $5.00 off your fare!!!
Randomly selected calls will be offered this $5.00 discount from the total fare, upon termination of the ride.
Call 932-7311 today for your taxi and chance to win!

LOCAL

"Sinners" Sinfully Fun!

Story & photos by John Divinski

Reverend Lloyd (Richard Jodoin) arrives home unexpectedly from an out-of-town convention. Tired, he gets himself a glass of milk, gulps it down and heads off to the bedroom. Having not yet found his wife Monica (Melanie Lenneau), he opens the door to the bedroom and asks, "Monica, are you in bed?" It's the one and only line the good reverend has, but it speaks volumes about Norm Foster's pleasant little romp called "Sinners." It seems Monica has a stable of "boy toys" but her latest fling, Peter Kramer (Michael Petrynka) is having second thoughts about the affair and with Reverend Lloyd showing up unannounced, the affair is now the least of Peter's problems.



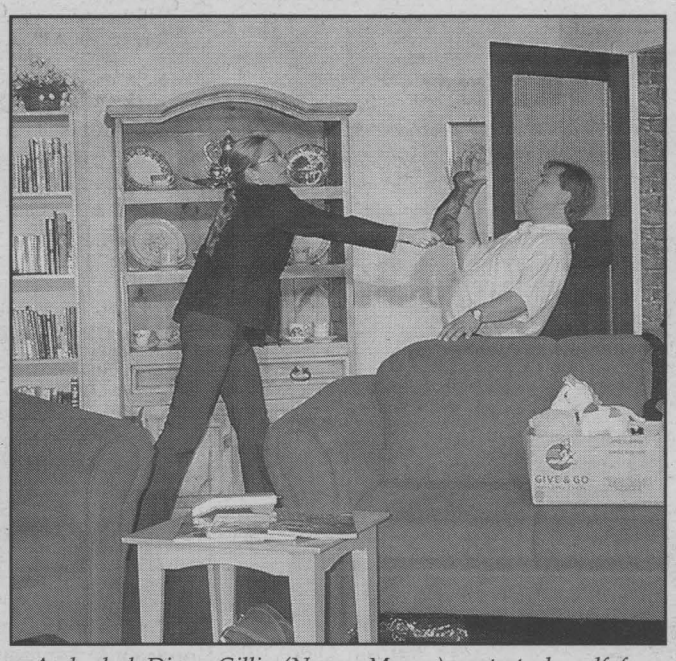
"Monica, are you in bed," asks Reverend Lloyd (Richard Jodoin) entering his bedroom. On the bed in a "compromising" position are Monica Lloyd (Melanie Lenneau) and Peter Kramer (Michael Petrynka).

How the problems play out and the nice twist in the solutions makes for two hours of pleasant fun in Glen Productions Fall Cabaret. The play opened Thursday, October 23rd, 2003 and runs until Sunday, October 26th, 2003 and then again the following weekend, Thursday, October 30th to Saturday, November 1st, 2003. The play calls for a "team effort" where each cast member is called upon to carry the story. Lenneau as Monica is the shrew who knows what she's got, knows what she wants and goes after it. Her hobby is collecting boyfriends and she's good at it. Lenneau pulls it off without a problem. However, the first act belongs to Michael Petrynka who plays furniture upholsterer Peter Kramer. Petrynka convinces us from the start that he's nervous about what he's doing and apparently what he's done. His lines are delivered with this in mind, but watch the facial expressions and the body movements. It's what sells the part.

Petrynka is very much a part of the second act as well, but he must share the spotlight with Nancy Munro who plays Diane Gillis, a wife betrayed by her husband who also succumbed to the charms of Monica Lloyd. Munro is OK in act one but she's brilliant in act two and really brings the play to life as it reaches its climax. Special mention must go to Sharyn Wigle who plays Carolyn Cavanaugh, the police chief's wife. She's a busybody wife who thinks she's above everyone else and really is just a little social climber with a little larceny running in her veins. Wigle seems to enjoy every second she's in character and plays it to the hilt. Her part stands out because she plays opposite her real-life husband Garth Wigle as the subdued, laid back police chief Roy Cavanaugh.

A word to the wise about this play. There are lots of in-your-face laughs and chuckles but pay close attention to the dialogue because there are lots of what I call "throw off" lines sprinkled throughout the play as only author Norm Foster can do. The toughest role in the play? It belongs to Reverend Lloyd. He only has one line but how long can you play dead? You'll have to attend the play to find out. When you add it all together, you're looking at an evening of fun, put on by Glen Productions.

"Sinners" is directed by Pauline Jodoin and produced by Claire Lavallee. Stage Manager is David Barnes. The play runs Friday to Sunday, October 24th, 25th, 26th, 2003 and again Thursday to Saturday, October 30th, 31st, November 1st, 2003. Tickets can be purchased at the Cornwall and Seaway Tourism office at First and Pitt Streets or by calling (613) 938-4748.



A shocked Diane Gillis (Nancy Munro) protects herself from Peter Kramer (Michael Petrynka) with a toy dinosaur in the Norm Foster comedy "Sinners," put on by Glen Productions Fall Cabaret.



-- INVITATION --

Phil Poirier

Mayor / Maire

The **Phil Poirier for Mayor** Campaign Committee would like to invite all Citizens of Cornwall to a

"Meet the Candidates - Pre Election Rally"

Where: The Royal Canadian Legion
415 Second St., Cornwall, ON

When: October 29th, 2003
From 7pm - 10pm

All Councillor Candidates have been invited to attend and will have the opportunity to address the voters. After all invitees have had a chance to speak, you will be able mingle and speak to the candidates individually.

Come out and support your candidate!

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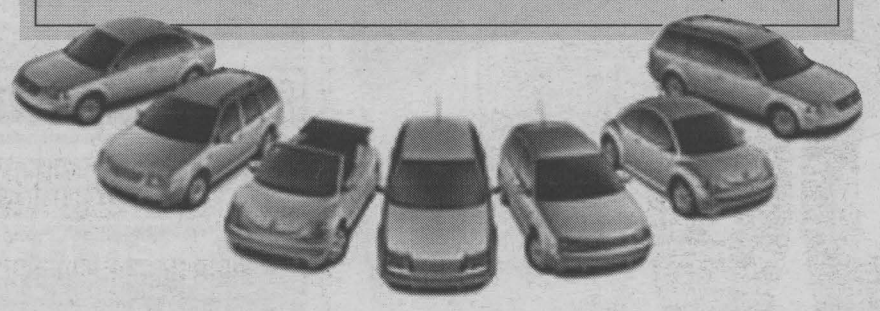

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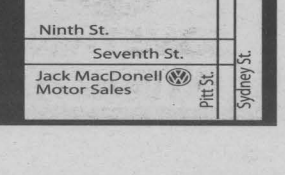

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CORNWALL CAMPUS OPEN HOUSE

A world of opportunities...



Monday, October 27

Campus Tours: 9am to noon
Ontario Colleges Information Program (CIP):
9am - 11am only
Meet representatives from almost 20 colleges across Ontario.

Door prizes! Everyone welcome!
For more information contact the Recruitment Office, 933-6080, ext. 2532.

oct24031

St. Lawrence College
Expanding Opportunities
Visit us online at www.sl.on.ca

A Celtic Christmas With The Barra MacNeils

Tickets go on sale Monday, October 27th, 2003 for The Barra MacNeils' Celtic Christmas tour, running from Friday, December 5th through Thursday, December 18th, 2003. The Globe and Mail gives high praise indeed in calling the recording on which this tour was based "one of the best five Christmas albums of all time!" The Kitchener-Waterloo Record says: "There is a chemistry at work and it reaches into the audience. The Barra MacNeils work with obvious love for their art." From the Halifax Daily News: "They have quietly polished their elegant music into one of the treasures of the East coast, rich with tradition and unmatched in ensemble performance."



The Barra MacNeils' A Celtic Christmas is a musical potpourri of traditional MacNeil family favourites gleaned from midnight masses, Christmas ceilidhs and the general festive frolic that accompanies each holiday season. Whether English or Gaelic, sacred or secular, vocal or instrumental, familiar or not...the vast array of carols, hymns, folk and party songs continues to attest to the Barras' talent and diversity. With their trademark pulsating accordion and distinctive harmonies, the Barra MacNeils - Lucy, Stewart, Kyle and Sheumas, with Jamie Gatti on bass - inject new life and energy into the sights and sounds of Christmas. Particular highlights are Lucy's gaelic version of Once In Royal David's City, and the Barras' rousing rendition of Christmas in Killarney. As always there will be a flurry of foot-stomping instrumentals involving whistles and fiddles, the bodhran and guitars...and a great deal of tomfoolery and laughter. For a wonderful and unique seasonal celebration, don't miss A Celtic Christmas with The Barra MacNeils!



BALLET JÖRGEN *presents*
THE NUTCRACKER
"a rare & exhilarating find" - NEW YORK TIMES
"A CHRISTMAS TRADITION THAT'S PERFECT FOR THE WHOLE FAMILY"
CORNWALL AULTSVILLE THEATRE
Thursday, December 18th at 7:30 pm
Reserved Seating: $28.50
12 & under $18.50 (tax incl., plus s/c)
Civic Complex Box Office 938-9400
Open Monday-Friday 9:00 am - 4:00 pm
www.shantero.com
Classic rendition with innovative sets & colourful costumes!
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CORNWALL SEAWAY LIONS CLUB
presents
SINGLES Halloween Dance
(costumes optional)
Friday, October 31st, 8:00 PM
Cornwall Seaway Lions Club
(123 Fortier, off Tollgate between Pitt & Brookdale)
$10 for Men ~ $7.50 for Ladies
Live music by "Georgey"!
Several local singles organizations will be present including Ottawa Singles Dance Society and Glengarry Singles.
Directions call 938-0040.
Info on our fall program call John 675-2020
Call John 675-2020
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BINGO
Every Thursday - 7pm
GLENGARRY SPORTS PALACE
MacDonald Blvd., Alexandria
$2600 in prizes
60/40 Bonanza
King & Queen $5
$20 Entry Pad
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Vagabond THEATRE
presents a comedy by
David McGillivray and Walter Zerlin, Jr.
The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society
MURDER MYSTERY
Directed by Bill Roddy with Assistant Director Rick Jodoin
Featuring Laurie Manzer, Kathleen Hay, Marion Barnes, Katie Burke and Bruce Baker
November 13, 14, 16 (matinee) and 20, 21, 22
Aultsville Theatre, curtain at 8:00 pm; 2:00 pm matinee
TICKETS ON SALE NOW
$10 in advance, $12 at the door
Available at the Cornwall & Seaway Valley Tourism Office
for information, call 938-4748
Sponsored in part by
Atlas Rental ~ Miller Hughes Ford ~ Aultsville Theatre ~ Domtar
Perkins-Caron Home Centres Ltd. ~ The Co-operators (J.P. St. Pierre)
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The Barra MacNeils
A Celtic Christmas!

"a potpourri of midnight masses, Christmas ceilidhs & festive frolic"
ON SALE OCT. 27TH!!
Cornwall Aultsville Theatre
Friday, Dec. 12 - 8:00 pm
Reserved Seating: $28.50 (tax incl. plus s/c)
Civic Complex Box Office: 938-9400 (9-4 M-F)
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Oct. 25th, 11 am - 9 pm
Oct. 26th, 11 am - 4 pm
Oct. 27th, 28th, 29th, 30th, 6 - 9 pm
Halloween - Oct 31st 4-7 pm
(any later by reservation)
Nov. 1st, 11 am - 9 pm
(please bring flashlight)
•Corn Maze •Haze Maze
•Door Maze •Ice Storm Post Maze
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HAUNTED BARN - HAUNTED NIGHT MAZE
•ALSO HAUNTED BUSH WALK•
SATURDAY & SUNDAY
HORSE DRAWN WAGON RIDE TO PICK YOUR OWN PUMPKIN
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COMMUNITY DIGEST

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AUXILIARY TO THE HOTEL DIEU HOSPITAL in conjunction with Shye Importations ***"Book Fair"*** scheduled for Thursday and Friday, October 23rd and 24th, **has been postponed until November 20th and 21st.**

ASSOCIATION FOR BRIGHT CHILDREN will have their next meeting on Monday, October 27th 7:30p.m., at Maynard's YIG Meeting Room. All interested parents are welcome. For further information contact Earle at 930-2145.

BEREAVED FAMILIES OF ONTARIO will be holding their Adult Afternoon Support Meeting on Monday, October 27th, 1:00p.m. to 3:00p.m., 144 Pitt St. Meeting offers caring support for those who have lost a loved one through death. Information: 936-1455.

BLOOD DONOR CLINIC will be held on Tuesday, November 4th, 1:30p.m. to 7:30p.m., Cornwall Civic Complex Salons A, B, and C. Sponsored by the Kinette Club of Cornwall. For appointment call 1-888-2DONATE.

BOOK SALE sponsored by the Friends of the Library at the Cornwall Public Library, 45 Second St. East will be held on Friday, October 24th 9:30a.m. to 5:00p.m., Saturday, October 25th 9:30a.m. to 5:00p.m. and Sunday, October 26th, 1:00p.m. to 3:00p.m. Everyone welcome.

CENTRE CHARLES-EMILE CLAUDE are holding a ***"Garage Sale"*** in the Gymnasium on Saturday, October 25th, 8:00a.m. to 2:00p.m., 146 Chevrier. Everyone welcome.

CORNWALL HANDI-SOCIAL CLUB are having their monthly social meeting on Tuesday, October 28th, 7:00p.m., at the RCAF Wing, 240 Water St. Everyone welcome. Information: Kim Vokins 938-2127 or Carol Hutt 938-6974.

CORNWALL SENIOR CITIZENS CLUB, 119 Pitt St., have the following activities: ***Monday: "Knitting/Crochet Group" 9:30a.m.; "500 Cards" 1:00p.m., Tuesday/Thursday: "Arts/Crafts 9:30a.m., Tuesday: "Cribbage" 1:30p.m.; Wednesday: "Euchre" 1:15p.m.; Thursday: "Bingo" 1:00p.m., Friday: "Friendly Bridge" 1:00p.m., and Saturday: "Dance" 8:00p.m.*** Information 932-0980.

CORNWALL TOWNSHIP HISTORICAL SOCIETY regular meeting will be in Raisin River Heritage Centre, St. Andrews West, on Tuesday, October 28th, 7:30p.m. ***"Guest Speaker Susan Watt".*** Everyone welcome. Information: Dale 534-2463.

FALL RUMMAGE SALE is being held at St. Columban's Parish Hall on Monday, October 27th, 8:00a.m. to 2:00p.m. Everyone welcome. Sponsored by Catholic Women's League St. Columban's Parish.

"FLU VACCINATION" - Seniors' Wellness Clinic will be held on Monday, October 27th, at the Cornwall Senior's Club, 119 Pitt St., 9:00a.m. until 3:00p.m. A VON registered nurse will be conducting the clinic. For more information contact the VON Office at 932-3451.

"GARAGE SALE" P.A.L. Program, 700 Cumberland St., will be held on Saturday, October 25th, 9:00a.m. to 4:00p.m. Information: 932-9824.

GLENGARRY STARSEEKERS meeting will be held on Saturday, November 1st, 7:30p.m., at Sharon Thaler's house. ***"Topic: The Shape of Things To Come - Part 2".*** Information: Aprile or Richard at 525-1541.

JOY OF LIVING next meeting will be held Friday, October 24th, 7:30 p.m. at Holy Cross Church in the basement (corner of Leonia and Easton), 124 Anthony St. Information: Aline 932-9959; Helen 936-6697; or Roger Roy 984-1005.

LAKESHORE DRIVE UNITED CHURCH in Morrisburg presents ***"Fall Into Winter Bazaar"*** on Saturday, October 25th, 11:00a.m. to 2:00p.m., in Allan Hall. Tea...$5.00. Many craft tables. Everyone welcome.

NEW FRIENDS AND ACQUAINTANCES (N.F.A.A.) have Bowling every Sunday, 6:45p.m., Nativity Hall, 301 McConnell; Walking every Monday through Thursday at the RCAF Boat Launch (rain: Civic Complex), 6:30p.m. SHARP. (look for N.F.A.A. Host). Information: Barbara 933-5902 or Paulette 361-4646.

POINSETTIA TEA & BAZAAR is being held on Saturday, November 1st, at Trinity United Church, Ingleside 1:30p.m. to 4:00p.m. Tea....$5.00. Everyone welcome.

ROYAL CANADIAN LEGION Branch 297 holds Men's Darts and Ladies' Auxiliary Darts every Tuesday at 7:30p.m. Everyone welcome. Information: 932-7050.

RUMMAGE SALE is being held on Thursday, October 30th, 10:00a.m. to 2:00p.m., at Knox St. Pauls United Church. Everyone welcome.

S.D.G. GENEALOGICAL SOCIETY meeting will take place on Tuesday, October 28th, 7:00p.m. in Room 2 at Trinity Anglican Church Hall, 105 Second St. West. Please use parking lot door of the Church Hall. Information: Robert 933-6025.

ST. ANDREWS C.W.L., *"Bazaar and Luncheon"* will be held at St. Andrews Parish Hall on Saturday, November 1st, 11:00a.m. to 2:00p.m. Cost.....$5.00. Everyone welcome.

ST. JAMES UNITED CHURCH, Avonmore are having a ***"Pot Luck and Games Night"*** on Friday, November 7th, 6:00p.m. Everyone welcome.

ST. LAWRENCE ART GROUP meet every Wednesday, 8:30a.m. to 2:00p.m., at the Navy Club, 30 Sixth St. East. Bring your paints and lunch. Phone 937-0535 or 933-8691 for more information.

SEAWAY TOASTMASTERS CLUB hold their next meeting on Tuesday, October 28th, 7:00p.m., at the Cornwall Armoury on Fourth St. East. Everyone welcome. Information: Gerry Flaherty at 360-5578.

SENIORS' WELLNESS CLINIC - Morningside Place, Avonmore will be held on Tuesday, October 28th, 9:00a.m. until 1:00p.m. Sponsored by ScotiaBank and the residents of Morningside Place. Clinic is open to all Seniors in the area. A registered nurse from the VON will be available to give general health counselling. Information: Pierrette or Lauraine at 932-3451.

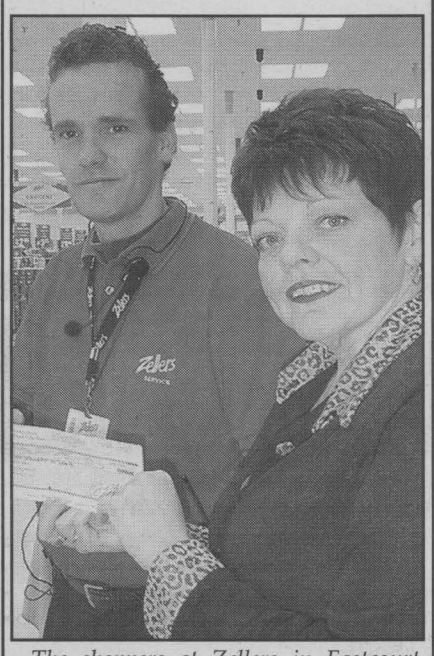
SINGLES HALLOWEEN DANCE (costume optional). Cornwall Seaway Lions Club, on Friday, October 31st, 8:00p.m. Live music by Georgey. Men...$10.00; Ladies...$7.50. Directions 938-0040. Information/Fall programme John 675-2020.

SOUTH STORMONT SENIORS' SUPPORT CENTRE, Memorial Square, Ingleside have the following activities: ***"Wednesday: Euchre 1:00p.m.; Friday: Cribbage 1:00p.m.*** Looking for more players. For more information call 537-8644.

THE PEOPLE'S GOSPEL CHOIR OF MONTREAL will be presenting a concert at St. Margaret of Scotland Church in Glen Nevis on Sunday, October 26th, 3:00p.m. Proceeds to St. Margaret of Scotland Church and Cote St. George Presbyterian Church. Tickets available at the door...$10. Everyone welcome.

"WITNESS FOR CHRIST YOUTH GROUP" will be holding a Krispy Kreme Donut Fundraiser on Saturday, October 25th at Canadian Tire and Home Hardware, 9:00a.m.

Zellers Shoppers Give To Baldwin House



The shoppers at Zellers in Eastcourt Mall may not realize it, but on Friday, October 17th, 2003, $1,000 was donated to Baldwin House in Cornwall on their behalf. It was part of the Zellers 2002 gift box fundraising campaign and shoppers across the country paid a dollar in exchange for a themed gift box. Close to $1 million was raised in Canada and the money is now being distributed to various charities and organizations.

Zellers Business Manager Darren Coe (left) presents a cheque for $1,000 to the Executive Director of Baldwin House, Debbie Fortier (right). The money will be used to help cover "the operating needs for the women and children who live there," according to Fortier.

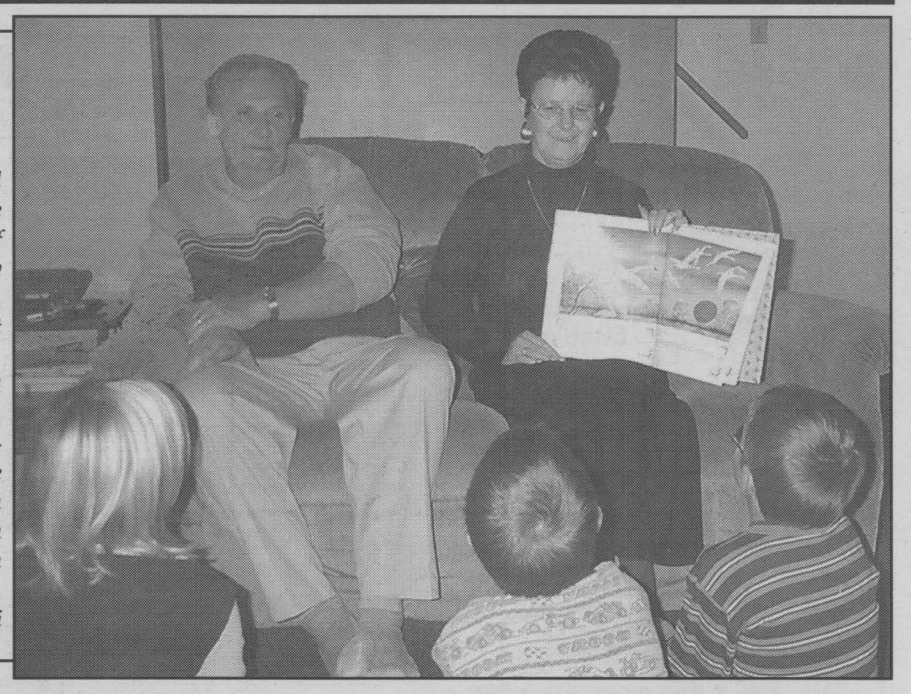
Photo by John Divinski

Foster Family Week

Canadian Foster Family Week has been observed in Cornwall this past week with activities and social events put on by both the foster parents in SD&G and by the Children's Aid Society of SD&G. Foster parents provide children with a safe haven to grow and live, while waiting for adoption in a permanent family setting. More foster parents are needed and if interested, you can contact the Foster Care department at (613) 932-3986.

Maurice and Gisele Delorme have been foster parents for 12 years, having cared for over 20 children in that time span. Presently, the Delormes have three children in their charge, an 11-year-old girl and two boys, aged eight and six. One of the more important times in the Delorme household is "family time" when everyone gets together to read or just talk. The Delorme's story in detail can be found in this week's edition of Talkback by John Divinski, elsewhere in Seaway News.

Photo by John Divinski



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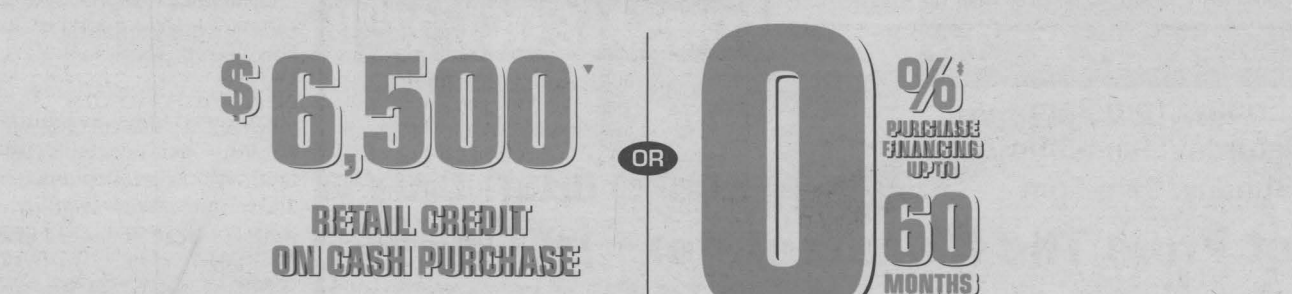

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For the latest information visit us at gmcanada.com, drop by your local Chevrolet • Oldsmobile or Pontiac • Buick • GMC Dealer or call us at 1-800-GM-DRIVE. As to Disney artwork/properties: ©Disney. ¥No purchase necessary. Contest open to residents of Ontario and Quebec 18 and older at the time of entry. Contest closes November 29, 2003. For full contest rules, visit www.familyvancontest.gmcanada.com. or visit a participating dealer. For list of participating dealers call 1-800-GM-DRIVE. †While supplies last. At participating dealers only. ‡Financing on approved GMAC credit only. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% APR, the monthly payment is $166.67/$277.78 for 60/36 months. Discounts or other incentives may be available where consumers opt for a cash purchase price offer. By selecting the purchase finance offer, consumers may be foregoing such discounts and incentives which may result in a higher effective interest rate. ▼Retail delivery credits ($6,500 for 2003 Venture/Montana and $7,000 for 2003 Silhouette) are inclusive of applicable taxes and available on cash purchase only and will be included in relevant cash purchase price at dealership. *Not all vehicles are eligible. Vehicle availability varies by dealership. Limited time offer. Must be at least 21 years of age, have a valid Canadian driver's licence and be a qualified buyer. Vehicle insurance and usage restrictions apply. See www.gmcanada.com or your dealer for complete terms and conditions. ▲Credit inclusive of applicable taxes and will be applied to relevant SmartLease monthly payment, purchase price or cash purchase price at dealership. ¥††▼*▲Offers apply as indicated to new or demonstrator 2003/2004 Venture, Silhouette and Montana. Offers apply to qualified retail customers in the Ontario Chevrolet • Oldsmobile and Pontiac • Buick • GMC Dealer Marketing Association areas only (including Outaouais and excluding Northwestern Ontario). Dealers are free to set individual prices. Limited quantities of 2003 models available. Dealer order (2004 vehicles only) or trade may be required. Limited time offer that may not be combined with other offers and is subject to change without notice. See your Dealer for conditions and details △Testing conducted by the U.S. National Highway Traffic Safety Administration (NHTSA). ◊ Best in class based on Natural Resources Canada 2003, 2002, 2001, 2000 Fuel Consumption Guide ratings.
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HEALTH

VON Offers Canada-Wide Flu Vaccines

VON Canada will be providing influenza immunizations across Canada in an important initiative to promote public health awareness among the general population during flu season. The clinics will be held from mid-October to the end of November. Locations of clinics can be found on the VON website at www.von.ca. The goal of the program is to provide convenient, easy access to quality health information and flu vaccination in communities across Canada.

"This is seen as a very proactive and significant initiative, which falls squarely into the VON's mission for delivering innovative, comprehensive health and social services", says VON President and CEO Ron Farrell. "The VON is a well-recognized national organization with a Canada-wide infrastructure and an excellent reputation for high standards in providing health services." The immunization program will be available in hundreds of locations in every province in Canada.

Public awareness of health issues and disease prevention is growing in Canada and demand for influenza immunization has increased dramatically this fall. Although a flu shot will not prevent colds or other respiratory illnesses, an annual influenza vaccination in considered a strong health promoting activity and is strongly encouraged. It is effective in preventing flu in 70-90 percent of the adult population and 30-40 percent effective in the frail elderly. It is also safe, as the vaccine does not contain a live virus. People are advised not to receive the flu shot if they are allergic to eggs or any of the components of the flu vaccine, and vaccination should be delayed during an acute illness, fever, or active infection. Mild respiratory infection is not seen as a reason to defer immunization.

VON is dedicated to being a leader in the delivery of innovative comprehensive health and social services and to influencing the development of health and social policy in Canada. We are a national health organization and registered charity offering a wide range of community health care solutions that meet the needs of Canadians from coast to coast. As a forward-thinking organization, we have the will and determination to revolutionize our organization to meet rapidly changing social and external challenges. VON is committed to quality improvement and participating in national accreditation processes developed by the Canadian Council of Health Services Accreditation.

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GREAT NEWS FOR EXPECTING MOTHERS
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Cornwall Office: 933-3030
Winchester Office: 774-3131
(Bilingual Services)
AG01034

Baby Bottle Tooth Decay

Baby bottle tooth decay is a term used to describe the type of decay that infants and very young children develop which has a characteristic appearance. What makes this decay particularly unique is that often the decay is extremely aggressive and usually restricted to the front teeth, although more advanced cases will show decay that has extended to the back teeth. The decay is initially located predominantly on the inside surfaces, which gives its unique appearance, as well as making it difficult for parents to notice. A dentist will often recognize it as baby bottle decay simply by its unique distribution.

This decay occurs when sweetened liquids are given in a bottle and are left clinging to an infant's teeth for a long time. Many sweetened liquids cause this problem, including milk, formula and fruit juices. Bacteria in the mouth use the sugar as food and then produce acids that attack enamel. Most of these liquids are not damaging when consumed as a drink, but the trouble occurs when they are left to trickle slowly over long periods of time, thereby slowly and continuously causing acid attacks on the enamel. Short term attacks are well tolerated and consuming these drinks at meal time is not harmful because the body produces large amounts of saliva to dilute and neutralize the acidic by-products. Remember that it is how often and how long you expose those teeth to the sweetened liquids. Sometimes parents do not realize that baby's teeth can decay that fast after they erupt, and by the time the problem is noticed, it may be too late to save them. The resulting premature loss of baby teeth creates space problems for the second (permanent) dentition. Extensive dental treatment on such young infants is usually only possible under sedation or general anaesthesia.



You can help prevent baby bottle tooth decay by following these tips:

- As soon as teeth appear, they should be brushed after each feeding.
- Do not let a child fall asleep with a bottle of sweet liquid such as milk, fruit juices, fruit drinks, cola, etc.
- If your child insists on a comforter between meals, provide him or her with a bottle of water. This is easy if the child has never been introduced to sweet liquids in the first place. Changing this habit later will require more determination from both parents and child.
- Have your child see a dentist at three years of age or sooner if you suspect a dental problem.

Dr. Cardinal welcomes all inquiries and invites you to visit his website at www.drlouiscardinal.com.

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The Flu Or The Vaccine

The time of chills is soon approaching. If you are thinking ghosts and goblins guess again, we mean the flu. As you are well aware, the flu is often accompanied by chills, fever, a sore throat, the sniffles, aching muscles, and can leave you feeling ill for more than a week.

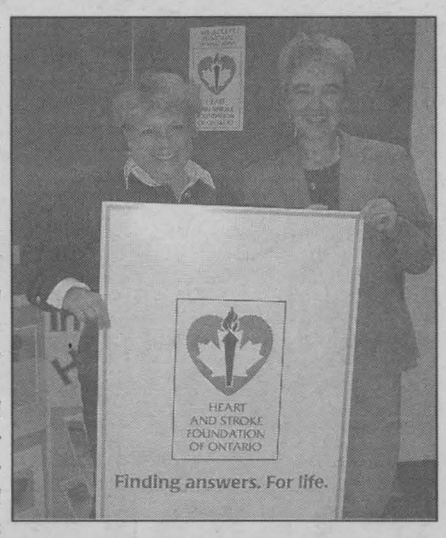
"Influenza can be a serious illness," says Nicole Laplante from the Eastern Ontario Health Unit. "Seniors and people with a chronic disease are especially encouraged to get immunized since they are more likely to suffer the sometimes fatal effects of influenza." Caregivers and anyone with regular contact with seniors or the ill should also receive the flu shot.

The flu shot, again this year, is free for all residents of Ontario who are older than six months. We are encouraging everyone to get the vaccine since it is the only way of protecting yourself from a debilitating illness.

The Eastern Ontario Health Unit will, once again, hold flu vaccination clinics throughout the five counties starting the week of Monday, October 20th, 2003.

So now is the time to decide: the flu or the vaccine? For more information on the upcoming flu clinics visit our website at www.eohu.on.ca. For more information on the vaccine you can also call the Eastern Ontario Health Unit at (613) 933-1375 or 1-800-267-7120 and ask for Health Line.

Finding Answers For Life



Yvonne Wagorn (left) Regional Manager of Ontario East, Heart and Stroke Foundation of Ontario and Susan David (right) Area Manager of the Cornwall chapter, show off the Foundation's new tagline, unveiled at the local group's annual meeting Tuesday, October 7th, 2003. According to a prepared news release, "Almost 40 percent of Canadians will develop some form of heart disease or stroke over their lifetime. With our aging population, it is critical to understand the underlying causes of these diseases."

The foundation continues to fund research into the causes of cardiovascular disease and the prediction is that in the near future, strokes and heart attacks will be prevented, long before they happen. Area Manager of the local chapter of the Heart and Stroke Foundation of Ontario, Susan David said they have been fortunate to raise over $315,000 so far this year. Next year's goal will be just over $313,500.

Photo by John Divinski

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OTHER LEASE OPTIONS

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$263 PER MONTH	$500 DOWN
$229 PER MONTH	$2,395 DOWN

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FROM $357 PER MONTH



OTHER LEASE OPTIONS

$435 PER MONTH	$0 DOWN
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$357 PER MONTH	$4,295 DOWN

* Leasing program available from Hyundai Financial Services. Limited time offer. Leasing program based on 60/60 month walk-away lease. Down payment plus first monthly payment may be required. Taxes, license and $350 administration fee extra. 20,000 km mileage allowance per year applies. Additional km charge of $0.10 applies. 0% purchase financing available on selected models. Financing example: $10,000 at 0% per annum = C.O.B. is $0.00 for a total obligation of $10,000. Source AIAMC sales January to November 2002. Taxes, license & administration extra. Financing programs may not be combined with leasing program. See dealer for details.

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LOCAL

McDonald To Seek Second Term On School Board

David McDonald, Trustee and Chair of the Upper Canada District School Board has announced he will be seeking a second term. McDonald first became the Trustee to represent the City of Cornwall in December 2000.



David McDonald

In only his second year as Trustee with one of Ontario's largest Boards, McDonald's colleagues voted him in as Vice-Chair of the Board and Chair of the Program and Education Committee.

McDonald lists some of his accomplishments after one term as Trustee as being: the development of the "empty seat protocol" where students not eligible for transportation can access empty seats on the bus; the reduced walking distances for Cornwall students in order to be eligible for a bus; the development of the Cornwall Assembly of School Councils; partnerships with local licensed not-for-profit day care centres to operate before and after school programs in four schools; having Free-To-Become Preschool relocate their full program in Central Public School. He also points out that there have been Board initiatives that Cornwall has benefitted from such as: the introduction of Library Technicians in the elementary schools; the announcement of the many planned and approved school improvements to the Cornwall elementary schools totaling more than $10 million.

Looking to the future, McDonald says, "I will continue to work hard for the students in our community schools as well as all students within the Upper Canada District School Board to ensure they receive a quality education in a safe environment." McDonald feels that his leadership skills, vision and convictions have assisted him thus far as a Trustee and he will continue to bring those characteristics forward when dealing with the Board of Trustees, administration, Principals, School Councils, parents, teachers and the community at large.

Bank Of Montreal Food Drive

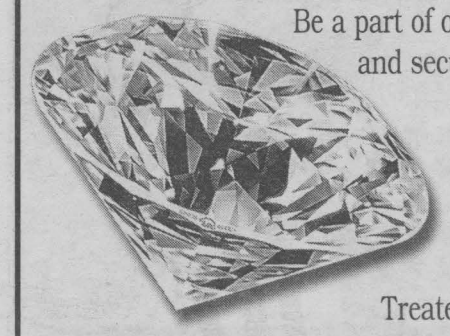


Bank of Montreal (Pitt And 14th) participated in a food drive on behalf of the Agapè Centre. All branches supported the initiative. Left to right: Jackie Lavarnway, Diane Fortier, Carrie Mullins, Jason Jesmer (Agapè Centre board member), Solange Tessier, and Rita Cameron.

Submitted photo

Canadian Polar Bear™ Diamond Cutting Event

Monday, Oct. 27th to Thursday, Oct. 30th



Be a part of our special event and secure your chance of winning a sparkling diamond! Proceeds to the Children's Treatement Centre.

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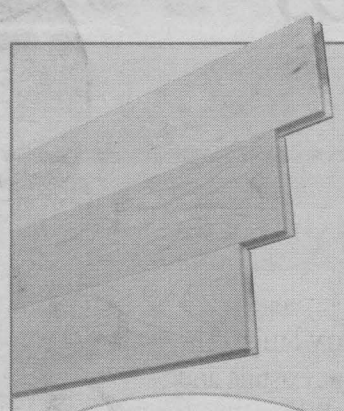
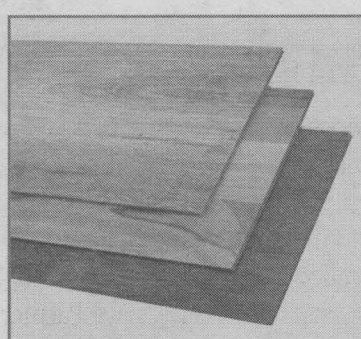


10% off on $1000 purchases

Hardwood floor



10% off on $1000 purchases

Floating floor



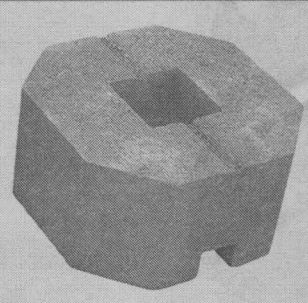
10% on everything or **15%** on $500 and more

Tomak™ electric and cordless tools



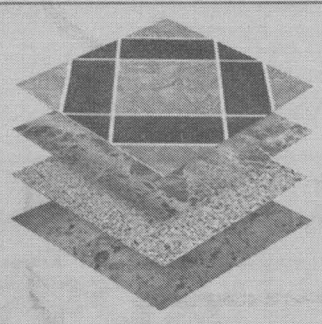
$1 off per container or $2 off for 10 containers or more

Recycled paint



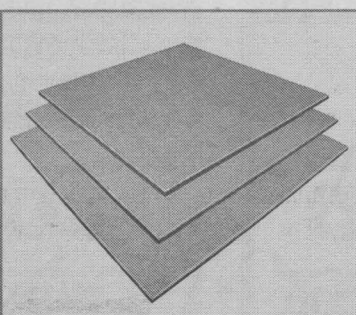
15% off on everything

Cement



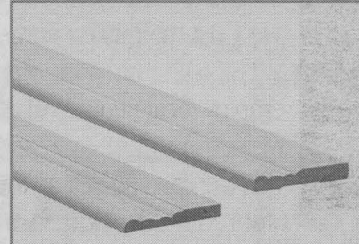
29¢ instead of **35¢**

Self-adhesive tile
Choice of colours



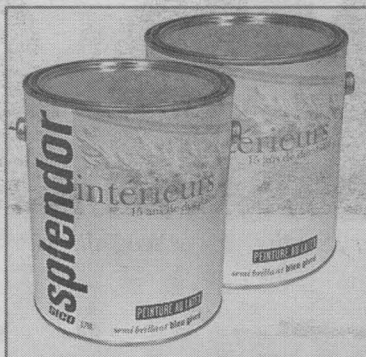
89¢ instead of **99¢**

Ceramic tile
12" x 12" / Choice of colours



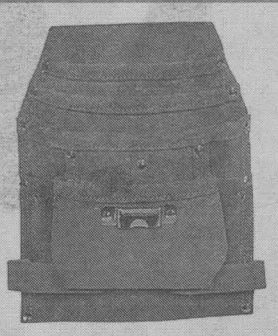
10% on $100 and more or **15%** on $300 and more

MDF moulding



$7.99 instead of **$9.99**

Sico paint
Int. latex / Frosted blue or pink



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Important notice: Prices already discounted 2% for cash and carry, applicable taxes extra. No return, no exchange and no refund. **Prices are effective until November 1st, 2003.** If an error occured in this ad, it will be pointed out at the store counter. Some items may differ from the illustration, the written description always prevails. According to the market fluctuation, prices may vary without notice. The buyer has to inspect the goods and determine that they are fit to his intended purposes, before purchase.On all products identified «1st quality materials», the manufacturer's existing warranty applies.

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FUTURE Office Products

10th Anniversary 1993-2003



Future Office Products ~ Opened October, 1993

10 Years And Still Growing

Celebrating their 10th Anniversary, Future Office Products has evolved from a photocopier & fax machine dealer to a complete office solutions provider. Today the company services the four corners from Akwesasne, Brockville, Cornwall and Hawkesbury.

Company President Allen Laframboise says the secret of their success is "providing excellent local service and keeping up to speed with the ever changing market". Future Office Products is totally committed to bilingual customer service and support. With the evolution of digital copiers that print, copy, fax & scan along with ergonomic furniture design, the education of our sales & support staff is ongoing.

"Today we can provide our clients with one stop service," says Partner Harry Smith. The company's space management department can design your office to fit your existing and future requirements.

Vice President, Michael Perras heads the largest local in-house service department. Their team of I.T. specialists and technical staff are second to none in the area.

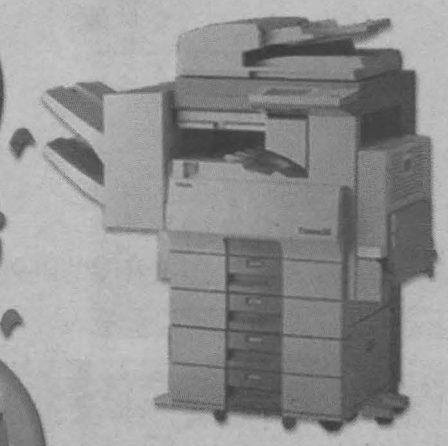
The three partners agree, it's all about people. They are a team that will help you make an informed decision, to use the best equipment & office furniture to fit any company's budget & space. They have also aligned themselves with some of the top suppliers in the industry, including Toshiba digital multifunctional copiers, Neopost mailing equipment and Artopex plus office furniture.

The 10th anniversary is a direct result of being part of the local economy. "We employ local people. All of our staff live in the area and are active participants in the community," says Laframboise.

In the coming years, the company ensures that they will remain the leader in office equipment and furniture. Their long list of satisfied customers ensures their success in the future.



Michael Perras *Harry Smith* *Allen Laframboise*



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LEASE FROM **$249** PER MO. 60 MOS.

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701

Other lease and finance options available. See dealer for details. *Leasing plans OAC provided by Kia Canada Financial Services. Available on 2003 Rio S (RO5413)/2003 Spectra LS (ST54A3)/2003 Rio RX-V (RO5523)/2004 Sedona LX (SD7524)/2004 Sorento LX MT (SR5514)/2004 Magentis LX (MS7414) [the "Featured Models"]. Based on a 60/60/60/60/60/60 month lease rate o Models based on an MSRP of $12,350/$16,795/$15,950/$25,595/$29,845/$22,250 is $10,035/$13,635/$12,240/$19,790/$24,070/$17,550 and the option to purchase at end of lease for $4,035.60/$4,906.25/$5,544.00/$10,180.80/$12,331.40/$7,756.80 plus applicable taxes. Lease has 20,000 km/year allowance (other packages available) and $0.10/km for excess. ** of the Featured Models is shown above. Prices subject to change without notice. Dealer may sell/lease for less. 0%/1.9%/2.9%/3.9% purchase financing (varies depending on vehicle's model) is available for a maximum of 60/48/36 months (varies depending on vehicle's model). All purchase financing offers exclude delivery and destination, licence, insurance, administration fees an 11 months is $0 and total still owing after the 11 months is still $10,000. After 11 months, $10,000 financed at 6.41% equals $236.73 per month for 48 months; C.O.B. is $1,363.26 for a total obligation of $11,363.26. Offer varies depending on vehicle model. Monthly payment and cost of borrowing will vary depending on amount borrowed, the term and down payment/trade. Certa

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2003 RIO S – The #1 Value Leader

✓ 1.6 L DOHC engine ✓ 5-speed manual ✓ Dual airbags ✓ Steel side-impact door beams ✓ Childproof rear door locks ✓ Emergency trunk release handle ✓ AM/FM/CD stereo ✓ 14" wheels with full wheel covers ✓ Driver's seat lumbar support ✓ Over 60 standard features

LEASE FROM $139* PER MO./60 MOS.
Only $1,695 Down Payment
$0 SECURITY DEPOSIT
DELIVERY AND DESTINATION INCLUDED
OR 0% PURCHASE FINANCING FOR 60 MONTHS



LS model shown† MSRP $12,350**

2003 RIO RX-V – Fun to Drive

WITH AIR CONDITIONING ✓ 1.6 L DOHC engine ✓ 5-speed manual ✓ AM/FM/CD stereo ✓ 14" alloy wheels ✓ Power steering ✓ Fog lamps ✓ Rear spoiler ✓ Tachometer ✓ Tilt steering ✓ 60/40 split-folding rear seat ✓ Cargo security cover ✓ Driver's seat height adjuster ✓ And more

LEASE FROM $169* PER MO./60 MOS.
Only $2,100 Down Payment
$0 SECURITY DEPOSIT
DELIVERY AND DESTINATION INCLUDED
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RX-V Convenience model shown† MSRP $15,950**

2003 SPECTRA LS – Spacious Interior

WITH AIR CONDITIONING ✓ 1.8 L DOHC engine ✓ 5-speed manual ✓ Power windows, locks & heated mirrors ✓ Cruise control ✓ Dual airbags ✓ Fog lamps ✓ Tilt steering ✓ 60/40 split-folding rear seat ✓ AM/FM/CD stereo with 6 speakers ✓ Driver's seat height adjuster ✓ Remote trunk release

LEASE FROM $179* PER MO./60 MOS.
Only $2,895 Down Payment
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GSX model shown† MSRP $16,795**

NEW 2004 MAGENTIS LX – Elegant Styling

✓ 2.4 L DOHC engine ✓ 4-speed Steptronic transmission ✓ Dual airbags with Passenger Presence Detector ✓ A/C ✓ Power windows, locks and heated mirrors ✓ Remote keyless entry with alarm ✓ AM/FM/CD stereo ✓ Cruise control ✓ Tilt steering ✓ 60/40 split-folding rear seat ✓ 4-wheel disc brakes

LEASE FROM $255* PER MO./60 MOS.
Only $2,250 Down Payment
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OR 1.9% PURCHASE FINANCING



EX-V6 model shown† MSRP $22,250**

NEW 2004 SORENTO LX SUV – Award Winning Strength

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Cornwall

Atom "A" Royals

The Cornwall Atom "A" Royals are prepared for a busy season. The roster has been set as follows: minding net will be Brandon Ezard and Eli (Junior) Thompson; playing forward are Matt Bourassa, Jonathan Dunbar, Justin Lefebvre, Jayden Lemire, Mathieu Lemire, Derek MacDonald, Max Robertson, Nathan Sanseverino, and Jacob Swamp; patrolling the blue line are Connor Gabri, Clayton King, Brandon Labelle and Joel Marleau. The team will be coached by Dan Bourassa, Paul Marleau and Angelo Sanseverino.

Two exhibition matches have been completed, the team played well as they develop as a group. The first game against Prescott-Russell, the Royals demonstrated team spirit and drive in a close game that resulted in a 5-4 loss. Scoring for the Royals were Connor Gabri assisted by Jacob Swamp, Mathieu Lemire unassisted, Derek MacDonald assisted by Max Robertson, and the final goal for the Royals was unassisted by Clayton King.

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Atom "B" Royals

The Innovative Converting Inc./Cornwall Costume Shop Atom "B" Royals club consists of the following players: Jarret St. John, Brook Laforest, Joey Hanley, Ian Larin, Joshua Ruest, Mathieu Seguin, Shawn Lalonde, Christopher Gaudet, Logan Stanley, Jonathan McCullough, Sam Hutchingame, Bryan Belanger, Jay Flannigan, Jarrett Wheeler, Justin Savard, Kyle Carpenter and affiliate Jordan St. John.

The coaching staff includes Marc Seguin, Ghislain Belanger, Gerry Hanley, Mike Ruest, trainer Dale Stanley and manager Brenda Ruest.

Regular season started Saturday, October 4th, 2003 against Maxville. A strong performance in their home opener resulted in a 5-1 loss. The lone goal was scored by Chris Gaudet.

In game two against Kemptville the team was defeated 9-0. Despite the score, goaltender Kyle Carpenter faced over 40 shots making many outstanding saves.

In their third game, the first on the road, in Alexandria, they were defeated 4-2. Their first goal scored on the powerplay by Joey Hanley and assisted by Justin Savard. The second goal was scored by Logan Stanley. Strong goaltending by Kyle Carpenter.

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Cornwall Lions

Major Bantam Boys



The Cornwall Lions Major Bantam Boys basketball team started their season out with a Bronze medal win at the 112 team Montreal Fall Basketball Festival. Playing in the Bantam "AA" Division, the Lions started the tournament with a thrilling 58-57 overtime win against St. Laurent. They then lost to the College of St. Paul 55-36 before running over the College of St. Sacrament 54-30 in the finals. Andrew and Jordan McAllister led the team in scoring in all three games scoring 38 and 30 points respectively in the three games. In the overtime win against St. Laurent, Andrew McAllister and Dave McDonell hit key foul shots in overtime to win the game. In the Bronze medal game, 11 of the 12 Lions scored points in what was an overall great team performance. The 2003-2004 Cornwall Lions Major Bantam Boys are Dave McDonell (captain), Jordan McAllister (captain), Jeff Roy, Andrew McAllister, Riley Leclerc, Vincent Duchesne-Giguere, John Wurah, Jordan Wurah, Michel Viau, Skyler Chretien, Matt Daalder and Fraser McLeod.

Submitted photo

Alexandria Restaurant SD&G

U-14 Premier Blazers



The Alexandria Restaurant SD&G Blazers girls Premier U-14 team clinched first place and the championship in their final game of OCSL action at Optimist Park on Sunday afternoon, September 7th, 2003 with a scoreless draw against the Goulbourn Gators. The Jason Palmer coached team went undefeated this year posting an 11-0-3 record and allowing only six goals against while scoring 35 during the 14 game season.

The team now moves on to participating in Youth Cup action which will be ongoing throughout the months of September and October.

Pictured top row (left to right) are: Jason Palmer (coach), Ania Kowalski, Leah Lamesse, Jessika Thompson, Amy Larkin, Claude Beaupre, Katelyn Watkins, Rebecca Bosse, Briana Latour, Allyson Cardinal and Pat Larkin (assistant coach). Bottom row (left to right): Kayla Theoret, Stephanie Higgins, Alecia Derouin, Jenna Baldree, Natalie Zimmer, Becky Kirkby, Andrea Hummel, and Samantha Ouellette. Front: keeper Andrea Montford.

Submitted photo

Youth Cup Championships

The Hunt Insurance U17 Kinsmen Blazer Boys may have lost the Finals for the Youth Cup in a shoot out, but the team knows that the game was won at the 6 minute mark of the second overtime period with the golden goal from Stephano Zoppas. On a pass from Shane Caron, inside the box, Zoppas carried the ball pass the defense and booted it by the Hornets goaltender and as the ball was entering the net the official decided to call it an offside.

The field conditions at the Lions Park in Richmond were very poor to say the least. It made for a very slippery and sometimes frustrating game not to mention the fact that it was extremely cold and windy.

It was a scoreless first period with give and go from both sides. At the 10 minute mark of the second period, the Gloucester Hornets got on the board the first goal. But the Blazers did not give up and gave all they had and then some. Halfway thru second the coaching staff of the Blazers went for broke and put out all their 6 forwards on the field at once with 3 of them William Elshof, Stephano Zoppas and Shane Caron attacking as forward when the ball was in Hornets end and covering the midfield when the ball was in the Blazer's end. Regular midfielder Scott Meldrum and Chris Baldree also made their presence known. It finally paid off when at the 38 minute mark of the second period Thomas Mondoux headed the ball in the Hornets nest on a corner kick from Chris von Bornhoft.

Defensemen Brian Middleton, Axel Schulz, Cody Logan, Jamie Powell, Jamie Duchesne and Ryan Shane let the Hornets know that they were a force to be reckoned with. Goalkeeper Eric Arajs also kept the Hornets at bay.

At the end of the second overtime the score ended 1-1 and 4-3 at the end of the shoot outs.



Front row (l. to r.): Jamie Powell, William Elshof, Paul Randlett, Axel Schulz, Eric Arajs, Thomas Mondoux, Jamie Duchesne, Markus Benoit-Noe and Ryan Shane. Back row (l. to r.): Coach Hans von Bornhoft, Brian Middleton, Jarred Johnson, Chris von Bornhoft, Scott Meldrum, Shane Caron, Stephano Zoppas, Chris Baldree, Cody Logan and assistant coach Howard Middleton.

(submitted photo)

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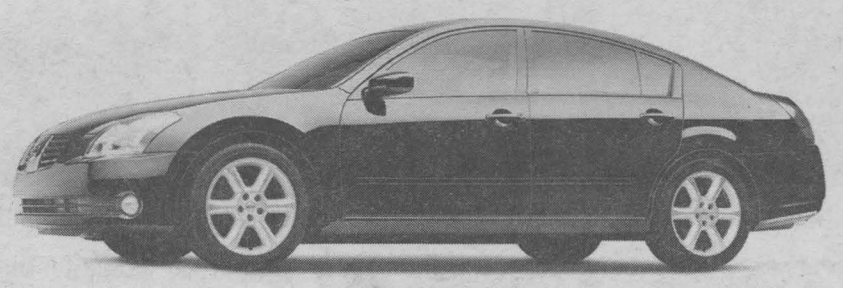

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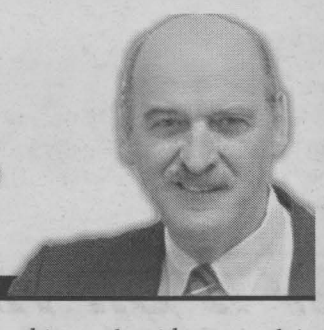
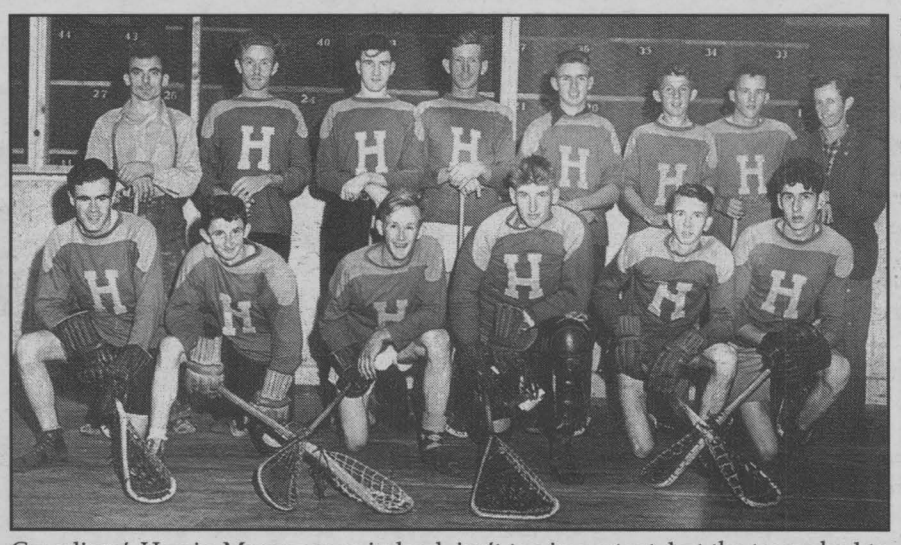


with Bill Gallant

We're back to lacrosse this week with a nostalgic glimpse at the Big "H!" The photo dates back to the 1948 season and was loaned to us by Angus McDonald of Ingleside. If you're wondering what the "H" represents, it is representative of the Harrison's Corner Lacrosse team. Pictured left to right, back row: Aimie Julian, Arnold McDonald, Linsey Campbell, Evert McMillan, Charles McMillan, Ewen MacDonald, and Tony Wheeler (coach). In the front row (left to right): Alwin McDonald, Polly Hart, Joe McGillis, Lornie Hart, Archie McDonald and Cecil Aubin.

It's time again for a couple of "Did You Know" items. For example, did you know that the Montréal Canadiens of the NHL attempted to sell Newsy Lalonde when he was in his 30s? That was back in the 1922-23 hockey season and the deal was stopped by the league. The Habs instead got playing rights to a young 135 pound player who hailed from Northern Ontario. He was an amateur player and just a "kid" called Aurel Joliat who went on to become one of the most famous Canadiens stars.

Did you know that just a couple of years later (1924), the



Canadiens' Howie Morenz was judged as the first NHL Superstar? He was dubbed the Stratford Streak, but because he was born nearby in a town called Mitchell, he was also named the "Mitchell Meteor." Howie played on a line with Aurel Joliat and was a good reason why the Habs won the Cup in a series with the Ottawa Senators.

They tell us that the following item is true and it happened in Kingston. Did you know that there once was a hockey league formed in Kingston? That fact isn't too important, but the teams had to play their games under some rather strange rules. The most difficult was no doubt the fact that there was a "Bandstand" that players had to circle when they skated by centre ice. Hopefully they didn't collide with any late leaving dancers from the pre-game festivities.

Our last "Did You Know" surrounds the Ottawa Senators. I'll bet you knew that the Sens played the Pacific Coast Hockey Association Champs, Seattle Metropolitans for the Stanley Cup in 1920. The series started on the ice at Ottawa's Laurier Rink. It was in the spring of the year and the ice unfortunately didn't last long. The series thus shifted to an artificial surface at Toronto's Mutual Arena. The Sens won the series.

If you can authenticate any Did You Knows, please drop us a line at Sports Chips.

Club 55+

By Lee Kirkey

Roy Julien had a normal day of bowling: 270-293-313 = 876 triple. "Normal for Roy," I should say. Harvey Primeau did pretty good also: 275-248-179 = 702 triple. Good bowling guys.

Harold Millward: 242-156-242; Harvey Barkley: 252-218-158; Conrad Godard: 211-192-221; Roma Amelotte: 246-245; Bill Thompson: 253; Thelma Goulet: 260; Frank Sanderson: 236; Millie McCourt: 210-208; Bill Anderson: 230; Wilson Dalley: 219; Art MacRae: 218; and Adrien Fournier: 217.

Attendance winners: Noella Brodeur, Ovila Samson, Maurice Marion, Maurice Champagne and Molly MacDonald.

Do you know how and when the expression "Turkey" originated? Tell you next week.

CMS

Cornwall Motor Sales Recognizes Technician Guild Awards



Gerry Loiselle, Co-Owner of Cornwall Motor Sales would like to congratulate the following members of the Cornwall Motor Sales Service Department who have been awarded Technician Guild Awards by GM for the year 2002.

Pictured front row left to right are: Gerry Loiselle; Danny Dicaire, Skill; Mark Tardiff, Master; Tyler Summers, Skill; Al Barton, Grand Master; Ron Snider, Master. Back row (left to right) are: Jay Thompson, Skill; Darryl Russell, Grand Master; Garry Peters, Grand Master; Luc Lajeunesse, App.; Marc Therien, Skill; Mark Lewis, Skill.

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Iroquois Water

Atom Rapids

The Atom Rapids faced off against the Nepean Raiders on Thanksgiving Sunday, October 12th, 2003. The Rapids came out very strong in the first period and with a combination of fast skating and passing, managed to overpower the Raiders. Stevie-Ray Adams put the Rapids on the scoreboard early in the first on an assist from Vance Thompson. The Rapids had some great power-play opportunities in a penalty filled period, but failed to get the puck past the goalie. They continued to pressure the Raiders goalie though and even bounced a few off the post before Alexandre Gendron found the back of the net. Picking up the assists on Gendron's goal were Kevin Hope and Alex Conroy-Terrance.

The Rapids continued to play hard in the second period with the defense doing a great job of keeping the puck away from the Seaway goaltender. With the second period winding down to the five minute mark and the score 2-1 for the Rapids, Stevie-Ray Adams fired the puck at the goalie and Connor Primeau was there to pick up the rebound and put it in the net. After a well deserved rest on the bench, Stevie-Ray Adams was back out on the ice to pick up the assist on a goal by Brandon Gilmour.

With the start of the third period and the score at 4-1, the Rapids seemed to lose a little of their earlier steam and often found themselves scrambling in front of their net. The Raiders slowly began to catch up in goals and nearing the end of the third, the score was tied at 4-4. The Rapids were determined not to let this one slip past them and they regrouped. In the Raiders end, Alex Conroy-Terrance passed the puck back to Vance Thompson who blasted one past the goalie to break the tie and win the game for the Rapids. Jordan Graham played a great game in nets for the Rapids.

Iroquois Water

Atom "AA" Rapids

The Iroquois Water Major Atom "AA" Rapids took part in the Tournament of Kings in Prescott Friday and Saturday, October 17th and 18th, 2003. The Rapids' first game was against a strong Rideau St. Lawrence team and although the Rapids played hard, they had a tough time keeping up with the fast skating Kings. The Kings dominated the game and walked away with a 10-1 victory. Scoring the lone marker for the Rapids was Alexandre Gendron. Jesse Fontaine picked up the assist on the goal.

The Rapids regrouped and faced Syracuse in their second game. Although the Rapids still suffered a defeat, they kept the score much closer at 3-2. Scoring both goals in the game was Nick Quenneville and helping Quenneville out on both goals was Brandon Gilmour.

The Rapids came back the next day to play, but still seemed to have a tough time controlling the puck and lost to Nepean 6-0. In their fourth game of the tournament, the Rapids came out and played their best game of the weekend against the Gloucester Rangers. Detwin Curleyhead started off the scoring for the Rapids on a nice unassisted goal. Seeming to take notes from Curleyhead's goal, Brandon Gilmour skated in on the goalie and found the back of the net for the Rapids second goal. Alexandre Gendron scored the next two goals for the Rapids, with Nick Quenneville and Brandon Gilmour picking up the assists on Gendron's second goal. Although the Rapids lost 6-4, they played a great game and showed a lot of determination throughout the tournament. Sharing goaltending duties in the tournament was Jacob Fourney and Jordan Graham. Both goalies made some great saves and did a superb job between the pipes.

Howard Smith Credit Union

Blazers Domination

The Howard Smith Credit Union/BASF U14 Kinsmen Boys Blazers dominated the Youth Cup with an impressive 7-1 win over the Gloucester Hornets. The boys had a slow start in the rain soaked field but Richard Bovington got the ball rolling with a strike off a Nathan Myers cross 11 minutes in. Myers then got the second from a beautiful cross from Dan Gignac at the 20 minute mark. Francois Charlebois got the third goal off a rebound of Alex Glasgow's header. Ben Martin scored with a few seconds left in the first half off a scramble in front of the Gloucester net to make it 4-0. Myers got his second of the game on a long run down the side lines to stretch the lead to 5-0. Bovington then copied Myers with the same play, streaking down the side lines and crushing one past the Hornets goalie. Glasgow scored the 7th goal off a Bovington pass. With very little time left Gloucester broke the shut out with a penalty kick. Mathew Stones was again stellar in net for the Blazers. The Blazers finish the season going undefeated.



Cornwall

Peewee "AA" Typhoons

The Cornwall Peewee "AA" Typhoons competed in the 20th Annual Cornwall Girls Hockey tournament recently and battled against some very strong competition. In their first game against the Syracuse Stars, the Typhoons allowed two goals by the Stars before scoring six unanswered markers to win 6-2. Chelsea Seguin led the way with a hat trick, with single goals coming from Vanessa Welten, Pascale Lacroix and Sarah Moss. Assisting on the goals were Natasha Ingram (3), Renee Lortie (2), Stephanie Boileau, Krista Oakes, Maggie Moss and Welten.

Their next opponents would be two previously undefeated teams from the North Metro Toronto League. In a very defensive game against the Peterborough Ice Kats, the Typhoons were handed their only loss of the tournament by a score of 2-0. Versus the Aurora Panthers, the Typhoons found their skating legs and got the lead on a goal from Welten, assisted by Sarah Moss and Boileau. The Panthers evened the mark in the second period. Goaltender Alysha McLeod would stand tall soon after by stopping a penalty shot, which turned out to be a critical turning point in the game. Late in the third period, Lacroix scored her second goal of the tournament from Oakes and Maggie Moss, and the Typhoons hung on for the 2-1 victory.

Unfortunately the Typhoons' record of 2-1 proved a three way tie for first place following the round robin competition, and they were eliminated from participating in the finals based on a goals for and against tiebreaker. The Peterborough Ice Kats went on to defeat the Aurora Panthers 3-2 for the tournament championship.

The Typhoons will compete in the National Capital Competitive Program (NCCP) tournament Friday to Sunday, November 7th to 9th, 2003.

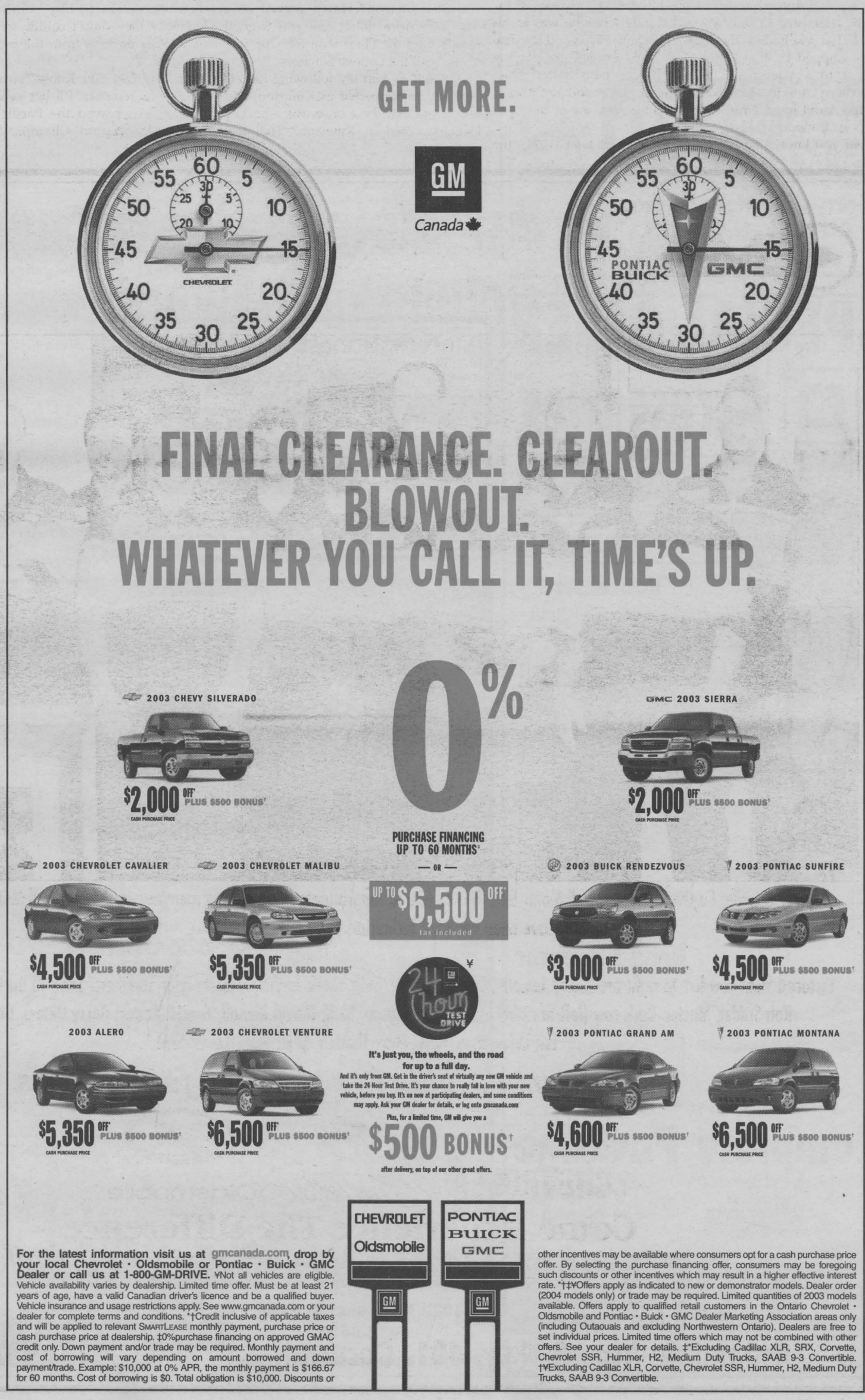
South Stormont

Peewee "B" Selects

The South Stormont Peewee "B" Selects have finalized their roster for the upcoming season. The man behind the goalie mask will be Kale Bertirim. Patrolling the blue line on defence will be Joey Gellately, Matt Hollister, Jordon Herbert, Zachary Brandt and Ryan Fontaine. Leading the offensive attack will be Brandon Brisbois, Kyle Maloney, Troy Gove, Ryan Winkenweder, Joel Stang, Elliot Keller, Brayden Girard, Landon Bingley, and Dylan Fleury.

Thursday, October 9th, 2003 saw the Selects face off against Akwesasne in regular league action. Both teams worked hard and the result was a 6-6 tie. Scoring for the Selects were Brandon Brisbois (2), Brayden Girard with the single, and hats off to Kyle Maloney with his first hat trick of the season. (Sorry you missed it Mom!) Assists go out to Ryan Fontaine with three, and singles to Troy Gove, Elliot Keller, Matt Hollister, Jordon Herbert, Dylan Fleury, and Brayden Girard.

The boys next faced Massena in an exhibition match. Scoring the lone goal for the Selects in the 1-1 tie was Troy Gove unassisted.



Direct Muffler And Brake

Peewee "A" Royals

Direct Muffler and Brake Peewee "A" Royals announced their lineup for the upcoming 2003-2004 hockey season. Forwards are Tyler Barnhart, Kody Dupuis, Brock Gouweloos, Ryan Herrington, Martin Maloney, Shane O'Connor, Chris Rutley, Chad Thompson and Ty Thompson. On defense, Jacob Dawson, Johnathan Fitzpatrick, Branden Gaudreau, Darcy Jansen, Ty Kinsler, and Leo McLean. Goalies are Nathaniel Callan and Joel Charron. Thanks to James Rutley, our team's head coach and the assistant coach, Gerry (Rook) Herrington; trainer, Blair Fitzpatrick and our manager, John Charron. We are looking forward to a great season. Special thanks to Dennis and Jean Lafave, our major sponsor.

The Direct Muffler and Brake Royals started off their season with a rousing game against Kingston on home ice Wednesday, October 1st, 2003. A good defensive game led the Royals to a 3-2 victory against the Ice Cats. Goals scored go to Chad Thompson, Shane O'Connor and Kody Dupuis assisted by Chris Rutley (3), and Brock Gouweloos (2).

Cornwall's first away game also resulted in a decided victory of 3-1 against the Goulbourne Rams on Saturday, October 4th, 2003. Goals scored go to Chad Thompson, Shane O'Connor and Brock Gouweloos assisted by Branden Gaudreau, Kody Dupuis, Ty Thompson and Chris Rutley.

In their third game, the Royals lost 5-3 in Manotick against the Capital Crusaders on Sunday, October 5th, 2003. Although the team played a strong game, numerous penalties to the defense as well as the forwards slowed the momentum especially in the third period and the Royals were unable to catch their competitor's lead. Goals scored go to Chris Rutley from Leo McLean, Shane O'Connor from Kodie Dupuis and Brock Gouweloos with Rutley assisting.

On Tuesday, October 7th, 2003 another win goes to the Royals against Osgoode Rideau. The 3-2 win came tough for the team who were tied with two goals each in the second when the winning goal was lambasted by Brock Gouweloos from Kody Dupuis. Goals one and two were scored by Gouweloos from Rutley and Rutley on a breakaway. Thumbs up to both goalies who played exceptional games.

The Direct Muffler and Brake Cornwall Peewee "A" Royals lost out in the semi-finals at the Ambassador tournament in Kingston recently. The team played two good games winning against Kingston and Brockville. They were unable to beat Trenton Saturday, October 18th, 2003 resulting in a three way tie for first going into the semi-finals. The team ended up facing Trenton again Sunday morning, October 19th, 2003 in a rousing and rough semi-final game losing 1-0.

The Peewee "A" Royals faced the Nepean Raiders on Sunday, October 19th, 2003 with a 4-4 result and being outshot 32-28. Coming out strong in the first period, the Raiders outshot the Royals 16-7 and only one passed Nathan Callan late in the period. Despite great passing, awesome goaltending and a faster second period for the Royals, the Raiders managed to get a second in the net while the team was shorthanded making the score 2-0 Nepean. The Royals came back though with five minutes left in the second when Tyler Barnhart put one up assisted by Kody Dupuis, and two shifts later Dupuis and Shane O'Conner worked hard to put another one past the Raiders tying up the game. With only five seconds left in the same period, the Royals took the lead when Brock Gooweloos put in a smart backhand shot assisted by both defensemen Leo McLean and Darcy Jansen. In the final period, the Raiders were able to get two goals back to back before the team was able to tie it up with a goal by Barnhart from O'Conner and Dupuis.

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Slalom Skateboard Racing

World Championship Results, Friday to Sunday, September 26th, 27th and 28th, 2003.

Born and raised in Cornwall and now residing in Ottawa, 44-year-old skateboarder/coach, Claude Regnier placed fourth in the Open Division of the 2003 FCR World Championships of Slalom in Morro Bay, Califonia in the tight Slalom event.

Event: three days of racing. Day one - SlalomCross, top 16 finish. Day two - Hybrid Slalom, top 16 finish. Day three - Tight Slalom, fourth place.

Former Canadian National Slalom Champion at both the Pro and Amateur level, Regnier was the only Canadian to represent Canada at the World Championships.

The results were 16th fastest run in the opening round in which Regnier was eliminated by the eventual finalist, the FCR series leader in the Pro Division.

Injuries, finances and training matters influenced Regnier's decision to compete Open rather than Professional.

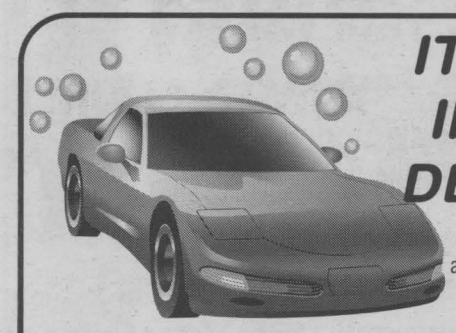
South Stormont

Atom "B" Selects

The South Stormont Atom "B" Selects has finalized its roster. Curtis Brandt will anchor the team between the pipes. On defence there is Blake Michels, Brodie Tate, Dakota Vandeglind and Adam Poapst. The forwards will consist of Kurtis Winkenweder, Clark Veenstra, Bryce MacNeil, Dylan Boltz, Cody Krol, Michael Poapst, Ryan Ward and Kelley O'Neill. The head coach is Gary MacNeil, while the assistants are Kevin Poapst and Dave Veenstra.

The team travelled to Char-Lan to open their regular season. The Selects came up on the losing end of a 6-4 game. Kurtis Winkenweder and Bryce MacNeil both scored twice for the Selects.

The team rallied together for their home opener and downed Akwesasne 7-2. Bryce MacNeil and Kelley O'Neil both scored twice. Singles were added by Ryan Ward, Blake Michels and Clark Veenstra.



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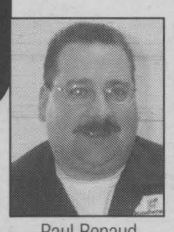

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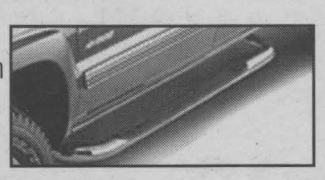

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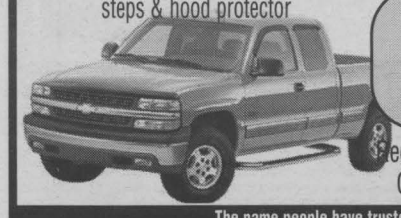

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The Burning Of The Angus Grey Recreational Centre

What the loss means to our Community.

In the early hours of the morning on Tuesday, September 30th, 2003 an ominous glow could be seen for miles around the village of Maxville, Ontario. Its source was a blaze that ended an era. By the time the dawn light permitted observation, the Angus Grey Recreational Centre on the Glengarry Highland Games historical site was a smoldering ruin of twisted metal. Eyewitnesses reported that by 4 a.m. the fire had such a hold that any hope of saving the building or its contents was lost. Despite a timely response and concerted efforts by the Volunteer Fire Departments of Maxville and neighboring Apple Hill it soon became apparent that the building could not be saved. The fire departments concentrated on making sure that the fire did not spread. In this they were singularly successful.

Jack Fraser, President of the Kenyon Agricultural Society, which owns and maintains the grounds said: "These volunteer firemen deserve the sincere thanks of the entire community."

On the subject of the loss of the Centre he added: "It's not so much the building itself, but what it meant to the community that is important to comprehend."

The Centre, built in 1960 with funds donated to The K.A.S. by the estate of the late Angus Grey of Dunvegan filled a multi-purpose role.

The long, low structure measuring approximately 225 feet by 50 feet was the venue for such activities as Boy Scouts, Girl Guilds, and Cubs, 4H, and Pony Club meetings. And who has not heard the swirl of the pipes as, in inclement weather, the Glengarry pipe band practiced within those walls.

The Centre was used for dances and musical entertainment during the Games and The Maxville Agricultural Fair. Wedding receptions, fiddling contests and many a refreshing brew were knocked back as the Centre became the Celtic Pub during Games activities.

The Centre also housed a VIP Lounge and viewing deck at which visiting dignitaries were received and at which all board meetings of The Fair and Games were conducted.

Bill Shields, Past President of the Glengarry Highland Games said: "Much of what we lost we cannot replace. For example, The Wall of Fame, containing 40 portraits of rural men and women who contributed to improvement of rural and agricultural life in Glengarry.

"The trophy case is gone. It contained all the trophies, plaques and shields for the Games' athletic events and the piping and dance contests that were so keenly contested year after year. Some of these trophies were more than half a century old.

"Additionally, the building was used to store a wide variety of equipment including kitchen facilities, banquet table and chairs. They will all have to be replaced."

Future Planning - Ideas Wanted

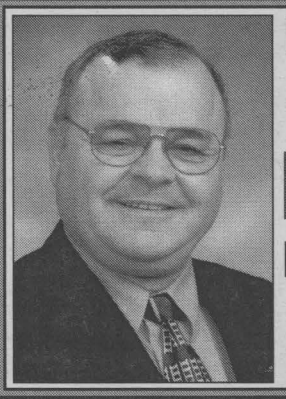
Jack Fraser talked about the Future: "Well, we have to look forward but replacement plans are not yet complete. That is partly because we want to encourage participation and ideas from the community who bear the ultimate loss. We strongly believe they must be included in any plans for the future.

"We are looking to replace the building with a smaller yet aesthetically pleasing structure; perhaps, but not necessarily, of post and beam barn-like construction. Because of the restraints of cost (insurance will not nearly cover the replacement cost) it will very likely be a smaller three-season building. But above all, we are encouraging response from the people of Glengarry and indeed all those who have an interest in the Grounds and for what they stand."

The Bank of Nova Scotia in Maxville has generously offered to match any donations up to $5,000 to the Fund, which is dedicated exclusively for the rebuilding process. It will be possible to make donations at the bank until Tuesday, October 28th, 2003.

Please voice your opinion and offer your rebuilding suggestions by calling Jack Fraser at (613) 527-2572 or e-mail your thoughts to bjblaney@sympatico.ca.

Drawings that outline your ideas are most welcome. Please send them to: The Secretary, Kenyon Agricultural Society, Maxville, Ontario, K0C 1T0.



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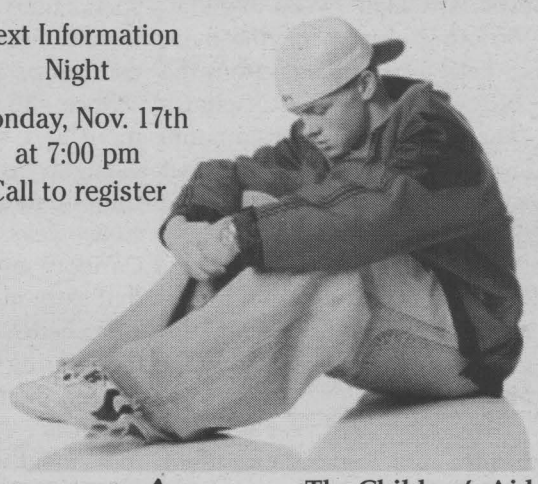

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Corner Post

Farm and Countryside Commentary

by Elbert van Donkersgoed

In recent decades, the business of farming has focused on producing bulk undifferentiated products - cheaply. Measured as output per person, productivity in agriculture has leaped forward. In step, farm gate prices for primary foodstuffs have steadily declined. Farming adopted a cheap food policy. Many applaud this triumph of technology and entrepreneurship as success. I'm not so sure. The other players in the food chain have not followed suit.

Consider McDonald's. How has it replaced Coca-Cola as the world's most recognized brand? Is it because they make the best or lowest priced fast food? No, those low-cost primary ingredients from our farms have become Happy Meals and Meal Deals. The burgers, fries and shakes are a predictable and consistent -- value for money. Let me emphasize that: McDonald's delivers value for money, not cheap food. As a matter of fact, food is just a slice of the value they deliver. McDonald's owns more private playgrounds than any other organization. "Treat of the Week" has made them the world's largest distributor of toys. Most important, McDonald's has not oversold its food -- a happy customer is one whose expectations are exceeded.

The food business is not about cheap food. Leading edge food firms are "not selling food."

Some time ago the Canadian Council of Grocery Distributors made a presentation to a gathering of Provincial, Territorial and Federal Ministers of Agriculture. They described the trend to "not selling food."

One, grocery distributors are not selling food; they are selling time. Half a century ago cooking time in a typical household was an hour. Today we have compressed this to 10 minutes. We buy co-packed products like cheese and crackers or carrots and dip or stir-fry veggies altogether. Salads are available in a Ziploc -- just add your favorite topping.

Two, supermarkets are not selling food; they are selling health and nutrition. The growing interest in optimal health means disease prevention and eating right. Low fat, low cholesterol, omega three labels are everywhere on supermarket shelves. Packaging now offers nutrition facts and recipes for health.

Three, food stores are not selling food; they are selling emotional well-being. The presenters listed free range poultry, brands from the past, food of the world, ethical treatment of animals and environmentally friendly as desirable characteristics for tomorrow's marketplace.

Many farmers have let others add the value for which consumers are willing to pay: health, nutrition, emotional well-being and time - but not all. There are signs that farmers have had it with the cheap food program. Identity preservation, organic agriculture, omega three production and second-generation cooperatives are just a few examples. "Not selling food" is also an option for farmers.

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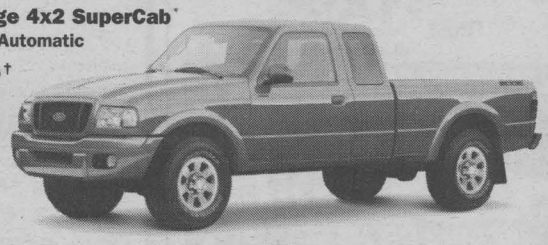

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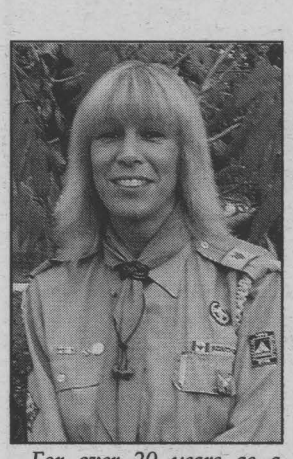
Leader Of The Pack

Photos by Linda Mikolayenko

Young people interested in outdoor adventure need good leaders and Judy Frechette is among the most dedicated.



Frechette is the leader of a pack of 10 Wolf Cubs that meets at the St. Andrews Fire Hall every Monday evening. As part of the Scouting movement, the main Cub Leader is known as Akela, a name taken from the "old wolf" in Rudyard Kipling's "The Jungle Book". It's a name she's proud of - to the extent that she's put in on the licence plate of her car. Above the plate, on the back of her white Chevy Cavalier, Frechette's own image appears alongside a wolf, the creation of her husband, Guy, an airbrush artist.



For over 20 years as a Cub Leader, Judy Frechette has helped young people experience the outdoors.

Now in her 23rd year as a Cub Leader, the Ingleside resident explains her dedication this way: "The rewards are the kids," Frechette says. And she's had the opportunity to work with many kids since she first got involved as a leader at the age of 21 when some friends with the 1st Cornwall Scout Group convinced her to take up the challenge.

"If we don't get another leader, we'll have to close the group. It's only an hour and a half each week," she recalls them saying.

That was only partly true. It is a fact that without enough leaders, groups do close down, a problem that is even more prevalent today than it was two decades ago. However, Frechette is now wiser as to the amount of time a good leader needs to invest.

"Besides the meeting, you need to spend time planning, and it takes at least 20 hours to prepare for a weekend camp," she says.

Once she began, though, she progressively took on more and more responsibilities within the Stormont-Glengarry district: starting a new group in St. Andrews, training new leaders and organizing "Cuborees."

Last year Frechette was awarded the "Order of the Caribou" by Scouts Canada for her "willingness to go that extra measure."

Frechette's longevity in this volunteer role is surprising considering that many are parents who only stay leaders for the time their own children are with the program. When her own daughters were Cub age, the Scouting movement was strictly for boys. It is now co-ed.

Over the years there have been other changes, too. The uniform has changed and the program has expanded to include a broader range of topics for badge work.

Though there have been times she has thought about quitting, she hangs on to a memory that followed a particularly difficult year. That was the time an 11-year-old, one of two brothers in her group who were living with a foster family, came up to her and hugged her and said, "You know what, Akela, this was the best year of my life!"

Yet, the Scouting movement is losing groups and groups are getting smaller.



For over 20 years as a Cub Leader, Judy Frechette has helped young people experience the outdoors - even her car expresses how proud she is of that role.

Frechette says the biggest competition is from hockey - "everyone wants to be the next Wayne Gretzky," - and technology - "it's hard for some kids to get away from their computer, Playstation and TV."

Frechette believes Cubs provides children between the ages of eight and 11 a rare opportunity to experience the wilderness.

"They get to go learn about nature. They get to go camping. And they get to meet with other kids from all over," she says.

They also have the satisfaction of making a contribution. Last Saturday, October 18th, 2003 the St. Andrews Cubs spent the day at the Scout Camp at Apple Hill where they helped to "build a bridge" by replacing a walkway across a gully with fallen wood. Later, they sat around a campfire telling jokes and stories.

"The kids had a blast!" says Frechette.

But they're not the only ones who have fun, she points out.

"As a leader, you're allowed to be a big kid and nobody thinks anything of it!"

For more information on joining the Scouting movement or becoming a leader, check out www.scouts.ca or call Judy Frechette at (613) 537-2669.

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VOTING BY PROXY

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ADVANCE VOTING
For the convenience of electors, advance voting days have been established. Electors nay vote on the advance voting days at the designated voting place, as follows:
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Tuesday, October 28 - 10:00 am to 8:00 pm
Saturday, November 1 - 10:00 am to 5:00 pm

PROXY VOTING
If you are an eligible elector, you may appoint a person to vote on your behalf. The person you appoint becomes your voting proxy.

WHO CAN BE A VOTING PROXY?
The person you appoint as voting proxy must be an eligible elector in the municipality. A person may act as a voting proxy for a relative (parent, grandparent, child, sister, brother or spouse).

HOW IS A VOTING PROXY APPOINTED?
To appoint a voting proxy you must complete the prescribed form which is available from the Returning Officer/Clerk or your Municipal Office. When you complete the form, you must identify the name of the person you are appointing as your proxy before you sign the form. Then the person you are appointing must bring your application to the Chief Returning Officer or your Elections Office for certification. He or she must also make a statutory declaration that he or she is the person appointed as a voting proxy.

WHEN CAN A VOTING PROXY BE APPOINTED?
A voting proxy may be appointed after September 29, 2003 up to Monday, November 10, 2003 during normal office hours. All voting proxies must be appointed before the end of regular office hours on Voting Day. In addition, a voting proxy may be appointed between noon and 5:00 pm on Advance Voting Days.

HOW OFTEN MAY ELECTORS VOTE?
You may vote once only. The Municipal Elections Act states the following: "An elector who is entitled to vote for offices on a municipal council or local board may vote in only one of the voting places established for the area of jurisdiction of the municipality or local board."

For further information on voting entitlement, please contact the Returning Officer/Clerk as indicated in this notice.

For more information:
Municipal Elections Office
360 Pitt Street, Cornwall, ON
930-2787, ext. 2372
oct24031

NOVEMBER 10, 2003 IS VOTING DAY

Crime Stoppers

Seaway Valley Crime Stoppers and the Ministry of Natural Resources need your help in stopping the illegal activity of poaching. Now that the fall season is here, poaching will increase and we should be on the lookout for these illegal activities. Hunting deer at night with the aid of powerful spotlights, referred to as "Jacklighting" is a common practice used by poachers to hunt.

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 and it works. If you have any information on this or any other crime, please call Crime Stoppers at 937-8477 (TIPS) or for long distance callers 1-800-222-8477.

Dangers Of Heating Liquids In Microwave

A 26-year-old man decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat it up (something he had done numerous times before).

It is not sure how long he set the timer for but he wanted to bring the water to a boil. When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup, he noted that the water was not boiling, but suddenly the water in the cup "blew up" into his face. The cup remained intact until he threw it out of his hand, but all the water had splashed into his face due to the buildup of energy.

His whole face is blistered and he has first and second degree burns to his face which may leave scarring. He also may lose partial sight in his left eye. While at the hospital, the doctor stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick, tea bag, etc. (nothing metal). It is, however, a much safer choice to boil the water in a tea kettle.

According to a General Electric spokesperson, microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it. To prevent this from happening and to avoid injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for 30 seconds before moving it or adding anything into it.

The "blow up" is caused by a phenomenon known as superheating. It can occur anytime water is heated and will particularly occur if the vessel that the water is heated in is new, or when heating a small amount of water (less than half a cup). The water heats faster than the vapour bubbles can form. If the cup is very new then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form. As the bubbles cannot form and release some of the heat that has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point. What then usually happens is that the liquid is bumped or jarred, which is just enough of a shock to cause the bubbles to rapidly form and expel the hot liquid. The rapid formation of bubbles is also why a carbonated beverage spews when opened after having been shaken.

Are You A 'Sandwich' Family?

By 2011, Canada will have more than 1.3 million citizens over the age of 80. As Canada's aging population continues to grow, many families are facing the 'sandwich situation,' having to care both for aging relatives and for young children.

Talking to senior relatives about housing can be difficult for both families and seniors. To provide a start point for this discussion, The Care Guide recently issued its Top Ten Tips for managing the housing discussion.

1. Focus on the senior's comfort and not the impact on the family.
2. Keep emotion out of the process as much as possible. Do your research and be prepared; stick to facts and practicalities.
3. Bring a trusted, objective third-party into the discussion to moderate, such as a health care professional, a religious figure or a community care case worker.
4. Don't hold the conversation after some kind of an 'incident' as emotions tend to be high. Choose an appropriate time and a neutral location.
5. Designate one family member as the 'point person' for the discussions and for follow-up action that needs to be taken. Select someone who has a strong, stable relationship with the person in question.
6. Keep in mind that this is a frightening and disorienting experience for many seniors. Be clear on your objectives, be patient and do your best not to argue or make justifications. Take time outs if necessary.
7. Develop a personal list of wants and needs on both sides so that the best housing option fit can be analyzed. Make a list of all possible outcomes and compare the pros and cons of each.
8. Do a cost analysis and research two or three residences you feel may best suit your senior relative's needs that are within the budget.
9. Consider suggesting short-term, overnight trial-stays at residences of interest as a way to "test the waters."
10. Focus on the quality of your future relationship with your senior relative. Remind them that you have their best interest at heart.

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932-0461

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609 Pitt Street - Food Basics Plaza 933-9027
oct24032


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$69.95 synthetic oil
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OCT10033

2003 Flu Vaccine Clinics

• Alexandria •
Saturday, Nov. 1 - Island Park Community Centre at the Park, 102 Derby St. West - 9 a.m. to 4 p.m.

• Cornwall •
Saturday, Oct. 25 - Cornwall Civic Centre, 100 Water St. East - 10 a.m. to 4 p.m.
Wednesday, Oct. 29 - École Notre Dame, 420 Fifteenth St. West - 4 p.m. to 8 p.m.
Wednesday, Nov. 5 - Viscount Alexander Public School, 1401 Dover Rd. - 4 p.m. to 8 p.m.
Friday, Dec. 5 - Cornwall Civic Centre, 100 Water St. East - 10 a.m. to 8 p.m.

• Finch •
Wednesday, Nov. 19 - North Stor Seniors Support Centre, 6 Nelson St. - 4 p.m. to 8 p.m.

• Glen Walter •
Wednesday, Nov. 19 - Glen Walter Knights of Columbus Hall, 6723 Purcell Rd. - 4 p.m. to 8 p.m.

• Ingleside •
Wednesday, Nov. 12 - Rothwell Osnabruck High School, 1 College St. - 4 p.m. to 8 p.m.

• Lancaster •
Wednesday, Nov. 12 - Glengarry Outreach Senior Services, 20 Victoria St. - 2 p.m. to 8 p.m.

• Maxville •
Monday, Oct. 27 - Maxville Manor, 80 Mechanic St. West - 2 p.m. to 8 p.m.

• Morrisburg •
Monday, Nov. 3 - Morrisburg Public School, 16 Second St. - 3:30 p.m. to 7 p.m.

• Williamstown •
Thursday, Oct. 30 - Char Lan District High School, 19743 County Rd. 17 - 4 p.m. to 8 p.m.


For more information call 933-1375 or 1 800 267-7120.
Ask for Health Line.
Visit us online at : www.eohu-bseo.on.ca
Eastern Ontario Health Unit
Bureau de santé de l'est de l'Ontario
oct24033

Trick or Treat!

Halloween is a great time for children. However, all the excitement can cause them to forget the safety rules, particularly when trick or treating. The tips below from Safe Kids Canada will help you to keep your kids safe during this fun time.

All about costumes

•Make sure that car drivers can see your child. Use costumes with bright fabrics and decorate costumes with reflective tape. Give each child a flashlight to carry.

•To prevent falling, your child's costume and shoes should fit properly. Costumes should not be longer than your child's ankles.

•If you are making a costume, use materials that are fire resistant. If you are buying a costume, make sure it is labeled "flame resistant". This means the costume could catch fire, but it will resist burning. Avoid costumes with loose sleeves, pants, and skirts.

•All costume accessories such as swords or knives should be made of soft, flexible material.

•Your child should wear face paint or make-up instead of a mask. Make-up and face paint are better than masks because they don't block your child's ability to see. If your child is wearing a hat, wig, or scarf, tie it securely so that it won't slip over your child's eyes.

Tips for safe trick or treating

•Children under nine years of age should be supervised by an adult when trick or treating. Children over nine years of age should trick or treat with an adult or in a group with older, responsible children. If your child is trick or treating without an adult, make sure he or she knows how to cross the road safely.

•Children should walk, not run, from house to house and stay on the sidewalk or at the side of the road facing traffic.

•Children should stay in well lit areas and should only visit homes that have their outside lights turned on. Children should not go inside homes.

•Before your children eat their candy, make sure you examine it. Throw out any treats that are not wrapped, those in torn or loose packages, or any that have small holes in the wrappers.

When decorating your home

Small children should never carve pumpkins. Instead, let your child draw a face on the pumpkin.

Make your home safe for trick or treaters. Remove all objects around the outside of your house that could cause children to trip or fall. Turn your outside light on. If you use a candle in your pumpkin, make sure you put the pumpkin on a sturdy table. Keep the pumpkin away from curtains and other objects that could catch fire. Keep candles, pumpkins with candles, matches and lighters in a place that children cannot reach.

If you're driving on Halloween

Be extra careful when driving. Children are excited and may forget safety rules. When driving in areas with children, slow down and watch for them. Enter and exit driveways and alleyways slowly and pay extra attention.

Originally printed in Kids' Health, a quarterly publication published by The Hospital for Sick Children.

City Receives Award



The City of Cornwall received the first Annual Award of Excellence in Health Promotion on Tuesday, October 14th, 2003 from the Canadian Medical Association. The award is to be given to municipalities across Canada that have passed bylaws banning smoking 100 percent in all indoor public places as of Tuesday, July 1st, 2003. In the photo, Dr. Richard Dany Tombler presents Mayor Brian Sylvester the award on behalf of the Canadian Medical Association.

Photo by Chris McPhee

Experience Makes A Difference!



Fran Guindon

SN2

Cornwall TOYOTA

932-1106

353 PITT ST.

Witches, Ghosts And Goblins Oh My!

Ahhhh!!! Hold onto your socks and get ready to scream because the Cornwall Youth Centre is hosting their annual scary haunted house for the families and youth in the community. Visiting this spine chilling, heart racing, dark, and spooky Haunted House is not for the light hearted...nor for anyone afraid of the dark.....nor for anyone frightened of their own shadow or someone else's...but for those who have the courage to enter at their own risk!

The youth have been working hard planning and building their creative, terror-filled Haunted House once again for this Halloween season.

The Haunted House will be open for five shows this year; Friday, October 24th, 2003 from 6 p.m. to 9 p.m., Saturday, October 25th, 2003 from 1 p.m. to 4 p.m. and from 6 p.m. to 9 p.m., as well on Sunday, October 26th, 2003 from 1 p.m. to 4 p.m. and 5 p.m. to 8 p.m. Come if you dare to 499 Henry Street! For information, call Josée Delisle at (613) 938-4999.

LET'S Celebrate

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

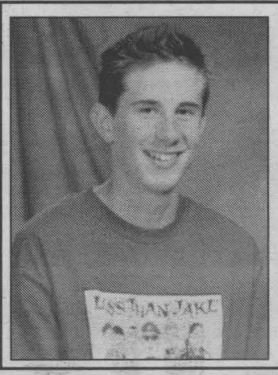
WINNER JASON ANTOINE

Pick up your prize at Gedoro's

Gedoro's
Fine Dining in Casual Comfort
Early Bird Dinners from 4-6pm
See Our Great Selection of 2 Dinners for $19.84
Includes 2 Garden Salads & Bread Bar from 4pm
See restaurant for full details.
158 Pitt St. 938-2791

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

DEADLINE: TUESDAY - 5 P.M.



Happy 15th Birthday

Jacob Benton

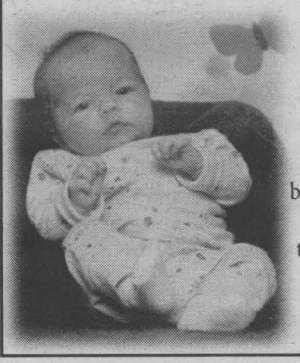
celebrating on October 29th

Love Mom, Dad & Melissa

DAYLIGHT SAVINGS TIME

Ends October 25th

Don't Forget... Turn Your Clocks Back One Hour



It's A Girl - Lewis

Pamela Stata and Adam Lewis are thrilled to announce the birth of their first child

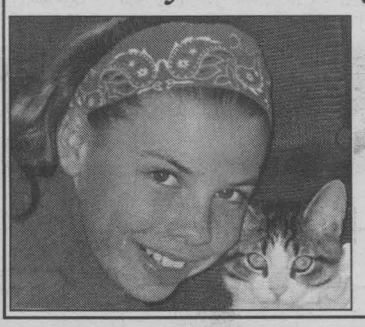
"Maddie"

born on Monday, August 25th, 2003 at 5:46 a.m. at the Winchester Hospital tipping the scales at 6 lbs., 14 ozs. and 19" long

Proud grandparents are Larry & Linda Stata and Bill & Margaret Lewis

Thanks to Dr. Rivington & nurses.

She went from a little girl to a teenager!

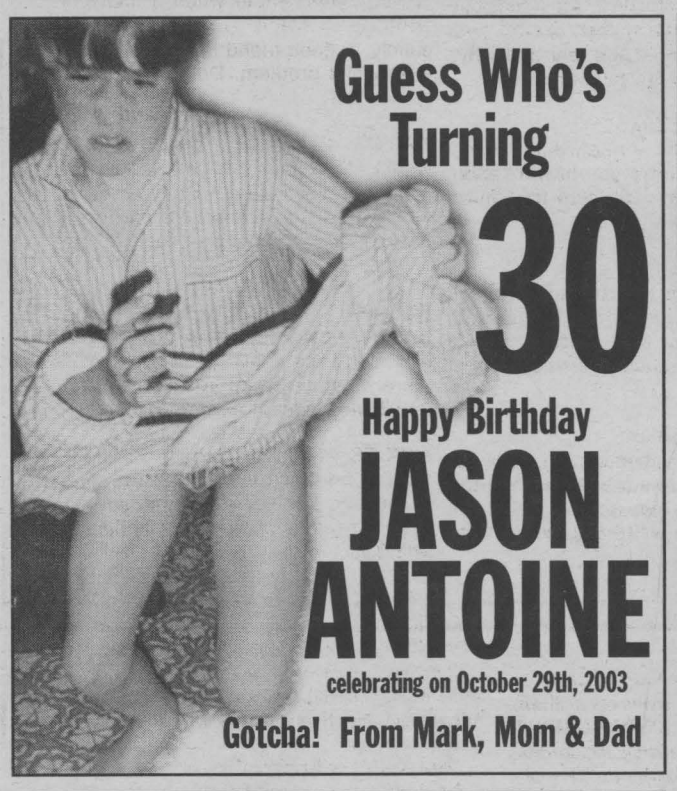


Happy 13th Birthday

Ashley Belmore

who celebrated on October 23rd

Love always, Mom, Dad, Sarah, Mittens, Daisy and Splash



Guess Who's Turning

30

Happy Birthday

JASON ANTOINE

celebrating on October 29th, 2003

Gotcha! From Mark, Mom & Dad



Happy Birthday

Fleurette

celebrating on October 27th

We want you to know how special and loved you are.

You are our sunshine!

Love you XOXO

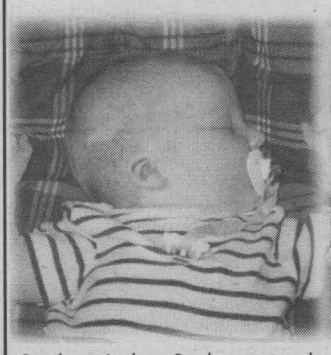


Holy Cow! Look Who's Turning 50

on November 1st

Penny "Lihou" Lafave

With Love, We Welcome to The World Two Sons to Two Sisters



Sandra & Andrew Stocks are proud to announce the arrival of their son

Kai Murphy Stocks

born on Sunday, March 23rd, 2003 weighing 7 lbs., 8 ozs.

Proud grandparents are Frances Murphy of Cornwall and Pete & Joanne Stocks from Polaski, N.Y.



Penney & François Tardif are proud to announce the arrival of their son

Xander Tardif

born on Friday, May 9th, 2003 weighing 8 lbs., 12-1/2 ozs.

Proud grandmothers are Frances Murphy and Beatrice Tardif, both of Cornwall.

Happy 50th Birthday

Monique Lapierre

celebrating on October 28th

With love, Justin, Nicholas & Mathieu





Happy Birthday

Ginette

celebrating on October 27th

We're very proud of you!

Love Mom, Dad & your family



Happy 7th Birthday

Jenna

Montroy-Patenaude

celebrating on October 26th

Love, Jamie, Mom & Don

Classifiedplus

Deadline: Wednesday, 12 noon

933-0015

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Circulation: 34,818 copies
Deadline: Wednesday, 12 noon
classified@cornwallseawaynews.com

COMPANIONS CORNER

LOVING, SECURE, SWM, 52, divorced, well fit, easy personality, enjoys life. Looking for well fit special lady, 43-52, for lasting relationship. Let's talk, nothing to lose. CC2212.

EDUCATED WORKING MALE, over 40, considered attractive. I'm not controlling & believe in having fun. Looking for educated female who likes to travel. P.S. Friendship first, we will go from there. Confidentiality assured. CC2206.

ARE YOU TIRED of meeting people who aren't what they say they are or aren't looking for a commitment? Call Misty River Introductions, Ontario's Traditional Matchmaker, (613) 257-3531.

BOO! SINGLES HALLOWEEN (costumes optional). Cornwall Seaway Lions Club. Friday, Oct. 31st, 8pm. Live music by "Georgey". Men: $10. Ladies: $7.50. Directions, 938-0040. Info, fall programme John, 675-2020.

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315-764-7145
sn4

I ♥ THE CLASSIFIEDS

HONEST SWM, 53, N/S, looking to meet slim SWF, 45 to 55, to share life with. I enjoy dining out, movies, long walks & outdoors. I'm honest, caring & have lots of TLC to give. CC2209.

40'ish WORKING LADY, (widow), bilingual, full-figured with lots of love to give. Looking for nice gentleman, 45-62, for lasting relationship. CC2211.

FEMALE, MID 60's, would like to meet honest man with good sense of humour. My interests include dancing, movies & long walks. CC2210.

2 APTS/CONDOS FOR RENT

APARTMENTS FOR RENT
bachelor, 1&2 bdrm., utilities included
security bldg., video surveillance
call 932-7891
Mon. - Fri. 9:30 - 4:30
sn3

623 ST. FELIX. 1 bdrm upstairs apt. $410/mth plus utilities. Available Nov. 1st. No pets. Phone 347-3248.

1 BDRM APT in Ingleside. $440/mth, includes utilities & basic cable. Call 543-3604.

1 BDRM BASEMENT APT. Very quiet area. Available anytime. Livingroom & kitchen, 3-pc. bath, all furnished. Heat & lights included, $500/mth. Quiet working person, smoke free. No pets. 938-1010.

57 LEONIA, 2 bdrm downstairs apt. Fridge & stove, washer/dryer hook-ups, hardwood floor, $650/mth, plus utilities. Available immediately. Call 933-4780.

AVAILABLE NOV. 1ST, 1 bdrm apt. Newly renovated. 15'x16' covered deck, fridge, stove, hot water included. No pets or smokers. Central location. $425/mth, plus utilities. Call 932-8965.

1220 HEBERT
1 bdrm upstairs apt. Private entrance. Includes fridge, stove, parking, heat & hot water, (no laundry facilities), balcony. Suitable for 1 mature person. N/S pref'd. $375/mth, first & last
933-2220
oct24034

WEST END, clean, 1 large room in basement. Bathroom, laundry facilities, parking. Available immediately. Responsible, working person only. Call 932-7854.

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

APT. FOR RENT
Large 3 bdrm. apt. on Walton St. Upstairs, large storage basement. Available Nov. 1st.
$460 plus utilities.
Call 936-6961
oct24034

SECURITY BLDG. Apts for rent. Bachelor, 1 & 2 bdrms, starting @ $410/mth. Includes fridge, stove, heat, electricity, parking, laundry room in building. No pets. Call Monday-Saturday, 8am-8pm, 933-9471.

CLEAN 2 BDRM APT. Now available. Centrally located security building. Includes fridge, stove, utilities & parking. Coin-operated laundry. $540/mth + rental deposit. Call 930-0167.

APTS. FOR RENT
333 Cumberland St.
Large 2 bdrm. apt. Renovated, quiet, wood floors, stove, fridge, laundry hook ups, porch, parking.
Call 938-7444
oct24034

418 MCCONNELL, available Dec. 1st, 2 bdrm main level w/shared backyard & 218 Alice, 2 bdrm apt w/large verandah. Both have storage, basement, fridge, stove, washer, dryer, $450/mth, pay own utilities. Call to view, 938-1962.

APARTMENTS TO SHOUT ABOUT

4 HOUSES FOR RENT

3 BDRM HOME. Furnished, utilities paid. Near shopping mall, east end. Church & bus nearby. Telephone & cable included. Main floor washer & dryer. Call 932-0019 or 330-1328.

3 BDRM HOUSE for rent. Centrally located, newly renovated. Parking. $600/mth, plus utilities. References. First & last req'd. Available Dec. 1st or Jan. 1st. Call 932-4458.

5 HOUSES FOR SALE

104 HEMLOCK CRES. Semi-detached, 3 bdrms, 1-1/2 baths, 1200 sq.ft. Quiet neighbourhood. Available immediately. $105,900. or B.O. Call Jim or Brigitte, 933-9901.

4 SAMUEL PLACE, (behind Hotel Dieu). Lovely all brick, 1160 sq.ft. bungalow. Hardwood floors, 3+1 bdrms, recroom, 2-3pc. baths, oil heat, A/C. $138,900. No agents. 933-9348.

• PRIVATE SALE •
9 OLD ORCHARD AVE
Tudor style home
LR, separate DR, kitchen, 3 bdrm, 2 bathrooms, screened porch, finished basement, laundry room, full attic storage
938-2406 OR 932-1541
oct24034

I ♥ THE CLASSIFIEDS

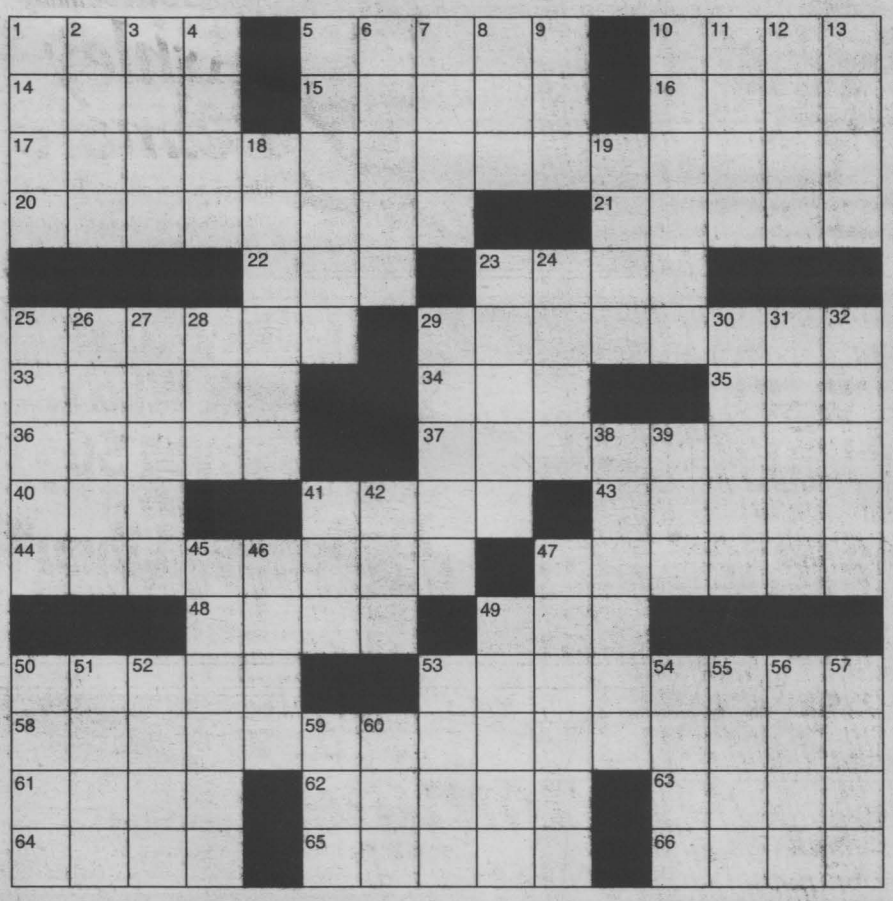
CROSSWORDS

CLUES ACROSS

1. Near in space or time
5. Theatrical play
10. Polite interruption sound
14. No longer are
15. Wanders
16. Courtesan
17. Drinker's card game
20. Loose dressing gown
21. Any of certain tropical palms
22. __ de plume
23. A ceremonial staff
25. Chinese boat
29. A heavenly place
33. Liaison
34. Opening
35. Mega-electron volt, abbr.
36. Rising hills
37. Milled product of durum wheat used in pasta
40. The compass point midway between south and southeast
41. Iowa city
43. Any of several pine trees bearing edible, nutlike seeds
44. Inhabitant
47. Decreases
48. Mangel-wurzel, for one
49. Of she
50. A former gold coin in US worth 10 dollars
53. Motivation based on ideas of right and wrong
58. "Hairspray," for one
61. French naval hero Jean
62. De Mille (dancer)
63. Being nothing more than specified
64. Scottish island
65. Charles Brit author 1814-1884
66. Mild yellow Dutch cheese

CLUES DOWN

1. Compass point that is one point north of northwest
2. Where computer nerds meet
3. __ Allman, rock star
4. Fishing fly
5. Mythical monster
6. Ned __, composer
7. Swiss river
8. Woman (French)
9. Type of sign language
10. In a way, loved
11. Impress deceptively
12. Company officer
13. Ancient Asian city
18. Twofold
19. Large burrowing rodent
23. Female horses
24. Biblical Asian city
25. Athapaskan language
26. Wrong
27. Someone worthy of imitation
28. Canis familiaris
29. Painter's model
30. Group of chemicals
31. A Spanish title of respect
32. Linda __, actress
38. Electra and Aida
39. Irradiated
41. Lemon or lime __
42. Approached
45. To remove by erosion
46. A condition requiring relief
47. A way to look at
49. Nested
50. Declines
51. A city of west central Iran
52. Covered with blood
53. Tropical Asian starlings
54. Treat with calcium oxide
55. Frosted
56. Scarlett's home
57. Mass of matter
59. Armed conflict
60. Deteriorate



SOLUTIONS ON PG 38

HOROSCOPES

Oct. 25th - 31st

ARIES – March 21/April 20
Don't be too aggressive when meeting someone for the first time this week, Aries. This person is rather shy and may feel uncomfortable.

TAURUS – April 21/May 21
While you really just want to stay home this week, that's not an option for you, Taurus. Go out, and try to have a good time. The outings will be more fun than you expect, and may even lead to romance.

GEMINI – May 22/June 21
Don't let an acquaintance sway your opinion about a personal matter. Stand your ground. You know how you feel and why; this person shouldn't tell you otherwise.

CANCER – June 22/July 22
Don't desert a friend in need early in the week, even if the two of you haven't seen each other in a while. Be there for him or her, and try to do what you can.

LEO – July 23/August 23
Keep your feelings to yourself when it comes to work. Don't let the higher-ups know how upset you are. A friend invites you out. Say yes, because it's sure to be a good time.

VIRGO – Aug 24/Sept 22
You'll meet an interesting person while out with friends on Tuesday. Even though you're attracted to him or her, don't get involved. He or she isn't being honest with you.

LIBRA – Sept 23/Oct 23
While you hate to be rude, that's the only way you'll be left alone this week, Libra. Don't feel guilty about it — you've got work to do. A loved one needs a shoulder to cry on. Be there.

SCORPIO – Oct 24/Nov 22
You have an important decision to make this week, Scorpio. Don't just think about what is best for you; consider what your decision will mean to everyone involved.

SAGITTARIUS – Nov 23/Dec 21
Control your temper when a friend aggravates you. Stand your ground, but do it calmly. A good friend needs your help with a financial problem. Do what you can for him or her.

CAPRICORN – Dec 22/Jan 20
Don't let a minor setback keep you from going after what you really want. If you don't get distracted, you're sure to reach your goal. Loved ones turn to you for advice.

AQUARIUS – Jan 21/Feb 18
Everyone seems to be asking you for something this week. While you don't like it, there's nothing that you can do about it. You'll have time to relax and recharge later.

PISCES – Feb 19/March 20
You're normally laid-back, but you'll see something that you want, and you go after it. Don't feel guilty. There's nothing wrong with this.

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES
- $9.00/week 24 words or less, (25¢ each additional word per week).
- $16.50/2 weeks. 24 words or less, (23¢ each additional word per week.).

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

COMPANIONS' CORNER

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

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

Mail pick up, no charge.

Mailed replies: $6.00

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

EXIT REALTY SEAWAY
506 Pitt Street, Cornwall Call 937-4445
www.exitrealtyseaway.com 24 hour browsing


Ginette Campbell
Sales Rep. 551-3321


Henrietta Duvall
Sales Rep. 930-5372


Judi Auger
Assoc. Broker 930-3536


Dawna Bamford
Sales Rep. 937-0739


Ellen Ricker
Assoc. Broker 937-4445


Ayn Burmeister
Sales Rep. 937-4445


Theresa Mahaffy
Sales Rep. 360-8560


Cynthia Joubert
Sales Rep. 551-2496
www.cynthiajoubert.ca

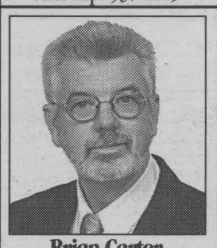

Mike Auger
Sales Rep. 551-2469


Hana Novotny
Sales Rep. 937-4445


JoAnne Riel
Sales Rep. 360-1259


Tamara Lee Johnson
Sales Rep. 551-3544

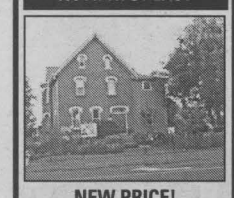

Francis Rounding
Sales Rep. 551-2031


Brian Carter
Sales Rep. 360-3494


Maggie Nuttall
Sales Rep. 330-3449

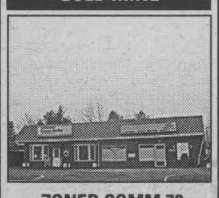

Shelley Brown
Sales Rep. 330-3954

OPEN HOUSE 1-2:30 PM
105 FIFTH ST EAST



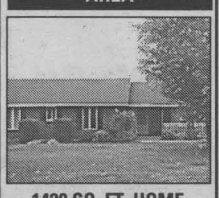
NEW PRICE!
OPEN TO OFFERS
Want to work from home & have enough living space? Do I have the home for you! Meet me today!
$224,900/#1399
CALL JOANNE 360-1259

INVESTOR'S GOLD MINE



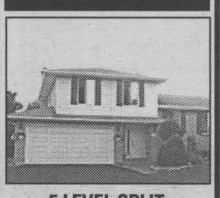
ZONED COMM 70
this 4700 sq. ft. building includes 1450 sq. ft. executive apt. Retail potential of $2500 per month.
$198,000/ #1110
CALL JUDI 930-3536 FOR INFO

WILLIAMSTOWN AREA



1420 SQ. FT. HOME
& 1800 sq. ft. workshop.
$269,000/ #1440
CALL 1-800-581-4240
home code #1349 for details
CALL JUDI 930-3536

404 SHERIDAN



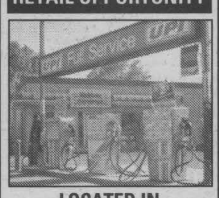
5 LEVEL SPLIT
Superior location, lots of extras & well maintained.
$184,000/ #1368
CALL 1-800-581-4240
home code #1368 for details
CALL JUDI 930-3536

NEW LISTING
GREAT LOCATION



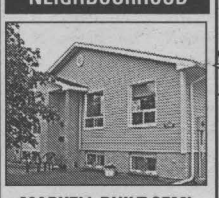
845 HALDIMAND
3+1 brick bungalow which is in most desirable location! Features include attached garage, wood burning fireplace, hardwood floors, finished rec room & more.
$124,900/#1437
CALL JOANNE 360-1259

GAS STATION & RETAIL OPPORTUNITY



LOCATED IN LANCASTER
Operational gas bar & 1800 sq. ft. building zoned comm. 12. Good income possibilities.
$189,000/ #1434
CALL JUDI 937-4445

GREAT SEMI IN GREAT NEIGHBOURHOOD



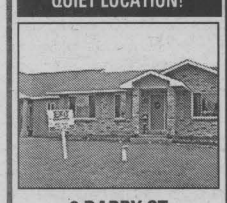
MARKELL BUILT SEMI
with brand new finished rec room. 3+1 bedrooms, 2 baths, new carpets, ceramic, linoleum & floating floors, fridge & stove included.
$106,900/ #1329
CALL JOANNE 360-1259

SIDE BY SIDE
111-113 AUGUSTUS



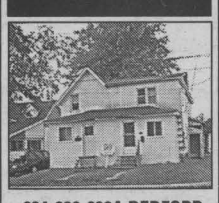
GREAT FOR OWNER OCCUPIED
Occupied & have someone pay your mortgage. Features include new decks, new furnaces, new floors, new walls, new cupboards & more.
$149,900/ #1429
CALL JOANNE 360-1259

NEW PRICE
QUIET LOCATION!



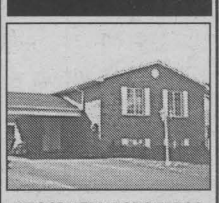
3 BARRY ST
in Woodleigh subdivision. 3+1 French country style bungalow which offers open concept, finished rec room & more.
$156,900/ #1330
CALL JOANNE 360-1259

FIX ME UP



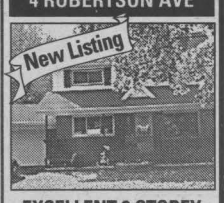
624-626-626A BEDFORD
Lots of income potential in this triplex with 1-3 bedroom unit & 2-2 bedroom units.
$54,900/ #1134
CALL DAWNA FOR ALL THE DETAILS 937-0739

281 IVAN CRESCENT



ABSOLUTELY SPOTLESS
Only 4 years old. Quality built, in an excellent subdivision, large lot, carport, gas heating, paved driveway.
$159,900/ #1426
CALL GINETTE 551-3321

RIVERDALE AREA
4 ROBERTSON AVE



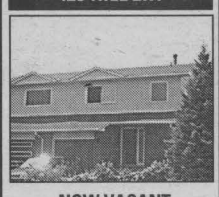
EXCELLENT 2 STOREY
features recent updates, dining room, bright kitchen, partially finished basement, paved driveway, garage, corner lot & much more.
$121,900/ #1439
CALL GINETTE 551-3321

BRICK BINGALOW
1233 HEBERT ST



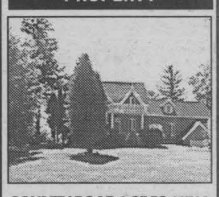
BEAUTIFUL LOCATION
features large lot, garage, finished basement, 2 bathrooms, central air, recent gas furnace, 3+1 bedrooms. Absolutely a must see!
$124,900/ #1425
CALL GINETTE 551-3321

LARGE SEMI
423 HILBERT



NOW VACANT
Move into this large detached with comfort of a fireplace, central air, 3 large bedrooms, 2 bathrooms, fenced yard, garage, excellent location.
Come view it!
$97,900/ #1194
CALL GINETTE 551-3321

WATERFRONT PROPERTY



COUNTY ROAD 2 CIVIC 18714
This Victorian home is a must to view. Features include, 2 fireplaces, 4 bedrooms, large kitchen, hardwood floors, 2 garages, docking facilities, minutes from Cornwall.
$449,900/ #0968
CALL GINETTE 551-3321

COMMERCIAL LAND
MARLEAU AVENUE

EXIT Realty Seaway
COMMERCIAL LAND

THIS 11 ACRE SITE
has water & sewer, located in a high traffic location. Make an offer. Owners will consider some financing to qualified buyer.
$495,000
CALL GINETTE 551-3321

PROUD SUPPORTERS OF HABITAT FOR HUMANITY

EXIT REALTY GOES THE EXTRA MILE!
Thinking of Buying A House?
OCT24033

Classifieds

CALL 613-933-0015

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

8 REAL ESTATE

COMMERCIAL GARAGE. Good central location. For sale or rent. Priced to sell! Terms can be arranged. Call Latreille Real Estate Inc. 938-3800.

13 OFFICES/ STORES/BLDGS

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

16 INCOME PROPERTIES

WELL LOCATED 4 unit apt bldg. 2 bdrms, approx. 800 sq.ft. each unit. Excellent income potential. Call Latreille Real Estate Inc. 938-3800.

REAL ESTATE

ESTATE SALE
428-13th St. West
Monday,
Oct. 27th/ 03
10 am - 6 pm
Furniture, dishes, colletibles, tools, small appliances. something for everyone.
oct24034

SAVE MONEY NOW!
Refinances, purchases and debt consolidations. Pay off high interest loans & credit cards.
5 Year Mortgage 5.10%
UPPER CANADA MORTGAGE
930-2592
SN1

17 LOTS/LAND

5 LOTS FOR SALE, each 100'x150'. Roxborough Gardens, Monkland. Asking $12,000. each. Call Rejean, (613) 987-2312 after 6pm.

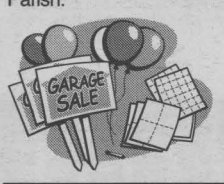
18 ROOMS

ROOM FOR RENT in Alexandria. Balcony, A/C, wood floors, lakeside view, fireplace. Ideal for student or working person. $325/mth, utilities paid. Call 525-0653.

ROOM TO RENT. Shared kitchen, TV in room w/cable included. Parking. Call 933-9122.

21 YARD/GARAGE SALES

FALL RUMMAGE SALE, St. Columban's Parish Hall, Monday, October 27th, 8am-2pm. Sponsored by: Catholic Women's League, St. Columban's Parish.



REAL ESTATE REAL

JC
REAL ESTATE INSPECTION SERVICE
(613) 933-1944
www.jcgodard.com
oct24034
Have the home inspected BEFORE YOU BUY and get NO SURPRISES!
Your Real Estate Inspection Specialist

21 YARD/GARAGE SALES

HOUSE SALE
Electronic Wingback battery back-up lift chair.....$795
Computer armoire work station..$125
Rainbow vacuum w/rug shampooer.....$75
Entertainment Centre.....$50
All in mint condition
932-6165 or 936-6065
oct24031

MOVING SALE, Oct. 24th to Oct. 27th, 330 First St. East. Refrigerator, freezer 100-lbs, self-defrost & 30" stove, clean, almond, $350/set or B.O. Dryer, $30. Kroeler loveseat, beige, $65. & other furnishings. 932-4519.

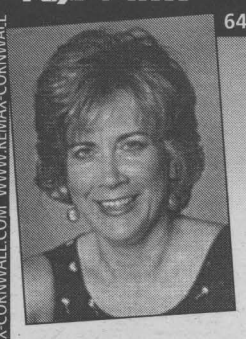
22 ARTICLES FOR SALE

UTILITY TRAILER, 5X6, $250. Seadoo with trailer, $1,200. Small oil furnace, $60. Motor for rototiller, $75. Call 932-6764.

100 NEW DVD MOVIES. Factory wrapped. Ready to sell. Drama, Action, Classical, Bruce Lee, John Wayne, Hitchcock & more. For collectors & reselling. 10 lots available. Call 936-8341.

BUY IT SELL IT FIND IT IN THE CLASSIFIEDS

RE/MAX CORNWALL REALTY LTD.
www.remax-cornwall.com
649 Second Street East 938-8100



Marjet Rogers
ASSOCIATE BROKER
Don't Make A Move Without Me!!
Please call Marjet 360-1323
email: rogers@remax-cornwall.com

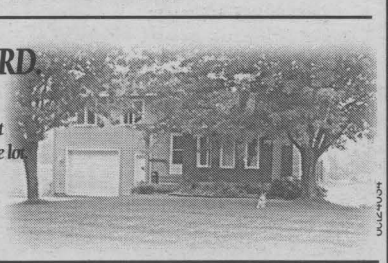
6499 CLIFFORD AVE
Bayview Estates
Two storey, 3 bedrooms, family room with fireplace, garage.
New Price
$169,900



6598 WENDY ST.
Bayview Estates
Split level, 3 bedrooms, 2 fireplaces, dining room
$149,900



18948 PARAGON RD.
Summerstown
Country setting with a split level 3 bedroom home, 1/2 acre lot
Asking
$134,900



I JUST SOLD...
• 428 Thirteenth Street, Cornwall
• 20926 Concession 4, Lancaster

WWW.REMAX-CORNWALL.COM WWW.REMAX-CORNWALL.COM WWW.REMAX-CORNWALL.COM

CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES | AUCTION SALES

HOUSE SALE

ROBERT & ANITA BOURGON
762 Guy Street
(Behind Hotel Dieu Hospital - Off Marleau)
Cornwall, Ontario
WEDNESDAY, OCTOBER 29TH
8:30 AM - 5:00 PM

2 small settees; cherry wood coffee & end table; french provincial sofa & chair; ladies desk with cambriole leg; brass lamps; sculptured porcelain lamp (3 children in tree); parlour chairs; Roxton kitchen table & 6 ladder back chairs; mahogany 5 pc. bedroom set; Vilas bedroom set; oak dining room set; area rugs; wicker arm chair; marble top lamp table; round pine coffee table; dishes; good selection of books including Canadian authors, Royality, biographies; Singer sewing machine with cabinet; Kenmore sewing machine; Panasonic T.V.; Maytag washer; G.E. dryer; 5 & 8 cu. ft. freezers; side by side fridge; elec. stove; two Electrolux vacuums; dehumidifier; maple arrowback rocker; wooden lawn swing; steamer trucks; garden furniture; 6.5 HP Craftsman lawnmower; kitchen ware; other misc. articles.

Terms: Cash, Cheque, VISA, M/C, Interac

FLORA GRANT DUMOUCHEL
AUCTION SERVICES
Ingleside, Ontario 613-537-2925
www.theauctionfever.com
oct24033

EXCELLENT ANTIQUE AUCTION

COMPRISED OF 2 GLENGARRY ESTATES
NAMES WITHHELD AT FAMILIES REQUEST

SATURDAY, NOVEMBER 1st at 9:30 a.m.
TO BE HELD AT THE MAXVILLE & DISTRICT SPORTS COMPLEX - MAXVILLE, ONTARIO
From Hwy. 43, turn North onto Highland Rd, travel 9km to Fair St., turn East
From Hwy. 417, take Highland Rd. Exit, travel south 7 km to Fair St.

Over 40 pieces of good antique furniture, wonderful selection of glass, china & collectibles, coins and 208 feet of early iron fencing.

Owner & auctioneer not responsible for loss or accident.
Terms: Cash or Cheque with proper I.D.
Canteen
Note: A Sale Not To Be Missed - Plan to Attend
Coins to be sold at 9:30 am, followed by balance at approximately 10 am
Viewing 8:30 am - day of sale

OC24032

Peter Ross Auction Services
Ingleside, Ontario Tel: 537-8862
www.theauctionfever.com
for pictures and full listing.

AUCTION/ENCAN BUILDING MATERIALS

Mario Ottoni (p) & (f) 613-347-7688
21403 Conc. 4 Lancaster, ON
0.6 km W. of 3rd Line Rd.
6 km N. of Hwy 2 on 3rd Line Rd.
Watch for Glengarry Auction Signs
Viewing Oct. 31st, 10:00 am to 4:00 pm

Saturday, November 1 - 9:30 am
11 1/2 acre property for sale. Contact Sauve Real Estate.

Clarke fork lift 3600 hrs max. rating 2500 lbs (36 in w) to be sold last, 302 M.F. tractor HD bucket with wood splitter and industrial 300 loader, Sears Super 12 riding lawn mower, 2 push mowers, 3 steel gates (ass. sizes), 3 to 4 ft garden gates, 8 ft satellite dish, approx. 17 ft camper retractable awning, HD Inglis washer & dryer, 4000 to 18000 btu air conditioners, 500 gal tank, 4 portable camping BBQ's, propane torch, cement trowels, car ramps, 1 tow bar, 2 trailer hitches, water and copper piping, several chain tighteners, piping for chain link fence, elec. wiring for 110 and 220, fencing wire, ass. tires and wheels, several elec. boxes, ass. garden tools, ass. wood, alum. doors, ass. bicycles and many more misc. items.

To be sold by skids: many, many skids, ass. size reg. and solid arborite, plywood, ply-metal (both sides plywood and alum.), ass. arborite counter tops, double skid of 10x12 ft cedar planking.

Owner and auctioneer not responsible for loss or accident.
Everyone Welcome Canteen Available
Terms: cash or cheque with proper I.D.

Service d'encan Glengarry Auction Services — Ron & Monique MacDonell (613) 347-2840

OCT24033

REAL ESTATE AUCTION

4740 Cty Rd 15 - Harrisons Corners
(S.W. corner of Avonmore Rd and Cty Rd 18)

Saturday, November 1st - 11 am sharp!

TO BE SOLD ON SITE: 4 bedroom, 2 storey, 1665 sq. ft. house (former store & post office). Bathrooms up and down, 200 amp. service, good lot 118x280 ft., with plum, apple & maple trees. Detached garage wired for 220, with compressor and mechanic's pit.

This property **WILL BE SOLD** subject **ONLY** to a minimum bid of $20,000.

TERMS: $1,000 deposit, balance due on or before November 28, 2003

OPEN HOUSE
SATURDAY, OCT 25th 1 - 3 pm

"Have Gavel Will Travel"
Carson Chisholm Auction Services
St. Andrews West 937-0201
oct 24034

RAY SMITH AUCTION HALL
33 Queen Street
Crysler, ON

WED., OCT. 29th
6:30 PM
Auction will feature: furniture, glass, collectibles.
New & used products, miscellaneous tools, single & group lots too numerous to mention.
For info call 613-346-5483
oct24032

BUY IT SELL IT FIND IT IN THE CLASSIFIEDS

The Classifieds: It's All There!

HOME SERVICES

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

HARVEY LAFRANCE Masonry Contractor. Brick, stone, block, chimney repairs. Free estimate. Satisfaction guaranteed. Reasonable rates. 937-4801.

REAL ESTATE REAL ESTATE REAL ESTATE REAL ESTATE

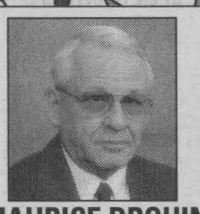
HOMES OF THE WEEK

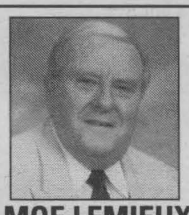
Century 21 SHIELD REALTY LTD.

465 PITT STREET 938-2121

YOUR EXCLUSIVE PROVIDER OF AIR MILES WHETHER BUYING OR SELLING!


TODD THOMPSON Sales Rep. 937-0292

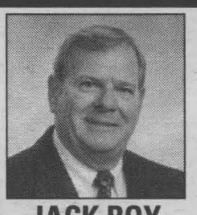

MAURICE DROUIN Sales Rep. 933-6146

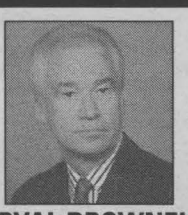

MOE LEMIEUX Sales Rep. 932-9386

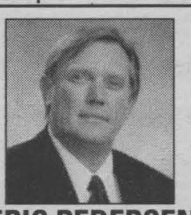

BROOKE MacCRIMMON Sales Rep. 938-2121

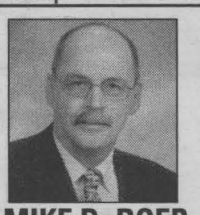

JAKE LEFEBVRE Sales Rep. 938-2121

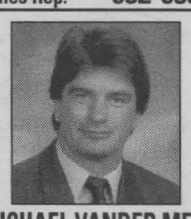

SHERRY McCULLOUGH Sales Rep. 938-2121


JACK ROY Sales Rep. 931-1290


ORVAL BROWNELL Assoc. Broker 932-7061


ERIC PEDERSEN Broker 938-9690


MIKE DeBOER Broker 938-7802


MICHAEL VANDER MEER Assoc. Broker 938-2121

WANTED!
BUNGALOW IN LAFLIN AREA
$140,000 TO $160,000
ASK FOR TODD
TODD THOMPSON 938-2121

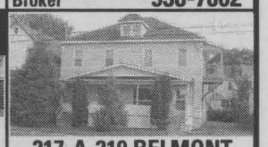

SOLD
329-A GARDNER
NEW PRICE - $129,900
(A-MLS Z3103)
3 bdrm bung with 2 bdrm apartment, dbl garage, carport, 60x130 lot. A must see!
TODD THOMPSON 938-2121


215, A,B DANIS $69,900
(A-MLS Z0211) Good 3 unit on a full lot with garage. Excellent tenants.
TODD THOMPSON 938-2121


14801 HUNTER'S RD. $46,000
(O-MLS Y2835) Clean cut 3 bdrm mobile home with small garage & shed on 1 ac lot. New metal door & windows, w/d hookups. Survey, well & septic papers available.
MAURICE DROUIN 933-6146


221A ST. FELIX
NEW PRICE $79,500
(A-MLS Z2546) Nice duplex in decent location. 3+2 bdrms, some updates, dbl. paved drive, det. dbl. garage, dbl. patio deck. Shows well.
MOE LEMIEUX 932-9386


OPEN HOUSE
SUN 12:30 - 2:00 P.M.
100 FORTIER
REDUCED - $116,900
(A-MLS Z3775) Well-maint bung, over 1000 sq ft, 3+1 bdrms, two 4pc baths, c/a, c/v, gas frpl & spacious patio deck.
MOE LEMIEUX 932-9386


217-A-219 BELMONT
$89,500
(A-MLS Z4267) Well-maintained triplex. Some recent updates (electrical, plumbing, roof, flooring), parking.
MOE LEMIEUX 932-9386


WHY NOT TRY AN OFFER?
515 THIRD ST. WEST
$55,900
(A-MLS Z1947) The place to start is here! Cozy 3 bdrm home with all the trimmings, waiting for that perfect family. Dial Brooke to take a look!
BROOKE MacCRIMMON 938-2121


26 AULT DRIVE, INGLESIDE NEW PRICE - $116,900
(O-MLS Z3296) 3 bdrm brick bung on beautiful treed lot., hdwd flrs throughout, recently painted, gorgeous det triple garage.
JAKE LEFEBVRE 938-3185


SOLD
334 JARVIS $119,900
(A-MLS 3763) Large1200 sq ft bung located in superb location; lots of beautiful hdwd flooring. 5 year old furnace & oil tank. Quiet area. Walking distance to Zellers.
JAKE LEFEBVRE 938-3185

WANTED!
2 bdrm condo on Water St.
Interested in selling?
CALL SHERRY
SHERRY McCULLOUGH 938-2121


318 FIRST ST. W. $62,900
(A-MLS Z3825) First-home Fever! Ideal for one or two.
SHERRY McCULLOUGH 938-2121


1349 STORMONT DRIVE
$144,900
(A-MLS Z3619) You're surrounded! By a beautifully landscaped, open concept, 3-level split with 3+1 bdrms, fin rec rm, 2 baths. Excellent East end subdv.
SHERRY McCULLOUGH 938-2121


1602 PETER ST $164,900
(A-MLS Z4160) Once you view this 1-1/2 storey home in Riverdale, you'll want to own it. Amazing! Well decorated & ready to move into.
SHERRY McCULLOUGH 938-2121


828 CHELSEA CR $189,900
(A-MLS Z3966) For those who value excellence! View this mint condition home today.
SHERRY McCULLOUGH 938-2121

OPEN HOUSE
SUN 3:00 - 4:30 P.M.

1332 LOCHIEL $179,900
(A-MLS Z3544) Here's a 2 storey, 4 bdrm spacious home searching for a new family to enjoy. Backs onto city parkland, close to schools, shopping, churches & new movie theatre.
SHERRY McCULLOUGH 938-2121

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

3502 MARYDALE AVE
NEW PRICE - $149,900
(M-MLS Z3963) 3+1 bdrm brick bung, 2 baths, fin rec rm, gorgeous lot. Don't wait too long to view!
SHERRY McCULLOUGH 938-2121


MINI HOBBY FARM
$149,000
(O-MLS Z1340) 14635 Sandtown Road. House completely renovated, outbuildings & horse corral.
JACK ROY 931-1290


341-A LOUISA $44,900
(A-MLS Z3049) Good income property. Priced to sell.
JACK ROY 931-1290

BUILDING LOT IN NORTH END
NEW PRICE
$19,900
(A-MLS Z0620)
50'x100'. Water & sewer.
ERIC PEDERSEN 938-9690


338-338A SEVENTH EAST
REDUCED - $47,000
(A-MLS Z1620) Spotless 2-1 bdrm rental units with excellent tenants. Maint-free cement exterior, central location.
ERIC PEDERSEN 938-9690


NEW LISTING
86 SAUNDERS, LONG SAULT $89,900
(M-MLS Z4281) Brick bungalow with 2+1 bdrms, brick fireplace, central air.
ERIC PEDERSEN 938-9690


FIFTH WEST $74,900
(A-MLS Z0149) Semi-det, 1160 sq ft with att garage, 3 bdrm, eff gas heat, paved drive. 2 available. Call now.
MIKE DeBOER 938-7802


9 INDUSTRIAL RD., INGLESIDE
REDUCED - $159,900
(O-MLS Z3882) Steel 5600 sq ft building with in-floor gas heat. Two 14' doors, 18' ceilings, some office space. Large serviced lot. Couldn't build at this price.
MIKE DeBOER 938-7802


TWO WORDS "SEE IT!"
3380 ST. ANDREWS RD.
$119,900
(M-MLS Z4261) 3+1 bdrm featuring gas heat, gas frpl, central air, whirlpool bath, great rec room.
MIKE DeBOER 938-7802


DUPLEX $46,900
(A-MLS Z0281) 2-2 bdrm units. Lots of renovations completed. A definite moneymaker.
MIKE VANDER MEER 938-2121


CENTRAL $86,900
(A-MLS Z2418) 3 bdrm home, main flr family rm with frpl & patio doors to deck.
MIKE VANDER MEER 938-2121

COMMERCIAL ACREAGE - $207,000
(A-MLS Z1874) 7.4 acres with 639' frontage on Tollgate Road. Prime location close to 401 access and bridge to USA.
MIKE VANDER MEER 938-2121

LOTS & LAND

ROXBOROUGH GARDENS - Large high lot	$6,100
CTY RD 18 - 11 acre lot	$24,900
417 COMMUTERS - Lot with a view	$16,900
WALES VILLAGE - 119x225 treed building lot	$28,900
AVONMORE RD. - Private 4 ac treed lot	$19,900
LONG SAULT AREA - 148x167 lot	$19,000

MIKE VANDER MEER 938-2121

CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

30 HOME SERVICES

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

CLOTHING REPAIRS, Alterations & Lettering. For all your sewing needs, call Leo at 933-7995.

HANDI LADIES - We do things you don't have time to do. Heavy-duty cleaning, walls, floors, windows in & out and much more. Keep it, you may need us. Call 936-9362 or 936-9150. Nice gift idea.

PAT'S SNOWBLOWING. Free estimate. Call 932-2790 or 937-0072.

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MEAL PREPARATION. Let "What's Cooking" do the work for you. We buy the groceries, prepare your meals & deliver to you. Call Jennifer, 938-8008 or Leslie, 931-1684.

35 BUSINESS OPPORTUNITY

EDELWEISS PASTRY & DELI. Well established, 35-years. Must sell due to health reasons. Make us an offer! Serious enquiries only. Some experience preferred. Will train. Please call 937-3364.

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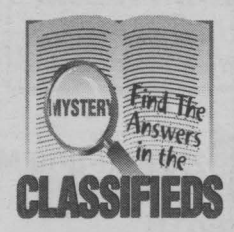

38 HELP WANTED

OFFRE D'EMPLOI: Coordonnateur(trice) / secrétaire à temps partiel pour le Centre-Charles-Émile Claude, Centre polyvalent des aîné(e)s. inc. Expérience requise. Envoyez votre C.V. par télécopieur au (613) 932-1036 ou téléphonez au (613) 932-1035 pour plus de renseignements.

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CAREER SALES OPPORTUNITY

Cornwall Nissan is looking for a dynamic, personable salesperson to join our sales force. The successful applicant must be a motivated, self starter, wanting to succeed. Experience not necessary, we will train. All résumés will be viewed in confidence.

Please bring résumés to:
Attn: Mike Cook,
Sales Manager
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38 HELP WANTED

ACCESS TO A COMPUTER? Work at home online. $500+ P/T. $2,000+ F/T. www.123ucandoit.com. 1-888-742-3143.

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1978 LINCOLN CONTINENTAL Mark V, loaded, 1-owner, original paint. Excellent condition. Only 87,000 miles. $4,000. Call (613) 346-5744.

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1983 PARISIEN. Good running condition. Negotiable. 182,000 kms. Call 938-2177.

41 BABYSITTING

CHILDCARE SERVICES in my home. Indoor/outdoor play, educational toys, story time, nutritious meals. Non-smoking home. Central. Full/part-time. Lots of TLC. References. 936-1889.



42 CHILD CARE

HOME DAYCARE, elementary school teacher & mother of 2 accepting toddlers & pre-schoolers. Safe, loving & stimulating environment. Central location. Call Katherine, 938-6297.

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MAKE AN OFFER

1997 Dodge Grand Caravan, 3.0L, full load, dual sliding door, 173,000 kms. Asking $7,900. Certified

Call 937-3618

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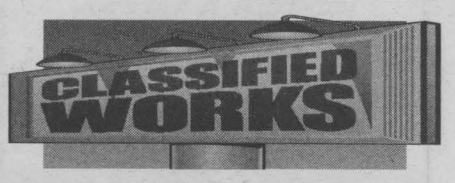

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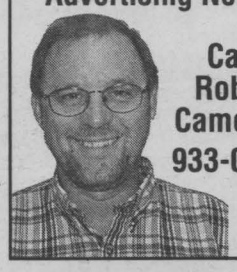

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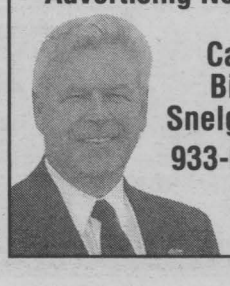

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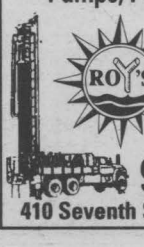

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51 SNOWMOBILES

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POWER SOURCE DJ's. Part of the professional group of D.J.'s. Specializing in stags, weddings & any other special occasions. Video dance. Karaoke & lights. Mobile hot tub. Book now. Call Rod 938-1962.

68 CARTING/ MOVING/STORAGE

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71 HALL RENTALS

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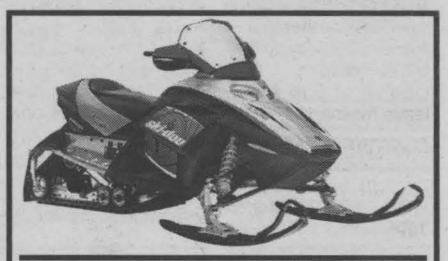

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00 Chrysler Cirrus, 4 dr., maroon, fully equipped, local car, 75,000 kms
00 Pontiac Grand Prix GT, 4 dr., 3.8 L, V6, loaded, CD, 58,000 kms
00 Chrysler Cirrus LX, 4 dr., 4 cyl., auto, fully loaded, 58,000 kms
00 Chrysler Intrepid, 4 dr., 4 cyl., fully loaded, p-seat, 86,000 kms
00 Ford Taurus SE, V6, loaded, 51,000 kms
00 Pontiac Sunfire, 2 dr., 4 cyl., auto, air, CD, 62,000 kms
99 Chev Cavalier, 2 dr., 4 cyl., auto, air, CD, 106,000 kms, "mint"
99 Pontiac Sunfire GT, 2 dr., air, cr., tilt, p-wind, PL, CD, std., 73,000 kms
99 Olds Intrigue, 4 dr., loaded, p-seat, CD, local owner, 106,000 kms
98 Honda Civic EV, 4 dr, 4 cyl, auto, loaded, local car
98 Chev Lumina, 4 dr, V6, loaded, local car
98 Chev Malibu, 4 dr., V6, auto, loaded, local car
97 Chrysler Concorde, 4 dr., V6, loaded, 2 power seats, CD, 116,000 kms
95 Buick Lesabre, 4 dr, V6, loaded, local trade
94 Mercury Sable Wagon, V6, auto, loaded, 154,000 kms, local trade

--- TRUCKS, VANS ---

00 Pontiac Montana, extended, V6, auot, loaded, rear heat, 63,000 kms
98 Ford Windstar, V6, 7 pass., auto, loaded, 117,000 kms, local trade

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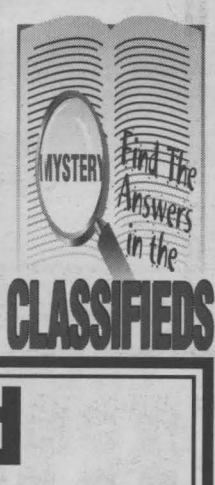

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1 owner, 25,000 kms
Balance of full factory warranty

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now $29,995



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94 CHEV CAVALIER Z20
2.0L, 5 spd., E-tested, certified $1,995.00
94 BUICK CENTURY
4 dr., a/c, 160,000 kms E-tested, certified $2,650.00
96 SKI-DOO MACH 1 670
Like new! 4,000 kms $2,995.00
87 JEEP WRANGLER
4 cyl, Nice shape, E-tested $2,500.00
87 DODGE CAMPER VAN
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94 Taurus, 4 dr., auto, V6, 3L, 160,000 kms, good cond., e-tested, safetied $2,400
94 Intrepid ES, V6, 124,000 kms, loaded, e-tested, leather int., very good cond. safetied $3,600
92 Mazda Protege, 4 dr., auto, good cond., e-tested, safetied $2,500
92 Geo Metro, 4 dr., auto, 86,000 kms, e-tested, very good cond., safetied $2,200
92 Shadow, 4 dr, auto, 134,000 kms, e-tested, safetied, very good cond. $1,800
91 Caravan SE, 7 pass., quad seats, 175,000 kms, good cond., e-tested, safetied $2,500
96 Grand Caravan, 7 pass., very good cond., e-tested, safetied $3,900

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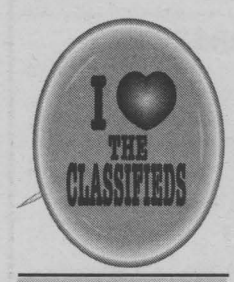

85 PERSONALS

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92 NOVENAS

THANK YOU TO THE BLESSED VIRGIN & St. Jude for favours received. (Say 3 Our Father's, 3 Hail Mary's and 3 Glory Be's for 9 days). Publication must be promised. E.V.

THANK YOU ST. JUDE for favours received. C.L.

NOTICES

Township of South Stormont

ATTENTION BUSINESS OWNERS

The Township of South Stormont, in conjunction with the South Stormont Chamber of Commerce, is in the process of producing a Business Resource Handbook and has recently mailed out a **Business Directory Survey** to all businesses. If you operate a business within the Township of South Stormont and have not received a survey, please call the municipal office at 537-2362, 800-265-3915 or email taxation@southstormont.ca

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NOTICES

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NOVENAS

O HOLY SAINT JUDE Apostle & Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, the faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg you, to whom God has given such great power, to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause your name to be invoked. (Say 3 Our Fathers, 3 Hail Mary's, 3 Glory Be's for 9 consecutive days). Publication must be promised. This Novena has never been known to fail. D.G.

NOVENAS

NOVENA TO THE MOST SACRED HEART OF JESUS AND ST. JUDE. May the Most Sacred Heart of Jesus be praised, blessed, loved, adored and glorified throughout the whole world now and forever. Amen. Most Sacred Heart of Jesus, pray for us. St. Jude, Worker of Miracles, help to the helpless, pray for us. Say 9 times a day for 9 days. Prayer will be answered by the 8th day. It has never failed. Publication must be promised. Thank you very much Most Sacred Heart of Jesus and St. Jude for favours granted. L.D.

O HOLY SAINT JUDE Apostle & Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, the faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg you, to whom God has given such great power, to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause your name to be invoked. (Say 3 Our Fathers, 3 Hail Mary's, 3 Glory Be's for 9 consecutive days). Publication must be promised. This Novena has never been known to fail. P.F.J.

32 AUTO LOANS

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LOST

SPANIEL DOG
Male, brown & white, during the evening of October 22nd in the Hotel Dieu Hospital area. Son's best friend.
If found, please call 933-5842

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SEAWAY Scoreboard

editorial@cornwallseawaynews.com

Terri's Bridge Club, Oct. 13th, 2003

Section A
N/S
1. Kay Colbran - Claudette Hodgins
2. George Bissonette - Adelaide Hunter
3. Brunelle MacDonald - Jean Boileau
4. Lorraine Gauthier - Gerry Johnston

E/W
1. Evelyn MacPhail - Roy Parmelee
2. Ben Bouvier - Madan Seth
3. Mona MacPhee - Barbara Taylor
4. Emma Farlinger - Marian Lloyd

Martintown Goodtimers Duplicate Bridge, Oct. 14th, 2003

N/S
1. Pat Markell - Gordon Snook
2. Jean & Jim Campbell

E/W
1. Joan Turner - Isobel Quail
2/3. Homer & Lorna Grant
2/3. Audrey Blair - Del Roulston

Charmaine's Bridge Club, Oct. 15th, 2003

N/S
1. Claudette Rousseau - Marion Lawn
2. Rita Crans - Nancy Lamoureux
3. Brunelle MacDonald - Grace Leroux
4. Rita O'Brien - Jean Stokes

E/W
1. Ben Bouvier - Mona MacPhee
2. Pauline McKinnon - Fern Cuerrier
3. Rita Watzenboeck - Marion Lemieux
4. Bob Evans - Lydia Legault
4. Estelle Loney - Yolande Robinson

Williamstown Bridge Club, Oct. 15th, 2003
1. Audrey Pasco - Lydia Johnson
2. Jim & Jean Campbell
3. Kay & Mel Colbran

Suzanne's Bridge Club, Oct. 15th, 2003

N/S
1. Audrey Blair - Joyce Haines
2. Dorothy Bourdon - Ray Lefave
3. Pat Cunningham - Diana Macaulay
4. Lorraine Gauthier - Gerry Johnston

E/W
1. Marielle & Yvan Morrissette
2. Alan McLeod - Ed Pelletier
3. Madeleine & Raymond Rivest
4. Jeanne Plouffe - Carmen Struthers

Cornwall & District Bridge Club, Oct. 16th, 2003
1. Kirkwood Malette - Voytek Pomykalski
2. Rick Fawthrop - Brian McCartney
3. Mabel Chan - Margaret Evans
4. Suzanne Hazlett - Claudette Hodgins

Audrey's Friday Night Bridge, Oct. 17th, 2003
1. Lorna & Homer Grant
2. Marjorie & Rudi Mertl
3. Jean & Jim Campbell

Cornwall Senior Citizens Bridge, Oct. 17th, 2003

Section A
N/S
1. Jeannine Alain - Barbara Taylor
2. Maureen Walker - Kay Colbran
3. Patricia Cunningham - Hermine Ladouceur
4. Mabel Chan - Margaret Evans

E/W
1. Carol Reus - Charmaine Quenneville
2. Madan Seth - Ben Bouvier
3. Gord Snook - Pat Markell
4. Claudette Rousseau - Janice Keen

Section B
N/S
1. Gerry Johnston - Emma Farlinger
2. George Bissonnette - Adelaide Hunter
3. Jean Stokes - Jean Boileau

E/W
1. Therese Latour - Maureen Barkley
2. Rita Struthers - Charles Lawn
3. Evelyn Warren - Rona Maynard

Alexandria Bridge, Oct. 21st, 2003

N/S
1. Françoise & Bob Govan
2. Lorne Norman - Don Crawford
3. Rene Belanger - Michel Duplantie
4. Bill Tadgell - Jim Campbell

E/W
1. Krystyna & Robert Zacios
2. Ron Allison - Gerri Tibbals
3. Jean Campbell - Sheila Pickett
4. Mel Watt - Jean Larocque

United Counties Ladies Basketball

October 15th, 2003 - St. Lawrence Intermediate School

Golf Zone	**42**	**Laframboise**	**21**
Tonya Jodoin	8	Vicki Lalonde	4
Christine Piche	8	Josee Gagne	4
Genevieve Tibi	7	Christine Campeau	4
Cornwall Gravel	**32**	**Flowers Cornwall**	**22**
Carole Blais	16	Sue Derby	5
Cathy Grant	8	Connie Hurtubise	4
Donna MacGregor	6	Janice Sobering	4
		Josee Seguin	4
St. Lawrence College	**43**	**Star Gazers**	**34**
Erin Nixon	11	Karen Francis	15
Lisa Plamondon	11	Jen Connors	9
Heather Purdy	8	Tina Cree	4

Alexandria Pool League

Team Standings - October 21st, 2003

TEAM	GP	P	W	L
Strikers - Alexandria Lanes	16	563	4	0
Sprinters - Frenchie's Place	16	541	4	0
Crazy 8's - Atlantic Hotel	16	528	2	2
The Wolves - Legion	16	516	3	1
Lupino Inc. - K. of C. Club	16	513	3	1
Larocque Boys - Alexandria Lanes	16	494	2	2
Squires - K. of C. Club	16	493	2	2
Tigers - Atlantic Hotel	16	476	1	3
Tequila Crows - Champions Pub	16	456	1	3
Legionaires - Legion	16	447	1	3
Wild Gamer's - Champions Pub	16	443	1	3
Shooters - Frenchie's Place	16	405	0	4

POETS CORNER

By Phyllis MacLean Brown

Remembered Autumn

This lyric day is autumn's final fling,
Its signature in startling clarity:
Sun gold, sky blue, cloud white. My senses sing
In exaltation at the world I see.
If I could only keep a single day,
Remembered always, let this be the one,
With incandescent leaves in grand array,
And teeming earth, its harvest all but done:
Of rosy apples, pumpkins bound for pie
Or lanterns, Hallowe'ened and set to glow
In the October night, when witches fly
And ghostly shapes, like shadows, come and go.
Seasons of contrasts, let me savour it
And find the courage for that winter bit.

By Kelly Roach

Laney

There sat once an older yet
Beautiful lady
Who came from the woods of Glengarry
They call her Laney
She's been seen at dances
Stealing young men's hearts
And leaving them in trances
We all read tales of Jeckyll
And Hyde
All who loved pretty Laney
Have really lost their mind

Laney with young men by
Your side
Will they ever survive?

Now my friend
The story must come to an end

Happy Halloween

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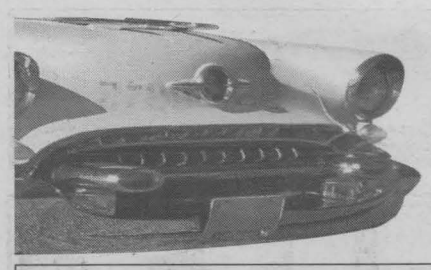


AUTO CORNER

Good Vehicle Maintenance Helps The Environment And Your Wallet

(NC)—Did you know that studies continue to show that poorly tuned engines can use up to 50 percent more fuel and can also produce 50 percent more emissions when compared to a properly maintained vehicle? A good service routine will help both the environment and your wallet. Regular oil changes using a quality oil filter like FRAM® Extra Guard®, spot checking for frayed spark plug wires, regular fluid and brake inspections are key to avoiding poor performance from your vehicle, higher monthly gas bills and potential engine damage. So be sure to do your part; maintain your vehicle.

Connecting Jumper Cables

In the world of automotive emergencies, motorists need to learn certain procedures for "safety's sake." Two of the most valuable lessons, changing a tire and hooking up jumper cables are best learned before an emergency arises, according to the Car Care Council.

The process of boosting a battery is especially important in cold weather. Jumper cables or cables on a portable battery booster should be connected properly to avoid sparks, which can cause an explosion of the hydrogen gas emitting from a battery. Beyond this, an incorrect hook up can damage critical, and expensive, electronic components.

The procedure is simple:

Connect the positive (+) clamp to the positive terminal of the healthy battery and the other positive clamp to the corresponding terminal of the dead battery.

Next, the negative (-), or ground, terminal on the good battery and, finally, the negative clamp to the engine block, frame or other grounded metal as far as possible from the battery. You want to avoid sparks in the vicinity of the explosive hydrogen gas that emits from the battery. Do not connect it to the ground terminal (negative).

When using a portable battery booster, the process is much the same.

Connect the positive clamp of the booster cable to the positive clamp of the dead battery. Then connect the negative cable to the engine block or other grounded metal away from the battery.

The Council offers an additional suggestion: if you are buying jumper cables or a portable battery booster, buy the best quality you can afford. Look for well-insulated clamps and 8-gauge wire. (Note: the lower the wire gauge number, the heavier the gauge.) Under the heavy electrical load of boost starting, lightweight cables may not be able to deliver enough current to start some engines. In fact, they have been known to melt in the user's hand.

If your battery is three-years old or older and you haven't had it checked, it's a good preventive measure to do so, suggests the Council. A battery's power is reduced as the temperature drops. And that's when the engine's starting demands are greatest.

Autumn's Cooler Temperatures Are Seasonal Reminder to Check Your Car's Coolant/Antifreeze

One of the easiest and most important things you should do to ensure that your vehicle is prepared for the colder temperatures and severe weather to come is to check the level and concentration of your coolant/antifreeze. If you don't remember the last time you checked or changed your antifreeze, you need to do so before winters extreme temperatures and harsh road conditions can seriously damage your cars engine.

Premium formula antifreeze/coolants contain special additives that help ensure engine longevity and prevent radiator leaks. Over time, these additives wear out, lessening their ability to protect vital engine and cooling system metals against rust and corrosion. Thus the antifreeze needs to be replaced.

For the best year-round protection, a 50/50 mixture of antifreeze and water is recommended. Most vehicles use conventional green-coloured ethylene glycol-based antifreeze such as PEAK Antifreeze & Coolant, which provides maximum freeze-up protection down to 84(F and boil-over protection to 276F. Be sure to check your owner's manual for antifreeze usage specifications.

If your car is four years old or newer, there is a very good chance that your cooling system contains an extended life antifreeze/coolant. Thus, topping off or flushing and filling your system with conventional antifreeze that does not have an "extended life" formulation will reduce the efficiency of your vehicle's cooling system and can lead to failure or other serious engine problems.

"The main difference between extended life antifreeze and coolants and conventional antifreeze and coolants is in the protection they provide against damaging rust and corrosion in the cooling system," said Edward Powderly, brand manager for PEAK® Performance Products. "With conventional antifreeze, key inhibitors, such as silicate, phosphate and borate, can start to deplete after just 24,000 miles, which can diminish the protection of the cooling system." Extended life coolants, which are based on organic acid technology (OAT) and free of the conventional inhibitors, utilize advanced inhibitors to provide maximum protection for the cooling system for up to 5 years or 150,000 miles when a complete cooling system flush and fill is performed.

But which extended life coolant should you choose? In recent years, carmakers have introduced a virtual rainbow of extended life formulas, each with its own colour and proprietary performance characteristics. Responding to the growing confusion and inconvenience caused by so many different colours and formulations of antifreeze, Old World Industries has introduced PEAK® Global Extended Life Antifreeze and Coolant, a patented, advanced organic acid technology based product that can be used in all domestic, Asian and European-made automobiles regardless of make, model, year or original antifreeze colour.

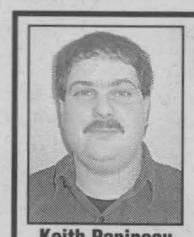
"So if you drive a Dodge and your spouse drives a Volvo, while your teenager is zipping around in a new Chevy Cavalier; now there is a single, extended life antifreeze/coolant that you can pour into every one of your vehicles with confidence," said PEAK's Powderly. "Because of its new coolant technology, the all new PEAK Global Extended Life Antifreeze & Coolant can be used in all automobiles worldwide regardless of make, model, year or original antifreeze colour – including GM DEX-COOL® and new Ford and Chrysler coolants."

Extreme Cooling System Protection That Also Protects Your Warranty

"Now instead of trying to sort out the confusing colour codes that carmakers have come up with, consumers can use a single extended life antifreeze/coolant with total confidence that it will perform well and keep their warranty intact," said Edward Powderly, brand manager for PEAK Performance Products. "Using PEAK® Global Extended Life actually extends your warranty because we guarantee that our exclusive corrosion inhibitor formula will perform well and protect your engine for 5 years or 150,000 miles when a complete cooling system flush and fill is performed."

If you changed your antifreeze recently, but your system level is low, use an antifreeze ball tester to make sure that the antifreeze-to-water ratio is correct. Then, top-off with a "ready to use" mixture of antifreeze/water such as PEAK Ready Use® 50/50 Pre-Diluted Antifreeze or PEAK Global Extended Life 50/50 Pre-Diluted Antifreeze & Coolant.

Cooling system failure is a leading cause of engine related breakdowns. Don't wait until it's too late. By taking just a few minutes, twice a year, to check your antifreeze, vehicle owners can protect themselves from the expense and inconvenience of radiator work, and ensure their comfort and performance season after season.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OBITUARIES

RICHARDS - Lena Maud (nee Hicks)

Passed away at Glen-Stor-Dun Lodge, Cornwall, Ontario on Monday, October 13th, 2003. Mrs. Lena Maud (nee Hicks), in her 73rd year, born in Fredericton, New Brunswick and formerly of Roxboro, Québec. Dear daughter of the late Fred Hicks and Della Killam. Beloved wife of Phillip Reid Richards. Loving and devoted mother of Susan Diane Malcolm of Lower Sackville, Nova Scotia, Reid Frederick Richards of Miami, Florida, Nancy Evelyn Parent of Terrasse-Vaudreuil, Québec, Janet Elaine Montpetit of Ile Bizard, Québec, and Linda Margaret Goodall of Peachtree City, Georgia. Dear sister of the late Frank Hicks, Everett Hicks of Detroit, Michigan, the late Donald Hicks, the late George Hicks and Margaret Ward of Lynchburg, Virginia. Greatly missed by grandchildren, Julie, Katie, Madison, Myles, Alisha, Chanelle, Joshua, Brittany, Michael, Lauren and Lisa. Lena was a Registered Nurse, avid musician/pianist, a member of the West Island Montréal Chapter of the Sweet Adelines, as well as an excellent seamstress and knitter. Her compassion and tenderness will be missed by all those whose lives she has touched. Rested at Wilson Funeral Home on Tuesday, October 14th, 2003. Funeral service was held in the chapel of Wilson Funeral Home on Wednesday, October 15th, 2003. The Reverend Ruth Draffin of St. John's Presbyterian Church officiated. Interment followed in Woodlawn Cemetery.

LEBLANC - Fernand

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Thursday, October 9th, 2003. Mr. Fernand Leblanc, in his 74th year, born in Cornwall, Ontario and formerly of Cornwall. Dear son of the late Philippe Leblanc and the late Aurore Menard. Beloved husband of the former Therese Leger. Loving father of Ronald Leblanc (Roxanne) of Berwick, Ontario, Sylvain Leblanc of Cornwall, Ontario, Suzanne (Mrs. Alain Leger) of St. Lazare, Québec, Denise Leblanc (Dan MacNeil) of Long Sault, Joanne Leblanc, Fernande (Mrs. Françoise Givogue) and Francine Leblanc all of Cornwall, Ontario. Dear brother of Rheal Leblanc, Leo Leblanc of Cornwall, Ontario, Yvon Leblanc (Florence) and Gerard Leblanc of Montréal, Québec, Viola (Mrs. Leo Viau) of Summerstown, Ontario and Mrs. Therese Brisebois of Glen Walter, Ontario. Loving grandfather of 14 grandchildren and two great-grandchildren. Predeceased by brothers, Edgar and Marcel Leblanc and sister, Miss Laurette Leblanc. The funeral took place on Saturday, October 11th, 2003 from Boulerice Funeral Home Ltd. to St. Felix de Valois Church. Rev. Roger Desrosiers, Pastor of St. Felix de Valois Church officiated, assisted by Rev. Claude Halle. Interment in Notre-Dame Cemetery. The pallbearers were Dan MacNeil, Pierre L'Ecuyer, Shawn Rupert, Jamie Leblanc, Jeremy Leblanc and Justin Leblanc. Mr. Leblanc was a retired pipefitter and was a member of the Knights of Columbus, St. Lawrence Council 5068.

MacDONALD
- Donald Francis Corbett "Donald George"

Passed away peacefully and gently on Tuesday, September 30th, 2003 at Glen-Stor-Dun Lodge, Cornwall, Ontario. Mr. Donald Francis Corbett "Donald George" MacDonald, born in Munro's Mills, Ontario and formerly of Cornwall, Ontario. Dear son of the late George C. MacDonald and the late Agnes MacDonald. Beloved husband of the late Margaret McDougall. Loving father of Arlene (Brian McKinley) of Brockville, Ontario and Laurie (Lenny Dering) of Atlanta, Georgia. Dear brother of Isabel MacDonald. Cherished grandfather of Kent Fitzhugh (Angie) of Gananoque, Ontario, Erin (Martin Wright) of Ottawa, Ontario, Malina Farley of Atlanta, Georgia and Aimee (Brian Wheeler) of Atlanta, Georgia and great-grandchildren, Abby, Ellen, Riley, and Emily. Predeceased by brother, John. Friends were received at Wilson Funeral Home. The Mass of the Resurrection with Commendation and Farewell was celebrated by Monsignor D.B. MacDougald in St. Raphaels Roman Catholic Church on Saturday, October 4th, 2003. Musical selections were performed by members of the St. Raphaels Parish Choir. Rite of Committal followed in the parish cemetery. The pallbearers were Don Conway, Eddie Boisvenue, Doug Walsh, Keith MacDonald, Elizabeth McRae and Jack Lyons. Funeral arrangements were under the care of Wilson Funeral Home.

McINTOSH - Donald Joseph

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Tuesday, September 30th, 2003. Mr. Donald Joseph McIntosh, in his 84th year, born in Harrison's Corners, Ontario and formerly of St. Andrews West, Ontario. Dear son of the late Dan J. McIntosh and the late Mary Janet McPhail. Beloved husband of Lucy (MacPhee). Loving father of Beverlee (Hugh MacDougall) of Ottawa, Ontario, Janet Menzies (Doug) of Houston, Texas, Judy (Michael) of Vancouver, British Columbia, Catherine Hebert (Bob) of Hamilton, Ontario, Donald E. MacIntosh (Louise) of Long Sault, Ontario, Patricia Munro (Ewen) of Calgary, Alberta, Ewen MacIntosh at home, and Stephen McIntosh of Antigonish, Nova Scotia. Dear brother of Irene Pringle (late Morris), Ethel Bingley (late Harry), Angus McIntosh (Winnifred) all of Cornwall, Ontario and Jim McIntosh (Yolande) of Delaware. Cherished grandfather of Alanna, Colin, Davis, Jacqueline, Alyssa, Kurtis, Kara, Devi, Laura, Lydia, Fay, and Fiona. Also survived by by sister-in-law, Patricia McIntosh and sister-in-law by previous marriage, Leah Kaddie of Toronto, Ontario. Predeceased by first wife, Dolores Lanctot, brothers, John McIntosh and Duncan McIntosh, and sisters-in-law, Helen and Colleen. Rested at Wilson Funeral Home. A Royal Canadian Legion Tribute was held during the visitation. The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Bernard Cameron assisted by Reverend Gary Ostler, Reverend George Maloney, Reverend Rory McDonald and Reverend Mr. Chris Chisholm in St. Andrews Roman Catholic Church on Saturday, October 4th, 2003. Musical selections were performed by Ken Roach. Fiddle selections were by Donald MacPhee, David MacPhee, Allan McPhail accompanied by Catherine Olive DeFreitas. The bag piper was Robert Kitts. Rite of Committal to take place at a later date in the parish cemetery. The pallbearers were Colin MacDougall, David Owen, Greg McIntosh, Alexander (Sandy) McIntosh, John James (J.J.) MacPhee and Sydney Vander Zweep. Funeral arrangements were under the care of Wilson Funeral Home. Donald was the founder and retired President of Amazing Waste Disposal, a Veteran of WWII, long-time member of Royal Canadian Legion Branch 297, member of Cornwall Township Hisorical Society, Lost Villages Society and the Cornwall Probus Club.

CHOUINOR - Frederick (Fred)

Passed away at his residence, Cornwall, Ontario on Tuesday, September 29th, 2003, age 67 years. Dear son of the late Phillip Chouinor and the late Marjorie Chouinor. Beloved husband of Noella Emond. Loving father of Allan Chouinor of Cornwall, Ontario, Wayne Chouinor of Windsor, Ontario, Nancy Taillon (Joe), Katherine Ladouceur (James), Doris Chouinor (Marie) and Karen Michaud (Jean Claude) all of Cornwall, Ontario. Dear brother of Joseph Chouinor, Isabelle Thompson and Roselle White. Sadly missed by 12 grandchildren and one great-grandchild. Predeceased by son, Phillip and four brothers. Rested at Wilson Funeral Home. The Liturgy of the Word was celebrated in the chapel of Wilson Funeral Home on Thursday, October 2nd, 2003. The organist was Candy Provost. Rite of Committal to take place at a later date in Notre Dame Cemetery. Funeral arrangements were under the care of Wilson Funeral Home.

HEARD - Ethel

Passed away at the Ottawa General Hospital, Ottawa, Ontario on Saturday, September 27th, 2003. Mrs. Ethel Heard, in her 75th year, formerly of Long Sault, Ontario. Dear daughter of the late Emile Leroux and the late Lucy (Collette) Leroux. Beloved wife of the late Garfield "Doc" Heard, and dear companion of Sonny Taillon of Long Sault, Ontario. Loving mother of Nancy Cleary (Larry), Tom Heard (Paulette) both of Cornwall, Ontario and Holly Heard-Lucas (David) of Mount Elgin, Ontario. Dear sister of Geraldine Finck (late Bob) of Hudson, New York, Lorraine Lawlor (late Jim) of Oshawa, Ontario, Raymond Leroux (Jean) of Cornwall, Ontario, Dora Riviere (Larry) of Bainsville, Ontario, Vince Leroux (Pat) of Lancaster, Ontario and Sue Leblanc (Ron) of Cornwall, Ontario. Sadly missed by grandchildren, Jeff and Greg Heard, and Jana Lucas. Also survived by sister-in-law Rita Leroux of Bainsville, Ontario. Predeceased by daughters, Janet Hillis (George) and Wendy Heard, and brothers, Hubert and Leo Leroux. Rested at the Wilson Funeral Home. Funeral services were celebrated by Reverend Canon William Ellam in Christ Anglican Church, Long Sault, Ontario on Wednesday, October 1st, 2003. The organist was Peter Cazaly. Readings for the service were by Nancy Cleary, Fern Heard-Cardinal, David Lucas, and Holly Heard-Lucas. Interment followed in St. Lawrence Valley Cemetery, Long Sault, Ontario. The pallbearers were Terry Flanigan, Gary Heard, Greg Heard, Jeff Heard, Kevin Heard, and Derrick Leroux. Funeral arrangements were under the care of Wilson Funeral Home. Ethel was Past President of the Women's Auxiliary, Royal Canadian Legion Branch 569, Long Sault.

ST-DENIS - Raymond

Passed away on Wednesday, September 24th, 2003. Mr. Raymond St-Denis, in his 62nd year, formerly of Cornwall, Ontario. Dear son of the late Philippe St-Denis and the late Jeanne (Lafleche) St-Denis. Beloved husband of the late Doris Marleau. Loving father of Alain St-Denis (Annette), Marc St-Denis (Shelly) and Lucie Brisson (Richard) all of Cornwall, Ontario. Dear brother of Rheal St-Denis (Therese), Yvette Samson (George Robertson) both of Cornwall, Ontario, Claude St-Denis (Diane) of Montréal, Québec and Jean-Paul St-Denis (Vivianne) of Vancouver, British Columbia. Beloved Pepere of Anne-Marie and Alexandra St-Denis, Nolan and Tyler St-Denis and Chanelle Brisson. Friends were received at Wilson Funeral Home. A memorial service was held in the chapel of Wilson Funeral Home on Saturday, September 27th, 2003. Reflections and remembrances of Raymond were shared by Annette St-Denis, Shelly St-Denis and Richard Brisson. Rite of Committal followed in St. Lawrence Valley Cemetery, Long Sault, Ontario. The St-Denis family wishes to thank all the caregivers who attended to Raymond during this last difficult year, especially those at Tsi Ion Kwa Nonh So:te Adult Care Facility, Cornwall Island. Your thoughtfulness and care was very much appreciated. Funeral arrangements were under the care and direction of Wilson Funeral Home.

WHITE - Barbara Ann Clemence

Passed away at her residence, Summerstown, Ontario on Tuesday, September 23rd, 2003. Ms. Barbara Ann Clemence White, in her 54th year, born in Lancaster, Ontario and formerly of Summerstown, Ontario. Dear daughter of the late Kenneth Dufresne and the late Mary Dufresne. Loving mother of Patrick Dufresne (Lise) of Embrun, Ontario, Lance White (Jen) and Tammy-Lynn Dufresne both of Cornwall, Ontario. Sadly missed by grandchildren, Michelle, Bryan and Melanie and close friend, Robert M. Lalonde. Also survived by former husband, George White. The funeral took place on Friday, September 26th, 2003 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Memorial Chapel with cremation at South Branch Crematorium.

CHOICES

Some families want a traditional funeral service for their loved one, others choose a moderately priced, basic ceremony, still others prefer a simplified, low-cost alternative. There are individuals who wish to be cremated, while others believe in earth burial.

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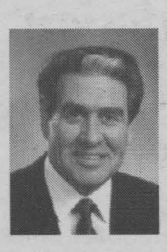
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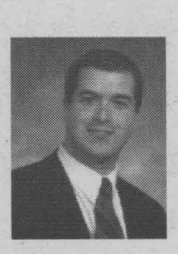
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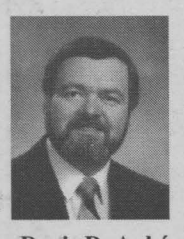
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God-Who Needs Him? I Do!



"But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, wanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power." 2 Timothy 3:1-5:25.

I'm normally not a prophet of doom and gloom. I like to see the good in people and everything, and would rather see the glass "half full" instead of "half empty." However, as I look around, lately I've notice that the world seems to be spinning in every which way. I pray and contemplate our society and ask God for His mercy and grace on all of us. The world seems at times like a spinning top going faster and faster, and destined for a crash.

A lot of people love God and want to "walk in His ways" but on the other hand, many don't want God and they find that "God cramps their style." To me what they are really saying is that "I don't want God in my life because His Bible and His ways don't let me do what I want."

I guess the true word here is "rebellion." It's like a horse that won't let anyone ride him or even have a "bit in his mouth" and eventually they need to destroy the animal. That horse may be handsome, tall, strong but quite frankly is useless as no one can harness him. I notice a lot of people today like that horse that won't conform to God, society or anyone else and in some ways is almost useless to themselves and to those around them.

The verse above tells us that in the last days, perilous or "times of stress" will come. Then the Bible lists these "stresses" such as people will be lovers of themselves, lovers of money, proud, disobedient to parents, etc., lovers of pleasure rather than lovers of God. Much more could be said here but I think you get the picture. Everyone doing their "own thing" without concern for society or others, only "me" is important and they all want their own rights no matter the cost.

However, in the middle of all their mess, I have awesome good news for you. God is still on the throne and God reigns on high. I want to encourage you today to "not let your heart be troubled," believe in God, believe in Jesus. You see, no matter how bad or good things get, God still rules and reigns. God never "sleeps nor slumbers," the Bible says, and let these stressful times cause you to turn to God.

Don't fret, don't worry, but pray and trust in God and "the peace of God which passes all understanding will guard your hearts and minds." Pray with me today: "Dear God, these are truly stressful times! I'm so glad that you are still God and in control. Come into my life and fill me with your peace. Thank you for Jesus who made away for me to come to you. Be my God and my Lord. Amen."

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

Second Thoughts

1. Remember that almost everything looks better after a good night's sleep!
2. Every so often, watch "Sesame Street!"
3. Remember that not getting what you want is sometimes a stroke of good luck!

Things to be thankful for:

1. Fall weather and the need for a jacket!
2. Wonderful sweet corn with butter!
3. Songs from a choir!
4. A favourite CD along with your thoughts and prayers!

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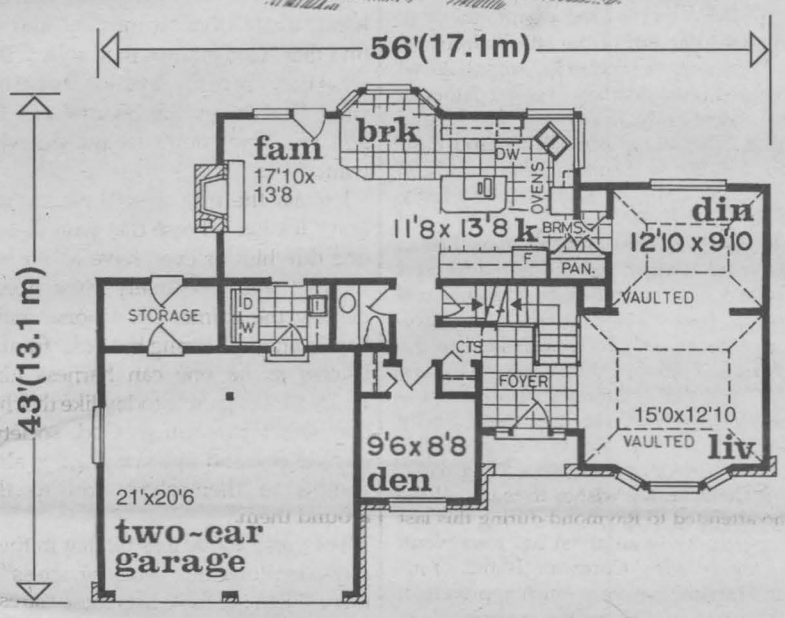
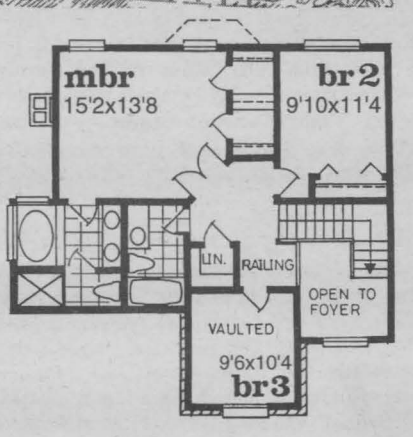


first level 1201 sq.ft.



second level 868 sq.ft.

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- This transitional design carries the best of both worlds – popular details of both traditional and contemporary architecture.
- The high rooflines allow for dramatic full-height windows and vaulted ceilings in the formal areas.
- A den, just off the foyer, is a well-appreciated haven of quiet.
- The casual areas are open and include the family room with fireplace, bayed breakfast nook and island kitchen.
- A laundry alcove leads to the two-car garage with extra storage space.
- Three bedrooms occupy the second floor.
- They include two family bedrooms – one with vaulted ceiling – and a master suite with double walk-in closets and full bath with separate shower and tub.
- Note the half-bath just beyond the den.

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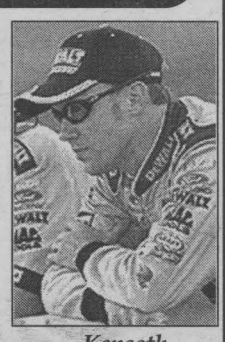


Kenseth

With just four races remaining Matt Kenseth will clinch the 2003 Winston Cup championship if he averages 126 points per race. Kenseth currently leads Kevin Harvick by 240 points, with the rest of the top-five, back to fifth place Jimmie Johnson, separated by just 66 points.

If in each of the remaining races, Kenseth finishes 12th or better or leads a lap and finishes 13th or better or leads the most laps and finishes 15th or better, he will become the 2003 Winston Cup champion regardless of the performance of any other driver.

Ol' D.W. takes Victory Lap at Martinsville

A fitting close to a busy weekend took place Sunday for three-time NASCAR Winston Cup Series champion Darrell Waltrip, as the NASCAR Victory Lap tribute program made its fifth stop at Martinsville Speedway.

Prior to the Subway 500 Sunday afternoon, Waltrip paced the field in the No. 11 Victory Lap Chevrolet, in the tribute honoring longtime series sponsor R.J. Reynolds and its past champions.

It was Waltrip's second time on the track during the weekend, as he drove and took seventh place in Saturday's NASCAR Craftsman Truck Series race at Martinsville, the Advance Auto Parts 200.

Martinsville Speedway was good to Waltrip throughout his 19-year NASCAR Winston Cup career, as 11 of his 84 victories came at the .526-mile short track, including three consecutive in the fall race from 1987-1989.

Waltrip -- series champion in 1981, '82 and '85 --picked up his first victory at Martinsville in the spring of 1976. His 84 career victories rank third on the all-time list, tied with Bobby Allison.

Marlin's 600th start ends with another DNF

For a time Sunday - say, 63 laps or so - - it appeared as if Sterling Marlin's 600th Winston Cup start would be a memorable one.

Hours later, it proved to be one of the more forgettable days of his lengthy career.

Marlin was running fourth in the Subway 500 at Martinsville Speedway and wheeling one of his more capable cars of the season. But while negotiating his way through a mosh pit of cars in Turns 3 and 4, Marlin was hit in the rear by Ward Burton, spinning his Dodge around in Turn 4.

Fortunately for Marlin, no one hit him. But bad luck wasn't through with the wily veteran just yet. During the accident, Marlin's radiator was punctured, and after several laps spent behind the wall replacing it, the motor expired.

There were 373 laps to go, and Marlin was on his way home with a 43rd-place finish.

"We had a good car, worked our way up to fourth," Marlin said. "Ward got us in (turns) 3 and 4 and turned us around in front of everybody. Johnny Benson came off Turn 2 and had to check up. It wasn't his fault. We got a hole in the radiator. Just ain't been a good day."

Compared to 2002, when Marlin led the championship points race for 25 straight weeks before suffering a season-ending neck injury, it hasn't been such a landmark year. Five races remain on the 2003 schedule and Marlin has yet to finish in the top-five, and he hasn't finished in the top-10 in more than three months.

Atlanta milestone for Rudd

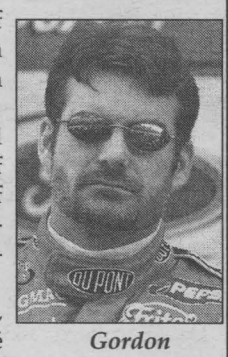
Ricky Rudd will make his 800th career Winston Cup start at Atlanta.

His first start came at Rockingham in March 1975. Rudd joins just three other drivers who have started 800 or more races: Richard Petty (1177), Dave Marcis (882) and Darrell Waltrip (809).

Atlanta's Bass Pro Shops MBNA 500 will also mark Rudd's 713th consecutive start, a Winston Cup record.

POST RACE HIGHLIGHTS

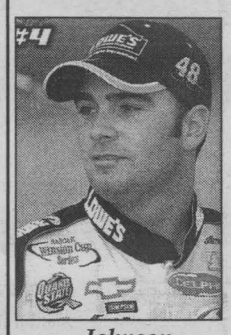
Gordon drives flawless race at Martinsville



Gordon

Jeff Gordon overpowered the rest of the field Sunday, completing a season sweep of the two NASCAR Winston Cup races at Martinsville Speedway.

The victory in the caution-filled Subway 500 was the 63rd win of Gordon's career but only his second of the season. The four-time series champion led 311 of the 500 laps on the half-mile oval.



Johnson

Jimmie Johnson, Gordon's protégé and Hendrick Motorsports teammate, started 26th and lost more ground when he spun out early in the race, but came back to finish second.

It was a typical short track race, with plenty of bumping and banging that produced 15 caution flags and a record 117 laps run under yellow.

NASCAR issues penalties

NASCAR has issued the following penalties for various infractions that occurred during last weekend's NASCAR Winston Cup Series event at Martinsville Speedway and the NASCAR Busch Series event at Memphis Motorsports Park, NASCAR officials announced.

The following were fined accordingly:

*Todd Berrier, crew chief for the No. 29 NASCAR Winston Cup Series car of Kevin Harvick, was fined $5,000 for violation of Section 12-4-A: Actions detrimental to stock car racing and Section 9-4-A: The crew chief assumes responsibility for the actions of his team members. Infraction occurred during pre-race.

*Marc Smith, crew member for the No. 29 NASCAR Winston Cup Series car of Kevin Harvick, was suspended until Oct. 29, 2003. He was in violation of Section 12-4-A: Actions detrimental to stock car racing: Attempting to circumvent a NASCAR inspection process. Infraction occurred during pre-race.

*Bobby Hamilton Jr., driver of the No. 25 NASCAR Busch Series car, was fined $3,000. He was in violation of 12-4-A: Actions detrimental to stock car racing. Use of improper language. Infraction occurred during post-race.

* Mike Harmon, driver of the No. 44 NASCAR Busch Series car, was fined $3,000. He was in violation of Section 12-4-A: Actions detrimental to stock car racing. Throwing restraint device at another competitor's car. Infraction occurred during race.

Despite obstacles, Jarrett nearly in top 10

Few and far between are the 11th-place finishes that give a racecar driver that warm, fuzzy feeling.

But when a weekend consists of a wreck during qualifying, a pair of snail-paced practice sessions and a dizzying case of the spins in the main event, finishing on the brink of the top-10 is finishing on the brink of ecstasy.

Ask Dale Jarrett. He knows.

Jarrett, who in his ninth season at Robert Yates Racing would have no luck if it weren't for bad luck, finished 11th in the Subway 500 Sunday at Martinsville after starting 39th and spinning out twice.

"It was a tough weekend for us, for sure," Jarrett said. "It's nice to finish a day and have it finish on a pretty good note. We've got five weeks left to try and right this ship and end this year on a good note."

Only once in his tenure at RYR has Jarrett finished outside the top 10, and never has he finished worst than 13th. He is currently 26th in the 2003 championship standings, which is one position higher than he entered the weekend.

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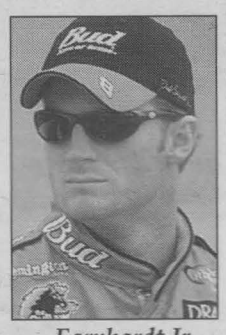
NASCAR

MOST POPULAR DRIVER AWARD

Earnhardt Jr. leads voting


Earnhardt Jr.

With one month remaining in the nationwide fan voting, Dale Earnhardt Jr. continues to lead the Grands! Biscuits NMPA NASCAR Most Popular Driver Award balloting.

More than 2.5 million votes have been cast this season. Voting will continue through 11:59 a.m. CST on Monday, November 17, 2003 - the day after the final NASCAR Winston Cup race of the season.

Also while voting, fans can continue to enter online for a chance to win the Petty Driving Experience at one of these locations: Atlanta, Ga.; Las Vegas, Nev.; Brooklyn, Mich.; and Fort Worth, Tex. One winner will be randomly drawn from all eligible entries received. Official sweepstakes rules are available at www.mostpopulardriver.com

Earnhardt Jr., who finished second in the 2002 Most Popular Driver Voting to 16-time Most Popular Driver Award winner Bill Elliott, has led since voting began in February. Four-time NASCAR Winston Cup champion Jeff Gordon is second, followed closely by Kevin Harvick. Steve Park is fourth in the voting, followed by Tony Stewart, Michael Waltrip, Mark Martin, Dale Jarrett, Kyle Petty and Bobby Labonte.

Track Facts

Atlanta Motor Speedway

Winston Cup Race Record
Dale Earnhardt 163.633 11|12|95

Busch Race Record
Mark Martin 151.751 03|08|97

Winston Cup Qualifying Record
Geoffrey Bodine 197.478 1997

Busch Qualifying Record
Ryan Newman 191.661 2001

Atlanta Motor Speedway
Since being purchased by Bruton Smith in 1990, Atlanta Motor Speedway has become an ultra-modern, multi-purpose venue that has raised the bar of excellence. Amenities include a nine-story office/condominium complex, improved parking, over 53,000 additional permanent seats, a road course, a four-color electronic message center, a new ticket office and gift shop.

Riggs to replace Benson at MBV in 2004

Another piece of the Silly Season puzzle fell into place when MBV Motorsports announced it has signed Scott Riggs to a multi-year agreement to compete in the NASCAR Nextel Cup Series.

Riggs, 32, will compete for Rookie of the Year in 2004. He won five times in the NCTS in 2001 before moving to the Busch Series with ppc Racing last year. He won twice in 2002 and added two more victories this season. After leading the Busch Series points earlier in the year, Riggs is fifth, only 44 points out of the lead, with four races to go.

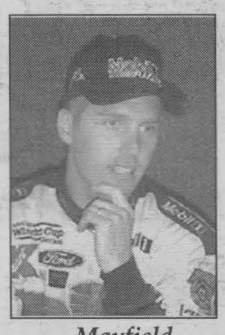
Riggs was linked to almost every opening in Nextel Cup for next season, including Richard Childress Racing's No. 30 and Dale Earnhardt Inc.'s No. 1. Instead, Riggs decided to sign with a smaller team.

Craftsman Truck Series crew chief fined

NASCAR officials have fined Earl Ramey, crew chief of the No. 95 NASCAR Craftsman Truck Series team driven by Wayne Edwards, $250.

The infraction was in violation of 12-4-A: Actions detrimental to stock truck racing. Section 12-4-W: Improperly attached weight. The infraction occurred during pre-qualifying inspection for last Saturday's Advance Auto Parts 200 at Martinsville Speedway.

Mayfield re-ups with No. 19; deal through 2005


Mayfield

Jeremy Mayfield, whose name has been in the rumor mill for much of 2003, has re-signed with Evernham Motorsports and will remain in the No. 19 Dodge through 2005, the team announced Wednesday.

Mayfield joined Ray Evernham's two-car team in 2002 as a replacement for Casey Atwood. Mayfield's first season with the team was a struggle, as he finished 26th in the points standings.

Evernham then had to brush aside rumors of Mayfield's departure earlier this year after the team slipped to 33rd in the points after 13 races. But Mayfield and crew chief Kenny Francis picked up the pace with three straight top-10 finishes.

Skinner to drive for upstart NCTS team

Mike Skinner will compete in the NASCAR Craftsman Truck Series next season for a new team called Bang Racing, owned by young entrepreneur Alex Meshkin and led by former crew chief Larry McReynolds.

Additionally, the truck will bear No. 3, the late Dale Earnhardt's number in Winston Cup and the number Skinner used to win the inaugural NCTS championship. Rick Ren will be the team's crew chief.

"Mike is a driver we know has the ability and the drive to win the championship for Bang Racing," said McReynolds, who is the "chief racing architect" for the team. "He was deliberately hand-picked to be the winning edge, and we are anticipating a lot of action and excitement when Mike is on the track."

Skinner stepped out of MB2 Motorsports No. 01 Pontiac this weekend. The Winston Cup veteran started the season with Morgan-McClure Motorsports but was released after the team failed to qualify at Michigan in June.

Skinner has yet to win a Winston Cup race, but the veteran has 10 top-10 finishes in 228 career starts. He also has six poles, including one this year at Richmond.

2003 STANDINGS

WINSTON CUP SERIES After: Subway 500		BUSCH SERIES After: Sam's Town 250	
Rank	Behind	Rank	Behind
1. Matt Kenseth	Leader	1. Brian Vickers	Leader
2. Kevin Harvick	-240	2. David Green	-23
3. Dale Earnhardt Jr.	-283	3. Jason Keller	-34
4. Ryan Newman	-300	4. Ron Hornaday	-40
5. Jimmie Johnson	-306	5. Scott Riggs	-44
6. Jeff Gordon	-346	6. Bobby Hamilton Jr.	-224
7. Tony Stewart	-577	7. Scott Wimmer	-513
8. Bobby Labonte	-708	8. Kasey Kahne	-535
9. Terry Labonte	-773	9. Johnny Sauter	-537
10. Bill Elliott	-863	10. Stacy Compton	-591

2003 SCHEDULE

October 26	Georgia 500	
	Atlanta Motor Speedway	NBC/ PRN/Noon
November 02	Checker Auto Parts 500	
	Phoenix Int'l Raceway	NBC/ MRN/3 p.m.
November 09	Pop Secret Microwave Popcorn 400	
	North Carolina Speedway	TNT/ MRN/12:30 p.m.
November 16	Ford 400	
	Homestead-Miami Speedway	NBC/ MRN/12:30 p.m.

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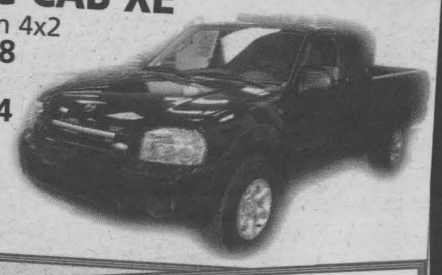

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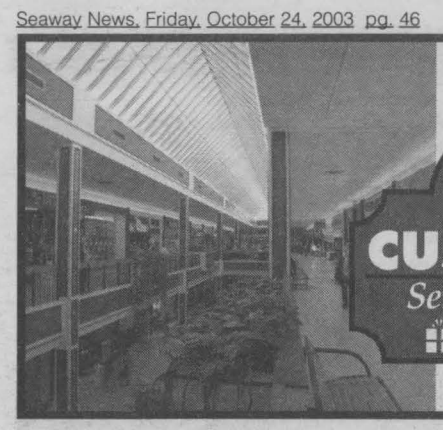

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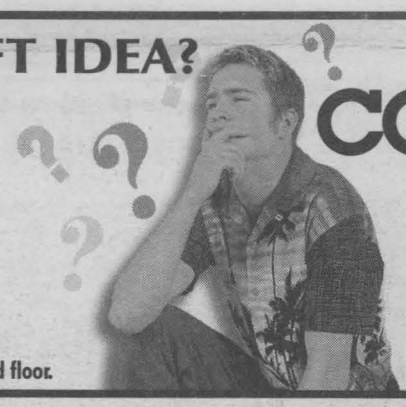

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Yvonne Wagorn

Yvonne Wagorn of Carleton Place always wanted an announcement in the paper that she was visiting Cornwall. Yvonne, your wish has come true. Ms. Wagorn was visiting our fair city on Wednesday, October 15th, 2003 in her capacity as Regional Manager of Ontario East, Heart and Stroke Foundation.

A big thank you from **Barb Hunter** and the **Seaway Winds** to **Chris McPhee** and **Danny Umelle** for being lighting and stage technicians at the **Children's Christmas Basket Fund Concert** Sunday, October 19th, 2003.

Something else to remember this weekend is the time change. Your **clocks go back one hour** before you go to bed on Saturday night, October 25th, 2003. Remember the saying, **"Spring ahead, fall back."**



Rev. Ian Victor

Reverend **Ian Victor,** of St. Giles Church in Ottawa, was playing with fire last Sunday, October 19th, 2003 at the re-dedication ceremony at **St. John's Presbyterian Church** in Cornwall. The guest preacher was reminiscing about the first time St. John's Minister Rev. Ruth Draffin came into his office looking for information to follow her need to serve the church. He said, tongue-in-cheek, to the congregation, "Now you have a spiffy new church but a somewhat old minister." He checked to see if she was laughing. She was. Whew!

Darnell Drouin may be the Area Administrator of the **Cornwall Heart and Stroke Foundation of Ontario** but she also makes a mean cup of coffee. Just ask the people she works with.

Tip of the lacrosse stick to **Robert Seymour** and the late **Bobby Cook** of Cornwall Island for being inducted into **Ontario Lacrosse Hall of Fame** last Saturday, October 18th, 2003 in a ceremony in St. Catharines. **Richard "Sonny" Herrington** was inducted in the builder category and **Mike Mitchell** received a special contributors award. The names should bring back a lot of memories for lacrosse fans in this area.

You know **Keith Richardson** is a hero. You know because he doesn't think he is. The OPP thought so and presented the Cornwall resident with a bravery citation last Thursday, October 16th, 2003. Keith had taken steps, at the potential risk of his own life, to remove an accident victim from a vehicle on Highway 138. Shortly after the person was removed from the vehicle, it burst into flames. Congratulations to Mr. Richardson.

Thank you to **Una Thain** for the delicious butter tarts last week. They were scrumptious and enjoyed by all the Seaway News staff.

P.S. Good luck in finding "Bonnie."

If Councillor **Syd Gardiner** is correct in saying that he has been assured that reducing the Aquatic Centre from eight swimming lanes to six will not affect any of the programs or the building itself, then why the heck didn't we go with a six lane pool all along? It might have avoided this delay we have right now.

Looking for something scary to do this weekend? For a "fright of a lifetime," check out the **Cornwall Youth Centre's** Fourth annual Haunted House at 499 Henry Street. Call (613) 938-4999 for more spooky information.

Did you know **Linda Wilson** is a "Sommelier?"

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Before the city installs a new traffic light anywhere, a traffic study is done to see if it is warranted. Why don't we do the same with our ever-escalating-in cost **public potty** council wants to put in Lamoureux Park? With the latest cost coming in at almost $189,000, it seems we should at least survey park visitors and see how many "really have to go" and may have had "an accident" as a result of no "toidy" nearby!

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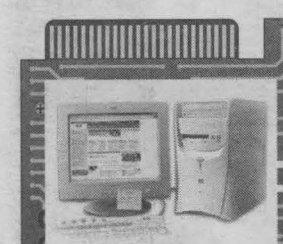
Caller sure had a lot of laughs when he read that a Cornwall City Coucillor suggested to help out the people on Queen Street from having the city buses on their street, to put the buses on Leonard Street. Caller is still laughing. If the city councillor did his homework on urban transit, he would have found out that having a bus route on your street actually increases your property value. Caller wishes he had a bus route on his street. More people should be taking the bus along with city management, just for the "air we breathe," or is "the air we do not want to breathe, " if you don't take the bus. One bus equals 50 cars on the road. Caller thinks he will start to reconsider taking public transit, and he will not support any councillor who does not support public transit; it does not make cents $.

Thanks to the ladies of the **Cornwall General Hospital Auxiliary** who provided Seaway News columnist **John Divinski** with an "advance copy" of the apple pies they have on sale today (Friday, October 24th, 2003). By the way, the staff at Seaway News didn't see a crumb of that "advance copy."

*Cornwall city council candidate **Leslie O'Shaughnessy** has the right idea. Instead of investing in a sign campaign for his election, he has donated $500 to the United Way of Cornwall and District. He challenges other candidates in Cornwall and area to do the same.*



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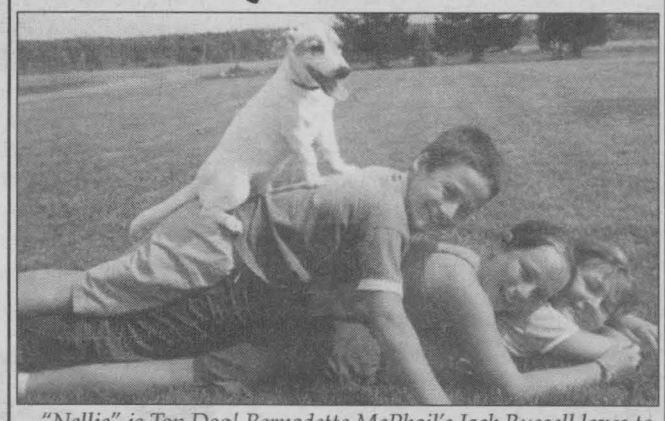

"Nellie" is Top Dog! Bernadette McPhail's Jack Russell loves to play with children. Clint Froats, Andrea McPhail and Kathleen Froats enjoy Nellie as well.

Submitted photo

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

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DEADLINE IS TUESDAY 5PM

Get Involved - Donate. Blood Donor Clinic Tuesday, November 4th, 2003 from 1:30 p.m. to 7:30 p.m. at the **Cornwall Civic Complex,** Salons A, B and C. Sponsored by the **Kinette Club of Cornwall.** For an appointment call 1-888-2DONATE.

*Don't forget this Sunday, October 26th, 2003 at 10 a.m., the **Cornwall Nativity Co-Cathedral** mass, performed on Sunday, October 5th, 2003 will be broadcast on CBC French TV on "Le Jour du Seigneur."*

It looks like the **ball hockey team from** SCM really is the team to beat. Fresh from their win in the Seaway News/Easter Seals Power Play tournament in Cornwall on September 27th, 2003, we have learned they just won another similar type tournament in Hawkesbury. More importantly, they've raised more money for the Easter Seal campaign. Tip of the hockey stick to the team members.

It's that time of year for the argument about flu vaccines. They are being administered now and if you believe in them, you should make sure to get yours before the real flu season starts.

If you're looking for something to do with the kids, check out **McMaze.** Lots to see with the **Cornfield Maze** and **Haunted Barn.**



Lucille Delorme

Lucille Delorme of Cornwall didn't win the lottery but she is still a lucky lady. Ask her about the "stop sign" story.

Notice: Auxiliary to the Hotel Dieu Hospital, in conjunction with Shye Importations "Book Fair" scheduled for Thursday and Friday, October 23rd and 24th, 2003 has been **postponed** until Thursday and Friday, November 20th and 21st, 2003.

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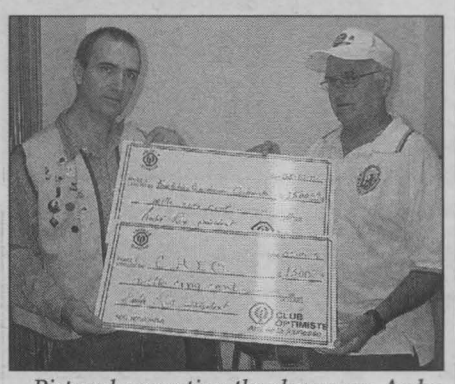
Take your choice. Is **First Street,** between Amelia and Adolphus streets, one way going east or is that section now a temporary two way thoroughfare? Well, it appears that section of roadway is two way but the sign designating it is sloppily discarded on the ground and the one way designation has not been covered up. Aside from that, there is absolutely no indication that any change has been made. As major road work continues on Amelia Street, it's a mess in that area and residents are not impressed with the way it's being handled.

Club Optimiste De La Region De Cornwall Makes Donation



Pictured presenting the cheque are Andre Roy, (left) President of the French Club Optimiste de la région de Cornwall and Gaëtan Simard, District Est Ontario chairperson for La Campagne de lutte au cancer infantile.

Club Optimiste de la région de Cornwall recently donated a cheque for $1,500 to La Campagne de lutte au cancer infantile. The money was raised at their silent auction which was held in February 2003. Also, $1,500 was given to la Fondation Optimiste International for Scholarships, Essays and Oratorical contests.

The clubs of the District Est Ontario are joining the effort to create a new playroom for children at CHEO. In 2003 they put together over $5,500. With the community's help, they hope to increase their objective for 2004.

Staff photo

Special Training Begins



Left to right: Training Officer, Senior Constable George Knezevic, explains how the new defibulator units work, to Nelson Ayotte, a police dispatcher for over 23 years; CPR instructor Dan Maillé; and police dispatcher Josee Lalonde, a police dispatcher for over 4 years. (photo by John Divinski)

The Cornwall Community Police Services has become the third police agency in Canada, behind Ottawa Police and the Ontario Provincial Police to purchase defibulators and begin staff training with them. Two units, at $4,000 were recently purchased and on Thursday, September 25, 2003, two police dispatchers along with a safety officer, were given a five-hour training session which included theory; a video; practical applications and an exam. Special constables who are permanent on assignment at the courthouse will also receive training. One unit will remain at the police station, while the other will be at the courthouse. Community Police Services spokesperson Blake Paquin says the training and location of the units represents Phase One in their plan. Phase Two, he says will be "putting the units in cruisers and training all officers on how to use them. We expect that to happen in the next two years or so." The defibulators will be available to everyone should they run into serious health difficulties. Research shows that for every minute someone is not treated after a stroke or heart attack, their chances of recovery fall by 10%. "By having these units on site at the courthouse and the police station, with the trained personnel, we increase the chances of recovery of any one who has need of them," said Paquin.

Volunteer Appreciation Night



The Children's Treatment Centre held their annual Volunteer Appreciation Night Wednesday, October 15th, 2003 at the Cornwall Golf and Country Club. The local centre has been open since 1996 and holding this recognition of their volunteers who give so much to the Treatment Centre throughout the year. Enjoying the festivities in the photo are (left to right): Gen Kennedy, volunteer; Pierre Guindon, Chairman of the Children's Treatment Centre Board; Ginette Graham, volunteer; and Raymond Forget, volunteer.

Photo by Chris McPhee

Sweet Fundraiser For GVIS



The General Vanier Intermediate School is currently trying to raise money for their school band through the sale of oranges and grapefruits. The succulent fruit come in 20 and 40 pound sizes. Anyone wishing to order is asked to do so before Monday, November 3rd, 2003 at 9 a.m. and expect their citrus bounty to arrive between Monday to Friday, November 24th to 28th, 2003. In the photo are members of the GVIS Band (left to right): Alison Mahoney, Justin Boisvenue, and Tori Pescod.

Photo by Chris McPhee

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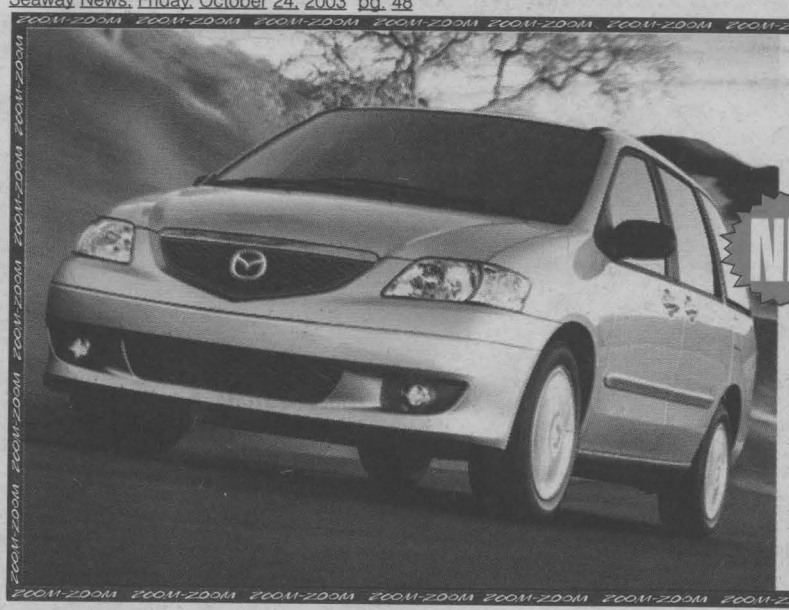

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