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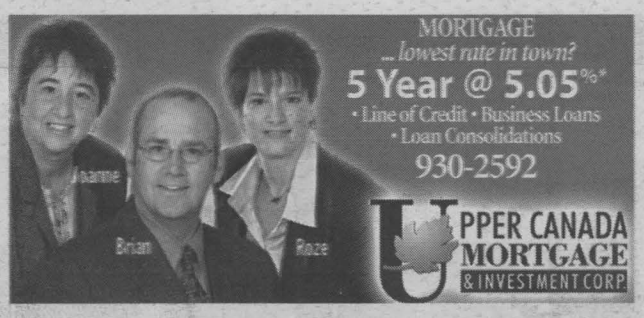

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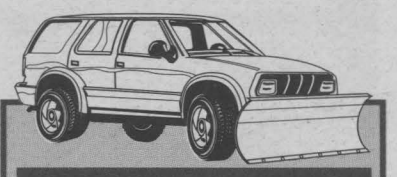
November 7, 2003 | Volume 19, Issue 8 | Serving Cornwall and Area | www.cornwallseawaynews.com

Cornwall General Hospital Appreciation Event



The Cornwall General Hospital held an Appreciation Evening in their cafeteria to savour some of the past accomplishments and to focus on the future ahead. The hospital has been in its present location since 1897. Several people spoke representing the various sections of the Cornwall General, filling the evening with pleasant nostalgia and thoughtfulness of what lies ahead as a plaque was offered to the new board of the Cornwall Community Hospital. In the photo, Cathy Poirier, a graduate from the Cornwall General Hospital's School of Nursing, brought several of her fellow graduates up to the front as she spoke fondly of her memories.

Photo by Chris McPhee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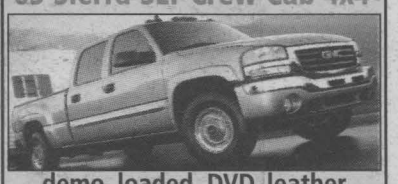
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LOCAL

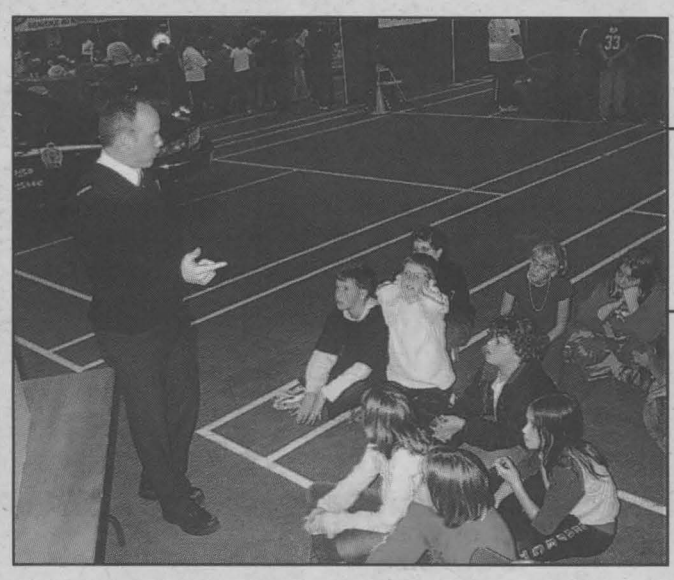
Racing Against Drugs



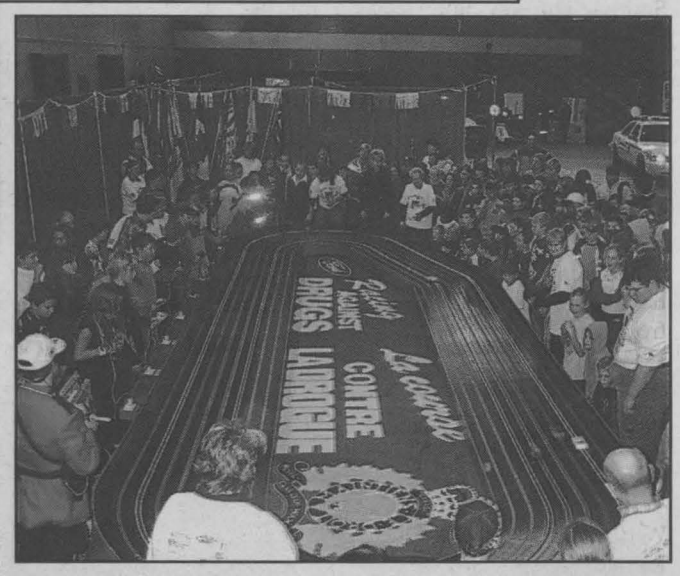
Eleven-year-old Neil Cameron of Inkerman (left) and 11-year-old Amanda Piotrowski of Willamstown, get a chance to walk a straight line and drop a ball into a bucket, if they can. Wearing the goggles they have on makes the world appear as it would to someone who has been drinking too much. Obviously this particular "pit stop" warned about the dangers of drinking excessive amounts of alcohol.

Melanie Quesnel from the Youth Centre in Alexandria reviews responses to use when being pressured to use drugs or to do something you don't want to do. Listening to the suggestions are members of a grade six class from Iona Academy in St. Raphaels.





Safety first. Fire Prevention Officer Terry Lauzon explains to some grade sixers from Elma Public School in Chesterville that safety is the most important thing when it comes to preventing fires.



The grand finale of Racing Against Drugs took place on the giant slot car race track. Earlier, individual classes were taught that actions have consequences. During their racing competitions, if their car left the track for going too fast, then the driver had to do a pushup. However, in the finale, there were no pushups but there was a monster rally race with all participating schools taking part as nearby police vehicle sirens and emergency lights added ambiance to the big event. Following the race, prizes were handed out to end the two-hour event.

Story & photos by John Divinski

Racing against drugs is a bilingual community-based drug and alcohol awareness program utilizing the sport of racing to capture the attention of the grade six students and demonstrate the benefits of living a drug free lifestyle."

With that, some 1,700 school students from Cornwall and SD&G converged on the Cornwall Armouries on Monday, November 3rd, 2003 to spend several hours with various groups to take part in interactive teaching sessions. Every seven minutes or so, groups would move on to the next lesson. Approximately 12 "pit stops" were set up, each one with their own specific lesson to be learned from saying no to drugs, drinking and driving to healthy lifestyles.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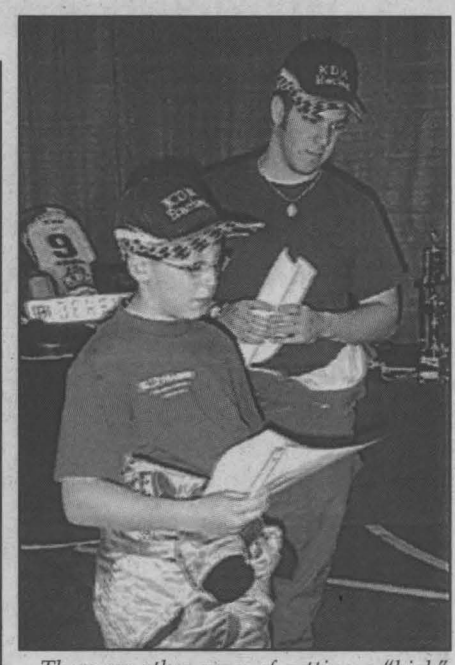

There are other ways of getting a "high" out of life and 11-year-old Derek Michaud tells his peers that his comes from being a champion racing driver. Looking on is Kelly Mark Michaud. Both have won their divisions in competitive racing this past season and they were telling some grade six students there is as much of a "rush" in this without having to resort to something that is dangerous or illegal, or both.

Sharing Successes in Dementia Care



Care providers are getting enthusiastic about dementia care. Staff at Chateau Gardens in Lancaster were among 14 area long-term care facilities to work with the Alzheimer Society on the Enhancing Care Project, and will be well represented at the Fall Conference Wednesday, November 12th, 2003.

Photo submitted by Craig Smith

The Alzheimer Society of Cornwall and District is proud to work with a host of community partners in building strategies for enhanced care of people living with Alzheimer Disease and related dementias. These partners include the general public, community agencies, professionals, volunteers, long-term care facilities, and families.

Continuing on its strategic plan of bringing excellent educational opportunities to the greater community within the five eastern counties, the local Society is pleased to offer its 2003 Fall Conference, Shaping the Future of Dementia Care -Sharing Successes.

"We have seen exciting changes in the level of understanding about Alzheimer Disease in the past five years, and want to see this trend continuing," enthused Society Education Coordinator Craig Smith. "The key note speaker for the conference, Lori Schindel-Martin, will bring excellent ideas from her facility in Hamilton to motivate area care providers about their potential in giving great care."

Another challenge in dementia care is sharing successes, and the conference hopes to address this with a focus on collaboration and communication. "We have convened a panel of colleagues from the five Counties, as well as Ottawa and Kingston to present their success stories as well," added Craig. "We want people to walk out of this conference 'pumped and enthusiastic' about their caregiving role."

The conference will take place Wednesday, November 12th, 2003 at the Ramada Inn in Cornwall.

Annual General Meeting

The Coordinating Committee to End Family Violence (CCEFV) is a group of people from the community who meet regularly to work towards ending violence in the family.

CCEFV is pleased to present Ms. Robin Haley-Gillin, Provincial Coordinator and Ms. Anne Lafortune, Regional Elder Abuse Consultant who will speak on Ontario's Strategy to Combat Elder Abuse at their Annual General Meeting which will be taking place on Wednesday, November 19th, 2003 from noon to 2 p.m. at Glen-Stor-Dun Lodge, 1900 Montreal Road. For further information contact Debbie Fortier at (613) 937-0340 or Sarah Kaplan at (613) 932-3300 extension 4202.


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Santa Claus Parade Traffic Advisory

The Cornwall Community Police Service is requesting the assistance of the public in providing a safe environment for participants in the Santa Claus parade as well as the spectators viewing the parade.

The parade route along Second Street between Anthony Street and York Street will be closed to traffic for the duration of the parade which starts at 5 p.m. on Saturday, November 15th, 2003. "The closure of the street is necessary in order to ensure the safety of adults and children attending and leaving the parade and for the safety of the participants as well," says Traffic Specialist Senior Constable Dan Maillé, adding, "these detours will reduce the interaction between vehicles and pedestrians as well as parade participants, therefore reduce the risk of injuries to all involved in this event."

No parking signs will be put in place along the parade route on Saturday morning. Police will use discretion throughout the morning and afternoon along business areas of Second Street, however a zero tolerance tag and tow policy will be strictly enforced along the parade route, between 4 p.m. and 5 p.m. prior to the start of the parade.

This is done to provide the floats, bands and performers the entire width of the street in order that they may give you an unrestricted demonstration of their entry. Better viewing for all spectators with no vehicles obstructing the line of sight and most importantly, ensuring that no children will be darting out from between parked cars to view the clowns and motorized floats.

In order to ensure that all emergency services have access to the area south of the parade route, the following areas have been designated as "Emergency Access Routes:"

- Second Street East from the exit of the Cornwall Fire Service "East End Fire Hall" traveling eastbound in the eastbound lanes.
- Danis Avenue southbound from Second Street East.
- Glengarry Boulevard at the intersection of Second Street East.
- St-Felix Street at the intersection of Second Street East.
- McConnell Avenue at the intersection of Second Street East.
- Marlborough Street at the intersection of Second Street East.
- Cumberland Street at the intersection of Second Street East.

Pedestrians and vehicles will not be permitted to stand or block the roadway at these intersections.

We thank you for your cooperation in making the event a safe and enjoyable parade for all involved.

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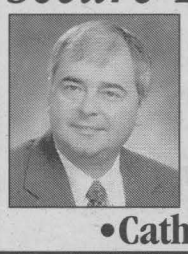

VOTE ✓

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•Catholic School Trustee•

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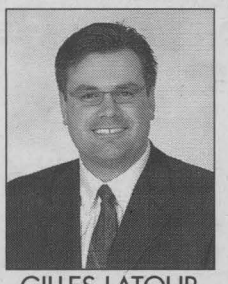

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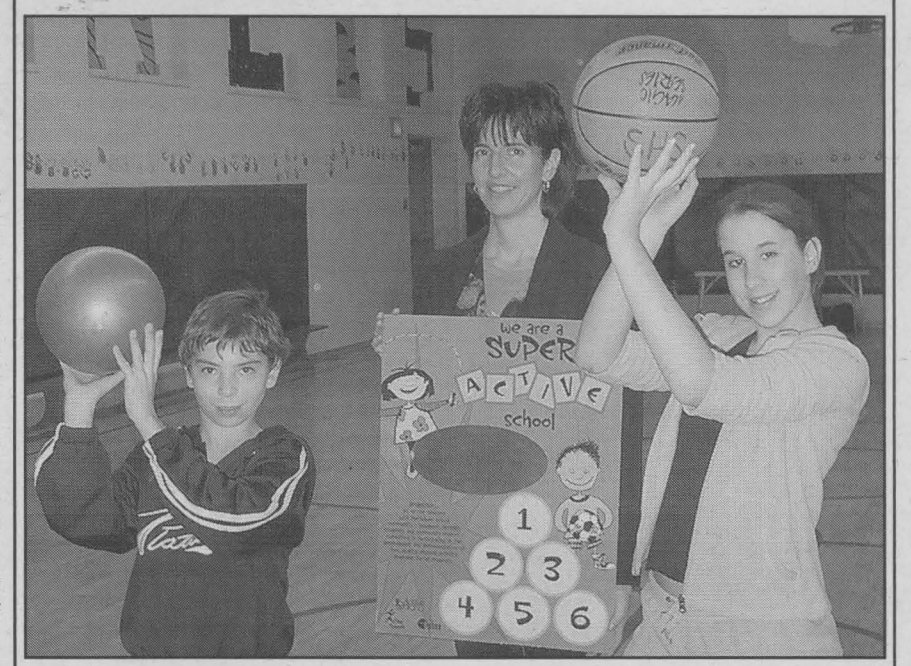

Thanks to organizer, Frances Spagnolo, a grade seven teacher at Sacred Heart Catholic School in Cornwall, and to 390 active students, the school has been named the September winner of the Wintergreen Treasure Bag, signifying a dedication to an active, healthy school community in the Active Schools Program. According to a handout, "Active Schools encourage the integration of regular physical activity throughout the whole day in the classroom (regardless of subject), in the schoolyard, at lunch and during recess." According to Spagnolo, it was a team effort of dedicated physical activity from the students that earned the school the award. The Wintergreen Treasure Bag is full of additional play equipment that the students will put to good use in the future. Twelve-year-old Tommy Akins (left) and 12-year-old Shawna Prevost (right) are ready to shoot some "hoops" as school Principal Stephanie Burke (centre) displays the plaque earned by the students for the continuing physical activity to stay healthy.

Photo by John Divinski

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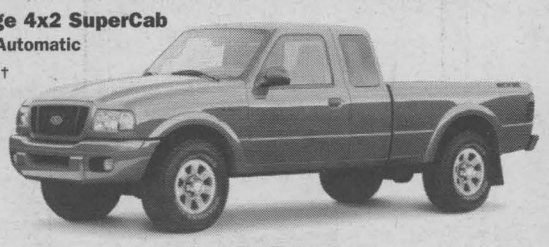

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Normand Lalonde Furniture's renovations are now finished. On Wednesday, October 29th, 2003 Normand Lalonde (front left) and his son Pascal (front row centre) along with their staff celebrated the completion of their renovations with numerous guests being invited to a preview showing of their new showroom. Now they have over 39,000 square feet of showroom to show off their fine lines of furniture, bedroom suites, mattresses, electronics and GE appliances.

Photo by Bill Snelgrove

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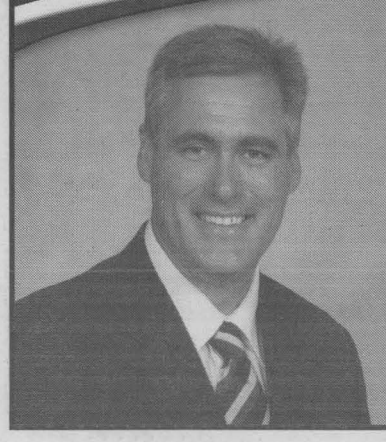

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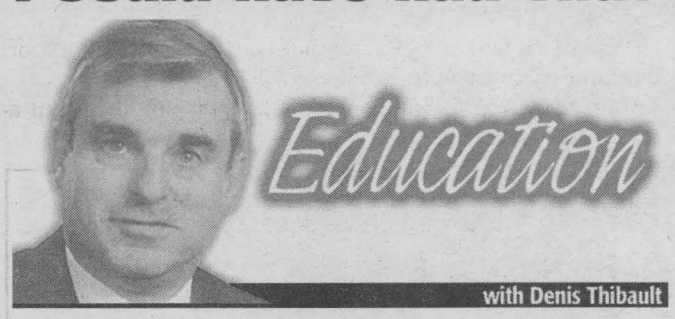

How many of you have applied for a job and been turned down due to lack of experience? Well, experience is available to you. Cooperative education including work experience, job shadowing, and job twinning, offer invaluable opportunities for students, including adult learners. These planned learning experiences in the community may be part of specialized programs such as the Ontario Youth Apprenticeship Program (OYAP) and other school-work transition programs.

Experiential learning can assist all students, including exceptional students, who are bound for university, college, apprenticeship, or the workplace, in making career decisions as well as in developing the knowledge, skills, and attitudes that are essential in today's society. All forms of experiential learning are a valuable complement to students' academic experience and preparation for the future. When organized in a sequential fashion that meets career development needs, experiential learning can maximize student growth and should be encouraged.

A COOP education course consists of a classroom and a placement component. Through these two components, the cooperative education course prepares the student for successful participation in a work placement; provides sufficient time and various opportunities at the placement to enable the student to apply and further develop the knowledge and skills acquired in the course; and provides opportunities for the student to integrate the learning acquired in school and at the placement.

Cooperative education courses may be planned as single or multiple-credit courses, but the latter is encouraged because it affords sufficient time at the placement for the student to fully achieve the required knowledge and skills.

All students must be given the opportunity to develop to their full potential so that they may participate in society with competence, integrity, and dignity. Cooperative education, work experience, and school-work transition programs, such as OYAP, enable many students to experience a variety of opportunities and learn more about themselves and the world of work.

Board and learning-resource staff, teacher-librarians, subject specialists, special education consultants, guidance counselors, teacher-advisers, and the cooperative education teacher usually work together as a team to provide appropriate learning experiences in the community for our students. Special education staff work to ensure that cooperative education teachers know where to find information on meeting the needs of exceptional students.

Whether enrolled in day school or in continuing education, adult learners should be and are encouraged to participate in cooperative education courses and school-work transition programs. Courses offered through cooperative education enable mature students to focus on intensive training programs. Whether the programs include mature students exclusively or a mix of mature and adolescent students, the participation of adult learners in cooperative education can have significant benefits for all involved.

In designing cooperative education experiences or other forms of experiential learning for mature students, teachers do consider the principles of adult learning theory, recognizing that adults tend to be more self-directed than younger students.

Now is the time to get some or more experience so that you won't be turned down again because you lack experience. The opportunities are there for you. Take the first step and talk to your COOP teacher or call any one of our three Adult Alternative and Continuing Education Centres. If you need additional information call us, your Training Board at (613) 932-0210.

Water Purification Plant

Mayor Brian Sylvester announced Wednesday, November 5th, 2003 that funding from the senior levels of government has been confirmed for upgrades to the City of Cornwall's Water Purification Plant, a project worth $6.6 million. The Government of Canada, the Government of Ontario and the City of Cornwall are each contributing $2.2 million towards this undertaking.



SYLVESTER

The funding from the senior levels of government is being provided under the Canada-Ontario Infrastructure Program. The City's financial commitment has been budgeted and presently forms part of the City's reserves.

As a result of the Walkerton incident, municipalities in Ontario have undertaken a review of their 'Certificate of Approval' for operating water purification plants. This review resulted in the City of Cornwall requiring significant upgrades in improvements at the Water Purification Plant in order to meet new regulations.

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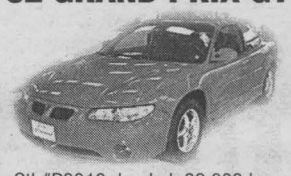
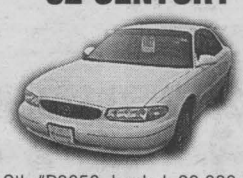


Stk#P3019, loaded, 32,000 kms
$19,900 OR $92/wk.

02 CENTURY



Stk.#P3058, loaded, 29,000 kms
$16,500 OR $76/wk.

02 BONNEVILLE SE



Stk.#P3084, 18,000 kms
$19,900 OR $92/wk.

02 MALIBU



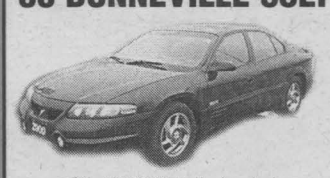
Stk.#P3018, 36,000 kms
$14,900 OR $62/wk.

02 LE SABRE



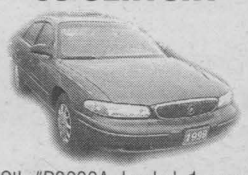
Stk.#P2168, 36,000 kms
$21,600 OR $99/wk.

00 BONNEVILLE SSEI



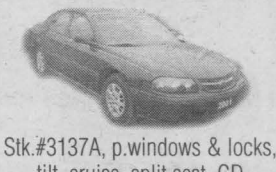
Stk.#P3072, fully loaded
$19,900 OR $92/wk.

99 CENTURY



Stk.#P3030A, loaded, 1 owner
$11,950 OR $55/wk.

01 IMPALA



Stk.#3137A, p.windows & locks, tilt, cruise, split seat, CD
$12,900 OR $59/wk.

01 MALIBU



Stk.#P3088, only 28,000 kms
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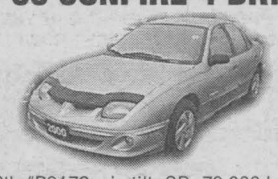
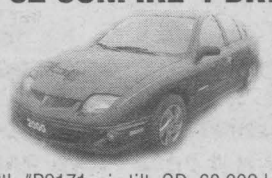


Stk.#P2172, air, tilt, CD, 72,000 kms
$9,450 OR $44/wk.

02 SUNFIRE 4 DR.



Stk.#P2171, air, tilt, CD, 68,000 kms
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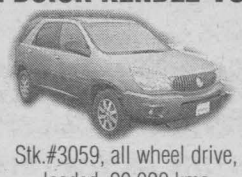

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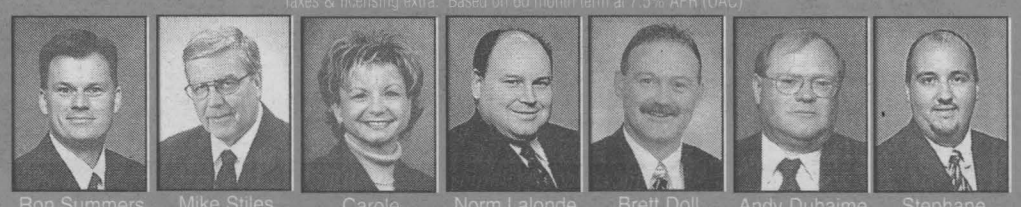

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Lest We Forget

REMEMBRANCE DAY

NOVEMBER 11

In Flanders Fields

John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

In Tribute

By K.J. Boivin

No time for adversity…
We come here
To pay tribute…
On a plateau, on a hillside…
There, where your warrior bones lay…
So, in the sloping vales,
And towering pine shades…
Hear the wind whisper…
"You're so fine". So fine!…
To this tribute paid…
We would, on this day say…
In the quiescent place,
That you grace…

Men Of Valour

by André A. Pettigrew

Lest we forget!
Posthumously we honour our heroes.
They gave up their lives
That we may preserve
Our freedom and liberties…
No sacrifice is bigger
Than to lay your life on the line
For love of country and democracy
For preservation of humanity
And respect and decency…
An eternal debt we owe
To the many resting overseas!
Fifty years ago now it's been!
Every year on November 11th
our thoughts
Are with those sleeping in fields
All over France, Belgium and Holland.
May we never forget
The legions of men and women
Who gave all
So that others may exist…
In the air, on sea and in the trenches
The battle bloody was waged and won!
Pray that our heroes will never be unsung.
Valourous men of all ages
Some not yet age 20…
Who will remind young people of today
And on to victory…
But what a high price to pay
To repel the enemy
In favour of democracy!
We must always keep alive this
page of history!

Army Navy Air Force Convention



Front to back: Getting ready for the quarterly meeting of the Army, Navy and Air Force meeting at Unit 342 in Cornwall are: Provincial Past-President Ron Edison; Vice-President Lou Gallant; Dominion Vice-President Chuck Byron and Unit 342 President Don Lebrun. *Photo by John Divinski*

The Vice-President of the Army, Navy and Air Force Veterans in Canada, Ontario Provincial Command, Lou Gallant, has called on the federal government to make Remembrance Day "a statutory day off like Thanksgiving." According to Gallant, he said the day had much more meaning when he was a child because, they were off of school. He believes "kids remember things like that," and they need all the help they can, getting the general public to remember on Remembrance Day.

Gallant was in Cornwall on Saturday, October 25th, 2003 attending the quarterly meeting of the Army, Navy and Air Force Association. Some 130 delegates from across the province were in town for the event, which took place at the local unit at the corner of Water and Marlborough Streets. Unit 342 President Don Lebrun said he was pleased with the turnout and the economic benefits it brought to the city during the three-day event which ended on Saturday, October 25th, 2003.

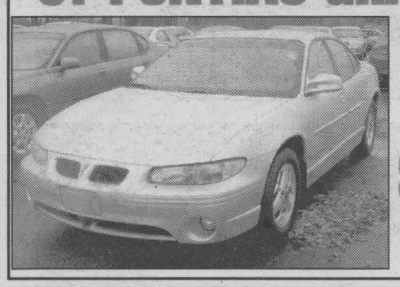
TRADES, TRADES & MORE TRADES

OFF MAKE SALE

we need to clean up the lot from our recent trades

OFF MAKE SALE

01 PONTIAC GRAND PRIX



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brown, 6 cyl, auto, air, power pkg., 36,200 kms
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01 FORD F-150



red, 8 cyl., auto, air, power pkg., 48,098 kms
stk# N04017A

$22,900*

2000 CHEVROLET CAVALIER Z-24, (C03014) silver, 4 cyl., 4 spd., air, cruise, tilt, cassette, CD, 61,807 kms

2000 PONTIAC SUNFIRE GT, (C03015) red, 4 cyl, auto, air, cruise, tilt, CD, slider, power pkg., 51,403 kms

1999 PONTIAC GRAND AM, ~~SOLD~~ pkg, 57,107 kms

1999 CHEVROLET CAVALIER, ~~SOLD~~ ks, cass., 62,292 kms

1998 FORD F-150, (N03143A) ~~black~~ ~~SOLD~~

1998 LINCOLN CARTIER, (N03285A) red, 8 cyl., auto, air, power pkg., loaded, 76,000 kms

1997 MERCURY SABLE GS, (C07011B) blue, 6 cyl., auto, air, power pkg, 132,565 kms

1997 HONDA CIVIC, (N03190A) silver, 4 cyl., auto, air, power pkg, 107,500 kms

1996 FORD CROWN VICTORIA, (C02009A) green, 8 cyl., auto, air, power pkg., 141,522 kms

2002 CHEVROLET S10 EXTREME, (N03308A) "Show Truck", 29,500 kms

2001 ESCAPE XLT, 6 cyl., auto, fully loaded, 4 wd, 34,000 kms

2000 ODYSSEY EX, (C09005A) fully loaded, power sliding doors

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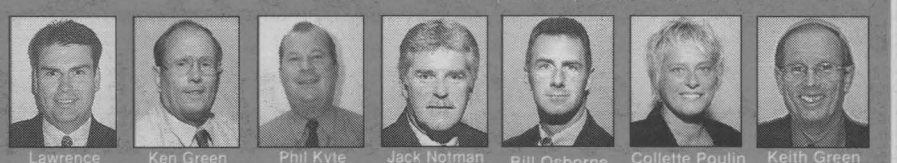

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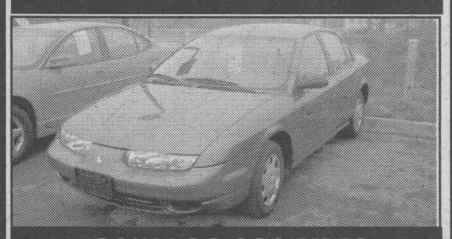

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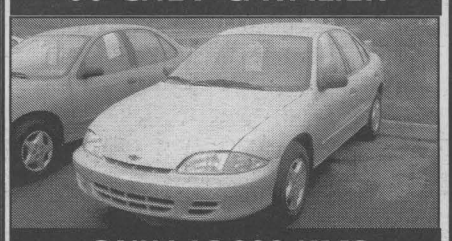

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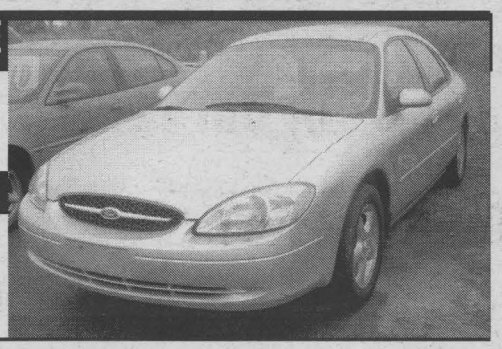

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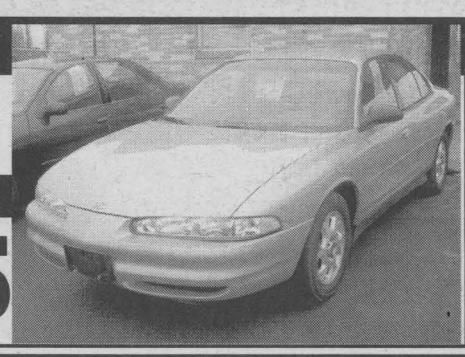

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									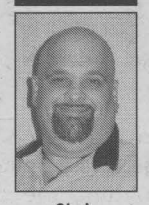				
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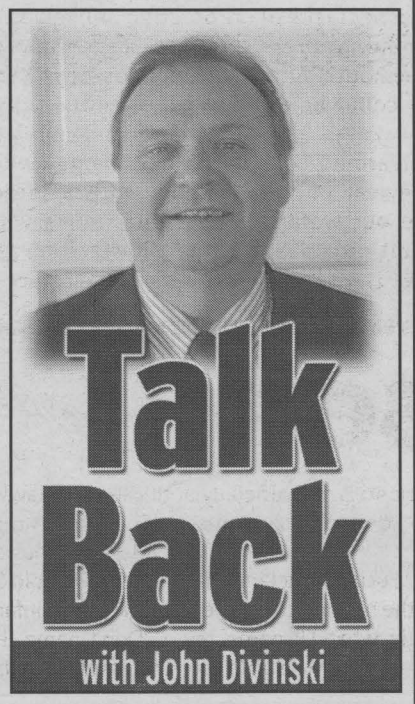
Catching Up



I don't care what anyone says, that construction site at Water and Amelia Streets has never been "signed" correctly since the beginning of the project as far as I'm concerned. I'm sure the contractor has met requirements and indeed the Ministry of Labour backs them up. But it seems to me, there should have been some flashing lights with more significant barriers than there were. To me, the area was an accident waiting to happen. Indeed, the site became the scene of a terrible accident that resulted in the deaths of two of the four occupants in a car that nose-dived into a gaping cavern at the site.

****

The teenager in North Dundas who pleaded guilty to several charges, including killing a horse with a point blank shotgun blast and a couple of weapons charges, finds out on Monday, December 22nd, 2003 whether or not he should go to jail. He was 17 when he shot the Belgian horse and then helped cut off the horse's testicles some two years ago, but his case reached the "pleading guilty" stage only last month. So the unidentified teen (you know, that Youth Criminal Justice Act protection) finds out on Monday, December 22nd, 2003 if he goes to jail. Is there a reason he shouldn't? In jail, by the way, the Youth Criminal Justice Act doesn't mean diddly.

****

To the rest of the province, get ready for a culture shock. Once the Liberal government rescinds the artificial price freeze on hydro energy costs, you're going to be playing a nasty game of "catch-up." We never enjoyed the price cap and I'm glad we didn't. We all survived and we won't have to be part of the provincial thump between the eyes.

****

As I said a couple of columns ago, the Liberals found that nasty deficit lurking in the provincial books and now some of those election promises are going on the back burner. You see, they didn't realize there would be such a huge bill. So they feel comfortable saying what got us elected is temporarily cancelled and it's the Tories' fault. Same song, different day.

****

It was refreshing to see planners and city councillors agreeing recently that the plans for the Aquatic Centre have to be downsized but not at the expense of the amenities it provides. It's the same scenario that, I've been told, created the questionable amenities in the Ed Lumley Arena. It's nice to see that everyone is aware of the hidden problems. Now let's hope they can deliver. To those that are crying that reducing the lanes to six from eight will eliminate some major competitions taking place here, get over it. For the number of times we would land such a competition, the cost isn't worth it. Six lanes will be fine, thank you very much. Everyone that will be using the facility has said so. Time to move on.

****

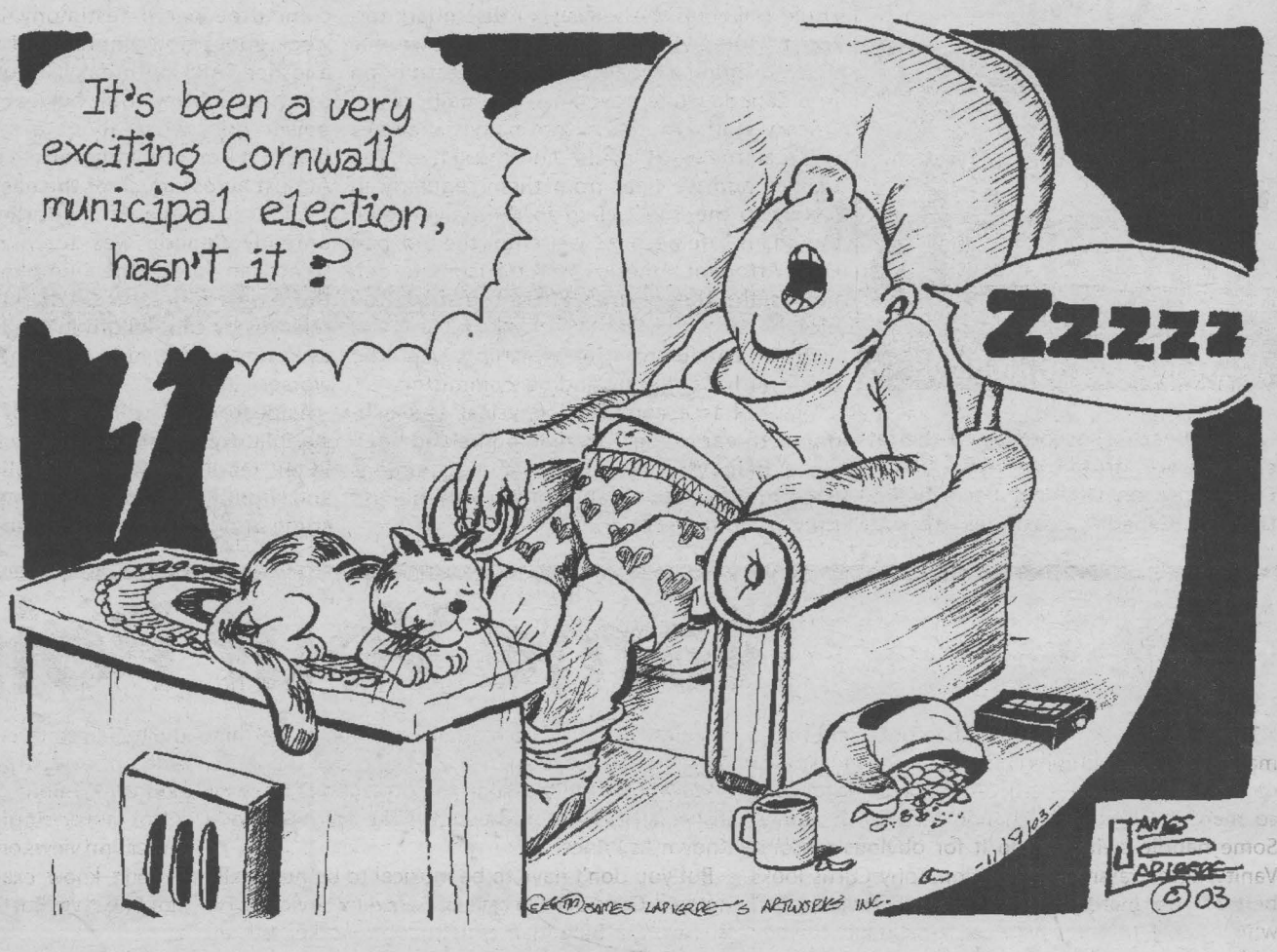
Well, here we go again. Monday, November 10th, 2003 is municipal election day across the province. What bugs me is that, if history holds true, the minority will do the voting and the majority won't get off their fat kazoos to make a difference. I hope I'm wrong but chances are, I'm not. In 2000, just over 42 percent of the 35,653 voters made an effort to vote which is the lowest turnout since 1962, which is as far back as my figures go. So, 15,286 voters made the decision for over 35,600 people in 2000. Hopeless. Nevertheless, I'll keep trying. Get out and cast a ballot next Monday, November 10th, 2003. Keep this in mind, when it comes to city council in Cornwall, you can vote for 10 candidates, but you don't have to. If you are not comfortable voting for 10, then vote for those that you think will do the job. If there is only one candidate out of 23 that you want to see on council, then vote for that candidate only. If you feel obliged to vote for nine others, you negate the one sincere vote that you did cast. You should be able to walk away from the polling booth, satisfied that you have cast ballots for those you truly believe will do the job. All the others can go fly a kite.

****

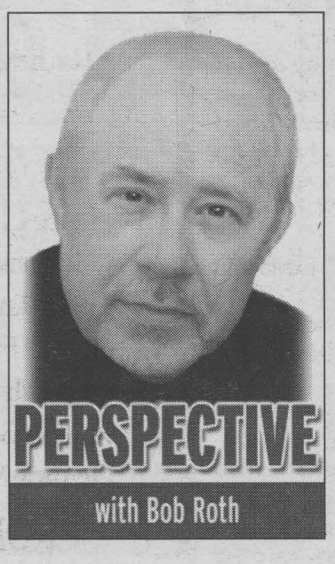
By the way, the highest voter turnout, according to my stats, occurred in 1962 when over 62 percent cast ballots. Eligible voters then were 22,885.

****

I'm John Divinski.



November 10th And 11th, 2003: Two Big Days For Democracy



It is fitting that Municipal Election Day and Remembrance Day are back-to-back this year.

As a former municipal councillor in Charlottenburgh Township and a reservist with the Royal Canadian Regiment, both dates have particular meaning to me.

Although my military service was short, a long time ago and entirely during peacetime, I've spoken to many veterans who know the horror of war and just what was sacrificed to enable us the privilege of voting at all. It is, to put it bluntly, shameful that less than 50 percent of Ontario's eligible voters (based on previous statistics) will vote in Monday's (November 10th, 2003) municipal election.

We have no idea of what some of the old-timers had to endure during World War II for example. Men went over to Europe and stayed there for four of five years. There was none of this one-year tour of duty stuff we see today. Soldiers in those days didn't get a chance to go on television to complain about their living conditions, as the Americans in Iraq do with some regularity now, courtesy of CNN.

In some countries, people are still dying for the right to vote. Meanwhile, all we seem to care about in North America is making sure we get an eight-speaker Dolby sound system with our new $45,000 SUV. No wonder North Americans are held in such contempt by other cultures. We are truly a greedy, self-centred, spoiled lot, who take our democratic institutions for granted.

For those of you good folks who will vote, good luck on picking candidates. It's always a tough job. Personally, I look for several qualities. First of all, does the person bring any qualifications? Does he or she have some municipal experience (or school board experience if running for trustee). Experience is always an asset. But it is important not to overrate municipal/school board experience either. I would rather have an honest person representing me than an experienced one - any day of the week. So I try, as best as is possible, to look at the sincerity factor. Which candidates are dealing with issues? Do they have some creative thoughts on the issues? Or are they merely calling for change for the sake of change - as if their smiling faces at the council table are all that is needed to set the world right. We all have an ego (and you do need a decent-sized one to put up with the slings and arrows of outrageous politics), but when ego is the only reason for running - watch out!

Alternatively, if the person does not have municipal/school board experience, does he or she have sound, appropriate experience in other fields - business, teaching, other professions, etc.? If they are in business, have they done well? If they can't handle their own money well, chances are they'll be even more reckless with yours (i.e. tax dollars).

And, don't dismiss the "blue-collar" candidates either. There are a lot of guys and gals "working the line" who have some pretty good common sense and are decent, honest folks. They deserve your consideration.

Frankly, I like to see a mix of experience with new blood on councils and school boards - but it's not always easy to get that mix.

Good luck to all.

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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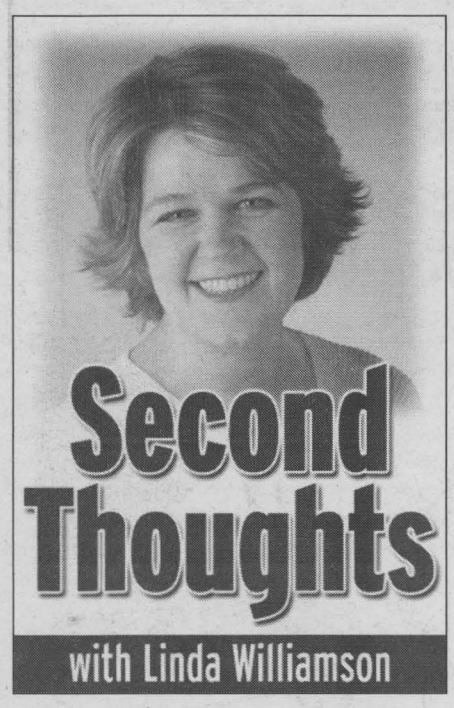
Scary Stuff - Terrorism Here, In Nice Canada? Wait For It, Says Senate Report



Senator Colin Kenny dropped by the Sun on Halloween last week and gave me a good scare. You should be scared too.

Why? Because, according to the latest report from Kenny's Senate Committee on National Security and Defence, Canada's coastlines are wide open to terrorist attack.

Our Coast Guard is apparently misnamed. It's not guarding the coasts. Neither is the navy or the RCMP. All three are so overworked and ill-equipped, the monstrous task of defending our coastlines has become all trick and no treat.

They're only "pretending to defend" our coasts and waterways, the report says - and that includes the Great Lakes and St. Lawrence Seaway.

"A wide variety of threats could come from these high-traffic areas," says the senators' report. "For example, a vessel carrying a bomb could travel up the seaway, or disembark terrorists somewhere along the St. Lawrence River, or bring a weapon of mass destruction into Canada while travelling up a major river."

Scary stuff. Trouble is, too many Canadians will read the word "could" and shrug it off. Too many - and we hear from them regularly in letters to the Sun - cling to the naive belief Canada is safe because we're not the big, bad USA. Arrogant America is terrorism's target, not us, the theory goes. We're too small, too nice.

Those Canadians "are whistling past the graveyard," say Kenny and his committee.

"Never has a combined physical and economic threat to the Canadian homeland been more palpable, but rarely have Canadians been more sanguine about their well-being," they say in their report.

And if their findings (on top of two years' worth of similar evidence, including massive loopholes in our air security, few of which have been fixed) aren't enough, just look at current events. An El Al jet from Israel - and Toronto's Pearson Airport, where it was slated to land - were the subject of an al-Qaida terrorist threat just two weeks ago. Thanks to an Israeli intelligence tip, the jet was rerouted. That's too close for comfort for me.

Besides, al-Qaida isn't all there is to worry about.

If bio-terror threats are too exotic for you, how about SARS? Or mad cow disease? (The committee heard testimony in Toronto last week about how unprepared we still are for another SARS outbreak.) If you can't fathom terrorists hitting our nuclear plants or our power grid, what about a sudden massive blackout for other reasons - as we had last August across much of the eastern seaboard?

All those events underlined just how unready Canada was for a national crisis. (Who can forget the bumbling spectacle of the Prime Minister's Office issuing press releases by candlelight in the blackout?) And, as Kenny warns, next time they could be far worse.

Aside from its strong calls for an armed, constabulatory coast guard, the revival of the RCMP marine unit (all to police our waters) and a public inquiry into rampant organized crime at our ports, the committee is also calling on PM-to-be Paul Martin to establish a permanent national security infrastructure. This would include a secure operations centre where the PM, cabinet and top government agencies could meet in a crisis to keep the country functioning.

As with so many other things the committee has uncovered, the most surprising thing about this recommendation is that the feds don't already have something like it.

"Our current approach epitomizes the muddle-through, ad-hoc response to crises in which Canadians almost seem to take an inordinate pride," the report says.

While Kenny, a Liberal, believes progress has been made since 9/11, there's still a frighteningly long to-do list ahead. Sure, it will cost money - to replace rusted-out ships, among other things - but what's really needed is that all-too-scarce resource in Liberal Ottawa: political will.

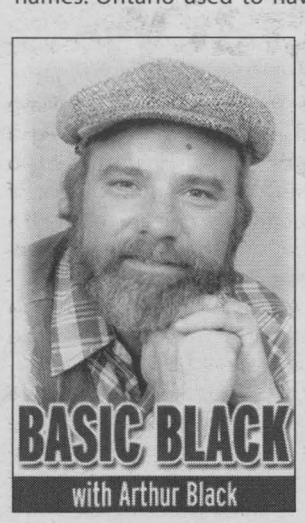
It's not about jingoism or barricading ourselves against the world, it's about sensibly protecting ourselves. At the very least, Paul Martin will see that, won't he?

It depends. Says Kenny: Martin is on record as saying "all the right things" about bolstering national security and defence - but he's also the same guy who systematically slashed them in nearly a decade's worth of budgets.

"The question is, which one will show up as prime minister?" he asks.

Gives me the shivers just thinking about it.

Name Your Poison



The late great Marshall McLuhan once said that a man's name is a numbing blow from which he never recovers. Maybe that's true. And maybe that's why so many folks up and change their birth names. Some handle switchers do it for obvious reasons: Vanity. Embarrassment. Ambition. Tony Curtis looks better on a marquee than Bernie Schwartz. And who's going to line up to see a celluloid cowboy with a moniker like Marion Morrison? Nobody, figured Marion. So he changed his name to John Wayne.

Occasionally, entire metropolises change their names. Ontario used to have a town named Berlin until, in a fit of anti-German patriotism, the citizens re-dubbed it Kitchener. And but for an impassioned plea from the British writer Rudyard Kipling, we would have lost Medicine Hat, Alberta.

"It is a lawful, original, sweat-and-dust-won name," wrote Kipling, "and to change it would be to risk the luck of the city, to disgust and dishearten old-timers - and to advertise abroad the city's lack of faith in itself."

Just as well Kipling's jeremiad carried the day. The citizens of Medicine Hat were thinking of changing the name of the place to Gasburg.

Musicians come up with some truly loopy name changes. Arnold Dorsey was a London lounge singer whose career was going nowhere - until he changed his name to Englebert Humperdinck. Go figure.

And the singer Yusuf Islam can't seem to make up his mind. He calls himself Yusuf now, but his birth name was Stephen Georgiou. Although if you've got any gray in your thatch at all, you'll remember him better as Cat Stevens.

We won't even touch on the pretentious fop who insisted that he be addressed as The Artist Formerly Known As Prince.

But you don't have to be musical to be nominally nutsoid. Consider the case of Zdravkov Levichov. He is - was - a Bulgarian construction worker, but an unhappy one. Until he exchanged the name he was born with for that of an English soccer club. "I've always been a Manchester United fan," he explained to a reporter from the Edinburgh Scotsman, 'and I've wanted to change my name ever since I was a schoolboy. But under communism it was not possible."

Bulgaria became democratic in 1990 and Zdravkov became Manchester United shortly thereafter - but his fight isn't over. The Bulgarian courts have ruled that his new legal name is Manchester Zdravkov Levichov United. Manny says he won't rest until the two middle names are history.

Could be weirder. We could be in Lake City, Florida where God lives. "God" is Charles Haffey - or at least Charles wishes he was. A Columbia Circuit Court judge turned down Haffey's request to change his name to 'God' but they reached a compromise. Now, Charles Haffey is official known as 'I am who I am.'

"My first name, of course, will be 'I am'" explained Mister, er, Who I Am.

Ah, yes. Names can be confusing. And sometimes it comes down to a single letter. Take the case of Luciano Buonocore of Gragnano, Italy.

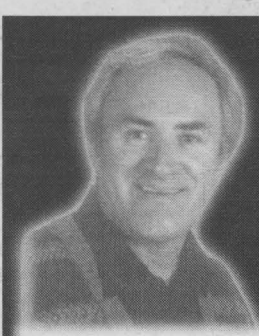
Or maybe it's Luciana.

That's what it says on his birth certificate. A simple spelling mistake in the maternity ward turned into a lifetime of mistaken-sex misery for Luciano. For the next 28 years he was officially classified as a female. He couldn't get a national identity card. He was hassled over his driver's licence. He wasn't allowed to enlist in the army. Now, he's engaged to be married - and he's not sure if he can, because to the Italian state, Luciano is still officially a woman and Italy doesn't recognize same-sex unions.

Not surprisingly, Luciano/Luciana has rather firm views on the naming of children. "I don't know exactly what I'll name my kids," he says. "But I'll sure take the birth certificates to a lawyer."

The famous movie mogul Sam Goldwyn had strong views about names, too. When an assistant told Sam he was going to name his newborn infant Arthur, Sam exploded.

"Don't name the kid Arthur! Every Tom, Dick and Harry is named Arthur!"



Canadian Trivia

with Yvan Brunet

Match the names of the following famous Canadian ladies with their profession and/or accomplishments.
Write your choice of letters A-G inside [ ].

FAMOUS CANADIAN LADIES

1. [ ] **Josée Chouinard** (Rosemont/Québec)
2. [ ] **Margaret Laurence** (Neepawa/Manitoba)
3. [ ] **Jann Arden** (Calgary/Alberta)
4. [ ] **Linda Evangelista** (St. Catharines/Ontario)
5. [ ] **Lois Maxwell** (Kitchener/Ontario)
6. [ ] **Liona Boyd** (England moved to Toronto/Ontario)
7. [ ] **Jeanne Sauve** (Prud'homme/Saskatchewan)

PROFESSIONS/ACCOMPLISHMENTS

A. Politician/writer/Governor General of Canada 1984-1989.

B. Super model: Clairol, Vogue, Ralph Lauren ...

C. Canadian figure skating champion.

D. Classical guitarist.

E. Recording artist: Insensitive, I Would Die For You, Living Under June ...

F. Author: The Diviners, The Fire-Dwellers, The Olden Days Coat, Jason's Quest ...

G. Movie actress: Dr. No, A View To A Kill, From Russia With Love, Moonraker ...

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

Score on 7: [ ]

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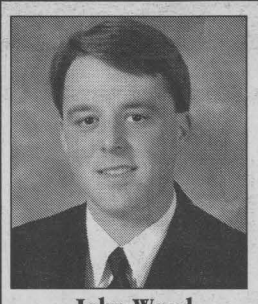
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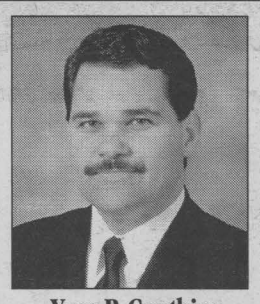
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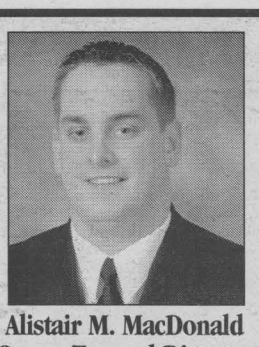
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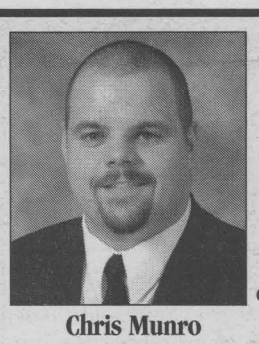
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letters TO THE editor

Correction Necessary

Dear Editor,

May I have this opportunity to correct a misunderstanding I caused by writing."It (Deuteronomy) was an improvement over the old law". Then in his article (Friday, October 24th, 2003), Bob Roth talked about the old law and the new law. God never gave Moses an old law and then new law, but only one (Genesis to Deuteronomy). So only the law concerning the master or soldier marrying was allowed and being betrothed or engaged a month before marriage: God would never allow a sin of rape. He forbids it in Deuteronomy 22:25, 28.

By the old law, I meant the law of Egypt under which Moses was raised for 40 years and which 71 Israelites who went to Egypt offering themselves as slaves knew. (Genesis 47:18,19); to keep from starving. Over the next 400 years they grew and multiplied greatly to 250,000 families. But under the last unfriendly, cruel Pharaoh, they suffered much so began to cry out to their Jehovah God, who sent Moses to deliver them. They needed their own laws now which God gave to Moses for them.

These laws lasted until Jesus was crucified, atoning for all their sins and ours, if we turn to Him, like the Good Thief on the cross, admit we are sinners (all are) and ask Him to forgive us, and ask Him to save us, and be Lord (ruler and guide) of our life, and then read and learn about Him in the Bible. We are no longer under the curse of Moses' law (Galatians 3:13). By accepting Jesus, whosoever, anyone, can have peace and hope, in these perilous times.

Imelda Wheeler, St. Andrews

To The Thanksgiving Thieves

Dear Editor,

To the people who broke into my home sometime on Thanksgiving weekend, October 12th, 2003, not only did you break my door - glass and frame - and stole goods worth hundreds of dollars, you also stole documents containing personal data in a secure place.

As a senior, it is very frustrating and tiring, going around reporting these losses. I pity this generation, damaging, breaking, stealing, with no respect for others. Did parents ever tell their children wrong from right?

For your information, I quote; Paul to Romans 12-13, "You shall not covet your neighbour's household, do not steal, do not covet. Whatever other commandment there is, may be summarized in one word, that is, love your neighbour as yourself. It is mine to punish; I will pay them back, says the Lord."

Thank you for letting me say it as it is.

A.G. Archambault, Cornwall

Chamber Says, Choose Best Candidates Then Vote!

Dear Editor,

Next Monday, November 10th, 2003, Cornwall will elect a Mayor and Council. These 11 individuals will have the task of managing the community's tax dollars, safeguarding its infrastructure and planning for growth over the next three years. It is a serious responsibility and it is vital that all Cornwall voters exercise their right.

The Cornwall and Area Chamber of Commerce asks, do you know which ones can do the job? With 23 candidates for Council and three seeking the Mayor's job, it will be a difficult task for many of our citizens to choose the right ones. Nine of the current Councillors are seeking re-election and voters should review their performance. Some of the items that should be explored include:

Availability: It is important that your Council members be available when you need them. Voters want to know that they can contact a given Councillor at any time during the week if an issue needs to be brought forward. Public Accessibility is a key to an effective Council.

Attendance: Council attendance in front of the television cameras is generally good. But, what about the 'closed' Council meetings when important and sensitive issues are discussed? Attendance reports, available at City Hall (and reported in the Freeholder) indicate high absenteeism on the part of some Councillors. If Councillors are not there, how can they truly represent you?

Committees: All Councillors are assigned to various committees (a list is available from the Clerk's office at City Hall). Dedicated Councillors live up to those commitments. However, a number of Councillors have been removed from committees because they just didn't show up. This does the voters a disservice.

Aramark: Many members of the current Council approved the contract with Aramark. That contract has cost the taxpayers thousands of dollars. Voters should also know that requests to acquire information were made under the Freedom of Information Act. The requests, which were specific to both the contract and the audit report with respect to the operations, prepared by auditors retained by the City, were denied. The Chamber and other parties are appealing the denial.

Taxes: There are a number of issues facing the incoming Council that will impact on taxes. Candidates should be questioned on such items as health care, the aquatic centre, the curling club, and the museum. The City continues to invest in new infrastructure and yet, there is little or no growth in the assessment base. Candidates should be questioned on how they would increase that base before committing the City to additional infrastructure.

What about first time candidates? Voters must determine what promises have been made and whether or not these promises are realistic ones or, empty words stated merely to help win the election. The Chamber urges voters to challenge these would be Councillors. Find out whether they are up to the task.

With respect to the Mayoralty race, the same things apply as they do for Council. Look at the track record and ask questions of each candidate. Once you have informed yourself, then you can make the best decision. Remember, whomever you elect will be spending our tax dollars for the next three years.

The Chamber of Commerce has posted the platform of each of the 23 Council candidates and the three for Mayor on its web site. Voters are encouraged to visit the site at www.cornwallchamber.com and find out what each candidate is promising. By doing so and by reviewing the current Council's track record, Cornwall's taxpayers will be able to make the best possible decision in the voting booth. Remember, you do not need to cast a vote for all 10 seats. Select only those candidates you believe will effectively represent you.

Monday, November 10th, 2003 is but a few days away. The Cornwall and Area Chamber of Commerce urges every eligible voter to vote. Let your vote count and let's put the right people into the job. Cornwall's growth and prosperity depends on it.

Peter Gault, President
Cornwall Chamber of Commerce

The Traditional Meaning Of Marriage

Dear Editor,

Citizens of Cornwall, we have a municipal election coming soon - Monday, November 10th, 2003. All the candidates are telling us why they think they are worthy of election.

Some weeks ago, Pastor Rick Hiemstra led a delegation to speak to the Mayor and council to defend the traditional meaning of marriage. Those who attended the council meeting and who watched on television found out how the members felt about same sex marriage. Some were for, some against and some "sat on the fence."

I personally will not vote for those who want to change the meaning of marriage as the union of one man and one woman.

Mary Sproul, Cornwall

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LOCAL

A Proud Moment For Alzheimer Clients



Bob Racicot (left) and Chris Herzig (right) pose with Alzheimer Society Day Program Coordinator Jeanne Poirier Theoret as they draw the winning name. With their enthusiasm, future draws for beautiful handcrafted items looks like a certainty. Over $450 was raised through this initiative.

Submitted by Craig Smith

Two gentlemen from the Embrun area are pretty proud of the help that they have provided to the local Alzheimer Society. Bob Racicot and Chris Herzig, both accomplished carpenters and handymen who also happen to live with Alzheimer Disease, created a beautiful cat exercise house that they donated to the Society. "They created the cat house as part of the meaningful activities that they enjoy at our Adult Day Program in Forest Park," explained Society Education Coordinator Craig Smith. "We offer day away programming in Ingleside, Forest Park, Maxville, and Hawkesbury, answering the areas of highest need of families living with Alzheimer Disease or related dementias. Chris and Bob have truly enjoyed their experience, reveling in the laughter and support of our program."

The local Society decided to support the industrious clients' effort by turning the donation into a raffle, with the ultimate aim being to donate the proceeds back into the Day Support Program, to provide seed money for future projects. Working with area pet stores, pet groomers and pet food suppliers, the Society managed to target cat lovers with their initiative. "Response was overwhelming! We got wonderful support from area businesses, and would like to thank Wags to Riches, Tender Loving Dogs, Pet Valu, Aqua Zoo, AJ's Fin and Fur, The Pet Store (Cornwall Square) and Pokey's Place in the Morrisburg Mall for their excellent and much appreciated support."

Response from the public was also enthusiastic, with over 450 tickets purchased for the draw. The winner, Leona Pilon, from the Williamstown area, was thrilled to win. "I have two beautiful cats, and a big house to put it in...I couldn't be happier," she enthused.

"It's exciting to see the project come full circle like this," offered Craig. "The reason we created the project in the first place was to show our clients that they are still capable of creating beautiful things, regardless of their diagnosis. But to see it turn into a positive outcome like this is truly rewarding. In fact, the success of this first raffle has both gentleman buzzing about future projects...stay tuned!



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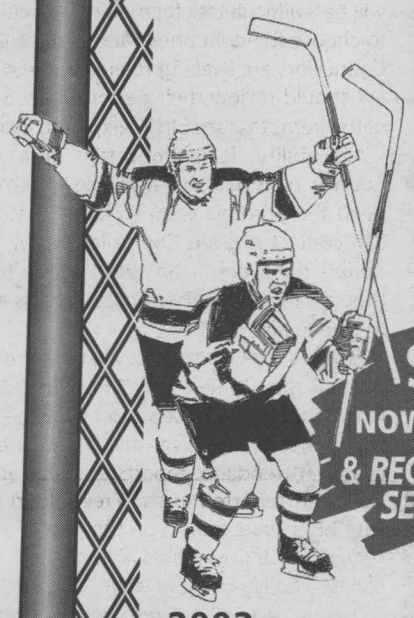

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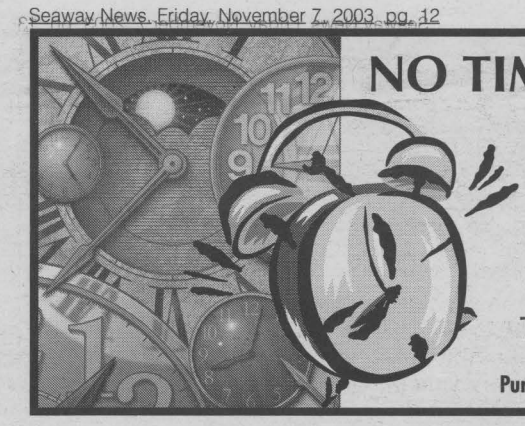

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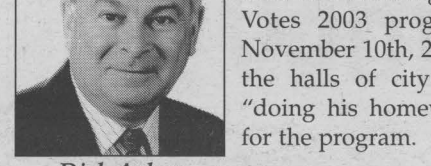

Seaway News publisher **Dick Aubry,** who is co-hosting Cogeco's Municipal Votes 2003 program Monday night, November 10th, 2003 was seen roaming the halls of city hall this past week "doing his homework" as he prepares for the program.

Dick Aubry

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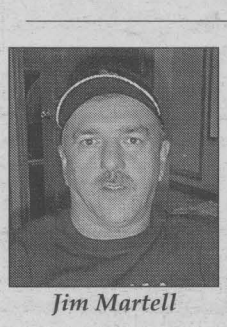


Jim Martell

Jim Martell of Cornwall, playing for the Pride of Canada softball team at the Australian Master Games, reports the team has jelled well and as a result, is playing well. As of press time, the Canadian team has six wins and one loss, good for second place in the six-team loop. The games come to an end Sunday, November 9th, 2003. Martell and his team have two games remaining, including one against the top club which will have been played by time you read this. You can log on to www.amg2003.com for the latest updates.

Don't forget, on **Tuesday, November 11th, 2003,** let us all **pause for a moment of silence** at 11 a.m. "We must remember our fallen comrades."

Jake Lamoureux, Chairman of the Service Club Council Santa Claus parade tells us that they received $12,500 from sponsors for the parade. **Gerry Grant,** that tireless worker for good causes, recruited 25 people to be sponsors of the parade.

Pet Tip of the Week: Looking after our "best friends" - Please report animal cruelty to your local humane society or to the police. Take animal cruelty seriously; it is not only a crime in itself, but may be an indication of other violence - past, present and future.

A note to all aggressive drivers out there...leave 10 minutes earlier so you don't have to rush around like a crazy fool and hug my bumper!

If you're surfing the internet make sure you log onto www.cornwallseawaynews.com. See your favourite pictures in digital colour.

Ron's Discount Quilt Shop

LIQUIDATION PRICES - EVERYDAY

50-70% off

all craft items including Christmas supplies

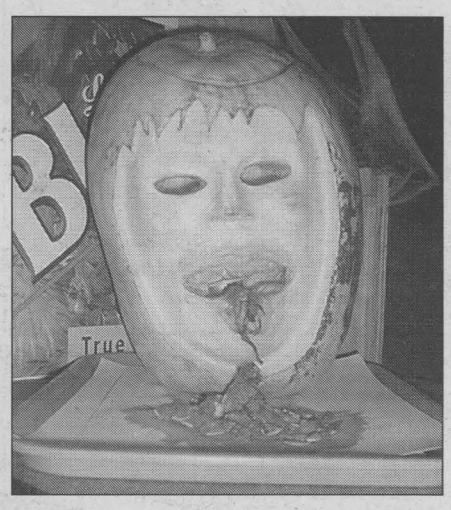
50% off all fabrics

Largest selection in Eastern Ontario

nov7034

Located with AZ Bridal & Denise Fashions

314 Ninth St. W. 933-6485



Scary Pumpkin!

This frightful looking pumpkin was on display at Rosie Magoo's recently. It's not known if Kim, the artful carver, had a particular patron in mind when she created this Halloween masterpiece.

Submitted photo

Can you imagine working for a company that has a little more than 300 employees and has the following statistics:

- 30 have been accused of spousal abuse;
- 9 have been arrested for fraud;
- 14 have been accused of writing bad cheques;
- 95 have directly or indirectly bankrupted at least two businesses;
- 4 have done time for assault;
- 55 cannot get a credit card due to bad credit;
- 12 have been arrested on drug-related charges;
- 4 have been arrested for shoplifting;
- 16 are currently defendants in lawsuits;
- 62 have been arrested for drunk driving in the last year.

Can you guess which organization this is? It is the 301 MPs in the Canadian Parliament. The same group that cranks out hundreds of new laws designed to keep the rest of us in line. Which one did you vote for?



CONSTRUCTION ZONE SAVINGS

Mike is digging deep to save you $$$

UP TO 50% OFF ALL IN-STORE FRAMED ART

LOGAN'S GALLERY Gift Shop

A Gallery Like No Other

204 2nd St. East 938-3629

NOV07034

Caller has a message for the woman who rescued a black kitten at the **Craft Barn** on Highway 2 only to give the kitten back. If you could not handle taking care of the kitten, you could have brought it back. The ladies at the Craft Barn would have looked after it until the kitten found a good home.

Want to start your Christmas shopping early? Why not check out the **Heritage Valley Christmas Arts and Crafts Show and Sale** being held Friday, November 7th, 2003 from 12 noon to 9 p.m., and Saturday and Sunday, November 8th and 9th, 2003 from 10 a.m. to 5 p.m. at the **Cornwall Civic Complex.**

The fall **Chocolate Mint Girl Guide Cookies** are finally here! These delicious cookies are a perfect treat and at $4 a box, they make an ideal gift for friends, colleagues, teachers, school bus drivers, etc. Contact your local Girl Guides to find out where cookies are being sold. You can also contact Nancy at (613) 936-1864 or Bertha at (613) 933-4576.

Welcome to **Dan Parkinson,** Superintendent of Peel Region Police. He is the new Chief of Cornwall Community Police Services, when **Tony Repa** retires at the end of the year. The new Chief's deal is being worked out right now.



Seaway Pet Corner

"OK, hurry mommy, we're ready now, you can take our picture. Hurry, we can't stay like this forever!" Tasha, a 4 1/2-year-old Shih-Tzu and Tiger, a 3-year-old tabby are owned by Judy Oliver.

Bring in your favourite pet photo along with a small caption and we'll publish it so all our readers can enjoy it too!

Drop in to our office at 329 Second Street West.

DEADLINE IS TUESDAY 5PM

A big **Thank You** goes out to all the businesses and individuals who donated items to the raffle table at **Laidlaws Dart for CHEO** fundraiser. And to all who attended, thank you!

If you're shopping at **Canadian Tire** tomorrow (Saturday, November 8th, 2003) we hope you will spend an extra dollar with your purchases which will go directly to the **United Way of Cornwall and District.** Seaway News columnist **John Divinski** will be greeting shoppers at the door from 10 a.m. to 1 p.m.



Laurie Manzer

The word is **Laurie Manzer** made those yummy desserts that were served after a dress rehearsal of the play "Sailing" at **Aultsville Theatre** recently. If so, then you have to put in an order for the Manzer brownies.

While you're out doing your Christmas shopping, why not start a Christmas box for the animals at the **Cornwall SPCA?** Pick up a few extra cans of pet food or treats when shopping for your special pet. Drop them off at the shelter at 550 Boundary Road. It will help make their Christmas special, too! *"All for the animals."*

Tip of the hat to the gang at **Canpage Communications Ltd.** They were recently given the **2003 Award of Excellence** for their sparkling service record. Operations Manager **Geoffrey Laurin** accepted the award at a convention, on behalf of the local group.

Seaway News wishes our American friends a safe **Veteran's Day,** Tuesday, November 11th, 2003.

Quote of the Week: "When I hear someone sigh, 'Life is hard,' I am always tempted to ask, 'Compared to what?'"

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- *Barnett Rhino Quad - Compound*
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- *Hunters View - Baby Gorila Stands*

24 hr Bait Dispenser

www.fishinghut.ca Open 7:30am - 5pm

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Clayton and **Barb Disotell** send a big thanks to our son **Doug** for taking care of **Rack-Em-Up Billiards** so we could go away for six days to celebrate our 40th anniversary. Also thanks to family and friends for gifts, cards and calls.

Christmas is in the air! The stores are decorated and homes across Cornwall are starting to get into the festive mood.

Ever wonder: what hair colour do they put on the driver's licences of bald men?

Scuttlebutt



Lyn Paquin

The sister of **Blake Paquin** of the **Cornwall Community Police Services** has gotten the acting bug. **Lyn Paquin** is with the **Vagabond** group. No word on whether or not she'll get Blake into acting–at least on stage!

Monday, November 10th, 2003 is municipal election day. If you haven't voted in the advance polls and you're an eligible voter, then make sure you get out to the polls. If you don't know where you're supposed to vote and you need help getting there, call the candidate of your choice. They'll be glad to provide you with information and/or assistance.

Memorial Donation To RCAFA Wing 424



On Tuesday, October 21st, 2003 the RCAFA Wing 424 received a memorial dedication from Alice Grant who offered her husband's medals for their display. Duncan A. Grant was a long time member of the RCAFA and was instrumental in acquiring the current building on Water Street. During WWII, Mr. Grant was a flying officer in the Bomber Command of the RCAF and was awarded the Distinguished Flying Cross. In the photo, Alice Grant awards the memorial to RCAFA Wing 424 President Dwayne Wagar.

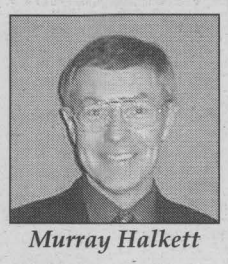
Photo by Chris McPhee



Christine Robertson

Christine Robertson is a phlebotomist. For those that are seeing the word for the first time, a "phlebotomist" is a person who collects blood samples and body fluids from patients for laboratory testing or use. So at the last blood donor clinic at the Civic Complex, the place was crawling with phlebotomists including Christine Robertson, and a great job they did.

Congratulations to the organizers of **Songs From The Heart** held at **Aultsville Theatre** last Saturday, November 1st, 2003. The sold out concert raised $60,000 to be shared by the Cornwall General Hospital, the Hotel Dieu Hospital and the Heart Institute in Ottawa.



Murray Halkett

Congratulations to the Chief Executive Officer of Cornwall General Hospital, and Seaway News columnist **Murray Halkett** on his retirement from the hospital's top post on Sunday, November 9th, 2003. Murray has some travelling and teaching in mind during his retirement as he alluded to several weeks ago in Scuttlebutt. Replacing Halkett is **Andrew Neuner,** who will head up the new Cornwall Community Hospital. Neuner, the subject of the "Focus Cornwall" feature in Seaway News, a few weeks back, begins his duties on Monday, November 10th, 2003.

So we now have a new police chief in waiting. Whatever did happen to the **Deputy Police Chief Ron Laverty** fiasco?

Something to think about come election time: Who was on city council when the **Electric Light Company** was sold?

Experience Makes A Difference!



Fran Guindon

Cornwall TOYOTA

932-1106
353 PITT ST.

SN2

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
RACHELLE & SCOTT
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.

5+35=40

Happy Birthday

Réal



celebrating on November 7th
You're not over the hill yet, you're just starting to get old!
Love you, from your gang!



Happy 13th Birthday

Shelby Munro

celebrating on November 7th
Love Mom, Dad, Brock & Dylan



Happy "Sweet 16"

Kayla Proulx

celebrating on November 7th
Love Mom, Gordie, Jennifer, Grandma & Grandpa X♥X♥



Rachelle Page and Scott Gibeault

are pleased to announce their engagement.
The wedding will take place August 14th, 2004
Further details to come.

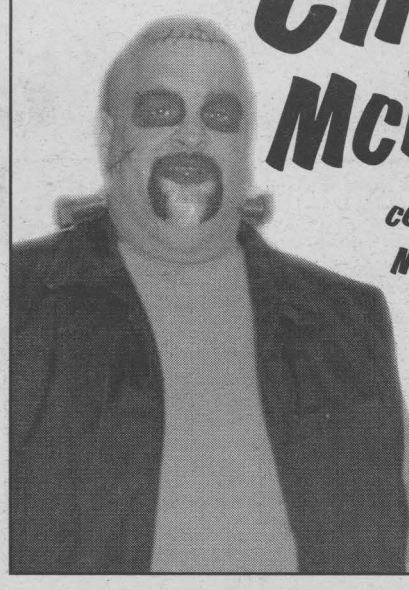
Happy 80th Birthday

Françoise Brunet



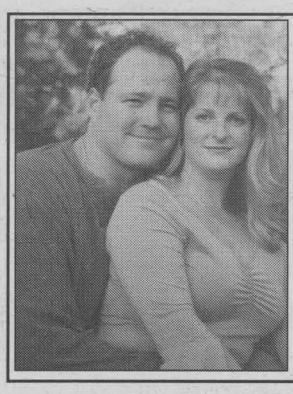
celebrating on November 9th, 2003
Avec beaucoup d'amour
Martin, Denyse, Chris, Marie-Michelle et Jacques
XOXOXOX

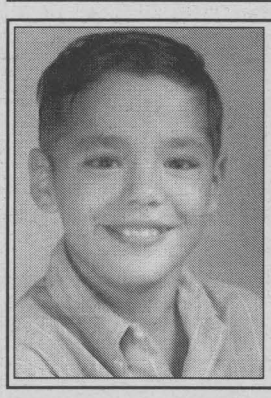
Happy Birthday Chris McPhee



celebrating on November 8th
Love your family & friends!

Wedding Reception
in honour of
Coralee McDougall
daughter of Alice & Loyalle McDougall
& Marc Lalonde
son of Claire & Gaëtan Lalonde
Saturday, November 15th, 2003
8:30 p.m.
Ramada Inn, Cornwall





Pete is 40 & still as cute as ever!

celebrated on November 6th
Love Tracey, Hillary and Liam

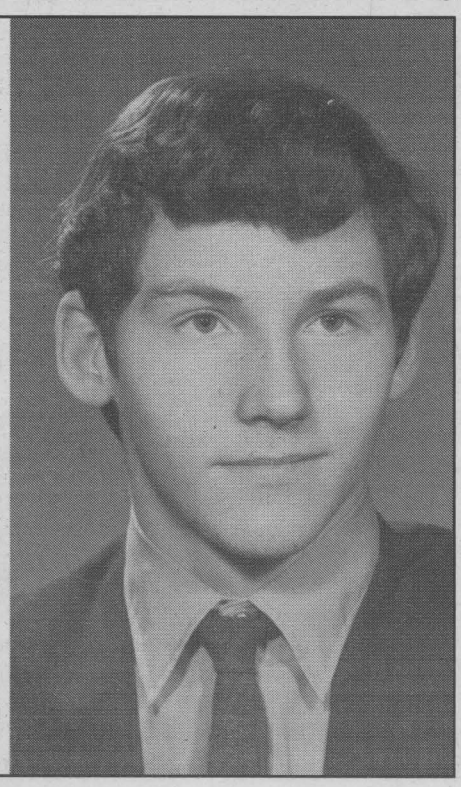
OH NO
SAY IT ISN'T SO!
NOT THE

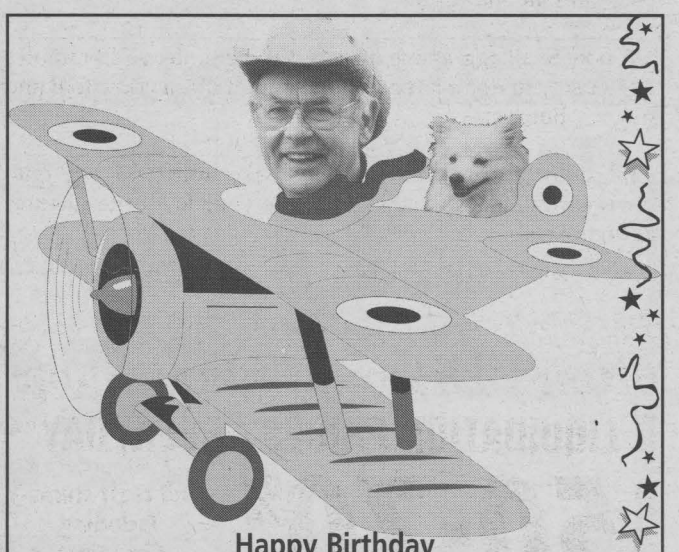
BIG 50

Happy Birthday

John Baird

who celebrated on November 5th
Love Kim, Kevin & Buddy





Happy Birthday

NICK WOLOCHATIUK

celebrating on November 10th - from the gang at SN

Together we will build a better future.

LEMIRE, Jacques X



COUNCILLOR - CONSEILLER

OC3103H

Ground-Breaking For Memorial Garden



Staff and residents of Heritage Manor Retirement Residence on Vincent Massey Drive officially began their Memorial Garden on Thursday, October 30th, 2003. The garden, the brainchild of Gloria Gray, will be located in front of the residence and will feature a walkway, seating areas and perhaps a waterfall. A shrub was planted by Sheila Price and Barbara Alguire in memory of their mother, Antoinette (Toni) Kyer who had resided at the residence. Other shrubs and bushes will also be planted in memory of loved ones. If you're interested in taking part, you can call Gloria Gray at (613) 932-6388; Judy Vanderhoek at (613) 938-8965 or Heritage Manor at (613) 932-4416.

Taking part in the initial ceremony are, left to right: Irene Beauvais; Judy Vanderhoek; Bonita Dupuis; Stella Short; Sheila Price; Pat MacLennan; Rosanne Waldroff, Administrator of Heritage Manor; Gloria Gray; Brenda MacKenzie; Janet Monette; and Vivian Carrion. Missing from photo is Barb Alguire.

Photo by John Divinski

Phil Poirier
Mayor/Maire



- Leadership
- Accountability
  Responsabilité
- A New Vision
  Une Nouvelle Vision
- Full Time Mayor
  Maire à Temps Plein
- A Welcome Change
  Du Nouveau

On November 10th/le 10 novembre
Vote Phil Poirier for Mayor - Vote for Change
Élisez Phil Poirier pour Maire - Votez pour du nouveau

Phil Poirier ☑

Transportation: Tel. - 933-2526 • Campaign Office/bureau: 16, 2nd St. E, Cornwall

nov703H

Red And White "Dress Day"



For the next four Fridays of November, the United Way of Cornwall and District is asking everyone to wear red and white to show your support for the organization. Much like the "Dress-down Day" of the past, businesses are being asked to "charge" their employees a dollar to "dress with red and white." All money will be donated to the United Way and those registering with the United Way could also have their employees highlighted online at www.seawayvalley.com Call the United Way for more details at (613) 932-2051.

United Way personnel are ready for the first Red and White "Dress Day." To date, the United Way has realized almost 50 percent of its $550,000 goal, having raised just over $274,000. Organizers are hoping to end the campaign by Sunday, December 7th, 2003. Left to right: United Way Executive Director Keith Jodoin; executive secretary Elaine Myers; fundraising chair Kevin Wilson; and campaign clerk Claudette Blanchard.

Photo by John Divinski

RIDEAU Carleton Raceway

CORNWALL OFF TRACK BETTING
124 PITT STREET

GRAND OPENING
SATURDAY, NOVEMBER 8, 2003

Festivities start at 7:00 pm
Door Prizes • Free Programs • Free Admittance

Open 7 days and nights a week for simulcast racing from accross North America

NOV7034

UCDSB Principals Leading Provincial Bodies

Two Principals from the Upper Canada District School Board are serving as Presidents of provincial organizations. Brenda King, Principal of the T.R. Leger School of Adult and Continuing Education, is serving as President of the Ontario Association of Adult and Continuing Education Administrators (CESBA). Ted Whiteland, former Principal of Vanier Public School, is serving as President of the Ontario Principals' Council (OPC).

CESBA represents adult and alternative administrators in Ontario from public, Catholic and French school boards. It also has representatives from private sector deliverers and government.

Recently, Principal King and her CESBA colleagues played a pivotal role to encourage the provincial government to retain the granting of equivalencies and maturity credits for adult learners, as part of their diploma process. This is great news for adult learners in the Upper Canada District School Board and their children who are also the beneficiaries of having literate and employable parents. Prior to her appointment, Principal King served for two years on the CESBA executive.

Currently, OPC represents 5,000 practicing school leaders in elementary and secondary schools as well as 500 associate members from within the education community. The Association offers a wide range of services to its members in support of exemplary leadership in public education.

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Bell Model 3120 ExpressVu



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SIGNATURE - Loyal
DRIVING SCHOOL
Everyone Welcome!

Next Course: Nov. 19th, 2003 at 6:00 pm

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- Registered with the Ontario Safety League
- Registered with the Ministry of Transportation of Ontario
- Courses available in English or French
- New courses every month.

Please Register at 932-7447

NOV7033

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10 STRIKING DESIGN 9 PROVEN QUALITY 8 FUN TO DRIVE 7 AWARD-WINNERS 6 GREAT SELECTION
5 SUPERIOR SAFETY 4 LEADING TECHNOLOGY 3 POWER 2 THRILLING PERFORMANCE

2004 NISSAN ALTIMA 2.5S EXTRA
$1,000 IN NO-CHARGE OPTIONS

1 **GREAT VALUE**
2004 LIMITED EDITION ALTIMA 2.5 S EXTRA

$289 per month lease for 48 months with $3,950 down or equivalent trade.*
INCLUDES DESTINATION AND DELIVERY.
M.S.R.P. $25,298



Altima 2.5 S EXTRA adds $1,000 in No-Charge Options: • 16" Alloy Wheels • 8-Way Power Driver's Seat • Dual Illuminated Vanity Mirrors • Steering-Wheel-Mounted Audio Controls • Speed-Sensitive Volume Control • Trip Computer & Outside Temperature Gauge • Anti-Theft System • And More...

Altima 2.5 S comes equipped with these standard options: • 175-HP 2.5-Litre DOHC Engine (V6 available) • Auto On/Off Headlights • Automatic Transmission • Variable Intermittent Wipers • Remote Fuel Lid Release • Cruise Control • Air Conditioning • Power Heated Outside Mirrors • Power Door Locks • Power Windows with Driver's Side Auto Up/Down • Remote Keyless Entry System • 100-Watt CD with AM/FM Audio System (w/6-speakers) • Engine Immobilizer Key System • And Much More...

Ask us about the NISSAN GRAD PROGRAM‡‡

THE NEW 2004 SENTRA



First lease payment on us!

Financing as low as 2.8%†

$198 per month lease for 48 months with $1,599 down or equivalent trade.*
INCLUDES DESTINATION AND DELIVERY.
Low 2.1% lease rate O security deposit

CHOOSE YOUR LEASE PAYMENT	
$0 Down	$233/mth.
$500 Down	$222/mth.
$1,000 Down	$211/mth.

• 126-HP 1.8-Litre DOHC Engine • 15" Wheels • Full Wheel Covers • 8-Way Driver's Seat • Air Conditioning • Dual Remote Outside Mirrors • Remote Truck and Fuel Lid Release • 60/40 Split Folding Rear Bench Seat • Front Disc Brakes • Rack and Pinion Power Steering • 100-Watt CD with AM/FM Audio System • Centre Console Armrest • Child-Proof Rear Door Locks • Front Door Map Pockets • Rear Window Defroster • Low Washer Fluid and Fuel Warning Light • And Much More...

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NEW 2004 PATHFINDER
LIMITED EDITION "CHINOOK"

ONLY AVAILABLE IN CANADA



$392 per month lease for 48 months with $5,150 down or equivalent trade.*
INCLUDES DESTINATION AND DELIVERY.
Low 4.5% lease rate

•Award-Winning 240-HP 3.5-Litre DOHC V6 Engine • 4-Speed Automatic with Overdrive • "All-Mode" 4-Wheel Drive • Power Sliding Glass Sunroof (Auto Open/Close) • "All Terrain" 4-Wheel Anti-Lock Braking • 16" Alloy Wheels • 5,000 lb Towing Capacity • Fender Flares • Bose® Audio System with 6-Disc In-Dash CD Changer • 8-Way Adjustable Driver's Seat • Keyless Remote Entry System with Panic Alarm on Key Fob • Anti-Theft and Immobilizer Key System • "Chinook" Badging, Detailing and Numbered Plaque • Air Conditioning • Electronic Compass & Outside Temperature Display • Remote Rear Liftgate Glass Release • And Much More...



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$377 per month lease for 48 months with $4,949 down or equivalent trade.*
INCLUDES DESTINATION AND DELIVERY.

• Award-Winning 240-HP 3.5-Litre DOHC V6 Engine • 7-Passenger Seating • Longest Wheelbase and Widest-Opening Dual Sliding Doors in its Class‡ • 4-Speed Automatic Transmission • 4-Wheel ABS • Solar Tinted Glass • 8-Way Driver's Seat • Groundbreaking Fold_Away™ 2nd and 3rd Row Bench Seats • 10 Cup Holders • Side Curtain Airbags (all-rows) • 150-Watt CD with AM/FM Audio System • Plenty of Storage and Bag Hooks • Traction Control System • Heated Front Seats • Tire Pressure Monitor System • Trip Computer • Available DVD and Navigation System • Available SkyView™ Roof • And So Much More...



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$449 per month lease for 48 months with $3,699 down or equivalent trade.*
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2003 MODELS ARE GOING QUICKLY – HURRY IN FOR TERRIFIC DEALS!

Visit your local Nissan Dealer or www.nissan.ca for details.
Test drive one of our great vehicles and you will discover your own reasons to get into a new Nissan.

All offers are only on accepted credit, available for a limited time, and may change without notice on new 2004 Altima S Extra {T4VG74 AE00), Sentra 1.8 VOP {C4LG54 BK00), Pathfinder "Chinook" {5CRG74 AE00}, Quest 3.5 S (V6RG74 AA00) and Maxima SE (U4SG54 AA00). Offers cannot be combined with any other offers and include destination and delivery. *48-month lease on all 2004 Altima S Extra/Sentra 1.8/Pathfinder "Chinook"/Quest 3.5 S/Maxima SE 6.7/2.1/4.5/5.9/6.1% ALR. Leases based on a maximum of 96,000 km with excess charged at $0.10/km. ††First payment due 30 days after lease signing on all new and demo 2004 Sentra models. Zero security deposit OAC on 2004 Sentra leases. ‡‡Nissan Graduate Program available on 2004 Sentra models only. See Dealer for details. Dealer may sell/lease for less. Not all vehicles are available at all Dealerships. Licence, insurance, and taxes are extra and must be paid at the time of transaction. **$1,000 in extra value reflects price difference between 2.5 S Convenience model versus 2.5 S Extra model. †2.8% purchase financing available for 36 months on 2004 Sentra. Financing examples: $30,000 at 2.8% per annum for 36 months equals $869.79 per month. COB is $1,312.60 for an obligation total of $31,312.60. ‡MSRP for model shown $49,100 (2004 Quest 3.5 SE {V6SG74 FN00}). ‡Based on comparison of 2004 Nissan Quest with 2003 FWD minivans. Vehicles not exactly as shown and used for illustration purposes only. Nissan, the Nissan Brand Symbol, "SHIFT_" tagline and the Nissan model names are Nissan trademarks. See your Nissan Dealership or www.nissan.ca for more information.

NISSAN
SHIFT_

General Vanier Intermediate School Shows Generosity



General Vanier Intermediate School's Halloween Dance took place on Friday, October 24th, 2003. As an incentive to save $1 off the ticket price, students were encouraged to bring canned food items to donate to the Agapè Centre. Pictured above, students from the Student Leadership Team, under the direction of Ms. Stephanie Smith and Mr. Ian Covell, donate all collected food items to Jeannine Weilinga, a volunteer at the Agapè Centre.

Photo submitted by Stephanie Smith

SD&G OPP Assist With Jail-n-Bail Fundraiser For Cancer



SD&G OPP Community Services Officers Constable's Fern Michel and Joel Doiron spent the day on Thursday, October 30th, 2003 at the Cornwall Square Shopping Complex assisting with the annual Cancer Society Bail-n-Jail. A mock jail was the site of area personalities being arrested and sent to jail to post recommended bail as pledges for the cause.

The above photos are of Constable Michel arresting (left) an employee from Domtar and (right) from Thompson-Rosemount Group.

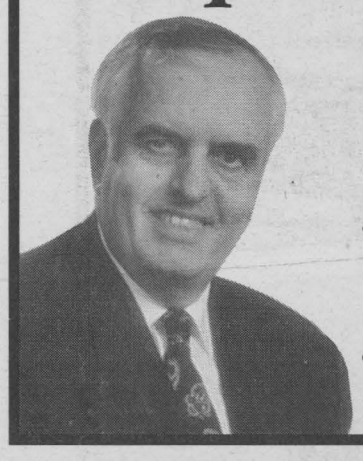
Photos submitted by Joel Doiron

For continued representation...

Re-elect

Ron Eamer

English Catholic Trustee



The Gift

Word Weavers

Your Local Writers' Group

By Debbie Steele

A young fellow has moved into the neighbourhood and he is searching with unparalleled enthusiasm for the love of his life. I see him every morning without fail as I tumble out of bed at the faint murmuring of my bedside radio. Weekends mean nothing to the young gentleman. They are like any other day and I am not allowed to sleep in, cocooned contentedly in grandmother-patched quilts.

He flaunts his sleek trim looks, multi-talent and joie-de-vivre, as I stoop listless and lumpy at my bedroom window watching him enviously. He is by no means the most handsome I have seen, but his exhilaration is no less for the mist-feathered sunrise, than for the Easter egg palette-coloured dawn. Love permeates the air surrounding him, and as new growth crowns frost-kissed earth, a glorious dappled sunrise and his beseeching tone drags me from a comfortable bed. He wants my company. His joy is contagious. It lifts my sagging spirits.

Listening to his happy chatter I wish at times I were more like him, starting out life once more, young and innocent. His life is not yet filled with the worries that fill my heart and mind, nor will they ever be. SARS, cancer, terrorism, job security, financial struggles, one teenager away at college, and another with a brand new licence. These are only the tip of a very large iceberg. His greatest worries comprise only of an inbred need for a mate, his next meal and the occasional eyeballing from a neighbourhood cat.

My serenading Thrush sings loudly, perched top a towering, naked birch outside my bedroom window with the enthusiasm of a four-year-old clutching a pair of chocolate chip cookies and a glass of cold, white milk after a particularly busy sandbox session. His repertoire of melodies is endless, as he mocks verse after verse from other backyard familiars. Two notes each; the strident scream of an alarmed blue jay, the brief warble of an industrious robin, the trill of a meadow lark, the sweet natter of a goldfinch, the unmistakable call of the field-scuttling killdeer, the raucous caw of an ebony crow, the whip-sharp whistle of a hedge-hidden cardinal and the mournful cooing of a morning dove. The order may change but the list is the same. Not one note from his inventory of tunes would fool a veteran bird watcher, but he sings with a carefree attitude, ignorant of the inexactness, exultant with his world.

In the early crayon-scribbled sky he reiterates to me what is truly important. I straighten and smile. He has given to me, unconditionally, the gift of contentment. Make the best of what you have been dealt with and be happy with that, he sings. You are alive. You have the rest of your life, and if you are discontent, sing louder or move to a bigger tree.

VOTEZ ~ VOTE

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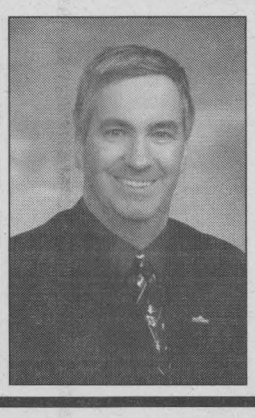

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LOCAL

Don't Let The Bug Bite You



MPP Jim Brownell (seated on left) and Dr. Robert Bourdeau, Eastern Ontario Medical Officer of Health rolled up their sleeves on Tuesday, October 28th, 2003 to receive their flu immunization shots from Public Health Nurses Susan Murray (left) and Sandra Tosatto. The Eastern Ontario Health Unit is offering free clinics for vaccination and welcome everyone.

Photo by Chris McPhee

The Eastern Ontario Health Unit is in high gear offering its free flu vaccine clinics. Why not protect yourself and those around you - get a flu shot. The flu spreads easily from person to person through coughing and sneezing. Even if you think you don't have the flu, there is a chance you might pass the flu virus to others such as young children, elderly people or someone with a medical condition who could be at higher risk of developing serious complications.

"I am constantly in the public," stated newly elected MPP Jim Brownell. "I think it is extremely important to protect everyone. The services that the EOHU offers are vital to this community."

"Influenza can cause very serious illness," added Dr. Robert Bourdeau, Eastern Ontario Medical Officer of Health. "It's important for everybody to get vaccinated even if they are not susceptible to serious complications. They are the ones who might give it to others."

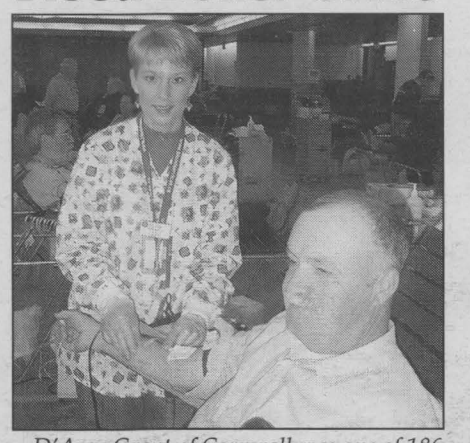
Flu clinics will be continuing throughout the month of November. For a complete list of local clinics you can visit www.eohu-bseo.on.ca or call the Eastern Ontario Health Unit at (613) 933-1375 or 1-800-267-7120 and ask for Health Line.

New Chief Of Police

The Board is pleased to announce that Daniel C. Parkinson, currently the Staff Superintendent - Operations Services at the Peel Regional Police Service will commence as Chief of Police of the Cornwall Community Police Service effective Thursday, January 1st, 2004.

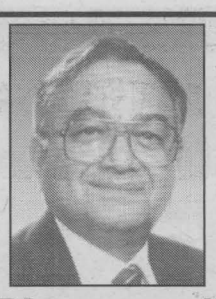
Chief Parkinson will bring 30 years of policing experience to the Cornwall Community Police Service, acquired throughout his career with the second largest municipal service in Ontario.

Blood Donor Clinic



D'Arcy Grant of Cornwall was one of 186 donors who took part in the Canadian Blood Services donor clinic at the Civic Complex on Tuesday, November 4th, 2003. Administering the needle is phlebotomist Christine Robertson of Canadian Blood Services. Grant was celebrating his 40th anniversary on Tuesday - it was the 40th time he had donated blood. His blood type is A negative which is found in only six percent of the population, so he has no problem giving blood every 56 days or so. Organizers hoped to collect 180 units and they have put the call out for more donors as we head into the holiday season.

Photo by John Divinski



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- **S**upport initiatives to improve healthy living

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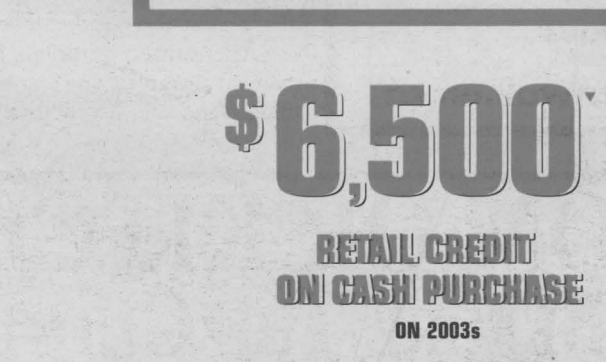
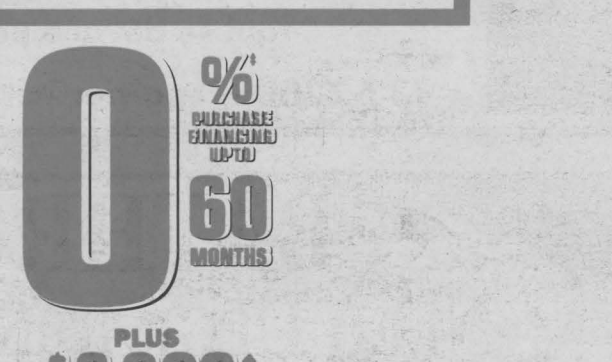


PONTIAC MONTANA



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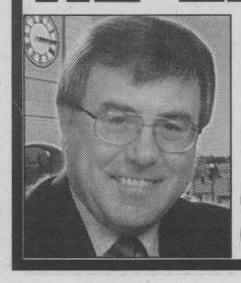


Denis Carr
Councillor
Conseiller

oct31031

Specialists' Disease



Special Needs

with Joy Seguin

Beware of idea-killing specialist. Parents of children with special needs witness specialists' disease regularly, especially in the fields of health and education. How many times have parents provided an idea for their child's care or progress and the parents are told, "It won't work."

You know the type. The specialist or professional who knows your child better than you do. Imagine if the specialists would place as much effort on "How can we make it work?" as they do with placing so much emphasis on how it won't work. Specialists' Disease is derived from three specific items that contribute to this disease: knowledge, experience and education.

"Specialists will give you a brilliant argument why your idea will not work. These specialists have the ability to convince others that most new ideas are silly and unworthy." Their ego refuses them to be wrong or admit that they don't know or may not know the answer. "Research indicates that these specialists are likely to be the least creative and innovative people in their field. They also have a nasty habit of being unsupportive of anyone who is innovative."

Sometimes not knowing too much about a field or business is an advantage. Sometimes you need to throw the 'everything you need to know about your field' out the window along with the bookmark. In our ignorance we do things that we might not have done otherwise. Take, for example, the Kellogg brothers who had limited knowledge, experience and education. They accidentally prepared grain too long in the oven and wound up with something different. A cold cereal compared to the most popular cereal of the time, which was eaten hot. Luckily the more knowledgeable and experienced specialist didn't dissuade the Kellogg brothers. Cornflakes is still a great success today! Examples closer to us parents who have children with special needs are: How often have professionals underestimated our children's abilities, such as: "Your child will never walk, talk, or be productive"? How often have the professionals overestimated our children's limitations, such as: forcing the child to comply with the needs of the environment rather than the environment accommodating the child's needs?

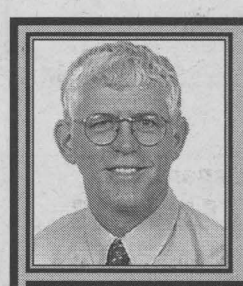
This isn't to say that one should avoid knowledge, experience and education. Simply, use all three to build a foundation. Listen without defending and speak without offending. To avoid specialists disease is very simple. Change your current attitude of it's your way or the highway. If you assume you know everything you won't entertain new ideas. As well, you're placing the potential development and growth of the children in your care, at risk.

Congratulations to those of you who finished reading this column. You likely don't have Specialist's Disease. If you have identified a few 'specialists traits' in yourself then kudos to you. Now do something about it before others are able to diagnose your disease.

Who was it that said, "Where there's a will there's a way?" Remember, the three most important traits for success are: attitude, attitude and attitude!

(Excerpts taken from Teaching Today Jan/Feb '91 by Ernie Zelinksi).

Joy has a special needs awareness column the first weekend of each month. To contact Joy e-mail at seguin.vic@sympatico.ca.



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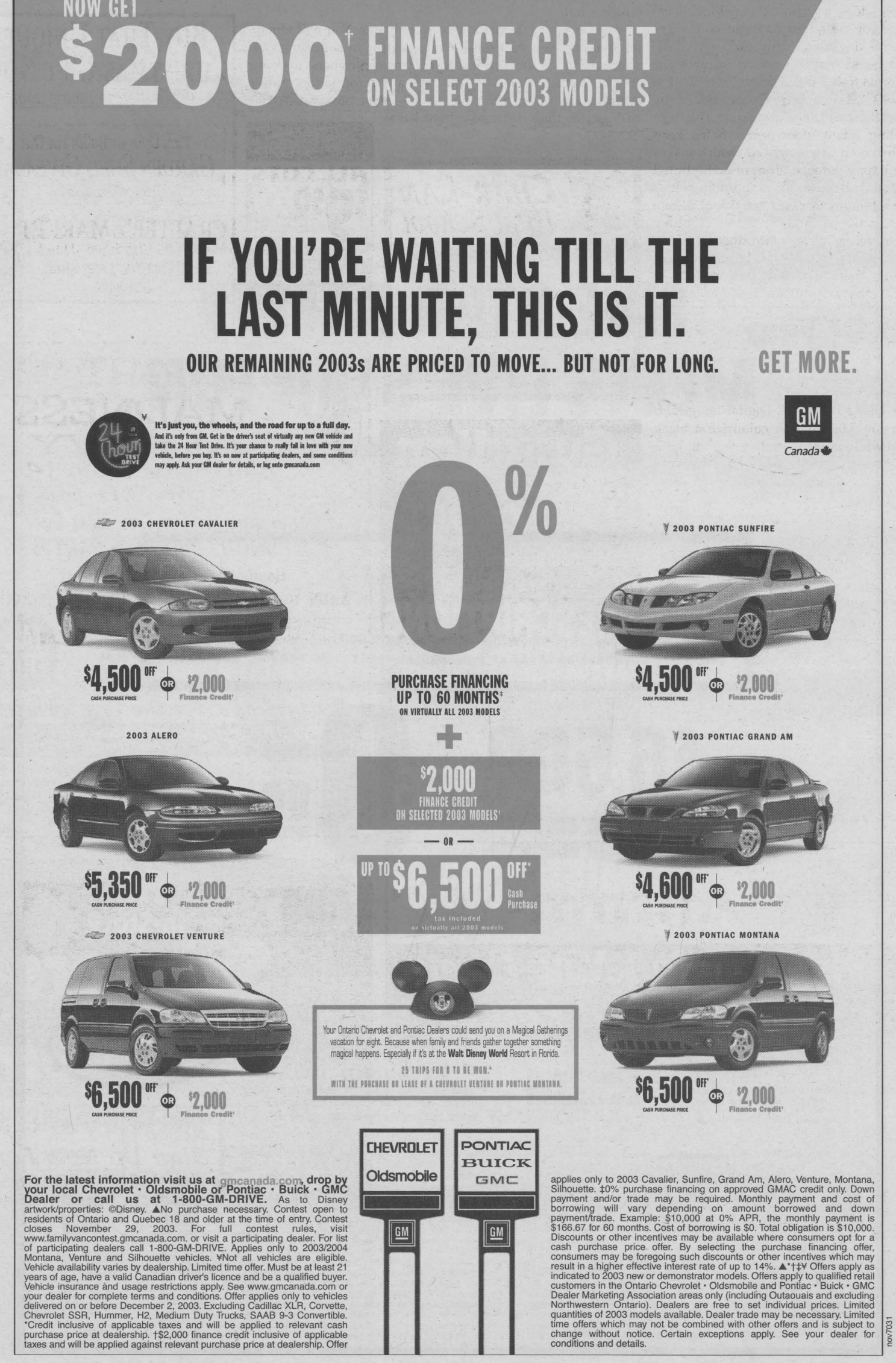

Deadline Fast Approaching

The Healthy Waterways program has had yet another successful year in improving and protecting water quality in agricultural areas within the Raisin Region Conservation Authority (RRCA) Watershed. However, this year's program deadline is Sunday, November 30th, 2003 for invoices. It is recommended that residents submit their applications immediately. RRCA is garnering further funding to accommodate future projects for this program.

Since its inception in January 2002, the Project Selection Committee has processed almost 200 applications requesting funding for the improvement of water quality on farm operations. As a result, 35 nutrient management-planning projects have been completed so far, as well 24 wellhead protection projects, bringing the program total to 79 completed projects. Septic

In sequence to the official release of the Nutrient Management Act (Tuesday, September 30th, 2003), the Ontario Ministry of Agriculture and Food (OMAF) will be presenting another nutrient management workshop in partnership with the RRCA and St. Lawrence College. A two-day workshop has tentatively been scheduled for mid December; it will incorporate new materials based on recent legislation. Like both previous workshops, participants residing in the RRCA watershed and the Rigaud River sub-watershed areas are eligible for a 50 percent reimbursement of the workshop cost. Farm operators are urged to submit their invoices for completed projects before this date, since invoices received after this date, will not be eligible for reimbursement.

The Co-Ed Baby Shower

(NAPS)-Just a generation or so ago, dads weren't even allowed in the delivery room. Today there's a growing trend for dads to be more involved in prenatal preparations than ever before. They are helping out with everything from registering for baby gifts and attending the doctor's appointments to preparing the baby's nursery. In fact, many dads are even getting to experience what has traditionally been viewed as a celebration just for mom-the baby shower.

More and more couples are choosing to have co-ed baby showers. Here are some tips on throwing a co-ed baby bash.

Getting Started: A baby shower for a couple should be more like a casual family party-perhaps at night instead of midday. Make sure a hearty menu is served and try to steer shower talk to topics like how they're going to handle their new parent status. One topic that's sure to arise is what dad will do when mom's away for the first time. In fact, a spin on a traditional shower game might be to have attendees write down their best advice for this challenging problem-such as Baby Einstein videos and bouncy seats.

Invitations: Keep invitations light and humorous and make sure the men know they're invited. More importantly, remember it's not a couples-only party. Invite your single friends to join in the fun, too.

Food and Beverage: Putting together a menu that makes everyone's mouth water is not as hard as it sounds. Think Boy Meets Grill, drag out the BBQ and whip up a buffet-style meal including fish, steak, sausage, chicken and vegetables. Everybody loves appetizers, so serve up party favourites such as "pigs in a blanket" and chicken wings alongside a not-so-veggie pasta salad.

Décor: Make the party about the people and don't get too worked up about the décor. Set up favourite childhood games and activities to bring out the guests' own inner child. Go for marbles, hopscotch, game boys, board games, bocce ball, cards, etc. Then, have a Polaroid camera around to capture the laughable behaviour.

Gift Ideas: When choosing that perfect gift for baby, think of items both mom and dad will love, like a rugged baby recreational vehicle. The thick tread on the wheels makes for a smooth ride on any long walk, whether at the neighborhood park or the mall. Toss in some running shoes, a radio, or matching sweat suits for mom and dad and you've got the makings of a theme gift.

If guests really want to impress the parents-to-be, consider videos/ DVDs, books, CDs or puppets developed by The Baby Einstein Company. This top-selling infant video series helps keep baby cooing and engaged -which makes for happy parents. From re-orchestrated musical classics to examining colour from famous works of art, Baby Einstein products, such as "Baby Neptune Discovering Water," introduce babies to the colours, shapes and sounds that surround them. The best part is that the tools are specifically designed as interactive, playful products, providing an opportunity for mom and dad to spend quality time with baby.

Now That's Entertainment: Just because guys are involved in the party doesn't mean shower games are out of the question. Put mom and dad on the spot by having guests ask each parent-to-be a series of silly questions to quiz their knowledge of what life with a baby will be like. You can also ask guests who are parents to bring a funny gift for the parents-to-be, like a diaper changing kit that includes rubber gloves and a clothespin for their noses.

Crime Stoppers

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

Crime Stoppers is asking for your assistance in locating Jason Fortier of Augustus Street in Cornwall. Fortier is wanted for his involvement in a stabbing that allegedly took place shortly before 6 a.m. on Saturday, October 25th, 2003. Jason Fortier is a 29-year-old male with short brown hair and blue eyes. He weighs approximately 157 pounds and stands 5 feet 6 inches tall.

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 crime or any other crime, please call Crime Stoppers at 937-8477 or for long distance callers 1-800-222-8477.

Making The Most Of Your Digital Photos

(NC)—Canadians are more picture happy than ever—and these days it seems more shutterbugs are snapping photos using digital cameras, and sharing photos online with family and friends around the world. Now is a perfect time to discover how imaging software can help you get the most from your digital photographs.

According to a 2001 Ipsos-Reid study, Canadians are using digital cameras or have scanned film-based photos into their computer using a number of different tools to manipulate, store and share their photos. For example, 81 percent of those using digital photography have emailed pictures to friends and family, while 60 percent have used photography software to manipulate photos.

Here are a few ways digital imaging software such as Microsoft Picture It! Digital Image Pro can turn your digital photographs into unique gift ideas:

• Using Picture It! Digital Image Pro version 7.0, you can colourize a black and white photo or restore an old photo from the comforts of home. Why not frame the photos and give them as gifts to parents and grandparents?

• Turn your photographs into works of art and use them to create customized greeting cards. With Microsoft Picture It! Digital Image Pro v.7, you can simulate a variety of advanced painting techniques such as freehand, watercolour and transparency painting. Apply a photo stroke, art stroke or edge with photo media brushes.

• Use Picture It! Digital Image Pro v.7 to create picture frames, calendars, and magazine covers featuring your favorite images.

Improve the quality of your photos and share them online. With Picture It! Digital Image Pro v.7, you can add a flash or reduce backlighting to enhance those favorite shots.

New Fireplace

A radical new concept in direct vent fireplaces has been developed by a Canadian company. Pacific Energy has recently introduced a ground-breaking new type of gas fireplace to their line-up of quality Canadian-made fireplaces.

The decorative direct vent concept is the result of technological innovation at Duncan, British Columbia's Town and Country Fireplaces: by re-inventing the way a fireplace works, T&C engineers have created a gas fireplace that looks and burns just like a real wood fireplace. The unsightly louvers, vents and control panels that dominate the look of all other gas fireplaces have been eliminated, leaving an unobstructed view of stone hearth, glowing embers and vibrant flame. This breakthrough in design also overcomes the aggravating problem of disappointing flames common to many gas fireplaces on the market.

Currently, Town and Country Fireplaces come in two model sizes, and feature customizable options including two different firebrick designs and a variety of decorative screens, toolsets and andirons.

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HEALTH

Do You Need A Personal Trainer?



Asking this question is like asking if your children need teachers when at school or if you need the services of an investor when attempting to put together your retirement plan. Some people today still hold an illogical opinion when it comes to professional help in regards to their health.

If your child wanted to be an x-ray technician would you: a) encourage them to enter the hospital and try out the equipment on their own; or b) find the appropriate professional school and start the long but guaranteed journey to success? Would you be surprised that attending the school cost money? Would you discourage your child because the goal required an investment of both time and money?

What is your attitude toward receiving proper knowledge in regards to accomplishing your health goals? How is your health currently? If your health is poor, does the problem stem from such logic that maybe a plumber is worth "X" dollars an hour but a personal trainer is not? What is more important, your toilet or your body? If you want to save money in the long run and accomplish your goals quickly and safely, the answer is clear, "yes" get a qualified personal trainer.

With no standards yet set by the government regarding personal training certifications, how do you assure you've found a good one? Simply apply the successful logic that you use when shopping for other products and that familiar framework will guarantee you get a good trainer.

Rule number one: You get what you pay for. If the trainer is free then make the appropriate judgment of their talents. Just like a good restaurant or good surgeon, a good personal trainer will have a waiting list of clients who pay for their services. To see a good trainer you will need an appointment and you will never find a good trainer trying to push their product on you. Good trainers have waiting lists!

Rule number two: Check out the trainer's qualifications. Would you place your child in day care without checking the certifications of the instructor? Be aware of how long it takes to receive certain training qualifications. The chances are very good that the longer the education process the more knowledgeable your trainer will be. Certifications such as Can-Fit Pro take only days to receive and a university education takes four years or more.

Get out there, have fun and remember, your fun and enjoyment is based on results, and that in turn is based on professional help.

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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Just What Is Mental Illness?

Keeping Health In Mind

Tri-County Mental Health Services

By Mary Lalonde, O.T. Reg. (Ont.)(C), Occupational Therapist, Tri-County Mental Health Services.

Mental health problems are often not recognized or the symptoms are minimized and dismissed by both the people affected and/or those around them. Statistically, one in five Canadians (20 percent of our population) are likely to have a diagnosable mental health problem in their lifetime. People are often hesitant to seek help because of myths and misconceptions around mental illness. What could we do to promote better mental health within our families, our workplaces, and our communities? Sometimes where we need to start is to recognize the signs of mental illness. According to the American Psychiatric Association, some of the warning signs of mental illness include: irrational fears, marked personality change, strange ideas or delusions, prolonged feelings of sadness, inability to cope with daily problems and activities, excessive anxiety, marked changes in eating or sleeping patterns, thinking or talking about suicide, extreme highs and lows in mood, excessive anger and hostility, abuse of alcohol or drugs, and violent behaviour.

If you notice these symptoms, break the silence often attached to mental health problems and ask for help. Speak with someone you trust – a parent, a school counselor or teacher, a church leader, a close friend. If you are a family member or close friend seeing these changes, again speak up. Ask how you can help, talk about the changes you are seeing. Seek help as early as possible to reduce the problems becoming more long term. Know that, with treatment and support, you can have a better quality life.

The local health line will know of the resources local to your area for mental health problems. Find out if your employer has an Employee Assistance Program or perhaps your employment benefits provide for counseling. Tri-County Mental Health Services accepts referrals from all sources and provides counseling services across the three United Counties. Your family doctor can refer you to a psychiatrist in your area if needed. The Canadian Mental Health Association has many resources to educate yourself about mental illness.

In the community, there are a number of peer support services that can provide support either through group meetings or individual contacts. Becoming a volunteer to such groups can be a great contribution to both dispelling the myths of mental illness and provide a much-needed service to the individuals. Also helpful is to attend to the well-being of caregivers. Invite them out for a short break or offer to stay while they go out, keep in contact by telephone thereby letting them know you are there if needed.

Whatever your observations, know that life can be better for yourself or someone else.

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

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• Lancaster •
Wednesday, Nov. 12
Glengarry Outreach Senior Services
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These two 16 year old students are coming to the Cornwall area to represent Germany on an EF High School exchange Program for one Semester. Students will attend local high schools and live with host families. You could be a part of this exciting experience by hosting one of these students! Hosting an exchange student is fun for your whole family. By opening your door to a high school student, you will have the opportunity to learn about a new culture and build international friendships.
EF Foundation is a non-profit organization. All EF Foundation students are thoroughly screened, fully insured and bring their own spending money. Volunteer host families provide room, meals and a caring environment.
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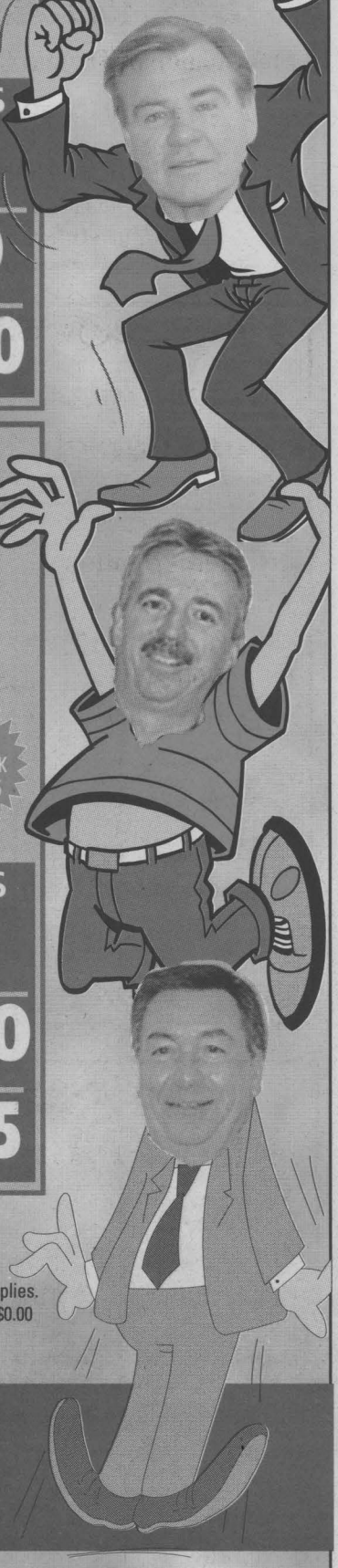

* Leasing program available from Hyundai Financial Services. Limited time offer. Leasing program based on 60/60 month walk-away lease. Down payment plus first monthly payment may be required. Taxes, license and $350 administration fee extra. 20,000 km mileage allowance per year applies. Additional km 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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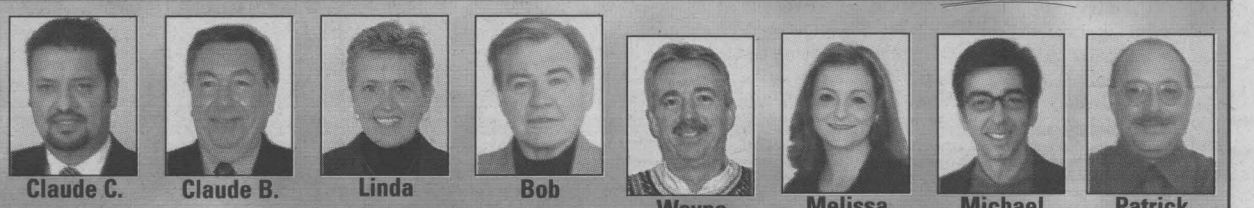

Seaway News, Friday, November 7, 2003

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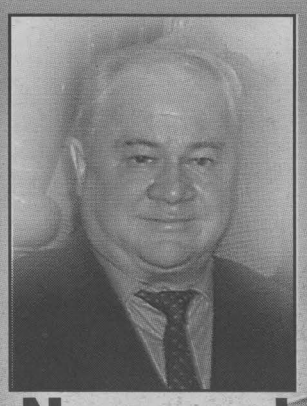

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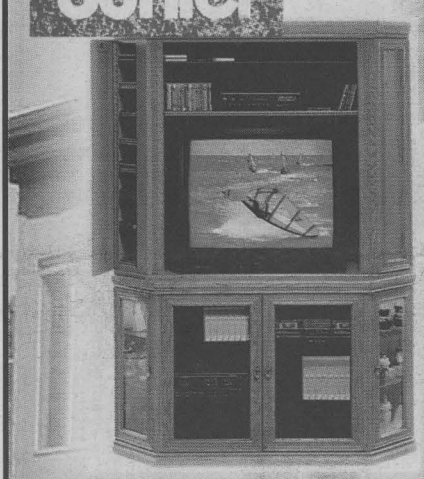



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RIDE ON KIA GRAD PROGRAM

SEAWAY SPORTS

Sports Chips



with Bill Gallant

This week's photo has a grouping of hockey players that dates back to 1950. I hasten to point out that just because their jerseys have the dollar sign emblazoned on the front, it doesn't mean they signed million dollar contracts, like the NHL teams these days. But these players were able to boast that they were truly millionaires. Not the type that you can take to the bank, but a team called the Maxville Millionaires.

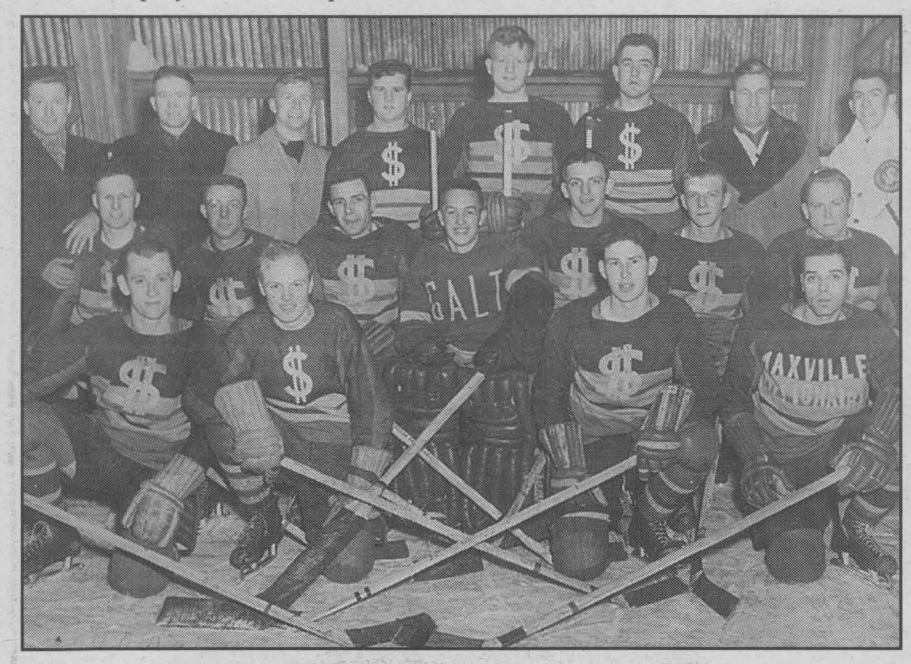
Several players in this photo were Cornwallites and they played in the OCOT Intermediate league. This picture was taken just after they won the League championship.

If you can identify the individuals in this week's team photo you could win some nice prizes from Seaway News, the Cornwall Colts and yours truly. Those prizes will include two tickets to the next Cornwall Colts home game at the Si Miller Arena, a travel bag from Seaway News, and a music CD of my choosing.

In the event of a tie we will put names in a hat and draw a winner. As a starting hint, I can identify the first player in the front row, left to right, as "Farmer" Graham, and the fourth individual in the back row, left to right was the late Ted Langstaff. Now it's up to you, and that includes naming all 19 individuals pictured. Good luck!

Here is the game schedule for the next home games for the Colts at the Si Miller Arena: Thursday, November 13th, Thursday, November 20th and Thursday, November 27th, 2003.

We urge all hockey fans to take in one of the Colts games, and you will soon become a regular visitor to the "Miller." The CJHL action is exciting and this year's edition of our Colts looks like another winner.



South Stormont

Minor Midget "B"

On Saturday, September 27th, 2003 the South Stormont Minor Midget "B" Selects improved their season to three and one with a 4-1 win over Louisville. Josh Hickman netted a pair while Adam Jodoin and Brandon Audin added one each. Jesse Smith set up two of the goals and Marshall Bennett, Ryan Alguire and Anthony McDonald received one helper each.

On Monday, October 3rd, 2003 the boys in green suffered their second defeat, both to the hands of South Dundas. Matt Deeks lead South Dundas with two goals while Corie Toye stopped all but one. Jesse Smith scored the only goal for South Stormont assisted by Anthony McDonald and Josh Hickman. Ben Billard played a very solid game between the pipes for South Stormont. Ben Billard was solid between the pipes for both games. Alternate goalie Adam McRae is off to a great start with wins against Kemptville and North Dundas.

South Stormont

Peewee "B" Selects

The South Stormont Peewee "B" Selects recently competed in the North Dundas Rep "B" Mega Tournament and showed a glimpse of what teamwork and plain old hustle can accomplish. Their first match up against the Metcalfe Jets was a close one that ended in a 2-1 loss despite many good chances. Dylan Fleury had the lone goal for the Selects set up by Joel Stang and Ryan Winkenweder.

The second game versus the Kemptville Panthers played out just as close as the Selects pulled their goalie in the last minute in an attempt to tie the game. In the end the Selects would run out of time and Kemptville would get the empty netter to end the game 3-1. Kale Bertim was outstanding in nets. Brandon Brisebois collected the only point for the Selects.

Sunday morning, November 2nd, 2003 brought out many Halloween party hangovers and some good old time hockey. In a back and forth game with a lot of hard hitting, the Selects showed a lot of heart and a tremendous effort against Gananoque. The Selects put the pressure on but in the end the clock ran out and the end result was a 5-5 tie. Goals scorers were Dylan Fleury (1), assisted by Elliot Keller, Brayden Girard (2), with Landon Bingley picking up an assist, and Elliot Keller, unassisted. Great team effort by the whole team!

Men's Major Bowling League

Waugh Misses With 899

Warren Waugh missed getting a 900 triple recently in Men's Major bowling league play. Warren tossed an 899 triple with singles of 308-335 helping Paul's Pals defeat Tirecraft Auto 16-5. He was followed by Al Gordon 303-796 and Dave Lauzon 725. Mort Belmore chipped in 748 for the auto centre.

Paquette Glass fell 12-9 against Filion Trophies. Pacing Filion's were Stephen Lalonde 781, Ron Snyder 761, and Jason Riley 715. Leading the Glassmen were Paul Marion 311-770, and Luc Lebrun 754.

Yum Yum Chips took care of Doug's 2 4 by a 14-7 score. Shawn Labelle rolled 720 for Yum Yum's and top shooters for Doug's were Mark Dumoulin 771 and Scott Dumoulin 743.

PCY Carriers

Bantam "A" Royals

The Royals had a few more games recently and even with some good effort could not manage to pull off any wins. On Sunday, October 19th, 2003 in Kingston where only one goal was scored by Shawn Ladouceur, assisted by Daniel Bissonnette and Pat Levac. A total of 54 shots shared by the goalies in the loss.

In Nepean the Royals were unable to get any pucks by in a 6-0 loss. It was an exciting game to watch as the score was 0-0 after the first, with a great effort by the team to keep the scores low. The second period was a bit of a downfall with five unanswered goals by Nepean, and the only goal in the third came from a breakaway with only .7 of a second on the clock. Torry Bigtree was unbelievable facing 55 shots and played his best game of the year. The parents cheered him on and it gave the team something to work with when they came back to Cornwall to play Prescott Russell.

The Royals picked up a 2-0 lead in the second period with goals by Tyler Jones and Brian Jans. Ladouceur and Levac added a point assisting on the goals. Russell scored first on a call that was thought to have had the puck kicked in the net. The game was tied 3-3 after two periods with a goal by Kurtis Cayer (unassisted) and Jordan Konink having a great game in nets but was disappointed by a late third period goal for the 4-3 loss.

In Cumberland they faced a much stronger team for a 9-1 loss. The Royals picked up the pace too late in the game shutting them out in the third, but the damage was done. Daniel Viau picked up the lone goal. Another 40 shot game for Konink and Bigtree.

At the Si Miller on Sunday, November 2nd, 2003 to the Crusaders for a 7-2 loss. Even when the Royals outshot them 31-27 and faced a hot goalie by the name of Ince, Viau scored to end the first period 2-1. Cayer got the other goal in a penalty-filled game.

Bumper's Pub And Billiards Cornwall

Midget "A" Royals

The Bumpers Pub and Billiards Cornwall Midget "A" Royals recently participated in the Belleville Midget "A" Tournament, losing in the semi-final game at the hands of the Cambridge Hawks by a score of 4-2. Chris Sommers and Pat St-Jean scored the goals in a losing effort.

In their first game, the Royals manhandled the Oshawa Generals by a score of 13-2. Tim Hebert had a hat trick, with Shawn Wells and Jordan Scheffer each notching a pair. Singles went to brothers Scott and Derek Hickman, Troy Cryderman, Pat St-Jean, Chris Sommers and J.J. Kupczyk. Stefan Guindon fought off the boredom to record the victory.

The second game of the tournament saw Cornwall compete with a strong Port Credit Storm club. The Royals had to claw back from a two goal deficit in the third period to earn a 3-3 draw. Brook Digiosia, Pat St-Jean and Jordan Scheffer tallied for Cornwall. Eric Monnin was called upon to make some key saves to preserve the tie.

Ron Belmore's charges advanced to the semi-finals by defeating a feisty Welland Tigers team by a score of 4-1. Brook Digiosia, Tim Hebert, J.J. Kupczyk and Jordan Scheffer collected the goals. Stefan Guindon earned his second victory.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Club 55+ Action

By Lee Kirkey

Anita Bissonnette giving Roy a run for his money rolling 190-262-261:713. Rene Laurin had a good day also, 180-287-242:709. Gilles Cadieux 674; Cliff Merpaw 666; Don Silmser 652; Len Marleau 647; Harold Millward 642; Cliff Duquette 630; Bea Duquette found her spot, 221-207. I knew you would, Bea. Adrien Fournier 216, 210; William Ackermans 219, 200; Harvey Barkley 210, 209; Lucille Foubert 240; Joe Arsenault 239; Noella Brodeur 233.

My good friend Cecile Branchaud bowled over 100 and she really wanted to see her name in the news. There you are Cecile, congratulations.

Attendance winners: Si Miller, Theresa Seguin, Andree Flaro, Edna Dagostine and Winnie Wragg.

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CCVS's

Golden Raiders

CCVS's Golden Raiders soccer team has clinched the SD&G Championship in the "AAA" finals by defeating St. Joe's Panthers by a score of 3-1. It was the first time the CCVS team had played for "AAA" Championship and first time in a long time they had won any SD&G Championship.

CCVS was down by one goal at the end of the first period on a cross from Thomas Mondoux to Blair Martell who redirected cleanly for a 1-0 lead. The Raiders had the edge in the first period and most of the chances.

CCVS coaches Trish Brown and Ian Butcher rallied her troupe during half time and the Golden Raiders established themselves quickly in the second period. CCVS tied up the game at the five minute mark of the second half when Chris Champagne angled the ball towards the net and a brief scramble developed in front of the net and the ball managed to squeeze through and in the net.

A little later Markus Benoit Noé got the go-ahead goal when he blasted a shot into the corner of the net as a result of St. Joe failing to clear the ball in the midfield. Zach Pregent got the insurance marked when he capitalized on another loose ball, worked his way from midfield through a couple of Panthers' defense and rocketed the ball pass the St. Joe's keeper Eric Arajs.

Defense team of Shane Caron, Alex Laliberté, Ventura Tshilombo and Ryan Seale worked in partnership with keeper Scott Meldrum to keep the Panthers away from their zone. And a great job they did in keeping St. Joe from getting in their end or another goal.

Once the Raiders clinched the "AAA" Champions, they were then faced with another challenge. They again proved that they were a force to be reckoned with when they defeated the "AA" Champions "La Citadelle Patriotes" by a score of 2-0 to eliminate the Patriotes from the Brian Filion Cup Challenge. Goal scorers were Chris Champagne and Alex Liolios.



CCVS Golden Raiders: First row (kneeling, left to right): Markus Benoit-Noé, Chris Baldree, Scott Meldrum, Ryan Seale, and Tristan Derouchie. Second row (kneeling, left to right): Coach Trish Brown, Ventura Tshilombo, Jeff Piche, Rhys Paquette, Alex Laliberté and Alex Liolios. Third row (standing, left to right): Kerri Major, Chris Champagne, Nam Ha, Shawn Struthers, Mark Dorning, and Zach Pregent. Fourth row (standing, left to right): Paul Randlett, Mackenzie Pescod, Evan Bolton, Shane Caron, Scott Duncan and coach Ian Butcher.

Submitted photo

Marleau Mechanical

Atom "A" Royals

The Marleau Mechanical Cornwall Atom "A" Royals went up against the league leading Brockville team (who were six and zero, going into the game) on Saturday night, November 1st, 2003. Playing a terrific game, the team proved that they can hold their own in the league and came up with a 1-1 tie. The tying goal by Cornwall, scored in the second period by Mathieu Lemire, assisted by Jayden Lemire and Jonathan Dunbar, was tucked in after a fierce battle in front of the net. The Royals, with the aid of affiliate goalie Ryan Cooper (facing 23 shots and allowing only the one goal) kept up the battle and held the Brockville team to the tie. Great effort boys!

In other action, the Royals faced their nemesis team, the Gloucester Rangers, who in previous competition have outplayed and outscored the Royals. Sunday night, November 2nd, 2003 the Royals lost the battle yet improved the results in a 5-1 battle. The Royals' lone goal was scored by Brandon Labelle, assisted by Justin Lefebvre. The Royals are improving daily and look forward to a great couple of tournaments as well as regular league play.

South Stormont

Atom "B" Selects

The South Stormont Atom "B" Selects team had a very busy week, playing four games in five days. On Sunday, October 26th, 2003 they travelled to Maxville to play NGS. The Selects played a hard-fought game and won 4-2. Cody Krol opened the scoring in the second period with a nice end to end rush. Clark Veenstra netted the second goal with a pass from Ryan Ward. Dylan Boltz and Ward combined for the next two goals with assists going to Kurtis Winkenweder and Krol. Cameron Kennedy played outstanding in nets.

The Selects opened the North Dundas Tournament with a game against South Grenville. They were downed 4-1. Dylan Boltz scored the only Selects' goal. Cody Krol got the assist.

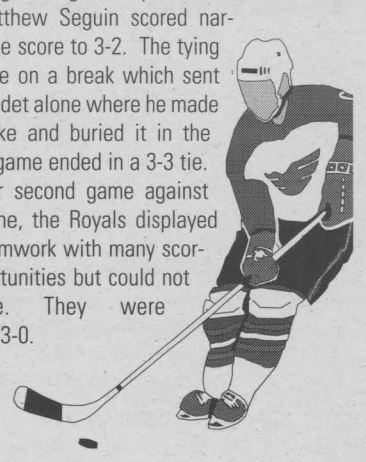
The Selects finished the tournament on a winning note, downing Akwesasne 5-1. Michael Poapst and Ryan Ward each scored twice, while Cody Krol added a single.

Innovative Converting/Cornwall Costume Shop

Atom "B" Royals

Innovative Converting Inc./Cornwall Costume Shop Atom "B" Royals were at it again with another busy weekend. They had two home games. They faced South Dundas on Saturday, November 1st, 2003. The visiting team went on the scoreboard first then scored two more goals to take a 3-0 lead midway through the second period. The Royals did not give up and battled back to get on the scoreboard. The first goal was scored when defenceman Jay Flannigan picked up a pass from Joey Hanley and fired from the blueline. This got things rolling for the Royals. The next goal was due to good forechecking from Jonathan McCullough. He got the puck out to Josh Ruest then Matthew Seguin scored narrowing the score to 3-2. The tying goal came on a break which sent Chris Gaudet alone where he made no mistake and buried it in the net. The game ended in a 3-3 tie.

In their second game against Akwesasne, the Royals displayed great teamwork with many scoring opportunities but could not capitalize. They were defeated 3-0.



Cornwall Lions

Major Bantam Boys

The Cornwall Lions Major Bantam Boys Basketball Team went 2-0 recently at a Mini Tournament they hosted on Sunday, November 2nd, 2003. The Lions held off a late rally by Brockville to beat the Blues 58-45. In their second game the Lions beat Kanata 83-46. Andrew McAllister continues to lead the Lions offensively. Against the Blues, Andrew picked up 17 points, and Jordan McAllister added 13 points. In the Kanata match-up, 11 or 12 players scored and four players finished in double figures. Andrew McAllister had 20, Jordan Wurah had 14 and Jordan McAllister and Jeff Roy each had 10.

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GIS Day 2003 will take place on Wednesday, November 19, 2003, during National Geographic Society's *Geographic Awareness Week,* November 16-22, 2003.

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LINCIEN COLLEGE is joining the National Geographic Society, the Association of American Geographers (AAG), University Consortium for Geographic Information Science (USGS), Sun Microsystems, Hewlett-Packard and ESRI in presenting GIS technology to you. Your attendance would be appreciated as we join in this global event and attempt to educate millions of people.

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Cornwall

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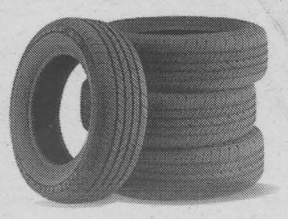

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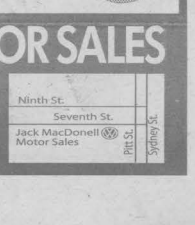


NOV07033

Champs Eastside Boxing

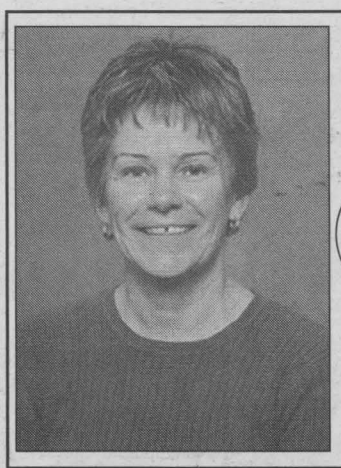
Champs Eastside Boxing Club was in action Halloween weekend, Friday to Sunday, October 31st to November 2nd, 2003 in St. Catharines, Ontario. Champs were attending the first annual Arnie Boehm Open tournament for boxers with over 10 bouts, and also the Novice Provincial Championships for boxers with less than 10 bouts experience. Representing Champs from Cornwall were Joey Bowman and Mathew Veenstra.

Joey Bowman faced off with Jermaine Badchakam of Hamilton, Ontario in the Cadet Boys 46 kg final on Saturday, November 1st, 2003. Joey had a little trouble with his opponent's southpaw style but adjusted well using hard hitting combos to slow down his opponent and win on points 28-12.

Mathew Veenstra became Provincial Novice Senior Men's Lightweight Champ (60 kg, 132 lbs) with a stunning and explosive first round knockout over Anbar Muhammed of Toronto, Ontario. Matt used his jab and straight rights to the body to set up an explosive left hook near the end of the round that caught his opponent by surprise and left him out on his feet. He followed up with an explosive rapid fire three punch salvo which felled his opponent face first for the full 10 count. It was Matt's fourth fight of a promising career. Matt is 19 years old, and in an interesting twist, is also the nephew of former Amateur boxer standout Danny Sauvé, who was a popular all around athlete in the late 70s and early 80s.

Tony Luis did not attend because there were no opponents registered in his division, and coaches were reluctant to match their boxers with Tony. Also missing in action for Champs was Luke Chisholm (17 years old, 132 lbs/60 kg), who tore a calf muscle playing soccer. In Champs' coaches Jorge Luis and Alain Cardinal's estimation, Luke had a good chance for either Gold or Silver in the Intermediate Boys (16 to 18 year olds) division.

You can see Champs boxers in action Saturday, November 29th, 2003 in Ingleside, Ontario at Rothwell-Osnabruck High School, starting time 7 p.m. The main event will feature Tony Luis, three-time Ontario Junior Champ vs Jean Michel Kind of Lévis, Québec, Canadian Champion at 52 kg, Junior Boys division. This will be a rematch from the Canadian Championships in Sarnia, Ontario in February 2003. Jean Michel Kind emerged victorious in a furious-paced fight. This promises to have fireworks. The card will also feature Matt Veenstra, Joey Bowman and Luke Chisholm as feature attractions. Boxers and clubs from Montréal, Joliette, Kingston, Belleville, Peterborough and Lévis, Québec will be in action on the card Saturday, November 29th, 2003 at Rothwell-Osnabruck High School. For more information contact Jorge Luis at (613) 936-6458 or (613) 933-5618.



VOTE
Susan CARTER
Councillor
For effective, committed leadership

South Stormont 1

Atom "B" House League

The South Stormont 1 Atom "B" House League opened the regular season on Saturday, October 4th, 2003 in an away game in Kemptville. This was a 3-1 win with Scott Maloney scoring two and one by Blake Girard. The tandem defense of Adam Crites and Devin Jodoin were outstanding.

The second game on Saturday, October 11th, 2003 was in Morrisburg against South Dundas. South Stormont 1 came away with a 4-3 win in a strong two way game. Scott Maloney had the hat trick with assists from John Cleary (2) and Joey Kroeze (1). The other goal was scored unassisted by Wesley Pelkie.

The first home game was played in Long Sault on Friday, October 17th, 2003 and completed the home and home series with South Dundas. This was an equally hard-fought batten with South Stormont coming away with a 4-2 win. John Cleary scored two with one being assisted by Joey Kroeze. The other goal scorers were Wesley Pelkie and Austyn Ryan, both being assisted by Jordan DeRoy.

John Warden Fuels Char-Lan

Atom "B" Rebels

The John Warden Fuels Char-Lan Atom "B" Rebels were two and one in league action. First up was a 6-4 win against Long Sault. Leading the way was Nelson Cecereu with three goals and one assist, Duncan MacDonald with one goal and one assist, Hannan Fraser, one goal, Stephan Smith-Dionne, one goal, Taylor Eamon, five assists, and Quinlin MacDonell with two assists.

The Rebels' next game saw them lose their first league game against North Dundas 4-2. Eamon with a goal and an assist, and MacDonald with one goal.

The Rebels finished their two week stretch with a 5-2 win against Maxville. Eamon with one goal and three assists, Kyle MacDougall with one goal and one assist, Cecereu, one goal and one assist, MacDonald with one goal and one assist, Fraser, one goal, Smith-Dionne with one assist, and Jason Rose with one assist.

South Stormont Wolfpack

Atom "B" HL

The South Stormont Wolfpack Atom "B" HL team played six games in the month of October, compiling a record of two wins, three losses and a tie. Defensively, they have been quite stingy in allowing only nine goals to date. Offensively, the wolves have played well as they familiarize themselves with one another. Alex Billard has been brilliant between the pipes, while Chris Cotnam, William Lecky, Andrea Maloney and Cristiano Rossi solid on defense. A nice mix of hard working and smooth skating forwards can be found up front with Steven Beaudoin, Mark Bouwman, Justin Lalancette, Jenny Lee, Everett Markell, Joel Price, Tanner Smith, Matthew Sullivan and Henry Vandeglind rounding out this year's roster.



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COMMUNITY DIGEST

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AVONMORE CHRISTMAS CRAFT SALE is being held Saturday and Sunday, December 6th and 7th, at the Avonmore Community Centre. Show is open from 10:00a.m. to 4:00p.m. on both days. Everyone welcome. Hosted by the Avonmore Athletic Community Association and the Roxborough Agricultural Society.

BAKE SALE FOR CYSTIC FIBROSIS is being held at Zellers on Saturday, November 15th, 9:00a.m. to 2:30p.m. Everyone welcome.

BEREAVED FAMILIES OF ONTARIO will be holding their Support and Share Night Meeting on Thursday, November 13th, 7:00p.m. to 9:00p.m., 144 Pitt St. Information: 936-1455. .

CORNWALL OUTDOOR CLUB/CLUB DE PLEIN AIR have the following activities: ***"Moonlight Hike, Bird Sanctuary"*** Friday, November 7th, 8:00p.m. ***"Hike A Mountain, Lyon Mt."*** Sunday, November 9th, 8:00a.m. Everyone welcome. For more information call Rose-Marie at 347-3677.

CRAFT SALE FOR CYSTIC FIBROSIS is being held at Cornwall Square Saturday, November 15th 9:00a.m. to 2:30p.m. Everyone welcome.

"EVERGREEN FALL LUNCHEON AND BAZAAR" is being held Saturday, November 8th, 11:30a.m. to 1:00p.m., St. Andrew's-St. Mark's United Church, Johnson Crescent, Long Sault. Lunch.....$5.00. Children Under 6 years of age...Free. Everyone welcome.

FREE YOGA & STRESS MANAGEMENT CLASS is being held on Tuesday, November 11th, 7:00p.m. at St. Lawrence Intermediate School, 1450 Second St. East. Please bring mat and comfortable clothing. Information: Beverly at 938-1407.

"GARAGE/RUMMAGE SALE" is being held on Saturday, November 15th, St. John's Presbyterian Church (Caldwell Hall) 28 Second St. East. 9:00a.m. to 12:00noon. Everyone welcome.

IROQUOIS UNITED CHURCH will be hosting their annual ***"Christmas Bazaar and Luncheon"*** on Saturday, November 8th, 10:30a.m. to 2:00p.m., 2 Elizabeth Drive. Everyone welcome.

JOY OF LIVING is a Catholic based non-profit support group providing a new beginning for any man or woman living alone because of a separation, divorce, annulment or death of a partner. Meeting will be held Friday, November 14th, 7:30 p.m. at Holy Cross Church (in the basement), corner of Leonia and Easton. ***Guest Speaker: Leo Courville.*** Information: Aline 932-9959, Helen 936-6697 or Roger Roy 984-1005.

LA LECHE LEAGUE next meeting will be held on Wednesday, November 12th, 7:30p.m., at the Eastern Ontario Health Unit, 1000 Pitt St. Topic: Nutrition & Weaning. Everyone welcome. Information: Peggy 984-0228.

LAKESHORE DRIVE UNITED CHURCH, Morrisburg (Allan Hall) will be having their ***"Roast Turkey Dinner"*** on Sunday, November 9th, 4:30p.m. to 6:30p.m. Adults...$10.; Children (ages 6 to 12 years)...$5.00. Everyone welcome.

LANCASTER SANTA CLAUS PARADE is being held on Saturday, December 6th, 2:00p.m. ***"Theme: A Postcard Christmas".*** Anyone interested in participating with floats or costumes please call Janice Montreuil at 347-2420.

MULTIPLE SCLEROSIS SUPPORT GROUP, Cornwall Chapter will hold their next meeting on Tuesday, November 11th, 7:00p.m., at Chateau Cornwall, 41 Amelia St. Everyone welcome. Information: 938-6777.

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.

"ORIGINAL OIL PAINTINGS OF WILDLIFE AND LOCAL SCENES" by local artists Brenda Alguire and Gail Stephenson will be on display at the Cornwall Public Library for the month of November. Everyone is welcome to stop by and see these works of art.

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

ST. PETER'S *"PARISH MISSION"* is being held Saturday November 8th through Thursday, November 13th; 8:00a.m. and 7:15p.m., 2900 Second St. East. Fr. Daniel Francis to preside. Everyone is welcome to attend. For more information call 938-3100.

SEAWAY TOASTMASTERS CLUB hold their next meeting on Tuesday, November 11th, 7:00p.m., at the Cornwall Armoury on Fourth St. East. Everyone welcome. Information: Gerry Flaherty at 360-5578.

SINGLES BUFFET DANCE (all you can eat/Chinese/Mexican/Italian). Ladies night. Cornwall Seaway Lions Club on Saturday, November 15th, 6:00p.m. Men...$5.00; Ladies...$2..50. Directions 938-0040. Information/ winter newsletter: John 675-2020.

TOASTMASTERS "SUPPER CLUB" hold their next meeting Wednesday, November 12th, at the Priest's Mill, Main St., Alexandria. 5:45p.m. to 7:15p.m. Information: Sandra 347-1799 or Bob 938-0775.

VON PROSTATE SUPPORT GROUP meet Thursday, November 13th, 7:00p.m. at the VON Office, 205 Second St. E. Information and discussion for Prostate Cancer patients, newly diagnosed and their loved ones. For more information call the VON Office at 932-3451.

"WITNESSES FOR CHRIST YOUTH GROUP" will be holding a Krispy Kreme Donut Fundraiser on Saturday, November 8th at Canadian Tire and Home Hardware, 9:30a.m. Everyone welcome.

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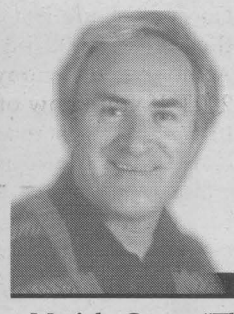

Music Update

with Yvan Brunet

Mariah Carey "The Remixes" Columbia. A two-CD set jam-packed with 22 of Mariah Carey's chart-topping dance/club tracks from 1990 onward. "The Remixes" brings together, for the first time in a single collection, the groundbreaking club mixes that catapulted the talented young lady to the centre of the world's dance music scene. Awesome collection.

Barenaked Ladies "Everything To Everyone" WEA. They're back with their first studio album since 2000's acclaimed "Maroon." All in all, a potent blend of their trademark wit, humour and poignancy in a genre-hopping adventure that yields some of the best songs of their 15 year career from the lead-off single "Another Postcard" to the heartbreaking "War On Drugs" to the bittersweet opener "Celebrity."



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14 Marlborough St.
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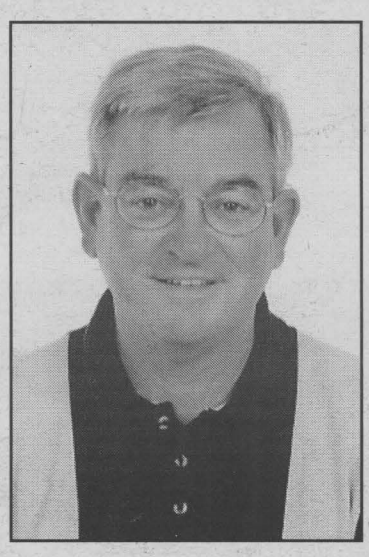
• Dance from 9 pm - 1 am
All Singles/Unattached Welcome
Discount for members - Dress code
For info call Barb 933-5902
NOV7034
- NFAA Sunday Brunch - Sun., Nov. 9th at The Parkway
- Monthly Meeting Mon. Nov. 10th at Parkway 7pm
Call for more Info ~ Everyone Welcome



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Christmas Preparations Begin At The Agape Centre

Agapè Centre

Judy **DANCAUSE**

As the song goes "It's beginning to look a lot like Christmas..." Christmas decorations are up in the stores and music is beginning to fill the air. The only thing missing are fluffy snowflakes falling and children making snow angels. Baking ingredients are being purchased and the search for the perfect gift for that special person has begun. As the Agapè Centre prepares for another busy Christmas Season, it's time to remember that for many people Christmas is not a time of joy and happiness but one of worry and stress.



Erin Muir (left) and Judy Dancause
Photo submitted by Judy Dancause

The reality is that many people cannot afford a turkey dinner - let alone a special gift for their children at Christmas. Parents, regardless of their situation, want the best for their children. Can you imagine how it must feel to not be able to provide the essentials, like food for your child for every day of the week? Unfortunately, many people live pay cheque to pay cheque. What's even more upsetting is that frequently the cheque doesn't have enough money to last. Children and their parents go hungry or subside on bread and cereal until the next pay. We're not referring to people who can't budget and who make poor choices for their families. We're talking about people who struggle each and every day to make every dollar stretch. For these people, the Agapè Centre Food Bank, Soup Kitchen and Thrift Shoppe are a source of desperately needed assistance.

With the generosity of this community, we help low income families stretch their budgets. The number of people needing our services is up about 15 percent over last year. We account the majority of this increase to the number of working poor who are now needing assistance. One third of our clients (33 percent) are the working poor - last year this was only about 15 percent! The remainder of our client base are people on different social assistance programs - either Ontario Works or Disability. High utility, fuel and rent costs make a terrible combination with stagnant wages. After taxes, a person earning $8 an hour takes home $267.41 for a 40 hour week. Minimum wage is $6.85. Rent is about $500. Groceries for a family of four should cost about $100 per week. Then there are utilities, car payments and all the other necessities. You do the math. At $8 an hour, you can easily see why sometimes a family needs a helping hand.

At our Food Bank, we give a helping hand with free groceries - usually a five day supply of food. We are currently helping over 700 adults and children each month. In our Soup Kitchen, we are serving approximately 75 people a hot, nutritious lunch every day. And we provide our clients free clothing for every person in their family on a seasonal basis through our Thrift Shoppe. We also help about 1,500 families each winter with bedding and other necessities for their homes.

Right now the Agapè Centre and the Children's Christmas Fund are busy working together to ensure that every family and individual that needs a helping hand at Christmas will receive it. It is our combined mission to ensure that every child in this community have something special this Christmas. And so begins Community Christmas 2003!

Christmas basket applications for people in need began at the centre on Tuesday November 4th, 2003 and will run until Tuesday, December 2nd, 2003. Distribution for the baskets will be at the Cornwall Armouries on Friday, December 19th, 2003. If you know of someone who is in need of assistance during this special season, please encourage them to contact the centre at (613) 938-9297 for registration information. Last year we helped almost 600 families (or 1,500 people) with a generous Christmas Basket filled with food and toys for their children. This year, with the number of people using our services higher, we are anticipating needing many more baskets.

In preparation for Community Christmas 2003, we are currently recruiting responsible volunteers for a variety of functions and we need businesses to sponsor angel trees. We need volunteers to assist with sorting canned food items, help at the armouries with the Christmas basket distribution, help prepare and serve the Christmas meal in our Soup Kitchen and to organize the toys for the children. We also need businesses to sponsor angel trees. Angel trees are trees with paper angels on them. Each paper angel represents one boy or girl (age indicated) in need of one gift for Christmas and the business (or individuals associated with it) purchase a gift for that child.

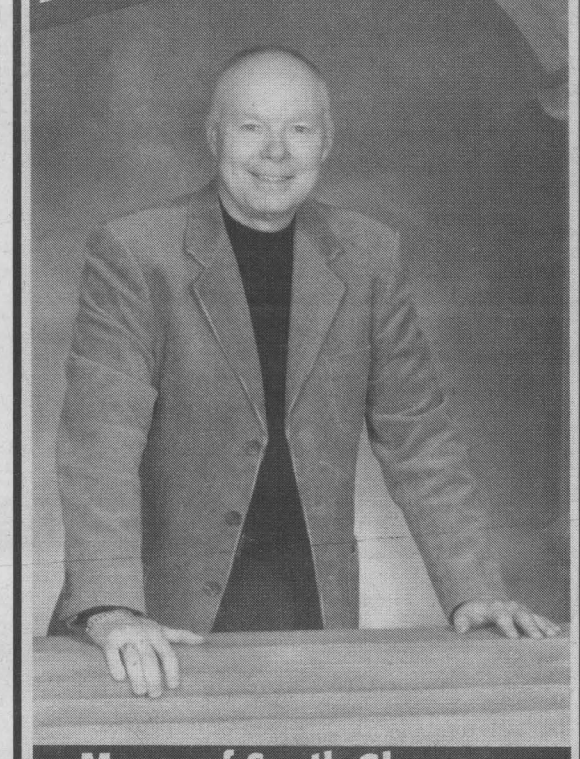
As always, the Agapè Centre is Local People Helping Local People. Bad things happen to people all the time. People lose their jobs, businesses go under, and tragedies occur - and when these things happen, those of us working and helping at the centre feel privileged to give a helping hand. This is especially true at Christmas. In the season of peace and giving it is truly inspiring to see the community support our Christmas Basket Campaign each year by conducting food drives, volunteering their time and donating all manner of needed items to help the less fortunate.

The bustle of the season has already begun at the Agapè Centre. It is our sincere wish that when it hits your home, that it is a happy time filled with love and laughter.

November 10, 2003

RE-ELECT

Dave MacDonald



Mayor of South Glengarry

Leadership, Commitment & Dedication

DAVE'S VISION

I believe South Glengarry is poised to reap the benefits of continued growth with good planning and financial control.

WORK IN PROGRESS

- Final stages of the fire review and implementation process.
- Development of preventative maintenance program for all municipally owned buildings.
- Completion phase of the certificates of approval to extend the life of the landfill sites for an additional 40 years.
- Conclusion of the staff organizational review and implementation of efficiency recommendations.
- Refurbish the Lancaster and Summerstown wharves.

PLATFORM COMMITMENT

Dave MacDonald will continue to:

- Work for the provision of quality essential services at an affordable level.
- Represent the agriculture and farming community.
- Lobby the Provincial and Federal Governments on issues that impact the quality of life in South Glengarry.
- Work towards finding solutions and partnerships to provide available space for community groups and events including storage facilities.
- Lobby the Provincial Governement for a fairer property tax assessment system.
- Offer open government giving a voice to all citizens of South Glengarry.
- Make decisions based on common sense and sound business principles.

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from the Morrisburg Village Plaza - Season's Greetings to you!



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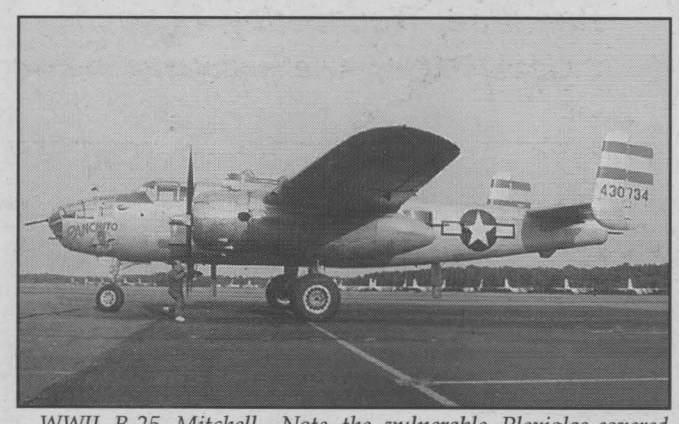
Morrisburg Village Plaza
Rediscover Shopping in Upper Canada

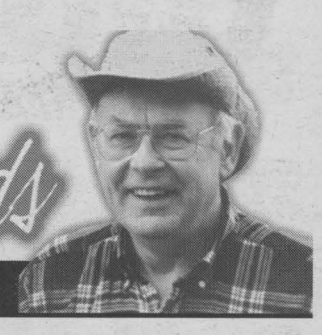
MORRISBURG BUSINESS IMPROVEMENT AREA

In Remembrance Of Those Who Have Slipped The Surly Bonds



WWII B-25 Mitchell—Note the vulnerable Plexiglas-covered nose section of this aircraft. It offered no protection from enemy fire.
Photo by Nick Wolochatiuk

Dances with Words



with Nick Wolochatiuk
email: nuthill@glen-net.ca

Each year since 1994 I've written a column that has dealt with various aspects of Remembrance Day. Some were prompted by experiences in places as widely separated as Langley, British Columbia to the west, Arnhem, Holland to the east, Ottawa to the north - and as close as Williamstown to the south. This year's inspiration comes from this year's Sunday, July 13th, 2003 flight in a B-25 Mitchell, a WWII bomber, which took me from Geneseo, New York to Georgetown, Delaware.

It was an exhilarating 95-minute flight through scattered and broken clouds, one that took me over peacefully meandering rivers, carefully tilled farmland, rolling forested hills, sleepy villages and bustling cities. Words from "High Flight," John Gillespie Magee, Jr.'s poem came to mind: "Oh! I have slipped the surly bonds of Earth... danced the skies on laughter-silvered wings; sunward I've climbed, and joined the tumbling mirth of sun-split clouds."

As we climbed to 7,500 feet, I gradually made my way from the aircraft's rear gunner position, then forward over the bomb bay and into the cockpit. I then proceeded to slide through the tunnel under the cockpit to the brightness of Plexiglas-enclosed compartment at the nose of the aircraft.

I had an unobstructed view up, down, ahead, to my left and to my right, just as the bombardier would have had as the aircraft headed from England to Germany or occupied France. As we continued to climb, a flashback to a book I had recently read brought on a horrible feeling of apprehension and anxiety.

The book was "Gun Camera - World War II, Photography from Allied fighters and Bombers Over Occupied Europe." Within its 132 pages were numerous black and white photographs that brought the horror of the air war to my mind, just as well as the opening scenes of Steven Spielberg's "Saving Private Ryan" did for movie audiences.

Here I was enjoying, the panorama, when all of a sudden I realized that all there was between me and anything in the sky ahead of me was that thin sheet of Plexiglas. Fortunately, it would be quite unlikely for the aircraft to encounter a flock of Canada geese at this altitude.



SELF-PORTRAIT—Before the flashback to horrific visions of WWII, I was thoroughly enjoying my 95-minute flight in a WWII era B-25 Mitchell.
Photo by Nick Wolochatiuk

My mind did another flashback to the skies over occupied Europe, as portrayed in the "Gun Camera" book. Visions of lumbering aircraft such as the Boeing B-17 Flying Fortresses and the Consolidated B-24 Liberators filled my mind. Suddenly they were no longer impregnable and soaring, for the explosions of anti-aircraft artillery rounds and cannon fire from Messerschmitt and Focke Wulf fighters were taking a terrible toll on these relentless interlopers. Wings and tail sections were blown off by the repeated attacks. The crew, usually ten in number in the large bombers, scrambled to exit their grievously wounded giants. Rarely did ten make it out, even more rarely did ten descend safely to the ground that was sometimes 35,000 feet below. Still more rarely did those who managed to parachute to the ground escape capture, or survive the ordeals of the Nazi P.O.W. camps.

Then one of the most striking visions of the book came to my mind: pages 32 and 33; two photographs of a B-25 Mitchell, the same type of aircraft that I was now flying in, is shown with its nose just having been blown completely off by a direct hit from a German 88mm shell! The bombardier and navigator had been killed instantly.

Such were the horrific scenes of war that so many men endured and so many more did not survive. I am not surprised that many who have experienced combat are reluctant to recount their experiences on Remembrance Day, or any other day of the year. I am sure that many still relive those experiences during the lonely darkness of night, nights of troubled and broken sleep.

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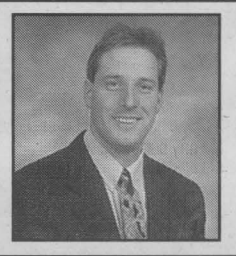

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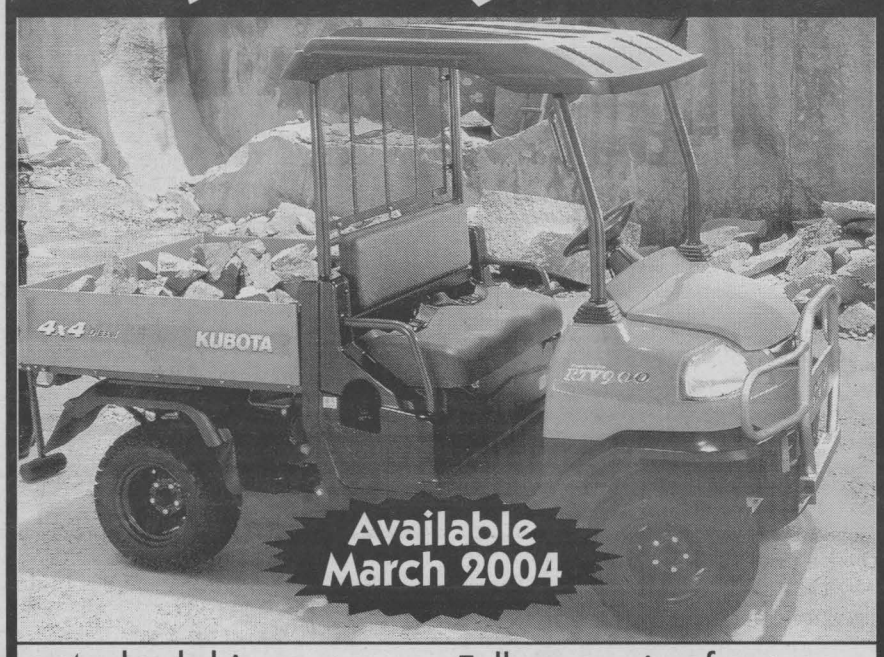

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COMPANIONS CORNER

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

YUMMY! SINGLES BUFFET dance, (all you can eat Chinese / Mexican / Italian). Ladies night. Cornwall Seaway Lions Club. Saturday, Nov. 15th, 6pm. Men: $5. Ladies: $2.50. Directions, 938-0040. Info, winter newsletter. John, 675-2020.

SWM, NEVER BEEN MARRIED, just across the border. Emotionally, financially, physically stable 40's gentelman, seeks lady to connect with for romance, friendship, travel, possibly more. CC2214.

COMPANIONS CORNER

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

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Corner of Rt. #56 & Town Ridge Rd., Massena South 2 miles to Don's Orange Mini Mart
315-764-7145 sn4

COMPANIONS CORNER

SWM, 38, looking for honest, fun loving female. Single moms welcomed. My interests include music, movies, quiet times & laughter. Must be trustworthy. CC2215.

2 APTS/CONDOS FOR RENT

AVAILABLE IMMEDIATELY, 1 bdrm basement apt. Fully furnished, utilities included. Suitable for 1 quiet responsible person. Non-smoker. $485/mth. References. First & last req'd. 936-6584.

AVAILABLE IMMEDIATELY, 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.

2 APTS/CONDOS FOR RENT

EXTRA LARGE 3 BDRM APT
Available Dec. 1st
L/R, D/R, kitchen & kitchenette, laundry room, large front porch. Upstairs from Bergeron Sleep Shop. 1005 First St. E.
932-2214
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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.

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

2 APTS/CONDOS FOR RENT

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

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

2 & 3 BDRM APTS available. Call 330-3398 after 6pm.

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

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

2 APTS/CONDOS FOR RENT

Bachelor or College Student
Small two room basement apt. situated at the college. $450/month, includes heating, electricity,air, fridge, stove & cable TV.
Call 936-0333 after 6 pm
nov7032

4 HOUSES FOR RENT

3 BDRM FARM HOME, Apple Hill / Martintown area. Available immediately. Large eat-in kitchen w/wall oven, countertop range. No pets. References. Call (613) 528-4694.

MONKLAND, 3 BDRMS, 1 bathroom, full basement, recently renovated. New flooring & freshly painted throughout. $800/mth, utilities not included. Call Joanne, (613) 987-2312.

ALEXANDRIA. Modern mobile. 16x73, 3 bdrms, 2 baths, whirlpool, large leased land. Water, septic, & taxes $232/mth. Heating $138/mth. Air conditioning, antenna, satellite dish, energy efficient. 347-7200.

4 HOUSES FOR RENT

HOUSES FOR RENT, 2 bdrms, $450/mth, pay own utilities. 3 bdrms, $800/mth, pay own utilities. Available Nov. 1st or Dec. 1st. No pets. Call 538-2840.

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.

2 STOREY, SINGLE HOME, 3 bdrms, finished recroom w/new carpet, 3 bathrooms, hardwood floors, central air, above ground pool, driveway interlock brick. $154,500. Call 933-5883.

7 HOUSES WANTED TO RENT

MATURE & RESPONSIBLE working man, late 30's, seeks a small country house to rent, preferrably located midway between Ottawa & Cornwall for easy commuting. Non-smoker. No pets. Call Norm, 930-5663 (Cell#) between 6pm & 9pm.

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.

STORE/OFFICE SPACE FOR RENT
Approx. 960 sq. ft.
329 Montreal Rd.
$600/mth, plus utilities.
Available Nov. 15th.
Call (613) 932-5109
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14 OUTSIDE CANADA

VACATION ALERT: Rental in Florida. Fully furnished. Available Nov. 1st to Jan. 15th and Mar. 21st to Apr. 30th. Call 932-4800.

18 ROOMS

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

20 SHARED ACCOMMODATIONS

WANTED: WORKING PERSON to share a new townhouse in good east end neighbourhood. Must be working, quiet, non-smoker, clean. $400/mth. (613) 361-9092.

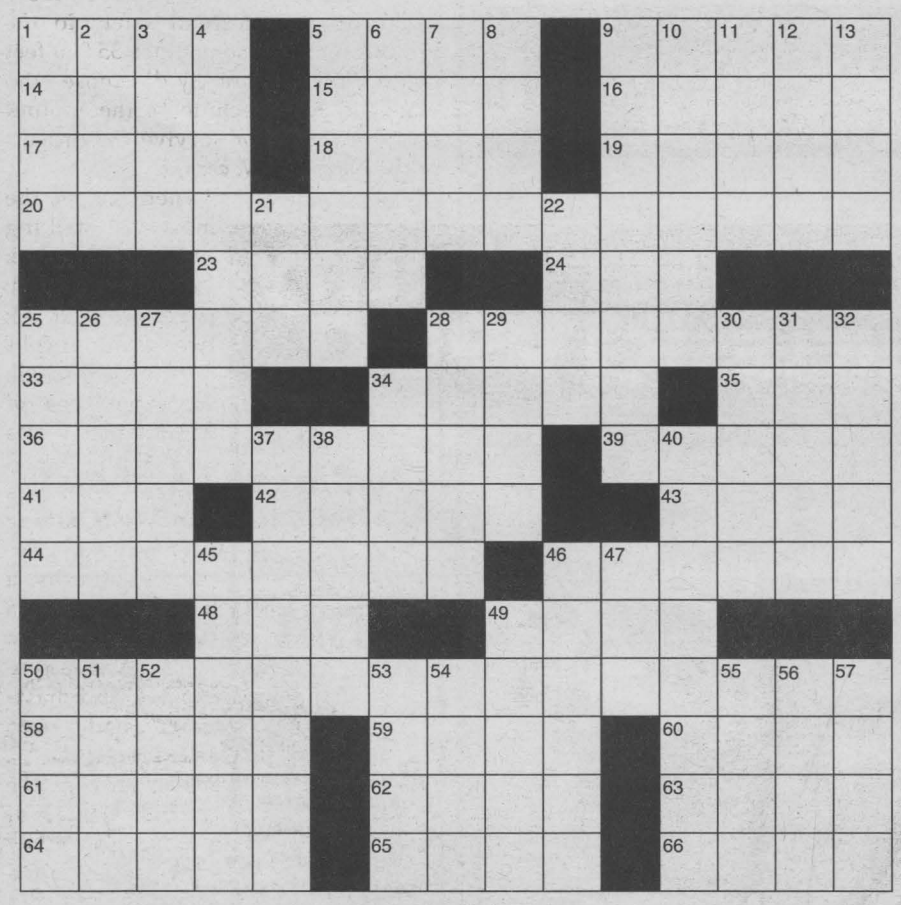
22 ARTICLES FOR SALE

ONE 7-PC. DARK VENEER diningroom set, $250. One beautiful large post brass bed frame, $350. Two 6-drawer dressers, $75. One glass front oak stereo cabinet, $50. Call 525-2626.

CROSSWORDS

CLUES ACROSS
1. In a way, recreates
5. Raincoats (slang)
9. Dark chocolate-brown color
14. Supportive tissue of the central nervous system (abbr.)
15. Hail (nautical)
16. Of the lower part of the small intestine
17. Plundered
18. Authentic
19. Temptress of Greek mythology
20. Yes
23. A large cross or crucifix
24. Before (archaic)
25. To consecrate
28. Excessively cruel
33. St. Louis football team
34. Mother of Perseus
35. A collection of anecdotes about a person or place
36. Central American country
39. Brand of plastic cling wrap
41. A large vessel or vase
42. Steps
43. Hawaiian goose
44. Kevorkian's cases
46. Gets up
48. S. American wood sorrel with edible tubers
49. Mild yellow Dutch cheese
50. 1964 Presidential candidate
58. Type of fatty acid
59. Away from wind
60. Through, abbr.
61. Steppe cat
62. To draw or paint
63. A British peer ranking
64. Richard __, English dramatist
65. __ Blyton, children's author
66. Six, on a dice (archaic)

CLUES DOWN
1. North-central city in India
2. Musical sign
3. Petty quarrel
4. One who uses ridicule or sarcasm
5. Furry burrowing rodent
6. In the lead
7. Hair, wool or fur of an animal
8. Former monetary unit of Guinea
9. Woes
10. Martini fruits
11. Spotted food and sport fish
12. A small amount (Scottish)
13. Inflammatory skin disease
21. "Louisiana Lightning," __ Guidry
22. Any of the Hindu sacred writing
25. Hundred-eyed monster (myth.)
26. Formerly, Pleasant Island
27. People of Oman
28. Shopping tax
29. Collections of anecdotes
30. Counterweights
31. Silly
32. Rattans
34. European freshwater fish
37. A process going on within a larger one
38. Head of a household of ill-repute
40. Moves to action
45. Dermis
46. Number that is added to another number
47. Uncooked
49. Resin from tropical trees
50. To fail (slang)
51. Having wings
52. Gambling town
53. Strong wind moving 45-90 knots
54. Scientist Wilber __ Atwater
55. People of, formerly, Siam
56. Makes a mistake
57. Legal dominance



answers on page 36

HOROSCOPES

Nov. 8th - Nov. 14th

ARIES – March 21/April 20
A friend's comments cheer you after a tough day at work early in the week, Aries. Be sure he or she knows you really appreciate it.

TAURUS – April 21/May 21
You have an important decision to make about a financial matter on Tuesday. Trust your instincts. An old school friend stops by to say hello on Thursday. Could there be sparks?

GEMINI – May 22/June 21
You've been busy the last few weeks, but it looks as though things are finally starting to come together. You'll have a chance to let your hair down a bit by the weekend. You deserve it.

CANCER – June 22/July 22
You're not the type to prefer being in the spotlight, Cancer, but that's exactly where you'll be this week after an important accomplishment. You deserve the praise.

LEO – July 23/August 23
OK, Leo, you've fooled around long enough. It's time to get serious about your goals for the future. Don't worry, there's still time for fun, especially on Saturday!

VIRGO – Aug 24/Sept 22
The pressure's on, Virgo, but you can take it. The faith others have in you is warranted. You can accomplish your goals this week with style.

LIBRA – Sept 23/Oct 23
By now, you're probably feeling the need for a vacation. Now's the time to take it. Travel is lucky for you, especially if your companion is a Pisces.

SCORPIO – Oct 24/Nov 22
You're pretty excited about a new love affair, but don't fall head over heels just yet. That special someone may be hiding something from you. A close friend needs your support with a problem on Wednesday.

SAGITTARIUS – Nov 23/Dec 21
You make a great deal of progress at work on Monday and Tuesday, which leads to a significant bonus. However, there's still a lot to be done, Sagittarius. Don't get cocky.

CAPRICORN – Dec 22/Jan 20
Think carefully before committing to a friend's investment proposal this week, Capricorn. Be sure to get all of the facts. Make time for romance on Thursday.

AQUARIUS – Jan 21/Feb 18
You've been quite the social butterfly as of late, Aquarius. Now's the time to slow down a bit and pamper yourself for a change.

PISCES – Feb 19/March 20
You can be pretty stubborn when you want to be, Pisces, but now is not a good time to dig your heels in. Your friends only want to help you out. Take their advice.

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- $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
~~~~~~~~~~~~~~~~~~~~~~~~~~

CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon



IN THE CLASSIFIEDS

REAL ESTATE REAL ESTATE REAL ESTATE

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



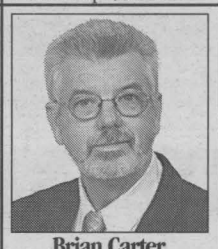
JoAnne Riel
Sales Rep. 360-1259



Tamara Lee Johnson
Sales Rep. 551-3544



Francis Rounding
Sales Rep. 551-2031



Brian Carter
Sales Rep. 360-3494

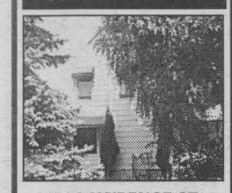


Maggie Nuttall
Sales Rep. 330-3449



Shelley Brown
Sales Rep. 330-3954

OPEN HOUSE SUNDAY 1 - 2:30 PM



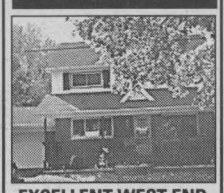
120 LAWRENCE ST.
4 bdrm. home features new furnace, oil tank & more. Bonus separate building with 3 bachelor apts. with private entrances. Don't delay, call today.
#1432
YOUR HOSTESS CYNTHIA 551-2496

COUNTRY BUILDING LOT



CHAPEL ROAD
3 acre building lot with culvert & entrance. Ready, set, build. Very desirable area close to County Road 18. Mature cedars & mixed bush.
$25,000/ #1444
CALL CYNTHIA 551-2496

4 ROBERTSON AVENUE



EXCELLENT WEST END LOCATION
Features many new updates, large country kitchen, 3 bdrms., 2 baths, garage, double paved driveway, corner lot, central air, & much more.
$121,900/ #1439
CALL GINETTE 551-3321

281 IVAN CRESCENT



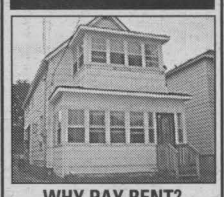
ONLY 4 YRS. OLD!
Absolutely spotless, this home is a pleasure to show. Features gas heat, large lot, carport, dbl. drive, partly fin. bsmt. & much more.
$159,900/ #1426
CALL GINETTE 551-3321

HIGHWAY #2 RR 1 CORNWALL



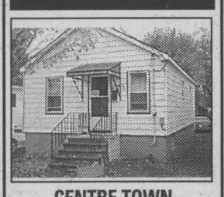
MINUTES FROM CORNWALL
Beautiful, spotless, split level features hdwd & ceramic floors, 3+1 bdrms., 2 frplcs, 2 baths, fin. bsmt., dbl. garage, paved drive. Excellent country setting. $189,900/ #1442
CALL GINETTE 551-3321

LARGE DUPLEX



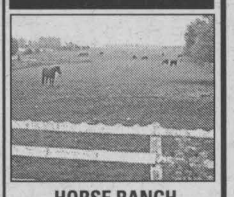
WHY PAY RENT?
Did you know you could purchase this home for as little as $320/ month?
With +/- $5,000 downpayment.
#1421
CALL HANA 937-4445

GILLESPIE



CENTRE TOWN BUNGALOW
Cute, 2 bdrm. bungalow on low traffic street, sunporch, large backyard.
$64,900/ #1436
CALL HANA 937-4445

LANCASTER AREA



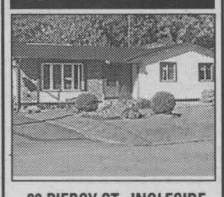
HORSE RANCH
Let your dreams come true. Fabulous country horse ranch with large 4 bdrm. house, large barn & much more. This could be yours as owner will entertain all offers.
#1232
CALL HANA 937-4445

FEELS LIKE HOME!



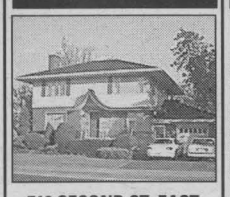
WELL KEPT HOME
with gas heating & fireplace, bright kitchen & dining area, partly fin. basement, large lot.
$146,000/ #1443
FOR INFO CALL 1-800-581-4240
(home code 1350)
CALL JUDI 930-3536

GREAT PRICE



20 PIERCY ST., INGLESIDE
Excellent location, three bdrm. bungalow, two car garage. Needs new owners.
$139,900/ #1402
CALL FRANCIS 551-2031

EXECUTIVE HOME



719 SECOND ST. EAST
Centrally located. Hdwd flrs. replaced 2002. Hdwd trim throughout in original condition. Inground pool on a beautifully landscaped yard with change room & more.
$199,900/ #1419
CALL FRANCIS 551-2031

EARLY OCCUPANCY



698 HAMILTON CRES.
You can own this 3+1 bdrm. back split before Christmas. Celebrate by the fireplace. Home has melamine cupboards, separate dining room, garage & 4 levels of living space.
#1446
CALL DAWNA 937-0739

PROUD SUPPORTERS OF HABITAT FOR HUMANITY

EXIT REALTY GOES THE EXTRA MILE!

Thinking of Buying A House?

nov7033

Theresa E. Taylor & Associates Auctioneering

ANTIQUE & COLLECTABLE AUCTION

Saturday, November 8, 10:00 am

KNIGHTS OF COLUMBUS HALL, GLEN WALTER

ANTIQUES & FURNITURE: China Cabinet, Blanket Box, Sewing Machine, Quilt Rack, Fern Stands, Basin Set Stand, Parlour Tables, Trunks Baskets, Medalta Lamp Base, Violin, Yellow Ware, Redware, Mini Cranberry Glass Oil Lamp, Cranberry Hobnail Opalescent Lamp, Dressing Screen, Rocker, Pine Valances.
CHINA, GLASS & METALS: Doulton Burselm Vase, Meissen, Moorcroft, Staffordshire Spaniels, Royal Doulton Figurines & Character Jugs, Hummel, Wedgwood, Paragon, Anysley, Royal Albert, Nippon, German Fish Platter, Torquay, Royal Copley, Royal Winton, Shorter & Son, Satsuma, Royal Crown Derby, Limoges, Dresden, Royal Worcester & Johnson Bros. Dinner Services, Booth, Russell Wright, Susie Cooper, Moser, Bayel, Heisey, Ruby, Crystal, Early Press Glass, Depression, Sterling Overlay, American Bisque Cookie Jar, Benedict Silver (Arts & Crafts), Sterling & European Silver, Sterling Flatware, Sheffield Sterling Fruit Set, Birks Regency Plate Flatware, Russian Victorian & Georgian Silver, Stainless Flatware Sets, Copper.
TOYS & COLLECTIBLES: German Chenille Nodder Santa, Japanware, Head Vase, O. J., Queen Mary Tin, Sports Memorabilia, Albums of Postcards/ Stamps, Autograph Books, Bing Grondall, Lighters; Ronson, Nebgbaur, Folk Art, Tin Mickey Mouse Game, Tin Types, Tin, Hockey Beanie Babies.
JEWELLERY & TIMEPIECES: Diamond Rings, Emerald Earrings, Sterling, Sherman, Boucher, O'Orlan, Nini Ricci, Marcarsites, Bakelite, Cameos, Rolex & Pocket Watches, Clocks, Perfume Bottles, Sterling Lipstick Holder, Silver Cigarette Case.
ART, CURRENCY: Originals, Madelaine Delfasse, Prints, Linen School Map, Silver Mint Proof Sets, Cased Silver Dollars, Circulated, Tokens, Foreign Currency.
CLOTHING, LINEN, TEXTILES: Jacquard Coverlet, Home Spun Blankets, Victorian Linens, Battenburg, Quilts, Beaded Purses.
MISCELLANEOUS: New store Merchandise, Gift Baskets, VCR, Nintendo.
TERMS: Cash, Visa, Mastercard, Interac, or acceptable cheque. Canteen.
Partial Listing. Viewing at 8:30 AM. **Inquires Welcome**
Check Website for photos and last minute additions.

Toll Free: (877) 746-9333 | www.TheresaTaylor.com "Cornwall's Entrepreneur Of The Year" | Phone: (613) 347-7672

nov7032

REAL ESTATE REAL

JC REAL ESTATE INSPECTION SERVICE
(613) 933-1944
www.jcgodard.com

Have the home inspected BEFORE YOU BUY and get NO SURPRISES!
Your Real Estate Inspection Specialist

nov7034

SAVE MONEY NOW!
Refinances, purchases and debt consolidations. Pay off high interest loans & credit cards.
5 Year Mortgage 5.05%
UPPER CANADA MORTGAGE
930-2592
SN1

333 Meadowvale Cres.



Raised bungalow with attached garage, 3 plus 1 bedrooms, formal dining room, newly renovated bathroom, finished family room, central vac, built-in dishwasher, forced electric with A/C. Nicely landscaped with interlocking brick driveway. Above ground pool with fenced yard.

Call for an appointment to view 937-0229

nov7032

RE/MAX CORNWALL REALTY LTD.

www.remax-cornwall.com
649 Second Street East 938-8100

SHEILA GATIEN RE/MAX

Sheila Gatien

ASSOCIATE BROKER

Call Me Direct 551-0989 (Cell)





3453 Bruce Street
Celebrate Christmas in this spacious family home in Rosedale Terrace. Features include 4 bdrms, 3 baths, main floor family room/ patio doors to deck, LR, DR/fireplace, main floor laundry and att'd 2 car garage.
$169,000

888 Kenyon Cres.
Large 2300 sq. ft. brick bungalow with finished basement, double attached garage, inground pool and tennis court.
$249,900

New Construction - Chantine Drive
Custom built 1600 sq. ft. brick bungalow, ready in March 2004. Features 3 bdrm, 2 full baths, hdwd/ceramic, att'd double garage.
$249,900
Other lots and plans available, call today!

Reduced To Sell - 1310 Cumberland
Affordable 4 bdrm, 2 bath, 2 storey home with hardwood floors, det double and single garage.
$89,900

Investement - Montreal Road
2 stores and 2 3-bedroom apartments.
$119,900

email:Sheila@remax-cornwall.com nov7034

SHEILA GATIEN RE/MAX SHEILA GATIEN RE/MAX SHEILA GATIEN RE/MAX

AUCTION SALES | AUCTION SALES

Classified plus

933-0015

MasterCard VISA

Circulation: 34,818 copies
Deadline: Wednesday, noon

SEAWAY NEWS

classified@cornwallseawaynews.com

INCOME PROPERTY AUCTION

9-11 Seymour St., Cornwall

Saturday, November 15th - 11 am sharp!

TO BE SOLD ON SITE: Good solid double tenement, 2 bedrooms each side. Separate services, F.A. gas and F.A. oil furnaces. Tenants pay over $1,000 per month plus utilities. Detached garage, lots of parking, new roof Oct. '03. Handy location, just west of downtown core.
This property **WILL BE SOLD** subject **ONLY** to a minimum bid of $25,000.
TERMS: $1,000 deposit, balance due on or before December 31, 2003.

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

nov7034

BUILDING LOT AUCTION

on Richmond Drive, Cornwall
To settle the estate of the late Dorthy Rivier
Saturday, November 22nd
1 pm sharp!

TO BE SOLD ON SITE: Surveyed building lot 90'x175', being Lot 12 - Plan 262 - City of Cornwall.
This lot is at the western city limits across from Guindon Park - approx. 100 metres north of Hwy. #2.
It **WILL BE SOLD** subject **ONLY** to a minimum bid of $2,500.
TERMS: $1,000 deposit, balance due on or before December 31st, 2003.

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

NOV07034

FARM AUCTION

SATURDAY, NOVEMBER 15TH, 10 A.M.
CIVIC #19558 AIRPORT RD., SUMMERSTOWN,

From Hwy. 401 exit #804 Summerstown, travel South on Summerstown Rd., approx. 1/2 km to Airport Rd., turn East, travel approx. 5 kms WATCH FOR SIGNS

185 ACRE FARM
160 HEAD OF CROSSBRED BEEF CATTLE
TRACTORS - FARM MACHINERY
LARGE QUANTITY OF LUMBER & TOOLS
OVER 800 ROUND BALES OF HAY

Owner & auctioneer not responsible for loss or accident.

Terms: Cash or Cheque with proper I.D.
Canteen & Washrooms

Sale to be held under cover in the event of bad weather
Proprietor: Mr. Roland Lefebvre

Sale Order: Household, tools, machinery, lumber & hay.
Farm at 1:00 p.m. to be followed by cattle

AUCTIONEERS NOTE: Plan to attend for this will be an excellent opportunity to purchase the type of cattle that would compliment an existing herd or be a good foundation to start one.
All machinery is in next to new condition and has always been stored inside.

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

NOV07032

CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

ARTICLES FOR SALE

Poppy's Pawns Plus

sn3

Top Prices Paid For Fine China, TV's, VCR's, CD's, Movies, Tools, Antiques, Small Furniture

We Pawn, Buy, Sell & Trade
224 Pitt Street 933-2333

COMPOUND BOW, Myles Keller "Impulse", c/w quiver, 10 arrows, 7 broad heads, Cobra trigger release, finger glove, field locker case. $300. Call (613) 984-0281.

AT LOW PRICE! 1st quality materials ... unbeatable prices! Floating floor no glue 25-yrs .89¢ sq.ft. Colonial moulding 8-ft. casing .99¢, baseboard $1.15. Interior classic door $29.99. Tile .35¢, ceramic .99¢. Interior latex paint Sico blue or pink $9.99. Stain $9.99. Spruce 2"x3"x7' $1.09. Polythene tarps 6'x8' $1.99. Carpenter's apron $9.99. Cordless drill 18V $39.99. Valid from November 8th-14th, 2003. See our flyer at: www.bargain-buildingmaterials.ca or 613-527-5090.

DRUM SET, 5-pc. Pearl Export series. Almost new w/4 cymbals & stand, drummers stool. $1,200. Call 938-2722.

KENMORE WASHER & DRYER. Asking $200. Call 932-8902.

MEAD TELESCOPE, model 4550, 4.5" reflecting telescope complete with 2 eye pieces, viewfinder, tripod & software. Hardly used, like new. $295. Call 938-1029.

SHOP VAC FOR SALE. Wet & dry. Call 933-7667.

MOVING SALE: Panasonic Genius microwave, $30. Washer & dryer, $300/pair. 2-yr-old Kenmore gas stove, $500. Gas BBQ, $85. Call 534-8561 or 534-8807, ask for Helen.

HOUSE/ GARAGE SALE

5441 HWY. 138
north of Headline Road
on the right
furniture, tools, miscellaneous
Saturday, Nov. 8th
Sunday, Nov. 9th
8 am to 4 pm both days

ARTICLES WANTED

CEDAR LOGS, 8" & up, 8', 10', 12' lengths. Straight & sound. Top dollar paid. Contact Kirk, (613) 924-1893.

DO YOU HAVE a dresser (men's chest of drawers) you want to get rid of or throw out? If so, call me. I will pick it up. 938-7071.

WANTED

oct31034

Old Fishing Lures & Wooden Duck Decoys
Old Blue Flower/Bird Crocks & Jugs, Traps
938-8839

FARMERS MARKET

Marlin Orchards & Garden Centre

Special
McIntosh & Cortland
$12.00 per bushel

Forest Mulch
2 cu. ft. $3.59/bag
5 bags or more $2.99 ea.
protect your roses & perrenials this winter

24" Spiral Tree Guard $1.19 ea.

-Gift Certificates-

Open 7 Days A Week till Mid Dec.
931-1213
Hwy 2 - Just East of Cornwall

nov7034

CEDAR & PINE LUMBER. Hardwood lumber. V-joint Pine & Cedar siding. Hardwood flooring. Specialty orders. Shavings, bags or in bulk. Firewood, split & delivered. Robertson's Sawmill, Martintown. Call 528-4262.

30 HOME SERVICES

MIKE'S TREE PRUNING, cutting & removal. Chimney, eavestrough, cleaning & repair. Free estimates. Call Mike 931-1251.

STRIPALL - Furniture stripping, refinishing & repairs. Staircases, floors, doors, archways. No job too big or small, antique or not. Kitchen cupboards completely restored & refinished starting @ $1,500. Free estimates. Long Sault, 534-8494.

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.

ERNIE'S CLEAN-UP SERVICE. Cedar hedge & tree trimming, fencing, house painting, snow blowing, yards, basements, lawn cutting. Call 938-1684.

INCH BY INCH ENTERPRISE Snow Plowing. For 2003-2004 season. Free estimates. Call 933-7043.

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

BASEMENT LEAKING? Call the experts. Waterproofing from inside, no costly digging. Cracks sealed by injection. Interior weeping tile for block walls. All work guaranteed. Free estimates. J. Craig. 1-800-631-4323. Serving all Eastern Ontario.

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.

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.

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

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.

3 BUSINESSES IN 1. Corner store, restaurant & retail. Included in price: building equipment, 3 bdrm apt. Serious inquiries only. Call (613) 933-9911.

38 HELP WANTED

FULL-TIME PART-TIME

Licensed hair stylist and Esthetician.
Please bring résumé to:
Cuts n' More Hair Salon Seaway Plaza

nov7032

THE VIRTUAL EMPLOYMENT CENTRE OF EASTERN ONTARIO

CORNWALL PRACTICE FIRM

The perfect approach = the perfect JOB!!!



JOB SEARCH
+
EMPLOYABILITY TECHNIQUES
+
PRACTICAL WORK EXPERIENCE
=
SUCCESS FOR FINDING EMPLOYMENT

NO COST

Limited working stations available

Call Carole (613) 938-6611 ext. 30
Email... info@autoglobale.ca

nov7031

This project is funded by the Government of Canada

REAL ESTATE REAL ESTATE REAL ESTATE REAL ESTATE

HOMES OF THE WEEK

Century 21 SHIELD REALTY LTD.

465 PITT STREET 938-2121

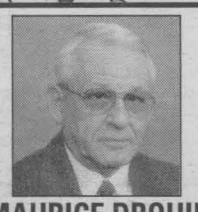
YOUR EXCLUSIVE PROVIDER OF AIR MILES WHETHER BUYING OR SELLING!



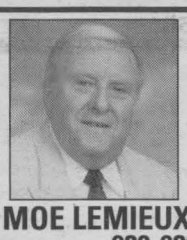
MONIQUE WILLIAMS Sales Rep. 938-2121



TODD THOMPSON Sales Rep. 938-2121



MAURICE DROUIN Sales Rep. 933-6146



MOE LEMIEUX Sales Rep. 932-9386



BROOKE MacCRIMMON Sales Rep. 938-2121



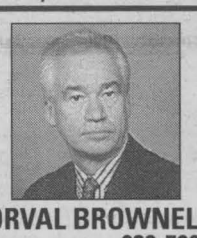
SHERRY McCULLOUGH Sales Rep. 938-2121



JAKE LEFEBVRE Sales Rep. 938-2121



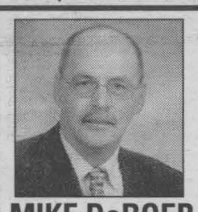
JACK ROY Sales Rep. 931-1290



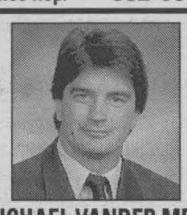
ORVAL BROWNELL Assoc. Broker 932-7061



ERIC PEDERSEN Broker 938-9690



MIKE DeBOER Broker 938-7802



MICHAEL VANDER MEER Assoc. Broker 938-2121



410 BEDFORD $39,900
WHY RENT, WHEN YOU CAN OWN!
(A-MLS Z3102) Sgl family home with private drive & private yard for under $40,000. Start building on your future.
MONIQUE WILLIAMS 938-2121



11 AUGUSTUS
NEW PRICE - $69,900
(A MLS Z1827) The possibilities are endless! Zoned central business district, 2 storey with 3 bdrms, & hdwd. flrs.
MONIQUE WILLIAMS 938-2121



18917 HWY 2, GLEN WALTER $61,900
(J-MLS Z3446) Waterview & water access. 2 bdrms, open concept bung, frpl & much more.
MONIQUE WILLIAMS 938-2121



4439 McGILLIS RD $64,900
(Formerly Cornwall Twp Rd 38) (M-MLS Z3598) 1100 sq ft., 3 bdrm with addition on 120x202 lot. Screened porch & many updates.
MONIQUE WILLIAMS 938-2121

NEW LISTING



19412 CTY. RD. 2, SUMMERSTOWN $89,900
(J-MLS Z4332) Great property. Fabulous location. Lot 116x114. 2+1 bdrms, hdwd, 1-1/2 baths & much more.
MONIQUE WILLIAMS 938-2121



123-A ST. FELIX $69,900
(A-MLS Z3511)
Great duplex with 1-2 & 1-3 bdrm units. Many updates.
TODD THOMPSON 938-2121



16-A MAPLE $49,900
(A-MLS Z4050) Duplex with loads of potential. One 3 and one 1 bdrm apt.
TODD THOMPSON 938-2121

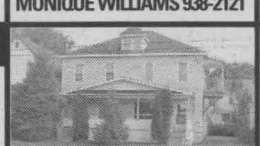


1201 SECOND E. $96,900
(A-MLS Y2913) Excellent, 3 unit, owner-occupied 3+2 bdrm main unit with fully fin bsmt.
TODD THOMPSON 938-2121

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



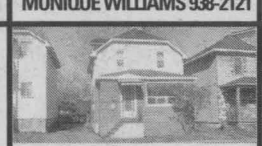
16 ASH ST., NEWINGTON
REDUCED - $69,900
(O-MLS Z2616) 3 bdrm large family home. Many renovations. Wdstve in family rm.
MAURICE DROUIN 933-6146



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



107 THIRD ST. WEST $86,500 - "A GEM!"
(A-MLS Z4049) Well-maintained 1-1/2 storey, 1250 sq ft home intensively renovated. 2+1 bdrms. Make a point to come & see this home. You won't be disappointed
MOE LEMIEUX 932-9386



455 FOURTH ST. W. $58,900
(A-MLS Z4380) Well-maint 2 storey home with 3 bdrms, new carpeting throughout, private drive.
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



EYE DEAL!
515 THIRD ST. WEST $55,900
(A-MLS Z1947) Come on over to view this 3 bdrm home featuring a large kit & dining rm, garage, patio & quaint fromt porch. Just to name a few. All this could be yours.
BROOKE MacCRIMMON 938-2121



3502 MARYDALE AVE
NEW PRICE - $149,900
(A-MLS Z3963) Morning hectic? Not in this 2 bath, 3+1 brick bung. Like to view?
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. Dial Sherry for details.
SHERRY McCULLOUGH 938-2121



828 CHELSEA CR $189,900
(A-MLS Z3966) Open concept living/dining/kitchen. Gleaming hdwd flooring, ceramic & carpet. This home is better than new! Wanna view?.
SHERRY McCULLOUGH 938-2121



1349 STORMONT DRIVE $144,900
(A-MLS Z3619) Entertain friends & family in this 3-level split located in one of Cornwall's finest east end subdv. Won't last long. Don't delay, dail Sherry today!
SHERRY McCULLOUGH 938-2121



1332 LOCHIEL $179,900
(A-MLS Z3544) Are you looking for 4 on a floor? Bedrooms, that is! Dial Sherry to view this spacious family home.
SHERRY McCULLOUGH 938-2121

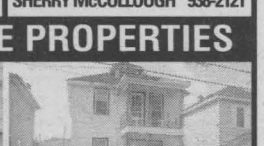


26 AULT DRIVE, INGLESIDE NEW PRICE - $110,900
(O-MLS Z3296) 3 bdrm brick bung on beautiful treed lot., hdwd flrs throughout, recently painted, gorgeous det triple garage.
JAKE LEFEBVRE 938-3185

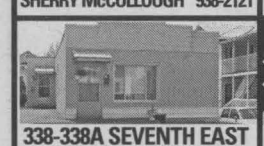
GOOD INCOME PROPERTIES



307-309 PRINCE ARTHUR ST $53,900
(A-MLS Z3046)
JACK ROY 931-1290



341-A LOUISA $44,900
(A-MLS Z3049)



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

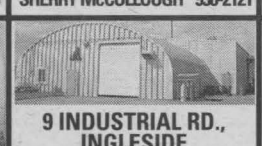
NEW LISTING



490 SOUTH BRANCH RD $135,00
(A-MLS Z4383) Located in the city, lot 120x140, 1400 sq ft bung, 2 baths, central air, gas heat, patio deck.
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.
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(M-MLS Z4261) 3+1 bdrm featuring gas heat, gas frpl, central air, whirlpool bath, great rec room.
MIKE DeBOER 938-7802

HWY COMMERCIAL
$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

CENTRAL
REDUCED - $84,900
(A-MLS Z2418) 3 bdrm home, main flr family rm with frpl & patio to deck.
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DUPLEX $46,900
(A-MLS Z0281) 2-2 bdrm units. Lots of renovations completed. A definite moneymaker.
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--- CARS ---

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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 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 SOLD CD, local owner, 106,000 kms
98 Honda Civic EX-G , Top of the Line, 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 Pontaic 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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98 Caravan, V6, 7 pass., good cond., e-tested, safetied **$4,800**
96 Chrysler Concorde, 152,000 kms, good cond. e-tested, safetied **$3,600**
95 Dodge Caravan SE, V6, 7 pass., mint cond., 2-tone. e-tested safetied **$3,200**
94 Dodge Caravan, e-tested, safetied **$2,400**
92 Mercury Sable LS, good cond., e-tested, safetied, ... **$1,700**
91 Caravan SE, 7 pass., quad seats, 175,000 kms, good cond., e-tested, safetied **$2,400**

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92 Mazda Pick-up, mint cond., e-tested, safetied **$3,500**

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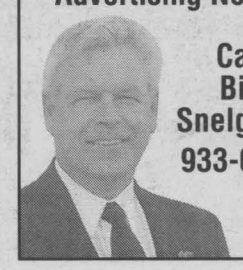

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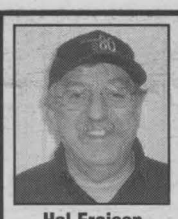
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Show Your Car Love This Winter

Have you noticed the air getting crisper, and the sunset arriving a bit earlier every day? Winter is on the horizon – and with it, harsher weather conditions that can take a toll on your car's appearance.

If you're like most people, you probably consider your car an extension of the family. A recent International Carwash Association (ICA) survey shows that 84 percent of Americans feel an emotional connection with their cars. It's not enough to love your car in theory, however – you need to make it real by incorporating professional car washes into your maintenance routine.

Financial Benefits

There's significant financial value to getting your cars washed, waxed and detailed professionally – especially during winter, when most interior and exterior damage is likely to occur. According to auto trade-in experts such as Kelley Blue Book, cars in excellent condition and appearance can be valued as much as $1,500 higher than those in good or fair condition.

Your car's appearance needs extra attention during the colder months because salt, mud, and road grime are more likely to accumulate on your vehicle. Watch out in particular for salt. It's highly corrosive and by far the biggest car culprit, affecting a vast majority of all automobiles in the United States. Why? Because wherever there's snow, there's road salt.

Road de-icing materials can cause great damage to cars. In fact, road salt is estimated to cause billions of dollars in damage to American automobiles. But salt can even be airborne in coastal regions, so warm weather drivers beware: your cars are also at risk.

"Most car owners understand the value of changing motor oil regularly to protect the engine," said ICA Executive Director Mark Thorsby. "However, a car with oxidized paint and rusted body can never be economically restored. The best way to prevent that is regular washing and waxing at a professional car wash."

Emotional Satisfaction – and Great Gift Ideas

Another benefit of professional car washes: they save time, making you feel refreshed and more organized. As gift-buying season and social gatherings make your "to do" list grow longer, swing by a full service car wash while running errands on the weekends. Or, choose to fill up on gas at a station that offers car-washing options.

Because professional car washes provide "spa services" for your car, they also make unique gift ideas for your friends, colleagues and family. Who wouldn't appreciate a full service car wash, wax or detail for the holidays?

Better for the Environment

Most people don't realize that do-it-yourself car washes at home can use up to twice as much water than professional car washes, many of which reclaim water for future use. Professional car washes also send dirty water – laden with soap, tar and road grime – to water treatment facilities. To the contrary, dirty water from at-home washes run into sewers, which may eventually pollute rivers, lakes and streams. Without a doubt, washing your car during the winter is important, and making smart choices as to how is key.

Congratulations if you're among the astute group of car owners who take winterizing steps by checking your car's oil, brakes and anti-freeze. But that's just part of what your car requires this winter. They also need professional car washes at least once or twice a month to keep them in top condition. If you show your car this kind of love, you'll not only be making a wiser environmental choice, but you'll also reap financial and emotional benefits in the long run.

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5 dr., loaded, two tone paint, ... $13,900
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00 DODGE CARAVAN
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00 CHEV TRACKER
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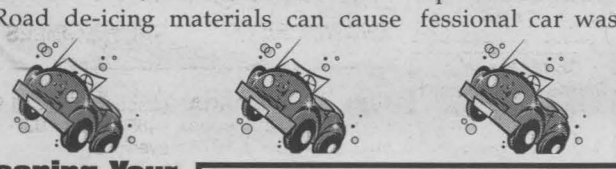

Keeping Your Leased Car Or Buying An Off-Lease?

Leasing has become a popular way of acquiring a vehicle. For those who face the decision regarding turning the vehicle in at the end of a lease versus taking ownership, the Car Care Council offers a suggestion: Invest in a comprehensive inspection by an independent expert before the lease has expired. This is especially important in the case of a high mileage vehicle. A vehicle with 50,000 miles or more may need maintenance and repair work that can add hundreds of dollars to the cost of acquisition. The checklist should include such parts as drive belts, brake pads, filters and fuel ignition system components. While few, if any, of these components will need attention on most lease-end vehicles, the possibility of excessive wear or damage does warrant a close inspection. Even in early stages of a lease, a damaged rubber CV boot, for example, can soon lead to expensive repairs.

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96 FORD WINDSTAR
7 pass., 3.8, V6, new motor, 98,000 kms. $4,595
95 CHEV CAVALIER
4 dr, 4 cyl, remote start, turquoi... SOLD $3,495
94 CHEV ASTRO EXT. VAN
8 pass., 4.3, V6, grey, ... $3,895
94 PONTIAC GRAND AM SE,
4 dr., V6, white, ... $3,595
94 DODGE SHADOW,
2 dr, green, auto, safetied, e-tested $1,595
94 SUZUKI,
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92 GMC SIERRA PICK UP
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92 HYUNDAI SONATA
4 dr, V6, silver, 138,000 kms, ... $2,995
92 PONTIAC GRAND AM SE,
2dr., V6, maroon, ... $3,395
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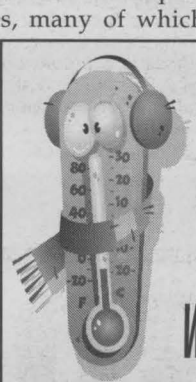

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COMP963 601	Advanced Access	Tues. Nov. 18-Dec. 16, 6:30-9:30pm	$78.50
COMP951 601	Intro to Word	Wed. Nov. 19-Dec. 17, 6:30-9:30pm	$78.50
COMP945 601	Advanced Excel	Thurs. Nov. 20-Dec. 18 6:30-9:30pm	$78.50
Leisure Interests			
GENI779 601	A Day To Draw	Sat. Nov. 8, 9:30am-2:30pm	$56.62
GENI780 601	About Art Appreciation	Sat. Nov. 22, 9:30am-2:30pm	$56.62
GENI715 601	Holiday Centrepiece	Sat. Dec. 20, 9am-12noon	$51.09
Psychic Workshops			
GENI305 602	Meeting Your Spirit Guides and Angels	Wed. Nov. 12, 6:30-9:00pm	$33.66
GENI465 601	Life On The Other Side	Sat. Nov. 22, 10am-12:30pm	$33.66
GENI764 501	Journey Of The Soul	Sat. Nov. 22, 1:30-4:00pm	$33.66
GENI1220 601	The Psychic World	Sat. Nov. 22, 10am-5pm	$73.30
GENI1221 601	Reincarnation	Sun.Nov. 23, 10am-5pm	$73.30
Dementia Studies			
BEHA1002 601	Caregiving Skills	Mon. Nov. 24-Jan.26, 6:30-9:30pm	$117.60
Health Sciences			
GENI1242 603	IV Therapy & Venipuncture	Tues. Wed. Thurs., Nov. 11, 12, 13, 9am-5pm	$294.90
GENI188 601	Central Venous Access	Tues.&Wed. Nov. 25 & 26, 9am-5pm	$213.72
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GENI17 271	Air Brake "Z" Endorsement Training	Sat.&Sun.Nov.22&23, 8am-5pm	$280.00

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83 NOTICES

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90 IN MEMORIAM

MONDOUX, AUGUSTIN - In memory of a dear uncle who passed away.

Sunshine fades and shadows fall, but sweet remembrance outlasts all. Missed by Diane, Gilles & family.

92 NOVENAS

THANKS TO BLESSED VIRGIN MARY & St. Jude for many prayers answered. N.H.

THANK YOU TO THE SACRED HEART of Jesus & St. Jude for favour received. A & M.

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IN MEMORIAM

IN MEMORIAM

MONDOUX

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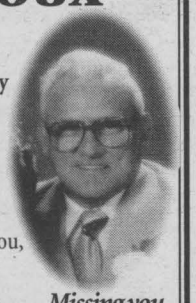


My heart still aches
in sadness,
My silent tears still flow,
For what it meant to lose you,
No one will ever know.

Missing you, your wife Eileen

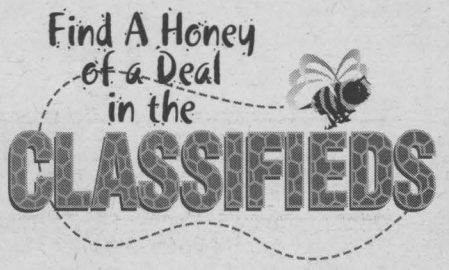
CARDS OF THANKS

CARDS OF THANKS

LOISELLE

Roger Loiselle and the family of the late Rita Loiselle would like to extend our sincere appreciation to our family, friends and neighbours for their condolences, donations to the Heart and Stroke Foundation, floral arrangements and food brought to our home. A special thanks to those who traveled from out of town to be with us in our time of bereavement. Also, we would like to thank the staff of M. John Sullivan Funeral Home, the nurses, doctors and staff of the emergency ward and ICU departments of Brockville General Hospital.

Roger Loiselle and family



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SEAWAY NEWS

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Christianity Is Not For Wimps!

"Do not be overcome by evil, but overcome evil with good." Romans 12:21.

It's not easy today being a Christian and a believer in Christ. It takes guts, determination, and most of all a desire for "good" in one's heart and a relationship with the author of good, God Himself.

We've all seen those National Geographic specials where the salmon go upstream and against formidable obstacles just to reach their goal, their spawning grounds. Christianity today is a lot like that, in that one's needs to "swim" against the forces of evil in our society which are against God's ways and His principles as described in His Bible to us.

Today "evil" seems to be the order of the day, and when I was a youngster, "good" in the movies always prevailed. Today, the guys in black are often the winners and we see that "evil" is becoming more and more prevalent. However, the good side to this scenario is that it will force people to make choices in their lives. It will separate the "men from the boys" so to speak and cause those who want to do "good" to take a stand against "evil," both in their hearts, in their lives and in their families.

The above verse tells us to "overcome evil with good." In other words, begin to do and to live with "goodness" in one's heart. How? First of all, by asking God to come into one's life and to ask Him to cleanse our hearts and minds, and that by His grace we can practice a lifestyle replacing good for evil.

Amazing Grace



with Pastor Bob Burgess
email: amazinggrace@cnwl.igs.net

Goodness can and should be part of our daily lives, and God will teach us as we make ourselves available to His way of life.

Again, you will find yourself going "against the tide" and you might at times even be alone, but the rewards of "goodness" are awesome and will bring peace and joy to one's life. Again, Christianity is not for wimps but for men and women of integrity who are determined to do "good" in spite of the evil in our society.

Pray with me today: "Dear God, I see so much evil in the world, on the streets, on TV, in the movies! Please come into my life and teach me first to love you and your goodness, and to hate evil. Teach me how to do good each and every day to others and to those in my family. Change my heart and mind, and renew me by your precious Holy Spirit. Amen."

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

Second Thoughts

1. Money never did buy happiness and credit cards aren't doing much better!
2. Too many people are anxious to give advice when what you really need is help!
3. The main object of religion is not to get a man into Heaven, but to get Heaven into a man!
4. The atheist can't find a God for the same reason that a thief can't find a policeman!

Things to be thankful for:

1. A leisurely walk in the woods on a crisp fall day!
2. Watching horses running and playing in a field!
3. Baby calves in a herd of cows on a farmer's property!
4. Stacks of wood neatly piled ready for the long winter months ahead!

Our address: Amazing Grace is sponsored by New Life Ministries and you can reach us at P.O. Box 22036, Cornwall, Ontario, K6J 4P0, or e-mail us at amazing-grace@cnwl.igs.net.



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OBITUARIES

LAPIERRE - Marguerite

Passed away peacefully at Sandfield Place, Cornwall, Ontario on Wednesday, October 22nd, 2003. Mrs. Marguerite Marie Lapierre (née Jeaurond), in her 91st year, born in Alexandria, Ontario and formerly of Martintown, Ontario. Dear daughter of the late Denis Jeaurönd and the late Cecilia Quenneville. Beloved wife of the late William O. Lapierre. Loving mother of René Lapierre (Jacqueline Roy) of Cornwall, Ontario, Armand Lapierre (Claudia Webb) of Hawkesbury, Ontario, Anita (late Nelson Barque) of St. Andrews West, Ontario, Marcel Lapierre (Suzanne Lauzon) of Cornwall, Ontario and Adrienne (John Taylor) of Ottawa, Ontario. Dear sister of Evariste Jeaurond (late Irene Lefebvre) and sister-in law of Pearl Jeaurond (late Isaac Jeaurond). Cherished grandmother of 15 grandchildren and 15 great-grandchildren. Predeceased by daughter, Murielle Boissonneault (Jean-Yves Boissonneault) of Timmins, Ontario, sisters, Malvina Berlinguette, Soeur Marie Jeaurond, Albina Leguerrier-Séguin, Josephine Dicaire, Fleurestine Lauzon, and Emma Lauzon and brothers, André, Jeremie, Ferdinand, Joseph, Isaac and William Jeaurond. The funeral took place on Saturday, October 25th, 2003 from Boulerice Funeral Home Ltd. to Ste. Thérèse de Lisieux Church. Interment in St. William's Cemetery, Martintown, Ontario. Rev. Laurier Rivet, Pastor of Ste. Thérèse de Lisieux Church officiated, assisted by Rev. René Dubé. The pallbearers were Jean-Paul Boissonneault, Marc-Yves Boissonneault, Patrice Barque, Robert-Paul Lapierre, Denis Lapierre, Michel Lapierre, Marc Lapierre and Éric Lapierre. Honourary pallbearers were Richard Lapierre and Christopher Taylor.

ROACH - Diane

Passed away at her late residence on Monday, October 20th, 2003. Miss Diane Roach, in her 53rd year, born in Cornwall, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Albert Roach and the late Florence Martin. Dear sister of Benny Roach (Claudette), Tex William Roach (Jeannine) of Cornwall, Ontario and Janet Roach (Maurice) of Avonmore, Ontario. Predeceased by sister, June Roach. The funeral took place on Thursday, October 23rd, 2003 in the Memorial Chapel of Boulerice Funeral Home followed by cremation in South Branch Crematorium. Rev. Roger Desrosiers officiated.

LEDUC - Roger

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Sunday, October 19th, 2003, age 78 years. Dear son of the late Osias Leduc and the late Cecile Cadieux. Beloved husband of 54 years to Reina Vallee. Loved father of Micheline Leduc (Jacques Roy) of Embrun, Ontario, Francine Leduc (David Goulding) of Fergus, Ontario and Jacques Leduc (Josette) of Cornwall, Ontario. Dear brother of Gerald Leduc (late Terry), Rolland Leduc (Rita), Jeanne-Mance Ayotte, Lorraine Day (Sonny), Jacqueline Contant (Roger), Marcel Leduc (Jacqueline) and Renald Leduc (Jean). Sadly missed by grandchildren, Margot, Justin, Joel, Emilie and Martin. Dear brother-in-law of Georgette Leduc, Dolores Leduc, Terry Leduc and Eric Gamble. Predeceased by brothers, Fernand, Rejean, and Germain, and sister, Yollande. Rested at Wilson Funeral Home. A Knights of Columbus Prayer Vigil was held during the visitation. The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend George Maloney, assisted by Reverend René Dubé and Reverend Raymond Dumoulin in St. Peter's Roman Catholic Church on Wednesday, October 22nd, 2003. Rite of Committal took place in Notre Dame Cemetery. Funeral arrangements were under the care of Wilson Funeral Home. Roger was a member of the Knights of Columbus Ontario Council #755, Cornwall Golf and Country Club and member of the CPSA - Canadian Professional Sales Association.

RICHARDS - Lena Maud (nee Hicks)

Passed away at Glen-Stor-Dun Lodge, Cornwall, Ontario on Monday, October 13th, 2003. Mrs. Lena Maude Richards (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 touched. Rested at Wilson Funeral Home. Funeral services were held in the chapel of Wilson Funeral Home on Wednesday, October 15th, 2003. The Reverend Ruth Draffin of St. John's Presbyterian Church officiated. Musical selections were performed by Candy Provost. Interment followed in Woodlawn Cemetery. Funeral arrangements were under the care of Wilson Funeral Home.

SCHULMAN - Edith (Gerry)

Passed away at the Ottawa Civic Heart Institute, Ottawa, Ontario on Monday, October 13th, 2003, age 80 years. Loving mother of Vivian Schulman (Klaus Baslau) of Geneva, Switzerland and Victor Schulman of Denman Island, British Columbia. Sadly missed by several nieces and nephews, and sister-in-law, Viola Schulman of Montréal, Québec. Predeceased by her devoted husband of 59 years, Saul Schulman (Co-owner of Smolkin's Men's Wear and Youth Centre), with whom she worked alongside throughout their years together; parents Max and Chana Smolkin (beloved step-mothers Celia and Sarah); and brothers Sam, Bill and Julius Smolkin. Edith was active and a vibrant member of the Cornwall community and served in various caring capacities, including with the Beth-El Community, and also as a volunteer on behalf of the Cornwall General Hospital. Funeral services were held in the Beth-El Synagogue on Thursday, October 16th, 2003. Rabbi Reuven Bulka officiated. Burial followed in the Beth-El Congregation Cemetery, Ingleside, Ontario. Funeral arrangements were under the care of Wilson Funeral Home.

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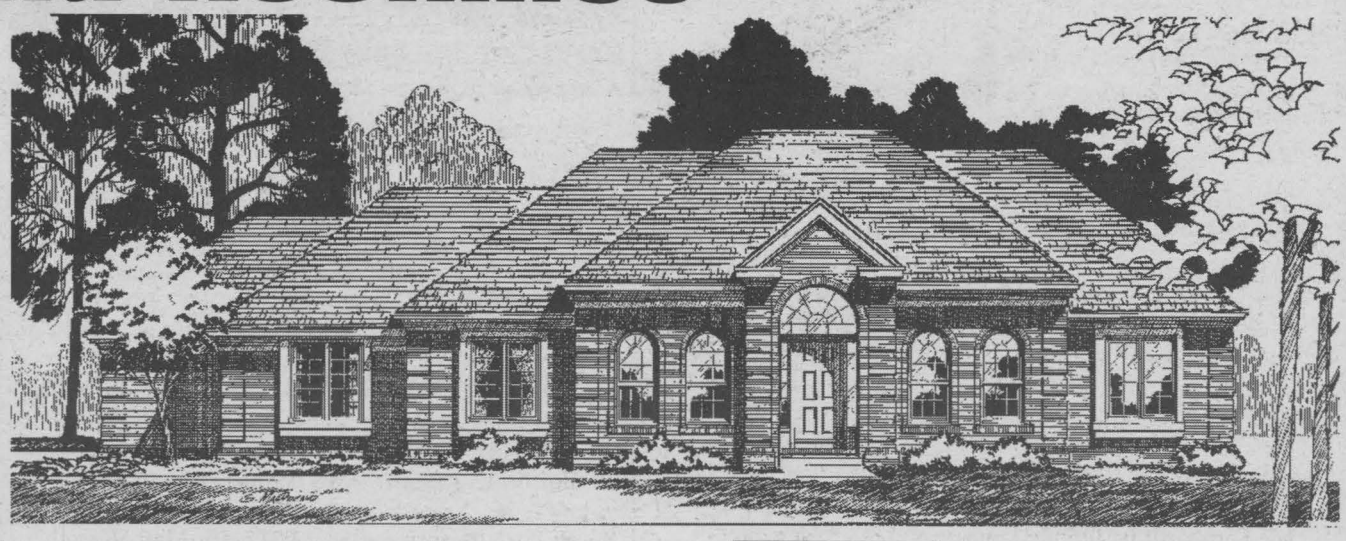

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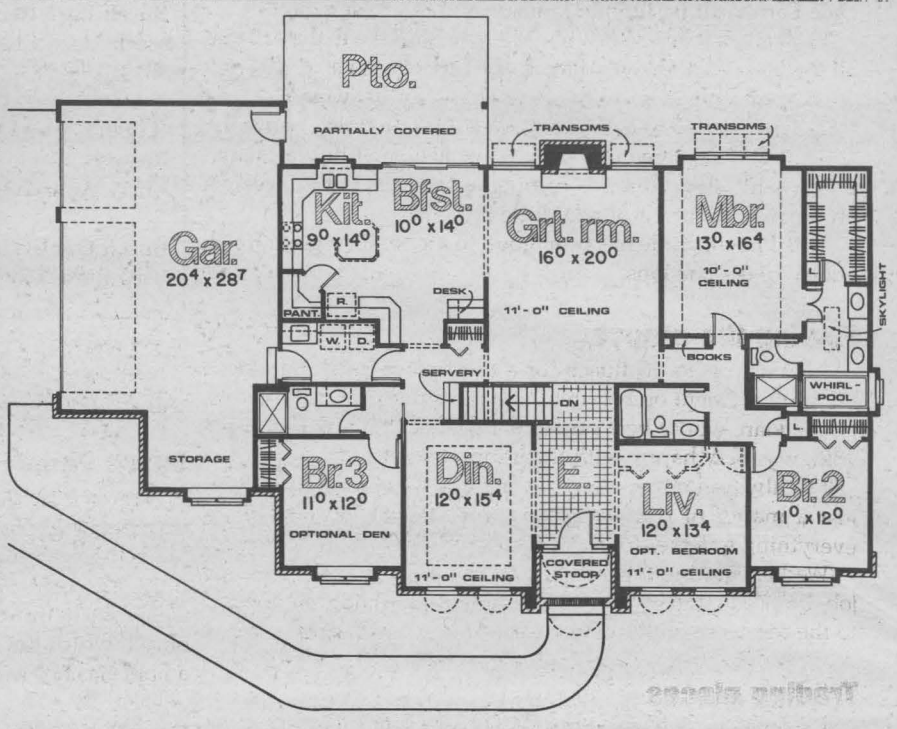

PLAN NO: H9362
WIDTH: 76' DEPTH: 46' ©Copyright SELECT HOME DESIGNS

• This one-storey home with grand rooflines holds a most convenient floor plan.
• The great room with fireplace to the rear complements a front-facing living room.
• The formal dining room with tray ceiling sits just across the hall from the living room and is also easily accessible to the kitchen.
• An island, pantry, breakfast room and patio are highlights in the kitchen.
• A bedroom at this end of the house works fine as an office or guest bedroom with a full bath close by.
• Two additional bedrooms are to the right of the plan: a master suite with grand bath and one additional secondary bedroom.
• A three-car garage provides extra storage space.

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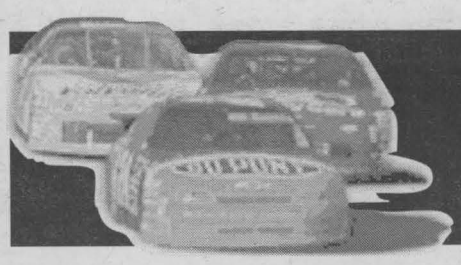

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New week, new problem for Busch

A year ago, Kurt Busch was in the midst of a great late-season run that included three wins in the last five races.

The big finish to the 2002 season, including a sixth-place in the race at Phoenix International Raceway, made Busch one of the favorites to win this year's Winston Cup championship.



Busch

Instead, he is a distant ninth in points with two races to go and has failed to finish eight races this year -- tied for the most by any driver in the top 20 in the standings.

Busch appeared to have the best car on the track Sunday in the Checker Auto Parts 500, leading a race-high 98 of 312 laps. But an unplanned pit stop for gas cost sent him from the lead to 22nd.

Thanks to a late charge, he finished fourth behind winner Dale Earnhardt Jr., Jimmie Johnson and Ryan Newman.

"Each week it just seems like we're behind the eight ball and all the bad breaks keep going against us," Busch said. "We felt we had to come in and top off. ... That was this week."

He was pleased to come back for a top five finish, though.

"Yeah, it's the same old story -- we just can't buy a break," Busch said. "Everything is turning against us, but our results are starting to turn around a little bit.

"This Phoenix mile has been good to me, so it's a good finish and we led some laps."

Finding the groove

Newman held off Busch for a third-place finish Sunday, a big improvement on his first three races here.

Newman, whose best previous finish at PIR was last year's 18th, was very happy with the improvement.

"I've always known what the fast line was," he said. "It was just a matter of communicating with the team and having everything together to get it right.

"We kept tuning on the car and the guys did an awesome job, both on strategy and at the same time tuning the racecar to the racetrack with my feedback."

Trading places

Crew chiefs Pat Tryson and Ben Leslie will swap places on Monday, with Tryson taking over Mark Martin's No. 6 Roush Racing Ford and Leslie moving to Ricky Rudd's No. 21 Wood Brothers Ford.

Both teams have had disappointing seasons, with Martin 17th in the points and Rudd 21st. Neither driver has won a race in 2003.

Roush and the Wood Brothers have a working relationship with Roush, providing engines and technical support for the No. 21.

Team owner Jack Roush said one reason for the swap was the expected move by the Wood Brothers from Stuart, Va., to Charlotte, N.C., where most of the Winston Cup teams are based.

"That will put them a lot closer to our operation so, beginning with that move, we are going to revitalize the No. 21 car by putting Ben with the Wood Brothers and Ricky Rudd. That will allow the No. 21 program to get closer to our operations in Concord [N.C.]."

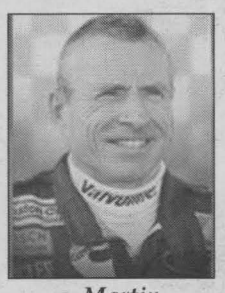
Team co-owner Eddie Wood said he expects the swap to make both teams stronger.

"For the next couple of weeks, it will be like one race team with two drivers. Everybody is going to be working together. Pat will use whatever he needs and Ben will be able to take whatever information that he needs from both groups. Hopefully, that will carry over into next year."

Martin finished 10th and Rudd 17th in their last races with their current crew chiefs.

He's back

Martin, the winningest driver in Busch Series history, will unretire for three races next season as part of a Roush Racing deal with sponsor Pennzoil.



Martin

Martin retired from Busch in 2000 with 45 race wins. He and teammates Matt Kenseth and Jeff Burton will each drive three races in cars sponsored by Pennzoil, which will also be an associated sponsor on all of Roush's Nextel Cup cars in 2004.

"I'm confident we can pick up where we left off ... as a highly competitive team that is capable of running up front and winning races," Martin said. "I can't wait to get started."

Team officials said the race schedule for the new program will be announced later.

2003 SCHEDULE

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.

UPCOMING RACE

North Carolina Speedway

A joint venture between Darlington Raceway builder Harold Brasington and landowner Bill Land, North Carolina Speedway's first race was held in 1965. Over time, the track came under control of L.G. DeWitt, a local trucking company executive who supervised reshaping the original flat mile track into the present, banked 1.017-mile oval in 1969.

Track Facts

Banking/Turns: 22/25 degrees
Distance: 1.017 miles
Shape: Oval

Winston Cup Race Record
Jeff Burton 131.103 10|24|99

Busch Race Record
Mark Martin 124.397
10|20|96

Winston Cup Qualifying Record
Rusty Wallace 158.035 2000

Busch Qualifying Record
Greg Biffle 156.368 2001

2002 Race Results
Winston Cup Series
2002 Subway 400
02|24|02 Matt Kenseth
2002 Pop Secret Microwave Popcorn 400
11|03|02 Johnny Benson

Busch Series
2002 1-866RBCTERM.com 200
02|23|02 Jason Keller
2002 Sam's Club 200
11|02|02 Jamie McMurray

Spark Plugs

Track officials estimated Sunday's crowd at 100,000. ... Earnhardt's best previous finish in three starts at Phoenix was fifth last year. ... Earnhardt's win was Chevrolet's third Phoenix victory and only the fifth time in 16 races at PIR that a Ford has not won.

Earnhardt Jr. preparing to be a champion

Dale Earnhardt Jr. gained instant fame for his name. Then came the hard part -- proving he could race.

Earnhardt has done that over the past several seasons, and this year he's even more serious and focused in his pursuit of a Winston Cup title.

Odds are he won't win it in 2003, but he's finishing the season strong and is already looking ahead to next year.

"The team is really getting better and better," Earnhardt said. "We seem to be growing more comfortable. I feel like we can compete next year for the championship."

Part of that growth is a newfound close relationship with his crew at Dale Earnhardt Inc., the team founded by his late father, a seven-time series champion and an icon in the sport.

Little E won last Sunday at Phoenix and was pumped up after taking the checkered flag, getting into a wild champagne- and beer-spraying celebration with the crew of his red No. 8 Budweiser Chevrolet.

It was the ninth victory of his career and second this season, but this one was a little more special than the others.

"That was the best win of my career in a few ways," Earnhardt said. "One was seeing the expression of my guys when I came into Victory Lane. They have been happy before about winning, but they hadn't worked hard until this year.

"Every single one of them put their heart and soul into this team to make the team better. To come into Victory Lane and see that, it was a different group of people than I've seen in the past."

In his first three seasons in NASCAR's top series, Earnhardt's best points finish was eighth in 2001. He slipped back to 11th last year and was often unhappy with the performance of his crew members. That has all changed and the result is clear. Earnhardt is second in the points this season with 13 top-five finishes and 21 top 10s in 34 starts.

2003 STANDINGS

WINSTON CUP SERIES
After: Checker Auto Parts 500

Rank		Behind
1.	Matt Kenseth	Leader
2.	Dale Earnhardt Jr.	-228
3.	Jimmie Johnson	-241
4.	Jeff Gordon	-300
5.	Ryan Newman	-329
6.	Kevin Harvick	-351
7.	Tony Stewart	-568
8.	Bobby Labonte	-773
9.	Kurt Busch	-845
10.	Bill Elliott	-862

BUSCH SERIES
After: Basha's Supermarkets 200

Rank		Behind
1.	Scott Riggs	Leader
2.	Ron Hornaday	-17
3.	Brian Vickers	-21
4.	David Green	-22
5.	Jason Keller	-60
6.	Bobby Hamilton Jr.	-125
7.	Scott Wimmer	-502
8.	Johnny Sauter	-540
9.	Kasey Kahne	-558
10.	Stacy Compton	-695

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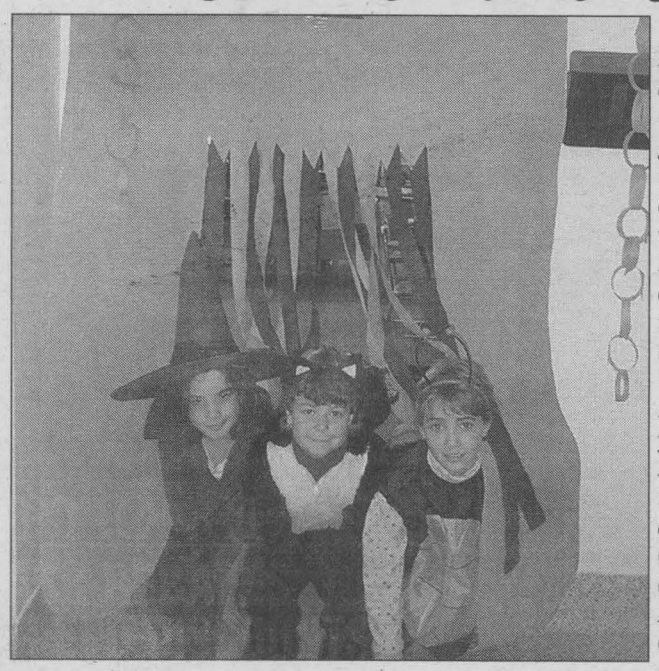
HALLOWEEN SPOOKTACULAR!

The Halloween Door



Every single door at Bishop Macdonell School in Cornwall was decorated for Halloween on Friday, October 31st, 2003 and a contest was held to determine the best doors in various categories. The "primary" winner belonged to the class of Miss Amy Doyle. Seated in front of the group is eight-year-old Chelsea McPherson. Behind her, left to right: eight-year-old Alex Legroulx; 12-year-old Britney Sabourin; and eight-year-old Ashley Rivette. Other winners included the classes and doors of Miss Mary Miller (Junior); Mr. Chris McNally (Intermediate); and Mr. David McLeod and Mike Levesque (Resource).

Photo by John Divinski



The door to Miss Mary Miller's classroom disappeared at Bishop Macdonell School in Cornwall. In its place was a giant pumpkin with a gaping mouth, the only way to get in or out of the class. It was the winning decorated door for Halloween in the "Junior" category. Peeking through the mouth are students, left to right: 10-year-old Melanie Thompson; 10-year-old Rebecca Boulerice; and 10-year-old Courtney MacDonald. Other winners in the competition included the classes of Miss Amy Doyle (primary); Mr. Chris McNally (Intermediate), and Mr. David McLeod and Mike Levesque (Resource).

Photo by John Divinski

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You needed a program to recognize your favourite rider and horse at Willow Bay Farms in Glen Walter on Thursday, October 30th, 2003. It was a Halloween competition and both riders and horses were in costume. Riders not only were competing for ribbons in the riding category but this special event had them competing for best costume as well.

Getting ready to take part are left to right: 14-year-old Amanda Desaulniers atop her horse, "Scotch," and 13-year-old Krystin Roth (the mummy) atop "Gucci." *Photo by John Divinski*

Haunted House At Bishop Macdonell



The gym at Bishop Macdonell School in Cornwall wasn't a gym on Friday, October 31st, 2003, it was a "haunted house." The gym was transformed by students in grades seven and eight at the school and was visited by the school's other students, some of whom appeared a little "scared" to enter the darkened gym. One of the scarier areas featured pumpkin man (13-year-old Jamie Fontaine) who's head appeared from inside a pumpkin. Behind him, left to right: 12-year-old Jean-Marc Beauvais portrayed his favourite "Scream" character as he snuck up on fellow student, 12-year-old Jill Murdock. Meanwhile, 12-year-old Sheldon Barr was fighting off the attack of the wolf man (13-year-old Tony Deragon).

Photo by John Divinski

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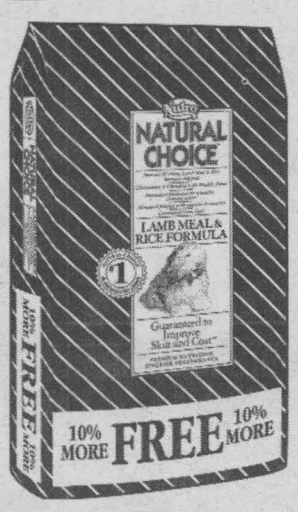

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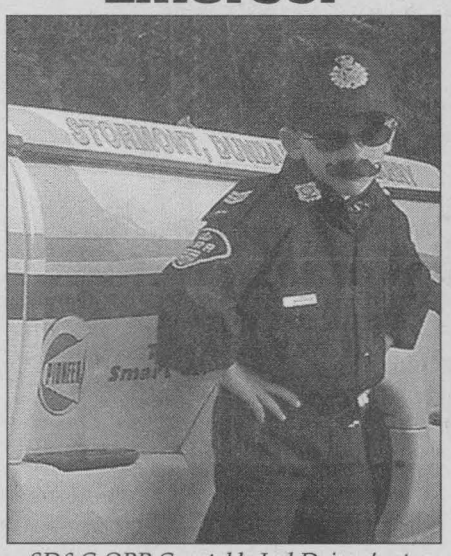
Double Double Or Double Take?

The staff at the Tim Hortons outlet in the Brookdale Plaza thought when they dressed up in costumes on Friday, October 31st, 2003, it would amuse the customers who came in for coffee and snacks. What they didn't expect was a line up of customers who also dressed up for the same day. Serving up another round of coffee to customers are: right (front to back): Lise Champagne; Norma Tyo and Carol Giroux. The customers are: left (front to back) Lucille Delorme; Karen Binette and Julie DuVal.

Photo by John Divinski



Halloween Enforcer



SD&G OPP Constable Joel Doiron's stepson, Avery Gunn, seven years, models his Halloween costume. Wearing his OPP uniform, adorned by a fake moustache, Sgt. Gunn left for school to ensure safety by all on this exciting day! *Photo submitted by J. Doiron*

Boo...Boo At La Source



The whole school creaked and rattled to the sound of goblins and witches during the Halloween activities at La Source school. Amid numerous horrifying activities, the school council held its raffle draw on Friday, October 31st, 2003. Congratulations to Mr. Peter Thompson of Moose Creek, who won two hockey tickets to a match between the Montréal Canadiens and the Ottawa Senators, in Ottawa.

Pictured, M. Jocelyn Forgues (left), President of the School council, and Mme Nicole Pilon (right), the school Principal were on hand to congratulate Matthew Thompson and Samantha Thompson, who represented their father. *Submitted photo*

Corner Post

Farm and Countryside Commentary

by Elbert van Donkersgoed

The Christian Farmers Federation's vision document proposes: "The establishment of a small charge on the retail sale of food in Ontario to pay for environmental services and joint farmer/consumer initiatives."

Last winter our workshops: "Planning for Action to Save the Family Farm," evaluated this action plan. About 215 members and friends of CFFO participated in 19 sessions across the province. They thought a levy on food was a good idea.

For most of the participants the concept was very new. Their skepticism showed in their early questions: "We need details. Who collects the levy? How will the money be distributed?"

In a conversation about barriers to getting support for the levy, workshop participants identified consumers, farmers, politicians and retailers -- in other words, just about everyone--as likely sources of resistance. Thirty-one percent thought consumers would resist because they have more pressing issues and the levy would be seen as just another tax. Twenty-five percent thought that farmers themselves would resist since it would make consumers more demanding; they expected vigorous squabbling about who would get the environmental payments. Fourteen percent thought that the other players would resist: the general public because changing the status quo is a hard sell; retailers because a farmer-consumer partnership could become a threat to their control; and politicians because they would lose some influence. It is proposed that a farmer-consumer partnership -- not government -- control the funds raised by a levy.

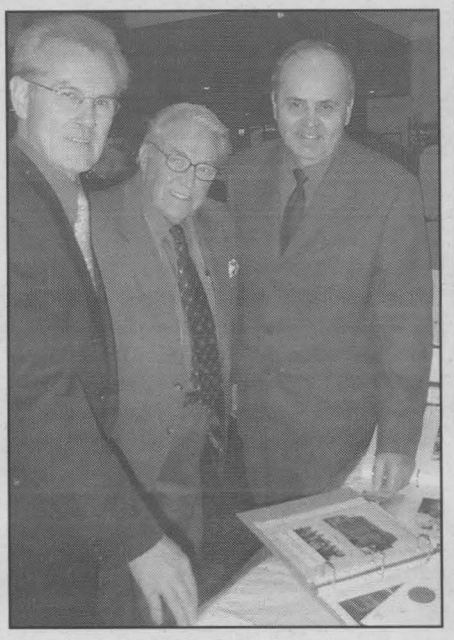
These barriers did not dampen the conversation about opportunities that a levy and environmental payments could create. Thirty-three percent thought that the environment and the countryside would be improved. Thirty percent thought that farmers would have better incomes and a better public image. Twenty percent thought that consumers would be empowered to contribute to the environment and would gain from the development of a creative farmer-consumer partnership.

At the end of the session on the proposed levy, participants were asked if they were "willing to pay a small levy on food to create a new source income for farming and the countryside." Eighty-nine percent said yes!

After just one discussion, such a high level of support from farmers willing to personally pay such a levy was very telling. Many caught the vision: a small levy on food has the potential to be a powerful bridge between farmers and consumers -- a strong enough bridge to balance the emerging economic clout of those very few large food firms that control food between the farm gate and the dinner plate. The idea had intrinsic appeal to workshop participants. It is possible to believe that such a bridge will hold a similar appeal to consumers.

Encore Seniors Lecture Series

Encore Seniors' 10th anniversary celebrations kicked off on Friday, October 24th, 2003 with a wine and cheese event at the Ramada Inn, with around 100 people attending. Encore President Jean-Louis Rochette recognized the builders of the group including 1993 founder of the Education Centre Beverly Hincks. Guest speaker Dr. Scott Savage took those attending down a 50 year memory lane as he talked of his musical career, the places he's been and the people he's met. Encore Seniors' mandate is to provide educational and recreational opportunities to seniors and older adults in the community. Encore is a program developed by seniors for seniors and is "Learning for pure fun!"



Left to right: The President of the Encore Seniors' Education Centre, Jean-Louis Rochette; special guest speaker to kick off the fifth annual lecture series, former university professor and retired opera singer and director Dr. Scott Savage; and Encore Seniors' program coordinator Gordon Hogan take time to check out the display table set up by the seniors' group.

Photo by John Divinski

Red Hat Society Welcomes American Chapter



"Inspired by a popular poem by Jenny Joseph entitled Warning, which begins 'When I am an old woman, I shall wear purple with a red hat...', the Red Hat Society is a women's 'disorganization' based on the concept that aging isn't necessarily all bad." With that, the Cornwall chapter of the society met with the Massena, New York contingent for lunch at Jazz Magnolia's on Friday, October 31st, 2003. Preparing their lunch plates from front to back: Marlene Shaw (Cornwall); Mary Parks (Cornwall); Gaikl Elman (Massena); Norma Small, Queen Mother of the Red Hats (Massena); Brenda Littlejohn (Massena); Elaine Manfred (Massena); and Debora Shwager, "the Ace of Spades" (Cornwall).

Photo by John Divinski

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WOMEN IN BUSINESS

A MONTHLY REVIEW OF ENTREPRENEURIAL WOMEN IN CORNWALL AND AREA

THE STRADWICK DESIGN

Karen McRae, Manager of Stradwick's Carpet One at 11 Balmoral Avenue in Cornwall, loves what she does. She's been working for the company for the past 12 years, initially on a part time basis but as she says, "bugged owner Peter Matte until he gave me a full time job." The deal has worked out nicely for both. She got her full time job and he got some help with the sales end of it. Karen, who admits she was "painfully shy," wasn't so sure sales is where she wanted to be, but when it was offered four years ago, she took it on. To her surprise, she found she took to sales very well and discovered she had a real love for designing flooring projects for Stradwick's.

Stradwick's Carpet One has a primary focus and that is to improve the looks and durability of your floors in your home or office. With 15 to 20 employees on staff, McRae says the flooring industry used to be a "seasonal" type of business but today, it is business 12 months of the year. She says over the years the customers have become better educated about the product they want and how the finished job should look. When they come to Stradwick's, customers are looking for the best product lines, professionally installed and the company is more than happy to oblige. McRae says she enjoys a good designing challenge, be it in the ceramic field or in rugs. She says more and more people nowadays are designing their own area rugs which Stradwick's then has made by their manufacturers.

As a designer, Karen is very careful to take into account what the customers have already in their home and she advises potential customers to bring with them colour schemes or fabric samples and even pictures of heirloom furniture they might have so she can develop a flooring design that will complement what is already there. She will then come up something that, most times, is unique and "blends with the house."

For those that haven't redecorated their homes for some time, Karen says they'll be surprised with all the changes in the industry. Years ago, there were two or three carpet types and some ceramics, but now the industry is always changing rapidly and Stradwick's is ready to take the chore out of keeping up with the changes.

However, some things never change. "Ninety percent of all purchases are made by females," says McRae. Males may come along to look but the final decision on flooring and designs is made by the woman. McRae says her advice to people getting into her line of work is to "be patient" with the customer. Indeed, she talks of one project that has taken her a year to finalize but the rewards are worth it. She say, "keep in mind everybody has a sense of style that can be massaged so that the customer walks away with the best possible end product that they will stand on and see everyday."

It's a rule that Karen McRae, Manager of Stradwick's Carpet One on Balmoral Avenue abides by. Find out for yourself. You can visit Karen at Stradwick's Carpet One and talk carpeting, flooring and ceramics. She'll be glad to see you, or give her a call at (613) 932-8833.



Karen McRae, Manager of Stradwick's Carpet One, displays area rugs available at the store at 11 Balmoral Avenue.
Photo by John Divinski

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Today is the last day you can help out the United Way by getting your vehicle cleaned. For the past week, Minute Auto Wash at the corner of Pitt Street and Tollgate Road has been donating one dollar off its full service car wash and 75 cents off its "hot wax" charge to the United Way of Cornwall and District. Mark Nicholson (left), Assistant Manager of Minute Auto Wash and United Way fundraising chair Kevin Wilson (right) invite everyone to get their vehicle cleaned and help the United Way at the same time.

Photo by John Divinski

Lincien College Hosting GIS Day

How will GIS (Geographic Information Systems) technology affect your life? That's the question that Lincien College will be able to answer on Wednesday, November 19th, 2003. College President Linda Lalonde says all are welcome to their open house where GIS technology will be on display. Says Linda, "GIS technology will have a huge impact on our daily lives and businesses. We will be hosting people from various agencies and the GIS field from across Canada," adding, "this new technology is expanding at an unprecedented pace and Lincien College is pleased to be able to be at the leading edge with its Geomatics Department." All are welcome to attend this event.



Pictured above with a GIS total station unit is Geomatics Department teaching master Lionel Trudel; GIS student Stephane Lefebvre; and Linda Lalonde, President of Lincien College.

Photo by Robin Cameron

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Drama League

The story only takes a half-hour to unfold in one act but the issues you are left with last a lifetime. "Sailing," the ruins of a marriage in one act by Michael Shurtleff, is the Cornwall entry by Vagabond Theatre, in the upcoming Eastern Ontario Drama League One-Act Play Festival, being held in Brighton, Ontario this weekend. The Cornwall presentation will be on stage on Saturday afternoon, November 8th, 2003. Eight other groups are competing in the event. The play features two players, Hari, played by Lyn Paquin and Walter portrayed by Norman Roy. Relaxing by the ocean front near Connecticut, Walter realizes that life has been a waste. His marriage, his kids, his friends, even himself is all a big "blah." His wife, Hari, tries to console him but finds herself caught up in the same frame of mind with the same outlook. Although the play has a few light moments, "Sailing," wasn't meant to be funny. It's serious stuff as we watch a marriage in menopause, head down the road to destruction. But does that destruction mean suicide? That will be up to the audience who views the play in Brighton this weekend. At the dress rehearsal on Tuesday, November 4th, 2003, the play was presented to an invitation-only audience. "Sailing" is directed by Michael Togneri and produced by Laurie Manzer.



Walter (Norman Roy) and his wife Hari (Lyn Paquin) wonder what all the fuss has been about in this thing we call life.

Photo by John Divinski

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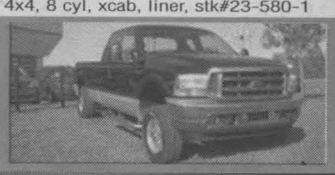
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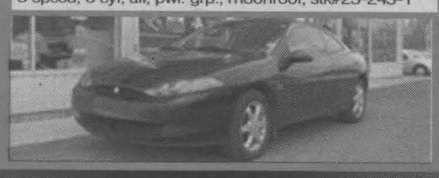
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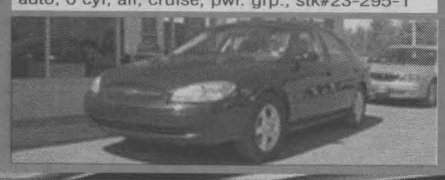
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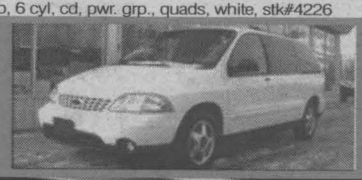
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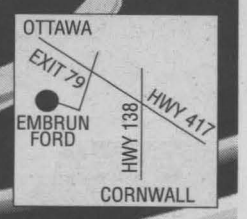

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