SEAWAY NEWS

MARCH 28, 1994 VOLUME 8, ISSUE 13 SERVING CORNWALL AND AREA

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Raisin River Canoe Race All Set For April 10, 1994

The 21st Annual Raisin River Race promises to be exciting this year, that according to the Chair of the Canoe Race Organizing Committee Janette Abbey.

More than 300 canoeists are expected to take part in this year's race which will be held on Sun., April 10. The 35-kilometre course runs from St. Andrews to Martintown and then to the finish line in Williamstown.

Local expert canoeists and previous race winners Bruno and Mark Major express optimism about the race course conditions.

"Because of the snow-pack conditions, the spring runoff promises to provide a challenging race," says Bruno Major.

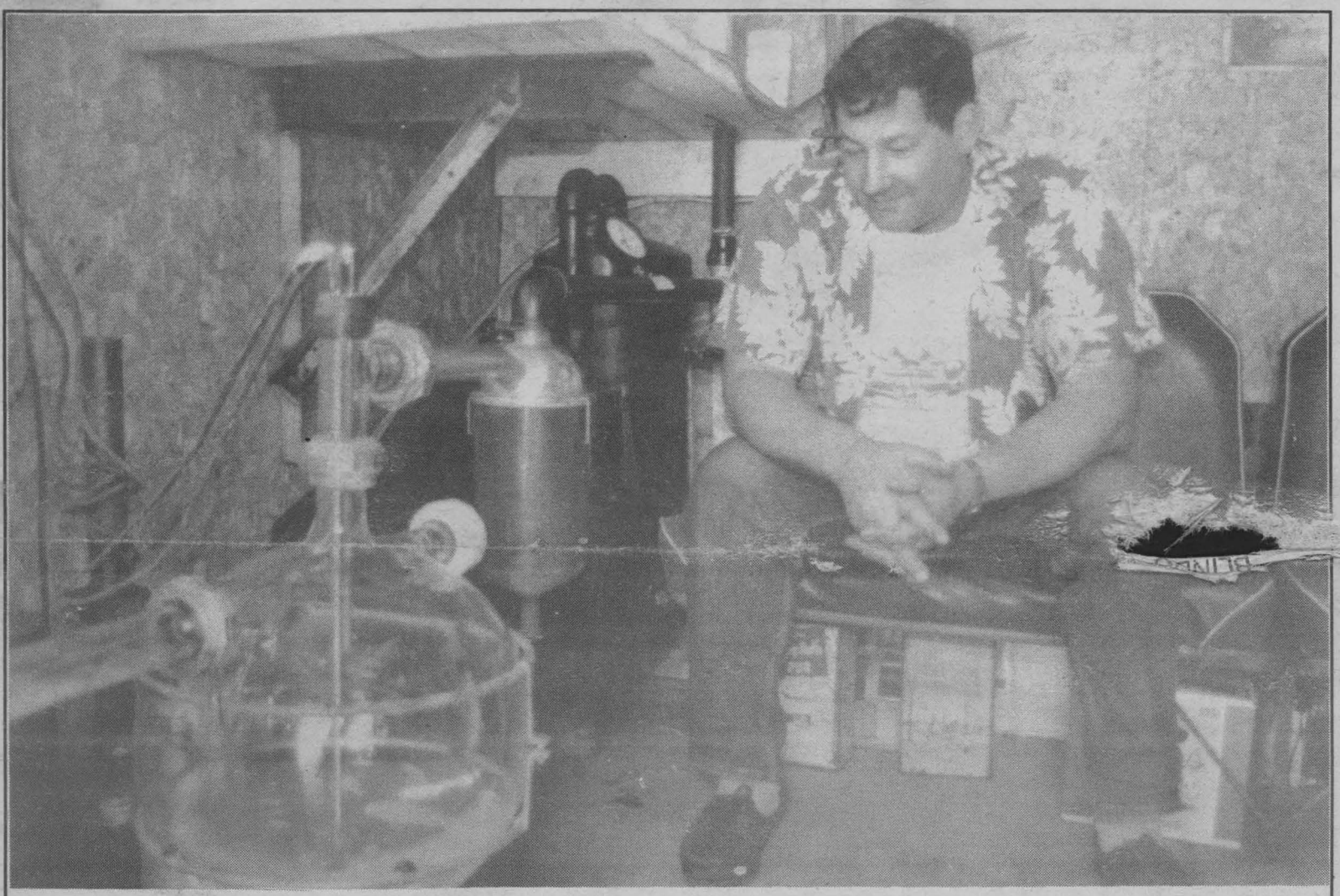
Maurice Sauve and daughter Denise, who placed first in last year's Adult/Youth category, say they believe "the 35-kilometre race will be extremely challenging for all those involved and for the spectators, there will be plenty of thrills and chills".

Last year nearly 10,000 spectators took in the race from various vantage points along the route.

On race day there will be a pre-race breakfast at the St. Andrews Parish Hall in St. Andrews West. Registration for the race will be from 9am to 12 noon, at which time the official start ceremonies will be held. After the race there will be a finishers banquet and awards ceremony at St. Mary's Hall in Williamstown. This event is also open to the public.

Members of the organizing committee point out the race would not be possible without the support of the local communities involved. Over 25 local businesses have made financial contributions and community service groups such as the Martintown Volunteer Fire Department, the Martintown Optimist Club, St. Andrews Knights of Columbus, St. Mary's Centre Organization and St. John Ambulance have all come forward to provide assistance.

For more information contact Andy Code at 613-528-4823.



With all the warm weather last week, Albert and Rosemary Sanders of Sanders Maple Farm in Finch said their 3,000 taps are flowing ahead of last years pace. Ideal daytime temperatures of seven degrees and evenings of minus six are vital in the flowing of the sap. It takes an average of 28 gallons of sap to produce one four litre can of syrup. The Sanders Maple Farm is open until May 1 and welcomes groups as long as they book ahead.

photo by Kathleen Greffe

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Good weed control demands planning and flexibility

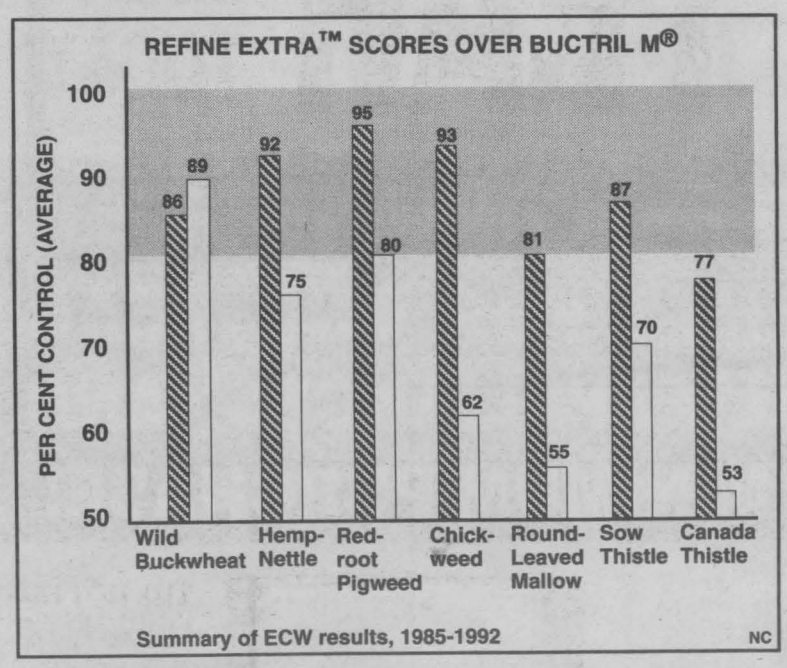
FARM TALK

Choose your herbicide carefully—and plan ahead!

(NC)—Farmers tend to follow the safe course and do what they've always done. But today, there are important reasons for cereal farmers to take a second look at how they control their weeds—they may not be getting the best value for their money, so important in today's competitive times.

Weeds change in number and type from year to year—farmers may need to alter their product of choice more often than they realize. Rotating herbicides for controlling broadleaf and grassy weeds, helps avoid another major expensive problem: weed resistance.

Farmers often rely on herbicides that have worked well in the past, but may be effective against only one or two weeds that have appeared in their field.



Summary of ECW results, 1985-1992 NC

Douglas Billett, Manager of Production Technology and a weed control specialist at Saskatchewan's Department of Agriculture says, "The economics of growing cereals today means the choice of herbicide becomes very important."

When new weeds emerge, such as stork's bill in Alberta or round-leaved mallow and dandelion in Saskatchewan, the farmer then spends scarce time and hard-earned cash on finding a solution quickly.

Meeting these challenges, according to Denise Maurice, Research Supervisor at Agriculture Alberta, lies in choosing herbicides carefully, and planning ahead.

A newer generation of versatile, all purpose chemicals such as Refine Extra™ may play a key role here.

Refine Extra, for instance, controls prairie nuisances such as wild buckwheat as well as old reliables such as Buctril M® (see graph) and has similar crop safety. But Refine Extra also kills many more of a wider range of weeds—some locally much more damaging.

Weed experts believe products like Refine Extra are more active than the older products against more weeds. They say that if a farmer has a wide spectrum of broadleaf weeds, like most do, then Refine Extra, tank-mixed with a phenoxy product such as MCPA, would offer a really good herbicide for cereals.

Flexibility is the key

Flexibility in weed control "is the key," says Denise Maurice. Ultimately "there is no one-shot deal." It makes agronomic sense "to plan ahead," she says and help avoid herbicide resistance, for instance, by herbicide rotation.

Here, Refine Extra's ability to tank mix with a wide variety of different chemicals will also be important to enable growers to rotate grass herbicides.

Denise Maurice also advises that farmers make and follow three-year plans "to track what they did last year and plan what will be the options two years ahead."

Information highway will change our daily lives

SkyTRAK TV
NEWS AND VIEWS
by Clive Hobson

(NC)—We read more and more these days about the information highway, an amalgamation of television and computers that will turn our homes into information clearing houses and give us couchside convenience for everything from education to booking vacations, but ultimately the journey down the road may lead to radically different lifestyles.

Eventually the availability of virtually unlimited information delivered directly to our homes will not only change aspects of our daily lives such as education, entertainment, health and home life but it will also result in a redefinition of work—and where we do it. Current technology has already produced a new generation of telecommuters—workers who stay at home and stay in touch with the office via PCs, fax machines, modems and telephones.

Recent surveys indicate that the number could grow to as many as 12 million North Americans by 1995, and as the information highway come on track that number will skyrocket. No doubt the convenience of telecommunicating appeals to lots of people, especially when you weigh the savings in time and money. Not driving an hour each way to work will yield more time for parents to spend with children, result in more leisure time and produce savings in travel costs, work clothing and lunches.

It's not just individuals who will reap the savings either. Employers will benefit from lower overheads, highways will need less maintenance, and traffic congestion and pollution will be reduced.

It will also mean tremendous growth for Canadian companies like Tee-Comm Electronics, a Milton, Ontario satellite television manufacturer and distributor that is preparing to launch a Direct Broadcast Satellite (DBS) service later this year. With its ability to provide the 500-plus channel service, the information highway will be one step closer to reality.

HeartHealth

Did you know...?

About 45,000 people in Canada die from heart attacks every year.

❤❤❤

50% of deaths from heart attack happen before reaching the hospital.

❤❤❤

30% of deaths from heart attack can be prevented with a combination of cardiopulmonary resuscitation (CPR) and ambulance care.

❤❤❤

Pools and spas reward you with relaxation, health and fitness

(NC)—Whether you're in top physical shape or suffer from some painful disability, you can turn your backyard pool or spa into a well of wellness.

Water makes your body seem almost weightless and its gentle pressure takes away your stress.

Swimming is the world's oldest and most dynamic water exercise.

It is one of the best methods of toning arms, shoulders, legs and torso, and the steady, rhythmic pace many swimmers are able to maintain is a proven stress reliever. No land-based sport can offer similar fitness advantages without overheating the body, or causing strain and injury. Even people with bad backs or swollen joints can enjoy backyard swimming in buoyant, relaxing water.

Spas complement the swimming and water walking exercises appropriate to backyard pools. As compact soak centres, they remove most of your stress, as you sit and relax in warm, bubbly water. But a spa's wellness benefits don't all derive from soaking. You can massage sore parts of the body in easily-controlled water jets and you can perform stretching or bending exercises to relieve stiffness in limbs or shoulders.

NATIONAL SPA & POOL INSTITUTE OF CANADA



Pools and spas bring fitness benefits to people of all ages and conditions.

Even the painful symptoms of Lyme disease can by controlled by regular soaking in a warm, bubbling spa. Apparently, the bacteria causing the complaint aren't fond of high temperatures.

Pools and spas bring fitness benefits to people of all ages and conditions. If your health is reasonably good, you can tone up your muscles, lose weight, and improve your cardiovascular output by swimming for half an hour every day in a specially elongated lap pool. Others can maintain a level of fitness in a much more limited space by water walking or taking part in an Aqua Dynamics program.

In addition to their health benefits, backyard pools and spas offer you definite conveniences. You don't have to drive to a health club that requires payment of annual membership dues, the sharing of locker rooms or appointments for using exercise facilities. Instead, you can enjoy everything you need in the peace and privacy of your own backyard.

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1992 Volks Golf, 5-speed, 4-door, AM/FM cass. $9,495
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1991 Volks Golf GTI, sunroof, cruise, low mil..... $10,995
1991 Golf, auto, air, low mileage $8,995
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1989 Ford Taurus, air, cruise..... $6,495
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1989 Volks Jetta Flair, 5-speed, air $7,995
1989 Volks Jetta T.D. GL, air, cruise $8,495
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1987 Plymouth Sundance, auto, sunroof, safety $2,995
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Big Brothers Big Sisters Blood Donor Clinic

The Big Brothers and Big Sisters of Cornwall and District will be sponsoring their annual Blood Donor Clinic on Wed., April 6, 1994 at Trinity Church Hall, 105 Second Street West, Cornwall.

The clinic will be held from 2pm to 8pm.

The Big Brothers and Big Sisters of Cornwall and District is urging Cornwall and area residents to attend the blood donor clinic and give the gift of life.

The objective of this clinic is 250 donors.

Community Living Expresses Thanks

Community Living Stormont County would like to thank the following for their support in the Guess, Scratch and Learn fund-raiser:

Fund Raising Concepts 2000:

- N.S.N. Enterprises
- MacEwen Gas (Eamer's Corners)
- Max Shoe Repair
- Kalrim Cycles & Sports
- Guindon Esso (1330 Pitt Street)
- Computer Sense
- Tripp's Treasures
- ~~Pizza Hut~~
- Dale's Lawn Care
- Hollywood Video

CABLE NOTES

Monday, March 28

6:00 Working In Ontario
6:30 Heaven On Their Minds: The Making Of Jesus Christ Superstar
7:30 Cornwall City Council - Live

Tuesday, March 29

6:00 The Canadian Senior Baseball Championships Press Conference
6:30 Kinsmen TV Bingo
7:30 The Outdoor Adventure Show #3 (Walleye Fishing)
8:00 Q&A: Questions And Answers

Wednesday, March 30

6:00 Investiture Of The Order Of Canada
7:00 Heaven On Their Minds: The Making Of Jesus Christ Superstar
8:00 German Diary TV

Thursday, March 31

6:00 Nellam Ghar
6:30 Kinsmen TV Bingo (Special Edition For The United Way)
7:30 The Outdoor Adventure Show #3 (Walleye Fishing)
8:00 Heaven On Their Minds: The Making Of Jesus Christ Superstar
9:00 1994 Ontario Regional Awards Of Excellence In Community Programming

Friday, April 1
NO PROGRAMMING
GOOD FRIDAY

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$849 WAREHOUSE PRICE
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$699 WAREHOUSE PRICE



ULTRA QUIET BUILT-IN DISHWASHER
9 wash settings with 6-hour delay start timer, 3 level wash system, turbine pump and hard food disposer.
AFTER $25 MAIL IN REBATE FROM THE MANUFACTURER
$544 WAREHOUSE PRICE

FRIGIDAIRE
13 PROGRAM WASHER
4 wash/rinse temp. settings, 4 wash/spin options, bleach and fabric softener dispenser, all white styling.
$25 MAIL-IN CASH REBATE
AFTER $25 MAIL IN REBATE FROM THE MANUFACTURER
$574 WAREHOUSE PRICE

7 PROGRAM DRYER
4 variable temp. settings, drying rack, 4 way ~~venting, easy access lint filter, interior~~ drum light, end of cycle signal.
AFTER $20 MAIL IN REBATE FROM THE MANUFACTURER
$379 WAREHOUSE PRICE
$20 MAIL-IN CASH REBATE

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INVESTMENT FUNDS

TORONTO - Recent prices of investment funds supplied by Fundata Canada Inc. at 5:30 pm - **Mar. 24, 1994.** Prices reported by fund are the net asset value per share or the last calculated and are for information purposes only. Confirmation of price should be obtained from the fund. **n** - no sales charge, **g** - redemption charge, **o** - optional front end or redemption charge, **y** - delayed NAVPS, **z** - not available for purchase, **u** - U.S. currency, **x** - ex-dividend, **m** - minimum purchase of $150,000. (-) non-member of Investment Funds Institute of Canada.

Funds	Price
ABC Funds	
ynFully-Mgd	7.37
ynFund-Value	9.83
Admax Regent Group	
oA.AmerPerf	5.46
oA.Asset All	12.52
yoA.Cdn Inco	5.13
oA.Cdn Perf	6.46
oA.GloHlth	6.21
oA.Poly Perf	5.18
oA.US Poly	5.51
yoR.Europa	10.21
yoR.Intl	7.20
yoR.Korea	12.60
yoR.Nippon	12.03
yoR.Tiger	14.49
yoR.World In	12.45
AGF Group	
oAmer Growth	10.92
oAsian Growt	13.21
oCdn Bond	5.25
oCdn Equ	12.01
oCdn Res	15.94
Corp Inv	14.95
Crp Inv Stk	10.16
oGlobal	10.74
oGrth Equ	21.49
oHilncome	10.00
oJapan	6.15
oSpecial	10.45
oStrat Inc	9.84
oUS Income	10.88
AIC Group	
yoAdvantage	24.67
yoValue	17.82
yoWorld Equi	11.42
All-Canadian	
Capital	12.81
zCompound	17.38
Consumer	3.74
Resources	4.61
Altamira	
nAltaFund	17.54
ynAsia Pacif	15.88
nBalanced	13.90
nBond	12.70
nCapital Gwt	13.80
nDiversifd	11.65
nEquity	29.66
nEuropean Eq	10.99
nGlobal Bond	10.07
nGth & Inc	7.89
nIncome	7.56
nRecovery	12.34
nResource	15.59
nST Global I	12.01
nSelect Amer	23.12
nSpecial Gro	17.51
nUS Larger C	12.02
-A.P.P.Q.	
ynEquilibre	12.39
Associate Investor	
nAssoc Inv	7.97
Bank of Montreal	
nFC Allocati	11.63
nFC Bond	11.54
nFC Equ Inde	13.16
nFC Growth	10.69
nFC Intl Gth	14.17
nFC Itl Bond	9.97
nFC Mortgage	12.05
nFC Resource	10.53
nFC SpecGth	10.67
nFC US Gth	11.22
-Barreau Du Quebec	
ynEquilibre	10.85
ynObligation	10.34
Beutel Goodman	
nAmer Equity	8.34
nBalanced	11.93
nCdn Equity	12.29
nIncome	10.68
nIntl Equity	6.82
-Bissett	
ynAmer Equit	19.30
ynBond	11.23
ynCdn Equity	22.26
ynDividend	11.99
ynRetirement	12.20
ynSmall Cap	21.46
BNP (Canada) Funds	
ynActions	31.58
ynObligation	10.29
Bolton Tremblay	
xBT Bond	5.33
xBT Income	9.50
oLdmk Ame	6.90
xoLdmk Bal	5.42
xoLdmk Bond	5.29
oLdmk Cdn	7.26
oLdmk Intl	8.24
oLdmk NTA RS	5.20
oLdmk Resour	25.20
oLdmk SmCap	7.96
oLdmk WTA RS	5.55
BPI Capital Manage	
oAmer Equ Gt	20.63
oCdn Bond	10.67
oCdn Equity	13.69
oGloSmallCo	15.96
oGlobal Bal	13.88
oGlobal Equ	16.64
oOne Decisio	13.94
Bullock Group	
oAmerican C$	23.14
ouAmerican U	16.86
oAsset Strat	12.00
oCIF	7.29
oGrowth	3.96
clA AsianDyn	10.48
clA EmergMkt	10.73
clA GloblBon	9.75
clA OptimaxU	10.57
clB AsianDy	10.47
clB EmergMk	10.75
clB GloblBo	9.73
clB Optimax	10.56
nclC AsianDy	10.47
nclC EmergMk	10.81
nclC GloblBo	9.74
nclC Optimax	10.56
Caldwell Securitie	
ygAssociate	6.08
ygInternatio	5.72
-Calpa	
nGyro Bond	10.17
nGyro Equity	13.31
-Camaf	
xynCamaf	11.57
Canada Trust	
ynCTIF Equit	77.72
ynCTIF Incom	10.49
nEv AmeriGth	10.01
nEv AsiaGth	9.66
nEv Balanced	14.58
nEv Bond	11.24
nEv EuroGth	9.42
nEv Intl	20.92
nEv Mortgage	60.24
nEv Nor Amer	38.13
nEv Spec Equ	21.16
nEv Stock	15.72
nEv US Equit	15.12
Canadian Int'l Gro	
oAmerican	8.10
yoCdn Balanc	6.70
oCdn Bond	5.15
yoCdn Growth	6.85
oEmerg Asian	10.60
yoEmerg Mkts	9.31
oEuropean	5.92
oGlob Bd RSP	4.93
yoGlob Eq RS	5.18
yoGlobal	9.67
yoLatin Amer	12.15
oPacific	16.90
oWorld Bond	5.36
yosect Cdn	5.60
yosect Em Mk	7.88
osect Europe	6.10
yosect Globa	10.14
osect Nth Am	7.14
osect Pacifi	11.61
osect Sht-Te	6.72
Canadian Int'l Gro	
ouAmerican U	5.90
ouEm Asian U	7.72
youEm Mkts U	6.83
ouEuropean U	4.31
youGlobal U$	7.09
youLatin Am	8.91
ouPacific U$	12.31
ouWorld Bd U	3.90
-Cdn Natural Resour	
yCan Nat Res	6.13
-Capstone Group	
nInternat'l	7.93
nInvestment	7.06
Century	
DJ	10.95
Chou Associates	
yAssociates	30.44
yRRSP	12.66
Church Street	
nBalanced	12.47
nEquity	13.38
nIncome	10.11
CIBC Funds	
nBalanced	12.79
nCap App	18.29
nCdn Bond	11.22
nCdn Equity	12.34
nCdn Income	9.80
nEquity Inc	12.23
nFar East	9.63
nGlobal	14.88
nMortgage	12.18
nUS Equity	11.30
Clean Environment	
oBalanced	7.33
oEquity	7.53
oIncome	10.24
oIntl Equity	5.61
Concorde	
yoCroissance	6.16
yoHypotheque	10.92
xyoRevenu	10.56
Confederation Grou	
Growth	9.31
yMortgage	5.29
-Cormel	
yActions	10.00
yEquilibree	11.71
-COTE 100	
ynAmer REER	17.43
ynAmerique	14.41
Croissance Quebec	
Crois Quebec	9.59
-CSA Management Lim	
Goldfund	9.86
Goldtrust	9.66
Cundill Group	
Security	15.76
Value	16.73
Desjardins (Fonds)	
ynActions	22.58
ynCroissance	10.10
ynDividende	9.89
ynEnviro	12.53
ynEquilibre	12.50
ynHypotheque	4.61
yninternat'l	27.56
ynObligation	5.04
-Dominion Equity	
gDomequity	11.47
Dynamic Group	
oDyn Amer C$	8.29
ouDyn Amer U	6.04
oDyn Cdn Gro	10.98
oDyn Div Gro	4.85
oDyn Dividen	5.67
oDyn Europe	11.25
oDyn Fd Cda	18.46
oDyn Glo Bon	5.91
Dyn Govt Inc	9.55
oDyn Green	6.17
oDyn Income	5.34
oDyn Intl	7.10
oDyn Mgd Ptf	9.44
oDyn Partner	8.14
oDyn Prec Me	2.34
Elliott & Page	
oEP AmerGth	12.97
oEP Bal	11.36
oEP Bond	8.37
oEP Equ	11.76
Ethical Funds	
oBalanced	11.61
oGrowth	7.65
oIncome	9.98
oN.A. Equity	16.23
Ficadre (Fonds)	
ygActions	8.05
ygEquilibre	10.96
ygObligation	10.16
Fidelity Investmen	
oAsset Mgr C	11.92
ouAsset Mgr	8.68
oCap Buildr	18.70
oEmMktsBond	9.24
ouEmMktsBond	6.73
oEuropGth C$	13.54
ouEuropGth U	9.86
oFarEast C$	21.74
ouFarEast U$	15.83
oGlo Bond C$	9.68
ouGlo Bond U	7.05
oGov't Bond	11.50
oGr & Inc	14.78
oGthAmer C$	19.65
ouGthAmer U$	14.31
oIntl Ptl C$	17.52
ouIntl Ptl U	12.76
oJapanGth C$	11.14
ouJapanGth U	8.11
oLatinAmer C	9.24
ouLatinAmer	6.73
oN.A.Inc C$	10.55
ouN.A.Inc U$	7.68
Finsco Funds	
yGlobal	15.60
JF Bal	10.15
JF Bond	9.91
JF Cdn Equ	11.94
JFAmerEq C$	15.18
uJFAmerEq U$	11.06
-First Marathon Sec	
nMarathonEqu	8.47
-Friedberg Commodit	
yDouble Gold	3.86
yzPrec Metal	9.15
-GBC Funds	
ynBond	11.06
ynCanada	13.92
yninternat'l	12.42
ynN.A. Growt	6.26
-Global Securities	
ygGlo 1 Fut	4.10
Global Strategy	
oAsia	7.08
oBond	5.92
oCanada Gwth	19.79
oDivr Amer	11.74
oDivr Asia	5.86
oDivr Bond	11.61
oDivr Europe	17.04
oDivr Gold P	8.18
oDivr Growth	11.32
oDivr Saving	10.08
oEurope	11.36
oGlobal Fund	20.80
oIncome Plus	18.65
oJapan Plus	15.41
oReal Estate	8.59
oUS Gth C$	15.84
ouUS Gth U$	11.54
oWorld Bond	10.97
Guardian Group	
oAmer Equity	10.59
oBalanced	17.85
yoCanada Bon	10.17
oCdn Equity	6.18
oEnterprise	11.22
oGlo Equ EAF	5.56
oGth Equity	8.11
oIntl Bal	5.83
oIntl Income	9.72
zNorth Amer	9.09
zPacific Rim	20.89
oPfd Div	9.14
zVantage US	5.00
-Guardian Timing Se	
yoCdn Protec	10.82
ygFirst Amer	11.09
yoProtect Am	10.20
Hercules Funds	
ynEur Value	10.37
ynuEur Value	7.61
ynGloShTerm	9.94
ynuGloShTerm	7.30
ynLatinAmer	11.03
ynuLatinAmer	8.10
ynN.A.GthInc	10.17
ynuN.A.GthIn	7.47
ynPacBasin C	9.95
ynuPacBasin	7.31
ynWorldBond	9.72
ynuWorldBond	7.14
Hodgson Roberton L	
nHRL Balance	11.49
nHRL Bond	9.68
nHRL Canadia	10.29
nHRL Oversea	14.44
Hongkong Bank Can.	
ynAsian Grth	10.07
ynBalanced	13.21
ynEquity	15.76
ynMortgage	10.73
Hyperion Funds	
oHyp Asian	18.88
oHyp Aurora	9.92
oHyp Euro	12.78
oHyp Fixed	10.03
oHyp Mngd	12.36
oHyp Val Lin	16.16
-Integra Cap	
nBalanced	12.36
InvesNat Banque Na	
nAct-Equ Cdn	6.83
nAct-Equ Eur	12.06
nuAct-Equ US	11.01
nEqu-Bal	5.90
nHypo-Mort	10.60
nOblig-Gouv	5.43
Investors Group	
AssetAllocat	4.99
gBond	4.69
Cdn Equity	9.69
Dividend	11.22
European	6.71
Global	8.58
gGlobal Bond	5.34
Growth	8.20
Growth Plus	6.79
gIncome	5.44
Income Plus	5.58
Japan Grth	18.67
gMortgage	5.12
Mutual	10.66
North Amer	12.53
Pacific Intl	11.38
yREal Proper	4.56
REtirement	12.79
Retire Grth	7.02
Retire Plus	6.40
Special	16.37
Summa	6.51
US Growth	20.71
World Gth	6.87
Jones Heward Group	
oJH Amer C$	13.51
ouJH Amer U$	9.84
oJH Balanced	15.13
oJH Bond	10.74
oJH Fund Ltd	12.84
-LaSalle (Fonds)	
yoEquilibree	5.86
Laurentian	
oAmer Equity	9.17
oCdn Balance	6.29
oCdn Equity	7.49
oCom'wealth	8.57
oDividend	8.59
oGlo Balance	6.37
oGovt Bond	5.52
oIncome	4.47
oInternat'l	11.05
oSpec Equity	6.96
-Leith Wheeler	
ynBalanced	12.75
M K Wong Group	
ynLotus Bond	9.99
ynLotus Equi	16.77
ynLotus Fund	14.17
Mackenzie Industri	
oInd Amer C$	11.80
oUnd Amer U	8.57
oInd Mort Se	1.36
oIndust Bal	6.09
oIndust Bond	11.86
oIndust Div	10.62
oIndust Eq	6.69
oIndust Futu	7.57
oIndust Gwth	17.02
oIndust Hor	6.59
oIndust Inc	9.35
oIndust Pens	5.58
zIndust SCP	13.16
oMack Eq	2.55
Mackenzie Ivy	
oCanadian	11.49
zCap Pro 93	10.87
gCap Pro 94	10.01
oForeign Equ	11.13
oGrowth&Inco	10.26
oMortgage	1.96
Mackenzie Sentinel	
nAmer Eq C$	11.82
nuAmer Eq U$	8.61
Cda Bond	10.94
Cda Equity	12.04
nGlobal	11.96
Mackenzie Universa	
oAmerican	13.19
oCdn Bnd	5.31
oCdn Equity	14.72
oCdn Res	11.06
oFar East	4.63
oUS Emerging	7.63
oWorld Asset	5.21
oWorld Bal R	4.95
oWorld Emerg	5.10
oWorld Equit	8.28
oWorld Prec	5.23
Manulife Cabot Fun	
nBlue Chip	10.35
nCdn Equity	10.37
nCdn Growth	10.22
nDivrs Bond	9.76
nEmerg Growt	10.13
nGlobal Equ	10.06
-Mawer Investment F	
ynBond	11.00
ynCdn Bal RS	11.44
ynCdn Divers	11.56
ynCdn Equity	11.72
ynCdn Income	10.55
ynNew Canada	14.42
ynUS Equity	10.69
ynWorld	14.31
MD Management	
ynMD Balance	12.60
ynMD Bond	16.87
ynMD Dividen	11.08
ynMD Equity	11.98
ynMD Growth	7.48
ynMD Money	57.41
ynMD Realty	11.62
ynMD Realty	10.77
ynMD Select	10.54
ynMD US Equi	14.15
-Middlefield Group	
yoGrowth	6.40
MOF Group	
yMultiple Op	4.53
ySpecial Opp	1.69
Montreal Trust Gro	
nBalanced	12.58
nDividend	9.84
nEquity	29.02
nIncome	8.92
nInternat'l	33.44
nMortgage	10.60
nTotal Retur	13.03
-MTC Group	
yzGrowth	9.65
Mutual Group	
Amerifund	12.15
Bond Fund	10.96
CIF	10.59
Diversifd 25	12.36
Diversifd 40	14.20
Diversifd 55	14.78
Equifund	15.85
nPremier Ame	11.29
nPremier Blu	12.30
nPremier Bon	10.28
nPremier Gth	14.57
nPremier Itl	12.10
nPremier Mor	10.33
Natcan Banque Nati	
nAct-Equ CDN	12.07
nuAct-Equ US	11.19
nDividendes	10.80
nOblig-Bond	9.96
National Trust	
ynAmerican E	11.90
ynBalanced	12.99
ynDividend	11.78
ynEquity	10.70
ynIncome	11.41
ynMortgage	10.39
ynSpecial Eq	15.15
-Noram	
yCanadian	6.76
yInternat'l	10.36
N. Amer Trust/Corn	
nBalanced	5.89
nBond	5.28
nCdn Growth	5.97
nGlobal	11.07
nUS Fund	19.94
-O.I.Q. Perique	
ynActions	36.72
ynEquilibre	40.22
yninternatio	10.23
ynMM	34.25
ynObligation	37.12
OHA Group	
ynBalanced	11.45
ynBond	10.53
ynCdn Equity	8.29
ynForeign Eq	12.05
Ontario Teachers G	
ynBalanced	13.00
ynDiversifie	11.85
ynGlobal Val	13.26
ynGrowth	13.21
ynMortgage	11.43
-Optima Strategy	
oEquity	6.84
oIncome	5.08
oShTerm	5.17
-Orbit Group	
yWorld	6.73
PHN Group	
nBal Pens Tr	12.57
nBalanced	11.94
nBond	8.98
nCanadian	27.70
nDiv Inc	18.93
nN.A. Equity	13.70
nPooled	44.35
nRRSP	15.14
nST Bond Mtg	9.73
nUS Equity	43.92
nUS Pool PEN	169.82
nVintage Fd	23.82
-Prenor Trust	
yzTeach RSP	161.16
-Pret et Revenu	
ynAmericain	45.03
ynCanadien	12.46
ynFonds H	5.38
xynObligatio	10.93
xynRetraite	33.52
-Princor Funds	
yuGrowth	31.20
yuWorld Inc	7.28
-Private Investors	
gPIT	11.45
-Prosperity Capital	
oAmer Perf	11.33
Prudential Group	
Diversified	6.82
Dividend	5.91
Growth	10.72
Income	5.33
Natural Res	9.20
Prec Metals	9.48
Pursuit Group	
yuAmerican	7.27
yCdn Equity	15.74
yIncome	10.34
-REA Inc (Fonds d'I	
ygIDEM	12.07
-Research Cap Corp	
yzEuro	9.22
Royal Trust Group	
ynAdv Balanc	12.91
ynAdv Growth	13.58
ynAdv Income	11.83
nAmerican C$	12.08
nuAmerican U	8.80
nAsian Growt	11.89
ynBond	10.06
nCanadian	14.58
nCdn Sp Gth	15.47
nEnergy	13.13
nEuro Growth	11.16
nGth & Inc	9.95
nInt'l Bond	11.87
nJapanese	17.33
nMortgage	10.89
nPrec Metals	14.03
ynReal Estat	8.44
nZweig Gth C	14.49
nuZweig Gth	10.56
Roycom Group	
ygSummit RF	12.33
ygSummit TDF	12.06
RoyFund Group	
nBalanced	7.28
nBond	5.44
nCdn Growth	15.40
nDividend	12.29
nEquity	27.69
nIntl Equity	13.92
nIntl Income	11.03
nMortgage	11.24
nU.S. Equity	15.79
Sagit Group	
oCam Ame Gro	5.73
oCam America	11.47
oCam Balance	8.64
oCam Global	8.56
oCam Growth	10.20
oCam Pacific	5.94
oCam Resourc	3.94
oCam Spe Equ	10.00
oTC Bon	9.73
oTC Equ	8.62
oTC Pen	15.29
Saxon Group	
nBalanced	10.38
nSmall Cap	11.81
nStock	10.80
nWorld Gwth	15.79
Sceptre Funds	
nAsian Gth	14.36
nBalanced	14.20
nBond	10.94
nEquity	17.35
nInternat'l	24.76
Scotia Funds	
nAm Eq Gth	10.19
nCanAm Grth	10.04
nuCanAm Inc	10.11
nCdn Eq Gth	13.61
nDIF	10.48
nGlo Grth	10.86
nIncome	10.21
ynMortgage	10.76
nPrec Metals	11.39
nStock Bond	11.50
Spectrum	
oCdn Equity	11.95
oDiversified	11.43
oDividend	12.05
oGovt Bond	11.51
oInterest	9.99
oIntl Bond	10.94
oIntl Equity	13.31
Standard Life	
ynBalanced	10.79
ynBond	9.85
ynEquity	12.06
-Stanley Investment	
oResolute Gr	10.60
Strata Funds	
nCanadian	11.35
nGovt Bond	9.82
Growth	13.66
Income	10.33
Strata 40	12.03
Strata 60	12.69
nTactical	10.95
Talvest Funds	
oBond	10.79
oDiversified	6.91
oForeign Pay	5.56
oGlo Divrs	8.23
oGlo Growth	6.48
oGrowth	11.27
oIncome	11.12
oNew Economy	5.06
oUS Divers	5.75
oUS Growth	20.18
TD Green Line	
ynAsian Grow	8.35
nBal Growth	11.43
nBal Income	11.93
nBlueChip Eq	11.89
nCdn Bond	11.42
nCdn Equity	14.82
nCdn GovtBon	10.93
nCdn Index	7.07
nDividend	13.46
ynEmrg Mkts	17.00
ynGlo GovBon	10.89
ynGlo RSPBon	9.90
ynGlo Select	10.93
ynIntl Equit	13.99
ynMortgage	11.40
ynMtg-Backed	10.74
nN.A.Growth	10.70
nResource	11.14
nSci & Tech	10.93
nShTerm Inco	9.81
nuUS Index	8.44
nValue	10.50
Templeton Group	
Balanced	6.45
oEmerg Mkts	8.69
ouEmerg Mkts	6.33
oGlo Small C	9.33
ouGlo Small	6.80
oGlobal Inc	10.18
ouGlobal Inc	7.41
oGrowth C$	8.17
ouGrowth U$	5.95
oHrtge Bond	5.29
oHrtge Retmn	6.15
oIntl Stock	9.42
ouIntl Stock	6.86
Top 50 Group	
yTP50 Cdn Eq	11.51
yTP50 T-B/Bn	5.04
yTP50 US Equ	12.07
-Total Return	
Commax Hedge	5.08
Global Telco	5.03
ynTotal Retu	.67
Tradex	
ynBond	9.80
ynEquity	9.56
Trimark Group	
oAmericas C$	5.92
ouAmericas U	4.31
TRIMARK C$	18.70
uTRIMARK U$	13.62
TRi Cdn	16.59
oTRi RSP Equ	7.90
oTRi SelGth	9.58
ouTRi SelGth	6.98
oTri SelBal	7.03
oTri SelCdGt	7.00
oTrim GovtIn	4.89
Trust General	
ynAct Amer	33.76
ynAct Cdn	29.43
ynCroissance	19.91
ynEquilibre	11.44
ynHypotheque	11.32
xynInternat'	17.57
ynMM	10.11
ynObligation	10.86
20/20 Group Financ	
oAggr Growth	12.16
oAmerican	14.30
oAsia Pacifi	13.08
oCdn Asset A	4.72
oCdn Growth	16.52
oDividend	12.76
oEuro AA	5.31
oFor RSP Bon	4.91
oIncome	9.74
oLatin Amer	5.05
oRSP Agg Equ	5.01
oRSP Intl	5.12
oUS Growth	25.78
oWorld	14.82
oWorld Bond	10.31
20/20 Group Financ	
ouAggr Gth U	8.86
ouAmerican U	10.42
ouAsia Pac U	9.53
ouEuro AA U$	3.87
ouLatin Am U	3.68
ouUS Gth U$	18.78
ouWorld U$	10.80
ouWorld Bond	7.51
United Group	
oAccumulativ	13.59
oAmerican C$	10.38
ouAmerican U	7.56
oCdn Equity	17.01
oCdn Growth	18.89
oGlobal	13.63
oMortgage	5.37
oP'folio Fds	13.82
oP'folio RSP	13.60
oSecurity	4.71
oVenture	11.85
University Avenue	
nBond	10.13
nCanadian	15.59
nGrowth	11.80
-Vision Europe (Fon	
gVision Euro	12.73
-Western Growth	
yzWestrn Grt	6.11
-Working Vent Cdn	
ygWorking Ve	12.46

MONEY MARKET FUNDS

Cur - current yield. Yields will vary.

Fund	Cur
Admax Regent Group	
YoA.Cash	1.45
AGF Group	
MMF	2.92
uUS MMF	2.38
Bank of Montreal	
nFC MMF	2.96
nFC T-Bil	2.60
Beutel Goodman	
nMMF	3.98
BNP (Canada) Funds	
nMM	2.87
nuMM US	2.09
Bolton Tremblay	
BT Mon	3.21
gLdmk ST	2.73
BPI Capital Manage	
gMMF	2.50
Canada Trust	
nEv MMF	2.85
Canadian Int'l Gro	
oMMF	3.32
-Capstone Group	
nCash	3.07
Church Street	
nMMF	3.85
CIBC Funds	
nCdn TBil	2.45
nMMF	2.54
nPrem TBi	3.15
nuUS MMF	2.40
Concorde	
YoMM	4.67
Desjardins (Fonds)	
YnMM	2.79
Dynamic Group	
oDyn MMF	2.85
Elliott & Page	
nEP Mon	3.50
Ethical Funds	
oMMF	3.27
Ficadre (Fonds)	
YnMM	2.72
Fidelity Investmen	
oShrt Ass	2.52
Finsco Funds	
MMF	2.93
T-Bill	2.71
uUS MMF	2.36
-GBC Funds	
YnMMF	3.30
Global Strategy	
gT-Bill	3.58
guUS Savi	2.94
Guardian Group	
oCdn MMF	3.09
ouUS MMF	2.75
Hodgson Roberton L	
nHRL Inst	3.33
Hongkong Bank Can.	
YnMMF	2.83
InvesNat Banque Na	
nMMF	3.34
nuUS MMF	2.20
Investors Group	
nMMF	2.92
Laurentian	
nMMF	2.56
M K Wong Group	
YnIncome	3.43
Mackenzie Industri	
CS Mgt	3.29
oSh Term	2.49
Mackenzie Ivy	
oSh Term	2.69
Mackenzie Sentinel	
nMMF	3.21
Manulife Cabot Fun	
nMMF	3.09
Marathon Brokerage	
G.O.C.MMF	3.48
Montreal Trust Gro	
nMMF	3.30
Mutual Group	
nMMF	2.66
Natcan Banque Nati	
nT-Bill	3.39
National Trust	
YnMMF	2.93
N. Amer Trust/Corn	
nGovt M	2.91
OHA Group	
YnSh Term	3.48
Ontario Teachers G	
YnFixVal	3.77
PHN Group	
YnMMF	3.36
YnuUS MMF	2.81
-Pret et Revenu	
YnMM	3.23
Prudential Group	
nMMF	3.74
Pursuit Group	
YnMMF	4.51
Royal Trust Group	
nSCdn MMF	2.61
nuSUS MMF	2.14
nCdn T-Bi	1.77
RoyFund Group	
nCdn T-Bi	3.09
nMMF	2.77
nuMMF US	2.29
Sagit Group	
oTC MMF	3.50
Sceptre Funds	
nMMF	2.98
Scotia Funds	
nGoCT-B	3.03
nMMF	3.01
nPremTBil	3.33
Spectrum	
oCash	2.68
nSaving	2.78
Standard Life	
YnMMF	-1.93
Strata Funds	
nMMF	2.87
Talvest Funds	
MMF	3.45
TD Green Line	
nCdn MMF	3.61
nCdn T-Bi	3.45
nuUS MMF	2.24
Templeton Group	
nT-Bill	3.22
Trimark Group	
Trimark I	3.06
20/20 Group Financ	
oMMF	4.02
United Group	
oCdn Inte	4.48
ouMMF US	2.96

SEGREGATED/OTHER FUNDS

SEG - unitized funds managed by life insurance companies on behalf of policyholders.

Fund	Price
-Altamira (Closed E	
zValue	10.70
-APEX Funds Seaboar	
oAsia Pacifi	4.55
oBal Allocat	4.95
oEquity Grow	5.15
oFixed Inc	4.75
-Canada Life	
ygCdn Equity	115.80
ygFixed Inco	70.36
ygItl Bond	9.91
ygMM	55.77
ygManaged	28.90
ygUS & Itl E	40.45
-CDA RSP Funds	
ynBalanced	43.47
ynBond & Mor	11.36
ynCom Stock	24.13
ynMMF	66.40
-Colonia Life	
ygBond	11.87
ygEquity	12.31
ynMMF	10.78
ygMortgage	11.11
ygSpec Growt	12.02
-Common Sense Funds	
gAssetBuild	10.04
gAssetBuild	10.03
gAssetBuild	10.02
gAssetBuild	10.04
gAssetBuild	10.06
-Confederation Life	
nEquity	18.32
nFixed Incom	12.40
Fund B	19.19
Fund C	12.69
-Crown Life	
ygEmperor Ba	10.02
ygEmperor Bo

The Three Minute Heart Smart Quiz ...

1. The most effective way to lower blood cholesterol is to reduce the fat in your diet. T F

2. The death rate from heart disease and stroke continues to climb slowly each year. T F

3. Whether or not you smoke cigarettes will have little effect on the possibility of having a heart attach or stroke. T F

4. The word "lite" or "light" on a food label doesn't necessarily mean less fat or calories. T F

5. About 45,000 Canadians died of heart attacks last year, more than half before getting any medical help. T F

6. For exercise to be effective in reducing the risk of heart disease or stroke, you must exercise intensively for 30 minutes a day. T F

7. More men than women die of heart attack. T F

8. Some of the possible symptoms of a heart attack are: shortness of breath, feelings of fear and anxiety and a burning sensation, discomfort or pain in the centre of the chest. T F

9. Only health care professionals can use CPR (cardio-pulmonary resuscitation) to save someone's life. T F

10. The two best ways to fight heart disease and stroke are in personal lifestyle choices, and by supporting the Heart and Stroke Foundation of Ontario. T F

ANSWERS:

1. True: Lowering blood cholesterol is one means of reducing the risk of heart attack or stroke. For most people, the best way to lower your blood cholesterol is through a diet low in saturated fats such as whole milk and high fat cheese.

2. False: Good news! Research and public education such as that funded by the Heart and Stroke Foundation of Ontario has cut deaths from heart disease or stroke by half in the past 30 years.

3. False: If there is a history of heart disease and stroke in your family, particularly early in life, smoking may be a risk you can't afford.

4. True: The word "lite" or "light" may signal that the product is lower in fat than its counterparts, but it also may refer only to the colour, taste, texture or sugar content. Be heart smart - always read the label!

5. True: Medical technology is readily available, but many people don't recognize the signs of a heart attack, and wait too long before going to the hospital for help. Some drugs should be administered in the first 90 minutes in order to be effective, but the average heart attack victim waits at least 4 hours before going to the hospital for treatment.

In the case of stroke, 58% of victims wait more than 24 hours to get help, seriously endangering their chances of recovery.

You can save a life by knowing the symptoms of heart attack and stroke, and seeking medical attention fast!

6. False: More good news! You don't need a strenuous exercise program. In fact, just 20 to 30 minutes of sustained walking 3 times each week is enough exercise to reduce your risk of heart attack or stroke.

7. True: But the reverse is true for strokes: more women than men die of stroke.

8. True: All these and many more symptoms may indicate a heart attack.

Being heart smart also means learning to recognize stroke symptoms - sudden numbness on one side of the body, temporary loss of speech and/or vision, or severe headaches. 40% of the population don't recognize these signals, but through educational programs, the Heart and Stroke Foundations of Ontario is helping us all to become more informed.

9. False: You can learn how to save lives by taking courses and receiving information widely available through you local chapter of the Heart and Stroke Foundation of Ontario.

10. True: Most of the research into heart disease and stroke in this province is funded by the Heart and Stroke Foundation of Ontario.

Our educational programs continue to reach you with important information on prevention, intervention in, and rehabilitation from heart disease and stroke. The more you know, the more you can help yourself and you loved ones combat heart disease and stroke.

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3rd .....$250 OF FREE GAS
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89 PONTIAC 6000 LE, Stk. #P548A, 4 dr., auto., cass, pw/pl, air, tilt, crusie, 81,000 km. $7,995
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MONEY ENE



By Phil Hale
SEAWAY NEWS

Dollar Cost Averaging

Playing the financial markets as if they're a crapshoot in a Las Vegas casino or tying to beat the markets" to make a financial killing are both unwise and unlikely. A more sensible approach to investing, recommended by many financial advisors as a means of protecting investors form a capricious economic world, is called "dollar cost averaging".

Dollar cost averaging is the investing of a fixed amount of money in an investment, a mutual fund for example, at regular intervals - such as $100 per month. By following this strategy, investors will actually lower the average cost of their investments. If you have lower costs, then you have more profit.

The principle of this strategy is simple. Since financial market prices fluctuate, individuals that invest once a year may find the value of their investment either rises, falls or stagnates over a period of time. But, with dollar cost averaging an investor purchases consistently, without having to guess when to invest. You buy fewer units when the price is high and more units when the price is low.

For example, you decide to invest $100 a month in a mutual fund. The first month the fund's units cost $10 each - so your $100 buys 10 units. During the next four months, the fund's price per unit rises to $11; drops to $9; and then $8. Over the four-month period your $100 a month is invested at these different prices so you purchase 42.7 unites - 2.7 units more than if you had invested a lump sum of $400 at $10 per unit, which would have given you only 40 units. Because the investor who used dollar cost averaging has more units, they have more profit.

The advantage of dollar cost averaging is that investors don' have to invest a large amount o money all at once or worry abou timing the market. There is nc need to study trends - attempting to determine when to buy, anc where the unit value will be tomorrow, next month, or six months from now - because investors are buying units consistently and fluctuations in the market balance themselves out over time.

Furthermore, dollar cost averaging eliminates the temptation to stop buying when the unit price goes down in value or to invest wildly when units begin rising in value. In short, investors using dollar cost averaging are following the classic advice of buy low and sell high.

Here's an example of dollar cost averaging when prices are fluctuating down and up. Let's say you invest $100 a month over a six month period. During the first month the unit price was $15 - you bought 6.66 units. Over the next six months, the price swung up and down, reaching as high as $16 and falling as low as $12, and finally returning to $15. The following table illustrates the investment.

Month	Unit Price	Units Bought	Amount Invested	Total Value
1	$15	6.667	$100	$100.00
2	$13	7.692	$100	$186.67
3	$14	7.143	$100	$301.03
4	$12	8.333	$100	$358.02
5	$16	6.250	$100	$577.36
6	$15	6.667	$100	$641.28

Average Price	Total Units	Average Cost Per Unit
$14.17	42.752	$14.03

As illustrated, your $600 invested over six months is now worth $641.28 - a gain or 6.9 per cent. If you had made a single $600 investment at the same time as Month One, you would still only have $600 at the end of the six-month period. Thus investors using dollar cost averaging have come out ahead.

Dollar cost averaging is offered by many mutual fund companies.

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SEAWAY NEWS

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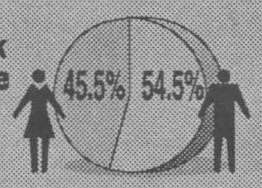
RICK SHAVER
Sales Director

G7 PROFILES

Canada

Gross domestic product:	$548 billion
Population:	27,351,000
Unemployment:	11.8% (1983) 11.2% (1993)
Median household income:	$34,136

Work force



Primary jobs

Service: 36.3%
Trade: 17.3%
Manufacturing: 14.8%
Transport, communication: 7.2%
Public administration: 6.7%
Construction: 6.2%
Finance, insurance, real estate: 5.9%
Agriculture: 3.5%
Mining: 2.1%

Economic capsule

In steady but slow recovery since 1992 from four-year recession, but unemployment still rising due to automation, computers and young people entering job market. Combined provincial and federal debt estimated at almost 90% of gross domestic product, so cuts are inevitable in wide array of social programs. Chief export is automobile products.

High school grads:	58%	56%
College degrees:	9.5%	12.8%
Advanced degrees:	1.5%	4.8%
Average teacher pay:	$26,930	
Households w/car:	83%	
TVs:	1 per 1.7 people	
Telephones:	1 per 1.3 people	

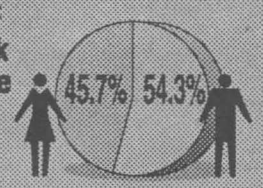
SOURCES: Government reports; research by PATRICIA CHARGOT

G7 PROFILES

U.S.

Gross domestic product:	$6.245 trillion
Population:	259,400,000
Unemployment:	9.6% (1983) 6.8% (1993)
Median household income:	$30,056

Work force



Primary jobs

Technical, sales, administrative support: 30.8%
Managerial, professional: 27.1%
Operators, fabricators and laborers: 14.3%
Service: 13.8%
Precision production, craft, repair: 11.2%
Farming, forestry, fishing: 2.8%

Economic capsule

Looks like a powerhouse compared with Germany and Japan, with March marking 36th month of recovery from 1990-91 recession. But rate of growth much slower than following other recessions, and the United States is being challenged by the technology and information revolution, which is creating new competitors. Many large businesses are still downsizing, but job growth is occurring in small, medium-size and start-up businesses.,

Starting teacher pay:	$20,270
Average teacher pay:	$35,000
High school grads:	79.4%
College, advanced*:	79.4%
Households w/car:	88%

* Four or more years
SOURCES: Government reports; research by PATRICIA CHARGOT

GIC investors: look closely at new weekly interest feature

By Rick Bates, CA

(MC) — One of the major trust companies has been creating a lot of interest through its recently introduced "weekly pay" Guaranteed Investment Certificates.

MONEYCARE

And investors in GIC's—understandably—are wondering whether the weekly interest feature is a good thing.

The answer here has to be of the "yes-and-no" variety—with perhaps a leaning toward "yes", given certain conditions.

First of all, what we're really looking at in the case of weekly interest GIC's is the effect of compounding on interest, and in turn its effect on your ultimate earnings.

Now as any chartered accountant will quickly point out, the more often interest is calculated and paid (that is, the more often it compounds) the better your eventual return. So as far as that goes, then weekly interest GIC's are a good thing.

After all, it means that 52 times a year interest is either paid to you or credited to your account.

And thanks to the effects of compounding, that first week's interest earns interest, in turn, for the next 51 weeks. So how much difference does that really make?

Given today's rates (running about 4 per cent for a 5-year GIC), the maturity value of $1,000 with interest paid weekly would be $1,221.31 compared with $1,216.65 with interest paid annually—say about $5 more. Not all that impressive.

But if you're investing $100,000 in the same GIC, then you would earn about $500 more, or about one-half per cent over the life of the GIC.

As with any investment, it's very important to look closely at the numbers before coming to a decision. For example, a 5-year GIC at 4.5 per cent with interest paid annually (maturity value $1,246.18) is better than one at 4.25 per cent with interest paid weekly (value at one year $1,236.30).

So if it comes down to a choice between a lower interest rate compounded weekly and a higher rate compounded annually, then you're probably wise to go with the higher rate. And it doesn't have to be all that much higher—a quarter point would do it.



But where the interest rates are even, then there's just no contest —weekly is better every time.

With most GIC's your money and the interest it earns is locked up tight for whatever term you choose. Not so with the new weekly pay GIC. With this one you can withdraw money every week if you have a mind to.

But this is not a good idea. Unless you absolutely need the money, leave it alone to compound further.

And providing you get the right rate, a weekly pay GIC will help it add up even faster.

Moneycare is general financial advice by Canada's chartered accountants. Rick Bates is assistant professor of accounting & finance with the University of Guelph.

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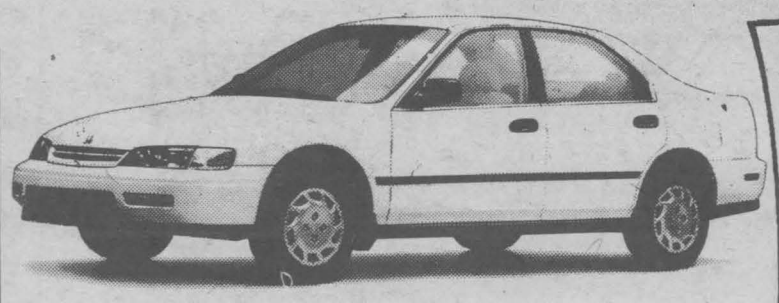

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SEAWAY NEWS
LETTERS TO THE EDITOR

No Bed Of Roses!

Dear Editor:

The recent article by Fred Sagel in the Seaway News titled "Bankruptcy Coming" drew my attention.

Just what does the readership picture bankruptcy entails? Will it be similar to that depicted in Third World Countries? Will it be similar to that shown in war ravished countries? Or will it be similar to the devastation caused by natural disasters such as shown in Los Angeles following the California earthquakes.

Anyway, I'm thankful that at least one person in your readership realized that America is in trouble, deep trouble! How deep few realize. Maybe it is time to purchase the video "America In Peril" for $17.00 + $3.00 S&H in U.S. funds - from S.C. Inc., Box 234, McKenna, WA, 98558. You may be surprised.

M. McCaskill,
Dalkeith, Ontario.

City Council Plays Petty Politics

Dear Editor:

Your (Bob Roth) editorial of March 14, 1994 was excellent.

It was not the first time that City Council members have played petty politics. The prior council refused to appoint R. Besner (who was 11th in 1988) when Sue Backs resigned. They punished him for being a major player in the group that fought the Aquatic Centre.

T. R. Hornby
Cornwall, Ontario

REPORT FROM PARLIAMENT HILL



By Bob Kilger
SEAWAY NEWS

Tough Action On Deficit Reduction

The issue of deficit reduction continues to be a major one in this Parliament.

The government's position is clear. The deficit is a serious problem, and it must be reduced. It will be reduced.

But not by raising taxes.

Between 1984 and 1993, the Mulroney government increased our taxes 38 times.

We believe there is a better way. Canadians have told us repeatedly they want the deficit reduced by cutting government spending. We agree.

Finance Minister Paul Martin's recent Budget included a number of major spending cuts, and no new taxes.

Over the next three years, we will cut over $3 billion in the cost of government operations. The salary freeze for public servants will be extended, and will apply to politicians.

The cancellation of the military helicopter project will save $1.7 billion over the next three years. Defence spending will be cut by an additional $1.9 billion.

We have closed some tax loopholes to achieve a fairer tax system.

But, for every dollar of increased revenue over the next three years, the Budget includes five dollars of spending cuts.

During last year's election, we outlined a clear goal for deficit reduction. We will reduce the deficit to three per cent of GDP within three years.

Assuming that there will be modest economic growth during this period, the plan outlined in the Budget will bring us to our three per cent goal. No further spending cuts will be required to achieve this goal.

But that does not mean we rule out more cuts. We are constantly reviewing government spending to achieve greater efficiency.

As the Financial Minister has said, our ultimate goal is to eliminate the deficit entirely.

As always, there are those who say our Budget was too harsh, and those who say we did not go far enough in our spending cuts.

There is a very delicate balancing act involved in budget-making. Deficit reduction is a priority, but if there are too many cuts too quickly, it will stall economic growth, prolong the recession, and prolong our unacceptably high levels of unemployment.

For years, the Mulroney government failed to achieve its deficit reduction targets. Their economic forecasting was so consistency over-optimistic that it became a joke.

Economists and business leaders have applauded Paul Martin for using realistic forecasts for economic growth. That being said, the future looks promising. Both the OECD and the IMF have predicted that Canada's economy will grown faster both this year and next year than any other country in the G-7 (the Group of 7, the world's major industrialized nations). It is expected that Canadian growth will be about twice as high as the G-7 average.

While economic growth alone cannot achieve the deficit reduction we seek, it certainly makes our task much easier.

To avoid dealing with the deficit is the equivalent of borrowing from future generations without their permission. That is unacceptable. Withing our first few months in office, we have taken the tough steps needed to bring this serious problem under control.

MPP REPORTS



By John Cleary
SEAWAY NEWS

Liberals Propel Task Force On Jobs

Job creation is the number one priority, not just in the Cornwall area, but across the province. The Liberal caucus is determined to generate a stronger and more confident economy as well as the increased job market that accompanies such an economy. As a result, we launched a special task force at the beginning of this year to gather new ideas for creating prosperity and opportunity.

Since January, the task force has conducted roundtable discussions in sixteen locations across the province. Last week, the task force visited Cornwall to secure our community input on strategies that the government should be employing to promote job creation. The Cornwall session was chaired by four MPPs, namely Deputy Leader Sean Conway, Alvin Curling, Joan Fawcett and myself.

We received presentations and discussed proposals for improving the economy with a wide variety of officials, including representatives from economic development commissions, Chambers of Commerce, municipal government, school boards, tourism sector, training and development agencies, the labour council, agricultural industry, and business associations.

As the generated dialogue is reflective of the will or our community, I would like to take this opportunity to share the suggestions that were put forward. the overall agenda was ambitious, but the predominant theme was taxation. Repeatedly, it was stated that individuals and businesses alike cannot bear increased or additional taxes.

Another focal point was the identification of methods to ensure a productive use of both financial and human resources. Due to space limitations, the following reveals a partial list of some of the key themes that were raised:

- ensure a climate for community-based strategic planning, decision-making and activity.
- create new markets and new job opportunities while also protecting existing jobs.
- develop realistic and affordable training and skills development programs.
- rely upon the entire community to provide full education of youth.
- assist small businesses improvement through loans, tax incentives and assessments.
- encourage tourism for financial benefit of tourism as well as to attract new businesses.
- reduce the cost of doing business, hiring employees and the number of regulations.
- establish a vision for the future to encourage investment and innovation in such areas as the environment and ethanol fuel production.

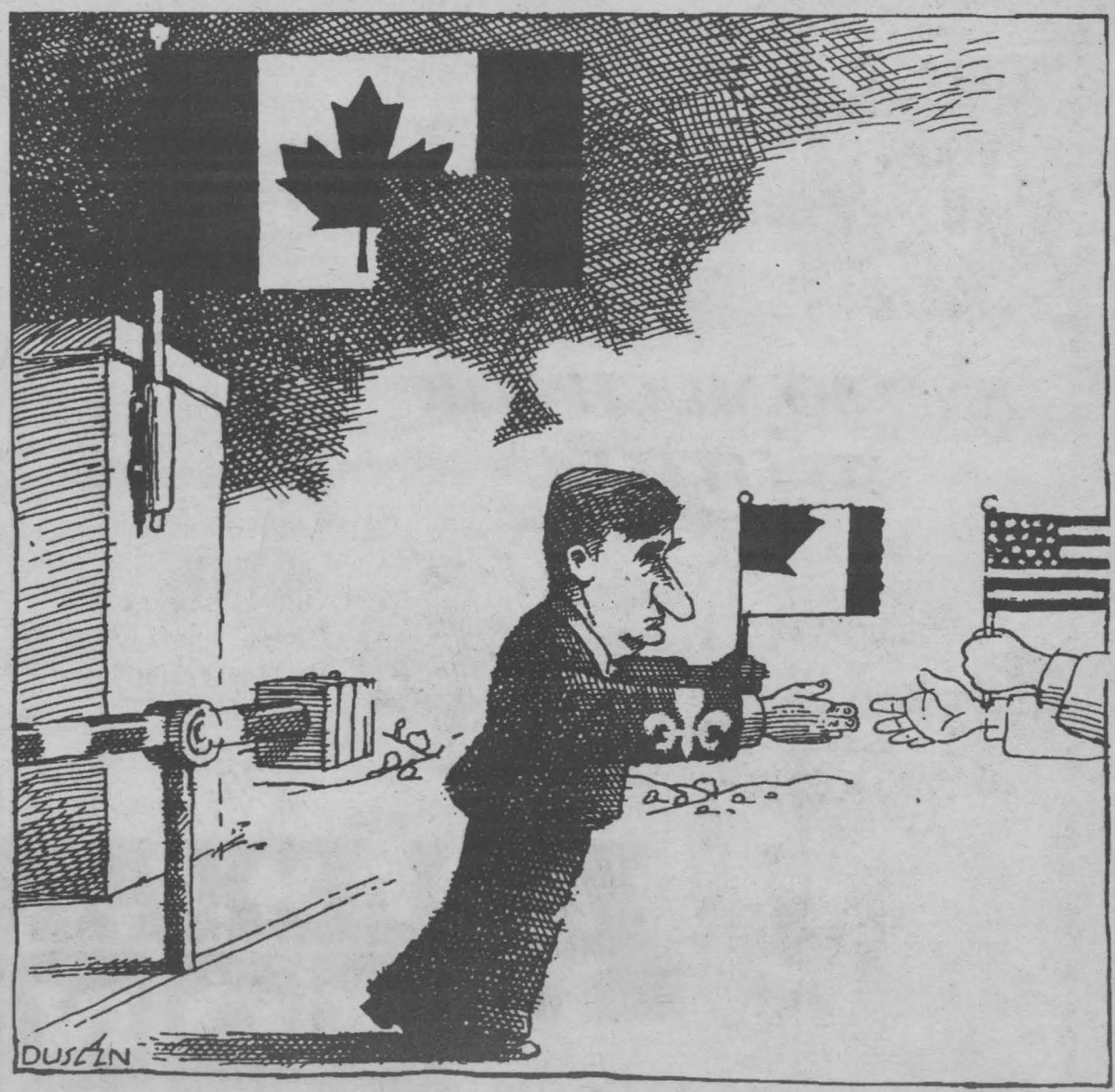
Finally, there was a strong appeal for fair, simple and balanced government that is prepared to listen and act upon the voice of the public.

I would also like to add that there was a substantial amount of discussion on the re-opening of parks in our area. I have called for these parks to be re-opened time and again, so I was gratified for the agreement on the contribution these parks could make if opened. With willing private investors and an obvious interest in having them re-opened, as revealed when the OPP was forced to turn away hundreds of tourists last summer, it is unfathomable why the NDP has not moved on this opportunity. I will continue to hammer the government on this issue.

My colleagues and I will be comparing the ides that were presented during the Cornwall task force and with those heard across the province. After reviewing and analyzing the hundreds of suggestions put forward, we will be producing a final report which will outline what the government should and should not do to create jobs and improve the provincial economy.

This document will represent the consensus on economic renewal achieved by the key participants and the Liberal caucus; we will be carrying it forward during the upcoming session as the groundwork for our commitment to job creation.

The report will automatically be mailed to the individuals who participated in the meeting, as well as those who prepared written submissions for inclusion in the hearing. If you are interested in receiving a copy of the document when it is available, I encourage you to telephone my constituency office at 933-6513 or drop by 404 Montreal Road in Cornwall.



DUSAN PETRICIC

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PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Proposed City Tax Freeze: Real Issue Or Election Ploy?

Little wonder that some ratepayers are reacting with skepticism to a proposal to freeze Cornwall City taxes for three years.

The three years are 1995 to 1997. Guess what, there's an election in 1994.

At the instigation of Aldermen Chuck Charlebois and Aime LeBlanc, Council recently voted to form a tax stabilization committee to work on the three-year tax freeze. The committee will consist of three members of city council, three members of the general public and one representative each from the Cornwall Chamber of Commerce, labour and Cornwall's service providers.

The committee will hold at least one planning session with the business community and two public meetings, all in May. Council is also considering holding a referendum on the issue in conjunction with the November election.

Charlebois and LeBlanc have already suggested ways the City could cut expenditures. They include reducing $10,000 in fuel consumption on city-owned cars; reducing transit costs to save between $60,000 and $100,000; reducing the number of summer students to save $80,000; and combining the purchasing department with those of the school boards and other large institutions for bulk purchases to save $50,000 or more.

But the aldermen say they want public input before any actions are taken; first of all because the community may come up with other good ideas and secondly because everyone will have to live with whatever cuts are eventually made.

Charlebois has already talked to some taxpayer groups and he acknowledges that there is a healthy amount of cynicism in the air. A municipal election will be held in November. Could that be the prime motivation behind this new openness at City Hall, this new desire to consult the people? What else could explain such a dramatic shift from past practice - the secret meetings, secret hirings and secret contracts?

It will not be lost on the public that the City's secret society has already cost taxpayers $750,000 by getting into an under the table deal with the Quebec Nordiques. That decision alone has already obliterated the savings our aldermen now believe they can save.

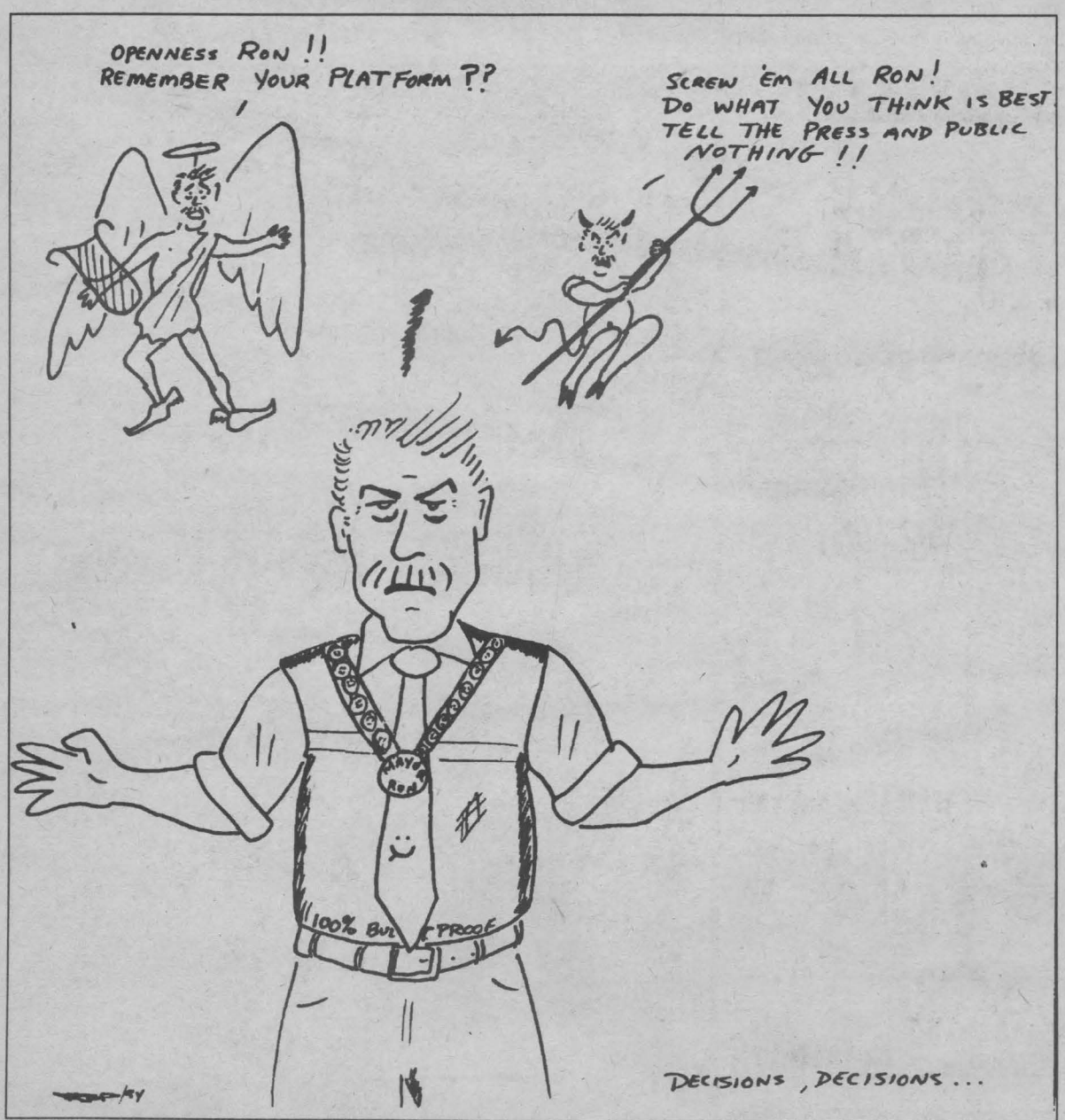
But most of all, why are these new ideas only coming out now, literally weeks after council muzzled public debate on its 1994 budget?

At face value, there is nothing wrong with the aldermen's proposal. Looking at ways to cut costs by obtaining community input is a sound idea. I would support it. But if the real intent of this exercise is to create a smoke-screen to hide City Council's record, it won't work. Most people realize that the problem at City Hall is lack of sense, not lack of cents. If you have the former, the latter fall into place.

Take for example a recent suggestion from some aldermen that the City look into a television advertising campaign to improve the City's image. Let me offer a warning right now. Television advertising is extremely expensive. And image advertising only works well when it can be repeated over a long period of time. I suspect that Cornwall's coffers can't handle the expense of a good campaign. And trying to save money by doing a half-baked job (an ad here, an ad there) would be just throwing money away.

Also, it appears that the intent of the ad campaign would be to target business executives. Television is too mass a medium for that kind of target audience. Specialized print publication or video mail-outs should be considered first.

In short, the problem at City Hall is not money and it's not image - it's leadership. And we'll have to wait until November to deal with that.



MEANWHILE...

Fred Sagel



Victims Or Cry Babies?

Are we turning into a nation of crybabies?

It is a question that is well worth asking. Suddenly, everywhere you look, there are victims to be found. They are not those who have suffered at the hands of a wrongdoer; they are the wrongdoers themselves. We have started to make martyrs out of them.

Consider the plight of the poor couple in Ontario who've just been hit by a $2.2 million lawsuit as a result of what a jury thought was their negligence in not taking proper precautions to prevent a guest from breaking his neck after he jumped off their cottage roof into a swimming pool below despite several warnings. Who's to blame? Not the guest but the owners of the cottage.

Or the poor Ford motor company after it was recently found to be negligent because it didn't install an anti-locking device inside its automobiles' trunks after a woman tried to commit suicide, locked herself inside the trunk, changed her mind, couldn't get out and stayed trapped inside for 14 days and sued the company?

Or, for that matter, the Menendez brothers, killers of their parents, who made vague and theatrical claims of abuse as a reason for their actions. Result? Double mistrial because of a deadlocked jury.

Then take the case of the Bobbitts. She is acquitted of wounding him because of years of humiliation and he is acquitted of harming her because of what happened to him.

Even poor Tonya Harding can claim to be a victim. Whatever she did, whatever she knew, is excused by her hard life. As she herself said the other day, "Put yourself in my place."

Suddenly, there are victims everywhere you look. "They are not," as the Economist magazine put it recently, "the dead, the wounded or the bruised, but the people on the other side."

What on earth is happening? Why has the tide of litigiousness kept on rising to new, absurd heights? Why have we entered the age of the crybaby for whom some disappointment – slur, an unbecoming face-lift or any other little wrong that takes place – is sufficient occasion to claim monetary awards?

It is also the age of the all-purpose victim: the individual or group whose plight, condition or even monetary setback is not a matter that needs to be solved by individual effort but constitutes a social problem in itself.

"We're not to blame, we're victims," is the increasingly assertive rallying cry of groups who see their dream not as striving fulfilled but as unachieved entitlement. Crybabyhood is all blame; no pain, for gain.

The courts are only one of the crybaby's many avenues of complaint. There is also the street, the pulpit, the press. Public officials, writers, children in school – all hide behind euphemisms that are often silly, not to say condescending, lest they be castigated by the crybaby for even the most inadvertent slip or imagined insult to this race or that ethnic group.

They are fleeing, in other words, before the crybaby's greatest talent: the ability to hand out guilt, frequently entangled on the newly-sacred Canadian discourse on rights.

If drunk drivers get into trouble, they have the right to blame their bar owners and that is now backed in law. If black moviemaker Spike Lee fails to win first prize at the Cannes Film Festival for his movie, the reason is not that the judges thought that another movie was better; the reason is racism.

Victimhood has infiltrated the United States for quite some time now and it is rapidly becoming part of the Canadian way of life. It becomes an excuse for irresponsibility and at times, for criminal acts. It seems to say that victims have a right to behave in ways that hurt others.

Where will it lead? Who knows? But perhaps one step toward more civility would be a modification of the famous injunction in Henry VI: first, let's restrain, not kill, all the lawyers. Then let's gag all the crybabies. Or, better yet, let them gag themselves.

Charities May Need To Double Donations To Offset Government Cuts

Reduced government cuts for Canada's charities will require enormous increases in private donations, according to the Canadian Centre for Philanthropy. Citing findings from a study released today by the Centre, the Centre's President, Linda Mollenhauer said that "individual and corporate donations would have to increase by more than 25 percent to make up for an across-the-board cut of only 5 percent in government funding." Last week's federal budget included a 5 percent reduction in all non-statutory grants to charitable groups.

"Canadians would need to double their charitable donations in order to offset a 20 percent cut in government funding," Mollenhauer said.

The Centre's chairman, Martin Connell, noted that corporate giving to charity is forecast to drop in 1994 for the second year in a row, and that individual donors are being squeezed by a combination of low wage gains, continued high levels of unemployment and numerous tax increases. "We are very concerned that the adverse effect on charities of the decline in private gifts is amplified many times by the contraction in government spending."

According to the Centre's new study, "A Portrait of Canada's Charities", governments provide almost $50 billion to charities each year, while individual Canadians contribute $8.2 billion and corporations donate $1.2 billion.

"This study is the most comprehensive look ever at the financing, size, and complexity of Canada's charitable sector," according to Mollenhauer. Study results are based on an analysis of more than 60,000 public information returns filed by registered charities with Revenue Canada in 1991, together with responses to a detailed survey that was completed by more than 4,000 of those charities.

"It will require extraordinary effort to shift even part of charities' funding from public to private sources," said Connell. "Our real challenge is to re-invent our society, and in particular, how we support our communities."

We hope that this research will improve understanding of the sector, so that decisions about its future role and funding can be made in an informed and responsible way," said Martin Connell, chairman of the Centre's board of directors.

Among the study's new findings:

- registered charities, with annual budgets of $86 billion, account for one-eighth of Canada's economy and employ 1.3 million people;
- 14 percent of all government spending in Canada - $49 billion a year - goes toward funding the charitable sector;
- for every dollar received from individual and corporate donors, charities get $5.20 from governments; so if government funding is cut by one-fifth, private donations would have to more than double to fill the gap;
- half of all Canadian charities have annual revenues of less that $50,000 and most have fewer than 5 staff;
- hospitals and teaching institutions (mostly universities) get 60 percent of the funding, but almost two-thirds of volunteer effort is devoted to other charitable organizations, from art galleries to food banks to service clubs;
- two-thirds of all spending by charities goes directly to programs and only 16 percent is spent on administration.

"This study serves as a solid basis for starting to rethink the charitable sector's role in Canada", according to Linda Mollenhauer, president of the Centre of Philanthropy. "It answers many questions, it raises others. We hope that it will enhance decision-making that affects the charitable sector, and act as a catalyst for further research and discussion."

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Ode To Mr. Rae

We are the Nurses from the Hotel Dieu
We are here tonight in support of O.P.S.E.U.
We're all working double time since the layoff
Still seeing chest pains and also some coughs
As you know Mr. Rae is not our good friend
I think he will drive us all 'round the bend
He's talking of roll-backs on all our wages
I think he'd prefer we were locked up in cages
One day a month off and that's without pay
I sincerely hope this man does not get his way
Some day Mr. Rae may need hospital care
But when he arrives there will be no one there
He'll be heard to exclaim "Where is everyone today!"
I'm sorry sir, but they're all gone to the U.S. of A.
To his wife he will say "Oh my dear what a mess!"
I never realized it could come down to this.
Just back up the car, my dearest Katrina
Will pop o'er the bridge I'll be seen in Massena
And when he arrives he'll be greeted with glee
Your insurance Sir, please give it to me
He pulls out his OHIP and hands over his card,
And implies that he's covered for a private ward.
But the nurse then informs him that card's not good here
Just hand over your Visa and please have no fear,
At the outset Mr. Rae thought he was quite ill
But not as sick as he turned when he got his itemized bill
So, please sir think hard before changes your make
Some day your own life may just be at stake
But that may be too late to do any good
It could be said you'll be knocking on wood
The health care workers who all raved and ranted
Won't be there anymore to be taken for granted.

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Puppeted

By Gerry Menard

It's pitch black all around me, especially in my head. The surrounding air is freezing me, including my last crumb of bread. Clinging to the memories of the woman I once loved, are hard to keep from fading. Fresh dawns are near impossible to appreciate when our moral is skinned alive. Demon-like figures, cast heavy grey shadows that stick and follow like hate. These people are evil and corrupted, yet elected through propaganda debates.

Everyone thirsts for blood.

Lead soles are harder and harder to lug by the foot. Not enough to eat is the daily extent of the hungry families meal. Life poisons the young faster than the speed of sound. Leaves nothing of value behind then warps their minds in broad daylight.

Way, way beyond reason, iotas of hatred blossom from the womb. Poverty crushing the weak regardless of pain and suffering. Light doors are impossible to open, even with all your might. Breaking the small of our backs, left in the dark, dark of the night.

WAKE UPPPPPPPPPP !!!!!!!

It's reality obvious.

Deterioration of our society.

Look of kill in the eye upon they neighbour. Totally ignored at just over half century, elders have nothing to live for. They continue to dominate the puppets future.

Entangling everyone's properties of flux.

Not to be misunderstood
is the smirk
on the lips
of our sinister

POLITICIANS

DOUG & MAGGIE'S CORNER

By Doug & Maggie Fobert
St. Clair Paint & Wallpaper

Fine furniture is a treasure a person can pay a lot of money to acquire. Most of these pieces of furniture are made of wood veneer and are lovingly waxed and polished over the years.

Unfortunately, the surface finish on furniture can be killed by the kindness lavished on them. Over time, a coating of wax, polish, dirt and grime builds up and creates a film that dulls its lustre. This seriously distracts from the woods natural good looks.

If this describes the furniture in your home, the prognosis is not fatal. You can restore your furniture's natural beauty with a two step procedure.

Step one is removing the build up. Circa 1850 Furniture Cleaner is a quick and easy way to accomplish this.

Saturate a clean, soft, cotton cloth with furniture cleaner and rub the surface to be cleaned. This will dissolve the build up. Repeat with a clean cloth slightly dampened with furniture cleaner to remove all traces of the residue.

The next stop is to restore the woods natural lustre using Circa 1850 Lemon Oil. This product is pure lemon oil and contains no wax or silicones that would restart the build up of film.

Pure lemon oil also restores the woods natural oils that dry out with age. This is it's secret, for bringing back woods natural beauty. Also, you are preventing cracking, peeling and discolouring of the wood.

Apply it sparingly with a soft cotton cloth, wiping it on and then allow it to dry. No buffing is necessary.

If the surface of your wood furniture has water marks on it here's how to remove them.

Start by rubbing the entire surface, in the direction of the grain, with 600 grit, waterproof, silicone carbide sandpaper. Use Watco Oil as a lubricating agent; do not use any other oil as a substitute.

Pay special attention to the water marked areas. Replenish the oil frequently so the surface becomes saturated.

Allow this to sit for thirty minutes then buff vigorously in the direction of the grain with a clean, soft cloth. Turn it frequently and replace it if it becomes loaded with excess oil.

Wait twenty-four hours and repeat the process. After you have allowed five days of drying time, apply lemon oil as described above.

If your wood is Teak, then use Watco Teak Oil, and follow the same process.

Some wood surfaces will have a pale, milky look to them after the use of the furniture cleaner. Others may have a fine network of spider web like hairline cracks called crazing. Still others may be so old that the finish has permanently discoloured and darkened. These can all be restored with the same process.

Rub the surface with "0000" steel wool dipped in Circa 1850 Furniture Refinisher. Work in small, one square foot areas at a time. This dissolves the old finish and reuses it. Allow it to dry for 24 hours.

Next rub the surface in the direction of the grain with "0000" steel wool saturated with Circa 1850 Tung Oil. Buff off the excess with a clean cloth. Wait twenty-four hours and apply a second coat of tung oil.

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LDR's Are Coming

The Auxiliary to the RHSJ Health Centre of Cornwall announced at their annual Communion Dinner, a fundraising project to furnish new Labour, Delivery, Recovery Rooms (LDR Rooms), and to modernize the Obstetrical Suite in the Obstetrical Unit of the Hotel Dieu Hospital. All fundraisng efforts of the Auxiliary will be committed to the half million dollar project until the objective is reached.

Mrs. Alice Valentine, President, issued a challenge on behalf of the Executive Committee, to the grandparent generation, who are in the majority as members of the Auxiliary, and to all grandparents in the community, as well as Akwesasne to support the venture. The first installment of $100,000 was presented to the Executive Director, John Haslehurst.

The Auxiliary plans to provide birthing beds and cribs in a homelike environment with special appointed room furnishing. Mother and baby, along with family and visitors, will be able to share in the comfort of a home setting in our hospital. A modernized Obstetrical Unit will ensure the security of special care for all mothers and infants.

In planning for the new obstetrical services ... staff, physicians and especially patients have had an opportunity to test new equipment and contribute to its selection. Our planners have taken into account suggestions made by the users. Construction will begin in the fall of 1994. The Auxiliary is pleased to be a part of building the Health Centre's future ... "Building Today For Tomorrow's Care."

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Get Creative: *New Ideas for Easy Easter Decorations*

MAKE YOUR OWN PETER COTTON TAIL

Put a smile on someone's face when you give them an adorable Easter bunny you made yourself. It's so easy, all you need is some glue and a few pompons. Let this bunny "hippity-hop" into your heart.

To make a fluffy bunny you will need pompons, (one 2½-inch gray, one 1½-inch gray, three 1-inch white, two half-inch white, one quarter-inch peach), gray felt and two 7-millimeter wiggle eyes.

First glue the two large pompons together, (the smaller is the head). Cut out gray felt ears and glue to the back of the 1½-inch gray pompon. Glue two 1-inch white pompons to the sides of the body for the paws and one 1-inch white pompon to the top of the body for a tail. Glue two half-inch white pompons to the bunny's "face" for cheeks, the peach pompon for a nose and the wiggle eyes.

EGG-CELLENT EASTER CENTERPIECE

Tired of the mess involved with dyeing Easter eggs, yet still want colorful eggs to put in your Easter basket centerpiece? Instead of using food coloring, start twisting paper and you can create colorful Easter eggs that will last for years. To create a special centerpiece, add baby bunnies to the basket of "colored" eggs.

To make a dozen paper-twist Easter eggs, you will need a 7-inch piece of twisted paper in 12 colors and 12 two-inch Styrofoam™ eggs. Untwist each 7-inch piece of twisted paper and cut each into half-inch strips. Cover the back of each paper strip with glue. Wrap the strip around the Styrofoam egg, lengthwise. Smooth edges and trim ends, if necessary. Repeat with remaining strips of twisted paper, overlapping slightly until entire egg is covered. For smooth coverage, begin one strip on the bottom and the next strip on the top. Alternate as you add strips.

To make baby bunny heads, you will need a 2-inch piece of twisted paper, one 25 mm white pompon, one 5 mm pink pompon, two 5 mm black beads and two 12.5 mm white pompons for each bunny head. Untwist the white paper and cut two rabbit ears out of it. Glue ears to the back of the large white pompom. Glue two half-inch white pompons to the bunny's "face" for cheeks, the pink pompon for a nose and the black beads for eyes.

Fill a basket with plastic or wood excelsior grass, the colored eggs and baby bunny heads, and your Easter centerpiece is complete. To make hanging decorations, glue ribbon and a baby bunny head to each paper twist egg.



DECORATIVE AND COLORFUL Easter decorations that last for years are easy to make using twisted paper, glitter, pompons and just a little magination. Shown above is the Egg-cellent Easter Centerpiece.

"In the time it takes you to boil eggs and color them, you can create twisted paper eggs that are just as colorful, yet will last for years," says Brandt. "This project is inexpensive and fun to make and has the added benefit of being easy and safe enough for children to complete with minimal supervision."

GLITTER EASTER EGGS

If you thought glitter was just for high fashion, you've been missing out on one of the hottest trends in arts and crafts. Glitter can be used to decorate almost anything: desk accessories, clothing, even Easter eggs, and the best part is that you don't have to be an artist to do it.

"Using glitter is a fun and easy way for both children and adults to be creative," says Susan Brandt, assistant executive director/communications director for HIA (Hobby Industry Association). "You can change many simple products into 'designer originals' with just a little adhesive spray or glue and some glitter. For a more elaborate look, add watercolor markers, color embossing powders, or embellish your creations with other craft materials such as rubber stamps, beads, colored pencils, feathers, ribbon, etc. Once you've got your supplies, let your imagination run wild."

1. Dye your hardboiled eggs in food coloring/water/vinegar solution (using two parts water, one part vinegar and 2-4 drops of food coloring, depending on the desired shade.)

2. Allow eggs to dry.

3. Using rubber stamps or markers, stamp or draw on both sides of egg and allow to dry.

4. Apply adhesive spray around the colored egg. (Regular glue may be substituted.)

5. Apply an even coat of clear or iridescent glitter to cover the egg.

The creations are limitless! This Easter, try some of these new ideas or create your own. *T4941776*

Boy Scouts: Rooted In History For 86 Years

The Boy Scouts of Canada movement has been active in this country since 1908. Originating in England by Lord Baden Powell in 1907, it has continued to flourish throughout the Commonwealth Countries. Scouting first appeared in Cornwall as early as 1921, with it's first charter established at St. Columban's. Since that time many new charters have been opened and thousands of young Cornwallites have participated, enjoyed and excelled in this organization. In fact there are several leaders in the community that have continued to be active in the Scouting Movement long after many young men have

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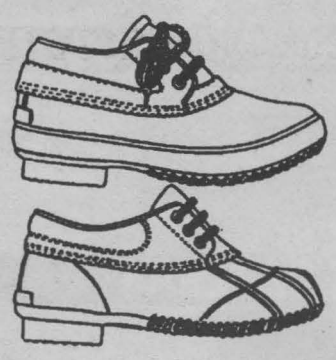

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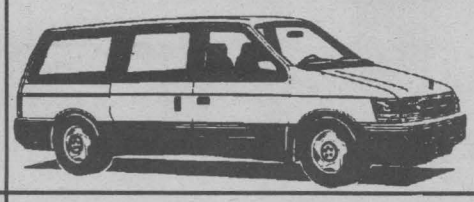

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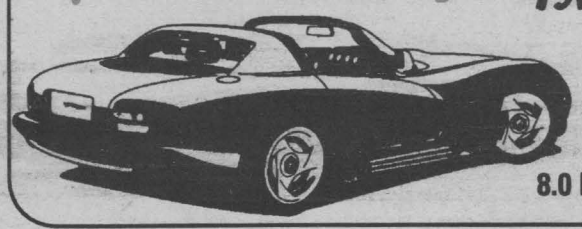

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Home Prices Up Slightly

As has been done in past years, we have calculated the yearly percentage change in selling price for residential property in the City of Cornwall. Residential properties have been grouped by the average sale prices, by year of sale, and by various property types within the City of Cornwall. The sales include local MLS, exclusive and private transactions. As we have cautioned before, please note that these sales can reflect wide variations in the age, size, quality of structure and locations, from one year to the next. Such factors as these may affect selling prices and hence distort these year to year comparisons and so these "average" figures should not be applied to individual properties.

The price of bungalows and duplexes remained virtually constant. The 4.8% increase for single family semi-detached homes is as a result of the sale of new and larger homes with superior quality and features as compared to the 1992 market year.

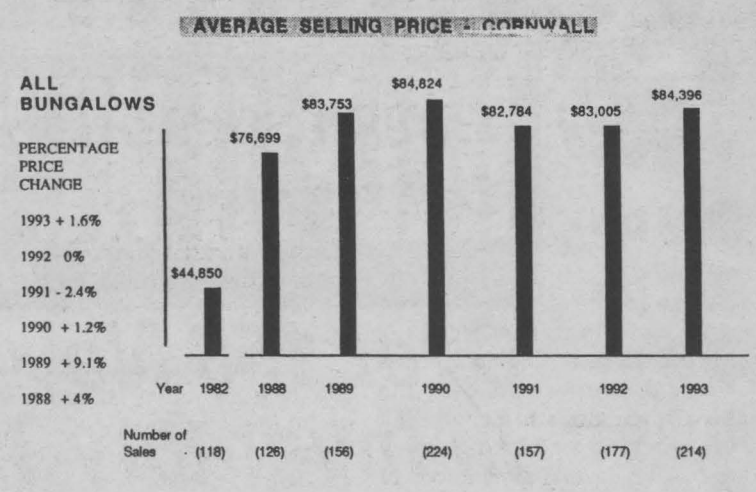
Marketing times range from 30 to 120 days depending on the property type and assuming competitive pricing.

The most accurate method of measuring the price change of real estate is to measure the percentage change of a property which has sold at different dates. There must be no physical changes of any kind in order to make this type of study meaningful. Of fifteen duplicate sales, seven duplicate sales were analysed. The yearly percentage price increase for these seven sales was 0.4%.

Given the available data, it is our opinion that, on average, there has been about a 1% selling price increase between 1992 and 1993 for residential property in the City of Cornwall.

On a positive note, five year mortgage rates are now 7.25% compared to 9.5% a year ago. There are signs that the American economy continues to expand which is important for our local exports and the Canadian dollar is finally competitive.

We expect the local real estate market to be stable for the balance of 1994 with some potential for a slight gain in average price.



The village VET
Dr. Paul McCutcheon

Keeping your budgie healthy

Most budgies and other caged birds are fed only seed with little nutritional value. As a result, many get sick and die prematurely.

What birds need to eat
Variety of high quality food and fibre:
- **Good seed:** mix of 5-8 seed types. Test for freshness: 80% sprouts in a shallow dish with a little water.
- **Vitamin and mineral supplement.**
- **Vegetables and fruit:** carrot tops, parsley, broccoli, spinach, apple.
- **Protein:** peanut butter, hard-boiled egg, grated cheese.
- **Pasta/bread:** e.g. toasted whole wheat.

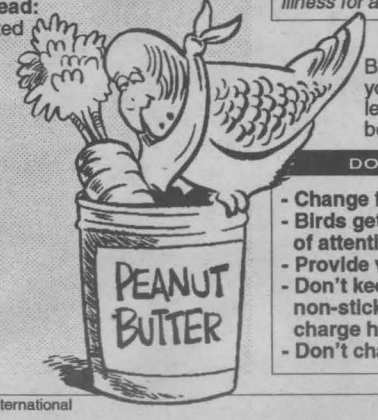
Introduce new foods gradually as birds are creatures of habit. Start with grated carrot or apple.

SIGNS OF ILLNESS
- Swollen feet or joints, change in foot color, limping, standing on one leg, can't stand on perch.
- No appetite, can't grasp food, weight loss, watery or fewer stools.
- Fluffed-up feathers.
- Change in voice, or silent bird.
- Breathing with mouth open.
- Bleeding, lumps, discharge from eyes or nostrils, sneezing.

When you adopt a bird or notice signs of illness, see a vet specializing in bird care immediately – one day of illness for a bird is the equivalent of a week's illness for a human.

Choosing a cage
Buy largest and longest cage you can – budgies need length for flying. Bars should be horizontal for climbing.

DO'S AND DON'TS
- Change food and water daily.
- Birds get lonely: Give them plenty of attention, or have two birds.
- Provide variety of special toys.
- Don't keep in kitchen as some non-stick pan coatings may discharge harmful fumes.
- Don't change a sick bird's diet.



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CHRISTIANITY ALIVE



By Bob Burgess, Pastor
New Life Covenant Church
(A Spirit-Filled New Testament Church)

"So Don't be anxious about tomorrow. God will take care of your tomorrows, live one day at a time."
Matthew 6:34

Isn't it good to know that God is in total control? Isn't it good to know that Jesus loves you and we don't have to worry about anything. Matthew 6:34 says "So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time". (LB)

There is an old saying that says "Life by the yard is hard; life by the inch is a cinch!" the Heavenly Father will undergird us for tomorrow's problems tomorrow, but He gives us grace today sufficient only for today's difficulties. That's why many Christians expect their future burdens to be unbearable. Jesus never condemned the use of commons sense in planning for the future, but He did warn against becoming unreasonably concerned about events that are beyond our control. How much better it is to have the attitude that I'll live for today and not be anxious for tomorrow.

Dwight L. Moody, a famous Evangelist tells of how he once visited a clockmaker shop where he saw a pendulum that was to be attached to a new timepiece. He thought, that clock will be expected to tick night and day for decades, 60 times a minute, 360 times every hour. Multiplying the number of ticks in an hour by 24, and that figure by 365, he came up with a staggering total of nearly 190 million ticks every year. He imagined the poor pendulum exclaiming, "Oh, I can never do it!" then Moody thought, oh, yes it can; it needs to do only one tick at a time! Many years later, Moody saw that same clock, and it was still ticking away steadily. He said, "God wants us to live our days that way, never worrying, just filling the hours with cheerful service. If we do, we will have little anxiety ... during the years He grants us here on earth."

Recently I saw this motto in a restaurant: "Live one day at a time, and make it a masterpiece!" In the light of our text, that's good advice for all us.

As always, remember that God loves you, He really, really does.

Moon over Venus

The highlight of April night skies is a rare very close encounter between the Moon and Venus, the night sky's two most lustrous jewels. At dusk on Tuesday, April 12, in the deepening violet of approaching nightfall, the brilliant planet Venus will hover right beside the sickle of the crescent Moon low in the west.

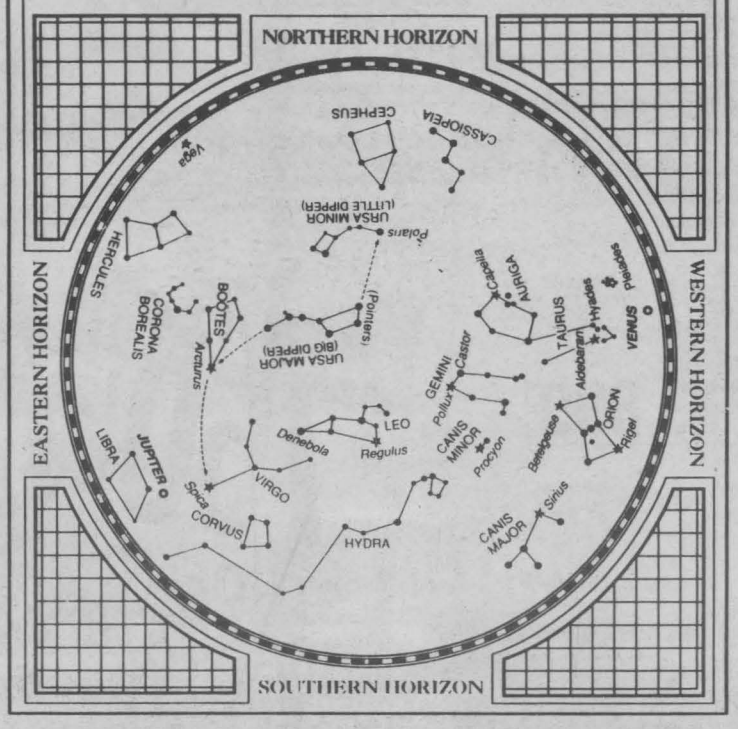
The two celestial bodies will be just one third of a degree apart, less than the width of your little fingernail at arm's length.

Astronomers call the event a conjunction. There are dozens of conjunctions each year, but this one is special because it involves such bright objects and because they are so close together. The last time these two luminaries appeared this close over Canada was 1988 and there won't be a similar event until 2007.

The eastern third of North America is favoured for this conjunction because that is where the two bodies will be seen at their minimum separation at dusk. Farther west the pair will be slightly further apart owing to the Moon's constant motion in its orbit around the Earth. The ideal time to watch will be about 50 to 75 minutes after sunset.

Almost two weeks later, the evening of April 25, the Moon will be on the other side of its orbit and at full phase. That same night happens to be when the Moon is at its closest point to Earth for 1994, at a distance of 356 928 km. Although you can't notice such subtle differences with the naked eye, the full Moon on April 25 will be 15 per cent brighter than an average full Moon.

April STARGAZING



That same night, April 25, Jupiter, the next brightest planet after Venus, will be standing right beside the full Moon. On April 30, Jupiter reaches what astronomers call opposition, when it is opposite the Sun in the sky and simultaneously nearest to Earth. However, at a distance of 660 000 000 km, Jupiter is still 1700 times farther away than the Moon.

During the last half of April, and continuing for the rest of the spring, Jupiter appears on one side of the sky, rising in the east as darkness falls, while Venus adorns the opposite point in the west at dusk. Both appear white, though Jupiter has a creamy hue while Venus seems pure white. This slight difference is caused by the colour of the clouds that blanket both planets. When we observe these planets as bright points in the sky, what we are seeing is sunlight reflected off their cloud-shrouded surfaces.

Besides having the two brightest planets in April's night sky, stargazers also enjoy the year's maximum number of bright stars, called first magnitude stars. There are 21 first magnitude stars spread over the entire sky. Six of them are southern stars, always below the horizon from Canada. Of the remaining 15, ten are visible throughout the month around 9 p.m. In order of brightness they are *Sirius, Arcturus, Capella, Rigel, Procyon, Betelgeuse, Aldebaran, Spica, Pollux* and *Regulus*.

Calendar

d	*h*	*(Universal Time)*
3	03	LAST QUARTER
3	22	Neptune 4° S of Moon°
7	16	Saturn 7° S of Moon°
9	02	Mars 6° S of Moon°
11	00	NEW MOON
12	00	Moon at apogee (406 468 km)
12	23	Venus 1° S of Moon
19	03	FIRST QUARTER
22	09	Lyrid meteors peak
25	17	Moon at perigee (356 928 km)
25	20	FULL MOON
26	05	Jupiter 3° N of Moon
30	09	Jupiter at opposition
30	10	Mercury at superior conjunction

°Best observed with binoculars

To convert Universal Time (UT) to local standard time, subtract the appropriate number of hours as shown below.

NST 3 h 30 min AST 4 h EST 5 h
CST 6 h MST 7 h PST 8 h

Add one hour to the result when observing Daylight Savings Time.

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Canada

DOGS

By Petronella M. Dana

The Old English Sheepdog Or Bobtail

Copyright 1994 by Petronella M. Dana

When the breed was just beginning there was a special tax on luxury dogs in England. Thus farmers docked or "bobbed" the tails of their dogs to prove they were working - and not luxury dogs. After several generations of this mutilation the "Bobtail" pups started to be born with a short tail. Nowadays puppies that are exceptions to the rule (born with long tail) are cropped at birth for show purposes.

Going back over 150 years ago (facts are dusty - some say 200 years) to the south-western area of England, today's "Bobtail" finds its ancestors. Certainly counting the Russian Owtscharka and possibly the Briard among them.

Once used as an expert sheep-border but now mainly kept as loving and affectionate pet or show dog. The Old English Sheepdog is quite slow to learn but once trained obeys readily and willingly.

Good with children as the cherished "Nana" in J.M. Barrie's cartoon "Peter Pan" showed us. The Old English Sheepdog is an excellent baby-sitter as it likes people to stay together (like sheep).

Although the coat is a luxurious asset to this fun-loving breed ... if kept long it requires at least one hour a week of grooming. If not kept for show, it is possible to trim the "Bobtail's" coat to a more manageable length.

Description: An odd fact about the English Sheepdog is that its loins are higher than its withers (this is accentuated in the show ring by special brushing). Male dogs stand 22 to 24 inches at the withers. Bitches are slightly smaller although both males and females can weight between 65 and 90 pounds.

Colouring can be grey (any shade), grizzle, blue or blue merle. Visually but not necessarily the head, chest and forefeet are white.

Care Tip: Although cuddly and good with children the "Bobtail" need firm and early training. It is not recommended as a first time dog.





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Have Your Catch And Eat It Too!

Fishing season is almost here! This year, along with your rod and reel, bring along the Guide to Eating Ontario Sport Fish - it will help you choose the best fish to eat from the Great Lakes and inland Ontario waters. It also recommends how to prepare and cook your catch to limit your exposure to pollutants.

Lakes and rivers often contain minute amounts of several environmental contaminants. Some of these contaminant, such as PCBs, DDT, dioxins or mercury can build up in fish living in these waters.

Anglers and their families who consume large amounts of the larger, older fish can expose themselves to considerable amounts of these and other contaminants. Excessive intakes of some of these contaminants can be harmful to health.

How to reduce exposure: Don't' stop eating fish! Instead, obtain a copy of the Guide to Easting Ontario Sport Fish so you can chose the best fish to eat at your favourite fishing spot. The guide is produced by the Ontario Ministry of Environment and Energy (MOEE) and the Ministrv of Natural Resources (MNR). It can be obtained free from them, and from some fishing licence outlets, sporting goods, liquor, and beer stores.

The front of the Guide has tips on how to use it most effectively. If you are having trouble using the Guide or your favourite fishing location is not listed, you can call your Regional MOEE office or the Toronto MOEE office at (416) 314-7886.

Not all locations, and certainly not all fish, contain problem levels of contamination. Unfortunately, there is no way to predict presence or quantity of contaminants by tasting, smelling, or looking at the fish. Use the Guide to find out which fish are best to eat.

Stricter guidelines are given for pregnant women, women planning to become pregnant, breastfeeing mothers and children under 15.

You can greatly reduce your exposure to many contaminants by removing the fat from the fish.

However, some contaminents, like mercury, build up in the meat and especially the organs rather than in the fat. Therefore, limit consumption of the organs and always follow the fish guide.

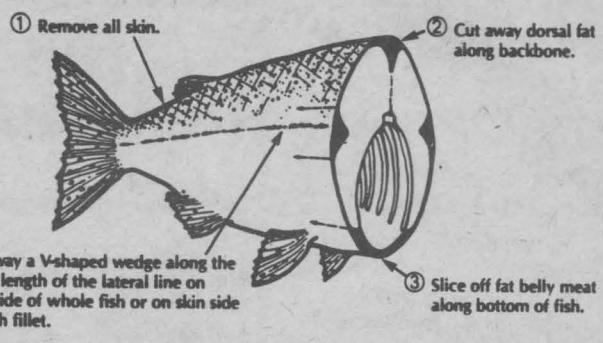
Fish that tend to have higher levels of contaminants include:

- fish living in polluted areas.
- fattier fish (ex. salmon, trout).
- bottom dwelling fish (ex. catfish).
- older, longer fish, or longer living species (ex. salmon, trout)
- predator species (ex. walleye, salmon, trout), i.e. that eat other fish.

A free pamphlet called "Having Your Catch And Eating It Too" offers greater detail about Great Lakes fish and your health. For this or other health and environment information, write to...

Great Lakes
Health Effects Program
Health Canada
Rm 1147
Main Bldg.; Tunney's Pasture
Ottawa, Ontario
K1A 0K9

Cleaning Great Lakes Fish



Some Great Lakes fish are contaminated with low levels of toxic chemicals. You can minimize your intake of these chemicals by properly cleaning, trimming, and skinning your fish. Follow the four steps.

Cooking does not destroy chemicals but the heat from cooking melts the fat in the fish, removing some chemicals. Do not use fish drippings in anything meant to be eaten. Discard fish drippings in the garbage.

For more information, contact the nearest University of Wisconsin Sea Grant Institute Advisory Services office or Wisconsin DNR office. - University of Wisconsin Sea Grant Institute (1800 University Ave., Madison, WI 53705)

LifeLine



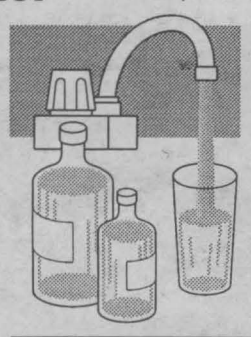
Drinking water

by Dr. Pauline Pariser

Our water contains minute levels of toxins, but the effects of long-term exposure are unknown.

Trace levels in tap water are well below federal standards.

Food is our major source of ingested pollutants as most toxins are fat solluble.



Is bottled water safer?

Not necessarily because:

- The source can still be contaminated.
- It is not subject to the same regulations or rigorous testing as tap water.
- Some brands may have higher levels of toxins, salt and bacteria.

WHAT'S IN WATER

- Lead, mercury, aluminum.
- Chlorinated compounds like trihalomethanes (THMs) which may cause cancer.
- Pesticides, dioxins, PCBs.
- Arsenic, salt.
- Bacteria – total count must be less than 10 per 100 ml with no fecal forms.

THINGS YOU CAN DO

Flush cold water three to five minutes after five hours of disuse to remove lead.

Boil water for five minutes. This reduces THMs by 98%.

Let water stand overnight in open container to allow light THMs to evaporate.

Maintain water filtering devices and know when filter needs changing.

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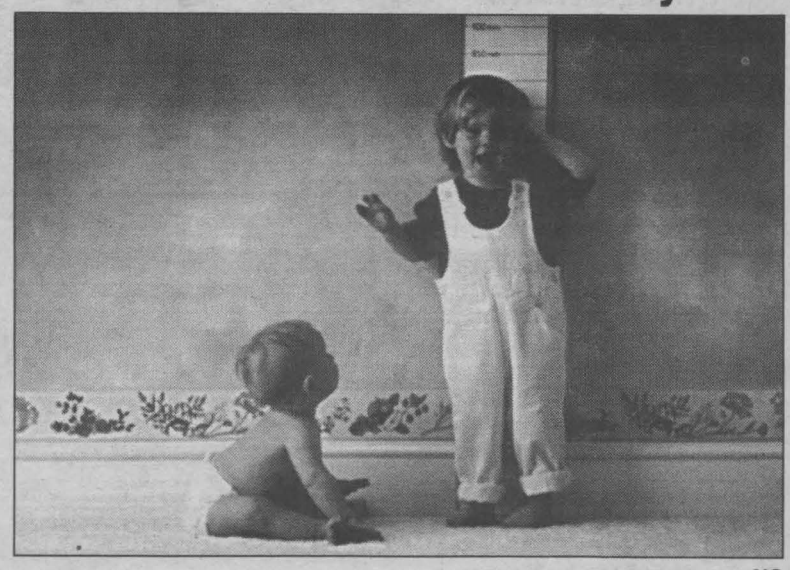
Write to Dr. Pariser c/o this paper. We regret letters cannot be answered personally, but they will influence future columns. LifeLine is a general guide: always consult your doctor.

Good food habits start early



NC

(NC)—Most of us can still remember the fun we had playing with our food as children, exploring the many tastes, colours and textures of food. Little did we realize that we were developing the foundations of a very important health skill and one which we would carry with us the rest of our lives.

Today, science has determined that children who eat well are alert, energetic and better able to resist illness and infection as they continue to mature. We also know that children who ate well as children, are far less likely to suffer the consequences of heart disease, high blood pressure or obesity later in life. Unforturnately however, the realities of feeding toddlers can make all your best intentions seem almost impossible! Here are a few tips from Milupa Toddler Foods which can make mealtimes more healthful.

If your child refuses to eat, try involving her in the preparation of this food. Children who are included in grocery shopping, preparing his cereal, pouring milk and setting the table are less likely to refuse to eat. A child may also see his refusal to eat as a way of getting attention. Respect the wisdom of the child's body, one skipped meal will not hurt a healthy child so remove the plate after 20-30 minutes or a reasonable amount of time.

Sometimes children go on food jags where they only want to eat one food. While Mom may view that as a major problem in terms of a sensible diet, the child looks at the food as something wonderful he loves and a great way to manipulate mom. Just remember food jags seldom last long if they are not turned into a major mealtime issue.

"But Mommy I don't like it' has been heard by every generation of mothers! While you may think that your child should learn to like a new food, children may reject foods simply because the flavour or texture is new to them. If the child does not like the food the first time, treat it casually but don't give up. Ask them to try one bite and leave the rest. The second time you serve the food try again. Usually by the second or third time that a child has seen a new food they will be willing to eat it.

Set a good example! That means not communicating your own likes and dislikes to children, the world's best imitators. It also means following Canada's new Food Guide to Healthy Eating available from your local public health unit or Health and Welfare Canada. The serving sizes given in this guide are for adults, so you will need to adjust them down to fit the age of the child. For example, a 40 g serving of Milupa Toddler Breakfasts would equal one serving of the grain products groups of the Food Guide for a toddler. A 40 g serving of any of the five fruit combination Milupa Toddler Breakfasts would provide a child with an excellent source of complex carbohydrates and 11 vitamins and minerals including 6 mg of Iron.

The ingredients used in these products have more depth of flavour than Milupa Baby Foods and were chosen to appeal to toddler tastes. Some are slightly sweetened to enhance the taste of unsalted, unsweetened cereals and fruits. All have been fortified with B vitamins and 100% of the daily iron requirement for toddlers, and since they already contain milk, the calcium content of one serving approximates 125 mL or one toddler serving of milk.

For further information contact: Milupa Company, P.O. Box 370, Station "R", Toronto, Ontario M4G 4C3.



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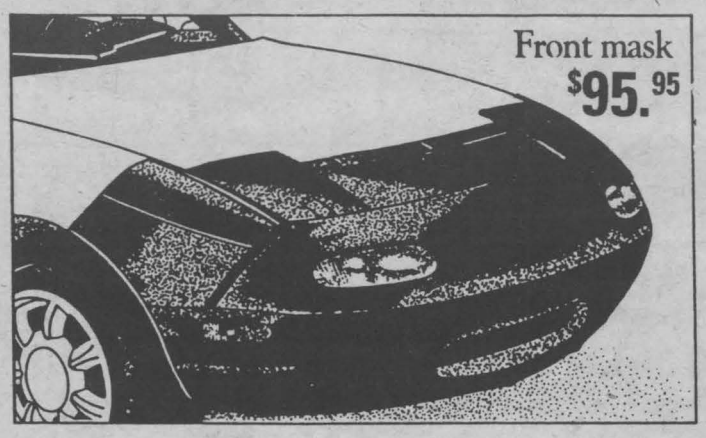

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BRIDGE RESULTS

The Independent Bridge Club
March 16/94

N/S
1. Terry Forsyth - Marjorie Raymond
2. Alice Brennan - Pat Tilton
3. Eva Kittle - Mona MacPhee

E/W
1. Ben Bouvier - Joe Robertson
2. Jessie Boyd - Denise Fournier
3. Jocelyn Campbell - Jean Forbes

Seaway City Bridge Club
March 17/94

1. Georgette Lauzon - Brunelle MacDonald
2. June Anderson - Anne Paulin
3. Yvonne Bergeron - Jean Boileau

Cornwall & District Bridge Club
March 17/94

N/S
1. Charna Heller - Lilut Mohan
2. Margaret Campbell - Barbara Taylor
3. George Bissonnette - Ron Menne

E/W
1. Heather Tobiason - John MacDonald
2. Carol Reus - Denise Fournier
3. Jocelyn Campbell - Margaret Grieve

Senior Citizen's Bridge Club
March 18/94

OPEN PAIRS
1. Mabel Chan - Margaret Evans 72.5%
2. Mildred Cleary - Mona MacPhee
3. Carol Reus - Bert Mosher
4. Eileen Arbuthnot - Mildred Morin
5. Ben Bouvier - Maurice Roussy } tie
6. Audrey Blair - John MacDonald }

Cornwall Community
Bridge Club March 21/94

OPEN PAIRS
1. Margaret Campbell - Barbara Taylor
2. Gordon Lanctot - Maurice Roussy
3. Florence Bergeron - Jocelyn Campbell
4. Tamia & Greg Doll
5. Gabrielle Dupuis - Bob Dalgleish
6. Eva Kittle - George Bissonnette

A Call to Single Parents

Having gone through a few tunnels of despair as a single parent, I have emerged convinced of a need to form a support group for single parents. It is time to let our silent cries be heard. It is time to rally together.

Day by day, single parents stand alone and face the music. However, in life, crises are known to occur. At this point, outside help is required. Where do you dare to reach out into the community? Whenever you do step out, you face a lot of judgement and misconceptions. So, the family suffers and the consequences follow.

I am calling all single parents to meet on common ground. Whether you're a novice or one with years of experience under your belt, you are part of the answer. Together, we can openly share our experiences and ideas; together, we can encourage one another; together we can do so much more than survive – we can live!

For more information regarding our next meeting, call Charlene at 936-0979.

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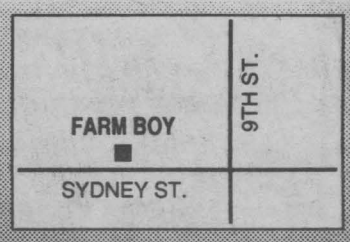

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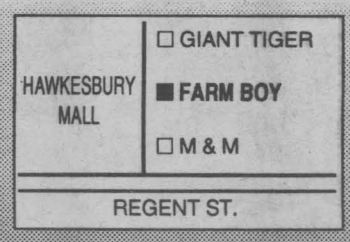

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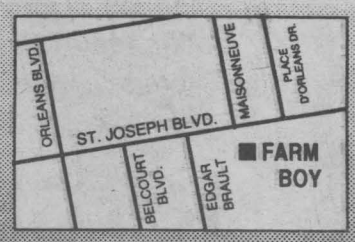


ORLEANS

Heaven On The Minds Of "Superstar" Cast

Amid the anxiety and the anticipation, there is an energy level slowly building each night at Aultsville Theatre. You can really feel the approach of a certain magic - the sense of a true event about to happen, as the cast and crew of Jesus Christ Superstar prepare for opening night this Thursday.

If you ask director Gary Palen, he'll smile and tell you why. "This show has a tremendous energy to it. Aside from the modern music, it is, after all, the Greatest story ever told."

Jesus Christ Superstar was written by Andrew Lloyd Webber and Tim Rice, and released in 1970 as a concept album. In 1973 director Norman Jewison brought Jesus Christ Superstar to the silver screen. Both the album and the move sparked controversy.

"Jesus of Nazareth was a controversial figure who united some people, and divided others with his teachings," says Palen. "I think the way in which Webber and Rice tried to make the story of Jesus more accessible to the younger generation through contemporary music is very positive."

Rogers Community 11 cameras have been on the scene throughout the development of the show. Rogers is producing a documentary titled "Heaven on Their Minds - The Making of Jesus Christ Superstar", for air during the theatrical productions run. In an interview for the documentary, Craig Hall-Michaels, one of the two actors cast in the role of Jesus of Nazareth, remembers the impact Jesus Christ Superstar had on him. "In Grade 5 or 6 my teacher played the album in class and I was just mesmerized," says Hall-Michaels. "The intensity of the music really communicated to me for the first time the nature of Jesus and his story. The show is very much a modern day spiritual and you can't help get caught up in it. It just happens to you."

The show has two sets of actors playing the lead roles of Jesus, Judas, and Mary Magdalene. Eddie Wallace, also playing the role of Jesus, has rediscovered the impact Jesus Christ Superstar first had on him through his children. "My kids have been watching the move two and three times a day since the show began," says Wallace. "They are just caught up in the story and the music."

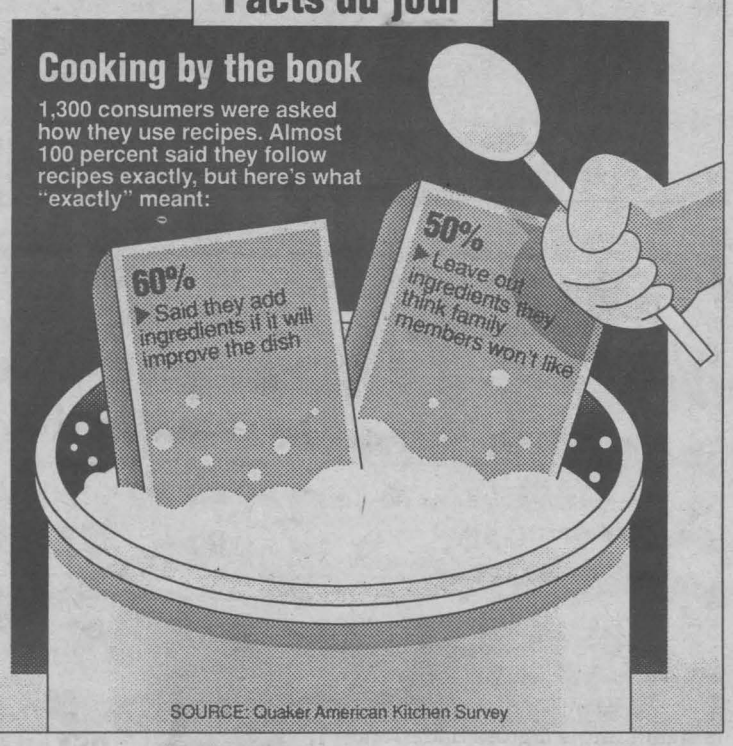
Hall-Michaels plays the role of Jesus in the March 24, 27 and Good Friday - April 1 performances, along side Roxanne Delage as Mary Magdalene, and Bob Cameron as Judas. Wallace, Gail Montgomery and Benoit Brisson will star in the March 25, 31 and April 2 shows. Tickets are available by phoning 937-GLEN between 10 a.m. and 6 p.m. Monday through Friday.

Rogers Community 11 will broadcast "Heaven On Their Minds - The Making of Jesus Christ Superstar", Monday, April 28th.

Facts du jour

Cooking by the book

1,300 consumers were asked how they use recipes. Almost 100 percent said they follow recipes exactly, but here's what "exactly" meant:



SOURCE: Quaker American Kitchen Survey

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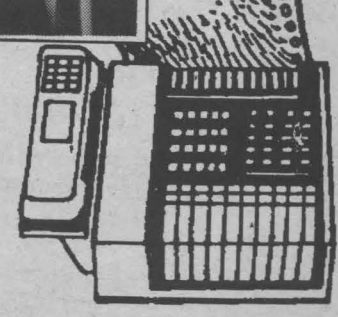

What If Someone Had A Party And Nobody Came?

By: James Clancy, President, National Union Of Public & General Employees

There is much discussion about the future of the NDP and more particularly organized labour's relationship with the Party following the recent federal election.

Speaking as a trade unionist, it's an exciting and challenging time as so many sacred ideas, having been carefully nurtured for decades, surface for review and debate. Has the Party lost sight of its roots? Are the roots tenable in a post-industrial society? Is Party policy applicable when given the privilege of forming government? Should unions, in particular public sector unions, mute their criticism when the Party as government acts against their members' interests? Should there be no public criticism but rather only the 'behind closed door' variety? Should there be institutional links between organized labour and the Party? If yes - should they be weaker - stronger? If no, what is the political expression of the members' will?

I, for one, think the discussion begins by recognizing the importance of a healthy expression of the democratic left in any post-industrial democracy. In Canada, regardless of one's political affiliation, the NDP, along with thousands of progressive groups, are recognized as having played an important role in shaping the quality of life that Canadians enjoy. It no longer requires travel abroad - a simple flick of the TV switch confirms that we have much to be proud of and consequently many to thank.

Indeed the welfare state which grew out of a recognized need to ameliorate the raw, rough edges of unbounded capitalism has been a tremendous success. Public education, public health and social services, public pensions, utilities, and unemployment insurance programs have ensured that life has been less nasty, brutish and short for millions of people over successive generations. And yet, following a long period of global recession, where unemployment is virtually institutionalized as being 11 per cent or more, and where thousands of additional workers lose their jobs every day, each and every characteristic of the welfare state is under attack. In fact it is commonplace to view the welfare state as the creator of our ills rather than as a series of institutions that provide succor in troubled times to troubled peoples. One must pause to reflect on the incongruity of it all.

Tears must be dried - it is time to move on.

Recognizing the obvious need in our nation for relief from the rawness of the new global capitalism, the fundamental question becomes - what should the post welfare state look like and how do we get from here to there? A serious discussion along these lines requires courage and vision. The starting point for such a discussion requires a commitment to full employment and a re-affirmation of public institutions that express national values of sharing and caring. It requires the broad involvement of union members and others in a discussion that has time to unfold and envelop.

The need to refine and rebuild Party vision and policy means that questions of Party loyalty and labour's 'support' to the Party are, at best, premature - at worst, irrelevant exercise. In fact exercise in designing invitations to a party that many have shown they don't really want to go to.

No - the reality is that it is time for a refit. Bring the Party into drydock - truly celebrate its distinguished service to all Canadians. Then shroud it in cloth while women and men of good cheer and cause work to fashion a brand new version - a new improved model that has an age old purpose - to smooth out the rough, raw edges of unfettered capitalism.

David Has A Learning Disability

David began school as a confident and happy boy. Yet, within just a few years, things changed drastically. David hated to go to school. He spent more and more time alone, away from his family and friends. Not surprisingly - and fortunately for him - his parents and teachers became very concerned. Educational and psychological testing revealed that David has a learning disability.

A person with learning disabilities is usually of average or above average intelligence but learns in a significantly different way from others. This difference leads to difficulties in the classroom and at home. The daily distress David faced in trying to cope with the many demands of the world resulted in confusion, frustration, anger and loneliness.

David however, was lucky. His learning disability was recognized by caring parents and informed teachers. After receiving the right help, David is now on the road to becoming a contributing citizen. His learning disability has not gone away, but David is now beginning to cope with the expectations and responsibilities of society.

Two million Canadian have learning disabilities and 800,000 of those live in Ontario. For those whose problems go undetected, the pain continues, representing a tragic waste of human potential.

Without help, some drop out of school entirely. Others may become delinquent, unemployed, develop severe emotional problems or even attempt suicide.

To say that the cost to society is significant is a gross understatement.

Consider these facts:

- 2 out of 3 young offenders have an unrecognized learning disability
- 20% of Canadians are illiterate: 1 in 3 of these people has a learning disability
- statistics show that a person with a learning disability is typically employed in a particular job for three months and then let go.

Over the past 19 years, the Learning Disabilities Association of Cornwall and the United Counties has been working to increase awareness and understanding of learning disabilities and to provide information, assistance and support to those in need. We are a registered charitable organization, struggling to meet these objectives on a shoestring budget.

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Your future is in your genes

(NC)—It's a romantic notion to think that your future is in the stars—but it's more likely to be in your genes. We can now determine to some extent, who is at risk to develop certain diseases. We might not know how to treat them at this point, or better yet, how to prevent them, but that's down the road.

Family resemblance means a lot more than getting your father's big nose, or your mother's brown eyes. Lay people are only now coming to the realization that scientists are plotting nothing less than a biomedical revolu-tion. The ability to manipulate our genes has the potential to work miracles or to do enormous harm. We stand to benefit if the medical profession learns how to reverse the course of a deadly disease. But if the secrets of our DNA become accessible to employers, insurance companies or governments, the invasion of privacy will take on a new and ominous meaning.

As science races ahead of ethical checks and balances, we are left with some disturbing questions. Because the manipulation of the DNA molecule has become commonplace in plants and animals, what will be the consequence on our food supply? Because we have new technologies today that are used in human reproductions where are the controls? And if we can pinpoint people who, in later life, will develop a deadly disease that cannot, as yet be cured, do we really want to know? If you are twenty years old and have a high probability of developing cancer at 40, do you want to live with that knowledge if there is no known cure?

On the other hand, if you are pre-disposed to a disease because your mother or father had it, perhaps you could modify your behavior to postpone the onset or lessen the severity of it. We know that nutrition and exercise play an important role in the control of heart disease, diabetes, arthritis, cancer and many other conditions. Behavior modification that we adopt to protect ourselves is a benign and helpful use of genetic knowledge.

If you have any doubts about the benefits of universal health care in Canada, consider some of the alternatives. We don't have to look any farther than the United states. The health care providers for one family discovered that a pregnant woman was carrying a baby that had the gene for cystic fibrosis. She was told by her health maintenance organization that they would cover her for an abortion, but if she went ahead and carried the baby to term, they would not cover treatment for the child. When we start down the slippery slope of limiting health coverage, this is where it might end.

Rationing is inherent in any health care system. And most of us would agree that tax dollars might be better spent than on removing tattoos, or stapling stomachs for weight reduction. We know for a fact that when an organ becomes available for transplantation, the father of four young children is more likely to receive it than an older man. Most of us can accept this logic. But what I hope we never have to face are caps on insured services for catastrophic illness. And for many of us it is unacceptable, I might say cruel, to have a waiting period between the diagnosis of cancer and the commencement of treatment. When we develop the capacity to read our genes like a book, and identify our physical and mental defects, hopefully we will have developed ethical guidelines to maximize the number of healthy days we can enjoy, whatever our genetic inheritance.

If you have thoughts or concerns on the subject of genetic testing, engineering and pre-disposition to disease, I would be delighted to hear from you.

All Things Considered
with
Joan Watson



Canada's Firearms Safety Program

(NC)—Canadians currently possess about six million firearms. Close to 160,000 new Firearms Acquisition Certificates (FACs) are issued on average every year.

Public safety considerations led the federal government to work with the provinces and territories to set national standards of safety and competence in handling firearms. As a result, if you want to purchase or acquire a firearm, you must first take a firearms safety course or test before applying for an FAC. This law came into effect on January 1, 1994, in British Columbia, Alberta, Ontario, Quebec, Prince Edward Island and the Yukon. In Saskatchewan, Manitoba, New Brunswick, Nova Scotia, Newfoundland and the Northwest Territories, the law will come into effect on April 1, 1994.

The Canadian Firearms Safety Course was developed by the federal Department of Justice in cooperation with the provinces and territories. The provincial and territorial ministers responsible for the firearms control program are also responsible for the delivery of the course according to the specific needs of the local communities.

CANADA'S FIREARMS CONTROL LAW

AIMING FOR SAFETY

What you will learn

The Canadian Firearms Safety Course will help you become familiar with firearms laws and regulations. The course will also assist firearms owners and users to update their knowledge and skills in handling, storing, transporting, using and owning firearms and ammunition. As part of the course, you will take a written and a practical test which focus on safety and knowledge of the laws, not on shooting skills or detailed technical knowledge. Once you have passed the test, your certification is valid indefinitely, unless you have ever been prohibited from possessing a firearm..

The Canadian Firearms Safety Course includes demonstrations, videc presentations, and practical, hands-on exercises. A course handbook is available as a reference on firearms, and firearms laws and safety practices. The course will take about nine hours, and classroom instruction may be given in one or more sessions. Check with the firearms officer in your area to find out when the course and test are available.

More than 600 Canadians have been trained as Master Instructors. These individuals will collectively train about 4,000 Instructors to conduct the course or test for FAC applicants in their respective provinces or territories. It is estimated that over the next five years, about one million people will take the Canadian Firearms Safety Course or test.

Many levels of input

A great deal of consultation went into the development of the Canadian Firearms Safety Course. In order to develop a national curriculum with the strictest standards of excellence, the federal, provincial and territorial ministers responsible for the firearms control program approved a set of national standards, which identified the types of knowledge and skills required to handle firearms safely and be knowledgeable about firearms laws.

In working with the provinces and territories, the federal Department of Justice benefitted from the advice of firearms and hunter safety educators, firearms experts and public health officials.

For further information

Please address any questions about the course content or the laws governing firearms handling and use to your local police service, firearms officer or Chief Provincial or Territorial Firearms Officer.

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The Food Scoop

Pesticides pose negligible health risk

(NC)—Many people have nagging concerns about the use of modern crop technologies such as pesticides. Can these products harm our health through the foods we eat? Knowing a few facts can help alleviate this worry.

Firstly, keep in mind that it is dose and exposure time that determine if a hazard exists. Products used to help grow our food must meet stringent requirements—set out by the federal government—that take into account these two facts. In addition, the Canadian food supply, both domestic and imported, is routinely tested to ensure its safety.

Secondly, consider that plants themselves produce pesticides to ward off insects, fungi, and other pests. It has been estimated that we ingest about 10,000 more plant-produced pesticides, by weight, than man-made pesticides.

In fact, thorough and independent studies conducted by the U.S. Food and Drug Administration indicate the following breakdown of cancer-related risks from food:

Natural carcinogens in food, such as "natural" pesticides	44%
Food preparation such as grilling, frying, etc., which form carcinogens	40%
Packaging materials which may migrate to food	8%
Natural spices and flavours	4%
Man-made pesticides, contaminates	0.5%

Finally, remember that a chemical can be either natural or man-made. And the risk of cancer from any chemical in our food can be put into perspective by comparing it with other everyday risks.

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BASIC BLACK



By Arthur Black
SEAWAY NEWS

Words are the most powerful drug used by mankind.

Rudyard Kipling

I always wanted to write a book that ended with the word mayonnaise.

Richard Brautigan

What a wonderful thing is the simple word, written or spoken. Mountains don't have them. Neither do sunsets or hurricanes or falcons or cheetahs. Words are ours alone, we two-legged, nearly hairless bipeds. We missed out on fangs and talons and wings and muscle mass, but we got, by thunder, the gift of words. An ocean of syllables and consonants to mix and match at will.

And mix and match we do. My hernia-threatening *Merriam-Webster* lists more than a half a million entries, and the experts tell me that's just a little over half the total number of words in the language.

And that's just the English language. There are about 9,000 other languages and dialects around the world.

Words, words, wonderful words. "Googol" ... now there's a nifty word. You know what a googol is?

A googol is a word for a number so huge it's virtually useless. Write down the number 1. Now write 100 zeroes after it.

That's a googol.

There are oodles of words that don't get their due. How about duff? Any woodsman knows that one ... it's the decaying material you find on the forest floor. Dottle? Ask a pipesmoker. He (or she) will tell you dottle is the residual gunk that's left in the bottom of the pipe bowl after it goes out. And how about / ... that slash that separates words and the numbers in fractions like 1/2 or 1/4?

Well, that's called a solidus. Some prefer separatrix or virgule.

How do I know all this off the top of my head? Are you kidding/serious? I looked it up.

And speaking of fractions ... do you know what an eighth note is called? A quaver. And a sixteenth note is a semi-quaver. Want to guess what a sixty-fourth note is called?

A hemidemisemiquaver.

Trust me ... I looked that up too.

Then there's the bad words. You see them in cartoons from time to time. The roadrunner outfoxes Wiley Coyote by decoying him into a freight train and Wiley picks himself up, dusts himself off and the thought balloon over his frazzled head says something like "When I get my paws on the @ # * varmint ...!"

That's what cartoonists call a maledicta balloon. And they have names for every off-colour squiggle that appears in them. Names like grawlix, nittles, jarns and quimp.

That blur of feet when the roadrunner takes off? Those are called blurgits. The sweat drops on Wiley's brow are plewds. The dust cloud the roadrunner leaves behind? That's a briffit.

Words, glorious words. The spike that some candlesticks sport to hold the candle is known as the pricket. The steel tip of an umbrella? A ferrule. The part of a shoe or boot that goes over the arch of the foot: the vamp.

Even a simple mainsail on a boat contains such mysteries as a leech, a reef cringle, a clew, a luff zipper and a telltale window.

An ordinary suburban bungalow roof can features purlins, gussets, soffits and fascia.

Actually you don't have to go beyond your own personal boundaries to find little-known ... and marvellous ... words at work. That dimple between the bottom of your nose and your upper lip is your philtrum. That isthmus of flesh that separates your nostrils is your septum.

Your body is a symphony of uncelebrated syllables from your pinkie finger (minimus) down to your hallux (big toe).

Ah yes, and we haven't even touched upon the metacarpophalangeal creases on your hands or the tragus of your ears, but I'm past my deadline and I see the editor looming. He's got plewds practically jumping off his forehead and if I'm reading his lips properly he's just called me a malingering @ * ! # # .

As Dorothy Parker might say, excuse my briffit.



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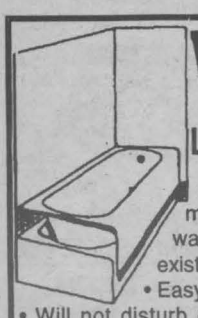

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NIFTY NIFTY



Roger Thibault's Fifty!

The signing of a formal agreement between Cornwall and Area Housing Authority and CDH District Heating Ltd. took place in the boardroom of Cornwall Electric on Monday, March 21st, 1994 at 11:00 a.m. The agreement covered the connection of the senior's residence at 540 Adolphus Street to the district energy system.

Idea!! Reduce by $10,000 fuel bill for city owned vehicles. How? Turn ignition off and coast down any hills!

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Angelo Lebano backtracking a bit now on the so called proposed "name change" for Glen-Stor-Dun Lodge.

Looks like the Mayor has called off his self imposed "boycott" of the daily paper.

Extremes and contrasts - life if full of them. Two of mankind's most pressing problems seems to be how to keep half the population from starving and the other half from being overweight.

"To Kick The Bucket" is a phrase which refers to the bucket beam, or wooden frame, on which pigs were hung after slaughter. Anyone who has "kicked the bucket", therefore has died.



Happy 40th Ears ... Ron, from Wilson, Pat and Ron. (2B)

Reader says he saw the van that the meter-maid uses parked on an expired meter on Pitt St. on Tuesday at 1:30 p.m.

To the person who stops by and ploughs Barb's driveway on Hwy. #138, you are an angel.

How deliciously appropriate it is that this "month of the tax" opens on April Fool's Day and closes amid cries of Mayday! Mayday!

Did you know that the term "Nest Egg" comes from putting artificial eggs into nests to induce hens to lay. Thus, saving some money serves as an inducement for you to add to it.

Did you know that the expression "To get out of bed on the wrong side," is a superstition that it is unlucky to get out on the left side, because the left side was associated with the west, where the sun sets, as a symbol of death.

Customers to TV salesman: "I don't need a remote control television. With four kids, my chances of controlling it are already remote!!

Although it will be on April Fool's, it is not a joke! Spragues will be closed on Good Friday because of damages done last year on that day.

In the month since the budget ... the Canadian dollar has fallen a full 2¢.

Callers says if we use Bob Roth's logic, re: Council Appointment to fill Ray Lalonde's seat ... then if Ron Martelle resigns, Brian Lynch should be appointed Mayor of if Bob Kilger decides to go back referring Leslie Ault should be appointed ... this is the runner up thing.

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Congrat's to Dunbar Recreation for donating $500 to the CAS.

New restaurant now open at Chesterville's Sierra Grande Hotel called ... "Good Times" and is run by Gus Saad.

The question has been answered about Terry O'Reilly. He has resigned from his position in Winchester.

Evan Cooper, 16, of Metcalfe was one of thirty junior curlers who took part in this year's 24-hour Curl-a-Thon at the Metcalfe Curling Club. The event earned $3,000 for Operation Go Home.



Russell's Sarah Cochrane won a gold medal at the Eastern Ontario Section Interclub in Kingston and will advance to the Provincials. Sarah and her sister Jennifer were also elected by the Ontario Skater Development Committee to take part in the Phase 2 Seminar competition.

Congratulations to Rita and Robert Leduc of Limoges who will receive an award of merit from the Russell County Soil and Crop Improvement Association during the Embrun Spring Show.

Eight of the Cornwall Aces were guests last week of the Cornwall Kinsmen Club. It was a great evening with plenty of story telling and jokes.

A new typist at a hospital saw one of the obstetricians coming toward her indignantly waving a report she had transcribed. "Miss Jones!" he exclaimed, I said, "first trimester, not first try, missed her!"

Whoever said, "Where there's smoke there's fire," must never have had a fireplace.

It's better to try and fail, than to be afraid and do nothing.

Welcome back to 43 Happy Trail Blazers ... just returned from Arizona with Jolly Tours. Thanks Ken and Karen for a job well done.

Disgusted citizen calls in to the City of Cornwall Property Standards Department for three years in a row, lettering an 8th Street East resident have all sorts of construction equipment and a run down house surrounded by mud in a residential area.

So, Mrs. Doubtfire won an Oscar for best make-up ... really? We never noticed any difference at the SN office.

Re last week and the City Officer with the personalized plate ... we know for a fact at the date & time; one such plate was vacationing at Smuggler's Notch, Vermont; okay Doug - you've been cleared.

The Ladies' Auxiliary, Branch 423 R.C.L., Alexandria held their bi-monthly euchre part in the Club Room on Monday, March 21,1994 at 8 p.m. Winners were: Ladie's High: Myrtle MacMillan; Ladie's 2nd: Dorena Theoret; Gent's High: Bill MacMillan; Gent' 2nd: Bernard Carriere. 50/50 draw: Theresa McCormick, Eleanor Willes, Roland Perénd, Merv MacDonald. Door Prize: Garth Larocque. The next euchre party will be held on Monday, April 4, 1994 in the Club Room at 8 p.m. It will be a Bunny Euchre. Everyone is welcome ... also the trophy presentation to the Jolly Afternoon Circles will be held at Alexandria Curling Club on April 5, 1994.

Happy Birthday Nanny (Sally Murdock). We love you. Tammy, Alue and Maggie Berniquer, Robbie and Jill Murdock and Steven Beaudoin.

Happy Birthday to Betsy Bruyere in the City's Planning Office.

My Nanny is Sally Murdock and she is celebrating her birthday on March 26th, 1994. Happy Birthday Nanny. I love you. Steven Beaudoin xoxoxo.

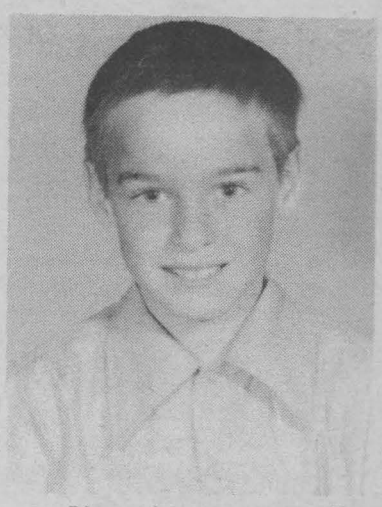


Belated Birthday Hello to my son Denis Louis for March 26th. Getting older Denis, love Mom, family and friends. (1A)

Although you're quite impatient and your gray hair makes you feel ancient! You're a good provider, a caring man, for this and more, we join our hands and applaud your 50th on March 30th. Love always, your wife and children.

Happy Birthday to Sally Murdock celebrating "another" year on Saturday, March 26th, 1994. Hope you have a great day. Love Mary, Joe and girls.

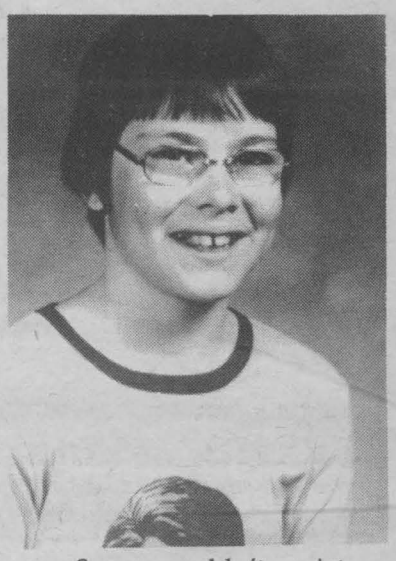
Happy 26th Birthday Rudy ... on March 26th, 1994. Your lucky year! Love your wife Johanne and in-laws.



If you happen to see Pete Seguin at Gosselin's Supermarket, wish him Happy 30th birthday on March 29th ... gotcha!! Love your family. (3C)

We would like to wish Carolyn Robertson of 4 Corner Store on the Avonmore Road ... a Happy Birthday on March 28th. Sharon & Monique.

Also Rachel Longchamps of Jarvis Street is celebrating a birthday on March 29th ... hugs and kisses from daughter - Brittany Dawn, also from Sharon and Monique.



Sorry, couldn't resist ... Happy 30th from one Fonzie fan to another. (4D)

Shalom & Best Wishes on PESACH

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"Pringle" Jingle for Cornwall ... Tear it down, Paint a mural, Then all lament, We can't catch up to Perth.



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Raisin Oatmeal Cookies

1 cup	250 mL	all purpose
1 tsp	5 mL	baking powder
1/2 tsp	2 mL	baking soda
1/2 tsp	2 mL	salt
1/4 tsp	1 mL	ground cinnamon
1/2 cup	125 mL	granulated sugar
1/2 cup	125 mL	packed brown sugar
1/4 cup	50 mL	MOTT'S UNSWEETENED APPLE SAUCE
2 tbsp	30 mL	vegetable shortening
1	1	egg
1 tsp	5 mL	vanilla
1 1/3 cups	325 mL	rolled oats
1/2 cup	125 mL	raisins

(NC)—In medium bowl, stir together flour, baking powder, baking soda, salt and cinnamon; set aside. In large bowl, whisk together granulated sugar, brown sugar, apple sauce, shortening, egg and vanilla until shortening breaks into pea-sized pieces. Add dry ingredients to apple sauce mixture; stir well. Fold in oats and raisins. Drop batter by small round spoonfuls onto cookie sheet lightly sprayed with non-stick cooking spray. Bake, 1 dozen at a time, in preheated 375°C (190°C) oven 10 to 12 minutes. Cool on cookie sheet 5 minutes. Remove to wire racks; cool completely.

Makes 3 dozen cookies.

Nutritional Information: Each cookie provides 63 calories and 1.1 g fat. This recipe eliminates 12 calories and 1.5 g fat per cookie.

Calendar of COMMUNITY EVENTS

Community Events Sponsored by
Canpage Communications Ltd.
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Geoff M. Laurin 938-3867

*TOUGHLOVE CORNWALL - is a support group for parents with troubled teens, for assistance or more information, call Susan at 937-3407

*CANADIAN MENTAL HEALTH ASSOCIATION - CORNWALL S. D. & G. BRANCH invite you their Bingos every Monday at 2:30 p.m., Cornwall Bingo Centre, 26 2nd St. W. Also, volunteers needed to work Bingos, call 933-5845

*COMMUNITY LIVING - STORMONT COUNTY is currently looking for volunteers to support individuals with developmental disabilities. If you have some spare time, someone would appreciate your friendship. Info: 938-1702

*CANADIAN SURGICAL EYE EXPEDITIONS (CAN S.E.E.) holds Bingos every second Sunday at 4 p.m., Cornwall Bingo Center, 26 Second St. W. Proceeds go to restoring sight of underprivileged people in developing countries.

*CANADIAN HEARING SOCIETY is sponsoring a Bingo at the Cornwall Bingo Centre every Thursday afternoon from 2:30-4:30. Come out and have some fun while you show your support. Info: 930-2062

*ST. COLUMBAN'S CATHOLIC WOMEN'S LEAGUE invites men and women to play Party Bridge every Tuesday afternoon and Euchre every Friday afternoon at the Parish Centre. Prizes and refreshments.

*JOIE DE VIVRE support for separated & divorced meetings at Holy Cross Parish Hall, Leonia St. English - 1st & 3rd Friday and French - 2nd Friday of every month at 8 p.m. Info: 932-7103 or 936-8912

*HOLY CROSS GOLDEN AGE CLUB will hold a Card Party every Tuesday at 7:30 p.m. Everyone welcome. Info: 937-3717

*CORNWALL SENIOR CITIZENS CLUB #353, 119 Pitt St. meet every Monday for "500", Wed. for Euchre & Lunch and Thursday for Bingo & Lunch, all start at 1:30 p.m. Everyone welcome.

*SEAWAY M.E./FM SELF HELP GROUP for anyone with Cronic Fatigue Syndrome and/or Fibromyalgia will meet on the last Wednesday of each month at the Cornwall Seaway Lions Club, 123 Fortier at 7:30 p.m. Info: 933-8601

*ST. JOSEPH'S VILLA 14 York St. need volunteers for one on one visitation or to share your abilities in crafts or ceramics with the elderly. Call 933-6040

*THE CORNWALL CHAPTER OF THE CANADIAN LIVER FOUNDATION invites everyone to their Bingos every Saturday, 4 p.m. at the Cornwall Bingo Center. All are welcome to try your luck while supporting a good cause.

*ACADEMY OF OUR LADY OF SION OF PRINCE ALBERT, SASK. is planning a REUNION for all former students and teachers to be held from July 29 to August 1, 1994. Write to Roger St. Pierre, 563-25th St. W., Prince Albert Sask. S6V 4P8 or phone (307) 763-6345.

*BLOCK PARENTS OF CORNWALL will hold its monthly meeting on Tuesday March 29 at 7:30 at the Poice Station, 340 Pitt St. New members are always welcome. Info: 933-2885 or 932-8857

*BLESSED SACRAMENT C.W.L. will sponsor a Euchre on Wednesday, March 30th at 1.30 p.m. in the parish hall, Tollgate Road. Prizes, lunch, all are welcome.

*SEAWAY SENIORS, 205 Amelia St., invite all seniors to join them for Cornwall City Police Presentation "Senior Safety" on Thursday, March 31st at 10:30 a.m. Everyone welcome, info: 932-4969

*SINGLE PARENTS SUPPORT GROUP "A Lifestyle to Share" - Thursday, March 31 at 7:30 p.m. at St. Peter's School gym, 1811 2nd St. E. Info: 936-0979

DEADLINE: Wednesday at 3:00 pm

ATTENTION: RE COMMUNITY EVENTS NOTICES. Deadline: Wed. prior to Sun. publication, 3 pm. Copy must be legible (printed or typed). Text to contain only "basic" information (Who, What, Where, When & telephone contact if required). Minimum wording, please! Notices can be mailed in, or brought into the office or faxed (933-0024). Notices will not be taken over the phone. Thank you. Please Note: Only one week per insertion, permitted.
Community Events is not intended to supplant paid advertising, and inclusion is restricted to non-profit charitable organizations. Events should have a "Community Wide" appeal to all segments of our readership. All items submitted will be reviewed by the advertising department. The Seaway News offers a very reasonable advertising rate for charitable organizations who wish to place a display advertisement.

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9 REGULAR GAMES ... $35.00 5 SPECIALS ... $50
1 EXTRA SPECIAL ... $1500
If Won in 6 numbers (Over 6 numbers - 10% of Extra Special)
1 JACKPOT $250.00 1 BONANZA 2 SHARE THE WEALTH
We Use Bingo Sheets with dabber system
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Preventive Early Menopausal Management in Preserving Coronary Health
GVSS Auditorium 1550 Cumberland St.
April 20th, 1994 7:30 pm
Sponsored by the Cornwall CHIP Alumni Assoc.
Everyone Welcome
Tickets: CHIP Alumni $3.50
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Cornwall Square & Brookdale Mall
April 8th & 9th
Home & Garden Show
April 15-16-17
Watch For Details of Rollerblade Activity Day on Sunday, May 29th


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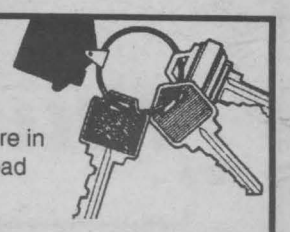


SEAWAY NEWS
ENTERTAINMENT

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

Go ahead ... pull back the drapes, raise the blinds, remove the shutters, open windows *IT'S SPRING*. It officially arrived last Sunday and a couple days of bright sunshine is all we will need to melt away the remnants of the cold nasty winter we endured. We are starting to see and hear about some of the usual Spring or good weather activities for this time of year. Like the fishing seminar this past weekend, a fishing derby coming in May, and the giant Flea Market complex soon to be opened. Next we will start seeing the many garage and lawn sales around town. We can remind everyone about the Benefit Pancake Breakfast this Sunday, March 27th. If your read this early enough you can partake by visiting Nativity Hall 8:30 a.m. to 12 noon. Cost for pancakes is $3.00 and all proceeds to Shawn Laframboise. Sponsored by Club Richelieu, the Optimist Club and Nativity Guards.

The fishing tournament mentioned above will happen on the May 14th weekend and it's the annual event sponsored by the *IMPALA MOTEL* Restaurant in Lancaster. It will be a Pike Tourney with prize money of over $3,000. For more info you can call 347-2028.

Entertainment on the inside this coming weekend at *QUINN'S INN* at St. Andrew's West will feature *ALLAN TAM-BAY* on Friday and the *JUKE-BOX* takes over for the Saturday fun.

JOHN WRIGHT will be the featured entertainer at *THE TOWN HALL* on Friday and Saturday night.

The *LAKESIDE INN* welcomes back *ANDY LANGLEY* and his partner *EDDY BIMM* ("Meat & Potatoes) to help you party Good Friday and really let loose Saturday dur' ıg their *BEACH PARTY*. Prizes for best buns, best legs, best swimsuit. For those people who haven't tried our Buffalo Burgers, our new stock has arrived. Buffalo has often been called the "original health food". Buffalo meat is significantly higher in protein, yet lower in fat, cholesterol and calories than most other meat (including poultry). The meat does not contain drugs, hormones or chemicals, it is 100% pure, wholesome, tasty nutrition.

It's official ... they are now re-opened at *THE HUB OF GLENGARRY* in Alexandria with Prime Rib Buffet as a feature every Friday and Saturday from 5 p.m. Good luck again to Chris, Terry and Ernie at the Hub Restaurant & Pub on Main Street.

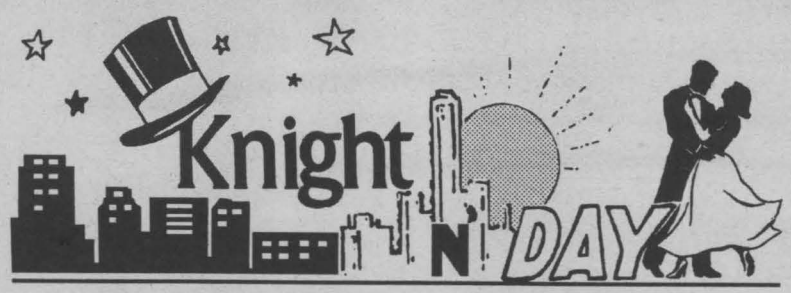
Meanwhile back to fishing. This time its the Platters, Plates and Rolls of our delicious Perch treats at *DENISE'S LITTLE CAFE* on Montreal Road. They are open seven days a week and they serve a great breakfast starting at 6 a.m. each morning. Denise, Lynn, Monique and Lisa invite you to drop by any day and sample their good food, good cheer and friendly service. It's the Little Kitchen with the Big Heart.

SHANTERO Productions have once again put together two more great concerts for April. The first is *ONLY THE LONELY*, the Roy Orbison story. As we wrote last week it's a two hour musical tribute with live performances of twenty-one of Roy's hit songs by Bernie Jessome onstage at Aultsville Hall on April 8th. That will be followed by the *JOHN McDERMOTT* concert on April 14th at 8:00 p.m. Like Andy Stewart, Sydney MacEwan, John McCormack and Kenneth MacKellar, *JOHN McDERMOTT'S* crystalline tenor voice brings dignity to the timeless melodies and poignant poetry of Celtic traditions. Also appearing will be the Halifax duo of Evans and Doherty (guitar/banjo/bass); 1994 East Coast Music Award winner Natalie MacMaster on fiddle; Bill Bridges on guitar and Tracey Dares on piano. For ticket information call or visit Ran-Gal Photofinishing at Brookdale Mall, 938-7779.

There is another fun weekend planned at *CHEZ LOUISE'S* on Montreal Road with Louise and Mike sharing the entertainment with music and song on Thursday evening and again at the Sunday matinee at 3 p.m. The Friday and Saturday package features *NIGHTHAWKS* with some terrific Country and Western offerings from 8:00 p.m. until closing.

We are approaching the Easter Weekend with many observances planned so please enjoy and to everyone *A VERY HAPPY EASTER*. And sometime soon you may also wish to go outside and jog, walk, run, bike, hike, ride and merely breath-in the refreshing spring air and enjoy life.

G'Day and G'Knight.



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It's been a great start and we would like to thank all of our customers for their patronage during our first three months. We look forward to serving you soon. We believe there are no strangers, only friends we haven't met yet
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Last Week:

- PM Chretien shaken up in home town by angry protest on UI cuts.
- Abusive call scam leads to 6 young Martintown suspects.
- Local 18 year old, Lacie Kingston, chosen to join "Up With People" world wide leadership program.
- Ever popular Glen-Stor-Dun Lodge will not be changing its name says Mayor.
- 25 layed off for 13 weeks at Marconi for lack of work.
- Cornwall's Greyline Instruments Inc. chosen to exhibit in Canada's Expo 94 in Mexico.
- Spring arrives and just in time as city snow budget over worked.
- United counties accept .3 per cent tax hike, smallest increase in more than a decade.
- Hundreds of mourners pay respect at service for slain teenager Carrie Lauzon.
- MPP Cleary still lobbying to reopen Charlottenburgh & Raisin River Parks closed by the government.
- Eastwinds Small Bus. Centre loses zoning request for retail plan.
- City marriage license price drops but many other services will soon cost more.
- Ninth Street bombing investigations reveal third suspect.
- Sunday hunting rejected by United Counties Council for SD&G.

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SEAWAY SPORTS

Fontaine Concrete Win Silver Medal At The Provincial

The 1994 Ontario Broomball Championships were held last weekend, March 18th, 19th, & 20th in Arnprior and the Eastern Region (Ottawa and area) won nine out of a possible twelve medals. Three gold, three silver and three bronze were earned in four different categories.

In the Men's Elite Category, Fontaine Concrete of Cornwall won the silver medal, losing 2-0 in the final to current Canadian Champs, Embrun Plumbing of Embrun. H&L Auto Express of Barrie, also last year's Canadian bronze medallist, took the bronze. Cornwall won it's first game 9-1 against Toronto Bulldogs with Steve Harps and Roger Marsloais scoring three goals each. Ray Fontaine, Ray Beaulieu and Mario Dion added singles.

In the second game, Stephane Gilbert and Jack Miner each scored once to lead Cornwall to a 2-0 win over Barrie, Doug Delage had the shut out. Cornwall suffered its first lost when Embrun scored with four minutes left in the game. Embrun's second goals was scored in an open net with the goaltender pulled in favour of an extra attacker. Cornwall had to face Barrie again and came up 3-1 victors. Other players of the Cornwall team are Roch Seguin, Gary Gallinger, Mario Dion, Terry Colligan, Stephane Ranger, Ray Lepine, Rick Filion, Dave Villeneuve and Jacques Vincent (coach).

Goaltender Doug Delage, was Cornwall's MVP and was also selected to the first all star team. Other Cornwall first team all star selections were Ray Beaulieu and Mario Dion. Steve Harps also made the second all star team. This was Cornwall's finest showing in years and its second place finish could mean a participation in the 1995 Canadian Championship to be held in Barrie. By winning the Provincial, Embrun will represent Ontario at this year's Canadian Championship in Lethbridge, Alberta. Embrun is the favourite to win, the Canadian's having won it six of the last seven years. A win by Embrun will mean an automatic birth in the 1995 Canadian Championships for the Cornwall team.

In the Ladies' Elite Division, Barrie Satellites won the gold, Seaforth the silver and McMillan's Sand and Gravel of Pakenham took the bronze.

In the Men's and Ladies' Intermediate Division it was a clean sweep by Eastern teams. Ottawa, Pakenham and Morewood came in 1-2-3 in the Men's. In the Ladies' Division, gold went to Chesterville, silver to Crysler and bronze to Vankleek Hill.

The top referee of the tournament was Manon Plouffe of Ottawa. Her selection means she will represent Ontario at this year's Canadians and also makes her the first woman ever to referee at a National level.

Triggers Airgun League

Max Score 300

Pistol	Score	Ave.
Bert Branchaud	263	240.83
John Britton	171	164.90
Todd Cote	-	238.56
Shawn Kirkey	251	233.37
Richard Senecal	-	234.69
Shawn Wattie	208	221.53

Rifle	Score	Ave.
John Britton	155	133.95
Don Docksteader	203	191.41
Glenn Gillespie	222	205.37
Kevin Herne	-	134.14
Wendy Roderick	-	204.64
Richard Senecal	-	186.52

Pistol High Score: (Weekly) Bert Branchaud 263
Pistol High Score: (Yearly) Bert Branchaud 267
Rifle High Score: (Weekly) Glen Gillespie 222
Rifle High Score: (Yearly) Glenn Gillespie 239

Sports Hall of Shame by Nash & Zullo



Triggers Team To Compete In 1st Airgun Challenge

On Sat., March 26, 1994, Triggers and the Ottawa R.A. Centre will compete in the First Eastern Ontario Airgun Challenge at Triggers in Cornwall, Ontario, between 10am and 2pm.

The team, from Ottawa, will include: Pistol – Jane Vincent, a member of Canada's National Team; Steve Kelly, Master; Bev Kelsey, Master; Patrick Dukes, Expert; and Dometrios Karafotias, Expert.

Rifle – Peter Smith, Sharpshooter; George Lee; and Mark Straby.

They are also including two junior pistol shooters: Shawn Nesbit and Andrew Call.

The Triggers Team will consist of: Pistol – Ken Bell, Expert; James Bell, Sharpshooter; Maurice Taillon, Sharpshooter; Bert Branchaud, Sharpshooter; and Richard Caldwell. Juniors: Todd Coté, Shawn Kirkey. Rifle – Richard Saucier, Wendy Roderick, Don Docksteader and Bob Friedrich.

Drouin Wins Provincial

Mathieu Drouin has brought honour to St. Columban's Bowling Lanes as well as to his coach Andy Decoste, his parents Richard and Darnell and the City of Cornwall by winning the Provincial Championship in Bantam Boy's Singles in Scarborough this past weekend. His total score was 1044 in five games.

He is now off the Edmonton to represent Ontario to compete in the Nationals in April.

CORNWALL COLTS

JR. "A' HOCKEY CLUB

Thanks For The Memories

by Ken McLaughlin
Colts Director of Public Relations

They say time flies when you're having fun and no quote could more aptly describe the 1993-1994 hockey season. It's hard to believe seven months of hockey has come and gone, not to mention the exciting plan for the 1994-1995 season is almost finalized.

Cornwall hockey fans have so many great memories from the Cots second season in the CJHL. The greatest has to be the team's overall performance. We finished third in the Robinson Division, seventh place overall. This was a great feat, considering we lost sixteen players from the team that finished the 1992-1993 season. We were the youngest team in the league.

Colt's Captain Dru Burgess entered his name in the team record book by becoming the franchise all-time leading scorer with 117 points in 56 games. The previous record was held by Stephan Marleau, with 114 points in the 1992 - 1993 season. Dru racked up ten points, in the last two games of the season, to break the record. A great accomplishment by a great hockey player.

There were many others who contributed to the on-ice success we achieved. Rick Montcalm had a career high 87 points. Serge Viau completed his Jr. "A" career with 85 points. Jason Sands proved to be a rookie sensation with 83 points in 50 games. Adam Morris had a great season with 63 points in 42 games. Nicholas Windsor was the Colt's highest scoring defenceman with 52 points in 43 games. Each player gave their all, night after night. Hugo Boisvert's great penalty killing, Cody Mayoh's thunderous hits and Mark Mackisoc's tough as nails play all made each and every game a pleasure to watch. Keep a close eye on Jason White, Andre Carrier, Marc Lamontagne, Joel Trottier and Eric Martel next season, they'll lead your Colts into battle with pride. Thanks to goaltenders' Jonathan Leclerc and Carl Antifonario, who turned out some amazing performances on some very busy nights. To all our players, thanks for a job well done.

To Head Coach and 1992 - 1993 CJHL Coach of the year, Jean Payette, thank you for two great years and best of luck as you move on to new challenges next season.

Finally, to the best in the CJHL, Colt's fans, thanks for the opportunity to let us entertain you, thanks for staying behind us in the good and bad times, and thanks again for reminding everyone that Jr. "A" Hockey is a large part of Cornwall's sporting scene.

The 1994 - 1995 season ticket campaign will begin on Monday, March 28th. Current season ticket holders are advised to watch their mail for renewal information.

This column will keep you up to date on how you can become a part of all the fun and excitement that comes along with being a Colt's season ticket holder. Season tickets are the worry free way to catch all 29 Colt's home games, all for a price that's easy on your budget.

Colts hockey at the Water Street Arena, you can't get any closer to the exciting action.

Kohler Novice "B" Royals On To Second Round

At a tournament held in Spencerville, the Kohler Novice B Royals came out flying. Against Perth, Bill Cooper notched his first of two goals, 13 seconds into the game. With Pat Turcotte adding two more and Chris Kaddie recording a shutout, Cornwall coasted to a 4-0 victory.

Competition stiffened in the second game. Back-stopped by Bryan O'Shaughnessy, Kingston-City was held to one goal, allowing a last-minute goal by Turcotte to send the game into overtime. Five minutes later Turcotte scored again, allowing Cornwall to advance.

A tournament win once again slipped away as South Grenville, pressuring with solid forechecking, took advantage of every opportunity in defeating our lads 4-0.

Play Better Golf with JACK NICKLAUS



Kohler Novice "B" Royals On To Second Round

In recent play-off contests, the Kohler Novice B Royals proved too strong for Alexandria, winning 6-0. With assists from Scott Bonneville and Dan Roth, Pat Turcotte scored three times. Singles went to Bill Cooper, Ryan Freeland and Troy Sinfield.

There was disappointment for the NGS Braves. Needing a win to advance they fought our Royals to a 4-4 draw.

With assists from linemates Dan Roth and Troy Sinfield, Ryan Freeland scored a hat trick while Pat Turcotte singled on a patented end-to-end rush. Cornwall, with a 9-1-0 play-off record, now advances to the second round.

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CANADIAN SPORTS

Hockey bringing end to cities' feud

By Jim Proudfoot

ST. PETERSBURG

It's not that the citizens of Tampa and St. Petersburg lob mortar shells back and forth across the bay that separates them.

Nor do they erect barriers on the Frankland Bridge that connects them. But neither are these to be called twin cities, happily united in the pursuit of happiness and prosperity.

There's a rivalry, to be sure, and it's not a friendly one.

So the vote was 9-1 against when the directors of the Tampa Bay Lightning first considered moving their 1993-94 NHL games over to the ThunderDome in St. Pete.

"Tradition suggested we'd get no support, just on principle," said David LeFevre, Lightning delegate to the NHL board of governors. "On top of that, a dome was thought unsuitable for hockey."

But business logic ultimately prevailed. The Lightning couldn't afford to play a second season at the Tampa fairgrounds, where seating was limited to 10,425. They had to take a shot.

And at this point, their involuntary gamble looks like an enormous success. The record NHL crowd had been 21,109; Tampa has averaged more in its ThunderDome dates. And for a game with the Florida Panthers from hated Miami (Tampa and St. Pete agree on that), there were 27,227 in the white elephant built to house a baseball club that never came.

"What may have happened," president Phil Esposito suggests, "is we've quickly gotten a following on the St. Petersburg side that would have taken a long time to develop."

Hockey, in other words, has been responsible for a minor miracle. It has drawn these feuding towns together so warmly that guys like Esposito and coach Terry Crisp may be up for the Nobel peace prize.

Ultimately, the Lightning will return to a new, orthodox arena in Tampa. That's the plan, anyway. But other stadium proposals, equally solid in appearance, have dwindled away and perished. So the attendance figures at the ThunderDome may be termed reassuring.

Hedging bets, the Lightning also put on some matches in Orlando and operate an International League affiliate up in Atlanta. Both are proven major league cities.

Venturing over to the Gulf Coast wasn't just a matter of increasing revenue, mind you, although that was an urgent need.

"On the ice, we'd had a good first year and we were obliged to build on that," Esposito said. "So we had to justify increasing our payroll."

Chris Gratton, Tampa Bay's initial 1993 draft pick, was sure to be a costly item. There'd be another in '94.

Players who'd excelled with the 1992-93 Lightning would need to be rewarded. Brian Bradley, for instance, had his $350,000 salary doubled after scoring 42 goals.

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CANADIAN SPORTS

Lean serving of Stew recipe for success for Blue Jays hurler

By Jim Proudfoot

There's a reason Dave Stewart has pitched so impressively in two of his three springtime outings on the Blue Jays' behalf, and says he can feel a big year coming on. He's lost weight.

"I was 'way too heavy at 238 pounds last season. Now I'm 228," Stewart reports. "My best years have been at this weight."

What Stewart did during the winter was return to the martial arts as the foundation of his conditioning program. So he isn't just lighter; he's quicker and nimbler.

Baseball notes: The BJs would put Carlos Delgado in left field mostly to take advantage of his hitting power. Catching would remain his future assignment . . . Michael Jordan, now with Chicago's minor league team, didn't get a free ride with the White Sox. Nobody worked more diligently, starting with 6:30 a.m. hitting instruction . . . Damon Allen has been an impressive pitching candidate with the Pirates. But his eventual choice lies between $40,000 in the minors or $500,000 as Edmonton quarterback.

More baseball: After surgical removal of a cancerous testicle, Phil Nedved has received these last several weeks. He'll have a hard time justifying this much attention . . . The International Ice Hockey Federation will consider abandoning shootouts as a means of settling playoff ties. The climax of the Feb. 27 Olympic final was exciting, all right. But the feeling is somebody's entire season shouldn't be wiped out so cheaply . . . Seeking reinforcements for the world tournament, Finnish coach Curt Lindstrom is scouting the NHL.

ly's John Kruk said that ailment has ceased to be his main concern. "I'm more worried about the nicknames they're going to give me in the clubhouse," he said. . . . Mookie Wilson, a hugely popular BJ in 1989, '90 and '91, has rejoined the Mets as a farm system coach and community relations man . . . Montrealer Jim McKean is starting his 22nd season as an American League umpire. A punter and reserve quarterback, he played in two Grey Cup finals . . . The Jays' two World Series rings decorate the cover of the 1994 media guide. When the new books arrived in Dunedin last week, it was the players' first look at their 1993 model jewelry, to be given out on opening day at the SkyDome. Forty-five diamonds adorn each of these trinkets.

Hockey notes: Team Canada general manager George Kingston is inspecting NHL talent he might recruit for the world championships in Italy next month. He ought to concentrate on Wayne Gretzky, who isn't apt to be involved in the playoffs . . . Grant Fuhr was the Red Wings' first goaltending choice but the Sabres decided to keep him, feeling they have a chance to go a long way in the playoffs . . . It's amazing, the media coverage Petr

Navy Vets Spring Into Action

Cornwall Pee Wee "B" Navy Vets started their spring break in fine fashion starting off with a year end 4-2 victory over the N.G.S. Braves. With Chris Lortie playing a strong game and the defence moving the puck out very well, the forwards took over.

Christian Lavergne got the team going with tow straight goals and then Kristian Longtin sailed down the wing and blew a rocket by the Braves netminder. Joshua Lebrun, who came to life as of late, scored the last Vet's goals.

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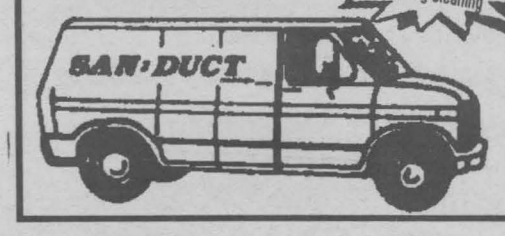

Do you sneeze when your furnace comes on? that's one of the surest signs that it's time to get your heating ducts cleaned. The dust, dirt, dust mites and allergens hiding in those ducts could be affecting your health, your heating efficiency and the cleanliness of your home.

If you have allergies or are sensitive to dust, dirty ducts could be the culprit causing you to sneeze or making your eyes itchy and red. If you ducts are clogged with dust, air from your heating or air conditioning system does not flow freely. This means your furnace or air conditioner has to do extra duty to heat or cool the house. Large obstructions, like chunks of drywall, plaster or small toys could be blocking ducts, resulting in cold spots, those areas in your home that never warm up no matter how long the heat is on. Removing the dust, dirt and obstructions can improve your fuel efficiency by up to four percent - a significant savings.

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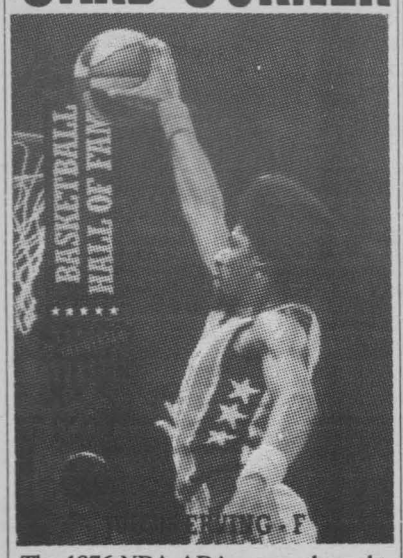
THE CARD CORNER by Phil Erwin



The 1976 NBA-ABA merger brought superstar **JULIUS ERVING** greater exposure ... "Dr. J" had been performing radical surgery on ABA defenses for years, with the Virginia Squires and New York Nets ... In the old league, Erving had been an All-Star each of his five seasons, and three times he was league MVP ... His Nets teams won two ABA titles ... The defunct league is fondly remembered by its fans for its red-white-and-blue basketballs, some wild games and generally good times ... Dr. J goes up for a dunk on this card from the Action Packed Hall of Fame set, a new issue with a special group devoted to his career ...

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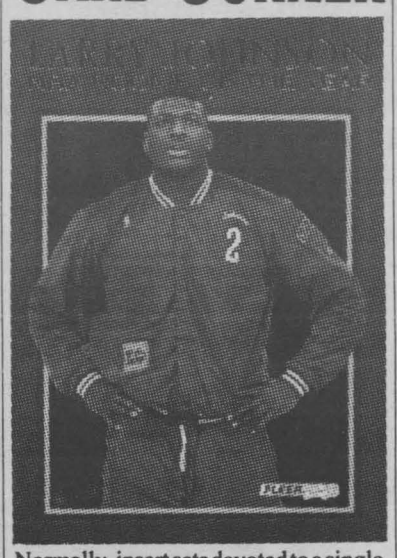
THE CARD CORNER by Phil Erwin



Normally, insert sets devoted to a single player cover the career of a retired or veteran star, such as Larry Bird or Clyde Drexler, but Fleer combined the insert-card craze with the rookie- and second-year-card craze when it featured **LARRY JOHNSON** in a 10-card insert set last season ... Johnson, the NBA Rookie of the Year in '91-'92, helped the Charlotte Hornets post their best record ever, as he led all rookies in scoring ... Last year, he became an All-Star and joined with Alonzo Mourning to lead the Hornets into the playoffs ... Johnson injured his back and missed a large chunk of this season ... Cards in the insert set sell for about $1 each ...

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STORMONT - Cornwall

Crime Stoppers needs your help solving a break in which occurred overnight Sunday, March 13th and Monday morning March 14th, 1994 at St. Francis De Sales Church, on Second St. West. The outbuilding located just east of the Church was forcibly entered by kicking in the bottom panel of a wooden door located on the west side of the structure. Once inside the parties removed a number of bags of hosts, which were discarded along Seymour and Elm Streets.

DUNDAS - Morrisburg

Crime Stopper needs your help in solving numerous theft complaints which occurred over the past month from vehicles left parked at the Morrisburg arena. It appears as if youths are going through unlocked vehicles and stealing articles such as cassette tapes, CD's, loose change and other small articles. Morrisburg OPP report that they have had numerous complaints and feel that there have been many thefts which were unreported.

GLENGARRY - Summerstown

Crime Stoppers needs your help in solving a theft and ongoing damage complaints at the Summerstown Cross Country Ski area. During the week of March 13th to March 20th, 1994, two hand painted trail signs were stolen. Over the winter, numerous other signs were damaged by bullet holes, also damage to outbuildings. Signs stolen last week were described as: 2'X2' wooden handpainted sign, brown, yellow and green and 1'X1' blue/white sign.

Crime Stoppers will pay up to $1,000 cash for information leading to the arrest of persons responsible for these crimes or any other unsolved case. Callers do not have to reveal their identity or testify in court.

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937-8477 or 1-800-265-8477

Jesus Christ Superstar ... A Super Show For The Glen

"With rehearsals going on since last October, Jesus Christ Superstar is shaping up to be a super show for the Glen"; March 24, 25, matinee, Sunday 2 p.m., March 27, 31, April 1, 2 - 8:15 p.m. at Aultsville Theatre" said Ron Sullivan, publicity chairman. "It's a complete new cast, new orchestra, a band all wrapped up in a new experience," said Sullivan.

"I can't get over the enthusiasm of all involved, the young people, young families, older people" said Gary Palen, the director. "To think it was Peter Sullivan's dream to see this performance come here to Cornwall, by the Glen, with a complete new cast, performing in a modern show, convinced me to direct it" said Palen.

It's a family show for all ages and brings the reality of the time to the present and reminds us the same things are happening today. The forces of politics and religion tugging steadily and forceably at families and individuals to convince them 'their way is the right way' and to follow them. Truth is the only way and this show does a magnificent job relating the conflicts of people, situations and the final results. "The music is a challenge" said Brian McCartney, "and the orchestra and band that I am working with have met that challenge. They are ready to perform" said McCartney, and perform well."

"The sets are completed and in place at the theatre" said Ron Sullivan, construction manager, assisted by Wally McDonnell. "They are quite simple, different levels of platforms, some pillars, and a huge cross, the centre of attention, all make for plain, simple background for a great story.

"The costumes are quite simple and colourful," said Carol Mohrhardt, costume manager, and most are completed by the many people who have helped me. It's my first big production, and it has touched me very much, the story, the acting, as it has touched all individuals. The props under the direction of Marie Biggar are in place and being used in rehearsal.

Reverend Bob Biggar did the research for Superstar and states the contrasting Perspective of the Gospels and Superstar. The Gospels are written from the point of view of divine promise and expectation; whereas, "Superstar" reflects human questions about Jesus. The Gospels offered an "other-worldly" solution to problems that were too big for human management. "Superstar", on the otherhand, is much more concerned with political questions than were the Gospels.

There is no way of knowing the proper sequence for all of the events contained within the Gospels. They do not always agree. John in particular is different. "Superstar" borrows from the different Gospels so that its order of events is, to a certain extent, a composite and not necessarily accurate. Of course, what is important here is the memory and the symbolism. In the Gospels, it is all a matter of stating what one believes about Jesus as the Son of God. In "Superstar", there is, likewise, a statement being formulated. Or, maybe it is just questions: "Who are you? What have you sacrificed?"

FLANAGAN POP QUIZ

By Mike Flanagan

Obviously, sex has been with us a long time. Many milestones went unrecorded from the cave to the bedroom, while others are matters of public record. See how you score on this round of ...

SEXUAL TRIVIA

1. What was Sappho's occupation? a) sex therapist b) concubine c) poet d) dancer

2. What king ruled Israel from 973 to 933 B.C., during which time he had 700 wives and as many as 300 mistresses? a) David b) Solomon c) Saul d) Joshua

3. Which innovation is credited to anatomy professor Gabriele Falloppio of Padua University in Italy in the 16th century? a) the diaphragm b) the condom c) the chastity belt d) the jock strap

4. Who, according to his wife, was like "a fireman tackling a fire" when it came to lovemaking? a) George Washington b) Alexander the Great c) Napoleon Bonaparte d) Attila the Hun

5. What actress was credited with more than a thousand lovers during her 79 years? a) Sarah Bernhardt b) Nell Gwynn c) Lola Montez d) Gloria Swanson

6. In Shelly Winters' 1980 autobiography, whom did she claim to have had sex with? a) Marlon Brando b) Errol Flynn c) Howard Hughes d) all of the above

7. Who was the Playboy "playmate"? a) Jane Russell b) Marilyn Monroe c) Lee Meriwether d) Celeste Holme

8. What actress conceded, "I do all my best work in bed?" a) Mae West b) Jean Harlow c) Clara Bow d) Sharon Stone

9. What 1946 best seller was banned in Massachusetts because, among other things, it contained 70 references to sexual intercourse, 39 illegitimate pregnancies, seven abortions, and 10 descriptions of women undressing or bathing in the presence of men? a) "The Tropic of Cancer" by Henry Miller b) "Tobacco Road" by Erskine Caldwell c) "Lady Chatterly's Lover" by D.H. Lawrence d) "Forever Amber" by Kathleen Winsor.

10. Who said, "Sex appeal is 50 percent of what you've got and 50 percent of what people think you've got? a) Julia Roberts b) Madonna c) Sophia Loren d) Zsa Zsa Gabor

EZ: What sex manual has chapters such as "Starters," "Main Courses" and "Sauces and Pickles?"

SUPERBAD: What method of birth control was devised by Berlin's Dr. Herman Knaus in 1928?

ANSWERS: 1-c, 2-b, 3-b, 4-c, 5-a, 6-d, 7-b, 8-a, 9-d, 10-c.

EZ: "The Joy Of Sex."

SUPERBAD: The rhythm method.

IN FACT ... Victorians believed it was improper to have sex on Sundays.

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SCIENCE

By Edward Willett

Coffee

by Edward Willett

Let's get one thing straight. I don't drink coffee. I drink tea, and I prefer it iced. But since many of you, dear readers, do drink coffee....

Coffee grows naturally in Ethiopia, and had been drunk in Arabian countries for centuries before Europeans discovered it in the mid-1600s. They, in turn, set up coffee plantations world-wide.

Today, the coffee bean is the world's most valuable agricultural commodity, with Latin Americans and Africans producing most of it and North Americans drinking most of it.

The coffee plant is an evergreen shrub with waxy leaves that produces small red "cherries", each containing two coffee "beans". A tree only produces two kilograms of fruit a year, which in turn yields less than half a kilogram of coffee.

Although there are many varieties of coffee plant, two species, arabica and robusta, account for 99 percent of the world's output. The robusta plant is hardier, but its beans have a harsher taste, so arabica beans are used for premium coffees.

Coffee cherries are only picked when fully ripe, which means they must be picked by hand. Robusta cherries remain on the tree after they ripen, but arabica cherries fall to the ground and spoil. This means arabica trees must be very carefully watched and frequently picked over - one reason arabica coffee is more expensive.

The pulp is removed from the beans either by drying the cherries or by washing and mashing them up. The two methods produce distinctive flavours. Soil and climate also affect flavour: the best coffee is grown at altitudes between 1,000 and 2,000 metres, in rich volcanic soil.

Once dried, the gray-green beans are sorted, bagged, graded and shipped to processors for either continuous roasting, in which hot air at between 200 and 260 degrees Celsius is forced through a small quantity of beans for about five minutes, or batch roasting, in which much larger quantities are roasted for a longer time. Beans roasted for a long time are stronger and mellower.

After roasting, the beans are usually ground and vacuum packed in cans. Once a can has been opened, the flavour of the coffee deteriorates rapidly for the same reason coffee has such a unique taste: it's a complex mixture of more than 100 different proteins, starches, oils and aromatic and bitter chemicals. That wonderful smell is the smell of complex molecules being released into the air, taking flavour with them. Oxygen also interacts with the oils in coffee, eventually turning them rancid.

Though "serious" coffee drinkers loathe it, instant coffee is easier to make and store than ground coffee or even roasted beans. It's created by removing the water from a very strong coffee extract, either with a jet of hot air or by freeze-drying.

Caffeine is coffee's best-known ingredient. It's a mild stimulant that improves concentration and reduces fatigue, but too much of it can cause "coffee nerves" - jumpiness, trouble sleeping, upset stomach, heart palpitations and diarrhea. Caffeine can be removed by processing the green bean in a bath of methylene chloride, then steaming the bean to remove the methylene chloride, or with steam alone.

There have been a number of recent studies on the effects of coffee consumption on health. However, most of the "coffee scares" - heart disease, cancer, etc. - have been countered by further research, and current scientific opinion is that enjoying coffee in moderation (as common sense dictates anyway) is not hazardous to your health.

Finally, some tips on making the perfect cup of coffee:

Start with whole coffee beans and grind only as much as you need. Always use cold, fresh water - bottled is best - and very clean utensils. (Oils from previous coffee-making can spoil the flavour.) Don't stint on the coffee: too little results in bitterness. You'll get a better cup by making it too strong and then diluting it with hot water.

If that happens, all that will be left behind is coffee that tastes as bad to you as it does to those of us who don't much like the stuff anyway.

Army Navy Air Force Vets Donates to RCAC



The Royal Canadian Army Cadet Corps "2403" was delighted to receive a $1,000 donation from the Army Navy Air Force Veterans in Canada, Unit 342. Shown above is Mr. Guy Desaulniers, President of the RCAC, Parent Auxiliary, accepting the cheque from Mr. John Lamoureux, representing the Unit.

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Ireland, like Jolly Tours, has a way of living up to her promises. The stunning seascapes and unspoiled beauty of the Emerald Valleys and countryside with glimpses of her mysterious past. So drop in and find out more about our Irish treasure and all the inclusions.
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CALIFORNIA & OREGON SEPT. 5th - SEPT. 30th – 30 DAY TOUR

This is not just another California Tour. Ken and Karen believe if your going to travel across the U.S., you should see the best it has to offer and that is just what we do. Ask anyone who has taken this California tour or any other major tour Ken and Karen have organized and escorted. **We stand behind our name. Dont' miss this one** if you are in anyway interested. Drop in for more information and read all the inclusions. **PRICE STARTING AT $1975.**

CUSTOMERS HAVE SAID "POLITICIANS MAKE MONEY, JOLLY TOURS MAKE PEOPLE HAPPY"
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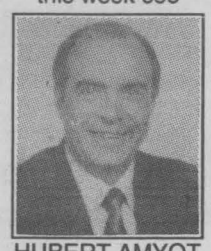
SPECIALS this week see



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WHITE MALE
Interested in same, 25-35, who enjoys sports, fishing, and listening to country music, for possible relationship. Ad# 6072

SEEKING SPECIAL LADY
SM, 35, brown hair, 6', athletic, attractive, love cuddling, dancing, looking for attractive SWF, 23-35, with same interests. Ad# 6272

PROFESSIONAL MOM
F, 33, enjoys romantic every other weekend evenings, karaoke, looking for tall SWM, N/S, 35-45, who enjoys same, lets get together for duet. Ad# 6370

MOTHER OF ONE
SWF, 29, attractive, smoker, enjoys movies, romance, quiet evenings. Seeking SWM, 30-36, for fun, companionship, possible relationship. Ad# 6371

SHY LONELY MAN
SWM, 28, 5'6", blond hair, blue eyes, enjoys movies, dancing, walks, quiet evenings. Seeking SWF, 20-35, kind, understanding lady for serious relationship. Cornwall area. Ad# 6372

TIRED OF HEAD GAMES?
Attractive, athletic SWF, 28, 5'8", N/S, loves sports, movies, music, meaningful conversations, seeks mature, witty, sincere, attractive SWM, 28-35, liking same. Ad# 6373

CORNWALL AREA
DF, 48, fun-loving, hoping to find Mr. Right, who enjoys traveling, dancing, rides in the country. Don't hesitate, call me. You won't be sorry. Ad# 6379

SINGLE WHITE FEMALE
Mother of two, 35, would like to meet SWM, 33-40, for friendship, possible relationship. Ad# 6470

AFFECTIONATE SINGLE MALE
Age 36, 6'4", attractive, intelligent, stable, mentally handicapped, seeking a woman with the same qualities, for friendship/meaningful relationship. Ad# 6471

NOT SO SHY!
Unpredictable, hyper, unforgettable, attractive, slim F, with sense of humor, seeks open-minded M, 27-36, who works as hard as he plays. Cornwall. Ad# 6479

ATTRACTIVE NATIVE LADY
Seeks real man, 45-110, sense of humor, variety of interests in music, food and activities. I'm social, friendly, affectionate, healthy. Cornwall area. Ad# 6570

MALE SEEKING FEMALE
Romantic, seeking female, 18-30. Myself: 5'7", 170lbs., student, in college. Enjoys music, graduation next year. Ad# 6573

LET'S GET TOGETHER
SWM, 43, 6', 215lbs., brown hair/eyes, smoker, no kids, enjoy country music, quiet evenings, walking, country drives. Seeking D/SWF, 35-40, possible relationship. Kids okay. Ad# 6671

MATURE SENSITIVE NATURAL MALE
5'7", 140lbs., 32, laid-back, enjoys outdoor pursuits, jazz, blues, rock, the path less traveled, seeks slim F, 25-32, balanced, warm-hearted. Ad# 6670

WATER LOGGED
Pretty green-eyed tigeress seeking a charming tiger. Must enjoy leap frog and other jumping games. No toads!! Ad# 6571

CORNWALL AREA
SWF, 30, looking for SWF, enjoys sports, long term relationship between 28-36. Ad# 6172

MALE SEEKING FEMALE
DWM, 37, 5'8", 170lbs., brown hair. Enjoys indoor/outdoor activities, animals, kids. Seeking D/SWF, 30-39, for friendship and possible relationship. Ad# 6278

CLASSY ATTRACTIVE LADY
Blond hair, blue eyes, honest, sincere, affectionate, enjoys traveling, movies, quiet times. Seeks SW gentleman, 45-55, with same values, no harem makers please. Ad# 6271

CORNWALL AREA
Looking for that someone special, likes to sign, sports, family and quiet nights at home. Ad# 6270

SINGLE WHITE MALE
Brown hair, 37, 170lbs., 5'8", likes in/outdoors sports, animals, kids, country music SWF, 29-38, for friendship and possible relationship. N/S. Ad# 6178

DEEPLY ROMANTIC LADY
Medium build, 5'2", N/S, enjoys life, many activities, seeking caring man, 49-50 something, possible sincere relationship. Don't be shy give me a try. Ad# 6171

DIVORCED SINGLE DAD
DWM, 32, 5'9", 160lbs., enjoys outdoor activities, walks and quiet evenings at home, seeking D/SWF, 25-32, for relationship, children welcome, Cornwall area. Ad# 6179

SINGLE WHITE FEMALE
Mother of two, 27, 5'4", mature, N/S, seeks secure, caring D/SWM, outgoing, spontaneous, enjoys walks, movies, kids, outdoors, S fathers welcome. Ad# 6170

SEEKING COMPANIONS
Two WWWFs, early 60s, enjoys country music, dancing, travel and dining. Seeking two SW gentleman, 60-70, with similar interests, for possible friends, maybe more. Ad# 6079

SINGLE
WM 22, 6', 180lbs., enjoys movies, quiet nights at home, seeking slim SF, race unimportant, 18-25. Cornwall area. Ad# 6071

CORNWALL AREA
SWM, 5'6", 135lbs., N/S, light brown hair, blue eyes, seeks SF, 18-23, who enjoys music and movies, for friendship and possible relationship. Ad# 6070

CALL ME
I'm much different then the rest. SWM, 25, blue eyes, brown hair, seeking SWF, 20-30, to share romantic dinners, movies, theatre, music, and looking for long-term relationship. Ad# 6678

JUST A NUMBER
Attractive DWM, 47, 5'10", dark hair, N/S, seeks D/SWF counterpart for companionship and whatever. Ad# 6677

UNATTACHED ATTRACTIVE
M, 36, N/S, 5'10", 165lbs., romantic and affectionate. Enjoys many activities. Seeking slim, attractive F, 25-35. For possible relationship. Ad# 6578

MALE SEEKING SAME
Looking for larger than normal sized man, 300lbs.+, healthy, strong and fit. Ad# 6577

ARIES BLUE EYES
SWM, 27, working redhead, out/indoor, active activity, enthusiast, seeking SF, for friendship, possible relationship. In Cornwall Area. Ad# 6576

HOPEFUL HONEST RELATIONSHIP
DWM, 46, Cornwall area, seeking a compassionate and caring WF, 35-48, humorous and understanding. Call now, you have nothing to lose. POssible relarionship. Ad# 6477

ATTRACTIVE
DWF, 21, mother of two, seeking completely secure M, must love children and enjoy a variety of events, for sincere, loving relationship. Ad# 6476

HELP! I'M LONELY
Sharp-minded, witty, spontaneous, N/S, SWM, 29, 5'10", 220lbs., seeks affectionate D/SWF, 23-33, who loves to laugh and be pampered. Ad# 6378

A FRESH START
SWM, 19, 6'1", 175lbs., blond, blue eyes, enjoys the bar scene, romantic evenings, with SBF, 18-25, with similar interests, for friendship, possible relationship. Ad# 6377

SLEEPLESS IN CORNWALL
Slim, attractive F, 30, enjoys live acoustic music, outdoor activities, seeking good-natured M, 29-35, for friendship, possible relationship. Ad# 6277

YOUNG WHITE FEMALE
Blondish brown hair, 22, hazel eyes, 120lbs., seeking WF, 18-25, who is pretty and petite, who likes country music and the outdoors, for possible relationship. Ad# 6276

ATTRACTIVE FEMININE
Bi-F, late 30s, enjoys cooking, movies, reading. Seeking that special lady, 30-45, for friendship and to share and enjoy life together. Ad# 6177

FUN-LOVING BLOND
SWF, 18, looking for M, 18-20, race unimportant, like to be with friends, sports and a good movie, for friendship, possible relationship. Ad# 6176

SPONTANEOUS FUN HONEST
SWF, 19, blond hair, blue eyes, 5'5", seeks slender SM, 19-25, who enjoys sports, traveling, country music, for friendship, possible relationship. Ad# 6175

ADVENTUROUS MINDED MALE
DWM, 34, 5'11", brown hair, hazel eyes, 190lbs., looking for sincere SF, who enjoys the outdoors. Children welcome, race unimportant. Ad# 6076

GAY WHITE FEMALE
Age 45, tailored, romantic and sensitive. Seeks stable, attractive, feminine SWF, 28-48, for sincere, caring friendship and possible relationship. Ad# 6874

INTELLIGENT PLEASANT
Teacher, DWF, 50s, natural, simple, sincere, quiet, honest, romantic, fit, classy, clean, N/S, non-drinker, autonomous, trilingual, loves life. Ad# 6869

COUNTRY WOMAN
DWF, 49, vibrant, active, slim, pretty, seeks caring, intellectually interesting man, with sense of humor, who enjoys country life. Ad# 6961

WIDOWER SEEKING
A lady friend, enjoys animals and quiet evenings. I'm kind-hearted, N/S, non-drinker, very caring, warm, lonesome. Ad# 6960

LOVES TO LAUGH
Attractive, S mother of 2, 33, blond hair, slim, well-built, old-fashioned, honest, seeks M, 29-35. Ad# 6875

SINGLE WHITE FEMALE
Who is 20, 5'2", 170lbs., mom of one, would like to meet a SWM, 20-25, for friendship and possible relationship. Ad# 6863

SINGLE WHITE FEMALE
Mom, 23, 5'8", N/S, happy, mature, honest, caring, outgoing, health conscious, age and race unimportant. Seeking the " Tall, Dark, Handsome" D/SM. Relationship, friendship? Ad# 6861

PISCES SEEKS MALE
DWF, 44, looks 34, no dependents, attractive, petite, working, loves animals. Seeks D/SWM, husky, 35-40, N/S, loves the outdoors. No beard or mustache. Ad# 6860

SEEKING SPECIAL SOMEONE
WWWF, 57, easy going, not slim, full of life, likes dancing, country music, happy-go-lucky type. Seeks D/SWM, up to 65, for companionship. Ad# 6775

ENERGETIC TALL BRUNETTE
Adventurous, 34, S, mom, outgoing, enjoys sports, seeking D/S dad, must be understanding, reliable, intelligent, for friendship first. Cornwall area. Ad# 6774

QUIET YOUNG FEMALE
SWF, 19, 5'5", 130lbs., enjoys walking, dancing, fishing, seeking SWM, 25-30, for friendship possible relationship. Ad# 6763

EMOTIONAL SECURE LADY
Attractive S mom, with son, 7, fun-loving, who loves the outdoors, music, seeking SWM, emotionally secure, romantic, 30-40. Must like children. Ad# 6769

SINGLE DAD
DWM, 38, looking for DWF, 35-41, who enjoys dining, movies, walks and romantic evenings, for possible relationship. Ad# 6762

CARING FUN SMOKER
SWF, 18, looking for a SM, any race, Cornwall area. Enjoys being with friends and romantic times. Must be 18-20. Don't be shy, call me! Ad# 6761

SINGLE MALE
Seeking SF, 30-35, no drinking or smoking. Enjoys the outdoors, walks in the park, fine dining and loves cuddling by fire. Possible relationship. Ad# 6760

SHY SINGLE MALE
Enjoys movies, music, romantic nights, sharing quiet times. Looking for lady 20-30, who enjoys same. I'm 25, blond hair and blue eyes. Ad# 6674

System Search

System-search can find the type of person you're looking for.

You will be prompted to place a voice greeting by answering questions from your touchtone phone. Describe yourself and the person you're looking to meet.

The categories are:

1. Gender
2. Interests
3. Age range
4. Race

System-search will then locate the people you are most compatible with, and will automatically place your voice greeting in their voice mailbox. It then notifies them that your message is waiting.

SINGLE WHITE FEMALE
Athletic, 5'8", 130lbs., looking for an attractive SWF, 18-23, to start relationship. Don't hesitate to respond! Ad# 6669

HANDSOME FIT CARING
SM, enjoys most sports, especially skiing. Also enjoy the simple things in life, like long walks and romantic, quiet evenings. Seek SF, with similar interests. Ad# 6663

GAY WHITE FEMALE
Age 45, tailored, romantic and sensitive. Seeks stable, attractive, feminine WF, 30-49, for sincere, caring friendship and possible relationship. Ad# 6662

NOTHING TO LOSE
DWM, 5'6", blue eyes, brown hair, enjoys walks, quiet evenings, movies, life in general. Seeking D/SWF, who has similar interests. Ad# 6661

AMBITIOUS FRIENDLY
SWM, 19, weight lifter, seeking SF, 18-21, who likes long walks, parties, dancing, cuddling. Friendship first, possible relationship. Ad# 6075

READY FOR RELATIONSHIP
SWM, 6'1", 180lbs., blue eyes, semi long hair, looking for SF, 20-25, who likes movies, dining out, sports, spending time together. Ad# 6660

RECENTLY SEPARATED
DWM, 32, 6'2", 210lbs., attractive, Cornwall, professional/ entrepreneurial, one half-time dad of 3. Seeking D/SF, N/S, attractive, for quiet evenings, monogamous companionship. Ad# 6575

LOOKING FOR YOU!
SWF, single mother, 28, 5'3", 135lbs., brown hair/blue eyes, seeking SWM, 27-30, who enjoys, dancing, dining out, walks, children. For possible relationship, friendship first. Ad# 6569

SEEKING SPECIAL GUY
Independent SW working F, 19, seeks SM, for friendship and possible relationship. Enjoys quality time, sick of bar scene. Ad# 6562

SINGLE MALE
Age 32, employed, enjoys fishing, sports, quiet evenings. Seeks SWF, 18-30, for friendship/possible relationship. Ad# 6561

FUN-LOVING GUY
Small M, 5'6", 135lbs., 38, hazel eyes, enjoy camping, quiet evenings at home, dancing. Seeks small WF, 30-40, for friendship, possible relationship. Ad# 6560

CLASSY LOOKING LADY
Brunette, early 50s, enjoy dining, traveling, country music, quiet evenings. Would like to meet gentleman, 55+, financially secure, to enjoy life, serious only. Ad# 6461

FUN-LOVING GUY
SWM, fully employed, 29, 5'11", 160lbs., brown hair, blue eyes, enjoys sports, dancing, music, movies and quiet times. Seeking F, first friends, then relationship. Ad# 6474

INTELLECTUAL
SWM, thin, fair, blue eyes, seeks petite, attractive F, who is fun-loving and independent, for romance. All races welcome, moms too. Ad# 6469

MADLY AFFECTIONATE
Alexandria. DWM, 45, 5'8", 145lbs., brown hair, blue eyes, loves country music, dancing, nurses. Seeking SF, 30-40, with own car, wanting serious relationship. Ad# 6362

ROMANTIC ATTRACTIVE
F, sensitive, caring, compassionate, attractive, honest F. Seeks D/SWM, wanting to commit to a lasting relationship. Must enjoy conversation, dancing and children, 32-37. Ad# 6374

SINCERE HONEST FEMALE
SW mom, 22, 5'5", 106lbs., considered attractive by some. Seeking SWM, 25-30, who cares about the inner person. Ad# 6375

SAME INTERESTS?
SWF, aubum hair, hazel green eyes, vegetarian, loves all arts, animals and love to have a good time. Looking for SB/WM. Ad# 6462

SHY LADY
SWF, full-figured, N/S, non-drinker, S mother of one, looking for kind, caring man, like dancing, movies, kids, happiness, more, 23-35. Call me. Ad# 6475

SLEEPING BEAUTY
Awaits Prince Charming to awaken her sleeping heart. DWF, 35, enjoys romance, honesty, music and dancing, smoker, non drinker, considered attractive. Seeks WM, 38-45. Ad# 6360

TWO OF A KIND
Two SWFs, 18, one S mom, seeking two Mr. Rights, 18-25, race unimportant, must enjoys music, and cuddling, friendship first, possible relationship, no jerks. Ad# 6274

MOTHER OF TWO
SWF, dark brown hair/eyes, 5', 110lbs., 24, seeking SWM, 22-30, for friendship or relationship. Ad# 6261

ATTRACTIVE GENTLEMAN
Wanted, WWWF, 59, blond, nice personality, looking for retired WM, 55-60, who enjoys travel, dancing, country and western music, for friendship, possible relationship. Ad# 6074

A HAPPY PERSON
SWF, 21, a mom, attractive, seeks SWM, 19-25, who likes kids. Must live in Cornwall area, for friendship first. Ad# 6162

DIVORCED MOM
Have a teenager, 5'5 1/2", 120lbs., red hair, blue eyes, fair looking, 35, looking for companion, 35-45, WW/DWM. I'm a smoker, light drinker. Ad# 6063

MALE SEEKING FEMALE
SWM, 45, 5'8", 235lbs., seeking SWF, 30-45, full-figured, who enjoys country western music, quiet evenings, drive-ins in the summer, possible relationship. Ad# 6062

NON-STEREOTYPICAL
Shy F, contemplating a relationship. Looking for SF, with same intentions. Must be mature, stable and responsible. Ad# 6174

SINGLE INDEPENDENT
F looking for an understanding M, between 19-25. I enjoy driving my car, being around people, and dancing. Sick of bar scene. From Cornwall area only, please. Ad# 6163

SINGLE WHITE FEMALE
Dark brown hair, brown eyes, 24, slim, two children, likes dancing, movies, quiet evenings at home. Looking for friendship/relationship with SWM, 24-30. Ad# 6260

FUN-LOVING GUY
SM, 5'9", 135lbs., blue eyes, light brown hair, 32. Enjoys camping, dancing. Searching for SWF, 25-38, same interests, for friendship and possible relationship. Ad# 6161

HONEST AND SINCERE
M, 35, looking for the same, 30-40. Loves pets, kids, movies and pizza. Ad# 6069

I AM DIFFERENT
SM, 24, N/S, non-drinker, creative, artistic, imaginative mind. Seeking S woman, open-minded, no lies/head games, for friendship/possible relationship. Ad# 6169

SHY GUY
SWM, 34, shy M into winter outdoor activities looking for someone who is honest, caring, has a kindred soul and similar interests. Ad# 3634

SINGLE MALE
Blue eyes, short brown hair, enjoys fishing, long drives and being spontaneous. Would enjoy person of same interests. Ad# 6060

SINGLE WORKING PERSON
SWM, 36, seeking SWF, 25-35, for quality time, relationship, must like dancing, movies and fun times together. Ad# 6061

YOUNG URBAN
Professional? SB professional F, 22, seeking tall S professional M, who likes nightclubs, movies, travel, for short-term relationship. Ad# 6160

GAY WHITE MALE
Age 39, 6'3", 205lbs., seeking same, 34-43, interests are sports, going for long walks, doing puzzles and playing cards. Ad# 9753

SEEKING SPECIAL LADY
SBM, 32, 5', enjoys sports, swimming, soccer, quiet evenings at home, shy. Seeks SWF, 18-26, affectionate, caring, honest, athletic, slim. Ad# 9668

STUDENT NURSE
Age 36, SWF, attractive, wishes to spend time with unattached, mature M, policeman are o.k., 38-45. I like dancing, movies, quiet evenings. Talk to you soon. Ad# 9667

SEEKING
SWF, seeks SWF, blond hair, blue eyes, 34, 150lbs., 5'2", who enjoys camping, darts, seeks caring, sincere person, for friendship, hopefully serious relstionship. Ad# 9751

SEEKING MR. RIGHT
SWF, 23, full figured. Loves to line dance, country music, cool, travel, looking for a caring companion, understanding, funny guy, 25-40. Ad# 9669

SINGLE WHITE FEMALE
I would like a handsome man, blue eyes, brown hair, must be sensitive to my feelings, likes active activities, 19-23. Ad# 9666

HONEST CARING GENT
Bilingual, 56, 5'9", 155lbs., hoping to find the right woman who would care for me. Call, we'll talk. I love many things including sports, movies and dining. Ad# 9665

SEEKING SOMEONE SPECIAL
Attractive, independent, SWF, 25, seeking professional, attractive M, 25-30, for friendship possible relationship. I enjoys dining, dancing, movies, and romance. Ad# 9663

DIVORCED SINGLE FATHER
Two children. I'm 5'8", 170lbs., brown hair, blue eyes, very open, honest, sensitive, romantic. Looking for SF, with same interests, 25-33. Ad# 9662

LOOKING...
Young man 19, for a young lady 18, red head, to hold and cuddle, to care for me. Call me. Ad# 9661

GAY MALE
Age 22, 6'1", 325lbs., hazel eyes, looking for similar GWM 18-20, smoker, for possible relationship. Ad# 9660

YOUNG WHITE MALE
Looking for relationship minded woman, 18-35. I'm 5'7", sandy blond hair, 260lbs. Ad# 9569

SEEKING SPECIAL LADY
Tall, dark, handsome gentleman, 30, who is honest, no head games. Seeking lady who has similar qualities. Ad# 9563

DIVORCED SINGLE MALE
Age 36, 5'8", 160lbs., brown hair, social drinker, enjoys walks, quiet times, dancing, drives. Seeking SWF, 30-38, with similar interests. Children OK. Ad# 9562

INTO HARLEY???
Professional, cute SWF, 22, new to Ottawa, seeks cute, funny, responsible SWM (who owns Harley), 25-36, for fun, companionship/possibly more! Ad# 9561

ENTREPRENEURAL MINDED
SWM, 24, looking for an entrepreneural woman, 18-25, enjoys dancing, going out for long walks. Don't be shy, give me a call. Ad# 9560

ROMANTIC ATTRACTIVE
SWM, 37, 5'4", 137lbs., wishes to meet S lady, 25-35, blond/brunette, attractive, who enjoys nights out, walking, and flowers. Ad# 9469

TRUCK DRIVER
SM, 24, 5'9", brown hair, blue eyes, seeking SF, 24-27, who loves horses, movies, going out, for friendship, possible relationship. Ad# 9463

PART-TIME DAD
DWM, 33, 5'7", brown hair, blue eyes. Seeking SWF, 25-35, for friendship or more. Ad# 9462

SINGLE MOTHER
DWF, N/S, 30, attractive, 5'6", 130lbs., enjoys traveling, dancing, seeking SM, 30-40, for monogamous relationship. Ad# 9461

LADIES!
DWM, 29, 5'10", 170lbs., smoker, looking for F, 25-30, for possible relationship. All replies answered. Ad# 9460

VERY ATTRACTIVE, SECURE
SWM, 26, tall, with a good sense of humor, honest, seeking a professional, attractive lady, 23-28, for friendship first. Ad# 9374

SHY IN KANATA
Caring, compassionate, passionate, sincere SWM, 34, computer professional, looking for SWF, N/S, for possible relationship, interests include movies, computers, antiques Ad# 9363

SINGLE WHITE FEMALE
Hi, I'm a large F, 25, who enjoys country music, partying, singing, cuddling, etc. Seeking D/SWM, 25-35, for fun times and possible serious relationship. Ad# 9362

BROCKVILLE AREA
SAM, 30's, N/S, honest, sincere, employed, seeks caring, attractive SF, 25-35, who enjoys homelife, movies, swimming, dancing, for possible meaningful relationship. Ad# 9361

SHY AND LONELY
SWM, 30, tall, caring redhead. Likes sports and quiet times Seeks SWF, 20-35, for friendship and maybe more. Ad# 9360

MILITARY MAN
SWM, 22, dirty blond, blue eyes, seeks attractive SWF, 18-25, for friendship, possible relationship. Ad# 9269

SEEKING SPECIAL LADY
SWM, 19, 6'4", enjoys country music, partying. Seeks SWF, 18-25, petite, with same interests. Ad# 9263

MY NAME IS SHAWN
Age 19, 5'9", long brown hair, hazel eyes, looking for beautiful SW/BF, 19-23. Let's meet!! Ad# 9262

SHY AND LONELY
SWF, 22, who's affectionate, loving and honest, hoping to find a SF, for long term relationship. Ad# 9261

LOOKING FOR COMPANION
DWM, seeks caring, supportive F, who likes dining, romance, and short trips. For friendship and or relationship. Please call. Ad# 9260

DIVORCED ENGLISH FEMALE
Employed, smoker, DWF, 26, likes country music, drive-ins, fishing, bridge, romantic surprises. Seeks very similar Mr. Right with own car, dog lover. No roommates or drugs. Ad# 9169

STARTING OVER FATHER
Of one. Seeking petite, D/SWF for lasting fun relationship. If you like honesty, loyalty, and a romantic, call me for coffee. Ad# 9163

FULL TIME DAD
Bilingual 36, 5'8" DSWM, brown hair and eyes, smoker, fun, faithful, loving, romantic. I like country music, dancing, children, much much more. Seking DSWF. Ad# 9162

DIVORCED SINCERE
Faithful, romantic DWM, seeks SWF, 29-38 who enjoys the outdoors, and romantic evening movies connecting. Looking for long lasting relationship. Ad# 9161

LOOKING FOR COMPANION
SWM, 28, 6'2", 195lbs., non-smoker, shy, sensitive, caring, enjoys seaonal sports and activities. Seeking good looking SWF, 25-30 who wants to be cared for. Ad# 9160

SINGLE WHITE MALE
Looking for SWF. Must be Amway distributor and share the same dreams and goals. Let's build a relationship and business together. Ad# 9069

DO YOU CRY
At night from loneliness, have you been hurt before and now afraid? SWM, 30, still looking for you. Searching for SWF, 20s. Ad# 9063

CORNWALL NON-SMOKER
SWM, 36, attractive, open minded, looking for SF who enjoys traveling, movies, walking, dining out and guest evenings. S mothers welcome. Ad# 9062

SEEKING RELATIONSHIP
Larger DWF, 45, 5'7", seeks clean, honest, caring SWM, to enjoy the simple things in life. Ad# 9061

WARM PERSONALITY
Attractive, caring, employed, N/S, DWM, 37, 6', 165lbs. like fitness, movies, quiet times, seeking attractive D/SWF, 30-37, sincere, caring individual, for a relationship. Ad# 9060

ATTRACTIVE
WM, 5'11", 175lbs., looking for lady, 30-40, for fun, clean times. Brockville area. Ad# 9664

SINGLE WHITE MALE
Age 36, honest worker, good looking, seeks SWF, 25-37. I enjoy movies, dining out, taking walks. For friendship first. Ad# 9653

LONELY
SF, 5'0", 130lbs., brown eyes and hair, 5 children, 37, seeking nice M, likes children, financially secure. I enjoy dancing, dining out, having fun. Ad# 9652

EXCITING SINGLE MALE
Age 25, 5'6", 135lbs., seeking F, 18-30, to play out every scene in the movie " 9 1/2 Weeks". If this grabs your attention, call me. Ad# 9651

SMITH FALLS
SWM, 45, 6'3", enjoy country music, walking, dancing, sports, non-drinker, seeking companionship with lady, 35-45, let's meet for coffee and talk. Ad# 9568

FIRST TIMER
SWM, 25, blond hair, blue eyes, 5'6", 160lbs., smoker, shy, sports minded, loves to cuddle, seeks SWF, 18-29. Ad# 9567

SINGLE WHITE MALE
Age 28, 5'3", enjoys quiet evenings at home, going out. Seeks W lady, 18-35, loving, caring, understanding, willing to commit to lasting relationship. Ad# 9566

SEEKING COMPANIONSHIP
DWF, 30, enjoys walking on the beach, quiet times at home, movies, sports, social drinker, children, seeking D/SM, 30-35 with similar interests. Ad# 9565

ABBREVIATIONS

WW	Widowed
D	Divorced
S	Single
M	Male
F	Female
B	Black
W	White
H	Hispanic
A	Asian
N	Native
N/S	Non-Smoker

Describe Yourself

Just write it all down for your FREE* and confidential personal ad. Include your name, address and phone number so that we can contact you with your personal access code, which you need to retrieve responses to your personal ad.

1. _____ 2. _____ 3. _____ Bold headline

4. _____ 5. _____ 6. _____ 7. _____ 8. _____

9. _____ 10. _____ 11. _____ 12. _____ 13. _____

14. _____ 15. _____ 16. _____ 17. _____ 18. _____

19. _____ 20. _____ 21. _____ 22. _____ 23. _____

24. _____ 25. _____ *25 words or less.

Name _____

Address _____

City/Prov./Postal Code _____

Day Phone (___) _____

Night Phone (___) _____

Mail to:
DateMaker
(Ext. 12)
329 Second Street West
Cornwall, Ontario K6J 1G8

Easter AROUND TOWN









MARIA'S COUNTRY KITCHEN

Super Special Meals

BUY 1 get the **2nd** for **99¢**

Mon. to Wed., Eat In Only

Rôtisserie



B.B.Q. Chicken

$8.75

75 CORNWALL CENTRE RD. 938-8283



NEW GARDEN

Restaurant & Dining Lounge

Come In & Enjoy Our All-You-Can-Eat

CHINESE BUFFET

LUNCH BUFFET $4.99 children under 10 - $2.99

SUPPER BUFFET $6.99 children under 10 - $4.99



HAPPY EASTER TO ALL OUR PATRONS!!

Modern Facilities for Meetings, Parties, etc.

Fully Licensed
Major Credit Cards Accepted
Specializing in Chinese & Canadian Food
Fast Service on Take Out Orders

OPEN
Sun.-Wed., 10am-11pm
Thurs.-Sat., 10am-midnight

315 Montreal Rd. 932-4944

NOW OPEN

PRIME RIB BUFFET

Every Friday & Saturday

from 5pm

$11.95 Prime Rib au Jus, Baked Lasagna, Cajun Wings, Chicken Stir Fry, Seafood Newberg, Fried Rice, Mashed Potatoes, Vegetables, Soup and Salad Bar.

WIN 1 of 2 Candlelight Dinners for 2 in our Dining Room
Ask your server for details.

The Hub of Glengarry
Restaurant & Pub
Your hosts, Chris, Terry & Ernie Sauer
MAIN ST. & MILL SQUARE
ALEXANDRIA 525-4131



formerly Priest's Mill

Chinese Buffet Kenny Chan

500 seats

LUNCH BUFFET Mon. to Fri. 11am-3pm $5.99

100 items All-you-can-eat

Sat. & Sun. LUNCH $7.99

SUPPER Mon. to Fri. $8.99 3 to 11 pm

Sat. & Sun. DINNER $9.99

For reservations call 937-3332

Thank you to all our Cornwall and area customers

Open 365 days a year 10am-11pm

Licensed under LLBO

1315 Second St. E., Cornwall

DELICIOUS PIZZA

EAST END restaurant

FAST, FREE DELIVERY
Fully Licensed

Try our new Buffet

Luncheon Buffet $5.95 11am-2pm

Supper Buffet $6.95 5pm-8pm

Children 12 & under, $3.95 ... 5 & under **FREE**



EASTCOURT MALL

932-4270

SENIOR CITIZENS receive 10% off anytime

OPEN Mon.-Sat., 8:30am-midnight; Sun., 10-10

Haley's Handy Hints



Like vinegar in your cooking? How about in your rinse cycle!

If there's been any one thing that has motivated us on washing day, it's the relentless pursuit of the great white wash. So I'm going to give you a few tips that'll not only brighten your washing, but you day along with it!

First of all, did you know that you probably have in your home, an ingredient that's a garment brightener, fabric softener and food flavourer all in one! Yes, I'm talking about that bottle of vinegar sitting in your kitchen cupboard. It's said that if you add about one third of a cup of white vinegar to your rinse cycle, you'll find that your clothes will come out brighter and softer. And any vinegar scent should vanish after the clothes have dried, so you don't have to worry about smelling like a walking french fry!

Another nifty clothes brightener is cream of tartar. It's said to be easier on the fabric than many bleaches are, which is great if you're washing delicates like baby garments. All you do is mix about 2 teaspoons of cream of tartar in a gallon of hot water and leave the garments to soak overnight, then wash as usual.

Did you know that your freezer can help you out with your white woolen washing? Yes, after washing and rinsing, place your white sweaters and mitts etc. in your freezer for about an hour and a half. The cold will have a harmless bleaching on the garments and all you do then is let them thaw naturally and dry as usual.

Here's quick ironing tip I was given recently. If you don't plan to iron your clothes immediately, instead of leaving them to dry out, dampen them with water and slip them into a plastic bag. Place the bag in your refrigerator or your freezer (if you have a large one) and leave there until ironing time. You'll find it's a great time-saver, because when the clothes thaw out, they'll still be moist ... and ready for ironing.

To order Graham Haley's 120-page "Home Reference Book" send ... $9.95 cheque or money order (+$2.00 ea. tax & shipping) to:

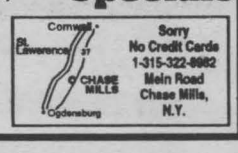
Haley's Handy Hints
Book Special
Box 114, Station Z
Toronto, Ont. M5N 2Z3
or call: 1-800-665-3692.

RE-OPENING
A NEW LOOK - NEW MANAGEMENT
OPENING APRIL 1 - 7am
OPENING SPECIAL
BREAKFAST SPECIAL $2.99

THE VILLAGE DINER
Hwy. 2 & Wales Rd. Between Long Sault & Ingleside

MAD OLIVE'S
RESERVE NOW FOR EASTER BRUNCH
served 11 am- 2 pm
or
DELICIOUS EASTER DINNER
served 4 pm- 9 pm

Owned & Operated By Robert Cardinal & Angela Lefebvre
Mon.-Tues. 11 am- 2 pm
Wed.-Sat. 11 am- 2 pm
4 pm- 10pm
Sunday 4 pm- 9 pm
105 PITT 933-2824

Chase Mills Inn
• BURGERS • PIZZA
• CHICKEN IN A BASKET
• STEAK • LOBSTER • SEAFOOD •
Daily Specials
CANADIAN $$ AT 20%
CLOSED MONDAYS


Sorry No Credit Cards
1-315-322-6982
Main Road
Chase Mills, N.Y.

JOIN US BENEFIT JOIN US
Pancake plus BREAKFAST
for
SHAWN LAFRAMBOISE
SUNDAY, MARCH 27th
NATIVITY HALL 8:30 a.m. - 12 Noon
$3.00 Per Person
All Proceed To Shawn Laframboise
This Breakfast Sponsored By:
CLUB RICHELIEU | CLUB OPTIMIST | NATIVITY GUARDS

GOOD FRIDAY SPECIAL
Fish & Chips or Perch Roll Platter
with homemade sauce
Includes: Homemade Pea Soup, Coffee Or Tea, Jello or Pudding
$5.85 +tax
DENISE'S LITTLE CAFE
HOURS:
Mon. & Tues. 6 a.m. - 4 p.m.
Wed. - Fri. 6 a.m. - 7 p.m.
Saturday. 6 a.m. - 2 p.m.
Sunday. 7 a.m. - 2 p.m.
155 Montreal Rd. 936-6677

HOP ON IN FOR A REAL TREAT!


DAIRY QUEEN® FROZEN CAKES
At participating Dairy Queen® Stores.
DAIRY QUEEN FROZEN CAKES OR FROZEN LOGS
It's the perfect way to celebrate Easter with family and friends.
Rich layers of vanilla and chocolate Dairy Queen soft serve with delicious dark fudge and crisp chocolate cookie crunch in between.
Choose from our display. Or phone ahead for your special Easter order.
Treat yourself to a Happy Easter by treating everyone to a Dairy Queen Frozen Cake
Dairy Queen
Pitt & 13th
938-6772
We treat you right!™
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Dairy Queen® stores are proud sponsors of the Children's Miracle Network Telethon which benefits local hospitals for children

PORTO Bello Restaurant
EASTER DINING at it's best!
EASTER SUNDAY 11am-2pm
BRUNCH
$12.95 Children under 10 $7.95
EASTER EVENING 5-9pm
PRIME RIB BUFFET
$15.95 Children under 10 $7.95

Reserve Now! 932-0070
Join us for our Singles Dance
Friday, April 8th
Doors open at 8pm
Dance starts at 9pm
Dine & Dance
To the live music of Robin Averell
Saturday, April 16th
Reserve Now!
1710 Vincent Massey Dr. 932-0070

Gemini Café
To All Of Our Patrons:
Gemini Café
will be closed from Friday, April 1st- 4th inclusive.
Regular Business Hours will resume Tuesday, April 5th
We wish to apologize for this inconvience.
241 Pitt St. Promenade
Downtown, Cornwall
936-9440

HOROSCOPES

March 27-April 2

ARIES – March 21/April 20
Love and romance are in the air. Single Aries could find a permanent companion this week. There's a strong attraction to Leos of the opposite sex. Negotiations in business will go smoothly. Try to see two sides of every story when it comes to family disputes.

TAURUS – April 21/May 21
A clash of personalities may cause you to reevaluate a friendship. Long-term career goals will be on your mind for much of the week. You may consider going back to school or investing in a business. Tact and diplomacy is needed to handle a romantic relationship.

GEMINI – May 22/June 21
You'll feel helpless when you see a friend making a mistake. Keep in mind, however, that there really is nothing you can do. You'll want to do something special for a loved one who achieved success. Consult another Gemini for a creative idea. Good news comes in the mail.

CANCER – June 22/July 22
Even if you're not feeling especially sociable, it is important to go ahead with weekend plans. You will be glad you did. An old friend will call with good news. You will be very happy for this person. You could be instrumental in helping someone find employment.

LEO – July 23/August 23
A surplus of energy will get you through a hectic week with success. Others will watch in amazement as you fly through work projects and move swiftly on to new ones. You'll even have the time to attend the abundance of social engagements to which you've committed.

VIRGO – Aug 24/Sept 22
Beware of persuasive salespeople willing to make deals. Don't be talked into spending more than what's in your price range. An unusual invitation from friends could lead to an exciting time. Something you hear on the news has you concerned. It could have an effect on you.

LIBRA – Sept 23/Oct 23
If you put your mind to it, you can do anything. Avoid distractions, and you will complete an "impossible" project with success. You may have to pass on some social outings, however. Put some cash in reserve in case you need it at a future date. Pay close attention to diet and exercise. A healthier lifestyle is probably in order.

SCORPIO – Oct 24/Nov 22
Don't cancel medical appointments unless it's absolutely necessary. Try to improve relations with a Libran friend. This relationship could be more rewarding than you realize. Be more expressive of your feelings in order to be understood. You may feel taken advantage of at work.

SAGITTARIUS – Nov 23/Dec 21
Your more serious side comes out and surprises others. You will show what you are made of this week. Your instinctive nature will lead you to the right place at the right time. Important business dealings could be made on Friday. A loved one's emotional outburst will shock you.

CAPRICORN – Dec 22/Jan 20
A reflective mood will make you realize a few things about yourself. You may decide to make a serious change. Career, living arrangements and emotional relationships are all under your scrutiny. A serious family discussion may be in order. Let others know how you are feeling.

AQUARIUS – Jan 21/Feb 18
A close friend's temperamental mood may be taken out on you. Don't put up with this behavior. You wouldn't act in such a way, and you shouldn't condone it. Let your aggressive side come out in business dealings. You could end up with more than you expected.

PISCES – Feb 19/March 20
Be open to new ideas and opinions and you will grow. A strained relationship may be the cause of concern. Think of a new way to approach this problem if the old ways don't seem to be working. Indulge in a favorite hobby or read a book to escape from your problems.

YOUR BIRTHDAY THIS WEEK
The next 12 months:
Fears regarding finances will be alleviated this year. You will realize that your worries were never really valid. Perhaps you were a bit paranoid. A family member going through a major change needs you to help him or her through the rough parts. Although sensitivity is not your forte, it wouldn't hurt to show some emotions now and then. It will go a long way in a relationship with a sensitive person. Travel is likely at the end of the summer. You'll have a lot to think about at this time, and getting away will clear your mind. Just when you've given up on romance, it will appear in an unlikely place.

HUM'S Restaurant & Dining Lounge
HAPPY EASTER
"All You Can Eat" Chinese Buffet
LUNCHEON BUFFET
Monday to Saturday
11:30am - 2:00pm
DINNER BUFFET
Monday to Wednesday
5:00 - 8:00pm
Thursday to Sunday
4:30 - 8:00pm
Open Easter Monday
Fully Licensed
401 Montreal Rd.
933-3363

THE TOWN HALL RESTAURANT & PUB
Chicken Tournado with potato & veg. $10.95
Frogs Legs with rice $10.95
Scampi Linguini with garlic bread $10.95
Seafood Platter Shrimp, Cod, Sole, Perch with rice $15.95
All above served with soup or salad, rolls, tea or coffee
EASTER SUNDAY
Roast Smoked Ham with potato & veg. $10.95
DON'T FORGET OUR FAMOUS TRADITIONAL ENGLISH FISH & CHIPS
LIVE MUSIC Friday & Saturday John Wright
Fully Licensed
169 Pitt St. 932-3322

BRING YOUR BUNCH TO BRUNCH
Reserve Now For Easter Sunday Brunch Sunday April 3
Brownies Champagne Brunch
Featuring:
Champagne Orange Juice, Shell Fish Bar with Shrimp, Muscles and Crab, Salad Bar, Delicious Hot Dishes, Breakfast Items, Roast Hip of Beef, Fantastic Desserts and Waffles
Only $14.95
Cabaret Brunch
Featuring:
Seafood and Salad Bar, Breakfast Items, Delicious Hot Items, Omelette Station, Roast Beef, Dessert Table
Only $11.95
Children Under 5 Eat Free. Children 5-12 Eat For 1/2 price
Brownie's RESTAURANT in the BEST WESTERN PARKWAY INN
1515 Vincent Massey Drive
Cornwall, Ontario
RESERVATIONS 932-0451

TOWN and COUNTRY bingo
Cornwall Township Lions Club
LION'S HALL BONVILLE
(Turn East at Yellow Flashing Caution Light on Hwy. 138)
PACKAGE DEAL $9.00
9 REGULAR GAMES ... $35.00 5 SPECIALS ... $50
1 EXTRA SPECIAL ... $1550
If Won in 6 numbers (Over 6 numbers - 10% of Extra Special)
1 JACKPOT $250.00 1 BONANZA 2 SHARE THE WEALTH
We Use Bingo Sheets with dabber system
EVERY THURSDAY
Early Bird 7 pm
Regular Bingo 8 pm

EASTER SUNDAY BRUNCH
Get An Early Start
9 a.m. - 2 p.m.
$9.95
Children 5-10 1/2 Price
Under 5 - Free
SUNDAY NIGHT BUFFET
5 p.m. til Closing
Where the Bunny Brunches
Easter Buffet At Backstage
BackStage RESTAURANT
Restaurant & Lounge
At The Cornwall Civic Complex 936-8666

WET T-SHIRT CONTEST
Thursday, March 31st
Judging By Audience Applause
$200 IN PRIZES - women only -
$200 - WET JOCK CONTEST
- men only -
Music By: Company Of Thieves
Be An Early Bird Every Friday
Maxi's
1620 Vincent Massey Drive
933-1650

Chez Louise
GOOD FRIDAY SPECIAL
ENGLISH STYLE FISH & CHIPS $4.99
Served with soup
WINGS 15¢ ea
Sunday 3-9 pm
EAT-IN ONLY
ENTERTAINMENT
Thursday Evening- Candy Rutley
Friday, Saturday & Sunday
Afternoon- Mike & Louise
Sunday Evening- Candy Rutley
373 Montreal Rd 938-6768

Gedoro's
Fine Dining in Casual Comfort
158 PITT ST. CORNWALL 938-2791
SEAFOOD MARDI GRAS STARTS APRIL 1
1 lb. Alaska Snowcrab Dinner $9.95 reg.$17.95
Jumbo Breaded Shrimp Dinner $9.95
Seafood Fettuccini $9.95 reg. $13.95.
Surf 'n Turf 1/2 lb Crab & 6 oz. Filet $15.95
Louisian Style Cajun Catfish $9.95
EASTER WEEKEND SPECIALS
Good Friday April 1 - Open 12 noon
Steamed Clams $3.95 doz. | Peel 'n Eat Shrimp 15¢ | Deep Fried Clams $3.95 | 22 oz. Foster Draft $3.95
Easter Sunday – Open 3pm
Black Forest Ham Dinner.....$8.95
Fresh Carved Turkey Dinner.....$12.95
Prime Rib Dinner.....$14.95
Fresh Atlantic Salmon.....$15.95
(Blacken Cajun Style...$17.95)
Children 1/2 price includes drink & ice cream.
Kids Menu from $3.95
All above dinners served with fresh vegetable,potato of the day and unlimited bread bar – (Salad 99¢ each)
Sorry, No promo or dinner cards with any of the above.
158 Pitt St., Cornwall 938-2791

SEAWAY BARGAIN MART

DEADLINE
Thursday 4 pm
933-0015
NOTE: Late ads (if taken) will be placed at the end of the classified section)

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015
Classified Advertising (G.S.T. included)
CASH RATES
- $7.00/ wk 24 words or less, (21¢ each additional word).
- $12.00/ 2 wks. 24 words or less, (19¢ each additional word).

DEADLINE: - Thursday 4 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occured, 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 advertisment.

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

COMPANIONS' CORNER

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

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

GAY MALE, 50, new to Cornwall, wishes to meet other 45 to 65 for relationship. Safe and discreet. Straight looking and acting. CC 1544

PROFESSIONAL LADY, 5'7", likes theatre, music, dining out, travel, jogging. Looking for a man with marriage in sight. CC 1542

TALL DARK HANDSOME SWM, 26, brown hair & eyes. Seeks mature, independent, honest lady (19-29) who likes movies, dining out, kids & the outdoors. CC 1543

YOUNG GAY FEMALE, mid 20's enjoys sports, dancing, quiet evenings. Looking for same for friendship and possible relationship. Discretion assured. Photo unnecessary but appreciated. CC 1545

2 APTS/ CONDOS FOR RENT

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

2 BDRM. APT. on main floor on Alice St., basement, washer & dryer hook-up, parking. Available immed. No pets. References required. Ph. 932-2135.

ATTRACTIVE 2 BEDROOM APT. in small, quiet building on Clark St. $435. Heat and Parking included. 931-2633.

AVAILABLE MAY 1, two bdrm semi on Laflin. Patio with deck, central vaccuum, finished room downstairs. $650 mo. plus utilities. No pets. References. Ph: 932-6832

EXOTIC EXPOSE
St. Lawrence County's Adult Centre
Adult Books • Marital Aids • Magazines • Lingerie • Lotions • Video Tapes • Accessories & Potions
$$ Off Books & Videos Buy One.. *Get One*...on special racks
Rent One... *Get One*... Or
Rent Four... *Get Two FREE Days!*
Corner of Rt. #56 & Town Ridge Rd, Massena South 2 miles to J & S orange mini mat.
315-764-1954
Open 12 noon-10 pm daily

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

EAST END: one bdrm apt., carpet, fridge, stove, parking now available. $400 and $425 utilities paid. Ph: 932-4376

CLEAN QUIET One and two bedroom apts. for rent. Call 932-6386

IDEAL FOR A QUIET COUPLE. 2 bdrm, downstairs, apt., 1010 First St. Small but cozy. All hardwood floors. $450. mo. Pay own utilities. Parking. Ph. 933-4780

UPSTAIRS 2 BDRM. 1st. and Guy St. Heat and hot water inc. Newly renovated. One vehicle parking. Quiet tenants preferred. May 1st. occupancy. $480. mo. Ph: 938-3034

UPSTAIRS, one bdrm apt., garage, electric heat. Private entrance. Eastend. Ph: 932-8759

WANTED: Person to share 2 bdrm apt. with working gentleman. $300 per mo. includes heat, lights, washer, dryer, cable, parking, fridge, stove, East End location. Ph: 938-2955

5 ARTICLES FOR SALE

1992 POLARIS 340, mint cond. Asking $22. or B/O. Ph: 931-1864

200 GUNS FOR SALE by auction, Sunday, April 10. FAC required. Viewing 7am. Sale 10 am. Call 354-3113

AQUARIUM FISH, wide variety of fresh and salt water types. Reasonable prices. Also, tanks available. Info: 936-1426

BEAUTIFUL SPRING & SUMMER WEDDING DRESS with veil. Very delicate looking. Size 7-9. Asking $800 Call 931-2121 after 4:30 pm.

AKAR'S USED APPLIANCES TV AND FURNITURE
12-6th St. E. 938-1355
- good selection of appliances
- extra clean & tested inside-out
- written warranties from 60 days to 1 year
- delivery available $15.00 local
- super low prices hard to beat

We Also
remove old appliances and furniture free
pay top dollar for late model items
remove and collect freon

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

DRIVER/ESCOURT SERVICE available anytime to drive anywhere; shopping, dances, travelling, social events, etc... Call 932-0743.

ENTERTAINMENT CENTRE. Bleached Oak, smoke glass door. Height 49" x 51" wide x 20" deep. Ph: 537-2870 after 6 pm.

FOUR CHROME RIMS & TIRES, 15", size 235-70R 15. $250. Old Guitar amp. Tube type. $75. Ph: 527-1349

FOUR CHROME WHEELS, tires, Dodge 60 SR 14, $250 or B/O. Steel Shelves for shop $30 ea. Ph: 936-6889

GARDIN LARIA, 12 spd. racing bike. Excellent cond. Ph: 937-4363

HARDWOOD FLOOR MIXED ASH, 21/4", 282 sq. ft., reg. $732, Sale $465. Oak 2" sel & bet, 170 sq. ft., reg. $607., Sale $350. Mixed red oak, 21/4" over 350 sq. ft., reg. $1150, sale, $700. Ph: 936-2205

HITACHI APARTMENT SIZE washer & dryer, 15 mos. old, $700 or B/O. Double bed, one yr. old, $100 or B/O. Master Craft Frostguard D 28 Dehumidifier, 11/2 yrs. old, $125 or B/O Call 932-4996

HOME BAKING Easter $25 pkg. incl: Caramel-Almond Cake, Chocolate loaf, 12 Cinnamon-Raisin buns, 12 surprise muffins, 2 doz. cookies. Call 347-1540

HOSPITAL BED, like new. One water bed with 2 tubes, one men's 12-spd bicycle. Ph: 537-8176

K.I.S. SAFE & EASY. "Electrolytic silver shine plate." Metal Cleaner-removes tarnish from; sterling silver, silver plate, copper, gold & jewellery. As seen on TV. Call to order 936-1542. $15 ea. + tax. 2 for $26. plus tax.

KALOR ELECTRIC FURNACE. Good condition. Call 932-8948

CLASSIFIEDS WORK CALL 933-0014

SHORT WEEK DEADLINE WEDNESDAY 12 NOON

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

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

MOVING: Freezer, 7 cu. ft., Kawai Keyboard, FS 660, 61 keys, Canon electronic typewriter, painting, afghan, hurricane lamps and other articles. Cash only. Ph: 932-4688 between 10am & 1: 00 pm and after 5:30 pm for appointment.

MOVING SALE: Chesterfield & chair (floral) $75., Sanyo Apt. washing machine, $100., Penduloy, 8-day clock with chimes, $40., Microwave Oven, 500 watts, $ 50., Plate glass mirror, 42" x 28", $35., Knick Knack stand, $10. Ph: 938-8958

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

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

WIN
A LOEB Pizza Large, Deluxe 14" Regular Crust



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

Open Mon. - Fri 8 am - 10 pm
Sat. 8 am - 9 pm Sun. 10 am - 6 pm

CLUB plus™ LOEB Seaway

MOVING SALE: Furniture, excellent condition; RCA 29" console TV, swivel base $600., Rattan coffee & end-tables, glass tops $250., Vanguard painting $250., all oak dining room set with corner hutch, $1200., 48" firm mattress & box spring, Super Chiro Plus, $180., large clothes closet with sliding doors $90., plus other items. All negotiable. Call 932-8086

PEAVEY BANDIT GUITAR AMP; handmade 12 string guitar; 6 string electric guitar EM6 pickup; 2-6 string acoustic handmade guitars; Yamaha electronic keyboard; antique Mohner Table Top air organ; Sony, reel to reel; air tight wood stove; small utility trailer 3x7 bed, heavy duty; Webley adult air rifle , like new. Must have F.A. C. Please call 534-2529

PURPLE MARTINS: Attract these fascinating birds to your yard with a well constructed, easy to erect and maintain, Martin House. Pole assemblies also available. 932-8902.

R. MCLAUGHLIN ANTIQUES, Hwy 34 - 1/4 mile North of Lancaster Village. Re-opened for the season. Antique dining room sets, china cabinets, bookcases, dressers, tables, chairs, wicker, dishes, oil lamps, and silver flatware. We also carry a full line of good used furniture and appliance. All at reasonable prices. OPENED DAILY.

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

SATELITE DISH, General Instrument, for sale. $1800. Call after 5pm, 936-2376

STEREO RECEIVER, $100, Plate Glass Mirror, 3' x 6', $50, 10 -Spd Bike, $60. All in good cond. Ph: 938-1759

STOVE $175 and Wurlitzer Jukebox, cabinet model, $700. Ph: 933-5006

TWO OVERHEAD DOORS COMPLETE. 10' X 10' and 10' X 12'. Two hydraulic cylinders, 2' X 6" dia. Three trailers, 6' X 12' and 6' X 16', and one 16' boat trailer. One 16' bass boat, 30 HP. Dry and green hardwood. Call 932-1876.

VILLAGE HOBBY SHOP NOW CARRYING some fishing tackle and supplies and also offering a fishing reel repair service. Old fishing reels wanted for parts. For more info call 936-0176.

WEDDING DRESS, size 5, lamp, golf cart, trailer mirrors, plus other items. Ph: 938-3684

WEDDING GOWN, Alfred Angelo Dreammaker, Size 42. Veil-Headpiece with pearl headband. New this year. Good referral for alterations. Paid $1200. Make an offer. Ph: 932-8977

WOODEN BUNK BEDSwith foam mattress, 2 yrs old. $200. Ph: 936-2508

6 ARTICLES WANTED

ANTIQUES OF ALL KINDS. Furniture, glassware, etc...especially old toys, dolls, teddy bears, gramaphones with horns, decoys, good china, milk cans, Tiffany style lamps. Note, garage sale buyers and pickers bring us your finds. We do free house calls. Johnson's Antiques , Hwy 138. Ph: 932-0766

CHILDRENS WOODEN GATE, not on hinges, pressure fit to accommodate 72" opening. 525-3092 after 5:30 p.m.

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

WANTED: 1984 or 85 CHRYSLER 2.2 MOTOR in good working order from a Reliant K-Car or van. Will buy the whole car. Please call 346-0038.

07 AUCTIONS

Are you thinking of
SELLING YOUR PROPERTY?
Let me show you how to get the best possible price in the least amount of time - by conventional mean. However, if you want to **FAST FORWARD** the process, consider the **AUCTION** method. It is more popular than ever and is becoming the **REAL ESTATE MARKETING ALTERNATIVE** of choice, because **IT WORKS!** Auctions create satisfied buyers and seller because they wet **FAIR MARKET VALUE** in a timely manner. Vendors receive unconditional **CASH OFFERS** under their terms and conditions. For further information, please call
"THE COUNTRY CONNECTION" CARSON CHISHOLM
Associate Broker
COUNTRY WIDE REALTY INC.
937-0022 Res. 937-0201

8 FLEA MARKETS

VILLAGE FLEA MARKET now has good quality used furniture and appliances at very reasonable prices. Open every day 10 a.m. - 5 p.m. (except Monday). Vendor space available. 534-2670.



Fishing For A Real Deal?
CHECK THE CLASSIFIEDS
Call 933-0015 to place your ad!!

GET PHYSICALLY ACTIVE

HEART AND STROKE FOUNDATION



Be Heart Smart **FOR MORE INFORMATION CONTACT YOUR LOCAL CHAPTER OF THE HEART AND STROKE FOUNDATION.**

9 FARMERS MARKETS

HAY FOR SALE: Square bales, stored inside. Two, purebred Poll Hereford bulls, one year old. Ingleside area. Ph: 537-2756 after 6pm.

ROUND BALES OF HAY. Square bales of old hay. Square bales of straw. Plastic and steel drums. Cedar fence posts. Delivery available. Ph: 346-2382

13 AUTOS FOR SALE

1975 CHEV 1 TON CAB & chassis, body completely redone, $1650. Larry at 534-2096 before 5 pm or 534-2626 after 5 pm.

1978 VOLVO 244 GL, 4 dr, 5 spd, Leather interior, sunroof, body good. $700 or B/O. As is. Ph: 937-3313

1979 FORD LTD. To sell as is. Big Truck, starts in cold weather, asking $550 or b/o. Ph: 932-4458

1981 FIREBIRD FORMULA,T-Bar roof, new body and paint, new tires and brakes, in good condition. Asking $2,000 or best offer. Ph: 938-1022 anytime.

1983 CHRYSLER LEBARON, p/b, p/s, new body job. Safetied two months ago. Needs engine. Asking $650. Ph: 932-0994

1984 CHRYSLER, FIFTH AVE., 4 dr., all power, air, good cond. $2300 negotiable. Call 938-8603

1984 TOYOTA PICK-UP , new brakes, new rad., new timing chain. $1000 as is or B/O. 1986 V6 motor $200. Ph: 937-3848

1985 MERCURY LYNX. No rust. White exterior, beige interior. Sun-roof. AM-FM cass., not safetied. $700 or B/O Ph: 346-0209

1985 MERCURY MARQUIS, $2750, negotiable. 112,000 kilometres. Very good cond. Four door. Safetied. 6 cyliner. Ph: 931-1814

1986 CHEV. 1/2 TON PICK-UP, 305 automatic, p/s, p/b, sliding rear window, good cond. Asking $2800. Also, 8' pop-up Coleman slide-in camper. Sleeps 4, stove, furnace, icebox, asking $1000. Call 938-1643 after 4 pm.

1986 PONTIAC ACADIAN, 4 spd, standard, safetied. Asking $1395 or b/o. Call 933-8850 or after 5 pm call 933-2091

1987 FORD RANGER, new engine, extras, 4 chrome wheels, cap, box liner, in mint cond. Asking $6950, safetied. Call 938-7816 after 5:30 pm.

1991 FORD AEROSTAR, XLT, fully loaded, dual air, seven passenger, quad captain's chairs, V6, auto, W/O.D., floor console, 60,000 km, $13,500. Call, Cornwall at 936-8343

1993 CAVALIER, 26,000 km, 2 dr., red, Am-Fm stereo cass, 5 spd standard, P/L, A/L/B, $9200. Ph: 537-2870 after 6 pm.

GERARD POIRIER AUTO SALES; 129 Kenyon St., Alexandria. 1987 Buick Regal Ltd. 2 dr, auto, fully loaded, $2500 safetied. 1987 Ford Tempo, 4 dr, 5 s/p, $1600 safetied. 1986 Ford Tempo loaded, 4dr., 5 s/p $1600 safetied. 1985 Dodge Aries 4 dr, auto, $1600 Safetied. 1980 Mazda RX7, good condition, $1600. as is. Ph: 525-4309 or 874-2440

NEW & USED TRUCK CAPS. New & used tires. Tires repaired, installed, computer balanced and guaranteed. 138 Motor Sales Ph. 938-4865.

14 AUTOS WANTED

1985-1987 GRAND MARQUIS OR CROWN VICTORIA With safety. Ph:938-6582 after 6 pm.

WANTED: Good used cars. 1990-94 air, auto, 6 cyl., low kms, or Bal. Warranty. $10,000 plus tax. Max. Private. No salesmen. Ph: 933-0359

17 GARAGES

WANTED TO RENT: Garage, 15' x 20' approx. Residential type acceptable. Reasonable rate. Wanted immediately. Ph: 932-9532 and leave message.

18 BUSINESS OPPOR.

AMAZING 3-HOUR VIDEO! Mail order millionaire reveals BIG $$$ making secrets. For powerful information package call 514-345-5640, 24 hrs.



Fishing For A Real Deal?
CHECK THE CLASSIFIEDS
Call 933-0015 to place your ad!!

PRODUCT SUCCESS CREATES NEED FOR PART-TIME WORKERS: Help me get my fantastic products into the hands of thousands of waiting customers. Make more than an hourly salary. No experience required. Full-time potential. No obligation. Call after 6 pm 525-3092 and ask for Micheline.

DIAL-A-PRO PROFESSIONAL GUIDE

If you require a professional, check out our directory of these reputable professionals.

DAY CARE

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

FLOWERS/ FRUIT BASKETS

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

FOUNDATIONS

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

KARATE

TRI-COUNTY KARATE
specializing in Trad & Comp Sytle Chito Shin Kai
• Private & Separate Classes Kids - Womens - Men
• Non-Contact/Safety Oriented
• Insured by the C.K.A.
• Nationally Certified Inst.
• Full Time/Fully Equipped 2500 sq.ft.
•10-10 Mon.-Thurs. 10-2 Sat.
For The Serious Martial Artist
Dojo:145 Montreal Road
937-1769

LAWN CARE

MR. "D's" PRO LAWN CARE
Lawn's cut, raked, trimmed.
Complete range of lawn care maintenance.
Quality work.
Reasonable rates.
Free Estimates. No GST
937-4890 or 936-7330

LOG HOMES

GENERAL LOG HOMES & Solar Electric Products
Stop! Before You Buy A Package Of Headaches, Buy Smart. Come & See The **Kiln-Dried Energy Efficient** Difference For Yourself. No Shrinking, Warping, Twisting, Cracking, Recaulking, Settling Or Insects. Join Our Spring Discount Plan By March 31 & **Save 10%.** Choose from our 40 plans, yours or free custom design assistance. General Log Homes & Solar Electric Products
Akwesasne (613)-575-2277
Auth. Kuhns Bros. Builder/Dealer
613-575-2277

MASONRY

J.R. RESTORATION
Basement finishing
chimneys/repairs, brickwork, foundation repairs, roofing, carpentry, siding, painting.
Free Estimates.
Call J.R. at 938-1465

PRESSURE CLEANING

C.R.S.
CANADIAN RESTORATION SERVICES
Exterior cleaning of brick, wood, aluminum, etc. Graffiti removal.Garage & industrial floor degreasing. Clean & seal interlocking brick. Insured.
Free estimates & demo.
534-9113

RENOVATIONS

LYN'S RENOVATIONS
10% Discount For April
All foundation repairs: Cracks, parging and weeping tiles: Masonry, brick & stone pointing,Roofing.
Vinyl siding & windows.
Workmanship Guaranteed.
Free estimates.
Call John 936-8482
Yellow Pages 70,85 & 106

RENOVATIONS

ROOF BUSTERS & RENOVATIONS
Shingle roofs, drywall, patio decks, siding, etc.
Work guaranteed.
Free estimates
Richard Longtin
936-2713

BONUS
BUY 5 WEEKS GET 1 WEEK FREE

19 CAREERS



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

JOB OPPORTUNITY

If you like animals,
I have a great job for you.
Meeting at
CHUMPS MEETING HALL
1541 Vincent Massey Dr.,
Wed., March 30
at 7:30pm sharp.
Everyone welcome.

29 REAL ESTATE

RAISIN RIVER CANOE RACE
April 10th
THRILLS,
CHILLS,
SPILLS
Why miss it?
Do something crazy in your life... try to complete this fantastic, fun race.



MAURICE SAUVÉ
931-2953

$48,800...$48,800 – a great deal on a good rural home, Monkland area, no repairs needed. Be fast!
Deluxe Luxury – Fantastic rural home in St. Raphaels area, hill-top setting, 3.2 acres, spacious and many, many features. $228,000.
Loch Garry (Lake) – 76 acres rolling, perfect bush for building your dream home, 630' wide on Loch Gary, $88,800.
6-Unit Apartment – In Alexandria, $125,000.
Retirement Home – In Alexandria, on lake, $89,900.
Edge of Cornwall – On McConnell Ave., north of city, the perfect bungalow with attached sunroom, big lot, $95,500.
Enjoy Farm Life – Attractive white hill-top home, fireplace, barns, 30 acres, minutes from Cornwall, $99,000.

SAUVE Real Estate Ltd.
Maurice Sauve Sales Rep.
Off. 525-2940
Evenings: 931-2953

COUNTRYWIDE ... THE OBVIOUS CHOICE
NOTICE
URGENTLY NEEDED FOR QUALIFIED BUYERS.
1) Country property within 15 miles of Cornwall.
2) A good duplex in the north end of Cornwall.
Please Call
"The Country Connection"
CARSON CHISHOLM
Associate Broker
COUNTRYWIDE
TRI-COUNTRY REALTY INC.
937-0022 / 937-0201 res.
THE OBVIOUS CHOICE ... COUNTRYWIDE

BUYING OR SELLING
346-5721
HERB or GERRI SCHWARTZ
$23,500 – 26 acres, some tiling, Avonmore Rd. **SOLD**
$49,900 - Opportunity, 3 bdrm. home and store front Avomore.
$59,900 - Cozy 2 bdrm. bung., garage, country.
$85,000 - Renovated 4 bdrm. century home, large workshop, Avonmore.
$86,000 - 1987 4 bdrm. bung., finished basement, 2 garages, Highland Road.
$99,400 - River View, 4 bdrm., garage, on new services and foundation, Colonial Drive.

LOTS/LAND: $16,500 - $29,900.
MOOSE CREEK: handyman special
COUNTRY: 3 bdrm. mobile, $54,900.
DUPLEX: owner occupied, $68,900.
HOBBY FARM: 4 acres, $79,900.
COUNTRY: 3 bdrm., $79,900.
LONG SAULT; 3 bdrm., $83,000.
NEW CONST.: 3 bdrm., $95,900.
ST. ANDREW: bung./garage.
4 BDRM., has pool, $109,900.
4 PLEX: good income, $119,900.
LONG SAULT: 3 bdrm., $129,900.
LOG HOME: country, $159,000.
A-FRAME: 4 acres, $169,000.
FEATURE PROPERTY: 4 level split with private in-law suite, would make good hair dressing shop. Home features fireplace, double garage on a double paved drive and more, only $129,000.
Buying Or Selling CALL
Michael Vander Meer
Associate Broker
Century 21 Shield Realty Ltd.
938-2121 (Office) **534-2950** (Home)

21 HELP WANTED

$200 - 500 WEEKLY! Assemble products at home. Easy! No selling, you're paid direct, fully guaranteed. No experience necessary. Call 1-504-641-7778 ext. 506, 24 hours.

$475 WEEKLY- homeworkers needed to make stylish beaded earrings, year round, at home. Info. send a self-addressed stamped envelope to ACCEX CRAFT - 829 Norwest Rd., Ste. 813, Ext. 3053, Kingston, On. K7P 2N3

ALASKA JOBS! Earn up to $30,000 in 3 mos., fishing salmon. Also construction, canneries, oil fields plus more! For immediate response call 1-504-646-4513, Ext. K506, 24 hours.

EARN UP TO $346.00/WEEK to assemble Christmas and holiday decorations year round, at home. Work available across Canada. For more info. send a self-addressed stamped envelope to Magic Christmas - 2212 Gladwin Cr., Unit D-2, Ext. 401, Ottawa, Ont. K1B 5N1.

GET PAID for reading books: Up to $100 per title. Books sent free. Write today. FREE Report : Gateway Publico, Dept. SN3, # 150-1857 West 4th Ave., Vancouver, B.C. V6J 1M4

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

22 HOME SERVICES

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

FLOOR SANDING & VARNISHING, Installation of Hard Wood, Sablage & vernissage de planchers, posage de bois franc. Ph: Jean-Guy Desrochers, 937-0712

FOR ALL YOUR PAINTING AND WALLPAPERING NEEDS. Quality work at affordable prices, guaranteed. Please leave message. Call : 933-2663

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

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

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

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

SEGUIN RENOVATIONS. Hanging ceilings, door, window installations, patios, basement finishing, framing, drywall (joint finishing, minimal sanding), fence, gates, cement columns & footing 5-1/2 deep, prevent frost heaving of addition or patios, siding. Free estimates. Call Denis at 932-6528 between 7 p.m. & 10 p.m.

"SPRING SPECIAL" - PAINTING. $40 per room per coat plus paint. Free estimates. 20 years experience. Call after 6 p.m. 938-8839.

SPRINGTIME: TREE PRUNING cutting and removal. Free estimates. Call Mike at 931-1251

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

YOUNG BILINGUAL female available for light house keeping, doing laundry, and running errands. Have driver's license. Ph: 932-2391 after 3 pm.

23 BABYSITTING

BABYSITTER: Mother of two, looking to babysit in my home on McConnell near 401. Part-time or full-time. Ph: 936-1384 after 5 pm.

MOTHER OF TWO will babysit in her home. Non-smoker, bilingual, snacks & meals served. Large yard & playroom. Location - Between St. Andrew's & Bonville. References avail. Ph: 936-0797

RIVERDALE AREA - will babysit 1 or 2 children in my home full-time, Mon. to Fri., daytime. Call 936-0101

24 CHILD CARE

DAYCARE in my home full or part-time, reasonable rates. Pitt St. and Emma Area. Fenced yard, play room, non-smoker. For info: 936-8038

PRIVATE HOME DAY CAREmy home, Home Hardware area. Full & part-time care, Mon. to Fri. Summer holidays. Ages 2 & up. Meals & snacks. E.C.E. Educated. For more info call Shelley at 933-8439

SUMMERSTOWN AREA mother of one will baby-sit in my home. Avail. May, non-smoker. Call 931-2176 anytime.

27 RV'S/MOTOR HOMES

1990, 28 ft., SPRINTER, CLASS C, MOTORHOME. 36,000 miles, roof air, cab air, cruise, tilt, bedroom, microwave, oak cupboards, TV, lots of storage, new tires, 2 gas tanks, very good cond. $36,900 no G.S.T.. Ph: 938-8662

MOTOR HOMES CLASS "A" AND CLASS "C", Good selection. Ph: 938-3664 after 5pm.

ROUTES AVAILABLE
CORNWALL
- Hillcrest, Marlborough, Adolphus, 6th E., 5th E.
- Cumberland, Churchill, 12th W., Anne
- Bedford, Cumberland, Mulberry, First W., Water W.

COUNTRY
- Green Valley
- Glendale Subdivision
- Alexandria

If Interested In One Of The Listed Routes Please Call Tom at
933-0014

28 TRAILERS/ CAMPERS

1985 INTERNATIONAL, 32 ft., Park Model in good cond., sleeps 5, living room, bdrm, full bathroom, asking $10,000 or B/O. Call after 6 pm 937-0017 or 933-7495

FREE SELF-STORING canopy with 1994 Jayco fold downs. Bought before April 1st - Value $350. Ingleside Trailer Sales Ltd. Hwy 2, West, Ingleside.

34 HOUSES FOR RENT

AVAILABLE APRIL 1st, 2 bedroom semi-detached house, Long Sault. Partially finished basement with wet bar. $624/mos. + util. References. Call 933-0392.

HOUSE FOR RENT in west-end. Three bdrms, newly renovated. $500 mth. Pay own utilities. References requested. Ph: 933-4013

HOUSE FOR RENT, rustic style, Long Sault area, Post Rd., 4-bdrms, 2 baths, double garage, swimming pool. Call 930-5520 anytime

JUNE 1ST POSSESSION, small country bungalow, Hwy 138, perfect for couple, city bus, city water. $550 mo. plus utilities. References. Wilfred Amell Ltd., R.E. Broker, 938-1611

35 HOUSES FOR SALE

ALEXANDRIA, 1987 MOBILE HOME, 14 ft. x 64 ft., 2 bdrms, oak kitchen, 6 ft. patio door to a large covered deck, large fully landscaped lot, many extras. A must see, $57,000. Call 525-4635.

DUPLEX, 764-766 YORK ST. Large owner's unit, private parking, $11,400 gross income. Tenant helps you buy. Reduced to $72,900. Wilfred Amell Ltd., Real Estate Broker. 938-1611

EAST-END, GARDNER AVE., quiet neighbourhood, brick bungalow, attached garage. 2+2 bdrms, bright spacious home. Must be seen. Info: 933-2718. No agents.

"NEW" 3 BEDROOM bungalow with family room set on 2 acre treed lot, 10 minutes from city limits. Will sell or trade. Call 932-5232.

PRIVATE SALE, 123 Heritage Place. Contemporary Townhouse, 3 bedrooms, gas heat & A/C, fireplace, skylights, finished basement and garage, 1409 sq. ft. For viewing call 938-8701.

37 HOUSES WANTED TO RENT

LOOKING FOR 3 BEDROOM house or apartment for rent. $550. - $600. per month. Preferably west end of city, quiet area. Please call Leo at 938-1775 after 6:00 p.m.

38 OFFICES/ STORES BLDGS.

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

950 SQ.FT. OF RETAIL OR WHOLESALE SPACE plus 400 sq.ft. of warehouse. Central location. $625. mo. Everything paid. Lease hold improvements at tenant's expense. 936-8088.

COMMERCIAL SPACE FOR RENT. Ample parking space. Good visability. Competitive rate. Ph: 936-2205. LOCATION, LOCATION, LOCATION

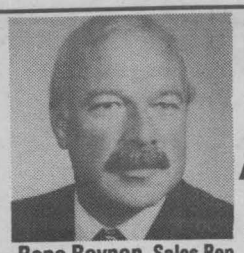
SMALL OFFICE FOR RENT, upstairs at 309 Pitt St. Ideal for small business or small office. Parking. Avail. immed. Ph. 932-2135.

STORE FOR RENT Located in "Le Village" prime location, near parking. For more information call Tony 932-6386

MODERN OFFICE SPACE
- Reasonable rates
- Plenty of parking
- Central location

*Leasing Incentives Available
938-2576
Mon.-Fri., 9am-5pm

CLASSIFIEDS WORK ... FAST ... CALL 933-0015



Rene Reynen, Sales Rep.
534-8177

Century 21
ALGUIRE & BROWNELL
904 TOLLGATE RD.
933-5154
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$63,900 Cornwall
2 storey, 3 bdrm. large kitchen, dining area, detached garage, lot 50x120, ideal for young couple

$69,500 Cornwall
maintenance free 3 bdrm., recently remodelled, hardwood floors, F.A. oil heating, over 1200 sq.ft., lot 47x126

$69,900 Cornwall
duplex - 2 bdrm. each, lot 80x150, good income potential, close to schools - shopping

$108,500 Ingleside
3+1 bdrm. brick bungalow, fireplace, pool, (remodelled kitchen), family room, attached garage, lot 75x122

$114,900 Long Sault
2 storey, 4 bdrm., maintenance free, fireplace, hardwood flooring, above ground pool, garage, great location, lot 50x123, priced to go.

$150,000 or lease Long Sault
4000 sq.ft. building located in plaza, great opportunity for any business. Located in tourist area. Call for details

WAREHOUSE SPACE, storage only, central location, private entrance. 950 and 400 sq.ft. $4./sq.ft. per year. Heat and lights paid. 936-8088.

48 COMMUNITY SERVICES

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

"ALATEEN" Help for teenagers whose parent, relative or friend has a drinking problem. Call 937-4880

EMOTIONS ANONYMOUS have meetings every Tuesday and Thursday from 8 - 9 p.m. For more info. 938-8325.

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

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

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

BUSINESS DIRECTORY CARD

ALTHOUSE HORTICULTURAL SERVICES
Save Your Tree!!!
Call Althouse, 936-3424
TREE BANDAID
Landscaping – Pruning – Tree Removal – Pest Control
Check your tree for winter splits

WALSH PRESSURE CLEANING
- Sewer Flushing Service
  If We Can't Open It - You Don't Pay
- De-Icing Water Lines, Roofs, Eavestrough
- Truck Cleaning

FULLY INSURED- ALL WORK GUARANTEED 24 HOUR EMERGENCY SERVICES
•BOOK NOW FOR CLEANING OF CEDAR, BRICK, ALUMINUM, VINYL & CLAPBOARD FOR SPRING!
936-0185

CORNETT Renovation
Planning On Spring Renovations? Get Your FREE ESTIMATE NOW!
WE DO:
Windows • Doors • Siding
• Drywall • Patios Decks • Fences
• Plastering • Painting • Additions
NO JOB TOO BIG OR TOO SMALL
Special Discounts For Seniors
WE DO IT BETTER
938–3603

VCR & TV REPAIRS
A& C T.V. SERVICES
FREE ESTIMATES
Repair T.V's, VCR'sTelephone Answering Machines.
Specials $19.99 cleaning VCR
"SAME DAY SERVICES"
(10% discount for seniors)
WE BUY & SELL USED TV's
15 2nd St. E. 933-9232

etc...
ACCOUNTING SERVICES
- Income Taxes
- 15% Senior Discount
- Small Business Accounting
- Competitive Rates

938-8565

RETIREMENT PLANNING
Savings Plans
RRSPs • RRIFs
The Mutual Group
Facing Tomorrow Together



Robert (Bob) Blanchard
932-1268

enviro CHIPPER SERVICES
- Tree Spade: Transplanting or Removal
- Brush Chipping
- Stump Grinding
- Complete Disposal
- 40-Ft. Boom Bucket Truck
- Small Uniloader Service
- Certified Chainsaw Instructor (Licensing Available)
- Fully Insured

MYLES C. GALLANT
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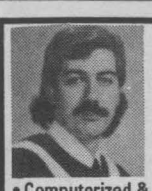

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76 ANNOUNCEMENTS

TRINITY DAYCARE will be hosting their annual meeting on Wednesday, April 6th, 1994 at 7:30 pm, 105 2nd St. W. Parents and new registrations are welcome.

82 NOTICES

SANDERS MAPLE PRODUCTS & PANCAKE HOUSE,Hwy 43, Finch, will be open for the 1994 Maple Syrup season beginning March 4th to April 30th. Weekdays 9am to 4pm and weedends 8am to 6pm. Taking group bookings now. Call 984-2368

84 PERSONALS

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THANK YOU SACRED HEART for prayers answered. A.D.

THANK YOU SACRED HEART for prayers answered. B.L.

THANK YOU SACRED HEART for prayers answered. L.L.

THANK YOU ST. JUDE for favour received. J.R.

THANK YOU TO ST. JUDE,the Sacred Heart of Jesus, the Virgin Mary and the Holy Spirit for many, many prayers answered. M.B.

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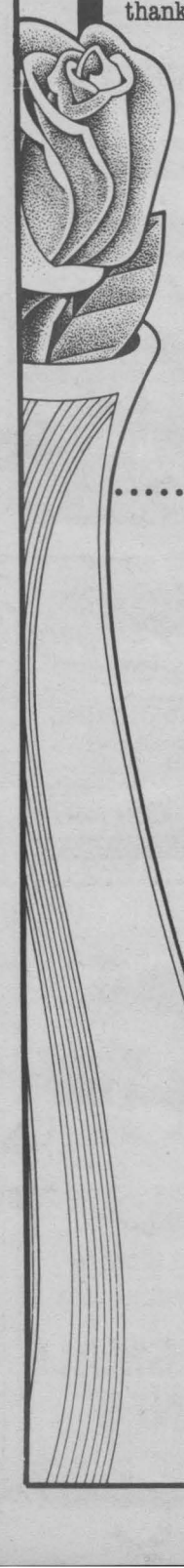

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Obituaries

BONHOMME
Emma Hennriette

Passed away at the Joseph Brant Hospital in Burlington, Ontario on Friday, March 18th, 1994.

Mrs. Emma Hennriette Bonhomme, in her 89th year, born in Quebec, of Burlington, formerly of Cornwall.

Dear daughter of the late Josphat Contant and the late Alice Begin. Beloved wife of the late Donald Bonhomme. Loving mother of Olive and her husband of George Williams of Burlington and adopted daughters, Joyce Dufresne of Cornwall and Linda and her husband Don Bartsch of Martintown.

The funeral took place on Monday, March 21st, 1994 from the Derry Funeral Home Inc., 326 Augustus Street, Cornwall to St. Columban's Church, Cornwall. Spring interment in St. Columban's Cemetery. Reverend Gary Ostler of St. Francis De Sales Church officiated.

Mrs. Bonhomme was a member of the C.W.L. St. Francis De Sales Church.

GODARD
Antoinette

Passed away at the Ottawa General Hospital on Thursday, March 17th, 1994.

Mrs. Antoinette Godard, in her 87th year, born in St. Bernadin, Ontario, formerly of Villa Lapalme in St. Isidore and formerly of Cornwall.

Dear daughter of the late Charles Denis and the late Azilda Lalonde. Beloved wife of the late Adelard Godard. Loving mother of Jerome (husband of Augusta Sauve) of Cornwall, Gaetan of Embrun, Guillaume (husband of Marie-Rose Rouselle) of Lancaster, Denis of Gatineau, Charles (husband of Madeleine Antille) of Gatineau, Jean-Marie (husband of Lorraine Robert) of Gatineau, Agathe (Mrs. Hermas Jolicoeur) of Cornwall, Anita (Mrs. Oscal Lalonde) of Ottawa, Pauline (Mrs. Jacques Constantineau) of Gatineau and Francoise (Mrs. Serge Guenard) of Gatineau.

Loving grandmother of twenty-four grandchildren and twenty great grandchildren.

Dear sister of Mrs. Amelie Lalonde of St. Isidore, Ontario.

Predeceased by one son, Vincent Godard, one daughter, Mrs. Lina Ouelette, three brothers, Henri, David and Alban Denis and by five sisters, Beatrice, Henriette, Elizabeth, Adele and Irene.

The funeral took place on Saturday, March 19th, 1994 from the Boulerice Funeral Home Ltd. to Nativity Co-Cathedral, Cornwall. Spring interment in Nativity Cemetery. Reverend Rene Dube of Nativity Co-Cathedral officiated, assisted by Reverend Rheal Bisaillon.

The pallbearers were members of the Nativity Guards.

MacDONALD
Hazel Janet

Passed away at the Hotel Dieu Hospital on Thursday, March 17th, 1994.

Mrs. Hazel Janet MacDonald, in her 81st year, born in Cornwall, of St. Joseph's Villa, Cornwall.

Dear daughter of the late William Locey and the late Catherine Locey. Beloved wife of the late Ambrose Gerald MacDonald. Loving mother of Ronald MacDonald (Norma) of Oshawa. Dear mother-in-law of Bernie Kennedy.

Dear sister of Herman Locey (Anita) of Brantford, Mrs. Marion Boyd of Toronto, Marjorie (Mrs. Adelore Boucher) of Cornwall, Mrs. Edna Hall of Ingleside and Hattie (Mrs. Claude Pixley) of Kingston.

Predeceased by one daughter, Elizabeth Joyce Kennedy and by one sister, Anna Lalonde.

The funeral took place on Saturday, March 19th, 1994 from the Derry Funeral Home Inc., 326 Augustus Street, Cornwall to St. Columban's Church, Cornwall. Spring interment in the Parish Cemetery. Reverend Kevin Maloney of St. Columban's Church officiated.

The pallbearers were Bill Boucher, Brian, Larry, Jeff and Mike MacDonald and Andrew Kennedy.

MacLEOD
Pauline Gertrude

Passed away at the Janet MacDonell Pavilion on Thursday, March 17th, 1994.

Mrs. Pauline Gertrude MacLeod, in her 73rd year, born in Cornwall, life long resident of Cornwall, formerly of R.R. #2 Cornwall.

Dear daughter of the late Nelson Dumond and the late Mary Louise Ladouceur. Beloved wife of the late William (Bert) MacLeod. Dear foster mother of Bonnie Brodeur Wilson.

Dear friend of the late Wallace (Mac) MacIntosh.

Dear sister of Vernon and Darrell Dumond and Iris (Mrs. Adrien Delage), all of Cornwall, Ronald Dumond and Mrs. Patricia Deschamps, both of R.R. #1 Long Sault, Rona (Mrs. Herve Chene) of Grand Prairie, Alberta and Mrs. Shirley Davis of Toronto.

Predeceased by one brother, Gerard Dumond.

The funeral took place on Saturday, March 19th, 1994 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to Blessed Sacrament Church, Cornwall, followed by Cremation. Reverend Kelvin Maloney of Blessed Sacrament Church officiated.

The pallbearers were Members of the Royal Canadian Legion.

Mrs. MacLeod was formerly employed as a Nursing Assistant at the Parisien Manor and Bestview Health Care Centre and was a member of the Royal Canadian Legion, Branch 297, Ladies Auxiliary.

MICHAUD
Marie Clara

Passed away at the Cornwall General Hospital on Thursday, March 17th, 1994. Mrs. Marie Clara Michaud, in her 88th year, born in St. Eugene, Ontario, Cornwall resident since 1942, formerly of 24 Augustus Street, Apt. #309, formerly of 554 Henry Street.

Dear daughter of the late Allan Labre and the late Celina Paquette. Beloved wife of the late Moise Michaud.

Loving mother of Marcel Michaud (Helene Gagne), Jean-Guy Michaud (Denise Brunet), Frances (Mrs. Kenneth James) and Jeannette (Mrs. Calvin Tyo), all of Cornwall, Gerald Michaud (Barbara Johnston) of Ottawa and Claudette (Mrs. Daniel MacDonald) of Sudbury.

Loving grandmother of fourteen grandchildren and twelve great grandchildren.

Predeceased by two brothers, Solomon and Edmond Labre and by one sister, Mrs. Bertha Davidson.

The funeral took place on Saturday, March 19th, 1994 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to St. John Bosco Church, Cornwall. Spring interment in Notre Dame Cemetery. Reverend Laurier Rivet of St. John Bosco Church officiated.

The pallbearers were the Nativity Guards.

RUNIONS
Arnold E.

Passed away at the Henderson General Hospital on Wednesday, December 15th, 1993.

Mr. Arnold E. Runions, in his 66th year, born in Cornwall, Ontario, of Hamilton, Ontario.

Dear son of Roy Runions and Ruth Blackhadder. Beloved husband of Theresa Brisebois. Loving father of Linda (Mrs. Mitch Samek) of Markham, Chris and his wife Judy and Debby (Mrs. Pete Edwards) of Hamilton.

Loving grandfather of eight grandchildren and one great grandchild.

Dear brother of Helen Lefebvre of Montreal, Ken and his wife Ann of Long Sault, Karl and his wife Hazel of Oshawa, Jack and his wife Grace of Nepean and Irma (Mrs. Gerald Cook) of Cornwall.

Predeceased by one brother Art Runions.

The funeral was held on Monday, December 20th, 1993 from the Cresmount Funeral Home to the Memorial Chapel and to Mount Hamilton Cemetery.

The pallbearers were Roy Runions, Mike Cook, Mark Cook, Scott Edwards, David Runions and Peter Edwards.

Mr. Runions was a retired employee of Westinghouse with forty-two years service.

SAMIS
Rosabelle (Belle)

Passed away at the Hotel Dieu Hospital on Thursday, March 17th, 1994. Mrs. Rosabelle (Belle) Samis, in her 79th year, born in Kenyon Township, Glengarry County, of 323 Second Street East, Apt. #301, formerly of 253 Ninth Street East.

Dear daughter of the late Cyril Paquette and the late Mary Ellen Lalonde. Beloved wife of the late Percy Samis. Loving mother of Douglas Samis of Vancouver, B.C. and Joyce (Mrs. Bryan Landon) of Morewood.

Loving grandmother of eight grandchildren and five great grandchildren.

Dear sister of Cyril Paquette and Georgina (Mrs. David (Carling) Coleman), both of Cornwall, Mrs. Catherine MacDonald of Alexandria and Mrs. Una Coleman of Lancaster.

Predeceased by one grandson, David Samis, four brothers, George, Lawrence, Peter and Dan Paquette and by three sisters, Mrs. Flora St. John, Mrs. Emma Beaudoin and Mrs. Louise Rochon.

The funeral took place on Monday, March 21st, 1994 from the Lahaie and Sullivan Cornwall Funeral Home, West Branch to St. John Bosco Church, Cornwall. Spring interment in St. Andrew's Parish Cemetery. Reverend Laurier Rivet of St. John Bosco Church officiated.

The pallbearers were the Legion Bearers.

Mrs. Samis was formerly employed as a Nursing Assistant at the MacDonell Memorial Hospital.

SHAVER
Sylvia Emma

Passed away at the Cornwall General Hospital on Wednesday, March 16th, 1994. Mrs. Sylvia Emma Shaver, in her 55th year, born in Cornwall, of 110-B Baldwin Avenue, Cornwall.

Dear daughter of Daniel D. Fraser and the late Laura Bouchard. Beloved wife of John Shaver.

Loving mother of Francine Etwell (Albert Quenneville) and Kelly Poitras (Raymond), both of Cornwall, Frank Etwell (Eileen) of Saint John, New Brunswick and Michael Etwell (Debbie) of Mississauga.

Loving grandmother of Roger, Dawn, Jessica, Scott, Ben, Kristina, Frank, Simon, Megan and Adam.

Dear sister of Donald, Carol and Aldea Fraser and Sandra Marsolais, all of Cornwall and Gary Fraser of Vancouver, B.C.

Predeceased by one brother, Allen Fraser and by two sister, Marlene Fraser and Mrs. Dana Crowe.

The funeral took place on Friday, March 18th, 1994 from the Lahaie and Sullivan Cornwall Funeral Home, East Branch to the Memorial Chapel, followed by Cremation.

Mrs. Shaver was formerly employed as a counselor at Maison Baldwin House.

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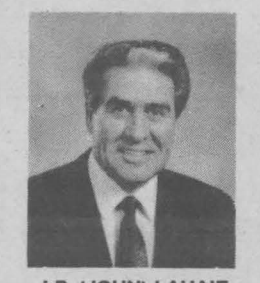
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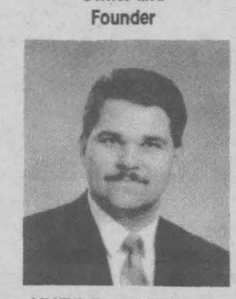
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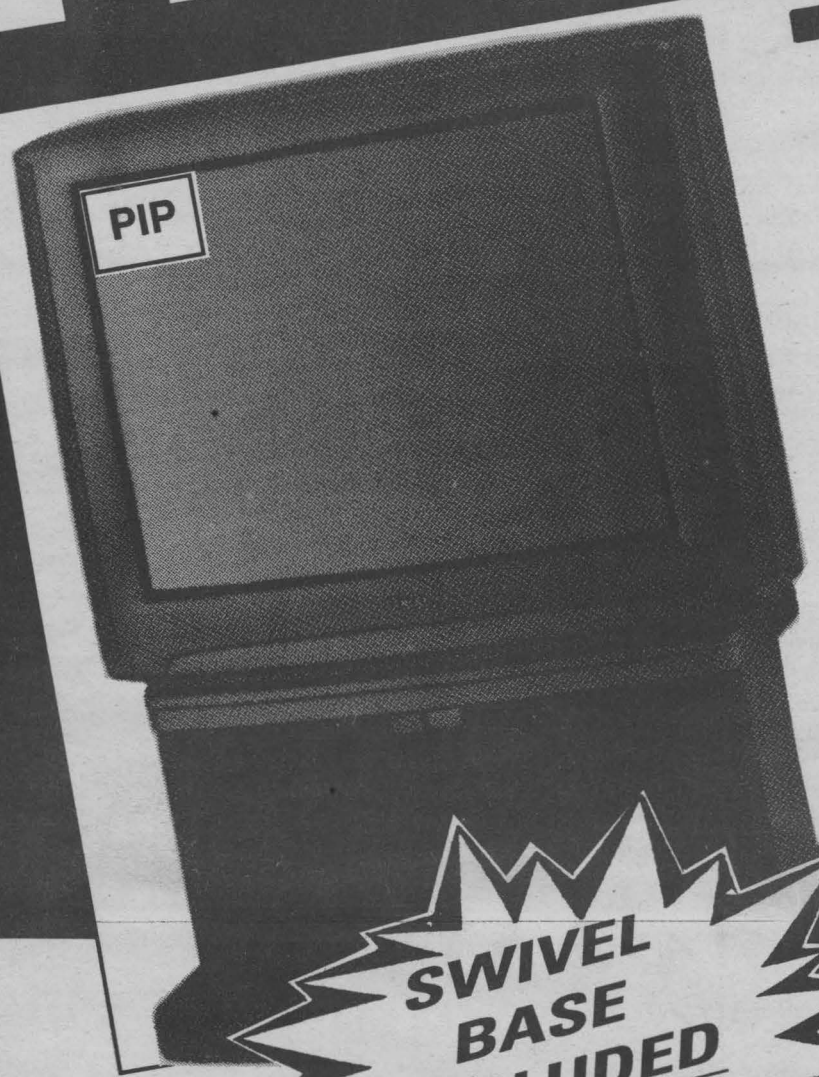

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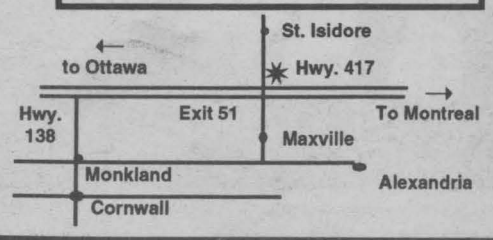

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