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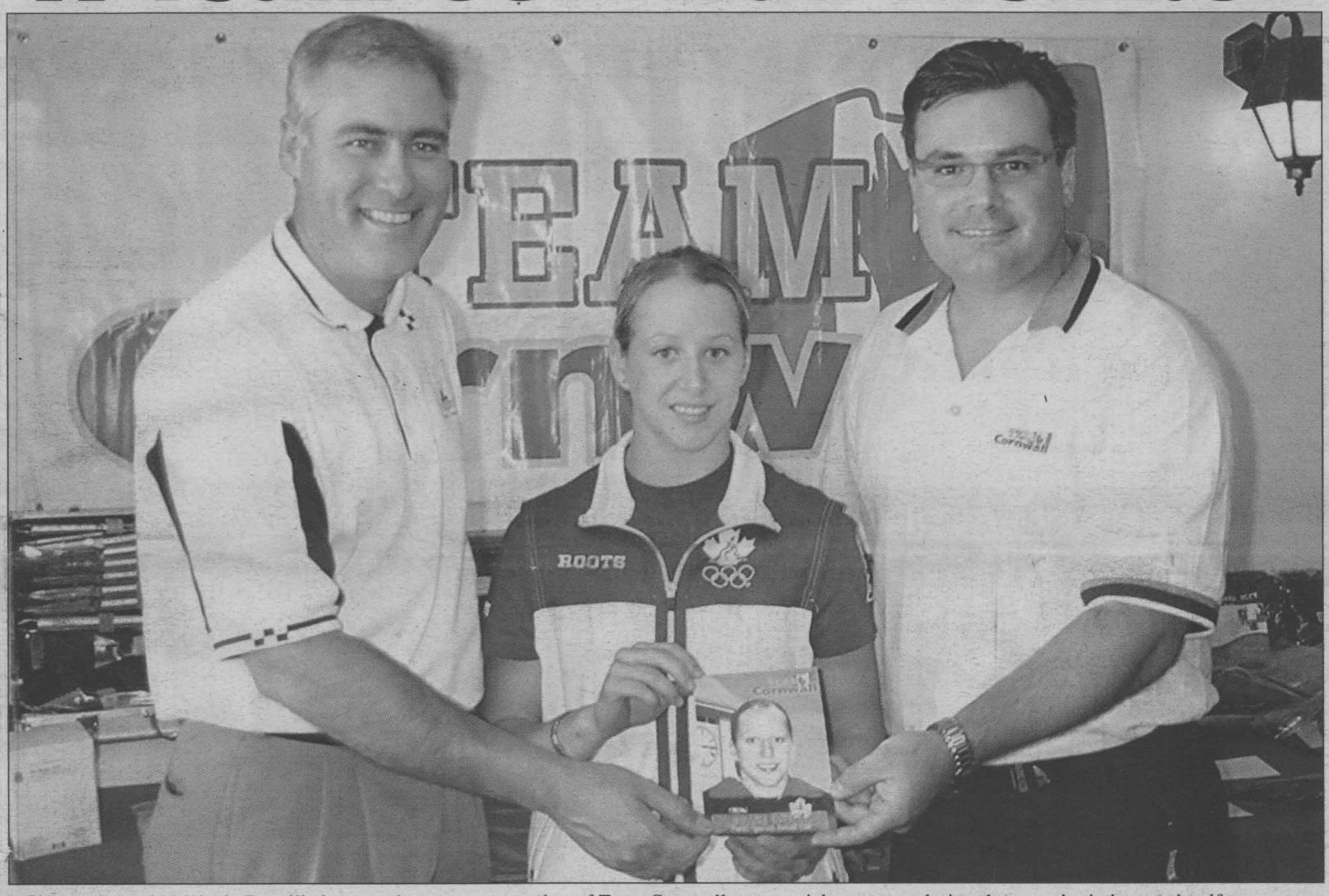
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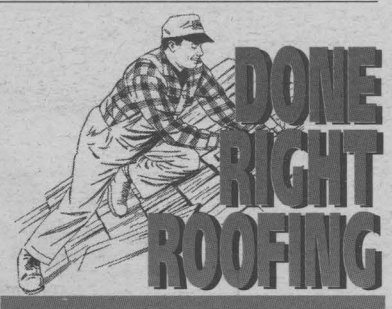
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World Class Gymnast Now A Team Cornwall Member



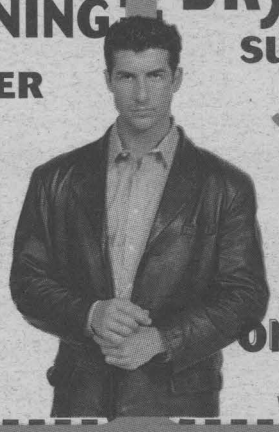
Sixteen-year-old Melanie Banville became the youngest member of Team Cornwall at a special ceremony during the group's sixth annual golf tournament at Summerheights Golf Links, on Wednesday, September 10th, 2003. Currently a member of the Women's Gymnastics National Team, Melanie is preparing for the Olympic Trials to be held next June. Fourteen competitors will be vying for seven spots who will go on to the Summer Olympics next August. Mayor Brian Sylvester (left) and Team Cornwall Chair Gilles Latour (right) present gymnast Melanie Banville (centre) of Cornwall with her special Team Cornwall cards. Photo by John Divinski


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Farm Boy Welcomes New Corporate President

With a confident view toward the future growth of the Farm Boy concept, local retailer Farm Boy Inc. is pleased to announce the company will now be structured with an executive team led by new Farm Boy President Donny Milito. Mr. Milito has been with Farm Boy for seven years, rising through positions of progressively greater responsibility.

The owners, Daniel, Jean-Louis and Normand Bellemare, will continue to play a central role as members of the Farm Boy Board of Directors. This significant restructuring signals a new and exciting chapter in Farm Boy's expansion path.

It Can Be A Jungle Out There

Life can be a jungle, but Reg Marion has a good handle on his animals. Reg began his hobby in 1998 with the help of his father. Since that time he has added 15 different designs that he displays and repaints every year at his father's house.

"The first one I did was an African woman," commented Reg Marion. "The designs are all hand drawn, cut out, and painted by my own design. During the summer I re-apply paint to pass my time."

The 15 designs, which include various apes, a zebra, an elephant, birds, and of course Tarzan, help him deal with his illness. Reg Marion was diagnosed with Schizophrenia in 1990.



Reg Marion stands with a few of his creations.

Photos by Chris McPhee

Courtaulds Reunion



Courtaulds may be long gone but its employees are still living in the area and on Wednesday, August 27th, 2003, about 60 of them got together at Augustino's Ristorante on Second Street West, for a reunion. It was the first time many of them had seen each other in 20 or 30 years. One of the organizers, Elise Arseneault tells Seaway News, they "thought it would be nice," and she, along with co-organizers Elreen Gagnier, Dawn Levac and Gladys Bourdon were thrilled with the turnout.

A Courtaulds millhands and floor ladies reunion on Wednesday, August 27th, 2003, had former workers ranging in age from the mid-50s to the mid-80s reliving old times. Front row (left to right): 82-year-old Lorraine Payette (32 years at the plant) and 81-year-old Dorothy Chisamore (36 years). Back row (left to right): Florence Leger (36 years), Elise Arseneault (15 years), the baby of the group, 55-year-old Jeanne Ranger (five years), and Elreen Gagnier (25 years).

Story & photo by John Divinski

Cornwall Electric Gives $10,000 To River Institute

Cornwall Electric, a FortisOntario Company, recently announced a $10,000 donation to the St. Lawrence River Institute of Environmental Sciences Building Fund. On Thursday, September 11th, 2003, Mike Pescod, Regional Manager of the River Institute presented the $10,000 cheque to Mayor Brian Sylvester, Honourary Chair of the campaign.

Mayor Sylvester applauded Cornwall Electric's commitment. "We're proud of the local and international reputation the River Institute has gained through its research. The support will allow us to complete the new facility and refine our research capabilities even more. As a progressive electrical utility we value Cornwall Electric's dedication to the community."

The funds have been given in support of the River Institute's $1.2 million research centre to be built at the Cornwall Campus of St. Lawrence College. Construction completion is slated for November 2003.

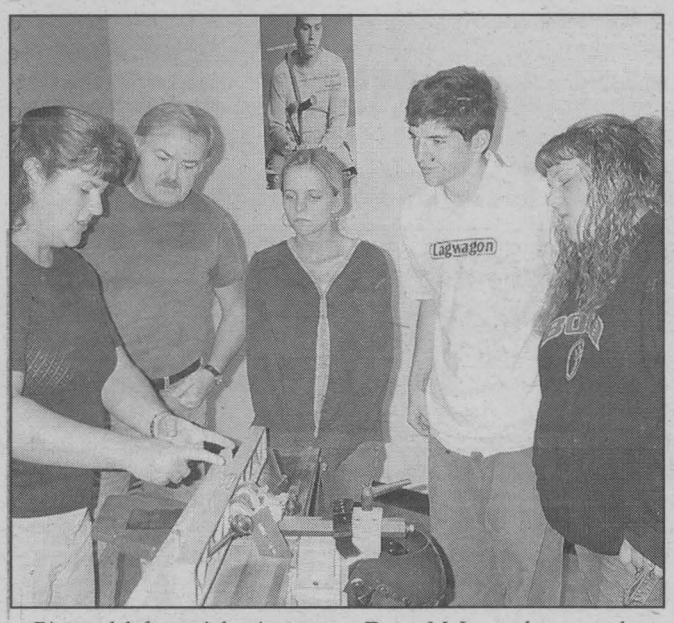
The St. Lawrence River Institute of Environmental Sciences, located in Cornwall, Ontario was established in 1994 as a unique community partnership involving government, education, the private sector, and the Mohawk Council of Akwesasne. Its mandate is environmental research and education on Large River Systems with a focus on the Great Lakes, St. Lawrence River ecosystem.

Cornwall Electric is committed to environmental excellence and is a distributor of 100 percent green power.

LOCAL

Construction And Renovation Program Classes Underway

A building construction and renovation program created by St. Matthew Catholic Learning Centre through the Ontario Youth Apprenticeship Program initiative to promote skilled trades and to meet the needs being expressed by local employers is underway at Lincien College. Classes began Monday, September 8th, 2003 with 18 students signed up. Linda Lalonde of Lincien College says there is still room for a few more students who will get in-class instruction at St. Matthew Catholic Learning Centre and hands-on instruction at Lincien College. The course runs until Friday, January 30th, 2004, followed by several weeks of co-op placements, which could lead to full time jobs, according to those who have developed the program. The program is open to both male and female applicants, 16 years of age or older. The goal is to have students "work ready" even for co-ops and to provide the environment for students to land a good paying job that will keep them in the Cornwall region.



Pictured left to right: instructor Dana McLean shows students Jim Williamson, Tania Lague, Chris Quesnel, and Natalie Richmire the finer points of a jointer. The students will receive hands-on experience on this tool and others as they prepare for a career in the building and renovation field.

Story & photo by John Divinski

Treatment Centre Receives G.I.F.T.



Simon and Sherrol Chretien presented Pierre Guindon (Chair of the board for the Children's Treatment Centre) a cheque for $3,000 on Friday, September 12th, 2003. The money is part of the funds received from the coupons which were redeemed at Simon and Sherrol's No Frills last February during the "Coupons for Kids" Program which runs in over 1,700 Ontario grocery stores each year. The program is sponsored by the Grocery Industry Foundation Together (GIFT) and gives the funds from the coupon redemption to various charities at the request of the individual store owners. This is the third consecutive year the Children's Treatment Centre receives this donation from GIFT.

Photo by Chris McPhee

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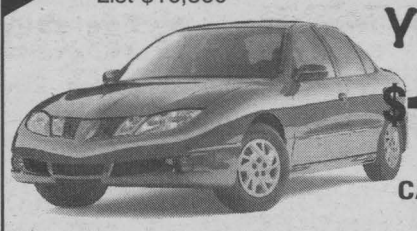
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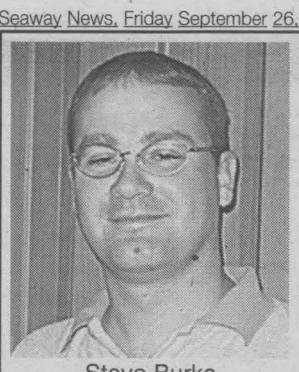

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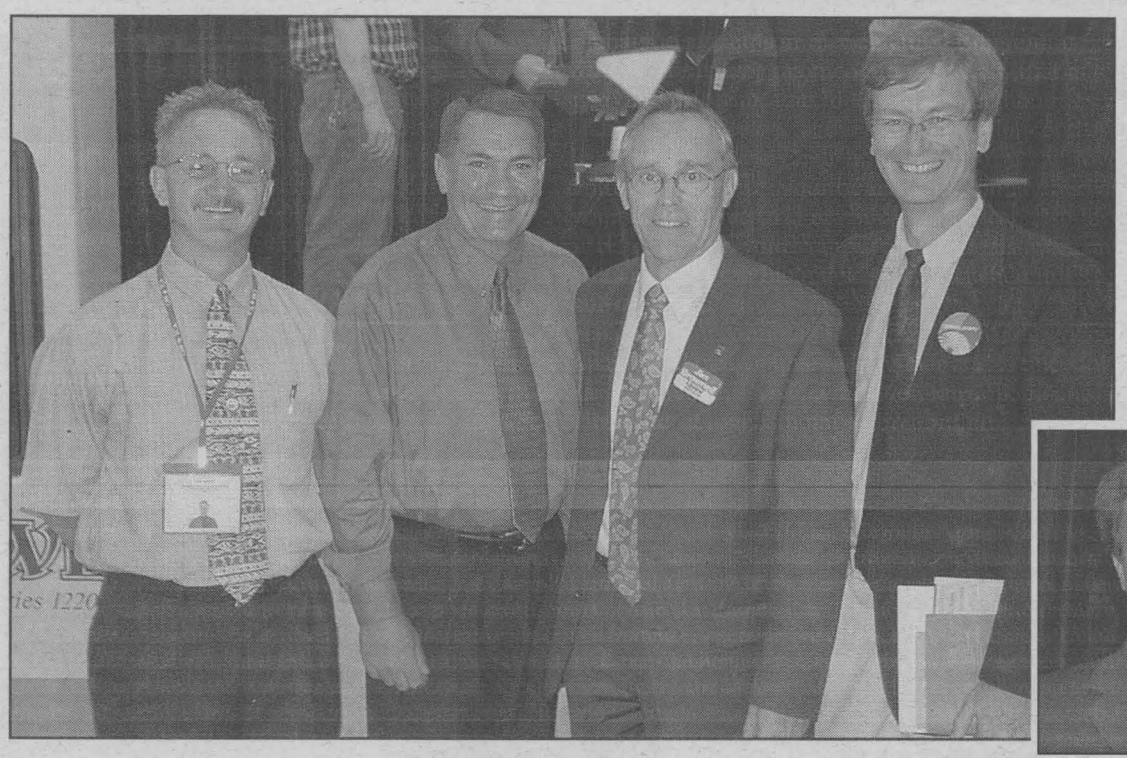
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Candidates Debate The Issues

The candidates running for the provincial election gathered at École secondaire l'Heritage on Sunday, September 21st, 2003 to voice their views on certain topics of interest to the general public. The five candidates are (left to right): Gary Besner, Independent; Todd Lalonde, PC; Jim Brownell, Liberals; and Tom Manley, the Green Party. Also running is Matt Sumegi, NDP (inset).

Photo by Chris McPhee

Kerry Adams Announces Candidacy

Kerry Adams filed his nomination papers with the clerk of North Stormont and in doing so has declared his intent to run in the upcoming municipal election as a councillor.

As a member of council Adams says he would like to see an emphasis put on several items including: increasing the tax base by attracting new housing developments; maintain and improve the current level of municipal services being provided; assist the recreation groups within the Township achieve even greater success. He would also like to work closely with the farming community to ensure that they have a high level of support from the Township so that their operations can remain viable.

Adams works as a financial planner with Cartier Partners Financial Group and feels that his experience in the financial services industry will enable him to be very effective when dealing with the financial matters of the Township.



Kerry Adams

Adams has volunteered his time to many organizations. He is a Past-President of the local Kinsmen Club as well as the Kinsmen Foundation. He is also the Past-President of the Canadian Association of Insurance and Financial Advisors. He is the current Treasurer of the Avonmore Recreation Association and also a volunteer Fireman with the Avonmore Fire Department.

Adams has been a resident of the village of Avonmore for the last five years and is married to Katherine Adams. They have one daughter Ellie.

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† 0% Purchase Financing/48 months is available on new 2003 Mazda vehicles except MAZDASPEED Protegé. Finance examples: for $10,000 at 0% Purchase Financing the monthly payment is $208.33 for 48 months, C.O.B. is $0 for a total of $10,000. 2.9% Purchase Financing/36 months is available on the 2004 Mazda6. Finance example: for $10,000 at 2.9% Purchase Financing the monthly payment is $290.37 for 36 months, C.O.B. is $453.32 for a total of $10,453.32. Other finance rates available. ** Offers cannot be combined. Negotiated price may exceed cash purchase price offer if advertised finance offer is selected, and may result in a higher effective interest rate. †† No payments for 90 days applies to Purchase Finance offers on all new Mazda vehicles excluding 2004 RX-8. No interest charges will apply during the first 60 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. ††† No payments for 6 months only applies to Purchase Finance offers on new 2003 MX-5 Miata (in lieu of No Payments for 90 days offer) and 2003/2003.5 MAZDASPEED Protegé. No interest charges will apply during the first 150 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. ◊ $0 security deposit on the 2004 Mazda6 only applies to the 2004 Mazda6 GS-I4. Lease payment includes freight and P.D.E. Purchase price and MSRP offers exclude freight and P.D.E. of $925 for cars and $1,125 for trucks. Total lease obligation for the 2003 Protegé5 (D5T553AK00) is $13,547 including down payment of $3,995. Total lease obligation for the 2003 MX-5 Miata (LZ805360B00) is $17,737 including down payment of $3,995 and a security deposit of $350. Total lease obligation for the 2003 MPV DX (UA0273K000) is $16,947 including down payment of $4,995. Total lease obligation for the G4LD54AA00 and G4LD84AA00 models. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies. 25,000 km leases also available. License, insurance, registration, taxes and other dealer charges extra. Dealer may sell/lease for less. Dealer order may be necessary. Offers available from September 12, 2003 for a limited time only. Lease and Finance O.A.C. for qualified customers only. See your dealer for details. ♦ Mazda Protegé LX – Car and Driver Nov. 2002 ♦♦ June 2002 – Car and Driver ♦♦♦ 1990-2002 ▲ Tests conducted on 2003 Mazda MPV. Highest rating possible for front driver, passenger, side and rear impact protection by the U.S. NHTSA. ▲▲ Tests conducted in the U.S. on the 2003 Mazda6. Highest rating possible for driver and passenger frontal impact protection by the U.S. NHTSA.

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Friendly Seaway faces



Stephanie Laverdure

Tim Hortons

The beaming smile on this week's friendly Seaway face belongs to Stephanie Laverdure. She is an employee at Tim Hortons Restaurant, Montreal Road location. Stephanie is originally from Pembroke, Ontario and has been working for Tim Hortons for the past year and a half after moving here with her fiancé Joël.

"I like the people I am working with," stated Stephanie. "I have always been a people person and I get to meet some really great people working here. Not to mention that the company is good to work for as well."

Story and photo by Chris McPhee

And The Winner Is...

Many people will be winners in the Avonmore area thanks to the funds raised by Morningside Place residents and Scotiabank (Avonmore). The first prize award winning quilt was raffled off and Audrey Nephew of Finch was the winner. The proceeds ($4,470) of the raffle will fund the Seniors' Wellness Clinic, which will be held at Morningside Place, Avonmore every other month, beginning Tuesday, October 28th, 2003. A registered nurse from VON will provide health related services.



Pictured (left to right) are quilters from Morningside Place: Beth McIntyre, Hazel Cameron, Grace Hill and Irene McIntyre with prize winner Audrey Nephew.

Photo submitted by Lauraine MacDonell

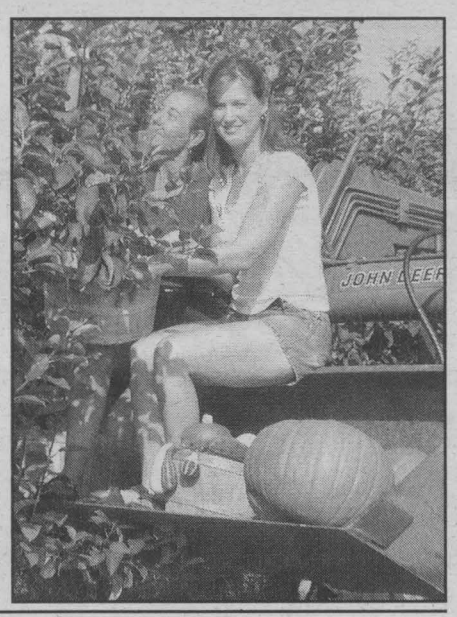
Delicious Foods Highlight Fall Show

There's much to see and do at the Chamber's Fall Home Show. The thousands of visitors who look forward to the popular event get all sorts of terrific ideas for home decorating, accessorizing, and upgrading. They also like the fact that their lawns and gardens are not forgotten as a number of exhibitors display attractive and innovative ways to enhance the outside appearance of the family home.

But, there's another highlight to the Show and it's been getting rave reviews. It's the Harvest component and it adds a tasty addition to the entire three-day event. Farm produce, local canners, restaurants and other food purveyors have combined to provide a cornucopia of delicious local fare for Show visitors.

While taking a break from the home improvement section of the Fall Show, visitors can sample a broad variety of locally grown or produced goods. It could be fresh crunchy apples, delectable preserves or, a delicious nibble from an area restaurant.

The Chamber Fall Home and Harvest Show has continued to grow and diversify with the changing needs of Cornwall and area consumers. It's this focus on the community that has kept the Fall Show high on the public's popularity charts. The 2003 edition, which begins Friday, October 3rd, 2003 at the Civic Complex, will continue that focus.



Women's Work

An exhibition of art and photography taking place from Tuesday, September 16th, 2003 to Friday, October 24th, 2003.

Living in an era of feminism and blurred responsibilities, six women artists have mounted an exhibition depicting their view of what is women's work. The artists, Maggie Dean, acrylics; Wendy Tillett, acrylics; Jacqueline Milner, photography; Tracy-Lynn Chisholm, acrylics/folk artist; Heidi Eder, acrylics/pencil drawings and Lorna Foreman, mixed media, range from young mothers to a senior citizen...all have a different view of just what is women's work.

This interesting exhibition has serious work, yet reflects the sense of humour that is needed to survive today as a woman in an ever-changing world.

The exhibition is at the Cornwall Regional Art Gallery, 168 Pitt Street, Cornwall. The show runs until Friday, October 24th, 2003. The exhibition is part of the 13th Annual Apples and Art Studio and Heritage Tour. For more information call (613) 938-7387.

Crime Stoppers

Seaway Valley Crime Stoppers needs your help in conserving waterfowl populations in the Counties of Stormont, Dundas and Glengarry. Poaching by unethical hunters can seriously deplete this resource. These illegal activities include shooting birds over bait or at night, taking more than the legal number of birds, and offering meat for sale.

If you have any information on this crime or any other crime, call Crime Stoppers and if your information leads to an arrest you will be entitled to a cash reward up to $1,000.

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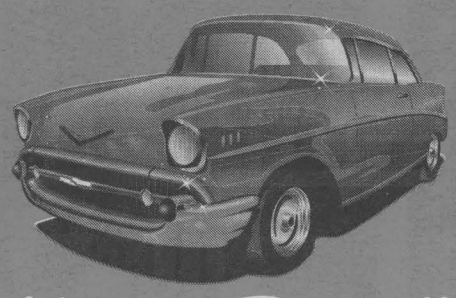
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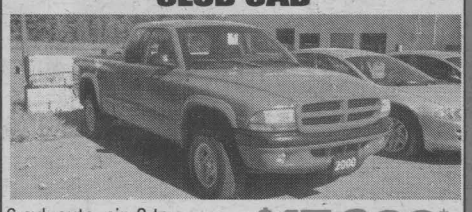
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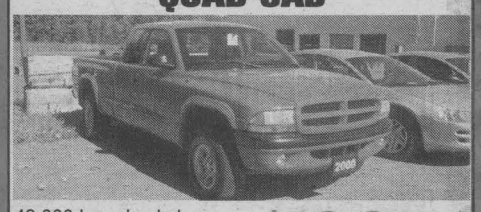
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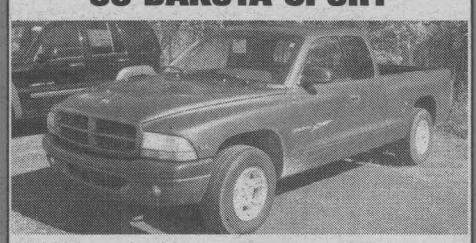
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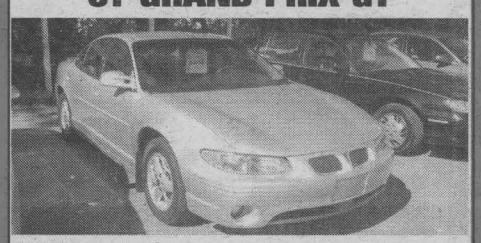
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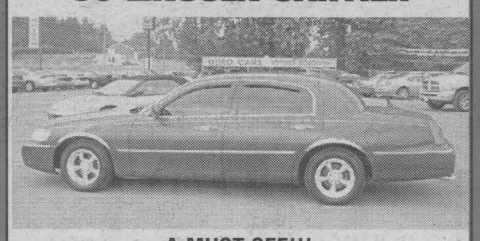
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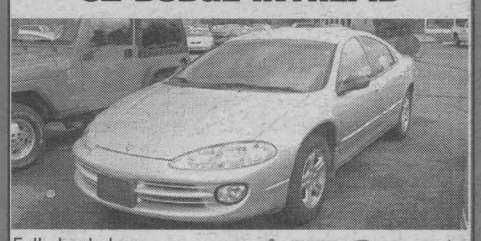
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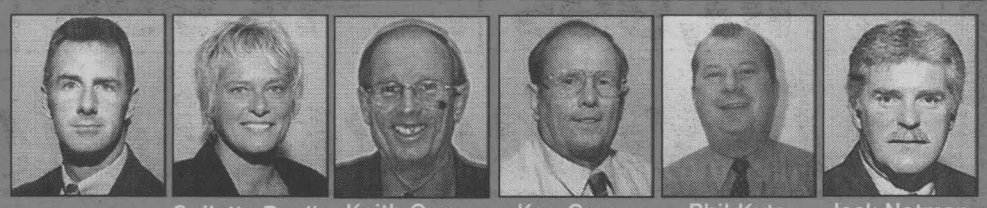
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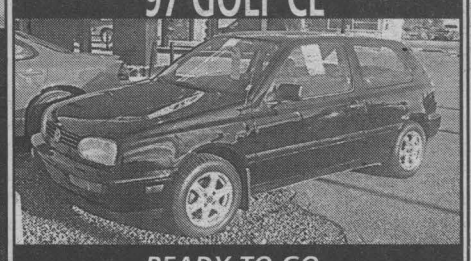
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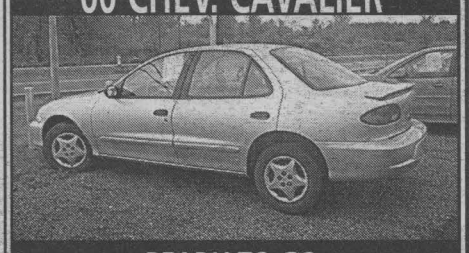


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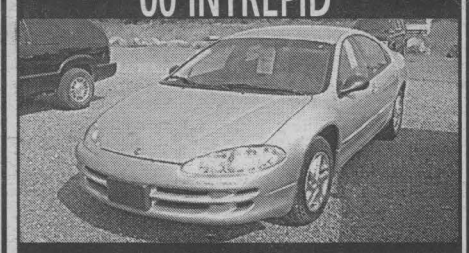


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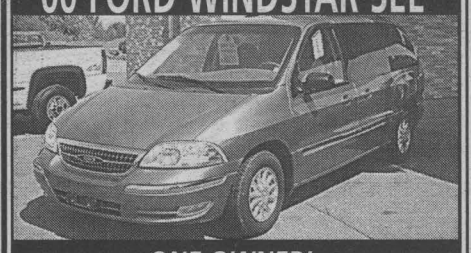


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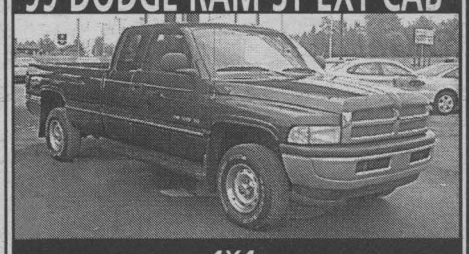


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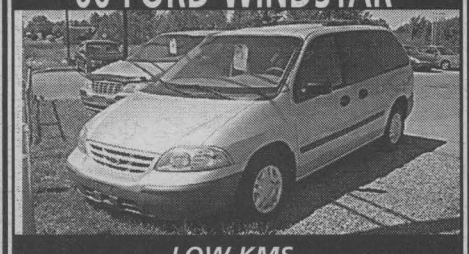


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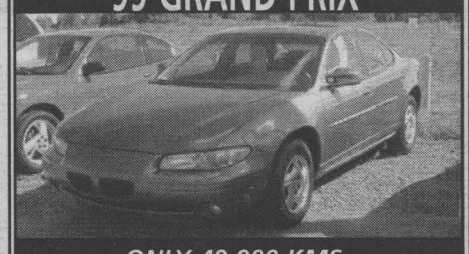


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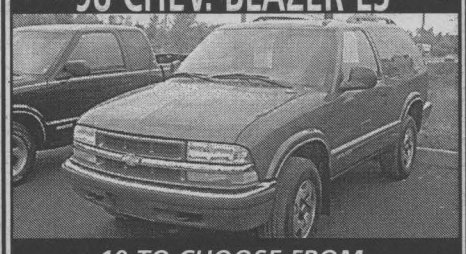


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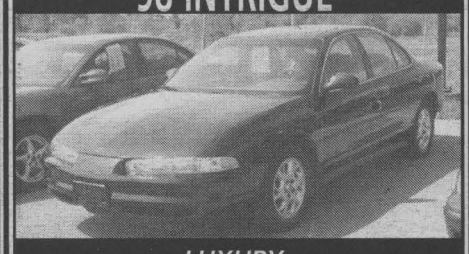


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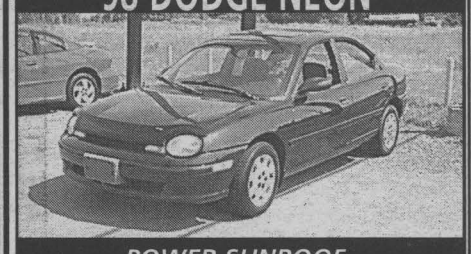


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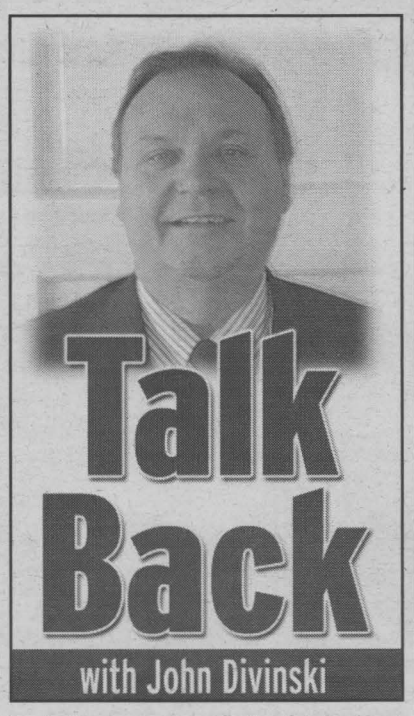
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Waa...Waa...Waa!



At the city council meeting on Monday, September 8th, 2003, city council approved wage hikes for councillors (possibly themselves, but we'll know better on Monday, November 10th, 2003) and for the mayor, whoever that might be, for the next three years, totaling 10 percent. It means, in 2006, the mayor will take home $44,500 a year while councillors pocket $13,420. If these elected people do their jobs, then they will deserve the cash they make. It takes a huge commitment to be on call 24/7 for three years, and do all the behind-the-scenes committee work, leg work, studying, reading and finally the city council meetings themselves.

Let me be clear here. I'm not saying all of our present councillors deserve this kind of money but the electorate has the final say on that. There are some out there that think these people shouldn't get any raise at all. Well, maybe we shouldn't pay them at all. Let's make these elected positions entirely volunteer and see how many names we find on the ballot and the quality of the people we find on the ballot. I'm not suggesting that you enter politics at the municipal level for the money, but some compensation for the hundreds and hundreds of hours a year put in, is not asking a lot.

If we want the best possible candidates representing us around the council table, then we have to attract the right people. A fair stipend is part of the deal. The problem on Monday, September 8th, 2003 was, councillors Deebank, Rivette and Gardiner went overboard in trying to justify the issue. Guys, a citizen's panel brought back a report recommending the raises, indicating that the increases would keep Cornwall's politicians in the middle of the pay scale compared to other centres of similar size in Ontario. Thank the panel, point out that the raises take effect for the next council after the local elections, reiterate that it's always uncomfortable to vote on things like this but then, do your duty and vote on it and finally, move on. No, it's election time and most everyone had to have something to say about it. Some, with tearful stories, Waa, Waa, Waa! One of the most basic selling philosophies I've been taught, is not to oversell. The "sale" on this issue was made when the panel came back with its recommendation. The "oversell" mistake came primarily from Councillors Don Deebank, Syd Gardiner and Andre Rivette who looked crushed that anyone would think they didn't deserve the raise and therefore, in the process of overselling, they started to look like people who are trying to convince themselves, rather than anyone who would listen, that they deserved the extra cash.

I can tell you, the people I've talked to don't begrudge the increase. Some people argue that the mayor and city council shouldn't vote themselves a pay raise. All right, who then? You and I in a referendum? That could cost more than paying the increase the elected officials are going to get for the next three years.

Another argument is that raises shouldn't be given when there are lots of people out there that are just barely getting by. I think I'm one of them just getting by, but shelving a 10 percent increase won't solve anything. My goodness, we could cut the salaries of all them to zero and you know what? There would be lots of people out there that are just barely getting by.

Councillor Perry Lalonde says what with people complaining about taxes, assessment and so on, he couldn't, in good conscience, vote for the raise. I hope the councillor is prepared to never get a raise then because taxes, water rates and all those other ugly things we complain about are never going to go away. Anyone who thinks they will, is living in Fantasyland.

For those around the council table that don't agree with the raise, there are plenty of ways to channel the extra cash to well-deserving programs and organizations which I assume Councillors Lalonde will do and Kennedy will continue to do.

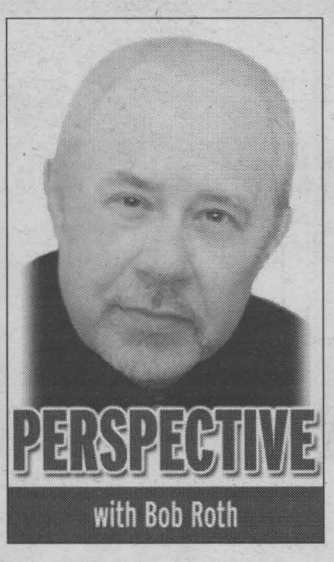
For those of the electorate that think the increase is an outrage, then make your vote count on Monday, November 10th, 2003. However, I believe the increase was handled correctly, and that the increase is fair compensation for the job at hand. It's not greedy. It's not their idea. And it's not for this term of office but for the next term.

Thanks to the citizen's panel who took an unpleasant task, researched it, studied it and then had the intestinal fortitude to come forward with a progressive and fair recommendation. To the whining taxpayers out there, get over it! It's the cost of doing good business for the next three years. Too bad we can't monitor how many of the complainers will get off their duffs, Monday, November 10th, 2003 to vote.

I'm John Divinski.



On Bible Thumpers and Homosexuality



First of all, I would like to thank the people who have been writing thoughtful pieces on the question of homosexuality.

I do want to issue another challenge now - one to the "bible thumpers." Over and over again I hear people say that the Bible, "God's word," makes it clear that marriage should be between a man and a woman. Therefore, case closed. But, my question is: why can all of the others laws and decrees in the Bible be so readily ignored? Why are Christians only concerned about Biblical commentary on homosexuality? More to the point, I have yet to see anyone specifically quote scripture to back up their position, so let me start the debate. Here are some more instructions that come directly from God.

Did you know, for example, that it is quite appropriate for a soldier to take a woman in war and force her to be his wife? If not, read Deuteronomy 21: 10:11. I quote: "When you go to war against your enemies and the Lord Your God delivers them into your hands and you take captives, if you notice among the captives a beautiful woman and are attracted to her, you many take her as your wife."

And what happens if after "taking her," you decide she is not to your fancy. No problem. According to verse 13, you just send her on her merry way. I quote: "If you are not pleased with her, let her go wherever she wishes."

Why don't we let our soldiers do this. The Bible says so!

The Bible also tells us that we should kill our children if they are no-account drunkards. Deuteronomy 22: 18-21. I quote: "If a man has a stubborn and rebellious son, who does not obey his father and mother and will not listen to them when they discipline him, his father and mother shall take hold of him and bring him to the elders at the gate of his town. They shall say to the elders, 'This son of ours is stubborn and rebellious. He will not obey us. He is a profligate and a drunkard.' Then all the men of his town shall stone him to death."

(Great stuff. Think about all the addiction counselling fees we could save if we just did what the Bible told us.)

And, oh yes, all you women out there. Keep your big mouths shut in church. Let your husbands do all the talking. Listen to Paul in 1 Corinthians 14: 34-35. I quote: "Women should remain silent in the churches. They are not allowed to speak but must be in submission as the law says. If they want to inquire about something they should ask their own husbands at home; for it is disgraceful for a woman to speak in church."

Disgraceful! Indeed, it is! Women, shut-up and be submissive. Church leadership is man's work. (It seems that the Catholic Church, which forbids women access to the highest church offices, is one of the few denominations that actually takes this passage seriously.)

I can quote dozens of more chapters and verse to prove that "the Bible" demands a host of things that we no longer believe to be appropriate. Why are all of these other rules and regulations ignored? Can we pick and choose which of God's laws to obey? Why does homosexuality get centred out for such special treatment? If other "laws" are outdated, why not disregard the "laws" on homosexual marriage as well?

Maybe one of "the-Bible-tells-me-so" people out there could explain this contradiction for me. Perhaps one of the ministers out there who have no trouble preaching from the safety of a pulpit would like to enter a real debate for a change. (Or maybe they're all too busy taking their drunken kids down to the elders for a good stoning?)

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

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Whose Platform Will Fight Crime? The Good News: All Three Parties Vow To Bolster The Rights Of Victims



After a careful reading of the three Ontario parties' platforms on crime, I'd have to sum them up this way:

The Tories want to be seen as the "law and order" party, the Liberals want it every which way, and the NDP thinks the greatest crime facing the province is privatization.

That's a gross generalization, of course, but so is the prevailing leftie wisdom that crime rates are lower than ever and any public fear of crime is media-driven. Try telling that to a resident of one of the Toronto neighbourhoods torn by gun murders in the past two years, or a youth crime victim.

But crime rates notwithstanding, all three parties are promising to hire more cops. The differences are just a matter of degree. Both the Tories and Liberals, for instance, promise 1,000 more officers over several years. The NDP, characteristically, says "more police officers need to be hired to stop ... (wait for it) ... the spread of private policing." Silly me, I thought we needed more cops to stop crime.

But that's the New Democrats for you. They'd reduce crime by building housing, raising welfare rates and establishing $10-a-day daycare (?!?). They'll "increase security" in our jails and young offender facilities by, you guessed it, "scrapping privatization." (Like no one ever escaped from a publicly run jail?)

The Tories, of course, have long recognized the biggest problems with our justice system lie in Ottawa. But they've pledged to do what they can. They won't enforce the feds' silly gun registry, for instance, but will insist instead that Ontario prosecutors seek the toughest sentences possible for gun crimes, and will set up special courts to prosecute them. They also demand Ottawa establish a mandatory 10-year prison term consecutive to any other sentence for the use of a firearm in a crime.

Will the feds listen? I doubt it. And for what it's worth, I could find no mention of guns at all in the Ontario Grit platform.

On young offenders, tellingly, the Liberal platform contains a mistake that indicates even they don't understand the cumbersome new Youth Criminal Justice Act (YCJA) brought in by their federal cousins.

"We will exercise Ontario's right to transfer dangerous young offenders to adult court ..." it says - although such transfers no longer exist under the YJCA. Instead, all youths are dealt with in the same court, but a judge decides whether they face a youth sentence or "adult" sentence. Perhaps the Grits mean they'll seek more adult sentences, who knows?

The Tories point out that the YCJA is "even worse" than the Young Offenders Act which it replaced. Having written those very same words myself umpteen times in recent years, I'm obliged to agree. They also note that some 100 amendments they proposed to toughen the YCJA were ignored by Liberals at both levels.

The Tories also propose a new fugitive squad - as the NDP points out, to enforce the 10,000 warrants now outstanding across the province. And 16 years after Paul Bernardo first went undetected as the Scarborough Rapist, the Tories finally promise to have a province-wide information sharing system for police forces - within five years.

On the brighter side, all three parties are vowing to bolster the rights of crime victims. This, too, is a matter of degree. The NDP devotes one sentence to victims: "At the same time, we need to reduce the waiting time for compensation to victims of crime." The Liberals, one paragraph, promising to "pass strong victims' rights legislation" and to give victims time off work to attend court when necessary.

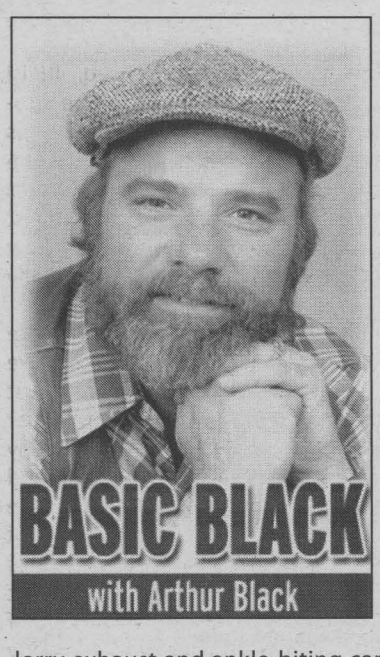
The Tories also promise to do better by victims than they have in the past eight years, by strengthening their already laudable victims' bill of rights, giving victims an "absolute right" to appear at parole hearings and to be informed of plea bargains affecting them before they happen. They, too, would speed up the criminally slow compensation process - which Premier Ernie Eves was grilled about on Tuesday.

Here's hoping whoever forms the government makes this promise a priority. I'd like think that whoever takes Queen's Park, crime victims will be the winners, for a change.

++++++++++

Speaking of crime victims, a new era begins this week with the launch of the new Canadian Crime Victims Foundation, spearheaded by the family of young Jonathan Wamback, who survived a near-fatal swarming in 1999. The group's first fundraising gala took place Friday, September 19th, 2003 and featured a who's who of people who truly care about crimefighting.

Cross-Country Hiking: The Naked Truth



Well, the summer of 2003 is history and so are the adventures we all had during it. So how did you spend your summer vacation? At the beach? In the hammock? Touring cathedrals? Fighting forest fires? It's always handy to have a nifty comeback to the what-did-you-do-on-your-holidays query and I reckon Steve Gough has one of the niftiest comebacks of all. Steve can tell his pals around the water cooler that he spent his entire summer...hiking.

From Land's End in the south of England all the way to John O'Groats, high on the flinty forehead of Scotland.

Impressive enough, as odysseys go - we're talking nearly 1,500 kilometres of hills and dales, not to mention lorry exhaust and ankle-biting canines - but Steve gave himself one extra handicap.

He made the trek au naturel.

Many Britons out for a drive were undoubtedly nonplussed to see a figure doggedly trudging along the English wayside toting a heavy backpack and dressed in a floppy army fatigue hat, good heavy work socks, sensible hiking boots...and nothing else.

But being British, they mostly averted their eyes, stiffened their upper lips and drove on by.

Not that Steve was always naked during his trek. He did don a pair of shorts when it came time to knock on doors and ask for permission to recharge his cell phone.

Ah, it's a splendid saga and I'm pleased to report that there's even a Canadian connection. Although born in Britain, Steve did his basic training in Vancouver. A trip to that city's famous Clothing-Not-An-Option Wreck Beach got him interested in nudity as a lifestyle. Pretty soon he was lounging starkers around the house with his girlfriend and their two children. Then he got up the nerve to hang around in the backyard nude. And finally, his big breakthrough: "I went to Blockbuster to return a video," he recalls with a grin.

It was only a matter of time before Steve Gough, Occasional Nudist became Steve Gough, Bareass with a Mission.

"I wanted to raise awareness about the paranoia we have about our bodies," he told a reporter. "Man plus naked equals pedophile or pervert or both. I hoped I might widen those conclusions. "I wanted people to become conscious that we are ashamed of our bodies."

So, naturally, he decided to stroll the length of Great Britain...naturally.

Not that it's been a total walk in the park. Ten times over the summer the coppers threw Steve in the back of a cruiser and toted him off to jail. And two blokes in Lancashire took violent exception to Steve's skinny safari and put the boots to him. "You can't do that," one of them growled, "in front of kids no less."

"They pushed me down and kicked me in the face," Steve recalls. "There was blood everywhere."

But Steve's a stubborn guy, as nudists go. He just picked himself up, dusted himself off and kept walking due north.

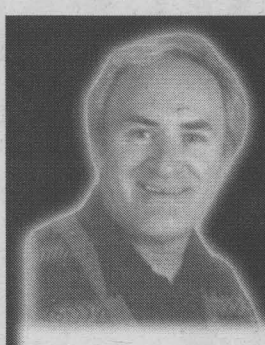
Call me perverse, but I find it kind of inspiring that a body could walk from one end of a country to the other without a stitch of clothes on. Not that he'd never try it in Canada.

It's a lot farther from one end of the country to the other, for one thing. I suspect our Mounties would be a little less forgiving...and then there's the wildlife.

Can you imagine walking east to west through Canada in early summer?

Whatever the Northwestern Ontario blackflies left would be carried off by the mosquitoes of Winnipeg.

Not that I want to discourage Steve Gough. Far from it. I like to think that Steve could expand his nudist horizons from naked trekking to...I don't know. Nude golfing perhaps? Nude curling? How about nude music? Sure! That's the ticket! Steve Gough should take up a musical instrument! Although I'm betting it won't be the accordion.



with Yvan Brunet

CANADIAN CFL PLAYERS

Match the names of the Canadian CFL players with the names of the CFL teams they played for. Write your choice of letters A-F inside [ ].

1. [ ] Terry Evanshen (Montréal, Québec)
2. [ ] Normie Kwong (Calgary, Alberta)
3. [ ] Russ Jackson (Hamilton, Ontario)
4. [ ] Frank Clair (Ohio moved/Toronto)
5. [ ] Hal Patterson (Kan moved/Montréal)
6. [ ] Lionel Conacher (Toronto, Ontario)

CANADIAN FOOTBALL TEAMS

A. Edmonton Eskimos/Calgary Stampeders running back, 1950-1964: Schenley Award.
B. Montréal Alouettes/Hamilton Tiger Cats pass receiver, 1954-1968: 460 receptions and 64 TDs.
C. Toronto Argonauts/Ottawa Rough Riders coach, 1950-1969: 5 Grey Cup Championships.
D. Montréal Alouettes/Calgary Stampeders pass receiver, 1965-1979: 80 touchdowns.
E. Toronto Argonauts running back/pass receiver in the 1920s (known as Big Train).
F. Ottawa Rough Riders quarterback, 1958-1970: 1,341 completed passes and 55 touchdowns.

CDN-13

ANSWERS: 1(D) • 2(A) • 3 (F) • 4(C) • 5(B) • 6(E)
Score on 6: [ ]

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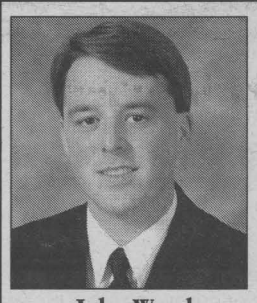
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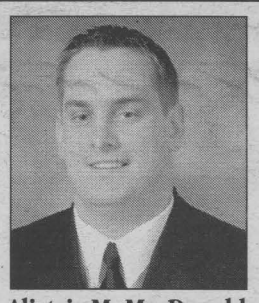
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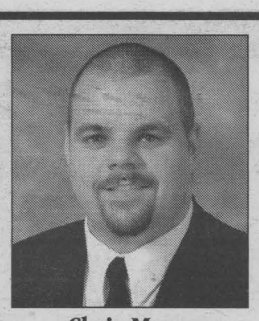
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letters TO THE editor

Bad Decisions?

Dear Editor,

Go figure, some city councillors say the school board made a bad decision to build a new school in the industrial park's east end because of traffic and pollution. Sorry, but go check out GVIS and St. Joe's for traffic at 3:20 p.m. any day except Saturday or Sunday.

And on another decision from some of our city councillors, it's a good idea to build the Aquatic Centre - $14 million - speak up now or forever hold your piece. Piece of property that is, because you'll be taxed on it to the hilt to keep it open. The Aquatic Centre, our baby white elephant. Mother at birth - the Civic Complex.

Roger Lascelle, Cornwall

Canada, The Most Tolerant Society

Dear Editor,

Tolerance: to allow others to believe or act as they judge best. The ability, either naturally or developed, to absorb drugs, or change, without suffering harmful effects.

Canadians, while increasingly multicultural, are still largely Catholic or Christian, but really increasingly agnostic, even atheist. Canadians presently are failing to protect the foundation of our society - the sanctity of marriage.

Wimpy feds vacation while laws on marijuana and marriage float in limbo. Our PM plans his grand farewell tour but shirks his responsibility to security by avoiding the U.S. and to health matters like Mad Cow by avoiding Japan. Meanwhile, the citizens continue to tolerate what should be intolerable.

Of Dutch descent, I know no country loves Canada more than the Netherlands. They love the Canada past, who saved them from the Nazis. Others admire Canada past for its peacekeeping, the brainchild of Nobel Peace Prize-winning former and 14th PM Lester B. Pearson.

But what of Canada present (including the past 10 years)? Have we gone too far too fast?

We have lost the respect of our closest ally, and fail to realize our credibility wanes elsewhere in the world, too, as nations contemplate what sort of madness has fallen on us.

Friends, there are harmful effects to our present behaviours, and Canada future will pay the price.

Even victims of crimes in this country tend to roll over without a fight. We are less likely to fight for our rights, to sue or hire a lawyer than, say, an American. We think "poor poor pitiful me," and then suck it up and swallow our pride.

I liken Canada to a rudderless boat, drifting at sea, ready to tolerate whatever fate may befall it.

Raven P. Van Leishout, Cornwall

How Will Candidates Address Concerns Of The Poor And Disadvantaged?

Dear Editor,

With the provincial elections coming up quickly, I keep waiting to hear the views of local candidates on how their party will address the concerns of the poor and the disadvantaged.

As someone who works at the Agapè Centre every day, I know that there are major problems facing low income people. Since July 2003, the number of people who need help from our food bank has been climbing. We provided 700 adults and children with free groceries last month! In addition, we serve a hot meal to 85 people every day! Unfortunately, all indications are present that these increases are going to continue for quite some time.

One third, or 33 percent of the people we help in our food bank are actually working! This means that many people in this community are working full time hours just to keep their families in poverty (the working poor). It's tough for me to believe that poverty isn't a major issue in this community/province when a person can work so very hard and still not have the means to provide food, clothing and shelter for their families.

Fuel costs, utility costs, high rents, low wages, lack of benefits…these are just some of the issues that concern many low income earners. When a person only makes $7 or $8 an hour and they have two or three children to provide for, a change in the price of fuel can sometimes mean the difference between feeding their children. A few years ago, it used to cost about $25 to fill an average size car with gas, last week it was $43!

It seems that the working poor are the segment of the population that keep getting squeezed the most. Their expenses keep increasing much higher than their wages. Most low income earners do not receive benefits. I have heard every single candidate say that medical care and education are the top issues in this election. I haven't heard very many solutions that address low income needs. Waiting lists, daycare, and child poverty and nutrition…these are the issues that are affecting the working poor in this community. How can someone take time off to go to a doctor when they have no benefits, few or no paid sick days, and they are counting on every dollar to pay their bills? Are these some of the reasons why many diseases are not being diagnosed early enough to be treated?

Statistics show that voter turnout amongst low income and disadvantaged people is one of the lowest. Perhaps these people don't bother to vote because none of the candidates are speaking about issues that are important to them. It's hard to care who represents you when none of the representatives even know you exist.

As a taxpayer and someone who is concerned about these issues, I want to hear the views of local candidates on how some of these problems can be addressed. I don't expect perfect answers, if it was that easy, presumably the problems would already be fixed; however, I want to at least know that local politicians are concerned and committed to trying to find answers to these serious issues.

It just seems so wrong when a person sacrifices and works so very hard and they still don't have enough money to feed their children.

Judy Dancause, Executive Director, Agapè Centre

Is This Government Pro-Abortion?

Dear Editor,

At a time of proposed cutbacks and fiscal restraints, the government increases the amount of tax dollars it gives to the anti-life organization Planned Parenthood.

According to Revenue Canada, Planned Parenthood received in direct taxpayers funded grants in the following amounts: $441,171 in 1999; $520,643 in 2000; $1,055,231 in 2001; and $2,054,643 in 2002; total $4,071,688.

These grants allow Planned Parenthood to promote and supply reproductive and sexual health services including abortion, propagandizing for the morning-after pill RU-486 and birth control methods, promoting sexual awareness among adolescents; co-funding with the Canadian International Development Agency programs in foreign countries.

On the other hand, Human Life International lost its charitable tax status. Does this not make this government strongly pro-abortion?

Mary Sproul, Cornwall

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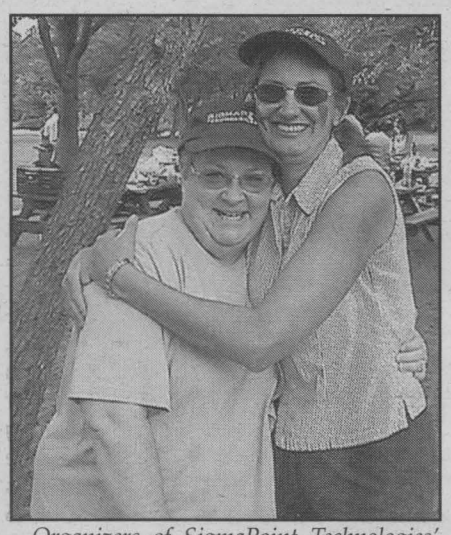
SigmaPoint Technologies' Fourth Anniversary Summer Picnic



SigmaPoint Technologies held its fourth anniversary summer picnic at Grey's Creek on Sunday, August 17th, 2003. A big thank you goes out to management and the Social Committee for a fantastic event.

Pictured with clown (left to right) are owners Peter Handy, Dan Bergeron and Dan Miller.

Submitted photos



Organizers of SigmaPoint Technologies' fourth anniversary summer picnic, Vicky Brown (left) and Susan McMurray.

School Board Hires New Director

The Board of Trustees of the Upper Canada District School Board has announced the hiring of David Thomas as the new Director of Education effective March 1st, 2004. Mr. Thomas will be joining the Upper Canada District School Board on Monday, December 1st, 2003 as the Director Designate and expanding his role further on January 1st, 2004 to include Secretary of the Board. Mr. Thomas is currently a Superintendent of Education with the Peel District School Board.

"We are very pleased that Mr. Thomas has accepted the role of Director, Chief Executive and Chief Educational Officer for our Board," stated David McDonald, Chair of the board. "The Board, in consultation with our stakeholders, developed a profile of the ideal candidate and we are excited that Mr. Thomas represents the profile that was established."

"Mr. Thomas brings with him a track record for establishing community partnerships, creating collaborative teams and capacity building, developing curriculum and also his many strengths in strategic planning, school reform and special education."

Mr. Thomas will succeed Gino Giannandrea, who has been the Director of Education for the Upper Canada District School Board since its inception in 1998.

BAR-B-QUE

to be held at

Food Basics (Brookdale) on

SEPTEMBER 27th

from 9:45 am - 1:30 pm

Also for sale will be tickets to a Montreal Canadiens game.

Proceeds to support the Seaway Valley Major Atom AA Rapids

Which Of These Costly Homeseller Mistakes Will You Make When You Sell Your Home?

Cornwall - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their home on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled: "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your **FREE copy of this report, call 1-800-865-0177 and enter ID 2201.**

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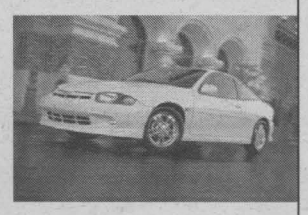
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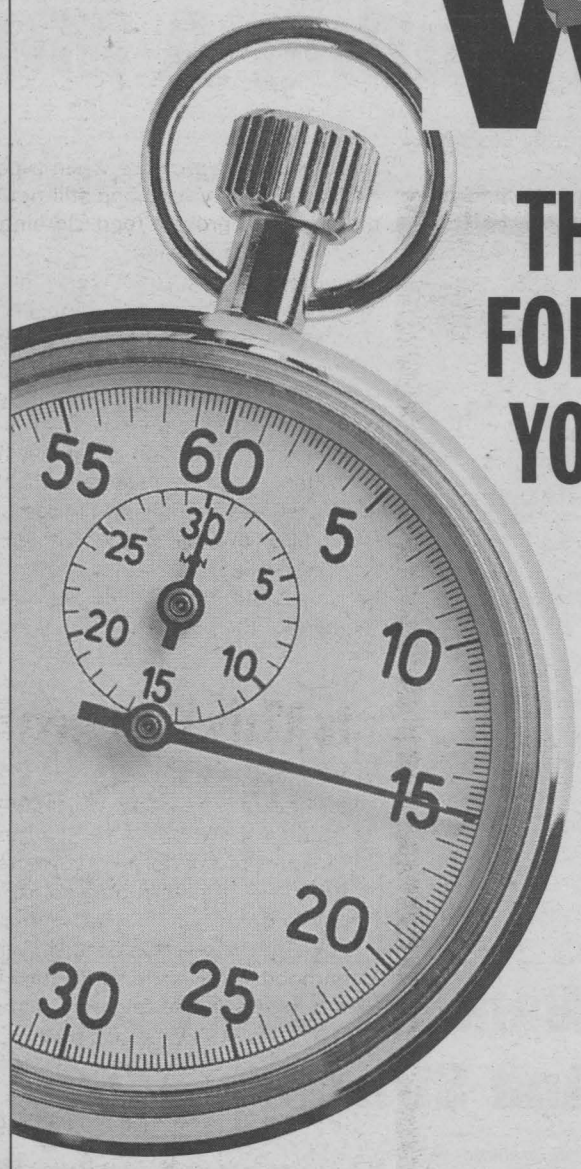












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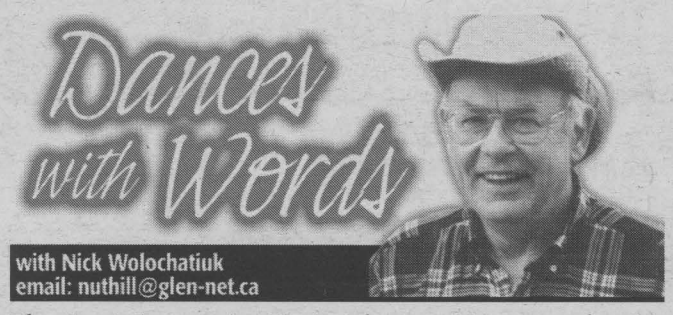
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Never Write On An Empty Stomach



Stories abound about the genius of speeches that became famous being penned on the backs of envelopes. The basic appearance of more than one aircraft has been hastily sketched on a restaurant serviette. The core idea of some breakthrough invention often gets outlined on whatever scrap of paper is available.

I'm in the habit of keeping notes, copious notes. It's something I've been doing ever since I discovered the value of making observations, making lists, keeping a journal (men keep journals, women keep diaries, navigators keep logs, accountants keep ledgers), noting details. It's the access to concise detail that makes the writing of fiction or non-fiction possible.

My interest in aviation, nature, photography and travel necessitates keeping copious notes. In the beginning I made field notes on whatever kind of paper was at hand. I usually wrote on both sides, in the interest of economy and saving of space.

Writing on both sides: bad idea, as it prevented efficient re-arranging of content at a later date. When 10 sides of writing are laid out on a table, only five pieces of paper are visible at a time, only five sides are visible at a time.

Therefore, I progressed to writing on only one side. (By the way, putting the day, date and year at the top of each sheet is a practice that I eventually adopted. That has proven to be invaluable when notes from many years past are being referred to.)

The next upgrade in my note keeping routines came when I began to use steno pads. Yes, on the cover of each, I duly noted the beginning and end dates of each of these handy spiral-bound, stiff-covered notebooks.

Eventually, I started to number each steno pad, e.g. 1965 #1, 1965 #2, etc. After that I discovered the value of pre-numbering each page for ease of future reference. It's a variation of the Bible's book, chapter and verse orderliness.

Then I discovered that the standard size steno pads were too large for making most field notes. They didn't fit into shirt pockets or camera bags. That's when I turned to a more compact 4" x 6" flat little spiral-bound notebook that is quite common these days. That was a mistake. The pages were perforated near the spiral binding. Little by little, one page after another escaped like maple leaves from branches on Thanksgiving weekend. Another problem was that by the time I got to page 200, the first 100 were so dog-eared and moisture damaged that some details became undecipherable. Still another problem: my shirt pocket wasn't able to accept such thickness.

I'm now at the latest stage of using the right medium for note-making: a 100-page, spiral-bound, hard-covered notebook that can travel with me wherever I may be - in a car, a canoe, an airplane or the waiting room of the dentist.

Oh yes, that reminder: never write on an empty stomach - always use paper! In my case, I now prefer hard-cover, spiral-bound, 100-page, non-detachable pages.

Harvest Fall Festival At The Glengarry Pioneer Museum

Don't miss this year's Harvest Fall Festival, held at the Glengarry Pioneer Museum in Dunvegan on Sunday, September 28th, 2003, rain or shine, from 11 a.m. to 5 p.m. Over 20 artisans will display their crafts including boot making, violin making, and spinning. See pioneer harvesting, threshing, ploughing, saw mill demonstrations and listen to master storytellers recount pioneer life in Glengarry County. Musicians will perform throughout the day and children can participate in pioneer games and horse rides. A blacksmith will be working and teaching his craft at the recently reconstructed Olivier Hamelin blacksmith shop. Preserves, fresh produce, baked goods and plants will be available for sale at our harvest market. This is a wonderful event for the whole family, not to be missed.

Be sure to enter the fourth Annual Zucchini Contest. The judges are looking for the largest and heaviest zucchini as well as the best-dressed pioneer zucchini. Plus the tastiest zucchini baked item (please bring recipe written on a card) will be judged and awarded. Judging takes place at 1:30 p.m.

Toast the harvest season with beer, wine, cider or single malt whiskey at the oldest bar in Ontario located at the Star Inn, a coach stop during the 1800s. A town crier will call out the events of the day as they unfold.

ELECTIONS ONTARIO

ONTARIO PROVINCIAL ELECTION

YOU CAN VOTE BEFORE OCTOBER 2

If you are qualified to vote and your name is on the Voters List, you may vote before election day at any advance poll in your electoral district. ballots cast at advance polls will be counted at the close of the regular polls on election day.

If you have not received your Notice of Registration card and you would like to vote at an advance poll, you can apply for a Certificate to Vote at your Returning Office or at the advance poll location itself when you to there to vote.

ADVANCE POLL VOTING WILL BE HELD

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- Matilda Twp Hall, 4421 Brinston Rd, Dixons Corners
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- Moose Creek Fire Hall, 60 St. Paul St W, Moose Creek
- Long Sault Fire Hall, 50 Mille Roches Rd, Long Sault
- St. Andrews Fire Hall, 5201 138 County Rd E, St. Andrews
- St. Mary's Parish Centre, 19641 Rd #19, Willliamstown
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Published on behalf of electoral district returning Officers by John L. Hollins, Chief Election Officer

If you require a sign language interpreter, Ontario Interpreter Services (OIS) makes them available to voters across Ontario on a first come, first-served basis. Call OIS at the Canadian Hearing Society office nearest you to determine their availability, or contact Elections Ontario for additional information.
If you have friends or relatives who have difficulty reading, please make them aware of the information in this notice.

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A non-partisan Agency of the Legislative Assembly

AP38/58

Planting A Memorial Tree



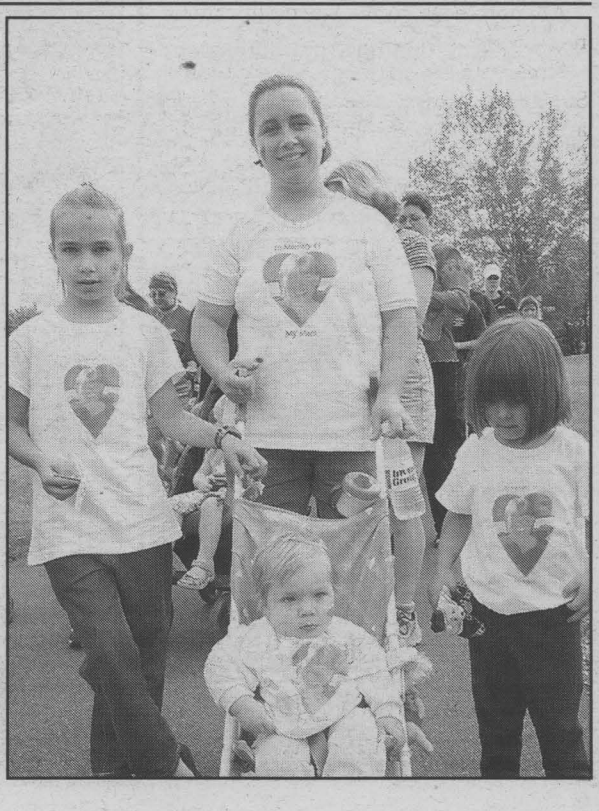
On Thursday, September 18th, 2003 the local Heart and Stroke Foundation of Ontario and family members gathered in Lamoureux Park to plant a tree in the memory of Louise Hart. The tree was donated by MacDonell's Garden Centre and the family wished the tree to be in memory of her and all mothers. In the photo are (left to right): Susan David, Area Manager for the Heart and Stroke Foundation; Marcella David, sister; Edith Bolen, niece; Charlene Thomas, daughter; Mary Leaf, sister; Randy Hart, son; Donna Delormier, niece; Johanne Jackson, niece; Holly Hart, daughter; Bonnie Hart, daughter; Brenda Crowder, Volunteer Chair for the local Heart and Stroke; and Debbie Thomas, daughter.

Photo by Chris McPhee

Walk For Heart And Stroke

Story & photos by John Divinski

The chair of this year's Heart and Stroke Mother-Daughter walk, Brenda Crowder, was greeted by an estimated crowd of 300 participants on Sunday, September 21st, 2003. All had a common goal. They were walking, riding, running to raise funds to fight heart disease in women, and they raised just over $27,000 beating their goal by $2,000. Crowder said "the committee is extremely pleased with the response and a big thank you to all participants who helped us go over our goal this year.



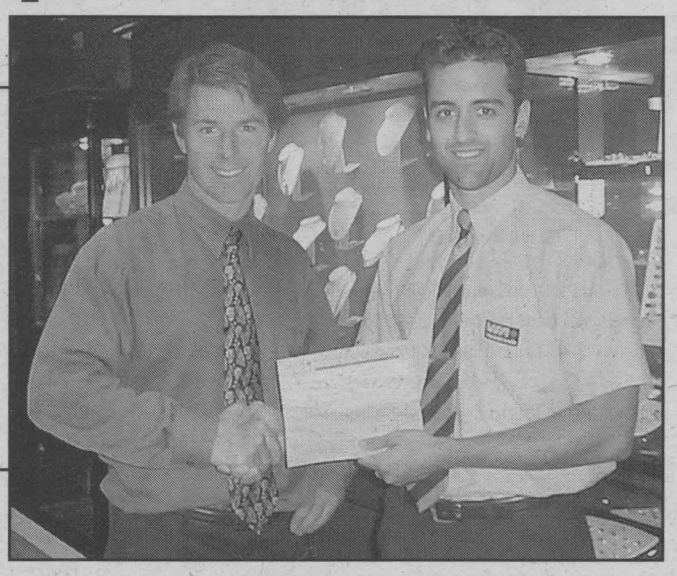
Jen Lepage and her three daughters, eight-year-old Payton (left); four-year-old Phoebe (right) and 10-month-old Brenna (hitching a ride), were happy to take part in the Heart and Stroke Mother/Daughter walk in memory of Jen's mom, Brenda Barton who unexpectedly died of a massive heart attack last October. The four of them were just starting their walk through Lamoureux Park.

Mental Illness Awareness Week

Mental Illness Awareness Week (Sunday to Saturday, October 5th to 11th, 2003) is a public awareness campaign that aims to better inform us all about issues surrounding mental illness. The theme of this year's campaign is "Mental Illness and the Family – Resources for Recovery" and reflects the importance of the family in the recovery process of a person suffering from mental illness. This extends not only to the conventional family but also to the family of professionals, support groups and community organizations that provide support and care for persons suffering from mental illness. The Canadian Mental Health Association (CMHA) offers a family support program. For more information on this program or other mental health topics call (613) 933-5845 or 1-800-493-8271. Visit our website to obtain information on our programs, services and mental health related topics at www.cmha-east.on.ca.

In honour of Mental Illness Awareness Week, CMHA in partnership with the Cornwall Public Library will hold a Mental Health Series starting with "Myths and Realities of Mental Illness" on Tuesday, October 7th, 2003 at 7 p.m. To register please contact the Cornwall Public Library Information Services Desk at (613) 932-4796.

VIA Rail Supports Local Youth



VIA Rail Senior Agent Ken Brunet (right) is pictured presenting Andre Pommier a pass for a round trip for two within the Windsor-Québec corridor. The tickets were the major door prize donated by VIA Rail at this year's Volleybalooza. The winner, John Laprade of Cornwall was absent from the presentation. The proceeds from Volleybalooza go towards the United Way and Teen Cornwall.

File photo

Worldfest/ Festimonde General Meeting

Become involved and help bring the world to Cornwall. On Thursday, October 9th, 2003, nominate and elect new board members, many positions open. Students, volunteers and host families are also required. If you've never been, come along and check it out. Make new friends and interests and have some fun.

We meet on Thursday, October 9th, 2003 at 7 p.m. at the Bob Turner Arena, 504 Fourth Street East, Second Floor. For more information call (613) 936-2222.

Program Recognizes Outstanding Young People

As your local community newspaper, we are proud to participate in the Ontario Junior Citizen of the Year Awards so we can recognize the outstanding achievements of our youth, ages 6-17.

These young people should be recognized for their commitment to community service, heroic acts, making contributions while living with limitations or for being good kids, helping to make life better for others.

We have great young people living in our community, and we need you to help us give them the recognition and support they deserve. Take the time to nominate someone today.

All nominees receive a certificate of recognition.

Nominations will be accepted until Sunday, November 30th, 2003. Forms and further information about the Ontario Junior Citizen of the Year Awards can be obtained from this newspaper, online at www.ocna.org - Awards, or by calling OCNA at (905) 639-8720.

Nominate an Ontario Junior Citizen of the Year
www.ocna.org - Awards

PC Ontario

It's Values That Make Us Who We Are

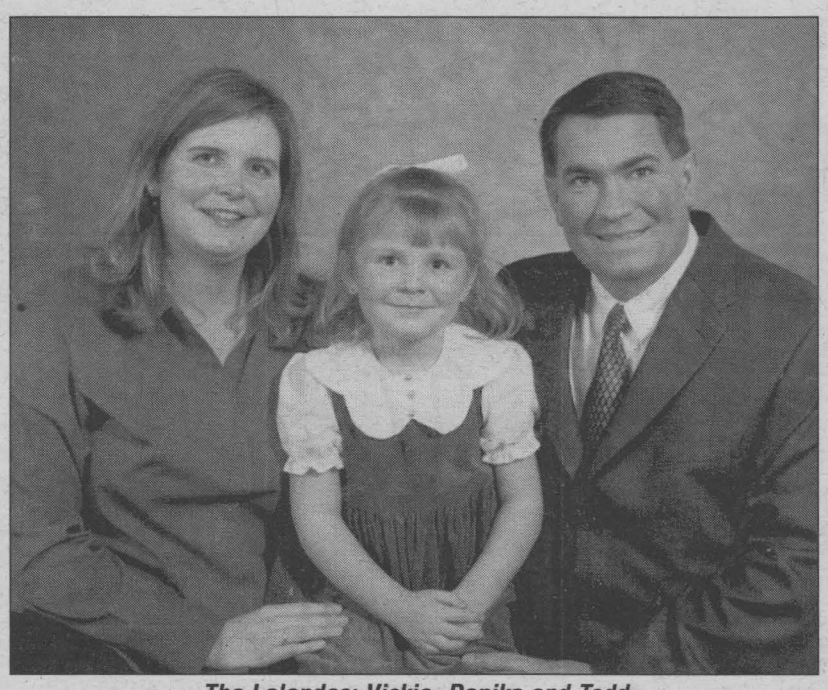
PC Ontario

• *TODD LALONDE BELIEVES* ... that criminals should be controlled, not guns. Why should law abiding hunters be forced into the hassle of a gun registry?

• *TODD LALONDE BELIEVES* ... in strengthening families, that's why our party wants mortgage deductibility ... to help families.

• *TODD LALONDE BELIEVES* ... our children should get the best education possible. That's why our party wants students and teachers in the classroom, not on the picket line.

• *TODD LALONDE BELIEVES* ... that marriage is a union between a man and a woman - so does Ernie Eves.



The Lalondes: Vickie, Danika and Todd

To Help Todd Call:
29 Second Street East
Cornwall, ON K6H 1Y2
(613) 936-8037
pcriding@on.aibn.com

PC Ontario

VOTE: TODD LALONDE

Paid for by the CFO- Todd Lalonde Campaign

SEP26034

Fall Show Has Something For Everyone

It's Cornwall's most eagerly awaited fall event. It's the Chamber of Commerce Home and Harvest Show and it's set to kick off on Friday, October 3rd, 2003.

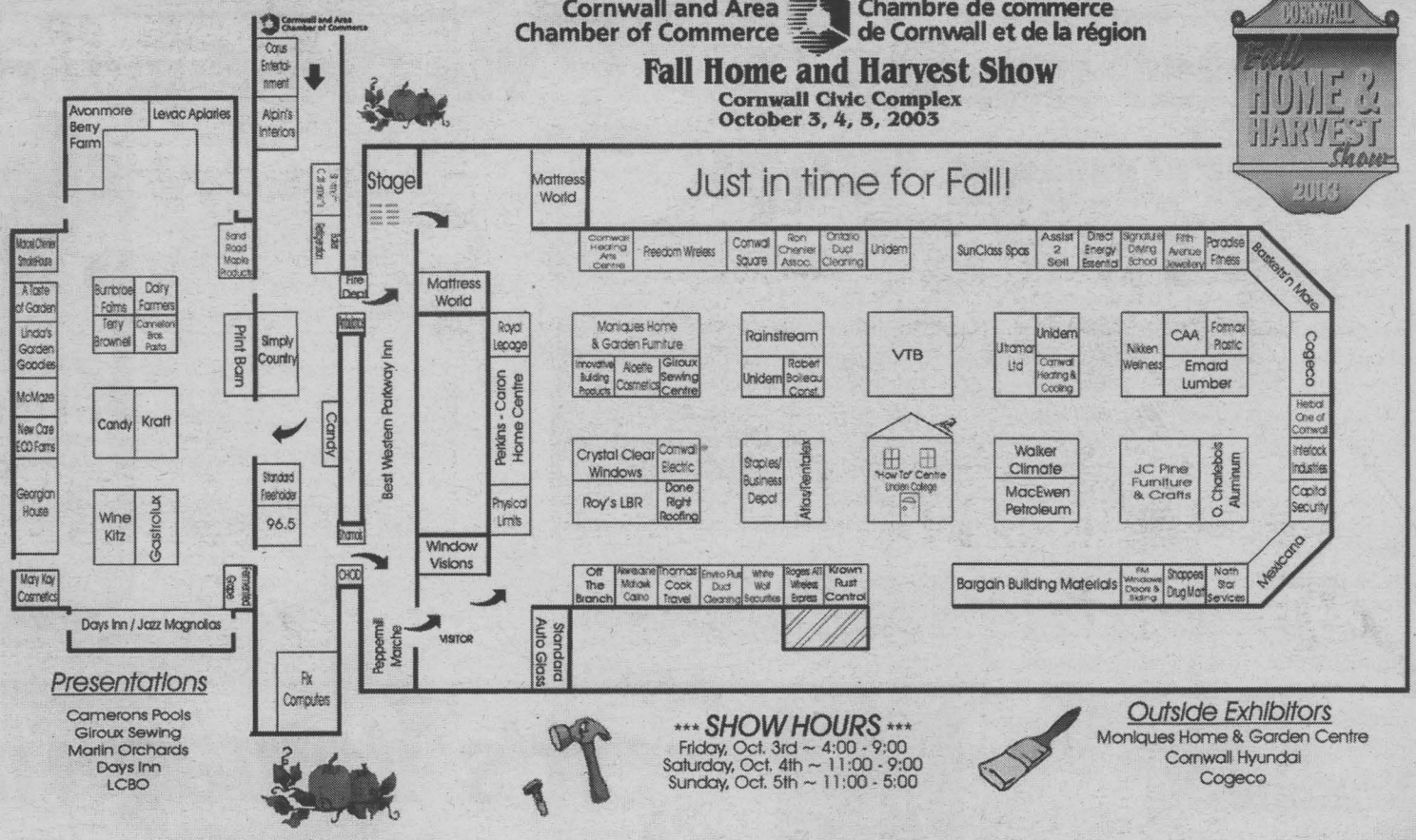
The Show is a must-attend event for 1,000s of Cornwall and area residents. Each year, they have a chance to check out the latest in home improvement concepts and to talk to experts in the field. More and more people are looking to upgrade their homes and gardens. The Fall Home and Harvest Show gives them a one-stop chance to get great ideas.

A tradition of Fall Home Shows is the great prizes won by some lucky visitors. This year is no exception with the grand prize being a spectacular $4,500 Security Fireplace Heat Circulating wood burning stove. Presented by grand prize sponsor, Cameron's Pools Fireplaces and Kitchens, this gorgeous fireplace will add a wood crackling warmth to any home.

The prize list doesn't stop there. There's a side of delicious Ontario raised beef valued at $850, two, $300 shopping sprees, and a $200 basket of delectable, locally produced farm produce.

The Shows can be a family affair, too. This year, there will be a bird feeder workshop sponsored by Perkins-Caron Rona Home Centre, Lincien College and the Eastern Ontario Training Board. A number of youngsters will have a chance to make their own bird feeder and will be able to enjoy nature's feathered creatures throughout the cold winter months.

A highlight of the Show will be the 'demos' in a number of booths. Visitors look forward to seeing how projects can be undertaken and the demonstrations give them valuable 'how-to's'. There will be televised demonstrations Saturday afternoon and evening, October 4th, 2003, on topics ranging from holiday feasts to outside harvest decorating, to festive drinks.



Spectacular Fireplace Grand Prize

The Chamber's Home Shows have traditionally had terrific prizes for some lucky visitors. That tradition continues at the 2003 Fall Home and Harvest Show with a wonderful grand prize.

Cameron's Pools, Fireplaces and Kitchens is the grand prize sponsor and it is presenting a spectacular, Security Fireplace, Secure HE43 Heat Circulating Wood Burning Stove valued at close to $4,500. Imagine the hypnotic dance of the flames, the crackling sound of burning logs, the warmth and comfort of a cozy fire on a frosty winter night.

According to Mike Pilon from Cameron's, the stove has been designed to exacting specifications for optimum efficiency and safety. It has a wide opening for a panoramic view of the fire, a fan for balanced heat distribution, and luxurious 24kt gold plated doors for lasting beauty.

A highlight of the fireplace's many features is its air wash. A powerful circulating system prevents soot and grime buildup. The result is clean glass doors and a fresher home environment. Its tilting cast iron wood grate also makes it a breeze to clean.

Visitors to the Fall Home and Garden Show, which begins Friday, October 3rd, 2003 at the Civic Complex, can view this beautiful fireplace along with many others at the Cameron's booth. Mike Pilon says he's looking forward to seeing lots of people.

Demos & More

Visitors to the Chamber Home Shows look forward to seeing the hundreds of home improvement products that can enhance the look and value of their homes. What they like even better is getting tips on the 'how-to's' of these innovative products.

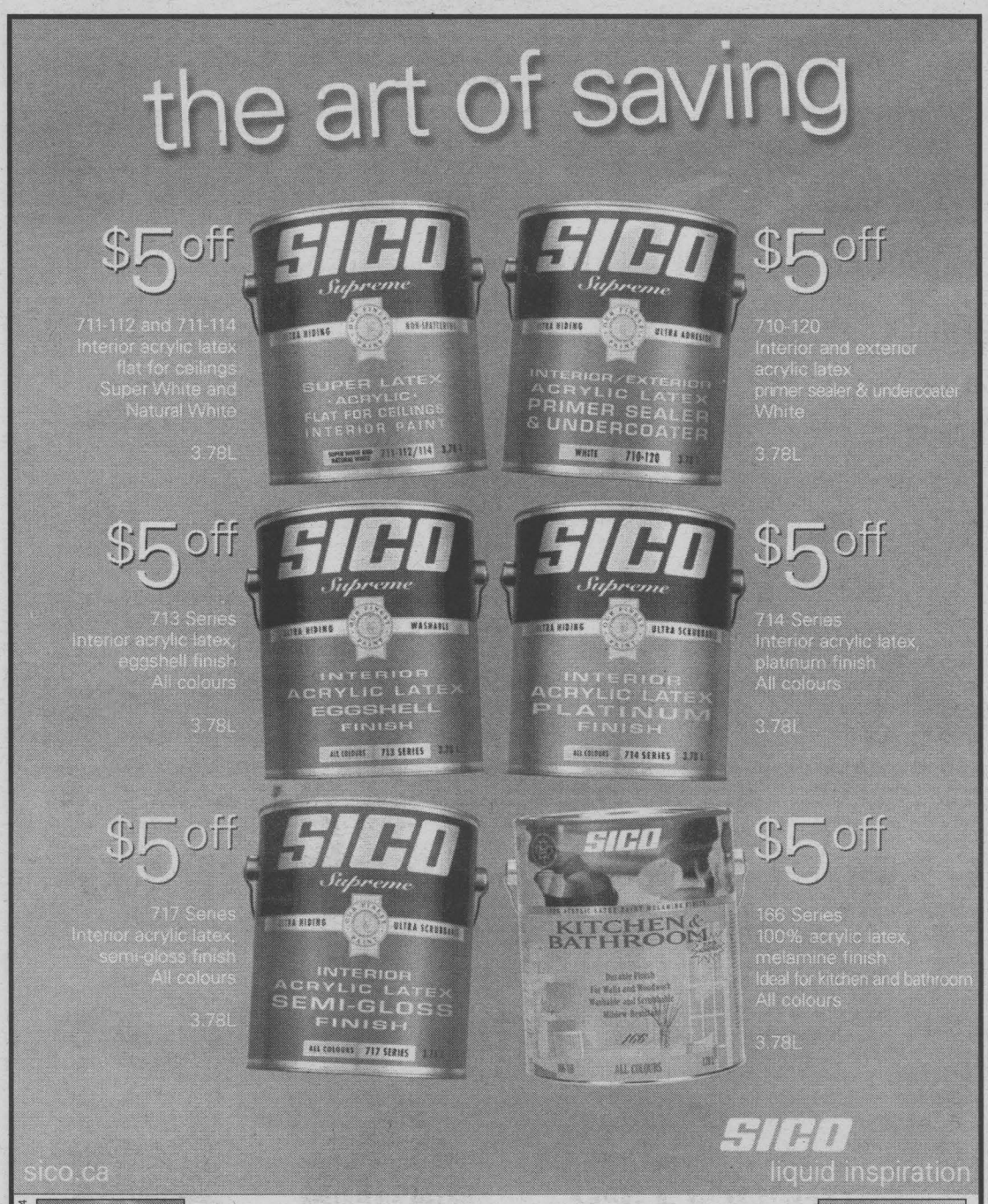
A number of exhibitors at the 2003 Fall Home and Harvest Show will have demonstrations right at their booths. Visitors will have a chance to get 'up close and personal' with tips on how to install, to fasten, to paint and to build. Experts can show them time saving shortcuts and give them advice on how to end up with professional looking results for their project.

But, there's more than exhibitor demonstrations. A number of local businesses will be on stage with a wide variety of home improvement, decorating and festive food and drink ideas.

Chef extraordinaire, Rob Lavigne from the Best Western Parkway will offer visitors some great holiday cooking ideas for both Thanksgiving and the upcoming festive season. Chef Lavigne's culinary delights are always easy to make at home and will grace any table.

Marlin Orchards Diane Lunan, Cornwall's favourite gardening consultant will be on hand to offer homeowners great tips for putting the garden to bed for winter. And this year, she will also give visitors some imaginative harvest decorating ideas to beautify the outside of your home.

Paul Eaton, the LCBO's popular product consultant has some great holiday beverage ideas. He'll present some delicious recipes for colourful and appetizing 'mocktails' along with taste tempting suggestions on how to complement a special holiday meal with selected wines and other spirits.



SEP19034



Angela Bellefeuille
Sales & Service

Perkins-Caron
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Fall HOME & HARVEST Show
2003

Cornwall Civic Complex

Friday, October 3, 2003 – 4:00 PM to 9:00 PM
Saturday, October 4, 2003 – 11:00 AM to 9:00 PM
Sunday, October 5, 2003 – 11:00 AM to 5:00 PM

Admission

Adults $3.50 ▪ Students & Seniors $2.50
Children under 12 accompanied by an adult – FREE

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Shopping Spree	$300.00	Le Village Renaissance
Farm Fresh Basket	$200.00	Seaway Valley Farm Network
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A Wood Burning Fireplace
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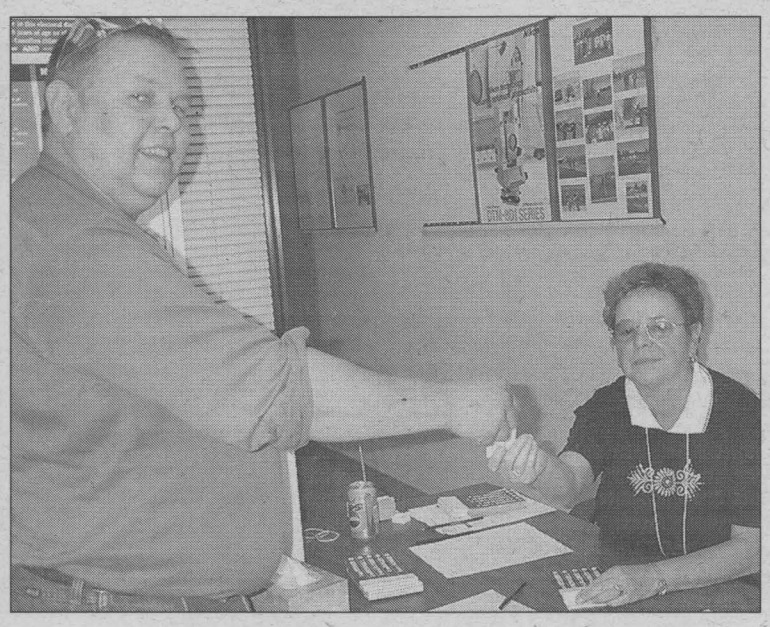
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SHIFT_

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Advance Polling Day



A steady stream of 400 voters visited the Cornwall Returning Office Advance Poll on Campbell Street on Saturday, September 20th, 2003. It was the first six advance polls to be held before the provincial election on Thursday, October 2nd, 2003. Advance polls continued all this week, ending Friday, September 26th, 2003. Veli Kaskela of Cornwall took advantage of the first advance poll because he expects to be out of town, working on election day. Handing him a ballot is Deputy Returning Officer Shirley Lefebvre.

Photo by John Divinski

Aultsville Theatre Kicks Off Another Wednesday Night Movie Season



Almost 300 people were on hand for the kick-off of the second Aultsville Theatre Wednesday Night Movie season at Galaxy Cinemas on Wednesday, September 17th, 2003. Following the first film, a gala reception was held in the foyer area of the theatre. The season features independent films every third Wednesday of the month from now until May 2004, excluding December. Monies raised go towards the maintenance costs of Aultsville Theatre on the St. Lawrence Campus. Toasting another successful kick-off to the Aultsville Theatre Wednesday Night Movie Series are, left to right: Gilles Latour, sponsor of the fall and spring movie series; Aultsville Theatre volunteer Management Committee Chair Susan Carter and Operations Manager of Galaxy Cinemas Dan Leeder.

Photo by John Divinski

Give A Little, Get A Little

Most people appreciate a little recognition for their contributions, but unfortunately we can all be somewhat negligent in giving it.

Others, especially the young people in our community, don't consider what they do to be deserving of recognition. Yet, a little recognition goes a long way to reinforce the importance of contributions to our community.

As your local community newspaper, we are proud to be able to offer the 2003 Ontario Junior Citizen of the Year Awards so we can recognize the outstanding contributions and achievements of young people in our community - right here on these pages.

Please help us by nominating a young person, aged six to 17, who is involved in community service; has performed acts of heroism; is contributing to the community while living with limitations; or is a good kid who shows a commitment to make life better for others, possibly doing things not expected of someone their age.

Coordinated by the Ontario Community Newspapers Association and supported financially by Tembec Paper Group, this program will recognize all young people nominated. Each nominee receives a certificate of recognition from their community newspaper.

Up to 12 of the nominees and one group are then chosen as the final recipients to receive the Award, presented by Ontario's Lieutenant Governor during a special ceremony held in Toronto in March 2004.

Nominations will be accepted until Sunday, November 30th, 2003. Forms and further information about the Ontario Junior Citizen of the Year program can be obtained from this newspaper, online at www.ocna.org - Awards, or by calling OCNA at 905-639-8720.

Nominate a young person today; they deserve to get a little recognition from our community. It's up to us.

The Swinging B's

The Swinging B's is a modern square dance club in Cornwall. They are in their 27th year of existence as a non-profit organization, serving the community's needs for an active social club. They provide a fun way to exercise, learn a new skill and make new friends.

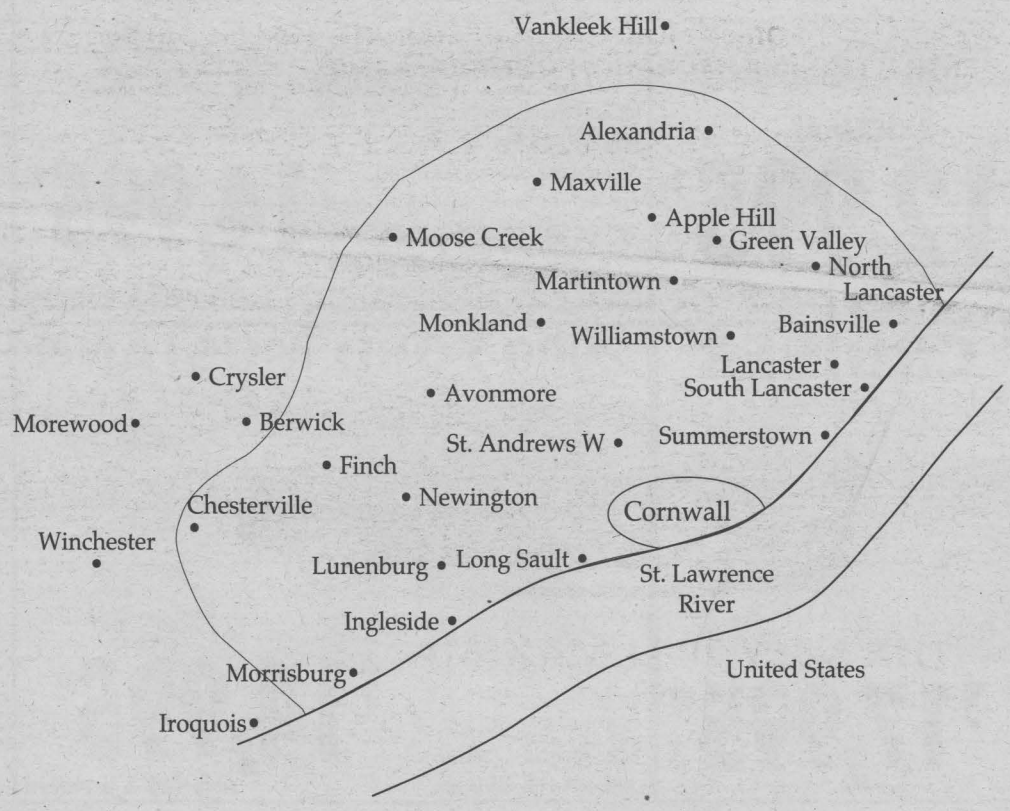
Classes are held on Friday nights from 7 p.m. to 8 p.m. followed by easy dancing until 8:30 at Gladstone Public School, 825 McConnell Avenue. A caller/instructor guides new students through the basics, and experienced club members donate their time to help transform beginners into confident dancers.

The club will be hosting two free trial nights on Friday, October 3rd, 2003 and Friday, October 10th, 2003. Everyone is welcome. Regular classes start on Friday, October 17th, 2003 and will continue through next April.

Once they've graduated, new members will find that there are numerous opportunities to dance, on any night, and at many clubs locally, nationally, and globally. Come see what you've been missing!

For information call (613) 936-2831 or (613) 537-8582, or just walk in!

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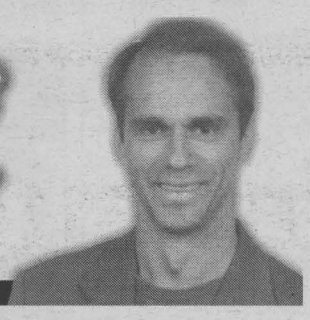
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HEALTH

What Are Dental Implants?

Ask The Dentist



with Louis Cardinal BSc, DDS, FAGD

Dental implants have been around a long time, however only in the last decade have they become popular. The reason for this is that titanium has proven itself as a metal which is incredibly biocompatible, meaning the body doesn't reject it when implanted into bone. This metal has now been useful for many medical situations.

In the case of dental implants, titanium fixtures are placed surgically into the jaw bone and left to integrate with the bone for several months. After full integration the upper portion of the implant fixtures are exposed and porcelain teeth or dentures are attached with screws and other metal components. Implants can be used for replacing a simple tooth or a complete dentition. Patients with loose lower dentures are great candidates since as little as two implant fixtures can hold the denture so that it no longer "floats" around causing soreness and difficulty with mastication. The patient has the choice of having a removable denture or an unremovable screw retained denture.

Since denture retention problems are more common with the lower jaw, dental implants are most commonly used in the mandible. Furthermore, the lower jaw has a denser bone composition, thereby making it a more attractive and successful option. Success rates are as high as 95 to 98 percent.

The most attractive advantage of using implants for a single tooth is that the two adjacent teeth do not need to be involved. For example, when replacing a single missing tooth with a bridge, the two adjacent teeth need to be reduced in size (filed) to accommodate the bridge. There are numerous examples where implants can be used and I encourage you to discuss it with your dentist. Just remember, dental implants enable you to have teeth that are literally screwed into your jaw. Think of it as having bionic teeth.

Our office is actively involved with implants and should you wish to further discuss implant dentistry and its possible application to your dental situation, please give us a call.

Dr. Louis Cardinal welcomes all inquiries at (613) 938-8451 or e-mail: lsc@primus.ca. You can also obtain more information at www.drlouiscardinal.com.

Kids, Birds ... And Feeders

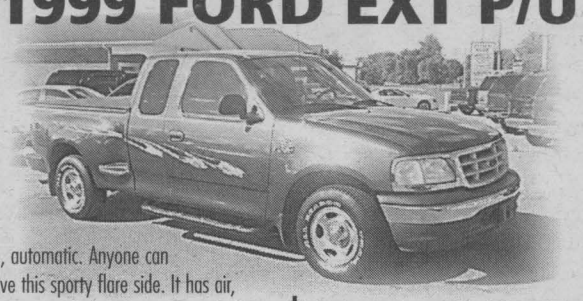
Home Show exhibits usually cater to the adult market. However, at this year's Chamber Fall Home and Harvest Show, Cornwall area youngsters will be able to take centre stage.

Perkins-Caron Rona Home Centre, Lincien College and the Eastern Ontario Training Board have teamed up to create a kids corner. On Saturday and Sunday, October 4th and 5th, 2003 from 1 p.m. until 3 p.m., they will have their own workshop. It'll be a hands on affair and when they're done, they'll have built their very own bird feeder.

Perkins notes the workshops will be held from 1 p.m. until 3 p.m. on Saturday and Sunday, October 4th and 5th, 2003 and there is a limited supply of materials. The Fall Home and Harvest Show begins Friday, October 3rd, 2003 at the Cornwall Civic Complex.




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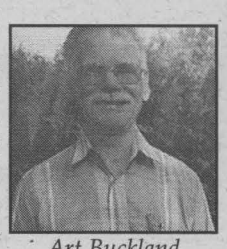

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Art Buckland Seeks Third Term

Art buckland is seeking a third term as the English Public School Trustee representing the Counties of Glengarry and Stormont on the Upper Canada District School Board. Buckland has served as chair of the Finance and Operations committee and Vice-chair and Chair of the complete Board. Buckland also served for many years on the former SD&G County Board. His issues for the future are: a fairer balance of provincial grants for the English Board in transportation and student funding, and a higher quality educational environment for rural students.



Art Buckland

Buckland, a retired professor of St. Lawrence College, is married to Janice Garlough; they have four children and two of their boys continue to live with them on a farm near Martintown. Buckland is involved with Special Olympics floor hockey, Encore and the Goodtimers Society.

The Upper Canada English District School Board serves students from the Québec border west to Gananoque and north to Pakenham.

Municipal Business Forum Launched

The South Stormont Chamber of Commerce will host its first meet and greet for local businesses this week in Ingleside. On the attendance list are Mayor of South Stormont, Mr. Jim Bancroft, and members of Council. Accompanying them will be administrative staff and several department heads from the Township of South Stormont.

"We would like this to become an annual event that would allow local business owners to have a more relaxed atmosphere in which to discuss issues of importance to them, with their local Council members and municipal department heads," explains Chamber President Deenah Kelly. "It will also give them the chance to become better acquainted with the Chamber, its members and its mission: 'To foster the economic and social well being of South Stormont'."

The event will be held at the Nightingale Bed and Breakfast, 1 Maxwell Avenue, Ingleside on Monday, September 29th, 2003 starting at 7:30 p.m. Coffee, tea and pastries will be served, sponsored by the Chamber membership. Everyone is welcome to attend.

For more information call Deenah Kelly at (613) 537-8344 or e-mail at president@sscc.on.ca.

Award Winning Quilter Visits Fall Show

Ellen Munnich, an award winning quilter will make a special presentation at the Cogeco Home Zone during the Chamber's Fall Home and Harvest Show. Sponsored by Giroux's Sewing Centre, Ellen will demonstrate the PC Quilter, the first, hands-free quilting solution that uses your own sewing machine and your home computer.

Munnich is the North American Tech Support for the PC Quilter. During her presentations, she will demonstrate the Quilter, the B-Line Home Quilting System, and an amazing new invention called Max Throat that lets you sew long arm-type quilting patterns of up to 15 inches deep using a home sewing machine.

Visitors to the Fall Home and Harvest Show can watch Munnich and the PC Quilter on Saturday and Sunday afternoon, October 4th and 5th, 2003 at the Cogeco Home Zone. The Fall Show begins Friday, October 3rd, 2003 and continues until Sunday, October 5th, 2003.

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Music Update

with Yvan Brunet

Colin James "Traveler" WEA. Canadian blues/rock singer-guitarist Colin James has been touring since the age of 16, thus the title of his new album "Traveler." This eighth offering features a handful of originals as well as three covers: "I'm Losing You" by Beatles' John Lennon, "Black Eyed Dog" by 70s folk icon Nick Drake and "Rainy Day, Dream Away" by the late Jimi Hendrix. A spontaneous recording with several first takes. Grrrreat!

Jann Arden "Love Is The Only Soldier" Universal. Jann Arden recorded her self-produced seventh album about friendships (finding and losing them) in her basement with her own band, all the while wearing her favourite pyjamas, thus creating a different comfort level and emotional involvement in her songs. There's lots to enjoy: "If You Loved Me," "Not Saying Goodbye," "Ruby Red," etc.

Galleon "Galleon" Isba. Debut album for Galleon (Gilles Luca and Philippe Laurent), one of Europe's biggest dance-electronica sensations. Their toe-tappin', finger snappin' music is based on pop-rock and house with an acoustic feel. Check out the first single/video "So I Begin" as well as "One Sign" and "Freedom To Move." Party on!

Various Artists "Ultimate Hymns Of Faith" Curb. A great compilation of spiritual songs as performed by the likes of Pat Boone (Just As I Am), Ronnie McDowell (I Believe), Michael English (Blessed Assurance), Selah (Precious Lord Take My Hand), etc.

Jesse Cook "Nomad" EMI. Guitar virtuoso/composer Jesse Cook is back with a global masterpiece with special guests The Bodeans, Danny Wilde of The Rembrandts, Brazilian songstress Flora Purim and Canadian singer Maryam Tollar among others helping out. Cook possesses a marvelously pure and incisive tone as witnessed on tracks such as "Waiting For The Tide," "Surrender" and the title cut. Great stuff from beginning to end.

Various Artists "The Best Cello Album In The World" EMI. The title of the double album says it all. The cello is one of the most beautiful of all instruments with a sound often compared to a singing voice. This is an irresistible compilation featuring the artistry of Jacqueline du Pre, Mstislav Rostopovich, Han-Na Chang, Truis Mork and many others. Awesome!

Art Tatum "The Best Of Pablo Group Masterpieces" Pablo. Pianist Art Tatum was to jazz what Chet Atkins was to country music. The 12 selections on this CD with the likes of Benny Carter, Barney Keswel, Buddy Rich and several others joining in are all standards. The two hottest performances on the disc are "Just One Of Those Things" and "Body and Soul" with an adventurous Tatum caressing each melody. Awesome!

Quilt Show At Upper Canada Village

On Saturday and Sunday, September 27th and 28th, 2003 over 50 different creations from five Eastern Ontario quilting guilds, plus the Village's own impressive collection of antique and reproduction quilts, will be showcased at Upper Canada Village's annual Quilt Show.

Visitors can expect to see quilts dating back from the early 1800s to modern times. The Quilting Guilds' Exhibit will take place in the Children's Activity Centre. Upper Canada Village's own quilts will be on display throughout the village, including a collection of quilt blocks from the reproduction quilts made by Village staff over the years.

Special "Quilt Talks" will take place at Crysler Hall throughout the weekend. On Saturday and Sunday, September 27th and 28th, 2003, Eugenia Barnes will be giving a talk on "The Value of Quilts." Eugenia founded the first quilt guild in Central New York, and has been active on the National Circuit in the United States since 1978. She is one of the first Appraisers for Quilts and Quilted Textiles certified by the American Quilters Society.

Nothing Saintly About This Production!

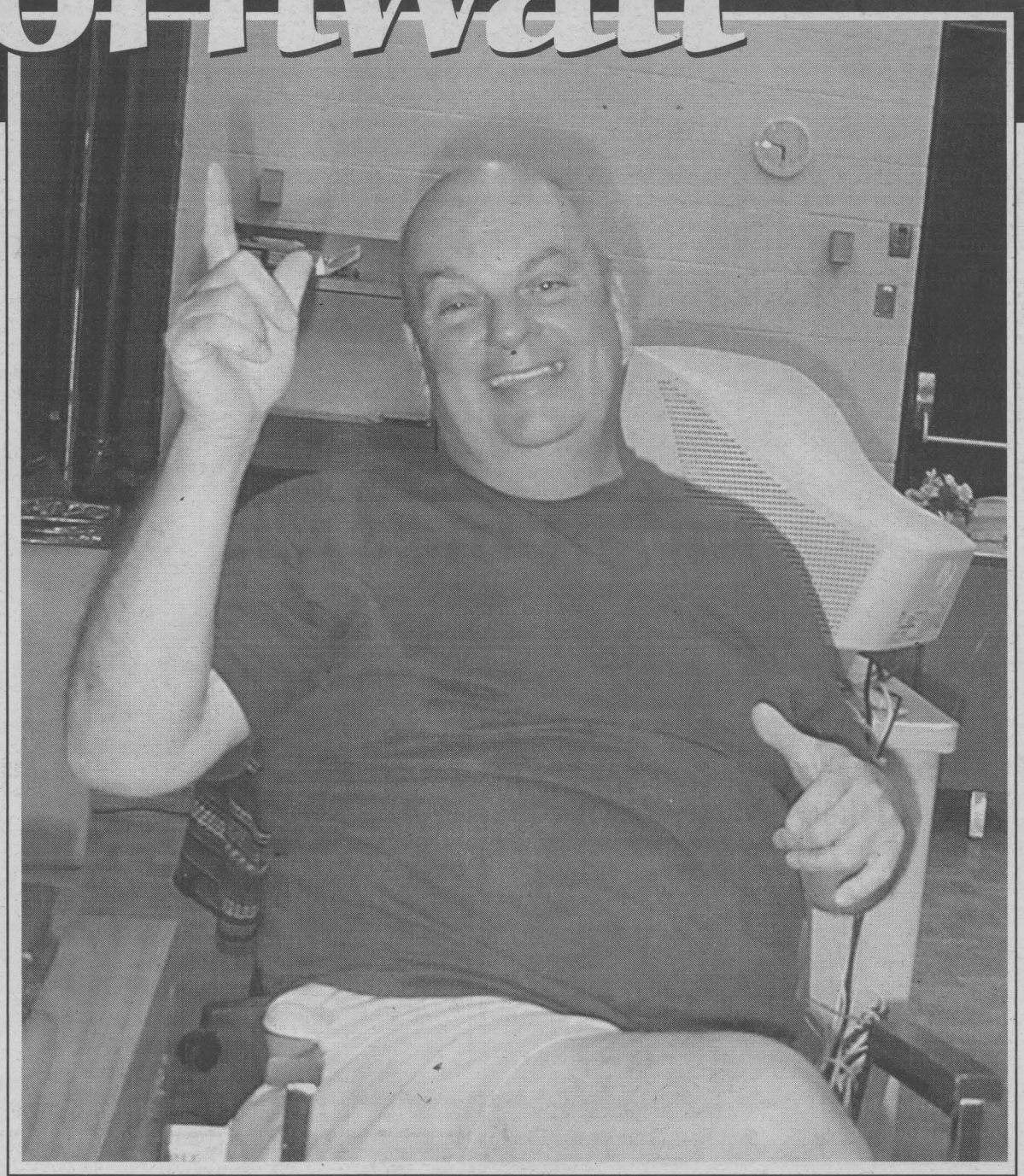
Glen Productions' Fall Cabaret "Sinners" is a twisted tale of deceit and hysterics! A nervous widower (Mike Petrynka) is having an affair with the local Reverend's wife (Melanie Lenneau) and gets caught up in her malicious plans. Does her husband (Rick Jodoin) find out? Will the Chief of Police (Garth Wigle) and his politically motivated wife (Sharyn Wigle) discover the truth? The plot thickens when another betrayed wife (Nancy Munro) comes to the parish to discuss suspicions about her husband's affair.

"Sinners" will surely provide an evening of laughter. This show is produced by Claire Lavallee and directed by Pauline Jodoin. Show dates are Thursday to Saturday, October 23rd, 24th, 25th, and Thursday to Saturday, October 30th, 31st, and November 1st, 2003 at the Glen Building. Tickets are available at Cornwall and Seaway Tourism, 100 Pitt Street, or by calling (613) 938-4748. Tickets on sale Monday, September 29th, 2003.

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FOCUS Cornwall Q&A



Fifty-five year old Chuck Charlebois is a high school dropout. He is also a former successful businessman; city alderman; Citizen of the Year and most recently, a visionary through the Renaissance program. Charlebois sees the future of the Le Village area, particularly near the waterfront which was formerly an industrial area and is now home to crumbling shells of buildings. But not for long if Charlebois has his way, and he usually does. He sat down with Seaway News to talk about his life and his dreams for the city he has always called home.

S. N.: We're into an election year, municipally. What advice would you give any potential candidate.

CHARLEBOIS: Go into the job for the right reasons and be prepared to give it some time. You do have a role to play in our society and that's a good place to exercise that role. It's really a great opportunity.

S. N.: You've mentioned that you're a high school dropout. Now you're proud of your accomplishments despite being a dropout but how do you feel about not getting that education and is it a route people can take today?

CHARLEBOIS: You know, I think I lost millions of dollars because I didn't have that diploma. So anybody that wants to be a dropout is going to be a loser in the long run. I was successful but I lost a pile of money because I didn't have that certificate. You always start at the bottom of the ladder whereas with a diploma, you start from a position of strength. I didn't have that and that's what kept me motivated through the years. I didn't want anyone to think I couldn't do the job.

S. N.: Why did you drop out of school?

CHARLEBOIS: I guess I just liked to party and being in the books was not my thing and more than anything, I wanted a car so I had to get out and get a job. You know, I wasn't the "prettiest flower" around town but I've had lots of luck and personal growth and my route was simply not the route to take. I dropped out of grade 10 and it took me two years to do "nine." I was a bad ass. I forged my grade nine report card to look like I had passed and told my parents I had passed but when September came along, boy did I get it because my parents found out I was going to grade nine. I can laugh about it now but that's how bad it was.

S. N.: You've partially answered the question, "What makes Chuck Charlebois run?" Considering your health concerns with your heart, you should be slowing down but you never do.

CHARLEBOIS: Actually I have slowed down. A lot of people don't know that I have several naps a day because of my heart. Yes, I'm still running around but I have a lot of conditions to deal with. I take 15 pills a day and I need my rest and a couple of months ago, I collapsed on Montreal Road, ending up in the hospital because I pushed it too far. I need to manage my time but I want to accomplish things so I keep going. If God would take me tomorrow, I am ready but I still want to do things before that happens. I don't want to let anyone down and I want to have fun doing things for other people.

S. N.: I take it you're not afraid of your mortality?

CHARLEBOIS: When you get strokes and heart attacks, you have to make "arrangements" and we've done all that. Of course I want to stay as long as I can but things happen. And I'm ready to go see my buddy Aime LeBlanc in heaven and start another committee up there!

S. N.: What do you see in your mind when you walk in the Le Village/Renaissance area?

CHARLEBOIS: I see that a lot of work has to be done. I got a piece of advice from a gentlemen in Baltimore who says the work is never finished so I should slow down. Now I see a good future for the area. I'm glad to see that we can work together with the downtown BIA and Heart of the City and I'm glad to see city council supporting the waterfront development dream. It's where our future is and everybody knows it. We just have to keep at it. We've helped speed up the improvement to about 75 homes in the Renaissance area. We have no sympathy for slum landlords or their supporters. People are living in spaces around town that are substandard and they, the landlords, should assume responsibility for fixing up those homes. If they don't, then we want to go after them, simple as that. Le Village and downtown all depend on the attitudes of the merchants and professionals there. We cannot wish people to come here. We have to create an atmosphere for them to want to live in the BIA's or in the cotton mills or the corner of Pitt and Second. If we can set the environment, the tone, for that to happen, they'll come and live there. Once they come and live there, they'll tell you what they want, be it a boutique or whatever.

S. N.: What bugs you about Cornwall?

CHARLEBOIS: The people that criticize, constantly. I don't mind criticism, I appreciate it. But, move on. Bring me an alternative. Cornwall has shown repeatedly that we can do just about anything, but the stage goes to the complainers a lot of times. That bugs me when they say they can't do it. "Can't do it," I don't want to accept.

S. N.: What do you do for relaxation?

CHARLEBOIS: Right now, walking and hiking is a big thing for me. I do a lot of hiking in Lake Placid. I have to become disconnected with everything here as part of wellness for me. So I have to get out of town. I do a lot of reading and recently I've read a lot of books on economics and I'm a fan of Anthony Robbins. I have all his tapes and if it wasn't for Anthony Robbins and perhaps five key people in this town, I still wouldn't have an RSP! ◆

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LIFESTYLES

A Dietary Solution For Lifelong Health

(NAPS)-High-protein diets may be all the rage, but it's important to note that carbohydrates are still the body's fuel of choice and the foundation for healthy eating. As Harvard nutritionist Walter Willett notes, "It's become quite clear that not all carbohydrates are the same. It's not only the amount of carbohydrates you eat," Willett says. "It's the type that matters."

The recent New York Times bestseller The New Glucose Revolution (Marlowe, $15.95), agrees. Written by some of the world's leading authorities on carbohydrates, the book explains how the differences between carbs can be measured by the glycemic index (GI), which ranks carbohydrates based on their effect on blood-sugar levels. Carbohydrates that break down quickly during digestion have high GI values. Those that break down slowly, releasing glucose gradually into the blood stream, have a low GI.

Low GI foods-fruits, vegetables, whole grains, legumes and the like-are key to a lifelong healthy diet, the authors of The New Gluocose Revolution say, especially if you want to lose weight or are susceptible to diabetes, heart disease, cancer or certain other conditions. That's because when carbohydrates spike blood sugar, insulin also soars, increasing hunger and promoting fat build-up in the body. When insulin levels are lower, you burn more fat. Plus, low-GI foods make you feel fuller longer.

The ideas behind this book are supported by dozens of studies from Harvard University's School of Public Health and other leading research centres. Included in the book are 50 easy-to-prepare recipes such as this one:

Mixed Berry and Cinnamon Compote
Serves 6 to 8

3/4 cup freshly squeezed orange juice
1 cup sugar
2 cinnamon sticks
zest of 1 orange, finely sliced
4 cups mixed berries (raspberries, blackberries, blueberries, strawberries)

Place the orange juice, sugar, cinnamon sticks and orange zest in a large stainless steel saucepan and slowly bring to a boil. Add the mixed berries and simmer gently for two minutes, just until the berries warm through and swell. Serve warm.

Paramedics Course Underway At St. Lawrence College



The first ever paramedics course is in full swing at St. Lawrence College this fall. Forty-six students signed up for the course, far more than planners had expected. Besides classroom time, students are given instruction outside on campus as well. Shawn Martel (left) of Cornwall and Leigh Keeler (right) of Lancaster, are being shown the correct way to transport a patient, Ashley Freer (third from left) of Lion's Head, down a flight of stairs. Instructor Lee Montford (second from left) a practicing paramedic, looks on.

Photo by John Divinski

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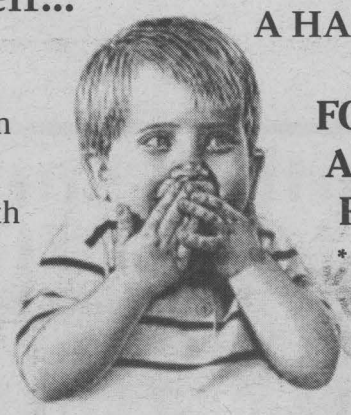
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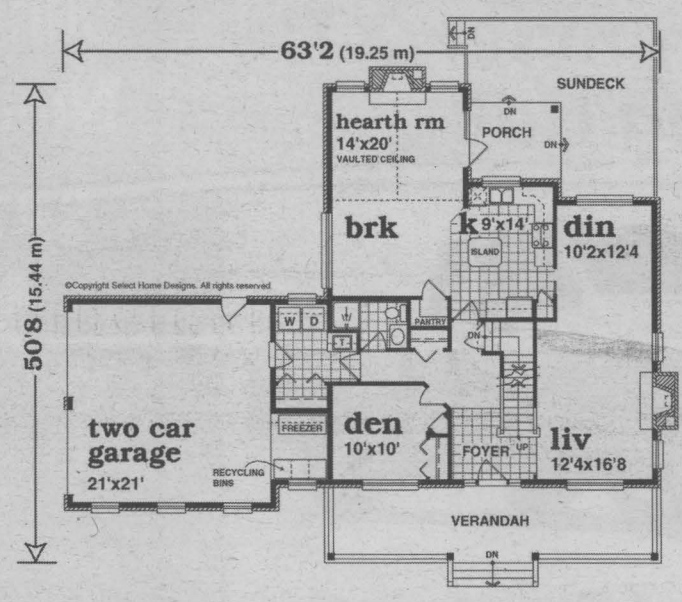
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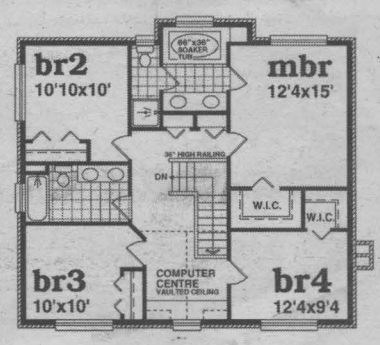
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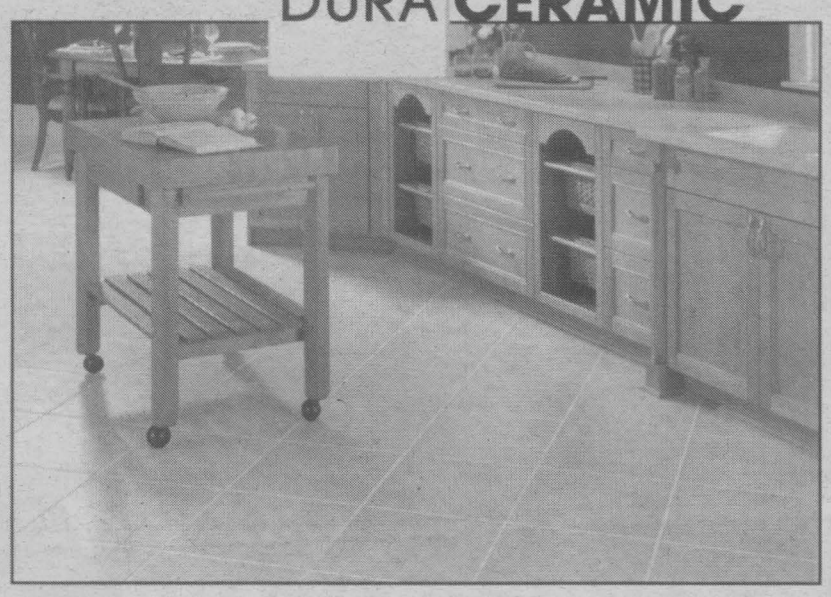
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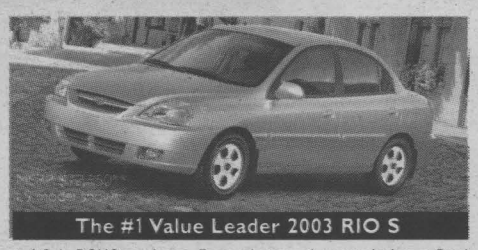
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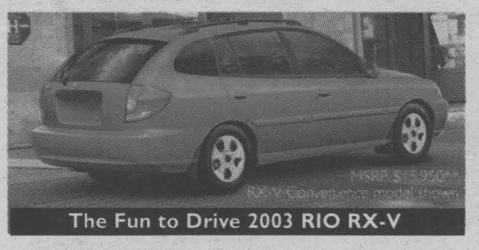
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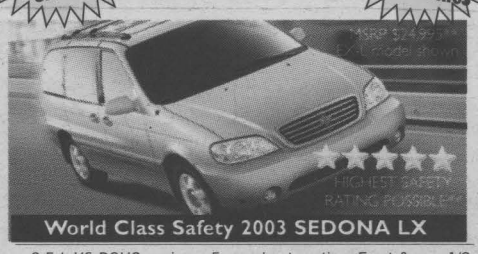
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Skate Competition

Story & photos by Philip Doyon

Local skateboarding talent was given a stage at Optimist Park on Saturday, September 13th, 2003 during Cornwall's 'Ripping for Wood' skate competition.

An estimated 200 people made their way to the park to attend the event where 30 participants had two minutes each to show what they could do on the course.

This was the second such competition this year and participation is only getting better. "The scene in this town has always been so responsive to things like this," said Nick Otto of Orbit Skate Shop who organized the event. "You really see the difference in their ability since then. At the beginning of the year, the skills were not as good. I saw nine-year-old kids doing tricks that were way beyond their years."

The competition was broken up into three categories: 13 and under, 14 to 17, and 18 and over. The day ended with a best trick competition. Winners from each category received new skateboards that were donated by Orbit Skate Shop's various suppliers hence the name of the competition: 'Ripping for Wood.'

Otto plans to organize three contests next year where the top six competitors will be given the chance to compete at a higher level in Toronto. The top athletes from Toronto will be off to compete at a National level in Calgary. "It gives them something to shoot for and keeps them at the park," he said.

"Some of these kids are treated like rock stars when they go into bigger cities where the scene is bigger," said Otto. I've seen Will Marshall (10 years old) walk into skate parks and crowds of people cheer his name."

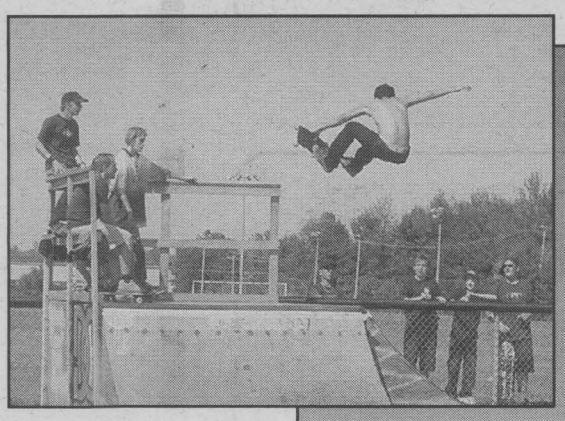
Recent work that was done at the park made for a better course this year as well. "The new pieces that were added, as well as repairs to the existing ramps made the park go from a basic to an advanced course," explained Otto. "The new concrete pieces are expensive. I would have rather seen that money spent on wooden ramps for an indoor park somewhere so that the kids would have somewhere to go in the winter." He estimated a figure of $80,000 in park pieces that make up the current course.

The competition works on a point system that eliminates half the riders after the first round. The second round has the top five of each age category compete for the top three positions of each respective category. Results of the event are as follows: 18 and over: Mark O'Byrne (21), Mike Lefebvre (18), and Adam Deruchie (21); 14 to 17 year olds: Steve Picken (15), Will Marshall (10), and Brad Ceasor (17); 13 and under: Ryan Daigle (11), Danny Lefave (13), and Nick Currier (13).

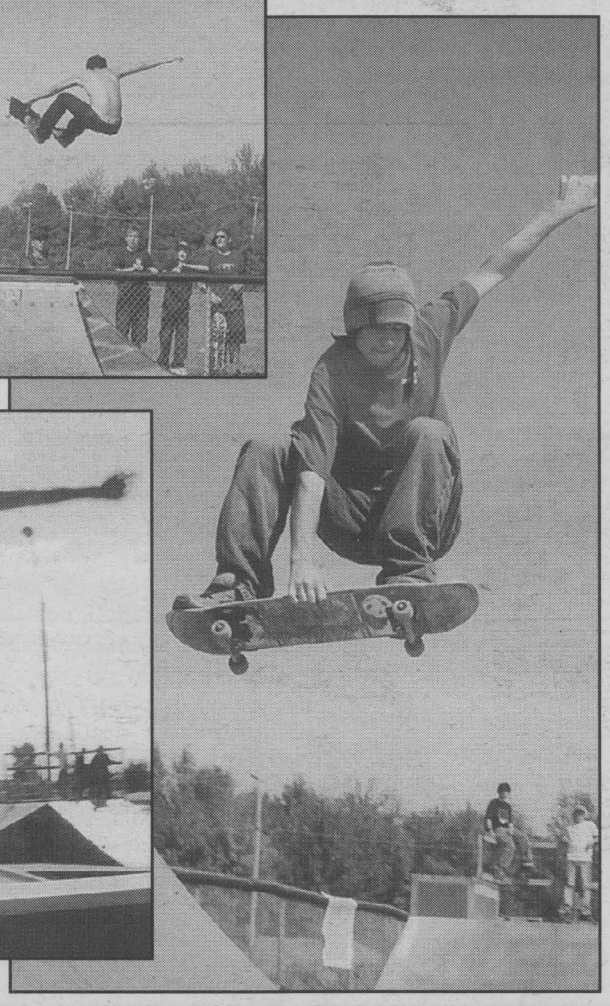
As well as winning first at the senior level, Mark O'Byrne also won the best trick competition at the end of the day with a nauly tail-slide to shove it 180'.

Street Skating

When asked about street skating, Otto pointed to the differences between riding a park and riding a street course. "Street skating is so popular because you're creating something that's fresh out of your brain. There's no stopping that." He points out that, "if a kid lives 15 blocks from the park, he's not going to go all the way there just to skateboard. He's going to go down to the local rail at his church or whatever. There are 12 year old kids getting $150 tickets and all that does is scare kids away from police officers."







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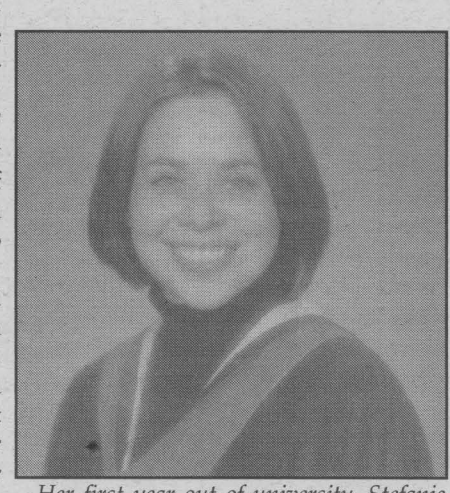


A Canadian Idol she's not, but 22-year-old Stefanie True is well on her way to a singing career.

A recent graduate with a Bachelor of Fine Arts Degree specializing in Classical Vocal Performance, True has landed a soprano position with the Elmer Iseler Singers, a Toronto-based professional chamber choir.

It's not exactly what she dreamed about when the former St. Andrews West resident was performing in local musical theatre, but in a telephone interview from her home in Toronto, True says she couldn't be happier.

"I'm so lucky," she says, "that my first year out of university, I'm being paid to sing."



Her first year out of university, Stefanie True has earned a soprano position with the Elmer Iseler Singers, a professional chamber choir. *Submitted photo*

Luck, it would seem, is only a small part of it. True has been working hard at developing her musical talent for many years, encouraged by her parents, Russell and Renate, whose role, according to Renate, was "driving her wherever she needed to be."

And there was a lot of driving. True began taking piano and violin lessons at an early age. She played in the Central Public School band, Ottawa Youth Orchestra, the Glen Theatre Orchestra and with a local Celtic band, Haggis. She competed in the Kinsmen Music Festival, sang and toured with the Cornwall Collegiate and Vocational School Show Choir and performed in various Glen Theatre and Dream Maker productions.

"I played Sandy in "Grease" twice," she says.

Thinking she would like to pursue a career in musical theatre, True started taking voice lessons at the age of 17 from Carol Millar Hague of Vankleek Hill.

"She sent me into the classical world," she says, though the real "turning point" came a while later.

> **"Every time I hear her now, she has improved since the last time."**
> *-Catherine Robbin, Stefanie True's voice teacher*

Not satisfied after a year of theatre studies at Toronto's York University, True decided to switch to the music program, and was thrilled when she discovered that her voice teacher would be renowned mezzo-soprano Catherine Robbin.

"She's an incredible singer, and an incredible artist, and she's an incredible teacher and I've just been really, really lucky. It was when I started studying with her that she opened my eyes to what I could be doing in the world of classical music," says True.

"Stefanie was immediately the shiniest apple in the barrel," says Robbin as she recalls the initial audition. "I could tell on first hearing that her voice had good potential if she was willing to approach the work in a disciplined technical manner."

In the past few years, says Robbin, True's sound has moved from "a sweet, girlish voice to a full, womanly one," and she has also enlarged her own artistic personality.

"She was a small town girl who came to the city and took full advantage of the opportunities available to her here," says Robbin. "She attended many concerts and sang in one of Toronto's best choral ensembles, the Amadeus Choir."

That's where the little bit of luck comes in. As a summer student employed at Upper Canada Village, True was singing at Cook's Tavern when the assistant conductor of the Amadeus Choir happened to be in the audience. She invited True to audition for the 115-voice choir, directed by Lydia Adams, who also happens to conduct the 20-voice Elmer Iseler Singers.

To begin their 25th Anniversary season, the Elmer Iseler Singers will be performing in Gatineau (Hull) on Wednesday, October 1st, 2003, International Music Day, as part of the Outaouais Sacred Music Festival where they will also join the Studio de musique ancienne de Montréal in presenting the world premiere of "Creation," a work by Ottawa composer, Frédéric Lacroix.

True is looking forward to her experience with the Elmer Iseler Singers which will include a tour of British Columbia in March.

"You learn so much in a group like this," she says. "You learn so much about music and you get to meet composers and great soloists, and your colleagues are so knowledgeable."

Though she graduated from university summa cum laude, True plans to keep on learning while she juggles her responsibilities with the Elmer Iseler Singers and a supplemental job as a retail salesperson. During the summer, she travelled to England and Wales for Master Classes and hopes one day to pursue her studies in Europe. She has her sights set on a solo concert career.

Robbin, who has herself just recently retired from the stage, believes True is working very hard to make her dreams come true.

"Every time I hear her now, she has improved since the last time," she says. "I have no doubt that when opportunity knocks, Stefanie will be ready and will, indeed, succeed in a concert career. She has all the right stuff: a beautiful voice, an innate poise, sizzling intelligence and wit, a desire and an ability to communicate ideas and emotions through her voice, a strong work ethic and a supportive family."

True is realistic about her expectations, though. She knows there will be many sacrifices to be made along the way, and accepts that success won't necessarily include a fortune or a huge following of fans.

"A lot of people don't really go for that kind (of music)," she says candidly. "It's a tough sell, I have to say."

Still, she is confident this is the best choice for her.

"You have to love it, and you have to believe that what you're doing is the right thing for you. I do."

For more information on the Outaouais Festival of Sacred Music, call (819) 771-5329 or check out: www.sacree.qc.ca.

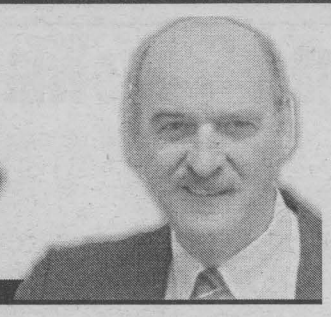
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Sports Chips



with Bill Gallant

We have an interesting photo for you this week. All of the subjects are connected with sports. In order for you to try your memory skills, I have only included first names of the eight local and area sportsmen. Front row (left to right): Moe, a former CFL'er; Chad, an NHL Canadien; David, sports broadcaster; Hugo, a former Colts now with Grand Rapids of AHL; and Orval, player-coach. Back row (left to right): Dan, NHL; Steve, NHL linesman; and Karl, NHL Canadiens.

Our thanks to Sergeant Brian Snyder (policeman) for making the photo available to us, and we wish everyone luck with those last names. Answer next week!

Also next week, we hope to be able to present an old timer lacrosse photo, thanks to Bob Lalonde. Remember, if you have any interesting pictures we can use, please leave at the Seaway News office in care of Bill Gallant.

As the summer fishing season winds down, all ardent angling enthusiasts are probably making arrangements for this winter's ice fishing fun. We mention this because of some good news on the winter fishing front. We are told that several associations in our area will be staging some ice fishing derbies this year along the St. Lawrence River. It is welcome news for those hardy anglers who take their snowmobiles and/or ice huts to favourite locations.

We would appreciate it if the groups that are planning a derby would let us know well in advance. Details of the planned derby together with your group or association particulars are to be dropped off at Seaway News for our winter Sports Chips features.

Don't forget, you can now sit in front of the ice and watch some very exciting hockey action in the Cornwall Colts' new season in the CJHL. It's an enjoyable outing at the Si Miller Arena, and a chance to get to know the new Colts line-up. Drop by and take in the next home game and inquire about getting season tickets.



Ray Jans Construction

"A" Division Champs



After going undefeated during the regular season, Ray Jans Construction women's ball hockey team carried on strong through the playoffs with four straight wins to capture the "A" Division Champions title. Pictured front row (left to right): Colette Lemire, Joanne Dexter, Nancy Servage, Sheryl Fontaine and Karen Smith. Back row (left to right): Valerie Ming, Jackie Gaines, Sylvie Jans, Josee Pomerleau, Christine Piché, Vanessa Nocholls, Sue Villeneuve, Sharon Jasper and coaches Gary Jans and Georgette Gaines.

Submitted photo

Club 55+ Action

By Lee Kirkey

Welcome back to another bowling season. I will be trying my best to replace our retiring P.R. George Belmore. Thank you George for all the news.

On opening day, we had 24 teams and 140 senior bowlers.

Eric Dunn announced that we had 27 seniors that have been bowling in our league for 10 years or more, including two for 20 years.

Our senior senior bowler, Winnie Wragg, 90 years of age, rolled the first ball. "Forever Young."

By the way, we still have openings for three to four new bowlers. Why not join us Tuesday afternoons at 1:30 p.m.

Attendance prizes were won by Anita Lemaire, Jeannine Malette, Dee Hollingsworth, Bab Carter and Millie McCourt.

Cornwall Kia

Pee Wee B Royals

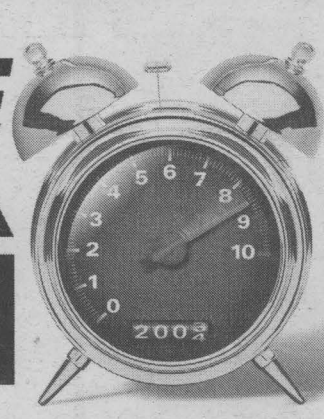
The Cornwall Kia Pee Wee "B" Royals have finalized their roster for the 2003/2004 season. On the team are Christian Leger, Nathan Wheeler, Nicholas Dilabio, Scott Roy, Justin Adams, Christopher Maloney, Shawn Fontaine, Thor Grant, Brock O'Conner, Nicholas Sanseverino, Patrick Gendron, Cameron Paul, Andrew Branchaud, Reid Lepine, Matthew Marcil, Chad Parthenais, and James Blanchard. Coaching the team are Brian Adams and Denis Leger. Perry Blanchard is the trainer and both Angelo Sanseverino and John Dilabio are sharing the managerial duties. The Royals started their season with their first exhibition game against the Alexandria Glens, which resulted in a 4-0 loss. With positive encouragement from the coaches, the team gelled nicely toward the end of the game. Christopher Maloney and Nicholas Dilabio shared the netminding duties.

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Major Atom "AA" Rapids

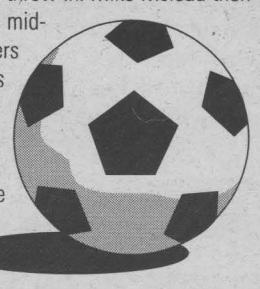
The SVMHA Major Atom "AA" Rapids played their first league game on Saturday, September 20th, 2003 in Spencerville and lost 3-1 to the Rideau St. Lawrence Kings. Both teams seemed evenly matched through the first and second periods with the score remaining 0-0. The Rapids fought hard to keep the Kings away from their net. The Kings, however, broke through in the third and scored three unanswered goals. The Rapids called up Taylor Eamon as an affiliate player, to help them out in this game. Jordan Graham played a superb game in nets, making some quick and amazing saves.

On Sunday, September 21st, 2003, the Rapids faced the Ottawa Sting in an exhibition game in Maxville and played to a 4-4 tie. The Sting got on the scoreboard first, however Alexandre Gendron replied for the Rapids on a pass from Nick Quenneville. The Rapids continued to work hard in front of the net and it paid off with their second goal from Kevin Hope, assisted by Vance Thompson. With the score now 2-1, the Rapids continued to skate hard. On a pass up the ice from Kevin Hope, Stevie-Ray Adams took aim at the net and fired a beautiful shot past the goalie. Alex Conroy-Terrance also found the back of the net, assisted by Kevin Dionne. The Rapids were ahead 4-2 going into the third, the Sting came back and scored two more goals. Jacob Fourney and Jordan Graham shared the duties between the pipes for this game. Some great hockey played by all members of the team.

Howard Smith Credit Union/BASF Kinsmen

U-14 Blazer Boys

After completing an undefeated season in the OCSL Division 1 play, the Howard Smith Credit Union/BASF U-14 Kinsmen Boys Blazers started off the Youth Cup with an impressive 8-0 win over the Ottawa Internationals. Richard Bovington got the ball rolling with a strike off a Nathan Myers cross seven minutes in. Richard Bovington then got his second on a scramble in front of the Ottawa net. Alex Glasgow then fed Ben Martin to increase their lead to 3-0. Dan Gignac closed out the first half off a long cross from François Charlebois. Richard Bovington completed his hat trick four minutes into the second half on a blast from Alex Glasgow's throw in. Mike Mclead then fed Glasgow up the middle to give the Blazers a 6-0 lead. François Charlebois made it seven off a rebound then Martin scored his second to close out the scoring. Mathew Stones and Dan Bougie shared in the shutout.



Play It Again Sports Win Championship



Play It Again Sports won the "B" division championship in the Cornwall Women's Ball Hockey League.

In front from left to right are: captain Nancy McGillivray, Tammy McAllister, Joanne Porporo, Chelsea Tardiff, Alma Lawrence and Julie Kalil. Back row (left to right): Nathalie Cameron, coach Claude Laroche, Michelle Legare, Carol Bowman, Pam Gould, assistant coach Cheryl Sauve, Natalie Cardinal, Ann Desjardins and Kim Spence. Top row (left to right): Rachelle Vallee and Shelley Rochon. Missing from photo is Jessica Leroux.

Photo by Digiphoto

Innovative Converting Minor Bantam

"AA" Rapids

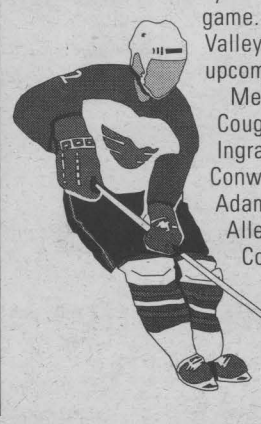
From Friday to Sunday, September 12th to 14th, 2003, the home of the First Annual Todd White September Shootout was held in Kanata. On Friday, September 12th, 2003 the Minor Bantam Rapids played their first game of the tournament and the new season against a physical London Knights team. The Rapids withstood the attack of the Knights to defeat them 3-0. Scoring for the Rapids was Alley Bero assisted by Ryan Beach. The second goal came off the hands of Brett Michaud assisted by Kale Perry. To cap it off, Brett Michaud scored an empty netter unassisted.

The next game of the tournament was not so pleasant as Rideau-St. Lawrence Kings defeated the Rapids 4-2. Scoring for the Rapids was Kale Perry assisted by Sean Rudy and Justin Ingram. Brett Michaud scored the other marker assisted by Kale Perry.

In the next game, a free flowing Rapids squad threw everything at Kanata's net minder but only defeated the Blazers 2-0. Scoring for the Rapids was Trent Thomas assisted by Ryan Beach and the second goal came off the stick of Alley Bero from Matt Jacobs.

Finishing second in round robin play, the Rapids were now ready for the Ottawa Sting. At the end of three periods the score was tied 1-1 as Trent Thomas scored assisted by Ryan Beach. Close to the end of the third period Rapids goalie Josh Loney kept his team alive stopping a Sting breakaway opportunity. In overtime three on three action with three minutes remaining Brett Michaud found Mac Mitchell crashing the net to win the game 2-1 for the Rapids.

To cap off a good weekend goaltender Travis Coughlin played a strong Championship game against Rideau-St.Lawrence Kings to help his team to a double overtime three on three victory 1-0 over the Kings. Capitalizing on a great pass from Shane Kitchen, Trent Thomas found a way to score on the Kings netminder to win the game. It was a great weekend for the Seaway Valley Minor Bantams as they get set for the upcoming season.



Members of 2003-2004 Rapids are Travis Coughlin, Josh Loney, Cameron White, Justin Ingram, Matt Jacobs, Brock Bissonnette, Brett Conway, Mac Mitchell, Brett Michaud, Myan Adams, Sean Rudy, Trent Thomas, Kale Perry, Alley Bero, Shane Kitchen, and Ryan Beach. Coaching staff includes Sheldon Coughlin coach, Marc Bissonnette and Mike Conway assistant coaches, Dwight Bero and John Kitchen trainers, plus manager Brian Rudy.

Hunt Insurance Kinsmen

U-17 Blazer Boys

Hunt Insurance U17 Kinsmen Blazer Boys advanced to the semi-finals recently. They finished the regular season in second place with a very good record of 9-3-1. In the quarter finals they played back to back games against the Ottawa United Fiorentina team. Saturday, September 20th, 2003 saw the match ended with a 1-1 score with Chris von Bornhoft getting the lone Blazer goal on a penalty kick. The Sunday, September 21st, 2003 3 p.m. match at Optimist Park was delayed by half an hour as the opposition did not arrive until 3:15 p.m. and thus starting the game at 3:30 p.m. It was a tough match, but the excellent officiating of referee Dave Cruickshank kept the game under control. The score was 0-0 until three quarters of the way into the game when Scott Meldrum kicked the ball in the net and it rolled through the keeper's hand. Then five minutes later Stefano Zoppas, on a pass from Shane Caron, blasted the ball past the Ottawa net minder. A while later, Zoppas scored one more to ensure the Blazer's 3-0 victory. Eric Arajs registered another shutout to add to his impressive record.

Midfielders Shane Caron, Scott Meldrum, Chris Baldree, Thomas Mondoux, Paul Randlett and Jamie Duchesne, along with defencemen Brian Middleton, Ryan Shane, Jamie Powell, Cody Logan and Axel Schulz all have to be congratulated in the good performance they gave in the two games quarter-final games, to allow their team to move on.

It is the first time, in the history of this Blazer team, that they move beyond the first round. For the semi-finals, they will face the Ottawa Capital United team, who have only lost one game all season and that was to the Blazers. The Blazers are going for a repeat performance to get them closer to their ultimate goal of a berth in the finals of the Youth Cup.

Charlebois Aluminum

U-12 Blazer Girls

The Charlebois Aluminum U-12 Blazer Girls Premiere Division began cup play with a two game sweep of the Ottawa South United Fury recently. Saturday, September 20th, 2003, the girls played to a 4-1 finish in Manotick with Kyrsten Hay scoring one and Kelsey Latendre getting the hat trick, with assists by Jessica Lauzon and Taffy Chadsey. The defence and keeper were very strong holding OSU to one goal.

Sunday afternoon, September 21st, 2003, game number two of the series was at Optimist Park in Cornwall. OSU played a strong game but it wasn't enough to keep our Blazers from securing a place in the semi-finals with a 2-1 win. Goals were scored by Kelsey Latendre and Kyrsten Hay assisted by Andrea Latour, along with the help of a strong midfield. Good luck in the semis, girls.

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Cornwall Nesbitt Burns

River Rats Win Double Gold

The Cornwall Nesbitt Burns River Rat teams competed in the Carlingwood Frank Ryan Little League baseball tournament on Saturday and Sunday, September 6th and 7th, 2003. The future of baseball in Cornwall looks very bright as both the Minors and Majors took home the Gold.

The Majors (11 and 12 year olds) won all three games by one run in claiming the championship. In the first round they defeated Orleans 7-6. They then defeated the host Carlingwood Frank Ryan team by a score of 5-4. The final was a very well played defensive game with Cornwall outscoring West Carleton/Arnprior by a score of 2-1. Matt McRae, Matt Desrosiers, and Shawn Giroux pitched 5 1⁄3 scoreless innnings in the final before giving way to Jessica Miller who pitched the final two outs in relief to seal the championship. Ben McAllister, Darcy Jansen and Elias Ruest made some spectacular catches in the outfield at key points in the game. The Cornwall Majors have been hot lately winning two tournaments in the last three weeks and finishing third in another tournament. In addition to winning the Carlingwood Frank Ryan tournament they won the Mississippi tournament in August and finished third at the Orleans tournament on Labour Day weekend.

The Minors (nine and 10 year olds) played a round robin format followed by a semi-final and championship game. Coprnwall's first game was a low scoring 4-2 victory over Pinecrest. Cornwall then claimed first place in the five team pool by defeating the host Carlingwood Frank Ryan 15-3. Cornwall played Carlingwood Frank Ryan again in the semi-finals. This proved to be a much closer game with Cornwall winning 6-4. Cornwall then defeated Pinecrest 11-6 to claim the tournament championship. The Minor River Rats credit good pitching, steady defense and clutch hitting for their tournament victory.

The Nesbitt Burns Minor River Rats closed out a very successful season by winning a double header in St. Lazare, Québec on Friday, September 12th, 2003 by scores of 7-5 and 8-7.



Majors: Front row (left to right): Corey Latour, Darcy Jansen, Ben McAllister, Jessica Miller and Dominick Coyle. Middle row (left to right): Matt Desrosiers, Elias Ruest, Matt McRae, Jenna Flannigan, and Shawn Giroux. Back row (left to right): Barry Desrosiers (coach), Gerry Giroux (coach), and Kelly Miller (manager). Missing from photo: Kyle Maloney.



Minors: Front row (left to right): James Amelotte, Ryan Daigle, Aaron Seguin, Jay Flannigan and Nolan St. Denis. Middle row (left to right): Nicholas Saucier, Josh Filion, Kurt MacDonald and Sean Hickey. Back row (left to right): coaches - Mark St. Denis, Miles Amelotte and John Flannigan. Missing from photo: Dylan Prendergast.

Harvey's Restaurant SD&G

Blazers U-16 Girls

The Harvey's Restaurant SD&G Blazers U-16 Girls recently participated in the ninth annual Eagle Cup Soccer Tournament in Mississauga Ontario, ending up as Finalists in the U-16 Division.

On the first day of the tournament, the girls endured three hard-hitting games and won by scores of 1-0, 2-0 and 2-1. In the first game against Erin Mills Eagles B - an Elite Team, Jaymie Baldree scored the lone goal in the first half and keeper Pares Fotenas, along with her defence team, kept the opposition off the score sheet to earn the victory. In the second contest, team-scoring leader, Christina Julien, scored both goals against the Milton Magic. Again, Pares Fotenas earned another shutout by blanking the opposition shooters. In the third and final game of the day, Christina Julien scored both goals as the Blazers edged out another Erin Mills team by the score of 2-1. By virtue of the three wins, the Blazers ended up in first place in their group and moved on to the play-off round.

On the second day of the tournament, the Blazers played their first play-off game and convincingly beat their opponent, yet another Erin Mills team. Christina Julien, Jaymie Baldree and Stephanie McGuire each scored two goals in a 6–0 victory while Pares Fotenas earned her third shutout of the tournament.

The final game was a re-match of the first game of the tournament whereby the Blazers met up with the Erin Mills Eagles B Elite team. Christina Julien scored in the first half to provide the Blazers with a one-goal lead. In the second half, April Castangier scored about 10 minutes in to give the Blazers a two-goal advantage. However, to their credit, the Eagles did not give up and continuously forced the play in the final 20 minutes to even the score and send the game into two times five minutes of sudden-death overtime.

Both teams had scoring chances in the overtime, however, it was the Eagles who came away victorious by scoring with 30 seconds left in overtime and before the teams were seemingly headed to shoot-outs; thus capturing the U-16 Girls Eagle Cup.

The Blazers also received trophies as tournament runners-up. This capped an excellent season of soccer for the team whereby the girls won their U-16 Regional Division, and finished either first or second at three highly competitive tournaments in Oshawa, Kingston and Mississauga. The girls will also receive an award from the East Region Soccer League for finishing first in their age category at an upcoming awards banquet in Ottawa.

Congratulations to the players for their effort and level of play, and to coach Dennis Acheson and assistant coach John Kitchen for what was a truly exciting and rewarding season for everyone. Also, a final thanks goes to our team sponsor (Harvey's Restaurant) and to Giant Tiger and Maynard's Independent Grocer for their support this soccer season.

Innovative Converting Cornwall

Bantam "B" Royals

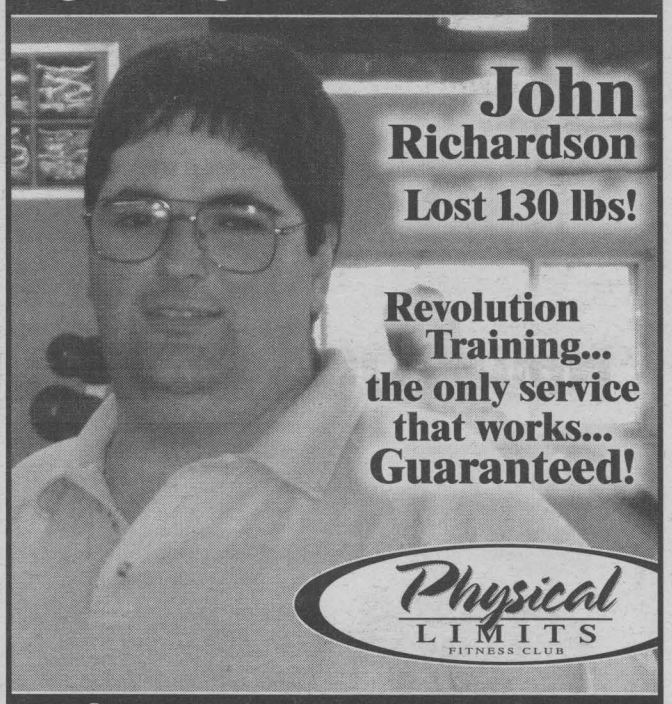
The Innovative Converting Cornwall Bantam "B" Royals travelled to Williamstown to play an exhibition game against the Char Lan Rebels. The Rebels got goals from Andrew MacKay, Mike Robertson, Grant MacDougall and Steve Rose. Cornwall replied with two goals of their own scored by Paul Martel and Trenholm MacDonell. Assists were awarded to Jarrett Racine and Brock Marsolais.

The Royals just finished a gruelling five tryout, two exhibition game schedule. Head Coach Marc Richer appointed Dave Merpaw and Mike Martel as assistant coaches and James Lefebvre as team manager. The following players made the team. Goaltenders Justin Leduc and Dylan Lefebvre will guard the pipes. Skating for the Royals will be Taylor Bergeron, Ryan Fontaine, Carson Gravely, Zach Guindon, Jeffrey Hebert, Andrew Kaneb, Trenholm MacDonell, Zach MacInnis, Brock Marsolais, Paul Martel, Daniel Merpaw, Jarrett Racine, Sylvain Richer, Brandon Trasuk and Barrett Wagar.

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Ontario Power Generation's R. H. Saunders Generating Station would like to inform the public that a section of the St. Lawrence Recreational Bike Path will be closed from September 29th to October 3rd, inclusive, for repaving.
This section is from the Power Dam Drive side of the crossing south of County Road #2 and to the end of the parking lot under the transmission lines on OPG property. During this period an alternative access route for cyclists is available down Power Dam Drive to Saunders Drive and into OPG property. OPG has taken these measures to ensure the safety of the public. Thank you for your co-operation.
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A WORKSHOP FOR YOUTH - Music in the Church led by Bishop Paul-André Durocher will explore the role of music in the Mass and help prepare young people to take their place in the parish music ministry. Workshop will be held on Saturday, September 27th, 9:00a.m. to 1:00p.m. at Blessed Sacrament Church. No cost. Call 938-1091 for more information.

AUTUMN TURKEY SUPPER is being held at Trinity United Church, in Ingleside on Sunday, September 28th, 4:00p.m. to 6:30p.m. Adults.....$9.00; Students (6 to 12 years of age)....$5.00; Children (under 6 years of age)...Free. Everyone welcome.

BEREAVED FAMILIES OF ONTARIO will be holding its Adult Afternoon Support Meeting on Monday, September 29th, 144 Pitt St., 1:00p.m. to 3:00p.m. Information: 936-1455.

BBQ FUNDRAISER will be held at Food Basics (Brookdale Centre) on Saturday, September 27th, 9:45a.m. to 1:30p.m. Fundraiser for the Seaway Valley Major Atom AA Rapids Hockey Team. Everyone welcome.

CORNWALL OUTDOOR CLUB/CLUB DE PLEIN AIR have the following upcoming events: ***"Wine Tour, Oka Area"*** , Saturday, September 27th, 9:00a.m. ***"Hike A High Peak, Street Mountain, New York"***, Sunday, September 28th, 7:30a.m.; ***"Movie Night"*** Tuesday, September 30th, 6:30p.m. For more information call Rose-Marie at 347-3677.

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

FR. ALEX L. McDONALD COUNCIL 11243 OF THE KNIGHTS OF COLUMBUS of Martintown and Williamstown will be holding a Giant Yard Sale on the grounds of St. Mary's Centre in Williamstown on Saturday, September 27th, from 9:00a.m. to 4:00p.m. In the event of rain the sale will be held indoors. Everyone welcome.

"EASY BREATHING CLASSES" Fall Session will be held Tuesday, September 30th to Tuesday, November 18th; 9:30a.m. to 11:00a.m. To register call Linda Lafrance at the Respiratory Care Clinic, Cornwall General Hospital at 932-3300 ext. 4190.

EXERCISE CLASSES FOR SENIORS is held on Tuesdays and Fridays 9:00a.m. to 10:00a.m. at the Martintown Community Centre. Information: Beverly Hincks 528-7502.

GLENGARRY STARSEEKERS meeting will be held on Saturday, October 4th, 7:30p.m., at Raylene Goulder's Home. "***Topic: The Shape of Things to Come - Part 1"*** . Information: Aprile or Richard 525-1541.

GRANDPARENTS, ARE YOU RAISING A GRANDCHILD? Attend our first meeting for "Support Group for Grands" on Monday, September 29th, 1:00p.m. to 3:00p.m. at the Eastern Ontario Health Unit, 1000 Pitt St. Cost: free. Open to all Grands raising a Kin child. Contact for more information 937-3822 after 4:00p.m.

JOY OF LIVING meeting will be held Friday, September 26th, 7:30 p.m. at Holy Cross School, 124 Anthony St. Information: Aline 932-9959 or Roger Roy 984-1005.

LEARN LEADERSHIP AND PUBLIC SPEAKING SKILLS with Seaway Toastmasters Club, on the second and fourth Tuesday of the month at 7:00p.m., in the Cornwall Armoury. Call Gerry Flaherty at 360-5578 for more details.

MAXVILLE - MOOSE CREEK UNITED CHURCH invite everyone to their Annual Turkey and Ham Supper which is being held on Saturday, October 4th, 4:30p.m. to 7:30p.m. Adults...$10.00; Children 12 and under...$6.00; Children 5 and under...Free. Everyone welcome.

MOCCASIN RAILROAD CLUB will hold their next regular meeting on Wednesday, October 1st, 7:30p.m. at the Nativity Centre (downstairs), McConnell Ave., (behind Masse Furniture). Information: 932-0552. Everyone welcome.

N.F.A.A. (NEW FRIENDS AND ACQUAINTANCES) have ***"Bowling"*** every Sunday, 7:00p.m., Nativity Hall, 301 McConnell, ***"Walking"*** every Monday to Thursday, (RCAF Boat Launch), 240 Water St., 6:30p.m. Sharp (look for NFAA Host); ***"Night Maze/McMaze"*** St. Andrews West Saturday, September 27th (meet in Monkland 6:00p.m.). For more information on any of these events call Barbara 933-5902 (days).

NEARLY NEW SHOPPE at Trinity Church will have new hours beginning Tuesday, September 30th. They will be open Tuesday and Thursday afternoon 1:30p.m. to 4:30p.m., and will be closed evenings.

PARKINSONS SELF HELP GROUP of Cornwall meet at the R.C.A.F. Wing 340, 240 Water St. West, Thursday, October 2nd, 1:15p.m. Anyone interested in Parkinsons is welcome to attend. Information: Betty Bulloch at 936-9944.

S.D.G. GENEALOGICAL SOCIETY meeting will take place on Tuesday, September 23rd, 7:00p.m. in Room 2 at Trinity Anglican Church Hall, 105 Second St. West. Please use parking lot door of the Church Hall. Information: Robert 933-6025.

ST. BERNARD'S PARISH, FINCH are having their Annual Harvest Supper on Sunday, September 28th at the Finch Community Arena 4:00p.m. to 7:30p.m. Everyone welcome.

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

SEAWAY SENIORS, 205 Amelia St., have the following upcoming activities: ***Monday, Sept. 29th: "T'ai Chi" 9:00a.m., "Beginners Line Dance" 10:15a.m., "Cribbage/Dominos" 1:00p.m., Tuesday, Sept. 30th: Line Dancing 10:00a.m.; "Euchre" 1:15p.m., Quilting" 1:00p.m.*** For more information on any of these weekly activities call the centre at 932-4969.

SQUARE DANCING. Learn Square Dancing with the Cornwall Swinging B's! A fun, easy way to exercise, socialize, make new friends. Free trial nights Friday, October 3rd and 10th, 7:00p.m. to 8:00p.m. followed by easy dancing until 8:30p.m. Gladstone Public School, 825 McConnell Ave., Information: 936-2831 or 537-8582 or just walk in.

TRI-COUNTY CHESS CLUB Fall Session will run until Wednesday, December 17th and the Spring Session is scheduled to begin Wednesday, January 15th, 2004 to Wednesday, June 23rd, 2004. Also for the adults - experienced players meet upstairs at the Cornwall Public Library for friendly games of Chess on Wednesday evenings 6:30p.m. to 8:30p.m. Everyone welcome. For more information call Raymond Lacroix at 938-6364.

VOLUNTEERS NEEDED! Canadian Mental Health Association are seeking volunteers to work at their Monday Bingo (1:30p.m. to 4:30p.m.). The volunteer would work a minumum of one Bingo per month. For more information contact Joanne at 933-5845 ext. 223.

WATERFOWL DAY is being held on Sunday, October 5th, 11:00a.m. to 5:00p.m., at the Upper Canada Migratory Bird Sanctuary (just take 401 exit 770 and follow signs). ***"Muskoka Wildlife Centre Animal Adventure Show", "Little Ray's Traveling Reptile Show"*** and various activities and shows being presented throughout the day. This will be a rain or shine event. Everyone welcome.

youthUNLTD GARAGE SALE is being held on Saturday, October 4th, 8:00a.m. to 3:00p.m., 28 Peter St., Maxville. Household, books, furniture, etc. and lots more. Information: 527-5251.

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Battle Of Britain Commemoration



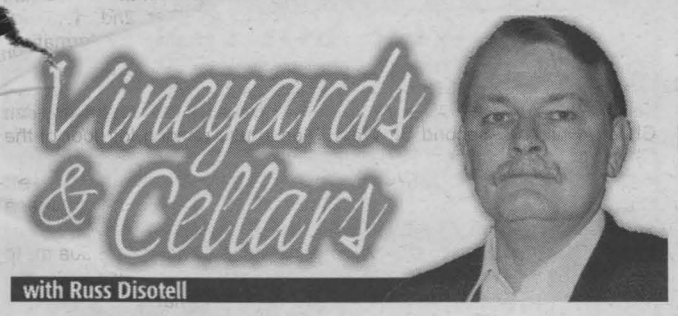
Veterans and young people alike graced the front lawn area of the RCAFA Wing 424 on Sunday, September 21st, 2003, to observe the 63rd anniversary of the Battle of Britain. Among those in attendance was Stormont Dundas Charlottenburgh MP Bob Kilger who said an event such as this, "gives us the occasion to pause to reflect and remember those who paid the ultimate price at the Battle of Britain." During the ceremony a limited edition painting of the air force of the time in action during the Battle of Britain was presented to the Wing by Frank and Nessa Laing. Mr. Laing, (left) presents the art work to the President of Wing 424 Dwayne Wagar. Public relations spokesperson for the Wing, Bob Di Millo tells Seaway News, the painting will have a prominent place within their building and should be up in a week. The Battle of Britain is considered the first major defeat for Nazi Germany and literally turned the tide in World War II. Many Canadians were part of that victory and many lost their lives "for democracy."

Photos by John Divinski



The Battle of Britain Commemoration at the RCAFA Wing 424 on Sunday, September 21st, 2003. This year's ceremony observed the 63rd anniversary of the 1940 event.

Farm Fresh Vegetables And Chilean Sauvignon Blanc



As witnessed by our recent run of good weather September can be a very agreeable month. September has a lot going for it from a culinary point of view also. Farm fresh produce is appearing in abundance at roadside stands, farmer's markets, and supermarkets and of course, on our tables. To be sure, the selection differs little from what is usually available year round, thanks to international trade, but it does deviate in one important aspect. The local produce is reaching our tables at peak freshness, providing a very real and delicious underlying sweetness.

Tomatoes, corn, lettuce, beans et al share this peak freshness. In response we adjust our menus to include as many vegetables as possible. Salads, fresh corn on the cob, vegetable risotto, and vegetable stews are the order of the day. Vegetable side dishes steal compliments from the usual meat or fish highlights.

This harvest time cornucopia of delights demands the attention of a special wine. Peak-sweet vegetables should be paired with wines that feature a vibrant fruitiness and don't overpower the tender vegetable flavours. Many experts agree that New World (anywhere but Europe) Sauvignon Blanc is a superb match for fresh vegetables.

Sauvignon Blanc has a very distinct, exotically pungent nose, often called grassy, but also described as herbal, grapefruit, green tomatoes and even kumquats. The taste features very tangy acidity and mouth-watering citrus, kiwi and melon flavours. Other than the American style Fume Blanc it has little or very low levels of oakiness. New World Sauvignon is fruit driven as opposed to the earthiness that is a major component of the best European Sauvignons.

Our wines are from Chile. They will match well with your fall vegetables as well as chicken, simple salmon dishes and seafood.

Santa Ines Sauvignon Blanc 2002 (CSPC# 35009) from the Maipo Valley region is a good example of the quality the country continues to produce. Santa Ines isn't well known in Ontario, but if this is an example of their wines, they soon will be. The 2002 Sauvignon Blanc has an inviting, open nose of green apples and herbs. It is medium bodied and has a lively palate with fresh, firm acidity. It offers an abundance of citrus, peach and green apple fruit with the peach flavour most in evidence throughout the lengthy finish.

Errazuriz consistently produce one of the best Sauvignons from Chile. Errazuriz Sauvignon Blanc 2001 (CSPC# 263574) is produced from their cool climate Esculatura Estate. Lively and aromatic it has great acidity and is thoroughly refreshing. The generous nose exhibits tropical fruit and a strong herbal character. Errazuriz features assertive citrus, apricot and green apple fruit on the palate with plenty of citrus acidity to balance. The finish is zesty and flavourful.

Our last selection is one of the great white wine values on the LCBO shelves. Gato Blanco Sauvignon Blanc 2002 (CSPC# 219048) is from Vina San Pedro, one of Chile's largest wineries. Lighter in body than our previous wines it is surprisingly rich, with intense tropical fruit flavours. The palate features zesty grapefruit and citrus fruit with an underlying herbaceous quality. Once again balance is superb and the finish is lingering and flavourful. Don't miss it!

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SMALL BUSINESS PROFILE

Building A Team For Success

It's a well-known saying that to be successful, entrepreneurs must delegate. Surrounding oneself with competent employees and taking full advantage of their skills, however, should be the basis of the delegation process.

The entrepreneur heading a small company usually oversees or personally handles everything, or nearly so. However, a leader will have no other choice but to build and count on a solid team if he or she wishes the company to grow. For there lies, more often than not, the very thin line between business success and failure.

Why? Because the more a business grows, the increasingly complex it becomes. In such a scenario, the entrepreneur can no longer wear all of the required hats without putting the company at risk. Moreover, the entrepreneur needs to continually grow the level of available expertise - in terms of operations, technology and management - necessary to benefit from new business opportunities.

"The growth of a business is closely linked with the personal development of the entrepreneur," notes BDC Executive Vice President Edmée Métivier. "As the organization matures, the initial role of project manager must evolve into that of team leader. Once the company has achieved a level of sustained growth, the entrepreneur must be a leader able to delegate daily management in order to concentrate on strategic issues."

At this stage, the small business owner would also benefit from outside support. This may include a Board or Directors or advisory committee, a group of business owners, a mentor or a business consultant (for resolving specific problems).

Learning to delegate

For many entrepreneurs, progressing from one phase of development to another is not an easy task. Small business owners who have not, from the very outset, foreseen the necessity of bringing collaborators on board will find themselves desperately requiring their assistance when called upon to quickly make important decisions or settle urgent matters. In other words, when he or she has become the bottleneck hindering the company.

It is very important, however, that the entrepreneur recruit the right persons, while taking existing strengths and weaknesses into account. One of the keys to business success lies in a well-balanced, innovative team with a critical sense and able to carry out the company's strategies.

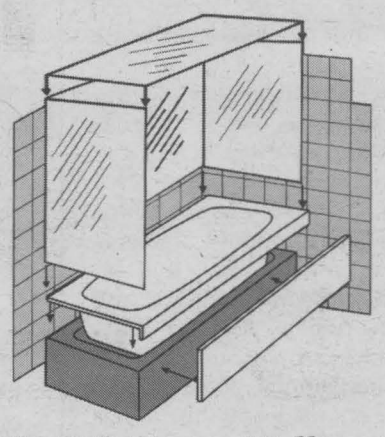
According to Métivier, major corporations represent one of the largest growing pools of skilled resources: "SMEs can woo the resources that large organizations are increasingly letting go, notably those aged 45 and over. These people are in a position to bring exceptional value to small- and medium-sized enterprises."

Richard Joly, a partner in the executive recruiting firm of Korn/Ferry International, is in complete agreement: "An entrepreneur who needs a right hand man, for example, must hire a professional manager. Someone who can conduct analyses, measure performance effectiveness, knows the main business processes, etc. The best place to find such a person? In major corporations, particularly among those managers that count 10 or 15 years of service, and have been around the block. If an entrepreneur finds it difficult to match the salaries and benefits offered by large companies, it may be possible to attract top managers by offering them a share of the organization's future growth."

To fully benefit from collaborators, a small business leader must give them the leeway they need to do their jobs, make expectations clear, avoid interfering in their work, and recognize their achievements.

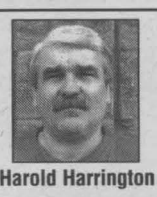
Surrounding oneself with a strong team, as we have seen, is no small task. The entrepreneur would be well advised to turn to a human resources consultant for assistance. By contacting the BDC Consulting Group, for example, an entrepreneur can benefit from the help of specialists in carrying out this task, one critical to the growth of the business. The BDC Consulting Group can also help small business owners optimize the effectiveness of their company's business processes, and in so doing, foster business success.

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Web Watch

(NAPS)-With lessons learned from the Gulf War, Somalia and the recent war in Central Asia, the U.S. Army is challenging soldiers to excel as part of a faster, more effective fighting force built on the strength of superior training, technology and information networks. The evolution is a keystone of the Army's Transformation plan, an Army-wide focus on how it responds to any threat, anywhere in the world, with speed and stealth.

Film Movement, a new film distribution company that hopes to broaden access to films, is offering a new subscription DVD service for first-run films. The subscription DVD service allows film fans to see critically acclaimed films that previewed at top festivals such as Cannes and Sundance. Each month, subscribers receive an award-winning American independent, foreign or documentary film on DVD, available exclusively from Film Movement. In addition to receiving these films at home, subscribers may view these films free of charge on the big screen. As an added benefit, subscribers may also receive free admission to private screenings and receive discounts at film festivals. Members also receive exclusive benefits on www.thefilmmovement.com, such as the opportunity to rate each month's film with fellow members and the ability to e-mail the filmmakers and select cast members.

LET'S Celebrate

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

WINNER
BRIAN LADOUCEUR
Pick up your prize at Gedoro's

Gedoro's
Fine Dining in Casual Comfort
19th Anniversary Dinner
See Our Great Selection of 2 Dinners
for $19.84 Includes 2 Garden Salads & Bread Bar from 4pm
See restaurant for full details.
158 Pitt St. 938-2791

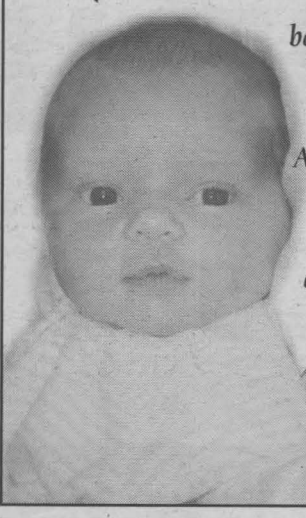
To Place Your Ad : Phone or Write Your Ad of 24 words or less and enclose $9.50 handling charge, plus $7.50 for a photo. Over 24 words, 25¢ per additional word, per week

DEADLINE: TUESDAY - 5 P.M.

Beckstead

Krista (nee Benton) & Brad are thrilled to announce the birth of their daughter

Kayden Mary Katherine



born on Friday, August 1st, 2003
at 3:52 p.m.
weighing 8 lbs., 20-1/2" long
A little sister for Andrew & Cole
Proud grandparents are
Hilda & Neil Benton
and Milly & Duane Beckstead

Proud great grandparents are John G. & Alice Wheeler and Edna (& the late Myles) Benton

Honeymoon Couple Celebrates 49th Wedding Anniversary



Leo & Elaine Tessier

of Ottawa, Ontario, were married on October 2nd, 1954 at 8 a.m. at St. John Bosco Church, Cornwall, Ontario
They have 4 lovable daughters and sons-in-law,
Janet, Carole, Valerie & Wendy
happily enjoying two newest granddaughters,
Victoria & Kimberly-Anne
with 4 grandsons, and
3 other granddaughters
Loving wishes & happiness always
Mom & Dad, grandparents,
Poppa & Mawma
Hugs & Kisses!

Happy 3rd Birthday



Dara Laframboise

lots of love...mommy,daddy & Neil



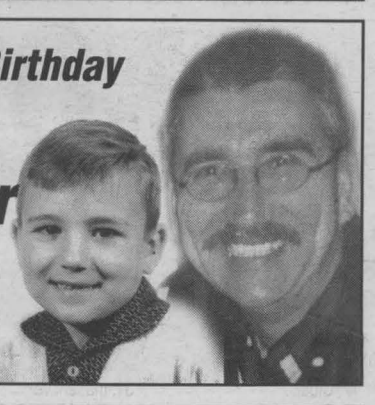
Lordy, Lordy
Still Fabulous at 40!
Happy Birthday

Mrs. Nancy Jean Bougie

who celebrated on September 24th, 2003

Happy 50th Birthday

Brian Ladouceur



celebrating on September 26th
Love your family & friends

Congratulations on Your Retirement

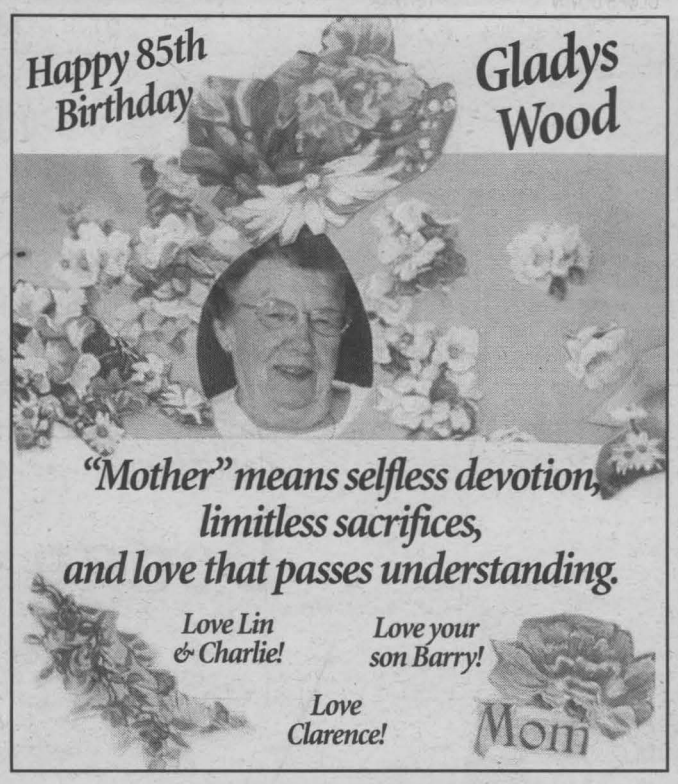
Barbara Ann Zummach

(nee Rombough)
Love your family & friends

35 Years
of Dedicated Service!
Cornwall General Hospital
Palliative Care



Happy 85th Birthday
Gladys Wood



"Mother" means selfless devotion, limitless sacrifices, and love that passes understanding.

Love Lin & Charlie!
Love your son Barry!
Love Clarence!
Mom

Happy 62nd Birthday

HENRY DORE

celebrating on September 28th
From the Staff at A&P

Happy 46th Wedding Anniversary

Lutt & Norma Bergeron

celebrating on September 28th, 2003
From Brent & Bruce



Wedding Reception
in honour of

Christianne Lalande

daughter of Claude & Nicole Lalande of Cornwall and

Sean Baird

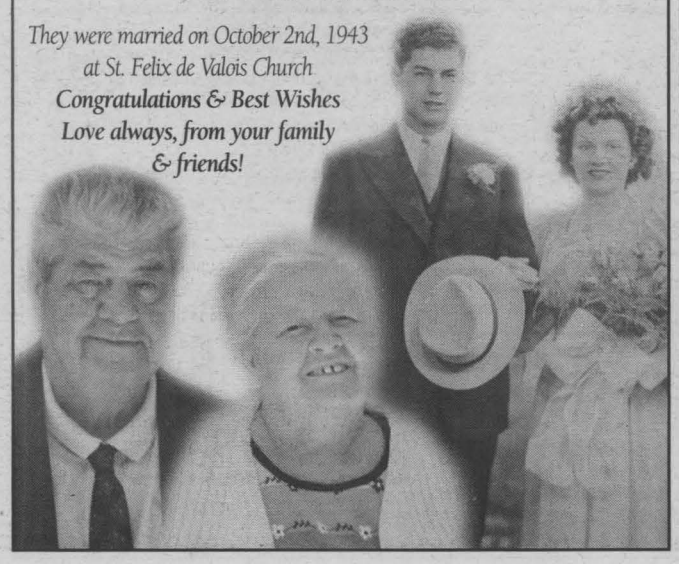
son of John & Leslie Baird of Brockville

Saturday, October 4th, 2003
Ramada Inn • 9pm-1am
DJ ~ Light Lunch ~ Everyone Welcome

Happy 60th Wedding Anniversary

Fernand & Annette Gadbois

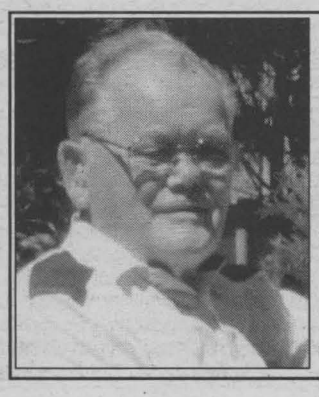
They were married on October 2nd, 1943 at St. Felix de Valois Church
Congratulations & Best Wishes
Love always, from your family & friends!



Famille 4 Générations - Bazinet

M. Fernand Loiselle porte fièrement son arrière petit fils Jean Nicolas Bazinet, né le 12 juin, 2003. De gauche à droite: Mde Rita Bazinet, grand-mère du bébé, M. Fernand Loiselle, Bébé Jean Nicolas, et le père, Pascal Bazinet





Happy 80th Birthday

Laurier Charlebois

celebrating on September 27th
Love, all your family

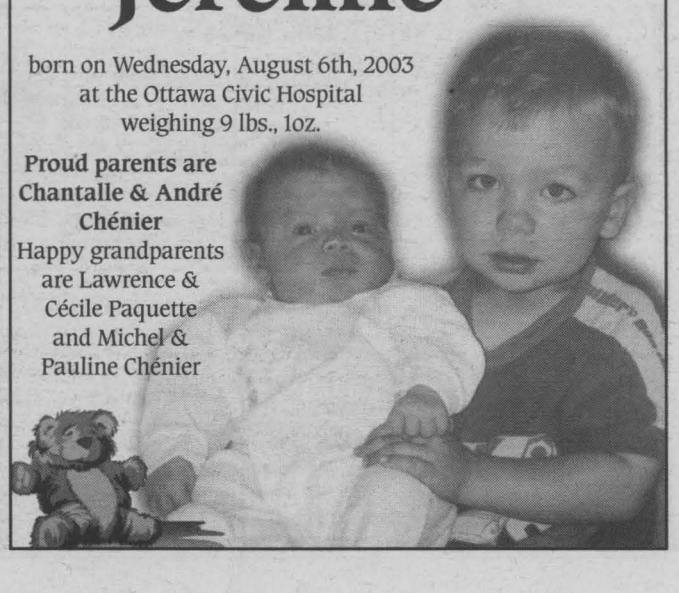
CHÉNIER

Big brother Zachary would like to announce the arrival of his little brother

Jérémie

born on Wednesday, August 6th, 2003
at the Ottawa Civic Hospital
weighing 9 lbs., 1oz.

Proud parents are Chantalle & André Chénier
Happy grandparents are Lawrence & Cécile Paquette and Michel & Pauline Chénier



Classifiedplus

Deadline: Wednesday, 12 noon

933-0015

MasterCard VISA Interac AMERICAN EXPRESS

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

COMPANIONS CORNER

MID 60's MALE, HEALTHY, secure, likes travel, movies, country living & much more. Looking for healthy, honest lady, 58-63, for friendship first & possible relationship. CC2205.

BEING ALONE starting to get to you? Misty River Introductions can help. Ontario's Traditional Matchmaker, (613) 257-3531.

ADULT ENTERTAINMENT
New! Free Adult Items Colour Catalogue 18+
♥ Canada's Largest Mail-Order Adult Selection
♥ 100+ Erotic Items
♥ Best Prices
♥ Discreet Mailing
Send your name & address to: P.O. Box 130 (Dept 04) Arden, ON K0H 1B0 or 1-800-567-8296
SEP26034

ADULT ENTERTAINMENT
✓ Lingerie
✓ Adult Books
✓ Novelties
• Marital Aids • Lotions
• Video Tapes • Magazines
• CD's • DVD's & MORE!
EXOTIC EXPOSE
St. Lawrence County's Adult Centre
OPEN 12 NOON - 10 pm daily
Corner of Rt. #56 & Town Ridge Rd., Massena South 2 miles to Don's Orange Mini Mart
315-764-7145 sn4

I ♥ THE CLASSIFIEDS

2 APTS/CONDOS FOR RENT

510 BURTON AVE. Cozy, neat, redecorated 1 bdrm apt. Downstairs, large kitchen, 4-pc. bath, livingroom, ample storage & parking, fridge & stove. $350/mth, plus utilities (all electric). Available now. References req'd. Call 932-4781.

339 BEDFORD, 1 bdrm upstairs apt, hardwood floors, $350/mth, plus utilities. 57-A Leonia, 1 bdrm upstairs apt, $395/mth, plus utilities. Call 933-4780.

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

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

333 CUMBERLAND. 2 bdrm apt. Clean, freshly painted, quiet, wood floors, stove, fridge, laundry hook-ups, porch, parking. $499/mth, plus utilities. Call 938-7444.

NORTH LANCASTER. Large 2 bdrm apt. Available Oct. 1st. $500/mth, plus utilities. Call 551-0057.

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

AVAILABLE NOV. 1ST, 426 Bedford. Clean, 2 bdrm basement apt. Fridge & stove included, washer/dryer hook-ups. $420/mth, plus utilities. Call 346-1112.

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

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

LONG SAULT, 2 bdrm apt. Fridge, stove, carpeted, storage, parking. Quiet building. No pets. $550/mth, plus utilities. Available immediately or Oct. 1st. Call 534-3999.

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

23 LAWRENCE. Available Nov. 1st. Large 2 storey, 2 bdrm apt. New laminate floors, washer/dryer hook-ups, basement, yard, large shed & parking. $495/mth, plus utilities. Call 534-8390.

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

ST. FELIX ST. 2 bdrm upstairs apt. Back porch. $385/mth, plus utilities. Close to St. Lawrence College, Eastcourt Mall. Available Oct. 1st. Call Marcel, 525-3763 or Robert (613) 524-5573.

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

Bachelor or College Student
Small attic apt. situated at the college.
$325/month, includes heat, electricity,fridge, microwave & cable TV.
Call 936-0333 after 6 pm
sep26032

AVAILABLE IMMEDIATELY, 1 or 2 bdrm apts, 741 & 916 First St. East. $450 & $475/mth, utilities included. Fridge, stove & parking available. Full references req'd. Call for appointment, 937-3867.



sep26032

4 HOUSES FOR RENT

HOUSE FOR SALE OR RENT. Cute & cozy 1 bdrm home on large lot. Completely renovated. Fenced yard. In Lancaster by the lake. Must see! Call 347-2322.

I ♥ THE CLASSIFIEDS

DETACHED BUNGALOW, approx. 1200 sq.ft. Roxborough Gardens, Monkland. 3 bdrms, 1 bath, full basement, recently renovated. New floating floor & ceramic, freshly painted throughout. $775/mth, pay own utilities. Available immediately. Call Joanne, (613) 987-2312.

2 Bedroom Bungalow
Situated at the college.
$875/month, includes heat, electricity,air, gas fireplace, cable TV, garage.
Call 936-0333 after 6 pm
sep26032

8 REAL ESTATE

COMMERCIAL GARAGE in the city. Lots of land. Asking only $78,900. Terms can be arranged. Call Latreille Real Estate Inc. 938-3800.

13 OFFICES/ STORES/BLDGS

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

16 INCOME PROPERTIES

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

17 LOTS/LAND

9 ACRE COUNTRY LOT for sale. 15 minutes from Cornwall. $30,000. Call 931-2117.

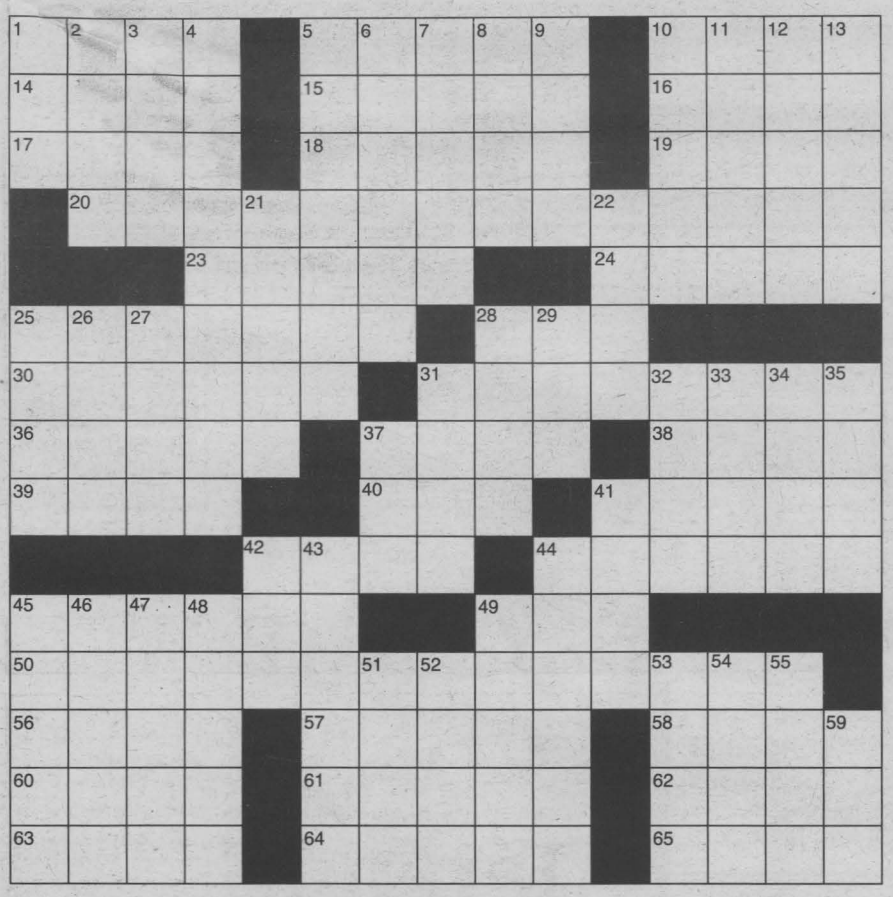
CROSSWORDS

CLUES ACROSS

1. Auricles
5. Cubed
10. Former Russian ruler
14. Expression of annoyance
15. City in Finland
16. Former coin of Pakistan
17. Cloak
18. Savory jelly
19. In a way, overlay with wood
20. Futile effort
23. Peers
24. Yellow-fever mosquitoes
25. Graduates
28. Virus that causes tobacco mosaic, abbr.
30. Friendly greeting (Arabic)
31. Inattentive
36. Talk idly or foolishly
37. Resistance unit
38. Lake __, one of the Great
39. Ratio of the opposite side to the hypotenuse
40. Perish
41. Lariat
42. Imitated
44. Police forces
45. Come on
49. No seats available, abbr.
50. Give up
56. ___ Murdoch, author
57. Extends
58. A British peer ranking
60. Affable
61. The most powerful members of a society
62. Drainpipe
63. Trade agreement
64. To criticize harshly
65. Turner and Williams

CLUES DOWN

1. Sun up in New York
2. Beside one another
3. Finger millet
4. Tie
5. Schematic
6. Part of a shoe or boot
7. Organized crime heads
8. Greek goddess of discord
9. Cut into cubes
10. Fastener (obsolete)
11. Samuel Jackson __, US golfer
12. Native to Egypt but cultivated widely for its aromatic seeds
13. Rattling breaths
21. Mother of Perseus
22. A way to hollow
25. Cobras
26. Coin of Georgia
27. __ Bator, Mongolian city
28. Domestic
29. Wife
31. Scolded
32. The sediment from fermentation of an alcoholic beverage
33. Amounts of time
34. Locale
35. Mediterranean and Caspian
37. Lyric poem
41. Top of motor vehicle
42. Honorable title (Turkish)
43. Tin alloy
44. Put in advance
45. T.J. __, "Dallas" character
46. A dark region on the surface of the moon
47. Expel from one's property
48. Start over
49. Makes no changes
51. Circle of light
52. Lily genus
53. Mail, abbr.
54. Swiss river
55. Angular unit, abbr.
59. 33-inch music discs



Answers on pg 39

HOROSCOPES

SEPT. 27th - Oct. 3rd

ARIES – March 21/April 20
It's time to curb the paranoia, Aries. No one is plotting against you. Quit worrying about what others think. Follow your own path to happiness.

TAURUS – April 21/May 21
You are able to make sense of situations that seem to make no sense at all. More important, you can deal with people who have allowed their emotions to get the better of them.

GEMINI – May 22/June 21
A setback at work is not as serious as it might first appear, so don't let it get you down. Cheer yourself up by going out on Wednesday instead of going straight home after work — the festive lights will lift your spirits.

CANCER – June 22/July 22
Keep telling yourself you are the best — and believe it, Cancer. Your confidence may have started to slip, but the truth is, there is a great opportunity coming your way.

LEO – July 23/August 23
The good times keep getting better, and this week is no exception. However, where joint money matters are concerned, you must not take anything for granted.

VIRGO – Aug 24/Sept 22
Be as kind and forgiving as you can, this week, even to those who have been giving you a hard time lately. It's not as difficult as it seems.

LIBRA – Sept 23/Oct 23
As independent as you may be, you must make the effort to work with others this week. Luck will come your way through others — networking is the name of the game.

SCORPIO – Oct 24/Nov 22
You'll be under the microscope for most of this week, Scorpio, so you'll want to make sure that everything you do is "on the level." Sparks fly when you run into a sexy stranger late in the week. Have fun!

SAGITTARIUS – Nov 23/Dec 21
The everyday things don't interest you at all this week — excitement and adventure are what you crave. Carpe diem! Don't tie yourself down with the trivia of life.

CAPRICORN – Dec 22/Jan 20
A new business opportunity will come your way early in the week, but think long and hard before you sign anything. Will you be able to commit the time and effort required?

AQUARIUS – Jan 21/Feb 18
There's potential for a new love to blossom — but make sure you're ready to be serious. Don't play games with anyone else's heart.

PISCES – Feb 19/March 20
You're not feeling as energetic as usual this week, Pisces. This could be a blessing in disguise — you've been busy as of late and could certainly use the time off.

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES

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

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

COMPANIONS' CORNER

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

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

Mail pick up, no charge.

Mailed replies: $6.00

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

SEAWAY NEWS
Serving Cornwall and Area
~~~~~~~~~~~~~~~~~~~~~~~~~

CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

BUY IT SELL IT FIND IT IN THE CLASSIFIEDS

REAL ESTATE REAL ESTATE REAL ESTATE

EXIT REALTY SEAWAY
506 Pitt Street, Cornwall Call 937-4445
www.exitrealtyseaway.com to view all our listings
SEPT26033


Ginette Campbell
Sales Rep. 551-3321


Henrietta Duvall
Sales Rep. 930-5372


Judi Auger
Assoc. Broker 930-3536


Dawna Bamford
Sales Rep. 937-0739


Ellen Ricker
Assoc. Broker 937-4445


Ayn Burmeister
Sales Rep. 937-4445


Theresa Mahaffy
Sales Rep. 360-8560


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


Mike Auger
Sales Rep. 551-2469


Hana Novotny
Sales Rep. 937-4445


JoAnne Riel
Sales Rep. 360-1259


Tamara Lee Johnson
Sales Rep. 551-3544

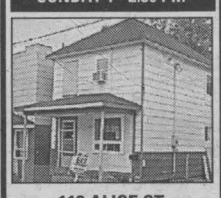

Francis Rounding
Sales Rep. 551-2031


Brian Carter
Sales Rep. 360-3494


Maggie Nuttall
Sales Rep. 330-3449


Shelley Brown
Sales Rep. 330-3954

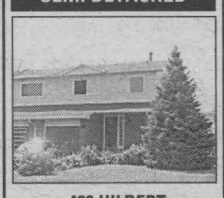
OPEN HOUSE SUNDAY 1 - 2:30 PM



113 ALICE ST.
Cheaper than renting, this cozy 3 bdrm. home at 113 Alice Street is a great starter home. #1407

YOUR HOST BRIAN 360-3494

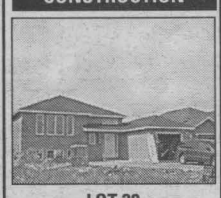
LARGE SEMI DETACHED



423 HILBERT
This semi in a good location features 3 bdrms., 2 baths, central air, fireplace, fenced yard & garage. Very clean - 24 hrs. notice required
$97,900/ #1194

CALL GINETTE 551-3321

NEW CONSTRUCTION



LOT 38 KIRKMAN COURT
All brick 3 bdrm. bungalow with whirlpool tub, ceramic & hardwood floors, garage, access to bike path & much more.
$174,900/ #1373

CALL GINETTE 551-3321

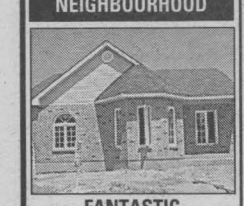
EXCELLENT DUPLEX



129-129A LEFEBVRE
Features full lot, many new renovations, gas heating, 3 bdrms. downstairs, 2 bdrms. upstairs, laundry facilities for both units.
$109,900/ #1420

CALL GINETTE 551-3321

GREAT HOME IN PLUSH NEIGHBOURHOOD



FANTASTIC
New construction. 2 bdrm. bungalow in beautiful Long Sault. The home features open concept living, large ceramic kit. with a deck off the rear. For more info. ask for "That Real Estate Guy". #1297

CALL MIKE 551-2469

FIRST HOME BUYER



GREAT BUY
This 3 bdrm., 2 bathroom home is on the outskirts of town and has a huge garage that can park 6 cars. A must to see.
$89,900/ #1414

CALL THERESA 360-8560

INCOME POTENTIAL



624-626 BEDFORD
This vacant property has 2-2 bdrm. units & 1-3 bdrm. unit. Needs some T.L.C. Income in 2002 was $14,000. Priced to sell.
$54,900/ #1134

CALL DAWNA 937-0739

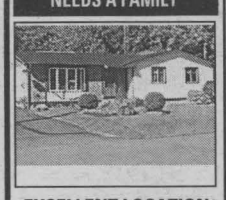
JUST MOVE RIGHT IN



WELL DECORATED
townhouse (end unit) in downtown area. Gas heat, hardwood floors, gas stove in LR, central vac.. A pleasure to show.
$69,900/ #1295

CALL DAWNA 937-0739

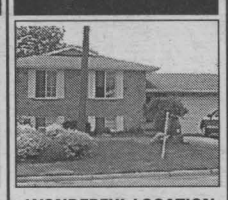
BUNGALOW NEEDS A FAMILY



EXCELLENT LOCATION
in Ingleside. 3 bdrm. bungalow. 2 car garage. Beautiful landscaping.
$149,900/ #1402

CALL TODAY FRANCIS 551-2031

GREAT BUNGALOW



WONDERFUL LOCATION
Raised bungalow just waiting for the right family.
$179,900/ #1342

TO VIEW CALL FRANCIS 551-2031

REDUCED FOR QUICK SALE



3 BARRY ST, LONG SAULT
3+1 bdrm. bungalow in Woodleigh subdivision. Open concept French country style home with nice decor.
New Price $156,900/ #1330

CALL JOANNE 360-1259

LOT IN NEW SUBDIVISION

EXIT Exit Realty Seaway
BUILDING LOT

LOT 25
Want to be part of one of Cornwall's fastest growing subdivisions? Come and see this building lot on Kirkman Court.
$49,900/ #1326

CALL JOANNE 360-1259

PROUD SUPPORTERS OF HABITAT FOR HUMANITY

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

18 ROOMS FOR RENT

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

FURNISHED ROOM. Kitchen privileges, 4-pce bath, satellite optional, utilities paid. Bus service at door, on the hour, every hour. Security building, elevators, pool. Available Dec. 15th. For viewing call 933-3965.

FURNISHED ROOMS FOR RENT
sep26033
331 SECOND ST. W.
Call Peter 938-6131

21 YARD/GARAGE SALES

INSIDE GIANT SHED SALE, last one of the year. Something for everyone. 6632 Fraser Rd. Summerstown, Sept. 26th & 27th, 8am-5pm. Info, call 931-3435.

NO JUNK YARD SALE, Sunday, Sept. 28th, 8 Ouellette Ave. Long Sault, 8am-2pm. Toys, tons of books, crafts, some big items, stroller, change table, children's bed.

21 YARD/GARAGE SALES

Moving/Garage Sale
Sat., Sept. 27th
29 St. Laurent , Long Sault
8:30am-2:00pm
Piano, antiques, dishes, tables, wool, sofa & chairs, bookshelves, bedroom set, etc.
Rain or Shine!

22 ARTICLES FOR SALE

OAK DINING SET, table has extra leaf, 4 chairs, lighted hutch. Call 534-2046.

HUNTER EDUCATION and Canadian Firearms Safety, FAC courses and tests. Also, Topographical maps for sale. Call 346-1289.

22 ARTICLES FOR SALE

GAS BBQ, new tank, cover & accessories, $50. 5 h.p. Sears Craftsman snowblower, 4-cycle, $750. Patio set, table, 4-chairs, umbrella & stand. All items good condition. 937-0418.

LOG SPLITTER, 5 h.p., cuts 16" logs, $750. or B.O. Call 936-6781.

Classified plus

REAL ESTATE REAL ESTATE

Just Reduced! To $249,500



3455 Kenyon Dam Road, Alexandria

Maintenance-free 16 year old, 2 storey 2400 sq ft, 3 bdrm home. Ceramic & hardwood throughout. Oak cupboards, patio doors lead to screened in gazebo and above ground pool. The exterior is clad in brick and vinyl. The metal roof and eavestroughs are of superior quality, 2 car garage, double paved driveway, view of Middle Lake, fishing & canoeing at your doorstep. 5 minutes from Alexandria. 13.96 acres.

21120 Crooked Rd., Kirk Hill



Tailored for professionals with children, this splendid five bedroom home sits on fifty (50) acres with a view of the Laurentians. An hour's drive from Ottawa or Montreal, it has an inground pool and soccer fields. Listed at $329,900, this splendid property can be viewed by contacting the listing sales representatives.

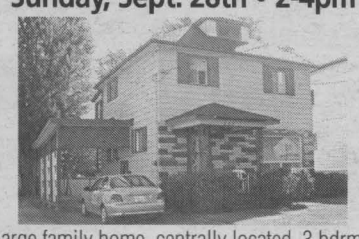
Rickerd Realty Ltd. Broker
Louise Secours-MacMaster / James MacMaster
SALES REPRESENTATIVES
(613) 525-3275 (Home) - (613) 525-0325 (Office)
Fax: (613) 525-0862



sep26033

REAL ESTATE REAL ESTATE

OPEN HOUSE
222-6th St. West, Cornwall
Sunday, Sept. 28th • 2-4pm



SEP26034

Large family home, centrally located, 3 bdrms, 2 baths, formal living room, dining room, den with elec. fireplace and bar, central air, carport, new shingles in 2003, and much more
Asking $84,900

HOUSE FOR SALE



215 Martine Ave., Cornwall
Quiet street. 2,300 sq. ft., finished area, 4 bdrms., central air, baseboard electric, new windows and new roof 5 years, main floor family room 20x22; sunken-in living room, hallway and dining room all hardwood floors, unfinished basement.
Asking $149,500
Call 932-7293

sep26034



16936 Gravel Rd., Monkland $199,900
Located on a private dead end road with 300x300' yard for the kids to play hide and seek! Inside: 4 bdrms, master with ensuite, walk-in closet, and private deck, stone fireplace in living room, spacious famly room, main floor den, 3 baths, garage and carport.

26 Frost, Long Sault $73,800
3 bdrm. semi, large 60 x 148' lot with detached garage

1410 Leonard $142,000
Spacious bungalow in Riverdale. Modern eat in kitchen, new bath(2003), open concept living and dining, lots of potential for basement rec room, games room, bath, bedrooms-plus fenced yard above ground pool, double garage

SOLD 18 HOOPLE, INGLESIDE
SOLD 13864 WILLBRUCK
SOLD 67 HICKORY

RE/MAX cornwall realty inc.
938-8100
ASSOCIATE BROKER

SAVE MONEY NOW!
Refinances, purchases and debt consolidations. Pay off high interest loans & credit cards.
5 Year Mortgage 5.00%
UPPER CANADA MORTGAGE
930-2592
SN1

22 ARTICLES FOR SALE

AT LOW PRICE! 1st quality materials, unbeatable prices! Sale: treated wood and/or cement products: Get 10% off on $100 or more or 15% off on $500 or more. Floating floor, no glue 25 years .99¢ sq.ft. Colonial moulding 8 ft. casing .99¢, baseboard $1.15. Tile .32¢, ceramic .99¢. Interior latex paint Sico blue or pink $7.99. Stain $9.99. Lattice 4'x8' $4.99. Shingle Endura 25 years $12.99 or Manoir 30 years $15.99. Cordless drill 18V $39.99. Valid from September 27th to October 3rd, 2003. See our flyer at www.bargainbuildingmaterials.ca or call 613-527-5090.

CALL 613-933-0015

Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

22 ARTICLES FOR SALE

HOCKEY / SPORTS EQUIPMENT: Itech 6.5 Jr. LH trapper, RH blocker, 30" goalie pads ($550/set), goalie thigh protectors ($20), Bauer 1000 men's 10 goalie skates ($125), Bauer 1000 men's 10 player skates ($100), TPS goalie adult small chest protector ($75), size 7 Lamar snowboarding boots ($125), size 5 Killer Loop snowboarding boots ($40), Trip 54" snowboard c/w bindings ($150), Bball backboard c/w hoop & bracket ($75). 938-2639, after 5pm or weekends.

AIR HOCKEY TABLE, Sportcraft, 3.5' x 7', asking $150. Call 525-0854 & leave message.

DELAGE USED FURNITURE
We Pick Up Good Used Furniture
406 Montreal Road
932-5689
marys903

Poppy's Pawns Plus
sns3
Top Prices Paid For Fine China, TV's, VCR's, CD's, Movies, Tools, Antiques, Small Furniture
We Pawn, Buy, Sell & Trade
224 Pitt Street 933-2333

5' ROUND HAY BALES FOR SALE
$16.00 per bale
Call 527-3431 (evenings)

CAST IRON WOOD STOVE, $45. Commercial glass doors & frame, $200. each. Metal frames for boat docks, $25. & $50. White toilets, $10. Small vanity, sinks, faucets, $25. Cottage showers, $10. Call 347-7737.

GOOD QUALITY leather couch & chair. Colour: pink. $450. Call 936-2561.

MOEN SINGLE HANDLE bathroom faucets, $25. & $40. Also, 24" silver bathroom towel bar, $5. Excellent condition. Also, double bed set, includes matching comforter, bedskirt & 2 shams, burgundy & white, $25. Call after 5pm, 938-7071, leave message.

Find A Honey of a Deal in the CLASSIFIEDS

23 ARTICLES WANTED

WANTED

Old Fishing Lures & Wooden Duck Decoys
Old Blue Flower/Bird Crocks & Jugs, Traps
938-8839
apr4034

CROSSWORD SOLUTIONS

E	A	R	S	■	D	I	C	E	D	■	T	S	A	R
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REAL ESTATE REAL ESTATE REAL ESTATE REAL ESTATE

HOMES OF THE WEEK

Century 21 SHIELD REALTY LTD.

465 PITT STREET 938-2121

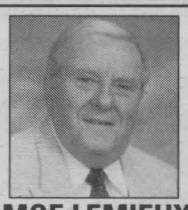
YOUR EXCLUSIVE PROVIDER OF AIR MILES WHETHER BUYING OR SELLING!

Century 21 SHIELD REALTY LTD.


MONIQUE WILLIAMS
Sales Rep. 938-2121


WAYNE BANCROFT
Sales Rep. 938-4805


MAURICE DROUIN
Sales Rep. 933-6146


MOE LEMIEUX
Sales Rep. 932-9386


BROOKE MacCRIMMON
Sales Rep. 938-2121


SHERRY McCULLOUGH
Sales Rep. 938-2121


JAKE LEFEBVRE
Sales Rep. 938-2121

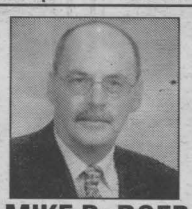

JOHN D'AMOURS
Sales Rep. 938-8888


JACK ROY
Sales Rep. 931-1290


TODD THOMPSON
Sales Rep. 938-2121


ORVAL BROWNELL
Assoc. Broker 932-7061


ERIC PEDERSEN
Broker 938-9690


MIKE DeBOER
Broker 938-7802


MICHAEL VANDER MEER
Assoc. Broker 938-2121


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


NEW LISTING
11 AUGUSTUS $74,900
(A MLS Z1827) The possibilities are endless! Zoned central business district, 2 storey with 3 bdrms, & hdwd flrs.
MONIQUE WILLIAMS 938-2121


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


4439 McGILLIS RD $64,900
(Formerly Cornwall Twp Rd 38) (M-MLS Z3598) 1100 sq ft., mobile on 120x202 lot. Move-in condition. Screened porch & many updates. Completely renovated.
MONIQUE WILLIAMS 938-2121


17210 HWY 43 NEW PRICE - $38,000
(L-MLS Z2346) Cute & cozy 1 bdrm home on large lot. Det garage, near village of Monkland.
WAYNE BANCROFT 938-4805


CENTURY HOME $174,500
(L-MLS Z3705) Large modernized century home with a touch of the past.
WAYNE BANCROFT 938-4805


208-A CARLETON NEW PRICE $49,500
(A-MLS Z1886) Good income. 2 bdrm. duplex with rear parking. Includes fridge & stove. Close to college & bus.
MAURICE DROUIN 933-6146


17508 HWY 43 $155,000
(L-MLS Z3379) T.L.C. Discreet, well-kept 3 bdrm brick bungalow on 3+ acre lot on south side of Hwy 43, East of Monkland.
MAURICE DROUIN 933-6146


NEW LISTING
100 FORTIER $124,900
(A-MLS Z3775) Well-maintained bungalow with over 1000 sq ft, 3+1 bdrms, two 4pc baths, central air, central vac, gas frpl & spacious patio deck.
MOE LEMIEUX 932-9386


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


A WINNER FOR THE BEGINNER! 515 THIRD ST. WEST $55,900
(A-MLS Z1947) Early possession available. Dial Brooke to take a look!
BROOKE MacCRIMMON 938-2121


16901 BEAVER DAM DRIVE $294,900
(M-MLS Z3175) Why build, when you can move into this fabulous 3 year old, open concept, stone & brick bungalow? Call Sherry for info.
SHERRY McCULLOUGH 938-2121


SOLD
707 McCONNELL NEW PRICE $137,900
(A-MLS Z1007) Looking for room for that growing family? Check this out for size. Call Sherry for a private showing.
SHERRY McCULLOUGH 938-2121


1118 BEDFORD ST NEW PRICE - $117,900
(A-MLS Z3487) Looking for a tree-lined street? Settled residential area. Ready to retire? Just starting out? Young family? This home will suit everyone's needs. Speak with Sherry to view.
SHERRY McCULLOUGH 938-2121


1332 LOCHIEL $179,900
(A-MLS Z3544) Looking for R-O-O-M to R-O-A-M? This spacious home offers room for that growing family to enjoy. Desirable east end subdv. Don't delay, dial Sherry today.
SHERRY McCULLOUGH 938-2121


1349 STORMONT DRIVE $144,900
(A-MLS Z3619) Invite a crowd without cramping your style. Open concept living, dining & eat-in kit. Well established neighbourhood. Interested?
SHERRY McCULLOUGH 938-2121


808 KENYON CR. NEW PRICE - $218,900
(A-MLS Z0619) Come home to comfort! Where every season is beautiful! Features 3 frpls, sunrm, pool, C/A, Plus! Plus! Plus!
SHERRY McCULLOUGH 938-2121


NEW LISTING
25 BARNHART DR., LONG SAULT $209,900
(M-MLS Z3859) Here's a beauty! Better than new! Gorgeous 3 bdrm 2 storey home with all the bells & whistles. Family rm, gas frpl, hot tub, triple decking. Meticulously landscaped yard.
SHERRY McCULLOUGH 938-2121


NEW LISTING
6 PIERCY ST., INGLESIDE $129,900
(O-MLS Z3854) Beautiful grounds with a quiet country feeling. Ideal spot to relax. 3+1 bdrm raised bung, 2 baths, fin rec rm. Like to view?
SHERRY McCULLOUGH 938-2121


NEW LISTING
318 FIRST ST. W. $62,900
(A-MLS Z3825) Stroll to everything. Retiring? Just starting out? 3 bdrm bung & garage. Interested?
SHERRY McCULLOUGH 938-2121


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


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


EAST OF LANCASTER
(G-MLS Z3546) 3 bdrm all brick bung. on approx 1.7 ac. Includes att garage, gazebo, horse barn, abv grd pool. Private country setting.
JOHN D'AMOURS 938-8888


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


COMMERCIAL MAIN ST., LANCASTER
(G-MLS Y1901) 3 bdrm apt plus 3 storefront units for rental.
JACK ROY 931-1290

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

329-A GARDNER NEW PRICE - $119,900
(A-MLS Z3103) 3 bdrm bung with 2 bdrm apartment, dbl garage, carport, 60x130 lot. A must see!
TODD THOMPSON 938-2121

ST. ANDREWS NEW PRICE - $52,500
(M-MLS Z3200) Wonderful 3 bdrm mobile with det garage, oil heat, central air, 120X306 lot. Must see!
TODD THOMPSON 938-2121

123-A ST. FELIX $72,900
(A-MLS Z3511) Great duplex with 1-2 & 1-3 bdrm units. Many updates.
TODD THOMPSON 938-2121

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

COMMERCIAL PROPERTY $75,000
(M-MLS Z2571) Pizza place and convenience store.
TODD THOMPSON 938-2121

IMMEDIATE POSSESSION $62,500
(A-MLS Z0092) 1 bdrm condo, 3rd floor unit. Offers wanted.
ORVAL BROWNELL 932-7061

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

338-338A SEVENTH EAST $49,800
(A-MLS Z1620) Spotless 2-1 bdrm rental units with excellent tenants. Maint-free cement exterior, central location.
ERIC PEDERSEN 938-9690

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

WOODED SERENITY $154,900
(I-MLS Z3020) 2.8 acres, open concept bung, only 2 yrs old. Oak kit with island, large deck, 8-man hot tub, all closets cedar-lined.
MIKE DeBOER 938-7802

NEW LISTING
9 INDUSTRIAL RD., INGLESIDE - $179,000
(O-MLS Z3882) Steel 5600 sq ft building with in-floor gas heat. Two 14' doors, 18' ceilings, some office space. Large serviced lot. Couldn't build at this price.
MIKE DeBOER 938-7802

NEWINGTON $75,900
(O-MLS Z3119) 1500 sq ft bungalow with det garage/shop, country kit with new oak cupboards.
MIKE VANDER MEER 938-2121

HOUSE & SHOP $134,900
(M-MLS Z2766) 3 bdrm bung with att garage & att shop 1160 sq ft with 550 amps 3 phase power.
MIKE VANDER MEER 938-2121

CALL 613-933-0015

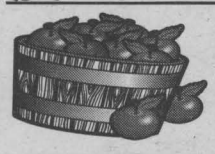
Classifieds

CALL 613-933-0015

Deadline: Classified Word Ads: Wednesday at noon

FARMERS MARKET | FARMERS MARKET | REAL ESTATE | REAL ESTATE | REAL ESTATE | REAL ESTATE | REAL ESTATE | REAL ESTATE | REAL ESTATE

Marlin Orchards & Garden Centre



Freshly Picked Apples

Fall Mums & Gourds, & Great Selection of Fall Bulbs

Great Glengarry Giant Pumpkin Weigh Off

Bring your largest pumpkin between 10 - 11 am Sunday, October 5th



PRIZES! PRIZES! PRIZES!

Open 7 Days A Week

931-1213

Hwy 2 - Just East of Cornwall

sep26034

Pick Your Own & Pre-Picked Apples

PUMPKINS & POTATOES and THE BEST FARM BAKERY AROUND

- FRESH FRUIT PIES, biscuits, muffins, other baked goods, ice cream, drinks & supplies
- The "CHILDREN'S HAYMOW" - Play Area, Swings, Sandbox & Toys
- PICNIC AREA



WAGON RIDES Sat. & Sun. - noon - 4:30 pm

AVONMORE BERRY FARM

1 mile North of Avonmore (corner Avonmore Rd. & Fourth Road)

OPEN DAILY 9 am - 5 pm

346-5414 (TAPE) sept26033 346-2336

SHEILA GATIEN RE/MAX



Sheila Gatien ASSOCIATE BROKER

Call Me Direct 551-0989 (Cell)

OPEN HOUSE Sun, Sept. 28th 1-3pm

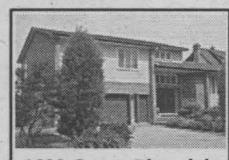
19470 County Road #2

Waterfront!!!

This attractive 1 1/2 storey home features 2200 sq ft plus find walk out basement. 2 acre treed lot. Lot has 105' water frontage/boathouse, inground pool, hardwood, 2 fireplaces

$299,000

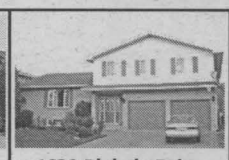




1609 Grant, Riverdale

Open the door to prestige and elegance! Gracious foyer with marble floor leads to large rooms, perfect for a large family and entertaining friends. 4 bdrms+, frpl in family room, inground pool, pool house and attached double garage.

$379,000



1639 Blakely Drive

New listing, 5 level split home features over 3000 sq ft of living space, well landscaped lot, double attached garage, 4+ bdrms, family room, rec room, play room.

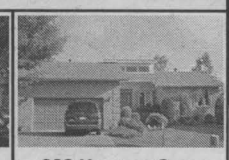
$299,000



577 Dean

Picture perfect! This 1850 sq ft, 2 storey home features 3+1 bdrms, 3 baths, hardwood in living room, dining room, family room, gas fireplace in family room, rec room, double attached garage.

$249,000



888 Kenyon Cres.

For the busy and active family, this 2300 sq ft bungalow features hardwood, 2 fireplaces, 3 baths, rec room, double attached garage.

$249,900

RE/MAX CORNWALL REALTY LTD.

www.remax-cornwall.com

649 Second Street East

938-8100

I've Just Sold

- 206 5th Street West
- 3607 Joseph Street
- 19030 Hwy #2
- 6728 Purcell Rd.

sep26034

30 HOME SERVICES

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

30 HOME SERVICES

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

30 HOME SERVICES

RENOVATIONS, ROOFING, Decks, Garden Sheds, Garages. Call Robert The Perfect Handyman, 525-2197. Free estimates & customer satisfaction.

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

MAN WITH TRUCK will do small jobs - Cleaning basements, yards, prunning trees, moving, etc. Call Bill 938-1917.

30 HOME SERVICES

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

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

FURNITURE REPAIR & REFINISHING. Antique furniture as well. 25-yrs experience. Free estimates. Good rates. Call Dalton @ Village Furniture Shoppe, 933-9155 or 931-2043.

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

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

30 HOME SERVICES

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

CORNWALL FENCING. We do all types of fencing. Big or small. Low prices. Free estimates. Call today, 932-6485.

PLASTERING & PAINTING. Drywall repair. Wallpapering. Quality work at sensible rates. No job too small. Call Greg Little, 933-5644.

HOME RENOVATIONS. Big or small. 25-yrs. experience. Reasonable rates. Free estimate. Call Patrick, 938-9231.

ACTION RENOVATIONS. Carpentry. Siding. Masonry. New home basement rec rooms. Plumbing & electrical repairs. Ceramic & laminated flooring. Personal security rooms, etc. Call 930-0053.

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

30 HOME SERVICES

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

30 HOME SERVICES

SHAWN'S GARDEN & LAWN MAINTENANCE. Yard, flowers, leaves, pruning and more! Call 932-0172, leave message.

I ♥ THE CLASSIFIEDS

AUCTION SALES

AUCTION SALES

AUCTION SALES

Theresa E. Taylor & ASSOCIATES AUCTIONEERING

END OF SEASON HORTICULTURAL AUCTION

Gauthier's Greenhouse

Saturday, October 4th, 9:00 am

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Rain date: Sunday, September 28 9:30 am

Property sold Watch for Auction Signs

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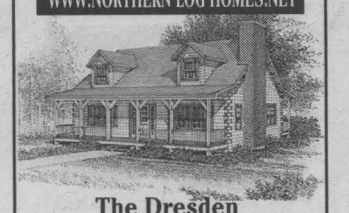
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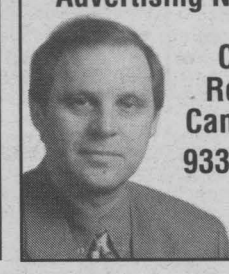
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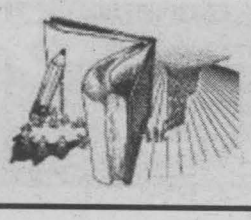
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00 Pontiac Grand Prix GT, 4 dr., 3.8 L, V6, loaded, CD, 58,000 kms
00 Chrysler Cirrus LX, 4 dr., 4 cyl., auto, fully loaded, 58,000 kms
00 Chrysler Intrepid, 4 dr., 4 cyl., fully loaded, p-seat, 86,000 kms
00 Ford Taurus SE, V6, loaded, 51,000 kms
00 Pontiac Sunfire, 2 dr., 4 cyl., auto, air, CD, 62,000 kms
99 Chev Cavalier, 2 dr., 4 cyl., auto, air, CD, 106,000 kms, "mint"
99 Pontiac Sunfire GT, 2 dr., air, cr., tilt, p-wind, PL, CD, std., 73,000 kms
99 Olds Intrigue, 4 dr., loaded, p-seat, CD, local owner, 106,000 kms
99 Buick Century Custom, 4 dr., V6, SOLD seat
98 Chrysler Concorde LXI, 4 dr., V6, SOLD seat, auto-temp air, local owner
97 Pontiac Grand Prix GT, V6, loaded, nice, local trade
94 Mercury Sable Wagon, V6, auto, loaded, 154,000 kms, local trade

--- TRUCKS, VANS & BOATS ---

00 Pontaic Montana, extended, V66, auot, loaded, rear heat, 63,000 kms
00 Chev Venture, V6, auto, air, load SOLD pass., local trade, 85,000 kms
00 Ford Ranger XLT, Ext. cab, 4x4, fully loaded, CD, alum rims
99 Chev Blazer LS, 4 dr., V6, auto, loaded, p-seat
97 Pontiac Transport, 7 pass, V6, loaded, 114,000 kms
96 Mazda MPV, V6, aoto, loaded, rear heat & air, all maint. receipts, local trade, 109,000 kms
94 Dodge Caravan, V6, 10th anniv SOLD quad seats, local trade
01 Princecraft Versailles Pontoon Boat, (top of line) 20' with full camper top & 50hp Mercury 4 stroke motor

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Reading For The Lord In Braille

Carole Hutt of Cornwall has been blind since birth but it hasn't stopped her from taking part in activities that most of us would take for granted. On Sunday, September 21st, 2003, Carole took her turn for a second time in providing the readings for the packed parish at the 9:30 a.m. mass at St. Francis de Sales. Carole provided three separate readings which had been written up in Braille at the Canadian National Institute for the Blind. Parish priest Gary Ostler says Carole has done an excellent job for them and she is "in rotation with other readers and provides her unique service every nine weeks or so."

Ms. Hutt says she wants to be treated normally, despite the fact she's blind and the church has given her "the opportunity to do so." She says "God had his reason," for making me blind since birth and she accepts the fate. However she sometimes gets frustrated with "society for not giving me a chance because I'm blind." She says it's time for society to "get over it."

Carole is part of the VON Befriending Program and through it, she met Cathy Malyon who makes sure Carole gets to church each Sunday morning.



Carole Hutt, blind since birth, provides the readings at St. Francis de Sales Church every nine weeks or so. Carole is provided Braille copies of the readings to present to the parish.

Story & photo by John Divinski

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New Research Shows Shift In Cooling System Maintenance

(NC)—When it comes to car care, many people are starting to take advantage of easy-to-use, reliable products that save time. If you don't already, you may want to. These products will help you avoid having to sacrifice certain maintenance routines, or cause you to carry them out improperly because you're in a hurry, which in the long run can lead to unnecessary repair bills and frustration.

Prestone® Products, which has been manufacturing antifreeze/coolant for 75 years, conducted extensive consumer antifreeze/coolant user studies and found that a clear trend is emerging when it comes to cooling system maintenance. Contrary to popular belief, 73 percent of those interviewed said that they purchase antifreeze/coolant for merely topping off and are not buying the product to flush and fill their vehicles.

"Topping off is a great way to maintain your cooling system in between flush and fills, which are recommended every two years or 50,000 kilometres (when using conventional antifreeze/coolant), but only if you're doing it properly," comments Dick Courtney, Director of Prestone Products Research and Development and Technical Services. "Did you know that adding too much water causes the cooling system to lose its ability to fight off corrosion and clogging, and too much antifreeze/coolant concentrate causes the cooling system to lose its ability to transfer the necessary amount of heat away from the engine?"

If you didn't, you're not alone. According to Prestone's research, an alarming 37 percent of those that do top off are either pouring straight antifreeze or straight water into their radiator or overflow tank instead of the recommended 50 percent water and 50 percent antifreeze/coolant concentrate mixture1.

"Not using the proper blend of these two liquids doesn't end up saving you time or money," continues Courtney, who strongly recommends motorists use a formula made specifically for topping off their cooling system like the all-new Prestone Quick Fill Pre-Mixed Antifreeze/Coolant. Its ready-to-use formula ensures that the vehicle's cooling system maintains the precise original fill blend - which is recommended by most major auto manufacturers and is necessary for proper cooling system maintenance - 50 percent antifreeze concentrate for temperature and corrosion protection, and 50 percent de-mineralized water for vital heat transfer. Besides, maintaining your cooling system helps save money on costly repairs that can result from neglect or improper care. For example, one jug of Prestone Quick Fill Pre-Mixed Antifreeze/Coolant costs about $10. The average cost to replace a water pump can cost more than $350 (including parts and labor).

Many radiators in today's vehicles are made of thin, lightweight aluminum. These designs have thinner cooling tubes and pack more cooling fins between the tubes, making it easier to clog if not properly maintained. Topping off regularly with a ready-to-use formula, as well as scheduling a flush and fill every 50,000 kilometres, will help your cooling system perform at optimum levels and protect against freeze-ups, boilovers, corrosion, clogging and water pump damage.

"Avoid becoming a statistic," says Courtney. "Take advantage of products that are designed to help make your car run properly and your life easier."

Handy Automotive Do-It-Yourself Tips

(NC)—Whether you're planning a simple oil change or a major engine overhaul, there are a few tips that the FRAM® automotive experts suggest you do before you begin.

•Check your owner's manual before performing vehicle maintenance. Engine components vary from vehicle to vehicle, and it's important to be familiar with your engine before you even open the hood.

•Make sure you have the proper tools to complete the job. Although your tool belt will be armed with different devices based on the job you're performing, it's always important to keep rags, mechanic gloves and extra fluids within reach.

•Double check part numbers while at the store to ensure you're buying the appropriate item. These numbers are specific to the make, model and year of your vehicle and nothing is "one size fits all." Not only will this save you a repeat trip to your local retailer, but it will guarantee your automobile is equipped with the correct parts it needs to perform at its best.

•For best results, use premium products. Many aftermarket manufacturers produce high-quality products that are also affordable. FRAM®, makers of North America's number one consumer's choice filter, knows the importance of oil filtration and vehicle performance and manufacture s a variety of premium filter products.

•Choose products that suit both your vehicle's needs as well as your driving needs. SUVs and light-duty trucks have different requirements than high-performance sports cars. If changing the oil, off-roaders or commuters in stop and go traffic can rely on the rugged design of the FRAM® Tough Guard" oil filter to protect their engines under stressful towing or driving conditions. If high-performance is your forte, choose products designed for these horsepower-rich machines ^ the FRAM® RACING® High Performance Line offers air, oil and fuel filters for these applications.

•Regardless of the work you're doing, check all fluid levels. These include oil, antifreeze/coolant, brake and washer fluid. Keeping fluids at levels suggested in your owner's manual can prevent costly engine repairs and ensure the safety of your car and its passengers. If you change your fluids, it's important to dispose of them properly. Each province has different guidelines, so know what yours are.

For many of us, vehicles are one of the largest and most costly purchases. Routine and preventative vehicle maintenance are sure ways to protect your investment and retain vehicle value.

Be A Safe Driver This Fall

(NC)—It's one thing to complain about the vehicle behind you tailgating or the aggressive driver in the other lane but what are you doing to help ensure that you are a safe driver? Good driving habits are essential to being a safe driver but proper vehicle maintenance is also key.

According to the Vehicle Maintenance Council, as many as four out of five cars on the road today aren't getting the regular vehicle maintenance they need. Here are a few examples of how your car can avoid being a part of this statistic.

•Check and replace your wiper blades. Don't wait until you can't see in a rainstorm.

•Are all your running lights and head lights working?

•Check your air filter - both of them! (engine filters are key to a clean engine and good air flow to help maintain power and cabin air filters help capture unwanted pollutants).

•Be sure to get an oil change - The experts at FRAM® filters say this is one of the most important and least expensive ways to ensure the life of your car.

•Check your fluids - antifreeze/ coolant should be checked every six months according to the experts at Prestone® and depending on the formula, replaced every two years.

•Check your brakes - if they feel spongy or you feel a vibration when braking, don't wait. Take it in to an expert for an assessment.

Today's world is fast-paced and highly technical; your vehicle is no exception but with a few minutes and good preventative maintenance you'll be one of the safer drivers on the road.

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Did You Know?

(NC)—Your wireless phone can be an important safety tool when you travel. Keep these tips in mind so that you can make safe driving your priority.

•Keep your hands on the wheel and your eyes on the road.

•Use a hands-free device.

•Dial only when stopped or have a passenger dial for you.

•Don't engage in stressful or emotional conversations.

•Use auto answer and voice-activated features.

•Never take notes while driving.

•Let voice mail pick up your calls when driving conditions dictate.

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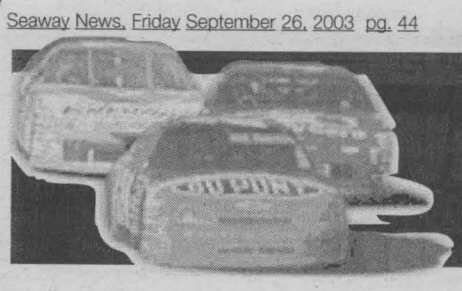


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01 CHRYSLER INTREPID ES loaded, alloys, rear spoiler $13,900
01 PONTIAC GRAND AM SEI 4 dr., V6, loaded, low kms $12,950
01 FORD TAURUS 4 dr., loaded, pwr seat, pwr pedals $10,900
01 OLDS AURORA 4 dr., 4L., moonroof, ... $21,000
00 FORD FOCUS ZX3 Full load, hatchback, 49,000 kms $10,900
00 CHEV MALIBU LS 4 dr., loaded $9,950
00 OLDS. INTRIGUE Loaded, 46,000 kms $13,900
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00 NEON LE 4 dr., auto, air, cruise, ... $8,400
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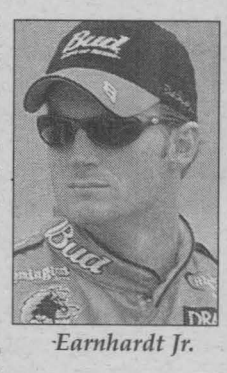
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Earnhardt Jr. sent to hospital

Dale Earnhardt, Jr. was airlifted to a local hospital on Sunday after being knocked unconscious in an accident at Dover International Speedway.

He was alert and talking upon exit from the track, but NASCAR officials chose to transport him by air rather than ground due to traffic concerns.



Earnhardt Jr.

Earnhardt Jr. was transported to Bayhealth Medical Center in Dover for observation and was released at approximately 7 p.m. ET. His injuries were listed as a minor concussion and a bruised right foot.

After spending a large part of the day racing for the lead, Earnhardt began to fade after pitting for two tires with 75 laps to go. Then, running 19th on Lap 363, he drove high between Turns 1 and 2 to allow race leader Ryan Newman to speed by underneath.

But as Newman sped past, Junior lost control of the Budweiser Chevrolet and spun backwards exiting Turn 2, contacting the wall on the driver's side. His car then slid down the track, and Earnhardt steered it clear from hitting the inside retaining wall.

After bringing the car to a complete stop, he put the window net down to signal he was OK.

But somewhere in the next several moments, he apparently lost consciousness, as safety workers were forced to pull him from the car and place him in the ambulance.

This is Earnhardt's second such accident in the past 17 months. Last April, he suffered a severe concussion in a hard crash at California, but waited three months to reveal the crash's effects to anyone.

Disappointed Stewart has harsh words for tires

Tony Stewart lashed out at Goodyear after finishing a disappointing third in the MBNA America 400 at Dover International Speedway.

Stewart was angry at what he perceived to be an inconsistency of the tires from one set to another. Stewart led twice for 97 laps but gave up the lead to pit for four tires with 73 laps to go.



Stewart

"They sponsor all these teams, and basically what it is is hush money to keep us from talking about it," Stewart said. "And I'm tired of covering their a**. I mean, it's pretty bad that the sets of tires are so bad that you can't make an adjustment on the car and go out and win the race when you've got the fastest car on the track."

Goodyear officials met with Stewart and his team after the race, and Rick Campbell, the team leader for Goodyear's NASCAR program, said they would talk again with crew chief Greg Zipadelli.

Magnificent seven for Newman

Ryan Newman battled back from nearly two laps down and gambled on fuel late to win Sunday's MBNA America 400 at Dover. The win is the seventh of the year for Newman and also gives him a season sweep at The Monster Mile.

Nemechek crash damages outside wall

Joe Nemechek's savage crash early in the MBNA America 400 damaged a portion of the outside wall in Turn 1 at Dover International Speedway.

Nemechek's No. 25 exploded a tire as it sailed into Turn 1, the fastest portion of the track. Nemechek had no control of his car as it slammed the wall, shearing the right-side sheet metal off the car as it slid against the outside wall.

Nemechek crawled out and was OK, but the wall wasn't. The wall is made of boiler-plate steel, and the impact cracked a portion of the steel. After inspecting the damage, workers began welding the crack back together.

After one race, feelings mixed about new rules

Ryan Newman was one of the few drivers to offer up any criticism of NASCAR's new rule allowing one driver to be given a lap back per caution period.

But what happened Sunday? Newman gets a lap back and goes on to win the MBNA America 400.

So how do you feel now, Ryan?

"I still believe what I said," Newman said. "I guess the reward part, from my perspective, is still opinionated. ... If there's 42 cars on the lead lap and one car's way off the pace and gets his lap back, then he got a free lap for basically nothing."

NASCAR officials, meanwhile, were generally pleased with the results of the no-racing-to-the-yellow-flag rule that was implemented this weekend.

Hunter said NASCAR would continue to look at the rule on a weekly basis.

"We're going to look at this every time we run an event, whether it's a Busch race or whether it's a Cup race and try to learn from it," Hunter said. "But what happened today is a great example of why you should give at least one (driver a lap back)."

Others weren't so sure. Tony Eury Sr., crew chief for Dale Earnhardt Jr., said it was unfair for leaders who race hard to put a driver a lap down, only to have NASCAR give it back.

Winston Cup points leader Matt Kenseth doesn't like it, either.

"I don't know about giving free laps back," Kenseth said. "Some day I'm going to want a free lap back and I'm going to think it's cool, but I still don't know if that's the best policy. You can be a half-lap behind the leader and slower than the leader, but as long as you're the first car a lap down, you get a free one back. A free pass isn't really racing."

Rusty Wallace to run Busch team in 2004

Family considerations for the second time has prompted Rusty Wallace to form a NASCAR Busch Series race team.

The operation, which will field No. 66 Duraflame Dodges in 17 Busch Series races next season for Late Model driver Billy Parker, is being prepared for Wallace's teenage son Stephen.

Wallace said the car number is the same -- and the same visual style -- that he carried on his Late Model cars for more than 200 victories and an American Speed Association championship, which adds to his excitement.

Stephen Wallace has raced Late Model stock cars this season against Parker, among other veterans and newcomers, in several UARA/Stars touring series races at tracks throughout the Southeast.

The new team will be housed in a 15,000-square-foot facility located adjacent to the Rusty Wallace Incorporated offices and across the street from Wallace's Penske Racing Winston Cup shops in Mooresville, North Carolina.

Penske-Jasper Engines, which does Wallace's Winston Cup engines, will provide the power.

2003 SCHEDULE

September 28	EA SPORTS 500	
	Talladega Superspeedway	NBC/ MRN/1:30 p.m.
October 05	Kansas 400	
	Kansas Speedway	NBC/ MRN/12:30 p.m.

2003 STANDINGS

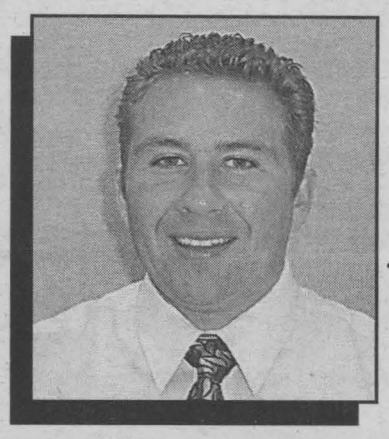
WINSTON CUP SERIES
After: MBNA America 400

Rank		Behind
1.	-Matt Kenseth	Leader
2.	Kevin Harvick	-436
3.	Jimmie Johnson	-473
4.	Dale Earnhardt Jr.	-490
5.	Ryan Newman	-580
6.	Jeff Gordon	-616
7.	Bobby Labonte	-765
8.	Kurt Busch	-786
9.	Terry Labonte	-864
10.	Tony Stewart	-867

BUSCH SERIES
After: Stacker 200

Rank		Behind
1.	Brian Vickers	Leader
2.	Scott Riggs	-32
3.	Ron Hornaday	-61
4.	David Green	-67
5.	Jason Keller	-106
6.	Bobby Hamilton Jr.	-264
7.	Johnny Sauter	-471
8.	Kasey Kahne	-471
9.	Scott Wimmer	-520
10.	Shane Hmiel	-560

We Are Growing Again!



Troy Hickman
Sales Manager

With our pending re-location to the old Union Gas building at the corner of Brookdale Ave. and Toll Gate Rd. we have had to expand our sales team. We are pleased to announce that Troy Hickman has taken over the position of Sales Manager. Troy has many years of sales & auto experience. Until our move, Troy would like to invite his many friends and customers to visit him at Cornwall Toyota.

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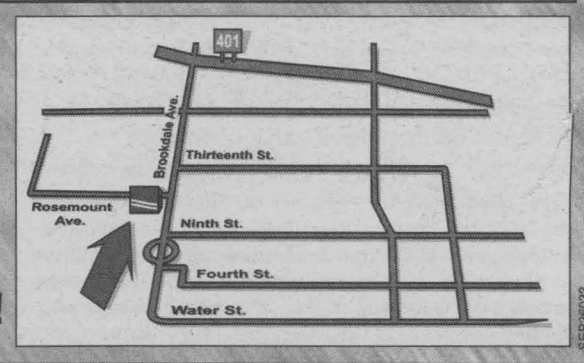
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Love Is Not A Feeling



"Owe no one anything except to love one another, for he who loves another has fulfilled the law. For the commandments, "You shall not commit adultery," "You shall not murder," "You shall not steal," "You shall not bear false witness," "You shall not covet," and if there is any other commandment, are all summed up in this saying, namely, "You shall love your neighbour as yourself." Romans 13:8&9.

You shall love your neighbour as yourself! What a statement and the Bible is full of them. I like to call them "one line sermons."

Imagine all the commandments in the entire Bible are fulfilled on only two main commandments, that is to love God with all your heart and to love your neighbour as yourself.

Love! Probably one of the most misunderstood and over-utilized words in the English language. You can love your cat, your car, your suit, your house, your money, and as well love your wife or husband or children. You can also love your lipstick, your hair, your computer and the list goes on and on.

But what is the Bible talking about when it tells us "to love our neighbour as ourself." You see, the word "love" here has a very different connotation than what I've described above.

This kind of love loves at all times and is unconditional. This kind of love loves even when you know someone else's faults. This kind of love is not a feeling but an act of your will. This kind of love loves you even when you mess up! This is the same kind of love that God has for each of us. Once you've experienced God's unconditional love for yourself, then it is easy to love others as yourself. Once you realize that God loves you just as you are, short, fat, bald, pimples, etc., then you can love others just the way they are.

God is the centre of everything and once He becomes your "centre" then all the rest falls into place. Once you allow God His place in your life, then He gives you what you need and gives you His love first for yourself and then for others. That's right, God even helps you to properly love "yourself" and then others.

If you want this kind of love in your life, pray with me today: "Dear God, help me to know this kind of love in my life. I place You at the centre of my life. Thank you that your Son, Jesus, made it possible for me to know You and please come into my life. Amen."

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

Second Thoughts

1. Not all the news that's fit to print is fit to read!
2. Faith either moves mountains or tunnels through!
3. Vacation is a system whereby people who are merely tired become exhausted!

Things to be thankful for:

1. A large double scoop of your favourite ice cream! (Rollo please!)
2. A quiet boat ride on a hot summer day!
3. Finding some good used tires at a garage sale! (for 1/4 the price)

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

OBITUARIES

LATREILLE - Elizabeth Ann

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Sunday, September 14th, 2003, in her 89th year. Dear daughter of the late Peter and Mary (McDonald) McLeod. Survived by sister-in-law, Helen McLeod of Glen Nevis, Ontario and many nieces and nephews of the McLeod and McElligott families. Beloved wife of the late Joseph Latreille. Predeceased by brothers, Archibald and Roy McLeod. Rested at the Wilson Funeral Home. The mass of the resurrection with commendation and farewell was celebrated by Reverend Denis Vaillancourt in Precious Blood Roman Catholic Church, Glen Walter, Ontario on Wednesday, September 17th, 2003. Rite of Committal followed in the parish cemetery. The pallbearers were Rod McLeod, Wes McLeod, Peter McLeod, Sheldon McLeod, Allan McElligott and Marty McElligott. Funeral arrangements were under the care of Wilson Funeral Home. Elizabeth was a former teacher and Principal at Glen Walter Public School.

PERKINS - Arthur James (Perky)

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Wednesday, September 10th, 2003. Mr. Arthur James (Perky) Perkins, in his 74th year, born in Montréal, Québec. Beloved husband of the late Marja-Liisa Perkins (nee Tohni). Special companion of Marielle Goulet. Loving father of Wendy Perkins (wife of Gilles Masse) of Vaudreuil, Québec and Lynn (wife of Regan Oliver) of Ottawa, Ontario. Dear brother of Shirley (wife of Ramsey Brown) of Manotick, Ontario. Also survived by grandchildren, Marie-Eve, Carley and Marc-André, and nieces, Debbie and Dale. The funeral took place on Monday, September 15th, 2003 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Memorial Chapel with burial at United Cemetery of Chateauguay, Québec. Venerable Ross Moulton of Trinity Anglican Church officiated.

WOOD - Margaret Mary

Passed away at Maxville Manor, Maxville, Ontario on Wednesday, September 10th, 2003. Mrs. Margaret Mary Wood, in her 85th year, born in Cornwall, Ontario and formerly of Maxville, Ontario. Dear daughter of the late Angus H. Chisholm and the late Catherine Higgins. Beloved wife of the late Harold Joseph Wood. Loving mother of Lawrence Wood (Nancy) of Toronto, Ontario, Richard Wood (Sandra) of Martintown, Ontario, Glendon Wood (Phyllis) of Kingston, Ontario, Mary Lynn Wood of Ottawa, Ontario, James Wood (Linda) of Avonmore, Ontario, Wayne Wood of Martintown, Ontario, Kevin Wood (Anne) of Peterborough, Ontario and Carol Ann (Mrs. Bill Kennedy) of Martintown, Ontario. Dear sister of Teresa (Mrs. Cuthbert McDonald) of Green Valley, Ontario, Inez (Mrs. Maurice O'Connor) of Glen Roy, Ontario, Rita (Mrs. Clarence Lennox) of Niagara Falls, Ontario, Mrs. Hilda McDougall of Alexandria, Ontario and Mrs. Marie MacDonald of St. Raphaels, Ontario. Sadly missed by grandchildren, Melissa, Shannon, Elizabeth, Carla, Christopher, Allister, Jeffrey, Gregory, Amy, Jennifer, David and Sarah, and great-grandchild, Rachel. Predeceased by brothers, Sheldon, Francis (Frank), Donald and William (Willie) Chisholm, daughter-in-law, Annette and granddaughter, Danielle. The funeral took place on Saturday, September 13th, 2003 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. Andrews Parish Church with burial at St. Andrews Parish Cemetery. Rev. Allan MacDonald, nephew of Mrs. Wood, officiated, assisted by Msgr. Donald B. McDougald, Rev. Bernard Cameron, Rev. Kelvin Maloney and Deacon Christopher Chisholm. The homilist was Rev. Bernard Cameron. The pallbearers were Jeffrey Wood, Gregory Wood, David Wood, Christopher Wood, Sarah Wood and Melissa Fleming. Honourary pallbearers were Carla, Jennifer, Shannon, Elizabeth, Allister and Amy Wood. Mrs. Wood was a Charter Member of St. Andrews C.W.L.

LALONDE - Theresa Mary

Passed away at her residence on Tuesday, September 9th, 2003. Ms. Theresa Mary Lalonde, in her 74th year, born in Cornwall, Ontario and formerly of Cornwall. Dear daughter of the late Xavier Lalonde and the late Manda Leroux. Loving mother of Ron Hutt (Rita) of Ingleside, Ontario, Gerald Hutt (Yvonne), Paul Hutt, Wayne Hutt, Pat (Mrs. Jacques Chartrand) and Tammy Hutt all of Cornwall, Ontario. Dear sister of Ovila Lalonde of Cornwall, Ontario, Mrs. Claire Miller and Mrs. Elizabeth Birmingham of St. Catharines, Ontario, Mrs. Melvina Leduc and Laurette Lalonde both of Alexandria, Ontario. Also survived by many grandchildren and great-grandchildren. Predeceased by former husband, Lawrence Hutt, sons, Jimmy and Nelson Hutt, daughters, Sandra and Eva Hutt, brothers, Mack and Telesphore Lalonde and sister, Mrs. Noella Gareau. The funeral took place on Thursday, September 11th, 2003 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with cremation at South Branch Crematorium. The pallbearers were Gerald Hutt, Paul Hutt, Wayne Hutt, Jacques Chartrand and Michel Paquette.

LEGAULT - Muriel Ida

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Saturday, September 6th, 2003. Mrs. Muriel Ida Legault, in her 90th year, born in Munroe Mills, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Joseph Bougie and the late Adeline Laframboise. Beloved wife of the late Gerald Minto Legault. Loving mother of Clayton Legault (Margaret) of Godfrey, Ontario, Colleen (Mrs. Gerald Pilon), Vernon Legault (Cynthia) both of Cornwall, Ontario, Alton Legault (Louise) of Orleans, Ontario, Lawrence Legault (Françoise) of Cornwall, Ontario, Gary Legault of Keswick, Ontario and Wayne Legault of Cornwall, Ontario. Dear sister of Daniel Bougie, Garnet Bougie (Helen), Hilda Bougie and Mavis (Mrs. Aime Levac) all of Cornwall, Ontario and Mrs. Mona Senecal of Fort Lauderdale, Florida. Sadly missed by 13 grandchildren and eight great-grandchildren. Predeceased by infant daughter, June Legault, brothers, Donat, Willie and Willard Miner Bougie and sisters, Mrs. Dorothy Beaudette, Miss Bernadette Bougie, Mrs. Emma Forget, Mrs. Diana Beaudette and Mrs. Bertha Samson. The funeral took place on Wednesday, September 10th, 2003 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to St. Columban's Parish Church with cremation at South Branch Crematorium. Rev. Kevin Maloney of St. Columban's Parish Church officiated. The pallbearers were Jean-Guy Legault, Pierre-Marc Legault, Richard Pilon, Jason Legault, Karine Legault, Julie Meilleur and by proxy, Anthony Legault of Australia.

STIDWILL - G. Benson

Passed away at the Cornwall General Hospital, Cornwall, Ontario on Saturday, September 6th, 2003. Mr. G. Benson Stidwell, in his 93rd year, formerly of Cornwall, Ontario. Dear son of the late Francis Stidwill and the late Evelyn Armstrong. Beloved husband of Kathleen Hamilton. Loving father of Diana Masson (Henri) of Ottawa, Ontario and Howard Stidwill (Barbara) of St. Charles, Illinois. Dear brother of Leonard Stidwill (Ruth) of Cornwall, Ontario. Cherished grandfather of Paul, Marc (Karey), Claire, Megan and Hadley and great-grandfather of Daniel. Predeceased by brother, William Stidwill and sister, Erma Sanders. Rested at Wilson Funeral Home. The funeral liturgy with a celebration of the Holy Eucharist was celebrated by the Venerable Ross Moulton, Archdeacon of Cornwall in Trinity Anglican Church on Thursday, September 11th, 2003. The lay reader was Jim Ward. Musical tributes were offered by the Trinity Church Choir under the direction of organist Brian Hubelit, and Steve Ellam playing the Mountain Memorial Chimes. Interment followed in Woodlawn Cemetery. The active pallbearers were grandchildren Marc, Claire, Paul and nephew Gordon Stidwill with Dr. Rudolph Peters as Honourary pallbearer. Funeral arrangements were under the care of Wilson Funeral Home. Benson was a former Assistant Manager of Domtar Cornwall, former Trustee with the SD&G Public School Board, active Member of the Ostomy Association and was instrumental in the development of Big Ben Ski Centre, Member of Cornwall Masonic Lodge No. 125 and active skier and athlete.

THIBAULT - Evelyn

Passed away at her residence, Cornwall, Ontario on Saturday, September 6th, 2003, in her 91st year. Dear daughter of the late Maxime Belanger and the late Eva Goulet. Beloved wife of the late Elmer Chatelain and the late Arthur Thibault. Loving mother of Doris Desjardins (Normand) of Cornwall, Ontario and Doreen Murphy (Frank) of Kanata, Ontario. Dear sister of Alice Cassidy of Potsdam, New York, Laurette Brosseau of Cornwall, Ontario and Maurice Belanger (Rita) of Florida. Also survived by daughter-in-law Irene Chatelain. Sadly missed by five grandchildren and two great-grandchildren. Predeceased by son, Roger Chatelian, brothers, Albert, Gerry, and Richard and sisters, Juliette Leger, Estelle Brisson, Aline Comptois, Pauline Cholette and Laurette Belanger. Rested at Wilson Funeral Home. The mass of the resurrection with commendation and farewell was celebrated by Reverend George Maloney in St. Peters Roman Catholic Church on Wednesday, September 10th, 2003. Rite of Committal followed in Nativity Parish Cemetery. The pallbearers were members of the Nativity Guard. Funeral arrangements were under the care of Wilson Funeral Home.

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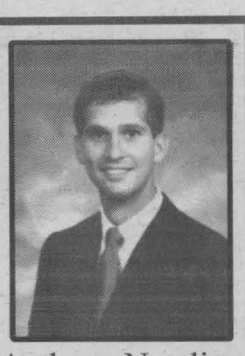

Richard A. Bray
Funeral Director
SN4


Crystal Natolino

Appointment

Husband & Wife Team.

More people to help...


Anthony Natolino

Lahaie & Sullivan Cornwall Funeral Homes is pleased to welcome Crystal (Palmer) Natolino to its staff as a Pre-Arrangement Counsellor.

Crystal, who has been working in Funeral Service since she was a young girl, attended the Humber College Funeral Service Education Program and became a Licensed Funeral Director in 1997, spending her first few years working in Toronto then in Timmins, in a management position at a Funeral Home.

As a Licensed Funeral Director, Crystal will use her training in after care and grief recovery to help the families we serve through our Family Care Program.

Lahaie & Sullivan Cornwall Funeral Homes is pleased to welcome Anthony Natolino to its staff as a Licensed Funeral Director.

Anthony completed his Bachelor of Science at the University of Ottawa before attending the Humber College Funeral Service Education Program, becoming a Licensed Funeral Director in 1997.

Anthony worked in Toronto before returning to his home town of Timmins, where he was in a management position at a Funeral Home.

Anthony will be joining the Lahaie & Sullivan team as a Licensed Funeral Director and Director of Services. He brings a vast array of knowledge in both official languages and Italian.

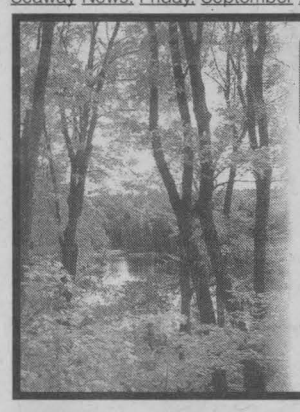
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It's not fun being stranded in **Glen Walter Park** when your car won't start. But there are still good samaritans around. **Luc** and **Christina,** along with their daughter were also walking in the park, took the time to find out if they could help. They went to a nearby service station, called a tow truck and then came back to the stranded motorist to let him know what happened. As it turned out, the car eventually started and the tow wasn't needed. But a hearty thank you to caring people like Luc and Christina from Seaway News reporter **John Divinski.**

PSST!

It's no longer a secret.

Cornwall Toyota is moving to the corner of Brookdale & Tollgate

Pass it on!

sep26032

To **Bob Proulx** from the Fire Department...your day has come! Enjoy your party and retirement cruise!



Helmut Kolbinger

Helmut Kolbinger of **Accesoware Services** tells a terrific story about changing careers and directions in life. Ask him to tell it to you, particularly if you are facing a career change challenge like many do today. It might put your mind at ease.

DEMPSTER'S Frameworks

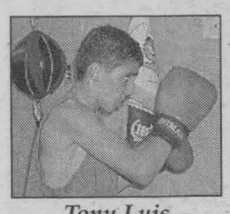
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Tony Luis

Keep an eye on Cornwall boxer **Tony Luis.** Last weekend he won a unanimous decision over **André Lopez** of Albany, New York at the **Can-Am Amateur Boxing** matches at the **Akwesasne Mohawk Casino.** Lopez is ranked 10th in his division in the U. S.

Well, gasoline prices have dropped about 10¢ a litre over the past week. Where's all the crying from Dan McTeague and all the left leaning media? They sure can bleat when prices go up, but are uncharacteristically quiet when the reverse happens. Actually, it's reassuring that they move up and down, given world events. If they didn't...we should be worried.



Cecil Vincent

Good to see Cornwall CAO **Cecil Vincent** back at his regular spot at Monday's city council meeting, seated to the left of Mayor Brian Sylvester. Mr. Vincent has been off work since March 2003 battling cancer. Great to see him back!

Natalie Cameron, Principal, **Bishop Macdonell School** has a huge bouquet of flowers to all teachers, staff and parents from Bishop Macdonell School. The open house was a huge success because of all of you! The Ravens are alive and well!

LOGAN'S GALLERY

Saturday 27th & Sunday 28th Sept.

For the Apple & Arts Tour is featuring

pies from the "Big Apple" *(near Colborne, Ont.)*

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SEP26034

Nick Wolochatiuk's story a few weeks ago concerning vehicles parked in handicapped zones featured a Hummer parked awry at a local department store. Well this week we received a letter from the individual who was parked there. The driver realized his mistake after the fact, and we thank him for admiting it. Here, in part, is his letter to us:

"Dear Editor,

In reply to an article that appeared in an issue of the Seaway News dated Friday, September 12th, 2003, I was the driver of the Hummer which was spotted in a restricted zone. My intention was to stop at the fire lane close to a business to invite a prospective buyer on a test drive around the Brookdale circle. Finding the fire lane completely blocked with parked vehicles, I took the closest spot to the business for fewer than 60 seconds in order to retrieve my guest. Returning to the Brookdale Plaza, the fire lane was still occupied by several vehicles preventing me from dropping the customer off. I chose to stop in the precise spot I occupied before to permit the customer to disembark. In hindsight, I admit it was wrong to stop at the designated spot, for which I profusely apologize."

Now if only everyone else followed the rules.

Speaking of fire lanes, it's time some of our department stores hire security to stop all cars from stopping in the fire lanes. Do it before someone gets hurt and tell the taxis to move also. If these areas are no parking/stopping then enforce the law.

We also received a note this week from **Dawn Kiddell** over at the **Cornwall Public Library** in reference to the remark in Scuttlebutt about the washrooms being locked at the Cornwall Public Library. She replied:

"Unfortunately this is a measure we have had to take resulting from at least four major acts of vandalism since March. The men's washroom in particular has been repeatedly destroyed...toilet roll dispensers torn off the wall, toilets and tanks stuffed with garbage and other unmentionables, tank lids broken, garbage cans kicked in, threatening graffiti, empty liquor bottles, etc.

"Despite staff patrolling the washrooms as often as humanly possible (and it really isn't in their job description), the amount of damage that the washrooms are sustaining is more than we can cope with.

"The police, of course, have been called and we are on the lookout for the vandals but it seems to be different people at different times. I wish this weren't the case."

Some of the young people at the Battle of Britain observance had some problems with fainting and had to be assisted off the field. That happens and it's nothing to be ashamed of. But it was refreshing to see the old timers, holding firm throughout the entire ceremony, and not one of them faltered.

The students and staff at **Bishop Macdonell School** have a huge bouquet of flowers to **Theresa** from **Balloonies.** She provided the school with an amazing display of balloons for our open house on Thursday, September 18th, 2003. The gym looked fabulous and our balloon welcoming mascot was a great hit! Thank you for all the extras!

Mayor Brian Sylvester was generous in allowing people to speak at city council last Monday, September 22nd, 2003. Some councillors got two and three shots at speaking on the same subject. You'd almost thing there was an election around the corner.

Good luck to **Lee Cassidy** who has been named field coordinator for the **Encore Seniors** group out of St. Lawrence College. She will be trying to expand the program into North Glengarry and Alexandria.

Seaway Pet Corner

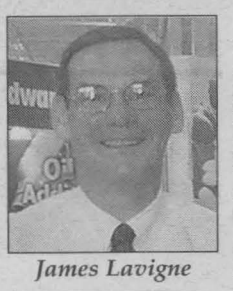


"It's been a long day, I'm exhausted," says Patches, owned by Rene and Shirley Vallee.

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

Drop in to our office at 329 Second Street West.

DEADLINE IS TUESDAY 5PM



James Lavigne

He may be the owner of the **Canadian Tire** store but **James Lavigne** considers himself the "chief cook and bottle washer" at the place. His staff run the show.

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Mark your calendars...next weekend, October 3rd, 4th and 5th, 2003 the **Fall Home and Harvest Show** at the **Cornwall Civic Complex.** Lots to see, check it out!

Now that **Korey Kennedy** has moved to Belleville, will he only be a part-time councillor?

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Congratulations to **Rosanne Zoppas.** Working two years with that guy as your boss is a real accomplishment. But then, the "anniversary" lunch was interesting, wasn't it.

Guess what happened recently? **Jessica Lafave,** Cornwall and area's youngest entrepreneur, was heard on Saturday, September 20th, 2003 on **CBC Radio 91.5 FM.** She attended the recent meeting of **Women Entrepreneurs.** Bravo Jessica!

One of the more memorable moments at the **Battle of Britain parade** recently at the **RCAFA Wing 424** was the reading of the High Flight and the Airman's Prayer by retired RCAF vet **Oscar Cashion.** The gentleman has flair in his readings and should be considered for some part in the Remembrance Day ceremonies, if he agrees.

To the person who took the two signs from my property - that was trespassing.

What's a **Plum-Robin?** Check out **Lola's** on Saturday night.

Neighbourhood Watch Signs



Left to right: Riverdale Neighbourhood Watch program president Bob Sloan, resident Wendy MacDonald, Senior Constable Gary Leger and resident Janet St. Pierre show off one of the new signs erected on Dover Road.

Story & photo by John Divinski

Those that mean to cause trouble in the Riverdale area of Cornwall can't say they haven't been warned. The Neighbourhood Watch program is in full force in the area and signs have been erected in front of Viscount Alexander School on Dover Road and at the corner of Grant Avenue and Power Dam Road. In addition, window stickers have been handed out to virtually every home in the area. The Watch program was initiated in the area after residents had had enough of the petty vandalism and more serious break-ins that plagued Riverdale. The president of Riverdale's Neighbourhood Watch program, Bob Sloan, says since the program began, there has been a noticeable decline in the problems. Senior Constable Gary Leger of the Cornwall Community Police Services, in charge of Neighbourhood Watch programs in the city, says his "pet peeve is that people will not take the time to write down serial numbers of their valuables which could make it easier for investigating officers to recover any stolen property." Leger also says if any area is interested in starting a similar neighbourhood program to give him a call at (613) 933-5000, extension 2458.

CGH Auxiliary Pot Luck

It was a feast fit for kings and queens as the Auxiliary to the Cornwall General Hospital held a Pot Luck Supper, Monday, September 8th, 2003 in the hospital's cafeteria. Getting first crack at the table of food are, from front to back: past chair of the Cornwall General Hospital Board Bob Leroux; member of the auxiliary executive committee Thelma Townsend of Ingleside; Past President of the auxiliary Bonnie Alguire of Cornwall and the CEO of Cornwall General Hospital Murray Halkett.

Photo by John Divinski



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History In The Making!

Thursday, September 25th, 2003, will be remembered as an historic date for the City of Cornwall and the Cornwall Curling Centre. On this date, the co-operation of all levels of government and the private sector combined to produce a first class curling facility. The project has been in the making for almost a decade and has become a reality today. Since the mid 1800s and its early beginnings along the St. Lawrence River to its recent facility on Amelia, the Curling Community in Cornwall has always produced first class participants. Now, the City of Cornwall will also be able to boast about a first class Curling Centre.

The construction of the new six-sheet facility will begin in early October and be ready for Curling by the beginning of the 2004 season.

The groundbreaking ceremony took place in front of the future construction site located on the east side of the Cornwall Civic Complex, followed by a celebration in the Windows Room. The event saw a packed house further emphasizing the support and enthusiasm throughout the community for this new project.

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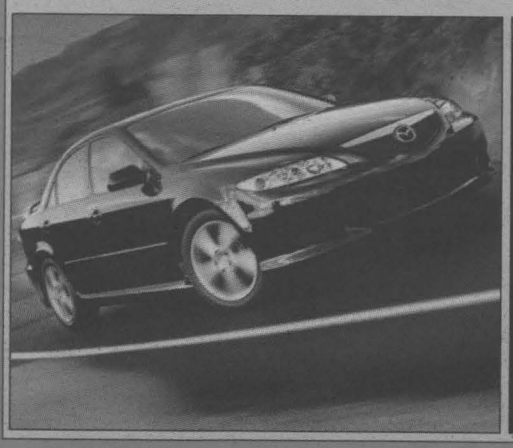
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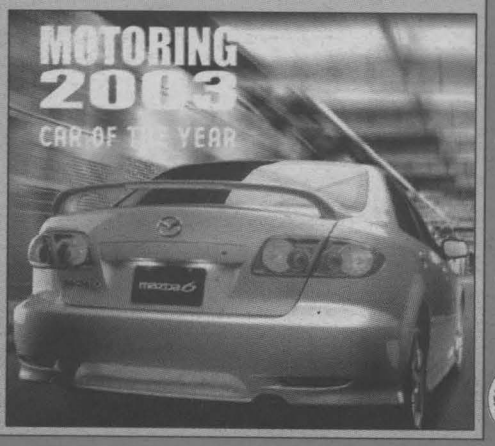
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*O.A.C. Total purchase including all applicable taxes and a processing fee of $45(Eg. $1500 purchase with $45 PF equals an APR of 2.25%) is due December 2004. Not applicable to previous purchases and markdown center items. Custom orders require 25% deposit. All first time buyers must put down a 15% deposit on any financed pick up purchase over $1,000.