KROWN
RUST CONTROL SYSTEM
still the only product of its kind to be environmentally friendly
8 SUNNYSIDE AVENUE WWW.KROWN.COM 933-8812
MAY21042

LOWEST RATE MORTGAGES IN TOWN?
5 YR @ 4.85%*
• Line of Credit • Business Loans
• Loan Consolidations
930-2592
Joanne Brian Roze
UPPER CANADA MORTGAGE & INVESTMENT CORP.

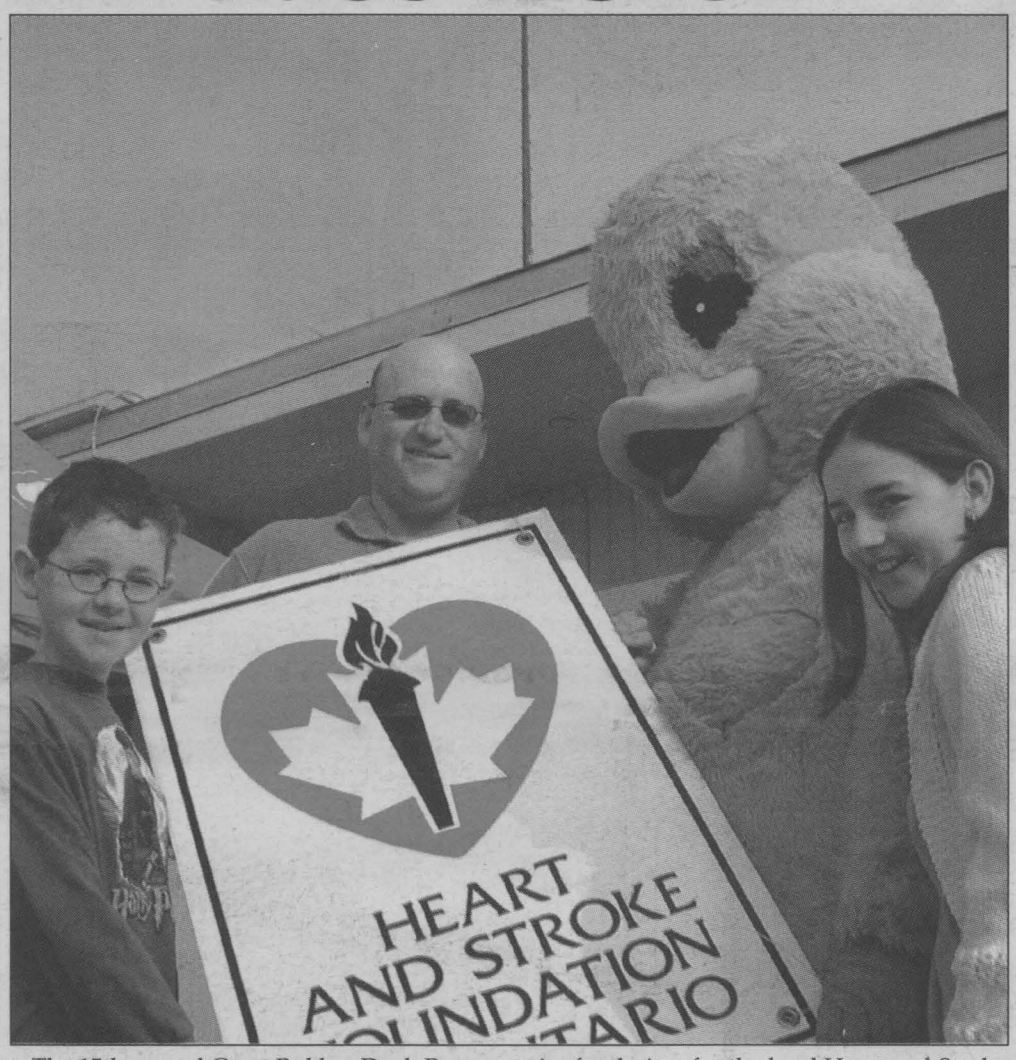
03 GMC SIERRA SLT
ext. cab, diesel,
70,000 kms
stk#41881
$42,995
Roy's
GREEN VALLEY
525-2300
www.royspontiac@gmcanada.com
PONTIAC BUICK GMC
MAY14043

SEAWAY NEWS

Your Community Paper Since 1985

May 21, 2004 | Volume 19, Issue 36 | Serving Cornwall and Area | www.cornwallseawaynews.com

Great Rubber Duck Race Kickoff



The 15th annual Great Rubber Duck Race, a major fundraiser for the local Heart and Stroke Foundation of Ontario, got its official kickoff recently following a special ceremony in front of the Corus radio stations on Water Street. Getting ready to hopefully sell 2,000 tickets are (left to right): Alexander Jesmer, his dad and event chairman Marc Jesmer, duck mascot and Meagan Jesmer. The race will be held on Canada Day in the Rotary Eco Gardens in Lamoureux Park. Last year a total of $8,000 was raised, which went towards research into heart disease and its causes. Photo by Michael Hebert

National Safe Boating Awareness Week



The Annual General Meeting of the Cornwall Power and Sail Squadron was held recently. Their Change Of Watch took place and their new Bridge included Commander (Cdr) Robert Earle (centre), the Past Commander (P/C) Jean-Yves Bordeleau (right) who is now Executive Officer (District Lieutenant Commander) for all squadrons within Rideau District. The new Training Officer is Lt/C Jean-Pierre Paquette (left).

Cornwall Power and Sail Squadron, now in its 44th year, is a prime provider of educational marine courses for recreational boaters with over 240 members.

Submitted photo

National Safe Boating Awareness Week will take place across Canada (excluding Québec) from Saturday to Friday, May 22nd to 28th, 2004. The purpose of this initiative is to promote a wide range of Safe Boating practices to the estimated 7 million boaters in Canada.

On the local scene, the Cornwall Power and Sail Squadron is involved in several facets of water safety through courses given, namely "Boating," a boating course for better knowledge of navigation and charts. Courses for obtaining the "Personal Craft Operator card, (CPS is the sole Canadian provider recognized in the United States) are also given, not to forget other advanced courses when requested.

Special Feature pg. 12 & 13

DONE RIGHT ROOFING
EXPERT INSTALLATION OF SHINGLED & FLAT ROOFING SYSTEMS
call
933-2157
• Fully Insured
• Work Guaranteed
• Free Estimates
• New Roofs • Re-Roofs
• Repairs
Consumer Reports
"CertainTeed XT 25 Year Shingles are the best buy!"
MAY21044

NEED A CAR? NO PROBLEM
I CAN HELP!!
√ Bankrupt √ Discharged √ Slow Credit
√ No Credit √ No Money Down
If you said yes to one of the above
I CAN HELP YOU!!
Hurry and call now
613-933-1955
Ask for Sue
WIDE SELECTION OF LATE MODEL CARS TO CHOOSE FROM
*Please note all financing subject to approval
MAY21042

Point of View!
Pilons Point Road
Swimming, Fishing, Sailing
...it can be all yours to enjoy from this 2,700 sq. ft. bungalow. Panoramic views of the Lake and the Adirondacks from this open concept living room/dining room/kitchen and you'll enjoy easy access, from the finished basement to resort living year round. Hardwood, ceramic, central vac, water source heat pump, double attached garage ... All for just $259,000
Sheila Gatien
ASSOCIATE BROKER
551-0989
938-8100
email: Sheila@remax-cornwall.com
RE/MAX
MAY21044

HydroEdge™
P185/70R14
$128.25
Ultra premium all-season* tire.
Make the most of this spring with Michelin®!
For terms and conditions, see your Michelin® tires owner's manual.
* While all-season tires are designed to provide reliable performance in some winter conditions, the use of four winter tires is recomended for optimal winter performance.
30 day SATISFACTION WARRANTY
140,000 km
We have the tire to suit your needs ... as well as your budget!
OIL CHANGE Our Everyday Low Price includes lube, 10W30 oil and filter change $20.95* MOST CARS PLUS DISPOSAL FEE
CORNWALL TIRE
"Where Customer Service Is #1"
ALLIANCE MICHELIN UNIROYAL BFGoodrich
428-11th Street West, Cornwall 933-0363 933-1515
HOURS: Monday thru Friday 8am-5pm; Saturday: 8am 'til Noon
MAY21042

Five Day Weather Forecast

FENCE DEPOT 932-0717

Friday	Saturday	Sunday	Monday	Tuesday
• Mainly Sunny • High: 19°C • Low: 8°C	• Showers (40%) • High: 22°C • Low: 8°C	• Showers (40%) • High: 22°C • Low: 10°C	• Showers (40%) • High: 19°C • Low: 9°C	• Cloudy Periods • High: 18°C • Low: 12°C

ADVERTISEMENT



Pictured above are (l-r) Paul Bryan, Used Car Manager; Andre Lapointe, Owner; Michel Carriere, Sales Manager.

BROOKSHELL'S BIGGEST TENT SALE EVER

The folks over at Brookshell Pontiac Buick GMC Ltd. are bringing to Cornwall and SD&G the big time New and Used Car and Truck SuperSale.

"This is the opportunity bargain hunters have been waiting for. They will be able to choose from a great selection of SUVs, pickups, cars and vans," said Michel Carriere, Sales Manager of Brookshell Pontiac Buick GMC Ltd.

"We are absolutely swamped with new and quality preowned vehicles and we need to drastically reduce this inventory immediately."

"In preparation for this huge sale, our sales department will be closed on Saturday, May 22nd in order to price and mark down our entire stock. On Tuesday, May 25th we will move the vehicles to the Canadian Tire Parking Lot, which is the location we have selected to hold this Gigantic Sales Event."

The sale will start at 9:00am sharp on Wednesday, May 26th and run through Saturday, May 29th until 3:00 pm.

"The selection will be fantastic! We will have more than $4 million worth of new, lease returns, rental returns, trades and other vehicles," said Used Car Manager Paul Bryan.

"It's that simple. All vehicles will be clearly marked so customers can pick their vehicle. This SuperSale is about making it easy for customers to get the vehicle of their choice."

Brookshell will have finance representatives on hand to answer questions and help clients get the best possible terms.

After the SuperSale ends at 3:00 pm on Saturday, May 29th, the dealership will return to regular operations.

Board Thanks Retiring Director Of Education



CDSBEO Chair Ron Eamer (left) presents painting "On The Way To School" to retiring Director of Education Greg McNally (right) at Mr. McNally's final Board Meeting Tuesday, May 18th, 2004.

Submitted photo

Board members of the Catholic District School Board of Eastern Ontario expressed their sincere thanks to retiring Director of Education Greg McNally during his final Board Meeting Tuesday, May 18th, 2004 in Kemptville. After 34 years of dedicated service in Catholic education, Mr. McNally is stepping down as Director, effective Tuesday, June 1st, 2004.

During an emotional tribute, CDSBEO Chair Ron Eamer praised Mr. McNally's tremendous work in raising the profile of the Board in the eyes of the Catholic community throughout Eastern Ontario and across the province. Mr. Eamer stated, "The respect this Board has earned is mainly due to Greg's outstanding leadership. No matter what role he has served during his long career in Catholic education, he has set a great example for all to follow. Our students, teachers, staff and school communities truly appreciate your efforts and contributions."

Mr. McNally began his career in education as a teacher in 1970 in Perth, and since then, he has worked in a number of positions, including over 16 years as a Supervisory Officer. He has held the position of CDSBEO Director of Education for the past 4 years, and he previously worked as Superintendent of Education with the Board during amalgamation.

During his distinguished career, Mr. McNally has also served as Superintendent, Coordinator of Curriculum, Principal, Vice-Principal and teacher with the former Lanark, Leeds and Grenville County Roman Catholic Separate School Board. He served as Principal of St. John Catholic School in Perth (both elementary and secondary) for 10 years from 1977 until 1987.

As Director of Education, Mr. McNally has overseen many initiatives within the Board including the development of the Board's 20 year Capital Strategic Plan, 11 major school building projects and the Board Leadership Series. He is a founding member of the innovative Catholic Education Coalition. He has also made tremendous contributions regionally and provincially as a founding member of the Eastern Ontario Catholic Curriculum Cooperative and the Eastern Ontario Staff Development Network, as well as Co-chair of the Ministry of Education Regional Curriculum Council of Eastern Ontario.

On behalf of the Board of Trustees, Chair Ron Eamer presented Mr. McNally with a beautiful framed painting entitled 'On The Way To School' by artist James Lumbers.

Following his retirement from the Board, Mr. McNally has accepted the position of Executive Director of the Canadian Catholic School Trustees' Association. In his new role, Mr. McNally will work closely with the Canadian Conference of Catholic Bishops, the federal government, the Council of Ministers of Education and other national organizations to promote improvements in education for all Canadian students. The CCSTA offices will be based out of Ottawa. Mr. McNally will assume his new role as of June 2004.

FARM BOY

FRESH PRODUCE

Product of Costa Rica Super Sweet Pineapples 2 for $7.00 or $3.99 ea.

Product of Costa Rica Seedless Watermelon $3.99 ea.

Product of USA NEW CROP! Sweet Blueberries $1.88 1/2 pint

Farm Boy Potato, Macaroni & Coleslaw Salads 454g $1.69 ea.

Fresh Baked Belgian Bread 590g $1.99 ea.

Did you know?

Farm Boy AAA Alberta beef took top place for full flavour, tenderness and overall appeal in a recent taste test conducted by the Ottawa Citizen Food editors! Read the entire article at farmboy.ca

www.farmboy.ca

814 Sydney St., Cornwall 938-8566

MEAT SHOP

Fresh Chicken Drumsticks 99¢ lb. $2.18/kg

Farm Boy AAA Alberta Beef Eye of Round Steak $3.99 lb. $8.80/kg

Black Forest Ham $4.49 lb. 99¢/100g

All Varieties Havarti Cheese $5.99 lb. $1.32/100g

Specials in effect from Saturday, May 22nd to Friday, May 28th. We reserve the right to limit quantities. While supplies last.

LOCAL

Service For Pure Fun



Photos by Linda Mikolayenko

JoAnne Iverson helps herself to a piece of anniversary cake at the annual general meeting of the Encore Seniors' Education Centre in Cornwall on Wednesday, May 12th, 2004. A founding member of Encore, Iverson was honoured for her 10 years as a 'dedicated, hands-on volunteer.' "At Encore we talk about learning for pure fun, well I've done service for pure fun!" she said. Iverson is leaving Cornwall, but will be returning in October for the official 10th anniversary celebrations which she has helped plan. Volunteers are critical to Encore's success. During the 2003-2004 academic year, 110 courses were offered and there were 1,300 registrations.

Jolly Tours Ltd.
#2856780 Eastcourt Mall, Cornwall
613-932-6753 • 1-800-366-6755

A once in a lifetime trip! Alaska & The Calgary Stampede
June 22-July11
Alaska, Yukon, British Columbia, & Calgary Stampede
20 day tour $3795 dbl.

St. Jacobs & Mennonite Country
July 8-July 10
Experience a fascinating & refreshing way of life!
3 day tour $362 dbl.

Canadian Rockies, Western Canada & Calgary Stampede
July 12 - 24
The breathtaking beauty of the Rockies & the excitement of the Stampede
13 day tour $2855 dbl.

Atlantic Canada
July 23 - July 31
Come visit Canada's Ocean Playground!
9 day tour $1269 dbl.

Hairspray
July 17 - July 18
A smashing success, musical comedy
2 day tour $367 dbl.

- DAY TRIP -
Kingston Lunch Cruise & Gananoque Gardens
Wed. July 14
$76

For a full listing of all tours, call us.
Always Going Your Way!
www.jollytoursltd.com
MAY21044

BROOKSHELL'S 15th ANNUAL
SPRING CLEAROUT
DRASTIC PRICE REDUCTIONS
ON OVER 225 NEW & USED VEHICLES

'99 PONTIAC GRAND AM
Power windows, power locks, cruise, tilt & more
SPRING CLEAROUT PRICE $5,937*

Plus ANYONE WHO BUYS A VEHICLE DURING OUR TENT SALE IS GUARANTEED TO WIN $100 TO $1,000 CANADIAN TIRE DOLLARS

CANADIAN TIRE PARKING LOT
4 DAYS ONLY
WEDNESDAY MAY 26 9-9
THURSDAY MAY 27 9-9
FRIDAY MAY 28 9-9
SATURDAY MAY 29 9-3

0% FINANCING UP TO 48 MONTHS
AND LEASE FOR AS LOW AS 5.9%
On Virtually All New 2004 Vehicles

LOWEST PRICES OF THE YEAR
ON THE SPOT FINANCING
NO HASSLE
NO PRESSURE
ALL PRICES CLEARLY MARKED

GM Canada
Brookshell
Where Everybody Gets a Great Deal!
PONTIAC BUICK GMC
Ontario's Drive Clean Repair Facility
*taxes & administration extra
www.brookshell.gmcanada.com
may21042

HAMBURGER BUNS

$1.89 PER DOZEN
Reg. $2.52/doz
2 per customer
SPECIAL PRICE FOR RESTAURANTS
Reg. Wt. Dinner Rolls
(Bulk Order Only)
FRESH-BAKED IS BETTER
Buns Master Bakery®
CLOSED MONDAY VICTORIA DAY!!
900 Pitt Street
938-6341
CHECK OUT OUR LOWEST CARB BREAD
baked in store
$2.99 ea.
2 per customer
SPECIALS EXPIRE MAY 27/04
MAY21043

LOCAL

A Chicken Recipe That Is Peachy - Keen!



Country Cooking Corner

with Carol Kloos

In March, my sister Dona celebrated my husband's birthday with a special meal. It was "superb!" She received the recipe from her friend and neighbour, a wonderful person, Margaret Zahorec, from Kirkland, Québec. She is a producer at CFCF TV.

This recipe, since I've received it, I've shared with many people. Once you've tried it you will certainly do the same! We will all then say, "Thank you, Margaret!"

Fancy Chicken With Peaches and Cheese

-4 chicken breasts, skinless, boneless
-can peach halves, drained
-Provolone cheese "rounds"
-Flour, for coating
-Dashes of: poultry seasoning, salt and pepper, basil, garlic powder
-2 eggs, beaten
-3/4 cup Italian breadcrumbs

•Pound chicken, to flatten a little, or cut in half horizontally if too thick. Put flour in a plastic bag and shake to coat chicken. Shake off excess.

•Dip chicken first into egg mixture then into breadcrumbs. Season, and brown on both sides in skillet 4-5 minutes each side.

•Place chicken breasts in oven to continue cooking. When they are cooked through, place a peach half on each breast and top with cheese "rounds" slice.

•Bake until cheese melts and peaches are heated through. Serve immediately. (Don't let cheese melt too much.)

Serves 4.

"Very nice presentation, easy to make and delicious," (as per Margaret).

Notes: -I cook chicken completely the day before or in the morning. I then reheat before serving time and then add the peaches and cheese. I warm peaches in microwave for a few seconds before they go in oven.

-The chicken remains moist and tender due to the excellent coating.

-The peach blends so well with the chicken adding to the moistness and great taste.

-Concerning the seasonings; you may add whichever you prefer.

******

Tips And Hints Of The Week

-Put a bit of wheat germ on top of your cereal, add to your muffin batter or include into breadcrumbs to top your casseroles. This is a healthy tip!

-For tossing and stirring in a skillet, I find it much easier using two wooden spoons. Everything gets moved about evenly. Try it! Also a great idea for breaking up meat.

-For stainless steel sinks, use rubbing alcohol or white vinegar to remove water spots or marks. Use club soda to give the sink a nice shine.

******

This is a veggie recipe. I've been making for many years. It is a colourful side dish jam-packed with nutrition. Zucchini takes so little time to cook, so add only near end and cook only until tender-crisp. Choose frozen corn for bright colour and flavour.

Italian-Style Zucchini

-1 cup fresh, frozen or canned kernel corn
-1-1/2 cups canned diced tomatoes
-1/4 tsp Italian seasoning, crushed
-Dash: onion powder and garlic powder
-1 medium zucchini, sliced 1/4-inch thick

•Combine corn, undrained tomatoes and seasonings. Bring to a boil, reduce heat. Cover; cook for 2 minutes. Stir in zucchini. Cook, uncovered for 3 minutes.

Serves 4.

******

A husband is someone who takes out the garbage and tries to give the impression he has cleaned the whole house!

******

This oven-baked mashed potato recipe is so delicious! It serves well with the chicken and peach recipe. Creamy is the key word!

Creamy, Cheesy Mashed Potatoes

-6 large potatoes, peeled and quartered
-1 pkg. (8 oz.) cream cheese, softened
-1 cup old cheddar cheese, shredded
-1/2 cup sour cream
-1/2 cup onion, chopped small (or more)
-1 egg, beaten
-2 tsp. salt
-1 tsp. pepper
-Additional cheese for top

•Cook potatoes until very tender, drain well. In a mixing bowl, mash the potatoes. Add cream cheese, cheddar cheese, sour cream, onion, egg, salt and pepper. Beat with electric mixer until fluffy. Transfer to a greased 2-quart baking dish. Cover, bake at 350°F for about 45 minutes or until heated through. To serve; sprinkle extra cheese on top.

Serves 10.

Notes: -I always leave the peel on when I make mashed potatoes for more fibre.

-I usually use low-fat (re: cream cheese and sour cream), but not if it will be cooking in the oven, for this I use the regular.

A Serving Suggestion: This is another idea to serve with the chicken and peach meal. I take a box of "Stove Top Stuffing" and add minced onion, thin slices of celery (chopped), plumped raisins, and dashes of celery salt, and garlic powder. It takes but a few minutes to prepare and is so tasty! I also serve this with pork or ham meals on occasion.

******

"Happy Cooking!"

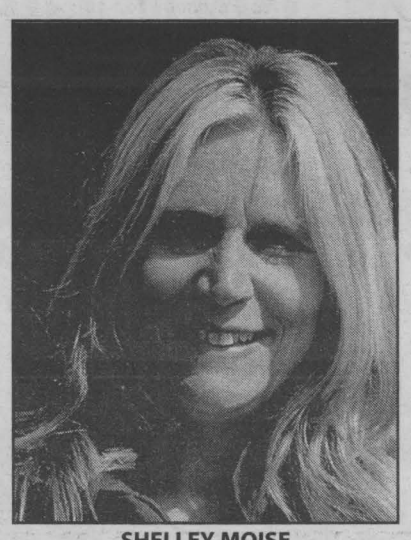
On The Street...



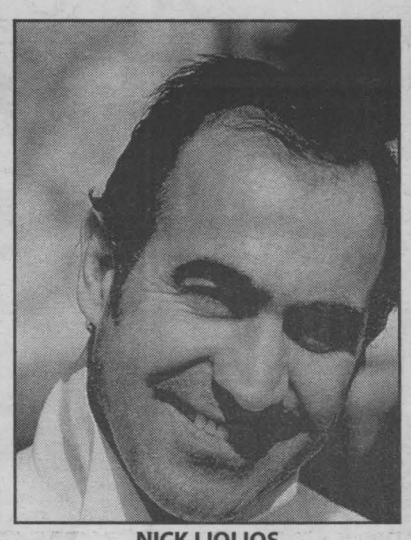
MARY CONWAY
Williamstown



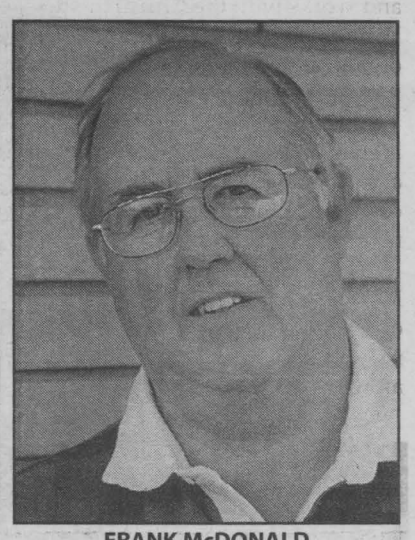
JENNIFER BOURGON
Lunenburg



SHELLEY MOISE
St. Andrews West



NICK LIOLIOS
Cornwall



FRANK McDONALD
Cornwall

We asked: If you were going to be stranded on a remote island, what book would you take with you?

To some people, a book can be a very special companion, especially if you are forced to be completely on your own for a long time.

Mary Conway's choice? "I'd take 'And Ladies of the Club,' a novel worth reading over and over again. It covers an 80 year span after the American Civil War. It follows the changes in the lives of a group of women who belong to a book club."

Jennifer Bourgon said, "I'd take Oprah's O Magazine. It's always different, always interesting and always includes something about weight loss."

Shelley Moise's choice would be 'Chicken Soup for the Soul.' "It's a great book for expectant moms. The due date of my third child is Wednesday, June 2nd, 2004. It deals with all sorts of things before, during and after pregnancy."

Nick "Zorba's Restaurant" Liolios would take a really hefty tome, one about the journey of Ulysses. "It's a 3,000 page book that deals with a story that took place 3,000 years ago. It was written by Nick, a very good name, Kazantzakis."

Frank McDonald's taste is definitely on the lighter side. "I'd be rather lonely, so I'd need some levity, something to take my mind off reality. 'Grimm's Fairy Tales' would do it for me. I've never read it, and it's been quite a few years since somebody read it to me!"

Photos by Nick Wolochatiuk

Fever

Fever is not a disease in itself but a symptom of an underlying disease, most of the time an infection. It is an abnormal increase of the body's temperature. Fever is a normal defence mechanism. Thus, it is not always advisable to reduce it. In our bodies, we have a thermostat called hypothalamus. This thermostat regulates the production or loss of body heat in order to maintain a normal temperature. When an infection occurs, there is an adjustment of the thermostat to a higher level, which activates heat production.

What to do when there is a fever?

When there is a fever:

•Avoid covering the feverish person.
•Undress the feverish person if necessary.
•Keep a normal room temperature.
•Maintain a good hydration.
•Prepare a warm bath (body temperature) and sponge the person instead of immersing him or her.
•Do not rub the feverish person with rubbing alcohol.

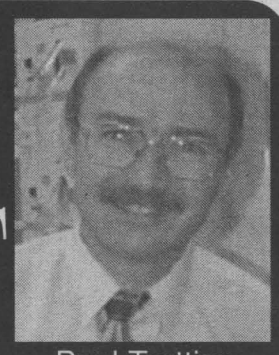
If the fever is higher than 38.5°C, it is then indicated to treat children with ibuprofen (Motrin®, etc.) or acetaminophen (Tylenol®, etc.). Acetylsalicylic acid (Aspirin®, etc.) should not be administered to children under 18 since it has been associated with Reye syndrome, very rare but very dangerous. If we are dealing with children, weight is necessary to calculate the dose. Ask your pharmacist to calculate the appropriate dose. If your pharmacist recommends a liquid mediation, it is important to carefully measure the dose with a precise tool (graduated spoon, dosing syringe, etc.).

When should you consult a doctor?

A medical consultation is necessary when:

•The child is less than three months old.
•The fever comes with drowsiness, irritability and vomiting.
•There are convulsions.
•The fever lasts more than 24 hours despite the medication.

MAY21044

ASK YOUR PHARMACIST

Your pharmacist is your medication expert and can provide advice and information on a wide range of health issues
Paul Trottier
Pharmacist
JEAN COUTU
You'll find it all... even a friend!
5 9th Street East 938-7339

West Nile virus: Preventing bites.

Wear light colours, long sleeves and long pants. Use bug repellent containing DEET and read product directions carefully. Avoid mosquito areas especially from dusk to dawn when they're most active. To learn more visit our Web site or call for a brochure.
1-877-234-4343 TTY 1-800-387-5559 www.HealthyOntario.com

Fight the Bite!

Protecting your health. Ontario

LOCAL



Community Honours

with Victor Millward

Donna Loewen

After thirty-five years in administration for the Federal Government, Donna Loewen retired in 1990. Although her duties for the government ceased in that year, her work as a foster parent continued. With an average of three children in her home at all times, she still finds time to be a public relations officer for the Newington Women's Institute, and works with the Christian Women's Association, an organization that raises funds for worthy causes.

Collecting recipes is also high on her agenda as she has a thick notebook and a recipe disc stored in her filing cabinet.

As her maiden name was MacDonell, Donna says it is only natural that Scottish music is her favourite, although she also admits liking the offerings of Angela Dureau.

In 1976, she married John Loewen who is presently a courier for Purolator. The couple loves to vacation in Portugal and have visited there on five occasions.

Donna's sprawling, old-fashioned farmhouse presents a perfect backdrop for the foster children who scamper through the flower gardens and bird houses that surround the ancient mansion.



Donna Loewen claims that the engraved heart on the wall symbolizes the love that binds the children, herself and the house together.

Photo by Victor Millward

"The children enjoy joining in on the chores when they arrive home from school," she said, as she arranged a bouquet of home-grown flowers in her sun-steeped front porch. "The nearby river provides them with a place to fish, and after they store the garbage, they bike to the river with their fishing tackle in hand. Many times it's a fish fry evening meal."

Donna gave high praise to the six former owners of the antiquated farm house, starting with John Moke, who owned the building in 1880. For over a half century it was owned by Sam and Ella Moke who celebrated their 55th wedding anniversary on the site.

"The only change we made was to add a front porch and modernize the kitchen," she said. "Other than that, it is the old homestead all the way."

Aultsville Theatre Kicks Off

Aultsville Theatre is set to kick off another "Aultsville Wednesday Night Movies" season with sponsor Gilles Latour, Financial Consultant, Ming and Associates. The first movie is scheduled for 7 p.m. Wednesday, September 15th, 2004, followed by the traditional premiere Gala Party at Galaxy Cinemas. This will be the third season of the popular series that allows residents of Cornwall and area to view top rated independent Canadian and international films from the Toronto International Film Fest.

The movies are scheduled for the third Wednesday of every month at Galaxy Cinemas with a 7 p.m. showtime except in March (fourth Wednesday) and May (first Wednesday).

The series usually sells out quickly but you can take advantage of the Early Bird Special and buy tickets for both the Fall and Spring series before Wednesday, June 30th, 2004. After June 30th, 2004 the price increases. Tickets are on sale now and can be purchased at the Cornwall Civic Complex box office, or by calling (613) 938-9400. Aultsville Theatre is Cornwall's Biggest Little Theatre.

Second Chance on a Fresh Auto Loan
as low as 0%
96.5% Success Rate
No Payment For 90 DAYS!
• Bankruptcy • Collection • Repossession • No credit • Bad credit • Charge off • 1st time buyer • Slow payer
up to $500 cash back
may14042
Call Larry 930-3858 (anytime day or night)
Auto Loan Services
Rates may vary from 0% to 33.9% O.A.C. - Notman Chrysler Dodge Jeep
www.auto-loan.ca

WAKE UP THE NEIGHBOURHOOD
BOSS® AUDIO SYSTEMS
BOSS RIOT RT845
• 600 watts • Mosfet power supply • Slender aluminum heatsink
$179
BOSS RIPER 10C - 10" SUBWOOFER
• 800 watts max • 100oz magnet • aluminum die cast frame • Ride shocking low base
$99
Bill Mitchell TV Audio
Stereo Plus Electronics
1410 Pitt St. N. MAY21044 938-0485

PRICE... SELECTION... AND A MONEY-BACK GUARANTEE!

IMPORT CENTRAL!

OVER 25 PRE-OWNED VEHICLES IN EVERY PRICE RANGE!

No credit? Troubled credit? Call 330-0987 The Credit Doctor can help!



96 CIVIC
4 dr sedan, auto., air, green, stk#:230454B



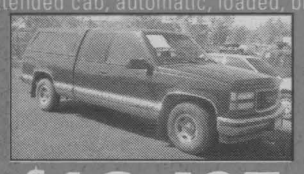
$9,995

CARS

00 PONT. SUNFIRE, (stk#240135B) 4 dr., tan, auto, spoiler $8,995
98 HONDA CIVIC, (stk#240014A) 2 dr. hatch, red, manual, AM/FM $10,495
00 HONDA CIVIC, (stk#240124A) 2 dr. hatch, grey, manual $12,495
99 PONT. GRAND AM GT, (stk#240035A) 2 dr., black, auto, V6, sunroof,air $12,995
98 HONDA CIVIC SI, (stk#240128A) silver, auto, air, cass., alarm $12,995
00 HONDA CIVIC SE, (stk#240132A) 4 dr., green, manual, air, CD $12,995
00 HONDA CIVIC SE, (stk#240126A) 4 dr., green, auto, cass. $13,495
00 TOYOTA COROLLA, (stk#240140A) 4 dr., green, auto, air $13,495
01 HONDA CIVIC DX-G, (stk#240121A) 4 dr., beige, manual $14,495
03 HONDA CIVIC DX, (stk#240120A) 2 dr., red, auto $15,995
02 HONDA CIVIC SI, (stk#240122A) black, manual, spoiler $18,495
01 HONDA PRELUDE SE, (stk#240116A) 2 dr., black, ext. war. June 2006 $25,995

TRUCKS, VANS & SUVS

99 GMC SIERRA SLE
extended cab, automatic, loaded, blue



$16,495

97 NISSAN PATHFINDER, (stk#230445B) 4 dr., green, $15,995
01 HONDA CRV, (stk#240154A) 4 dr., silver, automatic $16,995
00 HONDA ODYSSEY LX, (stk#240127A) 4 dr., van, fern mist, $20,995
03 HONDA ODYSSEY LX, (stk#240123A) 4 dr., van, silver, $27,495
03 HONDA ELEMENT, (stk#240062A) 4 dr., SUV, orange, $27,995

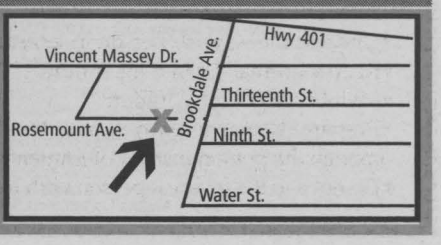
MANY MORE TO CHOOSE FROM AT SIMILAR SAVINGS

AS IS SPECIALS
91 GMC SIERRA 4X4 $3,995
95 HONDA CIVIC, 2 dr., $4,495
95 VOLKSWAGEN PASSAT, 4 dr., $4,495
94 LINCOLN CONTINENTAL, 4 dr., $4,995

HOME OF THE NO BULL DEAL!

MAY21042
Cornwall Honda
1200 Brookdale Ave., Cornwall
www.cornwallhonda.com
933-7558

Tires for Life



Speaking Of Leashes



By Keesha, TLWD

Here's a little people-training trick I'd like to pass on to you. If you are taking him for a walk, from time to time his leash gets wrapped around his legs. The easiest way to get him untangled is to get him to spin around on the spot. Presto! He's free again. That's much easier than teaching him to lift one foot then the other and much less bothersome than you having to run around his legs.

I've developed a fool-proof way of determining a person's character. I just follow my pet into a place where dogs just aren't allowed. He's my straight man. We have lots of fun by playing with the occupants of the store, museum or home.

To keep your pet young and healthy, regular play together is a must. One of our favourite games is one we call, "Isn't that your dog?" Here's how it goes: you let your pet open the door of a store, museum or any kind of business. I scurry in, usually without being noticed. The ensuing conversation goes something like this: "Nice dog you have," he comments.

"Not my dog. I thought it was yours," replies the shop-keeper, curator or receptionist, "It came in with you, didn't it?"

"It was just sitting at the door, so I thought it belonged to you. Do I look like a person who would bring a dog into a place like this?"

I wander around the room, approaching the puzzled person in a very friendly manner. That's when the game gets very interesting and informative. Their reaction to the unexpected presence of a stray dog is very revealing.

The reaction of the lady at the Marlborough Street convenience store (next to "The Loose Caboose") was a recent example of concern and compassion. As soon as she found out that TLWD was supposedly a stray, she cried out, "Close the door! Quickly, close the door! The poor little thing is wearing a dog tag." She bent down, petted me gently, then examined my I.D. "Her name's Keesha, and here's her phone number. I'll phone her owners. They must be so worried."

After that, it was time to end the game and get Nick to buy a cone of absolutely delicious black cherry ice cream.

We play the same "Stray Dog" game at Archie's Driving Range ice cream stand on Vincent Massey Drive. I wander from one picnic table to the other until I see my mark. I sit at the foot of the person who seems friendly and is about half-finished with their cone. I look up, stare, my tongue hanging out. The person looks about, trying to determine who the owner might be.

"Not my dog. I thought it was yours," is Nick's reply. Eventually, I get my ice cream.

At the Brookdale Avenue ScotiaBank, the staff have long since found out that Nick belongs to me. While he waits in line to do our business (he has to, as I'm not tall enough to reach the teller's desk), I check out each of the customers. Nick plays along by saying, "No, not my dog. I thought it was yours." The receptionist has even started to have a doggy cookie on hand for me. We finish off our visit by having a sip at the water cooler. Nice place, nice staff, nice customers.

One of my favourite places to visit and play the "Stray Dog" game is The Kwik Stop Laundromat, 1509 Pitt Street. Lisa Lalonde is its delightfully friendly manager, a person who instructs little children how to introduce themselves to a dog: "No, no. Let the dog come to you. You are much bigger than her, so she might be afraid of you and growl to protect herself. Stay away from her, hold out your hand, call her by name. If she comes to you, she's showing she's not afraid of you and everything will be fine."

Yes, I am very comfortable with adults, but quite ill at ease with little children, until I get properly acquainted with them.

In my travels, the most hostile person I have ever met was a Vancouver bus driver. While Nick was putting our bike on the rack at the front of the bus, I quietly sat on the sidewalk, waiting for him to pay our fare. As we boarded the bus, the driver shouted at the top of her voice, "That dog's not going on my bus, no way! Get off, both of you."

Nick and I were quite puzzled, as our bus experiences in Toronto and Montréal had been quite the opposite. Luckily, Nick had his backpack with him, so he stuffed me inside and zipped it up. I'm used to that.

"No way!" the driver repeated. "The dog has to be in a standard dog cage. Get off, and get your bike off too!" The bus pulled away.

A UBC student who had intended to board that bus chose to stay behind with us. "That bitch of a driver! Poor dog!" With that, she knelt down beside me, took a bottle of water out of her pack, poured some water into her palm and offered it to me. I lapped it up appreciatively.

We had to get to Horseshoe Bay before nightfall. Before the next bus came I was completely zipped into the backpack. I was invisible when we boarded the next bus 45 minutes later.

Safely aboard and comfortably seated, Nick allowed my head to emerge from the pack.

Oops! The driver spotted me as he surveyed his passengers through the rear view mirror. He smiled, gave us a thumbs up and drove on. As we disembarked in the darkness of Horseshoe Bay, he said, "You two have a good day."

Within a few minutes, a young lady picked us up. We were on our way to Whistler, via the "Sea to Sky Highway."

"Do you usually pick up hitchhikers?" Nick asked.

"No." was her reply.

"Then why me?"

"That little white dog is just so cute!"

GMC LEGENDARY TRUCK EVENT

GET $1000^ WORTH OF EXTRAS WITH THE NEW SIERRA NEVADA EDITION.



Sierra SLE 4x4 model shown

The Sierra SLE Nevada Edition 4WD gets you...
• Up-Level 40/20/40 Seat • Heavy-Duty Suspension
• Deep-Tinted Glass • Chromed Stainless Steel Tubular Side Steps • Fog Lights • Upgraded Tires
• Aluminum Wheels

Plus...
• 295-HP Vortec 5300 V8 Engine • Z71 Off-Road Suspension Package
• 4-Wheel Disc Brakes with ABS • Locking Differential
• Dual Zone Air Conditioning • Passlock II™ Security System

SMARTLEASE $268* per month OR CASH PURCHASE PRICE $36,998▼ OR 0%‡ PURCHASE FINANCING

Down Payment	Lease Payment
$0	$396
$2,000	$340
$3,200	$306

IN-LINE 5 HAS MORE HORSEPOWER THAN ANY V6 IN ITS CLASS



Canyon Crew Cab 4WD model shown

CANYON CREW CAB 2WD
1SC L52 M30 B84
• 3.5L 220-HP Engine
• Automatic Transmission with Overdrive • 4 Wheel ABS
• 60/40 Split-Folding Rear Seats
• Air Conditioning • CD Stereo

SMARTLEASE $268* per month

WARD'S 10 BEST ENGINES 2002-2004



Envoy SLT model shown

ENVOY SLE R7E
• 275-HP Vortec 4200 I6 Engine
• 4-Speed Automatic
• Autotrac Automatic AWD
• Dual-Zone Air Conditioning
• Power Locks/Windows/Heated Mirrors
• Remote Keyless Entry

SMARTLEASE $368* per month OR 0%‡ PURCHASE FINANCING

ENVOY HOLDS A FIVE STAR SAFETY RATING FOR FRONT AND REAR OCCUPANTS IN THE SIDE IMPACT TEST



Envoy XL SLT model shown

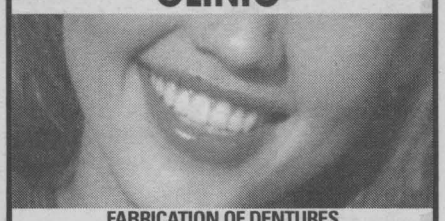
ENVOY SLE XL R7B
ALL THE FEATURES OF AN ENVOY SLE PLUS THESE EXTRA FEATURES:
• 7-Passenger Seating With Flat-Folding Split Rear Seat
• 16" Longer Wheelbase than 5-passenger Envoy Models
• Rear Heater and Air Conditioning
• Power Rear Vent Windows
• Rear Cargo Shelf Storage System

SMARTLEASE $401* per month OR 0%‡ PURCHASE FINANCING

PONTIAC BUICK GMC

For the latest information, visit us at gmcanada.com, drop by your local Pontiac • Buick • GMC Dealer or call us at 1-800-GM-DRIVE.
*Based on a 36/48/48/48 month lease. A down payment or trade of $4,560/$4,505/$4,800/$4,800 (Sierra Nevada SLE Ext Cab 4WD TK15753 1SD LM7 NP8 QJP R6M UK3 Z71 Z82/Canyon 2WD Crew Cab TS15643 1SC L52 M30 B84/Envoy SLE R7E/Envoy SLE XL R7B) is required. Annual cost of borrowing of 0.5%/2.9%/0.9%/0.9% per annum. Option to purchase at lease end is $25,220/$13,658/$20,053/$21,127 plus applicable taxes. Annual kilometre limit of 20,000 km, $0.12 per excess kilometre. Other lease options available. *▼Freight ($1,050/$900/$950/$950), licence, insurance, registration, PPSA, administration fees and taxes not included. ▼The SMARTLEASE monthly payment and the GMAC purchase finance rate are not available with and are not calculated on the "Cash Purchase Price" shown. The difference between the price for the SMARTLEASE/GMAC Purchase Financing offer and the "Cash Purchase" offer is deemed under provincial disclosure laws to be a cost of borrowing, whether or not the same represents actual interest, and is required to be expressed as an annual percentage which is 3.24%. (Sierra Nevada SLE Ext Cab 4WD TK15753 1SD LM7 NP8 QJP R6M UK3 Z71 Z82) ‡Financing on approved GMAC credit only. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% APR, the monthly payment is $208.33 for 48 months. Discounts or other incentives may be available where consumers opt for a cash purchase price offer. By selecting the purchase financing offer, consumers may be foregoing such discounts and incentives which may result in a higher effective interest rate. ▲$1,000 credit is exclusive of applicable taxes and is reflected in offers in this advertisement. *▼‡▲Offers apply to 2004 new or demonstrator models of vehicles equipped as described. Offers apply to qualified retail customers in the Ontario Pontiac • Buick • GMC Dealer Marketing Association area only (including Outaouais and excluding Northwestern Ontario). Dealer trade may be required. Limited quantities of Sierra Nevada available. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. Certain exceptions apply. See your dealer for conditions and details. ΔTesting conducted by the US National Highway Traffic Safety Administration (NHTSA). ®Registered trademark of General Motors Corporation. TD Canada Trust licensed user of mark. Visa International Service Association/TD Canada Trust and GM licensed user of marks. ®Trade-mark of The Toronto-Dominion Bank.

DENTUROLOGIST CLINIC



FABRICATION OF DENTURES, PARTIALS AND IMPLANTS.
Same Day Repairs
SN4
1073 PITT STREET
938-7721
Christos Markou D.D Denturologist
www.cmarkou.ca

CONGRATULATIONS
Salesperson of the Month

MAY21042



Brett Doll

Sales & Leasing Consultant

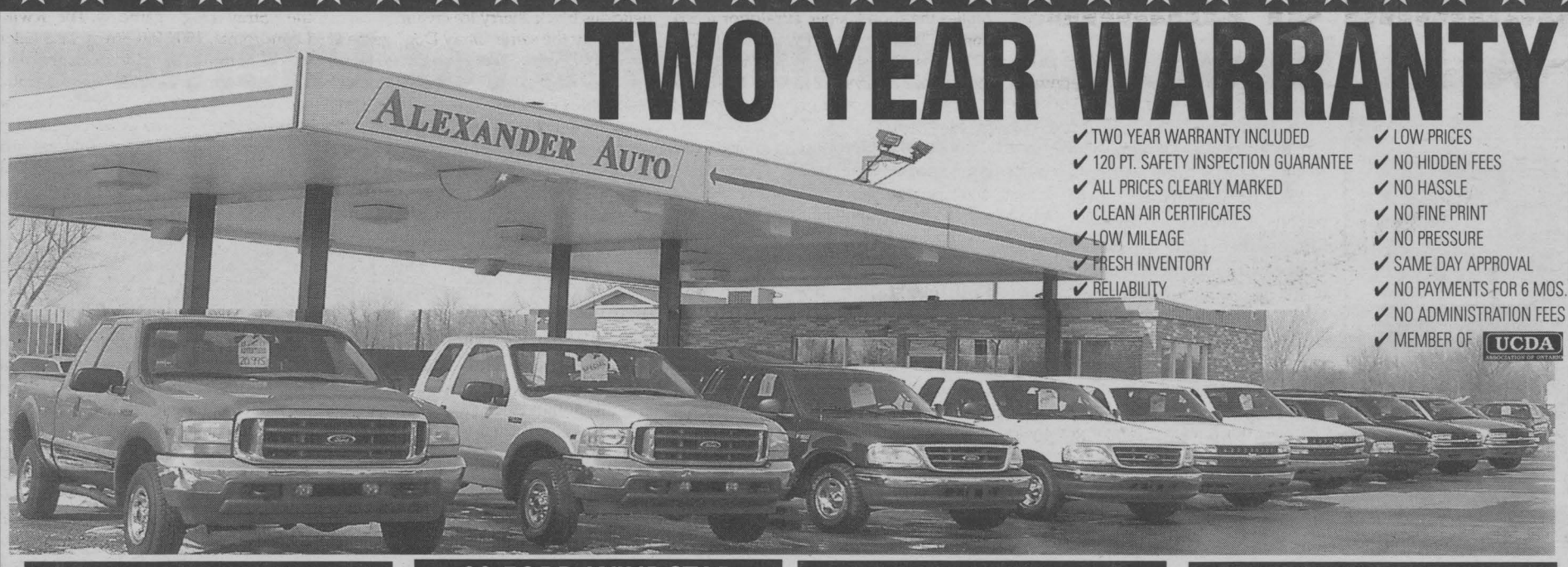
We, at Cornwall Motor Sales, are pleased to announce that **Brett Doll** has combined Sales & Service to the highest degree and has been named Salesperson of the Month for the month of April 2004.

Congratulations!

CMS CORNWALL MOTOR SALES

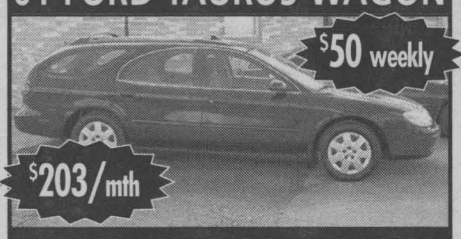
Brookdale at 401 933-3000

TWO YEAR WARRANTY



- ✔ TWO YEAR WARRANTY INCLUDED
- ✔ 120 PT. SAFETY INSPECTION GUARANTEE
- ✔ ALL PRICES CLEARLY MARKED
- ✔ CLEAN AIR CERTIFICATES
- ✔ LOW MILEAGE
- ✔ FRESH INVENTORY
- ✔ RELIABILITY
- ✔ LOW PRICES
- ✔ NO HIDDEN FEES
- ✔ NO HASSLE
- ✔ NO FINE PRINT
- ✔ NO PRESSURE
- ✔ SAME DAY APPROVAL
- ✔ NO PAYMENTS FOR 6 MOS.
- ✔ NO ADMINISTRATION FEES
- ✔ MEMBER OF UCDA

01 FORD TAURUS WAGON



TWO YEAR WARRANTY

one owner, loaded with 3rd row seating, auto, air, pw, pl, tilt, cruise, p.seat, V6, only 92,000 kms

Only **$10,995**

00 FORD WINDSTAR



TWO YEAR WARRANTY

one owner, loaded, 4 dr., auto, air, pw, pl, quad seating, alloy wheels, only 45,000 kms

Only **$13,995**

00 FORD WINDSTAR



TWO YEAR WARRANTY

one owner, loaded, four door, auto, air, pw, pl, tilt, cruise, keyless entry, 82,000 kms

Only **$10,995**

99 CHEV. LUMINA



TWO YEAR WARRANTY

one owner, full size sedan, loaded, auto, pwr. windows, pwr. locks, tilt, cruise, air, CD

Only **$7,995**

01 FORD WINDSTAR



TWO YEAR WARRANTY

one owner, loaded, four dr., auto, air, tilt, cruise, pw, pl, CD player, 135,000 kms

Only **$9,995**

01 CHEV. VENTURE



TWO YEAR WARRANTY

one owner, loaded, auto, air, pw, pl, tilt, cruise, integrated child seats, keyless entry, 75,000 kms

Only **$12,995**

03 FORD EXPLORER XLT 4X4

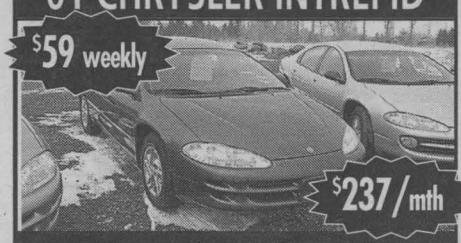


TWO YEAR WARRANTY

one owner, loaded, auto, air, tilt, pw, pm, cruise, 16" alloys, CD player, power seats, black on black, 87,000 kms

Only **$21,995**

01 CHRYSLER INTREPID



TWO YEAR WARRANTY

one owner, loaded, auto, pw, pl, tilt, cruise, air, 16" wheels, 89,000 kms, 5 to choose from

Only **$10,995**

SAVE 50% OR MORE

drive a two or three year old car at 1/2 the price of new or less and let someone else pay the depreciation!

1/2 COST OF NEW!

00 TOYOTA COROLLA



TWO YEAR WARRANTY

one owner, Toyota credit lease return, auto, CD player, 4 cyl., very economical and reliable, 92,000 kms

Only **$9,995**

02 GRAND PRIX



TWO YEAR WARRANTY

one owner, loaded, dual climate control, 16" alloy wheels, black on black, p. seat, pw, pdl, tilt, cruise, air, keyless entry, 85,000 kms

Only **$12,995**

01 PONT. MONTANA

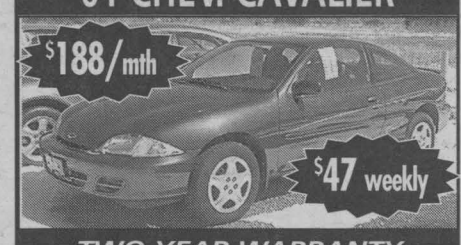


TWO YEAR WARRANTY

one owner, loaded, 4 dr., auto, air, pw, pl, tilt, cruise, CD player, two tone paint, keyless entry, 94,000 kms

Only **$13,995**

01 CHEV. CAVALIER



TWO YEAR WARRANTY

2 dr & 4 dr., all auto, with A/C & without, 5 low mileage Cavaliers & Sunfires to choose from, auto, 39,000 kms

Only **$8,995**

01 FORD F-150 XL EXT CAB



TWO YEAR WARRANTY

auto, air, tilt, cruise, V8, 4.6 litre, one owner, CD, colour matching cap

Only **$15,995**

01 DODGE NEON



TWO YEAR WARRANTY

auto, air, tilt, 78,000 kms, very economical, low payments

Only **$7,995**

00 GRAND AM SE



TWO YEAR WARRANTY

V6, loaded, one owner, only 57,000 kms, auto, air, p.w., pdl, tilt, cruise

Only **$9,995**

02 PONT GRAND AM GT



TWO YEAR WARRANTY

one owner, loaded, alloy wheels, black on black, auto, AWL, tilt, cruise, keyless entry, CD, 83,000 kms, ram air V6

Only **$13,995**

We specialize in re-establishing credit, bankruptcies, slow credit, repossessions, judgements, refusals by the bank, divorce and collections.

$1,000 down 7.15% for 72 months on 2001 vehicles over $12,500
$1,000 down 8.29% for 60 months on 2000 and older vehicles under $12,500



Alexander Auto

1759 Vincent Massey Dr.

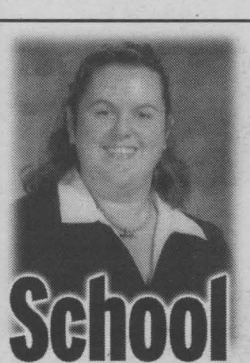
938-8514

License & taxes extra on all vehicles.

april30042

LOCAL

A Taste Of The Renaissance For L'Heritage



School Beat

with France Viau

Two weeks ago, the grade nine students of L'Héritage prepared kiosks for a Renaissance Fair. Mr. Serge Després, the English teacher who organized the event, was very pleased with the students' presentations, and was impressed by the outcome of the fair. The students put in a lot of time and effort in order to put on an interesting exhibition.

Students generally talked about weapons and armor, royalty, food and beverage, paganism, sports, entertainment, sciences, architecture, visual arts, clothing, role of women, music and dance, politics and law, and religion. Kourtney Prieur presented an interesting project about different forms of punishment. She brought in different tools that torturers would use in the Renaissance against those who committed a sin. She had with her a pillory, a noose, a cauldron, a whip, an ax, and a recreation of a hanging scene.

A lot of spectators gathered around to hear Kourtney's presentation. She was nervous, but did a great job! "Even though I worked on my project for a short period of time, the outcome was great. I decided to do my project on something I was interested in. I had a lot of fun, and I even learned from the other students' presentations. This is the second time that a Renaissance Fair was organized for the school, and I'm glad that I was part of it!" The entire school was able to visit the Fair.

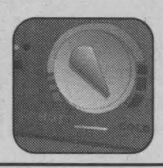
Mr. Després was very impressed by the amount of effort and work that the students put in. He was looking for creativity, and his students demonstrated that. "The Fair was a successful attempt to recreate the Renaissance for the purposes of a grade nine class. It's a different type of project. Unlike a typical assignment that involves only a student, this project involves the whole school," he says.

There are many different ways to learn. People just have to use their imagination and creativity to create something unique that a person can learn from and hold on to. By doing so, it makes learning fun. That was Mr. Després' goal for the students, and that is what the students experienced.

...to help you manage your electric bill!

Energy Saving Tips

Hints for Your Washer



• Always use cold water for the RINSE cycle. Using warm or hot water for the RINSE cycle does not get your clothes any cleaner.

• Run full loads whenever possible but don't overload the machine.

• Wash your clothes in cold or warm water. A whopping 85-90% of the energy used by washing machines is for heating the water! You can save a lot of energy by lowering the water temperature.

• Try using cold or warm water for the WASH cycle, instead of hot water. Hot water shrinks and fades your clothes, and wears them out more quickly.

Cornwall Electric
A FORTIS ONTARIO Company
932-0123

MAY21045

New Division Manager, Land Ambulance

Mayor Phil Poirier is pleased to announce the selection of Mr. Normand Barrette as the new Division Manager, Land Ambulance for the City of Cornwall and the United Counties of SD&G.

Mr. Barrette is replacing Ms. Heather Arthur who has recently left the City to take a position with the new local hospital corporation.

In the coming weeks, Mr. Barrette will begin his duties as the new Division Manager, Land Ambulance for the City of Cornwall and the United Counties of SD&G.

Mr. Barrette has been with the City of Cornwall as a Paramedic since January 1st, 2001 when the City of Cornwall took over the Land Ambulance service from the province. Mr. Barrette was then promoted to Land Ambulance Supervisor - Quality Assurance and Training on April 18th, 2001.

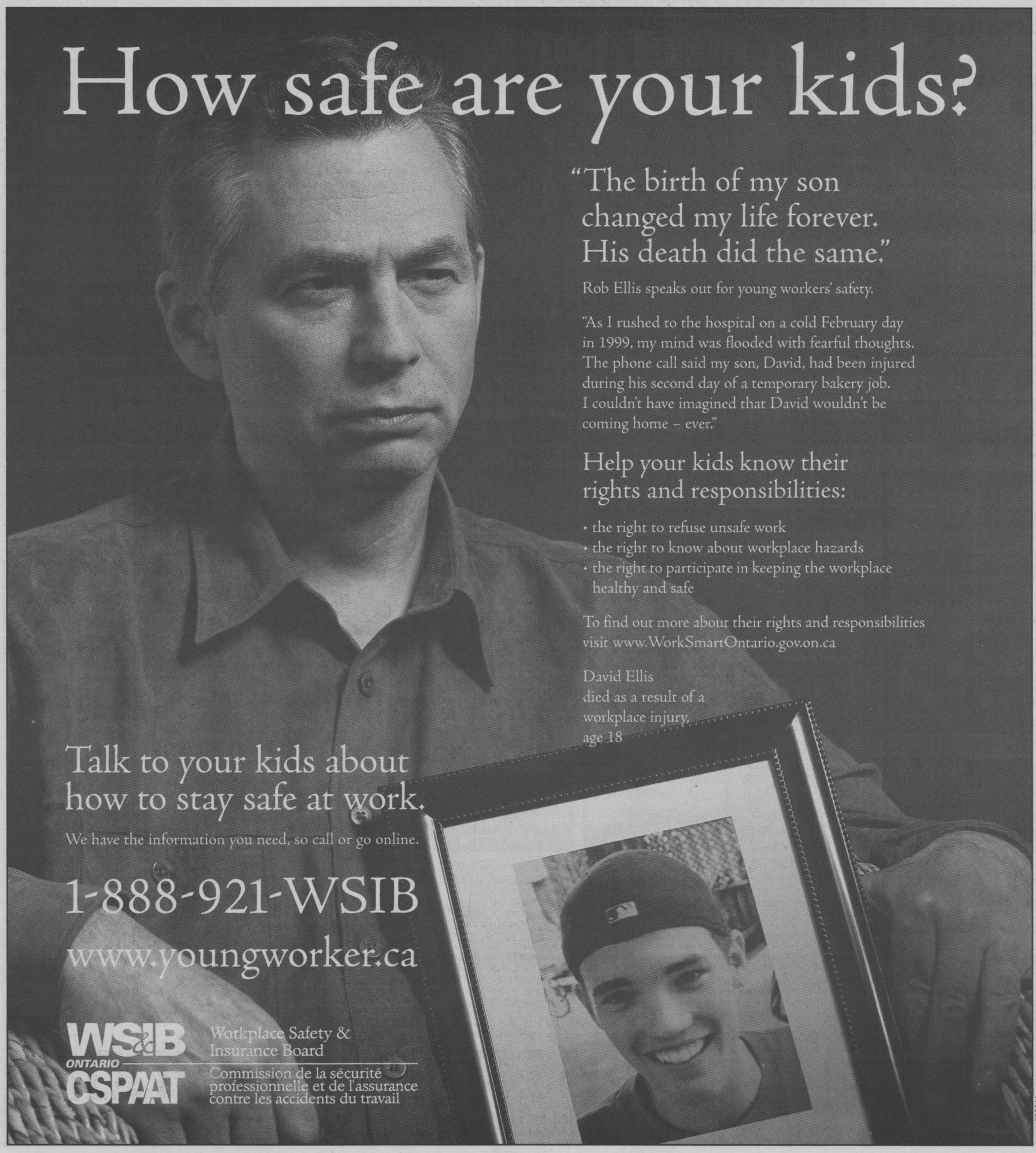
Mr. Barrette is a graduate of the Algonquin College Paramedic Program and the Advanced Care Paramedic Program of the Michener Institute.

New Fire Chief

Mayor Phil Poirier is pleased to announce the selection of Mr. Victor Leroux as the new Manager, Fire Services (Fire Chief).

Mr. Leroux will be replacing Fire Chief Roger Desjardins who will be retiring on Friday, May 28th, 2004 after 29 years of service with the City of Cornwall. Effective upon the retirement of Mr. Desjardins, Mr. Leroux will begin his duties as the Manager, Fire Services (Fire Chief).

Mr. Leroux began his career in 1978 as a Fire Fighter and has held the rank of Lieutenant and Acting Captain with the service, including 2 years as Deputy Fire Chief.



LOCAL

Third Annual Wine And Cheese Auction



Organizers of the third annual Wine and Cheese Silent and Live Auction for the Big Brothers and Big Sisters of Cornwall and District decided to kick off their event in an appropriate manner, onboard a nice royal blue tricycle. Event chair Kay Stone got the honour while Cornwall and District President David Hill looked on. A total of $5,521.25 was raised at the event at Jazz Magnolias. It was the first time organizers decided to combine both silent and live auction, with auctioneer Flora Grant Dumouchel handling the bidding.

Photo by Michael Hebert

WHERE DO YOU TURN
to learn what's on sale?
COMMUNITY NEWSPAPERS
We're at the heart of the things

Michel Menard, D.D.
DENTURIST
Immediate Appointments
Dental Repair Complete, Partial & Soft Plates
at "Smiling Prices"
50 Ste. Catherine
St. Polycarpe, P.Q.
1-450-265-3332
SN4

Guardian™
PHARMACIE EASTCOURT PHARMACY
1380 Second St. E.,
Cornwall, Ontario
PRESCRIPTIONS
We Process Most
MAJOR DRUG PLANS
MON. - FRI
9:30 a.m. - 9:00 p.m
SAT.
9:30 a.m. - 6:00 p.m.
937-0956
SN2

SEAWAY HYUNDAI
SPRING SPECTACULAR
0% purchase financing up to 60 months on selected models



2004 ACCENT GS
LEASE FROM $149*
per mo./60 mos.
$0 security deposit.
$595 down payment. Freight & PDI included

Other Great Deals ...

2004 ELANTRA GL
★★★★★ 5-Star NHTSA Safety Rating.‡
LEASE FROM $159*
per mo./60 mos.
$0 security deposit. $1,995 down payment.
Freight & PDE incl.



2004 SANTA FE
LEASE FROM $199*
per mo./60 mos.
$0 security deposit.
$2995 down payment



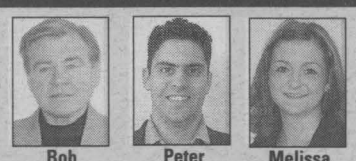
2004 SONATA GL
LEASE FROM $205*
per mo./60 mos.
$0 security deposit. $2,995 down payment



2004 TIBURON
LEASE FROM $249*
per mo./60 mos.
$0 security deposit.
$1,995 down payment.
Freight & PDE incl.



CANADA'S BEST WARRANTY
THE DEAL GETS EVEN BETTER WITH CANADA'S BEST WARRANTY
• 7 year/120,000 km Powertrain Warranty • 5 year/100,000 kms "Bumper to Bumper" Warranty††
• 5 year/100,000 km Roadside Assistance Program
Roadside Assistance Program includes fuel delivery service, flat tire changing, lock-out service, towing service and more. Just one toll-free call away. 24 hours a day



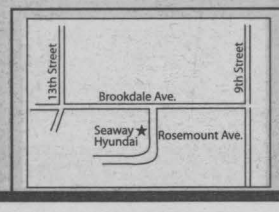
Bob ~Leasing & Sales Consultants~
Peter
Melissa Bus. Manager

COME SEE OUR NEW LOCATION ON ROSEMOUNT AVE.
WITH AMPLE PARKING SPACE FOR ALL OUR CUSTOMERS

When you build them better, you can back them better. HYUNDAI Win
www.hyundaicanada.com

*Leasing program available from Hyundai Financial Services based on new 2004 Accent GS/Elantra GL/Tiburon/Sonata GL/Santa Fe GL I4 FWD/XG350 MSRP from $13,295/ $15,025/ $20,495/ $22,395/ $21.095/ $32,995 annual interest rate of 0.57%/ 0.11%/ 3.27%/ 0.99%/ 3.90%/ 2.93%, $149/$159/$249/$205/$199/$369 per month for a 60/60/60/60/60/60 month walkaway lease. Total lease obligation of $9,535/ $11,535/ $16,935/ $15,295/ $14,935/ $26,135 and optional purchase price of $4,411/ $4,697/ $6,418/ $7,769/ $8,790/ $9,699. Down payment of $595/ $1995/ $1995/ $2995/ $2995/ $3995 plus first monthly payment required. $0 security deposit on all models. 2004 Accent GS/ Elantra GL lease price calculated after deduction from MSRP of $350/$200 wholesale lease credit (wholesale lease credit available on advertised Accent GS/ Elantra GL model only). Freight and PDE for Accent, Elantra and Tiburon included, for Sonata, Santa Fe and XG350 extra. All applicable taxes, license and $350 lease acquisition fee extra. 20,000 km allowance per year applies. Additional charge of $0.10/km. †0% purchase financing available on all 2004 Accent, Tiburon, Santa Fe, and XG350 models for up to 48 month terms, up to 60 month terms on all 2004 Elantra models. Financing example: $10,000 at 0%/0% per annum equals $208.33/$166.67 per month for 48/60 months. COB is $0.0/$0.0 for a total obligation of $10,000.00/$10,000.00. By selecting the advertised 2004 Accent GS/ Elenatra GL purchase financing offer over lease consumers are forgoing the wholesale lease credit. If $350/ $200 credit was applied to 2004 Accent GS/ Elantra GL financing offer effective annual interest rate would be 1.31%/ 0.51% over 48/60 months. All purchase and lease offers are for a limited time, OAC and may not be combined with any other offer. ††Hyundai's "Bumper to Bumper" warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions effective for vehicles sold on or after March 22, 2004. See dealer for details. Highest rating possible for driver frontal impact protection as tested by the U.S. National Highway Traffic Safety Administration (NHTSA).

GRADUATE REBATE PROGRAM
$750 GRAD REBATE / FULL SERVICE DEPARTMENT



SEAWAY HYUNDAI
701 ROSEMOUNT AVENUE 933-8135
MAY21042

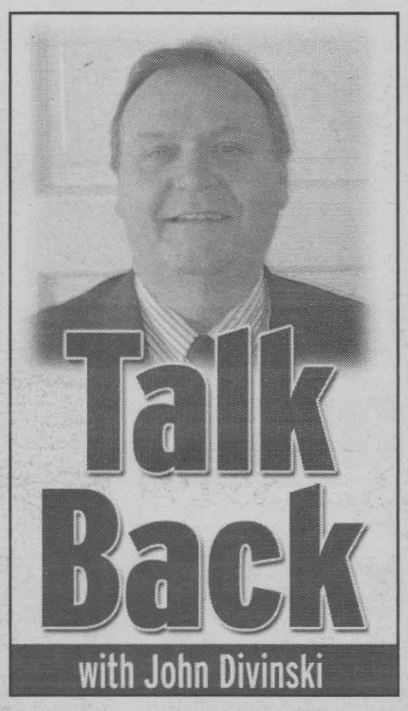
EDITORIAL OPINION

Making The Grade, Part One

We're just about half way through the first year of a three-year term of city council and it's time to take an unscientific look at how our elected officials in Cornwall are doing. The grading is based on what I've seen, and to a lesser extent, of what other people have been telling me, but primarily on performance. I am well aware that if I think I could have done better, I should have run. Well, I don't know if I could have done better, but these people chose to stand and with it comes the good, the bad, and sometimes, the ugly.

Due to space limitations, this week, we will look at just over half of city council. The remaining councillors, the Mayor and city council in general will be "graded" next week.

Councillor Korey Kennedy: You are what you are and Korey Kennedy is proud of it. Considered the "entertainment" at city council, the councillor has definite opinions and isn't afraid to express them. His is a love-hate relationship with his constituents (one of his favourite words) and those who do support him, think he's the best thing since sliced bread. Frankly, you have to give credit. He tells it the way he sees it and in a language you can understand (none of the political gobbelygook for him). It sometimes gets out of hand and he loses his effectiveness around the table (i.e. the famous escort scene out of city hall). As of late, Mr. Kennedy has toned down his demeanour and some are chalking it up to "maturity" kicking in. His attendance at school in Belleville has limited his effectiveness to be "on the scene" all the time but aside from a couple of newspaper people and a colleague here and there, I don't hear any complaining. Korey is still Korey, only older. I give him a "B."



Councillor Glen Grant: He doesn't say much but when he does, it usually makes sense. He continually refers to his previous life working at Domtar in health and safety. It's as if he is justifying his opinion. I think people elected him to express opinions based on their needs, rather than on his previous experience. If you yank his chain, he can become rattled, but he usually recovers nicely. Would like to see more participation from him and probably will as the term wears on. I give him a "B minus."

Councillor Leslie O'Shaughnessy: His political experience shows and he is another one that does his homework. Not only has he studied up on today's issues, but it appears he's taken the time to look into the history of items that are coming up today, but originated long before his tenure on city council. To date, whether or not I agree with him, his arguments for his opinion have been sound and well researched and he's not afraid to speak his mind (just ask the Eastern Ontario Health Unit board). He and colleague Chris Savard are the best of the new crop. I rate Leslie an "A."

Councillor Mark MacDonald: He denies it, but Mr. MacDonald is coming across like someone who has a chip on his shoulder against the city administration. He was a former city employee and perhaps where there's smoke, there could be fire (excuse the pun). Mark is an older version of what Korey Kennedy used to be. Some of his ideas come out of left field, which doesn't make him a bad person, but he seems to be a "loner." Give him credit though, he takes an unpopular stance and tries to make his point, but when he loses, he lets it go and becomes a team player. I mentioned it to him at the beginning of his term and I state it here. Mark sometimes gives the impression that he is paranoid about what goes on within the city administration. He has a way to go yet. Rating: "C."

Councillor Jacques Lemire: Nice man, but in my books, the biggest disappointment around the table so far. I think a lot of people looked to him to be a leader (top vote-getter in November) and he hasn't even left the starting gate yet. He's one of the quietest councillors at the table and simply doesn't get involved very often. It's early and we can chalk it up to a learning curve I suppose, but there is plenty of room for improvement here. I rate him a "C."

Councillor Huguette Burroughs: It's good to see some improvement from Huguette. At first, she only commented on social issues and very specific ones at that. Other business on the plate was being ignored. However, recently Ms. Burroughs is offering input on all sorts of subjects. Again, I chalk it up feeling comfortable with the process and learning curve, but she has been here before. Electors voted her in for everything she can do, not just a few self-serving issues. Good to see her broadening her horizons now. I give her a "B."

Next week, part two.

I'm John Divinski.



letters TO THE editor

Another Meaningless Election In The Near Future

Dear Editor,

The political baloney gearing up seems to indicate we're being subjected to another meaningless election in the near future. I say meaningless because the parameters limiting our debate have already been established. Free trade is not open for discussion. The Free Trade Areas of the Americas ripoff is now in place despite the objections of 70% of the people. The slavery oriented single currency leading to the cashless society is on target and our constitutionally granted freedoms are under merciless attack. The fate of our health care was decided at the time the privatization-deregulation craze was foisted on us. Add to that the obfuscations of the corporate-owned media propagandists who are all primed up to lead us into the various blind alleys associated with the passé rhetoric of left versus right, and voters should be able to see that we are in serious trouble.

There is no more left versus right. Whether we're under corporate dictatorship or collective dictatorship is immaterial. The key word is dictatorship. The same gangsters will be determining our fate in either case. The only issue worth discussing is between Canadian nationalists and globalists, or, for the sake of clarity, sovereignists versus quislings (the minions of the one-world government).

The insidious nature of creeping United Nations control over our country and our lives is apparent in the implementation, at all three levels of government, of directives which originated at the United Nations under a control mechanism called Agenda 21. How many Canadians know about, or have even heard of Agenda 21?

Agenda 21, according to government bureaucratese, is a blueprint for action in support of sustainable development for the 21st century. Critics identify sustainable development as a political euphemism usually observed more in the breach of than the enhancement of the objectives claimed. We have seen the corporate version of sustainable development and have more than a few scars to show for it. The scariest part of Agenda 21 is the fact it's being imposed worldwide and has been ongoing since 1992. Look for similarities in the restrictive directives being imposed on various countries and you will find another facet of Agenda 21.

The environmental movement has been hijacked and is now the impetus behind a massive land and water grab aimed at the eventual destruction of individual property and water rights. Shifting the tax burdens to the backs of the ones who can least afford it also seems to have achieved a certain popularity among several countries. Building code changes are now notorious mainly for tripling costs while reducing efficiency. It is time to call a halt to this foolishness.

Alan Macdonell, Williamstown

Bring On The Election

Dear Editor,

With the recent arrest of retired bureaucrat Chuck Guite and the past president of Group Action Jean Brault conveniently just before an upcoming election, Paul Martin and his Liberal cronies can safely lay the sponsorship fiasco to rest. The grits are squeaky clean. Bring on the election.

Like the inquiry to the Somali affair and the one on police brutality at the Pacific Rim Conference under Liberal rule, the current parliamentary affair has been shut down just as the heat started implicating Liberal political involvement.

A few years back, when a former PC Prime Minister was charged by the same RCMP of influence peddling by an officer several rungs down the chain of command, he was absolved years later receiving an apology and a couple of million taxpayer dollars to pay his legal fees.

A Liberal Prime Minister appoints the heads of the judiciary in this country. Do we really expect to see any high ranking Liberals or the party itself paying any of the missing sponsorship funds back?

Glen Runions, Cornwall

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

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

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

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

Send letters to: editorial@cornwallseawaynews.com

SEAWAY NEWS
Your Community Paper Since 1985

Telephone: 613-933-0014
Fax: 613-933-0024
Email: info@cornwallseawaynews.com

R.N. Aubry: Publisher
Rick Shaver: General Manager, Editor

Established in 1985
Published by: Seaway News, A Division of J.G.F. Holdings
329 2nd St. W., Cornwall, ON, K6J 1G8

35,226 papers circulated throughout Cornwall, Alexandria, Long Sault, St. Andrews, Lancaster and surrounding areas each Friday by Ad Bag Cornwall.

CCNA VERIFIED CIRCULATION CONTROLLED
ocna
CCNA

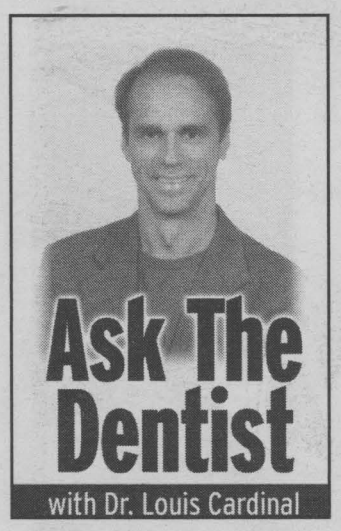
Seaway News is a member of the Ontario Community Newspaper Association and the Canadian Newspaper Association.

The contents of this newspaper are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For further information, contact the Seaway News at 613-933-0014.

The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertising 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 beyond the amount paid for such advertisement.

GENERAL NOTICE: Copyright in letters and other materials submitted to the Publisher and accepted for publication remains with the author, but the Publisher and its licenses may freely reproduce them in print, electronic or other forms.

Orthodontics (Braces)



Most people associate braces with crooked teeth and an unattractive smile. It is obvious that a person's confidence and self-esteem are enhanced with a beautiful smile. However, aesthetics is only one of the many benefits of braces. For example, when teeth are misaligned, food particles get trapped more easily and cleaning these areas is more difficult, which can lead eventually to gingivitis and/or periodontitis (gum disease). In more severe cases, mastication (chewing) is not as efficient and digestive problems can occur. So straight teeth not only gives you a more pleasant smile, it also provides a dentition that functions better.

A bad bite, also known as malocclusion, is capable of causing pain in the temporal mandibular joint (also known as TMJ), located in front of the ear. These individuals have difficulty opening their mouth, have facial, head, and ear pain during chewing and often need to take considerable amounts of pain medication to get through their daily activities. Many of these patients have often sought help from several physicians, only to find out that their crooked teeth and malocclusion were the source of their pain.

Orthodontic treatment is no longer restricted to children and teenagers. Adults of all ages make up a good percentage of today's orthodontic patients. However, like most dental problems, detection and treatment at an early age usually provides the quickest resolution. Many young cases are solved by simply removing teeth at a particular age to allow space for the erupting permanent teeth. Therefore, it is recommended to have your child evaluated early. Your dentist or orthodontist will best know when to start treatment. Remember that wearing braces no longer means wearing unsightly metallic braces. New, more aesthetically pleasing braces, are now available in different materials with designer colours to keep almost anyone smiling. When the treatment is terminated, a retainer will often be required to keep the teeth from drifting.

Should you think that you or your child may be in need of orthodontic treatment, please discuss this with your dentist. A referral to an orthodontist may be in order. Remember that a healthy smile is always in style.

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

20th Anniversary Celebration



Cornwall affiliates of the Ontario Dental Nurses and Assistants Association held their 20th anniversary celebration recently, offering a toast to honour the event. Among those attending the special dinner held at Augustino's were (left to right): Diane Logan, Tina St. Martin, Donna Alessio, Celine Roy and Anne Durochie.

Photo by Michael Hebert

Getting Together After Work



The Cornwall and Area Chamber of Commerce, in cooperation with Gedoro's on the Green at the Cornwall Golf and Country Club, presented a "Business Mixer" on Thursday, May 13th, 2004 where Chamber members had an opportunity to relax and network with fellow business colleagues. There was live music provided and some participants were into dancing on the outdoor patio floor. Relaxing next to the dance floor are (left to right): Chamber Board member Angie Baker; Cornwall Golf Club pro Robert Flaro; Shannon Lamarche of Corus Entertainment; and Diane Wallace, Assistant Executive Manager of the Chamber.

Photo by John Divinski



These "babies" aren't quints, but actually "reborn" dolls looking for new homes. Kim Heath of Ingleside took the opportunity to launch her hobby-turned-business, Cloud 9 Creations, at the South Stormont Home and Trade Show recently. Heath transforms play dolls into realistic-looking babies. Photo by Linda Mikolayenko

PROM SPECIAL

PROM SUITS $199.98 purchase from

Includes Suit, Shirt & Tie

TUXEDO RENTALS from $59.99

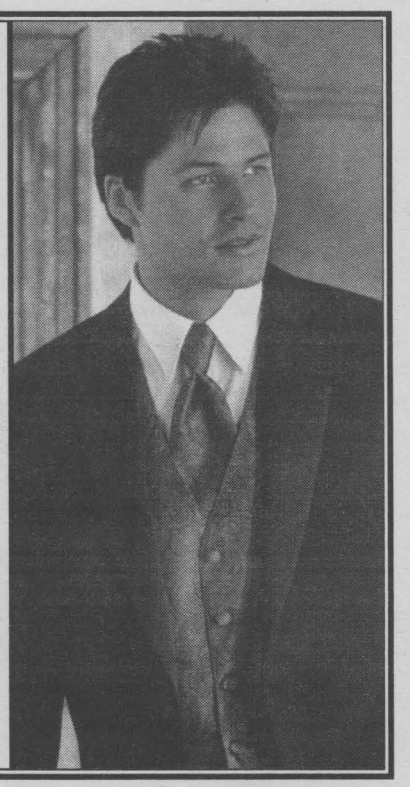
KASTNER'S

Cornwall's Largest Men's & Boy's Clothing Store

HOURS: MON., TUES., WED., SAT. 9 - 5:30 PM; THURS. & FRI., 9 - 9 PM

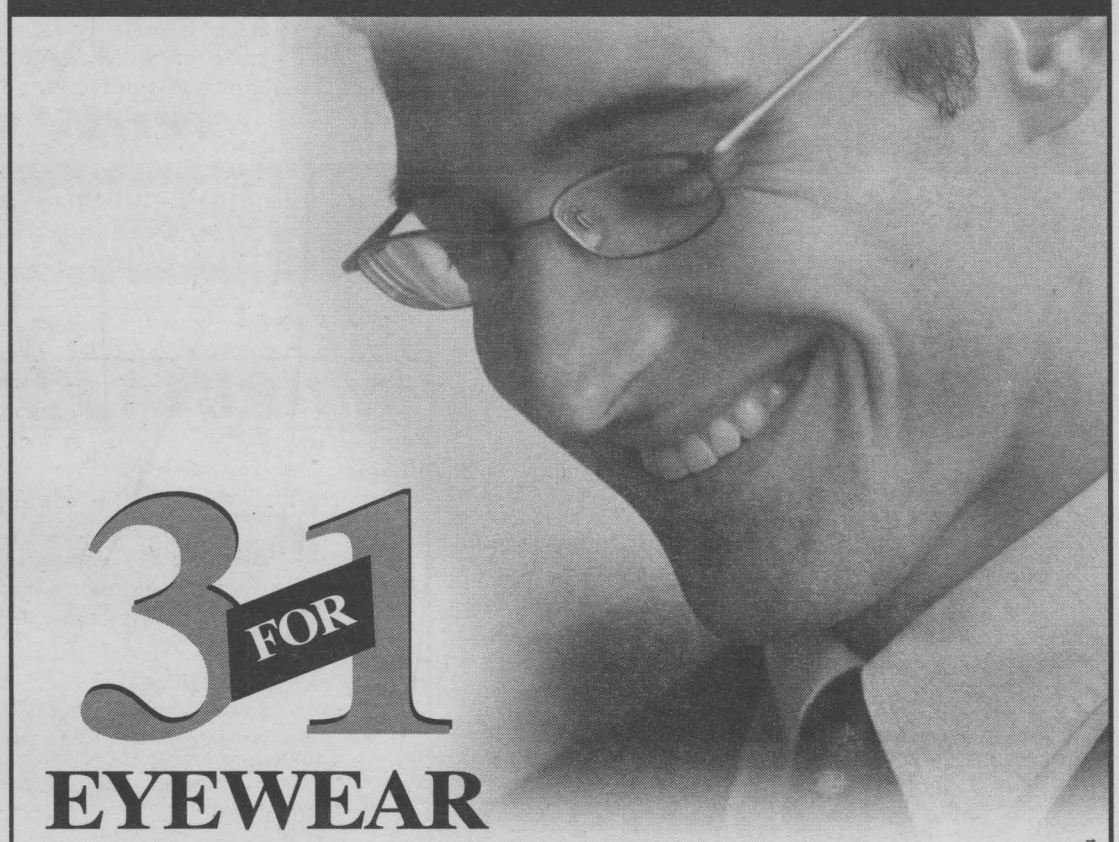
27 First St. East, Cornwall 932-8854

MAY21043



Laurier Optical

EYE EXAM AVAILABLE ✦ SPECIALS AVAILABLE AT ALL LOCATIONS ✦ NO DISPENSING FEES ✦ DETAILS IN STORE



3 FOR 1 EYEWEAR

MAY21044

IF YOU'RE NOT INTERESTED IN 3 FOR 1 GET ONE PAIR FOR 50% OFF

Select any pair of our designers at regular price and get the second pair absolutely free, plus get a free pair of contact lenses (soft sph. daily wear, good for one year). Customers not interested in contacts will receive free scratch resistant coating on both pairs of glasses. Share this special with family and friends. See store for details

CORNWALL, CORNWALL SQUARE 936-6666

HULL - 295, Saint-Joseph Blvd. 771-2222 GATINEAU - Les Promenades de l'Outaouais, 246-2222 AYLMER - Glenwood Plaza, 685-2222 MASSON - ANGERS - Marché Larose, 281-9222 ORLEANS - 1811, St-Joseph Blvd., 523-2000 RIDEAU CENTER - 669-2222 ST-LAURENT SHOPPING CENTER - next to Sport Check, 741-4448 OTTAWA - 54 Elgin St., at Queen, 235-8888 OTTAWA - 141 Laurier Ave., at Elgin, 238-9999 BAYSHORE CENTER - at Zellers, 828-6557 PLACE D'ORLEANS - 841-9999 HUNT CLUB - at Bank, 521-8884 CARLINGWOOD SHOPPING CENTER - 761-9999 BILINGS BRIDGE PLAZA - 823-7772 OTTAWA - 621, Somerset St. O., 236-2222 KANATA CENTRUM - 599-9599 RENFREW - 108 Raglan St., 432-4488 CORNWALL SQUARE - 936-6666 KEMPTVILLE SHOPPING CENTER - 258-2700 BROCKVILLE SHOPPING CENTER - 345-1119 BELLVILLE - Quinte Center, 967-0000 KINGSTON - 281, King St., 546-4444 BARRHAVEN - next to Wal Mart, 843-1333 MISSISSAUGA - Heartland Center - 568-8699 ST-BRUNO, St-Bruno Way - 653-5959 MONTREAL - Fairview Pointe-Claire - 695-2565 MONTREAL - 1054 Marché Central - 384-1117 KINGSTON - 279 King St E., 546-4444

ClienTEL Plus
CALL CENTRE SOLUTIONS



Your partner in business

Canpage Communications Ltd.

AWARD WINNING

- 24 Hour Personalized Telephone Answering Service
- 1-800 Customer Service
- Remote Reception Services
- After Hours Call Centre
- Emergency Call Handling
- Overflow Reception
- Dealer Locate

CAM-X GOLD AWARD For outstanding service

Blended Customer Contact Centre Solutions

938•3867

408 Pitt Street, Cornwall

www.clientelplus.com

MAY7043

NATIONAL SAFE BOATING AWARENESS WEEK

May 22nd to May 28th, 2004

Keeping an Eye on the Weather

As a boater, you have fond memories of warm sunny days on the water, enjoying the time and activity with family and friends. Fair skies and fair winds are the desire of every boater but we all know that weather changes and water conditions never remain constant.

Boaters must assess the weather and make a decision before heading out on the water and know how to interpret weather changes while on the water. Sudden changes in weather can occur without warning in many parts of the country. Sudden changes in wind can be particularly dangerous since this can cause a rapid build up of high waves. Many small pleasure crafts are not designed to handle any great amount of wind and waves and can be easily swamped or capsized. So, when the forecast is poor, plan to stay ashore. If you are already on the water and the weather appears to be changing and degrading, head to shore as directly and as quickly as is safe.

There are a number of ways that you can obtain local forecasts for your local waters. First, start by making personal observations of the sky and wind conditions. These observations can be backed up with local forecasts from your newspaper, radio or television news. If you have access to cable or satellite television, specialty weather channels provide detailed forecasts. In many areas across the country, media outlets provide special marine weather forecasts for boaters in their markets. The Internet is also an excellent source of detailed weather forecasts and provides you with weather maps, satellite and radar images. Two of the most popular Web sites are www.weatheroffice.ec.gc.ca/canada (Environment Canada) and www.theweathernetwork.com.

One the best sources of marine weather, whether on shore or aboard, is your marine VHF radio. Current weather conditions, forecasts and warnings are broadcast on channels 21B, 25B and 83B on the Atlantic Coast and Great Lakes. On the West Coast, weather forecasts are broadcast on channel 21B and Wx1, 2 and 3. Environment Canada provides their Weather Radio service in Vancouver, Toronto and Montreal.

While on the water, it is critical to "keep a weather eye" out. Frequently monitor cloud pattern and sky conditions. If the sky looks dark, the cloud conditions are changing rapidly or there is a shift in the wind, you can expect a change in the weather. The best idea is to stay sensitive to the little changes to make sure that you react in time before big changes hit. Summer thunderstorms can strike quickly and quite unexpectedly. Winds and waves associated with thunderstorms can increase suddenly and drastically, creating severe local wind and wave conditions. By being vigilant and listening for static on an AM radio band or observing birds heading for shelter you may be forewarned of a severe weather change.

When changing and deteriorating whether occurs while out on the water, you should take immediate action and head for shore and safety. Having a marine chart on board will allow you to find a bay, cove or other sheltered location to weather out a storm or wind and wave conditions beyond your boats capability.

Should you find yourself caught in bad weather out on the water, if you don't have them on already, ensure that everyone dons a PFD, slow down and proceed with caution. Approach the waves bow-on at a 45 degree angle and keep your passengers and load low in the boat to avoid capsizing.



The key to weather is check it before you head out and keep an eye on it while on the water. If you feel that there is any risk, don't go. It's every boater's responsibility to "keep a weather eye" and to Boat Safe – Return Safe. Enjoy your time on the water and "have many happy returns."

Wear It, Ya we've Told You Before

For years the messages about wearing your Personal Floatation Device or PFD have been delivered by the boating safety community. "Boat Safe, Boat Smart – Wear It" and "It's Your Life....Preserve It" are familiar to all of us who enjoy time on the water. So why do we continue to ignore the message, putting ourselves, our loved ones and friends at risk?

Research tells us that while the majority of us insist that our children wear their PFDs, adults are not as careful about their own safety. The willingness to wear a PFD drops from 85 percent for children under 5, to a low of 37 percent by the time they reach their teen years. So what's the result of all this complacency and unwillingness to wear a PFD?

Across Canada, 89 percent of recreational boaters who drown each and every year were not wearing a lifejacket or PFD. Most of these drownings occur in small open power boats, accounting for 60 percent of these preventable deaths. A majority of these victims were males between the ages of 19 and 35, out for a day of fishing. An average of 140 unnecessary drownings occur every year, but even more startling is the fact that this figure is estimated to be 43 percent below the estimated actual figure due to misclassification of drowning information when the statistics were compiled.

Many boaters who drown believed they are good swimmers, so having a PFD on board and within easy reach might seem good enough. But what good is a PFD that is stored under a seat or under the bow going to be when the unexpected happens? Most drownings happen when small boats capsize or someone falls overboard. The PFD that you leave behind is not much use, especially in cold water.

In Canada, many boaters like to extend their boating season as long as they can so the water temperatures at the beginning and end of season can be very chilly. There are also parts of this country where water temperatures remain cold all year around. We've all heard about hypothermia which can lead to many problems such as disorientation and rapid incapacitation, but the real shocker is found in the new research on sudden cold water immersion.

Death from sudden cold water immersion happens very, very quickly. Research by Dr. Michael Tipton, a leading expert in cold water immersion has shown that the "gasp reflex" from sudden immersion has led to more deaths than previously known. The reaction causes a sudden uncontrollable gasp, followed by 1-3 minutes of hyperventilation. The initial gasp can cause you to inhale up to 2 litres of water, causing drowning. This volume of water will cause an individual not wearing a PFD to sink and not re-appear. If the first gasp of water is not fatal, hyperventilation will lead to the rapid onset of severe hypothermia and death.

So if the "gasp reflex" doesn't get you initially, you still face the effects of hypothermia. In cold water your extremities will quickly numb, making it very difficult to swim or to don a lifejacket in the water and rescue yourself. The onset of the second set of symptoms leading to death by hypothermia can occur even if we end up in water as warm as 60 degrees. Being in cold water for an extended period of time can result in severe hypothermia, which causes your body to begin shutting down, resulting in death from cardiovascular failure.



So the message is clear. Having your PFD on before you end up in the water will greatly increase your chance of survival. But most boaters don't. The common reasons stated for not wearing a PFD are: "they're uncomfortable;" and "it's not fashionable." Well that doesn't fly anymore. Things have changed and there is a new generation of PFDs and Inflatable PFDs that are much more comfortable than the old standard lifejackets, which puts these objections to rest.

In Canada there are three common types of approved flotation devices for use by recreational boaters: Lifejackets, Personal Floatation Devices (PFDs) and Inflatable PFDs.

Lifejackets, when worn properly, will turn the user over face up, due to the use of frontal flotation and collars. All approved lifejackets are available in youth and adult sizes and must be red, orange or yellow.

Approved PFDs are lightweight, comfortable and available in a wide range of styles and colours, designed for the type of boating you do and conditions you face. There are PFDs for paddling, sailing, fishing and high impact PFDs for water sports and personal water craft. Whatever your activity, there is a PFD suited for it.

The most comfortable lightweight approved PFD or lifejacket you can wear is one of the new Inflatable PFDs, available in vest or pouch styles. Both of these types are manual Inflation PFDs, but a few models are available with automatic inflation which instantly inflates the PFD when you hit the water. The pouch style requires the wearer to be conscious and to place the inflated vest over their head to be fully functional. To meet Canadian Small Vessel Regulations, inflatable PFDs must be worn at all times when aboard and underway and may not be worn by person under the age of 16, or weighing less than 36.3 kilograms.

When choosing a lifejacket of PFD follow these simple guidelines. Choose one that is suitable for the activity you are involved in and check the label to make sure that it is Canadian approved and is of the correct size. And lastly, make sure it fits snuggly and is comfortable.

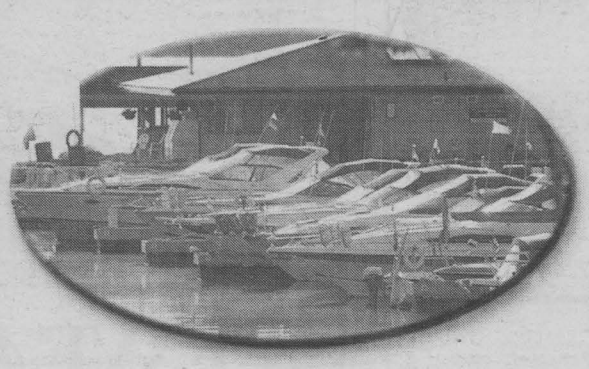
Fishing for a Great Deal?



PRINCECRAFT
The More You Know The Better We Look
NEW 2003 PRO 166
16' 6" Length - 88" Beam
Powered by a
60 HP 4 Stroke MERCURY
Boat, Motor & Trailer
Now $22,500
B&D
SMALL ENGINES LTD.
1440 10th St. E., Cornwall,
938-7745
MAY21043

(613) 931-3341
Restaurant • Bar • Patio • Banquet Hall
Edgewater Inn
Patio Now Open
Edgewater Inn wants to wish everyone a
Safe Boating Season!
MAY21045

MARINA 200 CORNWALL



Make us a part of your family vacation this summer.
Gas & Diesel, Pumpout, Ice, Showers, Laundromat, Shore Power & Restrooms
MARINA 200 CORNWALL
Cornwall
613-932-8301
MAY21045

NEW! NEW! NEW!
THE FISHING HUT
Bass Boats
Kayaks
Canoes
Paddle Boats
"No need to dicker, the price is on the sticker!"
410A Cumberland St.
933-4636
www.fishinghut.ca
E-mail: info@fishinghut.ca
MAY21044

RAFT MARINE ACCESSORIES
FOR ALL TYPES OF BOATS
FROM POWER TO SAIL WE HAVE WHAT YOU NEED
• Paints & Repair Kits • Cleaners & Waxes • Pumps & Parts • Anchors & Lines
• Fenders & Acc. • Safety Products • Radios & Antennas • Ladders & Boat Hooks
• Steering Products • Boat Hardware • Electrical Accessories • Riggings & Fittings
383 11th St. E (Leduc's Shopping Centre) 930-4914
MAY21044

National Safe Boating Awareness Week

May 22nd to May 28th, 2004

Safe Boats, Safe Boaters, Safe Waterways

Boating is a great activity, whether you take to the water to paddle, sail, fish or cruise. Whatever your passion may be, the Canadian Safe Boating Council advises that learning how to boat safely will increase your enjoyment of boating.

As a boater, you are legally responsible for equipping yourself and your boat, operating your vessel safely and ensuring the safety of your passengers. You are responsible for knowing the laws and regulations that govern the safe operation of vessels on Canadian waterways. One of the best ways to learn the basics of safe boating is to take a course and write an accredited test.

In 1997, the Office of Boating Safety consulted with Canadians to determine the most effective ways of making our waterways safer. One of the key recommendations was to have the operators of power driven pleasure craft pass an accredited test. As a result, the Competency of Operators of Pleasure Craft Regulations was passed requiring recreational power boaters to earn a proof of competency.

The first phase, which came in effect in 1999, requires all operators of pleasure craft fitted with a motor born after April 1, 1983 to have proof of competency. The second phase, which came into effect in 2002, has required all operators of recreational power boats under 4 metres in length to have proof of competency. The final requirement, being phased in on September 15, 2009, will require all operators of power boats to have proof of competency.

There are a couple of ways to get your Operator Competency Card. Challenge the test if you already have the knowledge, attend a one day course, purchase a personal study guide, or study on-line. So what will you learn when you study for your test? Depending on the guide, course or provider, you may just learn the basics to qualify for a Pleasure Craft Operator Card, or get a more in depth look at safe boating practices. Regardless of the choice you make, you'll learn the rules of the road, the navigation system, safe boating practices, safety equipment requirements, seamanship and basic boat handling.

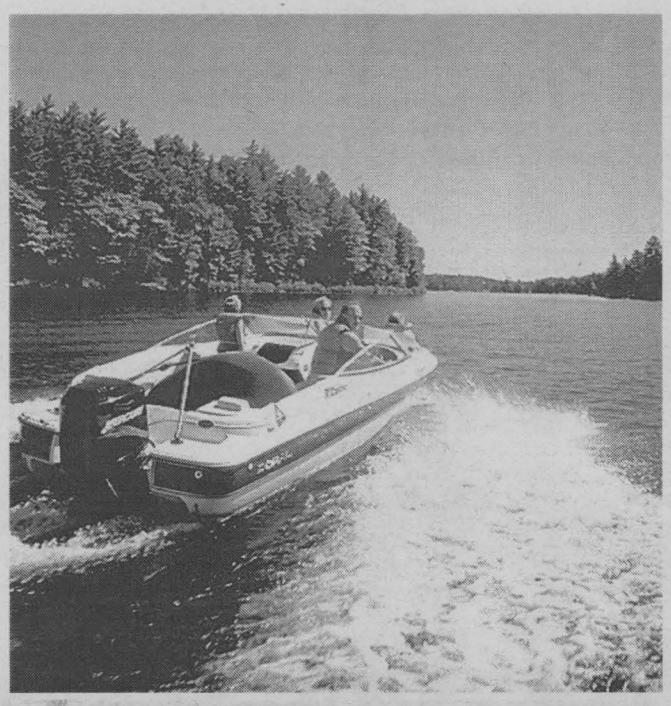
The rules of the road will familiarize you with the Collision Regulations, Small Vessel Regulations, Boating Restriction Regulations and Criminal Code of Canada. These acts outline the rules for navigation, speed, right-of-way, avoiding a collision, boat licensing, age and horsepower restrictions, safety, the laws governing drinking, and more.

Your training will cover the Canadian Navigation System, providing you with an understanding of the buoys and other navigation aids you will encounter on the water. You'll learn the importance of charts, how to read them and how to identify and avoid the hazards marked by navigation aids.

All aspects of being a safe boater and your responsibilities on the water will be covered. A typical course will teach you about your boat and its equipment and general boating terminology. Personal safety equipment, including personal flotation devices and lifejacket requirement will be reviewed. The all important safety equipment required by law for each vessel size and its use will be reviewed to ensure you are properly equipped for an emergency and the water. Preparing for a trip will be covered, teaching you how to use weather information, the importance of filing a trip plan and the need to familiarize yourself with the local area where you will be boating.

The more complete courses and study guides will provide you with a basic grounding in seamanship and basic boat handling skills. The topics covered may include anchoring, docking your boat, basic line handling and knots. The basic skills to operate your boat, steering, throttling and trimming your vessel will be covered, along with learning how to handle emergency situations when you are on the water.

Safe boating is everybody's responsibility and the best way to become a safe and confident boater is to take an accredited course. To learn more about the courses offered in Canada, where you can take them and how to get your Pleasure Craft Operators Card visit www.boatingsafety.gc.ca or call the Boating Safety Infoline at 1-800-267-6687 and remember.....Boat Safe – Return Safe. Enjoy your time on the water and "have many happy returns."



It Doesn't Mix with Water

Boating is a great recreational pastime and part of what makes it fun is the social aspect. For some, part of that socializing may mean an occasional cool one, but when it comes to boating, water and alcohol don't mix. That's not only common sense, it's the law.

Boating while impaired is an offence under the Criminal Code of Canada. Not only can you be charged for impaired operation of a vessel, or of operating a vessel with more than 80 milligrams of alcohol per 100 millilitres of blood, you can also be charged if you are just having a drink while operating a vessel. While statutes differ by province, Canadian Law as it relates to drinking aboard can be broken down to two basic scenarios. For the majority of Canadian boaters, alcohol cannot be consumed by the operator of the vessel or passengers while the vessel is underway. The vessel has to be anchored, moored or hard aground. In fact alcohol is not even allowed on board unless the vessel is equipped with cooking, sleeping and sanitation devices. In short, the boat must qualify as a residence to legally have alcohol present. It must be noted that in Quebec, the regulations are somewhat different. While the operator cannot drink while underway, it is permissible for passengers to have a drink.

Some of you may have witnessed the results of drinking and boating. The reckless behavior of a boater racing through a calm anchorage or a busy channel puts not only that boat at risk, but every other vessel on the water is sharing the risk as well. Not only is there a risk of collision, but occupants of a boat who have been drinking put themselves at risk for falling overboard and drowning or other injuries due to the motion of the boat and impaired motor skills.

Every year in Canada, thousands of people are injured and hundreds die in boating accidents. In a Red Cross Society study, two-thirds of boat injury victims, where the blood alcohol level was recorded, had consumed alcohol. Almost 40 percent had an alcohol level above the legal limit. In boating drownings, 23 percent of fatalities indicated blood alcohol levels above the legal limit. When you operate a boat you are already affected by the motion, sunlight, waves and sound. Adding to this with any amount of alcohol is a deadly combination.

Not only will alcohol affect your motor skills, it also affects your judgment. Alcohol's influence when boating will cause you to overlook the signs of your own incapacity and overlook the incapacity of your passengers as well. As the captain of a vessel you are ultimately responsible for your vessel and all of those aboard. Drinking and boating can and does lead to risky behavior affecting everyone on the water. Alcohol impairment contributes to operator inattentiveness, preventing you from possibly noting changing weather and water conditions, placing you and others at risk. So keep the alcohol away until the boating is done.

Another major concern with alcohol is accelerated hypothermia. In water as warm as 60 degrees, extended exposure can lead to hypothermia and death. Since alcohol lowers the body's resistance to cold water, it greatly increases the effect of hypothermia. Finally, alcohol increases your instability and you are at greater risk of falling overboard. In cold water this sudden immersion can set off the phenomenon known as the gasp reflex. The gasp reflex is an automatic gasp for air, resulting in you swallowing enough water to drown instantly, or by increasing your metabolic rate and demand for oxygen in frigid water, accelerating your hypothermia symptoms.

The consequences of drinking and boating are severe. Not only could you face a minimum fine of $600, but you could face jail time, the loss of your driver's license or worse: you could kill or be killed.

Have A Safe & Happy Boating Season
for all your water safety supplies
Claude's SMALL ENGINES LTD.
203 Eleventh St. W., Cornwall 933-0275
MAY21045

MERCURY OUTBOARDS PRINCECRAFT MerCruiser Stern Drive & Outboards
Boats & Pontoons ~ Sales & Service
MAC'S MARINA Ltd.
BOAT - DOCKAGE - RENTALS - LAUNCHING & STORAGE
OUTBOARD & STERN DRIVES SALES & SERVICE
MARINA ACCESSORY & TACKLE STORE
Exit 814 off Hwy 401
2 MILES WEST OF LANCASTER ON HWY NO. 2
613-347-2788
MAY21044

VOLVO PENTA
Pelican International
SUMMERSTOWN MARINA
Full Service • Boat and watercraft sales, service and repairs.
MERCURY MerCruiser CHECKMATE Performance Power Boats MERCURY Racing
1176889 Ontario Ltd. RR1, 19044 Hwy. 2
Cornwall, Ont. K6H 5R5 Tel: 931-1611 Fax: 931-0977
MAY21044



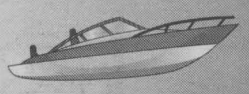
Across Canada, 89 percent of recreational boaters who drown each and every year were not wearing a lifejacket or PFD. Many boaters who drown believed they were good swimmers, so having a PFD on board and within easy reach might have seemed good enough. But what good is a PFD that is stored under a seat or under the bow going to be when the unexpected happens? Most drownings happen when small boats capsize or someone falls overboard.
The PFD that you leave behind is not much use, especially in cold water. Be smart, wear it!
BOAT SAFE – RETURN SAFE. ENJOY YOUR TIME ON THE WATER AND "HAVE MANY HAPPY RETURNS."
For more safe boating information visit www.boatingsafety.gc.ca or call the Boating Safety Infoline at 1-800-267-6687
Canadian Safe Boating Council / Conseil canadien de la sécurité nautique — Transport Canada / Transports Canada


G.L. CANVAS GOODS
AWNINGS & BOAT TOPS
We Custom Make Them
WE ALSO SELL OUTDOOR MATERIAL
325 Balmoral, Cornwall 938-9567
may21043


ROGER'S MARINA FULL SERVICE
FULL MARINA SERVICE
Prop: René Struthers
Boat Rentals ♦ Tackle ♦ Summer Docking
Boat Accessories ♦ Winter Storage
Civic #19442, R.R. #1 Summerstown
(613) 931-1443
MAY21044

MARK'S SMALL ENGINES Sales & Service
NOW AVAILABLE MURRAY® Mowers & Riders

Riders from $1095
Models from 8 H.P. to 20 H.P.
Push Mowers Starting at $169
Boat Motor Repairs
We pick up & deliver ~ All work guaranteed
1511 Gerald St.
Off McConnell St. North
938-9222
may21044

NTH NAUTICAL HERITAGE

Marine Composite Repairs & Applications
"Bringing Your Boat To Life"
YVES STRUTHERS, Proprietor
19422 Hwy 2, Summerstown • 931-9777
MAY21043

Upper Canada Village Starts The Season With "Three Cheers To The Queen"

The May long weekend is here and with it the start of another tourist season as many area attractions first open their gates for visitors. At Upper Canada Village, the holiday weekend marks more than its Opening Day on Saturday, May 22nd, 2004. On Sunday and Monday, May 23rd and 24th, 2004, the Village is encouraging the public to take a trip back in time and join in its Queen Victoria's Birthday Celebrations 1860s style.

The Queen's Birthday was already widely recognized as an important national holiday by the 1860s. On Sunday and Monday, May 23rd and 24th of this year, as soon as visitors enter the gates of Upper Canada Village, signs of a 19th century celebration will be evident with flags and colourful bunting adorning many of the heritage buildings on site. A number of historical activities scheduled for Sunday and Monday, May 23rd and 24th, 2004 will bring to life the same community excitement that would have been felt in Upper Canada in the year 1866.

"The people of the time would have been preparing to mark not only the occasion of Her Majesty's birthday, but also to express their optimism towards the future and the proposed confederation of the colonies of British North America," said Bruce Henbest, Supervisor of Special Programs at Upper Canada Village. "The true tribute to the Queen will be at 1:15 p.m. each day, as villagers and visitors to the site will join in singing God Save The Queen, hear patriotic speeches and recitations, and offer three cheers to Her Majesty." On Sunday, May 23rd, 2004, a Feu-de-Joie (the successive firing of rifles) by the Brockville Infantry Company will complete the patriotic ceremony.

As part of the festivities, Village musicians will gather to rehearse and celebrate at Cook's Tavern at 12:15 p.m. and 12:45 p.m. both Sunday and Monday, May 23rd and 24th, 2004.

Children and adults alike will be thrilled during the Fire Engine Trials scheduled for both afternoons at 1:30 p.m. The "Queen," a shiny new state-of-the-art engine of the day, will be hand-pulled by the Fire Company and a stream of water shot through the air.

On Sunday, May 23rd, 2004, special guests, the Brockville Infantry Company will be encamped in front of Upper Canada Village. Throughout the day, they will perform patrols, drills and maneuvers with military precision. Non-uniformed village men will be recruited and drilled as part of a sedentary militia muster each afternoon just before 1 p.m. It is rumoured that even visiting children and their parents may be sought after to join in the militia drills, where they will be invited to dress in a red coat, and have their skills tested (2:45 p.m. each afternoon).

Always a popular part of any 1860s celebration, and sure to be a hit for modern-day guests at Upper Canada Village, are a number of athletic games such as tug-of-war, relay races and sack races, to be held on Sunday afternoon, May 23rd, 2004 at 2 p.m. After the games, children and their families will be invited to have a piece of birthday cake and a drink of lemonade.

A highlight at the same time on Monday afternoon, May 24th, 2004 will be a friendly game of baseball that takes advantage of the arrival of spring, where villagers and visitors alike will gather in the fairgrounds to play, adhering to the old-fashioned Massachusetts rules.

"Queen Victoria's Birthday Celebrations" is the first in a series of events in May, including "spring on the Farm" (Saturday to Sunday, May 22nd to 30th, 2004), and "Heirloom Plant Sale and Garden Weekend" (Saturday and Sunday, May 29th and 30th, 2004).

Joint Forces Display



SD&G OPP officers attended a Joint Forces display at Island Park in Alexandria on Saturday, May 8th, 2004, as part of Emergency Preparedness Week and Police Week. The event was hosted by the Township of North Glengarry. Outside, the OPP Marine Unit (boat) and Emergency Response Team (ATVs) were displayed to the public, while inside, a table-top display was set up providing informative literature on Crime Prevention. Pictured is SD&G OPP and Emergency Response Team member Constable Daril Holmes with ATV enthusiasts.

Submitted photos

Celtic Arts Groups Meet

Representatives of Celtic Performing Arts groups: pipe bands, dancers, and fiddlers in Glengarry, and those who support them, gathered in Laggan Saturday, May 15th, 2004 for an all-day workshop, to launch the Glengarry Place of the Arts (GPA) official website. They also discussed the next steps to establishing Glengarry's identity as a Celtic arts leader. More than 20 people were present to hear about the success of Celtic Arts Centres around the world, specifically from the directors of successful centres in the Yukon and in Glasgow.

Other points revealed at the meeting and from the questionnaires that were distributed to local Celtic groups: Glengarry boasts many practice or teaching venues, but few are adapted, and none are ideal for performances; Local groups and individuals support the idea of eventually securing a permanent venue for the Celtic arts. The GPA recently received a Trillium grant to conduct a feasibility study. For more information about the GPA feasibility study, please visit the website at www.glengarryplaceforthearts.ca.

YOUR ONTARIO FORD DEALERS BRING YOU

THE FORD CENTURY CELEBRATION

OVER $5.8 MILLION IN PRIZES AVAILABLE TO BE WON!

100 VEHICLES AVAILABLE TO BE WON OR 100's OF OTHER PRIZES

$10,000
$5,000
$2,500
$1,000 OFF

CHOOSE ANY NEW IN-STOCK FORD OR LINCOLN FOR YOUR CHANCE TO WIN

2004 Ford F-150 4x4 SuperCab
RETHINK TRUCK

2004 Motor Trend "truck of the year"

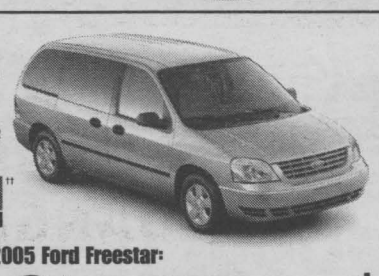


$399* Per month/24 Month Lease
‡2,500 Down payment or equivalent trade
$0 security deposit with the purchase of WearCare‡‡ and $1,085 freight

Your Down	Your Payment
$2,500	$399*
$1,500	$441*
$0	$504*

★★★★★ THE 2004 FREESTAR HAS EARNED FIVE STARS – THE HIGHEST POSSIBLE U.S. GOVERNMENT CRASH-TEST RATING FOR FRONT IMPACT FOR BOTH DRIVER AND FRONT PASSENGER.‡

5 YEAR 100,000 km POWERTRAIN WARRANTY††





2005 Ford Freestar:
$199* Per month/48 Month Lease
‡4,950 Down payment or equivalent trade
$0 security deposit with the purchase of WearCare‡‡ and $1,085 freight

Your Down	Your Payment
$4,950	$199*
$2,500	$251*
$0	$304*

2004 Ford Ranger Edge 4x2 SuperCab:
$184* Per month/36 Month Lease
‡3,250 Down payment or equivalent trade
$0 security deposit with the purchase of WearCare‡‡ and $960 freight

Your Down	Your Payment
$3,250	$184*
$1,500	$235*
$0	$278*

Ford Motor Company 100 YEARS IN CANADA

Hurry! Limited supply of vehicles at these prices!

ford.ca

Built for life in Ontario

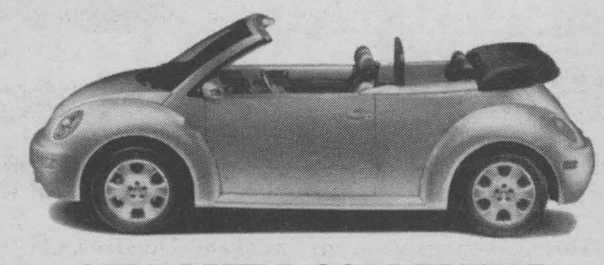
WISE BUYERS READ THE LEGAL COPY: *Lease a new 2004 F-150 XLT SuperCab 4x4 for $399/$441/$504, Freestar Base for $199/$251/$304 or Ranger Edge SuperCab 4x2 for $184/$235/$278 per month based on an annual lease rate of 0.5%/0.9%/2.9% and a 24/48/36 month lease from Ford Credit to qualified retail lessees, on approved credit. Total lease obligation for F-150 XLT SuperCab 4x4 $12,076/$12,084/$12,096, Freestar $14,502/$14,548/$14,592 or Ranger Edge SuperCab 4x2 $9,874/$9,960/$10,008. First month's payment and down payment (F-150 $2,500/$1,500/$0, Freestar $4,950/$2,500/$0, Ranger $3,250/$1,500/$0) or equivalent trade required. Some conditions and a mileage restriction of 40,000/60,000/80,000 km over 24/36/48 months apply. A charge of 8 cents per km over mileage restriction applies, plus applicable taxes. $0 Security Deposit with the purchase of WearCare (up to $600 on a 24/36 month lease or $700 on a 48 month lease). ‡‡WearCare is an excess wear and tear amendment product. It amends the customers lease wear and tear responsibilities (as stated on the RCL contract) by waiving up to $3500 of excess wear and tear charges at lease-end (subject to certain exclusions). WearCare pricing (customer selling price) is up to $600 on 24-36 month RCLs and up to $700 on 48 month term. Security deposit is payable upon the refusal of WearCare. ††Five year 100,000 km (whichever occurs first), Powertrain Warranty is available on all 2004 model year Freestar. All offers exclude freight ($1,085/1,085/$960), licence, insurance, administration fees and all applicable taxes. ‡The 2004 Ford Freestar has earned Five Stars, the highest front impact rating for both the driver and front passenger in U.S. Government National Highway Traffic Safety Administration Testing (www.NHTSA.com) Some conditions may apply to the Graduate Recognition program. Limited time offers. Offers may be cancelled at any time without notice. Unless specifically stated, all offers are mutually exclusive and cannot be combined. See Dealer for details. Dealer may lease for less. †NO PURCHASE NECESSARY. ONE ENTRY PER PERSON. Visit a participating Ford of Canada dealership during the Contest Period and choose any new and unused in-stock 2003, 2004 or 2005 model year Ford or Lincoln brand vehicle to lease or purchase for delivery on or before June 30, 2004. Complete entry form and all other required information and receive from the dealership representative a vehicle identification number. Then with the dealer representative place a phone call to the Ford Contest Hotline Monday through Saturday, 7:30 a.m. EST to Midnight EST starting April 30, 2004, for all Canadian residents excluding residents of Quebec. For residents of Quebec the dealer representative will place a call to the Ford Contest Hotline Monday through Friday, 7:30 a.m. EST to Midnight EST. The Contest Hotline will be closed for all Canadian residents including residents of Quebec on May 24, 2004 and for Quebec residents only on June 24, 2004. The Contest is open only to residents of Canada, and excludes all employees (current and retired) of Ford Motor Company of Canada, Limited, its advertising and promotional agencies, contest judging organization, prize suppliers, and their parent, subsidiaries and affiliates, representatives, dealers and agents ("Contest Sponsors") and their immediate families and those with whom they are domiciled. Immediate family includes the husband, wife, son, daughter, brother, sister, mother, father or grandparent of an individual. Fleet sales are not eligible. Contestants under the age of majority are eligible to win the prize(s) described herein, provided the winning contestant's parent or legal guardian accepts the prize on his or her behalf. All contestants must possess a valid Canadian driver's license in the province in which they reside. The contestant will have a chance to win 1 of 100 Grand Prizes equal to the outright ownership of the selected vehicle (inclusive of all applicable taxes) (the "Grand Prize(s)"). The approximate value of the Grand Prize(s) will depend on the vehicle purchased and the options selected. Or win 100 prizes, each consisting of a Redemption Award in the amount of $10,000 (CDN); 100 prizes each consisting of a Redemption Award in the amount of $5,000 (CDN); 100 prizes each consisting of a Redemption Award in the amount of $2,500 (CDN); 100 prizes each consisting of a Redemption Award in the amount of $1,000 (CDN) (collectively the "Redemption Awards"). All Grand Prizes and Redemption Awards (collectively the "Prizes") are inclusive of an amount on account of GST and other applicable taxes and can only be applied towards the purchase or lease of their selected new and unused in-stock 2003, 2004 or 2005 Ford or Lincoln brand vehicle delivered on or before June 30, 2004. The Prizes will be distributed regionally 17 of each of the Prizes through the Central Region; 20 of each of the Prizes through the Eastern Region; 8 of each of the Prizes through the Atlantic Region; 8 of each of the Prizes through the Mid-West Region; 16 of each of the Prizes through the West Region; 11 of each of the Prizes through the Pacific Region; 20 of each of the Prizes through the Great Lakes Region. Not redeemable for cash. Any costs or expenses incurred by the contestants in claiming or using their Prizes (including, without limitation, license, certain environmental and other taxes, insurance, registration and PPSA/movable property registry fees) will be the responsibility of the winners. The Contest is open to Canadian residents with a valid Canadian driver's license in the province in which they reside. Total value, number of prizes awarded and chances of winning are dependent on the total number of eligible entries received. In order to win, the selected contestants must have correctly answered, unaided, a skill-testing question set out on the entry form. The Contest will run Monday through Saturday in all provinces and territories (except for Quebec) April 29 – June 30, 2004; the Contest will run Monday through Friday in Quebec April 29 – June 30, 2004 (the "Contest Period"). See participating dealer for complete Contest rules. Ontario FDA, P.O. Box 2000, Oakville, Ontario L6J 5E4

Great Selection of SPRING & SUMMER Clothing Now In Stock

10% DISCOUNT FOR STUDENTS ON ALL SAFETY BOOTS & SHOES

THE WORKS
Capital City Centre, 812 Pitt St., Unit 53
932-0461
MAY21043

Drivers wanted.



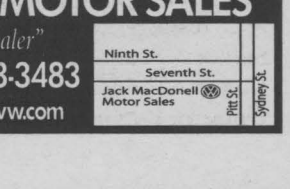
NEW BEETLE CONVERTIBLE IN STOCK AND WAITING FOR YOU

3.9% APR UP TO 60 MONTHS

FROM $29,610 5 SPEED MANUAL

Fully equipped with:
- heated seats
- power top
- roll over sensor
- power locks
- ABS brakes
- side & front air bags
- power windows
- power mirrors and more

JACK MACDONELL MOTOR SALES
"Your Hometown Volkswagen Dealer"
632 Pitt St., Cornwall 933-3483
Visit Our Website at www.cornwallvw.com



MAY21043



Alexandria Anecdotes

with Rosemary O'Flaherty

Spring has sprung and new life is on the menu in Alexandria. Since Thursday, April 1st, 2004, we've welcomed seven brand new baby boys (including a set of twins) and two little girls into our Glengarry Home. What do you suppose the stork delivered on Saturday, May 15th, 2004, exactly nine months after the Great Blackout last summer? Hmmm... congratulations to all the new parents.

Speaking of life, the Glengarry District High School held its second annual Relay for Life on Friday, May 14th, 2004 to raise funds for cancer research. It was quite the evening. This 12-hour event expected approximately 100 participants walking throughout the evening. Several hundred candles illuminated the High School's outdoor track to honour the memory of those who did not survive their struggle with cancer. We applaud the commitment of the students of GDHS to such a worthy cause.

On Sunday, May 16th, 2004, the Alexandria branch of the Royal Canadian Legion held its annual May ceremony commemorating the World War II Battle of the Atlantic. According to legionnaire and World War II merchant navy veteran, Harry Main of Alexandria, small models of each ship lost during the war were brought out, accompanied by a candle to honour the memory of those who fought the battle and those who lost their lives doing so. Each ship's name was called out, along with the roll call of those who lost their lives when the ship went down and then the candle was blown out. Mrs. Clark of Alexandria attended, to blow out the candle for her late husband, one of the few survivors on the Athabaska, that went down off the coast of France. According to Mr. Main, Battle of the Atlantic memorials are usually held on the first Sunday in May at the various legions and CAF locations across Canada. The Alexandria Legion is located at 48 Elgin Street East, just east of Main Street in Alexandria.

The Glengarry Historical Society entertained local icon, Hugh P. MacMillan, and his cousin, Susan MacMillan Kains of Boston at the United Church on the Hill in Alexandria on Thursday, May 6th, 2004. It was popular historian Charlotte Gray's recent book, Flint and Feather, that first sparked the idea of having MacMillan and Kains speak to the GHS. Flint and Feather is a biography of E. Pauline Johnson and if you can't remember who Johnson was, cast your mind back to your days in public school when you had to memorize The Song My Paddle Sings, that's vintage Johnson, folks. As it turns out, MacMillan, a retired document collector for the Ontario Archives, discovered a series of letters hiding out in New Jersey written by Johnson to one Archibald Kains of Glengarry, a distant relative of both Kains and MacMillan. But the plot thickens. It turns out that Archibald's sister, Laura, was also writing to John McCrae, the author of that time-honoured poem, In Flanders' Fields. Kains treated us to a great evening by reading excerpts from the letters that she and MacMillan have since rescued from oblivion in New Jersey. They now reside in the National Archives of Canada.

A reminder that the Glengarry Historical Society will host its annual picnic on Thursday, June 17th, 2004 at 6 p.m. at the Ruins in St. Raphaels. It's a bring your own food and drinks affair and everyone is welcome. Local historian, David Anderson, will speak about the herculean efforts by the Friends of the Ruins to raise money to keep the Ruins open and operating.

While we're on the subject of history, don't forget that the two Glengarry museums open on the Saturday of the long weekend, May 22nd, 2004 (Nor'Westers and Loyalist Museum in Williamstown and Glengarry Pioneer Museum in Dunvegan). The Pioneer Museum will feature a new exhibit this year on the literary and artistic works of the late Dorothy Dumbrille.

Finally, don't forget the great fireworks display for Victoria Day on Monday evening, May 24th, 2004 at Alexandria's Island Park by the Mill Pond. They not only illuminate the evening sky but their reflection on the Mill Pond is spectacular.

Camp Kagama Ready

We are happy to announce that program plans, staffing and facility preparations are well underway for the 2004 season at Camp Kagama.

The program outline for the residential (6 days - 5 nights) camps is now being reviewed by the directors for each week, and will be developed with program staff and counsellors in order to provide an exciting and meaningful experience for the campers. The camp schedule for junior, intermediate and senior campers (ages 7 to 13) is available on the Kagama website, http://campkagama.tripod.com.

Many tasks are being completed so that the campgrounds and buildings are ready for the summer. A major project is the work underway to bring our water system into compliance with the new provincial water regulations which go into effect by Wednesday, June 30th, 2004.

If your child enjoyed Camp Kagama last year, or is interested in attending for the first time, information is available on the Kagama website. Registration information is available from the registrar at (613) 984-0465. You may also send requests for registration forms to Camp Kagama, P.O. Box 484, Ingleside, Ontario, K0C 1M0.

Please note there will be no forms mailed out to last year's campers. So you are encouraged to use the contact information given above to register your child for this summer at Kagama.

Spring Pike Tournament

The St. Lawrence Fish and Game Club held its Spring Pike Tournament on Saturday, May 8th, 2004 at the Edgewater Inn, Summerstown. Prize winners were Mike Samson, trolling motor and rod and reel; Rod Ezard, rod and reel; and Cailin Cameron, flipping stick. First place: Dan Larin ($1,000); second place: Kevin Fisher ($650); Third place: Jason Marsolais ($350); Fourth place: Jean Morin ($100); and Fifth place: Cailin Cameron, flipping stick, donated by Fishing Hut.

Open House Information Session

An Open House Information Session will be held Saturday, June 12th, 2004 regarding the Smithfield Project. The meeting will be held at the South Glengarry Municipal Office, Lancaster Village from 10 a.m. to 1 p.m.

The proposed new facility will provide space for a new, much larger library, a great room with 14-foot ceilings for recreational activities and space for over 250 people, as well as kitchen facilities. The additional land will provide soccer pitches, a skate board park, and pad for an ice rink in winter, as well as provide space for the growth of this exciting facility as the needs of the community increase.

Building plans and cost projections will be available for review by interested members of the community. The Mayor and Council as well as members of the Building Committee, and Library Staff, will be on hand to answer questions.

Skate Park Desperately Needed For Alexandria

"This community needs a skate park." That's the view of a group of parents including 20 local skateboarders who attended a meeting at the Alexandria Youth Centre on Wednesday, April 28th, 2004.

According to the group, the community requires a skate park for the youth of the area. The demand comes in response to the many complaints received about skateboarders from local businesses. In addition, local police report numerous complaints from shop owners along with drivers who view the skateboarders as a potential hazard on the streets. "A skate park would provide a safe environment for local youths while discouraging the disturbance and damage to business and resident property owners," said Senior Constable Joel Doiron, Community Services Officer from the Ontario Provincial Police Stormont, Dundas and Glengarry Detachment.

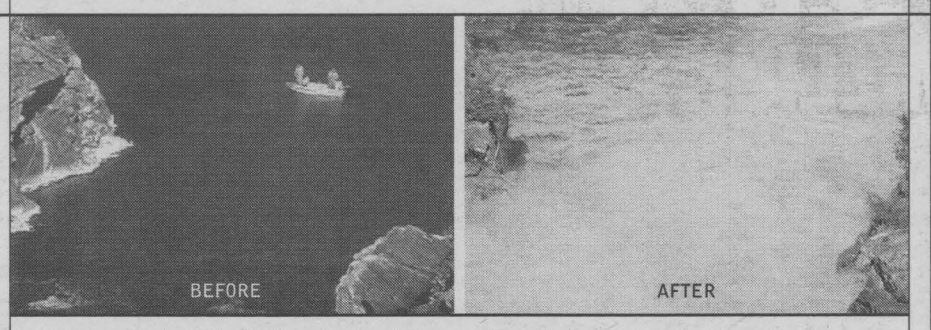
Both parents and youth who attended the meeting have expressed optimism about the park and have committed themselves to participate in the project. Committee members include: Michel Laviolette, Centre de Sante communautaire de l'Estrie, Natalie St. Denis, Roxanne Hurtubise, Judy Titley, Aline Dupuis, Janet Pigeon, Gilles St. Denis, Christina Collard, Rejean Boulanger, Alexandria Optimist, Melanie Quesnel, Alexandria Youth Centre, Mike Departo, Alexandria Chamber of Commerce, Bobby Bowles, Alexandria Recreation Association and Patrick Massie, representing local skateboarders.

Members of the public who would like to support the project should contact Lisa St. Denis or Mélanie Quesnel at (613) 525-0888.

fantastic
CLEANERS
DROP & GO DRIVE THRU
For all your dry cleaning needs
Hours: Mon.-Fri.: 7:30am-9:00pm; Sat.: 9:00am-6:00pm
BROOKDALE CENTRE 938-7044 • 933-2843
MAY14042



RAINSTREAM
313 Balmoral Ave (613) 932-0817
MAY21042



In just minutes, a calm river can change into dangerous waters.

FISHING NEAR OUR DAMS IS DANGEROUS!

ONTARIO POWER GENERATION CARES ABOUT YOUR SAFETY.
That's why we're asking all anglers to stay clear of our hydroelectric stations, dams, shorelines and surrounding waterways. They are dangerous places for any recreational activities. Hydroelectric stations can operate 24 hours a day and their operations affect water flows and levels, which can change quickly and without notice. Some dams have gates that might be remotely controlled and in just a few minutes, can change calm waters or a dry riverbed into dangerous waters with swift currents and rising levels.

Be alert for warnings, signs, booms and buoys. Whenever you see water levels changing, move immediately – and always make sure you are a safe distance away. **Stay clear and stay safe!**

To obtain a **free** Stay Clear, Stay Safe video, brochure or computer game visit **www.opg.com**

putting our energy to good use ONTARIO POWER GENERATION
may21041

C'est la vie

brought to you by The Cornwall Youth Centre and Seaway News

This Month's Theme: Alcohol

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

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

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

Make It A Great Summer

by: Douglas Dewar, Royal Canadian Mounted Police

This summer when you're enjoying your time off from school you should keep the following topics in mind. When you are at a party you will come across people drinking alcohol and using drugs. It will be your decision to make, to do drugs or not and YOU will have to live with the consequences. Another topic you will come across at a party is drinking and driving. Again it will be your choice wether you drink and drive, or ride with someone who has been drinking. If you choose either of those you are putting your life at risk.

When you are at a party and you see these people drinking and using drugs, the best thing to do is just stay clear of them. Using drugs and drinking alcohol might make you feel good at the time but there are more negative outcomes from using these drugs in the long run. Another thing to keep in mind is that you are the only one who decides if you do drugs, no one else can make that decision for you.

Driving to a party and planning not to drink is a mature and responsible thing to do. The biggest mistake you can make is to drink once you are there. If you do decide to drink you should hand your keys over to a friend that is responsible and will not give them back to you. Then either find somewhere to sleep, call a taxi or even call your parents for a ride home. Drinking any amount of alcohol will affect your perception and reflexes, even though you might not think so at the time.

Finally, when you are at a party you should have a buddy system set up with one of your friends, where ever your friend goes you go, vice versa. Never let anyone else hold your drink for you and never put your drink down at anytime. GHB is a drug that some people use to take advantage of other people physically, or by stealing from them . This drug causes people to pass out and forget everything about that night.

Summer is the time to let loose and have a good time. But it is also the time to party safely and have an action plan in tack before going to a party or before you decide to drink. This summer when you are going to a party don't forget "safety + fun = the best memories". Have a great summer!

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

Youth Centre Bulletin Board

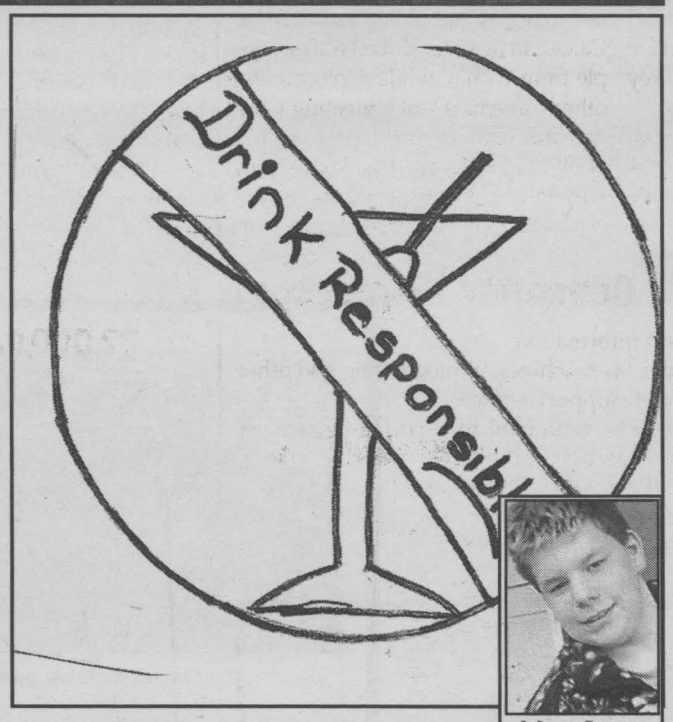
A bit about the Centre: The Cornwall Youth Centre is a not for profit organisation that offers services to youth between the ages of 9 and 18yrs. We are happy to be celebrating our 6th birthday this June 4th.

Did you know: The Youth Centre raised $147.25 through the Mother's Day Teddy Bear raffle. Congratulations to the winner, Marcel Berger! As well the Youth Centre raised $188.98 at their Sears barbecue, and $587.00 was donated through Sears's sale of "Louis" the Easter Lamb. Thank you Sears!

Volunteering Opportunities: Looking for something to do this summer? Do you enjoy working with kids? If yes, call Norma at 938-4999, we need you!

Upcoming Events: The Youth Centre is offering for it's 3rd year, a bilingual summer day camp for children between the ages of 6 and 12yrs. The registration dates are Saturday June 5th, 12th, and 19th from 10am to 2pm.

Special Notes: The Youth Centre would like to thank everyone who attended our annual general meeting on May 6th. We are pleased to have such a dedicated board of directors: Lucien Lalonde, president - Lucie Hart, vice-president - Monique Lalonde, secretary - and our members: Chief Daniel Parkinson, Sargent Kurt Fraser, Steve Harding, Michel Burelle, Jason Jesmer, Pauline Larivière, Jeff Hughes, Doug Johnson, and Lynn Charbonneau.



Marc Levac

Hidden Word Search

by: Marc Levac

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

anonymous, yeast, live, moderation, alcoholic, tonic, night time, safe parties, M.A.D.D., wine martini, responsibly, liquor, over ice, call me cards, cubes, driving, danger, deather, risks, designate

Send your answer, name, age, and telephone number to: teen_cestlavie@hotmail.com to be entered in a prize draw!



Marc Levac

The Hidden Message is...

_____!

Send your answer, name, age, and telephone number to teen_cestlavie@hotmail.com to be entered in a prize draw!

Last Month's winner: Stéphanie Park – CONGRATULATIONS!

The secret message was: Get a Job Please!!

Fun Your Way

by: The Eastern Ontario Health Unit

End of school year, beautiful weather, friends and time on our hands. Enjoying the summer months is on all of our agendas. Parties and summer seem to go together. After all, several of you are graduating and will attend the prom. And then come the after parties. There are ways for you to enjoy the party without putting yourself and your friends at risk. Here are a few ideas for you to choose from.

Here's Samantha's plans, "I am turning 18 years old next week. Two days after the prom. I'm going to celebrate both events at the same time. I've been planning this for weeks."

"My boyfriend and I are invited to a prom after-party at a friend's parents' cottage. There's going to be a crowd and some are probably going to be drinking. We're ready for it. Four people are going to be key keepers. They are to collect everyone's vehicle keys when they arrive. They are not getting them back unless they are sober."

Mark's plans include the following. "My friends and I pooled our money and hired a limo to take us and our dates to the prom and to the after party. Once there, we brought tents and sleeping bags and lots of food to eat throughout the evening. We're only leaving the day after the party. Our parents are picking us up." So what are your plans for the summer?



Youth Centre Staff

Left to right (bottom row): Natalie Francis - facilitator, Philip Doyon - facilitator, Katie Dennison, facilitator
Left to right (top row) : Norma Rivet - Youth Worker/Volunteer Supervisor, Josée Delisle - Coordinator

Death of an Innocent

I went to a party Mom and I remembered what you said,
You told me not to drink Mom, so I had soda instead.
The party is finally ending Mom and I knew I'd get home in one piece,
Because of the way you raised me Mom, so responsible and sweet.
I started to drive Mom but as I pulled out into the road,
The other car didn't see me Mom, and hit me like a load.
As I lay there on the pavement Mom, I hear the policeman say,
"The other guy is drunk." Mom and I'm the one who will pay.
I'm lying here dying Mom and I wish you'd get here soon.
How could this happen to me Mom? My life just burst like a balloon.
The blood is all around me Mom and most of it is mine.
I hear the medic say Mom that I'll die in a short time.
I just wanted to tell you Mom I swear I didn't drink,
It was the others Mom, the others didn't think.
He was probably at the same party as I.
The only difference is, he drank and I will die.
Why do people drink and drive Mom? It can ruin your whole life.
I'm feeling sharp pains now Mom, pains just like a knife.
That guy is walking near me Mom and I don't think it's fair.
I'm lying here dying Mom and all he can do is stare.
Someone should have told him Mom, not to drink and drive.
If only they had told him Mom, I would still be alive.
My breath is getting shorter Mom, I'm becoming very scared.
Please don't cry for me Mom, when I needed you, you were there.
I have one last question Mom, before I say goodbye,
I didn't drink and drive Mom, so why am I the one to die?

Did you know?

1. If you drink at more than moderate levels of alcohol, you may be putting yourself at risk for serious problems with your health as well as problems with family, friends, and coworkers.
2. You don't need to drink much alcohol before your driving ability is affected.
3. Drinking alcohol while you are pregnant can cause a range of birth defects and children exposed to alcohol before birth can have lifelong learning and behavioural problems.

Alcohol

by: Senior Constable Gary Léger

It's prom time again and for those of you that are of legal drinking age, please drink responsibly.

I know that there must be some of you reading this and thinking that parents are just too paranoid about the potential dangers surrounding prom night festivities or any other party for that matter. Instead of just dismissing your parents advice and warnings, ask them what it was like when they were your age. You might be surprised at how much you have in common. I think that you will find that we all have the same basic needs, fears, hopes and dreams.



Gary Léger

Corner Post

Farm and Countryside Commentary

with Elbert van Donkersgoed

Late in April the Executive Board of the Christian Farmers Federation met with Steve Peters, Ontario's Minister of Agriculture and Food, and his staff. It was an opportunity to educate the Minister about CFFO's vision for agriculture, and its key implications.

CFFO's new vision is rooted in four concerns about the present: a) the ongoing income insecurity for many farm families; b) the changing structure of the food chain; c) the lack of recognition for farming's environmental services; and d) the need to rethink the role of farming in local communities.

On income insecurity: Help the beef sector restructure in response to the identification of mad cow disease. Create new funding options for municipalities not based on property taxes. Farms need to be able to sustain farm family income with value-added activities without being burdened with urban style property assessment and taxation. Make farm safety nets more credible by clearly targeting small and moderate size family farms, for example, dramatically lower the caps on support payments in the Canadian Agricultural Income Stabilization program.

On the changing structure of the food chain: Enable farmers to negotiate for fair prices with the whole food chain, not just the immediate buyers of farm products. Develop legislation that protects farmers' interests when they are drawn into contractual relationships with the dominant players in the food chain.

On the lack of recognition for farming's many public services: Farming needs a permanent new source of income in the form of environmental payments. The proposed watershed-based source protection planning has the potential to be an effective approach to stewardship. Put further implementation of nutrient management regulations on hold until we see the quality of stewardship delivered by the proposed source water protection rules. Source water protection is an opportunity to fix a major problem in environmental planning -- no plan should be approved without a provincial commitment for the funds needed to implement the plan.

On rethinking the role of farming in local communities: Stop severances that create scatted development on the best farmland -- no more severances for residential, industrial, commercial or institutional purposes in prime agricultural areas. Provide provincial guidance that links the size and intensity of farming to the carrying capacity of the local environment. Mandate increased urban population densities to curb cities pushing food production off prime farmland. Redefine farming and farm-related uses to include a wide variety of value-added activities that support the economic viability of farm families.

Minister Peters has many opportunities to create a legacy during his term as leader of Ontario agriculture.

Seaway Valley World Harvest Church
People Are Important
Cornwall Civic Complex (Eadie Room)
100 Water Street East, Cornwall
Phone # 933-9973
Every Sunday 10 a.m. Celebration Service
Sunday School Available (Ages 5-12)
Pastor: Rev. Brian Jacques
SN3

The Changing Face Of Skilled Trades



Training Programs

with Jennifer DeBruin

By Jennifer DeBruin, Director of Business Development, Lincien College, Technology and Corporate Centre

Skilled trades is a much talked about employment sector being discussed by all levels of government, industry and educators. In order to meet the Canadian need for skilled trades people, these groups are designing strategies which will help to develop currently underdeveloped demographics within the Canadian makeup including First Nations, new Canadians and Women.

Common misconceptions about the trades have traditionally hampered the efforts to recruit new individuals into these types of fields which include Surveying, Telecommunications and Construction. Often referred to as 'hard labour, dirty jobs,' the fact is, trades are lucrative career paths that have very good salary, benefits and long-term career opportunities. Many in the trades find themselves in the enviable position of being 'courted' by employers and are often in the 'driver's seat' when negotiating salary, benefits and positions within a company. These are highly valued employees that companies realize they need to move forward on key business strategies.

The increased use and implementation of technology into trades has brought us beyond what many have traditionally thought trades to be. This are not the trades of the 1950's and 1960's, this is a new frontier of exploration into the uses and application of new and exciting technologies. Global Positioning Systems (GPS), Fibre Optics and Computerization are examples of the technologies which have increased design, diagnostics and planning capabilities leading to more efficient ways of living our lives – high speed internet and Emergency 911 systems being among them. In many cases trades people can possess more technical skills than 'white collar' jobs.

At the speed of technological advances, we can fully expect today's impressive technology to be preceded by technologies and applications we can only dream about now. This is exciting stuff...a time to take full advantage of our ability to fulfill the Canadian need for skilled trades people from within, while exploring the other avenues of meeting the demand such as recruiting from the pools of global skilled trades people.

In order to meet current and future expected needs for skilled trades people a concerted effort must be made by government, industry, educators and the general public. Breaking down misconceptions and working together to find solutions to attract more people to the skilled trades will allow us to solidify our place in the global economy. The face of current and future skilled trades people lies in our youth, adults, men and women across the board.

Employment Action Centre Opens For Consoltex Employees

The Employment Action Centre for Consoltex employees has been established and it is located at 3525 Highway 34 south in Alexandria, in the old Glengarry Inter-Agency Group Inc. building.

The Consoltex Employees Action Centre is funded by The Ministry of Training, Colleges and Universities and Human Resources Development Canada. The Action Centre has been established to help employees and ex-employees of Consoltex, as a result of being laid-off, to deal with the effects of losing their jobs, help them review their options and plan their next steps.

The Consoltex Employees Action Centre is expected to remain open for the duration of the year. The Action Centre will be open on Tuesdays and Thursdays from 10:30 a.m. until 6:30 p.m.

The Consoltex Employees Action Centre is having a grand opening on Thursday, May 27th, 2004 and many local dignitaries and the media are expected to attend to support the Consoltex employees. The Open House event will take place between 10:30 a.m. and 6:30 p.m., and will be a "drop-in" format to accommodate those employees who are working shifts or those ex-employees who have recently become employed.

The Consoltex Employees Action Centre will offer employees all employment-related activities including:

- Résumé review and targeting
- Interview and employment testing preparation
- Education and career needs analysis
- Targeted job search techniques
- Entrepreneurship counselling
- Community referrals
- Workshops/seminars
- Researching training options
- Local labour market information
- Access to computers, fax machines, photocopying and other administrative job search support services.

In addition, the centre is committed to ensuring a seamless referral to community services and will be working closely with community agencies to support the Consoltex employees.

Everyone is welcome to attend the grand opening of the Action Centre on Thursday, May 27th, 2004.

DISCOVERY TOYS
Discovery Toys ...
A world of possibilities for you and your children!
Free demonstration and information sessions
on earning, using, buying and selling a wonderful range of products that foster balanced child development, especially in the early years.
At the Cornwall Public Library, Program Room #2 (capacity 25)
Wednesday, May 26 - 7:00 p.m. to 8:30 p.m.
Saturday, May 29 - 9:30 a.m. to 11:00 a.m.
Tuesday, June 1 - 7:00 p.m. to 8:30 p.m.
For more information:
Contact Terrie Brisson (613) 937-0625
may21044

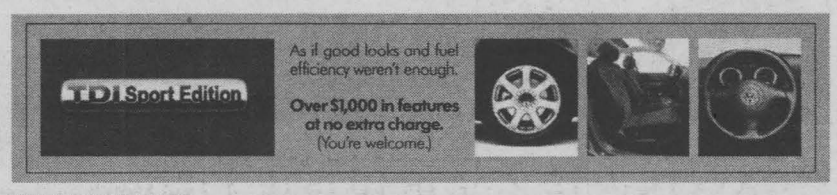
NOTTIN' OTTER COMPUTER CENTRE
UPGRADE PACKAGE
- AMD 2000+ Athlon XP
- Biostar MB
- 256 MB DDR Ram PC 2700
- MidTower ATX Case
- 4-USB (2 in front, 2 in back)
- Onboard video (with AGP slot)
- Onboard sound
- Onboard LAN

INCLUDES NORTON SECURITY PACKAGE
only **$348.87**

Full Spectrum Maintenance
- Virus Scan & Removal
- System & Anti-Virus Updates
- System Hardware Cleaning
- Driver Updates

*Replacement Fan Not Included
$48.87*
may21043
Drop in or visit our on-line store at www.nottinotter.com
Mon - Wed 9am-6pm; Thurs & Fri 9am-7pm; Sat 11am-4pm
100 Second St. W., Time Square, Cornwall • 930-2323

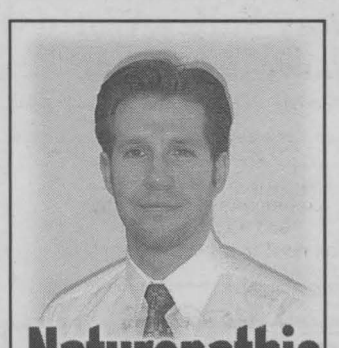
Drivers wanted:
32,000,000 Canadians. 2,000 Jetta TDI Sports. Nobody said life was fair.

The Limited Edition Jetta TDI Sport. With sport suspension, sport seats, 16" alloy Bugatti wheels, and over 1,000 km to the tank,* we thought of pretty much everything. Except to make enough for everyone, that is. Hurry in to your Volkswagen Dealer today. Because quantities are, well, you know. Limited.
Now get 3.9% financing for up to 60 months.**


©2004 Volkswagen. 1-800 DRIVE VW or VW.CO
*Transport Canada estimated highway range of 1,195 km based on 55-litre fuel tank capacity. Your mileage may vary. **3.9% offer pertains to 60-month finance terms on all new 2004 Volkswagens purchased through participating Volkswagen dealers. Purchase example: $20,000 financed at 3.9% for 60 months, monthly payment is $367.43; cost of borrowing is $2,045.80 and total to be repaid is $22,045.80. Down payment may be required. Insurance and applicable taxes are extra. Other special rates apply. Offer ends May 31, 2004. Finance plans available through Volkswagen Finance on approved credit. ©Volkswagen 2004
JACK MACDONELL MOTOR SALES
"Your Hometown Volkswagen Dealer"
632 Pitt St., Cornwall 933-3483
Visit Our Website at www.cornwallvw.com
Ninth St. | Seventh St. | Jack MacDonell Motor Sales | Pitt St. | Sydney St.
MAY21043

Multiple Sclerosis:

The Irrefutable Role Of Diet And Vitamin Therapy



Naturopathic Medicine

with Dr. Stephen Jones

Doctors using medical treatments other than drugs are often challenged by the wide-spread medical community, and even some patients, with opinions that 'no proof' exists to support the use of the (non-drug) treatment. However, such assertions can be dangerous to those making them, as the opinions more often than not serve only to illustrate the individual's unfortunate lack of knowledge on the subject. Such is the case with Multiple Sclerosis (MS).

I am frequently told by MS patients that their condition is 'too serious for any natural medicine' and that they require 'real medicine' in the form of drugs. With MS that's a shame, as undeniable clinical evidence shows that diet, key vitamin therapy and critical testing (not usually conducted) is, in fact, at forefront of MS treatment.

Consider first the role of diet. Perhaps the most recognized doctor in the treatment of MS, Dr. Roy Swank M.D., reported in the Archives of Neurology back in 1970 that a low fat diet considerably delayed the progression of MS. His primary recommendations encouraged minimizing inflammatory foods like red meat and eggs and focused upon (amongst other issues) eating fish 3 or more times a week. Despite the extensive research supporting Dr. Swank's research in the treatment of MS, I rarely find MS patients aware of his basic diet principles or his book(s).

Next, consider the research into vitamin therapy and MS. Giving credit where it is due, I am beginning to see that MS patients are starting to be told about the role of vitamin D. First addressed by Dr. Ashton Embry M.D. in his book "The Best Bet Diet," vitamin D is simply a cornerstone in MS treatment and prevention. A study conducted by Harvard Medical School examined 18,000 nurses over 20 years. They revealed that those taking a certain dose of vitamin D were 40% less likely to develop MS. These findings have been supported by other studies showing that vitamin D inhibits inflammation formation and enhances immune function in existing MS patients.

Beyond vitamin D, however, I rarely find MS patients aware of research into the therapeutic role of other vitamins, such as vitamin B12. Studies published back in 1957 showed that MS patients are often profoundly deficient in vitamin B12. These findings have been supported in recent studies (Journal of Neuroimmunology, 1992), so it is simply misinformed to say that the 'evidence' for an investigation into this intervention is not warranted.

Vitamin B12 helps the MS patient in numerous ways, including increased energy and a better sense of well-being. A pilot study has shown that B12 injections can actually cause a reversal in nerve function in MS patients (Intern Med., 1994). The form of vitamin B12 best used in MS is called Methylcobalamin (given by injection), so patients need to be well informed when discussing this with their doctor.

The use of vitamin B12 brings up the last point of consideration and that is the use of full diagnostic testing before and during the treatment of MS. In the case of checking vitamin B12 levels, routine blood work is not as accurate as a urine test for 'methylmalonic acid.' More importantly, however, Dr. Reynolds of King's College Hospital in London, England has shown that testing the blood for something called 'Homocysteine' is a better way to assess if a patient could benefit from vitamin B12 injections. Testing for this 'Homocysteine' makes a lot of sense because high levels of it in the body can cause 'oxidative damage' (New England Journal of Medicine, 2002) and has been shown to cause destruction of brain cells (Ann Neurol, 2002), both of which can worsen an MS patient's long-term health.

In all, MS is a condition that requires an individualized treatment. The evidence unquestionably supports the role of 'natural' biochemical treatment options. Please do your homework and demand all treatment options. You're worth it.

Please write or call the Seaway News, or e-mail Dr. Jones at dr.jones@millenniumhealthcentre.com if you have inquiries about this column or requests for future columns.

Rotary Garage Sale

With the arrival of the nice weather, things are opening up everywhere. The flowers and trees are open in bloom, cottages are being re-opened, garage doors and yards are opening for a fresh garage sale season.

One local service club, the Sunrise Rotary Club is opening up their trunks. This year's annual garage/yard sale will be a Trunk Sale. The club is encouraging interested parties to fill up their car trunks with their past treasures to sell from their trunks, and for a small fee, join in the event at the General Vanier School parking lot on Saturday, May 29th, 2004. Money raised by the event will be used by the Club for their ongoing community involvement.

If you are interested in taking part, contact Sunrise Rotary garage sale committee members Denise at (613) 932-1724 or Shawna at (613) 932-1106.





AIDS Forum

with Pat O'Connor

Hello everybody. It's been about 3 months since I have written and I will keep it short, as Faye, the woman I live with, has written down some of her thoughts.

In my last column, I wrote that my brother-in-law George had an episode while we were visiting, and after further tests, was diagnosed with a rare form of prostate cancer. Geo had surgery to remove the cancer and is now undergoing chemo and then must have radiation treatment. I have visited a few times to see how he is doing and lend encouragement to my sister Lauren and Geo. He is doing well so far, and our thoughts and those of the rest of my family are with him. He has a positive attitude and a caring wife which will help him in his battle with this terrible disease.

I seemed to have gone through a bout of depression a few months ago. It was a combination of weather, pills and the overwhelming fear of having so much to do at our new house. The pill thing is getting a little better and things are getting done with the help of my builder and friend Bruce, who reminds me weekly of not having my column in Seaway News.

I have done a few talks most recently to the United Church Women in Ingleside. I would like to thank Carol for having me in to speak to her group. Also thanks to Jennifer at St. Lawrence College for having me in to speak to her RNAs that were in their second year. It was a good long talk and I hope I did some good. Also, to Faye's niece Danielle, who goes to college in Maine and did a phone interview with me for her English class. You all sounded so interested and asked many good questions.

I will now let you read Faye's article which I have been hounding her to write. Thanks to everyone who has asked about me, my health, my column and those who called to check on my health. Hopefully my desire to write more often is back and I will let you know what's new against the fight with HIV/AIDS fairly soon.

Thanks also to Rick Shaver and Seaway News for their patience and letting me use this space when I feel well enough to write. Mentally, it is a battle for me daily, and like my doctor explained, I have been sick and fighting this illness now for 19 years. It wears you out.

Hope everyone is staying well and being safe. Thanks for writing, Faye. I'll love you always for being there for me and loving and understanding me. Love you too, Matt.

P.S. Thanks to all the Charlotte Street people for visiting our home last week. You are all great neighbours.

Hello everyone. This is Faye, Pat's other half. Pat said he wouldn't write an article until I did, and it's been so long, I thought you would all be starting to worry, so here it is.

First of all, an update on Pat. He is doing pretty good, other than the daily effects of his pills. He received blood results that were pretty good since his last ones. His CD4 counts were 454; that's very good. He still cringes when he has to take those pills. I watch him everyday and I still don't know how he does it. Once in a while, he will say to me, "Just try a couple of them, Faye." (I would throw up, literally.) He must have a very high tolerance of medication. But, you know what I admire the most about him? He still tries to go on with his day. He still helps around the house, or picks up Matty from school, or even cleans the floor (which I haven't had time to do). He cleans it every week. He never did that in our old house, but he is really trying to help, which means everything to me and now that it's BBQ season he can cook dinner, too!

Even on his pills, Pat has done talks, removed rocks from our lot, and helped paint. I don't know how he does it, but he does. I am very proud of you, Pat. You are wonderful!

Another person we know is also fighting very hard. She has been told many times that she does not have long to live. Well, surprise! On her last doctor's visit, her counts were higher than Pat's. They lowered her meds and she is now feeling better than she has in a long time. She is going for walks and I hope eating better. She sounds much better on her phone messages. Keep up the fight, Angel, and thanks for the Mother's Day message. Her husband, John adores everything about her. The first time I met him, he voiced that to me. I admire him a great deal for that. John and Angel have endured more than most people could cope with, yet he adores her and loves everything she is. Maybe that's why I love Pat so much, for his courage, strength and convictions. Almost 20 years later, he is still here; strong, fighting, and teaching our young (and old) people about this disease, trying to make a difference, and I know in my heart that he has. I know it's not easy, Pat, but you did it and will continue to do more in the years to come. (Remember the next booklet geared towards teenagers you have yet to start.)

As we all do when we live with someone or care for someone with an illness, every moment, especially the happy ones, are stored in a special memory bank. I think more people should savour those special moments. None of us know what our future holds. I guess that is the message I would like to convey in this article. To appreciate the little things, the seemingly unimportant things, because they may become very important someday. Tell the people you love that you really love them and that you are grateful to have them in your life. Pat, I appreciate all the little things you do for us when you can, and even when you can't, and I know you want to. I love you.

A special belated Mother's Day wish for every mother, grandmother, aunt, friend and anyone else that makes a difference in a child's life, you are all important.

A special thanks to Chrissy for making my day special. Don't stop calling.

And finally, a very special thank you to our family and friends for their love and support. We could not endure this journey without you and we know you are there for us when we need you. Thank you all! I know Pat is fighting hard and I expect him to be around for a long while. He will be strong and not give up. To anyone who is ill, never give up!

You know that woman you've always wanted to be?
This is her summer.



Curves is 30-minute fitness, commonsense weight loss and all the support you need to achieve your goals.

Curves
The power to amaze yourself™

www.curvesinternational.com

OVER 7,000 LOCATIONS TO SERVE YOU
936-9797 691 Brookdale Ave., Cornwall
543-9009 147 Main Street, Morrisburg
(beside Jug City)

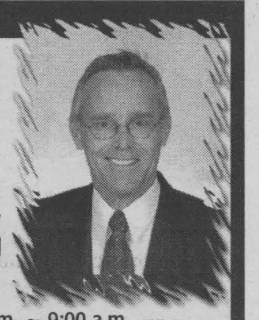
Join Now 2 for 1
split service with a friend

*offer based on first visit enrollment, minimum 12 mo. c.d. program. Not valid with any other offer. Valid only at participating locations.

MAY7042

©2004 Curves International

Breakfast with MPP Jim Brownell



Jim Brownell, M.P.P. for Stormont, Dundas & Charlottenburgh cordially invites you to a post budget breakfast. You will have an opportunity to find out what's new, what has changed, and how the budget will impact our communities.

Thursday, May 27, 2004 - 7:30 a.m. ~ 9:00 a.m.
Best Western-Parkway Inn - $10.00 per person, payable at the door.
R.S.V.P. by May 25, 2004
Tel.: (613) 933-6513 or fax : (613) 933-6449

INVITATION
Jim Brownell, député de Stormont, Dundas et Charlottenburgh, vous invite à un petit-déjeuner poste-budgétaire sur le Budget de l'Ontario 2004. Vous aurez la chance d'entendre ce qu'il y a de nouveau, les changements et comment le budget affectera notre communauté.
le jeudi 27 mai 2004 - 7 h 30 ~ 9 h 00
Best Western-Parkway Inn
10,00 $ p. personne, frais seront acceptés à la porte
RSVP par le 25 mai 2004
tél. : (613) 933-6513 - téléc. : (613) 933-6449

MAY21041

Chapter/Support Group Up And Running

The Cornwall Chapter/Support Group of the Canadian Liver Foundation is back up and running and eager to meet with old friends and new. If you are:

- recently diagnosed with a liver disease and unsure of your next step;
- currently living with a liver disease or have a family member or friend affected by a liver disease;
- someone interested in taking a proactive approach to support liver disease research;
- someone who has lost a loved one to a liver disease and interested in lending your voice to the Cornwall Chapter;
- someone with a little extra time and interested in becoming a volunteer.

Then you are invited to join our chapter/Support Group!

The first meeting of 2004 will be an open meeting for interested persons to connect in a friendly and supportive atmosphere. The Canadian Liver Foundation is the only organization in Canada devoted to fighting liver disease by providing support for research and education into its causes, treatments and prevention. The meeting takes place Wednesday, May 26th, 2004, from 7 p.m. to 9 p.m. at the Canadian Liver Foundation Cornwall Chapter Office, 216 Montreal Road, Cornwall. Presentations by Nancy Maxwell, Regional Manager of Eastern Ontario, who will be speaking on "Living With Liver Disease." Admission is free and there is plenty of free parking behind Boulerice Funeral Home. RSVP required, please contact Marilyn Trask at (613) 937-1781.


Dr. Stephen Jones

Your Health Requires Time, Testing & Treatment


Dr. Valerie Franc

- 45 minute appointments to *listen* and to appreciate your health history.
- All regular blood tests and examinations (annuals, PAP, etc).
- A variety of treatment options other than pharmaceutical drugs.

Millennium Health Centre
Cornwall's First & Only Naturopathic Doctors
120 Second St. W. / Time Square (613) 932-4734
www.millenniumhealthcentre.com

MAY121043

Do You Need To Replace Your Mattress?

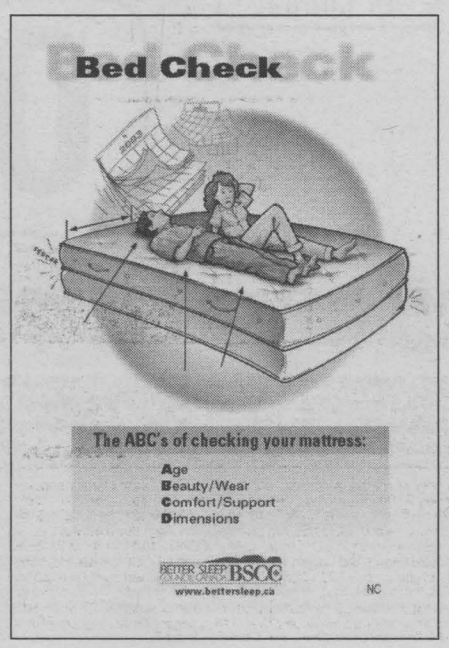
(NC)-Your mattress plays a key role in helping you get a good night's sleep. Check your mattress using these easy to remember ABC's:

A – Age: A mattress and foundation last about 8 to 10 years of nightly use.

B - Beauty: If your mattress is stained, torn or sagging, poor appearance is generally indicative of poor performance.

C – Comfort: Over time, you become desensitized to your mattress's dwindling comfort and support.

More information about sleep and mattresses can be found at the Better Sleep Council Canada's website at www.bettersleep.ca.



WILL YOU OPEN YOUR HOME TO FOSTER OR ADOPT?



We need you to help us meet our goal

FOR EVERY CHILD... A FAMILY

Next information night
June 14th - 7pm
Call to register

The Children's Aid Society
La Société de l'aide à l'enfance
of the United Counties of / des comtés unis de
Stormont, Dundas & Glengarry 932-3986
www.fosteradoptwinningkids.com

MAY21043

A LOT MORE 4X4. FOR A LOT LESS.



TRAIL RATED 4X4

ONLY IN A Jeep® JEEP.CA

2004 JEEP LIBERTY SPORT

- 3.7L Power Tech V-6 engine • 4 Speed automatic
- Command-Trac® part time 4WD system
- Air conditioning • Fog lights
- AM/FM stereo with CD player
- Power windows, locks and mirrors • 16" Wheels
- Sentry-Key® Theft Deterrent System
- Full-size matching spare tire

Cash purchase for **$26,999**♦

or lease for **$258**† a month for 36 months with $4,600 down payment or equivalent trade. $0 Security Deposit



2004 JEEP TJ SPORT

- 4.0L Power Tech I-6 engine
- Command-Trac® part time 4WD system
- Dual hard and soft tops
- AM/FM/CD stereo with 7 speaker stereo
- Sentry-Key® theft Deterrent System
- Full size matching spare tire

Lease for **$299**†† a month for 48 months with $0 DOWN PAYMENT $0 Security Deposit



2004 JEEP GRAND CHEROKEE LAREDO

- 4.0L Power Tech I-6 engine
- Selec-Trac® 4WD system • 4 Speed automatic
- Air Conditioning • Remote keyless entry
- Power windows, locks and mirrors
- AM/FM stereo with CD player
- 16" Luxury aluminum silver wheels
- Sentry-Key® Theft Deterrent System

Cash purchase for **$31,888**♦

or lease for **$398**†† a month for 48 months with $3,999 down payment or equivalent trade $0 Security Deposit

OR CHOOSE

0% purchase financing for up to **60 MONTHS*** PLUS $1,000 CASHBACK on all 2004 Grand Cherokee models

0% lease finance rate for up to **48 MONTHS****

VISIT YOUR NEIGHBOURHOOD CHRYSLER, JEEP®, DODGE RETAILER OR JEEP.CA

Wise customers read the fine print: *, **, †, ††, ♦ These are limited time offers which may not be combined with any other offer except Graduate Rebate and apply to retail deliveries on new in-stock 2004 vehicles. Retailer order/trade may be necessary. Financing subject to approval by Chrysler Financial Canada. Chrysler Financial Canada is a member of the DaimlerChrysler Services Canada Group. Retailer may sell for less. See retailer for complete details and conditions. * 0% purchase financing up to 60 months on Jeep Grand Cherokee and Jeep Liberty and up to 48 months on Jeep TJ models. Example: $30,000 @ 0% APR/48/60-month term; monthly payment is $625.00/$500.00. Cost of borrowing is $0. Total obligation is $30,000. If customers choose 0% purchase financing (plus $1,000 cash back on 2004 Grand Cherokee models), they forego incentives available to cash purchasers. The effective interest rate, factoring in these incentives, could be up to 9%. $1,000 cash back offer only applies to purchase financing offer and cannot be used in combination with the advertised cash purchase price. The saving applies to all 2004 Grand Cherokee models.** Grand Cherokee only. ♦ Cash purchase price applies only to the Jeep Liberty 28B and the Jeep Grand Cherokee 26E.† Lease is based on a 36 month term. Total lease obligation/lease finance interest rate is: $14,838(1.3%) Jeep Liberty 28B. Kilometres limited to 61,200; charge of $0.15/km for excess kilometres. †† Leases are based on 48-month terms. Total lease obligations/lease finance interest rates are: $15,302(3.3%) Jeep TJ 25S+AEM, ACN (shown with optional rims and fogs); $24,053(0%) Jeep Grand Cherokee 26E (shown with optional fogs). Kilometres limited to 81,600; charge of $0.15/km for excess kilometres. †, †† Excludes freight ($950), license, insurance, applicable taxes, registration and retailer charges. ‡ 2004 Chrysler, Jeep and Dodge vehicles are backed by the best protection we've ever offered: a 7-year or 115,000Δ kilometre Powertrain Warranty plus 24-hour roadside assistance+. Basic Warranty coverage is for 3 years or 60,000 kilometresΔ. ΔWhichever comes first. +Some conditions including a deductible may apply. Offer does not apply to vehicles sold for certain commercial uses or to Ram SRT-10 models. See your dealer for details. ® Jeep is a registered trademark of DaimlerChrysler Corporation used under license by DaimlerChrysler Canada Inc., a wholly owned subsidiary of DaimlerChrysler Corporation.

FINANCING PROVIDED EXCLUSIVELY BY CHRYSLER FINANCIAL CANADA

CHRYSLER Jeep® DODGE FIVE STAR

It all happens under THE BIG TOP

THURSDAY, MAY 27TH & FRIDAY, MAY 28TH
SATURDAY, MAY 29TH – (CHARITY BAR-B-Q)

0% FINANCING

UP TO $6,000 IN REBATES

The Sale of the Year

The 2004s have to go to make room for the 2005s



2004 Caravan 28c w/AT1
Cash Price $21,888*



2004 PT Cruiser 27e
Cash Price $22,900*



2004 300M 26m
Cash Price $35,569*



2004 Concorde 22d
Cash Price $26,779*



2004 Intrepid 22c - with 8 way power seat
Cash Price $23,499*

Taking Orders for 2005s

WE TREAT YOU LIKE FAMILY

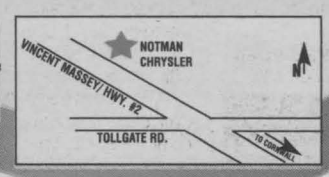
*plus frt., taxes & lic.

Notman CHRYSLER DODGE JEEP

2205 Vincent Massey Drive 938-0934
www.notmanchrysler.com



Lawrence Cayer | Ken Green | Jack Notman | Bill Osborne | Collette Poulin | Keith Green | John Bolton



MAY21042

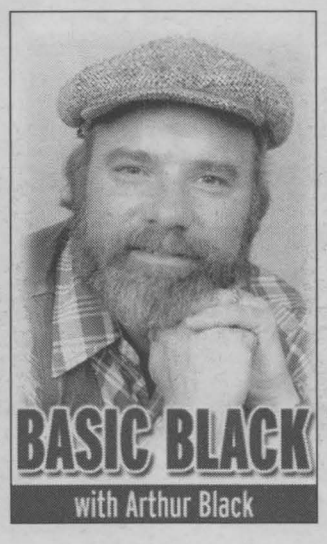
LOCAL

Watch The Borders!

The only thing that saves us from the bureaucracy is inefficiency. An efficient bureaucracy is the greatest threat to liberty.

- Senator Eugene McCarthy

Senator McCarthy was, of course, talking about American bureaucracy. Canadians can sleep soundly, knowing that there is no way in hell our bureaucracy will ever occupy any sentence in the company of the word 'efficient.'



As I speak, the so-called 'Air India' trial is crawling forward, millimetre by tortured millimetre, in a Vancouver courtroom. It's a trial that has been going on for…gee, can it really be only one year?

One year, a platoon of two dozen mega-bazillion-dollar-billing lawyers, a potential list of 1,000 (yes, 1,000) witnesses and no end in sight.

That's obscene enough. What makes the situation truly vomit-inducing is that this is a trial for a cowardly mass-murder that occurred in 1985. That's almost 20 years ago. Infant children of victims who died when Air India Flight 182 exploded off the coast of Ireland in 1985 are fully-grown adults with their own infants today.

We all know that the wheels of justice grind exceeding slow…but 20 years to resolve a public crime where the perpetrators are already identified and apprehended?

Not the fault of bureaucrats -- the fault of lawyers, you say? A semantic quibble. What is a lawyer but a bureaucrat who drives a more expensive car?

Henry Kissinger, a man who came to government bureaucracy relatively late in his career, nevertheless recognized the nature of the beast rather succinctly. "Bureaucrats speak only in parts," he said. "It's as if you decide Picasso is good at legs, so you ask him to paint the legs. You have Gauguin do the torso, Renoir the hands, and since Matisse draws lovely heads, you get him to do the head. Then, when it's finished, you're astounded that you've produced a mess!"

The people in charge of the drug abuse and prevention program in the state of New Hampshire know what Kissinger was talking about. Just last month, they lost a $17 million dollar federal grant from the U.S. Substance Abuse and Mental Health Services Administration. Reason? Their grant application arrived at the federal offices typed on pages with smaller margins than officially permitted. It didn't matter that the grant application was actually written by the drug-addicted patients affected, it was still rejected by the authorities.

Reminds me of the story of the Great Cross-Border-Drug-Scare of the late 1960s. This was a good four decades before the post 9-11 cross-border paranoia we're familiar with today, but I remember it well. Formerly benign and easy-going border crossings between Canada and the United States unaccountably turned hostile and constipated overnight. Cars and trucks were mysteriously lined up for miles in both directions. Ordinary cross-border shoppers were suddenly subjected to unusually rigorous inspections.

And it wasn't just the Canada-U.S. border. Word had it that people traveling from the United States into Mexico and vice versa were facing the same hostile reception. United States Federal agents, armed to the teeth and grim as death, were checking everybody going in either direction. Reason? No one would say for sure, but the rumour was the orders came from 'higher up.'

Indeed they did. All the way from the office of J. Edgar Hoover, director of the FBI. Hoover was an iron-fisted, no-nonsense disciplinarian -- actually, he was as batty as a brain-damaged cockatoo (the man liked to dress up in black lace bras and fishnet stockings, but believed Martin Luther King was a card-carrying communist).

No matter. Nutbar or not, Hoover ran a tight ship. He insisted that all FBI agents be white-skinned, short-haired, male-gendered and perpetually clad in Brooks Brother's suit and tie. (Yeah, really hard to pick them out in a sailors bar.)

He also kept his staff on a short leash. He would pore over every memo issued by head office before it went public, writing caustic and cautionary revisions in his trademark green ink. Once, when an otherwise unremarkable memo went out concerning FBI procedure, Hoover took exception to the fact that the text of the memo was typed almost to the edges of the page. He took out his fountain pen and printed: "WATCH THE BORDERS! J.E.H."

The rest, as they say, is history.

The BRICK®
www.thebrick.com
1525 Pitt Street, Cornwall
932-2751
Tollgate Road
The BRICK
Pitt St
Thirtenth Street
FREE!
HOT DOGS & PEPSI
SATURDAY & SUNDAY NOON TO 5PM
Join the Fun!
NO GST!
On Furniture & Mattresses
Plus
DO NOT PAY FOR 15 MONTHS!
NO DOWN PAYMENT NO MONTHLY PAYMENTS NO INTEREST NO ACCRUED INTEREST*
Plus
NO GST!
On All 32" & Larger Televisions,
All Audio Systems, All Maytag, Frigidaire, GE,
Kitchenaid, LG, Hoover Major Appliances
Plus
DO NOT PAY UNTIL 2005
NO DOWN PAYMENT
NO MONTHLY PAYMENTS
NO INTEREST
NO ACCRUED INTEREST***
SALE PRICES ON EVERYTHING IN THE TENT
PLUS
SAVE UP TO 70%
ON SELECTED ITEMS!
ENTER TO WIN!
Bring in this ballot to enter for GREAT TENT SALE PRICES!
Name
Address
City Prov.
Postal Code
Phone
Email
MAY21042SN
The BRICK®
www.thebrick.com
*O.A.C. ONLY ON YOUR BRICK CARD PLATINUM. MINIMUM PURCHASE $250. ANY BRICK DELIVERY CHARGES, APPLICABLE TAXES AND $89.95 ADMINISTRATION FEE PAYABLE AT TIME OF PURCHASE. DO NOT PAY FOR 15 MONTHS - BALANCE DUE AUGUST 2005. ***FOR DO NOT PAY UNTIL 2005 - BALANCE DUE JANUARY 2005. ◊AN AMOUNT EQUAL TO THE GST WILL BE DEDUCTED AT TIME OF PURCHASE. SEE IN STORE FOR COMPLETE DETAILS

Dealing With Bullying In The Community

Several hundred people heard the chair of the Ottawa Anti-Bullying Coalition, Dr. Tina Daniels, say that bullying in schools is a fact of life that must be addressed. However, she urged those attending an anti-bullying conference at St. Lawrence Intermediate School on Thursday, May 13th, 2004 to look beyond the school's borders. "Bullying is not a school problem, it's a community problem," she said.



Dr. Tina Daniels, chair of the Ottawa Anti-Bullying Coalition and a member of the Psychology Department at Carleton University.

Photo by John Divinski

The newest statistics from the Centre for Addiction and Mental Health report that of 6,616 students in Grades 7 to 12, covering 37 school boards, 33% have been bullied and one-third report bullying others. Dr. Daniels says bullying can happen anywhere and can involve myriad issues such as physical violence, extortion, teasing and name-calling. Although she called on schools to develop and enforce clear anti-bullying policies, she called on parents to watch the actions of their children as well. She says bullying is a learned process through television, video games, friends and even family members. As a result, bullying can be deprogrammed through education and having bullies take responsibility for their actions.

Dr. Daniels was part of the Bridging the Gap: Creating a Bully-Free Community seminar. The event also featured other speakers and workshops, following Dr. Daniels' address.

Factory Seconds Are First With United Way

They may have been "seconds" for Longevity Acrylics in Summerstown but for the buying customers and for the United Way of Stormont, Dundas and Glengarry, it was a number one deal and a number one fundraiser.

On Saturday, May 8th, 2004, Longevity Acrylics opened for business at 8 a.m. offering tubs, showers and bathware at once-in-a-life-time prices and there was a long lineup of customers ready to cash in on the deals. For the sixth year, all proceeds were donated to the United Way. This year was the best, as United Way Executive Assistant Elaine Myers told Seaway News, just over $23,000 was raised. Longevity President Stewart Campbell says they offered 56 items for sale and most were gone in the first hour of the 3-hour sale. "We feel it's important to put back into the community," said Campbell when asked about why the money was given to the United Way. In the past 6 years, close to $100,000 has been raised by this annual event for the United Way.



Over $23,000 was raised for the United Way at the Longevity Acrylics annual "seconds" sale such as this 3-piece shower. Left to right: Longevity President Stewart Campbell; co-owners Wesley Jurchuk and Lynn Dupuis; United Way Executive Assistant Elaine Myers; fundraising chair Kevin Wilson; co-owners Marietta Pelley and Malcolm MacDonell; and employee Ken Merpaw. Photo by John Divinski

Expansion At Canlyte In Cornwall

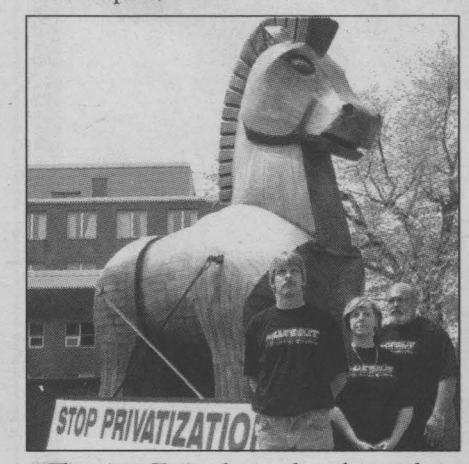


An official sod turning ceremony was held Thursday, May 13th, 2004 at Canlyte Cornwall to mark the beginning of the $5 million expansion plans for the local fluorescent facility. The Cornwall facility currently operates three shifts with 250 employees and manufactures products for the Lightolier and CFI Fluorescent brands within Canlyte. Over the next five years, officials hope to have over 300 full-time employees on staff.

Taking part in the ceremony at the Education Road plant are (left to right): Stormont Dundas and Charlottenburgh MP Bob Kilger; Cornwall Mayor Phil Poirier; Chairman of Canlyte, Avrum Drazin; President René Marineau; Vice-President Manufacturing and Engineering Alain Côté; Vice-President Manufacturing Gilles Leblanc; and Director of Operations John Bruton. Photo by John Divinski

They Aren't Horsing Around

A giant Trojan horse was part of the background at the Second Street Site of the Cornwall Community Hospital on Friday, May 14th, 2004. It was part of the strategy of the Canadian Union of Public Employees (CUPE), Local 7811 to let the two levels of senior government know "that CUPE stands firmly against P3 hospitals or any other privatization of hospital services. The fact that the Minister of Health, a promoter of P3 hospitals, is actively encouraging redevelopment here, should be a big concern to this community," said Allen Renwick, President of Local 7811 CUPE. "We will fight to ensure that Cornwall has a publicly-owned and operated hospital," he said.



The giant Trojan horse dwarfs members of the Canadian Union of Public Employees, who brought the "prop" to Cornwall to warn people of what could be a shaky future for Cornwall Community Hospital. Left to right: Allen Renwick, President of Local 7811 CUPE; Helen Fetterly, a Registered Practical Nurse and General Vice-President of Local 7811; and André Lamoureux, CUPE national organizer. Photo by John Divinski

Two P3 hospitals have already been approved, in Ottawa and Brampton, "despite Liberal election promises to kill P3 hospital deals." According to André Lamoureux, CUPE national organizer for Northern and Eastern Ontario, "There is rampant speculation that Cornwall's hospital redevelopment will be in the form of a P3. Lamoureux explained that P3 hospital have 30% fewer beds and 25% fewer staff than public hospitals apparently because higher borrowing costs and profits are subtracted from operating budgets.

DOUG & MAGGIE'S SINCE 1979

Beautify Any Room With Quality Window Coverings By JACKSON



JACKSON PRIVACY SHEER™

Looks like a sheer drapery ... operates like a vertical blind.

Their unique light shaping feature allows you to select a variety of effects, depending on the mood you are trying to create. Velcro system allows you to remove fabric, wash and re-hang!

FREE SHOP AT HOME we will bring fabrics right to your home and help you choose a beautiful window treatment



Jackson is Canada's most established supplier of window coverings, fabrics and draperies for over 75 years!

Beautiful Pleated Shades by JACKSON



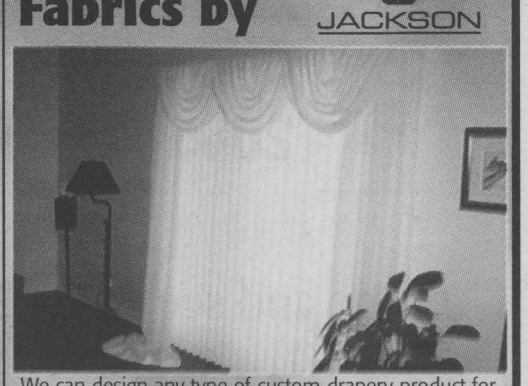
Accordion shades can be used to complement any decor. Lightweight, practical, virtually disappear when raised!

Beautiful Roman Style Shades by JACKSON



Roman shades offer a distinctive, custom look to any room. 1000's of fabric choices.

Beautiful Custom Draperies With Fabrics by JACKSON



We can design any type of custom drapery product for you in 1000's of fabrics.

• Yankee Candles
• Fine Giftware

DOUG & MAGGIE'S

• Custom Window Blinds
• Custom Draperies
• Pittsburgh Paints

CORNWALL SQUARE 938-6869

Mon.-Fri. 9:00-9:00
Sat. 9:00-5:30
Sun. 11:00-5:00

SHOW ROOM

IT'S BIG! IT'S EXCITING!

On The Spot Financing

Arriving Daily 2005 Altimas

Oh Baby ... See The New .....

2005 XTRAIL



2004 TITAN



You're invited to come to the unveiling of the
2005 Xtrail and the new 2004 Nissan Titan (full sized truck)

We're having a Wine & Cheese on Thursday, May 27th from 5 pm to 8 pm.

Come and see these 2 new exciting vehicles as well as our full line-up of Nissan products.

CORNWALL NISSAN

447 11th Street West 933-7555


Mike Cook
Sales Manager


Kim Delo
Sales


Sebastien Morin
Business Manager

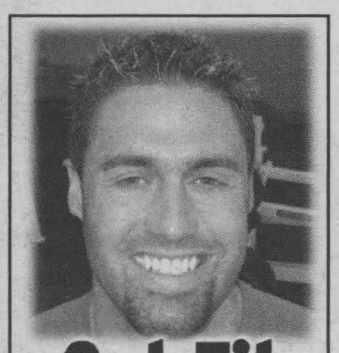

Linda Lavigne
Sales

NISSAN

SHIFT_

may21042

What Happens When You Eat A Donut



Get Fit Cornwall

with Jason Christoff

Most clients know this is bad yet most do not know how bad. The questions of "why is it not more published" or "why do people keep eating these types of food" can be saved for another day.

Donuts belong to a group of foods in the health spectrum that are known as high glycemic carbohydrates. That means the carbohydrates which donuts are made from raise the body's blood sugar levels too quickly. At this point insulin is released into the blood stream to deal with the excess sugar.

Excessive high glycemic carbohydrate consumption elicits an insulin spike that is large and can be very dangerous for a client's long-term health. Insulin is a necessary hormone but donuts and many other foods (most foods made from flour, all regular pop, most cereals, most fruit juices, potatoes, all alcohol and many others) elicit huge waves of insulin with disastrous results. Insulin is not the only detrimental hormone that is released when blood sugar increases too quickly. Cortisol and adrenaline release is also related to increased insulin levels.

Insulin is the body's fat storage hormone. The excess sugar from the donut is stored as fat and insulin also acts as a locking mechanism for the fat cells. Insulin orders fat to stay locked within the body as well as giving the command to store more fat. (This process will happen after you eat the donut whether you sit in the office or hit the fitness club.) This and many other processes that start with high spikes of insulin are directly related to obesity, diabetes, cancer, gallbladder disease, degenerative bone diseases, leaky gut syndrome and auto-immune diseases. High glycemic carbohydrates are also linked directly to heart disease, high cholesterol and high blood pressure.

High glycemic carbohydrates also negatively affect your growth hormone and testosterone levels which means that in the end not only do you gain fat from these foods, you lose the ability to burn them off. Low testosterone for men means less toned muscle and sexual dysfunction. Not only would most clients risk gaining large amounts of fat with these products but in the end cortisol is released as well. Cortisol destroys large amounts of valuable toned muscle. Fat storage and muscle destruction occur at a rate where even exercise would show insignificant results. Exercise is always second to diet.

In the end, insulin hunts down and turns all excess sugar, from the donut, into fat and the body crashes because it needs some sugar and now has very little to operate with. The body sends out massive food craving signals for the only food that can pull the body out of the energy nosedive. The only food type that can recover the body from a high glycemic sugar crash is another high glycemic carbohydrate. Not good. That means HG carbs are addictive and hard to break away from.

Get out there have fun and remember, just because there is a lineup at the donut shop does not mean you should get right behind them without giving it a second thought.

Jason can provide the article from which this information was drawn. Simply e-mail your request to jason@revolution-training.com.

Kinsmen Donate $10,000



The Kinsmen Club of Cornwall recently donated $10,000 to Cornwall Kinsmen Minor Soccer as part of their ongoing commitment to minor sports in this community. Kinsmen and the Soccer Association have a long relationship including the building of the soccer fields in the west end of Cornwall. Making the presentation is Kinsmen President Neil Benjamin to Nancy Cruickshank and Connie Aikman from Cornwall Kinsmen Minor Soccer.

File photo

Cornwall

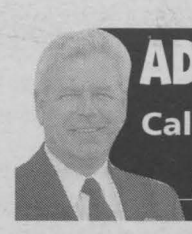
Peewee Bulldogs

The Cornwall Peewee Bulldogs were able to narrowly edge a 10-9 win against Akwesasne. It was lacrosse action at its best. Akwesasne took a firm lead of 3-1 within minutes of the first. The Bulldogs were out and running fast. Leading the way was Tyler Prieur with 5 goals and an assist. Doubling up was Jacob Ruest with a pair and 5 assists. Singles went to Brandon Labelle, Ryan Dewar and Ryan Legue. Assisting the goals were Nathan Wheeler with 3, Graeme McDonald, Matt Marcil, Dewar and Legue all collected an assist. Spencer Lalonde and Brandon Ezard shared the net with a great effort.

The Pee Wee Bulldogs lost 2 in 2 against Nepean and Gloucester on Saturday, May 15th, 2004. In game 1 action, Nepean took home a win of 8-3. Scoring for the Bulldogs were Tyler Prieur, Ryan Dewar and Jacob Ruest. Assisting the play were Ruest and Prieur.

In game 2, fans were on the edge of their seats, however Gloucester scooped up the ball later in the third to win the match 8-6. The Bulldogs played a great game staying in the play. Strong at the ends in both games were Spencer Lalonde and Brandon Ezard sharing the net. Keeping the crease area clear were Graeme McDonald, Jerrett Wheeler, Jack Clare and Nathan Sanseverino. Touching the net was Jacob Ruest with a hat trick, while singles went to Graeme McDonald, Nathan Sanseverino and Tyler Prieur. Setting up the goals were Prieur with 3, while Jerrett Wheeler and Ryan Dewar added singles.

Classified plus
call 933-0014


ADVERTISING?
Call Bill 933-0014
SEAWAY NEWS

"BOWFLEX" by Schwinn $799.99 Reg. $899
Get in shape for summer! Limited supply
PLAY IT AGAIN SPORTS
37 9th St. East
936-2020
Open 7 days a week
piascorn@datacom.ca MAY21042

ON YOUR MARK, GET SET SAVE

See Tom Everson
SN2 Cornwall TOYOTA
1875 Brookdale Ave. 932-1106


White
Quality-price... White shows the way
L-155G Lawn Tractor
•15.5 HP White Outdoor single-cylinder OHV engine with full pressure lubrication
• 38" cutting deck
• 8-Speed CruiseMatic® transmission
3 years LIMITED WARRANTY
4.9% financing, 6-12 months OAC $1,550
TROY-BILT TILLER & LAWN CARE PRODUCTS
T-084 Lawn Mower
• 4.5 HP Briggs & Stratton "Q" engine
• Push mower design
• 22" steel deck
• 3-in-1 capability-side discharge, mulch, bag (optional)
• 9 position height adjusters

$299
Claude's SMALL ENGINES LTD.
203 Eleventh St. W. Cornwall 933-0275
MAY21042

THE MORE YOU BUY, THE BETTER THE PRICE
On The Wings Of GOODYEAR
BUY 1 AT DEALER'S PRICE PER TIRE
BUY 2 GET $30.00* off
BUY 3 GET $50.00* off
BUY 4 GET $80.00* off
NEW ASSURANCE ALL SEASON — ASSURANCE COMFORTRED Comfort for your luxury vehicle.
PERFORMANCE — EAGLE RS-A, EAGLE GA, EAGLE HP ULTRA PLUS
SUV/PICKUP — WRANGLER AT/S, WRANGLER SR-A, WRANGLER MTR
ON NOW FOR A LIMITED TIME

$49 AIR CONDITIONING PERFORMANCE TEST
This service includes:
1. Pressurize air conditioning system.
2. Test all components and connections for leaks.
3. Check controls.
4. Inspect heating and cooling systems.
5. Check drive belts and hoses.
Offer valid for most cars and light trucks at participating retailers. GBMS code 044202. Offer expires June 12, 2004.

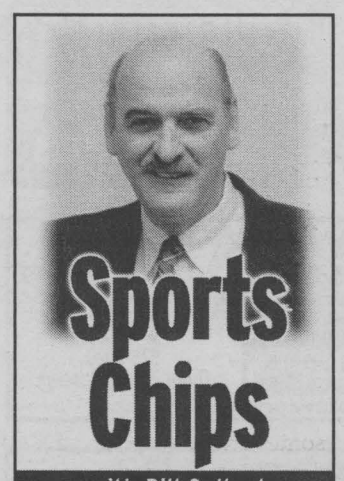
$38 SUMMER CAR CARE PACKAGE
This service includes:
1. Lube, change oil and replace oil filter to keep your engine clean.
2. Top up all fluids, including brake, windshield, antifreeze, differential, transmission, power steering.
3. Tighten belts for improved driving performance as required.
4. Four-wheel tire rotation.
5. Tire inspection for cuts and snags and adjustment of air pressure.
6. Battery inspection and cable tightening.
7. Inspect front and rear brakes.
Offer valid for most cars and light trucks at participating retailers. GBMS code 044202. Offer expires June 12, 2004.

BRAKES / ALIGNMENT / SHOCKS / EXHAUST / OIL CHANGES / SAFETY INSPECTIONS
We Accept PHH GE Capital MasterCard VISA American Express
MAY21044
On The Wings Of GOODYEAR
Benson CERTIFIED AUTO SERVICE
Wheel Alignment • Tune-Up • Radiator Service • Brake Service
...Because we care
Your Satisfaction ~ Our Goal ~ For Over 45 Years ~
1321 Pitt St. (613) 933-7770

LIMITED TIME OFFER!

A change for the better.
Changing your oil is one of the best things you can do for your Volkswagen. And the best place to do it is right here at your local dealership. We use only real Volkswagen oil filters and factory specified oil. Come to us for a change and save.
Volkswagens Love Real Volkswagen Parts.
FREE T-SHIRT with our SPRING SERVICE SPECIAL (while quantities last)
SPRING SERVICE SPECIAL NOW ONLY $49.95*
*Synthetic oil $89.95
Price includes up to 5 qts./l. of oil, parts and labour. (Four cylinder engine only. Six cylinder slightly higher). Brake inspection, tire rotation and top up of fluids also included.
Offer expires May 30/04
Drivers wanted.
JACK MACDONELL MOTOR SALES
"Your Hometown Volkswagen Dealer"
632 Pitt St., Cornwall 933-3483
Visit Our Website at www.cornwallvw.com
Ninth St. / Seventh St. / Jack MacDonell Motor Sales / Pitt St. / Sydney St.
MAY21043

SEAWAY SPORTS



Surely you will be able to recognize the four individuals in this week's photo. The picture was taken just before the start of the 1965-66 hockey season at the WSA. Three of the Cornwall hockey players were about to leave for a try-out with the Toronto Marlboros of the Ontario Hockey League. In the picture on the left is the General Manager of the Royals when they played in the CJHL, Norman Baril. Next in the line is Dave Woodward, a fan favourite during the time he spent with the Cornwall Royals. Next to "Woody" is a smooth skater and prolific goal scorer, Jean Payette who also later became a team coach. The fourth player was my favourite all-time goaltender with the team, Harold Murphy who was especially brilliant during the time when the team played in the Memorial Cup playdowns.

All three players returned from Toronto in time to start the local training camp workouts. Payette was promised a chance with the Tulsa Oilers of the Central Pro League the following season. Murphy was asked by the Marlies' GM, Jim Gregory to remain a few more weeks but he declined the offer. That proved to be good news for the Royals as they would again have their goalie tandem of Murphy and Jake Lefevbre.

It was an overall good season also because GM Baril and head coach Jim Larin took the strong-laden team all the way in the CJHL and won, for the first time, the league championship. That was the year the team earned their way to the Memorial Cup Playdowns, with games in Cornwall and the Halifax Forum, against the Halifax Junior Canadiens. To refresh your memory, the best of seven series went the limit. Halifax scored the winning goal in the final seconds of game seven in the exciting series.

NHL CHIPS: It has happened all too many times this hockey season, as we watched players take their big wind-ups aimed at the opposing goal, and "ka-boom," there goes another of those stupid, badly manufactured hockey sticks.

If you have been following the current NHL playoff games, you no doubt saw the three well-placed shots that fizzled out when the sticks shattered into two-piece useless weapons. Those incidents of breaking sticks may ultimately decide who wins the Stanley Cup. Can you imagine the terrible feeling by the losing team if one of those missed shots was actually a possible game-winning attempt?

By the time you read this, the two remaining series will be close to deciding a winner. That could mean a final series with the Calgary Flames meeting Tampa Bay! WOW, wouldn't that be a great skating and scoring epic to watch? One thing would be certain, we would probably witness a match-up



between two teams with equal skills, but it would surely be a long-awaited NHL final with the emphasis on skating and shooting instead of some of the fighting and feuding nonsense of the past.

Just a thought in closing, there is plenty of guessing underway about Don Cherry and his constant "feud" with the CBC-TV Network. It's my guess that Don and his Coach's Corner will ultimately remain on the Canadian Network if and when the NHL starts up again next season. If not, then he will probably don one of his outlandish jackets and appear on some other network.

P.S. Thank you to Mike Hebert for last week's photo of the "Rocket" and "Red" Storey.

Kingston Tournament Champions

The Casselman Gold Pirates AAA Minor Atom hockey team competed in the Kingston Beast tournament on May 7 - 9th, 2004 and came away as champions. The Pirates went undefeated throughout the tournament. In the final game, the Gold Pirates faced the Valley Vipers and defeated them 6 - 2. The Pirates players are from Akwesasne, Bourget, Cornwall, Casselman, Clarence Creek, Hawkesbury and Masson. Pictured above are (front row): goalies Dominic Maisonneuve and Ryan Cooper. Second row (left to right): Louis-Phillip Paradis; Yanik St-Jean; Joel Marleau; Connor Primeau; Patrick Cyr; and Alex Martel. Third row (left to right): Kevin Hope; Carl Faucher; Alexandre Gendron; Jeff Dolegowski; Mathew McMaster; Pierre-Luc Cheff; and Oakley Thomas. Back row (left to right): Eric Gendron (Asst. Coach); Martel (Trainer). Guy Primeau (Asst. Coach); Angus Missing from photo is Deb Hope (Head Coach); Walter Henderson, Manager. Dolegowski (Asst. Coach); and Bob



(submitted photo)

Give A Child A Chance To Fish

The weekend of Friday to Sunday, July 9th to 11th, 2004 has been officially declared Family Fishing Weekend. The Raisin Region Conservation Authority (RRCA) hosts and organizes an Annual Family Fishing Day to enable children who do not otherwise get the opportunity, a chance to go fishing.

Each year it is difficult to keep up with the demand for rods and reels. Please donate your old rods and reels to ensure the success of this event. The children will be ever so grateful.

You can drop off your used rods and reels to The Fishing Hut at 410A Cumberland Street in Cornwall, RRCA administration office located in the Gray's Creek Conservation Area and Marina Complex at 18045 County Road 2 in Cornwall, as well as to The Boathouse Baitshop at Whimpy's Marina in Summerstown.

Broken equipment is readily accepted thanks to the kind offers to repair them from the Cornwall Lunker Club, Lancaster Fish and Game Club and the St. Lawrence Fishing Club. For further information, please contact Suzanne Vignola at (613) 938-3611 extension 227.

Come join us on Friday, July 9th, 2004 starting at 11 a.m. at Gray's Creek Conservation Area and Marina Complex and see your contribution at work.

Sea Kayaking Safety

(NC)—Sea kayaking is an increasingly popular sport with Canadians. Paddlers should be aware of the additional risks involved when on the ocean.

Larger boats may not see you. Keep on the look out and make yourself as visible as possible. Choose a highly visible colour for your kayak and lifejacket – red, yellow, or orange. Use navigational lights in low-visibility conditions. Keep your signalling devices within hands reach and bring extra batteries.

Water conditions may become dangerous. Learn the local tide, current, wind, and weather conditions before you go. Bring safety equipment and a VHF radio.

Kayak in groups of three and consider hiring a qualified guide. Plan your trip based on the least-qualified paddler's skill and fitness level. Make sure someone knows where you are going and when you expect to be back.

Make sure every trip is a return trip.

NEWFOUNDLAND & LABRADOR
VIKING TRAIL
July 3rd to 18th, 2004
A Trip To Remember!
Call Lorraine Fickes or Ruth Robertson at
THE TRAVEL EDGE
1-866-233-9958
Ont. Reg. #4142303
MAY21043

UNIVERSITY PRO
"Students You Can Trust"
★ Painting (Interior/Exterior)
★ Pressure Washing
★ Window Cleaning (Interior/Exterior)
FOR YOUR FREE ESTIMATE CALL DAVE
936-3283
MAY21044

Come in and you could WIN BIG ... hey, everything is relative.
Kawasaki Let the good times roll.
WIN PARENT OF THE YEAR see dealer for full details.
BOB'S CYCLE CORNWALL Ltd.
5614 Hwy. 138, Cornwall
www.bobscycle.ca
938-7244 or Toll Free 1-877-938-7244
ENTER TO WIN A 2004 KAWASAKI KFX90
MAY21042

Tired Of Being Gouged At The Pumps?
Here's THREE GAS MISERS!
2004 FOCUS SE SEDAN
$257.76 payment
air, auto, power locks, plus many more standard features, stk#: 2041
2004 FOCUS SE SEDAN
$292.82 payment
2.0L ZETEC, air, auto, loaded, stk#: 2039
2004 FOCUS SE WAGON
$282.86 payment
air, comfort group, winter pkg., stk#: 2042
48 mth. lease, 20,000 kms per yr. Payments are plus taxes & license.
Ford
S.G. WELLS & SONS LTD.
537-2287 Highway 2, Ingleside
MAY14042

From minor dents to major body repairs, we'll get your car back in shape.
DAMAGE UNDONE
• Precision Frame Straightening
• Custom Colour Matching
• Factory-Certified Parts
• Experts in Foreign & Domestic Cars
SPRING CLEAN UP $70 plus tax
CARS, VANS & TRUCKS
Precision Frame Straightening • Custom Colour Matching • Insurance Specialists
"The Only GM Body Shop In Cornwall"
Cornwall Motor Sales
COLLISION CENTRE
PAUL RENAUD, Collision Centre Manager
5 Eighth St. East • 930-9393
Paul Renaud
Collision Centre Manager
MAY21042

Beyond Gewurztraminer: Chinese Food And Wine



Vineyards & Cellars

with Russ Disotell

Not that long ago the question of what wine to serve with Chinese food had a solitary, standard answer: Gewürztraminer. Conventional wisdom was that Gewürztraminer's rich flavours, slight sweetness and spicy quality were the only match for oriental cuisine. With all the scrutiny traditional food and wine matches are undergoing, it should come as no surprise that there are now a number of new potential partnerships.

Matching wines with a single dish or style is a somewhat easier approach. For example, hot and spicy Szechuan dishes partner well with crisp, refreshing Sauvignon Blanc or Alsatian Gewürztraminer. Cantonese style is a perfect tableau for German Riesling, while Shanghai dishes (especially my favourite Shanghai style noodles) begs for a medium-bodied red Bordeaux style. Peking style cuisine (such as the famous Peking Duck) boasts heavier sauces and shows best with the soft, velvety texture of a Merlot or Pinot Noir.

The wide variety of meat, seafood and vegetables involved in a typical Chinese meal can be tougher to match with a single wine. However, most oriental sauces use citrus ingredients such as lemon or lime juice, which give the dishes high acidity levels as well as a touch of sweetness, which we can focus on.

To meet the challenge you need a versatile food-friendly wine. Don't fret, there are lots of candidates. First and foremost there is Riesling, the ever-faithful king of food wines. Lightly oaked Chardonnay from Chile will fit the bill. Orvieto from Italy's Umbria region is an often under-rated food wine that can meet our challenge with panache.

Deinhard Green Label Riesling 2002 (CSPC# 8094) provides a prime example of the excellent quality of everyday German table wines. Delicate green apple and citrus fruit flavours, zesty acidity, a touch of spice and a mineral undertone are perfectly balanced in this wonderful introduction to the classic Riesling style. As well as Chinese cuisine, it will match well with shellfish, seafood and white meats.

Chilean Chardonnay to consider include Santa Carolina Chardonnay Reserva 2002 (CSPC# 304022) and Errazuriz Chardonnay 2003 (CSPC# 318741). Santa Carolina is a lovely, layered wine with lots of character. It is full flavoured, with pear and citrus fruit, a hint of vanilla, creamy soft texture and brisk acidity. As well as providing a flavourful companion for your Chinese feast, Santa Carolina has the body and structure to handle heavier seafood sauces.

Errazuriz is somewhat lighter but packed with ripe citrus flavours. Granny Smith apple, banana and fresh tropical fruit flavours dominate the palate, balanced by a lemony, crisp acidity and finishing in a long refreshing finish. If you're looking for other food partners think pork.

Ruffino Orvieto Classico 2002 (CSPC# 31062) is the epitome of a light bodied, food friendly wine and is deserving of a regular place at your table. It has an appealing, complex nose with melon, pear, tangerine and nutty aromas. Pear and citrus fruit are prominently featured on the palate and balanced with a mouth-watering acidity. The finish is lengthy and flavourful with the fruit flavours carrying through to the end. Try it also with shrimp, herbed chicken or baked fish.

Other candidates include Ontario Chardonnay, soft, full-bodied Merlot, Pinot Grigio (another under-rated Italian) or an off dry white from Hungary.

Invite some friends, pick several wines, order Chinese and choose your favourites!

BOOK SALE
Sat., Sun. & Mon.
May 22, 23 & 24
10 am - 6 pm
AT ONAGH ROSS'S BOOK NOOK
McMartin St., Martintown
(1st street South East of Bridge)
Proceeds to Martintown Clubs
MAY21044

Charity BBQ Day At M&M Meat Shops



The menu was short – hot dogs, hamburgers, a bag of chips and a drink – but the cause was worth it. On Saturday, May 15th, 2004, it was the 16th annual M&M Meat Shops BBQ to raise funds to help fight Crohn's and Colitis (Inflammatory Bowel Disease). Hundreds of hungry people showed up at Ninth and Sydney Streets for the local charity event and helped raise over $4,200, an increase of over $700 from last year. Nationally, they raised $1.35 million for the Crohn's and Colitis Foundation. Celebrities and civic dignitaries helped serve up the chow including members of Seaway News. Left to right: John Divinski and Arlene Snelgrove from Seaway News, along with Deputy Fire Chief Vic Leroux (soon-to-be-chief), sell a couple of burger tickets to Dwight Murphy of Apple Hill.

Photo by John Divinski

City Limits RESTAURANT
and Irene Cameron Are Pleased to Welcome
JOE AIELLO
as our new Restaurant & Banquet Manager
MAY21043
JOIN US FOR Sunday Brunch $9.95
Every Sunday 11am-1pm
featuring Roast Beef and more
Watch For Our NEW Menu Coming Soon!
LOBSTER FEST JUNE 4TH & 5TH
Watch for details
129 Cornwall Centre Rd., Cornwall • 932-5215

Get Ready For Campfire Season
ACOUSTIC GUITARS
Starting at $99.99
Lessons & Video Instruction Available
*not exactly as shown
Cornwall's No. 1 Music Store Since 1963
MELODY MUSIC CENTRE
104 Pitt St. Promenade Cornwall 933-0205
MAY21043

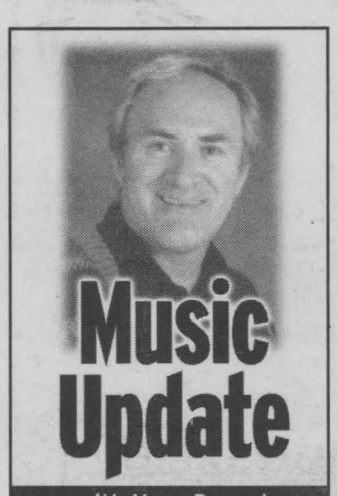
2 Papa Burgers for $5 Plus taxes
Loosen your belt. Tighten your budget.
Now when you visit A&W, you can treat yourself to two tasty Papa Burgers for one deliciously low price. The taste you love comes just as you remembered - with two seasoned patties, crunchy pickles and a fresh slice of onion. You'll see, the only thing that'll be more fun than you, will be your wallet.
1718 Vincent Massey Dr. ©2000 A&W Food Services of Canada Inc.
MAY21042

NEED A DISPLAY AD?
Call Matt
933-0014
SEAWAY NEWS
Your Community Paper Since 1985

Optimiste/Lion's
BINGO
Every Thursday - 7pm
GLENGARRY SPORTS PALACE
MacDonald Blvd., Alexandria
$2600 in prizes
60/40 Bonanza
King & Queen $5
$20 Entry Pad
SMOKING PERMITTED
MA21043

Jean Coutu WILL BE OPEN
Victoria Day
Monday, May 24th • 9am-7pm
PHARMACY OPEN 365 DAYS A YEAR PHARMACIE
JEAN COUTU
You'll find it all...even a friend!
5 9th St. E. 938-7339
MAY21044

ENTERTAINMENT



Rita MacNeil "Blue Roses" EMI. Cape Breton's own singer/songwriter Rita MacNeil has just released her 20th album which sports 10 original songs overflowing with beautiful lyrics which make one pause and reflect on the straight and the crooked highways one must travel on life's journey: "You Can't Go Home Again," "Some Things Never Change," "Knowing When To Go," "Floating," "Never Under 85," and so on. Grrreat!

Amos Garrett "Acoustic Album" Stony Plain. Detroit native singer/songwriter/guitarist Amos Garrett is back with his first studio album since 1996 (actually his first acoustic album since his collaboration with Geoff Muldaur in the 1970s). The set once again boasts the man's dry wit, laid-back vocals and obviously stunning blue string bending. Check out Amos' unique renditions of Leadbelly's "Grasshoppers In My Pillow," Hoagy Carmichael's "Small Fry" and folk singer Jack Elliott's "Sam's Song." There's lots to enjoy!

Shelby Lynne "Restless" Curb. Even though the CD's art cover shows country singer/songwriter Shelby Lynne looking all glammed up, the 10 tracks inside represent some of the lady's most bare-bones, back-to-basics, honkytonk-oriented country stuff to date with liberal doses of fiddle, pedal steel and pure Texas backbeat shuffle. A song or two drift into the torchy pop terrain, but not so much so that they derail the fine country album: "Slow Me Down," "Reach For The Rhythm," "Wish I Knew," etc.

J.J. Cale "To Tulsa And Back" Sanctuary. Singer/songwriter/guitarist J.J. Cale, who lives nowadays in the Southern California desert looked up some old friends (not one of them under 60 years of age) for this recording. The result is a warm, cool, rhythmic and laid-back album (13 songs) that preserves the downhome flavour that's come to define the man's sound. Check out "Stone River" (written for the environmental Earth-Justice campaign), and "The Problem" (addressing new concerns about the world in which we live). Great stuff!

Patti LaBelle "Timeless Journey" Def Soul. Soul diva Patti LaBelle (Patricia Holt) is back with a new album that delivers seasoned sultry ballads and buoyant grooves. The mid-tempo track/first single, "New Day," is an inspirational ode to one's new-found independence while the jazzy, bounce-heavy "Good Lovin'" talks about a lover's willingness to seduce her partner. Patti's ability to evoke a yin yang of emotions continues with the heartfelt "Not Right, But Real," which candidly encourages one to choose personal happiness by walking away from a relationship that is not working. Fans will love it!

Mark Eisenman "Sweet And Lovely" Cornerstone. When Toronto jazz pianist Mark Eisenman realized lately that legendary drummer Jimmy Cobb (Miles Davis) was in town, he did not hesitate to arrange a recording session with bassist Pat Collins joining in. Thus a little gem of an album with Eisenman at the centre of things. All in all, there is an essence of excellence here with the three members coalescing into one symbiotic squad: "Temperance," "Someday My Prince Will Come," "Reflections In D," and the beat goes on.

COMMUNITY DIGEST

Sponsored by Seaway News **e-mail comevent@cornwallseawaynews.com**

ANNUAL SPRING RUMMAGE SALE, Saturday, May 29th, 9am - 12noon, St. Andrew's -St. Mark's United Church, Johnson Cr. Long Sault.

AUXILIARY TO THE RHSJ HEALTH CENTRE OF CORNWALL in conjuction with Jolly Tours Ltd. presents *"Daniel O'Donnell Show"* in Rochester, New York August 25th to 26th. Ireland's most popular export! For more information or to reserve contact Bob Lalonde 938-2578 or Jolly Tours Office 932-6753.

COMMUNICATION AND CONFLICT MANAGEMENT, presented by Fran Sabourin, on May 31st, from 7pm to 9pm at Maynard's, the upstairs room, sponsored by the Family/Women's Ministries of Cornwall SDA Church. To register, call 346-0222 & leave your name & phone number. No fee.

CORNWALL CHAPTER OF THE CANADIAN LIVER FOUNDATION Support Group is back up and running and eager to meet with old friends and new! The first meeting will be held on Wednesday, May 26th, 7:00p.m., at the CLF Chapter Office, 216 Montreal Road (behind Boulerice Funeral Home). For more information contact Marilyn Trask at 937-1781 or via e-mail at: marilyn-trask@on.aibn.com

CORNWALL COMMUNITY MUSEUM is now open to the public. There will be a free tea tasting Sunday, May 23rd. First sitting 11a.m. Second sitting 1:00p.m. Come for a free tour Wednesday to Sunday 1:00p.m. to 4:00p.m. The Museum is located in Lamoureux Park. Info.: Linda Willis 936-0280.

CORNWALL OUTDOOR CLUB/CLUB DE PLEIN AIR have the following upcoming activities: *"Canoeing Nation River"* Saturday, May 29th, 8:00a.m., *"Gatineau Hike"* on Sunday, May 30th, 8:00a.m. Info.: Rose-Marie at 347-3677.

CORNWALL TOWNSHIP HISTORICAL SOCIETY will hold their annual General Meeting on Tuesday, May 25th at 7:30pm in the Raisin River Heritage Centre (behind the school) in St. Andrews West. Carol Ann Maloney will demonstrate the Creation of Victorian "Tussie-Mussies" from Garden Products. Refreshments. Everyone welcome.

EUCHRE every Thursday at Seaway Lions, 123 Fortier St., 7:30p.m. Everyone welcome. Information: 938-8894.

GLENGARRY STARSEEKERS will meet on Saturday, June 5th, 7:30p.m. at the home of Aprile & Richard. *Topic: Transit of Venus.* Information: Aprile or Richard at 525-1541.

GLENGARRY TOASTMASTERS "SUPPER CLUB" hold their next meeting on Wednesday, May 26th, in the Berkshire Security Boardroom, 6 St. George Street, Alexandria. 5:45p.m. to 7:15p.m. Info: Sandra 347-1799 or Bob 938-0775.

HANDI-SOCIAL CLUB OF CORNWALL are having their monthly social meeting on Tuesday, May 25th, 7:00p.m. to 9:00p.m. at the fully accessible RCAF Wing at 240 Water St. West Information: Kim, 938-2127. Everyone welcome.

JOY OF LIVING meeting will be held Friday, May 28th, 7:30 p.m. at Holy Cross Church (in the basement), corner of Leonia and Easton. Information: Aline 932-9959, Helen 936-6697 or Roger Roy 984-1005.

LAKESHORE DRIVE UNITED CHURCH, Morrisburg (Allan Hall). Come for a Continental Breakfast during the Village Yard Sale on Saturday, May 22nd, 8:00a.m. to 11:00a.m. Information: Bruce 537-8307.

"LUNCHEON/CARD PARTY" will be held at the Seaway Seniors Club, 205 Amelia St., on Wednesday, June 2nd. Information: 932-4969.

P-FLAG will hold their next meeting on Wednesday, May 26th, 7:30p.m. Sharing/Discussion. Call Denise or Louis at 1-877-874-4424. You are not alone.

"QUIT SMOKING WORKSHOP" will begin on Thursday, May 27th, 5:00p.m. to 6:00p.m, at the Eastern Ontario Health Unit, 1000 Pitt St. Call 933-1375 or 1-800-267-7120 to register.

S.D.G. GENEALOGICAL SOCIETY meeting will take place on Tuesday, May 25th, 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.

S.D.G. RESOURCE CENTRE FOR INJURED WORKERS & DISABLED will be holding their Annual Meeting at the Canadian Legion on Wednesday, May 26th, at 7:00p.m. Info: Claude 938-9111.

SEAWAY SENIORS announces the following activities have been cancelled for the summer as of May 17th: Monday: Beginners Line Dancing and Yoga; Tuesday: Line Dancing and Noon Lunches; Wednesday: Tap Dancing and Knit-Wits; and Thursday: Chess and Darts. For more information call 932-4969.

SEAWAY TOASTMASTERS CLUB hold their next meeting on Tuesday, May 25th, 7:00p.m., at the Cornwall Armoury on Fourth St. East. Information: Gerry Flaherty at 360-5578.

TRI-COUNTY LITERACY COUNCIL offers a session for families with children from 0 to 6 years of age called *"J'aime lire"*. Learn to help children read and enjoy books. Next sessions: Tuesday, May 25th, Centre de la Petite enfance, Alexandria, 10:00a.m., 525-3163; Wednesday, May 26th, Centre de ressources familiales de l'Estrie, 10:00a.m., 938-0836; and Thursday, May 27th, Centre de la Petite enfance, Morrisburg, 10:00a.m., 543-4114.

UPPER CANADA VILLAGE will be opening its gates on Saturday, May 22nd and will operate daily, 9:30am to 5pm until Sunday, October 10th, 2004. Spring on the Farm, a special time of year as the Village awakens with new life, will take place on Saturday, May 22nd to Sunday, May 30th. Join in the celebration, 1860s style, Queen Victoria's Birthday Celebrations taking place on Sunday, May 23rd and Monday, May 24th. Heirloom Plants and Gardens Weekend, a perfect way to start your spring gardening plans, will take place on Saturday, May 29th and Sunday, May 30th.

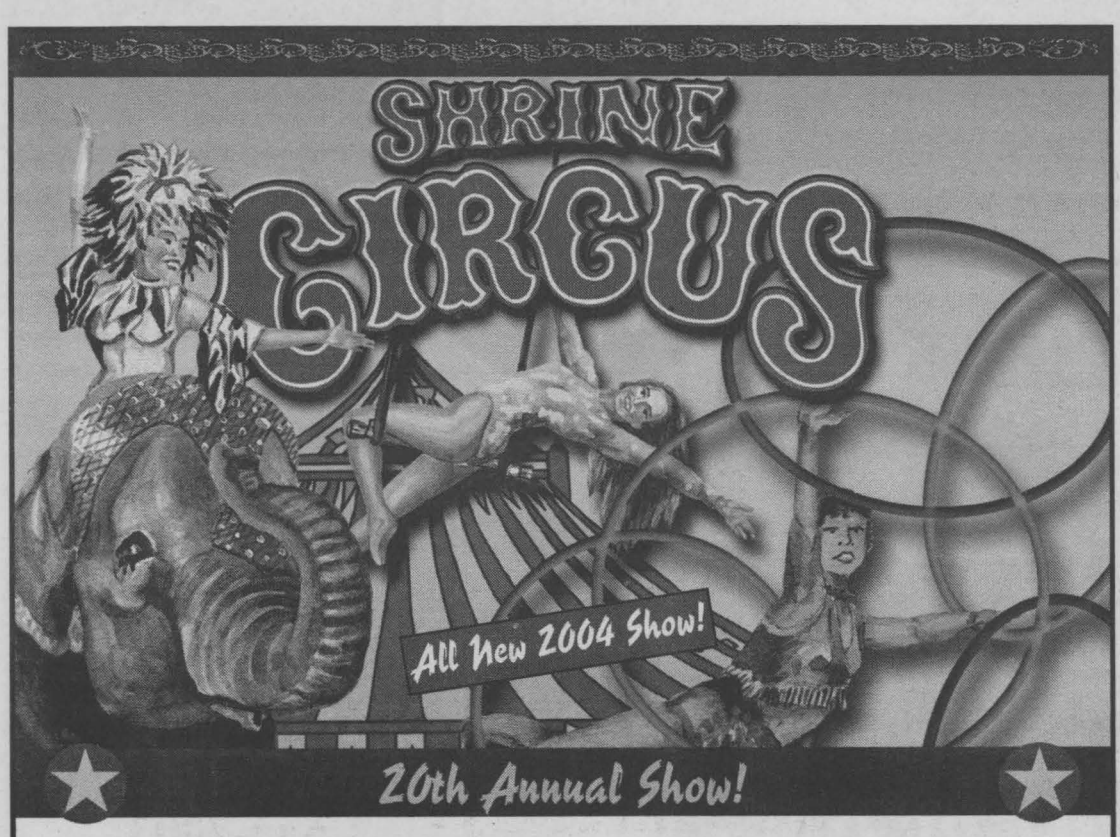
VICTORIAN ORDER OF NURSES (VON) will hold a free Nursing Clinic from 11:00a.m. until 3:00p.m., at the Agapé Centre on McConnell Ave., on Friday, May 28th. A registered nurse will be available to give general health counselling. Call the Agapé Centre at 938-9297.

WOMEN ENTREPRENEURS OF CORNWALL AND AREA will be holding their next dinner meeting on May 27th, at the Ramada Inn from 6pm-9pm. A great opportunity to network with fellow entrepreneurs and promote your business. An invitation is extended to anyone who wishes to attend. RRSP to Shari Rowland-Gaucher at 932-1175.

YARD AND PLANT SALE is being held on Saturday, May 29th, 8:00a.m. to 12:00noon at Trinity United Church, Ingleside.



Come In And Try It!
SLOT CAR RACE TRACK
130 ft. long - 8 lanes
Great for all ages. Book now for parties.
~ Open 7 Days A Week ~
VILLAGE HOBBY & TROPHY SHOP
12 Sixth St. E. 936-0176
may21043



CORNWALL • ED LUMLEY ARENA
Tuesday, June 22 at 4 pm & 7:30 pm

TICKETS:
Available at the Shrine Circus Box Office & Burger King
Adults $14.00 • Children & Seniors $12.00 (GST included)

SPONSORED BY:
SEAWAY NEWS

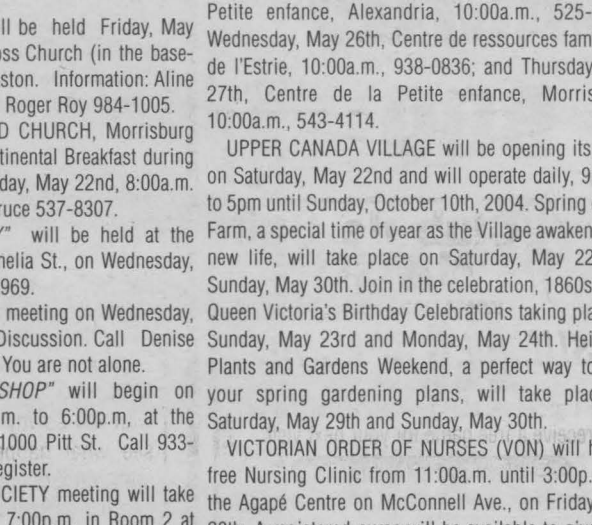
$10.00 ANY SEAT • ANY SHOW • ANY AGE **$10.00**

THIS COUPON IS REDEEMABLE AT:
Ed Lumley Arena Box Office
BURGER KING

Limited availability. Not valid with any other offer. No cash value. Subject to available seating. Limit one ticket per coupon.




Graduation
DQ® Frozen Cakes
A Graduate's delight.



Drive Through Open 'Til 11 pm everyday

Made with vanilla and chocolate soft serve and a layer of rich fudge and chocolate crunch, it's a cool way to say, "Congratulations".

OPEN MONDAY MAY 24th
Only At 1307 Pitt Street, Cornwall 938-6772
ATM
DQ®
SOMETHING DIFFERENT
MAY21042
®Trademark of American Dairy Queen Corp. Distributed by IDQ Canada Inc. Printed in Canada

FREE DEMO DAY-SAT., MAY 29TH

9am-3pm at Cornwall Golf Club ~ Everyone Welcome

Taylor Made - Titleist - Ping - Hogan - Callaway

ROBERT FLARO GOLF SHOP Cornwall Golf Club • Cornwall, ON • 931-1300

Robert Flaro School of Golf

MAY21044

St. Lawrence Valley Golf

NOW OPEN

PRIVATE OUTDOOR LEARNING CENTRE

featuring Tom Mann, CPGA
former Club Pro of the Year

Booking Lessons • Private/Group/Clinics

8-Sixth St. E., Cornwall • 932-1650

MAY21043

Club de Golf Héritage
Golf & Country Club

27 Holes - Par 36 Each 9

Monday & Wednesday (all season) 2 green fees & cart for $60

Bar & Lounge • Driving Range • Pro Shop

Exit 814 off Hwy 401
then follow Hwy #2 West for 3 kms

Hwy #2 Lancaster, Ont. (613) 347-3738

MAY14044

Club de Golf NATION
www.nationgolf.ca

SUMMER SPECIAL

(from May 21st to Sept. 10th)

Buy 1 green fee at regular price and you will receive a free game for your next visit

~Valid 7 days a week after 12pm~

GREEN FEES: Mon.-Thurs. $32; Fri.-Sun. $45

731 County Rd. #19 Curran, Ontario

(613) 673-3333

MAY21044

SPECIAL 2 for 1 Get two rounds of golf for the price of one on presentation of this voucher.

*Applies to rates and effect Monday to Friday after 1 p.m. Valid until June 4th 2004. Not valid during tournaments.

Only 20 min. from Cornwall

St-Zotique St-Polycarpe Rivière-Beaudette

Les clubs de golf Banlieue Ouest

1350, rue Principale St-Zotique • Tel.: 514.875.6666
www.golfst-zotique.qc.ca

APR30045

Fox Hill
GOLF & COUNTRY CLUB
216 BAYLEY RD., MASSENA, N.Y.

CANADIAN MONEY AT PAR
MONDAY - FRIDAY
with valid driver's licence
GREEN FEES $9.00 - CARTS AVAILABLE

9 Hole - Par 36
Driving Range • Pro Shop • Snack Bar

Open Everyday 7am 'til Dark
www.foxhillgolfonline.com

AP30044

Par Tee Golf

with Bill Gallant



Whatchacallit

For all the budding golfers just starting out on the golf courses, it would be helpful if you got to know some of the golf "jargon" when playing the game.

Let's start at the beginning of your day on the greens with the expression 'PAR.' On your score sheet, when you begin your round, you will notice that each hole is given a par. It could be a par 3, 4 or 5. Par indicates you should be able to get the ball in the hole in 3, 4 or 5 strokes.

If you are wondering why golfers sometimes yell out the warning to other golfers in the area with the word "FORE!," it would be expected of you if you hit your ball and noticed it was headed straight for a fellow golfer on the course, to call-out and warn him or her.

How about "LIE" and "LOFT." No they don't mean you must lie or look around for a loft in the area. "Lie" indicates the position of the ball on the green, or the angle of your club on the shaft. All clubs have varying lies. Loft, meanwhile, is the amount of angle on your club's face.

The word "TEE" certainly doesn't mean you stop for a sip of the famous brew, rather it is the wood or sometimes plastic peg that is used to place your ball for driving.

We'll help you with some other words next week.

Joke Of The Week

A bum asked a man on the street for a couple of dollars. "Will you buy booze?" the man asks, to which the bum replies, "No."

"Will you gamble it away?" Once again the bum replies, "No."

"Will you make bets at the golf course?" Once again the bum replies "No, I don't play golf."

Then the man asks, "Will you come home with me so my wife can see what happens to a man who doesn't drink, gamble or play golf?"

"Fore" Lines

Kathy - Summerheights Golf: Members Opening Day, Saturday, May 8th, 2004 Winners, Low Net Two Person Tournament: Men's: Ian Yates and Guy Drouin; Juniors: Justin Guindon and Matt O'Neil. Ladies: Donna Churchill and Denise Loney.

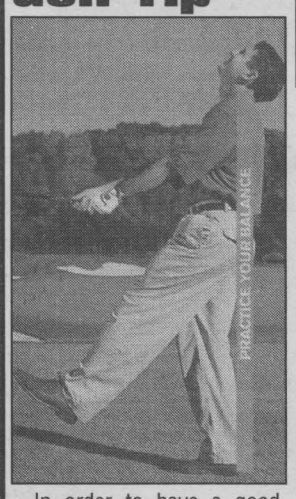
Take the stress out of your game with the 3-wheel express Pull Cart by Bag Boy available in our Proshop.

Green Fees on weekdays after 4 p.m. $18, and after 2 p.m. weekends $25. Starting Sunday, June 6th, 2004, our Sunday Golf, cart and dinner special is back. After 2 p.m. Sundays only $45 per person, 18 holes, a shared power cart and buffet dinner. Reserve your tee-time!

Ian - Heritage Golf: Our Summer Specials: Monday and Wednesday - 2 green fees and cart $60. Please call for Tee-Off (613) 347-3738. Highway 2, Lancaster, Ontario.

Notice to all our Par-Tee Sponsors. This "FORE" Lines feature will be included in our next issue. Please fax your information to (613) 933-0024 attention Bill Gallant.

This Week's Golf Tip



In order to have a good swing, you need good balance. Try this as a practice idea. Stand on one foot with the other foot out and up in front. Begin for 30 seconds then try it for 1 minute. You may even try looking up while doing it. This will increase your muscle tone, heighten your body sense and improve your swing.

How To Be Noticed On The Golf Course



WOW! This photo takes us back about 11 years ago and features several of the golfers and organizers of the 1994 Celebrity Golf Classic. In the front row (left to right) are: Raymond Lefebvre, Earl Bowes, Andy Bouvier, Ron Leduc, Jacques Fournier and Ray Contant (Chairman). In the back row (left to right) are: Brian Snyder, Andre Pommier, Bob Flaro and Jack Curran. All shirts aside, the greatest glow was from the $10,000 that the event raised and was donated to the Canadian Diabetes Association.

SUMMERHEIGHTS GOLF LINKS



Featuring

Two Par 72 Courses

• Pro Shop • Club Rentals
• Grass Driving Range
• Covered Power Carts
• Tournament & Banquet Facilities

Enjoy your post game or just drop by to relax and have a bite to eat in our spacious Licensed Dining Lounge & Covered Patio

~OPEN TO THE PUBLIC~

Bring Your Game To New Heights... Golf At Summerheights

Fore tee off times call 938-8009
1160 South Branch Road, Cornwall
www.summerheightsgolf.com

Watch for upcoming specials

MAY21042

Terrain de Golf UPPER CANADA Golf Course

Aureas ~ Roots ~ Cotton Reel
Men's & Ladies Golf Shirts
from $19.99

TOMMY & LEFEBVRE GOLF

NEW DEMOS ARRIVING DAILY

FOR TEE-TIMES CALL
543-2003
11km east of Morrisburg on Cty. Rd. 2

Parks of the St. Lawrence Ontario

Partridge Run Golf & Country Club

"Play the regions best golf course"
Recently recognized in *Turf Magazine*
Canadian funds $40 per person • 18 holes/cart

Complete club fitting, repair & teaching center • Relax in our lounge after the round • Call for tee times

70 Sullivan Road, Canton, New York (315) 386-4444

AP30044

Cedar Glen
GOLF COURSE
WILLIAMSBURG, ONTARIO

18 Holes - Par 71
Fully Licensed Bar
Restaurant & Banquet Facilities

1-888-861-0660
(613) 535-2323

AP30044

Glengarry Golf & Country Club
ALEXANDRIA
(1 km East of Main St. off St. Paul Street)
Distinguished 18-hole - Par 72 layout
Bar & Dining Facilities

Mondays & Tuesdays (all season)
2 green fees & power cart $65

613-525-2912
1-888-499-GOLF

10 & 20 Game Golf Packages Available

may21044

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
JANE
Bring in your winning photo & Pick up your prize at Gedoro's

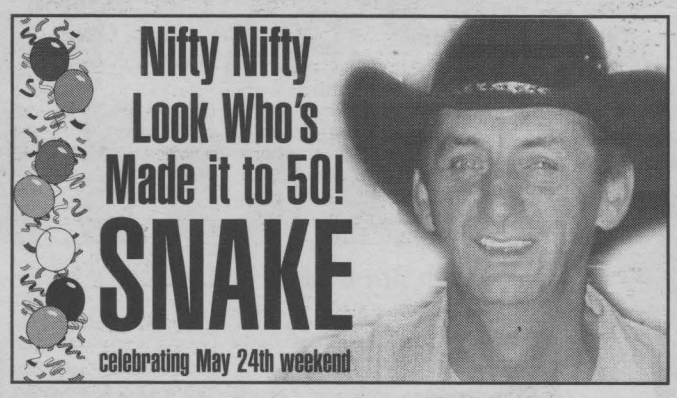
Gedoro's
Fine Dining in Casual Comfort
EARLY BIRD SPECIALS - 4pm to 6pm
ALL WEEK LONG!
See Our Great Selection of 2 Dinners for $20.04
Includes 2 Garden Salads & Bread Bar from 4pm
See restaurant for full details.
no discount or promo on these specials
158 Pitt St. 938-2791

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

DEADLINE: TUESDAY - 5 P.M.



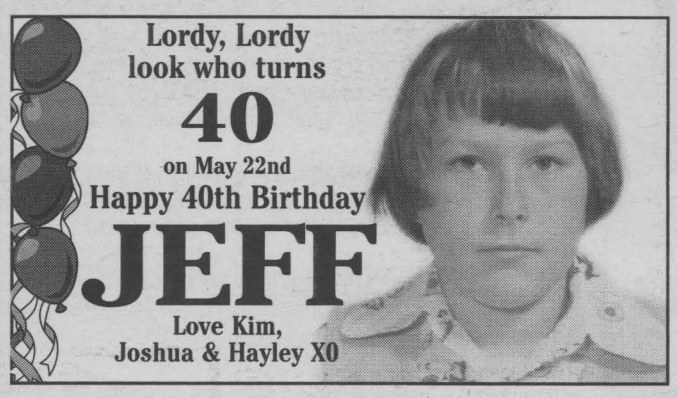
Happy 10th Birthday
Natalie
celebrating on May 24th, 2004
Love Mom & Dad
XOXO



Nifty Nifty
Look Who's
Made it to 50!
SNAKE
celebrating May 24th weekend



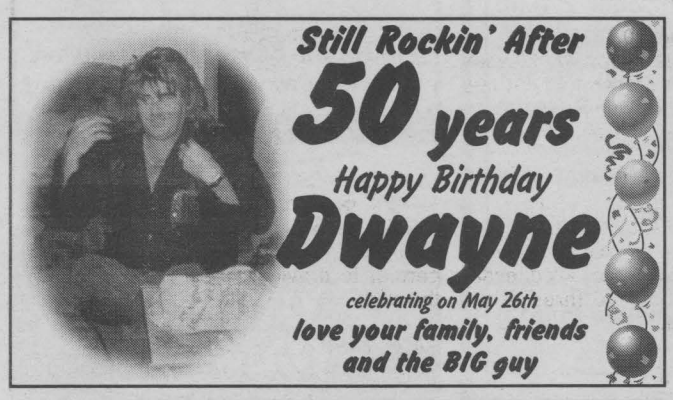
Be Afraid, Be Really, Really Afraid
THE BIG
50hhh
IS HERE!!
Happy Birthday
Jane
celebrating on May 22nd
Love, your family



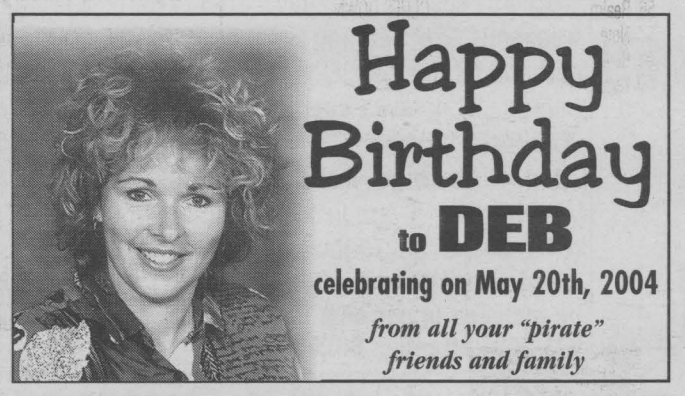
Lordy, Lordy
look who turns
40
on May 22nd
Happy 40th Birthday
JEFF
Love Kim,
Joshua & Hayley XO



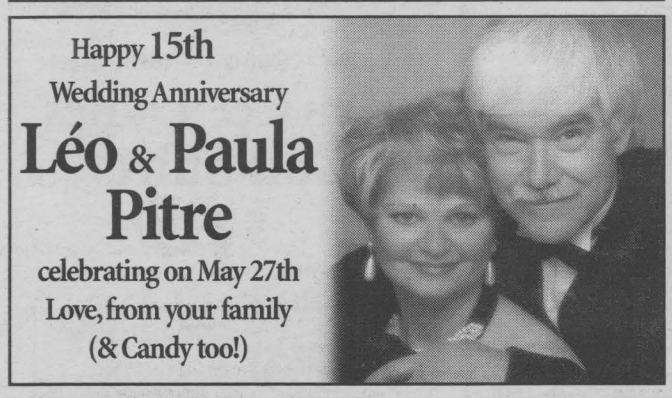
Wedding Reception
in honour of
Anna Betel
(daughter of Murray & Mary Betel)
& Norman Lauzon
(son of Gerald & Lorraine Lauzon)
Sat., May 22nd, 2004 9pm-1am
Knights of Columbus,
Glen Walter
DJ ~ Light Lunch ~ Everyone Welcome



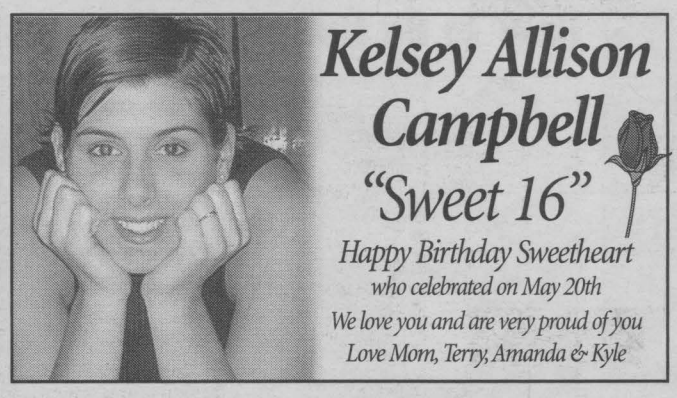
Still Rockin' After
50 years
Happy Birthday
Dwayne
celebrating on May 26th
love your family, friends and the BIG guy



Happy Birthday
to DEB
celebrating on May 20th, 2004
from all your "pirate" friends and family



Happy 15th
Wedding Anniversary
Léo & Paula Pitre
celebrating on May 27th
Love, from your family
(& Candy too!)



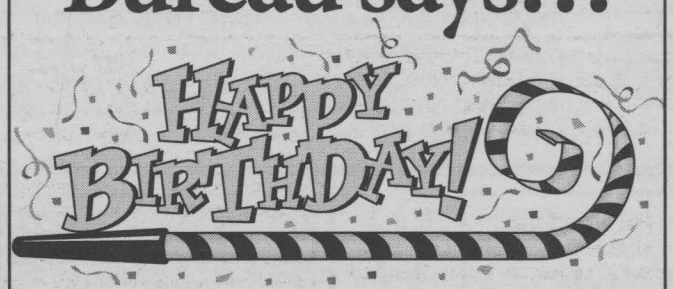
Kelsey Allison Campbell
"Sweet 16"
Happy Birthday Sweetheart
who celebrated on May 20th
We love you and are very proud of you
Love Mom, Terry, Amanda & Kyle



Our Little Piece of Heaven is now 7!
Happy Birthday
Skylar Banville
celebrating on May 22nd
Love Mom, Dad &
all your grandparents
XOXO

Happy Birthday to our very own
Deena Dufresne
who celebrated "Vegas Style"
on May 17th
. . . hope you had a great time!!

The Licence Bureau says...



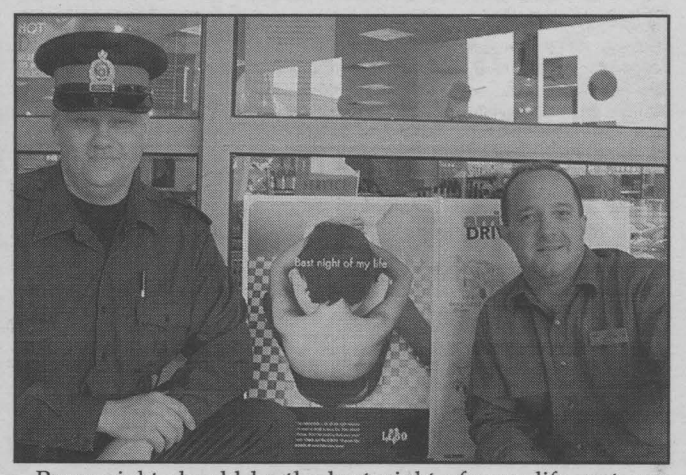
Time to renew your sticker?
Time to renew your licence?

Visit Us at Our NEW Location
113 Second Street East, Corner of Sydney
Hours: Monday-Friday: 9am-5pm; Saturday: 9am-Noon

LOCAL

Aiming For A Safe Prom Night

Alcohol will not make a better prom night. That's the basic message being sent out to hundreds of high school students in Cornwall and SD&G who are preparing for the biggest social event of the school season. Area police forces, along with the LCBO store in the Brookdale Centre have joined together to make sure that message is delivered to not only students, but parents as well.



Prom night should be the best night of your life, not one wrapped around a toilet bowl or laid out in the morgue because of unnecessary drinking and driving. Senior Constable Gary Leger and LCBO store manager Joel LaPalme hope to get that message out to students and parents as various grad and prom nights approach.

Photo submitted by J. Divinski

LCBO store manager Joel LaPalme says they keep a close watch on underage students trying to purchase alcohol at this time of year. "School staff will be in the LCBO as prom nights get closer looking for underage students attempting to buy alcohol, and they have instructions to report those people to LCBO staff," said LaPalme. In addition, "second party purchases will not be tolerated," he said. Second party purchases involves someone of legal age buying booze for an underaged person. Police say it is an offence and they will be following through with charges if anyone is caught. The LCBO has handouts for students and parents alike, called 10 Prom Tips for Students and 10 Prom Tips for Parents, respectively.

Last year, the LCBO across Ontario challenged over one million people on their purchase and refused sales to over 80,000 people as a result.

Playing Ball To Raise Funds

June is Optimist International Childhood Cancer Awareness Month and the Optimist Club of Cornwall hopes to raise funds in the fight against childhood cancer by playing a little Slo-Pitch Ball. Tournament chair West Robertson says, "The 'June Rumble' is set to go Friday to Sunday, June 11th, 12th and 13th, 2004 at the Optimist Park ball diamonds at 301 Sunnyside Avenue in Cornwall. Now we're looking for teams to fill our Men's, Women's and Co-Ed divisions." The event will be part of the Slo-Pitch Nationals Qualifier, but mostly it's about having fun while raising money for a worthy cause. Robertson was also quick to point out that the teams will have access to some great amenities on site, such as shower and change rooms; an air conditioned hall; canteen and beverage sales; and playgrounds and a skate park for the kids.



Optimist member and slo-pitch tournament chair West Robertson (left) and Optimist Club of Cornwall President Diane Laframboise keep their eye on the ball as they get ready for the "June Rumble" slo-pitch ball tournament at Optimist Park. Photo by John Divinski

Registration forms for the tournament are available now at Mac's Convenience Store at Pitt and 13th Streets and at Jiffy Auto Service at Pitt and Sixth Streets. Pick yours up now because the registration deadline will be upon us before you know it.

Lots of prizes, lots of socializing and lots of fun. The "June Rumble" slo-pitch tournament at Optimist Park, Friday to Sunday, June 11th to 13th, 2004. Help raise funds to fight the scourge of cancer in our children. For more information, you can contact West Robertson at (613) 938-7257 or e-mail him at westrobertson@cogeco.ca.

Classifiedplus

Deadline: Wednesday, 12 noon

933-0015

MasterCard VISA Interac AMERICAN EXPRESS

Circulation: 35,226 copies
Deadline: Wednesday, 12 noon
classified@cornwallseawaynews.com

Companions Corner

MALE, 60, SECURE, honest, clean. Seeking especially, widow lady, 50-60, or divorced. Medium build. Non-smoker, non-drinker. Interested in walks, music, Christianity. Please write. CC2240.

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

Companions Corner

SWM, 40, 5'10", brown hair, blue eyes, attractive, seeking SWF, slim, attractive, who is looking for an honest, loyal, long-term relationship. Let's start as friends first and see where it goes, OK? CC2244.

ACTIVE LADY, mid-70's, would like to meet gentleman, the same, for friendship & companionship, non-drinkers. CC2243.

LOOKING FOR A SUMMER romance that will last for a lifetime? Misty River Introductions. Ontario's traditional matchmaker. (613) 257-3531.

Apts/Condos For Rent

BASEMENT BACHELOR APT, 1204 Walton (between Danis & Lefebvre). $350/mth, utilities included. Available now. Call 528-1148 or 936-7088.

Apts/Condos For Rent

NEWLY RENOVATED 2 bdrm upstairs apt. Washer/dryer hook-ups, parking. $500/mth, includes heat. Available June 1st. No pets. Call 932-4270.

BACHELOR OR COLLEGE STUDENT
1 room apartment situated at the college.
$300/month, includes heat, electricity,cable, TV, fridge & microwave
Call 936-0333
MAY14042

3 BDRM APT. Centrally located. Very clean. Quiet. Washer/dryer hook-ups. Parking. Call 933-5720.

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.

Apts/Condos For Rent

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

Long Sault



MAY14043
Freshly Decorated 2 bedroom units
Quiet building/intercom entry
View of the St. Lawrence River
Heat & Lights included
Parking included
Laundry facilities on site
To View Call Mary 534-4124

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

Apts/Condos For Rent

1 BDRM APT, all furnished. Large livingroom, kitchen, bathroom. No pets. Parking. Just bring your suitcase. $450/mth, plus $75 for lights & heat only. Available now. 932-4376.

1103A CUMBERLAND. 2 bdrm apt. Available June 1st. $350/mth, plus utilities. First & last req'd. No pets. Call 330-8115.

Vacation Homes For Rent

NEW CHALET in Ste. Agathe. 10 minutes from beach. Reserve now. Many summer activities. Call 931-2043 or 933-9155.

Houses For Sale

3 BDRM BUNGALOW for sale. Eighth St. West area. Electric, plumbing, gas heating & hot water, new roof, 40x149 lot. $32,500. Call 932-6355.

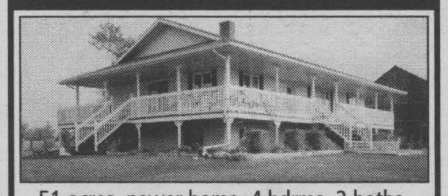
3039 JOHNSTON AVE. 3+1 bdrm side split. All new kitchen cupboards, mostly new windows, doors, flooring. Includes central air & gas fireplace. Must be seen. Call Don at Latreille Real Estate Inc. 938-3800.

Houses For Sale

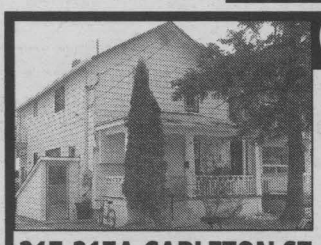
3-PLEX FOR SALE or rent-to-own. Handyman's dream. Good income. 1204 Walton (between Danis & Lefebvre). Call 528-1148 or 936-7088.

DUPLEX FOR SALE. Two 1-bdrm units. Appliances included & some furniture. Call 933-2536.

HOBBY FARM-WILLIAMSTOWN



51 acres, newer home, 4 bdrms, 2 baths, main flr laundry/mud rm, central air, wood stove, fin. bsmt, barn, large machine shed,
Asking $325,000 347-3463
MAY21044



OPEN HOUSE • Sun., May 23 1-3pm
PRIVATE SALE
Low maintenance income property, $10,800 yearly. 2-2 bedroom & partly finished rec room.
Full lot - ample parking.
$72,400
Call 938-3697
217-217A CARLETON ST.
MAY21044

Houses For Sale

2 BDRM HOUSE for sale, St. Raphael's area, in need of repairs & TLC. Big back yard. To be sold as is. $38,500 or B.O. Call (613) 347-7397 & leave message.

Offices/ Stores/Bldgs

OFFICE/STORE FOR RENT: Main floor with 2 rooms. Also, 1 upstairs room with washroom, both good for business or office. Parking available. Ideal location at Pitt & Third St. Call 932-2135 after 12:00 noon.

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

Yard/Garage Sales

YARD SALE, 507 Adolphus St. Saturday & Sunday, May 22nd & 23rd, 8am. Dust Collector Shop Vac. Tools. Quilts. Bird house. Furniture & much more. Rain or shine.

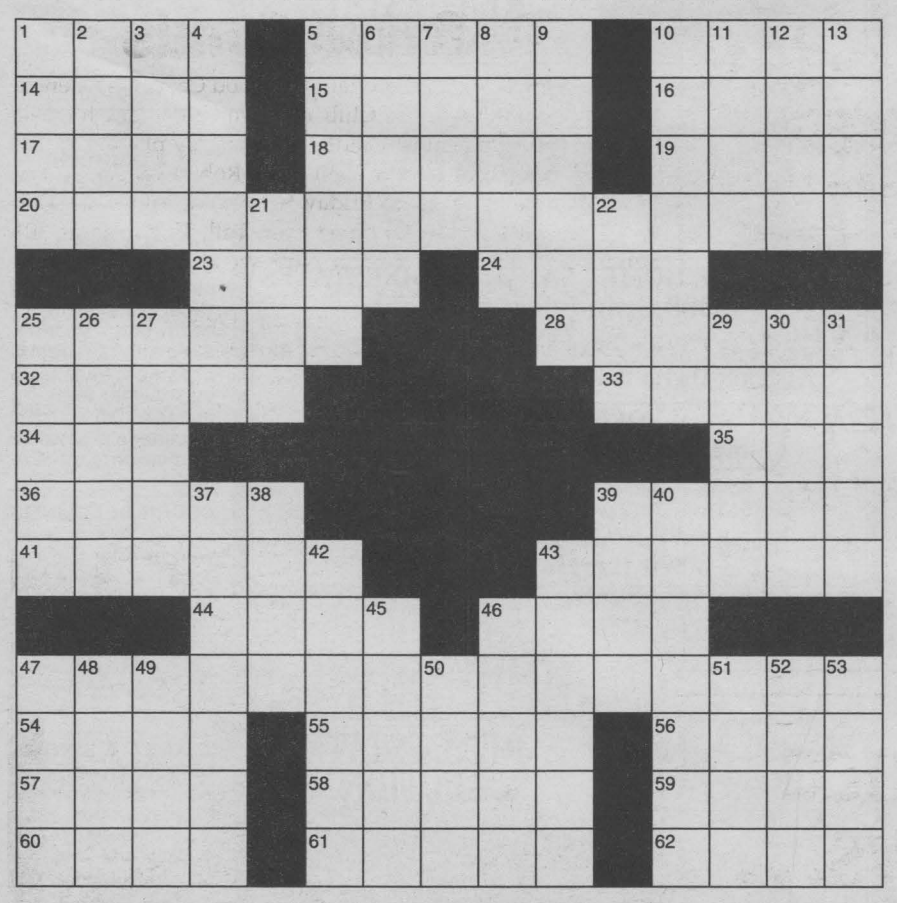
YARD SALE, Saturday, May 22nd, 8am-2pm, 417 Bellevue Cres. Rain or shine.



CROSSWORDS

CLUES ACROSS
1. Appear
5. Nags
10. Snare
14. Edible root
15. Beautify
16. Caucus State
17. Jason's ship
18. Crippling disease
19. Emit light
20. Jean Harlow
23. Decoy
24. Assist
25. Spots
28. Hollered
32. Angles
33. Environmental treaty
34. Dined
35. 8 oz.
36. Fate
39. Indelicate
41. Lay to rest
43. Periods
44. Playwright, ___ Coward
46. "Exodus" author
47. Fashion slogan
54. Air (prefix)
55. Sea
56. Realm
57. Note
58. Rove
59. Legal claim
60. Schema
61. Older
62. Mail

CLUES DOWN
1. Knife
2. Royalty
3. Therefore
4. Sort of glowing
5. Pickled seasoning
6. Mud brick
7. Chocolate candy brand
8. First
9. Stuck up
10. Firmly
11. Status
12. Missing
13. Machine bolt
21. Demands for payment
22. Search
25. Post
26. Colossus
27. Notify
29. Site
30. Composition
31. Drugs
37. Downpour
38. Famous cookies
39. Modish
40. Brats
42. Previously
43. Tree trimmer
45. Native
46. Employment
47. Moist
48. Winder
49. Writer Bombeck
50. Rip
51. Pa. City
52. Was pictured
53. Beach stuff



Solution on page 36

HOROSCOPES

May 23rd - May 29th

ARIES - March 21/April 20
You have set high standards for yourself this week, Aries. The problem is you feel like your life is on hold until you reach these goals. Let a friend guide you through.

TAURUS - April 21/May 21
There is no reason to wait to have fun this week, Taurus. Start the weekend a bit early. Socialize with friends on Wednesday and let the party continue through the remainder of the week.

GEMINI - May 22/June 21
The feeling that you must always attend to someone else, putting your needs last, is growing old. Make yourself the priority this week and pamper yourself. Indulge in a gift just for you.

CANCER - June 22/July 22
Monday features a chaotic gathering of people. Sagittarius is a key figure at this gathering. Keep your cool and romance may flourish when you least expect it.

LEO - July 23/August 23
This week you may strike the perfect balance between work, love, individuality and family. This begins by your letting go of the reigns and giving someone else control. Bravo!

VIRGO - Aug 24/Sept 22
Expect Wednesday to be a hectic day. Do your best to not spread yourself thin. Make demands of your loved ones to help out and take some of the pressure off of you.

LIBRA - Sept 23/Oct 23
Conflict is a scary thing, not just for you, but for others as well. Keep a level head when a confrontation arises on Thursday. You'll be the voice of reason.

SCORPIO - Oct 24/Nov 22
Salvage good ideas from a project that has failed recently. You're no quitter, so get back on the horse. Enlist the help of a partner to provide a new perspective on the work.

SAGITTARIUS - Nov 23/Dec 21
You have a bevy of emotions stirring this week, Sagittarius. Just weed out the ones that are counter-productive. Keep your sense of humor and you'll make it.

CAPRICORN - Dec 22/Jan 20
Perfect opportunities come up for a new romantic relationship. Expect a close friend to become something more. The magic may begin as early as Tuesday.

AQUARIUS - Jan 21/Feb 18
A slight altercation could get your adrenaline pumping this week, Aquarius. Take a short cool-down period so you don't say something you'll regret later.

PISCES - Feb 19/March 20
Your enthusiasm is so attractive now that you'll find many who want to be your friend. Continue to focus on being interested in others.

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

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

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

COMPANIONS' CORNER

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

Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.
Mail pick up, no charge.
Mailed replies: $6.00

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

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

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

Real Estate | Real Estate | Real Estate | Real Estate | Real Estate | Real Estate | Real Estate | Real Estate

Check The Classifieds On www.cornwallseawaynews.com

EXIT REALTY SEAWAY

Call 937-4445

506 Pitt Street, Cornwall

www.exitrealtyseaway.com to view all our listings

PROUD SUPPORTERS OF HABITAT FOR HUMANITY



Lana Barnes
Broker 551-3545



Ginette Campbell
Sales Rep. 551-3321



Henrietta Duvall
Sales Rep. 930-5372



Judi Auger
Assoc. Broker 930-3536



Dawna Bamford
Sales Rep. 937-0739



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. 360-6380



Brian Carter
Sales Rep. 360-3494



Maggie Nuttall
Sales Rep. 363-6449



Shelley Brown
Sales Rep. 330-3954



Jake Lefebvre
Sales Rep. 937-4445



Donna Bates
Sales Rep. 930-0888



Steve Iwachniuk
Sales Rep. 937-4445

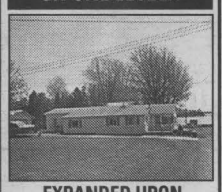
OPEN HOUSE
SUNDAY 1 - 2:30 PM



605 TWELFTH ST
You'll kick yourself for missing out on this 3 bdrm. all brick home. Finished up and down plus garage and fenced yard.
$98,900/ #1523

YOUR HOSTESS JUDI 930-3536

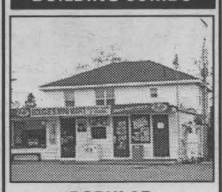
OVER 1500 SQ.FT. ON ONE LEVEL!!



EXPANDED UPON
and improved. This three bdrm. home offers wood pellet heating, 2 extra long bdrms., many new renovations, 1-1/2 car garage, plus access to water.
$95,000/ #1591

FOR VIEWING CALL JUDI 930-3536

BUSINESS AND BUILDING COMBO



POPULAR
convenience store/ restaurant and gas bar in Summerstown Station. Includes 3 bdrm. home on large lot. Includes equipment and some inventory in store.
$159,900/ #1556

CALL JUDI 930-3536

COTTAGE



6231 SARA DRIVE, LANCASTER
Cute 2 bdrm. cottage with canal at rear. Right of way allows you access to the river. Come & enjoy the tranquility.
$49,900/ #1593

CALL JOANNE 360-1259

326 ANDRE AVENUE



2 BDRM. BUNGALOW
on nice lot. Features include recent floors, paint, doors, central air, interlock brick & detached garage.
$84,900/ #1597

CALL JOANNE 360-1259

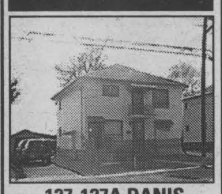
1500 SECOND ST. E



IMMACULATE
2+1 bdrm. brick bungalow featuring hardwood floors, 2 baths, finished rec room, attached garage & gorgeous landscaping.
$129,900/ #1541

CALL JOANNE 360-1259

DUPLEX



127-127A DANIS
2-3 bdrm. units with possible in-law suite in great residential area with detached garage.
$119,900/ #1585

CALL JOANNE 360-1259

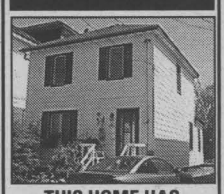
113 FIFTH ST. WEST



2-2 BDRM. UNITS
in great rental area with detached garage
$59,900/ #1587

CALL JOANNE 360-1259

STARTER HOME



THIS HOME HAS 3 BDRMS.
2 baths, quiet, spacious, perfect for a first home.
$54,900/ #1519

CALL THERESA 360-8560

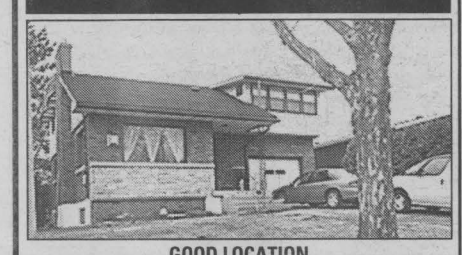
McCONNELL AVE.



DON'T MISS THIS
spacious 3+2 bdrm. home with extra large lot, playhouse, open concept, bleached maple cupboards, etc.
$159,000/ #1583

CALL MAGGIE 330-3449

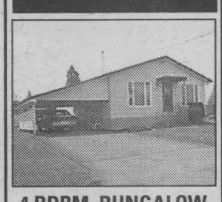
304 GARDNER ST.



GOOD LOCATION
large 2 storey home, gas stove in living room, gas fireplace in modern rec room, 1-1/2 bath, att. garage.
Priced to sell.
$129,900/ #1552

CALL JAKE 937-4445

3112 LEGER



4 BDRM. BUNGALOW
in north end of city. Whirlpool tub. Carport. Gas fireplace in living room. Central air.
$119,000/ #1579

TO VIEW CALL DAWNA 937-0739

EXCELLENT



SIDE BY SIDE
in a good location with many updates in the last few years. Separate services, separate drive, great income property or owner occupied.
$96,000/ #1601

CALL BRIAN 360-3494

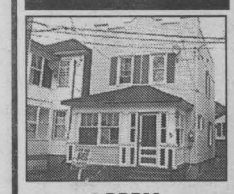
INGLESIDE



MINI MALL
in high traffic area, close to Hwy. 401 & Hwy. 2. Gross rents $51,000 on this 7 unit building.
$199,000/ #1595

CALL HENRIETTA 930-5372

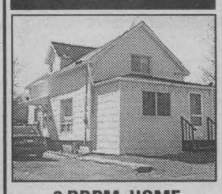
5 MENARD



3 BDRM.
gas stove, whirlpool tub, shingles replaced in 2000 and detached garage.
$59,900/ #1577

CALL JOANNE 360-1259

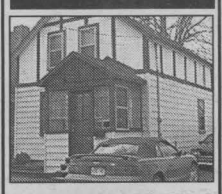
536 BURTON



3 BDRM. HOME
features C/A, forced gas, new wiring, large fenced lot, private driveway. Cheaper than renting.
$74,900/ #1571

CALL GINETTE 551-3321

113 3RD ST. WEST



CENTRALLY LOCATED
with many new renovations, 3 bdrms., large lot, parking, close to amenities. Move in condition.
$74,900/ #1564

CALL GINETTE 551-3321

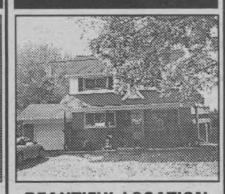
6701 SUTHERLAND



SPOTLESS
Canadiana home, a real must to view. Features solid oak cupboards, built-in appliances, 3 bdrms, hardwood & ceramic floors ++++
$269,900/ #1548

CALL GINETTE 551-3321

4 ROBERTSON



BEAUTIFUL LOCATION
Home has many recent updates, 3 bdrms, finished basement, garage, forced air heating & more.
$114,900/ #1439

CALL GINETTE 551-3321

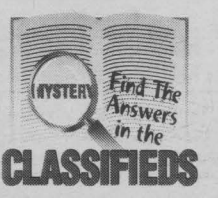
BUSINESS OPPORTUNITY & REAL ESTATE

3 businesses in 1- Corner store, restaurant & retail. Also includes building, 3 bed apt., and equipment.
NEW PRICE!! $155,000
Call to view 933-9911
MAY14043

Classified *plus*

and Community Digest
Deadline
- 12 noon Wednesday -

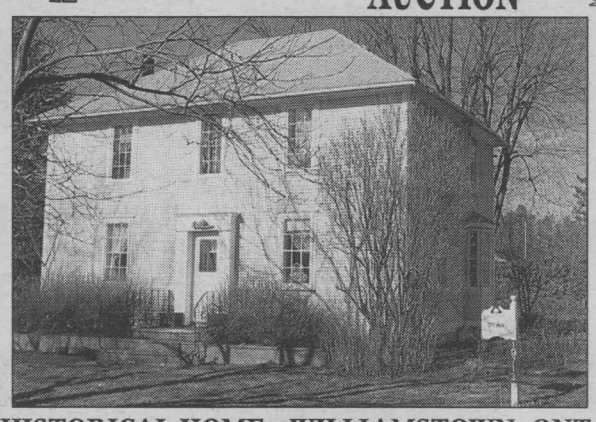
SAVE MONEY NOW!
Refinances, purchases and debt consolidations. Pay off high interest loans & credit cards.
5 Year Mortgage 4.85%
UPPER CANADA MORTGAGE
930-2592
SN1



Theresa E. Taylor & Associates AUCTIONEERING

REAL ESTATE AUCTION

MAY21042

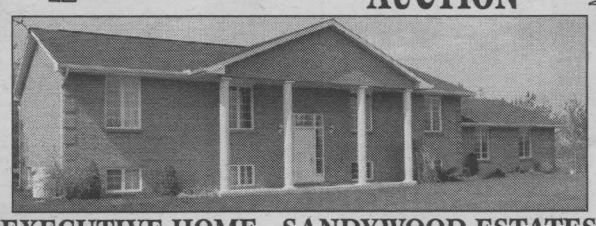


HISTORICAL HOME - WILLIAMSTOWN, ONT.
19713 County Road 19
10% Buyers Premium
AUCTION DATE: Saturday, June 5th • 9:00 am
OPEN HOUSE
Wednesday, May 26 • 6:00-8:00 pm
For more information call
(613) 347-7672 or Toll Free (877) 746-9333
Visit the Website to download all the information
www.theresataylor.com

Theresa E. Taylor & Associates AUCTIONEERING

REAL ESTATE AUCTION

MAY21042



EXECUTIVE HOME - SANDYWOOD ESTATES
18598 Grandview Crescent
10% Buyers Premium
AUCTION DATE: Friday, May 28th • 6:30 pm
OPEN HOUSE
Sunday, May 23 • 12 Noon-2:00 pm
For more information call
(613) 347-7672 or Toll Free (877) 746-9333
Visit the Website to download all the information
www.theresataylor.com

Theresa E. Taylor & Associates AUCTIONEERING

REAL ESTATE AUCTION

MAY21042



HOBBY FARM - 47 ACRES
18469 Tyotown Road, East Cornwall
10% Buyers Premium
AUCTION DATE: Sunday, June 6th • 2:00 pm
OPEN HOUSE
Sunday, May 30 • 2:00-4:00 pm
For more information call
(613) 347-7672 or Toll Free (877) 746-9333
Visit the Website to download all the information
www.theresataylor.com

Articles For Sale

TANDEM BICYCLE, Norco, 12-spd, blue, $325. Call 931-2732.

NORDIC TRACK exerciser for sale. Call 933-7667.

SMALL DOUBLE AXLE horse trailer w/removable divider, all steel, $1,800. or B.O. Air Master glidder w/video, $150. Call 937-4071.

CAR HITCH FOR SALE for 1995 to 2003 Nissan Maxima. Call Léo for more info, 933-7995.

QUEEN SIZE, hide-a-bed & chair, brown check. 20x54 coffee table & end table. Antique green driveway lamp-post. Call 933-7278.

COCA-COLA COOLER, 3-1/2ft. x 2 ft. $100 as is. 23 deck blocks, $3 each. Mother-of-the-bride dress & silver prom dress, $100 each. For info, call 933-6768.

FRIGIDAIRE REFRIGERATOR, 18.5 cu.ft., 3-mths-old, 5-yr extended transferable warranty, to be sold June 1st, $600 firm. Roof top carrier, $80. Call 937-3659.

WINDOW AIR CONDITIONER, 5100 BTU, $100. Apartment-size freezer, $150. Call 534-8883.

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

WHIRLPOOL WASHER & DRYER, heavy-duty capacity, white, good working condition, $350. Exercise equipment, Total Gym Ultra Glide, Tony Little Gazelle, $100 each. Call 537-2343.

BEAUTIFUL DIAMOND Amethyst & Topaz rings with written appraisal at radically reduced prices. Call 360-2400.

FOR SALE: SOFA WITH one La-Z-Boy at each end plus separate La-Z-Boy chair. Sold as matching set. Asking $700. Excellent condition. Call 347-2312.

Farmers Market

CEDAR & PINE LUMBER. Hardwood lumber. V-joint Pine & Cedar lumber for decks. Hardwood flooring. Specialty orders. Shavings, bags or in bulk. Cedar trees for hedges all sizes. Robertson's Sawmill, Martintown. Call 528-4262.

CEDAR SEEDLINGS for sale. $2/each or dig your own for $1. 100 cedar posts over 4", $2. each. Call 534-2554.

Home Services

JEANETTE'S HOME OFFICE. Typing, printing, fax, e-mail service. Business cards, wedding package, etc. jeanette_office@yahoo.ca or telephone/fax 938-8647.

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

LARRY LALONDE PAINTING. Residential. Commercial. Interior. Exterior. Free estimates. Call 936-9047.

CLOTHING REPAIRS, Alterations & Lettering. Pick-up & delivery available for small fee. For all your sewing needs, call Leo at 933-7995.

Articles For Sale

Poppy's Pawns Plus



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

sn3

D. JOHNSON'S ANTIQUES INC.

Over 6,000 sq.ft. of antique furniture, china, jewellery, etc.

Also full line of reproduction furniture made from New or Reclaimed wood.

1/2 mile N. of Cornwall on Hwy. 138
Open 9-5 Daily Or By Appt. 932-0766
www.johnsonsantiques.com

APR30043

Articles For Sale

FOR SALE

Chip stand.
Fully equipped.
Next to Johnson's Antiques
Hwy. 138
$4,000
Must be moved.
932-0766

MAY14043



Check The Classifieds On www.cornwallseawaynews.com

Articles Wanted

WANTED



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

april2044

Home Services

ACTION RENOVATIONS. We do it all. Roofing, siding, doors, windows, drywall repairs & painting. Ceramic tile & patio decks. Brick block & stonework. Chimney repairs, etc. Call 930-0053.

Home Services

WANTING TO KEEP an elderly person in my home, by the week / month / year. Call for more info, (613) 347-7397 & leave message.

STRIPALL - Century Home Restoration. 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.

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

Home Services

LONDONDERRY CHIMNEY & FOUNDATIONS. Damaged chimney, cracked foundations, parging. Serving Cornwall & area for 16-years. Call 938-0578.

THE PERFECT HANDYMAN. Inside/outside renovations. Building of garage, deck & additions. Free estimate. Call Robert, 525-2197.

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

WILL DO LIGHT HOUSEWORK. Call for more info, 938-2962.

Home Services

MICHAEL'S WINDOW MAINTENANCE, thermal replacement, cranks, latches, adjustments. Call 931-2293.

Home Services

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



For all Your Advertising Needs
Call Rick, Bill, Matt Robin or Arlene

SEAWAY NEWS
Your Community Paper Since 1985



329 2nd St. W.
Cornwall
Tel.: 933-0014
Fax: 933-0024
e-mail: info@cornwallseawaynews.com
www.cornwallseawaynews.com

REAL ESTATE REAL ESTATE REAL ESTATE REAL ESTATE

HOMES OF THE WEEK

Century 21 SHIELD REALTY LTD.

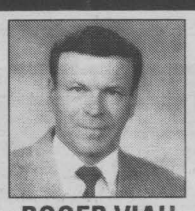
465 PITT ST 938-2121

YOUR EXCLUSIVE PROVIDER OF AIR MILES WHETHER BUYING OR SELLING!

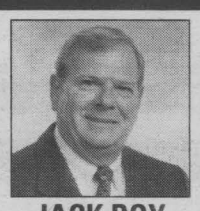
Century 21 SHIELD REALTY LTD.

Proud Sponsor of AIR MILES


MONIQUE WILLIAMS
Sales Rep. 551-1152


ROGER VIAU
Sales Rep. 932-1325


TODD THOMPSON
Sales Rep. 938-2121


JACK ROY
Sales Rep. 931-1290


ERIC PEDERSEN
Broker 938-9690

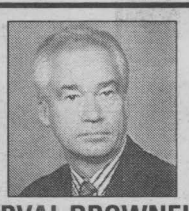

SHERRY McCULLOUGH
Sales Rep. 938-2121

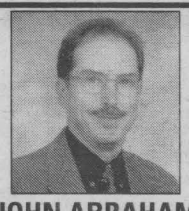

BROOKE MacCRIMMON
Sales Rep. 938-2121


MOE LEMIEUX
Sales Rep. 932-9386


MAURICE DROUIN
Sales Rep. 933-6146


MIKE DeBOER
Broker 936-3124


ORVAL BROWNELL
Assoc. Broker 932-7061


JOHN ABRAHAM
Sales Rep. 938-0215


MICHAEL VANDER MEER
Assoc. Broker 938-2121

Call Us Today For A Complete Listing of Homes For Sale In The Area


80 CARRAWAY CR., MORRISBURG - NEW PRICE $76,900
(P-MLS A0673) A pleasure to show - A treasure to own! 2 storey end unit townhouse. Move-in-condition. Many renovations since 2002. Call Monique to view.
MONIQUE WILLIAMS 551-1152


14635 SANDTOWN RD., NEWINGTON $144,900
(O-MLS A0926) Wonderful hobby farm on almost 2 acres. 4 bdrm Century Home with many renovations, outbuilding & much more.
MONIQUE WILLIAMS 551-1152


17735 CHAPEL HILL RD $164,900
(L-MLS A1035) 98 ACRE HOBBY FARM with easy commute from Ottawa & Montreal & min from Cornwall. 2 storey, 3 bdrm house with many updates.
MONIQUE WILLIAMS 551-1152

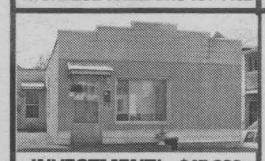

147 LEFEBVRE $79,900
(A-MLS A1188) 3 bdrm single family home on large lot 75x101 with garage, main flr laundry & much more.
MONIQUE WILLIAMS 551-1152


915 EDYTHE AVE. $132,900
(A-MLS A1269) 1230 sq ft bung on 60x139 lot. Hdwd flrs, rec rm, deck, fish pond with waterfall & much more.
MONIQUE WILLIAMS 551-1152


5233 HWY 138 $209,900
NOW IS THE TIME TO MAKE A CHANGE IN YOUR LIFE!
(M-MLS A1190) Commercial 10 Zoning. Operating as Used Car & Repairs Business with excellent 3 bdrm bungalow on a 90x175 lot. Call Roger Viau, 932-2346 for all the details.
ROGER VIAU 932-1325

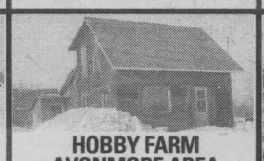

NEW LISTING
SUMMERSTOWN $68,500
(J-MLS A1429) Waterfront cottage on rented land. Mint condition. Call Jack.
JACK ROY 931-1290


611 McCONNELL $189,000
(A-MLS A1097) EARLY POSSESSION! 4 level split, mint condition. Inground pool.
JACK ROY 931-1290


INVESTMENT! - $47,000
(A-MLS Z1620) Maint-free dbl tenement. Central location. Gas heat. Excellent long-term tenants.
ERIC PEDERSEN 938-9690


COUNTRY PROPERTY $259,000
(L-MLS A0013) Solid brick 4 bdrm home, over 2,800 sq ft, main flr family rm, 5 baths, 2 car garage. Would consider exchange.
ERIC PEDERSEN 938-9690


GREAT LOCATION PRICE REDUCED
(A-MLS A0204) 4 steel buildings on 14.6 acres. Located at 3265 McConnell Ave & South Branch Rd.
ERIC PEDERSEN 938-9690


HOBBY FARM AVONMORE AREA $134,500
(M-MLS A0489) HOBBY FARM with 94 acres.
ERIC PEDERSEN 938-9690

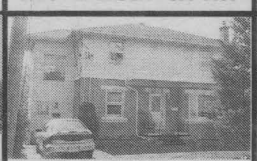

808 KENYON CR. $239,900
(A-MLS A0751) NEED ROOM TO ROAM? Relax - Here it is!
SHERRY McCULLOUGH 938-2121


1212 QUEEN $131,900
(A-MLS A0757) "WELCOME HOME" is what this home says to you. You will love the location & the beautiful backyard.
SHERRY McCULLOUGH 938-2121


NEW LISTING
503 RIVERDALE AVE $119,900
(A-MLS A1564) DO WE HAVE A STOREY & A HALF FOR YOU! Charming & bursting with character. 1+2 bdrms, 1-2pc & 1-4pc bath, formal living & dining rms, mostly hdwd flooring throughout, unspoiled bsmt & sgl car garage.
SHERRY McCULLOUGH 938-2121


214 HAWKSHAW AVE.
(A-MLS A1186) SAFE STREET FOR TYKES ON BIKES! A real family location & plenty of room to R-O-A-M. Interested?
SHERRY McCULLOUGH 938-2121


GO JUMP IN THE RIVER! $229,000
(J-MLS A1038) Boat lovers paradise! Like to fish? Fantastic waterfront property. Call Sherry for details.
SHERRY McCULLOUGH 938-2121


2054-A PITT ST. $127,500
(A-MLS A1301) INVEST! INVEST! Live in and rest! Why not let your tenant help pay the mtg. Interested?
SHERRY McCULLOUGH 938-2121


18223 SOUTH BRANCH RD.
(J-MLS A1132) Looking for a country charming home? Your search has ended here. This exec-style 2 storey offers many extras too numerous to mention. Dial Sherry for details.
SHERRY McCULLOUGH 938-2121

OPEN HOUSE
SUN 1:00 - 3:00 P.M.


1412 GALLINGER AVE.
(A-MLS A1209) Near bus, shops, schools, shopping, banks. 3+1 bdrm brick bung. 2 baths, fin rec rm, det garage, ingrd pool. Interested? Dial sherry today & don't delay.
SHERRY McCULLOUGH 938-2121


569 KIRKWOOD ST. $137,500
(A-MLS A1159) HERE COMES SUMMER... We'll go swimming everyday. Beat the heat with central air, patio doors, spacious living throughout this 1668 sq ft 3 bdrm home located on quiet east end crescent.
SHERRY McCULLOUGH 938-2121


1355 NOTRE DAME $119,900
(A-MLS A1237) Country charming decor throughout. 3 bdrms, 2 baths, large country-size kit with patio garden doors that lead to covered deck & fully fenced backyard. Dad will love the 1-1/2 car garage.
SHERRY McCULLOUGH 938-2121

Your property could be advertised right here!
X

SOLD
1012 EDYTHE AVE. $118,900
(A-MLS A1267) Upstairs - Downstairs - Inside - Outside... Everything you see will please you. Call Sherry to arrange your personal tour.
SHERRY McCULLOUGH 938-2121

SOLD
1320 LOCHIEL ST. $164,500
(A-MLS A1456) Pampered by and pampered for particular people. Meticulously landscaped, interlocking brick driveway, separate 12x12 exterior workshop, fenced backyard, 3 spacious bdrms, 2 baths, 2 gas frpls, security syst.
SHERRY McCULLOUGH 938-2121

OPEN HOUSE
SUN 1:00 - 3:00 P.M.

632 FRASER AVE. $144,900
(A-MLS A0949) Why not vacation in your own backyard this summer? 24' abv grd pool, child's play structure, 2-tier deck for family BBQ & fenced backyard.
BROOKE MacCRIMMON 938-2121

NEW LISTING
301 FIRST ST. W./ 104 BEDFORD ST. $59,900
Willing to do some homework? 2-2 bdrm unit duplex in centertown location. New roof 2003, nice yard for those summer BBQs. Dial Brooke to take a look.
BROOKE MacCRIMMON 938-2121

3450 MARYDALE AVE. $149,900
(M-MLS A1076) BEAUTIFUL GROUNDS! Watch the colour of seasons change in your own backyard. Mature trees provide lots of shade for those summer picnics. Don't delay, call Brooke today!
BROOKE MacCRIMMON 938-2121

1352 ST. MICHEL $106,000
(A-MLS A1323) Intensively renovated. Immediate Possession. 2 bdrm bung with in-law suite, central air.
MOE LEMIEUX 932-9386

1009-1011 GRAND AVE. $137,900
LET'S TALK INCOME!
(A-MLS A1206) Now is the time to invest in your future. Well rented good solid brick triplex. Great location.
MAURICE DROUIN 933-6146

NEED SPACE? $99,900
(A-MLS A0294) West end of City. One building 7,000 sq ft & one 3,000 sq ft on serviced lot. Approx 0.5 acre.
MIKE DeBOER 936-3124

246 TOLLGATE RD. E. NEW PRICE - $79,900
(A-MLS A0793) Move-in condition. 2 bdrms, many recent updates, main flr laundry, garage & more.
MIKE DeBOER 936-3124

PANORAMIC TOWERS $81,500
(A-MLS A1357) IMMEDIATE POSSESSION! Unit 206, 1 bdrm condo.
ORVAL BROWNELL 932-7061

1447 PITT ST. $125,000
(A-MLS A1418) Commercial 51 Zoning. Approx 1950 sq ft.
ORVAL BROWNELL 932-7061

20 PIERCY, INGLESIDE NEW PRICE - $126,900
(O-MLS A0773) Nice Family Home. Mint condition. Gas fireplace, double garage. Appliances included. Open to offers. QUICK POSSESSION.
JOHN ABRAHAM 938-0215

HWY. COMMERCIAL NEW PRICE - $149,900
(A-MLS Z4724) REDUCED TO SELL. Owner says must go. MAKE AN OFFER. Great commercial location.
MIKE VANDER MEER 938-2121

OWNER SAYS, "MUST GO!" 7.4 ACRES ON TOLLGATE RD. REDUCED $99,900
(A-MLS Z1874) Originally purchased for over $200,000. OPEN TO OFFERS!
MIKE VANDER MEER 938-2121

$$$ MAKER $89,900
(A-MLS A1516) Triplex with 2-3 bdrm units and 1-1 bdrm.
MIKE VANDER MEER 938-2121

RUSTIC CHARM $149,900
(O-MLS A1515) 3 bdrm home on 6.9 acre lot north of Ingleside.
MIKE VANDER MEER 938-2121

Real Estate | Real Estate | Real Estate | Real Estate | Real Estate | Real Estate | Auctions | Auctions | Auctions

Ideal Business Location



Office Building For Sale

- 2,800 (approx.) sq. ft.
- Parking for 25 automobiles
- Auxiliary building 1,160 sq. ft.

Only $225,000

Call today for an appointment

Century 21 SHIELD REALTY LTD.
465 PITT ST.
938-2121



ORVAL BROWNELL
932-7061

Seaway News ... Continuing to Grow in Cornwall & Area

Classified plus

CALL 933-0015

• 6842 SABOURIN RD., GLEN WALTER •



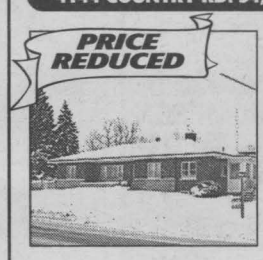
HIGH ON A HILL
Among the apple trees with panoramic view of the St. Lawrence. High quality 3 or 4 bdrm home with dbl garage. Close to schools & shopping.
$254,900

• 327 SEVENTH STREET EAST •



BEAUTIFULLY RENOVATED
Older brick home features modern kitchen & bathrooms, hardwood & ceramic, well decorated
$119,900

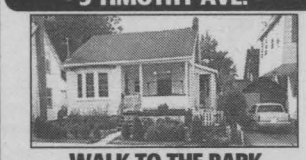
• 4144 COUNTRY RD. 34, GREEN VALLEY •



LARGE WELL BUILT BRICK HOME
Commute to Ottawa, Montreal or Cornwall. Large country kitchen, master bedroom with ensuite, partially finished basement
$119,000

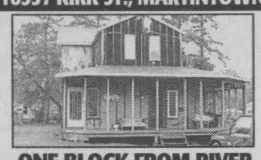
MAY21044

• 5 TIMOTHY AVE. •



WALK TO THE PARK
Numerous renovations & upgrades including plumbing, furnace, wiring & panel (200 amp). Beautiful flower gardens on a very quiet street.
$54,900

• 18537 KIRK ST., MARTINTOWN •



ONE BLOCK FROM RIVER
Older home on quiet street. Needs extensive renovations but has great potential.
$51,900

20455 LAKEVIEW RD. SOUTH LANCASTER

139 FT. OF PRIME WATERFRONT
Approved building lot with full services, sewer, water, gas, hydro & culvert. You can build just 50 ft. from the water!
$165,000

RE/MAX
Chris Bignell
Assoc. Broker
CORNWALL REALTY INC.
649 SECOND ST. W.
938-8100
Direct 930-3355



Picture Perfect Homes



Out of the Ordinary
Gourmet kitchen, central stairway skylights, master bedroom suite with balcony and great views! Heated inground pool.
$279,000



Northwoods
Well maintained semi, large master bedroom, formal dining, completely finished basement, gas fireplace in rec room. Baths on each level.
Asking $112,500

Don't Make A Move Without Me!
Call Me Direct
360-1323



Four Season Cottage
2 bedrooms, renovated bathroom, eat-in kitchen, deck view of of the river, canal access.
$82,500

I JUST SOLD...
17 Barnhart, Long Sault
719 St. Felix, Cornwall
20186 Kenyon Conc.1, Alexandria

Marjet Rogers
ASSOCIATE BROKER
RE/MAX
CORNWALL REALTY LTD.

649 Second Street East
938-8100
www.remax-cornwall.com
email: rogers@remax-cornwall.com

Theresa E. Taylor & ASSOCIATES AUCTIONEERING

ESTATE TAG SALE
LATE MARION REID

Tuesday May 25, 10am – 6pm

301 Susan St., Cornwall

Gibbard Bedroom Set, Dining Table/Chairs, China Cabinet, Sofa Hide-a-Bed, Love Seat, Parlour Tables & Chairs, Curio Cabinet, Gibbard Book Case, Drop Front Desk, Entertainment Unit, Twin Bedroom, Wicker, Television, Mirror, Lamps, Prints, Stove, Refrigerator, Washer, Dryer, China, Crystal, Beswick, Wedgwood, Flatware, Kitchen Items, Railway Ephemera, Books, Garden Implements, Ladder. **TERMS:** Cash, Interac, Mastercard, Visa, and Acceptable Cheque.

TOLL FREE: (877) 746-9333 | WWW.THERESATAYLOR.COM "Cornwall's Entrepreneur Of The Year" | PHONE: (613) 347-7672

Theresa E. Taylor & ASSOCIATES AUCTIONEERING

DOUBLE ESTATE AUCTION
LATE TOM CLARK & ALBERT BRIDGMAN

Saturday, May 29, 10 am

19674 County Road 25 (west of Glen Roy Road)

ANTIQUES & FURNITURE: Duncan Phyfe Drop Leaf Table, Lyre Back Chairs, China Cabinet, Retro Kitchen Pantry Cabinet, Parlour Chairs & Tables, Pine Kitchen Table, Oak Fireplace Mantel, Weimar Grandfather Clock/Stereo/Bar, Book Case, Entertainment Center, Leather Hide-a-Bed, Pine Bureau/mirror, Singer Sewing Machine/Cabinet, Cast Grates, Architectural Pillars & Arch, Medicine Cabinet, Clark Buggy Heater, Store Paper Roll Holder, Antique Cast Ceiling Fan, Vintage Tools. **COMPUTER:** Pentium III, complete with Screen, Keyboard, Camera, Printer, Desk. **EQUESTRIAN:** Australian Saddle/girth strap & lead line (new). **TRADES & HANDYMAN:** Wood Stove, Chimney Brushes, Chainsaw, Roto-Tiller, 3 Lawnmowers, Electric Snow Blower, Work Bench, Heaters, Moore & Wright Micrometer, Power Tools, Hand Tools, Bench Vise, Come-a-longs, Shelving , Building Jack, Windows, Doors, Bi-fold Doors, Pedestal Sink, 40 gal. Hot Water Tank, ABS Plumbing Fittings, Laundry Tub, Electrical Fittings, Air Exchanger, Cabinet Doors, Garden Implements, Garden Fountain (new), Garden Cart, Lawn Roller, Fertilizer, Scythe, Hardware. **HOUSEHOLD:** Freezer, Home Décor, Bar-b-que, Brass Sconces, Bicycle, Christmas Decorations, Humidifier, Fabric & Wool, Clothes Rack , Crystal, China, Books, Star Choice Satellite System, Collector plates. **TERMS:** Cash, Interac, Master card, Visa or acceptable Cheque. Open 8:30 am for viewing day of auction. Canteen on site. Bring lawn chair. Partial listing. Check Website for photos and last minute additions.

TOLL FREE: (877) 746-9333 | WWW.THERESATAYLOR.COM "Cornwall's Entrepreneur Of The Year" | PHONE: (613) 347-7672

MAY21042

Home Services

RILEY'S PAINTING
Now specializing in new homes
Drywall & ceiling repairs, water damage & odd jobs. Light truck available. Reasonable rates. Established since 1974
938-8839
Pager 930-8851
MAY14044

Help Wanted

ATTN! NO RECESSION HERE. Work at home on-line. $1,000(+) P/T. $4,000(+) F/T, per month. www.dreamstowin.com

WATKINS REPS NEEDED!! Start your own home-based business with no money down. Call toll-free: 1-877-872-9364.

ATTENTION! WORK FROM HOME on-line. Earn $500-$1,500 P/T; $2,000(+) F/T. Call 1-800-417-8684. www.noworkjustpay.com

Autos For Sale

1993 FORD TEMPO, blue, 4-dr, emission certified. Excellent condition. Pre-safety check. $2,000. or B.O. Call 933-6981.

1986 GMC PICK-UP, 3/4-ton. E-tested & certified. Good running condition. $2,500. Call Mike, 931-1251.

1999 PONTIAC GRAND AM, 2-dr, green, car starter, P/L, air, tilt, CD player. Great condition. Clean & sporty. 160,000 kms. Asking $8,500. negotiable. Call 346-1357.

VEHICLE FOR SALE - Tired of being offered second rate vehicles, especially with a credit problem. Call Car-o-line Auto's, 613-448-2488, long distance toll free 1-877-820-5598. Over 50, 90's vehicles to chose from. Now on line www.car-o-line.com

1990 RV ROADTREK DODGE, 318 cu.in. One-owner. All equipped. 85,000 kms. Must be seen. Asking $35,500. Call weekdays after 6pm, or weekends, 538-2260, leave message.

1992 GRAND MARQUIS LS, power Lumbar leather seats, new Michelin tires. 88,000 kms. Fully loaded. Call 933-9183.

1976 CORVETTE L48, good condition, 4-spd standard. 122,000 original miles. Needs paint job. Asking $7,500. Call 930-4938 (work) or 937-0864.

1998 HYUNDAI ACCENT, 4-cyl. 2-dr, AM/FM cassette, silver, very clean, excellent condition, certified & e-tested. 180,000 kms, mostly highway driven. $2,995. Call 937-4481.

Babysitting

RESPONSIBLE & RELIABLE babysitter needed in Apple Hill area, part-time evenings for boys aged 3 & 6. First aid & references. Call Sylvie, 528-1252.

CHILDCARE IN A loving environment. Educational, safe, indoor/outdoor play. Nutritious meals & snacks. Non-smoking. Full & part-time. Lots of TLC & individual attention. References. 936-1889.

Trailers/ Campers

TILT UTILITY TRAILER, 5ft. x 10ft. Asking $600. Call 933-8367.

TRAILER FOR SALE: 1989 Prowler 5th wheel trailer. 25-1/2 ft. Sleeps 6. Fully equipped, 3-pc. bath, air condition. Excellent condition. With hitch. $9,000. or B.O. Call 933-2152.

DJ's

POWER SOURCE DJ's. Specializing in stags, weddings & any other special occasions. Attention High Schools, huge video dance. Karaoke & lights. Mobile hot tub. Special price $50 off. Book now. Call Rod 938-1962.

Home Services

MASONRY, WOODSTOVE projects, stone, brick & blockwork, foundation parging, cement step repairs, chimneys & repairs. Reasonable rates, free estimates. Call John, 933-7748. 31-yrs-experience.

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. 1-866-613-3078. Serving all Eastern Ontario.

Graduate in Less Than a Year!



Do you love working with children? Consider a career as an
EDUCATION ASSISTANT

Kingston learning Centre is offering the Education Assistant Diploma at our Cornwall campus. This course has been designed with the cooperation of local school boards in order to meet the specific needs of students in the area. Please join us for an information session to learn how you can help the youth of today become the leaders of tomorrow!

Call *Toll-Free* for more information 1-888-732-0326
or visit our website at *www.kingstonlearningcentre.ca*

Information Session
Best Western Parkway Inn & Conference Centre
1515 Vincent Massey Drive, Cornwall, Ontario
Loyalist Room
Thursday, June 3rd, 2004
6:00pm

Financial assistance may be available to those who qualify

KLC Head Office - 742 Arlington Park Place - Kingston, ON K7M 8H9

KLC

MAY21045

Musicians

ON YOUR WEDDING DAY, compliment your guests during dinner with soft romantic live music. Let "Quiet Moments" be part of your Special Day by creating the perfect ambiance to remember. You certainly deserve it. Call Robert 932-7536 or (613) 330-3481. rc_quietmoments@hotmail.com

Carting/ Moving/Storage

U-DO-IT STORAGE. Save money on heated storage by renting a room & handling your own goods. A division of St. John's Transfer, 950 Boundary Road. 933-1495.

Courses/ Lessons

MUSIC LESSONS: Guitar. Violin. Mandolin. Banjo. Dobro. Lap Steel. Bass. Teacher with lots of patience for beginners. All ages. For sale: 1676 Violin. Call 932-1347.

Hall Rentals

CORNWALL SEAWAY LIONS CLUB HALL, 123 Fortier St. Available for banquets, parties, showers, anniversaries, weddings, meetings funerals. Services available: catering service. Hall Rental: $60. For reservations, leave message, 938-0040 or 938-8894.

Health/Diet/ Beauty

GET CONTROL OF YOUR HUNGER. Lose weight now with Shapeworks™. Free consultation. 1-800-626-8075.

Pets/ Livestock

BEAUTIFUL PUPPIES: Shelties, Pomeranians, Pom-mixes & others. Bridlewood Kennels, Hwy#43, second farm east of Highland Road. 527-2074.

SHEEP FOR SALE: Purebred (unregistered) Katahdin ram, ewes & lambs for sale. Call (613) 525-0854 for details.

FREE TO A GOOD COUNTRY HOME, 2-1/2 yr-old male Shepherd mix. Has all shots & neutered. Good with children. Call 938-4815.

Auto Loans / Auto Loans / Auto Loans

CREDIT CENTRE

IF YOU'VE BEEN TURNED DOWN FOR A CAR LOAN, COME & GET:

APPROVED

BANKRUPTS, COLLECTIONS, DIVORCE, NO CREDIT

We specialize in all of them!!

551-1842 (local call)
(full confidentiality)

MAY21043

Business Opportunities / Business Opportunities

AVON
Requires Dealers
For More Information
Call 936-AVON Anytime

MAY21043

Help Wanted / Help Wanted

TIRE & AUTO CENTRE FRANCHISE OPPORTUNITY

Active Green & Ross is looking for persons with a strong will to succeed, excellent customer service and related industry experience to franchise our store at: 1 Water St. (former Sears Auto Centre)

call Rita at 416-255-5581 for details
www.activegreenross.com
Cornwall & Ottawa Locations Available.

MAY14045

DENNIS FORTIER TRANSPORT INC.
accepting applications for
AZ DRIVERS
for local and regional work.

Must have:
- dump trailer experience, 2 years minimum
- be over 25 years old
- clean abstract & criminal search

Earn .50¢ plus per mile.

Call **613-938-7138** *or*
Fax résumé to: 613-932-8512

MAY21043

SEAWAY YARNS LIMITED
3320 Loyalist St., Cornwall, ON K6H 6C8
We are looking for a full-time
SHORT HAUL TRUCK DRIVER
with a minimum DZ licence to deliver to Ontario, Quebec and Northern USA. Same day delivery. Load and unload. Competitive wages and benefits.
Submit résumé and clean drivers abstract by mail, in person or by fax at 933-1789

may21043

Help Wanted / Help Wanted

CABINET SHOP HELPER

Required immediately for Long Sault Cabinet Shop. Must have experience with woodworking equipment. Duties will be finishing - tape work, shaper work and assisting cabinetmakers.

Please fax or email only
613-534-8294
dfougere@cogeco.ca

MAY21043

StarTek
CAREER OPPORTUNITIES
We are in the process of recruiting
CUSTOMER CARE REPRESENTATIVES
- 100% Inbound Call Centre
- Monthly Employee Events
- Friendly Work Environment
- Paid Training • Competitive Wages
- Growth Opportunity

(Must possess a grade 12 diploma; and be over 18)
Interested candidates can apply in person at:
1400 Vincent Massey Drive, Cornwall, Ontario (613) 937-7003
cstead@startek.com
Proud member of Team Cornwall

MAY7042

Credit Problem? Need a Car?



- Personal Bankruptcy
- No Credit
- Bad Credit
- Confidentiality
- Guaranteed Vehicles

We have the solution!
Get a Second Chance at Credit.
Call Yves 1-613-632-4125
1-866-632-4555

MAY1404

Classified *plus*
and Community Digest

DEADLINE
12 noon Wednesday



NEED A DISPLAY AD?
Call Matt 933-0014
SEAWAY NEWS
Your Community Paper Since 1985

SERVICE CARD DIRECTORY

freedom TELUS Mobility authorized dealer
—wireless—

AP30045

Call me for more details!
930-3440



Christine Brooks
Telecommunication Specialist

INTERIOR DECORATING



- In Home Consultation
- Colour Matching
- Paint & Wallpaper

Suzanne Roy
Int. Decorator

Open 7 days a week
Perkins-Caron
RONA Home Centre
1100 MARLEAU AVE. 938-3300

DOLPHIN PLUMBING
"We'll drain your pipes not your wallet"
Plumbing & Handyman Services
~ Free Estimates ~
25 years experience
MIKE GADBOIS
931-9383
936-3291
MAY14044

Additions & Sunrooms
by
"Menard Renovation"
A DIVISION OF
Menard Bros & Associates Ltd
1100 Marleau Avenue, Suite 200
Cornwall, Ontario, K6H 2W8
www.menardbros.on.ca
The Menard Group
Since 1955
932-5565 ext.25

MAY7044

HANDYMAN
Gary C. Lefebvre



Residential & Commercial Renovations, Repairs & Maintenance
INSURED
2241 Pitt Street
Cornwall, Ontario
Tel: 933-0978
Pager: 613-937-5317

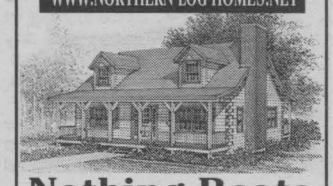
Labrador
SPRING & DISTILLED WATER & ACCESSORIES
931-2234
Serving Cornwall & S.D. & G.
FREE DELIVERY

MARIE McLAUGHLIN APPRAISER
Member in good standing of the Canadian Personal Property Appraiser Group
Antiques • Farm • Estate • Business
Any personal property asset for insurance or others
BOX 39 Monkland, ON K0C 1V0
613-346-5768
mgantiques@on.aibn.com

APR16043

MDR Grass Cutting
FALL LEAF & YARD CLEAN UP
Book Now For Fall
Commercial-Residential
FREE ESTIMATES
Raymond Rose Jr.
347-2145

WWW.NORTHERN LOG HOMES.NET



Nothing Beats Living In A Log Home
General Log Homes
613-575-2277

Relax and enjoy the day
WE CAN HELP



Lawn cutting, trimming & odd jobs (Reasonable rates).
Please call Greg at
937-0718

my2031

Brookshell
Where Everybody Gets a Great Deal!



Let me show you one of our fine new or used vehicles
Jill Clermont Sales Consultant
Corner of Brookdale & 13th Ave.
932-1724 1-877-716-0479

Outdoor Needs Inc.
CALL NOW FOR YOUR
- Spring Yard Clean-up
- Garden Tilling
- Yard Maintenance
- Grass Cutting



~Insured~
Walter Williams
613-551-7854

MAR5043

LAWN ROLLING!
- Lawn Rolling
- Aerating
- De-Thatching
- Grass Cutting
- Bush Hogging



R.S. & SON ENTERPRISE
Bus. 930-9622 Cell 930-3113

WELL DRILLING
FREE ESTIMATES
Pumps, Pools & Spas
ROY'S SINCE 1956
933-0411
410 Seventh St. W. Cornwall

A-1 TUB & TILE RESURFACE
Your Complete Home Remodeling Contractor
Specializing in bathrooms
• basements • decks • ceramic & hardwood flooring
Authorized Insurance Contractor for Emergency Water & Mold Removal for Emergency Claims
FREE ESTIMATES - INSURED 936-3622

MAY7044

COMPUTER PROBLEMS?
Computer slowing down?
Frequently freezes or locks up?
Fatal Errors? Illegal Operations?
TIME TO CLEAN YOUR COMPUTER!
Back-up, Format, Reload
• Data Backup • Updated Drivers
• Latest Security Patches • Computer Runs FASTER & BETTER • Home Pick-up & Delivery
terry@kyte.ca 936-1555
www.kyte.ca

APR9044

www.valleywoodshop.com
CUISINES DE QUALITÉ
QUALITY KITCHENS
by:
VALLEYWOODSHOP
Quality is our priority
Since 1994
Satisfaction is our goal
613-931-3437
#18413 SOUTH BRANCH ROAD, (COUNTY RD. 19) CORNWALL

jan24032

WE SERVICE
- Computers
- Printers
- Notebooks

UF UserFriendly Computers
1278 Pitt Street 930-2299
(Across from Home Hardware)

MAY21042

CAMCORDER REPAIRS



All Makes & Models
~ 90 Day Guarantee ~
Irven Electronics
543-3399

APR30044

Services Wanted | Services Wanted | Services Wanted | Services Wanted | Autos For Sale | Autos For Sale | Autos For Sale | Autos For Sale | Boats/ Motors

Cornwall Community Hospital
Hôpital communautaire de Cornwall

Vending Equipment and Services

Request for Proposal Number: 04-H02

Description:
The Cornwall Community Hospital invites companies and individuals to submit proposals to supply vending equipment and related services for its locations at 840 McConnell Avenue and 510 Second Street East.

Instructions:
Persons interested in bidding are required to attend a mandatory site meeting to be held on Wednesday, May 26th, 2004 at 1500 hours in Room 1308, JMP Classroom, 840 McConnell Avenue. Proposals shall be delivered to Material Management Services, Room 2907, 840 McConnell Avenue, Cornwall, Ontario. Questions may be directed to 613-938-4240, ext. 3222 or e-mail kathy.bisson@cornwallhospital.ca

Closing Date:
Friday, June 4, 2004 - 1600 hours

Proposals will be accepted by the Director of Material Management Services, no later than 1600 hours on the closing date.

may21045

HOT DEALS
QUALITY & LOW KMS
FINANCING AVAILABLE

--- CARS ---

03 Pontiac Sunfire, 4 dr., 4 cyl., full load, 25,000 kms
01 Pontiac Sunfire, 2 dr., 4 cyl., auto, air, 58,000 kms
01 Pontiac Grand Am GTI, 2 dr., V6, auto, loaded, sunroof, CD, 48,000 kms
01 Chev Impala LS, 4 dr., V6. loaded. p. seat, local car
00 Buick Lesabre Custom, 4 dr., loaded, p. seat, local trade, 45,000 kms
00 Ford Taurus SE, V6, auto, loaded, p. seat and pedals, 52,000 kms
00 Nissan Altima, 4 dr., 4 cyl., auto, loaded, CD, 71,000 kms
99 Ford Escort SE, 4 dr., 4 cyl., auto, air, 46,000 kms
99 Sunfire GT, 2 dr., 4 cyl., standard, loaded, CD, 73,000 kms
97 Chrysler Concorde LXI, 4 dr., loaded, CD, p. seats, 122,000 kms
95 Buick LeSabre Custom, 4 dr, V6, loaded, local trade

--- TRUCKS, VANS ---

02 Dodge Caravan SPT, V6, loaded, quads, CD, 60,000 kms
01 Ford Windstar Sport, 5 dr., V6, quads, rear heat & air, CD, 73,000 kms
00 Ford Explorer XLS, 4 dr., V6, loaded, local trade, 88,000 kms
93 Ford Ranger Ext. Cab XLT, V6, auto

COAST TO COAST WARRANTY

WE VALUE OUR NAME! Image MOTORS
Quality New & Used Cars
1 km west of Long Sault on Hwy #2
(613) 534-3940

Gerard Poirier Auto Sales

2 kms East of Alexandria on Lochiel Rd., towards Glen Robertson
874-2440 or 551-2926
ALL VEHICLES E-TESTED & SAFETIED

00 Dodge Caravan 103,000 kms, V6, 7 pass., fully loaded, air, very clean, ... **$8,400**
99 Dodge Caravan, 7 pass., 2 sliders **$5,400**
99 Mercury Sable, fully equipped, 114,000 kms **$6,700**
98 Plymouth Voyageur, 152,000 kms, 2-sliders, w/air **$5,400**
98 Chev Malibu, 153,000 kms **$5,400**
96 Chrysler Intrepid, V6, auto, very clean, 133,000 kms **$4,200**
96 Dodge Caravan, 7 pass., very clean air, ... **$4,200**
96 Plymouth Voyageur Grand LE, fully equipped, 115,000 kms **$5,900**
94 Chrysler Intrepid, auto, 139,000 kms ... **$3,800**
94 Eagle Vision, 4 dr., very clean **$2,400**
93 Mazda MX3 Precidia GS, 131,000 kms, red, V6 . **$4,900**

~SPECIALS~

94 Tempo auto, 4 dr., ... **$1,500**
92 Caravan 7 pass., ... **$2,000**

FOR SALE BY OWNER



2004 Sweetwater Challenger
240 ES outboard. Boat, motor & trailer
Asking $22,000
Roy 932-8951 or Stuart 932-1085

Classifieds GET THE JOB DONE! Buy • Sell • Trade • Rent • Hire

NETWORK CLASSIFIEDS

"Advertise Across Ontario or Across the Country"

COMING EVENTS

ALLERGY, ASTHMA, ANAPHYLAXIS Update. Prevention, management, research & changes to food allergen labeling. June 11, 2004, 6-9 pm. Pearson Convention Center, Brampton. Contact: 1-888-250-2298. www.aaia.ca

ANNOUNCEMENTS

QUESTING MARILYN: A chick book with brains. Visit sacred sites in England and Ireland. Seek your own true Self. Available at www.questpublishing.ca, bookstores and libraries.

BUSINESS FOR SALE

WELL DRILLING - Opportunity to Purchase a Successful Owner-Operator Profitable Business. 40 years of Satisfied Customers. CALL NOW Toll-Free 1-866-454-6445

BUSINESS OPPS.

JOIN OUR TEAM - TrueValue Hardware, Country Depot, V&S Options. No Franchise Fees - receive Yearly Dividends. On-going field support. New & existing locations. Call TruServ Canada TODAY - TOLL-FREE 1-800-665-5085. www.truserv.ca

INVENTORS - PRODUCT IDEAS NEEDED. Davison is looking for new or improved product ideas or inventions to prepare/present to corporations for licensing. FREE INFORMATION PACKAGE. 1-800-544-3327.

FREE REPORT! Discover how to make up to $2,747.36 daily starting tomorrow! Written guarantee. No selling. FREE details 1-800-279-0019 Ext. CM89 24hrs or visit www.cashflow123.com/cm89

FANTASTIC INCOME from one acre. $ Grow Echinacea. Plant June till September. Normal price $0.17. Special discounts on volume sales. Free information. Bill 1-866-665-1599.

EASY PAY CHEQUES! Proven 27 minutes a day home business. No selling. 100% success guarantee in writing. Call now for free info 1-888-748-5486 ext. 116.

BUSINESS SERVICES

DISCONNECTED PHONE? Do You Need Phone Service? Reconnection $28.31 Monthly Service $49.95! Paying Too Much Now? Free Transfer From Other Companies! Call Ontario Teleconnect. 1-800-456-0643. www.ontarioteleconnect.com

WE ADVISE EMPLOYERS across Ontario on workers' compensation issues at no charge. Call the Office of the Employer Adviser toll free at 1-800-387-0774 or visit our website at www.gov.on.ca/lab/oea

CAREER OPPS.

LEARN AUCTIONEERING. Classes held August 7-13, 2004. For information contact: SouthwesternSchool of Auctioneering. R.R. #5, Woodstock, Ontario N4S 7V9. 1-888-673-6999.

CAREER TRAINING

FREE COUNSELLING COURSE. Skills for personal growth or career in counselling. We are looking for people with sincere desire to help others. 1-800-665-7044 or www.healingskills.com

EMPLOYMENT OPPS.

WORKER'S COMP PROBLEMS? WE GET RESULTS! For FREE consultation CALL our Toll-Free number 1-888-747-6474 - Quote #777.Serving all Ontario.

NO PHONE? We can help! Phone Factory Reconnect will get you a phone for $49.95/month and you can enjoy unlimited local calling; www.phonefactory.ca. 1-877-336-2274.

FINANCIAL SERVICES

C.P.P. PENSIONS. Ted Purvis - Pension Advisor. Specializing in Canada Pension Plan. Disability application & Appeals representation before Review Tribunals & Pension Appeals Board. 20 years of experience in C.P.P. (613) 269-4918

FOR SALE

SAWMILLS $3,495.00- LumberMate-2000 & LumberLite-24. Norwood Industries also manufactures utility ATV Attachments, Log Skidders, Portable Board Edgers and forestry equipment. www.norwoodindustries.com - FREE Information: 1-800-566-6899 Ext. 400 OT

CONGRATULATIONS, YOU'RE APPROVED, Get a Genuine MDG Horizon Computer System for only $899 or just 81 cents per day. With a Free Lexmark 3 in 1 Printer, Free Digital Camera, Free CD Burner, Free Microsoft Word and Free 17" Samsung Monitor. No Money down, Don't Delay, Call Today! 1-800-236-2504.

WIDE PLANK FLOORING AUTHENTIC TRADITIONAL long length wide width. Customize your home or cottage. Buy direct from Mill. Oak, Ash, Cherry, Maple, Pine and more. TOLL-FREE 1-866-749-5559

SAWMILLS - See us at the Bancroft Saw - Tech Wood Show, May 28, 29, 30. Economical Model WOOD BUDDY $3495. Call about Show Specials. Baker Products Portable Sawmills. 1-800-387-5553.

AMAZING! ONLY 79 CENTS A DAY! Get a Brand Name Computer Delivered to your Door with No Money Down! Free Digital Camera! Call NOW! Toll-Free 1-866-259-1171 www.BrandsNOW.com

SPECIAL OFFER - Buy 3 get one FREE. Coral Calcium "Extra". Dare to compare. We have 560 mg of calcium from coral calcium; www.curecanada.com; 1-866-319-0708, Calgary.

HEALTH

DRUG / ALCOHOL Help a loved one who's losing everything to drugs or alcohol. 75% success rate, 100% natural, something different. www.narconon.ca 1-877-782-7409.

HELP WANTED

ATTENTION: Work from home using your computer. FT/PT. Unlimited income potential. No experience necessary - we coach you personally. For more information CALL TOLL-FREE 1-800-419-5070 www.success-converter.com

WORK FROM HOME ON YOUR COMPUTER. Full or Part Time. No Experience Required. Start today. Visit our website now. www.MyHomePCJob.com. Code: A1

SALES HELP WANTED

SALES OPPORTUNITY. Leading distributor of Outdoor Power Equipment is currently recruiting a successful sales representative with a proven track record. Qualified candidates must be bilingual, have past experience in related field, excellent communicator, self-motivated and be willing to travel with possible relocation. Company offers competitive compensation package for the right candidate. Please fax your resume in confidence to the Sales Manager. (450) 562-6067

PAY TELEPHONE SERVICES

CANADA'S TOP PSYCHICS...Are You Ready to Believe in Psychics Again? Call Now, You Won't Be Disappointed! 1-900-451-7070. $2.95/min. 18+

PERSONALS

Gambling too much? If you or someone you know has a problem with gambling, call the ONTARIO PROBLEM GAMBLING HELPLINE (OPGH) toll-free, 1-888-230-3505. www.opgh.on.ca

Are drugs and alcohol affecting your life? Information about treatment services is available. Call the DRUG AND ALCOHOL TREATMENT INFORMATION LINE (DART) toll-free, 1-800-565-8603. www.dart.on.ca

DIVORCE SURVIVAL STRATEGIES --- Before spending large sums on legal fees, call THE FAMILY LAW CENTRE. Our lawyers will outline your options & offer proven strategies to help safeguard your assets & defend your child custody & access rights. Don't be a victim! "Separate Smart". Uncontested Divorce $398 + Disbursements (Ontario Only). Toll-Free 1-866-459-4529.

CRIMINAL RECORD? Seal it with a PARDON! Need to enter the U.S.? Get a 5 year WAIVER! Call for a free brochure. Toll-free 1-888-9-PARDON or 905-459-9669.

PETS

DOG WITH ARTHRITIS OR INJURY? Herbal anti-inflammatory powder. Affordable. Drug-free. No side-effects. Contains all-natural GLUCOSAMINE and CHONDROITIN. Stop pain and suffering. FREE information 1-800-825-8221. shenherbals.com

REAL ESTATE

BC LAKEFRONT. Now pre-selling. Adult living in Salmon Arm, BC on Shuswap Lake. Limited waterfront lots. Visit online at www.westharbourvillage.com or call 1-888-804-0043

LIVE THE GOOD LIFE in Nova Scotia's beautiful Annapolis Valley. Warmer weather, great gardening & nearby Acadia University. Free Package: www.liveinnovascotia.com. 1-888-865-4647. email: mail@kingsced.ns.ca

OUTDOOR RECREATION

A HANG GLIDING experience. Take a Tandem Discovery Flight with an Instructor. We are close to Orangeville. (519) 925-6619 Website: www.tohg.ca

SERVICES

PHONE DISCONNECTED? Lowest reconnection rates ever. Will not be undersold. Switch to Easy Reconnect. Get reconnected. Ask for bonus today. 1-877-446-5877; www.easyreconnect.com

STEEL BUILDINGS

STEEL BUILDING SALE! "ROCK Bottom Prices!" Priced to sell. Beat next price increase. Go direct/save. 25x30. 30x40. 35x50. 50x120. Others. Pioneer 1-800-668-5422. Since 1980.

FUTURE STEEL BUILDINGS Durable, Dependable, Pre-engineered, All-Steel Structures. Custom-made to suit your needs and requirements. Factory-Direct affordable prices. Call 1-800-668-8653 ext. 536 for free brochure.

VACATION/TRAVEL

TIMESHARE RESALES - Rii® Stroman - Since 1979. Buy-Sell-Rent-Exchange. World Wide Selection. CALL NOW! 1-800-201-0864.

TIMESHARE RESALES -- 60-80% off Retail! Best Resorts and Seasons! Call for FREE catalogue! 1-800-496-5964. Browse online for over 400 worldwide properties--www.holidaygroup.com

RIVERBOAT CRUISING - St. Lawrence River. The hassle free way to travel. Unpack once, relax & enjoy. Included: Shore excursions, great meals & nightly entertainment. 5 & 6 nights. Private Staterooms. From $1,464.00. DIAL-A-BROCHURE 1 (800) 267-7868.

WANTED

MECCANO, ERECTOR, STEEL TEK, MARKLIN, other metal construction toys, Meccano Magazines, manuals, literature, boxes, any size or condition. 613-532-3672, e-mail hogles2@yahoo.ca

• It's Affordable • It's Fast • It's Easy • One Bill Does It All
• Northern Ontario $79 • Eastern Ontario $140 • Western Ontario $130 • Central Ontario $136 • All Ontario $395
• National Packages Available • Call this paper for details!

SEAWAY Scoreboard

editorial@cornwallseawaynews.com

Charmaine's Bridge Club, May 12th, 2004
N/S
1. Jeanine Alain - Barbara Taylor
2. Joyce Harrison - Charmaine Quenneville
3. Mabel Chan - Margaret Evans
4. Claudette & Guy Drouin
5. Peggy Seymour - Jean Stokes
E/W
1. Marion Lawn - Florence Bergeron
2. Theresa Latour - Katherine Runnals
3. Lyette Ladouceur - Jean Delgreco
4. Ben Bouvier -Fern Blain
5. Madan Seth - Marjorie Raymond

Suzanne's Bridge Club, May 12th, 2004
N/S
1. Blanche & Rolly Fobert
2. Rita Crans - Nancy Lamoureux
3. Jessie Boyd - Lorraine Gauthier
4. Carroll O'Neill - Dorothy Bourdon
E/W
1. Madeleine & Raymond Rivest
2. Bert Mosher - Gord Snook
3. Louise Vachon - Chritina Ferre
4. Gerry Johnston - Marian Lemieux

Williamstown Bridge Club, May 12th, 2004
N/S
1. Jean Campbell - Isobel Quail
2. Jim Campbell - Elizabeth Marjerrison
3. Kay & Mel Colbran
E/W
1. Hanz Schulz - Garry O'Connell
2. Del Roulston - Jacquie Thibert
3. Huguette Arsenault - Lyette Ladouceur

Cornwall & District Bridge Club, May 13th, 2004
1. Kirkwood Malette - Voytek Pomykalski
2. Barbara Taylor - Steve Lassner
3. Kay Colbran - Rita Crans
4. Jocelyn Campbell - Margaret Evans

Audrey's Friday Bridge, May 14th, 2004
1. Jane Troop - Kathy Eveleigh
2/3. Homer & Lorna Grant
2/3. Henryk Rzepczyk - Dee Gaiger

Open Pairs, May 14th, 2004
Section A
N/S
1. Barbara Taylor - Margaret Evans
2. Lorne Norman - Homer Grant
3. Jocelyn Campbell - Carol Reus
4. Rita Crans - Kay Colbran
E/W
1. Joyce Harrison - Ben Bouvier
2. Janice Keen - Roy Parmelee
3. Claudette & Guy Drouin
4. Jeannine Leroux - Fern Blain
Section B
N/S
1. Melvin Colbran - Lorraine Gauthier
2. Marion Lemieux - Georgette Lauzon
3. Yvonne Bergeron - Lilian Leroux
4. Helen Alguire - Rita Watzenboeck
E/W
1. Rita Struthers - Florence Bergeron
2. Huguette Arsenault - Therese Latour
3. Gail Dugas - Claudette Ladouceur
4. Inez Hatfield - Jean Boileau
5. Garry O'Connell - Rolland Fobert

Terri's Bridge Club, May 17th, 2004
Section A
N/S
1. George Bissonnette - Adelaide Hunter
2. Kay Colbran - Maureen Barcklay
3. Janice Keen - Claudette Rousseau
4. Pat Cunningham - Suzanne Hazlet
5/6. Lorraine Gauthier - Mel Colbran
5/6. Marjorie Raymond - Brunelle MacDonald
7. Gord Snook - Pat Markell
E/W
1. Fern Blain - Ben Bouvier
2. Rita Struthers - Betty Snetsinger
3. Claudette Ladouceur - Gail Dugas
4. Rita Lefebvre - Laurette Brosseau
5. Roy Parmelee - Lyette Ladouceur

Register for Beginner and Intermediate Bridge lessons, call (613) 931-1482.

Alexandria Bridge, May 18th, 2004
N/S
1. Marcel Laviolette - Jean-Guy Parisien
2. Elizabeth Marjerrison - Jim Campbell
3. Gilles & Joan Lapointe
E/W
1. Jean Larocque - Mel Watt
2. Gerri Tibbals - Ron Allison
3. Marjorie & Rudi Mertl

Martintown Goodtimers Duplicate Bridge, May 18th, 2004
N/S
1. Bob Evans - Vince Semenovicus
2. Joan Turner - Isobel Quail
3. Lorna Grant - Ellin O'Connell
E/W
1. Estelle Brazeau - Sheila Pickett
2. Del Roulston - Bernice Barlow
3. Helen MacLeod - Elsie MacLeod

Cornwall Golf & Country Club

Senior Men, May 13th, 2004
1st: Don Griffiths, John Boyd, Ron Payette, Bob Whittaker
2nd: Leo Andre, Harold Nadeau, Norm Clark, Gabriel Ippoliti
3rd: Graeme Doig, George McGowan, Leo Daigneault, Stu Baker
Low Net (non-winner): John MacDonell
Honourable Mention (Low Net): Ron Payette

Classified *plus*
and Community Digest
Deadline
- 12 noon Wednesday -

CROSSWORD SOLUTIONS

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

Smells Like Trouble



Have you ever sat in your car and wondered what's that foul smell?

Some problems can be detected simply by following your nose. Consider these causes if you smell something unusual about your vehicle:

• Burned toast or a light, sharp odor often signals an electrical short and burning insulation. To be safe, try not to drive the vehicle until the problem is diagnosed.

• Rotten eggs or a continuous burning-sulphur smell usually indicates a problem in the catalytic converter or other emission control devices. Do not delay diagnosis and repair.

• A thick acrid odor usually means burning oil. Look for signs of a leak.

• If you smell gasoline vapors after a failed start, you may have flooded the engine. Wait a few minutes before trying again. If you constantly smell gas, you probably have a leak in the fuel system. This is a potentially dangerous problem that should be repaired immediately.

• Burning resin or an acrid chemical odor may signal overheated brakes or clutch. Check the parking brake. Stop and allow the brakes to cool after repeated hard braking on mountain roads. Light smoke coming from a wheel indicates a stuck brake. The vehicle should be towed for repair.

• A sweet, steamy odor indicates a coolant leak. If the temperature gauge or warning light does not indicate overheating, drive carefully to the nearest service station, keeping an eye on your gauge. If the odor is accompanied by a hot, metallic scent and steam from under the hood, your engine has overheated. Pull over immediately. Continued driving could cause severe engine damage. The vehicle should be towed for repair.


Tim Houle
Service Manager

Massey Place Autopro
- Air Conditioning - Exhaust
- Brakes/Suspension - Tires
- Tune-ups
ONTARIO'S DRIVE CLEAN E-TEST & REPAIR FACILITY
AUTOPRO MECHANICAL
1520 Vincent Massey Dr.
Cornwall 932-3111
JAN16044

What To Do If You're In A Car Accident

(NC)-A car accident is stressful whether it's a fender bender or a more serious collision. We need to remain calm, but shock and confusion can make it hard to think clearly.

The Financial Services Commission of Ontario (FSCO) advises us to learn ahead of time what we should do if we are involved in an accident and offers this advice:

Always call police to the scene of an accident where someone is hurt or if you suspect any other driver of a Criminal Code offence, such as drunk driving, or if you think the total damage to property is more than $1,000.

Never try to move an injured person – you may make the injuries worse.

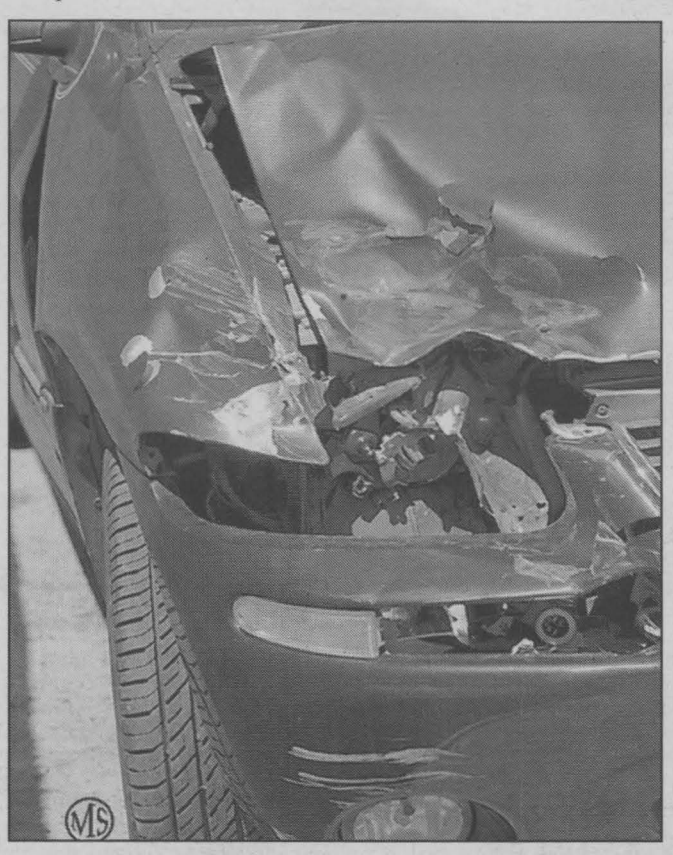
If no one is hurt

• If it is safe, try to move your car to the side of the road, out of traffic. If you can't drive your car, turn on your hazard lights or use cones, warning triangles or flares.

• Get the names, addresses, telephone numbers, insurance particulars, driver's licence and licence plate numbers from all other drivers.

• Make sure you have the names and addresses of the registered owners of all cars involved.

• Ask other passengers and any witnesses for their names and phone numbers.



• Jot down details about the accident, including how it happened, the time, date and location, the speed of all cars, and the road conditions.

• A sketch of the accident scene noting the position and direction of the vehicles is also helpful.

• When damage to all property including the cars appears to be more than $1,000, call your local police. The Highway Traffic Act of Ontario states that collisions with a total property damage apparently exceeding $1,000 must be reported to the police. If you are not sure if the damage exceeds this amount, call the police.

• The police will provide instruction on what to do next. Depending on where the accident happened, you may need to wait for the police to attend or be directed to the nearest Collision Reporting Centre (visit www.accsupport.com to locate the reporting centre nearest you). If there is no reporting centre in the area, police may ask you to go to the nearest police station to file an accident report.

The Financial Services Commission of Ontario is an agency of the Ministry of Finance and regulates the province's insurance industry.

CLEARANCE DAZE

00 OLDS SILHOUETTE 5 dr., 7 pass., ext, loaded	$9,495
96 PONTIAC TRANSPORT 3.4 V6, remote start, green, 177,000 kms,	$4,695
96 FORD WINDSTAR 7 pass., 3.8 V6, new motor, 98,000 kms.	$3,995
96 DODGE NEON HIGHLINE 4 dr., red, 155,000 kms	$3,995
95 GMC JIMMY S 4x4, V6, auto, 183,000	SOLD $5,595
95 PONTIAC SUNFIRE GT 2 dr., 4 cyl., red, auto	$3,995
95 PONTIAC SUNFIRE 4 dr., 4 cyl., black, 173,000 kms	$3,795
95 DODGE NEON 4 dr., red, remote sta	SOLD $3,695
95 DODGE NEON 4 dr., 4 cyl, green, 177,000 kms	$3,395
94 BUICK LESABRE 4 dr., 3.8 V6, dark green, 173,000 kms	$3,995
93 PONTIAC TRANSPORT 7 pass.van, 3.8 V6, green	$3,695
93 CHEV LUMINA APV 3.1 V6, white, 196,000 kms,	$3,395
93 PONTIAC SUNBIRD LE 4 dr., 4 cyl., white, 98,000 kms	$2,995
92 PONTIAC TRANSPORT GT 3.8 V6, 7 pass., white	$3,695
91 CADILLAC DEVILLE 4 dr.,4.9 V8, loaded, white	$3,595
91 CHEV S10 PICKUP TRUCK automatic, 4.3 V6, black,	$1,495
91 OLDS 98 REGE 3.8 V6, very clean, beige	SOLD $2,995

*All Prices Exclude Taxes, Admin. Fee & Lic.

BUY RITE AUTO SALES
GAETAN (GAITS) LANDRIAULT
1447 PITT ST., CORNWALL,
932-CARS (2277)
email: Gaits@bellnet.ca
FINANCING AVAILABLE
SN2

Make The Most Of Your Mileage

(NC)-Gas prices seem to fluctuate regularly so it's not uncommon to spend more than $100 a month to keep your car fueled, especially if you have to travel long distances to work. You can't control the high costs of petroleum these days, but there are some steps you can take to ensure you are getting the most mileage out of your vehicle.



1. Stay up-to-date with oil and air filter changes. According to FRAM, air filters are truly the lungs of your car – an air filter can contribute to increased airflow. Don't forget that oil filter either.

2. Always keep at least a half tank of gas in your car and be sure to accelerate and decelerate at moderate speeds – flooring your gas pedal can waste fuel and is an unsafe driving habit.

3. Have your spark plugs changed since they play a large role in keeping a fuel efficient engine. If any plugs are worn or fouled, your vehicle will likely misfire which can lead to poor performance, increased emissions and an increase in fuel intake.

4. Use a fuel additive to help improve acceleration.

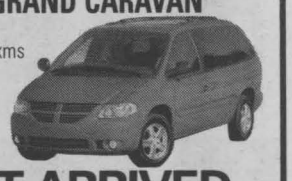
Cornwall TOYOTA
APR30042

2002 Highlander - V6, 4 wd, auto, local trade, real sharp. **$25,900**
2001 Camry LE - 4 dr., auto, 4 cyl., loaded, one owner **$17,900**
2001 Camry XLE - 4 dr., auto, V6, loaded, sharp **$18,900**
2001 Echo - 4 dr., auto, a/c, 1 owner **$10,900**
2000 Echo - 4 dr., auto, a/c, 55,000 kms **$11,900**
2000 4 Runner SR5 - 4 dr., V6, 4x4, fully equipped, Toyota Certified Used Vehicle. **$22,900**
2000 Toyota Corolla - 4 dr., auto, A/C, low kms, Toyota Certified Vehicle **$11,900**
2000 Toyota Sienna CE - 5 dr., loaded, very clean, low kms, Toyota Certified Used Vehicle **$18,900**

FRESH TRADES

2003 Pontiac Grand Prix - 4 dr., V6, power seat, silver **$18,900**
2003 Chrysler Concorde LXI - 4 dr., V6, leather, moonroof, 19,000 kms **$22,900**
2002 Ford Windstar Sport - 5 dr., quads, loaded REDUCED **$16,900**
2002 Jeep TJ Sport - 4.0L, V6, 4x4, soft & hard top, showroom condition! **$22,900**
2002 Mazda B4000 - ext. cab, auto, V6, a/c, 28,000 kms **$18,900**
2002 Ford Explorer XLT - sport model, V6, 4x4, 23,000 kms. **$21,950**
2001 Nissan Sentra XE - 4 dr., great shape, one owner, 80,000 kms **$11,900**
2001 Chrysler Neon LE - 4 dr., a/c, 40,000 kms, factory warranty, great shape **$11,500**
2000 Chrysler Concorde LXI - 4 dr., fully equipped, 60,000 kms **$12,900**
1999 Mercury Sable LS - 4 dr., very sharp, V6 **$8,950**
1997 CHEV. LUMINA - 4 dr., auto, loaded, 58,000 kms **$7,950**
All vehicles sold certified and E-Tested
*Prices exclude taxes and admin. fee

1875 Brookdale Ave.
932-1106

PICK OF THE WEEK
03 DODGE GRAND CARAVAN
auto, dual air, quad seats, low kms

JUST ARRIVED

VANS

01 PONTIAC MONTANA 5 dr., loaded, two tone paint, **$12,900**
00 DODGE CARAVAN 5 dr., great shape **$9,999**
98 WINDSTAR GL quads, rear a/c, **$5,495**
97 DODGE GRAND CARAVAN fresh trade, **$3,995**
94 DODGE CARAVAN only 130,000 kms, **$2,995**

TRUCKS & SUVS

01 DODGE DAKOTA 4x4, quad cab, 4 dr., **$16,995**
02 PONTIAC AZTEK auto, loaded, 5 dr., **$16,995**
01 PONTIAC AZTEK 1 owner, loaded, **$13,900**
01 FORD ESCAPE auto, air, loaded, 6 pk. CD player, **$15,995**

CARS

02 CHEV MALIBU LS leather, moonroof, loaded, GMAC lease return, **$11,999**
02 PONTIAC SUNFIRE 2 dr., air, low kms, REDUCED **$9,950**
01 LINCOLN LS 4 dr., V8, auto, moonroof, **$19,999**
01 PONTIAC GRAND PRIX GT loaded, leather, moonroof, **$12,995**
01 CHEV CAVALIER Z24 2 dr., auto, air, cruise, CD, **$8,995**
01 SATURN SLI 4 dr., auto, air, **$9,950**
01 CHRYSLER INTREPID ES loaded, mint shape, REDUCED **$12,900**
01 FORD TAURUS SE fully loaded, adjustable pedals, **$9,999**
01 SATURN SCI auto, air, cd, 3 dr., 3 year warranty, **$9,450**
01 CHEV CAVALIER VLX 4 dr., auto, a/c, SOLD **$7,995**
01 PONTIAC SUNFIRE SLX 4 dr., auto, a/c, low kms, **$9,450**
01 FORD FOCUS WAGON 4 dr., auto, a/c, only 68,000 kms, **$9,900**
01 OLDS AURORA 4 dr, 4L., moonroof, **$17,950**
01 FORD FOCUS SE Mags, spoiler cd & more, **$9,950**
01 CADILLAC DEVILLE DHS pearl with leather, full load, **$25,999**
01 PONTIAC GRAND PRIX GTP 4 dr., moonroof, leather, full load, 1 owner, SOLD **$16,995**
00 CHRYSLER NEON auto, air, factory warranty, **$7,999**
00 HYUNDAI TIBURON SE auto, p. sunroof, wheels, very sporty, 5 spd, 80,000 kms, **$9,950**
98 OLDS AURORA black, sunroof, loaded, **$12,900**
97 BUICK SKYLARK 6 cyl., 4 dr., fully loaded, very good condition, must see, only 106,000 kms **$6,995**

All vehicles come Certified & Emission Tested
ALL OFFERS SERIOUSLY CONSIDERED
On The Spot Financing & Warranties Available
†All prices exclude taxes & admin. fee
*$1,600 down payment or equivalent trade, financing 7.59% over 60 months OAC

BAD CREDIT? WE CAN HELP!!! UCDA ASSOCIATION OF ONTARIO
Midway MOTORS
933-2449 cell: 551-0023 1714 Vincent Massey Dr
"Your friendly dealer, who gives a little more & takes a little less"

Turn On The Light



with Pastor Bob Burgess
e-mail:amazinggrace@cnwl.igs.net

"Are there not twelve hours in the day? If anyone walks in the day, he does not stumble because he sees the light of this world. But if one walks in the night he stumbles, because the light is not in him." John II:9&10.

Talk about making it plain! Black and white! Jesus didn't mince words and often used parables like this one so that the people could understand spiritual truths with things they were familiar with, in this instance the words 'day' and 'night.'

But what was He saying? Let's first look at the obvious in that the sun shines in the daytime and lights our way in life, but at night it's dark and we really can't see very far ahead, and so it is better and wiser to travel by daylight. Pretty simple and obvious.

Then Jesus begins to turn things around and talks about the 'light of this world.' What was He saying? Just that we need spiritual light in our lives or we will stumble. Jesus called Himself the 'light of the world.' You see, when Jesus comes into your life as you ask Him to, His light begins to show you the right paths in life. As you pray, as you read your Bible, as you listen with all your heart, Jesus, the light of this world, begins to bring His light into your life. We call it 'being born again' as Jesus described it in the book of John, chapter 3 (look it up and read the chapter).

Light from God is a gift purchased by Jesus on Calvary some 2,000 years ago. It's not about what church you go to or don't go to, but it's about 'do you have God's light in your life?' It's not so much having God's light shining 'on you' but more 'in you' by His Holy Spirit. Do you want this light in your life? Do you need God's light to lead and guide you?

Pray with me today: Dear Father, thank you that Jesus came to bring light into the world. I ask you to come into my life and allow me to have that light in my life. I'm tired of 'walking in the dark' and need the 'light of life' to guide me. Thank you for hearing my prayer today and thank you for loving me just as I am. Amen.

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

Second Thoughts

1. How long a minute is depends on what side of the bathroom door you're on!
2. Don't think that sending a gift or flowers substitutes for your presence!
3. Watch the Andy Griffith Show with Barnie, Opie and Aunt B to help put things in perspective!
4. Remember that not getting what you want is sometimes a stroke of good luck!

Things To Be Thankful For

1. Lawn mowers that work well!
2. People who know a lot more about flowers, plants and shrubs than you do!
3. A good mechanic that you can trust and that will treat you fairly!

Our address: Amazing Grace, P.O. Box 22036, Cornwall, Ontario, K6J 4P0 or e-mail us at amazinggrace@cnwl.igs.net.

OBITUARIES

BROWNELL - Jessie Mary

Passed away at St. Joseph's Villa, Cornwall, Ontario on Saturday, May 8th, 2004. Mrs. Jessie Mary Brownell, in her 97th year, born in Cornwall, Ontario and formerly of Long Sault, Ontario. Dear daughter of the late Frank Tyo and the late Mary Heap. Beloved wife of the late William Edward Brownell. Loving mother of Arthur Brownell (late Alice) and Melvin Brownell (Monique), Mrs. Florence Larocque (late Vertal (Bill) and Mrs. Fern Burnhart (late Helmut) all of Cornwall, Ontario, Grace (Mrs. Ted Derdall) of Kingston, Ontario, Barbara (Mrs. Richard Thibeault) of Ottawa, Ontario and Linda Grignon of Cornwall, Ontario. Also survived by 27 grandchildren, 43 great-grandchildren and 3 great-great-grandchildren. Predeceased by son, Richard Brownell, and daughters, Mrs. Shirley McPhee and Mrs. Mildred Saucier. The funeral took place on Tuesday, May 11th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Memorial Chapel with burial at Woodlawn Cemetery. Rev. Katherine Gregory of Knox-St. Paul's United Church officiated. The pallbearers were Rick Brownell, Mark Thibeault, Norman Thibeault, Wade White, Dave Derdall and Kevin MacDonald.

LADOUCEUR - Monique Ida

Passed away at the Lakeshore General Hospital, Pointe Claire, Québec on Saturday, May 8th, 2004. Mrs. Monique Ida Ladouceur, in her 54th year, born in Cornwall, Ontario and formerly of Cornwall. Dear daughter of the late Maurice Lemire and Lea Brasseur. Beloved wife of Lucien Ladouceur. Loving mother of Natalie Ladouceur of Cornwall, Ontario and Eric Ladouceur (Sara Loiselle) of Pincourt, Québec. Dear sister of Yvon Lemire (Lorraine) and Lise Lemire both of Cornwall, Ontario and Richard Lemire (Paulette) of Ile-Bizard, Québec. Also survived by nephews and niece, Gilles, Denis, Johanne and Jean-Luc. The funeral took place on Wednesday, May 12th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Nativity Co-Cathedral with cremation at South Branch Crematorium. Msgr. Réjean Lebrun of Nativity Co-Cathedral officiated. The pallbearers were Eric Ladouceur, Jean-Luc Lemire, Steve Carry, Brian Vincent, Denis Martin and Gilles Martin.

GRAVELEY - Rita Joyce

Passed away at her residence on Thursday, May 6th, 2004. Mrs. Rita Joyce Graveley, in her 73rd year, born in Metcalfe, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late Harold Hume and the late Bertha Lough. Beloved wife of the late Jack Graveley. Loving mother of Edwin (Ted) Graveley (Carol) and Jay Graveley (Shelley) both of Cornwall, Ontario. Dear sister of Goldwyn (Goldie) Hume (Mary) of Ottawa, Ontario. Cherished grandmother of Carson, Amanda, Summer and Samantha. Also sadly missed by her friend and co-worker, Mike Quenneville (Lori). Predeceased by infant sister, Mary Elizabeth Hume. The funeral took place on Saturday, May 8th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes West Branch with cremation at South Branch Crematorium. Mrs. Graveley was the Co-Founder of Graveley Trailer Sales.

McINTOSH - Graham (Mac) Wendall

Passed away at Glen-Stor-Dun Lodge, Cornwall, Ontario on Thursday, May 6th, 2004. Mr. Graham (Mac) Wendall McIntosh, in his 89th year, born in Aultsville, Ontario and formerly of Cornwall, Ontario. Dear son of the late Charles McIntosh and the late Minnie Bell Hart. Beloved husband of Wilhelmina (Billie) McIntosh (nee Robertson). Loving father of Wayne McIntosh (late Doris Fusee) and Fay (Mrs. George Moss) both of Cornwall, Ontario, John McIntosh (Kathy) of St. Catharines, Ontario and Sylvia Whitton of Williamstown, Ontario. Also survived by 5 grandchildren and 8 great-grandchildren. Predeceased by brother, George McIntosh. The funeral took place on Tuesday, May 11th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to Memorial Chapel with burial at St. Lawrence Valley Cemetery. Rev. Michael Hermann of Knox-St. Paul's United Church officiated. The pallbearers were Todd, Terry and Brian McIntosh, Earl Fortin, Sean and David Hart. Mr. McIntosh was a former employee of Domtar Inc.

GOSSELIN - Rose Ann

Passed away at St. Joseph's Villa, Cornwall, Ontario on Tuesday, May 4th, 2004. Mrs. Rose Ann Gosselin, in her 101st year, formerly of Cornwall, Ontario. Dear daughter of the late Pierre Coulombe and the late Rosine (Lefebvre) Coulombe. Beloved wife of the late Leonard Gosselin. Loving mother of Eleanor Cayer (Maurice), Irene Larin (Michel Baril), and Maurice Gosselin, all of Cornwall, Ontario. Dear sister of Marianne Rondeau. Also survived by grandchildren Suzanne Brown (Larry Shaver), Madelaine Cayer, Annette Petti (Tony), Lisa Raymond (Marc) and Allison Larin, and great-grandchildren Lee, Melissa, Emilie, Gabrielle, and Caroline. Predeceased by brothers, Walter, Pitre, Patrick and Mederic Coulombe, and sisters, Yvonne Drouin, Flora Brault, Alma Latreille and Clara Derocher. A private family funeral was celebrated in the chapel of Wilson Funeral Home on Friday, May 7th, 2004. Rite of Committal followed in St. Lawrence Valley Cemetery, Long Sault, Ontario. The pallbearers were Suzanne Brown, Madelaine Cayer, Annette Petti, Lisa Raymond, Alisson Larin and Melissa Petti. Funeral arrangements were under the care and direction of Wilson Funeral Home.

MARJERRISON - Audrey

Passed away at the Versa Care Centre, Cornwall, Ontario on Monday, May 3rd, 2004, age 79 years. Dear daughter of the late Allan MacDonell and the late Theresa (McGillis) MacDonell. Loving mother of Richard MacDonell of Cornwall, Ontario. Dear sister of Donald MacDonell of Williamstown, Ontario, Patricia Cameron (Edmund), Catherine Forget (Gerry) both of Cornwall, Ontario and Lawrence MacDonell (Madeleine) of Williamstown, Ontario. Also survived by granddaughter Christine MacDonell and great-grandsons John Patrick and Bruce. Predeceased by brothers, Roy, Ronald and Jack MacDonell. Rested at Wilson Funeral Home. The Mass of the Resurrection with Commendation and Farewell was celebrated by Audrey's cousin, Reverend Bernard Cameron in St. Columban's Roman Catholic Church on Thursday, May 6th, 2004. Rite of Committal to take place at a later date in St. Mary's Parish Cemetery, Williamstown, Ontario. The pallbearers were Larry MacDonell, Mark Forget, Shawn Cameron, Wayne MacDonell, Michael MacDonell and Scott MacDonell. Funeral arrangements were under the care and direction of Wilson Funeral Home. Audrey was a retired Nurse's Aid, St. Joseph's Villa.

BRANCHAUD - Connor Robert Michael

Passed away at the Montfort Hospital, Ottawa, Ontario on Saturday, May 1st, 2004. Cherished infant son of Churck and Laurie Branchaud of Cornwall, Ontario. Beloved grandson of Robert and Joyce Branchaud and Stanley and Diane Iwachniuk. Great-grandson of Viola Branchaud. Will be sadly missed by aunts and uncles, Anie Pulsifer and Michael Iwachniuk, Dave and Tina Branchaud and cousins Alysha and Chanelle Branchaud. Predeceased by grandmother, Jane Iwachniuk. A private service was held in the chapel of Wilson Funeral Home on Tuesday, May 4th, 2004 followed by interment at Hillcrest Cemetery, Newington, Ontario. Chuck and Laurie would like to thank their parents for all their love and support through this time of sorrow. A special thank you to Colleen Doyon. Her friendship has been a blessing. Funeral arrangements were under the care and direction of Wilson Funeral Home.

GARAND - Elizabeth (Betty)

Passed away peacefully at her residence on Saturday, May 1st, 2004, age 79 years. Dear daughter of Florence Meisel of Cornwall, Ontario. Beloved wife of the late Wally (Chief) Garand. Loving mother of Barbara Garand (Leo McPhail) and Lynn Walker (Dunkin) both of Cornwall, Ontario. Sadly missed by grandchildren Tracy Garand (Robi Duric), Trevor Walker (Jennifer), Stephanee Walker (Hugh Jolly), and Lee and Darcie Garand. Predeceased by son, Stephen (2003) and stepfather, Lee Meisel. Rested at Wilson Funeral Home. The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Gary Ostler in St. Francis de Sales Roman Catholic Church on Tuesday, May 4th, 2004. Rite of Committal to take place at a later date in Notre Dame Cemetery. Musical tributes were performed by Randy and Peggy Pitts, and Jimmy Malyon. The pallbearers were Michael Despatie, Richard Despatie, Miles Amylotte, Alan Herrington, Richard Fawthrop and Dave Butters. Funeral arrangements were under the care and direction of Wilson Funeral Home.

WATTIE - Elizabeth May

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Friday, April 23rd, 2004. Mrs. Elizabeth May Wattie, in her 80th year, born in Manchester, England and formerly of Cornwall, Ontario. Dear daughter of the late Matthew Winder and the late Mabel May Wilder. Beloved wife of the late John Wattie. Loving mother of John Wattie (Lise) and Theresa Wattie both of Cornwall, Ontario, Joseph Wattie, Pearl Upson and Maureen Wattie all of Ottawa, Ontario. Cherished grandmother of Tracy, Edward, Jennifer, Melanie, Nicholas, Sarah, Elizabeth and Katherine, and great-grandmother of Jessica, Rachel, Calum, MacGregor, Jordon and Justin. Predeceased by brothers, George and Edward and sisters, Edith, Edna, and Bertha. The funeral took place on Tuesday, April 27th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. Columban's Parish Church with burial at Notre Dame Cemetery. Rev. Dan Van Delst of St. Columban's Parish Church officiated. The pallbearers were Derek Leaman, Nicholas Wattie, Sam Woodhouse and Jennifer Grant. Mrs. Wattie was a member of the ATS, British Army, World War II Veteran and a member of the Overseas Wives Club (War Brides).

COMPEAU - Wilfred John

Passed away at the Cornwall Community Hospital, Second Street Site, Cornwall, Ontario on Thursday, April 22nd, 2004. Mr. Wilfred John Compeau, in his 61st year, born in Cornwall, Ontario and formerly of St. Andrews West, Ontario. Dear son of the late Jack Leslie and the late Minnie Volvey. Survived by his dear friends, Paul and Ghislaine Lalonde of St. Andrews West, Ontario. The funeral took place on Monday, April 26th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Memorial Chapel with cremation at South Branch Crematorium.

Most Funeral Homes Offer Music, Flowers and Limousines.

It's the Memorial Chapels, Cremation Services and Reception Centres That Set Us Apart

ONLY

at Lahaie & Sullivan



Memorial Chapel & Reception Centre
EAST BRANCH 614 First St. E. 933-2841



Memorial Chapel & Reception Centre
WEST BRANCH 20 Seventh St. W. 932-8482

1964 40 years 2004

LAHAIE & SULLIVAN
SALONS FUNERAIRES CORNWALL FUNERAL HOMES

The Pre-arrangement Specialists

MAY21041

How To Build A Colourful Garden

(NC)-If you want colour in your garden and you want it fast, annuals are the answer. Annuals only grow for one year and then die, while perennials come back year after year. However, most perennials take two to three years before they hit their peak flowering stage and provide vibrant colour. Also, they tend to bloom for just a few weeks of the year.

Annuals often bloom from spring until frost, trying to make as many seeds as possible for the following year. To get your garden looking great in no time, here are a few tips from Home Depot's Garden Expert, John Mansz:

• Buy larger plants – the larger the plant, the more mature and ready it will be to flower

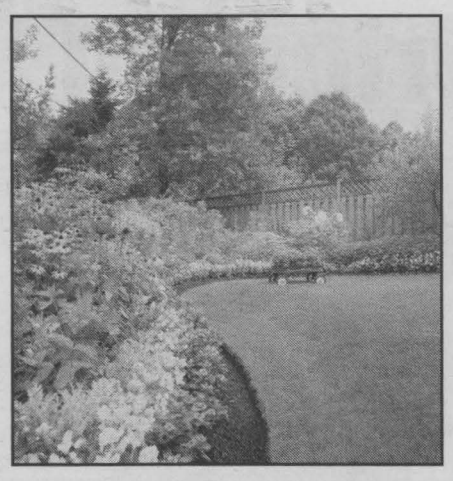
• Prepare the flowerbed soil – Bad soil will halt the flowering of the best plants. Be sure to work in plenty of compost or peat moss for an excellent base. Work at least four inches of soil in a new bed and two inches in a mature bed.

• Plant seeds outdoors – The risk of frost must have passed, but planting seed directly into the soil bed will spring like magic. Fast growers include cosmos, marigolds, zinnias and sunflowers.

• Fertilize – Especially in areas where nutrients have been flushed out by frequent watering. Fertilizing will encourage maximum height and bloom. However, don't over fertilize – you'll encourage plants to produce more stems and less flowers. Mansz says slow release fertilizer is best in this case.

• Houseplants – flowering houseplants can make a great addition to your garden. Sink the plant, pot and all, into your garden. You should be able to pull it out at the end of the season and bring it back indoors.

Some other plants that provide fast colour are:



Ageratum, Begonias, Celosia, Geraniums, Globe amaranth, Helitrope, Impatients, Lanata, Periwinkle, Petunias, Salvia, Scaevola, and Verbena.

Move Or Divide Daylilies At Any Time

Spring or early fall are the ideal times to transplant Daylilies, but sometimes it is simply more convenient to do it during the summer. Trimming the foliage back is the key. Since transplanting and dividing both reduce the amount of healthy feeder roots, trimming the leaves back hard to compensate is necessary, or the plants will wilt severely and be set back as a result. Flowering might have to be sacrificed for the season.

A pair of scissors is the best tool for trimming the leafy green fans back to a length of 4 to 6 inches or so. Within a few weeks the clump will produce plenty of new foliage and be off to a great start in its new home. Potting the divisions for a few weeks (or even months) also works well, in the event of construction delays, moving house, or any other thing that makes a new planting spot temporarily unavailable.

Save Time On Garden Chores

Aching muscles and sore backs are as common in gardening season as slugs and mosquitoes. Do you really want to work that hard in the garden? I didn't think so. The body revolts when we feel obligated to spend most of a day (or weekend) attempting to catch up with planting, weeding, maintenance and projects. Catching up is always preceded by prolonged periods of loafing.

Good planning, sound practices and a sharp edge on garden tools can help ease pain and suffering. Save you some time for other pursuits, too. Here are some helpful tips.

•Mulch rules. Spread it under shrubs, around ornamentals and vegetables. Layer it deeply. Worship the stuff. The payoff is less watering, fewer weeds and healthier, happier plants. You're rewarded later with bonus time for guilt-free loafing.

•Weed a few minutes 2 or 3 times a week. Set aside a few minutes in the early mornings or evenings to search for and destroy weeds. Fewer weeds translates to fewer weed seeds, which means TSW (time spent weeding) will be dramatically reduced in the coming weeks.

•Drip systems save time and water. Dragging hoses around is especially time consuming. Some of us enjoy hand watering, which is fine. But if you'd rather play 9 holes before dark, get drip irrigation.

•Garden during TV commercials. Let's say you don't want to miss the ball game or a movie on Lifetime Channel, but there are a few gardening chores that need to be addressed. Use the commercial breaks for gardening. Commercial blocks run 3 to 4 minutes (sometimes even longer), plenty of time to deadhead a rose or move the hose in the vegetable garden. You'll be surprised how much gardening can be accomplished during commercials.

•Buy a file and use it to maintain sharp edges on tools. A sharpened shovel cuts through stubborn roots and Bermuda grass much easier. A sharp hoe blade glides through weeds. You'll work faster with less damage to joints and muscles.

•On weekends, break up gardening with generous rest periods. Take a trip to the nursery, watch TV, get on the Internet, grab a snack, take the dog for a walk.

•Take advantage of weekday mornings and evenings. Gardening on weekdays frees up weekends. It's light enough to work outdoors until 9 p.m. during the summer.

And if it doesn't get done, there's always tomorrow.

Made In The Shade

(NC)—Picture the cool comfort of a shade garden. From the variegated greens of hostas surrounding your backyard tree to a sea of impatiens along the north-facing wall of the garage, a shade garden can turn the darker corners of your backyard into a delightful hideaway from the heat of the sun.

The successful shade gardener chooses plants that thrive in low light and carefully attends to their special needs. Shade plants, for example, must often compete with trees and shrubs for nutrients and water. That means watering shade plants more deeply and fertilizing more frequently than other areas of your garden.

How shady is it?

To create a healthy shade garden, begin by assessing the level of shade. You should observe the area at different times of the day and different seasons of the year.

Dappled shade means shade produced by open trees which create a moving pattern of sunlight and shade. This is the lightest category of shade, generally in full shade for less than four hours each day.

Open Shade refers to an area that receives bright light but no direct sunshine. Areas shaded by buildings can be quite bright even though they are never in the sun.

Medium shade means area of open shade further darkened by trees or other structures.

Dense shade occurs in narrow side yards between buildings, where little or no direct light reaches the ground or in densely treed areas.

The right soil, enough water

As with other plants, shade plants rely on the right soil to thrive. In wooded areas – where shade plants grow naturally – the soil is rich in decomposing leaves. To match these conditions, add compost and leaf mold to your soil. Shade plants like well-drained soil with air spaces yet the organic matter ensures that the soil will remain moist during dry periods

If you're planting under a tree, tree roots near the surface mean you won't be able to turn the soil to add organic matter but you can add several inches of compost on top of the soil.

What to choose

Once you know the level of shade and have prepared the soil, you can choose the right plants. Here are a few favourites that easily tolerate light to medium shade:

Annuals: Coleus, foxglove, impatiens, lobelia, pansy, begonias.

Perennials: Bleeding heart, daylily, marsh marigold, Solomon's Seal.

Groundcovers: periwinkles, English ivy, hosta, lily-of-the-valley, sweet woodruff.

MacDonell's Garden Centre
8 am to 8 pm
7 days a week
• Large Assortment of Annuals
• Vegetables • Herbs
• Perennials
MAY21044
~ Gift Certificates Available ~
2065 Pitt Street, Cornwall
932-0875

Gauthier's Greenhouse & Garden Centre
It's time to plant!
• Hanging Baskets
• Vegetable Plants
• Annuals

See our LARGE selection of
~ Trees ~ Shrubs
~ Roses ~ Evergreens
~ Perennials
MAY21044
~ A Growing Business Since 1964 ~
OPEN 7 DAYS/WEEK ~ Mon-Fri 8am-6pm; Sat&Sun 8am-5pm
GIFT CERTIFICATES AVAILABLE
6214 165 Ave., RR#1 Curry Hill, Bainsville 347-2237

HARVEST GARDEN CENTER
We have the largest selection and variety in the area!
Trees • Shrubs • Perennials
Baskets • Annuals • & More

4 LOCATIONS FOR YOUR CONVENIENCE
• 75 Cornwall Centre Rd
• Highway 138 (Judy's)
• 1180 Pitt (Koko's Car Wash)
• Cornwall of Vincent Massey & Powerdam Drive
MAY21044
~ GIFT CERTIFICATES AVAILABLE~
OPEN 8-8 EVERYDAY
Come See What We Have Growing!

WAL-MART®
GARDEN CENTRE NOW OPEN
MAY21045
Saturday to Friday 8:00 am - 10:00 pm • Sunday 9:00 am - 6:00 pm
OPEN VICTORIA DAY MONDAY (Garden Centre Only) 8am-5pm
Floral Compost Shrimp, Peat & Manure $3.97 each EVERYDAY
Hanging Baskets $7.97 & up
ROLLBACK
3.5HP 20" MTD Lawnmower Side Discharge, Briggs & Stratton Engine Reg. $158.83 NOW $151.83
Flats $2.37
Sunshine Peat Moss 107L $4.23 each
Sheep/Cow Manure 15kg $2.17
ROLLBACK
Kids Plant Mix 17.6L $2.97 to $1.47
Assorted Ceramic Pots $29.98 & up
Magic Plantation Black Earth 25L bag ¢87 FRIDAY TO MONDAY
Large Selection Trees & Shrubs $4.97 & up
950 BROOKDALE AVE., CORNWALL, ONTARIO

HOME OF THE WEEK

Family Oriented Four Bedroom Design

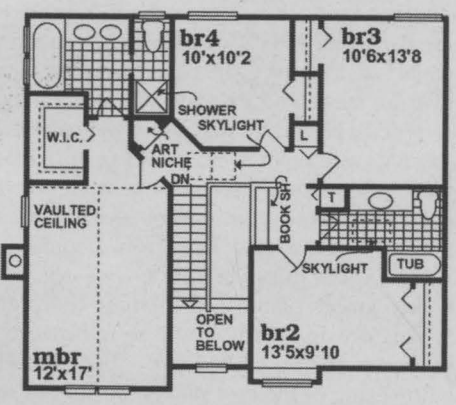
RELEASE DATE: May 23 - 29, 2004
Design for Living
PLAN NO: 2197-2144
WIDTH: 47'
DEPTH: 40'
©Copyright SELECT HOME DESIGNS

• A quaint front porch opens to a raised foyer which introduces the coffered ceiling living room and dining room beyond; decorative columns visually separate the dining room from the fireside living room.
• The kitchen, breakfast and family room combination creates a space the family can enjoy together and allows the cook to keep an eye on this area.
• The kitchen boasts an island preparation center, abundant counter space and a sunny breakfast room which opens to a rear porch.
• Access from the two car garage leads directly to a convenient laundry and mudroom.
• A skylight and decorative octagonal window brighten the second storey hallway.
• The master suite boasts a vaulted ceiling, large walk-in closet and lavish full bath with twin vanities, whirlpool spa and shower.
• The three spacious additional bedrooms share a skylit main bath with soaking tub.
• Plans include a choice of foundations, full basement and crawl space.

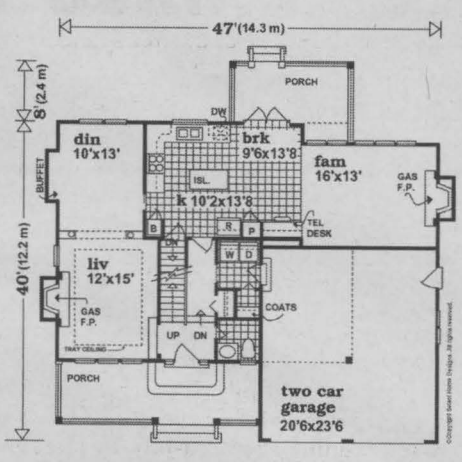


©Copyright Select Home Designs. All rights reserved

Plan No. 2197-2144



second level 1051 sq.ft.
Plan No. 2197-2144



first level 1092 sq.ft.
PLAN No. 2197-2144

To receive a 288 page book featuring over 350 beautifully illustrated home and cottage plans, including this design, for only $9.95 (including shipping, handling and taxes) mention this newspaper via email at sales@selecthomedesigns.com, or call toll-free 1-800-663-6739 or fax 604-881-2114. We accept Visa/Mastercard/AMEX. To use cheque or money order, make payable to Design for Living, c/o this newspaper, 102 - 9440 202nd Street, Langley, B.C., Canada, V1M 4A6.
Total square feet: 2,424

FOR THE BEST DEALS IN TOWN!

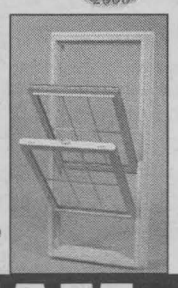
ORTHO SELECT 5 Year Warranty		CHIRO 15 Year Warranty		ORTHOPEDIC 20 Year Warranty	
39" Set	Reg. $299 $199	39" Set	Reg. $499 $299	39" Set	Reg. $599 $399
48" Set	Reg. $399 $249	48" Set	Reg. $699 $399	48" Set	Reg. $799 $499
54" Set	Reg. $399 $249	54" Set	Reg. $699 $399	54" Set	Reg. $799 $499
Queen Set	Reg. $489 $299	Queen Set	Reg. $899 $499	Queen Set	Reg. $899 $599

39" MATTRESS $99
BERGERON SLEEP SHOP & HOT TUB
1005 FIRST ST. E. MAY21043 932-2214

Ostaco 2000 Quality

All Styles of Windows By Ostaco
Lifetime Warranty

- Practical
- Energy Efficient
- Convenient
- Secure
- Strong
- Durable
- Easy to Operate
- Easy Maintenance



RAINSTREAM
313 Balmoral Ave (613) 932-0817
may21042



The Attic, A Hidden Gem

(NC)—Starting to notice a lack of living space? Telling yourself that one more room could make a big difference in the quality of your home life? Make better use of the space you already have rather than adding on by transforming your attic into an additional bedroom, a home office or an airy alcove! Let VELUX® roof windows to let in all the natural light you need, the dream of living in an open loft easily becomes a reality, even in a three-story townhouse!

As lots have become increasingly smaller over the years, the new renovation trend is indeed to build up rather than add on. In a recent Builder's Choice survey of the top ten trends in renovation, the number one trend was "going vertical". Builders and architects want to make the most of every inch and, as the article states, "even single-family homes are showing up with third floor bonus rooms."

The secret to making your newly created space a comfortable and welcoming living area lies not only in its design – lighting has an immense part to play in the attractiveness of a room, and nothing beats natural light! In the case of an attic, roof windows will let in up to 100% more daylight while providing great views of the outdoors. For those looking for the ultimate "touch-the-sky" experience, the VELUX CABRIO balcony roof window acts as an open-air balcony: the bottom sash of the window expands outward, clicking into place with protective side railings. Indoors become outdoors with fantastic ventilation, cascading sunlight and skyline views.

Quality of life is a priority for Canadians. Since the cost of real estate has dramatically escalated over the past few years, inexpensive home renovation projects have become the preferred solution to respond to new housing needs. Renovated attics make ideal additional rooms, combining the idea of a peaceful retreat and of a functional open space where you can sleep under the stars or work under warm rays of sunlight. Bob Wade, President of the Appraisal Institute of Canada says, "upcoming renovation trends indicate Canadians' desire for comfortable and convenient surroundings." The "living attic" is wonderful and economically viable renovation project – VELUX roof windows are easy to install and cost substantially less than dormer windows. Ultimately, the result is improved quality of life at home – and who doesn't want that?

Painting Your Fence



The time has come for you to place a new coat of paint on your fence. Chances are you're probably asking yourself, "where do I begin"? By having a game plan in place before you start, you'll save yourself time.

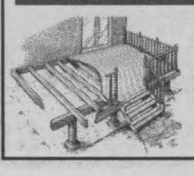
Begin by clearing the ground. Remove all unwanted debris and growth. You may have to mow your grass and/or remove weeds. Place a drop cloth below the fence to catch debris and over spray.

Next, prepare the fence to ensure it retains its appearance. Using a power washer, clean the fence and remove loose paint. If you don't have a power washer, use a hose with a power nozzle, a brush and a liquid wood cleaner. Then, remove the remaining paint with a paint scraper. Using a power sander, you can then remove raised paint edges. Now apply a 50-50 household bleach-water solution on mildew spots to kill the unwanted organism.

Next, select a suitable applicator. If you're painting a large, flat surface you should use a roller, pad or sprayer. Whichever applicator you select, you'll need a stain brush to work paint into hard to reach areas. Why a stain brush? Because it holds more finish and there's less dripping!

Enjoy your newly stained fence. Time to move on to the deck!

Perkins-Caron
RONA Home Centre



1100 Marleau Ave
938-3300

Spring Cleaning With White Vinegar

Here are some cleaning tips:

•Cleans and deodorizes microwave ovens - Combine 125 ml (1/2 cup) of white vinegar and 250 ml (1 cup) of water in a bowl. Place uncovered in microwave and cook on high for three to four minutes. Let stand for 15 minutes and the steam will loosen food stains while it deodorizes. Immediately wipe oven cavity clean.

•Safely cleans baby's toys - White vinegar is safe enough to eat so it is the best cleaner for babies' toys, which often end up in an infant's mouth. Pour full-strength white vinegar into a trigger spray bottle. Hold sprayer 15 to 20 cm (six to eight inches) from soiled toy. Spray and wipe clean with dampened cloth.

•Removes lime scale from sink faucets - Soak a paper towel in white vinegar and then wrap it around the faucet for 10 minutes. Remove paper towel and wipe away lime scale.

•Opens and deodorizes drains - Pour a handful of baking soda and 250 ml (1 cup) of white vinegar down drain. When bubbling stops, rinse with hot water. Repeat, if necessary, until drain runs freely.

Prune Your Cedars Very Cautiously

The cedar is an ornamental tree or shrub that adds colour to the prairie landscape during our long, cold winters. Environmental conditions are harsh for these plants, and survival is often difficult. Those that do survive can thrive and flourish in a sheltered location with good growing conditions. Such cedars may grow several inches each year, and will thus require pruning.

Downsizing Cedars If a plant has grown too large, prune it down to size in the spring, before growth starts. Take special care not to remove too much growth from the outside of the plant at this time. On a typical cedar, there is green growth only on the outer 15-30 cm (6-12 in.) of each branch in the early spring. All conifers lose their oldest needles or leaves, which are towards the centre of the tree. If most of the green growth is pruned off the outer part of a branch, it will be left virtually bare. The virtually bare branch will seldom produce new growth and it will likely die.

Any amount of pruning to downsize a cedar will inevitably make it look somewhat unattractive until it has had a chance to fill in, which can take a few years.

In reducing the height of a cedar ("topping" it) do not prune excessively or the top of the plant may not fill in again and will look very unattractive. In topping a pyramidal cedar, it is recommended that you prune the main trunk back no more than about 1/4 of the tree's height. The tree will gradually fill in on top and continue growing up. If you must reduce the tree's height further, stake the top branches into an upright position so that the top will fill in. The year after a cedar is topped and in subsequent years, shear the new growth to keep the tree from getting too tall again.

For columnar cedars, follow the same topping procedure described above for each of the main trunks. Globe cedars will seldom fill in if they are topped excessively. Globe cedars that have been allowed to grow excessively large in width and height are difficult, if not impossible, to prune. It is vital to prune them regularly to keep them from growing too large.

Keeping Cedars in Shape To maintain a compact, thicker look for your cedars and to keep them from growing too large, shear the plants once a year, between mid-June and mid-July. If you want an even tighter, more manicured look, you can shear them twice or even three times during this period.

Avoid pruning after mid-July. By late summer, growth has ceased and the buds that will produce next year's growth have formed. Pruning must be done before these buds are formed. If you remove these buds, the plant will be forced to produce more buds. This will deplete the cedar's energy reserves and the plant will enter winter in a weakened state and be more susceptible to winter injury.

In pruning cedars, remove some but not all of the present year's growth. These are the green stems; the older stems are brown in color.

How much new growth should you prune away? That depends on how fast you want the tree or shrub to grow. If your cedar produces six inches of new growth each year, you can restrict its growth to only 1 inch per year by removing 5 inches of the new growth annually.

Growing Geraniums

Geraniums are one of the most reliable plants grown in the home garden. They can be obtained in flower in late spring and will add colour to the garden until frost. Some plants become quite large, with huge flowers; others are smaller. The new cultivars offer almost shatter-proof flowers that withstand wind and rain. Geraniums can be obtained as seedlings or established plants.

Set out plants in the spring after danger of frost is past. Geraniums that have been injured by cold temperatures will stand still and make little growth, often with red foliage. A late-May planting will be more satisfactory as the plants will establish better. Plant geraniums where they will receive sunlight for best flower production. Plants will grow in partial shade, but flowering is reduced even though foliage is produced. Select a site where water drainage is good. Geraniums will grow in almost any type of soil if well-aerated and porous. This means that heavy clay soils should be improved by adding organic matter each year. An inch of coarse sphagnum peat moss, partially-rotted manure, or compost spaded in when preparing the beds is ideal.

Garden centres, greenhouses and retail outlets sell plants in the spring. These plants may or may not be in flower. Plants are generally available as rooted cuttings or as seedlings in plastic trays or pots. These are sure to grow because all you do is remove the container without disturbing the soil around the plant. Plants should be set in the soil no deeper than the depth they were growing in the pot. If possible, plant more shallow. If you plant too deeply, stem rot will usually kill the plant.

Once planted, firm the soil around the roots. Be careful not to injure the stem of the plant since this provides an opening for diseases to enter. Water thoroughly after planting. Liquid fertilizers such as 20-20-20, 15-30-15 should also be applied at the rate recommended on the package. Water after applying fertilizer, not only to get it into the soil where the roots of the plant can get it, but also to avoid burning. Any fertilizer that gets on the foliage of the plants should be sprayed with water.

Pest problems are minimal with geraniums. Always keep fading flower stalks removed to reduce botrytis. Proper plant spacing will reduce botrytis on leaves that can sometimes build up during wet seasons.

Occasionally, geranium plants or single leaves will wilt for no apparent reason. This should alert the homeowner to a serious problem known as bacterial blight. Infected plants will more readily display this symptom under high (70° to 80°F) temperatures. No sprays are available and removal of the plant from the site should be done immediately.

How To Build A Colourful Garden

(NC)-If you want colour in your garden and you want it fast, annuals are the answer. Annuals only grow for one year and then die, while perennials come back year after year. However, most perennials take two to three years before they hit their peak flowering stage and provide vibrant colour. Also, they tend to bloom for just a few weeks of the year.

Annuals often bloom from spring until frost, trying to make as many seeds as possible for the following year. To get your garden looking great in no time, here are a few tips from Home Depot's Garden Expert, John Mansz:

- Buy larger plants – the larger the plant, the more mature and ready it will be to flower
- Prepare the flowerbed soil – Bad soil will halt the flowering of the best plants. Be sure to work in plenty of compost or peat moss for an excellent base. Work at least four inches of soil in a new bed and two inches in a mature bed.
- Plant seeds outdoors – The risk of frost must have passed, but planting seed directly into the soil bed will spring like magic. Fast growers include cosmos, marigolds, zinnias and sunflowers.
- Fertilize – Especially in areas where nutrients have been flushed out by frequent watering. Fertilizing will encourage maximum height and bloom. However, don't over fertilize – you'll encourage plants to produce more stems and less flowers. Mansz says slow release fertilizer is best in this case.

CANADIAN TIRE

FRIDAY, SATURDAY & SUNDAY ONLY

GARDEN CENTRE OPEN MONDAY, MAY 24 • 8AM-5PM

6 PKG. W/HANDLE
WAVE PETUNIAS
reg. $8.99
333588-6
SALE $6.99

ALL 10" DELUXE
HANGING BASKETS
33380-3
ONLY $8.99

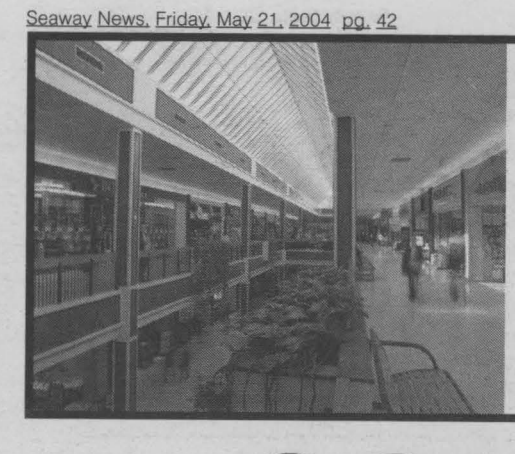
HANGING BAGS
reg. $14.99
333510-0
SALE $10.99

50c GLOBE CEDAR
reg. $24.99
336627-6
SALE $14.99

25 L. BLACK EARTH
994599-8
SALE 99¢

4" CUTTING
GERANIUMS
Assorted colours
reg. $2.59
333700-8
SALE $1.89

BEST QUALITY • BEST PRICES Cornwall Hours: Mon.-Fri.: 9am-9pm; Sat.: 8am-6pm; Sun.: 10am-5pm
201 Ninth St. E. 933-0592 CORNWALL LOCATION ONLY (Deal 903 Ends May 23/04)
MAY21042



The Long Weekend Is Here!

Play Safe & Enjoy!

Cornwall Square will be closed
Victoria Day Monday



Cornwall's Premier Shopping Complex

cornwall square

The Centre of Our City!

www.cornwallsquare.com

SCUTTLEBUTT

Mondays & Tuesdays
order any 3 topping Pizza at regular price and get the
2nd ONE FREE
Domino's Pizza
933-0313
~Fast FREE Delivery~



May - June Special
50% to 70%* Off
Selected Wedding Gowns
*Off Original Price

50% Off Veils
WITH PURCHASE OF WEDDING DRESS
or
$100 off Alterations included.
New Spring Line Wedding Gowns

We also have a complete line of accessories such as Tiaras, Gloves, Shoes, Jewellery, etc.

Your One Stop Shop for All Your Prom or Bridal Needs
Open 7 Days A Week & Thurs. & Fri. Evenings

314 9th St. West, Cornwall
933-6485
www.a-zbridalgallery.com

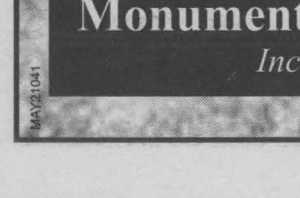
A-Z Bridal Gallery

MAY21044

What's with the "noise pollution" lately? Aren't City police supposed to be cracking down on loud mufflers?

Our sympathies go out to **Nancy Poncia** and husband **Tony** in their recent loss of Nancy's brother **Chris Garrett.** Chris was the **Cobourg police officer** that was killed in the line of duty on Saturday, May 15th, 2004.

GRADUATE IN WEEKS NOT YEARS
Business Administration Diploma • 32 weeks



starts June 14, 2004 • Limited Enrollment
call 936-8973
Cornwall Career College

MAY21044

Bob Sloan

You don't have to convince **Bob Sloan** that Cornwallites like to arrive at meetings at the last minute. The President of the **Neighbourhood Watch** program had an information set up for 7 p.m. on Monday, May 10th, 2004 and a couple of minutes before 7 p.m., no one was there. Believe it or not, before the meeting got underway, they had a reasonable attendance show up.

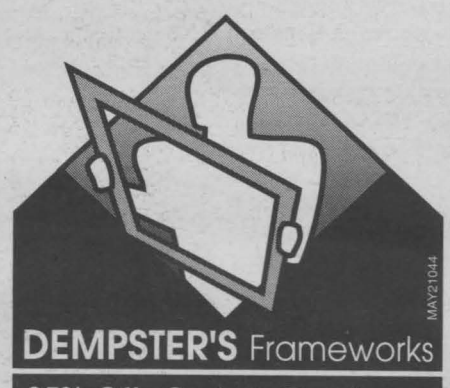
Deputy Fire Chief **Vic Leroux** will be Fire Chief Vic Leroux on Friday, May 28th, 2004. On that date, current chief **Roger Desjardins** will retire after almost 30 years of service.

The annual **Teddy Bear Picnic** at Cornwall Community Hospital, McConnell Avenue site, is coming up on Saturday, June 5th, 2004, not June 2nd, 2004 as mentioned in an earlier article.

Seaway News would like to wish everyone a **safe and happy Victoria Day** on Monday, May 24th, 2004.

Many thanks go out to **Roy's Pools** for donating a pool to **Bishop MacDonell School.** The pool was used for scuba diving demonstrations during Education Week! Thanks to a great business with a kind and thoughtful heart. We would also like to thank Mr. Clouthier for donating his time to do the demonstrations!

"I used to have a handle on life, but it broke."

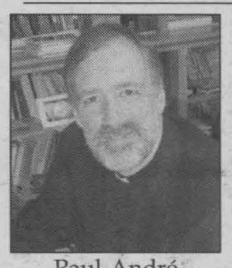


DEMPSTER'S Frameworks
25% Off - Custom Framing
35% Off - Custom Lamination
Mon. & Tue. 10-4 | Wed. Closed | Thur. 10-8 | Fri. & Sat. 10-4 | Sun. Closed
938-6947 1007 Montreal Rd., Cornwall, ON K6H 1E1

MAY21044

Congratulations to Deputy Police Chief Cornwall Community Police Services, **Dan Aikman** for successfully completing and graduating from a police executive training program at the University of Toronto's Joseph L. Rotman School of Management.

THE FISHING HUT
Live bait - Grubs, worms and minnows
Since 1996
Fishing and Hunting Licences. Turkey Licences. Quaker Boy Turkey supplies now available. Calls, decoys.
Two 24-hr. live bait dispensers in 2 strategic locations
No longer just another fishing store
Rods, reels and much much more
410A Cumberland St., Cornwall
933-4636
7 - 5 • 7 days a week
www.fishinghut.ca • email: info@fishinghut.ca



Paul-André Durocher

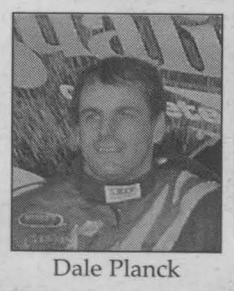
*On Sunday, May 16th, 2004, St. Columban's Roman Catholic Church continued to celebrate its 175th anniversary with a special Latin Mass conducted by **Bishop Paul-André Durocher.***

Norm Barrette is the new manager of our land ambulance service. He replaces **Heather Arthur** who is now with Cornwall Community Hospital.

Small Wonders: Aubrey, my 5-year-old son, and I were having a discussion about death. He asked thoughtfully, "Mom, if heaven is so wonderful, why don't people want to hurry up and get there?"

"Well," I began, "God has placed inside us all something that makes us want to live—"

"Oh," Aubrey interrupted, "that's what the *liver* is for!"



Dale Planck



Marc Therrien



Joe Woods



Stuart Mullin

Cornwall Motor Speedway: Winners from the features in the order they ran Sunday night, May 16th, 2004:

Modified 30 laps - Dale Planck
Pro Stock 20 laps - Marc Therrien
Semi Pro Stock 15 laps - Joe Woods
Rookie 12 laps - Stuart Mullin

Joy Seguin applauds the **VON** during VON Week for a well organized and efficient service.

After a "zillion" years toiling for Domtar, **Glen Grant** has finally packed it in, to concentrate on being a city councillor. There will be a retirement gathering on Friday, May 28th, 2004 beginning at 4 p.m. at the Knights of Columbus (corner Second and Amelia). Glen hopes to see all his hockey and fastball buddies from the past.

Isn't it interest how just days before an election call ... the Liberals will not tinker with their obscenely costly gun registry program.

Sherry Lynne Sabourin Esthetics
Escape to the comfort of my home
Soft music & aromas of essential oils
by appt.
930-9067

MAY121044

Lotus Position: After some cajoling, my husband finally agreed to join a meditation class at our community centre, commenting, "Well, I suppose it's better than sitting around doing nothing."

Thought of the Week: *"Some people will only see the light when they feel the heat."*

Your Deck Specialists
We have everything you need to build your deck!



Perkins-Caron RONA Home Centre
1100 MARLEAU AVE.
938-3300

MAY21044

A huge bouquet goes out to all the people who helped make **Bishop MacDonell Catholic School's spaghetti supper** a huge success. A special thank you goes out to **Phyllis Van de Kamp, Claude Poirier, Mrs. Adele McAlear, Larry Granger, Mr. Dave Villeneuve, Mr. Mike Levesque, all staff members, and all businesses** who donated food and prizes. It was a huge success!



Early Bird Specials - 4pm to 6pm
ALL WEEK LONG
Choice of 2 Dinners for $20.04
Includes 2 Garden Salads & Our Self-Serve Bread Bar
no discount or promo on these specials
Gedoro's Fine Dining in Casual Comfort
158 Pitt Street 938-2791

MAY21044



Trisha Romance
"Heart and Soul"
Complete Your Re-Decorating With A Visit To Logan's Gallery
LOGAN'S GALLERY Gift Shop
204 2nd St. East
938-3629
A Gallery Like No Other

MAY21044

100%
PRICE MATCH GUARANTEE
plus a 7% Discount on all purchases to offset GST
Monuments Starting at $495.00 (plus GST)
Includes Inscription & Delivery

MAY21041

L & S

LAHAIE & SULLIVAN
MONUMENTS - MEMORIALS
Turn to a friend

East Branch
614 First Street East
933-2841

West Branch
28 Seventh St. West
932-8482

www.lahaiesullivan.com

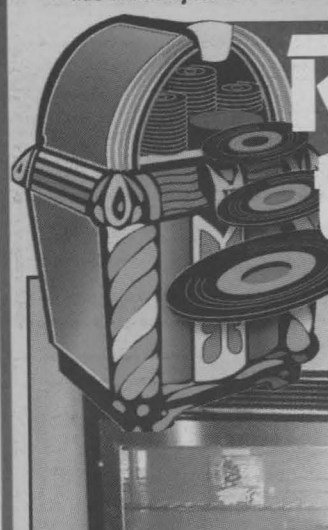


Great News

The
Spring Renovations Special
has arrived just in time for Normand Lalonde's

24th ANNIVERSARY SALE

$10,000 Giveaway



Return to the 50's at NORMAND ALONDE AMEUBLEMENT FURNITURE



REBATES ON ALL APPLIANCES

GE · SAMSUNG · GE HOTPOINT

Refrigerators	$50
Refrigerator w/freezer on bottom	$70
Self-Cleaning Stove	$70
Dishwasher Max	$70
Washer & Dryer	$100
Microwave	$50

Your Home For Fine Dining





Table & 4 Chairs $33.25 per month

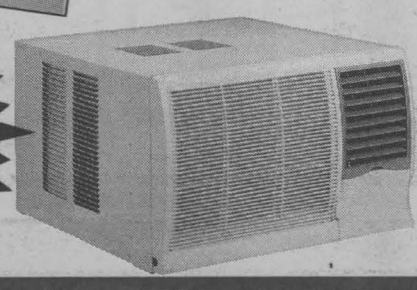
Your Choice of Payment from THE GIANT

OPTION 1	OPTION 2	OPTION 3
36 Months, Interest Free DAC	No Payments Before July, 2005 DAC	Pay Cash & The Giant Pays the Tax for You

on furniture, & mattresses

FINANCEMENT accord D Desjardins

Get Ready For A Hot Hot Summer
AIR CONDITIONERS
Now In Stock
starting at
$5.19/month



You're Just 30 Minutes from Great Savings . . . Exit 9 on Hwy 401 at St. Zotique . . . FREE DELIVERY ~ FREE INSTALLATION

NORMAND ALONDE

AMEUBLEMENT FURNITURE

1120 PRINCIPALE ST. - ST. ZOTIQUE P.Q.
(450) 267-3250
1-877-267-3250

HOURS
Mon.-Wed. 9-5:30
Thurs.-Fri 9-9
Sat. 9-5
Sun. 11-4

MasterCard · VISA · Interac

mazda

GET IT IN GEAR EVENT

HURRY! OFFER ENDS MAY 31ST

INTRODUCING THE ALL NEW REDESIGNED 2005 TRIBUTE



ALL NEW 2.3L 4 CYLINDER ENGINE

PURCHASE FROM $24,395**

~ OR ~ LEASE FROM $259*/mo.

48 months $3,900 down

AND GET 2.9% purchase financing for 36 months

2004 ALL NEW mazda 3 ZOOM-ZOOM



2.9% purchase financing for 36 months

AND PURCHASE FROM $16,295**

2004 AJAC CAR OF THE YEAR AWARD CANADIAN CAR OF THE YEAR

2004 AJAC CAR OF THE YEAR AWARD FOR BEST NEW FAMILY VEHICLE

Automobile Journalists Association of Canada



mazda 6 GS-I4

BEST NEW FAMILY VEHICLE

NO PAYMENTS FOR 90 DAYS on leasing▼ and financing▼▼

3.8% purchase financing for 60 mos.† Price starting from 24,395*

~ OR ~ LEASE FROM $339*/mo. 48 months ZERO DOWN and $0 security deposit

CORNWALL mazda

WHERE SALES ARE BUILT ON SERVICE

MAY21042

1405 Rosemount Ave. 933-6210

**Freight, PDI, taxes extra
*Lease 48 months, 20,000 kms/year, taxes, in-stock units only

MAZDA GRADUATE PROGRAM

Cornwall Mazda Rosemount Ave. Boulevard Ave.

Leon's SINCE 1909

JUST SAY NO! TO HIGH PRICES!

At Leon's "Just Say No" Event, we're saying "NO" to high prices! Hurry in this long weekend for amazing savings on quality furniture and famous brand name appliances and electronics!



ASK ABOUT OUR GUARANTEED FABRIC PROTECTION PLAN

Save Big On This Sofa!

Features solid wood trim front with decorative carvings and 4 loose pillow back cushions.

Chair $499 Loveseat $579

PRICE BREAK!

$599 INCLUDES DELIVERY



Dining Deal!

This casual dining package includes a 42" round solid wood table top and 4 upholstered chairs with metal frames.

UNBELIEVABLE!

$249 INCLUDES DELIVERY



SENSATIONAL!

Individual Pocket Coils!

Double Size Set $599
Queen Size Set $649
King Size Set $999

TWIN SIZE SET $549 INCLUDES DELIVERY

PLUS DON'T PAY FOR ONE YEAR!

No Money Down!* 0% Interest! No Monthly Payments! On Everything In Our Showrooms!

Leon's SINCE 1909

CANADA'S ONLY FURNITURE SUPERSTORES

1360 Marleau Avenue, Cornwall 932-2684

HOURS: Tuesday to Friday: 9am-9pm; Saturday: 9am-6pm; Sunday: 11am-4pm

CLOSED MONDAY, MAY 24TH

*O.A.C. All applicable taxes and a processing fee of $55 (Eg. $1500 purchase with $55 PF equals an APR of 3.67%) are due at the time of purchase. Balance is due one year from the date of purchase. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. See store for delivery included areas. Set-up of RTA and electronics not included. Not applicable to previous purchases and markdown items. See store for other convenient payment options. †Custom orders require 25% deposit.