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SEAWAY NEWS

March 19, 1999 VOLUME 13, ISSUE 12 SERVING CORNWALL AND AREA

1999 Lilac Festival Plans

The Lilac Festival Committee announced that the Sixth Annual Lilac Festival will be held in Lamoureux Park on May 28th - 29th when over 4,000 lilacs planted in the area are expected to be in full bloom.

Dr. Stuart Munro, Chair of this year's Festival said that over 8,000 lilacs of 68 different varieties have been planted in the area. Some varieties are known to blossom in the first year whereas others take two to four years to blossom.

The committee hopes that another 1,000 lilacs will be planted this year. 400 of these will be planted on Highway 401 approaches to Cornwall and the entrances on Brookdale and McConnell Avenues. As in previous years, 6 varieties of lilacs will be available to the public at $10.00 per plant during the month of April with a distribution date of May 8th. The planting will be done on May 16th.

Dr. Munro states that this year's festival will bring new activities added to the regular events. The Committee is planning for a talent showcase on Friday, May 28th with prizes for the winners in each category. On Saturday there will be a Medieval Faire and jousting demonstration in the Si Miller Arena. These are in addition to the parade in the downtown area and games, entertainment, fun and food in the park.

One of the long term objectives of the festival is to make Cornwall a tourist destination. To this end, Dr. Munro stated that we are making progress as this year we had enquiries from as far as Massachusetts in U.S., where people are asking for the details and accommodations available during the Festival.

The Lilac Festival Committee is also looking for volunteers to help with the Festival. Anyone who can help in this community project is asked to contact Frances Lefave at 933-3384.

Cute & Cuddly



Innocence and imagination are set free for all to see when young children encounter young animals. Young children are unencumbered by experience or prejudice of present moments and share with each other innocent solemnity and insights revealing something about each of us. In this moment, the children and the lamb spontaneously collaborate to reveal something new about our relationship to the qualities of the children within all of us; to newness; to vulnerability and to wonder.

Pictured recently at Brookdale Mall are Casper, the five day old lamb owned by Town & Country Travelling Petting Zoo from Ste. Justine de Newton, with Michelle, Emily and friends.

Story & photo by Aubrey Johnson

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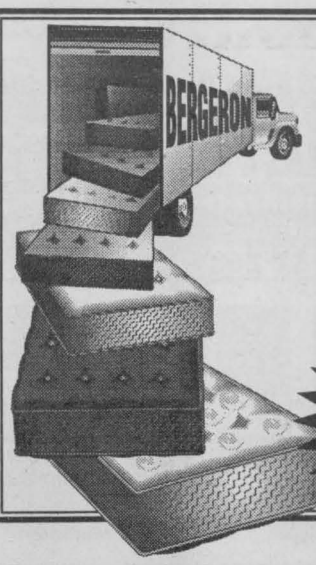

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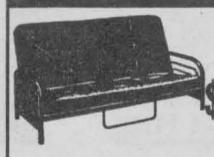

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In & About CORNWALL

Silent Auction To Be Held

The youth of New Life Covenant Church will be holding a silent auction. The money raised will assist youth in attending the "Acquire The Fire Conference" to be held in the spring of 1999. The auction will be held on March 27th at the Brookdale Mall. All times to be auctioned will be on display at the Mall from Thursday, March 25th until Saturday, March 27th when the final bids will be taken until 4:00 pm. Items donated are from local businesses and individuals in the community.

Nomination Meeting & Rally Scheduled

The Stormont Dundas Provincial Liberal Association is planning a nomination meeting and rally for John Cleary. The Ontario Liberal Party has given the go-ahead for the association to nominate Cleary for the upcoming provincial election. The meeting and rally will be held on Tuesday, March 23rd at the Best Western Parkway Inn at 8 pm. "We're proud to say that John Cleary will be confirmed as our candidate in the upcoming provincial election," said Liberal Riding Association President George Assaly. "The wheels are in motion and we're ready to go."



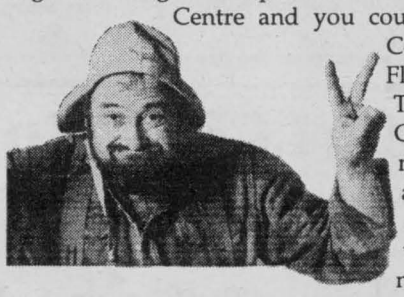
Cleary

Photo Contest

Enter "The Colours of Cornwall and the Seaway Valley" photo contest and qualify for some great prizes. Youth Service Canada - Tourism 2000 is looking for photos that depict the beauty of Cornwall and area. Categories include: Things to do in the Seaway Valley; Our Colourful Heritage; Nature's Way; and photos taken by children 12 and under. Register at one of the following locations: Jean Coutu Pharmacy; Maynard's YIG; Shadows Photo Studio & Gallery; Cornwall & Seaway Valley Tourism; South Dundas Economic Development Commission in Morrisburg; the Seaway Valley Pharmacy in Winchester or Alexandria Prophoto. For more information call 938-4748. Contest ends April 30, 1999.

Flynn Steps Up To The Plate ... Again

Jimmy Flynn will be back in town on Saturday, March 27th to help raise money for Cornwall Minor Baseball and to help fill the shelves at the Agape Centre. Tickets are available at Music World (937-0424) or at the Rat's Nest (937-0382). Don't forget to bring a non-perishable food item for the Agape Centre and you could win a Jimmy Flynn Comedy Package. Jimmy Flynn Street Comedy 2 Tour '99 will stop at GVSS Auditorium on march 27th. Doors open at 7:00 pm and the show starts at 8:00 pm. This will be a show that you never forget.



Glen Stor Dun Lodge Celebrates 5 Years

The Glen Stor Dun Lodge is celebrating its fifth anniversary of its new building this year. The fifth anniversary coincides with the International Year of the Older Person. Administrator Frances Lefave says that there are plans in the works to celebrate the two occasions this year. The Glen Stor Dun Lodge is unique in its design, with the open concept allowing more independence and freedom for the residents.

Come Join Us In The Walk For MS

The Multiple Sclerosis Society of Canada is once again asking for your support in their 1999 Super Cities Walk for MS. This year the walk is being held on Sunday, April 18th. The MS Society has challenged the 30,000 walkers in 44 Ontarion communities to raise more than $3.1 million. To register for the walk or to receive more information, call the local Multiple Sclerosis Society.

Legion Sponsors Charity Dinner

Branch 297 of the Royal Canadian Legion is sponsoring a 1/4 chicken dinner for the Big Brothers and Big Sisters of Cornwall & District on Sunday, March 28th from 4 pm to 7 pm at the Legion Hall, 415 Second St. West. Tickets can be bought at the door for a donation of $5 per person or at the Big Brothers/Big Sisters Office, 101 Third St. Everyone is invited.

Poster Contest

A poster contest will be held to mark the SD&G Day of Mourning on April 28th. The contest is sponsored by the SD&G Day of Mourning and Health and Safety Committee. All students are invited to submit their entries to the SD&G Resource Centre at 113 Eleventh Street West before April 15th.

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Pictures is a recently modernized room at the Long Sault Villa over looking the St. Lawrence River.

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Dressing Down for Alzheimers



Once a month, the residents of Parisien Manor hold a dress down day. At the last event, the 65 residents of the Manor raised $63.00, which they graciously donated to the Cornwall Alzheimer Society. Parisien Manor has been serving the elderly population of the United Counties since 1969 with exemplary devotion to their needs. Pictured with Administrator Norman Quenneville are Laurie Sullivan, Family Support Caseworker; Angele Houde; Activity Director Rita Huot and Mandy, who always has a friendly wag for her friends.

Story & photo by Aubrey Johnson

Apology to Dr. J. Bourcier

In our February 12, 1999 edition, at page 10, we published a Letter to the Editor under the heading, "Horror Stories from the ER". That letter made a number of harmful and negative allegations about the conduct and performance of Dr. J. Bourcier in the Emergency Room at the Cornwall General Hospital in respect of a patient. Seaway News wishes to state that the allegations contained in the Letter to the Editor were false and utterly without foundation. We unreservedly retract these allegations and we wish to sincerely apologize to Dr. J. Bourcier for publishing the letter and for any and all damage, embarrassment or inconvenience the publication of the letter caused.

Chamber Says Investigate Before Signing

The Cornwall Chamber of Commerce has recently had a number of telephone inquiries from local citizens about suppliers of natural gas. These people had received what appeared to be bonus cheques for $40.00. However, they discovered that by cashing the cheques, they committed themselves to an extended contract with that supplier.

The common question asked was ... what should consumers do?

The Chamber put that question to Randy Helmer, Utility Services Manager for Union Gas, the company that transports natural gas to residential and commercial customers. "There are a number of legitimate natural gas suppliers in the marketplace," reports Helmer. "These brokers negotiate for competitive gas prices then sell the product to various consumers."

To explain how the process works, Helmer compared his industry with the telephone sector. "Bell Canada owns the wires used by a number of long distance companies. Similarly, Union Gas owns the gas lines which can be used by gas suppliers. However, as it is with any type of enterprise, there may be a small number of brokers whose approach to consumers is open to question."

The Chamber then asked Helmer the best course of action for consumers to take. "Don't sign anything or accept any kind of incentive until you ask questions," he said emphatically. "For example, find out the terms of the contract - how long it is, can I back out at any time, does the contract automatically renew or, am I given a choice. Some companies, such as Cornwall Electric provide both gas and electricity. Does signing a contract for one lock me into the other. Most importantly, if the company pressures you to sign immediately - don't. Legitimate brokers do not use pressure tactics."

Concert Choir to Perform



The Berea College Concert Choir and Chamber Singers will perform at Trinity Anglican Church at 8 pm, Tuesday, March 23rd, one of five appearances on the US college choir's Canadian concert tour. The 60 voice choir is conducted by Dr. Stephen Bolster. Organist John Courter is the groups' accompanist and will also perform as a soloist. The concert program is one of great variety. The first half features two very difference settings of "Psalm 150", - one from the Jewish tradition and one featuring South American rhythms - and music for the Lenten season from around the world, composed during the 17th to the 20th centuries. An organ solo played by John Courter will open the second half of the program. The Chamber Singers will perform three songs by contemporary American composer Z. Randall Stroope set to the words of poets Robert Frost, W.B. Yeats and James Agee, and a set of Italian madrigals by Luca Marenzio, in honour of the 400th anniversary of the composer's death. "Wondrous Love" and three other American folk hymns will be sung by the choir and dedicated to the memory of arranger Robert Shaw, great American choral and orchestra conductor, who died in January.

A Canadian and an American song, symbolizing the friendship and cultural exchange between the two counties, will conclude the program.

Berea College is an independent, non-denominational US college located just south of Lexington, Ky. The Concert Choir, formed in 1949, has during five decades performed inspirational concerts for audiences in the United States, Europe and Canada. Since 1980, under Bolster's direction, the choir has toured extensively in the eastern US and during January of 1994 performed throughout eastern Europe.

Bolster is a professor of music and chair of the music department at Berea, where he teaches voice and conducting and directs the Concert Choir and Chamber Singers.

Courter is also on the College's music faculty and serves as College organist. He is a Fellow of the American Guild of Organists.

Trinity Anglican Church is located at 105 Second Street West, Cornwall.

The concert is free and open to the public.

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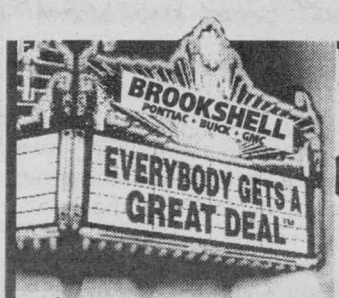

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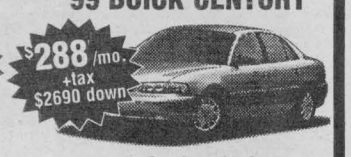

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AROUND THE COUNTIES

Easter Egg Hunt

The Cooper March Conservators are hosting their second annual "Puddle Duck" Easter Egg Hunt for children 12 and under on Sunday, April 4th (Easter Sunday). There will be face painting, a small animal display and a colouring contest. The event takes place at Cooper Marsh from 2:00 pm to 4:00 pm. Cooper Marsh is located approximately 4 km west of the Lancaster exit on Hwy. #2. Admission to the egg hunt is free.

Sunday Brunch Offered

The Crysler Community Centre will be hosting a sugar bush brunch on Sunday, March 21st from 10:30 am to 1:00 pm. The menu will include eggs, bacon, sausages, salt pork, baked beans, pancakes. There will also be taffy on snow to tickle your taste buds.

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Health Unit Gets Tough

The Eastern Ontario Health Unit is prepared to get tough with smokers at North Dundas District High School and could begin giving fines as high as $95 for students caught smoking. Provincial law states that it is illegal to smoke on all school properties. Students from North Dundas High School were caught smoking in a neighbouring cemetary and on the side of County Road 43. The Upper Canada District School Board has asked the Health Unit and the Counties to try and find a solution.

Gray's Creek Activities

Winter activities are still going strong at Gray's Creek Conservation Area. There is a toboggan slide, hockey rink, skating rink and snowshoes which are all ready and available for use. There is a canteen open from 9 am to 4 pm. For information contact Megan Sloan at 938-3611.

Food Festival Planned

A Glengarry International Food Festival is being planned for Setpember 25th and 26th. The event, sponsored by the Maxville & District Chamber of Commerce, will showcase the produce of local growers and the skills of experienced chefs. For more information contact the Maxville & District Chamber of Commerce at 527-3131.

Chamber Hosts Dinner

The Maxville & District Chamber of Commerce are hosting a pot luck dinner on March 20th at 8 pm. The dinner will celebrate the Chamber's ninth year as an organization and they will also celebrate nearing the 50 member mark. The dinner will be held at the Maxville & District Sports Complex. For information call Michael Cowley-Owen at 527-3131.

Pompano Woman At 103: "She's Got It All"

Even at 103 years old, Bertha Foster is the envy



of many of the people who are fortunate enough to know her.

Foster, a resident of Belair, an assisted living facility in Pompano Beach, turned 103 on March 1st. And everybody wants to know her secret for staying in such great shape.

"Everybody should look like her at 103," said Ronnie Sarnel, the activities director at Belair. "We all should live to be 103 like this. She's just lovable and kind. She's got it all."

In recognition of her birthday, employees and friends at Belair honoured Foster, the facility's oldest resident, with a celebration on the day of her milestone.

"I feel that at 103, she deserves to be known," Sarnel said. "It's unbelievable. That's an age. She kept saying she was 16 and that she's looking to get remarried. They're just cute at this age."

Foster, who was born in Cornwall, Ontario on March 1, 1896, relocated to Chicago around 1919. After the death of her husband, John Foster, in 1976, she came to Fort Lauderdale to live with her sister in law.

Foster says she moved to Florida for a very simple reason - she liked it.

"I came to Florida because I liked it better over here," said Foster, who had one child, Roy Foster. "Now I'm having a good time because I'm not working and I'm eating.

According to her daughter in law, Foster was always telling people she was going to live a long life.

"Her maternal grandparents lived to be 104 and 107," said her daughter in law, Melanie Foster, of Houston in a phone interview. "She always told me she'd live to be 100 and she was always in good health. She said it was because she was good Canadian stock."

When asked what her secret to leading such a fruitful life was, Bertha Foster answered, "It's having a good time whenever we have to have a bad time."

In attention to playing cards, dancing, and attending Mass every Wednesday, Foster enjoys entertaining her friends at Belair.

"She makes up a lot of little stories, but she tells everybody stories about the past, too," Sarnel said. "For 103, she can hold a conversation."

Kimberly Jones, a certified nurse's aide who has spent five years with Foster at Belair, agrees with Sarnel.

"I'm gonna throw away my pills and take whatever (Foster) is taking," Jones said.

No matter what she's doing, Foster is seen by many as a role model.

"She's well loved here," Sarnel said. "She gets along with everybody. They all love her. They all know Bertha."

Bertha Foster has four grandchildren, seven great grandchildren and six great-great grandchildren.

Reprinted from Sun-Sentinel, Reporter Melissa L. Salus

You may or may not have heard about it, but Ontario's electricity industry will be open to competition in the year 2000. So how will it affect you? It means quite simply that you'll soon be able to shop around for the best service and the best price from a number of different power suppliers. As part of these changes, Ontario Hydro will become two completely separate companies: Ontario Power Generation, responsible for generating power and Ontario Hydro Services Company, which will look after delivery, retail sales and service. An Independent Electricity Market Operator will be established to ensure reliability of the system. Experience shows that increased competition brings with it better prices as well as new and improved services and technologies. And with more choice out there in the market, the power will truly be yours. For a brochure with more information, visit our website at **www.hydro.on.ca** or call **1-888-927-4477.**

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T.R. Leger At A Common Site

Adult students in the Kemptville area will receive educational services at a common site thanks to a co-location agreement between the Upper Canada District School Board and Kemptville College. Bill Curnoe, Director of Kemptville College and Brian Gilmour, Principal of the T.R. Leger School, finalized a temporary agreement, which allows for a pilot project to use classroom space at Kemptville College.

"The timing of the agreement is excellent," said Brian Gilmour. The implementation of Ontario Works programs has meant that a large number of persons are being requested to return to school. Current classroom facilities, which are for adults returning to complete grade 12 diploma requirements, are not able to accommodate the demands. "At Kemptville College we will provide secondary programs in an adult environment. I suspect that many adults will want to continue their studies into programs available at the college," added Gilmour. Bill Curnoe indicated that, "T.R. Leger students will be welcomed. We will make every effort to develop articulations between the two program levels. This pilot project is about more than space. It is about the seamless delivery of educational programs between the two institutions," he added.

T.R. Leger School begins a new trimester on March 29th. Program inquiries are welcome. The T.R. Leger School program will be located in Gibson Hall at Kemptville College. Students currently enrolled in the program will transfer to the new location during the week of March 8, 1999. Gilmour is enthusiastic about the new opportunities that this partnership will create. "Adults in Kemptville and area will benefit greatly from this new partnership," he stated in an earlier interview.

"We are able to grant maturity credits to returning adults, which makes a grade 12 diploma more attainable. Our focus is on getting people the skills they need to become employable. Improving a person's skills, while providing them with an exposure to college options and career opportunities at the same time is definitely a win-win situation."

The T.R. Leger School provides credit courses towards a grade 12 diploma. Tuition is free. Adults may register for courses full time, part time or work on courses at home. For more information please stop in for a visit at Gibson Hall and speak to Kim Lawless.

Seaway Valley Farmers Energy Cooperative Calls Urgent Member Meetings

Seaway Valley Farmers Energy Cooperative Inc. has set up 14 crucial membership meetings across eastern Ontario from March 22nd - April 6th in an effort to raise $6 million, the final funding needed to get construction of its 75 million litre Cornwall ethanol plant underway.

"We have been told by Rabobank, the financial institution which is willing to provide long-term financing for the project, that members need to purchase $6 million in additional shares for the project to meet equity requirements," said Bud Atkins, president of Seaway Valley Farmers Energy Cooperative. "We want this project to become a reality for eastern Ontario and we need to meet every member to discuss how they can help us cross this final hurdle."

Members were informed of the final equity requirements by Rabobank on February 27th, 1999 at a special membership meeting. The new share offering has the support of the Farm Credit Corporation, which is willing to lend the funds to purchase shares under a regular payment schedule. Funds raised will be held in escrow until the project gets final approval and construction gets underway.

"The importance of these meetings and the need to raise the funds cannot be emphasized enough," said Atkins. "This is where we meet the fork in the road between getting construction underway this spring or looking at wrapping up the project.

The $48 million facility will produce 75 million litres of ethanol, used in environmentally beneficial blended fuels, dried distillers grains and carbon dioxide for food packaging. The plant will use 6.5 million bushels of corn worth $26 million per year to Ontario farmers. Seaway Farmers Energy Cooperative Inc., with 2,300 members, is under the direction of an 11 member elected board of directors, with a head office in Cornwall, Ontario.

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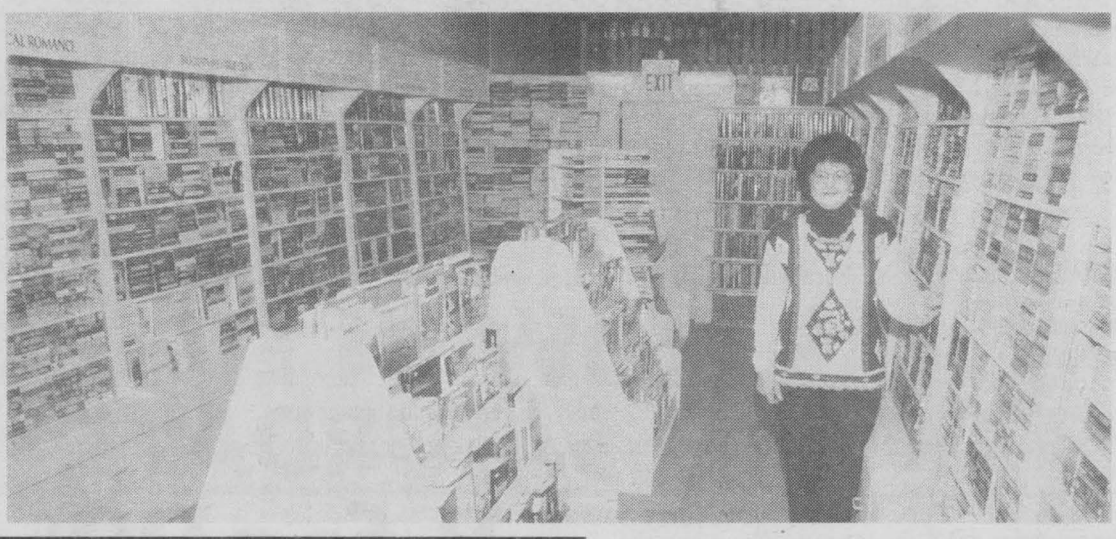

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Combining her knowledge of popular fiction with a friendly sense of humour, owner/manager Lynne St. Denis has built up a loyal clientele over the seven years the store has been open. "As the sole proprietor of a small business, I am personally at the store five out of the six days we are open and I have made it a top priority to know my customers preferences in reading material. I find it very rewarding to be able to offer such a personalized service. You develop a wonderful camaraderie with your regulars and they rely on you to guide them to different authors whom they will enjoy as much as their old favourites. We have an excellent selection of paperback fiction and continually strive to keep the store well stocked with the most popular authors and titles of the last 10-15 years right up to the present time.

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MARTINWATCH



By Jean-Louis Rochette

Ten Reasons Why People Fail To Attract Purple Martins

This week's column will feature the last five reasons, a continuation from last week's column.

6. Failure to open the martin housing: In an effort to keep undesirable birds out of their martin housings, many 'would-be' martin enthusiasts leave all their entrance holes plugged 'until the martins come around'. This is a disastrous mistake at unestablished sites. Closed-up martin housing at sites that were unoccupied the previous breeding season will never attract martins. The only way that martins recognize potential breeding sites is by seeing open entrance holes, or by seeing and hearing other martins there. At unestablished sites, martins will not recognize, as potential breeding sites, any martin housing with closed holes. A few compartments should be left open on each side of the house. In contrast, landlords that had breeding martins the previous year can leave their housing completely closed up, if they choose, until the martins return and land on the housing. They can do this because Purple Martins exhibit a very high level of site fidelity - once they have bred successfully at a specific location, the same individuals return to breed there year after year.

7. Vines and shrubs are allowed to grow up under the housing: Unoccupied martin housing that has tall bushes and shrubs around the base of the pole, or has vines growing up the pole, will rarely, if ever, attract breeding martins. Martins tend to avoid such housing as it is much more accessible to predators, such as cats, raccoons, snakes, and squirrels. The solution is simple, remove the offending vines, bushes or shrubs.

8. Housing not really 'built to specifications': Many of the published plans for martin housing, and few of the commercially-manufactured houses, are made to improper dimensions. Even some plans published in major encyclopedias, popular bird books, or by federal agencies are incorrect. If you consult ten different sources, you'll often find ten different recommendations. Part of the problem is that no one has ever scientifically tested the martin's exact nesting requirement and preferences, until now. The Purple Martin Conservation Association is currently conducting such research. Although not all the answers are in as yet, we do know this: A martin house must have compartments whose floor dimensions measure at least 6"x6", but compartments measuring 7"x12" are far superior. The entrance holeshould be placed about 1" above the floor and have a diameter in the range of 2" to 2-1/4", although martins are known to use holes as small as 1-3/4". If your martin house does not have at least a 6"x6" floor and at least a 1-3/4" entrance hole, modify it.

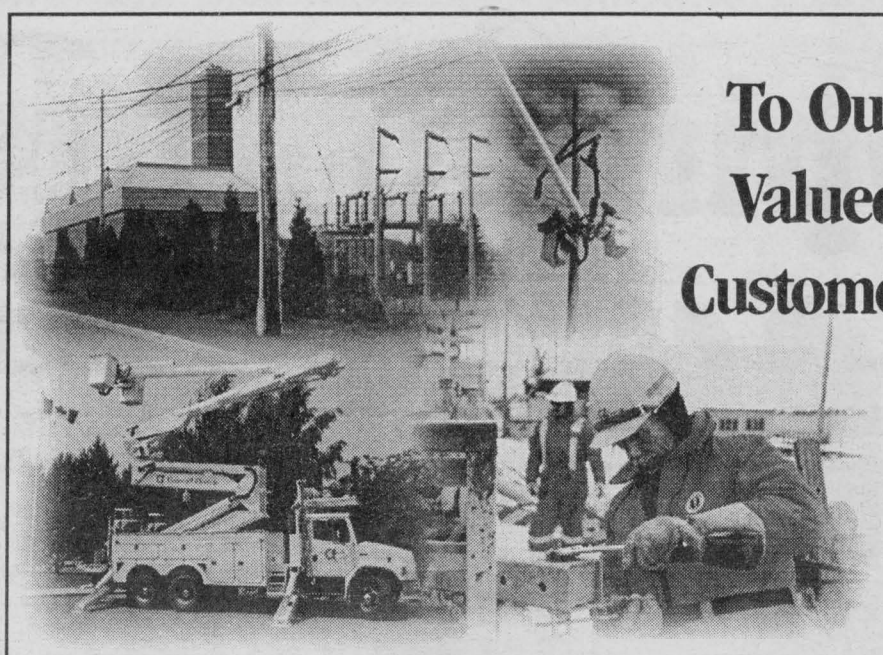
8: Housing attached to wires, or placed too close to wires: Martins love to perch on wires, but tend to avoid houses that are attached to wires or are placed within leaping distance of them. They instinctively know that squirrels can crawl along these and gain access to the house. Never attach wires to a martin house, especially if they lead to trees, buildings, or the ground.

10. Landlords buy or build housing that can't be easily managed: Most people rush into the hobby not realizing that to properly manage for martins, they'll need housing that allows for easy raising and lowering, and nest compartment access. Landlords need to vertically lower their housing often (sometimes daily) to evict nest-site competitors and to check on martin nestlings. Housing mounted on stationary poles, or poles that tilt down, are no longer practical, due to the introduction and proliferation of the House Sparrow and European Starling. These types of poles should be phased out by those who currently use them. Martin housing should be mounted on poles that telescope up and down, or raise and lower with pulley and winch systems. If you have such a system, don't be afraid to lower your houses often to check on your martins - you'll actually raise more martins if you know exactly what's going on. Such disturbance will not cause martins to abandon their colony site. Number the compartments and keep written records.

From James R. Hill, Executive Director of the PMCA.

Next Week: Twelve Reasons Why People Lose Their Purple Martins.

For more info. call 938-8086



To Our Valued Customers

Cornwall Electric has targeted June 30, 1999 to complete all critical Year 2000 compliance efforts. In this regard, we have made and continue to make progress towards achieving Year 2000 compliance. To address this, we have established a Year 2000 Project Management Team, acquired senior management support and developed a Year 2000 program plan with dedicated resources and external relationships to support our efforts.

At this time, we can advise that we are taking this matter seriously and that our Year 2000 remediation efforts are progressing accordingly. We anticipate meeting our target completion date of June 30, 1999.

If you have any questions or concerns, please do not hesitate to call our office.

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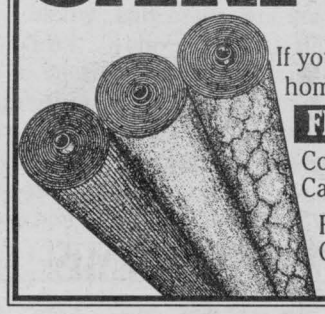

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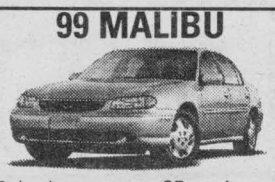

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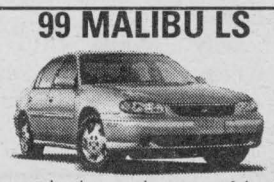

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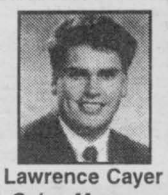
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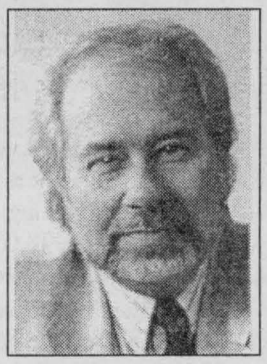


By Bob Roth
SEAWAY NEWS

Well Claude, Ready To Say Thank You To The Dunlops Yet?

The septic tank continues to overflow in Cornwall.

Another prominent businessman and a former Crown attorney have now joined the pack of men charged by OPP in the mushrooming case of child abuse in Cornwall.

Meanwhile, Ottawa-Rideau MPP Garry Guzzo made headlines in the Ottawa Sun Wednesday when he demanded Premier Mike Harris call a judicial inquiry into the "convoluted" Cornwall sex allegations, calling the case "at least as bizarre and maybe worse than Mt. Cashel."

Guzzo suggests some witnesses still have not been interviewed by OPP (almost two years after they issued statements). He also suggests substantial evidence has yet to come forward, including information about Cornwall pedophiles doing their thing in Florida.

"The allegations centre around activities in the late 60s to late 70s and the motel records seem to confirm the attendance at a motel on the 'pedophile strip' in the Fort Lauderdale area of the certain of the victims and in the company of the certain of the people named in the complaints by these victims," Guzzo writes in his letter to the premier.

According to the latest tally, a total of 12 people have now been charged with 79 sex offences against 25 victims. Those charged include the cream of local society — prominent businessmen, clergymen, a former Crown attorney, the former Catholic Diocesan lawyer, etc.

All of this has unfolded because one honest cop, Perry Dunlop, would not sweep a $32,000-church hush-money payoff under the table after one alleged victim of child sexual abuse made a complaint against a local priest.

And we're still waiting for the editorial of praise from Standard-Freeholder Associate Editor Claude MacIntosh, whose ink-well suddenly ran dry after I challenged him to back up some of his comments about the Dunlops. Some journalists are like that though — they're good at shooting from a duck blind, but they hate being called into the street.

The OPP's Project Truth — ever prodded by Perry and his wife Helen — continue to turn over rocks and find things crawling around.

Mind you, in fairness, it must be noted that all people charged are innocent until proven guilty. But the ever-growing list of names and charges should cause all of us to sit up and take notice of what's been going on in our community.

The OPP continue to pooh-pooh the idea of a pedophile ring operating in the community, although many of the men were socially or religiously related. The fact that they operated in the same rarified social circles can't help but cause one's nose to twitch.

It seems the OPP will again take a look at the actions of the Cornwall Police and the local Catholic Diocese in all of this. Sex-related charges have now been laid against both the lawyer who represented the priest in the $32,000 gag money machinations as well as the lawyer who represented the diocese in the same payout of these pieces of silver.

With more evidence and more charges out on the table, this is a good time to take another look at the role of the local police and the church in this matter.

It is important for the citizenry and the faithful to be reassured that their civic and religious leaders do not condone, cover-up, or participate in a child sexual abuse ring.

Ring or no ring, however, it is clear that something is rotten in the state of Denmark, to quote Will Shakespeare.

And the public has a right to know how deep or how high the rot goes.

The views expressed by columnists, guest editorialists and/or letters to the editor are not necessarily the views of this newspaper or its publisher.

To ensure publication, submissions should be no longer than 350 words and include a title.

Diversity Training Starts At Home

Ottawa - The United Nations has recognized March 21st as the International Day for the Elimination of Racial Discrimination. This day has come to be known as the day for each of us to question how racism affects our lives. Canada has marked March 21st each year for the past decade by organizing a variety of special programs and initiatives at the national, regional and local level. Many organizations conduct diversity training in the workplace to deal with this issue and academic debates on racism are plenty.

But some feel that this type of training must begin much sooner - when children are formulating their views of the world around them. Parents may not always be equipped to guide their children on issues of race and ethnicity since they themselves are learning how to live in a cultural landscape that is transforming faster then ever before. This is true specially here, in Canada, where we pride ourselves on our multicultural mosaic.

Many children first experience racial biases when they come in contact with other children outside the family - the playground, the school-yard, the street. How a parent deals with this will make a difference to how the child will grow up in a society that values and respects everyone. Racism hurts all children in different ways. It gives them incorrect and unfair advantages and disadvantages over others.

Parents have to re-think which old values and beliefs they want to pass on to their children and which they want to change. One useful tool to guide a parent through this is "A Handbook on Anti-Racism Parenting" published by the Canadian Ethnocultural Council. It offers some advice to parents and caregivers about race and ethnic diversity in our communities. It asks parents to question how they learnt about their own cultural background. There are useful tips for guiding children through their explorations of self and others around them. For example, remember that children generally take their cue from a parent or caregiver. If these adults use stereotypes or labels to describe other people, the child will likely do the same.

The implicit message is that no child is too young to benefit from anti-racism parenting. A parent is a child's first and most important role model. The strategies explored in the Handbook are geared to different developmental phases in childhood. By opening communication channels, parents can instill respect for diversity in their children and can help dismantle the cultural stereotypes that lead to prejudice and discrimination.

In today's society, lessons taught by anti-racism parenting will better equip children to navigate in a world that is filled with diversity. People of all races and colour are equal in every way. Parents and their children can learn with others in the community to make changes together. Children benefit from diversity - as does society and the country as a whole.

While there is excellent work being done in schools to teach children about multiculturalism, the Canadian Ethnocultural Council believes that diversity training and information exchange needs to begin a lot earlier - at home, and with parents as facilitators.

SEAWAY NEWS
LETTERS TO THE EDITOR

Let's Deal with Problems Locally

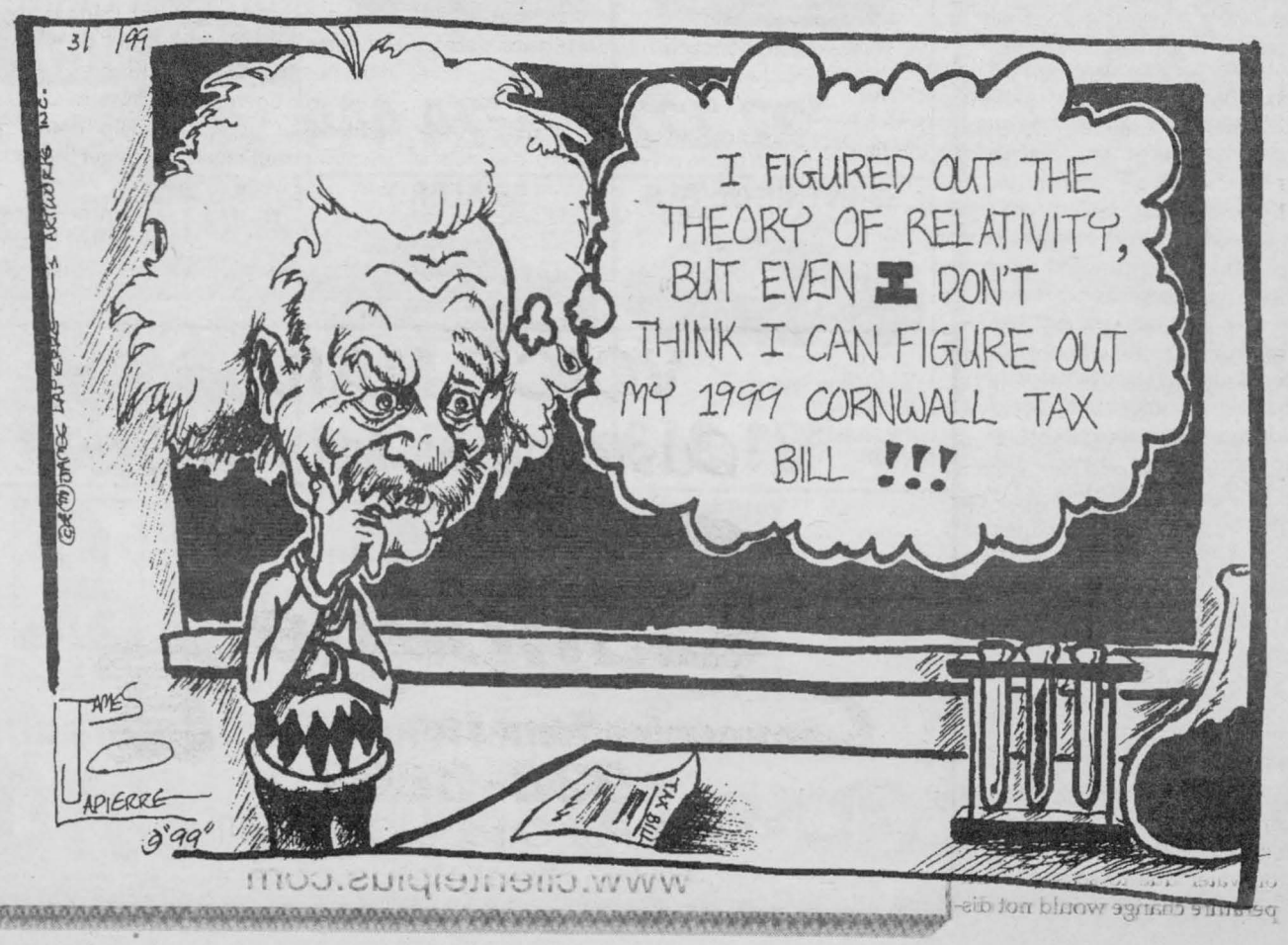
Dear Editor:

So Stan Body is intent on cancelling NAFTA and imposing high tariffs on imports to save jobs (SN - Feb 5). Our trading partners would then do likewise, that is, impose high tariffs on Canadian made goods entering their markets. The year prior to NAFTA taking effect, Canadian exports to the USA were under $3 billion, which rose to over $32 billion 10 years after NAFTA and is now approaching $100 billion, according to the Federal Government. Is Mr. Body even remotely aware of how much of Canada's economy now depends on an export market? And he's quite willing to destroy this?

The most vibrant sectors of our economy, including high-tech, depend heavily on the export market, without which, numerous industries could never have justified their heavy investments into the latest, state-of-the-art mass production technologies. Without the kind of access to world markets they now enjoy, very few of them could justify staying in business or even remaining in Canada. We've come too far to just tear up NAFTA, imperfect and flawed as that document may be. Far too much of the Canadian economy in the non-resource sector, has adjusted to an export market. We would actually pay more in Canada for those same Canadian made products, if our products were cut off from large export markets, due to retaliatory high tariffs imposed on our exports. We do benefit from mass production for a world market.

While NAFTA is blamed for factory closures and job losses, automation and more efficient production methods which capitalized on economies of scale, did likewise. Example, during the 1970s, Domtar employed some 2,800 people at their Cornwall facility, but employs fewer than 1,000 people today as a more efficient operation. In 1987, there were 12.5 million people employed in Canada and after 4.4 job losses due to factory closures, downsizing, automation and NAFTA, there were over 13.2 million people working in Canada in 1998. Over the past year, the Canadian economy opened some 500,000 new jobs across Canada, often in new industries in new sectors of the economy. Cornwall's job losses are a local problem, not a national or international one, but should be dealt with and resolved locally, if at all possible.

Harry Valentine
Cornwall



The Government Will Win ... Again!

It sure hasn't taken a long time for all of the unreasonable demands made by Ontario's employees to surface once again.

These were the same people who took to the picket lines in a nasty confrontation with the Harris government three years ago. They lost their battle then and, like the nasty secondary school teachers unions found out last year, they're about to



waste their time again.

This is a government that is courageous, wants to get its money's worth out of its employees and won't cave in to their unreasonable demands.

The teachers, of course, took to the picket lines illegally and squirmed away with their tails between their legs several weeks later because they manufactured a phony case, misled the public as to what their illegal actions were all about and thwarted justice. They found out that God was not on their side and that they were bound to lose any unreasonable fight that they lodged.

While this strike won't be illegal, it will be illogical and unreasonable.

When the NDP and the Liberals gave away the store during their 10 years of ruling Ontario, taxpayers were forced to ante up big time to pay for the atrocious wage increases that their regimes handed out. Now, as the Conservatives resume their moping up operation after the atrocious Peterson-Rae years, they can't possibly afford to meet the greedy demands of the government's employees.

The union represents 48,000 government employees ranging from clerks and secretaries to jail guards and tax auditors. These are the people, remember, that we keep talking about when we refer to waste and laziness in government.

Their leader, Leah Casselman, sounds absolutely ridiculous when she makes her talking points.

"Public sector workers aren't going to be the whipping posts anymore," she ranted last week. "What do our workers want? Humane treatment, dignity and justice."

Yeah, yeah, yeah. Blah, blah, blah.

Why don't they get realistic instead?

If the government were to ever cave into their demands, it would cost taxpayers $2.7 billion, a figure that it cannot possibly meet in its attempts to clean up Ontario's Liberal and NDP created fiscal mess. This would ruin things very nicely.

The government has offered a reasonable 3.2% wage increase over three years. The union - get this - wants 12 to 20% over a two year contract. The union also wants an early retirement plan scheduled to end in 2000 to be implemented permanently.

Do these people live on the moon?

Just ask a single person in the private sector - the people who do produce the wealth required to pay the government employees - whether this is reasonable and you'll get a large and hearty laugh. Like one small business owner, who is struggling along on a 60 hour week and barely making ends meet, told me last week "Do they think we're nuts? Why don't they work for a living?"

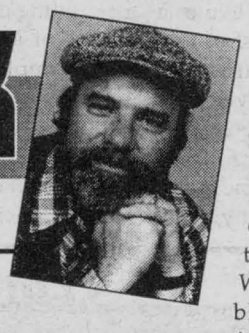
The government, much to its credit, wants to implement merit pay. This is a wonderful idea. And one that is bound to attract the ire of the unions: which union did you ever hear of that liked to work for merit? A union loves seniority, not performance.

Government, by its very nature, is ineffective and inefficient. The Tories want to change that. They want to shrink the civil service, something they have succeeded in doing very nicely since 1995 by 16,000 jobs, by another 3,500 jobs. Its offer would cost taxpayers $74.9 million.

Everybody complains about inefficiency in government. If they had the nerve, they'd give a resolute "no" to the unions demands here. Why pay people who don't want to work for merit like the rest of us in the private sector?

The Liberals, who have no policy or platform and, even more, have a wimp for a leader, will readily say "yes" to the unions. But then, they're the ones who got us into this mess in the first place. And, believe me, the government will win this strike. Logic demands it.

BASIC BLACK



By Arthur Black
SEAWAY NEWS

Victorian: adj. associated with attitudes attributed to the Victorian Age, esp. of prudery and moral strictness.

The Canadian Oxford Dictionary

One of the ironies of the word Victorian is that it takes its name from a lady who wasn,t terribly...well, Victorian.

Queen Victoria was, by all accounts, a lusty old broad. She had nine children and made no bones about her healthy interest in carnally consorting with her Consort, Albert, whenever she got the chance.

The other irony is that we of the twentieth century look down our noses at so-called Victorian behaviour when we are in fact living through a time that makes the Victorian Age look positively licentious.

Consider language. Earlier this year a U.S. government official lost his job for using the word "niggardly", in a press release.

There is absolutely nothing reprehensible about the word "niggardly". It's a word we pickpocketed from the Scandinavians, for whom it means "miserly". The Canadian Oxford Dictionary I quoted above defines niggardly as "stingy, parsimonious".

No matter. A pathetic handful of born-again Puritans, more politically correct than linguistically knowledgeable, decided that the word "sounded bad" -- sounded, in fact, like the word "nigger".

Which, you may recall, is what black activist Dick Gregory titled his autobiography.

Or perhaps they were worried that a government official,s use of the term "niggardly" threatened the copyright of the Pop Chartbusting Rap Group "Niggaz with Attitude".

Whatever the rationalisation, it's dumb and it's cowardly. Nervous Nellies and gonadless Word Police are slaughtering perfectly good words left and right. Did you know the latest edition of the Official Scrabble Dictionary no longer recognises the words "fatso, and "poof"?

Some people might find them offensive.

There's a movement afoot in Washington to ban the word "chicanery" from everyday use . Even though it derives from a French word chicaner, meaning to quibble, politicians want to amputate it from the English lexicon. They're concerned that the term "chicanery" might offend citizens of Hispanic descent.

Sounds something like the word "Chicano" you see.

Needless to say, harmless, time-honoured clichés such as "a chink in one's armour" and "a nip in the air" also give these modern day Miss Grundys the galloping heebie jeebies.

Well, I say to hell with them. The English language belongs to all of us, in all it's vibrant and various hues. We don't have to stop using words just because some quasi-hysterical semi-literate decides some perfectly sound word sounds like something they find offensive.

And I have a few words I'd like to address to these self-appointed Language Nazis.

Those words are Crappie, Bush Tit, and Black-throated Dick Cissell -- oh yes, and also Bra Cheese.

Racy, huh?

Not hardly. Bra cheese is a dairy by-product you can buy in just about any fromaggio shop Italy. Crappies are a species of freshwater fish. Bush Tits and Dick Cissells are song birds.

If you thought anything else, then you must have a dirty mind. Reminds me of the story told of Samuel Johnson, the great lexicographer. Johnson spent nine years working on his famous dictionary. At the publication celebration, a pair of London society matrons approached the Doctor, warmly congratulating him on producing the book -- and particularly praised him for his "omission of all naughty words."

"What! My dears!" roared the Doctor with a guffaw, "Then you have been searching for them?"

SEAWAY NEWS LETTERS TO THE EDITOR

Getting Rid of Chemicals

Dear Editor:

Our Lake St. Lawrence is only a reservoir. We know it wasn't designed to attract recreational activity, (Ontario Hydro gave us the St. Lawrence Parks for that). Lake St. Lawrence is simply there to collect water to create electricity for the manufacture of aluminum at Alcan in New York State, among other needs.

What's wrong with a reservoir? Well, it's more akin to a large mud puddle than a healthy, living lake, river or pond.

The water is so shallow in places that recent low water levels have exposed more little temporary "islands" than ever. Besides this, the water is so shallow in places that winter ice cover annually scrape up the water beds of plant life trying to form and pollutants collected on the bed are stirred up. There are pollutants there as what fish there are, are grotesque. A recent study finds these fish three and a half times worse off than similiar fish downstream.

If the water were deeper, not only the ice problem would be solved, but the annual rotation of water due to seasonal temperature change would not disturb the sediments. Plant life and fish would flourish and a balanced eco-system would result.

The dyke, roadways and "wire ways" on hydro lands immediately adjacent to Cornwall and 47,000 people are routinely sprayed with poisonous chemicals designed to kill unwanted trees and weeds.

PCV's are known to be stored on these lands. Where or how they are stored is not disclosed to us, or whether they have spilled or leached into the reservoir or soil.

The source of thousands of diseases called cancers are caused by chemicals in the environment. No surprise though, as chemicals are used to kill life.

We, at the top of the food chain, pay the price in the long run.

Oh, in the short run a few pocketbooks are filling with over a hundred thousand dollars a year wage, but Canada needs more people making $20,000 a year.

Combating weeds without chemicals will lower unemployment rates and save millions of lives. It'll help more than spending millions to try to get 5% reduction in cigarette smokers.

Yours Sincerely,
Raven Van Leishout
Cornwall

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Continuing Commitment To Conservation by DuPont Canada

In their ongoing commitment to conservation, DuPont Canada Inc. has made another major contribution to the Ontario Parks Legacy 2000 program. In the second phase of this co-operative project to establish a large protected area, DuPont Canada Inc. has sold 229 hectares (565 acres), adjacent to their original 227 hectare (560 acre) donation, and donated a further 156 hectares (385 acres) along the St. Lawrence River to The Nature Conservancy of Canada (NCC). These properties are to be managed together as a Provincial Nature Reserve.

In 1997, DuPont Canada Inc. donated a 227 hectare (560 acre) property in the Hoasic Creek hardwoods, a Candidate Area of Natural and Scientific Interest, for protection as a nature reserve. Hoasic Creek is located in southeastern Ontario, just east of Morrisburg, on the St. Lawrence River. This was the first corporate donation to the Ontario Parks Legacy 2000 program.

"Working with The Nature Conservancy of Canada to protect such a significant natural area has been a very positive experience for DuPont Canada. I would strongly encourage other Canadian corporations to consider working with The Conservancy," said Dave Colcleugh, Chairman, President and Chief Executive Officer, DuPont Canada Inc.

The securement of these two new properties at the Hoasic Creek Hardwoods and Wetlands consolidates a 611 hectare (1,510 acre) parcel for a new Provincial Nature Reserve. Under a special custodial arrangement, the property is owned by the Conservancy and managed by Ontario Parks, as efforts proceed to establish the area as a new Provincial Nature Reserve to celebrate the millennium.

"Now that all of the three properties have been secured. The Conservancy is looking forward to working with the local community and Ontario Parks to develop a management plan for the proposed new provincial park," said John Grant, Director, Ontario Region, The Nature Conservancy of Canada.

The second outright donation of 385 acres (156 hectares) includes part of Riverside Marsh, a provincially significant wetland. A small colony of imperilled Marsh Wren is present near the eastern end of Macdonald Island, included in the donation. This area is an important fish spawning habitat for Smallmouth Bass, Northern Pike and Pickerel.

The Nature Reserve will provide homes for two significant bird species which currently live in the original 560 acre (227 hectare) parcel of donated land. Providing habitat for approximately 300 nesting Great Blue Herons, the site is considered to be one of the largest and healthiest heronries in southeastern Ontario. Red shouldered Hawks have also been sighted in this area.

Winning Scholar



Operation 40+, funded by the Employment & Education Resource Centre and Human Resources and Development Canada, is a local non-profit initiative project designed to assist older workers reintegrate into the workplace. The National Association of Career Colleges, which represent 400 educational institutions, awarded scholarships in the amount of $1,000. to members of Operation 40+, who had entered a competition dealing with the theme "Will computer skills assist your career?". Barbara Beaudette won the local competition and with the assistance of the Academy of Learning used the $5,200. scholarship she was given to enroll in the Micro Computer Business Application diploma program at the Academy. Barbara completed the Ontario Ministry of Education 23 credit course in record time and she will begin her new career with a local company on March 22nd.

Pictured with Henri Motard, Operation 40+ program coordinator are Barbara Beaudette; Lori Beaudette, Career Development Association and Bryan Merkley, School Director of the Academy of Learning.

Story & photo by Aubrey Johnson

ANNOUNCEMENT

Jacques-Yves Parisien and Sandra Sauve are pleased to announce that

ROB HOUNSOME

has joined their Sales Team



Rob has many years experience in the automotive industry and he would like to invite his many friends and former customers to visit him at his new location.

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ASK YOUR CHIROPRACTOR

Headaches



Dr. Steven King, D.C.
Chiropractor

Doctors at the University of Syracuse have confirmed what chiropractors have been saying for almost 100 years: Headaches can literally be a pain in the neck! Damaged structures in the neck can refer pain into the head, causing headaches.

Neck damage can be from childhood injuries such as falling from a playground swing, or other equipment, a fall off a bicycle, or a fall out of bed, etc.

Typically in adults whiplash injuries can cause neck injuries which in turn can cause reoccurring headaches.

Nerves, muscles, joints, ligaments, discs and blood vessels to the head can be affected by neck injuries. The arteries that eventually go into the skull actually go through the neck bones on both sides of the neck.

Neck injuries can cause a loss of the normal range of motion of the neck, a change in the normal neck curve, or mechanical restrictions in segments of the spine. Spinal nerves and other related structures can be stretched or irritated and then they can produce severe, pounding headaches.

It is not normal to have headaches. A small number of headaches turn out to be something rare such as a tumor. However in a significantly large number of cases the origin of the headache is in the neck.

Children and teenagers can injure their necks in body contact sports such as hockey and football.

1. Do you have more than one headache per week?
Yes__ No__
2. Do muscles at the back of your neck and shoulders get sore often?
Yes__ No__
3. Have you had to stay home from work because of headaches in the past year?
Yes__ No__
4. Have you been in a car accident in the past 5 years?
Yes__ No__
5. Do headaches interfere with your daily activities either at work or at home?
Yes__ No__

If you said yes to any of the previous questions you should consider having a consultation with a chiropractor to see if your neck is causing your headaches.

Chiropractors examine the spine, and associated muscles, nerves, ligaments and joints. Misalignment of the bones in the neck can cause pressure on sensitive nerves and other structures, resulting in neck pain and referred pain back into the head resulting in reoccurring headaches.

Chiropractors use specific examination techniques, X-rays, and other diagnostic tools to determine the cause of a person's complaint.

The results of a patient's examination and X-rays are discussed with the patient. A program of chiropractic treatments called adjustments is also discussed with the patient. An adjustment is a specific chiropractic technique to restore normal motion or position to "stuck", fixated or "locked up" segments of the spine. Chiropractic adjustments can be done by hand or with a specialized adjusting instrument.

In chiropractic there is no generic headache, neck pain or back pain treatment. Adjustments are given to patients on an individual basis, based on the results of their own individual examination and X-ray results.

Neck problems and headaches can literally go hand in hand. A chiropractor can essentially "kill two birds with one stone" by improving both the neck and headache problems at the same time.

For more information, talk with your chiropractor.

Brought to you in the public interest by Dr. Steven King, D.C.

Dr. Steven King, D.C.
Chiropractor
820 McConnell Ave., Suite 115
McConnell Medical Centre
Cornwall, Ontario
936-1949

Keeping Warm & Safe!

As technology has progressed rapidly in the 20th century, so has man's wastefulness. The burning of fossil fuels is a major factor on pollution in the ecosystem. Pollution, which is the presence of harmful substances called pollutants, is put in the environment by humans through the burning of fossil fuels, chemicals and trash. Canada's primary legislation to address toxic substances is the Canadian Environmental Protection Act (CEPA), which was enacted in 1988. In addition to addressing toxics, CEPA also deals with pollution prevention, biotechnology, air quality, ocean dumping and coastal zone management and the transboundary movement of waste, among other issues. The global warming of the earth is known due to greenhouse gas emissions associated with fossil fuels. Most of the world's primary energy consumption is in the form of fossil fuels and these primary energy sources should be replaced with much cleaner technologies. In the pre EPA years, wood stoves were of inefficient design and it was possible for half of the heart of the wood to go up the chimney as unburned hydrocarbons. This would leave creosote if condensed in the chimney, or pollution if condensed in the air after leaving the chimney.

Testing a number of stoves in the Tri-County area, Mike Pilon, of Cameron's Pools & Fireplaces found outdated and unsafe conditions existed in many of the homes visited. Industry and government initiatives have now been created to foster the communities awareness of the potential hazards involved in repeated use of outmoded wood stoves.

In a recent program sponsored by Cameron's Pools, Gerry and Marylouise Swift were the recipients of an EPA recognized, clean burning wood stove. This stove replaced the older model cook stove that the Swift's had become accustomed to in their tastefully decorated turn of the century home situated just east of Monkland. As foster parents for the Children's Aid Society, the Swifts were appreciative of the concern expressed by Mike and are now the proud owners of a safe wood burning system.

Story & photo by Aubrey Johnson



Pictured with Gerry, Marylouise and Jessica are MP Bob Kilger; Archie Byers, Reeve of North Stormont; Richard Abell, Executive Director Cornwall Children's Aid Society; Ian MacLean, Supervisor of Residential Services; Mike Pilon of Cameron's Pools and Roger Cole, Warden of the Counties.

John Cleary to Run in New Stormont-Dundas Riding

Cornwall - Liberal MPP for Cornwall John Cleary has announced to his local riding association executive that he intends to stand for the Liberal nomination in the new provincial riding of Stormont-Dundas.



CLEARY

"I am committed to continue to serve the needs of the citizens of Stormont and Dundas counties, the City of Cornwall and Charlottenburgh Township," Cleary said. "I would be proud to carry on in helping find solutions to the problems they face - especially in the areas of health care, education, and taxes."

"Our association executive met recently to finalize the planning process," added Stormont-Dundas riding President George Assaly. "We are now simply awaiting formal approval from the Ontario Liberal Party to hold our nomination meeting."

Cleary currently represents the City of Cornwall, Cornwall Township, Charlottenburgh Township, and Akwesasne. Under legislation passed by the current provincial government, the boundaries of his existing riding will expand to mirror the federal riding, and will now include all villages and townships throughout Stormont and Dundas counties.

The Cleary name is well recognized by the people of Stormont, Dundas and Glengarry. Having served at the municipal level for fifteen years prior to his 1987 provincial election, including Warden for the United Counties of S.D.& G. in 1983, Cleary confided that his long record of public service throughout the region continues to be recognized.

"I am amazed by the number of people in the counties who continue to come to me for assistance," Cleary said. "I am certainly prepared for the challenge of representing all constituents in the new riding, both locally and at Queen's Park. When the election is called, I and all supporters in these communities will be ready."

URGENT MEETINGS!

SEAWAY VALLEY FARMERS ENERGY COOPERATIVE INC.

Schedule of Crucial Membership Meetings

Date - 1999	Language	Time	Location
March 22	English	1:00pm	Williamstown Sportsplex
March 23	French	1:00pm	Salles des Fermier, 540 rue d'eglise, St. Eugene Inc.
March 24	English	1:00pm	Anglican Church Hall, Vancleek Hill
March 25	English	1:00pm	Maxville Curling Club
March 27	English	10:30am	Alexandria Legion
March 29	English	1:00pm	St. Phillip's Hall, Richmond
March 29	English	1:30pm	Small Hall, Finch Community Centre
March 29	English	8:00pm	Lion's Den, Metcalfe
March 30	French	1:00pm	Fournier Recreation Centre
March 30	English	1:00pm	Matilda Township Hall, Dickson's Corners
March 30	English	8:00pm	Amphitheatre #1 (Parish Bldg.) Kemptville College
March 31	English	8:00pm	Winchester Lion's Club Hall
April 1	English	8:00pm	Spring Valley Community Centre, Tin Cap (North of Brockville)
April 6	English	7:30pm	Cornwall Civic Complex, Salon B

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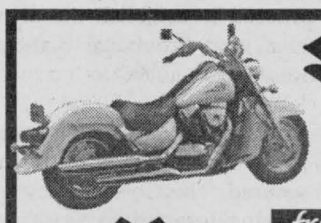

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SCUTTLEBUTT

Here's a neat way to keep your bread warm at the dinner table ... place a piece of aluminum foil under the napkin in your bread basket. The foil retains the heat, so bread will stay warm longer.

Korey Kennedy in trouble again over the "Soilgate" loss of $37,000. One question should be asked, "What about the $10,000. given back to WalMart" after they bought the land?" That's $47,000. How much more is being used that we don't know about? Take the "muzzle off" Korey! *We, the voters, should know about this!*

Can't stand the smell of mothballs? Try using pepper instead. Fill the foot of a nylon stocking with black pepper and tuck into storage boxes to repel moths.

Guess what's new? Sounds like service club member with **G.B.** pulled another self-arranged position for his own personal gain.

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Congratulations to **Lori Dupuis** of Cornwall and members of Team Canada after winning the world's women's hockey title. They beat the United States recently in the final game of the Women's World Hockey Championship. Bravo Lori!

A rummage sale is where you buy stuff from other people's attics to put in your own.

A third of the food you eat keeps you alive and the other two thirds keeps the doctors alive.

The key to a happy marriage is to turn to your wife every morning, as soon as you wake up and say, "I'm sorry!"

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"Big Event" coming to Viscount Alexander Public School on April 17th, 1999 ... stay tuned for further information.

Cheer up parents! *March Break is almost over* ... just think, summer vacation is just around the corner!!

Andre Pommier, Co-Chair of Teen Cornwall, gives a big bouquet to the school boards and the schools of S.D. & G. for their contribution to the overwhelming success of the Much Music Carnival Dance Party at the Civic Complex. Much appreciation also goes out to the **Chamber of Commerce, Partir d'un Bon Pas and the many dedicated volunteers** who, once again, helped to ensure the safety and enjoyment of our teens. We are very proud of the hundreds of youth who attended the event, proving once more that area schools can be united for such positive events.

Did you know ... wine makes for a good cooking liquid for baked meats as much of the alcohol evaporates, leaving flavour but few calories.

Old Age: When the gleam in your eye is just the sun on your bifocals.

With spring cleaning just around the corner, here's a neat way to clean your lampshades. To remove dust from a pleated lampshade, simply use a clean, dry paint brush. Keep the brush just for this purpose.

Seems Quebec isn't separating after all. Revenue Canada now has a new depot based in Shawinigan, where completed income tax forms can be sent. Why is the Province of Quebec receiving them, instead of Ottawa? *Any response?*


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Chile News: For those who like it Hot: Be careful when handling chiles. Use plastic or rubber gloves; avoid touching your eyes after handling; wash hands well with soapy water. The heat is concentrated in the seeds & ribs, so remove them to turn the heat down a notch. Cooking does not diminish the heat. Start with small amounts. To cool your palate, don't drink water. Best remedies are dairy products - milk, yogurt, sour cream, ice cream.

Hot website for bakers
www.cookierecipe.com

Do treats with names like Blueberry Explosion Cloud Puffs, Fudge Meltaways and Raspberry Chocolate Supremes make your mouth water? Then try this website, which features over 1,500 cookie recipes - everything from classics (chocolate chip and oatmeal) to internationals (baklava and buñuelos). For those with special diets, there are sugar-free, gluten-free and eggless cookies. And with Recipe Roulette, just "dig" into the cookie jar, and the website will find you a new favourite.

It happened this week ...

- Juliet Low founded the Girl Scouts of the USA in Savannah, Georgia, this week in 1912.
- Ken, Barbie's plastic playmate, swaggered onto the scene in 1961.
- I Will Survive, Gloria Gaynor's disco anthem, hit No. 1 on the Billboard charts in 1979.

Caller has a **high five for Councillor Korey Kennedy** for fighting for tax payer's $$$, to find exactly where money is going. I totally agree, this should be looked into further. Why was it hush, hush and passed through some other way ... maybe not to show the error? Who knows? Wake up - this is our tax dollars. And shame on all others who wanted it to die, without more input.

Bouquets of flowers to **Sophie Girard** of Cornwall for recently earning a spot on a new Disney cruise ship. Best of luck!

Star Quote: "If you ask me who I most respect in the world, it's all the great mothers."

Oprah Winfrey.

Thought of the week ... I have found, when all is said and done, that it's the simplest things in life that are the best.

Benjamin Franklin.

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Have you quit smoking? Good for you! Now, are you wondering what to do with your ashtrays? Here's an idea: Keep them on the windowsill by the kitchen sink to keep rings in while doing dishes, or use as soap dishes or under plants for drainage.

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SEAWAY SMILE

Every week, the "Smilers" at AdVantages Advertising author "Seaway Smile" ... a little bit of humour to get your week off to the right start.
The "Smile" can be accessed via the internet too!
http://www.nivek.ca/advantages/smile.htm
Your own submissions are always welcome!
Send them to smile@nivek.ca.

Helpful Tips To Make Life Simpler

- Old telephone books make ideal personal address books. Simply cross out the names and addresses of people you don't know.
- Fool other drivers into thinking you have an expensive car phone by holding an old TV or video remote control up to your ear and occasionally swerving across the road and mounting the curb.
- Avoid parking tickets by leaving your windshield wipers turned to fast wipe whenever you leave your car parked illegally.
- No time for a bath? Wrap yourself in masking tape and remove the dirt by simply peeling it off.
- Apply red nail polish to your nails before clipping them. The red nails will be much easier to spot on your bathroom carpet. (Unless you have a red carpet, in which case a contrasting polish should be selected).
- If a person is choking on an ice cube, don't panic. Simply pour a jug of boiling water down their throat and presto! The blockage is almost instantly removed.
- Save on booze by drinking cold tea instead of whiskey The following morning you can create the effects of hangover by drinking a thimble full of dish washing liquid and banging your head repeatedly on the wall.

Thanks to Eddie Vic for passing those one along.

A martian wandered from his spaceship in the desert into Las Vegas, the gambling capital of the world and arrived when one of the slot machines was spewing forth a bunch of nickels. When the exploding gadget had subsided, the martian went over to it and said, *"You know, with a cold like that, you ought take some aspirin and get into bed."*

Caller wants to know why a Cornwall Transit driver was suspended for a day, for his opinion, as a Canadian citizen, for a letter to the editor, but "Soil Gate" is hush hush and no action taken for a $37,000. taxpayers error? Is this democracy in Canada? I hope not!!

News Flash ... nearly two-thirds of us say we're happier now than we were five years ago. And almost 80% expect to be even happier by the year 2000.

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First Radio Voice Message: Reginald Fessenden, from East Bolton, Quebec, was the first person to transmit sounds through radio waves. In 1906, Fessenden transmitted the world's first radio broadcast from his transmitter in Brant Rock, Massachusetts. Sailors in the Caribbean reportedly heard Christmas carols and music, sung and played by Fessenden himself.

Isn't it amazing how you can rob a bank these days, in broad daylight and get away on foot!

Freedom of Speech? Too bad you can't voice your opinion these days without getting yourself into trouble.

The teacher said to Fergal, "What do you want to be when you grow up?"

Fergal said, "I want to be a traffic lollipop man."

The teacher said, "Why that job?"

Fergal said, "Because you don't have to start to work until you're 65."

Just a thought ... I used to have an handle on life, but it broke!

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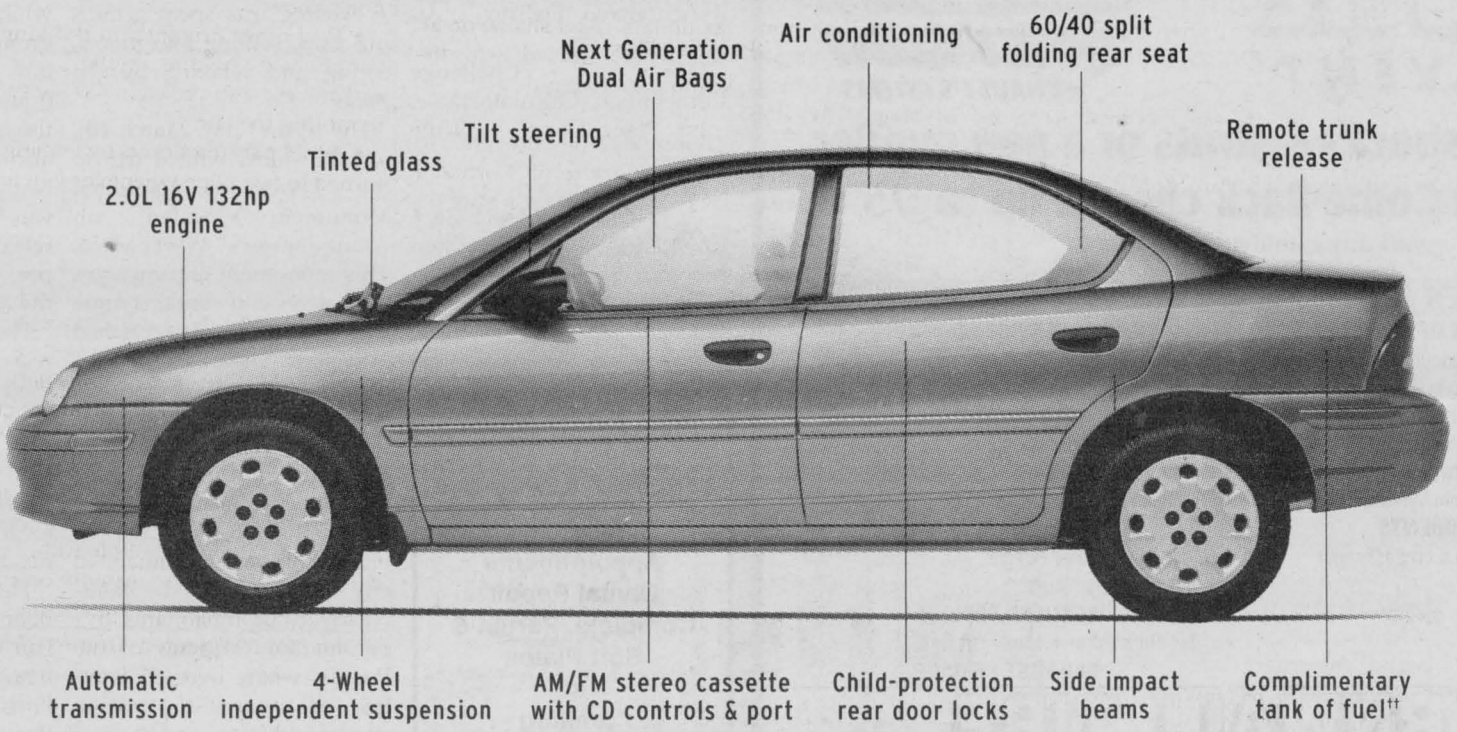

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A.M.B.E. Science Fair 1999 A.I.S.E.S. Report

Students from the Akwesasne Mohawk School and the St. Regis Mohawk School attended the recent 12th annual AISES Science Fair in Albuquerque, New Mexico. This event took place on Saturday March 6th, 1999 and eight out of nine students (4 out of 5 projects) won various awards at this prestigious event.

Students who attended the AISES Science Fair were Craig Roundpoint - *Tobacco*, Whitney Roundpoint and Summer Francis - *Water Treatment*, Kanatase Mitchell and Sawentanon Skidders - *Growing Blue Corn By the Moon*, Skanatatihen Montour - *Hard Water and Detergents*, Nicole Terrance and Kanentahawi Delisle - *Air Pollution* and Nathan Francis - *Learning To Fly.*

Special Awards

*Discovery Young Scientists Challenge (T-Shirts, Pins, Certificates)

Skanatatihen Montour - *Hard Water Detergents*

Nicole Terrance and Kanentahawi Delisle - *Air Pollution*

*Vic Dupuis Ecology Award ($25.00, Calculators)

Nicole Terrance and Kanentahawi Delisle - *Air Pollution*

*Math Challenge Competition (Calculator)

1st Place Gr. 6 - Nicole Terrance.

AISES Awards

1st Place Gold Medal Gr. 6 Chemistry - Skanatatihen Montour

1st Place Gold Medals Gr. 6 Physical Science - Nicole Terrance & Kanentahawi Delisle

1st Place Gold Medals Gr. 7 Life Sciences - Kanatase Mitchell & Sawentanon Skidders



2nd Place Silver Medal Gr 6 Engineering - Nathan Francis

2nd Place Silver Medals Gr. 6 Physical Science - Summer Francis & Whitney Roundpoint

The students from Akwesasne were accompanied by four Science Fair Committee Members, Scott McMaster, Stephanie King, Barry Montour and Lynn McCarthy, as well as a number of very supportive and dedicated parents. The Science Fair Group from Akwesasne flew out of Ottawa at 6:00 am on Wednesday March 3rd, arriving in Albuquerque 1:30 pm their time. The first afternoon / evening was spent acquiring vans, settling into rooms, eating and relaxing by the pool.

The second day, March 4th, was fun-filled with a trip to the Petroglyph National Monument located on Albuquerque's West Mesa. This monument encompasses 7,200 acres and contains more than 15,000 images scratched into stone. These images were carved by Native Americans and by Spanish explorers dating from the 14th through to the 17th centuries. That same day we also made a trip to Acoma Pueblo Sky City, the oldest, continuously inhabited city in the United States. Nearly 6,000 inhabitants live on the 360,000 acres of the Pueblo, where over 30 families still occupy the village year-round.

The third day, March 5th, the students spent the morning putting their projects together. After getting the students registered and set up at the Convention Centre, groups took a ride over to visit Historic Old Town, a village which has been the focal point of community life since 1706. There are over 100 shops and boutiques selling unique items from around the world, as well as those which are distinctively Southwestern. Much of the architecture of Old Town is Pueblo-Spanish or adobe.

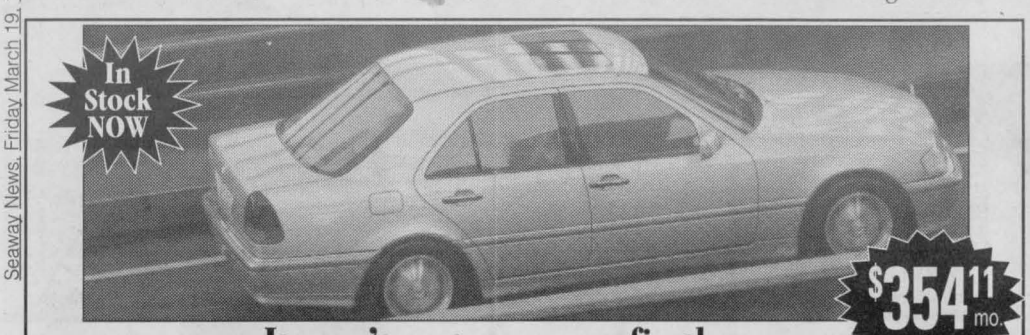
The fourth day, March 6th, was spent at the Albuquerque Cultural Centre (Friendship Centre) touring their beautiful museum and gift shops. The group was also fortunate enough to view a presentation of their Native singers and dancers, as well as flute players. In the afternoon, the students remained at the Albuquerque Convention Centre with their projects awaiting their judges from 1:00 pm until 5:00 pm. (Scott and Stephanie whiled away the four hours outside the doors, working on report cards and assignments). The parents spent the afternoon touring, relaxing and enjoying themselves. A late evening was spent awaiting the names of the winners for the Science Fair at the awards ceremony.

The fifth day, March 7th, Stephanie flew home (alone) while some members of the group went to Santa Fe for the day browsing through boutiques and mingling among the many vendors. They were also able to fit in a visit to a Native Art Institute. The day was filled with enjoyment and relaxation after surviving the pressure of the Science Fair the night before.

The sixth day, March 8th, the rest of the group flew home to their loved ones awaiting their return. Chaperones, parents and more importantly, students, returned home with new experiences, new insights for future projects and memories to last a lifetime.

The Akwesasne Mohawk Board of Education Science Fair Committee would like to thank the following organizations for their generous donations. With your support, our students were able to participate in an exceptional, educational experience.

Clarkson University / Corning Glass, Akwesasne Mohawk Board of Education, Indian and Northern Affairs Canada (INAC), Mohawk Council of Akwesasne, AMBE Teachers' Association, Akwesasne Economic Development Agency (AEDA), CKON Bingo, AMS School Committee, Kana:takon School Committee, AMS Grades 6-8 M&M Candy Drive, St. Regis Mohawk School Grade 6 M&M Candy Drive, Agriculture Canada.



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SEAWAY Sports

Olympia Golden Age Bowling

With only four weeks left in the schedule, the top six averages are pretty much cast in stone in the Olympia Golden Age League. It's the last four positions where the battle is. Vernon Eastman, 199.8; Bill Owen and George Belmore, 198.9; Rene Laurin, 196.1; Rene Amelotte, 194.4; and Maurice Desrosiers, 190.3.

For the ladies it's Mary Maloney, 168.7 and Veronica Boileau 165.8 for the tenth and final spot honours.

HIGH SCORES ROLLED: Thelma Goulet, 231; 210; Vernon Eastman, 228, 200; Gabe O'Brien, 222,202; Simone Kearns, 215, 207; Betty Dunn, 216, 201; Douglas Gordon, 237; Florian Martel, 230; Raymond Menard and Lionel Boileau, 222; Veronica Boileau, 217; Les Dagostine, 214; Pauline Taillon, 211; Sid Pidgeon, 209; Thomas McHarg, 208; George Beaudette, 207; Cliff Merpaw, Shirley Eastman, Dee Hollingsworth and John Wood, 205; Joy Konynenberg and Eva Carter, 203; Jim Hughes, 201; Dorothy Charland and Rose Martel, 200.

ATTENDANCE WINNERS: Rheal Boileau, Clarence Bethune, Rita Parette, Gerry Ouimet, Don Crowder and Edith Edwards.

Perrotte Claims Ninth In Points in Dirt Florida Tour

HOGANSBURG, NY - DIRT Modified and Frogtown International Speedway regular Mike Perrotte of Morrisonville, NY finished ninth in points during the recent DIRT Modified Florida racing series held at Volusia Speedway Park in Barberville, FL as part of Speedweeks in the Daytona area.

In four races run in consecutive nights at the Volusia Speedway Park, Perrotte claimed fourth, fourteenth, eleventh and eighth place finishes to secure his overall standing. The series point title was won by Jimmy Horton, while Brett Hearn claimed his landmark 500th feature win.

The Florida DIRT tour kicked off a busy early season for Perrotte's Adirondack Auto #35 racing team. Perrotte's race cars will be on display at the Champlain Valley Motorsports Show at the Crete Civic Center in Plattsburgh, which is set for Saturday, April 3rd with a special sneak preview on Friday night, April 2nd. Perrotte will also compete in several early season Modified and 358 Modified events throughout the DIRT circuit.

For the 1999 season, Perrotte will again campaign at Frogtown International Speedway in Hogansburg, NY. Perrotte earned Frogtown's 358 Modified track championship in 1997 and finished second in points in 1998. The 1998 season also saw Perrotte finish tenth in the over Mr. DIRT Hoosier Tire/Sunoco Race Fuels 358 Modified championship series and eleventh in the Skoal Bandit Racing SuperDIRT 358 Series.

Perrotte adds, "We're really excited about returning to Frogtown this year. You can really race there and we hope to have a good season." Perrotte will again follow the Hoosier/Sunoco Mr. DIRT and Advance Auto Parts SuperDIRT 358 Modified tours.

Frogtown International Speedway's annual banquet is set for Saturday, April 10th. The "Celebration of Speed" race car show at the St. Lawrence Centre Mall in Massena runs from Thursday, April 15th through Sunday, April 18th.

Trackside action gets underway with a practice session on Saturday, May 1.

Frogtown's first race of the 1999 season is set for Saturday, May 8th, with all grandstand seating for this special event at HALF-PRICE. The "new look" Pro Stocks headline with Twin-15s, along with a 50-lap Slick Track Enduroand a full program for Novice Stocks and the 4-Cylinder Bandits.

The 358 Modifieds will see action for the first time on Saturday, May 15th, with a 25-lap main event paying $1,000 to win. Also on that night's program are the Pro Stocks, Novice Stocks and 4-Cylinder Bandits.

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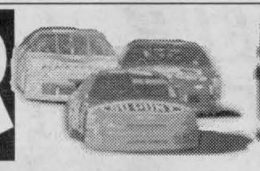
NASCAR Winston Cup Series

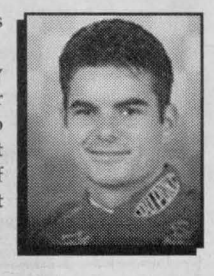


Gordon Wins At Altanta

Jeff Gordon is quickly getting a home field advantage at Atlanta Motor Speedway. Sunday he captured his 44th career win and third at Atlanta by outlasting the field in the Cracker Barrel 500.

It was his second consecutive win at the track. Last November he capped a brilliant, 13-win season and received the NASCAR Winston Cup Series championship trophy at the track.

Gordon led 126 of 325 laps Sunday and his Rainbow Warriors played their cards right during six caution flags to put him in the right spot at the right time. Bobby Labonte, Mark Martin, Jeff Burton and Dale Jarrett rounded out the top-5.



RACE RESULTS

Race: Cracker Barrel 500 **Track: Atlanta Motor Speedway**

Pos	Car	Name	Points	Bonus	Winnings
1	24	Jeff Gordon	185	10	$117,650
2	18	Bobby Labonte	175	5	$98,850
3	6	Mark Martin	165	0	$62,775
4	99	Jeff Burton	165	5	$64,900
5	88	Dale Jarrett	155	0	$53,675
6	31	Mike Skinner	155	5	$64,145
7	36	Ernie Irvan	146	0	$40,220
8	22	Ward Burton	142	0	$42,995
9	97	Chad Little	143	5	$38,545
10	7	Michael Waltrip	134	0	$48,685

STANDINGS

Pos	Driver	Pts	7	Chad Little	502	14	Jeremy Mayfield	435
1	Mike Skinner	630	8	Ernie Irvan	498	15	Bobby Hamilton	432
2	Bobby Labonte	598	9	Michael Waltrip	489	16	Rick Mast	413
3	Jeff Gordon	586	10	Ward Burton	487	17	Wally Dallenbach	409
4	Jeff Burton	578	11	Rusty Wallace	482	18	Dale Earnhardt	399
5	Mark Martin	554	12	Ken Schrader	474	19	Tony Stewart	396
6	Dale Jarrett	512	13	Terry Labonte	471	20	Kenny Irwin	393

RACE SCHEDULE (all times Eastern)

March

Date	Race	Venue	TV	Time
21	TranSouth Financial 400	Darlington Raceway	ESPN	12:30 p.m.
28	PRIMESTAR 500	Texas Motor Speedway	CBS	2 p.m.

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Rapids Still Undefeated

The Major Bantam Rapids are 4 & 0 in consolation round playdowns and are assured a berth in the consolation round championship series.

In Maxville, the Miller Hughes Ford squad defeated the visiting Gloucester rangers 7-3. Scoring for Seaway was Mike King (2), Jamie Smith, Eric Larocque, Jesse Winchester, Scott Champagne and Ryan Major. The game was marred by penalties, with each team having four players ejected for fighting.

In Orleans, the suspension depleted Rapids beat the Cumberland Barons 8-0. Cumberland tried to pound the short staffed Seaway squad and racked up 19 penalties (compared with only 6 for Seaway). However, the tactic failed as Seaway filled the net with rubber. Scoring for Seaway was Steve Bernier (2), Eric Larocque (2), Steve Stewart (2), Scott Champagne and Phillip Boots. Jeff McIntyre posted the shut out in nets for the Rapids.

Back in Maxville, Seaway defeated the visiting Ottawa Valley Titans 4-3 in an extremely close and hard fought contest. The Titans are going to the KOBE Cup (Ontario Provincial Major Bantam Championship) as host team and the ODMHA consolation round is a very important tune up for the provincial championships. The Rapids augmented their still depleted ranks (suspensions and illness) with affiliates Matthew McNally, Jeff Laframboise and Devon Eveleigh from the Cornwall Bantam "A" Royals. Scoring for the Rapids were Matthew Verdone (2), Jesse Winchester, and Mike King. Assists were credited to Eric Larocque (2), Ryan Major, Jamie Smith, Mike King, Scott Champagne and Matt Verdone.

In Prescott the Rapids defeated the Rideau St. Lawrence Kings 4-3 in an exciting come from behind victory. Trailing 2-1 at the end of the first period, and 3-2 at the end of the second, Seaway pumped up the volume in the third with 2 unanswered goals and some inspired defensive play. Scoring for the Miller Hughes Ford Team were Marc Lemire, Scott Champagne, Matthew Verdone and Marc Andre Richer. Assists were credited to Steve Bernier, Matt Verdone, Eric Larocque and Scott Champagne. Goaltending was split between Jeffrey McIntryre and Devon Eveleigh.

Five Star Hockey Trivia

GOALTENDING GREATS

(NC) - In honour of our most treasured sport, Seagram Canada has put together a Five Star selection of hockey trivia questions for the 1998-99 season to challenge even the most avid hockey fans. This question focuses on hockey's top netminders of the past and present.

Can you choose the NHL netminder who holds the record for the most games played in one season?

A. Patrick Roy
B. Dominik Hasek
C. Terry Sawchuk
D. Grant Fuhr

Answer:

Grant Fuhr holds the record for most games played in one season when he played 79 games for the St. Louis Blues in 1996-97.

- News Canada

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BOYS BORN	CONTACT	PHONE#	DATE & TIME	LOCATION
1980, 1981	Sean Montroy Gerry Knight	613 938-2577 613 528-4580	Fri, March 26, 8:00pm Sun, April 11, 2:30 pm Sat, April 17, 1:00 pm	Kinsmen Centre Glengarry District HS St. Lawrence College
1982, 1983	Lucy Teodoro	613 938-6019	Fri, March 26, 6:00 pm Sun, April 11, 12:30 pm Sat, April 17, 11:00 am	Kinsmen Centre Glengarry District HS St. Lawrence College
1984, 1985	Dave Cruickshank	613 933-7649	Sun, March 21, 12:30 pm Thurs, March 25, 7:45 pm Thurs, April 1, 7:30 pm	Glengarry District HS St. Lawrence College St. Lawrence College
1986, 1987	John van de Kamp	613 543-4187	Thurs, March 25, 6:00 pm Sun, March 28, 3:30 pm Sat, April 10, 9:00 am	St. Lawrence College Glengarry District HS St. Lawrence College
GIRLS BORN	**CONTACT**	**PHONE#**	**DATE & TIME**	**LOCATION**
1980, 1981	Sharon van Diepen Gyslain Rioux	613 933-6899 613 932-0888	Thurs, April 1, 6:00 pm Sun, April 10, 3:00 pm Sat, April 17, 3:00 pm	St. Lawrence College St. Lawrence College St. Lawrence College
1982, 1983	Dennis Atcheson	613 932-6478	Tue, March 23, 6:00 pm Tue, March 30, 6:00 pm Tue, April 6, 6:00 am	General Vanier HS General Vanier HS General Vanier HS
1984, 1985	Pat Larkin Marc Sauvé Michelle Bergeron	613 347-2491 613 874-2949 613 938-8371	Sun, March 21, 3:30 pm Sun, March 28, 2:00 pm Sat, April 10, 11:00 am	Glengarry District HS Glengarry District HS St. Lawrence College
1986, 1987, 1988	Michelle Bergeron John Kitchen Rejean Boulanger	613 938-8371 613 525-4680 613 525-3168	Sun, March 21, 2:00 pm Sun, March 28, 12:30 pm Sat, April 10, 1:00 pm	Glengarry District HS Glengarry District HS St. Lawrence College

Boys born in 1983 and 1984 in the Hawkesbury/Vankleek area, call Daniel Jodoin (613) 874-2528
$2.00 per session try-out fee

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FAST PITCH

Cornwall Knighthawks Fast Pitch Travelling Team Tryouts

Are looking for boys at the age of:

Mite : must be 8 or 9 years old by Dec. 31st, 1998
Squirt : must be 10 or 11 years old by Dec. 31st, 1998

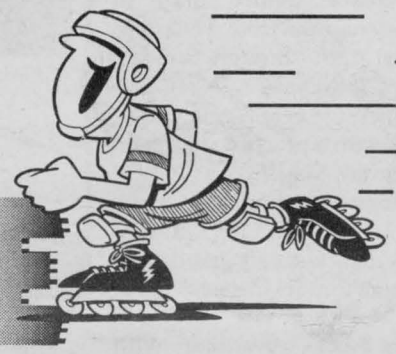
When: March 20th, 1999
Who: Squirt Boys
Where: Marie Tanguay School on Holy Cross Blvd.
Time: 1:30 pm to 3:00 pm

When: March 21st, 1999
Who: Mite Boys
Where: Marie Tanguay School on Holy Cross Blvd.
Time: 2:00 pm to 3:30 pm

Must bring: helmet, running shoes, glove

For more information call Mike Lalonde 938-3371 or Laurie Seguin at 938-5718

IN-LINE SKATE SALE



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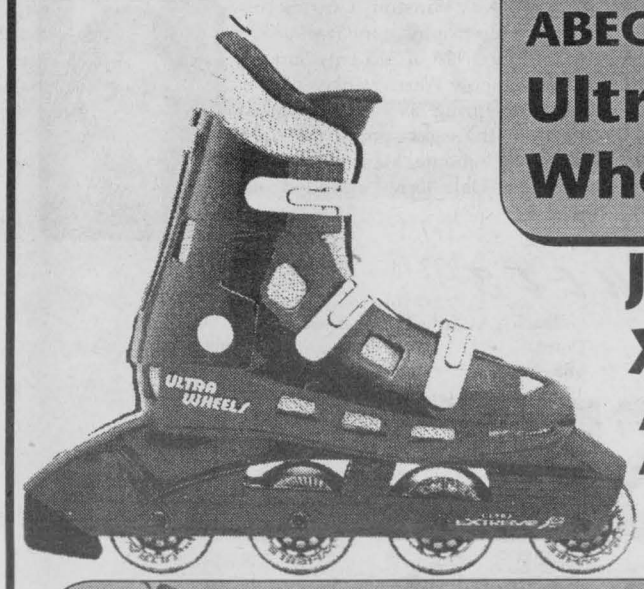

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SEAWAY Scoreboard

United Counties Ladies Basketball

March 11/99

Game #1			
Rayco Sports	58	Rat's Nest	40
Top Scorers:			
Susan McGillis, 16; Carole Seguin, 12		Lisa Chafee, 18; Natalie Eamon, 14	
Game #2			
Cornwall Gravel Pits	65	Bill's Sports Bar	31
Top Scorers:			
Catherine Gagnon, 15; Sandy MacDonell, 14		Suzanne Sinclair, 15; Leslie Ouderkirk, 8	
Game #3			
B&M Motors	-	St. Lawrence College	-
Top Scorers:			
2 points			
Game #4			
Star Gazers	60	Laframboise	46
Top Scorers:			
Claudine Tarbell, 25; Karen Francis, 24		Vicki Lalonde, 14; Christine Campeau, 14	

Bridge Results

Martintown Goodtimers - Mar. 9/99
N/S
1. Audrey Blair - John Roulston
2. Lorraine Gauthier - Gerry Johnson
3. Traff & Greta Carvell
E/W
1. Jean Murray - Jane Troop
2. Penny McLeod - Joan Turner
3. Marion Thompson - Barbara Ross

March 16, 1999
N/S
1. Margaret Kennedy & Isobel Quail
2. Audrey Blair & John Roulston
3. Doris Lambert & Faye Hudsteth
E/W
1. Peggy McLeod & Joan Turner
2. Norah Ruth & Marion Thompson
3. Jane Troop & Jean Murray

Independent Bridge Club - Mar. 10/99
Section "A"
N/S
1. Yolande Boutin - Louis Rioux
2. Jean Boileau - George Bissonnette
3. Ida Cadieux - Marjorie Raymond
E/W
1. Florence Bergeron - Joe Loney
2. Rita O'Brien - Jean Stokes
3. Inez Hatfield - Rhea Petry
4. Verna Beaulieu - Fern Emerton

Section "B'
N/S
1. Jocelyn Campbell - Claudette Rousseau
2. Pat Cunningham - Muriel Smith
3. Myrna Carpenter - Nicole Lemieux
4. Jean Forbes - Terry Forysth
E/W
1. Rudy Denis - Bob Evans
2. Mildred Cleary - Emma Farlinger
3. Shirley Perkins - Freda Tamowski

Cornwall & District Bridge Club
Mar. 11/99
1. Denise Fournier - Barbara Taylor
2. Carol Reus - Maureen Walker
3. Margaret Campbell - Jeana Reilly
4. Nelsa Kalil - Claudette Rousseau
5. Joan Owen - Dr. Allen MacLeod

Senior Citizen's Bridge Club
Mar. 12/99
N/S
1. Mabel Chan - Lydia LeGault
2. Yolande Boutin - Marjorie Raymond
3. Eva Kittle - Mona MacPhee
E/W
1. Eileen Beaudette - Jean Boileau
2. Hermine Ladouceur - Lyette Ladouceur
3. Florence Bergeron - Rita Struthers

Cornwall Community Bridge Club
Mar. 15/99
1. Margaret Campbell - Maureen Walker
2. Denise Fournier - Barbara Taylor
3. Jeanine Alain - Carol Reus

Seaway City Bridge Club - Mar. 15/99
N/S
1. Brunelle MacDonald
-Marjorie Raymond
2. Georgette Lauzon - Peggy Seymour
3. Adelaide Hunter - Jean Stokes
4. Eva Kittle - George Bissonnette
E/W
1. Anita Lemire - Freda Tamowski
2. Louis Rioux - Madan Seth
3. Jean Forbes - Rhea Petry

Williamstown Bridge Club - Mar 10/99
1. Gerri Tibbals - Ron Allison
2. Garry O'Connell - Hanz Schulz
3. Homer Grant - Audrey Blair

Audrey's Supper/Duplicate Game
Mar. 12/99
N/S
1. Audrey Blair - John Roulston
2. Francoise & Bob Govan
3. Gerry Johnston - Ida Cadieux
E/W
1. Rhea Colette - Estelle Brazeau
2. Diane Lemire - Anita Lemire
3. Edna & Garnet MacDougall

Ontario Students Need Activity, Not Just Academics

With all the media attention and public debate surrounding the release of Ontario's new high school curriculum, the absence of dialogue relating to the curriculum's Health and Physical Education (HPE) component highlights a disturbing trend in our society -- a worrisome tendency to view school-based physical activity as a non-essential "perk" of the education system.

In fact, helping students develop a commitment and positive attitude toward healthy, active living should be as integral a part of the school experience as mathematics or science.

Consider what we now know about the short and long-term benefits of physical activity for young people. Regular exercise -- in whatever form it takes -- reduces overall feelings of depression and anxiety; promotes psychological well-being; fosters a greater attention span and improves memory; enhances problem-solving and decision-making skills; and improves attitudes, discipline, behaviour and creativity. Taking into account these powerful benefits, HPE should hold equal importance when compared with other traditional subject areas.

Schools alone, however, do not bear sole responsibility for providing our children with viable opportunities to build healthy, active lives. In an era of budget and program cuts, the broader school community - including parents, health-care agencies, business, and government -- must step in as partners to help develop and implement opportunities for students.

Some steps are already being taken. Active Schools, for example, is a newly-developed, government-funded initiative -- poised for province-wide release this spring -- the sole purpose of which is to support Ontario school communities in adopting, implementing, and maintaining school-based physical activity programs.

One tried and tested example of such a program is Activ8, launched Ontario-wide in 1997 by The Foundation for Active Healthy Kids. Activ8 is a school and community-centred physical activity recognition program designed to meet the needs of every student from junior kindergarten to Grade 12. By the year 2000, this program, with critical support from the Royal Bank and other business partners, is expected to involve 500,000 students from 1,400 Ontario schools -- proof that schools and their community partners can be powerful allies in motivating students to achieve their potential to lead healthy lives.

While encouraging, these examples have not yet reached their potential throughout our society. As members of the broader school community, we must work together to reverse the thinking that has spawned an Ontario secondary-school curriculum that demands only a single physical education requirement over four years. Not every student has to be on the basketball or swim team. What every student does need is diverse, exciting, and engaging options to participate in regular physical activity. In that, we all have a role to play.

Dr. Andrew Pipe, M.D.
Associate Professor, Ottawa Heart Institute; Honorary Chair, The Foundation for Active Healthy Kids

New Guide: Not Just Kid Stuff

Pretzel People, Wiggly Worms, Chase the Blobs. With these kinds of headings, you may be forgiven for thinking the Quality Daily Physical Activity Guide is all fun and games. But you'd be only half right.

"This guide has been designed with very specific goals in mind," explains Louise Simmons of the Eastern Ontario health unit which is providing the guide to all elementary schools in the five counties. "Keeping the child's age and abilities in mind, each game or activity focuses on developing specific skills and self-esteem" says Simmons.

Physical activity, she said, is essential to every child's healthy development. Studies show, however, that fewer children than ever are active on a regular basis---this despite the fact that physically active children learn better, have greater self-confidence, and are less likely to experiment with drugs or alcohol.

"This guide isn't an instant cure, but it isn't just a band-aid either.

Cornwall Martial Arts School
Instruction in:
Judo • Jiu-Jitsu
Basic Karate • Aiki-Jutsu
Nin-Jitsu • Tai-chi-chuan
Tai-Chi Classes
Tuesday 7:00 pm - 9:00 pm
Starting June 16
Claude Bourdeau 934-1952
20+ Years Experience 105 3rd St. W.

Kinsmen Minor Soccer
REGISTRATION
Fri. Mar. 19 - 6:00 pm - 9:00 pm
Sat. Mar. 20 - 9:00 am - 12:30 pm
Fri. Mar. 26 - 6:00 pm - 9:00 pm
Sat. Mar. 27 - 9:00 am - 12:30 pm
St. Peter's School - Gym Entrance
$45 - 5-7 yr. olds (co-ed only)
$50 - 8-18 yr. olds (all boy or all girls teams)
coaches needed
Registration Limited - proof of age required
*late fees will be applied to late registrations
*each player will sell 1 book of tickets towards fund raising
* ask about our family rate

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CORNWALL MINOR SOFTBALL ASSOCIATION
KNIGHTS SOFTBALL
REGISTRATION
MARCH 13 & 27 1 - 4 pm
Registration fee $50
Boys & Girls AGES 5 - 19 yrs.
(must be 5 yrs. of age as of January 1,1999)
at Knights of Columbus
205 Amelia St.
Coaches & Umpires also required.
For more information call Kathy at 938-8732

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Check this week's photos. If you are in one of these photos, clip out the ad and bring it to the courtesy desk at Farm Boy. You will receive a large, plump, FARMBOY barbeque chicken compliments of Farmboy and Seaway News.

SEAWAY NEWS
"Your Community Weekly Since 1985"

FARM BOY

COMMUNITY UPDATE

***ADOPTEES-BIRTH MOTHERS,** BIRTH FATHERS. Do you need help or support in your search? Call Parent Finders at 933-9186-Carol or 932-3984-Donna or visit their website at http://www.reuniting-in-cornwall.com

***AL-ANON/ALATEEN** If your life is affected by someone else's drinking, we can help you do something about it. Contact 937-4880.

***ALCOHOLISM IS A DISEASE,** help is available. If you want to drink that's your business, if you want to stop that's ours. Phone AA today at 613-938-1984.

***ALZHEIMER SOCIETY** of Cornwall & District is presently recruiting volunteers for the Day Support Program in Alexandria every Thursday from 9:30a.m. until 2:30p.m. Training & support will be provided. For info call Heather at 932-4914.

***APPLE HILL HAPPY HOUR CLUB** holds Euchre every second Tuesday at the Apple Hill Community Centre. Info 527-2731.

***ARMY, NAVY & AIR FORCE (A.N.A.F.)** 14 Marlborough St.N., hosts "Chicken Wings & Fries" every Wednesday evening, 4:30p.m. to 9:00p.m. Everyone welcome. Info: 938-5020.

***ASSOCIATION OF BRIGHT CHILDREN** SD&G/Cornwall Chapter will hold their next meeting on Monday March 22nd, 7:00p.m., Community Room at Maynard's Independent Grocer. Info call Earl at 930-2145. Everyone welcome.

***BESOIN DE COMPLETER VOS ETUDES?** Centre de Formation pour adultes francophones sites accès unique. Cornwall, 305 Baldwin, 932-0165 et Alexandria, 43 Kincardine, 525-5150.

***CENTRE CHARLES-EMILE CLAUDE** activities: Tai Chi Exercises every Monday, 2:00p.m., Line Dances w/Instruction & Darts every Tuesday, 1:30p.m., Indoor Bocce every Thursday, 1:30p.m.,Smoke-Free Bingos every Saturday, 1:00p.m. Info 932-1035.

***CENTRE DE SANTE COMMUNAUTAIRE DE L'ESTRIE** are hosting a "Presentation & Lunch Preparation" at Charles Emile Claude, 146 Chevrier, on Monday March 29th, 9:00a.m. to 3:00p.m. Everyone welcome. Info: 932-1035.

***CONTEMPORARY GOSPEL MUSIC CONCERT** presented by "Walk by Faith", is being held on Friday April 9th, Jazz Magnolia's, 8:00-11:00p.m. Advance tickets available at Pro-Life Office (937-0536), Angel's Family Books, & Lighthouse Christian Book Store. Proceeds to Pro-Life.

***CORNWALL LUPUS SUPPORT GROUP** will hold their next meeting on Tuesday March 23rd, 7:00p.m., Seaway Lions Club, 123 Fortier St. Info: 933-1081 or 543-2590.

***CORNWALL MEALS ON WHEELS** urgently need drivers to deliver meals over the noon hour to shut-ins in Cornwall. If you drive a car and have two hours to spare once a month please call 534-8883.

***CORNWALL SENIOR CLUB #353** 119 Pitt St., weekly activities: Monday: "500" 1:00p.m., Tuesday: "Crib" 1:30p.m., Wednesday: "Fitness Class 9:30a.m.; "Euchre" 1:00p.m., Thursday: "Bingo" 1:00p.m. Info call 932-0980.

***CORNWALL TOWNSHIP HISTORICAL SOCIETY** next monthly topic "The Black Settlement in Glengarry" will be held at the Raisin River Heritage Centre, St. Andrews West, on Tuesday March 23rd, 7:30p.m. Info: 527-1719. Everyone welcome.

***CORNWALL WHEELS TO MEALS** Day Away for seniors providing door-to-door transportation, nourishing meals, crafts and activities. Every 1st and 3rd Wed. of each month. Info: 930-9292

***EMOTIONS ANONYMOUS** a self-help support group meets every Wednesday, 7:30p.m., St. John Bosco School, 137 Eighth St. East.

***ENCORE SENIORS' EDUCATION CENTRE** will hold a four week Spring Mini-Term, beginning April 6th. "Learn to Read Music", & "Your New Garden", at St. Lawrence College, Moulinette Hall, Rm 118. "Computer for Chickens", Aultsville Hall, Rm A350. To register call 937-1525.

***HOPE IN LOVE/REFLET-LUMIERE,** a non-profit organization in support of couples who wish to nurture their relationship, have weekly meetings Wednesday evenings, 8:00 pm, Centre j'aime apprendre, 305 Baldwin Street, Info: 937-0829 or 938-6364.

***NAVY CLUB** upcoming events: "Pub Night", Friday March 19th, 8:00p.m.; "Progressive Euchre", Saturday March 20th, 1:00p.m. start; Everyone welcome. Info: 930-2060 code 6289.

***NEARLY NEW SHOPPE** is now open. Hours: Tuesday & Thursday 2:00-4:00p.m. & 7:00-9:00p.m. For information call 932-8902.

***NEWINGTON UNITED CHURCH,** are hosting a Spaghetti & Chili Supper on Sunday March 28th, 4:00-8:00p.m. Info Cathy 346-2361 or Elaine 346-5728. Everyone welcome.

***NICOTINE ANONYMOUS** for people who have quit smoking or have the desire to quit smoking. Call 937-3593.

***NORTH GLENGARRY YOUTH CENTRE** Glengarry Park in Alexandria, is open every Thursday & Friday from 6:00-9:00p.m., and Saturday from 2:00-10:00p.m. Various activities held and are supervised at all times. Info: 525-0888.

***OVEREATERS' ANONYMOUS** hold weekly meetings at Knox St. Paul's United Church, Library Room every Monday & Thursday Evening, 7:30p.m. For more info call Louise at 937-3812.

***PEER SUPPORTS GROUP** open to individuals who have experienced mental illness or mental health problems and who are looking for information, peer support & sharing of coping skills & strategies. Monday evenings from 6 to 8 pm at 29 Second St. East. Info, call 933-5845.

***PROBUS CLUB OF CORNWALL** is pleased to have Bruce Wellman, Retired Lieutenant Colonel from the R.C.A.F., lecturing on 40 yrs. of Air Traffic Control, on Thursday March 25th, 11:00a.m., at the Navy Club, 30 Sixth St. East. Info: Joe 932-0675. Everyone welcome.

***ROTARY PANCAKE BREAKFAST** is being held on Saturday April 17th, 7:00a.m. to 1:00p.m., St. John's Presbyterian Church, 28 Second St. East. Everyone welcome.

***S.D.&G. GENEALOGICAL SOCIETY** meeting will be held on Tuesday March 23rd, 7:00p.m., Trinity Anglican Church Hall, Room 2. For more info call 933-6025.

***S.D.&G. STUDENT ASSISTANCE ASSOC.** Sugar Bush trip to Finch, Sunday March 28th, leaving the Civic Complex at 12:30p.m. Tickets available at Cornwall Seaway Valley Tourism, 100 Pitt St., or call 932-3936 or 933-1614.

***S.D.&G. VOLUNTEER CENTRE** is recruiting volunteers to meet the needs of the community. If you're interested in volunteer work for different organizations, please call the Volunteer Centre today at 933-8162.

***SEAWAY M.E./F.M.SELF HELP GROUP** for Chronic Fatigue & Fibromyalgia hold their next general meeting on Wednesday March 24th, 1:30p.m., Seaway Lions Club, 123 Fortier Street. Info call Sheila 933-8601.

***SEAWAY SENIORS** 205 Amelia Street, activities: Monday's: T'AI CHI 9:00a.m., Cribbage 1:30p.m., Tuesday's: Euchre 1:30p.m., Wednesday's: Bridge & Scrabble, 1:00p.m., Thursday's: Darts, & Skat 1:30p.m. For info call 932-4969.

SEAWAY TOASTMASTERS: *would you like to improve your Public Speaking & Leadership Skills? Info call Alan Mills at 931-1725.

***SEXUAL ASSAULT SUPPORT SERVICES FOR WOMEN** is presently recruiting women to become crisis line volunteers. A 40 hr. training is provided to volunteers. Info call 932-1755 Patti Carson (English) or Josée Laramée (French).

***ST. ANDREW'S KNIGHTS OF COLUMBUS COUNCIL 10416** will be serving their annual canoeist breakfast on Sunday April 11th, between 8:00a.m. and 12:30p.m., in the hall across from the start of the race. Everyone welcome.

***ST. LAWRENCE SENIORS CLUB** Smoke Free Bingo & Euchre at St. Joseph Villa Auditorium. Bingo Monday & Friday 1:00p.m., Euchre, Thursday 1:15p.m. Wheels to Meals every second Wednesday of the month. Doors open 10:00a.m. Info call Mary 938-2215.

***TOPS, ON4643** Long Sault, meets at Pentecostal Church, Bethune St. every Monday Night. Weigh: 6:00-7:00p.m. New members welcome. For info call Deanna 537-8636.

***VICTORIAN ORDER OF NURSES CANCER SUPPORT NETWORK** meets every third Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St.E. Information & discussion for cancer patients, newly diagnosed and their loved ones. Info call 932-3451.

***VICTORIAN ORDER OF NURSES PROSTATE SUPPORT GROUP** meets every second Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St.E. Information & discussion for Prostate cancer patients, newly diagnosed and their loved ones. Info 932-3451.

***WOMEN ENTREPRENEURS** of Cornwall & Area will meet on Thursday March 25th, 6:00p.m., Ramada Inn. Information & pre-registration phone Pam Baxter 933-2885, or Shari Rowland-Gaucher 932-1175.

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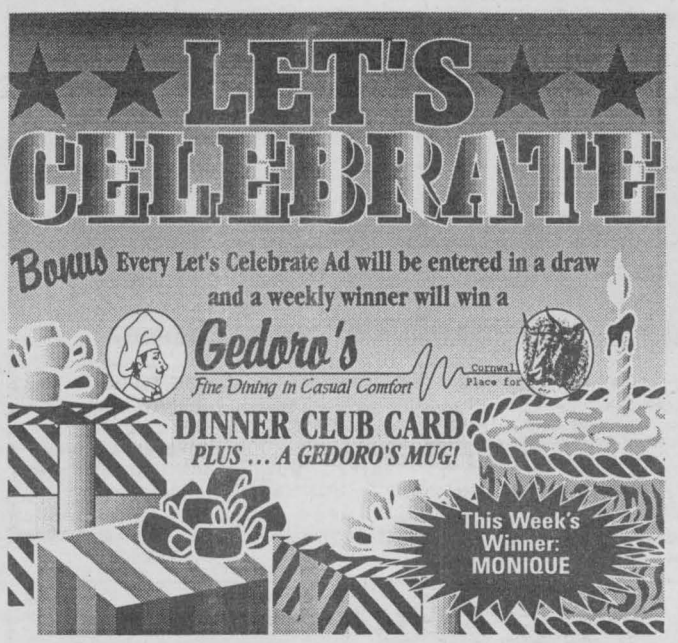


TO PLACE YOUR AD: phone or write your ad of 24 words or less and enclose $8.50 handling charge, plus $7.50 for a picture. Over 24 words, 25¢ per additional word, per week.

DEADLINE: 5 P.M. TUESDAY

Well! Well! Well!

The Costume Queen has finally reached a ripe old age on the 18th



Happy 45th Monique

Hope you have as much fun as we did preparing this ad.

From your younger and cuter sisters, of course. Gotcha!

Happy Birthday

Linda

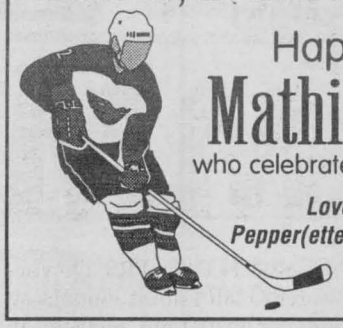
The Big 50

on March 21st

from your best friend in the whole world and your family & friends!



He Shoots, He Scores ... Another Year!



Happy Birthday

Mathieu Lalonde

who celebrated his 15th on March 17th

Love Mom, Dad, Kristine, Dutchy, Pepper(ette), your grandparents and your favourite aunt and cousins

SEAWAY NEWS ENTERTAINMENT

Entertainment - Special Events & Restaurant Review - By Bill Gallant

Everything seems to be falling in place as the weekend draws near. The weatherman has promised some mild temps and sunshine,and there is a variety of events to choose from for your weekend enjoyment.

The excitement will certainly include the playoff junior hockey series between the *CORNWALL COLTS* and Nepean. Follow the team's efforts to win this quarter final series with the road games on radio and be there in person at the Ed Lumley Arena for all the home games. Unfortunately the Colts lost the first two games of this best-of-seven and when you read this they may even be three down as they play Thursday. Methinks not and despite the odds against them I still envision their comeback of the season.

One of the usual good signs that Spring is truly here are the *DAIRY QUEEN* Ad's for those cool items they feature. Particularly the Blizzard Flavor Treat. It's creamy smooth DQ soft serve,blended with your favorite candy, cookies or fruit. The DQ's are at Pitt & 13th Street,Cornwall Square and in Alexandria.

We remind everyone again about the annual *DAVE EZARD MEMORIAL WALK* this Sunday March 21 at the Civic Complex. The walk is in aid of the Canadian Liver Foundation and it begins at 10 a.m. until 1pm. There will be a Buffet Reception at *JAZZ MAGNOLIA'S* after the walk on Vincent Massey Drive.

The newest eatery in town these days is *ALICE'S RESTAURANT* at 1274 Pitt Street. They are open from 6 a.m. until 2 p.m. and offer terrific breakfasts'and dinner specials. The service is excellent, the food great and the atmosphere is friendly. Congratulations to the folks at ALICE's and GOOD LUCK. Keep that friendly attitude and clean and spacious decor alive and we know you will be here for a long time.

While we are handing out good wishes we should also congratulate Lori Dupuis and the rest of the ladies Team Canada hockey squad. The gals did it again with their recent win against Team USA in the World Hockey Tournament.It was the fifth straight championship. Good going !!

That funnyman from Atlantic Canada is back!. *JIMMY FLYNN* is currently on a cross-Canada tour and will be stopping over for a show at GVSS Auditorium on Saturday, March 27th.

The comedy, music and crowd pleasing antics of this hillarious entertainer will start at 8pm and proceeds will go to Cornwall Minor Baseball.

Although St.Patrick's Day was officially celebrated at mid-week, there are still several Irish events reserved for this weekend. The folks at Wing 424, *RCAFA* on Water Street West are combining their March Birthday Party with a full Irish theme this Sunday afternoon starting at 2:00pm. There will be plenty of listening and dancing Irish music,and even a videotape review of events that happened when the Cornwall Blarney Stone fell on Cornwall soil so magically a few years back. Members and guests will also enjoy some great Irish Stew and other treats. So don't forget to wear some greenery and join the happy leprechauns at the Wing!!

B.C.'S SINGLES DANCES swing back into action this weekend with the Spring Fling event on Saturday and here's a reminder about the Dress Down Denim Night coming on March 27th. Also planned is a Bunny Hop, featuring the hits of the 50's & 60's coming April 3rd.

Also coming in April to Aultsville Theatre will be a very popular Country group called *PRAIRIE OYSTER*. The date for their appearance is April 8th and remaining tickets are on sale at the Civic Complex Box office.

Until next time, G'Day, G'Night and HAPPY ST. PAT'S week !!



Easter Dining

Restaurant Special

see it in next week's Seaway News









SEAWAY BARGAINMART

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DEADLINE: Wednesday 5 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error 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 $26.50 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 Thursday.

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

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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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.

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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

COMPANIONS CORNER

SINGLE WHITE MALE, 48, 6'4", 200 lbs, self-employed. Looking for single, white, tall, attractive female, approx. 30-45. CC1911.

SINGLE GENTLEMAN, 50, slim, new to city, large home, University educated, professional, businessman, bilingual, honest. Seeks slim SWF for serious long-term relationship. CC1910.

ADULT ENTERTAINMENT

✓ Lingerie
✓ Adult Books
✓ Novelties

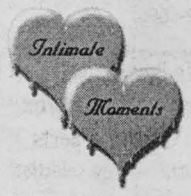
• Marital Aids • Lotions
• Video Tapes • Magazines
• CD's • MUCH MORE

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
315-764-1954

2 APTS/CONDOS FOR RENT

723B PITT ST. 2 bdrm downstairs apt. Lots of storage. Hook-ups for washer & dryer. Pay own utilities. Parking available. No pets. $400/mth. Call 932-6804.

WAREHOUSE PRICES
Adult Novelties



- Exotic Massage Oils
- Adult Games
- Sexual Stimulants
- Sensuous Clothing
- Adventurous Toys
- Adult Movies as low as $9.99

"Your #1 Source for Pleasure" **(613) 938-1924**
Call for more information 7 Days a Week

619 RIDLEY AVE. Available April 1st. Semi basement. Large 2 bdrm apt. Washer/dryer facilities in basement, parking, fridge/stove, secure bldg. $545/mth, utilities included. 938-7286.

AVAILABLE APRIL 1/99. 50A Danis. Upstairs 2 bdrm apt. Heat, fridge & stove included. No pets pref. $460/mth. Call 937-0847.

AVAILABLE NOW, large two bdrm apt. Near Zellers Mall. New paint, new carpet, with roof top deck. No pets. $595/mth, utilities included. Phone 931-1781.

2 BDRM APT. Large kitchen w/pantry, washer/dryer hook-ups, parking. $425/mth, plus utilities. Call 933-5300.

AVAILABLE IMMEDIATELY. 209 Carleton. 2 bdrm upstairs apt. $460/mth, utilities included. Washer/dryer hook-ups, basement storage. Quiet people only. No pets. First month free. 938-3542.

APARTMENTS FOR RENT

bachelor, 1&2 bdrm.
security bldg., video surveillance
bachelors from $399 incl. util.
call 932-7891
Mon. - Fri. 9:30 - 4:30

YORK ST. Available immediately. 2 bdrm upstairs apt. Fridge, stove, parking. $480/mth, utilities paid. Call 932-2150 or leave message.

104 JOBIN, 2 bdrm apt, 2nd floor. Suitable for working couple. $450/mth, utilities extra. No pets. Call Janet 933-5846 or Jean-Guy 613-675-2307.

110-1/2 BALDWIN, 1 bdrm downstairs apt, $425/mth. 57-A Leonia, 1 bdrm upstairs apt, $395/mth. Both very clean & cozy. Ideal for 1-person or couple. Avail. May 1st. 933-4780.

LARGE 3 BDRM APT, located on Montreal Road. Also, 2 bdrm apt, north end. Both freshly painted. Available immediately. Call 932-9590 or 936-0903.

CLEAN, LARGE, 2 bdrm apt. Washer/dryer hook-ups & storage, $590/mth, utilities included. Also available, 1 bdrm apt, ground floor, $450/mth. Bachelor apt, $400/mth, w/fridge, stove & utilities included. No dogs. Call 938-3936.

1 BDRM UPSTAIRS APT, bright, good location, $450/mth, utilities included. 1 bdrm loft apt, $425/mth, utilities included, fridge & stove, North end. Call 932-9701.

CLOSE TO DOWNTOWN CORNWALL, quiet bldg, 1 & 2 bdrm. apts. Renovated washrooms, freshly painted throughout. Hardwood floors, heat, hot water, fridge, stove, parking included. (613)543-2401.

First Choice
Property Management Services Inc.

FOR RENT

418 McConnell 2 Bdrm ..... **$450** Plus
316-3 Marlborough Bach. ... **$310** Incl.
17 Menard 2 Brdm ..... **$440** Incl.
305 Alice Street 2+1 Bdrm .. **$575** Incl.
226 First Street West 2 Bdrm **$525** Incl.
624 Second Street 2 Bdrm .. **$525** Plus

930-9926

AVAILABLE NOW OR April 1st. Clean 1 bdrm apt with fridge, stove, parking & storage. Located at 454-A Fourth St. W. $350/mth, pay own utilities. 936-0967.

2 BDRM UPSTAIRS apt. Available April 1st. Washer/dryer hook-ups, parking, yard, balcony. $375/mth, pay own utilities. 210 Guy St. Call 932-9573, after 3pm.

RENEAL ST. Available April 1st. Upstairs 2 bdrm apt. Laundry room, carpeted, parking. No pets. $475/mth, plus utilities. Call 932-2150 or leave message.

FITZGERALD MOTORS LTD.

PAUL'S PICK OF THE WEEK!
95 OLDS CUTLASS SUPREME
fully loaded, white, 7,000 km



(not exactly as illustrated)
only **$13,995** or $329 mth. O.A.C.
7.9% financing 60 mths

QUALITY PRE-OWNED VEHICLES

98 TOYOTA COROLLA, 4 dr., auto., sport wing, 44,000 km ... **$14,300**
98 FORD WINDSTAR SOLD quad seats, loaded, warranty **$20,995**
97 CHEV CAVALIER 2 dr., auto with air, 43,000 km **$10,995**
97 CHEV BLAZER 4 dr., auto., loaded, 60,000 km **$24,995**
97 CHRYSLER INTREPID 4 dr., loaded, like ne[SOLD]m ... **$15,995**
96 VOLKS PASSAT GLX VR6 4 dr., loaded, auto **$17,995**
96 PONTIAC SUNFIRE GTO auto, air, black **$10,995**
96 CHEV BLAZER LT loaded with leather, black **$24,995**
96 DODGE STRATUS SOLD 4 dr., auto, air, tilt, d[illegible] **$9,995**
95 CHEV EXT. CAB 4x4 6.5L turbo diesel, p/u **$23,995**
95 CHEV CAVALIER Z22 2 dr., auto, air SOLD **$8,500**
95 FORD TAURUS 4 dr., auto., loaded **$7,995**
95 DODGE CARAVAN blue, very clean, only **$8,995**
95 TOYOTA 4 RUNNER SR5 loaded, warranty, 9[SOLD] **$21,995**
94 FORD EXPLORER XLT, 4 dr., loaded, safetied, 130,000 km ... **$12,995**
94 MERCURY VILLAGER VAN 7 passenger, loaded **$11,995**
94 OLDSMOBILE DELTA 88 4 dr., loaded, very clean **$10,500**
93 FORD PROBE GT 2 dr., green, super price **$5,995**
93 FORD EXPLORER XLT 2 wd, fully loaded, 97,000 km **$10,995**
91 GMC EXT CAB 4X4 long box p/u, 3/4 to SOLD truck **$15,995**

FITZGERALD MOTORS LTD.



125 Cornwall Centre Rd., Cornwall
932-4514

MARKETPLACE

"Advertise Across Ontario or Across the Country"

COMING EVENTS

TRICOUNTY CRAFTS' EASTER CRAFT SALE, March 26, 27, 28, Cornwall Civic Complex. Friday 10am-9pm, Saturday & Sunday 10am-5pm. Cornwall's Largest Juried Craft Show.

BUSINESS OPPS.

CASH IN/CASH OUT Coke, Pepsi, Hostess, M&M. Restock established unique vendors in your area. No selling. Full-time, part-time. Minimum investment $13,980. 1-888-503-8884 24 hours.

Have you ever wanted to be at THE RIGHT PLACE AND TIME? For the most important $$$ MONEY MESSAGE of your life, CALL (24 hours): 416-390-9897/1-800-922-2545.

CAN YOU ACCESS A LAWYER? 80% cannot. Therein lies a huge business opportunity. 100% service business from home. Don't Wait! Associate positions filling fast. Toll free 1-877-263-7940

MAKE MILLIONS IN imports/exports working from home. Government assistance available. No investment required. Worldwide trade contacts, products, manufacturers, agents, brokers available. 1-877-604-3675.

A PERFECT home business! Famous millionaire maker reveals how to earn serious income from home. Toll free 24 hour message 1-877-396-8236.

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Exciting well paid careers in computer programming. We will prepare suitable applicants. Ministry of Education Registered Home Study Diploma Program. Financial assistance, loaner computer systems and job placement tools available. No experience necessary. CMS 1-800-477-9578.

EDUCATIONAL OPPS.

BE A SUCCESSFUL WRITER... with our great home-study course. Call today for your FREE BOOK. 1-800-267-1829. The Writing School, 38 McArthur Avenue, Suite 3183, Ottawa, ON K1L 6R2.

COUNSELLOR TRAINING Institute of Canada offers on-campus and correspondence courses toward a Diploma in Counselling Practice, to begin April 30/99. Free catalogue, call 24hrs. 1-800-665-7044.

EMPLOYMENT OPPS.

SPEND SUMMER in the mountains! YMCA Camp Chief Hector, near Banff, Alberta is hiring staff who love working with youth in the outdoors. Toll free 1-877-711-6111.

INTERNATIONAL AGRICULTURAL Exchange - Ages 18 - 30 with agricultural experience to live/work with family in Australia, New Zealand, Europe, Japan. Costs/details - 1-800-263-1827. Calgary, Alberta.

FOR SALE

SAWMILL $4895 SAW LOGS INTO BOARDS, planks, beams. Large capacity. Best sawmill value anywhere. Free information 1-800-566-6899. Norwood Sawmills, R.R 2, Kilworthy, Ontario P0E 1G0.

HELP WANTED

MONTESSORI TEACHER with upper elementary experience required in Vancouver, B.C. starting Sept. 99. Fax resumes and inquiries to: (604) 839-9900. Further information available on Internet at http://members.home.net/montessori.

Best Western BC mountain resort now hiring students for summer employment. Various positions available. For application send self-addressed stamped envelope to John Galt, Glacier Park Lodge, Rogers Pass, BC V0E 2S0.

SALES HELP WANTED

$$CHOCOLATES$$ Spring is coming. Make lots of money selling Easter bars. New products available, fast delivery. Fund Raising available. Call now 1-800-383-3589

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CANADIAN PSYCHICS - Uncover secrets of your future. Know what the year will bring. Accurate and Affordable 1-900-451-7070 $2.89/minute 18+.

HIMALAYA PSYCHIC ANSWERS. Guidance from above. 1-900-677-7979. 18+, $2.99/minute, 24 hours.

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STEEL BUILDINGS

NEW STEEL BUILDINGS....Go Direct and Save. 4:12 roof pitch. 25 x 30 $3,900.00. 25 x 40 $4,900.00. 30 x 40 $6,500.00. 35 x 50 $7,600.00. 40 x 60 $10,800.00. 45 x 80 $18,400.00. Others. Pioneer....1-800-668-5422.

COMMERCIAL STRAIGHTWALL BUILDINGS, Not Quonsets or Woodframes up to 150ft wide, 12ft to 30ft sidewalls. No gimmicks or stories. Factory Direct. Priced to sell. 1-877-898-0508

• It's Affordable • It's Fast • It's Easy • One Bill Does It All
• Northern Ontario $76 • Eastern Ontario $138
• Western Ontario $130 • Central Ontario $134 • All Ontario $390
• National Packages Available • Call this paper for details!
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02 - APARTMENTS FOR RENT

ACE PROPERTY MANAGEMENT 936-1533
"Let us find you a place at no charge!"

APARTMENTS

2nd St. W., 2 bdrm, apli., storage, 528 incl.
Cumberland, duplex, 2 bdrms, upst, 500 incl.
Grand Ave., 1 bdrm., apl., upst., 400 incl.
16-A Baldwin, bachelor, apli, main fl. 350 incl.
7th St. E. 1 bdrm. triplex, basement, 415 incl.
Fennell Cres, 3 - 2 bdrm., mn fl., upst., 550
Carleton, 3-1 bdrm, mn flr, upst., apli, 360 incl.
4th St. W., 2-2 bdrm, mn flr, front & back, 425 +
208 - 210 14th St, 3-3 bdrms, mn fl, & upst., 595 +
521 Carleton, 2 bdrm., upst. apli. 437 + lights
205 Easton, 2 bdrm, mn. fl., apli, 510 incl.
Glen Walter, 2 bdrm, 4 apli, 600 incl.

APT BUILDING
2 bdrm. bsmt., front $525, back 500 incl.
2 bdrm. mn flr, front $600,back 575 incl.
2 bdrm, up. flr, front $575, back 550 incl.

805 MARLBOROUGH ST. N.
1 bdrm., util. & appli. incl. 525
2 bdrm., util. & appli. incl. 575
Studio, util. & appl. incl. 360

HOMES
Augustus, 2 lg semis 3 brm, 1200 sqf, reno. 650 +
1209 Notre Dame, 2 bdrm, parking, yard, 550 +
141 Glen Oaks, 3 bdrm bung., parking, yard 775 +

Call our 24 hr. info. line for a complete list of available apts. 930-2060, code 1533

AVAILABLE APRIL 1ST, large 2 bdrm upstairs apt. Centrally located. Parking, close to all amenities. Fridge & stove if needed. $415/mth, plus utilities. Call 933-4549 after 5pm.

AVAILABLE APRIL 1ST, clean 2 bdrm apt. Heat & lights included. Close to College & bus stop. Closed-in porch. $525/mth. Phone 938-1684.

AVAILABLE IMMEDIATELY. Big & bright. 2 bdrm upstairs apt. Parking, washer/dryer hook-ups. No pets. $475/mth, plus utilities. Call 938-9593, leave message.

1 BDRM MODERN basement apt. Includes fridge, stove & utilities. Gas fireplace. Near bus stop. Available May 1st. Call 933-3097.

AVAILABLE NOW. Quiet, large 1 bdrm apt, fridge, stove, utilities, $450/mth. Available May 1st, 2 bdrm apt, Anthony St. Hook-ups & storage, heated, $550/mth. Call 931-2806.

EAST END. Available May 1st. 2 bdrm upstairs apt. Large front porch, basement. $400/mth, plus utilities. Call 932-6258.

1004 - 1ST ST. EAST. newly renovated upstairs 2 bdrm apt with fridge & stove, parking. $390/mth, plus utilities. Call 937-2688.

3 BDRM, IMMEDIATE OR Apr. 1st. 210-14th St. West, large, 6-plex, carpeted, laundry hook-ups, yard, parking, balcony. Nearby schools, bank, bus, medical clinic. $595/mth, plus utilities. Call Ace Property Management, 936-1533 or leave message.

134 SEVENTH ST. W. Available May 1st. Large 2 bdrm apt w/[illegible] in fl[illegible] bsmnt, [illegible] fl[illegible] room, [illegible]y of [illegible]g, patio doors to deck & large backyard. $550/mth, plus utilities. 938-8888.

RENTED

AVAILABLE MAY 1ST, large 2 bdrm, 2-storey apt at 23 Lawrence, Cornwall. Washer/dryer hook-ups, basement, big yard & large shed, parking. $450/mth, plus utilities. 534-8390.

AVAILABLE JUNE 1ST. 1 bdrm downstairs apt. 216 McConnell, north of Montreal Road. Parking, washer/dryer hook-ups. No pets. $550/mth, includes utilities. Call 933-4347.

64 LENNOX - just redecorated, large 2 bdrm duplex. Avail. immed. Main floor laundry hook-ups, parking, back yard. Close to college, park. Walking distance to shopping. $450/mth, plus util. 346-0824, not long distance.

LARGE UPSTAIRS 2 BDRM apt. All conveniences. Good locations. No furniture or appliances supplied. Everything paid. Low rent. Call 933-7516.

AVAILABLE MAY 1ST, 3 bdrm semi. Gas heat, hardwood floors. 12 Adolphus St. $650/mth, plus utilities. Call 933-1584.

TWO BDRM APT, 2nd floor. Fridge & stove supplied. Newly renovated. Pets permitted. Laundry hook-ups, parking, yard, clean & bright. Close to all amenities. Walking distance to college & malls. Heat & electric supplied. Call Frank, 931-2327 after 5pm.

CLEAN, SPACIOUS, 1 bdrm basement apt. Fridge, stove & utilities included, $400/mth. Close to all amenities. Available Apr. 1st. Call 932-2346.

INGLESIDE, 1 & 2 BDRM apts w/fridge & stove. Heat, hydro & parking included. Near shopping centre. 1 bdrm avail. immed. & 2 bdrm avail. May 1st. Call 613-347-3247.

714-A MARLBOROUGH, 2 bdrm basement apt, $450/mth, utilities included. 621A St. Felix, 1 bdrm basement apt, $325/mth, pay own utilities. No pets. References. Call 347-3248.

INGLESIDE, 1 & 2 BDRM apts. Available immediately. $350. & $375/mth, plus utilities. Fridge, stove, parking & laundry facilities. Call 534-2875.

ONE & TWO BDRM APTS. Centrally located. Available immediately. Fridge & stove. $350. & $375/mth, plus utilities. No dogs. Call 936-6961.

$425/MTH PLUS UTILITIES. North end duplex. Suitable for one person, who is drug free, clean, quiet, responsible. Fridge, stove, parking. Newly renovated. 936-6740.

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

SECURITY BLDG. Apts for rent. Bachelor, $375/mth. 1 bdrm, $425/mth. 2 bdrm, $550/mth. Includes fridge, stove, heat, electricity, parking, laundry room in building. 933-9471.

EAST END, 1 bdrm apt. Close to college, bus stop at door. $450/mth, includes utilities. Call 938-2982 or 930-1353 after 6pm.

1 & 2 BDRM APTS, Ingleside, $410. & $510/mth, includes utilities & cable. 1 & 2 bdrm apts, Riverside Heights near Morrisburg, $445. & $525/mth, incl. utilities. 3 bdrm apt, Williamsburg, $565/mth, incl. utilities. 543-3604.

4 YARD/GARAGE SALES

KIWANIS GIANT GARAGE SALE Extravaganza, April 3rd, 8am-3pm, Cornwall Civic Complex. Table rental, $20. ea. 2 for $35. Call 936-2288 for info. Free admission - Everyone welcome.

ASTHMA?
call toll free
1-877-353-3121
for a FREE brochure

5 ARTICLES FOR SALE

USED, USED, USED - Fridges, stoves, washers, dryers, livingroom sets, table sets, etc. Delage Used Furniture at Hodgins City Centre, Unit 33. Call 932-5689.

We Buy Merc Cruiser Engines and Mercury Outboard parts *also* - large selection of used parts in stock
MAC'S MARINA 347-2788

ANDREW MALCOM woman & man's dresser & night table 3-pce bdrm set. 2-pce bdrm set single bed & dresser. Ceiling fan in excellent condition. 537-9500.

Blowout Sale
Double Box Spring & Mattress
$119 & up
GERARD'S USED FURNITURE
936-9300
427 4th St. W.

NEW TAN FABRIC vertical blind, 56"wide X 36"long. $35. Phone 938-8301.

D. Johnson's Antiques Inc.
NOW OPEN
7 days a week 9 am - 5:00 pm
Antiques Bought & Sold
Wade Tea Figurines Wanted
Hwy. 138 Just N. of Cornwall 932-0766

Crafters
Looking for a high traffic area to sell your crafts in Cornwall?
Call 932-4270
Mon. or Tues. 9 am to 9 pm to make an appointment

PIANO & BENCH SALE. March only. All pianos 25% off including new Ebony 43" piano. Fancy unfinished oak benches only $125. Al's Piano Shop, 932-1825.

CENTENNIAL CHOIR OF CORNWALL - Sweet Memories CDs, $15. & Tapes, $10. To order, please call: Kab Boutique, 938-8840.

1995 BOMBARDIER SEADOO SPX. Compete w/cover & single Northtrail trailer. Excellent condition. $4,500. or B.O. Call 930-2599, leave message.

COMPLETE LIVINGROOM furniture. Royal blue in colour. Includes sofa, love seat, chair, coffee table, 2 end tables, 2 lamps, baby blue rug, picture. Must sell all together. $1,500. 938-3414.

BEAUTY SALON EQUIPMENT, includes hydraulic chair, sink, sink chair, dryer plus other accessories. $1,000. Phone 527-2347.

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

CLEARANCE
KITCHEN CABINETS
TWO SETS OF SHOWROOM CABINETS
1 Set – White PVC
1 Set – Natural Oak
Cabinets being sold at CLEARANCE PRICES to make room for new designs arriving shortly.
Currently on display at
CARPET ONE **STRADWICK'S**
11 Balmoral, Cornwall, 932-8833

ARTICLES WANTED

WANTED
TO BUY OR LEASE
Prime Deer Hunting Area, also wanted, old fishing lures & glass traps
938-8839

9 FARMERS MARKETS

DRY FIREWOOD. Maple Birch, Ash, for sale. Split and Delivered. Also Pine and Cedar Lumber, Hardwood Flooring. Sales & Service for Jonsered Chain Saws, new & used. Robertson's Sawmill, Martintown. Call 528-4262.

HAY FOR SALE. $1.50 /bale. Call 932-1161. St. Andrews West.

OATS, $8./100 LBS. Cleaned oats, $10.60 /100 lbs. First cut hay $2.20 /bale. Second cut hay, $2.35 /bale. Darrin Laplante, 931-3191.

13 AUTOS FOR SALE

1992 SUNBIRD. 2-dr, sporty, auto, red with black interior, good condition. $4,700. To view daytime at Mattress World, 739 Montreal Road. Call 932-0533.

CUSTOMERS WANTED. We have vehicles for sale, plus low finance and in-house leasing. Credit problem, no problem, & if we don't have what you want, we will get it. Call Car-o-line Auto's, 613-448-2488.

GOOD PAINT JOBS - 20 years in business in Cornwall, $300. & up. Bodywork extra. Free estimates. Call anytime, 932-1657.

SHOP AT HOME WITH THE CLASSIFIEDS

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APPLIANCE REPAIRS
Major appliances only
Serviced in your home
Tues. - Fri. 6pm - 9pm
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10% OFF Parts
Call for rates
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John D'Amours
3 Carpets or Couch & Chair Cleaned
$59.99
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Class "A" Mechanic — Class "A" Mechanic
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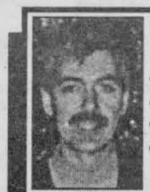
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1/4 mile east on Airport Road
(1/4 mile south of Summerstown Station on the Summerstown Road or North on Summerstown Road off Hwy 2)
Thurs., March 25 & Fri. March 26
8:30 am to 5:00 pm

Oak dining table & 4 chairs; Newcome piano & stool; parlour table; wingback cane chair; dining table with 8 Arrowback chairs and glass front china cabinet; sofa; end tables; 6 pc. family room set; nesting tables; Magnus organ; liquor cabinet; misc. chairs; china including 12 place setting with platters & covered vegetables, Meaken, England; washer & dryer; fridge; stove; microwave; small kitchen appliances; mirrors; cedar chest; 4 pc. bedroom set; two single beds; trunks; 5 hp rotor tiller; Toro gas weed eater; gas mower; hand tools; water pump; garden tools; 15 bags of fertilizer; other misc. articles.

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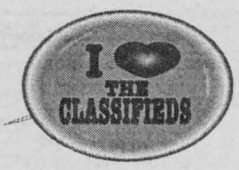
MIKE'S TREE PRUNING, cutting and removal, general yard work, eavestrough, chimney cleaning & repair. Free estimates. Also, firewood for sale. Call Mike 931-1251.

ROBERT THE PERFECT HANDYMAN - Your renovation, building & addition needs. We do it all. Free estimates. Work guaranteed. Roofing, siding, drywall, decks, sheds, garages, etc. Call 525-2197.

HANDYMAN - Interior painting. Lawn cutting. Tree trimming. Hedge trimming. Snow removal. Odd jobs. Call Kirby, 938-5444.



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RILEY'S PAINTING. Drywall & ceiling repairs, water damage, wallpapering & odd jobs. Light truck available. 20 yrs experience. Reasonable rates. Call after 6 p.m., Residence, 938-8839. Pager#930-8851.

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

24 BABYSITTING

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26 BOATS/ MOTORS

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28 TRAILERS/ CAMPERS

1973 - 18' LARSON house trailer at T & I Campground. Includes awning, deck, shed, picnic table & wood. $2,999. Call 937-0847.

29 CAMPGROUNDS

CAMPGROUND. 1000 Islands area. Special 1999 promotional rate. First ten registered seasonals. $500. tax incl. h/w. Call 613-548-3257 or e-mail: jardine@kingston.net

34 HOUSES FOR RENT

SEMI DETACHED 3 BDRM house. 1-1/2 bath, diningroom, yard. $550/mth, plus utilities. Available April 15th or May 1st. Call 933-4576 or 938-2372.

AVAILABLE NOW, 2 bdrm house, 10 mins. east of Cornwall, Hwy. #2, civic #18787. $400/mth, plus utilities. Call 931-2530.

35 HOUSES FOR SALE

SEMI DETACHED 3 BDRM house. Diningroom, 1-1/2 bath, central air. Other side 2 bdrm, large lot. 61 & 63 Seymour. $75,000. Call 933-4576 or 938-2372.

3 BDRM BUNGALOW, St. Felix St. near Eastcourt Mall. 50x140, detached garage. $75,000. Call 932-8719.

MOVE IN CONDITION, 2 bdrms, 1-1/2 baths, large kitchen & livingroom. All renovated. New carpet & cushion floor, new plumbing & electric. Plenty of new cupboards & closets. 2 enclosed porches, fenced yard. 2 sheds, private driveway. Includes fridge, stove, washer, dryer. $63,900. Call 936-0757.

LOW DOWNPAYMENT for qualified buyers. Private sale. Both price reduced! 4 bdrm brick house, good location, 537 Adolphus. Also, triplex on Alice, partly renovated. 932-2135.

38 OFFICES/ STORES BLDGS.

STORE FOR RENT - approx. 1,000 sq.ft. Currently being used as Travel Agency. Excellent location. Reasonable rates. Call 528-4030.

40 SUMMER PROPERTIES

RAISIN RIVER COTTAGE for rent or for sale. Lancaster area. May 1st to September 30th. Large property, dock, utilities, fishing. Access to St. Lawrence. 347-1525.

41INCOME PROPERTIES

ROSS STREET. Newer 4-unit apt bldg. Good income! Large 2 bdrm units. Price reduced to sell! For details, call Latreille Real Estate Inc. 938-3800.

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APPROVED BUILDING LOT for sale. 2.76 acres overlooking the St. Lawrence River on Hwy. #2, 1 mile west of Ingleside. Great price! Call Gilles for more details at 938-7071, leave message.

43 ROOMS

ROOM FOR RENT - large house in St. Andrews, unfurnished seperate livingroom, shared kitchen & bathroom. $300/mth. Available immediately. Call 933-3340.

57 DJ'S

POWER SOURCE DJ's. Part of the professional group of D.J.'s. Specializing in stags, weddings & any other special occasions. Karaoke & lights available. Don't take a chance. Deal with the professionals. Book early your wedding & stag $100. off. Call Ray 938-1962 or Rod 936-0652.

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58 WEDDING PRODUCTS

CATHARINE'S WEDDING CREATIONS. Affordable invitations. Confetti tags, printed napkins & matches. Rentals include white arch, wishing well, artificial cake & fountain. Cathy Orchard, 937-3521.

61 MUSICAL EQUIP.

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68 CARTING/MOVING /STORAGE

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69 COURSES/ LESSONS

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ORCHIDS - Coffee & discussion on these beautiful exotic plants. Maybe start a Cornwall Orchid Society? Wednesday, April 7th, 8:00pm. Call Nancy at 930-2195.

71 HALL RENTALS

CORNWALL SEAWAY LIONS CLUB HALL, 123 Fortier St. Available for banquets, parties, showers, anniversaries, weddings, meetings funerals. Services available: catering service, podium, overhead projector, VCR, T.V. Fee: $50/event, free if bar sales exceed $400. For reservations, call Lion John Dewar, 613-932-1631 or leave message, 938-0040.

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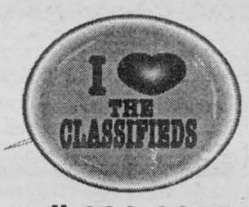

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92 NOVENAS

ST. JUDE NOVENA: May the Sacred Heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred Heart of Jesus pray for us. St. Jude, Worker of the Miracles, pray for us. St. Jude Heart of the Hopeless, pray for us. Say this prayer six times per day for nine days by the 8th day your prayer will be answered. Publication must be promised. Thank you St. Jude. S.L.

PRIÈRE À SAINT-ANTOINE: St-Antoine, de ton amour de Dieu et de ta création faite sur la terre avec ton pouvoir miraculeux, un miracle entend sur tes mots, des miracles aux fragiles et aimer St-Antoine, quel coeur était au dessus des humains. Sympathies: Comme tu pourrais pour ceux qui sont dans le trouble et la maladie et les cas désespérés par cette prière pour faire un miracle. Fais que je sois de nombre des élus. Promesse de publication quand la faveur sera obtenue. D.L.

THANK YOU LORD. Say Hail Mary nine times for nine days. Make 3 wishes, the first concerning business, the others for the impossible. Publish this article on the ninth day. Your wishes will come true even if you don't believe. Thank you Lord. It's unbelievable but true. E.M.M.

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HOROSCOPES

March 21-27

Aries – March 21 / April 20
Think before you speak when it comes to a run-in with a family member late in the week, Aries. Letting your anger get the best of you only will make matters worse. Remain calm, and try to see your loved one's point of view. A friend needs someone to talk to. Be there for him or her.

Taurus – April 21 / May 21
Don't stress out when you realize how many things you have to do this week, Taurus. You can handle it all if you just stay calm. Turn to that special someone when you get too nervous; he or she always has been able to help you relax.

A business associate asks for your advice. Be honest with him or her.

Gemini – May 22 / June 21
While you generally like to be on the go, enjoy the peace and quiet you get this week, Gemini. It's been quite some time since you've been able to do nothing. Revel in it. That special someone takes you out for a night on the town this weekend. Enjoy yourself. Cancer plays a key role.

Cancer – June 22 / July 22
A business associate lets you in on a company secret. While it's enticing, don't share what you've been told with anyone. It's not your place to spread the news. A close friend makes a big announcement. While you are surprised, be happy for him or her. Libra is involved.

Leo – July 23 / August 23
A loved one turns to you in a time of crisis. While you're upset with him or her for getting into such a sticky situation, offer your assistance. Once the matter is resolved, you can yell at this person all that you want. An acquaintance hopes to get to know you better. Think about how you really feel before answering him or her.

Virgo – Aug 24 / Sept 22
Don't make a rash decision when it comes to your finances early in the week, Virgo. While you're offered a potentially lucrative deal, isn't it too risky? Look at all of the pros and cons before giving your answer. The person whom you've been seeing doesn't call. Build up your courage to call him or her. It will be worthwhile.

Libra – Sept 23 / Oct 23
There have been so many things that you've wanted to do lately. Well, you have the chance to do them this week. Your schedule is clear, and you have the energy. Get moving! You'll be glad that you did. Aries plays a key role on Thursday.

Scorpio – Oct 24 / Nov 22
Control your ego when meeting with business associates this week, Scorpio. They already respect your work. Talking about yourself only will make them think less of you. A loved one asks to borrow money. Do what you can, but don't get yourself into financial straits.

Sagittarius – Nov 23 / Dec 21
Don't let a disagreement with an acquaintance spoil your good mood early in the week. You have a lot going for you; this minor setback shouldn't ruin your attitude. The person whom you've been seeing wants to get more serious. Say yes — this is what you've been waiting for.

Capricorn – Dec 22 / Jan 20
A loved one asks you to make an important decision. Don't let him or her pressure you into doing something that you disagree with. Look at the situation, and think about what is best for everyone involved. A friend of a friend drops by unexpectedly. Listen to what he or she has to say.

Aquarius – Jan 21 / Feb 18
You're on your own this week when it comes to your personal life, Aquarius. While you are upset at first, don't be. You finally have the time to do things for yourself instead of for everyone else. Pamper yourself — you deserve it. Leo plays an important role late in the week.

Pisces – Feb 19 / March 20
You feel like a third wheel at a social outing this week. Don't stay at the event just because you think that you have to. Sometimes, you must do things for yourself — this is one of those times. Go out with some friends, and enjoy yourself. No one will fault you for this.

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ROGER VIAU 932-1325

18 VALECREST $77,000
(A-MLS 0579) 3+2 bdrm semi with detached garage. A must see!
CHARLES SAYYEAU 933-1558

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(A-MLS 0708) Great starter home. Built in 1995. Fenced-in yard.
CHARLES SAYYEAU 933-1558

328-330 PRINCE ARTHUR $74,000
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GINETTE CAMPBELL 932-1609

NEW LISTING
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(O-MLS 0703) A real must to see! Priced to sell at $39,900
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$79,900
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HENRIETTA DUVALL 537-2638

GREAT COUNTRY HOME
(O-MLS 0404) Has many renovations, cozy woodstove, oak kit cabinets, all on 30 acres
HENRIETTA DUVALL 537-2638

25,A,B, 25-1/2 LENNOX $59,900
(A-MLS 0432) Minimal ext. All units rented. Very good income
MAURICE DROUIN 933-6146

220-220A CARLETON REDUCED ... $34,900
(A-MLS 0320) 1 bdrm each unit, minimum exterior maintenance. Good income
MAURICE DROUIN 933-6146

GREEN VALLEY
(G-MLS 0664) 1.5 AC. extensively renovated bung., beautiful setting. Start the summer off by moving to the country
MONIQUE WILLIAMS 932-7196

COUNTRY LIVING $54,900
(O-MLS 0677) Osnabruck Centre. 2 bdrm. bung., many updates. Don't be shy, call to take a look
MONIQUE WILLIAMS 932-7196

MINUTES FROM CORNWALL $158,000
(J-MLS 0705) Hilltop setting. 1800 sq. ft. Total living space. A pleasure to show!
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NEW PRICE $59,900
(A-MLS 0395) Good income producing duplex. Live in one unit & let the rent from the other pay for your mortgage
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RUSH CITY ROAD $169,000
(L-MLS 0115) Don't miss this one, executive log home, 2600 sq. ft. all the bells & whistles
DIANE BENOIT 930-4880

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DIANE BENOIT 930-4880

1178 SYDNEY PRICE REDUCED $89,900
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AVONMORE $75,900
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TODD THOMPSON 938-0640

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(A-MLS 0636) All this at a price that's hard to believe! May we show you!
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440 GLOUCESTER ST. N. $68,500
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CUMBERLAND ST. $63,900
(A-MLS 0683) Cute as a button! Neat as a pin! Once you view this one, you'll want to move in!!
SHERRY McCULLOUGH 937-0891

NEW LISTING
1312 LASCELLE AVE. $84,900
(A-MLS 0706) You don't need to break the bank to buy a home!
SHERRY McCULLOUGH 937-0891

NEW LISTING
CENTRETOWN $81,900
(A-MLS 0717) Turn back the hands of time! Stately & charming. Original woodtrim, 4 bdrms., loft, extra large yard, 2 baths, some hdwd flrs.
SHERRY McCULLOUGH 937-0891

SUSAN ST., RIVERDALE NEW PRICE ... $82,000
(A-MLS 0628) 3 bdrms., rec room, gas heat, gas fireplace, large lot 58'x130'
ERIC PEDERSEN 938-9690

EAST OF CITY
(J-MLS 0184) 2400 sq. ft home, modern interior, large family room, 2-car garage, plus waterfront property for docking
ERIC PEDERSEN 938-9690

BUSINESS OPPORTUNITY
(A-MLS 0234) Well-established smoke shop, turnkey operation, lottery terminal & post office
ERIC PEDERSEN 938-9690

HWY. #2 GLEN WALTER $110,000
(J-MLS 0637) Zoned Hwy. Commercial, many uses - car lot, nursery, restaurant
ERIC PEDERSEN 938-9690

AFFORDABLE $49,500
(A-MLS 0644) Central location, sgl. family home, woodstove, fully fenced yard
ERIC PEDERSEN 938-9690

SUMMERSTOWN $83,900
(J-MLS 0649) Brick bung., 2 baths, hardwood floors, fireplace, River rights for Boating
ERIC PEDERSEN 938-9690

NEW LISTING
CENTRAL LOCATION $89,500
(A-MLS 0711) 1500 sq. ft. bung., hardwood floors, dining room, fireplace, attached garage
ERIC PEDERSEN 938-9690

SOLD
NEAT LITTLE BUNG.
(A-MLS 0652) On quiet North end street. Well-maintained & move-in condition, early possession
JACK ROY 931-1290

EXECUTIVE STYLE HOME $195,000
(A-MLS 0538) Popular east end crescent, spacious & gracious. 3100 sq. ft., in-law suite
JACK ROY 931-1290

TRIPLEX
(A-MLS 0646) Fully rented, many recent upgrades; needs exterior painting, excellent income property
JACK ROY 931-1290

35 VALECREST DR. $76,900
(A-MLS 0492) 2 storey semi on very popular crescent. Many recent updates.
JACK ROY 931-1290

426-1/2 11th ST. $68,900
(A-MLS 0635) Good clean semi close to quiet downtown area. Possible in-law suite, main fl family rm., open concept, many updates
JACK ROY 931-1290

617 CUMBERLAND
(A-MLS 0416) $375/mth could purchase you this mint home, if qualified. Features updated kitchen, windows, gas heat & fenced yard
MIKE DeBOER 938-7802

EASY TO AFFORD 1017 ADOLPHUS $86,900
(A-MLS 0619) Raised bung. with full in-law suite, lower level w/separate entrance, all windows recently replaced, eff. gas heat
MIKE DeBOER 938-7802

301-303 PRINCE ARTHUR, 10 WALTON $74,900
(A-MLS 0685) 2-2 bdrm. apts. Upgraded elect., plumbing, dbl. det. garage, parking for 3 cars
MOE LEMIEUX 932-9386

103 BALDWIN $66,500
(A-MLS 0500) 2-storey home renov. w/commercial garage 25'x21', ideal for mechanic, recent windows, siding, 200 amps
MOE LEMIEUX 932-9386

$148,900
(M-MLS 0498) Brand new 1500 sq. ft. bung. located just off Headline Rd. in Cedar View Subdivision. Prices includes GST
MIKE VANDERMEER 534-2950

BLUE MAX CONSTRUCTION $154,900
(M-MLS 0499) 1872 sq. ft. all brick bung. A Real Steal at This Price! Includes GST
MIKE VANDERMEER 534-2950

CORNWALL $69,900
(A-MLS 0574) Newly renovated, 3 bdrm., gas heat, main fl laundry & more
MIKE VANDERMEER 534-2950

STARTER HOME $57,500
(A-MLS 0638) Neat & clean 2 bdrm. home, pine floors, gas heat, fenced yard
MIKE VANDERMEER 534-2950

DOUBLE TENEMENT $92,500
(A-MLS 0469) Great centretown location. 2-2 bdrms., large lot
MIKE VANDERMEER 534-2950

LAKEVIEW HEIGHTS $109,900
(M-MLS 0566) 1540 sq. ft. brick bung., dbl. lot, dbl. garage, dbl. sided frpl., ingr. pool
MIKE VANDERMEER 534-2950

COUNTRY $47,900
(M-MLS 0615) 2 bdrm. renovated mobile home on 8 acres just outside of St. Andrew's
MIKE VANDERMEER 534-2950

INGLESIDE $177,500
(O-MLS 0622) Certified r-2000 home on one of Ingleside's most desirable streets, great family home
MIKE VANDERMEER 534-2950

CORNWALL $59,900
(A-MLS 0502) Downtown bung. with many improvements, full frt. porch, main floor family rm & more
MIKE VANDERMEER 534-2950

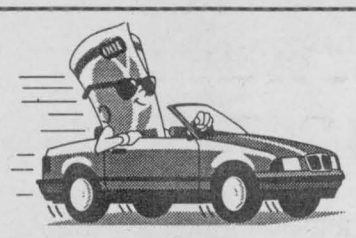
R.R.#1 ST. ANDREWS $105,900
(M-MLS 0507) Almost new 3 bdrm. bung on 1 acre lot with large fin. rec rm., walk-in closet & access to bathrm. from mbr. & more
MIKE VANDERMEER 534-2950

MONKLAND $83,900
(L-MLS 0410) 3 bdrm. brick bung in excellent shape with many improvements & large lot
MIKE VANDERMEER 534-2950

NEW LISTING
HOBBY FARM $139,900
(M-MLS 0714) Cornwall Twp., 34 ac., 3+2 bdrm. bung, built in '96, 30x30 shop/garage
MIKE VANDERMEER 534-2950

NEW LISTING
FINCH AREA $97,900
(O-MLS 0719) 3 bdrm. bung. on 2 ac. located between Finch & Ingleside. Nice setting
MIKE VANDERMEER 534-2950

NEW LISTING
LONG SAULT $144,900
(M-MLS 0679) 4 bdrm home, dbl. car garage, screened-in porch, inground pool & much more
MIKE VANDERMEER 534-2950



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Affordable and Convenient

(NC)—It will be fairly easy to find a repair garage approved to perform an emissions test under Ontario's Drive Clean program.

The Drive Clean program is designed to help fight smog, which is linked to the rise of respiratory ailments, especially among children. The problem is particularly acute in many urban areas with a large number of motorized vehicles. Cars, trucks and buses are the single largest source of smog-causing pollutants in Ontario.

"We will make sure that approved testing and repair facilities are readily available and that emission tests are affordable," said Environment Minister Norm Sterling. "The cost of a test, in fact, is less than the cost of one fill-up of gasoline for many cars."

The cost of a test has been capped by the government at $30 (tax excluded) and $15 for a retest. The actual cost may vary below the $30 limit, depending on the competition between accredited Drive Clean facilities.

Hundreds of privately owned garages are expected to be accredited by the government to offer the test. Accreditation also means that garage staff have been trained and certified to do emissions testing and repairs. Only approved garages can display the Drive Clean sign. These facilities can be located by calling a toll-free number or by visiting the Drive Clean web site.

The test itself should take less than 20 minutes. A vehicle is driven onto a machine called a dynamometer that looks like a treadmill. It allows the vehicle to be driven on the spot at different speeds to simulate road conditions. A special probe is inserted into the tailpipe. This probe is connected to a computer which analyses the pollutants in the exhaust.

The vehicle is accelerated to a steady speed of 40 kilometres per hour. Several readings are taken. The computer calculates an average of the readings and prints out a report telling whether the vehicle has passed or failed. A successful test report must be taken to a Ministry of Transportation licence office or kiosk to renew the registration or to change ownership.

It's expected that about 80 out of 100 vehicles will pass the Drive Clean test the first time, based on experiences with similar programs in other jurisdictions. Those that fail will have to be repaired and retested as many times as it takes to get a pass.

With an eye on affordability, the government has also put a $200 limit on the first-time repairs that will be required for licence renewal if a vehicle fails its first emissions test. A vehicle will get a "conditional pass" even if it fails a retest if the owner can demonstrate that at least $200 worth of emissions-related repairs were carried out at an approved Drive Clean repair facility.

Some vehicle owners may be apprehensive about the fairness of the test results or if the repair work is justified. To ensure fairness and customer satisfaction, the government will do regularly monitoring and arrange for spot audits of the Drive Clean facilities. The equipment to be used by the facilities is tamper-proof.

Buying A New Car? Check Out The Guide

(NC)—A fuel-efficient vehicle saves money at the gas pump. Other factors affecting fuel economy include the size of the vehicle, weight, transmission type and the number of power-assisted accessories.

Natural Resources Canada's 1999 Fuel Consumption Guide helps consumers select the most fuel-efficient vehicles. The guide lists fuel consumption ratings for all new cars, vans and light-duty trucks sold in Canada.

Savvy consumers look at the long-term cost of operating a motor vehicle. The Fuel Consumption Guide can make choosing the best buy a little easier. It lists comprehensive city/highway fuel consumption ratings (L/100 km and mi/gal) and estimated annual fuel consumption and costs for the 1999 model year.

Driving habits, powered optional extras, the general level of maintenance and the physical condition of the vehicle all impact fuel economy. The guide provides information on these and other factors affecting fuel consumption and offers low- and no-cost tips on how to save money at the pump.

The guide also explains how vehicles are tested and how the estimated annual fuel consumption and annual fuel cost estimates are calculated.

Careful Holiday Weekend Driving

Police are often asked by people going on vacation, long trips, visiting distant relatives, etc., about the subject of overnight driving.

More and more try to ease the traffic strain by travelling overnight. A good idea, but there can be snags. With less traffic about during these hours, it's easy for a driver's concentration to wander -- and that can be dangerous. Here are some rules you may want to follow.

• Never set off straight from work. Have a sleep and light meal first.

• Remember to check gas, oil and water levels.

• Take a snack and something to drink -- all night restaurants (like garages) can be few and far between when you're off the beaten track. Don't be tempted to eat drink as you drive. Find a safe place to stop. This will also give you the chance to stretch your legs -- something you should do at least every two hours. Sharing the driving is obviously a big help too.

• Don't be tempted to put the foot down when there isn't much traffic about. You're liable to approach a junction too fast and maybe meet another driver doing exactly the same.

• It might sound silly to keep a pair of sunglasses handy when driving in the dark, but make it so. The sun is low in the dawn sky so there is the risk of being dazzled then.

• Remember when you're nearing the end of your journey, many other motorists will just be starting out. They will be fresh while you are likely to be tired and your reactions slower. So give yourself time to get used to heavy traffic again.

• Make sure there is plenty of fresh air entering the car. A car blanket will keep passengers warm, but it's vital the driver shouldn't be too relaxed or, worse still, sleepy.

Anything else? Well, if your motoring organization has a toll free breakdown number, keep a note of it in the glove box, and have some loose change handy for pay phones. Carry a "Call Police" sign (they can be picked up at your local O.P.P. office). If your car breaks down, follow the instructions on the rear of the "Call Police" sign.

But most of all, make it a safe as well as a happy holiday!

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NISSAN KING CAB 5 spd., 120, 000 km, mint	$4,500
'89 DODGE RAM 50 4 w.d., excellent cond.	$4,200
'88 NISSAN SENTRA CLASSIC 4 dr., auto, 165,000 km, very clean	$2,950
'91 EXCEL auto, 118,000 km, excellent cond.	$2,850

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'90 PONTIAC SUNBIRD 2 dr., red, auto.....REDUCED	$3,995
'89 BUICK LE SABRE LTD, V6, loaded, blue	$4,395
'89 PONTIAC BONNEVILLE SE, V6, 4 dr., white, 127,000 km	$3,995
'89 CHRYSLER DYNASTY 4 dr., maroon, auto	$3,795
'89 CHEV CAVALIER RS, 2 dr., blue, auto.....REDUCED	$2,995
'88 MERCURY SABLE WAGON V6, white	$3,795
'88 TOYOTA TERCEL DX 5 speed, SOLD	$1,295
'88 DODGE SHADOW, 4 dr.....AS IS SPECIAL, REDUCED	$995
'87 OLDS CALAIS GT V6, new mfc. engine, MINT	$6,995
'87 FORD T-BIRD 2 dr., grey, 5 litre, V8	$2,595
'87 HYUNDAI PONY 4 dr., 5 spd., red SOLD	$1,595
'86 MERCURY GRAND MARQUIS WGN, ...AS IS SPECIAL,	$1,495
'86 NISSAN PULSAR HATCH automatic SOLD	$995
'83 GMC S10 PICK UP, V6, Brown.....REDUCED	$2,495
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94 PLYMOUTH SUNDANCE, 4 dr., auto, nice	$5,850
94 MAZDA MX6, 4 cyl., 5 spd., loaded,	$9,900
93 MERC. GR. MARQUIS, 100,000 km, like new	$10,450
93 OLDS DELTA, full load, leather	$8,450
93 HYUNDAI SONATA SOLD	$5,500
93 HYUNDAI SONATA, 4 dr., white, 5 spd.	$4,650
93 CHEV CAVALIER, 4 dr., auto, green, 123,000 km	$4,250
91 PONTIAC GRAND PRIX, STE	$5,850
91 PONTIAC 6000, very good cond.	$4,250
90 CHRYSLER IMPERIAL, Top of Line 123,000 km.	$4,750
86 MERC GRAND M SOLD 106,000 km	$2,500

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96 CHEV BLAZER, to SOLD	$19,500
96 CHEV BLAZER, 4 dr., Rockport model, red	$18,750
96 DODGE DAKOTA, auto, compare	$7,700
95 LUMINA APV, beat this	$8,450
94 DODGE RAM, 1/2 SOLD	$9,900
94 FORD F150 XLT, V8, very nice	$9,500
93 PONTIAC TRANSPORT SE, maroon, very nice	$6,660
93 COLT MINI VAN, SOLD	$5,750
93 AEROSTAR SPORT,	$5,700
93 FORD AEROSTAR SOLD	$3,700
91 CHEV ASTRO, ext. van, top of line	$6,350
90 PONTIAC TRANSPORT SE, white on grey	$5,450
90 CHEV S10,	$1,950
89 JEEP WAGONEER LTD, very nice shape, cert.	$5,500
89 JEEP CHEROKEE Ltd., 4x4, 6 cyl.,	$4,500
88 PLYMOUTH VOYAGER SOLD van, cert.	$2,450
86 MAZDA CAB PLUS PICKUP, nice shape, cert.	$2,300

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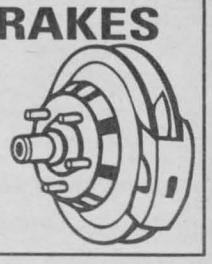

Successful Investing with Patrick McKeough

TIP OF THE WEEK:
"The fine print can kill the appeal of great-sounding investments."

The dark side of index-linked GICs

Index-linked guaranteed investment certificates appear to combine low risk with high profit potential. But their potential profit is lower than you'd expect. A regular GIC pays a fixed rate of interest over a fixed period and guarantees your money back when the period ends. An index-linked GIC also guarantees your money back, but it pays variable interest based on the performance of a stock-market index.

Drawbacks of index-linked GICs

1. Some index-linked GICs only pay a portion of the rise (if there is a rise) in the underlying index. Others put a "cap" on the maximum return you can earn.
2. Many index-linked GICs base your return on the average value of the underlying index, over a period of time. That helps you if markets fall steadily. But it cuts your return over long periods, because stock prices rise about two-thirds of the time.
3. Index-linked GICs disregard dividends on stocks in the index. Dividends may seem insignificant because they are now only around 2%. But dividends rise over long periods, and companies pay dividends even when stock prices go down. Over long periods, dividends provide as much as a third of an investor's total return.
4. Returns on index-linked GICs are taxed as interest, the highest-taxed of all forms of investment income. Usually, stock market investing yields capital gains and dividends, which both have tax advantages. (In an RRSP, all income is tax-deferred and treated like interest when withdrawn.)
5. Index-linked GICs force you to cash in your investment when their term ends. This eliminates a key tax advantage. With stocks and mutual funds, you sell when you choose, and you can defer capital gains taxes for decades.

If you own index-linked GICs, cash them in at the earliest opportunity. If you don't own them, stay out.

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Patrick McKeough is author of *Riding The Bull* and editor of The Successful Investor, a monthly investment newsletter. For further information, call 1-800-579-4246 or visit **http://www.thesuccessfulinvestor.com**

What's the Best Way to Manage GICs?



(NC)—These fixed rate investments have been a core holding in millions of RSPs for many years with good reason. They're safe, the return is guaranteed, and they are easy to buy. Every Retirement Savings Plan should have a fixed rate component.

One of the best ways to manage GICs is to use a strategy known as "laddering" your fixed rate investments. This approach is especially valuable for anyone whose priorities include safety of capital, predictable future income, and the ability to adapt to a changing interest rate environment.

There are two stages to implementing this strategy.

First, calculate how much of this year's RSP contribution you wish to invest in GICs. To that add the value of any GICs in your plan that will mature around the same time.

Divide the total into five equal amounts. For example, if the combined amount was $10,000, you'd have five units of $2,000 each. Invest one unit in each available maturity up to five years. You'll end up with $2,000 maturing a year from now, another $2,000 in two years, and so on.

Then, as each GIC matures, reinvest the proceeds in a five year term, which usually pays the highest rates. The result is that you'll have money rolling over at the best available rate.

As additional GICs mature, or you contribute more money to your RSP, continue the strategy of balancing the total amount of your fixed rate investments that will mature in any given year. If interest rates rise in the future, you'll always have cash becoming available that will allow you to take advantage of the opportunity to reinvest at higher yields.

It's Never Too Soon for Estate Planning

Your Investment Matters

(NC)—It's the time of year when people are filled with good intentions and New Year's resolutions. Before the days begin to lengthen and resolve begins to fade, why not take advantage of cold winter days to make some plans concerning your estate.

Nobody likes to think about death, and estate planning is an area where procrastination is rampant. But estate planning is not just about death, wills and taxes. It's actually about the lives of your family and loved ones, and ensuring that there will be a minimum of problems and confusion when you're no longer there to make the decisions.

Many people believe death is a long way off, or they like to believe their family understands each other perfectly. But we all know that the unexpected can happen. And even when death is no surprise, the emotions and family dynamics that come into play at such a traumatic time can create problems even the most functional families.

Trimark Investment Management Inc. has prepared some easy steps to help you develop plans that are in sync with your intentions. Acting on these steps will take only a little time now, but save many headaches later on.

1. Set up a team of skilled practitioners such as a financial adviser, lawyer tax planner and estate administrator. If you already have a financial adviser you feel comfortable with, he or she may be able to recommend other professionals.

2. Establish your will. This will enable you to pass on assets, name the person or financial institution that will manage your affairs, and appoint a guardian for any underage children.

3. Establish powers of attorney to give others the authority to manage your affairs if you are unable to do so. Establish a living will, which lets you leave instructions on the kind of medical intervention you want administered on your behalf if you cannot speak for yourself.

4. Share your plans. Put things in writing, so that everyone affected understands his or her role in your estate administration. All the planning in the world won't help if no one knows about it.

Tax Tip

(NC)—Understanding the rate and amount of tax you currently pay on all sources of your income will help you to make decisions on diversifying your investment portfolio so that your investments are in income-producing vehicles that are charged at a lower tax rate.

- News Canada

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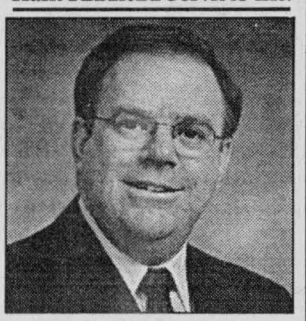

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HAS EVERYTHING BUT YOU
I'm a professional, SWF, 29, 5'6", 145lbs., who enjoys the outdoors, the beach and spending quality time with that special someone. I'm interested in meeting a SWM, 25-40, for a possible life-long relationship. Ad#: 1437

BORED WITH TRADITION...
Then give this SWF, 34, 5'5", a call. She's looking to meet a kind and considerate, SM, 30-38, for a possible long-term relationship. She enjoys music, romantic walks, cooking and the great-outdoors. Ad#: 8403

ELEGANCE BEYOND A DOUBT
An honest SWF is hard to find now a days. Take advantage of it while she's still single. She's 54, 5'5", who is outgoing and trustworthy. Hobbies include reading, researching and long walks. Seeking a sensitive, caring, gentleman, 45 and over. Ad#: 4321

REACH FOR THE STARS
Would you believe that this blue-eyed blonde SWF, 18, 150lbs., is single? She's interested in meeting a SWM, 18-23, for a possible long-term relationship. Her hobbies include shooting pool, socializing and meeting new and exciting people. Ad#: 7025

COMMON BOND
Retired, SWF, 67, 5'5", with dark, brown hair, who likes bingo, cards and dining out, is hoping to meet an easygoing, SM, over 65, with similar interests. Ad#: 8031

NO GAMES!
Out-going, SW mom, 26, 5'6", 140lbs., with long brown hair and blue eyes, likes to enjoy things as they come, hobbies includes anything outdoors, is seeking a "real", SWM, 27-38. Ad#: 6623

WALK INTO MY LIFE
Friendly, outgoing, SW mom, 45, 5'5", 128lbs., with blonde hair, green eyes, in good physical condition, likes cross-country skiing, fishing and biking, is seeking a mentally/financially stable, SWM, over 40, who is not afraid to show his feelings. Ad#: 7425

EASY TO GET ALONG WITH
Shy, SW mom, 35, 5'2", with brown hair, eyes, who likes watching movies, quiet evenings and camping, is looking for an employed, caring, SWM, 35-48, who knows what they want in life. Ad#: 4261

ACTIVE
Employed, SWF, 35, 5', 110lbs., with brunette hair, brown hair, who likes playing sports and spending time with family, is hoping to meet a SWM, 34-41, who enjoys the simple things in life. Ad#: 4629

WIN ME OVER
SWF, 32 ,5'3" , 130Lbs., reddish-brown hair, green eyes, is a positive person , easygoing, life is very important. Enjoys swimming and walking. Seeking a SWM, 25-35, who is honest and knows what they want in life .Ad#: 6396

ONE PINK ROSE
SWF, 21, 5'3", 150lbs., with brown hair, green eyes, is fun, easygoing, honest and caring, who likes music, cooking, long walks, is seeking an easygoing, honest, sincere, SWM, 21-32, who do not play head games. Ad#: 3266

BE KIND TO MY HEART
If you believe in true love, then you might consider giving me a call. I'm a SWF, 21, 5'3", 150lbs., who enjoys the outdoors, meeting new people, music and cooking. I'm interested in meeting an honest and sincere, SWM, 21-30, for a possible relationship. Ad#: 6029

GENTLEMEN...
I appreciate honesty. I'm a SWF, 21, 5'3", 150lbs., who's looking to meet an honest, sincere, SWM, 21-30, for a possible relationship. My hobbies include the outdoors, living life, cooking, dancing, reading and meeting new people. Ad#: 9821

TELL NO TALE
Employed, SWF, 29, 5'2", 110lbs., with brown hair/eyes, who enjoys baseball, biking, skiing, is seeking a caring, responsible, SWM, 32-38, who is family-oriented. Ad#: 7118

DON'T PASS ME BY
Do you believe in love? If so, then you could be the perfect match for this soft-spoken, SWF, 56, 5'6", who enjoys dining out, dancing and just enjoying life. She would like to share her interests with a SWM, over 48. Ad#: 2768

SEEING IS BELIEVING
SW mom, 37, blonde, with brown eyes, have been told she's attractive, is hardworking, honest, emotionally stable, is seeking an honest, trustworthy, mature, SWM, 35-40. Her hobbies are crafts, reading, gardening and watching movies. Ad#: 2245

NO HASSELS
Humorous, employed, SWF, 22, 5'7", 130lbs., with auburn hair, blue eyes, who likes reading, sports and much more, is hoping to meet a SWM, 21-30. Ad#: 9869

CIRCLE THIS AD
The future looks bright if you give me a call. I'm a SW mom, 18, who's interested in a possible long-term relationship with a SM, 18-30. My hobbies include spending quality time with family and friends, living life to its fullest. Ad#: 1140

GIVE HER A CALL
This fun-loving, easygoing, SWF, 21, 5'3", 165lbs., with brown hair and green eyes, N/S, social drinker, who enjoys walking, cooking, listening to music and having a romantic evening with that special someone, is seeking an honest, sincere, SWM, 21-28. Ad#: 1168

SPONTANEOUS
SWF, 28, 5'3", short brown hair, green eyes, with a nice smile, friendly appearance, likes to joke around alot, is seeking a caring, SWM, 26-35, N/S, who has their own life. Ad#: 3535

REACH FOR THE STARS
Outgoing, humorous, easygoing, employed, SWF, 47, 5'3", with brown hair/eyes, loves gardening, spending quality time with her children and much more. She is looking for an easygoing, honest, romantic, SWM, over 40. Ad#: 7063

HEART, MIND, BODY & SOUL
Attractive, medium built, 5'8", SW mom, 33, with brown hair/eyes, has a bubbly personality, who likes to laugh, hobbies are country music, camping and moonlight walks, is seeking an employed, stable, romantic, SWM, 35-45, who has a spiritual mind. Ad#: 2807

SYMPHONY UNDER THE STARS
Employed SWF, 36, N/S, 5'5", 115lbs, with brown hair/eyes, enjoys snowmobiling, horseback riding, working out, reading, and learning novel interests. She is looking for a sensitive, romantic, caring, helpful, talkative, SWM, 30-43. Ad#: 7762

PHONE ME NOW
SWF, 19, 5'4", with a medium build, is easygoing, tends to be serious, enjoys walking, aerobics, relaxing and watching t.v., is seeking a kind, generous, thoughtful, SWM, 21-26. Ad#: 7844

MY ONE TRUE LOVE
Outgoing, happy, bubbly, attractive, self-employed, SWF, 30, smoker, 5'7", 120lbs., with blonde hair, hazel eyes, loves rollerblading, scuba diving, working out, hunting, fishing and much more. She is seeking a secure, sensitive, SWM, 31-50. Ad#: 5195

LOVE AWAITS
A social, personable, N/S, 33, SWF, with a medium build, who enjoys walking in the moonlight, camping and country music, she seeks an open-minded, honest, N/S, SWM, 35-45, for a serious relationship. Ad#: 6716

HELLO, I'M...
Caring, honest, easy to get along with, SW mom, 30, 5'2", 125lbs, with brown hair/eyes, is seeking a caring, trustworthy, SWM, 36-38. Likes cooking, walking and spending time with her kids. Ad#: 7794

COUNTRY GIRL AT HEART
SWF, 38, 5'6", 118lbs., with blonde hair, blue eyes, playful, easygoing, enjoys her horses, antique and long drives, is seeking a gentle, attractive, SWM, 35-45, with a good sense of humor. Ad#: 3656

GRACE & ELEGANCE
The future looks bright if you leave a message with this SWF, 59, 4'11", who's waiting patiently to hear from a spontaneous, SWM, 58-63. She enjoys cycling, the outdoors and trying new and exciting things. Ad#: 2533

HOPES & DREAMS
Patience is a virtue...I'm a spontaneous, SWF, 28, 5'3", who's interested in meeting a SWM, 26-35, for a possible long-term relationship. My hobbies include playing sports, the outdoors and spending quality time with that special someone. Ad#: 3897

MULTI-FACETED
She's a blue-eyed blonde, SWF, 21, 5'3", 170lbs., who enjoys romantic walks, meeting new people and spending quality time with family and friends. She's looking for a SWM, 21-30, for a possible long-term relationship. Ad#: 3679

HEY YOU, CALL ME
SWF, 23, blond hair, hazel eyes, is out-going and fun to be with, enjoys walking, skiing, is seeking a spontaneous, SWM, 22-28, who likes to have fun. Ad#: 7543

SIMPLY IRRESISTIBLE
Slim, SWF, 28, 5'9", with sandy blond hair, blue eyes, is a very positive, kind person, whose hobbies are painting, gardening and horseback riding, is seeking a tall, supportive, kind, trusting, SWM, 28-33. Ad#: 1151

ATTN. GENTLEMEN...
Open your heart to this fun-loving, honest and sincere SWF, 42, 5'3", 150lbs. She's interested in meeting a SWM, 39-49, for a possible long-term relationship. Her hobbies include a variety of crafts and spending quality time with that special someone. Ad#: 8144

NEW OUTLOOK
Hardworking, SWF, 21, 5'5", 160lbs., with blonde hair, blue eyes, who likes spending time with friends, cooking and long walks, is in search of an easygoing, caring, trusting, SWM, 21-28. Ad#: 5798

LET'S MINGLE
Do you enjoy life and good conversation? If so, then you could be the perfect match for this somewhat-shy, SWF, 33, 5'7", who's looking to meet an honest and sincere, SWM, 29-40, for a possible relationship. Ad#: 5844

LOVE AT FIRST SIGHT
Open your heart to this down-to-earth, fun-loving, SW mom, 23, 5'9", who enjoys laughing and good conversation. She's interested in meeting an open-minded, SWM, 25-32, for a possible relationship. Ad#: 7831

A SWEET MELODY OF LOVE
SWF, 18, 5'6", 160lbs., brown hair/eyes, fun-loving, open-minded personality, with a great sense of humor, she enjoys bars, music and spending time with someone, is seeking a smart, honest, SM, 18-28. Ad#: 1899

HELLO LOVE
SWF, 49, smoker, 5'3", 130lbs., who is fun and out going, enjoys life, sewing, reading, and traveling, is seeking, SM, 45-60, who likes to have fun, stable and loves animals. Ad#: 3192

ONE STEP AT A TIME
Physically fit, bubbly, professional, SW mom, 41, 5'2", 150lbs., who likes long walks with her dog, horseback riding, spending time with her daughter, is seeking an honest, caring, D/SWM, 38-45, who is a N/S. Ad#: 7073

ACTIVE
She's a creative, SWF, 21, 5'6", 160lbs., with brown hair/eyes, who likes quiet evenings, spending time with friends, movies, shooting pool. She is in search of an outfgoing, intelligent, SWM, 22-29, who is not possesive. Ad#: 5267

TO THE POINT
SW mom, 29, 5'7", 150lbs. Honest and outgoing, who enjoys dancing, watching movies and going for long walks. Seeking an SWF, 25-33, whose easygoing and likes children. Ad#: 1185

SHY GIRLS NEED LOVE, TOO
Quiet, shy, easygoing, fun-loving, employed, SWF, 36, 5'5", 110lbs, with brown hair, hazel eyes, enjoys reading, riding a motorcycle, walking and much more. She is in search of an honest, caring, truthful, hard-working, SWM, 33-42, N/S. Ad#: 4870

HONEST IS A MUST
SW mom, 35, 5'1", 105lbs, brown hair, hazel eyes. Very easygoing, romantic and loves spending time with someone special and daughter, who enjoys camping, gardening. Seeking SWM, 34-39, who is romantic and is willing to start slowly. Ad#: 4933

PULL UP A CHAIR...
And have a heart-to-heart with this SWF, 38, 5'6", who's interested in meeting an easy-going, down-to-earth SM, 19-45, for a possible long-term relationship. She enjoys socializing, the outdoors and meeting new and exciting people. Ad#: 5642

LETS DANCE
Bubbly, employed, SWF, 50, 165lbs., tall, with brown hair/eyes, who likes country music, camping, reading, is in search of an humorous, patient, SWM, 40-60, who knows when to be serious. Ad#: 6544

FALL IN LOVE
She's a self-employed, SWF, 48, 5'2", with green eyes, who likes traveling and much more. She's hoping to meet a kind, lovable, SWM, 55-65, to share life with. Ad#: 3061

LONELY EYES
Give a call to this easygoing, humorous, SWF, 55, 5', 148lbs., with black hair and brown eyes, smoker, who enjoys fishing, travel, dancing, she is looking for an emotionally stable, affectionate, considerate, SWM, over 55, to spend time with. Ad#: 5444

THE SEAL OF EXCELLENCE
Make memories with this easy-going, retired SWF, 65, 5'8", who's seeking a honest and sincere SWM, 60-67, a N/S, non-drinker, for a possible long-term relationship. She enjoys traveling, country music, good conversation and the great outdoors. Ad#: 3282

HEY, YOU NEVER KNOW
It's possible that you will find this SW mom, 25, 5'5", 135lbs., a perfect match. She's interested in meeting a personable SWM, 25-40, for a possible long-term relationship. She enjoys, all that life has to offer. Ad#: 4858

LET'S GET TOGETHER!
This very outgoing, hardworking, SW mother, 23, 5'5", with blond hair and brown eyes, slim, who enjoys movies, bingo and more, is searching for an honest, outgoing, faithful, SWM, 23-32, that will not play head games, and who likes children. Ad#: 7066

THE KEY TO MY HEART
It's possible that you will find this personable, medium-built SWF, 28, a perfect match. She's interested in meeting a reliable SM, 24-40, for a possible long-term relationship. She enjoys the outdoors and socializing. Ad#: 9000

COMMUNICATOR
She's a very easygoing, quiet, employed SWF, 55, 4'9", 100lbs., with short auburn hair and green eyes, N/S, non-drinker, who enjoys golf, biking, skiing, is searching for just the right honest, open-minded, affectionate, gentle SM, 52-65. Ad#: 2304

HIGH ON LIFE
This very active, outgoing, optimistic SW mother, 40, 5'5", 140lbs., with sandy blonde hair, N/S, social drinker, who enjoys darts, bowling, camping, and more, is hoping to find a SBM, 30-50, N/S, with a great smile and good personality. Ad#: 9091

HEAR ME OUT
Humorous, employed, WWW mom of one, 35. 5'4", non-drinker, who likes movies, dancing, outdoors, hopes to meet an honest, reliable, SM, 30-45, who is a non-drinker. Ad#: 1483

ENJOYS LIFE
Employed, SWF, 21, tall, 139lbs., with dark hair/eyes, smoker, social drinker, who likes spending time with friends, dancing and singing, is in search of a athletic, caring, SWM, 25-29, with similar interests. Ad#: 1849

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LOOK INTO MY EYES
It's possible that you'll find this SWF, 27, 5'6", 130lbs., a perfect match. She enjoys having fun and spending quality time with family and friends. She's interested in meeting a SWM, 25-37, for a possible long-term relationship. Ad#: 6031

THE PERSONALITY COUNTS
This very honest SWF, 40, 5'3", 150lbs., with brown hair and hazel eyes, a N/S, likes walking, puzzles, painting, is searching for an honest sincere, SWM, 40-55, N/S, who says what he thinks, to spend time with her. Ad#: 6732

COMPASSIONATE SOUL
Are you an educated SM, over 30, who's interested in a possible long-term relationship? If so, then you could be the perfect match for this professional SWF, 30, 5'6", who enjoys traveling, good conversation and the arts. Ad#: 6763

HONESTY TOPS MY LIST
Open your heart to this personable, brown-eyed SWF, 43, 5'4", who's interested in meeting a SM, over 19, for a possible relationship. She enjoys sports, the outdoors and spending quality time with family and friends. Ad#: 6970

YOU BRING ME JOY
If given the chance...This medium-built SW, mom, 42, 5'5", would love to meet you. She enjoys good conversation, meeting new people and the great outdoors. She's interested in meeting a SWM, over 19, for a possible relationship. Ad#: 8591

LET'S TALK
Very easygoing employed SWF, 55, 5'2", 100lbs., auburn hair, N/S, non-drinker, likes gardening, crafts, country music, seeking an open, honest, fair-minded SWM, 52-65, who likes good conversation. Ad#: 9009

QUIET NATURED
Self-employed SWF, 49, who enjoys the outdoors, arts and crafts, and an accasional drink. Seeking a SWM, 45-60. Ad#: 9870

Males Seeking Females

SEARCH NO MORE
SWM, 24, 5'5", 155lbs., shy, easygoing, fun-loving, likes to joke around, is seeking a nice, honest, trustworthy, SWF, 19-30. Hobbies are sports, biking and video games. Ad#: 9916

COMMON BOND
SWM, 27, 5'6", 145lbs., brown hair, hazel eyes. Enjoys floor hockey, drawing and painting. Seeks a SWF, 20-27, who is honest, loving and truthful. Ad#: 3433

ANGELS WELCOME
Love awaits with this SWM, 35, with blond hair and blue eyes. He has a great personality. Enjoys gardening, picnics and movies. Seeks a SWF, 26-45, who is employed, honest and caring. Ad#: 3733

READY TO SETTLE DOWN
Happy, SWM, 29, 5'8", 160lbs., with dark hair, brown eyes, who likes drawing, reading and playing the guitar, is in search of a shy, attractive, fit, SF, 21-33, to get to know. Ad#: 9748

ATTENTION LADIES...
SWM, 36, 120lbs., 5'6", easygoing and loves to have fun. Hobbies are model building and video games. Seeking a SF, 30-45, who loves anything and wants to have a good time. Ad#: 2306

BELIEVE ME
This SWM is 32, 6'1", who enjoys outdoor activities and has a great personality. Seeking a SWF, 26-38, non-smoking, sensitve, romantic, caring and honest. Ad#: 5090

LOVES LIFE
Hello it's me. I'm a friendly, personable, SWM, 43, 5'8", 160lbs., who would like to meet a SWF, 30-45, for a possible relationship. I enjoy the outdoors, romantic walks, animals and most importantly, living life to the fullest. Ad#: 3805

TELL ME MORE
Student, SWM, 21, 6', with brown hair, muscular build, who likes drawing and playing the guitar, is hoping to meet a SWF, 18-24. Ad#: 4289

ALLURING PERSONALITY
You'll like this spontaneous SWM, 37, 5'6", 160lbs., with salt/peppe hair, and blue eyes, a smoker, who enjoys biking, billiards, cards and movies. He's seeking a down-to-earth, honest, SWF, 27-38, with a great smile. No games. Ad#: 7333

WALK INTO MY LIFE
A SWM, 19, 6', and 160lbs. is very good looking. He enjoys going out and having fun. Seeking a SWF, 18-27, who is willing to mend a broken heart. Ad#: 5898

TOUCH OF CLASS
Well built, SWM, 20, 5'11", 150lbs., has a great personality, loves socializing, shooting pool, fishing and dining out, is in search of a smart, SWF, 19-23, who wants to start a new life. Ad#: 8229

CONTACT ME
SWM, 24, 5'10", blue eyes, with a slim build, friendly, outgoing, enjoys candlelight dinners, reading and running, is seeking a friendly, honest, outgoing, SWF, 18-24. Ad#: 9610

ARE YOU THE LOVING TYPE?
Honesty tops my list. I'm a personable, SWM, 44, who enjoys camping, long walks, going to the movies and spending quality time with that special someone. I'm interested in meeting a SF, over 36, for a possible long-term relationship. Ad#: 1067

LAST CHANCE OF HAPPINESS
May be older, but definitely young at heart! SWM, 76, 6'3", 200lbs., in good physical condition. Is seeking a SWF, 45-65, who is sweet and sincere, who enjoys cooking and gardening, as he does. Ad#: 6331

SWEETER THAN SUGAR
As long as they're honest, I can get along with anyone says this SWM, 43, 5'8", 170lbs. He enjoys shooting pool, the outdoors and trying new and exciting things. He's currently interested in meeting a SWF, over 19, to share his interests with. Ad#: 2362

TOP OF THE LINE
This SWM, 19, 5'10", with short black hair, brown eyes, enjoys working on cars and playing hockey. Seeks a SF, over 19, who will enjoy having a good time. Ad#: 8115

STRONG MORALES
Old-fashioned, employed, SWM, 35, 6', 195lbs., with blond hair, blue eyes, who likes sports and doing just about anything, is seeking a stable, romantic, SWF, 29-39, to get to know. Ad#: 6249

SHARE LIFE WITH ME
Physically fit, quiet, SWM, 47, fairly good looking, with graying hair, is easygoing, a little shy, seeks an honest, caring, SWF, 40-50. Hobbies include fishing, camping, boating and just being around the lake. Ad#: 8964

FOLLOW YOUR HEART
This SWM is 37, 6', 155 Lbs. is harding working and very active. He is searching for a SF between 30-42, who is humorous and easygoing. A plus is honesty and loyalty. Ad#: 7100

DYNAMIC
SWM, 21, 5'5" 125lbs. long brown hair, blue eyes, easy going, fun to be around who is looking for SWF 19-20 who wants to have a good time, likes watching movies and long walks. Ad#: 5476

FOREVER TRUE
5'11", black hair/eyes, SAM, 28, with a strong build, good personality, enjoys hiking, playing games and spending time with family, is seeking a sincere, SF, 21-26. Ad#: 7592

GROW OLD WITH ME
Call to chat with this easygoing, SWM, 38, 5'11", 220lbs., who's interested in meeting a SWF, 25-36, for a possible relationship. I enjoy auto-racing, long-walks, the outdoors and spending quality time with that special someone. Ad#: 9793

ONE OF THE FINEST
SWM, 25, 5'10", with brown hair, blue eyes, considered attractive, likes to laugh, fun to be with, enjoys camping, dancing and lying on the beach, is looking for an honest, trustworthy, outgoing, SWF, 19-25. Ad#: 3510

WHAT MORE DO YOU NEED?
Slim, trim, SWM, 39, 5'8", brown hair/eyes, with a good physique, has a great personality, likes to laugh, hobbies include reading poetry, music, movies and sports, is seeking an honest, open, SWF, 22-44, who can communicated. Ad#: 8808

STEP BY STEP
Outgoing, witty, employed, SWM, 26, N/S, 5'7", 140lbs., enjoys various activities. He would like to meet an easygoing, outgoing, friendly, fun-loving, SWF, over 21. Ad#: 3701

MEET ME HALFWAY
This witty, charismatic, SWM, 39, 6'1", good shape, enjoys hiking, biking, camping and the outdoors. He is interested in meeting a SF, 25-45, for a possible relationship. Ad#: 6885

ALL THAT & MORE
Humorous, fun-loving, self-employed, SWM, 38, smoker, 6'2", 195lbs., outdoors, nature, literature, movies and much more. He is seeking an honest, open-minded, SWF, 23-40, for a serious relationship. Ad#: 4493

ROAD TO ADVENTURES
Average-built, SWM, 29, with blonde hair and blue eyes, who's easygoing, gets along with others, and enjoys bowling and going to the movies, is seeking a fun-loving, SWF, 19-45, who likes to do things. Ad#: 9593

HONESTY FROM THE START
SWM, 28, 5'9", 190lbs., with an athletic build, is outgoing, fun to be around, hobbies are skiing, snowmobiling, drag racing and rodeos, is seeking an honest, up-front, SF, 20-35. Ad#: 2773

THE MAGIC OF FIRE AND ICE
Employed SWM, 41, looking for a relationship, likes to have fun and joke around. Enjoys watching television, dancing and going for an occasional drink, seeks a SWF, 38-43, who is honest and likes to talk. Ad#: 3624

ROAD TO ADVENTURE
Open, honest, outgoing, physically-fit, employed, SWM, 20, N/S, social drinker, working out, playing hockey, basketball, and much more. He'd like to hear from an honest, outgoing, SWF, 19-22. Ad#: 7488

JUST THAT EASY
SWM, 25, 5'9", 145lbs., an easygoing, out-spoken guy, hobbies are running and sports, is seeking an easygoing, SF, over 19, who is easy to talk too. Ad#: 9178

ATHLETIC
He's an active, professional, SWM, 44, 5'10",, 165lbs., with his interests are bingo, cycling, movies. He is in search of an athletic, SF, over 19, who enjoys having fun. Ad#: 4389

SHARE LIFE WITH ME
Slim, SWM, 28, 6'2", 220lbs., with an outgoing personality, who enjoys fishing, walks and car models, is seeking a trustworthy, faithful, SWF, over 19, who is going to be there for me. Ad#: 2244

AWAITING YOUR CALL
SWM, 18, 5'7", 150lbs., with blonde hair, blue eyes, who's humorous, creative, enjoys painting, reading, writing, spending time with family and friends, is seeking an honest, open-minded, SF, over 18. Ad#: 3615

I'M YOUR MAN
Open your heart to this naturalistic WWWM, 63, 187lbs., who enjoys the great outdoors, traveling, golfing, and dining out. He's interested in meeting sincere affectionate, SWF, 48+, for a lasting monagamous relationship. Ad#: 1174

ON THE RIGHT TRACK
He's a SWM, 31, 210lbs., who likes working on cars and woodworking. He is hoping to meet an honest, SF, 19-40. Ad#: 5252

SOLID VALUES
I'm a fun-loving, hardworking, SWM, 48, 6'4", 200lbs., who enjoys working and listening to country-western music. He's interested in meeting an employed, SWF, 35-45, who's interested in a possible long-term relationship. Ad#: 8396

HELLO, IT'S ME
SWM, 21, 5'4", short brown hair, a funloving kind of guy, hobbies are drawing and painting, is seeking a SF, 18-21, who likes to have fun. Ad#: 5592

SET UP A TIME & DAY
Tall, slim, SWM, 24, 145lbs., personality is easy-going, loves his mustang, is seeking a trustworthy, faithful, responsible, SF, over 19, N/S. Ad#: 6714

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WISE GUY
SWM, 36, 5'10", 165lbs., brown hair, blue eyes, fairly easy-going, sarcastic guy, who likes to tell jokes, enjoys music, camping and going to the beach, is seeking a SWF, 27-38, who isn't materialistic and can speak from the heart. Ad#: 2669

ARE YOU THE LOVING TYPE?
Hey single lady...I want to meet you if your a SF, 25-45, who enjoys computers, the outdoors and socializing. I'm a quiet, good-natured SWM, 42, 6', 185lbs., and I'm waiting to hear from you. Ad#: 3492

HEY YOU, CALL ME.
I appreciate honesty. I'm a SWM, 23, 5'8", 125lbs., who's out to find a SF, 19-40, for a possible relationship. My hobbies include honesty, the outdoors and meeting new and exciting people. Ad#: 9799

NICE GUYS DO EXIST
Witty, honest, self-employed, SW dad, 38, 6'1", 170lbs., with brown hair, blue eyes, social drinker, who enjoys the outdoors, spending time with family and much more, is in search of a humorous, open-minded, SWF, 25-40. Ad#: 8016

READY TO SETTLE DOWN?...
Then contact this personable, down-to-earth, SWM, 34, 6'1", 230lbs., who's interested in meeting a SWF, 20-35, for a possible relationship. He enjoys life and spending quality time with that someone special. Ad#: 5765

WHERE'S MY JULIET?
In good shape, this SWM, 40, 5'9", 175lbs., with blonde hair and blue eyes, is out-going and humorous, hobbies are most outdoor activities, is hoping to find an honest, fun SF, over 19, that can be serious too. Ad#: 8678

VIVACIOUS
He's an understanding, athletic, SWM, 35, 5'4", 135lbs., who enjoys meeting people and the great-outdoors. He's searching for an honest, personable, SWF, 25-39, to share life with. Ad#: 4551

RELIGION IS A PLUS
SWM, 50, 6'1", 215lbs, brown hair/eyes, well built, fit, hobbies includes table tennis, poetry and country life activities, is seeking an honest, loving, caring SWF, 30-48, who's also intellectual. Ad#: 3742

CAN WE CLICK?
Attractive, outgoing, fun-loving, employed, SWM, 40, smoker, 6', 210lbs, enjoys watching movies, dining out, dancing, and outdoors. He seeks an honest, outgoing, SWF, over 30, who loves outdoors. Ad#: 1670

ARE YOU MY TEDDY BEAR?
Outgoing, humorous, easygoing, employed, SWM, 21, 6'3", 190lbs, enjoys outdoor sports, romantic dinners, and moonlight walk. He is in search of a trusting, honest, SWF, over 19. Ad#: 9879

PLEASE CALL
SWM, 26, 6'4", with brown hair, blue eyes, who likes skiing, cycling, and much more, is in search of a SWF, 19-30, to share interests. Ad#: 7288

OPPOSITES ATTRACT
This built SWM, 18, 5'7", 140lbs., with hazel eyes, who is also very funny, enjoys skiing, rollerblading and reading, is seeking an funny SBF, 18-20, with a good personality. Ad#: 5080

SIMPLY ALLURING
As long as they're honest, I can get along with anyone says this SWM, 36, 6'. He enjoys camping, the outdoors, laughing and meeting new and exciting people. He wishes to meet a fun-loving SWF, 30-45, to share life with. Ad#: 7199

COMMON BOND
Athletic, outgoing, employed student, SWM, 21, 165lbs., with brown hair/eyes, who likes playing pool, spending time with friends, is looking for a beautiful, SWF, over 19. Ad#: 7972

TIRED OF BEING ALONE...
Then call this SWM, 49, 5'6", 190lbs., who enjoys auto-racing, watching TV, traveling and spending quality time with that special someone. He's hoping to meet a SWF, 19-48, for a possible long-term relationship. Ad#: 7166

SEIZE THE MOMENT
Humorous, fit, professional, SWM, 33, smoker, social drinker, enjoys boating, skiing, bowling, and spending a quiet evening at home. He is in search of an honest, slim, attractive, SWF, 25-35. Ad#: 1972

LOVING
This medium build SWM, 34, is shy, outgoing and a very giving person. He enjoys photography, and collecting antiques. Who is hoping to meet an caring, romantic SF, 18-35, who's supportive. Ad#: 6919

ATTENTION LADIES...
Disabled, tall, SWM, 38, smoker, with black hair, blue eyes, enjoys fishing, watching movies, and much more. He is in search of an honest, trustworthy, open-minded, SWF, 30-39. Ad#: 9263

EASY-GOING & SOMEWHAT SHY
Make memories with this SWM, 28, 5'11", 245lbs., who's interested in meeting a SWF, 21-35, for a possible relationship. He enjoys dining out, good conversation, computers and spending quality time with that special someone. Ad#: 1639

JUST TO BE CLOSE TO YOU
Would you believe that this SWM, 22, 5'9", 185lbs., is single? He's interested in meeting a SWF, 19-24, for a possible long-term relationship. He enjoys spending quality time with family and friends, good conversation and the great outdoors. Ad#: 9695

COUNTRY BOY
Humorous, ambitious, employed, SWM, 35, 180lbs., with dark hair, hazel eyes, who likes woodworking, movies, working out, is looking for a slender, attractive, SWF, 28-36, children welcome. Ad#: 2259

MAGNETIC
Self-employed, SWM, 42, 6', with a good build, who likes working out, dancing, outdoor activities, is looking for an independent, SWF, 30-40, who will walk side by side thru life with me. Ad#: 5970

THE SEARCH IS OVER
Open-minded, employed, SWM, 29, 6', 185lbs., with brown hair/eyes, who likes spending time with friends and movies, is looking for a SF, 19-40, who is willing to try new things. Ad#: 3484

ONE STEP AT A TIME
Shy, quiet, humorous, tall, employed, SWM, 28, 6', 160lbs, enjoys watching sports, driving, going on tours, and much more. He seeks an honest, caring, SWF, 19-28. Ad#: 2856

WHAT A MAN, WHAT A MAN
Spontaneous, easygoing, fun-loving, slim, employed, SW dad, 38, 6', enjoys outdoor activities, and loves spending time with his children. He seeks an honest, easygoing, fun-loving, slim, SF, 24-40, who likes children. Ad#: 9306

HONESTY TOPS MY LIST
Why not meet this out-going SWM, 33, 5'5", 160lbs., who's interested in meeting a SWF, 25-40, for a possible long-term relationship. He enjoys playing cards, children, good conversation and the great-outdoors. Ad#: 2096

MAYBE YOU & ME
Call to chat with this SWM, 25, who's interested in meeting a SWF, 23-28, for a possible relationship. He enjoys weightlifting, shooting pool, the great outdoors and spending time with that special someone. Ad#: 6460

ELEGANCE BEYOND A DOUBT
Your looking for a special kind of guy, like maybe this SWM, 44, 5'5", 140lbs., who's interested in meeting an honest SWF, over 39, for a possible long-term relationship. He enjoys socializing and the great outdoors. Ad#: 5092

UPLIFTING
Employed, quiet, fun loving, SW dad of 2, 38, 5'7", 175lbs., who likes sports, outdoor activities and traveling, is looking for a honest, fun-loving, SWF, 25-45, who likes to be pampered, for spending quality time with. Ad#: 1703

WALK INTO MY LIFE
Life could get interesting with this sociable SWM, 39, 5'6", who enjoys the outdoors, the theatre and good conversation. He's interested in meeting a SF, 32-40, for a possible long-term relationship Ad#: 1642

HONESTY TOPS MY LIST
SWM, 32, 5'7" wiyh brown hair, hazele eyes, easy-going with great sense of humor, enjoys bowling, darts, bicycling. Seeks SWF 27-36 who is honest, faithful likes animals and enjoys candlelight dinners. Ad#: 2820

OUTGOING
Physically fit, caring, employed, SWM, 38, 5'7", with blond hair, blue eyes, who likes dancing, working out, outdoors, is in search of a sensitive, affectionate, SWF, 19-35. Ad#: 3158

DYNAMITE CHARACTER
He's an honest, trustworthy, blue-eyed SWM, 33, 6'2", 165lbs., who enjoys shooting pool, playing cards and good conversation. He would like to meet a SF, 19-40, for a possible relationship. Ad#: 3396

GET TO KNOW ME
Leave a message for this kind and caring SWM, 30, 5'9", who enjoys romatic walks, going to the movies and spending quality time with family and friends. He's interested in meeting a SF, 23-35, for a friends-first relationship. Ad#: 4995

LONG-TERM RELATIONSHIP
He's a professional, SWM, 32, 6', 190lbs., with a medium build, interests include hockey, going to the movies, dining out. He is in search of a honest, active, SWF, 25-35. Ad#: 6119

CLASS ACT
Hardworking, SWM, 31, 5'7", with blond hair, blue eyes, smoker, social drinker who enjoys the outdoors, fishing and much more, is in search of a SF, 22-40, who enjoys quiet evenings. Ad#: 7351

START AS FRIENDS...
Out-going, SW father of one, 25, 5'7", 155lbs., smoker, social drinker, likes soccer, football, sports, seeking really special down-to-earth, SWF, 20-28, children, smoking, social drinking o.k., start slow, work into more. Ad#: 8387

END MY SEARCH
What a guy. He's a SWM, 47, 5'11", 185lbs., who enjoys motorcycles, good conversation and spending quality time with that special someone. He's interested in meeting a SWF, 30-50, for a possible long-term relationship. Ad#: 8406

REACH FOR THE STARS
He's a medium built personable SWM, 18, 6', who is interested in meeting a SF, 18-24, for a possible relationship. He enjoys the outdoors, good conversation, and meeting new people. Ad#: 9474

Females Seeking Females

NONE BETTER
Outgoing, clean, full-figured, fun-loving, honest, employed, SWF, 23, smoker, 5'9", enjoys aerobics, swimming, socializing, singing, and much more. She is seeking a fun-loving, understanding, loving, open-minded, SF, over 25. Ad#: 1835

TELL NO TALES
Tall, 5'10", SWF, 26, with blonde hair, very friendly, outgoing person, enjoys basketball, baseball and working out, is seeking an honest, SWF, 19-29, who can share their feelings. Ad#: 5052

YOU CAN COUNT ON ME
Fun-loving, easygoing, SWF, 21, smoker, 5'10", with dark hair, enjoys reading, watching movies, and going out. She is in search of a sincere, honest, easygoing, SF, 19-30. Ad#: 5790

PASSION FOR JOYS OF LIFE
Call this easygoing, humorous, SWF, 28, 5'5", 167lbs., with brown hair and hazel eyes, smoker, social drinker, who likes to read, draw, and sports. She is searching for an easygoing SWF, 29-42, who is great with kids. Ad#: 6882

A RARE GEM
SW mother, 21, 5'5" 130lbs, dark brown, blue eyes and a fair complexion. Enjoys shooting pool, dancing and watching movies. Seeking a beautiful SWF, 21-25, easygoing and have same interest. Ad#: 4609

PATIENTLY WAITING
If given the chance... This SWF, 18, 150lbs., would love to meet you. She's interested in meeting a SWF, 18-26, for a possible relationship. She enjoys sports, reading, computers and laughing. Ad#: 8411

Males Seeking Males

**HEAR ME O

Obituaries

MacRAE - Robert (Bob)

Passed away in hospital on Monday, December 21st, 1998.

Mr. Robert (Bob) MacRae, age 82 years, born in Glasgow, Scotland, of Cornwall.

Dear son of the late Robert MacRae and the late Margaret Gorman.

Beloved husband of Rita Bourget (nee Dow) and by a previous marriage, the late Ann Johnson.

Loving father of Alistair Dennis of Toronto and Moira of Ottawa. Loving step-father of Brian Bourget (Denise) of Cornwall and Linda Burgess (Michael) of Long Sault.

Dear brother of Alex MacRae (Hedda).

Lovingly remembered by six grandchildren and four great grandchildren.

The funeral was conducted from the M. John Sullivan Funeral Home on Wednesday, December 23rd, 1998 for Mass of the Resurrection with Commendation and Farewell in St. Columban's Roman Catholic Church at 11:00 a.m., followed by cremation. Reverend Kevin Maloney, Pastor of St. Columban's Parish celebrated. Rite of Committal at a later date in Notre Dame Columbarium.

The pallbearers were M. John Sullivan Staff Bearers.

Mr. MacRae was a retired employee of Ontario Hydro and a member of the Royal Canadian Legion Branch 297 and a Veteran of World World II, serving in the Royal Marine (England).

The funeral arrangements were entrusted to the care and direction of the M. John Sullivan Funeral Home, 341 Pitt Street (across from City Hall), Cornwall.

SMITH - Donald Elmer

Mr. Donald Smith passed away peacefully at home surrounded by his family on Sunday, December 27th, 1998, age 92 years.

Beloved husband of the late Vera DeWolfe.

Loved father of Kenneth (Joan) of Williamstown; Florence Freeman (Jim) of Cornwall; Donald (Claire), Shirley White and Margaret Hambleton, all of R.R. #1 Cornwall; Gerald (Marjorie) of Cornwall; Harold (Pat) of Bolton, Ontario; Eric Smith of Cornwall; Verna MacDonald (Fred) of Guelph, Ontario; Bruce (Micheline) of R.R. #1 Cornwall; Stuart (Lorraine) of Kitchener, Ontario; Stephen (Faye) of Montreal and Linda Martin (Gordon) of Brampton, Ontario.

Dear brother of Robert Smith of Cornwall and Isabel Stewart of St. Catharines, Ontario.

Sadly missed by numerous grandchildren and great grandchildren.

Predeceased by his parents, Murdo Smith and Jessie MacDonald; brothers Murdo, John, Jerry and Hector Smith; sisters Mary Annand, Nettie Fincham and Catherine Bedard; one grandchild, Archie Freeman and by one great grandchild, Kaitlin Sauve.

Funeral services were held from the Wilson Funeral Home, 822 Pitt Street, Cornwall to Salem United Church, Summerstown on Tuesday, December 29th, 1998 at 1:00 p.m. The Reverend Gary Stokes officiated. Interment Salem United Church Cemetery, Summerstown, Ontario.

The piper at the funeral was Mr. Smith's grandson, Shawn White.

The pallbearers were granddaughters, Karen Smith, Carol Freeman, Brenda Smith, Laurie Sauve, Marjorie Dennis, Debra Smith, Shannon Smith, Pam Smith, Kelly Martin.

The honourary pallbearers were grandsons Brian Freeman, Chris Smith, Scott White, Kent Smith, Shane Smith, Trevor Smith, Chris Smith, Jeff Martin, Jeff Smith, Daryl Smith and Michael Smith.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

HEAGLE - Viola Louise (nee Merpaw)

Passed away at the Hotel Dieu Hospital, Cornwall on Thursday, December 31st, 1998. Mrs. Viola Louise Heagle (nee Merpaw), born on August 8th, 1912, age 86 years, in St. Andrew's Ontario, of Cornwall.

Beloved wife of the late Joseph Heagle.

Dear daughter of the late Louis Merpaw and the late Louise Primeau.

Loving mother of Darlene (Mrs. Greg MacDonell) of Summerstown and Richard Heagle (and his wife Miche) of Halifax.

Also survived by nine grandchildren and eight great grandchildren.

Predeceased by brothers Joseph Merpaw, Neil Merpaw, William Merpaw, Charles Merpaw and Lawrence Merpaw and her sisters Mrs. Agatha Montroy, Mrs. Mamie Raymond, Loretta, Cecilia and Lula Merpaw and by a great granddaughter, Kellie Samson.

The funeral took place from the Derry Funeral Home, 326 Augustus Street, Cornwall with the Funeral Mass celebrated on Saturday, January 2nd, 1999 at 2:00 p.m. in St. Columban's Catholic Church, Cornwall with Father Louis Groetlaars officiating. Spring interment will take place in St. Columban's Cemetery, Cornwall.

The pallbearers were her great grandchildren: Kyle, Kacey, Stacey, Travis, Joshua and Kristen.

LEROUX - Olive

Mrs. Olive Leroux passed away at the Cornwall General Hospital on Wednesday, December 23rd, 1998, age 78 years.

Beloved wife of the late Adrien Leroux.

Loved mother of Ray Leroux of Cornwall.

Sadly missed by one grandchild, Christy Lynn Leroux of Finch and a special niece, Betty Ann Valiquette of Ottawa.

Dear sister of Vivian (Mrs. Alcide Marcel) of Cornwall and Theresa (Mrs. Lorne Moke) of Trenton.

Predeceased by one son, Richard and many brothers and sisters.

A Mass for the Repose of the Soul of the late Olive Leroux was celebrated in St. Columban's Roman Catholic Church on Tuesday, December 29th, 1998. Rite of Committal to take place at a laster date in St. Columban's Parish Cemetery.

The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

CAMPBELL - Gordon Malcolm

Passed away at the Hotel Dieu Hospital, Cornwall on Thursday, December 24th, 1998. Mr. Gordon Malcolm Campbell, of St. Andrew's West, Ontario.

Beloved husband of Gail Campbell (nee Driscoll).

Dear son of Annie Campbell and the late Stanley Campbell.

Loved father of Tara, Rory and Evan, all at home.

Dear brother of Brian Campbell (Linda) of Calgary, Alberta; Irene (Mrs. Don MacMillan) of Ottawa; Evelyn (Mrs. Garry Smith) of Maxville; Ruth (Mrs. Thomas Bethune) of Moose Creek; Susan Campbell of Edmonton and Betty Currier of Cornwall.

Dear son-in-law of James and Marjorie Driscoll.

Predeceased by two brothers, Kenneth and Keith and by one sister, Carolyn.

The funeral services were held in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall, on Monday, December 28th, 1998. Reverend Peter Crosby of Christ Church Anglican Church, Long Sault, officiated. Interment at a later date in St. Lawrence Valley Union Cemetery, Ingleside.

GREER - Ola Sadie

Mrs. Ola Greer of Cornwall passed away at the Cornwall General Hospital on Wednesday, December 30th, 1998, age 72 years (former employee of The Vogue Shoppe, Cornwall).

Beloved wife of the late William Greer.

Dear daughter of the late Clarence Deebank and the late Gladys Day. Loved mother of Steven Greer (Sheryl) of Calgary; Susan Hart (Benjamin) of Toronto; Michael Greer of Cornwall and Ross Greer (Daphne) of Calgary.

Dear sister of Lois Foulds (John) of Martintown; Joan Lalonde (Arthur) of Cornwall and Diane Archer of Geraldton. Sadly missed by her grandchildren.

Predeceased by one brother, Allen Deebank.

Interment at a later date in St. Lawrence Valley Union Cemetery, Ingleside. The funeral arrangements were under the care and direction of the Wilson Funeral Home, 822 Pitt Street, Cornwall.

HURTUBISE - Roseanna

Passed away at the Ottawa General Hospital, Ottawa, Ontario on Saturday, January 2nd, 1999.

Mrs. Roseanna Hurtubise, age 85 years, born in Alexandria, of 212 McKenzie Street West, Cornwall.

Dear daughter of the late Moise Trepanier and the late Florianne Lalonde.

Beloved wife of the late Louis Hurtubise.

Predeceased by one brother, Arthur Trepanier.

The funeral took place on Thursday, January 7th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Christ the King Church. Interment at Sacred Heart Parish Cemetery. Reverend Gerald Poirier officiated.

The pallbearers were The Nativity Guards.

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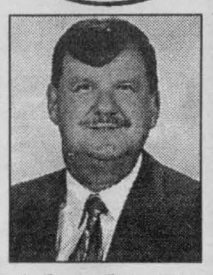

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PROFESSIONAL AND STAFF SERVICES
Consultation and documentation. Arranging of funeral details.
Funeral home reception / supervision (general staffing)
Direction of funeral, Funeral Director (Ontario Licensee), and assistants

PREPARATION AND EMBALMING
Embalming**, hygenic cleansing, dressing, hairdressing, casketing, cosmetizing and other professional duties.

TRANSFER SERVICES
Removal coach transfer from local place of death
(+1.00/KM charged ONE WAY beyond Cornwall)

FACILITIES - Visitation and Services
Use of funeral home and facilities with no time restrictions (based on traditional use) including complimentary lounge. Encompasses maintenance, supplies and utilities.

FACILITIES - Prepare and Shelter
Use of preparation room including hazardous waste disposal. (In accordance with The Funeral Directors and Establishments Act, R.R.O. 1990, Reg. 469, s. 5, 6, 7, 8).

TRANSPORTATION SERVICES
(a) Funeral Coach
(b) Cortege Escort (Clergy/Staff Vehicle)
(c) Utility Vehicle
(d) Family Car (arranged @cost if desired)

DOCUMENTATION
Procuring, completing and registration of all documents with Municipal, Regional and Provincial authorities, including regulatory fees. Funeral Directors Proof of Death Certificates and when required, proof of attendance certificates.

ACKNOWLEDGEMENT STATIONERY
Memorial stationery to include visitor's register book and acknowledgement cards

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Total Funeral Cost	***$3,485.00***

NOTE: All prices are subject to change over time and do not include disbursements or the GST. All disbursements made on your behalf are charged at exact cost. The M. John Sullivan Funeral Home Inc. reserves the right to regulate or refuse the use of all rental caskets. Rental Caskets are subject to availability. **Although embalming is not required by law, it is the policy of the M. John Sullivan Funeral Home Inc. not to present an unembalmed body for visitation or viewing. Filed with the Board of Funeral Services 3/18/99.

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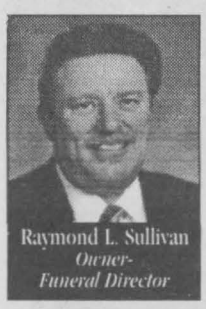
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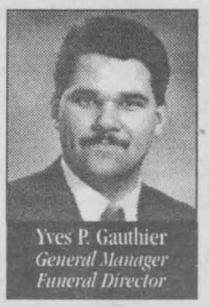
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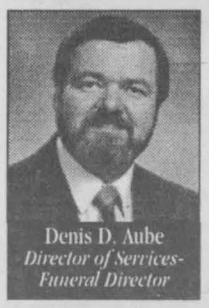
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"People Helping People"

Royal Canadian Sea Cadets

The Royal Canadian Sea Cadet Corp 110 Stormont has once again proven its members are the best. In March 1999, five teams set out for Kingston to compete in the Flotilla. This is an area based competition and features competitors from all over this area. The swim team, coached by Naval Cadet Wendy Bougie; the drill team, coached by Acting Sub Lieutenant Roger Bourdeau; the sheerlegs team, coached by C.V. Robert Lepage; the first aid team, coached by Sub Lieutenant Paul Brunet; and the Seamanship team, coached by Lieutenant Commander Steve Lear, did their best for Stormont. In all, four first place trophies came home to Stormont along with some very happy and tired Cadets. The winning teams will have a chance to show their expertise later on next month as they once again compete. This time it is the Provincials held in Trenton and they will be going up against the best in the province.

This past weekend, the band, directed by Lieutenant (N) Dave Barklay, was given their chance to compete against the Army and Air Cadet bands in the zone Tri-Force Competition also held in Kingston. The RCSCC Stormont took first place and will now be heading to Bordon for the Provincials later on this year.

Not to be left out is our range team. They are coached by Lieutenant (N) Conrad Villeneuve and they had their air rifle competition in Feb. 1999. They received first place in the Sea Division. The 22 competition had its preliminary qualifying round this Thursday. The winners will be competing in Trenton in April.

Congratulations to all cadets who competed and their coaches. All the hard work, training and extra hours really paid off. You can pat yourself on the back, Stormont. Good luck in your upcoming competitions, from the staff, fellow Cadets and friends and family of Stormont.

Bravo Zulu.

The Power of Mentoring

The power of mentoring has been around a long time according to the western world's earliest literature. Mentor, a character in Homer's Odyssey, is a friend who undertakes the education of the hero's son. He helps the youth track down his missing father, pilots him past ambushes and other deadly hazards and guides him safely through his quest. The word Mentor derives from the image of a loyal, wise and helpful friends - a teacher, protector and guide who uses his/her experiences to show a person how to overcome difficulties and avoid danger.

Today, the role of mentor is an extremely important one. Small businesses and entrepreneurs need experienced business men and women to provide guidance, counseling, coaching and professional advice that they have learned through experience.

Effective mentors are people who have the respect of the less experienced, in terms of not only what they know, and who they know, but also who they are.

At times when corporate Canada is downsizing, moving production overseas, replacing labour with automation, mentorship is growing rapidly and the need for mentors is on the rise. Assembling a team, finding the right "mix" of mentors is key to the success of most entrepreneurial businesses.

The Power of Mentoring is a fundraiser for Maison Baldwin House. The event is being held on International Women's Day, March 8th, from 7:00 pm to 9:00 pm and is open to men and women who want to maximize their business potential through mentoring.

Women Entrepreneurs started in September 1998 with 15 members. We now have approximately 50. We meet every 3rd Thursday of the month. Our mission statement is:

"To provide networking opportunities, increased knowledge and a forum to share ideas with all women in the Cornwall areas."

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Recline smoothly into relaxation on this stunning green sofa with the convenience of a Touch Motion button. Recliner $699 Recliner Loveseat $1069



SPECIAL EVENT PRICE! $949 INCLUDES DELIVERY

Affordable Italian Leather!

Features pillow top seats and arms in 100% leather with incredible sink-in comfort. Chair $699 Loveseat $899



SPECIAL EVENT PRICE! $1699 INCLUDES DELIVERY

Leather In Style!

This camel back design, all Italian leather sofa features a nailhead trim and wooden legs. Chair $1199 Loveseat $1649



SPECIAL EVENT PRICE! $1699 INCLUDES DELIVERY

Sink Into Italian Leather!

Sumptuous, soft and supple all Italian leather sofa will be the envy of your friends. Chair $1249 Loveseat $1649



SPECIAL EVENT PRICE! $229 INCLUDES DELIVERY

Lovely Swivel Rocker

(Available in blue, green or rose)



SPECIAL EVENT PRICE! $299 INCLUDES DELIVERY

Cozy Recliner

(Available in blue or green)



SPECIAL EVENT PRICE! $379 INCLUDES DELIVERY

Classic Wing Chair

(Available in cream or burgundy)



SPECIAL EVENT PRICE! $399 INCLUDES DELIVERY

Plush Rocker Recliner

(Available in blue, green or wine)



SPECIAL EVENT PRICE! $799 INCLUDES DELIVERY

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