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THE SALE YOU'VE WAITED 52 WEEKS FOR
LEON'S BOXING WEEK BLOWOUT!
136 4th Street East, Cornwall 932-2684

SEAWAY NEWS

DECEMBER 28, 1997

VOLUME 11, ISSUE 52

SERVING CORNWALL AND AREA

The Sound of Music



Glen St. Dun Lodge held its annual candlelight service on December 16th, with officiating clergy Reverend Fred Rennie and Father Gerald Poirier providing a service of nine lessons and carols for Advent and Christmas. Music was rendered by St. Peter's Choir under the direction of Norma Rouleau.

(photo by Aubrey Johnson)

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ANIMATED FIGURES

Look For Great **BOXING WEEK SAVINGS** in all Departments

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per order.

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Book valid for 13 months

1 book with coupon = \$20./book
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SAVINGS of over \$3,000.00

This Year's Participants Include:

- | | | | | | | | | |
|----------------|-------------------|-------------------|----------------|-------------------|--------------------|---------------------------|---------------------|----------------------|
| 1. Crossroads | 8. The Hub of | Restaurant & | Restaurant | 24. Burger King | 31. Country Style | BONUS PARTICIPANTS | 41. Minute Auto | 45. Algonquin Travel |
| 2. Nickel's | Glengarry | Pub | 19. Bagel | 25. KFC | 32. Java House | 37. Paradise Fitness | Wash | (formerly Gloria's) |
| 3. Gumbolini's | 9. Ambrosia | 14. Sub Bay | 20. Gators | 26. Subway | 33. A&W | Club | 42. CWL Tennis Club | 46. Mike's Contact |
| 4. Remington's | 10. Glengarry Pub | 15. Bill's Deli | 21. Cornwall | 27. Sub Bay Diner | 34. Mrs. Vanelli's | 38. Paradise Tanning | 43. Mikey's Fun | Karate |
| 5. Pizza Hut | 11. Chester Fried | 16. Bobby's Place | Chinese Buffet | 28. Diary Queen | 35. Orange Julius | 39. Canam Movies | Factory | 47. A Better World |
| 6. Jade Garden | 12. Jovana's | 17. Angelo's | 22. McDonald's | 29. Pedro's | 36. Bob Auline's | 40. Daigneault | | |
| 7. Vip's | 13. Glendale | 18. Captain's | 23. Harvey's | 30. Harv's Diner | | Cleaners | 44. Bumpers | |

Cornwall's Best Dining Book...

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Pick-Up Your Books at
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Champagne Enterprises

After School Library Program

The Library is now taking registrations for G*A*S*P - the Great After School Program. Registration for programs at the library must be made in person at the Young Adult Circulation desk on the second floor and each child must have their own library card to register. The G*A*S*P Theatre Program will feature children aged 9 - 12 putting on an entire puppet production. The children will make the puppets, create the theatre then present the show. There are also programs for children aged 12 - 23 months, 2 years old, 3-5 year olds, and 6-8 year olds.

In & About CORNWALL

**YOU DON'T KNOW WHAT TO DO?
WHERE TO GO?
ARE YOU NOW LOOKING FOR SOMEONE
TO SERVICE YOUR VEHICLE?**

Well, Cornwall Tire is here to serve you!

If you are looking for professional tire & automotive service, someone with integrity, try Cornwall Tire Service with over 27 years of quality & trustworthy service.

*Stop in and we'll say Hello
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Season's Greetings

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Winter seems to last forever but our supply of Blizzak tires won't.

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HOURS: Monday thru Friday 8 a.m. till 5 p.m. Saturday 8 a.m. till noon

BRIDGESTONE BLIZZAK

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Nativity School May Be Put To New Use

The Nativity School in Cornwall may become the new home of a seniors group. The school has not been used as a school for over a year and has instead been rented out on a month-to-month basis by the seniors group which is now hoping to buy the school and property it is on. The sale must be approved by the province and the SD&G Public School Board. The SD&G Public School Board has no use for the school and the seniors are awaiting the decision of the province.

Faith Restored



A generous outpouring of support has reaffirmed the Salvation Army's faith in the benevolence of the citizens of Cornwall. A recent break-in has not daunted the continuing help the Salvation Army bestows on the needy at this festive time of year. Pictured are Captain David Payler and Pete Latour, of O. Charlebois Aluminum Products Inc., who generously replaced the windows thieves broke to gain access to the building.

(photo by Aubrey Johnson)

Cornwall Company Expanding

The Thompson Rosemount Group is expanding into Bermuda, which will be their first branch office outside of Canada. The company is already working on projects in the consulting engineering field in Bermuda. The company, in operation since 1956, employs 50 people. Mark Smelko, company president said Bermuda is a wealthy country of 65,000 people and is experiencing a construction boom.

Aiding Stranded Motorists

In 1996 the Ontario Association of Chiefs of Police launched the Highway Help Program. The program was created to aid motorists who are stranded on Ontario's highways and is supported by police services throughout Ontario. The stranded motorist hangs his "call police" sign on his window and then rolls up his window. Passing motorists can call police from their cell phones without having to stop. These signs are available at Canadian Tire, Home Hardware and Zellers. The signs get help to the person who needs it and deter criminals who fear that help is on the way to the stranded person.

Holiday Youth Centre

The Cornwall Royal Academy of Hockey will be open during the Christmas holiday as a youth centre for teenagers who are bored and need somewhere to let off some energy. The Academy will be open from 11 am to 11 pm. With the Academy pretty well empty during Christmas when everyone has gone home for the holidays, they felt it should be put to some good use. Michael Johnson, managing partner, says that there are no drugs or alcohol allowed within the building. There will be card games, air hockey, ping-pong, pool games and arcade games. A small cafeteria will also be open.

Brake Firm Adds Jobs

Satisfied Brake Products Inc. has added 20 more people at their Cornwall location. There are now 180 people working in the Quebec based company which began operation in the city's Industrial Park last summer. Satisfied Brake Products mainly exports their product to the United States and Canadian markets.

POET'S CORNER

R.M.

"Amy"

From dads around the world
you see
We to have pain and sincerity
If only a chance would come to me
My daughter's love, is all I need
Holidays season are sometimes sad
So please give me a call and say ...
I love you Dad

Thanks Mom & Dad

André A. Pettigrew

In Appreciation to all Parents!!

I was age 60 when I lost my regretted mother and father.
She first, took her leave on Mother's Day, in May,
What a sad moment, t'was that sad day!
She left us like she lived, the very same way,
What a woman, what a friend, what a LADY!

Three months later, t'was my father
Who was called upstairs to skies much better,
That No-Fear Country, to much milder weather,
Where Eternal light shines forever!

The memory of my wonderful folks is much present
To the point of being most pleasant!
They give me strength, I talk to them regularly,
Which makes me the more happy!

I converse with Mom and Dad, like I would my Maker,
'Cause I'm convinced they're home there, Together!
Thanks lots, Mom and Dad,
great Parents you were,
Now, I've left three sisters
and one brother.

We've always been close,
One day we'll be even closer!

Investiture

K.J. Boivin

To my sisters ...
M-C-V-V-B-L-D

The room upstairs,
That I've carved out
Not so long ago
Sits perched and concealed
Come what may my way
And from it's doorway ...
Draped in gossamer,
Spun by ambitious magicians

...
On all sides,
This is my space,
Rustic and paper cluttered
To the very inch ...
Speckled with dusted trails
Everywhere you glance ...
This, this is my hour,
My daily haunt ...
Where I ponder the perplex-
ing
In rampant terms.
This is my hermit's hideaway
Where life's outer edge
begins.
In all this I am fussed
about
By sisterly generosity ...
And under such low rafters,
Cramped to let a few light-
beams in,
In this cave! In this Abbey!
I find lasting madness ...
In these, my gravest years.
And so ...
It still remains ...
Well concealed,
And shrouded, in some sta-
bility
From all but the jaundiced
eye,
Where I vacillate
And yet cannot claim
With any certainty ...
That this sacred space ...
At this precarious top
Or in reality
Become my place
Of less ferocity ...

Festival of Trees Says Thank You

The Festival of Trees planning committee and The Lung Association want to say thank you to all those who helped make this year's Festival the wonderful event it was.

"We were all very pleased with the community involvement and support in our efforts," said Sharon Smith, committee chair and Executive Director of The Lung Association. "This year we also succeeded in our goal to bring business opportunities to our area by attracting tourists from Prescott, Ottawa, Quebec and New York state. It's nice to offer something that has the potential to repay the generosity of the local business community," added Smith.

The Festival of Trees is well on the way to becoming an annual family tradition for Cornwall and area.

Approximately 600 seniors growing years and a learning experience. We strive to keep

fast and things will run much smoother next time around," said Smith.

The Festival Planning committee and the Lung Association would like to thank all the visitors and the Santa's local business community not only for their support, but also for their patience and understanding as they strive to make the Festival of



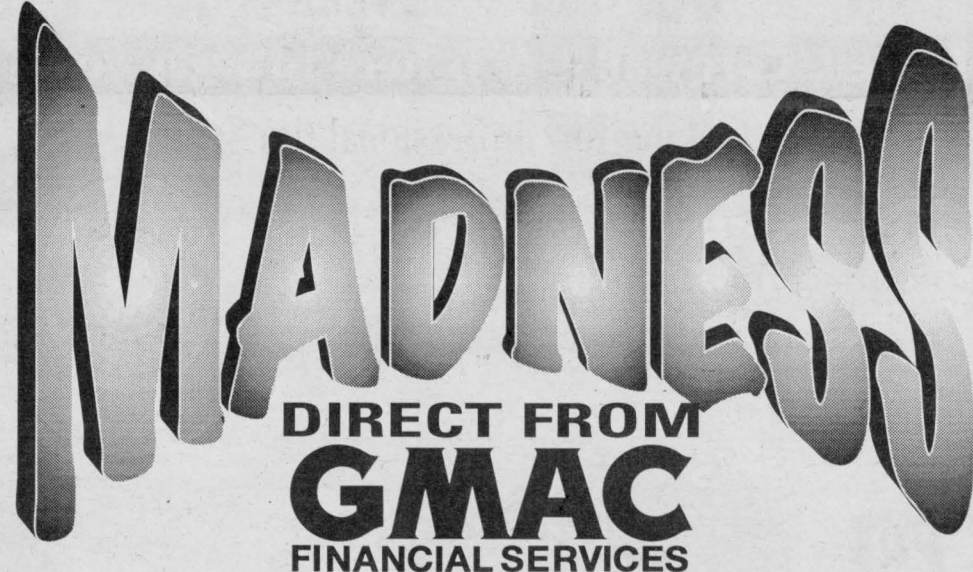
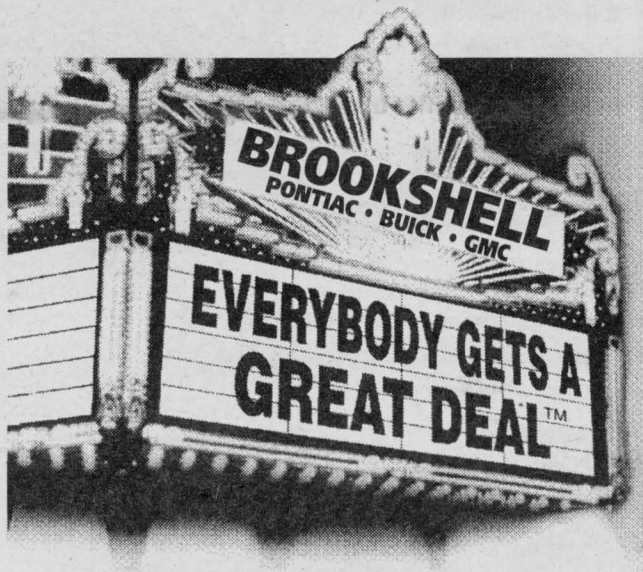
Seniors Tea and Showcase on Friday, and attendance was steady throughout the weekend. There was entertainment for all ages and 200 visitors shared Breakfast with Santa on Saturday morning. The dinner dance and auction was also a huge success with increased attendance and some great bidding wars for a number of items.

"The first years of any event of this magnitude are

public to know that we do listen and their input and suggestions are appreciated and do not fall on deaf ears. We have already worked out the difficulties during break-

Trees the best that it can be. They also want to wish everyone the best of the Holiday season, a prosperous New Year and hope to see you again at Festival '98.

BOXING WEEK



- NO GIMMICKS - REAL VALUE

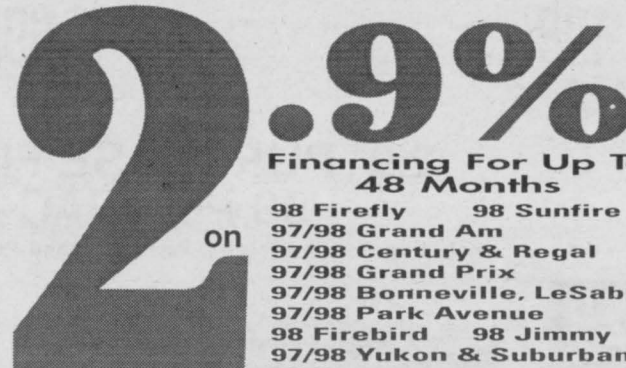


ON ALL 1997 & 1998 %

TRANS
SPORTS

Up To
48 Mos.

OR



Financing For Up To
48 Months

98 Firefly 98 Sunfire
97/98 Grand Am
97/98 Century & Regal
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98 Firebird 98 Jimmy
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CORNWALL BRIDGE

By Bert Mosher

Enjoy yourself. It's later than you think.

Chinese Proverb

Here are some end of year results:
Seaway Seniors:

Most winning points:

Dr. Allen McLeod

Best attendance:

Mary Fobert (40)

Martintown

Most winning points:

Dr. Allen McLeod



Rick Shaver
Vice President/
Sales Director



Bill Snelgrove
Marketing
Representative



Arlene Hulls
Marketing
Representative

SEAWAY NEWS

for advertising
call
933-0014

Best Attendance:

Rudi & Marjorie Mertil (32)
More end of year results as they come in.

I have a treat for you this week. No preaching or complaining. But wait 'til next year. Wow!

Want another New Year's resolution that will be easy to keep? Visit a bridge club that you usually don't attend. Need a suggestion? Try Massena. They play on Wednesday evenings at the American Legion on Orvis Street. Ginger at 315-769-2722 will answer any questions. Nice people, nice surroundings. Participants sign is as guests of the Legion.

There are some classes planned for January that you or some of your friends may be interested in. Starting Monday, January 15th in the evenings,

the eight week Audrey Grant course on Play Of The Hand will be given. Starting Tuesday, January 16th, the eight week Audrey Grant course on Bidding will start. For more information you may call Bert at 613-932-1700.

Christmas Week was extremely short of bridge and New Year's Week will be only slightly better.

Next week: games Monday evening and Friday afternoon. All others cancelled.

The following was overheard at a local club recently:

Declarer (after going down 3 doubled) "Everything was against me."

His partner, "Yes, the traffic, the weather, your ex-wife, the odds and the opposition."

Happy New Year one and all!

Bridge Results

Williamstown Club

Dec. 17/97

1. Elizabeth Marjerrison - Jim Campbell
2. Audrey Blair - Jean Campbell
3. Francis Laing - Gerry O'Connell

Seaway Seniors DBC

Dec. 17/97

- N/S
1. Margaret & Sam Wolyneec
 2. Grace & Ken McDonnell
 3. Mary Fobert - Laurian Ayotte
- E/W
1. Laurette Keir

- Margaret MacLeod
2. Alen McLeod - Leo Martin
 3. Phyllis Brown - Ray Lefave

Martintown Club

Dec. 16/97

N/S

1. Jean & Jim Campbell
2. Audrey Blair - Ken Graham
3. Barb & Russ Surtees

E/W

1. Laurette Keir - Margaret MacLeod
2. Penny McLeod - Jon Turner
3. Bill Henderson - John Roulston



Cook's Corner

Orange Glazed Coffee Cake

45 minutes preparation,
2 hours rising
25 -30 minutes baking
Makes 12 servings

- 1 package active dry yeast
1/4 cup warm water (105°-115° F)
1/2 cup warm milk (105°-115° F)
1/2 cup fresh orange juice
1/2 cup granulated sugar
1/2 cup ricotta cheese
1 tablespoon grated orange zest
1/2 teaspoon salt
1 large egg, lightly beaten
3-1/2 - 4 cups all-purpose flour
- Glaze:**
1 large egg, lightly beaten
- Icing:**
1 cup confectioners' sugar
1-1/2 - 2 tablespoons fresh orange juice

1. In large bowl, dissolve yeast in warm water. Let stand until foamy, 5 to 10 minutes.
2. Stir the warm milk, orange juice, sugar, ricotta cheese, orange zest, salt, and egg into the yeast mixture.
3. Using heavy-duty electric mixer fitted with the paddle attachment and set on low speed, beat 2 cups flour into the yeast mixture until a wet dough forms. Beat in the remaining flour, 1/2 cup at a time, until a stiff dough forms.
4. Turn dough out onto a lightly floured surface and knead until smooth and elastic, 5 to 10 minutes, adding more flour as needed to prevent sticking.
5. Place the dough in a large greased bowl, turning to coat. Cover loosely with a damp cloth and let rise in a warm place until doubled, about 1-1/2 hours.
6. Grease a 10-inch spring-form pan. Punch down the dough. Turn out onto a lightly floured surface and knead for 1 to 2 minutes.
7. Divide the dough into 3 equal pieces. Roll each piece into a 20-inch-long rope. Braid the ropes together.
8. Coil braided dough in prepared pan; tuck ends under. Cover loosely with a damp cloth and let rise in a warm place until almost doubled, 30 minutes.
9. Preheat oven to 425° F. Brush the dough with glaze.
10. Bake until the top of the cake is golden brown, 25 to 30 minutes. Turn the cake out onto a wire rack to cool slightly.
11. To prepare icing, in a small bowl, stir together confectioners' sugar and orange juice until smooth. Spread icing over warm cake. Serve warm.

PONTIAC/BUICK/GMC PRESENTS



THE ALMOST NEVER-ENDING BOXING DAY EVENT

0%

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Amount Financed	Cost of Borrowing at 8%	Cost of Borrowing at 0%	Terms	APPROX. SAVINGS
\$15,000	\$2,576.64	\$0	48 months	\$2,576.64
\$25,000	\$4,294.88	\$0	48 months	\$4,294.88
\$35,000	\$6,013.12	\$0	48 months	\$6,013.12



'98 Pontiac Sunfire Coupe

\$198* 5-speed transmission, 2.2 litre engine, PASSLock™ theft-deterrent system, dual air bags, 4-wheel ABS, tinted glass

\$15,698* (excludes freight \$620)

Spirited driving experience



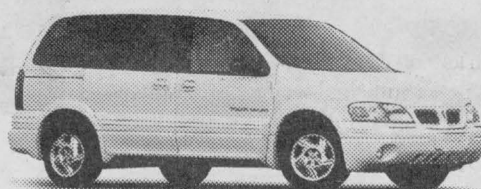
'98 GMC Sierra Regular Cab 2WD

\$198* 200 HP Vortec 4300 V6 engine, 4-speed automatic transmission, dual air bags, PASSLock™ security system, 4-wheel ABS, deluxe chrome grille

\$20,288* (excludes freight \$895)

Add \$45 more a month and get in to an Extended Cab 2WD.

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'98 Pontiac Trans Sport

\$298* 180 HP 3400 V6 engine, 4-speed automatic transmission, front and side driver and passenger air bags, air conditioning with pollen filter, AM/FM stereo cassette, deep tinted glass

\$24,238* (excludes freight \$840)

Rugged and sporty



'98 GMC Safari

\$298* 190 HP Vortec 4.3 litre V6 engine, automatic transmission, 4-wheel ABS, dual air bags, air conditioning, AM/FM stereo cassette

\$22,238* (excludes freight \$845)

More than a minivan

2.9% PURCHASE FINANCING* ON ALL OTHER '98 PONTIAC AND BUICK MODELS

including Pontiac Firefly, Pontiac Grand Prix, Pontiac Bonneville, Buick LeSabre, Buick Park Avenue



'98 Pontiac Grand Am Sedan

\$278* 150 HP 2.4 litre Twin Cam engine, 4-speed automatic transmission with enhanced traction system, dual air bags, 4-wheel ABS, AM/FM stereo cassette, power door locks

\$18,798* (excludes freight \$620)

Bold styling and gutsy performance



'98 Buick Century

\$298* 3.1 litre 160 HP V6 engine, electronic automatic transmission, 4-wheel ABS, 6-passenger seating, air conditioning with air filtration system, remote keyless entry

\$23,398* (excludes freight \$785)

Discover just how luxurious sensible can be

**OFFER ENDS JANUARY 11TH. SO HURRY IN TO YOUR EASTERN ONTARIO/
WESTERN QUEBEC PONTIAC/BUICK/GMC DEALER TODAY.**



Don't forget to use your GM Card Earnings toward The Total Purchase Price or lease down payment of any eligible new General Motors vehicle. Fleet sales and commercial leases excluded. The complete details on vehicle eligibility are your General Motors Dealer.



You should know this: *Purchase Financing on approved GMAC credit only. Example: \$15,000 at 0% APR, the monthly payment is \$312.50 for 48 months. Cost of borrowing is \$0. Total obligation is \$15,000. Example: \$15,000 at 2.9% APR, the monthly payment is \$331.35 for 48 months. Cost of borrowing is \$904.80. Total obligation is \$15,904.80. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. 2.9% purchase financing does not apply to P-Track, GMC Savana and GMC Savana cargo and Medium Duty Vehicle. Conversion packages ineligible for special financing rates. **Based on a 36 month lease of GMC Sierra Regular Cab 2WD/Pontiac Trans Sport/GMC Safari/Pontiac Sunfire Coupe/Pontiac Grand Am Sedan/Buick Century. A down payment or trade of \$2,950/\$2,620/\$1,950/\$2,000/\$2,550/\$3,420 and \$300/\$350/\$350/\$300/\$325/\$350 security deposit are required. Total obligation is \$10,078/\$13,348/\$12,678/\$9,128/\$12,558/\$14,148. Annual kilometre limit 20,000 km, \$0.08 per excess kilometre. Other lease options available. ***Freight as indicated, licence, insurance and taxes not included. Dealer may sell or lease for less. ***Offers apply to 1998 new or demonstrator models equipped as described, and applies to qualified retail customers in Eastern Ontario/Western Quebec only. Dealer trade may be necessary. Limited time offers which may not be combined with other offers. See your dealer for conditions and details. www.gmcanada.com is a trademark of General Motors Corporation. ***Graduate rebate subject to program rules.



Cornwall's Safe Drivers



Cornwall Transit's 34 operators each log in over 2000 hours a year of driving through all weather conditions, travelling well over 38,000 miles throughout the city. To honour their drivers, Cornwall Transit initiated a Safe Driving Program in 1992 to recognize those operators who have logged in with no preventable accidents. At the 2nd Annual awards breakfast held recently, several operators were awarded certificates to commemorate their safe driving skills.

Pictured above are Sherman Goodwin, Transit Manager; Operator Gilles Lafrance; Frank Wilson; Richard Allaire, CAO, City of Cornwall.

(photo by Aubrey Johnson)

FINANCIAL FUTURES

A Little Help From Your Friend A Spousal RRSP May Make Sense!



MING

Your accountant and your financial consultant can help your RRSP. However, the most help of all could come from your spouse.

If you earn significantly more than your spouse, you may want to consider a spousal RRSP. Although it doesn't allow you to increase your maximum contribution limit, in most cases a spousal plan will save hundreds of tax dollars every year. There are three main benefits to this kind of plan:

Lower Tax

Withdrawals from a spousal plan are taxed not in the

hands of the contributor, but in the hands of the receiver. So if at retirement your spouse is in a lower tax bracket, the money withdrawn from the plan will be taxed at a lower rate. But be careful: if the funds withdrawn from a spousal plan would bump your spouse into a higher tax bracket, a spousal RRSP could end up actually hurting you!

Full Benefits

In 1989, Revenue Canada began "taxing back" Old Age Security Benefits to individuals whose income exceeded \$50,000 per year. Since then, the ceiling has increased modestly - to \$53,215. But if retirement income is split between couples, each spouse can declare up to \$53,215 (for a total of \$106,430 between the two) and still receive the full

benefit.

More Time

Starting this year, the age limit for holding an RRSP is 69. But if your spouse is under 70 and you have unused contributions (or if you have qualifying earned income), you can still contribute to a spousal plan. And this added time could mean added dollars for your golden years.

Because of these complex regulations, make sure you're up to date on the latest information before you start a spousal plan. Feel free to contact me - I would be happy to discuss your options.

Timothy Ming is an Independent Financial Consultant in Cornwall. Timothy is affiliated with W.H. Stuart and Associates.

Determining Your Tolerance For Risk

(NC)-When investing in mutual funds, you must be able to determine your own

tolerance for risk. Generally, the greater the volatility of an investment, the higher is its rate of return over time. However, greater volatility is associated with a higher degree of risk. If you invest in mutual funds, you should be able to sleep at night and not be thinking about how your funds are performing,

especially when the stock markets are volatile. After all, mutual funds are professionally managed and you should let your fund manager worry about market volatility.

Normally, investors fall into three risk classifications.

Risk tolerant: you are prepared to accept a relatively high degree of volatility in your investments in order to maximize capital appreciation.

Risk neutral: you can tolerate a moderate degree of risk and prefer to maintain a portfolio with balanced volatility.

Risk averse: you are not comfortable with volatility and only invest for capital preservation and income.

Risk can be good for your investments - if you do not take risk, you will most likely achieve lower returns from your investments than

Smart INVESTING

those investors who take risk. Historical evidence shows that you can reduce risk by diversifying your investments among different asset classes such as stocks, bonds and other fixed income instruments. Diversification will allow you to obtain reasonable returns from your portfolio without suffering the volatility associated with investing in a single asset class. Time also reduces risk, particularly with long term assets such as bond and equity mutual funds.

An Altamira Mutual Fund Specialist will be pleased to show you how to choose the mutual funds which fits your risk profile. Please call toll free 1-800-263-2824.

What Happens When Disability Strikes?

Insurance That Helps Ease Financial Difficulties

One of the great fears for anyone is suddenly being disabled in some way and unable to continue regular work or activity. Coupled with that is the concern they will no longer have an income to meet ongoing expenses and the impact of this loss on their dependents.

Disability strikes far more frequently than premature death - a key reason for buying life insurance. Temporary or long-term disability can happen at any age. It can come suddenly from an accident, or over time as a result of a severe mental or physical illness. Most people have some form of disability insurance through a group plan at their work. However, many people are not covered adequately and some are not covered at all.

The value of adequate disability insurance cannot be underestimated. It can mean the difference between the devastation of a family compared to maintaining their lifestyle, or between the end of a promising business career compared to the ability to start a new career.

Adequate disability insurance

body's financial plans for themselves and their families.

Close to eight million Canadians have disability insurance coverage through group plans. However, there can be various types of limitations in those policies. The plan may pay only a percentage of your gross salary, or it may have a maximum payout that is inadequate to meet your needs. It may also only cover your ability to perform "any" work rather than your "own occupation," or have a restrictive definition for partial disability.

Group plans also generally terminate when you leave an employer for any reason. In this period of unstable employment, this can be a major consideration and a cause of concern for many Canadians.

There's a trend now to obtain "top-up" disability insurance policies to add to the standard coverage provided in most group policies. However, you should check closely to determine how a top-up policy would affect or merge with your group plan.

More than two million Canadians, close to 16 per cent of the total workforce, are now self-employed, and that number is growing rapidly. Some may be covered by basic disability insurance through either a provincial workers' compensation program or the federal unemployment insurance program. However, most need additional income protection insurance and it appears that many self-employed people have not purchased any.

It is often difficult and expensive for older self-employed persons to obtain individual disability insurance. It's obviously better to buy such a policy when you are younger.

Your life insurance agent or broker can help you develop a financial needs analysis which can assist you in deciding what additional disability insurance you may need to maintain the standard of living to which you and your family have become accustomed.

ANNOUNCEMENT

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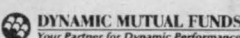
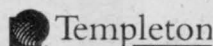
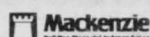


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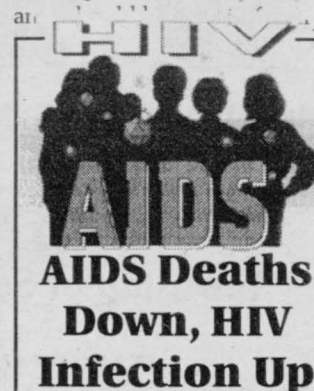
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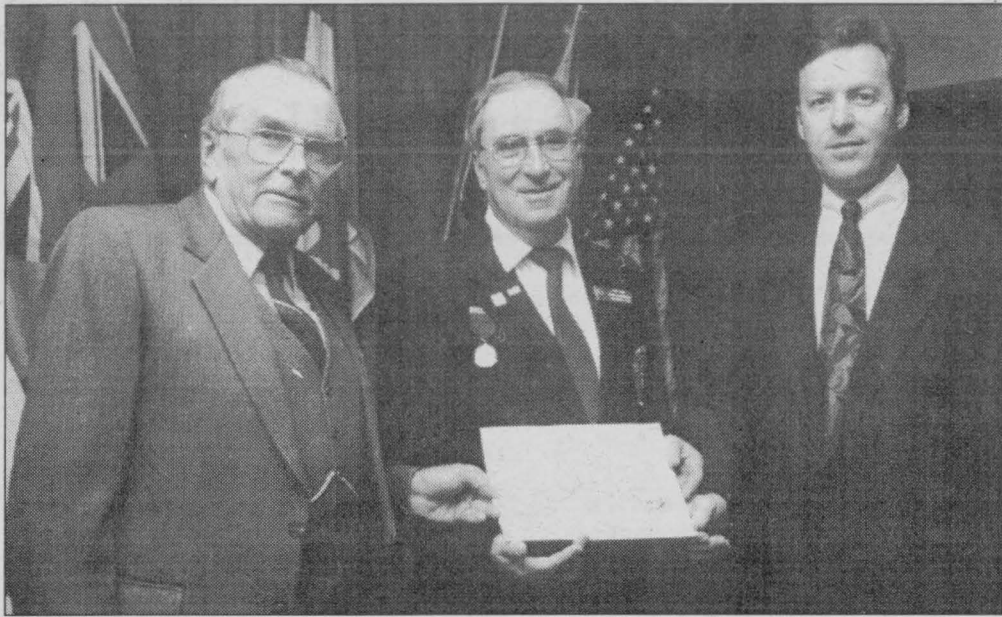
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Health Canada, reported cases of HIV are increasing in Canada (in fact, we have one of the highest rates of infection in the developed world), while deaths due to AIDS are declining. One explanation for this trend is that individuals with HIV are receiving better care. Another is that newer, more effective treatments, such as d4T, a new generation of AZT, are now more readily available.

Reducing Heart Disease



The Army, Navy & Air Force Veterans in Canada, Unit 342 Inc., are helping reduce the toll of heart disease in Canada through generous donations made by members. Pictured receiving a certificate of appreciation from Bruce Tessier, President of the Cornwall Chapter of the Heart & Stroke Foundation and Malcolm Macdonald, non-residential Chairman is John Lamoureux, President of Unit 342 of the Army, Navy & Air Force Veterans.

(photo by Aubrey Johnson)

Youth Service Canada 1997 Project Comes To An End

by Kristy Masson and
Jenny Myers
YSC Participants

Well, it's that time for this year's Youth Service Canada Project to come to an end.

In the past six months, the Youth Service Canada Participants have accomplished a "Discover Cornwall" brochure, worked in the Community Gardens and Ecology Park, did Bat Research producing a mentoring package, pruned

trees and worked in various offices.

All of the participants enjoyed working at their job sites and they will always cherish the experiences they made. The participants would like to send a thank you to all their partners and a special thank you to YSC coordinator, Denis St. Jean and assistant coordinator, Jane Dennison for dealing with twenty participants and who were always ready to take that extra step assisting

them tremendously with extra activities. They also would like to thank Mr. Kevin Parkinson from T.R. Leger Public School Board for getting the grant; without it, YSC wouldn't have been possible.

The Youth Service Canada Participants would like to send a "Good Luck" to the new 1998 YSC group and to the 1997 YSC group, lots of luck in the future and have a great New Year.

Children's Entertainer in Cornwall Fred Penner To Perform at Carnival '98

To a pre-schooler, Fred Penner appears to be about 20 inches tall. After all, he fits in the TV set every day, and his face is the perfect size for a cassette case. It's no wonder Fred often encounters astonished tykes who, upon eyeing the entertainer's 6'2", 200 pound frame, exclaim:

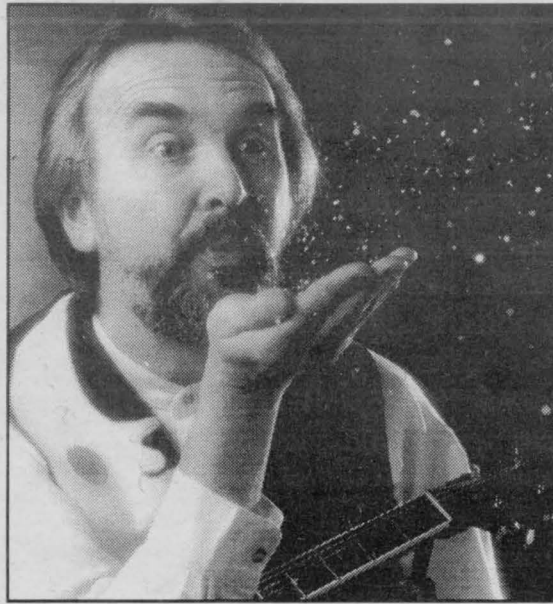
"You're much bigger than I thought you were..."

Physical stature aside, Fred Penner really has become bigger than life. He has chalked up an impressive ten albums, record sales over the million mark, a dozen home video's, a popular television program shown on CBC television and the Odyssey cable network, reaching over 28 million homes across the United States in syndication as well as developing, creating and starring in a whole new series of Fred Penner music video's for CBC television. Add to that the multiple awards to his credit ... and yet, his love for entertaining families shows no sign of slowing down.

"The amount of warmth and

affection that I receive from the audiences is really what keeps me going and gives me a purpose. I count my blessings every day that I'm actually allowed to be an entertainer," says Fred.

Fred's musical career practically began as soon as he could harmonize. As a precocious four year old, he would make up songs while travelling on the bus with his mother. In grade school, Fred taught himself how to play the guitar, and performed in school choirs and pageants. He recognized the therapeutic value of music through experience with his sister, Susie, who had Down's



Syndrome. After graduating from university with a degree in Economics and Psychology, Fred spent time working with mentally and physically challenged children, using his considerable musical talents to comfort and entertain.

"Even today, I'm amazed what the power of music can do, and how deeply kids are affected by it. Once you realize that your songs are taken to heart, I believe you have to be responsible

in how your music is presented: that the material is positive and sensitive in addressing real life elements through a child's eyes."

Fred will perform in Cornwall on Monday, February 16th at Aultsville Hall.

"This Carnival event is sponsored by Creg Quay and we at Creg Quay are proud to be part of Carnival '98 Feb. 6 - 16 here in Cornwall," says Jacques Bazinet, Director of Marketing, Creg Quay.

Fred Penner never stops working or creating. Don't miss this fantastic show. Ticket locations will be announced shortly.

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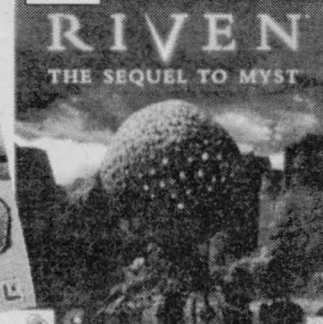
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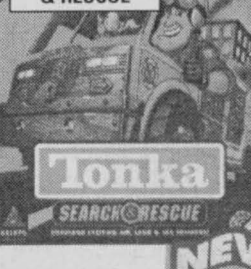
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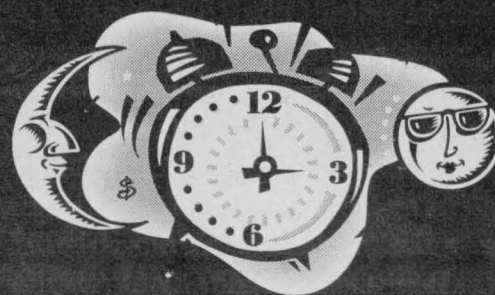


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Opinion

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Economic System Continues To Screw Women

The latest attempt at social engineering - pay equity for women - has fallen flat on its face in the case of Red Cross homemakers.

Even as we speak, various parties are trying to find a way out of the bizarre mess, in which the Red Cross now finds itself as a result of provincial government pay equity legislation. The legislation dictates that Red Cross female homemakers must get a whopping pay raise even if it puts them all out of work the next day.

Under the law, the Red Cross has been ordered to meet the pay equity dictum but it does not have the financial resources to do so. It will have to shut down its entire homemaking service unless a solution is found.

The not-for-profit Red

Cross homemaking service is a centrepin of our health and social services safety net. Homemakers make regular visits to the residences of the ill or partially incapacitated and help them with some basic, necessary tasks. It is, of course, much cheaper than having these people kept in hospital or other institutions.

There are also private profit-making agencies that offer this service and compete with the Red Cross Service. And it is here where the profound irony in the pay equity situation is to be found. If the Red Cross closes down, it would be possible for smaller profit-making homemaker services to hire them, at even less pay, to do the same work. Why? Because small companies can be exempted

from the pay equity legislation.

In other words, the pay equity legislation could actually result in these Red Cross

points out the difficulty of government trying to change economic circumstance when so much of that circumstance is determined by

ing historic injustice by punishing innocent, contemporary individuals. I know I part company with my left-wing acquaintances when I say I'm glad this legislation has been removed. I simply cannot embrace the ends-justifying-the-means argument that forms the murky basis of this reverse form of oppression.

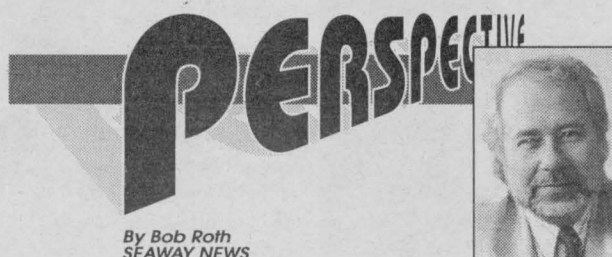
On the other hand, I find it less objectionable when the government tries to lift an oppressed class of people by simply increasing their standard of living.

Those on the right will argue that our "economy" cannot afford to equalize the historic inequities in women's labour. But whose "economy" are we talking about? The "economy" of the women getting the raises

would do just fine.

Whenever the word "economy" is uttered as though it were some natural, benign force of nature, beware; it usually means the rich are protecting their own self-interest. The same "economy" that can't pay women fairly is the same economy that allows Canadian Senators to draw a full salary while living in Mexico and provides multi-millions of dollars in federal grants and/or loan guarantees to such poverty-stricken corporations as Bombardier and to such bastions of democracy and "equity" as Red China. Please.

Women's labour has been historically undervalued, including their labour in the home. It is time for that situation to change.



By Bob Roth
SEAWAY NEWS

workers earning even less money.

Needless to say, there are people at work - both inside and outside of government - to see what can be done to alter this potential chain of events.

The hideous contradiction in this legislation once again

the private sector.

I must confess to mixed feelings about government intervention in the "equity" issue. For example, I did not support the reverse discrimination inherent in so-called "employment equity" legislation, which imposed the dubious morality of rectify-

SEAWAY NEWS LETTERS TO THE EDITOR

Jesus Was Our Saviour

Dear Editor:

Mr. Roth's editorial entitled The Divine Death of Jesus Christ raises some interesting questions. Mr. Roth expresses a desire to have an intelligent discussion concerning who is Jesus Christ and can the Bible be taken literally.

According to the Bible it was written by individuals inspired and led by God. Since the Bible is God's Word and God's Word is truth, can we dare say the Bible is incorrect and God is wrong?

The real issue in all of this is do you believe that God loved the world so much that he gave his only Son so that everyone who believes in him may not die but have eternal life. God didn't send Jesus into the world to be its judge, but to be its Saviour.

Jesus took our sins and paid the penalty for them so we wouldn't have to. The payment is death and he died in our place because he loved us. When we tell Christ we acknowledge ourselves as sinners and lost and received him, he gives the power to become children of God. When we become children of God we have a relationship with God, eternal life and because Jesus paid our penalty, we also have forgiveness for our sins.

Who else could have this much love and mercy except God. It is your decision whether to believe in Jesus Christ as your Lord and accept him as your Saviour.

Brian Markell
Long Sault

Making The Blood System Safe Again

Dear Editor:

Like so many others, I have been awaiting Judge Krever's report on the blood scandal. No, I do not have relatives who contracted AIDS or Hepatitis C. My heart has ached for all those who have suffered.

The tragedy of so many receiving contaminated blood should never have happened. Enough was known how AIDS was spread. The former name of AIDS was GRID (gay related immune deficiency syndrome). Through political pressure the name was changed.

I am a retired registered nurse who was employed at the Royal Victoria Hospital in Montreal from 1975 to 1987. Patients with AIDS were being admit-

ted in the early eighties.

As soon as these patients were admitted, doctors gave lectures to the staff and literature on the disease was available.

I personally got booklets and mailed them to provincial premiers, the Federal Minister of Health and to the Prime Minister. I suggested compulsory AIDS testing and follow up of sexual contacts. This was always done in cases of Syphilis and Gonorrhea. I was told that would be an invasion of privacy. Over the past fifteen years, I have made the same suggestion to every Federal Health Minister and received the same answer.

Some in the Red Cross made very

serious errors in judgement. The safety of some blood was in doubt. Yet it was made available to hemophiliacs. Safe blood was available at the time. Delays were made in notifying those who could have received contaminated blood. Records were shredded when it was known investigations were being done.

So what will it take to make the new blood system safe? There's more than a possibility that new types of viruses will develop. Caring, vigilant, responsible people, sufficient funds, a cooperative government and the grace of God should make a safe system.

Mary Sproul
Cornwall

Should History Be A Compulsory Subject?

Dear Editor:

Mr. Roth's article on raising a nation of civic ignoramus, (Seaway News,

December 7th) along with his support for making history and civics compulsory at every grade level, makes

for some interesting discussion. Example, history and histoire textbooks used at the same grade levels, often taught different interpretations of past events in different languages to different groups of youngsters during the days of compulsory history. Now we wonder why we have a separatist problem in Quebec.

In Japan, history textbooks in their public school system nicely avoids mentioning Japanese political and military misbehaviour prior to and during World War II. Is there any value to teaching distorted, perverted and warped history to a generation or more of students? Today, history in most schools is taught from the politically correct perspective, including that which is taught in the USA and Canada. It took a hatemonger like Ernst Zundel to

shock high school history students into thinking for themselves and independently search the historical facts, prior to Zundel's dismissal as a teacher.

While we may justify the dismissal of a Zundel from the classroom, responsible and dedicated teachers of history have also been removed from the classroom, not only in repressive nations, but also in the USA and Canada, for such petty reasons as the teacher did not use the approved text, or used an unapproved text like Plato's Republic to illustrate a point on the history of ideas. Due to political and bureaucratic control of the teaching of subjects like history, through such means approved texts and approved curriculum content, I do not share Mr. Roth's enthusiasm for the value and benefit of compulsory history in every grade. Those interested in history may get more value from watching documentaries on the TV history channel.

Harry Valentine



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

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

Some "Light" Talk For Christmas

Well, I hope Christmas went well and that the New Year brings plenty of health and happiness to everyone. It is a good time to reflect upon life and the many blessings we have been given.

It is also a good time to make light talk and this is one of those columns.

Start with lawyers. They can be a funny group and lawyer jokes abound everywhere. The best kind, however, are the ones taken from real life.

I found a good one recently that reflects life in the courtroom as it really is. It came from Judge Jerry Buchmeyer of the United States District Court for the Northern District of Texas, who writes a monthly article in the Texas Bar Journal.

He prints reader submissions of humorous

exchanges between lawyers and witnesses taken from deposition and trial transcripts. This one is a classic.

Attorney: So, doctor, you determined that a gunshot wound was the cause of death of the patient?

Doctor: That's correct.

Attorney: Did you examine the patient when he came to the emergency room?

Doctor: No, I performed the autopsy.

Attorney: Okay, were you aware of his vital signs when he was at the hospital?

Doctor: He came into the emergency room in shock and died in the emergency room a short time after arriving.

Attorney: Did you pronounce him dead at that time?

Doctor: No, I am the pathologist who performed the autopsy. I was not involved

with the patient initially.

Attorney: Well, are you even sure then that he died in the emergency room?

Doctor: That is what the

but you were not actually present to examine the patient and pronounce him dead, isn't that right?

Doctor: No, sir. I did not

MEANWHILE...

Fred Sagel



records indicate.

Attorney: But if you weren't there, how could you have pronounced him dead, having not seen or physically examined the patient at that time?

Doctor: The autopsy showed massive hemorrhage into the chest, and that was the cause of death.

Attorney: I understand that,

see the patient or actually pronounce him dead, but I did perform an autopsy and right now his brain is in a jar over at the county morgue. As for the rest of the patient, for all I know, he could be out practising law somewhere.

Anybody who's ever looked seriously for a job

knows how tough it can be. You have to be right on the ball when you go to that interview.

But sometimes people can be strange.

A major hiring study conducted for Commemorative Brands in the United States has found that some people really pull off some major blunders when they go for that all-important interview and end up saying goodbye within minutes of their first hello to an interviewer.

When interviewers were asked to recall what the most unusual or humorous incidents they could remember, here were some of the responses:

• "The reason the candidate was taking so long to respond to a question became apparent when he began to snore."

• "Why did he go to col-

lege?" His ill-conceived answer: "To party and socialize."

• "Said she had graduated cum laude but had no idea what cum laude meant."

• "She actually showed up for an interview during the summer wearing a bathing suit. She didn't think I'd mind."

• "I had asked the candidate to bring a resume and a few references. He arrived with the resume - and two people."

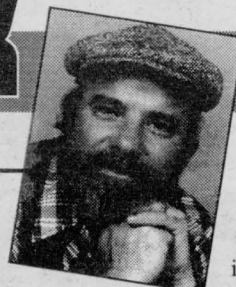
• "One guy had a pizza delivered during the interview because he was hungry and thought he could do two things at once."

The survey sure is interesting and it teaches us something. Hopefully, we'll all learn from our mistakes as we enter into the New Year.

Happy New Year, everybody.

BASIC BLACK

By Arthur Black
SEAWAY NEWS



wretched wigs and toupees) -- bald is chic. And not just with human skulls. What's the trendiest building an upwardly mobile

metropolis can throw up these days? A dome! Seattle's got the Kingdome. Houston has the Astrodome. Here in Canada, Toronto and Calgary boast the Skydome and the Saddledome respectively.

I tell ya, for a guy who's had a wide part in his hair since before Wayne Gretzky could skate, these are, um, heady times to live in.

Seems like just about everybody's trying to be bald these days. Where I live, the hit of our Fall Fair last September was Bevan the Barber. That's because he showed up, clippers in hand, and proceeded to shave the heads of our entire fire department and police detachment. Every officer (men and women) cheerfully agreed to have their heads shaved to raise some money for charity.

Now, there was a time not so very long ago when all of those folks would rather have lost an arm than appear bald in public, but no more. Bald is In. Glory be.

You can't imagine how sweet this latest fashion development is for those of us

who have had to go through a life as 'follically challenged' persons.

Oh, it's not being bald that's bad. That's easy. The hard part is the lame jokes we have to endure from our fur-infested, less-evolved brethren.

"Hey, baldie...is that really your forehead or did someone forget to turn a floor lamp off? Heeyuk."

"Don't walk too close to the budgie cage. He'll think you're the egg that got away! Har har!"

"Hey! Izzat the top of yer head or didja clear a runway for mosquitoes? Nyuk Nyuk!"

The bummer is, no matter how dumb the joke may be, bald guys are expected to

react like they've just heard a killer one-liner from Dave Letterman. Otherwise you get branded as a poor sport.

Am I bitter? Nah. I'm just sorry it's taken the rest of mankind so long to figure out something we 'natural' baldies have known for years:

That what's hair today can be gone tomorrow.

-that we're not going bald: we're gaining face.

-that a bald man is an honest man -- you can see he's got nothing to hide.

Take it from a guy who's medicine cabinet is free of mousse and hair gel and expensive, useless hair restorers -- balder really is better.

No fuzz -- no bother.

I do not consider myself bald. I am simply somewhat taller than my hair.

Anon

Let me throw some names at you: Sean Connery. Donovan Bailey. Patrick Stewart. Michael Jordan. George Foreman. Sinead O'Connor. Mark Messier. Evander Holyfield.

Notice anything those folks all have in common? It's more what they don't have in common: scalp foliage. Dome fur.

Head hair. Every person on that list sports a noggin as naked as a cue ball in a wind tunnel.

Not only are they bald -- several of them are voluntarily bald. Basketballer Michael Jordan, singer/hockey linead O'Connor, and nutbar Sinead Mark Messier could still put away their gillette razors and grow bushels of hair if they cared to. They don't. They opted for baldness.

Finally! After centuries of bad jokes (not to mention

Ontario Hydro Reform

Goals include more jobs, lower prices

The Ontario Government has released a plan that would introduce competition into the electricity market with the goal of job creation, increased investment, lowest possible prices, improved environmental protection and greater accountability to taxpayers.

Under the plan, Ontario Hydro's 90-year monopoly of the electricity system - from generation to transmission and price-setting - would end and competition would begin in the year 2000.

"It is simply not acceptable that Hydro's business performance has faltered so badly over the past decade, that power costs have risen by 30 per cent in the early 1990s and that Hydro's debt exceeds \$30 billion. Ontario's household electricity rates are the third highest among Canadian provinces - a concern for many families," said Jim

Wilson, Minister of Energy, Science and Technology.

"We are flipping the switch on a more competitive and responsive electricity system and creating new opportunities for the people of Ontario," said Mr. Wilson in releasing the government's White Paper on electricity reform.

"In response to a lengthy consultation process and widespread demand for reform, we have produced an ambitious but cautious and balanced plan that introduces the benefits of competition and restores vitality and integrity to Ontario's publicly owned electricity system," the Minister added.

The government proposal, which requires the approval of the Ontario Legislature before it can be implemented, would reorganize Ontario Hydro into three separate corporations. The Ontario Energy Board's mandate would be expanded to safeguard the interests of consumers and other stakeholders.

Under the plan, customers would be able to freely choose among electrical suppliers. This would be similar to the way gas

pipelines became common carriers when that industry was opened to competition. Since that happened, gas prices have been lowered and savings to the Ontario economy have been estimated in the billions of dollars.

Opening the electricity market to competition is a trend taking place throughout North America and elsewhere. "Maintaining the status quo is not an option. To do so would place us at risk of losing our competitive edge in job creation and new investment. The plan we are proposing will enable us to build on the economic recovery now under way in Ontario," said Mr. Wilson. "It would also provide the safe, reliable, competitively priced electricity that Ontario's consumers deserve."

Copies of the White Paper - entitled "Direction for Change - charting a course for competitive electricity and jobs in Ontario," can be obtained in the Toronto area by calling, (416) 325-4000, and in all other areas, 1-800-565-4923 or visit the government's web site at:

www.ene.gov.on.ca or www.ofina.on.ca.

SEAWAY NEWS LETTERS TO THE EDITOR

Social Assistance Reforms Are Working

Dear Editor:

During the provincial election in 1995 Mike Harris promised to reform social assistance in Ontario, offering people a hand up rather than a hand out.

The voters gave us a strong mandate, and our government immediately went to work. Over the past two and a half years we reduced welfare rates to 10 per cent above the national average, brought in measures to combat waste and fraud, and introduced Ontario Works, our mandatory workfare program.

I'm pleased to say our social assistance reforms are working and making a positive difference in people's lives. Premier Harris outlines our achievements in the enclosed newspaper column.

We are hoping, through you, to reach out and communicate directly with your readers. I ask that you please consider using this column in the near future.

Sincerely,
Dan Miles

Caucus Media Relations Officer
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O.P.P. Promotion



Local media representatives were on hand at the Ontario Provincial Police Upper Canada Detachment on December 11th, to meet with detachment, Commander Inspector Michael Hopkins, who was promoted to this position in July of 1997. Inspector Hopkins overlooks 65 uniform and 10 civilian members of the Upper Canada Detachment, which polices Stormont and Dundas counties. Inspector Hopkins strongly believes in developing community ties and he is a staunch supporter of community policing, which the O.P.P. has adopted as the method of the future.

Pictured are Senior Constables A.C. Lummiss and J.W. Doiron with Inspector Michael Hopkins.

(photo by Aubrey Johnson)

S.L.H.S. Student in the Spotlight

Shannon Youmelle

by Yasmin Jessa

On November 20th, 1980, a Star is born. Before I tell you all the great things you need to know about Shannon, let me tell you what you really need to know. Shannon's impatience sometimes gets the best of her. One good example of this impatience is her birth situation. Shannon, was so eager to make her debut in the world that she had to come out two weeks early!

Now, let me share what I've learned about Shannon Peggy Youmelle. Shannon is a fun, spirited and dedicated girl that I've had the pleasure to meet. She has a positive attitude that shines through her warm smile. I asked one of Shannon's favourite teachers, Mrs. Armstrong, what she thinks of this hard working teenager. "Shannon always gives her best effort, she is vibrant and energetic." Some of Shannon's interests include: playing on the school soccer team as well as with the Kinsmen Minor Soccer Association. Shannon is also a certified soccer referee. In



YOUUELLE

Shannon plays the clarinet in the school band and of course she loves putting together the school's annual yearbook where she is co-editor.

This year, Shannon took on another big project, Student Council. Ever since grade nine, Shannon has wanted to contribute her best, by becoming part of Student Council. Her slogan for this campaign was "You'll do well with Youmelle!" Shannon never gave up hope and this year she succeeded. "It took me three years to get on council, but I finally made it. Mr. Dulmage and the rest of the members are great people to work with." One of her accomplishments on Student Council was helping Pierre Tranchemontagne organize the annual SLHS Leadership

Conference, Saintsational. And next year, Shannon will be taking over the reigns. Pierre said he was pleasantly surprised with Shannon's ability to take on big projects. He enjoyed working with her, and is quite confident that she will do a great job next year.

In her spare time, which isn't much, Shannon balances her job at No Frills, her OAC classes and hanging out with her friends. Here is what some of Shannon's friends have to say about her. "Shannon's spiffy!" says Crystal Reid. Her closest friend Fiona says, "Shannon is just a Big Kid". Shannon enjoys listening to Blur, watching TV and talking on the phone which all take a back seat to her favourite movie Hackers.

After Shannon completes her high school education she is interested in pursuing a career in Kinesiology at McMaster University in Hamilton. Shannon's view for the future would like to include sport therapy for a professional sports team. "I am willing to move wherever my career takes me."

Let's Celebrate

This Week's Winner: GILLES

BONUS

Every Let's Celebrate Ad will be entered in a draw and a weekly winner will win a

Gedoro's Fine Dining in Casual Comfort

Dinner Club Card

plus ... a Gedoro's mug!

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 is 5:00 pm Wednesday.

RAN-GAL PHOTOFINISHING

Did You Know Ran-Gal Offers

12 exposures for \$3.95, 24 exposures for \$5.99, 36 exposures for \$8.95.

AGFA Agfa Located At BROOKDALE MALL

WEDDING RECEPTION IN HONOUR OF

Melanie Munro AND *David MacPhee*

Saturday, December 27th - Bonnie Glen - 9 p.m. - 1 a.m.

Music by: Antrim - Everyone Welcome

HAPPY BIRTHDAY

Happy 4th Birthday on December 30th

JESSICA LEGAULT

We love you lots! Mommy, Mark, Granny & Grandpa Tremblay & family

DEADLINE FOR JANUARY 4th ISSUE

Please have copy for **Let's Celebrate & Scuttlebutt** in by **Monday, December 29th, 3:00 p.m.**



Happy 5th Birthday on December 31st

MELINDA ROWE

Love Aunt Jo Anne Aunt Diane, Mère Hugs & Kisses



Happy 9th Birthday to our beautiful daughter

Liz Ledue

who is celebrating on December 28th

Hope all your dreams come true.

All our love, Mom, Dad, Derek & Marge the Cat

LORDY LORDY Look Who's 40!

Celebrating on January 1st

P.S. GILLES

You still have that **girlish figure!!**

From your wife Lorraine, and kids Derek and Liz & Marge the Cat!



Happy Birthday! to "Nanny" **DAWN SHAVER**

celebrating on Dec. 30th

from all your grandchildren Kelli, Christine, Kelly, Ryan, Patrick, Connor, Allison and Kailey

Happy Birthday to my wonderful wife

Diane

celebrating on January 2nd ... Love Gilles.

It's A Girl! **SABOURIN**

Jennifer & Pete Sabourin wish to announce the arrival of

Maddison Brooke Sabourin

born on November 24th

Sister to Emily.

Proud grandparents: Marguerite & Andy Sabourin Theresa & Warner Watters

The O.P.P. Auxilliary Unit Volunteers for a Better Community

The O.P.P. maintains an auxilliary program of civilian volunteer members. The auxilliary program receives its mandate from the Police Service Act and has as its mission: "To provide fully trained volunteer auxilliary members to perform police duties in special circumstances, including an emergency, which the police officers of the O.P.P. are not sufficiently numerous to deal with."

Members of the Auxilliary have no police authority/power and must rely on the power arrest provision afforded regular citizens.

Duties: Auxilliary members, as part of their duties, will assist regular members and may include:

- Community policing initiatives and projects.
- Search and rescue situations.
- Crime scenes.
- Traffic control for large gatherings or events.
- Traffic accidents, etc.

Minimum Qualifications:

- Be at least 18 years of age.
- Be a Canadian citizen or permanent resident of Canada.
- Have completed the Ontario Secondary School Diploma or equivalent.
- Have completed CPR and First Aid Certification.
- Be mentally and physically able to perform the duties of the Auxilliary position.
- Be of good moral character.
- Possess a valid Ontario driver's licence with a good driving record.

ver's licence with a good driving record.

- Accumulate sufficient points in the screening and interview process and selection procedure.

Working Conditions:

Auxilliary members must be prepared to:

- Be a volunteer.
- Be able to commit the time and effort required of the program (a minimum 10 hours per month on patrol and 4 hours in-service training).
- Work in a structured environment and maintain high standards of the policing profession, often under tense and stressful conditions.
- Work with the community and the O.P.P. in identifying and resolving problems.
- Perform many duties outdoors, often in unfavourable weather conditions.
- Undertake many tasks which are routine and uneventful.

Benefits:

- An Auxilliary member is provided with an opportunity to work with the community in ensuring the pursuit of legal activities in a safe environment.
- Develop a better understanding of the police function and develop an esprit-de-corps with regular and fellow members.
- The O.P.P. provides uniform and equipment to all phases of the Auxilliary program.

• An Auxilliary member, while on duty, is covered by worker's compensation and a life insurance policy.

• Provides an opportunity for prospective candidates for the regular force to determine their interest in police work.

Locally, a unit is established at the Long Sault office of Upper Canada Detachment. In 1996, this unit, which consists of 24 members volunteered 4661 hours of their time. As of October 1997, 5149 hours have been logged in.

Auxilliary members will receive training in the following topics; community policing, federal and provincial laws, O.P.P. policy and procedures, problem resolution, communication skills, victim assistance, race relations, note taking, self defence, traffic control and firearms although they do not carry one.

The ranking structure is similar to the regular force. A command unit is established at general headquarters in Orillia. The liaison officer at Upper Canada Detachment is regular member Constable Ivan Lalonde. Constable Lalonde was himself an auxilliary member and used it as a stepping stone to his present employment.

The Auxilliary program is very rewarding and beneficial to regular members. If you are interested, please do not hesitate to call.

Operation 40



A new organization called Operation 40 Plus is off and running. The chief function of this organization is to promote the benefits of hiring mature workers 40 years of age and over to area employers in the United Counties of S.D. & G.

Pictured above (l-r) are Henry Motard, Project Liaison with volunteers Jacques Lacelle (seated) and Andre Rivette.

(photo by Aubrey Johnson)

Miracle Drug Doesn't Work Miracles

(NC)—According to new research published in Nature Medicine and Nature Structural Biology magazines AZT, a so called thymidine analog drug and one of a combination of drugs commonly used to fight HIV, is less effective than it might be due to a fundamental flaw in its chemical structure. This flaw prevents AZT from being effectively metabolized in the body. As a



result, less AZT is available to attack HIV. Researchers suggest that this structural flaw accounts for some of the resistance that develops with prolonged AZT use, and for some of its side effects. AZT, because it was the first thymidine analog to be made available in Canada, received considerable media coverage. As a result most people associate AIDS and HIV treatment with

it. Once hailed as a wonder drug, AZT is now considered less than totally effective in combating HIV.

A second generation drug, d4T, which more closely resembles naturally occurring thymidine, doesn't have the AZT flaw and, as such, has proven to be more effective in attacking the HIV virus. If you or someone you know suffers from HIV or AIDS consult your physician for more information on this advanced method of treatment.

KALEIDOSCOPE

By H.B. Kanfers
SEAWAY NEWS

Children & Consistency

To be a parent was much easier two or three generations ago because young families did not exist as a unit by themselves - they were part of an extended family. This often meant a dozen people of different ages, all living under one roof. Surrounded by these interested relatives, the new parents always had the practical help needed while learning how to become parents in an atmosphere of emotional support that simply does not exist any longer. And we know there are no substitutes of equal value.

There is evidence that certain specific behaviours by parents will almost always produce a happy, well-adjusted and responsible young adult. One of these is the importance of consistency.

Consistency means agreement or harmony and uniformity of practise. For parents this means agreement between mother and father, and uniformity in daily living activities and behaviours. In other words, mother and father should back each other up and they should stick by the rules they have set up.

To a young child, father and mother are god like. They can do no wrong. The child loves both of them. As long as the parents back each other up, the child has no problem: he can either stay up or must go to bed now; he can either

have that new toy now, or must wait until Christmas; he can either go to a movie with his friends, or stay home and help clean out the garage. There is no problem when parents agree, because children are programmed to accept their parents united decisions, even if they grumble about it.

The problem begins when a child starts working on a parent to see if a mind can be changed. All children try this. Some become masters at it and literally pit the parents against each other in daily battles of manipulating. In the case of divorced parents with shared custody, clever children can keep this going for years and years.

An easy way to nip this in the bud is to ask "what did your father/mother say?" every time your child asks for a privilege. This simple tactic does two important things - it shows that you care about what the other parent thinks, and it automatically makes the child tell the truth. Usually this is a straight forward "I haven't asked."

The real significance of this, however, is that children learn that mother and father have an equal say, that they stick together and really mean what they say. That recognition, according to research, produces a secure child with respect for both parents.

To give in to a child's request against better judgement is often the way parents solve a problem, out of sheer frustration, or simply to restore peace. But this sets a very destructive precedent, for it gives children the power to manipulate. Now they know that with persistence, one parent will always give in. Parents who like being their child's best friend, good buddy, or confidante, are manipulated this way, usually without being aware that it is the child who holds all the power in the relationship.

For children who have learned to get their own way by manipulation, it comes as a great shock to find out that in school this method does not work. Often these children cause much unnecessary confrontation between home and school, because the parents usually cannot see what the real problem is.

By being consistent in the way we deal with standards of behaviour and the expectations within our own family, we provide our children with a sense of security that lasts a lifetime. More than that - we demonstrate tolerance and respect and loyalty to our partner, and our children absorb this and will follow in our footsteps. As the social environment expands, children will then be able to demonstrate what they have learned at home, by being cooperative and dependable away from home. And that is our reward for being patient and consistent in one daily interactions with our children in this joint journey of learning and discovery.

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FRAME & LENSES

REGULAR
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SEAWAY NEWS

ENTERTAINMENT

I trust everyone had a very **MERRY CHRISTMAS** and that you were able to make some contact with your family and friends. Relax...no more rushing around to hunt for that ideal gift or tinsel and wrapping paper. **THE SPIRIT OF THE HOLIDAY SEASON CONTINUES** for awhile yet but the hustle and bustle part is over for another year. Now we can all sit back and prepare to make our New Year's Eve preparations and, better still, our long-range plans for the year 1998.

THE CORNWALL COLTS are returning to the ice at the Civic Complex for a couple post Christmas games. They host Ottawa this Sunday with a 7:30 p.m. encounter and then on Tuesday, December 30th Hawkesbury will be here to complete the 1997 part of the CJHL season. Then comes a nice break until January 8th. All and all it's been a good first half and we wish the players and management good tidings and a victorious three more months in the regular season.

If you haven't already reserved some space at your favourite night spot to celebrate **NEW YEAR'S EVE**, you just may be out of luck. But a quick telephone call around may still produce results. Many establishments usually can find "room in the Inn" for another couple. Good Luck and even if you decide to stay at home to celebrate

Good movies this week at the **BROOKDALE CINEMAS** and at the Port Theatre. Brookdale has **TITANIC**, **SCREAM**, and Disney's **THE LITTLE MERMAID**. The matinee's are **HOME ALONE-3** and **ANASTASIA**. At the Port on Montreal Road the newest James Bond effort called **TOMORROW NEVER DIES**.

As this is being typed we are experiencing a few inches of new snow to cover up

what was almost melted away over the last week due to the milder temps. The forecasters are also calling for some additional flurries for Christmas. Please take extra care and caution while contending with the snowfall. That could mean a slow and easy approach to shovelling out the driveway to the same cautious manner while driving. To all the folks that say, "It just wouldn't be Christmas without snow!", your prayers have been answered and more on the way. I suppose you're

please enjoy the event and once again **HAPPY NEW YEAR** and have a safe and prosperous 1998. For those in a reflective mood you just may be thinking back to those glorious days of the 50's, so here's a chance to re-visit that era. **GREASE**, a 50's rock 'n' roll musical, will be presented at the Aultsville Hall Theatre from January 24th until February 1st. Evening performances will be at 8:00 pm on January 24th, 29th, 30th & 31st, and the 2:00 p.m. matinee shows on January 25th & February 1st.

right in saying the snow compliments everything else that the holiday season offers but I sure enjoyed the springlike break we just had.

To everyone planning on bringing in the New Year

away from your home this season **PLEASE DON'T DRINK AND DRIVE**. Do the designated driver thing or simply leave the car at home and hop a cab. We certainly want you back reading the NEWS.....not a G'Night and G'Day.

making it in 1998. Thank you for taking the time over the last twelve months to peruse this space and I look forward to your attention continuing. **HAPPY NEW YEAR** to all and to all a G'Night and G'Day.



Entertainment - Special Events & Restaurant Review - By Bill Gallant

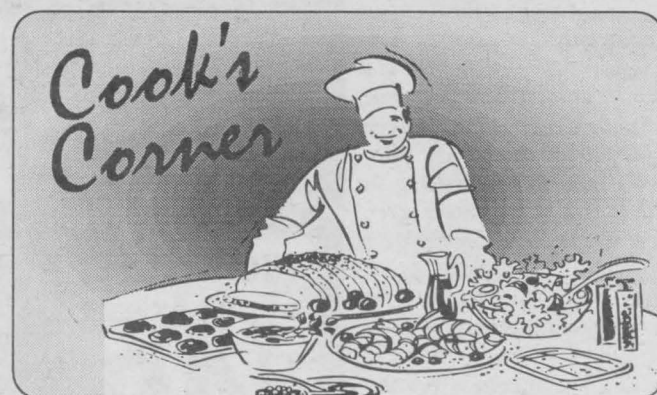
North Star Services



Pictured above from left to right are: Steven Leduc; Delbert St. Louis; Claudia Schwerdtfeger; Jerry Fetterly (centre); John Desjardins. North Star Services is looking forward to serving the SD&G area. We are pleased to announce SatTech Seaway Valley Program Centre has joined our company which will now be known as North Star SatTech. To hear more about North Star SatTech, call the North Star Info Line, our free info line at 930-2060 and access code 310. Our Info Line covers numerous topics such as the weather, horoscopes, upcoming events, support groups, clubs and numerous others. Watch for our Info Line Directories coming soon. North Star Services wishes everyone a Merry Christmas and a prosperous New Year.

PORTO Bello
CELEBRATE
New Year's Eve
WITH US!
Three Different Packages
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Cornwall or Morrisburg Location!
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Lemon Peppered Sole **\$24.95**
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Or Join Us in The Pub for our New Year's Eve Buffet
Full Salad Bar, Roast Beef,
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First Seating at 5:30 to 8:00 p.m.; Second Seating 8:30 p.m.
Don't be disappointed!!! Reserve Early!
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Dough
2 cups (500 mL) all-purpose flour
3 tablespoons (45 mL) granulated sugar
1 package (8 g or 2-1/4 teaspoons/11 mL) Fleischmann's Traditional Active Dry or Quick-Rinse Instant Yeast
1/2 teaspoon (2 mL) salt
1/3 cup (75 mL) milk
1/4 cup (50 mL) water
3 tablespoons (45 mL) butter or margarine, cut up
1 egg
Filling
1/2 cup (125 mL) slivered almonds, toasted
1/3 cup (75 mL) packed brown sugar
1 tablespoon (15 mL) freshly grated lemon peel
2 tablespoons (25 mL) butter or margarine, melted
Icing (optional)
1 cup (250 mL) sifted icing sugar
3 to 4 teaspoons (15 to 20 mL) fresh lemon juice

YE OLD ENGLISH FISH 'N' CHIP SHOP
'Cornwall's Only English Fish & Chip Shop'
• Fish & Chips • Shrimp • Eat In/Take Out
• Steak & Kidney Pie • Seafood • We Deliver
Holiday Hours
December 26 from 12 noon
December 27, 28, 29, 30, 31 - 10 am - 8 pm
January 1 - 10 am - 8 pm
Managed by Ray & Clara Henstock
Lunch Specials
9, 1st Street East
933-6411

Citrus Twists

Makes 8 twists

To make dough: In large bowl, combine 3/4 cup (175 mL) flour, sugar, undissolved yeast and salt. Heat milk, water and butter until warm (105 to 115°F/40 to 45°C). Gradually add to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and 1/4 cup (50 mL) flour; beat 2 minutes at high speed. With spoon, stir in remaining flour to make soft dough; grease top. Cover tightly with plastic wrap; refrigerate 2 to 48 hours.

To make filling and shape: In small bowl, combine almonds, brown sugar and lemon peel; reserve. Remove dough from refrigerator; punch down dough. Roll dough to 21x8-inch (53 x 20-cm) rectangle. Brush center third of dough with 1 tablespoon (15 mL) melted butter, covering 8x7-inch (20 x 17 cm) portion. Sprinkle with half the filling. Fold one of the remaining dough thirds over filling. Brush folded dough with remaining butter. Sprinkle with remaining filling. Fold remaining dough third over filling; pinch edges to seal. Cut into 8 (1-inch/2.5-cm) wide strips. Twist each strip two or three times. Place on greased baking sheet. Cover; let rise in warm, draft-free place until doubled in size, about 20 to 40 minutes.

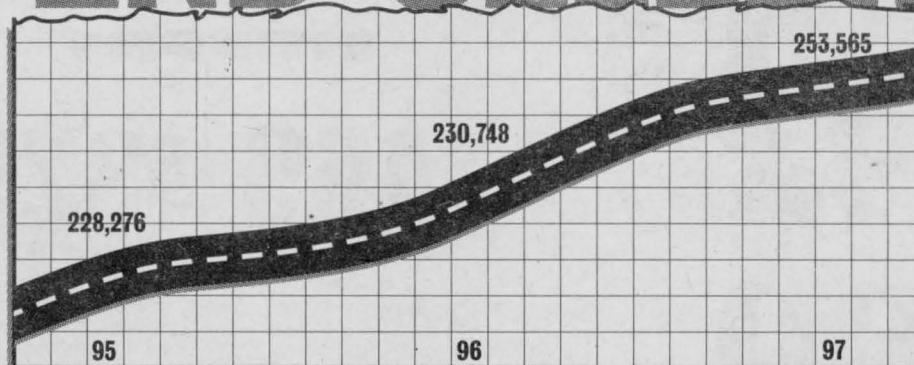
Bake at 375°F (190°C) for 12 to 15 minutes or until done. Remove from pan; cool on wire rack.

To make icing, if desired: In small bowl, combine all icing ingredients; stir until smooth. Drizzle over twists.

QUICK BREAD
FOR SALE: Top-of-the-line electric range with self-cleaning cycle. Best offer. Call 000-0000 after 6pm.
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Find a home for your range, or other appliance and cook up some instant cash with an ad in our Classified listings. It's simple, it's affordable and it really cooks.
Call 933-0014 To Place Your Ad!

CHRYSLER'S EXTRA \$500* YEAR END CELEBRATION

We're offering an
Extra \$500* Off all* '98
and remaining '97s,
in addition to all
current offers.



It's our way of thanking
Canadians for a 3rd year of
record-breaking sales
in cars, minivans, trucks
and Jeep..

Don't be fooled by financing rates. The importance of the advertised purchase price should not be overlooked.
Compare prices and you'll find that Chrysler offers great value in each category.



'98 Dodge Stratus/
Plymouth Breeze
24A Package

Current Value Price
\$18,899
Extra
-\$500*
\$18,399**
Celebration Price
\$2,371
Total Reduction
from MSRP†



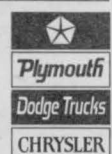
'98 Dodge/Plymouth Neon

Make your best deal on any* '98 or remaining '97 model. Then get an
EXTRA \$500* OFF!
Plus complimentary tank of fuel†† with every purchase.

HURRY! OFFER ENDS JAN. 3, 1998.
SEE YOUR LOCAL CHRYSLER DEALER NOW.



* Excludes Viper, Prowler, Durango, '98 Intrepid and Concorde. \$500 factory to dealer incentive applies to retail purchases or leases of vehicles delivered by January 3/98. ** Price includes factory to dealer incentives. Price excludes \$695 freight, licence, insurance, registration and taxes. Dealer may sell for less. Limited time offer for vehicle equipped as described: Dodge Stratus/Plymouth Breeze 24A. Offers apply to retail deliveries of 1998 models and remaining '97 models and must be taken from dealer inventory by January 3/98, for personal use only. See dealer for details and conditions. † Based on MSRP for vehicle equipped as described as published on the Chrysler Canada web site (www.chryslercanada.ca). Dealer may sell for less. Actual savings will vary depending on average selling price of these vehicles in your area. †† A full tank of fuel with every purchase or lease of a new 1998 (Retail or Fleet). ® Jeep is a registered trademark licensed to Chrysler Canada Ltd. www.chryslercanada.ca





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Only \$399
 No Extra Charge for Delivery!

A beautiful casual sofa that fits any decor. Chair \$299 Loveseat \$369

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312 coil construction, insulated with 3/4" foam and insulating pad for long lasting comfort.

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2.7 Cu. ft. extra large capacity washer features 6 programs and 3 water levels.

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Kelvinator Self Clean Range
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30" Self clean range with electronic delay cook timer, lift-up cooktop, fluorescent light, variable broil.

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Only \$699
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2 full width adjustable cantilever shelves, glass covered vegetable crisper, meat keeper rollers for ease of moving.

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27" TV
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ColorTrak Plus picture with Picture-in-Picture resolution comb filter MasterTouch universal

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DVD Player
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 WHILE QUANTITIES LAST! NO PHONE ORDERS!
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*O.A.C. All applicable taxes and a processing fee of \$45 is due at the time of purchase (E.g. \$1500 purchase with \$45 PF equals an APR of 3.0%). Balance due January 15, 1999. Prices, terms and conditions may vary according to region. Selection may vary from store to store. All items available while quantities last. Pick-up discounts not available on some items. See store for delivery included areas. Not applicable to previous purchases and markdown items. See store for other convenient payment options.

HO
 Saturday,
 Sunday, D
 Monday
 Wednesday
 Thursday,
 Friday

WE WAITED 52 WEEKS FOR WEEK BLOWOUT!!! IN TODAY ARE ALL AT BIG! BIG! SAVINGS!

PIP
RCA
Stereo TV
\$49
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ure, high
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rsal remote.

TV
\$99
532

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Only \$219
Lighted interior and glass shelves to display all your collectibles.

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18x Hyper zoom with wide angle lens and auto titler.

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Iron and glass top table.
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Mini System
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40 watts, 3 CD carousel, full system remote, dual full logic cassette deck, 2 way speakers.

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Complete oak finish AV unit with 27" TV opening.

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Assorted Colours.
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Genuine Italian all leather sofa with pillow top seats.
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Lovely swivel rocker available in green, rose and blue.

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OURS:

December 27 • 9-5;
December 28 • 12 - 5;
December 29 to
January 1 • 9-6;
January 1 - CLOSED;
January 2 • 9-9

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Cornwall Navy Vets Pee-Wee "B" Royals

The Navy Vets Cornwall Pee-Wee "B" Royals have had a slow stretch lately. They travelled to Prescott to play in a one day tournament. The Royals started the tournament against the home town Rangers. Goaltender Alain Landry, a call up from the Atom squad, played the first game and played very well, despite coming out on the

loosing end of a 5-1 final score. Scoring for the Royals was Patrick McLeod with assists going to Brad O'Connor and Kyle Forrester. The second game was against Kemptville, with ended in a 2-0 loss.

The following day, the Royals hosted the Pee-Wee team from Akwesasne at the Si Miller arena. The boys came

to play this game and trounced their opposition 8-1.

Scoring for the Royals were Brendon Mason (2), Marc-Andre Cuillerier (2), Matt O'Connor (2), Pat Sauve (2), assists were handed out to



Jason Jeeves (2), Kyle Forrester (2), Mark Brulotte (1), Pat Sauve (1), Brad

O'Connor (1), Kevin Hebert (2), Brendon Mason (1), Matt Sauve (1) and Billy Cooper (1). Goaltender Chris Kaddie, kept the opponents off the score sheet until there was only 10 seconds left in the game.

The Royals then travelled to Smiths Falls to play the home town Bears. Both teams played a strong game with the end result, a tie. Scoring for Cornwall were Marc Brulotte (2), Steven Viesel (1) and Brad O'Connor (1). Assists were also handed out to Pat McLeod (1) and Matt Sauve (2). Goaltender Sylvain Savard made some key saves to save the tie in his first game back in over a week. Forward Kevin Castor and defenceman Jay Caron, turned in stellar performances.

The next game was played in Westport against North Leeds, goaltender Chris Kaddie picked up his first shutout of the season with an exceptional performance that had the mothers shouting "holy moley, what a goalie"! Scoring the winning goal, the only one of the game was Kevin Castor assisted by Brad O'Connor. To mention a few of the boys names who played well, would be an injustice to others as the whole team played one of their strongest games of the year.

A special thank you to "La Belle-Hunch Back of Veizel" for her presentation at the Christmas party.

Golden Age Bowling

The annual Christmas closing remarks and on party for the Olympia Golden Age Bowlers was a huge success, and a day to long remember. A special thanks to Shirley Eastman, Simone Kearns, Eleanor Dennis, Heather Wilson, Betty Dunn and Thelma Goulet for their help and preparations of sandwiches, cookies, cheeses, veggies, dips and pickles.

Olympia Bowl supplied the donuts and coffee. Many, many thanks to Olympia Bowl and Sue Snyder, manager.

Seen assisting were Eric Dunn, Gerry Guay, Bill Wilson, George Marlin and Denise Laframboise. Sorry if I missed anyone.

League president Bill Wilson thanked and presented Eric Dunn with a much deserved purse from the league bowlers. In his

behalf of the executive, wished everyone well and the very best for the new year.

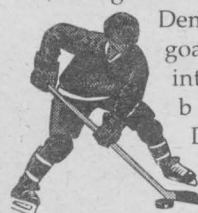
Eric thanked everyone and mentioned that several openings are available for anyone wishing to finish the season as a regular on a team. The lower the average the better. Keep fit - bowl a bit.

HIGHS ROLLED: Cliff Merpaw, 263; Elmer Sauve, 231; Eleanor Norris, 233; Rene Amelotte, 228; Lee Froats, 222; Terry Fellows, 216, 204; Joy Konynenberg, 213; Eric McCartney, 210; Simone Kearns, 207, 206; Lawrence Markell, 207; Len Marleau, 204; Wilfred Tyo, 203; Theresa Beaudette, 201; Clarence Bethune, 200.

Attendance winners: Janet Dumoulin, Eleanor Morris and Stan Bilmer.

Char-Lan Peewee Rebels

The Char-Lan Peewee Rebels won the "A" championship of the Alexandria Glengarry Tire Tournament, defeating North Dundas



Demons 4-3 on a goal 54 seconds into overtime by Leo Dignard on a pass from Justin Lalone.

Char-Lan defeated Cornwall 2-0 and NGS 5-1 to advance to the final. Tournament goal scorers were Justin Lalonde (3), Robb Schaefer (2), Robert Grant (2), Mike Fontaine, Leo Dignard, Kurtis Thomson and Ryan Lalonde with singles. In league action last week, Char-Lan defeated Perth 3-1 and Potsdam 5-0.

UH, OH CANADA

National Survey Finds Canadians Overweight and Confused About It

Fifty-one per cent of Canadians are overweight or obese, according to a national survey released this fall. Nearly as alarming is that 52 per cent of Canadians think weight has little or no impact on overall health! These are some of the key findings from the 1,300 Canadians surveyed about their attitudes and behaviours regarding weight and health.

The Canadian National Obesity Survey, conducted by research firm Pollara for pharmaceutical manufacturer Hoffmann-La Roche Limited (Roche Canada), marks the first time Canada's percentage of overweight and obese citizens has been so high - previous estimates pegged this figure at one-third of Canadians. Concerning, however, is that when asked about weight satisfaction, 70 per cent of all surveyed said they were satisfied with their weight.

Furthermore, this survey found that a significant number of overweight and obese Canadians suffer from medical conditions associated with obesity: 17 per cent reported they have high blood pressure, 12 per cent have high cholesterol and six per cent have type 2 diabetes. These individuals were twice as likely as healthy weight individuals to have these conditions. Ironically, overweight Canadians were no more likely than healthy

weight people to believe that being overweight increased the risk of any of these conditions.

"It is not surprising that the survey found over half of Canadians overweight or obese," said Dr. Levy, director of the Nutritional and Eating Disorders Clinic in Toronto. "The World Health Organization notes that the prevalence of obesity is doubling every five years, and this may explain the increase we saw in the survey. What is clear is that we have a serious health issue on our hands and Canadians must be educated to recognize the importance of striving for a healthier weight."

Foiled about Fat

The survey also revealed that Canadians were confused about what makes up a healthy diet, especially with relation to dietary fat. Over one-third (38 per cent) did not know how much fat the average diet should contain, with some citing as little as zero per cent. In fact, Health Canada recommends that no more than 30 per cent of daily caloric intake should come from dietary fat. In practical terms, a diet needs to contain at least 20 per cent of the calories as fat in order to be palatable and provide sufficient energy.

The survey went on to point out that one in two Canadians find calculating the fat content in food to be difficult. It seems that the Canada Food Guide doesn't help either. While over two-thirds (70 per cent) of Canadians are familiar with it, half (49 per cent) don't follow the Guide when planning meals.

Canadians Running Around in Circles

When it comes to exercise, Canadians are saying one thing, but doing another. Almost all Canadians (96 per cent) said exercise contributes to weight loss, but over one-third (36 per cent) said a lack of exercise was the main reason for being overweight. In addition half of Canadians claim to have used exercise programs

in an attempt to lose weight. The bottom line is that Canadians know they should exercise, but they are not doing so.

However, in spite of recognizing the benefits of exercise on weight loss, 28 per cent of overweight or obese people still do not exercise regularly, compared to their more healthy counterparts. In addition, a full 39 per cent of Canadians exercise less than twice a week.

"The survey demonstrates that a significant number of overweight Canadians do not exercise enough, for a variety of reasons," said Dr. Levy. "This is why we like to stress increasing one's activity level instead. Due to the amount of weight these people carry, mobility is hampered, let alone the ability to exercise. Increasing one's activity level, however, can be as simple as walking. Adequate consideration of pain relief may help some overweight people become more mobile."

Conceptually on-line

The survey indicates that Canadians conceptually know what makes them overweight or obese - namely a lack of physical activity and unhealthy eating; yet, they are somehow not able to put this knowledge into action.

If you are concerned that your weight is putting your health at risk, your health care practitioner can help. The first step is to increase your activity level and modify your caloric intake. Also, there are many people who can help you achieve reasonable goals in this area, such as a dietitian. If your condition warrants it, your physician may consider adding a medical therapy to your weight-loss plan. Overall, it's important to know that weight loss in the order of as little as five to 10 per cent can significantly reduce your risk for the health conditions associated with being overweight or obese. The key is not just about reducing your weight, it's about reaching a healthier weight.

WINNERS OF CORNWALL PEE-WEE "B" ROYALS DRAW: SAT. DEC. 20th, 1997

- #1 Two Tickets
Montreal vs Ottawa
Joanne Legault,
Williamstown
- #2 Two Tickets
Buffalo vs Montreal
Diane LeBlanc, Cornwall
- #3 Two Tickets Senators
Gary Chase, Cornwall

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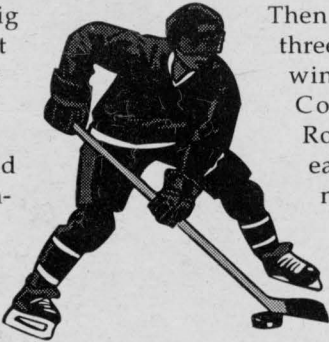
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Move Over Paul Henderson

Just like Paul Henderson and game in a row they of 1972, Troy Sinfield of the Peewee "A" Royals seems to have an act of scoring big goals when it counts. For the second tournament in a row, Sinfield scored the winning goal in overtime so the Peewee "A" Royals could capture their second tournament in a row in Brockville. What started off early on Saturday ended in a bang on Sunday. Cornwall fell behind 1-0 in game #1 until new found centreman Micheil Belmore found the net to get things rolling for the Royals. After Jeff Laframboise and fast skating Ryan Kuhn Lalonde scored in the 3rd period, things looked great, until a mental break down happened and the Royals allowed Perth to tie it up in the last 30 seconds of the game. In game #2 against Renfrew, Cornwall jumped on top of Renfrew 2-0 on goals by hard skating forwards Pete Larin and Ryan Freeland, and for the sec-



ond game in a row they allowed a team to come back, only this time it was a loss of 4-2. Then came game three and a must win for Cornwall. The Royals started early and never looked back, winning 5-0 against Osgoode on goals by Lucky Luc Langlois, Larin, Laframboise and two coming off the stick of Freeland. It was off to the semi-finals against West Ottawa just some 9 hours later on Sunday. It was hats off for Larin with Laframboise scoring two and Belmore scoring once. Leading by three goals in the third period, Cornwall's Fab Four, Defencemen Brant Garrow, Shawn Mainville, Chris Hart and Cory Hamilton had to hold off West Ottawa who kept coming at them from a hard fought 6-5 win. Then came the championship game against a very hard skating Renfrew team who beat Cornwall in game

two 4-2. It was an up and down affair with both teams playing well. Cornwall needed a late goal from Freeland to send the game into overtime, so Sinfield could do his magic. Also turning the red light in the final game were Ryan Roy, Sean Plumondon, & Laframboise. Once again throughout the tournament Dave McCourt and Shawn Pollard were solid between the pipes, helping out when called on. This makes 2 championships out of 3 tournaments. Great work boys and the coaching staff: Al, Tom, Larry and Art.



DICK AUBRY
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HOCKEY COACHING TIPS

Presented by 3M

Bench Management

Are you a good bench manager? Bench management is your ability to organize activities during a game and is an extension of effective pre-game planning. Bench management begins with establishing clear roles for all support staff. The Head Coach must be in complete charge of the bench and players and make all final decisions, while Assistant Coaches and other staff act in supportive roles. Bench responsibilities will vary depending on the strengths of your support staff. The Head Coach can take full responsibility for changing lines, or delegate authority for handling defence or forwards

to assistants. Whatever you decide, ensure everyone knows their role. Here are some suggestions:
• supervise your team during the warm up, ensuring that all players complete proper warm-up routines and goaltenders are warmed-up with safe shots of increasing difficulty.
• use rink diagrams for quick, visual explanations.
• remain positive, relaxed and in control: your players will reflect your personality.
• only the Head Coach or captains should address officials, and this must be done in a controlled, professional manner.
• ensure players are ready for all line changes and see that all players receive fair and equal

ice time.
• never contradict support staff, it only confuses the players: address support staff individually after the game, if necessary.
• all individual and team feedback should be positive and specific.
The way your players perform and conduct themselves is a reflection of your bench management skills.
For more information on improving your coaching skills, contact the Canadian Hockey Association, 613-748-5613, or the Coaching Association of Canada, 613-748-5624; or write to the associations at 1600 James Naismith Drive, Gloucester, Ontario K1B 5N4.

SEAWAY Scoreboard

CHAR-LAN INDOOR SOCCER

	Played	Won	Draw	Lost	Pts.
The Zone	9	8	0	1	24
Rudi's	8	6	0	2	18
Stars	8	6	0	2	15
Hellfish	9	1	0	8	3
Nomads	8	1	0	7	3

LEADING SCORERS

B. Pregent	16	D. Wereley	9
G. Gratton	14	T. Boos	8
C. Beauregard	10	J. Varrin	8

MEN'S COMMERCIAL BOWLING LEAGUE

INGLESIDE BOWLING LANES

	pts this wk	total		
Causeway Auto	17	238	High Triple:	
Heagle Plumbing	11	230	Randy Leclair	752
Computer Sense	15	215	Mike Brunet	733
Bruce Anderson Const.	18	213	High Single:	
Gauthiers	6	194	Randy Leclair	313
Max Auto	10	182	Matthew Bourque	310
Craigs	14	177		
Ingleside Lanes	17	167		

Christmas came early for the Ingleside Lanes team as Randy Leclair got high single and high triple scores.

UNITED COUNTIES LADIES' BASKETBALL

Game #1

St. Lawrence College: 45
Top Scorers SL: Maureen Benton
Rachel Prevost

Cornwall Gravel Pits: 45
Top Scorers Pits: Carole Blais
Sandy MacDonell

Game #2

B&M Motors: 56
Top Scorers B&M: Paulette Poirier
Carolyn Lapage

Rat's Nest: 33
Top Scorers Nest: Natalie LeBrun
Helen MacIsaac

Game #3

Bill's Sports Bar: 35
Top Scorers Bill's: Mavis Manson
Sam Schuler

Emard Bros.: 32
Top Scorers Emards: Trish Brown
Shannon Bergeron

Game #4

RayCo Sports: 37
Top Scorers RayCo: Ann Petepiece
Luann Doll

Laframboise: 35
Top Scorers Laframboise: Nicole Viau
Kerry Martel

CUCBA MITES BOYS BASKETBALL

	W	L	T	PTS
Heat	5	0	0	10
Lakers	3	2	0	6
Celtics	3	2	0	6
Pacers	3	2	0	6
Suns	3	2	0	6
Bulls	2	3	0	4
Raptors	1	4	0	2
Grizzlies	0	5	0	0

CUCBA BANTAM BOYS BASKETBALL

	W	L	T	PTS
Heat	8	0	0	16
Hornets	6	2	0	12
Rockets	4	4	0	8
Bullets	3	5	0	6
Sonics	2	5	0	4
Magic	1	7	0	2

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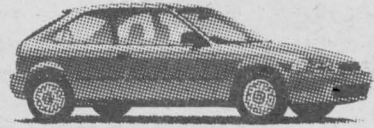
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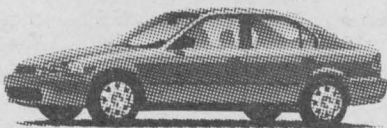
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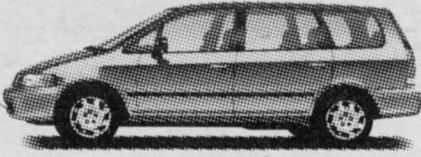
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"No one should have to go through what we went through ..."

When 30-year old Danny Vinnai visited his doctor in September 1994 because of troubling symptoms - weight loss, poor appetite, abdominal bloating - he was relieved to hear it was irritable bowel syndrome, a common intestinal problem. But a month later, those symptoms remained. And there was a new one: blood in his stool. He was sent to a specialist for tests.

This time, the diagnosis was much more serious: colorectal cancer - a disease that usually strikes people in their 40s and older, not active young fathers like Vinnai.

Within two weeks, Vinnai had surgery to remove a tumour and then was put on 5-FU, the only chemotherapy drug available in Canada for almost 35 years to treat colorectal cancer. He also underwent a colostomy to remove a portion of his bowel and to attach an external pouch to collect solid waste.

Second leading cause of cancer death: Colorectal cancer is the second leading cause of cancer deaths, with only lung cancer killing more Canadians. The Canadian Cancer Society estimates more than 16,000 new cases will be diagnosed this year alone. The cancer - which can affect the entire large intestine (both the colon and rectum) - is usually slow-

growing. But because the symptoms do not appear serious, patients may delay seeing a doctor.

Delay was not the issue with Vinnai. Yet, despite the surgeries and drug therapy, the disease spread to his liver. When doctors finally told him nothing more could be done, Vinnai and his wife Cheryl began searching for another answer. That's when they heard about Camptosar, a new drug that acts differently from standard therapy.

New treatment option: "Camptosar provides treatment options that have been previously unavailable for colorectal cancer," explains Dr. Jean Maroun, Head of Medical Oncology at Ottawa Regional Cancer Centre. "In clinical trials, the drug showed great promise in treating patients when 5-FU was not effective. And because patients can respond and the drug's side effects are manageable, cancer patients

are able to enjoy a better quality of life."

Camptosar seemed to be what they were looking for. But it was only available in Canada in clinical trials, and none was ongoing near their Brantford, Ontario home. After waiting three months to try to get the drug in Canada, Vinnai decided to go to the U.S. for weekly treatments. Midway through his second cycle of chemo, he found a clinical trial in Canada willing to accept him. By then, he had paid \$12,000 out of his own pocket. "Obviously, that was a lot of money for us. But what choice did we have?"

Now, after five months of Camptosar treatment, his tumour has shrunk and his symptoms have diminished significantly. Although not a cure, Camptosar has improved his quality of life dramatically. "I've gained lots of weight, and I can do all the things I did before:

play hockey, run around with my kids, go to work." In fact, Vinnai boasts that he led his amateur hockey league in scoring while on chemotherapy.

Even though Camptosar has since been approved for sale in Canada, Vinnai knows that if patients don't take the initiative to ask their doctors, they still may not be treated with it or other new therapies in some provinces and hospitals. He wants to encourage patients to talk with their doctors about all potential therapy options, including clinical trials. "No one should have to go through what we went through to get this or any other drug."

Diet and checkups important: Most important, Vinnai is eager to raise awareness of this "neglected disease" and to help others dealing with colorectal cancer. "It's true that some of the tests are embarrassing, but they are so important," he says, urging

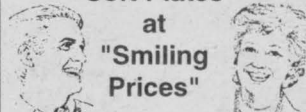
anyone at risk or with unusual symptoms to see a doctor. "It's brief discomfort, but it's really essential to get it checked out."

Symptoms of colorectal cancer include diarrhea, constipation or alternating episodes of both; change in bowel habits; an increase in gas or stomach discomfort; narrowing of the stool; a feeling that the bowel does not empty completely; general fatigue or weight loss. Risk factors include: being older than 50; having a family history of colorectal cancer or polyps (non-cancerous growths) in the colon or rectum; having inflammatory bowel disease; and a high-fat and low-fiber diet heavy in red meat.

A low-fat diet high in fruits and vegetables may be protective against developing colorectal cancer. New research suggests exercise, folic acid, aspirin and some forms of fiber may also reduce risk. The Canadian Cancer Society suggests that anyone at greater than normal risk discuss a surveillance program with their doctor.

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"Advantage™ is a revolutionary new flea control product for both prevention and treatment of flea problems," says Kim Rankin, Product Manager, Animal Health, Bayer Inc. "It is all a pet owner needs to eliminate a pet's flea problems quickly, easily, effectively and safely."

Within 24 hours of application, Advantage™ kills 98 to 100 per cent of fleas on the animal on contact, and prevents further infestation for up to four weeks on cats and at least four weeks on dogs. Advantage™ is available through practicing veterinarians, but no prescription is required. The pet owner can quickly and easily apply Advantage™, placing a small amount of the odorless, non-staining liquid directly onto the skin of the pet's back.

Effective and convenient

"Pet owners will find the product's combined effectiveness and convenience particularly appealing," explains Rankin. "Administering Advantage™ does not require the pet's cooperation - all the pet has to do is remain still for a few seconds while the owner applies the solution."

The pet owner places the solution onto a single spot for most pets, or onto additional spots for big dogs. The animal's body movements spread the solution at the hair root level and the whole body is covered. Advantage™ is not absorbed into the bloodstream or internal organs of the pet. Through its unique mode of action, Advantage™ kills fleas on contact, so the pet does not have to endure flea bites in order to work.

"Some animals suffer from flea allergy dermatitis, a condition with aggravated and often painful itchiness that is set off by flea bites. Fleas also can cause tapeworms, secondary skin irritations and, in extreme cases, anemia," explains Dr. Bruce Kilmer, Technical Services Veterinarian, Bayer Inc. "Advantage™ effectively eliminates the cause of such problems in one day."

Advantage™ breaks flea life cycle

Advantage™ treats existing flea problems and also is an effective preventive product. It breaks the flea life cycle, killing adult fleas before they lay eggs. It also continues to work after bathing or swimming, with efficacy rates remaining high.

"Dead fleas don't lay eggs, so no new fleas are produced," explains Dr. Kilmer.

"Because Advantage™ keeps working for at least a month on dogs and up to a month on cats, any fleas jumping onto the animal within that period are killed."

For most effective flea prevention and control, Advantage™ should be applied in advance of the flea season and treatment should continue once a month throughout the season. The flea season varies throughout the country, beginning in April and running through October or November in temperate areas, but is at its height across Canada throughout the summer.

Pet owners can learn more about flea control by consulting their veterinarian, browsing the Advantage™ Web site at www.nofleas.com, or calling the toll-free telephone information line 1-888-noflea-6 (1-888-663-5326).

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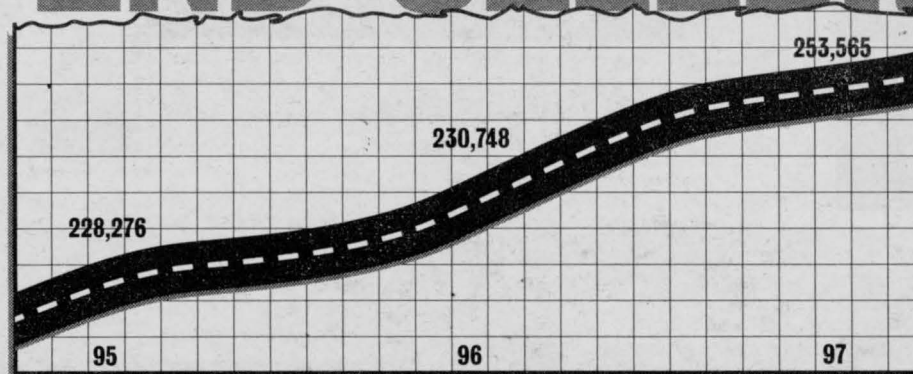
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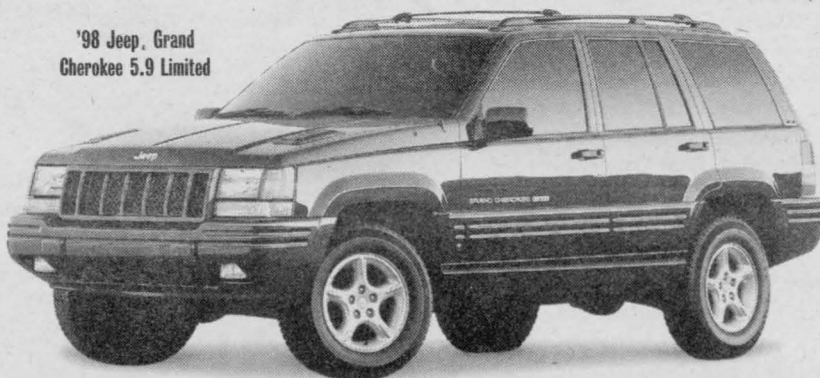
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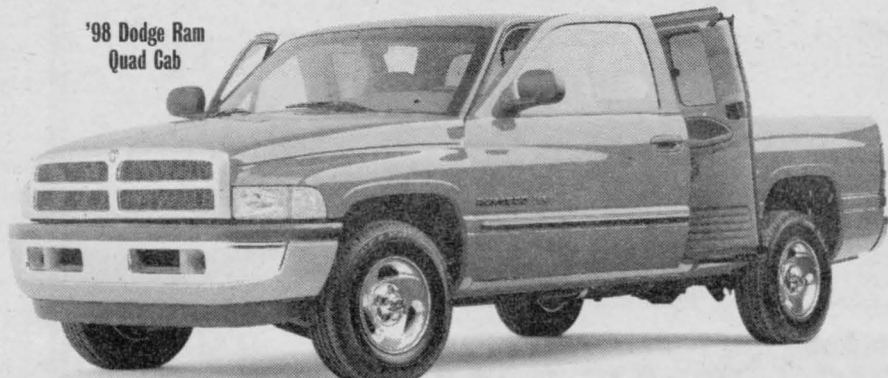


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'98 Dodge Ram
Quad Cab

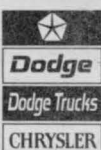


Make your best deal on any* '98 or remaining '97 model. Then get an

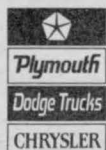
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Plus complimentary tank of fuel†† with every purchase.

HURRY! OFFER ENDS JAN. 3, 1998.
SEE YOUR LOCAL CHRYSLER DEALER NOW.



* Excludes Viper, Prowler, Durango, '98 Intrepid and Concorde. \$500 factory to dealer incentive applies to retail purchases or leases of vehicles delivered by January 3/98. ** Price includes factory to dealer incentives and no charge fourth door on select Chrysler minivans. Price excludes \$840 freight, licence, insurance, registration and taxes. Dealer may sell for less. Limited time offers for vehicle equipped as described: Plymouth Voyager/Dodge Caravan 24T+GKD. Offers apply to retail deliveries of 1998 models and remaining '97 models and must be taken from dealer inventory by January 3/98, for personal use only. See dealer for details and conditions. † Based on MSRP for vehicles equipped as described as published on the Chrysler Canada web site (www.chryslercanada.ca). Dealer may sell for less. Actual savings will vary depending on average selling price of these vehicles in your area. †† A full tank of fuel with every purchase or lease of a new 1998 (Retail or Fleet). ‡ Jeep is a registered trademark licenced to Chrysler Canada Ltd. www.chryslercanada.ca





HELLO ... IS THERE ANYONE OUT THERE?

We want to remind everyone out there that this is your public forum ... we need to hear from you, so mail, fax or drop off your little anecdote or gossip to:

329 2nd St. W., Cornwall, Ont, K6J 1G8 Fax 933-0024

Hey ... catch us on the net at seawaynews.on.ca

E-mail your little ditty to us at snews@seawaynews.on.ca

Is it true??? Can it be???
Debbie Hollister of Ingleside turned 40 on Dec. 19th??
WOW!!!! You're still pretty deb for an old lady, huh Deb??

From your MUCH younger and better looking brother....Mike!!!!

Management and staff of Seaway News would like to extend warmest wishes to all their customers and friends for 1998.

If you suffer from cold sores, try an Earl Grey tea bag as a cool compress. The combination of tannin and bergamot oil in the tea is thought to be a potent remedy. What a smart idea!

MOST THOROUGH CARPET CLEANING EVER - OR IT'S FREE!



That's right, you will feel my cleaning is the most thorough you have ever seen or I will clean it again for free. If you are still unhappy for any reason, I will refund your money! What could be more fair? You pay only if pleased!

CONSUMER ALERT
Don't call any carpet cleaning company until you listen to this recorded message! Learn 4 misconceptions about carpet cleaning & 6 questions to ask a carpet cleaner before you invite them into your home.
Call 24 hours 930-9688

933-9303
"THE RED CARPET TREATMENT"

Carpet and Upholstery Cleaning



When Larry Shaver shoots the bull, he really shoots it! Four local businessmen pictured above, with the bull moose shot by Larry. Others in the picture are Robbie Cameron, Steve O'Reilly, Larry Shaver and Mike Leclerc.

Thought for the week: Even God cannot change the past - so why should you try? Concentrate on the present and future.

Don't you just love watching the Liberals twisting in the wind as they agonize over the helicopter purchase. My goodness, what if as expected they order the same one they cancelled at a cost of \$1/2 billion to the taxpayers. Watch for an announcement over the holidays when they think nobody is watching or listening.

If you are caught in a snow storm and don't have a windshield scraper, use the thin edge of a plastic cassette or compact disc case.

From Thursday, October 4, 1582, to Friday, October 12, 1582, absolutely nothing happened - anywhere. Literally, nothing happened. Pope Gregory XIII simply eliminated those days and scratched them off every calendar in existence. He did the cutting to restore the date of the vernal equinox (the first day of spring) to March 21, when the Gregorian calendar was established. Pope Gregory did not stop there, either. He decreed that century years would be leap years only if they were evenly divisible by 400. So the year 2000 will be a leap year, but 1700, 1800 and 1900 were not.

Wishing You Every Happiness In The New Year
May the coming year bring health, wealth, love and joy for you and your family.
We're really grateful for your kind support this past year.
Ad Vantages
55 Water St. W. Suite 240 938-8591

With all the empty business locations in the downtown area, it sure is nice to know one of them will be re-opening soon. A used furniture store back in business. Yes, you guessed it, Réal Delage is the owner. Good luck and welcome back.

A very Happy New Year to all our Cornwall Transit bus drivers. You all did a terrific job in 1997 and here's to all the best in 1998. Keep up the good work.

Typical after the Christmas rush ... once you've seen one shopping centre, you've seen a mall.

A friend announced glumly that she had started a fire in her microwave oven. She explained "I needed so many paper towels to absorb the grease when cooking bacon, I thought I'd save money and use newspaper."

"Did you ruin the oven," I asked.

"Well," she continued reluctantly, "not the first time..."

Correction... Friends of the United Way

~ Levi Strauss Canada Inc. ~

Levi's once again has helped United Way with a cheque for \$10,000. Levi Strauss has been a very major donor yearly to the Annual United Way Campaign. Mr. Chaput took this opportunity to express his appreciation to this generous group of employees and the corporation.

LOCEY'S DELIVERY SERVICE
Monday - Saturday 9am-10pm
NOW OPEN Sundays 11am-10pm
• BEER • LIQUOR
• LETTERS • PARCELS
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• ETC.
Your Need Is Our Deed...
"Fast & Friendly Service"
930-9221

Everybody asks ... is the outside rind on cheese edible? The answer is yes. With the exception of wax enclosed cheeses like Gouda, the rind is an integral part of the cheese. If you like it, eat it. If you don't, just cut it off. It's simply a matter of taste.

Everywhere is walking distance if you have the time.

Piles of sticks and brush waiting to fall into Boals Drain and create a hazard and flooding, but no one is concerned, not even public works.

A wine and cheese party is one of the easiest, most elegant ways of entertaining ever devised and Canada produces such a rich selection of cheese to choose from. Add a variety of breads, crackers and fresh fruits and you have a sumptuous meal.

The children's Christmas concert at my friend's church was titled "The Star of Bethlehem". The performance was to open with some of the children carrying letters to spell the title. Backstage was a frantic scene of activity getting everyone in the right order. As the curtain went up and the children appeared onstage, the audience broke into laughter. The 4 children carrying the letters for S-T-A-R had come out in reverse order. The title was now THE RATS OF BETHLEHEM.

- Rev. Tom Cowan (Victoria, BC)

One evening I was watching the late news when I heard a neighbour's dog bark. As my husband walked into the room, I remarked "That dog barks every night at ten. You could set your clock by him."

"Must be a watchdog," my husband replied.

Do they eat turkey in Turkey? In Jamaica, families sit down to a Christmas feast of curried goat, rice & peas and boiled, green bananas. In Norway, every Christmas dinner has its herring salad and in Spain, there must be almond soup. And in Turkey? Well, we're not sure, but Bayramin Kutluolsun anyway! (Means Happy Holiday in Turkish).

Congratulations to Carol G. in passing your first aid & CPR course with flying colours. "If you think you can, you can... if you think you can't, you can't."

Love Al.
P.S. good luck in your health aid course.

To "The Jersey Farmer" ... thanks so much for the "face wash" during our lunch last week ... don't worry ... I'll get you back!!!

BOXING WEEK BLOWOUT



DECEMBER 27TH TO JANUARY 2ND

Open 10 am - 6 pm including Sunday

MEN'S & LADIES'

BRAND NAME JEANS \$29⁹⁹	BRAND NAME JEANS \$39⁹⁹	NO NAME JEANS \$14⁹⁹	LEATHER JACKETS \$199⁹⁹
SWEAT SHIRTS \$9⁹⁹	T-SHIRTS \$6⁹⁹	FLEECE TOPS \$29⁹⁹	SWEATERS 1/2 PRICE

plus

WE PAY THE TAXES!!

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(just west of New Library)
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1998

SEAWAY NEWS



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 '97-'98
HOCKEY POOL

Winner's Sports Bar



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WEEKLY WINNER \$25.00

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	RK	Name	G	ASS	TP	DF	111.	112.	113.	114.	115.	116.	117.	118.	119.	120.	121.	122.	123.	124.	125.	126.	127.	128.	129.	130.	131.	132.	133.	134.	135.	136.	137.	138.	139.	140.	141.	142.	143.	144.	145.	146.	147.	148.	149.	150.	151.	152.	153.	154.	155.	156.	157.	158.	159.	160.	161.	162.	163.	164.	165.	166.	167.	168.	169.	170.	171.	172.	173.	174.	175.	176.	177.	178.	179.	180.	181.	182.	183.	184.	185.	186.	187.	188.	189.	190.	191.	192.	193.	194.	195.	196.	197.	198.	199.	200.	201.	202.	203.	204.	205.	206.	207.	208.	209.	210.	211.	212.	213.	214.	215.	216.	217.	218.	219.	220.	221.	222.	223.	224.	225.	226.	227.	228.	229.	230.	231.	232.	233.	234.	235.	236.	237.	238.	239.	240.	241.	242.	243.	244.	245.	246.	247.	248.	249.	250.	251.	252.	253.	254.	255.	256.	257.	258.	259.	260.	261.	262.	263.	264.	265.	266.	267.	268.	269.	270.	271.	272.	273.	274.	275.	276.	277.	278.	279.	280.	281.	282.	283.	284.	285.	286.	287.	288.	289.	290.	291.	292.	293.	294.	295.	296.	297.	298.	299.	300.	301.	302.	303.	304.	305.	306.	307.	308.	309.	310.	311.	312.	313.	314.	315.	316.	317.	318.	319.	320.	321.	322.	323.	324.	325.	326.	327.	328.	329.	330.	331.	332.	333.	334.	335.	336.	337.	338.	339.	340.	341.	342.	343.	344.	345.	346.	347.	348.	349.	350.	351.	352.	353.	354.	355.	356.	357.	358.	359.	360.	361.	362.	363.	364.	365.	366.	367.	368.	369.	370.	371.	372.	373.	374.	375.	376.	377.	378.	379.	380.	381.	382.	383.	384.	385.	386.	387.	388.	389.	390.	391.	392.	393.	394.	395.	396.	397.	398.	399.	400.	401.	402.	403.	404.	405.	406.	407.	408.	409.	410.	411.	412.	413.	414.	415.	416.	417.	418.	419.	420.	421.	422.	423.	424.	425.	426.	427.	428.	429.	430.	431.	432.	433.	434.	435.	436.	437.	438.	439.	440.	441.	442.	443.	444.	445.	446.	447.	448.	449.	450.	451.	452.	453.	454.	455.	456.	457.	458.	459.	460.	461.	462.	463.	464.	465.	466.	467.	468.	469.	470.	471.	472.	473.	474.	475.	476.	477.	478.	479.	480.	481.	482.	483.	484.	485.	486.	487.	488.	489.	490.	491.	492.	493.	494.	495.	496.	497.	498.	499.	500.	501.	502.	503.	504.	505.	506.	507.	508.	509.	510.	511.	512.	513.	514.	515.	516.	517.	518.	519.	520.	521.	522.	523.	524.	525.	526.	527.	528.	529.	530.	531.	532.	533.	534.	535.	536.	537.	538.	539.	540.	541.	542.	543.	544.	545.	546.	547.	548.	549.	550.	551.	552.	553.	554.	555.	556.	557.	558.	559.	560.	561.	562.	563.	564.	565.	566.	567.	568.	569.	570.	571.	572.	573.	574.	575.	576.	577.	578.	579.	580.	581.	582.	583.	584.	585.	586.	587.	588.	589.	590.	591.	592.	593.	594.	595.	596.	597.	598.	599.	600.	601.	602.	603.	604.	605.	606.	607.	608.	609.	610.	611.	612.	613.	614.	615.	616.	617.	618.	619.	620.	621.	622.	623.	624.	625.	626.	627.	628.	629.	630.	631.	632.	633.	634.	635.	636.	637.	638.	639.	640.	641.	642.	643.	644.	645.	646.	647.	648.	649.	650.	651.	652.	653.	654.	655.	656.	657.	658.	659.	660.	661.	662.	663.	664.	665.	666.	667.	668.	669.	670.	671.	672.	673.	674.	675.	676.	677.	678.	679.	680.	681.	682.	683.	684.	685.	686.	687.	688.	689.	690.	691.	692.	693.	694.	695.	696.	697.	698.	699.	700.	701.	702.	703.	704.	705.	706.	707.	708.	709.	710.	711.	712.	713.	714.	715.	716.	717.	718.	719.	720.	721.	722.	723.	724.	725.	726.	727.	728.	729.	730.	731.	732.	733.	734.	735.	736.	737.	738.	739.	740.	741.	742.	743.	744.	745.	746.	747.	748.	749.	750.	751.	752.	753.	754.	755.	756.	757.	758.	759.	760.	761.	762.	763.	764.	765.	766.	767.	768.	769.	770.	771.	772.	773.	774.	775.	776.	777.	778.	779.	780.	781.	782.	783.	784.	785.	786.	787.	788.	789.	790.	791.	792.	793.	794.	795.	796.	797.	798.	799.	800.	801.	802.	803.	804.	805.	806.	807.	808.	809.	810.	811.	812.	813.	814.	815.	816.	817.	818.	819.	820.	821.	822.	823.	824.	825.	826.	827.	828.	829.	830.	831.	832.	833.	834.	835.	836.	837.	838.	839.	840.	841.	842.	843.	844.	845.	846.	847.	848.	849.	850.	851.	852.	853.	854.	855.	856.	857.	858.	859.	860.	861.	862.	863.	864.	865.	866.	867.	868.	869.	870.	871.	872.	873.	874.	875.	876.	877.	878.	879.	880.	881.	882.	883.	884.	885.	886.	887.	888.	889.	890.	891.	892.	893.	894.	895.	896.	897.	898.	899.	900.	901.	902.	903.	904.	905.	906.	907.	908.	909.	910.	911.	912.	913.	914.	915.	916.	917.	918.	919.	920.	921.	922.	923.	924.	925.	926.	927.	928.	929.	930.	931.	932.	933.	934.	935.	936.	937.	938.	939.	940.	941.	942.	943.	944.	945.	946.	947.	948.	949.	950.	951.	952.	953.	954.	955.	956.	957.	958.	959.	960.	961.	962.	963.	964.	965.	966.	967.	968.	969.	970.	971.	972.	973.	974.	975.	976.	977.	978.	979.	980.	981.	982.	983.	984.	985.	986.	987.	988.	989.	990.	991.	992.	993.	994.	995.	996.	997.	998.	999.	1000.
	1.	Allan Lalonde	205	272	477	50	112.	Frances Stewart	173	251	424	36	223.	Janet Allen	172	234	406	45	334.	William Woodside	145	244	389	26	445.	Mike Proulx	151	218	369	33	2.	Harvey Litalien	193	283	476	42	113.	John Collison	173	251	424	37	224.	Jerry Sommerville	166	240	406	27	335.	Sue Lamarche	151	238	389	28	446.	A. MacDougall	139	230	369	36	3.	Mario Litalien	204	259	463	39	114.	Eric Pitre	154	269	423	34	225.	Russell MacDonald	162	244	406	37	336.	Marty March	160	229	389	32	447.	David Hill	144	225	369	43	4.	Brian McMillan	193	266	459	49	115.	Fern Bourdon	181	242	423	36	226.	Alain Mayer	172	234	406	48	337.	Patrick Dupuis	176	212	388	24	448.	Robert Bears	163	206	369	34	5.	Lyn Anderson	190	268	458	45	116.	Stacy Makinson	166	257	423	35	227.	Ron Guichet	142	264	406	38	338.	R. E. Fortier Jr.	173	215	388	37	449.	Richard Bigelow	169	199	368	32	6.	Ryan Germain	205	251	456	47	117.	Alex MacDougall	166	257	423	43	228.	Michelle Belanger	172	234	406	31	339.	Gregory Plumadore	153	235	388	31	450.	Pierre Lalonde	151	217	368	35	7.	Jacqueline Emburg	168	284	452	35	118.	Colleen Villeneuve	170	253	423	43	229.	P.D. Latreille	152	253	405	42	340.	Shannon Montroy	181	207	388	27	451.	Arthur Locker	142	227	368	41	8.	Gates Lalonde	195	256	451	51	119.	Ron Duchesne	169	253	422	47	230.	Marika Dirven	170	235	405	38	341.	Stephanie Terriol	160	228	388	36	452.	Pamela Lafave	167	201	368	32	9.	Paul Beaulieu	164	287	451	36	120.	Bryan Lamarche	179	243	422	43	231.	Lorraine Cardinal	166	239	405	36	342.	Jarrett McGillivray	183	205	388	26	453.	John Tokarz	172	196	368	38	10.	Morris Lamer	178	272	450	33	121.	Timmy Brunet	178	244	422	35	232.	Brigitte Gervais	163	242	405	29	343.	Bryan Clouthier	181	206	387	30	454.	Janine Antoine	139	229	368	25	11.	Jerry Sauve	191	259	450	37	122.	Robert Collins	159	263	422	27	233.	Alain Bombardier	183	222	405	38	344.	Caley Campbell	161	226	387	33	455.	Rachel Longchamps	168	200	368	31	12.	Daniel Bourgouois	180	270	450	47	123.	Clifford Villeneu	168	253	421	41	234.	Art Casselman	174	231	405	39	345.	John Britton	154	233	387	43	456.	Eric Brown	165	202	367	36	13.	Eric Landon	195	255	450	50	124.	Chris Gauthier	187	234	421	37	235.	Dwayne Crawford	171	234	405	34	346.	Donna Alguine	147	240	387	34	457.	Natalie bourgeois	146	221	367	35	14.	April Taylor	203	246	449	45	125.	Dorothy Campbell	157	264	421	42	236.	Lucille Lauzon	175	230	405	43	347.	Ronald J. Lauzon	178	209	387	38	458.	Bill Mowat	161	206	367	29	15.	Berny Dirven	176	273	449	45	126.	Gail Levere	161	260	421	36	237.	Denise Terrialt	140	265	405	35	348.	Roland Prevost	159	228	387	28	459.	Scott Cheesman	167	200	367	33	16.	Tom Baker	206	243	449	31	127.	J. McGillivray	194	227	421	40	238.	Sylvie Boisvenue	171	234	405	40	349.	Maurice Lapensee	175	212	387	38	460.	Rene Primeau	154	212	366	34	17.	Ronald A. Lalonde	184	264	448	45	128.	Roland Schroeder	174	247	421	34	239.	Paul Villeneuve	190	215	405	30	350.	Ronald Stewart	138	249	387	43	461.	Ronald MacMillan	157	208	365	28	18.	Gerry Gillissie	188	260	448	40	129.	Chris Cholette	193	228	421	41	240.	Suzanne Payette	173	232	405	36	351.	Philip Harrison	167	220	387	39	462.	Christopher Crawf	133	232	365	28	19.	Peter Dirven	199	248	447	49	130.	Roderick Burson	180	241	421	39	241.	Deborah Menard	158	246	404	36	352.	Dale Baker	171	216	387	39	463.	Rich Fortier	148	217	365	28	20.	Joel Lalonde	192	255	447	35	131.	Stella Gagne	184	236	420	35	242.	Kpren Lapiere	151	253	404	39	353.	Marc Villeneuve	175	212	387	36	464.	Jeannine MacMilla	148	217	365	31	21.	Sandra Pettem	187	260	447	47	132.	Barbara Tyo	193	227	420	35	243.	Kurtis Bougie	146	258	404	29	354.	Gibert Renaud	163	223	386	40	465.	Barbara Waldroff	175	189	364	30	22.	Marty Landon	198	248	446	39	133.	Derrick Harrison	174	246	420	43	244.	Helena DaCosta	162	242	404	27	355.	Sylvain Chartrand	180	206	386	42	466.	Steven Hesse	149	215	364	35	23.	Jonathon Hill																																																																																																																																																																																																																																										

Community Update

***ADOPTEE-BIRTH MOTHERS- BIRTH FATHERS.** Do you need help or support in your search? Call Parent Finders at 933-9186 or 931-2916.

***AL-ANON/ALATEEN** If someone you love or are dependent on has a drinking problem, you can see what it's doing to them; if you're also concerned about what it's doing to you, call 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.

***ALEXANDRIA CANCER SUPPORT NETWORK** meets every third Tuesday, 7:30p.m., Glengarry District High School (front entrance). Peer support for cancer survivors and their supporters. Info: call the V.O.N. Office at 525-1214.

***ALZHEIMER SOCIETY'S BREAKAWAY DAY PROGRAM** in Alexandria and Winchester is seeking participants and volunteers.

***CANCER SUPPORT NETWORK** meets every third Thursday of the month at their NEW LOCATION: Central Public School (Amelia St. entrance) 7:00p.m. For more info contact Sheila at 932-3451.

***CENTRE CHARLES EMILE CLAUDE** invites all French-speaking persons interested in learning to play Chess to join them every Tuesday 1:30p.m. in their hall (former Nativity School) beginning January 6th. For info or to register call 932-1035 or 933-6751.

***CENTRE YORK CENTRE** is looking for volunteers to assist with Supervised Visits. Info, 933-1253.

***CNIB** is in need of volunteers to assist visually impaired individuals with grocery shopping once or twice a month. Call 936-2300 for more information. Your help is appreciated.

***CORNWALL & DISTRICT BRIDGE CLUB** meets every Thursday at the Masonic Temple at 7:30p.m. Call 932-3498 for information.

***CORNWALL & DISTRICT NAVY VETERANS' ASSOC.** holds Sunday Breakfasts 8:30a.m., Charity Diner's Club each Thursday, 5:30p.m., Chicken & Pub Night every Friday Night 4:30p.m., Dinner & Dance every Sunday Evening 5:30p.m.

***EMOTIONS ANONYMOUS** a self-help support group meet on WEDNESDAYS only from 7:30-8:30 p.m. at St. John Bosco School, 113-8th St. West.

***GLEN STOR DUN LODGE** has many volunteer positions open to individuals who are interested in giving a couple of hours a week to assist in recreational activities, dining and exercise programs. Orientation & Training provided. Please call the Volunteer Dept. at 933-3384.

***GLEN GARRY WALKING CLUB** If you're looking for a partner or would just like to walk with a group, there are regular walks every Wednesday night at 7 p.m. starting at the Alexandria Island Park.

***JOY OF LIVING** a support group for separated, divorced or widowed people hold weekly meetings Friday evenings, 8:00p.m. at Holy Cross Church Hall (corner of Leonia & Easton). For more info call Helen 936-6697 or Richard 937-4156.

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

***OPERATION 40 PLUS** Support network and placement services for the unemployed. Volunteers actively involved in the delivery of service. Call 933-6614.

***PARENT'S PRESCHOOL COOPERATIVE** offer children's activities every Tuesday & Thursday mornings at St. John's Presbyterian Church. Next session: January - May, 1998. For more info call Monique Miles at 938-0116.

***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.

***PROSTATE CANCER SUPPORT NETWORK** meetings are held every second Thursday, 7:00p.m. Central Public School (Amelia St. entrance). For info call Sheila Airey at 932-3451.

***ROYAL CANADIAN LEGION** activities: Wednesday afternoon Seniors' Bridge at 1:30p.m., Tuesday Line Dancing Lessons 1:00p.m., Friday nights Dance in Glen Lounge 8:30p.m., Saturday aft. entertainment 3:00p.m., Maggie's Corner with dance at 8:00p.m. Glen's Lounge.

***SD&G DEVELOPMENTAL SERVICES CENTRE** is in need of volunteers to assist individuals with physical and/or development challenges towards meeting their needs for friendship and recreational activities within the community. Info 937-3072

***SEAWAY SENIORS** Amelia St., has activities all week. For more info call 932-4969.

***ST. JOSEPH'S VILLA** are in need of Volunteers to assist residents to and from appointments, crafts, bingo. Ceramic Helpers are also needed. Any help is appreciated. For info call Charlene Andrews at 933-6040 ext. 193.

***ST. LAWRENCE SENIORS CLUB** holds Wheels to Meals Bingo every Monday 12:15p.m., St. Joseph Villa Auditorium, Euchre every Tuesday & Thursday, 1:15p.m., Seniors Bingo every Friday, 12:15p.m. Villa Auditorium. Free Parking. For info call 938-2215.

***VON PALLIATIVE CARE VOLUNTEER PROGRAM** offers a free volunteer service to those dealing with serious illness through dedicated and helpful volunteers. For more information please call Sue MacDonald at the VON Office at 932-3451.

HOROSCOPES

Dec. 28-Jan. 3

Aries - March 21/April 20
The end of the year brings some stressful evenings for you, Aries. People expect a lot of you, and there's just not enough time to meet everyone's demands. Set your priorities, and do what you can. Yet, remember that you need to put yourself first. The new year brings with it some peace and quiet.

Taurus - April 21/May 21
A touchy situation with a friend has you on edge. Try to relax and keep your mind on other things. By week's end, everything will be back to normal. A loved one needs your help with a romantic problem. Even though you really don't want to get

involved, you have no choice. Be honest.

Gemini - May 22/June 21
Business plans fall through at the last moment, Gemini, putting you in a bad financial situation. Don't panic. Think about all of the options you have before making any decisions. That special someone needs to talk to you. Don't worry — everything is going to be fine. Virgo plays a key role.

Cancer - June 22/July 22
Even though things are going well for you this week, you feel depressed. Try to look at the bright side of things, and don't take your bad mood out on your loved ones. They're doing all that they can to help you feel better. A close friend reveals his

or her true feelings for you. Think before you respond.

Leo - July 23/August 23
Your outgoing nature serves you well early in the week, Leo. You're in the right place at the right time, and your opinions grab the attention of an influential person. He or she is going to present you with an unexpected opportunity. A loved one takes you on a surprise outing. Enjoy yourself.

Virgo - Aug 24/Sept 22
Don't be too hard on yourself during the middle of the week, even though a decision that you make puts a friend in a compromising situation. He or she understands that it is an honest mistake. You meet an interesting stranger during the weekend. Be yourself, and you're sure to win him or her over. Leo plays a key role.

Libra - Sept 23/Oct 23
All is right with the world this week, Libra. Things go well for you professionally and personally. You win praise at work, and that special someone finally says yes. Enjoy yourself! An old friend calls you up unexpectedly. Take the time to get to know him or her again. It will be worth your while.

Scorpio - Oct 24/Nov 22
You're on cloud nine early in the week, Scorpio, when a friend asks you out on a date. However, don't get overexcited. Remember to keep things in perspective. A family problem takes up a lot of your time at the end of the week. Don't get upset; things are going to work out in time.

Sagittarius - Nov 23/Dec 21
Your generally happy nature is challenged by a touchy situation at work.

Don't get angry or upset. Think the situation through before you say something that you regret. A friend offers advice — take it. A loved one reveals a shocking secret to you late in the week. Keep it to yourself. Pisces plays an important role.

Capricorn - Dec 22/Jan 20
You become the center of attention during a large get-together and don't really know how to react. Just be yourself, and you'll win people's hearts. That special someone doesn't call for a while. Don't get nervous. He or she simply is busy with family duties. Your relationship is not in danger.

Aquarius - Jan 21/Feb 18
The new year brings new opportunities for you, Aquarius. Seize the day! It's your turn to shine. Don't let a few minor setbacks discourage you. A

close friend needs your help later in the week. Try to do all that you can for him or her; your efforts will be appreciated. Cancer plays a key role.

Pisces - Feb 19/March 20
It's a long week, and it seems that you just don't have any time to yourself, Pisces. Everyone needs something from you. Do what you can when you can, but don't burn yourself out. Take some time to pamper yourself this weekend. You deserve it.

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4 P.M.

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

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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 4 pm 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.

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

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

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

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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 MALE, 33, looking for young lady, 20 to 35 for friendship and companionship. Please write to: c/o S.L., 1118 Cumberland St. Apt.#5, Cornwall, Ont. K6J 4K4. Please send photo.

YOUNG LADY, 59, seeks single German-Canadian gentleman, 49-65, non-smoker, moderate in all things, clean shaven, outgoing, intelligent, trust worthy, compassionate & financially secure. CC1817.

2 APTS/CONDOS FOR RENT

AVAILABLE NOW. 2 bdrm apt. Downstairs, 4-pc. bath, laundry hook-ups, parking. 539 Amelia. References, no pets. \$460/mth, plus utilities. 931-2635.

AVAILABLE IMMEDIATELY. 1, 2 & 3 bdrm apts. Fridge, stove included, washer/dryer hook-ups. 25-30 minutes from Cornwall. Quiet country living. 346-2293 or 346-2327.

ONE BDRM DOWNSTAIRS apt on McConnell. Close to bank, stores & bus. Available February 1st. \$350/mth, utilities included. Call 933-3738.

NEWLY RENOVATED, upstairs 2 bdrm, 4-pce bath, fridge & stove supplied. Private parking. Close to bus & shopping. Must be seen. \$450/mth or \$525/mth, utilities included. Call 938-8925.

30/40/50 BEDFORD BLOCK, 2 bdrm apts in prof. building, including fridge, stove, parking, ensuite laundry room. Rent from \$550/mth. Contact Markell Properties, 938-3886.

BACHELOR, 1 & 2 bdrm apts. \$325/mth & up, utilities included. Fridge, stove & parking included. References req'd. Call for appointment after 6:00 pm, 932-7055 or 931-2594.

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bachelor, 1&2 bdrm. security bldg., video surveillance
bachelors from \$399 incl. util.
call 932-7891
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South 2 miles to Don's Orange Mini Mart

315-764-1954

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

REDUCED, 2 BDRM APT, with fridge & stove, \$285/mth, no utilities or \$415/mth, utilities included. No pets. Located on Guy St. Now available. Local call 361-0248.

712-B MARLBOROUGH, 1 bdrm apt. \$420/mth, utilities included. No pets. References. 625 St. Felix. Available Jan. 1st. Large 1 bdrm apt. \$400/mth. Pay own utilities. Call 347-3248.

BRAND NEW 2 BDRM apt. Melimine kitchen, 4-pce bath, washer/dryer on main floor, fireplace, \$575/mth, plus heat & lights. Available immediately. Call 936-8724, leave message.

1, 2 & 3 BDRM UNITS. East end location, from \$375/mth. Some with utilities included. Parking available. Call Tom, 938-6475 or Orval, 938-2121.

3 BDRM APT. Immediate or Dec. 1st. 210-14th West, 6-plex, carpeted, laundry hook-ups, parking, close to schools, bank, bus. Large upstairs. \$595/mth, plus utilities. Also, one 3-bdrm basement apt, \$495/mth, plus utilities, available Dec. 1st. 932-2751 Pat or Brian. Evenings, 936-2798 or 932-0533.

AVAILABLE NOW. Looking for roommate to share 3+1 bdrm townhouse on Lynn St. \$350/mth, everything included. Non-smoker a must. Must like children. Call 938-0460.

EAST END. Available Jan. 1st, 2 bdrm main floor on quiet street. Laundry hook-ups, private driveway. \$380/mth, plus utilities. Call 938-0580.

LARGE 3 BDRM main floor apt. Freshly painted, hardwood floors. Close to schools. Good location. \$700/mth utilities included. Call 932-9701.

AVAILABLE FEB. 1ST. 1 semi detached 2 bdrm. \$675/mth, utilities & heat included. 407 Meadowvale Cres. Call 936-0367.

REASONABLE RENT. Main floor 2 bdrm apt. Close to college. Parking, pay own utilities. Quiet tenants preferred with references. Phone 932-2135.

3 BDRM APT, Williamsburg, \$550/mth, includes utilities. 2 bdrm, Morrisburg, \$580/mth, includes utilities & cable. Call 613-543-3604.

2 BDRM APT, 244 Alice. \$495/mth, heat & electricity included. Diningroom. Available immediately. Call 932-4329 or 938-4776.

2 BDRM APT. Washer hook-up. Close to bus. \$475/mth, utilities extra. 104 Jobin. Suitable for working couple. No pets. Call Janet 933-5846.

AVAILABLE NOW, very large 2 bdrm apt at 464-12th St. West. Call 933-7811 for further information.

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.

DARN NICE 1 & 2 BDRM APTS. Available now. Spacious, clean, quiet. Parking, laundry facilities. Rents starting at \$299/mth. Call 931-2633.

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Christmas &
Happy
New Year*
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FURNITURE**
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427 4th St. W.

D. Johnson's Antiques Inc.

WINTER HOURS

Open Saturday and Sunday Only

Hwy. 138 Just N. of Cornwall
932-0766

5 ARTICLES FOR SALE

OIL FURNACE, 2 yrs old. Clair High Efficiency. Side wall vent with oil tank. Will take \$975. Call 347-2610.

SWIVEL T.V. STAND W26" x H27 1/4" x D 13 1/2", Chir O Med portable whirlpool, like new. Boston Breeze oil burner, must be combined with wood stove, ideal for home, cottage or garage. 3 sections of decorative black wrought iron dividers, 1 section 3' wide, 2 other sections, each 18" wide. Phone 525-3349.

COMPUTERS W/CD: 486DX, \$350. Pentium \$680. Upgrade to 486, \$150. Pentium/Cyrix \$249. Printers: DMatrix \$75. Inkjet \$169. FaxModem 33.6 w/speakephone \$150. 1247 2nd West 932-6343.

1 BLACK WROUGHT IRON chandelier, 8 lights, oval shape. Phone 938-8301.

CUSTOM-BUILT PORTABLE hydraulic motorcycle & ATV lifts for sale. \$300. Call 936-1521.

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currently made
Snowmobiles
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Mac's Marina
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13 AUTOS FOR SALE

1973 PONTIAC FIRE-BIRD Formula, 350, 4 speed, good condition. Hasn't been driven in 7 years. \$4,500, or best offer. Ph: 931-3299

NEED A BREAK? Let Germaine help you with your housekeeping, so you can finish preparing for Christmas. References available. Call 933-6128. Ask for Germaine.

ERNIE'S CLEAN-UP SERVICE. Snow removal, painting, yard, basement clean-up and more. Call 938-1684.

PAINTING, ODD JOBS, wallpapering and maintenance. Light truck available. 20 years experience. Reasonable rates. Call after 6 p.m., Residence, 938-8839. Pager #930-8851.

J.R. RESTORATION, Roofing, chimneys/repairs, brickwork, framing, door & windows, ceramic tiling, carpentry, siding, painting. Free estimates. Call J.R. 613-938-7742.

WANT THAT PRIVATE or dealer vehicle, but can't get finance. Call Car-o-line Auto's. We will buy it for you. Call for details, 613-448-2488.

1988 MERCURY COUGAR XR7. Mint condition, loaded, 302, 116,000 km. White ext./blue interior. Never winter driven. Call 931-3299, after 5:00 pm.

1989 MERCURY TOPAZ, 4-dr, auto, very good condition, no rust, \$1,500. safetied. 1989 Topaz, 4-dr, 5-sp, very good cond., \$1,400. safetied. 1989 Oldsmobile Delta 88 Royale, V-6, fully equipped, \$2,500. safetied. 1989 Grand Caravan, V-6, fully equipped, 7-passenger, very good condition, \$2,900. safetied. 1988 Ford Aerostar Van, Eddy Bauer Edition, very good condition, fully equipped, V-6, auto, 145,000 km, 7-passenger, seat folds into bed, \$3,200. safetied. 1987 Caravan LE, V-6, 7-passenger, very good condition, \$2,300. safetied. 1987 Mercury Topaz, 4-dr, 5-sp, very good condition, \$1,300. safetied. Gerard Poirier Auto Sales, 613-525-1656. AH 1-613-874-2440.

18 BUSINESS OPPOR.

I NEED SOMEONE to learn my business in Cornwall. Must have leadership ability & strong desire for above average income. Fax resume to: Box 120 at 613-933-1987.

21 HELP WANTED

FLOOR CLEANING people required to maintain floors in local retail stores. Experience in operation of auto scrubber & propane burnisher. Call 938-8888 to arrange for an interview.

23 HOME SERVICES

NEED A BREAK? Let Germaine help you with your housekeeping, so you can finish preparing for Christmas. References available. Call 933-6128. Ask for Germaine.

ERNIE'S CLEAN-UP SERVICE. Snow removal, painting, yard, basement clean-up and more. Call 938-1684.

PAINTING, ODD JOBS, wallpapering and maintenance. Light truck available. 20 years experience. Reasonable rates. Call after 6 p.m., Residence, 938-8839. Pager #930-8851.

J.R. RESTORATION, Roofing, chimneys/repairs, brickwork, framing, door & windows, ceramic tiling, carpentry, siding, painting. Free estimates. Call J.R. 613-938-7742.

ROBERT THE PERFECT HANDYMAN - Reg. Looking to renovate or build. Look no further. We specialize in siding, roofing, drywall, garages, decks, garden sheds & much more. No job too small or too big. We also secure tin roofs. Call Robert at 525-2197 or Numeric Pager #930-8720. Free estimates & work guaranteed. References available.

26 BOATS/ MOTORS

1988 LARSON SENZA, 175, V-8 OMC Cobra, sport interior, clean & fast. \$10,500. with trailer. Call 528-4038, leave message.

29 REAL ESTATE

PRICES SLASHED! North end, 2 properties. 3+1 bdrm bungalow. Many extras! Also, 4-unit apt bldg, large 2 bdrm units. Must be sold! Call Don @ Latreille Real Estate, 938-3800.

TO SETTLE ESTATE

HOBBY FARM - 3 bedroom, 2 storey home on 50 acres, all new services since 1994. Small barn, drive shed. Priced to sell at \$72,000

**Call Herb
or Geri
346-5721**

34 HOUSES FOR RENT

NEWLY RENOVATED 3 bdrm semi detached for rent. Post 17691, about 1.5 miles east of St. Andrews at light. Available now. \$500/mth, pay own utilities. Call 937-0048.

3 BDRM HOUSE. \$500/mth, plus utilities. Available immediately. Call 933-4457 or 938-5412.

WATERFRONT BUNGALOW for rent. West of Summerstown. 2 bdrms, fridge & stove included. \$700/mth, pay own utilities. Phone 932-0928 after 6:00 pm.

AVAILABLE NOW. Looking for roommate to share 3+1 bdrm townhouse on Lynn St. \$350/mth, everything included. Non-smoker a must. Must like children. Call 938-0460.

REDUCED, 3 BDRM house, \$495/mth, located on Guy St. Pay own utilities. No pets. Available Jan. 1st. Local call 361-0248.

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EXPERIENCED REPORTER/PHOTOGRAPHER needed for central Alberta weekly. Transportation, camera, Quark, Photoshop, assets. Send resume/portfolio to: Editor, Wetaskiwin Times Advertiser, fax 403-352-4333. E-mail: wtimes@ccinet.ab.ca.

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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 POE 1G0.

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HEAVENLY PSYCHIC 1-900-451-3783. \$2.99 min 18+ 24 hrs. DAILY HOROSCOPE 1-900-677-7770. FLAT FEE \$5.00.

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STEEL BUILDINGS...Final Clearance. Construction and Leasing available. 20 x 14 x 30 \$3,688.00. 25 x 14 x 30 \$3,988.00. 30 x 14 x 40 \$5,944.00. 40 x 60 \$9,688.00. 40 x 80 \$12,244.00. 50 x 100 \$21,566.00. 60 x 120 \$28,900.00. Others. Pioneer 1-800-668-5422.

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Employed SF, 27, 5'3", light brown hair, hazel eyes, humorous, enjoys reading, playing guitar, photography, seeks honest, fun-loving, athletic SM, N/S, who loves sports. Ad# 9425

DANCE WITH ME

Humorous, fun-loving SWF, 25, 5'3", strawberry blonde hair, blue eyes, enjoys dancing, long walks, movies and spending time with family and friends, seeking outgoing SM. Ad# 2560

DANCE THE NIGHT AWAY

Attractive SWF, 34, 5'5", blondish hair, big brown eyes, smoker, professional, enjoys decorating, squash, skiing, seeks employed, tall, handsome SM, N/S. Ad# 3897

DESCRIBE YOURSELF

SWF, 41, 5'4", blue-eyed blonde, enjoys reading, writing, socializing, church activities, seeks honest SM, with similar interests. Ad# 5804

SERIOUS REPLIES ONLY

Shy, easygoing SW mom, 22, 5', blondish-red hair, homemaker, enjoys walking, reading, seeks honest, trustworthy SM, who likes children. Ad# 7792

SERIOUS REPLIES ONLY

SW mom, 31, 5'7", 150lbs., red hair, brown eyes, humorous, easygoing, employed, enjoys movies, dining out, long walks, bowling, seeks honest, fun-loving SM, for friendship first, maybe more. Ad# 8345

MARRIAGE-MINDED

SWF, 40, 5'6", blonde hair, blue eyes, kind, homemaker, enjoys dancing, boating, seeks trustworthy, faithful, honest SM, for friendship, possibly more. Ad# 1550

READY TO SETTLE

SW mom, 33, 5'7", 150lbs., brown hair, blue eyes, spontaneous, serious, likes to laugh, funny, enjoys reading, walking, knitting, cooking, looking for trustworthy, honest, caring, fun, adventurous SM. Ad# 8337

BE THERE FOR ME

SWF, 18, 5'7", brown hair/eyes, N/S, non-drinker, student, enjoys swimming, spending time with children, seeks loving, caring, kind SM, for friendship first, maybe more. Ad# 9959

QUIET TIMES WITH YOU

SWF, 28, 5'4", 100lbs., red hair, blue eyes, fun-loving, affectionate, easy to get along with, employed, enjoys long walks, dancing, movies, seeks a tall, clean-cut SM, who likes to laugh. Ad# 5709

WHERE ARE YOU?

Attractive DWf, 53, 5'4", blonde hair, blue eyes, enjoys dancing, listening to music, walking, dining out and spending quiet times at home, seeks a compatible SM, N/S, for a friends-first relationship. Ad# 2435

WALK HAND-IN-HAND

Friendly SWF, 26, 5'6", 125lbs., loves fishing, nature walks, reading, biking, looking for secure, honest SM, who enjoys being around family and friends. Ad# 6168

HOPE TO MEET YOU

Reserved SWF, 32, brown hair, hazel eyes, employed, in search of a loving, caring, thoughtful, honest SM, who enjoys life. Ad# 4473

TELL ME ABOUT YOU

Attractive SWF, 42, good personality, employed, hobbies are sports and camping, seeks compatible SM. Ad# 6535

LET'S TALK OVER DINNER

Attractive, active SW grandmother, 65, 5'2", blonde hair, blue eyes, retired, enjoys writing poetry and short stories, crafts, seeks honest, warm, sincere, dependable S gentleman. Ad# 5930

JOY OF LIVING

Adventurous SWF, 41, blonde, brown eyes, enjoys reading, walking, dining and dancing, seeks humorous, honest SM, who is good with kids. Ad# 5109

VERY SINCERE

Attractive SW mom, 22, 5'9", brown hair, blue eyes, N/S, enjoys going for walks, reading, cars and writing poetry, seeking humorous, honest, open-minded SM. Ad# 9613

DOWN-TO-EARTH?

SWF, 31, 5'6", brown hair, hazel eyes, cheerful, sarcastic wit, employed student, enjoys music, long walks, art, fishing, camping, seeking honest, humorous, responsible SM, N/S, non-drinker. Ad# 6527

WHAT ARE YOUR INTERESTS?

SWF, 18, 5'4", 148lbs., brown hair, blue eyes, caring, considerate, student, enjoys volleyball, music, movies, taking walks, seeks caring, honest, open SM, who likes children and animals. Ad# 9624

GOING PLACES IN LIFE

Fit, professional SW mom, 34, 5'9", blonde hair, blue eyes, enjoys fine dining, interesting conversation, family times, looking for ambitious, employed SM, who wants a fifty-fifty relationship. Ad# 5618

NO GAME PLAYERS

SWF, 36, 5'3", blonde, kind, caring, honest, affectionate, enjoys cooking, dancing, crocheting, camping, seeks understanding, patient SM, who is independent. Ad# 8296

TRUE HAPPINESS

SWF, 28, brown hair/eyes, fun-loving, honest, sincere, employed, enjoys country living, the outdoors, animals, seeks honest, trustworthy, fun-loving SM, who has a carefree attitude. Ad# 8149

SIMILAR QUALITIES

Devoted SW mom, 19, 5'8", 127lbs., fun-loving, enjoys cuddling, movies, fishing, spending time with her child, seeks respectful, handsome, funny SM, 20-29, who loves kids. Ad# 9211

PEACE & HARMONY

Thoughtful, optimistic SWF, 58, 5'3", blonde hair, blue eyes, enjoys hiking, swimming, fishing, tennis, chess, would like to meet an intelligent, active, N/S SM, who is health-conscious. Ad# 8646

LET'S TALK OVER DINNER

WWWF, 58, blue-eyed blonde, humorous, retired, enjoys good conversation, walking, seeks nice, truthful, fun-loving SWF, with similar interests, for friendship and dating. Ad# 6318

GREAT LEGS

Fun-loving SWF, 28, 5'10", shy, employed, enjoys dancing, reading, movies, seeks trusting, honest, stable, respectful, attractive SM. Ad# 1587

DAZZLING LOOKS

Energetic SWF, 43, 5'3", 135lbs., brown hair, blue eyes, shy-natured, likes downhill skiing, auctions, swimming, seeks honest, considerate, easygoing SM. Ad# 8779

FUNNY GIRL

SWF, 18, 5'11", 108lbs., blue-eyed blonde, likes reading, writing letters, seeks good-looking, muscular, blue-eyed blond SM. Ad# 9975

ARE YOU MY TYPE?

SWF, 43, 5', black hair, hazel eyes, humorous, happy, enjoys Bingo, camping, boating, animals, kids, seeks honest, compassionate, dependable SM. Ad# 9745

RARE FIND

Attractive, fun-loving, romantic SWF, 29, 5'5", brown hair/eyes, enjoys skating, skiing, fishing, camping, seeking loving, caring SM. Ad# 9705

LIFE IS FULL OF WONDERS

Quiet, shy-natured SF, 22, 5'7", brown hair, enjoys dancing, music, interested in meeting honest, sweet SM, who likes animals and country life. Ad# 9394

HEAR ME OUT

Humorous, kind, caring SWF, 31, 5'9", 150lbs., brown hair, blue eyes, employed, enjoys playing darts, pool, baseball, watching hockey, would like to meet an honest SM. Ad# 6058

NATURE LOVER

SWF, 37, 5'7", brown hair, hazel eyes, caring, good-humored, enjoys boating, skiing, biking, camping, swimming, seeks communicative, stable, honest SM. Ad# 7390

STOP HERE FIRST!

Friendly, cute SWF, 27, N/S, outgoing, humorous, fun-loving, employed, enjoys photography, playing guitar, sports, seeks nice SM, who is easy to get along with. Ad# 9836

LET'S MEET FOR COFFEE

SWF, 32, 5'9", brown hair, blue eyes, humorous, sensitive, caring, employed, enjoys playing darts, shooting pool, baseball, seeks honest, caring, sensitive SM, with similar interests. Ad# 6848

QUIET MOMENTS

Cute SW mom, 36, 5'3", 110lbs., brown hair/eyes, fun-loving, employed, enjoys long walks, cooking, movies, outdoor activities, seeks fun-loving, faithful SM, who's serious about a relationship. Ad# 9326

IMPECCABLE

Sensitive SWF, 33, 5'2", 120lbs., blonde hair, green eyes, enjoys music, reading, dining out, taking walks, seeks honest, humorous, tall SM, for possible relationship. Ad# 7650

WILLING TO LISTEN?

Caring, trustworthy SWF, 45, 5'5", 122lbs., blonde hair, gray eyes, employed, enjoys quiet evenings, walks, learning new things, seeks humorous, open, honest, romantic SM. Ad# 1213

FAIRY TALE ROMANCE

SW mom, 40, 5'6", 145lbs., sincere, loyal, faithful, enjoys fishing, camping, dancing, movies, seeks family-oriented, commitment-minded SM, with similar qualities. Ad# 9545

WINE & DINE ME!

Fun-loving, sincere SWF, 24, 5'7", brown hair, hazel eyes, enjoys dancing, camping, sports, crafts, movies, the beach, seeks playful, fun-loving, employed SM. Ad# 9325

STRAIGHTFORWARD

SWF, 39, tall, good-looking, employed, hobbies include crafts, biking, walking, golf, seeks honest, outspoken, up-front, fun-loving, smart SM, 5'10"-6'0". Ad# 1221

ARE YOU THERE?

SWF, 26, 5'2", brown short curly hair, green eyes, zesty, likes computers, Internet, traveling, country music, seeking trustworthy, honest SM. Ad# 6286

COUNTRY GIRL

Friendly, old-fashioned SWF, 35, 5'2", average build, brown hair, hazel eyes, enjoys movies, gardening, baking, seeks ambitious, honest SM, who has family values. Ad# 3069

GLEAMING EYES

SWF, 41, 5'7", brown hair, blue eyes, easygoing, enjoys outdoor recreation, playing cards, dancing, seeking honest, humorous SM, with good qualities. Ad# 5287

VOLUPTUOUS

SWF, 47, red hair, outgoing, professional, enjoys cooking, gardening, taking walks, reading, dancing, seeking communicative, caring, warm SM, to spend life with. Ad# 7594

LOVES FINE DINING

Happy-go-lucky, romantic SWF, 39, 5'2", nice smile, can be serious, loves joking around, walks, cooking, crafts, seeks intelligent, caring, stable, good-looking SM, with no dependents. Ad# 2855

LIKES TO SPOIL PEOPLE

Very petite, attractive SWF, 36, 5'3", blonde hair, hazel eyes, loves sports, music, movies, candlelight dinners, seeking SM, for soul mate. Ad# 9075

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LET'S GO FOR COFFEE

SWF, 27, 5'10", 185lbs., brown hair, green eyes, humorous, enjoys watching sports, fishing, the great outdoors, seeks honest SF, who likes to cuddle, movies and going for walks. Ad# 7142

ALL ALONE

Humorous SM, 20, 5'6", 130lbs., brown hair, blue eyes, hobbies are skating, working on cars, socializing, seeks monogamous, fun, personable SF. Ad# 7347

WORTH A TRY

Honest, caring, affectionate SWF, 39, 5'7", 150lbs., brown hair, green eyes, enjoys motorcycles, traveling, the beach, seeking faithful, easygoing SF. Ad# 9230

GENUINE

Cheerful SWF, 38, 5'10", 285lbs., N/S, social drinker, drug-free, enjoys collecting sports cards, reading, dining out, music, movies and much more, seeking honest SF, with similar interests. Ad# 1056

CALL AND WE'LL TALK

Shy SWF, 18, 6'2", 150lbs., student, enjoys sports, golf, seeks nice SF, for friendship first, maybe more. Ad# 6670

LEAVE ME A MESSAGE

SWF, 21, 6'4", blond hair, blue eyes, humorous, fun, sentimental, employed, enjoys recreational sports, watching movies, seeks personable SF, with a good sense of humor. Ad# 3091

LOVES TO TALK

Witty, charming DW dad of twins, 38, 6'1", 170lbs., self-employed, enjoys walking, biking, hiking, seeks loving, caring, tender SF, who looks for inner beauty in a person. Ad# 7295

BE THERE FOR ME

SWF, 29, 210lbs., self-employed, enjoys laughing, jokes, spending time with friends, collecting basketball cards, building models, seeks down-to-earth, honest SM, with similar interests. Ad# 8272

OUTDOOR MAN

Easygoing SWF, 44, semi-retired, enjoys fishing, camping, writing, movies, seeks honest SF, for friendship, laughter, maybe more. Ad# 3738

DO YOU FIT THE BILL?

Easygoing, SWF, 37, 6'1", 155lbs., calm, cool, collected, enjoys camping, fishing, dancing, seeks a SF, who is a good conversationalist. Ad# 7740

GREAT SMILE

Affectionate, humorous SWF, 24, brown hair/eyes, enjoys computers, seeking honest SF, for friendship first. Ad# 3451

HAPPINESS IS...

SWF, 43, 5'10", dark hair, pleasant, happy, down-to-earth, self-employed, enjoys movies, fishing, camping, boating, seeks trustworthy, honest SF. Ad# 5879

LET'S GET TOGETHER

SWF, 27, 5'9", 190lbs., brown hair, green eyes, kind-hearted, good sense of humor, enjoys biking, watching hockey, fishing, seeks goal-oriented SF, with similar interests. Ad# 8365

OLD FASHIONED ROMANCE

SWF, 21, 5'9", 160lbs., blue eyes, humorous, enjoys watching sports on television, comedy, dining out, long walks and much more, seeking honest, caring SF. Ad# 1763

CHECK THIS OUT

SWF, 25, 5'8", 165lbs., brown hair, greenish-grey eyes, enjoys long hikes, sporting events, especially hockey, dining out, movies, the outdoors and more, seeking friendly, kind SF, for friendship, laughter, possibly more. Ad# 4180

READY TO SETTLE DOWN

Heavyset SWF, 35, outgoing, understanding, student, enjoys throwing darts, playing cards, sports, seeks honest, sincere, faithful SF, with similar interests. Ad# 3566

TRUST IS A MUST

Good-looking SWF, 46, 5'5", compassionate, loving, employed, enjoys music, writing songs, seeks devoted, faithful, loyal SF, to share interests and goals with. Ad# 1878

READY TO SETTLE DOWN

Easygoing SWF, 46, 5'10", 160lbs., employed, enjoys woodworking, car rides, swimming, sports, seeks sensitive SF, with similar interests, to share life with. Ad# 3191

HAS A SERIOUS SIDE

SWF, 41, 5'9", 165lbs., brown hair, blue eyes, humorous, enjoys music, reading, dining out, taking walks, seeks honest, humorous, tall SM, for possible relationship. Ad# 8364

SOMEBODY SPECIAL

SWF, 49, 6'1", 185lbs., brown hair/eyes, friendly, loving, kind, employed, enjoys good conversation, dining out, quiet times with friends and family and more, seeks happy, articulate SF, to share good times with. Ad# 9776

LEAVE A NUMBER

SWF, 49, 160lbs., 5'8", brown hair, hazel eyes, fun-loving, honest, sincere, self-employed, enjoys crafts, gardening, camping, seeks SF, to share life with. Ad# 6746

CAN WE MAKE A DATE?

SWF, 22, 5'9", 150lbs., short hair, blue eyes, enjoys fishing, sports, seeks sensitive, honest, romantic SF, for friendship first, maybe more. Ad# 1653

ALL THAT & MORE

SWF, 38, 5'10", 210lbs., brown hair/eyes, open-minded, spontaneous, romantic, enjoys listening to music, woodworking, quiet times, seeking compatible, fun-loving SF, no dependents. Ad# 4634

END MY SEARCH

SWF, 37, 6'2", 185lbs., brown hair, blue eyes, mustache, humorous, honest, enjoys reading, the outdoors, volunteer work, seeks SF, for monogamous relationship, children welcome. Ad# 2424

SOMEBODY TO CARE ABOUT

DW dad, 24, 5'9", 145lbs., brown hair, blue eyes, easygoing, friendly, honest, enjoys mountain biking, outdoor activities, working on cars, seeks sincere, caring SF. Ad# 6099

QUIET TIMES ALONE

Muscular SWF, 20, brown hair, hazel eyes, employed, enjoys music, camping, dining out, movies, spending time with friends, seeks attractive, witty SF, for friendship, possibly more. Ad# 6866

TAKE A CHANCE ON ME

Outgoing SWF, 28, brown hair, bluish-green eyes, enjoys fishing, swimming, dining out, spending time with friends and family, seeks SF, with similar qualities and interests. Ad# 1404

MUST BE AFFECTIONATE

Physically fit SWF, 39, 6', 180lbs., brown hair, hazel eyes, easygoing, humorous, self-employed, enjoys shooting pool, playing cards, throwing darts, seeks caring, honest, faithful SF. Ad# 7004

HONEST AND SINCERE

Attractive SWF, 35, 6', 190lbs., blue-eyed blonde, employed, enjoys dining out, working around the house, seeks attractive, trustworthy SF, who knows what she wants out of life, children a plus. Ad# 6229

DO YOU QUALIFY?

Handsome SWF, 36, 6'1", 180lbs., brown hair, blue eyes, employed, enjoys working out, painting, playing guitar, singing, seeks intelligent, attractive, warm-hearted SF, 20-28, for long-term relationship. Ad# 6674

HAS A SERIOUS SIDE

SWF, 37, 5'8", brown wavy hair, bluish-green eyes, fun-loving, employed, enjoys golf, playing drums, throwing darts, movies, seeks honest SF, for possible relationship. Ad# 7047

LOVES ROMANTIC DINNERS

Tall, attractive SWF, 40, light brown hair, blue eyes, employed laborer, likes dancing, the outdoors, camping, fishing, seeks trustworthy SF, to hopefully spend the rest of his life with. Ad# 9558

BACK TO BASICS

SWF, 42, 6'2", 190lbs., N/S, shy, reserved, never married, enjoys country life, music, outdoor activities, seeks honest, romantic, caring SF, for friendship, possible relationship. Ad# 3247

EASY TO GET ALONG WITH

SWF, 27, 5'10", 160lbs., brown hair/eyes, fun-loving, easygoing, employed, enjoys bowling, sports, outdoor activities, building models, seeks SF, to spend time with. Ad# 8096

HONEST LIVING

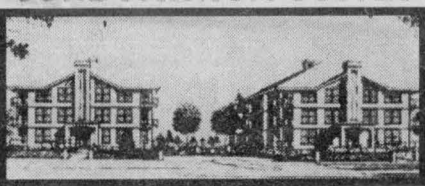
SW dad, 29, 5'5", dark hair/eyes, caring, outgoing, enjoys computers, bike riding, walking, looking for compassionate, commitment-minded SF, who likes children. Ad# 9873

ALONE AND WAITING

SWF, 40, 5'9", blond hair, blue eyes, friendly, honest, sincere, enjoys music, movies, nature, cooking, fitness, board games, looking for talkative, spontaneous SF. Ad# 6585

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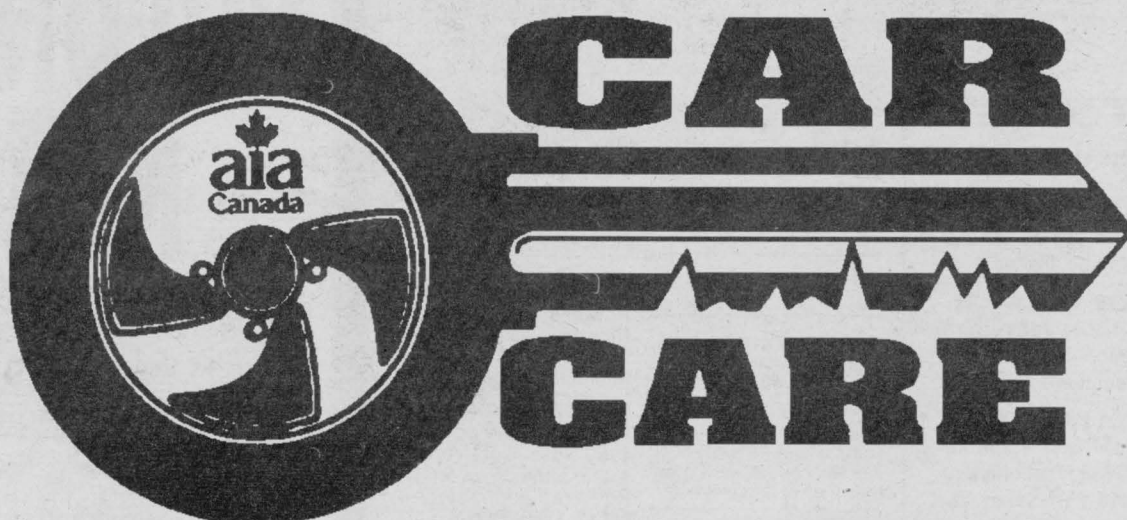
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Take This Quick Car Care Quiz

(MS) — These days, cars can do practically everything but drive themselves. Computerized maps show you the way when you are lost. Gauges tell you how many miles you can travel before running out of fuel. Headlights automatically turn on as the sky dims. And, keyless remotes even can start your engine and warm the car while you sit comfortably in the house.

However, no matter how advanced technology becomes, there is one area that always will be the responsibility of the driver — car maintenance. Just how much do you know about the basic maintenance of your car?

According to the experts at Kendall Motor Oil, there are some simple maintenance guidelines everyone on the road should know in terms of daily upkeep. In order to find out whether you are a full-fledged grease monkey, shade-tree mechanic or need to start reading your car manual for fun, take this simple quiz from Kendall. Give yourself one point for every correct answer.

QUICK CAR-CARE QUIZ

- How often should an oil filter be changed?
 - Every oil change
 - Every other oil change
 - Once a month
- How often should you have your tires rotated?
 - Every 3,000 miles
 - Every 6,000 miles
 - Every 10,000 miles
- How often should a fuel filter be changed?
 - Every 20,000 miles
 - Every 30,000 miles
 - Every 40,000 miles
- Short trips are easier on a car's motor than long trips.
 - True
 - False
- As a car ages, it is more important to check the oil levels with each gasoline fill-up.
 - True
 - False
- How often should you change your oil?
 - Every 1,000 miles
 - Every 2,000 miles
 - Every 3,000 miles
 - Every 6,000 miles
- Turbocharged and diesel car engines require more frequent oil changes.
 - True
 - False
- Oil viscosity refers to:
 - Sludge content in the oil
 - Flow rate of the oil
 - Light color of the oil
- Multigrade oils can adapt to a greater range of temperatures than a single-grade oil.
 - True
 - False
- There is no difference between synthetic and petroleum-based oils except in price.
 - True
 - False

Answers:

1. a 2. b 3. b 4. b 5. a 6. c 7. a 8. b 9. a 10. b
- Rating:
 10 - 8 Grease monkey: You know your way around under the hood.
 7 - 4 Shade-tree mechanic: You have some basic automobile knowledge, but don't quit your day job!
 3 - 0 Car-care novice: You better read your car manual before you find yourself on the side of the road!

Since mistakes can be considered learning experiences, take a look at the correct answers, and learn some general facts about car-care maintenance. Next week we'll tell you about important facts you should know before hitting the road.

THE CAR DOCTOR

Peter Millard



Leak Lament

(NC)—A persistent leak is plaguing my rather old, but trusty 1980 Chevrolet Caprice. I've tightened every nut and bolt, used chemical treatments and had the valve cover gaskets replaced. Unfortunately, the leak is still there.
 Drummondville, Quebec

Old cars are prone to oil leaks, and the source is difficult to find in most cases because the engine is covered in grease and grime. A fluorescent oil additive, used in conjunction with a black (ultraviolet) light, is currently being used by many auto centres to detect oil leaks. Call around to see what service centre in your area employs this technique.

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 fully loaded,
 59,000 kms



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94 FORD ASPIRE, 4 dr., 5 spd., loaded	\$5,995
93 CHRYSLER INTREPID, fully loaded, 110,000 km	\$8,995
93 OLDS ACHEIVA, 4 dr., 4 cyl., loaded, 110,000 km	\$5,995
93 HYUNDAI EXCEL, 2 dr., 5 spd., extra clean	\$3,450
92 CHRYSLER LEBARON LX, 4 dr., 6 cyl., 75,000 km	\$5,850
91 HONDA ACCORD EX, 4 dr., auto, 129,000 km	\$8,995
91 ISUZU STYLISH, 4 dr., 5 spd., loaded	\$3,995
91 BUICK PARK AVE., Ultra, mint, loaded	\$9,950
91 MERC. SABLE GS, full load, mint	\$4,595
91 PONTIAC SUNBIRD, 4 dr., auto, 90,000 km	\$4,250
90 OLDS CIERRA SL, unreal! 57,000 km	???
90 FORD PROBE GT, 5 spd., clean	\$4,800
89 CADILLAC COUPE DE VILLE, mint, mint	\$7,450
89 GRAND MARQUIS LS, nice shape, 150,000 km	\$4,995
89 HONDA CIVIC, 4 dr., very dependable	\$3,950
89 CAVALIER RS COUPE, 125,000 km, auto., nice	\$3,995
86 NISSAN 300ZX, all original, t-tops, mint	\$3,500
85 HONDA CIVIC WGN., must be seen to be believed	\$1,550
85 DODGE 600 SE, runs perfect	\$1,150
84 HONDA ACCORD, must be seen, 99,000 km	???
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93 FORD AEROSTAR, 5 pass., air, 140,000 km	\$5,995
88 CHEV 1500, mint cond., truck	\$6,450
87 POLARIS 4 WHEELER,	\$1,250
87 S10 4X4, certified	\$3,850
86 DODGE CARAVAN, mint cond., 104,000 km	\$2,275
84 BRONCO, full size, nice shape	\$3,300

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Obituaries

CARMICHAEL - Frances May Isobel

Mrs. Frances May Isobel Carmichael passed away at the Cornwall General Hospital on Saturday, November 1997.
 Frances May Isobel Hickey of 24 Augustus Street, Cornwall.
 Beloved wife of the late John Vere (Jack) Carmichael.
 Dear daughter of the late Sanford Hickey and the late Hetty Sampson.
 Dear sister of George Hickey (husband of Nancy) of Ingleside.
 Dearly loved aunt of Sharon McAllister (Bill) of Kingston; and Donald Hickey (Tracey) of Thunder Bay, Ontario.
 Sadly missed by several great nieces and nephews.
 The funeral took place on Tuesday, December 2nd, 1997 from the Wilson Funeral Home, 822 Pitt Street to Trinity Anglican Church. The Venerable Archdeacon Ross Moulton officiated. Interment at St. Lawrence Valley Union Cemetery, Ingleside.
 The pallbearers were friends of the family.
 Mrs. Carmichael was a member of the Cornwall General Hospital Auxiliary; the Christian Women's Association and an associate member of the Navy Club of Cornwall.

CLEROUX - Leo

Passed away at the Hotel Dieu Hospital, Cornwall, on Thursday, November 27th, 1997.
 Mr. Leo Cleroux, in his 65th year, born in Cornwall, of 1365 Third Street East, Apt. #312, Cornwall.
 Dear son of the late Aldege Cleroux and the late Rhea Daoust.
 Beloved husband of Lucille Cleroux (Charbonneau).
 Dear brother of Lucienne (Mrs. Rene King) of St. Andrew's West and Aurore (Mrs. Romeo Cote) of Cornwall.
 Also survived by many nieces and nephews.
 Predeceased by two brothers, Remi and Gerard Cleroux and by three sisters, Mrs. Simone Gougeon, Miss Edna Cleroux and Mrs. Jacqueline Simmonds.
 The funeral took place on Saturday, November 29th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to the Memorial Chapel, followed by cremation at the South Branch Crematorium.

JESMER - Monique Gertrude

Passed away at the Ottawa General Hospital, Ottawa, on Thursday, November 27th, 1997.
 Mrs. Monique Gertrude Jesmer, in her 49th year, born in Crysler, Ontario, of 705 Montcalm Court, Cornwall.
 Dear daughter of Gertrude Burelle and the late Guillaume Longtin.
 Beloved wife of John Jesmer.
 Loving mother of Tanya and Lisa Jesmer, both of Ottawa.
 Dear sister of Gilles Longtin (Claire); Yvan Longtin (Beverley), both of Cornwall; Martial Longtin (Johanne) of Embrun and Angele (Mrs. Claude Cote).
 The funeral took place on Monday, December 1st, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to St. Felix de Valois Church. Interment at Notre Dame Cemetery. Reverend Roger Desrosiers of St. Felix de Valois Church officiated.
 The pallbearers were the Nativity Guards.

LALONDE - Dorothy

Passed away at the Hotel Dieu Hospital, Cornwall, on Tuesday, November 25th, 1997.
 Mrs. Dorothy Lalonde, in her 78th year, born in Cornwall, of 16 Broadway Avenue, Apt. #207, Avonmore, Ontario.
 Dear daughter of the late William Dickenson and the late Eva Primeau.
 Beloved wife of the late John James Lalonde.
 Loving mother of Ronald Lalonde (Patricia) of Belleville; William (Bill) Lalonde of Cornwall; David Lalonde (Patricia) of Ottawa and Judy (Mrs. Brian Rombough) of R.R. #3 Ingleside.
 Loving grandmother of seven grandchildren, Jeffrey, Christina, Scott, Kelly, Greg, Chad and Sam and great grandmother to Victoria and A.J.
 Dear sister of James Dickenson (Agnes) and Lawrence Dickenson (Nora); Mrs. Viola Lalonde; Sylvia (Mrs. Vincent D'Alessio), all of Cornwall; Vivian (Mrs. Wallace MacDonald) of Georgetown, Ontario and Loretta Kirkey of Ottawa.
 Predeceased by one brother, Robert (Bob) Dickenson and by three sisters, Mrs. Helena Atchison, Mrs. Veronica Rozon and Mrs. Marion Hatt.
 The funeral took place on Thursday, November 27th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Peter's Church. Interment at Precious Blood Parish Cemetery. Reverend George Maloney of St. Peter's Church officiated.
 The pallbearers were D'Arcy Dupuis, Robert Dupuis, Leonard Tardiff, Michael Tardiff, Gilles Lalonde and Cecil Hatt.

LALONDE - Marguerite

Passed away in hospital on Tuesday, November 25th, 1997.
 Mrs. Marguerite Lalonde, in her 98th year, born in Cornwall, of Parisien Manor; formerly of Town of Mount Royal, Quebec.
 Dear daughter of the late George I. Gogo and the late Louise Newman.
 Beloved wife of the late Wilfred Lalonde, M.D.
 Loving mother of Elizabeth L. Manor of Brooksville, Florida.
 Dear sister of Mrs. Iris Milligan of Oakville.
 Predeceased by one brother, George Gogo and by two sisters, Jean Gogo and Dorothy Anderson.
 The funeral took place on Wednesday, November 26th, 1997 from the M. John Sullivan Funeral Home, 341 Pitt Street, Cornwall, followed by cremation at the South Branch Crematorium.

LEGUE - Gordon Roy

Passed away at the Hotel Dieu Hospital, Cornwall, on Thursday, November 27th, 1997.
 Mr. Gordon Roy Legue, in his 62nd year, born in Mille Roches, Ontario, of R.R. #1 Long Sault.
 Dear son of the late David Legue and the late Mary-Bell Lefebvre.
 Beloved husband of Amelia Elizabeth Legue (Ty).
 Loving father of Dale Legue; Gordon Legue Jr.; David Legue (Dawn), all of Cornwall; Joyce (Mrs. Charlie Sayyeau) of Long Sault and Debbie (Mrs. Robert Elliott) of Bourget.
 Loving grandfather of Tammy, Dale and Robbie. Loving great grandfather of Kishah.
 Dear brother of Bernard Legue; Gary Legue (Vivian); Kenney Legue, all of Ottawa; David Legue (Viola) of Long Sault; Ellen (Mrs. Robert Branchaud) of Cornwall and Mrs. Lottie Moore of Ottawa.
 Predeceased by one son, Elwin Legue; two brothers, Garnet and Joseph Legue and by three sisters, Mrs. Mary Cook, Mrs. Betty Plumadore and Mrs. Freda Killmartin.
 The funeral took place on Monday, December 1st, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to the Memorial Chapel. Interment at St. Lawrence Valley Union Cemetery. Reverend Janet Evans of St. Andrew's United Church officiated.
 The pallbearers were the Nativity Guards.

MARTIN - Joseph Henri

Passed away at his residence on Thursday, November 27th, 1997.
 Mr. Joseph Henri Martin, in his 77th year, born in Vars, Ontario, of 517 Joyce Street, Cornwall.
 Dear son of the late Albert Martin and the late Josephine Parthenais.
 Beloved husband of Florence Martin (Saucier Barr).
 Loving father of Linda (Mrs. Norman Vaillancourt) and Roxanne Martin, both of Cornwall. Loving step-father of Robert Barr (Diane) of Orleans and Brenda (Mrs. Chris Worsnop) of Mississauga.
 Loving grandfather of seven grandchildren, Jason, Robbie, Danny, Laura, Wendy, Matthew and Jennifer. Loving great grandfather of Alicia and twins, Ryan and Emily.
 Dear brother of Mrs. Sarah Servais Martin; Marie Rose (Mrs. Kenneth Daley); Mrs. Alma Joncas McCue and Therese (Mrs. Clifford Ruest), all of Cornwall.
 Also survived by several nieces and nephews.
 Predeceased by his previous wife Germaine Morin; four brothers, Albert, Louis, Frank and Wilfred Martin and by three sisters, Mrs. Aurore Larkin, Mrs. Alexina Lavoie and Mrs. Regina Martin.
 The funeral took place on Saturday, November 29th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Francis de Sales Church. Interment at Nativity Parish Cemetery. Reverend Gary Ostler of St. Francis de Sales Church officiated.
 The pallbearers were the Nativity Guards.
 Mr. Martin was formerly employed as a Foreman at Courtauld's Canada.

MacDOUGALL - Margaret Helena

Passed away at the Hotel Dieu Hospital, Cornwall, on Sunday, November 30th, 1997.
 Mrs. Margaret Helena MacDougall, in her 99th year, born in Cornwall Township, of 14 York Street, Cornwall.
 Dear daughter of the late Joseph MacPhail and the late Flora Ann MacMillan.
 Beloved wife of the late George Edgar MacDougall.
 Loving mother of Ranald MacDougall of Alexandria and Mary (Mrs. Donald Chisholm) of Cornwall. Dear step-mother of Grace (Mrs. Emerson Elder) of Prescott; Inez (wife of Dr. Graham Ronan) of Binghampton, New York; Marion (Mrs. Charles Lawn) of Cornwall; Garnet MacDougall (Edna) of Williamstown and George MacDougall (Frances) of R.R. #2 Cornwall.
 Dear grandmother of Peter Chisholm (Erin) and Paul Chisholm, both of Cornwall. Also survived by many step-grandchildren and step-great-grandchildren.
 Predeceased by one step-son, Stuart MacDougall; one step-daughter, Mrs. Marguerite Stafford; two brothers, Daniel and Clair MacPhail and by two sister, Mrs. Agatha Maloney and Flora Ann MacPhail.
 The funeral took place on Wednesday, December 3rd, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Columban's Church. Interment at St. Andrew's Parish Cemetery. Reverend Kevin Maloney of St. Columban's Church officiated, assisted by Reverend George Maloney, Reverend Kelvin Maloney and Mr. Ernie Bellefeuille, Deacon.
 The pallbearers were Ranald MacDougall, Tom Elder, Tim MacDougall, Alex MacDougall, Glenn MacDougall and Gary MacDougall.
 The honorary bearers were Peter and Paul Chisholm.
 Mrs. MacDougall was formerly employed as a Nurse's Aide at the MacDonell Memorial Hospital and was a member of the St. Columban's C.W.L.

PILON - Hilaire Ulric

Passed away at the Glen-Stor-Dun Lodge, Cornwall, on Thursday, November 27th, 1997.
 Mr. Hilaire Ulric Pilon, in his 87th year, born in Alexandria, Ontario, of 1900 Montreal Road, Cornwall.
 Dear son of the late Romuald Pilon and the late Martine Lalonde.
 Beloved husband of the late Cecile Pilon (Brabant).
 Loving father of Gerald Pilon (Shirley); Raymond Pilon (Gisele); Maurice Pilon (Denise); Lucette (Mrs. Romeo Marleau); Lucille (Mrs. Robert Tessier), all of Cornwall; Helene (Mrs. Guy Genier) of R.R. #2 Lunenburg; Cecile Perkins of Scarborough and Annette (Mrs. Michael Blanchard) of Orleans.
 Dear brother of Mariane (Mrs. Joseph Bowden) of Cornwall.
 Also survived by twenty-six grandchildren and thirty-one great grandchildren.
 Predeceased by six brothers, Alphonse, Arthur, Georges, Romuald, Alexandra and Ovila Pilon and by one sister, Mrs. Anna Lauzon.
 The funeral took place on Saturday, November 29th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to St. Felix de Valois Church. Interment at Notre Dame Cemetery. Reverend Roger Desrosiers of St. Felix de Valois Church officiated.
 The pallbearers were Steven Tessier, Darren Tessier, Joshua Blanchard, Raymond Pilon Sr., Bobby Pilon and Donald Genier.

QUENNEVILLE - Henri Adrien

Passed away at the Versa Care Centre, Cornwall, on Tuesday, November 25th, 1997.
 Mr. Henri Adrien Quenneville, in his 87th year, born in Cornwall, of 414 Alice Street, Apt. #9, Cornwall.
 Dear son of the late Joseph Quenneville and the late Dorila Laflamme.
 Beloved husband of Alice Quenneville (Gagnon).
 Loving father of Paulette (Mrs. Joey Seguin); Rosaire Quenneville (Candide); Charles Quenneville (Mindy); Michel Quenneville (Carole) and Paul Quenneville (Martine), all of Cornwall.
 Also survived by thirteen grandchildren and ten great grandchildren.
 Predeceased by one son, Richard Quenneville; one grandson, Timothy Seguin; two brothers, Albert and Lionel Quenneville and by one sister, Mrs. Jeannette Lefebvre.
 The funeral took place on Friday, November 28th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Nativity Co-Cathedral, followed by cremation at the South Branch Crematorium. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated.
 The pallbearers were Steven Seguin, Norman Quenneville, Eric Quenneville, Alain Quenneville, Pierre Quenneville and Michel Quenneville Jr.

WALKER - Jessie


Passed away at the Cornwall General Hospital, Cornwall, on Tuesday, December 2nd, 1997.
 Mrs. Jessie Walker, in her 75th year, born in England, of 245-22 Yates Avenue, #8, Cornwall.
 Dear daughter of the late Samuel John Honey and the late Jane McGough.
 Beloved wife of Reginald Walker.
 Loving mother of Pamela (Ronald Furniss) of Cornwall.
 The funeral took place on Wednesday, December 3rd, 1997 from the Memorial Chapel of the M. John Sullivan Funeral Home, 341 Pitt Street, Cornwall. Reverend Katherine Gregory of Knox-St. Paul's United Church officiated. Interment at St. Lawrence Valley Union Cemetery, Ingleside.
 The pallbearers were the M. John Sullivan Funeral Home Staff.
 Mrs. Walker was a retired employee of Canadian Technical Tape.

MOWAT - Ruth Margaret

Mrs. Ruth Margaret Mowat passed away at Versa Care Centre, Cornwall on Friday, November 28th, 1997, age 79 years.
 Beloved wife of the late William Malcolm (Mack) Mowat.
 Dear daughter of the late George Baker and the late Sarah McGibbon.
 Dear mother of William Mowat (Ruth) of Cornwall and Garry Mowat (Helen) of Calgary, Alberta.
 Dear sister of Isobel (Mrs. Lloyd Gallinger) of Cornwall.
 Sadly missed by three grand

children, David, Craig and Colleen.
 Predeceased by one son, Robert and by two brothers, Cameron and William Baker.
 The funeral service was held in the Chapel of the Wilson Funeral Home, on Tuesday, December 2nd, 1997 at 3:00 p.m. Reverend Terry Dunlop of Knox-St. Paul's United Church officiated. Committal of cremated remains in St. Andrew's United Church Cemetery, Williamstown.

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Getting on the road while drunk can give new meaning to the phrase "getting smashed on New Year's Eve." Don't usher in the New Year in the hospital, or worse. Have a good time, but please remember, don't drink and drive, and don't allow anyone who is obviously impaired, to drive.

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