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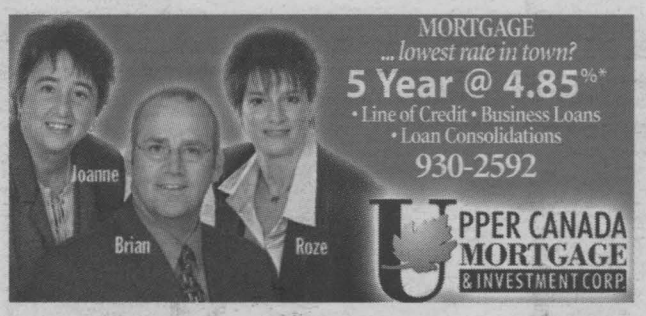

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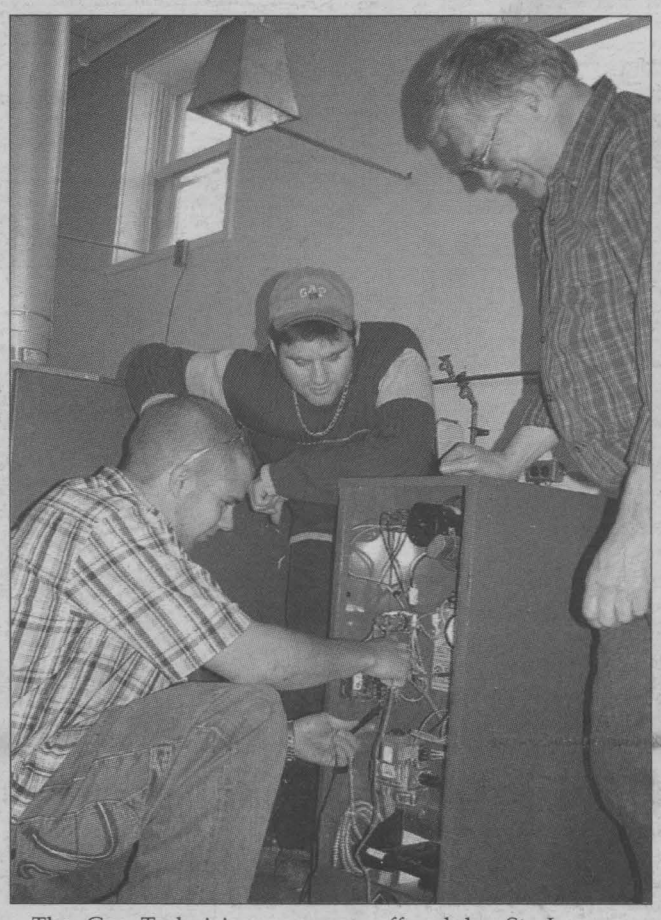
Healthy Eating Receives A Healthy Cheque



Healthy Eating for Better Learning received a cheque for almost $7,000 following a successful Family Fun Fair held in Cornwall Wednesday to Sunday, April 21st to 25th, 2004 in the Wal-Mart parking lot at Brookdale Centre. Breakfast for Learning, funded by the Canadian Living Foundation is the only national non-profit organization in Canada solely dedicated to supporting child nutrition programs. "Healthy Eating for Better Learning" is the local partner under that umbrella supporting 160 schools throughout the Counties of SD&G and Prescott-Russell. The group's School Nutrition Program Coordinator Sylvie Guénette-Craig (centre) receives the cheque from Rob McKee, Building Operations, Brookdale Centre (left) and Mark Alford, Assistant Manager Wal-Mart on Thursday, April 29th, 2004. The carnival, provided by Wilcox and Brock Amusements was so successful, organizers are planning to bring it back in mid-August. Photo by John Divinski

First Graduates Of Gas Technician Program



The Gas Technician program offered by St. Lawrence College graduated its first-ever class from the 30-week course. Instructor Bill Calder (right) goes over a few final points with graduates Todd Cameron (left) and Ryan Sage. Students will now be able to write the exam to receive a G3 licence which will permit them to work at an entry level Gas Technician 3 level, allowing them to service, repair, install, purge and activate natural gas and propane appliances under supervision of a Gas Technician 1 and 2. Companies which provided assistance to the program included Tackaberry, SEARS Canada, Wolseley, Best-Mar, and Burnham Boilers.

Photo by Michael Hebert

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Meet Our Newest Writer Country Cooking Corner with Carol Kloos - pg.4



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Friday
- Cloudy Periods
- High: 10°C • Low: 0°C

Saturday
- Cloudy Periods
- High: 13°C • Low: 0°C

Sunday
- Cloudy Periods
- High: 17°C • Low: 4°C

Monday
- Rain
- High: 22°C • Low: 7°C

Tuesday
- Cloudy Periods
- High: 16°C • Low: 4°C

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LOCAL

Scholarship Awarded



One lucky 17-year-old student at Ecole L'Heritage was recently awarded a $500 scholarship, thanks to the Wendy's Classic Achiever Week program held across Canada. Daphnie Chollet, centre, accepts her award from Rob Lefebvre, left, General Manager of the local Wendy's restaurant while Guidance Counselor Wendy Lalancette, looks on. Daphnie was chosen from more than 7,600 applicants across Canada for excellence in academic performance, community service and participation in extra-curricular activities. After graduation, she plans to study nursing in Québec.

Photo by Michael Hebert

VON National Hike



If anybody asks you to take a hike between now and Sunday, May 2nd, 2004, don't be offended, they are probably asking you to take part in the second annual VON National Hike for Hospice. The event is jointly sponsored by the VON Eastern Counties along with the Canadian Hospice Palliative Care Association, and funds raised will stay in the community. Putting the final touches to one of several signs are Jean Courville (left), VON Eastern Counties branch Executive Director and committee member Claudette Pilon. Pledge forms are available by calling the VON at 932-3451. The event is scheduled to begin from the Lions Club Bandshell in Lamoureux Park at 1 p.m., Sunday, May 2nd, 2004.

Photo by Michael Hebert

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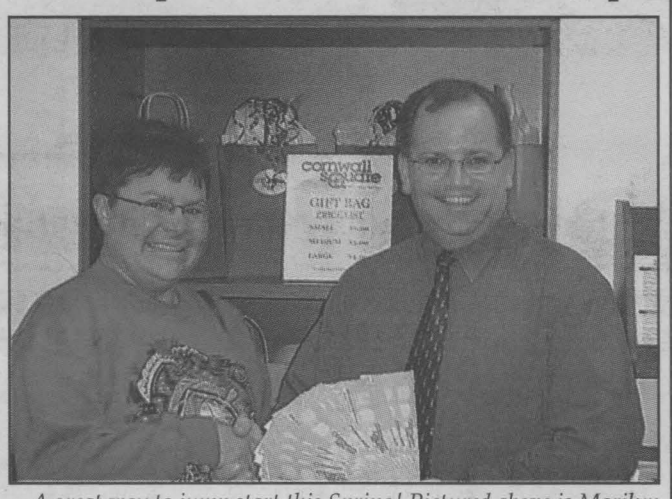
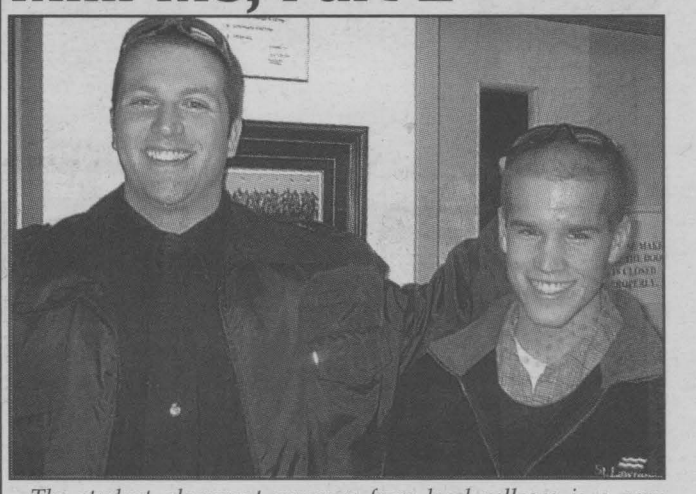


A great way to jump start this Spring! Pictured above is Marilyn Francis of Akwesasne who is the winner of Cornwall Square's Spring Fling Event. Marilyn was presented with $1,000 in Cornwall Square Gift Certificates by Chris Savard, General Manager. Ballots for the draw were available during the Chamber of Commerce Spring Home and Garden Show and within the mall itself, and the winning ballot was drawn Monday, April 26th, 2004.

Photo submitted by Jeff Bethune

Mini Me, Part 2



The student placement program from local colleges is a very important part of student education and SD&G OPP Detachment takes pride in offering the opportunity to accommodate students with the experience to accompany an officer on duty. SD&G Constable Dan Roy (left) is in his second year of being a Supervising Officer and a trend seems to be developing. For the second year in a row, his students end up sporting Dan's brush cut. Obviously, this officer has made a definite impression on his hopefuls.

Photo submitted by Joel Doiron

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Specials in effect from Saturday, May 8th to Friday, May 14th. We reserve the right to limit quantities. While supplies last.

LOCAL

Roy Fjarlie Obtains Green Party Nomination

Roy Fjarlie of Maxville was chosen by the Green Party Riding Association of Glengarry-Prescott-Russell at their April meeting to be the candidate for the Green Party of Canada in the upcoming federal election.

Roy retired in Toronto 5 years ago as an Assistant General Manager of a major Canadian bank. Moving back to Maxville, Ontario, he and his wife who is a retired teacher have recently achieved organic status on their family farm. "Organic status has been implemented because it was the necessary thing to do; our land has become alive after years of following heavy inputs of pesticides and artificial fertilizers. Our land has become healthy and sustainable," said Fjarlie, and "sustainability is the basis for action of the Green Party."



Roy Fjarlie

"In the new world of the 21st century the times have changed, and people are increasingly concerned about our capability to deliver sustainable health care, to deal with the finite extent of our resources, and to correct the pollution of our environment, the quality of our food, and the ever-widening gap between wealth and poverty."

May Is Community Living Month

Community Living branches across Ontario will be hosting celebrations and activities to increase awareness of the support and services they provide to individuals with an intellectual disability throughout the month of May.

Community Living Dundas County is planning the following events to celebrate Community Living Month. "Brown Bag Day" will be held on Tuesday, May 11th, 2004 with the assistance of the McIntosh Inn. Saturday, May 15th, 2004 will be Community Living Day at the Blue Jays game. There is a full bus going to this game from our area. A poster campaign will highlight 2 local people - Tim and Sara. The focus of this year's campaign is employment- Tim has a job at Canadian Tire, and Sara works at the Village Green in Morrisburg.

A silent auction will also be held in conjunction with our Annual General meeting scheduled for Thursday, June 17th, 2004 at 7 p.m. at Allison Avenue, Morrisburg.

Community Living Dundas County offers support to over 80 people with an intellectual disability throughout the County. A wide range of services are offered to individuals and their families including respite, employment, accommodation support, planning, advocacy, and recently P.R.O., a parent support group began in the County. Additional information can be found on our website, www.cldc.ca or by calling us at (613) 543-3737.

Living life...living proof.

Children's Treatment Centre Receives Donation



The secret is out. The fastest way to get Pierre Guindon to smile is simply hand him a cheque to assist the Children's Treatment Centre with its operating expenses. The President of the centre gladly accepts a $400 cheque from Janice Mainville, Financial Coordinator with Kraft Canada in Ingleside. Members of the local Kraft Care Team decide where the corporate-supplied funds are donated and in this case, the funds will go toward child counselling.

Photo by Michael Hebert

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‡Cash purchase price in lieu of reduced financing rates. Freight, taxes and registration fee not included.

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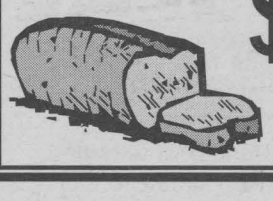
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A Special Treat For Mother's Day



Country Cooking Corner

with Carol Kloos

I'm ba-a-ack, and I'm happy to be so!!! Welcome to "Country Cooking Corner." Many of you are familiar with my past cooking column from "The Glengarry News," well, I have decided to start it up again and I know my faithful, food-loving fans will be very happy and all of you "new readers" will also enjoy this weekly column in "Seaway News."

Most of you feel that recipes should be uncomplicated, inexpensive, nutritious and varied. My recipes are easy and delicious, usually using few ingredients that you may already have in your pantry. Recipes are for sharing and that is my ultimate objective.

I will also include "Tips And Hints" and "Food For Thought" and other information that will give you ideas pertaining to cooking, decorating, entertaining, etc.

So, enjoy!

*****

Oh, what I wouldn't give to have my mother here with me! As they say, "You don't know what you have 'til it's gone." My sisters and I miss her dearly, but more so nearing Mother's Day. I envy those of you who still have your mothers in your life and are able to express your love to them!

For your Mother's Day family get-together, stir up this simple appetizer dip. This recipe is from my sister, Barbara. You may have to double it as it is one you'll dip into often and you may have to replenish soon!

"Ham Dip With Apricot Preserves & Curry"

-1 cup mayonnaise, low fat
-Curry, to taste
-Apricot preserves, to taste
-Thick ham slices, cubed

•Mix all ingredients in a bowl, stir well. Taste and adjust. Place in a decorative bowl. Place cubed ham pieces in another bowl. Provide toothpicks for dipping ham.

Makes 1 cup.

*****

Tips and Hints of the Week

-Use a hand grater to grate a stick of frozen butter into perfect piecrust-size flakes.

-If your drinking glasses or vases look cloudy, put 1 to 2 tablespoons of lemon juice in the bottom of each, fill with hot water. Let stand for a few hours, then wash with hot water and detergent.

*****

Here is a little recipe with big taste! It is easy and delicious. Pork tenderloin is always so tender and juicy. An excellent recipe for a Mother's Day meal!

"Pork Tenderloin With Onion & Red Wine Sauce"

-2 large (whole) pork tenderloins
-3 Tbsp. margarine or butter, divided
-1 med. onion, chopped small
-2/3 cup dry red wine
-2/3 cup chicken broth
-Dashes of: salt and pepper, garlic powder, oregano or sage (to taste)

•Remove excess fat from pork tenderloins. Cut into crosswise slices about 1/2" thick. Place slices between 2 pieces of plastic wrap and pound to flatten. Sprinkle with seasonings.

•In a non-stick skillet, heat 1 Tbsp. of margarine over medium heat. Cook slices until slightly browned. Remove to platter.

•In same skillet, melt remaining margarine over medium heat. Add onion, cook until tender, stirring often. Add red wine and broth, return tenderloin slices to skillet. Cover, with tilted lid, about 3-4 minutes. Serve slices with sauce and onions.

Serves 4.

Notes: -For non-drinkers, the alcohol in the red wine evaporates completely and just leaves the great taste behind.

-I "half" this recipe for my husband and I.

-I sometimes use 2/3 cup scotch whiskey instead of red wine.

-I sometimes add a smashed and minced fresh garlic clove (to sauce) instead of the garlic powder (to meat).

*****

Here is a recipe for a luscious dessert that the children can prepare for their Moms. Luscious I say!!! It is a great spring recipe using strawberries already in your local grocery store.

"Luscious Strawberry Cake Squares"

-1 Pound cake (store bought) cut into 12 slices
-1/3 cup cranberry juice
-2 cups fresh strawberries, sliced
-2 pkgs (4 serving size) Jello Vanilla Instant Pudding
-2-1/2 cups milk
-4 cups Cool Whip Topping, divided

•Arrange cake slices in bottom of a 13" x 9" x 2" pan. Drizzle with cranberry juice. Arrange strawberries over cake.

•Prepare instant puddings as directed on package, reducing quantity of milk to 2-1/2 cups. Gently stir in 1 cup whipped topping.

•Spoon mixture over strawberries. Spread with remaining whipped topping. Refrigerate at least 1 hour or overnight. Cut into squares to serve.

Serves 12.

Notes: -I prepare my strawberries beforehand, by placing in a bowl, washing and rinsing well, then sprinkle lightly with sugar, toss gently, cover and leave in fridge at least 1 hour before using.

-I use "low fat" Cool Whip and skim milk.

-When in season (which is shortly), use local fresh strawberries or raspberries. You can use a combination of both to total the 2 cups required.

*****

"Happy Mother's Day."

"Happy Cooking."

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"We carry a full line of supplies from designer papers to cardstock, embellishments, stickers, glues and tapes and even the albums to put them in," says Emma, co-owner.

These ladies have between them over ten years of experience in scrapbooking with numerous workshops under their belts.

"We will be offering two hour classes for the beginner, intermediate and advanced scrapbooker," explains Marie-Anne, co-owner. "What makes scrapbooking so popular is the creative aspect while recording the event, date and memories."

Auntie Em's Scrapbooking is a must see. Special theme parties such as bridal and baby or birthday and anniversary are also being offered for a unique gift giving idea.

The atmosphere is one of country home with friendly and efficient service. Auntie Em's philosophy is to always have the coffee/teapot on and to encourage shoppers to spend an hour or two visiting and sharing creative spirit. A children's corner is set up too!

"We're very happy to provide Cornwall and area with this specialty service," says Emma & Marie-Anne. "Come in and let us help you get started on preserving your special memories."

Celebrate National Scrapbooking Month (May) by joining us on our all day crop - May 29th.

LOCAL

Aquatic Centre Construction Underway

On the heels of Cornwall city council approving an over-budget expenditure to get started on the construction of an Aquatic Centre, the official ground-breaking ceremony took place on Tuesday, May 4th, 2004. The Centre, to be located on the east side of the Civic Complex, will house a 6-lane 25-metre pool, water slide and wading pool/play area. A handful of dignitaries and citizens showed up for the event. The Aquatic Centre should be ready for use by June 2005, while a co-project, the Cornwall curling centre, is already under construction and should be open in September 2004. All 3 levels of government have contributed to the cost of the Centre with the 2 senior levels of government contributing $3.8 million. The City of Cornwall has set aside over $5.8 million from interest earned by the Progress Fund to cover its original commitment plus the overage created by higher budgets than forecast with the remainder of $1.1 million coming from the general public through a fundraising campaign.

Stormont Dundas Charlottenburgh MP Bob Kilger says the project represents "partnerships" at its best, resulting in a "positive day for the community." Heine Bruining, representing MPP Jim Brownell who could not attend the ceremony, said the centre provides a "vision to grow into the next century." Bruining also brought greetings from South Stormont, where he serves as a councillor saying his municipality is "glad to be a partner with Cornwall," in this project.

Acting Mayor Joël Côté got a cheer from the crowd when he began his remarks with "What a wonderful day for the City of Cornwall." Côté also acknowledged the support from area councils, along with the work of previous city council members.

An Aquatic Centre for Cornwall has been on the back burner for over 20 years and the latest group to get it built was the Project 2000 committee headed by Rick Saaltink who was visibly emotional when he told the crowd, "We're building it, finally!"



The golden shovel denotes the official sod turning ceremony for Cornwall's Aquatic Centre after more than 20 years of on-again-off-again discussions. Left to right: MP Bob Kilger; Project 2000 committee chair Rick Saaltink; acting Mayor Joël Côté; and Heine Bruining, representing MPP Jim Brownell.

Photo by John Divinski

National Nursing Week



If someone would have looked into Mayor Phil Poirier's office recently, seeing him surrounded by 5 nurses and having his blood pressure checked, they surely would have done a double take. Actually, the Mayor had just finished proclaiming the week of Sunday to Saturday, May 9th to 15th, 2004 as National Nursing Week. Attending the event were members of the Seaway Chapter of Registered Nurses Association of Ontario (left to right): Kimberly Peterson, Chapter President; Elaine Marchand, Vice-President; Ruth Pollock, Past-President; Colleen MacDonald, Communications Officer and Anna Marie Breuers, Political Action Officer. Incidentally, the Mayor's blood pressure was normal. It was the day after city council approved construction of the municipal pool.

Photo by Michael Hebert

Order Of The Eastern Star Donates To Hospital



In one of its last donations to the former Cornwall General Hospital, the Order of the Eastern Star, Cornwall Chapter 202, presented at cheque for $10,000 to the hospital foundation to help purchase a $150,000 holmium laser. Over $120,000 has been collected to date. Left to right: Worthy Patron Ronald Armstrong; Worthy Matron Ann Runions; Executive Director Cornwall Community Hospital Foundation Manon Thompson; order Treasurer Jessie Rodger; and Associate Matron Ivy Poirier.

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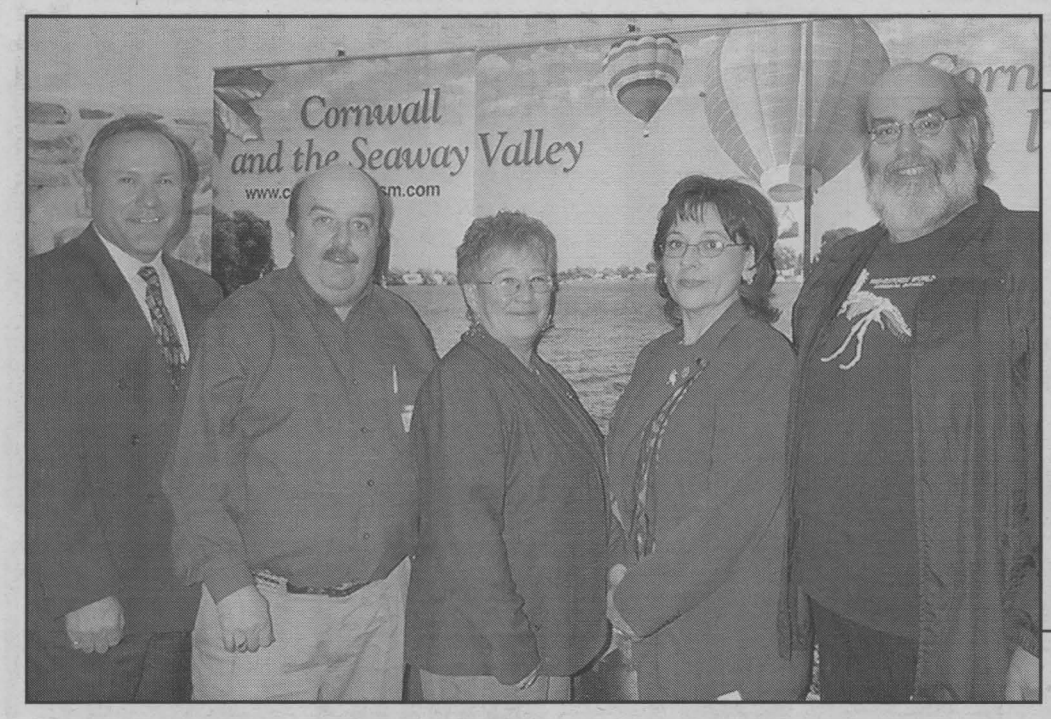


The Executive of the 2003-2004 Cornwall and Seaway Valley Tourism Board of Directors is ready to sell the area to the local population. Left to right: Mike Lalonde, Executive Manager of Cornwall and Seaway Valley Tourism; Brian Mulligan, Past President; Lesley O'Gorman, Vice-President; Linda Bowers, President; and Paul Dupuis, Treasurer.

Photo by John Divinski

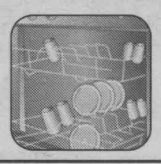
Selling Seaway Tourism To The "Locals"

Groups such as Cornwall and Seaway Valley Tourism tend to focus their efforts on advertising and "selling" the area to regions, such as the United States and other parts of Ontario, in the hopes of bringing in tourist dollars from vacationing families. That effort will continue. However, at the group's 9th annual general meeting, Thursday, April 29th, 2004, Tourism Board President Linda Bowers urged members to "sell" the area to those who live here. She told the group there is lots to do and lots to see in Cornwall and SD&G and many of the events are probably unknown to residents in this area. Although, very little if any money will be spent convincing "locals" to visit the tourism highlights in Cornwall and SD&G, it's hoped that everyone will talk up the advantages to staying home and being a local tourist.

...to help you manage your electric bill!

Energy Saving Tips

Hints for Your Dishwasher



• Try to operate with a full load and use the energy-saving cycle.
• Don't waste hot water by pre-rinsing dishes before putting them in the dishwasher – just scrape off food and empty liquids.
• Air dry your dishes – you can save 10% of the cost of operation.
• Load dishes according to manufacturer's instructions to allow for proper water circulation.
• Check and clean drains and filters regularly to ensure efficient operation.

Energy Facts

Using a dishwasher can actually be more efficient than washing dishes by hand, assuming you use the dishwasher once for every 3 to 4 times you would wash dishes by hand.

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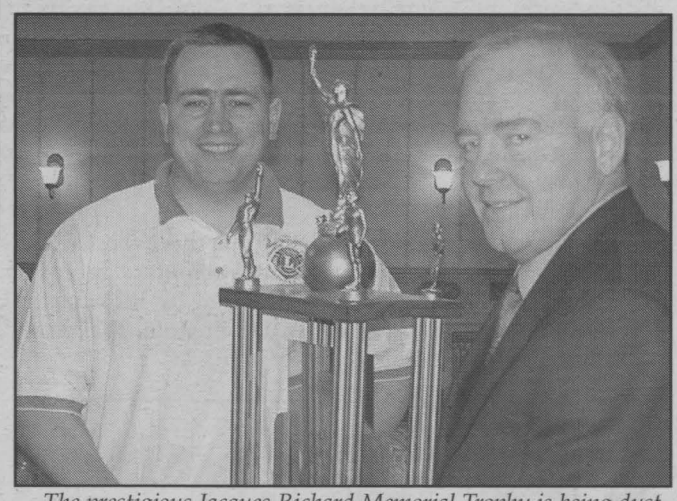
Sports Award Dinner



The prestigious Jacques Richard Memorial Trophy is being dusted off as organizers prepare for the newly-named 40th Royal Bank-Cornwall Lions Club Sports Awards Dinner, slated for Wednesday, May 19th, 2004. Other changes in the event include the naming of David Murphy (left) as Chair of the Sports Award Committee and Bob Lefebvre, representing the Royal Bank who will be presenting a $1,000 bursary to a lucky high school student. Murphy replaces stalwart George Assaly, who retires from the position after 4 decades. World class curler Guy Hemmings has been named as guest speaker for the event. Nominations are still open for an athlete, coach, builder or volunteer, by contacting David Murphy at (613) 932-5180, extension 234, or dmurphy10@cogeco.ca.

Photo by Michael Hebert

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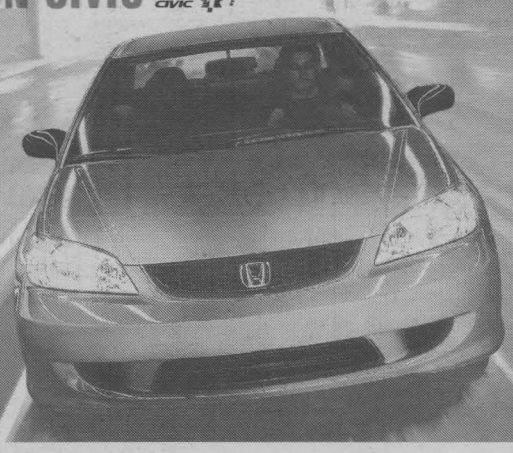

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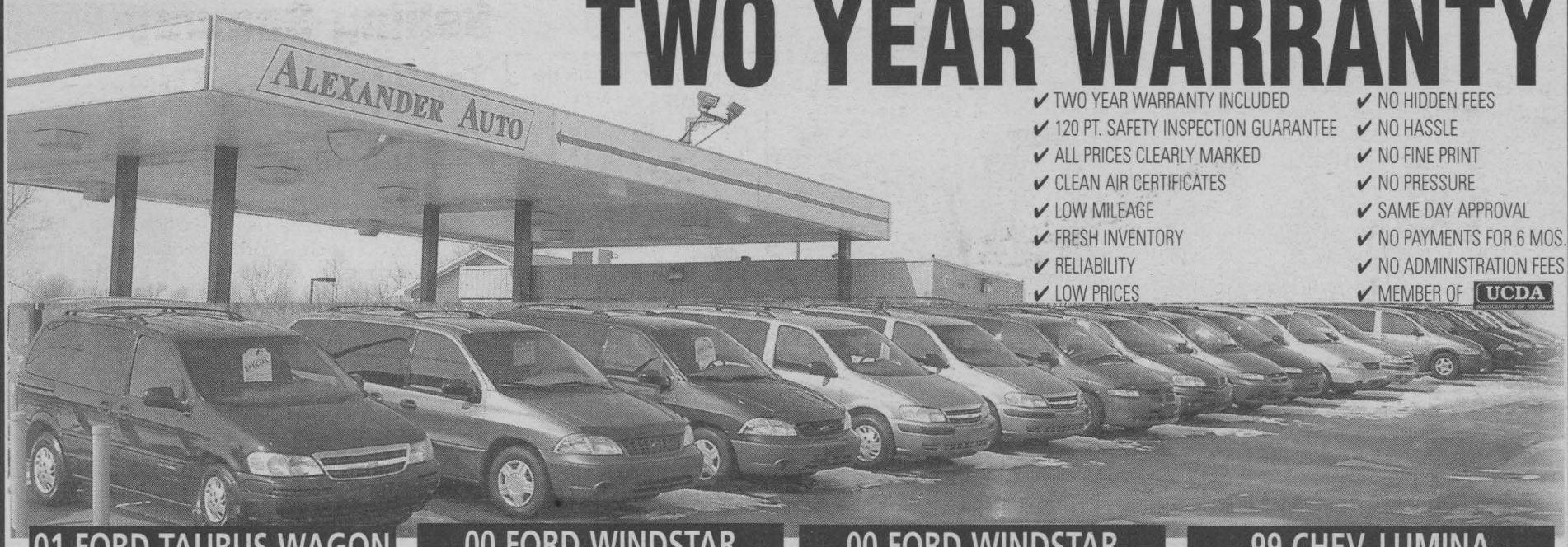

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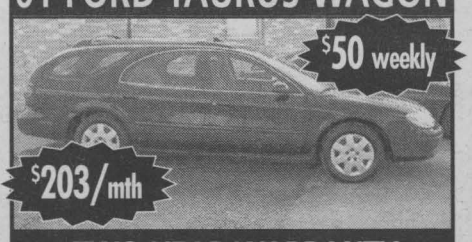

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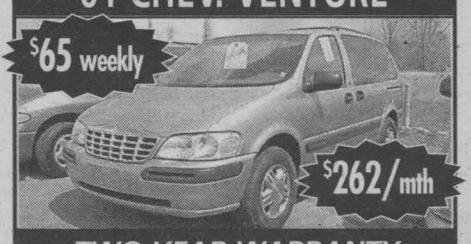

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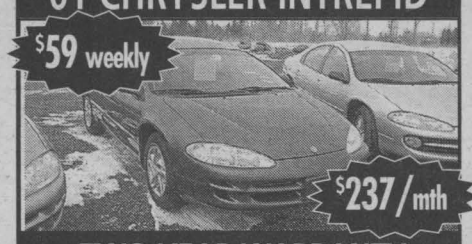

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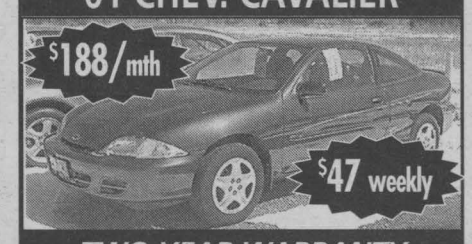

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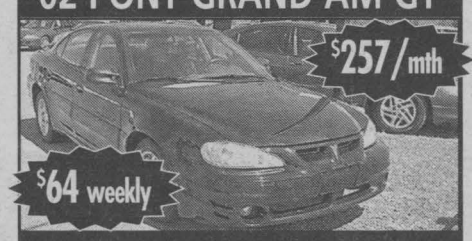

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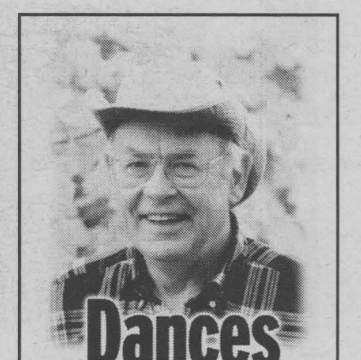

Dances With Words

with Nick Wolochatiuk
e-mail: nuthill@glen-net.ca

As promised last week, here's more about technology in education. Yes, we've made some giant steps forward in that field, but some of the other innovations might convince you that the monkeys are running the zoo.

Last week I made mention of the fact that in the 60s, children (and adults) used to attentively listen to radio programming. Children were fascinated by what they heard. Their imaginations were stimulated by the stirring speeches of history makers, and narrators, reporters and commentators who were gifted with the ability to describe what they were witnessing. Actors, background music and skilled sound effects technicians crafted entertaining dramas that piqued the imagination.

The listening skills of so many of today's children have been so bombarded and degraded by the noise of today's entertainment media that they would be bored if Winston Churchill and Adolph Hitler were to come as guest speakers into their classroom. If a loon and a wolf were to be serenading outside the classroom window, so many of today's children would drown them out by plugging in their boom boxes and walkman.

When a teacher says, "Listen!," so many children regard it as being a 4-letter word.

Lunches have changed, too. I was brought up in Toronto. In its densely populated area, there were but 2 choices in the elementary school system: public or separate. Everyone walked to school; everyone walked home for lunch. The very few homes that were unable to have someone at home during lunch time had to make other arrangements with other families.

In today's Eastern Ontario, there is a staggering multiplicity of educational systems and program offerings: English separate, French separate, French public; core and immersion; late immersion. As a result of this multiplicity of systems and diversification of programs, school bus companies have developed a transportation system that is as complex as the armada that delivered the troops on D-day and evacuated Dunkerque (or 'Dunkirk' if you prefer to anglicize the name) in 1940.

Thus, lunches have changed. Lunches at school in the 70s and 80s gradually became de rigeur. A peanut butter sandwich, a home-made cookie, an apple and a Thermos of milk or soup was considered to be a mid-day feast.

Today, children have lunch at school. It is only the pariahs and children of eccentrics who eat lunch at home. Due to 'nut allergies' ('nut allergies' - that's a term that can be taken 2 ways) and egg allergies, some schools are placarded as no-go areas for nut and egg products.

Yes, schools do try to educate regarding proper nutrition. So what do the in-school lunches consist of these days? In my sampling, Mondays: Pizza - Pizza delivers; Tuesdays: McDonald's "Happy Meal;" Wednesdays: KFC; Thursdays: Subway delivers; Friday: many of the kids bring a note from home: "Please let Johnny go to the mall to get his lunch today."

What washes down the chocolate bar and the synthetic rainbow-flavoured 'fruit roll-up' (manufactured in a chemical factory in Tuscaloosa)? The beverage of choice: "Things go better with Coke!"

I almost forgot: those who opt out of the delivered lunch program bring a TV dinner to school. There's a long line-up for the microwave. Virtually every classroom has one these days.

We sure have come a long way since the peanut butter sandwich!

I'm sure you remember making notes from the set of aged encyclopedia that was at the back of the room. Today, classes have internet access, a potentially valuable research tool. Of course, it can also be used to access a lot of unvaluables in addition to the invaluables. Unless scrupulously monitored at school and at home, the WWW can also be used to open a Pandora's box of abuses via inappropriate websites, pop-ups, e-mail and chat rooms.

Data gathering by some students can degenerate into nothing more than a flurry of cut-and-paste, followed by a sophisticated cat and mouse game of hiding thinly veiled plagiarism. Automatic spell check can help produce a well camouflaged case of borderline illiteracy. A steady diet of this pre-digested, all too easily accessed data is like eating a Happy Meal: fast, very convenient, but high on fat and definitely not in the brain food category. It's unlikely to produce many 21st Century Shakespeares, Tennysons, Thoreaus or Frosts.

I'll let you decide what direction educational technology has traveled, forward, reverse - or some of both.

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School Beat

with France Viau

Cooperative education and being enrolled in a trade is a great way to learn skills outside school education. It is a great way to figure out what one wants to do in the future.

Jocelyn Marengère, a student at l'École secondaire L'Héritage, enrolled himself in a trade to become a retail meat cutter at the Seaway Valley Meat Cutting Institute. He trained there for 18 weeks. He received a diploma that makes him a retailed meat cutter.

Now that Jocelyn has his diploma, the next step would be to do 4,000 hours of apprenticeship to obtain a full-retailed meat cutter's licence. With that licence, he will be able to work anywhere in the world.

"As I look back at my training at the Seaway Valley Meat Cutting Institute, I marvel at what a great experience it has been. I gained sufficient hands-on training for 18 weeks, and now I have the skills to get the job done. This is indeed nothing less than a great achievement for me," Jocelyn says.

After working as a meat cutter, he is considering scuba-diving courses so he can explore the aquatic world that not many of us know about. After accomplishing this, he is going to take up a cooking course to become a chef. "I love to learn new things. I want to keep learning as much I can. There are so many things in this world to know about, and I want to gain as much knowledge as I can," he says.

If you are enrolling yourself in an activity, trade, course, or workshop, go for it! I once registered myself in a course. The expectations to pass the course were very high. I failed it at first, but it was with determination, motivation, and hard work that it came to pass. Nothing in life is easy to accomplish. You need to put effort in what you do to experience success. When you work hard at something, you get a great feeling from it, because the results will most likely pay off if you do it for yourself.

Member Of Parliament Visits Cornwall



Conservative Party of Canada, Member of Parliament for Lanark-Carleton, Scott Reid, joined close to 400 people at Nativity Hall in Cornwall Saturday, April 24th, 2004 for a breakfast of bacon, eggs, sausages and lots of political rhetoric. During the event, Guy Lauzon (above) and Riding President, Julie Anne Miller, unveiled Lauzon's new and innovative rear windshield signage that was enthusiastically approved by all those in attendance.

Submitted photo

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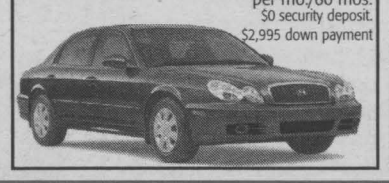

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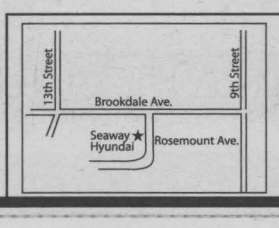


SEAWAY HYUNDAI
701 ROSEMOUNT AVENUE 933-8135

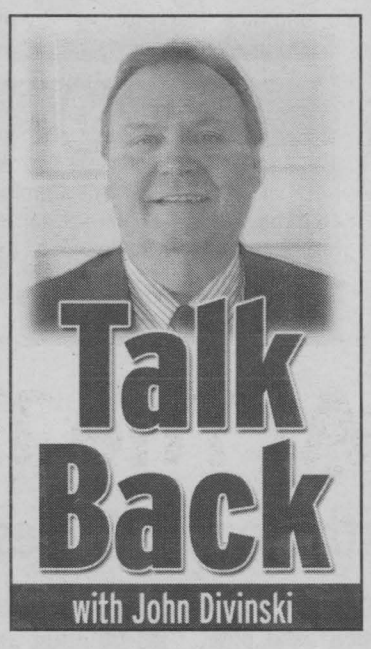
APRIL30042

Remembering Mom

Really, when you think about it, Moms are pretty well the same around the world, although we tend to think of our Mom as special and unique. I suppose, because of the talents they have, they are "special and unique," and yet the same.

For instance, I don't know of a Mom that can't heal a bumped head or a scraped knee instantly. Sure, they apply some disinfectant. Remember the dreaded orange iodine that came in that ominous dark glass bottle and when applied, you thought for sure your appendage was going to burn off? Do they still make that stuff? Anyway, Mom would apply the stinging, colour-staining elixir and before you had a chance to scream your fool head off, she was gently blowing a waft of air on the boo-boo to lessen what we believed to be, life-ending pain. Then, she would gently apply a bandage and you were mended. That is, mended physically, but not emotionally. That came next and really was the best part. She would take you in her arms and hug you and perhaps gently rock back and forth. There was no injury strong enough in the annals of history that could fight back against a Mom's hug and a little rocking motion.

What Mom didn't have "eyes in the back of her head?" How did she know what was going on behind her when you were "scarfing" a cookie or pinching your sibling, or trying to sneak out before finishing your chores after dinner? No matter how closely you got to examine your Mom's head, you never could find that extra pair of eyes, but they were there.



Never mind the "eyes in the back of her head," what about the "eyes in the front of her head?" You had your story worked out and you were going to stick to it (really didn't matter what the subject was) and you rehearsed and rehearsed on the way home. You were ready! A big breath, you walk into the house and you go up to Mom and you start recounting the make-believe fantasy. Mom would stare. That's all. Just stare and your body would turn to jelly and your story would collapse as you told it. Not a word from Mom, just that stare from the eyes you could locate on her face, not the hidden away ones. Finally, you 'fessed up" and the cat was out of the bag.

You know, when it comes to trying accused perpetrators of crime, why don't we just bring in their Moms to stand in front of them and listen to their kid's story. We'd probably get a lie to start, but it would soon deteriorate and the truth would come out. Who needs lawyers and investigations? All we need are Mom's eyes and "the stare."

As we grew up, we would get to that moment in life when we would be going on our first date or to our first dance. I remember in my case, both were happening at the same time. I didn't know how to dance to save my life. Now, this is when you got on the dance floor, there was some structure to the movements, not like today where all you do is shake by yourself and pretend to be dancing with someone. Anyway, my Mom spent hours with me, teaching me the basic 2-step waltz. I don't think her feet ever healed but when that date came along, I was ready (sort of).

Is there anything better than having your Mom come into the bedroom to wake you up and rather than screaming and yelling at you and pulling the covers off, she sits on the side of the bed and gently rubs your back? There is no masseuse anywhere in the world that does it any better than a Mom!

That first heartbreak. Who's there to help mend a broken heart, but Mom. "There's lots of other fish in the sea," she would say, and out would come that magic hug. You were still hurting but for that moment in time, everything was at peace and you knew you would survive breaking up with old "what's-her-name." Actually, I never did forget her name. It was Margaret. Ironically, my Mom's name was Margaret as well. She died at the young age of 55, about 2,000 years too soon as far as I'm concerned. But in my moments of indecision or stress as my life goes on today, my Mom is still there hugging me, rocking me and showing me the way.

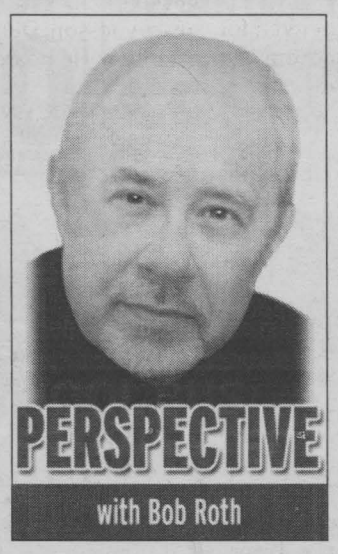
Sunday, May 9, 2004 is Mother's Day. Don't waste it. Show your Mom that you love her and that she is indeed "special and unique," the exact way she thinks about you.

Happy Mother's Day to all Moms. You rule!

I'm John Divinski.



U.S. Torture Of Iraqi Prisoners Is Last Straw



Well, for those of you dunderheads from Cornwall who went up to Ottawa to wave the American flag in support of the invasion of Iraq, I hope you're convinced now that you've been duped.

The latest revelations that Iraqi prisoners are being humiliated and tortured makes it crystal clear why bumbling U.S. foreign policy serves only to make the world more volatile - not more peaceful.

Prior to the invasion, Muslim fundamentalists were telling their supporters what mean "infidels" the Americans are. So what do the Americans do? They prove them right.

Frankly folks, the tired, old argument that it's "just a few rotten apples" isn't going to sooth Iraqi anger - any more than the American public is easily placated when they see Iraqi insurgents dragging dead American bodies through the street.

The point is, there are now several incidents of U.S. torture in the news - complete with god-awful pictures. These are being televised throughout the world. This is a major public relations victory for the terrorists and extremists.

When you combine this torture with the American Army's killing of thousands of innocent Iraqis through "collateral damage," you begin to see Vietnam all over again.

There too, every atrocity was denounced as an isolated event. There too, when villages were destroyed indiscriminately (bombs and tank shells have an uncanny knack of killing everyone in the immediate vicinity of the "enemy"), it was dismissed as a necessary consequence of the "fog of war." There too, the local economy and social fabric was put under American control, with no obvious signs of a better life for the ordinary person.

And so resentment builds.

You would think the United States would have learned something in 30 years.

The fact that the American invasion of Iraq was built on a gigantic lie - the bogus contention that Iraq had "weapons of mass destruction" ready to launch at the United States - only serves to underscore the complete moral and strategic bankruptcy of American foreign policy.

Also, as was the case in Vietnam, the Americans are now getting desperate and are using local tyrants to help them out. The Iraqi general sent into the beleaguered city of Fallujah last week was a general under Saddam Hussein. The U.S. has also backtracked on allowing former members of Saddam's government from becoming part of the "new" Iraqi government. Little wonder that many believe oil was the only real reason for the invasion - not "freeing" the Iraqi people. (If freeing people from tyranny and removing weapons of mass destruction were the real issues, the United States would have invaded North Korea, not Iraq.)

So, here is U.S. foreign policy in a nutshell: invade a country, take away their most precious natural resource and give it to U.S. corporations, bomb their civilians, torture them and then put the same generals and officials back in power who were oppressing the populace in the first place.

And Americans can't figure out why they aren't liked in so many parts of the world. It's a shame, too, because the ordinary, average American is one of the friendliest, most decent people you will meet on an individual level. Personally, I love Americans. They're good people. But they have an incredible blind spot when it comes to foreign policy - and it's largely the fault of their corporate controlled media, some of which are actually owned by arms manufacturers.

When the media abandons its duty of telling the truth and buckles to the powers that be, real democracy dies - because without the truth, citizens can't make informed decisions.

SEAWAY TEAM

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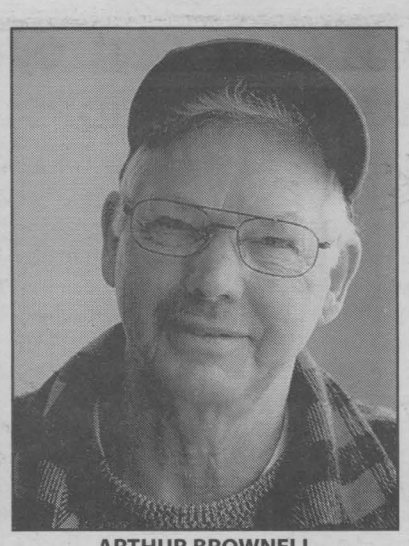
On The Street...



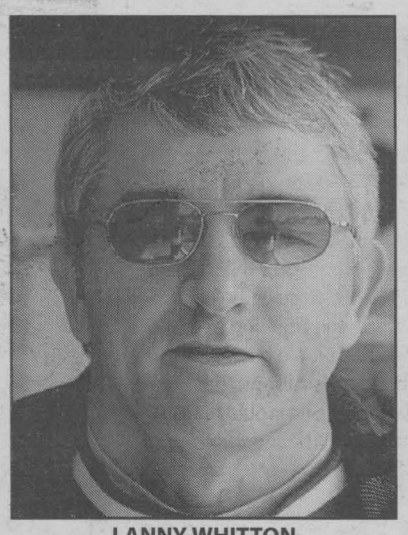
LISA LALONDE
Williamstown



ARTHUR BROWNELL
Long Sault



DIANNA GUINDON
Cornwall



LANNY WHITTON
Cornwall



LINDSAY VANGVN
Whistler, B.C.

We asked: What month of the year would you like to see completely eliminated?

Fortunately, we do not have the ability to eliminate any month from the calendar. If we did, we'd have yet another excuse to go to war with each other, for there seems to be little agreement as to which of the 12 months most deserves to be given the boot.

Lisa Lalonde said, "The month of February is my least favourite, for it has too much cold, snowy weather making it a terrible month for heating and electricity bills."

Arthur Brownell finds January to be the coldest month, "But at least the cars start well, much better than they did in the old days."

Roxanne White dislikes April. "The snow's all gone, and every April I have yet another birthday, making me one year older again."

Diana Guindon would tear the November page off her calendar. "November's dark and dreary, it can be quite cold, yet there's no snow, so there's no opportunity to go skiing. It's just hibernating time."

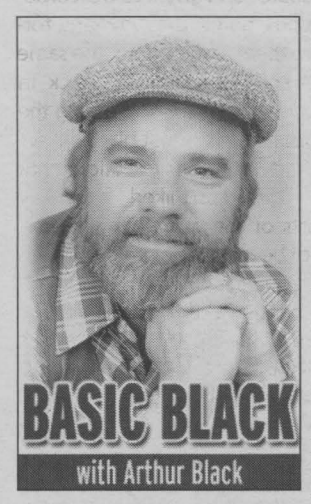
Lanny Whitton agrees with Brownell as far as voting January off the island. "January is not only the coldest, but it's also the month I find myself all stressed out after the Christmas and New Year holiday time. It's the month where I need to recuperate."

When Lindsay Vangvn was asked what month she'd eliminate, her emphatic response was, "I wouldn't want to eliminate any month, or even a single day when I'm in Whistler! It's just so beautiful out there. It's an exciting place to be every month of the year. If those others want to eliminate any month, we Whistlerites will gladly take it off their hands."

P.S. Somehow, the photographer was unable to access the photo of one of our respondents, so a last-minute substitute had to be made. (He'd like to blame it on the film, or the camera, or the processor of the prints, or the former federal Liberal government ministers, but...

Photos by Nick Wolochatiuk

Seemed Like A Great Idea At The Time



I don't ask much from life. I don't expect the stretch limos, flotillas of groupies, or a wallet full of thousand-dollar bills to light my Cohiba panatelas. I have no interest in becoming Lord Black of the Millpond, a guest on the Tonight Show or of winning that Lottery for Life - a red velvet bunk in the Canadian Senate.

No, I only have one unrequited desire: to have, in my lifetime, One Great Idea.

Is that so much to ask? Archimedes got his revelation in a bathtub. Newton got his under an apple tree. Einstein brainstormed "E equals MC squared" at his blackboard, and we can guess where Thomas Crapper was sitting when he got his inspiration to invent the flush toilet.

One great idea. That's all I ask for. I'm not trying to be a Thomas Edison, filing a thousand patents for everything from phonographs to light bulbs. I just want one.

I thought I had it back in Grade 7. I remember almost nodding off at my desk while the teacher droned on about The Rebellion of 1837. "Upper Canada was a tiny colony," he was saying, "not like the country of 15 million (hey, it was a long time ago) that we live in today."

And I fell to doodling at my desk. Fifteen million...let's see...that would be 15...followed by six zeros. Imagine if I could persuade every Canadian to mail me...one penny.

That would put 15 million pennies in my piggy bank. Or put another way, I'd have $150,000! Which was a fortune, back when I was a kid.

And that was as close as I ever got to a Great Idea. The Achilles heel that fatally hobbled my breakthrough concept was the fact that I couldn't think of a compelling argument to convince my fellow citizens to start mailing their pennies to me. My bombshell brainwave died a-borning.

I admit, it sounds kind of lame a half-century later, but great ideas don't have to be blockbusters. Somebody invented the safety pin. Others came up with the ballpoint pen and the paper clip. Small items, but great ideas all the same.

And it's not like it's hard to get a patent even for a lame idea. Paul Hanson of St. Paul, Minnesota just obtained a U.S. patent for his all-new method of treating heart-related chest pain.

Hanson's solution: just drink limeade - but from concentrate. That's it - Hanson's Great Idea in a nutshell. He says it worked for him and the U.S. Patent Office was sufficiently impressed. Impressed enough to grant Hanson patent number 6,457,474.

I think Michael Nelson's idea had a more obvious aura of greatness about it. Nelson recently opened a law office in suburban Orlando, Florida, leased himself a company car (Mercedes), printed up some toney-looking letterhead stationery listing all his law partners and began soliciting business from the families of convicted drug traffickers.

Did very well, too, until a radio station investigated and found out that Nelson's law partners didn't exist and Nelson was not a lawyer. As a matter of fact, Nelson was himself a felon, serving time for bank fraud. He could only 'practice' during the day as he had to return to a halfway house each night. As near as investigators could figure, Nelson made "several hundred thousand dollars" before he was nabbed. Not surprisingly, Nelson's halfway house privileges have been revoked.

Still, Great Ideas don't have to be crooked and they don't have to involve lawyers (but I repeat myself). Take Dennis Hope of Gardnerville, Nevada. For the past 23 years, Mister Hope has operated a real estate company, selling lots to interested customers.

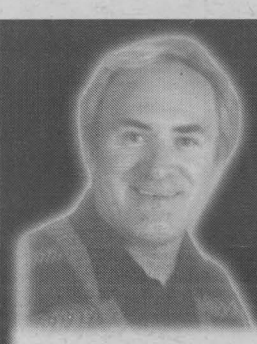
But not in Nevada. Not even in North America. Not even on this planet. Mister Hope sells land...on the moon. Business has been so good that he's expanding. He'll now sell you choice lots on Mars and Venus as well. Going price: $20 an acre.

How good is business? Very. Hope reckons he makes about $270,000 U.S. a year.

And it's legal. It's based on something Mister Hope learned in school as a kid. Back when I was doodling through my history lesson, Dennis Hope was paying attention. He heard his teacher say that, while the international Space Treaty of 1967 prohibits nations from owning celestial bodies, it doesn't say anything about individual ownership.

Hope says "I even wrote to the United Nations explaining my plan and asking if they had a problem with it. Nobody ever wrote back."

But that was 23 years and $6.5 million ago. Great Idea, Mister Hope.



Canadian Trivia

with Yvan Brunet

CANADIAN NHL HOCKEY PLAYERS

Match the names of the Canadian NHL hockey players with their nicknames/known as.
Write your choice of letters A-H inside [ ].

1. [ ] MAURICE RICHARD (Montreal, Québec 1921)
2. [ ] HOWARTH WILLIAM "HOWIE" MORENZ (Mitchell, Ontario 1902)
3. [ ] DOUG GILMOUR (Kingston, Ontario 1963)
4. [ ] WAYNE GRETZKY (Brantford, Ontario 1961)
5. [ ] LORNE WORSLEY (Montreal, Québec 1929)
6. [ ] FRED TAYLOR (Tara, Ontario 1883)
7. [ ] FELIX POTVIN (Anjou, Québec 1971)
8. [ ] JOE SIMPSON (Selkirk, Manitoba 1893)

NICKNAME/KNOWN AS

A. The Great One
B. Rocket
C. Cyclone
D. Gump
E. The Stratford Streak
F. The Cat
G. Killer
H. Bullet

CDN-68

ANSWERS: 1(B) • 2(E) • 3 (G) • 4(A) • 5(D) • 6(C) • 7(E) • 8(H)

Score on 8: [ ]

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SEAWAY NEWS ocna

letters TO THE editor

Re: Breast Cancer And Abortion

Dear Editor,

In her Friday, April 23rd, 2004 letter to the editor ("Breast Cancer and Abortion"), Mary Sproul cites a 1996 study by Dr. Joel Brind as definitive proof of a link between abortion and breast cancer. The most recent and largest study on the subject, however – published by the United Kingdom's University of Oxford (one of the most prestigious post-secondary institutions in the world) in March 2004 concludes that, in the words of Professor Valerie Beral, Director of the Cancer Research UK Epidemiology Unit at the University of Oxford, "The results should make it clear that studies which are properly designed show pregnancies that end in abortion don't increase the risk of breast cancer." Furthermore, as Professor Beral's colleague, Professor Sir Richard Peto, empathetically states: "Some previous reviews on abortion and breast cancer have reached mistaken conclusions because they mixed together data from reliable and unreliable types of study." Thus, in spite of Ms. Sproul's arguments to the contrary, the best research currently available on the subject, rather than the fear-mongering of a few fringe medical professionals, clearly lays to rest this long-standing myth.

Josh Frappier, Cornwall

Response To Arthur Black's Column On "The Passion Of The Christ"

Dear Editor,

Why, oh why would someone such as Mr. Black pen a critique on a movie that he has not seen? Does this not show obvious bias? I have just finished studying at PC/McGill, and when I was asked to do a report or paper it was expected that I actually read the book or books.

There is something fundamentally wrong with doing a report on a movie without first watching it. Imagine if I were to review Mr. Black's article by digging up all the dirt I could on his life and set it into a framework of my own bias against him without first reading his article.

Why would the editor of the Seaway News approve of this kind of writing? Perhaps Mr. Black is a bit of a sensationalist himself, if he can get a rise by slinging bias mud, perhaps more people will read his articles. Perhaps what he accuses Mel Gibson of, he is guilty of himself. His article indicates that he has researched somewhere to find obscure stories to support his objective, that objective…namely to sanctify his own bias. If he researched a little harder, perhaps he would uncover something he didn't expect. He would discover the lives that have been profoundly affected by this movie, or perhaps should I say, the story behind this movie.

This story of Jesus crucified is a story that has been weaved like a scarlet thread throughout history. It was because "God so loved the world that he gave" his only son Jesus, there are many many millions who believe this, in mainline churches, evangelical churches, Catholic churches.

Where is the person who will pen a review on the lives changed by the story of Jesus? I know of at least 10 within my own family and church who, after watching "The Passion Of The Christ," were profoundly affected.

There is more to the story than what Mr. Black has written. What is basic to telling the whole story Mr. Black, is telling the whole story.

Rick Cleaver, Student Minister
Moose Creek

A Cry For Help?

Dear Editor,

After reading Josh Frappier's editorial, Friday, April 16th, 2004, "A Cocktail Of Biblical Literalism" in which he criticizes Imelda Wheeler's Friday, February 20th, 2004 editorial, I wondered, "Does this young man delight in this, or is he actually crying out for help?"

The beautiful words of a favourite hymn and scripture came to me:

"Pass me not, oh gentle Saviour,
Hear my humble cry.
While on others Thou art calling
Do not pass me by."

"Behold, I stand at the door and knock…" (Revelations 3:20).

Mary Sproul, Cornwall

Livelihoods Destroyed By Large Corporations

Dear Editor,

A large group of people are in the process of having their livelihood destroyed by large corporations. This group of people are Canadian and American citizens in the Arctic.

Not in our back yard, right? Doesn't affect us…yet, right? Guess we shouldn't show any support to our fellow Canadians who are having their livelihood taken away by American-controlled oil companies, right?

Sorry, but I, for one, am not overly supportive of the oil companies who will do most anything in the name of profit. To destroy, partially or in whole, ecosystems, natural livelihoods of Canadian natives, and most importantly sustainable lifestyles, all in the name of profit - the answer is clearly, "no."

The Arctic National Wildlife Refuge is being threatened by oil companies who want to take over the area for the purpose of oil and gas exploitation. There are 40,000 to 50,000 calves born in the Refuge, birds from all 50 states migrate there for nesting and staging, it is one of the few places on land that polar bears den, and it is the last intact Arctic ecosystem left in America.

The current administration and the Alaska delegation persists in promoting drilling in the birthing grounds as a remedy for everything from ending dependence on foreign oil and inflated promises of jobs. The Arctic Refuge will only provide the United States with 6 months of oil 10 years from now, according to the United States Geological Survey.

I spent 5-1/2 years flying in Canada's north to communities such as Old Crow, Yukon whose residents are part of the Gwitchin First Nation people. Old Crow is the most northwest village in the Yukon and is not accessible by road. These people of strong values and ethics have survived a sustainable lifestyle for hundreds of years without destroying any ecosystems. Their means of existence is now being threatened by corporations in the name of profit and total disregard for the Porcupine Caribou Heard or the Gwitchin First Nation people who have an inherent right to life on this land.

By doing nothing, we will be supporting the invasion of the Gwitchin people and the last intact Arctic ecosystem left in Canada and America. The choice is ours.

Kevin Bradshaw, Avonmore

What We Need

Dear Editor,

Just heard the joke of the day - well, alright, they were being serious, which just made it all the funnier. All new highways in Ontario may have to be tolled, and when the highways are all paid for, they'll remove the tolls!

Can you imagine our provincial government ever surrendering such a cash cow as, say, Highway 401?

Tolls back in the 70s, in the United States, started out very low, roughly equating the dollars you burned in gasoline. A jaunt on our 401 can cost $20 and/or bills with accumulating interest, even the eventual surrender of your plates!

We already pay enough taxes to have the best of everything. What we need is accountability.

Raven P. Van Leishout, Cornwall

Happy To See City Moving Forward

Dear Editor,

As a Cornwall resident from 1977, and now a proud Cornwall Transit coach operator for 11 years, I am happy to see this city council and Mayor move forward with projects that will benefit our City residents, and also attract people from outside the City, to come to Cornwall, and that alone is a positive, because those people will spend money in our City. But the City has to be very careful at what they charge the public to use the pool. If it is too costly, then the people will not come, and then it will fail, but if they look at the way Galaxy Cinemas has done it here with their prices, and we all know Galaxy Cinemas is always full. I also heard that Cornwall's Galaxy Cinema is the best one they have, because of their prices, which the community can afford.

I want to thank all city council and the Mayor of Cornwall and everyone who supported the project, it's a big plus for Cornwall.

I also have a big bouquet of flowers to Donna Ryan who supported the project, and is also the Cornwall Transit Handi-Transit Coordinator, who does a great job for the people of Cornwall. And I must say this, that all bus drivers for the City of Cornwall do a great job for the people of Cornwall. But the best is that when city council decided to cover the cost, it was done through the Project fund interest, which means it has not cost any person who lives in this city to build the project. That's another plus!

The City decided to sell Cornwall Electric a few years ago, and we all have our thoughts, but now maybe we can say yes, we are starting to see the plus sign.

I know there will be people who do not agree, but no matter what, there will be positives and negatives, but it was a vote of 9-2 for the pool. And people, we did vote for this city council, and I think at least 8 councillors and our Mayor and staff can see the future for the City of Cornwall.

Derek Sheppard, Cornwall

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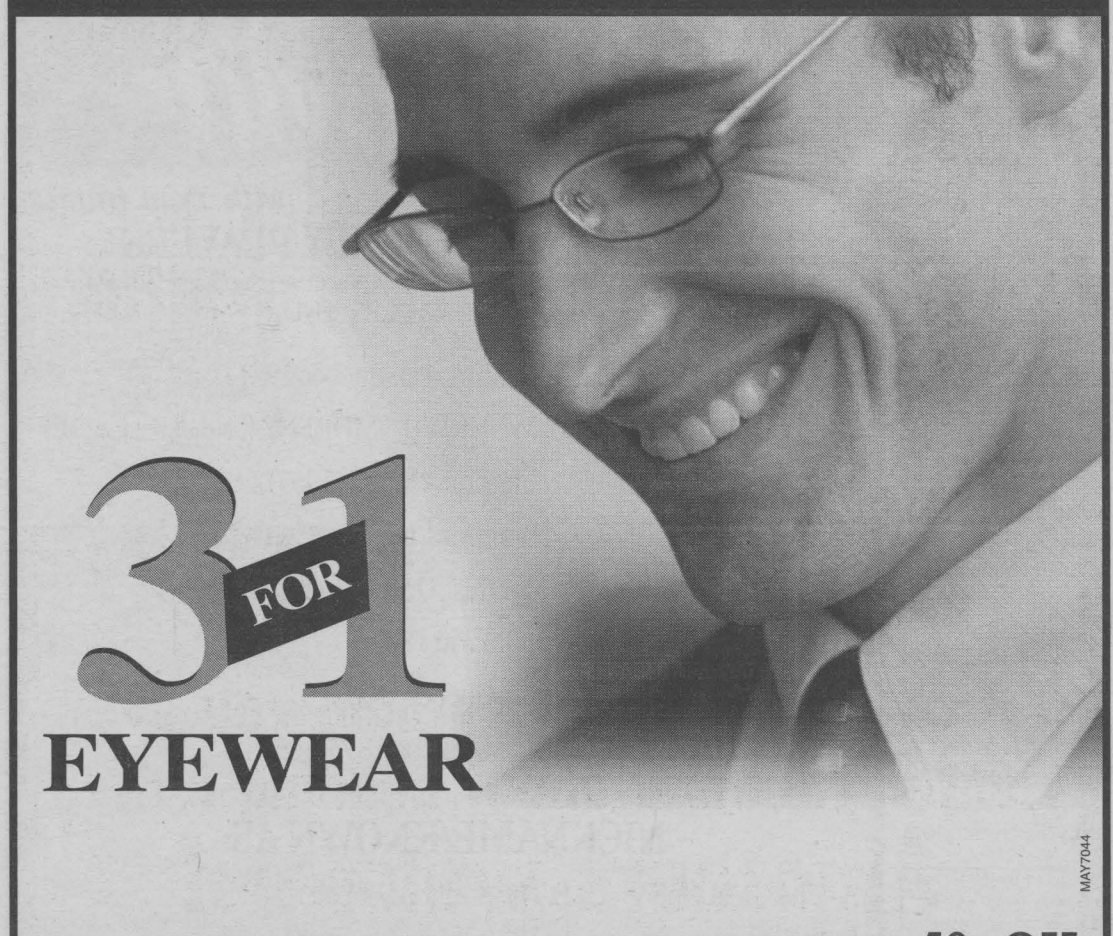

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Editor's Note: Letters To The Editor are always welcomed. Unfortunately, space is limited to print letters, therefore, please keep your letters to the point. Also, some issues and viewpoints change with time, therefore we will attempt to print all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

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

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

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

Send letters to:
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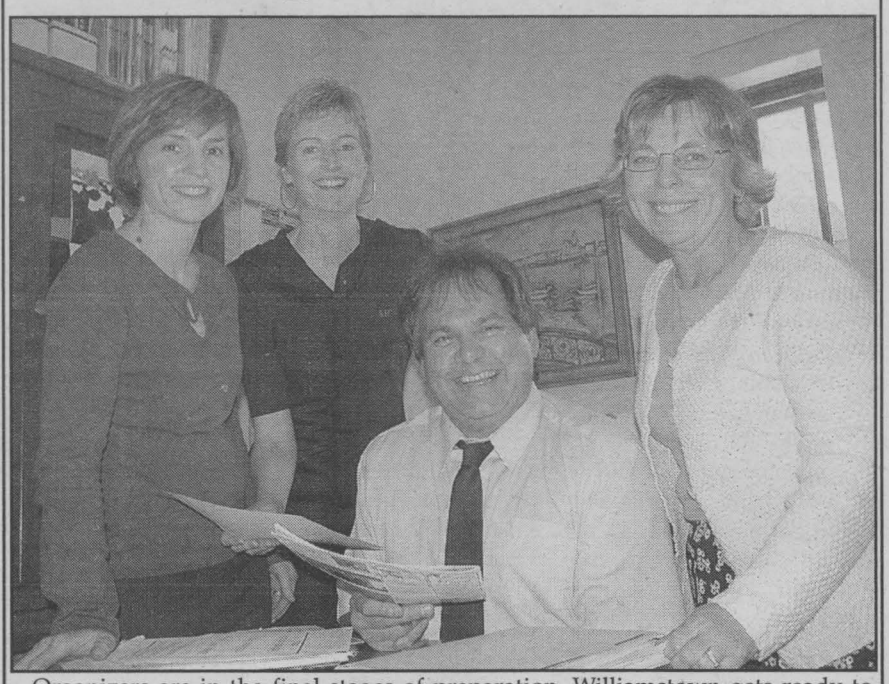
105 Years Of Secondary Education



Organizers are in the final stages of preparation, Williamstown gets ready to celebrate 105 years of secondary education, planning a reunion of both Williamstown High School and Char-Lan District High Schools. Looking over some of their handiwork, which started last fall are Char-Lan Vice-Principal Geoff Trasuk, along with committee members (left to right) Frances Van Der Burg, Jan MacLachlan and Sue David. Events commence Friday, May 21st, 2004 with opening ceremonies, a women's soccer game, wine and cheese, golf tournament as well as several other activities planned for the weekend.

Photo by Michael Hebert

"Tournee Du Bonheur" ... A Good Time

"The evening is going to be a lot of fun," exclaimed an excited Laura Vincent, marketing agent for the Genealogical and Historical Centre, La Régionale Saint-Laurent Inc., discussing the details of an upcoming evening with popular French Canadian folk quartet the "Tournée du bonheur" taking place Saturday, June 5th, 2004. Led by charismatic frontman, Jean-Guy Piché, the band will play various styles from yesterday's classics to today's favourites, to get you on your feet and dancing. "But don't fear if you are not a dancer," chuckles Vincent, "you can enjoy the band during the supper that has also been organized for the evening." This popular band is busy playing large festivals to smaller more intimate functions.

President of the Genealogical and Historical Centre, Marcelle Leduc-Paquette says they are very excited about the event. "We had to book the band at this time last year," says an enthusiastic Leduc-Paquette. "They played in Cornwall last year for a private reunion, and were such a hit, that we wanted to book them at an event where everyone is welcome."

All proceeds from the event will go to the Genealogical and Historical Centre, a non-profit organization dedicated to preserving our local heritage. "These events are extremely important to us, and we're hoping for an excellent turnout," adds a smiling Leduc-Paquette. "We're going to have a good time."

The event will be held on Saturday, June 5th, 2004 at Nativity Hall, 301 McConnell Avenue. Tickets are on sale now at the Genealogical and Historical Centre located in the former Nativity School.

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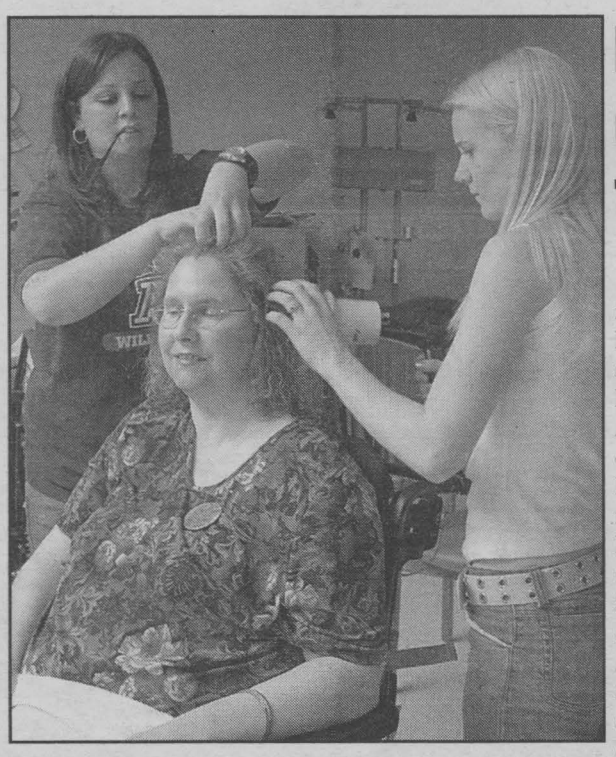
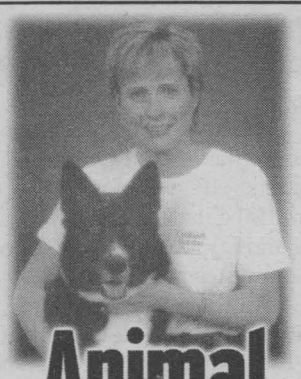


Putting Colour Into Their Lives

It was Makeover Day for residents of the Janet McDonnell Pavilion, as students from CCVS's Hairstyling and Aesthetics program offered their time to hopefully put a little more colour into their life. Resident Vera Moke (seated) relaxes as Sarah Shaw (right) second year student and partner Ashliegh Vivarais, in her first year, apply their skills. Residents were offered anything from manicures, hair cut and style, or if they wished, the works. Course instructor Aline Brush noted that this experience is good for the students as they prepare for their careers in the beauty industry.

Photo by Michael Hebert



Animal Matters

with Lorraine Lea

We often hear these days, the word "extreme," and as usual, I think of how this relates to animals. Since it is well-known that we spend over $1 billion on our pets every year, this sounds pretty extreme. Meaning, a lot of us probably spoil our pets.

I think in this case there are two schools of thought. There are people who don't give much thought or effort to their pets beyond what is required, food, water, and shelter. Some are even worse than this, people who are just plain cruel and thoughtless to our beloved friends. But, we like to think these people are the minority.

Then there are those of us who spoil our pets, and I mean "spoil" in the most responsible way possible. Obviously, if you love eating chocolate for example, it's a really bad idea to share some with your dog as they can get pretty sick.

I am the first to admit that we spoil our pets. I have endured a lot of shaking heads and rolling eyes of many of my family members and friends. My fault, for telling them how we have one dog that has slept on our bed for over 10 years. We have another dog (pictured here) who has claimed a bedroom for his own and goes up to his room at approximately the same time every night. When he hears me coming up the stairs, he rolls on his back for a good-night belly rub. I would not have it any other way.

Cats are also a comfort to a lot of us, and there is now scientific proof of the physical and mental health benefits to cat owners. Some say that cats are too independent and don't really need us beyond feeding them and cleaning their litter box. I don't believe this. They love to be held and cuddled and talked to and can be truly amazing companions.

So, the next time you feel guilty about spoiling your pet...don't! You are not alone. We all do completely silly things with them and for them. We tell them our secrets, our problems, we allow them to sleep on our beds, we share our ice-cream cones with them and take them with us for visits to Grandma and Grandpa's. And in return they give us their love and devotion, and certainly for that, they deserve our love, respect and many many belly rubs!

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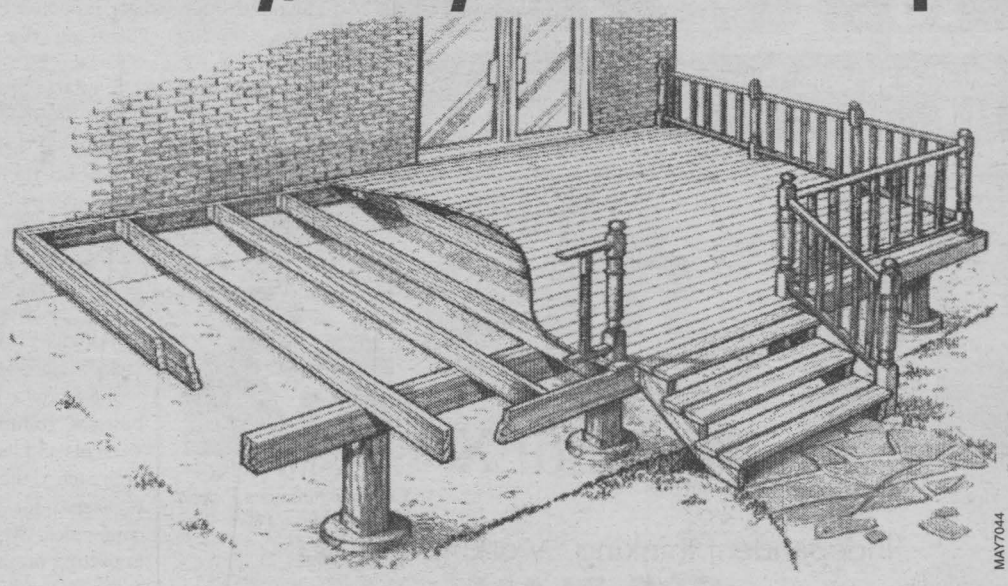
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Before Exercise, Prepare To Win

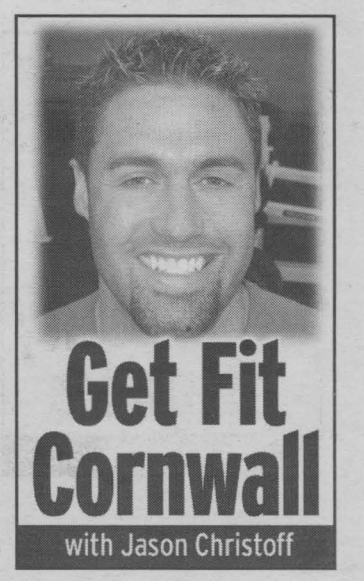
A unicorn is a mythical creature that no one has yet to catch. Although health success is widely advertised in the media, it still eludes the grasp of most clients who start the journey. Health success, although not as easy as widely advertised, can be accomplished by following some very simple rules. The success or failure of any exercise goal depends on the mental stance a client takes before they even start the journey.

1. Health reality must be dealt with. A lack of health has to be connected to a lack of health knowledge. One fact remains clear: all humans attempt, in some way, to care for their personal health on a daily basis. When these daily attempts fail, beginning a self-guided health pursuit is not going to end in success. Success starts with this client seeking professional help at the beginning of the journey. When is the best time to purchase guitar lessons? When you purchase the guitar, or after it sits in your room for 6 months? Use the same logic with professional help in regards to your health. If a client cannot control their health, buying a piece of home equipment or joining a fitness club will not magically change that situation. Stop asking how much and start inquiring about the professional staff and services that teach basic/advanced health theory. These services have a separate price and should be considered mandatory.

2. Do not shop price. In the fitness industry, the idea of "you get what you pay for" is a concept that has to be given full consideration. Inexpensive home equipment breaks quickly, and because the body reacts only to variable stimulation, home equipment rarely has the ability to provide long-term results. Concern over marginal price differences derails any successful health journey because any initial purchase (whether home equipment, fitness club or doctor consultation) is just the beginning of the investment. Personal training, books, magazines, the time to participate, exercise clothing, water coolers, healthier food choices and other supplements are necessary for success. Would any client intend to enter college without considering rent, books or other related expenses? Bring the same logic to your fitness journey and better health will be delivered.

3. Budget accordingly. What could you afford to destroy right now? Your car, your house, your TV, your cell phone or your body? The body is standard equipment when we are born. Everyone gets one free of charge. Products that are given for free are never respected. Most things humans place great value on are actually worthless and can be replaced at any time. Try to value your body and budget an amount that exceeds your cell phone bill and invest it with the same monthly frequency. Placing your health on the backburner in order to continue the pursuit of worthless objects is not wise. Minimal investment gets minimal results!

Get out there, have fun and remember that changing your way of thinking is free and it can be done overnight.



Jason is a fitness coach and owns Physical Limits in Cornwall and Body Boomers in Oshawa and Whitby.

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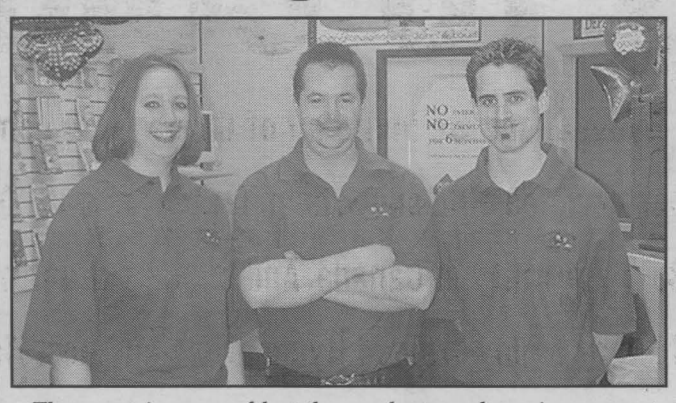
Nottin' Otter Computer Centre Logs On



The name is unusual but the products and services are not. Nottin' Otter Computer Centre opened its doors on Saturday, May 1st, 2004 at 100 Second Street West, in the Time Square. Left to right: Staff Jessica and John Joubert along with Jeff Doth are ready to serve you Monday through Saturday, with all your computer needs.

Photo by John Divinski

Diamond's Boutique Open For Business



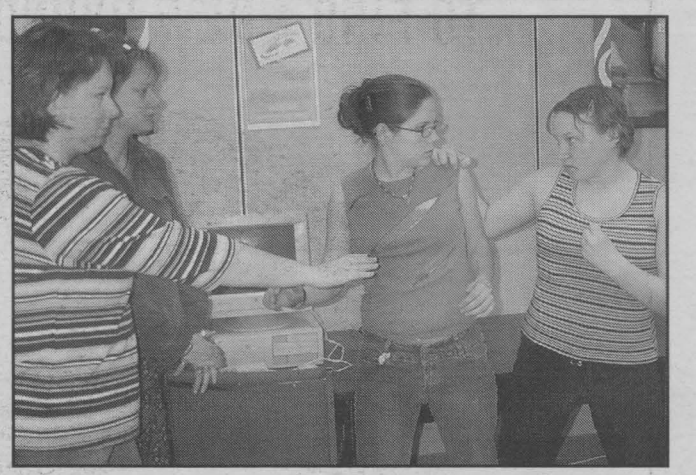
Diamond's Boutique and consignment shop opened for business on Saturday, May 1st, 2004. The shop, in the City Centre, 812 Pitt Street, across from Giant Tiger offers unique clothing at great prices. Owner Carol Dallas displays some dresses for sale. Once in the City Centre parking lot, Diamond's Boutique is located diagonally across from Yogi's Hairstying.

Photo by John Divinski

Dealing With Bullies

"Bullying is an unfortunate reality for many students today. At St. Lawrence (Intermediate School), students and staff have been working together to address the issue." So says school Principal John Lalonde. St. Lawrence Intermediate School will be the site of an anti-bullying conference entitled "Bridging the Gap: Creating a Bully-Free Community," on Thursday, May 13th, 2004. The event is being put on by the staff, parents and students at the school. The day-long event includes a Community Agency Fair showcasing services and resources available to youth and families in Eastern Ontario. Keynote speaker will be Dr. Tina Daniels, a leading researcher on relational bullying from Carleton University. There will also be workshops throughout the day. According to statistics, bullying occurs in school playgrounds every 7 minutes and every 25 minutes in class, and those victimized report symptoms of depression such as sadness and lack of interest in activities.

St. Lawrence Intermediate School has an anti-bullying committee within the school of 650 students and its aim is to maintain its proactive approach to the problem. Over 100 people have registered for the Thursday, May 13th, 2004 conference. Organizers say although the school is putting on the event, the ultimate goal is to make a community bully-free, not just one school.



Bullying, like the scene being acted out here, happens in communities everywhere. A student (14-year-old Valerie Bissonnette) hoping to use a computer is being intimidated and threatened by fellow student (15-year-old April Lea Chaffee). Concerned teachers Megan Crooke (left) an Organizing Committee member and Lori Taylor (second from left), Chair of the Organizing Committee are getting ready to step in to break up the problem. Both students, who are members of the Organizing Committee as well, will be part of a play that will be put on at the anti-bullying conference Thursday, May 13th, 2004.

Photo by John Divinski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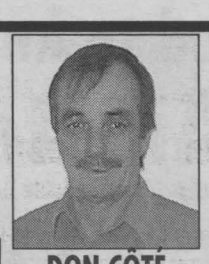
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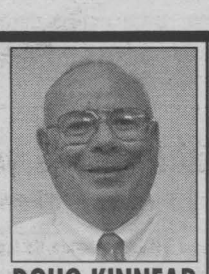
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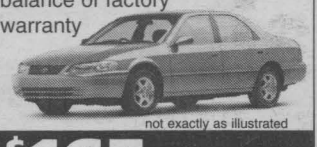
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Tony Wheeler



At 82, Tony Wheeler says he won't be wielding his trusty lacrosse stick any time soon, but the octogenarian's appearance and apparent agility suggest that he could.

The lifelong resident of St. Andrews lived his life on the edge and today does not regret his long career in lacrosse nor his wartime stint in the Air Force.

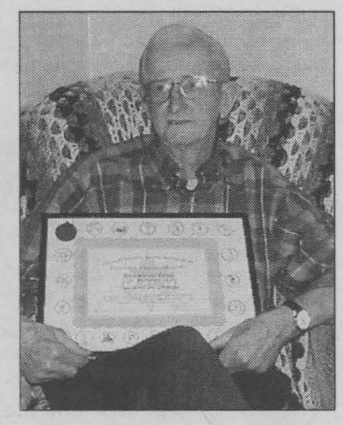
"Sometimes you remember the wrong things that happen in your life," he said. "One such incident happened when I was serving in the air-force. The Cornwall Senior Lacrosse team was in the playoffs and the coach asked me if I could get leave to come home and play for 2 weeks. You can guess the answer I received from my Commander. "No, no and hell no," summed up his refusal. "I didn't understand the no part, so I went AWOL for 2 weeks. We won the series and everything was cool, including me, when I received two weeks in the air- force brig."

Tony's lacrosse career blossomed at the age of 15 when he played for the Wales - St. Andrews combines in the OCOT league in Cornwall. As his game savvy increased, he eventually developed into a 126-pound dynamo scoring 100 points per season over a 6-year span.

"I couldn't have done it without my brother Gabe," Wheeler confessed. "We played on the same line throughout the years."

Still living in the St. Andrews suburbs, with his wife, the former Theresa Glancy, Tony burns up some of his energy in his 30-foot garden situated behind the house.

"We like to putter a bit in the garden, listen to some music at the Legion in Long Sault and also do some bowling," he said. "The Legion is a good place to relax and talk to old friends. I have been a member for 43 years and over that time, one can hardly step through the door without seeing an old acquaintance. A lot of memories have crossed the tables in that place."



Tony Wheeler was inducted into the Cornwall Sports Hall of Fame in 1984.
Photo by Victor Millward

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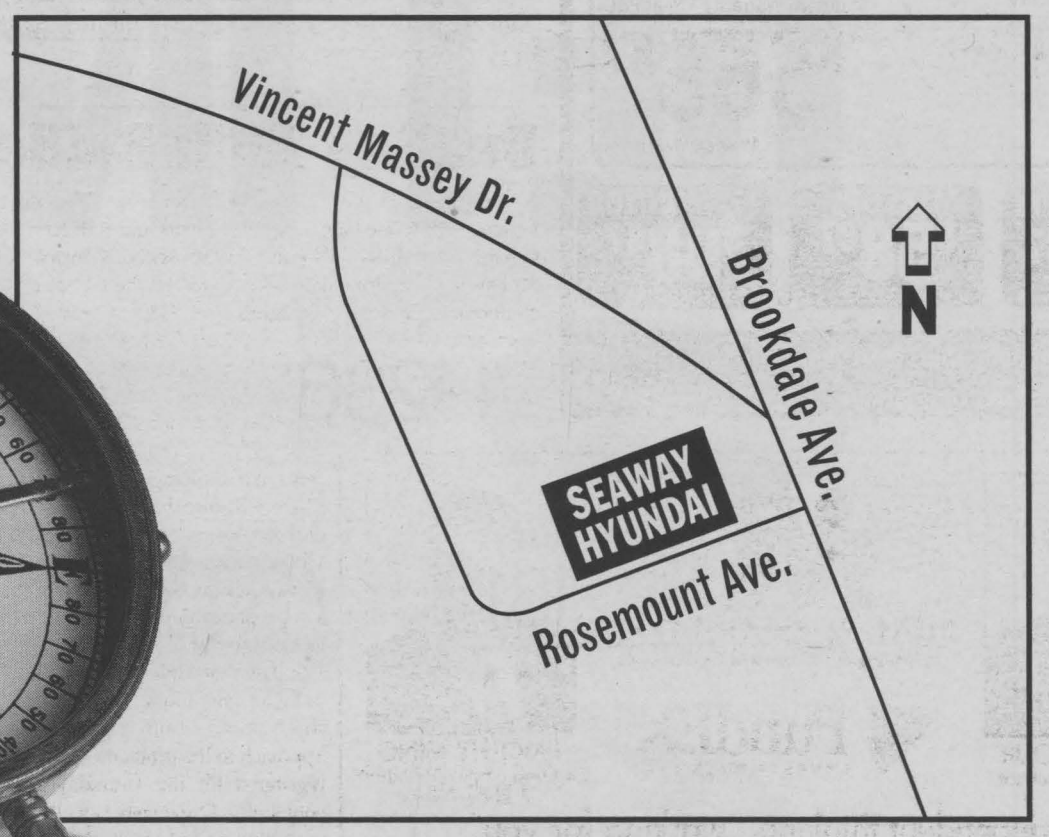

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LOCAL



The entire cast of Boeing Boeing. Seated, left to right: Jean-Guy Quesnel; Christiane Taylor; Nancy Munro; and Mari Gerl-Griffiths. Standing, left to right: Sharyn Wigle and Mike Galt.

Boeing Boeing Is Getting Ready To Take Off

Story & photos by John Divinski

Boeing Boeing is an ambitious production taken on by Glen Productions and playing for the next week at the Glen Building. Directed by David Barnes, this farce by Marc Camoletti is about Bernard (Jean-Guy Quesnel) who believes he's got it made. You see, he juggles three fiancées, who all happen to be stewardesses and are constantly flying around the world – each with a different airline (don't want them comparing notes), and a housekeeper (Sharyn Wigle), to help him keep his schedule straight, based on the meals she serves. There's Janet with TWA (Nancy Munro); Jacqueline with Air France (Christiane Taylor); and Judith with Lufthansa (Mari Gerl-Griffiths). Enter Bernard's school chum, Robert (Mike Galt), who walks into this set-up just as it appears to be getting ready to crumble.

Boeing Boeing is all about timing and a team effort on stage. People are walking in and out of more doors than "Let's Make a Deal." If the timing is right, this is pulled off beautifully and for the most part at a recent dress rehearsal, the ensemble had it down right. One must be careful though to make sure doors close securely or some of the realism can be lost, even in a farce. The team effort was certainly there because no one actor stands out as owning this play but everyone does their job to create the end result. This is the type of play where you'll want to go in a group because in crowds, there can be laughter. Boeing Boeing is not a "knee slapper," but a nice, mildly amusing play. This is not to take away from the local group putting on the performance. It's simply the nature of this farce and why I consider it an ambitious undertaking by the Glen. Even the 1965 movie starring Tony Curtis and Jerry Lewis was not a killer comedy, but again a nice, mildly amusing film. If you're looking for an hour-and-a-half of fun, then Boeing Boeing is for you. If you're looking for tons of knee-slapping laughter, then you're going to be disappointed. But in the right mind-set, you'll have fun with this local production.

Performances of Boeing Boeing run Saturday, May 8th, 2004 at 8 p.m. with a matinee on Sunday, May 9th, 2004 and again on Thursday, Friday, Saturday, May 13th, 14th, and 15th, 2004, respectively at 8 p.m. The play is produced by Claire Lavallee and directed by David Barnes.

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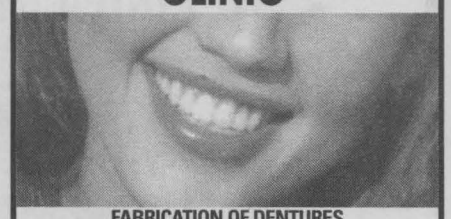

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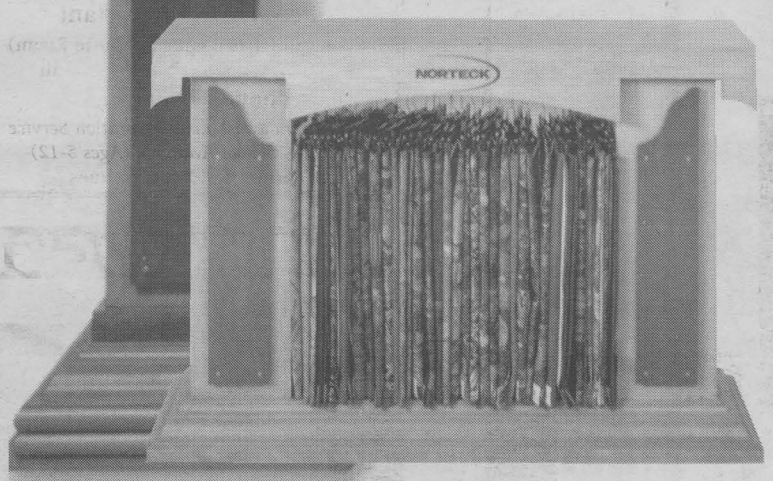



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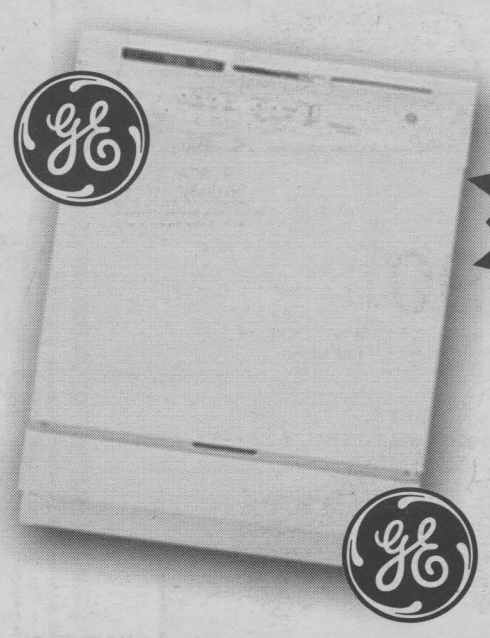

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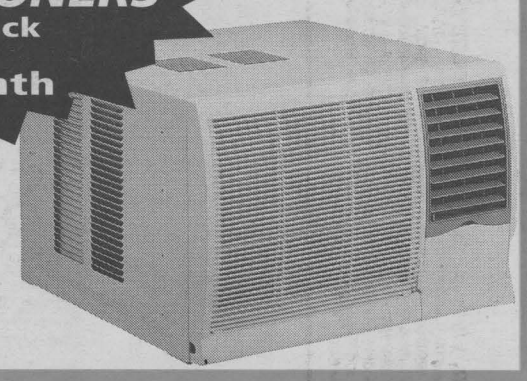

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Special Appreciation Tea

In celebration of National Volunteer Week, the Cornwall Community Hospital played host to a special Appreciation Tea to pay tribute to local volunteers who give their time and share their talents in patient services. Many enjoyed the event in the memorial arborium at the CCH's McConnell Street location. Among the special guests at the tea were groups from the community who had donated baby items and afghans, along with those volunteers who sew and make quilts. A special "Thank You" went out to those silent volunteers who work from their homes in their own special way.

Photo by Michael Hebert

Recreational Trail Construction



Construction is well underway for the Township of South Stormont's 5.6 km. recreational trail, aimed at giving cyclists, joggers and walkers a safer place to enjoy their outdoor activities.

An official opening was held recently, along with a group photograph, and thanks were given out by Mayor Jim Bancroft, along with Deputy Mayor Ray Fenton and councillor Barry Brownlee, recognizing the many volunteers who made the trail a reality. Among those responsible were the survey crew from Lincien College, under the direction of Lionel Trudell and College co-owner Linda Lalonde; trail innovators for the last 4 years, Guy Lefebvre and Earl DePass and Julie Meldrum for handling the official land survey documents.

The trail starts at the south end of McIntosh Lane, just west of St. Andrews Catholic Church, and proceeds south on public and private properties to Cornwall Centre Road.

Funding (final figures not tallied yet) is through the Township of South Stormont as well as grants from both federal and provincial governments. In 2001, Township applied for a grant to repave the current path from the Long Sault Parkway entrance to the City of Cornwall limits as well as the current recreational trail. In conjunction, other anticipated contributions are from the South Stormont Community Foundation, local community fundraising and corporate sponsorship.

Photo by Michael Hebert

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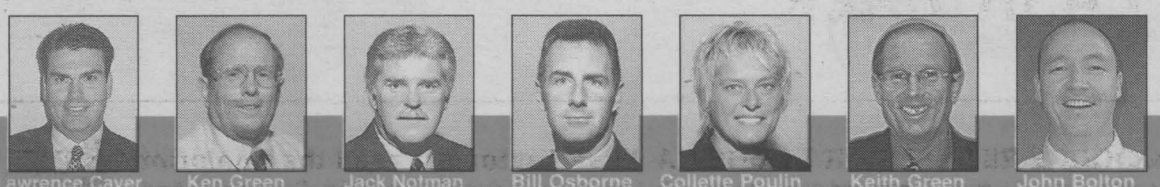

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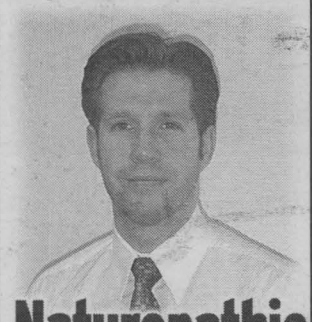

Naturopathic Medicine

with Dr. Stephen Jones

Have High Blood Pressure Or Cholesterol? Rule Out 'Syndrome X'

Hypertension (high blood pressure) and high cholesterol are amongst the most common conditions treated in North America. Unfortunately, the great majority of blood pressure/cholesterol patients are routinely prescribed medication without a full examination of what may be actually causing their elevated blood pressure/cholesterol in the first place. In particular, the possible existence of a medically recognized condition called 'Syndrome X' is rarely investigated.

'Syndrome X,' also known as 'Metabolic Syndrome' or 'Insulin Resistance,' is not science fiction. First defined by Dr. Gerald Reaven of Stanford University, the condition has been investigated through extensive medical study and has been speculated to exist in some 60 million Americans alone (1 in 4 in that country). The possibility of Syndrome X is a concern for those with hypertension or high cholesterol because the condition can actually cause the elevated cholesterol or hypertension in the first place.

Syndrome X is actually a condition whereby insulin does not properly break down and use the sugar in your blood (glucose). According to the National Institute of Health (NIH), the key indicators of Syndrome X included elevated blood pressure, abnormal cholesterol (with low 'good' cholesterol and high 'triglycerides') and central obesity (a waist of greater than 40 inches in men and 35 inches in women). Put another way, if the patient is overweight, has high blood pressure and high/abnormal cholesterol, Syndrome X should be investigated before routine medication is prescribed.

The investigation required is far more than the 'standard' blood tests. A patient should have something called 'C-reactive protein' checked (as discussed in the medical journals Diabet Med, 2004 and Curr Hypertens Rep, 2004). Likewise, they should have a blood test called Homocysteine checked, along with what is called fasting plasma insulin and fasting glucose (Nutr Rev, 2003 and Am J Cardiol, 2004). A thorough assessment would also include a blood test called Insulin Growth Factor 1. The take home message is that much more than the 'standard' blood tests are required.

The good news is that many recognized treatments exist to help regulate insulin resistance. While space doesn't permit a review of all of these, one 'natural' medication is worth attention. A particular component (called the SX-Fraction) of the Maitake mushroom (in a pill form) has extensive laboratory tests showing its ability to lower blood glucose, regulate insulin and rebalance cholesterol. Research at Georgetown University and the work of one Dr. Abram Ber has shown blood pressure lowering effects in human trials. Although more study is necessary, use of this medication offers a safe option in stabilizing Syndrome X.

Going beyond medication, treatment of Syndrome X must always include diet changes and exercise. Patients must limit fatty foods, eat less refined foods (such as bread, pasta, muffins etc.), increase 'good fats' and eat more protein when consuming what are called 'high glycemic' foods (such as bread, potato etc.)

Best of health to you and your families.

Please call or write Seaway News, or e-mail Dr. Jones at dr.jones@millenniumhealthcentre.com with any inquiries about this editorial.



Dr. Thorin Gault DC

GAULT FAMILY CHIROPRACTIC

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Self-Esteem - Peek-A-boo I See Me

Keeping Health In Mind

Tri-County Mental Health Services

Self-esteem is not something you are born with, it is built. It is built from a combination of all the experiences, people and situations that are dealt with in our lives. What is learned from this understanding allows us to know and assess ourselves while accepting who we are completely, recognizing our strengths and weaknesses that have developed. Self-esteem consists of how we picture ourselves through the assessments we make on how worthy and loveable we consider ourselves. In other words these thoughts about ourselves are developed on the basis of how we evaluate our functioning, our abilities and how competent we are in managing our lives. You cannot see self-esteem, it is like the bones that support our bodies. The difference is that self-esteem supports our emotional mind or soul. The feelings and behaviours that are affected by self-esteem are influenced from self-talk.

Self-talk is what we say in our minds to ourselves. It is a constant stream of silent thoughts going on in our heads, like conversations. What we say to ourselves in these conversations has a strong influence on our feelings and moods. It can be either negative or positive. When the talk is positive it builds self-esteem higher and if it is negative it develops into low self-esteem. Self-talk can make it or break it when it comes to how we feel about ourselves. Negative self-talk can become a habit but it is one that can be broken. One of the first steps is to recognize what these messages are. As you begin to pay more attention to your self-talk you will realize how and when you are being negative towards yourself. The next step is to turn the negative statements into positive ones. Every time you catch yourself, replace the negative statements with positive statements. This is not a simple task. Sometimes it is helpful to ask yourself "would I say that to someone I love or my best friend? If you would not say whatever you are saying to someone else, then ask your self "what would I say?" This helps to change the negative thought into a positive one. Also using this statement if you have problems catching the negative thoughts can help you. After you change the negative thought to a positive statement, repeating it every chance you get reinforces it. Find creative ways to remind yourself, write them down in a journal or leave reminders on the mirror or fridge.

A change in self-esteem does not happen overnight. If you are persistent, in as little as 6 weeks you may begin to notice subtle changes in how you talk to yourself. The negative self-talk will not re-occur as often. When it does, it will be easier to catch and change it to a positive healthy statement. It is up to you.

Any change is not easy. Negative self-talk is a habit, one that you are not born with, but develops over your lifetime. Since it is a habit, it can be replaced with positive, supportive self-statements.

By JoAnne Hurrell, R.N., B.Sc.N., CPMHN(C), Community Mental Health Nurse, Tri-County Mental Health Services.

Keeping Health in Mind is a monthly newspaper column made possible with the help of Seaway News and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall Community Hospital/Hôpital Communautaire de Cornwall.For more information or to receive the French version of this article, or to seek professional advice, please call (613) 932-9940 or 1-800-465-8061. Free, confidential services are available in French and English to residents of Dundas, Stormont and Glengarry through their offices in Winchester, Cornwall and Alexandria.

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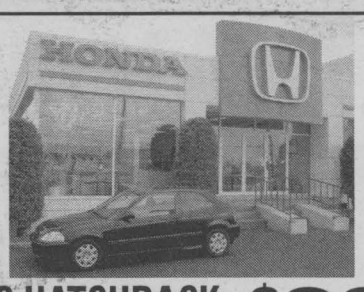

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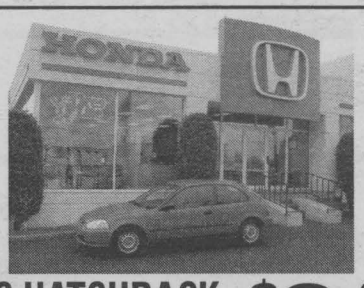

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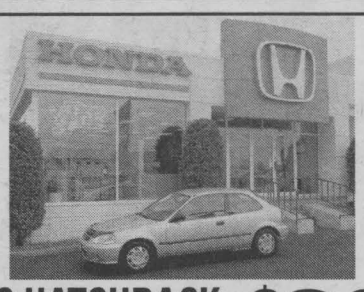

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Dr. Stephen Jones

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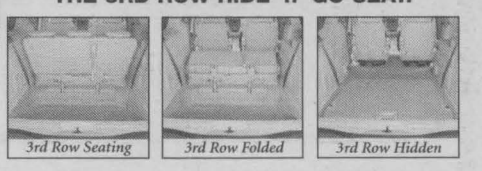

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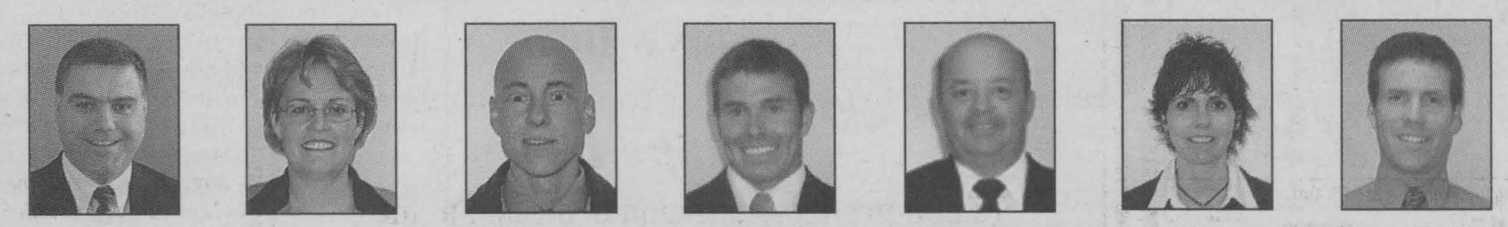

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OPP Commissioner Receives Honourary Diploma

Commissioner Gwen M. Boniface was presented with the highest honour awarded by the St. Lawrence College Board of Governors on Monday, April 26th, 2004. The Honourary Diploma recognizes the recipient's outstanding example, inspiration and leadership to the graduates of the College.



Commissioner Gwen M. Boniface

The award was presented by Board member Neil Burke during a ceremony which took place in the Aultsville Theatre. Chief Daniel Parkinson, Deputy Chief Steve Lazore, Mayor Phil Poirier, a number of local representatives of the Ontario Provincial Police and the RCMP, as well as the students and staff of the Police Foundations Program at St. Lawrence College were in attendance.

Commissioner Gwen Boniface began her policing career with the Ontario Provincial Police in 1977. Twenty-one years later she was named Commissioner and she now leads more than 7,000 OPP uniform and civilian members serving Ontario.

President of St. Lawrence College, Volker Thomsen, reflected on the exceptional career of Commissioner Boniface, and praised her for her dedication and accomplishments. "Our students can certainly learn from the Commissioner's achievements," he said. "She is an inspiration to all and a model of success for our female students." Commissioner Boniface was the first female to have held the position of President of the Canadian Association of Chiefs of Police and the first Canadian police officer to be elected Vice Chair of the Division of State and Provincial Police of the International Association of Chiefs of Police.

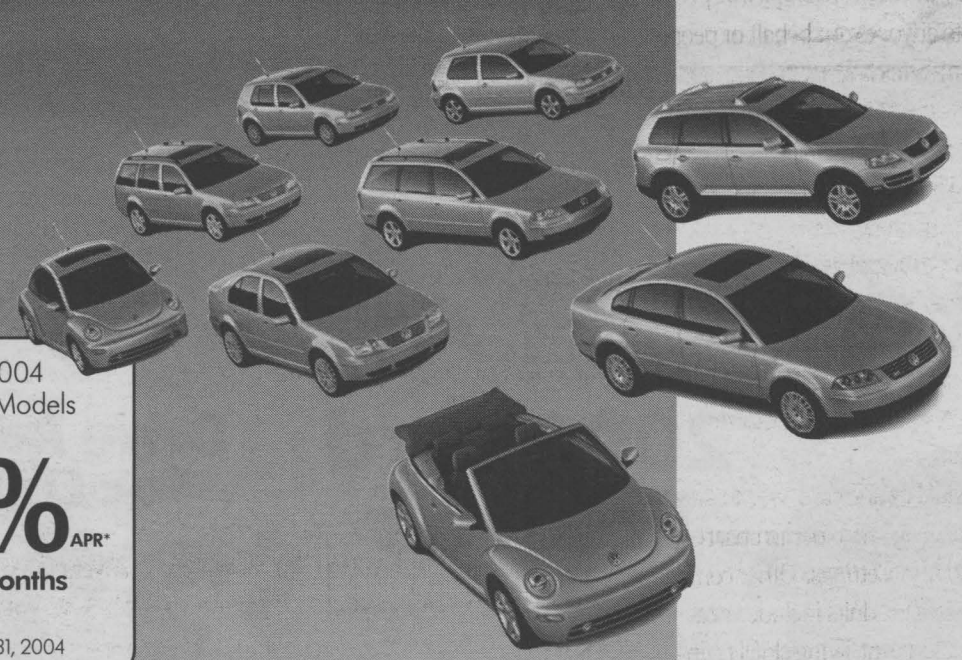
Artists Visit School



Longue Sault Public School Council was pleased to have as part of their ELO program, 2 incredibly talented ladies from Kingston. Author Joanne Langois and artist/illustrator Heather Haynes were enjoyed by all students and were an inspiration to any future authors or artists from Longue Sault Public School.

Submitted photo

the Volkswagen spring sales drive



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*3.9% offer pertains to 60-month finance terms on all new 2004 Volkswagens purchased through participating Volkswagen dealers. Purchase example: $20,000 financed at 3.9% for 60 months, monthly payment is $367.43, cost of borrowing is $2,045.80 and total to be repaid is $22,045.80. Down payment may be required. Insurance and applicable taxes are extra. Other special rates apply. Offer ends May 31, 2004. Finance plans available through Volkswagen Finance on approved credit. †Whichever comes first. Wear and tear items and adjustments are excluded after the first 12 months or 20,000 kilometres, whichever comes first. ©Volkswagen 2004

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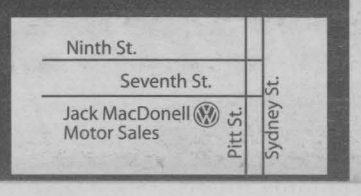
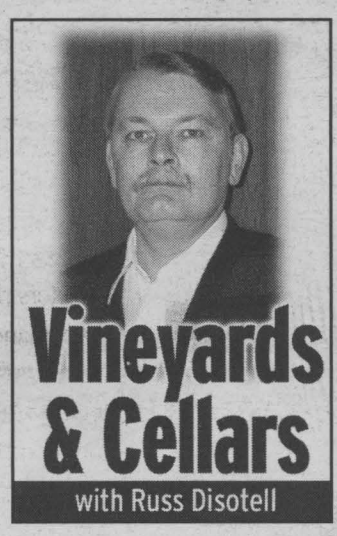


Decadent Wine And Chocolate Pairings

To truly understand and enjoy wines you need a sense of adventure and a willingness to explore. My favourite wine people take an unconventional approach to food and wine. They think outside the box and revel in the serendipity and whimsy of their discoveries.



For example, when I worked for Vintages, we held our infamous wine and hot dog party. No snobbery, just good fun and a great learning experience. We had other such get-togethers, and this column we'll recreate a version of the chocolate cake and wine-matching contest we held at a birthday celebration.

For our purposes we'll match chocolate desserts and wine. Whip up some chocolate delights (or try potluck), invite a few friends, try some of our matches, have some fun and don't tell the snobs!

Chocolate tastes great when combined with berries, orange, caramel and nuts, so it seems logical to choose dessert wines that feature these same flavours. Let's start with a couple of styles of Port.

The berry richness of a ruby Port is delicious with chocolate. Sandeman Ruby Port (CSPC# 23366) is rich and robust, with deep flavours of fresh plums and strawberries and a round, lingering finish. Serve it ever so slightly chilled. It does wonderfully as an aperitif or with fruit pies or creamy cheeses.

Late Bottled Vintage Ports (LBV's) offer another approach to our partnership, one with a little more depth and complexity. Taylors developed the LBV style and their Late Bottled Vintage 1999 (CSPC# 46946) is rich and sweet with a supple palate of dense black fruit and a sumptuous, lingering finish. Grahams LBV 1997 (191239) is one of the fullest styles of LBV with dark berry, raisin and mocha flavours, a hint of vanilla and a long flavourful finish.

Also keep in mind Tawny Port. It's hard to find, only appearing every now and then in the Vintage section, but the nutty, spicy flavours it serves up offer another rewarding approach to our chocolate match.

Essencia Orange Muscat 2001 (CSPC# 299552) is a stunning California dessert wine found in the Vintage section of your LCBO. Rich and concentrated with lovely crisp acidity, it has a concentrated nose of honey and orange and a flavour that can best be described as an amalgam of honeyed marmalade fruit. Definitely worth the search it can also serve as accompaniment for blue cheese.

There are alternative approaches, which don't involve dessert wines. If your dessert fantasy uses bittersweet chocolate there is less of a need to match sweetness levels. In this instance a classic match is a fruit driven Cabernet Sauvignon with lots of berry fruit.

Champagne aficionados claim it matches everything. This might be a slight exaggeration, but not for our match. Gift packages of Champagne and chocolates are a regular offering in many European wine shops. Think chocolate soufflé or chocolate mousse and sparkling wine.

This is the part where my wife says you'll start laughing. Try beer and chocolate. Quit laughing, there's a logic to it. Beers like Fuller's London Porter (CSPC# 636910) with flavours of dark fruit, mocha, caramel and coffee or Kawartha Lakes Raspberry Wheat Beer (CSPC# 698498) with fresh raspberry fruit and refreshing acidity meet our flavour matching criteria and are delicious partners.

Think outside the box and have fun.



Community Living Stormont County

Intégration communautaire comté de Stormont

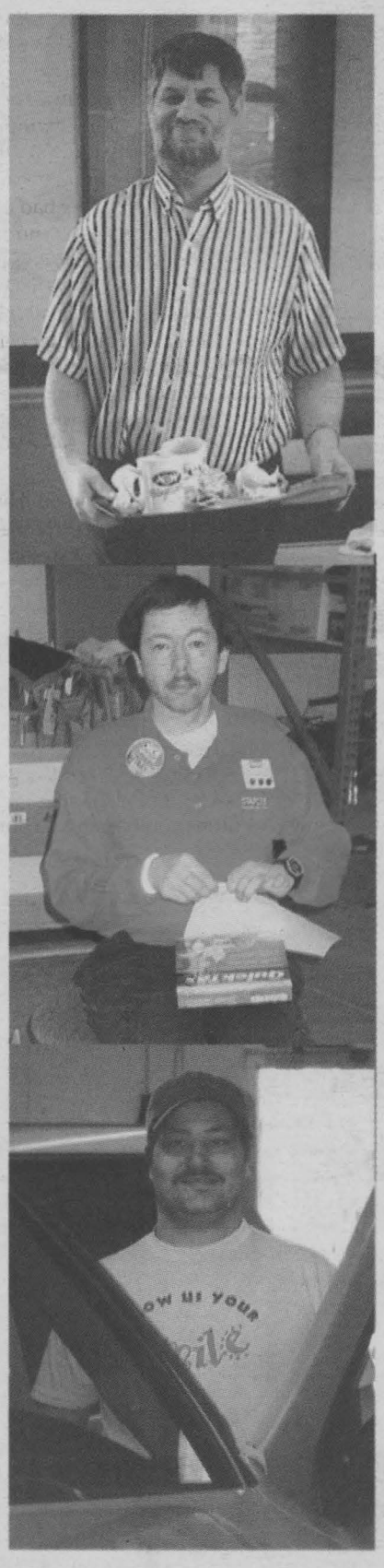
Community Living - Stormont County

Goal Statement

"That all people live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively."

May is Community Living Month

Join us in Celebration!



Who we are and what we do . . .

Community Living - Stormont County was established in November 1958. The agency is a charitable nonprofit organization, governed by a Board of twelve volunteer Directors elected by the membership. Our primary mandate is to advocate on behalf of people who have developmental challenges. Our main source of funding is the Ministry of Community, Family and Children Services. Other funds are received from the Ministry of Housing, local fundraising events and donations.

The Early Childhood Integration Support Service supports children 18 months to 6 years of age in day care centres, nursery schools and family home day cares, as well as children between 6 years and 12 years of age in licenced before and after school programs.

A variety of residential options are used to support adults 18 years of age and older in apartment buildings and home settings. Other community-based services for adults include vocational training, job placement, living skills training, community awareness, and social recreational activities.

Board of Directors:

Noella Barkley
Ron Flaro
Dianne Kuipers
Christine Larin - Vice President
Linda Lister
Brian Lough - Treasurer
Murielle Mayer
Candee McCarthy
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Norman Quenneville
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- Community Living - Stormont County
- Cornwall & Area Housing Corporation
- Cornwall Community Hospital - McConnell Site Volunteer Services
- Cornwall Gymnastics Club
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- Township of South Stormont - Parks & Recreation Department
- Variety 104.5FM/Rock 101.9FM /Jewel 1220AM
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- Zellers

Heartfelt thanks go out to everyone who supports our fundraising initiatives

Intégration communautaire - comté de Stormont désire remercier tous ceux qui nous ont appuyés diverses façons aux cours des années. Avec vous nous pouvons faire une différence dans la vie de plusieurs.

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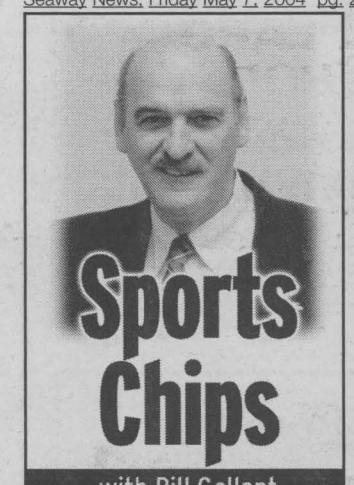
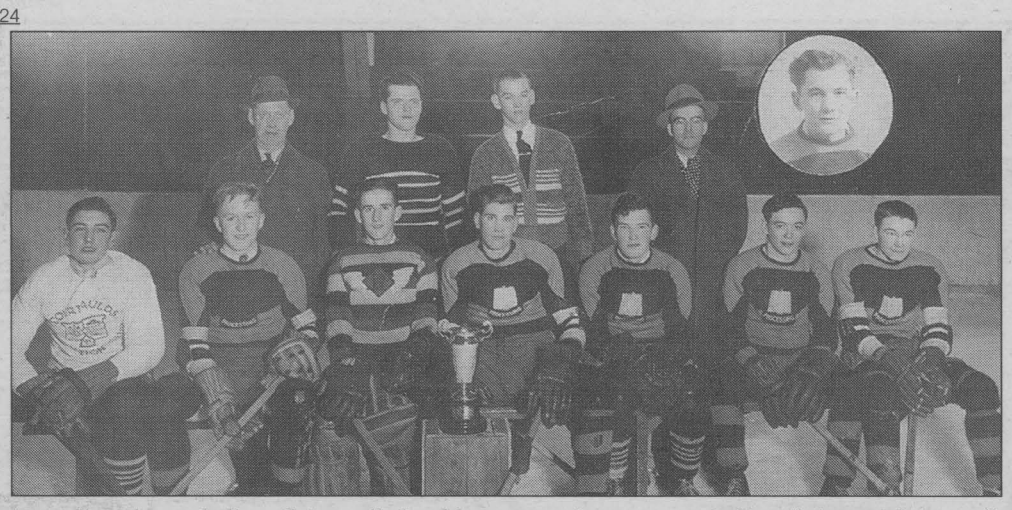


with Bill Gallant



Industrial sports teams and leagues were always a popular attraction here in Cornwall. Sportsmen and women who worked in our factories and businesses always found time for leisure activities. They played hockey as well as broomball, and in the summer months, teams were formed to play softball, soccer and tennis.

Our photo this week features some of the Courtaulds hockey team from 1941. They were the league champs that season and you will undoubtedly be able to recognize some of the team members. Many from this group worked in the processing department. In the front row (left to right) are: Gus Lebrun, B. Roberts, C. Desrosier, John Denneny, J. O'Grady, A. Ostler, and F. Denault. In the back row, standing (left to right) are: F. Doherty, A Lemire, Ed Emerton, L. Persian, and in the circle is L. Davies. The photo was taken by Lafleur Studios.

Another sport that attracted a great many players in the same era and continues to grow today is the game of golf. I would like to draw your attention to our new page here at Seaway News that made its debut last week. We call it the Par-Tee Page and it will be a regular feature for the remaining summer months. If you have any photos, information or comments about golf and our page, please contact me here at Seaway News anytime, or call (613) 932-6661.

Ice Chips: Some brief observations on the exciting NHL playoffs. The team that is creating the most excitement is surely the Calgary Flames. I can't recall watching a more aggressive, determined and effective group like we are now watching with the Flames. Their tenacity paid off in the recent win over the surprised Detroit Red Wings. The win has moved Calgary to another level as they now await their next opponents. Watching the Flames' effort makes it easy to become a fan and to cheer them onto greater heights. Go Calgary Go!

On another topic, we are beginning to witness the start of what may be a series of firings of several NHL coaches and general managers. It started with the Ottawa Senators' early playoff demise when team owners gave coach Jacques Martin his walking papers. That was soon followed by the ousting of the Vancouver Canucks' president and general manager, Brian Burke. We have also heard the rumblings that there could be many more similar firings to come as teams fall from the Stanley Cup playoffs. Keep tuned.

SEAWAY SPORTS

Cornwall Lacrosse

The Peewee Bulldogs have let the dogs out! In the lineup for the 2004 season are: Jack Clare, Jory Dewar, Ryan Dewar, Brandon Ezard (goalie), Brandon Labelle, Spencer Lalonde (goalie), Patrick Leblanc, Justin Lefebvre, Ryan Legue, Matt Marcil, Graeme McDonald, Brandon Perras, Tyler Prieur, Jacob Ruest, Nathan Sanseverino, Nick Sanseverino, Connor Thompson and Jarrett Wheeler. They have opened their season with 2 wins; a busy and great season is underway.

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Air Gliders Trampoline

Members of the Air Gliders Trampoline Club have proven themselves at the Provincial Trampoline and Tumbling Championships held in Oakville Saturday and Sunday, April 24th and 25th, 2004 with the following results.

National Novice, Female: Gabrielle Martin with her performance has qualified for the fourth spot on the Ontario team to compete at the National Championships in Toronto on Wednesday and Thursday, May 19th and 20th, 2004. This is the second year in a row that Gabrielle qualifies for the Ontario Team, her hard work during the year paid off. Good work!

Provincial Level 3, Female: Marie Josee Ryan, finishing 7th. In March 2004, Marie Josee qualified for the Eastern Ontario Trampoline Team and competed in the Winter Games in London, Ontario where her team finished 2nd, 1/10th of a point out of first place.

Provincial Level 2, Male: Brady Lucyshyn finishing 7th, and Alexandre Juneau finishing 10th.

Provincial Level 2, Female: Emilie Gauthier finishing 13th.

Club 55+ Action

By Lee Kirkey

Saturday, May 1st, 2004, we held our bowling banquet. We danced the afternoon away to the music by "Georgie." Thank you Georgie for the entertainment and your friendship.

Several 80-year-olds and over were honoured, and corsages were pinned "you are an inspiration to the rest of us."

The Knights of Columbus served us a great meal as usual. Thank you Dave and the girls. It has been a pleasure to deal with you for the past 3 years. Prizes were then distributed to every bowler from the best to the not so best. In the end we are all bowlers and friends.

A special presentation was given to Rene Amelotte. He has been bowling in our league for 20 years. A donation was collected for the Canadian Cancer Society. It has been a pleasure to serve as your president. I thank my executive members and wish them the best in the coming new season.

Cornwall Sea Lions

The Cornwall Sea Lions competed in the Division 3 team championships in Etobicoke, Ontario Friday to Sunday, April 23rd to 25th, 2004. They placed 8th out of 39 teams.

Aside from some spectacular medal swims, Bronze through Gold, the breakthrough swims were Jeremy Pilon's 400 metre freestyle; Megahan Suffel's 200 metre butterfly, Brian Garrett's and Margo Bacher's 200 metre breaststroke. The most spectacular race and a Gold medal win was in the 13 and 14 girls 200 metre freestyle relay, team members were Hannah Riordan, Tess Simpson, Jordyn Suffel and Margo Bacher.

The 6 youngest swimmers, Jordan Brown, Claudia DuGuay, Kelsey Smith, Jack Claire, Cameron Pickard and Meghan Suffel all achieved best times.

Individual Meet Results

Female 50 Free, 13-14: Hannah Riordan, 2nd place; Male 50 Free, 15 and over: Brandon Crawford, 1st place; Male 100 Breast, 15 and over: Brandon Crawford, 2nd place; Male 200 IM, 15 and over: Brandon Crawford, 1st place; Female 100 Free, 13-14: Hannah Riordan, 2nd place; Female 800 Free, 15 and over: Maxine Bacher, 1st place; Female 50 Breast, 10 and under: Kelsey Smith, 3rd place; Female 200 Fly, 11-12: Megan Suffel, 3rd place; Male 200 Breast, 15 and over: Brian Garrett, 3rd place.

Cornwall Golf Club Hosts Wine And Cheese



Another season of golf at the Cornwall Golf and Country Club was officially kicked-off on Saturday, May 1st, 2004 with a wine and cheese reception put on by the ladies committee of the club. Left to right: Toasting another golf season are Barbara Fulford (publicity); Norma Daigle (Past President); Pat Lemire (secretary); Juliette Payette (social); Judy Villenueve (ladies' captain); and Elaine Sosnkowski (ladies' house). Missing from the photo are: Margaret-Ann Boyd (President); and Shirley J. Poapst (9-hole coordinator).

Photo by John Divinski

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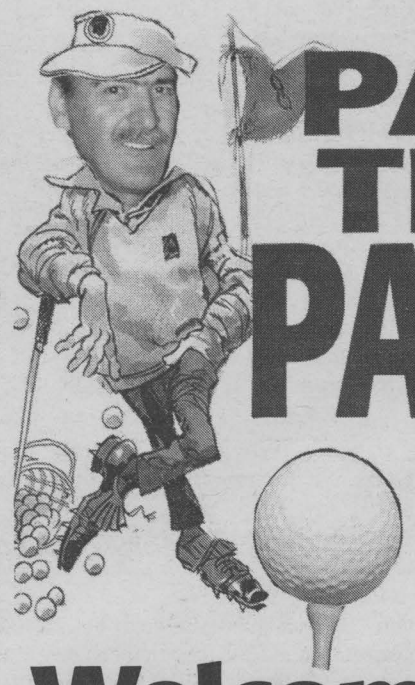

PAR TEE PAGE

with Bill Gallant

Thank You

Thank you readers for your generous comments about our first Par-Tee Page from last week. It was a pleasure meeting and chatting with several members from the golfing fraternity also and we appreciate their help in launching our initial page.

Over the next few months, you will be reading about many of those dedicated golfers, past and present, as well as our regular news items. The sponsors of Par-Tee Page have also promised to keep us informed about upcoming events in their respective locations.

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Welcome To PAR TEE Your Weekly Golf Page

Revisiting A Happy Occasion

Cornwall's Bob Flaro is the Professional at Cornwall Golf and Country Club. He won the 2002 Masters Tournament against the top 40 players in the Québec PGA. As an amateur he won the Club Championship in 1986 and again in 1987.



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Let's Go Way Back!

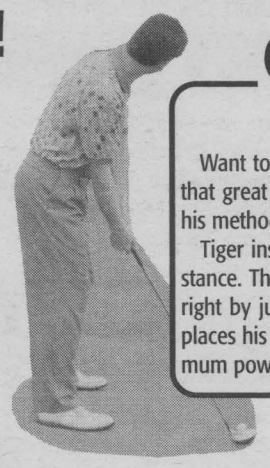


The longest ball in golf was made in 1586. It was made of web feathers and bull-hide. When well hit, it would often go an astonishing 100 yards. It was also the only ball available then.

GOLF TIP of the week

Want to know how the amazing Tiger Woods gets that great power in his shots? He is happy to reveal his method in many of the current golf magazines.

Tiger insists that it starts with concentrating on his stance. That begins with moving his right foot to the right by just a few inches. He relates that the move places his head behind the ball. That gives him maximum power to get extra yards.



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Did You Know?

Charlie Douglas was a Cornwall Golf and Country Club Pro for 14 years (1931-1944). During that term he not only supervised course maintenance and the caddies, but even drove the club tractor while mowing the fairway. Charlie was a Scot and an excellent golfer. He played the New York Golf Club at their opening during the great depression. In his foursome was the great Babe Ruth!



Joke Of The Week

After a particularly poor game of golf, a popular club member skipped the clubhouse and started to go home. As he was walking to the parking lot to get to his car, a policeman stopped him and asked, "Did you tee off on the 16th hole about 20 minutes ago?"

"Yes," the golfer responded.

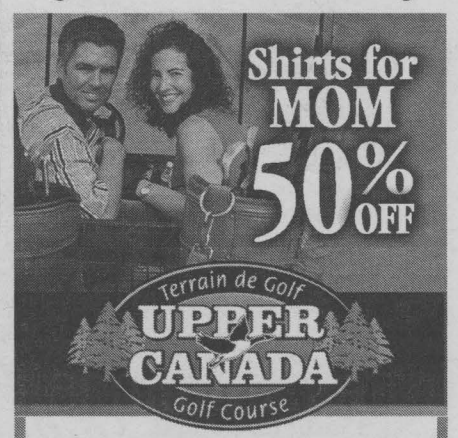
"Did you happen to hook your ball so that it went over the trees and off the course?"

"Yes, I did. How did you know?" he asked.

"Well," said the policeman very seriously. "Your ball flew out onto the highway and crashed through a driver's windshield. The car went out of control, crashing into 5 other cars and a fire truck. The fire truck couldn't make it to the fire, and the building burned down. So, what are you going to do about it?"

The golfer thought it over carefully and responded…

"I think I'll close my stance a little bit, tighten my grip and lower my right thumb."



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Wishing all Mothers a Happy Mother's Day! Especially my own mother. Lots of love, Jay

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Ode To Special Moms



Ode to Special Moms
-Erma Bombeck, May 1980

This column is dedicated to all you very special Moms, guardians, grandmas, and/or foster Moms of very special children.

Most women become mothers by accident, some by choice, a few by social pressures and a couple by habit. This year, nearly 100,000 women will become mothers of handicapped children. Did you ever wonder how mothers of handicapped children are chosen? Somehow I visualize God hovering over Earth selecting his instruments for propagation with great care and deliberation. As he observes, he instructs his angels to make notes in a giant ledger. "Armstrong, Beth, son, patron saint, Matthew. Forrest, Marjorie, daughter, patron saint, Cecilia. Rudledge, Carrie, twins, patron saint, give her Gerard. He's used to profanity." Finally, he passes a name to an angel and smiles, "Give her a handicapped child." The angel is curious. "Why this one, God? She's so happy." "Exactly," says God. "Could I give a handicapped child to a mother who does not know laughter? That would be cruel. "But has she patience?," asks the angel. "I don't want her to have too much patience or she will drown in a sea of self-pity and despair. Once the shock and resentment wear off, she'll handle it. I watched her today. She has that feeling of self and independence that is so rare and so necessary in a mother. You see, the child I'm going to give her has his own world. She has to make it live in her world, and that's not going to be easy."

"But, Lord, I don't think she even believes in you." God smiles. "No matter. I can fix that. This one is perfect. She has just enough selfishness." The angel gasps, "Selfishness? Is that a virtue?" God nods. "If she can't separate herself from the child occasionally, she'll never survive. Yes, here is a woman whom I will bless with a child less than perfect. She doesn't realize it yet, but she is to be envied. She will never take for granted a spoken word. She will never consider a 'step' ordinary. When her child says 'Momma' for the first time, she will be present at a miracle and know it! When she describes a tree or a sunset to her blind child, she will see it as few people ever see my creations. I will permit her to see clearly the things I see...ignorance, cruelty, prejudice... and allow her to rise above them. She will never be alone. I will be at her side every minute of every day of her life, because she is doing my work as surely as she is here by my side."

"And what about her patron saint?," asks the angel, pen poised midair. God smiles. "A mirror will suffice."

From one mother to another, Happy 'Saint' Mother's Day!

Joy may be contacted at seguin.vic@sympatico.ca.

Breakfast In Bed Still Rated The Gift For Mother's Day

Move over greeting cards and flowers, 'cause it's breakfast in bed that will win Mom's heart this Mother's Day. A recent survey released by the appliance experts at Panasonic Canada shows 7 out of 10 Moms or would-be Moms would love breakfast in bed from their kids on their special day.

But it does beg the question: Does Mom know what's on the menu? Well, Mom might not - but YTV does. In an online YTV poll, Canadian kids were asked to name their Mother's Day menu favourites - and surprisingly traditional, hearty bacon and eggs topped the list as the number one pick. Yet, for Moms looking for that special concoction: kid-friendly ice cream sundaes, donuts with chocolate milk and delicious gummy worm pancakes followed closely behind.

"One of my favourite Mother's Day treats is when my family makes me breakfast in bed, but like most people they don't always consider themselves to be experts in the kitchen," said Daphna Rabinovitch, professional food writer and co-host of Canadian Living Cooks. "Friends and family are always asking me for tips on how to be more efficient in the kitchen or ways to create delicious meals quickly and easily. I often suggest trying out new developments in kitchen appliances designed to put meals on the table in no time - great for kids and Dads to help make Mom's day special."

And these tips are perfect for getting the kids involved in creating the best Mother's Day Breakfast ever:

Food is Fun. Cooking up breakfast in bed for Mother's day is a blast - and kids should enjoy every minute. Let kids get in the thick of things - and get dirty! Just make sure the kitchen is cleaned up so Mom doesn't have to!

Keep it simple. Organize the ingredients beforehand, so prep time is a snap. With minimal work to do the morning of Mother's Day, you can move onto more important things - like helping Mom eat her delicious breakfast.

Safety is key. Small children should always be supervised when working in the kitchen. Also, make sure tasks are age appropriate - and Dad does any job that requires a knife or sharp utensil. And don't forget: the microwave is a safe appliance for children to use since it doesn't use an open element. But Dad should always remove any bowls or dishes, as they may be hot.

The microwave is a quick and easy way to make Mom a delicious meal. And developments like new Inverter technology - that distribute heat more evenly throughout the cooking process - mean your creation will be cooked more precisely, but in less time.

Test out these quick and easy breakfast recipes from Panasonic Canada. Both the baked banana and chocolate french toast and the scrambled egg, bacon and cheese wrap take only a few minutes to prepare, and cook up much faster than they would in a conventional oven. Both recipes were made in a convection microwave. Cooking times may vary in other microwave ovens.

Scrambled Egg, Bacon and Cheese Wrap
6 slices bacon
1 tsp butter (10 mL)
3 eggs
3 Tbsp milk (45 mL)
Pinch each salt and pepper
1/2 cup shredded cheddar cheese (125 mL)
2 8-inch (20 cm) flour tortillas

Lay bacon on paper towel; cover with another piece of paper towel. Microwave at P10 for about 3 minutes or until cooked and crisp, rotating halfway through. Let stand to cool.

In microwaveable bowl, microwave butter at P10 for 20 seconds or until melted. Add eggs, milk, salt and pepper, whisking with a wire whisk until blended. Microwave at P4, covered loosely with plastic wrap, for 3 to 3-1/2 minutes, stirring every 30 seconds, or until eggs are set but still look moist and creamy. Sprinkle cheese over eggs. Let eggs sit for 1 minute.

Lay flour tortillas flat on work surface. Divide eggs evenly between tortillas. Lay 3 slices of bacon on one side of each tortilla. Roll up. Serve immediately. Makes 2 servings.

Tip #1: For added panache, omit cheddar cheese and bacon. Stir in 2 oz. goat cheese as soon as eggs are cooked. Spread tomato salsa over flour tortilla, line with romaine leaf, top with eggs and roll up.

Tip #2: Omit bacon and cheddar cheese. Stir in 1/3 cup smoked salmon and 2 chopped green onions as soon as eggs are cooked. Spread herbed cream cheese on flour tortillas before rolling up.

The Creation Of Mothers

When the good Lord was creating mothers, He was into His sixth day of overtime, when an angel appeared and said, "You're doing a lot of fiddling around on this one."

And the Lord said, "Have you read the spec on this one?"

She has to be completely washable, but not plastic; have 180 moveable parts, all replaceable; run on black coffee and leftovers; have a lap that disappears when she stands up; a kiss that can cure anything from a broken leg to a disappointed love affair; and six pairs of hands."

The angel shook her head slowly and said, "Six pairs of hands....no way."

"It's not the hands that are causing me problems," said the Lord. "It's the three pairs of eyes that mothers have to have."

"That's on the standard model?," asked the angel.

The Lord nodded.

"One pair that sees through closed doors when she asks, "What are you kids doing in there?," when she already knows.

Another here, in the back of her head that sees what she shouldn't, but what she has to know, and of course the ones here in front that can look at a child when he goofs up and says, "I understand and I love you," without so much as uttering a word."

"Lord," said the angel, touching his sleeve gently, "Rest for now. Tomorrow..."

"I can't," said the Lord. "I'm so close to creating something close to myself."

Already I have one who heals herself when she is sick, can feed a family of six on one pound of hamburger and can get a nine-year-old to stand under a shower."

The angel circled the model of the mother very slowly.

"She's too soft," she sighed.

"But tough!," said the Lord excitedly. "You cannot imagine what the mother can do or endure."

"Can she think?"

"Not only think, but she can reason and compromise," said the Creator.

Finally the angel bent over and ran her finger across the cheek. "There's a leak," she pronounced.

"I told you, you were trying to put too much into this model."

"It's not a leak," said the Lord. "It's a tear."

"What's it for?"

"It's for joy, sadness, disappointment, pain, loneliness and pride."

"You're a genius," said the angel.

The Lord looked somber, "I didn't put it there."

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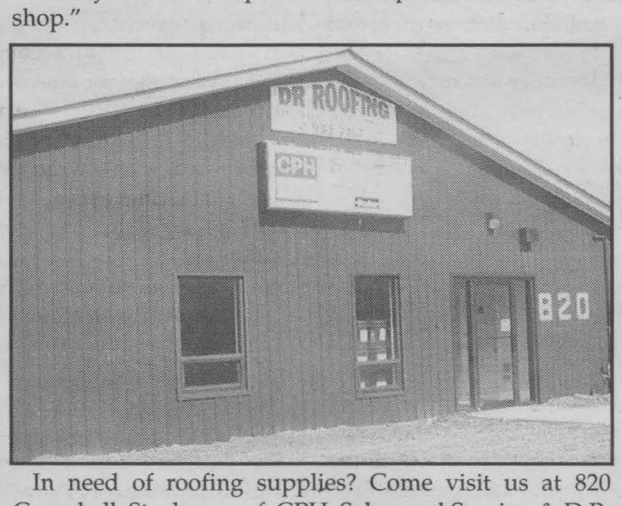

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With the warmer weather ahead, and after a long tough winter, we all get out and check our properties to see what kind of damage was done to grass, plants and gardens. You should also be checking the condition of your roof. A damaged roof can lead to bigger problems inside your home that could cost you thousands and thousands of dollars. For a small investment at D.R. Roofing Supplies, you not only get the best product, but you get the best guidance and advice from in-store professionals. If necessary, they will make arrangements to have the materials installed by a certified roofing contractor. If you're planning on tackling the job of reshingling your roof, then D.R. Roofing Supplies is a "go-to" place, before you start your project.

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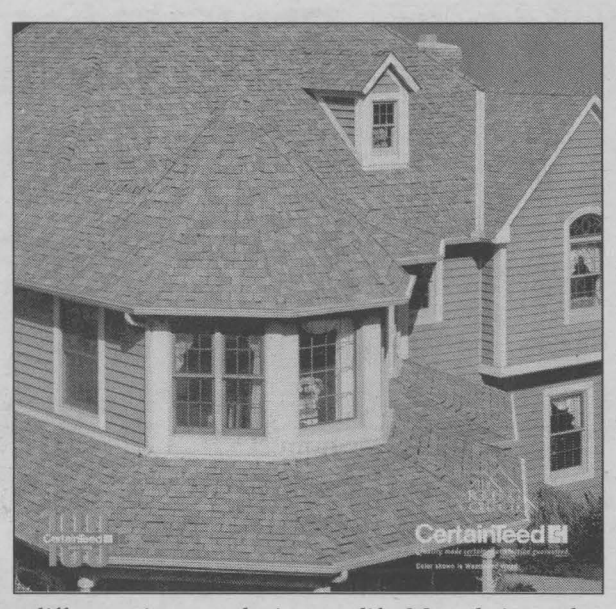
If you're doing the job yourself, you might need some specialty roofing tools or a dump trailer. No problem. D.R. Roofing Supplies will provide everything for your do-it-yourself project from start to finish. Reading about D.R. Roofing Supplies is one thing, but you have to visit them at 820 Campbell Street to experience what they have to offer you. With that in mind, D.R. Roofing Supplies is holding an "open house" on Wednesday, May 19th, 2004 and most products will be on display. It's being held in conjunction with an open house put on by CPH Sales and Service Inc., at the same location.

CPH Sale and Service Inc. will be showcasing Karcher pressure washers, Gould water systems, Alfagomma and Parker hose and fittings, and many other of their quality industrial fluid power products. Come on down and try out a pressure washers and see for yourself what



a difference it can make in your life. Meet their vendors and have a hotdog and a drink on the house. Stay for a while and browse their inventory. You'll be surprised what you can find in the Industrial Park.

However, you don't have to wait that long. D.R. Roofing Supplies is open Monday to Friday, 7 a.m. to 5 p.m. or you can call (613) 933-0632. If you can't get there until the weekend, they will take weekend appointments at (613) 933-2157.

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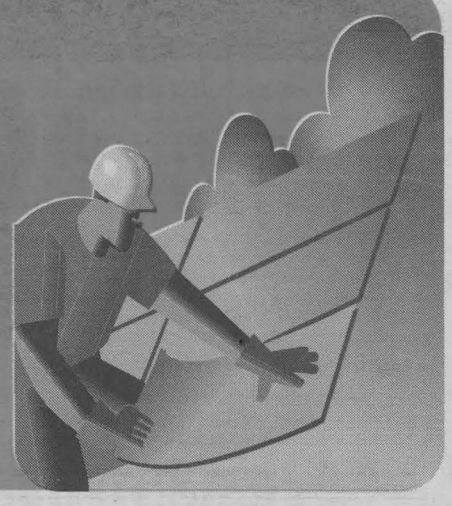

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Guide To Basic Landscaping

(NC)-Have you always wanted to do more with your yard? Well, here are a few tips from John Mansz, The Home Depot Canada's gardening expert to help you get started:

• Keep a file of magazine photos of gardens and landscapes you like.

• Go on local garden city tours or garden shows to get ideas. Bring a notebook so you can jot down the names of plants and trees you like.

• Take pictures of your garden to better help you see the landscape. You can draw on the pictures to see how new plantings and features would look.

• If you're new to your home, try a little gardening to get a feel for the soil, sun and regional growing conditions. Even take a peak in your neighbours yard.

• Don't try to get everything done at once. Most gardens are not created in one season – they evolve over a period of years, but Mansz suggest planting hedges and trees first as they take longer to establish

• Keep maintenance in mind. Big flowerbeds, even with perennials, take a couple hours a week to keep in good shape. For watering, Mansz suggests an underground sprinkler system to automate this time consuming task.

• The style of your home should be considered. While a Cape Cod style house screams for a white picket fence, a rustic house is complemented by a rough cedar log arbor.

• Always outline new flowerbeds with some white flour, old spray paint or a garden hose. This will help you envision how well it fits in with your landscape.

• Consider consulting a knowledgeable garden specialist at a home improvement garden centre.

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Preparing Your Garden For Spring

NC)—Spring is on its way and now is the perfect time to start thinking about your garden. Whether you have a large backyard or limited space, you can create a beautiful oasis. All it takes is some time and a little care to create the perfect backyard retreat for those warm summer nights.

The lawn and garden team at Canadian Tire has put together some tips to help you get started on your garden inspirations this spring.

• Plan before you start. Decide whether you want a vegetable, herb, or flower garden. Whatever you decide, select a variety of plants. It's not only visually appealing but also helps prevent disease and pest infestation. Next, decide where you want to plant your garden. Keep in mind that placing a garden near the house allows you to keep an eye on it daily, which can help prevent excessive weeds and disease. Vegetables require at least six hours of direct sunlight each day, as do many perennials and annuals. For shady sites, there are many types of plants and flowers that flourish in that environment.

• Prepare the area. Once you have chosen where you want to have your garden, you need to get the ground ready. Clear the area of debris and turn the soil. Adding organic matter to the soil adds nutrients and will increase the chances of plant survival.

• Plant your garden. Most plants come with instructions on when to plant, how deep to place them, and how far apart they should be. If you need assistance, ask at your local Canadian Tire garden centre – many stores have a horticulturalist on staff.

• Maintenance is an important part of creating a garden. Typically, the climate in your area dictates water requirements. Keep note of humidity levels, the moisture of your soil and how often it rains. Water plants slowly and close to the bottom to allow the water to soak in and do so early in the morning to reduce evaporation.

• Mulch – To help the growth of your plants, place mulch on top of soil. Mulch helps to keep weeds out and moisture in.

• Fertilize – A liquid fertilizer should be used once a month or a dry fertilizer about halfway through the gardening season to keep your garden looking its best.

• Enjoy – Creating a beautiful garden takes work and dedication, with regular upkeep. The results can be rewarded and with the right tools, good advice and a little luck, you can create a wonderful escape in your own backyard.

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Get Outdoors And Give Your Home A Fresh Look For Spring

NC)—With warmer temperatures on the way, many Canadians will be heading outdoors to do work around the house and give their homes a fresh new look for the new season. Canadian Tire has the following tips to help homeowners get started on a spring makeover for the home's exterior.

• Over the winter months, leaves and debris can build up in the eavestrough so it should be cleaned out to help relieve added weight that can damage the roof and keep melting snow, ice and rainwater running freely.

• Patio furniture that has been left outdoors will need to be washed with a cleaner that is powerful enough to remove the dirt but one that won't remove the finish. For plastic or resin furniture you may want to give the chair and tables a facelift using Krylon fusion paint available at Canadian Tire stores. This paint comes in a variety of colours and was developed specifically for plastic products so that it bonds quickly and effectively.

• Give your patio or deck a powerful wash using a Simoniz pressure washer to remove ingrained dirt and slippery mould. For older or weathered wood, use a stain stripper that removes old coatings and dirt to restore the natural beauty of wood. Staining the deck or patio will help protect the wood



and increase its longevity. Choose a semi-transparent stain if you want subtle colour with the natural grain and texture showing through. Solid colour stain provides more of a rich, opaque finish.

• Check garden hoses for leaks and store hose neatly in an accessible place. To help make the chore of winding the hose easier, use a self-winding reel. Easy to mount on the wall or floor, the self-winding reel automatically rewinds the hose in perfect coils every time and ensures there are no kinks or twists.

• Clean the barbecue and ensure it's in good working condition. Check to ensure the propane has been topped up or that you have a spare propane tank to get you through the spring and summer months. Don't forget to check gas lines for debris or bugs. Insert a brush into the tube and give it a quick turn to dislodge anything that might be clogging the line.

• The harsh elements of winter can also take their toll on the driveway. Use a pressure washer to thoroughly clean away debris and use a sealant to fix any cracks.

• Aerating your lawn or removing cores of soil from the lawn this spring will help ensure it stays healthy all season long. An aeration program allows air, water and nutrients to penetrate thatch and soil so they can get to where they are needed.

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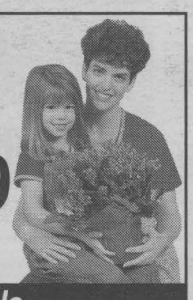
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A Gardening Glossary For Beginners

Acid Soil: Soil that is lower than 7.0 pH.

Alkaline Soil: Soil that has a pH level of about 7.0 or more.

Annual: A plant that will complete its life cycle in one growing season.

Biennial: A plant that grows from seed and produces leafy growth the first year. In the second year, the plant produces flowers, sets seed and dies.

Compost: A term for decomposed organic matter such as what is left after a compost heap has degraded vegetable and animal matter. An excellent source of organic material for rebuilding and enriching soil.

Cutting: A section of a stem or piece of a plant used to propagate a new plant. Can be stem cutting, root cutting, tip cutting. Sometimes called a 'slip'

Deadheading: Removing flowers that have already bloomed. This is done for the benefit of the plant to prevent disease and encourage more vigorous blooming.

Evergreen: A plant that will bear foliage throughout the year.

Fertilizer: A substance added to soil to provide nutrients for plants. A complete fertilizer contains all three of the elements plants need: nitrogen, phosphorus and potassium.

Frost: The freezing and condensation of moisture in the air. Frost dates are important to know for your zone or area.

Ground Cover: A plant used to provide a low-growing carpet between other plants.

Growing Season: The number of days between the average date of the last killing frost in spring and the first killing frost in fall. Vegetables and certain plants require a minimum number of days to reach maturity, so be sure your growing season is long enough.

Harden Off: Toughen plants from the greenhouse by giving lengthening periods of exposure to outside conditions.

Hardiness: A plant's ability to withstand low temperatures or frost.

Heel In: Temporary planting in soil, usually on an angle, until a permanent planting.

Humus: The residue of decayed vegetation in the soil, like leaf mold or compost.

Hybrid: A plant resulting from a cross between two different species.

Insecticide: A chemical used to kill or repel insects.

Leaf Mold: Partially decayed leaves used in soil or potting mixtures.

Loam: Good quality soil, with a good balance of clay, sand, and organic matter. Loam is crumbly to the touch.

Mulch: Organic or inorganic material put on the soil to suppress weeds, conserve moisture and improve soil structure.

Perennial: A plant which will live for three years or more under normal conditions.

Pesticide: A substance of nature or synthetic origin used to destroy bugs and floral diseases.

Soil pH: pH is a measure of the amount of lime in soil. A soil with a pH lower than 7.0 is an acid soil, a soil pH higher than 7.0 is alkaline soil. Soil pH can be tested with an inexpensive test kit.

Thinning: Removing excess seedlings, to allow sufficient room for the remaining plants to grow.

Weed: Any undesirable or troublesome plant, especially one that grows profusely where it is not wanted.

Colorado Blue Spruce

Colorado spruce is indigenous to the Rocky Mountains area from Colorado to Utah, New Mexico and Wyoming. It thrives on very-well-drained deep sands and loamy gravels in high elevation canyons (2,000-meters-plus elevation). Typically these locations have cool air or frost pockets throughout the summer.

Colorado spruce has naturally bluish-green needles, but this feature has been enhanced by breeding and propagation. By far the most common variety is the Colorado blue spruce. Its variety name is Glauca meaning covered with a bluish white or bluish gray bloom. Mature trees can have either horizontal or eye-catching upswept branches.

Colorado blue spruce trees are remarkably adaptive to most urban areas of southern Canada, but there are problems. Nursery growers discovered that this tree would thrive virtually anywhere - at least for the first 20 to 30 years of its life.

Amazingly some do look after themselves. In their indigenous habitat these spruce can live up to 400 years or more, but they are thriving in moist, well-drained, sandy and gravelly soils at cool, protected, mountain elevations. In Winnipeg these trees will be lucky to live 80 years on surface clay loams that can bake in very hot weather. The oldest blue spruce trees in Winnipeg were planted during the period 1910 to 1920. A 90-plus-foot-high giant on Dromore Avenue in Crescentwood is the largest blue spruce tree I've seen in the city; however it has had its share of problems.

Three fairly common fungal diseases attack the spruce:

1. Cytospora canker girdles the twigs, branches and the trunk of the tree just under the bark. It is systemic and kills the lowest branches first, often affecting one whole branch at a time. It rarely kills the entire tree. Prominent resinous openings or lesions appear along the branches, after which the needles die. Lesions may also occur on the trunk. In each case the amber resin crystallizes and turns white. The exposed needles on the branch often turn tan-brown and then a rusty colour. Cytospora canker infections are deemed to be incurable.

2. Sirococcus twig blight attacks the current year's developing twigs and makes them curl, often in the shape of a crook. The needles closest to the twig end die, leaving healthy needles on the same infected twig. Eventually the current-year twig and needles die.

3. Rhizosphaera needle cast causes the needles to turn rusty brown and have what seems like hundreds of tiny black fungal bodies, called pycnidia, along the sides of the needles. Often the needle cast and twig blight problems occur together.

Then, too, a large variety of pests will attack the Colorado blue spruce Here are the most important pest problems it faces:

1. Spruce spider mite is the most problematic pest. Typically the mites suck the sap out of older needles found inside the tree. Heavy spider mite populations are a certain sign that the tree is in stress, as large areas of magenta-brown needles will appear, especially near the lower third of the tree. Extremes in weather during the growing season in the last few years have been an important contributor to growth stress in urban spruce. Older spruce and those growing in heavy clay soils are particularly susceptible.

2. Spruce needle miner can often be found in spruce stressed by spider mites. The base of needles will show tiny black holes. These insects gather the needles into small parallel piles strung with fine webbing along the top of the twig.

3. Eastern spruce gall adelgids are sucking insects which produce elongated galls resembling cones which grow into the twig. Large populations of Eastern spruce gall adelgids make the tree very unattractive. This pest is often associated with spruce twig blight disease.

4. Spruce bud worm is a major problem on older spruce. It causes major chewing damage to the terminal buds and twigs.

5. Spruce pitch mass borer, a wood boring larva, can leave many pitch clumps along the trunk, usually with visible exit holes. Often several clumps can be found close together encircling the lower 15 feet (five meters) of the trunk. Heavy infestations can cause the weakened trunk to break off at the point where the larvae have been heavily feeding.

Caring For Dracaena

The so-called Lucky Bamboo has become quite a popular houseplant in recent years. With a resurgent interest among the public in Eastern spirituality, lucky bamboo plants have found a welcome spot in many homes, where they are valued for their interesting, sculptural shapes as well as for their symbolism.

With its fresh green hues and its vigorous tenacity, bamboo has been considered a symbol of good fortune in Asian cultures for at least 4000 years. It has the ability to thrive in a variety of conditions and to adapt to its surroundings. In the ancient Chinese practice of feng shui, which seeks to create a balanced arrangement of the elements of earth, water, wood, metal, and fire in order to bring harmony to our living environments, bamboo is valued as a perfect representative of wood, with its tall, vertical shape and verdant color. This element is said to have an influence on life energy, growth, vitality and physical activity. Because Lucky Bamboo is able to thrive in many areas of the home or workplace where other plants would not, it is frequently cultivated as a means to enhance the positive flow of energy or "chi" in these areas.

Ironically, the plant which is commonly sold as Lucky Bamboo is in fact a member of the Dracaena family (Dracaena sanderiana), plants which are well known for their durability under adverse indoor conditions. Because of its ease of care and it apparent resemblance to the true bamboos, this Dracaena is now widely grown.

Caring for lucky bamboo plants is very easy. Typically, they are grown in a few inches of clear water, perhaps supported by small pebbles, stones, or marbles. It is important that the water be kept clean and fresh and not allowed to stagnate. In areas where the local water is heavily treated with chlorine or fluoride , the leaf tips or edges of the lucky bamboo may become yellow or brown. This condition can also be caused by too many salts in the water, such as in "softened" water. Thus, it may be advisable to allow tap water to stand in an open container for 24 hours, allowing the chlorine and fluoride to dissipate, before using it with your plants. In the presence of salts, it's best to used filtered or distilled water.

Appropriate light levels are also an important factor in caring for lucky bamboo. The plants grow naturally under the shady canopies of taller rainforest trees. Thus, they prefer an indoor location with bright, indirect light. They will perform well under artificial lighting. Too much direct sun can cause burning of the leaves. Too little light will lead to weak growth, stretching and poor coloration. Normal household temperatures are ideal.

Since water contains no nutrients per se, the best care for lucky bamboo plants includes the occasional use of a dilute solution of plant food. Without soil to buffer the fertilizer salts, the roots are susceptible to burning if the solution is too strong. Use any standard house plant food at about one-tenth the recommended dilution rate each time you change the water.

Lucky bamboo is frequently seen growing in unusual twisted, curved, or spiraling forms, which seem to enhance it appeal and sense of mystery. The plant does not grow this way naturally. In fact, the curving shapes are produced by laying the plants on their sides, with light directed from the top and shielded from each side, causing them to grow in one direction only — toward the light and opposite gravity. The plants are rotated regularly to encourage the spiraling form. Naturally, this is a time-consuming and labor-intensive process which justifies the somewhat higher prices commanded by lucky bamboos.

Your local florist can provide you with your very own lucky bamboo plant, and with just a little simple care, you too can bring a bit of harmony as well as elegant style to your living environment which will last for years. May good fortune smile upon you!

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333513-4

12" Deluxe Hanging Baskets
Assorted varieties.
Reg. $19.99
$14.99
333807-6

Ivy & Trailers
Reg. $2.39
$1.99
333563-4

1 gal. Colorado Blue Spruce
Reg. $9.99
$7.99
337002-6

may7042

10" Haning Basket Special - Saturday ONLY
All other Specials Friday, Saturday & Sunday

Cornwall Hours: Mon.-Fri.: 9am-9pm; Sat.: 8am-6pm; Sun.: 10am-5pm

201 Ninth St. E. 933-0592 CORNWALL LOCATION ONLY

(Deal 901)



DIAMONDS ARE FOREVER
Mother's Day Event!
Enter to Win a 3-Stone Diamond Pendant & Matching Diamond Earrings!
Courtesy of Cornwall Square & Peoples Jewellers

ENTER OFTEN
Contest Runs May 4 - 9

Cornwall's Premier Shopping Complex
cornwall square
The Centre of Our City!
www.cornwallsquare.com



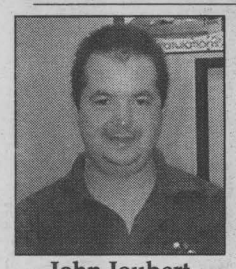
SCUTTLEBUTT

Mondays & Tuesdays
order any 3 topping Pizza at regular price and get the
2nd ONE FREE
Domino's Pizza
933-0313
~Fast FREE Delivery~

Seaway News wishes a very **Happy Mother's Day** to all "Moms" on Sunday, May 9th, 2004. Have a wonderful day!

The latest "game" on Cumberland Street - paintballing homes.

THE FISHING HUT
Live bait - Grubs, worms and minnows
Fishing and Hunting Licences. Turkey Licences. Quaker Boy Turkey supplies now available. Calls, decoys.
Two 24-hr. live bait dispensers in 2 strategic locations
No longer just another fishing store
Rods, reels and much much more
Since 1996
TWENTY FOUR HR. BAIT SHOP
410A Cumberland St., Cornwall
933-4636
7 - 5 • 7 days a week
www.fishinghut.ca • email: info@fishinghut.ca
APR9042



John Joubert

John Joubert of **Nottin' Otter Computer Centre** has an interesting story to tell about how the name of his new business came about. Ask him.

BOB KILGER, M.P.
STORMONT - DUNDAS CHARLOTTENBURGH
CONSTITUENCY OFFICE
501 MONTREAL ROAD
CORNWALL
8:30 AM - 4:30 PM
937-4233
MAY07041

With the **high volume of traffic on Marleau Avenue and Boundary Road,** and only more to come with construction of the new high school, **will someone be properly repairing the railroad crossing?** It is in such bad shape, you have to slow down to a snail's pace to go over it, holding up already very backed up traffic!

Dan sends a big thank you to **Terry Kyte** for the very honest and professional way he does business with his clients. He serviced my computer and did a very good job. There should be more honest people like him. Thanks, from a very satisfied customer.

Four members of the **United Way of Stormont, Dundas and Glengarry** just returned from a convention in Winnipeg. Looks like we might see some new ideas from the campaign this year.

Note to whom it may concern: When a heavy, old house-heating radiator is in the back of a truck, unsecured, with the tail gate down, it's best not to accelerate too quickly on a busy street like say, Sydney Street.

Now that the groundbreaking for our new **Aquatic Centre** is over and we're on our way, some say the next item of business is a name for the facility. A reader says he'd like to call it "completed," or "finished!"

Finally, a **ladies ball league,** registered with **Slo-Pitch National** in Long Sault on Tuesday nights. Girls' night out...look out. Register your team or yourself as a player at (613) 534-8125 (leave message).

Boy, the **Ottawa Senators** car flags sure disappeared in a hurry once the Sens were turfed from further playoff action by the **Toronto Maple Leafs.** The Toronto flags are still waving though.

Overheard from one of the participants as the **"Big Bike" for Heart and Stroke** who went lumbering through the Sydney and Second Street intersection against a red light, "Sorry, no brakes."

Why can't the city smooth out the intersection of Second Street and Amelia Street before a vehicle loses its undercarriage?

Spring Sale
NO PST NO GST
On All Framed In-Store Art Work
Mother & Boy by Robert Duncan
LOGAN'S GALLERY Gift Shop
204 2nd St. East
938-3629
A Gallery Like No Other
MAY07044

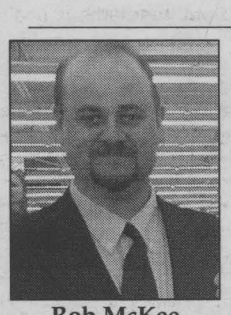
Pet Tip of The Week: Fleas on your pet can actually cause serious medical problems such as dermatitis, tapeworm, and in some cases, anemia. Make sure you use preventative measures and treat your pets for fleas before flea season starts.

To the **Baktays** of **Apple Hill,** thanks so much for the card! We'll see you at the Food Court!

-Deena and Aline

When will some people learn that it is very unsafe and dangerous to carry dogs in the back of an open half-ton truck? Should you have to suddenly stop, what do you think happens to your beloved pet?

You can help supp[ort the OSPCA and have a tasty treat at the same time. Join them at their fundraising BBQ being held at a huge garage sale, 1900 Pitt Street this Saturday, May 8th, 2004 at 7 a.m.



Rob McKee

*A lot of people were doing a double take recently when they saw **Rob McKee** of **Building Operations, Brookdale Centre** in a sharp blue suit. Not his usual garb when at work.*

Richard Jodoin and **Golden Retriever Molson** are inseparable, even in the dog cage. Ask him about it...uh, Richard, not Molson.

Spring Vegetable Garden Checklist

- Dig or till the garden 20-25 cm (8-10 inches) deep. Remove stones, weeds, and old roots.
- Apply fertilizer at the recommended rate for the brand and analysis you use. Remember, you will need to feed plants again during the growing season for best productivity and yields.
- Stake the garden using string and pegs. Put row-marker stakes in the ground and stretch cord between stakes to keep rows straight.
- Plant seeds or use transplants you buy or have started on your own. Hold off planting tender varieties until after the last frost date.
- Water thoroughly after planting. Then water weekly, especially during dry spells. One week without providing an inch of water will reduce yields and slow down growth.

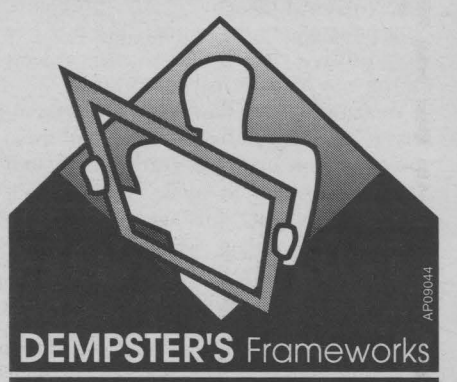
Corus Entertainment's Tim Wieczorek should look into getting into acting. He put on quite the role-playing show, selling bricks at the recent annual meeting of the **Cornwall and Seaway Valley Tourism group.**

Robert and Murielle Tessier would like to send a million thank-yous and doggy kisses to **Derek Sheppard,** the **Cornwall City Transit** driver who was on Dover Road Wednesday, April 28th, 2004 around 5 p.m. His keen eyes and cautious driving avoided what could have resulted in a terrible tragedy for this pet owner. Their little Sheltie had dashed out accidentally and was heading right into the street. Thanks to "Derek," we still have our little "Shadow."

Attention Ray P: So our Habs go down in 4 and we get a sympathy card. Now your mighty Leafs are playing golf beside us. Too bad we got all the good tee off times. From 2 friends that should know better than to do this because we are sure payback will be a [blank].

Friends forever, Ivan and Russ

Thought of the Week: "He who blows his stack adds to the world's pollution."



DEMPSTER'S Frameworks
25% Off - Custom Framing
35% Off - Custom Lamination
Mon. & Tue. 10-4 | Wed. Closed | Thur. 10-8 | Fri. & Sat. 10-4 | Sun. Closed
938•6947
1007 Montreal Rd., Cornwall, ON K6H 1E1
AP09044

Congratulations to **Joanne** from **Herbal Magic.** She and her partner are expecting a baby in July.

We wonder how many miles **Angelo Towndale** of the **Children's Treatment Centre** walks in the course of a year. You never see him in a vehicle.

FREE DECK CLINIC!
Thursday May 13th 6:30pm
Let us teach you everything you ever wanted to know about building a deck
Amateurs welcome!
Perkins-Caron RONA Home Centre
1100 MARLEAU AVE.
938-3300
MAY07044



Join Us For Mother's Day
Sunday, May 9th
Evening Dining 4-9 pm
Special À La Carte Menu (Dinners starting at $8.95)
Buffet items may vary. Please no promo or discount cards.
Gedoro's
Fine Dining in Casual Comfort
158 Pitt Street 938-2791
MAY7044

100%
PRICE MATCH GUARANTEE
plus a 7% Discount on all purchases to offset GST
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East Branch
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933-2841
West Branch
28 Seventh St. West
932-8482
www.lahaiesullivan.com

Classifiedplus

Deadline: Wednesday, 12 noon

933-0015

MasterCard VISA Interac AMERICAN EXPRESS

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

Companions Corner

GAY WOMAN, kind, affectionate & caring. Seeks an unattached feminine woman, 50+ for friendship, good company & outings for coffee. Hoping to hear from you soon. CC2242.

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

CUPID'S ARROW keeps missing my lonely heart. I'm a 40-year-old male, looking for an attractive, slim female for friendship & an eventual, honest, loyal, long-term relationship. Could you help cupid find it's target? CC2239.

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

SWM, FINANCIALLY SECURE, green eyes, 5'9", salt & pepper hair (with a little more salt). Looking for SF, 35-50. Looks & race not important. I'm looking for someone who I can trust, talk to & has a good sense of humour, go camping, golfing, watch movies together & spend time alone with. Looking for a relationship. Not into bars. CC2241.

Apts/Condos For Rent

3 BDRM UPSTAIRS APT. 418 McConnell. Nwly renovated. Washer, dryer, fridge & stove. Shared backyard. $500/mth, pay own utilities. Available now. Call 938-1962.

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

LONG SAULT - 2 bdrm apt. Coin-operated laundry, $500/mth, heat included, utilities extra. Rental deposit & references req'd. Call 534-8445.

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

QUIET COUNTRY SETTING, 2 bdrm semi on Summerstown Rd. Recently renovated. Large yard. Washer/dryer hook-ups. $650/mth, pay own utilities. References. Call 347-1171 or 933-2318, leave message.

LARGE 3 BDRM APT, available June 1st, utilities included, parking, centre town, $735/mth. Also, 2 bdrm apt, available July 1st, fridge, stove, utilities, parking, security bldg, $585/mth, rental deposit & references req'd. Call after 5pm & weekends, 363-2865 or 930-0167.

303 Second St. W.
Large 2 bdrm apt.
Available June 1st.
Spotless, appliances, parking utilities incl.
$599/mth.
938-7444
MAY7044

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

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

TWO APTS FOR RENT, Maxville village. 1 bdrm, $395/mth, available immediately. 1 bdrm, $395/mth, available June 1st. First & last. Heat included. No pets. Call Maureen, (613) 527-2104, ext. 234.

APARTMENTS TO SHOUT ABOUT

Long Sault



MAY07043
Freshly Decorated 2 bedroom units
Quiet building/intercom entry
View of the St. Lawrence River
Heat & Lights included
Parking included
Laundry facilities on site
To View Call Mary 534-4124

BACHELOR OR COLLEGE STUDENT
1 room apartment situated at the college.
$300/month, includes heat, electricity,cable, TV, fridge & microwave
Call 936-0333
MAY07042

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

1 BDRM BASEMENT APT. Quiet area. Livingroom & kitchen, 3-pc. bathroom, all furnished. $500/mth, heat & lights included. Quiet working person, non-smoker. No pets. Available anytime. 938-1010.

332 SECOND ST. WEST. Bachelor apt, available June 1st. 1 & 2 bdrm apts, available July 1st. Adult only building. Utilities, parking paid. No pets. References. Call 932-2844.



2 Bedroom Bungalow
Situated at the college.
$900/month, includes heat, electricity, central air, gas, fireplace, cable TV, garage.
Call 936-0333
MAY07042

HORSE LOVERS' DREAM - Cozy country home in secluded setting, Monkland area. Stable & pasture available. Private riding trails. References req'd. $800/mth. Available mid-May. 538-2382 evenings.

Houses For Rent

SIDE-BY-SIDE, 40 - 7th St. West. 2 bdrms, washer/dryer hook-ups, central air, parking, no pets. Available June 1st. $590/mth, plus utilities. Call 932-1406.

SEMI-DETACHED, 8 Christy. 3 bdrms, 2 bthms, washer/dryer hook-ups, parking. No pets. Available July 1st. $725/mth, plus utilities. Call 932-6764.

Houses For Sale

ALEXANDRIA AREA. Modern mobile for sale. 16x73-ft. 3 bdrms, 2 bathrooms, whirlpool, large kitchen & livingroom. Must see. You rent large land, water, septic, local taxes included for $238/mth. $87,000. Call (613) 347-7200.

Houses Wanted To Rent

WANTED TO RENT OR SUBLET house or apartment for 3 adults in Cornwall or surrounding area from July 1st to end of October. Call (418) 843-9986.

Farms Wanted

WANTED: 100 ACRE FARM or more. Decent house & out-buildings, preferrably light soil. No agents. Reply to: Box 278, c/o Seaway News, 329 Second St. West, Cornwall, Ont. K6J 1G8.

Offices/ Stores/Bldgs

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

CROSSWORDS

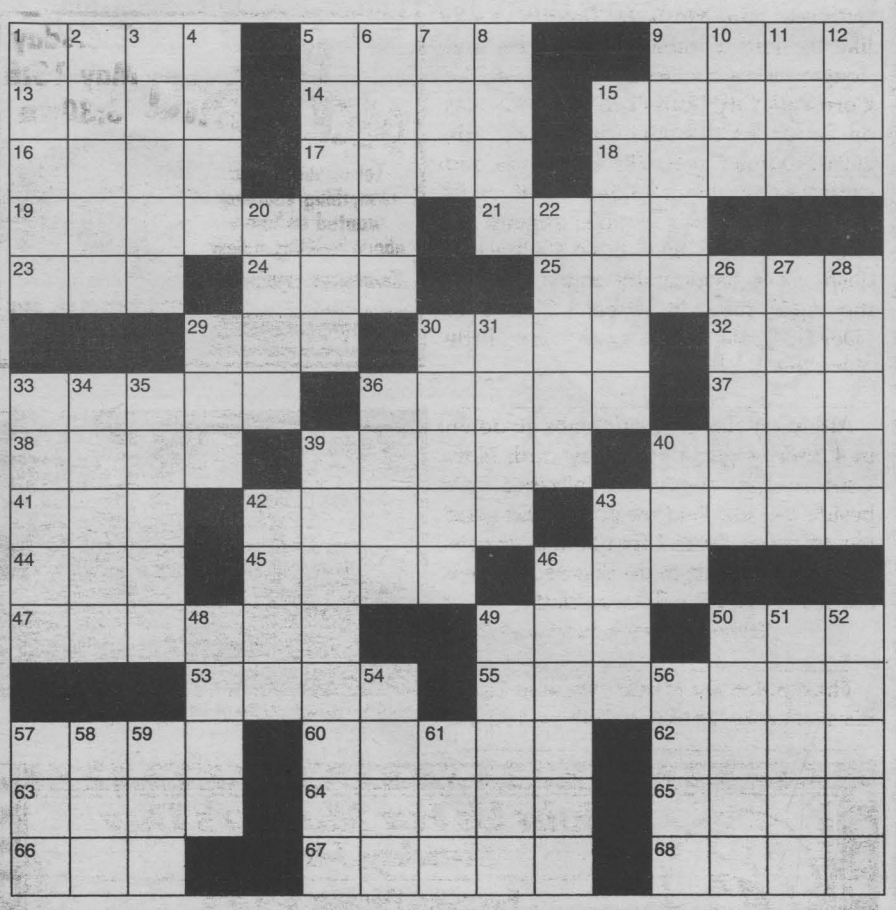
CLUES ACROSS

1. Pouch
5. Assist
9. Judge
13. Lotion ingredient
14. Wind
15. Craze
16. Belief
17. Continent
18. Forestall
19. Freudian
21. Metric weight unit
23. Spanish contraction
24. Avail
25. Neighborhood pest
29. Boxing champ
30. Sleeping
32. Central processing unit
33. Girl in Wonderland
36. Type of wood
37. Possessive pronoun
38. Brand of laundry detergent
39. Repent
40. Lairs
41. Wreath
42. Beautify
43. Type of code
44. Once
45. Tone
46. Grovel
47. Jew or Arab
49. Gel
50. Huge
53. Disfigure
55. Groom
57. Excuse
60. Sailing
62. Band instrument
63. Old TV show
64. Food
65. Microscope viewer
66. Narcotic
67. Cook in an oven
68. Otherwise

CLUES DOWN

1. First course
2. Unaccompanied
3. Pink
4. Part of a hull
5. Tennis star
6. Sew loosely
7. Actor, Wallach
8. Indian wood
9. Trouble
10. Compass pt.
11. Atmosphere
12. Rodent
15. Sickness
20. Holiday log
22. Actress, Dunn
26. Yellow pigment
27. Tournaments
28. Care for
29. Whiz
30. Terminate
31. Former W. German capital
33. Reference
34. Feudal superior
35. Expression
36. British School
39. Adios
40. Cur
42. Reach
43. Allot, with "out"
46. Assail verbally
48. Fill
49. Mutter
50. Biblical tower
51. Wrinkle removers
52. Canada and snow
54. Baby sheep
56. Planet end
57. Curve
58. MGM's lion
59. Annoy
61. Body of water

solutions on page 35



HOROSCOPES

May 8th - May 14th

ARIES - March 21/April 20
Although an approaching occasion may be putting you on edge, it is unlikely that anything unpleasant will happen. Lighten up and enjoy the time with your loved ones.

TAURUS - April 21/May 21
Don't jump to conclusions this week, Taurus. Things are far from what they seem. Keep your thoughts to yourself, otherwise you will cause unnecessary arguments within the group.

GEMINI - May 22/June 21
Social activities and travel plans will take up most of your time over the next few days, so don't worry too much about work or your home life, Gemini. Tackle work another day.

CANCER - June 22/July 22
Your emotional needs have not been fulfilled lately, Cancer, and it's making you upset. This week, resolve to set aside quiet time that is for you, and you alone. Recharge and relax!

LEO - July 23/August 23
It's not often that you let your emotions get the better of you, but it could happen on Wednesday. A coworker tries your patience and you let out that famous lion's roar.

VIRGO - Aug 24/Sept 22
What's done is done and cannot be changed. Stop worrying about things in the past and concentrate on plans for this week only. Thursday presents a good time for a day trip.

LIBRA - Sept 23/Oct 23
You may be caught in the middle of an argument on Tuesday, with both parties wanting you to take their side. Remaining impartial is the right thing to do.

SCORPIO - Oct 24/Nov 22
Your employer looks to you for constructive criticism on Monday. Don't sugar-coat things to impress; tell the truth. It's important to tell him or her what needs to be said.

SAGITTARIUS - Nov 23/Dec 21
Your reputation for being able to see the bigger picture will be put to the test on Saturday. It will be tempting to focus on one little thing, but work hard to resist.

CAPRICORN - Dec 22/Jan 20
Before you open your mouth to speak on Wednesday, make sure you know exactly what you are going to say and that it's not likely to upset anyone. You have a tendency to forget tact.

AQUARIUS - Jan 21/Feb 18
As a fixed sign, you don't like others to disagree with your point of view, Aquarius. However, don't be so eager to condemn. There is no right or wrong ... only different.

PISCES - Feb 19/March 20
You seem to be in one of those moods where you enjoy making things difficult for yourself. Don't expect others to offer you sympathy.

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES

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

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

COMPANIONS' CORNER

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

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

Mail pick up, no charge.

Mailed replies: $6.00

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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

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

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

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

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

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

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

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

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

Real Estate



Lana Barnes
Broker 551-3545

EXIT REALTY

Call 937-4445
506 Pitt Street, Cornwall

EXIT REALTY SEAWAY
www.exitrealtyseaway.com to view all our listings



Ginette Campbell
Sales Rep. 551-3321



Henrietta Duvall
Sales Rep. 930-5372



Judi Auger
Assoc. Broker 930-3536



Dawna Bamford
Sales Rep. 937-0739



Theresa Mahaffy
Sales Rep. 360-8560



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



Mike Auger
Sales Rep. 551-2469



Hana Novotny
Sales Rep. 937-4445



JoAnne Riel
Sales Rep. 360-1259



Brian Carter
Sales Rep. 360-3494



Tamara Lee Johnson
Sales Rep. 360-6380



Maggie Nuttall
Sales Rep. 363-6449



Shelley Brown
Sales Rep. 330-3954



Jake Lefebvre
Sales Rep. 937-4445

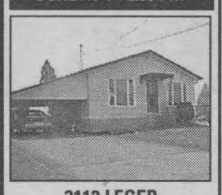


Donna Bates
Sales Rep. 930-0888



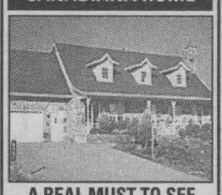
Steve Iwachniuk
Sales Rep. 937-4445

OPEN HOUSE SUNDAY 1 - 2:30 PM



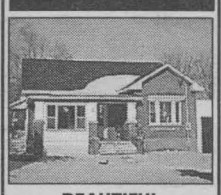
3112 LEGER
A rare find. 1300 sq.ft. 4 bdrm. bungalow with gas fireplace in LR. Whirlpool tub, partially finished basement, carport & so much more. Call or come & see me on Sunday.
$119,000/ #1579
YOUR HOSTESS DAWNA 937-0739

SPOTLESS CANADIANA HOME



A REAL MUST TO SEE.
Features solid oak cupbds, built in appl., 3 bdrms, hdwd & cer. flrs, fireplace, whirlpool tub, central air, inground pool & much more.
$279,900/ #1548
CALL GINETTE 551-3321

2 FRONTENAC



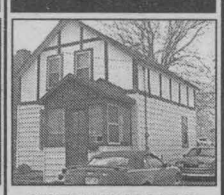
BEAUTIFUL
brick bungalow with loft, nicely decorated in Riverdale area. Large lot, garage, recent shingles, 200 amp breakers, 3+1 bdrms, hdwd flrs.
$114,900/ #1561
CALL GINETTE 551-3321

536 BURTON AVE.



EXCELLENT 1.5 STOREY
features central air, forced gas, new wiring, large fenced lot, private driveway, 3 bdrms, centrally located, nicely painted.
$74,900/ #1571
CALL GINETTE 551-3321

115 THIRD ST. WEST



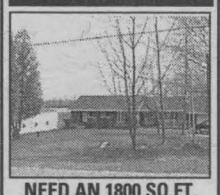
CENTRALLY LOCATED
property features many new renovations, 3 bdrms, large lot, parking, close to schools & shopping.
$74,900/ #1564
CALL GINETTE 551-3321

3+2 BDRM. RAISED BUNGALOW



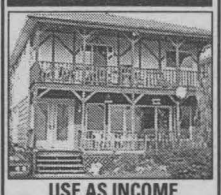
COME VIEW THIS
open concept kitchen/ dining, complete with fully fenced 200 ft. yard and 6 person jacuzzi. Basement could be an in-law suite.
$168,900/ #1583
CALL MAGGIE 363-6449

SHOP & HOUSE ON 4.3 ACRES



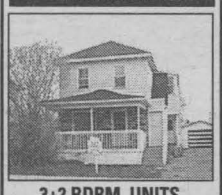
NEED AN 1800 SQ.FT. SHOP?
Ideal for storing vehicles, boats or equipment for your business. Lovely 3 bdrm. brick bungalow. Details?
$249,900/ #1440
CALL 1-800-581-4240 home code 1349 OR CALL JUDI 930-3536

DUPLEX WITH WATERVIEW



USE AS INCOME PRODUCING
or convert to single home. Want details?
$124,900/ #1445
CALL 1-800-581-4240 home code 1350 OR CALL JUDI 930-3536

INVESTORS TAKE NOTE



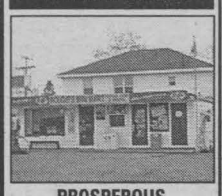
3+2 BDRM. UNITS
on full lot with garage. Income $11,000 per year. 2 separate meters, brand new oil furnace.
$67,900/ #0977
CALL JUDI & MAKE AN OFFER 930-3536

2 HOUSES ON ONE LOT



ONE 3 BDRM. HOME
and 1-2 bdrm. home on corner of Water & Seymour. Very up-to-date and netting about $11,200.
$96,000/ #1456
CALL JUDI 930-3536

SUMMERSTOWN STATION STORE



PROSPEROUS
family oriented store includes income from gas pumps, lottery sales, short order restauraunt & apartment rental. Built up clientele. Long established turn key opportunity.
$159,000/ #1556
CALL JUDI 930-3536

423 ANTHONY GREAT LOCATION



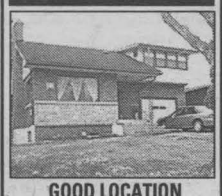
ALL BRICK BUNGALOW
in great condition, many updates, upgraded oak kitchen cabinets, patio doors leading to deck. Finished basement with extra bed & bath, interlocking brick driveway leading to single det. garage. $125,900/ #1569
CALL JAKE 937-4445

4640 CHAPEL ROAD



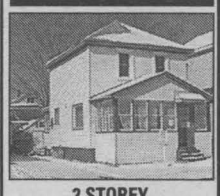
BEAUTIFUL, CHARMING
country home in Martintown. 1600 sq.ft. with dbl. att. garage sitting on 4.56 well treed acres in a quiet peaceful area.
$179,900/ #1367
CALL JAKE 937-4445

304 GARDNER



GOOD LOCATION
Large 2 storey home with 2 gas stoves, 3 bdrms., 1-1/2 baths, big rec room with high ceilings, att. gar. sitting on 50x130' lot.
$139,900/ #1552
CALL JAKE 937-4445

BEATS RENTING



2 STOREY
detached home, 2 bdrms., vinyl siding, detached garage.
$49,900/ #1558
CALL JAKE 937-4445

10+ ACRES

EXIT Acreage

GOOD WORKABLE LAND
or to build that dream home on. Land is clear, borders on two roads and a small meandering river at the rear making this a pie shaped lot.
$39,900/ #1576
CALL BRIAN 360-3494

MARTINTOWN AREA



LARGE BUNGALOW
3 bdrms., main level laundry, finished basement. This brick & stone home has double attached garage and is set on a landscaped 1 acre lot.
$167,000/ #1560
CALL HENRIETTA 930-5372

628 MARLBOROUGH



3 BEDROOMS
2 baths, great house in great area, many updates include floors, open concept, great yard with detached garage & more.
$103,900/ #1581
CALL JOANNE 360-1259

5 MENARD AVE.



GREAT STARTER HOME
on cul de sac. Open concept, 3 bdrms., gas stove, detached garage, whirlpool tub, roof redone in 2000.
$59,900/ #1577
CALL JOANNE 360-1259

DUPLEX



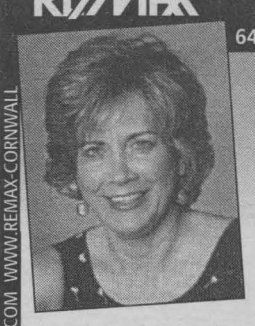
2-3 BDRM. UNITS
Many recent updates include flooring, doors, freshly painted, more. Possible in-law suite in basement.
$119,900/ #1585
CALL JOANNE 360-1259

WATERFRONT



19010 Cty. Rd. 2, Summerstown, ON
With over 2,200 sq. ft. of living space and 88 ft. of waterfront, this gorgeous 3 bdrm home is equipped with maple/pine/ceramic flooring, whirlpool and sauna, two gas fireplaces, gazebo and much more.
Asking $279,000 - Call 613-931-1979 for more info.
MAY7044

RE/MAX CORNWALL REALTY LTD.
www.remax-cornwall.com
649 Second Street East 938-8100



Marjet Rogers
ASSOCIATE BROKER
Don't Make A Move Without Me!!
Please call Marjet 360-1323
email: rogers@remax-cornwall.com

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17 BARNHART DRIVE LONG SAULT
1872 sq.ft. Brick Bungalow. Great Floor Plan. Beautiful decor, 3+2 bedrooms 3 bathrooms
$209,900





6804 RIVERVIEW DRIVE CORNWALL
Over 2000 sq.ft. 3 bedroom two storey home. Masterbedroom suite with balcony, view of river, heated inground pool, Many extras
$289,000

18882 PARAGON ROAD SUMMERSTOWN
42 acres of fields, a pond, barns and a century four bedroom home.
New Price at $189,500

GLEN ROY ROAD,
almost 1400 sq.ft. brick bungalow, new hardwood and ceramic flooring, fireplaces, 3 bedrooms, 2 bathrooms, double garage, 7 acres of woods.
$149,500

AP30044 **Call Marjet Direct 360-1323**

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

PITCH US You're SOLD On! AN OFFER

93 Monaco ~~$169,900~~ $149,900
Central location - walk to everything! 3 bedroom split level, eat-in kitchen with oak cabinets, formal living & dining, main floor laundry & den, plus large rec room with stone fireplace, attached garage with access to fenced yard

6727 Gilmore Hill Rd.
~~$199,900~~ $189,900
What could be better! A Bavarian style chalet dwelling overlooking the ninth hole. 2+1 bedrooms, 2 baths, GREAT ROOM with wood burning stone fireplace inground pool and more.

14220 Dafoe Rd.
~~$119,800~~ $114,500
Character plus country! 3 bdrm. large country kitchen with laundry facilities, spacious dining & living with functional wood stove, hardwood floors, many new windows & doors (2003), new drilled well (2002).

Marcia McInnis
ASSOCIATE BROKER

RE/MAX cornwall realty inc.
938-8100

Offices/ Stores/Bldgs

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

Summer Properties

RESIDENCE FOR RENT: For the summer season. Ideal for couple or small family. Located on St. Lawrence River, Hwy.#2, 5km east of Cornwall. Power included. $5,500. for the season. If serious, call 931-1074.

Rooms

IMPALA MOTEL & RESTAURANT - Lancaster. Under New Management. Rooms for rent. Cable TV. Cooking facilities. Extremely comfortable rooms, only $375/mth. Great place to live. 347-2028.

Yard/Garage Sales

2 FAMILY YARD SALE, Saturday, May 8th, 3016 Johnston Ave. 8am to 12noon. Power tools, small appliances, children's clothing & toys, air conditioner & misc. items.

GARAGE SALE, Saturday, May 8th, 1345 Patricia Place, 8am-12noon. Dishes, some furniture, bicycle, clothes. Something for everyone.

Real Estate

HOBBY FARM-WILLIAMSTOWN



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

MAY07044

Classified plus
933-0015

MasterCard VISA

Circulation: 34,818 copies
Deadline: Wednesday, noon
SEAWAY NEWS

Yard/Garage Sales

Sunrise Rotary
CAR TRUNK SALE
Sell Your Treasures From Your Trunk
(limited space available $20/car or truck)
Where: General Vanier I. School
1500 Cumberland St.
When: 8am - 1 pm
May 29th, 2004
Info: Shawna at 932-1106 or Denise at 932-1724
All proceeds will be used for Rotary projects.

may7042

YARD SALE
881 Laflin
Sat. May 8th
8am to noon
Bedding, cribs, toys, exercise machines & much more

MAY7042

Yard/Garage Sales

JOSHUA'S BEAR HUGS 2nd annual Yard Sale & Family Fun Day, Sunday, May 23rd, 8am-3pm. Anyone wishing to donate items may do so on Friday, May 21st or Saturday, May 22nd at StarTek on Vincent Massey Drive or call 932-BEAR/932-2327 or 938-8905.

YouthUnltd will be having a Rummage Sale at Maxville United Church on Thursday, May 13th, 12noon to 9pm, Friday, May 14th, 8am to 9pm & Saturday, May 15th, 8am to 3pm. Donations at Church starting Monday, May 10th. For more info, call 527-5251 or 527-5722.

YARD SALE - Thousands of records, new DVD's, computer software, lamps, jerseys, jackets, small furniture. Free piano. Saturday, May 8th, 8am-3pm, 103 Dover Road.

YARD SALE, Saturday, May 8th, 9am, 15607 Manning Road, Ingleside, west of Long Sault. Furniture, beds, household items & appliances.

HUGE YARD SALE
1900 Pitt St.
Saturday, May 8 - 7 am
Many items including tools, furniture, dishes, clothes, boat, etc.
Fundraising BBQ for OSPCA
Everyone Welcome

MAY7044

GARAGE SALE, 1841 Dewhurst, Saturday & Sunday, May 8th & May 9th. Household items & lots more. Rain or shine.

Articles For Sale

NORDIC TRACK exerciser for sale. Call 933-7667.

WHITE ELECTRIC STOVE, self-cleaning, excellent condition, $150. RCA 17" colour TV, $50. Call 347-7647.

Poppy's Pawns Plus



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

sn3

ROOM AIR CONDITIONER, LG 8,000 BTU, w/remote control, used 3-mths, still in original box, $300. CCM stationary exercise bike, very little usage, $25. Call 932-3975.

TWIN BEDS, each with own box spring, on steel frames with rollers. $125 or B.O. Call 931-9404.

ADMIRAL WASHER & DRYER, white, excellent condition, $200. 21 deck blocks, $3/each. Black truck cap, $75. Call 933-6768 to view.

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

USED WINDOWS & DOORS, also inside doors, can be used for garage or cottage. Steel desks & filing cabinets. Call 933-9161.

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

MOVING SALE. 2 bdrm sets. 2 diningroom sets. Livingroom set. Washer & dryer. Closets. 2 bunk beds. Call 932-1303.

JOHN DEERE LAWN TRACTOR, 185 hydrostatic. $800 or B.O. Call 534-8254.

D. JOHNSON'S ANTIQUES INC.
Over 6,000 sq.ft. of antique furniture, china, jewellery, etc.
Also full line of reproduction furniture made from New or Reclaimed wood.
1/2 mile N. of Cornwall on Hwy. 138
Open 9-5 Daily Or By Appt. 932-0766
www.johnsonsantiques.com

APR30043

Articles Wanted

WANTED



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

april2044

Home Services

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

SNOW DAY EXCAVATION INC. Have your existing garden tilled. Only $50. New garden available upon request. Call 525-4339.

BASEMENT LEAKING? Call the experts. Waterproofing from inside, no costly digging. Cracks sealed by injection. Interior weeping tile for block walls. All work guaranteed. Free estimates. J. Craig. 1-866-613-3078. Serving all Eastern Ontario.

HOMES OF THE WEEK

Century 21 SHIELD REALTY LTD.

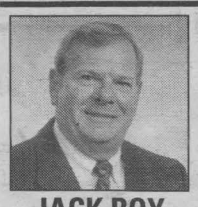
465 PITT ST 938-2121
YOUR EXCLUSIVE PROVIDER OF AIR MILES WHETHER BUYING OR SELLING!



MONIQUE WILLIAMS
Sales Rep. 551-1152



TODD THOMPSON
Sales Rep. 938-2121



JACK ROY
Sales Rep. 931-1290



ERIC PEDERSEN
Broker 938-9690



SHERRY McCULLOUGH
Sales Rep. 938-2121



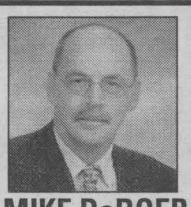
BROOKE MacCRIMMON
Sales Rep. 938-2121



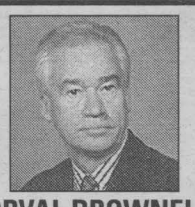
MOE LEMIEUX
Sales Rep. 932-9386



MAURICE DROUIN
Sales Rep. 933-6146



MIKE DeBOER
Broker 936-3124



ORVAL BROWNELL
Assoc. Broker 932-7061



MICHAEL VANDER MEER
Assoc. Broker 938-2121



19412 CTY. RD. 2, SUMMERSTOWN $84,900
(J-MLS Z4332) Spring is here! Wonderful country property just minutes from the city. This wonderful home is ready & waiting for you.
MONIQUE WILLIAMS 551-1152



80 CARRAWAY CR., MORRISBURG - NEW PRICE $76,900
(P-MLS A0673) A pleasure to show - A treasure to own! 2 storey end unit townhouse. Move-in-condition. Many renovations since 2002. Call Monique to view.
MONIQUE WILLIAMS 551-1152



147 LEFEBVRE $79,900
(A-MLS A1188) 3 bdrm single family home on large lot 75x101 with garage, main flr laundry & much more.
MONIQUE WILLIAMS 551-1152



NEW LISTING

915 EDYTHE AVE. $132,900
(A-MLS A1269) 1230 sq ft bung on 60x139 lot. Hdwd flrs, rec rm, deck, fish pond with waterfall & much more.
MONIQUE WILLIAMS 551-1152



416 ANDERSON DR. NEW PRICE - $118,900
(A-MLS A0864) MOVE-IN CONDITION! 3 bdrm bung, gas heat, central air, gas stove, sgl garage.
TODD THOMPSON 938-2121



33 DUNCAN $95,000
(A-MLS A0886) Owner-occupied duplex. Gas fireplace in living rm, garage.
TODD THOMPSON 938-2121



NEW LISTING

11-11A ANTHONY $109,900
(A-MLS A1338) EXCELLENT DUPLEX. Good income, great location. ASK FOR TODD!
TODD THOMPSON 938-2121



326 CARLETON NEW PRICE - $61,900
(A-MLS A0777) Completely renovated, 2 storey home.
JACK ROY 931-1290



611 MCCONNELL $189,000
(A-MLS A1097) EARLY POSSESSION! 4 level split in excellent location and in mint condition. Inground pool.
JACK ROY 931-1290



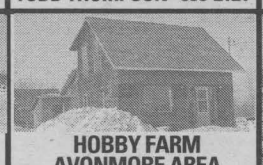
INVESTMENT! - $47,000
(A-MLS Z1620) Maint-free dbl tenement. Central location. Gas heat. Excellent long-term tenants.
ERIC PEDERSEN 938-9690



COUNTRY PROPERTY $259,000
(L-MLS A0013) Solid brick 4 bdrm home, over 2,800 sq ft, main flr family rm, 5 baths, 2 car garage. Would consider exchange.
ERIC PEDERSEN 938-9690



GREAT LOCATION PRICE REDUCED
(A-MLS A0204) 4 steel buildings on 14.6 acres. Located at 3265 McConnell Ave & South Branch Rd.
ERIC PEDERSEN 938-9690



HOBBY FARM AVONMORE AREA $134,500
(M-MLS A0489) HOBBY FARM with 94 acres.
ERIC PEDERSEN 938-9690



808 KENYON CR. $239,900
(A-MLS A0751) NEED ROOM TO ROAM? RELAX - Here it is!
SHERRY McCULLOUGH 938-2121



1212 QUEEN
(A-MLS A0757) BUNGALOW, BUNGALOW, BUNGALOW! 1,015 sq ft, 3+1 bdrms, 2 baths, fin rec rm, gas frpl, oversized deck & fully fenced backyard. Interested?
SHERRY McCULLOUGH 938-2121



632 FRASER AVE. $147,900
(A-MLS A0949) Why not vacation in your own backyard this summer? 24' abv grd pool, child's play structure, 2-tier deck for family BBQ & fenced backyard.
SHERRY McCULLOUGH 938-2121



214 HAWKSHAW AVE.
(A-MLS A1186) Athletic household! Park-like setting for kids to kick-off, bat-ter-up, roller blade or dribble. Just call Sherry, she'll coach you towards this Home Winner!
SHERRY McCULLOUGH 938-2121



GO JUMP IN THE RIVER! $229,000
(J-MLS A1038) Boat lovers paradise! Like to fish? Fantastic waterfront property. Call Sherry for details.
SHERRY McCULLOUGH 938-2121



18223 SOUTH BRANCH RD. ATTENTION FAMILIES
(J-MLS A1132) Looking for a place with space? Need room for the kids to R-O-A-M? Want country setting not far from the city? Dial Sherry for details.
SHERRY McCULLOUGH 938-2121



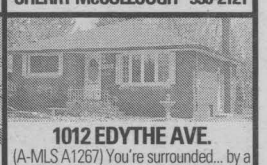
569 KIRKWOOD ST.
(A-MLS A1159) SOME LIKE IT HOT! SOME LIKE IT COOL! Enjoy the best of both in this air conditioned 2 storey home with 24' above ground pool.
SHERRY McCULLOUGH 938-2121



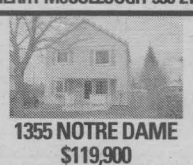
3201 LEGER AVE. $94,900
(A-MLS A1221) Just starting out? This home includes washer/dryer, dishwasher & freezer. 3 bdrms, 1 bdrm has built-in dresser. Country size eat-in kit, patio doors to deck. Good size backyard. Close to schools, park, bus route & churches.
SHERRY McCULLOUGH 938-2121



1412 GALLINGER AVE.
(A-MLS A1209) Here comes Summer... We'll go swimming every day! 3+1 bdrm brick bung, central air. Close to all amenities. Call Sherry to view.
SHERRY McCULLOUGH 938-2121



1012 EDYTHE AVE.
(A-MLS A1267) You're surrounded... by a beautifully landscaped... well-manicured yard. 3 bdrm, all brick bung, 2 baths, fin rec rm for the children to play. Come home to comfort.
SHERRY McCULLOUGH 938-2121



1355 NOTRE DAME $119,900
(A-MLS A1237) CHARM WITH A CAPITAL "SEE". A fenced backyard so Rover or the Little Ones won't roam. Dad can putter in the 1-1/2 car garage.
SHERRY McCULLOUGH 938-2121



NEW LISTING

2054-A PITT ST. $127,500
(A-MLS A1301) INVEST! INVEST! Live in and rest! Why not let your tenant help pay the mtg. Interested?
SHERRY McCULLOUGH 938-2121

OPEN HOUSE
SAT 1:00 - 3:00 P.M.



3450 MARYDALE AVE. $149,900
(M-MLS A1076) BEAT THE SPRING RUSH! 3 bdrm brick bung located in Rosedale Terrace. Formal living rm, dining rm, eat-in kit along with large foyer warmed by hdwd to cheerfully welcome any visitor.
BROOKE MacCRIMMON 938-2121

LISTINGS WANTED!
Homes are moving in this hot spring market! Interested in selling? Call Brooke for your Free Market Evaluation.
BROOKE MacCRIMMON 938-2121

NEW LISTING

1352 ST. MICHEL $106,000
(A-MLS A1323) Intensively renovated. Immediate Possession. 2 bdrm bung with bsmt apt, central air.
MOE LEMIEUX 932-9386

1009-1011 GRAND AVE. $137,900
LET'S TALK INCOME!
(A-MLS A1206) Now is the time to invest in your future. Well rented good solid brick triplex. Great location.
MAURICE DROUIN 933-6146

9 INDUSTRIAL RD., INGLESIDE IMAGINE YOUR BUSINESS HERE! $149,900
(O-MLS A0101) 5,600 sq ft, in-floor heating, 2-14' doors, 18' ceilings, 400 Amp 3-phase electrical. OWNER SAYS SELL.
MIKE DeBOER 936-3124

NEED SPACE? $99,900
(A-MLS A0294) West end of City. One building 7,000 sq ft & one 3,000 sq ft on serviced lot. Approx 0.5 acre.
MIKE DeBOER 936-3124

246 TOLLGATE RD. E. NEW PRICE - $79,900
(A-MLS A0793) Move-in condition. 2 bdrms, many recent updates, main flr laundry, garage & more.
MIKE DeBOER 936-3124

NEW LISTING

PANORAMIC TOWERS
(A-MLS A1359) IMMEDIATE POSSESSION! 1 bedroom condo.
ORVAL BROWNELL 932-7061

SOLD

128-130 YORK ST. $69,500
(A-MLS A1197)
ORVAL BROWNELL 932-7061

OWNER SAYS, "MUST GO!" 7.4 ACRES ON TOLLGATE RD. REDUCED $99,900
(A-MLS Z1874) Originally purchased for over $200,000. OPEN TO OFFERS!
MIKE VANDER MEER 938-2121

INGLESIDE $119,900
(O-MLS A1187) 3+1 bdrm brick bung with many upgrades. Great layout & nice yard. Won't last long.
MIKE VANDER MEER 938-2121

HWY. COMMERCIAL $159,900
(A-MLS Z4724) 2800 sq.ft. building with det. garage. Heavy traffic area with lots of parking.
MIKE VANDER MEER 938-2121

NEW LISTING

INGLESIDE $187,500
(O-MLS A1328) 3 bdrm Cape Cod style home with fireplace, sunroom, 3 bathrooms & more.
MIKE VANDER MEER 938-2121

Real Estate



Home Services

MARIE MCLAUGHLIN APPRAISER. Member in good standing of the Canadian Personal Property Appraiser Group. Antiques, Farm, Estate, Business, any Personal Property Asset for insurance or others. Box 39, Monkland, Ont. K0C 1V0.
(613) 346-5768. mgantiques@on.aibn.com

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

NEED A HELPING HAND with your housework? Weekly or bi-weekly. Excellent rates. 12-yrs experience. Call 933-2482. Cell: 662-3909, ask for Anna.

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

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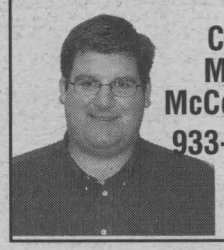
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Cornwall Community Hospital
Hôpital communautaire de Cornwall

Spring to Fall Grounds Maintenance

Request for Proposal Number: 04-E01

Description:
The Cornwall Community Hospital invites companies and individuals to submit proposals to provide Grounds Maintenance Services for its locations at 840 McConnell Avenue and 510 Second Street East.

Instructions:
Persons interested in bidding are requested to obtain the necessary Proposal Documents from Materiel Management Services, Room 2907, 840 McConnell Avenue, Cornwall, Ontario Monday to Friday, 0830 to 1630 hours. Questions may be directed to, 613-938-4240, ext. 3222 or email kathy.bisson@cornwallhospital.ca

Closing Date:
Monday, May 17, 2004 - 0900 hrs

Proposals will be accepted by the Director of Materiel Management Services, no later than 0900 hrs on the closing date.

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Eligible candidates are invited to e-mail their résumé and cover letter to hr@FortisOntario.com or fax to 905-871-8818, attention Human Resources no later than May 17, 2004.

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In Memoriam

BOILEAU / LAFRANCE - In loving memory of our dear mothers, Pauline Boileau and Germaine Lafrance, who are dearly missed.

God has called our mothers away from a world of strife. To shine among the angels in a fairer, brighter life. Our hearts are full of sorrow and tears have dimmed our eyes, but we shall meet them once again in the home beyond the skies.

Happy Mother's Day Mom.

Always loved and remembered by Gilles, Diane and all your families.

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ROGERS, BRIAN - In loving memory of a dear brother Brian, who passed away on April 18th, 2004.

Sadly missed by sister Angela, brother-in-law Louis and your nieces Mary, Sarah and Vera, also Carter.

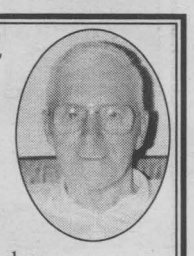
Novenas

NEUVAINE A SAINT ANTOINE DE PADOUE ET SAINT JUDE. Que le Sacré-Coeur de Jésus soit adoré, glorifié, aimé, préservé, honoré et invoqué à travers le monde entier, maintenant et toujours. Coeur Sacré de Jésus, priez pour nous. Saint Antoine et Saint Jude, faiseurs de miracles, priez pour nous. Saint Antoine et Saint Jude, aides des désespérés, priez pour nous. Réciter cette prière 9 fois par jour, 9 jours de suite. Par la 8e journée, votre prière sera exaucée. Cette neuvaine n'a jamais été connue de faire faillite. Publication doit être promise. Merci Sacré-Coeur de Jésus, Saint Antoine et Saint Jude. J.P.

THANK YOU TO THE SACRED HEART of Jesus & St. Jude for favour received. A & M.

THANKS TO ST. JUDE & the Blessed Virgin Mary for many prayers answered. N.H.

LAFRANCE



In loving memory of a dear father & grandfather, Armand, who passed away on May 11th, 2001

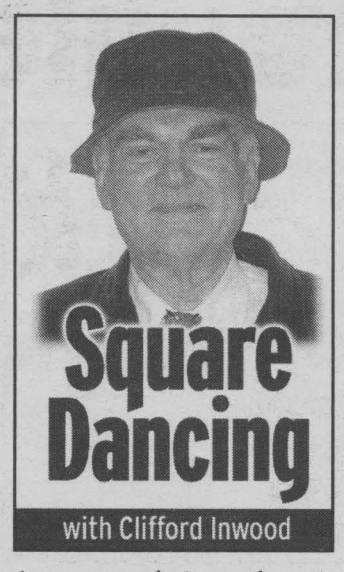
Along the road to yesterday
That leads us straight to you,
Are memories of the happy days
Together we once knew.
And always every evening
We seem to have a way,
Of wandering back to meet you
On the road to yesterday.

Sadly missed by all your family

MAY0704H

The Ring Of Friendship

I interrupt the story of our special visitor. Personal events caused me to go under the surgeon's knife at very short notice. All is well now and I am recovering very rapidly due, no doubt, to my prior level of dance exercise. However, my experience with the support of square dancers needs to be told.



In early March, my physicians determined the primary cancer site. Clearly an operation would be appropriate soon. Over the next 6 weeks more than 250 dancers approached me with unsolicited expressions of support and expectations of well-being. The 3-hour surgery was performed in Perth with just 7 days notice. Since then I have also had get well cards/instructions from clubs at the furthest reaches of Eastern Ontario. Naturally Ottawa and Tay Heartland clubs were all included. The amazing thing is that 2 years ago none of these friends even knew me. As my last column indicated, when you start square dancing, you join one big family.

You will begin to experience this feeling even at your first Open House. Typically, the spring and fall seasons are the 2 periods when Dance clubs offer "Open Houses" and Introductory Workshops to people interested in beginning to learn modern square dance. If someone looked in the local papers, one would have seen an ad for Open Houses in Carleton Place, Stittsville, Belleville and in several other towns, too. There are notices in the Local Events or the Regional Roundup page. Information can also be found in the Seniors Directory or in the Large Print Phone Books. Look under Clubs or Dancing Instructions. Access www.squaretime.on.ca and click on 'New Dancers' or leave an inquiry for general square dance information at (613) 247-8471 or 1-866-206-6696. There are plenty of choices. Another opportunity to get acquainted is the Square Dance Festival in Stewart Park by the River Tay in downtown Perth on Sunday, June 13th, 2004. This is open to the public to watch and even participate. A modern square dance demonstration will be held on Thursday, May 20th, 2004 in Smiths Falls County Fair Mall. This will include a demo of wheelchair square dancing.

The Ring Of Friendship

For many centuries, the Scots have had a special way of parting from friends. They hold hands with cross-linked arms in a circle. Then they sing the refrain of "Should auld acquaintance be forgot and ne'er brought to mind, … And here's a hand, my trusty frien'; and gie's a hand o' thine; we'll tak' a cup of kindness yet, for auld lange syne." You may find the words a challenge, but the sentiment is universal.

Each square dance club has it own way of parting from their new friends. The Friendship Song is traditional at the Mississippi Squares Club. According to Audrey Kealey, the words are so beautiful and meaningful to square dancing, they use it to wind-up all Open Houses, special dances, public demos at seniors retirement residences, nursing homes, friendship clubs and schools. At the closing of the event everyone is asked to link hands in a ring. Often the format of crossed arms is used. At Carleton Place they bring out these words on a large banner for all to sing The Friendship Song:

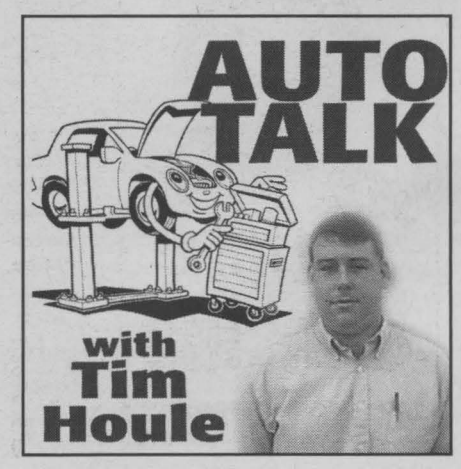
"Let's all join hands in friendship for everyone to see; remember that a stranger is just a friend to be. Hold fast our hands in friendship for many years to come; This friendship ring will always bring good friendship to everyone!"

The words were brought to the Mississippi Squares by square dancers Gordon and Dorothy Foss, who came to live in Carleton Place from the Montréal area about 15 years ago. Dorothy spent many hours making the approximately 20-foot long banner. The background is the Mississippi deep blue with the words applied on it in white felt. It was used during the closing ceremonies for the National Square and Round Dance Convention held in Ottawa in 1998. Thanks to Audrey for this information.

I was discharged late on Wednesday afternoon, April 26th, 2004. I was just in time to attend the graduation ceremonies for the Dynamite Tay's new graduate dancers. Over 90 dancers mobbed me! The other problem was no one would let me dance. They cared too much. When you join a square dance club you, too, will experience this Ring of Friendship!

AUTO CORNER

Troubleshooting



Sometimes problems may require a simple repair, not a major overhaul. Here are a few common repair tips:

Alternator -
Loose wiring can make your alternator appear defective. Make sure the technician checks for loose connections and performs an output test before replacing it.

Battery -
Corroded or loose battery terminals can make the battery appear dead or defective. Make sure the technician cleans the terminals and tests battery function before replacing it.

Starter -
What appears to be a defective starter may actually be a dead battery or poor connection. Ask your technician to check all connections and test the battery before repairing the starter.

Muffler -
A loud rumbling noise under your vehicle indicates the need for a new muffler or exhaust pipe. Quality replacement parts obviously cost more. Low-priced parts are seldom a good buy unless you keep the vehicle less than a year. Make sure you understand exactly what the warranty covers, because many exhaust system warranties have serious exceptions and limitations.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Driving To Distraction

Each year in the United States, there are more than 16 million motor vehicle crashes. The National Highway Traffic Safety Administration (NHTSA) estimates that 20 to 30% of those crashes involve driver distraction.

"Whether it's because of work or pleasure, our vehicles have almost become second homes," said Jeff Blum, Director, PPG Industries Automotive Aftermarket Alliance, which includes the CertifiedFirst™ Network of more than 1,500 professional auto body repair centres across North America. "That means that more and more drivers are doing things in the car that they might normally do in their homes, including eating, grooming, and talking on the phone. The auto body repair centres in our network, both dealership or independently owned, see vehicles on a daily basis that are damaged in crashes as a result of distracted drivers."

While cell phones are usually targeted as the prime culprit of distracted driving, studies by NHTSA show that there are a number of things driving motorists to distraction. Personal grooming—combing hair, applying makeup, adjusting contact lenses—eating or drinking, changing the radio or CD player, and even children riding in a vehicle are also distractions that can lead drivers to an accident. But because cell phones impose a mental distraction as well as the physical distraction, they have a particularly bad image as a driving hazard.

There are more than 140 million cell phone users in the United States alone. According to a government survey, about three percent of those are on the road at any given time. That's 4.2 million drivers talking on the phone every day. Now that phones are becoming increasingly complex, with the incorporation of wireless Internet connections, cameras, and text messaging, the hazard of talking of the phone while driving is on the rise.

New York is the only U.S. state that currently has a ban on cell phone use while driving. Ten states, Arkansas, Arizona, Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, Ohio, Pennsylvania, and Tennessee, have enacted legislation that partially bans cell phone use while driving. Partial-ban legislation includes bans for school bus drivers, minors, and those with provisional or learners' driving licenses as well as allowing individual municipalities to set their own restrictions. Massachusetts law says that drivers must keep at least one hand on the steering wheel while holding a phone.

Even with the high visibility of "the cell phone factor," 18 to 28 percent of crashes where driver distraction was a factor involved other distractions. New telematics, or electronic devices like televisions, DVD players and navigation systems, often come standard on many new vehicles and are in great demand, but can also create distractions for drivers. "There are a lot of distractions both outside and inside a vehicle," said Blum. "Despite their best efforts, even the most careful and attentive drivers can become involved in an accident."

A Flexible SHIP That Improves Highways?

(NC)—Although it sounds like a fish out of water, there's a SHIP in Canada designed specifically to help improve our national highways that is thriving.

Its formal name is the Strategic Highway Infrastructure Program (SHIP). It's a $600 million program that has Transport Canada working with provinces and territories to identify those parts of our national highway system that – because of growing traffic and increasing trade – need attention. The program is making border crossings more secure, upgrading intersections, refitting bridges and generally make our national road system safer and more efficient.

Highway improvements from coast to coast represent a big part of SHIP expenditures. For example, sections along Highways 101 and 104 in Nova Scotia will be "twinned" – or turned from two into four lanes – during the coming years. This is expected to significantly reduce fatalities along one of the most dangerous stretches of highway in Canada.

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00 CHEV TRACKER 4 dr., auto, 4x4, loaded SOLD $12,900

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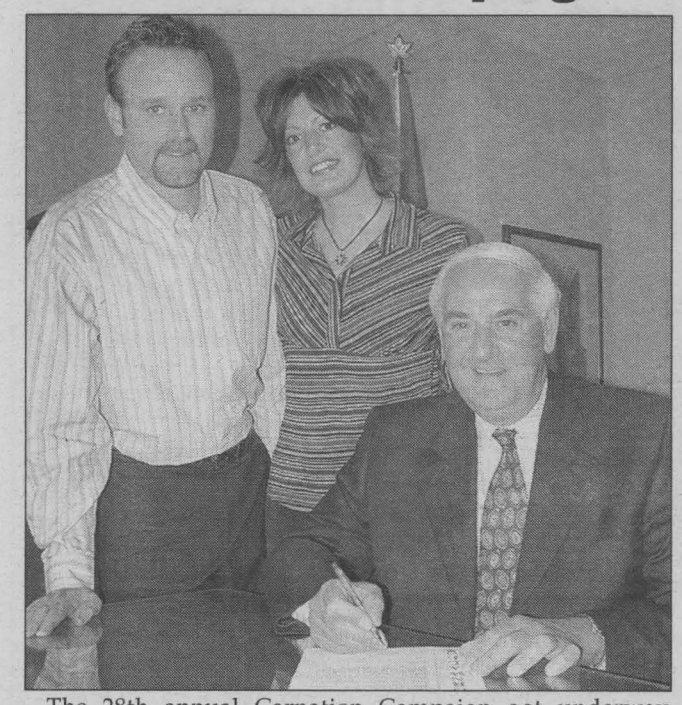
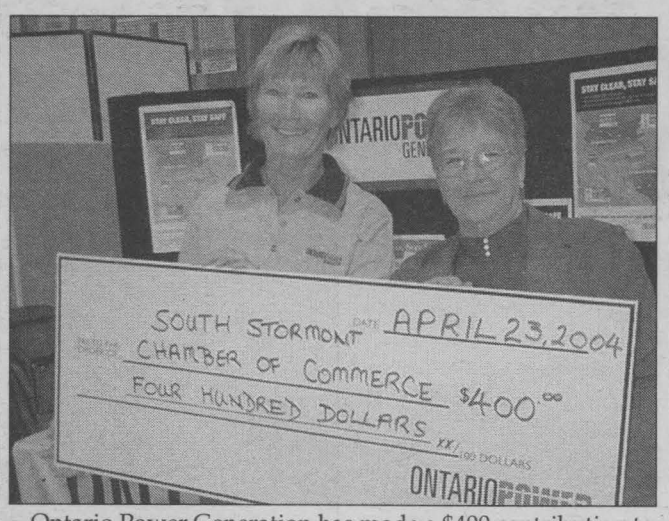
28th Annual Carnation Campaign



The 28th annual Carnation Campaign got underway recently as Mayor Phil Poirier signed the proclamation declaring May as Multiple Sclerosis Month. Attending the event were Dave Morgan (left), local MS chapter Chair and Lori Pearson, fundraising Chair. Last year, $11,000 was raised locally through the sale of mini-carnation bouquets, delivered on the Saturday before Mother's Day.

Photo by Michael Hebert

Money For Ident-A-Kid Program



Ontario Power Generation has made a $400 contribution to the South Stormont Chamber of Commerce to support the Ident-a-Kid program and children's educational programs which were offered at the 2004 Spring Home Show at the Long Sault Arena Friday and Saturday, April 23rd and 24th, 2004. Ontario Power Generation contributes to the quality of life in its neighbouring communities. Through its Corporate Citizenship Program, OPG enters in partnerships with community organizations to promote safety wherever possible. Ontario Power Generation is an Ontario based company, whose principal business is the generation and sale of electricity in Ontario. Linda Halliday (left) Public Affairs Officer of OPG presents the cheque to Lesley O'Gorman, chair of the South Stormont Home and Trade Show. Photo by John Divinski

Identifying Bogus Money



It's no laughing matter when you get stuck with counterfeit currency because it means you've just been robbed. In the last 3 years in Cornwall, local merchants and bankers have turned over approximately $17,000 worth of bogus bills to police. On Monday, May 17th, 2004, Cornwall's Chamber of Commerce, in cooperation with Scotiabank and the Cornwall Community Police Service, will present a seminar on "Counterfeit Detection." More information can be had by contacting one of the 3 sponsors. Can you tell the difference between real and counterfeit $20 bills? Scotiabank Branch Manager Connie Vardy (left) and Branch Commercial Teller Denise Lapierre (right) display currency to Cornwall Community Police Service Senior Constable Gary Léger (centre). In this instance, all the bills were legitimate, but such is not always the case, which is why the seminar is being put on. Photo by John Divinski

LET'S Celebrate

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

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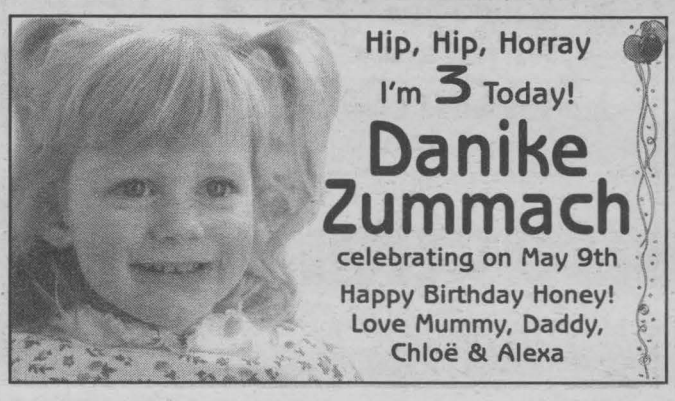
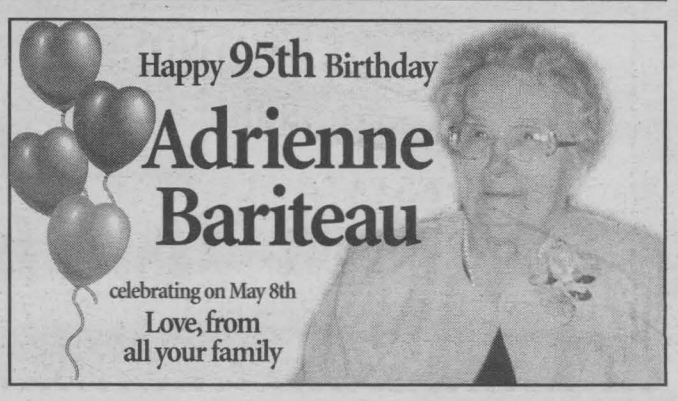


Hip, Hip, Horray
I'm 3 Today!
Danike Zummach
celebrating on May 9th
Happy Birthday Honey!
Love Mummy, Daddy, Chloë & Alexa



Happy 95th Birthday
Adrienne Bariteau
celebrating on May 8th
Love, from all your family



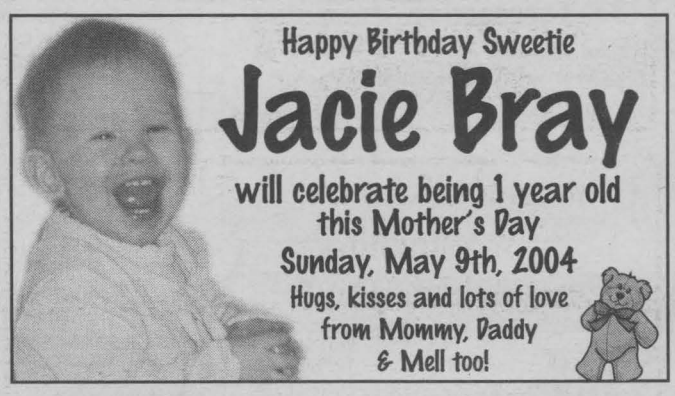
Double Celebration!
Happy 18th Birthday
Amanda Campeau
celebrating on May 14th
Happy 16th Birthday
Stacey Campeau
celebrating on May 10th
Love from Grandma & Grandpa Lefebvre



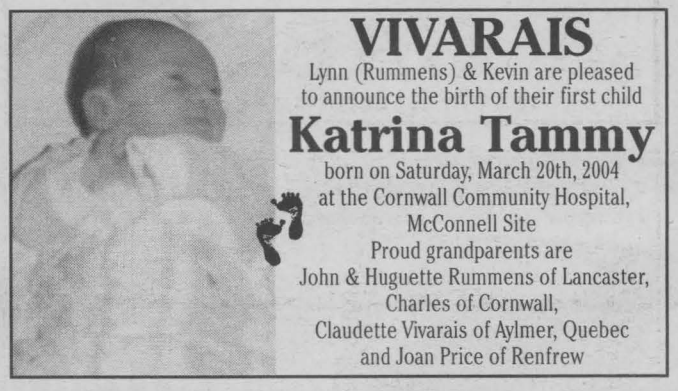
Land Sakes Alive...
Melinda is 55!
on May 9th
Happy Birthday
Love, Tim



60th Wedding Anniversary
in honour of
Verna & Jack Conroy
Open House
Sunday, May 16th 2pm-5pm
Bonville Lions Club - 1km East of Bonville



Happy Birthday Sweetie
Jacie Bray
will celebrate being 1 year old this Mother's Day
Sunday, May 9th, 2004
Hugs, kisses and lots of love from Mommy, Daddy & Mell too!



VIVARAIS
Lynn (Rummens) & Kevin are pleased to announce the birth of their first child
Katrina Tammy
born on Saturday, March 20th, 2004
at the Cornwall Community Hospital, McConnell Site
Proud grandparents are
John & Huguette Rummens of Lancaster,
Charles of Cornwall,
Claudette Vivarais of Aylmer, Quebec
and Joan Price of Renfrew

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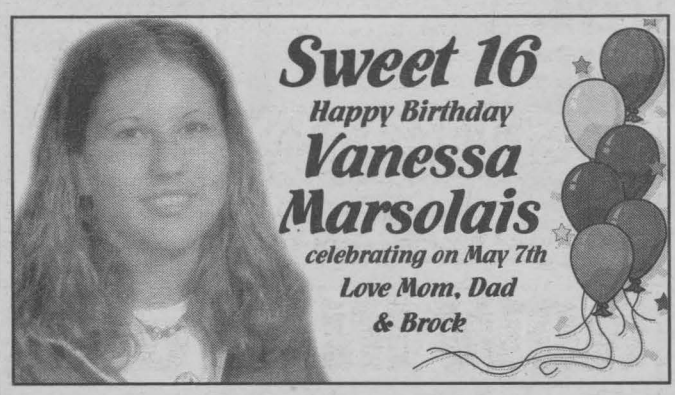
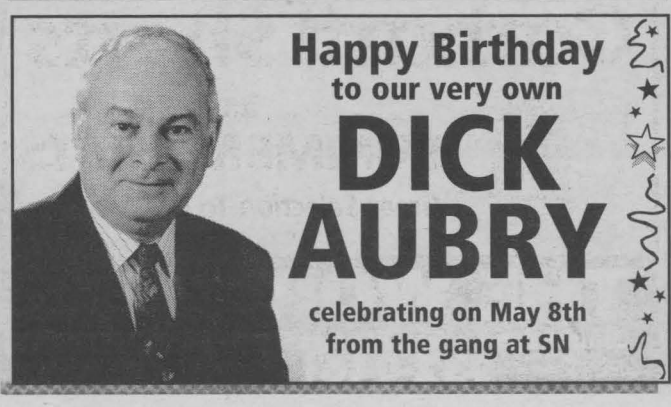
Hours: Monday-Friday: 9am-5pm; Saturday: 9am-Noon



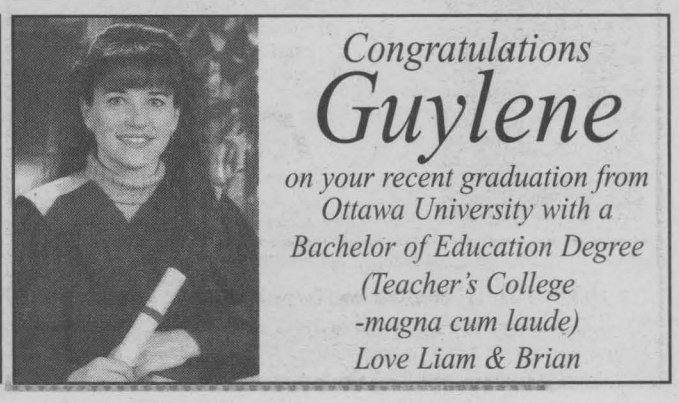
Sweet 16
Happy Birthday
Vanessa Marsolais
celebrating on May 7th
Love Mom, Dad & Brock



Mixed Party
in honour of
Debbie Blair & Gord Holmes
Saturday, May 15th ~ 9pm-1am
Finch Arena (Upstairs)
DJ ~ Lunch ~ Everyone Welcome



Happy Birthday
to our very own
DICK AUBRY
celebrating on May 8th
from the gang at SN



Congratulations
Guylene
on your recent graduation from Ottawa University with a Bachelor of Education Degree (Teacher's College -magna cum laude)
Love Liam & Brian

Theresa E. Taylor & ASSOCIATES AUCTIONEERING

Auctions...Something For Everyone

Spring has sprung and for many people that means it is the beginning of the auction season. One of the more active and popular auctioneers in this area is Theresa Taylor, a vivacious redhead whose auctions are a perfect blend of entertainment and commerce.

"May and June are typically our busiest months, and this year we have an event scheduled for every weekend," says Theresa. "Our upcoming auctions range from antiques and collectibles to estate auctions, with a couple of real estate auctions as well."

Next Auction Is This Saturday

Theresa's next auction is Saturday, May 8th, 2004, at the Knights of Columbus Hall in Glen Walter. It is a typical Taylor Auction, with over 400 lots up for bid – most of which are profiled on Theresa's website (www.TheresaTaylor.com). Items range from furniture such as a Duncan Phyfe table (with 6 chairs) to Royal Doulton figurines and Villeroy and Boch ceramic tiles to linens and clothing. There is something for the boys as well with several items of sports memorabilia up for bid, including a Patrick Roy autographed hockey puck, Wayne Gretzky poster and 1963 Toronto Maple Leafs program. The auction starts at 10 a.m.



"Auctions are the truest form of commerce," says Theresa. "It is not the seller or auctioneer that sets the price, it is the buyer. Some people can walk away with what they believe are excellent deals – everyone has heard of the $500 painting bought at an auction for $20. But on that particular day, in that particular auction hall, – that painting was only worth $20. That is the beauty and excitement of auctions."

One of the most common questions Theresa is asked is where she gets her items for auctions. The answer is as varied as the items up for sale.

"Our auction items come from a variety of sources," says Theresa. Often, people are redecorating and need to make room for new furniture. At the same time, they want to get a reasonable price for their old possessions and garage sales simply don't cut it. Auctions are an excellent way to maximize your returns, and most of our customers are amazed at the prices we get for their items."

Collectors are both an excellent source of auction items as well as bidders. People collect everything from stamps to rare coins to glassware to sports memorabilia. Many collectors will have an auctioneer sell off part of their collection in order to raise money to buy that elusive piece they have always wanted. This of course creates wonderful opportunities for others to add to their own collections.

Another source of auction goods is estate sales. It is not uncommon for the executor of an estate to be located in another city, and often the surviving family members are not interested in, or cannot agree on, dividing the assets of an estate. An auction is an efficient and effective solution to what can sometimes be a very sensitive and difficult decision.

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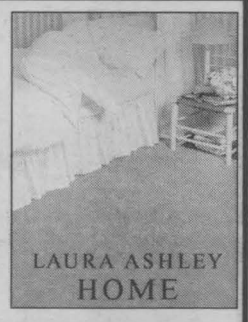

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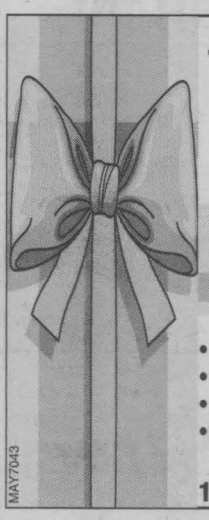
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Restoring Wood Siding



Has the wood siding on your home been exposed to harsh elements? If so, chances are a damaged piece of siding might need to be replaced.

Let's face it....splitting and cracks are a way of life for wood siding. Why call a professional when you can do-it-yourself!

Using an electronic stud finder, locate the studs around the damaged area. Then, mark your cut lines in the center of the studs.

When it comes time to remove the damaged boards, work from the bottom upwards. Rest spacers under the board above it. Using a keyhole saw, make small starting cuts at the top of your cut lines. Begin to remove the boards. Continue this process until all unwanted boards are removed, working from the bottom up.

Next, use the removed boards as templates and cut the replacement boards. If the old boards cannot be used, simply measure where the board is to go. Prior to installing the new boards, make certain wood preservative is placed over the entire board.

Then, nail the boards into place. When putting the boards in place, make sure the tapered end is on the top. Nail along the base of the board. Nails can be placed at 12 inch intervals. Nail the new board to the board directly below.

Finally, seal the cracks between the new and old boards with paintable caulking. Then, stain the new boards to match the rest of your home.

Note: When installing a replacement board, account for 1/8 inch on each side for expansion due to weather conditions.

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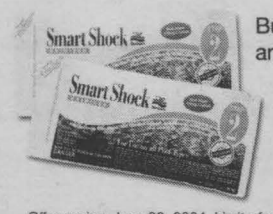

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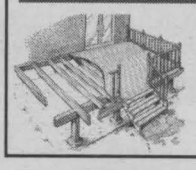

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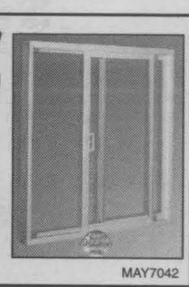

MAY7042

Pretty In Pink!

(NC)—Today, pink is everywhere you look. Pink is romantic, whimsical and inspirational. Considered by colour experts to be the new neutral, white with a glow and for those who dare, shocking with a shimmer!

PINK typically pops up in springtime and after a long, cold winter it's a welcome reminder that warmer days are ahead. Ladies shopping for new spring wardrobes will notice most stylish store windows are featuring the colour PINK. Large retailers like The Gap and Banana Republic, to name just two, are featuring PINK this spring.

You'll find these new PINKS in the many new wallpaper collections from Provincial/Decorlux, coordinated with borders and fabrics in a myriad of designs from faux textures, florals, stripes, toiles and checks. The PINK Blossom floral ribbon design in The Kitchen & Bath Expressions collection or pale PINK diamonds form a delicate geometric in the "Whimsy" collection and Kenneth James' "Hamilton Park" has a charming pink and green check with an English cottage garden design that will make any room glow.



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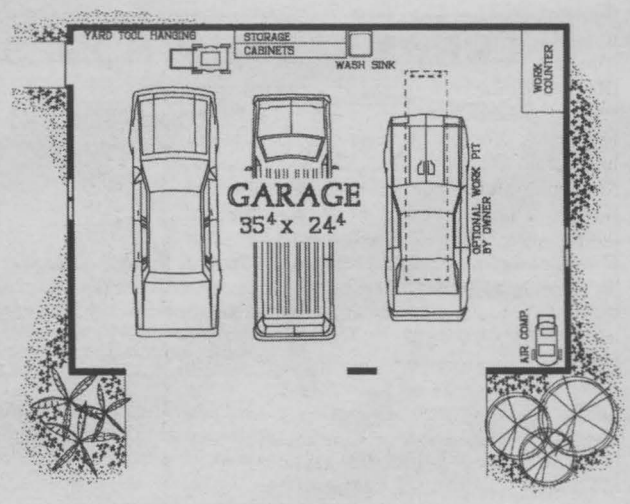
Plan No. HG287

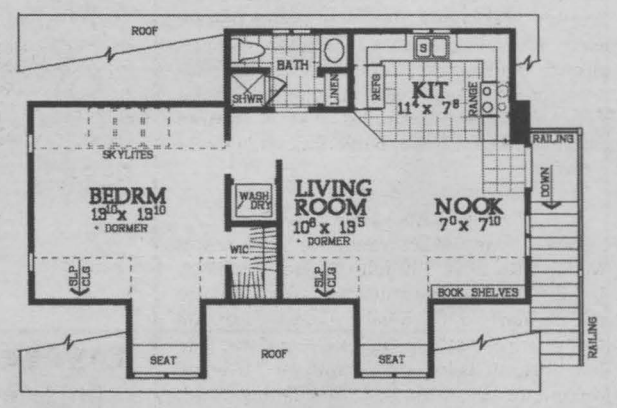
Graceful Garage/Guest Cottage

PLAN NO: HG287
WIDTH: 36' DEPTH: 25'
©Copyright SELECT HOME DESIGNS

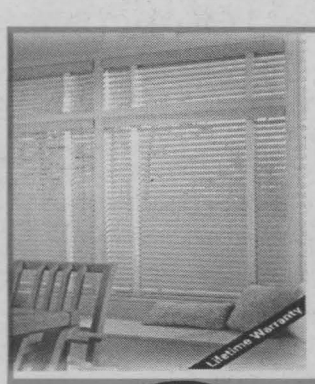
- Decorative touches grace the exterior of this garage and guest cottage.
- The first floor space holds room for a work pit or for three parking bays.
- The second floor has a complete guest apartment.
- A fully equipped kitchen is on the right and ahead is a generous living room with built-in bookshelves and a tempting window seat in the dormer window.A full bath with a shower, linen doset and laundry facilities adds to the functional floor plan.
- A large bedroom features sloping ceilings and a welcome walk-in closet.

To receive a 288 page book featuring over 350 beautifully illustrated home and cottage plans, including this design, for only $9.95 (including shipping, handling and taxes) mention this newspaper via email at sales@selecthomedesigns.com, or call toll-free 1-800-663-6739 or fax 604-881-2114. We accept Visa/Mastercard/AMEX. To use cheque or money order, make payable to Design for Living, c/o this newspaper, 102 - 9440 202nd Street, Langley, B.C., Canada, V1M 4A6.





Apartment: 690 sq.ft.
Garage: 900 sq.ft.



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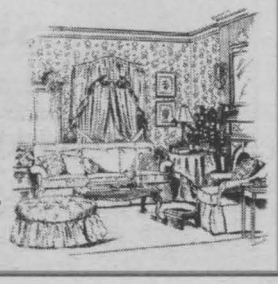
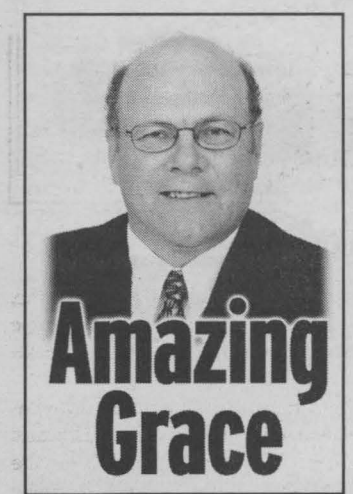


Have A Drink Of Living Water!



"Jesus answered and said to her, 'If you knew the gift of God and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water. But whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become to him a fountain of water springing up into everlasting life." John 4:10 & 14

The verses above were Jesus' answer to a woman fetching water at a well in the fourth chapter of the book of John. She was talking about water from the well in a natural sense. Jesus was referring to a different kind of water, spiritual water, water to refresh the spirit of man.

Jesus tells this lady that the spiritual water that He had to offer was a gift from God and that it was "living water." What's that? I can almost hear the woman saying, "Living water, what are you talking about?"

Many people today go to church, belong to this or that religious church but still have no 'living water.' Living water refers to the reality of God's Holy Spirit living inside a person. Living water refers to a relationship you and I can have with the living God. Living water is what brings life to a soul who asks God for His free gift of salvation. Living water is the gift that Jesus purchased on the Cross as a gift from God to those who asked for it.

As I travel these days, I see a lot of spiritually thirsty people. Some try to fill that thirst with religion, drugs, sex, alcohol...but no matter what they do, they are still thirsty. You see, only God's living water can fill the thirst in your life. You may try to quench your thirst with whatever, but it will never satisfy. This is why Jesus says in verse #14, "whosoever drinks of the water that I shall give him will never thirst." Why? Because only once you've tasted "living water" you will truly be satisfied. We are created by God to live from this living water and without it, you and I will die spiritually. As I said earlier, many people today are in need of a "drink from God's living water." Are you one of them? Let's ask God for His living water today. Pray with me: Dear God, I am thirsty and need Your living water today. Please come into my life today and give me the free gift of Your living water. I'm not sure I understand all of this, but I do know that I am in need of Your spirit in my life. Thank you for loving me just as I am. Amen.

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

Second Thoughts

1. There are times when to say anything is to say the wrong thing!
2. God is our help in trouble; if you worry, you're on your own!
3. Perhaps the greatest social service that can be rendered by anybody to society is to bring up a family!

Things To Be Thankful For

1. A mother's kisses that make everything well!
2. A violin in the hands of a master violinist!
3. A friend who will love you anyway and in spite of!

Our address: Amazing Grace, P.O. Box 22036, Cornwall, Ontario, K6J 4P0 or e-mail us at amazing-grace@cnwl.igs.net.

OBITUARIES

HALE - Beulah Patricia

Passed away at the Cornwall Community Hospital, Second Street Site, Cornwall, Ontario on Friday, March 19th, 2004. Miss Beulah Patricia Hale, in her 77th year, born in Cornwall, Ontario and formerly of Cornwall. Dear daughter of the late Thomas Hale and the late Yvonne Martel. Survived by cousins, Ola Dygert, Gloria Tyo and Bruce Martel and life long friend, Ola Tyo, the extended family of best friend and "sister," Luella David and "spare" grandchildren, Jeff and Jordan Ostler. The funeral took place on Monday, March 22nd, 2004 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to St. Columban's Parish Church with burial at St. Columban's Parish Cemetery. Rev. Kevin Maloney of St. Columban's Parish Church officiated, assisted by Rev. Gary Ostler, Deacon Ernie Bellefeuille and Seminarian Shawn Shallow. The pallbearers were Jordan Ostler, Jeff Ostler, Clare Ostler, Randy David, Guy Bergeron and Wayne Flaro. Miss Hale was a Supervisor for Administrative Services for the Unemployment Service Commission and Manpower, retired in 1978 after 33 years. For 15 years, she volunteered with Glen-Stor-Dun Lodge where she created tributes for residents with Alzheimer disease. For more than a decade, Beulah's graceful calligraphy recorded baptisms and deaths in St. Columban's Parish. In later years, ecumenically, she was a member of St. Francis de Sales Parish and Unit 6 of Knox-St. Paul's United Church Women. Member of the Canadian National Institute for the Blind and the Canadian Council of the Blind may remember her as a committee member and secretary to the CCB.

SHAVER - Lorraine

Passed away peacefully at the Cornwall Community Hospital, McConnell Site, Cornwall, Ontario on Wednesday, March 17th, 2004. Mrs. Lorraine Shaver, in her 69th year, formerly of Cornwall, Ontario. Dear daughter of the late Josephat Bourgeois and the late Desanges Landry. Beloved wife of 46 years to Douglas Shaver. Loving mother of Douglas Shaver Jr. and Nancy Dupuis (Raymond) both of Cornwall, Ontario. Dear sister of Laurio Bourgeois (Gertrude), Azarie Bougeois, Romeo Bourgeois, and Albert Bourgeois (Pauline) all of Crysler, Ontario. Loving grandmother of Kody Dupuis and Brooke Dupuis. Rested at Wilson Funeral Home. The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Romeo Major in St. Thérèse-de-Lisieux Roman Catholic Church on Saturday, March 20th, 2004. The soloist was Candy Provost accompanied by organist Gilles Levac. Remembrances and reflections on the life of Lorraine were shared by son-in-law Raymond Dupuis. Rite of Committal to take place at a later date in St. Lawrence Valley Cemetery, Long Sault, Ontario. The active pallbearers were Michael Shaver, Rheal Bourgeois, Jacques Brunet, Gary Belar, Robert Dupuis, and Mike Coyne with grandchildren Kody Dupuis and Brooke Dupuis as honourary pallbearers. Funeral arrangements were under the care and direction of Wilson Funeral Home. Lorraine was a former employee of the Royal Bank of Canada for 35 years.

McMILLAN - John Angus

Passed away at his residence on Tuesday, March 16th, 2004. Mr. John Angus McMillan, in his 63rd year, born in Alexandria, Ontario and formerly of Cornwall, Ontario. Dear son of the late Donald J. McMillan and the late Eva Seguin. Beloved husband of Lucienne McMillan (nee Brunet). Loving father of M. Allain (Jack) Blais of Petawawa, Ontario, Renée (Mrs. Steve Smith) and Joanne (Mrs. Michael Harps) both of Cornwall, Ontario. Dear brother of Archie McMillan (Anna) and Douglas McMillan (Yvonne), and Elizabeth (Mrs. Ron Deschamps) all of Cornwall, Ontario. Sadly missed by grandchildren, Jefferson, Quinton, Savannah, Abigail, Amy, Sheena and Ashley, and great-grandson, Hayden. The funeral took place on Friday, March 19th, 2004 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Blessed Sacrament Church with cremation at South Branch Crematorium. Rev. Gaetan Deschamps of Blessed Sacrament Church officiated. The pallbearers were Steve Smith, Steve McMillan, Marc McMillan, Ron Deschamps, M. Alain (Jack) McMillan, Ron Martin, Mike Meunier and Larry Meunier. Mr. McMillan was a retired Colorman and Beater Engineer foreman with Domtar Inc.

OWEN - Patrick Joseph

Passed away at the Hotel Dieu Hospital, Cornwall, Ontario on Sunday, December 21st, 2003. Mr. Patrick Joseph Owen, in his 68th year, born in Caernafon, North Wales and formerly of Cornwall, Ontario. Dear son of the late Owen Owen and the late Ellen Lewis. Beloved husband of Therese Owen (nee Maheu). Loving father of Paul, Cheryl, Karen, Peter, Jean-Marie (Luba), Paul-Euguene, Daniel (Linda), Bernadette (Robert), Marie-Rose (Jacob Mark) and Rachel (Mike). Dear brother of Thomas (Sandra), Elizabeth and Abi Farnworth (Terry). Also survived by his uncle Bob and aunt Lou, many grandchildren, great-grandchildren and nieces and nephews. The funeral took place on Tuesday, December 23rd, 2003 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Blessed Sacrament Parish Church with cremation at South Branch Crematorium. Rev. Gaetan Deschamps of Blessed Sacrament Parish Church officiated, assisted by Rev. Kelvin Maloney, Rev. Claude Halle and Rev. Godwin Iheke. The pallbearers were family and friends.

LEBLANC-TYO - Marie-Anne

Passed away at St. Joseph's Villa, Cornwall, Ontario on Saturday, December 20th, 2003. Mrs. Marie-Anne Leblanc-Tyo, in her 77th year, born in Cornwall, Ontario and formerly of Cornwall. Dear daughter of the late Henri Blanchard and the late Azéline L'Eriger. Beloved wife of the late René Tyo. Loving mother of René Leblanc of California. Dear sister of Claudette (Mrs. Léo Meilleur), Reynald Blanchard (husband of Claudette Brisson), Hilda (Mrs. Roméo Desjardins) and Maurice Kyer (husband of the late Julia Tyo) all of Cornwall, Ontario. Also survived by many nieces, nephews and friends. Predeceased by brothers, Conrad, Gérard (Gerry), René, Victor and Claude Blanchard and Rodolphe Kyer and sister, Mrs. Cécile Collin. The funeral took place on Monday, December 22nd, 2003 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to Memorial Chapel with cremation at Ernest Montpetit & Fils.

BRUYÈRE - Lynne Marie

Passed away at her residence on Friday, December 19th, 2003. Mrs. Lynn Marie Bruyère, in her 42nd year, born in Cochrane, Ontario and formerly of Cornwall, Ontario. Dear daughter of Philippe Carrier and Jacqueline Perigny. Beloved wife of Daniel Bruyère. Loving mother of Guy. Dear sister of Luc (Pauline) of Sarnia, Ontario and Denis (Sandy) of Delhi. Sadly missed by many aunts, uncles, nieces, nephews, cousins and godchildren, Remi, Sophie, Joel and Eric, and her beloved puppy, Bailey. The funeral took place on Monday, December 22nd, 2003 from Lahaie and Sullivan Cornwall Funeral Homes East Branch to St. Felix de Valois Parish Church with cremation at South Branch Crematorium. Rev. Roger Desrosiers of St. Felix de Valois Parish Church officiated. The pallbearers were the Nativity Guards.

MacDONALD - Kathleen (Kay) Mary

Passed away at the Janet MacDonell Pavilion, Cornwall, Ontario on Friday, December 19th, 2003. Mrs. Kathleen (Kay) Mary MacDonald, in her 76th year, born in New Liskeard, Ontario and formerly of Cornwall, Ontario. Dear daughter of the late William O'Keefe and the late Dorothy Millington. Beloved wife of the late Duncan J. MacDonald. Loving mother of Robert John MacDonald (husband of Deborah Hume) of Burlington, Ontario, and Mary MacDonald LaPrade (wife of Wayne LaPrade) of Chesterville, Ontario. Dear sister of Henry O'Keefe (Coco) of Welland, Ontario, Patricia (Mrs. Dan Horvatis) of Cayuga, Ontario and Frances (Mrs. Dennis Corrigan) of Birmingham, England. Cherished grandmother of Blair, Michael, Christopher and Steven. Sadly missed by her long term care giver, Irene Tyo and friend, Jean-Guy Lalonde. Predeceased by brother, Terrance O'Keefe (Barbara) of Grimsby, Ontario. The funeral took place on Tuesday, December 23rd, 2003 from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. Columban's Parish Church with burial at St. Alexander's Parish Cemetery. Rev. Kevin Maloney of St. Columban's Parish Church officiated. The pallbearers were the Nativity Guards.

LABONTE - Guy

Passed away at the Ottawa Hospital - Civic Campus, Ottawa, Ontario on Wednesday, December 17th, 2003, age 63 years. Dear son of the late Severin Labonte and the late Cecile (Lachapelle) Labonte. Beloved husband of the late Lorain O'Byrne. Loving father of Joanne Labonte-Coker, Guylene McKeen, Andre Labonte and Annette Labonte. Dear brother of Jerome, Romain, Rheal, Denis, Agathe, and François. Sadly missed by grandchildren, Dani and Samantha McKeen. Predeceased by brothers, Gilles and Octave. Rested at Wilson Funeral Home. The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Louis Groetelaars in Our Lady of Grace Roman Catholic Church on Saturday, December 20th, 2003. Rite of Committal to take place at a later date in St. Lawrence Valley Cemetery, Long Sault, Ontario. Funeral arrangements were under the care of Wilson Funeral Home. Guy was an employee of Domtar.

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Canada Day Winner



Guy Lauzon (left), Chair of Canada Day, and Rock Plouffe, President of Cristill Rock Water.

Submitted photo

The Cornwall Canada Day Committee got a big boost in their efforts to raise the $35,000 necessary to have a successful Canada Day celebration. Guy Lauzon, Chair of Canada Day, along with committee members Suzanne Brown, Darryl Adams, Sherman Goodwin and Councilor Chris Savard, flipped hamburgers for the good of the cause at Cristill Rock Water located on Brookdale Avenue between 10 a.m. and 3 p.m. Saturday, May 1st, 2004.

A steady stream of hungry customers kept the volunteers very busy during the day, necessitating 2 trips to the supermarket for additional supplies. The fundraising event was the brainchild of Rock Plouffe, President of Cristill Rock Water. Plouffe donated $1 from each 18-litre bottle of Cristill Rock Water sold from their 24-hour dispenser during the event to the Canada Day Committee.

A tired but very pleased Lauzon reported the extra money would help pay for the additional costs associated with the committee's goal of making the 2004 celebrations bigger and better than last year. The committee plans to extend the length of the free children's entertainment, add a free senior's breakfast and provide all-day, no-cost entertainment for the more than 25,000 expected participants. The evening entertainment will be headlined by the very popular Glengarry Bhoys, a local Celtic group that has performed throughout Canada, the United States and Europe. The Thursday, July 1st, 2004 celebration will be capped off with a spectacular fireworks display.

The Teddy Bear Picnic On The Way

If your child's teddy bear or other stuffed toy is a "little under the weather," then mark down Saturday, June 5th, 2004 as a date to remember. It will be time for the 8th annual Teddy Bear Picnic put on by the doctors, nurses and volunteers of Cornwall Community Hospital. According to picnic chair Lyn Brodeur, "more than 3,000 visitors attended the 2003 picnic and approximately 2,000 'casualties' were triaged, treated and released. Each 'bear' patient was sent on their way with a love prescription or care chart. Everyone appreciated the role playing efforts by the registration staff, physicians and nurses in the M*A*S*H 840 tent. Despite a few 'code blues,' we were pleased to report that every bear made a full recovery.

Again this year, the overall theme of the picnic will be "child safety" and there will be 32 displays throughout the picnic area of Cornwall Community Hospital, McConnell Avenue site, provided by groups such as police, firefighters, paramedics and so on. New this year will be an appearance by the Cornwall Community Police Service K-9 Unit. In addition, lots of games, face painting, horse and buggy rides and food will be available for everyone.

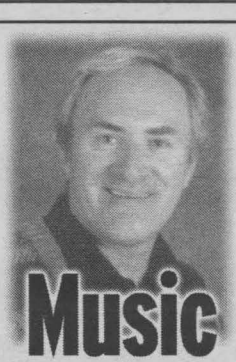


Organizers of the annual Teddy Bear Picnic on Saturday, June 5th, 2004 already have a few of their friends on site, for "treatment." Left to right: Cheryl Ramsay in charge of the M*A*S*H tent; Lyn Brodeur, Chair of the event; and Dr. Raymond Legault, Honourary Chair of the event.

Photo by John Divinski

Dr. Raymond Legault, Honourary Chair of this year's event, says the children have fun getting their stuffed animals "repaired," but it also serves by teaching children, "what is involved in a hospital Emergency Department visit as they become familiar with bandages, doctors and nurses and treatments." He said they learn that their next visit to the hospital need not be traumatic.

Organizers says they're still looking for interested community sponsors to help out with the day-long event and they're also looking for volunteers. If you're interested in either, you can give Sandra Elsey a call at (613) 938-4240, extension 3230. The annual Teddy Bear Picnic, which will boast more prizes and goodies for the kids than ever before, is set to go, rain or shine, on Saturday, June 2nd, 2004 at the Cornwall Community Hospital, McConnell Avenue site.



Music Update

with Yvan Brunet

Chris Cummings "Greatest Hits" WEA. With his rich baritone vocal style, singer/songwriter Chris Cummings, who hails from Norton, New Brunswick emerged during the late 1990s as a performer firmly in the mold of contemporary country's new traditionalist movement. His greatest hits package naturally boasts past winners such as "I Said," "The Kind Of Heart That Breaks," "That'll Teach Her," and so on, along with 2 new songs which also beckon interest: "Not Again" and "Lucy Got Lucky." Great stuff!

Sonny Terry and Brownie McGhee "Sonny Terry and Brownie McGhee" JSP. Blind singer/harpist Sonny Terry with his joyous whoops, as well as singer/guitarist Brownie McGhee with his deep, somber voice are 2 country blues troubadours who began taking their earthy music to the world in the mid 1930s. Witness this 5-CD box set which sports 125 of their greatest covers and creations culled from a horde of acoustic solo and endearing duet LPs recorded between 1938 and 1948. Grrreat!

Tracy Lawrence "Strong" Dreamworks/Universal. Born in Atlanta, Texas in 1968, Tracy Lawrence grew up mostly in Foreman, Arizona where he soaked up traditional and outlaw country as well as southern rock. His latest offering boasts several winners including the title cut "Strong" (about a strong-willed, caring single mother), "Paint Me A Birmingham" (a cover of a Ken Mellons hit song) and "It's All How You Look At It" (a philosophical little ditty). There's lots to enjoy.

Patti Smith "Trampin'" Columbia. Punk rock's poet laureate, Patti Smith ranks among the most influential female rock and rollers of all time. "Trampin'" is a largely political album, but it is far from being a didactic one. She and her band cut much of the record live from the floor (with the exception of the field-recorded sounds of children playing in the street in "Radio Baghdad"). Check out the razored, riff-driven rock of "Stride Of The Mind," the tough, anthemic pounce of "Jubilee" and the haunting mid-tempo countrified "Mother Rose."

Johnny Cash "My Mother's Hymn Book" Lost Highway/Universal. It seems that Johnny Cash's mother had an old hymn book called "Heavenly Highway Hymns." Johnny remembered her playing and singing these songs over and over when he was a child. Consequently, when the man in black decided to record an acoustic spiritual album a few years ago, he went to that same hymn book to pick out what he was going to record: "I Am A Pilgrim," "Do Lord," "In The Garden," "I Shall Not Be Moved." Well done!

Drowning Pool "Desensitized" Wind-Up/Sony. Dallas-based heavy metal group, Drowning Pool was one of the most promising bands of the early 2000's. However, their vocalist Dave "Stage" Williams passed away in 2002. For the most part, Drowning Pool's sophomore effort "Desensitized" takes the band and new shouter Jason "Gong" Jones to places they likely would've been anyway had Williams not died. All in all, mostly muscular hard rock numbers with bonafide hooks for those so inclined: "Think," "Step Up," "Numb," "This Life," and the beat goes on.

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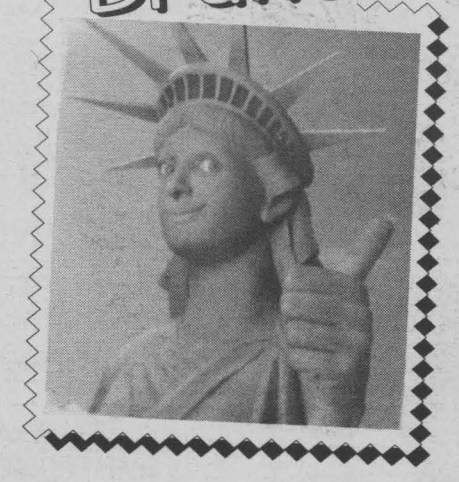

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COMMUNITY DIGEST

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BEREAVED FAMILIES OF ONTARIO - Cornwall and Area will hold their Support and Share Night Meeting on Thursday, May 13th, 144 Pitt St., 7:00p.m. to 9:00p.m. Information: 936-1455.

CORNWALL COMMUNITY MUSEUM is now open to the public. Come for a free tour Wednesday to Sunday 1:00p.m. to 4:00p.m. The Museum is located in Lamoureux Park. Information: Linda Willis 936-0280.

CORNWALL & DISTRICT HORTICULTURAL SOCIETY will hold their next meeting on Tuesday, May 11th at 7:00p.m., at the Navy Club, 30 Sixth St. East. Everyone welcome. Information: Rose 932-7705.

CORNWALL OUTDOOR CLUB/CLUB DE PLEIN AIR will have an *excursion to the Ottawa Imax Theatre* on Tuesday, May 11th, 5:00p.m.; *"Children's Treatment Centre Bike-A-Thon"* on Saturday, May 15th, 10:00a.m. Everyone welcome. Information: Rose-Marie 347-3677.

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

GAMBLERS ANONYMOUS meetings are held every Friday night , 7:30p.m., Knox St. Pauls United Church (corner of Sydney and Second St.) back entrance. Information: Don 933-7043 or Bryan 938-2150.

GLENGARRY TOASTMASTERS "SUPPER CLUB" hold their next meeting on Wednesday, May 12th, in the Berkshire Security Boardroom, 6 St. George Street, Alexandria. 5:45p.m. to 7:15p.m. Information: Sandra 347-1799 or Bob 938-0775.

GIANT GARAGE SALE is being held on Saturday, May 8th, 8:00a.m. to 5:00p.m., at the Williamstown Fairgrounds in the Meeting Place. Any baking brought in is appreciated. Proceeds to the Canadian Cancer Society.

GLENGARRY TOASTMASTERS "SUPPER CLUB" hold their next meeting Wednesday, May 12th in the Berkshire Security Boardroom, 6 St. George Street, Alexandria. 5:45p.m. to 7:15p.m. Information: Sandra 347-1799 or Bob 938-0775.

GRANDPARENTS RAISING CHILDREN SUPPORT GROUP hold their meeting every second Monday at Early Years Centre, 122 Second St. West, 1:00p.m. to 2:30p.m. Information: Patricia 937-3822 or cell #361-4527.

JOSHUA'S BEAR HUGS Second Annual *"Yard Sale and Family Fun Day"* will be held on Sunday, May 23rd, 8:00a.m. to 3:00p.m. Anyone wishing to donate items may do so on Friday or Saturday, May 21st and 22nd, at StarTek on Vincent Massey Drive. For further information call 932-2327 or 938-8905.

JOY OF LIVING is a Catholic based non-profit support group providing a new beginning for any man or woman living alone because of a separation, divorce, annulment or death of a partner. Meeting will be held Friday, May 14th, 7:30 p.m. at Holy Cross Church (in the basement), corner of Leonia and Easton. Information: Aline 932-9959, Helen 936-6697 or Roger Roy 984-1005.

LA LECHE LEAGUE of Cornwall will hold their next meeting at the Ontario Early Years Centre, 122 Second St. West (Time Square) on Tuesday, May 11th, 7:30p.m. *Topic: Baby Arrives* . Children and infants are welcome. Information: Peggy 984-0228.

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

MULTIPLE SCLEROSIS SOCIETY, Cornwall & District Support Group will hold their next meeting on Tuesday, May 11th, 7:00p.m., at Chateau Cornwall, 41 Amelia St. Everyone welcome. Information: MS Office 938-6777 or Joan Pearson 932-2572.

NAVY CLUB, 30 Sixth St. East has *"Karaoke"* every Wednesday evening, 8:00p.m. Everyone welcome. Information: Sue 933-6787.

NAVY VETS SPRING DANCE will be held on Saturday, May 8th, 8:00p.m. to 1:00a.m., at 30 Sixth St. East (across from Food Basics). $4.00/person or $7.00/couple. Lunch. Draws all night. Tickets available at door or by calling Sue Lapierre 933-6787.

NEW FRIENDS AND ACQUAINTANCES (N.F.A.A.) has "Bicycling" every Sunday at 10:00a.m. from the Bandshell in Lamoureux Park. Everyone is welcome to join. Information: Gerry 938-8964.

P-FLAG next meeting will be held on Wednesday, May 12th, 7:30p.m. Sharing/Discussion. Information: Denise or Louis at 1-877-874-4424.

PANCAKE BREAKFAST along with a *Plant/Bake/Giant Yard Sale* will be held at Newington United Church on Saturday, May 8th. Breakfast served from 8:00a.m. to 11:00a.m. Everyone welcome. Information: 346-5728.

SEAWAY TOASTMASTERS CLUB hold their next meeting on Tuesday, May 11th, 7:00p.m., at the Cornwall Armoury on Fourth St. East. Everyone welcome. Information: Gerry Flaherty at 360-5578.

SCHIZOPHRENIA SOCIETY OF ONTARIO S.D.G. Chapter will meet on Tuesday, May 11th, 7:00p.m., at Canadian Mental Health, 329 Pitt St. Everyone welcome. Information: 933-5845.

TRI-COUNTY LITERACY COUNCIL offers a session for families with children from 0 to 6 years of age called *"J'aime lire"*. Learn to help children read and enjoy books. Next sessions: Monday, May 10th, Cornwall Public Library 10:00a.m., 932-4796; Tuesday, May 11th, Agapé Centre, 3:00p.m., 938-9297; Thursday, May 13th, Centre de la Petite enfance, 122 Second St. W., (Time Square) 1:30p.m., 930-9211.

VON PROSTATE SUPPORT GROUP meet Thursday, May 13th, 7:00p.m. VON Office, 205 Second St. E. Information and discussion for Prostate Cancer patients, newly diagnosed and their loved ones. For more information call the VON Office at 932-3451.

YouthUnltd will be having a *"Rummage Sale"* at Maxville United Church on Thursday, May 13th, 12noon to 9:00p.m., Friday, May 14th, 8:00a.m. to 9:00p.m., and Saturday, May 15th, 8:00a.m. to 3:00p.m. Donations at Church starting Monday, May 10th. For more information call 527-5251 or 527-5722.

WITNESSES FOR CHRIST CATHOLIC YOUTH GROUP will hold a *"Krispy Kreme Fundraiser"* on Saturday, May 8th, 9:00a.m., at Home Hardware, Pitt & Thirteenth St. Everyone welcome. Information: Kevin 528-1235.

Fear Factor At Magoo's

By Michael Hebert

Okay class, here is our problem. A recent municipal bylaw prohibiting smoking in bars and nightclubs has led to a drop in clientele and sales. Does anyone have a solution?

Well it seems as though Rosie Magoo's bar manager, Karen Dickenson flexed her marketing muscles and found a solution, for the time being anyway. She decided to take a page from television's Fear Factor program and tailor it to suit the bar crowd and introduced her own Fearless in Cornwall Contest.

"We have advertised in the paper and on the radio. And so far the interest has been unbelievable," she said. "It's crazy fantastic. We get to challenge people's greatest psychological fears and see how they overcome them."

In the first event, 6 brave souls had to eat 2 habenero peppers, 1 at a time. For chile pepper fanatics, habeneros are rated at the maximum 10 on the heat level, or in comparison, 30 to 50 times hotter than jalapenos.

The second event required participants to put 3 Madagascar hissing roaches (compliments of Little Ray's Reptile Zoo in Ottawa) in their mouth and keep them there for 5 seemingly endless minutes. Since there was a tie among the 6 roach-keepers, first place went to the contestant who could eat two of the bugs in the shortest period of time.

"I do all of the research in this matter," noted Dickenson, "whatever they eat is safe to eat and in some countries, earthworms and insects are considered a delicacy."

So, what's next on the challenge agenda for those daring enough to take part?

"We'd like to keep details of the next event secret," added Dickenson. "This way it'll be a total surprise and participants won't have time to psyche themselves out or convince themselves that it's time to back out."

So, what is the final attraction for those who have given up tobacco and tars for high protein, yet low carb fare?

"The final event is scheduled for Saturday, May 29th, 2004," said Dickenson. "The final prize is a package valued at $2,500. And with registration for the events going from 35 to 75, it should prove real interesting. Who knows, there may be a Fearless in Cornwall, part 2."

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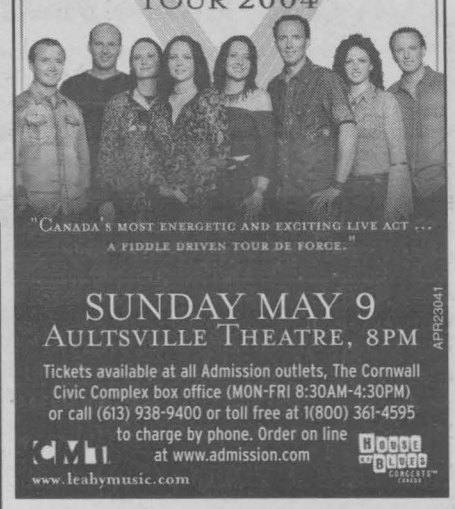

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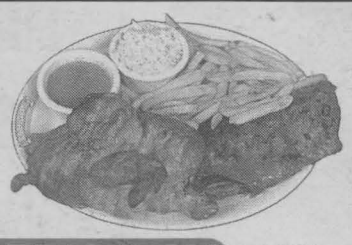

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