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Spring Home Improve...33-35



Sagel

Liar Liar
Mr. Chretien
pg. 9

PRESIDENT'S
Leon's
$MILLION PARTY
Saturday May 3, 9am-5pm & Sunday May 4, noon - 5pm
136 4th Street East, Cornwall 932-2684

SEAWAY NEWS

APPRIL 27, 1997 VOLUME 11, ISSUE 17 SERVING CORNWALL AND AREA

IT'S A SMALL WORLD ...



You can tell spring is in the air. We haven't had snowfor eight days now and everybody's keen to do some planting. Our Small World Nursery School, situated at 305 York Street, celebrated Earth Day by planting five spruce trees. The trees were donated by Cornwall Parks Planning supervisor John DeRonde. Pictured above are the youngsters with staff members.

(Photo by Aubrey Johnson)

Glen Productions Theatre Ontario Festival '97

Glen Productions, along with the Eastern Ontario Dram League, is hosting the Theatre Ontario Full-Length Play Festival, May 14th to 17th. This is the biggest theatrical event that has even occurred in Cornwall, or anywhere else in Eastern Ontario.

Ontario is divided into four regions for amateur theatre:

Eastern Ontario - Central Ontario - Western Ontario - Northern Ontario.

Each of these four regions has a festival to decide which theatre group in their region has the best play, and the winners come to the Theatre Ontario Full-Length Play Festival. And, believe or not, that big festival is coming to Cornwall in May.

This is obviously Ontario's amateur theatre at its best and it's com-

cont. on pg. 16

Glen
and E.O.D.L. present
Theatre Ontario Festival '97
May 14-15-16-17
at 8:00pm Aultsville Theatre
PLAYS
May 14 -EODL
-Peterborough "Sleuth"
May 15 -ACT-CO
-Bolton "Greetings"
May 16 -WODL
-London "Trip to Bountiful"
May 17 -Quonta-(Espanola)
"A Woman Without a Name"
Tickets: $12 Adults,
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Dream Maker Productions
presents
A Knight of
SHAKESPEARE
featuring
The Taming of the Shrew
and
All the World's a Stage
May 1-2-3
C.C.V.S Theatre Stage 8 p.m.
for reservations 932-3510
Tickets will be on sale at
Short Line Video, 1300 Second St. West
Melody Music, 104 Pitt Street
Tickets: $5.00



DAILY LUNCH SPECIALS

This Week
TOWN HALL SURF & TURF
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served with Salad, Potato or Rice & Vegetables
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This Week
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Entertainment - Special Events & Restaurant Review - By Bill Gallant

This is the busy weekend for the ***HERITAGE VALLEY ARTS, CRAFTS & ANTIQUE GLASS SHOW***. Its on until Sunday at the Civic Complex, Salons A,B, & C, the concourse and the Hall of Fame. 150 artists & artisans are participating and the admission is free. You can visit between 10 am-5pm on Sat. & Sun. Branch 297 of the Cornwall Legion are holding a fund raising supper this Sunday, April 27 from 4 to 7 pm. Barbecue Steaks the way you like 'em. There will also be a breakfast from 9am to 12 noon.

It won't be long before the start of the new theatre season at the ***UPPER CANADA PLAYHOUSE*** in Morrisburg. It begins with a country & western musical comedy, ***18 WHEELS***, about the interesting lives of truck drivers. This is a play by John Gray and it will be directed by Christopher McHarge. Yes there will be plenty of foot stompin'tunes. Later in the season, in August, will be ***ON GOLDEN POND***. This was a hit on Broadway, a hit in every Canadian Theatre, a great Hollywood movie, winning three academy awards, and now you will be able to enjoy it on the UCP stage. More later!!!!! That great food special is still available at ***PIZZA HUT*** these days. The good deal is a free order of bread sticks with every take-out pizza order. The "Hut" is located at 712 14th Street West or you can call them at 937-3377.

Just a few days away from the latest Dream Maker Productions presentation of ***A KNIGHT OF SHAKESPEARE***. It will feature ***THE TAMING OF THE SHREW*** and ***ALL THE WORLD'S A STAGE*** and will be presented on May 1,2 & 3 at the C.C.V.S. stage at 8:00pm. You can call for reserved tickets at 932-3510 or pick up tickets at Short Line Video at 1300 Second Street West or Melody Music on Pitt Street.

Some terrific specials being offered at the ***GLENGARRIAN PUB & RESTAURANT*** these days. Try their daily Businessman's Luncheon Special, or their bacon wrapped filet mignon with caesar salad is available 7 nights a week. You may still have time to catch this Saturday's Cabaret Comedy & Music time featuring the Flying Scotsman, Frank Taylor. And the Glengarrian is making plans now for a special Mother's Day featuring the Brigadoons starting at 5:00pm. Just before that they will have some traditional bluegrass with amateur muscians and fans welcome on May 7th.

Congratulations in order to the ***BURGER KING*** for their bright new look,complete with fresh paint in & out. Busy as usual during the fresh-up. Looking good!!!! Lots of at-home snackin' going on these nights with the exciting NHL playoff hockey on TV just about every night and sometimes during the afternoon. Good to see that TSN and the CBC are giving viewers most of the action. Its been historically interesting too with the first ever playoff game played at the new Ottawa Corel Centre. Win or lose in their series with Buffalo, those Senators have already won the hearts of a great many new fans with their effort. Too bad we can't say the same about the Canadiens in their on-ice, and off-ice, battles with the ***NJ DEVILS***. Their play has been lack lustre to say the least and the rumour is that there are daily arguments among players and coach at the practice sessions. Look for some major changes with the Habs if they drop their series with Jacques Lemaire's Devils. As this is being typed the Canadians are down 3-zip in the series and it could all be over when you read this. The other exciting series is with Edmonton and the Dallas Stars. That come-from-behind, overtime victory by the Oiler's in game three was a heartstopper all the way. If any series goes the limit it should be this one. TV has never been better folks....if you're a hockey fan of course.

If you plan to be out motoring around this weekend stop by the ***DAIRY QUEEN*** on Pitt Street North. Something tells me that those burger & shakes specials are still available. Weatherman could leave us with some sunshine and heat for a couple days so that could mean a stopover at the DQ for a refreshing cone or two.

Still room for some anglers in the upcoming ***PIKE TOURNEY*** at Lancaster in May. This will be the 9th annual derby and its sponsored by the ***SOUTH LANCASTER FISH & GAME CLUB*** and its headquarted at the Raisin River Marina,at the curve at South Lancaster. The tourney dates are May 17th & 18th with an orientation night on the 16th.

Lacrosse fans will be able to watch some great lacrosse action over this weekend as Akwesasne plays the Oshaweken Wolves in two benefit games. The first game will be at the ***SI MILLER ARENA*** on Saturday, April 26 at 8:00pm and then a meeting between the same two teams on Sunday at 1:00 pm across the river at the ***"TURTLE DOME"***. The games are on behalf of Shanna Johnson, Jill Hill & Jackie Hill with tickets available at the door.

Before closing this week I would like to pass on a big thank you to all the nurses at the ***HOTEL DIEU HOSPITAL*** and ***DR. SOODAN*** for their terrific care and attention they afforded me during my nervous moments at the hospital this week. THANKS a bundle ladies and Dr., you 're quite a cameraman!!!!

Until next week, *G'DAY AND G'NIGHT.*

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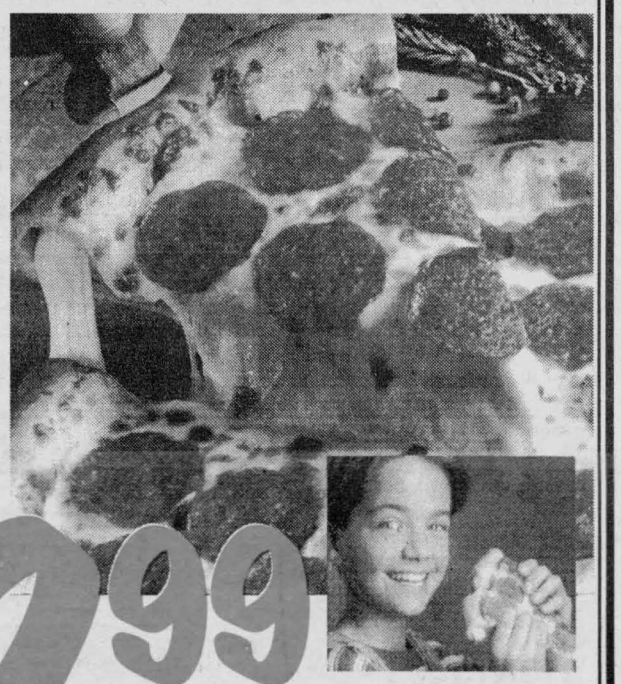

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COMMUNITY DIGEST

*LE ACTIVITÉS DU CONSEIL 9695 des Chevaliers de Colomb continu. Dejeuner Mensuel Dimanche 4 Mai apres les Messes de 9:00a.m. et 11:00a.m. Salle Nativite.

*MERRICKVILLE MONSTER GARAGE SALE is being held Saturday May 3rd. (Rain date is Sunday May 4th). Proceeds to the Merrickville Historical Society. For more info contact Gavin Martin 613-269-2202.

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

*OSPCA TRUNK SALE to be held May 17th (rain date May 18th) at the Cornwall Civic Complex east parking lot. For more info call 936-1851. All items welcome.

*PEER SUPPORT PROGRAM OF SD&G is now recruiting women volunteers to provide one to one support to women who have suffered abuse in their relationships. Training sessions begin May 10th. For more info call 932-4610.

*REFORM PARTY FRESH START FOR CANADIANS is a 6 point plan to build a brighter future together. Candidates Isabel Banner & Charles Dillabough nomination meeting Wednesday April 30th at 7:30p.m. McDonnell Inn. For more info call toll-free 1-613-860-2233.

*ST. JOSEPH VILLA 14 York St. hold a Card & Euchre party every Thursday for St. Lawrence Seniors Club. Free parking on York St. Everyone welcome!

*ROYAL CANADIAN LEGION Branch 297 announces Saturday afternoon entertainment from 3:00p.m. to 6:00p.m. (Maggie's Corner). Branch members and guests welcome.

*ROYAL CANADIAN LEGION Branch 297 will hold a FundRaiser from 4:00p.m. to 7:00p.m. Cost $8.50 advance, $10. at the door. There will also be a breakfast from 9:00a.m. to 12:00 noon by IVY. Cost $3. per meal. Everyone welcome.

*ROYAL CANADIAN LEGION ongoing activities: bridge every Monday afternoon starting at 1:00p.m. Euchre every Monday night starting at 8:00p.m. Dancing every Friday & Saturday night. Supper every Sunday evening from 4:00p.m. to 7:00p.m. Everyone welcome.

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

*SENIORS TRAINING SENIORS OF S.D.&G. host a free lecture and question period. "The Normal Aging Process" on Thursday May 1st from 9:00a.m. to 11:30a.m. at the Seniors Support Centre in Lancaster. For info contact Joy at 932-4610.

*THE ALEXANDRIA CANCER SUPPORT NETWORK meets twice monthly, 1st & 3rd Tuesday at 7:30 pm at the Glengarry District High School. Information & support for cancer survivors & supporters. For more info contact Lise at 346-3513. Everyone welcome.

*YARDSALE sponsored by the Catholic Parent Teachers Ass'n is being held on Saturday May 3rd, 8:00a.m. to 2:00p.m. at the Community rink behind St. Andrew's Church. $5/table. Vendors welcome. In case of rain St. Andrew's School. For info contact Rosanne at 933-9608.

Ragweed Season Ranks #1 For Discomfort

Although almost half the allergy sufferers in Canada have to deal with symptoms year round, late summer and early fall (ragweed season) are a particularly bad time. That's when most seasonal allergies flare up and the additional irritation of pollens increases symptoms for many perennial allergy sufferers.

Sneezing and runny or stuffy noses are the most commonly reported symptoms, followed by itchy, watery eyes. Headaches, swelling, ear aches and sore throats make up the rest of the misery list.

Antihistamines are the most common treatment for people with pollen allergies. they minimize the symptoms and discomfort created by allergic reactions.

More and more allergy sufferers are beginning to take their antihistamines regularly rather than just when symptoms get bad. Regular use prevents many symptoms and reduces the discomfort of others.

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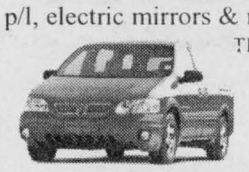
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NC)—When it comes to running a car, there's a valuable benefit to helping the environment. A car that runs cleanly and emits minimal exhaust into the atmosphere is doing itself a favour. That lack of pollution means it's running efficiently, using less fuel and keeping itself clean. That provides better power plus lower operating costs now and lower maintenance costs later.

UNDERSTANDING YOUR CAR
TIPS FROM Walter



While automobiles and trucks are regularly cited as a principle cause of air pollution, the real culprit is not the cars but their engines. Engines that do not completely burn their, fuel (gas or diesel) efficiently, produce harmful hydrocarbon and carbon monoxide emissions, often characterized by black exhaust smoke.

The air is being polluted and the operator of the vehicle is losing money since the fuel is not being converted into power by the engine. Wynn's Exhaust Control solves two problems at once: air pollution is reduced while fuel efficiency is maximized providing more horsepower. As well, engines that don't burn cleanly are candidates for problems caused by internal carbon deposits which can cause real engine problems.

Vehicle owners will know immediately if they need Wynn's Exhaust Control. Smoke, exhaust odours, low gas mileage and sluggish performance are signs that the engine is failing burn its fuel efficiently and an additive is needed.

Treatment is simple. The Wynn container makes it easy to add Exhaust Control to the fuel tank of any gas diesel vehicle. The additive will pi for itself in increased fuel economy and you can feel that you've helped reduce air pollution through th inexpensive step.

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AUTO TALK

Idle Curiosity

Q: I have an '87 Ford Mustang with a 2.3 litre engine and manual transmission which is doing strange things. First, the engine starts on fast idle for no reason. I have taken it to the dealer several times, yet nothing seems wrong. I had a tune-up done but it still didn't help.

The second problem occurs when I try to shift in reverse. It will give off either a loud "clunk" or grinding sound. What's the problem here?

A: From the sounds of it, a thorough road test and a hot tune-up technician are what your car really needs to solve the fast idle. As for the strange sounds you hear shifting into reverse, they may well be associated with the fast idle problem—if you can get that cured, the "clunking" sound may disappear. Otherwise, the clutch would seem to be the most likely culprit. Have it checked and adjusted if necessary.

THE CAR DOCTOR

Peter Millard



Dynasty Dilemma

Q: I own a 1988 Dodge Dynasty with a 3.0-litre V-6 engine and 108,000 km on it. When the engine is cold, it hesitates between zero and 20 km/h. After several visits to a service centre, I have had the fuel pump, fuel filter, PCV valve, ignition rotor, distributor cap, H.T. leads, M.O.P. sensor, A.I.S. motor, and spark plugs replaced. I've also had the throttle body cleaned and the timing advanced, all to no avail. Please help.

A: Stop right there. Throwing parts at the problem is a costly way to solve your car's hesitation woes. Take the vehicle to a garage with a good tune-up technician and a modern diagnostic computer before you authorize any more work.

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Appearance Care Washing Your Vehicle

The best way to preserve your car's finish is to keep it clean by washing it often with lukewarm or cold water.

It is best to use soaps specifically designed for washing your vehicle.

Do NOT wash your car in the direct rays of the sun

Do NOT use strong soaps or detergents.

Do NOT use cleaning agents that are petroleum based, or that contain acid or abrasives.

Promptly flush all cleaning agents and allow them to dry on the surface, or they could stain.

Dry the finish with a soft clean chamois or a 100% cotton towel to avoid surface scratches and water spotting.

How to Save Fuel This Spring

• Avoid idling. An idling car goes zero kilometres per litre burned. It takes less fuel to restart your car than letting it idle for 30 seconds. Half-an-hour of idling consumes roughly 1/2 a litre of your engine.

• Don't exceed the speed limit. On average, a vehicle uses 20 percent more fuel at 110 km/hr than at 90 km/hr.

• Keep your vehicle properly tuned and maintained. Un-tuned cars can cough out up to 10 times the normal level of pollutants. Fuel consumption goes up too.

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Time to Check that Rad

After a tough winter, it's important preventative maintenance to have your rad and engine cooling system checked. You'll be pleased to know that there's an environmental choice you can make when you have your car's cooling system serviced. Head for a service centre that uses recycling techniques, rather than one that simply flushes your system and dumps the antifreeze.

There are two advantages to recycling. Professional antifreeze/coolant recycling systems eliminate the need to use valuable resources to produce new antifreeze. The protection you get is every bit as effective as a conventional radiator drain and refill with virgin antifreeze. Also, antifreeze disposal problems are eliminated so no used antifreeze is allowed to enter our lakes and rivers.

A properly equipped shop uses a machine called a Du-All which takes the antifreeze in a vehicle and re-claims it. The system, developed by Wynn's Canada of Mississauga, Ontario, has been shown to effectively clean and restore antifreeze/coolant in hundreds of thousands of vehicles, meeting all relevant current industry standards. This system has been tested and approved by General Motors for use on the vehicles it builds, putting the stamp of the world's biggest manufacturer on it. Without the process, service centres either poured used coolant and its pollutants into the sewage system or paid for costly disposal. Inevitably, these costs are passed on to the consumer.

Get your car in shape for the spring and summer by going to a shop that offers antifreeze recycling.

Kick the "car" habit

By developing new "car" habits you'd be surprised at how much money you can save. Here are a few useful, money-saving "Auto Smart" ideas:

• Use your car less. Car pool with fellow commuters or parents. Ride a bicycle. Walk. Use public transit. Some families establish a "No Car Week." Be resourceful. Share rides. Then calculate the savings.

•Post a car-pool notice at your office or any other place you travel to regularly. Someone who wants to share rides may live close by. You'll both save a significant amount.

LEASE OR PURCHASE
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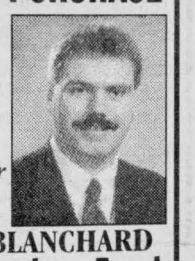

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SLAEC Art Show Winners Announced

Massena–The St. Lawrence Aquarium & Ecological Center's President/CEO, John Feeley, announced today the winners of the 3rd Annual Youth Showcase of the Arts held last week in conjunction with their St. Lawrence Ecosystem Symposium at Potsdam State. Over 35 entries of visual and written expression were sent in from area schools. Students were asked to present their view of the St. Lawrence River Watershed through their art or words.

Mr Feeley noted, "As usual, the 'future' of this great ecosystem has a good grasp on its beauty, necessity, problems and needs. Our young people are more in tune with their environment than ever before. And because of this, they will become the vital stewards the St. Lawrence Watershed needs."

Symposium participants and visitors were asked to vote for 12 of the entries. There was a tie so SLAEC will feature 13 in the 1998 Environmental Calendar which will be available this fall.

The winners are in random order:

Margeaux Durham - Clifton-Fine Central School, Star Lake, NY

Ian Kasper - Saint Lawrence High School, Cornwall, ON

John Foster - Clifton-Fine Central School, Star Lake, NY

Gary Hamilton - Massena Central School, Massena, NY

Jen Cole - Heuvelton Central School, Heuvelton, NY

Jason Hubbard - Clifton-Fine School, Star Lake, NY

Mrs. McPartlan's 10-12 art classes - Malone Central School, Malone, NY

Kevin Ames - Potsdam Central School, Potsdam, NY

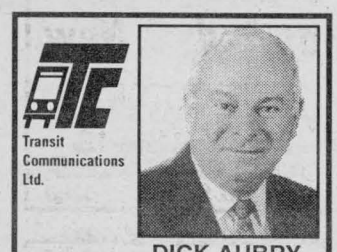
Scott Daniels - Clifton-Fine Central School, Star Lake, NY

Julie Murray - Potsdam Central School, Potsdam, NY

Kelly Beckstead - Saint Lawrence High School, Cornwall, ON

Valerie Carter - Clifton-Fine Central School, Star Lake, NY

Jill Millar - Massena Central School, Massena, NY



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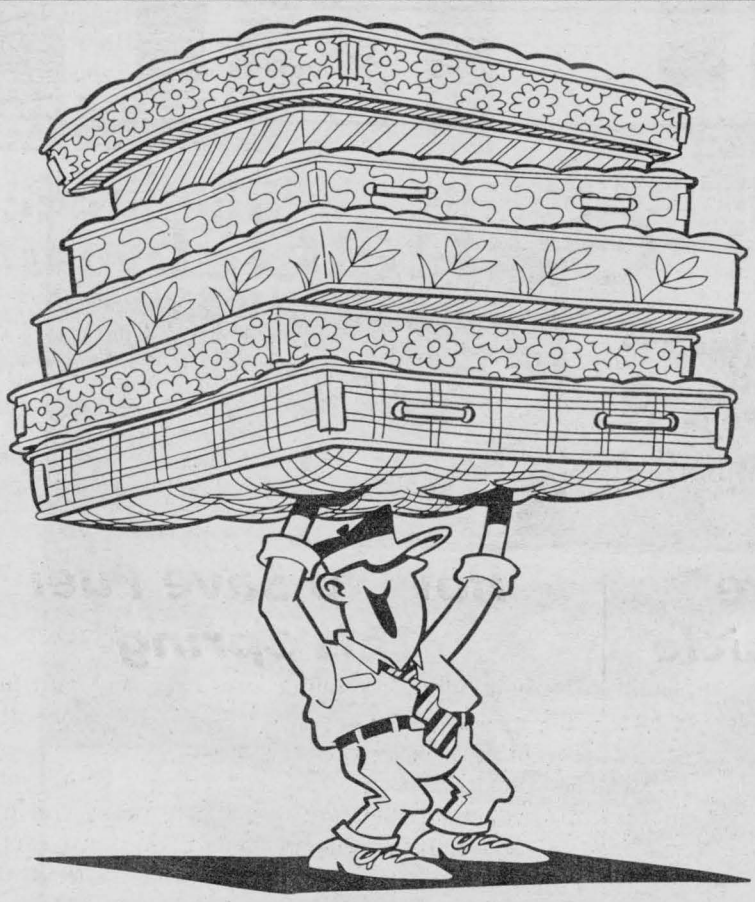

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April 28/97 Day of Mourning Count Down to Success

The Canadian labour Congress established April 28th as The National Day of Mourning for everyone to remember family, friends and co-workers who have lost their lives or have had their life altered through injury during their work. Can a day make a difference? The answer will be different depending on individual circumstances. Remembering certainly makes a difference!



For 15 years, the April 28th Ceremonies have received full cooperation from the City of Cornwall and most employers in our Eastern Ontario Community, in respecting the intent of another special day. Is lowering area flags to half mast enough? Our 15th Anniversary, again with the cooperation of the City of Cornwall, the City Waterfront Committee, the S.D. &G. Historical Society & community financial support, April 28th, 1997 will become a very Special Day in the History of Cornwall.

The Stormont, Dundas & Glengarry Injured Workers Group made history 5 years ago when they met to create what has become the most successful "SELF HELP" group in Eastern Ontario. Who would know better than an Injured Worker, the devastation and the life altering process that occurs when a work related injury removes a worker from the employment that maintains their family? April 28th is a very special anniversary for the Cornwall & District Labour Council and the S.D. & G. Resource Centre for Injured Workers. Does mutual understanding and respect need to acknowledged as an anniversary?

The coalition between the Cornwall & District Labour Council and the Stormont, Dundas & Glengarry Resource Centre for Injured Workers provides an example of the importance of mutual respect, understanding and working together! While a "Joint Project" of that coalition, the Memorial achieved in the City's Lamoureux Park Green Space, is a clear example of Community involvement. The April 28th 1997 Day of Mourning Ceremonies will present the end success of an intensive six month Community joint project to create a permanent day of mourning site.

Where & When: Located at the Old Canal Swing Bridge site in Lamoureux, the Memorial is not only for remembering those who have been adversely effect by work place injury on the special April 28th Day. The memorial site is intended to serve as permanent reminder of the necessity for work place awareness.

All those who have contributed to the success of the project invite the citizens of Cornwall and area to join the committee and the St. Lawrence high school band, in the April 28th ceremonies to dedicate the Day of Mourning Memorial Site and to participate in the April 28th remembrance ceremonies.

Rain of shine! 10:45 to 11:45, Monday, April 28th, 1997.

It is sincerely hoped that the Waterfront and Water Street will again be filled with community interest, as it was when Water Street and the Canal area was when the Old Canal Swing Bridge was the Hub of Community Activities.



*New 1998 Windstar 3.0L/Windstar GL 'Special Edition' with P.E.P. 350A/357A, monthly lease payment of $249/$298 based on 24-month lease from Ford Credit to qualified retail lessees, on approved credit. Some conditions and 18,000 km per year mileage restriction apply. $2,450 downpayment or equivalent trade required. First month's payment and security deposit required. **Purchase new '98 Windstar 3.0L with P.E.P. 350A for $21,995 after $1,500 cashback deducted. Taxes payable on full amount of purchase price before cashback deducted. ALL offers exclude freight ($875), licence, insurance and all applicable taxes. Dealer may lease and sell for less. Limited time offers. Vehicles pictured are Windstar 3.0L in Midnight Red and Windstar GL 'Special Edition' in Light Prairie Tan. See dealer for details. †U.S. National Highway Safety Administration data used in comparing vehicles within 226kg (500 lbs). ‡Contest runs from April 12 to June 30, 1997. Test-drive a 1998 Windstar to receive an instant win game card and an entry ballot for a grand prize sweepstake. $7,000,000 in prizes awardable nationwide, see any participating dealer for complete details of contest requirements. Ontario FMDA, P.O. Box 2000, Oakville, Ontario L6J 5E4



Air Traffic Controllers



A 7-week Air Traffic Controllers Course offered by St. Lawrence saw fifteen attendees from the Chinese Aviation Association graduate at NAVCAN. The students participated in a first of its kind course in English as a second language. This course, sponsored by Canadian Airlines, specializes in terminology and conversation.

Pictured above at NAVCAN are students and St. Lawrence College staff.

(Photo by Aubrey Johnson)

An Evening With Imaginary Heaven

The musical group Imaginary Heaven will perform a concert of original songs and adaptations of traditional celtic music at:

St. Andrew's - St. Mark's United Church, Long Sault, Ontario, Sunday May 4, 1997 at 7:30 p.m. Tickets $10 (children under 12 free). Ticket information: Rebecca Lama 534-8261.

Critics have described the music of Imaginary Heaven with these words: "Beautiful, beautiful, beautiful" - CHART Magazine.

"A tapestry of celestial harmony... remarkable musicianship..." - TORONTO STAR

Imaginary Heaven describes their music as impressionistic-celtic-folk to reflect the roots and inspirations of their music. Formed in 1992, the group has written, recorded and performed music which interweaves the delicate vocal harmonies of KERI STEELE and NINA LORETTO with the voices of IAN HEPBURN's celtic harp and piano.

Imaginary Heaven has performed at such venues as the National Library of Canada, Harbourfront in Toronto, and the Canadian Museum of Civilization in Hull. Showcases at MusicWest, North by North East, Contact East, and CINARS, as well as appearances on Bravo! and MuchMusic, have earned the group a receptive audience across Canada.

Favourable press reviews and air play are gaining the group attention in Japan and Europe. Japan's "Heaviest Heavy Metal Magazine" BURRN has recently given both Imaginary Heaven albums favourable reviews (a mystery the group has yet to understand).

Imaginary Heaven has released two albums "...distant is my weather" (1994) and "Dressed in Gentle Days" (1996). The albums are distributed by Duckworth Distribution/EMI Music Canada.

CRIME STOPPERS

• This week Crime Stoppers needs your help in solving a break-in at a private residence in Lochiel TWP 10th Concession Glen Robertson area.

Entry to the residence was gained by forcing open the south patio door of the residence.

This break-in occurred on the 18 of April between 7:00 a.m. and 5:30 p.m.

Stolen Property:

Television, stereo, cordless phone, answering machine, stove, silver flatware, video camera, jewelery box containing jewellery.

• This week Crime Stoppers needs your help in solving a complaint of vandalism in Winchester.

During the evening hours of Saturday, April 5th, unknown persons smashed 7 windows at the Hart Chip stand on Dawley Drive Winchester. Winchester OPP advises this business had been the target of vandals several months ago.

• Crime Stoppers needs your help in solving the theft of vehicles, local police are reporting an increase in the number of vehicles being stolen recently.

Sometime overnight on the 19th of April, a 1981 Buick Century Blue in colour Ontario license 318 WDL was taken from a residence on Mary street.

Sometime overnight on the 19th of April a 1990 Ford Aerostar van dark red in colour, was stolen from a Jase street residence and later recovered in the Berwick area, completely gutted by fire.

Remember: we do not have call display, we do not record conversations and you are always anonymous.

If you have any information on this or any other crime, call Crime Stoppers and if your information leads to an arrest you are entitled to a cash reward. Reward payments are set up to protect anonymity.

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Classes are scheduled to begin June 9
at St. Lawrence College Cornwall campus.
An information session is scheduled for Tuesday, May 6,
10:30 a.m., Room A352, Cornwall Campus - Windmill Point.
For information or to register for the information session,
please contact Louise Boulay at 613-933-4693, ext. 2153

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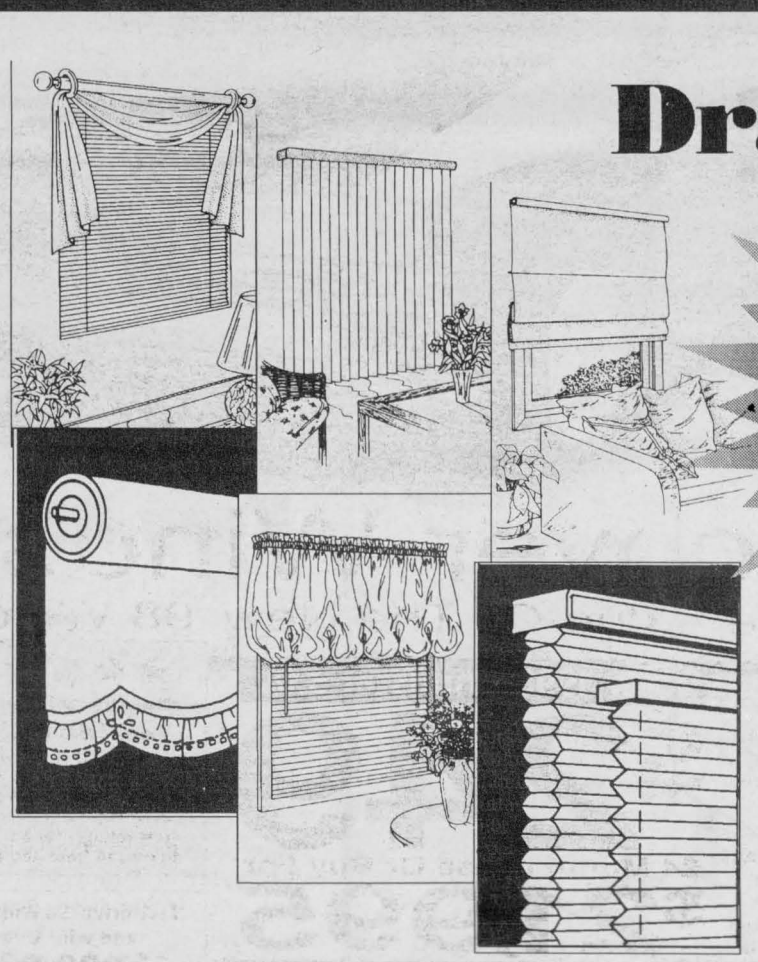

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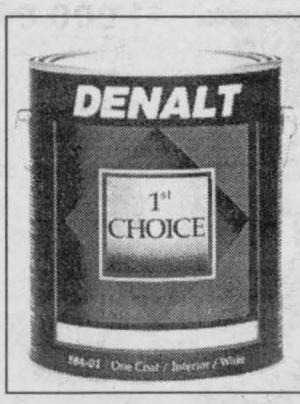

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Saying Goodbye to Ron Martelle

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

I hate to say I told you so (again). But, as I predicted, the (now aborted) Conservative Party candidacy of Ron Martelle has proven to be an even greater embarrassment than even I anticipated. After announcing that he was the best man for the job -- too good to even attend a candidates' school -- the politically club-footed mayor has fallen right out of the race. Yes, the "man of the people" found a job and simply decided not to carry out the commitment he had made to the party and nation he was about to save.

Martelle's stunning withdrawal as the candidate -- and his replacement by one of the United Counties Council "good old boys," Warden Leslie O'Shaughnessy -- does little to enhance the prospects of the Conservative Party.

There are, as I have said, some good people who should have come forward to serve the party, such as Riding Association President Leslie Ault, herself. This country needs new ideas and new faces, not the same tired "old boys" politics that the United Counties Council has come to represent.

This will not be an election for Kilger. It will be a rout.

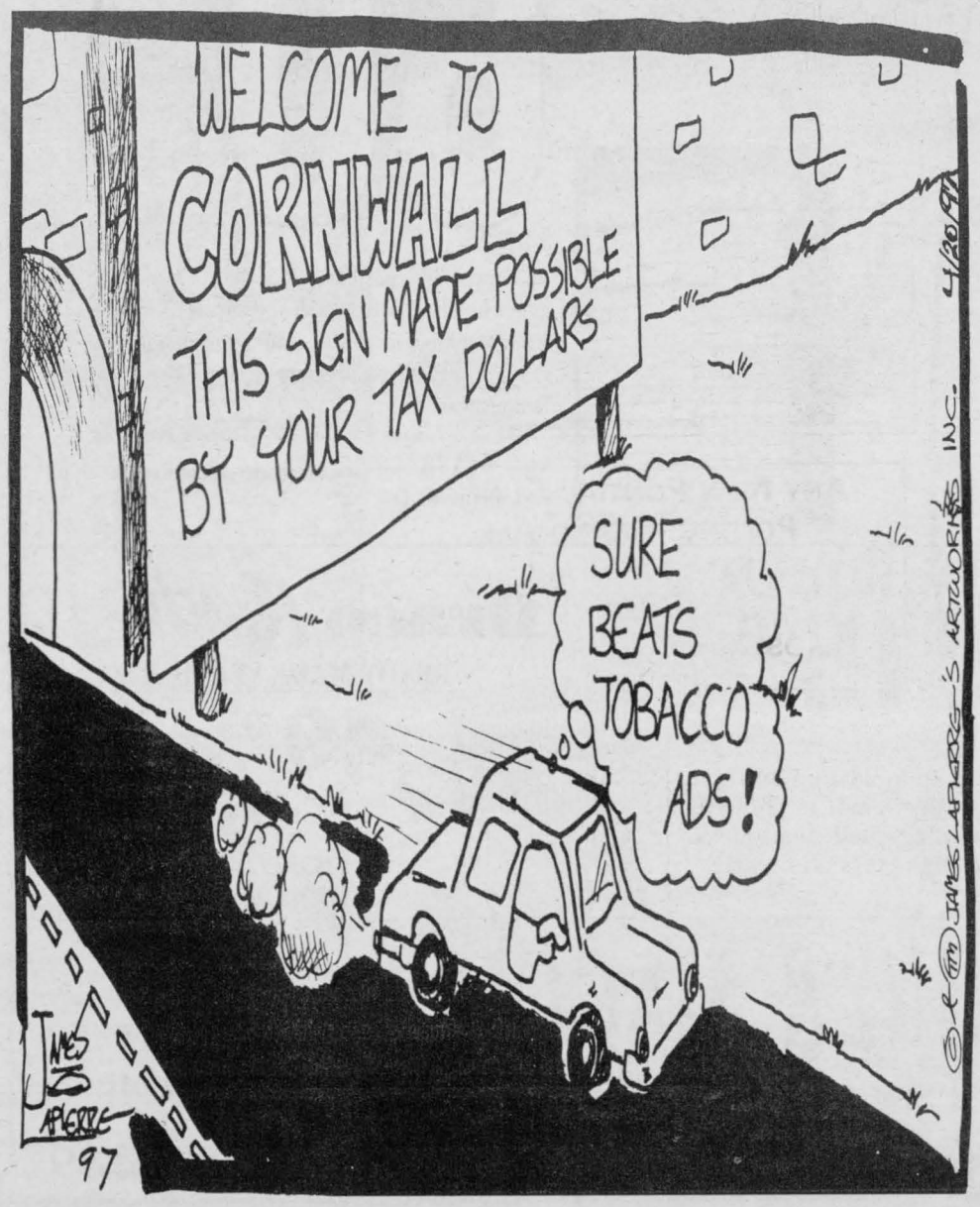
Hopefully, however, before the incumbent walks merrily back into office, the electorate will pay some attention to the other major parties that are running, mainly Reform and the NDP.

Reform's strength, I believe, is firstly in its criticism of "political correctness" (the notion that to challenge conventional wisdom is to be a bigot, homophobic, sexist, racist, or some other "ist" and, secondly, that the entire country must pivot on the every whim of the Province of Quebec.

On the negative side, the party does tend to attract its weirdos (hence, generating the "ists") even though leader Preston Manning does his best to rein them in. More to the point, the party puts little faith in our social safety net contrasted by the unlimited faith it puts in "free enterprise" to create jobs. The fact that exactly the opposite is happening doesn't make these ideologies skip a single heart beat. The "heros" of the day are not the job creators, but the "entrepreneurs" who buy up companies, lay people off, and chalk up huge profits.

All of which brings us to the NDP -- a party which still can't figure out where it has gone wrong and why people don't appreciate what the party considers to be the self-evident fact that the New Democrats are the only true friends of the ordinary Canadian. Unless the party comes to grips with itself -- its approach, its analysis and some of its party planks, it will simply remain irrelevant.

Frankly, I believe leader Alexa McDonough has adopted the right posture by seeking to regain an opposition presence in the House. The NDP has always provided a valuable service as an opposition party and there is a need for a left perspective in Parliament. The NDP needs at least three more seats to obtain official party status (and the research staff and money that goes with party status). In my view, such an accomplishment would make the next Parliament a much better, and much better balanced, forum for public debate.



SEAWAY NEWS
LETTERS TO THE EDITOR

NDP Tells It Like It Is!

Dear Editor:

It was quite a contradiction for me to first read Fred Sagel predict in your newspaper recently that the "irrelevant" NDP will come dead last with about eight seats in the election and then to turn the page to learn Fred Cappuccino wants to be their local candidate.

Seaway News readers may know that Mr. Cappuccino was awarded the Order of Canada recently with his wife for raising nineteen abandoned children from many countries and founding Child Haven International for destitute children.

It doesn't sound like he finds the NDP irrelevant.

The New Democrats are the only party in Canada telling Canadians that tax cuts cost, that tax cuts equals service cuts. The New Democrats are the only party in Canada telling Canadians that banks and large corporations must pay their fair share of taxes. Is it unrealistic to point out that Canada is the only G7 country without a wealth tax. The NDP alone have made an issue of child poverty, unlike other parties who will discover its' value at election time.

Mr. Sagel goes on a speaking tour and reports that the West hates the NDP. Is that why there is a provincial NDP government in British Columbia, recently re-elected and one in Saskatchewan which has just delivered its fourth consecutive balanced budget?

Where exactly did Mr. Sagel go on his trip and who did he listen to?

Rick Prashaw,
Russell.

Canada's School System ... a Little Behind?!?!

Dear Editor:

I assume that Fred Sagel savoured the excellent bouquet of a fine vintage as he prepared his article on Education vs. Teachers (Seaway News, April 13th). He apparently gave voice to the fine vintage when he quoted social theoretician Julia Whitburn and praised Singapore's excellent educational system. I'm sure that Fred Sagel is well aware as to what happened to American teenager, Michael Fay, when he ran afoul of Singapore authorities. A similar, though less severe fate awaits the posterior of any pre-teen who misbehaves on the premises of Singapore's public schools, while a majority of Singapore parents fully support such disciplinary practices. Definitely a no-no in Canada!

Some 95% of Singapore public school students come from and live in two-parent homes, whereas in several Ontario classrooms, up to half the students may live in a single-parent home. The principles and dictums of Confucius predominate throughout Singapore's government, its bureaucracy, its culture and its public school system. One of the dictums require that the simplest of the basics be taught before building on those basics, whereas in Canada and the U.S.A., the opposite approach is often taken: i.e.: Teaching children whole word recognition before they know the sounds of the letters which make up the words, then we wonder why we have a high rate of illiteracy. It was our own educational bureaucracies which compelled teachers to utilize such teaching methods - or risk dismissal, in bygone years. We had a similar disaster when modern math was introduced into our public school system several years ago, again at the command of the bureaucrats.

Singapore school curriculums are heavily based on the Kumon system of teaching reading and math (arithmetic). In Canada, the Kumon system is available only through private institutions, yet, in the greater Toronto and Vancouver areas, large numbers of children of Asian-Canadian parentage are enrolled in such programs. Evidence of the success of the Kumon system in Canada, involving small groups of students or students engaged in individual, learner paced settings, flies in the face of comments made by Julia Whitburn and as quoted by Fred Sagel. I would theorize that if Canadian students enrolled in a Kumon program were tested against Singapore students of equivalent age, their math competency levels may be comparable.

The problems of the public school are not going to be solved by politicians or by bureaucrats, due in no small part to the problems political and bureaucratic behaviour from an earlier era. The system is going to remain in the state it is for many years to come, even for a generation or two.

Harry Valentine,
Cornwall.

Keep Killers Behind Steel Bars

Dear Editor:

I agree one hundred per cent that convicted killers should be kept behind bars forever until they die, with no chance of appeal. Their victims have no chance of appeal. It is a mortal sin that Canada does not see fit to put these convicted killers to death when it is proven in a court of law. Who do we really punish? The families of the victims. Are their concerns and the terrible ordeal they go through considered? These murderers have committed the ultimate crime and the price they should pay is their life immediately upon conviction.

I as the father of a victim namely my daughter who was put to death. This untimely death was planned by her husband and carried out by other people. One has paid his price by being murdered in prison. The other one has served time and is now free hopefully living a good life. My daughter's husband I place in the same boat. As all the convicted murderers who are still in jail should never be released but should die in prison, or until we have a government who will consider the feelings of the victims and their families and the people of Canada. Referring to the editors letter of March 24/97 where in the last paragraph it states, If the people of Canada are against the death penalty. In my opinion the people of Canada had no choice in this decision. The government of the day, I believe in 1976, the Liberals in power abolished the death penalty with no concern of the people of Canada and how they thought. Had the people had a say in the decision or the members of government be given a chance of an independent vote at the time without a club over their heads, we would still have the death penalty and rightly so. Maybe I would still have by daughter. I ask the people of Canada to try and put themselves in the place of a victim's family, you will never realize with all respect the terrible ordeal they go through. And this continues as long as these murderers are alive.

Harvey James
Cornwall, Ontario

The views expressed by columnists and/or letters to the editor are not necessarily the views of this newspaper or its publishers. To ensure publication, submissions should be no longer than 350 words and include a title.

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Liar, Liar, Mr. Chretien!

MEANWHILE...

Fred Sagel



What on earth is wrong with the Prime Minister?

If movie roles were being handed out, he would be a leading candidate for the recently-released Hollywood film *Liar, Liar.*

Why, you ask?

Just look at what he's been saying the past few months and you'll see that he's not telling the truth to the Canadian people. Some of his tales are small, mind you, but when you put them altogether, they start to add up to a picture that is not very pretty.

One small example: when he was in Washington a few weeks back, he deliberately sneaked into the White House for a late night social chat with President Clinton. Nothing wrong with that, except this is the fellow who prides himself in not cozying up to American presidents, like he accused former Prime Minister Mulroney of doing, and then doing it in secret.

When reporters caught him coming out of the White House, he said he went to have a "coffee" with the president. Nothing wrong with that, except it turns out that his secret little rendezvous wasn't' over coffee, but cognac. That was found out only after the White House released details of the little encounter.

Why does he have to make the whole little event so secretive and less-than-cozy by not saying he had drinks?

Because he pretends to be one thing and is actually another.

One more example: during the fall, he told some students at a high school that he "regularly" met with homeless people. Another small fib. Turns out he never really did any such thing except to speak to some fellow in his constituency a while back about the fact that he didn't have a home to live in and needed help. Not a big thing, but revealing.

Then we get to the big lies. The most grandiose of them all was his response to a questioner on the CBC's Town Hall question period last December saying that he had never promised to abolish the GST when, in fact, he did. The network showed him saying so in clips taken during the last election campaign.

Another big lie was his opposition to NAFTA both before and during the election campaign. He accused former Prime Minister Mulroney of being a cheerleader for the United Sates and claimed he was opposed to the trade agreement.

So what does he do now? A complete about-face, endorsing the U.S. policy of expansion of the trade agreements to include Chile and the rest of South America. The NAFTA remains virtually untouched.

And how does he explain his former position? He says that he was opposed to free trade exclusively with the United States. Wow! That's like catching a kid stealing from the cookie jar and having him offer the explanation that he was only really feeling the cookies, not trying to take one of them.

Mr. Chretien suffers from a credibility problem. He has cried wolf once too often. And he is duplicitous about it. While ridiculing Mr. Mulroney for having close relations with the Americans, he is just as cozy, if not cozier. Except he doesn't tell the truth about it.

And on and on it goes. Story after story. Lie after lie. He hasn't lived up to his promises on the funding of the CBC, monies for child-care, the helicopter fiasco, Pearson airport and so forth. If just never ends.

So when you combine all of that with the little fibs he tells about not getting close to the president of the United States when, in fact, he's played golf with him on a number of occasions and had lots of social chats -- which is not wrong but deceptive -- you sure can't trust him to deal with the big issues in a forthright manner.

So what if he has cognac with Mr. Clinton? So what if he plays golf with him? So what if he has a cozy relationship with the Americans? Nothing wrong with that. But why lie about it and pretend to be something he's not?

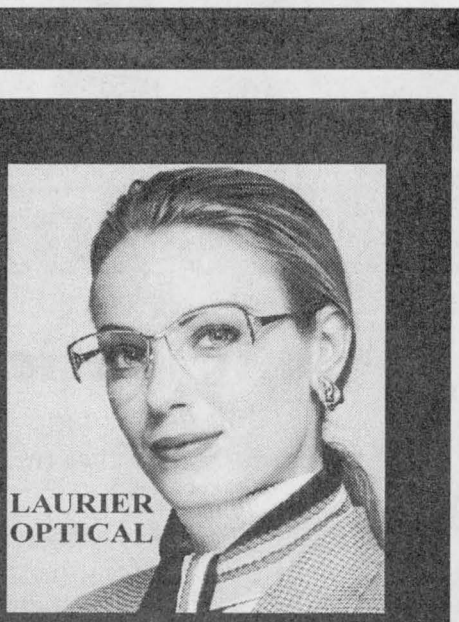
No wonder everybody in Washington virtually ignored him or got his name wrong a few weeks back. It sounds like an appropriate response to a fellow like this.

Will people catch on to all these little fibs and realize that Mr. Chretien is really an old-line politician who will say and do anything to get a vote? He makes Brian Mulroney look like an absolute saint.

He will be punished for all of this. Not defeated, mind you, but punished. Just watch.

* * * * * *

Oops! A few weeks ago, I make a mistake in my column predicting the number of seats the Conservatives would win. I said they'd get 15 seats. I missed the error until after it was published. I meant to say 35 seats. Sorry.



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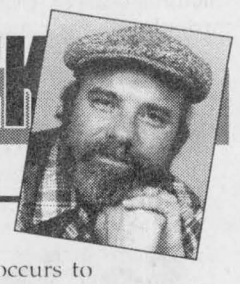
UPON THE PRESENTATION OF THIS COUPON, GET AN EXTRA 10% DISCOUNT ON THE 3 FOR 1 PACKAGE. NO TAXES. THIS OFFER CANNOT BE COMBINED WITH ANY OTHER SPECIALS.

BROOKDALE MALL 936-6666

BASIC BLACK



By Arthur Black
SEAWAY NEWS

If I'd known I was going to live this long I'd have taken better care of myself.

Eubie Blake

You said it, Eubie. I'm not nearly as ancient as the legendary ivory tickler was when he made that observation, but I know what he was talking about.

Each morning I look at my reflection in the bathroom mirror and think the same sad thought: If I'd known I was going to live this long, why did I ... *gotoallthosepartieseatallthatjunkfooddoallthosdrugsdrinkallthatboozesmokealthosecigarettes?*

There's an old story about a circus strongman known around the world for his ability to lift incredible weights off the ground. A newspaper reporter asked him how he came to be so mighty. The strongman explained that he'd been raised on a cattle farm. One day in his youth, as he was carrying a newborn calf to its mother, it occurred to him that it wouldn't be too long before that little calf would be too heavy to lift.

Unless ...

Unless he made a practice of lifting the calf each and every day!

He did ... and that's how he came to be a circus strong man.

Or so the story goes. I'm not too interested in running off to join the circus, but I admire the man's determination.

And it occurs to me that if I had just touched my toes a half dozen times or done a few deep knee bends every time that guy picked up his calf, I'd see a helluva lot svelter silhouette each time I looked in the bathroom mirror.

Ah well. Too late for that. But I regret my sedentary ways every now and then.

For instance ... every time I think of Everett W. Hosack.

Hosack is a track and field champ. Let me quote one of his reviews:

"Hosack, brilliant young hurdler, will uphold the standard in the obstacle races. This athlete ... has blossomed out into a formidable hurdle hopper."

What you need to know to put that review in perspective, is that it appeared in the Gainesville, Florida *Daily Sun* of May 2, 1924. What you also need to know is that Everett W. Hosack is still competing ... and setting world records at the age of 95.

This spring, Hosack traveled to Birmingham, England to the European Indoor Veterans Athletics Championships where he set a world record for the long jump.

In his age category, it must be added. And since he was the only entrant in the 95 to 99 years age bracket, his triumph was a bit of a forgone conclusion.

But Everett Hosack has no illusions about his win. "The only reason I am excelling now," he says, "is that I have outlived all my competitors."

Still ... would you, at your age, like to get up in front of a stadium full of spectators and try your luck at the long jump? Everett Hosack jumped six feet, eight inches and he's 95.

It's been a busy year for Hosack. He also set world records at the Kent State Indoor Masters Meet in Ohio and as the Masters Indoor Championships in Greensboro, North Carolina. Then there was his triumph at the North Coast Masters Indoor Championships and the Cleveland Classics Masters Meet. Nothing to compare, of course, with Hosack's achievement at the World Championships in Japan, where he carved a phenomenal 21 seconds off the world record for 400 metres.

Mind you, that was back in 1993. Hosack was only 91 then.

I managed to catch up with Everett Hosack between track meets last month. I asked him is he had any advice for a pudgy, out of shape, over the hill guy about half his age. Should I take up weight training? Join a gym? Start jogging?

"Not really" he said. "I used to preach vigorous exercise for all, but now I believe you should just do what makes you happy. It makes me happy to compete."

And it makes me happy not to. Thank you Everett W. Hosack. I feel fitter already.

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CITY HALL

News for Residents & Businesses

Public Notice

The following municipal land has been declared to be surplus by by-law passed in open council:

Lot 9, South Side of Second Street, City of Cornwall, County of Stormont, save and except the southerly fifty feet and the West Half of Lot 8, South Side of Second Street, City of Cornwall, County of Stormont, municipally described at 208 Second Street East.

The Council for the City of Cornwall passed a by-law on the 14th day of April 1997 declaring the land surplus.

This notice is provided pursuant to the provisions of s.193 (4) (c) of the Municipal Act R.S.O. 1990 c. M45 and amendments thereto.

Richard Allaire
Clerk of The Corporation of the City of Cornwall

Municipal Property for Sale

The City of Cornwall has the following land for public sale:

Lot 9, South Side of Second Street, City of Cornwall, County of Stormont, save and except the southerly fifty feet and the West Half of Lot 8, South Side of Second Street, City of Cornwall, County of Stormont, municipally described at 208 Second Street East.



Anyone who may be interest in purchasing this property or obtaining further information should contact Mr. Fernand Hamelin, Manager of Public Works, 1225 Ontario Street or by telephoning 930-2787, extension 202.

Public Notice

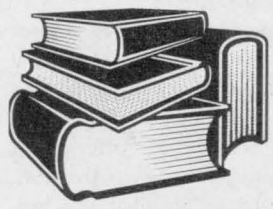
The following municipal land has been declared to be surplus by by-law passed in open council:

Lot 61 on Registered Plan 169, City of Cornwall, County of Stormont, municipally described as 400 St. Felix Street.

The Council for the City of Cornwall passed a by-law on the 14th day of April 1997 declaring the land surplus and will pass a by-law on the 28th day of April 1997 on the pending sale of said land.

This notice is provided pursuant to the provisions of s.193 (4) (c) of the Municipal Act R.S.O. 1990 c. M45 and amendments thereto.

Richard Allaire
Clerk of The Corporation of the City of Cornwall



Cornwall Public Library

presents the finals of the

Fifth Annual High School Debating Tournament for The Albert Hubsher Debating Tropy

This year's finalists are Maggie MacDonald and Sherry Laponsee from Cornwall Collegiate Vocational School and Eric Cardinal and Sue Portelance from St. Lawrence High School.

The Final Debate will be held in the Multipurpose Room at Cornwall Public Library, 45 Second Street East, on Thursday, May 1st, 1997, at 7:00 p.m. The topic of this year's debate is:

Be it resolved the Canada is prepared to compete in the global economy.

Roger's Community 11 will be taping the debate for broadcast on Tuesday, May 6 at 7:30 pm. Please note that in order to tape the debate Roger's Community 11 will be parking their mobile studio on Sydney Street just north of Second. For the safety reasons the west lane of Sydney Street just north of Second Street will be closed from 3:00 p.m. to 9:00 p.m. on May 1st, 1997. We apologize for any inconvenience this may cause.

Building Permits



PLANNING RENOVATIONS, A DECK, GARAGE, CARPORT, SWIMMING POOL - OR EVEN AN ADDITION TO THE HOUSE???

Plan ahead - apply for your building permit today.
Avoid the construction season rush.
Come in early with your site plan and proposal. We will guide you through the process of obtaining a building permit.

WHAT PROJECTS REQUIRE A BUILDING PERMIT?
Under the Ontario Building Code Act, a building permit is required for the construction or alteration of any structure over $10M^2$ (108 sq.ft.) in area. That includes decks*, porches, sunroom, carports, finishing a basement or installing a pool.

*Decks in the rear yard, not attached to the house and less than $10M^2$ (108 sq.ft.) in area, do not require a permit. Decks larger than $10M^2$ (108 sq.ft.) and all decks attached to a house require a permit.

WHAT PROJECTS DO NOT REQUIRE A BUILDING PERMIT?
A building permit is not required for a detached accessory structure (sheds, small detached decks, etc.) which measure less than $10M^2$ (108 sq.ft.) in area.

ALTHOUGH A BUILDING PERMIT MAY NOT BE REQUIRED, YOU MUST STILL COMPLY WITH THE SETBACKS AND OTHER REQUIREMENTS OF THE ZONING BY-LAW.

Don't get caught doing construction without permits or approvals!! It could be costly and complicate future sale of the property. It's your responsibility.

We can help you. We have information sheets that can help answer your questions. For a copy of those sheets or for more information, call us at 930-2787, ext. 323 or come and visit us at the Building and Permit Office, 340 Pitt Street, 3rd Floor, Justice Building. Fax number 932-3236.

Tollgate Road at CNR Tracks To Be Closed

In order to accommodate Railway Crossing maintenance and the installation of rubberized crossing pad, the City of Cornwall, in conjunction with C.N.R., will be closing Tollgate Road at the crossing between Pitt Street and Brookdale Avenue for a period of four consecutive days, between April 26th, 1997 and May 2nd, 1997.



We apologize for any inconvenience that may arise as a result of this project.

For further details, please contact Norm Levac, .P. Eng., Approvals & Construction Engineer at 930-2787, Ext. 209.

Indoor Rollerblading

Planning & Recreation Services presents
Public Indoor Rollerblading at the Bob Turner Arena

2-4 p.m. Sundays on the following dates:
May 4, 11, 18 and 25
June 1, 18, 15, 22 29
July 6, 20, 27
August 3, 10, 17
Cost: $2.00 Adults
$1.50 Youth & Children
Please note: The program will be cancelled if insufficient participants



Social Services Moving

Effective May 5th, 1997

Please be advised that the Social Services Department and the Ontario Works Centre will re-locate to:

Social Services
Ontario Works Centre
111 Water Street East
P.O. Box B877
Cornwall, Ontario K6H 5T9
Tel.: 933-6282
Fax: 932-6969

Please be advised that the Social Services Department has implemented a new phone system which includes Voice Mail. Our clientele can reach his/her fieldworker by calling 933-6282 and dialing the worker's caseload number. Should the worker not be available a message can be left on his/her voice mailbox. Anyone wishing to speak to other personnel can call 933-6282 and dial 0, you will then be directed to the appropriate personnel.



We hope that this new system will serve to assist you in receiving a more speedy service.

BULLETIN

from the City of Cornwall

CAREER OPPORTUNITIES

Leisure Arts Coordinator (Contract)

The Corporation of The City of Cornwall is currently recruiting for the position of **Leisure Arts Coordinator (Contract)**, Planning and Recreation Services.

The Coordinator will report to the Recreation Supervisor and will be responsible for the coordination and implementation of leisure arts services to meet the community's needs. The Leisure Arts Coordinator will be involved with activities for all age groups. The Coordinator will design brochures, flyers and activity guides appropriate for organized events.

The successful candidate will possess Grade 12 education plus graduation from a 3 year college program in Fine Arts/Arts Administration/Business Administration; minimum one year related experience; possess excellent verbal and written communication skills; public relations experience; be able to attend all scheduled events, including evening and weekend performances; and must have access to a vehicle. Computer skills will be considered an asset.

The City of Cornwall offers a competitive salary and is an equal opportunity Employer.

Please submit full resumes until Tuesday, April 29, 1997 to:

The Corporation of The City of Cornwall
Human Resources Department/File #9706
360 Pitt Street, Cornwall, Ontario
K6H 5T9
Fax: (613) 932-2448

Facilities Rental Coordinator

The Corporation of The City of Cornwall is currently recruiting for the position of **Facilities Rental Coordinator**, Planning and Recreation Services.

The Coordinator will report to the Recreation Supervisor and will be responsible for the scheduling and programming of three Municipal-owned arenas (winter and summer programming), the convention centre and the day-to-day operation of the Civic Complex. Responsible for the direct supervision of the Box Office Staff and Security Staff. The Coordinator ensures that all clients' needs are met in a timely fashion and that all revenues collected are processed in accordance with stated policies and procedures.

The successful candidate will possess: Grade 12 education plus graduation from a two-year community college program in Administration combined with supervisory training; a minimum of three years' related experience including supervision experience (recommend hiring, supervision and training of staff); a strong financial background; demonstrate excellent verbal and written communication skills; possess public relations skills; be able to attend all scheduled events, including all evening and weekend performances. Computer skills will be considered an asset.

The City of Cornwall offers a competitive salary and is an equal opportunity Employer.

Please submit full resumes until Tuesday, April 29, 1997 to:

The Corporation of The City of Cornwall
Human Resources Department/File #9705
360 Pitt Street, Cornwall, Ontario
K6H 5T9
Fax: (613) 932-2448

Public Invited To Attend Meetings

Council Chambers, City Hall
Council Meeting ~ April 28th, 1997 at 7:30 p.m.

Glen Stor Dun Lodge

1900 Montreal Road, Cornwall, Ontario K6H 7L1
Today's seniors - their life, their way, with our help.

Meals on Wheels

Do You Know That

- This program is offered through Cornwall Meals on Wheels.
- Glen Stor Dun Lodge is the sole provider of Meals on Wheels in Cornwall.
- Production began in 1994 serving 7,860 meals that year. This number has escalated to the 22,691 meals served in 1996.
- Each home cooked meals comes with soup, salad, side gravy and dessert.
- Special diets, likes and dislikes are accommodated.
- It has been estimated that demand for home delivered meals is increasing at 12% per year. When 3 meals are received each week - as many as 44% of these meals are stretched over 2 days - With a 5 day delivery it is reduced to 17%.
- GSDL meal standards ensure that 40% of the daily nutritional requirement are provided with each meal.
- Meals are provided at a modest price with no attempt to make a profit - The Lodge considers this to be a community service.

Anyone who wishes to access our service Please call 933-3384 for information.

Request For Quotations

QUOTATION NO. 97-Q31
Sawcutting of Concrete Curbs & Sidewalks
Closing Date: May 16/97 (4:30 p.m.)

QUOTATION NO. 97-Q32
Supply of 1997 Grass Seed
Closing Date: April 30/97 (4:30 p.m.)

QUOTATION NO. 97-Req. 5158
New or Used Equipment Trailer
Deck Width: 84" Minimum
Deck Length: 16' approximately
Closing Date: May 5/97 (12:00 p.m.)

QUOTATION NO. 97-Q36
Supply of Business Cards
Closing Date: May 5/97 (4:30 p.m.)

QUOTATION NO. 97-Q37
Supply of Letterhead & Crested Envelopes
Closing Date: May 5/97 (4:30 p.m.)

Persons interested in bidding are requested to obtain the necessary Quotation Documents from the Purchasing Department, 340 Pitt Street, 2nd Floor, Cornwall, Ontario,Telephone no. (613) 932-6252 ext. 320.

Seasonal Dockage

Marina 200/Gray's Creek Marina

The City of Cornwall will be jointly managing the operations at Marina 200 and Gray's Creek Marina this upcoming boating season.

If your looking for a mooring slip for the 1997 summer boating season, Marina 200 and Gray's Creek Marina have slips available for lease by the month or by the season from May to October.

For more information on seasonal dockage rates and services at these facilities please contact the Planning and Recreation Services at 938-9400 or 933-3586.

PUBLIC TENDERS

TENDER NO 97-T20

Closing Date	**Miscellaneous**
May 13/97	**Trucking & Labour**

TENDER NO 97-T31

Closing Date	**Centreline Pavement**
May 13/97	**Markings**
	Joint Tender with:
	City of Cornwall
	Township of
	Charlottenburgh
	Township of Matilda
	United Counties of
	S.D. &G.

TENDER NO 97-T33

Closing Date	**Supply of 4 Compact**
May 13/97	**Vehicles**

TENDER NO 97-T34

Closing Date	**Disposal of Surplus**
May 13/97	**Equipment for**
	Public Works Garage

TENDER NO 97-T35

Closing Date	**Supply of 2 W.D.**
May 13/97	**Pick-Up Trick**

TENDER NO 97-T36

Closing Date	**Supply of Diesel**
May 13/97	**Powered DumpTruck**
	(14,500 GVW)

A copy of the Tender Documents may be obtained from the Purchasing Department, 340 Pitt Street, 2nd Floor, Cornwall, Ont.. K6H 5T9. Sealed bids addressed to the City Clerk will be received at 360 Pitt Street Cornwall, Ontario no later than 11:00 a.m. on the closing.

Don't forget about your child's financial plan

Okay, forget about your own savings for a moment. Instead, how are your children doing financially and where will they be 10, 20 or even 30 years from now?

Will they be able to afford a university education? Will they have enough funds to purchase a new house? And will they have the time - and the money - to care for you when you become old?

These are just some of the many questions parents must consider as they watch their children grow up, find good jobs and start a family of their own.

If you'd like to give your child a little financial boost in life, you should consider starting a savings plan specifically designed for his or her needs. An in-trust account may be your best option.

An in-trust account is basically an "informal trust" set up with a financial institution to invest funds for a minor. The account is set up in-trust because children cannot enter into binding financial contracts. An adult - usually a parent - is then responsible for investing funds for the child and signing the contract on the child's behalf.

When considering the complexities of starting such a plan, most people frequently ask, "How is an in-trust account taxed?"

In short, when money is put into an in-trust account for either a related minor child or a minor who does not deal at arm's length with the donor, all income (interest, dividends, foreign and other income) is attributed back to the donor if it's earned during a year in which the donor was a Canadian resident.

There are, however, some exceptions. For example, if the funds are provided solely from Child Tax Benefit payments or an inheritance, the income would be taxed in the hands of the child and not attributed back to the donor. Similarly, if the money contributed to the account comes from the child, perhaps from a part-time or summer job, the income would also be taxed in the child's hands.

Capital gains, whether from distribution from the fund or sale of any assets in the account, may, depending on how the in-trust account is set up, be taxed in the hands of the child.

You should note that depositing funds into an in-trust account divests, deprives and dispossess the donor of title to the deposited funds and vests the property irrevocably in the beneficiary's hands. Also, contributions to an in-trust account are not tax deductible, according to Trimark Mutual Funds.

So before you rush into setting up a savings plan for your child, consider the benefits of an in-trust account.

If you're not sure, discuss your options with a financial advisor.

On the Money
with Gordon Pape

PAPE'S TIP: *"There are a lot of myths when it comes to mutual funds. You have to separate them from reality."*

Mutual fund myths (1)

The Canadian mutual fund industry now manages well over $200 billion worth of our money. Many people don't understand how funds work, and some of the false ideas about them can be dangerous.

MYTH #1

Mutual funds invest in the stock market.
● **Reality:** Some do. Many don't. There are as many different types of mutual funds as there are varieties of investments. Some funds never see a stock – they invest in government bonds, treasury bills, mortgages, real estate or gold.

MYTH #2

We're heading for a huge collapse that will wipe out the personal savings of millions of Canadians.
● **Reality:** There are always prophets of doom who write books that frighten people. The only way the entire mutual fund industry would crash is if every type of asset in the world – stocks, property, bonds, gold, oil, etc. – suddenly plunged in value overnight. The chances of that happening are virtually nil. If the TSE were to plummet, funds that invest mainly in Canadian stocks would fall. But bond funds might rise, as they did after the '87 crash, when interest rates were cut.

MYTH #3

All stock funds are equally risky.
● **Reality:** Some equity funds carry more risk than others. The least risky mutual funds are those that invest around the world. This enables fund managers to avoid high-risk areas (e.g. Japan right now) and add stocks in regions where the risk is low (e.g. Europe).

The highest risk stock funds are sector funds which invest in a specific area of the economy – e.g. financial services or natural resources.

Next week: *Myths of no-load funds, historical results, and mutual fund salespeople.*

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For more information on investing and personal finance, visit the Gordon Pape web site at **http://www.gordonpape.com**. For specific advice, consult an appropriate financial professional.



Timothy Ming P.Eng, MBA

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INVESTMENT STRATEGIES

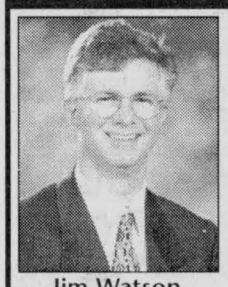

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Image - Your Competitive Edge

Mother was right. You never get a second chance to make a first impression - and in sales, making a positive first impression is what it's all about.

"People form impressions of you by looking at the outside and making assumptions about what's on the inside," says Roz Usheroff, author of the Canadian Professional Sales Associations (CPSA) tip booklet, *Image -- Your Competitive Edge*. "Ninety per cent of people form an opinon within 10 to 40 seconds upon meeting you."

How do you develop an effective first impression? CPSA's tip booklet offers a few hints:

• An effective first impression must show consistency between your words, actions and your look.

• Studies show first impressions are based 55% on how you look, 38% on how you say what you say and 7% on the words you use.

• Say what you mean and demonstrate it with purposeful movements and appropriate non-verbal communication. Projecting yourself as being innovative and creative, yet dressing from the '70s might give out a mixed message.

• Be flexible. Use your judgement and instinct in different situations. Look at yourself as a chameleon in a positive way. Be sensitive when dealing with clients.

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INSURANCE BROKERS INC.
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Roger Rivier Insurance Brokers Inc. began in 1953 as RIVIER Insurance by Fred Rivier. Over the years we have represented only the most respected and reliable Insurers. We offer you VALUE by defining your insurance needs and advising you how to proceed when insuring or making claims. This with competitive rates, makes us the "Broker of Choice".

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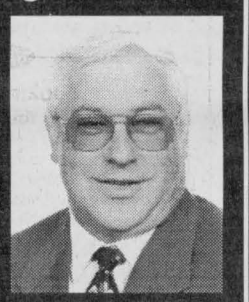

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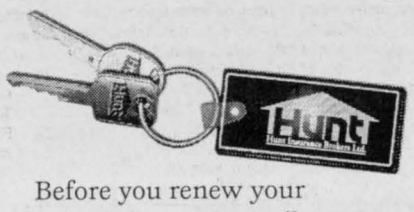

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Mrs. Brenda McIntosh


Mr. Brett Doll


Mrs. Loreen Hagey


Mr. Steve Sage

Cornwall Office
933-2424
Ingleside Office
537-2241

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Hunt Insurance has been there – serving the families and businesses that call the Cornwall area home.

Tax Tips
Charitable Donations

You can claim tax credits for any charitable donations made in 1995, to a maximum of 20% of your income. If you gave more than that, you can use the extra donations for credits in future years, up to five years. Gifts to Her Majesty or gifts of Canadian cultural property also qualify for a credit, but are not subject to the 20% limitation.

Other tips:

• You are entitled to a federal tax credit of 17% on the first $200 of your 1995 donations, and 29% on donations above that amount.

• If the total donations for a family are less than 20% of the income of one family member, that family member should claim all the donations. This maximizes the tax benefit. Ask your chartered accountant's advice on tax planning.

Brought to you by The Institute of Chartered Accountants of Ontario.

STAR
Strategic Asset Allocation
STAR: REDUCING THE STRESS OF RRSP INVESTING.
It's a logical choice for your RRSP. STAR from Mackenzie provides a fully-diversified portfolio of mutual funds selected to meet your needs.
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M. McDermid
Invest wisely. Important information about the STAR asset allocation program is contained in the simplified prospectuses of the Mackenzie Funds. Obtain a copy from an investment advisor and read it carefully before investing. Unit values and investment returns of each fund within your STAR portfolio are not guaranteed and will fluctuate, as will the overall market value of your STAR portfolio, reflecting changes in the value of the underlying funds. Mackenzie has agreed to pay part of the cost of this advertisement.

Bridge Results

Independent Bridge Club
April 16/97

N/S
1. Suzanne Bourbonnais
   - Alice Marleau
2. Yolande Boutin
   - Terry Forsyth
3. Kay Colbran
   - Margaret Evans } tie
4. Ida Cadieux } tie
   - Marion Lemieux

E/W
1. Eileen Beaudette
   - Mona MacPhee
2. Ben Bouvier - Madan Seth
3. Charles Lawn - Louis Rioux

Cornwall & District Bridge Club
April 17/97

N/S
1. Jeanine Alain
   - Bruno Carriere
2. Kirk Malette
   - Voyteck Pomy Kalski
3. Jocelyn Campbell
   - Claudette Rousseau

E/W
1. Dora Barrington
   - Mildred Cleary
2. Richard Baird - Ron Jenne
3. Carol Reus - Barbara Taylor

Winners of Howard Cunningham Trophy
Dora Barrington
Mildred Cleary

Senior Citizen's Bridge Club
April 18/97

N/S
1. Mildred Cleary
   - Mona MacPhee
2. Yvonne Bergeron
   - Ida Cadieux
3. Rita O'Brien
   - Bert Chausse

E/W
1. Lydia LeGault
   - Claudette Rousseau
2. Colombe Amelotte
   - Reina Drouin
3. Verna Beaulieu
   - Marie Godard

Cornwall Community Bridge Club
April 22/97

1. Kirk Malette - Maurice Roussy
2. David Kalil - Gordon Lanctot
3. Richard Baird - Ron Jenne

POET'S CORNER

By Stephen Gill - Cornwall

Who Shall Buy

No one can buy
nor sell
the blessings of the skies
the warmth of the valleys

No one can buy
nor sell
the freedom of the winds
the grace of the lakes
the dignity of the palm trees
the mystery of the oceans
the sobriety of the jungles
and the songs of the seasons.

No one can buy
nor sell
the fragrance of the flowers,
which is a friend of
the universe;

and the inter-dependence
of all animals, nations and
nature
who form a family with
humans
and who breathe
the same air
under the same canopy.

ST. LAWRENCE COLLEGE SAINT-LAURENT BROCKVILLE CORNWALL KINGSTON

ISO 9001 Certified

Spring 97 **Part-time Studies @ St Lawrence College**

Register Now!

The Customer Service Centre is open
Monday - Thursday, 9am - 7pm
and Fridays, 9am - 4pm.

Most classes start the week of May 5.
Questions? Call: (613) 933-6080, ext.2521

APPLIED ARTS

TEACHER OF ADULTS CERTIFICATE (0568)

Group Dynamics and Problem-Solving
This course assists participants in the development of group processing skills as well as individual and group problem-solving techniques. The process-oriented delivery method encourages participants to practise group skills in a supportive environment. (45 hours) Teacher: Linda McDevitt.
Course Code and Section: AL004 601
Mon. and Thurs., May 5-June 26,
5:00-8:00 pm, Room M142 Fee: $139.

CREATIVE ARTS

WOODCARVING

Intermediate Woodcarving
Once you have mastered the basics of woodcarving, you can further develop your skills in the carving of intricate feather detail and in the use of a variety of painting techniques by participating in BW002. The instructor encourages past students to take advantage of this opportunity to complete unfinished projects and to hone painting skills. (45 hours) Pre-requisite: BW 001 Teacher: John Sonne
Course Code/Section: BW002 601
Mon., May 12-Aug. 18, 6:30-9:30 pm
Fee: $139.

PHOTOGRAPHY

Photography Workshop (Photography for Beginners)
This course includes basic camera handling and exposure control, the use of different lenses, slide and print films, filters and flash, and creative techniques for lighting, composition and colour. Students gain experience through various photo-taking projects and are asked to bring their 35mm camera and colour slides or film to the first class. (24 hours) Teacher: Alex Taylor
Course Code and Section: CR086 601
Wed., May 7-June 25, 6:30-9:30 pm,
Room A147 Fee: $75.

NEW

Looking Good
Enhancing Your Presentations
Learn how to add style, finesse and effectiveness to your presentations by way of this 6-hour workshop. Our goal is to provide you with the skills and techniques that will allow you to plan a dynamic presentation, work with your audience and use technology to enhance your delivery. This workshop will be of interest to teachers, trainers, consultants, community service workers and to a multitude of individuals whose roles include presentations to peers, supervisors, clients and community groups. (6 hours)
Course Code and Section: GI199 601
Mon. and Tues., June 9 and 10,
4:00-7:00 pm, Room M262
Fee: $60. (Incl. GST)

HUMAN STUDIES

ADDICTIONS TREATMENT AND PREVENTION WORKER CERTIFICATE (0433)

Community Resources and Specialized Populations
This course includes a detailed examination of the local addictions treatment and general community service network within the context of the continuum of care for addiction problems. Course content also includes the accessing of treatment resources for specialized populations. Emphasis is placed on local services using an exportable model. (30 hours) Teacher: Carolyn Taylor
Course Code and Section: ADDI027 601
Mon. and Thurs. as follows: May 8, 12, 15, 22, 29, June 2, 5, 9, 12 and 19, 5:00-8:00 pm,
Room M357 Fee: $93.

Addictions Treatment and Prevention Worker Field Placement
The overall objective of the field placement is two-fold. First, students are given the practical opportunity to demonstrate the theoretical framework of addictions learned through course work and, secondly, students experience new learning in the addictions field that differs from previous or current addictions work experience. (240 hours) Pre-requisite: Successful completion of eight theory courses
Course Code and Section: ADDI012 601
Students will be contacted by the College once registered and provided with additional instructions.
Fee: $134

FROM OUR SOCIAL SERVICES WORKER PROGRAM

General Education - Wellness
This course provides the student with the background necessary to plan a healthy lifestyle and to effectively manage stress. Course content includes study skills, time management, assertiveness, esteem building, and fitness and nutrition. **For students entering full-time study at the College this upcoming fall, please note that this course is an approved general education course in all programs of study and is considered to be excellent preparation for post-secondary life.**
(45 hours) Teacher: Cheryl Walker
Course Code and Section: WL010 601
Mon. and Thurs., May 5-June 26,
5:00-8:00 pm, Room M356 Fee: $139

BUSINESS

COMPUTERS! COMPUTERS! COMPUTERS!

UNDERSTANDING WINDOWS '95

Introduction to Windows '95
This introductory course covers the basic requirements of the Windows '95 operating system and provides an overview of the features offered. Students will be able to work within the Windows '95 operating system to manage files, applications and the environments in which they are working. (15 hours) Recommended Background: DOS and/or Windows 3.1 Experience Teacher: Cathy Cornett
Course Code and Section: COMP095 601
Wed., May 7-June 4, 5:00-8:00 pm,
Room M183
Fee: $47. + Materials Fee: $5.

UNDERSTANDING MICROSOFT PRODUCTS

Introduction to Microsoft Word for Windows
In this course, students will be exposed to the fundamentals of word processing. Course content includes the WYSIWYG environment, and creating, editing, formatting, and printing several types of word processing documents. (15 hours)
Teacher: Cathy Cornett
Course Code and Section: COMP951 601
Thurs., May 8-June 5, 5:00-8:00 pm,
Room A350
Fee: $47. + Materials Fee: $5.

Introduction to Microsoft Excel for Windows
This course provides an introduction to electronic spreadsheets. Students will build and format a spreadsheet and will be introduced to functions, multiple worksheets and charts. (15 hours)
Teacher: Cathy Cornett
Course Code and Section: COMP943 601
Tues., May 6-June 3, 5:00-8:00 pm,
Room A350
Fee: $47. + Materials Fee: $5.

UNDERSTANDING DOS

DOS I (An Introduction to Computers)
This course introduces students to the personal computer and to the DOS operating system and is strongly recommended for those individuals planning to register for other computer courses. Course content is ideally suited to persons with little or nor computer experience who want to improve and increase their utilization of the personal computer either at home or at work. (15 hours)
Teacher: Steve Riviere
Course Code and Section: SW030A 601
Mon., May 5-June 9, 5:00-8:00 pm,
Room A351 Fee: $47. + Materials Fee: $5.

UNDERSTANDING WINDOWS 3.1

Introduction to WINDOWS 3.1
This course provides a fundamental overview of the workings of WINDOWS 3.1. Students explore the many aspects of WINDOWS 3.1 including multitasking and object linking and embedding. All of the accessories included in WINDOWS 3.1 are examined. (15 hours) Pre-requisite: SW030A or Equivalent Background Teacher: Steve Riviere
Course Code and Section: TN016A 601
Wed., May 21-June 18, 5:00-8:00 pm,
Room A350 Fee: $47. + Materials Fee: $5.

ACCOUNTING CERTIFICATE (0223)

Introductory Accounting II
This course focuses on the recording and controlling of major financial statement items and accounting for corporations and partnerships. (45 hours)
Teacher: Heather Robertson Prerequisite: AC001
Course Code and Section: AC002 601
Mon. and Thurs., May 5-June 26,
5:00-8:00 pm, Room M353 Fee: $139.

BUSINESS MANAGEMENT (0241), ADMINISTRATIVE ASSISTANT (0243), AND HUMAN RESOURCES (0251) CERTIFICATES

Labour Relations
This course content focuses on trade unions, contracts, negotiations, arbitration boards, grievance procedures, labour task forces, mediation, walk-outs, the legality of strikes, pickets and lockouts, the collective bargaining process, labour legislation and management and union strategies.
(45 hours) Teacher: Graham Dart
Course Code/Section: HRM002 601
Tues. and Thurs., May 6-June 26,
5:00-8:00 pm, Room M140 Fee: $139.

The School of Business is delivering the following courses during the Spring/Summer 1997 semester as part of its regular programming. Contact the Customer Service Centre, Cornwall Campus, for scheduling details at 933-6080, ext.2513.
AC036 Computer Applications in Accounting
BU048 Organization Behaviour
EN020 Applied Communications II
EN030 Applied Communications III
IP002 Introduction to Data Processing II
MA035 Business Mathematics
MA053 Mathematics of Finance
MK202 Introductory Marketing II
OA002 Office Administration Procedures I
OA023 Intermediate Office Administration Applications

HEALTH SCIENCES

HEALTH CARE AIDE (PART-TIME) (0404)

Participation in the part-time Health Care Aide program is limited to those individuals who can bring a minimum of 240 hours of directly-related work experience to the program. Please contact Deborah MacKay, Continuing Education Officer, Cornwall, at 937-1505 for further details.

Health Care Aide Theory I
This course is designed to upgrade the skills of non-certified workers currently employed in nursing homes, homes for the aged and other agencies caring for the elderly. Course content includes: responsibilities and accountability of the health care aide, principles of health care, understanding the emotional, social and physical needs of the aged, communication skills, activation and remotivation of the aged and basic concepts of long-term illnesses. (60 hours) Pre-requisite: 240 hours of Directly-Related Work Experience Co-requisite: HC010 Teacher: Joan Siwik
Course Code and Section: HC009 601
Tues., May 6-Aug. 12, 1:00-5:00 pm,
Room M326
Fee: $185.

Health Care Aide Practice I
This course is a supervised clinical experience allowing the student to put theory into practice. Emphasis is placed on the needs of the aged and the specific care necessary to meet these needs. The experience includes an individualized approach with the total physical, emotional and social elements being considered by the health care aide. (60 hours) Teacher: Joan Siwik
Pre-requisite: 240 Hours of Directly-Related Work Experience Co-requisite: HC009
Course Code and Section: HC010 601
Tues., May 6-Aug. 12, 8:00 am to Noon
Fee: $185.

HC009 and HC010 must be taken concurrently.

PERIOPERATIVE NURSING

Post-Anesthesia Recovery Care
This course is designed to meet the learning needs of registered nurses working in post-anesthesia recovery units, day surgeries, surgical areas, I.C.U. or any area receiving post-operative patients. Emphasis is on the anesthetic process, its consequences, and the RN's role in assessment and intervention. Course content covers initial and respiratory assessment, airway management, all methods of anesthesia, muscle relaxants, reversal agents, malignant hypothermia, arterial blood gas interpretation, care of pediatric and geriatric patients and anesthesia-related topics. (45 hours) Pre-requisite: Certificate of Competence as an RN in the Province of Ontario or eligibility for same
Teacher: Ann Rodney
Course Code and Section: IC090 601
Mon. and Thurs., May 5-June 26,
6:00-9:00 pm, Room M111
Fee: $139.

The School of Human Studies is delivering the following courses from the Social Services Worker and Teacher Assistant programs this Spring 1997 semester:

SE041 Behaviour Modification in Everyday Life
SE085 Basic Counselling Methods
SO025 Community Integration

These courses will be of interest to both part-time and current full-time students as well to community workers from various social service agencies. Contact Diane Lalonde, Professor, at 933-6080, extension 2126, for additional scheduling and course details.

HEALTH SCIENCES

REGISTERED NURSE - CRITICAL CARE NURSING DIPLOMA (0415)

Gastrointestinal Module
This course content focuses on the GI system and accessory organs (liver and pancreas). Topics of study include anatomy and physiology, GI diagnostics, nutritional considerations, nursing assessments, GI bleeds (with medical and surgical interventions) acute pancreatitis, liver failure, bowel obstruction, peritonitis and abdominal trauma.
(16 hours) Pre-requisite: IC060 and IC062
Teacher: Ruth Leblanc
Course Code and Section: IC066 601
Tues., May 6-May 27, 6:00-10:00 pm,
Room M253 Fee: $50.

Management and Teaching Skills
This course content addresses those issues confronting RNs in a critical care setting including stress management, leadership skills, ethical and legal considerations and professionalism.
(35 hours) Teacher: Ruth Leblanc
Course Code and Section: IC067 601
Tues., Jan. 3-June 10, 6:00-10:00 pm,
Room M253 and an additional 3-day weekend session in Kingston (dates TBD)
Fee: $108.

TECHNOLOGY AND TRADES

OCCUPATIONAL HEALTH AND SAFETY

Students requiring OCHS004 "Interaction Skills in Health and Safety" can register for AL004 "Group Dynamics and Problem-solving" (see Teacher of Adults, Applied Arts) and a substitute credit will be posted to your student record upon successful completion of the course.

WELDING

Welding Technology
This course covers the basic knowledge and skills required for the four welding processes: oxy-acetylene, shielded metal arc, tungsten inert gas and metal inert gas welding. (45 hours)
Teacher: Kevin McAteer
Course Code and Section: WE099 601
Mon. and Thurs., May 5-June 26,
5:00-8:00 pm, Room M163
Fee: $139. + Materials: $80

INTEREST COURSES

INTERNET TRAINING

Introduction to Internet
This 3-week workshop provides you with an overview of the Internet. At the end of the first session, you will have entered "cyberspace" and "surfed" the fastest growing part of the Internet, the World Wide Web. You will then learn how to search the Internet, how to download and install software and how to protect your computer from viruses. You will also be introduced to e-mail and to ftp. During the third session, you will learn about restriction software and explore the many features of Usenet News. Throughout the workshop, you will receive hints and direction for proper and effective use of the Internet. Internet etiquette, file downloading, and file compression are also covered. Participation in this workshop permits you access to the Internet for a four-week period using your account on the College computers. Modem access is included. Participants should have basic Windows skills and must register at least three working days prior to the start of the workshop. (9 hrs) Teacher: Robert Firth

Course Code & Section HWAY101 601
Tues., May 6-May 20, 5:00-8:00 pm,
Room M183

Course Code & Section HWAY101 602
Tues., June 10-June 24, 5:00-8 pm,
Room M183 Fee: $109. (Incl. GST)

Internet Workshop - Home Pages
By the end of the workshop, you will have produced a Home Page which could include text, graphics and hyperlinks. You will receive instruction and practice in using HTML tags, learn about web page design and etiquette, the software available for web page creation and the methods of publicizing you web page. You will also learn about the common extensions to HTML in terms of making your web page accessible to the widest number of readers. Legal issues including copyright are discussed. Participants should be familiar with the World Wide Web. (3 hours) Teacher: Robert Firth
Course Code and Section: HWAY201 601
Tues., May 27-June 3, 5:00-8:00 pm,
Room M183 Fee: $70. (Incl. GST)

AIR BRAKE ENDORSEMENT

Air Brake Endorsement
New legislation requires all drivers having air brakes to obtain a "Z" endorsement. St. Lawrence College offers a 10-hour seminar which assists participants to prepare for the "Z" endorsement test. Topics covered include an overview of the legislation including driver responsibilities under the Act, air brake system components and their operation and purpose, trailer systems and adjustments, trouble-shooting and pre-trip inspections. Participants will be awarded a certificate for the "Z" endorsement upon successful completion of the course and examination. (10 hours) Teacher: John Parish
Course Code and Section: AB017 601
Sat., June 14, 8:00 am-6:00 pm, Room M259
Fee: $93. (No GST)

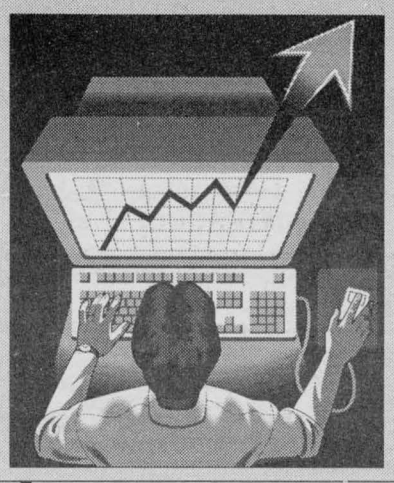
INVESTING

NEW **Investment Techniques I**
Aimed at beginners, this course provides a practical understanding of securities and markets and looks at stocks, bonds, fixed income markets, mutual funds, etc. (15 hours) Teacher: Troy Lalonde
Course Code and Section: GI212 601
Mon., May 5-June 9, 6:00-9:00 pm,
Room M350 Fee: $96. (Incl. GST)

LEISURE ARTS

Watercolour Painting on Location
The landscape surrounding Cornwall is the subject matter of this exciting watercolour course. This exercise provides an opportunity for an expert demonstration of watercolour techniques and for students to enjoy this beautiful medium while painting the area's scenery. A location is selected for each day of class with classroom space available if the weather does not fully cooperate. Students wishing to sketch on location using the medium of their choice are also welcome to do so. A materials list is available from the instructor or from the Continuing Education office. (15 hrs) Teacher: Kathi Legault
Course Code and Section: GI128 601
Mon. to Fri., July 7-11, 9:00 am-12:00 noon
Fee: $96. (Incl. GST)

NEW **Relief Carving**
Woodcarving enthusiasts will enjoy this 15-hour workshop with John Sonne which focuses on a two-dimensional carving project. Your project kit is available from the instructor with a materials listing and pricing available from the Continuing Education office. (15 hours) Teacher: John Sonne
Course Code and Section: GI133 601
Mon. to Fri., July 7 - 11, 9:00 am-12:00 noon
Fee: $96. (Incl. GST)



BUSINESS PROFILE

SEAWAY NEWS ADVERTORIAL

THIS MONTH

Bob's Cycle Shop

A business on the move ...

"On the move" that expression would probably best describe Bob's Cycle Shop. NO ... they are not moving from their Cornwall Centre Road location of 8 years, but they are moving more and more people on the road. In fact, over 50% more.

Yes, that's right. they have already sold more motorcycles this year than they did all of last year and the future only looks brighter when you consider that nationally, motorcycle sales are up across Canada by 19%.

Last year Bob and his wife Diane decided to increase their stock of motorcycles and accessories. It has paid huge dividends. They attribute the huge increase in business in part to the fact that their customers are able to come in the store and then virtually drive off the lot with the machine they want.

New exciting bikes from Suzuki, including the TL1000, the V twin sports bike which is designed to compete with the Ducati Super Bikes, the Marauder VZ800 and the GSXR 600 have once again been the movers for Bob.

While Bob tells us that the best selling Vulcan series from Kawasaki allows a customer to customize their bike, this obviously allows the customer to have a "bit of fun" with his machine.

While motorcycles are certainly the meat and potatoes of the business, the new all-terrain vehicle called the KVF Auto Prairie adds a nice dessert to an already fine line-up.

For those of you who are not interested in motorcycling a a summer recreation, then Bob has just the answer for you. How about a "personal water craft?" The brand new 3-seater 1100 from Kawasaki may just be the answer for you.

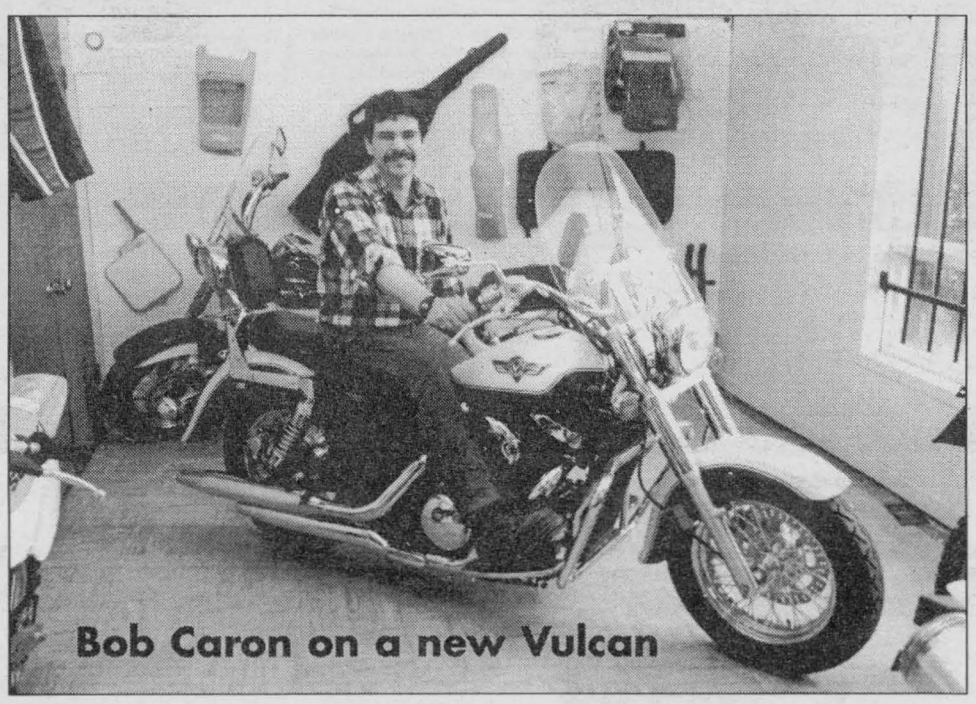
Bob's large inventory of parts and accessories has helped Bob's Cycle Shop win for the third year in a row, the Best Service Award from Suzuki. This very prestigious customer care award is given to dealers based on service and satisfaction from a customer survey.

Aside form winning Suzuki's customer care award, they also were a 1996 National winner of Kawasaki's technical knowledge competition.

Mark June 6th down on your calendar. That's the day that you can take a "demo" ride.

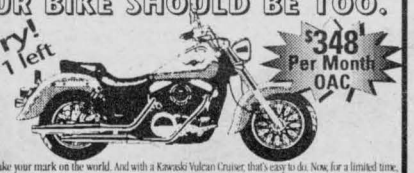
Unlike cars, where you can try out a particular vehicle there are very few bikes available for a demo, so make sure that you reserve your demo time with the model you wish to try out now. Call Bob or Diane at 938-7244. This is the only time that Kawasaki will be here this summer with their demo truck.

Now that Bob has very competitive financing rates and terms combined with extended warranties and better insurance rates (Kingsway & Canada Life), we would expect to see Bob moving even more vehicles this summer.



Bob Caron on a new Vulcan

YOU'RE ONE OF A KIND. YOUR BIKE SHOULD BE TOO.



You've got to make your mark on the world. And with a Kawasaki Vulcan Cruiser, that's easy to do. Now, for a limited time, your participating Kawasaki dealer has just made it even easier. When you purchase a new '96 or '97 model Vulcan, Kawasaki will include your choice of Genuine Fire & Steel Accessories valued at up to $1000. The selection is impressive: windshields, saddlebags, backrests and much more. The Vulcan 1500 Classic model is eligible for $1000 worth of accessories. The popular 800 and 800 Classic models come with $750 of genuine accessories. And the Vulcan 500 LTD can be yours along with your choice of accessories valued at $500. But hurry, offer valid January 1 to April 30, 1997.

Kawasaki
Let the good times roll.
Specifications subject to change. Availability may be limited.

BOB'S CYCLE CORNWALL
Cornwall Centre Road (Just West of Brookdale) 938-7244

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- Stereo Receiver/Monitor with a 3-Jack Panel
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- *New* Surf's Up™ Favorite Channel Selection
- Channel Labeling
- Parental Control
- Bavarian Walnut Color Finish
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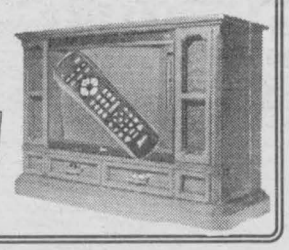
$849.95 OR $45.00 MONTHLY OAC



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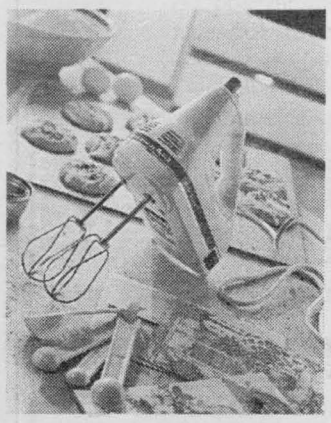
BARB'S "Introductions"
LET US HELP YOU FIND A COMPANION.
933-5903
BARB'S Singles Dances
held at NAVY CLUB
30-6th St. E.
Dances Start at 9 pm
933-5903

Share a Mother's Love on Mother's Day

One of my fondest childhood memories is watching my Grandma Bea make oatmeal cookies. For Grandma Bea, making cookies was a long and arduous process, but she didn't seem to mind. She called her recipe Mother Love Oatmeal Cookies, and she always gave me one fresh from the oven.

My mom carried on the oatmeal-cookie tradition, but she didn't have to work quite as hard. She had a small hand mixer that we had given her for Mother's Day, and she was very proud of it. She said it was great for cake batter and whipped a mean mashed potato, but it really struggled with the stiff cookie dough, especially after she added her own innovation, chocolate chips.



Moms prefer a high-quality hand mixer with a strong motor and an electronic sensor to prevent the beaters from bogging down in even the thickest cookie dough.

Now, I'm the cookie maker. As a caterer, I've had to make dozens of my Mother Love Oatmeal Chip Cookies for my clients, who adore my own innovation, white chocolate chips.

The first thing I did was invest in a KitchenAid hand mixer. If you really enjoy cooking, it makes sense to invest in a powerful, durable hand mixer. The KitchenAid really is the strongest I've ever used. It's powerful enough to handle Grandma Bea's recipe without bogging down in the stiff cookie dough. It has an electronic mixing sensor that automatically adjusts power for consistent beater speeds. It always seems as eager to cream butter on the last batch as on the first. Try that with your mom's old mixer!

The second thing was to enlist my two teen-agers by promising lots of fun and a big monetary reward. Now, we work together in the kitchen like a well-oiled cookie-making machine. When the last batch comes out of the oven, we are elated and hungry!

As we sit eating cookies and laughing, I know the tradition will continue. Although each generation will bring a little something different to the experience, the main ingredient — "Mother Love" — remains the same.

MOTHER LOVE OATMEAL CHIP COOKIES

1 cup brown sugar
1 cup white sugar
1 cup butter
2 eggs
1 teaspoon vinegar
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon vanilla extract
Pinch of salt
2 cups flour
2 cups oatmeal
2 cups coconut
2 cups of chips, dark or white chocolate

In a large mixing bowl, cream the sugars and the butter together with a hand mixer. Add eggs, vinegar and vanilla. Beat until smooth. In another bowl, combine baking soda, baking powder, salt and flour. Then, add oatmeal, coconut and the contents of the other bowl. With a hand mixer, blend the ingredients together. Add white or dark chocolate chips, and mix with a hand mixer. Chill batter for 1 hour. Roll dough into 1-inch balls. Place balls on a cookie sheet and flatten. Bake in a 325-degree oven until golden, about 20 minutes.

In addition to teaching and catering, Colleen Miner appears regularly on television news programs across the country. Her cookbooks "Together in the Kitchen" and "Treat Yourself" are filled with recipes that spread a mother's love.

The REFORM Party

Reform Party Fresh Start for Canadians in a 6 point plan to build a brighter future together.
Candidates, Isabel Banner, Charles Dillabough
Nomination meeting April 30th 7:30 p.m.
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Call (toll free) **1-613-860-2233**

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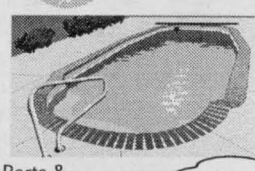

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Glen Productions Theatre Ontario Festival '97

cont. from front page

coming to Cornwall, Aultsville Theatre, St. Lawrence College.

Wednesday, May 14th, 8:00 p.m., E.O.D.L. Winner, from Peterborough. **"Sleuth"**

"Sleuth" is a mystery play that will give you so many turns in the plot that you'll wonder what can possibly happen next. No one in the cast is ever what he seems in this whodunit and every event is bizarre. In a cozy English country house owned by a famous mystery writer, a young guest walks in and they begin a convivial round of scotch and dialogue. Suddenly the hosts says, "I understand you want to marry my wife" and from that moment, the two are locked in a mortal encounter. The games that are devised - the murders plotted and subverted - add up to increasing suspense and unsolvable crime. The play was the winner of the Best Play Award of the Drama Critics Circle when it played on Broadway. Some of the comments by the critics at the time ...

"Ingenious skulduggery ... replete with skillful suspense and inventive tricks"

"Clever ... intricate ... It is good, neat, clean and bloody fun, and I most cordially recommend it".

Thursday, May 15th, 8:00 p.m., ACT-CO Winner from Bolton, Ontario. **"Greetings"**

"Greetings" is a comedy with a rather strange twist. Andy Gorski has a sweet Catholic mother, a sour Catholic father and a severely retarded younger brother. When Andy reluctantly brings home his Jewish atheist finanée to meet his folks on Christmas Eve, his worst fears about family blow-ups are realized. But it is right in the middle of the explosion that brother Mickey, whose vocabulary thus far has been limited to "oh boy" and "wow", suddenly comes out with the word "Greetings!" and sends us on a wild, improbably and hilarious exploration into the nature of earthly reality. It seems that Mickey has loaned his body to an ancient, wise and witty spirit who is set upon healing the family's wounds. This is accomplished, eloquently and movingly, at the same time breaking through the shell of cynicism and doubt in which Andy's fiancée has encased herself. The Off-Broadway production starred Darren McGavin. The critics said at the time:

"A surprisingly effective comedy that glows with good-natured warmhearted emotion"

"When a play can warm the heart and bring one near tears, it must be a winner"

Friday, May 16th, 8:00 p.m., W.O.D.L. Winner from London. **"Trip To Bountiful"**

First presented on television and then on Broadway. This is the poignant story of Mrs. Watts, an aging widow living with her son and daughter-in-law in a three-room flat in Texas. Fearing that her presence may be an imposition on others, and chafing under the rigid and selfish supervision of her daughter-in-law, Mrs. Watts imagines that if she can get away and return to her old home in the town of Bountiful, she is sure to regain her strength, dignity and peace of mind. So she attempts to run away, and when she reaches a bus station on the last part of her short journey, she falls into the hands of a sheriff whom her son and daughter-in-law have put on her trail. The sheriff, a kindly fellow, allows her to complete the final stage of her journey, so she proceeds to Bountiful and makes a lonely pilgrimage to the scene of her old home. Only too soon she learns that the friends of her youth have all died or scattered, and her home is no longer the spacious mansion of her memories, but a crumbling wreck. But she has the supreme satisfaction of plunging her hands in to the strength-giving earth and this leaves her with a sense of that strength and dignity which will give her the courage to survive. When her son and daughter-in-law appear on the scene to take her back to Texas, she consents to return quietly, secure in the knowledge that the remainder or her existence will be enriched as a result of her last contact with Bountiful.

Saturday, May 17th, 8:00 p.m., QUONTA Winner from Espanola. **"A Woman Without A Name"**

A lyrical, moving and deeply felt study of a simple, God-fearing woman who surmounts a life beset by tragedy and disappointment to find self-recognition and fulfillment. The play combines starkly simple staging and choreographical movement to achieve its stunning impact. It's an exquisite piece of playwriting, a hauntingly moving ode to an unusual human being. It's the kind of play that leaves you awed, pensive and affected.

The place is a small American town, the time 1900. As the play begins, the characters enter and seat themselves in a semi-circle of antique chairs. The last to enter is the Woman, who carries her journal from which she starts to read. It is quickly evident that the journal is not only a record of the Woman's daily life, but also a measure of her intellectual and emotional growth as she copes with trials and tribulations with which she and her family are beset. As her story unfolds, the various characters involved in each episode leave their chairs and enter the action, while the others watch in silence. The Woman is sorely tried as she loses one daughter to a bungled abortion, another to a brain tumor and a son to TB. But, despite all, she manages to grow in learning and strength of character; to deal with her husband's descent into alcoholism; to forgive the young doctor whose clumsiness caused her daughter's death; and to accept the malevolence of her surviving son, who holds her responsible for the tragedies which the family has suffered. In the end, the play is a study in compassion, determination and the indomitability of the human spirit - soaringly depicted through the character of a simple, unschooled woman, who, in coming to terms with herself and her life, was able to achieve a freedom and sense of being which her "betters" would never knew.

Tickets: $12.00 for adults; $10.00 for seniors and students OR package price is $40.00, which includes green room at Glen Building after each show. Cost of this is usually $2.00 • all seats reserved.



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Q Why shouldn't I feed table scraps to my dog and cat?

A *The average life-span of pets has increased dramatically primarily due to the ability to prevent diseases. One of the best ways of preventing disease is with optimal nutrition. Because most of us don't know what is required to maintain our pets' health, feeding a reputable, well-balanced commercial pet food that has been designed by experts in their field will increase our pets' longevity.*

Most people typically think of giving meat (raw or cooked) to their pets, with the occasional bone to chew on, water to drink and a bowl of milk every now and then as a treat. Feeding an all meat diet to dogs can led to serious disease such as skeletal scurvy, rickets and numerous digestive disorders and to vitamin and mineral deficiencies in cats. Bones, although rich in calcium, can often perforate the intestines, which left untreated can result in death. Feeding raw meat can lead to server, sometimes fatal, bacterial infections such as Salmonellosis, Vitamin and mineral deficiencies can predispose animals to various metabolic and endocrine diseases. Often, adult dogs are lactose intolerant, so giving milk and milk products can result in severe gastrointestinal disease with vomiting and diarrhea.

Pets need consistency in their dies-dramatic changes result in gastrointestinal disease and a shortened life span. Avoid temptation and stick to a good, well-balanced commercial pet food for the health and well-being of your pets.

Tips Older cats have specific nutritional requirements that could benefit from a Senior food.

For More Information About Your Pet ... Contact

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Student Summer Jobs: Investing in the Future of Canadian Youth

Summer jobs are more important than ever for young Canadians trying to find their place in the job market. Summer jobs are a key component of the Liberal government's Youth Employment Strategy. This year, $120 million is being invested in summer job programs - the same level as last year, when a rise in funding created an additional 30,000 jobs. This level of funding will also be maintained next year. The various programs are offered through different federal departments.

Human Resources Development

• Summer Career Placements: Wage subsidies to employers will create about 45,000 jobs for students.

• Partners in Promoting Summer Employment: Local business associations will receive subsidies to hire about 250 students.

• Student Business Loans: About 1,300 students will start their own businesses using loans of up to $3,000, creating about 2,500 jobs.

• Human Resource Centres of Canada for Students: The 360 Human Resource Centres of Canada for Students will hire more than 800 students to help other students find jobs and employers find workers. These centres helped almost 185,000 students in their job search in 1996.

• RCMP Summer Student Program: This program will allow 115 students in law and criminology to work in justice and law enforcement.

For information, contact your local Human Resource Centre of Canada for Students.

Canadian Heritage

• Young Canada Works: this program will employ 2,000 people for fascinating and educational work in museums, libraries and national historic sites.

• The Canada Student Exchange Project: This program will give 500 students the opportunity to discover their country by working for the summer in another region of Canada while living with a host family.

For information: 1-800-935-5555. Internet: http://www.youth.gc.ca

Indian and Northern Affairs Canada

• First Nations and Inuit Summer Student Career Placement: Wage subsidies are provided to Aboriginal employers, who will hire about 3,000 First Nations and Inuit students to work in their communities.

• First Nations and Inuit Science and Technology Summer Camp Program: This program will give 3,000 First Nations and Inuit students the opportunity to participate in summer science and technology camps.

For information: contact the INAC Regional Office nearest you. Internet: http:www.inac.gc.ca/youth

Industry Canada

• SchoolNet Digital Collections: Students help organizations produce multimedia products for display on Canada's SchoolNet (Information: 1-800-465-7766).

• Computers for Schools: Students repair and refurbish computers to be donated to Canadian schools and libraries (Information: 1-800-228-6608).

• Community Access Program: Community Access is connecting rural communities to the Internet. The program will employ students to use the facilities to stimulate economic and social development in their areas (Information: 1-800-268-6608)

• Student Connection Program: Students will train small business owners to use the Internet to develop their businesses (Information: 1-800-328-6189).

These summer job opportunities are part of a larger effort on behalf of Canadian youth. The Youth Employment Strategy builds on more than $2 billion in new and existing funding for the programs, services, student loans and work experience opportunities that young people need today to find work and build careers in the new economy.

Give Mom a Message From the Heart

When it comes to remembering mom on Mother's Day, there's almost nothing that will substitute for a note, letter or homemade card written from the heart that says "I love you."

When Mother's Day was first observed almost a century ago, letter writing was the way to go. Anna Reeves Jarvis, the founder of Mother's Day, urged children to write special letters to their mom as a way of letting her know just how special a person she was. Today, with your busy schedule, you may find it hard to take the time to write a note — although this is the one "gift" that would mean so much to mom.

This Mother's day, try taking 15 minutes out of your day to write your mom a letter telling her that you love her and thanking her for all that she has done for you. It doesn't need to be fancy, just straight from the heart. She surely will appreciate this loving gesture, probably more than any other gift you could buy for her.

A homemade card, no matter how old you are, also will be appreciated. Raid your closet, and drag out the glue, glitter, construction paper, crayons, markers and fancy doilies. The next step is to let the artist hidden inside of yourself come out and create! You'd be amazed at how much fun making this card can be.

Don't worry that you can't write well — this is the one time that grammar really doesn't count. All that matters is that you tell mom the words that let her know how you feel about her.

If you insist on using the excuse that you don't have the time to send a homemade card, help is on the way. Mother's Day greeting cards come in all sizes, shapes and types. Some are little. Some are oversized. Some are emotional and sentimental. Some are humorous. Some are inexpensive. Some are not. Some are colorful. Some have electronic built-in messages. You even can create computerized cards yourself in certain card stores.

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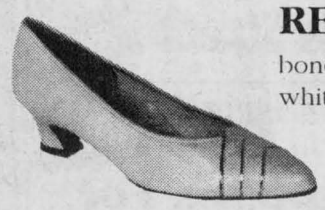
NATALIE
black kid leather



ASHLEY
white lustre,
ivory lustre



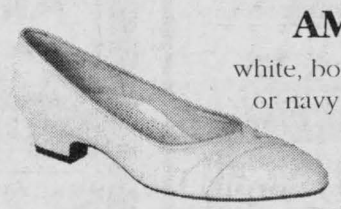
RENEE
bone lustre,
white lustre



PRISM
white lustre,
brass/gold mesh



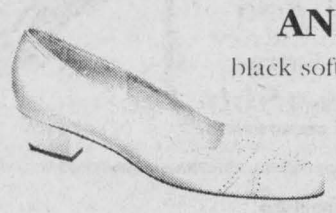
SARASOTA
ivory combo,
navy combo



AMY
white, bone, black
or navy leather



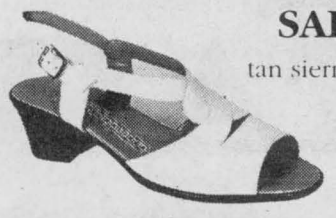
SHINA
taupe or grey
madras leather,
white lustre or
ivory lustre



ANITA
black softie leather



JAYNE
black kid leather



SAHEL
tan sierra leather



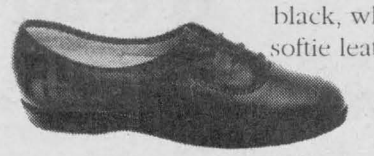
RANDI
desert sand nubuck



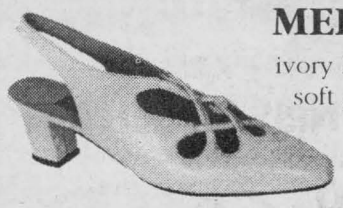
CARESS
soft gold metallic



JANET
black kid leather



ASTA
black, white
softie leather



MERYL
ivory lustre,
soft gold



KATIE
black, navy
softie leather

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Naturalizer Handbag
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Coupon Redeemable only at
Vimi Shoes
Valid until closing Saturday, May 3 '97 One coupon per pair at regular price

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AROUND the Counties

No Extended Phone Service for Morrisburg & Area

In Early March, a petition left in prominent locations in the Iroquois/Morrisburg/Williamsburg area was signed by over 500 people to request extended service and reduced rates on long distance calling. Copies of the petition were sent to MP Bob Kilger and to the Canadian Radio Television and Telecommunications Commission (CRTC). The original petition was sent to Bell Canada.

According to Shari Kauffeldt, Associate to the Vice President of Bell Canada "There will be no extended service offered to the (Iroquois/Morrisburg/Williamsburg) area because, unfortunately, the area does not meet the criteria."

With so many names on the petition, Kilger's office was confident that this area would see extended services. "We don't see how this could possibly be ignored," said Kilger.

A letter from the CRTC, along with an enclosed report from the Director of Regulatory Matters of Bell Canada stated that the area in question did not meet the criteria needed to apply for extended service.

Bell Canada sent no response, but when contacted did review the conditions required to implement extended. Kauffeldt says she has been in meetings for the past two weekends trying to resolve issues such as the one that affects the Morrisburg/Iroquois/Williamsburg area.

"Bell is considering many options and planning several changes," states Kauffeldt.

McLeod Inducted to Wall of Fame

Glengarry farmer Sam J. McLeod was honoured recently by the Agricultural Wall of Fame for his service to the agriculture community.

Bernard McDonell and Jack MacRae were also honoured at the Wall of Fame's induction dinner on April 26th in Maxville.

Although he holds working the land closest to his heart, McLeod has been involved in almost every aspect of farming from hogs, to dairy to education.

He was born on a sixth-generation dairy farm on Concession 8 in Lancaster Township.

After graduating from the Ontario Agricultural College with a Bachelor of Science Degree in 1940, he then joined the air force and served in World War II. Upon his return, he worked as a field officer for the Veteran's Land Act, helping soldiers to become established farmers in Glengarry, Prescott and Russell.

He stayed with the VLA when it became the Farm Credit Corporation and continued his line of work until 1965, then found greener pastures in Martintown where he set up and ran a hog farm for about ten years, until an injury prevented him from continuing. His two sons, Jim and Sam took over the hog operation and expanded it in 1974 with a state of the art swine facility.

McLeod has served 47 years on the public school board and its predecessor in Charlottenburgh. Last year, the board renamed Lancaster Township Public School as the S.J. McLeod Public School.

Tiptoe With Mom Through the Tulips

Are you on a limited budget and looking for a great Mother's Day Gift? Why not bring your Mom and the whole family to The Garden in Morrisburg on Mother's Day, May 11th, between 1 & 3 p.m., and take a stroll around the beautiful gardens of Jeff Arsenault, all this at no cost to you!

Draws will be held throughout the afternoon for door prizes from local businesses. All Moms in attendance will receive a free entry into the draw. A photographer will be on hand to take a family photo for a nominal fee. Packages of gladioli bulbs will be offered at the low price of $2. for ten. The activities will finish with a draw for a diamond ring, part of the prize board for the Mother's Day Raffle. Tickets are available right up to the time of the draw, at 3 p.m. Tickets are $2. each or three for $5.

The Garden is located in Morrisburg, three blocks south of the water tower.

Emotional Family Reunion

Finally ... after 50 years, Mountain's Dini Koekkoek made a trip to New Zealand and was reunited with her eleven brothers and sisters.

"It was an emotional experience being together for the first time," Koekkoek said. "They (my brothers and sisters) really didn't change over the years. We are already planning a reunion in 2000.

The Spijkerboschs family grew up in Holland before eight of them moved to New Zealand. Koekkoek is the only family member living in Canada. Eight of her brothers live in New Zealand, two reside in Holland and another sister, Betsie lives in Germany.

Morrisburg W.I. Begins 90th Year

The Morrisburg Women's Institute are looking back on a busy fifteen year period as they begin their 90th year. Although their membership has slipped to ten, since 1983, they still keep up their community support.

Through their amazing efforts, scholarships are given to three schools in the area; yearly donations to the Winchester Hospital, Upper Canada Playhouse, South Dundas Christmas Exchange and Meals on Wheels; supported group homes with Christmas gifts; Girl Guides; Old Home Week; Naomi Center (for abused women and children); House of Lazarus research center; as well as sending several boxes to Zambia and rescuing the old Morrisburg School Bell, after the Seaway upheaval.

This year is the Centennial of the Women's Institute, which was founded in 1897 at Stoney Creek, Ontario by Adelaide Hoodless. The Morrisburg Institute was founded in 1908.

Teen Tobacco Use Up by 5%

Most teens will agree that smoking is bad for them but students in Glengarry are either ignorant of the facts or unwilling to acknowledge them, as smoking areas outside local high schools steadily fill up.

The problem in Glengarry is twofold and has become a concern to health care professionals, educators and the general public alike.

A study provided by the Eastern Ontario Health Unit show that students in grades 7 through 13 are lighting up more often than ever. The rate of tobacco use by students in this age group has jumped from 19.2% in 1988 to 24.6% in 1994, and more female tobacco users have begun lighting up in Glengarry, three females to every two males.

Local educators say that cheaper cigarettes and increased advertising in the news media have added to the availability and the promotion of tobacco products in Glengarry.

There is some good news for Glengarry though, according to the Health Unit's study, Glengarry county has the lowest number of teenage tobacco users in S.D. & G. and Prescott-Russell.

RED TAG DAYS SALE



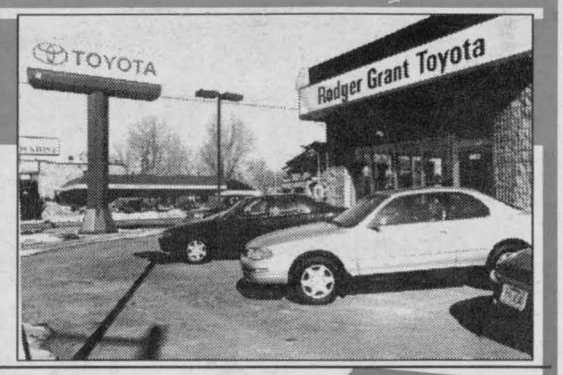
Sales Manager



Sales Rep. & Business Manager



Sales Rep.



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auto., air conditioning, power windows & locks, dual air bags, cruise control plus much much more!
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90 Ford Tempo, air, auto.,	$3,900
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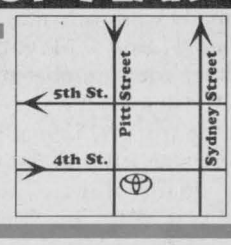



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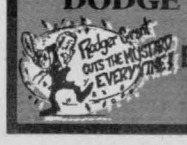

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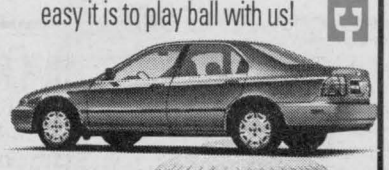



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SEAWAY SPORTS

Char-Lan Indoor Soccer League

This week saw the loop enter into the play-offs with the top 4 teams facing each other. The first game was played between Towne Halle and the Glengarry Stars. Towne Halle had given the Stars all sorts of trouble during the regular season and even though they finished behind the Stars they expected to do well against them. The game started briskly with the play going end to end and both goalkeepers having to pull off good saves. After the opening 10 minutes the Stars started to exert all the pressure and Paul Gauthier in the Towne Halle net was kept busy. It was only a matter of time before the Stars finally scored. Cameron Lajoie drove a fierce shot past the Towne Halle goal keeper and that set the stage for the rest of the game. Once up by a goal the Stars are a difficult team to beat.

The Stars came at the Towne Halle defence in waves and apart from the odd breakaway the Towne Halle never really looked like scoring. The Stars were able to build on the opening goal and at the end of the first 40 minutes they had a 4-0 lead. The second half was a carbon copy of the first with most of the play being forced by the Stars and they were able to double their lead in the second. Tommy MCKay presserved the Shut-out to help the Stars to a decisive 8-0 win. The Stars scoring came from Cameron Lajoie (2), Tim McCuaig (2), Jon Hamelin, Chancy Lajoie, Jason Struthers and Steven St Denis all with singles.

The second game was played beween Rudi's (the regular season champs) and the Nomads who were making their first playoff appearance for a number of years. Apart form the new experience for the Nomads they were also without their regular goalie due to an injury received in the Alexandria league.

This left the Nomads with a daunting task ahead of them as they had always played Rudi's poorly through the season. It did not take Rudi's very long to open their acount and the goals kept coming at regular intervals. By the half Rudi's had amassed a 12-1 lead and added 5 more in the second to run up a massive 17-2 scoreline. Rudi's got goals from Richard Malo (4), Courtney Mason (4), Kieran Denedy (3) and Ben and Gareth Pye 2 each. The 2 Nomads markers were scored by Steve Alguire and Kevin Armstrong.

Next week sees the final at 8:30 p.m. between Stars and Rudi's and a consolation game at 7:00 p.m. between Towne Halle and Nomads.



(NC)—Remember, a Personal Watercraft (PWC) is a BOAT! All boating rules apply. PWCs are not equipped with lights and cannot be used after dark. Boating activities at night must meet the proper requirements.

For more information, call Canadian Power and Sail Squadrons (CPS) at 1-888-CPS-BOAT.

SEAWAY SCOREBOARD

United Counties Ladies Basketball League

RESULTS FOR APRIL 24

Emard Bros. **38** **Cornwall Gravel Pits** **37**

Top Scorers for Emard Bros.: Maxine Scott (11), Kim Emard (10), Trish Brown (9)

Top Scorers for Cornwall Gravel: Carole Duchesne (13), Carole Blais (12), Donna MacGregor (8)

St Lawrence College **41** **Laframboise** **30**

Top Scorers for St Lawrence College: Lucie Leger (12), Tammy Manwell (10), Maureen Benton (9)

Top Scorers for Laframboise: Kerrie Martel (11), Rosanne Rasenberg (5), Vicki Lalonde (4)

Bill's Sport Bar Default **Can-Am**

C.U.B.A. Midget Girls Travelling Team

Cornwall Lion's Midget Girls Travelling basketball team won one of four games in a weekend tournament in Kingston. The Lions played tough in the first game against Lennox-Addington, but lost by a score of 44 to 28. In the second game, the Burlington Panthers beat Cornwall 37 to 19. The Lions then beat the Ottawa Shooting Stars II by a score of 51 to 44 and lost the final game to the Ottawa Shooting Stars I by a score of 49 to 30. The high scorer for the Lions for the weekend was Priscilla Vincent with 38 points followed by Terri Lalonde with 16. Priscilla Vincent also pulled down the most rebounds with 30. Katherine Fawthrop lead the way with 11 assists.

Olympia Golden Age Bowlers

Olympia Golden Age top bowlers for the year were: Roy Julien and Shirley Eastman; Julien with a 238.9 and Eastman with 199.6.

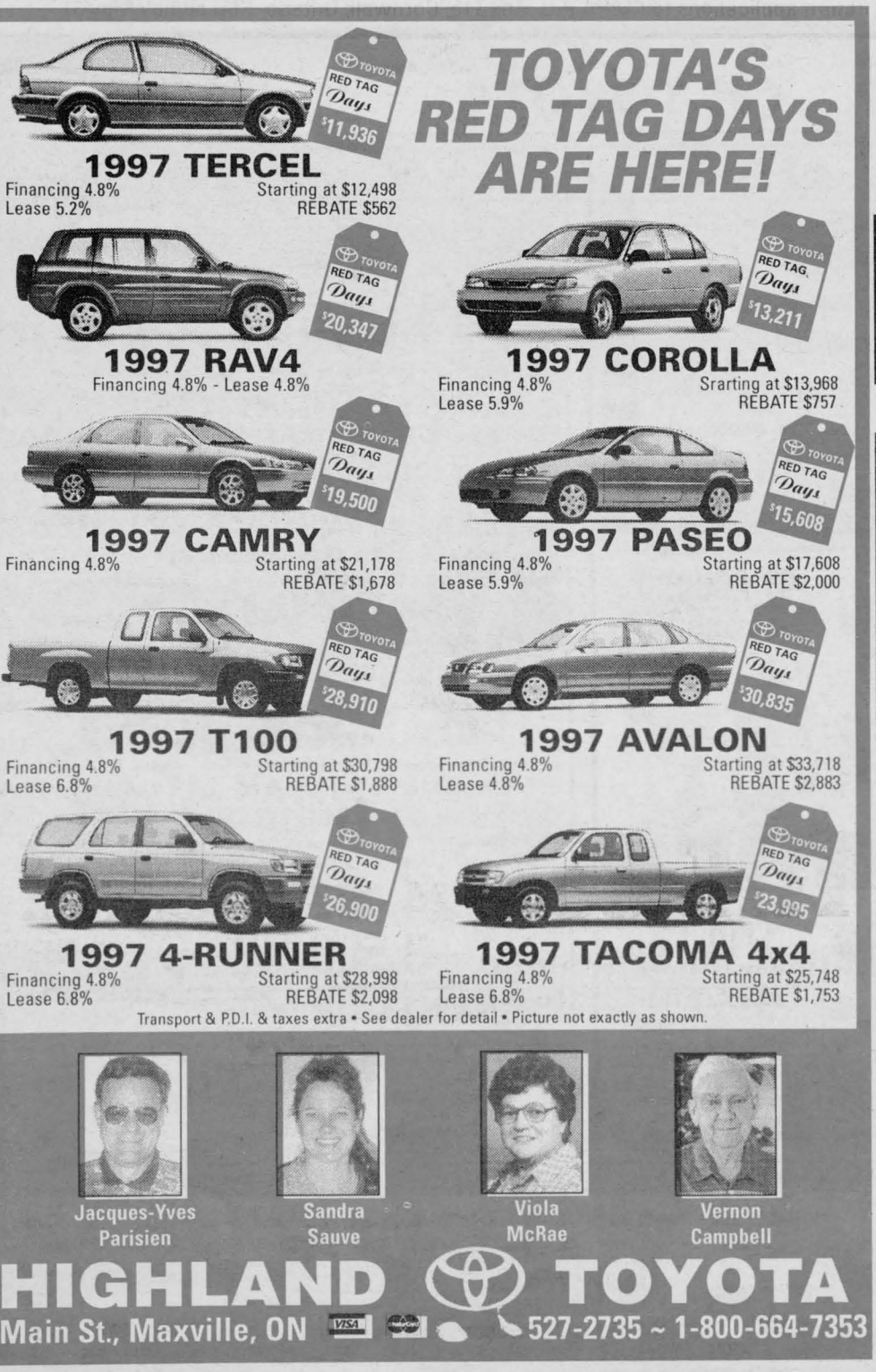
Others in the top ten for the men were: Roma Amelotte, 227; Bill Owen, 211; Elmer Sauve, 202; Vernon Eastman, 202; Albert Amelotte, 200; Darwin MacDonald, 198; Rene Amelotte, 194; Gerrit Konynenberg, 189; and George Beaudette, 187.

Close, but out of the money were: Joe Arseneault, 186.9; Bill Wilson, 186.8; George Belmore, 186.5; and Cliff Merpaw, 186.4.

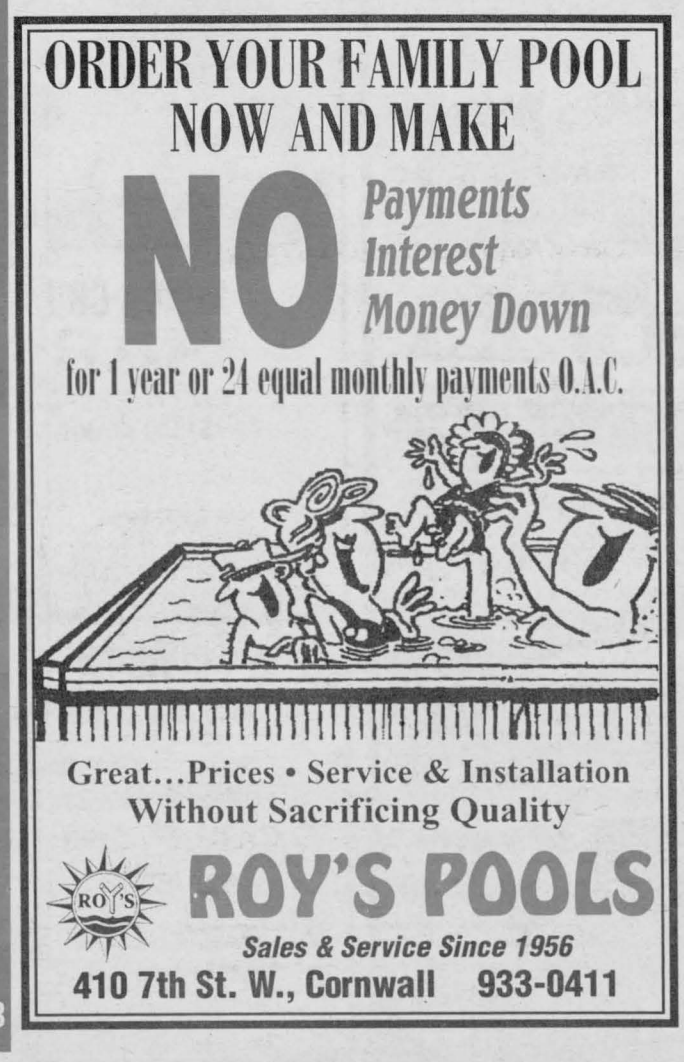
For the ladies, in a close second, Thelma Goulet averaged 198.1, others in the top ten were: Eleanor Dennis, 192; Betty Dunn, 189; Simone Kearns, 180; Joy Konynenberg, 173; Alice Amelotte, 168; Veronica Boileau, 167; Eva Carter, 166; and Beatrice Fortier, 163.

Attendance Winners were: Pat Bilmer, Annette Monk, Gerrit Konynenberg, Bob Eamer, Aime Godard, Celina Neil, Eric Dunn, Lucien Mayer, Dee Hollingworth, Pauline Rozon, Rheal Allaire, Beatrice Fortier, Peter Mesman, Roy Julien and Hector Dubeau.

Highs Rolled: Harold Purcell, 254; Robert Summers, 250; Albert Amelotte, 247; Mary Maloney, 243; Lionel Boileau, 241; Len Marleau, 228; Theresa Seguin, 226; Lois McCartney, 224; Eric McCartney, 217; Cliff Merpaw, 215; Wilf Tyo, 215; Thelma Goulet, 214; Vernon Eastman, 214; Raymond Menard, 206; Simone Kearns, Jean Eamer, 202; and Margaret Tyrell, 200.







Cornwall Tire Bantam "A"

The Cornwall Tire Bantam "A" Royals traveled to Welland recently for their end of season tournament where they participated in the Little NHL Tournament.

In the first game they played the team from Windsor. Both teams came out flying with the Royals taking a 2-1 lead after one, with goals by Dan Brisebois and Kirk Andrew. After two the Royals were up 3-1 on a powerful blast by defenseman Shaun Cousins, with Matt Noel keeping the pucks out of the net at the other end. The teams traded third period goals with Joey Sullivan scoring with a blistering wrist shot that left the goaltender shaking his head. Defensemen Kerry MacDonald and Peter Pelletier kept the opposing forwards at bay all night.

In their second game the Royals played the team from Port Elgin, who had an undefeated season going 18-0 to that point in league play. This was one of the most physical games the Royals played all year, although there was only one penalty called during the whole game. Score at the end of one, 1-1 with Shawn Chartrand scoring what would be the only goal for the Royals during this game as they went on to lose 3-1 giving up a short handed goal late in the game. Adam Cameron and Al Leger played very well on defense as did Marc Bourget and Stephane St-Denis up front.

The Royals played their second game of the day against the team from Stony Creek, who played in the Cornwall tournament in the "AA" division. A very disciplined, hard working Cornwall team played three full periods for their second win of the Tournament. Scoring for Cornwall was Joey Sullivan from his office, "a la", Phil Esposito. Also scoring were Dan Brisebois with his second of the tournament and Marc Bourget scoring two in the third period. Stephane St-Denis played his usual strong game picking up two assists. Dean Chatterton and Ed McCorkell used their speed to keep the team from Stony Creek deep in their own zone with their ferocious fore checking. Greg Hebert picked up the shutout, with yet another strong effort from Shaun Cousins and Kerry MacDonald.

The Royals had to play the waiting game, until all games were played to see if their 2-1 record was good enough to play in one of the semi-finals. It was, as they finished with the "best second" finish of all three divisions. When the dust cleared they had a date with the still undefeated team from Port Elgin.

In what was to be the Royals best game of the year, the Royals who had played three very good games, came out and dominated the team from Port Elgin. Everyone from Goaltender Matt Noel, the 5 defensemen and the 9 forwards played the game of the year. Scoring for the Cornwall Tire Royals were, in the first period Kirk Andrew and Marc Bourget, their second and third respectively of the tournament. In the second Shawn Chartrand scored his second of the tournament. The third period was again all Royals with Kerry MacDonald scoring on a blast form the top of the circle and Marc Bourget closed out the scoring with his second two goal performance of the tournament. The win moved Cornwall into the finals against the team from Stoufville.

The final game was decided early, as the team from Stoufville scored on a 2 on 0 breakway 7 seconds into the game adding a power-play goal 4 minutes later. They never looked back, going on to win 6-2 in a penalty filled affair. Scoring in the losing cause were Kerry MacDonald and Peter Pelletier.

The Cornwall Tire Royals would like to thank their sponsors, the Quesnel brothers at Cornwall Tire. All of their parents for their continuous support and the coaching staff for making this a year to remember in many ways. The Royals won the Massena Bucky Dwyer Tournament and were runners up in the Cornwall Bantam Tournament and the Little NHL Tournament in Welland. Congratulations to all the players.

McDonald, Legault Tennis Club Champions

The Cornwall Tennis Club held its' eighth Annual Singles Club Championship this past weekend.

Rob McDonald defeated Roger Duplantie in the men's final by the score of 6-6, 6-3 while on the consolation side Kent Dawley beat Ian Nurse 3-6, 6-3, 6-4.

In the semi-finals, McDonald beat Pawel Kedziora 6-3, 6-2, while Duplantie beat Bob Harris 6-1, 6-3.

On the ladies' side of the draw, Suzanne Legault came out on top in the ladies "A" category beating out Jo-Ann Dexter in the final 6-3, 6-2.

In the semi-finals Jo-Ann Dexter beat Julia Petch while Suzanne Legault beat Liliane Duplantie.

In the consolation Martine Lalonde-Sabourin beat Adele Parkinson 6-4, 6-3.

In the "B" division Rose Kalmar won 6-1, 6-2 over Rose-Marie Bouchard while Michele Harris beat Margaret Olsen 7-5, 7-5 in the ladies' consolation B finals.

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return applications to CMHA P.O. Box 115, Cornwall, Ontario K6H 5R9 by May 31

The young athlete and nutrition

NUTRITION NOTES

(NC) The popularity of children's sports participation has been increasing significantly over recent years. Sports participation encourages fitness and prepares children for more varied social interactions as adults. The numbers of those children and adolescents participating in organized sport merits special attention to the quality of their diets due to the stress it can have on young bodies.

Unfortunately, there has been little research done on sports nutrition and children. Most research focuses on adults and is then extrapolated to children. The young athlete's nutritional needs should focus on increased needs of water, energy, protein and iron. As well, due to the high incidence of eating disorders among this group, the promotion of a healthy body image is essential.

Children burn more energy during activity than do adults. It is therefore important to monitor a young athlete's weight to ensure energy needs are being met. The child may need 6 or 7 small meals per day to meet energy needs. A low energy intake puts the child at risk for potential nutrition deficiencies. Undernourishment can delay or suppress growth and can have long term repercussions. Extra special attention should be paid to children following energy restricted, fad or vegan diets.

Protein needs are not a major nutritional concern for the average young Canadian, but there is evidence that protein needs for child athletes may be greater than those specified by the *Recommended Nutrient Intakes for Canadians*. Canadian diets generally exceed these requirement.

Two nutrients child athletes should give special attention to are iron and calcium. Iron needs are greatest during adolescence; it is also necessary for peak athletic performance due to its role in oxygen transport. Dietary intake of iron is often low among children; meeting the increased iron needs of the athlete can be difficult. This may also be exacerbated by the avoidance of animal protein, restricted energy intakes or increased losses through sweat.

Growth disturbances have been linked to decreased iron intakes. Focus should be placed on iron rich foods as lean red meat, and iron fortified cereals and grain products.

Calcium deficiency is another possible risk for young athletes, possibly due to a decreased intake of dairy products. Adolescents often skip dairy products for weight management reasons related to their perception that dairy products are fattening. Also, soft drinks often replace milk at meal and snack times. Adequate calcium intake during youth is necessary to reach optimal bone mass development. If calcium intake are chronically low, the child may be prone to stress fractures and osteoporosis in later days.

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Lifestyle Tips

Golden Age Activity Gold for Society

CFLRI: The Researchers in Active Living.

Active living can positively influence Canada's economic situation by increasing productivity throughout the lifespan and by decreasing ill health and dependency during the retirement years, thereby reducing social costs.

After reviewing the economics of active living among older adults, Sandra O'Brien Cousins and her team from the University of Alberta conclude that "Alarmist statements regarding the adverse economic consequences of increased survival due to the adoption of active living by older adults have commonly ignored important facts." Here are these facts:

• Most pension calculations have assumed a uniform age of retirement. However, active older adults can and often do make a productive contribution to society for several years longer than their sedentary counterparts. They do so through volunteer work, paid labour and caregiver roles.

• Typical analyses have considered the "dependency ratio," taking into account the support of both children and older adults. Supporting children costs more than providing for older people, however, and the proportion of children will decrease as the number of seniors increases.

• Active living reduces the likelihood of premature death, and there is growing evidence that it also prolongs high quality survival ("successful aging") up to the point of death.

Poor health seems to be a frequent cause of premature retirement. Active living not only prevents poor health, it also helps to manage and control chronic conditions. As such, it may very well extend the average period of participation in the labour force.

Active older people also depend less on the state. The demand for institutional and home-care services and the burden upon relatives differ greatly between active and inactive individuals, particularly in those over the age of 80. An active lifestyle can prolong independence by maintaining adequate strength, flexibility and aerobic power.

Morbidity, or ill health, during retirement years is greatly reduced by active living. Exercise has a beneficial influence upon such common problems as cardiac and peripheral vascular disease, hypertension, maturity-onset diabetes, certain cancers, osteoporosis, arthritis, memory loss, anxiety and depression.

The influence of active living on the number of injuries requires further documentation, but the type of activities common among seniors — walking, golf and gardening — are unlikely to produce a lot of injuries. In addition, exercise leads to a better control of blood pressure, a reduction of postural sway, faster reflexes, and stronger bones. All of these reduce the risk of falls and fall injuries.

Finally, regular physical activity changes the age at death. A well-quoted American study by Ralph Paffenbarger showed that regular moderate exercise could prevent premature death. Now, mounting evidence suggests that among those who are leading very active lives, all kinds of disabilities can be avoided too. Do these active older adults tend to die of "inexpensive" and "pleasant" deaths? Very likely, but more research is needed to confirm this point.

In the end, our society values quality of life above extended lifespan. The quality of life that accompanies optimal health and independence is certainly within closer reach for active older adults.

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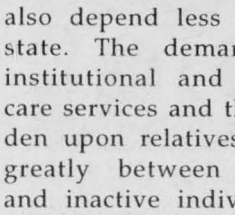
Wildcats Football Finds New Home

After putting the finishing touches on a most remarkable season the Optimist Wildcats Senior football team found themselves without a league to play in. The Eastern Ontario Highschool Leagues other members decided that they would be better off playing with other teams than continuing against a team that had just gone 7 - 0 and out scoring the opposition 220 to 0. So the Wildcats went looking for a home and found it in the Ottawa Major Midget Football League. This league has been around for 30 plus years and offers a very competitive level of football. The age group is the same as last year, 19 and under cannot turn 20 before September 1, but the season will start one month earlier with practice starting in July. There will be 10 games in the schedule with several being played on astroturf.

There will be a general meeting on Saturday, May 3rd at 2:30 p.m. sharp at the A&W restaurant on Vincent Massey Drive. This will be an information meeting along with a registration. Anyone not able to make this meeting but interested in playing should call Brian MacDonald at 938-3242 after 8 p.m.



LIFESTYLE TIPS

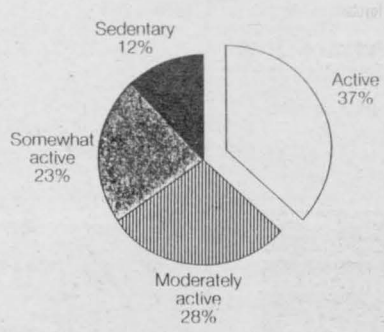
Three in five Canadians not active enough

CFLRI: The Researchers in Active Living

Three in five Canadian adults are not active enough to benefit their cardiovascular health according to the 1995 Physical Activity Monitor. The survey, conducted by the Canadian Fitness and Lifestyle Research Institute, shows that Canadians are more active now than they were in 1981 and 1988, but much progress remains to be done.

Back in 1981, eight in ten Canadian adults were not active enough to benefit their heart. This improved to seven in ten in 1988 and then improved again to six in ten (three in five) in 1995. Cora Lynn Craig, the Institute's President, points out that "most of these Canadians are not totally inactive, just not active enough to reap health benefits for their heart." In fact, she says, "only one in ten Canadians can be considered truly sedentary. One quarter are somewhat active, another quarter are moderately active and the rest are highly active."

PHYSICAL ACTIVITY LEVELS OF CANADIANS



Source: 1995 Physical Activity Monitor

Researchers no longer think of physical activity as an all-or-nothing phenomenon. They used to advocate fitness for optimal heart health, achieved by performing aerobic activity every other day for a minimum of 20 minutes at a moderate intensity or greater. This high standard remains the best course of action for reaping maximum heart benefits, but new studies show that lower levels of physical activity are accompanied by health benefits as well.

The most noted of these studies was published in 1989 by Stephen Blair, a researcher at the Dallas Institute for Aerobics Research, and other American colleagues. They showed that the largest public health gains would be made by encouraging the least fit to become moderately fit. The researchers then estimated that moderate fitness could be achieved by people in this group if they accumulated 30 minutes of moderate activity every day. This is equivalent to the moderately active category mentioned above.

Therefore, the best advice for Canadians is to make sure they become at least moderately active by doing 30 minutes of physical activity every day. This can be broken down into three 10-minute walks a day if time is a problem. Of course, Canadians who are even more active should stay active, since they stand to reap the wider variety of benefits physical activity can bring, one being optimal heart health.

This article is provided by the Canadian Fitness and Lifestyle Research Institute in collaboration with ParticipACTION.

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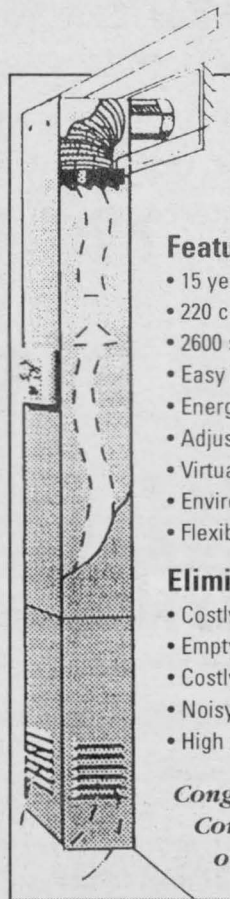

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	WHEELBASE MM (IN)	SEATING	ENGINE	HP	FUEL CONSUMPTION L/100KM (MPG)†† CITY	HIGHWAY	DUAL AIR BAGS	CENTRE CONSOLE FLOOR MOUNTED	SPLIT REAR FOLD DOWN SEATBACKS	4-WHEEL INDEPENDENT SUSPENSION	POWER STEERING	CHILD SAFETY LOCK	VARIABLE WIPERS
Neon Highline Sedan 22D	**2642 (104)**	**5**	**2.0L**	**132 hp**	**8.3 (34)**	**5.4 (52)**	√	√	√	√	√	√	√
Toyota Tercel Sedan	2380 (93.7)	5	1.5L	93 hp	7.2 (39)	5.5 (51)	opt drivers	open box	none	no	no	no	no
Pontiac Sunfire SE Sedan/ Chevrolet Cavalier Sedan	2644 (104.1)	5	2.2L	120 hp	10.1 (28)	6.1 (46)	√	√	full	semi	√	√	√
Ford Escort Sedan	2499 (98.4)	5	2.0L	110 hp	8.5 (33)	5.8 (49)	√	open box	√	√	√	√	√
Honda Civic Sedan LX	2620 (103.1)	5	1.6L	106hp	7.5 (38)	5.7 (50)	√	dealer installed only	√	√	√	√	√

Visit your local Chrysler Dealer.

CHRYSLER Dodge Dodge Trucks

GOLDKey LEASE

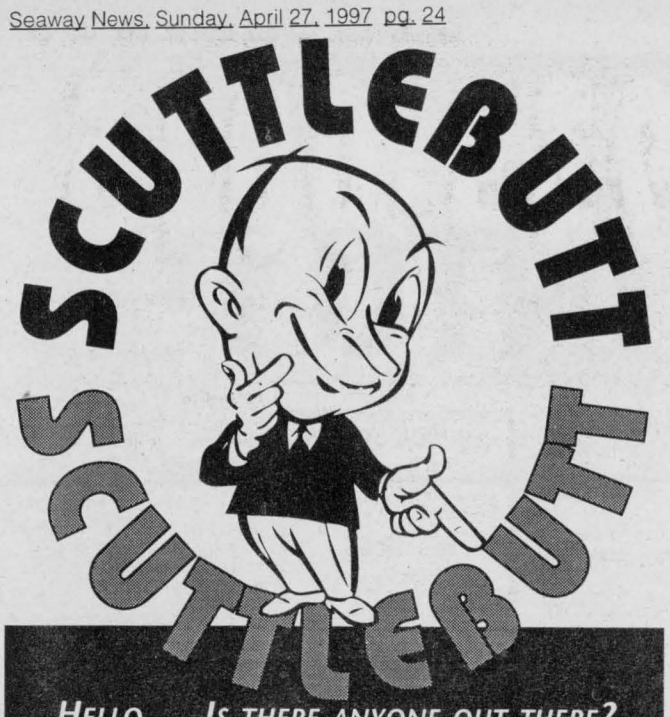
†Based on a 30 month lease.Total lease obligation is $8,940 with zero downpayment. Free kilometres are limited to 51,000. Charge of $.09/km for excess kilometres. Subject to approval by Chrysler Credit Canada Ltd. This is a closed end lease with no buyback requirement. Lease includes freight $630, security deposit and taxes. *Price excludes freight $630 and taxes. *†Price/lease for vehicle equipped as descibed, Neon Highline 22D. Price/lease excludes licence, insurance and registration. These are limited time offers and apply to retail deliveries of 1997 models (dealer order may be necessary) for personal use and may not be combined with any other offers except graduate rebate. Dealer may sell/lease for less. See dealer for details and conditions. ††Based on Transport Canada approved test methods. Your actual fuel consumption may vary. **Offer applies to select models excluding Dodge Viper and Plymouth Prowler. Rebate includes GST. Limited time offer applies to 1997, 1996, and 1995 university or college graduates. See dealer for details and conditions.

CHRYSLER FIVE STAR SERVICE

CHRYSLER Plymouth Jeep | Eagle

ASK ABOUT OUR $750 ** GRADUATE PROGRAM

Hey Grads! You could win a 1997 Neon with a CD stereo, or qualify for our $750 Graduate Rebate. Sound good? Then drop by our Web Site at www.chryslergrad.com**



HELLO ... IS THERE ANYONE OUT THERE?

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

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

WAY TO GO CHAMPS! The boy's floor hockey team at **Horizon Jeunesse School** came in **"1ST PLACE"** in the tournament at Central Public School on April 16/97. Many thanks to *"Coach Mario Bisson"* for his time & dedication to the team.

To the lady school bus driver who drives for Laidlaw, when you exit from École Notre-Dame onto 15th street, **"the traffic on 15th street has the right-of-way"**. This is the second time you have cut me off at 8:25 a.m. I wonder, do you drive like that when you have children on the bus? Next time, I will report you to the authorities. This is a deliberate act.

The Operating Engineers Training Institute of Ontario and the **T.R. Leger School of Alternative Studies** of the S.D.&G. Public School Board, recently announced their community partnership as deliverers of adult education. This partnering includes the T.R. Leger's Morrisburg campus leasing classroom space from the International Union of Operating Engineers. They are exploring a variety of joint projects which will assist their clients and the S.D.&G. community to meet essential requirements for skills in demand in new labour markets.

Co-workers on my first job often commented on the scrumptious lunches my mother packed for me: big BLT's with toothpicks to hold them together, thick egg-salad sandwiches, and roast beef on huge onion rolls.

One day Mom was busy, so my sister made my lunch. At noon I unwrapped my sandwich, only to find two pieces of white bread and one thin slice of bologna. A mechanic sitting opposite me stared in disbelief. *"Gee,"* he finally said, *"when did you get married?"*

Here's a case of the right hand not knowing what the left hand is doing. **THE MINISTRY OF ENVIRONMENT AND ENERGY** has charged **THE MINISTRY OF NATURAL RESOURCES** with failing to comply with requirements of the Environmental Assessment Act relating to the construction of an access road to Cross Lake in the district of Nipissing. Does this mean that the defense for the Attorney General will go head-to-head with the prosecutor for the Attorney General? Keep posted!

I have a question. If all these people (as represented by the jelly beans and baseballs (stitches) are changing back to Bell... why did they leave Bell in the first place?

OUTRAGEOUS!!! Mayor Ron Martelle said, *"You know how things are."* He gets free jet rides while Cornwall has to dial-a-bus and Rosedale, Headline Road with St. Andrews has absolutely "NO" service at all evenings and all day Saturday. Basic, basic one-hour service is no luxury. Leave transit do transit work the best way it possibly can without all that telephone ringing.

Seaway DANCE Club

Everyone Welomed

Every Friday

Admission $4.00

receive $5.00 Gumbolini Gift Certificate

9pm-1am Music by D.J.



The Obvious Choice...

MARDI GRAS ROOM

at Gumbolini's 33 1st St. E

Call 937-3223 For more information

We wish our good friend **DANIELLE ROY GERVAIS** good luck on her coupon book project.

SEAWAY *SMILE!*

Every week, the "Smilers" at AdVantages Advertising author "Seaway Smile" ... a little bit of humour to get your week off to the right start. The "Smile" can be accessed via the internet too! http://www.nivek.ca/advantages/smile.html

(Your own submissions are always welcome!).

When Mr Midas was dying, he devised a plan to take some of his fortune with him. He called the three people he trusted the most - his priest, his doctor, and his personal attorney. He gave them each an envelope with $1 million in cash, and asked them to place the money in his coffin so that he could take it with him. All three agreed to do so.

At the funeral, each in turn approached the coffin, and placed their envelope inside. On leaving the cemetery, the priest told the others, "I must confess to you both that I only placed $700,000 in the coffin. My church is in desperate need of repairs, so I took the rest of the money to accomplish this worthy project."

The doctor then said, "I must also confess; I took $500,000 to purchase new medical equipment, which my hospital badly needs to save people's lives. I am sure that Mr. Midas would have approved, if he had really thought about it".

The attorney looked at them both sternly, and said, "You both should be ashamed of yourselves. I followed Mr Midas' instructions to the letter. Then I put the envelope into the coffin, it contained my personal cheque for the full $1 million"!

Question: Who said the following?

This year will go down in history! For the first time a civilized nation has full gun registration. Our streets will be safer, our police more efficient and the world will follow our lead to the future.

Answer: Adolf Hitler in 1935, prior to confiscating all civilian firearms.

Our Small World Nursery School would like to thank **JOHN DERONDE**, a City Parks Planner, for his assistance in acquiring and planting five spruce trees in our play yard. Thank you for making our play yard a better place for children to play and grow and for making our Earth Day celebration a success.

Here is a household tip for our Seaway News readers sent in to us from a body shop's wife. She uses a **"TAC-RAG"** as a dust cloth for dusting and cleaning venetian blinds. It's a little sticky she says but works wonders. Use it lightly, do not press. You can purchase this "Tac-Rag" at a hardware store.

For a cool yet unique drink, try placing a few drops of **VANILLA** in your iced coffee.

DOMTAR PAPERS and the **FRIENDS OF THE GARDEN** will be holding their second annual *"DOMTAR BAG DAY"* on May 10th, at the Big Ben Ski Centre from 8:00 a.m. to 3:00 p.m. **$1.50**/bag of horticulturally-friendly products.

Happy 50th Birthday, April 22, to **ARDEL SMITH** who has also been employed at the same job for over 28 years. Congratulations, who said it couldn't be done!!

Love your *"baby"* sister, family and friends.

SMART SOLUTIONS - Skip ice-makers:

Shopping for a refrigerator? Bypass units with ice-makers. Besides being more expensive and less energy-efficient, statistics also show that refrigerators with ice-makers need repairs twice as often as units without them.

Congratulations to everyone involved in **EARTH DAY** activities on April 22nd. *Good Show!*

HOROSCOPES

April 27-May 3

Aries – March 21/April 20

Patience is a virtue that you may find difficult to understand this week. It seems as if everyone at work is pushing you beyond your limits. Try talking to your supervisor. Explaining your goals for a project may put everything back on track. Your family will keep your spirits up.

Taurus – April 21/May 21

Don't be stubborn this week; go with the flow. Co-workers present you with a task that requires your talents. Go for it, and let your abilities shine. As for your social life, it takes a step in the right direction at the end of the week. An old friend you haven't seen in a long time re-enters your life.

Gemini – May 22/June 21

Don't let the pressure at home get to you early in the week. While it may seem that everyone is turning against you, they're not. Your family just has your best interest at heart. They're concerned about you and want to help you make the best possible decisions. To clear your mind, spend some time alone.

Cancer – June 22/July 22

It's your time to shine at work this week. You complete an important project and make the company look good. The powers that be have their eye on you. As for family, your advice is needed. Loved ones turn to you for guidance. Be honest and caring. Sagittarius plays a major role.

Leo – July 23/August 23

Be a team player at work early in the week. A co-worker needs help with a problem, and your input can make everything work out. Be loyal to a friend this week. He or she is going through a tough time and needs a shoulder to cry on. Remember, he or she always has been there for you.

Virgo – Aug 24/Sept 22

Your career enters the fast lane on Wednesday. Your idea is a hit with a supervisor, and you take on a new managerial role. However, your love life hits the brakes. A relationship that you thought was strong slows down. Don't let it throw you off guard. Remain calm; everything will be normal again soon.

Libra – Sept 23/Oct 23

You are the hero with your family this week. Your quick thinking gets a loved one out of a difficult situation. However, don't go overboard looking for praise; family is supposed to help each other. Your love life shines. That someone special finally makes a move.

Scorpio – Oct 24/Nov 22

Take control at work this week. A new group that you're in doesn't have a specific direction; give it one. You'll catch your manager's attention and be in line for a promotion. Family matters require your input this week. Try to be objective when it comes to a touchy subject.

Sagittarius – Nov 23/Dec 21

Don't let a crazy workweek get you down. Instead, look at all the headway you're making from 9 a.m. to 5 p.m. to keep your spirits up. It will be hard not to be happy about your personal life this week. Several people vie for your company, and you feel like the belle of the ball.

Capricorn – Dec 22/Jan 20

Stay focused at work this week. It will pay off. Co-workers will come to you with their problems. Help them out, but remember to put most of your energy into your own work. A family member comes to your rescue when you're in a bind. Aries plays an important role early in the week.

Aquarius – Jan 21/Feb 18

Turn over a new leaf at work this week. Don't always be a follower; try to be a leader once in a while. It is sure to get you noticed by superiors. As for your love life, romance is in the air. A stranger comes into your life, and you feel like you've known him or her forever. Don't be nervous.

Pisces – Feb 19/March 20

Hold down the sarcasm this week. The workplace certainly is not a stage for your new comedy act. Try to stay professional. As for your family life, a loved one needs some cheering up. Be there for him or her; bring a smile to that sad face. Virgo and Cancer are involved.

AdVantages ADVERTISING
AUTHORIZED
Zippo
DISTRIBUTOR
PROMOTIONAL PRODUCT SPECIALISTS
Custom Business to Business Gifts - Act Now!
21 Water St. W. 938-8591

Sandblast '97
on it's way!
For more information and to register your team call 932-4999 or 1-800-450-5202

NO INTEREST NO PAYMENTS FOR ONE YEAR
*OAC
see store for details

Perfect Mother's Day Gift



"Precious"
by Sandra Kuck



MIKE LOGAN

LOGAN'S GALLERY
LOGAN'S GALLERY
A gallery like no other ...

- *Prints*
- *Lamination*
- *Frames*
- *Photos*

224 Pitt St. 938-3629

THE MEMORY STONE

LAHAIE & SULLIVAN
MONUMENTS
A Lasting Tribute

Perpetuate the memory of your departed loved one with a quality monument carved with care by our master craftsmen.

EAST BRANCH
614 First St. E.
933-2841

WEST BRANCH
28 Seventh St. W.
932-8482

LOCEY'S DELIVERY SERVICE
Monday - Saturday 9am-10pm
Sunday 11am-5pm
BEER, LIQUOR, LETTERS, PARCELS, PERSONAL ERRANDS, ETC.
Your Need Is Our Deed...
"Fast & Friendly Service"
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GOLD KEY LEASING: *The Way To Go*



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• JEEP
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938-0934

SEAWAY BARGAINMART

DEADLINE: THURSDAY 4 P.M.

933-0015

Circulation: 34,750 copies

MasterCard VISA

CLASSIFIED ADVERTISING RATES

PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES

- $8.50/week 24 words or less, (25¢ each additional word per week).
- $15.50/2 weeks. 24 words or less, (23¢ each additional word per week.).

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

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 gredit card number until you are satisfied you are going to get what you bargained for.

LET THE BUYER BEWARE.

NOTE TO CLASSIFIED ADVERTISERS

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.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $26.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 4 pm Thursday. Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8. Mail pick up, no charge. Mailed replies: $6.00

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

ADULT ENTERTAINMENT

✓ Lingerie
✓ Adult Books
✓ Novelties

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

EXOTIC EXPOSE

St. Lawrence County's Adult Centre
OPEN 12 NOON - 10 pm daily
Corner of Rt. #56 & Town Ridge Rd.,Massena
South 2 miles to Don's Orange Mini Mart
315-764-1954

XXX MAIN VIDEO

• Adult Movie Rentals
• Over 1000 Titles

New & Used Video Sales
$10.00 per tape + tax

• Marital Aids
• Lotions • Oil

609 Montreal Road, Cornwall

COMPANIONS CORNER

YOUNG LOOKING, blonde, single lady, professional, seeks friendship with honest gentleman, 55 and up, who has various interests, zest for life, sense of humour, respect and integrity. CC1751.

28 YR.OLD MALE, seeks female, 22-32 for friendship & companionship. Single mothers welcome. Photos would be appreciated but not necessary. Race unimportant. CC1747.

ATTRACTIVE MALE, 42, 6', 180 lbs, non-smoker, honest, caring, humorous. Enjoys music, dining, outdoors, quiet times. Seeking lady with similar attributes & interests. CC1752.

SENIOR CITIZEN, country widow in good health seeking a senior citizen gentleman from the country. Able to drive, enjoy dancing & conversation. Apply CC1749.

TALL WHITE FEMALE, seeks fitness-oriented, financially successful male. Only men with a car & a house need apply. CC1750.

RING UP PROFITS WITH THE CLASSIFIEDS

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

2 APTS/CONDOS FOR RENT

LONG SAULT, 2 bdrm downstairs apt. Washer/dryer hook-ups, big yard, parking. $350/mth, pay own utilities. Call 537-2057.

2 BDRM UPSTAIRS apt. Very quiet. No pets. 424 Guy St. Parking. Phone 932-8948.

ONE BDRM BASEMENT Quiet neighbourhood, near bus. Fridge & stove. Utilities included, $325/mth. Phone: 933-8065.

NICELY DECORATED, semi-furnished ground level 1 bdrm apt. Located in a nice subdivision, 10 minutes from downtown, paved driveway, all utilities paid. Ideal for 1 person. No pets. Available immediately. $440/mth. Call 938-5940 or after 6:00 pm, 931-2265 or anytime on weekends.

UPSTAIRS 1 BDRM APT, 4-pce bath, washer/dryer hook-ups, garage, electric heat. $400/mth, plus utilities. Call 932-8759.

2 BDRM SEMI-DETACHED. Available now or June 1st. $500/mth, utilities included. Quiet family or couple preferred. Call 534-3806.

UPSTAIRS, 30A ELM ST. Available June 1st. 2 bdrm w/laundry hook-ups, fridge, stove, 4-pce bath. $450/mth, plus utilities. Call 932-6764.

2 BDRM UPSTAIRS, duplex, storage basement, parking, electric heat, 4-pce bath. $450/mth, plus utilities. Call 932-8759.

EAST END RENTALS Very clean & well maintained Studio/Bachelor apts. Also, large 2 bdrm apts with washer/dryer hook-ups, gas heat, open-floor plan. Near college. Call 938-3936.

1 BDRM MODERN APT. Downtown location. Washer, dryer, fridge & stove included. $575/mth, utilities included. Call 933-4000 before 6:00 pm. After 6:00 pm, call 931-2423.

CENTRAL DOWNTOWN heated 1 bdrm apt. Livingroom, diningroom, fridge & stove,storage room, 4-pce. bath. Newly painted. Quiet. Close to bus stop. Call 933-4319.

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

714A MARLBOROUGH 2 bdrm bsmt apt. fridge, stove, $500./mth, utilities included. 623 St. Felix, 1 bdrm upstairs apt. fridge, stove $400./mth, plus utilities. 621-A St. Felix, 1 bdrm bsmt apt. $450./mth, utilities included. References. Call 347-3248.

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

LARGE 2 BDRM APT, approx. 950 sq.ft. Main floor laundry, patio doors to deck, super large fenced yard. $500/mth, plus utilities. 134 Seventh St. W. June 1st. Call 938-8888.

AVAILABLE IMMEDIATELY, large 2 bdrm apt. Fridge & stove included. Washer/dryer hook-ups. Private entrance & driveway. No pets. $590/mth, includes utilities. Call 933-1869.

AVAILABLE NOW, 3 bdrm townhouse w/garage, 1 1/2 bath, family, living/dining, 4 appliances. $675/mth, plus utilities. 1st & last. Call 938-3205.

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

120 BELMONT, 1 bdrm ground floor apt. Call Tom 938-6475.

AVAILABLE JULY 1ST, 216-A McConnell, upstairs 2 bdrm apt. Washer/dryer hook-ups, parking, large front verandah. No pets. $425/mth, plus utilities. Quiet single person or couple. Call 933-4347.

ONE 1-BDRM APT and one 2-bdrm apt for rent. Call 933-9457.

CLEAN QUIET 1 BDRM apt. Parlour, kitchen, 4-pce. bath, laundry hook-ups, parking. Also, 2 bdrm, double livingroom, 4- pce bath, kitchen, laundry hook-ups, parking. For info, call 933-0019.

DOWNSTAIRS BACHELOR APT. Fridge, stove & utilities included, $275/mth. Available May 1st. Call 932-9701.

BEAT THE HEAT & city noise. Bright, conveniently, located security building in Long Sault. Superintendent on site. Includes appliances, hot water, laundry facilities, free paved parking. Immediate occupancy. $525/mth. 534-2853, 938-3773.

LARGE 2 BDRM APT in Riverside Heights, near Morrisburg. $550/mth, inlcudes utilities. Call 543-3604.

3 BDRM APTS. immediate or May 1st, 208 14th W. 6 plex . Large balcony, laundry hook-ups, yard, parking. 1-$495. + /1-$595. 932-2751 Pat or Brian. Evenings 936-2798 or 932-0533.

11TH ST. NEAR MCCONNELL, 2 bdrm upstairs apt. Carpeted, laundry hook-ups, parking, basement, yard, closed-in porch. $450/mth, heated. Call 933-7516.

RENT NOW GET NOV. FREE Available immediately, 1 & 2 bdrm apts. fridge, stove & parking available. $400-$460/mth, utilities incl. References req. Call after 6pm 932-7055 or 931-2594 for appointment.

LARGE, CLEAN, FURNISHED, one bdrm basement apt. Heat-Lights paid, parking space, cable, washer/dryer hook up included. Available immediately. Call 938-3182.

DOWNSTAIRS 2 BDRM, duplex. Parking, hardwood floors, 4-pce bath, storage basement, washer/dryer hook-ups, yard, new high efficiency gas furnace. $475/mth, plus utilities. Call 932-8759.

HALF DOUBLE TENEMENT for rent. 2 bdrms, bathroom, kitchen, livingroom, basement. Own driveway. $500/mth, pay own utilities. Available July 1st. 311 Munro Ave. W. Call 933-4291.

621-B ST. FELIX, 2 bdrm basement, $375/mth, plus utilities. Available June 1st. Call 347-3248.

3 BDRM UPSTAIRS apt, Carleton St. $575/mth, utilities included or $395/mth, pay own utilities. 2 bdrm, side-by-side, hardwood floors, Sydney St. $595/mth, utilities included. Call & leave message, 347-2858 or 347-2215.

RENT TO OWN

WE HAVE *Everything* YOU WANT!

Plus Easy Monthly Payments That You CAN Afford

COME CHECK OUT OUR GIANT SELECTION

- Freezers
- Dishwashers
- Microwaves
- Bdrm. Furniture
- Portable Stereos
- Kitchen Tables
- Dining Room Tables
- TV's & VCR's
- Sofa's & Chairs
- Apartment & Full Size Washers & Dryers



DINETTE SETS FROM $31.11 /MTH

EASY TERMS

NO BANKS OR FINANCE CO.

BUNK BEDS FROM $41.66 /MTH

ALL ELIGIBLE

- Gov. Cheques Cashed for our Customers
- Full Warranty on all Products
- U.I.C.
- Mother's Allowance
- Family Benefits & disability

2ND FLOOR BEDROOM SUITES

FREEZERS $41.11 /mth.

WASHER & DRYER FROM $83.33 /mth.

DON'T WAIT ANOTHER DAY... CALL TODAY 930-2170

Lease Magic Plus

143 Montreal Rd.

930-2170

FREE DELIVERY

Lease Magic Payment

HOURS: MON. - FRI. - 9 - 6 SAT. - 9 - 5

4 YARD/GARAGE SALES

O.S.P.C.A. TRUNK SALE, to be held on May 17th (Rain date May 18th), Cornwall Civic Complex East parking lot. $10 per parking spot. Pre-register May 5-16 at O.S.P.C.A., Boundary Rd., Berry's Pet Food, 841 Sydney St. or Pet Value, 1400 Vincent Massey Dr. For more information, call 936-1851.

1307 QUEEN STREET, Saturday, May 3rd, 8:00 am.

5 ARTICLES FOR SALE

MDM VENDING MACHINE Good condition. Used for sale of hot beverages. Asking $375. Call 933-2055 for more info.

12'x14' USED WOODEN sectional garage door. Asking $400. Call 534-8445.

PURPLE MARTINS. Attract these friendly Swallows to your yard with an 18 compartment Martin house. Free installation in Cornwall area with purchase of house and pole assembly. Phone: 932-8902.

QUEEN SIZE box spring & mattress. King Koil Contour. Brand new, still wrapped. Asking $800. Also, solid birch corner hutch, $300. Call 933-5344.

SNOWBLOWER, 8 h.p. Lawnmower, $150. Call 938-9387, leave message.

PINK SATIN BRIDEMAID'S dress. Can also be used as a prom dress. Size 5/7. Call 938-0817, evenings.

CHESTERFIELD SET, 2 yrs.old, very good condition. Oriental carpet, pure wool, 9x12. Call Maria, 932-2870.

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

FOR SALE: Tillers, 8 h.p., 24" wide. Briggs Straton engine. In good condition. $200. Call 932-6610.

STEEL FRAME FOLDING BED with adjustable head, no mattress. $50. Phone 938-8301.

PLAYER PIANO, needs some repair. $500. firm. 933-4291, after 6:00 pm.

LADIES LONG BLACK SPRING coat, size 15/16. Leather trim on shoulders. Excellent condition. Also, Shop Vac, 5 gal. Like new. Call 933-7667.

TWO HELMETS for sale, one snowmobile and one motorbike. Call 932-8327.

NO SPACE IS TOO SMALL! CALL 933-0014 TO PLACE YOUR AD!

We Pick Up Free of Charge ... FRIDGES, STOVES, WASHERS, DRYERS

Depending on make, model & location

GERARD'S USED FURNITURE 936-9300

SINGLE BED, BOXSPRING, mattress, cherry wood frame, $250. Craftsman router, $75. Large Chaleureux woodstove, $300. New attractive pine planters, $45. each. Airens snowblower, electric start, needs some repairs, $100. Call 537-8151.

MOTHER'S DAY, MAY 11th. Looking for something unique & special? One-of-a-kind hand-crafted wearable art porcelain jewellery may be exactly what you're looking for. Phone 938-0358.

ONE STOP SHOPPING *in the* CLASSIFIEDS

call 933-0014

to place your ad



DAN'S PICK OF THE WEEK!

'93 MAZDA MX3

2 dr., V6,
5 spd.,
84,000 km



$12,995

not exactly as illustrated

QUALITY PRE-OWNED VEHICLES

96 PONTIAC SUNFIRE 2 dr., 5 spd., 28,000 km	$13,800
95 CHRYSLER INTREPID 4 dr., loaded, 62,000 km	$14,995
95 TAURUS WAGON SOLD 4 dr, auto, loaded, 61,000 km	$14,995
94 CHEV CAVALIER 4 dr., auto, air, 54,000 km	$9,995
94 FORD TEMPO GL 4 dr, auto, air, 57,000 km	$9,995
94 CHEVROLET 1500 4x4 SOLD loaded, 4.3L, 120,000 km	$19,995
94 CHEV CAVALIER WAGON 4 dr., auto, air, 87,000 km	$11,595
94 VOLKSWAGEN JETTA CL SOLD 4 dr., auto, 88,000 km	$13,995
93 FORD F150 XL 4.9L, auto, 65,000 km	$12,995
93 MERCURY VILLAGER 6 cyl., 3 dr., auto, 100,000 km.	$9,995
93 CHEV. EXTENDED auto., air, tilt, cruise, 87,000 kms.	$15,995
93 GEO METRO, 2 dr., auto., 125,000 km	$4,995
93 FORD TAURUS GL 4 dr., auto., loaded, 132,000 km	$8,995
93 CHEV SILVERADO 2 wd, loaded, 5.7L, 41,000 km	$17,995
90 FORD AEROSTAR XL SOLD auto, air, pass., 193,000 km	$4,995
90 VOLKSWAGEN JETTA auto, air, 4 dr, 90,000 kms	$8,995
89 PLYMOUTH REVIANT SOLD 2 dr., auto, 88,000 km	$3,995
89 JEEP LAREDO 6 cyl., 5 spd., 2 tops, 140,000 km	$9,995
89 PONTIAC SUNBIRD 4 dr., auto., 168,000 km	$3,995
88 CUTLASS SUPREME SOLD 2 dr., 305, loaded, 120,000 km	$5,495
88 CUTLASS SUPREME FE3 2 dr., auto, loaded, 193,000 km	$4,995
88 CUTLAS SUPREME INT 2 dr., auto, loaded, 165,000 km	$6,995
88 CHEV CAVALIER 2 dr., auto., 166,000 km	$3,495
87 NISSAN Y TERRED SOLD sport, 5 spd., 200,000 km	$2,495
68 MUSTANG 2+2 FASTBACK 4 spd, mint, 54,000 miles	$12,995



DAN LAUZON

FITZGERALD MOTORS LTD.

125 Cornwall Centre Rd., Cornwall

932-4514

USED RAILROAD TIES, $5. Ideal for landscaping, retaining walls, etc. Also available, switch ties from 9 to 16 ft, utility poles. Delivery at nominal cost. 613-346-5574.

MOVING BOXES & moving supplies for sale. St. John's Transfer, 950 Boundary Road. 933-1492.

ALMOND REFRIGERATOR & stove, $500/both. 20" colour TV, $60. Almond washer & dryer, $400/both. Large microwave oven, $65. Call 937-4939.

6 ARTICLES WANTED

DO YOU HAVE A USED Gerrard turntable, built-in amplifier and tape deck? Want to sell? Call 938-0309, evenings.



To Place Your Ad CALL 933-0015

07 AUCTIONS

AUCTION SALE
Shop Contents, Lumber, Scrap Iron
The late Ernest McDonald
2 miles East of Cornwall on Service Rd. Civic No. 1571
(North side of 401 & McConnell Avenue)
SATURDAY, MAY 3
9:30 a.m.

5 H.P. wood splitter; Forney Model 240 welder; International parts; small compressor; bench grinders; 1/2 drill & bits; blacksmith vice; bench vice; chain falls; chain saw bars; jacks; new chain saw chains; motors; hand tools; old implement manuals; lumber; bolt cutters; ECD oil bottles; antique tools; ext. ladder; 2 furrow plough on steel; McCormick deering manure spreader on steel; binder; seeder; belt driven feed grinder; scrap metal and iron; nuts & bolts; lawn roller; trailer for garden tractor; pumps for 45 gal. drums; chain saws; tillers and lawnmowers for parts; woodstove; other misc. articles too numerous to mention.

Terms: Cash or Acceptable Cheque. Canteen
Auctioneer or Owner not responsible for loss or accidents

FLORA GRANT DUMOUCHEL
Auction Services
Ingleside, Ontario
537-2925

Classified Advertising DELIVERS

13 AUTOS FOR SALE

1996 SUZUKI 2X4 ATV, 250 cc, 251 kms. Bush guards, gun rack & case, windshield, rear seat, brake light. $4,500. firm. Call 932-6180, weekdays.

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

1987 CHEVY CAVALIER 5 speed, new clutch, new c.v. joints, new ball joints, new dash, new muffler, new brakes & re-conditioned heads. Asking $2,000. Call 932-8327.

1989 CHEV ASTRO, 108,000 km, new brakes, rotors, exhaust. Excellent condition. $6,500 safetied. Call 933-0554.

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

1990 FORD AEROSTAR, V-6, 124,000 km, 7-passenger, new tires. Very good condition. $3,995., safetied. 1987 Dodge Colt, 4-dr, auto, good condition, $1,400. safetied. 1987 Mazda 626, 5-spd. $1,200., safetied. Gerard Poirier Auto Sales, 613-874-2440.

CREDIT PROBLEMS?
Need a Car?
We will finance anyone,
We Guarantee it!
- Bank turn you down?
- Presently/formerly bankrupt?
- On UIC or Social Assistance?



If you can make the payments ***WE CAN MAKE THE DEAL***

Lease A
1991 TEMPO GL
white, air, auto, well loaded
As Low As $250/mo

1991 DODGE SHADOW
red, very clean, auto, air
As Low As $275/mo

MIKE COOK
MEL-EL AUTO LEASING
932-2583

1986 FORD XLT RANGER, extended cab, cap with rack for boat, 4-wheel drive, p/s, p/b, p/locks, cruise, tilt steering, 2.9 V-6 engine, air, chrome mag wheels. Good mechanical condition. Requires minor body work. Asking $2,800. Call 932-1546.

NO SPACE IS TOO SMALL!
CALL 933-0014 TO PLACE YOUR AD!

14 AUTOS WANTED

CASH PAID FOR unwanted scrap cars, trucks, vans. Amount depends on year and model. Ph: 933-9066.

18 BUSINESS OPPOR.

WELL-ESTABLISHED TANNING business for sale. Potential for growth. Investment-$25,000. Serious inquiries only. Call after 6:00 pm, 931-2299.

21 HELP WANTED

HOMEWORKERS NEEDED! To assemble our products. Free supplies. Start immediately. Free details. Send SASE: Q.S.E., 117T15-1057 Steeles Ave. West, North York, Ontario. M2R 3X1

EXPANDING TELEMARKETING Service Bureau requires mature, persuasive people to phone customers across Canada & in the U.S. to offer bookclub memberships. Pleasant office @ 16 Second St. E. We train. Sales or telemarketing experience helpful. Earn $10.50 /hr. or more. Guaranteed is $8.50/hr. Work Mon-Fri. Choose your shifts, 9 am-2 pm, 2 pm-7 pm, 7 pm-midnight. Call Stan Body, 932-2525.

22 EMPLOYMENT SERVICES

NO PREVIOUS Computer experience required. Exciting positions now available in computer programming. We will prepare suitable applicants. CMS, 1-800-477-9578.

23 HOME SERVICES

MASONRY fireplaces, stone, brick & blockwork, foundation pargeting, cement step repairs, chimneys & repairs. Reasonable rates, free estimates. Call John, 933-6213. 23 years experience.

CARPENTRY: SPECIALIZING in interior renovations. Cabinets, painting, drywall, etc. Framing, doors, windows, roofing, siding & any exterior work. Call Mike for your free estimate at 936-1625. Pager #937-1909.

MR. D's PRO LAWN CARE
Lawns cut, raked & trimmed
QUALITY WORK
REASONABLE RATES
Complete lawn & yard care maintenance
Seasonal, monthly and weekly rates available!
Specializing in residential lawns since 1988
Tel: 937-4890
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PAINTING, ODD JOBS, wallpapering and maintenance. Light truck available. 20 years experience. Reasonable rates. Call after 6 p.m., 938-8839.

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

NEED COMPUTER TUTORING in MS office, MS Word or MS Excel, basic or advanced. Will tutor you one-on-one in your home or mine, evenings or weekends. Call 537-8260.

DOES YOUR WOOD FURNITURE need repair or refinishing? You want custom built, all hand-made. Reasonable rates. Call 528-4048 or leave message.

ROBERT THE PERFECT HANDYMAN- Reg., Renovations, specializing in siding, roofing, drywall, garages, decks, garden sheds, etc. We also secure tin roofs. Call Robert at 525-2197. Pager #930-8720. Free estimates. References available.

MIKE'S TREE PRUNING, cutting and removal, general yard work, eavestrough and chimney cleaning. Free estimates. Call Mike 931-1251.

HANDY LADIES ARE HERE FOR YOU to do the things you don't have time to do. Heavy-duty cleaning, walls, floors, ceilings, windows in/out and more. S.D.& G. area. Call 936-9362 or 936-9150.

24 BABYSITTING

NON-SMOKER, mother of one, willing to babysit children in my home days, nights, & weekends. Lots of TLC. Good & healthy meals & snacks. Lots of toys. Big back yard. References available. North end. Call 938-0460.

RING UP PROFITS WITH THE CLASSIFIEDS

Summer Babysitter Required
PERFECT JOB FOR STUDENT
Riverdale family looking for babysitter to sit at their home during July & August.
Girl over 14 years old.
Able to supervise children in pool.
Two children 8 & 9, in-home
Mon-Fri 8:00-5:00 **936-8851** between 5-8 pm

Business Card Directory

D&D CONSTRUCTION
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• Complete Roofing • Installation Repair
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• FULLY INSURED
John Van Riel
938-6967
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By Appointment Only
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• Stump Grinding & Removal
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Specializing In:
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A Riverdale Company
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A Better World
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• carpet & couch cleaning
• window washing
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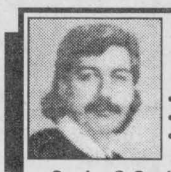
Flood Prevention Tips Call John at
938-8888



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• Home Service Available
Senior & Students Discounts
BASIC RETURNS $20 & up
PAUL-EMILE R. GUINDON
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LAWN ROLLING
•Aerating•
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lawn maintenance
R. S. & SON ENTERPRISE
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TONY VAN RIEL CONSTRUCTION
Carpenter: Bill Van Riel
New Homes (customized to your liking)
Additons: complete roofing, renovations
Foundations & Concrete Work
Pole Sheds: barns & milking parlours
Installing Tin & Siding
Qualified installer of rubber membrane applications for all flat roofs & low pitch roofs
Licensed carpenter with 23 years of experience in the business
Completing the project from start to finish with no delays
Fully insured. Free Estimates
Owner is welcome to do work on project
For prompt efficient service call Tony Van Riel 932-9426
Cellular 936-7511

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Power Sweeping
Lawn Rolling • Landscaping
• Grass & Weed Cutting
• Backhoe • Dozer • Truck Rental
• Fill • Sand • Gravel
"Home of the Perfect Soil"
Reasonable Rates 933-4019

CHOICE NATURAL WATER
SPRING & DISTILLED WATER & ACCESSORIES
Serving Cornwall & S.D.& G.
FREE DELIVERY
931-2234

WELL DRILLING
SINCE 1956
ROY'S
Energy Efficient Heating & Cooling
Water Heat Pumps
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as low as $3.15 per bottle
CHAMPION BREWERS

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NORM'S HANDY WORK
Cell # 360-0222
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Book now for unbeatable seasonal discounts. Free estimates.

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Wine & Beer Supplies & Equipment
856 1st Street E.
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SPECIALIZING IN:
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Tony Sanseverino
Tel: (613) 932-4429

LAWN ROLLING
936-7101
Leave Message
"Best Prices In Town"

24 - BABYSITTING

SUMMER BABYSITTER REQUIRED

Dependable, over 14, student required to work Mon-Fri 8:30 a.m. to 5:00 p.m. in our home in Riverdale to play and supervise with 2 children 9 & 11. Must be able to swim, not afraid of dog. Call **938-0841** for interview between 6 p.m. - 8 p.m.



26 BOATS/MOTORS

Boats, Big or Small We Moor Them All
Boat Housing Available All At Reasonable Rates
Mac's Marina
613-347-2788

26 BOATS/ MOTORS

CANOE, 15 FT. ABITIBI, fiberglass red. Good shape, $350. Can be seen at 601 Lynnwood Dr. or call 938-8945.

28 TRAILERS/ CAMPERS

1995 PROWLER 27 FT. 5th Wheel. Fully loaded. Showroom condition. Call 347-3558.

29 - REAL ESTATE

Don't Sign Yet!

Before you sign your current mortgage renewal, CIBC wants to make you an offer. Talk to our mortgage specialists and find out what they can do for you, or choose from our current **4.75%** five year open rate or **1.25%** *"cashback"* offer but don't wait long this is a spring offer promotion!

Dave Ross CIBC Mortgage Specialist
932-4535

1992 PROWLER 5TH Wheel, 29.5 foot w/front stand-up living room, queen size bed at rear, full bath & many other options. Very clean, non-smokers. Asking $16,500 or best offer. No GST. Call 938-0022.

TRAILER 28 FT. GLENDETTE, sleeps 7. Very good condition. In campground near Morrisburg on beautiful St. Lawrence. Completely furnished with sun deck and awning. Ready to move in. $15,000. Tel: 613-543-2494 or 514-620-6575.

CALL 933-0014 TO RESERVE YOU SPACE!!

BUY $67,000
RENT $625/month

3 bedroom bungalow east of Long Sault, city water, large lot, 2 kms north of Highway 2 on Avonmore Road.

RENE REYNEN
534-8177

CUSTOM MADE 5X10 utility trailer. All steel construction with side rails. Tilt Bed. 3500 lb. axle. Great for snowmobile/sea doo (includes rails)/or four wheeler. In excellent condition. $1,000. firm. Call 930-2599.

33 HOBBY FARMS

30 ACRE HOBBY FARM, 2 miles east of Cornwall, to share for riding horses, beef cattle, pork, chickens, etc. Phone 931-1329.

34 HOUSES FOR RENT

BEAUTIFUL COUNTRY HOMES, 3 bdrms, $550 & 450/mth. 2 bdrms, $350/mth. Available immediately or May 1st or June 1st. Call 538-2840.

NO SPACE IS TOO SMALL! YOU COULD BE ADVERTISING HERE!

CLEAN, CENTRALLY located two-storey 3 bdrm house. Fenced backyard. Available June 1st. $700/mth, plus utilities. Call 936-2643.

NEWLY RENOVATED, 3 bdrm home, 1 1/2 bath. On St. Lawrence, 7 miles east of Cornwall. Boat dock. Available now. No pets. Civic #19058. Call 931-1786.

35 HOUSES FOR SALE

PRIVATE, NORTHEND, Semi, 3 bdrm, dining room w/hardwood floor & french doors. Patio door w/large deck. Partly finished basement. Asking $76,500. Call 938-8055.

1005 MIRON. Excellent 3 bdrm brick bungalow. Carport & garage. Income from rooms in basement helps you buy! Now only $89,900. Call Latreille Real Estate, 938-3800.

H.M.S. REALTY FOR SALE

New Listing-restoration project. 1850's home with over 2600 sqft,on 1 acre,garn& shed,rare find.$36,900

$69,900- Colonial bungalow, 1200 sq.Ft. with attached double garage, features Florida room.

Reduced to $55,000.00 - Four bedroom 2 story home on large lot, Avonmore

Reduced to $65,000 - Hobby Farm, 50 acres, 3 bedroom, small workshop, Newington

BUILDING LOTS, $10,000 to $25,000

Looking To Buy Or Sell
346-5721
H.M.S. REALTY INC.

EAMERS CORNERS. 2+1 bdrm, full basement, attached breezeway & garage on large lot, 114x100. Asking $79,900. Open to offers. For appointment, call Hermann, 938-1109.

THIS COULD BE YOUR SPACE! CALL 933-0014

SAVE MONEY NOW!
Refinances, purchases and debt consolidations. Pay off high interest loans & credit cards.
5 Year Mortgage • 6.90%
UPPER CANADA MORTGAGE
930-2592

DUPLEX FOR SALE 426&428 First St.E. Cornwall. Many updates. Good tenants. Large fenced lot and paved driveway. Asking $62,500. Call for appointment 933-1201.

38 OFFICES/ STORES BLDGS.

FOR RENT: Office space in new industrial mall, Long Sault. Security system, air conditioning. Call 534-8445.

RING UP PROFITS WITH THE CLASSIFIEDS

Century 21 SHIELD REALTY LTD.

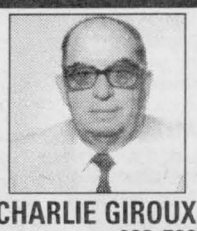
465 PITT STREET
938-2121 **933-5154**



ROGER VIAU
Sales Rep. 932-1325



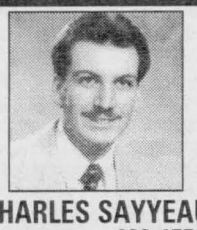
CLAIRE LALONDE
Sales Rep. 938-2761



CHARLIE GIROUX
Assoc. Broker 933-7985



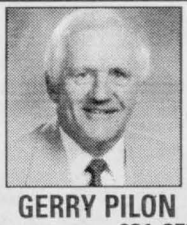
JUDI AUGER
Sales Rep. 931-3293



CHARLES SAYYEAU
Sales Rep. 933-1558



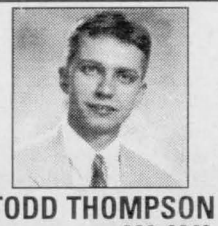
GINETTE CAMPBELL
Sales Rep. 932-1609



GERRY PILON
Sales Rep. 931-3555



SHERRY McCULLOUGH
Sales Rep. 937-0891



TODD THOMPSON
Sales Rep. 938-0640



MAURICE DROUIN
Sales Rep. 933-6146



MICHAEL VANDER MEER
Assoc. Broker 534-2950



MIKE DeBOER
Broker 938-7802



ERIC PEDERSEN
Broker 938-9690



304 13th ST. WEST
(A-MLS 5028) 3 bdrm., brick bung. sidesplit featuring rec room, gas frpl, newly-installed F.A. gas furnace, central air.
ROGER VIAU 932-1325



84-84A LEFEBVRE
(A-MLS 5022) Excellent shape duplex, 50'x125' lot, dbl. garage.
ROGER VIAU 932-1325



NEW LISTING $84,000
(A-MLS 5051) 1809 Cumberland. Super semi, large lot, basement, rec rm. & bath.
CLAIRE LALONDE 938-2761



NEW LISTING $79,900
(A-MLS 5052) 127 Marlborough, 5 bdrms., formal dining room, gas heat, frpl., A Must See!
CLAIRE LALONDE 938-2761

1295 SYDNEY $114,900
(A-MLS 5005) Immaculate 3 bdrm., 4-level split, frpl., dining room, main fl. laundry
CLAIRE LALONDE 938-2761



TRIPLEX $99,900 (A-MLS 4858) 711-A-B Amelia, 1-3 bdrm., 1200 sq. ft., 2-2 bdrm., good investment property. Payments as low as $268./mo. Dwnpt. required
CHARLIE GIROUX 933-7985



McNEIL RD. $88,000
(L-MLS 4990) Civic #16979, 3 bdrms., lot 100'x300', det. garage/workshop 24'x20.
CHARLIE GIROUX 933-7985



FISHERMAN'S PRIZE
(J-MLS 4919) Updated bung has a right of way to the water, docking & garage, only $78,900
JUDI AUGER 931-3293



HOBBY FARM $85,000
(O-MLS 4891) 74 acre farm, house has newer kitchen, separate dining room, main floor laundry & attached garage
JUDI AUGER 931-3293



TRIPLEX $54,900
(A-MLS 4865) Good income, centre town
CHARLES SAYYEAU 933-1558



NORTH LUNENBURG
$79,900 (O-MLS 4912)
3+1 bdrm., rec room, pool, wood stove.
CHARLES SAYYEAU 933-1558



$109,900
(A-MLS 5002) 3 bdrm. brick bung. with in-law suite, above ground pool, screened-in patio
CHARLES SAYYEAU 933-1558

COUNTRY $69,900
(M-MLS 5010) N. Lunenburg Rd. E. Excellent country home featuring large lot, att. garage, many new renovations, beautiful starter home
GINETTE CAMPBELL 932-1609



$79,900
(A-MLS 4031) 528 Augustus Street
GINETTE CAMPBELL 932-1609



EXCELLENT STARTER
$64,900 (A-EXC 5000) full lot, new plumbing & wiring, carport, fully fenced lot.
GINETTE CAMPBELL 932-1609



STONEHOUSE PT.
(J-MLS 5037 - 5038) Waterfront summer cottages. 2 bdrms., $39,900 or 3 bdrms. - $54,900. Great location, close to town.
GERRY PILON 931-3555



JUST LISTED $79,900
(A-MLS 5058) 1232 Henry St., 4 bdrms., forced air gas heat.
GERRY PILON 931-3555



331-315 PITT $99,900
(A-MLS 4911) Downtown 2 stores & 2 apartments. Great investment
GERRY PILON 931-3555



13 OLD ORCHARD
$115,900
(A-MLS 5025) Central location, in-law suite upstairs
GERRY PILON 931-3555



231 ALICE $54,900
(A-MLS 4601) Ideal starter home with gas heat & numerous renovations. As low as #332/mo.
GERRY PILON 931-3555



242 8th STREET EAST
$64,800 (A-MLS 4796)
Large 3 bdrm., with numerous updates. As low as $399/mo.
GERRY PILON 931-3555



WATERFRONT COTTAGE $109,500
(J-MLS 4741) Summerset Acres. Winterized, 1100 sq. ft, 2 bdrm
GERRY PILON 931-3555



JUST LISTED $189,900
(A-MLS 5055) Executive home, quiet crescent location, owner relocating.
SHERRY McCULLOUGH 937-0891



COUNTRY CHARMER
(J-MLS 5035) Minutes from city, large lot 121'x125.
SHERRY McCULLOUGH 937-0891



L-O-A-D-E-D
$189,900 (M-MLS 4966)
Country property.
SHERRY McCULLOUGH 937-0891



JUST LISTED $73,900
(A-MLS 5018) 519-519A York St., centretown duplex
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CONVENIENCE STORE
$67,900 (A-MLS 4963)
Business incl. building, in Cornwall.
TODD THOMPSON 938-0640

1708 CUMBERLAND
$104,900 (A-MLS 4949)
Very nice 3 bdrm. bung., 1197 sq. ft.
TODD THOMPSON 938-0640

55 MILLE ROCHES
$91,900
(M-MLS 4847) Vendor wants this sold yesterday!
TODD THOMPSON 938-0640

SPACIOUS $77,900
(A-MLS 5012) 3+1 bdrm. semi with in-law potential, quiet crescent.
MAURICE DROUIN 933-6146

BISHOP'S PT. $34,900 (ea.)
(G-MLS 4900) 20939 Billard Ave., 2 waterfront cottages,. with most furniture incl., could easily be converted into one cottage
MAURICE DROUIN 933-6146

LUNENBURG $57,500
(O-MLS 4728) well maintained, 3 bdrm., workshop& summer kitchen
MIKE VANDERMEER 534-2950

INGLESIDE $99,900
(O-MLS 4942) Century home, 4 bdrms, fireplace, 2182 sq.ft. Loaded with charm & character
MIKE VANDERMEER 534-2950

CENTRAL $105,000
(A-MLS 4716) 6 bdrm. home on large lot, could be converted to home business or duplex.
MIKE VANDERMEER 534-2950

CORNWALL $59,900
(A-MLS 5006) 3 bdrm. Many improvements. Lot of house, little money
MIKE VANDERMEER 534-2950

WATERFRONT $399,900
(J-MLS 4792) executive home on large waterfront lot. Prestigious area.
MIKE VANDERMEER 534-2950

We Have The Key to Your New Home

HOBBY FARM 124,900
(O-MLS 5016) Osnabruck Twp., 50 acres, home shows like new.
MIKE VANDERMEER 534-2950

MOOSE CREEK $73,900
(L-MLS 4953) 3 bdrm. bung. with carport on large lot.
MIKE VANDERMEER 534-2950

MONKLAND $73,900
(L-MLS 5013) Fully renov. 3 bdrm, hdwd floors, 4 season sunroom
MIKE VANDERMEER 534-2950

8 UNIT $189,000
(O-MLS 4926) positive cash flow, low tenant turnover. Possible VTB.
MIKE VANDERMEER 534-2950

RR 1 BERWICK $126,900
(MLS 4876) renovated hobby farm, 2.75 acres, barn, garage, machine shed.
MIKE VANDERMEER 534-2950

VICTORIAN STYLE
$235,000 (M-MLS 4875)
2,300 sq.ft., 17 acres, very private.
MIKE VANDERMEER 534-2950

REPOSSESSED $49,900
(L-MLS 5008) 3 bdrm, hardwood floors, fireplace
MIKE VANDERMEER 534-2950

RIVERDALE $97,900
(A-MLS 4932) Almost new, well-decorated bungalow.
MIKE VANDERMEER 534-2950

EAMERS CORNERS
$75,900 (A-MLS 5017)
2+1 bdrm. brick semi on large fenced lot.
MIKE VANDERMEER 534-2950

SO NEW
CHERRY STREET, LONG SAULT
$119,900
(M-MLS 5039) Gorgeous raised, all brick bung., 1260 sq. ft., 2 baths, oak railings, cabinetry & eff. gas heat.
MIKE DeBOER 938-7802

1518 CATHERINE
$129,900 (A-MLS 5034)
New eff. forced air gas heat., main floor family room, frpl., whirlpool bath, ash trim & doors.
MIKE DeBOER 938-7802

2-2 BDRM. BUPLEX
$59,900 (A-MLS 4982)
Very good condition, gas heat, have rent pay for mortgage.
ERIC PEDERSEN 938-9690

VACANT COMMERCIAL PROPERTY $60,000
(P-MLS 4994))) Hwy 2 West of Ingleside, 3.17 acres, 3 yr. old, 1008 sq. ft. bldg. open offers.
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ST. ANDREWS $79,500
(M-MLS 4931)) Beautiful renovated home, new siding, windows & doors, oak cupboards.
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Females Seeking
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FAMILY-MINDED
SWF, 36, dirty blonde hair, brown eyes, witty, employed, likes gardening, cooking, reading, seeking honest SM, who will be good to me. Ad#.3761

GREAT SMILE
SWF, 58, 5'3", blue-eyed blonde, N/S, humorous, honest, considerate, enjoys hiking, biking, swimming, seeks loving, honest, outgoing, financially secure SWM. Ad#.8646

ENJOYS LIFE
Happy SWF, 45, 5'6", dark hair, brown eyes, enjoys the outdoors, music, dancing, quiet times, seeking honest, easygoing, romantic, trustworthy SM. Ad#.8484

ON THE GO
Outgoing SWF, 36, 5'7", 115lbs., brown hair, blue eyes, enjoys bicycling, taking walks, animals, kids, the outdoors, sports, seeks honest, trustworthy, communicative SM. Ad#.9747

TO ENJOY LIFE WITH
DWF, 48, fit, intelligent, energetic, seeks gentleman of inner goodness, 45+, with an appreciation for serene settings, nature, spirituality, classical music, family, antiques, and laughter. Ad#.9797

MAKE A TEAM
Petite, fit SWF, 34, friendly, professional, enjoys outdoor sports, hiking, gardening, seeks SM, who has a healthy lifestyle and is willing to share family responsibilities. Ad#.9345

LIFE'S A PARTY!
SWF, 24, 5'4", really enjoys country music and traveling, wants to meet an outgoing SM, who is in the military, and has the same interests. Ad#.1819

GIVE & TAKE
Spontaneous, very shy SWF, 27, 5'4", 115lbs., employed, enjoys hockey, reading, knitting, seeks honest, flexible, open SM, who is emotionally strong. Ad#.1492

IMPECCABLE
Sensitive SWF, 33, 5'2", 120lbs., blond hair, green eyes, attractive, employed, enjoys music, reading, walks, dining out, seeking tall, slim, employed SM, with compatible interests. Ad#.7650

LIKES OUTDOORS
Easygoing, employed SWF, 40, 4'10", blonde hair, blue eyes, N/S, enjoys camping, fishing, Bingo, swimming, seeking loving, gregarious SM, dads and smokers okay. Ad#.5674

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

NEAT APPEARANCE
Petite, small-boned SWF, 57, shy at first, loves music, reading, pets, music, cooking, country drives, hoping to meet considerate, kind SM. Ad#.9310

STEAL MY HEART
Good-looking, slim SWF, 54, 5'6", short blonde hair, gregarious, enjoys traveling, walks, dancing, country music, seeking tall, handsome, well-groomed SM. Ad#.9618

HOPE YOU CALL!
Honest SWF, 21, 5'4", 125lbs., enjoys being with friends, going to the race track, seeking an open, sincere SM, to become that special someone, to settle down with. Ad#.9447

A WARM SMILE
Medium-built SW mom, 29, big brown eyes, easy to talk with, N/S, social drinker, enjoys traveling, long walks, camping, looking for an open SM, who is patient with children. Ad#.9134

FRESH START
SW mom, 21, 5'6", medium-built, outgoing, trustworthy, enjoys skiing, camping, boating, fishing, working out, seeks compatible, trusting, understanding SM. Ad#.5480

GOOD HONEST FUN
Friendly SWF, 35, 5'2", average build, brown hair, hazel eyes, enjoys movies, gardening, music, seeks ambitious, honest SWM, who has family values. Ad#.3069

TAKE A MOMENT
SWF, 20, 5'10", 130lbs., blonde, brown eyes, adventurous, vice-free, enjoys skating, swimming, kids and pets, seeks dependable, caring SM, who is right for her. Ad#.9281

HOPES & DREAMS
SW mom, 29, 5'8", blondish-brown hair, blue eyes, enjoys reading, writing, music, sketching, seeks honest, fun-loving, spontaneous SM. Ad#.6869

LET'S MEET
SWF, 25, 5'8", 110lbs., fun to be with, student, enjoys sports, hiking, picnics, seeks fun-loving, happy SM. Ad#.9224

FASCINATING
SWF, 36, 5'1", 110lbs., blonde hair, bluish eyes, adventurous, spontaneous, likes cards, reading, movies, dancing, seeks good-hearted, slender, fit SM. Ad#.9410

FAMILY-ORIENTED
SW mom, 27, 5'3", full-figured, honest, straightforward, caring, romantic, affectionate, enjoys reading, dancing, walks, seeks trustworthy, stable SM. Ad#.9783

DREAM COME TRUE
Delightful SWF, 32, 5'2", 90lbs., easy to get along with, mechanically inclined, loves sports, outdoor activities, dancing, wants to meet an honest, faithful SF, to share a compatible relationship. Ad#.3547

NEW ADVENTURES
Humorous, employed SWF, 27, 5'3", short hair, hazel eyes, N/S, enjoys sports, photography, seeking caring, romantic SM. Ad#.9547

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

SHAPELY & SMART
Slender SWF, 32, happy-go-lucky, enjoys sports, outdoor activities, fishing, seeks faithful, honest, trustworthy SF, to share a life full of smiles with. Ad#.1455

FULL OF FUN!
Bubbly SWF, 46, 5'4", blonde hair, brown eyes, employed, enjoys cooking, people, seeks honest, conversational SM. Ad#.6465

I'M LOOKING
Friendly, funny SWF, 24, 5'8", brown hair, green eyes, hobbies are joking around, going to bars, computers, seeks loyal, trustworthy, honest, reliable SM. Ad#.9611

LIVE FOR TODAY
SWF, 41, 5'7", short brown hair, blue eyes, sense of humor, enjoys camping, fishing, playing cards, seeks accepting, honest, humorous SM. Ad#.9264

VERY HAPPY
SW mom, 20, 5'10", blue-eyed blonde, outgoing, articulate, intelligent, employed, enjoys volleyball, music, time with daughter, seeks intelligent, kind, honest SM. Ad#.8613

PLAIN JANE
SWF, 27, 5'3", N/S, brown hair, spontaneous, outgoing, humorous, employed, enjoys sports, photography, seeks caring, fun SM, N/S, who is easy to get along with. Ad#.9836

LOOKING
SF, 24, 5'6", 150lbs., long brown hair, brown eyes, unemployed, likes sports, watching TV, seeks SF. Ad#.8270

BE DARING, CALL
Fun-loving, delightful SWF, 34, full-figured, enjoys country music, dancing, movies, seeks honest, clean-shaven, employed, friendly SM, for dating. Ad#.8858

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

TAURUS GAL
Easygoing SWF, 28, 5'7", blonde hair, blue eyes, employed, enjoys long walks, movies, outdoor activities, seeking honest, down-to-earth, loyal SM. Ad#.1550

MEET FOR COFFEE
SWF, 57, 5'7", brown hair, glasses, pleasant, loving, employed, likes the outdoors, talking, travel, seeks understanding, romantic, honest, caring SM. Ad#.8056

INQUISITIVE MIND
Fun, straightforward SW mom, 30, 5'7", average build, trustworthy, enjoys talking on the phone, cooking, dancing, dining out, seeks mature, reliable, truthful SM, who loves kids. Ad#.8658

EXPECTS HONESTY
Average build SWF, 26, 5'6", long blonde hair, blue eyes, enjoys rollerblading, camping, downhill skiing, hoping to meet a SM, to be compatible with. Ad#.2254

GREGARIOUS
SW mom of two, 20, 5'5", 170lbs., brown hair, fun-loving, student, enjoys downhill skiing, walking, movies, seeks open-minded, fun-loving SM, who likes children. Ad#.3842

ACTIVE & BUSY
Attractive, truthful SW mom, 21, 5'8", brown hair, blue eyes, relaxed, enjoys reading, writing poetry, kids movies, seeks sincere, honest, communicative SM. Ad#.9644

COMPATIBLE?
Easygoing SWF, 42, 5'4", blondish hair, green eyes, employed, enjoys reading, taking walks, dancing, seeks honest, communicative SM. Ad#.3634

GET TO KNOW ME
Intelligent SWF, 33, 5'10", 160lbs., long brown hair, blue eyes, employed, enjoys playing darts, cards, exercising, seeking honest, sincere, loyal SM. Ad#.3443

HOPELESS ROMANTIC
Bubbly, fun-loving SWF, 39, 5'2", salt and pepper hair, blue eyes, witty, enjoys camping, long walks, cuddling, country music, seeks caring, family-oriented, affectionate SM, who likes kids. Ad#.9917

BECOME FRIENDS FIRST
Open, honest SWF, 22, 5'5", average build, bluish-green eyes, educated, enjoys playing sports, music, outdoor activities, wants to meet a SM, who is easy to get along with. Ad#.8656

NEEDS A LITTLE TLC
Gentle SWF, 62, attractive blonde, classy dresser, enjoys good conversations, quiet evenings, knitting, crafts, seeks honest, trustworthy, sincere S gentleman. Ad#.7360

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

HAPPY & HEALTHY
Adventurous SWF, 54, 5'3", 120lbs., blue-eyed blonde, enjoys golf, gardening, home life, music, cards, seeks relationship with an open-minded, caring, warm, content SM, who's also healthy. Ad#.9438

ANYTHING IN COMMON?
Outgoing SWF, 52, 5'4", blonde, blue eyes, N/S, social drinker, loves people, animals, talks, travel, movies, dining, walks, seeks sincere, romantic, secure SM, to share ups & downs. Ad#.5535

FROM DAY ONE!
Caring, honest SWF, 24, 5'8", brown hair, green eyes, enjoys movies, sports, seeking kind, caring, committed SM. Ad#.4395

SOCIALLY AWARE
SWF, 46, 5'5", blonde hair, blue eyes, enjoys skiing, skating, bowling, seeking communicate, caring SM. Ad#.9875

FOR CASUAL DATING
Professional SWF, 39, petite, dark auburn hair, green eyes, N/S, social drinker, loves country music, dancing, board games, most sports, interested in meeting honest, sincere SM. Ad#.4391

LIKES TO SPOIL PEOPLE
Very petite, attractive SWF, 36, 5'3", blonde hair, hazel eyes, loves sports, music, movies, candlelight dinners, seeking SM, for soul mate. Ad#.8849

LIKES TO LAUGH
Outgoing, fun-loving SWF, 30, 5'5", 130lbs, brown hair/eyes, nurse, enjoys walks, the outdoors, seeks positive, humorous, carefree SM. Ad#.8920

Males Seeking
Call
1-900-451-3959 Ext. 12
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SPUR OF THE MOMENT
Spontaneous SWM, 37, 6', 175lbs., brown hair, blue eyes, enjoys snowmobiling, sports, fishing, camping, seeks marriage-minded SF, with a good sense of humor. Ad#.6290

JACK OF ALL TRADES
Easy to get along with SWM, 37, 6', 180lbs., brown hair, blue eyes, enjoys fishing, snowmobiling, cooking, seeks honest, fun-loving SF, who likes kids. Ad#.6435

WILL BE THERE FOR YOU!
SW dad, 37, 6'1", 185lbs., red hair, loves the outdoors, fishing, hunting, hiking, golf, hockey, baseball, painting, seeks honest, humorous SF. Ad#.9934

ADVENTURESOME
Professional SWM, 48, 5'10", 210lbs., humorous, outgoing, enjoys motorcycling, camping, the outdoors, seeks honest, friendly, spontaneous SF. Ad#.8158

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SB, JY 0424

WILL CALL YOU
SWM, 40, 6'3", 190lbs., blond hair, blue eyes, shy, likes the outdoors, tennis, country living, seeks honest, caring, attractive SF. Ad#.7478

LIFELONG HOPES
Shy-natured, sensitive SWM, 40, 5'9", 135lbs., romantic, enjoys sports, model building, seeks honest, affectionate, loving SF, to relate with. Ad#.3797

LOVER OF LIFE
Quiet, professional SWM, 45, 5'8", 150lbs., beard, physically fit, enjoys fishing, skiing, hunting, canoeing, seeking personable, fit SF, who likes kids and animals. Ad#.3789

FOR WHO I AM
Quiet, employed SWM, 33, 5'10", 185lbs., short dirty blond hair, blue eyes, enjoys working on cars, sports, seeking honest, trustworthy SF. Ad#.8916

WORKS DAYS
Nice-looking, easygoing SWM, 33, 6'1", 175lbs., doesn't mind joking around, likes many outdoor activities, seeks a dependable SM, for friendship, possible relationship. Ad#.1917

LOVES BOATING
Professional SWM, 34, 5'11", 180lbs., likes to be spontaneous, enjoys water sports, the outdoors, seeking a straightforward SF, who feels comfortable with people. Ad#.4312

LOOK NO FURTHER
Lovable SWM, 55, 5'10", black hair, brown eyes, enjoys horses, bowling, traveling, dining out, seeking a slim, beautiful SF, who also likes sports. Ad#.1167

JUST THE BASICS
SWM, 38, 5'10", dark brown hair, blue eyes, employed, enjoys long walks in the woods, seeking truthful, open, honest SF, moms okay. Ad#.1367

DOWN-TO-EARTH
Easygoing, employed SM, 39, 6', 185lbs., brown hair, green eyes, enjoys golfing, hockey, baseball, long walks, seeking understanding, communicative SF. Ad#.5209

IS IT FATE?
Hardworking SWM, 43, 5'5", 180lbs., black hair, brown eyes, employed, enjoys traveling, swimming, music, seeking honest, fun-loving SF. Ad#.2008

COMMUNICATIVE?
SWM, 29, 5'4", 165lbs., brown hair, blue eyes, fun-loving, outgoing, enjoys walks, cooking, outdoor activities, dancing, seeks honest, good-humored SM. Ad#.8066

JOLLY SOUL
SWM, 47, 5'8", 200lbs., full head of hair, friendly, happy, enjoys fishing, golf, boating, stock car races, seeks honest, caring S/DF. Ad#.1771

SHARE MY TIME
Slim SWM, 43, short hair, shy at first, enjoys working on radios, the outdoors, sports events, seeking nice, friendly, sweet SF. Ad#.5269

NEW ADVENTURES
Soft-hearted SWM, 38, 6', 190lbs., brown hair, green eyes, attractive, enjoys horseback riding, rollerblading, biking, seeking personable, romantic SF. Ad#.8746

MISSING PERFUME
Professional SWM, 55, 5'9", 175lbs., N/S, social drinker, fun-loving, hobbies range from dining out, fishing trips, seeks open-minded, adventurous SF. Ad#.6755

PLEASANT SMILES
SWF, 37, 5'8", trim build, happy-go-lucky, good-humored, employed, hobbies are movies, reading, dancing, seeks honest, compassionate, witty SF. Ad#.5876

NICE & HANDSOME
Chipper SWM, 33, 6', 160lbs., brown hair/eyes, employed, enjoys his boat, fishing, sports, outdoor recreation, seeks bright, well-rounded, pretty SF. Ad#.2102

LOVES CHILDREN
SW dad, 37, 6', 180lbs., outgoing, shy, enjoys fishing, cooking, horseback riding, seeks honest, straightforward SF. Ad#.7930

DETERMINED
Witty, passionate SWM, 38, 6', 165lbs., brown hair, blue eyes, mustache, physically fit, employed, enjoys his children, the outdoors, reading, movies, seeks honest, attractive, listening, slim SF. Ad#.8019

FROM THE HEART
Humorous, helpful SWM, 26, 5'10", bulky, strong, enjoys sports, building models, walking, playing cards, seeks honest, attractive, funny, talkative SF. Ad#.9731

SETTLING DOWN
SWM, 40, 5'10", 150lbs., brown hair/eyes, retired, likes quiet times, swimming, woodworking, politics, seeks dependable, understanding, sincere, truthful, thoughtful, considerate SF. Ad#.9215

DON'T ARGUE!
East Indian SM, 25, 5'8", 175lbs., brown hair, hazel eyes, friendly, humorous, enjoys working on cars, camping, some sports, seeks easygoing, sociable SF. Ad#.2255

COMMON GROUND
Athletic, easygoing, employed SWM, 25, 5'10", 175lbs., brown hair, hazel eyes, enjoys sports, movies, dancing, seeking communicative SF, athletic a plus. Ad#.4586

TO BE CONTENT
Friendly SWM, 44, 5'7", 170lbs., brown hair/eyes, likes fishing, hunting, playing cards, looking for an honest SF, who likes to talk and is interested in a long-term relationship. Ad#.9525

FOR TRUE LOVE
Very truthful SM, 37, 6'2", 190lbs., light brown hair, green eyes, enjoys the outdoors, quiet times, a glass of white wine, seeks a compatible SF, who has good morals and values. Ad#.2304

ENTERTAINING
Witty SWM, 39, 5'9", 160lbs., golden blond hair, blue eyes, enjoys working out, cycling, shooting pool, looking for an easygoing, attractive SF, who is serious about looking for a possible relationship. Ad#.9005

I FIX CARS
Tall, blond SWM, 47, heavy build, in good shape, clever, thoughtful, articulate, enjoys travel, dining out, movies, seeks sensible, even-tempered SF. Ad#.2113

COMMUNICATION
Humorous SM, 36, 6'2", 190lbs., brown hair, bluish-green eyes, enjoys reading, walks, the outdoors, seeking sincere, honest, monogamous SF. Ad#.4304

NEW BEGINNINGS
SWM, 39, 5'9", 140lbs., light brown hair, blue eyes, enjoys music, reading, board games, walking, wants to meet a sensitive, N/S SF, who is willing to give a new relationship a chance. Ad#.9290

GREAT OUTLOOK
Attractive SWM, 35, 5'10", spontaneous, enjoys a lot of outdoor activities, sports, looking for a good-looking SM, who wants to enjoy every moment as it comes. Ad#.7276

CAN'T GO WRONG!
Caring, honest SWM, 33, 5'9", 165lbs., well-built, goatee, secure job, enjoys working around the house, skating, sailing, walking, looking for an honest SM, for relationship based on friendship. Ad#.5772

DEPEND ON ME
Humorous, outgoing SWM, 30, 6'1", 175lbs., curly brown hair, green eyes, honest, likes boating, fishing, mountain biking, hiking, seeks truthful, outgoing, attractive SM. Ad#.9457

COUNTRY LIVING
Fit SWM, 34, self-employed, enjoys movies, reading, TV, gardening, seeking honest, trustworthy SF, to share quality time. Ad#.9510

LOVES CHILDREN
SWM, 47, 5'6", 150lbs, brown hair, blue eyes, easygoing, enjoys watching sports, auto racing, the outdoors, seeks honest SF, for quality time. Ad#.8372

GET TO KNOW ME
Tall, outgoing, employed SWM, 27, light brown hair, blue eyes, enjoys darts, shooting pool, swimming, seeking honest, outgoing, trustworthy SF. Ad#.6710

ARE YOU THE ONE?
SWM, 35, 6'2", brown hair, hazel eyes, outgoing, romantic, enjoys long romantic walks, star gazing, cuddling on the couch, seeks honest, compatible SF. Ad#.2092

HAS A GOOD JOB
Easygoing, fun-loving SWM, 39, 5'11", 155lbs., doesn't drink very much, drug-free, enjoys bowling, boating, skiing, skating, wants to meet honest, caring SF, with a good sense of humor. Ad#.1847

HEART OF GOLD
SWM, 37, 6', blond hair, blue eyes, outgoing, likes to laugh, enjoys camping, hiking, sports, seeks friendly, trustworthy SF. Ad#.4066

READY TO SETTLE?
Fun-loving SWM, 35, 5'11", blond hair, blue eyes, enjoys camping, fishing, hiking, seeks honest, trustworthy, compassionate SF, who will be there for him. Ad#.5973

PERSONALLY YOURS
SWM, 34, 5'2", blond hair, blue eyes, humorous, optimistic, enjoys golf, tennis, weightlifting, seeks funny, open-minded, communicative SF. Ad#.1944

TAKE A CHANCE
SWM, 30, 5'8", 160lbs., honest, communicative, romantic, affectionate, enjoys TV, movies, music, seeks honest, outspoken, understanding SF. Ad#.3091

HAS A BIG HEART
Funny DWM, 32, 6', 170lbs., employed, likes doing reasonable things on the spur of the moment, looking for honest SF, willing to compromise and talk. Ad#.7295

HONESTY A MUST!
Outgoing, employed SWM, 37, 5'10", 200lbs., dark brown hair, blue eyes, enjoys long walks, movies, the beach, seeks fun-loving, romantic SF. Ad#.1340

COMPATIBLE INTERESTS?
Fun-loving WM, 28, 6'2", 210lbs., brown hair, blue eyes, self-employed, enjoys skiing, the outdoors, seeking easygoing, communicative M. Ad#.1749

SOFT-SPOKEN
Good-looking SWM, 39, 5'11", 163lbs., self-employed, enjoys fishing, camping, swimming, quiet times, sports, TV, music, seeks attractive SM. Ad#.8204

STOP! RESPOND!
SWM, 27, 5'5", 130lbs., brown hair, blue eyes, employed, enjoys art, photography, seeking SF, with a good personality, for fun times. Ad#.7809

SHY TENDENCIES
SWM, 29, 5'11", 175lbs., brownish-blond hair, employed, enjoys reading, cooking, antiques, seeks honest, caring SM, to share interests with. Ad#.9800

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3000 SQ. FT. STORE FRONT available. Ideal for new business or commercial business. Paved driveway, close to 401, VIA and bus, new wiring, gas heated. Fenced in backyard. 5 apts. same complex. For lease or sale. Financing available. 933-9457

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MONKLAND, 59 ACRES for sale. Fronting on Hwy. #43. Good building sites. Old dug well. Approx. 40 acres bush plus xmas tree plantation. Adjacent to crown land. $30,000 takes it. 932-9929.

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FEMALE SOUGHT TO SHARE furnished house with other professional female. Laundry, central location. $250/mth, inclusive. Non-drinking preferred. Call 933-5062.

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SHARE MY CLEAN, quiet & modern home. Seperate bathroom and more. Wanted, mature, reliable non-smoker. Student or working person. Call 936-9285.

51 SNOWMOBILES

1995 POLARIS 500 (Carb) liquid cooled snowmobile. Excellent condition, only 1,000 miles. Includes Helmet Communicator. Wired for heated helmet shield. $5,000. firm. Call 930-2599.

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75-MEETINGS

The Lung Association
General Annual Meeting

will be held May 12th, from 6:30 to 8:30 in the Multi purpose room located at the Cornwall Library. Everyone welcome to attend.

76 PET LIVESTOCKS

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92 NOVENAS

THANKS ST. ANNE for prayers answered. N.H.



TENDERS

Sandblast '97

Tenders being accepted for food concessions for Sandblast Beach Volleyball Tournament Farran's Park/Ingleside June 27th, 28th & 29th

Tenders must be submitted in writing by June 6/97 to:
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93 MERCURY SABLE GS, fully loaded, clean, clean	$8,450
93 MERCURY TOPAZ GS, 4 dr, auto, 110,000 km	$5,850
92 OLDS ACHIEVA SOLD ., 6 cyl., 110,000 km	$7,750
92 CHEV CAVALIER RS, 2 dr, loaded, 56,000 km	$7,995
91 PONTIAC TEMPEST, 6 cyl, auto, air, 110,000 km	$6,850
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88 TOPAZ, 4 dr, auto, air, 99,000 km	$2,450
88 OLDS CUTLASS SUPREME SL, 2dr, loaded, 140,000km	$5,450
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88 CHEV. COR SOLD aded, 79,000 km	$5,495
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85 BUICK ESTATE WAGON, mint, 100,000 km	$2,995
85 PONTIAC FIERO SE, auto, loaded,	$1,995

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

Alice Yee

by Shawna Ostler



I chose Alice Yee, a grade 12 student, to be in the spotlight because she is one girl who always has a smile on her face. Her friendly wave and pleasant words brightens everyone's day. when Alice walks down the halls of St. Lawrence, she stops several times to chat with people. I would consider her one of the few to know almost every student in the school.

Alice is involved in many activities. For instance, she has participated in the 30 hour famine two years in a row to help raise money for the children in this world who are starving. She has also helped in the Agape food drive for a couple of years. In previous years, she has helped with many organizations such as the Yearbook, Saintsaction, etc. Also, just this year, she has started Peer Helping. she is very devoted to her eight peer kids, and, on special occasions, she spoils them with candies or cupcakes. Many times, she can be seen helping in the gymnasium with nerabilities is her scoring or doing the love for children. doors whenever she during sees a small athletic child or a baby games. she starts to While frantically wave helping and gives one out of her brightest a smiles. One lot day she will around make a wonderthe ful mother. school, Another one of she still Alice's great finds qualities is the time to be on the vol- friendship skills she leyball team which possesses. She is she enjoys very always ready to lend much. Volleyball is an ear to listen to a one of her favourite friend's problem or sports and she plays lend a shoulder for a exceptionally well. friend to cry on. She

Seeing Alice so is a wonderful friend busy around the who you can always school, makes it hard count on. Alice is to believe that she also very generous finds times to do and giving. homework; yet she is excelling in all her If I had to describe classes, even her Alice in about two OAC classes. In words I would have Alice's spare time, to choose kind and she likes to talk on cheerful. She has a the phone, play very warm and gensports, spend time erous heart. She is with her friends and well known for havher boyfriend, Cory. ing all kinds of treats At home, Alice has hidden in her pockthree sisters with ets or bookbag, such whom she loves to as candies and gum. share heart to heart Alice is always givchats, playing cards ing the candies out and shopping. On to just about anyone. weekends, when not I encourage anyone relaxing, she can be who doesn't know found at New this wonderful perGarden restaurant son to get to know where she works as a her because you'll waitress. make a friend for

One of Alice's vul- life.

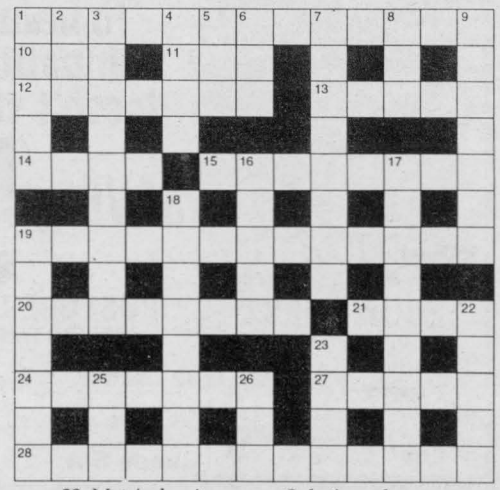
Family of the Year



St. Lawrence Council 5068 in Glen Walter presented its' Family of the Year Award to Mike and Kathy Doré of Summerstown and their three children, Sean, Lisa and Amanda.

Pictured above is Norm Fontaine, Grand Knight, Council 5068 with the Doré family.

(Photo by Aubrey Johnson)



Clues Across
1. Superstitions
10. College frat
11. Container
12. Place of instruction
13. Elephant's name
14. Paradise
15. Way of running aground
19. Kids' party game
20. Most loose-fitting
21. Wrinkled fruit
24. Believes
27. Defuse
28. Thoroughfares

Clues down
1. American Indian from Missouri
2. Component of shellac
3. Soundproofing material
4. Wild mountain goat
5. Vigor
6. Compass point, abbr.
7. Cigar ingredients
8. Workplace
9. Frank ____, invented electric trolley
16. Fencing swords
17. Mix
18. African country
19. Not main ingredient
22. Metrical units
23. Prickly seed vessel
25. Top exec
26. Female sibling

Solutions Across
1. Old wives' tales
10. SAE
11. Bin
12. Academe
13. Babar
14. Eden
15. Beaching
19. Spin the bottle
20. Baggiest
21. Ugli
24. Accepts
27. Unarm
28. Two-way streets

Solutions down
1. Osage
2. Lac
3. Deadening
4. Ibex
5. Vim
6. ENE
7. Tobaccos
8. Lab
9. Sprague
16. Épées
17. Integrate
18. Ethiopia
19. Subpart
22. Iambs
23. Burr
25. CEO
26. Sis

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Carnival of Animals Coming

The Carnival of the Animals is coming to Cornwall! Composed by Camille Saint-Saëns in 1886 the show will feature a number of musicians, most of whom are known to the local scene. Also, a script especially written for this production by local music teacher Vivianne Panizzon will have the various animals portrayed by 26 students of l'Ecole Précieux-Sang in Glen Walter. The student actors will converse in order of appearance with King Bruce the Lion, the main character of this musical extravaganza.

The music will be performed by pianists Vivianne Panizzon and Jeannine Roy-Poirier, using a piano four hands transcription of the score which was originally written for orchestra. Guest musicians are Thérèse Motard, cellist and Sylvaine Tessier, flutist. Bruce the Lion will be played by local dentist and entertainer Norm Roy.

Vivianne Panizzon, a teacher of music, physical education and also librarian at l'Ecole Précieux-Sang, is also well known nationally for her work in Orff-Sculwerk music pedagogy an area in which she specialized. In her free time, she composes music for children and is a co-author in An Orff Mosaic in Canada which is now on the market.

Jeannine Roy-Poirier was involved at the academic level for 25 years as administrator of the Cornwall Campus of the University of Ottawa. Since her retirement she has returned to her first love, music and performs piano four hands with Vivianne Panizzon. The piano team of Panizzon-Toy Poirier performed in several concerts including "The Power of Music: Bach to Broadway" presented at Aultsville Theatre in November 1995. They also performed at Roy Thompson Hall in Toronto. Guest star Thérèse Motard is a cellist by profession who has acquired national and international fame. She teaches cello at the University of Montreal and is presently on the staff of the University of Moncton. She is a member of the Arthur-Leblanc String Quartet which performed in Cornwall recently. She was also the feature soloist with the Metropolitan Orchestra of Greater Montreal when the group recorded The Carnival of the Animals in 1984 with Les Entreprises Radio-Canada. One of this composition's better known pieces is "The Swan" which Mme Motard will be performing on the cello.

Sylvaine Tessier is a teacher of musical education in the Quebec City region. A seasoned flutist, she has performed in the U.S.A., in Europe and Western Canada.

Norm Roy, well known to local audiences for his numerous performances with the Glen Productions has been practicing dentistry in Cornwall for several years. His favourite hobby is music and the theatre. He is a member of the Cornwall Centennial Choir as well as the Pius X Church Choir in Long Sault. He also enjoys working with young people and in this production will be joined by the cast of student-performers.

This musical and theatrical production will take place on May 3 at St. Peter's Church, 2900 Second Street East in Cornwall. Two performances will be held, in French at 2 p.m. and in English at 7:30 p.m. A limited number of tickets are available at Melody Music in Cornwall or by calling 931-2430. There is a high level of interest for these unique performances.

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COMMUNITY DIGEST

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

*JOIE DE VIVRE, a non-profit Catholic movement aimed at helping single, separated, divorced and widows/widowers to live life at its fullest. French meetings held each Friday at 8:00 pm at 305 Baldwin Ave.

*K OF C BREAKFAST will be held on Sunday, April 27th at St. Francis de Sales Hall, from 9:00a.m. to 11:00a.m. Free will donation. All are welcome!

*K OF C COUNCIL 11347 St. John Bosco Parish will hold their monthly breakfast on Sunday, May 4th after the 9:30a.m. and 11:00a.m. Masses. Freewill offering. Everyone welcome.

Obituaries

BRIERE POIRIER - Bernadette

Passed away at the Janet MacDonell Pavillion on Saturday, March 8th, 1997.

Mrs. Bernadette Briere Poirier, in her 98th year, born in Hemmingford, Quebec; formerly of Leonia Street.

Dear daughter of the late Mederic Deneault and the late Euphrosine Bourdeau.

Beloved wife of the late Leonidas Briere and the late Donat Poirier.

Loving mother of Marcel Briere (husband of Pauline); Lou (Mrs. Roger Poirier); Rita (Mrs. Roland Leroux) and Huguette (Mrs. Armand Allaire), all of Cornwall.

Dear step-mother of Laurier, Reggie, Adrien and Lionel Poirier, all of Cornwall; Jeannine (Mrs. Hubert Touchette) of Chelmsford, Ontario; Eileen (Mrs. Keith Bookhout) and Georgette (Mrs. Yvon Desrosiers), also both of Cornwall.

Dear sister of Mrs. Lucienne Tobin of Montreal, and Yvette (Mrs. Lucien St. Pierre) of Lacolle, Quebec.

Loving grandmother of fifty-seven grandchildren, sixty great grandchildren and twenty great great grandchildren.

Predeceased by two sons, Gilles and Jerome Briere; one daughter, Miss Marie Briere; four brothers, Mederic, Joseph, Jean and Romain Deneault and by six sisters, Mrs. Euphrosine Perras, Mrs. Alexina Bouchard, Mrs. Annie Pitre, Mrs. Veronique Duquette, Mrs. Agnes Lefebvre and Mrs. Jeanna Gagne.

The funeral took place on Tuesday, March 11th, 1997, from the Boulerice Funeral Home Ltd., to Nativity Co-Cathedral. Spring interment in Nativity Cemetery. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated.

The pallbearers were members of the Nativity Guards.

Members of L'Association des Dames de Ste Anne de la Co-cathédrale de la Nativité formed an Honour Guard at the funeral mass.

COX - Russell (Russ)

Passed away at the Cornwall General Hospital on Thursday, February 27th, 1997.

Mr. Russell (Russ) Cox, born in Powassan, Ontario, of Cornwall.

Beloved husband of M. Winnifred Cox (nee Garland).

Dear son of the late John Wesley Cox and the late Charlotte Willis.

Loving father of Terrance (and his friend Arleen) of St. Catharines, Ontario and Tim (and his wife Nancy) of Bloomfield, Ontario.

Dear brother of Noli (Mrs. Gordon Barrie) of Lakefield, Ontario and Mary (Mrs. Harold Everest) of Powassan.

Also survived by two grandchildren.

Predeceased by two brothers, Clarence (Sharkey) and Leslie (Mick) Cox.

The funeral was held on Saturday, March 1st, 1997 from McArthur Bros. & MacNeil Ltd. Funeral Home, 428 Second Street East, Cornwall to the Chapel of the Funeral Home. Spring interment in Powassan United Cemetery, Powassan, Ontario. Reverend Terry Dunlop of Knox-St. Paul's United Church officiated.

The Honour Guards were members of the Cornwall Shriner's Club: Ken MacNeil, Rory MacLennan, Douglas Shaver, Archie MacDougall, Ken Runions, Cam Stewart, Jack Kitchen, Frank Williams, Carl McLaughlin, John Rupert and Gerry Cook.

COLBRAN SANSOM - Charlotte

Funeral services for a Martintown resident, Charlotte Sansom, 83, were held at St. Andrew's United Church, Martintown on March 1st with Reverend Ian MacMillan officiating.

The beloved wife of the late Edwin W. Sansom, Charlotte passed away on Wednesday, February 26th, at the Cornwall General Hospital.

She is survived by a daughter, Jennith (and her husband Ronald Keir) of London; a son, Ronald (and his wife Jane) of Guelph and predeceased by a son, Roy and a daughter, Sharon.

Charlotte Sansom was a dear friend of D.A. Fraser and family.

She is also survived by a sister, Reta Haley of Smiths Falls and was predeceased by two brothers, James and Harold Colbran and by six sisters, Evelyn Helmer, Dorothy Nixon , Violet Coleman, Mabel and Grace Bender and Rebena MacLennan.

She will be greatly missed by her grandchildren, David Keir (and his wife Krystyn); Brian Keir (and his wife Sharon); Jamie Sansom (and his wife Sarah) and John and Kevin Sansom.

She is also survived by three great grandsons, Steven and John Keir and Cohen Sansom.

Charlotte Sansom was a member of the United Church Women, the Women's Institute, the Order of the Eastern Star, the Goodtimers Sr. Club and the Horticultural Society.

Pallbearers were grandsons, David and Brian Keir, Jamie, John and Kevin Sansom and nephew Murray Hamilton.

A tree will be planted in her memory at the Arboretum Memorial Forest, University of Guelph.

Spring interment to be in North Branch Cemetery.

The funeral arrangements were under the care and direction of the McArthur Bros. & MacNeil Ltd., 428 Second Street East, Cornwall.

GAGNON - Flora Dora

Mrs. Flora Dora Gagnon passed away at the Janet MacDonell Pavillion on Wednesday, February 26th, 1997.

Beloved wife of Arthur Gagnon.

Dear daughter of the late John Tremblay and the late Vitaline Roy.

Loving mother of Richard (and his wife Denise) of Cornwall; Maurice (and his wife Anne) of Morrisburg; Michael, at home; Lori (Mrs. Charles Belanger) of Cornwall.

Loving grandmother of eight grandchildren and four great grandchildren.

Predeceased by four brothers, Arthur, Bill, Eddy and Albert and by two sisters, Mrs. Laura Brunet and Mrs. Aurore Bray.

The funeral was held on Saturday, March 1st, 1997 from the Derry Funeral Home Inc., to Nativity Co-Cathedral. Spring interment in Notre Dame Cemetery.

Monsignor Rejean Lebrun, P.H., Rector of Nativity Co-Cathedral officiated, assisted by Reverend Stephane Bouchet, Curate of Nativity Co-Cathedral; Reverend Rene Dube of Ste-Croix Church; Reverend Marc Piche of St-Jacques Church, Maxville; Reverend Jacques Labelle, Associate Pastor of St. Columban's Church; Reverend Mr. Marcel Aube, Deacon of Nativity Co-Cathedral and Reverend Stephane Gamache, O.F.F.M., Deacon of Nativity Co-Cathedral.

The pallbearers were the Nativity Guards. The Honourary Bearers were Jeff, William, and Arthur Gagnon.

MILNE - John Argyle

Passed away at Versa Care Nursing Home on Tuesday, January 21st, 1997.

Mr. John Argyle Milne, age 85 years, born in Dewittville, Quebec; formerly of Versa Care Nursing Home.

Beloved husband of the late Irene Allen.

Dear father of Linda Milne of Hamilton, Ontario; Grace (Mrs. Daniel Vernier) of Cornwall, Ontario.

Loving grandfather of Jason of Huntingdon, Quebec; Danielle of Cornwall, Ontario and Chrystal of Hamilton, Ontario.

The funeral service took place on Friday, January 24th, 1997 from Kelly's Funeral Home, 19 Lake Street, Huntingdon, Quebec. Spring interment in Huntingdon Protestant Cemetery.

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THEORET - Armand Davis

Passed away at the Janet MacDonell Pavilion on Tuesday, March 4th, 1997.

Mr. Armand Davis Theoret, in his 66th year, born in Cornwall, of 1121 Captain MacDonald Road, Apt. #4.

Dear son of the late Eloi Theoret and the late Beatrice Leblanc.

Beloved husband of the late Phyllis Cowey and by a former marriage, Georgia Denis.

Dear companion of Eva Johnson.

Loving father of Vance Theoret (Debbie) of One Hundred Mile House, B.C.; Dale Theoret (Sheila) of Ottawa; Brenden Theoret (Nancy) of Cornwall and Darren Theoret of Ottawa.

Dear brother of Vernon Theoret (Mabel) of Summerstown; Marina (Mrs. Raymond Lalonde) of Cornwall; Gilda (Mrs. Lucien Imbeault) of Washington, D.C.; Wayne Theoret (Diane) of St-Lazare, Quebec; Clifford Theoret (Rita) of Cornwall and David Theoret (Gladys) of R.R. #1 Williamstown.

Also survived by four grandchildren.

Predeceased by three brothers, Norvil, Raymond and Darrel Theoret and by one sister, Leatrice Theoret.

The funeral took place on Friday, March 7th, 19997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to St. Francis de Sales Church, Cornwall. Spring interment in Notre Dame Cemetery. Reverend Gary Ostler of St. Francis de Sales Church officiated.

The pallbearers were David Theoret, Raymond Lalonde, Roddy Lalonde, Chris Lalonde, Eloi Leblanc and Rick Leblanc.

Obituaries

ANDRE - Robert (Bob) Louis

Passed away at the Hotel Dieu Hospital on Sunday, March 9th, 1997.

Mr. Robert (Bob) Louis Andre, in his 57th year, born in Cornwall, of R.R. #2 Lunenburg, Ontario.

Dear son of Raymond Andre and Estelle Godard.

Beloved husband of the late Margaret Theresa Beauchemin.

Loving companion of Eileen Neville.

Loving father of Robert Andre Jr., Carol Andre and Debbie (Mrs. Jack Marleau), all of Cornwall; Daniel Andre (Natalie) of R.R. #3 Lunenburg; Lisa (Mrs. Steven Butzer) of Newington and Monique Andre (Lloyd Fournier) of Martintown.

Dear brother of Paul Andre (Helene), Orise Andre (Marcel Boudrias) and Diane (Mrs. Michael St. Louis), all of Cornwall and Aurele (Joe) Andre (Cheryl) of Williamstown.

Loving grandfather of Daniel Jr., Derek, Sarah, Mathew, Ashley, Jennifer, Robin, Laura, Lloyd, Jake, Jason and Jessica.

Predeceased by one sister, Mrs. Denis Legue.

The funeral took place on Thursday, March 13th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to St. John Bosco Church, Cornwall, followed by cremation. Reverend Laurier Rivet of St. John Bosco Church officiated.

The pallbearers were James Legue, Kevin Legue, Ryan Andre, Lorne Neville, Norman Andre and Charlie Bushman.

BUICK - James Stanley (Stan)

Passed away at his residence on Friday, February 28th, 1997.

Mr. James Stanley (Stan) Buick, born in Belfast, Northern Ireland, of Cornwall.

Beloved husband of Joan Buick (nee Frame).

Dear son of the late Thomas Buick and the late Annie Dace.

Loving father of Bill Buick (and his wife Muriel) of Perth, Ontario and Betty (Mrs. Edward Cameron) of R.R. #1 Lunenburg, Ontario.

Dear brother of Raymond Buick of Canterbury, England; Myrtle (Mrs. Tom Thomas) of Cornwall, England and brother-in-law of Mae Harris of Peterborough.

Also survived by four grandchildren.

The funeral was held on Monday, March 3rd, 1997 from McArthur Bros. & MacNeil Ltd. Funeral Home, 428 Second Street East, Cornwall to the Chapel of the Funeral Home, followed by cremation. Reverend Jim Megill, Chaplain of the Royal Canadian Legion, Branch 297 officiated.

Mr. Buick was a World War II Veteran and a member of the Irish Guards.

GILMORE - Joseph *Gervase*

Passed away at the Hotel Dieu Hospital on Monday, March 3rd, 1997.

Mr. Joseph *Gervase* Gilmore, in his 71st year, born in Cornwall, of 3061 Johnston Avenue.

Dear son of the late Joseph Gilmore and the late Gertrude Gallinger.

Beloved husband of Eileen Norma Beaudette.

Loving father of Michael John Gilmore (Sheila); Stephen Lawrence Gilmore (Helene); Lynn Ann (Mrs. Jerry Sauve) and Donna Gertrude (Mrs. Harvey Villeneuve), all of Cornwall; David Gervase Gilmore (Jeannette) of St. Catharines; Carol Barbara (Mrs. Malcolm Bate) of London, Ontario and Paulette Anne Geneau of Avonmore.

Dear brother of Daphne (Mrs. John Wagner); Mrs. Lorraine Warren and Miss Valida Gilmore, all of Cornwall.

Also survived by twenty grandchildren and ten great grandchildren.

Predeceased by one son, Gary Gilmore.

The funeral took place on Thursday, March 6th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to St. Peter's Church, Cornwall. Spring interment in Notre Dame Cemetery. Reverend George Maloney of St. Peter's Church officiated.

The pallbearers were Raymond, Brian, Larry, Carey and Doug Amelotte and Richard Wagner.

Mr. Gilmore was formerly employed by Domtar Specialty Fine Papers.

OAKES - Agnes

Passed away at the Hotel Dieu Hospital on Sunday, March 9th, 1997.

Mrs. Agnes Oakes, in her 96th year, born in Hogansburg, New York, of Cornwall Island.

Dear daughter of the late Mitchell Conners and the late Margaret Lorain.

Loving mother of Rolland Coulon, John Neil Laughing, Myrtle (Mrs. Peter McCartan) and Carol Coulon.

Predeceased by three brothers, Louis, Charles and Angus Conners and by three sisters, Mrs. Anna Laughing, Mrs. Nancy Lazore and Miss Emma Conners.

A private funeral took place on Monday, March 10th, at the Lahaie and Sullivan Cornwall Funeral Homes Ltd., East Branch, followed by cremation.

INGRAM - Mary *May*

Passed away at the Hotel Dieu Hospital on Sunday, March 2nd, 1997.

Mrs. Mary *May* Ingram, in her 78th year, born in Cornwall, of 1421 Brookdale Avenue, Apt. #222; formerly of 540 Adolphus Street, Apt. #711.

Dear daughter of the late George Tyo and the late Florence Allnut.

Beloved wife of the late Francis Ingram.

Loving mother of Harold Ingram of Cornwall.

Dear sister of Edward Tyo and Edeline (Mrs. Archie Roderick), both of Cornwall and Rita (Mrs. Rolland Theoret) of L'Orignal.

Loving grandmother of Kenneth and Ross Ingram and great grandmother of Matt Ingram.

Predeceased by one sister, Mrs. Florence Prieur.

The funeral took place on Wednesday, March 5th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to the Memorial Chapel, followed by cremation.

MacDONALD - Adrian Leo

Passed away at the Cornwall General Hospital on Wednesday, March 5th, 1997.

Mr. Adrian Leo MacDonald, in his 63rd year, born in St. Andrew's West, Ontario, of R.R. #1 St. Andrew's West.

Dear son of the late Ranald George MacDonald and the late Marion McDonell.

Husband by a former marriage of Theresa Villeneuve.

Dear brother of Allan MacDonald (Kay) and Irwin MacDonald, both of Cornwall; Donald MacDonald (Alice) of R.R. #1 Cornwall; Harold MacDonald (Helen) of Greely; Gerald MacDonald (Hazel) of R.R. #1 Long Sault; Mrs. Edna McBean (wife of the late John McBean) of Bainsville and Gladys (Mrs. Ron Booth) of Kanata.

He will be sadly missed by several nieces and nephews.

The funeral took place on Saturday, March 8th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to St. Andrew's Church, St. Andrew's West. Spring interment in St. Andrew's Parish Cemetery. Reverend George Maloney of St. Peter's Church officiated, assisted by Reverend Tom Villeneuve.

The pallbearers were Dennis Jackson, Larry Jackson, Shawn MacDonald, John Andrew McBean, Doug MacDonald and Ron Booth.

McGILLIS - Evelyn Ellen

Passed away at the Hotel Dieu Hospital on Monday, March 3rd, 1997.

Mrs. Evelyn Ellen McGillis, in her 89th year, born in Lemieux, Ontario, of Sandfield Place; formerly of St. Andrew's West.

Dear daughter of the late Henry Leonard Muir and the late Catherine Ryan.

Beloved wife of the late William J. McGillis and by a previous marriage, the late Dr. J. A. Charlebois.

Dear step-mother of William McGillis Jr.

Dear friend of Olive (Mrs. John MacMillan) of Cornwall.

She will be sadly missed by nieces, nephews and cousins.

Predeceased by one brother, Harold Muir.

The funeral took place on Thursday, March 6th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to St. Francis de Sales Church, Cornwall. Spring interment in St. Bernard's Parish Cemetery, Fournier, Ontario. Reverend Gary Ostler of St. Francis de Sales Church officiated.

The pallbearers were the Nativity Guards.

MONTROY - Germaine (Jenny) Emma

Passed away at the Hotel Dieu Hospital on Monday, March 10th, 1997.

Mrs. Germaine (Jenny) Emma Montroy, in her 82nd year, of St. Joseph's Villa; formerly of 406 Fourth Street West.

Dear daughter of the late Gilbert Vivarais and the late Anna Berniquer.

Beloved wife of the late John Peter Montroy.

Loving mother of Harry Montroy (Irene); Leo Montroy (Dawn); Robert Montroy (Marcelle); Mitchell Montroy (Solange); Donald Montroy (Rosemary); John Montroy; Beverly Tyrell; Darlene (Mrs. Gilbert Billard); Muriel (Mrs. Garth Tessier); Brenda Jarvo; Bonita [Bonnie] (Mrs. Terry Clement) and Susan (Mrs. Larry Herrington), all of Cornwall; Cecil Montroy (Denise) of Montreal, Quebec and Jean (Mrs. Donald Charland) of Massena, New York.

Also survived by thirty-nine grandchildren, thirty-eight great grandchildren and by one great great grandchild.

Predeceased by one son, Romeo Montroy; one daughter, Mrs. June Gadbois; three brothers, Gilbert, Albert (Moss) and Peter Vivarais and by four sisters, Mrs. Annie Hance, Mrs. Helen Brown, Mrs. Lucie Mills and Mrs. Florence Lalonde and by two great grandchildren.

The funeral took place on Wednesday, March 12th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to St. Columban's Church, Cornwall, followed by cremation. Reverend Sarto Ratelle of St. Columban's Church officiated.

The pallbearers were the Nativity Guards.

DUMOULIN - George

Passed away at the Hotel Dieu Hospital on Thursday, March 6th, 1997.

Mr. George Dumoulin, in his 77th year, born in Cornwall, Ontario, of 167 Chevrier Avenue.

Dear son of the late Damien (Dan) Dumoulin and the late Aldiana Glaude.

Beloved husband of Jeannette Godard.

Loving father of Suzanne (Mrs. Lucien Desrosiers); Pierre Dumoulin (Aline) and Odette (Mrs. Michael Lawrence), all of Cornwall.

Dear brother of Hector Dumoulin, Clarence Dumoulin (Angel), Mrs. Evelyn Graham and Mrs. Doris Bray, all of Cornwall and Leo Dumoulin of Montreal, Quebec.

Loving grandfather of Joanne and Danick Dumoulin and Adele and Patrick Desrosiers.

Also survived by many nieces and nephews.

The funeral took place on Monday, March 10th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., East Branch to Nativity Co-Cathedral, Cornwall. Spring interment in Nativity Parish Cemetery. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated, assisted by Reverend Raymond Dumoulin and Reverend Mr. Marcel Aube.

The pallbearers were Members of the Knights of Columbus: Don Black, Claude Lamarche, Paul Belanger, Jean Allaire, Rodolphe Longton and Arnold Faubert.

Mr. Dumoulin was a World War II Veteran, Sherbrooke Fusilliers, 4th Division, B Squadron, 27th Armoured Tank Regiment, a member of the Knights of Columbus, Council #755 and a member of the Royal Canadian Legion, Branch 297.

QUENNEVILLE
Alice Eva

Passed away at the Hotel Dieu Hospital on Sunday, March 2nd, 1997.

Mrs. Alice Eva Quenneville, in her 90th year, born in St-Henri, Quebec, of 2469 Edgar Street.

Dear daughter of the late Louis Lauzon and the late Albina Bazinet.

Beloved wife of the late Leonel Quenneville.

Loving mother of Henri Quenneville (Charmaine); Raoul [Queenie] Quenneville (Sharron); Lionel [Canoe] Quenneville (Rose); Annette (Mrs. Carson Cooper); Jackie Quenneville; Jean (Mrs. Brian Sturgeon); Denise (Mrs. Richard Gagnon) and Diane (Mrs. Kenneth Bergeron), all of Cornwall; Marcel Quenneville (Sylvia) of Massena, New York; Mrs. Rose-Marie Legault of Anjou, Quebec and Doriane (Mrs. Victor Proulx) of St. Andrew's.

Dear mother-in-law of Mrs. Margaret Quenneville.

Dear sister of John Lauzon of Cornwall; Alex Lauzon of Niagara Falls, Ontario; Angele (Mrs. Jean-Paul Demers) of Richelieu, Quebec; Blanche (Mrs. Rosaire Demers) of Longueuil, Quebec; Mrs. Edna Tousignant of Drummondville, Quebec and Mrs. Albina Poupart of Niagara Falls, New York.

Also survived by twenty-six grandchildren, twenty-six great grandchildren and one great great grandchild.

Predeceased by one son, Adelard [Quinn] Quenneville; one daughter, Miss Dorilla Quenneville; three brothers, Adelard, Raoul and Louis Lauzon and by two sisters, Mrs. Viataline Smith and Mrs. Rose Proulx.

The funeral took place on Wednesday, March 5th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes Ltd., West Branch to St. John Bosco Church, Cornwall. Spring interment in Notre Dame Cemetery. Reverend Laurier Rivet of St. John Bosco Church officiated, assisted by Monsignor Rejean Lebrun and Reverend Mr. Marcel Aube.

The pallbearers were Daniel Quenneville, Paul Quenneville, Timothy Quenneville, Raoul Quenneville Jr., Douglas Proulx and Bill Gagnon.

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Here are some other good reasons to preplan your funeral:
- The Plan is a Tax Shelter in accordance with the Income Tax Act (all interest earned is income tax free)
- The current price is frozen and guaranteed by contract, accrued interest offsets inflation
- You can make easy installments to suit your budget
- The Plan is transferable between our east and west branches at time of need at no additional costs

You can pre-arrange and customize all aspects of your funeral, including casket selection, type of service, and all financial details.

Preplanning will save your family money, relieve them of a great deal of difficult decision-making, and allow you to have the last word!

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COMMUNITY DIGEST

***8th ANNUAL GREAT** South Nation River Rally is scheduled for June 8th. For more info contact Eldon Ouderkirk at 984-2512.

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

***AULTSVILLE THEATRE** presents the best in live entertainment. On Sunday May 4th the MacCulloch Dancers present two shows, 2:00p.m. & 7:00p.m. Kinsmen Music Festival runs from April 24th to May 3rd all day. For more info on any of these events call Aultsville Theatre at 937-1511.

***AL-ANON/ALATEEN** If someone you love or are dependent on has a drinking problem, you can see what it's doing to them; if you're also concerned about what it's doing to you, call 937-4880.

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

***ANXIETY DISORDERS** The Free From Fear Foundation is a non-profit organization dedicated to helping individuals suffering from anxiety disorders. If you suffer from panic attacks, phobias, agoraphobia, depression, anxiety or fears you are not alone. Help is available (905) 831-3877

***CENTRE CHARLES-EMILE CLAUDE,** activities: TAI-ji exercises on Monday's at 2:00p.m. $2./person, Art workshops Thursdays at 2:00p.m. $2./person. For more info contact 932-9222.

***CNIB** is in need of Craft Volunteers every Wednesday morning for 2 hours to assist blind and visually impaired individuals with crafts. Orientation and training provided. Call Marilyn at the CNIB Office at 936-2300.

***CNIB** is in need of volunteers to drive visually impaired individuals to local medical appointments. It only involves one or two trips a month. Please call 936-2300

***COMMUNITY CANCER SUPPORT NETWORK** meets every third Thursday of the month at 7:30 pm at 205 Second St. East (K of C Bldg). For more info contact Sheila at 932-3451.

***COMMUNITY YARD SALE** sponsored by Christ Anglican Church is being held on Saturday May 3rd from 9:00a.m. to 3:00p.m. on the church premises. $10. fee per spot. RAIN OR SHINE. For more info call 537-2897.

***CORNWALL CHAPTER #202 O.E.S. MASONIC TEMPLE** is having a spring tea and bake sale on Wednesday April 30th from 2:00p.m. to 4:00p.m. Event to be held at Heritage Hall 333 Second St. E. Everyone welcome. For more info call 932-6190.

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

***EASTERN ONTARIO CHAPTER** of Rare Breeds Canada (Canada's Livestock&Poultry Conservation Organization) will host a conference on Sunday May 4th at Kemptville Agricultural College. Cost $10 at the door includes lunch. For info contact Megan Scammell 537-8537.

***EX-FATHERS,** a support & action group promoting fairness for fathers after separation and divorce, meets Tuesday April 29th at 7:30 pm, Room 11, St. Lawrence High School (main entrance), 1450-2nd St. E. All fathers welcome. Info: 931-2104.

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

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TO PLACE YOUR AD: phone or write your ad of 24 words or less and enclose $8.50 handling charge, plus $7.50 for a picture. Over 24 words, 25c per additional word, per week. Deadline is 5:00 pm Wednesday.

CONGRATULATIONS!

I would like to thank all my team captains, the many taggers that participated in the Tag Day event and the community that contributed in making this year's Tag Day such a success! The event this year raised a total of $3,906.26. The funds collected by the Society are used to fund *cancer research, healthy lifestyle messages by trained volunteers* and patient services which includes *transportation of cancer patients to treatment centres.*

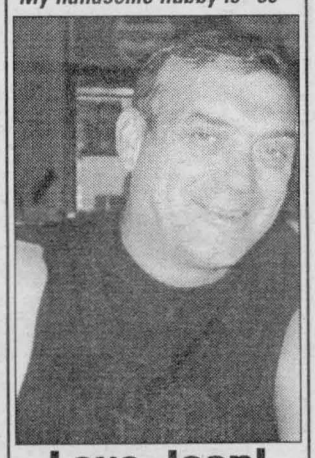
Sandra Deschamps, Tag Day Chairman, Canadian Cancer Society

Happy 3rd Birthday



BRANDON LEE OUDERKIRK
celebrating on May 2nd
Love Mom & Dad!!

NIFTY NIFTY
My handsome hubby is "50"



Love, Joan!



No Clowning Around!!
KIM BAIRD
celebrates
40 Years!!

AROUND the Counties

New Organization

As of April 14th, 1997, the "Volunteerism Initiative Task Force" is launching a new undertaking entitled "Volunteerism Initiative Project." This endeavour which is sponsored by the Alzheimer Society of Cornwall and District, is specifically designed to target volunteerism in the senior sector of communities throughout the three United Counties. In collaboration with existing agencies which already provide various types of support for the senior members of our society, we intend to assess the diverse needs the volunteers encounter within the various agencies.

Where would agencies be without volunteers. These special people are the backbone of our society, yet they often go unnoticed. This is why the "Volunteerism Initiative Project" was introduced. We want to learn about the needs that are not being met for these men and women who are so generous with their time toward the elderly. If you are an organization who wishes to discuss any aspect of the needs of volunteers, please contact our agency. If you do volunteer work for an organization that is involved with seniors and would like to discuss specific concerns, please have the agency you assist give us a call at 933-3384.

"Breathe Easy" Program

The Lung Association, Eastern Counties, in conjunction with the Maxville Manor Outreach Program is pleased to offer the "Breathe Easy" program to residents of Glengarry & Stormont Counties.

The six week program will provide adults suffering from lung disease the knowledge and skills necessary to improve their quality of life. Meetings will be held on Mondays only, beginning April 28th from 1:00 to 3:00 p.m., concluding on June 9th, 1997.

In the rural farming areas, persons not only suffer from asthma, bronchitis and emphysema but also struggle with farmer's lung. Through presentations by medical professionals, come learn about lung disease and the things you can do to make daily living a little easier. The Lung Association has received the highest praise from past participants in this program and encourage anyone who is bothered with a breathing problem to inquire about the program. Family members and friends are welcome to attend. For more information and to pre-register, call The Lung Association at 932-4999 or 1-800-450-5202 or contact the Outreach Centre at 527-2170.

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Differences: 1. Frame is changed. 2. Headboard is different. 3. Arm is raised. 4. Can is taller. 5. Antenna is removed. 6. Drape is added.

Alexandria Looking for An Outstanding Citizen

The call is out ... Alexandria is calling on its citizens to honour an outstanding citizen as part of the Ontario government's 1997 Senior of the Year and Community Action Awards program.

Deputy Reeve John Hope said that possible recipients of the award are people who, after age 65, have enriched the social, cultural or civic life of the community without thought of personal or financial gain.

Anyone interested in nominating an individual is asked to send or drop off a letter to the Alexandria town office, attention Deputy Reeve John Hope.

The deadline for receiving nominations for the seniors award is April30.

Councillor John Lounsberry of Charlottenburgh Township

Will be seeking a councillor position in the New Township of South Glengarry!

John feels a strong financial management will guide us through the Amalgamation and Provincial Down loading.

So You Want To Buy A Pool ...

Most people buy swimming pools for social, aesthetic, or health reasons. A few of us buy them for a more primal reason: they're shark, crocodile and jellyfish-free, and we know what's on the bottom.

Whether you're a practical consumer or a super wimp traumatized by the Discovery Channel's nature programs, there's a pool to fit your needs, desires and wallet. In fact, advances in pool technology and building materials make pools more versatile and more affordable than they have ever been. If you can imagine it, you probably can have it.

Honestly. You want a pool shaped like a guitar? How about an octagon? Or one with a "vanishing edge" that will make it look as if your pool is part of the landscape? Or perhaps you'd prefer to create a tropical paradise complete with tumbling waterfall, pebbly pool and a spa disguised as a natural hot spring. It's all possible.

Or course, as with any major investment, it pays to consider all the relevant factors before you sign on the dotted line. Among the most critical are your:

- **family's lifestyle:** how you live and how you want to use your pool bear directly on its type, size and shape and on the landscaping and accessories you will need.
- **special design requirements:** consider your climate, landscape, neighbours and local regulations;
- **budgetary allowance:** continuing improvements in design and construction are making it possible for almost any family to build and maintain a pool. The cost of an inground pool often is less than the price of an average car. Aboveground pools are even more reasonable and can be equally aesthetically pleasing;
- **safety:** this should be a priority in your planning, especially if you have children. Consider such safety measures as solid fencing and planting impenetrable shrubbery, bearing in mind your local regulations. Pool safety covers can provide another layer of protection as well as self-closing latching devices for gates and doors, window latches, and alarms;
- **maintenance options:** this is not a huge undertaking. Modern accessories make the job easier. Some systems require no more than a touch of a button or flip of a switch to cover the pool, clean it, control water temperature and dispense the chemicals. If that's still too much exertion for you, you can always hire a service technician who'll do it all for you.

Owning a pool, whether inground or aboveground is a pleasure. Yes, and a responsibility. But with thoughtful planning, a reputable builder, regular maintenance and proper safety precautions, you and your family will have hours of fun and relaxation in your very own backyard.

Home Stale Home

Most of us spend, on average, about 90% of our time indoors, largely at home. Unfortunately, the modern home contains many substances that can be hazardous to our health. They range from minor irritants, such as dust and animal dander, to major irritants, such as the chemical vapours emitted by building materials and finishings.

Of course, not everyone is outwardly affected in the same way by these hazards. Canadians generally fall into one of three categories:

1. Concerned about comfort and prevention: This is the largest category, and includes people who have no known reaction to low levels of contaminants. For this group, the goal is to improve the comfort of the home and to prevent potential health problems from occurring.

2. Concerned about known health problems: This group includes people with known sensitivities, or people who are at elevated risk. Included under known sensitivities are allergies, respiratory ailments and chemical sensitivities. People with elevated risk are those who spend most of their time in the home, such as children, women, the elderly and the sick. For this group the goal is to alter the home to lessen the effects of any known irritants and to cut health risks.

3. Concerned about serious health problem: This small group of the population is hypersensitive to many agents and reacts adversely to extremely low levels of exposure. For this group, the goal is to create an extremely clean home environment - a sanctuary from exposure to even the most minute levels of contaminant's.

Over the past decade, Canada Mortgage and Housing Corporation (CMHC) has undertaken a lot of research on indoor air quality. Useful information generated from this research is now available to the general public in the form of a booklet called *The Clean Air Guide*, and a companion video called *This Clean House*. This package, while not a cure all, does contain a series of step-by-step directions, which, if followed, will help improve the air quality in your home, and ultimately your health and well being. For information on how to obtain the guide and video call 1-800-668-CMHC.

Learning for Life
IN THE GARDEN

Building Soil Fertility

An easy way to boost your soil organic matter is to spread organic materials on the soil surface and let nature do the rest. One of the best organic materials to add is compost.

You can also use living plants to add to soil fertility. Green manure crops are crops that you sow specifically to turn back into the soil to boost soil health. Living mulch is a cover crop sown among your garden crops to help suppress weeds and conserve soil moisture.

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Obviously, it's not this bad, but with kids and pets, sometimes the house does get to smell like an old sweaty pair of socks! It is frustrating - even after you clean - those awful smells still linger.

Why? Because the smells are deeply embedded into your carpet and regular vacuuming can't get them out. To get those smells out, you need your carpets thoroughly cleaned, by me of course! Call for your cleaning today!

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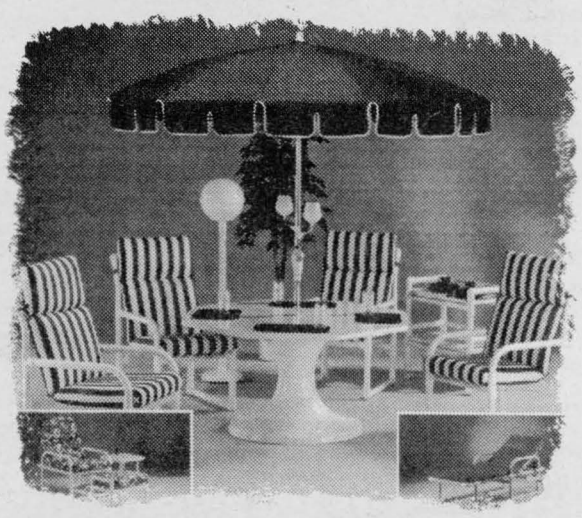



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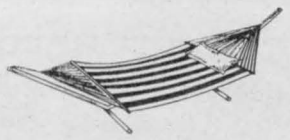

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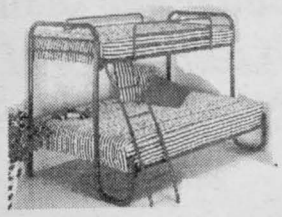

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Save Money And Energy With Simple Home Improvements

At long last, spring! ... the traditional time to turn your attention to home improvements that will save you much needed energy and money around the house.

"Energy consumes a significant share of the average Canadian homeowner's household budget, so improving your home's energy efficiency can be a very rewarding way to begin the season," says Mark Butler of Consumers Gas, Ontario's leading energy supplier. "We are committed to delivering effective energy-saving solutions that will help homeowners get more out of the energy they use."

Here are some new and innovative energy-saving tips from Consumers Gas:

Energy Wise Windows

Spring is the perfect time to take a good look at your windows to check for energy efficiency. Windows can be responsible for as much as 20 percent of a home's heat loss, so it pays to do some serious window shopping when it comes to making a purchase.

• Make sure the windows you're considering have a low conductivity gas fill, such as argon, between the layers of glass. It can reduce heat loss significantly.

• Low emissivity (low-E) coatings greatly improve a window's thermal performance. It helps keep your house warm in the winter and cool in the summer.

• Check the spacers, the material used to separate your window's layers of glass. Make sure the spacers are insulated.

Barbecue smart with natural gas.

"Natural gas barbecues are the energy-wise, cost efficient way to cook outdoors," says Mr. Butler. "A natural gas barbecue costs about 75 percent less to operate than propane. And natural gas is also much cheaper than charcoal."

Bright ideas.

Exterior lighting makes it easy to take your party outdoors. Here are some bright ideas that will help you save energy:

• Adding motion sensors to your outside lighting will automatically detect movement and turn your lights on and off when needed. It's a great way to greet visitors without leaving your lights burning and wasting energy all night long.

• If you need to leave an outdoor light on at night, install a photo-electric cell to automatically turn outdoor lights on at dusk, and off at dawn.

Saving water makes sense.

The average Canadian household uses more than 500,000 litres of water every year, much of which is wasted. Here are some great ways to save water.

• Water your lawn in the early morning to minimize evaporation. An automatic timer set from 4:00 am to 6:00 am will do the job nicely. A thorough watering every three to four days is sufficient.

• Adjust your lawn mower to cut grass higher and reduce evaporation.

• Landscape with less lawn and more rock gardening, which requires less water. Or, choose trees and plants that need less water.

• Place a rain barrel at the end of an eavestrough to collect excess run off. Use it to water your lawn and garden.

Keep cool.

Some of the best ways to stay cool in summer don't require any energy at all:

• Close your drapes, blinds, curtains and windows during the day. You'll be able to keep your house close to the temperature it was first thing in the morning.

• Most appliances give off heat, so try to schedule their use for early morning or evening. Try not to use your stove, oven, dishwasher, washer, dryer and clothes iron in the middle of the day.

Take care of air conditioners.

It takes more energy to cool than to heat. So air conditioners can use a lot of energy, especially on hot summer days when they're turned on for hours.

• Keep your air conditioner clean and dust free to reduce energy use and remember to change or clean filters when they get dirty.

More Oil Heated Homes Forecast By Association

An increase in sales of 16% by the year 2011 has been predicted for the oil heat industry in Canada.

According to a recent survey commissioned by the Canadian Oil Heat Association, proactive marketing combined with more service and equipment options will contribute to a steady climb in oil heat sales, from 1.2 million to 1.4 million oil-heated dwellings.

Oil heat is strongest in the Atlantic provinces, Ontario and Quebec, but the Association will continue to promote oil heat across all of Canada, says Association president John Butt.

The most promising statistic, he says, is that while the number of homes heated with oil has remained steady in the last 15 years, 1995 saw a jump of 70,000 homes heated with oil. "This is the most significant increase in more than 10 years," says Butt.

This jump is due in part to the decrease in consumer demand for electric heat. Since 1993, electric heat has declined from 28% of Canadian dwellings to 26%, while oil heating has remained steady at 16%. This decline can be attributed to the high cost of electric heat, and the increasing awareness of the benefits of oil heat, such as lower cost, low environmental impact, and increased comfort of oil-heated dwellings.

"This has created an opportunity for oil heat. The industry will continue to focus on consumers wanting to replace their previous systems, rather than only on new dwellings," says Butt. According to the Association's study, three percent of homeowners replace some aspect of their heating system annually, and recent statistics point to an increase in equipment replacement over new equipment purchases. Therefore, replacements will continue to be a key opportunity for the oil heat industry.

"The industry is quite aware that if no new homes are heated with oil, the rate of oil-heated homes will gradually drop," says Butt. However, the Canadian Oil Heat Association is optimistic that if enough new homes are installed with oil heat, in the same proportion as the current market share, there will be a gradual increase in oil heated homes.

"We will continue our relationship and education programs for the builder and the industry, as well as maintain relationships with the real estate industry, as well as continue to increase the consumer's awareness of the benefits of oil heat.

"A very positive indication for the industry is the fact that more consumers are aware today that oil heat is safe, clean and has no odour. Our research shows that customers are increasingly becoming attracted to oil because of the cost-efficiency, improved technology, and availability of oil heated homes."

In a recent survey of oil heat dealers in the Canadian Oil Heat Association, members have reported they have seen the level of consumer knowledge increase significantly over the past five years.

Spring Thaw Not All It's Cracked Up To Be

Spring usually represents flowers, sunny skies and chirping birds. Unfortunately, to the unprepared homeowner, it can mean basement floods and sewage back-up.

For the homeowner, residential maintenance should kick into high gear during these months. Melting snow added to typical seasonal rain showers can turn any low lying area, such as a basement, into a mini-swimming pool. The result can be the destruction of personal property and possibly damage to the structure of a home.

After the snow melts or even after a heavy rainfall, water can leak into a basement through walls or through saturated weeping tiles. Another dangerous side effect of excess water around the home is the fact that rainwater can drain into sanitary sewers. This uses up capacity in treatment plants and can cause sewage to back-up into your home.

Damage caused by melting snow and ice may not be covered by insurance policies. And typically, damage resulting from a lack of maintenance is not covered.

"To avoid unwelcome surprises you should fully understand the coverage of your home insurance policy," says Dolores Vokey, a home insurance expert with The Co-operators. "Some perils most people think are covered might not be, depending on the insurance policy."

Unfortunately, moisture leakage is practically soundless, therefore most homeowners don't know when their basement is filling up with water. The following is a list of tips which may help prevent a flood from ruining your property.

* Landscape your property so the land slopes away from the foundation of your home. A new home will have land which slopes away, but years later, the earth settles flat. Reshape this land by adding soil to create a decline away from the home.

* Position eavestroughs so the water discharges well away from the house. It is also important to ensure the eavestroughs are working properly (not cracked anywhere) and are cleaned regularly of any debris like leaves and dirt.

* In homes where the eavestroughs are connected directly into your basement or the sewage system, disconnect them and redirect the flow of water to your garden or lawn. Emptying the eavestroughs through the basement or sanitary sewer creates a risk of overloading the system.

* Protect against sewer backup by putting caps on the basement floor drain and the washing machine stand pipe. A gate valve to close off the sewer line is also recommended to protect basement sinks and showers.

* Install a sump pump, so that weeping tile seepage can be pumped away without causing problems.

* Repair any foundation cracks.

* Check your basement periodically for cracks in your walls and doors and leaks around the windows.

Turn what could be a negative situation into a positive one and enjoy spring. Make the most of the rainwater or melting snow coming off the roof by letting the water drain through the eavestroughs into a barrel. The fresh unpolluted waters can be used to water the grass, wash the dog, or even to cool off on a hot summer day.

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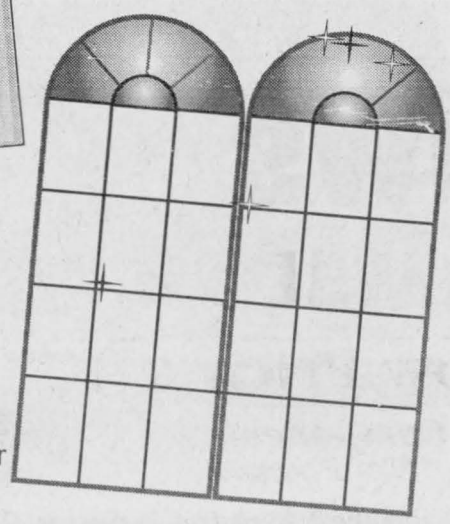

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SPRING HOME IMPROVEMENT

Lots of Earthworms are Healthy

You can actually use earthworms to gauge the health of the soil under your lawn. A sure sign of a healthy lawn is if you can count at least five earthworms per square foot in the soil; ten is ideal. Any less than five and it's time to add organic matter.

Thatch Exposed

The old adage of "what you don't see won't hurt you" doesn't apply when it comes to your lawn, especially not with thatch (that layer of un-decomposed organic matter that builds up between your grass and the soil.

Because you can't see thatch you don't think about it. But if it gets too thick, it can cause problems such as shallow rooting and it can provide a haven for insects and disease.

What causes thatch? Many people think that thatch is a build-up of grass clippings but it's not. It's made up of un-decomposed roots, stems, and rhizomes. If you over fertilize and overwater, you often end up with thatch problems.

Hints for Applying Fillers to Wood

Wondering whether or not you need to use a filler before you apply a finish to those maple bookshelves you're making? Here are some guidelines to help you decide when, and how to apply filler to wood.

Fillers are generally required for open grain hardwoods such as oak, chestnut and ash, when you want to have a smooth, glossy finish. The wood from these hardwood trees is characterized by large pore sizes. For a smooth, mirror finish it is recommended that you fill the pores with a paste filler before applying a finish such as varnish or high gloss paint.

Closed grain hardwoods, such as beech, cherry and maple, generally do not require a filler, even if you are going to apply varnish. Softwoods, such as aspen, cedar and pine, are all closed grain and do not require a filler.

• If you plan to stain the wood, you can mix the filler with the stain so the colour will match the wood. This way, the filling and staining is done at the same time. If no stain is being applied, a coloured wood filler that matches the wood should be used. Fillers differ widely, so read the label carefully before you buy.

• To apply filler, use a brush or plastic spatula to spread the filler diagonally across the grain in each direction, then work it in back and forth with the grain. Let the filler dry until dull and flat but not rock-hard (about 10 to 15 minutes). Wipe off the excess with burlap (going across, not with the grain). Let the filler dry overnight, then sand it (going with the grain) and clean it with a tack-cloth.

• To fill nail holes, you can mix sawdust from the wood with white glue. To fill nail holes in knotted wood, you can make various shades by mixing dry powder paint with wood putty. Coloured wood putty crayons are also available for this task.

When you build with wood, you are using the only building material that is renewable. Can we afford to make any other choice?

Tips for Finishing Exterior Wood

Building with WOOD



At last - the good weather is here. It's time to stain the deck, paint the trim or build a wood fence. Whatever outdoor woodworking project you are doing, you want to make sure the results of your efforts will last!

Here are some tips for applying coatings to exterior wood:

• **New wood** used outdoors should be finished soon after installation, otherwise sun, wind and rain can loosen the surface wood fibers, making it difficult for a finish to adhere to the surface.

• On horizontal surfaces such as **decks,** do not use latex stains. they do not penetrate and will wear through quickly under foot traffic. Use a semi-transparent alkyd stain to penetrate the wood and let the beauty of the grain show through.

• Stain is superior to paint for **fences** because there is so much exposed end grain which acquires and loses water readily. Stain protects the wood while allowing expansion and contraction to take place, avoiding the peeling that can occur on painted fences. For vertical surfaces such as fences, opaque latex stain will last longer than opaque alkyd stain.

• **Plywood** edges should be sealed with a coat of exterior primer, or aluminum-based paint. Plywood faces should be primed and topcoated with at least one coat of paint. When a stained finished is desired for plywood, apply more than one coat of opaque stain. A recoat should be applied after the first six months of service.

•**CCA lumber** is lumber that has been treated with a waterborne preservative (it is usually light green in colour). CCA lumber should be seasoned before coating with alkyd or latex products. Allow two months before painting or staining.

Wood is renewable, recyclable and biodegradable. Can we afford not to choose wood?

Convenience Gardening ... Modern Relaxation

The world is constantly looking for new and innovative ways to do things faster and more efficiently. This has caused increasing stress for many people as they try to keep up with the pace of change.

As a result, many people are returning to gardening as a therapeutic way to pause and relax. But with less free-time, it is often difficult for us to give our gardens the attention they deserve.

Companies have responded quickly to market demands, and many products have been developed over the years to assist the busy gardener. These products have ranged from the practical, to the simply fun.

On the fun side, lumps of cow manure called Poo Pets are available in the forms of skunks, rabbits and toads which will decorate and nurture your garden.

On the practical front, product developers are constantly looking at ways to help gardeners affordably achieve the most for their efforts. A recent development will enable gardeners to plant their seeds without worrying about overwatering, proper spacing, the danger of having them eaten by wildlife, or discovering they have been washed or blown away by unpredictable weather conditions. Biomat Growing Mats, developed in the U.S. and available for the first time in Canada, eliminate many of the factors which prevent seeds from reaching maturity, making time spent in the garden a far more rewarding and relaxing experience.

Learning for Life IN THE GARDEN

I like to describe Biomats as thin "seed sandwiches" seeds safely tucked between two flat layers of biodegradable wood fiber mulch. A gardener places the biomat Growing Mats directly on top of loosened topsoil and keeps the mats moist until the first plants have developed. The seeds are securely positioned and perfectly spaced for proper germination and growth. An added bonus is that the mats also help to deter weed growth.

The Growing Mats, in convenient sizes from sheets to rolls, are easy to cut according to the size of the container or garden. They work equally well on flat or sloping ground. Most soils are suitable - the key is to make sure the mats are always kept moist. Sheets of Wildflower Garden and Fragrant Flower can be used in pots on decks, or garden beds to attract Hummingbirds and Butterflies, while herb seed sheets are excellent for getting a jump start on your indoor herb gardening. Biomat sheets are available in 6 different varieties: Alyssum, Marigold, Herbs, Ground Cover, Wildflower and Zinnia.

Another convenience product, Seed Tape, is so easy to use that it is now part of some kindergarten classes and rehabilitation programs for horticultural therapy. Its advantages are similar to the Biomat Growing Mats and the seeds are also pre-spaced in environmentally friendly, biodegradable growing tissues. The tapes are easy to cut to the required length and are suitable for the garden and all growing containers.

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Ask The Dentist



by
Dr. Louis
Cardinal

Why Save Baby Teeth?

This is a question which every dentist must answer on a daily basis. Baby teeth, also known as deciduous teeth, play an important role in a child's health and future development. It is true that they will be lost naturally at a particular age. So, why restore them when decay is present? The key words to remember are "naturally" and "particular age". Each baby tooth is programmed by nature to exfoliate (fall out) at a precise time when the permanent tooth immediately below it is ready to erupt. The baby tooth is saving this space until it falls out and is replaced by a permanent tooth. However, should this baby tooth be lost prematurely due to decay, a space problem for the permanent tooth is often created. One must remember that when this baby tooth is lost prematurely, the neighbouring teeth migrate into this space, thereby creating a shortage of room. Years later, the permanent tooth attempts to erupt into a space that is too narrow or non-existent. Unfortunately parents do not always make the connection between the space problem and the premature loss of the baby tooth. Correction of this problem usually involves braces in order to regain the original space. If not corrected, these permanent teeth can remain unerupted into the jaw bone, possibly causing serious complications later in life. In some cases, the tooth is determined to erupt and emerges out of position.

Rest assured, should a baby tooth need to be prematurely extracted, this space can be preserved with the use of a simple appliance known as a space maintainer. Later on when the permanent tooth pierces the gum during its eruption, the space-maintainer is removed. Economically speaking, the space-maintainer is a small fraction of the cost compared to regaining the space with braces later in life.

I hope this will help you make a more informed decision regarding the placement of fillings in the deciduous dentition.

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