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SYLVIA'S SLANT

There is a very annoying expression in our society. It is "overweight". It implies that there is a right weight. Who makes that distinction? You never hear skinny people being referred to as underweight. Who are these weightists who decide what is right for everyone and what is "over"? Do they mean that if you are skinny you are not all there. It's a form of discrimination.

Models are so painfully thin they look anorexic. Most models are through by age 30, partly because it's too difficult to maintain that ultra thin vision that the fashion world has decided is the 'right' one, for all women. Most of the pictures in weight-reducing ads, especially the before and after ones are of women, yet it's often the men who qualify for the overweight label. Walk along a beach in the Summer, or Florida

cont'd on pg. 6b

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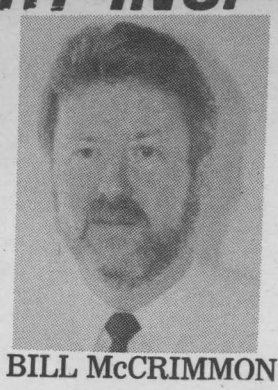
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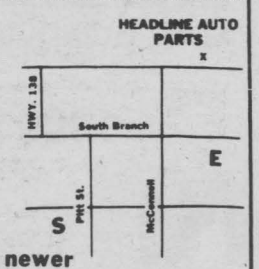

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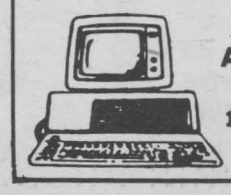
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CANADIAN SPORTS

Track drug testing system off 'n' running next month

By Paul Hunter

Random drug testing will begin next month for Canada's track and field athletes, two months too late to save the nation from its Olympic embarrassment.

Although there's no guarantee Ben Johnson would have been checked for anabolic steroid use before the Summer Games in Seoul, about a dozen athletes will be tested monthly under the new out-of-competition testing program that was supposed to be in place in May.

The program has been in the works since December, when it was approved by the Canadian Track and Field Association's board of governors. In the meantime, 97 carded (government-funded) athletes, including Johnson, and uncarded national team members have signed contracts subjecting them to random testing.

Need technicians

The association does about 300 tests a year at competitions, but an athlete on a sophisticated steroid program can time his drug intake so it has left his system before post-race urinalysis.

Casey Wade, the CTFA's competitions co-ordinator, says implementation of the random program was delayed because of questions surrounding funding and the need for qualified technicians to analyze an athlete's urine samples.

"We needed a well-trained network of certified doping control officers," says Wade. "We were going to do it ourselves, but Sport Canada decided, with the Sport Medicine Council, to do it on a third-party basis — meaning they would have workshops and certify people as doping control officers for all sports."

The last workshops were finished in July, and with funding now in place the first testing will take place early next month.

"The intent of this program is not to go on a witch hunt," explains Wade. "The intent is to build a very strong deterrent to discourage the athletes from using the drugs. We're also trying to focus more and more on an educational program because we feel that's more important than national testing."

Wade explains all athletes subject to testing are assigned a number, which is then attached to a disc. On a monthly basis, some discs (usually about a dozen) will be drawn from a drum and the athletes who correspond to the numbers drawn will be tested. Wade says drawing numbers instead of names will help eliminate any manipulation of the process.

Although Paul Dupre, the president of the CTFA, is hopeful testing will help eliminate the use of anabolic steroids in the track and field community, some experts aren't as optimistic.

"It's part of the solution, but I think it misses its mark," says Dr. Bill Stanish, the Canadian Olympic Association's chief medical officer. "The question that needs to be answered is the motivation of these individuals, track or otherwise, to try and beat the system. If we try and sledgehammer the individual into desisting from trying to beat the system, I think that is only partially effective.

"I think it has to be in place, but I don't think it addresses the primary problem."

Dr. Andrew Pipe, chairman of Canada's Advisory Committee on Drug Abuse in amateur sport, agrees. He says while testing helps to "eliminate the window of opportunity that allows athletes to abuse steroids during long periods between competitions," it is not a perfect solution.

"Relying on testing is like relying on breathalyzers to solve the problem of drunk driving," he says. "What we're dealing with here is a question of attitudes, values and behavior."

Two-day notice

Questions have also been raised about the amount of warning an athlete will get before he or she takes the test. Some water-based steroids leave the system in less time than the 48-hour warning period that has been suggested.

Dupre says athletes may not get a full two-day notice.

"We want to eliminate the possibility of the disappearances of substances should the warning come too long before the test, but we just don't want to show up at a club and hand an athlete a bottle. What we're looking at is a courtesy warning," he said, explaining that doping controllers might instead phone a club in the morning and then arrive in the afternoon.

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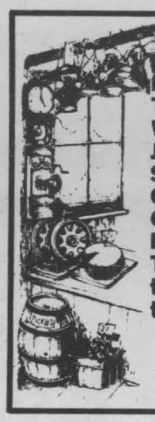

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Dr. Ruth Westheimer

Ask Dr. Ruth

Exciting — But He Scares Her

Q. I was married to man for 20 years who was 18 years older than I. He became impotent from medications and that lasted nine years, so I divorced him. Very simply, I needed sexual excitement and the absence of it in that relationship made it unbearable.

Since then I have married an exciting man, and the second marriage is a mess, full of deceit and terrible mood changes. I am frightened in it. I can't leave it because I have little income and the house we live in is my property and I don't want to give it up. I am nearly 50. What advice can you give to me?

A. You need more advice than anyone could give in a column. You need help to deal with your present situation — help such as a lawyer or social worker can offer. Also, help from a seasoned professional counselor would enable you to deal with your own emotions and feelings and put your past history into perspective so you can live in the present and plan for the future with good judgment.

You have been divorced once and now you have to face the strong probability of getting another divorce. No one can live in constant fear. At the very least, I think you need a separation from a man who keeps you in fear.

Perhaps after a separation, with good counseling, you and your present husband can rebuild your marriage, but only with assurance from him, and after seeing he is taking steps to change his ways by seeking professional help and by living separately from you in a stable and reliable way.

A woman married to an alcoholic or addict is counseled to separate from him and not go back until he shows the ability to accept guidance and to live without liquor or drugs. The wife of a wife-beater or mental abuser is counseled to leave him and not go back unless he gets help and makes progress in getting over his problems and in changing his ingrained behavior. To go back to an addict or abuser before there are

cont'd on pg. 13

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JOHN CLEARY M.P.P. REPORTS

STABILIZATION OF ON-FARM FED GRAINS

Fed grains are currently excluded under the federal ASA and WGSA programs, and Ontario's grain stabilization program. The Minister of Agriculture described the establishment of a national grain stabilization plan at the July Agricultural Ministers meeting. This plan was endorsed by all Ministers and included on-farm fed grains.

There are two solutions to the issue. Firstly, grain stabilization programs could be based on the cost of production of grain rather than on the existing marketing qualifications.

Secondly, the red meat tripartite program could be modified to use the cost of producing the grain rather than the purchasing of the grain.

The Ontario Corn Producers' Association, the Ontario Cattlemen's Association, the Ontario Pork Producers' Marketing Board, OFA, CFFO and the Ontario Egg Producers' Marketing Board have agreed that farm fed grain could be included in a corn tripartite stabilization program which the OCPA has developed. OMAF has presented a proposal for discussion purposes only. It combines the ASA payment for corn with the tripartite payment for hogs. The proposal is still in the development stages but its underlying feature is that payments would only be made on farm fed grain when both livestock and grain prices are low.

Agriculture Canada staff are in the process of developing a mechanism by which on-farm fed grain could be included in either the grain or red meat stabilization programs. However, livestock prodcers have indicated their preference for such a plan to be handled in a grain program, and separate from the livestock tripartite program.

It is the responsibility of the federal government to develop a program. Therefore, OMAF staff are only involved in the discussion. It appears that it will be some time before a stabilization program is established which includes on-farm fed gain.

ON THE LOCAL SCENE

On November 5th, and 6th, the Jail and Bail telethon was staged at the Brookdale Mall. This novel fundraising event was in aid of the Cornwall Joint Hospitals Fund. The chief organizer, Norm Lalonde is to be commended for his efforts as this fun event was a huge success.

Congratulations to the organizing committee of the Long Sault Senior Citizens for their very successful annual tea and bazaar last Sunday. My wife Elizabeth was pleased to pour tea at this event.

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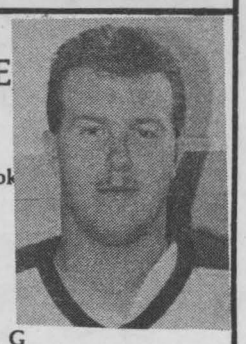
PLAYER PROFILE

DARREN COLBOURNE
NO. 25



Position: Right Wing
Hometown: Cornerbrook Newfoundland
Age: 20
Height: 5'11"
Weight: 190 lbs.
Nickname: "Colby"
1987-1988 Stats: GP 61, G 47, A 51, PTS 98, PIM 66

The Royals consider themselves fortunate to have Darren back for a fourth O.H.L. season. The 20-year old rightwinger from Cornerbrook, Newfoundland was Cornwall's second leading scorer last season with ten of his points coming from a memorable and record-tying four-goal, six-assist effort against Toronto.

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Blood Donor Clinic

Wednesday, November 16
12 Noon to 5 P.M. at the
C.I.L. Plant — Brookdale and 2nd

130 UNITS NEEDED

Refreshments will be served



DIET CENTER

MACRONUTRIENTS
Fat: The Misunderstood Nutrient

THE IMPORTANT ROLE OF FAT

Fats, like other nutrients we eat, are essential to our lives. Fat acts as a carrier for the fat-soluable vitamins A, D, E and K. By aiding in the absorption of vitamin D, fats help make calcium available to body tissues, particularly the bones and teeth. Fats are also important for the conversion of carotene to Vitamin A.

Fats in food also supply the body with essential fatty acids, including linoleic acid. Linoleic acid is very important in the growth of children. It also helps prevent drying of the skin. Only a small amount of linoleic acid is required by the body and it can usually be obtained from a regular diet (e.g., two teaspoons of corn oil supplies as much linoleic as most people need).

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Create Bright, Fun Child's Room With Wallcoverings

(S.O.P.) A child's cheerful bedroom, complete with an activity center, can result from just a bit of ingenuity. With the simplest of items — ice cube trays, planks of wood, plastic pails, spray paint and new wallcovering — the room is easily and inexpensively transformed.

A play space can be constructed in even the smallest of bedrooms. Designate a corner of the room as a place the child can call his own and build from there. A plank of wood installed at a height suitable for the child provides a counter with space for storage above and below. Plastic waste baskets sprayed bright colors are perfect for housing stuffed animals, building blocks and other large playthings. They are safe, durable and easily managed by small hands.

An array of dime store ice cube holders provides a way to hold children's small toys which usually get underfoot. The clutter disappears and the child does not have to look far to find his favorite tiny toys.

The child's domain even becomes more his own when the walls are covered with favorite characters such as Big Bird, Ernie and the Cookie Monster. Jim Henson's Sesame Street Muppets, in a musical mood, parade around the room in a stripe motif and strum and toot in solo in an all-over pattern — on strippable, fabric-backed vinyl Wall-Tex wallcoverings.

"Rhythm and Sesame Street," the all-over pattern, with an airy look, makes even the smallest play area appear larger. The strip pattern, "Sesame Street on Parade" is best used to accent a wall and can also be cut to form hands which easily wrap around the storage baskets, can finish a window shade or form a decorative chair rail. A cut-out of Bert playing his guitar or Ernie clapping his cymbals glued to an ice cube bin is the perfect way to help the child identify what toy goes where. Big Bird, Ernie and the rest of the muppets marching around the storage items tie the whole activity center together.

The bright colors in the wallcoverings can all be picked up as accents in the room. Use spray paint on wastebaskets and ice bins to creatively coordinate the play space in colors such as Popsicle orange, jungle green and daisy yellow.

Every child loves a bright place to play. A simple makeover like this organizes toys, allows for a special place for the child to be creative and provides a happy environment!

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Don't Blame The Battery When Your Car Won't Start

It's possible the best never-say-die battery won't get your car started this winter.

The reason, according to The Gates Rubber Company, is that not all engine parts and systems are as maintenance-free. But, you can prepare for the effects of cold weather with the following helpful tips:

1) Buy the best battery you can afford when it's time to replace it, about every three years. Cheap batteries have a lower power reserve. Remember, a battery will lose 35 percent of its cranking power at 32 degrees F and 50 percent at 0 degrees F.

2) Check the condition, tightness and cleanliness of the battery posts. The electrical resistance that develops when a battery cable terminal is loose or badly corroded can cause a no-start problem.

3) Keep the gas tank full. This prevents condensation of moisture in the tank, which leads to fuel line freeze-up.

4) Use the correct grade of winter motor oil for your area of the country. Most vehicle manufacturers recommend a thinner 10W-30 multi-viscosity oil to reduce engine part wear during the winter.

5) Consider a minor engine tune-up, including checks of the charging and starting systems, spark plugs, ignition wires and the choke.

Wet or cold winter weather increases deficiencies in ignition components, and worn spark plugs easily require twice the electricity of new ones. If the choke is not operating properly, the engine will crank slowly and will be hard to start.

6) Rust, seeping antifreeze and just plain old crud in the cooling system can cause your engine to crank sluggishly or not at all.

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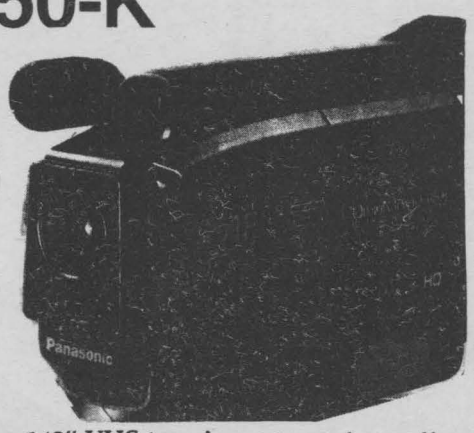

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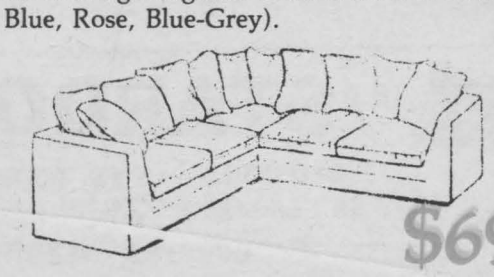

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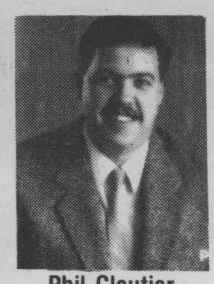

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FINANCIAL PAGE



How prosperity has soared since the Depression

By Jack McArthur

You're probably living five times as well as Canadians did in the depths of the 1930s Depression — if you're average. So stop your bitching.

Sure, the rate of improvement is slower in the last 10 years. So what? You can't run at high speed forever.

The enrichment of Canadians has only a little to do with any government. For all I know, there have been times when we've done it in spite of the worst efforts of the politicians.

The Mulroney gang currently campaigns for votes because it has put a chicken in every pot — or will hurry to do so if you'll just wave an empty pot.

As time-honored as that practice may be, the trend toward better living is mostly a matter of how workers work, how bosses boss, available resources and the inevitable influences from economies abroad.

It's simple, really. We can now consume roughly five times as much in goods and services per person because we can produce about five times as much per head.

And we're probably around four times the levels of the prosperous 1920s.

A people can't for long consume appreciably more than it's capable of producing. You might keep that in mind when you hear pleas to protect low-productivity activities from competition, whether foreign or Canadian.

This admittedly is no more than half the story of how satisfactory our lives may be. We're talking here only of material living standards: The much fancier housing in which we now live, the globe-trotting travel, the new cars, household goods, Big Macs, car phones and so on.

In the '30s, most Canadian families didn't have a car. As best as we can tell from estimates, sales of new cars now are about seven times as large in relation to the size of the population.

And at least 2½ times those of the booming late '20s.

In those old days, many workers got no vacations and couldn't afford to go anywhere if they did.

The markets for second-hand clothing and furniture were larger than those for new. In '88, much of the used stuff just goes to garbage. No wonder we have trouble finding places to put the junk we generate.

Dieting has become a modern growth industry because of the extensive over-consumption now possible.

And who could have imagined that blue jeans would become a fashion product? In the Great Depression, they were in zooming demand as the lowest of the low in cheap clothing. Most Canadians, after all, had incomes with less purchasing power than the welfare payments in '88.

Babe Ruth startled the populace by making $60,000 in a year. Yes, his dollars had far more buying power but a superstar's salary of more than $2 million today is still worth something like four or five times what the Babe got.

And that's only roughly in line with the improvement for people generally.

Are we better off in 1988 in the broadest sense? That's a horse in a different race.

It has to do with human psychology, the ability to adjust to changing circumstances and the mysterious ingredients of happiness.

In some ways, a much higher and more widespread prosperity makes us ambitious for still more — and possibly less happy. There are so many more things to complain about because so much more is possible for so many.

Today, we luxuriate in cabinet ministries for skills development, in programs for costly environmental protection, family allowances, pet cemeteries, foreign aid programs, air conditioning, lotteries, $700,000 footraces lasting 10 seconds . . . .

Some or all of these things may be highly desirable. But they exist only because we can pay the bills from far larger real incomes.

The story of rising material living standards can also be found in a few comparisons based on figures compiled by Statistics Canada in its historical supplement for 1987. (In all cases, allowance has been made for changes in the buying power of the dollar. That is, the effect of inflation has been subtracted.)

- ☐ The value of our personal income in '87 looks about seven times more than in 1933, the worst year of the Depression; and almost six times the figure for 1926 — that's income per head of the population.
- ☐ Consumer spending per person is almost five times what it was in '33, 4½ times the '26 level and almost three times that in 1947.
- ☐ Our spending on durable goods — with automotive products being about half that — is almost eight times more per person than in '47.
- ☐ In the same 40 years, consumer spending on services for each person of the population has tripled.
- ☐ As you'd expect, the real volume of food and non-alcoholic beverages per head has risen only modestly since '47.

What if we include inflation? Yardsticks of prices are estimated at around 10 times as high as in 1933 and seven or eight times those in 1926.

But the number of dollars we collect in income per person is almost 70 times and 43 times as large respectively.

Yes, I know governments take much more of our money now. On the other hand, they also pay for many services that persons once had to finance for themselves.

How well they do it is another argument — one of our hottest.

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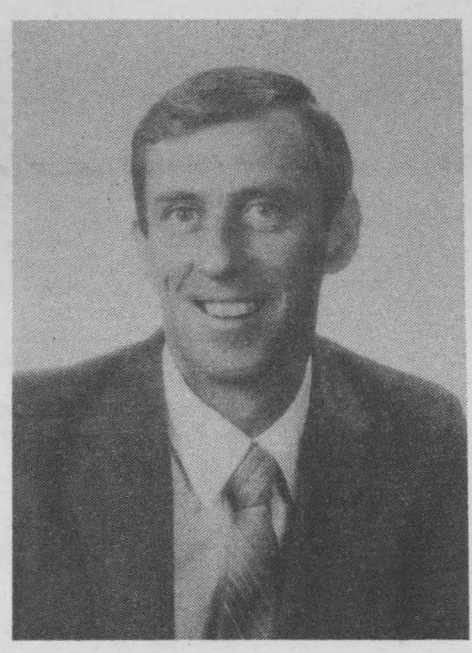
Confederation of Regions Party

ON NOV. 21st



YOU DO HAVE A CHOICE!

•There are approximately 1,000 federal government jobs in the Stormont-Dundas riding. These jobs (because of designation and current hiring practices) are no longer available to unilingual English-speaking constituents even though they comprise 75% of the population.
•The C.O.R. Party believes that "Official (legislated) Bilingualism" has led to hiring practices which favour the minority over the majority. This is reverse democracy!
•We believe it is the right of all Canadians to be judged on their ability to do the job!
•All three traditonal parties support the concept of a bilingual Canada and a unilingual Quebec.
•We cannot afford to wait another four years to reverse this trend!
The rights of the MAJORITY must be respected!

ON NOV. 21st
VOTE WITH THE MAJORITY!

VOTE - BOB NOBLE | **X**

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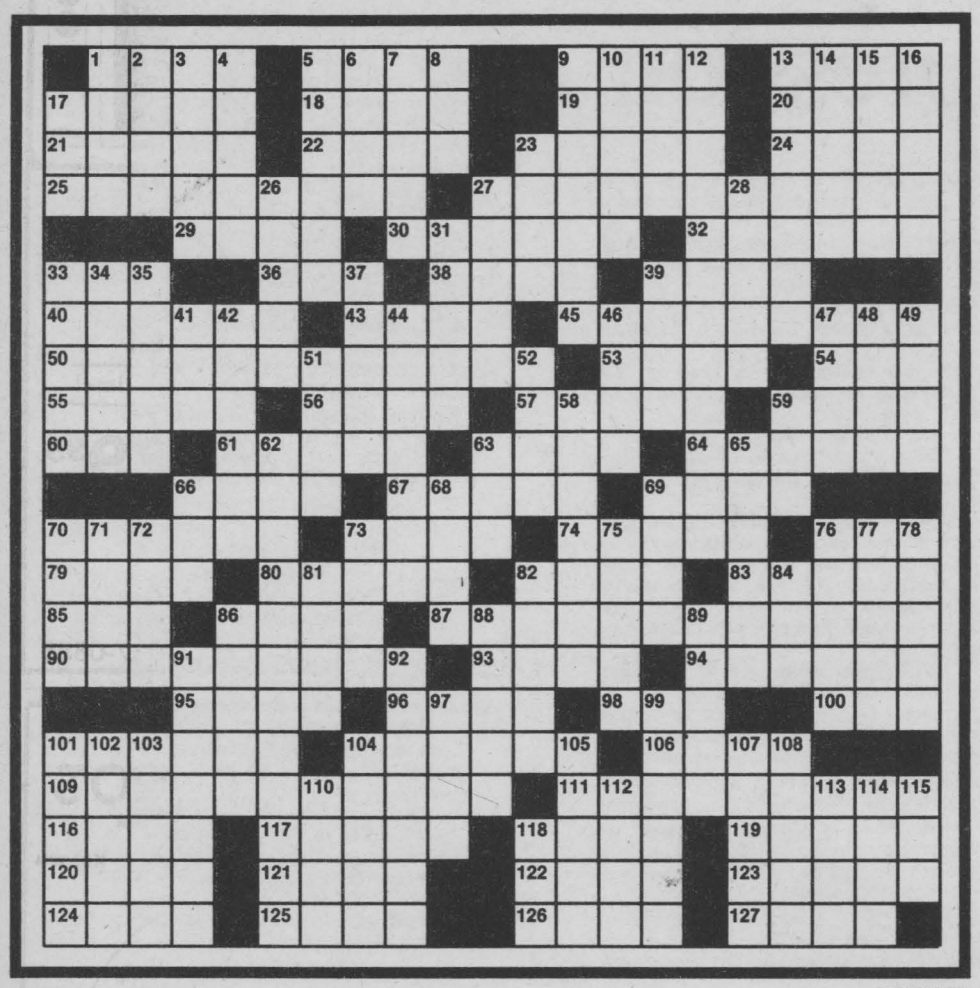
Authorized by Stuart Foster, Official Agent for Bob Noble

THE Sunday Crossword

Edited by Herb Ettenson



10/30/88

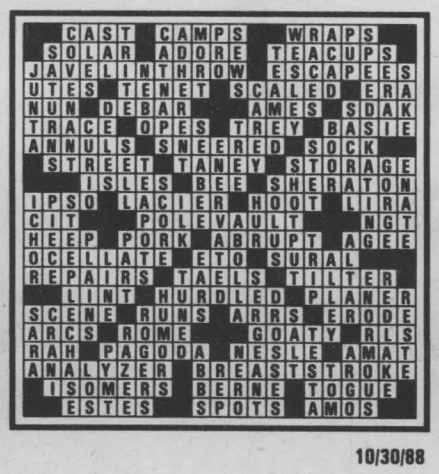
TRICK OR TREAT
By Craig Schultz

ACROSS

1 Laugh loudly
5 Chatters
9 Vampire's tooth
13 Convincing argument
17 Instrumental piece
18 Anger
19 Bakery worker
20 — Ata, USSR
21 Nautical word
22 Yemen port
23 Good reason
24 Pentagram
25 Passes through
27 — over (affects by sorcery)
29 A few
30 Candle wall fixture
32 XXX
33 Family member for short
36 Doctrine
38 Aware of
39 Samoan city
40 Have more power than
43 Beloved of Radames
45 Series
50 Headless Horseman's quarry?
53 Borrows
54 Hurrah!
55 Utter
56 BPOE word
57 Jazz
59 Jab
60 Always to poets
61 Moldings
63 Offspring
64 Ger. leader
66 Scrooge words
67 Prophetic signs
69 Acidic fruit
70 Lake Erie port
73 Give off
74 Tabriz native
76 Ger. exclamation
79 — Lendl
80 Seamstress
82 Glided
83 Building part
85 Polynesian necklace
86 Eye problem: var.
87 Residence of 50A
90 Loads down
93 Church section
94 Early ascetic
95 Crabby
96 Icelandic literature
98 Hit with force
100 Crimson
101 Valuable items
104 Sweater sizes
106 Useful ideas
109 Produce in outline
111 Intensive probe
116 Busy place
117 Make jubilant
118 Netlike fabric
119 Eagle's nest
120 Singer Burl
121 Prevalent
122 Selves
123 Blackboard
124 Piggeries
125 Old Fr. coins
126 Portable shelter
127 Raines

DOWN

1 Garment
2 Lulu
3 US president
4 Young lover
5 Rasps
6 Assistant
7 Consecrate
8 Otaru money
9 Flops
10 Severe
11 Headland
12 Charlie Brown's garden ghost
13 Sea near Asia
14 Change
15 Powdered blue glass
16 Ahead of time
17 Sharp knock
23 Thieves' slang
26 — acid
27 Arthur — Doyle
28 Starts suddenly
31 Musical pieces
33 Idaho city
34 Fabric for trimming
35 Different
37 Twinned crystal
39 Containing water
41 West or Murray
42 Far and wide
44 Tedious
46 Declines
47 Dove sounds
48 — Sommer
49 Crystal gazer
51 Poor grades
52 Black to Byron
58 Stores fodder
59 Bakery item
62 Bill Murray movie
63 Coterie
65 Friends: Sp.
66 Vereen or Gazzara
68 Russ. villages
69 Woman
70 Game piece
71 Cooking item
72 Secular
73 Pitcher
75 More mature
76 More competent
77 Exact duplicate
78 Chopped
81 Leering one
82 Flower part
84 Pacino & Capone
86 Hit hard
88 Kitchen utensil
89 Relating to blood
91 Of no value
92 Arabs
97 Stun
99 Bear witness
101 "I saw — a-sailing ..."
102 Cut off in layers
103 Playing card
104 Muddled situation
105 Metal-shaping tool
107 Step
108 Beach find
110 Omnium-gatherum
112 Image
113 Russ. river
114 Talbot of films
115 Small peg
118 Permit



10/30/88

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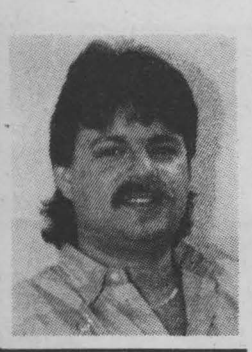

In The Kitchen With

mike anderson

chef at PAPA **GEDORO S**
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THIS WEEK'S FEATURE
BROWN STOCK

5 to 6 lbs. veal or beef bones
1/4 cup vegetable oil
2 carrots, peeled and chopped
1 medium onion, chopped
1 large leek, chopped
2 celery ribs including greens, chopped
1 1/2 cups tomato purée
4 garlic cloves, crushed
2 bay leaves
3 cloves
1 teaspoon whole peppercorns
1 gallon water - use cold water

— Brown the bones in a roasting pan at 450°
— After they have acquired colour about 30 minutes, add the oil and vegetables and brown the vegetables with the bones for another 30 minutes
— Place the bones and vegetables in a 3 gallon stockpot and add tomato purée, garlic, bay leaves, spices and water
— Deglaze the roasting pan with a little water and add this to stockpot
— Simmer uncovered for 12 hours
— If in the last few hours it looks as if the liquid is evaporating too fast add more water to compensate
— Strain and cool the stock and use as needed

"Ya Know What I Mean"

SEX!! Now that we have your attention, don't forget Bob's Gold Mine. Every Sunday at McHaffie Flea market, Hwy. 31, Morrisburg, Ont. Marcelle & Bob Simpson.
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SCUTTLEBUT

Sammy Saver



Eugene, Eugene, where do you work this week?

For all you chef's out here, watch for Papa's Cookbook coming Dec. 5.

We've all seen the Great Wall of China but we haven't seen The Wall of Software, the largest collection of software programs, now at Accesoware.

Papa's new banquet hall just about ready.

Congrat's to ex Chamber manager Cindy Smith expecting a child this spring.

Reporter from last Sunday Ottawa Sun sports story doesn't mention why Stevey 'O was hanging around the boards in Ottawa.

Dick Aubry's Winning Team will be at Travelodge on Monday evening after the election. All welcome.

Now super unleaded gas available at fifth wheel. Also what a great hockey card collection promo going on.

Congrat's to Leslie Strasser at the Chamber for a great job organizing the Home & Trade Show. We hope the basket from Brian was tasty.

Jack & Helen Levac welcome to the world Amanda Kathryn. A baby girl 7 lbs. 2 ozs. October 28. Felicitation.

Can You Believe It Dept. - I have a neighbour who very conscientiously raked his leaves...raked them right up to surrounding neighbour fences...& left them!

We received a call from a "sharp-eyed" reader, last week, concerning the article "Purchasing an Automobile/expense". Under heading "License Fees" it stated the size constituted the price of the plates. This is no longer true -regardless of size, of a car, plates are now all the same price.

Egads - old news! (is still good news). Michael Matwichuk new manager of Midas Muffler on Pitt St. Happy installations, Mike, and many more!!

Joe "The Broomball Player" from Finch has been wondering "how to get into Scuttlebutt". Well, Joe - you can stop wondering. We're also told - no penalties & no scores!

Here Are The News..."Quebecers will not support Free Trade" according to news items this past week. Veeerry interesting... considering the great number that vacation & retire to Florida...do Quebecers know something the rest of us don't or is life really "a matter of convenience"?

Never trust a man with short legs...brains too near the bottom!

All you "book buffs" - an opportunity not to be missed! A series of "Meet the Author" days to be featured, at the Sanctuary Bookstore, will highlight the Christmas season. See Comm. Events for calendar listings.

Fantastic fish 'n fries being served up at Cap't. Bob's...1st & Alice St.. if you haven't tried it yet, you're in for a treat as so many Cornwallites are finding out.

ERIC WINS! Take a look at the front page of George Bush in last Wednesday's Std. Freeholder. Looks like Nov. 21 will just be a formality for the big guy! Good luck anyway.

Ernie Shaeffer at the college has his hands full with his newest class of students. Imagine teaching

Steve Burns, Phile Hale, Leslie & Gail from the Chamber, Wayne Kite, Keith Clingen, Gord & Rick Shaver plus 10 others learning how DOS works.

Ralph and Louise Dixon busy these days attending prenatal classes. Their expecting their first child in the new year.


Barbara's Flower Boutique
Deadline for ordering Fruit Baskets for Christmas Delivery is Dec. 20
213 Cumberland St. 933-5902

Kelly's on a new diet and it consists of TV's, imagine.

M.J. & the girls had a most enjoyable nite at Brownies, excellent food.

Only six weeks until Christmas... bet that gave you a jolt! Now watch the flurry...and I don't mean snow!!

With the expansion of his laundromat, "Quick Stop" Roger Campeau must be feeling really "squeaky clean" these days!

What's slower than molasses in winter...answer - getting Ma Bell to remove a pole (after installation of underground wiring)... several yeeears ago. Fortunately (for them), the occasional disruption (strikes, weather etc) manages to keep them fortified with excuses.



"CASINO NIGHT"
Friday, November 18, 1988

L. to R. Bev Cote, Lynn Rochon, Connie Desaurmeaux, Lyn Brodeur, Sylvie Brodeur, France Rioux. Sitting are: Rene Gareaux, Moose Rochon

Talk about "happy hips & lips"...Earl & Sylvia (M & M Frozen Foods) Flood very generously treated the staff of SSN with a "sampling" of delissioso eclaires! Our response...kiss, kiss.

We were late...baby wasn't! Congratulations to Rick & Kelly Leblanc on their first child...a bouncing boy!

Belated birthday wishes going out to Bob of Bob's Diner, St. Andrews...from the Gang.

Birthday wishes to my great daughters, Victoria and Leslie Begg. Victoria and Leslie Begg. Victoria (Nov. 7) and Leslie (Nov. 23). Dad Ron Begg is very proud. The girls mom, (Mary Jane Noble) must be busy helping husband Bob campaign.

Bob Labelle, vice president of SLC Alumni announced this week he is seeking the names of all college graduates working in Cornwall and area. If you are please call 933-6080 ext. 2200 and leave your name and phone number.

Peggy Hill had a most enjoyable trip to Windsor last weekend. Ask her about it?

It must be time for a "tip of the hat"...this week, we think it should go out to all those dedicated people (family members, friends, neighbours etc) who are out there working for "their candidate" in this municipal election. It's not easy... there'll be winners & losers...but the "real winners" will be those who took the time to become involved.

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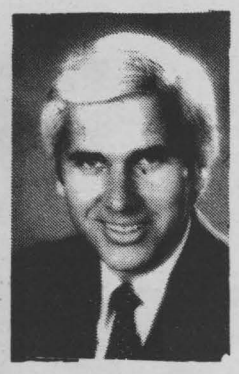

NORMAN WARNER M.P. REPORTS

CHILD TAX CREDIT PREPAYMENT CHEQUES

The Minister of National Revenue, Elmer MacKay, announced last week that Child Tax Credit prepayment cheques totalling $515 million, have been mailed to approximately 700,000 families across the country.

The $375 advance payment is approximately two thirds of the maximum Child Tax Credit of $559 per eligible child which is up from $489 last year. Approximately $1.2 million eligible children are covered by the prepayment program.

The Minister said that families who qualify for the advance payment and who have filed their 1987 income tax return need not apply for it. On the basis of information on hand, Revenue Canada.

Taxation has arranged for the cheques to be sent automatically to Canadian mothers, or in some cases fathers if they receive the family allowance payments. The prepayment is a portion of the Child Tax Credit and is available only to those whose annual net family income does not exceed $16,000.

To qualify for the prepayment this year, taxpayers must also have received a Child Tax Credit for 1987 on behalf of an eligible child. An eligible child is one for whom parents will be entitled to receive Family Allowance benefits for that child in the month the child turned 18. To obtain the balance of the $559 Child Tax Credit, taxpayers must file a 1988 income tax return on or before April 30,1989.

In addition to the prepayment, taxpayers may qualify for a supplement of $100 for each child six years of age and under, if no claim was made for 1987 for any child care expenses. For those taxpayers who qualify, this supplement will be added to their cheque.

The Minister also noted that some taxpayers may not receive their cheques immediately if they have moved recently and have not provided a change of address. Any eligible person who has not received the prepayment by the end of November should contact their local taxation office. Upon verification of eligibility, departmental officials will issue a prepayment cheque. As a measure of security, a change of address cannot be accepted over the phone.

Although parents may not have qualified for the advance Child Tax Credit payment, they may still be eligible fo the full Child Tax Credit when they file a 1988 income tax return. If their net income is $24,090 or less, they are entitled to the full credit. The maximum credit is reduced by $5 for each $100 of net family income above $24,090. Also, if taxpayers did not qualify for the prepayment of the supplement, they will be eligible to claim an additional $100 on their return for each child age six and under for whom no child care expenses were claimed.

The prepayment of the Child Tax Credit and supplement does not apply to a child born this year. However, if parents meet the conditions for the advance payment when they file their 1988 tax return, they will automatically receive the prepayment next year.

For additional information on the Child Tax Credit of the Child Tax Credit and Supplement prepayment program, taxpayers are asked to contact their local district taxation office.

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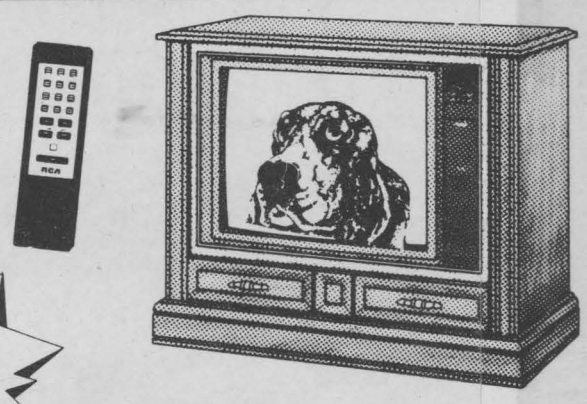

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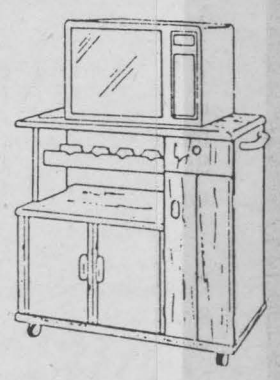

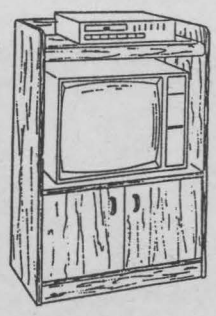

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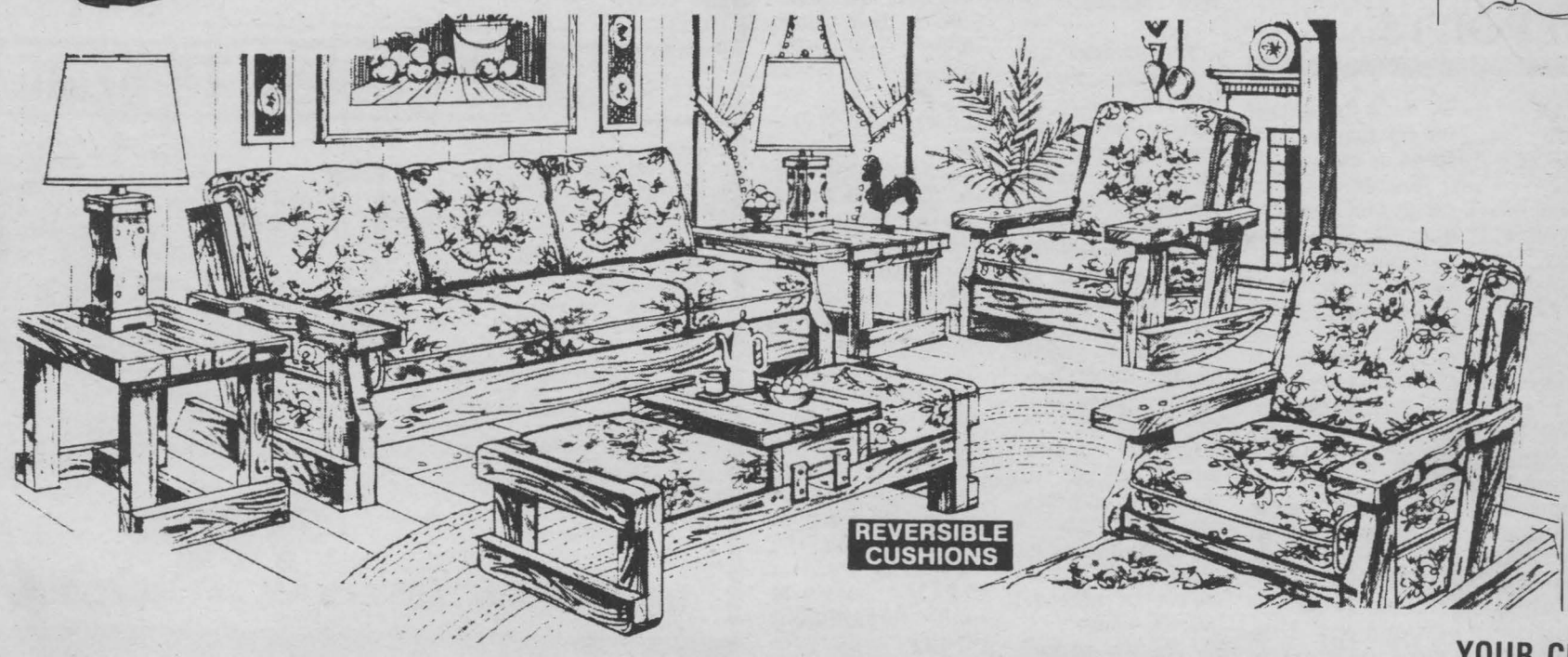
Pre-Christmas SAVINGS





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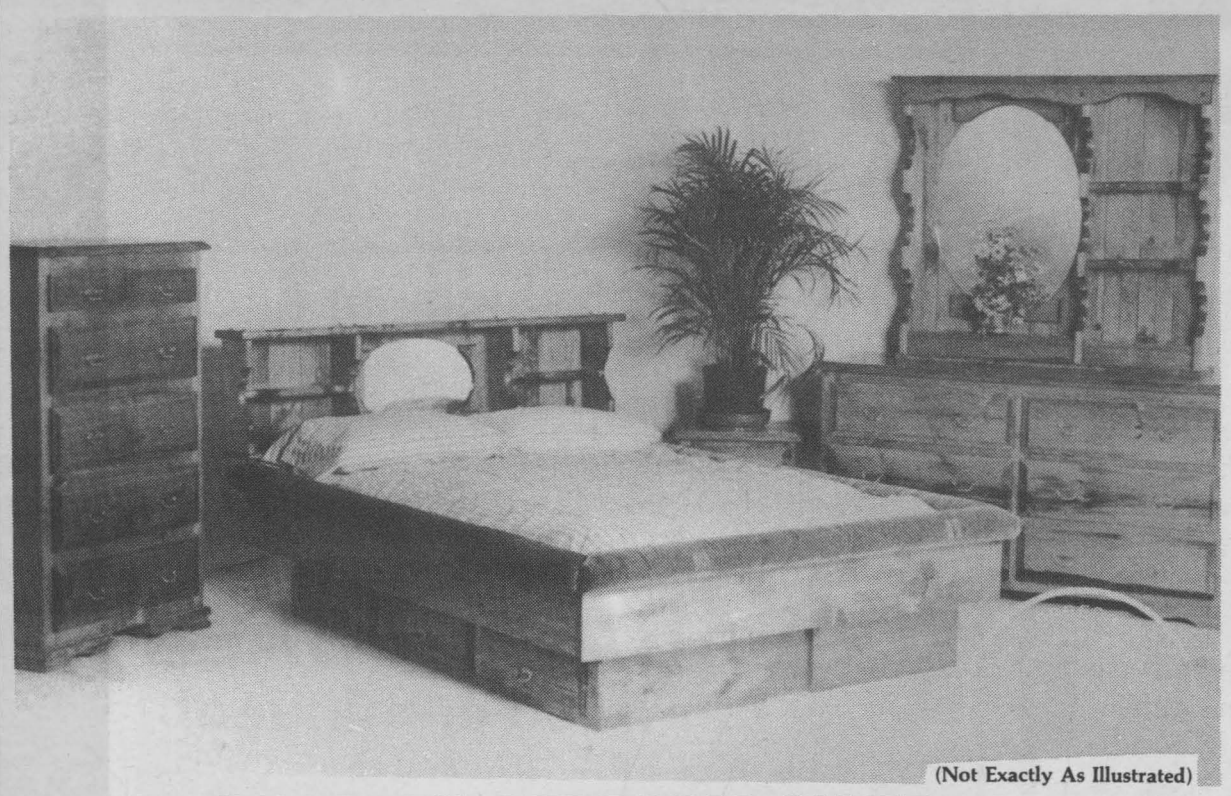

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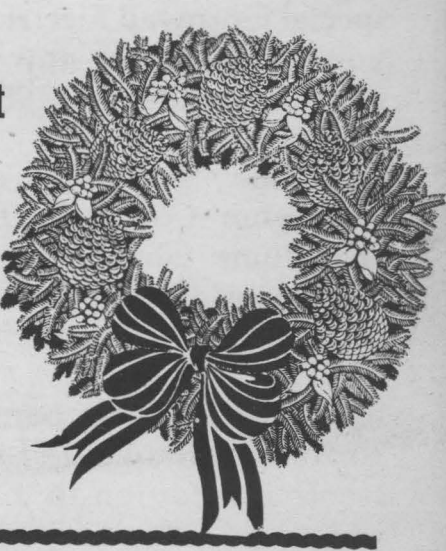

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1.	KALEIDOSCOPE	Danielle Steel	Fiction	Dell
2.	THE TOMMYKNOCKERS	Stephen King	Fiction	Signet
3.	SINGULAR WOMEN	Freda Bright	Fiction	Bantam
4.	FAVORITE SON	Steve Sohmer	Fiction	Bantam (TV Miniseries)
5.	HEAVEN AND HELL	John Jakes	Fiction	Dell
6.	SOUTHERN FAMILY	Gail Godwin	Fiction	Avon
7.	GLITTERING IMAGES	Susan Howatch	Fiction	Fawcett
8.	HER MOTHER'S DAUGHTER	Marilyn French	Fiction	Ballantine
9.	SOUL FLAME	Barbara Wood	Fiction	Onyx
10.	RITE OF SPRING	Andrew M Greely	Fiction	Warner

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M.D., M.P.H.

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cont'd on pg. 7

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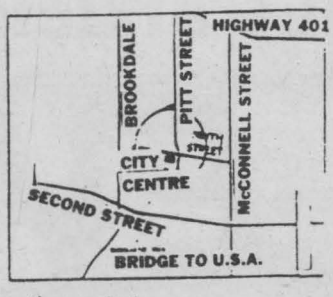

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HOT DOGS AND FAT

Q. Now that it's summertime, my kids are asking for hot dogs more often. I have the impression that hot dogs aren't good for them, but I've noticed some are labeled "low fat." Are those OK?

A. When it comes right down to it, the hot dog is a processed convenience food loaded with fat and sodium. It's certainly not at the top of any nutritionist's list. But sometimes nothing else will satisfy a yearning for a hot dog. When that time comes, you can make choices that will keep fat intake to a minimum.

Labels are the key. The Department of Agriculture has established labeling rules that require hot dog manufacturers to list ingredients in order by weight. If beef, for instance, is the main ingredient, it'll be at the top of the list. Other common ingredients in the mixture are water, sugar, non-fat dry milk, cereal or soy protein, spices, and curing agents.

When a hot dog contains only one meat, the manufacturer must use the meat as part of its name — for instance beef franks or chicken franks. The term weiner usually indicates a combination of beef and pork, and even some poultry. You might even see the term variety meats, a catch-all phrase indicating that the hot dog contains beef heart and tongue, pork lips and snouts, or other animal parts that aren't popular items on the meat counters in our country. These ingredients, however, have been included in sausages for centuries.

One of the main ingredients in a hot dog is fat. In fact, that's what imparts much of the flavor in a weiner. According to government standards, as much as 30 percent of a hot dog's weight can be fat. Don't be fooled by labels that advertise their product as low-fat, since even hot dogs that are 20 percent fat by weight add eight or nine grams of fat to your meal. That means that about 75 percent of the calories in a hot dog are from fat. Some weiners do contain less fat than others, but even the leanest of them is very high in fat.

On the other end of the scale, some of the larger franks, the jumbos and the bun-sized ones, contain about 17 grams of fat. If you add a slice of American cheese and a ladle of chile, you're up to about 35 grams of fat for a single sandwich.

If your kids must have hot dogs once in a while as a treat, you'll do best to choose dogs made with poultry as their main ingredient. Chicken and turkey franks are just as tasty as those made with beef and pork, and they have seven to nine grams of fat apiece. The calories are fewer, too.

* * *

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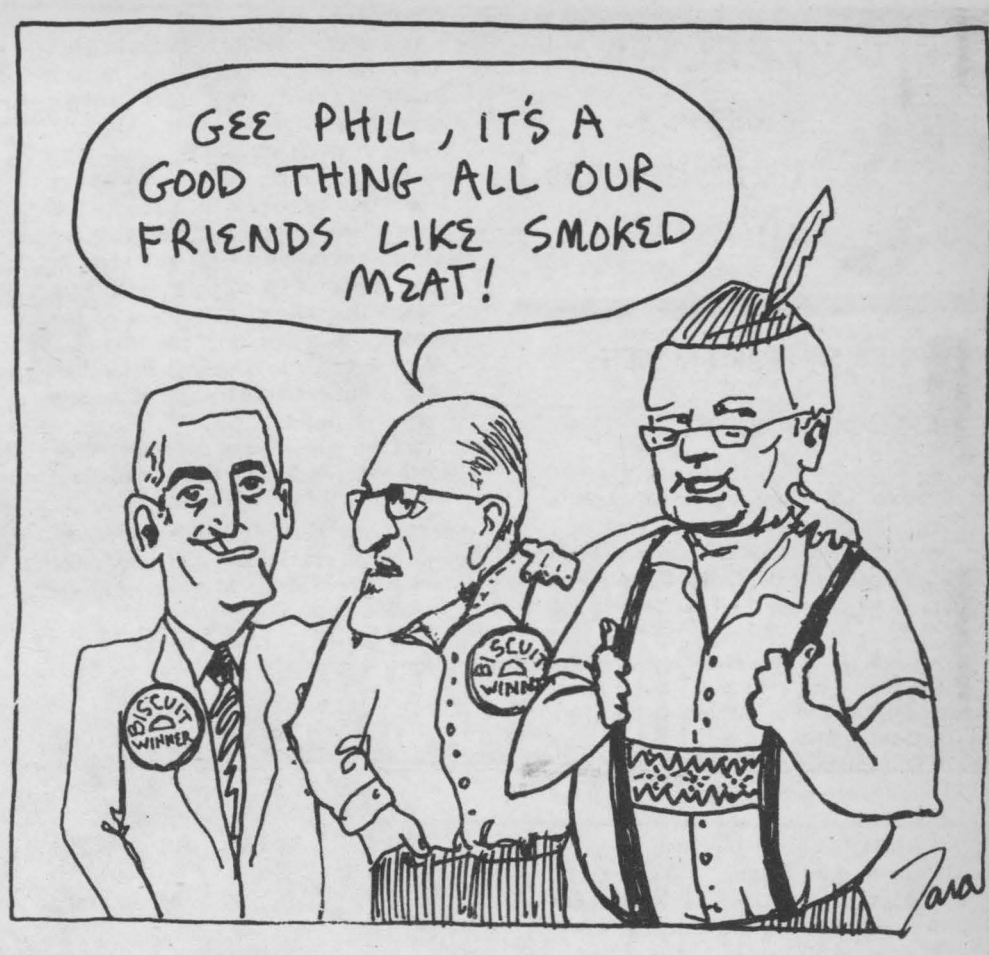

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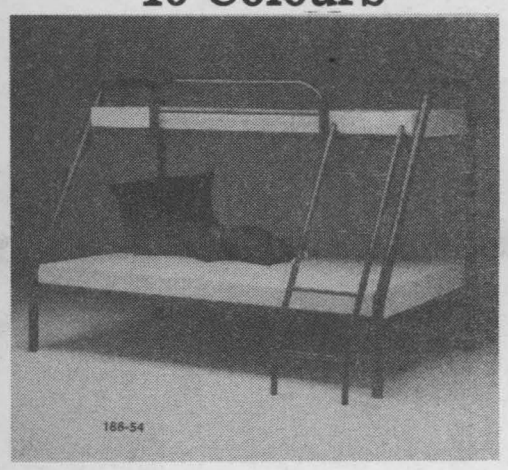

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cont'd from pg. 1

beaches in the Winter (you lucky people) and what do you see? Lots of pot-bellied men lying on the sand looking like beached whales, or waddling along with beer barrel bellies, ogling the slim, trim, young ladies. Womens' magazines have pages of diets and exercises to slim down, tone up and other torturous stuff. Why? Do men feel threatened by good, healthy, plump females. Maybe they remind him of his Mother, who told him to take out the garbage, do your homework, smarten up and show a little respect. According to a TV psychologist it's men's way of retaliating against 'Momism', even though Mom was right.

Many women are suffering from bulimia and anorexia because of this mania to be slim. Isn't it nonsense?

The fashion industry doesn't help. Unless you are a size 12 or less you can't wear their fashions. It's time women demanded beautiful fashions in gorgeous materials for women who are broad where a broad should be broad, not just for the stick figures they call models. The shoe manufacturers should also fashion shoes to fit regular shaped feet, not pointy toes and stilletto heels. They are great for wearing if all you are going to do is sit down.

Ladies, let's face it, you know if you are a downright fatso and should not be eating desserts. However, if you are pleasingly plump, healthy and happy, then forget that word "overweight". Stay happy and remember the words of Mae West who said "Big is beautiful", and didn't she have a long and happy life?

Sylvia Hall

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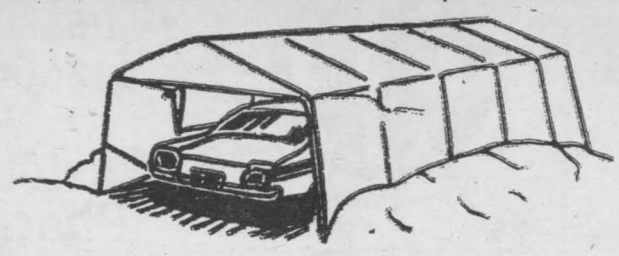

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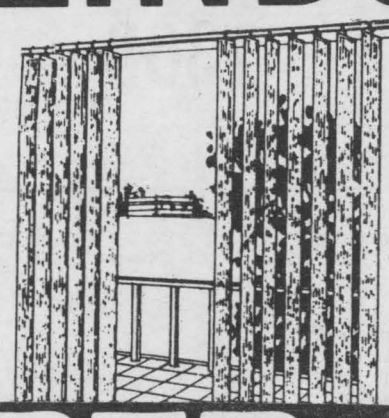

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For Readers: To respond to an ad send your letter to the appropriate C.C. number. c/o Seaway Shopping News, 8-6th St. E., Cornwall, K6H 2N4.

SINGLE MALE. Tired of being along on Christmas & New Year. Looking for female companion. I'm mature enough not to care about age. CC 537.

UNATTACHED gentleman, early fifties, 5'9", secure. Would like to meet intelligent lady (35-50) w/sense of humour. One who enjoys nature, dancing, sports, current events. Photo appreciated. Discretion assured. CC 536.

LONELINESS is a four letter word. Blonde, blue eyed, attractive, single mom seeks blonde, blue eyed guy, 25-35 with mature attitude for slow 'n easy monogamous relationship. Sooner or later fate will have us meet, why not sooner. Photo appreciated. CC 535

YOUNG MALE, 5'10", mid 20's, recently moved to Cornwall. Looking for petite, single, young lady, between ages 20-26. Who enjoys similar interests such as dining, dancing, travelling, movies, parties, time doing things together. A chance for a possible relationship to grow. If interested, please reply to this ad. CC 533.

DIVORCED WORKING MOTHER OF 2 daughters, seeking male (30-45) for one-to-one dating relationship, to share family outings. Prefer tall, non-smoking, easy going, stable unattached male. Photo appreciated but not necessary. CC 527

ATTRACTIVE FEMALE looking for attractive, secure male w/good sense of humour (28-35). Who also enjoys the outdoors, dancing, dining out & quiet evenings. CC 534.

LONELY, SINGLE 46, 1.70 meters tall, 77 kgs. Honest, sincere, easy-going male seeking a real woman (30-40), 45 to 58 kgs., natural looking. Who believes in love. One child acceptable. Photo appreciated. CC 532.

32 YEARS OLD FATHER of two looking for an honest female 30-35, who is looking for an honest guy for a lasting and meaningful relationship. It's o.k. if you have kids. Photo appreciated. Reply to CC 539.

43 YEAR OLD, MALE, blue eyes, looking for someone to share my life with. I'm very lonely & live alone. Someone who is willing to put a very good effort in it. Love romantic evenings, country music, sociable drink. Photo appreciated. Reply to CC 540.

---

cont'd from FTB

the two together could add up to 25 pounds in one year).

Exercise during one day can increase basal metabolic rate for as many as six days. Even when such people are sleeping, they are evidently expending more calories than if they had not exercised.

After a few weeks of losing weight a dieter finds that no further weight loss seems possible. This is because basal metabolic rate is now lower. The solution to further loss is in increased exercise to increase the basal metabolic rate.

People feel better psychologically if they exercise. They know if they can exercise they can do anything. A cancer patient is often depressed and feels he can no longer work. But if he becomes able to run a few miles he then knows he can do anything. He then knows he can work and expects to live many more years.

Exercise helps to prevent osteoporosis, a weakening of the bones which results in hip fractures and humped backs that older people get so often. Osteoporosis is a disease that must be prevented because there is no good treatment.

Exercise decreases the risk of heart attacks. One study showed that men who had jobs requiring some exercise had only half as many deaths from heart attacks as men in sedentary jobs. Exercise lowers the bad kind of blood cholesterol and increases the good kind. It also decreases the chance of clots forming in the blood.

Exercise increases the oxygenation of the red blood cells. It provides more oxygen for the brain and all the body's cells. And who doesn't need plenty of oxygen to the brain for clearer thought?

Exercise increases muscle tone. This means less wrinkles in the skin. It pulls the stomach in so both men and women do not have a pregnant look. Exercise and good muscle tone can help protect against the back problems that come with sedentary living.

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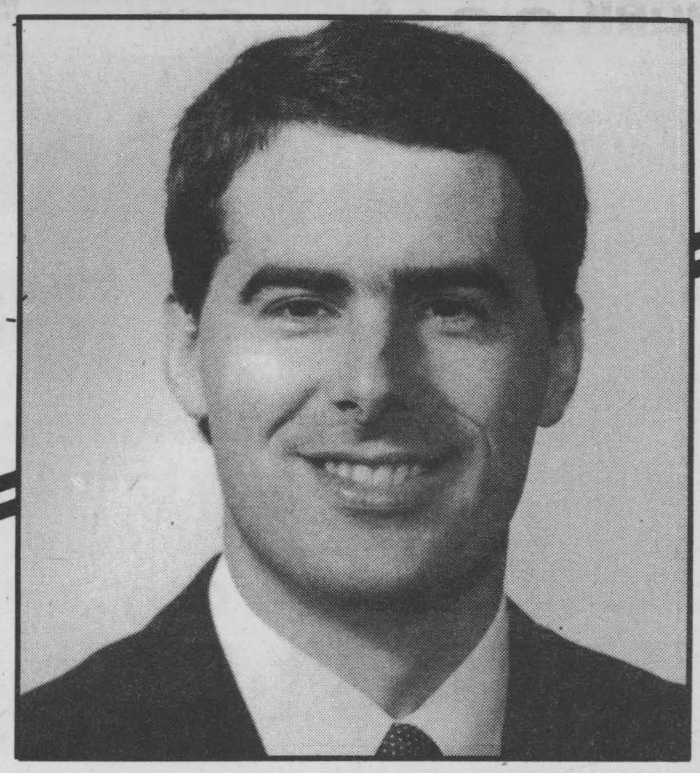

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CANADIAN SPORTS

Surprise: Eddie The Eagle actually was serious

By Milt Dunnell

The world's favorite ski jumper was saying here the other day that he hasn't changed a bit since his glory trip at Calgary.

No, no, Matti Nykanen was not in town. Nykanen may rule the world of the flying barrel staves, but not many people really love him. There have been times in the past when he was requested to kindly get lost by members of his own Finnish national team.

Eddie (The Eagle) Edwards, the Cheltenham plasterer, is the world's pinup ski jumper. Which brings up a paradox in charisma that should be mentioned. Nykanen could soar farther from the 90-metre launching pad lugging Eddie The Eagle on his back than Eddie could do solo, aided by a brisk tailwind.

But you don't see perfectly sane people wearing Matti Nykanen helmets or Matti Nykanen sweatshirts. You do see people wearing Eddie The Eagle helmets and Eddie The Eagle sweatshirts. Certainly they know how many Olympic medals Eddie The Eagle didn't win. It's his survival they

cont'd on pg. 9

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are celebrating — not his hang time.

Similarly, when Budweiser wanted a driver for one of the big rigs in the weekend truck derby at Mosport, it wasn't Nykanen who got the call. It was Eddie The Eagle.

There's something reassuring about the demands for the services of Eddie The Eagle. They blunt the Vince Lombardi verdict that winning is the only thing. Like Jamil Omar Hatem Abdulalem Jamil El Reedy, the one-man Egyptian al pine ski team of the 1984 Winter Olympics, Eddie The Eagle earned acclaim not for what he did but for what he didn't do.

All the way home

"It was shocking at first," Eddie now admits when he speaks of his fame. "Leaving Calgary, I really didn't know the enormity of it. Flying home, I presumed I would take the bus from the airport to Cheltenham. On arrival, I was surrounded by 15 police officers, who escorted me through the crowd of media people to a car which awaited me.

"Now, I have business agents in Britain, Japan, Australia, the U.S. and Canada. I have cut two records, one of which is not yet issued. The first one is very popular in the German market at the moment. And, of course, my book, titled *Eddie The Eagle, My Story*, will be released in Britain on Oct. 20. But no, I don't think I have changed."

The Eagle's sister, Elizabeth, concurs: "He's as tight as he ever was — so tight he squeaks. He does eat better now. In 1986, when he was training at St. Moritz, he couldn't afford to eat. And when he broke his jaw he didn't have the money for medical attention. Just put a bandage on it."

There is a disturbing note in The Eagle's preview of his future, however. He speaks of becoming a big story again at the Olympics of 1992 — even allows the term "world's best" to sneak into the conversation. Toward that end, he has hired himself a trainer, Geir Hammar, a Norwegian.

He admits he is annoyed when certain sections of the British press refer

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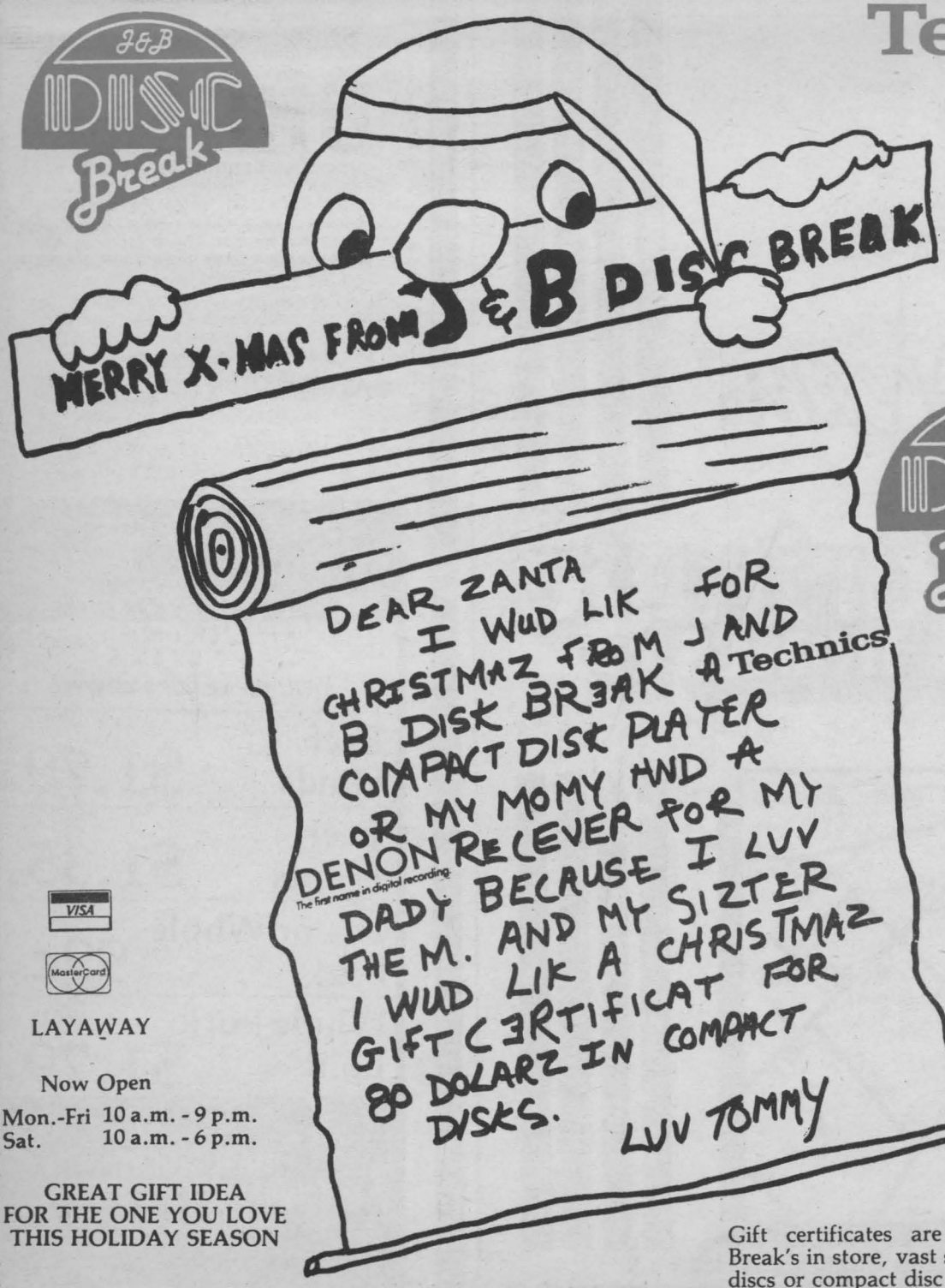

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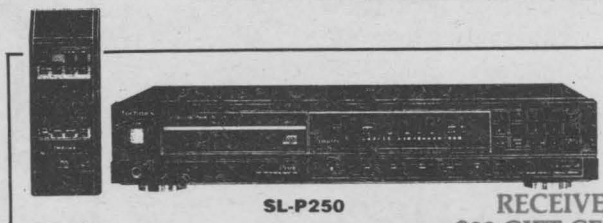
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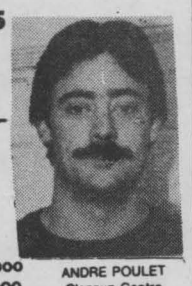

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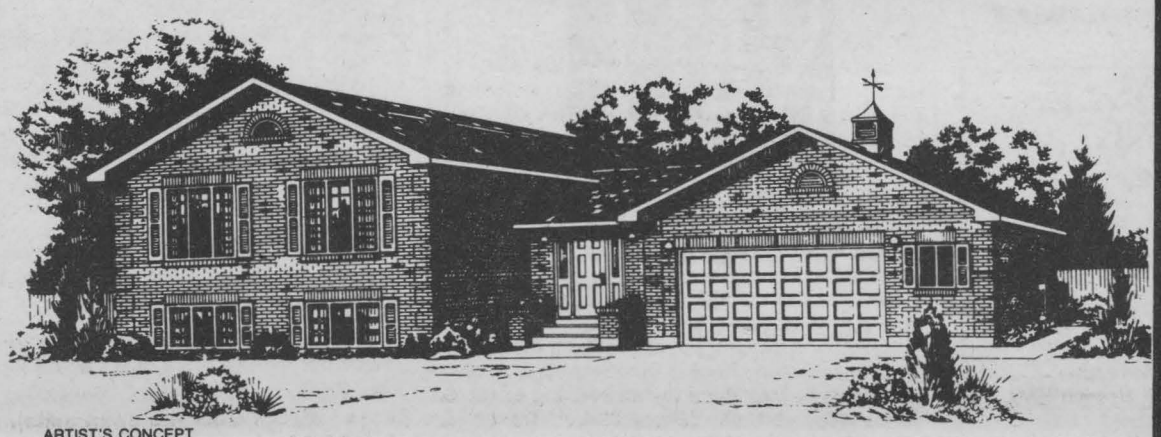

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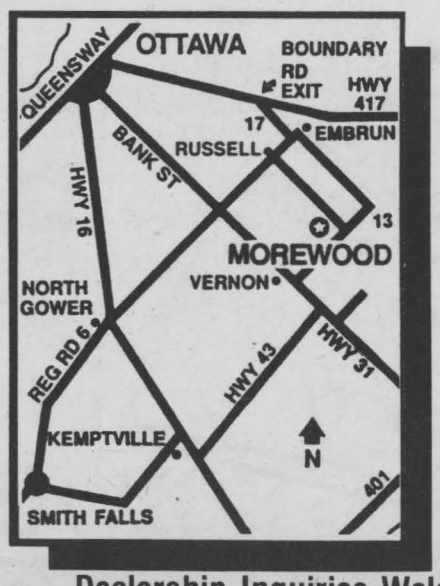

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to his as the super-flop of the Calgary Olympics. It doesn't seem to occur to them that Eddie The Eagle takes his ski jumping seriously. Naturally, you are not going to tell Eddie those thoughtless critics had a lot of company. Few folks realized Eddie The Eagle was serious.

Since Eddie The Eagle already has such a formidable team of agents and advisors, it would be presumptuous to suggest his determination to become the world's greatest ski jumper could amount to economic hara-kiri.

Money in mediocrity

Would Budweiser have brought in Pavel Ploc of Czechoslovakia to drive that truck at Mosport? Not likely. Pavel Ploc was the silver medalist in the 70-metre hop. Or how about Mataz Debelak of Yugoslavia? He won the bronze in the 90 metres.

He doesn't need business agents in Japan and Australia. Eddie needed those 15 bobbies to get him out of the airport in London because of his excellence in under-achievement. If he's determined to go for the gold, there will be a whole new standard of appraisal. He had the bottom of the class pretty well to himself at Calgary and the world loved it.

"I would like to find a sponsor for my ski jumping in Canada," he confides. "I would require about $200,000 per year on a four-year contract."

So there's the parable of the Eddie The Eagle story. A guy gets world famous by playing tunes on a comb but won't be happy until he makes the New York Philharmonic.

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*Vagabond Theatre presents Pool's Paradise a comedy by Philip King. Nov. 10th, 11th, 12th, 18th, 19th at 8 p.m. St. Lawrence High School, 1450 Second St. E. Tickets $5.00 & $3.50. Bob's Smoke Shop, 15½ Second St. E.

*The Cornwall Regional Art Gallery will be offering a "Victorian Christmas" workshop taught by Janice Montreuil. Create nostalgic potpourri tree ornaments with velvet and lace. Students will complete three ornaments from a choice of five patterns. This class will run one day only, Saturday November 26 from 10:00 a.m. to 1:00 p.m. For more information on this or any other workshop or class, please feel free to give us a call at 938-7387 or drop in to see us at 164 Pitt Street Mall. The gallery is open Monday to Saturday, 9:30 a.m. to 4:30 p.m.

*Glen-Stor-Dun Lodge: Outreach volunteers needed to assist clients from the community to participate in Lodge activities through our Day-Away Program, on Thursdays or alternate Saturdays. Time commitment: 6 hours per week. Interested persons please call Linda Geisel at 933-3384.

*Tri County Crafts' Christmas Craft Sale, November 18-19-20, Cornwall Civic Complex. Friday: 10 a.m.-9 p.m.; Saturday: 10 a.m.-6:00 p.m.; Sunday: 12 noon-5:00 p.m. Free Admission.

*Save the Children Christmas Cards — buying a Christmas card from the Cornwall Branch of Save The Children Canada helps provide food, shelter, and medical supplies for children in Jamaica, Nicaragua, India, Africa, and other parts of the Third World. Contact Margery Harris, 410 Sydney St., Cornwall. Telephone 933-2494.

*A very important day on the family will be held at l'Ecole Notre Dame hosted by the Knights of Columbus and Family Action on November 19, 1988 from 9:30 am to 4:30 pm. Please bring your lunch for noon. Theme: The Family; Reflection of our society or vice versa.

*Action Famille - Chevaliers de Colomb vous invite a assister a une rencontre. Tres importante sur la famille. Le 19 novembre 1988 a l'ecole Notre-Dame de 9:30 am a 4:30 pm. Theme: La Famille, Reflet de Notre Societe ou l'inverse.

*The Royal Canadian Air Force Association are having a Eurchre every Wednesday evening at 8 p.m. Also Wing 424 RCAFA Euchre tournament.

*The Hotel Dieu Paediatric Group invites you to the opening of the Festive Season by attending their annual Wine & Cheese. "Candy Canes" is this year's theme & the evening promises to hold many sweet surprises. Don't miss this exciting event on Dec. 3rd at 6:30 p.m. to 8:00 p.m. in the cafeteria of the Hotel Dieu Hospital.

*The Skills Centre proudly presents "Showtime" A Vision of Community Living. Wednesday, November 23, 1988, 7:30 p.m., Kinsmen School, 550 Ninth Street East. You are cordially invited to attend. $3.00 at the door or pre-arranged sponsorship.

*Tutors urgently required to help adults learn to read and write. Training work-shops will be given soon. Contact Tri-County Literacy 932-7161.

*Cornwall Regional Art Gallery Annual Juried Show, bringing together the best of local artists. The exhibit will be juried by a panel of impartial professional artists. Eligibility: Any fine artist from the general region of Brockville, east to the Quebec border is invited to submit their work. Also, members of CRAG anywhere are welcome to have their work juried. November 21-26: Deliver art work to CRAG, 164 Pitt Street Mall, between 9:30 a.m. and 4:30 p.m. December 5 & 7: Notification of entrants and pick up of work. December 10: Opening of Exhibition 88 at 7:30 p.m. For more information, call the Gallery at 938-7387.

*Tea & Bake Sale, Nov. 15/88 from 2 - 4 p.m. at Parisien Manor Nursing Home. Corner Marlborough & Second St., E.

*Ladies' Aux. Euchre November 17, 1988 at 8:00 p.m. Legional Hall Branch 569, Long Sault, Prizes and lunch.

*Keep this date open Nov. 26/88 for Salad Luncheon & Christmas Bazaar being held in St. Andrews Presbyterian Church Hall, South Lancaster, Ont. from 12:30 to 3:30 p.m.

*The U.C.W. of St. Andrew's United Church, Long Sault will be holding their annual Christmas Tea and Bazaar on November 12, from 11:30 a.m. to 2 p.m. in the church hall.

*Christian Women's Club extends a warm invitation to everyone for their annual craft & bake sale on Wed. Nov. 9 from 1-3 p.m. at the Holiday Inn. Admission of $4 includes dessert, coffee, special feature, music and dynamic speaker, Helen Honeywell.

*Due to popular demand the exhibit featuring the Cornwall Commercial College will be displayed till November 21 at Inverarden Regency Cottage Museum. The museum is open daily from 11 a.m. to 4:30 p.m., Sunday 1:30 t 4:30. Admission is free.

*Cornwall Carousels are having a "Dance For Heart", Nov. 27/88 from 2-4:30 p.m. at Iona Academy, St. Raphaels. Square & round dancing. All proceeds to the Heart and Stroke Foundation. Covered dish supper (bring your own place settings) Also 50/50 draw. Donation $10 a couple.

*Sales for Charity. Unusual gifts, decortions, aprons & much more 'til Christmas. Proceeds go to Cancer, Heart & Stroke, Alzheimers, War Amputees. Call Mrs. D. Rivier, 402-1st St., E., 938-6816 or 933-0180 'til Christmas. Mon.-Fri. 10 a.m. - 5 p.m.

A series of meet the author days will highlight the Christmas season at The Sanctuary Bookstore on Friday, Nov. 18/88, Ian Bowering, Curator of Inverarden Museum, will launch his new book, "The Art and Museum of Brewing in Ontario". Mr. Bowering will be available from 11:00 a.m. to 2:00 p.m. to sign copies of his book.

*The Support Group for Widows and Widowers will be hosting a Wine and Cheese party for members and their guests at their meeting at the R.C.A.F. Wing, Water Street, on November 22, 1988, at 7:30 p.m. Tickets for the wine and cheese are available by calling 933-4324 or 932-6113.

*Vagabond Theatre presents Pool's Paradise a comedy by Philip King. Nov. 18th, 19th at 8 p.m. St. Lawrence High School, 1450 Second St. E. Tickets $5.00 & $3.50. Bob's Smoke Shop, 15 ½ Second St. E.

*The "Octopedes" Square Dance Club of Ingleside, cordially invites all other class & club members to join them for an evening of fun & fellowship, at their "Snow Flake" Dance (& Pie Night), Monday Nov. 14/88 from 8 - 10:15 p.m. Rothwell Public School (in the gym.) Caller: Pierrette Bazinet.

*Lions Clubs represent the largest service club organization in the world. Lions and Lioness are a dedicated group of civic minded persons interested in the civic, cultural, social and moral welfare of the community. "MAKING YOUR COMMUNITY A BETTER PLACE TO LIVE." We encourage interested persons to become aware of the objects of Lionism and join in our fellowship. You are invited to a Wine & Cheese 7:00 - 9:00 p.m. Tuesday, November 15th at Cornwall Seaway Lions Club, 123 Fortier Ave. (off Tolgate Rd.) Anyone interested in learning more about the Cornwall Seaway Lions/Lioness Clubs should contact Lion President Gary Freeman at 932-2098/346-5913 or Lioness President Jeanine Langlois 932-1371.

*"The Parkinson's Self Help Group of Cornwall will meet on Tuesday, November 15, 1988 at 7:30 p.m., in the craft room, St. Joseph's Villa, 14 York Street. Friends and relatives are always welcome to attend. For further information call 933-9794 or 931-1903."

*A Red Cross Blood Donor Clinic, sponsored by C-I-L, BASF and Domtar will be held on Wednesday, November 16th at C-I-L, 300 Brookdale Avenue, from 12:00 Noon until 5:00 p.m. Refreshments will be served and prizes will be drawn. Join the lifeline and give on November 16th.

*The Board of Directors of The Cornwall Arts Development Committee will have their monthly meeting on Monday, November 14th in the board room of the Cornwall Public Library at 7:30 p.m. All board members and persons interested in becoming involved with the arts and culture in Cornwall are very welcome to attend.

*Chuck Girard, a well known singer, composer and producer of contemporary Christian music is coming to Cornwall for a free concert. Chuck will perform and minister the evening of November 17th. At the Aultsville Hall Theatre. Concert time 7 p.m. Admission is free. A free-will offering will be taken. For further information contact Rev. Harold Box at 932-2535.

*Tutors urgently required to help adults learn to read and write. Training work-shops will be given soon. Contact Tri-County Literacy at 932-7161.

*St. John Bosco Parish C.W.L. will sponsor a Bridge and Euchre Party on Wed. Nov. 16/88 at 1:30 p.m. in the Parish Hall, York & Ninth. Lunch, 50/50 draw. All are welcome.

Claude Nunney V.C. (Memorial) Squadron..... Tropical Beach Dance at the Lancaster Legion from 8:00p.m. to Midnight, November 19/88. Dress - Beach wear (no swim suits). Admission: $3.00 per person. Music by "The D.J."

Cornwall Power and Sail Squadron are having a 50th Anniversary Wine & Cheese.
A Wine and Cheese reception for members and guests will be hosted by the Cornwall Power and Sail Squadron at the Corwnall Police Association Club on Sunday, Nov. 20/88 betweem the hours of 1400-1800.
Guest speakers: United States Customs and Immigration...Canada Customs...RCMP...OPP.... Question and answer period to follow. For further information contact any CPS Officer or call Bob Branchard (PRO) at (H) 537-2964, (W) 938-4340.

South Eastern Ontario Anglers are having a "Casino Night", Friday, Nov. 18/88. K of C Hall, Glen Walter, Purcell Rd. From 7:30-1:00a.m.

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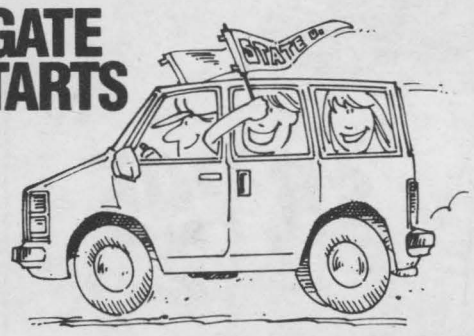

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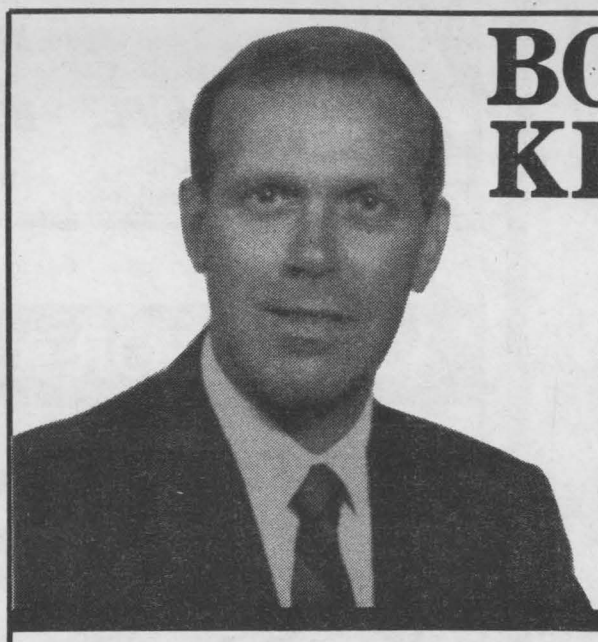

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Considering that each spark plug in a V-8 engine fires 525 times per minute at 55 miles per hour, there is little margin for error. If ignition takes place too soon in the cycle (it is referred to as "too far advanced"), the engine is likely to knock or ping and may run erratically.

When ignition occurs too late (called retarded timing), the result is likely to be sluggish performance, excessive fuel consumption and hard starting.

Incorrect timing is a common condition. On older vehicles' ignition systems with distributor and ignition points, components wear and periodic adjustments and replacement are necessary.

Later model cars, with electronic ignition systems, are less likely to go out of timing. Nevertheless, it is still important to have checked as part of a tune-up or any other engine diagnosis.

On many cars, the timing mechanism is driven by a rubber belt, as opposed to a chain or gears as in other vehicles. This belt is subject to wear and may have to be replaced after about 60,000 miles. A loose belt can cause loss of power, backfiring and hard starting if the engine runs at all.

While timing belts may last a great deal longer than 60,000 miles, it is wise to anticipate the possible need for replacement as part of a tune-up.

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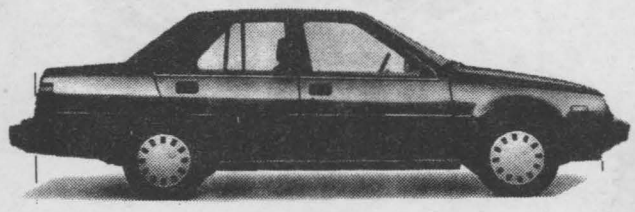

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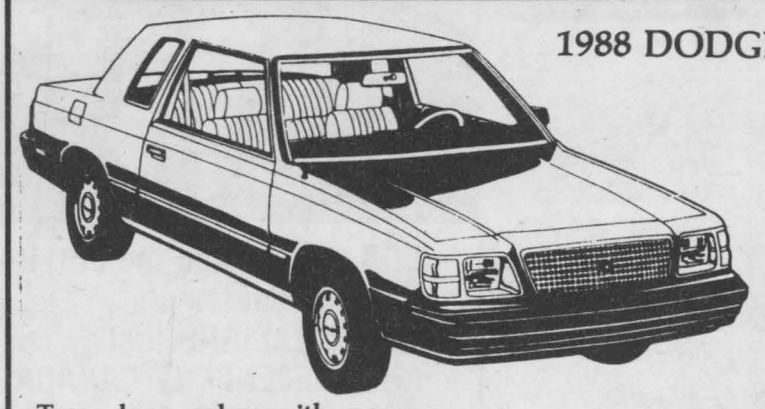

Two door sedan with power steering, power brakes, 5-speed manual transmission. 2.2. litre electronically fuel-injected 4 cylinder engine, cloth trim seats, AM/FM stereo radio and AIR CONDITIONING Stock No. 8608

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5 L of paint will cover about 30 m².
101-53 NC

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ALL MOVIES
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cont'd from pg. 3

substantial signs of change is only giving permission to him to go on in the old, intolerable way.

A woman may still love a man with bad problems. He is not always a lost person. But it is unrealistic to believe that your love for him will change him unless he wants to change and shows it by getting help and making some progress in relearning behavior.

Some readers will think you were cruel and unfaithful to the husband you left, to leave him because medication made him incapable of the kind of sex you were used to and needed. No doubt you have some guilt about that even now. About that, I have to say this: Perhaps two other people could have continued in that marriage, but the probability is that you two could not. I doubt that you left him only because he offered you no more sex. Or, more accurately, because he could not offer the kind of sensual intimacy that was to your mind absolutely necessary.

Maybe with counseling, perhaps with medical help or sex therapy, that marriage could have been made viable again.

COMFORTABLE ROOMS FOR RENT. Elect. heat. Private entrance. Parking. Shared kitchen & bathroom. TV & cable. On bus route. Working gentleman preferred. Reasonable rent. 932-7130.

FOR RENT: 1-BDRM. FURNISHED BASEMENT APT. Parking. Very clean. No pets. All utilities paid. Avail. Dec. 1st or Jan. 1st. Also, for sale, wooden rocking chair & 2 child's dressers. 938-7848.

11/14

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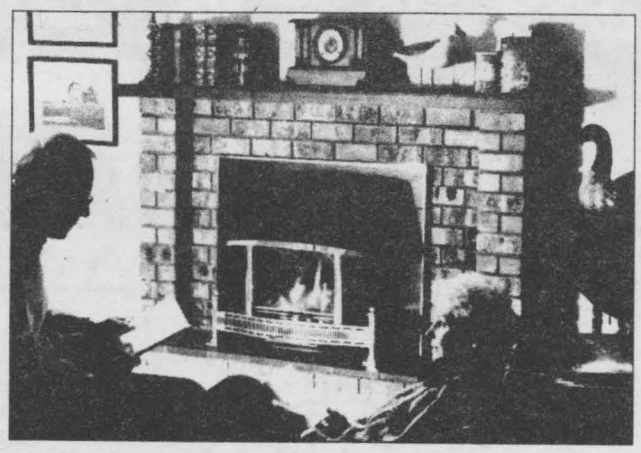

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The Homeflame can be installed into most existing fireplaces or you can create a fireplace with Valor's exclusive Direct Vent system — it vents through the wall without a chimney.

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Valor THINK GAS! The natural choice.

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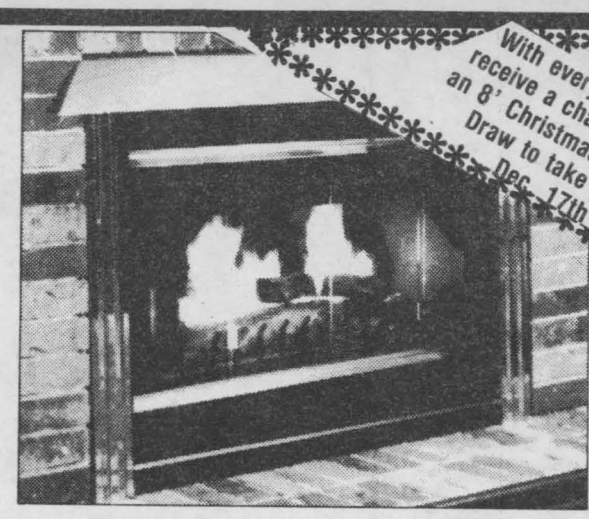
With every purchase receive a chance to win an 8' Christmas Stocking Draw to take place Dec. 17th

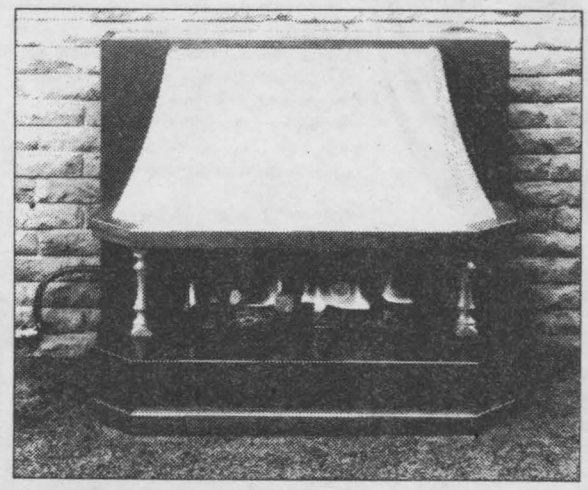


Selkirk 4000

'Clearview' sliding glass doors, decorative brass hood and columns.

A Natural at $899

Installation extra.



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See you in the driver's seat.

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HONDA 3 YEARS WARRANTY 60000 KM

2 POLLS SHOW AUBRY LEADING

Two separate public opinion polls came out last week with both showing Dick Aubry in the lead for the mayoralty. In both cases the lead was small. Le Journal de Cornwall published their findings based on 200 telephone calls done Nov. 3rd, 4th and 5th. With the 12% undecided factored out the results were:

Aubry	26.1%
Charlebois	24.4%
Poirier	23.9%
Martelle	20.5%
Ford	5.1%

The calls were done randomly throughout the day. This might give the survey a bias. Surveys of this size when done properly would be reliable 19 time out of 20 within a ± 3% point range.Le Journal has been doing these political surveys for 10 years now and claims to have been right on all except the last Provincial election. That survey was done two weeks prior to the vote.

The other Poll was done by DC Communications and reveals the following:

Aubry	30%
Poirier	26%
Charlebois	23%
Martelle	16%
Ford	4%

This survey was done Nov. 1st and Nov. 2nd in the evenings, and designed to be 50% male and 50% female.
If done in a proper manner this poll would be reliable 19/20 times within a range of ± 4%.
John Darbyshire, Ph.D. President of DC Communications said this was the third survey he'd done on the mayoralty. The first was on Sept. 13th and 14th and the second on Oct. 17th, 18th and 19th.

"We found Aubry leading in all three of our polls. Charlebois was second in Sept. and Oct. but fell to third in Nov. This conclusion however is tentative because of the ± 4% limits."

Mr. Martelle's strength has improved over the 6-7 week period.

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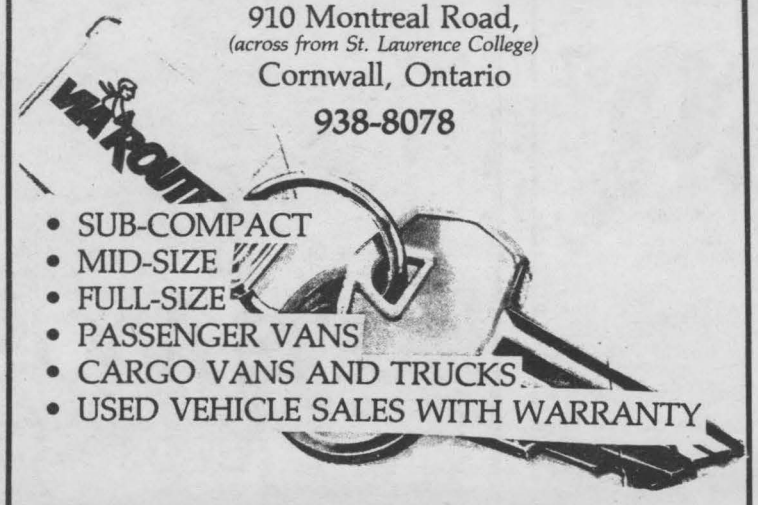

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* Authorized dealer for Ryder Truck Rental

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1979 DATSUN 510 standard, p.b., am/fm radio, 2-dr., hatchback. A-1 conditon. New paint. Reason for selling, bought truck. $1,000 certified. After 5 p.m. 932-3753. 11/21

GREY FUR COAT for sale. Worn only a few times. Loup de Mer (Wolf). Size 12. Call 933-8666.

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1979 DODGE CHALLENGER 2.6L auto., 30,000 k on present motor, good winter car. $500 or B.O. 1976 DATSUN 710 for parts. Call 543-3204 or 537-2548 after 6 pm.

CHANNEL MASTER ANTENNA 4242-T ... $119.95. Dble oven select. range. 22" Panasonic Colour TV. Call after 6 pm, 537-2548.

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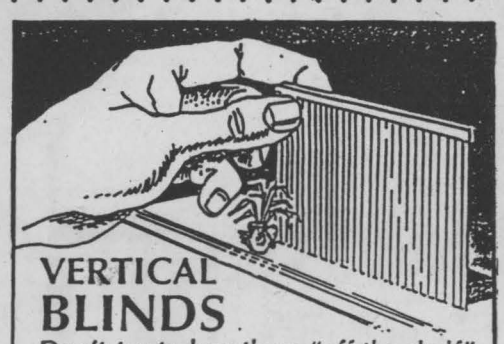
1976 FORD F250 SUPER CAB. V-8, auto., p/s, p/b. As is $895. Also brand new laundry tub pump, $100. After 5 p.m. 346-5710.

11/21



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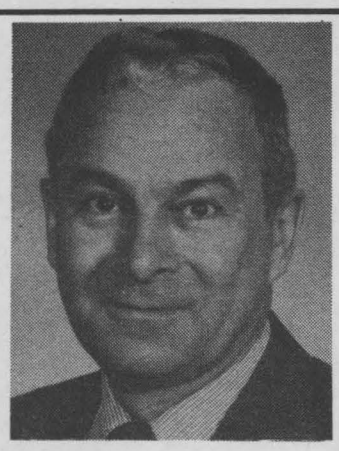

To The Voters of Cornwall:

I hope that on November 14th, each and every one of you will vote for the Candidate of your choice. This is a serious, important task.

I hope that what had been a rather dull campaign was livened up by my aggressive style and advertising. My campaign was designed to contrast my ideas, experience and leadership abilities with that of the other mayoralty candidates. In no way did I ever mean to offend or demean my worthy opponents.

I sincerely want you to be able to make the best decision on election day.

We live in a rapidly changing city. This is the time for stability and continuity. We have done very well but we can do even better.

I assure you of my total committment and I offer to you my experience and leadership!

Sincerely Yours,
Dick Aubry

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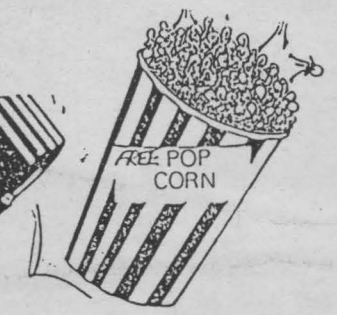

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