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SEAWAY NEWS

February 19, 1999 VOLUME 13, ISSUE 8 SERVING CORNWALL AND AREA

Speak Up!



Many people think that good public speakers just "get up and talk." Actually, the most effective speakers only make it appear as if they are speaking off the tops of their heads. In reality, an effective speech is the result of clear goals and well planned effort. At the recent public speaking competition held at St. John Bosco School, students were encouraged to present their topics to their classes and later, in competition to the school. Subject matter was of their choice and was judged according to the rules set forth by the sponsor, the Cornwall branch of the Canadian Legion. Winners from the school competition later vied in the Legion competition. Becoming an effective public speaker starts with an understanding of the communication process and the listening process. By examining their existing knowledge and experiences, the 250 students of St. John Bosco often found several potential topics, with the help of their teachers and parents who acted as sounding boards. While picking a topic can sometimes be difficult, it is certainly not impossible. It is not the topic that makes or breaks a speech - it's how that topic is developed and discussed. Effective communication, as shown by the student body at St. John Bosco and guided by the experienced knowledge of their teachers, leads these students down the path to becoming productive achievers.

Pictured in the library are winners (frt. l-r): Katie Aubin, Asha Pritchard, Kayla McPhee. Back (l-r): Josee MacDonald, Meagan Kitts, Sarah Ferguson, Jordan Bray, and Candice O'Rourke.

Story & photo by Aubrey Johnson

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In & About CORNWALL

Lieutenant Governor in Cornwall

The Honourable Hilary M. Weston, Lieutenant Governor of Ontario, will be visiting Cornwall on Thursday, February 25, 1999. The Lieutenant Governor will attend a civic reception hosted by the City of Cornwall, at City Hall at 3:00 pm and will sign the City's Golden Book. Later in the day, the Lieutenant Governor will address delegates to the YouCan Conference at NavCanada. This conference for youth, by youth, will assist youth organizations, federal/ provincial/ territorial government representatives, schools and committees to develop effective models of youth participation in mediation, crime prevention and conflict resolution. The Lieutenant Governor consistently champions the causes of Ontario's youth. She consults with thousands of young people on significant youth issues while performing her duties across the province.

1999 Ski Challenge Was A Success

The organizers of the 1999 Ski Challenge, Rhéal Filion and Jean-Guy Bercier, on behalf of the honourary co-chairmen Jean-Marc Lalonde, MPP and Don Boudria, Minister of State, are happy to announce that this year's event was a big success. Three hundred and seventy five skiers have raised almost $25,000 for the Canadian Cancer Society. The winners of the Mayor's Race were Helen MacLeod, representing the municipality of Champlain; Guy Tessier, representing the municipality of Nation; and Jean Pierre Cadieux, representing the municipality of Alfred Plantaganet. The organizers would like to thank the members of the committee, the skiers and the stores who have generously donated prizes, as well as all the skiers' sponsors who helped in the fight against cancer.

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Canada Grades AA/AAA
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Mild Cheddar Cheese $4.49 lb. .99¢/100 g.

Mild Havarti Cheese $4.99 lb. $1.10/100 g.

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Specials in effect from February 21 to February 27

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Cornwall 814 Sydney Street (613) 938-8566 Store Hours: Mon. - Fri.: 8 am - 9 pm Saturday: 8 am - 6 pm Sunday: 9 am - 5 pm

Photo Contest

Smile! Youth Service Canada announced the launch of a photography contest. In an effort to create a library of promotional photographs depicting positive images of Cornwall and the Seaway Valley, YSC invites you to take part in this great contest. Categories include: Things to do in Cornwall and the Seaway Valley; Our Colourful Heritage; and Nature's Way. Enter for a chance to win great prizes. Sponsors are Black's Photography, Coco's Steak House, Gaby of Cornwall, The Java House, Jean Coutu Pharmacy, Maynard's Y.I.G., Porto Bello Restaurant, Ran-Gal Photos, Roy Studio, Salon Capri, Sears Portrait Studio, Shadows Photo Studio and Gallery and Wal-Mart. Everyone is invited to enter. There is even a category for children 12 and under. Contest opens February 15th and ends April 30th, 1999.

Seminar Offered

The Cornwall Business Self-Help Centre, a facility jointly sponsored by the City of Cornwall's Economic Development Department and the Ontario Ministry of Economic Development, Trade and Tourism, along with the Business and Industry Training Services at St. Lawrence College is presenting a seminar for prospective entrepreneurs called "Preparing A Business Plan". This presentation features information and advice from Mark Kulick, a Business Consultant with the Cornwall Economic Development Self-Help Office; David Dick, an accountant and the Bank of Nova Scotia. The seminar provides pertinent data for anyone interested in establishing a business. The Seminar is scheduled for Thursday, February 25th, from 6:30 pm to 9:30 pm at St. Lawrence College, Moulinette Hall, Room 264. Registration takes place from 6:00 pm to 6:30 pm with a fee of $20.00 being charged to offset the costs of the facility, literature and refreshments. Seating is limited.

Cornwall Civic Complex To Host ORFA

The Ontario Recreation Facilities Association Inc (ORFA) will be holding their next Regional Information Session at the Cornwall Civic Complex and Convention Centre on March 3rd, 1999. Approximately 100 industry leaders from across Eastern Ontario are expected to attend the day long event. The focus of the Regional Information Session will be on the Technical Safety Standard Association Act update, including panel discussions on potential changes to the Operating Engineers Act. "Events such as the ORFA Regional Information Session are very important to the community," said Mayor Brian Sylvester. "Not only do we get a chance to showcase the City and its facilities to a group of professionals, but the expenditures of the delegates will provide an economic boost to local businesses." The Ontario Recreational Facilities Association Inc. is an affiliation of leisure service professionals, businesses, volunteers and [illegible] in recreation facilities - all dedicated to the provision and sound management of recreation facilities.

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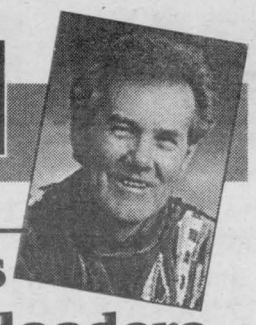

By Jean-Louis Rochette

Strange Breed of Landlords Yearns for Feathered Freeloaders

My name is Jean-Louis Rochette, I have been a Martin landlord for many years. I manage an average size Martin colony right in the heart of the City of Cornwall. An average size colony is between 25 and 50 pairs of Martins. The information I will be providing in the coming weeks, will be information extracted mostly from publications and documents published by the Purple Martin Conservation Association and from my own experience at managing a colony here in Cornwall and from having been surrounded by Martin colonies when I was a young child living on a farm a few miles south of Quebec City. When I lived in Nova Scotia I tried hard to attract the Purple Martins to my cottage in Pictou County; I was not successful. No Martin had been seen in that region although they could be seen in the North East portion of the Province no more than 40 miles away.



On my arrival in Cornwall in May of 1980, I could see Martins flying all around, so I proceeded to supply them with housing, but again I was not successful. It is only when I moved to our present location at the corner of Cline Avenue and Cumberland Street that I succeeded. My success was due mostly to better housing, location and timing. I will review these at a later date.

Most landlords want a security deposit and two months rent up front. Not so for Purple Martin landlords. They provide accommodations for their feathered friends free-of-charge, but often have trouble attracting tenants.

Purple Martins are condo-nesting members of the swallow family that spend their winters in Brazil and migrate back to their North American breeding grounds in spring, when the weather warms enough to provide flying insects for their food. These purplish birds nest in colonies of their own kind, ranging in size from two to 200 pairs.

The eastern race of Purple Martins are different from all other species of birds in that they no longer nest in the wild. Today, they only nest in houses or gourds provided by humans. Were it not the assistance of martin landlords, who furnish them with housing, martins would no longer be able to reproduce and their population would collapse.

Originally, martins nested in old woodpecker cavities, but native Americans Indians discovered they could attract these insect-eating songbirds to their villages by hanging out gourds for them to nest in. Martins nesting in proximity to Indian villages reproduced in higher numbers because they were less susceptible to predation from hawks, owls, raccoons, snakes and other natural enemies. Eventually, over several thousand bird generations, the entire species underwent a "tradition shift" and today, except for an extremely rare sighting they no longer nest in the wild, east of the Rocky Mountains. Purple Martins are the only bird species totally dependent on humans for supplying them with nesting sites.

In the weeks to come, Seaway News will provide potential Purple Martin landlords with some basic information to help them, not only to attract this magnificent bird to their backyard, but also to help them manage their colony should they be successful in attracting them.

The following topics will be addressed:

- Attracting and Managing Purple Martins
- The Purple Martin Landlord's Ten Commandments
- Ten Reasons Why People Fail to Attract Purple Martins
- Twelve Reasons Why People Lose Their Purple Martins
- Housing Management - Management Tips
- Purple Martin Migratory Timing
- Feeding Habits: What, When, How etc.
- Pest Control
- Nest Data Gathering.

About a million people in Canada and the United States put up housing each year for the Purple Martin and continent-wide, their numbers have been relatively stable for the past thirty years. However, Martins do not come close to equaling the population level of a century ago, when flocks of them were sometimes too thick they would "darken the sky". Part of the problem is that North Americans have changed from a largely rural society, raised close to the land, to an urban one, somewhat divorced from nature. As a result, the human tradition of putting up housing for martins is dying away.

"If we are to keep the Martin population stable," says James R. Hill, III., Executive Director of the Purple Martin Conservation Association (PMCA), "we must make everyone more aware of the plight of these beautiful songbirds and encourage folks with appropriately-open yards to put up housing for them." Not everyone has an ideal habitat for attracting Purple Martins - they prefer housing that is placed well away from trees (at least 40 feet away), yet within 100 feet of a human dwelling.

Purple Martins are a pure joy to have nesting in your yard. Their grateful flight and musical gurglings make a pleasant backdrop to any summer day, and they are extremely faithful to their nesting sites. Once established, they will return to the same site year after year as long as the landlord maintains it in good order.

So why would a landlord go through all the effort and expense of putting up housing for a bunch of freeloaders? Perhaps Hill sums it up best: "Aside from being so beautiful and fascinating to watch, Martins are a valuable link to our natural heritage. Humans have changed the Martin's breeding habits and made them precariously dependent upon us. It's up to us to provide for them now, so that future generations will also have Purple Martins to enjoy. Beside, Purple Martins make great neighbours!"

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COMMUNITY UPDATE

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

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

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

*ALEXANDRIA WINTER FESTIVAL is being celebrated at the Georgian House Restaurant, 146 Main St., Alexandria, Saturday & Sunday Feb. 20th & 21st, 11:30a.m. Event featuring coffees of the world. Proceeds to the Columbia earthquake victims.

School's Open! Slow Down!

Cornwall, like most cities in the Tri-County area is a busy city. Most people are out of bed, ready to start their daily routine, even before the sun rises. The fleet of city school buses hits the road at about six thirty. Later, the school crossing guards take their positions at strategic intersections. Police units go on alert to support the massive transportation effort. After nine o'clock, the buses pull back into their yard, the crossing guards go home or to other jobs, and the police breathe a sigh of relief. At two thirty in the afternoon it all happens again, in reverse.



Pictured at the busy intersection of Eighth Avenue and York is School Crossing Guard Susan Stoner with St. John Bosco student D.J. Ladouceur.

Studies have shown that school-age pedestrians are the group at greatest risk of being involved in an accident.. To reduce that risk, the City works with local schools to design safe routes to school. Yellow school crosswalks, stop signs, signals and adult crossing guards are situated along these routes to school where needed. Adult crossing guards are assigned where official supervision of Elementary school pedestrians is warranted on the suggested safe route to school. Adult crossing guards determine safe gaps in traffic for elementary school pedestrians. Adult crossing guards are only provided for elementary students because students in the intermediate/high school age range can make accurate assessments of when to cross the street safely. Adult crossing guards have become an integral part of School Crossing Protection Programs through the country. Responsibilities of the guards are to help the children safely cross the street when coming to school, during the noon recess and when school is dismissed for the day.

Story & photo by Aubrey Johnson



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

*ASSOCATION OF BRIGHT CHILDREN will hold their next meeting on Monday Feb. 22nd, 7:00p.m. in the Community Room at Maynard's Your Independent Grocer. Info call Earl at 930-2145.

*CANADIAN FEDERATION OF UNIVERSITY WOMEN are holding a "Wellness" Dinner at C.C.V.S., Tuesday Feb. 23rd, 6:00p.m. Info 933-8468.

*CENTRE CHARLES-EMILE CLAUDE activités: Jeux de dards 1h30; chorale du centre, 10h00; marche à l'extérieur, 9h; sacs de sable, 1h30., bingos non fumeurs, samedis, 1h. Info 932-1035.

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

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

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

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

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

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

*JOY OF LIVING English Support Group, for separated, divorced or widowed people hold meetings every second Friday of the month, 8:00p.m., Holy Cross School, 124 Anthony St. Info call 938-9578 or 936-1502.

*MARTINTOWN COMMUNITY CENTRE is hosting a Hip of Beef Buffet Dinner on Friday Feb. 26th, 6:00-8:00p.m. Fundraising event for the Martintown Mill Preservation Society. Advance tickets available only from members. Info call Pearl 528-4967 or Bob 528-4455.

*MCKINNON FORESTRY CENTRE is a heritage forest education centre dealing with industry's role in a working forest. Located south of Apple Hill, McKinnon is owned and operated by Domtar Forest Products. For more info call 528-4430.

*NAVY CLUB upcoming events: "Pub Night", Friday Feb. 19th, 8:00p.m. Everyone welcome. Info call 930-2060 code 6289.

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

*O.S.P.C.A., SD&G BRANCH is looking for a few good men--and women for the murder mystery event in April. If interested call 936-8905 or 933-5657.

*OTTAWA VALLEY MEAT RABBIT PRODUCERS' ASSOCIATION are holding a 4 session seminar on Rabbit Raising for meat, pet, show, or wool, Monday Evenings beginning March 22nd, in Winchester. To register or for information contact Helen Holmes at 613-774-2483.

*PARENTS COMMITTEE of the S.D.&G. Vocal Ensemble are holding a Bingo, on Tuesday Feb. 23rd, Nativity Hall, 5:30p.m. In support for the exchange program to England. Everyone welcome.

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

*ROSEDALE RECREATION ASSOC. second annual winter carnival is being held on Sunday Feb. 21st, 12:00noon, MacLennan Park, Marydale Avenue. Everyone welcome.

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

*S.D.&G. RESOURCE CENTRE for Injured Workers & Disabled are holding a general information meeting on Wednesday Feb. 24th, Royal Canadian Legion, 7:30p.m. Info call 938-9111.

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

*SAMS-STORMONT & AREA MIGRAINE SELF-HELP are holding a meeting on Thursday Feb. 25th, 7:00p.m. Maynard's Independent Grocer, Demonstration Room. Those who suffer from migraines are welcome to attend. Info call Laura at 534-8538.

*SEAWAY SENIORS, 205 Amelia Street upcoming events: "Montreal Casino" Monday March 1st; "Hull Casino" Monday March 29th. Everyone welcome. Info call 932-4969.

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

*SPAGHETTI SUPPER for Pro-Life Cornwall/Pro-Vie has been scheduled for Sunday Feb. 28th, 4:00p.m., Knights of Columbus Hall on Amelia St. Call Pro-Life Office at 937-0536 for information.

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

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

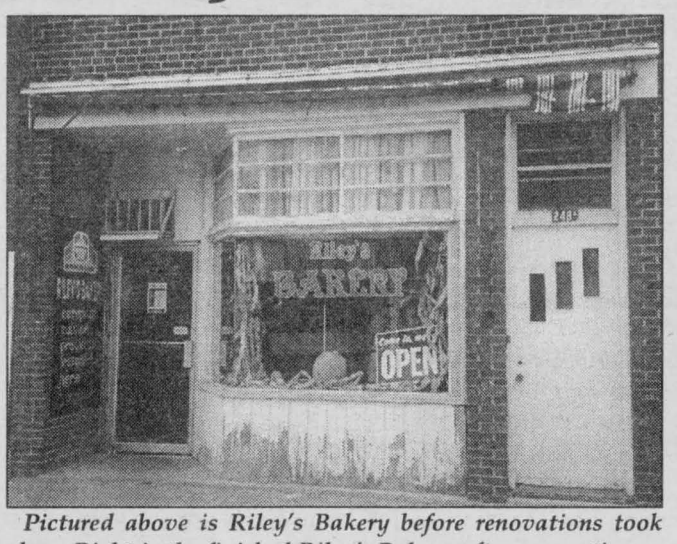
*VICTORIAN ORDER OF NURSES PROSTATE SUPPORT GROUP meets every second Thursday of the month, 7:00p.m. V.O.N. Office, 205 Second St.E. Information & discussion for Prostate cancer patients, newly diagnosed and their loved ones. Info 932-3451.

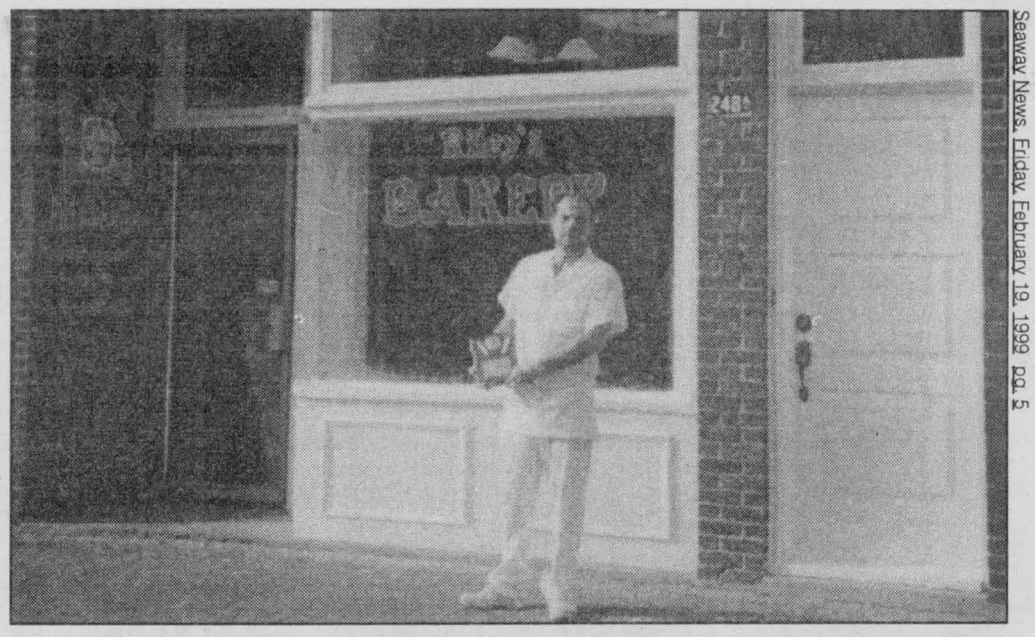
Work Progresses on Downtown Rejuvenation

"A partnership involving Human Resources Development Canada (HRDC), the City of Cornwall, the Community Development Corporation (CDC) and the newly formed Downtown Business Property Owners Association is putting a new look on Cornwall's downtown core," said Brian Merkley, spokesman for the Downtown Business Property Owners Association.

Mr. Merkley made the comments after a number of local officials and partnership participants viewed renovations completed under the program at Riley's Bakery on Pitt Street.

MP for Stormont - Dundas, Bob Kilger said "the objective of this partnership is to see the downtown core return to its past position in the community as a vibrant and exciting destination for local residents and visitors."





Pictured above is Riley's Bakery before renovations took place. Right is the finished Riley's Bakery after renovations.

Brian Merkley said, "the primary focus of the initiative is to improve the appearance of the buildings in the downtown core, undertake an inventory of the retail and commercial space available and promote the downtown to prospective owner/tenants."

Through the Job Creation Partnership Program, Human Resources Development Canada provides funding to employ unemployed persons to provide necessary labour. Property owners cover the material costs. Menard Bros. Inc. has been hired to facilitate the completion of the projects.

"To date 25 merchants have signed up to participate in this project," said Brain Merkley. "This is a win-win situation for everyone involved, particularly the citizens of Cornwall."

Polar Bear Swim

Mr. Andre Rivette, Chair of the Polar Bear Dip for the United Way of Cornwall and District is pleased to announce that seven thousand and two hundred dollars ($7,200) was raised from this annual event.



RIVETTE

This was the third annual "Dip" and it surpassed the other two by a country mile. The first "Dip" raised $1,100 and the second event raised $2,700.

There were approximately 40 participants for this event and everyone had a great time.

A winner will not be announced at this time because many of the entrants are still collecting their pledges from the donors that sponsored them in the "Dip."

The entrants will have until Friday, February 19th, at twelve noon (12:00 pm) to turn in their money. On that day the winner will be declared at 2:00 pm.

The area that the "Dip" took place was under the careful watch of Seaway Divers and the St. John Ambulance (a member agency of the United Way). There were no incidents associated with this event.

The winner once declared, will win a Star Choice Satellite System, compliments of Canadian Tire Associates Store. The value of this system is $600.

The United Way is also thankful for the sponsorship of the two radio stations: CJSS (Hometown Radio) 1220 AM and Variety 104.5 FM (Today's Hits and the Best Variety).

Without the help of these sponsors, this major event would not have been held.

The United way would also like to extend a sincere thanks to the staff and workforce of the Raisin Region Conservation Authority for preparing the area, this was a major task, and was handled by this Authority. On the day of the "Dip" they handled all of the crowd control, parking and the participants entering the water.

The United Way is very grateful to the Authority for their involvement. Last but not least, were the men and women that participated in the "Dip" and raised the $7,200 by their involvement in this function.

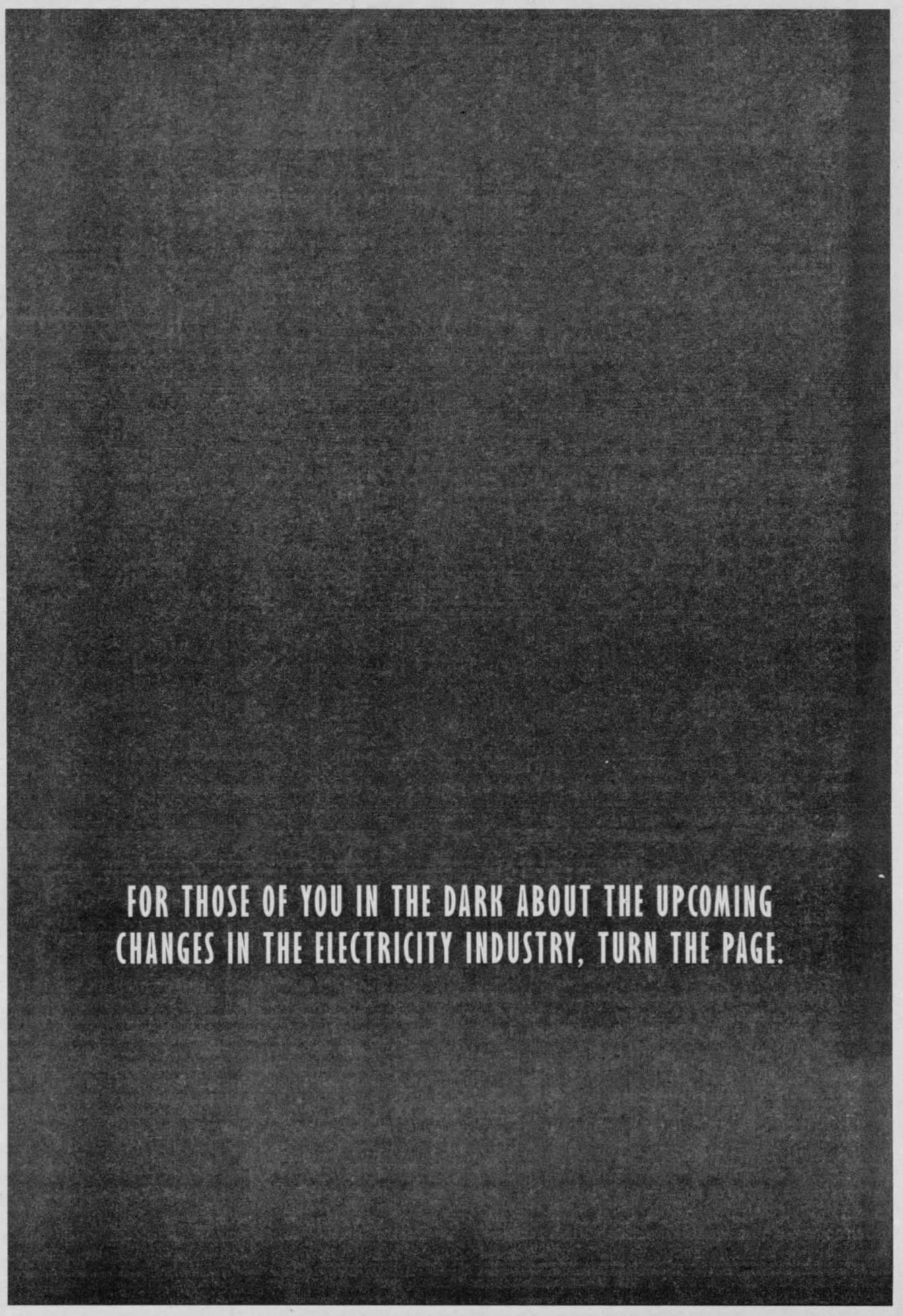
It was a great day and thanks to everyone who in some way helped us sponsor this annual fundraiser for the United Way of Cornwall and District.

Winter Web Wonders

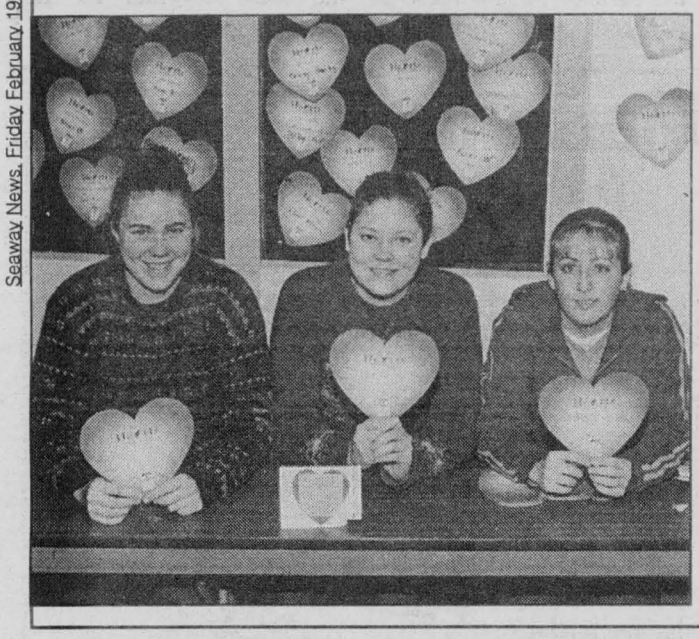
(NC)—Did you get a new computer for Christmas and you're still wondering which way is up? Don't despair. Just log onto the Sympatico Web site at www.sympatico.ca and click on the informative Internet and Computers pages. You may still have to read the directions in the box, but once you're up and running and logged on you'll find a virtual computer university. Start with the live online events for beginners. Get advice and support, find out about hardware and software and learn what the Internet can do for you.

Go to the Product Reviews feature for in-depth analysis on the products that best suit your needs: desktop publishing software, modems, plug-ins, network tools and much more. Learn new tricks with Tips of the Day or let Jeff Davis demonstrate with his How To's. Whether you have a Mac or a PC the Download area will point you to the software you're looking for. And the online discussion forums put you in touch with other participants to talk about everything you need to know to get the most from your computer. Some recent topics: modems, Java and other fancy stuff, viruses, downloading and uploading files and e-mail. And if you have technical questions or you just want some advice, be sure to check out the popular Ask Crow discussion.

You can even order computer and Internet books right online from Sympatico's partner Bookshelf.ca. Before you know it, you'll be the next Bill Gates!



Heart Spirit Week



General Vanier Secondary School Student Council organized a "Heart Spirit Week" from February 8th-16th with events such as matchmakers, musical chairs, tug 'o war, and love connection, to raise funds for the Heart & Stroke Foundation. A "Say It With Hearts" activity was organized which involved students and staff members purchasing hearts at a cost of a dollar each to send to their friends. Each person who received a heart was entered into a draw for a $50.00 dinner for two. Total funds raised for this student initiative totalled $220. Pictured above are Tracey Bradley, Stephanie Bradley and Monique Robertson.

Story & photo by Aubrey Johnson

HOROSCOPES

February 21-27

Aries – March 21/April 20

A lot of people are depending on you when it comes to a business decision this week, Aries. Don't just think about yourself. You need to consider what is best for everyone involved — even if that means making some compromises when it comes to what you want. Gemini plays an important role.

Taurus – April 21/May 21

You have a lot on your mind, Taurus. Don't get stressed out about everything. Stay calm, and try to organize your schedule. You have a lot to do, but you can get it all done if you prioritize things. If you're still nervous, talk to a trusted loved one. He or she is sure to calm you down.

Gemini – May 22/June 21

Try to take it easy this week, Gemini. You've been busy for quite a while. Now that you have a break, enjoy yourself. Spend some time with friends, and just relax. You deserve it. A close friend needs your help with a personal problem. Be supportive, and do whatever you can for him or her.

Cancer – June 22/July 22

Don't get down on yourself for a minor mistake at work. It could have happened to anyone, and no serious consequences came from it. Just relax, and move on. That special someone has a surprise for you. Don't accept it if you're having second thoughts about the relationship. Think about what you really want.

Leo – July 23/August 23

You get caught in the middle of a disagreement between business associates early in the week, Leo. While you don't want to get involved, you have no choice. Help these co-workers to see both sides of the situation and work toward a compromise. It's not going to be easy, but you can do it. Capricorn plays an important role.

Virgo – Aug 24/Sept 22

While you want to be alone this week, you're not going to get your wish. During the day, several co-workers need your help with a project, and a loved one monopolizes your time during the evening. Be there for all of them; it's all you can do. However, don't get frustrated; they'll leave you alone by the end of the week.

Libra – Sept 23/Oct 23

While you like to be in charge, that's not how things work early in the week. Let the more qualified person take control when it comes to a business problem. Pay attention to his or her actions, and learn from the situation.

Scorpio – Oct 24/Nov 22

Don't be possessive when it comes to that special someone. He or she truly cares for you, but he or she also needs some time alone. While you're nervous, time apart actually will strengthen your relationship. A close friend asks you for financial advice. This is important, so be honest.

Sagittarius – Nov 23/Dec 21

When it comes to a heart-to-heart talk with a loved one, be blunt. That's really the only way you can get your point across. While your words will sting, he or she needs to hear them. That special someone has an important question for you. Be truthful with him or her.

Capricorn – Dec 22/Jan 20

While you need to show your authority at work, don't be harsh. Take the lead, but show your co-workers some compassion. They will respect you for it. A friend asks a favor of you. While you want to help, say no. Getting involved will cause you a lot of problems.

Aquarius – Jan 21/Feb 18

Don't try to force your personal views onto others, Aquarius. They are entitled to their own opinions — even if they are radically different from yours. A family friend drops by unexpectedly. Don't rush him or her out the door; he or she is there for a good reason. Cancer plays an important role late in the week.

Pisces – Feb 19/March 20

Don't take a loved one's harsh words to heart. He or she is going through a rough time and just needs to vent a little. Listen to him or her, and try to help ease the situation. A close friend has good news and wants to celebrate with you. Enjoy!





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Francine Losey

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Dana Grant and ice dance partner Marjolaine Mineau were very happy with their skate and 7th place finish in the Senior Dance Event at the Canadian National Championships held at the Civic Center in Ottawa on January 25th to 31st, 1999.

Marjolaine, from Chambly Quebec and Dana, from Cornwall will also be skating at the 1999 Oldtimers' Hockey Challenge at the Molson Center in Montreal Feb 28th/99.

Friday Night and Saturday at The Glen

The best entertainment value in town will be presented again this Thursday, Friday and Saturday at the Glen. Because of the overwhelming response to their January show, this show will open on Thursday, February 25th and run through Saturday February 27th. Each night begins with a sing-a-long pub at 7:30 pm and at 8:00 pm, the entertainment segment begins. This month will feature Bill Roddy reading the famous Robert Service poem "The Shooting of Dan McGrew", which will also be dramatized. The C-Way Sound Barbershop Chorus returns with those tight harmonies which we all love to hear. The special musical presentation will be highlights of the music of "Les Miserables". Rick Forrester directs the show and Gilles Levac is the music director for a cast of over twenty talented performers including: Nick Seguin, Cassandra Tognari, Stephany True, Wallee McDonnell, Brenda and Guy Quesnel, and Lacie Kingston. Bill Roddy will be the narrator for this presentation and Earle Depass will tie the show together as the Master of Ceremonies.

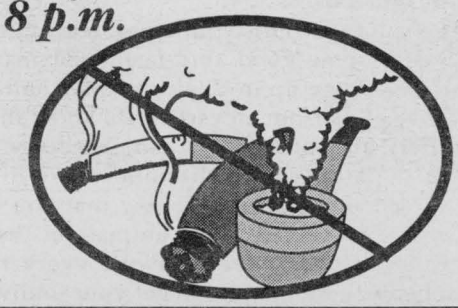


Wal-Mart Pharmacy
presents



A Smoking Cessation Day
Thursday, February 25, 1999
3 p.m. to 8 p.m.

Please drop by for information on products currently available to help you quit smoking.



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Scout – Guide Week February 21st to February 28th, 1999

Scout – Guide week is a week of celebration for all members of Scouting and Guiding as we celebrate the lives of Lord and Lady Baden – Powell and their role in establishing the Scouting and Guiding movements which has affected the life of millions around the world.

Both Lord and Lady Baden – Powell were born on February 22nd and, on their common birthday week, Scouts and Guides honour the first Chief Scout and Chief Guide of the world.

Their birthday is celebrated in many ways. Individual Groups connected to Churches hold a formal Church parade. The Guides have a "thinking day" on the 22nd. The Beavers hold a B.P. birthday party on the 28th complete with cake and favours. Individual Sections hold various special events during the week while revisiting Scoutings Principles. Another common practice is for the members to wear their uniforms to either school or workplace on February 22nd to proclaim their pride in Scouting or Guiding.

Here in Cornwall and environs, we kick off Scout – Guide week with our 38th consecutive Hobby Show. The first Hobby Show on record was held in 1960 at the St. Felix de Valois Church and was organized by the 10th Rover Crew with Vic Lalonde the Rover Leader. From that early event, the Hobby Show has grown to include all elements of the BP family in and around Cornwall (Girl Guides, Les Guides, Les Scouts, and Scouts Canada). The Hobby Show gives all members, youth and adult alike, a forum in which to exhibit their talents and/or hobbies. All entries are judged in accord to category and age which ranges from five years to who knows (adults only).

The Hobby Show will be located at Brookdale Mall, Saturday, February 20th during normal Mall hours. Come and visit the exhibits and learn more about Scouting and Guiding and see them in action, it will be well worth your while. See you there.

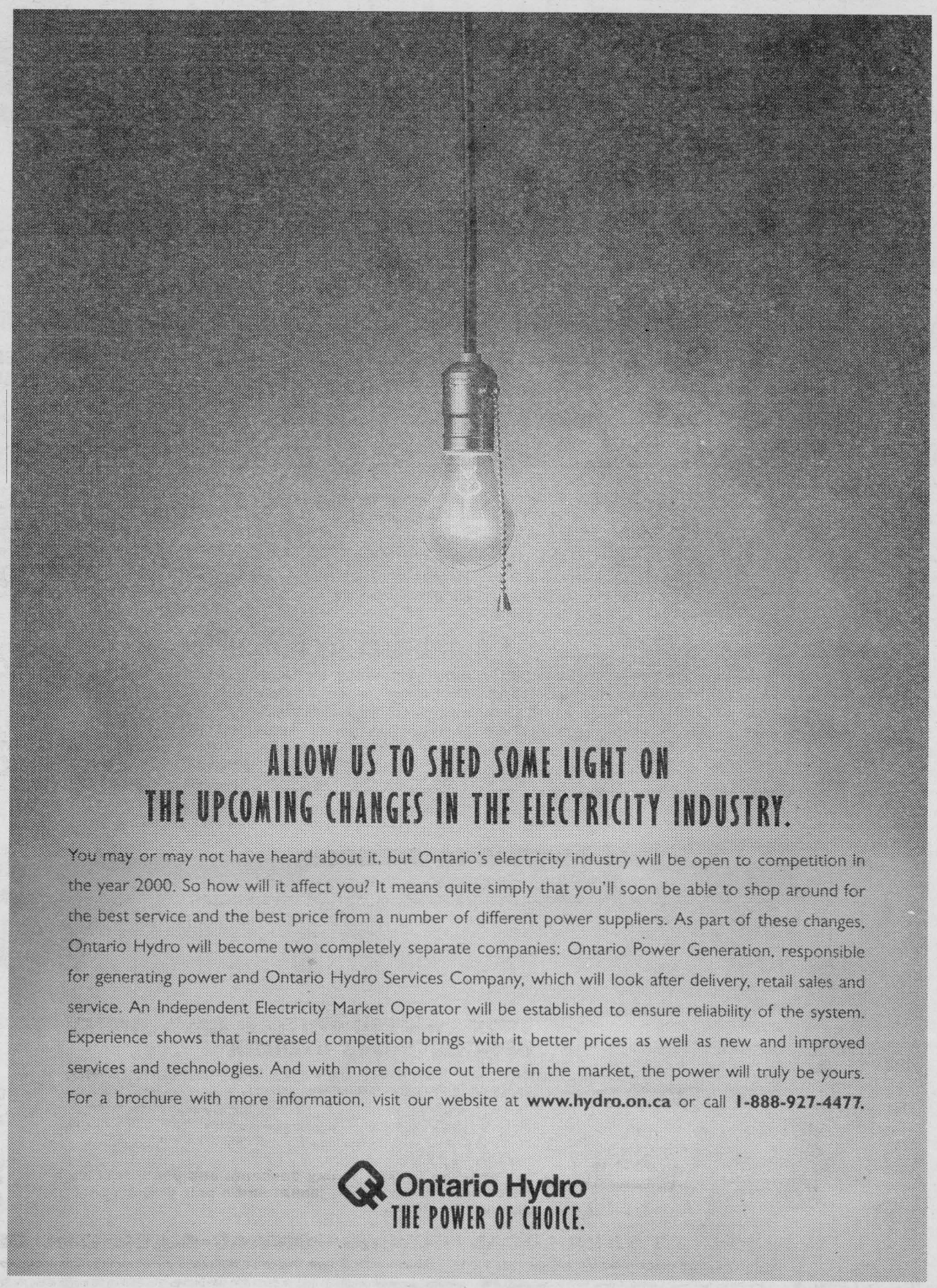
Scouting and Guiding have a lengthy history in Cornwall and area. The first Scout Troop was established in 1921 at St. Columban's Church with Girl Guides opening around 1924. From these beginnings, Scouting and Guiding have grown and moved out to cover the Stormont and Glengarry counties.

Crime Stoppers

This week Crime Stoppers is asking for the public's assistance in solving a bank robbery at the Bank of Nova Scotia situated at 38 Main St. North Alexandria Ontario. On Friday Feb. 5th, 1999 at 12:15 p.m. a masked man with a screw driver entered the bank and went behind the teller wicket. The contents of four drawers were emptied. The suspect then ran outside and was last seen running west bound on Kenyon Street (dropping the screw driver on the sidewalk approx 1/2 block from the bank. He then went north bound on Sinclair St. A jacket was recovered at MacDonald Blvd. and McDougall Street. Suspect is a white male approximately 20 - 25 yrs. old 5'6" to 5'8", slim build 150 lbs, black hair, round baby face, no facial hair. He was wearing a dark coloured balaclava, (recovered screwdriver) - red and black, popular mechanics #30799 made in U.S.A. (recovered jacket) - green with navy blue stripe down sleeves. Front has logo with trees and a skier, Polar Ski is inscribed on front of the jacket, inside collar Xueshand. Large.

This week Crime Stoppers is asking for your help in solving a break in that occurred at a North Dundas business, between 6:20 pm Jan. 26th and 6:00 am Jan. 27th. Suspect(s) broke into a storage trailer by cutting off the padlock. The following items were stolen: Honda generator ser: 3079882, Onan generator, Stihl cut-off saw ser: 129411103, Stihl chainsaw, 2 Husquavarna chainsaws, Gorman Rupp water pump ser: OG012D1374392.

If you have any information on these crimes or any other crimes please call Crime Stoppers. When you call us you are assigned a code number. Your call will not be traced or recorded. Call Crime Stoppers at 937-8477 (TIPS) and for long distance calls call 1-800-265-8477 (TIPS).



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Opinion

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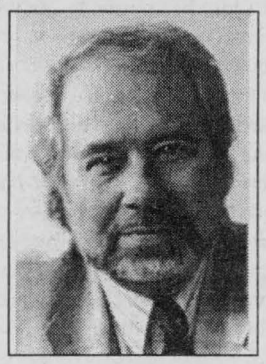
Yes to Good Manners, But No To School Uniforms

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Mike Harris is at it again — pandering to people's legitimate concerns about the school system by coming up with a cock-eyed solution.

The Ontario Conservative government's latest musings about introducing school uniforms in the public school system to create a more disciplined atmosphere is misguided.

The solution to discipline problems in our schools is to instill some good old-fashioned manners, not to dress everyone up in Chairman Mao suits.

Those of us from an earlier era know that respect for teachers and principles came because society gave them the authority to discipline. We didn't wear, or need, school uniforms to know that you didn't swear at teachers, butt heads like animals in the hallways and threaten to contact your lawyer every time a teacher grabbed you by the arm to get your undivided attention.

I agree with the call for more "discipline" in our schools, but there is a profound difference between discipline and regimentation.

There is no doubt that forcing our students to dress up in brown shirts and jackboots would create an air of "discipline" in the school, but what kind of discipline?

I have taken this anti-uniform stance in the past, only to have readers argue that uniforms are a standard part of our culture, e.g., sports teams.

That may be true. But the function of a sports game and the function of education are not the same. A sports game has a fairly narrow, immediate goal, (e.g., putting more pucks in the net within 60 minutes). Teamwork, backed up by authoritarian leadership (the coach), may suit this purpose. It does not suit the purpose of education, much of which is devoted to bringing out an individual's uniqueness and creativity — in fact, separating people from the sameness or conformity of the "team." That is not to say that teamwork or cooperation are unwanted skills. It is to say, however, that learning to march with the mob is not the ONLY skill that needs to be learned. In fact, the greatest strength of democracy is the ability to think and choose for oneself, to challenge conventional wisdom, to march to your own drummer.

In reality, most of the advances in history and civilization are the result, not of teamwork, but of someone challenging conventional wisdom despite all of the odds. Galileo, Pasteur, Mills. All of these free-thinkers were denounced by the societal "teams" of their day. They were mavericks. They were unconventional. It is precisely because they dared to disagree that we now accept as conventional wisdom the fact that the earth is round, bacteria causes infections and freedom is critical to the growth of the human spirit.

I don't agree with Mr. Harris on the school uniform issue. He confuses discipline with conformity. The ability to reflect one's individuality through clothing is not the problem in our schools. Our children need to be taught respect and good manners, not the goose-step.

AIDS FORUM



By Pat O'Connor
SEAWAY NEWS

Tragedy. A word we hear often. A word usually describing someone elses lives. It usually does not hit home, unless it happens to someone close to you. When it does, we are never ready for that phone call or the grief that is sure to follow. I have always asked the question "why can't people learn from other people's tribulations and pain?"

This past week a close friend of my cousin was struck and killed by a train near Montreal. Jonathan was 16 years old. He was just coming home from school like any other day, when fate took over his life. The pain and emptiness the family is feeling is undescribable. It will take many months for some to heal, some may never, as parents or sisters.

I think due to my being HIV+ and dealing with my own death, that I am somewhat cold to other people's grief. I guess I hate to think of others grieving over me if I was to pass on. I have always thought that if I die young (or old), there will be another life for me after. It will probably be a safer, more quieter place for all. I hope it is.

Many years ago when dealing with my family about my illness, we all learned something. Our time together may be our last, we never really know. It was not that we were worried about my parents passing on, but of me getting sick and dying. But this tragedy in my family's lives taught us all something. To appreciate our valuable time together and to let each other know that we love them. This happened by hugging, touching and just telling each other "I love you" before going our separate ways or hanging up the phone. You never know if that will be the last time you ever speak to that person. I guess that should go for everyone we know. It usually never comes to mind.

Tell your kids before they go to school or out to the mall that you love them. Maybe that will help your children to tell mom & dad that they love you too, before running out of the house. Give your brother and sister a hug next time you see them, it may be your last. Tell your mom and dad you love them, with a hug, cause you never really know. That's life and life can be cruel. You never know when life can try to destroy you. You can either give in or fight through it and hope to learn something from the experience.

I've learned plenty these past few weeks from some old friends and some new ones. I always try to learn from all my experiences in life.

My results from my bloodwork last week are not in yet, so the waiting goes on. I still never get used to it. The waiting I mean. Remember to love and to love life. Be well everyone.

Pat is a local resident living with HIV. You may send in questions to Aids Forum here at the Seaway News address. Pat also does public speaking at no charge to any interested groups and can be reached through this newspaper or at his home.

"Seaway News... Helping to Educate Our Community."

BASIC BLACK



By Arthur Black
SEAWAY NEWS

I've seen a lot of bad ideas in my time. The Edsel was a bad idea. So was Classic Coke. Kim Campbell moving her furniture into 24 Sussex Drive -- that was a bad idea.

And I'll bet Bill Clinton wishes he'd never ordered that pizza.

Here is another decidedly bad idea of our time: Corporate Voice Mail. There is probably no single experience that ticks more people off on a daily basis than the nightmare scenario which unfolds when you phone up a business and get a robot instead of a human.

I, for instance, host a CBC radio show called Basic Black when I'm not pecking out this column. Wanna know what happens if you try to call me up at work and you get Voice Mail?

Dial the CBC number and this is what you hear -- in, of course, both Official Languages:

Welcome to the Canadian Broadcasting Corporation's Voicemail Service. (French translation).

Our regular office hours are 8:30 AM to 4:30 PM Monday to Friday. We are closed between noon and 1:15 PM.

(French translation).

Please listen to all the options before making your selection. (French translation).

If you are not calling from a touch tone telephone, please remain on the line and an operator will assist you.

(French translation).

For service in English, press one.

You press one.

If you know the show, the name of the person, the department or the extension number press one.

For television and radio information, press two. For CBC addresses or dial positions , press three. You press one.

If you know the name of the show, press one. If you know the name of the person you wish to reach, press two. If you know the department you wish to reach, press three.

If you know the extension number, press four. To hear the selections again, press nine.

You press one.

For radio programs, press one. For television programs, press two. You press one. Eight shows are listed. Basic Black is number four. You press four.

...And you get a recording that starts:

Hello, you have reached Basic Black..."

More than two minutes have elapsed on a telephone call that you"re paying for and you have yet to say a word -- or indeed to speak to a single living human.

It's not just the CBC, of course. In today's world, most corporations and major businesses are serviced -- if that's the word -- by one voice mail system or another. No doubt the corporations save buckets of dough by pitching human receptionists out on their ears and replacing them with electronic message takers.

But man, they infuriate an awful lot of customers in the process -- and you've got to wonder just how smart that is as a long-term business strategy.

I'm happy to report that at least one business -- the provincial government of New Brunswick -- is bucking the voicemail trend. Speeches from the throne are usually windy exercises in political rhetoric, full of pomp and piety, signifying next to nothing -- but the speech given at the opening of the New Brunswick legislature by premier Camille Theriault, included this remarkable sentence:

"In (telephone calls to the government of) New Brunswick, the first thing you hear will no longer be "For service in English, press one."

Theriault has promised that all telephones for services listed in the blue pages of the New Brunswick telephone book will henceforth be answered by a real person.

Almost makes me want to sell my house and move to Fredericton, just to vote for the guy.

Good old New Brunswick. I can hardly wait for the rest of the country to catch up.



Teacher's Unions At It Again



The crybabies from the teachers' unions are at it again.

It shows that there's one thing you can be sure of: if an interesting new idea is brought forth for the betterment of schools, the teachers' unions will be sure to oppose it. Because, if there's anything they hate, it's change.

The latest proposal for change comes from the Ontario government. It calls for consideration of a policy that would make it mandatory for all students in the province's schools to wear uniforms, hoping that such a move would create an atmosphere that is "more conducive to learning" and get rid of so many sloppy dress habits adopted by teenagers.

Good idea, actually. Certainly can't hurt one iota.

But leave it to those antiquated thinkers in the unions to quash the idea before they even give it a moment's thought–the same technique they've used to throw out enlightened change for the past decade.

Guess what? They think it won't work

Just listen to the doubting Thomases: "Do school uniforms improve learning? I've never witnessed it," mumbled Marshall Jarvis, president of the English Catholic teachers' unions.

Egad. That's not saying much. This guy has witnessed little, if anything, in his life that calls for change. Asking him to comment is a little like asking the wolf who's guarding the sheep to give you a report on the safety of the poor woolies.

All Mr. Jarvis has to do is walk inside any one of the private schools in this province and he will find out just how wrong his off-the-cuff statement is. Almost to a fault, they will tell you that uniforms are good and do indeed improve performance.

What's more, they will save parents a lot of money in the competitive teenage race for clothes. Instead of making school a testing ground for new fashions, mandatory school uniforms will help students focus a little more on learning and thinking.

And you don't need to listen to me to believe that one: just read any one of the number of studies on school uniforms and learning issued by Harvard University's Department of Education. To a tee, they will tell you that uniforms do nothing but help students' performances.

That's why everything the teachers' unions utter about this subject is dead wrong and contrary to fact. But then, when has any teachers' union leader ever expressed a sentiment that bears any remote resemblance to reason? It is reflective of why there is so little accomplished in Ontario's poor to middling public schools.

But that's not all. There's more. The Conservative government also hopes to introduce a province-wide standard for student behavior with standard punishment. Instead of applauding loudly, the union leaders seem skeptical.

Mr. Jarvis, for instance, says it is merely a "hot button" issue for the government.

So what if it is? The goal is still noble and should be pursued. But Mr. Jarvis, like his fellow unionists, don't care about a goal: they care more about scoring political strikes, whether the ends justify the means or not.

What I find so peculiar about his position is that everywhere I've gone, teachers have complained about a lack of discipline in the classroom. "Make them do something about it," they cry.

Well, now they're about to. But don't count on those union leaders to say much about it: all they care about, despite their words, is political power. Not what's good for the kids. Only what's good for themselves.

If the government is smart, it will just push ahead. After all, why listen to empty-headed arguments from the likes of Mr. Jarvis and Liz Barkley? They and their ilk were the ones whose ideas got us into this educational mess to start with.

Standing Up For The Physicians

Dear Editor:

It was with great concern that I read the letter to the editor entitled "Horror Stories from the ER" in your February 12th, 1999 edition. My concern is that you have allowed Donna Pinkos the use of this column to publicly slander, by name, a private citizen and professional in our community.

The people of Cornwall and district receive quality emergency care in each of our hospitals every day. In addition, both departments strive to serve the large number of less urgent patients who do not have a local family physician. Any patient who is unhappy with their care can, and should, make their concerns known to the hospital. In this way we can learn to improve our service. Ms. Pinkos did this, and even felt so strongly in her conviction as to extend her complaint to the College of Physicians and Surgeons of Ontario. This process exists so that a responsible adult may have the merits of a complaint judged fairly by an impartial authority. If that person, however, simultaneously publishes their story with insults and name calling, it reduces the entire process to one of childish vindictiveness, and the complainant's credibility is lost. The Editor must know how damaging it is to have one's name printed in the face of hostile and unsubstantiated claims, and I feel that the Seaway News has given in to tasteless sensationalism by permitting this to occur. It should make us all a little nervous to think that anyone with an axe to grind can use your paper as a public forum to discredit another individual with their unchecked views.

The physician involved in this article is a native of Cornwall and is fully certified in Emergency Medicine. Thousands of patients from our community, many of whose lives she saved, can attest to the competence and compassion with which she has provided emergency care in her eight years of practice here.

I hope that your readers will join with me in a call for more responsible journalism in the future.

Sincerely,
Bob Reddoch, MSc, MD,
CCFP (EM)
Chief of Emergency
Medicine
Cornwall Hospitals

Human is to ER

Dear Editor:

I am tired of hearing negative stories about our emergency departments at local hospitals. Our ER (emergency room) doctors at the Cornwall General Hospital are doing excellent work considering the financial and personnel restrictions that have been imposed on the hospitals due to health care restructuring. Over the years, my family has had first hand experience with dealing with this particular ER department and we are fortunate to have these doctors and nursing staff for many reasons:

1. Our doctors do not hesitate to recommend outside specialists if required because of the limited availability of specialists and equipment.

2. Some of our doctors (i.e. Dr. G. Taylor) will purchase their own equipment (some costing more than 50 thousands dollars) as a delay in treatment may cause permanent damage to someone's health.

3. The doctors work as a team with their ER nurses and on occasion have changed their method of treatment based on the observations of the nursing staff.

4. These doctors are not afraid to admit when an error has occurred on their part.

During the last two years or so, Dr. J. Bourcier has treated my family or myself on three separate occasions and because of the combination of her expertise and intuition has been able to detect a medical condition that was not at first evident in my mothers' case. If this doctor or any other doctor for that matter makes a mistake, so be it, after all they are human, but we should remember that sometimes their diagnosis can only be based on the scientific evidence that has been presented via lab results.

Rather than criticizing individuals or certain hospitals; we should all be worried and taking preventative measures to stop the shortages created in our entire health care system before it is too late.

Respectfully submitted
Ken Poulin
Cornwall

Paramedics Should Attend Refresher Courses

Dear Editor:

I am writing to assure Mr. Perrette (January 29, 1999 letter to the editor) and your other readers that the Paramedics in our region attend refresher courses and receive re-certification in their special skills on a regular basis.

We are lucky that we have a group of dedicated Paramedics in the Eastern Counties. The added skills that they are performing under the defibrillation and symptom relief programs have clearly saved lives and provided symptom relief in many situations. They are ready to be upgraded to become Advanced Paramedics.

The Heart and Stroke Foundation has identified the four key elements in the chain of survival for a heart attack victim: 911 access, CPR, defibrillation, and advanced care. The Associate Base Hospital Program (A.B.H.P.) for the Eastern Counties is working to strengthen all these four elements. Much work is still needed to achieve large scale citizen CPR competency. We need the support of our school boards to promote the "high school CPR Program". Prompt advanced care is still a weak link in our region, especially in the rural areas. The Advanced Paramedics Program will address this issue. There is a cost to provide this service and it works out to be about $4.25 per capita annually. Our Municipal leaders will have to decide whether this life-saving program is worth its cost. The A.B.H.P. will provide all the necessary support to implement this program.

Yours Sincerely,
Wilfred W. Chung
M.D., M.C.F.P. (E.M.),
F.A.C.E.P.
Medical Director

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

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



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DEADLINE: 5 P.M. TUESDAY

Happy Birthday Sweet Sixteen

Melanie Mc Lean



celebrating February 22nd
from Mom, Dad and Shawn

Lordy Lordy
Look Who's 40
Happy Birthday

Mitch Mc Lean



celebrating February 24th
from Tom, Melanie & Shawn

HAPPY Birthday!
to a great brother-in-law

Rheal Gingras

celebrating on February 18th ... Love your sister-in-law

Happy Birthday to our son

STEFAN

celebrating on February 19th
Wishing you all the best in health & happiness
Love Mom & Dad

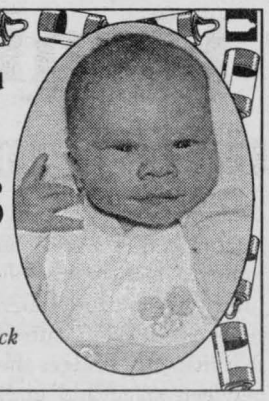
Happy Birthday to my brother

Stefan

celebrating on February 19th
Always ready to listen and give advice ... Love Angel

Melissa & Kevin Papineau
are thrilled with the arrival
of their first born son

Nicholas



on Friday,January 15th, 1999
Nicholas weighed 6 lbs., 9-3/4 ozs.
Proud grandparents are
Marcel & Monique Bray and Alice Reddick
and proud Godfather, Doug Fraser

Oh Heaven ... Look Who's 37!

"Boo Boo"



celebrating February 21st
Happy Birthday from your friends & family

HAPPY BIRTHDAY!

Joel Gingras

celebrating on February 22nd
May you have a great year.
Love Aunt Bern, Uncle Dwight,
Angel, Stefan & Memère

BUY IT SELL IT FIND IT IN THE CLASSIFIEDS

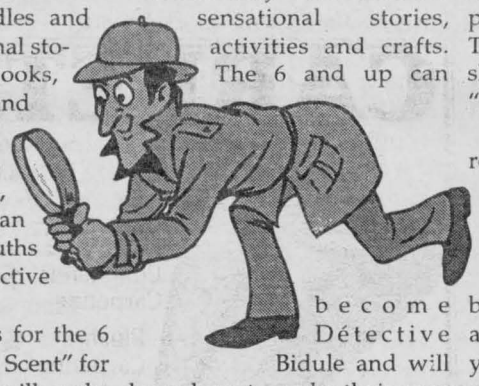
Wanted: Super Sleuths

It's kooky and it's creepy and relatively sneaky. It's at the library ... it's a March Mystery.

March Mystery is the theme for the March Break, March 15th to March 19th at the library.

The week will kick off with the musical comedy stylings of children's entertainer Doug Barr. Barr's music has been heard on Mr. Dress Up, CBC Radio, TVO's Kids Cañada, Ontario Science Centre, to name a few.

On Tuesday, Riddles and Rhymes, a sensational storytime full of books, songs, activities and crafts will be presented to the 3 to 5. The older kids, aged 6 and up can become super sleuths by becoming Detective Gadget.



Gumshoe Games for the 6 and up are "On the Scent" for Wednesday. Kids will make their own game complete with hound dog pieces.

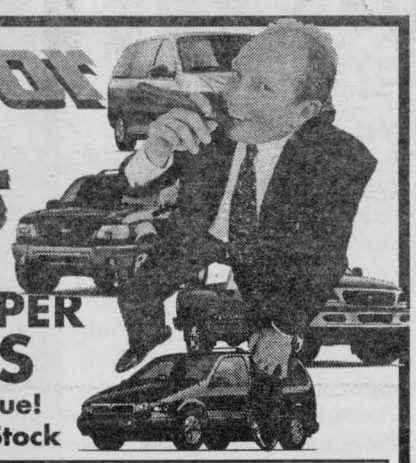
And on Thursday, to celebrate La Semaine nationale de la francophonie, francophone kids aged 3 to 5 are invited to Rimes et Comptines, where they will discover sensational stories, activities and crafts. The 6 and up can become Détective Bidule and will learn how to make their own spy kits.

And to finish up the week ... "Quest for Camelot", a Warner Brothers animated feature film, will be shown for the 6 and up.

During the week, kids are invited to come in for daily puzzles, activities and draws. They can try their hands (or should we say "eyes") at our "I Spy" display case.

All March Break programs require free tickets to be picked up in advance at the Young Adult and Children's Services desk on the second floor. Tickets are available beginning Monday, March 8th and all you have to do is show your library card (one ticket per card). Space is limited, so be sure to get your tickets early. Brochures are available at the library. For more information call 932-4796.

"Looking For A Great Deal?"



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1996 FORD RANGER SUPERCAB XLT automatic $16,995	1996 FORD WINDSTAR 7 pass - fully equipped priced to clear — 2 to choose	1992 TOYOTA PREVIA minivan - local trade $10,995

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Conseil des écoles publiques de l'Est de l'Ontario

Inscriptions

Les inscriptions aux écoles élémentaires pour l'année scolaire 1999-2000 sont déjà commencées à tous les niveaux, y compris la maternelle et le jardin d'enfants, et continueront à tous les jours selon un horaire qui accommode les parents. Vous n'avez qu'à rejoindre la direction pour fixer un rendez-vous au temps qui vous convient.

Il est à noter que pour la maternelle, l'enfant doit avoir 4 ans avant le 1er janvier 2000 et que pour le jardin d'enfants, l'enfant doit avoir 5 ans avant le 1er janvier 2000.

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No de télécopieur : 938-2365

Rose des Vents
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Cornwall (Ontario)
No de téléphone : 932-4183
No de télécopieur : 932-8055

Terre des jeunes
33, rue Lochiel
Alexandria (Ontario)
No de téléphone : 525-1843
No de télécopieur : 525-1922

Le président du Conseil,
Denis M. Chartrand

Le directeur de l'éducation,
Robert J.C. Pilon



Carnival '99 Says "Thanks" Cornwall

It was an incredible success! Carnival '99 saw huge crowds, all kinds of events, and the support Cornwall is renowned for showing. And, the fun, frolic and food during the Carnival Meltdown, put the final touches on 10 days of good times, great events, and activities for all.

The Chamber of Commerce and its organizing committee wish to express its sincere thanks to everyone who make Carnival '99 possible and who contributed to its success. The many volunteers who gave hours of their time to help coordinate the dozens of activities deserve much praise. Cornwall's local media were there to publicize the events on a daily basis giving the public valuable information along with daily schedules. We couldn't have done it without you.

Financing Carnival '99 was a major challenge for the organizing committee. They needn't have worried. True to form, the business community, organizations and clubs, schools and private individuals throughout the region answered the call with dollars, time, equipment and personal support. Their generosity is what truly defines Cornwall as the "Friendly Seaway City".

To the community at large, the Cornwall Chamber extends its warmest congratulations for supporting the entire 10 day Carnival '99. You came out by the 1000's and enjoyed all of the activities and events in Lamoureux Park, and beyond. The Chamber salutes you, thanks you and - we'll see you at Carnival 2000.

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Jimmy Flynn

Back by Popular Demand

The Jimmy Flynn Show is coming back to Cornwall. On Saturday, March 27th, 1999, Cornwall Minor Baseball will once again host the Jimmy Flynn Show. If you missed this show last year, you definitely won't want to miss it this time around.

Jimmy Flynn's legendary musical comedy act from Atlantic Canada has been entertaining audiences for more than 30 years and the show just gets better and better every year. Jimmy has produced and broadcasted over 300 radio shows, a 13 week television series, 4 best selling videos, 7 CDs and a 5 time best selling joke book. Jimmy Flynn's Street Comedy 1 went triple platinum, Camp Comedy went double platinum and his latest video release Street Comedy 2 hit double platinum in just three weeks. Not bad for a boy from the east coast.

Jimmy Flynn is real, his show is real. You won't see any special effects or a fantastic light show, just Jimmy Flynn with his rubber faces, a guitar and more jokes in his head than a dog has fleas.

Here is what the critics have to say about the Jimmy Flynn Show: "Jimmy's warmth and enthusiasm and his own down-to-earth brand of music and humour ... a great way to reach the everyday working person," *The Atlantic Review;* "For Flynn, comedy flows as naturally as the beer at one of his performances," *The Saint John Times-Globe;* "Flynn is a comedian whose humour pervades everything he says, and who has his audiences rolling in the aisles whenever he performs," *The Fredericton Daily Gleaner.*

From concerts and conventions to clubs and colleges, Jimmy Flynn exudes an infectious spirit and enthusiasm that instantly bridges the gap between stage and audience and has lead many to call him "The Ambassador of Good Cheer".

The Jimmy Flynn Show will be held at the General Vanier Auditorium (GVSS, 1500 Cumberland Street), on Saturday, March 27th at 8:00 pm. Tickets go on sale on Monday, February 22nd at Music World (in the Cornwall Square) and the Rat's Nest (100 Marlborough Street South in the Legion Ball Park). Tickets are only $17.50 in advance, so get your tickets quickly, because this show will sell out.

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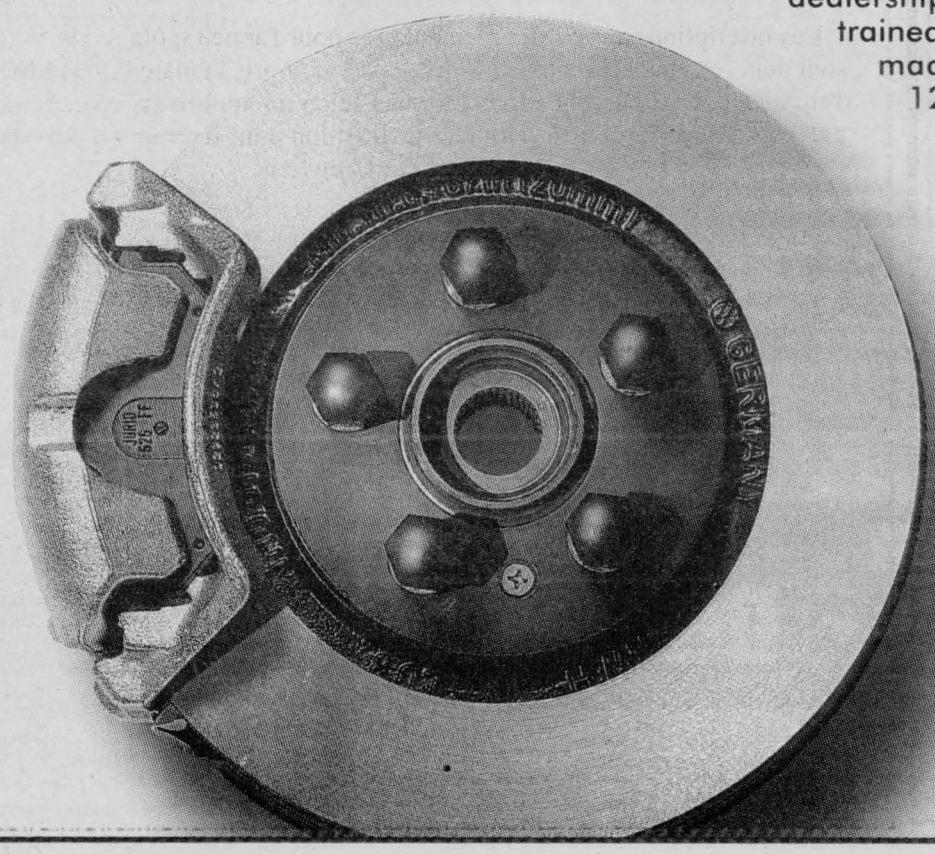

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ANXIETY & PANIC



Seven years ago, Mike Glugosh was a hostage to his own fears and depression. Constantly worried about his health and his own state of mind, he found himself wanting to avoid situations that made him feel anxious such as being alone, going to work and socializing. In time Mike realized he was not aloe in his suffering. Anxiety disorder is the number one emotional problem in our country today.

Mike will share the story of his recovery and provide coping skills at a seminar open to the public in your area.

Symptoms of anxiety, panic and depression include heart palpitations, chest pains, dizziness, stomach problems, bewildered & spaced out feelings, confusions, shortness of breath, scary thoughts, trembling or shaking, nervous or panicky feelings, feeling helpless and hopeless, loss appetite, excessively tired and easily to guilt.

Generally people fear what Mike calls, "losing control", having a heart attack, embarrassing themselves, or losing their minds.

The Midwest Center For Stress and Anxiety, with whom Mike works, has done stress and anxiety seminars for companies such as Chrysler, AT&T, and McDonald's. They have also been featured on OPRAH, REGIS and KATHY LEE and many other well known programs.

If you cannot attend, please call 1-800-318-7766 for further information.

The Midwest Center specializes in programs for anxiety, panic and depression.

FREE SEMINAR

SEE MIKE GLUGOSH AT:

Tuesday, Feb. 23, 7:30-9:00 p.m.
Ramada Inn
805 Brookdale Avenue
Cornwall

Wednesday, Feb. 24, 7:30-9:00 p.m.
The Royal Brock
100 Stewart Boulevard
Brockville

MUSIC UPDATE



By Yvan Brunet

Barry Manilow"Manilow Sings Sinatra" Artista. One can trace the evolution of Barry Manilow, the popular crooner from Bing Crosby to Frank Sinatra, Tony Bennett, Bobby Darin and so on. Here he pays tribute to the enduring artistry of the songs of Frank Sinatra. This great collection of Sinatra's classics also includes two Manilow originals written specially for this album: "Frank's Song" and "Here's To the Man". Grrrrrrreat!

Jewel "Spirit" Atlantic. Jewel's second offering boasts a mixture of tender acoustic ballads and some richly textured pop. All, however, give life to the theme of yearning to be accepted and loved by others. All in all, the intrinsic need of coming together. The album's versatility and creative spark intrinsic need of coming together. The album's versatility and creative spark present Jewel as one of our most promising young singers/songwriters.

Phil Collins "Hits" WEA. The title of the album "Hits" says it all: "Sussudio", "One More Night", "Easy Lover", etc... as well as four #1 songs previously found only on film soundtracks ("Against All Odds", "Two Hearts"...) and also as a bonus, a brand new single "True Colors" with backing vocals from Babyface spinburning up the charts.

Duran Duran "Greatest" EMI. This nineteen track retrospective of popular songs should bring back twenty years of memories created by Birmingham, England's pop quintet. It surpasses the old "Decade" album, their previous greatest hits package, in terms of painting the band's entire career picture.

Anne Loree "Beyond Cinderella" Festival. Anne Loree's "Insensitive" was a breakthrough hit in 1995 for Canadian singer Jann Arden. Loree's debut album is a beautiful collection of thirteen poignant and personal songs. From lush, hook-laden pop melodies to spare ballads of uncompromising beauty, each of the songs on the album conveys a piece of personal history. Enchanting!

Bruce Springsteen "Tracks" Columbia. This four CD box set contains everything from the first note Bruce Springsteen sang in a Columbia recording studio in the early '70's through his music in the '90's. Everything that is, that The Boss recorded but that was never released on any album due most often to lack of space and also to the fact that thematically the songs did not coincide with some of the albums' basic themes at the time. All in all, here are some of the good ones that got away. Awesome!

Guido Basso/Dave Turner Quintet "Midnight Martini" Justin Time. The talents of Toronto's top studio musicians, flugelhorn player Guido Basso (Boss Brass) and saxophonist Dave Turner are matched here by a cool, yet sensitive rhythm section. Whether playing a swing tune like Karmel's Spunky" or a beautiful ballad like the title track "Midnight Martini", this Canadian band really cooks.

B.B. King "Blues on the Bayou" MCA. B.B. King (Blues Boy King) recorded this album with his touring band a few months ago. All the songs were written and produced by the old bluesman himself. Although King wails and brays his way through these original selections and granted there are some tantalizing moments here, "Blues On The Bayou" is nonetheless hardly a killer album.

Dean Martin "Greatest Hits" EMI. A greatest hits package from the King Of Cool himself, Dean Martin (Dino Crocetti). All the goodies are included here from "Volare" to "Everybody Loves Somebody". Bound to rekindle fond memories.

John Mayall & The Bluesbreakers "The Best Of" Silverstones. Modern classics from the Father of British Blues with the likes of Buddy Guy, Mavis Staples, Mick Taylor, David Grissom and Coco Montoya helping out.

Various Artists "Golden Age Gospel Quartets" Specialty. This retrospective traces the development of African-American gospel quartets from The Soul Stirrers to The Pilgram Travelers singing their hearts out into the early '60's. This is as good as gospel singing gets.

WISE BUYERS READ THE LEGAL COPY: *Lease a new 1999 Ford Taurus SE with Convenience & Sport group/Mercury Sable LS, monthly lease payments of $299 based on a 36 month lease from Ford Credit to qualified retail lessees, on approved credit. Lease based on an annual interest rate of 1.9% over 36 months. Down payment or equivalent trade, freight, first month's payment and security deposit required (see advertisement). Total lease obligation is $13,759.00. Some conditions and a mileage restriction of 60,000 km over 36 months apply. Charge of $0.08 per km above mileage restriction applicable, plus applicable taxes. Licence, insurance, administration fees, and all applicable taxes are additional. Dealer may lease for less. Offer may change without notice. Limited time offer. See dealer for details. †The highest frontal impact rating for the driver and front passenger in U.S. Government National Highway Traffic Safety Administration testing. Government data only useful in comparing vehicles within 227kg (500 lbs.) and with a base MSRP under $30,000. Ontario FMDA, P.O. Box 2000, Oakville, Ontario L6J 5E4

Big Brothers/ Big Sisters Bowl For Millions Raises $69,344.43

Cornwall Police Chief Tony Repa, chairperson for the Big Brothers/ Big Sisters Bowl for Millions, has announced that this year's Bowl For Millions has raised a total of $69,344.43 in pledges.

In addition to the $51,459.80 raised at the Olympia Bowl, Nativity Lanes and the Bowling Palace of Cornwall in Cornwall on January 30th, the Glengarry Challenge Cup at the Alexandria Lanes on Sunday, February 7th raised $48,787.20 in pledges and the Counties Challenge Cup at the Chesterville Bowling Lanes on Sunday, February 14th raised another $9,097.43 in pledges.

Chief Repa said "once again the residents of Cornwall and SD&G have shown their generous support of the work of the Big Brothers and Big Sisters of Cornwall and District.

Chief Repa thanked Cornwall and SD&G residents for their continued support of the local Big Brothers/ Big Sisters agency and, in particular, those who bowled and their sponsors, honourary chairperson Stewart MacDonald, the committee members, the 44 volunteer workers, the bowling lanes, the local businesses and organizations who provided prizes and advertising, and the local media.

This years Bowl for Millions has attracted 253 teams made up of 1300 bowlers.

The top team overall in the Challenge Cup at the Nativity Lanes was the City of Cornwall - City Hall.

The top team overall in the Challenge Cup at Olympia Bowl was the SD&G Shrine Club.

The top team overall in the Challenge Cup at the Bowling Palace of Cornwall was Knox-St. Paul's United Church.

The winners in the various divisions were as follows: service clubs - Knights of Columbus Council 755; school staff - Sacred Heart - Chocolate Delight; professionals - Craig, Gareau, Keen, Despatie & Markell; restaurants - The New Spot Restaurant; financial - Bank of Montreal - Team 1; media - Seaway News - Scuttlebutters 1; social services - Big Brothers and Big Sisters #1; industrial - Laframboise Group; small business - St. Lawrence College Customer Service; students - General Vanier Interact Club; celebrity - SD&G Shrine Club; health care - Sandfield Place - Office Loans; stores - Simon & Sherrol's No Frills - King Pins; ten pin - Knox - St. Paul's United Church; Glengarry Challenge Cup - Archie Cousineau & Family; Counties Challenge Cup - South Dundas Township - The Leafs.

Executive Director Brian Lynch, indicated that Bowl for Millions has been the major fundraising activity for the local Big Brothers/ Big Sisters agency since 1979. The local Big Brothers/ Big Sisters agency receives no government funding and is not part of the United Way.

Lynch said "Funds raised in this year's "Bowl for Millions" will be used to recruit, screen, train and match caring, responsible adult volunteers with children from single parent families in Cornwall and SD&G in need of adult friendship and guidance and to follow up on the existing 90 matches."

Chief Repa reminded bowlers who did not hand in their money at the bowling lanes to do so at the Big Brothers/ Big Sisters office at 101 Third St. West, Cornwall or at any branch of the Bank of Montreal in Cornwall, Ingleside, Morrisburg or Alexandria by March 2nd in order to qualify for the various prizes.

Funds Raised For Heart and Stroke

Approximately $1,240 was raised for the Glengarry Heart and Stroke Foundation at the annual bonspiel in Alexandria recently. This year 26 teams took part in the event. Last year's bonspiel raised $1,060. The Heart and Stroke Foundation will also receive funds from the Ontario Lottery Corporation. Plans for the money include CPR classes for Grade 9 students at Glengarry High Schools. The money will pay for instructors and CPR dummies.

Maxville Winter Carnival A Success

The Maxville Winter Carnival, organized by the Maxville Chamber of Commerce, Maxville Lions Club and Maxville Recreation Committee, was a tremendous success. The two day event attracted good crowds to all events. More than 100 people turned out for the skating races at the Sports Complex on Saturday night.

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MONTHLY PAYMENT (36 mo/60,000 km)	$248
CASH DOWN (Incl. Freight of $895 and Air Tax of $100)	$3,950
GAS TAX	NOT APPLICABLE
PRE-DELIVERY INSPECTION	NO EXTRA CHARGE
PST/GST (Incl. Tax on Payment)	$630
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MONTHLY PAYMENT (36 mo/60,000 km)	$228
CASH DOWN (Incl. Freight of $720 and Air Tax of $100)	$2,720
GAS TAX	$75
PRE-DELIVERY INSPECTION	NO EXTRA CHARGE
PST/GST (Incl. Tax on Payment)	$453
SECURITY DEPOSIT	$300
TOTAL AMOUNT DUE ON DELIVERY	$3,776

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With $0 down, monthly payment is $310 (plus tax) – $818 due on delivery.



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MONTHLY PAYMENT (36 mo/60,000 km)	$358
CASH DOWN (Incl. Freight of $755 and Air Tax of $100)	$3,920
GAS TAX	$400
PRE-DELIVERY INSPECTION	NO EXTRA CHARGE
PST/GST (Incl. Tax on Payment)	$702
SECURITY DEPOSIT	$425
TOTAL AMOUNT DUE ON DELIVERY	$5,805

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LIFESTYLES

KEEPING HEALTH IN MIND

What is Depression?

Michael Quinn, B.A., M.H.A. Depression Information Resource and Education Centre of Toronto.

Depressive illness, called mood disorders, are more common than you might think. Your chances of having a major depression are one in six during your lifetime. Put another way, at some point in life, 18% of the population will have at least one major depression. This compares with the incidence of diabetes or asthma which is around 5%.

Depression is common. It strikes people of all ages, from all walks of life. Often, it happens to people with a history of mood disorders in their families. For some people, depression may be triggered by an illness, death of a loved one, divorce, personal or career problems, or other stressful events. Other people may suffer from depression and not realize it. That is because depression can involve much more than feeling sad and can happen to people who feel they have very little to be depressed about.

Depression is treatable. Unfortunately, few seek help. In fact it takes the average person with a mood disorder several years to get effective treatment. For many people, shame or pride prevents them from seeking help. In some cases, the health care system is not able to recognize someone who is depressed or is unable to prescribe effective treatment.

If you have depression or think that you might, please remember that depression is not your fault. It is not a character flaw or a sign of weakness. Mood disorders are related to a biochemical imbalance in the brain. There is good evidence to support that some genetic factors play a role in creating this imbalance and there is very little that people can do to will their mood disorder away.

Effective treatments are available. 80 to 90% of people with a mood disorder can be treated. If you want to know more about depression and treatment options, speak to your health care provider. You can also call the Depression Information Resource & Education Centre Tollfree and take it's anonymous self-assessment or listen to a comprehensive overview of the disorder.

DIRECT is an information, education and resource service for people who may think they have a depressive disorder - or who actually have one - as well for their families and friends. Created by McMaster University, DIRECT presents over 140 pre-recorded messages written and recorded by experts in the diagnosis, management and treatment of people with mood disorders. By calling 1-888-557-5051 access code 8000, people can receive over 1-1/2 hours of discussion and commentary, written for the public. By calling 1-888-557-5050 access code 800, people can receive 2-3/4 hours of information written for physician and health care providers.

DIRECT is a program of the Faculty of Health Sciences, McMaster University. It's mission is to improve the rate of early and effective treatment for people with mood disorders, by providing immediate access to expert information. Web site: http://wwwfhs.mcmaster.ca/direct.

Keeping Health in Mind is a monthly newspaper column made possible with the help of Seaway News and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall General Hospital.

VILLA LONG SAULT VILLA

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The Long Sault Villa seniors residence overlooking the beautiful St. Lawrence River, has been fully renovated and modernized. New owner, Henri Lecours, invites you to see all that is available for an independent and enjoyable lifestyle in a country setting.



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

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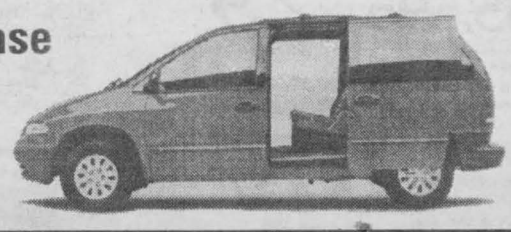

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Quest for Health
Dr. James Balch, MD
co-author of Prescription for Nutritional Healing

You Say Tomato, I Say Prostate Health!

(NC)—Modern science continues to validate long-standing alternative therapies. One of the latest and most exciting discoveries is that the lowly tomato contains the richest source of one of the worlds most powerful antioxidants : lycopene. Lycopene is what gives the tomato its rich red colour. It is a carotenoid from the same family as beta carotene.

In a six year study of 48000 male health care professionals, Dr. Edward Giovannucci at Harvard Medical School found that men who ate 10 servings of tomato-based foods weekly were half as likely to develop prostate cancer as men who ate four servings. The study published in the Journal of the National Cancer Institute Dec 6, 1995 credited lycopene. These men had diets rich in tomatoes cooked in oil - like spaghetti sauce, which seemed to be absorbed better than other types. Apparently, the cooking process breaks down the cell walls, releasing more lycopene.

Its connection with the prostate gland is that lycopene is the most abundant carotenoid stored in the prostate gland. Beta-carotene, vitamins C and E which are some of the most common anti-oxidants do not seem to be a factor in prostate cancer because they are not stored in the prostate, but have other uses in our bodies.

As a physician, I would recommend that adults consume at least 5 to 10 servings of lycopene rich foods per week. These foods include cooked tomato or tomato based products.

Fortunately it is possible to get standardized lycopene capsules in Canada which makes it much easier to obtain the optimal amount of this important anti-oxidant. In Canada , one quality manufacturer of high-potency lycopene is Quest Vitamins.

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Small Business and The Internet QUICK TIPS

Fonts

(NC)—Can't read the small type on a Web site? Increase the font size. It's easy on IE - just click the Font button on the toolbar. Each click increases the size until you reach the maximum allowed. The next click returns it to its smallest size. In Navigator, select General Preferences... from the Options... menu. Click the Fonts tab, then click the Choose Font... button on the Use the Proportional Font line. Select a new default font and size.

Click OK, then repeat for the other Choose Font... button.

Parliament Hill Notebook



By Art Babych
SEAWAY NEWS

No Joe Who ...

Tory leader Joe Clark had no problems being recognized when he waded into a mob of protesters on Parliament Hill. The crowd of poor and homeless people bused in from Toronto, Montreal, Kingston and the Mohawk Nation -- wherever that is -- identified Clark as a former member of the Mulroney government ("and the cock crowed thrice") and turned on him. They kicked, pushed, hurled insults and chanted "Tory, Tory, out, out, out." Clark carefully weighed his options and chose to get out. Your crusty correspondent found himself in the midst of the jostling and was almost bowled over in the crush to extricate the Conservative leader and remove him far from the maddening crowd. Minutes later, Vancouver-East NDP MP Libby Davies took to the microphone declaring that Clark's presence was "the height of opportunism," -- a charge which certainly couldn't be leveled against her leader, Alexa McDonough, because she wasn't there.

A Hussein asylum ...

Who's sorry now? The Opposition's plans to teach Prime Minister Jean Chretien a lesson in Question Period went awry after Canada's top soldier took the hit in the Air Jordan affair. A somber Gen. Maurice Baril, this year's Chief of Defence Staff, fell on his sword only an hour before Reform Party schoolmarm Deb Grey was scheduled to teach Chretien how to say "I'm sorry, period," for not attending the state funeral of Jordan's King Hussein. In a startling confession revealing his psychic shortcomings, Baril told reporters he should have anticipated the need to whisk the PM to Jordan for the funeral. His shouldering of the blame took the heat off the PM, but still Grey persisted in tutoring Chretien on the art of saying "I'm sorry, period," Good student that he is, the PM finally held up a sheet of paper with the handwritten words "I'm sorry" on it. He goes to the head of the class.

They ship horses, don't they?

Fears that convicted killer Colin Thatcher might ride off into the sunset have been alleviated in the Commons. Solicitor-General Lawrence McAuley announced that Thatcher's horse is being shipped back to Saskatchewan from the Ferndale, B.C. minimum-security big house. That's the comfortable prison with the nine-hole golf course where the millionaire rancher and former Tory cabinet minister is now languishing as part of his life sentence for the bludgeoning death of his former wife, JoAnn Wilson in 1983. All this serves to rekindle memories of our thankfully limited encounters with Thatcher as a former energy minister in the government of Grant Devine. Your columnist, already a seasoned reporter at the time, got a whiff of the arrogance and abruptness of the minister-in-charge of yellow sports cars. Before consenting to do a one-on-one interview with yours truly, the son of former Premier Ross Thatcher lashed out at the media for never getting things right, an observation that clearly reveals the inner workings of the criminal mind. Fortunately, he was not able to keep the appointment. We could tell you why, but we probably wouldn't get it right anyway.

Good news, sort of ...

The latest edition of the eagerly-awaited WasteReport is finally out. Prepared by Reform MP John Williams of St. Albert, Alta., the report documents government waste and thus saves columnists and editorial writers from doing they're own research. In it, Williams blows the whistle on whistle-blowing projects designed to celebrate the new millennium. The government is spending $145 million on the projects and Williams leaves it up to readers to decide if money is being wasted. Some examples: $250,000 for a model of the world's largest dinosaur in Drumheller, Alta.(Reformers, watch out), $257,000 for carving an image of a decapitated saint on a Quebec hillside, $915,000 on a wooden sculpture called The Canada Tree, decorated by some typically Canadian artifacts (no mounties) and including a toy mallet from Peter "now-he's-retired-now-he isn't" Gzowski. So, what's your verdict?

A reminder ...

Note to the CBC's Peter Mansbridge, who is to receive the Key to the City as "a favorite son or daughter of Ottawa" at the National Arts Centre Feb. 19: Don't forget to lock up when you're done, brother.

POET'S CORNER

Fred Bedford

The Arbitrator

The assignment comes; you are ready
Being forthright and steady.
You feel the importance of your position
Requiring judgement and physical condition.
You arrive at last to begin your role
Stripped like a zebra – black as coal.
Your girth of steel joined round in place
Tightened to fit with lastic lace.
The time has come to test your blast
For you are judge from first to last.
You are poised above the wood
For now begins your livelihood.
You stop and start, whirl and spin
Heeding not the shouting din.
You move about behind the prey
Looking for the infractious play.
You whistle as you move about
A tune that without a doubt
Stirs up in man and beast
The saliva for a feast.
The deed is done, the beast has won.
You leave – reprieve.
Giving voice – rejoice.
Decree – referee.

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✔ **Significant savings.** If you're using oil, you'll save up to $600.00 a season just on home heating costs, if you're using electricity, your savings can be up to $900.00. And, by installing a natural gas water heater at the same time, you can save up to an additional $170 a year.* The sooner you convert, the sooner you start saving.

✔ **Newer high-efficiency furnaces are up to 96% efficient.** That means nearly all the energy goes to heating your home, not the outside air.

✔ **Natural gas water heaters shower you with savings.** With natural gas, the recovery rate is two times faster than electricity.

✔ **Free energy-efficiency products.** If you convert to natural gas, we will provide you with a low-flow showerhead and bathroom and kitchen faucet aerators to help you reduce your hot water consumption and save you even more in energy costs.

✔ **Natural gas is environmentally friendly.** Natural Gas is the cleanest-burning fossil fuel, producing fewer greenhouse gas emissions than other fossil fuels.

For an estimate and a customized cost comparison, call Enbridge Consumers Gas at 1-800-267-3616, extension 6867. We will arrange for an authorized dealer to visit your home.

And, if you convert to natural gas before March 31, 1999, you'll receive a six-month deferral on payments for a natural gas rental water heater.



*The prices illustrated are for estimate approximation, and are subject to change without notice after the effective date of publication. Savings estimates based on energy rates in effect: Natural Gas: 1998-10-01; Electricity: 1998-05-01; Oil: 1998-08-01. Savings related to heating costs include 7% GST. Energy savings are based on the conversion of conventional oil heating equipment (65% efficient) in an average 1,500 square foot home. Energy consumption will vary depending on the number of residents, weather proofing, lifestyle and efficiency of heating equipment. Water heating savings are based on assumed annual consumption of 5,122 metered kilowatt hours of electricity or 887 m^3 of Natural Gas for water heating and 2,185 m^3 of Natural Gas for space heating.

CG.029.920-1 (INT. 99/02)

Heeding The Smoke Signals

Women and cigarettes make a deadly couple. Every 35 minutes a Canadian woman dies as a result of smoking. Apparently, that fact isn't enough to alter another alarming fact: more and more young women are lighting up.

"We're not trying to media-bash, but many young women do say that advertising does play or has played an important role in their decision to smoke," says Sandra Labelle of the Eastern

Ontario Health Unit. Ads, photographs, billboards and even movies and music videos often portray women who smoke as being powerful, independent, creative, sexy or popular.

"When you add that message to the misconception that cigarette smoking helps you stay slim, it becomes awfully difficult for women, especially young women, to resist," says Labelle.

Although the temptation is admittedly strong, Labelle says, resisting the lure of cigarettes has important, proven health benefits.

Again, statistics and health studies can't be ignored.

* Smoking increases the risk of cervical cancer.

* Female smokers can expect problems with pregnancy, osteoporosis, menstruation and early menopause.

* Lung cancer is becoming the leading cause of cancer death among women.

* If you're over 30 and taking the birth control pill, you're 10 times more likely to have heart disease or a stroke, than a woman who doesn't smoke and does not take the Pill.

Labelle also underlines the risks involved with smoking and pregnancy.

A pregnant smoker is more likely to have a low-birth weight baby, or more likely to lose the baby. Smoking during pregnancy dramatically increases the child's risks of dying from Sudden Infant Death Syndrome (SIDS).

Babies born into a smoker's home, are more likely to have breathing problems, colds and chest and ear infections.

And the cycle isn't likely to stop there. Children living with one or two adults who smoke are twice as likely to become a regular smoker as a child growing up in a smoke-free home.

FAST FACTS:

* Tobacco smoke contains 4,000 chemicals. At least 43 of these cause cancer.

* Just 8 hours after you stop smoking, carbon monoxide levels in the blood drop and oxygen levels increase to normal. Just one year after you quit, your risk of heart disease is half that of a smoker.

* Quitting isn't easy, but help is available. Contact your local health unit or the Health Line at 1-800-267-0852 for smoke cessation information.

Stress Busting For The 90's

If you're having a tough time managing the stress in your life, you're not alone.

"More and more people today seem to be trying to squeeze 30 hours into a 24 hour day," says Louise Matte-Forget of the Eastern Ontario Health Unit.

The demands of work, school, family and friends can take their toll on a person's mental, physical and social health.

"It's easy and tempting to let our own needs take a backseat to the demands of everyday life," admits Matte-Forget, "But we inevitably pay the price for that way of thinking."

The "price" paid for putting personal physical, mental and social needs on the back burner may include:

*ulcers
* high blood pressure
*headaches
* violence and accidents
* higher susceptibility to illness, infections
* tiredness
* heart disease
* depression, anxiety
* social isolation
* digestive troubles
* sleep disturbances

But the news isn't all bad, insists Matte-Forget. "There are ways of reducing or coping with the challenges of daily living."

Matte-Forget suggests first being on the look-out for the tell-tale signs of oncoming stress.

"Listening to your own body is often the best way to predict a stressful event or period."

Rerouting or diffusing that stress can include one or a combination of the following stress busters:

* Take a walk: Exercise, especially outdoors, fills your lungs with oxygen and relaxes tense muscles.

* Break the routine: A change of pace can be a great mood booster

* Delegate: Trying to do it all leads to frustration and exhaustion. Encourage children, partners, co-workers to pitch in.

* Get enough sleep: Good sleep habits promote clear thinking.

* Avoid alcohol, drugs and tobacco: They rob your body of natural coping mechanisms and energy.

* Aim for balance: Too much of anything (work, food, drink) isn't good.

* Talk it out: Keeping your concerns or anxieties bottled up can lead to greater problems.

* Make it a priority to take a lighter look at things.

* Examine where you are investing your time and energy and start a commitment to focus on activities that have high value and priority for you.

Winter Carnivals

The Third Annual Summerstown Winter Carnival and Fun Day takes place on February 19th, 20th and 21st at the Edgewater Inn. Registration for all events takes place on February 19th. Events include log-sawing contests, curling bonspiel and ATV races. A winter carnival will also be held in Alexandria on Februry 19th, 20th and 21st. The North Glengarry Winter Carnival activities begin on Friday night with a bonfire and skating on Mill Pond. Activities include a hockey tournament, cross country ski trips, sleigh rides, entertainment, snow dozer rides, dog races and more.

Sniffing Out The Problem

Flower Power, lava lamps and mood rings...add to that list of fads yet another unfortunate leftover from the 1960s: getting "high" on inhalants.

Although getting high by inhaling ether or nitrous oxide was the "rage" in Europe in the 1800s, it wasn't until the 1960s that the dangerous practice took hold here. By then, inhaling ether had made way for sniffing solvents common in nail polish remover and model airplane glue. The results, however, can be just as deadly as ether or nitrous oxide.

"The vapors from these solvents enter the bloodstream and are quickly distributed to the organs with the largest blood supply --- the brain, liver and kidneys --- and are quickly absorbed in the nervous system," explains Jacinthe Sequin of the Eastern Ontario Health Unit.

Initially, the abuser may feel lightheaded and may even hallucinate. "That's one of the attractions of inhalants," says Sequin. "But there are plenty of negatives to counter that temporary high. Even trying it once can be tragic because the inhaler can become light-headed or unconscious and then fall forward into the toxic bag."

Short term effects of inhaling include nausea, coughing, sneezing, slow reflexes and lack of coordination.

Long term effects can include depression, tremors, paranoia, permanent liver, and kidney damage...and even death.

According to a survey by the Addiction Research Foundation, most users are between eight and 16 years old.

"Of Ontario students in grades 7 to 13, 1.9 per cent admitted sniffing glue and 3. 1 per cent said they had used other solvents at least once in the preceding year. Among 12 and 13 year olds, the rate of use was highest, at 2. 2 per cent for glue and 4. 7 per cent for other solvents." ARF survey, 1989

There's no law against selling inhalants to minors, so parents, retailers and the community can help by being aware of the potential problem.

"Even if it's just to experiment or for the chance of a quick "buzz", solvent sniffing can lead to serious, even tragic situations," says Jacinthe Seguin. For more information about solvent abuse, contact your local health unit or the Health Line at 1-800-267-0852.

New Bylaw Offers Clearer Picture

Picture this:

You're sitting at a table enjoying a family meal. In the same room, someone is applying a fourth coat of industrial-strength spray paint to a still-wet plaster wall. There's nothing separating you and the painter but the hope that the fumes will eventually subside. In the meantime, your lungs are filling with several hundred toxic chemicals, your kids' asthma is flaring up, your eyes are itchy, and the food doesn't taste right.

Replace the paint fumes with second-hand smoke fumes, and you get the same picture, says Sandra Labelle of the Eastern Ontario Health Unit.

If you'd rather not put yourself in that picture, you can do something about it: you can speak up. "By responding quickly to the need to discuss second-hand smoke in public places, the mayor has shown that your opinions do count," says Labelle. "Your voice could make all the difference in the world...and more importantly, in your community."

More and more communities, businesses and public places, Labelle says, are adopting smoke-free policies. In this area, Tim Horton's outlets are among the latest to go smoke-free.

The health unit will be presenting the proposed bylaw and signed petitions to Council Feb. 22. Testimonials are expected from concerned citizens, businesses and health professionals. The public's encouraged to attend. To sign the bylaw support petition or for more information, contact Eastcourt Pharmacy, Heart & Stroke Foundation of Canada, Eastern Ontario Health Unit, Canadian Cancer Society, or the Lung Association.

A CLOSER LOOK AT THE PROPOSED BYLAW

Currently, in Cornwall:

Restaurants: 20 per cent of their overall area must be smoke-free.

Workplaces: can be come totally smoke-free, or stick to the Smoking in the Workplace Act, which designates 25 per cent of the workplace area for smoking.

Municipal buildings: not all are covered, and those that are offer vague restrictions.

The proposed bylaw supports:

Restaurants: 50 per cent smoke free in 2000, 75 per cent in 2002, and 100 per cent smoke-free in 2003.

Workplaces: all 100 per cent in 2000.

Municipals buildings: all 100 per cent smoke-free in 1999.

Bars are exempt from the bylaw but may establish a smoking area that is not more than 75% of the indoor seating area

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About Darts
The Origins of Darts

(NC)—According to the history books, darts originated on the battlefields in England as a warriors' pastime. In down times between battles, bored soldiers broke the monotony with several manly challenges, one of which was competing against each other by throwing short spears into upturned ends of wine barrels.

As their pastime evolved into a competitive sport, the lack of wine barrels brought the arrival of a more critically marked target. The early answer was to hang up a round slice of a fallen tree which provided a graded target. Players used the concentric rings of the tree for scoring purposes while the cracks which appeared as the wood dried out provided the radial lines for selection of score areas. This was the beginning of today's carefully marked dartboard.

During the long, harsh English winters, the boards were moved indoors, where restricted space led to the selection of shorter darts and basic rules were established.

After the hurling of countless darts over the years, landlords finally became sponsors of the sport and cut their own log ends. By the late eighteenth century manufacturers introduced the first dartboards.

The game maintained its military affiliations through the establishment of the British Empire where built-in dartboards were featured in soldiers' drinking clubs all the way from Brighton to Burma. Locals took up the sport but the British players remained the dominant players until recently.

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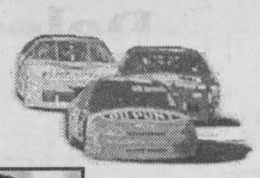
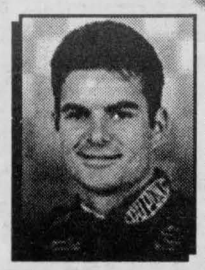


NASCAR Winston Cup Series



Jeff Gordon, who won 13 races and his third career NASCAR Winston Cup Series championship in 1998, started his 1999 season in the best possible way with a thrilling victory over Dale Earnhardt in the Daytona 500.

In one of the most exciting finishes in the history of the classic race at Daytona International Speedway, Gordon roared from 10th place when the race restarted from its fourth and final caution period on lap 179, took the lead away from a dominant Rusty Wallace on lap 190 and then held off repeated challenges from Earnhardt over the past 10 laps to win by 0.128-second.

It was Gordon's second Daytona 500 victory in the last three years and it earned him $2,172,246, which included his third $1 million Winston "No Bull 5" bonus in the last two years.

"I want to thank Dale Earnhardt for a great race," said Gordon, driver of the DuPont Refinishes Chevrolet for Hendrick Motorsports. "He's the best in the business and he made me work for it. He pushed me hard and to win the Daytona 500 over him is a dream come true. It doesn't get any better than this."

Dating back to last season, Gordon has now won three consecutive races. He won at Rockingham, N.C., and Atlanta to close out '98.

The race's worst accident brought out the third caution period, which began on lap 136. It was triggered when Dale Jarrett's Ford Quality Care Ford apparently made contact with teammate Irwin's Ford in the third turn. Jarrett hit the apron and then slid up the track in the path of a pack of cars, most of which were heavily damaged.

Involved were Jarrett, Geoffrey Bodine, Steve Park, Sterling Marlin, Joe Nemechek, Mark Martin, Terry Labonte, Jeff Burton, Rich Bickle, Ward Burton, Elton Sawyer and Ricky Rudd.

Gordon became the first driver to win the Daytona 500 from the pole position since Bill Elliott did it in 1987.

RACE RESULTS

Race: Daytona 500 No. 1

Pos	Car	Name	Sponsor	Points	Bonus	Money
1	24	Jeff Gordon	DuPont	180	5	$1,172,246
2	3	Dale Earnhardt	GM Goodwrench Service +	170	0	$613,659
3	28	Kenny Irwin	Texaco Havoline	165	0	$440,584
4	31	Mike Skinner	Lowe's	165	5	$350,634
5	7	Michael Waltrip	Philips/Klaussner	155	0	$290,595
6	33	Ken Schrader	Skoal Bandit	150	0	$186,731
7	44	Kyle Petty	Hot Wheels	146	0	$145,809
8	2	Rusty Wallace	Miller Lite	152	10	$173,209
9	97	Chad Little	John Deere	138	0	$142,884
10	98	Rick Mast	Sonic	134	0	$139,096
11	9	Jerry Nadeau	Cartoon Network	130	0	$125,106

RACE SCHEDULE (all times Eastern)

February				
Date	Race	Venue	TV	Time
21	Dura-Lube/Big K 400	North Carolina Speedway	TNN	12:30 p.m.
March				
Date	Race	Venue	TV	Time
7	Las Vegas 400	Las Vegas Motor Speedway	ABC	2:30 p.m.

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Cornwall Sea Lions Eastern Ontario Championships

Team placed 7th overall out of 19 teams, total 218 points.

10 & under girls

Corinne Bacher – Silver 400 Free, Silver 100 Free, Bronze 200 IM, Bronze 200 Free, 7th 200 Back

Emma Saaltink – Bronze 100 Free, 4th 200 Free, 5th 200 Breastroke, 5th 50 Breastroke, 7th 100 Breastroke

11-12 Boys

Pascal Bourgeois – Bronze 400 Free, 5th 100 Fly, 9th 200 Free, 10th 100 Free

John Peters – Bronze 50 Free, 5th 100 Free, 8th 200 Breastroke

11 + 12 Girls

(Both qualify for provincials age group championships in Nepean March 5-6-7th)

Maxine Bacher – Gold 400 Free,Gold 200 Free, Silver 100 Free, Bronze 50 Free, Bronze 200 IM, 4th 100 Back

Ashley Bogosian – Gold 50 Free, 5th 200 IM, 5th 100 Back, 5th 100 Free, 8th 100 Breast

Vanessa Nicholls – 8th 200 Back, 9th 50 Free

Monika Latour – 13th 200 Back

11-12 Girls (200m Free Relay)

(2 teams placed out of 19 clubs in region)

Silver – Maxine Bacher, Ashley Bogosian, Vanessa Nichols, Faye Goltsios

8th – Kathleen Carey, Monika Latour, Corinne Bacher, Emma Saaltink

11-12 Girls (200m Medlay Relay)

4th – Maxine Bacher, Ashley Bogosian, Vanessa Nichols, Faye Goltsios

13-14 Girls

Caitlin Levere – 15th 200 Breastroke

15 and over Girls

Katherine Peters – Bronze 200 Breastroke, 4th 100 Breastroke, 9th 800 Free

Josee Bruyere – 5th 200 Breastroke, 6th 100 Breastroke, 11th 800 Free

15 and over Boys

Clayton Delaney – Gold 50 Free, Bronze 200 IM, 4th 100 Free, 7th 200 Free, 7th 200 Back, 8th 100 Back.

Junior Nationals in Regina (Feb. 16-19th)

Clayton Delaney – 5 events, Josee Bruyere – 3 events, Katherine Peters – 3 events

Delaney Bantam 'A' Royals

The Delaney Bantam "A" Royals suffered a disappointing loss, as they were downed 5-1 by Goulbourne at the Si Miller Arena. Goulbourne's defensive play allowed the Royals only one goal scored by Tim St-Jean on a pass from Matthew McNally and Jeffrey Laframboise. Three Cornwall players remain sidelined with injuries as the team nears regular season play.

On the road, Royals took advantage of scoring opportunities and earned two points as they defeated the Gloucester Rangers 7-2. Royals led 2-1 after the 1st and finished off adding 5 goals in the third period to win the contest. McNally scored twice as did Ryan Matte. Peter Larin, St-Jean and Laframboise added singles with assists from Patenaude, Freeland & Laframboise.

Olympia Golden Age Bowling

The Rabbits in the Olympia Golden Age League have hopped, skipped and jumped to stay near the top, now it's a tailspin slide as the schedule winds down.

This week #19 was no different, a 3-0 loss to the Leopards. Kegling for the Leopards: Lionel Boileau, 230; Shirley Eastman, 221 (609); Jean Eamer, 202; Rose Martell (capt.) Irene Latreille and Thomas McHarg.

HIGHS ROLLED: Wilf Tyo, 260; John Wood, 233; Val Currie, 221; Conrad Godard, 217; Jim Hughes, 213; Joe Arseneault, 212; Aline Givogue, 207; John Daigle, 204; Pierre Vialette and William Akkermans, 203; George Barlow and Rheal Labelle, 200.

ATTENDANCE WINNERS: Clarence Stang, Bea Menard and Seymour Boileau.

Char Lan Bantam Rebels

The Char-Lan Bantam Rebels participated in the Cornwall tournament. finished the tournament with a tie, loss and a win. It was a tie game against Canton 3-3. Goal getters were Justin Lalonde, 2; Robb Schaefer, 1. Assists went to Ryan Lalonde, Leo Dignard, Robert Grant, Jordan Reasbeck and Phil Touchette, 2.

In the second game, Gloucester won 4-0. In the final game against Lakefield, the Rebels won 3-0. Ryan Lalonde scored 2 and Robb Schaefer scored 1.

PUBLIC NOTICE

Fisheries and Oceans / Pêches et Océans

Working Together to Protect and Conserve Ontario's Aquatic Resources

Under new working arrangements with Fisheries and Oceans, Conservation Authorities across Ontario are now conducting project reviews for impacts to fish habitat under the federal *Fisheries Act*. If you are planning a project in or around water (ie. culverts, dredging, infill, docks, boat launch, bridge, etc.) contact your local Conservation Authority today to obtain appropriate permitting and approval requirements. They will conduct project reviews and will refer projects requiring *Fisheries Act* authorization to Fisheries and Oceans.

A series of Information Sessions on the Fish Habitat Referral Process will be held across Ontario to detail the requirements of Section 35 of the federal *Fisheries Act* as well as to promote the importance of protecting and conserving fish habitat.

For further information contact:

Central Ontario:	*Grand River Conservation Authority (519) 621-2763 ext 240*
Southwestern Ontario:	*Upper Thames River Conservation Authority (519) 451-2800 ext 253*
Northern Ontario:	*North Bay/Mattawa Conservation Authority (705) 474-5420*
Eastern Ontario:	*Rideau Valley Conservation Authority (613) 692-3571*

Or the Department of Fisheries and Oceans at (905) 336-4595.

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Collaborer en vue de protéger et de conserver les ressources aquatiques de l'Ontario

Dans le cadre de nouvelles dispositions avec le ministère des Pêches et des Océans, les offices de protection de la nature de l'Ontario procèdent actuellement à des examens des effets environnementaux aux termes de la *Loi sur les pêches* (loi féderale). Si vous comptez réaliser un projet dans ou près de l'eau (ponceaux, dragage, quais, remplissage, rampe de lancement pour bateaux, ponts, etc.), contactez l'office de protection de la nature concerné au plus vite pour obtenir le permis et les autorisations nécessaires.

Des séances d'information sur le processus de présentation concernant l'habitat des poissons en Ontario seront organisées dans tout l'Ontario afin de préciser les exigences relatives à l'article 35 de la *Loi sur les pêches* (loi féderale) et de promouvoir la protection et la conservation de l'habitat des poissons

Renseignements:

Centre de l'Ontario:	*Grand River Conservation Authority (519) 621-2763 ext 240*
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Nord de l'Ontario:	*North Bay/Mattawa Conservation Authority (705) 474-5420*
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(NC)—Contribute Early. If you're like most Canadians, you're probably just getting around to making your RSP contribution for the 1998 tax year. Most of us wait until close to the deadline (this year it's March 1,1999) to get our money into our plans.

You could add thousands of dollars to the value of your RSP over time by contributing early. That's because if you make your contribution early each year instead of waiting until the RSP deadline, you'll benefit from an extra year of tax sheltered growth. Do this each year and the effect over time can be significant.

For example, suppose you contribute $3,000 a year to your RSP and your average annual return is 8%. After 30 years, you'll have $339,850 in your plan if you contribute at the end of each year. But if you put in the money 12 months earlier, your plan will be worth just over $367,000 - a difference of more than $27,000, just because your money got in your plan sooner.

Contribute Annually. Many people don't realize that even a single missed RSP contribution can be costly. For example, suppose you're allowed to contribute $7,000 to your plan but, for whatever the reason, you skip the payment. If your average yearly return in your plan is 8%, that one missed contribution will reduce the value of your RSP after 25 years by almost $48,000. That's because you don't just lose the missed contribution, you also lose all the compound income it would have earned over time.

So don't shortchange yourself. If necessary, borrow the money to ensure you make your contribution every year.

Contribute Your Maximum. If you put $1,000 less into your plan each year for 25 years, assuming an 8% annual return, the final value of your RSP will be reduced by almost $79,000.

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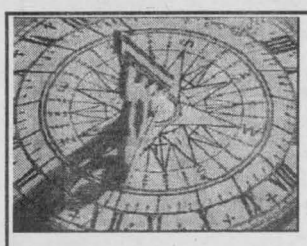

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Successful Investing with Patrick McKeough

TIP OF THE WEEK:
Economic forecasts have little impact on investment success.

Take economic forecasts with a pinch of salt

Economic forecasters are a little like weather forecasters. Both guess right on occasion, but they are likely to let you down just when you need them most. Experienced, successful investors feel skeptical if not cynical about economic forecasts.

WHY FORECASTS ARE UNRELIABLE

1. Good economic forecasts are rare. Economic reversals and upsets take most economists by surprise. There are too many economic factors interacting in too many unpredictable ways. Even the best economists can be right on in one year and dead wrong the next.

2. Fame as an economist has little to do with forecasting skill. One Wall Street economist made a huge name for himself in the 1970s by predicting ever-rising interest rates and inflation. He maintained the same predictions throughout the 1980s and early '90s – a time when rates and inflation worked their way downward.

3. Even when an economic forecast turns out right, it may not help your investment results. The stock market anticipates economic trends much better than any economist, and moves up and down ahead of them.

Economists base their predictions on trends. But trends have a habit of reversing without warning. In 1900, economists confidently predicted that New York City would be buried under 8 feet of horse manure by 1950.

What's in store for 1999?
Economic statistics and reports can provide clues to investment risk and opportunity. This year, for instance, most economic forecasts are on the low side, and some economists predict a recession. If the economy meets or exceeds those low expectations, it may encourage reluctant investors and give them a reason to buy.

SMART STRATEGY
Accept the fact that economic growth and profit comes in spurts. Instead of predictions, focus on a handful of high-quality stocks with a history of earning and dividends. Buy them gradually during your working years, and live off the proceeds when you retire.

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

Electronic Banking: A Great Way to Save on Fees and Make Better Financial Decisions

MONEY TALK

(NC)—Canadians are enthusiastically using the full array of electronic banking methods, (banking machines, debit cards, telephone banking and computer banking — and for good reason. More banking machines per capita and the third highest number of debit card points of sale, certainly make electronic banking more convenient than ever. But what seems to have really struck a chord is that Canadians are paying less in service fees and they're taking advantage of unlimited access to the latest financial tools.

The Canadian Bankers Association says that between 45% and 67% of customers pay no service fees at all. They also found that bank service fees are half of what they are in the U.S. So here are some tips on how you can join the trend to save:

- ask your bank if they offer an incentive for making transactions electronically
- be sure you're not paying internet access or connection fees
- if you're under 19, over 60 or maintain a monthly balance of at least $1,000 you shouldn't have to pay basic transaction fees.
- consider consolidating your accounts at one bank so that you can maintain a minimum balance to qualify for no-fee status
- ask your bank about a flat monthly fee for transactions
- choose a bank with a large network of bank machines so that you can easily avoid Interac fees
- if possible, make fewer but larger cash withdrawals instead of frequent smaller ones
- make purchases using debit or credit cards which can be cheaper than writing cheques provided your credit card balances are paid off on time.

In addition to helping you save on service fees, telephone and Internet banking methods also give you access to a wide range of information that will help you make better financial decisions about everything from investments to financial plans to retirement income options:

- Use online tools to determine how you can save on mortgage payments
- Learn the principles of successful investing
- Find the investment mix that's right for you
- Save on stock purchase commissions with a discount brokerage service
- Get the help you need to choose the right type of credit
- Get a quote and purchase auto insurance
- Find out how to meet your retirement goals
- Discover how much life insurance you should have

Canadian banks are at the forefront of keeping improved electronic banking services affordable, accessible and convenient.

Are There Different Types of Life Insurance?

MONEY TALK

(NC)—The simple answer is yes. Of course, finding the type that's right for you depends on your needs. So now that you've made it safely through the holidays, make it a new year's resolution to review how much insurance you should have as well as which type of insurance is best for you.

There are two basic categories: pure protection insurance called term insurance and insurance that combines protection and savings.

With term insurance you enjoy protection for a set period of time, or until a certain age— usually during the years when your family depends on you and your income most. Payments can be level, or the policy can be renewed at set periods, at which time payments usually increase.

The other types of life insurance available are called whole life, universal life and variable life. These types of insurance combine protection with savings.

Make Sure Thy Will be Done

Your Investment Matters

(NC)—So you've completed your will and that's it for that. Well, depending on when you did it, maybe you're not quite done.

Consider this. The biggest beneficiary of Princess Diana's estate was England's Revenue Service - to the tune of $20 million. The government received 40 per cent of her estate in the form of taxes.

Diana had a will. But she hadn't amended it after her divorce settlement. It didn't describe how to manage her personal property and contained no provisions to minimize taxes.

Not many of us will have a tax burden of the magnitude encountered by Diana's family, but it serves as a good reminder that no matter what the size of your wealth, financial planning is an ongoing process. Tax, family and succession laws are continually changing, as is the market value of your assets. And your personal situation changes periodically, as well.

Make sure your plans are up to date by meeting regularly with your financial adviser. Ensure that changes in your life, and the laws that affect your estate and financial plans, will not result in unexpected surprises down the road.

For more information on what you should know about planning your estate, ask your financial adviser for Trimark's Your Estate Matters and You, Your Family ... Talking About Money brochures.

MONEY ...tips

(NC)—Start early. The earlier you begin contributing to an RRSP, the longer your money will grow in a tax-sheltered environment, and the more you'll have at retirement.

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COMMUNITY PROJECT

we should help our schools!

A NEW PROJECT



We all need to help our schools to ensure that our children receive the highest quality of education and guard against the gradual decay of our education system because of recent government cutbacks.

It is everyone's responsibility to do whatever we can within our capacity to help to support the system to prepare our future generations.

Government cutbacks for economical reasons are a fact of life and we should not wait to see what happens next, but react now before it's too late. We should combine our efforts and help each other in supporting our schools for a better education for our children. Time is against us - if we don't help now, it will be too late.

With the continuing government cutbacks, every possible kind of financial support for our schools should be investigated and pursued - every dollar counts. By each of us donating one dollar per month to our local schools, this could add up to a sizable subsidy that could only help our local School Boards in maintaining a quality education system for our children. There will always be those who simply cannot see their way clear to donate money and there is a special place for those individuals to donate their services as volunteers in many activities and programs in the schools that would otherwise have to be abandoned.

If we all think positively and work together to do what we can for our School Boards without expecting the government to solve our problems, we can impact in a major way. In this spirit of positive thinking, **Laurier Optical** management has initiated a project whereby it will donate 10% of every frame and lenses purchased from Laurier Optical by teachers, students, family members or friends. This donation will be made to the School of the customer's choice.

The eye wear consumer will still benefit from the best possible prices and specials offered by Laurier Optical even with the 10% donation for every purchase they make. In addition, students will always receive the 50% discount.

We are sure that all local media will assist in promoting this project to encourage all business and retailers in the community to join us in developing their own projects to contribute in their own way in the interest of maintaining a quality education system.

We firmly believe that there is so much we can all do if we work together and share the responsibilities of supporting our children and their futures. All it takes is to think positively and consider this as a long-term investment in our children's future.

Any schools who may be interested in participating in this project should contact Mr. Denis Gagnon at (613) 741-4448 or by fax at (613) 741-7007

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Rack and Pinion

Most cars today use rack and pinion steering because it's light and gives precise steering control with good road feel. More and more cars also use power assist to make steering easier, which can lead to some bad habits.

Without power assist, drivers learned that it is easier to turn the wheels while the car is moving, even if slowly. So that's what they did, even when wriggling into a small parking slot. With power, it's easy to turn the wheels while the car is motionless. But all the stress that you would have taken on yourself is now shouldered by the power steering assembly. That stress can lead to breakdowns.

Power steering fluid, the lifeblood of the steering system, takes the brunt of the pressure of everyday driving. When it works, it heats up. And when it heats up, it can break down.

Your power steering fluid should be a pale amber colour, with a slight tinge of green. It should also be clear. If it looks dark, it may be contaminated or it may have taken too much heat (the darkness comes from carbon). That means you need to get your system checked, and have it flushed out and new fluid installed.

There are rubber boots at each end of the steering assembly. Their purpose is to keep road dirt, salt, and water out of the steering assembly, and grease or permanent lubricants in. They do wear out, crack, and tear, so they should be checked every time your car is up on a hoist. If your boots need changing, don't delay.

A popular feature with some cars is speed sensitive steering. The power assist is coupled with the speedometer, so you get more power at low speeds, and less at high speeds. This means it's relatively easy to park the car, while at highway speeds you get a tight, precise steering feel for lane changes and cornering. This makes your power steering fluid work that much harder, so flushing the system and putting in new fluid once a year is really important.

How do you know if you have a steering problem? If you experience any of the followingproblems, it's time to get a check-up:

- fluid leakage
- loose or erratic steering
- loss of power in steering system
- road wander
- loss of power steering during cold starts
- any play in the steering system when the car is parked
- steering vibration
- unequal turning effort
- excessive front end noise
- uneven tire wear
- poor steering returnability (coming back to centre when you release the wheel)

Where there's power, there's hydraulic pressure. And where there's pressure, there's a pump. The power steering pump is driven by a belt connected to the engine. It may have its own belt, or it may be one of the accessories running off a long serpentine belt.

If the belt slips, or breaks, there goes your power assist for the steering. You can still steer the car, but you no longer have help from the engine.

Car Care Canada suggests the following steps to get the best from your power steering system:

1. Turn the wheels only when the car is moving, even when parking.
2. Check the fluid level once a month.
3. Flush the system and replace the fluid once a year.
4. Check for worn or cracked boots every time the car is on a hoist.
5. Check the power steering belt for wear at every oil change.

Should You Buy Or Lease Your Car?

Gregg recently started a computer consulting business that has really taken off. In less than a year, he has acquired clients throughout Toronto and surrounding areas. His car - which is to be used primarily for business - is about to expire of old age and Gregg has decided to treat himself to a new one. One of his business acquaintances tells him that leasing is the only way to go; another swears it's better to buy a vehicle. Now Gregg is in a quandary. How is he to decide what arrangement is best for him?

You must look at a whole range of factors before you can make such a decision, advises Larry Zeifman, CA, managing partner of Zeifman & Company in Toronto. You have to compare the purchase price with the lease price. You need to look at various tax questions, both from a business and personal standpoint. "And, certainly, the financing requirements of the business will be an important factor."

For starters, suggests Jim MacNeill, CA, head of MacNeill Edmundson in London, decide how you plan to use the vehicle.

"If the vehicle is to be used extensively for business purposes, racking up many kilometres each year, you'll need a reliable vehicle. You'll probably want to change vehicles every two or three years, which means a lease may be preferable. This is because the monthly lease payments represent the cost of the car during the time it is leased. You can return the vehicle at the end of the lease and are free to start a new lease at another dealership. If you bought the vehicle, the monthly payments would be higher and you would have the bother of selling the vehicle before acquiring a new one."

MacNeill adds that if you want to project a certain image, you may want a more luxurious vehicle. "Again, you may prefer to lease since a more luxurious car could be obtained for the same monthly payments you'd lay out for buying a lesser vehicle."

You'll also have to look at how you're fixed for money, stresses Dave Sanderson, CA, a partner of McGovern, Hurley, Cunningham in North York. "If you're short on cash, a lease may be preferable because you'll need less money up front and the monthly payments would be less." On the other hand, "leases restrict the number of kilometres you can drive each year, with charges for overages. So, if you're expecting to drive a large number of kilometres, it may be better to buy the vehicle."

Zeifman explains that a simple way to help arrive at a decision is to compare the lease interest rate to that on any financing required to buy the vehicle. You might also compare the total cost of the lease payments and the buy-out amount at the end with the total purchase price, including financing costs. But, he notes, "a favourable lease deal can usually be matched by a more favourable purchase deal."

Then there are the tax aspects. MacNeill points out that the government limits how much of the purchase price you can claim for tax deductions each year. But you can also deduct up to $250 a month of interest costs on any financing. If you lease, you can currently write off $650 a month in lease payments. "These numbers should be compared to see which option gives you a better tax result."

The key to the decision ultimately, says Zeifman, is that, like any small business owner, you want to maximize your after-tax profit. Ask your chartered accountant to figure out how you can make a purchase/lease decision that will meet that goal.

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We Can Depend On Our New Blood Agency And . . . It Depends On Us

(NC)—Canada's blood system is now being operated by a new, independent, not-for-profit, charitable organization called Canadian Blood Services (CBS). Launched September 28, 1998, CBS operates the blood system in an open and transparent manner that makes it accountable to all Canadians.

Safety is its primary focus.

CBS is responsible for ensuring the safety of Canada's blood supply system. It ensures that domestic and international standards for safety are met, regular independent safety audits of its operations are conducted, and that these audits are available to the public.

Independent and Free to Act Quickly

CBS operates independently and manages its own funding so that it can make quick decisions when needed. Indeed, maintaining a safe blood supply depends on CBS being able to respond in a timely way to any health concerns that might arise.

Full Access to Expertise

CBS is able to access independent expertise. It is in the process of creating expert advisory committees that will provide early and informed review of key decisions, particularly to those dealing with safety. There will be at least two committees, one for consumers and one for scientific research & development.

An Emphasis On Research

CBS has a budget for research and development that will focus on blood safety, how much blood is used, and finding blood alternatives.

Open to Everyone

Treating blood as a public resource means an emphasis on openness. Agendas and minutes of CBS board meetings are made public — as well as Board decisions. At least once a year, CBS will conduct a Board meeting that is open to the public.

CBS is managed by an independent Board of Directors that represent consumer (patient), medical, scientific, public health, business, and regional interests of Canadians. A widely-representative board can make better, more informed and timely decisions.

Consistency for Donors

Most importantly, for the hundreds of thousands of Canadians who donate blood each year little has changed for the process of donating blood. Indeed, the same front-line staff and volunteers who have worked so well with donors in the past are now a part of CBS.

The generosity of blood donors and volunteers is crucial to Canada's blood system. Both Canadian Blood Services, and countless Canadians in need of blood and blood products, depend on the generosity of donors to give the gift of life. Because the need never stops.

Aboriginal Issues

By MAURICE SWITZER

There's no telling what answers you can obtain simply by asking the right questions. In fact, one of the keys to political power in modern societies rests with those who have the resources to get their questions answered.

In December, the Assembly of First Nations became the first

Aboriginal organization to commission a national opinion survey of Canadians. As the political advocate for 630,000 registered Indians who live on and off-reserve in this country, the AFN needs similar information to that collected by mainstream political parties.

Public opinion sampling helps politicians determine priorities. When Paul Martin tosses a couple of extra billion dollars into the health-care kitty, it's because polling data indicates that medicare is a top priority for Canadian voters. And when Ontario Premier Mike Harris starts talking about the need for school uniforms, you can bet

Tory pollsters have research showing that citizens are fed up with reports of rampant unruliness in the schools their taxes support.

With a federal budget on the horizon and everyone scrambling for a share of the federal government's so-called "fiscal dividend", the first AFN poll sought to determine the level of support mainstream Canadians feel toward First Nations issues, and whether they regard them as a spending priority. That's the kind of information National Chief Phil Fontaine required to try and convince the federal government that it needs to build on the response to the Royal Commission Report on Aboriginal Peoples launched in 1998.

Indian Affairs Minister Jane Stewart's Statement of Reconciliation and $350-million healing fund to deal with impacts of the residential school system were a noble - if overdue - first step in Ottawa's RCAP response, but most First Nations citizens still live in dwellings judged sub-standard by the Canadian Mortgage and Housing Corporation, still have average incomes less than half that of other

Canadians, and still experience the highest levels of diabetes, rheumatism, and youth suicide in the country.

One in three First Nations homes still has no running water, and Indian youngsters are still statistically more likely to spend time in jail than graduate from high school. And the Chretien government has still not fulfilled an election promise to implement an independent commission to resolve more than 400 specific land claims, recognized debts which - when paid - will go a long way to providing First Nations communities with the economic bases they need to seriously deal with their overwhelming challenges.

Conducted for the AFN by Environics Research Group, the December poll produced convincing evidence that the majority of Canadians support the federal government working with First Nations peoples to improve their situation:

* strong majority agreement (69 %) that the Federal government has a legal responsibility to work with First nations people to resolve their social and economic problems
* 78 % agreed that the federal government should support measures to promote self-sufficiency among First Nations
* two-thirds believe that investing now in the financial independence of First Nations will result in reduced expenditures in the future
* extremely high levels of support for federal government investments in this month's budget for First Nations education (84 %), health (78%), and economic development capacity (71%)

The survey, based on interviews with 1500 adult Canadians conducted between Nov.27 and Dec.5, 1998, also revealed that seven-in-ten agree that First Nations have an important role in maintaining and enhancing national unity, and two-thirds of those polled admitted to knowing too little about the issues and challenges faced by First Nations. The results are considered accurate to within 2.6%, 19 times out of 20.

AFN National Chief Fontaine said the results showed that Canadians "are much more supportive and forward-thinking than some media and politicians." His point about the media's ongoing inability to provide proper coverage to First Nations issues would be proven immediately by the lack of attention given the poll by the mainstream press.

The Ottawa Citizen , which buried its scant coverage of the First Nations survey on its inside pages, a few weeks later devoted half of its front page to results of its own poll on Canadians' choices for "the sexiest man and woman of the century", accompanied by photos of John F. Kennedy and Marilyn Monroe. Southam Newspapers' National Post hid a negatively-framed AFN poll story on Page 6, but a few weeks later gave front-page display to a survey showing that 62% of Canadians believe in miracles. The Post followed that up with a Southam-commissioned poll purporting to show that residents of Quebec and Atlantic Canada have sex more frequently than other Canadians, and a January survey which estimated that one-in-ten Canadians feel they will win a lottery to finance their retirement.

The national media need to develop a better sense of priorities if they are going to play a role in making Canada a better place in which to live.

Canada's political leaders got their chance to show in this month's federal budget how forward-thinking they are, with respect to dealing with First Nations people and their issues. Money talks louder than noble words.

> Politicians are fond of saying that the only poll that counts is the one on election day. In analyzing Canada's electoral system, First Nations leaders estimate that the election outcomes in anywhere from 20 to 40 federal ridings could be dramatically influenced by greater participation on the part of eligible Aboriginal voters who have traditionally shunned the mainstream political process. That ballot-box clout would be bolstered by a status Indian population growing at over twice the mainstream rate. Those are the polls whose results are sure to capture more attention of First Nations issues from federal politicians and frivolous journalists.

Maurice Switzer is a member of the Mississaugas of Rice Lake First Nation at Alderville, Ont., and director of communications for the Assembly of First Nations in Ottawa.

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STAN'S AUTO BODY INC.
We Stan Behind Quality
125 11th Street West 933-3766
We Provide Certified Paint and Body Work for ALL Insurance Companies.
Providing You With A Warranty Better Than Your Car's Original.
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February 22nd - 27th
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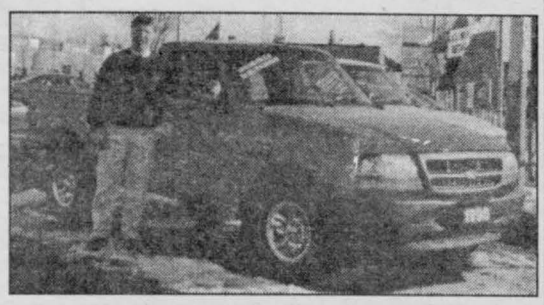
1997 CHEVY CAVALIER
auto, cruise, air
LEASE FOR ONLY $223.28* per mo.



1998 CROWN VICTORIA
LEASE FOR ONLY $451.83* per mo.



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DOZENS MORE TO CHOOSE FROM!
*Lease base on 36 months, low km, $2,000 down payment, taxes not incl.
ALL CARS FULLY SERVICED & SAFETIED • EXTENDED WARRANTIES AVAILABLE
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LET OUR PROFESSIONALS
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B&D Small Engines Ltd.
1440 10th St. East, Cornwall, Ontario 938-7745

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DEADLINE: WEDNESDAY 5 pm

933-0015

Circulation: 31,731 copies

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- $8.50/week 24 words or less, (25¢ each additional word per week).
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DEADLINE: Wednesday 5 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisement.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $26.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 12 noon Thursday.

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

For Readers:

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

COPY CHANGES

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

NOTICE

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

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

LET THE BUYER BEWARE.

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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

COMPANIONS CORNER

CARING, SWF, EARLY 60's, stable, honest & active, N/S, N/D. Interested in meeting SWM, 60-65 for companionship. Must be sincere. Serious replies only. CC1907.

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



Le Nouveau Concept de Rencontre Occasioneile

The New Concept For Occasional Encounters

For Information 514-867-3857

2 APTS/CONDOS FOR RENT

619 RIDLEY AVE. Available immediately. Large 2 bdrm apt. Washer/dryer facilities in basement, parking, fridge/stove, secure bldg. $595/mth, utilities included. 938-7286.

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

2 BDRM UPSTAIRS apt. Very clean & cozy. Ideal for 1-person or couple. $285/mth, plus utilities. 204 Prince Arthur St. Call 933-4780 or 932-9555.

TWO BDRM UPSTAIRS apt. Washer/dryer hookups. Close to college. 122-A Belmont. $350/mth, plus utilities. Call 932-0296.

APARTMENTS FOR RENT

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

SPACIOUS 1 BDRM apt with parking, laundry hookups, fridge & stove included. Available now or March 1st. Pay own utilities. $350/mth. Call 936-0967.

AVAILABLE MARCH 1ST, bachelor apt with fridge, stove & utilities included, $400/mth. No dogs. Call 938-3936.

2 BDRM SIDE-BY-SIDE, Sydney St. $550/mth, utilities included. 1 & 2 bdrm with stove & fridge, $400. & $450/mth, utilities included, near Hospitals. Call 347-2858.

1 BDRM partially furnished basement apt, no utilities, $300/mth. Also, large 2 bdrm apt, washer/dryer hook-ups, no utilities, $485/mth. References. 527-2837 evenings or 527-1975 days.

2 BDRM APT, 244 Alice. $440/mth, heat & electricity included. Diningroom. Available immediately. Call 932-4329 or 938-4776.

East End Location
420 Beach Ave. Cozy 2 bdrm bsmt apt. Pine wood finishing. $600/mth includes heat, electricity, air conditioning, fridge, stove. Call **936-0333**

1 BDRM UPSTAIRS APT. Quiet. East end, $375/mth, appliances could be supplied. Aslo, basement bachelor apt, $275/mth, utilities included. Call 932-9701.

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

3 BDRM SEMI. Maple St. Available March 1st. $450/mth, plus utilities. Gas heat, large backyard. Call 932-0829.

AVAILABLE MARCH 1ST, 1 bdrm upstairs apt. Fridge, stove, utilities, parking. East end. $440/mth. Call 932-0463.

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

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

MARKETPLACE

"Advertise Across Ontario or Across the Country"

BUSINESS OPPS.

BOX OFFICE MOVIES FRANCHISE OPPORTUNITY, Nominated BEST new video store concept in Canada. Director of franchising: Mr. Hickey 1-800-998-2254 or 1-800-324-5282. "Not Just a Video Store".

TRAVEL THE TRAVEL EDGE, BUSINESS OF THE FUTURE. Receive leading EDGE technology, training and support, to build successful home business based on personal service. Full/part time. Tax deductible. Investment, financing available. Call:1-800-419-4435.

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

NEED A SIDELINE? O'Donnell-DRG, one of Canada's largest Calendar and Promotional Advertising Companies needs self-starters to call on local businesses 60% of gross profit 905-427-8520.

MAKE $199.95 TO $279.90 PROFIT per order. Operate a homebased mailorder business. We dropship. No inventory investment. Free details: Garant, Box 21053-RB, Thunder Bay, Ontario P7A 8A7.

MAKE BIG MONEY IN MAIL ORDER. Cash in on the information boom. Operate home based business as a sideline, become drop ship dealer for our financial newsletter, home study course, etc. No experience or merchandise investment necessary. Free details: CWell Box 426-CNO, 43 King St. W., Bolton, ON. L7E 5T3.

THE FAST TRACK - You can be on the fast track to success as an Excel Communications Canada Independent Representative, earning immediate cash income and long-term residual income. By selling quality communications services you qualify for generous commissions & bonuses like our "Fast Start" Program, which pays you immediately for gathering customers & helping others do the same. So if you're interested in a faster way to success, CALL TODAY. Independent Representative: (514)897-2705.

Looking for part time assistance in my business. Income potential is excellent. For more information, call toll free evenings & weekends 1-800-390-2685.

BIG MONEY IN FAST FOOD. 25k down payment. Financing available. To see if you qualify call 888-693-8888.

CAREER OPPS.

LEARN AUCTIONEERING. Classes held April 17-23, '99. For information contact: Southwestern Ontario School of Auctioneering, R.R. #5, Woodstock, Ontario N4S 7V9. 1-888-673-6999.

CAREER TRAINING

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

EDUCATIONAL OPPS.

BE A SUCCESSFUL WRITER... with our great home-study course. Call today for your FREE BOOK. 1-800-267-1829. The Writing School, 38 McArthur Avenue, Suite 3177, Ottawa, ON K1L 6R2.

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

EMPLOYMENT OPPS.

DISNEY IS HIRING NOW FOR SEASONAL Quick Service Positions! Call our jobline at 407-828-1000 to discover a world of opportunities. Schedule your interview in Toronto this week. CALL NOW 407-828-1000.

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

FOR SALE

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

CEDAR V-GROOVE PANELLING 5/8" x 4" .27¢ Lin. Ft. Top Quality. We Deliver 1-800-267-0205 Ronald Morrison. We buy 7"-8" Cedar logs.

HEALTH

CAN'T GET VIAGARA? Worried about side effects. Now available in Canada an all natural cream. Clinically proven in England. Call Marks Plaza Pharmacy Toll-Free 1-877-747-6664.

SALES HELP WANTED

$$CHOCOLATES$$ Attention students. Sell chocolate bars to buy a new CD player, a Nintendo or CD's. Managers wanted. 1-800-383-3589.

KATY'S CLOSET FASHION CAREER - DIRECT SALES requires independent dynamic individuals to promote our new line of Sport, Career & Casual fashions. Call Suzanne Wilsdon 1-800-578-7717.

PAY TELEPHONE SERV.

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

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

SERVICES

ATTENTION 18" SATELLITE DISH OWNERS! Are you looking for help? Call PerfecTV For the best Satellite Programming Available. Toll Free 1-888-968-8439.

STEEL BUILDINGS

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

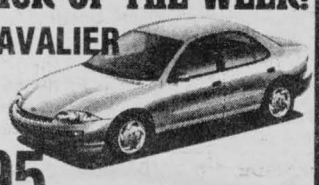
DRASTIC LIQUIDATION. STRAIGHTWALL IBEAM commercial buildings with coloured walls/trim. All sizes up to 50% discount. These are brand new. Call now and save 877-898-0508.

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

FITZGERALD MOTORS LTD.

PAUL'S PICK OF THE WEEK!

96 CHEV CAVALIER
4 dr., black
very clean
air



ONLY $7,995 (not exactly as illustrated)

QUALITY PRE-OWNED VEHICLES

98 FORD WINDSTAR VAN
quad belts, loaded, warranty $20,995
96 PLYMOUTH G SOLD YAGER
4 dr., van, fully loaded, like new $17,995
96 CAVALIER
4 dr., black, 89,000 km $7,995
96 JEEP GRAND SOLD E 4X4
4 dr., fully loaded, black $21,000
96 DODGE NEON
4 dr., auto, air, 69,000 km $8,995
96 DODGE RAM
reg cab, 2 w.d. p/u, V8 motor $14,995
96 CHEV EXT. CAB 4x4
6.5 turbo diesel P.U. $23,995
96 CHEV CAVALI SOLD
2 dr., auto, only 61,000 km $9,995
95 GMC SAFARI SOLD
7 passenger $10,995
95 FORD ESCORT WAGON
very clean $7,995
95 DODGE CARAVAN
blue, very clean, only $8,995
95 DODGE INTREPID
4 dr., auto, loaded $10,995
95 MAZDA 626
4 dr., auto., loaded, air, 99,000 km ... $10,800
94 DODGE GRAN SOLD AN
AWD, very clean $9,995
94 CHRYSLER INTREPID,
4 dr., loaded, great price $8,995
93 PONTIAC SUNBIRD
4 dr., auto, easy payments $4,995
93 FORD RANGER XL,
5 spd., great on gas $6,995
92 LINCOLN CONTINENTAL, loaded,
leather, very clean 105,000 km $8,995
91 CHEVROLET CAPRICE
4 dr., loaded, red, 117,000 km $8,995
89 JEEP YJ
soft top, very clean, red, 6 cyl $5,995

FITZGERALD MOTORS LTD.



125 Cornwall Centre Rd., Cornwall
932-4514
~~~~~~~~~~~~~~~~~~~~~~~~~

02 - APARTMENTS FOR RENT

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

APARTMENTS

328-A Carleton St., 2 bdrm., upstrs, 400 incl.
2nd St. W., 2 bdrm, apli., storage, 528 incl.
Cumberland, duplex, 2 bdrms, upst, 500 incl.
Fennell Cres., 2 bdrm. upst., appli., 550 +
Long Sault, 2 bdrm, apli., 470 +
Grand Ave., 1 bdrm., apl., upst., 400 incl.
3rd. St. W. 1 bdrm., hdwd. flr., fr. pl., 525 incl.
Carleton, 2-1 bdrm., main flor, & upstr., apli, 360 incl.
16-A Baldwin, bachelor, apli, main fl. 350 incl.
4th St. W. 2 bdrm., main fl., apli., 425+
7th St. E. 1 bdrm. triplex, basement, 415 incl.
517 York, 2 bdrm., duplex, main floor, 600 incl.
208-210 14th St., 3 bdrms., upst. 595 +

APT BUILDING

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

805 MARLBOROUGH ST. N.

1 bdrm., util. & appli. incl. 525
2 bdrm., util. & appli. incl. 575
Studio, util. & appl. incl. 360

HOMES

Augustus, 2 lg semis 3 brm, 1200 sqf, reno. 650 +
1209 Notre Dame, 2 bdrm, parking, yard, 550 +
110 Park, 3 bdrm., bungalow, parking, yard 700 incl
141 Glen Oaks, 3 bdrm bung., parking, yard 775 +

ROOMS

110 Park St, 3 rooms, apli, yard 280 incl.

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

TWO 2-BDRM APTS, 404 Bedford, newly renovated, very clean. Also, 1 large bdrm apt, 4 Lennox Lane, washer/dryer hook-ups, newly renovated. All available immediately. 347-2863.

334 ELEVENTH ST. E. Available immediately. 2 bdrm apt. Fridge, stove, washer/dryer hook-ups, parking, basement storage, fenced-in backyard. $360/mth, pay own utilities. Call 936-9120.

AVAILABLE IMMEDIATELY. Cornwall. Clean main floor 2 bdrm apt. Large enclosed porch, washer/dryer hook-ups, basement, parking. $375/mth, plus utilities. Call 534-8390.

INGLESIDE, 1 BDRM apt, utilities included, available immediately, $420/mth. 2 bdrm apt, utilities included, available April 1st, $470/mth. Fridge & stove, parking. Close to shopping centre. 347-3247.

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

AVAILABLE MARCH 1ST, 3 bdrm upstairs apt. Heated, washer/dryer hook-ups & basement storage, large yard. $450/mth. 938-7681.

311A THIRD ST. WEST. Available April 1st. 1 bdrm ground level apt. Very attractive. Quiet area. Parking, garage, basement, yard. $372/mth, plus utilities. Call 534-2723.

209 CARLETON. 2 bdrm upstairs apt. Quiet person preferred. $460/mth; utilities included. First month free. Call 938-3542.

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

NEAR BROOKDALE MALL. Very clean & quiet room with private full kitchen & washroom. Furnished, utilities included. Quiet gentleman preferred. For details, call 932-0518, evenings.

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

2 BDRM APT, Jobin Ave. $585/mth, incl. utilities & cable. 2 bdrm apt, Riverside Heights near Morrisburg, $540/mth, incl. utilities. 3 bdrm apt, Williamsburg, $575/mth, incl. utilities. 543-3604.

ROCKLAND, ONT. Bachelor upstairs apt. Fridge, stove, heat & electricity included. $375/mth. Available April 1st. Call 527-1986.

AVAILABLE IMMEDIATELY, 1 & 2 bdrm apts at 111 Sydney St. Also, 2 bdrm apt, duplex at 302-7th St. E. Call 534-2958.

AVAILABLE MARCH 1ST. 2 bdrm apt. 3-pce bath, double livingroom, kitchen, washer/dryer hook-ups. Parking, backyard. No pets. $560/mth, utilities included. 539A Amelia. 931-2635.

5 ARTICLES FOR SALE

53 ft. DOUBLE AXLE flat bed trailer with straps & tarp, $6,000. as is. Rebuilt 350 Chev engine, 40 over, with new headers, $2,500. Call Gaetan 938-0211.

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

ASTHMA INHALER USERS
check out our website at:
www.theazmate.com
or call for a FREE brochure at
1-877-353-3121

KING BED, pillow top mattress, box & frame. Never used, still in plastic. Cost: $1,500. Sacrifice $700. Can deliver. Call 613-762-7504.

We Need Good Quality Couch Sets & Table Sets
GERARD'S USED FURNITURE
936-9300
427 4th St. W.

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

175/70 R13 STEEL BELTED Radial tires on rims. 4 ea. Less than 5,000 km of use. All for $200. Call 938-1083.

ARTICLES WANTED

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

$15 CDs $10 TAPES
"Sweet Memories"
Centennial Choir of Cornwall
To Order, Please Call:
KAB Boutique 938-8840
or Mike Pearson 933-0293



9 FARMERS MARKETS

DRY FIREWOOD. Maple Birch, Ash, for sale. Split and Delivered. Also Pine and Cedar Lumber, Hardwood Flooring. Robertson's Sawmill, Martintown. Call 528-4262.

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

OATS FOR FEED, $8. /100 lbs., Cleaned for seed $10.60 /100 lbs. Oat straw $1.25 /bale. Hay $2.20 to $2.35 /bale. Darrin Laplante, 931-3191.

FACTORY DIRECT
ATTENTION
CONTRACTORS; LANDLORDS
Denalt Paint at Wholesale Prices
Latex Primer $49.95



18.9 L
TRI-TECH INDUSTRIAL COATINGS
8 Sixth St. E. 936-1983

10 CRAFTS

CALLING ALL CRAFTERS - If you need patterns cut out for tole painting & more, call 932-6093, ask for Steve.

AUCTIONS

HOUSE SALE
Maurice & Laurette Hebert
2259 Pitt Street North
Eamer's Corners, Ontario
Tues., Feb. 23 & Wed., Feb. 24
8:30 a.m. - 5:00 p.m.

Matching sofa & love seat (2 yrs. old); Lazy Boy recliner; Lazy Boy love seat recliner; nesting table; end tables; coffee table; round pedestal table; lamps; round maple dining table & 4 chairs; day bed (2 yrs. old); 19" Hitachi T.V.; VCR & wall unit; Sony stereo with receiver; double cassette player 5 disc. C.D. player; stereo cabinet; C.D. floor lamp; deacon's bench; cannonball bed with rolling pin ends, dresser, end table & armoire; single bed with box spring & mattress; queen size bed with box spring & mattress; dressers & chest of drawers; dishes; glassware; small kitchen appliances; Inglis stove; fridge; Kenmore washer & dryer; G.E. microwave & cabinet; dehumidifier; Electrolux rug shampooer; power tools; Workmate; 18 speed bicycle; wooden lawn swing; 7'-1/2" portable bar; cook books; photography books; 18 sp. bicycle.

Terms: Cash or Acceptable Cheque

FLORA GRANT DUMOUCHEL
AUCTION SERVICES
Ingleside, Ontario 613-537-2925
www.theauctionfever.com

REAL ESTATE AUCTION
369 Montreal Road
Montreal Rd. & McConnell Avenue
Saturday, February 27 • 1 p.m.
Plan 16PT Lot 85

1 bedroom home, finished basement with storage, air conditioning, alarm system, elec. heat, 2 car parking; low min. bid $31,500. - estimated current value $48,500.

TERMS: 10% down and balance on closing.
Proceeds go to Paradox Innovations Recovery Programme Inc.
- Recovery for Alcoholics & Substance Abuse

FLORA GRANT DUMOUCHEL
AUCTION SERVICES
Ingleside, Ontario 613-537-2925
www.theauctionfever.com

AUCTION SALE
Sunday Feb. 21st
1:00 pm
RAY SMITH SALES HALL
Crysler Ont.
To consign
613-346-5483



BUSINESS CARD DIRECTORY

TO PLACE YOUR AD CALL 933-0014

SAFE & SECURE HEATING Ltd.
ONTARIO CERTIFIED SERVICE TECHNICIAN
Furnace (Oil & Gas), Fireplace
Free Estimates ~ Bilingual Service
Call Paul "Mr. Furnace"
528-4944

COUPON



John D'Amours
3 Carpets or Couch & Chair Cleaned
$59.99
938-8888
A BETTER WORLD

CORNWALL SPRING
Class "A" Mechanic — Class "A" Mechanic
SUSPENSION & TRUCK MAINTENANCE
TRUCKS, PICK-UPS, CARS, TRAILERS
NEW & USED TIRES
24 Hour Road Service & Welding
Tel: (613) 932-7977 Cell: 937-7724
1120 Headline Road East

SNOW
• PLOWING • REMOVAL
• PARKING LOTS
• DRIVEWAYS
R. S. & SON ENTERPRISE
Bus: 930-9622 Res: 937-3070

Shadows Photo Studio & Gallery
Wedding • Portraits • Commercial
Custom Laminating
Aubrey Johnson
Photographic Artist
812 Pitt St., Unit 29, Cornwall
Tel.: 936-9456 Fax: 347-7360

YVAN'S
Residential Maintenance
Appliance & Home Repairs, Electrical and Plumbing Needs, and Carpentry Work
"No Job Is Too Small"
Serving Cornwall & Surrounding Area
Tel: (613) 534-8101

BRENT WALKER
REPAIR SERVICES
• *Heating* • *Cooling*
• *Ventilation*
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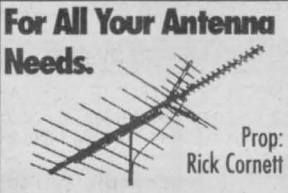

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SEEING IS BELIEVING
SW mom, 37, blonde, with brown eyes, have been told she's attractive, is hardworking, honest, emotionally stable, is seeking an honest, trustworthy, mature, SWM, 35-40. Her hobbies are crafts, reading, gardening and watching movies.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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

THE VOTES ARE IN!

In Search of.... CANADA'S GREATEST KISSER!

The Search is over.! "Melina" is our Winner!



"Lia" "Melina" "Sandra"

Hey Guys! Thanks for all of your help, and remember if Melina picks your ad - you win too!

LADIES: Now that we have all your lip print entries, our judges are beginning the selection process. We will choose 3 of the best lips from all entries received by January 31, 1999. These lips will then be displayed in all our dating columns across Canada. Single men will then cast their votes as to which pair of lips represents **Canada's Greatest Kisser**. If your lips are chosen you **Win An All Expense Paid Weekend to Anywhere in Canada**, and get to meet the man of your choice from our national database of single men. We will then fly you to that city to meet him. Your **All Expense Paid Weekend** includes: **Roundtrip Airfare, Hotel Accommodations** and **$250.00 Cash*** (or a **$500.00 Cash Bonus** if you have placed a free ad in our system). **AND GUYS: Get ready -** You have the pleasant task of choosing the winner from the lip print finalists. Remember, we will publish those three sets of lips in this column within the next few days. Voting procedures will be published in this column too. And, if Canada's Greatest Kisser chooses your personal ad you win **$250.00**. So place your **FREE** personal ad today.

A SWEET MELODY OF LOVE
SWF, 18, 5'6", 160lbs., brown hair/eyes, fun-loving, open-minded personality, with a great sense of humor, she enjoys bars, music and spending time with someone, is seeking a smart, honest, SM, 18-28. Ad#: 1699

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

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

ONE STEP AT A TIME
Physically fit, bubbly. professional. SW mom, 41, 5'2", 150lbs., who likes long walks with her dog, horseback riding, spending time with her daughter, is seeking an honest, caring, D/SWM, 38-43, who is a N/S. Ad#: 7073

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

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

GET TO KNOW ME
SWF, 55, 5'5", 135lbs., with brown hair and hazel eyes, non-smoker, non-drinker, who likes being sociable, quiet times at home, dancing, camping, and more, seeking an independent, sincere, trustworthy, mature, SM, over 50. Ad#: 1407

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

WHERE'S MY ROMEO?
Your looking for a special kind of gal, like maybe this outgoing SW mom, 35, 5'1", 106lbs. She's interested in meeting a SWM, 34-38, who enjoys sports, good conversation and spending quality time with family and friends. Ad#: 8720

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

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

Males Seeking Females

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

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

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

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

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

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

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

ALLURING PERSONALITY
You'll like this spontaneous SWM, 37, 5'6", 160lbs., with salt/pepper hair, and blue eyes, a smoker, who enjoys biking, billiards, cards and movies. He's seeking a down-to-earth, honest, SWF, 28-38, with a great smile. No games. Ad#: 7333

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FINE & DANDY
Shy, out-spoken, student, SWM, 29, smoker, 5'7", 130lbs, with brown hair and eyes, enjoys riding bicycle, rebuilding computers, playing with his son, and reading. He is seeking an honest, caring, loving, truthful, SWF, 18-35. Ad#: 1052

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

Females Seeking Females

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

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

I SHOULD HAVE TOLD YOU
Nice looking, full-figured, SWF, 23, is out-going, very easy to get along with, likes cooking, long walks, swimming and talking for hour, is seeking a clean, open-minded, pretty, SF, over 25. Ad#: 2180

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

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

FOCUS HERE
Cute, outgoing, SWF, 21, 5'6", with brown hair/eyes, who likes reading, writing and going out with friends, is looking for an honest, sincere, SWF, 19-24, for a serious relationship. Ad#: 5179

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

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

Males Seeking Males

SLEEPLESS NIGHTS
Outgoing, self-employed, SWM, 26, N/S, 6'2", 195lbs, with brown hair, blue eyes, enjoys woodworking and downhill skiing. He'd like to meet an honest, fun-loving, SM, 18-30. Ad#: 3424

HAPPY
Employed, SWM, 25, 220lbs., tall, with brown hair/eyes, who likes woodworking and much more, is seeking an honest, SM, 18-35, to get to know. Ad#: 9630 .

HOPES & DREAMS
Be true to me, I'm an honest and sincere, SWM, 22, 5'10", 150lbs., who enjoys a wide variety of interests. I'm interested in meeting a SM, 19-27, for a possible relationship. Ad#: 3307

LOVE IN FULL BLOOM
Set the mood for this friendly and honest SWM, 36, 5'8", 175lbs., who enjoys bowling, good conversation and meeting new and exciting people, by giving him a call. He would like to chat, with a SWM, 25-40, who's ready to build a foundation. Ad#: 1154

BE MY HERO
Easygoing, self-employed SWM, 32, 5'6", smoker, non-drinker, who likes sports, is in search of an honest, shy, easy going SM, 19-35, who believes in confidentiality. Ad#: 2793

IN A STYLISH KIND OF WAY
Friendly, out-going, SW father, 40, 5'11', 160lbs., in good shape, smoker, social drinker, enjoys many hobbies, seeking an honest, trustworthy, clean, SWM, 25-50. Ad#: 5361

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Our database does the work for you! We start searching for your suitable system matches immediately after you place your ad.

SMART CALLBACK
We'll let you know when you have new messages! Just sit back and wait for a phone call. Upon creating your mailbox, leave us the number where you can be reached and the most convenient time to reach you. We'll do the rest.

CONFIDENTIAL!
We know you would rather not discuss your personal life with a complete stranger! Auto Ad allows you to use your touch tone phone to answer questions about yourself and your ideal mate. You record a greeting and we turn it into a print ad. No live operators and no waiting!

SMART BROWSE
If you do not wish to listen to all the ads within your specified range, take advantage of this unique feature. You tell us what it is you're looking for in a mate: age, race, sex, lifestyle habits, and you'll hear only those ads that fit your criteria.

PROFILE MATCH
We're looking out for you! We wouldn't want you to miss out on the love of a lifetime. When you respond to a specific voice personal ad, we give you the option of hearing up to 3 more voice greetings which are similar in content to the ad you are responding to.

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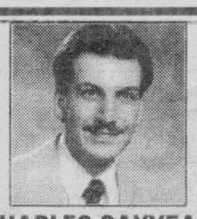

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MONIQUE WILLIAMS
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GINETTE CAMPBELL
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RENE LORTIE
Assoc. Broker 933-9553



JUDI AUGER
Sales Rep. 931-3293



TODD THOMPSON
Sales Rep. 938-0640



SHERRY McCULLOUGH
Sales Rep. 937-0891



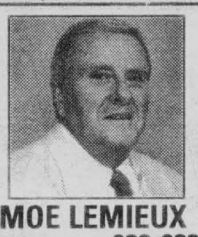
ERIC PEDERSEN
Broker 938-9690



JACK ROY
Sales Rep. 931-1290



MIKE DeBOER
Broker 938-7802



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Sales Rep. 932-9386



MICHAEL VANDER MEER
Assoc. Broker 534-2950

WE HAVE THE KEY TO YOUR NEW HOME!



3333 CADEB $74,900
(A-MLS 0445) If you're looking for a 3 bdrm. townhouse in move in condition, call on this one!
DIANE BENOIT 930-4880



$91,900
(A-MLS 0629) 3 bdrm. brick bung., detached garage
DIANE BENOIT 930-4880

WE HAVE THE KEY TO YOUR NEW HOME!

NEW LISTING



31 SMITH $49,900
(A-MLS 0661) Don't wait to view this 1-1/2 storey, 3 bdrm., large kit, dining & living rm.
DIANE BENOIT 930-4880



37-A LEFEBVRE NEW PRICE ... $79,900
(A-MLS 0528) Duplex, good income property; full lot, dbl. paved parking, garage
CHARLES SAYYEAU 933-1558



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

Call Us Today For A Complete Listing of Homes For Sale In The Area



357-357A ALICE $99,900
(A-MLS 0594) High profile confectionary store in densely populated area with 1438 sq. ft. & 3 bdrms.
MAURICE DROUIN 933-6146

NEW LISTING



19760 HWY 18 $159,800 WEST OF ST. RAPHAELS
(J-MLS 0663) 113.8 ac multi-purpose farm with fodder silo & grain metal bin. Stable height is 9'
MAURICE DROUIN 933-6146

NEW LISTING



A MONEY MAKER $94,900
(A-MLS 0653)
Don't miss out on this one!
MONIQUE WILLIAMS 932-7196

NEW LISTING



GREAT INVESTMENT OPPORTUNITY $89,900
(A-MLS 0654) Call to View
MONIQUE WILLIAMS 932-7196

NEW LISTING



GREEN VALLEY
(G-MLS 0664) Beautiful hilltop setting, immaculate 2 bdrm. bung., 1.56 ac., extensively renovated in '95. Don't Miss Out! CALL ASAP
MONIQUE WILLIAMS 932-7196



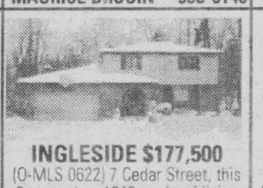
752 GLENGARRY BLVD NEW PRICE ... $64,000
(A-MLS 0557) Super clean 3 bdrm. townhouse in beautiful condition. Many updates & renovations
GINETTE CAMPBELL 932-1609



Hughie Munro St., Apple Hill $69,900
(I-MLS 0374) Excellent all brick 2-storey home, hdwd. firs., oak cpbds., large lot & more
GINETTE CAMPBELL 932-1609



328-330 PRINCE ARTHUR $74,000
(A-MLS 0307) Come view this immaculately clean dbl. tenement with excellent income. Why pay rent when you can own?
GINETTE CAMPBELL 932-1609



INGLESIDE $177,500
(O-MLS 0622) 7 Cedar Street, this 2-storey has 1940 sq. ft. of living space, dbl. att. garage, 4 bdrms., frpl., C/A
RENE LORTIE 933-9553



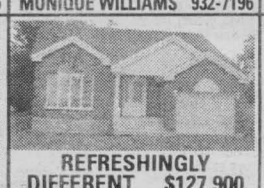
310 CLARKE AVE. $74,900
(A-MLS 0475) On Quiet avenue, 2+2 bdrm. semi-det., walking distance to downtown, 4 & 3 pc. baths
RENE LORTIE 933-9553

Your property could be advertised right here!

X



OWN IT FOR $440/MTH.
(A-MLS 0570) All taxes included, need $4,000 down payment
JUDI AUGER 931-3293



REFRESHINGLY DIFFERENT $127,900
(M-MLS 0435) Brand new open concept home. 2 bathrooms, rec room & plenty of windows
JUDI AUGER 931-3293



BE THE FIRST
(A-MLS 0343) ... to live in this 3 bdrm., quality finished home, bright, spacious, 2 baths, **$88,900**
JUDI AUGER 931-3293



FOR THOSE WHO VALUE EXCELLENCE!
(A-MLS 0472) Call for your exclusive preview! Words can't describe
JUDI AUGER 931-3293



BEST KEPT SECRET
(A-MLS 0440) Totally updated, you'll love the kitchen, fin. bsmt., 2 garages & opportunity for an income to boot!
JUDI AUGER 931-3293

NEW LISTING



GREAT VALUE!
(O-MLS 0665) Clean home with very functional floor plan, entrances to both kit. & bsmt. from garage & sunroom, fireplace & much more
JUDI AUGER 931-3293



REDUCED $169,900
(L-MLS 0115) Beautiful log home in Avonmore
TODD THOMPSON 938-0640



127 MARLBOROUGH $74,900
(A-MLS 0273) 2000 sq. ft. home w/fin. bsmt., original woodwork, hdwd. firs., gas heat & frpl, interior in mint condition, A Must See!
TODD THOMPSON 938-0640

NEW PRICE ... $64,900 CONVENIENCE STORE
(A-MLS 0366) includes 1 bdrm. apt., 1695 sq. ft., lots included
TODD THOMPSON 938-0640



109 6th ST. W. $64,900
(A-MLS 0590) Extensively renovated 3 bdrm. home on quiet street., with 5% down, mtg. payment of only $474/mth
TODD THOMPSON 938-0640

SOLD



1308 PRINCESS ST. RIVERDALE $69,900
(A-MLS 0632) Paint & Putter! A Fixer Upper!
SHERRY McCULLOUGH 937-0891



333 ANGELA CRES. $85,900
(A-MLS 0606) 3+1 bdrm. semi-det., F.A.G., central air, shows beautifully
SHERRY McCULLOUGH 937-0891

Your property could be advertised right here!

X

END UNIT TOWNHOUSE $63,900
(A-MLS 0587) Fenced yard, satellite dish & system. Wow!! A Great Start!
SHERRY McCULLOUGH 937-0891

1708 DOVER ROAD
(A-MLS 0636) 2-storey, 4+1 bdrms., 3 baths, hdwd. firs., gas frpl, C/A, beautifully decorated
SHERRY McCULLOUGH 937-0891

CENTRAL $53,900
(A-MLS 0644) Close to all amenities, large fenced yard, new windows, mthly payments $384.66
ERIC PEDERSEN 938-9690

SUSAN ST., RIVERDALE $84,900
(A-MLS 0628) 3 bdrm. bung., gas heat, gas frpl., some hdwd firs., rec rm, 58'x130'lot
ERIC PEDERSEN 938-9690

ST. ANDREWS RD. $83,500
(M-MLS 0520) 3 bdrm. bung., 2 baths, city water, lot 75'x200', garage 20'x34'
ERIC PEDERSEN 938-9690

SUMMERSTOWN $83,900
(J-MLS 0649) Brick bung., main flr. laundry rm, hardwood. floors, dining area, fireplace
ERIC PEDERSEN 938-9690

ST. ANDREW'S $69,900
(M-MLS 0483) Fully renovated, move-in cond., new detached garage 16'x24'
ERIC PEDERSEN 938-9690

SUMMERSTOWN $199,000
(J-MLS 0418) Exec. home, 2350 sq. ft., located on hilltop lot 150'x300', many extras
ERIC PEDERSEN 938-9690

GREAT VALUE $106,000
(A-MLS 0480) A-1 condition, 1675 sq. ft. split level, att. garage, C/A & C/V, new furnace, fireplace
ERIC PEDERSEN 938-9690

NEW LISTING

$133,500
(A-MLS 0641) 6 year old raised bung., att. garage, rec rm, 2 baths
ERIC PEDERSEN 938-9690

SUMMERSTOWN REDUCED ... $69,900
(J-MLS 0491) Completely renov., nice view of St. Lawrence w/river access. A Must See!!
JACK ROY 931-1290

Call Us Today For A Complete Listing of Homes For Sale In The Area

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

$195,000
(A-MLS 0538) Executive style home on popular east end crescent. Spacious & gracious. 3100 sq.ft. in-law suite
JACK ROY 931-1290

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

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

NEW LISTING

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

NEW LISTING

DUPLEX
(A-MLS 0645) Excellent starter home, central location, across from children's park, many update, tenant would help pay off mortgage
JACK ROY 931-1290

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

REDUCED $94,900
(O-MLS 0558) North of Ingleside on paved rd., lovely raised bung. with patio drs to large deck & 2.5 ac. lot. Only 2 years old.
MIKE DeBOER 938-7802

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

NEW LISTING

COUNTRY CHARM IN THE CITY $89,000 3231 ROSS AVE.
(A-MLS 0603) Spacious, well-maintained, 3 bdrm. bung. in quiet area, lg. corner lot 85'x114'
MOE LEMIEUX 932-9386

2012 PITT $104,500
(A-MLS 0493) 2-storey home w/1500 sq. ft. recent sunroom w/gas stove. Nice huge lot 107'x803'. Possibility of severance
MOE LEMIEUX 932-9386

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

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

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

DOUBLE TENEMENT $95,000
(A-MLS 0469) Great centretown location. 2-2 bdrms., large lot
MIKE VANDERMEER 534-2950

COUNTRY $86,900
(M-MLS 0494) 3 bdrm. bung., full front verandah, dbl. car garage, heat pump & oil heat
MIKE VANDERMEER 534-2950

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

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

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

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

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

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

NEW LISTING

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

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13 AUTOS FOR SALE

1988 SUPER CONVERSION Chev Van. 305 EFI. Exc. cond. Loaded, 4 capt. chairs & take down bed. Never winter driven. Low mileage. $9,200. or B.O. Call Mon-Fri, 936-2758.

1993 EAGLE VISION, private. 4-dr, power steering, power windows, power locks, power trunk, dual air bags, 16" wheels, AM/FM cassette, remote starter. 93,000 km. Best offer. 933-9854 evenings or 937-2745 daytime.

1991 EXCEL CXL, 4-dr, 5-spd, 116,000 km. Black. Very good cond. Very clean, $2,200. safetied. Gerard Poirier Auto Sales. New location: 2 km east of Alexandria on Lochiel Road towards Glen Robertson. 525-1656 or after hours 874-2440.

1992 PONTIAC GRAND PRIX, air, auto, 77,000 km, $6,200. safetied. Call after 5pm, 938-1029.

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

1997 SUNFIRE, 4-dr, auto, CD, air, 35,000 km. Lady driven, non-smoker. Balance of GM Warranty. Take over low lease payment $295/mth. Lease expires Sept. 2000 with option to buy. Call after 5pm, 938-1029.

18 BUSINESS OPPOR.

ICE CREAM SHOPPE - Fully equipped. Excellent profit margin. Ideal location. Unlimited potential for a motivated entrepreneur. Call before 6:00 pm, 933-4084 or 937-3900, leave message.

21 HELP WANTED

EARN $200.,$300.,$500. or more per week, assembling product in the comfort of your own home. Send self-addressed stamped enveloppe to: O.P.H., 6-2400 Dundas St. West, Suite 541, Ref. 671, Mississauga, Ont. L5K 2R8.

WE ARE LOOKING FOR key people to expand our Financial Services business in this area. Experience not necessary. We will Train. For an interview, call Micheline Lalonde 931-3124.

JOCUS EDUCATIONAL TOYS - Canadian Company needs Consultants. Supplement your family income selling 350+ quality affordable toys, games, crafts...through home parties, fundraisers, catalogue & corporate sales. New spring catalogue means busy season ahead. Call 1-800-361-4587, ext. 9496.

23 HOME SERVICES

J.R. RESTORATION, Roofing, chimneys/repairs, brickwork, framing, door & windows, ceramic tiling, carpentry, siding, painting. For all your renovation needs. Also, roof snow removal. Call J.R. 613-938-7742.

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

The PERFECT HANDYMAN - Roofing, siding, drywall, tin roofs, decks, sheds, garages, renovations or new building...we do it all. Free estimates & work guaranteed. Call Robert 525-2197.

HANDI LADIES WORK FOR YOU. 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. Save it.

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

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

28 TRAILERS/ CAMPERS

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

29 CAMPGROUNDS

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

34 HOUSES FOR RENT

2 BDRM HOUSE, large lot. $450/mth. Country setting. Available May 1st. Call 538-2840.

AVAILABLE MARCH 1ST, 2 bdrm house. East end. Gas heat. $500/mth, no utilities. First & last req'd. Call 933-7625.

AVAILABLE MAY 1ST - 3 bdrm semi. View of St.Lawrence River. 5 mins from NavCanada & Glen-Stor-Dun Lodge. Garage, deck, new windows. $655/mth, plus utilities. 938-7095.

2 BDRM HOUSE, with garage. Available immediately. 400 Walton St. $525/mth, pay own utilities. Oil heated. No pets. Call between 5-8pm, 938-6552.

3 BDRM HOUSE, near Cornwall. Available March 1st. Finished recroom with bar, large workshop. Washer & dryer included. $650/mth. Call 1-888-356-4010.

21 - HELP WANTED

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- **Master PLUMBER ($20.00/hour)**

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35 HOUSES FOR SALE

PRIVATE SALE, 1211 Queen St. Riverdale. Maintenance free 3 bdrm bungalow with carport. Must see at $87,900. Call 932-6195.

326 BELMONT. Immediate possession. 2 bdrms, private parking. $44,500. Special terms. $1,000. cashback to qualified buyer with 5% down-payment. Call Latreille Real Estate Inc., 938-3800.

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UPPER CANADA MORTGAGE
930-2592

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

37 HOUSES WANTED TO RENT

PROFESSIONAL COUPLE looking to rent house for May 1st. No dependants, no pets. Preferably with gas heat; garage. Very responsible & quiet. Please call 932-7060 or 938-5434.

40 SUMMER PROPERTIES

RENTAL COTTAGE WANTED. Cottage with hydro & phone for May to August 31st. Summerstown, Hamilton's Island or Long Sault. Call Glenn collect at 905-336-4952.

41INCOME PROPERTIES

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

42 LOTS/ LAND

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

51 SNOWMOBILES

FOR SALE: 2 Snow Cruisers, 1 cyl. motor, $150. each. 1 - 1976 Elan 300, twin slide suspension, $600. Call Marcel 525-3092.

57 DJ'S

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

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QUARTER TON'O'FUN D.J.'s. Music for all occasions. Over 20 years experience. Reasonable rates. We are the Music Heavyweights. Andre: 938-6252.

58 WEDDING PRODUCTS

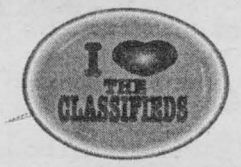
CATHARINE'S WEDDING CREATIONS. Invitations & stag tickets, bouquets. Rentals - artificial cakes, arches, wishing wells & more. Catharine, 937-3521, Wedding Co-ordinator. The Wedding Specialist Group.

61 MUSICAL EQUIP.

MICROPHONE STAND. Extends to 66" high. Call 525-3349.

68 CARTING/MOVING /STORAGE

U-DO-IT STORAGE. Save money on heated storage by renting a room & handling your own goods. A division of St. John's Transfer, 950 Boundary Road. 933-1495.



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71 HALL RENTALS

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

74 LOST & FOUND

WOODEN PLYWOOD TOOLBOX found on Tuesday, Feb. 9th at 401 overpass on Boundary Road. Approx. 4 ft. long X 15" square with padlock. Call 347-2467.

76 PET LIVESTOCKS

DALMATION PUP, 9 mths old. Guaranteed. Registered. Excellent temperment. Trained. Call 938-2103.

WANTED TO PURCHASE from private dealer. Small female puppy, any colour except pure white. Call 938-6194.

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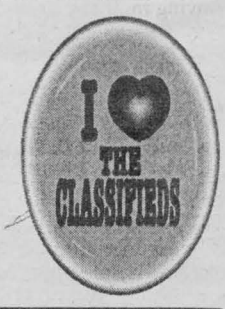

IN MEMORIUM

LALONDE

In loving memory of a dear mother
Laurenza
who passed away February 20th, 1987

"Your memory is as dear today
As it was in the hour you passed away."

Loved always by daughter Aline & family

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The Employment and Education Resource Centre has a Program called **JOB CONNECT** for you!!

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Employment and Education Resource Centre of Cornwall and District Inc.
144 Pitt Street, Cornwall

Ontario Job Connect is funded by the government of Ontario

NOTICES

Akwesasne Area Management Board

Invitation for Proposals for Data Base Programming

The Akwesasne Area Management Board is a non-profit, non-share capital corporation. We deliver programs and services for Human Resource Development Canada and operate with a administration and program budget.

The Akwesasne Area Management Board (AAMB) is inviting proposals from individuals/organizations to update and/or improve our client/employer data base. Our data base was programmed using the Alpha 4 software. The AAMB is interested in converting this data base to Microsoft Access '97.

Additional verbal information can be provided but it is essential to our organization to maintain the confidentiality of our clients/employers. Please call the office if you which to make an appointment.

Proposals will only be accepted if received by Friday, February 26, 1999 at 4:00 p.m.

Our mailing address is:
Akwesasne Area Management Board
P.O. Box 965, Cornwall, ON K6H 5V1
Our location address is:
Akwesasne Area Management Board
Third Street North (next to G&L Service Center)
St. Regis, PQ
Telephone: (613) 575-2626 - Fax: (613) 575-2863

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Obituaries

BOURBONNAIS - Pauline Eva

Passed away at the Ottawa Civic Hospital, Ottawa, on Tuesday, December 1st, 1998.

Pauline Eva Bourbonnais, age 58 years, born in Cornwall, of 1229 Cumberland Street, Cornwall.

Dear daughter of the late Raoul Prevost and the late Marie-Rose Champagne.

Dear friend of Ron Shaver.

Loving mother of Denis Bourbonnais (Lorette) of Limoges; Jean Bourbonnais (Victoria) and Paul Bourbonnais (Julie), both of Cornwall; Johanne (Mrs. Gilles Sabourin) of Crysler and Diane Richer (Rick) of Cornwall.

Loving grandmother of eighteen grandchildren, Stephane, Chantal, Jocelyn, Guy, Robert, Michael, Mikey, Denis Jr., Emmanuelle, Christopher, Brittney, Jenna, Catherine, Mathieu, P.J., Casey, Jordan and Cassie.

Dear sister of Romeo Prevost (Adele), Cecile (Mrs. George Mason), Irene (Mrs. Thomas Fetterley), Lena (Mrs. Conrad Daigle), Grace (Mrs. Edward Martin), Edna (Mrs. Albert Evans), Agnes (Mrs. Raymond Lanthier) and Josee (Mrs. Leonard Lamarche), all of Cornwall and Yvonne Larose (Mrs. George Green) of Alexandria.

Also survived by her sister-in-law, Mrs. Eunice Prevost and her former husband, Zoel Bourbonnais.

Predeceased by one brother, Victor Prevost and by one brother-in-law, Oscar Larose.

The funeral took place on Saturday, December 5th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to Ste. Therese de Lisieux Church, followed by cremation at the South Branch Crematorium. Reverend Denis Vaillancourt of Ste. Therese de Lisieux Church officiated.

The pallbearers were Jean Guy Lamarche, Mike Evans, Peter Prevost, Rolland Prevost, Jacques Lanthier and Andre Martin.

FILION - Albert Joseph

Mr. Albert Filion of Cornwall passed away at the Hotel Dieu Hospital on Saturday, December 5th, 1998, age 88 years.

Dear husband of the late Isobel Katherine Filion.

Loved father of Donald Filion of Apple Hill.

Dear brother of Alice Cadieux of Winnipeg.

Sadly missed by his two granddaughters, Danielle and Michelle Filion and by four nephews.

Predeceased by his parents, Hilaire Filion and Mary Jane Richard; brothers, Bernard, Donat, Ernest, Aime and Edmund and by one sister, Yvonne Dancause.

The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Bernard Cameron, assisted by Reverend Mr. Carmen Fraser in St. Anthony's Roman Catholic Church, Apple Hill on Tuesday, December 8th, 1998. Rite of Committal followed in St. Anthony's Parish Cemetery, Apple Hill.

The pallbearers were Larry Wheeler, John Hugh Munro, Brian Benton, Barry Benton, Raymond McDonald and Gerry McGillis.

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

ROY - Patricia Viola

Passed away at her residence on Sunday, December 6th, 1998.

Patricia Viola Roy, age 60 years, born in Cornwall of 1727 Branch Drive, Cornwall.

Dear daughter of the late Clovis Roy Sr. and the late Viola Primeau.

Survived by her former husband, Kenneth Dumont Sr.

Loving mother of Robyn Dumont, at home; Christopher Dumont of Toronto; Kimberly (Kim) (Mrs. Bruce Hurley) of St. Andrew's West; Tanya Dumont, at home and Vanessa Dumont of Vancouver, British Columbia.

Loving grandmother of Andrea and Cassandra Hurley.

Dear sister of Gerald Roy (Doreen), Philip Roy (Janet) and Laurier Roy (Claire), all of Cornwall; Maurice Roy (Lise) of Vaudreuil, Quebec; Clovis Roy (Trudy) of Georgetown, Ontario; Denis Roy (Sophia) of Gananoque; Denise (Mrs. Jack Hooker) of Long Sault and Isabelle Evans (Mel) of R.R. #1 Williamstown.

Also survived by many nieces and nephews.

Predeceased by one son, Kenneth Dumont Jr. and by one sister, Viola Roy.

The funeral took place on Thursday, December 10th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Peter's Church. Interment at St. Lawrence Valley Union Cemetery. Reverend George Maloney of St. Peter's Church officiated, assisted by Reverend Mr. Gordon Bryan, Archdeacon.

The pallbearers were Laurier, Gerald, Maurice, Clovis, Denis and Philip Roy.

DUMONT JR. - Kenneth Clovis

Passed away at his residence on Sunday, December 6th, 1998.

Mr. Kenneth Clovis Dumont Jr., age 37 years, born in Cornwall, of 1727 Branch Drive, Cornwall.

Beloved son of Kenneth Dumont Sr. and the late Patricia Roy.

Dear brother of Robyn Dumont, at home; Christopher Dumont of Toronto; Kimberly (Kim) (Mrs. Bruce Hurley) of St. Andrew's West; Tanya Dumont, at home and Vanessa Dumont of Vancouver, British Columbia.

Dear uncle of Andrea and Cassandra Hurley.

Also survived by many aunts, uncles and cousins.

The funeral took place from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Peter's Church, followed by cremation at the South Branch Crematorium. Reverend George Maloney of St. Peter's Church officiated, assisted by Reverend Mr. Gordon Bryan, Archdeacon.

The pallbearers were Matthew Evans, Gary Roy, Stephan Roy, Danny Roy, David Kinnear and Keith Bertrim.

MILLWARD - Phyllis Beverly

Mrs. Phyllis Millward of Cornwall passed away at the Hotel Dieu Hospital on Monday, December 7th, 1998, age 67 years.

Loved wife of Harold Millward.

Dear mother of Wayne Millward (friend of Gladys), Terry Millward (Pat), Beverly Millward-Longtin and Tammy Atkins (Foster), all of Cornwall.

Sadly missed by five grandchildren and two great grandchildren.

Dear sister of Gordon Sly of Toronto; Lloyd Cummings, Dorothy Lanois of Garson, Ontario and Hilda Carriere of Edmonton.

Predeceased by her parents, Charles Sly and Alvica Lalonde; her brother, Hartley Sly and her sister, Amber Kalosa.

Funeral services were held in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall on Thursday, December 10th, 1998. Reverend Roy Babstock of Knox-St. Paul's United Church officiated. Interment took place in St. Lawrence Valley Union Cemetery, Ingleside.

PILON (GRANGER) Mary Evangeline

Mrs. Mary Pilon (Granger) passed away at the Chateau Gardens Nursing Home, Lancaster on Wednesday, December 2nd, 1998, 89 years.

Dear wife of the late Leopold Pilon and by a previous marriage to the late John Granger.

Loved mother of Edward Granger of Ingleside; Albert Granger and George Granger, both of Cornwall; Donald Granger and Frederick Granger, both of Nepean; Joseph Granger of Smiths Falls; Josephine Bryden of Orleans; Glena Granger of Cornwall; Eva Marion of Brockville and Shirley Laframboise of Summerstown.

Sadly missed by many grandchildren and great grandchildren.

Predeceased by her parents Charles Veno and Mary Arbo; one brother, Erwin Veno; three sons, Bernard, John and Daniel Granger; one daughter, Gladys Mitchell and by four sisters, Mary McDuff, Susan Wolfe, Bernetta Tessier and Olive Sowers.

The Mass of the Resurrection with Commendation and Farewell was celebrated by Reverend Denis Vaillancourt in St. Therese de Lisieux Roman Catholic Church on Saturday, December 5th, 1998. Rite of Committal followed at St. Columban's Parish Cemetery, Cornwall.

The pallbearers were Bob and Ron Lacelle, Kevin Mitchell, Paul Regnier, Mike Granger and Robin Laframboise.

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

PRIMEAU - Aden Wilfred

Passed away at the Laurentian Hospital, Sudbury on Friday, November 27th, 1998.

Mr. Aden Wilfred Primeau, in his 62nd year, born in Cornwall, formerly of Sudbury, Ontario.

Dear son of the late Lloyd Primeau and the late Mary Ladouceur.

Beloved husband of the late Shirley Nadeau.

Loving father of Walter Coleman (husband of Donna Derochie) of Cornwall; Carole Primeau and Barbara Tremblay, both of Sudbury and Brenda Tremblay of Hamilton.

Dear brother of William Primeau (Ruth) of Cornwall; Leonard Primeau (Arlene) of Massena, New York; Evelyn (Mrs. Paul Besner) of Alexandria; Mrs. Thelma Jodoin of Cornwall and Mrs. Vivian Jarvi of Toronto.

Loving grandfather of seven grandchildren and two great grandchildren.

Predeceased by three sisters.

The funeral took place on Tuesday, December 1st, 1998 from the Boulerice Funeral Home Ltd., to St. Peter's Church at 2:00 p.m. Interment in Nativity Cemetery, Cornwall. Reverend George Maloney, Pastor of St. Peter's Church officiated.

The pallbearers were members of The Nativity Guards.

Mr. Primeau was a former employee of the Canadian National Railroad.

ABUGOV - Anne

Mrs. Anne Abugov of Cornwall passed away at the Cornwall General Hospital on Thursday, December 10th, 1998. Co-Owner of The Vogue Shoppe. Beloved wife of Alexander Abugov.

Loving mother of Marvin Abugov (Freda) of Edmonton, Alberta and Sharon Pollock (Barry) of Toronto.

Cherished grandmother to Pamela and Cera Abugov and Joel and Corey Pollock.

Predeceased by her sister Sybil, Mrs. Irving Goodman.

Funeral services were held in Beth-El Synagogue, 321 Amelia Street, Cornwall on Sunday, December 13th, 1998. Rabbi Arnold Fine of Agudath Israel Congregation, Ottawa officiated. Burial followed in Beth-El Congregation Cemetery, Ingleside, Ontario.

The pallbearers were friends of the family.

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

MILLER - Thomas

Mr. Tom Miller of Cornwall passed away at the Hotel Dieu Hospital, Cornwall on Wednesday, December 9th, 1998, age 66 years. Former Master Corporal and member of the Royal Canadian Legion Branch 297.

Beloved husband of Elizabeth McKee.

Loved father of Jim Miller of Cornwall and Jeannie Dixon (Cecil) of Gananoque.

Dear brother of James (Mariam) of Burlington, Ontario; Robert (Barbara) of Prescott and Marilyn Tremblett (Henry) of Kingston.

Predeceased by his parents, James Miller and Mary Brown.

Funeral services were held in the Chapel of the Wilson Funeral Home, 822 Pitt Street, Cornwall on Saturday, December 12th, 1998. Interment followed in St. Lawrence Valley Union Cemetery, Ingleside.

The pallbearers were his brothers, James Miller and Robert Miller and friends of th e family.

POITRAS - Roger (Butch)

Passed away at the Hotel Dieu Hospital, Cornwall on Sunday, December 6th, 1998. Mr. Roger (Butch) Poitras, age 58 years, born in Cornwall, of 452 Leitch Drive, Apt. #201, Cornwall.

Dear son of Gertrude Larose and the late Arthur A. Poitras.

Beloved husband of Pauline Poitras (Moise).

Loving father of Marc Poitras (Jo-Anne Bazinet) of Cornwall.

Loving grandfather of Mathieu and Justin.

Dear brother of Raymond Poitras (Kelly) and James (Jimmy) Poitras (Lorraine), both of Cornwall; Noella (Mrs. Leo Gauthier) of R.R. #1 St. Andrew's West; Lorraine Prodnick (Fern Lebrun), Helen Godard (Dave McCosham), Darlene (Mrs. Robert Carriere) and Carole (Mrs. Roger Leclair), all of Cornwall.

Also survived by many nieces and nephews.

Predeceased by one brother, Arthur Poitras Jr., formerly of Cornwall.

The funeral took place on Wednesday, December 9th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to St. Peter's Parish Church, followed by cremation at the South Branch Crematorium. Reverend George Maloney of St. Peter's Parish Church officiated, assisted by Reverend Jacques Labelle, Reverend Kevin Maloney and Reverend Mr. Gordon Bryan, Archdeacon.

The pallbearers were The Nativity Guards.

Mr. Poitras was a retired owner of Butch's Meat Shop.

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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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933-2841

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CORNWALL FUNERAL HOMES
"Turn to a Friend"

WEST BRANCH
20 Seventh St. W.
932-8482

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 or by Fax 933-0024 or E-mail your little ditty to us at snews@seawaynews.on.ca



SCUTTLEBUTT

A big bouquet to the Knights of Columbus, Council 11347 of St. John Bosco Parish and everyone involved who made our "Family Day" on Sunday, February 14th, a success with a beautiful meal, roses for the ladies and lots of activities and games. Job well done!

Here is a fun way to start a family tradition. Take a photo on the first day of nursery school and add to it every year on a poster. It will be fun for the kids to see how they've grown.

The OSPCA (Ontario Society for the Prevention of Cruelty to Animals) is **looking for a few good men - and women!** We need people, who are willing to act, to be in our next murder mystery. It will be held in April. We especially need a "cigarette smoking man" - literally. If interested, please call 936-8905 or 933-5657 for more details.

Valentine's Day ... oh how I looked forward to celebrating Valentine's Day this year. I spent money, I really didn't have to buy him an expensive gift. **Know what I got for my gift?? 'Anti-wrinkle cream' ... what would you do with it?** (and I don't have one wrinkle).

Congratulations to all the local couples in love who were engaged over the Valentine's weekend. *The best to all of you!!*

Thought for the week ... you'll never put your problems behind you if you're afraid to turn your back on them.

GET AWAY FROM HIGH PRICES
50% OFF LAMINATION
25% OFF CUSTOM FRAMING
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No-mess cheese grating ... when grating cheese, slip a plastic bag around the bottom of the grater. Insert a wedge of cheese, grasp it through the plastic and begin grating cheese directly into the bag with absolutely no mess!

Now here's a neat trick to keep your toilet clean. The area around the toilet is difficult to keep clean, especially if you have little boys in your house. To improve their aim, use nail polish to paint a dot near the bottom of the bowl. (P.S. It works for big boys too!)

Congratulations to **Paul Latour** at **Lindy's Sewing Centre** for achieving 2nd highest sales for Singer "Top of Line" sewing machines across Canada for 1998.

Please call 534-8127 with any information on the person responsible for the **hit and run accident** on Tuesday, February 12th on French Avenue in Long Sault.

TOLE PAINTING & CRAFT CLASSES
Register Now
937-0222

If you're a trivia buff then add to your list of politically incorrect terms the word "pet" and substitute "companion animals". Brought to you no doubt by those who invented words like chairperson, statesperson like and spokesperson.

Turning up the heat in winter is easy by adding some spicy chilies to your cooking. Chile peppers range from medium-hot to fiery. In general, the smaller the chile, the hotter it is. Most turn from green to red as they mature and ripen. They add spark and interest to many of your favourite dishes.

Bob DiMillo would like to thank Bette, Tot, Barb, Bill, Chris, Doreen, Reg, Micheline, Jacques and Doug for their generous donations that made the Valentine's Pizza Day at the R.C.A.F.A. Wing 424 a success. **Special thanks to Ray & Clara of Ye Old English Fish 'n Chips** for their good old fashioned pizza dough.

Creole tutor, we're disconnected. Please call me again 932-6675.

Re: Around the Counties ... Alexandria bank robber described as baby-face and clean shaven yet he was wearing a black balaclava. ***Someone must have x-ray vision.***

If **Councillor Bhargava** wants to go back to having a "lamp lighter" light the street lamps, then sure we can save more money.

A big, big thank you to CKON radio for giving us a special Valentine. We won gift certificates for **Bruyere's Restaurant** where we had a wonderful meal and as well a dozen long stemmed roses from **Barbara's Flowers** - the roses were absolutely stunning.

Brigette & Ziggy Loos.

ICE FISHING Equipment & Accessories
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933-4636

Another smart idea ... keep a pen, notebook and disposable camera in your glove compartment so you'll be able to keep your own records if you're involved in a car accident.

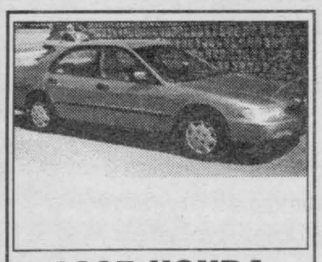
Caller would like to send a bouquet of flowers to **Councillor Perry Lalonde** for being the only Councillor to stand by Transit during the budget deliberations and vote for no increase or cuts.

Every married person should forget his or her mistakes. There's no use in two people remembering the same thing.

Councillor Savard's 20¢ increase would probably decrease ridership therefore lower income and creating a lower deficit. The 5¢ increase still doesn't make sense. If we are looking at decreasing costs, then why not an hourly bus service 14 hours a day.

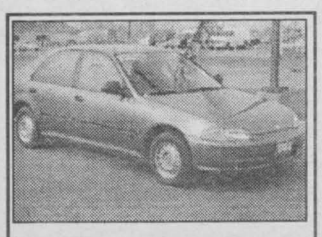
Did you know that by examining one strand of your hair under a microscope, a scientist can tell your sex, age and race.

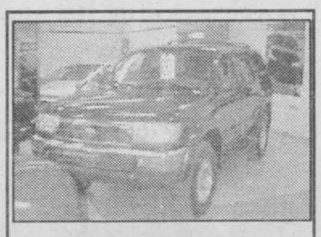
Cornwall HONDA
Giant Indoor Sale
Brookdale Mall
938-9892


1995 HONDA ACCORD EX


1992 VW PASSAT


1992 ACCORD EX


1992 HONDA CIVIC LX


1996 TOYOTA 4RUNNER


1995 NISSAN MAXIMA GXE

SEAWAY SMILE

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

The Smarter Sex?

A woman and a man are involved in a car accident; it's a bad one. Both of their cars are totally demolished but amazingly neither of them are hurt.

After they crawl out of their cars, the woman says, "So you're a man, that's interesting. I'm a woman. Wow, just look at our cars! There's nothing left, but fortunately we are unhurt.

This must be a sign from God that we should meet and be friends and live together in peace for the rest of our days."

Flattered, the man replied, "Oh yes, I agree with you completely!"

"This must be a sign from God!" The woman continued, "And look at this, here's another miracle. My car is completely demolished but this bottle of wine didn't break. Surely God wants us to drink this wine and celebrate our good fortune."

Then she hands the bottle to the man, The man nods his head in agreement, opens it and drinks half the bottle and then hands it back to the woman.

The woman takes the bottle, immediately puts the cap back on, and hands it back to the man.

The man asks, "Aren't you having any?"

The woman replies, "No. I think I'll just wait for the police..."

What a smart idea! To avoid the difficulty of shelling walnuts, soak them in a bowl of salted water overnight. They'll be easier to crack and the meat will remain whole.

One Saturday morning as three-year old Ethan was putting on his shoes, his uncle said, "Are you sure you're putting your shoes on the right feet?" Ethan replied matter-of-factly, "Well, they're my feet!"

You know your children are growing up when their questions require real answers.

Congratulations to **Allison Lebano, Miss Morbern, who was crowned "Carnival Queen '99"** last weekend at the Queen's Gala. Bravo!

Whenever a crisis happens, Ken confidently says, "Something will come along. It always does." His wife says that's how she met him in the first place.

Celebrity Birthdays ... Kelsey Grammer of "Frasier" celebrates his 44th birthday on February 20th.

I think it's time for everyone to take in their red ribbons and Christmas decorations. We are in February, past Valentine's Day and preparing for the Easter Bunny's arrival.

Did you know that in Hawaii the sun shines an average of 344 days a year.

What a wonderful gesture! **Members of Cornwall Collegiate and Vocational School's Interact Club presented residents at St. Joseph's Villa with carnations for St. Valentine's Day.** I'm sure this made a lot of people smile. Keep up the good work!!

Welcome Home



Sandra Kuck
"The Most Collected Painter of Children in North America"
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204 2nd St. E. 938-3629

No More Salt Stains ... to keep your porch from icing up during cold weather, sprinkle it with baking soda instead of salt. Baking soda won't damage your shoes or the floors like salt does.

SEAWAY NEWS ENTERTAINMENT

February is Heart & Stroke month and the *RCAF,WING 424* has been literally putting their heart on the wall. Over the last few weeks members and guests visiting the Wing purchased paper hearts for their sweethearts and pasted them all over the walls of the RCAFA Building. Proceeds will go to the Heart & Stroke Association and there will be a series of draws for prizes held during the monthly Birthday Party this Sunday starting at 2pm.

Valentine's Day will be celebrated again, albeit a week later, this Saturday, Feb.20 by members and guests' of the Masonic at Heritage Hall on Second Street East. There will be dancing to some romantic musical valentines followed by a food spread later in the evening. The event will get underway at 8pm.

The next in the series of *B.C.'S SINGLES DANCES* will be the Dress Down Denim Night this Saturday, Feb.20th. Singles are also reminded about the mixed party at the K of C Hall in Glenwalter on March 6th .

Still time to catch the Junior Hockey action with the *CORNWALL COLTS* at the Ed Lumley Arena, Civic Complex. The Colts will be hosting Smiths Falls in a 7:30pm meeting on Thursday, Feb.25th and then Nepean will be here for a rare Saturday night encounter at the Complex on the 27th.



Entertainment - Special Events & Restaurant Review - By Bill Gallant

Saturday, February 27th is also the night for the special *MIXED DART TOURNEY* at the RCAFA on Water Street West. Registration will be held between 12noon-1pm at $2:00 per person. There will be a maximum of 64 shooters. Hamburgers and Hot Dogs will be available.

Speaking of "burgers" you can still take advantage of that BIG CHEESE Special offered at the *A & W* on Vincent Massey Drive. Ask for the Big Cheez and then enjoy the three slices of cheese,Mozzarella,Cheddar and Swiss, over two grilled & seasoned patties. Better hurry as this special Cheeseburger is available until February 28th at A & W.

Sure sign that Spring is not far off is the announcement that the *SAND ROAD SUGAR CAMP* is offering late season Horse Drawn Sleigh Rides on Sundays starting at 11 a.m. They also feature a great Sugar camp Buffet on Saturday & Sundays beginning at 9 a.m. Take Highway 138 and turn West on the Sand Road,about 5 km.North of Monkland or call for information at 538-2991.

Always a terrific menu available at the *BORDERLINE GRILL AT RAMADA INN* on Brookdale Avenue. Deluxe dining in a relaxing atmosphere and decor is what awaits you any day. You can call for info and reservations at 933-8000 .

The folks at the *YE OLD ENGLISH FISH 'N CHIP SHOP* on First Street continue to offer their popular Fish & Chips as an eat-in delight or you can take-out. Their menu offers items like Beef & Mushroom Pie, Steak & Kidney Pie,Seafood and many added weekly items. Call them at 933-6411 .

Good Luck to the *LUNG ASSOCIATION* on their newest idea for fundraising. They will be delivering frsh tulips right to your office door on March 4th. The event is called The Breath Of Spring Tulip Day and it will help raise money for lung disease research and programs. Businesses are being approachedthroughout the city for orders. Organizers are confident it will become an annual event.

Until next week, G'Day and G'Night.

TLC & COGECO PRESENT
Sharon, Lois & Bram Live In Concert!
Skinnamarink TV
Sing-Along Live!
Aultsville Theatre
St. Lawrence College
Sun., March 14 - 1 & 4 pm
Reserved Seating: $13.00
(GST incl., plus $1. handling)
Civic Complex Box Office: 938-9400 (9-4 M-F)
Shantero
Now available on Cassette & CD! Visit us on the web: www.skinnamarink.com

COOK'S CORNER

Italian White Beans with Tomatoes and Garlic

The fresh taste of greenhouse tomatoes comes through in this lightened Italian classic that's been updated by using balsamic vinegar and less oil.

Preparation time: 5 minutes

Cooking time: 8 minutes

Serves 4.

1 tbsp (15 mL) olive oil

1 Ontario Onion, sliced

2 tsp (10 mL) crumbled dried sage

3 cloves Ontario Garlic, minced

1 tbsp (15 mL) water

1 can (19 oz/540 mL) white kidney beans, drained and rinsed

3 Ontario Greenhouse Tomatoes, cut in large chunks

1/4 tsp (1 mL) each salt and pepper

1 tsp (5 mL) balsamic vinegar

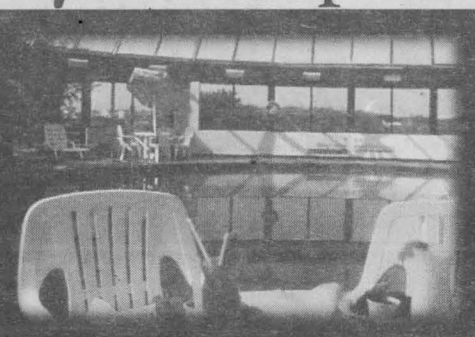
In large skillet, heat oil over medium heat. Add onion, sage, garlic and water; cook, stirring often, for 5 minutes. Stir in beans, tomatoes, salt and pepper. Cover and simmer over low heat for 3 minutes. Stir in vinegar. Taste and adjust seasoning.

White Star Tours
• Day Trip - Apr. 12
Monet Art Exhibit, Montreal
• May 19
Ottawa Tulip Festival
Call Rose 933-3567
(morning & evenings)

Ye Old English Fish 'n Chip Shop
"Authentic English Fish & Chips"
SUNDAY SPECIAL
ROAST PORK $6.95
w/potatoes, vegetables & apple sauce
Eat In - Take Out
Free Delivery
($10.00 min. order)
"Daily Lunch Specials"
HOURS:
Mon.-Fri. 11-8
Saturday: Noon-8;
Sunday: Noon-7
9, 1st St. E. (near Pitt & 1st St.)
933-6411

Glen presents in Cabaret
Friday Night and Saturday Encore
A Music Hall Celebration
Pub sing-a-long, C-Way Barbership Chorus
Show Music from Les Miserables
Date: Feb. 26, 27
Time: 7:30 pm
JUST ANNOUNCED! - Additional Show
Thursday, February 25th - Preview Night!
Place: Glen Building, (behind Si Miller Arena)
Price: $8.00
Box Office: call 937-GLEN. Reserved seating.
Box office opens Feb. 15th
from 10 am - 4 pm Mon. - Fri. at the Glen Building
The Glen will entertain you from 7:30 on
M.C. Earle Depass will make you smile.

Make the most of your stopover



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Book your next stay at Delta Toronto Airport Hotel through your travel agent and enjoy a vacation stopover at a very affordable rate. Whether you're just setting out or on your way home, Delta is the ideal place to unwind before the next leg of your trip.
• FREE parking, 14 days
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Terms & Conditions:
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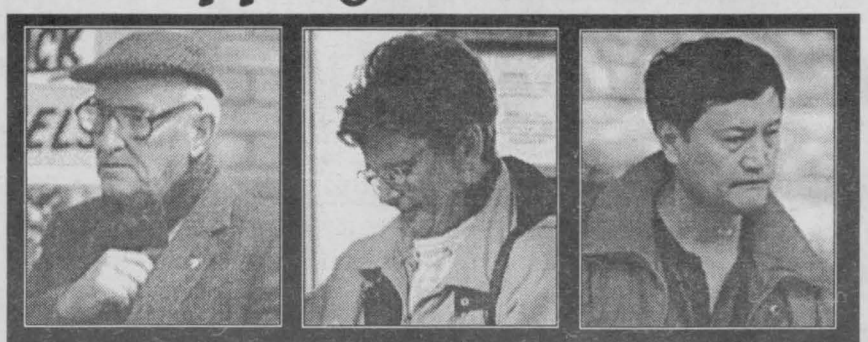
• Rate is based on single or double occupancy per room, per night
• $15.00 per additional adult, per room, per night (maximum 4 adults per room)
• Subject to availability • Our rate does not include applicable taxes
• Valid until September 30, 1999

You were spotted shopping at FARMBOY. You're a winner!



WIN
A Large, Plump Barbeque Chicken
FARM BOY



YOU'RE A WINNER!
Check this week's photos. If you are in one of these photos, clip out the ad and bring it to the courtesy desk at Farm Boy. You will receive a large, plump, FARMBOY barbeque chicken compliments of Farmboy and Seaway News.
SEAWAY NEWS
"Your Community Weekly Since 1985"
FARM BOY

Managing Two Slices of Life

(NC)—The idea of maintaining two full-time careers and managing the family farm might seem like an impossible task for most of us. But for Lisa Walker Bicum and her husband Steve, it is a reality they live every day. From their early morning sprint to work to an evening spent on the tractor, the Bicums juggle their careers as well as the life of a 1990's farm family. They do it through a great deal of personal energy and with a lot of help from technology and their PC.

When the Bicums bought Steve's family farm in January of this year, Lisa was working full-time as a teacher in the English department at Lambton College in Sarnia, and Steve as a carpenter. Taking over the farm near the St. Clair River had always been a dream for them, but they knew that juggling the two lives would be a challenge. One of the biggest solutions for them turned out to be their personal computer.

"Our home computer links us to civilization," says Walker Bicum. "It's so necessary to our day to day living and to the life of the 1990's farm family."

The Bicums use their PC for just about everything. From theatre tickets to surfing the net for ideas for their next vacation, the couple maintain their "links to civilization", as Walker Bicum likes to put it. Then, there's the invaluable help their computer is to keeping their farm business organized and up-to-date.

"During harvest season we check up-to-the-minute crop prices at the Chicago Board of Trade or the TSE," Walker Bicum says. "We can also hunt for rare tractor parts and keep track of expenditures, cash flow and inventory."

Initially, the Bicums found that their older-model computer worked fine for the basic word-processing and surfing the net that they did. Now, however, they are finding that they need a more powerful computer, and plan to upgrade to a Pentium II processor, which will make it easier for them to run newer programs and software.

"Everything needs huge RAM and speed these days," says Walker Bicum. "You really need a Pentium II processor to run programs, or to use a scanner or printer."

On the business side, Walker Bicum uses the computer for compiling class materials as well as for research. Asked how she did her research before they got their PC, Walker Bicum laughs.

"I don't remember. It was so archaic," she says. It's such a dream now to have everything at my fingertips. I just sit down and do it in a second and it's so much more efficient. The information is also more up-to-date."

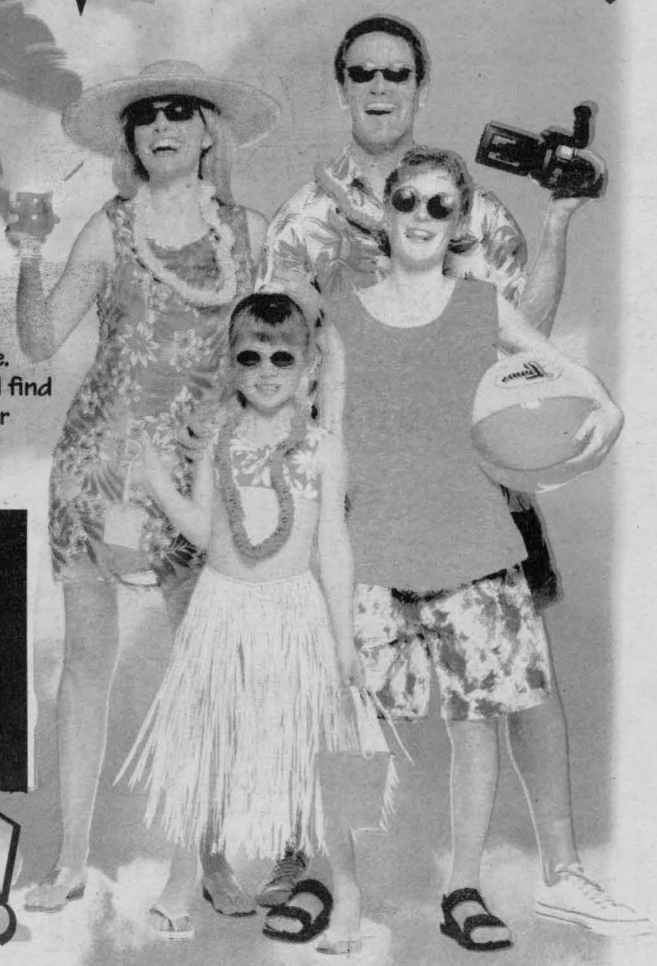
Steve uses spreadsheets to do the farm finances. Says Walker Bicum, "This way he can hand our accountant a disk instead of scraps of paper."

Looking to the future, the couple can only see their use of their PC increasing in order to help them manage their busy lives.

It's the biggest event in town and...

YOU'RE INVITED!

Leon's SINCE 1909 Luau®



You've been cooped up inside your home long enough this winter! It's time to get out and have some fun... and treat your Valentine to some beautiful new furniture.

So... we're inviting you to our biggest sale event this year. Leon's Luau! You'll find lots of excitement in the store, unbelievable prices throughout our showroom, your choice of two easy ways to pay and a good chance to win some beautiful prizes! Come in this weekend and see for yourself what a Leon's Luau is all about!

HELD OVER

ENDS SATURDAY, FEBRUARY 20

HOT! HOT! HOT!

SALE PRICES THROUGHOUT THE STORE!

MATTRESS SETS from $249

SOFAS from $399

18 CU. FT. FRIDGES from $699

Gibson

5 PC DINETTES from $299

27" TVs from $499

PLUS! Your choice of 2 easy ways to pay!

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NO MONEY DOWN!* NOT EVEN THE TAXES OR FEES! NO INTEREST! NO MONTHLY PAYMENTS!

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NO MONEY DOWN!* NO INTEREST! 23 EQUAL MONTHLY PAYMENTS!

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A PANASONIC/TECHNICS HOME THEATRE!

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RETAIL VALUE $399 (No Purchase Necessary)

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EXTRA SPECIAL SAVINGS!

FINAL WEEKEND

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Limit one per household. Not redeemable for cash. Can not be combined with any other Luau gift certificate.

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